

## Health Tips for the Traveler (Part 1) *By Paul Edgecomb, MD*

If you plan on international travel in the coming months, you've probably been busy arranging air travel, updating your passport, checking visa requirements, etc. It's important not to forget an important aspect of travel...your health.

In addition to bringing along your medical history and your regular medications, there are several keys to remember:

**Get the facts:** A great place to start is the Centers for Disease Control (CDC) web site [www.cdc.gov/travel](http://www.cdc.gov/travel). It contains a wealth of information about every country and includes diseases to watch for and recommended vaccinations. You should prepare a list of all countries you'll be visiting, including specific cities or regions, with exact dates for each. Not all vaccines are needed for every traveler.

**Consult a physician:** Ideally, at least two months in advance, see your doctor or a travel clinic to decide which vaccines you need and if Malaria prevention medication is needed.

**Traveler's diarrhea:** Be very cautious with uncooked foods, especially salads. In some countries you need to be careful of tap water, even ice. Most bottled drinks and pre-packaged foods are safe.

**Tetanus:** Injuries are a common cause of medical problems when traveling. Tetanus should be given every 10 years, or if you do injure yourself, and your last Tetanus is over 5 years old, you should get a booster.

**Mump/Measles/Rubella (MMR):** if your vaccination history is uncertain, adults should have one or two doses, depending on age.

**Influenza:** The CDC now recommends flu shots annually for ALL adults. This is especially important if you're travelling during flu season.

**Coming up, in Part 2:** The Tropical Diseases – Hepatitis A, Typhoid, Yellow Fever and Malaria.

## Help Us Welcome Our New Physician Assistant!

Certified Physician Assistant Sarah Applegate has joined Thunderbird Internal Medicine and will see patients at their 5620 W. Thunderbird Road, Suite F-1 and 9150 W. Indian School Road Suite 118 locations.

Sarah received her Master's degree in the Physician Assist Program at Baylor College of Medicine in Houston and her BS in Nutritional Sciences from Texas A&M. With a focus on in internal medicine, she has additional experience in emergency medicine/ urgent care, obstetrics and gynecology and dermatology.

A newcomer to the Phoenix area, she's a fan of outdoor activities. Welcome, Sarah!

## Estrella Office Hosts April 16th Hearing Screening

The next free hearing screening will be held April 16th at our 9150 W. Indian School Rd Suite #118 location. The event runs from 9:30 a.m. til noon and includes a 10:30 a.m. presentation on "Understanding & Treating Hearing Loss and Tinnitus," information on hearing aids and refreshments. There is no cost but registration is required. RSVP to (602) 938-6960 or [cube1@thunderbirdim.com](mailto:cube1@thunderbirdim.com).



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