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BY KEVINM. CAHILL, M.D.

WHAT TO DO BEFORE, DURING, AND AFTER THAT OVERSEAS TRIP

PRICELESS ADVICE FROM AN EXPERT.

"With regard to your medical problems, there should be no difficulty about getting prescriptions filled abroad as most prescriptions are written in Latin.

"The drugs you mention are commonly used everywhere. You might well consult Medical Advice for the Traveler by Kevin M. Cahill, M.D."

Amy Vanderbilt in her syndicated column, Amy Vanderbilt's Etiquette

ABOUT THE AUTHOR

Dr. Kevin M. Cahill's involvement in the international world of the 1970's is evidenced not merely in his numerous medical research articles and books from Africa and Asia, but by his simultaneously serving now as the Director of the Tropical Disease Center, Lenox Hill Hospital, in New York City, and as Professor and Chairman of Tropical Medicine at the Royal College of Surgeons, in Ireland.

A graduate of Cornell Medical College, he received further degrees in tropical medicine from the Royal College of Physicians and from the University of London. He has had extensive field experience in India and throughout Africa.

During his time in the U.S. Navy he served as Head of the Department of Epidemiology and Director of Tropical Medicine at the American medical research unit in Cairo, Egypt. In addition to his present academic appointments he is also consultant on tropical diseases to the United States Public Health Service, the United Nations Health Service, and to numerous foreign governments and international corporations.



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For the Lads

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Introduction

The medical needs of the traveler are my major professional interest. During the past ten years I have attempted in practice, books and articles to present various aspects of this challenging medical problem, and yet it was almost by accident that this particular book came into being.

In the winter of 1969 I accepted an invitation to discuss the medical problems of travelers before the New York Travel Writers Association and crystallized my thoughts at traffic delays between my office and the hotel where the meeting was being held some twenty blocks away. The spontaneous presentation that followed and the questions and answers of that talk were taped and published in The New York Times. When over 30,000 requests for the talk were received, I tried to determine why this particular presentation had appealed to so many people whereas previous attempts by myself, as well as other authors in this field, had not succeeded. I am convinced it is because today the

traveler is sophisticated. Education has irrevocably altered the classic physician-patient relationship in the U.S.A., and the public will no longer docilely accept unexplained or inexplicable instructions regarding their health. The traveler, in particular, cannot afford to do so.

The tourist should want to know of the medical challenges he is to experience, but at the same time he does not wish to be deluged by irrelevant details nor frightened by elaborate clinical descriptions of preventable and controllable maladies. There certainly must be a healthy respect for the diseases of the developing lands, and yet this need not influence, adversely, the pleasures that travelers seek nor the freedom with which they explore new areas of discovery.

We have entered a new era in this world where travelers have the facility, the finances, the enthusiasm, the willingness, and even a true yearning, to see new places, and new people, and new things—and to travel in health. There are few if any areas of the world where adequate medical preparation cannot permit the most adventurous traveler to fulfill his desires.

I have attempted in the following pages to present a common-sense approach for preserving health while traveling. I have resisted the temptation to expand a straight-forward topic beyond its bounds, or to pad this book with extraneous lists of embassy addresses, social advice, customs data, pictures of road signs, rules regarding adequate tipping or guidelines on how best to pack a suitcase. In composing the text I approach the traveler as a fellow adventurer who is, in general, so-

phisticated, intelligent and interested in many facets of life, including his health. Thus I present in some detail information on indications and contraindications of inoculations and medications, not merely because these may be important facts for selected travelers to know for their own protection, but because I hope that all tourists, wanting to know more, as evidenced by their willingness to go abroad, will find the intellectual excitement and satisfaction in this fascinating field that I do. All the details presented here will not be necessary or relevant for every traveler—a point that will be emphasized many times—but all should be of interest to the modern man. Selected for discussion are those items of particular importance to the physician protecting his patient and those questions and misconceptions that have most bothered patients who have sought my advice in recent years. Much of the attention in this book will be devoted to those medical problems that exist in the underdeveloped parts of the world. There is so little difference between living in Europe and living in the United States that to expound at length upon health problems in Western Europe would be merely reiterating advice available to the traveler from his physician at home.

As will become obvious throughout this book, I am an inveterate traveler and a great lover of the sky, and the sea, and foreign lands, and truly feel sorry for those who cannot, in our international age, take full advantage of the opportunities that are now available to so many. One writer in introducing me after the dinner noted above said, "This is Dr. Cahill; the tropics

are his bag." This is only partially true, for I love many other areas and I shall try to present information for those traveling from anywhere, from Peckenham to Peshawar or New York to Nairobi.