

Travelling Well

Travelling Well provides you with the background information you will need to stay healthy while travelling.



Developed to be used in conjunction with a doctors' consultation, this essential handbook will make sure that you don't lose a moment of your precious travelling time due to preventable illness or injury.

This 192 page book is divided into several easy to read sections:

- **Before You Go:** Important information on pre-travel checkups, what to put in your medical kit, which vaccinations you need, and helpful tips about preventative measures you must take.
- **While You Are Away:** Hints on how to stay healthy and information on the avoidable hazards that you may encounter during your travels.
- **If You Get Sick:** Hopefully you will not need it, but this section will tell you how to treat common health problems, travellers' first aid, how to find a doctor overseas, and much more.
- **When You Get Home:** Important information on post-travel precautions and checkups.
- **A Few Details:** Reference notes and detailed information about various diseases beginning with AIDS, Chagas Disease, Cholera, and Diphtheria, and progressing through the alphabet to Yellow Fever.
- **Drug Reference Table:** Vital information regarding the usage and dosage of over 50 medications and drugs commonly provided to travellers, and precautionary notes for each. Do you know the connection between doxycycline and sunburn?

Now in its 14th edition (Nov 2007) and with over 125,000 copies in print, *Travelling Well* has been translated into Braille and Vietnamese, and is also available as a PDF format e-book.

The book retails in its printed version at A\$24.95 and as a downloadable PDF for A\$10.00.

It is included free with a consultation at Dr Deb's clinic or can be purchased online at

<http://www.travellingwell.com.au/>

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