

Your Weekly Medical Advice

by Dr Pilate Omphile Ntsuke



"Committed to the care of our patients and community"

me
euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Overseas Travel Health Advice

Overseas travelers are at risk of suffering from travel related illnesses, most of which are easily preventable.

Before going on an overseas trip, it is important that you see your doctor for a medical checkup and update your immunisations. Your doctor may give you prescriptions for medicines such as antibiotics, antinausea/antidiarrheal and anti-malaria medications. It is advisable to research some travel recommendations specific to your destination on various Australian government websites. Make sure you pack a well-equipped medical kit and do not forget to purchase travel health insurance before your trip.

While travelling overseas, especially in tropical countries, protect yourself from mosquito bites by using mosquito nets and repellents, as well as using antimalarial medicines recommended by your doctor. In most third world countries you need to be mindful of waterborne infections. In such situations it is recommended to use bottled water and avoid putting ice in drinks, as well as avoiding uncooked foods including salads that have been washed using local water.

Sexually transmissible infections including HIV/AIDS are quite common in many countries, so safe sex practices are essential while traveling.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au