

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
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HEALTH RISKS TO TRAVELERS

About thirty million persons travel from industrialized countries to developing countries every year. Of these, between 50-75% report some health impairment. Diarrhea is the leading cause of illness in travelers. The most frequently identified organism causing "travelers diarrhea" is toxigenic e.coli. The incidence of diarrhea is directly related to contaminated food. Eating only cooked vegetables and meats, and drinking bottled water will eliminate 80% of this problem.

More than 30,000 American and European travelers develop malaria each year. Compliance with antimalarial chemoprophylaxis and use of personal protective measures to prevent mosquito bites are keys to prevention. The UH Health Center Clinic or your personal physician can advise you of these factors.

Diphtheria, tetanus, measles, influenza and hepatitis A continue to be worldwide problems, easily prevented by vaccines. Visitors to India, Senegal and North Africa need typhoid and cholera, while travelers to sub Saharan Africa and South America should consider yellow fever as well.

We at the UH Health Center will be happy to help you decide on your immunizations and other preventive measures. Other excellent sources are "Health Information for International Travel" printed annually by the CDC (Center for Disease Control), and Houston Dept. of Health & Human Services, 8000 N. Stadium Dr. 1st Floor, Monday-Friday, 7 a.m. - 4 p.m.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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