

Mayo Clinic Medical Edge

Travel Medicine

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IS THIS THE YEAR YOU'RE GOING TO DO IT... PACK YOUR BAGS FOR THAT TRIP OF A LIFETIME?
Steven Krotzer, M.D. Track 1 (2:55)	"THE WHOLE TRAVEL INDUSTRY HAS BEEN JUST EXPLODING."
	DR. STEVEN KROTZER IS A TRAVEL MEDICINE SPECIALIST AT MAYO CLINIC. IF YOU'RE PLANNING A TRIP OVERSEAS, MAYBE EVEN TO A REMOTE OR DEVELOPING AREA, HE SAYS THERE'S ANOTHER TRIP YOU SHOULD TAKE FIRST, TO YOUR DOCTOR'S OFFICE AND MAYBE A TRAVEL MEDICINE SPECIALIST. YOU NEED TO MAKE

	<p>SURE YOU'RE FIT ENOUGH TO TRAVEL. THEN THERE ARE THE VACCINATIONS.</p>
<p>Dr. Krotzer Track 1 (10:27)</p>	<p>"THE MOST IMPORTANT VACCINES ARE THE ROUTINE ONES."</p>
<p>(Den-gay Fever)</p>	<p>LIKE DIPHTHERIA, TETANUS AND THE FLU SHOT. DEPENDING ON WHERE YOU'RE HEADED, INSECT BORNE DISEASES LIKE DENGUE FEVER, YELLOW FEVER AND MALARIA MAY NEED TO BE DISCUSSED. SO SHOULD WHAT TO EAT AND DRINK. DR. KROTZER ALSO SUGGESTS MEDICAL EVACUATION INSURANCE. IT'S RELATIVELY CHEAP BUT CAN SAVE YOU THOUSANDS IF YOU NEED TO BE BROUGHT HOME BECAUSE OF INJURY OR ILLNESS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

