

**Mayo Clinic Medical Edge**

**Travelers' Diarrhea**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	DON'T DRINK THE WATER AND WATCH WHAT YOU EAT. IT'S NOT BAD ADVICE. UNFORTUNATELY...
<b>Steven Krotzer, M.D. Track 1 (18:34)</b>	"IT HASN'T BEEN SHOWN TO HAVE MUCH EFFECT ON THE INCIDENCE OF TRAVELERS' DIARRHEA. THERE'S AN ENORMOUS AMOUNT OF LUCK INVOLVED."
	WHAT DOES HELP, SAYS TRAVEL MEDICINE SPECIALIST AND MAYO CLINIC DR. STEVEN KROTZER, IS FREQUENT HANDWASHING AND SANITIZING.
<b>Dr. Krotzer Track 1 (20:27)</b>	"NEVER THE LESS, A GOOD PERCENTAGE OF PEOPLE WILL

	<p>GET TRAVELERS' DIARRHEA AND THESE DAYS WE FIND THAT IT IS SO EFFECTIVE FOR THE PATIENT TO SIMPLY TREAT IT THEMSELVES WITH A DOSE OF IMODIUM AND A DOSE OF ANTIBIOTIC.”</p>
	<p>DR. KROTZER SAYS IT'S ALMOST STANDARD PRACTICE TO SEND PATIENTS OFF ON THEIR TRIP WITH THE PILLS AND A SET OF INSTRUCTIONS. AFTER ONE DOSE, THE VAST MAJORITY OF PEOPLE, PROBABLY 90 PERCENT, ARE SYMPTOM FREE WITHIN ABOUT SIX HOURS. THEY'RE BACK ON THEIR FEET AND THE WHOLE VACATION ISN'T DOWN THE DRAIN.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>

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