

Mayo Clinic Medical Edge

Travel & Insects

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	TRAVELLING OVERSEAS CAN BE A GREAT ADVENTURE. BUT THERE CAN BE THINGS TO WORRY ABOUT TOO... THE CUSTOMS, THE LANGUAGES, THE BUGS!
Steven Krotzer, M.D. Track 1 (14:15)	"THERE ARE JUST HUNDREDS OF DIFFERENT DISEASES THAT ARE TRANSMITTED BY VARIOUS INSECTS."
	YELLOW FEVER, DENGUE FEVER AND MALARIA ARE JUST A FEW OF THEM, AND THE REASON THAT DR. STEVEN KROTZER, A TRAVEL MEDICINE SPECIALIST AT MAYO CLINIC, ALWAYS TALKS TO HIS

	<p>PATIENTS ABOUT INSECTS AND THE DISEASES THEY CAN CARRY.</p>
<p>Dr. Krotzer Track 1 (14:32)</p>	<p>“WE HAVE VACCINES AGAINST ABOUT THREE OF THOSE DISEASES. ALL THE REST OF THEM, YOUR ONLY PROTECTION IS AVOIDING THE INSECTS.</p>
	<p>TO DO THAT, DR. KROTZER RECOMMENDS REPELLANTS THAT CONTAIN DEET. YOU CAN ALSO FIND SPECIAL CLOTHING THAT CONTAINS INSECTICIDES. AND SLEEPING WITH THE AIR CONDITIONER ON OR UNDER MOSQUITO NETTING CAN ALSO HELP YOU AVOID THE BUGS WHOSE BITE IS WORSE THAN THEIR BUZZ.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
