So what is “Travel Medicine”?  

Travel Medicine is: the prevention and management of health problems associated with travel.

For 100,000 travelers to the developing world for 1 month:
50,000 will develop some health problem

“The field of travel medicine has grown dramatically as greater numbers of people travel to exotic and remote destinations. Almost a billion travelers cross international borders annually. However, studies suggest that very few seek pre-travel health advice. Many of those who obtain pre-travel advice receive information from practitioners who are ill equipped to provide current and accurate information. Travel medicine has become increasingly complex due to dynamic changes in global infectious disease epidemiology, changing patterns of drug resistance, and a rise in the number of travelers with chronic health conditions.”

International Society of Travel Medicine, Introduction to “The Body of Knowledge for the Practice of Travel Medicine”

What does a travel clinic do?

During a travel clinic visit, your travel medicine specialist will collect information about your itinerary and activities, as well as any underlying health conditions you may have. Then, according to your specific needs, your specialist will provide counseling on avoiding illness, self-treatment of minor illnesses, injury prevention, and specific immunizations, antimalarials, and other medications which might be appropriate for you.

My travel agent tells me that no immunizations are required for my trip. Why should I go to a travel clinic?

The terminology of “required” immunizations leaves many travelers, and health care providers, confused. Immunizations are required in order to enter certain countries in order to prevent the transmission of disease INTO that country, NOT to protect the health of the traveler. There are many other immunizations available which may be appropriate for your own safety. In addition, the travel medicine consultation provides an opportunity to discuss other means of staying healthy while traveling.

What are some of the most common health risks to travelers?

Contaminated food and drink are common sources for the introduction of infection into the body. Traveler’s diarrhea is the most common illness that travelers can acquire from contaminated food and drink. High-risk destinations are the developing countries of Latin America, Africa, the Middle East, and Asia. Other less common infectious disease risks for travelers include typhoid fever and other salmonelloses, cholera, rotavirus infections, and a variety of parasites.

My travel clinic tells me that no immunizations are required for my trip. Why should I go to a travel clinic?

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Directions to Tulane University Travel Clinic:

The clinic is in the Tidewater Building (1440 Canal Street, New Orleans LA 70112), Suite 1501. This building houses the Tulane School of Public Health and Tropical Medicine. You can enter the building from Canal Street, and then take the elevators immediately to your right after the security station to the 15th Floor.

We want your travel experience to be healthy and happy, and a prepared traveler is a successful traveler.

Happy trails!