



# Travel health update

Travel health can be complicated, and advice for health professionals and travellers is ever-changing. In this regular feature, Jane Chiodini seeks out and presents the latest travel advice and information to help you to keep your practice up to date. She also revisits areas of on-going concern, for spot-checks and further clarification

## MOSQUITO HABITS!

I have recently returned from the third Northern European Conference on Travel Medicine (NECTM) in Hamburg, where I was presenting in a session on malaria. My topic was education on malaria for the adviser and for the traveller. The speaker after me was Dr Patricia Schlagenhauf, who addressed the subject of mosquito bite prevention. During her talk she discussed two recent papers that identified some fascinating detail. From the first paper: men are more attractive hosts to mosquitoes than women. Mosquitoes are attracted by a variety of cues but the most important are olfactory, including carbon dioxide, sweat and volatile skin products and men produce more of these attractants than women; insect repellents are water-soluble and men generally sweat more than women, therefore men need to apply the products more frequently. From the second: beer consumption consistently increased an individual's attractiveness to mosquitoes.

The importance of this type of knowledge is that it can help us to adapt and individualise our advice to travellers – not that some men may be keen to hear it! If you would like to read the two



papers, published this year, a fun way to find research is on 'Google Scholar'. Go to <http://scholar.google.co.uk> and search for 'Beer consumption increases human attractiveness to malaria mosquitoes' and 'Sex and gender differences in travel associated disease'.

## TRAVEL HEALTH EDUCATION

If you are developing a passion for the topic of travel medicine and like travelling, then going to conferences is a great way to combine both! The RCN Travel Health Conference is on 18 September at the Cavendish Square Conference Centre in London – the early bird rate closes on 6 August 2010. Go to [www.rcn.org.uk](http://www.rcn.org.uk), and click on 'News, events, campaigns', then 'Forthcoming national events'.

The International Society for Travel Medicine (ISTM) is an international group of healthcare professionals and nurses make up more than 20% of the membership.

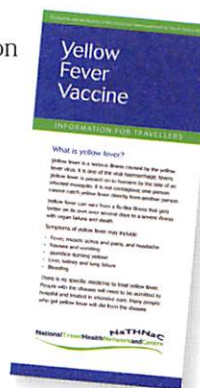
I am chair of the Nurse Professional Group within the Society and we strive to represent the needs of nurses in our field all over the world. The next ISTM conference will be held in Boston in the USA in May 2010. The event lasts 3 days, and with more than 1,500 delegates

usually attending it is a mind-blowing experience. Membership of the Society costs \$90 and benefits include a bi-monthly journal, participation in an interactive discussion forum with colleagues around the world and reduced subscription rates to conferences. The site also has a listing of travel clinics all over the world, useful to refer to if your travellers may need additional vaccines during their journey. To find out more go to [www.istm.org](http://www.istm.org)

## SHOP ONLINE AT NaTHNaC

The excellent yellow fever information leaflets produced by NaTHNaC for travellers, and printed on good quality card, are available to purchase from its website at £6 for a pack of 20 (including P&P). Additional copies of the International Certificate of Vaccination or Prophylaxis, over and above the copies supplied with the yellow fever vaccine from Sanofi Pasteur MSD, are also available to order here. Extra certificates cost £1.76 for a pack of 5 (including P&P).

The 2010 publication *Health Information for Overseas Travel*, also known in the UK as the 'Yellow Book', will be on sale from late June. Go to [www.nathnac.org/pro/news/onlineshop\\_010610.htm](http://www.nathnac.org/pro/news/onlineshop_010610.htm)



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