



Travel health update

Travel health can be complicated, and advice for health professionals and travellers is ever-changing. In this new, 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 will also revisit areas of on-going concern, for spot-checks and further clarification

THE ESSENTIAL GUIDE TO TRAVEL HEALTH

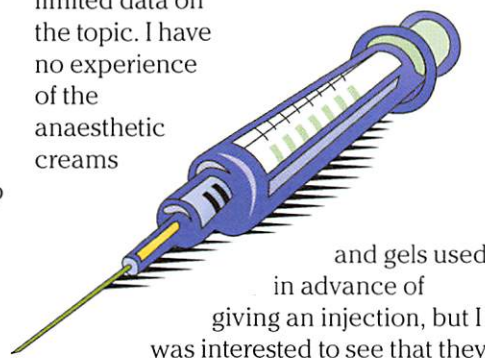
The fifth edition of *The Essential Guide to Travel Health* was published in 2009 and I've recently bought a copy. When the first edition, entitled *Bugs Bites and Bowels*, came out in 1995 I was studying for my travel medicine degree, and it was one of my favourite publications. The author, Dr Jane Wilson-Howarth, is a highly respected expert and although the book is intended for travellers, those of you who are passionate about travel medicine may enjoy this well written and highly informative guide. It is published by Cadogan Guides.



teenagers, 'off label' use of Ixiaro at the adult dose can be considered as an alternative to the Green Cross vaccine. Green Cross vaccine remains the only vaccine available for children. This vaccine is unlicensed and is not interchangeable with Ixiaro. To view the new chapter and any further updates go to www.dh.gov.uk/greenbook and to <http://emc.medicines.org.uk/> to view the Summary of Product Characteristics.

NEEDLE PHOBIA

Walking past a GP surgery yesterday, I saw a delivery van with an advert on its side for a website about needle phobia. I doubt anyone reading this has not encountered a patient who is anxious about receiving injections and occasionally I've had to advise some with a severe phobia. In my experience, the problem tends to occur more in young adolescent males, but of course this is not an evidence-based view. A quick literature search yielded only limited data on the topic. I have no experience of the anaesthetic creams



and gels used in advance of giving an injection, but I was interested to see that they can be purchased over the counter. Websites that provide interesting

information you may want to read and consider are www.needlephobia.co.uk and www.ihateneedles.co.uk

WORLD MALARIA DAY

World Malaria Day is on 25 April 2010 – for details visit www.worldmaliaday.org/index.cfm. Click on 'Count me in' and join the global community in working to ensure that every man, woman and child in a malaria-affected region has access to essential prevention and treatment services by 2010. Understanding the seriousness of this preventable disease helps us promote adherence to the ABCD of malaria prevention: Awareness of risk, Bite prevention, Chemoprophylaxis, prompt Diagnosis and treatment.

IPHONE APPLICATIONS

Having told you last month about a great application for the iPhone (resuscitation algorithms), I have since got 'into' them and have spent some time searching on the Apple 'App Store'. I cannot believe the treats within, many of which are free of charge! For example, a useful one for travellers, 'Travel health', provides comprehensive advice about many travel-related problems. Another favourite is called 'Melatonin'; this isn't about the drug sometimes used in relation to jet lag, but is an alternative alarm clock with a bird that chirps gently to wake you up as the dawn breaks in full colour! For an introduction to 'Apps', see www.apple.com/uk/iphone/apps-for-iphone ●



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