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THE ADVENTUROUS TRAVELER S GUIDE TO HEALTH (PAPERBACK)



University of Washington Press, United States, 2008. Paperback. Condition: New. Language: English. This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. The Adventurous Traveler's Guide to Health is just what every traveler needs: a straight-forward look at what you can do to stay healthy during your travels, from start to finish. Whether headed to the urban centers of Africa or the jungles of southeast Asia, there are precautions to be taken even before setting foot on a plane, as well as important things to remember once your travels are over. Chris Sanford aids travelers in first finding a travel health specialist and then knowing exactly which questions to ask. The Adventurous Traveler's Guide to Health will also serve as a take-along guide to help deal with illnesses or symptoms that may arise while you re on the road and as a post-trip reference for any delayed symptoms. Aside from infectious diseases, Sanford also looks at the more common and overlooked problems travelers are likely to encounter, such as health risks in cities (pollution and motor vehicle accidents, for example), traveling if chronically ill or immuno-compromised, and high-altitude sickness. Each of the book's chapters includes a question-and-answer section based on real questions that Dr. Sanford's patients have asked him. General travelers, including students going abroad to study or backpack through the developing world and travelers who want to get off the beaten path as well as explore the cities of the world, will find this an invaluable resource.



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