



Travellers' Health: How to Stay Healthy Abroad

By Richard Dawood

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Our ability to travel to the remotest parts of the world has been transformed, but the health risks are ever changing and increasing, and there may be no one to help when things go wrong. Whether you are travelling abroad for business or pleasure, this book provides essential, detailed, practical advice for journeys all over the world.

This fifth edition is a complete revision of a best-selling, comprehensive and trusted guide. Travellers need to be increasingly well informed about health problems they may encounter abroad. Malaria prevention, the latest vaccine information and advice, cruise ship travel, jet lag, skiing, and accidents and injuries abroad: this book covers every important issue in travel medicine, with the emphasis firmly on self-help and prevention.

This new edition brings together state-of-the-art background information and specialist advice from more than 70 leading experts from several countries, now in a more compact format. It is also available in an electronic edition. *Travellers' Health* is the standard source for the well-prepared traveller.

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Editorial Review

Review

Richard Dawood has done it again. He has produced another edition of his magnificent book, better than the previous edition. It comes in 530 pages, yet small enough to slip it into the hand luggage when travelling. That is the idea; to inform the travellers that seek information, and help them manage travel problems they face and how to prevent them. This is the fundamental strength of this book... I would recommend this book to every traveller I see in my travel clinic. It is an invaluable part of the travellers handluggage. Travelwise, May 2013 ... now in its fifth edition and is the most useful reference book on the subject. Frank Barrett, The Mail on Sunday Travellers' Health remains the bible for all who want to understand the basic physical problems of travelling. This is important, in-depth information which covers every contingency and which, along with toilet paper, is one of the true indispensables in any adventurous traveller's bag. Michael Palin, Expert Traveller, and Former President of the Royal Geographical Society

About the Author

Dr Richard Dawood trained in medicine at University College London, has studied at the Liverpool School of Tropical Medicine & Hygiene, and practised in a variety of clinical settings at teaching hospitals in the UK and overseas before establishing the Fleet Street Clinic in 1995, which is one of the UK's leading independent centres for Travel Medicine. His specialist interests include pre-travel and post-travel care of high-risk travellers, and looking after news media professionals in war zones and hostile environments. He is a medical adviser to several international TV networks and news agencies. He has been involved in Travel Medicine for more than thirty years, has personal experience of travel in more than 100 countries around the world, and writes and broadcasts frequently on Travel Health issues.

Users Review

From reader reviews:

Bill Underhill:

This Travellers' Health: How to Stay Healthy Abroad is great guide for you because the content and that is full of information for you who all always deal with world and get to make decision every minute. This book reveal it facts accurately using great manage word or we can claim no rambling sentences in it. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but hard core information with lovely delivering sentences. Having Travellers' Health: How to Stay Healthy Abroad in your hand like keeping the world in your arm, details in it is not ridiculous 1. We can say that no reserve that offer you world in ten or fifteen tiny right but this guide already do that. So , this really is good reading book. Heya Mr. and Mrs. hectic do you still doubt which?

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