



# Travellers' Health: How to stay healthy abroad

*Richard Dawood*

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## **Travellers' Health: How to stay healthy abroad** Richard Dawood

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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