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*“This helpful book contains expert medical advice and health tips, wisdom and pragmatism; a user-friendly guide for anyone embarking on a new adventure.”*

– John Gatherer, Author and publisher of Wildlife and Travel Photography

## Healthy Travel: a pocket guide for seniors

Travel is exciting, inspiring, and can even be life-changing. Whether we travel for cultural and educational experiences, to visit friends and family or to explore places we have longed to see, we gain new perspectives and experiences.

The last thing we want to deal with is a medical emergency away from home. As we age, we become less resilient to health risks and infections, and more likely to be managing a chronic condition – but this need not prevent us from seeing the world.

*Healthy Travel: a pocket guide for seniors* provides practical information tailored to the needs of older travellers. Inside, you will find guidance on a range of topics including travel health insurance, travel vaccinations, travelling with medications and managing chronic medical conditions such as diabetes, aches and pains, respiratory illness and cardiovascular disease.

Each chapter features checklists and advice to help you stay healthy at every stage of your trip. Whether you are managing a medical condition or simply mindful of your health, this guide will give you the peace of mind to travel confidently, wherever your adventure takes you.

# IAMAT

## About the publishers



### **IAMAT – International Association for Medical Assistance to Travellers**

IAMAT is a non-profit organization that protects the well-being of travellers with up-to-date health information for all countries, an international network of English-speaking doctors, and travel medicine scholarships for health practitioners from countries where travel medicine is an emerging practice.

[www.iamat.org](http://www.iamat.org)



### **SASTM – South African Society of Travel Medicine**

The SASTM's mission is to guide the profession in all aspects relating to the practice of travel medicine, liaise with the travel industry, consult with relevant authorities, advise the public and collaborate nationally and internationally on all aspects relating to travel medicine.

[www.sastm.org.za](http://www.sastm.org.za)

*Guiding the Profession  
Protecting the Public*

## Healthy Travel: a pocket guide for seniors

### Foreword

### Introduction

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