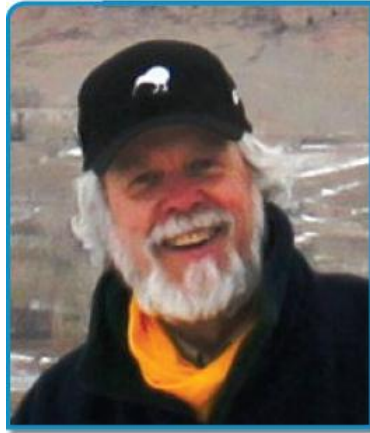




Dr Marc Shaw

Worldwise Travellers Health Centres
Auckland

Immersion Travel - Macchu Picchu, Amazonas, Galapagos - Concurrent Workshop Repeated

Saturday, 22 June 2013

Start 2:00pm

Duration: 55mins

Sovereign

Start 3:05pm

Duration: 55mins

Sovereign



  **Rotorua GP CME 2013**

General Practice Conference & Medical Exhibition

20-23 June 2013 | Energy Events Centre | Rotorua

SOUTH AMERICAN IMMERSION

MACCHU PICCHU, AMAZONAS, GALAPAGOS

“WHAT AN ABSURDITY TO GO AND BURY ONESELF IN SOUTH AMERICA,
WHERE THEY ARE ALWAYS HAVING REVOLUTIONS.”
— AGATHA CHRISTIE



Marc Shaw *DrPH, FRGS, FFTM (ACTM), FFTM RCPS (Glas)*

Professor, Public Health and Tropical Medicine, James Cook University, Australia

Medical Director, WORLDWISE Travellers Health Centres - NZ

WORLDWISE OnLINE (worldwise.co.nz)

'Academic Travel Health Information for Professionals'

WESTERN SOUTH AMERICA

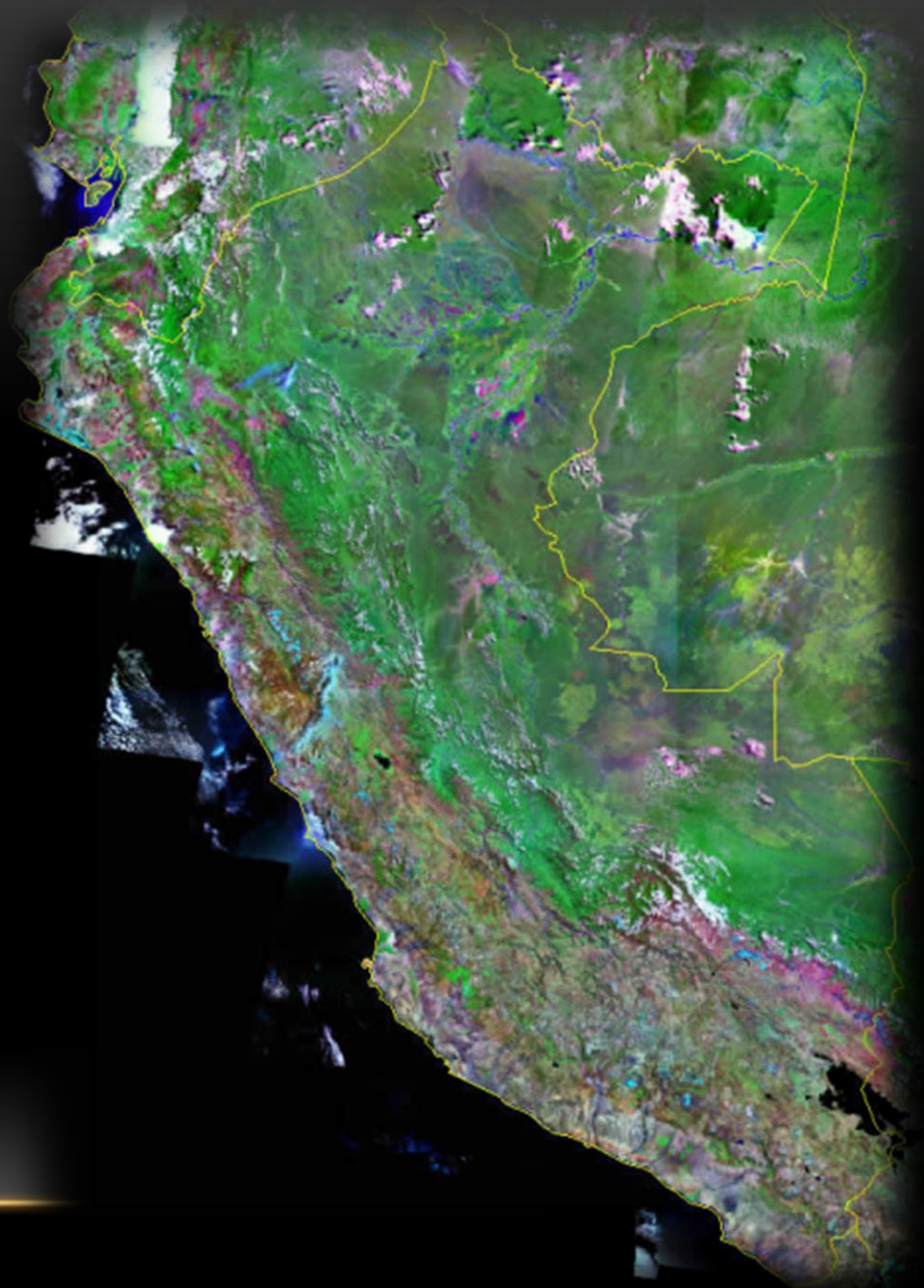
WHO IS TRAVELLING TO THE REGION

- Seniors
- Luxury tours
- School Groups
- Back-packers: aged
 - 18-30
 - 45 plus



ITINERARY

- NZ – Santiago - Lima
- Then direct flight to Cuzco
- 2/7 acclimatisation in Cuzco
- Walking Inca Trail for 4/7, then
- Macchu Picchu, then
- Puerto Maldonado 3 days, then
- Flight to Cusco and overland to Lake Titicaca and La Paz, Bolivia
- Flying to Quito, Ecuador, then
- Galapagos Islands
- Guayaquil to Santiago
- Back to Auckland



Galapagos and Satellite Map Sth America



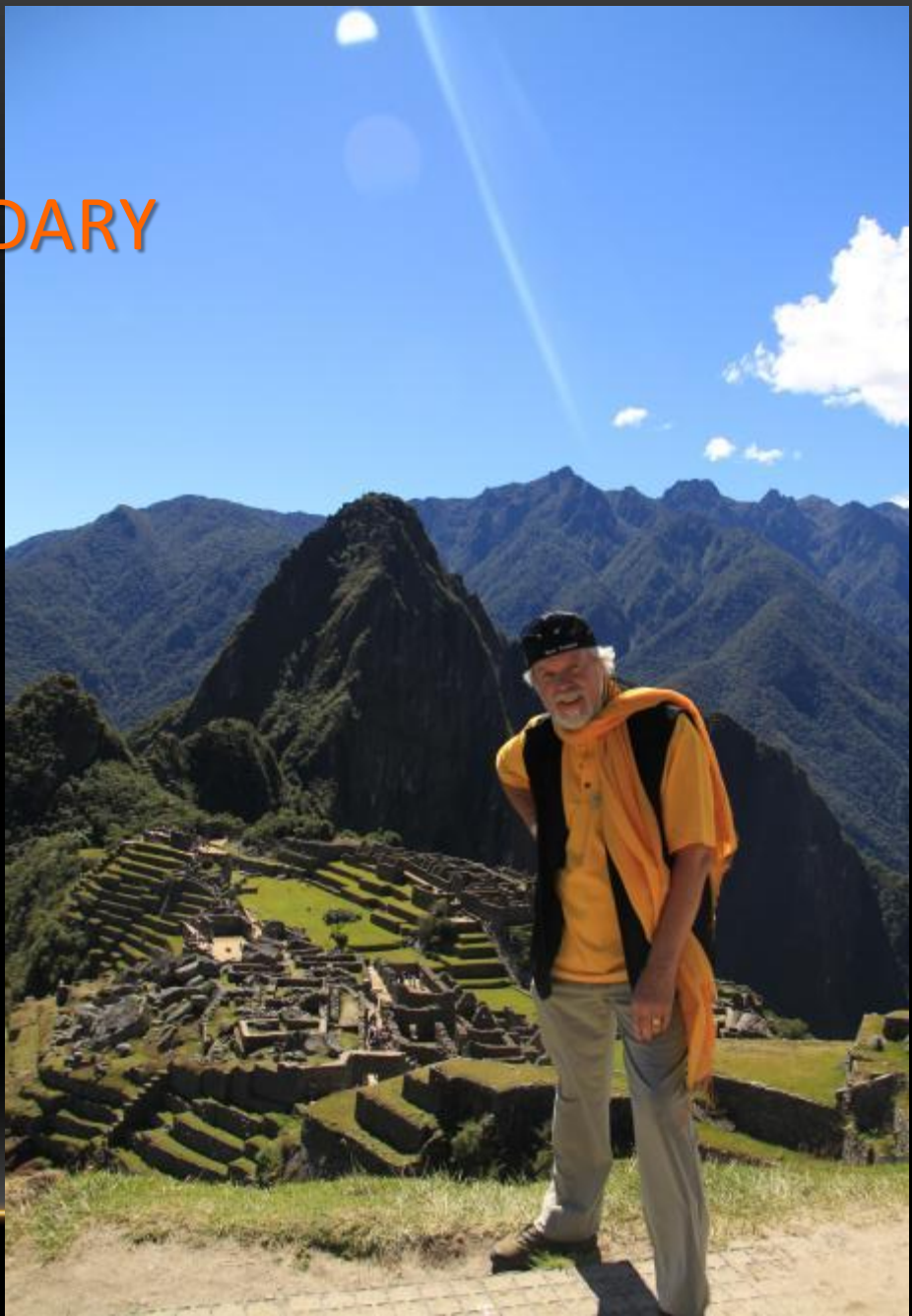
VACCINATIONS - PRIMARY

- Hepatitis A
- Typhoid
- ADT
- Yellow Fever



VACCINATIONS - SECONDARY

- ADT +/- Pertussis
- Dukoral
- Rabies
- Influenza



YELLOW FEVER

- Risk of Disease
- Risk of Vaccine
- Risk of border security – public health
 - P Maldonado
 - Iquitos



MALARIA

- Does the traveller need prophylaxis?
- What sort of malaria?
- Which antimalarial?
 - Doxy
 - Plaquenil
 - Malarone
- Interactions- ?? COC, Antidepressants
- Cost of medication
- Mosquito avoidance





OTHER CONCERNS

- Altitude
- Contraception and DVT
- New friendships - ? Need for HIV, Preg prevention
- Safety and security
- Food and water
- Clothing



ALTITUDE

- Itinerary – High, then low, then high again
- Acute Mountain Sickness
- Cerebral and Pulmonary Oedema
- Medications:
 - Diamox (acetazolamide)
 - Ibuprofen
 - Dexamethasone
 - ? Coco leaves





SAFETY AND SECURITY

- Money
- Kidnapping
- Mugging
- Sexual Assault
 - Postinor
 - COC
 - Condoms





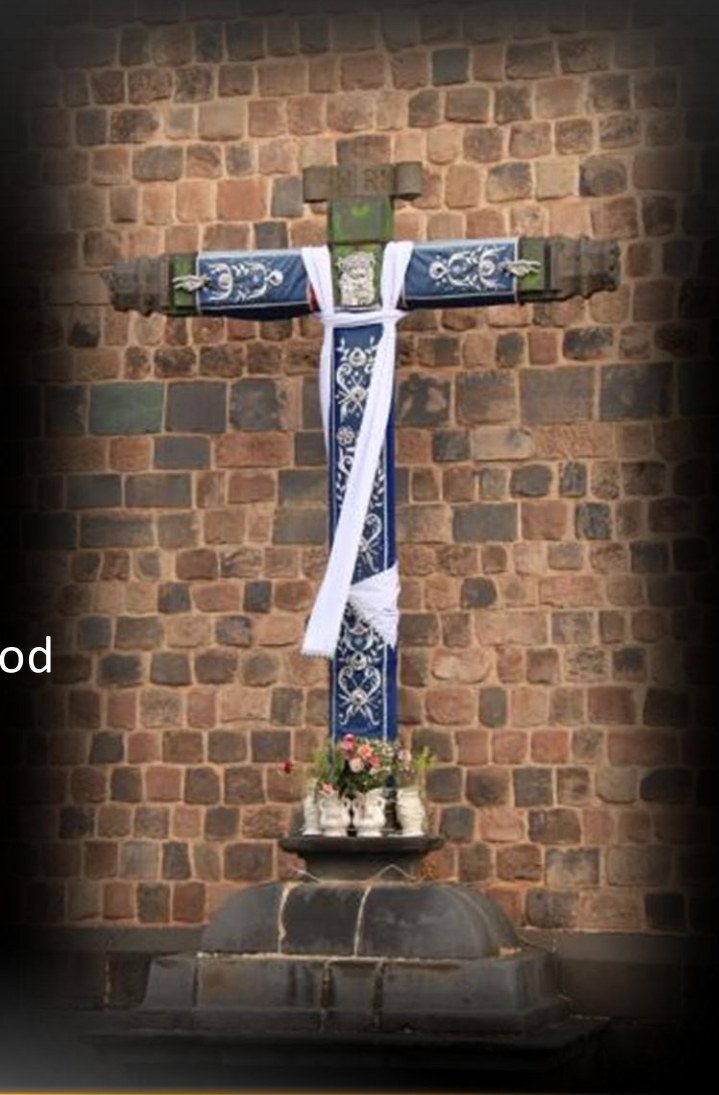
ENVIRONMENT

- Food and water
- Clothing – coping with:
 - Altitude
 - Amazon



FOOD AND WATER

- “Cook it, Peel it, Boil it or Avoid it”
- Peru one of the worse countries for oral-faecal infection
- Fruit
- Street Food vs Restaurant / Hotel Food



WATER

- Bottled Water
- Chemical Treatment
- Filters
- Steripen



GALAPAGOS

- On board ships/yachts
- Sea sickness
- Norovirus [potential]
- Environment
 - On the Equator, thus sun
 - Wind
 - Lots of walking ashore
- Mossies
 - Dengue











MEDICAL CONDITIONS TO MANAGE

- Travellers Diarrhoea
 - Noroxin and imodium
- Altitude sickness
 - Oxygen and acetazolamide
- Respiratory tract infection
 - Lozenges and panadol
- Soft tissues injuries
 - Bandages and Betadine



EASTERN SOUTH AMERICA

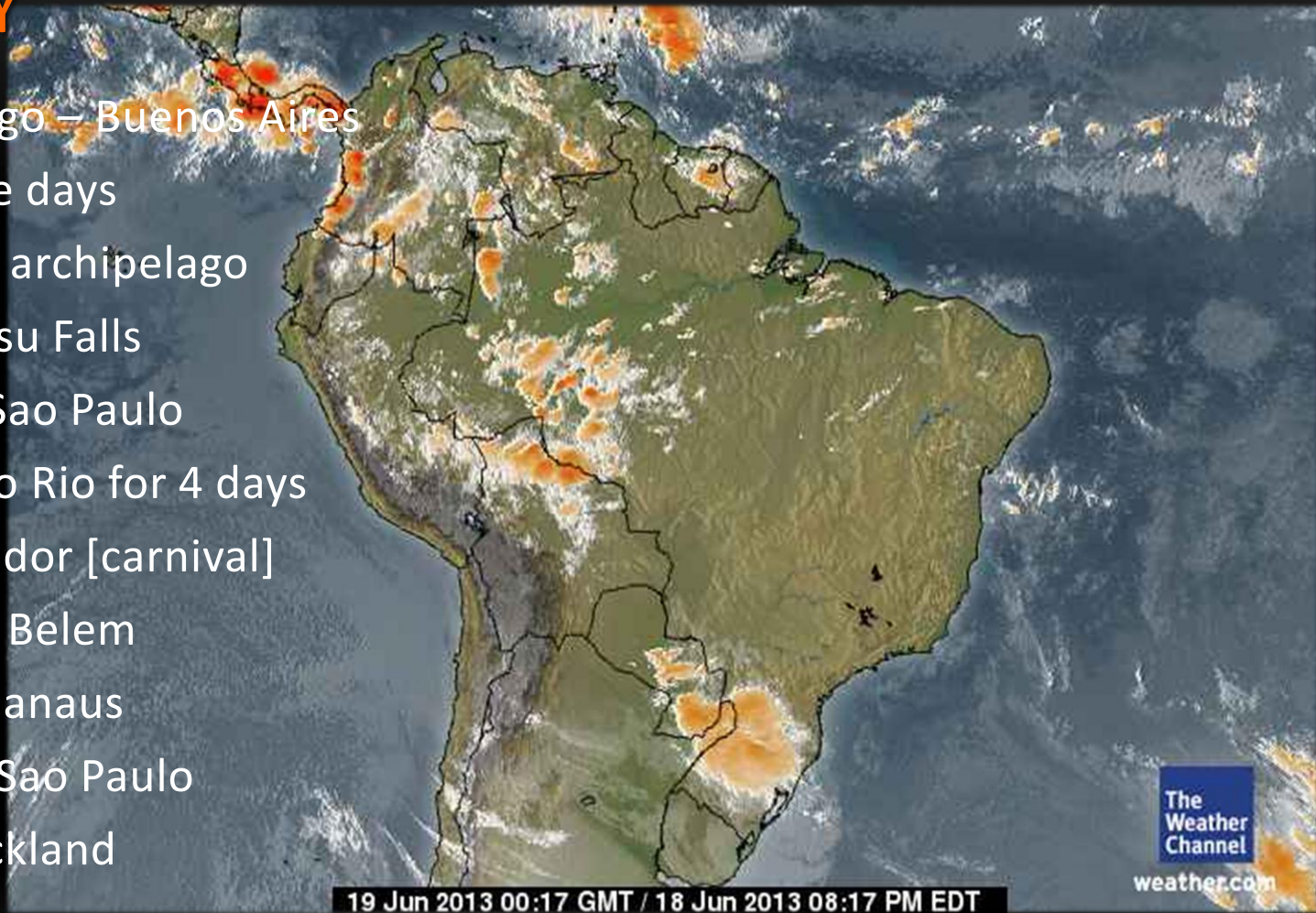
WHO IS TRAVELLING TO THE REGION

- Seniors
- Luxury tours
- School Groups
- Back-packers: aged
 - 18-30
 - 45 plus



ITINERARY

- NZ – Santiago – Buenos Aires
- BA for three days
- Explore the archipelago
- BA to Iguassu Falls
- Iguassu to Sao Paulo
- Sao Paulo to Rio for 4 days
- Rio to Salvador [carnival]
- Salvador to Belem
- Belem to Manaus
- Manaus to Sao Paulo
- Back to Auckland



VACCINATIONS

- Hepatitis A
- Typhoid
- ADT
- Yellow Fever – strongly recommended for Iguassu Falls
- ADT - Pertussis
- Rabies
- Dukoral
- Influenza



MALARIA

- Does the traveller need prophylaxis?
- What sort of malaria?
- Which antimalarial?
 - Doxy
 - Plaquenil
 - Malarone
- Interactions- Warfarin, Retinoids, Antidepressants
- Cost of medication
- Mosquito avoidance



OTHER CONCERNS

- Airtravel
- Safety and security
- Mossier prevention: Dengue
- Food and water
- Clothing – esp in the Amazonas

FAMILIA DUARTE



- “Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines, sail away from the safe harbour. Catch the trade winds in your sails.

Explore.
Dream.
Discover.”

- **Mark Twain**

