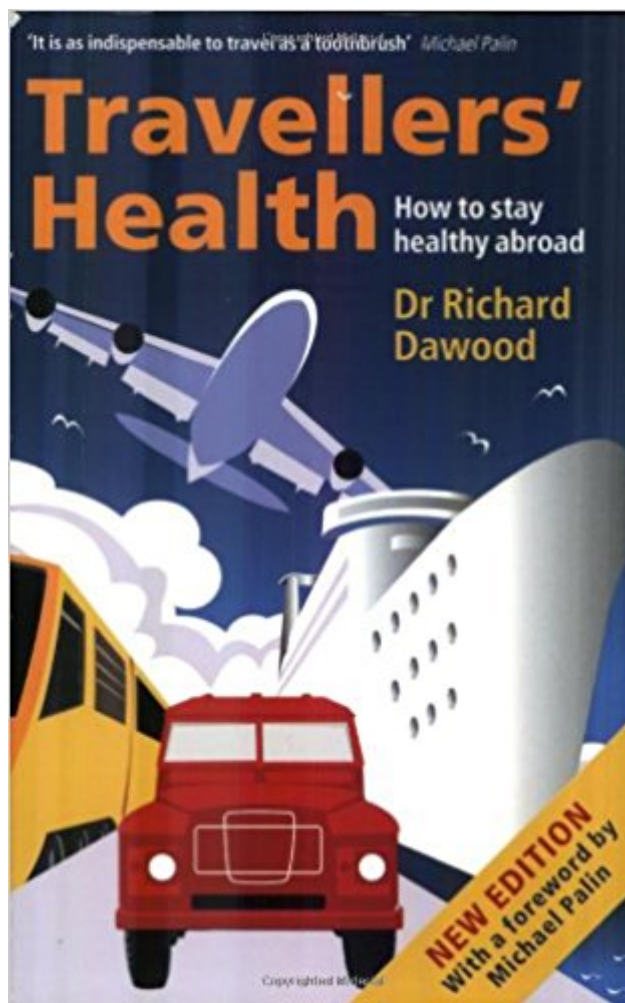


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Travellers' Health: How To Stay Healthy Abroad



Synopsis

International travel now takes place on an unprecedented scale, both for business and pleasure. With exotic places ever more accessible to everyone, it is increasingly important for travelers to be informed about the health problems they may encounter abroad. Travellers' Health: How to Stay Healthy Abroad provides indispensable advice for all those planning and undertaking journeys anywhere in the world. This fourth edition is a complete revision and update of this best-selling, comprehensive guide for the educated traveler. New malaria drugs, the latest vaccine information and advice, jet lag, deep vein thrombosis, and even landmines: this book covers every important issue in travel medicine, with the emphasis firmly on self-help and prevention. Travellers' Health is the leading guide to health problems abroad, and is widely used by doctors, nurses, and above all, by travelers themselves. This new edition brings together state-of-the-art background information and specialist advice from more than 80 leading experts. Travellers' Health is indeed the standard source for all travelers.

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