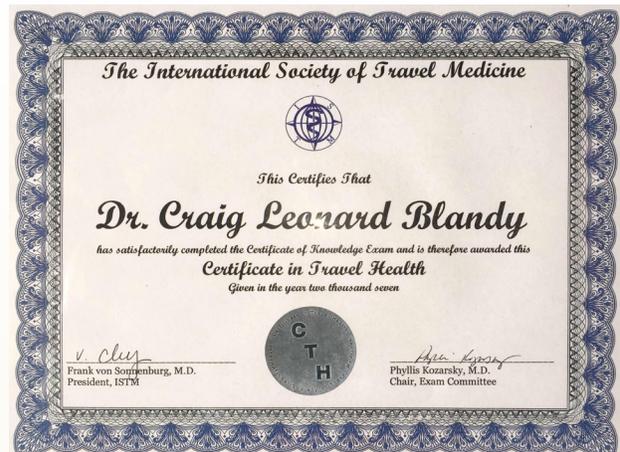




# MT. ELIZA TRAVEL DOCTOR



**Dr Craig Blandy**



Dr Craig Blandy graduated from the University of Melbourne in 1982 and gained a Diploma in Obstetrics and Gynaecology before entering full time General Practice.

In 1993 he joined University Health Services at Monash University and remained at Monash until 2015.

He has a particular interest in Travel Medicine and is a member of the International Society of Travel Medicine, qualifying in 2007.

He is also a member of the Skin Cancer College of Australasia and the South Pacific Underwater Medicine Society. Craig enjoys travelling the world and spending time on his farm.

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## OUR TRAVEL NURSES



Maria



Megan

# TRAVEL MEDICINE AND VACCINATIONS

## What is Travel Medicine

Travel Medicine is medical practice that considers the necessary preparation for healthy travel with the aim of reducing the risk of illness.

It considers the person, their current and their future health needs, in combination with the health risks at the destination. There is advice regarding medications, vaccinations, food and water precautions and high risk activities.

## COMMON ILLNESS

### Travellers Diarrhoea

Gastrointestinal illness is the most common illness that is experienced by travellers and is referred to as Travellers Diarrhoea.

“TD” may require the prescription of special medicines either for prevention or treatment. The risk of “TD” can be reduced by taking precautions with food and water. We can assist with the correct advice tailored to your destination.

### Respiratory Infections

Respiratory infections are very common with travel anywhere and it is wise to have influenza vaccination before you leave.

## SPECIAL DESTINATIONS

Travel to many areas requires proper insect protection and sometimes malaria tablets.

Travel to altitude requires advice and sometimes medication that diminishes the effects of altitude illnesses. Dr Blandy can help you plan your itinerary to reduce the impact of altitude on your health.

## Vaccinations

Vaccinations for common and preventable diseases are both a current and future investment due to the longevity of modern vaccines.

### Mandatory Vaccinations

Yellow Fever vaccination is the only vaccination that is mandated by International Health Regulations as a requirement of entry to countries with potential Yellow Fever disease.

Some countries from time to time, or for special purpose, mandate other vaccinations.

Saudi Arabia mandates vaccinations for attendance at the annual Haj pilgrimage.

### Recommended Vaccinations

Everyone needs to be current with their vaccination status for home ie; tetanus, measles, chicken pox.

Hepatitis A is a common worldwide disease and is the most common recommended vaccination. It is often administered in combination with Typhoid Vaccine.

Rabies vaccination is a special vaccine that requires discussion and can offer life-long protection for a rare but catastrophic disease.

### Prevent any unnecessary cost and vaccination

Please bring all, and any past vaccination records that you have had. Knowing exactly what vaccinations you have had in the past can prevent unnecessary re-vaccinations.

## APPOINTMENTS

Please tell the reception staff that you are having a travel consultation so that a vaccination appointment with the nurse can also be arranged.

It is never too early to have a consultation to plan your travel health needs – ideally book 6 to 8 weeks before your departure, but if you have left it to the last minute, Dr Blandy can plan and advise you on rapid vaccination schedules as late as the last few days before you leave.

Prior to the appointment it is a good idea to visit the Centre of Disease Control information site via the Vaccine Advice link on our Webpage...

<http://www.ti-treedoctors.com.au/travel-medicine-ti-tree-family-doctors.html>

Travel consultations vary in complexity and so does the time required for consultation.

### Family Holiday

Family holiday travel to common destinations such as Thailand, Bali, Fiji can be accomplished in a group appointment.

Each individual needs to be seen in consultation as it is the person and their destination that needs to be assessed along with individual prescription.

Only one member of the family pays the full standard consultation fee if all are present. Others are charged the Medicare rebate.

### Complex Destinations

A common example is travel to South America to visit Machu Picchu, the Amazon, Iguazu Falls and parts of Central America.

This requires advice and prescription for Yellow Fever vaccine, altitude illness, mosquito spread infections such as Zika or Dengue and Malaria prevention.

### Pre-Existing Medical Problems

More people want to travel in their later years and may have pre-existing medical conditions that require special consideration particularly with regard to the safety of vaccines and their own medical history.

### Destinations

Most travellers will require a Standard Travel Appointment.

You can get more advice in a Long Travel Appointment – this is useful if you are travelling “off the beaten track” in South America or Africa as Yellow Fever, Malaria, worm infection and altitude illness need discussion and advice. You can book a Long Travel Appointment if you wish.

## FEES

	For 1 traveller	Family Consults
Standard Travel Appointment	\$85 (rebate \$37.05)	\$85 for 1st traveller - all subsequent travellers on same itinerary at rebate of \$37.05
Long Travel Appointment	\$155 (rebate \$71.70)	\$155 for 1st traveller - all subsequent travellers on same itinerary at rebate of \$71.70

Pensioner Discount of \$10 applies to 1st traveller.  
Subsequent travellers must attend at same time as 1st travellers to obtain rebate fee.

### Complex Destinations or Medical Problems

These consultations will have a time of greater than 20 minutes and are charged at the Long Travel Appointment rate

### Vaccinations

Vaccinations are the best long term investment for healthy travel.

It is possible to achieve life time immunity with a number of vaccines including the Yellow Fever and Rabies vaccines.

It is essential that vaccines are stored at the correct temperature at all times and therefore we stock a wide range of vaccines at very competitive prices.

The cost of vaccines will be discussed at your consultation.

ARE YOU PLANNING TO TRAVEL ?  
**GET IN TOUCH**  
AND TRAVEL SAFE !



**MT. ELIZA TRAVEL DOCTOR**

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