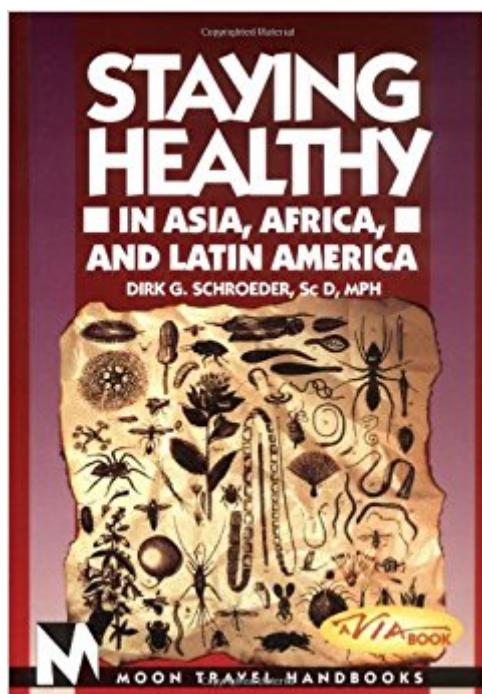


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# Staying Healthy In Asia, Africa, And Latin America (Moon Handbooks Staying Healthy In Asia, Africa & Latin America)



## **Synopsis**

This is an updated and expanded version of this popular book on maintaining good health while travelling in developing countries.'

## **Book Information**

Series: Moon Handbooks Staying Healthy in Asia, Africa & Latin America

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## **Customer Reviews**

I would recommend this book to every traveler. Its down-to-earth language makes it easy to digest the "staying healthy" information quickly. Its size makes it easy to carry along in even a small knapsack.

Dr. Dirk Schroeder worked in Indonesia with the 'Volunteers in Asia' program, has a Masters in public health from Johns Hopkins University and a doctorate from the Department of International Health, so he's well qualified to write about this subject with some authority. In this book from Moon Publications (which has seen more than one edition and printing) Schroeder offers clear, knowledgeable and down-to-earth practical advice to how you can avoid becoming sick if you live, work or travel in the developing world, and what you can or should do if injured or sick in a location where no professional medical care is available. The first chapters offer advice on illness prevention and focus on basic rules of hygiene, immunizations, malaria pills and the importance of having the right mental attitude. Routine and recommended immunizations and the rules about compulsory yellow fever vaccination are explained in clear and simple language. The section on anti-malarials is quite detailed, and covers the reported adverse side effects of many of these drugs which trouble

some travellers so much. There are sections on blood transfusions; on what portable medical supplies you should take with you; food, water and personal hygiene; preventing insect bites (vital in malarial regions); coping with extremes of climate, both hot and cold. Subsequent chapters focus on self-diagnosis and treatment of disease, on buying medicinal drugs locally (in some places antibiotics for example are available over the counter in unregulated amounts) and common infectious diseases. The difference between for example bacillary and amoebic intestinal infections is explained with great clarity. In fact, just about everything you can think of, from mosquito-transmitted diseases to STDs to altitude sickness, is covered. The format is very easy on the eye, with clear sections and headings and with the symptoms of each condition explained with bullet-points. The language is literate and straightforward, and editing exemplary. As with most Moon publications, the paperback binding and page outer-corners are rounded rather than squared-off. This is a nice touch, preventing the book getting 'dog-eared' too easily. Remember the book is written for those who may be in locations with no electrical power available to re-charge computers or smartphones, so having the information on paper can be quite useful. Overall, for the intrepid traveller, the information in this book is near-indispensable. The only slight reservation might be that the last edition was printed in 2000, and though the advice is still accurate, a few details might need revision for the smartphone generation; as an example, the global maps showing the distribution of Hep-B, both chloroquine-sensitive and resistant strains of malaria, yellow fever and meningococcal meningitis could benefit from a 2012 update.

I found this book to be very informative. It showed the vaccines that you should get but not only that. It told about the bugs and "creepy crawlies" that you should stay away from in your particular country you are going to. It told of the plants that are poisonous and to stay away from there water unless you have a purifier. I recommend this book to anyone and everyone who is going to a third world country!

I bought a book back in 1992. Used it for travels to Asia and Africa. Handy size can always fit your backpack, no matter how light you must pack. I used it for rough trips, as well as for trips around Europe with kids. The book covers all essential aspects that you will need for your travel: (i) which vaccinations to take before you go and what to pack, (ii) what precautions to take to stay fit and healthy, (iii) what to do in case you get sick and (iv) what is the bottom line when you really need to stop being your own doctor and need to find a physician. The book is well structured and you find in a second the topic you are looking for. I strongly recommend the book to travelers who are serious

about staying healthy.

I have travelled and lived all over the world and I always have this book with me. Not only does it cover how to protect yourself, but if you do get sick it helps you to get better. I love that it includes different drugs for you to take for different bugs, and it tells you the exact dosage. This comes in handy when you are living in the bush in Africa, no doctor for hundreds of miles, but a well stocked pharmacy near by. I HIGHLY recomend this book or anyone planning to travel or live overseas.

this book is a must have, for a person who's traveling in a 3rd world country and even more so, if you are not a doctor or nurse.its easy to read, small and compact enough to bring along and has tons of great info.HIGHLY RECOMMEDED!

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