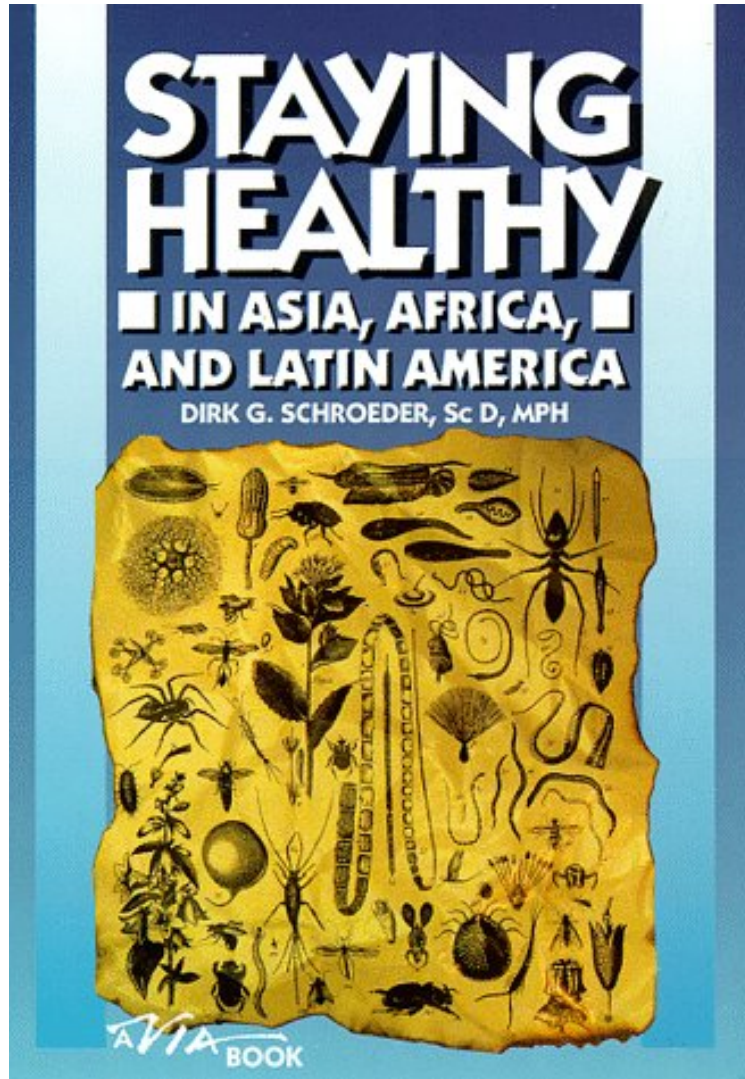


(Download) Staying Healthy in Asia, Africa, and Latin America (4th ed)

Staying Healthy in Asia, Africa, and Latin America (4th ed)

Dirk G. Schroeder

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Dirk G. Schroeder : Staying Healthy in Asia, Africa, and Latin America (4th ed) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Staying Healthy in Asia, Africa, and Latin America (4th ed):

1 of 1 people found the following review helpful. Good advice for the intrepid aid worker or traveller, but get the later edition By The Guardian This is the 4th edition of Dirk Schroeder's valuable guide to staying healthy when travelling in Asia, Africa and Latin America. 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 he 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 profiles common infectious diseases. The difference between for example bacillary and amoebic intestinal infections is explained with 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.

Both short-term vacationers and seasoned travelers need a tool to help them maintain good health while visiting or living in developing nations. Thoughtfully organized, *Staying Healthy in Asia, Africa, and Latin America* is organized to meet travelers' needs throughout their journeys. This user-friendly handbook offers a comprehensive overview of the most common health problems travelers encounter, along with tips on how to avoid them. Detailed sections on immunization, first aid, nutrition, and mental attitude provide the information readers need to keep their trips healthy, safe, and enjoyable.

.com Dehydration is bad. Typhoid is bad. And fungal infections are no fun either. But the solution doesn't have to be staying at home behind triple locks. Dirk Schroeder's slim but informative volume sets out the health risks involved in seeing the pyramids, snorkeling off Thailand, and breathing the thin air of the Andes. He tells you the warning signs, preventative as well as curative measures, and when to hightail it out of there to your doctor. Not just a worry-wart's companion, Schroeder's 200-page booklet should make it onto everyone's must-pack list.