

# For Your Health

## Healthy Travel

There was a time when it was considered an adventure to jet over to France and see the Eiffel Tower. Nowadays, that's considered pretty tame, and the true world traveler's itinerary seems incomplete without an excursion to the spicier and more exotic realms, from Armenia to Suriname to Zambia. Ah, but with these places comes a far more complex medical picture, with a huge increase in the risk of accidental injury and infectious diseases.

If you're stricken with the traveling bug, you'll stand a far greater chance of avoiding traveler's bugs like malaria and dysentery with a few pre-trip precautions. Our medical experts can provide you with the information you need to avoid many of the health pitfalls of international travel. [Click here](#) for more information about:

### ■ Pre-Trip Vaccinations

If you're planning an overseas trip, some vaccinations may be in order. But think ahead. Some vaccinations should be given a month — or even six months — before you depart on an overseas trip.

### ■ Avoiding Traveler's Back

Whether from slinging suitcases, schlepping kiddies or slumping in a cramped car or plane seat, your back endures a lot of stress on vacation. It all can add up to a painful case of traveler's back. Learn how to avoid it.

### ■ Vaccines Don't Protect from Accidents and Heart Attacks

Accidental injuries, whether from falling off a cliff in Katmandu or getting in a bus wreck in Ankara, account for 22 percent of fatalities abroad.

### ■ Avoiding Mosquito-Borne Diseases

Of the more than 1,200 cases of malaria treated by doctors each year in the United States, virtually all were acquired overseas, according to the U.S. government's Centers for Disease Control and Prevention.

### ■ Coping with Traveler's Diarrhea

The most frequent complaint among world travelers is diarrhea. Although it's not usually fatal, it can wreak havoc with your travel plans. Its effects can last for days or weeks, and you can become dehydrated and lethargic.

### ■ When the Sea Bites Back

There are many things to watch out for when your trips take you to the sea, including jellyfish, man-o-war and seabather's eruption. Find out the symptoms, treatments and other cautions.

### ■ Traveling with Diabetes

In most instances, all it takes to make traveling pleasurable and reasonably worry-free is a bit of thought and careful planning.

At Aetna, we believe there is nothing more important than your health. That's why we're pleased to give you information to help you manage your health.

[Read on to learn more.](#)

### ■ Allergies and Asthma On the Go

If you have allergies or asthma, borrow a lesson from the Boy Scouts: Be prepared — all the time.

For a summary of information specific to the region you're planning to visit, [click here](#).

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