

HENDRICKS PHARMACY

THE CLAREMONT VILLAGE PHARMACYSM

International Travel Health Clinic Newsletter

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Located in the Claremont Village, Hendricks Pharmacy is your local independent pharmacy. We accept most insurance plans and offer FREE delivery. We also have a solution for you if you need help remembering to order your medications; it's the AUTOREFILL system. Hendricks Pharmacy also has an International Travel Health Clinic headed by our certified travel pharmacist, Dr. Karl Hess. The clinic is providing this newsletter as a way to keep you up-to-date on the latest travel news and to answer questions that are frequently asked by our patients. In addition, our travel clinic also provides comprehensive pre-travel consultations, during which, we will review your travel plans as well as your medical and vaccination history to determine the best pre-travel recommendations for you. This is extremely important to ensure that you are properly protected from various diseases and to give you peace of mind, allowing you to enjoy and make the most of your trip. Our personalized consultations will include all necessary vaccines as well as medications for malaria, altitude sickness, and traveler's diarrhea. We will also include specific travel advisories associated with your destination.

To set up your personalized consultation today, please fill out our pre-travel form online at www.HendricksPharmacy.com or call us at (909) 624-1611 or email us at Travel@HendricksPharmacy.com. You can also find us on Twitter @HendricksTravel.

New Clinical Services^{1,2,3}

What is the TB skin test?

The Mantoux tuberculin skin test (TST) is the standard method for determining whether a person is infected with *Mycobacterium tuberculosis*.

How is the TST administered?

It is done by putting a small amount of tuberculin purified protein derivative (PPD) under the top layer of skin on your forearm. Individuals with TB bacteria inside them will show a reaction at that site. The TST is used to identify people with latent TB infection (LTBI).

How long is the test?

The test takes about 5 minutes and must be read 48 to 72 hours later at Hendricks Pharmacy. If the test is not read within 48 to 72 hours, the test must be repeated.

Who should get the TB skin test?

The TST is recommended for all healthcare workers, those who have been around others with active TB, foreign-born persons who have arrived to the U.S. within the past 5 years, and patients who have certain medical conditions. Your employer may also require an annual TST.

What if I have a positive TB skin test?

You must get an x-ray of your chest. This extra test will confirm if you have LTBI or not.

Call (909) 624-1611 for more information and/or schedule an appointment!

Disease Spotlight: Poliomyelitis^{4,5}

Poliomyelitis, or polio, is a viral infection that is transmitted by either the fecal-oral route or the respiratory route. The virus sheds from the mouth and the intestines and about 95% of those infected do not show any signs or symptoms of disease. However, the remaining 5% may develop fatigue, nausea, fever, headaches, stiffness of the neck and back, flu-like symptoms and pain in the limbs. Less than 1% progress to paralysis of the legs, of which, 5 to 10% are fatal if the paralysis spreads to the lungs. There are two vaccines available: inactivated polio vaccine (IPV) and oral polio vaccine (OPV). OPV is no longer used in the U.S. because of its association with Vaccine-Associated Paralytic Poliomyelitis (VAPP). However, other countries still use OPV. CDC highly recommends routine vaccination with IPV as well as a booster dose when traveling to endemic countries. Other preventative measures include safe food and water practices such as eating fully cooked or hot meals. Use only sealed and bottled or boiled water as means of cooking, washing, eating and drinking. Avoid tap, fountain drinks, ice and pre-peeled fruits and vegetables. Polio is currently endemic in Afghanistan, India, and Nigeria. In 2010, China experienced its first polio outbreak in 10 years. The isolated virus was shown to be very similar to the strain in Pakistan. This sudden outbreak reminds us of the importance of routine vaccination and the efforts over decades to maintain polio eradication in the Western Hemisphere.

Focus on Vaccines: Polio Vaccine⁶

1. What is the IPOL vaccine?

It is a trivalent inactivated poliovirus vaccine that is given in the deltoid muscle to prevent poliomyelitis caused by poliovirus types 1, 2 and 3. The vaccine is grown on monkey kidney cells.

2. Who should get the IPOL vaccine?

It is indicated in infants as young as 6 weeks of age, children and adults.

- Children: 4 doses at 2, 4, 6-18 months, and 4-6 years of age.
- Adults:

- Unvaccinated: 2 doses at 1 to 2 month intervals, then a 3rd dose given at 6 to 12 months.

- Completely vaccinated: one dose (booster dose) if traveling to an endemic area such as India, Pakistan, Afghanistan, Nigeria, or China.

3. Who should NOT get the IPOL vaccine?

Individuals who have hypersensitivity to any component of the vaccine (e.g. neomycin, streptomycin and polymyxin B) or have a high-grade fever.

4. What are the common adverse effects?

Side effects may include redness, swelling, or tenderness at the site of injection. Cold packs, acetaminophen, or ibuprofen may help relieve the pain.

Recent Outbreaks

For information on recent outbreaks and travel alerts throughout the world, visit these websites:

- <http://wwwnc.cdc.gov/travel/>
- <http://promedmail.org>
- http://www.istm.org/WebForms/NonIstmLinks/Outbreak_News.aspx



Ask the Expert^{9,14,15}

Q: What is altitude sickness?

A: Symptoms of altitude sickness occur approximately 2 to 12 hours after reaching an altitude of 9,000 feet or higher, which includes headaches, fatigue, loss of appetite, and nausea/vomiting. Tips for prevention are to acclimate to the area for 3 to 5 days, ascend no more than 1,600 feet per day, avoid alcohol within the first 48 hours, and use Diamox[®] if abrupt ascent is unavoidable. Symptoms can worsen and progress to swelling of the brain and fluid overload in the lungs. These cases are rare, but are life-threatening. Quick descent or medical attention should be sought if severe symptoms occur such as increased lethargy, drowsiness, confusion, uncoordinated gait, breathlessness upon exertion or at rest along with weakness and cough.

Q: What is the nonprescription drug of choice for traveler's diarrhea?

A: About 50% of traveler's experience traveler's diarrhea. The main culprit is usually bacterial and that is why Pepto-Bismol[®] or bismuth subsalicylate is recommended for mild diarrhea (one to two loose stools/day) due to its mild anti-bacterial and anti-diarrheal effects. However, if the diarrhea gets worse (three to five loose stools/day) or lasts longer than two days, then an antibiotic is more appropriate. Those who are allergic to aspirin cannot take Pepto-Bismol[®] as there is an aspirin component in the medication. Loperamide is also used to reduce bowel movements; however, it reduces bowel motility resulting in less frequent stools. Therefore, an antibiotic is needed in addition to help rid of the bacteria.

Q: What are some items to bring during a hiking trip?

A: It is handy to always bring along anti-itch creams such as Benadryl, hydrocortisone, or calamine lotion to help relieve itching from insect bites, stings, or plants. Aloe vera gel is also helpful in relieving sunburns. It is also noteworthy to bring along pain relievers and first aid kits in case of an acute emergency.

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Fact or Fiction?^{7,8,9,10}

1. Mosquitoes are color-blind.

Fiction: Mosquitoes are NOT color-blind. They have poor eyesight and are attracted to bright, moving objects. It is best to wear neutral colors (e.g., beige, black, or white) and minimize movement if possible.

2. Transderm Scop (scopolamine patch) works best to manage motion sickness.

Fiction: There are many options to manage motion sickness. The patch works well to *prevent* motion sickness, but it's not more effective than antihistamines and it may cost more. The patch needs to be applied behind the ear at least 4 hours in advance and then every 72 hours as needed. Other options include Seaband[®], Dramamine[®], or ginger.

3. Ciprofloxacin is the antibiotic of choice for traveler's diarrhea.

Fact: Traveler's diarrhea is often self-limiting and resolves without treatment. Ciprofloxacin is the drug of choice for moderate episodes of traveler's diarrhea (e.g. 3 to 5 loose stools/day) in most parts of the world. However, there is resistance to it in countries such as India. In these cases, azithromycin is the drug of choice.

Quick Travel Tip: Preventing Jet Lag^{12,13}

• Overview:

- Jet lag usually occurs temporarily when crossing 3 or more time zones as the body's clock tries to adjust to the destination time
- When traveling eastward, travelers may have difficulty falling asleep and rising in the morning at their destination. The opposite happens when traveling westward.
- Poor sleep and delayed sleep will bring travelers poor physical and mental fatigue, headache, and lack of appetite.

• Prevention

- Prior to travel:
 - Sleep 1-2 hours later for several days when traveling westward and sleep 1-2 hours earlier when traveling eastward
- During travel:
 - Avoid alcohol and caffeine
 - Maintain adequate hydration (about nine to thirteen 8 oz cups of water)
 - Wear comfortable clothing and attempt to sleep during long flights
- Post arrival:
 - Continue to avoid caffeine and alcohol
 - Adapt to the local time as soon as possible (e.g., meal times)
 - If needed, take short naps of 20 to 30 minutes to gain energy
 - Get as much sunlight as possible. Sunlight triggers the brain to suppress the release of melatonin and keeps the mind and body awake. When traveling eastward, try to catch the morning sun and vice versa when traveling westward.

• Supplement

- Melatonin 0.5 to 5 mg may be started on the day of travel and continued for several days. Melatonin reduces the number of days needed to establish a normal sleep pattern, decreases the time it takes to fall asleep, improves alertness, and reduces daytime fatigue. Seek medical advice before taking melatonin or other supplements.