

Whether you are going overseas as a seasoned traveller, or for the first-time, you will want to make sure you really enjoy yourself.

You don't want an unexpected illness to spoil your getaway.

Your travel agent has helped you to plan your trip so you make the most of your time away.

As well as getting travel insurance from your travel consultant—it's important to get the right medical advice and the proper vaccinations before you leave. That's why a visit to the Travel Doctor makes sense.

The expert attention and advice you need ...

Our entire medical team are seasoned travellers who have first-hand experience of the type of conditions you will be facing.

This means that the advice you receive from us is practical, relevant and very helpful.

We take the time to listen to you and provide you with balanced, specialised advice. Rather than simply giving you every available injection, we minimise your pain and expense by tailoring your shots for:

1. The specific area you are travelling to,
2. The length of your stay, and
3. Your medical history and your current health.

Whether you need protection against Yellow Fever, Malaria, Hepatitis A, or any other

Beware of media myths!

You will not get a balanced view of "conditions overseas" from the TV, radio or newspapers. Their job is to sell their stories.

Our job is to give you specialised, reliable travel advice.

If you want to know more about DVT (travellers' thrombosis), SARS, Bird Flu, plague or just travellers' diarrhoea ... consult us.

imaginable disease, you can be sure our advice and preventative health care will give you peace-of-mind.

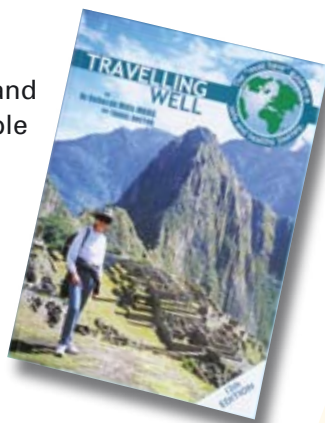
Hating injections is NORMAL ...

When it comes time to receive your vaccinations, you'll be pleasantly surprised!

We recognise that for some people, having an injection can be a fearful event. We respect your concerns and use our many years experience at giving immunisations to ensure your experience is as painless as possible. We even have special patches available to numb the skin before injection.

Healthy Travel Tips

Consult the Travel Doctor and you will receive this valuable travel resource book as part of your consultation. Travelling Well – The "must have" guide to a safe and healthy journey, written by Travel Doctor Deborah Mills.



It's full of important details on what to do when travelling, and includes information on:

- How to avoid illnesses,
- Treating travellers' diarrhoea,
- Essential first aid information for insect and animal bites.

Our handy travellers' medical kits come complete with ANTIBIOTICS...

When you are travelling, top-quality medical care isn't always accessible.

However, when you carry a travellers' medical kit from the Travel Doctor, you will have:

1. The supplies you need to treat stomach upsets and diarrhoea, to get you back on track quickly.
2. Antibiotics, complete with a medical authorisation letter for you to present to customs officials.
3. High-potency insect repellents.
4. Easy-to-follow, step-by-step instructions that tell you exactly what to take and when.

You will see for yourself that this kit is much more than what you would put together for yourself.

We have surveyed travellers, so we know what is likely to happen, and what you need to carry in your kit. eg: our research has found that 28% of travellers develop respiratory problems when they travel, so to be well prepared, we recommend you take more than just diarrhoea pills.

As with your vaccinations, we tailor your medical kit to suit your specific destination, your length of stay and your medical history.



Contact us early to ensure that you are well prepared ...

While it's never too late to plan for a healthy trip, ideally, your pre-travel health arrangements should begin at least six weeks prior to departure.

There are very good reasons for this.

First, you can receive your treatment over a period of time to minimise the inconvenience of any side-effects, such as the pain of carrying a heavy suitcase with a sore arm.

Second, some immunisations must be spaced over a six-week period.

Third, some vaccinations take time to take-effect.

Remember, when it comes to overseas travel, prevention is far better than cure.

At the Travel Doctor we look forward to helping you to prepare for your journey, so you don't bring home a vile disease as a souvenir of your travels.

Immunisation Records

Do you have a vaccination book yet? It is supplied free when you consult The Travel Doctor.

It has space to list what vaccines you have had, what they are for, and how long they last.

We supply this internationally accredited vaccination record book as you may be required to show it before you are permitted to enter certain countries, or even to return to Australia after visiting certain destinations.

As well as a compact record of your vaccinations, it has space for other pertinent medical details, such as your blood group, allergies and important medical history.

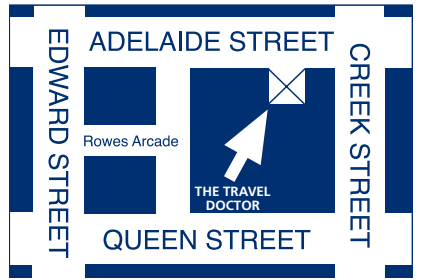


Wondering what shots you've had, and when?

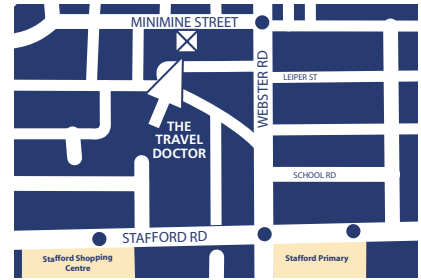
There is no need to wonder any longer. We can do a blood test to check antibody levels for some common travel diseases. Once you have consulted us you will also have peace of mind knowing your vaccine records are kept on file for the future. Our excellent records may save you from having unnecessary vaccinations on subsequent trips. This is another advantage of using our specialised medical centre.

Need a booster? We remind you!

Many vaccination programs require booster shots, e.g. hepatitis A: the first shot protects you for six months, and the booster protects you for 20 years. It is important to follow through. It's easy to forget, so we will inform you when your booster shot is due.



5th Floor, 247 Adelaide Street
Brisbane Qld. 4000



34 Minimine Street
Stafford Qld. 4053

USUAL OPENING HOURS:

Monday:	8am — 5pm
Tuesday:	10am — 7pm
Wednesday:	8am — 9pm
Thursday:	8am — 3pm
Friday:	8am — 5pm
Saturday:	8.30am — 3pm



Remember to call us at least 6 weeks before you travel.

—Dr Deb

Phone: 1300 42 11 42

GPO Box 2832, Brisbane, Qld. 4001, Australia

Email: clinic@thetraveldoctor.com.au

www.thetraveldoctor.com.au

No matter where in the world you're going,
YOU need to read this brochure!

Overseas travel is more than wonderful places you've never visited, glamorous people you've never met, or exotic foods you've never tasted ...

... it's also **VILE diseases you may never get over**



We are your one-stop-shop

When you want a healthy trip and you want to save time and money before you travel, the Travel Doctor is very convenient.

We provide you with a complete range of travel medicine services, including:

- Experienced advice. All of our doctors are specially trained in travel medicine.
- Guaranteed up-to-date travel recommendations. We are in constant contact with international health experts.
- Immediate attention. For your convenience, we stock all vaccines and medications on the premises—including the Yellow Fever vaccine.
- Travellers' medical kits specific to your destination and medical history. We also supply specialised travel health products including mosquito nets and high-potency repellents.
- An internationally-accredited vaccination record.
- Answers to your questions. You can ask the Travel Doctor about your concerns. We will reassure you with sensible answers that clearly identify any risks you may encounter and how to overcome them.
- Your details are held on permanent file, so you may email before a future trip to see if you need to come in.
- Medicare will partially refund your consultation fee (as long as you are not travelling for work).
- The cost of some of your vaccines can be claimed through your private health fund if you have cover for 'extras'.
- For our patients only. We are on call 24 hours a day – every day.