

The Pocket Doctor: A Passport to Healthy Travel

Stephen Bezruchka



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The Pocket Doctor: A Passport to Healthy Travel Stephen Bezruchka The classic reference for international travelers-completely updated.

The Pocket Doctor provides travelers with all the information they need to prepare for a trip, to stay healthy while traveling, and to care for health problems that may arise during the journey. In this pocket-sized companion, Dr. Bezruchka covers a tremendous number of topics. Chapters include: Before You Go; Finding Medical Help Abroad; General Health Advice (discussing food, water, hygiene, special environments, and more); Common Illnesses; Less Common Illnesses and Problems; Life-Threatening Emergencies; and The Returning Traveler.

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