

# Your First Stop:

## Our Travel Health Clinics

Whether you plan to soak up the sun in Mexico, trek through Nepal, do business in China, tour the Taj Mahal or go on safari in Kenya, make a Cleveland Clinic International Travel Health Clinic your first destination.

Traveling abroad increases your risk of acquiring diseases that you would not normally encounter at home. If you are among the increasing number of people traveling to remote destinations or developing countries, your risk of exposure to exotic diseases is even higher.

We can provide you with peace of mind whether you're doing business, enjoying leisure travel or volunteering for medical or church missions. A visit to our Travel Health Clinics will help to minimize health risks during your trip, whether you are traveling alone or touring with a group.



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11-FHC-032



# International Travel Health Clinics



Plan ahead  
for peace of mind

## A Visit Tailored to Your Travel Plans

Our physicians and nurses, specially trained in tropical and travel medicine, will review your itinerary, length of stay, and current travel conditions/ advisories for your destination. We will assess the potential health risks, the need for special vaccines, immunizations or medications, and the general medical and safety concerns for your specific itinerary.

We offer up-to-date information on the immunizations and medications recommended for the part of the world you'll be visiting, including alerts issued by international governmental agencies such as the Centers for Disease Control and Prevention, and the World Health Organization. Studies show that if you visit a travel health expert before international travel, you are seven times less likely to get sick on your trip.

## An Ounce of Prevention

### Immunizations

We offer all travel-related and routine vaccinations in our Travel Health Clinics: your specific itinerary will determine the ones that you might require. As official state-designated Yellow Fever Vaccine Centers, we can administer the vaccine and provide required travel documentation for Yellow Fever Vaccine, if needed.

Other vaccines that may be required or recommended include routine flu vaccination, if you'll be in close quarters — such as traveling by cruise ship — where flu epidemics can occur.

If food safety is a concern, Hepatitis A vaccine may be recommended. Depending upon the country, it may also be wise to be vaccinated against such diseases as typhoid.

To stay healthy while traveling abroad, you'll also need to be up-to-date on childhood vaccinations such as polio and diphtheria/pertussis/tetanus (DTP), as these illnesses are still thriving in some parts of the world.

While most adults have no problems with receiving multiple vaccines at once, a doctor may advise against it for certain pregnant women, elderly travelers and immunocompromised patients. The focus is on your personal protection and special needs.

### Medications

If you are traveling to one of the many tropical or sub-tropical countries where malaria is endemic, we'll provide anti-malarial medication, education and recommendations on avoiding insect-borne illnesses. To prevent gastrointestinal disorders from ruining your trip, we offer education and advice on avoiding food-borne illnesses, and may recommend anti-diarrhea medication.

### Tips for Personal Safety and Protection

Based on your itinerary, we may urge precautions with water and food, and recommend careful attention to hygiene to ensure that you enjoy your trip. Protection against sexually transmitted diseases, which are commonly associated with travel, remains important wherever you go. Other precautions depend upon climate and activity. Hikers will need to guard against frostbite at high altitudes, while scuba divers will need to avoid decompression sickness in tropical locales.

### For Travelers at Special Risk

A pre-travel risk assessment is especially recommended for travelers who:

- are chronically ill, and have a problem such as heart disease, chronic lung disease or diabetes mellitus
- will be traveling or living overseas for an extended period of time, such as exchange students or expatriates
- are headed for a remote location or developing country, such as a medical or church mission

Visiting third-world and developing countries means that health care may be less sophisticated, difficult to access, or even non-existent. We can help you locate medical facilities at your destination and advise you on accessing proper health care, including medical evacuation if necessary.

### Upon Your Return

We offer full evaluation for the returned traveler who has fever, diarrhea or any new illness.

### Costs

Visits to travel health clinics are usually not covered by traditional medical insurance plans. Vaccines and immunizations can be costly, but may be required for your health, safety and benefit. For corporate travelers, the Occupational Safety and Health Administration strongly advises companies to provide expert medical consultation when work duties require travel which may place you at medical risk. We are happy to work with any corporation or group to tailor a comprehensive program for your needs.

## About the Program Directors

**Steven D. Mawhorter, MD, at Main Campus**, is board-certified in both Internal Medicine and Infectious Disease. He holds a Diploma in Tropical Medicine and Hygiene. He is a member of the American Society of Tropical Medicine & Hygiene, the International Society of Travel Medicine and the Wilderness Medical Society.

**Dalia Mossad, MD, at Willoughby Hills**, is board certified in internal medicine and holds a Certificate of Knowledge from the American Society of Travel Medicine. She also is a member of the Society of Travel Medicine.

**Brenda Powell, MD, at Beachwood**, is board certified in Family Practice and holds a certificate of Knowledge from the American Society for Travel Medicine. She offers pre-travel consultations for children and adults.

**Nancy Ivansek, PA-C, MA, at Main Campus**, is a physician assistant with several years of travel medicine experience. She holds a Certificate of Knowledge from the American Society of Travel Medicine. She also is a member of the Society of Travel Medicine.

**Jonathan Leizman, MD, at Bainbridge Urgent Care**, is board certified in Family Medicine. He offers pre-travel consultations and care for travel related issues for children, adults and pregnant women.

### Web Resource: [www.cdc.gov/travel](http://www.cdc.gov/travel)

This official site of the Centers for Disease Control and Prevention, Section on Travelers' Health, provides an overview of the risks you may face as an international traveler.

### Locations

- Cleveland Clinic Main Campus
- Beachwood Family Health and Surgery Center
- Westlake Family Health Center
- Willoughby Hills Family Health Center

*Coming soon to the Solon Family Health Center*

### How to Schedule an Appointment

As soon as you confirm your travel reservations, schedule a visit to one of our International Travel Health Clinics by calling: **216.444.6415**.