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When sickness strikes overseas:

Emergency room physician and book author launches online health resource for international vacationers, business travelers and outdoor enthusiasts

- *www.travmed.com includes destination reports for over 200 countries, a travel clinic directory, an online version the International Travel Health Guide, and essential products for the global traveler -*

Northampton, Mass. – For Dr. Stuart Rose, an emergency room physician and book author, the first edition of his book, *The International Travel Health Guide*, was born out of sheer frustration. Many of Rose’s patients were planning to travel abroad but had no concise source of travel health information to take along with them. Moreover, for travelers visiting less developed countries, the information available was often insufficient and outdated. Now, Rose has expanded his expertise with www.travmed.com, a Web site that provides vacationers, business travelers and outdoor enthusiasts with a complete source for all things related to healthy travel. The Web site, which is updated daily, includes:

Destination reports for over 200 countries: each report includes information such as time zone, vaccination requirements, disease risk summaries, outbreak news, malaria maps, embassy contact information, and a list of hospitals and physicians

Travel clinic directory: an updated list of clinics in the United States, Canada and overseas

The International Travel Health Guide: A favorite resource used by travel health practitioners and now available online at no charge. This twenty-two-chapter health guide is the only travel health resource in the United States updated bi-weekly. The book covers all of the essentials of health-related travel, from pre-travel vaccinations, jet lag and motion sickness to traveling with an existing illness, or while pregnant.

Essential links for the global traveler: preparation checklists, insect-bite prevention, U.S. Department of State Travel Advisories, CDC links, and much more.

International SOS travel insurance: with a 20% discount for those who purchase a policy through travmed.com

Travel supplies: essential travel products ranging from medical kits, survival tools, packing solutions, insect bite protection, and more.

Rose notes that as many as 70% of travelers report an illness or impairment when traveling abroad. “Many of the illnesses associated with traveling out of the country, such as malaria, hepatitis and even travelers’ diarrhea, are preventable,” says Dr. Rose. “It’s important to help reduce some of the risks by doing your homework ahead of time.”

To arrange an interview with Dr. Rose, please contact Shannon Filippelli at (413) 244-5713 or sfilippelli@charter.net

For more information, visit www.travmed.com.

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About Stuart R. Rose, M.D., FACEP

Stuart R. Rose, M.D., FACEP, is an attending emergency room physician in Western Massachusetts. He is a graduate of Amherst College and Columbia University, College of Physicians and Surgeons. He is board certified in both internal medicine and emergency medicine. Dr. Rose is Assistant Professor of Emergency Medicine at Tufts University and Founder and President of Travel Medicine, Inc. He is a member of the American Society of Tropical Medicine and Hygiene and the International Society of Travel Medicine.