

# On the go

## Health guide for seniors going abroad

Dear Jo:

My husband and I are in the process of planning a trip to the Far East. At first we thought we would go on a senior citizens' tour, but now have changed our minds and want to just go on our own.

Is there anything we should read or know about before we venture off on this trip? We are both in our late 60s and are in fairly good health.

Mr. G.S.,  
Northern Senior

Dear Mrs. S:

You are wise to be taking the time to plan such an adventurous trip. International travel can impose some health risks that can be magnified for people your age. The majority of international travelers of any age are usually inadequately prepared to cope with possible medical emergencies.

Something that you may find helpful is a booklet written by Dr. W. Robert Lange of the Johns Hopkins Medical Institutions. It is a concise health guide for senior citizen travelers that includes the pre-departure phase of planning, and identifies potential risks and hazards.

Dr. Lange's health planning section covers: advice on special health concerns; disease prevention; specific travel problems; environmental

gerontology

A. Jolayne Farrell

and climatic safeguards; food and water precautions; selected infectious disease risks; and medical preparedness and assistance. In addition, it lists health insurers, specialized travel agencies for the disabled and resource organizations offering information and assistance.

Although the information given in Dr. Lange's guide applies to all travelers, it pinpoints the special concerns of older people.

To get "The International Health Guide for Senior Citizen Travelers," send U.S. \$4.95 to Pilot Books, 103 Cooper Street, Babylon, New York 11702. Their phone number is (516) 422-2225.

Have a wonderful and safe trip.

Dear Jo:

Is it possible for a younger person and an older person to have the same disease and yet have different symptoms?

Mr. K.C.,  
Windsor Reader

Dear Mr. C:

Absolutely yes. For a variety of reasons, many of them unknown, an elderly person may exhibit few or none of the symptoms of some diseases.

At times, nonspecific problems, such as the inability to eat or drink, incontinence, dizziness or weight loss, can replace the usual symptoms. Therefore, an elderly person may suffer a heart attack (myocardial infarction) unaccompanied by the usual severe pain or may have pneumonia without fever, and so on.

In order to avoid serious health problems, those who are older should have regular contact with their family physician.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 2P8.



STEPHEN CANTRELL/Staff photographer

### Preparing for Passover

Registered dietitians Betsy Kurleto (left) and Beverly Peiss of Sinai Hospital offered tips on creating a low cholesterol Passover Monday at the Jewish Community Center. The cooks made sweet potato kugel, offered cooking secrets and passed out recipes. For

a free copy of those recipes send a self-addressed, stamped envelope to Peiss at Sinai Hospital of Detroit, Center for Cardiovascular Health, 14800 W. McNichols, Suite 304, Detroit, 48235.

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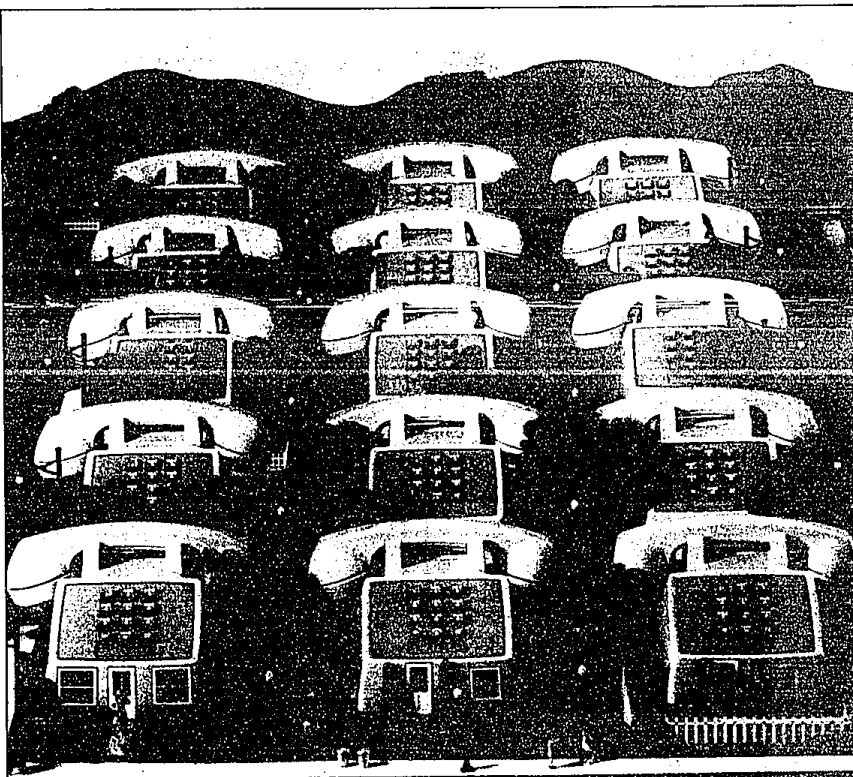
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