



636 Raymond Drive, Suite 204
Naperville, Illinois 60563

630.315.1730
TTY for the hearing impaired 630.933.4833

Travel Medicine Hours:

Monday, Tuesday, Wednesday and Friday:
8:00am–4:30pm

Thursday:
10:30am–7:00pm

Saturday:
8:00am–Noon (open one Saturday per month)

cadencehealth.org

Cadence Health travel medicine offers all the knowledge, care and immunizations you need in order to enjoy a healthful trip abroad.

Travel Medicine

Bringing You
a World of Health



Always thinking. Always caring.™



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Make Cadence Health your first destination

If you're traveling overseas, particularly to the developing countries of Africa, Asia or Latin America, it's important for you to take steps to protect your health. Start by scheduling an appointment with one of our specialists at the Cadence Health travel medicine clinic as far in advance as possible.

While the U.S. government does provide American travelers with the latest health and safety information, that data cannot replace a personal relationship with a physician who is knowledgeable about the specific needs of people who travel abroad. That's exactly what the specialists with Cadence Health travel medicine provide.

What is travel medicine?

Travel medicine is a specialized area of health care focused on protecting international travelers from diseases and illnesses. At Cadence Health, our services are tailored specifically to you, the traveler. We determine a preventive treatment plan based on your current health status, travel itinerary and the activities that you have scheduled while abroad.

Cadence Health travel medicine specialists are board-certified experts in infectious diseases with access to the latest data about health conditions and disease concerns in different geographical locations. A global health information system assists our team in determining the risk assessment for your trip and what vaccinations and preventive treatments are appropriate.

What do I need to know about immunizations?

Both adults and children can receive a full range of immunizations for preventable transmitted diseases from Cadence Health travel medicine. Vaccination recommendations are based on a full health assessment conducted by a specialist.

Immunity after a vaccination takes time to develop. As a result, it is very important that you get vaccinated at least 10 to 14 days **before you travel**. After you receive the appropriate immunizations, Cadence Health will provide you with an international certificate of vaccination record (also known as "the yellow card"), which may be required for entry into many foreign countries.

Check with your insurance provider directly regarding coverage for travel medicine services and schedule an appointment by calling Cadence Health at 630.315.1730. TTY for the hearing impaired 630.933.4833. For more information please visit cadencehealth.org.

Possible necessary immunizations for your trip include:

Swine flu (H1N1), yellow fever, Japanese encephalitis, meningococcal meningitis, typhoid, hepatitis A, hepatitis B, Twinrix (hepatitis A and B combination), rabies, tetanus/diphtheria, tetanus and diphtheria/pertussis, polio, influenza, pneumonia, PPD skin test (for tuberculosis screening)

WHAT DOES TRAVEL MEDICINE PROVIDE?

Immunizations and medications

Review which immunizations and medications are indicated for your trip.

Food/water precautions

Learn which food and beverages to avoid and what is safe to consume while traveling, as well as what medications to bring in case of sickness.

Insect precautions

Learn what illnesses you should be aware of and how to prevent insect bites while overseas.

Country-specific information

Be informed about the latest travel alerts and conditions and crime information, as well as embassy locations and resources for medical care when abroad.

Specific health conditions

Learn how to safely manage and control relevant health conditions during travel, such as diabetes, pregnancy and heart or lung conditions.

Traveling with children

Get tips for safe travel, as well as what items to bring along and other special considerations.