

Disclosures

potential conflicts of interest none

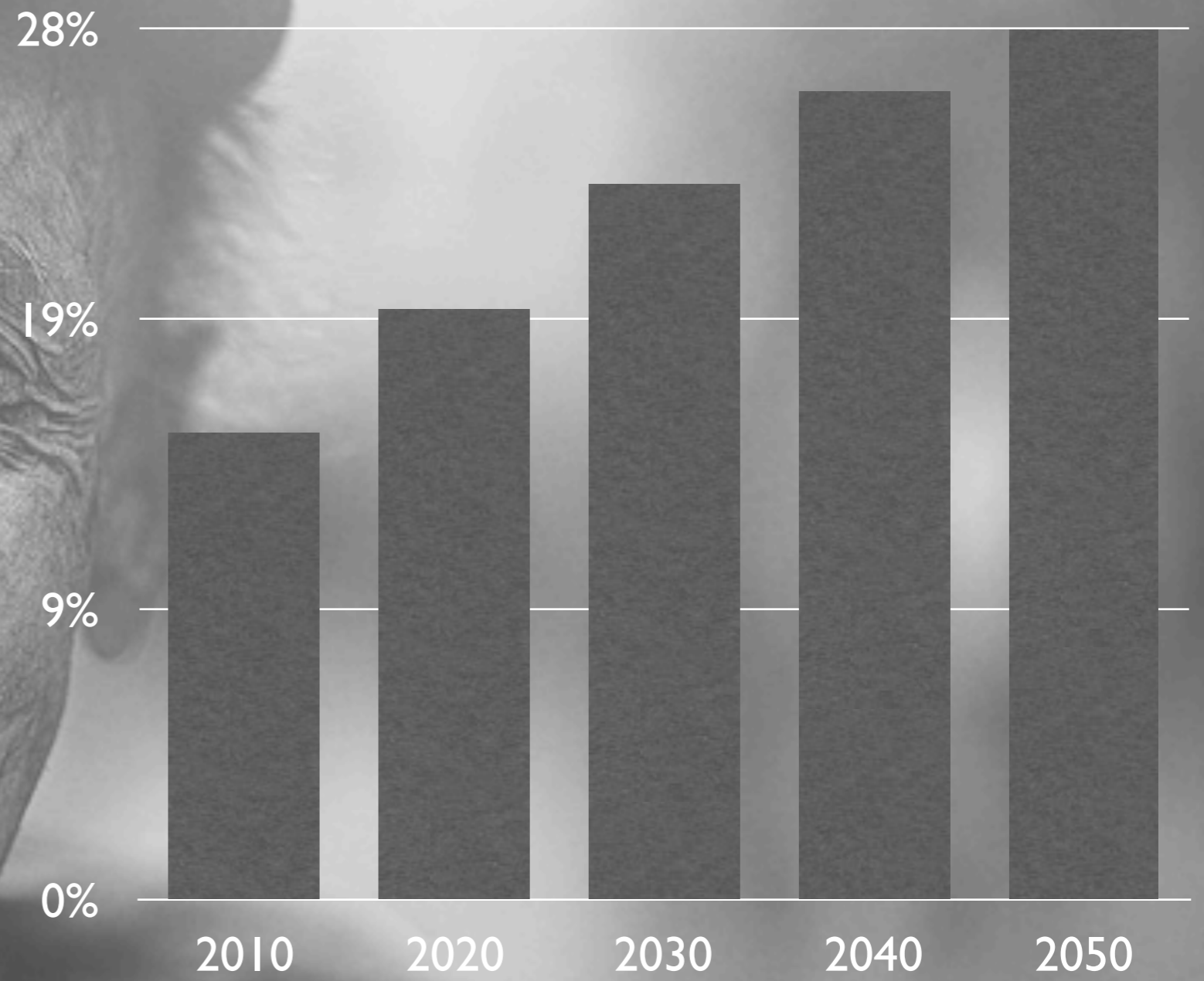
relations industry potentially
relevant for this meeting none



The older traveller



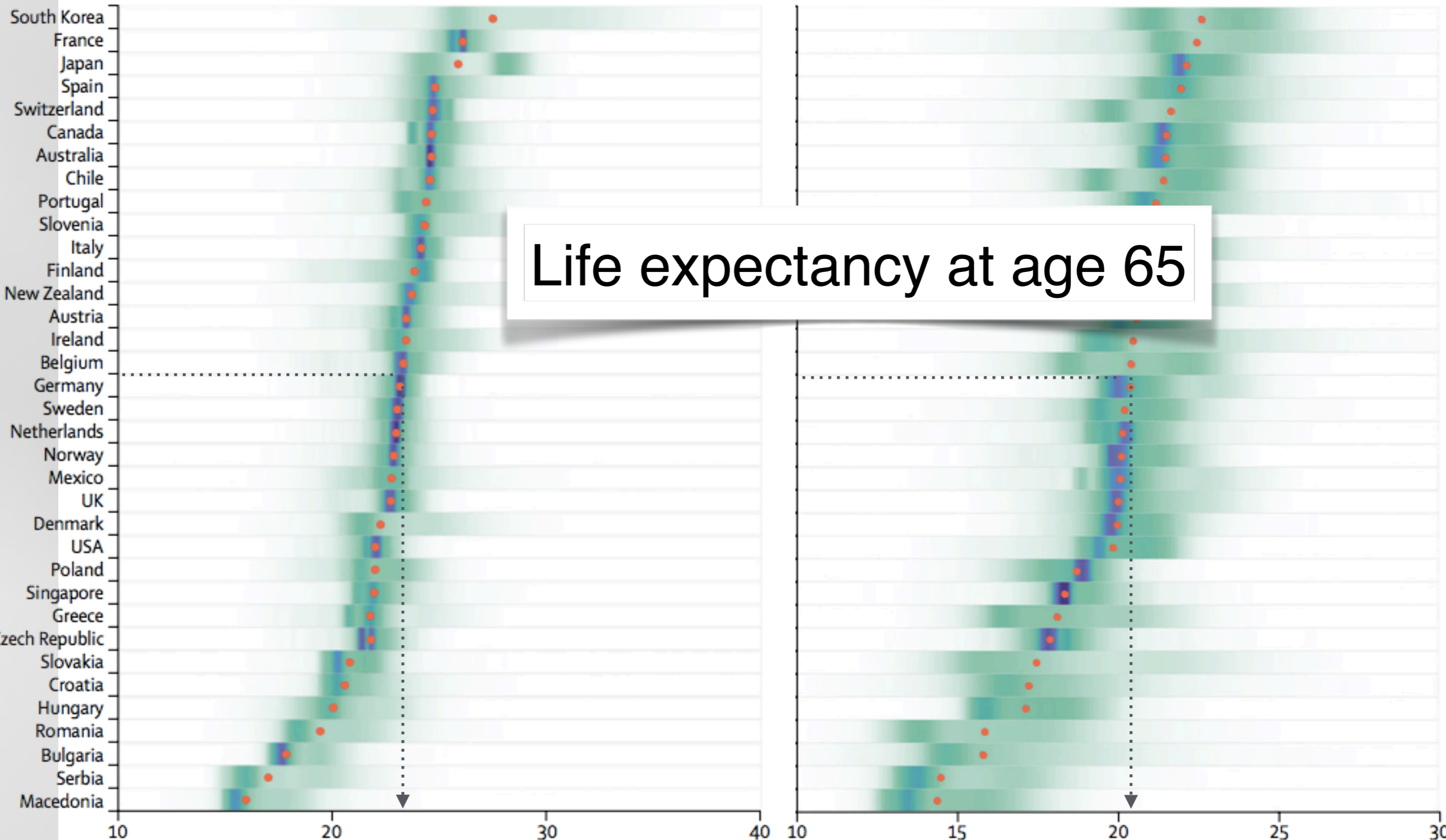
■ ≥ 65 years



Women (2030)

Men (2030)

Life expectancy at age 65



Probability density







Gradual but irreversible functional



Immune system at old age make us vulnerable and fragile

The problem of polypharmacy

High altitude and heat

Cardiovascular fitness



The janus head of immunosenescence

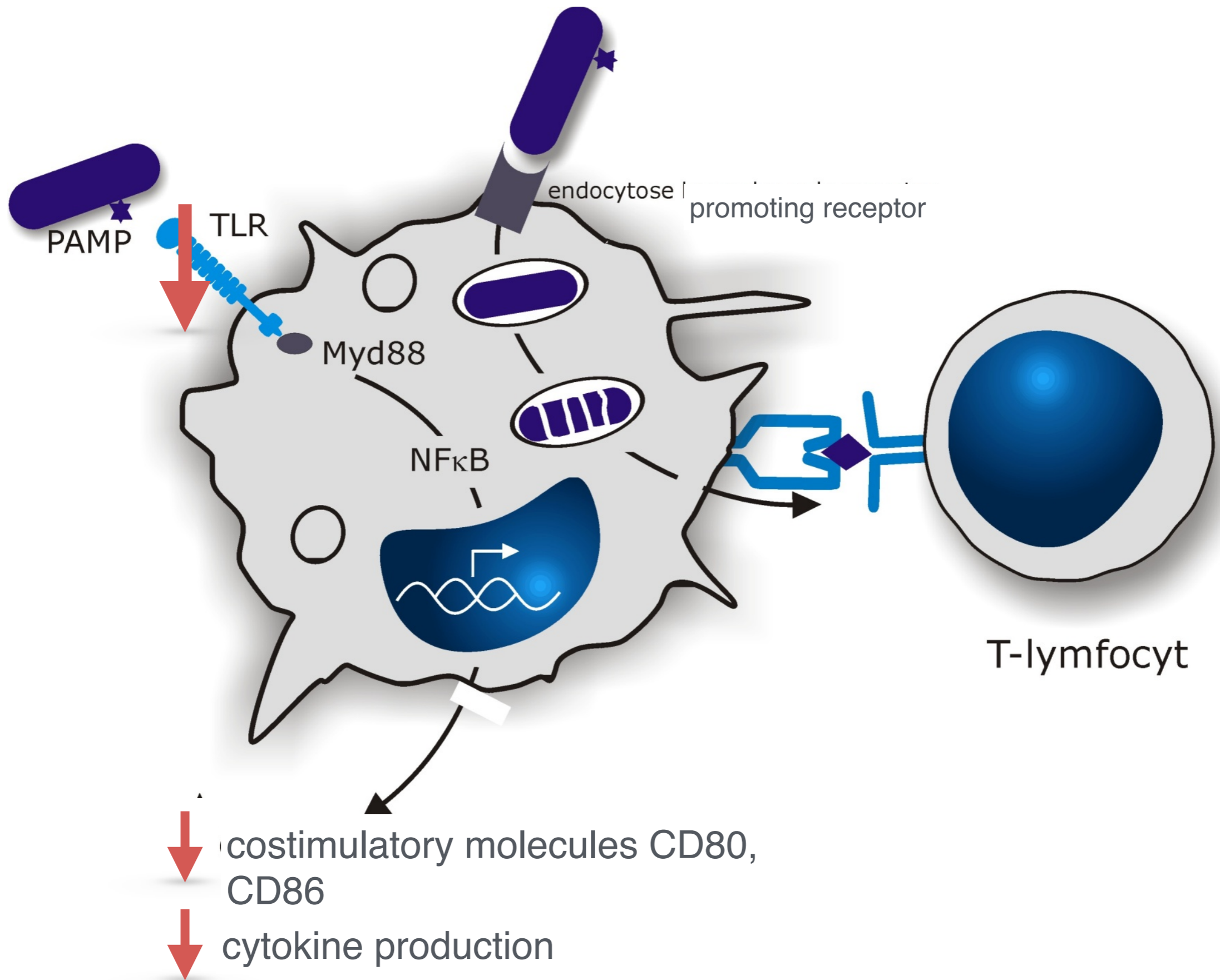
Increased
inflammation

Reduced
immune
response

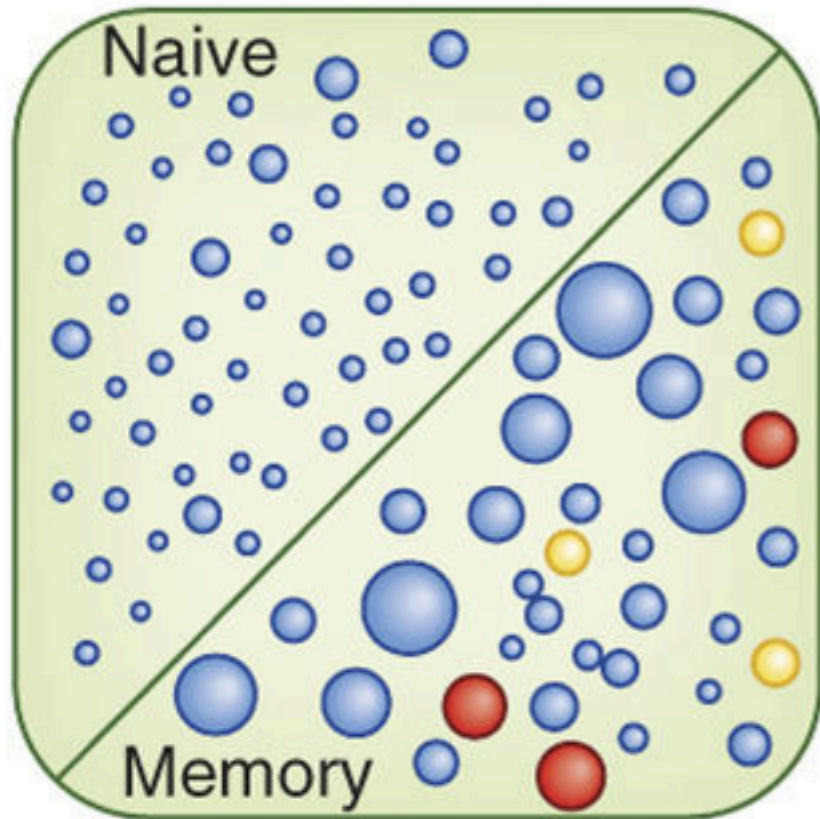




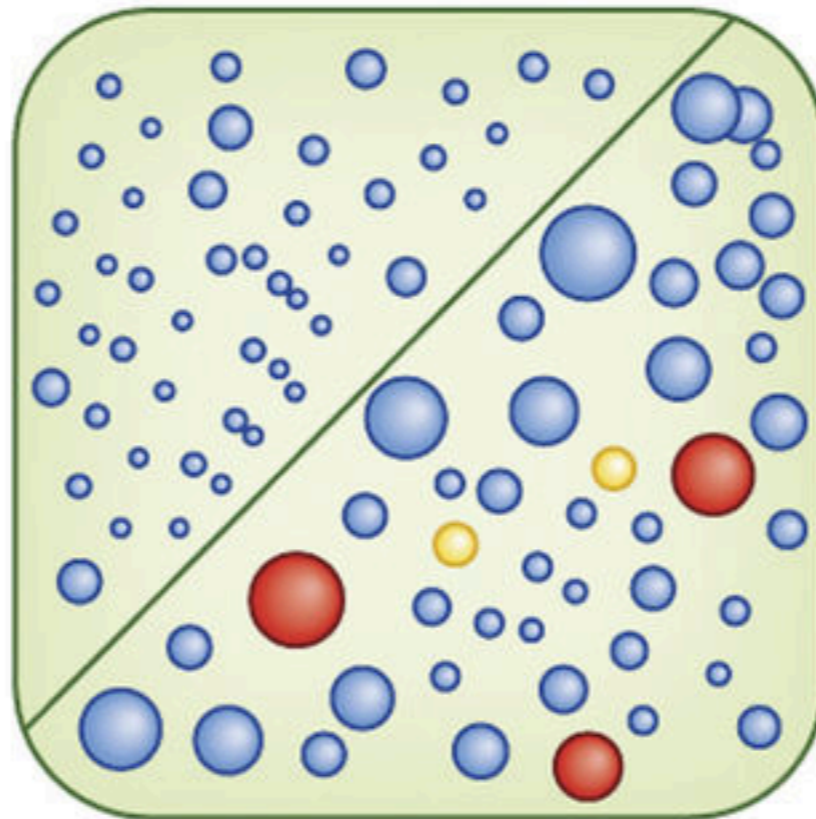
Phill Riit



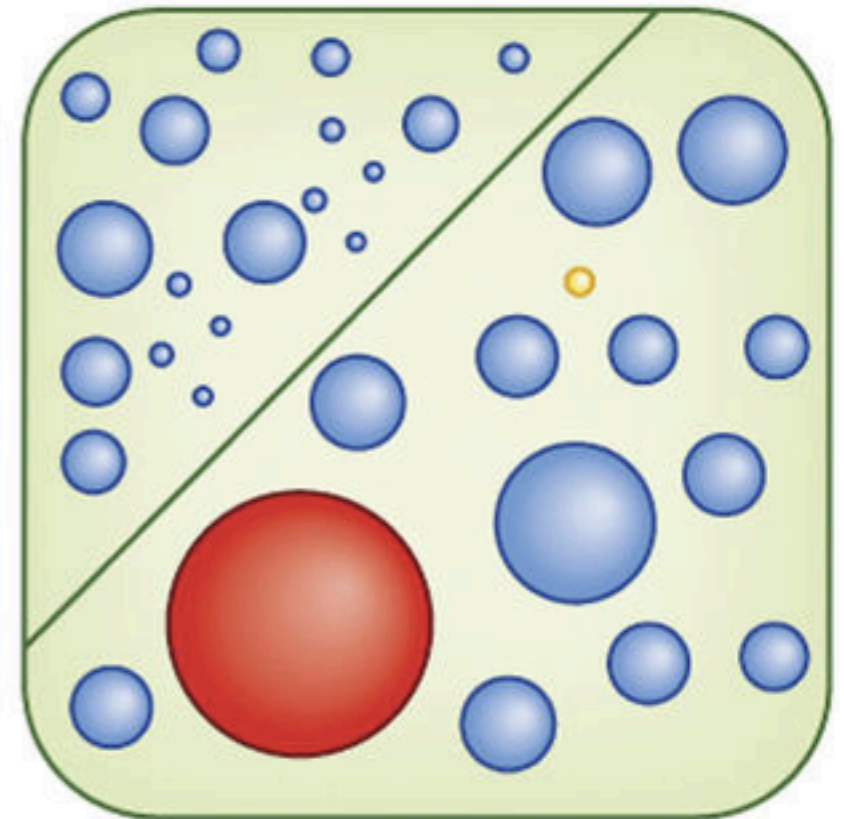
20–30 years

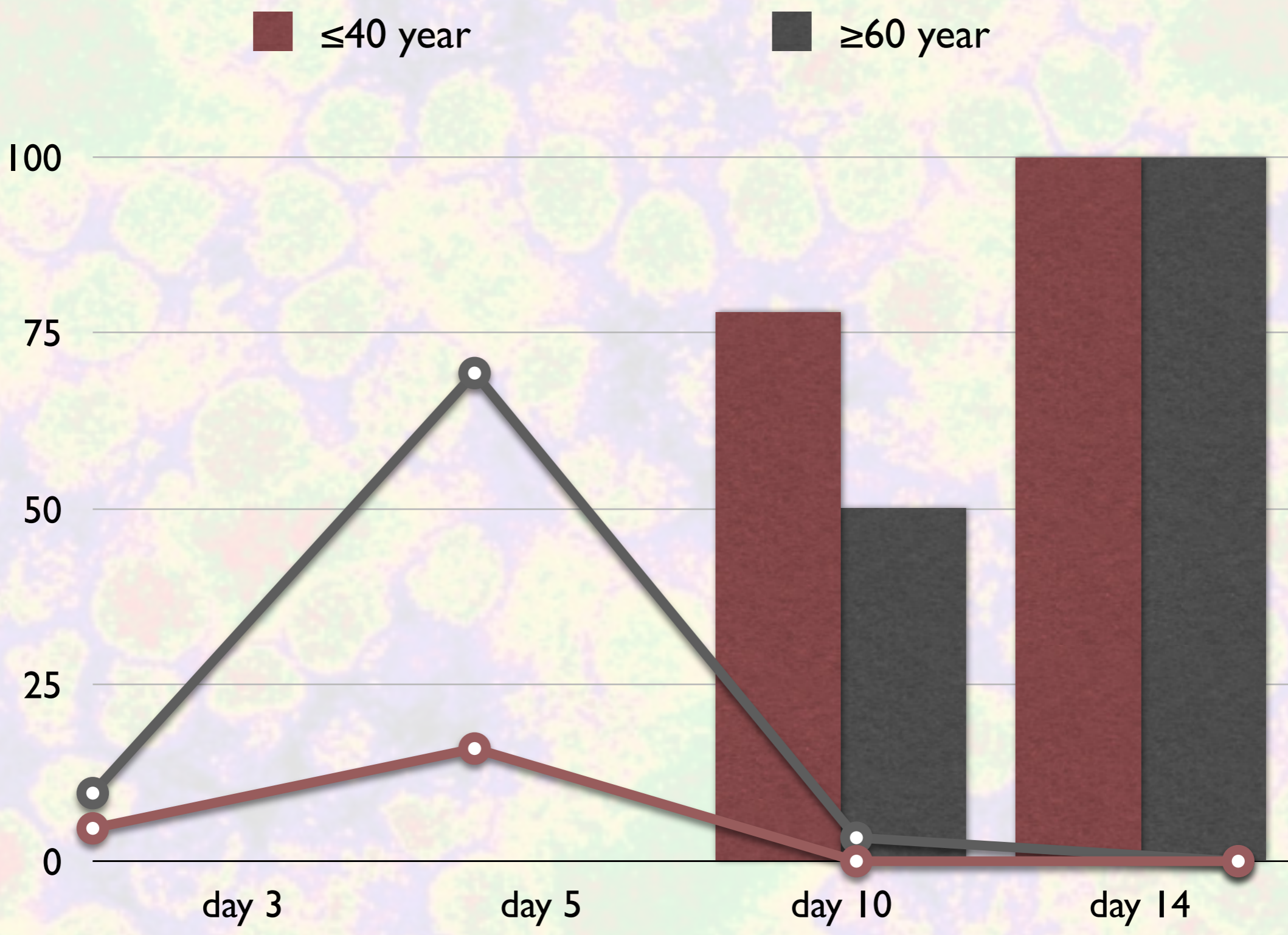


60–75 years



>75 years



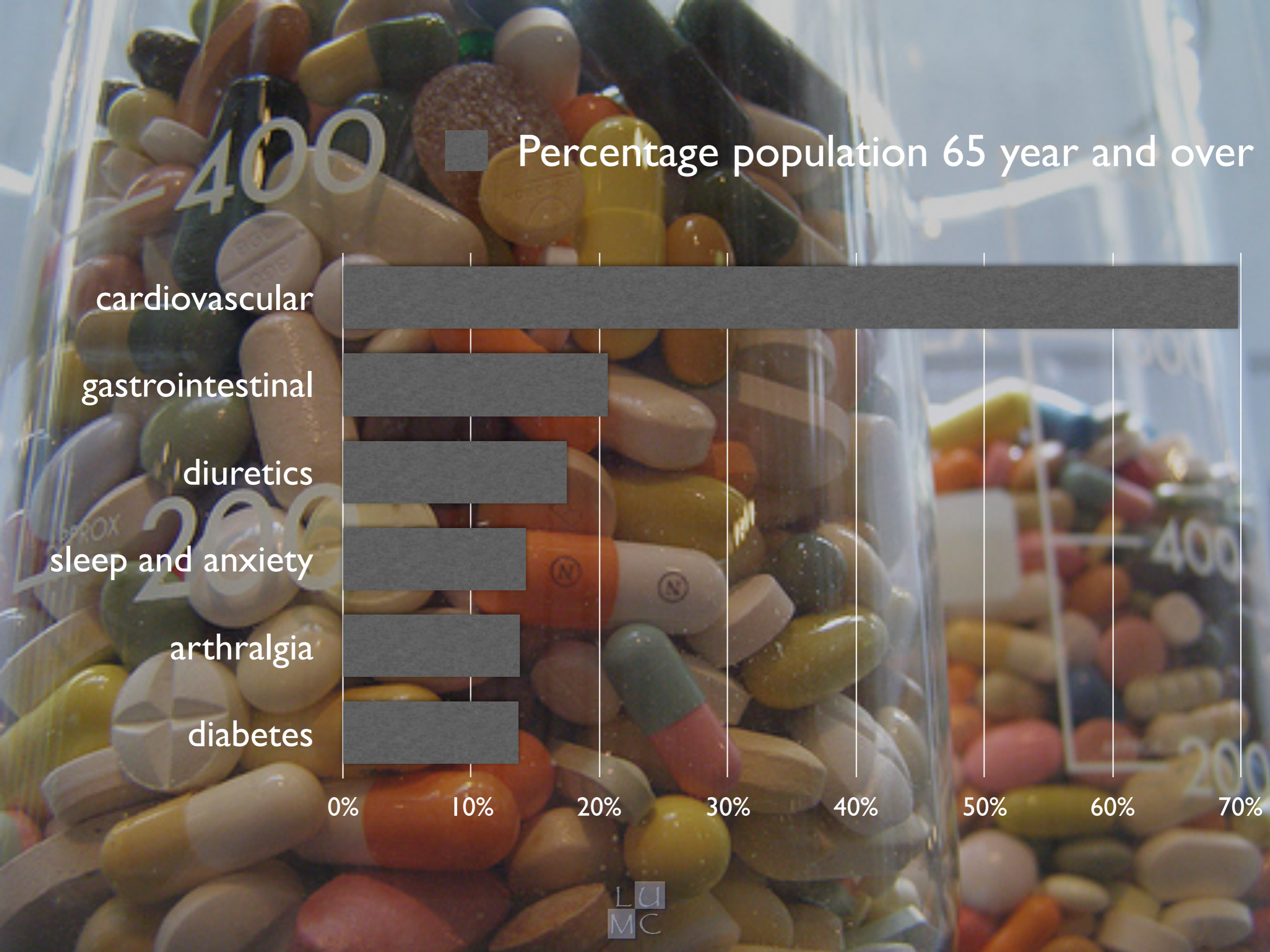




1-2:100,000

	<i>YF-AND</i>	<i>YF-AVD</i>
1990-2002	4	5
2000-2006	5	4

GRADE tables for yellow fever vaccine booster doses.
CDC June 17, 2015



400

■ Percentage population 65 year and over

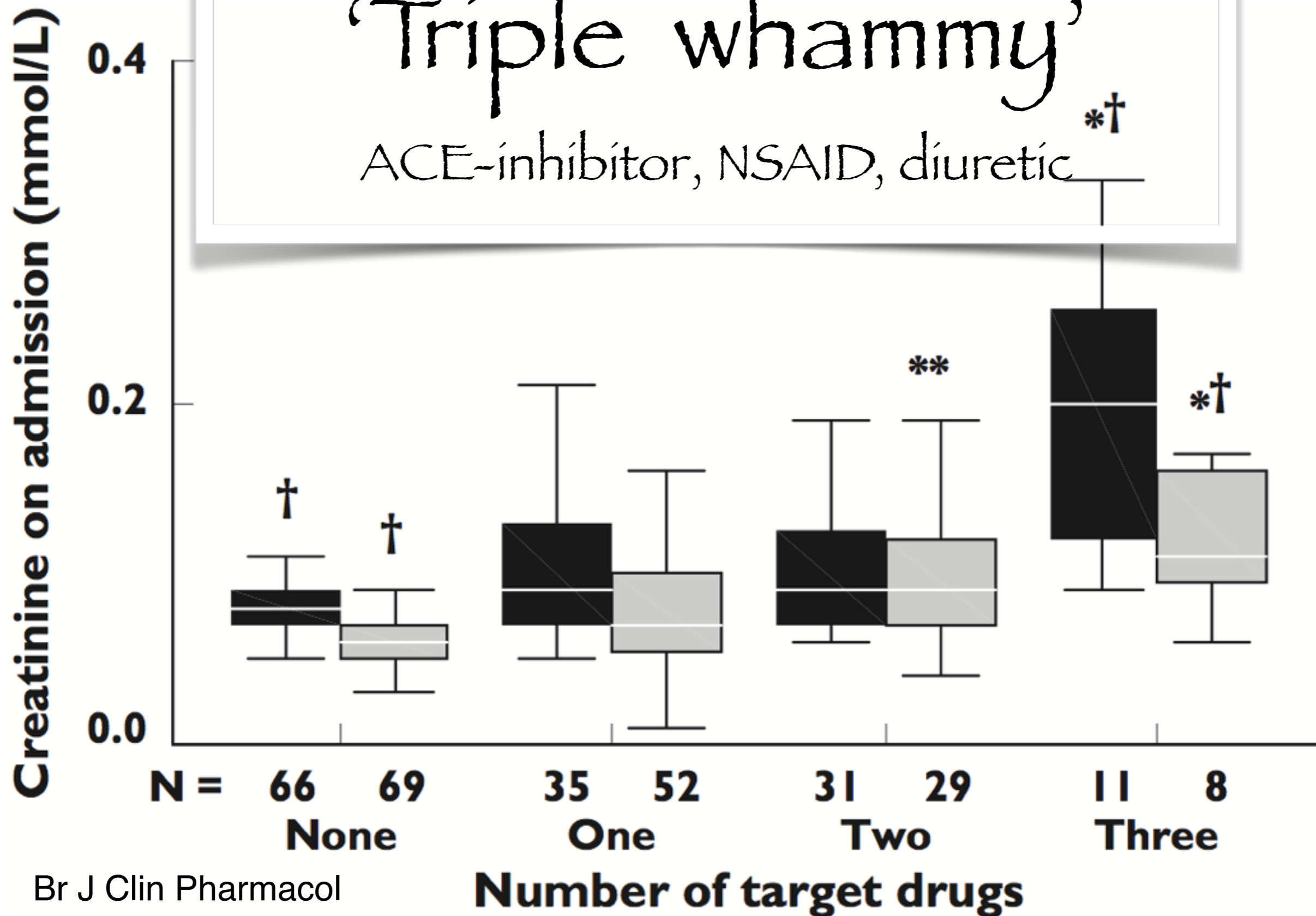


Anticholinergic effects

- Muscarinic M_3 receptor
(brain, smooth muscle intestines and bladder, salivary- and sweat glands)
- Increased chance heat stroke
reduced sweating response
- Dry mouth strong predictor

'Triple whammy'

ACE-inhibitor, NSAID, diuretic







Reduced partial O₂ pressure
Hypobaric hypoxia

Increased minute volume

Pulmonary vasoconstriction

Increase cardiac output
(tachycardia)

Reduced physical
performance (chronic heart
failure)

Earlier and more frequent
exercise induced angina
pectoris

- Stay low (<2.500 m) in case of cardiopulmonary disease
- Sleep low ($\Delta \leq 300$ m per night)
- Work slow (peak pulse rate)



- 
- total body water ↓
 - thirst sensation ↓
 - concentrating capacity
kidney ↓
 - sweating ↓

A person wearing a green hat and a light blue shirt is carrying a large basket filled with numerous clear plastic bags. Each bag contains a single goldfish of various colors, including orange, red, and white. The person is walking, and the background is dark and out of focus.

- Copious fluids
(colourless urine)

- Eat (salt to taste)

- Avoid heavy exercise

- Stop hydrochlorothiazide

- Diarrhea (antacids!)

- stop statines, NSAIDs,
diuretics,

- ACE-inhibitors (1/2 of 0)

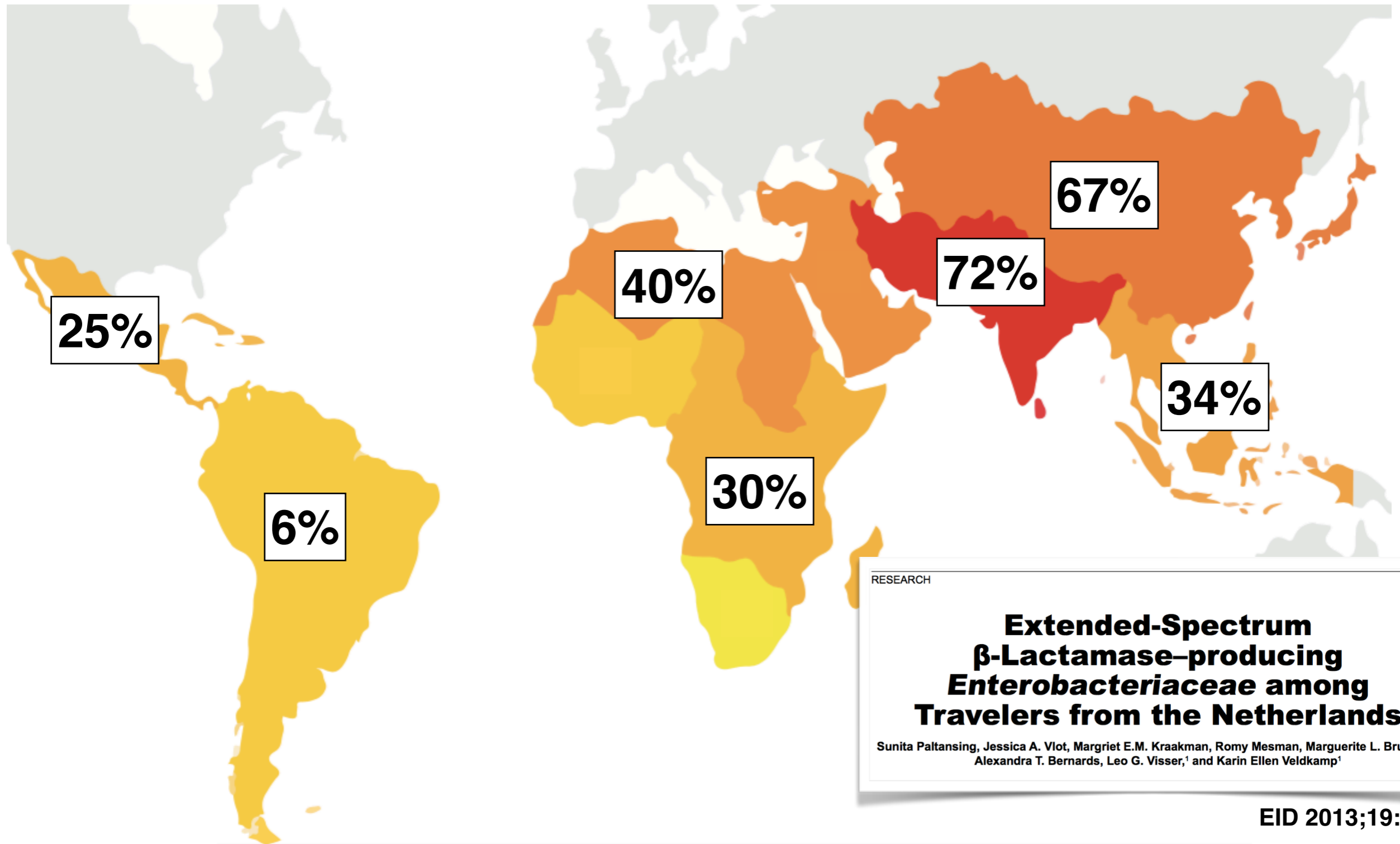
Table 2 Diagnosis that enforced repatriation.
Representation of causes for enforced repatriation in both age categories

	18–49 y, <i>n</i> = 38 (%)	≥50 y, <i>n</i> = 77 (%)
Cardiopulmonary incident	5 (13)	40 (52)
Cerebrovascular accident/neurological incident	4 (10.5)	11 (14)
Traumatic fracture	12 (32)	10 (13)
Complicated labor	2 (5)	
Systemic infection	4 (10.5)	
Pulmonary infection	1 (3)	1 (1)
Oncological complication	5 (13)	10 (13)
Soft tissue complication	5 (13)	5 (7)
Total	38 (100.0)	77 (100.0)

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Cerebrovascular accident/neurological incident	4 (10.5)	1 (1.4)
Traumatic fracture	12 (31.6)	10 (13)
Complicated labor	2 (5.3)	0
Systemic infection	4 (10.5)	0
Pulmonary infection	1 (3)	1 (1)
Oncological complication	5 (13)	10 (13)
Soft tissue complication	5 (13)	5 (7)
Total	38 (100.0)	77 (100.0)

82%



RESEARCH

**Extended-Spectrum
 β -Lactamase-producing
Enterobacteriaceae among
Travelers from the Netherlands**

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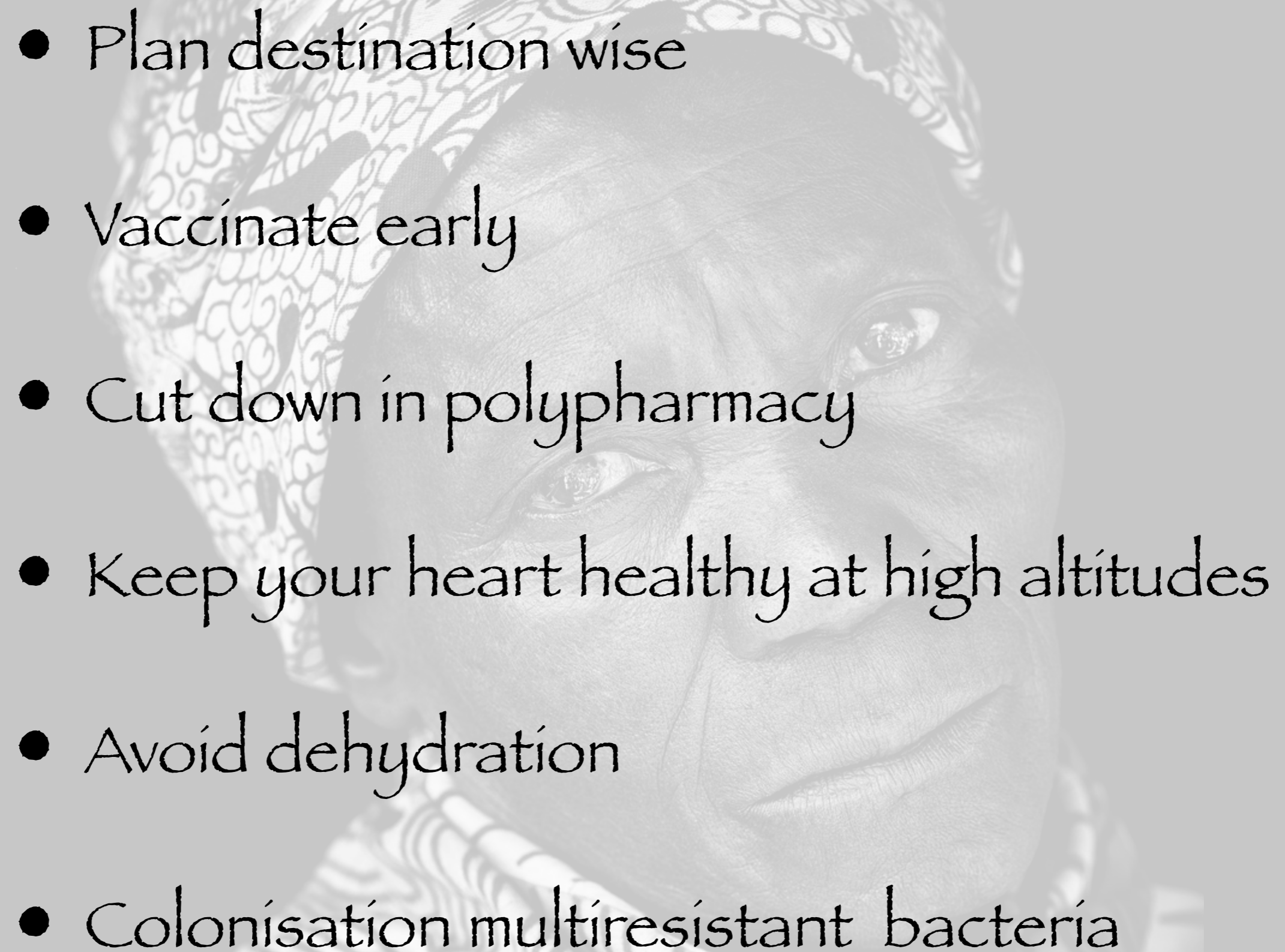


Immune system at old age make us vulnerable
fragile

The problem of polypharmacy

High altitude and heat

Cardiovascular fitness

- 
- Plan destination wise
 - Vaccinate early
 - Cut down in polypharmacy
 - Keep your heart healthy at high altitudes
 - Avoid dehydration
 - Colonisation multiresistant bacteria

