

NEWS

IT IS TIME TO START THINKING ABOUT VACCINATION ABROAD



Are you travelling on vacation or business to a foreign country and don't know which vaccinations are necessary? Come and consult with us!

We will go over your travel plans regarding needed vaccinations. We will carefully review the following: destination and time of year, countries to be visited, length of stay, mode of travel, current health status (chronic illness, allergies) and history with regard to previous immunization, contraindications to vaccination, age, gender, pregnancy, immune status. An important factor is the timing of vaccines, since

some vaccines require several doses before they become effective.

Along with tetanus, the most frequently needed vaccines are against hepatitis A and B, typhoid fever, meningitis of different types, rabies, tick-borne encephalitis and influenza. For people over 30 years of age who are visiting endemic areas, polio and diphtheria vaccines are recommended.

Mandatory vaccination is currently in place in many areas, including yellow fever vaccine when traveling to countries in Africa and Central and South America and meningitis when traveling to Saudi Arabia.



All vaccinations are evidenced in your international vaccination certificate, which we issue. This bears the date vaccinations, doctor's name and stamp, batch of vaccine or sticker from the vaccine. The International Certificate of Vaccination may be required when entering a country.

Finally, we also provide advice and preventative strategies regarding common travel ailments from jet lag to traveler's diarrhea.

Our contacts

e-mail: poliklinika@narodni.cz, phone: +420 222 075 120

OUR MONTHLY PHYSICIAN PROFILE

GENERAL MEDICAL CARE/FAMILY MEDICINE: Václav Beneš, MD



Václav Beneš MD graduated from the I. Medical Faculty of Charles University in Prague. He is an experienced general practitioner, who has worked as a family physician in the Czech Republic and abroad as well.

Dr. Beneš also leads a seminar in the international student program "Prague Selective". For many years he was also active as a member of the medical school faculty as well as serving as Vice-Chair of the Department of General Medicine, Postgraduate Medical Institute in Prague.

You may contact Dr. Beneš regarding any question or health problem. He offers comprehensive care and

examinations and if necessary, will refer you to an appropriate specialist. Dr. Beneš specializes in preventative care and provides exams for clients and employees targeting reduction of risk factors. He also specializes in vaccination schedules and advice, particularly to travelers. Last but not least, Dr. Beneš engages in processes of certification regarding driving licenses, firearm licenses, medical certificates for employers and others. He also specializes in providing medical reports to the US embassy in the Czech Republic.

PREVENTIVE MEDICAL CARE

UNNECESSARY USE OF ANTIBIOTICS IS HARMFUL

Antibiotics (or anti-bacterials) are a type of antimicrobial used in the treatment and prevention of bacterial infection. They may either kill or inhibit the growth of bacteria.

Antibiotics do not fight infections caused by viruses, such as colds, flu, most coughs and bronchitis, most sore throats, unless caused by streptococcus (so-called strep throat) to not respond to, or require, antibiotic treatment.

Taking antibiotics may do more harm than good. Using antibiotics when you don't need them, or not using them properly, can add to antibiotic resistance. This happens when bacteria change and become able to resist the effects of an antibiotic.

GPs may conduct a C-reactive protein (CRP) test to determine whether a patient should be treated with antibiotics if it is unclear whether they have only virus infection. This simple point-of-care blood test can provide an assessment of inflammation in the body within minutes, and high CRP levels suggest an infection is bacterial.

When you take antibiotics, follow the directions carefully. It is important to finish your medicine even if you feel better. If you stop treatment too soon, some bacteria may survive and re-infect you. Do not save antibiotics for later or use someone else's prescription.



We look forward to your visit!

Polyclinic at Národní, Národní 9, 110 00 Praha 1

At our clinic, no appointment is needed, just come and see us!