TV's Tracy Gallagher On Traveling Healthy®

(NAPSA)—For many years, Rob Canning just didn't eat.

That was the only way he could go on business trips and vacations while managing the unpredictable symptoms of Crohn's disease, a serious inflammatory condition. "I enjoy travel now, but for a long time it was really challenging because of my symptoms—having to avoid food and always know where the restroom was," says Canning, a project manager for a medical consulting firm who lives in East Syracuse, N.Y. More recently, his condition has improved after using Abbott's Humira, which was approved in February for Crohn's disease. However, he's still careful about what he eats when traveling.

Canning is not alone. For the more than 500,000 Americans with Crohn's disease and countless others with other gastrointestinal conditions, food allergies or other conditions, travel can be a challenge.

"The most important thing is to plan ahead," says Tracy Gallagher of The Travel Channel. "If you have a special dietary need, look online to find restaurants where you can eat, then call the restaurant if you still have questions. Also, if you have fatigue or mobility issues, make sure your first day isn't too strenuous, and try to go to the airport at off-peak times if possible, like midweek and early in the morning."

The Web site www.crohnstips.com includes other tips specifically for people with Crohn's disease, such as:

• If you are driving, research your travel route ahead of time. Remember that most fast-food chains, supermarkets and "big box" hardware and home furnishing stores have public restrooms.

• Carry bottled water so you can always take pills when you need to.

• Keep your doctor's phone number and your health insurance card in your wallet.

• Pack enough medications for an additional day or two beyond your trip, in case of unexpected delays on the way home.

• Pack a "bathroom kit" and carry it with you. Include extra underwear, tissues, anti-bacterial hand wash and plastic bags, in case you encounter a lavatory that is not clean or properly stocked.

With some modification in their travel, most people can enjoy travel, even with chronic illnesses or special dietary needs.

For these and other tips on traveling with Crohn's disease, visit www.crohnstips.com. More information about Humira, including full prescribing information, is available on the Web site www.rxabbott.com or in the United States by calling Abbott Medical Information at (800) 633-9110.