

Vacation Fun Awaits—Or Does It?

(NAPSA)—If you're one of the millions of Americans who travel internationally, you may know what it's like to miss out on vacation fun or have your business trip ruined due to the illness no one wants to talk about—travelers' diarrhea.

Travelers' diarrhea is most commonly caused by E coli and other bacteria. Most diarrhea-causing bacteria are spread through the water and food supply in areas where hygiene and sanitation are lacking. Travelers' diarrhea is one of the most common reasons why people end their trips early.

"We see thousands of travelers each year who fall ill to travelers' diarrhea during a trip that was supposed to be full of fun," said Bradley Connor, M.D., president of the International Society for Travel Medicine. "Severe cases may even lead to hospitalization, particularly in hotter climates where dehydration can be a serious concern." In addition, if left untreated, travelers' diarrhea may cause other gastrointestinal problems.

It has been estimated that up to half of all international travelers suffer from diarrhea during their journey. People who travel to developing countries of Latin America, Africa, the Middle East and Asia are at the highest risk of developing travelers' diarrhea. There is good news for those of us who wish to avoid a lengthy bout with the illness on our next journey. A non-systemic, GI selective antibiotic called Xifaxan™ (rifaximin) tablets 200 mg has been approved by the FDA for the treatment of patients >12 years old with travelers' diarrhea caused by noninvasive strains of E coli. "Treating travelers' diarrhea can make the difference of feeling better in a day, versus missing out on a few days of your trip," said Dr. Connor.

Symptoms of travelers' diarrhea include the relatively sudden onset of uncomfortable cramps

What to eat to stay out of trouble on your trip:

- Soft drinks that are carbonated.
- Hot drinks such as tea or coffee.
- Bottled water, as long as the seal is unbroken.
- Raw fruits or vegetables that can be peeled—if you're the one who peels them.
- Food that is served hot.
- Meat that is well cooked.



and diarrhea while traveling, and in some instances may include nausea or fever.

Before traveling, contact your physician or visit a travel clinic. In addition to taking a prescription for Xifaxan with you while traveling, you may also follow these tips to try avoiding illness:

- Avoid foods or beverages purchased from street vendors or other establishments with unhygienic conditions
- Avoid eating raw or undercooked meat and seafood
- Avoid eating raw fruits (e.g., oranges, bananas, avocados) and vegetables unless you've peeled them yourself
- Avoid drinking tap water or using it to brush your teeth
- Avoid using ice that has been made from tap water
- Avoid eating lettuce or other leafy raw vegetables
- Avoid eating cut-up fruit salad
- Do not drink bottled water if the seal has been broken
- Do not drink milk or eat non-pasteurized dairy products

If you find yourself stricken with diarrhea, drink plenty of clear liquids to replace lost fluids and electrolytes.

For more information on travelers' diarrhea ask your physician or go to www.istm.org.

Note to Editors: XIFAXAN (rifaximin) tablets are indicated for the treatment of patients (>12 years of age) with travelers' diarrhea caused by noninvasive strains of Escherichia coli. XIFAXAN should not be used in patients with diarrhea complicated by fever or blood in the stool or diarrhea due to pathogens other than Escherichia coli. XIFAXAN should be discontinued if diarrhea symptoms get worse or persist more than 24-48 hours and alternative antibiotic therapy should be considered.

In clinical trials, XIFAXAN was generally well tolerated. The most common side effects (vs. placebo) were flatulence 11.3% (vs. 19.7%), headache 9.7% (vs. 9.2%), abdominal pain 7.2% (vs. 10.1%) and rectal tenesmus 7.2% (vs. 8.8%).