



The Beacon Letter

Safe, memorable vacations
Safe, Successful Business Trips

**From: The Office of the
Chairman & Chief Executive Officer
Harry B. Demopoulos, M.D.**

Air Travel has increased substantially, and every aspect of it has become crowded. "...*The Flight is Full...*" is a standard boarding announcement. Airports, Hotels, Restaurants, Spas, tourist sites and Convention Centers are packed.

From a health point of view, this means some increased risks from the following unless you intelligently consider these documented possibilities:

- All forms of Influenza spread more rapidly, particularly on jammed long trips
- All forms of Tuberculosis, including antibiotic resistant strains, spread quickly, like most respiratory microbes, in multi-hour, crowded situations
- Viral hepatitis is commonplace and spreads readily
- Cardio Vascular Problems occur easily such as:
 1. Leg Vein "clots", known as venous thromboses
 2. Heart attacks (*A good friend of mine who was thin and never had symptoms or bad lab tests was running to catch his flight, carrying heavy bags... his trip was delayed for several weeks while he recuperated from his unexpected, acute myocardial infarction...Dr .D)*
 3. Strokes, particularly the most dangerous ones that cause bleeding into the brain are also unexpected
 4. Irregular rhythms
 5. Heart Failure
- Poor attention to control of Blood Sugar in Diabetes (*I had to administer concentrated intravenous glucose on a commercial airliner, over the Atlantic Ocean, to a person sitting next to me who suddenly slumped over and could not be roused... the stewardesses quickly looked through his belongings and discovered he was a Diabetic. They ran and got an emergency kit that fortunately had the appropriate sterile IV sugar concentration. I injected it and he awoke rapidly, to the cheers of curious onlookers. He explained he was trying to compensate for the Greek pastries he had consumed at the Athens airport by taking "extra" insulin without testing his blood because his test kit was in the checked baggage)*

General advice includes consulting with a physician specializing in Travel Medicine, and/or The Centers for Disease Control and Prevention in Atlanta, Georgia. Check out your vacation sites and business destinations, even if you have been there before since changes are occurring rapidly. At one of our major hospitals in New York City, 92 languages are now spoken and the hospital uses numerous translators.

Many individuals are at heightened risks for infections because they may recently have been on cancer chemotherapy, or have been receiving particularly potent drugs for Rheumatoid Arthritis (*anti-TNF alpha blockers*), or have HIV infections. This doesn't mean you shouldn't travel. It means you should check with your treating physicians and others, as needed.

Further advice:

1. Keep consumption of alcohol, sugars, fats, and foods fried in old greasy oils to a minimum (*remember, the threshold for alcohol is one glass of wine, or one bottle of beer per 24 hours for healthy males, half that for women, and none for females who are planning to become pregnant, or can become so ...the embryo growing during the first 2-3 weeks of pregnancy is extraordinarily sensitive to chemical injury by alcohol*).
2. Do not think that calories don't count on vacation, or on business trips. They're the same all over, all the time.
3. The CardioVascular risks become more likely, within a span of several hours from fats and oil-soaked foods pulled out of a fryer filled with dark-brown, rancid oil.
4. Your blood platelets will immediately become sticky and begin to thicken the arteriosclerotic plaques that are already present in your arteries just from side stream smoke.
5. Get more than enough sleep. Sleep deprivation pushes your Immune System into the less defensive mode, known as T helper-2 response patterns. While in this mode, your allergies, allergic rashes, or asthma may worsen.
6. Do what Dr. Jones Salk, of Polio Vaccine Fame, used to do when he was flying around the world on nerve-wracking schedules, racing against time, to encourage and explain his vaccine in *all* parts of the world:

"...Harry, meet me at Kennedy Airport! I received an urgent call to extend this trip and I don't have enough glutathione... you know I won't leave home without it..."

I can't deliver that kind of service to all, but you ought to consider adopting Dr. Salk's attitude.

Take a look at the Travel Formulae that we have packaged for you. You can e-mail, fax, or call for further information. **We want you to come back happy, rested and successful.**



Harry B. Demopoulos, M.D., Seven Westchester Plaza, Elmsford, NY 10523, 914.345.0011 (Office)
hdemopoulos@mdglutathione.com