



CASEFILE



Marius De Wit

MALARIA - HIGH RISK FOR TRAVELLERS

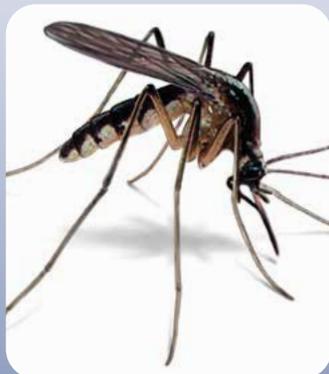
Malaria is one of the most severe public health problems worldwide. It is a leading cause of death and disease in many developing countries. According to the Centre for Disease Control in the USA, 3.4 billion people (half the world's population) live in areas at risk of malaria transmission in 106 countries and territories. In 2012, malaria caused an estimated 207 million clinical episodes, and 627,000 deaths. An estimated 91% of deaths in 2010 were in the African region.

TIC provides unconditional cover to any insured clients who contract this deadly disease, and as the cost of treatment can rapidly escalate (TIC recently paid a claim to the value of R950 000 for a client suffering from the disease), Corporates should seek out comprehensive travel insurance policies should they send their employees into Africa. TIC offers products that are specifically designed to cater for travellers into high risk areas, and patients are often evacuated to South Africa for medical care if the local medical facility is unable to manage the patient or the patient is in a remote location.

Marius De Wit, a TIC client who contracted malaria in Lilongwe, Malawi, says: "Travel insurance is so important. Without it, you as the traveller take on board all the financial risk and one can never be sure of the medical costs in other countries.

"I went to gym one morning and then a few hours later I started feeling bad. At first I thought I might have overdone it a bit at the gym because I had some body pains. But when I developed a fever and started shivering I was pretty sure it was malaria.

"I phoned TIC and they helped me immediately, explaining to my driver where he should take



me for treatment. The assistance company sorted out everything with the medical centre and I could just focus on getting better. They also phoned daily to check how I was progressing and I was very happy with their service."

The A, B, C, D of malaria is a simple mnemonic:

A: Awareness

Malaria transmission occurs in Central and South America, sub-Saharan Africa, the Indian sub-continent, Southeast Asia, the Middle East and Oceania. It is transmitted by the bite of an infected female Anopheles mosquito and causes fever, chills, headache, muscle aches and a general ill feeling.

B: Bite prevention

Travellers should take protective measures to reduce contact with mosquitoes between dusk and dawn when Anopheles mosquitoes feed. Use insect repellents with up to 50% DEET, wear long sleeves, and sleep under mosquito nets and ceiling fans. Vital Protection®, a human friendly insecticide, can safeguard the user from mosquito bites.

C: Chemoprophylaxis

Travellers must consult their GP or travel doctor before departure to discuss appropriate chemoprophylaxis in the form of oral antimalarial tablets. Pregnant women and children have a higher risk of contracting malaria, so it is recommended that they do not enter a malaria area.

D: Drug treatment

Travellers who experience symptoms of malaria should present promptly on return if illness is suspected. Early diagnosis of malaria by means of a blood test is essential to prevent complications. If caught early malaria can be treated with oral tablets, but severe cases may need to be hospitalised for intravenous therapy.

Sources: <http://www.traveldoctor.com.au/healthalerts.asp?UnqID=0.4374004&HealthAlertID=689> www.traveldoctor.co.za www.travelclinicoregon.com
www.cdc.gov/malaria/malaria_worldwide www.fitfortravel.nhs.uk/
<http://www.travax.nhs.uk/> Dr Rolf Verster – Execuhealth Travel Clinic
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