

Adventurers can Log on to stay healthy



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GP and pharmacist set up website to help international travellers

AN internet venture to help adventurous travellers stay healthy in far-flung reaches of the world has been launched.

The Travel Doctor (www.traveldoctor.co.uk) is the brainchild of Pontypridd GP Geoff Lloyd and Tongwynlais community pharmacist Peter Rees.

Dr Lloyd, who like his colleague is a keen traveller, said, "As more and more people travel to distant parts of the world, they come in contact with diseases rarely seen in the UK or developed countries.

"The Travel Doctor is here to help these travellers look after their health."

Its successful use of e-commerce could see The Travel Doctor scoop an honour in one of the UK's leading competitions to honour companies that are making best use of e-trading.

Free to enter, the 2003 national E-Commerce Awards are run by UK online for busi-

ness, a partnership between industry and Government, which promotes the use of information and communication technologies to small companies, and by InterForum, a not for profit membership organisation that helps British businesses to trade electronically.

In Wales, the Welsh Assembly Government and the Wales Information Society (WIS) at the Welsh Development Agency (WDA) sponsor the regional element of the E-Commerce Awards.

Travel Doctor was set up because one of the most worrisome problems facing international travellers nowadays is how to deal with illness or other health emergencies in a foreign country.

Travellers not only have to cope with foreign languages and customs but with different food, water, climate, altitude and other environmental hazards

The Travel Doctor is an interactive website that is able to produce personalised lists of travel medicines for expeditions, global adventure travellers and ordinary holiday makers.

Dr Lloyd said, "If you need any advice on travel medicine or other health issues during your trip, you can log on to this site and use it to retrieve any relevant information you may require.

"The site has been designed to produce customised lists of all the medicines like pain killers, antibiotics and anti-diarrhoeals.

Each list comes complete with a copy of the *Travel Doctor Manual* explaining how and when to use each medication."

The numbers of people travelling each year is vast, about 50 million visits per year are undertaken by UK residents while world tourist organisations predict an 80% increase in long-haul destinations between 1995 and 2010.

Dr Lloyd, who has worked all over the world said, "We are a partnership of a full-time GP and a community pharmacist, who've both travelled widely to many parts of the world over the past 20 years.

With our professional qualifications together with our ex-

perience of organising, leading and taking part in expeditions to different countries we are able to offer advice on the correct medicines to take with you."

Dr Lloyd has travelled widely in Africa, Eastern Europe, the Middle East, India and the Far East, and has organised or taken part in

mini-expeditions to the Alps, Pyrenees, Caucasus, Atlas mountains, Kilimanjaro, and the Himalayas.

This year's E-Commerce Awards are open to all UK businesses, public bodies, registered charities and not-for-profit organisations with under 250 employees.

The awards are run on a regional basis in four categories, with the regional winner of each category going forward to a national category final.

The four categories are E-Business Start-up, E-Trading, E-Business and Voluntary and Community

The Travel Doctor has entered this year's E-Commerce Awards.



INTREPID: At Mount Everest - from left, Robert Evans, Rinji Sherpa, Geoff Lloyd, Peter Rees and Martin Davies