

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Adverse Effects of Traveling

Whether for a vacation or to relocate for the next season, traveling results in sickness. A lot of problems occur around holiday weekends as well. Why does this happen? There are many reasons. Injuries are common when we are in a hurry. There are more people out there on the roads and in the stores so the chances of injury are up. These are obvious reasons but there are more subtle causes for illness.

When our list of things to do gets longer your mind tends to get overworked. This mental stress actually takes its toll on your immune system. This part of your body keeps diseases from starting in the first place. We then become more susceptible to infection, viruses and ulcers. You need to clean this house and turn the water off. The mail must be forwarded. Is the electricity and hot water heater on at the other house? What about the cat and dog. Did the mechanic fully check out the car? The lists are endless. Sleep loss and depression may aggravate the situation. There are family demands.

Do not forget the purely physical stresses as well. You have to pack, carry boxes and ship some items. Those stores need to be placed up into this attic, brought down from the next attic. All those borrowed items must be returned. The refrigerator should be emptied. The last few household chores must be completed.

The effects of traveling and vacation will result in new wound patients for me but my biggest problem is the patients I already have. Take for example the patient whose leg wound I have been nursing along for the last month that is nearly healed. The patient is now getting ready to move back up north to see the kids. All of the above mentioned physical and mental stresses come into play.

The wound now begins to get infected. The patient is supposed to be resting with leg elevation. Instead the leg is getting very swollen because of all this activity. It then gets bumped while moving boxes and is now back to its original size. It is now time to drive back up north. In the car the leg stays down. When they get to New York there is a sudden onset of severe leg pain. They go to the doctor. They have a blood clot and are put in the hospital. This scenario has occurred numerous times. I am not making this up.

It also happens in reverse. The patient travels to Venice from out of town and comes to me with a now worsening leg wound. It was almost completely healed a few weeks before the move.

I do not have the answer for all you travelers. This is a tough problem. Surely preparing a little earlier would help. Also get a little help from your friends. You would not hesitate to help your friends. It is alright to ask them to help you.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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