



# 2010 Annual Report

# Message from the President

Dear friends and supporters,

In 2010 IAMAT celebrated its 50th anniversary and without your support, we could not have achieved this important milestone. When IAMAT was created in 1960 by the late Dr. Vincenzo Marcolongo, the health of travellers was not at the forefront of the medical establishment. Now travel medicine is a key component of international travel and IAMAT is a recognized advocate for travellers' health.

IAMAT continued to see the impact of the financial crisis in 2010. Your continued support is all the more significant because IAMAT does not receive government or corporate funding to continue its work. After all these years, our non-profit organization remains independent and we strive to

bring impartial and relevant travel health education and services to our members and travellers.

In 2010, IAMAT was active on many fronts. We collaborated with medical and psychiatric experts on our mental health series; added new doctors and clinics to our Medical Directory; awarded two scholarships to medical students from China; and sponsored travel medicine lectureships thanks to the generous contributions from IAMAT members.

I would like to take this opportunity to thank our friends and partners all over the world with whom we have worked closely over the past year. In 2011

we look forward to continued collaborations and developing new partnership opportunities that will benefit IAMAT members.

From all of us at IAMAT, I wish you a safe and healthy trip!

Sincerely yours,



M. Assunta Uffer-Marcolongo  
IAMAT President



## 50<sup>th</sup> ANNIVERSARY PHOTO CONTEST

Guided by the philosophy that international travel can improve cultural understanding, we organized a Friendship and Travel photo contest to celebrate our 50th Anniversary. We requested photos of new or old friends encountered during travel or any photos representing activities done with friends abroad. We welcomed all creative interpretations of 'Friendships'!

IAMAT received over 400 entries that were judged by professional photographers, Dean Tomlinson and Stephen Myers, both based in Toronto, Canada. The winners are all from India: Amitava Chandra, Amit Mukherjee, and Sukanta Mondal.

To see the winning entries and honourable mentions, go to:  
[www.flickr.com/photos/iamat\\_photo\\_contest/collections/](http://www.flickr.com/photos/iamat_photo_contest/collections/)

Photo: Celebrating the Holi festival (festival of colours) in Barsana, India by Amitava Chandra.

# How does IAMAT make a difference ?

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## **IAMAT is a non-profit organization dedicated to travel health.**

Our mission is to provide impartial and accurate travel health advice and to coordinate an international network of qualified medical practitioners to assist travellers in need of emergency medical care during their trip.

## **Our goal is to prevent the spread of infectious diseases by travellers.**

To advance global health objectives, we want to award more scholarships and grants to healthcare practitioners from developing countries to study, research, and train in the field of travel medicine and health.

## **IAMAT's vision is to live in a world where peace and understanding can be attained through healthy and safe travel.**

The friendships gained while travelling often bring about a sense of solidarity and evoke a spirit of cooperation. Our motto *Ut Unum Sint* - 'Let All Be One' in Latin - expresses the need of working together for the common good.

## **Our Approach**

Our focus is on prevention. We believe that being well informed about possible health risks at your destination and taking all the necessary precautions during your trip are key factors for a healthy trip. We also believe that credible and timely travel health advice should be fully accessible and free to all travellers. IAMAT's work solely relies on donations from our member travellers. This allows us to provide impartial information and recruit qualified independent medical practitioners around the world without compromising medical ethics.



## **DESTINATION COMMUNITIES SUPPORT**

As Interim Chair of the International Society of Travel Medicine's (ISTM) Destination Communities Support interest group, IAMAT's President, M. Assunta Uffer-Marcolongo has worked with a team of travel medicine practitioners to increase awareness and develop strategies against travel's negative health, social, and environmental effects on countries dependent on tourism.

*Photos by: IAMAT member Arnold Becker (top left) and Seth Lazar (top right).*

# Travel Health Education

To help travellers make informed choices about protecting their health during travel, IAMAT provides detailed and up-to-date health education on vaccinations, illness and disease risks, and food and water safety precautions for all countries.

Our advice on disease risks, prevention mechanisms, and detailed geographic distribution of infections make it a one-stop source for trip planning.

IAMAT's information is aggregated daily from different sources – IAMAT's own independent local medical and public health experts, the World Health Organization, the Centers for Disease Control and Prevention, and the International Society for Infectious Diseases' ProMED-mail service.



## Health Education Resources

- Disease Risks [online]
- World Immunization Chart [PDF and Print]
- World Malaria Risk Chart [PDF]
- How To Protect Yourself Against Malaria [PDF]
- World Schistosomiasis Risk Chart [PDF]
- Be Aware of Schistosomiasis [PDF]
- When Hiking Through Latin America, Be Alert to Chagas' Disease [PDF]
- Guide to Healthy Travel [PDF]
- 24 World Climate and Food Safety Charts [PDF]

IAMAT continues to sell its La Mosquette bed net. This unique permethrin treated bed net is free standing (no ceiling hooks required), weighs only 5lbs and is easy to pack and store. Instead of using ceiling hooks, the mosquito netting hangs from an easily assembled aluminum frame.



## TRAVEL AND MENTAL HEALTH

In 2010, IAMAT developed a new travel health series on mental health called 'My Peace of Mind... Travel and Mental Health'. The five online guides, released in early January 2011, are intended to promote better mental health during travel and are the first of their kind specifically written for travellers. The materials provide information on coping with travel stress, advice for travellers with pre-existing mental illnesses and travelling with medications. Also included are health tips for travellers without a prior history of mental illness.

**Travel Stress | Depression and Mood Disorders | Substance Use | Anxiety | Psychosis**

*Photos courtesy of: Medical Students Mission (top left) and Northern Ontario Business (bottom left)*

# Medical Directory Network

## **IAMAT coordinates an international network of doctors and mental health practitioners committed to treating sick travellers.**

Our doctors speak English fluently and have trained according to international health standards. IAMAT physicians volunteer to be part of our international network; they do not pay a membership fee to join, allowing us to maintain strict ethical standards.

IAMAT Doctors will:

- \* Consult a IAMAT member in need of medical attention
- \* Make referrals to specialists in all fields of medicine
- \* Provide medical reports if required
- \* Report to your own doctor
- \* Make house / hotel calls or night calls
- \* Provide consultations on Sundays or local holidays

## **Better Coverage for IAMAT Members**

Our Medical Directory continues to be the cornerstone of our work and is available online or in print. In 2010, IAMAT welcomed 16 doctors in 11 countries to provide more coverage for members:

Australia – Sippy Downs  
Canada - Montreal  
Chile – Santiago  
India – Mohali, Punjab  
Norway - Oslo  
Peru – Arequipa, Cusco, and Lima  
South Africa – Cape Town  
Syria – Damascus  
Tanzania – Dar Es Salaam  
Turkey – Istanbul and Ankara  
USA – Washington, DC and two clinics in New York City



## **IAMAT DOCTORS TELL US...**

Our 2010 survey of IAMAT doctors shows that the most common illnesses treated among travellers are upper respiratory infections and travellers' diarrhea, followed by acute conditions and emergencies such as fractures, burns, allergies, insect stings. Tropical diseases were mostly seen at IAMAT clinics in South America, Africa, Asia and Europe. Other medical services that IAMAT doctors provide to our members include vaccinations and travel medicine advice.

Fifty-seven percent of our doctors also see IAMAT members who need their prescriptions filled and 82% end up referring our members to a specialist or dentist. Thirty-one percent of clinics attend to IAMAT members requesting hotel and night calls, and 21% of clinics deal with IAMAT members who have mental health concerns.

*In Photo: 2009 IAMAT Scholars Meng Jing (Angeline), left, and Ye Wei (Winona), right. Photo by Dr. Vernon Andsell.*

# Scholarships, Grants, and Continuing Education

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**In 2002, IAMAT started the International Travel Medicine Education Program to award scholarships and grants to doctors and nurses from low resource countries to study and train in travel medicine.**

In the past eight years, 15 scholars have benefited from this program.

Successful recipients take part in a short-term intensive training course that includes small group teaching sessions, clinical rotations, individual study, and cultural exchanges. Upon graduation, scholars return to their home country to lend their expertise in travel and tropical medicine clinical best practices, teaching their colleagues, and expanding the network of IAMAT affiliated clinics around the world.

IAMAT also gives study and travel grants - and moral support - to our scholarship recipients to take the travel medicine certification exam (Body of Knowledge for the Practice of Travel Medicine) organized by the International Society of Travel Medicine. Since 2007, 11 students have successfully passed the exam and are now fully certified as travel medicine practitioners.

In our efforts to encourage research in the medical aspects of travel, IAMAT provides lectureship grants to international societies for visiting global health experts to exchange information and research on the prevention and treatment of tropical diseases. The Dr. Vincenzo Marcolongo Memorial Lecture at the American Society of Tropical Medicine and Hygiene (ASTM&H) Annual Meetings, sponsored by IAMAT since 1990, is an ongoing contribution to the field. In 2010, IAMAT was proud to sponsor Dr. Anita K.M. Zaidi 's presentation on 'Neonatal Infections – A Global Perspective'.



## 2010 VISITING SCHOLARS

In September 2010, IAMAT awarded scholarships to Li Yunfeng (Aaron) from Dalian, China and Dou Yongying (Colin) from Tianjin, China. The two scholars were chosen in partnership with the China International Travel Healthcare Association (CITHA), for their qualifications and interest in pursuing travel medicine back home.

In November, Colin and Aaron completed an intensive six week training course at the Kaiser Permanente Travel Clinic in Honolulu. Under the guidance of Dr. Vernon Andsell and Dr. Johnnie Yates, the students' training focused on patient-centered care. The training involved participating in travel medicine consultations, day-to-day operations of a clinic, learning about the latest developments in the field, and studying travel medicine case studies.

*In Photo: Dou Yongying (Colin), left, and Li Yunfeng (Aaron), right. Photos courtesy of Y. Dou and Y. Li.*

# Staff and Boards

## Staff

M. Assunta Uffer-Marcolongo  
President

Nadia Salles  
Director, Member Services

Tullia Marcolongo  
Director, Programs and Development

In 2010, we welcomed Anna Banerji, Shirley Cheng, and Scott Power to our Board of Directors.



*IAMAT President, M. Assunta Uffer-Marcolongo. Photo by Andrew Simpson.*

## Board of Directors

**Our volunteer Board of Directors provides governance, strategic direction and support.**

Joseph Angona  
Toronto, Canada

Anna Banerji, MD, MPH, DTM&H  
Toronto, Canada

Stella Bryant  
Peterborough, Canada

Shirley Cheng, BMedSc, MPH (cand.)  
Mississauga, Canada

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Merrillville, USA

Mike Marcolongo, BA  
Guelph, Canada

Seth Perlman, LLP  
New York, USA

Scott Power, BA  
Los Angeles, USA

Anthony Rota, MBA  
North Bay, Canada

## International Medical Advisory Board

**The International Medical Advisory Board provides us with medical and travel health advice. All Board members participate on a voluntary basis.**

Elaine C. Jong, MD - CHAIR  
Clinical Professor (Emeritus) of  
Medicine, University of Washington  
Consultant in Traveller's Health and  
Clinical Tropical Medicine  
Seattle, USA

Francisco Biagi, MD  
Member, National Academy of  
Medicine  
Mexico D.F., Mexico

Santanu Chatterjee, MBBS, DTM&H  
Consultant Physician in Travel and  
Tropical Medicine  
Calcutta, India

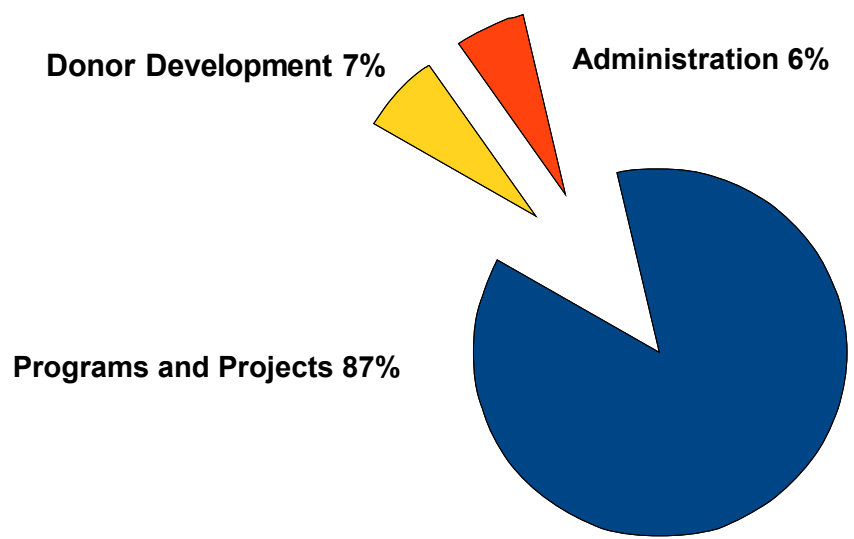
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Executive Director  
Bronte College of Canada  
Mississauga, Canada

Melvyn M. Nizny, MD, DLF  
Adjunct Faculty Member of the  
Cincinnati Psychoanalytic Institute  
General, Occupational, and Forensic  
Psychiatrist  
Cincinnati, USA

Claudia Sigg-Farner, MD, DTM, FMH  
Zurich, Switzerland

Larry W. Skiba, MD  
Member, Royal New Zealand College of  
General Practitioners  
Christchurch, New Zealand

# Where Does Your Donation Go?



## **Programs + Projects = 87%**

Travel Health Education, Medical Directory, Scholarships, Grants, and Continuing Education.

## **Administration = 6%**

General operating costs.

## **Donor Development = 7%**

Promotion and outreach. IAMAT does not employ the services of third-party fundraisers.

Please contact us to get copies of IAMAT's 2010 Financial Statements: [info@iamat.org](mailto:info@iamat.org)

Program and Operations breakdown for the year ended December 31, 2010.

**Your donation is tax-deductible**

**USA:** 501(c)3 non-profit. E.I. Number 13-2613755

**Canada:** Business Number 11892 9231 RR0001

IAMAT is a division of the  
**FOUNDATION FOR THE SUPPORT OF INTERNATIONAL MEDICAL TRAINING, INC.**

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