

# Pretravel Consult for a Middle-aged Man

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## ABSTRACT

An asymptomatic 66 year old white male who has not received any preventive health services in the last 15 years presents for an international travel consult. A thorough history and appropriate screening tests uncover a previously unknown diagnosis.

**Keywords:** birth cohort, hepatitis C, international travel, travel consult, typhoid

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## CASE PRESENTATION

A 66-year-old white male presents to the clinic for an international travel consult and requests vaccinations against food- and water-borne illnesses, specifically the oral typhoid vaccine. He plans to travel to Da Nang, Vietnam, and is scheduled to leave in 5 weeks. The focus of the 5-week trip is a return visit to areas where he served during the Vietnam War and includes both rural and urban areas.

### Past Medical History

The man denies any known allergies, has no current illnesses or recent weight gain or loss, and has not traveled outside the United States since the Vietnam War. His vaccination history is unknown and he has no records of shots from during his military service. There was possible exposure to hepatitis A during wartime due to severe diarrhea, which resolved but was never confirmed. Upon returning to the United States after being discharged the complaints of diarrhea and stomach problems resolved. He attributes the problem to his diet and recreational drugs he consumed while in Vietnam. There is a positive history of intravenous drug use during his combat tour. He indicates having undergone no preventive health care in 15 years, suggesting he is healthy and “doesn’t need to go.”

### Social History

He is currently employed as a plumber, does not smoke, drinks 1-2 beers 3 times a week for the past 10 years, and tries to exercise 3 times per week.

There is no recollection of past hospitalizations and has not undergone any surgery. Military records indicate service in the Vietnam War during the years 1968-1973. Both his mother and father had a history of hypertension. Both parents are deceased as a result of a fatal car crash that occurred 15 years ago. He is not married and has no children.

### Current Medications

He denies any oral medication, herbal supplements, or treatment for hepatitis. He also denies any current complaints or sickness.

### Review of Systems

No abnormal findings were noted.

## PHYSICAL EXAM

Exam shows a healthy Caucasian male in his mid-60s, slightly overweight, alert, and engaging. He has a blood pressure of 138/84 mm Hg; heart rate 76 beats/min, respiration 14 breaths/min, and temperature 98.4°F. He is 5'10" and weighs 198 pounds, with a body mass index of 28.4. Skin tone is normal for his race with no yellow undertones. HEENT findings are unremarkable. Lungs are clear to auscultation. Abdominal exam reveals a soft and nontender abdomen with normal bowel sounds and without hepatosplenomegaly or masses. The remainder of the exam reveals no significant findings.

*Questions to consider:*

1. What diagnoses should be considered in the differential?

2. What further diagnostic tests should be considered?

3. Based on the results of the diagnostic tests, what is the diagnosis?

4. What are the next steps in travel counseling? What vaccinations and medications are recommended for his trip?

5. What is the recommended follow-up for this individual?

If you believe you know the answers to the following questions, then test yourself and refer to page XXX for the answers.

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