

Anopheles mosquitoes can be identified by the way they stand head downward when biting, compared to the parallel stance of the benign culex mosquito, and they don't venture more than two miles from where they are bred. Only pregnant females feed on blood, biting every two days to feed eggs.

Malaria continues to become resistant to the drugs used to prevent and treat it. There are resistant strains to Mefloquine (or Lariam), though. Malarone, supposed to be the new wonder drug from Glaxo-Wellcome, is a brand name for the drug containing atovaquone and proguanil. It is legal in Denmark and used for treatment only in the UK. Keep in mind that 90 percent of the people who contract malaria don't develop symptoms until after they return from their trip. The symptoms can start with a flulike attack, followed by fever and chills, then lead to failure of multiple organs, and can result in death.

Some quick facts:

- Transmission decreases above 200 meters and is rarely found above 3,000 meters.
- Roughly 90 percent of malaria cases occur in Africa.
- Most malaria in Asian and African areas is quinine-resistant and requires multiple or more creative dosages to avoid the horrors often associated with the disease.
- The most vicious strain of malaria (*Plasmodium falciparum*) attacks your liver and red-blood cells, creating massive fevers, coma, acute kidney failure, and eventually death. There are three other types of malaria in the world: *Plasmodium malariae*, *Plasmodium vivax*, and *Plasmodium ovale* (found only in West Africa).
- The anopheles mosquito is the most dangerous insect in the world, and there are few contenders for its crown.
- Other biting insects that can cause you grief include the *Aedes aegypti* mosquito, which carries yellow fever. His kissing cousins, the *Culex*, *Haemogogus*, *Sabethes*, and *Mansonia*, can give you filariasis, viral encephalitis, dengue, and other great hemorrhagic fevers. Next on the list are tsetse flies, fleas, ticks, sandflies, mites, and lice. We won't even bother to discuss wasps, horseflies, African killer bees, deerflies, or other clean biters.

These insects are an everyday part of life in tropical third-world countries. They infect major percentages of the local population, and it is only a matter of time and luck before you become a victim. Prevention is rather simple, but often ineffective. Protect yourself from insects by wearing long-sleeved shirts and long pants. Use insect repellent, sleep under a mosquito net, avoid swampy areas, use mosquito coils, don't sleep directly on the ground, check yourself for tick and insect bite

Name	Usage	Side Effects
• Chloroquine (Aralen)	Not effective in areas where chloroquine-resistant malaria is found	Has bitter taste; can cause stomach upset and blurred vision
• Mefloquine (Lariam)	Commonly prescribed in North America: 2 percent to 5 percent of users have side effects	Usage can cause anxiety, nausea, hair loss, mood changes, and in some cases psychosis
• Doxycycline	A common and inexpensive antibiotic	Causes sensitivity to sun but provides protection against infections; can cause stomach upset, thrush, or yeast infections
• Chloroquine w/Proguanil (Paludrine)	Not as effective as mefloquine or doxycycline	Can cause nausea, loss of appetite, and mouth ulcers
• Primaquine	New drug	Effective against <i>P. vivax</i> and <i>P. falciparum</i> . Can cause nausea and abdominal discomfort
• Atovaquone/Proguanil (Malarone)	New drug	Effective against chloroquine-resistant malaria; can cause nausea, diarrhea
• Fansidar/Fansimef	For self-treatment when malaria is contacted	Serious side effects including skin reactions

daily, and, last but not least, understand the symptoms and treatment of these diseases so that you can seek immediate care, no matter what part of the world you are in.

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Disease	Annual Deaths
Infected by Malaria	500 million
Infected by HIV	20 million
Infected by AIDS	4.5 million
Acute Respiratory Infections	4.4 million
Diarrheal Diseases	3.1 million
Tuberculosis	3 million
Malaria	2 million
AIDS	1 million

DANGEROUS DISEASES

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