



DOCTOR DISCUSSION GUIDE

Managing Malaria

Though malaria has been eradicated from the United States, it's still a global concern, so it's important to understand the condition in order to avoid it or recognize symptoms promptly. Asking the right questions during a conversation with a doctor will help you know what to expect and how to better navigate malaria. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Blood Meal	The process by which a mosquito bites and extracts blood from an animal or a human and in the process, may transmit parasites to its victim, such as those that may cause malaria.
Malaria Parasites	A mosquito carrying malaria parasites can transmit them to a human when it takes a blood meal. The parasites enter the body through the blood and mature through their life cycle, causing the disease.
Malaria-Endemic Areas	Where there are mosquitos that may transmit malaria, which includes parts of Africa, Central and South America, regions of the Caribbean, Asia, Eastern Europe, and the South Pacific.
Antimalarial Drugs	The use of medication(s) that can help prevent malaria. In some cases more than one medication may be needed to prevent different types or forms of malaria, depending on what types of the disease are common in the area. No drug is 100 percent effective to prevent malaria, so it's also important to take other measures to avoid mosquito bites.
Drug Resistance	In some areas, certain drugs are no longer effective in preventing malaria because a resistance to them has developed. It is important to take an antimalarial drug that will be effective in the area to which one is traveling.
Indoor Residual Spraying	Spraying insecticides on the walls in houses or other areas where people sleep can help reduce the risk of mosquitos entering into those areas. These treatments may last for several months.
DEET	DEET is the common name for the active ingredient in many insect repellents.
Deltamethrin	Deltamethrin is a type of insecticide that may be used to treat bed nets and clothing.
Permethrin	An insecticide that may be used to treat bed nets and can be purchased both in the United States and overseas.
Relapsing Malaria	Some types of malaria can lie dormant in the body for a period of time and cause disease months or even years later. It is important to mention travel to a malaria-endemic area when seeking treatment for an illness, and especially when there are flu-like symptoms.

