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Attention: travel, news and health editors

### New medication kit for travelers is just the ticket!

Cool storage for a new biologic medicine and a doctor's note for syringes and needles

**TORONTO, Ontario, October 19, 2005:** Travelers are well aware of the heightened security changes since 9/11, but in addition to scissors, nail files and clippers, airport security and customs officials are also checking and double-checking people who travel with medicine and medical devices such as syringes and hypodermic needles. Fortunately, a new trend is the medical travel kit, which eases the transportation and, in some cases, disposal of medications.

Millions of Canadians take medications continually for conditions such as diabetes, asthma and rheumatoid arthritis. These Canadians are also making travel plans. People with chronic health conditions often plan vacations around their condition, but with the advancement of medicine and medical traveling aids, many are now able to take trips whenever and wherever it suits them.

One such aid for travelers has been developed by Abbott Canada of Montreal, for people with rheumatoid arthritis (RA), a painful and potentially crippling autoimmune disorder, who need to keep their biologic medicine HUMIRA™ (which should normally be stored in the refrigerator until ready to use) at a cool temperature when traveling.

The compact, lightweight carry-on tote includes a separate zippered compartment for an ice pack, and is insulated and large enough to hold pre-filled single-dose syringes of HUMIRA™. Another important item in the kit is a blank certificate ready for the patient's physician to complete and sign, stating that the medicine is for personal therapeutic use only. The kit also contains a secure box, known as a "sharps container", to hold used syringes, a diary in which to record dosage dates and times, and a five-step card with directions on how to inject the medication.

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Sylvie Légaré, Manager of Advertising, Linguistics and Communications at Abbott, said: “Abbott devised the travel kit specifically for people with RA, because we realized that once on HUMIRA™ they would probably be resuming more normal lives and might want to travel again. We considered all the barriers a traveler on medication might encounter and addressed most of them in the design of the HUMIRA™ travel kit.

“It is very important to keep a biologic medicine like HUMIRA™ cool, when refrigeration is not feasible during short trips for example, in order to ensure its efficacy. So we created the zippered cooler pocket that can be easily used with an ice pack. And with all the recent restrictions on what might be carried on board a plane, the doctor’s certificate and the ‘sharps container’ were essential to the kit.”

Being on medication when traveling can be problematic if you are not prepared. Not having a doctor’s certificate, proper storage, and labeled containers for your medicine may result in a delayed or cancelled vacation, or health risks.

Tips for people traveling with medication include:

- **Check with your travel agent, airline and destination countries for rules about carrying medication** on the plane, into the destination countries, and at border crossings.
- **Keep all your medications in carry-on baggage while traveling.**
- **Ask your doctor to sign a travel certificate listing all the medicines you are carrying and stating clearly that they are for your personal therapeutic use only.**
- **Store your medication as directed and in its original packaging.**
- **Ask your doctor or pharmacist if any types of food or beverage served in your destination country may affect the medications you are taking.**
- **Take a medicine schedule with you** to ensure accurate adjustment to time changes and in case you are unexpectedly admitted to hospital.

Note: Photo of the HUMIRA Travel Kit available upon request.