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To the Primary Care Providers of the participants of the Single-Handed Transpacific Yacht Race

April 9, 2021

RE: Preparation for a Sailboat Race San Francisco- Hawaii

Dear Colleague,

Your patient is about to embark on a sailboat race from San Francisco to Hawaii and would greatly appreciate your help in the preparation for this event.

Participating in this race implies that your patient will be alone on a sailboat and far from any medical facilities or help for 2-3 weeks. In addition there may potentially be some time at Hawaii and a sail back of the boat to San Francisco, which may be with crew, and typically takes a week longer.

I proposed to the participants to have a check up exam and perform additional exams such as stress testing as needed, based on the individual health history.

In order to be prepared for the more common medical problems, I suggested to the participants to bring the following prescription medications:

- A sufficient stock of their regular prescription medication for the above time period
- ENT problems: Ciprofloxacin/corticosteroid ear drops,
- Eye infection: Ofloxacin opthalmic solution
- Dental Infection: Clinamycin tablets
- Skin infection and injuries: Cefazolin, Septra/ Bactrim tablets, Silvadene or Bacitracin / Polysporin for burns, steroid cream
- Pulmonary: Azithromycin tablets
- GI- A three day course of Ciprofloxacin, Imodium
- Urology: Bactrim / Septra tablets
- Seasickness- whatever has worked for your patient in the past. For example, Transdermal Scopolamine, Phenergan, Zofran; plus as backup Phenergan suppositories
- In the case of severe allergic reactions, Benadryl, Methylpredisolone or Dexamethasone tablets, epinephrine pen if needed based on personal history or requested by your patient.

Please consider anything else that could be necessary or useful for someone who will be far from medical help for over a month, and feel free to substitute, especially in case of allergies to any of the above medications.

Thank you so much for helping your patient to participate in this adventure of a lifetime!

A handwritten signature in black ink, appearing to read 'Ja Hirsch'.

Jan Hirsch, MD