

Can Seasickness Be A Problem When You Take A Holiday On A Luxury Cruise Ship?

Contributed by Dorothy Yamich
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{bot_wrgoogle}Research shows that even in very rough weather, less than three percent of all cruise passengers experience any symptoms of seasickness. Women and children seem to be more prone to seasickness, while seniors are less susceptible. Some symptoms of seasickness are nausea, stomach cramps and vomiting. However, if you think you have a severe seasickness problem, you may want to book an inside cabin located on a lower deck and in the middle of the ship. This is the area of the ship where the least rocking motion is felt. If you are planning to book a trans-Atlantic cruise, it is possible that an ocean crossing may be rough at certain times during the year.

Seasickness happens when the brain receives conflicting messages which causes an imbalance in the receptors in the inner ear. When standing or walking on a moving surface a signal occurs in the brain saying something is wrong. These mixed signals can result in a feeling of dizziness, headache, clammy skin, nausea, and vomiting. As soon as the ship starts moving it is a good idea to go out on deck and walk around. Keep focusing your eyes on the horizon. Your knees may feel wobbly but keep walking as this will help you get your "sea legs". Even the fresh sea breezes will help you feel better. And if you must eat, eat light. Until you are feeling better, do not eat a heavy meal as it will only make you feel worse.

Motion sickness doesn't only occur on cruise ships. It can happen when you are in a car, bus, train, or on an airplane, anytime you are subjected to motion.

If needed, the ship's doctor can prescribe medication such as Benadryl, Bonine, or Dramamine tablets that will treat nausea, vomiting, and dizziness, the worst symptoms of motion sickness. There is another very effective, physician prescribed, anti-seasickness product called Transderm Scop. It is a small patch that is placed behind each ear. These patches can lessen the effects of, or even prevent, motion sickness and should be worn at least eight hours before you cruise. The above drugs can cause a variety of side effects such as dry mouth, drowsiness, and dizziness. A drug free way to counteract seasickness is an acupuncture session. This treatment works well and is available on some ships that have a registered acupuncturist on board.

Sea-Bands, which apply a gentle pressure to the acupressure points on both your wrists also work well. They have been clinically tested to help provide relief from nausea and vomiting caused by motion sickness when traveling, pregnancy, anesthesia, chemotherapy, and any condition that may induce vomiting. Smaller sized Sea-Bands are also available for children. They can be bought in drug stores and pharmacies as well as most travel oriented stores and do not require a prescription. They do not cause any side effects so can be used safely, again and again, whenever you feel nauseous. They can also be purchased online at Sea-Band.com, or at a number of stores in the United States, such as Brooks, Osco, K-Mart, Eckerd, Kerr Drug, Longs, Rite Aid, Stop & Shop, CVS, Savon, Walgreens, and Walmart.

It is a good idea to see your family doctor before you depart on your cruise if you feel that you may be susceptible to seasickness. It's better to get a prescription for seasickness medication from your physician and purchase any over-the-counter anti-motion products such as Transderm Scopolamine, Dramamine, Bonine, or Benadryl because even though you can get them onboard ship they will probably be more expensive. Another remedy that can work well for most passengers are ginger capsules. They are a great preventative measure, but are more effective if they're taken before you sail. Their effectiveness lasts for approximately eight hours, and have been proven to help reduce or even eliminate the feeling of nausea.

Some words of caution. A health care professional such as a physician, or pharmacist should always be consulted about prescription drug dosages and their possible side effects. There also can be side effects caused by some drug combinations, even with over-the-counter medications.

Dorothy Yamich has a passion for travel. She has lived and traveled extensively throughout Europe as well as traveled in North America, Central America, and the Caribbean. She is a travel consultant and specializes in luxury cruises as well as vacation packages. To quickly find and book a great discount cruise holiday, visit [Travel Tips Guide](#) for more info on cheap travel deals and vacation packages.