

**MEDIA
PLANET**

MARCH 22 2007

MEDICAL TOURISM

AN A TO Z GUIDE TO HEALTHCARE OVERSEAS



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MEDICAL TREATMENT ABROAD - BRIDGING THE HEALTHCARE GAP

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"The patients' advocate"



A is for abroad. The trade in medical tourism has been going on for many years, the change over the past few years has been that it is not just wealthy foreigners coming to top clinics in the UK for treatment, today taking trips to seek treatment is very much two way traffic. Keith Pollard was quick to pick up on the trend a couple of years ago when he found that his website, which gives private healthcare advice, was experiencing more and more enquiries for foreign treatments, prompting him to launch TreatmentAbroad.net. "That was two years ago and we're now getting around 50,000 people coming to the site and we answer around 1,500 enquiries every month for people wanting to know which clinics are available in their preferred countries," Pollard reveals.

In fact the company has recently carried out independent research in

to the phenomenon of medical tourism and found that, according to feedback from clinics around the world, roughly 52,500 Britons travel abroad for treatment every year. Of these, nearly half are jetting off for dental treatment. The next biggest segments are those seeking cosmetic surgery and there is another significant part of the market going abroad for hip and knee replacements.

"One of the huge driving factors is people being forced into private dental care in the UK," says Pollard.

"It's very difficult to get an NHS dentist and so when your private dentist says you need an implant it will cost £2,500 it's a real shock to a lot of people, so they come to our site and see they could get the same treatment for £500. It's a very good incentive to get on a plane."

Another factor is the cleanliness of UK hospitals. Although there are no firm statistical figures, Pollard believes it could be playing a part.

"There's only anecdotal evidence but we get people contacting us mentioning they're going abroad

not to save money but because they want to have surgery in a country with a better MRSA record than the UK," he says.

"A lot of it is a reaction to figures that are misused in the papers to suggest MRSA is a lot more widespread than it is. We've always had a problem with it in the UK because of the widespread prescription of antibiotics for minor infections which has made bugs resistant to treatment. Having said that, the number of cases of MRSA infection had risen to more than 7,000 three years ago so that would equate to around 1,500 deaths a year and that's probably gone up by now, so it's not surprising people are worried."

Another major factor is the public becoming more interested in cosmetic surgery which is prompting an increasing number of people to considering saving money by going abroad and perhaps combining treatment with a holiday. "The UK market for cosmetic surgery is up by 30 per cent year on year, so it's a hugely popular area," Pollard suggests.

"It's becoming increasingly acceptable and so people are looking in to having a treatment done and recuperating on a holiday. It's then up to them whether they tell people what they've had done when they get back."

Waiting lists key

Of course, though, there is one overriding factor that is proving a driving force for encouraging people to go online and research medical treatment abroad; NHS waiting lists. People are often horrified at how long it takes for them to see a specialist and then are further disappointed at finding out how long it will take for a condition to be put right.

"The government is trying to get everyone seen within six months but you only have to look at how a lot of the money that's been pumped in to the NHS has been soaked up by wages to then wonder if that will be met," Pollard continues.

"The big problem isn't just the waiting list, it's the waiting for a GP

appointment, then waiting to be referred, then waiting for a scan appointment, which can take weeks, then waiting for the results, then waiting to see a consultant and then the consultant telling you you need surgery, then you finding out there's a six month waiting list."

//The big problem isn't just the waiting list, it's the waiting for a GP appointment, then waiting to be referred, then waiting for a scan appointment, which can take weeks//

Hence it should come as little or no surprise to discover that when TreatmentAbroad.net carried out research to find out whether clinics abroad felt the wave of UK tourists going abroad for surgery and dentistry would increase in the near future, almost all said it would increase substantially.

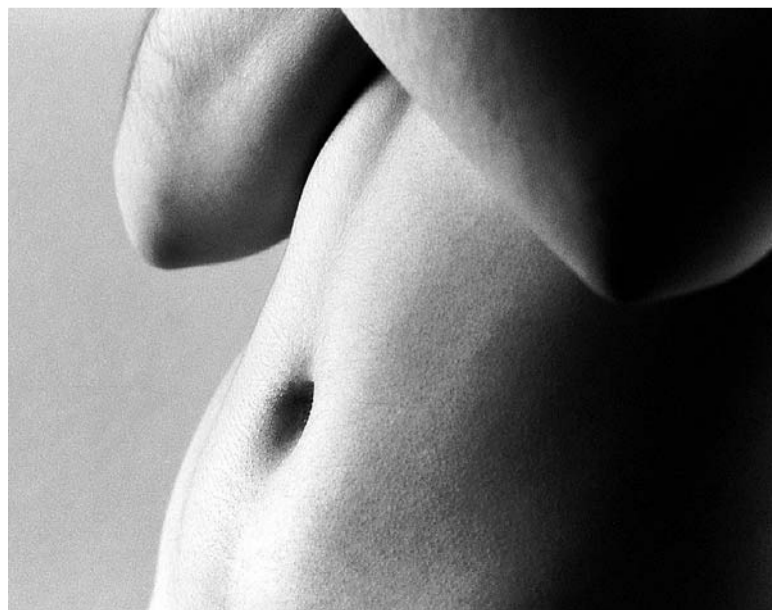
The current trend for Britons to seek treatment abroad shows little sign of abating. With concerns over the cost of private treatment in the UK combined with fears over cleanliness of hospital wards and long NHS waiting lists, more and more Britons are set to look in to going abroad for prompt treatment at competitive rates.



Cosmetic surgery is one of the fastest growing areas in UK surgery. Just as with many trends that start in America, it has not taken long for the boom in surgery aimed at augmenting our natural shape and taking a few years off our faces to travel across the Atlantic. In fact, in the UK cosmetic surgery is growing by around a third every year. Breast augmentation, liposuction, rhinoplasty and face lifts are common procedures which are prompting people to seek treatment abroad because by catching a plane to the likes of France, Belgium, Spain and Poland, they can halve the price of treatment in a UK clinic.

Time to relax

Cosmetic surgery is also prompting many people to consider flying further abroad to combine a holiday with surgery so any scars are given time to heal so dressings can be removed by the time they fly home. Also, staying at the destination for a couple of weeks also has the benefit of giving a client more time to relax and enjoy a holiday before returning home. Popular long haul destinations for cosmetic surgery include Venezuela, Brazil, Argentina and the United Arab Emirates. At the same time, of course, travelling abroad allows clients to get used to their new, improved features and leaves it up to them whether they choose to tell people what treatment they have had done. The beauty of having treatment abroad is that, unlike being at home, work colleagues and friends will not have noticed you are absent from work, so the decision is completely yours.



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Budapest, the Hungarian capital is one of the most charming of the European cities with a wealth of historical sights. Budapest is considered to be one of the top European destinations not only because of its bustling and vibrant architecture but also its excellent healthcare and dental facilities. Many visitors can take advantage of dental treatments at an affordable price without compromising in quality; no wonder Hungary could soon become a world leader in dental tourism, due to the outstanding number of highly trained and experienced dentists per capita in top class clinics of Budapest.

Dentist Abroad

Dentist Abroad is a leading dental tour operator and the only one of its kind that has a London based office as well as a London clinic where you can meet dentists from their dental clinic in Budapest. Their aim is to provide high quality and professional dental services to patients who want to save thousands of pounds on their bills. They will ensure that



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your application will proceed smoothly and that you have a pleasant stay in Budapest.

Their staff are internationally experienced, speak English and treat their patients with a high level of professionalism and a premium customer service. They help to organise the entire trip including low-cost flights, bargain-priced accommodation, dental treatments with discounts and free transfer.

The individual service offers dental consultation and check ups, once a week, at its Harley Street dental practice in London. This will allow you to meet your dentist before traveling to Budapest. For an initial consultation all you need to do is to contact their office and they will arrange an appointment, an x-ray form (if necessary), a treatment schedule and a price estimate within 48 hours.

Following the consultation, either in London or directly in Budapest, you will receive a full information pack along with an exact price assessment and a treatment plan according to your dentist for absolutely FREE.

Should you have any queries once back at home, Dentist Abroad will be able to liaise with Dr. Bátorfi's practice to resolve any issues professionally. Traveling abroad for medical treatment might seem to be a difficult decision but they will put a bright smile on your face and ensure you save thousands of pounds.

Bátorfi Dentistry – British-Hungarian Medical Service

Led by Dr Bela Batorfi (UK reg. no. 103348), their dental team provides treatment for all main dental procedures, with special emphasis on implantology including sinus lift, bone graft and bone block. Dr Batorfi places an average of 150-200 dental implants a month with 98 per cent success rate. The proof of his work and competence are the more than 35,000 patients he has treated. Dr Bátorfi is honest and always ready to share his knowledge and expertise with his patients.



All of his dental team are members of the Hungarian Medical Council. They are all trained to meet high professional expectations and so offer high standards and advanced medical procedures, with the benefit of years of practising internationally. Their success is due to the fact that they have the most up-to-date and state-of-the-art equipment and the highly skilled team never compromise on quality.

Hungary has the lowest MRSA rates in Europe which allows Dr. Bátorfi to access high class and affordable dental surgery. Along with years of experience in the field of implantology, other treatments regarding cosmetic dentistry could be the best choice for your dental treatment abroad. Considerable savings can be made by travelling to their surgery for cosmetic dentistry or for treatments such as dental implants and dental crowns. Dental costs may be as low as 30 per cent of private dental costs in the UK, e.g. top range implants from 600, crowns and veneers from 180.



Dis for Dentistry Abroad. Welcome to Cyprus, the island for all seasons. An island that is under the warm Mediterranean sun throughout the year. There is a strong history and bond between Cyprus and Britain. It is guaranteed that all British patients will feel right at home there – even driving is on the **correct** side of the road! There a compact world awaits to be discovered; a world of alluring beaches and fragrant mountain peaks and vineyards studded with olive trees and ancient ruins that stir the imagination.

The **Nicosia Dental Polyclinic**, located at the heart of the capital Nicosia, is at the forefront of a new wave of dental treatment facilities, dedicated to making the whole process of treatment as stress-free as possible.

From the moment you arrive at the clinic, it's clear that this is something different, something special.

The reception foyer is spacious, attractive and inviting. Fresh flowers are plentiful while scented candles gently perfume the air. A plasma screen hangs near the reception desk showing the DVD of the day. Another television shows current affairs programming.

Need to go online to check your email or finish up that vital report? No problem, the entire clinic is a Wi-Fi hot spot – connecting you to the web easily and quickly. An extra waiting room is also available where children can spend their time playing with toys and Playstation consoles.

Going even further, the patient's comfort, relaxation and well-being is treated with the utmost importance. A range of complimentary soothers has been created including tranquil aromatic candles, soothing herbal teas, relaxing music, destressing massages or even ingeniously designed pair of goggles through which the patient can watch DVD movies chosen from an extensive list of programmes before going into surgery.

The techniques and procedures used in the clinic are acknowledged as the very best. Exacting standards of quality are adhered to with every single treatment at the centre – whether it's surgical or cosmetic. With the **Nobel Biocare system of implants**, for example, patients receive a 10-year written guarantee!



The experienced and highly trained team at the Nicosia Dental Polyclinic offers a full range of cosmetic dental services and techniques including **bleaching, veneers, porcelain crowns, porcelain inlays and smile makeovers**.

But this is not just a cosmetic dental clinic – this is a specialist dental polyclinic providing all manner of dental services including implantology, paediatric dentistry, periodontology, endodontics, orthodontics and preventive dentistry.

This dedication to providing only the very best for patients extends beyond the clinic. The clinic is happy to make all the travel arrangements for patients, including flights, luxury holiday accommodation at one of the island's many outstanding hotels. The Centre can even make arrangements for first-class add-ons, such as a **Mediterranean cruise, spa treatments at the Dead Sea, and memorable dinners at the island's finest restaurants**.

Offering more competitive rates than other clinics abroad, even with travel and accommodation included in most cases, a UK patient would be looking at savings of 30-40% of the UK rates! Despite the lower prices quality is **never** compromised however; all the equipment and materials used are **always** top of the range. The clinic staff, all of whom speak perfect English, have been professionally trained in some of

the most renowned Universities in the world. Greek, German, Spanish, Arabic and Russian is spoken in the clinic too.

The clinic and its staff are equipped with the right credentials, use the latest, most appropriate equipment and material, they follow all clinical standards to the maximum (sterilisation, disinfection, etc) and of course offer their long guarantee.

The Nicosia Dental Polyclinic is most certainly the best choice to make when looking for an affordable, high quality dental treatment that comes complete with professional guarantees. Finally a dental treatment that patients can look forward to as it is more relaxing than stressful... Add into that the excellent Mediterranean climate all year round and you're in for the most special of treats!

www.dentalcyprus.com

**NICOSIA
DENTAL
POLYCLINIC**



Eurohealth are a British company offering access to world renowned medical treatment at affordable prices in the luxurious setting of a four star hotel. We are committed to giving you flexible service and quality treatment. Our easy three-step booking process, finance packages and excellent value make medical treatments fast, simple and affordable. Why settle for long NHS waiting lists, poor service and British hospitals when you could have your treatment and recuperate in the comfort of a sumptuous hotel and grounds. Hungary is world renowned for its high standards and sophisticated medical procedures; the clinics and healthcare centres we use have the latest, state-of-the-art equipment and facilities. Budapest is only a 2 hour flight from the UK and has some of the lowest healthcare and surgery costs anywhere in the world.

The treatment clinics are situated within the four star Danubius Grand Hotel Margitsziget; giving you a one-stop destination for your cosmetic and medical needs. The hotels facilities included in your stay comprise of indoor and outdoor swimming pools, thermal and fun baths, sauna and steam rooms and full use of the Danubius Premier Fitness Club.

The Vital Centre Dental Clinic performs a wide range of services using the highest standards of dental technology. Using special techniques, results can be achieved with minimal surgical trauma and fast recovery periods. The clinic offers maintenance, prosthetic, surgical and restorative treatments including:

Implants | Crowns | Dentures | Veneers | Teeth Whitening | Root Canal treatments | Aesthetic Fillings

The Focus Medical Eye Clinic is exclusive to the Danubius Grand Hotel Margitsziget and offers state-of-the-art vision correction services. Using unique laser equipment, they achieve the highest technical standards available in the world; they have been Hungary's leading eye microsurgery institute for over ten years. We offer procedures for



cataracts, strabism and myopia using IntraLASIK; the only laser vision correction procedure which guarantees maximum safety, pain-free treatment and immediate results. You also have access to a modern optical store, located close to the Danubius Grand Hotel Margitsziget. They offer frames and sunglasses, lenses and services. Frames from world famous brands such as Gucci, Ray-Ban and Ralph Lauren can be bought from as little as £30 and eye tests carried out by ophthalmologists and optometrists cost £7-£9.

The Aura Aesthetic Surgical Clinic at the Danubius Grand Hotel Margitsziget offers a wide range of aesthetic surgical treatments in the comfortable and elegant setting of a private clinic. The team of surgeons, anaesthetists and nurses use cutting edge technology and provide highly professional care. Pre-operation consultations can be arranged to take place in the UK, or you can fly to Budapest to meet your surgeon and see the treatment centre. Procedures available include:

Mammoplasty: Breast Augmentation, Breast Reduction, Breast Lift | Liposuction | Rhinoplasty | Abdominoplasty (Tummy tuck) | Facial treatments: Lip enhancement and filling, Botox | Non-surgical face rejuvenation | Blepharoplasty: Upper and lower lid lifts

Having surgery abroad not only saves you money, but you also receive a higher level of after care. In the UK you are often sent home a few days after the surgery, then return at a later date for post-operative checks. Your recovery period in Budapest will last between one day and two weeks, depending on the procedure and your general state of health. The Danubius Grand Hotel Margitsziget is the perfect place to recuperate after your surgery; located on an island, it's relaxing and tranquil, yet only minutes away from the main tourist attractions in the city. The hotel's informal bathrobe environment allows our cosmetic surgery clients to have an inconspicuous and relaxed stay.

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For more information or to discuss a booking, please call us on 0208 329 9477, visit www.eurohealth.uk.com or email us at enquiries@eurohealth.uk.com. We look forward to speaking to you soon.

France needs no introduction. With the Channel Tunnel, ferry operators and an ever increasing range of daily flights, our neighbour has never been more convenient or cheaper to reach. What is perhaps not known about France is that has a medical system that is among the very best in the world.

Whilst the French may complain about high levels of income and sales tax, it has given the country a very well equipped national health system and, hence, private health system. In fact, at the start of the millennium the World Health Organisation (WHO) ranked France's healthcare system top out of 191 countries. With so many hospitals within a 60 to 90 minute flight from the UK, it is little wonder the country is a leading destination for Britons seeking treatment abroad. Of course, another benefit of France is cost. With flights, the tun-

nel and ferries all competing, getting there is affordable and, once there, treatments are also usually around 25 to 40 per cent cheaper than the UK. A hip replacement, for example, would normally be around 30 per cent cheaper in France and a knee replacement would be approaching 40 per cent cheaper.

Cost consideration

It takes eight years of study to qualify as doctor in France and another three to qualify as a surgeon. Once qualified a specialist is able to be called a Docteur en Medicine (MD), a title that a patient can take as reassurance your specialist is highly trained.

If you would like to check up on a hospital's credentials, to make sure it is of the calibre its marketing literature suggests, the French government has set up the autonomous Haute Autorite de Sante which can be checked at www.has-sante.fr and, you will be pleased to know, the site is available in English.



Germany has always had a strong reputation throughout Europe as an economic powerhouse and so it will come as no surprise that it has a very strong national and private health system. It is bordered by more countries than any other in Europe and so is easily accessible from all directions for tourists, both sight-seeing and medical. Now that several low cost airlines are flying daily to destinations throughout the country, Germany has never been more affordable to travel to. In fact, it is low cost airlines that are making popping over to Germany for a short trip, even just for the day, a possibility. It may sound extravagant but one of the country's strong points is medical imaging and so it will hold great appeal for anybody that has been told they have to wait weeks for a scan on the NHS or only has the option of an expensive MRI, CT, ultrasound or bone density scan at a private hospital.

Scans and sights

In fact, the cost, even when travel is taken in to account, can be as little as half the general fee of £700 at a private UK clinic.

Germany is also a leader in cosmetic surgery although it has to be pointed out that, though there are savings on UK clinics, these are not huge – expect to shave something like £1,000 off most treatments.

However, English is widely spoken and for recuperation there are few countries that offer so many attractions, such as the Alpine scenery, Black Forest walks, historic castles and views over the Rhine and Danube. In fact, it is a little known fact that Germany is widely accredited as having the highest concentration of natural and historic tourist attractions in Europe.

Hungary – high quality moderate prices. Going to the dentist is, for many people, an uncomfortable idea. It is not only due to fear of pain but also worries over high costs. Visiting the dentist is an especially expensive affair for Western Europeans, which is why many now travel to Central Europe for dental treatment. Since Hungary's EU entry dental tourism has played a major role among the booming branches of the tourism industry. Dental treatment in this region is still significantly cheaper than in the UK, Ireland, Germany and Austria. That is one reason why many foreigners are combining travel to Budapest with a trip to the dentist.

DentalCoop dentistry was founded 4 years ago. The team is dedicated to the healthy and aesthetic smile. The treatment at DentalCoop is all encompassing: the dentists at the centre practise seven specialities including implantology, aesthetic dentistry, stomatology, parodontology and orthodontics among others. The dentists work as a team. To make the work easier the practice has its own dental technician's laboratory. This means that the dental technicians can meet the exact needs of the patient and prepare crowns and bridges within three to four days. DentalCoop offers state of the art technology in the field of implantology and dental prostheses.

The new one-hour-implant with the NobelGuide

Dental implants provide a base for replacement teeth that look and function like natural teeth. The implants are tiny titanium posts that are surgically placed into the jawbone where teeth are missing. The bone grows to the titanium, creating a strong foundation for artificial teeth.

The NobelGuide method is offering an innovative way to give you dental implants and teeth in a one-hour office visit. At an initial patient visit, doctors take a 3-D image of the patient's jaw using an ICAT machine. When used with new computer software, the images show dentists the exact anatomy of the patient's jaw without ever having to look in the patient's mouth. Dentists can plan the surgery with pinpoint accuracy using these images and



eliminate any potential problems before the patient even arrives at the office for the procedure. The technology eliminates the need for dentists to refract gum tissue to see the patient's jaw, which is a painful process. As doctors are planning this "virtual" surgery, a laboratory moulds the replacement teeth. The surgery is also unique as dentists insert the implant directly through the gums to anchor it to the bone. Most procedures are done by cutting open the gums.

"No cutting means less trauma and less pain for the patient. When the patient comes for their implants, it takes about an hour to insert the implants and attach the teeth" says Dr. Balázs Schatz MD, DMD.

Metalfree Procera Crowns

The centre is able to avoid the use of metal in prostheses altogether by the use of the Swedish Procera AllCeram. Instead the traditional layer of metal is replaced by a frame made of zirconium or aluminium-oxide. This material is stronger than metal or the teeth themselves. The Procera crowns and bridges are prepared with the aid of a 3D scanner. The data captured from that is then sent to the Swedish headquarters via the Internet where the Procera prosthesis is made. Only the porcelain layer is made at DentalCoop Laboratory.

Procera AllCeram is a very aesthetic solution, it can be transparent to light and so appear indistinguishable from real teeth. The special materials used minimise the possibility of an allergic reaction.

Why DentalCoop Dentistry:

- Comprehensive and cosmetic dental treatment
- State-of-the-art technology
- Free check up and treatment plan
- Sterile caring environment
- Budapest- convenient location with early, late, and emergency appointments



Centre for Aesthetic Dentistry and Implantology in Budapest +36 1 398 1028 +36 30 228 3199 www.dentalcoop.hu

India has long had a very strong record in medicine. One only has to walk in to a hospital in the UK or US to notice many doctors are either Indian or British of Indian descent. Hence India has had a long history of very well trained doctors who learned their skills at home or abroad and so can offer world-leading care at prices that are very attractive to the British.

The Indian healthcare industry is undergoing phenomenal expansion and with substantial investment in recent years (in excess of 100 million GBP) it is looked upon as a leading country in the promotion of medical tourism. In fact, people from the British Indian community have realised for a long time that NHS waiting lists and expensive private healthcare in the UK can be avoided by flying to India and undergoing surgery from doctors who are likely to have trained at the best hospitals the West can offer.

The word has spread and the British, along with many Europeans and Americans are starting to realise a strong pound can go a long way without compromising treatment quality or care.

One company that has been at the forefront of this rapid trend is The Taj Medical Group (www.surgeryindia.co.uk 0800 1076 360). Based in Britain, and with offices around the world it provides a comprehensive 'door-to-door' service of coordinating medical treatment at top, internationally accredited facilities in India at no additional cost to the patients; and claims the flow of patients to India is increasing by 30 per cent each year.

The Taj Medical Group's work has gained a high level of media attention, leading to ITV's *Tonight With Trevor McDonald* following the successful treatment of a boy who was told he would have to wait 10 months for spinal surgery on the NHS but was seen promptly in India.

Specialists in the UK agreed the surgery had been performed to a high standard.

To get an idea of savings the company calculates that spinal surgery, for instance Artificial Disc Replacement, which would cost £21,000 to £30,000 in the UK can be carried out by internationally trained experts in India for less than £8,600 including flights, 15 day stay in a private room and post op recuperation in a 5 star hotel.



Joints are tireless. From the moment we are born they allow our limbs to operate and so it is no surprise that they have a tendency to wear out with age. The knees and the hips are the most common joints that need replacing because they take a lot of weight throughout a lifetime and are under constant strain all the time we are upright. In fact, ask anyone of retirement age and the odds are they have had a new knee or hip or have a close friend or relative who has. Whilst there is no surprise that knees

and hips wear out and need replacing, there can be a nasty surprise when prospective patients research waiting lists. After a life time of putting money in to the NHS it can come as a shock to find that the average wait can be around six months for a hip and seven months for a knee. The natural reaction is for people to look at the cost of going private only to find it can be a massive £8,000 to £9,000 for a new hip and around £9,000 to £10,000 for a new knee, although prices can obviously vary from one hospital provider to another.

Half price

Hence it will come as little surprise that among the UK's senior citizens joint replacement is a prime motivator to hop on a plane, ferry or train to France or Belgium, or further abroad, and get the operation done for nearly half the price. With life expectancy increasing the number of people that need new joint is set to rise correspondingly, giving patients a choice between waiting in pain for their name to reach the top of a list or dipping in to savings to get prompt treatment abroad.



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Knee surgery is what prompted the NHS to first consider sending patients abroad to have operations paid for by their local health authority. Whilst much was made of the first handful of patients that were sent to France four years ago the incidence of people being spared a six or seven month wait on an NHS waiting list by being sent abroad is now very rare – in fact, talking of theatre queues, one of the first people to get a new knee in France claimed to have been waiting a staggering twelve months for treatment in the UK.

Four years on, however, it seems this early wave of patients has been slowed down to a trickle despite pressure put on health trusts by the government to reduce waiting lists. Just like the hip, the knee goes through a lot of strain throughout the average person's life, particularly if they participate in sport because of the risk of injury as well as the constant jarring from running and changing direction.

Constant strain

People who need a new knee find themselves in constant pain from putting any weight on the affected leg. At the same time, the recovery period before a new knee can be flexed and take weight is long because surgeons have to cut through muscle supporting the knee to allow it to be taken out and replaced.

“Just like the hip, the knee goes through a lot of strain throughout the average person's life”

It is no surprise, then, that people want to be out of pain and on the road to recovery as soon as possible and hence knee replacements are prompting Britons to research their foreign surgery options. With the option of saving between 33 to 55 per cent on the cost of UK treatment by opting for a hospital in France, Belgium, Hungary or Bulgaria, it is unsurprising that many are seriously considering those options.

MRSA (methicillin-resistant *Staphylococcus aureus*) is almost certainly the best known bacteria in the UK, thanks to countless headlines in the newspapers about how the 'super' or 'killer' bug has spread around hospital wards at alarming speed. As the name suggests, the 'superbug' has developed resistance to all penicillins, including the normally effective methicillin. It may come as little surprise to find out the bug was discovered in the early '60s in the UK and has spread ever since. Whilst hospital administrators will claim contamination is largely caused by people coming into their facility with the bug and passing it on to patients through not washing hands properly, the statistics do not make for comfortable reading. Whatever is the main cause of the bug spreading, it is clearly on the increase. Between 1997 and 2004 official figures show that MRSA cases more than trebled from 2,422 to 7,684. To add further worry, 15 per cent of reported cases led to the death of the patient.

Official figures measuring the proportion of bacteria that is methicillin resistant show that the UK finds itself nearly at the top of a table of EU countries with Greece in pole position and Norway, Sweden and the Netherlands showing very little or virtually no problem.

There are antibiotics that can be given for patients suffering from an MRSA infection but these need to be given by injection. Typically those who do not respond to treatment have compromised immune systems and are old. Ironically, despite the fact it is called a 'superbug' many healthy, young people can be infected for years and not know about it, hence the huge problem in preventing visitors and patients bringing the bug in to a hospital. In Denmark, Finland and the Netherlands hospitals have begun screening patients for MRSA so they can be treated when they are admitted rather than allow the bug to cause problems after they have had treatment.

Whatever the cause and whatever the most effective treatment, it is fair to say that MRSA is a major consideration for those considering paying for medical treatment in another country.

Lithuania: Come and discover Lithuania a World Class centre of excellence for high quality medical care and rehabilitation.

Baltic MedTour, the regional medical tourism specialists, is proud to promote the expertise, ethics and professionalism of the Lithuanian medical community. Through our English speaking medical partners we are able to offer the discerning international medical tourist access to the following treatments using the latest technology and post operative care at competitive prices:

Orthopedic Surgery, Hip and knee replacements, Cosmetic and Laser Surgery, Dental Implants, Eye Surgery, Pediatrics, Oncology, Cardiac care and Intervention.

Our partners in Lithuania include the “**Baltic American Clinic**” with more than 30 highly skilled medical professionals. The Clinic provides surgeries, diagnostics, rehabilitation and pharmacy, backed by a modern air filtration system where **no MRSA** (methicillin resistant *staphylococcus aureus*) **has ever been recorded**. Recognized by **Cigna International, Bupa, AXA – PPP, Mondial Assistance** and others, the clinic is due to receive Joint Commission International (JCI) accreditation in 2007. “**GK Klinika**” is where a group of prominent laser scientists offer the latest laser, bio tech and stem cell treatments. “**GK Klinika**” works in partnership with **Astron Clinica of Cambridge, UK and DNA Health Institute of California**. “**A.M. Odontologijos Klinika**” **Dental Clinic** specializes in laser whitening and implants. Periodontal, orthodontic and maxillofacial surgeons are also available. “**Akiu Ligu Klinika**” **Eye Clinic** uses ‘Alcon’ and ‘Acri.Tec’ lenses for cataract treatment and ‘Carl Zeiss’ laser. The lead surgeon has over 15 years experience in Scandinavian clinics and has successfully performed more than 4,000 operations.

All our professionals speak English, have international experience and are eminently qualified:

- Members of European Federation of Orthopedic Consultants
- International Society of Cosmetic Laser Surgeons
- Honorary Professors of Universities
- Experienced in UK, Sweden, Germany and USA clinics

Latest Technology: world leading producers

- Biomet
- De Puy Orthopaedic Johnson&Johnson
- Alcon, MediTech
- Stem Cell (DNA Health Institute)

Why come to Lithuania for your medical treatment?

- Skilled highly qualified professionals using the latest science and medical technology.
- Medical facilities recognized as having one of the lowest incidences of hospital acquired infections.
- Favorable exchange rate makes medical services attractive.
- Lithuania, a member of the European Union, is increasingly recognized by international insurers as a centre of excellence.
- Easily accessible from most European Capitals. Less than 3 hours by air therefore reduced risk of DVT.

Baltic MedTour knows the markets and sector, we've done our research! We visit all our medical facilities to meet the practitioners and to make sure that our exacting standards of **professionalism ethics and probity** are maintained. While our partners pay for our services, **we represent you**.

Baltic MedTour, via our multilingual doctors and administrators, has the patient's safety and comfort in mind every step of the way.

For those prospective patients resident in the UK we are able to provide a preliminary consultation with our British General Medical Council registered local Doctor.

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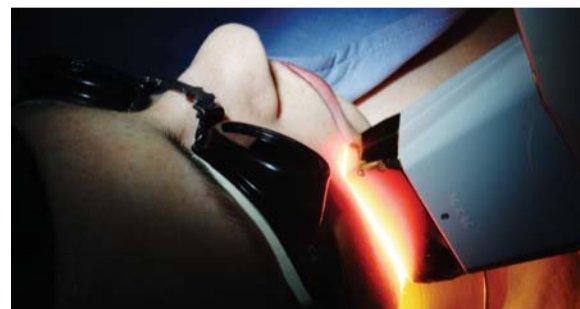
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NHS was a reassuring acronym when it was set up in 1948, guaranteeing Britons they would have free access to healthcare. However, today, whilst most people who have had stays in NHS hospitals are full of praise for staff and procedures, there are many within the organisation and outside it, that fear the current trend to seek medical treatment abroad is tantamount to people voting with their passports. Despite masses of new money going in to the institution, the press is full of daily stories about hospitals having to cancel operations because they have run out of funds to pay staff, plus at the same time as new money has come in, many insiders will reveal this has created a new layer of bureaucracy that in itself soaks up some of the extra budget being given to health.

Hence it will come as little surprise that the budget deficit for the NHS in England has doubled to more than £500m this year, leading to another round of redundancies and cut backs. Some of the savings are coming through curtailment training new nurses and doctors, a saving that many in the NHS point out could lead to a shortage of staff in the near future.

No more crowns

A classic example where practitioners claim there is a massive room for improvement is dentistry, which accounts for roughly a half of all the UK's medical tourism industry. In fact, it is hard to find a dentist that does not think new rules that allow each dentist to earn a fixed number of 'credits' from the NHS are not curtailing patient care.

The problem is that once a dentist's limit of NHS treatments is reached, a dentist has earned all the money they can from the NHS and so cannot be paid for treating more patients. Increasingly this is prompting healthcare trusts to bring in new dentists from East Europe rather than giving UK dentists the opportunity to earn more NHS credits.

The result is people being forced into private dentistry which is so expensive they then consider treatment abroad.

Obesity is one of the country's major health concerns because being severely overweight can place stress on the body's organs, leading to high blood pressure, an increased risk of stroke and type 2 diabetes. It is a major reason for people seeking treatment abroad where gastric banding operations are routinely carried out for less cost than similar private surgery in the UK. Gastric banding places a band around the stomach to make it smaller, cutting down on the amount a person can eat and so helping them to lose weight. The latest procedures can do this through keyhole surgery.

High figures

Due to the problem of obesity being spread throughout the EU there are several countries where doctors have been able to become leading experts in gastric banding – France (where more than 13,000 gastric bands are placed

every year) and Belgium are among many nearby countries that can offer expert treatment at a more competitive rate than the £3,000 or £4,000 it would cost to seek treatment in the UK.

However, experts do advise that cost should not be the only consideration because the operation requires a hospital stay of three to four days and so patients should also consider seeking treatment in the UK. The UK statistics on obesity can make for alarming reading. Nearly a quarter of adults and 17 per cent of 15 year olds are classified as obese, meaning they have a body mass index over 30 (between 25-30 is classified as being overweight).

A person's BMI is measured by doubling their height, in metres, and dividing that figure by their weight, in kilograms. Hence a person who is 1.5m metres in height and weighs 70kg would have an obese BMI of 23 – that is 70kg divided by 3 (1.5m x 1.5m).

Health experts suggest adults can avoid obesity by eating five portions of fruit and vegetables per day and taking half an hour of exercise daily.

Price is a major issue with any service so people should never feel coy about researching their medical treatment options. Whilst in the past we may have felt honour bound to wait for our name to reach the top of an NHS waiting list, today's consumers realise they have the option to pay for their own treatment and that going abroad can cut down on the overall cost, yet not compromise treatment care.

To give a very rough idea of what savings could be made, here are some figures which have been supplied by TreatmentsAbroad.net.

Cost of cataract surgery

Country	Price*	Saving
UK	£2,350	
Belgium	£1,359	42%
Bulgaria	£1,053	55%
Cyprus	£1,200	49%
France	£1,742	26%
Germany	£1,742	26%
India	£1,100	53%
Norway	£1,300	42%
Poland	£650	72%
Spain	£1,742	26%
Tunisia	£700	70%
Turkey	£562	76%

*Including hospital stay and doctors' fees

Cost of hip replacement

Country	Price*	Saving
UK	£8,000	
Belgium	£5,585	30%
Cyprus	£4,100	49%
France	£5,689	29%
Germany	£5,296	34%
Hungary	£4,450	44%
India	£3,763	53%
Latvia	£3,924	51%
Malaysia	£2,205	72%
Norway	£ 5,685	29%
Spain	£5,695	29%
Tunisia	£3,600	55%
Turkey	£4,725	41%

Cost of knee replacement

Country	Price*	Saving
UK	£9,500	
Belgium	£5,723	40%
France	£6,075	36%
Germany	£5,365	44%
Hungary	£4,913	48%
India	£4,167	56%
Latvia	£4,196	56%
Malaysia	£2,305	76%
Norway	£ 6,400	37%
Spain	£5,695	40%
Tunisia	£4,000	58%
Turkey	£3,600	62%

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guide to medical
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Quality of care is always going to be top of a prospective patient's wish list when researching a foreign clinic for surgery. The question on everyone's mind is the understandable worry whether cheaper treatment abroad is cheaper than the UK because it is not up to the same standard. It is completely natural to ask the question but, as Keith Pollard, managing director of TreatmentAbroad.net, points out, there is no guarantee of success in a UK hospital. "When you have treatment on the NHS you don't know for sure your consultant is going to do an operation, they may well ask their registrar to do some of their 'list' for that day," he points out.

"So there's never a guarantee as to how good the surgeon will be, no matter where you go."

How many times?

Although the government is trying to bring a measure of how good a surgeon is by producing league tables of criteria, such as death rate, Pollard suggests this is not helpful.

"League tables are often not helpful because you would imagine the guy with the highest death rate is the worst surgeon but they're often the best surgeon, that's why they get sent all the most tricky cases," he points out.

"The real question people want to ask, and there's nothing wrong with them asking a doctor in the UK or abroad this, is how many times have you performed this operation in the past twelve months? That's the key question because a guy that's done it lots more than another has the experience and so that's the guy I would want operating on me."

Qualifications

Pollard also points out that there is actually no formal qualification for a cosmetic surgeon in the UK. Whilst surgeons must be trained and qualified in reconstructive surgery, cosmetic surgery is an extension of this without its own formally recognised qualification. Hence, it underlines that people should not presume that UK surgeons are naturally more qualified and experienced than colleagues elsewhere in the world.

Real life stories are the best piece of research anybody seeking medical treatment abroad can have to hand when making a final decision on whether to pay for care at home or abroad. Nevertheless it can often surprise medical industry professionals how rarely Britons ask for testimonials from doctors and surgeons. It is almost unheard of in the NHS and, when paying for private treatment, people tend to assume they are paying for the best, so they do not check up on a surgeon or hospital.

Qualifications

It is only when they consider travelling abroad that they, quite rightly, start to consider whether the surgeon involved is properly qualified and experienced because usually they have never heard

of the clinic involved. "One of the best things anyone can do is check a doctor's experience but then also ask for testimonials," suggests Keith Pollard, founder of TreatmentAbroad.net.

"The way to do this is to not only check their website or promotional literature for happy clients but then to ask the surgeon if there anyone I can email to ask how they got along? A surgeon that has had good results with British people in the past shouldn't have a problem asking them if they would mind seeing an email from you to help put your mind at rest."

It is obviously a very good sign if a company arranging a trip for treatment abroad can arrange this or at least provide positive, genuine customer feedback. Several clinics have already done this at TreatmentAbroad.net where before and after photographs of dentistry and cosmetic surgery, in particular, can be viewed alongside testimonials, helping people to get some feedback from past clients before deciding if a clinic might be right for them.



Sis for Singapore. If any place at all on earth can be called the ultimate healthcare destination today, Singapore is it. While other destinations provide good clinical services in a tourist-friendly environment, Singapore's healthcare system is ranked by the World Health Organisation as Asia's very best.

There are more healthcare facilities accredited by the Joint Commission International (the most common measure of healthcare services excellence) in Singapore than in all the other major Asian destinations – India, Thailand, Malaysia, Philippines – put together. Singapore's doctors are not just trained in the best centres worldwide but are internationally known and respected for their research and expertise. Technology is up-to-date but carefully selected for safe and effective treatment. Some – like the bodyfat UltraShape and the complete neurosurgical BrainSuite – are the first deployments in the world.

The excellent clinical services are backed up by leading-edge research in facilities like the Biopolis, a purpose-built biomedical research hub. Through basic, translational and clinical research, Singapore's doctors not only provide good, tested treatments to their patients but create new ones as well. Many world and Asian firsts happen in Singapore, from the beginnings of the test-tube babies, to virtual reality brain surgery, to the "tooth-in-eye" operation that enables the blind to see again. Small wonder then that Singapore is also the regional hub for medical conferences and professional training.

Despite its exceptional healthcare, Singapore's prices are close to those of other destinations. The knowledgeable traveler understands also that hospital bills are often lower



where better outcomes lead to shorter stays and earlier returns back home. In any case, what price one's health, one's life? Average hospital bill sizes are published regularly by the Ministry of Health, providing feedback to local and international patients. Clinical outcome indicators, eg for cataract surgery and childhood leukemia, are also similarly published for public scrutiny, such is the level of deliberate openness and transparency of the medical community.

All major international healthcare facilities have International Patient Liaison Services to look after the language, travel, accommodation and leisure needs of patients and their family members, ensuring a comfortable stay for all.

English is widespread, crime is low, security is high, transport is convenient, shopping is great – Singapore is a tourist's dream destination. There is little need to say more about the visitor's experience in Singapore beyond the destination tagline – Uniquely Singapore, Beyond Words – since Singapore welcomed

more than 9.7 million discerning tourists last year. That's more than twice the total resident population of the whole island state!

In the past year, 400,000 or more people came to Singapore specifically for healthcare, and many others sought wellness and healthcare services while on the island for other reasons. They come because they know that Singapore provides that peace of mind when health really matters.

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Tis for Turkey. CTG Healthcare, a leading medical tourism group, provides UK patients with cosmetic surgery, dentistry and orthopedic surgery in Turkey. The company is based in the beautiful city of Izmir, the capital of the Aegean region. Whether you require cosmetic surgery, dentistry or orthopedic surgery they can offer you high quality, affordable medical services. Their highly qualified, certified surgeons and experienced staff are all fluent in English. All procedures are performed in the technologically advanced operating theatres at their hospital in Izmir. CTG Healthcare is an excellent choice for people who are considering surgery abroad.

Story of Ellen Nolan – Dublin/Ireland

I was very sceptical when my friend Eileen asked me if I would go with her to Turkey to get our teeth done. However when she came to me with more information I realised that she was seriously contemplating the long trip and in turn I began to give it more thought. Our hotels and flights were arranged by the company and included in the price quoted, which was very much cheaper than anything we could get here. Our hotel room was clean and comfortable with an ensuite bathroom, small fridge TV and wireless internet access.

Our first experience of the clinic when we were met at the entrance by several of the staff was it was as if we were very important to them. While we were waiting we also had use of a PC with internet access which I found to be a lovely extra. From there we went to different dentists and our treatment began.

My treatment consisted of crowns, bridges and veneers and I have to say, my dentist did his best to minimise the pain I felt and was very gentle with me.

In between treatments one of CTG Members brought us on two trips, one on a boat across the bay of Izmir where we spent time shopping. The second was a visit to the ancient city of Ephesus. There we walked among the ruins on marble and stone paths and marvelled at the ancient architecture. This was lovely, and we enjoyed a feeling of peace and serenity that exists in few places.

In summing up, our trip was excellent. Everything was arranged to suit us from flights to accommodation. The hygiene and hospitality was second to none and our treatment was very professional; the dentists made sure our teeth were perfect and would have no foreseeable problems. Personally I am thrilled with my new smile.

For more information visit www.ctghealthcare.co.uk or phone 0207 872 5472



Ukkraine is a top 30 world economic power with an economy roughly the size of Belgium's and, since declaring independence from Russia two decades ago has gone through tough times (setting a world record for inflation rates in the mid '90s) to become one of the fastest growing economies in the world with a stock market whose value grew by ten times between 2000 and 2006.

It is understandable that it would not be the first place people would naturally consider when researching treatment abroad but it has a strong health sector and is investing heavily in attracting tourists from Western Europe, having been a popular tourist destination for Russians and East Europeans for quite some time, thanks to its wild forests and beaches on the Black Sea.

IVF treatment

Ukraine has yet to widely market itself for many treatments but it has already started to make a name for itself in infertility treatments.

Its first private infertility clinic, called ISIDA, is based in the capital, Kiev, and recently won ISO 9001-2000 accreditation to testify that it employs quality management systems throughout the facility. The hospital only employs doctors who speak English and all rooms are single with their own climate control system.

It is difficult to give an idea of cost because so much depends on the treatment sought and, in particular, the number of IVF attempts needed but each attempt is priced at around £650 and a

Venezuela is widely regarded as one of the top three destinations to have cosmetic surgery performed because equipment is modern and all hospitals are supervised by the country's National Health Department. Furthermore Venezuelan cosmetic surgeons will have had to train for between twelve to fourteen years and so are highly qualified. The favourable exchange rate also makes the country very competitive with procedures normally costing up to half as much as they would in the UK. As a very rough guide a face lift would normally cost around half the £4,000 to £6,000 fee of a UK hospital and breast augmentation is similarly less than £2,000 compared to £4,000 to £5,000.

Plastic surgeons must belong to the Venezuelan Society of Plastic and Reconstructive Surgeons and should have their qualifications and credentials verified by the Venezuelan Plastic, Reconstructive, Aesthetic and Maxillofacial Board.

Sights to see

Another great benefit of Venezuela is the country itself. It has mile upon mile of Caribbean coastline and can boast a pleasant temperature throughout the year. Inland has some beautiful sights too, such as the Amazon rainforest and the Gran Sabana National Park which is home to Angel Falls, the world's highest waterfall. The capital, Caracas, is also a cosmopolitan city with colonial buildings to view and, being surrounded by the Avila Mountains, offers tourists breathtaking views on cable car rides.

So, for somebody that wants to go on a summer holiday and incorporate sight-seeing, trekking or sunbathing with some surgery, Venezuela is well worth considering, particularly now that charter airlines are regularly flying to the country for low cost.



'complex' IVF service is priced at around £2,500. Hence the strong pound is likely to mean that more and more people who are having problems starting a family and are put off by the cost of private treatment in the UK, will start to consider the Ukraine, and other countries, as an alternative to domestic private clinics.

The country has a tropical climate with a dry season between December and May, the rest of the year is its wet season. Hence most travel companies would advise travel between September to April, although the Christmas and New Year periods can become expensive due to high demand.



Waiting lists are what prompts most people to seek medical treatment abroad for the obvious reason that the average person would rather dip in to savings than suffer for months waiting on an NHS list. Although the government can claim some success in getting waiting lists reduced, the average NHS waiting time is still deemed unacceptable by people in discomfort. Statistics can, of course, be misleading because the average wait for the 750,000 people who are typically on an NHS waiting list (in England) at any one time has been reduced to around 6 to 8 weeks. However, the average wait for a patient in the UK is still around six months for a hip replacement and seven months for a new knee.

Also many patients who opt to seek treatment abroad point to a delay in being referred by their GP to a specialist and then receiving the necessary diagnostic treatment before they find out if, say, a joint replacement is needed.

These people are caught in a bureaucratic gap in the system which does not monitor people waiting to be seen by a specialist and who are then told they have several months to wait for treatment, even though they may have already waited a couple of months or more for a hospital appointment.

The government has now set a target of a maximum 18 week wait from a GP appointment to hospital treatment to reduce the 'hidden' waiting lists. Even if the new maximum waiting time is achieved, however, four and a half months will still seem a long time for someone in need of a new joint or with a serious heart condition and so NHS waiting lists look set to continue to be a major reason for seeking treatment abroad.

USP Dexeus University Hospital, the best clinical excellence in Barcelona, Spain

USP Dexeus University Hospitals belongs to USP Hospital Group, which is a private, integrated and global care services network that includes hospitals, day surgery centres, diagnosis centres and general hospitals, that has become the leader in the area of health services in the southern Europe.

USP Dexeus University Hospital is ranked as the best private hospital in Barcelona, Spain. It has become the most modern and best equipped in the city. Our aim is to be the reference point in Europe incorporating the latest technology to provide the medicine for the future.

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As a complete private centre it provides a wide range of medical and surgical services furthermore the Plastic Surgery Service. Its Department of Obstetrics and Gynaecology especially stands out due to its contribution to the field of medicine. It was here where the first Spanish IVF (In Vitro Fecundation) baby was born in 1984.

We have a Department of Internal Medicine that groups together all the intra-hospital medical specialities: ICU beds, Immunology and Infectious diseases Unit, as well as an Emergency Services open 24 hours a day. It is also important to mention the Paediatrics Department which includes a Neonatal Unit, a Neonatal Intensive Care Unit. Special mention needs the Ophthalmology Department and the Orthopaedic and Traumatology Surgery Department with a specialization in Sports Medicine. An Obesity Clinic recently opened further showing the capacity of the USP Dexeus University Hospital to detect and offer answers to diseases relating to new ways of living: Anaesthesia, Resuscitation and Pain Therapy; Allergology; Cardiology; Clinical Laboratory; Dentistry and Maxillofacial services ;



Dermatology; Endocrinology and Nutrition; Gastroenterology, Hepatology and Proctology; General Surgery; Haematology; Hospital Pharmacy; Diagnostic Imaging and Nuclear Medicine (PET-TAC) ; Implantology; Internal Medicine; Nephrology; Neurology; Neurosurgery; Obstetrics, Gynaecology ; Ophthalmology; Oncology ; Otorhinolaryngology; Paediatrics and Paediatric surgery; Pathology Anatomy ; Pneumology ; Plastic and Aesthetic Surgery; Preventive medicine / Medical consultations ; Psychiatry, Psychology and Psychosomatic medicine; Rheumatology; Rehabilitation Service ; Renal Lithiasis; Reproductive Medicine; Sleep Disorders Clinic ; Sports Medicine; Thoracic Surgery; Traumatology and Orthopaedic Surgery; Urology; and Vascular Surgery.

Academic Hospital

Our hospital is recognised by the Spanish Ministry of Health as a training centre for Internal Resident Doctors (MIR) in the following specializations: Obstetrics and Gynaecology; Anaesthesiology, Animation and Pain Management; Orthopaedic and Traumatology Surgery; Ophthalmology. We are also an affiliated centre to the Autonomous University of Barcelona (UAB) offering doctorate and postgraduate courses.

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Xmas is becoming a peak time for people to take a holiday break and so it will come as no surprise that the festive season is also a popular time for people to seek medical treatment abroad.

Whilst some people may want to schedule surgery to relax over Christmas by getting away from the stress of a family get together, many will take advantage of most businesses closing down for a week over the holiday season and schools breaking up for at least a fortnight.

Winter sun

The location for surgery is an individual choice but for those seeking some sun may want to consider South Africa. Not only does it enjoy its summer during our winter but it has a strong medical history and English is spoken by many as a first language. Surgeons, as in most other parts of the world, are very highly

trained, needing to put in ten years of study before they are licensed.

The first heart transplant was carried out in Cape Town 40 years ago and today the country's media and cultural centre is world-renowned, alongside its financial counterpart of Johannesburg, for medical tourism, particularly cosmetic surgery. The reasons are very simple. A trip to South Africa gives a person time to recuperate from surgery in warm, relaxing surroundings and return home without the need to inform friends and family unless they wish to do so.

Thanks to the strength of the pound against the Rand, it also comes at less than the price of similar procedures in the UK but with a holiday in the winter sun thrown in. Take, for example, breast augmentation. An all inclusive trip could cost less than £3,000 instead of £4,000 to £5,000 in a UK clinic but would, of course, include accommodation for a winter sun holiday. The same goes for a face lift at up £4,000 instead of £5,000 or more.



You are the most important person in the decision of whether to seek medical treatment in a foreign country and which hospital or clinic is the most appropriate. It may sound a rather obvious thing to say but when you think about it, it is quite a huge leap forward for any person to make. Brought up under the NHS we have always assumed that every medical decision would be made for us. We see a GP, get referred to whoever they suggest at our nearest hospital and then that same hospital will generally, eventually take care of any necessary treatment. At no stage does the individual ever think to ask the GP to refer them to a particular specialist and it does not even cross our minds to ask the consultant we finally end up seeing how skilled, qualified and experienced they are.

Even if we have private medical insurance, it is rare for a person to question the surgeon

allotted. We simply see insurance as a means of getting prompt treatment at a hospital of our choice with a surgeon provided by that facility.

Research needed

This obviously changes completely when considering treatment abroad because for the first time there is an element of doubt. With no experience to go on, any potential medical tourist is naturally going to be very inquisitive as to which is the best country to go to, what is the cost, will a relative be able to travel as well for moral support and, most importantly, who is the surgeon or dentist that will perform the necessary operation or treatment and are they well qualified and successful?

So, for the first time, it is down to you to ask the necessary questions and perform the necessary research. When you consider how much more time people put in to researching a dish washer compared to a surgeon they are entrusting their lives with, this can only be a positive move.

Zagreb is just a two hour flight away from the UK and has the benefit of offering a picturesque location to relax before and after treatment. Croatia is renowned for its miles of stunning coast line, forests and waterfalls and is earning a very good reputation for itself in dentistry, offering dentists with internationally recognised qualifications who carry out treatments for greatly reduced prices. Cost can obviously vary depending on individual circumstances but as a ballpark figure customers flying to Zagreb can expect to pay around £550 for a dental implant and £30 for a single root canal treatment. In the UK, again costs can vary, but one would expect to pay at least double and possibly four times as much for a dental implant, giving an indication of potential savings.

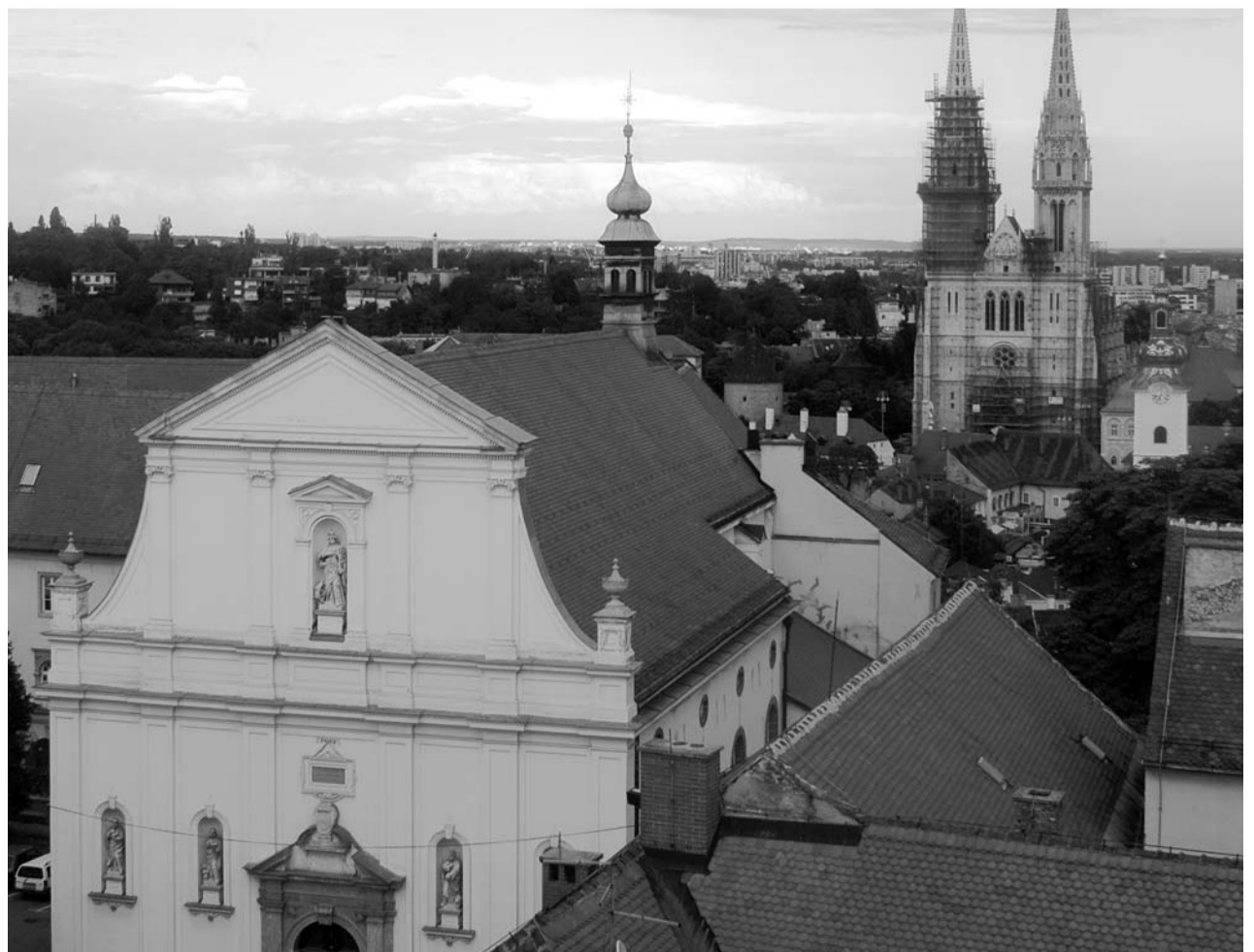
Another cost consideration is that Zagreb is well served by Croatia Airlines from Heathrow and the no-frills carrier Wizzair which frequently advertises very cheap flights from Luton.

Culture and weather

Part of Zagreb's appeal is that dental work can be undertaken at the start of a trip before a patient can enjoy the café culture of one of Europe's oldest capitals or perhaps take a holiday along its hundreds of miles of coastline. The country also benefits from a Mediterranean climate which provides warm weather throughout Spring and Autumn with summers that are usually hot and dry.

English is widely spoken and dentists are widely renowned for having the latest equipment and qualifications to ensure modern treatments are offered.

For peace of mind, prospective patients should check to ensure their dentist is a member of the Croatian Dental Chamber (registration is compulsory for all dentists) and that they hold the relevant Doctor of Dental Surgery (DDS) or Doctor of Dental Medicine (DDM) qualification. You may also find your prospective dentist may have studied in America or another European country because Croatia's School of Dental Medicine has been keen to build links with similar institutions in a bid to increase its already high standing in international dentistry.



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Get an answer on the spot

New MoleMate™ can dramatically reduce the time, uncertainty and cost involved in melanoma screening. It provides instant, non-invasive in vivo images of haemoglobin, melanin, dermal melanin and collagen up to 2mm beneath the skin's surface, which you can process on the spot, during consultation.

MoleMate™ has been clinically proven to increase the number of true positive referrals, but the biggest difference it can make to General Practitioners and skin specialist practices is with benign moles: its visual interface involves and quickly reassures both patient and operator, efficiently reducing the occurrence of unnecessary referral or biopsies.

MoleMate™ comprises a hand-held scanner and software that uses SIAscopy™, the most advanced and powerful skin imaging technology for melanoma detection.

For more details, contact Astron Clinica at: info@astronclinica.com



See 2mm beneath the skin with SIAscopy™

www.astronclinica.com

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