



**Bite**

# Word of mouth

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## Featured

# The Dangers of Dental Tourism

The recent case of an Australian getting HIV from a simple tattoo in Bali has highlighted the risks of getting medical treatment done overseas.

In recent years, the popularity of Australians resorting to overseas medical and dental care has grown exponentially. Dental care in Australia is often considered expensive and even more so for major procedures like cosmetic surgery or dental implants. Often similar treatments in a foreign location are offered at a substantially lower cost.

However all is not what it seems, and unless you are well educated about the dangers of dental or medical tourism, you may find yourself biting off far more than you planned to chew.

### The 'Perceived' Benefits of Overseas Dental Care

The number one perceived benefit is the lower cost. Plus there's the prospect of a tropical holiday while simultaneously managing your health concerns. The



downside is you're gambling your health and the one body you were given - wreck it and you don't really have a back up to use.

What many fail to appreciate is that any kind of serious medical or dental treatment requires extensive planning and a detailed history so you know how things will come together at the end. Rush it and you may as well roll the dice on the outcome.

### The Risks No One Told You About

So here's what you need to know before you head out for that cosmetic medical

or dentistry vacation.

- The medical practitioners and dentists in these international locations will probably not be allowed to practice in Australia, as they would not comply with the high standards expected by the

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## This month...

Welcome back and Happy New Year! Going to the dentist is usually something most people leave to the very last minute. It's usually a bad toothache or chipped tooth that pushes someone into making an appointment. What many don't realise is that your oral health has a strong influence on your general health and severity of many medical conditions ranging from heart attacks through to diabetes. So going in for a dental check-up as part of your 'lets get fit and healthy' new years resolution is a good idea—before your PT gym sessions push your heart too far!

Dr Simon Franks



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Australian Health Practitioner Board.

- The Australian Dental Association imposes extremely strong controls over the equipment and materials we use and our infection control practices. This ensures patients are subjected to the safest and most hygienic treatment. No patient has ever contacted HIV from an Australian dentist.
- Practitioners in Australia are held accountable for any failed treatments or complications arising out of the procedure. Getting your root canal treatment abroad means that if it goes wrong, you either have to make another trip or incur greater expense locally.

### Paying the Ultimate Price

The problem is that not all treatment done overseas fails and not all treatment done in Australia is perfect. But in 2010 a Melbourne hospital recorded all patients that presented to the emergency clinic following overseas dental treatment. It's a scary read. Around a patient a month present and one patient ended up on life support and remained in hospital for 2 months following his dental implant placement. Google ADJ Dental tourism for the article.

We all don't expect that a \$10 Rolex to last past the holiday but we are happy to take a gamble with our health just to save a few dollars.



### Bite News

#### Team update



Big congratulations to Casey who has been accepted into University this year. Casey will be studying practice management and medical science part time.

Jade also has been accepted into Certificate III dental assisting and will start this in February.

Don't worry—both are remaining part of the Bite Dental Team!

Kylie has been awarded a paid internship at the Brisbane City Council as part of her business degree. We knew Kylie's time with us was limited but it is sad to see her leave our team. It has been fun working alongside Kylie for the last 3 years and I know a lot of patients will miss her smiling face. We wish her the very best for the future.

Bite celebrates community & everyday heroes. Let us know if you have a cause you'd like us to shout about.

### Handy Hint

**Do I really need to floss?**  
*Only the ones you want to keep!*

“A toothbrush will only get to 60% of the surface area of your tooth so floss is vital to get to those remaining areas in-between. Don't believe me? Take a sniff of the floss next time you use it. If left, this bacteria will grow back over your teeth making them furry again by lunchtime.

Flossing daily is what's recommended—however if you read dental journals it is only required every 2-3 days if done effectively. Choose a couple of nights a week and set aside some time before bed. Your teeth and gums will thank you for it and your breath will too!”



**BRING IN THE KIDS BEFORE SCHOOL STARTS** **CAP the GAP**

Remember, Bite Caps the Gap at \$20 out of pocket for all kids exams, x-rays & cleans



Visit the Bite Dental website to receive our email newsletter which includes regular health tips plus exclusive savings and offers from Bite Dental and our community.

**Bitedental.com.au**