



# COMPARATIVE STUDY ON MEDICAL TOURISM OF INDIA, POLAND & ISRAEL

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## ABSTRACT

Medical tourism refers to people traveling abroad to obtain medical treatment. The term referred to the travel of patients from less-developed countries to developed nations in pursuit of the treatments not available in their homeland. In recent years it refers to those from developed countries who travel to developing countries for lower-priced medical treatments. The motivation may be also for medical services unavailable or non-licensed in the home country: There are differences between the medical agencies (FDA, EMA etc.) worldwide, whether a drug is approved in their country or not. Medical tourism most often is for surgeries (cosmetic or otherwise) or similar treatments, though people also travel for dental tourism or fertility tourism. People with rare conditions may travel to countries where the treatment is better understood.

**Keywords-** *medical tourism, India, Price ,Poland, Health issues*

## OBJECTIVE

Major objective of the paper is to have a comparative study on medical tourism of India, Poland, Israel & get to know what all is required by an individual to take treatment with medical tourism. It also revolves around what all documents & how much estimated price is required for some of the diseases.

## INTRODUCTION

Originally, today we are experiencing both qualitative and quantitative shifts in patient mobility, as people travel from richer to less-developed countries in order to access health services. Such shift is mostly driven by the relative low-cost of treatments in less developed nations, the availability of inexpensive flights and increased marketing and online consumer information about the availability of medical services. Medical procedures ranging from cosmetic surgery, dental work, to orthopaedic surgery can now be provided at high quality and affordable rates in many countries.

## NEED FOR MEDICAL TOURISM

### 1. Cost-effectiveness:

- Compare healthcare costs in India with that of Developed world (US
- UK).
- Compare Insurance costs
- Modest standards of living: Low real estate and infrastructural costs /Low government taxes
- Low labour costs

### 2. Time line of treatment:

- Comparative analysis of procedural time-lines of treatment in US and UK (through primary, secondary and tertiary clinics) as compared to India,
- Ratio of healthcare workers to population, doctors to population
- Compare the degree and types of documents needed to avail healthcare benefits in India vs. West
- Contrast with Rules and regulations associated with visas and entrypermits

3. Quality of care at hospitals: corporate hospitals, low labour costs, highly skilled doctors who are already recognised in developed world. Liberalization of Indian economy has contributed too many skilled doctors returning back to India, thus contributing to increase in extremely educated population.

### 4. Benefits of alternative medicine: Rejuvenation

- Ayurveda
- Yoga
- Panchakarma

### 5. Perceptions

6. Challenges in healthcare in developed countries: increase in urbanization, behavioural changes, rise in chronic diseases, traumatic injuries, specific regional conflicts and healthcare delivery security: Disadvantages with nuclear families in developed nations is lack of human support during medical emergencies

7. Leisure, fun, relaxation with wellness and healthcare: family bonding thru wellness care, Enjoy nature

## STEPS OF SEEKING TREATMENT WITH MEDICAL TOURISM

1) Is your medical ailment suitable for treatment in a country different from yours? The answer to this question will be based on combined information from your own doctor and the overseas doctor.

- Ailments that require a one shot treatment like surgery for gall stones, hernia, piles, varicose veins, hysterectomy, adrenalectomy, nephrectomy, thyroidectomy, joint replacement etc. are more suitable for medical tourism.
- The ailment should be such that a follow up should not be necessary and you should not need to visit the country again to 'tie up loose ends'.
- You should be otherwise well enough to be able to utilize the tourism part of it. Otherwise you could just go to the hospital directly for treatment.

- Mostly planned elective surgery for which there may be a long waiting list in your country is best suited for medical tourism.
- 2) Decide on the country, hospital and doctor who would be treating you. This information would be available to you on the net or from recommendation by another patient. Please visit the website of the hospital and doctor. Write to them asking about their training and experience in the procedure. Do not feel shy in asking this and also of the cost implications.
  - 3) Send a detailed note of your medical condition. You don't want to be stuck later in a situation where the doctor says, 'You did not tell me this, so the surgery cannot be done now.' Include all reports of investigations and recommendations of any doctor who has seen you.
  - 4) Based on this, you will receive full information from specialist doctors /medical consultant's advice on your medical treatment, approximate cost for planning purposes and total duration of your stay required at the hospital with pre-operative and post-operative extra stay requirement etc.
  - 5) Also check full details about cost of your stay at respective treatment city using a hotel or service apartment or guest house.
  - 6) Check with the doctor what all sightseeing / shopping / tourism are possible with the treatment you are having and if this would be before or after the treatment. Best time for this is after getting the preliminary check and tests done. Following the sightseeing etc., you get admitted for the surgery.
  - 7) Acquire consent of your local physician to fly down to India.
  - 8) Acquire visa for travel to the host country.
  - 9) Check immunization requirements for going there.
  - 10) Carry travel insurance with you.
  - 11) Fix up date of arrival, pick up from airport. It is extremely reassuring if a person from the hospital receives you at the airport and takes you to the hospital/ hotel.
  - 12) Meet the doctor and re-discuss the details of treatment, cost, stay etc.
  - 13) Re-confirm your return ticket as per his/ her advice.
  - 14) Treatment
  - 15) Discharge from hospital, with follow up advice and medications provided by the hospital.
  - 16) Stay in the city / sightseeing as discussed earlier for the required time.
  - 17) Review with the doctor for clearance
  - 18) Return Home.

## BUDGET

It may be better if you get a split up of all the costs involved The travel costs from airport to hospital, hotel charges (you can choose a cheap or 5star hotel as per your desire rather than go by the agencies choice). The cost of staying for a few extra days in the hospital in case you choose to do so rather than go to a hotel. Choices and options should be left open. An estimate of total cost from entry to exit at the hospital should be obtained so that you don't get unexpected extra bills that might have been 'overlooked' in the planning stage. There are only few medical conditions that can be treated with minimal follow up. Please check with your local doctor if your condition is suitable. At the end of the day, it's your local doctor who will have to follow you up.

- Tourism may not be a good combination with certain kind of treatment.
- Most websites and medical tourism promoters would paint a very rosy picture. Please make full enquiries about the credibility of the promoters, doctors and hospitals.
- If a particular hospital is offering treatment at a low cost, take it with a pinch of salt as no private hospital is there for charity and it is unlikely that they would compromise on their profits. So probably compromise on quality of materials and infrastructure.

We will discuss about 3 countries here. Firstly, we will have a look at their ranking in Medical Tourism Index

## RANKING OF THESE COUNTRIES BASED ON DIFFERENT CRITERIA'S IN MEDICAL TOURISM

Criteria	India	Poland	Israel
Global Ranking	10	29	8
Destination Environment	21	17	12
Medical Tourism Industry	6	40	20
Quality of facilities & services	6	27	3

**India-** Medical tourism is a growing sector in India. In mid-2020, India's medical tourism sector was estimated to be worth US\$ 5–6 billion. In 2017, 495,056 patients visited India to seek medical care. According to a report from 2019 by the Federation of Indian Chambers of Commerce and Industry and Ernst & Young, most of the medical tourist arrivals in India were from Southeast Asia, Middle East, Africa, and SAARC region. The city of Chennai has come to be known as the healthcare capital of India.

- Language-Hindi
- Capital-New Delhi
- Time Zone-GMT+5
- Currency-Indian Rupee
- Population-1,37,08,25,550
- Some Hospitals Providing Medical Tourism-
  - ✚ Apollo Delhi (New Delhi)
  - ✚ Fortis Healthcare (Haryana)
  - ✚ JSS Ayurveda Hospital (Kerala)
  - ✚ Asian Hair & Skin centre (Karnataka)
  - ✚ Alis Dentistree (Telangana)

**Israel-** Medical tourism in Israel is medical tourism in which people travel to Israel for medical treatment, which is emerging as an important destination for medical tourists. In 2006, 15,000 people came to Israel for medical treatment, bringing in \$40 million in revenue. Israel is also frequently the host venue for international medical conferences.

- Language-Hebrew
- Capital-Jerusalem
- Time Zone-GMT+2
- Currency-Israeli Shekel
- Population-85,63,788
- Some Hospitals Providing Medical Tourism-
  - ✚ Hadassah University Hospital (Jerusalem)
  - ✚ Herzliya Medical Center (Herzliya)
  - ✚ Maccabi Dent (Israel)
  - ✚ Medart (Israel)
  - ✚ Rambam Hospital (Haifa)

**Poland-** Medical tourism is gaining in popularity and Poland is becoming more and more popular among patients who come here mainly from the Western Europe. They mainly use services in the field of plastic surgery, obesity treatment and dentistry. Foreign patients decide to come to Poland mainly due to the high quality of services, professionalism of medical staff, short waiting times for surgery and lower prices of treatments.

- Language-Polish
- Capital-Warsaw
- Time Zone-GMT+1
- Currency-Polish zloty
- Population-3,78,74,342
- Some Hospitals Providing Medical Tourism-

- ✚ Medicover Hospital Poland (Warszawa)
- ✚ 4Health Travel (Krakow)
- ✚ American Heart of Poland (Katowice)
- ✚ Carolina Medical Centre (Mazowieckie)
- ✚ Dental Corner (PolnySlask )

### PRICES OF SOME COMMON SURGERIES IN THESE COUNTRIES [IN USD \$] –

Surgeries	India	Poland	Israel
Heart valve transplant	9500	19000	28500
Hip resurfacing	9700	9200	20100
Lap band	7300	6700	17300
Gastric sleeve	7300	9400	20000
Face lift	3500	4000	6800
Tummy Tuck	3500	3550	10900
Cornea ( per eye )	2800	N.A	N.A
Bone marrow transplant	500	58000	200521
Stomach cancer treatment	5445	9500	28000
Lung cancer treatment	3565	5450	27000
Colon cancer Treatment	4762	1800	21000
Mastectomy	2722	1800	12600
Hernia repair surgery	1100	4152	9393
Shoulder arthroscopy	3589	2000	9200
Nephrectomy	6300	N.A	21000
Angioplasty	5700	5300	7500
Heart bypass	7900	14000	28000
Hip replacement	7200	5500	36000
Knee replacement	6600	8200	25000
Dental implant	900	925	1200
Gastric bypass	7000	9750	24000
Breast implants	3000	3900	3800
Rhinoplasty	2400	2500	4600

Liposuction	2800	1800	2500
Lasic (both eyes)	1000	1850	3800
Cataract surgery (per eye)	1500	750	3700
IVF treatment	2500	4900	5500
Spinal fusion	10300	6200	33500
Face lift	3500	4000	6800
Hysterectomy	3200	2200	14500

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