

Be aware of potential problems and risks. For instance:

- In some settings where medical care is not up to Canadian standards, you may be at greater risk of acquiring an infection – such as hepatitis B or C or HIV – as a result of procedures you undergo.
- Following surgery, you may be more vulnerable to local health risks, as your immune system may be compromised.
- As demand increases for donated organs, businesses dealing in international transplant services have been formed, which pay people from developing countries for donating their organs. Organs may also be harvested from prisoners without their consent. Such practices are legal in only a few countries, and concerns about the exploitation of donors are growing. In addition, the safety of these organs or the surgical procedures used to transplant them may not meet Canadian standards.

- Follow-up care is usually not included. You'll have to seek help for any complications, side effects or post-operative care with your health care providers in Canada. However, many useful details about the care you obtained abroad may be lacking in Canada.
- If anything goes wrong, you may not have any legal recourse.
- Be prepared to pay cash. Provincial health plans, and some private insurance policies, don't cover medical procedures overseas.

Cruises

Cruise ships are among the safest forms of transportation and usually offer the services of an on-board doctor. However, health risks can increase depending on the activities you engage in at the ship's ports of call. Once ashore, you have to follow precautions about what you eat and drink. The safest option is to take the land excursions offered by your ship. Otherwise, if problems