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Aina Petersone, Puumedi's Dentist in Myllykoski

Aina Petersone is a dentist from Latvia. She is working at Puumedi's dental clinic in Myllykoski, close to Kouvola in Southern Finland. She has been working in Finland for almost two years.

In January 2013 Aina received a phone call from **Egija Leiduma**,

the Project Manager of Puumedi. "Egija introduced me the company and told me about work possibilities in Finland. If I wanted to start working there, I would of course first have to learn the Finnish language. What made it all easier was that the classes were going to be held in Riga with a Latvian teacher. However, I didn't say "yes" right away, but took some time to think about it," Aina says.

By February, she had made up her mind and walked into the Puumedi office in Riga to take her first Finnish class. "It was exciting and fun, but back then I had no idea that learning the Finnish language was going to be pretty difficult!" she admits.

But she was brave and took the challenge. She took classes twice a week, did her homework and in addition to that, of course, worked as a dentist. There was also a one-week intensive Finnish course in Tallinn. "My family was very supportive. They were understanding and I could rely on them in everything," she has only good words to say about them.

After two years, Aina was ready to start working in Finland. Her first job was found in Heinävesi. "The beginning was difficult," Aina says. "I worked in Heinävesi only two months, because the local dialect was incredibly difficult to understand." Then, Puumedi opened their own dental clinic in Myllykoski and Aina was offered a job there. She happily took it and today, she has been working there about one and a half years. Now she enjoys her job and also feels more confident about her Finnish.

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Aina likes that she can meet a lot of people, but also that she can see the result of her work immediately. Every day, she does teeth and gum check-ups, puts in fillings and if needed, extracts teeth. She likes her work a lot. “Choosing my profession was never difficult for me. Already my mother and grandmother were dentists, so it was quite expected that also I became a dentist.”

Aina likes Finnish patients and colleagues. She praises her assistant Margarita Isakova for her professionalism and skills. Last but not least, she sends her greetings to the Puumedi team. “Thank you for training, your patience and for believing in me!”

Thank you Aina for the interview and great work that you’re doing!

Puumedi’s Dental Clinic in Myllykoski:
Paperitehtaantie 3
46800
Kouvola

Many Medical Doctors Are Among The 10 000 Wealthiest People In Finland

There are 577 medical doctors that are among the 10 000 wealthiest people in Finland, as revealed in the new study conducted by [Helsingin Sanomat](#) and [Valvira](#). That means that about 6 per cent of the wealthiest people in Finland are doctors.

A large part of those doctors who made it to the that list, have earned their income from acquisitions. However 135 of them have made their money by doing only their medical jobs. There are also multiple medical professors, docents and medicine researchers in that group.

According to [Helsingin Sanomat](#), the most successful doctors are usually surgeons that specialize in orthopedic and trauma surgeries. Also radiologists and ophthalmologists made it to the list of 10 000 wealthiest people. Also those doctors who are on duty a lot and / or are entrepreneurs tend to earn more.

On average, the wealthiest doctors on that list, pay 43 per cent from their income in taxes.

Still Not Enough Doctors

Even though per 1000 people, there are more doctors than ever before, there are still not enough doctors in Finland. There are two main reasons for it: The number of people trained is low, and in other cases, the wages are so high that doctors only work part time to cover their living expenses.

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According to the [Ministry of Economic Affairs and Employment](#), last year there were still not enough doctors in Uusimaa, Southeast Finland, Northern Karelia, Southwest Finland and Central Finland. There was a lack of general practitioners and specialists in Southern Ostrobothnia.

Source: www.hs.fi

More and More People Skip their Dental Check-Ups

Private health care became more expensive at the end of the last year, when [Kela](#) made cuts in their reimbursing rates. As a result, many people in Finland have stopped getting their check-ups.

Especially dental check-ups are being skipped, because the cut affected dental services the most. As many as 62 000 people who used to be eligible for reimbursement, aren't anymore.

Some of the people who used to go to private dentist, are now using public dental care, which was expected. However, the number has not increased as remarkably as anticipated.

Dentists are concerned about people skipping their check-ups, because consequences will appear at some point. They hope that nowadays people are better aware of how to properly take care of their teeth.

In Finland, counties are responsible for arranging dentist appointments for their residents within three months. If there's no threat for patient's health, within six months. It's important that patients get treated as soon as possible, to avoid multiple visits and additional expenses. At the moment, finding openings for the first appointment isn't difficult, but there's a long wait for the next appointment. In other words, starting the treatment is easy, but finishing it is difficult.

Research professor Hennamari Mikkola from Kela says that costs of services differ significantly between dental clinics, but people don't often care to do their research and compare them. However, it might be worth it to do it. For example, in private dental clinics in Helsinki, the cost for one filling can be anywhere between 60 and 127 Euros. In public dental care, the same procedure costs 32 Euros.

Source: www.hs.fi

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Influenza Vaccine Efficacy Very Low This Winter

In Finland, the influenza virus attacked the first people in December of last year. Half of the people who took the vaccine didn't get the infection. However, as the epidemic season progressed, efficiency of the vaccine decreased. This year, only about 30 per cent of those who took the vaccine, didn't get sick.

Elderly people suffer from influenza the most. About half of small children were able to avoid it.

Hanna Nohynek, the Senior Physician of the [National Institute for Health and Welfare](#) says that viruses and their structure change with time. Antigens that are needed for next year's vaccines will be determined at the WHO meeting this week, after which the preparation of vaccines will begin. Vaccines arrive in Finland at the end of September or early October, so there's quite a bit of time between developing the vaccines and the actual vaccination process. Viruses may change in that time.

Nohynek still recommends taking the vaccination. According to her, that's the most effective way to prevent influenza.

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Contact Information

Writer: Kersten Kimura

email: kerstenkimura@gmail.com

www.puumedi.com