The Dentist, Medications & Allied Health Services
Fact Sheet 3: International Student Health and Wellbeing

My teeth hurt. What should I do?
In Australia, a dentist is a type of doctor that specialises in the diagnosis, prevention and treatment of diseases and conditions in your mouth, and teeth.

Dental treatment is covered under ‘Extras Cover’ through private health insurance. You can purchase additional ‘Extras Cover’ on top of your basic OSHC insurance to cover added services like the dentist that can be very expensive in Australia. If you have cover for dental services, make sure you read your policy and know exactly which dental procedures you are covered for.

A dental service is available on the UWA campus (see list on the back of this fact sheet). To find a list of other dentists in your area visit: www.dental.wa.gov.au

IMPORTANT: If one of your teeth has fallen out or you are in serious pain, you should go to a hospital emergency department for help.

Where can I get medication?
In Australia, medications might be dispensed differently from your home country.

Normally you will not receive medication from your doctor. However, if a doctor decides you need medication, they will write you a prescription which lists your details, your doctor’s details and the name and quantity of the medication you should receive. You must take this prescription to a pharmacy (also known as a drugstore or chemist), and the qualified pharmacist will provide you with the medication.

You should never take prescription medication that belongs to someone else or has not been approved by a doctor for you. This can put your health at risk. For more information, speak to your local pharmacist.

An on campus pharmacy is located in the Guild Village Courtyard, next to the Co-op Bookshop. It is staffed by a qualified pharmacist.

How can the pharmacist help me?
Pharmacists are trained health care professionals and can give you advice on what medication is right for you. Pharmacists can also help you with general health care information or advice on a variety of health issues.

Over-the-counter medications
For things like the flu, a sick stomach, cold or headache, you can buy ‘over-the-counter’ medication for pain relief or fever. ‘Over-the-counter’ means you do not need a prescription from a doctor. You can get this medication from a pharmacy and some supermarkets.

Alternative medicines
You can also get medication from complementary health practitioners such as Chinese health practitioners, naturopaths and herbalists. You should always tell a doctor what medications you have been given by these practitioners because some medications can seriously interfere with prescription medicines.

See Fact Sheet 2: Doctors and Hospitals for a list of public hospitals.
### Allied Health Services

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<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Services on UWA Campus</th>
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| Psychology (emotional wellbeing) | A psychologist offers help for a wide range of mental health issues such as anxiety, depression or stress. | UWA Counselling and Psychological Services  
This is a free service for UWA students  
First Floor, Social Sciences Building (South Wing)  
Opening Hours: Monday-Friday, 9:00am – 5:00pm  
Telephone: (+61 8) 6488 2423  
(See Fact sheet 4: Emotional Wellbeing for more information) |
| Optometry/Optical (sight/eyes) | An optometrist prescribes and fits lenses/glasses to improve vision, and treats various eye diseases. | Eyecare Centre  
UWA Guild Village Courtyard, Shop G.01  
Opening Hours: Monday-Thursday, 8:30am – 4:30pm  
Friday, 8:30am – 3:00pm  
Telephone: (+61 8) 6488 1491 |
| Physiotherapy (muscle pain/musculoskeletal injuries) | A physiotherapist treats musculoskeletal injuries such as sports injuries, back pain, sprains and strains. | On The Go Physio  
UWA Medical Centre, 2nd Floor, Guild Village (South Wing)  
Telephone: (+61 8) 6488 2118 |
| Podiatry (feet) | A podiatrist treats foot conditions such as ingrown toenails. | UWA Podiatry Clinic  
Corner of Park Avenue and Crawley Avenue, Crawley  
Opening hours: Monday-Friday, 8:00am – 5:00pm (longer hours on Mondays)  
Telephone: (+61 8) 6488 4522 |
| Pharmacy (dispensing medication) | A pharmacist prepares and dispenses medicines and advises on appropriate use of medication. | Campus Pharmacy  
UWA Guild Village Courtyard, Shop G.11  
Opening Hours: Monday-Friday, 9:00am – 5:00pm  
Telephone: (+61 8) 6488 2290 |
| Dentistry (teeth) | A dentist specialises in the diagnosis, prevention, and treatment of diseases and conditions of the oral cavity, particularly teeth. | The Oral Health Centre of WA  
17 Monash Avenue, Nedlands  
Opening hours: Monday-Friday, 8:00am – 5:00pm  
Telephone: (+61 8) 9346 4400  
Matilda Bay Dentist  
UWA Guild Village, 1st Floor, Shop 1.25  
Opening hours: Monday-Friday, 9:00am – 5:00pm  
Telephone: (+61 8) 6488 1215 |

### Purchasing medication over the internet

Medications can be obtained over the internet. However, often the safety of these products is not known. It is always safer to get medications from a chemist or pharmacy in Western Australia.

### Can I claim money back for prescription medicines?

You may be able to claim for part of the cost of prescription medicines. Part of the cost is set by the Australian Government under the Pharmaceutical Benefits Scheme (PBS), and you can’t claim that amount. However, sometimes medication may cost more than the set fee, and you can claim the additional amount.

Check what the current government fee is by contacting your OSHC provider and ask if there are limits to how much you can be paid back – limits usually apply.

Medicines purchased without a prescription, such as headache tablets, can not be claimed.

**IMPORTANT: You must keep your receipt for prescription medication to make a claim with your OSHC provider.**

### What are allied health services?

Allied health services include treatments like psychology and physiotherapy which are carried out in Australia by trained health care professionals.

You can make an appointment to see an allied health professional without having a referral from a doctor, but a doctor may also recommend you see an allied health provider if needed.

Above is a list of some allied health services, and how they can help you. Remember that OSHC does not normally cover allied health services. If you want to be covered for these treatments you will need to buy additional private health insurance or ‘Extras Cover’, such as:

- Extra OSHC supplied by some OSHC providers,
- International travel insurance, or
- General treatment cover with any Australian private health insurer.

For more information on ‘Extras Cover’, see Fact Sheet 1: Overseas Student Health Cover.

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