



**MANZANILLO MEDICAL RESOURCES
DIAL 070 IN AN EMERGENCY!**

MANZANILLO AREA MEDICAL RESOURCES

A small group of medical professionals has compiled medical data for the expatriate community over a period of several months. Many of the primary providers of medical care in our area were visited and interviewed using a consistent format to obtain information about services, charges, and other pertinent information. Each provider received a form to complete, and those completed forms are in our files. Some providers chose not to complete the forms.

While the information is primarily focused on the needs for urgent or emergency care for expatriate visitors and residents, we are also including a list of individual medical providers that have been recommended by residents in the community. Many of these have completed our information questionnaire.

We have discovered many similarities between the providers in Manzanillo and those in the US and Canada. It is always important to consider the nature of the urgent or emergency need, the time of day, and the day of the week. Is it ten in the morning on a weekday and the problem is a fall or cut, or ear infection?? Is it two in the morning on a weekend and the symptoms are cardiac? The excellent small clinics that we reference may not be the best place to visit for severe emergencies at off hours. They *try* to staff the clinic 24 hours, but it requires the physician to travel to the clinic when a patient comes in.

It is important to know that the Cruz Roja ambulance will be called in by the local police if someone is involved in an accident on the roads. It is possible to direct the ambulance where the patient wishes to go...if he/she is able to do so! Otherwise the medical personnel at the scene will make a decision based on the situation. This is very similar to the process in the US.

Many residents that are living here most or all of the year have purchased AED's. These are small *automatic defibrillators* that are life saving in a cardiac emergency. They do not require a prescription. Some condo developments have purchased them for the needs of their residents (ie Vida del Mar). While the manuals and instructions are excellent, it is preferable to have some training. Local individuals are willing to provide these classes. Anyone interested can contact a member of our group. See more info under resources. It is URGENT that everyone learn CPR and stay current in their skills! You may well save someone's life.

Most medical insurance from the US and Canada will not cover care in Mexico. Some will cover emergency care and expect that you return to the US/Canada as soon as your condition permits. Medicare does not cover individuals out of the US. Health insurance is available for purchase in Mexico, and it is possible to join the IMSS organization. (Instituto Mexicano del Seguro Social). Some individuals have purchased "international" health coverage.

In general we have been pleased with the facilities and the level of care in our area. When you consider the major resources in Colima and Guadalajara, the medical services here are excellent. We in no way can provide more than “just the facts”. Everyone will need to form their own opinions based on experience and requirements as everyone’s experience and expectations are different! The research team would, however, appreciate all feedback. The plan is to make revisions as we receive more data. Individuals may want to locate these facilities and tour them to be familiar prior to having an emergency need.

Revision 1; February 2008

Jean Maierhoffer, RN; Joe Hoffman, DO; Cynthia Hauck RN, Carol Hoffman

Updates or comments: chilton03@comcast.net

RESOURCE LIST

HOSPITALS/LARGE CLINICS

Please note, many of these are large clinics with 24 hour emergency services. Some physicians answer calls to more than one clinic, for example: Neurosurgery. If you arrive at a facility and they feel they cannot treat your condition, they will transport you to appropriate facility in Manzanillo or to Colima/Guadalajara.

NAVAL HOSPITAL (333-2740)

Location: Las Brisas. Turn left (east) off the Blvd just past Cualatas. prior to the main gate on the blvd, and go into the Hospital entrance. You must show ID to guard. If it is an emergency, simply let them know it is urgent.

Information: This is a very well equipped facility that will accept local patients for emergencies and routine visits. They have inpatient beds, private and semi private, and an ER.

Services available: Most specialties are on site. They have an “intermediate ICU”, the best such facility on the coast. They have onsite laboratory, Xray and pharmacy services. They have a pediatrics ward and two OR suites. Out patient

prescriptions must be filled elsewhere. They do not have a CT scan. The facility is air conditioned.

Hours: Twenty four hours – physicians are always present.

Charges: Will be provided, apparently lower than other area facilities. Pesos or US dollars accepted. No credit cards.

Response to request for physician information: Not available at this time, but all staff doctors must meet the Naval requirements.

Language: Some doctors and staff speak English. It is always best to take an interpreter if you do not communicate in Spanish.

IMSS (Instituto Mexicano del Seguro Social) (332-1170)

Location: Large white hospital behind the KFC franchise in Salagua. Allende 222.

Information: This is a full service hospital. Membership is available, however they will treat non-members, with a fee. Membership rates are set by age, there are exceptions for pre existing conditions. There is a large website and the application and restrictions are available in English. It is best to speak to a current member or take an interpreter with you to apply. Director: Victor Octavio Perez de Valle Ibarra, MD

Services Available: Most services are available including inpatient services, ER, pharmacy, laboratory, and Xray. Serious cases are transferred to their higher level facilities in Guadalajara and Mexico. The facility has air conditioning.

Hours: Twenty four hours.

Charges: See membership information. Charges to non members may be high.

Response to request for physician information: Information not requested at this time. This facility has strict government requirements for Medical staff.

Language: Some staff, especially doctors, speak English. It is always best to take an interpreter with you if you cannot communicate in Spanish.

ECHAURI CLINIC (CENTRO MEDICO QUIRURGICO ECHAURI) (334-0444)

Location: Main Blvd, Sorianna area, 1215 Blvd. de la Madrid, Salagua

Information: This is a popular facility with most services. Some areas have air conditioning.

Services available: Most specialties represented, ER, Pharmacy, laboratory, Xray. Open CT scanner. Doppler ultrasound. 9 inpatient rooms, all air conditioned.

Hours: Twenty four hours. There is always an MD present.

Charges: MD fees range from 150MN – 400MN; endoscopy: 2200MN; colonoscopy: 2800MN

Response to request for physician information: Many doctors responded with information for our files:

Julio Hector Bedolla, Urology, UNAM, Socio del Colegio Mexicano de Urologia. Need translator.

Edmundo Echaui Marroquin, Trauma/Orthopedics, Univ. of Guadalajara, UNAM, Univ. Barcelona, Spain. Fair English

Martin Toscano Ramirez, Cardiology y Echocardiology, Univ. of Colima, IMSS Monterrey, Univ. Autonoma de Nuevo Leon. Professor Univ. of Monterrey, 2004. Also at Naval Hospital. Good English.

Luis Angel de la Torre Cruz, OB/GYN, Univ. of Guadalajara. Some English

Edmundo Echaui Fletes, Trauma/Orthopedics, UNAM, Member of several trauma/orthopedic societies in the Americas. Some English.

Carla Elizabeth Mercado Salcedo, Family practice, UDG, IMSS, some English.

Carpoforo Leyva Sarmiento, ER, UNAM, need translator.

Jose Jesus Gomez Corona, Gen Medicine, Univ. of Colima, some English.

Julio Cesar Martinez Salgado, Gastroenterologia y endoscopia, UNAM, English.

Erika Echaui Marroquin, Internal Medicine, Univ. of Guadalajara, UNAM, some English, also at IMSS.

Language: Many physicians can communicate in English. Best to have an interpreter.

MEDICA PACIFICO (334-0385)

Location: On the main boulevard in Santiago. Av. Palma Real 10. Across from Los Hadas golf course. Turn down into the cul de sac street for the clinic facility. This is the closest facility for Juluapan peninsula residents.

Information: Administrator is Maribelle Alvarado, the director is Jose Alvarado, MD who is also the designated physician for the port.

Services Available: This is clinic with some inpatient beds. They have ER, pharmacy, laboratory and Xray. They have ambulances onsite for transport. They have several specialty MD's on their staff.

Hours: Twenty four hours. They may transport to another local facility if it is an off hour and no one is present.

Charges: price list is available, they accept credit cards, pesos, and US dollars.

Response to request for physician information: Have not provided at this time.

Language: The medical director is fluent in English and Spanish. Always best to have an interpreter with you if you do not communicate in Spanish.

HOSPITAL MANZANILLO (Central Medico Quirurgica) (336-7272)

Location: In the port area. Blvd. Costero Miguel de la Madrid 444.

Information: This is a modern two story facility closest to Centro and the port. The administrator is Mina Baran.

Services Available: This facility has most services, no mammography or CT scan. There is no ICU. The facility is air conditioned. There are 13 in-patient rooms.

Hours: twenty four hours, physician may not always be present.

Charges: available on request. Credit cards are accepted for the hospital, MD's accept pesos or US dollars. Sample charges: ECG: 150MN; ER: 170MN (at night 200MN); room: 600MN. Physician fees: approx 300MN-400MN.

Response to request for physician information: several doctors have responses in our file:

Federico Diaz Lopez, Urology; some English. Univ. de Colima; Urology specialty: IMSS, Torreon Conahuila.

Martha Morett Velazquez, Rehabilitacion Oral, need translator, Univ. Autonoma de Guadalajara.

Raul Partida Rascon, Internal Medicine, need translator, UNAM, Univ. Guadalajara.

Language: Some English, best to have a translator

INDIVIDUAL PROVIDERS

These providers have been highly recommended. Each of the above mentioned hospitals and clinics has most specialties as well. Your feedback is appreciated.

Dentists:

O-Dent Dental Surgery, Dr. Jesus Ibarra Rojas, DDS. 334-2565, 314 124 84 75.

Av. Elias Zamora Verduzco #151L-11. Valle de las Garzas.

Adjacent to old movie theater, fluent in English.

Odent_manzanillo@yahoo.com.mx

Susana Perez Villanueva DDS, 333-6214; 044 314 101 29 02) Main Blvd. English spoken.

Victor H. Berrosope Gomez, DDS, Av. Paseo de las Gaviotas No. 759; 335-53 52.

Ignacio Leonel Cardenas Macias, DDS. Colima 01 312 317 1560.

Javier Mondrajon Castillo, DDS. Periodoncia. 01 312 314 3105 Colima. One day a week in Manzanillo.

Ob/Gyn:

Gustavo Michel Ruiz, MD; 01 312 312 88 46. English spoken.

Family Practice/Internal Medicine:

Blanca Alvarez Buylla, MD; Mauricio Domenquez, MD 334-1838; office is across from the Burger King on the main blvd in the Plaza Galeria. Studied at UNAM, Good English. In practice 15 years in Manzanillo. Accept cash and checks.

Armando Velasco V. MD 01 312 314 7206; **Alfonso Bayardo N. MD,** 01 312 314 4466/7180; Cardiology Colima.

Ampelio Ramirez Gonzalez, MD, Unidad de Diagnostico Integral, Blvd. Miguel de la Madrid 8145; 333 9340m 333 9341

Ophthalmologists:

Arturo Santos G. MD; Colima: 01 312 314 66 44 (in Colima once every 2 weeks)
Guadalajara: 33 3848 54 68. 01 800 715 5050. www.retina.com.mx

Jose Alfonso Paczka, MD, Colima: 01 312 314 6644
jpaczka@hlogalglaucoma.com; www.glaucoma.com.mx

These physicians were trained at Johns Hopkins in the US and speak English. Dr. Santos is a retinal specialist; Dr. Paczka specializes in glaucoma treatment.

Sergio a. Zurroza Barrera, MD. Ophthalmology, El Centro, Manzanillo.
33 2-63-00; 044 314 357 5856 cell. This physician is also the head of ophthalmology at the IMMS hospital.

Plastic Surgery:

R. Alberto Corvarrubias B. MD; Colima; 01 312 312 5098

Dermatology:

Medicina Estetica: Dianella Portilo L, MD ; 044 314 357 0946

ALTERNATIVE SERVICES

Ray Nicholson 044 314 352 3285, English.

Chiropractor/Kinesiologist: Jose Alfredo Becerra Lobato, Kinesiologist/Sports medicine 314 33 318 89; Las Brisas, English.

Chiropractor – Roald A. Moyers 044 314 357 3355. Santiago. English.

ORGANIZATIONS AND INSURANCE PROVIDERS:

SKYMED: 1 800 475 9633 US ; Mexico: 001 866 805 96 24

ALLIANCE: Rossana Aquirre Diaz, 376-766-5974, roaquirre12@hotmail.com; this person is located in Chapala but will travel to the coast. Provider of international medical insurance.

OTHER EMERGENCY RESPONDERS

EMERGENCY: 066

Cruz Roja (Red Cross Ambulance,Manzanillo): 336 5770

Emergency Helicopter Service: 01-800-010-0268
 Ambulance Las Brisas: 01 312 594 1478
 Cruz Roja (Barra/Melaque/San Patricio) 355 2300

WEB SITES AND REFERENCES

IMSS: WWW.IMSS.GOB.MX

UNAM: National Autonomous University of Mexico, ranked best in Latin America.
www.unam.mx

Univeridad Autonoma de Guadalajara: www.uag.mx/medicine

Mexico Health and Safety Travel Guide, Med to Go; Robert H. Page, MD; Curtis P. Page, MD; published by Med to Go, LLC; Tempe Arizona; 866-medtogo.

Docubank: WWW.Docubank.com- Service that will store your important documents in “cyberspace”.

AED’s: Automatic external defibrillators. Available without prescription from Philips. The Philips rep in Guadalajara is: Ing. Juan Pablo Guajardo; juan.guajardo@philips.com, cell 333 667 1228.

The price is lower in the US. The Heartstart Home defibrillator (AED) is available from Amazon.com at approx. \$1300US. Groups of homeowners may want to consider a joint purchase.

Go Red for Women; American Heart Association:
www.goredforwomen.org

CPR handouts, including dog and cat, in English/Spanish
www.depts.washington.edu/learncpr
 This is the Univ. of Washington

Mayo clinic article on sudden cardiac arrest:
www.mayoclinic.com/health/sudden-cardiac-arrest/DS00764/

American Heart Association, Article in Circulation, Electrical Therapies: Automated External Defibrillators
http://circ.ahajournals.org/cgi/content/full/112/24_suppl/IV-35

Heart attack symptoms for women...differences etc.
<http://usgovinfo.about.com/cs/healthmedical/a/womensami.htm>

PET EMERGENCIES

M.V.Z. Alejandro Garcia Guevara, DVM; Hildago 284 Centro; 332 75-97; 044 314 357 08-04.

Gabriela Leyva Chavez, DVM; 044 314 352 0128; 334 0329. At the circle.

Revision 1; February 2008; Jean Maierhoffer,RN; Joe Hoffman, DO, Cynthia Hauck, RN, Carol Hoffman.
Updates/information: chilton03@comcast.net