

LOCAL MEDICAL GUIDE 1-2024 update

The information in this Guide was supplied by many people. Please email drakebozarth@me.com with any additions or corrections.

TABLE OF CONTENTS

1. HOSPITALS Mulege, Santa Rosalita, Loreto, La Paz
2. MEDICAL SERVICES Beaches, Mulege, Santa Rosalita, Loreto, LaPaz
3. EVACUATION INSURANCE COMPANIES
4. OTHER

1. HOSPITALS

MULEGE

Centro de Salud – a clinic. Doctors on staff. No Xray or other equipment. Good for small things, cuts, sprains and stingray punctures. If you enter Mulege through the arches, essentially keep going straight through town. After you pass the bomberos (fire dept), the road will bend to the left, and there will be a large white building on your left. The clinic is in there.

Telephone : [615 153 0298](tel:6151530298)

HOURS 24/7 Clinic opens at 8am for regular services. Recent graduated doctors are onsite 24/7, living upstairs. If door is locked, knock on door for access.



Fee for great stingray treatment for me was a donation.

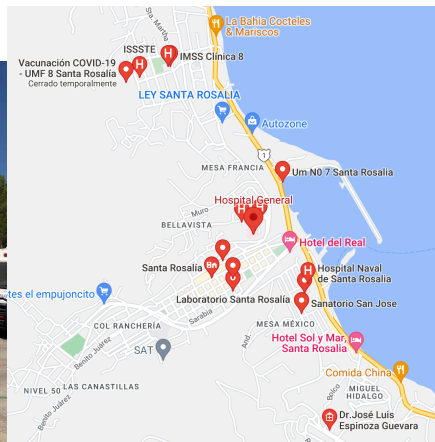


Mulege Lab WhatsApp +52 615 106 6127 On the highway, 3rd speed bump north of the Mulege arches. Blood tests, covid shots, lab work, etc.



SANTA ROSALIA

General Hospital Mesa Francia, 23920 Santa Rosalía, BCS PC said she walked in, got Xray, no charge.

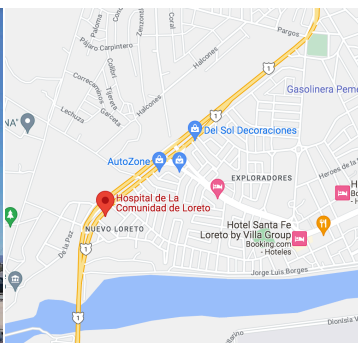


LORETO

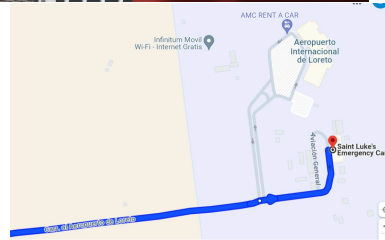
Loreto Community Hospital,

Address : Nuevo Loreto, 23880 Loreto, BCS

Telephone : 613 134 0430



A new facility this year
EMERGENCY CARE by SAINT LUKE'S



As promised, here are some photos of the outside of the new emergency care center at the Loreto airport. I went there for labs and an EKG. To get there, just

drive past the airport entrance to the end of the street and turn left (see attached map). You'll see the sign for FBO, then you'll pass the care center at the end of the building. Parking is just beyond there.

Once you park and enter the building, turn right, then before reaching the snack bar, then left and look for St. Luke's painted in blue on the glass windows.

I paid for my labs, etc. and received the results via email that afternoon. They gave me a receipt I can use to place a claim with my U.S. health care insurance. Everyone spoke English and they were considerate, gentle and professional.

LA PAZ



MEDICAL SPECIALTIES CENTER

Address : De Los Delfines #110, La Selva Fidepaz, 23090 La Paz, BCS

Hours :

Open 24 hours

Telephone : 612 124 0402



ISSSTE General Hospital

Address : Calle Mar Caribe s/n, El Conchalito, 23090 La Paz, BC

Hours : Open 24 hours

Telephone : 612 122 4888



Maria Luisa de la Peña Hospital, private hospital

Address : Licenciado Manuel Torres Iglesias 515 corner with I. Ramírez. Colonia, Esterito, 23020 La Paz, BCS

Hours : Open 24 hours

Telephone : 612 122 1660



Medical Center, private hospital

Address : Del Pez Vela S/N, Guaycura, 23090 La Paz, BCS

Hours : Open 24 hours

Telephone : 612 124 1165

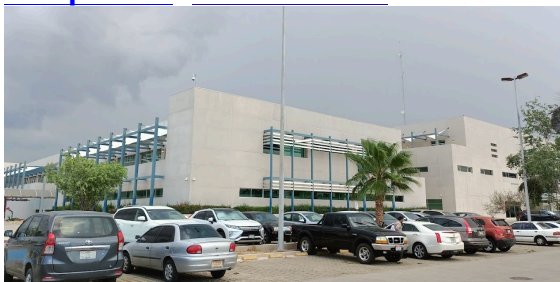


General Hospital Juan Maria Salvatierra

Address : Avenida de los Deportistas 86, Old Military Airfield, 23085 La Paz, BCS

Hours : Open 24 hours

Telephone : 612 175 0500



2. MEDICAL SERVICES

BEACHES

Concepción Bay Bomberos - fire and medical assistance

Paul Curtis +1 619 648 9187

Gayle Curtis +1 619 282 2855

Juan Carlos (JC) +52 615 155 9114

WhatsApp 615 107 3575

MULEGE

Emergency Contacts

Government Phone Numbers

H. Cuerpo de Bomberos 615 152 2088

Seguridad Pública Municipal 615 152 2380 or 113

Protección Civil Municipal 615 110 2187 or 615 116 0994

Centro Saud 615 153 0298

Delegacio Municipal 615 153 0876

Oficina Ministerio Publico 615 153 0804

Guardia Nacional 615 113 6035

Gardia Nacional Carreteras (highways) 615 152 5010



To contact **Guardia Nacional**, you need to contact local police or civil protection.

Green Angels 078 or 911

Emergency Contact Information:
Hospital/Ambulance (24 hrs) 615-153-0298
Police (Mulegé) 615-153-0056
Fire Station (24 hrs) 615-153-0666
Fire Chief - Adrian Torres 615-104-5328
Loreto Hospital 613-134-0430
American Air Evacuation 001-880-423-5993



Heroico Cuerpo De Bomberos H Mulegé A.C.
Sep 2, 2022 · 🌐
! ⚠️ EMERGENCIAS ⚠️ !

Estamos para atenderte. #... See more
See translation

¿Tienes una emergencia?
Nuestras líneas de teléfonos móviles listas para atenderte via llamada o WhatsApp

615-161-0763
615-104-5328
615-103-0590

#ProtegerYServir (615)-153-0666

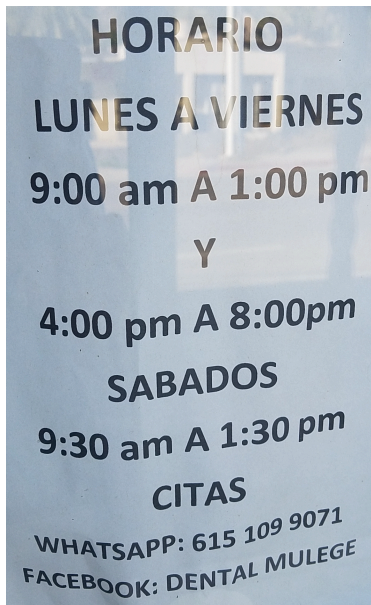
DOCTOR:

Dr. Eugenio Soto, M.D., General Practitioner
615 110 3469
Dr. Soto maintains his general medicine practice in Colonia Cacheno in his family home overlooking the airstrip. His care is comprehensive and may include referral for laboratory analysis and follow-up care. He sees patients by appointment or walk-in and may provide selective after-hour urgent care.
I do not believe he speaks English; perhaps someone will clarify this point please.

Colonia Cacheno is the community accessed from the road to the Hotel Serenidad, off Mex 1, several miles south of the Mulege arches.

DENTIST: Gaby On Mex 1, just north of the Mulege arches.





PHYSIAL THERAPIST: J. Enrique García Johnson, can give injections. +52 615 107 7870, cell 011 52 615 107 7870, WhatsApp
Lives in Nuevo Mulege at 270 Calle Marlin – first left, third right, house on left. House number is on electric box.

ACUPUNTURIST AND MORE:

Aria Walker, L.Ac., Dipl.Ac., M.Ac.

Playa El Burro

Retired Five Element Acupuncturist and bodywork educator. Offering remote Reiki/energy work, grief and trauma processing, and shamanic healing.

touchofahealer@gmail.com

+1 971 405 4050 txt

+1 503 374 5242 WhatsApp

Playa El Burro is located on Mex 1 at Km 108.5, south of Mulege.

ORTHOPEDIC INJURY AND POST-SURGERY REHABILITATION SERVICES
40+ years of experience.

Guido Van Ryssegem, MS, ATC, CSCS Posada Concepcion #35

Athletic Trainer, and Strength Coach – Kansas City Royals, Texas Rangers, Baltimore Orioles and Oregon State University.

500 to 700 pesos per session **OR** service for service or goods (e.g., fish).

Willing to travel for extra fee.

Contact information: SafeRecoveryGuido@gmail.com

SANTA ROSALIA

Dentists:

Andrea Villa cell +52 686 161 0862. Located below vet's office.

Dr Guillermo and staff Calle Pedro Altamirano #6, Santa Rosalia
+52 615 152 0072

Vet: Veterinaria San Fernando Dr. Uriel Valdez
+52 615 155 7280 Very highly recommended by multiple people.

LORETO

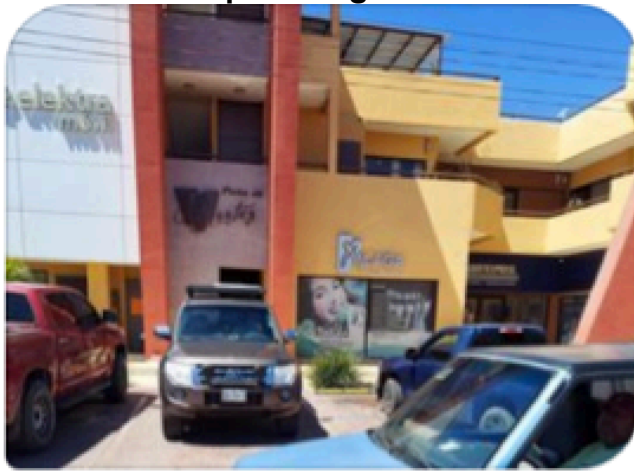
Doctors in Loreto that speak English.

Dr. Jorge Salinas: 044 (613) 109-4984 or email jl.salinas.palma@gmail.com
Can do minor surgeries in his office and also works at the hospital in Loreto. Cell
222 505 7033 Highly recommended by several people. Dr. Salinas works with
his wife, who is also a doctor, to do female bioidentical hormone therapy.

Dr. Oscar Green: 044 (613) 104-3562

Dr. Eduardo Jimenez: 044 (613) 105-8434 or email doctor@loretohealth.com

Dentists who speak English:



LAGA Dental in Loreto
Plaza Del Cortez,
corner of Calle Juarez
Esquina and
Independencia.
Cell 613-135-2087
Email:
jlaga73@hotmail.com
Dr. speaks English,
has Facebook page

Jeysson Aguilar Ruiz good dentist, speaks English

Dr. Ricardo Ramos: 044 (613) 135-2484

E-Mail: dr_mapa@hotmail.com

see: <https://loretomexicoinfo.com/doctors-dentists-and-medical-emergencies/>



Chiropractor: Roberto. He works at NOPOLO and at Flores Message Spa on the square (not the one by the cathedral, the one a block closer to the beach) in a yellow building next to the coffee shop and across the corner from Claudia's Margaritas, The person who books Robertos's appointments is Sergio Chavez.
cale_mx@yahoo.com

Acupunturists:

Carolina Martinez at the Collective at Loreto Bay. Book at
www.thecollectivelb.com

Paul Gamache, Lac. A licensed acupuncturist and functional medicine practitioner for internal medicine, orthopedic and sports injuries. Works at Spa Flores.

For bookings call 613 100 6072

Vet



CIUDAD CONSTITUCION

Pediatrician: <http://www.facebook.com/NeoandPed?mibextid=ZbWKwL>

LA PAZ

Dermatologist: Karina Ramos 612 124 0400, home 612 133 7547
drakaryramos@gmail.com

Orthopedic Surgeon:

Kim Lujan

I was recently in Baja Hand Center (básica small private hospital next to Fidepaz Hospital in La Paz. Ortopedia y traumatologia..Cirugía de la Mano y Microcirugia . I was there 4 months . He basically saved my foot. Medical Center Ave Pez Vela S/N Fracc Fidepaz La Paz BCS mex . Dr Cristhian Baruch Cañada Guzman was my surgeon . Email bauruch30@hotmail.com # 612/ 124/ 1655 emergency 612/ 120/3201. Best care ever. Was a very complicated procdedure !



Gastrologist: Dr. Bernardo Armador Mirando Works at Purple hospital. Google his web page. Highly recommended.

3. EVACUATION INSURANCE COMPANIES

Good Sam Travel Assist Worldwide travel assist at a low price. A driver will return your RV to the US from Mexico if required. You must arrange help through them. They will not reimburse you after the fact.

HOW TO GET HELP IN AN EMERGENCY
 In the event of a medical emergency, illness, or accident while traveling:

STEP 1 **STEP 2**
CALL 9-1-1 or local authorities **CALL GOOD SAM TRAVELASSIST**


Emergency Assistance Toll-Free: 1-866-922-1929
Emergency Assistance Collect: 1-603-328-1929
Membership Information: 1-888-853-7333

In the event of any travel-related emergency, you must call as soon as possible. Be prepared to give your name, group name, member number, and a brief description of the situation.

STA22564 P 03B

Diver Dan

MEMBERSHIP CARD



DAN EMERGENCY HOTLINE +1-919-684-9111

Available 24/7 for diving and non-diving emergencies (including TravelAssist services)

DAN MUST ARRANGE ALL TRANSPORTATION PRIOR TO EVACUATION.

Collect EMERGENCY calls are accepted.

For non-diving emergencies: Medical questions, member services, benefits questions and other DAN Services

1-800-446-2671
 Available M-F, 8:30 a.m. - 5 p.m. ET

American Air Evacuation 001-880-423-5993

24-Hour Emergency International Dispatch

Toll-Free Collect
1-800-643-9023 1-817-430-4655



A Division of MASA Global

info@MASAmts.com
 MASA GLOBAL BUILDING
 1250 S Pine Island Rd, Suite 500, Plantation, FL 33324
 www.MASAmts.com

CARD_MTS_CLM

4. OTHER

BORDER CROSSING INTO USA

In case of an emergency involving the need to cross the border at Tijuana, for medical care on the California side of the border, do not wait in line, but park your car and call for a Mexican ambulance. They get a fast pass across the border and an ambulance picks up the patient gets them to the medical facility in quick time.

CPR APP

Rescue Me CPR – great free CPR app. Walks you through step by step how to assess and help an unconscious person. No internet required to use.

TO ATTRACT HELP:

Make Loud Noise to attract help...

1. Use car: Honk 3 times for danger..
2. Use marine signal (air horn)
3. Carry key fob, press 3 times or use panic button on fob
Always keep car key fob by bedside when sleeping
4. Call Chanel 16 vhf for help
5. If emergency, when taking spouse/person to hospital, always ask someone to drive with you