

Best Medical Care In Mexico 2022

Guadalajara & Lake Chapala Mexico

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- M.D. & Surgeon: Universidad Autonoma de Guadalajara 2004
- ECFMG BOARD CERTIFIED 2007 (Educational College of Foreign Medical Graduates)
- Family Medicine – U.S. Training/Extrenships 2006-08: Aurora Medical, Aurora IL.
- 2008-12: Manheim Medical, Franklin Park IL. (St. Margaret & Mary Hospital Affiliation)
- ACTIVE MEMBER OF THE
- AAFP(American Academy of Family Physicians)
- ABIM(American Board of Internal Medicine)

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Medical Care Transition



Most Common ?'s

- What's available ?
- What is the level of quality of the healthcare @ small towns vs. cities/Metropolitan areas?
- What are the differences compared to the U.S./Canada?
- Can I continue my current medical treatments/medications in Mexico?
- What to do in the event of an emergency?

Overview Of presentation

- Differences in medical training (U.S. vs Mexico)
- Mexican Public (IMSS & Seguro Popular) & Private health systems
- Healthcare technology – Treatment & Diagnostics
- Social norms for healthcare in Mexico
- Healthcare in Guadalajara & Chapala Lakeside
- Local health concerns & medical recommendations

Medical Care Differences U.S./Canada vs. Mexico

- Educational & Training Differences
- Availability of Services
 - Public Healthcare
 - Private Healthcare
- Cultural Differences:
 - Involvement of family & friends
 - Care for the Elder members of Society
 - Nursing Care
 - Hospital Care

Specialization & Continuing Education

- Certification Exam – (Certification by the Medical Counsels/Consejos aka BOARDS)
- Re-certification every 5 years
- Fellowships (U.S. & Europe)
- CME (Continuing Medical Education) NOT REQUIRED TO MAINTAIN LICENSURE only CERTIFICATION
 - Seminars
 - Teaching
 - Publications
 - Research
- **MALPRACTICE INSURANCE IS NOT REQUIRED** for Licensure and it is a difficult and costly process to sue a doctor in Mexico.

Private & Public Institutions

- PRIVATE INSTITUTIONS
 - Major Private Hospitals – San Javier, PUERTA DE HIERRO, REAL SAN JOSE, STAR MEDICA
 - Hospitals/Ambulatory Surgery Centers
 - Nucleos Medicos & Independent Practices
 - Pharmacy “Clinics”

Medical Service Availability i.e. Guadalajara

- Private Hospitalization
 - San Javier Hospital
 - Country 2000
 - Puerta de Hierro Hospitals
 - Real San Jose
 - MEXICO-AMERICANO (Certified by Joint Commision Int'l)
- Public Hospitals: IMSS/Centro Medico de Occidente & Civil Hospitals or SECRETARIA DE SALUD Hospitals

Hospitals In Guadalajara



Puerta De Hierro Hospital



Country 2000 Hospital



PUBLIC INSTITUTIONS

- Public: IMSS & Seguro Popular
 - Centro Medico De Occidente & CIVIL HOSPITALS (Tertiary care level)
 - **IMSS and ISSTE** hospitals/clinics & Regional Hospitals (Secondary care level)
 - Local Community Clinics
 - SEGURO POPULAR will be replaced during the AMLO administration by the
 - **INSTITUTO de SALUD para el BIENESTAR - INSBI -**

CENTRO MEDICO GDL



INSABI

The Institute of Health for Welfare is a government agency of Mexico that provides medical services to those people who are not covered by the Mexican Social Security Institute or the Institute for Social Security and Services for State Workers.

Hospital Civil De Guadalajara



Independent Diagnostic Labs



MRI & CT scans



Hospitalization In Mexico



Mexican Family



Social Norms In Mexican Healthcare

- Involvement of Friends/Family.
 - Expected to be present during consults and procedures
- Position of Elders in Family & Society
 - Live with family until death.
 - Normal to see 3-4 generations living under 1 roof
- Assisted Living & Nursing Care
 - “New” to Mexican Society and still rare
- Care in Hospitals
 - Nurses: Change IV's and give meds
 - Family: Feed, cloth & bath patient
 - “Visiting” hours & 24 hour presence of family/friend

Nursing & Family Duties



Healthcare @ Small Communities (i.e. Lake Chapala)

- Private Practices: Chapala Med, Real de Leon, Integrity Group & Quality Care Group and Dr. Garcia's Maskaras now at SAT hospital and Riberas Medical Center Hospital.
- Public Clinics: IMSS & INSABI
- Pharmacy "Clinics" at Farmacia Guadalajara & Similares Pharmacies
- Most provide care for day-to-day healthcare problems & provide guidance in the event of emergencies or hospitalizations
- NUMEROUS amount of "ALTERNATIVE" practitioners

Chapala Med's Ajijic Office



SMALL COMMUNITY HOSPITALS





Medical Services Offered

- Full Emergency room
- Operating rooms
- 14-16 Full rooms/beds
- ICU - intensive care unit
- Labor & Delivery
- Hemodialysis Dept.
- Hemodynamic Lab for Strokes and AMI's
- Ambulance/transfer services









Medication Availability

- How medications are sold in Mexico
 - BOXES usually for 7, 14 & 28 days of treatment vs.
 - Numbered pills in plastic vials (U.S.)
- What medications need Rx's?
 - Sedative/Hypnotics: Xanax & Ambien
 - Antibiotics: Penicillin's, Anti-Fungals
 - Opioid Pain Medications: Morphine, Hydrocodone, Codeine
- Availability of Medications –
 - Highly variable (i.e. Warfarin)
 - Most pharmacies will order and/or deliver meds

Medications Cont'd

- Take your medications with you to your doctor's appointment



HEALTHCARE RECOMMENDATIONS



HEALTHCARE RECOMMENDATIONS

- Establish care with a Primary Care Doctor
 - AVOID UNNECESSARY TESTING & PROCEDURES.
 - SAVE MONEY AND TIME
 - COORDINATION OF ALL YOUR SPECIALISTS
- Get a PRIVATE insurance policy that meets your needs and addresses your risks identified by your PCP
 - What are you most likely to spend your money on healthcare wise ?
- Set up an EMERGENCY/HOSPITAL CARE plan with your family/friends and PCP
 - What hospital suits your wants vs. needs ? Who will stay with you ?

HEALTHCARE RECOMMENDATIONS

- Get your regularly scheduled medical check-ups
 - Best way to avoid hospitalization is early detection of most diseases and preventative care
- Vaccines: Age & Lifestyle appropriate
 - Flu vaccine, Pneumonia Vaccine, Herpes Zoster vaccine, COVID19

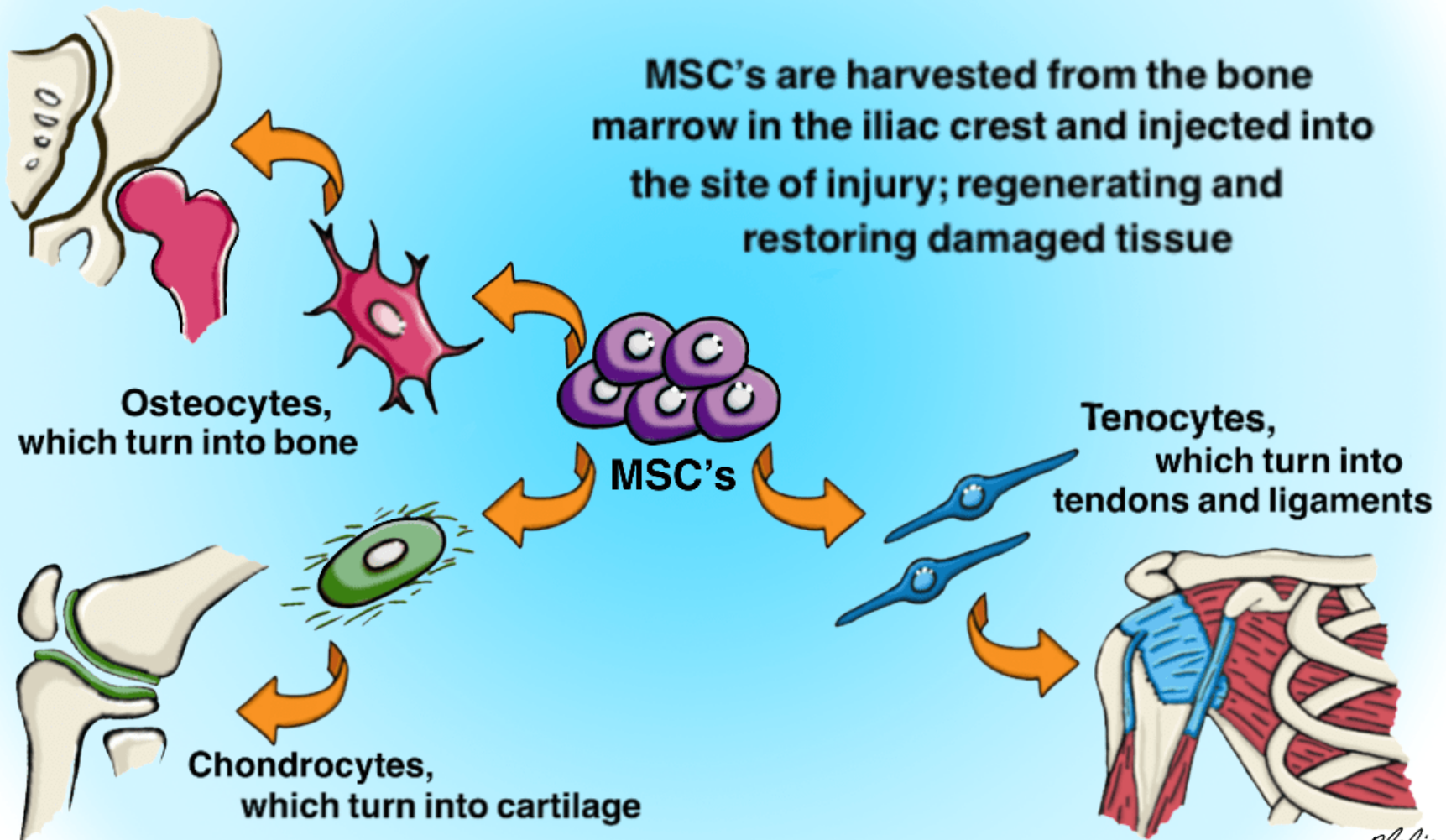


ALTERNATIVE MEDICINE

- Chiropractors
- Acupuncture
- BOWEN therapy
- Naturopaths
- STEM CELL
THERAPIES
- Regenerative medicine



Mesenchymal Stem Cells, or MSC's have the ability to differentiate into any cell type



So, what is the BEST MEDICAL
CARE in Mexico?

Q&A



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THANK YOU!

