

END-OF-LIFE RESOURCES IN OAXACA

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Oaxaca de Juarez, Oaxaca
December 2025

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MEDICAL AND END-OF-LIFE RESOURCES IN OAXACA

A) Introduction

- As death is a natural part of life, it makes sense for those of us living in Mexico to prepare for the probability that we may experience serious illness, frailty, and eventually our death here. These tips are meant to help you, your family, and friends prepare for these eventualities.
- In the summer of 2023, David Shallenberger and Ian Hawley arranged two OLL terrace talks on end-of-life care in Oaxaca. A document was produced and made available to participants. It summarized a presentation by Dr. Alberto Zamacona, updated links from K.T. Maclay's book (with permission) Beginner's Guide to Death, Dying, and Incapacitation in Oaxaca (3rd edition 2017), and included a deck on whether to join IMSS. In 2024 a small group of expats formed the *Muertos Cafe*. As the membership grew, so too did additional information.
- This version updates and adds to the 2023 document with information regarding how to navigate the care and death system. These resources aim to empower individuals living in Oaxaca to navigate the complexities of medical and end-of-life care with clarity and preparedness.
- By addressing key practicalities, including health care directives, emergency contacts, and body-disposal arrangements, the framework ensures that expats, whether living alone or with limited nearby support, can make informed decisions that align with their wishes. The emphasis is on establishing systems that minimize confusion and stress during critical moments, while also facilitating communication between local professionals and distant family members. When an emergency medical situation arises, people may ask:
 - Who will take care of the dogs, house, you?
 - Who knows about your medications?
 - Who will pay the bills and can they access your account?
 - Who will oversee your care and post-life matters?
 - Who will communicate your end-of-life treatment wishes?

This document will help guide you to ensuring your answers and supporting people have long been readied.

B) Preparation Before an Emergency

- Have a local doctor set up a file on you (an “expediente”) so he/she has knowledge of underlying health conditions to help determine that your death is likely a natural event and thus avoid a disruptive police investigation or autopsy.
- Your doctor can help ensure your health care directives (i.e. do not resuscitate) are respected.
- Set up *your emergency contacts* on your phone and/or on a form, such as that created for expats by the Lake Chapala Society:
<https://lifeplanninginjalisco.wordpress.com/>

Your *medical buddy system* can literally save your life because EMTs are not allowed to break into your home without verbal consent. If you live by yourself having a buddy with a key is critical. If you can make a call, call them and 911. This is also why you need a backup buddy. For a more fulsome description, see: <https://expathealthpulsemexico.com>. A streamlined version is provided in [Appendix 1](#).

- Having access to a Spanish-speaking buddy is important.
- Copy the front and back of your IDs such as your driver’s license, credit cards, ATM cards, CURP, passport, RFC, etc. Keep the copies in the same binder as your *emergency contact information* (the backs of these cards have the contact numbers to report the stolen or lost cards). The copies in your binder also give information to anyone on your emergency contact list. Include your list of medications. Don’t forget to update these when medications change or emergency contacts change their information.
- Set up advance *cremation/burial arrangements* (price is higher if you don’t pay in advance). {See the section on the services offered by Núñez Banuet below.} If you end up not using the service, you can transfer it to someone else. If you haven’t prepaid, the funeral home won’t release the urn until they are paid. Dr. Z has never heard of an issue with the funeral home contract; keep the original and give a copy to a friend.
- Join IMSS if you can and want to; good for emergency care, but there are big limitations (see Ian’s presentation below), including wait times and using resources that are already insufficient for Mexicans. There is a trade-off between

premiums paid now and not used vs ongoing payments to private physicians – yours to decide.

C) Nursing, Palliative, and Dementia Care

Home Nursing Services:

- **Enfermeras El Angel.** Av Independencia 1204 at Pinot Suarez. In-home nursing care for those incapacitated, fragile, seriously confused, post-op care. 12- or 6-hour shifts. 951-204-6599. One can also hire an off-duty nurse from a hospital. No English-speaking nurses.
- **Enfermero Lalo.** Geraldo Lalo Cardenas. 951 408 5996. geraeste29@gmail.com. Provides nurses round the clock in 8 hour shifts. Feedback includes “Great care, wheelchair excursions, etc.” In the case of an expat, the nurse in charge took care of the funds to pay bills and other expenses.

- A few of the probably many physicians who do **home visits** (Servicios medicos a domicilio):

- Dr. Jose Sernas Luis. 951 184 2997. (1,000 p/hr after 8 PM, 600 antes.)
- Dr. Eliseo Ruiz Calleja. 951 199 7661.
- Dra. Nelly Acevedo Cruz. 951 427 7921 or 951 179 8899.

- An Oaxaca male nurse, Victor Perez, 951-136-5163 has a US Visa and can travel as a **nurse escort** to the US.

- At the time of this writing, there are no formal **in-residence palliative care** services in Oaxaca; local families provide this care for their own. Two palliative care resources:

- Dr. Mario Leyva Garcia at Clinica Santo Tomas, also found on Facebook, phone number is +52 951-131-5384.
- Dra. Flor de Lys Sanchez of Clinica de Dolor. Address : 21 de Marzo 612, Colonia Cinco Senores. 951-514-9529. fdlsmd@hotmail.com . No English.

- To our knowledge, the only private nursing home in the area is Casa Geriatrica San Jose, in Tlalixtac. 951-119-8601, run by the highly ethical Dra. Alma Pacheco.

- Dra. Bricia Cruz Matus (951-131-9353 – English spoken) is a physician specializing in physiotherapy. She is also a member of an end-of-life care team headed by Dr. Uria Guevara, two anaesthesiologists, and several nurses. They work at your home rather than a hospital setting and are available for 24-hour nursing care. The organization is IMEDOCP (Instituto Medicina del Dolor y Cuidados Paliativos - 951-514-9529) and they can be found on Facebook.
- Assisted living institutional residences are found in the larger expat centers. For example, information on Villa Plata in Guadalajara (quite fancy), and Ohana Assisted Living in San Juan Cosala (Lake Chapala - more informal, less expensive) is found on YouTube.

D) Institutional Dementia and Alzheimer's Care

- Good paid dementia care is a rarity in Oaxaca. Care is normally provided by family – see Caring for the People of the Clouds – Aging and Dementia in Oaxaca (Oax.Sec 616.8 Y by Jonathan Yahalom) at the OLL. Friends and paid nurses can support the patient at home. Psychiatric wards are not appropriate.
- See P. 4 above, Enfermeras El Angel. Av Independencia 1204 at Pinot Suarez, or Enfermero Lalo. **In-home** nursing care for those incapacitated, fragile, seriously confused, post-op care. 12- or 6-hour shifts. Nurses know nurses and one may hire an off-duty nurse from a hospital.
- For local residential care for later stage dementia and Alzeimers, **Estancia Villa Mayor**, Gregorio Chavez #22, Tlalixtec de Cabera, 68108, Oaxaca. **Dr. Horacio Tenorio Rodriguez**, Supervising Gerontologist (speaks English), and his wife are both bilingual. but the other caregivers speak only Spanish. Estancia is a 13-bed shared-rooms private residence. **Phone 951-127-8856**. The cost is 20,000 pesos per month, plus the cost of diapers, medicines, toiletries, wheelchair, doctor appointments, or anything else the patient may needs.
- Typically, there is a waiting list but it's hard to say when a slot opens because it happens when someone dies. Doctor Tenorio requires an appointment with potential patients in his office in Colonia Reforma before accepting them to see if they are suitable (e.g. non-violent) for the unit.
- There are resources outside of Oaxaca, but still in Mexico, in the more densely populated expat communities. For example, an on-line search yielded a high rating for The Gardens in Mazatlan for full-time residential memory care.

E) When an Emergency Occurs – Hospital and Post-hospital Care:

- *If not a death*, don't automatically call 911. (911 is OK for deaths, fires, accidents, violence, but not for medical emergencies). Instead call **Ambulancias Tums (951-517-4408)** first, as well as your doctor and medical buddy.
- If you have an emergency on the street and someone else calls an ambulance (or an ambulance just comes), you'll probably be taken to the Hospital Civil. As soon as you're stabilized, you can be moved to another hospital of your choice.

Best hospital emergency care (according to Dr. Zamacona – now retired):

- *Hospital Reforma* (calle Reforma 613, Centro), and
- *Hospital San Lucas* at Av Belisario Dominguez 202, Col Reforma; emergency, cardio issues, orthopedic, skeletal and brain surgeries expertise.
- If *not* an emergency, try *Clinica Hospital Santa Fe* (Av. Pinos 703, Col. Eucaliptos - better rooms and food).
- Private hospital treatment is good; they expect a friend or family member to stay with the patient (leads to improved health outcomes). If the patient doesn't have someone to stay with them, a nurse/caregiver can be hired.
- Morphine is hard to get (you need to go through an anesthesiologist). However, other strong pain medicines are available.
- There are no obstacles to being discharged. Hospitals accept credit cards, though doctors prefer to be paid in cash.

F) Reporting a Foreign-Person Death, Handling the Body, Death Certificate.

- If you experience the death of a loved one, friend or neighbor, do NOT call 911, the police or a firetruck but call their or your doctor or *the funeral home* (see **H – Prepaid Funeral Service** below).
- The first thing is a doctor will be sent to your location by the funeral home. He or she will quickly arrive to examine the deceased and determine cause of death. A medical history and list of meds would be really helpful. This applies to a death from natural causes.
- Once the doctor issues a Certificado de Defuncion, (the death certificate) everything else will be handled by the funeral home, but you must have the

paperwork. In addition to the marriage certificate , **a copy** of the deceased's passport, birth certificate , proof of Mexican Residency, CFE bill or another bill to prove your address in Mexico. There is a move afoot to require apostilled documents but in this case maybe empathy will prevail.

- If the death is suspicious, violent, or a suicide the cause of death needs to be determined by an autopsy and these bodies are not allowed to be cremated, and they could be retained for months, by the State.
- Once the body is picked up by the funeral home, it is cremated, buried or embalmed in accordance with Mexican health authorities within 48 hours of death. If there are delays, the funeral home charges per day to store the body.
- If you die on the street the situation gets more complicated, involving the police and possibly a coroner, so if one can, die at home. (Mexicans will leave the body at home for a day or more and invite family and friends over to honor the deceased.)
- Paramedics can declare the death of a person but only a doctor can issue a death certificate (DC). A straightforward DC will enable the body pick up and cremation. Paramedics will notify the **Fiscalia** (state agency that looks after death records). The police will also come to evaluate it. Be prepared – they come with weapons as they don't know what lies behind the deceased's door.

G) Autopsy (aka A = big hassle)

- This is the time for the buddy or survivor to ask for an autopsy *if you really want one*. If insistent, the body will be taken to the city morgue – SEMEFO in San Bartolo Coyotapec – for examination. Authorities will, given the extra need for a morgue ambulance, police report, involvement of the Fiscalia, multiple forms to be completed, extra expense, etc. try to talk you out of it if the situation looks normal. The formal autopsy results take about 5 days.
- Once a doctor completes the death certificate, the funeral home that has been called can fetch the body (the funeral home may send their own doctor if requested – see notes on Nunez Banuet below).
- If your medical buddy doesn't have the power of attorney to process the deceased's remains (see Power of Attorney section), it can be done after death (assuming proof of Buddy role) but it will take five days.

- When a *U.S. citizen dies in Mexico*, the U.S. Embassy or Consular Agent prepares a Report of Death from the local Mexican death certificate. This is required so that you can legally certify a death overseas and undertake any legal proceedings for estate or insurance back in the U.S. From: <https://www.us-funerals.com/what-to-do-when-a-us-citizen-dies-in-mexico/> (Likely the same scenario for Canadians.)

If You are the Surviving Partner

- Paperwork upon death: the survivor calls their physician, doctor fills out the death certificate and gives it to the person, who gives it to the funeral home. A funeral home will wait up to 48 hours before they have the paperwork. Núñez Banuet, for example, will let the US consulate know about the death. A Death certificate has 6 carbon copies, the last one is your legal document. The consulate sends a copy to the embassy in Mexico City - then they will forward it to the emergency contact. The survivor will inform government and private pension authorities and apply for survivor benefits.
- Is it possible to get more certified copies of a death certificate? Yes – just go to a notary, take the document, identify yourself and they will make certified copies. If US banks need a copy of the death certificate, they accept certified translations.
- If you are planning on cremation, the funeral home will take the body as is, wrap it in a clean sheet and take it away. If you prefer burial, you need to buy a coffin and a plot.
- There are no laws regarding disposal of ashes here, nor issues in transporting ashes to USA, although the funeral home needs to issue you a government certificate verifying the contents of the urn.

See Appendix 3 for a summary.

H) Where a (Typically Single) Person Dies Alone

- If someone dies alone and the body is not quickly discovered, a call to 911 will activate the disposal process. The person's physician is unable to complete the death certificate if the person died alone. Instead, the Fiscalia comes and orders an autopsy. The body goes to SEMEFO (city morgue in San Bartolo - see Autopsy section above).

- Once the body is removed, you, if the death occurs on your premises, or the landlord if in an apartment, contact Sunshine Cleaner (via Facebook page) to clean up. Men will arrive wearing hazmat suits and remove any contaminated furniture and thoroughly clean the premises. Cost is typically 9,000 pesos. BUT before they can proceed, they will need a release form from the Fiscalia. The Fiscalia can issue a waiver rather than wait for the autopsy and coroner-issued certificate to facilitate cleaning. If this isn't feasible, the cleaners will have you sign a waiver to take responsibility in case it turns out to be a crime scene.
- To get the body to a funeral home, you - as medical buddy by plan or default – will need to contact the funeral home. After arrangements with the funeral home are made, you will need to bring ID (passport, birth certificate, CURP, marriage certificate) to SEMEFO (city morgue) to be interviewed by the coroner, who fills out the death certificate using your information about the deceased.
- You take the death certificate to the Fiscalia (Calle de M. Arista 312, Centro) and they will issue a *Release form* that allows the funeral home to take the body. Contact the funeral home to fetch the body; they will need to meet you at the morgue. The home will soon provide a certificate of cremation (disposal certificate) and the ashes, take it to the Fiscalia so they can close the file.
- If you, as designated responsible person are not a family member and you don't have Power of Attorney, the deceased's family in the US or Canada will need to grant you the authority but it must be translated by a certified translator. The process can take around 5 days. However, the death certificate *may* be secured with a directive as per Appendix 6: Naming Someone for Body Disposal and to Secure the Death Certificate

I) Prepaid Funeral Service - Nunez Banuet 951-514-1440/951-187-8453

- Having an end-of-life plan, including a Declaración Jurada (similar to a living will), can help ensure your wishes regarding burial or cremation are followed in Mexico. This can be taken into account when you contract a prepaid funeral service such as Nunez Banuet (Almendros 600 at Lic. Manual Ruiz (becomes Violetas further north) in Col. Reforma, or Av. Independencia #501).
- Other funeral businesses may offer a similar service, but a brief inquiry into a couple left me feeling confused about just what was offered (likely a language issue). Surprisingly, their prices were close to Nunez Banuet but with less professionalism. Nunez Banuet was recommended by Dr. Z. They will need a

death certificate from a physician, preferably one who knows about the physical health of the deceased. If such a physician is not available, Nunez Banuet can provide a doctor for this purpose.

- The pre-death contract is done at their office across the Manual Ruiz boulevard (west side) from the funeral home. The main office will direct you there.
- Veronica Nunez (English spoken) at 951-547-0874 prepared our contracts (they also offer a pet cremation service, e.g. 1,900 pesos for a cat). Enrollment cannot be done over the phone as you will need multiple ID documents.
- The prepaid service includes body collection, paperwork (doctors for listing date, time and cause of death), authorization of cremation, copies of Mexican death certificates – get plenty! e.g. one for US Consulate or CDN Embassy to enable survivor benefits, cancellation of public pensions), cremation, delivery of ashes.
- As of 2025, the prepaid body pick up and disposal service is 18,500 pesos. They have a 24-hour number to call in case of a death.
- To designate someone to claim your remains in Mexico, you should create a notarized document, like a **declaración jurada** or a power of attorney, specifying the person/s you authorize to make arrangements for your remains. This document should be clear about your wishes for disposition (burial or cremation) and any specific instructions. It's highly recommended to have this done, especially for expats in Mexico, as it can simplify the process for your designated person.

J) Power of Attorney - Reasons for a Notario

If you do all or any of these, make sure there is no sunset clause, in other words make sure you have a durable rather than the standard 5-year version.

- (i) Set up two kinds of durable powers of attorney with a Notario that remain in place beyond mental and physical incapacitation. One enables a friend to get the death certificate from a doctor or funeral home. This enables the processing of government forms, for example. Important if you are single. Give this person your family contact information.
- (ii) The other power of attorney is to identify in advance a 'guardian' who will make decisions for the individual when the individual is mentally or physically

incapacitated. This person should know your wishes about the continuing care of pets. Irksomely, as of 2025, a Notario will need your IDs in Spanish, apostilled. The Consulate- or Embassy-approved translators will only accept original documents; best done in person to avoid potential loss.

- (iii) If you have significant financial wealth in Mexico, get a will and an executor for it. Get powers of attorney for care and a statement for whomever will dispose of your remains. If, however, the bulk of your financial and real assets are in your home country, a will there would probably suffice.
- (iv) **An apostille** is a certificate that authenticates the origin of a public document (e.g. birth and marriage certificates) for international use. It verifies the signature and seal of an official on a document making it valid in countries that are part of the Hague Convention, e.g. Mexico. You will need to contact the US Consulate in Oaxaca, or if you are Canadian, the Embassy in Mexico City. A fee of 819 pesos per original document is required. As mentioned, submitting the documents in person to the designated translator is important.
- (v) *If you were married in a country other than Mexico* you must have your marriage certificate apostilled if that country is part of an agreement called the Hague Convention and then in Mexico translated into Spanish by a certified translator. A Canadian marriage certificate has to be authenticated by a Consulate or Embassy then taken to a Mexican consulate for stamping and then in Mexico translated. It is recommended (not required) that all marriage certificates then be taken to the Civil Registry office to be "enrolled". The marriage certificate is vital to proving Next of Kin. If you have no known Next of Kin, please talk to a lawyer. Another important reason for providing an apostilled/ authenticated marriage certificate is that the surviving spouse's name goes on the death certificate. This is necessary if there are pensions or other benefits you are entitled to.
- (vi) A will from any other country is NOT valid in Mexico. A Mexican will is important to bequeath your assets. Your **executor** for your Mexican will needs to be able to communicate with your family, wherever they may be. This info is also part of your Medical Buddy package.

K) Other Resources to Assist You and Your Survivors

1. Why Creating an End-of-Life Plan for Expats in Mexico is a Good Idea

<https://wellnessshepherd.com/2018/09/11/why-creating-an-end-of-life-plan-for-expats-in-mexico-is-a-good-idea/>

2. Livewishes.org

A manual for Advanced Care planning to ensure the impaired and dying are not isolated, and have their medical, spiritual, emotional, and personal wishes respected.

<https://lifeplanninginjalisco.wordpress.com/> or

Info on the Mexican federal end-of-life legislation which provides for an equivalent of a 'durable power of attorney' and health care directives for palliative care when a person has been diagnosed with a terminal disease (does NOT apply to dementia or Alzheimer's disease).

<https://lifeplanninginjalisco.wordpress.com/2011/09/04/sample-mx-federal-legislation-end-of-life-document/> A slightly streamlined version is provided in Appendix 2.

3. Booklet "Being Prepared for Life and Death Lakeside". Includes info on Notario Publicos, Health Care Directives, Wills, Powers of Attorney, and more.

Also offers a "*Post Life Emergency Registry*" form.

lakechapalasociety.com/public/post-life

4. From the Government of Canada website

travel.gc.ca/docs/publications/death_mexico_en.pdf

Download the "What if I Die in Mexico" flyer. Some excerpts:

- Mexican authorities often request identification documents (passports, birth and marriage certificates) both for the deceased and for the family member or representative collecting the body. Make your funeral preparations in advance.
- Make your will. If you have property or bank accounts in Mexico, you should have wills in both Mexico and Canada. Make sure your representative knows where to find them. If your remains are to be returned to Canada, make sure you have identified funeral homes in both Canada and Mexico; if your ashes are to be repatriated, there is no need to contact a CDN funeral home.
- Your representative should bring your passport to the CDN Embassy or Consulate to be cancelled. They will return the cancelled passport upon request. Any passport office in Canada can also do this.

5. YouTube Videos

- a. Molly is Taught the Process of Death, FX channel, 4 and ½ minutes.
- b. The Tibetan Book of the Dead (1994) by the National Film Board of Canada. Narrated by Leonard Cohen. 43 minutes. There is also a 1 hour 33 minute version. This is a truly superb production.
- c. Sadhguru (all about 10 minutes):
 - i. In Old Age Don't Live With Your Children...
 - ii. What Happens After Death
 - iii. Approaching Death With Grace
 - iv. Under the Faith and Wisdom site: When you Grow Old and are Alone.

6. PDF online book **Being Mortal** by Dr. Atul Gawande.

Litcharts.com/lit/being mortal. (Recommended by death dula and Muertos Café member, Malia Cecilia Ronderos. Her website is **aPlaceToGrieve.**)

7. Book: "**In the Face of Fear – Buddhist Teachings for Challenging Times**" by Pema Chodron. Buddhist (not in OLL catalogue).

8. **Grieving:**

- a. agingwithdignity.org/resource-directory/how-to-grieve-without-getting-stuck/
- b. A resource of awareness on grief and death based in San Miguel can be accessed via Facebook: Fundacion Elisabeth Kubler-Ross Mexico Centro. Blog in English is at Ekrmexico.org/en/blog-2.

L) IMSS:

Slides are shown below:

IMSS

2023

To enroll or not to enroll?

1

- The institution in charge of social security in Mexico is the Mexican Social Security Institute, referred to as IMSS because of its name in Spanish: Instituto Mexicano del Seguro Social.

The IMSS healthcare service was founded in 1943 and is funded by a combination of the Federal government, employer and employee payroll taxes, and individual contributions where enrolment on an independent/voluntary basis.

2

Eligibility for Enrolment

You will be denied enrollment for the following preconditions:

- Congenital diseases
- Chronic degenerative diseases.
- Malignant tumours.
- Addictions.
- Mental illness.
- HIV.

- IMSS does not cover eye care, dental, elective surgeries (e.g. plastic surgery, weight loss), infertility treatments, or treatments for self-inflicted injuries.

3

To enroll you'll need your:

- Marriage certificate, if applicable.
- Passport.
- CURP (personal ID code number allocated to both citizens and residents of Mexico).
- Proof of address (e.g. an electric bill).
- RFC (Mexico's social insurance number).
- Completed IMSS Application form and health questionnaire.
- Two photographs, same format as those for a passport.
- Bank payment receipt for the first-year's premium (made on the day you visit the local IMSS office)

4

2023 Premiums

Age range	Annual quota
0-19	\$8,200
20-29	\$10,200
30-39	\$10,950
40-49	\$12,700
50-59	\$13,150
60-69	\$18,300
70-79	\$19,050
80 and over	\$19,700

5

- Once enrolled you are given a book (medical diary) and access to the IMSS APP for your phone to book appointments, etc.
- You are assigned to a local clinic/hospital and a doctor where and who you go for regular check-ups, emergencies, and to obtain prescriptions.
- If you need the services of a specialist referrals are made to IMSS medical specialists only via your assigned doctor. (IMSS specialists with in-clinic backlogs may steer you to their outside office for quicker access; you'll have to pay their private sector fees.)
- Medications prescribed by your doctor can be obtained for no cost at the pharmacy associated with the local IMSS. If the medication is unavailable there (shortages are not uncommon), your doctor will issue you a Rx so you can buy the medicine (out of pocket) at a private pharmacy.

6

- As expected, there are waiting periods for non-emergency procedures. IMSS members who get their coverage as part of their formal employment are given priority over those who enrolled independently.
- Wait times are a function of local demand. Some foreign residents report good care, others report disappointments and shortcomings. Typically, the demand for services exceeds the supply of treatment resources.
- If you are interned in an IMSS hospital, your family and friends are expected to provide support and bring amenities to you. This is quite different to private hospitalization where everything covered is 'laid-on' (and billed to the account).

7

To enroll or not?

- As Canadians we were used to quality, comprehensive, mostly timely, and free health care (paid through general tax revenues).
- We wanted public coverage here as a backstop - a kind of Plan B should something drastic happen.
- We were treated well at the IMSS induction and appreciate their accent on disease and illness prevention.
- However, after a year we decided not to renew.

8

- Reasons for leaving IMSS include wait times at IMSS hospitals. By contrast, private health care offers quick access, good quality, and is affordable. The premiums no paid to IMSS cover a lot of doctor visits (depending on the intervention).

We also did not wish to crowd out locals when we can afford not to do so. At IMSS, we did get many “Why are you here?” looks from patients and their families. Also if we needed to stay overnight, chances are you’d be in a hallway, not in a bed but given a wheelchair to slumber in.

Our IMSS enrollment was easy because we hired, for a modest fee, a retired IMSS bureaucrat with 30 years experience. (He also helped us get our RFCs):

Martin Bonequi@ 951 190 8378

9

Appendix 1: Creating Your Medical Buddy Team

It's not simply getting access to medical care and communicating in Spanish when emergencies happen. You may also need help after the medical emergency is over.

IF YOU ARE ON YOUR OWN IN MEXICO, WHO IS GOING TO HELP YOU?

The medical buddy system can help with aftercare, if necessary. Picking up medication, helping you move around the house, providing meals, and walking dogs are just some of the ways the medical buddy system can help.

What Your Medical Buddy System Needs to Assist You

Finding your medical buddy system is just the first part of ensuring you will be taken care of in an emergency. It's crucial to put together a physical and/or digital folder of all your necessary personal and medical information. And make sure your medical buddy knows how to access this information.

Checklist for developing an emergency contact 'system'

- ✓ Identify several persons who can be contacted in an emergency.
- ✓ Contact them and ask them to be part of your emergency contact system.
- ✓ Put into print all contact information, noting who has the house key, etc.
- ✓ Share this information via email or distribute a hard copy to everyone.
- ✓ Make a wallet card that includes part or all of their names. (Make sure to carry the wallet card.)
- ✓ Load their phone numbers on your cell phone.
- ✓ List of all the emergency contact next to your computer or on the refrigerator, along with all of your general emergency telephone numbers such as Cruz Roja.
- ✓ Make sure your family and friends know who can make medical or financial decision for you.
- ✓ Make sure a few people know where to find your Emergency Information 'Binder':
 - Health insurance ID card if applicable
 - Credit card and codes, location of cash, debit card ATM codes to enable payments while you are waylaid.
 - General doctor's contact information.
 - Insurance broker's contact information if applicable.
 - Family members contact information
 - Lawyers contact information for wills and power of attorney
 - List of medication, allergies.

- With these necessities in place, your medical buddy can help by getting your insurance and broker involved, contacting your family and friends, arranging care for pets, and anything else needed to help you focus on treatment.
- It is critical to have emergency cash on hand in a medical emergency in Mexico, no matter your insurance coverage. 25,000 pesos on hand is a decent amount. deposit to start treatment. Be sure your medical buddy knows how to access your money.

How to Prepare Your Expat Emergency Support System

Here are some tips to make sure everyone is ready for an emergency:

Key documents. Have your key documents somewhere accessible and go over them with your support network. This can be a physical file or a digital file – whatever is easiest for you.

Cash! Emergency cash is important to have on hand for many reasons, including Mexican hospital regulations requiring payment.

Emergency contact list.

Make sure the contact information is up to date:

- Key family members
- Insurance company and/or financial advisor.
- Family doctor, lawyer or notary, in Mexico and your passport country, if applicable
- **Instructions for children (if the other parent isn't available).** Tell them who your buddies are and what is expected of them, including the powers to look after you. Make sure the caregiver has their contact info and vice versa. Tell them you would appreciate them abiding by your wishes.
- **Instructions for pet care.** Include contact information for a pet sitter or boarding location. Your buddy will need to know about your pet's bed, medications, and food.
- **Chargers and batteries for necessary devices.** Keep chargers in a safe place where they can easily be located by your medical buddy.

Legal Reasons Having a Medical Buddy System

- While we don't want to think about it, one of the most important reasons to utilize the expat emergency support system is in case of death. Having a support network provides peace of mind for your estate and finances should anything dire happen.

- If someone passes away in Mexico and no one knows whom to contact, your assets will go toward finding the next of kin. If someone passes away in the hospital without any findable beneficiaries, their property will be distributed to the Mexican government until the next of kin can be found.
- If the next of kin isn't found, someone in Mexico could end up enjoying your assets. So if you have significant assets, have a will or, otherwise, a good understanding by your buddy of what you intend for your material goods.
- For instance, a doctor or lawyer could end up with a nice piece of land or a cash windfall. With a medical buddy system in place, your lawyer will be contacted to manage the details to ensure your valuables are properly taken care of.

How to Find Your Expat Emergency Support System

- The good news is that putting a medical buddy system in place isn't hard for an expat. There are many other expats living in Mexico in the same position as you – you all need one another! Start by talking to your friends and community already living in Mexico! Just make sure the people you entrust to your medical buddy system **are trustworthy and reliable**. Make sure you build a medical buddy team (3 or 4) – not just one buddy.

Appendix 2: Phone Numbers to Keep Handy

- Ambulancias Tums 951-517-4408
- Emergencias 911
- Policia Municipal 951 517 7484
- Policia Estadal 951 551 0003
- Vialidad Estadal 951 516 3415
- Cruz Roja Mexicana 951 516 4455
- H, Cuerpo de Bomberos 951 506 0248
- Unidad Estadial de Proteccion Civil 951 144 7009
- Comision Federal de Electricidad 071

Appendix 3: End-of-Life Health Care Designation for Medical Decisions

Approved by Vargas and Espinosa; Acosta & Associates, and Macias & Macias. Life Planning in Jalisco, Copyright 2011 (v3) by Susan Reynolds. Make sure your family members are onside. *Have this document translated.* This Designation of Person(s) for Medical Decisions and Health Care Directives is written in accordance with the Mexican Legislative Decree Reforming and Adding to the General Health Law of Palliative Care (DOF 05 January 2009), Chapter II, Paragraph X, Article 166 Bis 5. Bis 4 provides that this document can be revoked at any time.

Person(s) authorized to make Medical Decisions

I, _____, authorize _____ to make medical decisions on my behalf if I am unable to speak for myself in any way. In the event that _____ is unable or unwilling, I designate _____, then _____, then _____, in this order.

Health Care Directives

The following are my directives if I am unable to cogently communicate. I write this in an alert state and mentally capable of making these decisions.

If the medical doctor who is in charge of caring for me states that my condition is terminal and irreversible, that I'm in a permanent vegetative state, or that I am in a coma with no reasonable belief this will change *and* that I'm expected to live less than six (6) months, follow these health care directives (**follow the legislation**):

- I **WANT (e.g.)** hospice care at home (Art. 166 Bis 9).
- I **WANT (e.g.)** treatment measures my physician believes will keep me comfortable and relieve pain though these may shorten my life (Art. 166 Bis 16).
- I **DO NOT WANT (e.g.)** any life-sustaining treatments. This includes breathing and kidney machines, heart medications, blood transfusions, heart lung resuscitation, or administration of fluids and nutrition in any manner.
- I **DO NOT WANT (e.g.)** any invasive diagnostic tests or procedures after my acceptance of my condition.

Dated: _____

Signature: _____ Print Name: _____

Witness: _____ Print Name: _____

Witness: _____ Print Name: _____

Appendix 4: To Summarize the Swirl Around the Death Certificate:

When someone dies in Oaxaca, there are two processes:

- Local Mexican death certification
- Consular reporting (if the deceased was a U.S. or Canadian citizen)

Step 1: Obtain the Mexican Death Certificate

If death occurs at home:

- Call the doctor (ideally one who knows the person's medical history).
- Doctor issues the official acta de defunción.

If death occurs alone, in public, or is unexpected/suspicious:

- Police & Fiscalía investigate.
- Body goes to SEMEFO (city morgue in San Bartolo Coyotape) for autopsy. Coroner issues the death certificate.

Tip: The Mexican death certificate is carbon-copied; get several certified copies from a Notario Público. These are needed for cremation/burial, to close bank accounts, claim pensions, and more.

Step 2: Coordinate with the Funeral Home

- Contact the funeral home (e.g., Núñez Banuet, 951-514-1440 / 951-187-8453).
- Funeral home collects the body, handles paperwork, and issues:
 - Cremation certificate or disposal certificate.
 - Certified copies of the death certificate.
 - Funeral home may also help notify the consulate.

Step 3A: U.S. Citizens — Notify the U.S. Consulate

- Deaths of U.S. citizens abroad must be reported so the U.S. government can issue a Consular Report of Death Abroad (**CRODA**) — the functional equivalent of a U.S. death certificate. Contact the U.S. Consular Agency, Oaxaca. C. Macedonio Alcalá 407, Unit 20, Centro. Toll free 800-681-9374. Or U.S. Embassy, Mexico City: +52-55-5080-2000.

Documents usually required:

- Certified Mexican death certificate.
- Deceased's U.S. passport (to be cancelled and can be returned upon request).
- Completed consular forms (provided by the Consulate).

Process:

- Consular Agency forwards documents to the Embassy.
- Embassy issues the CRODA (typically up to ~20 copies).

- The CRODA is accepted by U.S. banks, Social Security, insurance companies, and other institutions.

Tip: Keep multiple certified copies of both the Mexican death certificate and CRODA.

Step 3B: Canadians — Notify the Canadian Authorities

- Deaths of Canadians should be reported so a Canadian consular death file can be opened, and assistance provided to survivors. Contact the Canadian Embassy in Mexico City (there is no Consular Service for Oaxaca).
Calle [Schiller No. 529](#), Col. Polanco, Mexico City. +52-55-5724-7900.
Email: mxicocs@international.gc.ca

Appendix 5: Naming Someone for Body Disposal and to Secure the Death Certificate

It's best to have purchased a prepaid body disposal plan but, even if you have one, it may be a good idea – especially if you are living as a single person – to have available a form like the one below, definitely the Spanish version, on Notario letterhead if possible.

"By means of this letter, I, _____ wish my body to be cremated upon my death, and I certify that I have no relatives in Mexican territory. Therefore, I grant _____ power of attorney to process the medical death certificate form with the corresponding Health Jurisdiction and to carry out the corresponding procedures with the civil registry to issue the death certificate."

Print Name _____ Signature _____

Date _____

En Espanol:

Por medio de la presente, yo, _____ deseo que mi cuerpo sea cremado cuando llegue a fallecer y hago constar que no tengo ningun familiar en territorio mexicano por lo tanto, otorgo el poder a _____ para que tramite ante la Jurisdiccion Sanitaria correspondiente el formato del certificado medico de defuncion y realice los trámites correspondientes ante el registro civil para poder levantar el acta de defuncion.

Nombre Impreso _____ Firma _____
Fecha _____.

Appendix 6: Voluntary Assisted Dying Considerations

Death is not the problem, it's the dying. Most people would like to exit gracefully, with pain management as needed or wanted. In Mexico, access to strong pain medications is highly restricted; some physicians may balk at delivering doses that speed up the dying process. While it's likely that adequate pain relief will be provided, one wants certainty.

A number of countries, Canada included, have legislation that enables death with dignity. If one is slipping into conditions that basically eliminate one's quality of life, and impose significant demands on ones partner, friends, and family, having an exit strategy can be appropriate. Canadian legislation may serve as a guide when structuring your decision.

Enacted in 2016, Canada's medical assistance in dying (MAID) legislation allows eligible adults to receive medical assistance to end their lives. To assist you with your own criteria, to be eligible for medical assistance in dying, individuals must meet all the following criteria:

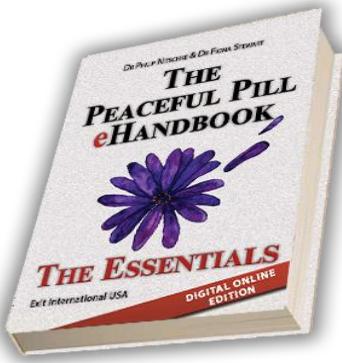
- Be at least 18 years old.
- Have a grievous and irremediable medical condition, which includes a serious and incurable illness, disease, or disability.
- Be able to make health care decisions *and provide informed consent*.
- Be in an advanced state of irreversible decline in capability.
- Be experiencing enduring and intolerable physical or psychological suffering that cannot be relieved under conditions the person considers acceptable.
- Be making the request of their own free will, without outside pressure.
- The Criminal Code now exempts doctors and nurse practitioners who provide MAID, and provincial/territorial regulatory bodies issue binding requirements for practitioners.
- A written request for dying assistance must be signed and dated in the presence of one independent witness, who confirms the signing and dating. The witness must be at least 18 years old and understand the nature of the request.

At the time of writing, Mexico has no such provisions, which creates uncertainty when one is most vulnerable. Doctors here will follow your instructions regarding allowing you to passively die, e.g. no food, water, medications except for pain management, and respect a prewritten Do Not Resuscitate (DNR) order. However, interventions to accelerate death, no matter the dying persons wishes, is unlawful

(see Appendix 2). This is where **Exit International** or other similar resources can help. Exit's philosophy as stated by its founder:

'At Exit, we believe that it is the fundamental human right of every adult of sound mind, to be able to plan for the end of their life in a way that is reliable, peaceful & at a time of their choosing' – Dr Philip Nitschke

The ebook shown below is available to those over age 50 and can be purchased from Exit. It contains ideas on exiting the body peacefully when the time is right:



Exit International, a non-profit, was founded in Australia and has an online supporter base of over 30,000 in countries around the world. Exit's income is from memberships, bequests & other donations. Exit is a public limited company which is non-profit. Exit's 501(c)3 is **Exit Generation** and donations are tax deductible in the USA.

The average age of Exit members is 75 years. Most Exit members are the well elderly, while a significant minority of members are seriously ill. You can explore exit options to help ensure death with dignity on their web page and via the above-noted book

Source: National Institutes of Health: Suicide by helium (an easily accessible inert, non-flammable gas commonly used to fill balloons) inhalation has become increasingly common in the last few decades in Europe and the US because it produces a quick and painless death. Helium is a colorless and odorless inert gas that cannot be detected using standard toxicological analysis.

Source: Wikipedia: When humans breathe in an asphyxiant gas or any other physiologically inert gas, they exhale carbon dioxide without re-supplying oxygen. Physiologically inert gases (those that have no toxic effect, but merely dilute oxygen) are generally free of odor and taste. Accordingly, the human subject detects little abnormal sensation as the oxygen level falls. This leads to asphyxiation (death from lack of oxygen) without the painful and traumatic feeling of suffocation (the hypercapnic alarm response, which in humans arises mostly from carbon dioxide levels rising). A slow decrease in oxygen breathing gas content can produce variable or no sensation. By contrast, suddenly breathing pure inert gas causes oxygen levels in the blood to fall

precipitously, and may lead to unconsciousness in only a few breaths, with no symptoms at all.

Appendix 7: Recommended Medical Personal

There are many competent human health resources in Oaxaca to help address a multiplicity of medical issues. This section mainly focuses on those familiar to and recommended by many expats. This list is compiled by me with significant contributions from **Chanel Copeland** who helped arrange a talk on (mainly public) health care at the OLL. This list is not exhaustive – please forward to me the contact information of health care professionals with whom you have had a fully satisfactory experience.

You can also research medical staff on Oaxaca FB pages, and get ratings for many personnel on the internet.

Criteria for inclusion in this list include a professional's established high skill level, readiness to keep abreast of research and developments in their area of expertise, an aura of competence and interest, good communication skills (e.g. explain why they prescribe a procedure or drug and possible side effects), integrity (e.g. don't upcharge, e.g. order seemingly needless visits, tests or procedures with self or colleagues).

Regular physicians for non-emergencies: many speak English and consultation fees vary: 500 pesos for many very good ones, 750 for some follow-ups with specialists, while some non-specialists who are as good, able to speak English, may charge (exploit?) expats 1,000/consult.

Many **Ahorro** and **Similares** Farmacias offer free (donations accepted) physician consultations. Few of these physicians speak English, but Google Translate addresses that. For example, **Dr. Josafal Luna Morales** at farmacia ahorro on Juarez across from Llano Park offers super service, as does **Dr. Danny** at the new Ahorro on Calz. Porfirio Diaz across from the PEMEX on Belasario Dominguez in Col Reforma. Both provide excellent care on a drop in basis.

Ratings: Do staff and family pad ratings? That's why these recommendations matter.

PSYCHOTHERAPY

Arlene Starkman, M.A.

Depression, marital issues, anxiety, etc.

Canadian-trained long time Oaxaca resident with 30 years experience.

Very highly recommended.

Utmost confidentiality.

Tel: 951 188 2794

arlenetstarkman@gmail.com

PHYSIOTHERAPY / ACUPUNCTURE

Solatium Centro de Terapia Fisica y Rehabilitacion

951 200 3155 or Or 951-206-4204

Karla* (ella habla Ingles) plus others.

Av. Mexico 68 #401 (just west of Av. de las Etnias)

96% recommendation rate.

Anon: "I went here for several sessions for shoulder pain after a fall. My therapist was wonderful. She was gentle and very caring. She also speaks English. This center also does therapeutic massage and acupuncture, but I have not had those services here. Someone else also recommended this place and had a PT named Karla, who helped her with a leg problem."

PT: Marylin Bernabe (and her colleague Giovanni)

Privada de Almendros # 106

South end of Reforma, near ADO

951-320-6466

Great physical therapists, can adapt to medical and physical needs

Elisa Madai - Physio

Contact via WhatsApp 52-222-579-0390

Korpoe Fisioterapia Oaxaca

405C Pensamientos, Col Reforma (near Chedraui)

Anon: "I have seen her for my shoulder (injured after a fall), and for a trigger thumb. She is kind, helpful, gentle, and knowledgeable). Speaks some English. She treated me with a combination of dry needling, infrared therapy, gentle massage, heat therapy, k-tape, and massage."

Eugenia Traslosheros – Acupuncture, mental health provider

+52 951 128 4275

eugenia.translos@gmail.com

Col. Reforma, Sabinos 902

Speaks English fluently

Dra. Gabriel Guerrero - Chiropractor

557-993-9087

xipecuauhtli.lg@gmail.com

Calzada Francisco Madera 504

Fisirosport and personal training

In the comfort and safety of your own home.

Alejandro may suggest supplements intended to boost your immune system.

Contact: Alejandro via WhatsApp [+52-552-218-1355](tel:+525522181355) for a free consultation.

For a personal experience recommendation contact Joan Harmon.

Centro de Fisioterapia y Psococorporal

Gabriela Von Knoop

Calle del Panteón 105

951 520 0291

Ilse Garcia Guevara, L.T.F.
951-505-5920 tf.ilse.gq@gmail.com . Speaks English.

Dr. Bricia Matus, M.D., physical therapist.
Spanish and English.
Miguel Cabrera 643 (south end of Centro).
Cell 951 131 93 53 cruz_mateis1958@hotmail.com
Highly recommended and seen by much of the ex-pat community.

Paco Sandoval Fisioterapia
951 117 3625. Anon: "Received excellent care for deconditioning."

NURSING SERVICES

Enfermas las Angelitas
Licensed Nurses—providing at-home service and in hospitals in the region.

24-hour service, taking vital signs and blood glucose, drug applications, serum installation, installation of urinary catheters, elderly care.

WhatsApp: [951-654-2505](https://wa.me/529516542505) FaceBook: *Enfermeras las angelitas*.

Note: Many expats know of nurses or near-nurses who can assist with basic activities of daily living, including on their off shifts from hospital or other nursing jobs.

LAB TECHS Come To Your Home

ARH Lab – a group of labs throughout Oaxaca.
There are many labs in Oaxaca. This one is signaled out because a technician will come to your home to take blood or urine tests. Other labs may offer the same service – let me know.

Their lab test price list, including daily and year end specials, is on their web page:
<https://arhlaboratorios.com/>. Whatsapp: 951-233-3401.

Please do your own research. These recommendations are only that – your experience will be your own, but hopefully it will be one that reflects the good opinion of the expat contributors.

PAIN DOCTOR

For debilitating terminal pain, it can be difficult to get morphine/hydromorphone, fentanyl. They may be prescribed by an anesthesiologist, oncologist, or surgeon close to your case, but not a regular physician. Sedating drugs such as Midazolam (aka Versed) are more available for

restlessness and lesser pain. If prescribed, not all pharmacies carry them, and you must fill the prescription with your ID (passport and/IMN card). For supervised pain care, a contact is:

Dra. Arilda Velázquez

Hospital San Lucas (Belisario Dominguez at Las Rosas).

951-132-9159.

Colonia Reforma

Compassionate care for those suffering chronic pain.

NEUROSURGERY / NEUROLOGY / EPILEPTOLOGY

Dr. Edmundo González Sosa – Neurocirujano

Spine and brain surgeon – Highly recommended.

Hospital San Lucas, Colonia Reforma

Calle Las Rosas 211

WhatsApp 951 226 9213

Anon: "Highly skilled back and brain surgeon. Ranks very high on integrity and skill. Speaks fine English." Rating is 4.8 out of 5 by 17 clients.

Spine Clinic – Orthopedia y Traumatología

Crespo 627-A, Centro., Oaxaca de Juárez, Mexico

951 514 5253 or 951-288-9522.

clinicspineoaxaca@hotmail.com. See page on Facebook.

Dra. Alejandra Aquino

Calle de Armenta y Lopez 619

South of Centro, near La Noria

951-116-9830.

Anon: "Thoughtful and extensive, goes through tests carefully."

Dr. Luid Alcaraz – Epileptologist (video calls as is in Mex City)

CDMX: Centro Aura

San Francisco 524, Colonia del Valle Centro Benito Juarez

55-5917-3610

In a large epilepsy center, Smart, helpful, does video consultations

Dr. Gil Martinez – Neuropsychologist (Mex City)

Plaza Punto MAQ, Av. Miguel Angel de Quevedo 1144

Parque San Andres, Coyoacan, 04040 CDMX

55-7216-4442

ORTHOPEDISTS / TRAUMA

Dr. Hector Rodriguez Castro – Trauma, Ortho

San Lucas Hospital on Ave Belisario Domínguez 202 Reforma Oaxaca De Juarez OAXACA

+52 951 128 3896

Dra. Hazaél Jiménez - Ortho

Centro Ambulatorio Santa Fe

Los Libros 602

55-4553-4753 or 951-513-4974

Anon: "Takes great time in explaining things; careful and thoughtful."**Dr. Saúl Mingüer Vargas – Orthopedics - knee and hip replacements**

Hospital San Lucas, Calle las Rosas 210 (at Belasario D'Sominguez), Colonia Reforma

WhatsApp 951 351 7371

me.minguer@gmail.comAnon: "While post-op follow-ups are standard, at some point they can become excessive (and at 1,300 per visit). You have control. His surgical team is top drawer and the procedural results are fully satisfactory."**Dra. Lilia Evelyn Acevedo Rojas**

OSMO Clinic. Humboldt 302

Rating 4.8 out of 5, 13 evaluations.

Dr. Ulises Pérez Montesinos (orthopedics - joints)

Clinica Almendros

De Almendros 210, Colonia Reforma

554-454-7937

Dr. Leonel Leyva Morgan – Orthopedics, traumatology

Emiliano Zapata 208, Reforma,

951-117-3335

Dr. Ernesto Dávila Fernández - Orthopedics and Traumatology

Av. Juarez 200, Centro

951-514-0734

Anon: "He has done both my wife's hips, a knee problem, put me back together after a motorcycle accident, looked after a comadre's orthopedic issues, etc."

GASTROINTESTINAL**Dr. Francisco Durón Sibaja**

Endoscopy, Laparoscopy, general surgery

Calle Libres 602, Centro

WhatsApp 951 228 6770

Anon: "Excellent medical and communication skills. Doesn't upcharge. Speaks English."

NUTRITIONIST

Erika Ángel Cruz.

951-161-8564

Hospital San Lucas, Col Reforma erika.angelcruz@gmail.com

RHEUMATOLOGY

Physiotherapy and Psychocorporal Center
Gabriela Von Knoop
Calle del Panteón 105
951 520 0291

GYNAECOLOGIST / OBSTETRICIAN / GASTROENTEROLOGY

Dra. Ayala Barahona Tzatzil.
Especialidades Médicas Internist
Sabino Crespo #803, Centro
WhatsApp 951-515-0465 951-166-2098
De lunes a viernes de 11:30-13:30, Miércoles de 5:30-6:30
Speaks English
Rating: 5.0 out of 5. 201 evaluations.

DR. LUCIANO TENORIO VASCONCELOS - Gastro
Was in Clínica Hospital Carmen but it closed. Speaks English.
951-501-0477 or 951-507-0456.

Dr. Miguel Gomez Arciniega-Gastro
Includes info about diet, supplements, and lifestyle changes along with drugs and preventative measures.
Calle Lucrecia Toriz 4, Damnificados 68027 Oaxaca

Dr. Ignacio Toriz. Gastro/G.P.
951-164-6224 or 951-515-3674
Reforma
Calzada Porfirio Diaz 128

Dr. Eloy Enrique Geminiano Martinez, MD/Gastro
C.Eclipse 70, #302 Trinidad de las Huertas (Entre Colon y Rayon)
Work:951-514-1758. Cell: 951-156-3088

DENTIST

Oliva Clínica Dental - Dr. Ernesto Oliva
951 515 9323
Lluvia 107, Lomas del Creston
Speaks English.
Anon: "Dr. Oliva is a perfectionist, something I appreciate in a dentist."

Dr. Alvaro Villegas
951 242 0167 / 557-993-9087
Col. Reforma. Protolariado Mexicano 209

Dr. Daniel Tenorio

Mexico 68 #307 Col. Olimpica

Clinica San Antonio, on the edge of Volcanes and San Felipe

951-128-2868

Speaks English

Anon: "Does excellent and complex work."

Dr. Hugo Sánchez – Cosmetic dentistry and implantology

Speaks english

951-254-4724. Located in the south end of Centro.

DERMATOLOGIST**Dra. Adriana Zarate Aquino**

Also a surgeon, skin cancer prevention and treatment.

Sabinos 722, south east side near Violetas in Clinimedic.

Highly recommended.

951-516-0838

Dra María Matus Ruiz

Calle Mesa de Anáhuac 426, Col Reforma

951.228.1362 and 951 390 7700.

Dra. Matus of Sendero

Anon: "She does a thorough mole check and is also an internist. Speaks English."

Mesa de Anáhuac 426, Volcanes, 68020 Oaxaca de Juárez, Oax.

951-2281362

Dr. Edmundo Osorio

Clinica Osmo, Humbolt 302

951-514-0682

PLASTIC SURGEON**Dra. Gabriella Torres****Skin Perfect**

Latest technology and well researched on new techniques. Removes precancerous growths, among other skin-related services.

C. Amapolas 822 (near Esc Naval Militar), Col Reforma.

951 132 9119

OPTHAMOLOGY

Dr. Basim Miguel Martinez

OLO Vision Center

Cataratas, Glaucoma y Retinopatía Diabética

C. Pensamientos 823, Col Reforma

Office: 951-980-0971. Rating: 4.6 out of 5; 14 reviews.

Clínica Las Rosas

Yes to **Drs. Lazcano or Diaz** (retinal specialist). No to Dr. Tanya Cortez Ramírez.

Specializes in glaucoma, cataract surgery

Las Rosas 308, Colonial Reforma

951-513-9030

Dr Adai, ophthalmologist

Clinica Almendros

Excellent general eye care and multiple treatments for other serious eye conditions

OIO Vision Center - Dr. Nasim

Pensamientos 823, Col. Reforma (near Chedraui).

951-980-0973 / 951-279-9767

Cataract surgery, any eye issue. Ophthalmology consult is 700 pesos.

Very highly recommended.

Speaks English.

CARDIOLOGY

Dr. José Alejandro Perez Vega

21 de Marzo 612, FERROCARRIL, Agencia de Policia de Cinco Señores

Phone: [951 109 6896](tel:9511096896)

He is associated with **Hospital Cardiológico del Sureste**

Segunda Priv. de Emilio Carranza 103, Col Reforma

[951 513 6198](tel:9515136198)

Dr. Armando Segura-cardiologist

Cardiologo Segura Citas

951 229 0378

ONCOLOGY

A long list of medical and surgical oncologists by specialty generated by AI is provided below.

- **Dr. Servando Mendez Hernandez**: Medical oncologist. Located in the Union y Progreso neighborhood near Chedraui in Col Reforma.
- **Dr. Carlos Fernando Gómez Cuevas**: Surgical oncologist.
- **Dr. Jorge Alberto Salazar Andrade**: Surgical oncologist with a focus on breast cancer.
- **Dr. Antonio Hiram Romero Moreno**: Surgical oncologist specializing in breast cancer.
- **Dr. Rogelio Martínez Macias**: Specializes in surgical oncology for gastric cancer.
- **Dr. Silvia Natalia López Hernández**: Surgical oncologist with expertise in benign breast conditions and endometrial cancer.
- **Dr. Gerardo Miranda Dévora**: Surgical oncologist specializing in colon and rectal cancer.
- **Dr. Ali Mahatma Cruz Paz**: Surgical oncologist who emphasizes a personalized approach to care.
- **Dr. Iván Emmanuel Pérez Mendoza**: Specializes in gynecologic oncology.

PULMONARY / NEUMÓLOGA

Dra. Andrea Colli Dominguez
Clinica OSMO
Humboldt 302, Centro [951 216 1612](tel:9512161612)

Otolaryngologist and Head & Neck Surgeons (ENT)

Clinica Doctores Pombo Las Rosas 804, Col Reforma 951-514-3526
Dr. Alejandro Pombo Rosas (padre, highly experienced)
Dr. Alejandro Pombo Nava (hijo, speaks English)
Shared email: alejandro.pombo@drspombo.com
Diseases treated: Tonsillitis, Sinusitis, Nasal polyps, Laryngitis, Facial trauma, Obstructive sleep apnea, Benign positional vertigo, Chronic otitis media, Viral neurolabyrinthitis, Otitis, Enlarged adenoids, Nasal tumor.

INFECTIOUS DISEASES

Dra. Norma Erendira Rivera

Clinica Osmo, Humbolt 302(just south of Casa de Barro)

951-243-1492

Has all sorts of vaccines, not cheap, but best quality

GERONTOLOGY

Dra. Nelly Acevedo Cruz

Murguia 708 near La Merced Mercado

951-118-5937

Speaks English. Compassionate and Supportive

PODIATRY

Clinica Medipies

C. Amapolas 415, Reforma

951-135-9138

For in-grown toenails, etc. Really good podiatrists, very thorough.

“Be kind, for everyone you meet is fighting a hard battle.”

John Watson (1850-1907), Minister of the Free Church of Scotland.

(Oft misattributed to Socrates, Plato, or Philo of Alexandra.)