



## San Carlos Medical Services

Doctors | Emergency Medical Services (EMS) | Hospitals  
Dentists | Eye Care | Diagnostic Imaging | Alternative Therapies  
Pharmacies | Nutritional Supplements and Vitamins

As San Carlos has grown, so have the medical resources available to full-time residents and seasonal or shorter-term visitors.

Residents and visitors in San Carlos / Guaymas have many health care resources to call upon if they need them -- or if they just want to take advantage of excellent-quality low-cost Mexican health care!

Our community has a wealth of experienced doctors and dentists, a full-service medical clinic with surgical capability, our 24-hour quick response EMS provider, Rescate, pharmacies, high-tech medical diagnostic imaging providers, experienced experts in alternative therapies and stores offering natural and herbal medicines.

Should medical needs exceed the capabilities of local physicians and medical resources, hospitals in Hermosillo can be rapidly accessed for more complicated medical procedures.

## Medical Emergency Hotline / Dial 066

## Rescate San Carlos / 622 226 0911

Please take a moment to review our guide to some of the best health care providers in San Carlos -- we hope you never need them in an emergency, but it's sure comforting to know they're here if you do!



## Doctors

### Dr. Michael K. Laux

MDS Medical Diagnostic Services

General Practice Physician / San Carlos

Boulevard Manlio Fabio Beltrones, Central San Carlos, Sonora

Telephone (011 52) 662 226 2060

*Dr. Michael Laux is a general practice physician, and long-time resident of San Carlos. His office is located within MDS Medical Diagnostic Services.*

*Dr. Laux is highly regarded within the ex-pat community, and has the most comprehensive in-house diagnostic resources of any practitioner in San Carlos.*

*In addition to general practice medicine, Dr. Laux is highly experienced in diet related issues and illnesses.*

### Dr. Andrew Yakushevich

General Practice Doctor / San Carlos

Plaza Hacienda / Across from the Ley Supermarket

Boulevard Manlio Fabio Beltrones, San Carlos, Sonora

Office (011 52) 622 226 2223

Mobile (011 521) 622 227 4542

[sancarlosmedicalclinic.com](http://sancarlosmedicalclinic.com)

*Dr. Andrew Dalid Yakushevich is a Russian-trained doctor and a specialist in internal medicine and general surgery. Dr. Yakushevich has 30 years experience as a physician, including 10 years practicing in Hermosillo, where he was an on-call surgeon for two hospitals.*

*In addition to being a licensed physician in Mexico, Dr. Yakushevich passed the United States Medical Licensing Examination (USMLE) exams and became Educational Commission for Foreign Medical Graduates (ECFMG) certified.*



*Dr. Yakushevich is the founder of the San Carlos Medical Clinic, a full-service health care facility that provides residents and visitors to San Carlos / Guaymas with advanced and caring medical services. Dr. Yakushevich is fluent in English, Spanish, German and Russian, and makes house calls and hotel visits.*

## Dr. Edgardo Manzanilla

General Surgery and Gastroenterology / Guaymas  
Avenida Serdan 690, Interior 6, Centro, Guaymas, Sonora  
Telephone (011 52) 622 222 7035  
Mobil (011 521) 622 122 8756  
Home (011 52) 622 221 0989

*Dr. Edgardo Manzanilla is one of the most experienced physicians serving San Carlos / Guaymas. A graduate of the National Autonomous University of Mexico (UNAM), Dr. Manzanilla is a specialist in general surgery and internal medicine.*

*Dr. Manzanilla is trained in both endoscopy and gastroenterology, and has served our community for over 30 years. His practice includes treatment of digestive diseases, hernias, hemorrhoids, gallbladder problems, gastric and intestinal surgery and endoscopic procedures.*

*Dr. Manzanilla is associated with a group of surgeons who perform plastic, orthopedic, abdominal and laparoscopic surgeries.*

## Dr. Natalia Elizondo

General Practice Physician / San Carlos  
Dental and Health Center  
Boulevard Manlio Fabio Beltrones at the American Dental Plaza  
Telephone (011 52) 662 183 0025

*Dr. Natalia Elizondo is an experienced general practice physician. A graduate of Universidad Nacional Autónoma de México -- one of the finest universities in Mexico -- Dr. Elizondo specializes in geriatric care and wellness. Located on your right as you enter town on Boulevard Beltrones.*



## Emergency Medical Services (EMS)

Rescate de San Carlos

**Emergency 622 226 0911**

24-hour Emergency Medical Services (EMS)

Calle Orion 68 / Sector Creston

San Carlos, Sonora, Mexico

Telephone (011 52) 622 226 0158

[rescatesc.com](http://rescatesc.com)

*Rescate San Carlos is an all-volunteer organization devoted to bringing improved rapid-response medical services to San Carlos. Founded in 1978, Rescate now has over 200 members and continues to update its equipment and training.*

### From the rescatesc.com website

*"Now in its fourth decade of operation, RESCATE first opened in 1978 in a single donated room with two volunteers using a converted personal van for an ambulance.*

*RESCATE is a Mexican nonprofit corporation, governed by an elected Board of Directors, all volunteers and residents of San Carlos. RESCATE is entirely self-supporting and is funded through memberships, donations and the activities of the RESCATE auxiliary. RESCATE is also recognized as a nonprofit organization by the IRS and all contributions are fully deductible.*

*RESCATE provides emergency first aid medical care and ambulance service to San Carlos residents and visitors alike. The bi-lingual staff is on 24-hour call, and professionally trained in advanced and basic life support, CPR, first aid, and special rescue and transportation techniques.*

*RESCATE has its own premises including two well equipped emergency first-aid treatment rooms, which are supported by four fully equipped ambulances. We are an urgent / emergency care facility and not a medical clinic. A doctor is always on call for a fee or patients can be directed to a physician of their choice. Emergencies beyond the abilities of Rescate are normally transported immediately to a facility in Guaymas."*



## Hospitals

### CIMA Hermosillo

Paseo Río San Miguel 35, Colonia Proyecto Río Sonora

Hermosillo, Sonora, Mexico

Telephone (011 52) 662 259 0900

[cimahermosillo.com](http://cimahermosillo.com)

*CIMA was formed in 1992, and now operates top-rated hospitals throughout Mexico (CIMA Mexico) and Central America (CIMA Central America).*

*CIMA Hermosillo was the first hospital in Northwest Mexico to be awarded a High Complexity Hospital Accreditation by Secretaría de Salud de México.*

*With 500 physicians from 40 different specialties associated with the hospital, CIMA Hermosillo is well-equipped to provide patients with a full range of advanced diagnostic, preventative, emergency medical, and surgical services.*

*Their emergency room is staffed 24 hours a day by ER physicians and nurses, and has a high-tech trauma care area. Five surgical suites provide both inpatient and outpatient surgeries. Additional departments contribute state-of-the-art imaging technology, other diagnostic technologies and numerous specialized treatment capabilities.*

*CIMA's slogan is "El Corazon Medico de Sonora", which translates as "The Medical Heart of Sonora", which is not an overstatement.*

### Hospital General Guaymas

Telephone (011 52) 662 224 2138

Calle 15, Colonia Centro

Guaymas, Sonora, Mexico

*Funded and administered by the State of Sonora, Hospital General de Guaymas is the largest public health facility in the city, primarily serving Mexican clients. Hospital San José Hermosillo opened its doors in 2007, and has been a preferred choice for medical care ever since.*



## Hospital San José Hermosillo Hospital with extensive diagnostic capabilities

Telephone (011 52) 662 109 0500

Boulevard José Maria Morelos 340 / Colonia Bachoco

Hermosillo, Sonora, Mexico

[hermosillo.grupomedicosanjose.com/en/](http://hermosillo.grupomedicosanjose.com/en/)

*Popular with both ex-pats and Mexicans alike, Hospital San José is a true full-service medical facility, with 60 hospital rooms and over 100 doctors associated with its operation.*

*The hospital provides a full range of medical services ranging from serious surgeries to routine checkups, provides very comfortable rooms if you have to stay overnight (both Jr. and Full Suites are offered...) and has all of the modern diagnostic technologies right on site.*

*Hospital San José Hermosillo takes particular pride in their cardiac care expertise -- they have been pioneers in high tech cardiac care in Northwest Mexico since their founding.*

*For example, the Hermosillo facility has a Hemodynamics General Electric Innova for intracoronary ultrasound (the first such machine in Northwest Mexico and one of only a handful anywhere in Mexico), as well as the Volcano ultrasound system.*

*Hospital San José has publicized an expansion to Guaymas, an all-new hospital based upon the model they have succeeded with so well in Hermosillo. We hope this turns out to be the case, stay tuned!*

*Meanwhile, the Hospital San José in Hermosillo remains a very important medical resource not only for residents of San Carlos, but throughout greater Sonora..*



## Dentists, root canal specialists, endodontists, orthodontists and 24-hour emergency dental

### American Dental

Telephone (011 52) 622 226 2167

Emergency Cellular (011 521) 622 103 0968

Boulevard Manlio Fabio Beltrones 25, San Carlos, Sonora

*Serving our community since 1982, doctors Alejandro R. Pompa and Juan Arturo Rodriguez of American Dental in San Carlos operate a full-service dental practice offering preventative, restorative and cosmetic dental procedures, as well as dental implants.*

### Dr. Maricela Arizmendi D.D.S.

San Carlos Dentist

Telephone (011 52) 622 226 2155

USA / Canada 520 407 6533

Hacienda Plaza, Boulevard Manlio Fabio Beltrones 264, San Carlos, Sonora

*Maricela Arizmendi heads a full-service dental practice in San Carlos offering preventative, restorative and cosmetic dental procedures including crowns, bridges and whitening.*

### Dr. Hiram Martinez D.D.S.

24-hour emergency dental service

Telephone (011 52) 622 226 0444 (24-hour)

Cell (011 521) 622 103 0224

Calle Aurora 299, Sector Creston, San Carlos, Sonora

*Dr. Martinez operates a full-service dental practice offering preventative, restorative and cosmetic dental procedures including root canal procedures, dental implants and cosmetic oral surgery. Dr. Martinez is on-call 24 hours for dental emergencies in San Carlos.*





**Dr. Dulce Maria Moreno D.D.S.**

Endodontist and Root Canal Specialist

Telephone (011 52) 622 226 2155

USA / Canada 520 407 6533

Hacienda Plaza, Boulevard Manlio Fabio Beltrones 264, San Carlos, Sonora

*Dr. Moreno is a root canal specialist working within a full-service dental practice offering preventative, restorative and cosmetic dental procedures including crowns, bridges and whitening.*

**Dr. Lionel A. Vizcaino S. D.D.S.**

Dentist and Orthodontist

Telephone (011 52) 622 222 2660

Avenida Aquiles Serdan and Calle 9 / Guaymas, Sonora

*Dr. Lionel A. Vizcaino in Guaymas provides a full range of dental services, from preventative dentistry to root canal procedures, cosmetic dentistry, oral surgery and orthodontics. The dental office is open from 10am - 1pm and 4pm - 8pm Monday thru Friday, 9am - 2pm Saturdays.*

## Eye Care and Ophthalmology

**Dr. Guillermo Beltrán Navarro**

**Optometrist Yuriria Beltrán López**

Eye Care and Ophthalmology

Telephone (011 52) 622 224 0390

Fax (011 52) 622 222 6121

Avenida Serdan 321 (at Calle 15), Colonia Centro, Guaymas, Sonora

*Dr. Guillermo Beltrán Navarro and Optometrist Yuriria Beltrán López provide excellent eye care services at their office conveniently located in Centro Guaymas.*





## Centro Oftalmologico de Sonora

Dr. Marco Antonio Beltrán Loustaunau

Eye Surgery, Ophthalmology, Advanced Treatments

Telephone (011 52) 662 210 4488

Benito Juarez 136, Colonia Modelo, Hermosillo, Sonora

*Centro Oftalmologico de Sonora is one of the leading eye care and surgical centers in Mexico. Located in Hermosillo -- just an hour drive north of San Carlos -- Centro Oftalmologico is headed by Dr. Marco Antonio Beltrán, and provides a full range of medical services and surgeries related to eye care, particularly medical issues associated with glaucoma, cataracts, vitreous and anterior segment issues and the retina.*

*Dr. Beltran speaks excellent English.*

## Diagnostic Imaging

### MDS Medical Diagnostic Services

Telephone (011 52) 662 226 2060

Boulevard Manlio Fabio Beltrones, Central San Carlos, Sonora

*MDS Medical Diagnostic Services in San Carlos is an advanced medical laboratory with extensive medical diagnostic imaging and monitoring capabilities including x-rays, ultrasound, mammograms, body composition, bone density, spirometry, Holter Heart Monitor, 24-hour blood pressure monitor and medical equipment sales and rental.*



## Alternative Therapies

### Mayra Young

Natural and Holistic Alternative Therapy

Boulevard Manlio Fabio Beltrones 22 (Next to Pollo Feliz), Central San Carlos, Sonora

Telephone (011 52) 622 132 5220

*Mayra Young provides Digital Iridology Analysis, SCENAR Therapy, Bach Flower, Reflexology and Auriculotherapy within the lovely Soya de Guaymas nutritional supplement store in central San Carlos.*

### San Carlos Wellness Center

Holistic Healing

Paseo Vista Hermosa 11, Central San Carlos, Sonora

Telephone (011 52) 622 226 1393

*The San Carlos Wellness Center is devoted to non-invasive holistic therapies, alternative medicine and wellness practices and offers massages, massage therapy, reflexology, facials, herbal and hydro therapies.*

## Pharmacies

### BF Pharmacy

San Carlos Prescription Drug Pharmacy

Boulevard Manlio Fabio Beltrones 93, Sector Creston, Central San Carlos

Telephone (011 52) 622 226 0103

### Farmacia Similares

San Carlos Generic Prescription Drug Pharmacy

Boulevard Manlio Fabio Beltrones, Sector Creston, Central San Carlos

Telephone (011 52) 622 226 0708

[farmaciasdesimilares.com.mx](http://farmaciasdesimilares.com.mx)



## Natural Remedies, Herbs, Vitamins and Nutritional Supplements

### GNC

Guaymas Nutritional Supplement Store  
Carretera Internacional 1400 / Walmart Plaza / Guaymas / Sonora  
Cell Telephone (011 521) 622 221 3582

*Vitamins and nutritional supplements from General Nutrition Center -- a very familiar brand in Canada and the United States! Located between Walmart and Sam's Club in Guaymas.*

### Soya de Guaymas

San Carlos Nutritional Supplement Store  
Boulevard Manlio Fabio Beltrones, Central San Carlos, Sonora  
Telephone (011 52) 622 132 5220

*Soya de Guaymas in San Carlos sells natural and herbal remedies, vitamins, supplements, herbal and loose leaf tea. Also provided are cereals, fibers and superfoods such as Chia seeds, Flax seed, hemp seeds, Amaranth, and Quinoa.*

*Alternative treatments include -- but are not limited to -- Digital Iridology Analysis, SCENAR, Bach Flower, Reflexology and Auriculotherapy!*