



## 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 Guaymas and 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

General Practice Physician / San Carlos

Telephone (011 52) 662 226 2060

MDS Medical Diagnostic Services

Boulevard Manlio Fabio Beltrones, Central San Carlos, Sonora

*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. Andrew Yakushevich

General Practice Doctor and Surgeon / San Carlos

Office (011 52) 622 226 2223

Mobile (011 521) 622 227 4542

sancarlosmedicalclinic.com

Plaza Hacienda / Across from the Ley Supermarket

Boulevard Manlio Fabio Beltrones, San Carlos, Sonora

*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. 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

*Doctor Natalia Elizondo is a general practice physician. With a degree from the University of Mexico, Dr. Elizondo specializes in geriatric care.*

## Dr. Horacio Erasquin

General Medicine / San Carlos  
Telephone (011 52) 622 226 1585

*Doctor Horatio Erasquin is one of the most experienced physicians in Sonora State, and has served our community since 1995.*

## Dr. Edgardo Manzanilla

General Surgery and Gastroenterology / Guaymas  
Telephone (011 52) 622 222 7035  
Mobil (011 521) 622 122 8756  
Home (011 52) 622 221 0989

Avenida Serdan 690, Interior 6, Centro, Guaymas, Sonora

*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.*



## 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

*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

### Hospital General Guaymas

Telephone (011 52) 662 224 2138  
Calle 15, Colonia Centro  
Guaymas, Sonora, Mexico

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

### 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.*

Mexico (011 52) 622 226 2066 / Cell (011 521) 622 109 6629 / USA and Canada (520) 407 6550

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## 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/ Nancy Norton L.M.T.

Holistic Healing

Paseo Vista Hermosa 11, Central San Carlos, Sonora

Telephone (011 52) 622 226 1393

*Nancy Norton and the San Carlos Wellness Center are 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

### 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, natural vitamins, medicinal plants -- and offers massages and SCENAR electrotherapy!*

### 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.*