

PEREZ ZELEDON INTERNATIONAL WOMEN'S CLUB

DIRECTORY OF MEDICAL AND DENTAL SERVICES IN SAN ISIDRO

Introduction:

1. This paper includes **only** medical, dental and other health service providers recommended by club members.
2. Rather than list each by specialty, several are grouped under their premises to avoid the repetition of contact information and directions to locations.
3. The following codes are used to denote competency in spoken English –
 - BL – bilingual
 - C – sufficiently competent to conduct consultation / treatment
 - NE – does not speak English but can usually call on assistance from other staff member/s
 - TT – little or no English spoken, take your own translator
4. Note that a separate paper on Emergency Health Services is provided in the 'Dealing with Emergencies' section of the website. Please refer to that if dealing with an accident or medical emergency.
5. Many consultants work for the CAJA state medical service and consult privately, usually late afternoons. If paying for a private consultation, many will advise you on what costs (e.g. drugs) you may reclaim from CAJA, provided you are enrolled in the system. They will also advise if further (and potentially expensive treatment) can be provided by CAJA, but a private consultation does not necessarily enable you to 'jump the queue' for state services.
6. Specialist services available in San Jose are not included, although many have been used and can be recommended by club members. If in need, ask around and we'll try to team you up with a member familiar with the service / specialist you are looking for.

Sheelagh Richards

Revised Mach 2023

**MEDICAL CENTRES PROVIDING A RANGE OF SERVICES /
SPECIALISMS**

**Clinica de Urgencias PZ – Tel: 2772 7070 / 2772 6060
Open 7.00 am – 10.00 pm**

Location – on the right, 200m south of the football stadium on main road to Dominical

A private service under Director, Dr Johnny Arguello Castro
English – NE / TT

Provides a general practice and emergency medical service with access to diagnostic and laboratory services, on-site pharmacy, will call in specialists as necessary. Able to provide short stay admission and observation, referral to state services and domiciliary visits

**Servicio Medico Coopeagri – Tel: 2771 4496
Open Mondays to Fridays 7.00 am to 5.00 pm**

Location – on right going north on highway, opposite Luferz supermarket

Service developed for Coopeagri members now open to general public. Offers a general practice service and range of on-site specialists / services including nutrition, ultrasound, colonoscopies
Reception staff speak English.

Discounts available but need to enrol at Credecoop, opposite Dollar's Mall, north of Scotiabank. (In effect, you are opening a cooperative savings account with Credecoop, speak to Sheelagh Richards for further information)

3 General Practitioners –

Dra Jennifer Elizondo Jimenez BL
Dra Priscilla Ramirez Jimenez C
Dra Stephanie Gamboa Trejos BL

Oprometrists

Dra Karen Padilla BL

Dentist

Jame Hernandez Garbanzo - assistant BL

**Hospital Clinica El Labrador – Tel: 2772 5353 / 2772 6464
Open 24 hours**

Location – on highway opposite MUSOC bus station.

Private medical centre accommodating offices of a range of medical specialists as well as a small hospital with theatre / operating facilities. Provides a staffed emergency service and calls in specialists as necessary

Dr Marco Viquez Viquez – Ophthalmologist Has all the modern technology, able to deal with complex disorders like macular degeneration. BL

Dra Flora Hernandez – also Ophthalmologist, specialises in retinal disease. C

Dr Victor Alfaro Obando – visiting cardiologist BL

Plaza Medica – Tel: 2772 6666 / 2772 4444 / 2771 9595

Location – on one way street up from hospital and stadium cross roads, on left up from Hospital Las Americas

Dra Mayra Alexandra Becerra Gomez – radiology and ultrasound, including mammography BL

Dr Leonidas Bonilla Carballo – Gerontologist

Dr Adolfo Hernandez Arias - Orthopaedics and traumatology

Hospital Las Americas – 2771 7115

Location – in former Labrador clinic building, 25m north of the football stadium and district hospital

Opened under new management July 2018, with constantly expanding range of specialists available. 24 hour emergency service and operating theatre facilities Will call in relevant specialists to deal with emergencies Provides domiciliary GP service. 2021 added MRI service.

Update note March 2023 – although the hospital advertises a 24 hour emergency service, this service is provided by an on-call General Practitioner. In the event of a major emergency, such as a heart attack, it is wiser to go to the city hospital which has the facilities and specialists to handle these situations.

Dr. Mario Aberto Hernandez Acosta – Orthopedics and Traumatology
English – some English and copes if you have some Spanish, otherwise TT

Dr Luis Arias Pulgarin – orthopaedics
English - TT

Dr. Mario Ramirez Valerin - Ear, Nose and Throat Specialist
English – little, TT

Dr Ricardo Rincon Montero – Neurologist C ?

Dr Alexander Rivera – General Practitioner BL

Dr Yamil Solano – Cardiologist BL

Dr Roberto Urbina Brenes – Geriatrics and Internal medicine BL

Dr Dimas Brao – general surgeon (recommended for gastroenterology)

Jose Vargas – Radiography – xrays, MRI

Clinica Medica Fuente de Salud – Tel: 2770 4350

Location – Opposite Hospital Las Americas

New clinic accommodating a range of specialists

Dr. Juan Urruela Umana – psychiatry, including old age / dementia
English - BL

Clinica San Lucas – Tel: 2772 8181

Location – one-way street up from Hospital Las Americas, building on right corner at end of block

Dr Cesar Leiva Aguilar – gastroenterologist
TT

Dr Fidal Pena – neurosurgery

Dra Catalina Morales – gynaecology

Dr Diego Montero - gynaecology

(neither currently with member recommendation but included in view of importance to members)

Dr Paredes – Internal Medicine – used by other specialists for pre-surgery health checks

Asembis – Tel: 2285 5881

Location – entering city square, on right before Banco Nacional

Accommodates range of specialists including dentistry, general medicine, ultrasound, gastroscopy, optometrist. No recommendations provided; included because they offer promotional packages, such as women's health checks, which may be of interest

OTHER MEDICAL SPECIALISTS IN INDIVIDUAL PREMISES

Dra Consuelo Vega – General Practitioner English C
Tel: 2770 3376

Location – Plaza los Betos, office block diagonally opposite Red Cross

Dr Steven Duran Salazar – Urologist English C

2021 New clinic UROSALUD opposite Café de Valle, Plaza Villa Herrera mall
Tel: 2102 8300 / 2778 4644

Dr Arturo Soto Mora – Dermatologist BL
Tel: 8551 6469

Location – Clinica Aqua, 200m south Hotel Don Roberto, Cemetery Road
Tel: 2772 0960 / 8801 2626

Dr Robert (Robbie) Henderson – Chiropractor
Tel: 2770 4206

English 1st language

Location – Casa Quiropractica del Sur – pass main entrance to district hospital, at end of road, follow signs to left, on next right corner

Densitur – Omar Amen - Bone densiometry

Tel: 2772 4747

Location – Also in Plaza los Betos

Aaron Araya Carvajal – Audiology and hearing aids

Tel: 2771 8180

English C

Location – on street behind new Emergency building at General Hospital

Ortopedica del Valle S.A. – Orthopaedic supplies and services

Tel: 2770 1433

English TT

Location – Opposite Hospital las Americas

Sales of wheelchairs, mobility aids, splints and orthopaedic devices
Provides splinting / plaster services to emergency clinics
Host clinics for visiting orthotists / prosthetists for specialist footwear, calipers etc.

Dr Alan Mora Vargas – Optometrist

Tel: 2772 0349

English BL

Location – in small mall along from Hotel Chirripo

Paula Fallas – Physiotherapist with specialist MSc in Elder practice

Tel: 8704 2763

English BL

Domiciliary service

DENTAL SURGEONS

Dr Daniel Mora Mora – Tel: 2770 1707 / 2770 9717

English C

And partner, **Dr Fabian Serano** - bilingual

Location – opposite Complejo Cultural, enter Cathedral square, continue through traffic lights, take first right, on the left

Dra Iveth Barrantes Rojas – Tel: 2770 9302 / 8823 3971

English C

Location – 100m south west of ferretería Feromax, 3 storey building opposite gas station

Dra Laura Valverde – Tel: 2772 9191

English BL

Location – exit highway at McDonalds, take first right, on second block on right

Dr Esteban Elizondo – Tel: 2770 3020

English BL

Location – in small mall along from Hotel Chirripo. Opening new clinic December 2022

Dra Ana Cerdas

Hospital Las Americas – see information above

HOME CARE SERVICES

Lauren Calderon – Tel: 8515 6607

Club member - Experienced home carer. Bilingual

**Jessica Gabuardi Fallas – Tel: 8972 8711 / Email –
jessicagabuardifallas@gmail.com**

Specialized care assistant, trained at the national rehabilitation hospital in San Jose. Bilingual