

Paradise Villas & Vacations

MEDICAL RESOURCE ADVISORY

Dear Guests: Please plan ahead for medical emergencies, especially if you have specific health issues. Note that unless otherwise stated at the head of each entry, all services and physicians are located in Dorado. If you have any questions, don't hesitate to call Alma at 508-740-4690 or Guest Services Manager Alex at 787-516-8109. Paradise Villas & Vacations wishes you the best of health.



EMERGENCIES – IN DORADO:

- **24/7 Emergency Room in Dorado “Dorado Medical”** – operated by the Municipality of Dorado • **787-796-3330**
Directions: Located off Route 693 past Walgreen's on the left, down the road one block, on the right.
- **CALL 911** Tell them in which Villa you are staying and its location (see Page 1 of your “Welcome Letter”)
- **Dental Emergency:** 787-795-0320 (or 911)
- **Fire Department:** 787-725-3444 (or 911)
- **Health Department:** 787-766-1616
- **Medical Emergency:** 787-754-2550 (or 911)
- **Poison Help Line:** 1-800-222-1222
- **Police in Dorado:** 787-883-2020



HOSPITALS:

- ◆ **In San Juan: Ashford Presbyterian Community Hospital** (“El Presby”) is a world-class healthcare destination located in the heart of Puerto Rico's main tourist district. Rated as #1 Acute Care Hospital • **787-721-2160**
Address: 1451 Avenue Ashford, San Juan, Puerto Rico 00907 • www.presbypr.com
Description: This modern hospital has evolved to adapt to the needs of the community it serves. It incorporates the best in state-of-the-art healthcare technology and services for its patients. Accredited by the Joint Commission on Accreditation of Health Organizations since 1958, El Presby currently has a faculty of approximately 350 physicians, 700 employees and with 199 beds to attend patients in virtually all medical specialties and subspecialties.
- ◆ **Centro Medico Wilma N Vazquez Skilled Nursing Facility** • **787-858-1580** • **Address:** Carr. 2 Km 39.5 Road #2 Bo Algarroba, Dorado.



CLINICS:

- ◆ **Dorado Walk-in Clinic – Urgent Medical Services** – without waiting! • **787-665-7041**
Address: Mahi Mahi Shopping Village, Suite #7, carretera 693, Dorado.
• **Hours:** Monday thru Friday from 2:00 PM to 9:00 PM
• **Visit the site:** www.twicpr.com for more information about **ALL** their Walk-in Treatment Services.
• **Visit the site:** www.twicpr.com/start/contact.cfm#maps for a **Location Map**.
Description: The Clinic's mission is to provide state-of-the-art primary medical services using the most technologically advanced methods available – both in the assessment and the treatment of patients. Their website enables you to schedule your appointment at your convenience and to complete all pertinent information regarding your visit – saving time.
- ◆ **In Vega Alta: Angelorum Dorado Medical Aesthetics Pain Clinic** • **787-270-4747** • **Address:** PR-693, Dorado, Vega Alta
www.angelorummedspa.com • Inc: Beauty • X-ray • Acupuncture • Massage • Yoga • Cycling • Diet [See also “Pain Busters” Page 2]
- ◆ **Doctor's Center Clinic – Dorado** (Family Medicine) • **787-665-2222** • **Address:** Av. José Efrón, Dorado
Hours: Monday – Friday 8:00 AM – 5:00 PM (Closed on weekends). Plan accordingly: Possible long waiting time.
- ◆ **Adams Pediatric HealthCare Walk-in Clinic** • **787-796-7777** • **Address:** PR-698, Calle Principal, Dorado
Hours: Monday – Friday 3:00 PM – 9:00 PM (Closed on weekends). You may spend 1-2 hours at this location - plan accordingly.



PHARMACIES:

There are two pharmacies nearby in Dorado:

- ◆ **CVS:** **787-278-2075** • **Address:** PR-696, Dorado • **Hours:** Mon – Fri 7:00 AM – 11:00 PM; Sat/Sun 8:00 AM – 8:00 PM
- ◆ **Walgreens:** Address: 4210, Calle Méndez Vigo, Dorado • **787-278-5811** • **Hours:** 24/7



DOCTORS “ON CALL”:

- ◆ **In San Juan: Dr. Roberto Unda Gomez** • Family Medicine (Speaks English, Spanish, French, German)
Mobile: **787-644-6451** Main: **787-726-0055** • **Address:** Ashford Medical Center, Suite 106, 1451 Ave Ashford, San Juan
- ◆ **Dr. Nabil Salah Aldin** • Family Physician • **787-251-2428** or **787-685-4620** • **Hours:** Mon – Fri 8:00 AM – 5:00 PM
(Closed on weekends)



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SPECIALTIES and SPECIALISTS (in alphabetical order):



ACUPUNCTURE:

- ◆ In Carolina: **Instituto De Acupuntura Del Caribe Corp** • 787-762-9424 • Address: Viaduct Elena Al 5 Villa Font Street Viaduct Elena Carolina, PR (Luis Landestoy)



DENTIST:

- ◆ **Dorado Dental Family Practice**: Dr. Luis Jimenez, DMD • 787-796-7301 • Address: 845 Plaza Dorada, Calle Méndez Vigo, Dorado • Hours: Monday – Friday only 8:00 AM – 5:00 PM



FAMILY MEDICINE:

- ◆ **Dr. Olga Lagrandier, MD** • 787-531-2123 • Address: O5 Calle Marullo, Dorado • Hours: Mon – Fri 8:00 AM – 5:00 PM (Closed on weekends) • www.healthgrades.com/physician/dr-olga-lagrandier-32yfs

- ◆ **José L. López Jiménez, MD** • 787-278-3636 • Address: Sardinera Beach Building, Marginal Costa de Oro, Suite #3, Dorado. Located next to Green House Café. Hours: Tuesday: 3:00 PM – 6:00 PM; Weds – Fri: 8:00 AM – 5:00 PM

- ◆ In Vega Baja: **Dr. Raul Rodriguez, MD** • 787-807-3703 • Address: 4 Calle Jose J Acosta, Vega Baja, PR 00693 <https://www.healthgrades.com/physician/dr-raul-rodriguez-y4vn2>



GERIATRICS:

- ◆ **Dr. Jose Lopez, MD** - specializes in geriatrics but does all ages • 787-278-3636 Address: Sardinera Beach Building, Urb. Costa De Oro, C/Marginal, Suite 9, Dorado



ORTHOPEDICS:

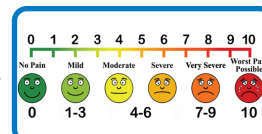
- ◆ In Manatí: **Dr. Jaime Fúmero Pérez, MD** - Orthopedic Surgery (Broken Bones) • 787-921-2050 Address: Manatí Medical Center, MMC, Professional Plaza #102, Manatí



PAIN:

- ◆ In San Juan: **"Pain Busters"** (Physical and Massage Therapy) • 787-550-9166 • Address: Av. Wilson 1475, Suite 4A, San Juan Website: painbusterspr.com

Description: Pain management center staffed with acupuncturists, chiropractors, massage therapists, and yoga instructors. Mission: To rid body, mind, and soul from discomfort. Specialists in treatments and methods to manage pain, increase functionality, improve health, reduce stress levels, and boost overall well-being.



PEDIATRICS and PEDIATRICIANS:

- ◆ **Dr. Fernando Vega-Moral** (Highly Recommended by previous patients – he is considered #2 of 11 pediatricians in the area) 787-796-2994 • Address: 503 Calle Ext S, Dorado

Description: Dr. Fernando Vega-Moral received his medical degree from Universidad Autonoma de Guadalajara and has been in practice between 11-20 years. Treats children, infants, and adolescents. Specifically trained to meet the unique needs of children, through all of their developmental stages, as they grow and mature.



- ◆ **Adams Pediatric HealthCare Walk-in Clinic** • 787-796-7777 • Address: PR-698, Calle Principal, Dorado • Hours: Mon – Fri 3:00 PM – 9:00 PM (Closed on weekends). Plan accordingly: You may spend 1-2 hours at this location.

- ◆ **Dr. Mirza Ortiz Torrez, MD** • 787-796-6682 • Address: 410 Calle Mendez Vigo, Suite 208 Dorado (Located above Dorado Café and there is also a walk-in X-ray center there)

- ◆ **Dr. Nancy M. Lazaro, MD** • 787-306-3841 • Address: 410 Calle Mendez Vigo, Suite 208, Dorado



VISION:

- ◆ **Pearl Vision** • 787-796-7373 • Address: 800 Carr 693 #4, Dorado • Hours: Monday – Saturday 11:00 AM – 6:00 PM



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