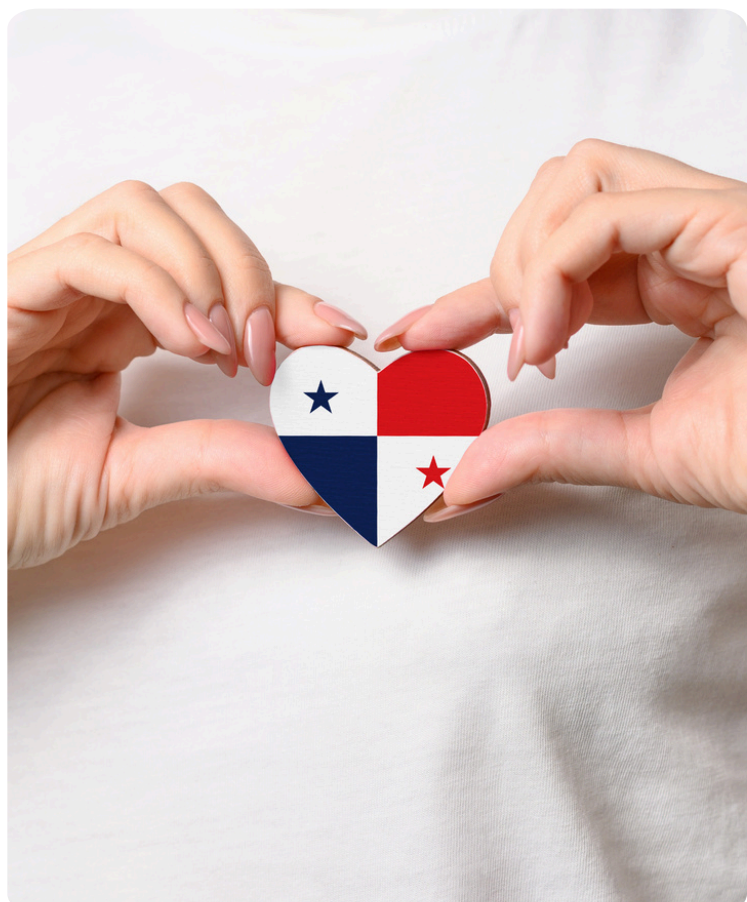


Destination Panama:

MEDICAL TOURISM GUIDE



PANAMEDICO

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BIENVENIDOS A PANAMA

Hola! We're Panamedico

Panamedico is not just a medical tourism agency, but a trusted partner in accessing world-class, affordable healthcare in Panama. Our mission is to bridge the gap between healthcare needs and Panama's top-tier medical facilities, providing a seamless and comforting experience.

We understand that seeking medical treatment in a foreign country can be overwhelming, which is why our team at Panamedico is dedicated to providing support every step of the way. From providing informative guides, recommendations, to assisting with appointment scheduling, we are committed to ensure your journey to better health is as smooth as possible.

At Panamedico, we take pride in connecting our clients with highly skilled doctors, state-of-the-art hospitals, and cutting-edge medical treatments. Whether you are seeking elective surgery, specialized medical care, or wellness services, we are here to help you navigate the healthcare landscape in Panama with ease.

With Panamedico by your side, you can focus on your health and well-being. Let us be your guide as you embark on a transformative healthcare experience in Panama. Your health is our priority, and we are your trusted partner on this important journey.



— *Panamedico*

Why Panama?

Reputation in Medical Tourism

Panama, known for its stunning beaches, lively culture, and modern facilities, is emerging as a top spot for medical tourism. The country provides a range of top-notch healthcare services at reasonable rates, making it an appealing option for elective procedures, specialized treatments, and general medical care. Panama stands out due to its commitment to global healthcare standards and its use of cutting-edge medical advancements. Conveniently located in Central America, with accessible routes from North and South America, Panama combines convenience with exceptional healthcare services.

Historical and Cultural Significance in Medicine

Although Panama may not have a long-established historical presence in the medical sector, its swift modernization and commitment to enhancing healthcare infrastructure have positioned it with contemporary importance. In the past twenty years, Panama has prioritized healthcare as a key component of its national growth strategy. By attracting highly skilled medical experts educated in renowned institutions globally, the country has fostered a growing environment of medical expertise.



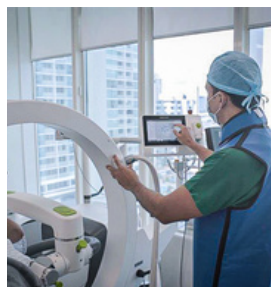
Medical Infrastructure and Accessibility

Panama boasts an accessible and world-class medical infrastructure as one of its strengths. In Panama City, the capital, numerous healthcare facilities equipped with cutting-edge medical technologies can be found. Both the government and private sector have made significant investments in establishing medical centers that adhere to global healthcare standards, serving the requirements of medical travelers from around the globe.

Political Stability and Economic Considerations

Panama's steady political landscape and strong economy enhance its attractiveness as a medical tourism hotspot. By adopting the U.S. dollar as its currency, the country mitigates exchange rate uncertainties for American medical travelers. Additionally, the government's continuous commitment to healthcare sector growth acknowledges its capacity to draw global visitors and enrich the economy.

*Your Gateway to Affordable
Medical Excellence
— Panamedico*



Popular Medical Procedures

- **Plastic Surgery:** Panama has gained a reputation for offering top-notch cosmetic procedures, making it a popular choice for treatments like breast augmentation, liposuction, and facelifts.
- **Orthopedic Oncology:** with skilled orthopedic surgeons specializing in joint replacements and other orthopedic procedures, Panama is providing high-quality options for patients in need of orthopedic care.
- **Reconstructive Surgery:** a branch of plastic surgery that focuses on restoring or repairing physical defects and abnormalities, often resulting from congenital conditions, trauma, disease, or previous medical procedures.
- **Cardiac Procedures:** Panama's medical facilities offer advanced cardiac care, including procedures such as angioplasty, heart bypass surgery, and other cardiovascular treatments.
- **Bone and Soft Tissue Transplants:** Panama is emerging as a center for major surgeries and transplants, attracting medical tourists seeking specialized treatments.
- **Wellness and Rehabilitation Programs:** Panama provides wellness and rehabilitation programs, attracting individuals interested in holistic health, spa treatments, and rehabilitation services.

Top Hospitals and Clinics

Renowned Hospitals, Clinics, and Medical Institutions:

- Hospital Punta Pacifica
- The Panama Clinic
- Hospital San Fernando
- Santa Fe Hospital

Accreditation and Affiliation Information:

Numerous hospitals in Panama hold accreditations from international organizations that evaluate the quality of medical services, such as the Joint Commission International (JCI), a United States-based nonprofit organization. These certifications assure medical tourists of the high standards maintained by these establishments.

Special Features, Awards, or Recognitions:

Various hospitals and clinics have been honored with international awards for their outstanding healthcare services. They also offer specialized departments dedicated to medical tourism services such as translation, travel coordination, and work closely with us on personalized treatment packages.



Quality and Safety

Medical Standards and Practices in Panama

- Panama maintains rigorous medical standards aligned with global benchmarks, supported by highly qualified medical professionals who deliver outstanding care.
- The country prioritizes technological advancements, leading to modern diagnostic and surgical equipment in healthcare facilities.

Accreditation Systems, Regulatory Bodies, and Quality Assurance

- Punta Pacifica Hospital in Panama is partnered with Johns Hopkins Hospital, a world-class medical institution. Accredited by JCI, it upholds international healthcare standards. Similarly, Centro Medico Paitilla holds JCI accreditation and is affiliated with the renowned Cleveland Clinic in the United States.
- These recognitions reflect the thorough quality assessments that Panama's medical facilities undergo, with regulatory bodies monitoring practices to ensure compliance with global standards.

Patient Safety Measures and Rights

- Patient safety is paramount in Panama, with hospitals and clinics following international protocols for patient care, including sterilization practices, emergency services, and patient privacy.
- Patients are entitled to informed consent, with detailed explanations of medical procedures and associated risks provided before treatment commences.



Medical Tourist Checklist

Preparing to be a medical tourist involves careful planning and consideration of various factors. Here's a step-by-step guide to help you prepare:

- ✓ **Consultation and Medical Records:** Schedule a virtual or in-person consultation with the medical professionals. We will be with you every step of the way.
- ✓ **Verify Medical Facility:** Ensure the chosen hospital is accredited and has a positive track record. We will provide you with all necessary information.
- ✓ **Check Visa Requirements:** Confirm and fulfill necessary visa requirements for medical travel.
- ✓ **Travel Insurance:** Obtain comprehensive travel insurance covering medical emergencies and treatment.
- ✓ **Budget Planning:** Estimate total costs, including treatment, travel, and potential unforeseen expenses. You will be provided with the total costs of treatment.
- ✓ **Accommodations and Transportation:** Book nearby accommodations and arrange local transportation for convenience. We can make recommendations for you.
- ✓ **Emergency Preparedness:** Have a list of emergency contacts, know local emergency services, and share your itinerary.
- ✓ **Medical Records and Medications:** Bring organized medical records, necessary medications, and prescriptions.
- ✓ **Cultural Awareness and Follow-up Care:** Be aware of cultural differences, and plan for post-treatment care and follow-up consultations. Rest assured, Panamedico and your medical provider will provide assistance if needed.



Panamedico:

Medical Services and Treatments

In Panama, medical procedures can be 40-70% cheaper than in the United States, varying based on the treatment. Although, in competition with rivals such as Mexico or Colombia, Panama has higher medical standards due to historical and long-term relations with the United States. This is reflected through affiliations and partnerships, as well as highly skilled and trained doctors with practice done in the US.

Medical Treatment	Description
Orthopedic Oncology Surgery	Orthopedic oncology surgery is a specialized branch of orthopedic surgery focused on the diagnosis, treatment, and management of bone and soft tissue tumors. These tumors can be benign or malignant, originating within the bones or soft tissues of the musculoskeletal system.
Reconstruction Orthopedic Surgery	Reconstructive orthopedic surgery is a specialized field within orthopedics focused on restoring function and correcting deformities caused by injury, trauma, disease, or congenital conditions affecting the musculoskeletal system.
Musculoskeletal Pain Treatment	Musculoskeletal pain treatment encompasses a range of interventions aimed at alleviating discomfort and improving function in the bones, muscles, joints, ligaments, tendons, and nerves. This type of pain can arise from various causes, including injury, overuse, inflammation, degenerative conditions, or systemic diseases.
Hip and Knee Replacement Surgery	Knee and hip replacement surgeries are orthopedic procedures aimed at relieving pain and restoring function in joints that have been severely damaged by arthritis, injury, or other conditions.
Articular Injections (Hyaluronic Acid & PRP)	Articular injections, specifically those containing substances like hyaluronic acid (HA) and platelet-rich plasma (PRP), are minimally invasive procedures used in the management of joint pain and dysfunction.
Fracture Treatment	Fracture treatments encompass a range of medical interventions aimed at stabilizing and promoting healing of broken bones. Fractures can occur due to trauma, overuse, or underlying medical conditions, and require proper management to ensure optimal recovery.
Orthopedic Trauma	Orthopedic traumas refer to injuries involving the musculoskeletal system, such as fractures, dislocations, sprains, and strains. The treatment of orthopedic traumas typically involves a combination of approaches aimed at relieving pain, promoting healing, restoring function, and preventing complications.
NEW! Stem Cell Therapy	Stem cell therapy is a form of regenerative medicine that utilizes stem cells to repair, replace, or regenerate damaged cells, tissues, or organs within the body. Stem cells are unique in their ability to differentiate into various specialized cell types, such as muscle cells, nerve cells, or blood cells.

Explore Health Beyond Borders



Medical Visa Information

Why is this important?

Guidelines and Criteria for Acquiring a Medical Visa

Most visitors from the U.S., Canada, and European nations can enter without a visa for short stays, typically up to 90 days. However, if your medical treatment exceeds this period, it's recommended to contact the nearest Panamanian consulate for visa specifics or a stay extension.



Duration, Necessary Documents, and Application Procedure

For extended visits, a medical visa may be necessary. This usually involves submitting medical records, evidence of hospital appointments, and financial means to cover medical expenses. Processing times can vary, so it's wise to apply well in advance of your intended travel dates.



Other Travel Guidance or Limitations

Although there are no common travel advisories or limitations associated with medical trips to Panama, it's always prudent to check the most recent information from official sources before finalizing any travel plans.



Cultural Considerations



Language Spoken

Panama is a multilingual country, so it's helpful to know that while Spanish is the official language, many locals also speak English and indigenous languages.



Food and Dining

Try local specialties like sancocho and ceviche, and remember that sharing meals is a common practice, fostering a sense of community and hospitality.



Tipping Customs

Tipping is common in restaurants and for various services; a standard practice is around 10%, but check for service charges on bills.



Environmental Awareness

Panama takes pride in its biodiversity, so practice responsible tourism by respecting natural habitats, wildlife, and supporting eco-friendly initiatives.



Festivals and Celebrations

Check the local calendar for festivals like Carnival and Independence Day, as they offer a vibrant glimpse into Panama's rich cultural heritage.



Punctuality Flexibility

While punctuality is appreciated, Panamanians often have a more relaxed view of time, so be patient and adaptable if plans don't always adhere to a strict schedule.



Greeting Etiquette

A warm handshake and maintaining eye contact during greetings are customary, signaling friendliness and respect in Panamanian culture.



Respect for Indigenous Cultures

Panama has several indigenous groups, each with unique customs; show respect by learning about and appreciating their traditions without intruding.



Casual Dress Code

Embrace the relaxed atmosphere by packing comfortable, casual clothing, but also be respectful when visiting religious sites or formal occasions.

Travel and Accommodation

Popular and Suggested Stay Locations

- Punta Pacifica and Obarrio neighborhoods in Panama City are close to top-rated hospitals and clinics, offering a variety of accommodation options from luxury hotels to budget-friendly apartments.
- Opting for central neighborhoods ensures easy access to medical facilities, usually within a 15-minute drive.
- Panama boasts a well-developed transportation network, including public transit, taxis, and ride-sharing services, facilitating convenient travel to and from medical facilities.

Recommendations for Relaxation and Recovery After Procedures

- For a peaceful post-procedure recovery, consider visiting the serene beaches of Bocas del Toro or the tranquil surroundings of Boquete in the Panamanian highlands.

Legal and Ethical Considerations

- **Legal Rights of Patients**
 - Patients in Panama have the right to informed consent, confidentiality, and seeking a second opinion. It's essential to understand and ensure these rights are respected throughout your medical experience.
- **Medical Malpractice Laws and Patient Recourse**
 - Panama has regulations that safeguard patients' rights in cases of medical malpractice. If any concerns arise, seeking advice from a local legal expert familiar with healthcare laws in the country is recommended.
- **Ethical Considerations**
 - National and international laws govern ethical considerations like organ transplants. In Panama, adherence to international ethical standards is crucial, and individuals considering such treatments should conduct thorough research beforehand.



Let's Prioritize Your Health



Advantages of Choosing Panama

- ✓ **Cost-Effective Healthcare:** Panama provides high-quality medical services at significantly lower costs, making it an affordable option without compromising quality.
- ✓ **World-Class Medical Facilities:** Panama's modern facilities, accredited by international organizations, offer state-of-the-art technology for top-notch medical care.
- ✓ **Highly Skilled Medical Professionals:** Panama's healthcare workforce, including trained doctors and surgeons, is experienced and internationally trained.
- ✓ **Accessible Location:** Panama's strategic location allows easy access for medical tourists from North and South America, with direct flights to Panama City from major cities.
- ✓ **English-Speaking Staff:** Many healthcare providers in Panama are fluent in English, ensuring clear communication for a better patient experience.
- ✓ **Beautiful Recovery Environment:** Panama's diverse landscapes, including beaches and rainforests, provide a serene setting for recovery, positively impacting the healing process.
- ✓ **Tourism Support Services:** Panama offers specialized agencies assisting international patients with travel arrangements, accommodation, and medical appointment coordination.
- ✓ **Range of Specialized Treatments:** Panama provides diverse medical treatments, including cosmetic surgery, cardiac procedures, orthopedic surgeries, and wellness programs.
- ✓ **Cultural Richness and Tourist Attractions:** In addition to medical benefits, Panama's rich culture and tourist attractions make it an appealing destination for a unique travel experience during recovery.



Language
Spanish



Capital
Panama City



Time Zone
GMT -5



Currency
U.S. Dollar



Population
4,268,725



CONCLUSION

Panama is a fast-growing destination for medical tourism with its state-of-the-art medical facilities, skilled healthcare professionals, and competitive pricing, Panama has become a popular choice for individuals seeking high-quality medical treatments and services.

Patients worldwide are drawn to Panama for procedures ranging from cosmetic surgery to advanced medical treatments like orthopedic oncology and reconstructive surgery.

The country's beautiful landscapes, warm hospitality, and vibrant culture also make it an ideal place for recovery and relaxed post-treatment. Whether you are looking for a routine check-up or a specialized procedure, Panama offers a comprehensive range of healthcare options to cater to your needs.

At Panamedico, we understand it can be difficult to organize medical treatments in a foreign country, hence as a medical tourism guide we are here to help. With established relationships with the best doctors in Panama and top hospitals, we come equipped with all you need for your medical treatment in Panama.



— *Panamedico*

FAQ

Is medical care in Panama affordable for international visitors?

Yes, medical care in Panama is often more affordable compared to many Western countries. Costs for procedures and treatments can be significantly lower.

Do I need a visa for medical tourism in Panama?

Panama allows citizens from many countries to enter without a visa for tourism purposes. However, it's essential to check visa requirements specific to your nationality and the purpose of your visit.

What are the popular specialties in Panama's medical tourism industry?

Apart from cosmetic surgery, and cardiology, Panama is gaining recognition for orthopedic procedures, reconstruction surgeries, and oncology.

Are there language barriers?

Top hospitals and clinics have English-speaking staff to assist international patients.

Can I extend my stay for sightseeing?

Certainly! Panama offers various sightseeing and relaxation options, but consult your healthcare provider for any medical advisories related to your treatment.

How can I arrange transportation and accommodation for my medical trip?

We can provide travel and accommodation recommendations. Additionally, as a medical tourism agency, we can help with choosing the best providers for your trip.

Are Panama's medical facilities equipped with modern technology?

Yes, top medical facilities in Panama are equipped with modern and advanced technology, ensuring quality healthcare services.

What is the typical waiting time for medical procedures in Panama?

The waiting times for medical procedures in Panama are generally shorter compared to some other countries. However, it can vary depending on the specific treatment and the chosen healthcare provider.



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