PRMEDICA are leaders in Biocellular Regenerative Medicine and provide the latest advances in stem cell procedures for treating orthopedic injuries, arthritis and painful degenerative joint conditions. We have developed new protocols and achieved significant success in treating chronic degenerative diseases, and the symptoms of Diabetes, Alzheimer’s disease, Parkinson’s disease, Autism and other neurological conditions. We also specialize in facial rejuvenation, wellness and anti-aging procedures.

These non-surgical procedures offer a viable alternative to invasive surgery.

Listed below are diseases and conditions which have proven responsive to stem cell treatment. PRMEDICA are constantly developing new advanced protocols and researching new procedures that can be treated with stem cell therapy.

For more information about PRMEDICA and the treatments we offer, please review the contents of this brochure.
This brochure contains information about the latest advances in stem cell and blood platelet procedures for treating painful degenerative joint conditions and many other chronic degenerative diseases. It also reviews the most advanced screening and diagnostic technology for the accurate assessment of one’s health, tests that can quickly detect many diseases before they start.

PRMEDICA are leaders in Biocellular Regenerative Medicine and provide the latest advances in stem cell therapy for treating orthopedic injuries, and painful degenerative joint conditions. We have achieved significant success in treating diabetes, chronic degenerative diseases, neurological diseases, and many other conditions. PRMEDICA also provide a complete range of wellness and anti-aging treatments and include Wellness IV therapy, Ozone therapy, Chelation therapy, IV Vitamin cocktails, Hyperbaric oxygen therapy and skin rejuvenation treatments.

PRMEDICA also specialize in preventive medicine, with the latest state-of-the-art equipment and technology for accurate diagnosis of your health. We use the most advanced screening and diagnostic technology that can quickly identify many diseases before they start. We offer a variety of health check-up plans, and the health check-ups can be tailored to your specific needs. Our signature plan is the Executive Health Check-Up for those who lead a demanding and stressful lifestyle and is the most comprehensive health check-up plan available.

PRMEDICA are the leaders in medical tourism in Los Cabos, one of the top tourist vacation destinations in Mexico. We welcome clients every day from abroad, particularly from Canada, USA and Asia Pacific for treatment at our clinics in Mexico. We make travel arrangements and book accommodations and provide local transportation to and from our medical facilities, and ensure our clients have a safe and enjoyable stay while visiting Los Cabos.
Leaders in Stem Cell Research and Development

PRMEDICA is associated with CryoVida, a leading human stem cell clinic in Mexico which provide stem cells for clinical and commercial applications worldwide. CryoVida are pioneers in stem cell development and research in Mexico, with more than 13 years of experience in stem cell therapy.

PRMEDICA is affiliated with CBCCells, a Mexican corporation in Guadalajara dedicated to stem cell research and development, with a licensed stem cell bank and fully equipped laboratory using the latest technology for the isolation and culture of adult stem cells for commercial use. CBCCells specializes in work with mesenchymal stem cells for research and development purposes, and for medical use.

PRMEDICA offers the support and expertise of the leading stem cell research clinics in Mexico and employ highly skilled medical professionals to provide clients the latest and most advanced stem cell treatments in Mexico.

About Stem Cells

Stem cells are the foundation cells for every organ and tissue in our bodies. This is the name given to a category of cells which can divide indefinitely without losing their properties and can produce specialized cells. Adult stem cells are found throughout the body, inside of different types of tissue such as the bone marrow, brain, blood, blood vessels, skeletal muscles, skin, and the liver. They remain in a dormant or non-dividing state sometimes for years until activated by disease or tissue injury. When the body has suffered an injury they follow the blood platelets to the injured site and transform into the same type of cell that was injured to promote healing.

Mesenchymal Stem Cells

Mesenchymal stem cells are obtained from tissue such as adipose tissue, bone marrow, umbilical cord and placenta. They are normally derived from the patient’s fat cells or donated placentas which are processed in our laboratory in Guadalajara. The stem cells are harvested after normal, healthy births, and the donor has been tested for infectious and severe disease. The stem cells are then screened and tested to International Blood Bank Standards and to strict guidelines set forth by both the Food and Drug Administration and the American Association of Tissue Banks (AATB). Evidence shows that mesenchymal stem cells derived from the placenta and umbilical cord that we regularly use, are more robust than those from other sources such as fat and bone marrow.
Stem Cell Therapy

Stem cell therapy is a treatment where stem cells that are derived from the patient’s fat cells and bone marrow, or from a donor, are injected into the damaged area. These cells naturally supplement the body’s stem cells to increase the body’s potential to regenerate and repair diseased or damaged tissue and help the injury heal faster.

People who may benefit from stem cell therapy include those suffering from osteoarthritis and other degenerative joint diseases, spinal cord injuries, diabetes, Parkinson’s disease, Alzheimer’s disease, aging skin, and many other conditions.

PRMEDICA in association with their affiliates research and develop many procedures to apply stem cell therapy with significant success and have received numerous testimonials of excellence.

New Advanced Protocols

PRMEDICA has developed new advanced protocols for the treatment of degenerative joint diseases such as the knee, hip, shoulder, back, neck, feet, hand, elbow and ankle. We also have developed new protocols for treating the symptoms of Alzheimer’s disease, Parkinson’s, Autism, diabetes and many other conditions.

Much of our success is the result of the types and quality of stem cells used for the many diseases treated at the clinic. We use Mesenchymal stem/stromal cells (MSCs) from neonatal sources such as the human umbilical cord and placenta which comprise a heterogeneous population of multipotent progenitors that possess biological properties making them special candidates for cell therapy. MSCs interact with both innate and adaptive immune cells and thus exert profound effects on immune responses.

Using mesenchymal stem cells assures that we can treat many diseases and achieve a high level of success.

Treatable Diseases and Conditions

We have listed the most common diseases and conditions which the specialists at PRMEDICA confirm are responsive to stem cell treatment. We are constantly developing new advanced protocols for diseases and conditions that can be treated with stem cell therapy.
Degenerative Joint Disease:
(Knees, hips, shoulders, back, neck, hands, feet, elbows, and ankles)

The symptoms of degenerative joint disease are caused by the gradual deterioration of articular cartilage on joint surfaces. Cartilage protects our joints and allows them to move smoothly. Without articular cartilage, raw joint surfaces abrade one another and rapidly erode away.

Treating degenerative joint disease of the knees, shoulders, hips, back and neck are the main procedures performed at the clinic with a high rate of success. The clinic has researched and developed more advanced protocols for the treatment of joint disease and our new procedures have achieved significant success.

Procedure for the treatment of Degenerative Joint Disease:

- The process starts with x-ray, MRI or ultrasound images of the affected joint(s), and complete blood work to check for infectious diseases and cancer markers to determine if client is suitable candidate for stem cell treatment.
- If client is suffering pain & inflammation of the joint the doctor may recommend ozone therapy to ease the pain and reduce inflammation at least one day before the stem cell treatment. The ozone is injected into the affected joint(s) and this will reduce inflammation and pain and prepares the joint for stem cell treatment.
- Doctor reviews condition of joint(s) and decide on the quantity of stem cells and method of application to provide optimal results of the patient’s condition. Depending on the severity of the condition the doctor may inject between 25 million to 50 million stem cells in the affected joint.
- Before injecting the stem cells the doctor will take a sample of client’s blood which is spun in a centrifuge to produce platelet-rich plasma (PRP). The PRP is then ozonated with an infiltration of ozone and injected into the joint together with the stem cells and hyaluronic acid. This lubricates the joint and helps reduce pain and swelling and activates the stem cells to start the regenerative process. Combining the PRP with stem cells will stimulate the movement of cells towards the joint and make those stem cells work harder to create connective tissue.
- Doctor may inject directly into the affected joint(s) under ultrasound guidance to pinpoint with absolute precision the exact location of the injection. If multiple joints are treated the doctor may apply stem cells by intravenous infusion.
In addition, the client is given a nutrient supplement to be taken orally for 3 months to help with the restoration of the cartilage. As part of the advanced protocol we also recommend the stem cell booster implant which contains nutrients derived from the placenta and is injected into the fatty tissue of the abdomen, with a tiny needle that goes just under the skin. The implant will slowly release nutrients over a prolonged period to activate and nourish the body’s stem cells to enhance the healing process. The booster implant is mixed with ozonated PRP which is spun in the centrifuge and this process will improve the disbursement of the nutrients in the body. Also, 20% more nutrients have been added to the booster implant to provide longer lasting benefits. The implant provides an overall feeling of well-being and also promotes good health. Immediately after the stem cell procedure you can use the joint normally. The rate of improvement depends on the patient’s previous condition, in general improvement is documented between 80% to 90% effective.

Knee Joint:
Stem cell therapy for the knee is our most successful protocol, having a high percentage of patients with good, long term and significant results when the joints are not too severely damaged. In cases of severe damage we still have protocols and options for treatment before considering knee replacement surgery. PRMEDICA in conjunction with our associated laboratories have developed a very successful non-surgical procedure including the use of mesenchymal stem cells, ozonated platelet rich plasma and hyaluronic acid injected directly into the intra-articular space of the knee or knees. This single session procedure provides long term or permanent results of the treated knee joints.

For the treatment of degenerative disease of the knee joint read the procedure detailed above in the section Degenerative Joint Disease.

Shoulder Joint:
The gleno-humeral (shoulder) articulation is one of the strongest and most active of our articulations due to the amount of different kinds of motion and combination of motions it achieves. At the same time is delicate in the sense that we often abuse the shoulder. The kind of issue we have mostly with the shoulder joints are sports injuries, or accidents affecting this sturdy but delicate group of structures.

For the treatment of degenerative disease of the shoulder joint read the procedure detailed above in the section Degenerative Joint Disease.
Hip Joint:
The femoro-acetabular (hip) joint, along with knees is one of the most commonly affected articulations in our bodies due to the same cause of knee degeneration: that is, bearing weight and receiving impact.

Our treatment is similar in technique and approach to knee treatment, is slightly more complex for the attending doctor to place the needle exactly in the intra-articular space without touching any other structures. For this reason we use advanced doppler ultrasound guidance in combination with a mild relaxing medication, freeze the area and make sure our patients are comfortable before starting any procedures.

For the treatment of degenerative disease of the hip joint read the procedure detailed above in the section Degenerative Joint Disease.

Degenerative Back Disease and Degenerative Neck Disease
We treat locally with an infiltration of mesenchymal stem cells, combined with ozonated PRP and hyaluronic acid. Depending on the number of segments affected the doctor will take the decision to do a local infiltration only, or a combination with an intravenous infusion of mesenchymal stem cells.

For the treatment of degenerative disease of the Back and Cervical Spine (neck) visit our website
www.prmedica-inc.com/padecimientos_degenerative_back.php
www.prmedica-inc.com/padecimientos_degenerative_neck.php

Neurological Diseases
The neurogenic properties and immune modulatory effects of Mesenchymal stem/stromal cells (MSCs) provide a foundation upon which MSCs can be used to treat neurological disorders. The new and advanced protocol for treating the symptoms of Alzheimer’s, Parkinson’s and Autism are detailed on our web page

www.prmedica-inc.com

Alzheimer’s Disease
Alzheimer’s disease is a progressive neurodegenerative disorder, the leading cause of dementia in late adult life. Although the prevalence of dementia continues to increase worldwide, incidences have decreased in the western world resulting from better vascular care and improved brain health. Age-related, protective, disease-promoting
factors probably interact with the core mechanisms of the disease. The treatment at our clinics are not aimed to reverse or cure Alzheimer's disease, that is a chronic-degenerative and idiopathic condition, but we are having great results at improving the quality of life of our patients by improving general functions of the body, enhancing the effectiveness of the metabolism, increasing the amount of the cell oxygen intake by several means, balancing or fulfilling the amount of nutriments, minerals, and elements necessary to the normal damage repair on the tissues in charge of the disposal of toxins, free radicals and other damaging agents to the different systems and organs.

The regeneration of brain cells (neurons) is not yet available, and the conduction of the nerves on this condition is basic and elemental, so we focus on that goal to reduce the severity and recurrence of symptoms.

**Procedure for treatment of the symptoms of Alzheimer’s Disease:**

- Administer an IV infusion rich in mesenchymal stem cells, delivering 2 to 3 million stem cells per kilogram of the client’s body weight. These mesenchymal stem cells are derived from human umbilical cord and placenta that have profound effects on immune responses.
- 3-5 sessions Ozone IV autohemotherapy
- 2-4 sessions Modified Meyer’s Cocktail
- 10 sessions Hyperbaric oxygen therapy (2 - 2.5 ATA)

Our stem cell treatment protocols allow us to administer large quantities of stem cells to adapt to each patient’s specific condition to provide maximum regenerative benefits. For patients with Alzheimer's and Parkinson Disease the treatment will provide a reduction of symptoms and eliminate brain fog and the complete treatment takes 10 to 14 days. For the complete protocols for these conditions, contact the clinic for details.

**Diabetes**

Based on scientific studies, CryoVida has developed a treatment for the reversal of diabetes with excellent results. The basis for the treatment is to administer human stem cells and to consume specialized nutrients which collectively regenerate the damaged organs that cause diabetes. The stem cells have the ability to develop and regenerate the cells of our body that have the function of generating insulin. Thus, the patients recover their natural function of processing glucose and converting it into the energy we need. The treatment has proven to be effective from 80% to 100% recovery. This also depends on the condition and commitment of the patient to the treatment.
CryoVida has developed a kit of totally natural specialized products, which in combination with stem cell therapy will help repair the organs damaged by diabetes. They have many testimonials to support the effectiveness of the treatment. The kit contains a specialized fiber powder and a nutritional supplement developed to detoxify the human body, while regenerating the pancreas, normalizing glucose levels with excellent results. The treatment is complemented with stem cell therapy using up to 150 to 200 million stem cells and a stem cell implant.

The complete protocol for the treatment of Diabetes is over a 12 months period. For more details contact PRMEDICA.

Dermiblast Plus. Facelift for Aging skin.

Dermiblast Plus is a single session facelift that significantly restores aging skin, resulting in a complete facial rejuvenation without surgery. It’s a combination of Fibroblasts, Mesenchymal Stem Cells, Platelet-rich Plasma and Hyaluronic Acid specially designed to treat aging skin, particularly the face, neck, chest and back of the hands.

The primary cause of skin aging is a decrease in collagen, elastin and glycosaminoglycan (GAG) formation. The only cell in the body that produces collagen, elastin and GAG is called a fibroblast. Without these three proteins produced by the fibroblasts, the skin loses elasticity, firmness and moisture. This results in wrinkling of the face, especially in the forehead, around the eyes, lips, and corners of the mouth. Mesenchymal stem cells produce fibroblasts, which regenerate skin tissue, hydration and fullness. It gives back your missing collagen and elasticity.

The Dermiblast Plus Facelift uses fibroblasts and mesenchymal stem cells from clinically approved donors and is mixed with platelet-rich plasma obtained from the patient's own blood. The combination of fibroblasts, stem cells and PRP are injected into the mid-structures of the face and below the skin surface with a micro-needling device. This achieves a diffused infusion of concentrated platelet growth factors, fibroblasts and mesenchymal stem cells throughout the dermis of the face.

After this, a specially prepared Bio-Filler of concentrated platelets with added hyaluronic acid is strategically placed in the smile lines, crow's feet, chin, cheeks, forehead, and corners of the mouth using a very tiny needle. The platelets contain numerous growth factors that stimulate the fibroblasts and stem cells to achieve total facial rejuvenation. It adds volume and smooth out the deep creases and wrinkles in the face. This is a single session treatment and the results
will be long-lasting, depending on how the patient cares for their skin. A second application of PRP may be given 6 to 8 weeks later to stimulate the effects of the fibroblasts and stem cells to produce longer lasting results up to 2 years or more. Also included in the treatment is a facial cream containing numerous growth factors that will help maintain firmness, elasticity, and for hydration of the skin.
The procedure is performed at the clinic in Cabo San Lucas and takes about 90 minutes and the effects are immediate. Why not schedule a free consultation with the doctors to discuss Dermiblast Plus, the most effective non-surgical facelift treatment available on the market.

Other Treatments
in association with their partners PRMEDICA have researched and developed many procedures where they can apply stem cell therapy with significant results and have received numerous testimonials of excellence. PRMEDICA continue to research new stem cell therapies and develop new protocols in their pursuit of excellence. For more information about the new protocols under review, please contact us by email or telephone.

Stem Cell Booster Implants
As part of the advanced protocol we also recommend the stem cell booster implant which contains nutrients derived from the placenta and is injected into the fatty tissue of the abdomen, with a tiny needle that goes just under the skin. The implant will slowly release nutrients to activate and nourish the body's stem cells and enhances the healing process. It also prepares the body for any IV stem cell infusion and improves and prolongs the regenerative process.

The booster implant is mixed with a sample of the client's blood which is spun in the centrifuge and this process will improve the disbursement of the nutrients in the body. Also, 20% more nutrients have been added to the booster implant to provide longer lasting benefits.

The stem cell booster implant provides an overall feeling of well-being and promotes good health up to 12 months.
Price $500 US

Wellness IV Stem Cell Therapy
By applying a large quantity of stem cells, up to 200 million by IV infusion, we slow down the aging process by simultaneously stimulating the repair of multiple tissues of the body.

To hasten the process we include a stem cell booster implant which is placed in the fatty tissues of the abdomen and slowly releases nutrients to activate and nourish the body’s stem cells. The nutritional implant prepares
Benefits of Wellness IV Stem Cell Therapy

- Energy boost
- Relief of painful conditions
- Decreased inflammation
- Positive changes in mood
- Improvement sleep quality
- Circulation improvement
- Better skin appearance and hair reinforcement
- Better response to your medical treatments
- Preventive care & maintenance of good health

The Wellness IV Stem Cell Therapy provides a positive feeling of well-being and helps maintain good health up to 12 months.

OZONE THERAPY

Ozone therapy works on the principle that medical grade ozone (O3), a highly reactive form of pure oxygen, can trigger healing responses in the body. Injecting ozone into an affected joint quickly reduces pain and improves function and the quality of life for people suffering arthritis and other degenerative joint conditions.

Benefits of Ozone Therapy

- Stimulate the immune system to speed up the healing
- Has anti-inflammatory properties that reduce swelling and pain
- An effective antibiotic
- Improve circulation by enhancing blood flow
- Relieve muscular aches and pain
- Build muscle and dissipates fat
- Boosts energy levels so your body stays healthy.
- Fight infection and speeds recovery


If you are suffering joint pain and considering stem cell therapy, ozone therapy is often the first step on the path to recovery. PRMEDICA specialize in advanced stem cell therapy, and often recommends ozone therapy as part of the healing process.

Ozone therapy usually require 6 to 10 sessions of IV infusions or injections to achieve optimal results.

Price per session $125 US
IV Vitamins
The super-charged B vitamin cocktail will get you through your daily routine and activities, without feeling tired or have the down feeling of caffeine and energy drinks. Contains B vitamins for energy, Magnesium to regulate your bio chemical system, it will improve nerve and glucose control and help prevent memory loss.

IV Therapies Available Based on Meyers Cocktail Protocol

- **Regular Meyers Cocktail**: works by increasing the blood circulation of several vitamins and minerals beyond what can be achieved when taking supplements orally.
- **Meyer’s Rehydrate**: helps make muscles and joints work better, cleanses toxins from your body, an effective rehydration.
- **Meyer’s Super Boost Revival**: Your Red Carpet Best! All the stated benefits of the famous Meyer’s Energy Cocktail. All the benefits of our Body Rejuvenation IV infusion, which includes Glutathione (super antioxidant).
- **Meyer’s Body Rejuvenation Cocktail**: Glutathione will help boost immune function, detoxify the liver, improve skin elasticity and produce a healthy glow.

Chelation Therapy
Chelation therapy is treatment used in conventional medicine for removing heavy metals (including mercury) from the blood. It involves intravenous injections of a chelating agent, EDTA (ethylene diamine tetra-acetic acid), a synthetic amino acid. EDTA binds to heavy metals and minerals in the blood so that they can be excreted in the urine.

Toxins are everywhere! Lead, mercury and other heavy metals are part of our lives. This drip attracts and removes the conglomeration of toxins the patient is exposed to daily. This positively affects the normal metabolism of harmful substances that otherwise would deposit in the body for long periods of time.

Intravenous Chelation is recognized as an effective therapy to combat atherosclerosis. Not only is it the solution for many people suffering from this problem (hardening and/or blockage of the arteries), but it is even an excellent preventive method that slows down aging. PRMEDICA are specialists in the application of this treatment, which basically consists of the administration of EDTA intravenously, for the treatment of various diseases and conditions caused by deposits of calcium in the arteries and by the accumulation of heavy metals.
This therapy has the characteristic of dragging and discarding our body's deposits of calcium, heavy metals, reduces cholesterol and triglyceride levels, rejuvenates the arteries and veins, and renews the peripheral circulatory system.

Price per session $125 US

For more information about new treatments available at PRMEDICA send e-mail to: info@prmedica-inc.com

Preventive Medicine

Latest Advance in Preventive Medicine

Medical research has come a long way, and people are now living longer than ever before. The average life expectancy for an American is almost 80 years, and with simple lifestyle changes many people can live to 95 years and beyond! Simple lifestyle factors such as a healthy weight, regulating blood pressure and cholesterol levels, a balanced diet and staying active can easily add an extra decade or more to your life span. And these extra years can be celebrated with the energy, strength and passion for life you enjoyed in your youth.

PRMEDICA specializes in preventive medicine, with the latest state-of-the-art equipment and technology for accurate diagnosis of your health. We use hospital facilities with the most advanced screening and diagnostic technology that can quickly identify many diseases before they start. Every year millions of people die from preventable diseases, many diseases which can be avoided if detected early. Learn more about the screening tests available from PRMEDICA, including screening tests for colon cancer, heart disease, prostate cancer, mammography and full body executive check-ups using the latest equipment and technology.

Screening Tests at PRMEDICA

Health Check-up

One of the best methods for prevention of disease is to get a health check-up, even if you are healthy. With a health check-up we can detect many diseases before they start, and find problems early, when chances for treatment and cure are better. By getting the right screenings, and treatments, you are on the path to living a longer, healthier life. We offer a variety of health check-up plans and the health check-ups can be tailored to your specific needs. Our signature plan is the Executive Full Body Health Check-Up and is the most thorough health check-up plan available.

Executive Health Check-up Plan

If you lead a demanding and stressful lifestyle, an Executive Health Check-Up is most definitely right for you. The health check-up is
tailored to meet your individual needs and provides a detailed assessment of your overall physical health, and typically includes the following tests and consultations:

EXECUTIVE HEALTH CHECK-UP

Includes:
- Detailed medical history and physical examination by an internal medicine specialist
- Full range of screening tests for early detection of cancer, heart disease, and other serious conditions, including full blood tests, cholesterol and lipid profile, urinalysis and blood chemistries to detect diabetes, kidney and liver disease.
- Testosterone testing
- PSA testing
- Cardiovascular fitness evaluation, including resting EKG, cardiac stress test, blood pressure readings
- Pulmonary health evaluation
- Chest X-ray
- Bone densitometry to evaluate risk of bone fracture
- HIV testing
- Abdomen Ultrasound

- Prostate Ultrasound
- Audiology evaluation
- Eye exam with glaucoma screening
- Dermatology evaluation
- Weight, fitness and stress evaluation, including nutrition consults and body composition test.
- Review of medications, vaccinations and immunizations needed for international travel
- Lifestyle assessment, including review of nutrition, stress management, alcohol, tobacco and other indication of disease.
- Exit interview with internal medicine specialist and review of all your tests and a full report which you may wish to discuss with your personal doctor when you return home.

Additional Services:
- CT angiography
- Full body CT scans to identify potential problems and disease
- Colonoscopy*
- Gastroscopy* (*extra charge)

The consultations and tests for the health check-ups are conducted by skilled English-speaking doctors using the latest testing equipment and technology, and is usually completed within 8 hours, over a convenient one day or two ½ days.

Cost of the Executive Health Check-Up will range from $950 to $3500 US depending on the tests required. Request and complete our comprehensive medical questionnaire and we will provide a free assessment of your health and cost estimate of the Executive Health Check-Up Plan.

CT Heart Scan That Could Save Your Life
Quickly detects calcium-containing plaque in the arteries

Coronary heart disease is the main cause of death for men and women in the United States. Every year millions of people die of heart disease, a disease that can often be treated if detected early. A heart
scan can detect heart disease and find problems early when chances for treatment and cure are better. Early detection may indicate the need for medication and lifestyle changes to reduce the risk of heart attack or other heart problems.

A CT heart scan is a non-invasive heart imaging test to determine if you have a build-up of calcium deposits in the coronary arteries. The heart scan, also known as a coronary calcium scan, is a specialized CT scan that provides pictures of your heart that can enable your doctor to identify and measure the calcium-containing plaque in the arteries.

The plaque inside the arteries of your heart can build up and eventually obstruct the flow of oxygen-rich blood to the muscles of the heart. Measurement of calcified plaque with a heart scan may enable your doctor to identify possible coronary artery disease long before you have any signs and symptoms. Coronary artery disease (CAD) results in damage to the arteries which are primarily due to plaque and inflammation. Plaque deposits in and on the walls of coronary arteries can restrict the blood to the muscles of the heart. Plaque also may rupture, triggering a blood clot that can cause a heart attack or stroke. Plaque deposits develop gradually over a period of time, long before there are any signs or symptoms of a disease. The imaging test provides an early look at calcium levels. If there is calcium, then there is already some stiffening and narrowing of the artery (atherosclerosis).

We have a team of skilled doctors that specialize in preventive medicine, using state-of-the-art equipment and technology to detect many diseases before they start. As part of our diagnostic testing program, we use the Somatom Scope, the latest and fastest CT scanner in Los Cabos. It delivers outstanding image quality, reduces radiation dose by 40%, with the highest levels of quality and imagery, and can accurately measure the build-up of calcium deposits in the coronary arteries. The doctors and radiologists are highly experienced in supervising and interpreting radiology examinations and will analyze the images and discuss the results with you and prepare an official report for your primary care physician to review.

No special preparation is necessary in advance for your heart scan and you should continue to take your usual medications but avoid smoking and caffeine for four hours before the test. However, if your heart rate is above 65 beats a minute you must take medication 2 days before your test to slow your heart rate to ensure clear images. Before the actual scan begins, the technician will attach sensors to your chest. These are connected to an electrocardiogram, to record your heart activity during the test and coordinate the timing of X-ray images between heartbeats, when the heart muscles are more relaxed. After the scan, the doctor will review the results and discuss
the best treatment plan for you. The entire procedure should take about 30 minutes, and after ward, you should be able to drive yourself home and continue normal daily activities.

Now is a good time to get a heart scan to determine your calcium score and your risk for heart attacks in the future. The total cost for the heart scan is under $600 US. Contact the specialists for more information about the screening tests available.

Colon Cancer Awareness

Getting screened could save your life

Colon cancer is the second leading cause of cancer death among men and women in the US and is estimated over half of all colon cancer deaths could be prevented, if people got tested regularly. There’s no better time to learn the facts about colon cancer and get tested.

Getting screened could save your life.

If you are 50 or older, you should speak with your doctor about colon cancer screening. Screening can find colon cancer before symptoms develop when it’s easier to treat and survival rates are better. Screening can help find growths called polyps that can be removed before they turn into cancer. The good news is that fewer people have been dying from colon cancer over the past few decades. That’s due to improvements in screening.

Several screening tests have been developed to help find colorectal cancer early, when it is more treatable. Medical experts recommend that people over 50 years get screened at regular intervals with one of the following tests: high-sensitivity fecal occult blood tests (FOBT), or stool DNA testing, or standard colonoscopy, or virtual colonoscopy. People at increased risk because of a family history of colorectal cancer or polyps or because they have inflammatory bowel disease, may be advised to start screening before age 50 and/or have more frequent screening. In this article we review tests using standard colonoscopy and virtual colonoscopy.

Standard colonoscopy

In this test, the rectum and entire colon are examined using a colonoscope, a flexible lighted tube with a lens for viewing and a tool for removing tissue. The tube is inserted through the anus into the rectum and the colon as air is pumped into the colon to expand it so the doctor can see the colon lining more clearly. During a colonoscopy, any abnormal growths in the colon and the rectum can be removed. A thorough cleansing of the entire colon is necessary before this test and patients receive some form of sedation during the test. Studies show that colonoscopy reduces deaths from colorectal cancer by about 60 to 70 percent. Colonoscopy is recommended every 10 years for people at average risk as long as their test results are negative.
Virtual colonoscopy

This screening test, also called computed tomographic [CT] colonography uses a CT scanner to produce a series of pictures of the colon and the rectum from outside the body. A computer then assembles these pictures into detailed images that can show polyps and other abnormalities. Virtual colonoscopy is a newer method of screening the colon and is less invasive than standard colonoscopy and does not require sedation, providing a proven screening test for individuals who cannot, or will not have a colonoscopy. As with standard colonoscopy, a thorough cleansing of the colon is necessary before this test, and air is pumped into the colon to expand it for better viewing of the colon's lining. The accuracy of virtual colonoscopy is similar to that of standard colonoscopy, and virtual colonoscopy has a lower risk of complications. However, if polyps or other abnormal growths are found during a virtual colonoscopy, a standard colonoscopy is usually performed to remove them. With the combination of newer and faster CT scanners with computer software that can produce images equivalent to an endoscope, virtual colonoscopy seems to be a logical choice in the screening for colon cancer. During the CT scan, the doctors will, if requested, check for the symptoms of prostate cancer at no extra cost.

We use the SOMATON SCOPE, the latest and fastest CT scanner in Los Cabos, which is highly suitable for virtual colonoscopy screening. The Somaton Scope delivers outstanding image quality and is capable to reduce radiation dose up to 40% while maintaining high levels of quality, and diagnosis confidence. The scan time takes approximately 20 seconds, with very low radiation during which time the patient holds his or her breath. After the exam, there are two methods that can be used to deal with a polyp that has been identified by the CT scan. If the patient desires to have a same day standard colonoscopy when a polyp is identified, he or she waits for approximately 45 - 60 minutes in order to confirm if a polyp has been identified. This time is needed to carefully examine the colon using computer images. If a polyp is identified, the patient then has a standard colonoscopy performed to remove the polyp. If no polyp is found, the patient goes home.

To learn more about colon cancer screening tests, arrange a consultation to review your present condition, and we will discuss the best options for you. The virtual colonoscopy normally costs $550 US and a standard colonoscopy $850 US. Contact us now for more details- there’s no better time to learn the facts about colon cancer and get tested.

Other screening tests

PRMEDICA can arrange other screening tests including tests for prostate cancer, mammography and general health check-ups using the latest equipment and technology. Contact us for more information.
Medical Tourism
Los Cabos is a leading medical tourism destination

Every year many thousands of people are flocking to Los Cabos to get medical and dental treatments at a fraction of the costs in the USA and Canada. They have discovered the many benefits of medical tourism and combine a vacation in beautiful Los Cabos with medical treatments they can receive at highly rated hospitals and clinics in the region. Medical tourism is when people travel to another country for medical and dental care, usually to seek treatment at a lower cost, or a treatment not available in their home country and the quality of care is often comparable or better than the care received back home. The reasons people travel abroad for health care are fairly extensive, and often are based on medical costs, quality of care, shorter waiting times, and the proximity of the destination.

PRMEDICA is a leader in medical tourism in Los Cabos, and welcome clients every week from abroad, particularly those from Canada, USA and Asia Pacific for treatment at our facilities in Mexico. We make travel arrangements and book accommodations and provide local transportation to and from our medical facilities, and ensure our clients have a safe and enjoyable stay when visiting Los Cabos.

We take good care of you, from the time you first contact us to inquire about having your medical treatment in Mexico. We assign a case manager to liaise with you and obtain the most competitive price for your treatment. After you decide to have your procedure in Los Cabos, we will assist with travel arrangements, hotel or private accommodations, car rentals, and all the travel and services you need to make your stay in Los Cabos a restful and enjoyable experience.

Wellness Vacation Packages
PRMEDICA have 3-5 day vacation packages that have been specially designed for clients who are having non-invasive stem cell therapy, screening tests and other minimally invasive, non-surgical procedures. These are outpatient procedures, and the client can plan normal daily activities following the procedure and enjoy their stay in Los Cabos. The packages have been specifically designed so you and your loved one can combine your treatment with a wellness vacation at a top-rated Golf and Spa Beach Resort.
VIP Health & Wellness Vacation includes:

• Comprehensive Executive Health Check-Up customized for your personal health needs, or stem cell therapy or screening tests of your choice.

• 3-5 night luxury accommodations for two at Sheraton Hacienda Del Mar Golf & Spa Resort, Grand Fiesta Americana Golf & Spa Resort or Hilton Los Cabos Resort.

• Full day at the renowned Somma Wine Spa, Cactus Spa and other leading spas for an array of rejuvenating spa therapies and skin treatments, and daily use of Gym and hydrotherapy facilities (includes $500 US gift voucher)

• Golf at Jack Nicklaus Ocean Course at Cabo del Sol, rated #1 in Mexico, or half-day of Sports Fishing aboard a charter yacht.

• Private chauffeur/hostess for airport transfers, medical appointments, recreational activities and sightseeing tours, providing full concierge services during your stay.

• Travel & Medical insurance in Mexico.

The cost of the Executive Health Check-Up and Wellness Vacation with 3-5 nights luxury accommodations, spa treatments, golf and personal concierge service, is normally less than the cost of having a comparable Executive Health Check-Up in the USA. The cost of the Executive Health Check-Up and VIP Wellness 3 night package (for 2 persons) starts at $4950 US. Price does not include airfare and meals.

We have other Health and Wellness Vacation Plans that are more economically priced and will send details upon request. Please contact us by email and we will send a questionnaire which should be completed and returned so we can prepare a vacation package that's customized for your needs.
Summary:
For further information about any of the procedures outlined in this brochure, please contact us by email or telephone.

Contact Info:

CABO SAN LUCAS
Carretera Transpeninsular Km 6  Plaza del Rey 2nd Floor
Cabo San Lucas, B.C.S, Mexico

SAN JOSE DEL CABO
Carretera Transpeninsular Km 30 Plaza Los Portales 3rd Floor
San Jose del Cabo, B.C.S. Mexico

Email: stemcellcabo@gmail.com
Tel: 624 688 8497  |  624 157 1970

www.prmedica-inc.com