

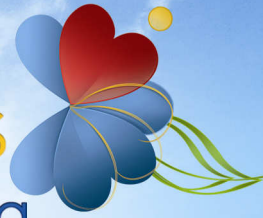


Philippines
The Heart of Asia

MEDICAL AND WELLNESS TRAVEL GUIDE & DIRECTORY 2009 / 2010

Philippines The Heart of Asia

MEDICAL AND WELLNESS TRAVEL GUIDE & DIRECTORY 2009 / 2010



Philippines: Your Global Healthcare Destination

Quality
Healthcare
Facilities

Medical Tourism
& Retirement
Zones

Spa &
Wellness
Centers

Philippines

The Heart of Asia



In western and eastern cultures, a flower represents life and rebirth. This is a perfect symbol of the Philippines' health and wellness tourism identity as it doesn't just represent the country's natural beauty, it also denotes how much we value life and that we go to great lengths to provide quality healthcare for others. Since a flower is also symbolic of rebirth and growth, this logo also depicts our vision of progress for the country via medical and wellness tourism. The blue, red and yellow colors are inspired by our national flag, and the brightness of the hues indicate vibrancy in life.

The red petal is shaped like a heart, representing the Filipino's compassion and vitality, while the yellow cords converge at the center of the flower. The cord represents the various health and wellness sectors, strung together, giving dynamic shape and accent to the symbol of life.

Leaves, known for its remedial properties (in alternative medicine), symbolize wellness. The green color lends a cool, soothing tone to the overall visual. The color also commonly represents nature, serenity, and positive energy.

Beside the flower is a golden yellow dot, a bright pollen shining in the sun, which holds the spark of life and possibility: the image suggests the spark of knowledge, skill and wisdom shared selflessly by Filipino health and wellness professional.

Plus, the overall artistry and suggested natural beauty of the design represents the tropical paradise settings that dot the Philippines' archipelago of more than 7,000 islands: all perfect locales for recovery, rejuvenation, and retirement to a new, prime phase of life.

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PHILIPPINES: THE HEART OF ASIA
Medical and Wellness Travel Guide & Directory 2009/2010

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PREFACE

"MABUHAY!" (pronounced as maah-BOOH-high) is a Filipino word to mean a request, an encouragement and a celebration. Translated into English, it says, "Live!"

This greeting is a reminder of our commitment to life and a happy, loving existence. That's what Filipinos are: life-givers. Not only in the sense of being the life of the party but by doing our best to make living an easier, more memorable, and richer experience for everyone—loved ones, friends and guests alike. So it's not a surprise that more than just being a tropical paradise, the Philippines is the heart of global healthcare.

In the following pages, we would like you to share life as Filipinos know it and get to know why Filipinos are known as the most optimistic, cheerful, kind, generous, hospitable and compassionate people in Asia.

Philippines: The Heart of Asia is a friendly guide to medical and wellness tourism providers that will make international patients feel safe and informed as they recuperate, heal, and indulge in wellness.

Meant for both the seasoned and the first-time traveler, this travel guide is the definitive companion in one's journey towards better health and wellness in the Philippines.

Be nurtured in the heart of Asia. Enjoy reading this travel guide and come to the Philippines, your global care destination.



The usual reason that may come to mind for most people is: lower cost. However, a study by McKinsey and Company (published in May 2008) has some surprising findings. In that report, low cost is actually one of the last considerations for patients who seek medical care overseas.

The top reasons cited by patients who sought medical care overseas include: 1) advanced technology (40%); 2) better quality of healthcare (32%); and 3) faster medical services (15%). Only 9% of patients in the study cited lower cost as their top reason for seeking medical care abroad.

This means that majority of patients who seek medical care overseas are not simply desperate for lowering the cost of their healthcare. Rather, seeking medical care abroad—known as medical tourism or global healthcare travel—is the result of two things:

- a) The empowerment of patients who now have more options to choose the best medical care they can afford wherever in the world it is available;
- b) The increasing globalization of our way of life, which is already a reality in the areas of trade, commerce, education, science, media, and entertainment.

More and more satisfied patients have sought healthcare overseas, with reported savings in costs ranging from 25% to as high as 90% savings. Usually, these patients sought dental, cosmetic, orthopedic, and cardiovascular procedures.

Medical tourism is a trend that is expected to grow—driven in large part by overburdened local healthcare systems, as well as the lack of medical insurance for most patients. For those seeking high-quality and cost-effective healthcare, medical tourism is certainly a blessing.

INTERNATIONAL PATIENT CARE CENTER

WHY TRAVEL FOR HEALTHCARE

For those seeking high-quality and cost-effective healthcare, medical tourism is certainly a blessing

THE PHILIPPINES AS A GLOBAL HEALTHCARE DESTINATION

The country's pool of competent healthcare professionals...English-speaking people...state-of-the-art technology...and cost-effective medical and wellness treatments make it a preferred destination for healthcare

The Philippines has a long history of Western medical care, beginning in 1611 when the University of Santo Tomas, the oldest university in Asia, was founded along with its medical school. The University of Santo Tomas continues to provide the largest number of medical professionals in the country.

Medical care in the Philippines is primarily Western in its philosophy, methods and approaches. Filipino doctors receive the best education and training in established institutions in the U.S., Asia and Europe. The tertiary hospitals and medical centers in the Philippines have complete facilities and are just as equipped, if not better, than their counterparts in the U.S., Europe and Canada.

Medical tourism in the Philippines is backed by the resources of the Philippine government, through its agencies the Department of Tourism and the Department of Health. In 2006, the Philippines was launched as a world medical tourism destination and has since received recognition from patients all over the world as a global healthcare destination.





The world-renowned hospitality, compassion and friendliness of the Filipinos toward visitors are innate qualities nurtured through hundreds of years of contact and cultural exchanges with other nationalities.

In the 16th century, the Philippines became a colony of Spain and, three hundred years later, a colony of the United States. These developments have made Filipino culture a unique blend of Asian and Western values, customs and traditions.

In fact, the Philippines is known in the medical tourism sector as "The Heart of Asia" because of the uniquely Filipino way of heartfelt, compassionate caring for foreign patients.

Filipinos today, especially in the age of the internet, have a global culture: it's not unusual to go to urban centers and find cultural elements of America side by side that of Spain, China, India, and Southeast Asia—blended with indigenous beliefs, values and traditions.

While the Philippines is a predominantly Christian nation, other non-Christian communities and groups co-exist.

English is a national language in the Philippines because of an educational system founded by the former American commonwealth government. Spanish is also spoken in some portions of the country.

A HAVEN OF HOSPITALITY



It is known in the medical tourism sector as "The Heart of Asia" because of its uniquely Filipino way of heartfelt, compassionate caring for foreign patients



MEDICAL SERVICES

From preventive check-ups to complex surgical procedures, medical services in the Philippines are as varied as they are specialized

The globalization of healthcare has opened the door to quality medical services at much more affordable rates. This has given the Philippines the opportunity to show the world that its expertise and capabilities are indeed first-class.

With highly-trained professionals, advanced technology and the trademark warmth of its people, the Philippines is fast establishing itself as a preferred healthcare destination for patients seeking high-quality medical services, as well as value for money.

This rings especially true in the number of specialist treatments under its world-class hospitals, ideal for patients who have very specific needs but are working on a modest budget.

From aesthetic surgery to complex orthopedic procedures, from cancer and cardiovascular care to multi-disciplinary weight management, medical services in the Philippines are as varied as they are specialized.

Comprehensive Medical Evaluation and Examination (Executive Check-Ups)

- Complete Physical Examination
- Urinalysis and Stool Examination
- Complete Blood Count
- Blood Chemistry Panel
- Hepatitis B Screening
- Chest X-ray
- Spirometry
- Mammogram and Pap Smear
- Abdominal Ultrasound
- Electrocardiogram, 2D-Echocardiography and Treadmill Stress Test
- Esophago-Gastro-Duodenoscopy, Colonoscopy and Sigmoidoscopy

Diagnostic and Laboratory Technologies

- Anatomic and Surgical Pathology
- Medical Microbiology, Parasitology and Microscopy
- Clinical Serology and Chemistry
- Cellular Immunology, Immunohistochemistry and Cytogenetics
- Hematopathology, Blood Banking and Apheresis
- Electron Microscopy and Ultrastructural Pathology
- Pediatric Pathology
- Dermatopathology
- Generalized Diagnostic Radiology
- Computerized Tomography (CT) / Magnetic Resonance Imaging (MRI)
- Ultrasonography and Mammography
- Nuclear Medicine and Positron Emission Tomography
- Interventional Radiology
- Pediatric Radiology
- Interventional Radiology
- Pediatric Radiology

EXECUTIVE CHECK-UPS / DIAGNOSTIC AND LABORATORY TECHNOLOGIES

Hospitals are equipped with the latest in diagnostic and laboratory technologies that are necessary in accurately detecting illnesses

These hospitals are equipped with the latest in diagnostic and laboratory technologies that are necessary in accurately detecting illnesses like heart disease, cancer, and other life-threatening diseases.

Patients can choose from various packages that include overnight accommodations in a hotel-type suite with all the luxurious amenities.

Any medical traveler can look forward to a convenient visit as hospitals like The Medical City have designed their check-up facilities to function as one complete center. This way, all the necessary processes such as checking in, consultation, tests and payment are streamlined for maximum convenience.

Executive check-ups are a good investment and everyone, young or old, would benefit to have it on a regular basis.

Get healthy proactively

Prevention is the key to staying healthy over the long-term and avoiding large medical expenses. To do that, regular executive check-ups are a must to detect potential illnesses at the onset and address them with the right treatment.

Leading Philippine hospitals like The Medical City have the right facilities and topnotch programs to help patients manage their long-term health and well-being goals.



CARDIOVASCULAR CARE

The Philippine Heart Center performs as much as 3,000 cardiac surgeries every year with 99% success rate on coronary artery bypass surgery

Avail of first-class heart care

The heart beats 72 times per minute and will likely beat about 2.5 billion times during a lifetime. As the body's hardest working organ, the performance of the heart must always be in top condition if a person wishes to avoid the myriad of diseases that can afflict it.

Among these cardiovascular illnesses are heart attacks (coronary heart disease), cerebrovascular disease, raised blood pressure (hypertension), peripheral artery disease, and rheumatic heart disease.

While some cardiovascular diseases are treatable and reversible by going on a better diet, engaging in physical activity and managing stress, more often than not, however, medical intervention is required to ensure the patient stays healthy.

Leading hospitals in the Philippines such as the Philippine Heart Center offer the best treatments that can significantly restore heart health. Coronary artery bypass graft surgery (CABG), off pump coronary artery bypass, angioplasty, congenital heart disease surgery and repair, mitral and aortic valve replacement surgeries are just among the many cardiovascular procedures available in these centers.

These hospitals have state-of-the-art diagnostic equipment, as well as a well-trained, experienced staff to accommodate many patients. Patients will surely benefit from pre and post-operative rehabilitation backed by the latest research and technology.

Cardiovascular Care

- Coronary Arterial Bypass Graft (CABG) Surgery
- Congenital Heart Disease Surgery and Repair
- Mitral and Aortic Valve Replacement Surgeries
- Pacemaker Insertion
- Post-Operative Cardiac Care
- Cardiac Rehabilitation



CANCER CARE AND STEM CELL THERAPY

Cancer Care and Stem Cell Therapy

- Regenerative Medicine
- Medical and Surgical Cancer Treatment
- Bone Marrow Transplant
- Chemotherapy-resistant Cancers

Effective cancer management

Cancer affects people of all ages and accounts for about 13% of all human deaths worldwide. Cancer is the uncontrolled growth of abnormal cells because of damaged cellular DNA. These cells invade and destroy adjacent cells and metastasize, spreading to other parts of the body through the blood.

Benign tumors do not invade other cells or metastasize. However, when cells multiply unsteadily, the tumor then becomes malignant, posing danger to normal tissues and deteriorating the body. If not treated early on, the chances of death are high.

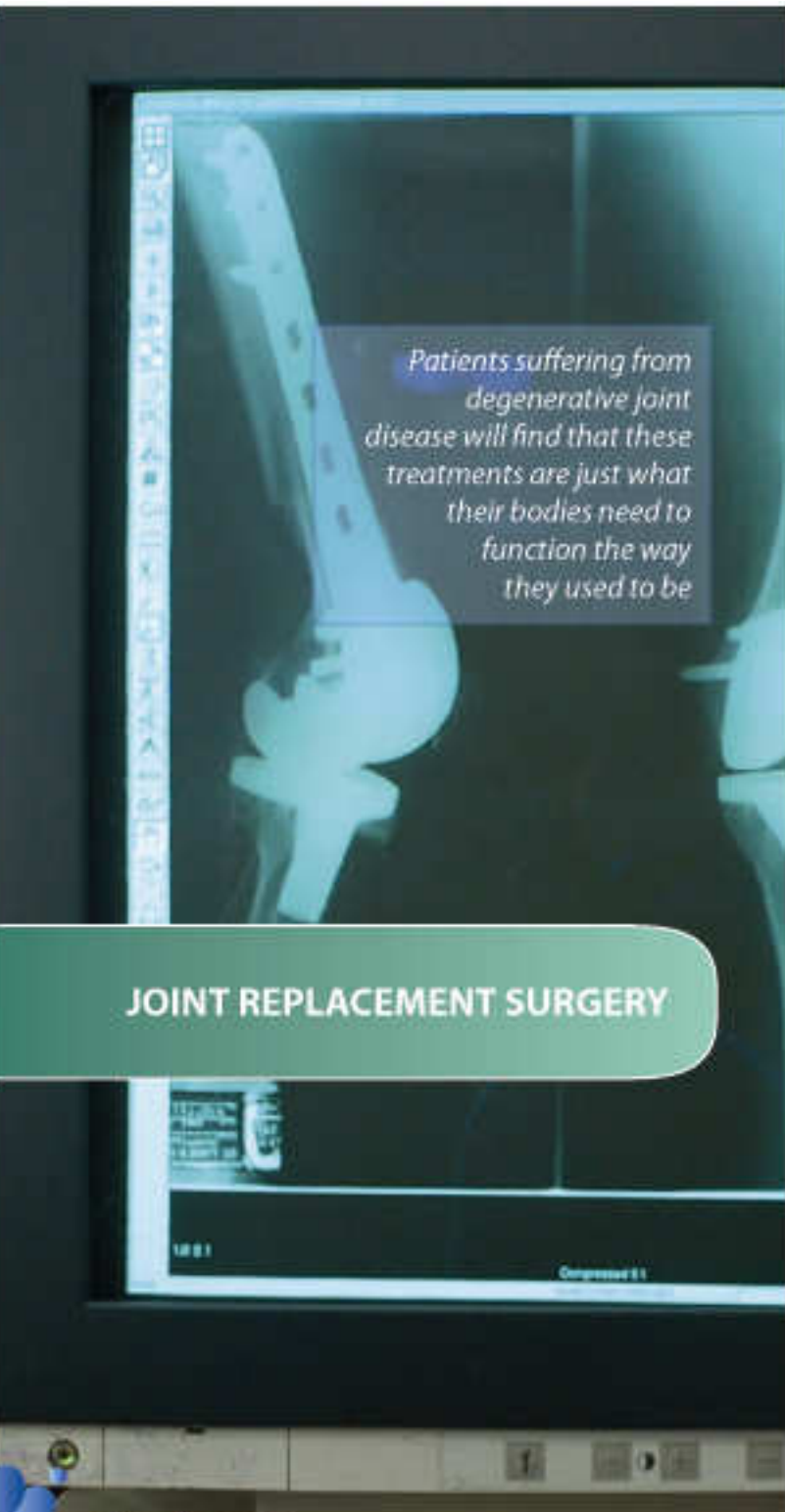
Most cancers are treatable

Depending on the overall condition of the patient, the type, location and stage, most cancers are treatable through a combination of procedures. Among the treatments are surgery, where the tumor and nearby tissues are removed; chemotherapy, where a patient is treated with anti-cancer drugs; and stem cell therapy, where stem cells are injected into a patient.

These treatments are available at foremost hospitals like The Medical City. In particular, The Medical City's Regenerative Medicine Program employs advanced technologies in the engineering of stem cells and other biomaterials for the purpose of preserving, restoring, or enhancing organ function.

The Program brings together clinicians from specialized medical fields and scientists from the basic sciences of biology, biochemistry, physics, computer science and mathematics, in developing and delivering interventions to cancer at the molecular level.

The diagnostic and therapeutic procedures of Regenerative Medicine are individualized and customized for each patient based on sound scientific and ethical principles



Patients suffering from degenerative joint disease will find that these treatments are just what their bodies need to function the way they used to be

JOINT REPLACEMENT SURGERY



New joints for a new you

Degenerative joint disease, otherwise known as osteoarthritis, is a group of abnormalities involving a deterioration of joints. The symptoms of osteoarthritis range from joint pain, tenderness, and stiffness to inflammation, creaking and locking of joints. The causes of osteoarthritis can be genetics, age, weight, previous injuries, illness or infections.

In severe cases, when medications no longer work, joint replacement surgery is an option a patient can consider. In the Philippines, St. Luke's Medical Center has a Center for Joint Replacement Surgery, the only hospital-based training center in the country that caters primarily to joint replacement surgical cases that involve hip, knee, shoulder and ankle joints.

Long-term favorable results

Joint replacement surgery is a procedure where arthritic or worn out parts of a joint are replaced with artificial surfaces to allow it better movement. Commonly, hips and knees are the parts that undergo such treatment.

Hip replacement is a procedure where diseased cartilage and bone of the hip is surgically replaced with artificial materials or a hip implant. Knee replacement, on the other hand, replaces damaged cartilage or surface of the joint with high grade metal and plastic material called prosthesis.

St. Luke's utilizes state-of-the-art technology, like computer or navigational surgery, which result in high success rates and long-term favorable results with almost no complications. Patients suffering from degenerative joint disease will find these treatments are just what their bodies need to function the way they used to be.

Winning the battle against obesity

Obesity is now viewed by the medical community as one of the most serious public health problems of the 21st century.

When a person weighs 20% or more than the recommended maximum weight for their height, they are considered obese. As weight problems reach morbidly obese levels, the health risks rise proportionately.

Obesity brings with it a host of health problems just as it brings a host of social stigmas. Diabetes, heart diseases, breathing difficulties during sleep and cancer are just some of the life-threatening diseases that come with being overweight.

Thanks to the advances in multi-disciplinary weight management care, there are several safe ways to shed the unwanted pounds.

Many leading hospitals in the Philippines like the Makati Medical Center offer weight loss programs involving dieting, exercise and anti-obesity drugs to reduce appetite or inhibit fat absorption.



MULTI-DISCIPLINARY WEIGHT MANAGEMENT CARE

Thanks to the advances in multi-disciplinary weight management care, there are several safe ways to shed the unwanted pounds

WEIGHT MANAGEMENT

Bariatric and Anti-Obesity Surgery
Endocrinology, Metabolism and Weight Management
Laparoscopic and Endoscopic Surgery

However, in cases where a patient is severely obese and has not responded to diet, exercise and medication, surgical procedures, such as Laparoscopic Roux-En-Y Gastric Bypass (LGBP), Biliopancreatic Diversion with Duodenal Switch (BPD/DS), Laparoscopic Adjustable Banding, and others may be recommended by his doctor.

Studies have shown that such procedures have caused significant loss of weight, recovery from diabetes, and improvement of cardiovascular functions.

EYE CARE AND SIGHT RESTORATION

Eye problems can be treated painlessly and with minimal inconvenience



A clearer view on better vision

Just as they are one of the most essential organs, the eyes are also the most delicate and vulnerable to a host of ailments. To name a few, there is cataract, glaucoma, age-related macular degeneration (AMD), myopia or nearsightedness, hyperopia or farsightedness, astigmatism and diabetic retinopathy.

However, thanks to the advances in medical science, these eye problems can all be treated painlessly and with minimal inconvenience. Cataracts are treated with phacoemulsification with intraocular lens implantation; AMD can be treated with focal laser and/or injection of anti-vascular growth factor agents; argon laser panretinal photocoagulation (PRP) can treat diabetic retinopathy; and laser-assisted in situ keratomileusis (LASIK) can remedy myopia, hyperopia and astigmatism.

In the Philippines, St. Luke's Medical Center – International Eye Institute is at the forefront of offering total quality eye care. Its Vision Laser Center provides customized laser vision correction, where each patient is thoroughly screened and given a precise recommendation of the right treatment that he/she needs for the correction of nearsightedness, farsightedness, astigmatism and presbyopia. St. Luke's Vision Laser Center offers lifetime eye care to all its patients – should any of them experience treatment-related changes, they can return and have an enhancement free of charge.

Patients can also go to specialty clinics such as American Eye Center, a full-service and world-class diagnostic, therapeutic and surgical eye facility. The Center has two locations which house the latest equipment for the early detection, monitoring and management of all eye diseases, with a team of highly qualified eye doctors, optometrist, nurses and counselors on hand to provide patients with personalized quality eye care.

Eye Care and Sight Restoration

- LASIK Eye Surgery
- Cataract Surgery (Phacoemulsification with intra-ocular lens implantation)
- Glaucoma Surgery
- Vitreoretinal Surgery
- Pediatric Ophthalmological Surgery
- Low Vision Rehabilitation



Dental Care / Oral and Maxillofacial Surgery

Examination and Consultation
Preventive (Prophylaxis)
Restorative (Filling)
Orthodontics
Endodontics
Periodontics
Pedodontics
Implants
Temporo-Mandibular Joint Treatment
Sports Dentistry
Cosmetic Dentistry (Bleaching)
Prosthetic Dentistry (Crown and Bridge, Denture)

Smiles within reach

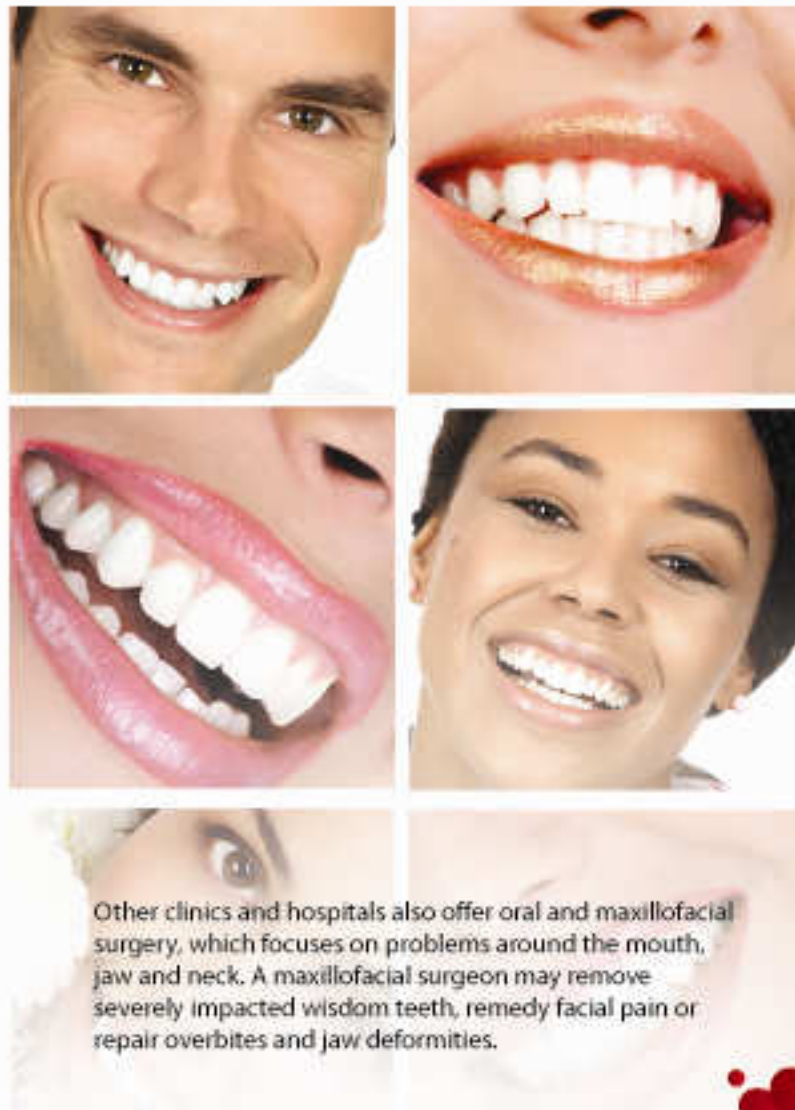
Overseas patients troubled over the high cost of quality dental and oral procedures will soon be wearing big smiles after they visit the clinics and hospitals in the Philippines.

At institutions like the Asian Hospital and Medical Center, patients can avail of a variety of dental and oral treatments. Among these procedures are dental implants, third molar surgery, fitting of crowns and bridges, periodontal treatment, root canal treatment, dentures and veneers, and others.

The Asian Hospital and Medical Center's Department of Dentistry consists of dentists, specialists and oral surgeons who can perform a simple permanent filling to wisdom teeth removal to dental implant therapy. The latter is an advanced therapy that replaces missing teeth with new ones that have the same look, feel and function. This treatment minimizes bone loss, preserves natural facial contours and reduces compromise to adjacent healthy teeth.

DENTAL CARE / ORAL AND MAXILLOFACIAL SURGERY

Patients troubled over the high cost of quality dental and oral procedures will soon be wearing big smiles



Other clinics and hospitals also offer oral and maxillofacial surgery, which focuses on problems around the mouth, jaw and neck. A maxillofacial surgeon may remove severely impacted wisdom teeth, remedy facial pain or repair overbites and jaw deformities.



AESTHETIC, DERMATOLOGIC, PLASTIC & RECONSTRUCTIVE SURGERY

Whatever a patient requests, one can expect a holistic approach to meet his/her beauty goals

Aesthetic, Dermatologic, Plastic & Reconstructive Surgery

8.5

Blepharoplasty

Rhinoplasty (Nose Job) and Rhytidectomy (Facelift)

Reconstructive Surgery

Liposuction and Tummy Tucks

Breast Implants and Augmentation Mammoplasty

Hair Implant and Hair Removal Procedures



Beauty is what you make it to be

Plastic surgery has two notable fields. The first is "cosmetic surgery" or "aesthetic surgery," this specialty enhances the appearance of a person through surgical and medical techniques. Cosmetic surgery is a widespread procedure that over 12 million surgeries were performed in the US in 2007.

On the other hand, there is "reconstructive surgery," which is performed to restore function or a previous appearance that had been damaged. Commonly, impairments stemming from burns, facial injuries, congenital abnormalities (e.g. cleft palate), developmental abnormalities and cancer removals are causes for patients to get reconstructive surgery. The more common procedures for reconstructive surgery are tumor removal, laceration repair, scar repair, hand surgery, and breast reduction.

There are a myriad of procedures for the face such as eyelid surgery (blepharoplasty), chin surgery (mentoplasty), nose job (rhinoplasty), ear surgery (otoplasty), hair transplantation, eye bag removal, liposuction of the face, chin and cheek implants, and face lifts (rhytidectomy). For the body, there are tummy tucks (abdominoplasty), breast lifts and augmentations, buttocks augmentations, scar revisions, and liposuction.

In the Philippines, there are several hospitals and clinics that are leaders in this field such as The Medical City and the Belo Medical Group. Patients can be assured that these centers offer nothing but world-class customized treatments. Whatever a patient requests, one can expect a holistic approach to meet his/her beauty goals.

1,771
HOSPITALS
AND CLINICS

106,327
DOCTORS

49,538
DENTISTS

1

**GLOBAL
HEALTHCARE
DESTINATION**

519,340
NURSES

92,070
HOSPITAL BEDS

FACTS AND FIGURES

COMPARATIVE PRICES

MEDICAL	PHILIPPINES	US
Executive Check-Up	\$300	\$5,000
LASIK	\$1,000	\$5,000
Aesthetic Surgery	\$4,000	\$20,000
Bariatric Surgery	\$5,000	\$70,000
Hip Replacement	\$4,000	\$45,000
Bone Marrow Transplant	\$20,000	\$250,000
Cardio-Arterial Bypass	\$18,000	\$90,000

DENTAL	PHILIPPINES	US
Examination / Consultation	\$20	\$100
Complete Denture	\$800	\$3,000
Veneers	\$300	\$1,200
Implants	\$1,400	\$3,000
Bleaching	\$400	\$800

**Figures as of 2008*

*1.40% Hospital Mortality Rate
vs. 3.09% Global Benchmark*



Long known as a haven for wellness, the Philippines boasts of healing practices that are deeply rooted in the vibrant heritage and rich tradition of Filipinos. Today, people from around the world can enjoy and indulge in a broad range of curative and relaxing wellness treatments at spas that promise to bring pleasure and tranquility.

Foremost among these treatments is *Hilot*, a traditional therapeutic massage performed by a therapist, kneading the muscles to remove aches and pains.

Based on the ancient Filipino art of healing by touch, *Hilot* uses medium to deep pressure and smooth, flowing strokes to restore the body's balance. Coconut oil is applied all over the body, keeping it warm and moisturized for maximum soothing effect.

Other indigenous wellness treatments include *Bentosa*, the cupping of heated glasses along the body surface; *Taal*, also known as lava stone therapy; *Pamula*, or bamboo tap massage; *Banyos*, an aromatic herbal and floral bath; *Oslob*, a herbal steam bath; and *Hilod*, Philippine sea stone scrub.

WELLNESS TREATMENTS

*Ancient Filipino art of healing called **Hilot** offers a broad range of curative and relaxing wellness treatments that promise to bring both pleasure and tranquility*

SPAS

Nestled in a lush tropical setting, the Philippines has many spas where travelers can de-stress and detoxify



Pampering is more than just a luxury; for those who are always stressed out, it's a necessity. As the Heart of Asia, the Philippines has many spas where travelers can de-stress and detoxify.

Nestled in a lush tropical setting, spas in the Philippines offer a wide variety of beauty and wellness regimens, massage treatments, wraps, scrubs and other refreshing treats. Many are equipped with jacuzzis, steam rooms, saunas and swimming pools.

Travelers can choose among different types of spas:

A *day spa* offers a variety of spa services to clients on a day use basis, including that of hair and beauty salons.

A *destination/resort spa* provides clients with lifestyle improvement and health enhancement through spa treatments, physical fitness and on-site accommodations.

A *hotel spa* is located within a hotel, offering spa services, as well as fitness and wellness components.

Finally, a *medical spa*, which is a hybrid between a clinic and a day spa, provides comprehensive medical and wellness treatments under the supervision of a medical doctor. Some medical spas offer beauty-enhancing cosmetic procedures, such as laser treatments, microdermabrasion, photofacials, peels and skin tightening. Others focus on detoxification programs, weight loss and other holistic therapies.

The Spa Association of the Philippines upholds the standards and ethics of the spa industry in the country.

Retirees will find the Philippines as an ideal place to live in.

Filipinos are known for being caring and respectful, especially for senior citizens. It's not unusual for them to gently kiss the hand of the elderly, as a gesture of reverence and respect. It's an integral part of Filipino culture.

Senior expatriates settling down in the country can avail of the incentives extended to Special Resident Retiree's Visa (SRRV) holders.

SRRV BENEFITS

1. Option to retire permanently
2. Multiple-entry privileges
3. Exemptions from income tax, customs, duties, and travel tax

Please log on to www.pra.gov.ph for more information.

Internationally accredited medical facilities can provide healthcare services that are equally good (if not better) compared to institutions abroad for a more affordable cost. The low cost of living in the Philippines enables retiring seniors to live like a king (or queen!), without burning a hole in their pockets.

Thus, those who want to get the most out of their hard-earned money would choose the Philippines as a great place to retire.

A survey conducted in March 2005 by ECA International (Employment Conditions Abroad Ltd.) of 32 countries said: "The Philippines has the lowest living costs for expatriates...It is the cheapest country to live in."

RETIRING IN THE PHILIPPINES

Filipinos are known for being caring and respectful, especially for the elderly

Seamless healthcare travel service is provided by hospitals who partnered with prestigious medical institutions abroad to ensure that appropriate care is given after treatment



To ensure the continuity of healthcare when patients return to their home country, hospitals in the Philippines have partnerships with prestigious hospitals and medical institutions abroad.

With this set-up, there is a seamless transition of the patient from the Philippines to his/her home country, getting the appropriate care after being treated.

In addition, most hospitals and medical travel facilitators have a mechanism in place for quickly transferring medical information, including large files such as CT and MRI scans.

If requested, case updates can be provided to a patient's home physician to keep him informed and updated about the patient's medical history. The confidentiality of all medical records and information is assured.

Whatever a patient needs, hospitals and clinics in the Philippines can provide. It's healthcare at its finest, with a smile.

CONTINUITY OF CARE



CONCIERGE SERVICES

Concierge service providers will guide patients on their journey to excellent healthcare in the Philippines. Also called medical travel facilitators, they can organize and facilitate a patient's medical visit, making one's whole experience convenient and hassle-free.

Medical travel facilitators can handle many steps of a patient's travel plans, from liaising with healthcare providers and helping them make medical appointments to arranging accommodations and even setting up post-treatment vacation in the Philippines.

Medical travelers can also get in touch with the International Patient Care Center of the hospital that they plan to visit. Acting as the hospital concierge, the International Patient Care Center takes care of the minutest details and ensures that every patient's visit is comfortable, pleasant and hassle-free.

Topnotch hospitals in the Philippines extend almost the same service that hotels provide—24-hour room service, internet access, special food preparation such as halal, and even piano music in the lobby. International healthcare travelers will certainly find themselves pampered in the Heart of Asia.

Medical travel facilitators can handle many steps of a patient's travel plans



WHAT OUR GUESTS SAY



Ken Jones

Brisbane, Australia
Courtesy of Medtour

"I have recently returned from my third overseas dental holiday in the Philippines. I had all my teeth crowned and I am more than happy with the final result. My total cost for dental treatment and three holidays (air fare, accommodation and spending money) was about \$18,000. To get all my teeth crowned in Australia, I was quoted \$50-60,000 just for dental services. So I have saved that much money, as well as having three memorable holidays which include golfing, staying at the beach (in between dental treatment) and a fun night life.

The dentist in the Philippines was professional at all times and had a genuine caring manner. It was obvious from day one that she cared more about my well-being and my teeth, rather than how much money she could make (a complete contrast to experiences I've had with Australian dentists). I'm only sorry I did not know about this many years ago before I paid a fortune to Australian dentists for substandard treatment."



Malou Estrada

Jacksonville, Florida, USA
Courtesy of Health & Leisure

"A medical concierge made my hectic trip to the Philippines convenient and comfortable. I am most impressed with their staff who were there for me all the time (...even in the wee hours when I had to call to re-schedule). They could take care of all arrangements from medical, dental, derma treatments and procedures, recreation and travel accommodation, or what have you.

For sure, they would have everything ready. It's like having your own personal assistant with you."



Matthew Fong

California, USA
Courtesy of The Medical City

"Dendritic stem cell therapy, which I received in the Philippines, appeals to me because it addresses cancer on a systemic basis and uses your own cells in the treatment, instead of simply flooding your body with poisonous chemicals as chemo does..."

I've been with some world-class doctors in California, Texas and Hong Kong, but with the doctors in the Philippines, I never felt rushed. I feel that here in Manila with Dr. Sam Bernal's medical team that I am a patient-partner actively part of solving my healthcare challenges I'm facing.

I think it's wonderful that the Philippines has taken this initiative to develop healthcare. For certain people like me who want a second chance, the Philippines can become a second home."



Juliana Hussin

Los Angeles, California, USA
Courtesy of the Brit Medical Group

"Even if most of the women in LA are very open about cosmetic surgery, I felt that it was a cultural thing. I did not want people in LA to know what I was doing since I'm half Asian. I enjoyed spa treatments during my stay (in the Philippines) and frequented the shopping malls and restaurants. I was in the Philippines for a total of three weeks and enjoyed every minute of it.

I spent \$5,000 for both surgeries. The level of costing made a difference and everything else that came along with it (patient care, follow ups) made it better. I saved probably \$3,000 to \$5,000."

The Philippine tropical climate combines a dry season and a wet season. The dry season begins around March until the peak summer months of April and May. The wet season brings monsoon rains and humid nights (heaviest from June to August) while cool weather begins to come in starting September till January.

The Philippines has perhaps the longest "Christmas season" in the world. This begins in September and lasts through the "-ber months" until early January the following year. Cool winds from as far as Siberia blow through the Philippines during this season, when the Christmas spirit brings even more smiles and cheer to Filipinos.

The Philippines is known for its beautiful beaches, awe-inspiring natural wonders, pristine dive spots and world-class resorts and hotels. Travelers can even hop from one enchanting island to another via the 7107 Island Cruise Ship, the only luxury cruise ship in the Philippines that can bring tourists to different islands.

There are also places of historical interest, world-class shopping, dining and entertainment, as well as spas that offer the best in traditional, Asian and European wellness treatments. Medical tourism packages in the Philippines may include visits to these places for relaxation, recovery and rejuvenation.

Retirees are also discovering a haven in the Philippines. The lower cost of living, the friendly and compassionate people, as well as the peaceful, laid-back and refreshing tropical lifestyle make the Philippines an ideal choice as a place to spend the new prime phase of their lives.

A TROPICAL PARADISE

Beautiful beaches, awe-inspiring natural wonders, pristine dive spots and world-class resorts and hotels dot these beads of islands.





GATEWAYS IN THE PHILIPPINES

These gateways present opportunities for investors

The Philippines may be accessed through five international gateways. Travelers can explore other interesting destinations and venture out of these gateways by land, sea, or air.

As the capital of the Philippines, **MANILA** is the central nerve of all activities in the country, the seat of government, the center of trade and economic activities, and the core of education, culture and arts.

LAOAG is the international gateway at the northernmost province of the Philippines, a historic city filled with charming surprises, lush vegetation and scenic beaches.

SUBIC is a major hub in the Asia Pacific region, offering ecotourism, shopping, fine dining, gaming, and entertainment.

CEBU, dubbed as the "Queen City of the South", is known for its lovely beaches and rich history.

DAVAO offers an array of colors, shapes, tastes, and textures, a fusion of different cultures. It is home to a fascinating melting pot of Muslim, Visayan, Tagalog, Chinese, Japanese, and Spanish ethnicities.

All of these gateways present opportunities for investors. The government awards incentives such as tax and duty free exemption to those who will invest in these areas, especially in medical tourism.

METRO MANILA

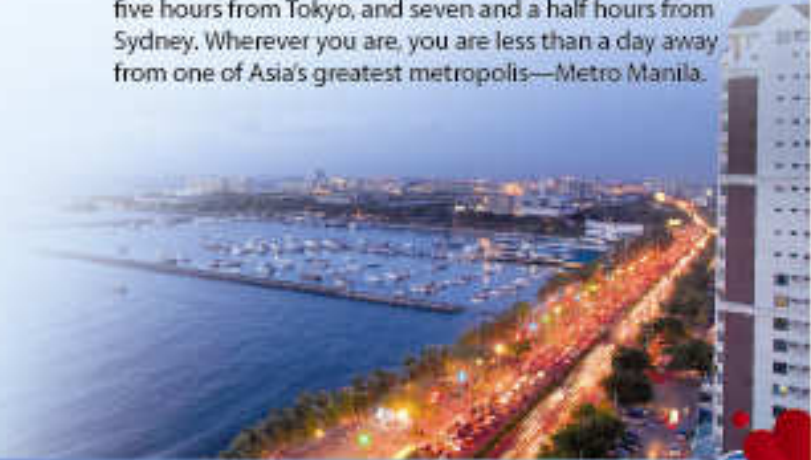
One of Asia's busiest metropolises

Metro Manila is the metropolitan area that contains the city of Manila, as well as sixteen surrounding cities and municipalities.

Like any metropolitan gateway, Metro Manila is ideal for a business-cum-leisure trip and as a hub for travelers who go for "culturetainment" from vibrant markets, city golf courses, health and wellness facilities, local and international cuisine, bars and casinos, sprawling shopping malls and historic buildings, to museums celebrating every aspect of the Philippines' unique cultural mix.

For medical travelers, there are plenty of good options in terms of hospitals, clinics, and spas. In many ways, healthcare in Metro Manila matches the standards in Western cities. Patients can be treated in internationally accredited and certified healthcare facilities based here.

It is over 17 hours away by air from Los Angeles, less than five hours from Tokyo, and seven and a half hours from Sydney. Wherever you are, you are less than a day away from one of Asia's greatest metropolis—Metro Manila.





QUEZON CITY

Home to all five of the Philippines' centers for specialized healthcare

Quezon City is not just the largest of Metro Manila's cities in terms of population and land area. This bustling urban landscape is also home to all five of the Philippines' centers for specialized healthcare, making it one of the core cities in the country's medical tourism.

Located closely to each other in the heart of Quezon City, these state-run hospitals offer medical travelers with highly specialized medical treatments, performed by topnotch healthcare practitioners using world-class equipment and technology.

Aside from specialized medical facilities, Quezon City also has excellent private hospitals, clinics, spas and aesthetic centers, which puts it well into the center of the health and medical tourism industry.

Quezon City is a shopping mecca, with 17 major shopping malls catering to every whims and desires. The city is also home to major educational institutions, with about 65 colleges and universities.

For nature lovers, Quezon City has plenty of public parks and greenery. Countless mini-parks and pockets of greenery abound as well. Quezon City is truly an ideal healthcare destination for medical tourists seeking complete rejuvenation.

SUBIC

A dynamic balance of well-kept nature and world-class service facilities

Once the location of the U.S.' largest military installation overseas, the Subic Bay Freeport in Zambales' Olongapo City is now a booming tourism and industrial zone.

Located at the western part of Luzon, a little over 200 kilometers or approximately a 2 ½ hour drive from Manila, Subic relies on its appeal as an ideal business-cum-leisure destination where travelers can enjoy a dynamic balance of well-kept nature and world-class service facilities.

Subic offers a unique combination of attractions, including first-class hotels, duty free shopping, golf, horseback riding, scuba diving, water sports, and jungle treks.

Peripheral destinations around Subic are Clark, another international tourism and business hub and formerly a U.S. air base, and Pampanga, which is famous for its cuisine and heritage park, the Northern Hilaga. Pampanga is located in the central part of Central Luzon and bounded on the west by Zambales.

Patients can experience excellent American-style healthcare in Subic and Clark, while still enjoying a wide variety of leisurely activities on the side.





TAGAYTAY

A sanctuary of relaxation

For those seeking total wellness, Tagaytay is the place to be. A magnificent resort town located just 56 kilometers south of Metro Manila, it is often referred to as the "Nature City", with its awesome nature views and clean country air.

As a sanctuary of relaxation, Tagaytay is home to a host of renowned spas, where tourists can rejuvenate their spirits and calm their minds. Five-star hotels, restaurants, shops, retreat houses, and topnotch recreational facilities can also be found in this terrific destination.

Because of its cool climate, it was once intended to become an alternative to the Philippines' summer capital, Baguio. Tagaytay's fresh cool air and lush greenery make it an ideal setting for retirement, recovery or a well-deserved retreat.

CEBU

For medical tourists who want to enjoy the sun and sand

Located in the center of the archipelago, 365 miles south of Manila or about an hour's air travel away, Cebu is where the Portuguese navigator Ferdinand Magellan planted the Cross of Christianity in the name of Spain in 1521. But even before Cebu became the Occidental gateway to the Orient, it was already a popular entry point among Asian merchants.

Cebu has since blossomed into a choice tourist destination, with many leisure establishments taking full advantage of its sea-valley-and-mountain location.

Metropolitan Cebu, the country's second biggest metropolis after Metro Manila, is one of the political, economic, educational, and cultural centers of the Philippines.

A wide class of accommodations, from luxurious resorts to budget hotels, shopping malls, entertainment halls, casinos and golf fairways, are ever present in the metro to cater to every tourist's whim.

The rest of Cebu's 166 islands and islets are fringed with powder-white beaches and sapphire-clear waters, a lovely paradise for medical tourists who want to enjoy the sun and sand.



Visa and Immigration

Except for stateless persons and those from countries with which the Philippines has no diplomatic relations, all visitors may enter the country without visas and may stay for 21 days provided they have tickets for onward journey.

If the duration of your medical treatment will last more than 21 days, you may opt to secure a temporary visitor's visa from the Philippine Embassy located in your country. This visa allows stays for periods of 59 days, extendible for a maximum of one year. To extend your stay after 59 days, register with the Bureau of Immigration or with the office of the municipal or city treasurer in areas outside Manila.

Accommodation

A wide selection of deluxe, standard, economy and pension-type accommodations are available in Metro Manila and in key cities and towns throughout the Philippines. In beach destinations, a variety of resorts are also available.

Transportation

The transportation system in Manila and key cities in the Philippines is smooth and efficient, so going to hospitals and other healthcare facilities is easy.

Communications

The Philippines has international and national direct dial phone and facsimile services, mobile phone sites, internet and email facilities, and worldwide express delivery services.

Most national dailies are in English. Foreign publications are sold in major hotels, malls and bookstores in Metro Manila and in key cities. Six national television stations broadcast mainly in Filipino (ABS-CBN 2, GMA 7, RPN 9, ABC 5, IBC 13 and NBN 4, the official government network). Cable TV is available in most hotels in Manila and in many parts of the country.



TRAVEL TIPS

Foreign Exchange & Banking

Most healthcare facilities accept cash, with the Philippine Peso as the unit of currency, divided into 100 centavos. Bills are issued in denominations of 20, 50, 100, 200, 500, and 1000 pesos. Coins come in 5, 10, 25 centavo and 1, 5, 10 peso denominations.

Most foreign currencies can be easily exchanged at banks, hotels and authorized foreign exchange dealers. Remember to transact only with banks and licensed foreign exchange dealers. Always keep receipts of transactions.

Visitors carrying more than US\$ 3,000 are requested to declare the amount at the Central Bank of the Philippines counter at the customs area. Foreign currency taken out upon departure must not exceed the amount brought in. Keep all exchange receipts for record purposes.

International credit cards such as Visa, Diners Club, MasterCard, American Express Card and JCB are accepted in major establishments, though it's best to check with specific hospitals and healthcare facilities if they accept the particular credit card that you are carrying.

A Retirement Home in a *Tropical Paradise*

Those who want to enjoy the prime of their lives can live and retire in the Philippines, a sun-soaked paradise blessed with a pleasant tropical weather and the splendid beauty of nature.

Different property developers in the Philippines offer a variety of homes suitable for retirees and their families, complete with leisure facilities and amenities. Among them is a pioneering real estate company which has become synonymous with building high-quality homes and developing well-planned communities: Sta. Lucia Land.

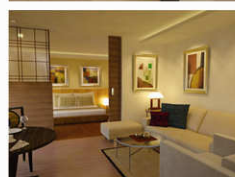
With more than three decades of solid experience in real estate, Sta. Lucia has built a reputation for being one of the Philippines' leading property developers. They have reaped many awards and honors for their projects and achievements, among them as the Developer of the Year from the Philippines' Chamber of Real Estate and Builders Associations (CREBA), as well as the Most Trusted Property Developer from Reader's Digest Asia.

Retirees can choose from different developments from Sta. Lucia, each one a testimony to its excellence and reliability. Located in peaceful and picturesque settings, these retirement havens are ideal for those looking to live to the fullest.

**STA. LUCIA
LAND INC.**

Building Better Lives.

www.stalucialand.com.ph



LA BREZA TOWER

Named after gentle, flowing breeze that cools the building, La Breza is Sta. Lucia's first condominium project in Metro Manila. It is strategically located in the heart of Quezon City, which is close to a wide variety of shopping, leisure, and recreational centers in the metro.

La Breza is not just a home—it is a wise investment, as owners can get their unit leased out on a timeshare basis. As an additional source of income, it's truly a worthwhile asset for retirees who want to make their dollars or yens go a long way.

SPLENDIDO TAAL TOWERS

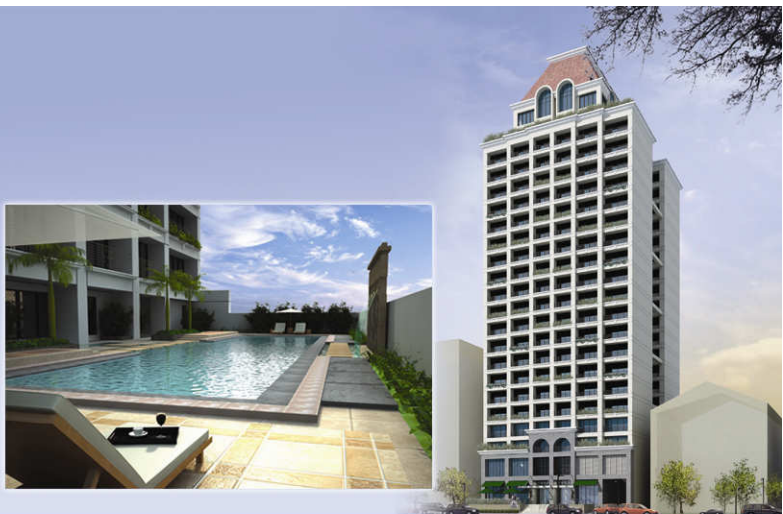
Nestled in Tagaytay, a resort city known for its cool climate, the Splendido Taal Towers is comprised of four condominium towers with spectacular views of the Taal Lake and Volcano. This exclusive enclave boasts of its own 18-hole par 72 championship golf course designed by Greg Norman.

The condo complex is only a short drive away from the beautiful beaches of Nasugbu and Calatagan, the dive sites of Anilao in Batangas, or the quaint and lively restaurants of Tagaytay. It's splendid living indeed, with the pleasures of life readily accessible.

LA MIRADA AT RESIDENCIA DE VISTAMAR

Set along the powder-white shores of Cebu, La Mirada de Residencia de Vistamar is perfect for those who want to make their dream of a laidback and relaxed lifestyle into a reality. Retirees can enjoy swimming or simply gazing at Cebu's surrounding turquoise waters, basking in the glow of the sun.

La Mirada de Residencia de Vistamar provides ease and comfort, with an array of amenities and establishments such as fine dining restaurants, a tennis court, a basketball court and jogging paths. Nearby is the SotoGrande Hotel & Resort, designed for guests who appreciate real flair, with beautifully appointed rooms and suites that echo modern culture within a majestic hotel. The Philippines as a tropical paradise comes truly alive with La Mirada and SotoGrande.



www.labrezatower.com



www.tagaytaytaaltowers.com



www.lamiradacebu.com



PDGen. EDGAR B. AGLIPAY (RET.)
Chairman

Have you ever imagined your retirement?

It's about time you do. Retirement is not about getting old, it's about living a new dimension in life. It provides another chapter in our ever-changing needs. It's a vehicle which transports you in achieving your dreams- whether a personal fulfillment or your family's.

Choosing the Philippines as your retirement destination opens the door to countless opportunities for you to enjoy your stay. Our world-renowned Filipino hospitality, our diverse culture, and reasonable standard of living are only a few of the reasons cited by the retirees in opting the Philippines as their new home.

- We boast of our excellent medical facilities, manned by first class medical professionals. A wide selection of quality homes to suit your personal taste life style are available all over Metro Manila and major cities. We have excellent schools and universities that offer your children the quality education that they deserve.

Ask us about the Special Resident Retiree's Visa (SRRV) and find out how you can live your dreams in the Philippines.



For further information, interested parties can contact the PRA office at telephone number (632) 848-1412; fax numbers (632) 848-7106 and (632) 848-1420; and thru email address inquiry@pra.gov.ph. They can also visit our website at

www.pra.gov.ph



www.pra.gov.ph

Live and retire in the PHILIPPINES!

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Wellness is the New Beauty at TMC



*"Is this place for real?
It doesn't feel like its
part of a hospital!"*

Visitors share this reaction as they marvel at the Zen-like atmosphere of the Center for Wellness and Aesthetics, located on the sixth and seventh floors of The Medical City (TMC).

Officially launched in January 2009, the Center's 2,400 square meters of refined elegance offer technical expertise, cutting-edge technology and, of course, TMC's brand of customized patient care to anyone who is looking to invest in enhancing their personal well-being. The Center further cements TMC's position at the forefront of health and wellness.

"Part of our vision for delivering our wellness programs is to set the right ambience, to create an aura of relaxation for our clients. Our Center is very much modeled after a luxury hotel with the use of wood panels, marble fixtures, hardwood floors and subdued lighting," says Cheryl Gonzaga, R.N., Manager of the Center. The Center's impressive receiving area boasts of high-ceilings and large floor to ceiling windows, allowing the flow of natural light and giving the Center its homey, welcoming feel.

More than a pretty face, the Center houses three clinics that address the needs of adolescents, adults and geriatrics.



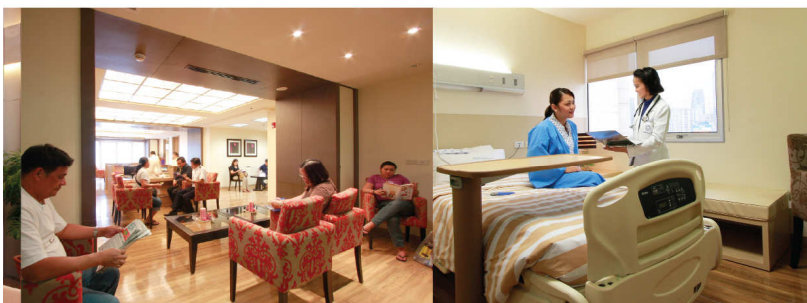
Depending on their age bracket, clients are attended to by a physician from one of these clinics. "We employ a personalized approach to each client as we understand that the age factor dictates different levels of lifestyle, and this will require customized wellness packages that will cater to their needs. For example, clients of our teen hub are in between the ages of 10-18 years old, who may be going through peer pressure or have an acne problem. We give these adolescents various options to address not only physical wellness, but to touch on the psychological as well. We want our clients to enjoy a day of wellness so they can experience personalized, customized and optimized wellness solutions," says Dr. Rolando Balburias, Director of the Center.

Clients may visit the center for almost any concern. They may wish to explore bariatric surgery or liposuction as weight management options, or to have laser hair removal performed. However, care extends beyond basic procedures: for example, clients opting for bariatric surgery have the option of consulting with an on-site nutritionist on how to keep weight off. Whatever the requested service, clients can expect an unparalleled level of service from the Center's attending physicians, nurses, and medical technicians; results from laboratory testing will even be hand-delivered, collated, and explained to the patient's satisfaction.

Clients of the Center do not need to queue up with the hospital's other clients in the main laboratory. The Center has its own on-site laboratory, radiology and diagnostics equipment such as ultra-sound, stress test, 2D echo and x-ray machines, all for the added convenience of the Center's



Accredited by the
Joint Commission International



clients. Wellness clients will have priority in the Center's own laboratory, ensuring quick delivery of results. Clients who request preventive health checks and value their privacy will be given rooms away from the hustle and bustle of the rest of the hospital.

The Center is a one-stop shop for its clients, so clients who wish to avail of the Center's level of care are encouraged to bundle all their requests into a package. Clients will receive the advice and assistance from physicians, healthcare professionals, and members of TMC's Customer Service Department on how best to do this. Bundling several services together in this way makes the Center particularly attractive to clients who do not have the luxury of time, such as tourists and business travelers. Services of the center include nutrition and fitness management, weight management assistance, and specially designed health maintenance programs for children, adults and the elderly. The Center also offers aesthetic surgery, dentistry, and dermatology.

Wind chimes have been selected as the Center's logo because of the unique multidisciplinary approach used by its physicians. Wind chimes are elegant and often pretty to look at, but without the wind, they make no music. Once the wind blows, the wind chimes come to life and create music by interacting with one another, thereby bringing out the best in each other. This is similar to how the Center's physicians work with the patient as well: interacting, consulting, and gently pushing, to create something that is whole and beautiful for the patient.



The Medical City, Ortigas Avenue, Pasig City, Metro Manila, Philippines
Hotline: (632) 6356789, Email: mail@medicalcity.com.ph
www.themedicalcity.com

**We believe that real beauty is more than just skin-deep.
Wellness is the new beauty.**



We believe that the ideal doctor-patient relationship is a team effort. With each person openly and willingly communicating with the other. Listening and speaking out. Working together to achieve better health for the patient.

We believe that as much as a doctor's training, professional skill and judgment are needed, the road to better health requires a patient's efforts to understand and take responsibility for his own health.

Your health depends on You and Medical City

Accredited by the Joint Commission International



Adult Wellness
Healthy Aging
Adolescent Wellness
Weight Management
Fitness & Nutrition

Aesthetic Surgery
Aesthetic Dermatology
Regenerative Medicine
Aesthetic Dentistry
Spa (soon to open)

Experience it at The Medical City.

We believe that real beauty is more than just skin-deep: it stems from the inside, the visible result of total wellness. This philosophy lies at the heart of everything that we do.

We believe in an integrated approach to the science of wellbeing. We offer a comprehensive range of innovative services that touch on every aspect of your health and wellness. Whatever your age or gender, you can expect to receive personalized, safe and seamless care.

We're committed to your holistic health.

Beyond good looks, it's good health!

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St. Luke's will help you through the simplest to the most complex disorders and procedures.

- Expertise of well-trained and highly skilled doctors
- Expertise enhanced by state-of-the-art technology
- Expertise-driven success rates
- Expertise and vigilance in improving patient safety and quality of care
- Expertise and genuine passion for customer service excellence

Ultimately, it is **Expertise**



St. Luke's
Medical Center
Quezon City

One of the world's best

An International Affiliate Of:
New York-Presbyterian Hospital
Columbia University College of Physicians and Surgeons
Weill Cornell Medical College of Cornell University
Memorial Sloan-Kettering Cancer Center



St. Luke's Medical Center: The Five Pillars of Expertise

St. Luke's Medical Center was founded in 1903 with a mission to provide outstanding out-patient care. Today, it is the foremost and most admired hospital in the Philippines and an acknowledged leader in Asia.

It delivers on its mission of healing by gathering under one roof the finest medical experts, the most sophisticated medical technology and facilities, and a deep-rooted culture of compassion. It supports this mission with research and continuing education for those who serve. The total dedication to quality and caring of the St. Luke's family is what distinguishes the hospital as a center of healthcare excellence in Asia.

St. Luke's is the undisputed leader in virtually all medical specialties, including cardiovascular medicine, neurology and neurosurgery, cancer, ophthalmology and digestive and liver diseases. It is the first choice of medical and health-related practitioners and patients for executive check-ups

Expertise of well trained-highly skilled doctors

St. Luke's is home to some of the most prominent doctors in various specializations and subspecialties. Many of our medical doctors undergo the most extensive, long-term clinical training programs with world-renowned experts in hospitals and training centers here and abroad.

Expertise enhanced by state-of-the-art technology

St. Luke's continuously acquires the latest technologies to enhance its capabilities to deliver superior results. With its comprehensive range of the latest and most advanced technologies for diagnosing and treating diseases, St. Luke's is better equipped than 95 % of hospitals in the United States.

Expertise-driven success rates

St. Luke's measures its performance against standards set by the world's leading medical institutions. Our commitment to superior medical care has led to some success rates at par with those of the best hospitals in the US and Europe. We continually strive to improve clinical outcomes in every disease state.

Expertise and vigilance in improving patient safety and quality of care

Our improved safety program includes proper patient identification guidelines, stringent medication safety controls, comprehensive infection control systems, fall prevention programs and all aspects of patient medication and environmental safety. At St. Luke's, we strive to put quality as a top priority every day.

Expertise and genuine passion for customer service excellence

We are committed to provide our patients with the best care possible. From admission to discharge, we strive to deliver excellence in patient safety, comfort and convenience.

Ultimately, it is Expertise...

Ultimately, it is expertise that will help you through the simplest or the most complex procedures or through the severest disorders, from diagnosis to treatment, therapy, and rehabilitation.

World-class service with over 19 years of experience

The Belo Medical Group is a well-respected medical institution equipped with the latest in technology from all over the globe. Led by medical director Dr. Victoria Belo, it is now at the forefront of Philippine cosmetic surgery and dermatology.



Belo
Medical Group

Call 819.BELO

Belo takes pride in its team of expertly-trained doctors and medical practitioners. It also strives to prioritize patient satisfaction to achieve service excellence daily. Currently, the group operates nine (9) strategically-located branches that welcome patients to a warm and comfortable clinic setting, namely: Medical Plaza and Rustan's in Makati, Westgate in Alabang, The Podium and Mega Atrium in Ortigas, Greenhills in San Juan, Tomas Morato and Trinoma in Quezon City and Ayala Center in Cebu.

These medical facilities carry the distinction of being the first DOH-certified ambulatory surgi-centers for cosmetic dermatology and surgery in the country.

World-class treatments and services

Belo Medical Group offers a wide range of cosmetic dermatological treatments designed to enhance and revive natural beauty, from mild topical approaches to more aggressive procedures such as surgery.

Among the most popular surgical procedures offered at Belo are nose lift or rhinoplasty, upper and lower eyelid surgery or blepharoplasty and chin augmentation. All these help to achieve more balanced facial features. For the body, there's breast augmentation and of course, Smartlipo, a state-of-the-art liposuction technique perfected by the Belo Medical Group.

Though well known for its surgical expertise, Belo also offers a wide array of non-surgical face and body treatments. Aside from facials, peels, body scrubs and other fairly standard procedures, Belo also offers the latest cutting-edge non-invasive treatments that include Ulthera, the ultimate in non-surgical facelifts; the RadioPhotonic Treatment which rejuvenates the face and body, while moisturizing, lightening, tightening and firming the skin at the same time; Thermage, the only non-invasive treatment that effectively tightens skin, defines facial contours and produces healthier collagen; and Fraxel, a laser procedure which eliminates evidence of skin damage, sun spots, melasma, wrinkles, stretch marks and acne scars.

As proof of its success, the Belo Medical Group has merited international recognition as the number one clinic in the world with the most number of Thermage procedures for the years 2007 and 2008, and the most number of Fraxel procedures performed last 2008.

Promoting Medical Tourism

With its world-class results, Belo Medical Group has created a stir outside the Philippines, among fellow Filipinos and foreign nationals alike, making the clinic a global player. Dr. Victoria Belo is thus hailed as the country's "Ambassadors of Beauty" and promotes the Philippines as a world-class cosmetic surgery destination.

As an avid supporter of the Department of Tourism and Department of Health's efforts to promote medical tourism in the Philippines, Belo Medical Group aims to bring their services to new heights and adheres only to the best standards for the benefit of their local and foreign patients as it positions itself to become the future beauty hub of Asia.



www.belomed.com



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healthy

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Because you only have one life to live, Asian Hospital and Medical Center offers evidence-based medical services in an atmosphere befitting the lifestyle you lead. We call this healthy caring—looking after your health so you can function as well as you should even before, during, or after the onset of an ailment. Visit us now and together, we can plan a health regimen that is suited to restoring and maintaining your healthy lifestyle and well-being.



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Makati Medical Center - The Ideal Wellness Destination

The meaning of health and wellness today goes beyond just being disease-free. It's all about achieving a balance of mind, body and spirit to get a sense of overall well-being.

That is why Makati Medical Center's medical tourism program focuses its combination of top-notch healthcare professionals and state of the art facilities towards creating a seamless wellness experience that's holistic, world-class and costs only a fraction of the fees patients pay at other countries.

Long the hospital of choice of visiting heads of state and foreign dignitaries, MakatiMed is recognized for a diverse number of services delivered by experts - from a heart bypass to a kidney transplant, a tummy tuck to a laser corrective eye surgery, dedicated Centers of Excellence and an interactive team approach are all there to help you achieve over-all wellness.

When it comes to medical procedures, MakatiMed is backed by 40 years of medical leadership and is a pioneer in cardiac care, organ transplants and surgery, cancer treatment, neurology and neurosurgery, and many other specialties. Notable services include its excellent Cancer Center, which employs a multi-specialty approach to cancer care. Also a highlight of hospital services is the Optimal Aging Center dedicated to the health needs and overall wellness of our senior citizens.

Latest Specialty Services

Helping patients achieve beauty inside-out is the MakatiMed Aesthetic Center. Under its auspices is Aesthetic Surgery, which offers safe and reliable face lifts, eyelid surgery, nose lifts, breast augmentation, tummy tucks, liposuction and other cosmetic procedures. Aesthetic Gynecology procedures that can enhance a patient's intimate life like laser vaginal rejuvenation are also available.

Also under the Aesthetic Center is MCF DermLaser and Phototherapy, which apply

laser technologies to eliminate or reduce acne, wrinkles, age spots, open pores, varicose veins and skin diseases.

Aesthetic Dentistry sees beyond the smile. Experienced dental professionals balance cosmetic concerns with overall health. For executives on the go, the MakatiMed Health and Wellness Centers offer a wide range of comprehensive health promotion plans, including Executive Health programs designed to work around busy schedules. The Corporate Health and Wellness Center provides a comprehensive range of medical and diagnostic services designed to contribute to a healthier and more productive work force.

A Rejuvenating Patient Experience

To make a patient's visits as relaxing as possible, MakatiMed provides concierge services that can take care of airport pick-up and drop-off, as well as a dedicated Medical Tourism Service Coordinator to make sure all arrangements during the patient's stay are well taken care of. The International Medical Services floor features spacious rooms and more amenities while the Business Center takes care of internet, photocopying and printing needs.

And to complete the wellness experience, an in-house Travel Help Desk managed by a reputable tour agency is ready to help patients venture out of the hospital to explore the Philippines' many tourist attractions. Whether it's lush, relaxing spas, beautiful beaches or picturesque towns, patients will discover destinations in the Philippines sure to rejuvenate the mind and spirit.

"We at MakatiMed promote total wellness that goes beyond treatment of diseases. Wellness is a state of mind, body and spirit," said Ms. Rose Montenegro, MakatiMed President and CEO.

"MakatiMed helps bring all these together with our fully credentialed doctors, advanced equipment, prime cosmopolitan location and patient service."

To learn more about why Makati Medical Center is the ideal Medical Tourism destination, visit www.makatimed.net.ph.



MAKATI MEDICAL CENTER

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- State-of-the-art equipment for the diagnosis and treatment of diseases such as Ablatherm (the first in Asia which is being used to treat early localized prostate cancer), Mammography, CT-Scan, Gamma Camera, Extra Corporeal Shockwave Lithotripsy (ESWL), Magnetic Resonance Imaging (MRI), Surgical Lasers and Minimally Invasive Surgical unit.
- High Technology, High Quality Laboratory with specialized procedures such as HLA-DR Tissue Typing, Clinical Virology, DNA Typing, Flow-cytometry, High Liquid Chromatography (HPLC), Fluorescence In Situ Hybridization (FISH), The Libra 120 Energy Filtering Transmission Electron Microscope (EFTEM).
- Center for Molecular and Cellular Therapeutics that brings together the expertise of laboratory scientists and clinicians in developing antigen-pulsed dendritic cell vaccines against different form of cancers.



NATIONAL KIDNEY AND TRANSPLANT INSTITUTE

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- The Philippine Center for Urology & Men's Health at the NKT
- A 60 bed adult & pediatric facility that is dedicated to the care of patients with genitourinary disorders & ailments unique to men.
- It will be equipped with the state of the art technology in the diagnosis & treatment of urological disorders most notable of which are the:

- Revolix Lasers for Stone & Prostate surgery
- ESWL
- Minimally invasive urology (Laparoscopy & Endourology)
- "One stop shop" for urology
- Da Vinci Robotic Surgical System (coming)



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Website: www.nkti.gov.ph
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LIST OF MEDICAL TOURISM PROVIDERS

Hospitals

Web Address

Asian Hospital and Medical Center	www.asianhospital.com
Cardinal Santos Medical Center	www.csmc.com.ph
Capitol Medical Center	www.capitolmedical.org
Cebu Doctors University Hospital	www.cebudoctorshospital.com
Chong Hua Hospital	www.chonghua.com.ph
Davao Doctors Hospital	www.davaodoctorshospital.com
Las Piñas Doctors Hospital	www.lpdhcorp.com
Makati Medical Center	www.makatimed.net.ph
Manila Adventist Medical Center (formerly Manila Sanitarium Hospital)	www.mamc.com.ph
Manila Doctors Hospital	www.maniladoctors.com.ph
Medical Center Manila	www.medicalcentermanila.com.ph
Palewan Adventist Hospital	
Perpetual Succour Hospital	www.pshcebu.com
Tagaytay Hospital Systems - Baypointe Hospital & Medical Center	www.baypointehospital.com.ph
Tagaytay Hospital and Medical Center	www.tagaytayhospital.com
Tagaytay Hospital Systems - Sta. Rosa Hospital and Medical Center	
Tagaytay Hospital Systems - Paranaque Doctors Hospital	www.paranaquedoctor.com
St. Frances Cabrini Medical Center	www.saintcabinimedicalcenter.net.ph
St. Luke's Medical Center	www.stluke.com.ph
The Medical City	www.themedicalcity.com
University of Santo Tomas Hospital	www.usthospital.com.ph
World Citi Medical Center	www.worldcitimed.com

Philippine Centers for Specialized Healthcare

East Avenue Medical Center	www.eastavenuemedicalcenter.com
Lung Center of the Philippines	www.lcp.gov.ph
National Kidney and Transplant Institute	www.nkti.gov.ph
Philippine Children's Medical Center	www.pcmc.gov.ph
Philippine Heart Center	www.phc.gov.ph

Specialty Clinics

American Eye Center	www.eyecenter.com.ph
Asian Eye Institute	www.asianeyeinstitute.com
AT Reyes Dermatology and Laser Center	www.atreyes-center.tripod.com
Belo Medical Group	www.belomed.com
Eye Republic Ophthalmology Clinic	www.eyerepublic.com.ph
Home Health Care	www.homehealthcare.com.ph
Juvenis - Makati Eye Laser Center	www.juvenis.net
The Nazareth Formation House - Bob Garon Therapeutic Community Center	www.nazarethformationhouse.com
Noli Center for Alzheimer's and Elderly Care	www.geocities.com/nolicenter
Self Enhancement for Life Foundation, Inc.	www.selffoundation.com
Research Institute for Tropical Medicine	www.ritm.gov.ph



Department of Tourism
www.tourism.gov.ph



Department of Health
www.doh.gov.ph



Philippine Retirement Authority
www.pra.gov.ph



Department of Trade and Industry
www.dti.gov.ph



Department of Foreign Affairs
www.dfa.gov.ph

PPP
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on Globally Competitive Service Industries
www.competitive.org.ph



www.philippinesheartofasia.ph
www.tourism.gov.ph



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