

Medical and Dental Care in Chiang Mai

This is a tool to help you begin to choose your medical providers in Chiang Mai and is not intended to be an exhaustive listing of good practitioners here. The medical institutions and providers are listed because of ability to communicate in English, and because of the recommendation by both Thai and expat medical personnel. As always when choosing medical care, each person needs to use judgement when selecting the appropriate provider. (The Health Network does not endorse any of these practitioners.) Clinic hours may change (all times were checked April, 2022) so **do call ahead to confirm whether a particular practitioner will be there**. This is especially true for specialists at Sriphat, who change schedules monthly.

General information

Bangkok Hospital Chiang Mai (www.bangkokhospital-chiangmai.com) opened in July, 2014 and received JCI accreditation in August, 2015 (international standard of safety and delivery of care). Phone 1719 for appointments or email info@bangkokhospital-chiangmai.com. The hospital has an International Medical Services Department (IMS) dedicated to assisting foreigners who visit the hospital. Ms. Xiao Yi Dong; International Marketing (email: Xiaoyi.Do@bangkokhospital-chiangmai.com) They will assist with visa extensions only if in-patient. There are Medical Coordinators who speak Burmese, Japanese, Korean, French, Chinese and English. Other language translation can be provided via phone. Because of belonging to the large network of BKK Hospitals, they can work with over 500 insurance companies. They often have promotional packages for health check-ups. As of April, 2022, they have 122 beds open. Specialty clinics include The Breast cancer clinic, Vaccine Center and Mental Health Center (drug addiction). The website has an English button, but doesn't always have current information.

McCormick Hospital www.mccormickhospital.com (133 Kaeo Nawarat Rd 053-921-777). This is an ISO certified hospital that operates on Christian ethos, and serves over 20,000 in-patients annually. The hospital has a fully equipped emergency wing that is open 24 hours, and staffed with well-trained physicians and staff. May be a little harder to navigate if you don't speak Thai. For email, mch.info@mccormickhospital.com

Ram Hospital http://www.chiangmairam.com/NEW_CM/HOME_Eng/home_Eng.html (8 Boonruangrit Road) Ram is the hospital in Chiang Mai to have international accreditation from the Joint Commission (JCI) for the longest period (since 2009). It has their general clinics on the first floor and their specialty clinics on the fourth floor near the parking area, with Peds clinics on the 5th floor also near the parking area. Most specialists have limited hours, so call for an appointment (053-920-300—ask for specialty clinic or call center 8 am-8 pm-053-920-333 or email chiangmairam@chiangmairam.com). The Chiang Mai Ram Health Center is located south of the old hospital. These clinics are located here—Dental, Physical therapy, health check-ups and Dermatology, plus the Home Health offices. (A note about home health services—nursing, OT and PT services must be ordered by a Ram MD) To make an apt. there dial the call center 053-920-300 x 1111 or 1112. (Bonus—at the Health Center, the Starbucks there has a convenient drive-through!) Ram has several interpreters available if needed. Contact the hospital operator and ask to speak to one of these interpreters (Japanese: Mr. Akira, Ms. Yuko, Ms. Thitiporn, English Mr. Waliet, German Mr. Manfred (M-F only), Burmese Ms. Zinmar; and for French Ms. Annabel, only Sun-Thu 8 am-5 pm. Ram's VIP card can be purchased at the cashier dept. on the 1st or 4th floor for B100 and is good for one year for the individual, good for 20% off outpatient medications and some services and 20% of most of the inpatient hospital bill. This should be bought before a hospital stay. Ram also has a 20% discount for people 60 years and older—but you must ask for the discount. Please note, if you have Aetna insurance, you will automatically receive a discount, and cannot use the VIP card for an additional bill reduction.

Rajavej Hospital www.rajavejchiangmai.com (316/1 Chiang Mai-Lamphun Road) has helpful international patient representatives, Jordan, Yeo Eun Kim (speaks Eng/Thai/Korean) and Gerlie (speaks Eng/Thai/Tagalog/Hmong/Sign Language). Contact by calling the hospital switchboard (052-011-999 x177). Please call and make an appointment for all Rajavej Hospital doctors before coming to the hospital. Also, give your correct contact information, in case something changes, and the hospital must contact you. This is good advice no matter what hospital you are using! They are also very responsive to email questions. rajavejchiangmai@gmail.com or english@rajavejchiangmai.com

Sriphat (<http://sriphat.med.cmu.ac.th/eng/home>) Their website now includes doctor names and hours. Sriphat is the private section of Suandok Hospital on Suthep Road. There have been extensive changes in the last year, with the opening of a new "OPD" building that is connected to the large parking garage, Suandok Park. In the OPD building: 1st floor: Pharmacy, Cashier, and Registration, 2nd and 3rd floor: Internal medicine (053-934-432 or 613 for 2nd floor and 053-936-961 or 053-934-434 for the 3rd floor), 4th floor: Laboratory and X-ray, 5th floor: Surgery and Orthopedics plus ENT (053-936-826 or 952), 6th floor: Eye Clinic (053-936-948), 7th floor: Wellness Center (053-934-948) Please note that the Imaging Center that has the MRI and CT (Sriphat Imaging Center (053-934-514) and Dental Clinic are on the 1st floor in the Suandok Park parking garage building next to the Top's grocery store and behind McDonald's. In the Sriphat building, the Peds specialty clinic is on the first floor where the finance office used to be. Please note that in April, 2022, the signage had not yet been updated to reflect this change. The OB-Gyne clinic is still on the 13th floor. In the Chalerm Phra Kiat Center for Excellence building (in the main parking lot off Suthep road) the 2nd floor is the GI and Liver Center, the 5th floor has the Wellness Center, Vaccine Center, and Well Baby Clinic plus the Skin & Cosmetic Clinic. The 9th floor is the spacious and well-equipped Cardiology Unit. On the first floor is the PET Scan center, which is part of Suandok Hospital. If you need English-speaking people to help you navigate the system call 053-936-900 or 901 and ask for Poppy, Sompoi or KT, email (thirdpartysriphat@yahoo.com). If you prefer to use line—email them for the QR

code.) For Thai speakers, the customer service is (ph# 053-936-901). Please note that clinic hours for doctors at Sriphat change monthly, so call ahead to confirm when a particular doctor has hours (switchboard 053-936-900). Sadly—the hotel (Suandok Hostel) on the top floor of the parking garage has closed, and there are no plans to reopen it.

Geriatric Medical Center (GMC) (<http://www.med.cmu.ac.th/center/mec/main/>) on Hang Dong Road near the Tesco Lotus opened in 2015 but still has limited services in April, 2022. The hospital will eventually serve only patients age 60 and above, but right now, the only restriction is that the patient must be at least 15. Doctors change monthly, so call ahead to check 053 920 666. The out-patient department is open 8 am-8 pm off 12-1 for lunch) and the following specialty clinics are held at different times, so call first: Medicine, Orthopedics, Neurology, Pulmonology (Respiratory), Cardiology, and ENT. 200B outpatient service charge. No emergency room facilities, although they do always have an ambulance on stand-by to go to Maharaj Hospital.

DOCTORS

Allergy

Dr. Sudawan (pediatric allergist)

Chiangmai Ram I Hospital Pediatric Department 5th floor Tel: 053-920-333

Mon Wed Thu, Sun 9 am-5 pm

Dr. Paradorn Sulkaviset

Phoom Medical Clinic at Rimping Meechok Tel: 053 230-203

Open every day 9 am-7 pm (Please note—if you have an emergency and want to see or speak to the doctor, he is happy to respond if able. 084-099-3165 or 083-763-2045)

Cardiology

Dr. Krit Makonkawekayoon (pediatric cardiology)

1st Floor Sriphat Building Tel: 053-936 905, Sunday (9 am – 2 pm)

5th Floor Well baby clinic (Chalerm Phra Kiat building) Tel: 053-934-768 He doesn't have regular hours each week (but each month is there on some Sundays), so you must call for an appointment.

Dr. Phanumet Srisawang

9th floor (Chalerm Phra Kiat building) Tel: 053-934-768

Monday - Friday (10 am – 4 pm) and Sunday (3– 6 pm)

Dr. Pat (Pattarapong) Keelapang (clinical and interventionist)

Chiangmai Ram I Hospital 4th floor specialty clinic Tel: 053-920-300

Mon.- Fri. 9 am-12 pm, Sun. 1-4 pm (must make an appt.)

Dr. Tanawat Benjanuwattra Comes highly recommended for invasive cardiology procedures.

GMC Tel: 053 920 666 Sunday (10 am – 8 pm) also has hours at BKK Hospital.

Dermatology

Dr. Chulaporn Pruksachatkun (Pediatric Dermatology)

5th Floor Chalerm Phra Kiat building Tel: 053-934-733 – Thursday (4-6 pm), Sunday (1:30-4 pm)

Dr. Siri Chiewchanvit

Has clinic at 119 Moonmuang Road Tel: 053-357085 (E-mail: schiewch@mail.med.cmu.ac.th)

4:30 pm – 8 pm every evening

Dr. Sinee Good for acne treatment. Speaks little English.

Dr. Sinee Clinic, Tel: 053-400-258 Nimmanhemmin Road near the SCB Bank.

Monday – Friday 1 -7 pm, Saturday 1 – 5 pm (the doctor comes at 1 pm)

Dr. Vachiraporn Sujaritwanichponh

Chiangmai Ram Derm Clinic CM Health Center Tel: 053-920-300 x1111 or 1112

Mon-Tue 9 am-2 pm/ Thu-Fri 9 am-2 pm, will also see patients on Sun by appt.

Dr. Charlie (Dr. Char Chai)

Clinic near Thai Airways office 053-214318

Monday-Thu—5-8 pm, Sat. Sun. 9 am-12 noon Also has hours at Bangkok Hospital Mon. 9 am-12 noon Wed. 9 am-12 noon Fri 9 am-4 pm

Endocrinology

Dr. Ampika Munklaprauk (she is not currently accepting new patients)

2nd floor Sriphat OPD Building, Tel: 053-934-432 or 613

Tuesday 9 am – 12 noon, Sunday (must call for an appt.)

Dr. Kevallee Unachak (pediatric endocrinologist)

1st floor Sriphat Building, Suandok Hospital Tel: 053-936 905

By appointment only

Dr. Promphan Pruksakorn

Bangkok Hospital Internal Medicine desk Tel: 1719 (can also schedule on the hospital website)

Sun. 08:00 - 12:00 Mon. 08:30 am -8 pm Tue. - Wed. 08:30 – 5 pm Thu. 08:30 – 4 pm

Dr. Supawan

Chiangmai Ram I Hospital Specialty Clinic 4th floor Tel: 053-920-300

Saturday 9 am-12 noon only

Ear Nose Throat (ENT)

Dr. Banjong Pusapanich (Otorhinolaryngologist)

Chiangmai Ram I Hospital EENT Clinic 1st floor Tel: 053-920-300

Mon, Wed 5 pm-7 pm/ Tue, Thu 1 pm-4 pm, Fri 9 am-12 pm Sun 9 am-12 noon

Dr. Jareuk (Pediatric ENT, also family practice)

Clinic near the Mercurie Hotel and Tops north of Chang Puek gate Soi Phong Suwan, Tambon Si Phum
053-410-119 Open every day 5-8 pm

Dr. Nuntigar (Pediatric ENT)

5th floor Sriphat OPD Tel: 053-936-952

9 am-12 noon Sunday mornings only

Dr. Warangkana Arpornchayanon

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website)

Tuesday Wed. 5 pm-8 pm Friday 5-7 pm Sat. 1-5 Sunday 9-12 noon

Gastroenterology

Dr. Jeerasak Intarukka

McCormick Hospital (053-921-777) –

Mon.-Thur. 1 pm -3 pm Fri.-Sat. 9-11am

Dr. Jaruwat Yossombat (GI Clinic—does colonoscopies)

Chiangmai Ram I Hospital 2nd floor Endo Clinic Tel: 053-920-300

Mon-Thu, Sat. 9:30 am- 4 pm/Fri 9:30 am-11am

Dr. Taned Chitapanarux (recommended for complicated colonoscopies)

Has a private clinic (24/5-6 Soi 17 Nimmanahaemin 053-210-190) Tuesday through Friday - 17:00 - 19:00, Sat. 09:00 - 12:00. Also at Chalerm Phra Kiat building GI Clinic 2nd floor Tuesday and Sunday 9-12 noon.

General medicine/Family Practice

Dr. Artima (used to work with Dr. Nisachon Morgan (Family Practice) Thai and Australian qualified
500/38 Bixpoint10, MaeHia 093-69804884 Mon.-Fri 10 am- 5 pm, Sat. 10 am- 3 pm FB Page Rainree Medical
Practice@ChiangmaiGP or www.Chiangmaidoctor.com

Dr. Atikun Limsukon (Internal medicine but specialties in pulmonology and critical care, highly recommended for management of asthma)

2nd floor, Sriphat OPD building, Tel: 053-934-432 or 613 Thur. 1- 3 pm, Sun. 9 am-12 noon

Clinic at 186/9/3 Chang Klan Road south of CMai Memorial Hospital 053-904-619 atikunclinic@gmail.com

Tues and Fri. 5-8, Saturday 8-12 also at Bangkok Hospital Mon. and Wed. 5-8 pm

Dr. Jareuk (excellent for Pediatric ENT)

Clinic near the Mercurie Hotel and Tops north of Chang Puek gate Soi Phong Suwan, Tambon Si Phum

Open every day 5-8 pm

Dr. Nisachon Morgan (Family Practice)

Clinic 275 Moo6 Chiang Mai-Hod Road (on opposite side of road before reaching Lotus) Mon., Wed. Friday 10 am -5 pm Tues. and Thurs. 10 am -6pm- and every other Sat. 8:30-1 pm 053-804-405 or 082-766-8672

www.healthcaremedicalclinic.com

Health Check - up

Dr. Boonsong Kasempitakphong

5th Floor Chalerm Phra Kiat building, Tel: 053-936 700, 053 934 552 – Monday -Friday (9 am – 4 pm)

Hematology

Dr. Sasinee Hantrakool

Bangkok Hospital Oncology clinic Tel: 1719 (can also schedule on the hospital website)

Once a month Saturdays by appointment.

Internal medicine,

Dr. Wannakorn Phathajaree Interventional Cardiologist

Chiangmai Ram I Hospital Tel: 053-920-300

Mon. and Thur. 8 am-5 Tue, Wed 8 am-8 pm Thu 8 am-5 pm, Fri. 8 am- 12 noon

Neurology

Dr. Kamornwang Katanyuwong Pediatric Neurologist

Professor at CMU but sees private patients Sunday 12– 5 pm at BKK Hospital (must make apt.) mobile 086 654 8060 e-mail: kkatanyu@mail.med.cmu.ac.th

Dr. Surat Tanprawate (headache specialist)

At Surat Brain Clinic <https://www.surattanprawate.com/clinic/> 095 687 9260.

Tues. 5 pm - 8 pm, Sunday 9 am – 12 noon and Sriphat 9th floor Northern Neuroscience Center on Tuesday, Wed.

Sat. 9 am-12 noon.

Dr. Pimruethai Praditthong-ngam

Chiangmai Ram I Hospital Tel: 053-920-300

Mon. 8 am-8 pm, Tues.-Thur, Sat. 8 am-5 pm

Obstetrics and Gynecology

Dr. Catareeya Prachongtat (female)

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website)

Mon, Wed. Fri. Sun. 10 am-4 pm.

Dr. Chailert (only doctor in Chiang Mai who does single port laparoscopic hysterectomy)

13th Floor Sriphat Building, Suandok Hospital Tel: 053-936 828 Mon. and Wed. 5-7 pm and Sunday 1-4 pm

Dr. Cholaras Charoenratana

Chiang Mai Ram Hospital OB Clinic

Mon 9 am- 4 pm/T, W, Thu 1-5:30 pm/ Friday 9 am-5 pm, Sunday 9 am- 12 pm

Kullapat Clinic (<http://www.kullapat.com>) 053- 217-706 or 083-471-4100 has a number of doctors from the university hospital and they can do routine things like pap smears or help with complicated issues like infertility. Check website for availability. **IVF—Dr. Teraporn** is recommended

Dr. Napatthamont Boonma (female)

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website)

Mon 8 am -1pm, Tues.-Thur. 8 am-4 pm, Saturday 1pm-4 pm.

Dr. Premijit Charoenweerakul (female)

Chiang Mai Ram Hospital OB Clinic

Tues.- Thur 9 am-3 pm and Fri., Sunday 9 am-12 noon

Dr. Renu (female)

McCormick Hospital OB Clinic 053-921-735

Monday 8 am-4 pm

Dr. Sompong Trungtawatchai

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website)

Every day 9 am-1pm

Dr. Suppachai Sirisukkasen

Chiang Mai Ram Hospital OB Clinic

Mon-Tue Thur 9 am- 3 pm/Thu 9 am-4 pm/ Sat 9 am- 2 pm

Dr. Supreeya Wongtra-ngan (female)

(please note—Because of retiring, she is not accepting new patients) Has evening clinic hours as follows:

Kullapat Medical Poly Clinic, 117/26 Liab Khan Khlong, Potaram Rd. (street of Lanna Commercial College) Tel: 053- 217-706 or 083-471-4100 CMIVF 2 pm-4:30 pm and at Kullapat 5 pm – 8 pm Tuesday

Dr.Tawian Pantasri

Fertility patients at BKK Hospital (by appointment 1719)

Oncology

Dr. Rattiya Cheewakriangkrai (Mayo Clinic grad in Oncology, Hematology)

Chiangmai Ram I Hospital Tel: 053-920-300

Internal Medicine desk M-F and Sunday—call for appt.

Dr. Sumitra Thongprasert

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website)

Tuesday, Wednesday and Friday 9 am- 4 pm

Dr. Witthawat Ariyawutayakorn

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website) Monday – Tuesday, 8 am -4:30 pm

Wednesday - Thursday; 8 am- 4 pm Friday 8 am- noon, Sunday, 2-5 pm

Ophthalmology

Dr. Atchareeya Wiwatwongwana (highly recommended for peds also sees adults)

6th floor Sriphat OPD Building, Tel: 053-936-948

Tuesday 1 pm – 3 pm

Dr. Direk Phatikulsyla (highly recommended, also good for cataract surgery) and Prapatsorn Phatikulsyla
Direk-Prapatsorn Eye Clinic, inside the moat (southeast corner of the Old City) on 86 Samlan Road Soi 7. Clinic hours are M-W-F 5:30-7:30 pm and Sun. 9-12 noon. Telephone 053-274-131. Very busy clinic that uses queue system. Call before going - they'll assign you a date, and then arrive early on that day and you'll go into the queue.

Dr. Jenjit Choovuthayakorn (recommended for cataract surgery)

6th Floor Sriphat OPD Building Tel: 053-936 948 - Friday (1 pm – 3 PM), Saturday (8 AM – 11.30 AM)

Dr. Rachada Ophthalmologist & Oculoplastic Specialist

Chiangmai Ram I Hospital EENTClinic 1st floor Tel: 053-920-300 Mon.-Fri. 9:30 am-11:30 am

Dr. Suphaa

2 Rajwithi Road. Tel: 053-214 825 (Entrance is round the corner in soi next to Somphet market (east side of moat). Monday – Friday 5 pm – 6:30 pm, Saturday 9 am – 12 noon closed on Sunday

For vision checks and glasses – The Vision Center

18/2 Rajwithi Road Tel: 053-418336 or 053-214916

8 am – 5 pm Monday – Saturday, closed on Sunday

Orthopedic Surgery

Dr. Chanakarn (arthroscopic and general ortho)

Does arthroscopic surgery, teaches at CMU. He works with team of 16 ortho Dr.s. who specialize in sports medicine and can refer on to other ortho doctors Rajavej Hospital (052-011-999 Ext. 132, 133) -Friday by appt only 4-5 pm-Clinic hours 407/2 Charoenprathet Rd., T. Changklang, Tel. 053 204 545 or 0896361155 Mon-Fri 5:30-7:30 pm and Saturday 9-12 noon (closes earlier if no patients)

Dr. Olarn Arpornchayanon

BKK Hospital (1719 or Ortho clinic 053-089-864 Mon.-Tues. 9 am-5 pm, Wed. 1-8 pm, Thurs. 11am- 6pm

Friday-6pm Saturday - Sunday, 9 am-1 pm

Dr. Preecha Chalidapong (hand specialist)

Sriphat OPD 5th floor Tel: 053-936-952 –Tuesday (1- 3 pm)

Dr. Tanawat Vaseenon (foot specialist who also makes insoles)

Consults at Ram, Suandok and Sriphat, but sees patients at his clinic (tanawat-clinic.com 053-274-873 mobile 080-850-5087www.tanawat-clinic.com) Mon. Wed. Fri. 5 pm-7 pm and Sat. 9 am-12 noon

Dr. Yuddhasert Sirirungruangsarn (Peds Orthopedics)

Chiangmai Ram I Hospital Tel: 053-920-300

Mon. and Thur. 1-5 pm Sunday 10am-12 noon

Pain Clinic

Dr. Passakorn Sawatdirak

5th Floor Sriphat OPD Building Tel: 053-936-826 or 952– Tuesday, Friday (1 - 3 PM)

Pediatrics

Dr. Anjana Sachabudhawong (highly recommended)

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website)

Tues. 7 am-6 pm Wed. Thur. 10 am-4 pm Friday 12 noon-8 pm, Sat. 11 am-8 pm.

Dr. Consupang Saratunti

Clinic Bann Mor Dek, 91 Bamrungburi Road, Amphur Muang Chiang Mai. The clinic is just inside the moat and about 100 meters from Chiang Mai Gate & market. Tel: 053 277-038 Open : Monday - Friday 8 am – 3 pm, Saturday 9 am -12 noon, closed on Sunday

Dr. Nisachon Morgan (Family Practice)

Clinic 275 Moo6 Chiang Mai-Hod Road (on opposite side of road before reaching Lotus) Mon., Wed. Friday 10 am -5 pm Tues. and Thurs. 10 am -6pm- and every other Sat. 8:30-1 pm 053-804-405 or 082-766-8672

www.healthcaremedicalclinic.com

Dr. Rekwan Sittiwangkul (female) Peds and Pediatric Cardiologist

Chiangmai Ram I Hospital Peds Clinic 5th floor Tel: 053-920-333

Sat afternoon, appt only

Dr. Somporn Chotinruemol (highly recommended but is semi-retired)

1st floor Peds Clinic Sriphat 9 am-12 noon 5th Floor Well baby clinic (Chalerm Phra Kiat building) Tel:

053-934-768- Mon. and Thur. 9 am-4 pm, Tues. 9 am-2:30 pm, Sat. and Sun. 1-4 pm Also sees children at

Kotchasin private pediatric clinic inner moat, Bamrungburi Road. Tel: 061-491-3380 Mon., Tues., and Thursday evenings 5.30 – 8.30 pm Saturday and Sunday mornings, 9 am-12 noon . Make sure to call ahead—he travels a lot.

Dr. Somrak Rangakulnuwat Pediatric Pulmonology

Chiangmai Ram I Hospital Peds Clinic 5th floor Tel: 053-920-300

Mon- Friday. 9 am-4 pm, Sat 9 am-12 noon

Dr. Watcharee Tantiprapa

1st floor Peds Clinic Sriphat M-W 9 am-12 noon, Tues 8 am-4 pm, Thur 1:30-4 pm Fri 1-4 pm 5th Floor Well baby clinic (Chalerm Phra Kiat building) Tel: 053-934-768 Mon.1 – 4 pm, Thur. 9 am-12 noon, Fri 2-7 pm, Sun 9 am-12 noon.

Dr. Wikanda Tantisopharak

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website)

Mon. 8 am-4 pm Wed. and Friday 8 am-4 pm Tues. 8 am-8 pm Sat. 7 am- 11 am.

Psychiatry

Mental Health Clinic at BKK Hospital (1719)

Dr. Jaroorn Cittiwuthikarn

103 Siphum Road, at Chang Phuak Gate intersection Tel: 053-223-926 Mon. Wed., Fri. 5 pm – 8 pm, Saturday 9 am –12 noon

Rehabilitation Medicine

Dr. Mathawee Muller

Chiangmai Ram I Hospital Specialty Clinic, 4th floor Tel: 053-920-300

Mon.-Fri 8 am-5 pm, also Sat. 8 am-12 noon at Physical Therapy clinic

Respiratory Medicine

Dr. Atikun Limsukon (internal medicine but specialties in pulmonology and critical care, highly recommended for management of asthma)

2nd floor, Sriphat OPD building, Tel: 053-934-432 or 613 Thur. 1- 3 pm, Sun. 9 am-12 noon

Clinic at 186/9/3 Chang Klan Road south of CMai Memorial Hospital 053-904-619 atikunclinic@gmail.com

Tues and Fri. 5-8 pm, Saturday 8 am-12 noon also at Bangkok Hospital Mon. and Wed. 5-8 pm

Dr. Chaichan Pothirat

2nd floor Sriphat OPD building, Tel: 053-934-432 or 613 weekdays

Chiang Mai Ram on Fri. 10:30 am-12 noon,

Rheumatology

Dr. Natana Kasitanon

Chiangmai Ram I Hospital Internal Medicine Desk 1st floor Tel: 053-920-300

Mon. 5 -9 pm (queue can be very long, so make an appointment)

Dr. Worawit

191 Chang Phuak Road Tel: 053-218950 (call first—frequently travels)

Monday – Friday 5 pm – 8 pm, Saturday 9 am – 12 noon closed on Sunday

Surgery

Dr. Anon Choterosniramit (Pancreatic cancer specialist)

5th Floor Sriphat OPD Building, --Tel: 053-936 952 Tuesday 5:30 – 8 pm

Dr. Arisada Pitchayadechakoon (highly recommended)

Bangkok Hospital Tel: 1719 (can also schedule on the hospital website)

Tues. and Thur. 9 am-5 pm Sat. 8 am-12 noon

Dr. Hanpol

Head and neck specialty

5th Floor Sriphat OPD Building Tel: 053-936 952 – Thur. 5-7 pm, Sat. 9:30 am-12 noon

Dr. Jedsada Singhavejsakul (Pediatric Surgery)

5th Floor Sriphat OPD Building Tel: 053-936 952 – very limited hours—M-F 10-11 am but must make an appt.

Dr. Somchareon Saeteng Chest

5th Floor Sriphat OPD Building Tel: 053-936 952 - Monday 1 pm – 3 pm, Wednesday 5 - 7 pm

Dr. Seree Senaratana general thoracic and vascular surgery

Chiangmai Ram I Hospital Tel: 053-920-300

Mon.-Sat. Call for appt.

Urology

Dr. Supon Sriplakij Urologist

Chiangmai Ram I Hospital Surgical & Orthopedic Clinic, 1st floor

Tue, Thur. Fri. and Sunday call for appt times

Dr. Phitsanu Mahawong Urologist & Pediatric Urologist (highly recommended)

Chiangmai Ram I Hospital Surgical & Orthopedic Clinic, 1st floor

Mon. and Sat. Call for appt.

Vascular Surgery

Dr. Suppamong Arworn

Chiangmai Ram Hospital Specialty clinics Tel: 053-920-300—Sunday 10 am-12 noon (call first)

DENTISTS

Class One House of Dental Care (has peds dentists, recommended for orthodontics)

95 Moo 1 Huaykaew Rd 053-217-845-6

Dentaland Clinic - (pediatric and adult dentistry)

7 Nimmanhemini Soi 17 Tel: 053-224-578 dentaland17@yahoo.com

Dental World -

Near Suriwong Book Center Very up to date equipment 180/1 Raj Chiang Saen Rd. T. Haiya Amuang, Chiang

Mai 50100 053 209-100

Grace Dental Clinic

45 Soi 11, off Nimmanhemini Rd., connected to Sirimangkalajarn Rd. Phone number: 053-894568-9 Fax:

053-894570. E-mail : Gracedentalcare@hotmail.com- www.gracedentalclinic.com

Empress Clinic

Located along canal road between Koolpant 7 and Night Safari Road Telephone & Fax : +66 (0)53-111-299

E-Mail : empressdental@hotmail.com , jarunee-rose@hotmail.com

Ruamchok Dental Clinic

Recommended is Dr. Nattawaan Located along Chiang Mai-Phrao Road 053-854-360

Dr. Suthipong

At Mukmai Dental Clinic, Tel: 053-416 328 (M 08-9757417411/3-4 Jaban Road, behind Three Kings Monument

10:30 am – 5 pm Monday – Saturday

Dr. Varaporn Arpornchayanon Prosthodontist, USA

Ram Dental Clinic, CM Ram Health Center Mon. 9 am-4 pm

Dr. Chutahrat Na Lumpoon Endodontist

Ram Dental Clinic, CM Ram Health Center Mon., Wed., Thur 8 am-5 pm Sat. 9 am-4 pm

Dr. Thacharot Boonyapakorn / German Speaker Oral Surgery (German Board)

Ram Dental Clinic, CM Ram Health Center Mon.- Friday 9 am-2 pm.

For wisdom teeth extraction with anesthesia—Dr. Coon at Chom Thong Hospital (259 Moo 2, Doi Kaeo, Chom Thong Chiang Mai) Tuesday-Friday 8-5 pm (surgery is done on Wed.)

OTHER INFORMATION

Accident and Emergency Call

In most cases, it is quicker to put the injured person in your car and drive to the hospital. Remember though to never move someone who has suspected neck or back injuries. “191” is the emergency operator. Also 1669 (not hospital related service—“ambulance” ala pick-up truck service) can be called.

Bangkok Hospital 1719 (can have a doctor come to you in the ambulance) will return to BKK Hospital

Chiang Mai Ram I Emergency call 053-920-330 and Heart Center (053-920-320)

Suandok Hospital 053-936-900-1 (ask for the "Hawng Chuk Churn" (emergency room) and for an ambulance after 8:00 pm the number is 053-936-234

McCormick Hospital 053-921-777 ext. 1338 or 1339 (after 8 pm ext. 1329)

Lanna Hospital 052-134-777

Klaimor Hospital 053-272-788

Blood List

Chiang Mai Community Church maintains a listing of potential blood donors, which can be especially useful if a need arises for Rh Negative blood type. Contact the church office (061-685-0330) or after hours (086-913-1260) or administrator@cmchurch.org

Chiropractic/Osteopathic

*Right now, I don't know of any certified **chiropractors** in Chiang Mai—please let me know if you have someone you can recommend (birthingcnx@gmail.com). Thanks!*

Osteopath (qualified in Great Britain—different than USA OD) Dr. Ben Thompson has been practicing in Great Britain for 15 years, specializing in holistic and alternate approaches for pain relief, and has a clinic on the Mae Jo road near Mee Chok. 083-804-0605 FB Page Chiang Mai Osteopathy Fluent in Thai and English.

Immunizations

Suandok, Chiangmai Ram I, Lanna and McCormick Hospitals all provide most of the vaccines which we require. Overall McCormick Hospital may be cheaper for vaccines, but it often runs out of Typhoid vaccine and Lanna Hospital does not stock Typhoid vaccine. Ram tends to be the most expensive. All four hospitals will sell vaccines to be taken away for administration elsewhere. Sriphat Center for Excellence also has a vaccination clinic in their new building.

Dr. Kriengsak, a Thai pediatrician, has a clinic with most vaccinations, and is very skilled at administering shots.

Here is his website for directions <http://xn--12cfano2d7azehy7e2ebs5nc9c9c2a.com/vaccine.html>

For Travelers going to Africa, yellow fever vaccine is required, and Nakorn Ping Hospital/TB Center (located directly across from Suriwong Bookstore) is the only provider in town who can give the vaccination and the international certification as it is an official international vaccination site. Go directly to office next to room #5, anytime from 8:30-noon and 1-3:30 pm Monday-Friday only. (053-276-364 ext. 107) Cost in 2022 is B800, and certificate of vaccination good for 10 years. Please bring your passport as well. (Note in April—they are currently out of this vaccine and recommend going to Bangkok for this. Please call to see if their stock has been replenished before making an appt.)

Investigations

a. Audiology

Services at Ram and Suandok, (must have a referral from doctor.) Siam Hearing Care Center (053-282-933) also does hearing tests and makes hearing aids, but uses technicians, not physicians, and will do a test without a referral. They are located at 257/1 Suthep Road directly across from the Chiang Mai Provincial Public Health Office near the intersection of Suthep and Nimmanhaeman. Open daily 8:00am -7 pm. Also-**Intimex** (contact info in the next paragraph) does hearing tests for adults (B600 baht which includes air/bone conduction pure tone testing (B300) and the tympanometry testing (300 baht).

North Light Center for Special Needs Children/Intimex

For hearing testing (all ages) and fitting of hearing aids, as well as servicing of cochlear implants and therapy for children with hearing loss (Occupational therapy and Speech-Language therapy in Thai). They have a state-of-the-art sound booth for audiological testing. The cost for a complete hearing test is 300 baht, which includes air/bone conduction pure tone testing and tympanometry (ear Dr. um movement) as well as an audiogram (printout of hearing levels). Please email Jeanie Marek at <jmmarek.slp@gmail.com> if you'd like her to write a referral for you. The Chiang Mai Branch, near Maehia market on Canal road (there is another, larger facility in Bangkok) 053-271-533, 089-053-7111 www.NorthLightCenter.com info@NorthLightCenter.com 135 Moo 3 Chulprathan Road, T. Maehia, A. Muang, Chiang Mai 50100 *Ms. Suttama (suttama@intimexhearing.com)

b. Laboratory tests

Chiangmai Ram, Suandok, Lanna and McCormick Hospitals all provide good services.

(Please note) If the patient already knows the tests that they need to have performed (say, for example, for monitoring of chronic diseases for which they are being followed by doctors in home country), McCormick Hospital is recommended. Simply tell them you do not need to see a physician (and skip the unnecessary fee!). Can do this as long as you have a list of the needed labs

Chiangmai Ram Suandok, and Lanna Hospitals provide Hepatitis Bs Antibody results **with titre**, but McCormick Hospital does not.

Rabies Antibody testing with titre is available at Ram I Hospital (blood is sent to Bangkok). Cost 1840 baht. Result available in 3 weeks.

Lanna Labs (not affiliated with the hospital) does blood work quickly and inexpensively (for example, a CBC is B100). No doctor order is needed, but you need to be able to identify exactly what test you need. Open 8 am-5 pm. 129/255 (053-275-131) Located off Mahidol Road about 100 meters after the river heading to Airport Plaza- Go past the salmon colored building and take left into a small muubahn, (there is a sign in English and Thai). The lab is about 100 feet into the muubahn on the right with a sign in English on the building. Another hint to find--it is almost directly opposite Chiang Mai Land. They will also email lab results to you, which is handy especially if you are sending results on to another care provider. Because their equipment is older, there have been some concerns raised about accuracy.

c. X-ray, Ultrasound, ECG, Lung Function Tests

- Good services at Ram I, Suandok, Lanna and McCormick Hospitals. It is best to take a doctor's letter/form requesting the specific tests.
- One of the best radiology and ultrasound services is said to be provided by **Dr. Pim HanDr.agul**, Ram I Hospital. Bookings should be made through X-ray Department, Ram Hospital.
- For OB and gyne, u/s, recommended is ultrasonologist **Dr. Wannee** at Kullapat Clinic (or 083-471-4100 or 053- 217-706). She also works part-time at Sriphat.

d. Mammography

- Highly recommended is **Dr. Malai**, Chalerm Phra Kiat, Suandok Hospital. She is in the clinic Tues. and Sat please call for an appt. Tel: 053-934-710 or 711 for appointment. Cost 3,200 baht. (includes ultrasound)
- Mammography is also available at Ram Hospital on Monday – Saturday until 7 pm. **Dr. Pim Handragul** is said to provide the best service here. Tel: 053-053-920-300 for appointment. Cost 3,500 baht. (includes ultrasound)

e. Sleep studies

- Sleep studies Dr. Darakul Pornsriyom at BKK Hospital, there on Mon-Friday 8 am-4 pm. Sleep testing in –patient for one night is about B18,000. If a CPap machine is recommend for purchase as a result of the studies, it is very expensive---around B60,000.
- The CMU Geriatric Hospital (053 920 666 or 053-920-605) has a sleep lab with a dedicated doctor and nurse on the 6th floor. There is a complete lab with 4 levels of testing: - level one more complete (EKG monitoring, leg movement, etc). Levels 3 and 4 less complete - can be done at home).For one session (overnight from 8 pm to 6 am) cost is 15,100 THB per test. There is a one month waiting list. Please call 053-920-660 or 666 to schedule an appointment with Dr. Teelagan Tues. 1-4 pm,Wed. 5:30-8 pm.

Medicines

Medicines prescribed by hospital or clinic doctors can be bought at the hospital or clinic dispensary. Otherwise, medicines, including “prescription medicines” can be readily bought over the counter at many pharmacies, eg Pharma Choices sprinkled around Chiang Mai Pharma Choice (Please note—the Pharmachoice on Kaonavrat almost opposite McCormick Hospital is able to order medications they may not stock, usually within 5 days.) Certain drugs (like Valium or Ritalin) can be obtained only through hospital pharmacies. The Geriatric Hospital shares the same pharmacy with Suan Dok (Maharaj) and Sriphat, and therefore has access to all their medications. The Geriatric Hospital is often easier to reach on the phone and more helpful.

Mental Health-Member care

There are different options for pastoral and clinical counselling available in Chiang Mai. Check out these sites for more information:

- Cornerstone Counselling Foundation <http://www.ccfthailand.org> see web site for information and detailed directions (behind Promenada Mall off Mahidol Rd)
- The Well International <http://www.thewellintl.org> see web site for detailed info and directions. Also does debriefings, seminars and trainings

Occupational Therapy (OT)

Ram has a special needs department for children—. Chiangmai Ram I Hospital Tel: 053-920-300 x5501 Open Tues.-Friday 1 -8 pm and 2 - 6 pm Sat. and Sun. You must call for an appointment (consults are done 9 am-1pm at the 5th floor center). This department has several OTs and special ed teachers. Ram (5th floor specialty clinics) has OT for adults.

Bangkok Hospital Occupational Therapy is located on 4th floor (Rehabilitation Clinic), tel 052 – 089 780, e-mail: bcmrehab@bangkokhospital-chiangmai.com. Estimated treatment price can be checked directly at the clinic by calling or email.

North Light Center for Special Needs Children/Intimex

For hearing testing (all ages) and fitting of hearing aids, as well as servicing of cochlear implants and therapy for children with hearing loss (Occupational therapy and auditory verbal therapy in Thai). They have a state-of-the-art sound booth for audiological testing. The cost for a complete hearing test is 600 baht, which includes air/bone conduction pure tone testing for (B300) and tympanometry (ear drum movement) (B300) as well as an audiogram (printout of hearing levels). Please email Jeanie Marek at jmmarek.slp@gmail.com if you'd like her to write a referral for you. The Chiang Mai Branch, near Maehia market on Canal road (there is another, larger facility in Bangkok) 053-271-533, 089-053-7111 www.NorthLightCenter.com info@NorthLightCenter.com 135 Moo 3 Chulprathan Road, T. Maehia, A. Muang, Chiang Mai 50100 *Ms. Suttama (suttama@intimexhearing.com)

Mind, Brain and Body Child Development Center

Pediatric OT Thai and English, Just off of Hang Dong Road near Lanna Tara Muubahn and Grace International School (see website for map www.mindbrainchildactivity.com) Tel. Kruu Ton 086 – 919-9879, Kruu Im 081-473-5841 Pricing: 400 THB each session if buy a pack of 10 sessions will cost 350 THB per session Tues-Friday 1 pm-7 pm Sat-Sun 9 am-6 pm closed Monday

Orthopedic Insoles

McKean Hospital (053 124 263) has a small center that measures and then makes insoles. You must see one of the doctors in the clinic first. Also Dr. Tanawat makes insoles—see his listing under Orthopedics.

Physiotherapy

- Good physiotherapy services are provided by Dr. Apichanaa, Physiotherapy Department, Suandok Hospital, and the Physiotherapy Department of McCormick Hospital.
- Physio dept. at Rajavej Hospital 2nd floor 8-6, M-F / 8-4, S-S (need to have doctor referral—about B600/session)
- Physio dept. at Ram Hospital is now at the CMRam Health Center 9 am-4 pm, daily (need to have doctor referral or ortho doc at Ram to get a treatment plan before starting—about B600 session) They also have private hydrotherapy sessions starting at B900/session.
- Physio dept. at CMU Geriatric Hospital 8 am-5 pm, M-F and 8-12 Saturday (must be an adult and need to have CMU doctor referral to get a treatment plan before starting—B100-300 session) Khun Gai is great!

- BKK Hospital has excellent resources in their physio dept and has an MD with physio specialty. Visits are around B1000-1500. They now have hydrotherapy (B1500/45-minute session price does not include doctor visit or the hospital service fee).
- McKean Hospital (053 053-124-268) has a PT/OT department. While some therapists don't speak much English, they are very kind and thorough. You would have to see the duty doctor first (clinic across from hospital) and then after a plan is made, you just set up your own appts. Cost is B400/ session, with some additional costs if you do hot/cold therapy, ultrasonic, or other treatments. McKean workers can also make orthotics if needed, including custom made insoles.

Vasectomy

- The **Northern Project Family Planning Clinic**, (053) 249-406, (053)-262-859. 200/3 Bamrungrat Rd., does not have a staff physician and say they cannot do vasectomies anymore. They suggested having it done at Suandok, where it would only be B3500. (This is not a guaranteed price—if the doctor orders any blood tests, etc. it could be much more expensive.) Suandok (Family Planning Clinic 8 am-4 pm 053-935-736) is also managed on a queue system, and so you must first queue to get an appointment in the Urology dept (male side) and then queue again to see a doctor. You may have to go 2 different days and wait a few hours each time to see a doctor, and then you will need to come again to have the procedure, as it is only done on Wed. 8 am-3pm.
- Costs at private hospitals are approximate and do not include the presurgery consultation: Bangkok Hospital B25,000; Rajavej B15-22,000 general surgeons Dr. Wunchat Pangkrueang and Dr. Khomsan Prachongtat). Ram B20,000-25,000 (around B17,000 with VIP card) and with IV sedation 25-30,000 urologist Dr. Pruit Kitirattrakarn; Sriphat Medical Center B13,000-20,000. When you call for appt. make sure they understand you want the procedure, not simply a consult.
- Sperm counts can be done at Ram Hospital every day from 8 am to 5 pm, and it takes one hour to get the result. It must be collected in a sterile container and brought to the lab within 30 minutes. Cost in 2022 is B239 (plus cost to see a doctor), other hospitals have similar services and price.

Websites

Websites can clarify a medical situation or in checking medications and dosages. Some recommended sites:

- [Mayoclinic.org/diseases-conditions](https://www.mayoclinic.org/diseases-conditions)
- [Webmd.com](https://www.webmd.com)
- [cdc.gov](https://www.cdc.gov)
- [Drugs.com](https://www.drugs.com)

Other useful sites for Chiang Mai

- **Pollution Control Department (PCD)** which graphs air quality in Chiang Mai: Go to <http://aqmthai.com> site, click on Report at the top. In the Report page, browse by region and select “the North”.
- For a good site for tracking storms in the region <http://www.tropicalstormrisk.com/>

Additional resources:

Alternative Medicine (please note—these are not recommendations—simply sharing information)

- Thai Traditional and Complementary Medicine (part of CMU). They have both Thai and Chinese traditional medicine doctors.. http://excellent.med.cmu.ac.th/meccmu/?page_id=94
- Absolute Health at 122/144 Moo 6 Soi Chiang Mai Lakeland Suthep Amphur Muang Chiang Mai 095-626-4522 <http://www.absolute-health.org>
- Chiang Mai Ayurvedic Center <http://www.detox-chiangmai.com/>
- Balavi Clinic <http://www.balavinaturalmedicine.com/services.html>
- Mungkala Traditional Medicine Clinic www.mungkala.com Dr. Rungrat is recommended for rosacea treatment

Therapeutic Massage—

- Acharn Sinchai (086-924-3210) recommended by many in the community sinchaimassage.com
- Khun Pim – (082-392-9579) speaks English 250 baht per 1 hour Thai massage in your home.

Birthing classes—

A team of expat nurses/doulas offer a series of childbirth preparation classes for first time parents or a 2 hour refresher courses for others. Classes are free of charge. Contact Lori Rowe (084-176-4482 birthingcnx@gmail.com) for more information. They also produce some digital resources, including *Giving Birth in Chiang Mai*, a booklet which provides names of doctors and hospitals, as well as documents that suggest places to stay and information regarding visa and paperwork. Contact Lori for these resources.

Ideas for insurance (please note—these are not recommendations—simply sharing information)

Insurance agents represent one company—a broker can have several local companies, and if there is an issue, will help. Local Thai companies can stop insurance at any time, and so for this reason, most brokers will recommend an international company. Thai salesperson will say things are covered—but if it isn't in the contract, it isn't true—and 50% of the policy is life insurance. Cancer is only covered one time—if pre-existing, will not cover. Certain companies won't cover people over 65. If you have a family policy, you can have good reductions.

- For full-time Christian workers, check out Talent Trust. <http://www.talent-trust.com/>
- Insurance seek2insure.com
- Ms. Oum at Blessing_Coffee@hotmail.com or hairprocenter1996@gmail.com represent the very best insurance you can find in TH, has a good insurance for incidents occurred on scooters/bikes + others and you can pay monthly 08.84.00.87.64
- Insurance broker Andy Williams working in Chiang Mai for over 10 years—087-052-0389
- AAA and CAA has short term travel insurance (major medical)

Substance Abuse Recovery and Support

Check out these sites for more information:

- Alcoholics Anonymous (AA) meetings daily Website: <http://www.aathailand.org/regnorth.html>
- Al-Anon meetings are for friends and families of problem drinkers. Contact ruthelea@gmail.com for more support.
- Narcotics Anonymous (NA) meetings 11 times/week www.na-thailand.org/meetings.htm

Senior Living & Assisted Care Resources

Care Resort Chiang Mai -<http://www.careresortchiangmai.com/> 43/1 Moo 6 Mae Rim-Samoeng Road, Chiang Mai, 50180 | Telephone: 053.044.095 Email: enquiries@careresortchiangmai.com or careresortchiangmai@gmail.com Luxury adult care retirement facility and also has option of short-term stay if recuperating from accident or surgery.

McKean Senior Center provides differing levels of residential aged care, plus palliative care and hospice care are available.

McKean Hospital is a small Christian hospital specializing in short and long-term physical rehabilitative therapy, palliative and hospice care, and nursing home care. The facility offers private, semi-private and shared rooms. McKean can also provide after death services for its clients (death certificate, funeral based on Christian tradition, and cremation). The large and well-equipped physical therapy and occupational therapy departments provide services for both inpatient and outpatient clients.

Dok Kaew Gardens- Located in McKean's green compound provides long and short-term assisted living services. A large number of residents are ex-pats with a focus on English and Thai speaking. There are two levels of care, one for semi-independent seniors, and a secure high care unit for those who need more assistance and those with dementia. Nurse Aides are on site 24 hours a day. The package includes a private room and private bath, meals, medication management, laundry, housekeeping, and nurse aide assistance. Air conditioning, a small fridge, TV and WIFI plus good outdoor areas for walking or cycling. Easy access to McKean's physical and occupational therapy departments is a bonus.

Sunflower Village- is McKean's newest project for Seniors is near both Dok Kaew Gardens and McKean Senior Hospital. Currently offering two-bedroom two-bathroom duplexes with a small kitchenette. A variety of services can be arranged separately. There are also plans for further development of small individual two-bedroom homes. This is an ongoing project, so please contact us for more information.

Contact the Dok Kaew office at 053-124-430 or 053-124-263
ext.139. <http://www.mckean.or.th> → E-mail dokkaewgardens@gmail.com

Lanna Care Net (<http://www.lannacarenet.org/>) A group of people who help aging foreigners live safe and healthy lives in Chiang Mai and surrounding areas, by providing advice and practical assistance where necessary. Assistance includes counseling, giving advice, offering practical help and contacting other individuals and organizations that can help. Assistance is given to people both in the short and the long term, according to need. LCN also trains and educates its members, so they become more effective. While they do not provide financial assistance, they will help people obtain financial assistance where they are eligible. They cannot provide medical or nursing care but can advise clients where suitable support may be found. E-mail lannacarenet@gmail.com Questions by phone (please call between 10 am and 5 pm) 085-709-8801

Chiang Mai Care (062-745-5275) Khun Somying will help with all aspects of care, including arranging hospital visits, one-on-one home care, holiday and respite care, hospital private care, dementia care, and funeral help.

(Editor's note—the following is not a recommendation, but just to inform what is available.)

Hospice Care in Chiang Mai <http://chiangmaihospicecare.webs.com/> Care is available either in home or hospital. (089) 512 6705 Email: Ann Thongtree annt20722@yahoo.com

Baan Mee Suk Nursing Home 139 M. 6, T. Nong Han, A. San Sai, Chiang Mai 50290 Tel 053-353-101 or 080-591-1777 website: <http://baanmeesuk-nursinghome.com/>

PD Nursing Home in Muubahn Srir Wattana and in Saraphi 086-544-3375 <http://PDNursinghome.com>

Corrections or additions or comments?

If you have anything to add/amend/delete to this document, please contact Lori Rowe (084-176-4482 birthingcnx@gmail.com).

Recommendations in Bangkok:

For doctors at Bumrungrad Hospital, you can schedule an appointment at their website (www.bumrungrad.com) or call for out-patient appt. 02-667-1555. They will also do telehealth calls

Chiropractors

Dr. Mark Leoni (American, US trained) practices at Holistic Health Systems (see website for address and directions) www.thailandchiropractor.com uses massage, ultrasound, stretching, heat or cold as needed to prepare the body to be relaxed and then does the adjustment. Dr. Leoni also offers direction on exercise to correct problems.

Emergencies

There are several good hospitals if you have an emergency in BKK. Bumrungrad (has good ambulance service as well. BNH is recommended but while Samitivej . www.samitivejhospitals.com and Bangkok Hospital are both good, they are located on narrow congested sois, which means an ambulance could have difficulty getting there.

Obstetrics

Samitivej has capacity to do water birth, Hospital also comes with kudos for good breastfeeding support (**Dr. Buppha** is a neonatal doctor with lactation certification, and **Khun Meena** is the lactation consultant.

Recommended for Birthing in Samui:

Dr. Rapheepan Nattheeraphong at the local government hospital is recommended by many foreigners. Her English is very good, but she doesn't give a lot of info unless asked direct questions. She is willing for you to have whatever you want in your birth plan, but do have the birth plan translated in Thai for the nurses in hospital. Make sure to get a private room, however, you can't book this in advance. After the birth, hospital procedure is for the baby to go to the nursery for 2 hours if all is well with the baby, baby may stay with mother (you can refuse to have the baby leave you too.) Estimated costs: C-section is about B38,000-42,000 and for natural birth B30,000-35,000 The price does not include a private room (which can be B2000-3500/day) Dr. Rapheepan contact info: 080-695-5885 rapheephanclinic@hotmail.com or helper Jenny B banlaikan@gmail.com