



Health Care in Mexico

By: Sierra Jenkins, National HOSA President Elect

Health care in Mexico is provided by free clinics and hospitals run by Mexico's government. Generally, when a person is hospitalized, it becomes their family's priority to visit as much as possible. Part of Mexico's culture and medical healing philosophies are based on mysticism, individual supernatural power, and healing through special herbs. For example, the curandera/curandero, a spiritual healer, may perform ritualistic activities to cure an illness. Other folk healers include the yerbalistas (herbalists), and sobadoras (masseuses).

A major issue in some areas of Mexico is the lack of sanitary conditions, which can make it difficult to deliver quality health care. If you come from a country with a reputation of having some of the best hospitals, the thought of being a patient in a hospital in Mexico can be unnerving. Most visitors do not know what to expect should they need to be taken to a hospital in Mexico. In actuality, Mexico has excellent hospitals that provide excellent care, with relatively inexpensive fees. Mexico has good doctors and physicians that provide health insurance at an inexpensive rate. A visit to the doctor's office will generally cost between \$30 and \$50. In Mexico, as with every country, there are advantages and disadvantages to the established health care system.

