| EU Delegation to Myanmar | Medical Contacts in Yangon Myanmar |
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1. General Advice

For serious medical scenarios we recommend you seek medical care from hospital services in Thailand. Some doctors in Myanmar are Western trained but facilities and equipment are often old and poorly maintained.

Medical facilities outside of Yangon are minimal and totally inadequate in the remoter regions of Myanmar. There are no suitable local facilities or human resources to treat serious conditions. Evacuation to Thailand can take some time. Medical evacuation from remote areas in Myanmar is problematic and is not always possible by air. Land transfer can sometimes take 2 or 3 days. Travel during the wet season could further delay evacuation.

- Always keep some cash available (US$).
- If you have an ailment, know what to do to lessen effects and keep a stock of any medicine needed.
- Keep handy addresses and telephone numbers of people to contact.
- If possible, know your first aid.

2. Clinics and doctors recommended in Yangon

2.1 Private Medical Centres/Hospitals

*SOS International*

<table>
<thead>
<tr>
<th>Name</th>
<th>Dr. Chantal Bonfils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>Inya Lake Hotel</td>
</tr>
<tr>
<td></td>
<td>37 Kaba Aye Pagoda Road</td>
</tr>
<tr>
<td>Division</td>
<td>Yangon</td>
</tr>
<tr>
<td>Phone</td>
<td>(1) 657 922</td>
</tr>
<tr>
<td>Mobile, Dr.</td>
<td>(9)51 44 997</td>
</tr>
</tbody>
</table>
Email: reception.YGN@internationalsos.com
Email, Dr Bonfils: Chantal.bonfils@internationalsos.com
Website: www.internationalsos.com
Opening hours: Monday to Friday 8:30am to 5:30pm, Saturday 8:30am to 12.30pm
Other info: Emergency 24/7

**LEO medicare (Victoria Hospital)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Dr. Christoph Geldsdorf</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>No 68, Tawwin Road, 9 Mile Mayangone Township</td>
</tr>
<tr>
<td>Division</td>
<td>Yangon</td>
</tr>
<tr>
<td>Phone</td>
<td>(1) 651 238, (9) 49 585 955</td>
</tr>
<tr>
<td>24/7 on duty doctor</td>
<td>(9) 49 218 410</td>
</tr>
<tr>
<td>Mobile, Dr. Gelsdorf</td>
<td>(9) 44 000 544</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:gelsdorfMD@gmail.com">gelsdorfMD@gmail.com</a></td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.leomedicare.com">www.leomedicare.com</a></td>
</tr>
<tr>
<td>Other info</td>
<td>Emergency 24/7</td>
</tr>
</tbody>
</table>

**International Clinic, Parami Hospital (Samitivej)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Dr. Olivier Cattin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>No 60 (G-1) Parami Road, 11th floor Mayangone Township</td>
</tr>
<tr>
<td>Division</td>
<td>Yangon</td>
</tr>
</tbody>
</table>


Phone (1) 657 987 (appointment)

Emergency (9) 319 11 541 / 319 115 42
Mobile, Dr. Cattin (9) 421 08 55 13
Email, Dr. Cattin ocattin28@gmail.com
Email samitivej.yangon@gmail.com

Australian Embassy Clinic
Name Dr. Mark Hampson
Address Unit 206, Golden Hill Tower, 24-26 Kaba Aye Pagoda Road, Bahan
Division Yangon
Phone (1) 558 353
Email aussieclinicyangon@gmail.com
Email, Dr. Hampson Mark.Hampson@dfat.gov.au
Opening hours Monday to Friday, 8am – 4pm,
Other info No emergency service

Asia Royal Cardiac and Medical Care
Address 14 Baho Road, Sanchaung Township
Division Yangon
Phone (1) 538 055, 503 261, 536 802, 535 003, 538 054
Opening hours 24 hours
Other info  

Cardiac Medical Center

2.2 Dentists

_Aung Dental Surgery (Info from FR and DE Embassy)_

Name  
Dr. Ingrid Kampfter, **orthodontist**  
Dr. Aung Myint, **dentist**

Address  
No 32 A, Pyidaungsu Lane  
Bahan Township

Division  
Yangon

Phone  
(1) 556 434 – 541 770

Email  
aungdental@gmail.com

Website  
No website address.

Other info  
Graduated from Frankfurt University

_Dental Clinic (info from FR Embassy)_

Name  
Dr. Tun Tun Thwe or Dr. Thet Naing Oo

Address  
Sakura Tower, 2nd floor  
339 Bogyoke Aung

Division  
Yangon

Phone  
(1) 255 118

Opening hours  
Mon to Sat. from 9 am to 6 pm  
Sun from 10 am to 2 pm

2.3 Physiotherapist

_Kumudra Physiocare Centre (info from DFID)_
Name                  Dr. Pandora Aung Gyi, Professor
Address               No.144, Sanchaung St., Sanchaung
Division              YANGON
Phone                 (1) 510 758
Email                 No email address.
Website               No website address.
Other info            Fluent English

2.4 Dermatologist

Kembangan Medical Centre (Info from YEC)

Name
Address               No. 365 Bo Aung Kyaw Street (Upper Block)
Division              Yangon
Phone                 (1) 389 824
Email                 No email address.
Website               No website address.
Other info            Managed by a Singapore dermatologist

2.5 Ophthalmologist / Glasses and lens

American Vision (referred from SOS)

Name                  Prof. Dr. Tin Win
Address               Nr 397, Shwebontha Street, in front of Bogyoke Market
Division              Yangon
Phone                 (1) 242476, 241897, 241898
Opening hours  From 4pm to 7pm from Monday to Friday, and from 9am to 2pm on Saturday and Sunday
Email  admin@myanmaramericanvision.com
Website  http://www.americanvisionmyanmar.com/
Other info  Eye hospital, and shop where you can buy glasses and lenses including with prescription

**Myittar Oo Eye Care Centre (info from FR Embassy)**

Name
Address  Nr 499 Pyay Road
Division  Yangon
Phone  (1) 527 381, 534 281
Email  No email
Website  No website
Other info

**2.6 Public Hospitals**

Name  Yangon General Hospital
Address  Bogyoke Aung San Road
Division  Yangon
Phone  (1) 256 112, 256 131, 256 129, 256 123
Email  No email
Website  No website
Other info  Mandatory for traffic accidents and criminal cases
3. Pharmacies

Golden Bell

Address: 6 Yuzana Tower, Shwe Gon Daing Road
Phone: (1) 701 883

4. Emergency numbers

Fire 191/192
Central Fire Service dept. 252011/252022
Police: 199

5. Hospitals, clinics, outside Yangon

Mandalay
Mandalay City Hospital (02)66851-2, 62307
Nandaw Clinic (02)36128, 60443, 60445-49
Nyein Clinic (02)65460-64

Nay Pyi Taw
Thiri Thukha Medicare Center (067)23553

6. Veterinary Clinics

Dawn Veterinary Clinic (Kanbe) 0924616/541856
Royal Veterinary Clinic 01 504623/532701
(Shwe Gon Dine, across from GSO)

7. Hospitals in Bangkok (not exhaustive)

Bumrungrad Hospital
33 Sukhumvit 3 (Soi Nana Nua),
Tel: +66 2 253 02 50
Website: www.bumrungrad.com

Samitivej Hospital
8. Medical repatriations / SOS card

There are 2 levels of emergencies:

- **Level 1**: Extreme emergency repatriation, by air ambulance (the SOS card is used in this case)

**Criteria:**

- **a.** Criteria: The patient is in a very serious condition and there is a risk of permanent invalidity or the patient’s life is in immediate or imminent danger.
- **b.** There are no diagnostic and/or therapeutic facilities of the type or standard required on the spot.

The decision to evacuate is taken by the medical officer of International SOS, after consulting the Commission’s Medical Service, following contacts by telephone or fax by the Medical Service’s local medical liaison officer or the doctor treating the patient at the place of employment.
London UK Phone: (+44) 208 762 8008
Main Center Fax: (+44) 208 748 7744
Singapore Phone: (+65) 6338 7800
Sydney Phone: (+61) (2) 9372 2468
Distributor SOS (NL): (+31) (10) 20 66 188
Website: www.internationalsos.com
SOS number to be given: 007758A

Medical service:
Dr. Bilbao: +32 2 295 64 68 / +32 2 296 50 12
Medecin de garde: +32 473 84 97 07
Fax: +32 2 295 03 96
Email: Jose-Luis.Bilbao-Guerrero@ec.europa.eu
Mailbox: HR-BXL-TRAVEL-MEDICINE@ec.europa.eu

In an emergency, the Medical Service’s doctor may be contacted at weekends, or on public holidays via the Commission Security number, Tel: +32 2 292 22 22

- Level 2: Emergency repatriation, by scheduled flight.
Criteria:
  a. The patient is in a serious condition but is not in immediate danger and
  b. The medical infrastructure at the place of employment is inadequate and
  c. the patient does not necessarily have to be evacuated immediately but cannot wait until he/she returns to Europe in the normal course of events on leave or mission.

The Commission’s Medical Service decides to evacuate the patient on a scheduled flight after contacts by telephone or fax with its local liaison officer or, failing that, by the doctor treating the patient or even a member of the Delegation who is aware of the patient’s state of health.

Authorisation is sent by e-mail to the Delegation, which will make arrangements for the evacuation of the patient by scheduled flight (economy class). The Medical Service’s authorisation will indicate whether or not a doctor, nurse or family member is to accompany the patient.

Costs and repayment conditions:
<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitalisation</td>
<td>&quot;prise en charge&quot; by the Joint Sickness Insurance Scheme. Contact: M Dewaelheyns-Herincks - +32 2 295 27 07</td>
</tr>
<tr>
<td>Medical expenses</td>
<td>Reimbursement by the Settlement Office of the JSIS (Office SC27 00/05)</td>
</tr>
<tr>
<td>Transport (flight+taxi to and from the airport)</td>
<td>Paid directly to the service provider by EEAS</td>
</tr>
<tr>
<td></td>
<td>Paid/Reimbursed by the Delegation</td>
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Please note that the unmarried partners of EU staff are not covered by the Commission's medical service, so must meet all their own costs, including arranging payment.