SAO PAULO HEALTH

GUIDE FOR MEDICAL TOURISM, WELFARE AND QUALITY OF LIFE

CHECK-UP CENTER
HOSPITALS
CLINICS
PLASTIC AND AESTHETIC SURGERIES
LABORATORIES AND DIAGNOSIS MEDICINE
CLINICS AND DENTAL SPAS
SPAS AND MASSAGE CLINICS
OPEN AIR WELLNESS
This guide was produced with the support of the Union of Hospitals, Clinic, Laboratories and Health Service of the State of São Paulo (Sindhosp). For further information, contact Sindhosp by the phone number (55-11) 3331-1555 or access their website www.sindhosp.com.br and see the pages 57 to 60 of this edition. Or even in the chapter about the theme you are interested in.

The São Paulo Tourism Authority (SPTuris) is not responsible for wrong information provided by institutions, eventual changes in services and equipment presented or jobs and services done in the establishments. That is why SPTuris established partnerships with experts and advises the users of this guide to choose one of the establishments present in this guide and to be aware of the tourism professionals’ behavior. Avoid problems. Contact the institutions before creating products, offering them to the clients or choosing any type of procedure, exam or treatment.

Establishments mentioned on chapters 7, 8, 9 and 10 of this edition were considered illustrative. The others follow pre established criteria, according suggestions and/or guidance of the Union of Hospitals, Clinic, Laboratories and Health Service of the State of São Paulo (Sindhosp) and other experts. São Paulo Tourism Authority aims at promoting the city of São Paulo in an independently way with no connection with establishments mentioned.

Although we have to mention that some institutions, even meeting criteria established by Sindhosp, decided to not be part of this publishing according to their initiative and criterion.

Save the Environment. Adopt the 3R in your life: Reduce, Reuse, Recycle!
# INTRODUCTION
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SÃO PAULO, ONE OF THE MOST IMPORTANT HEALTH CENTER IN THE WORLD

In Brazil, it is common to hear that “the best hospital is an air ticket to São Paulo”. Less exaggeration, this affirmative is not at random. One of the main characteristics of São Paulo is its continuous innovation and overcoming. A vanguard city that creates trends, the biggest metropolis in Latin America also became one of the most important health centers in the world.

International reference in important medical areas, from heart disease treatment to plastic surgery, orthopedics, oncology and other highly complex areas, with a first line hospital sector and wide network of diagnosis services, São Paulo receives a growing number of people wishing to enjoy their excellence center or use business or leisure travel to update their health and take care of their appearance.

Sophistication is so high that there are hospitals providing support in extension visa procedures and a strict relation to consulates and embassies.

As you can see, it is not only the excellent diversity of museums, restaurants, shopping, universities, theaters, concert halls, cultural and sports centers, night clubs, infrastructure and service that calls inhabitants’ and visitors’ attention. According to the Ministry of Tourism, the number of tourists coming to São Paulo for health or aesthetic treatment has more than doubled every year. They are Brazilians from all states of Brazil and foreigners from all continents. For many visitors, São Paulo is an ideal combination of travel: business, entertainment, health and welfare.

There you can find dental clinics and spas, which main services are dental implant and aesthetic treatment, and the best urban spas of Brazil that, with massages, bathes and aesthetic and therapeutic treatments, provide extraordinary feeling of relaxing and welfare. They are “island of peace” in the middle of the city with environments mixing perfume, color and sounds.

Also health treatment costs – medical, dental and hospital fees – are significantly lower than in the USA and Europe. São Paulo holds several of the best medical schools in Brazil so there are plenty of excellent doctors, professors, researchers and health professional living here.

In order to keep high quality, several hospitals have their own research and training institutes for their personnel. They are also involved in works in the communities and get encouraging results. As the city has today 105 hospitals (private and public) – many of them with the highest standards of reference –, more than 9,000 clinics in 50 specialties, hundreds of laboratories and spas in sophisticated hotels.

With this set of services presented, this guide wishes to be a reference for you to know better the excellence of São Paulo in health and welfare area. And then you will be really sure that São Paulo is the right place for good business, night life, relaxing or caring yourself.
THE GUIDE SP HEALTH IS A PARTNERSHIP BETWEEN SPTURIS AND SINDHOSP

In order to keep the content quality of this guide, São Paulo Tourism Authority (SPTuris), the company responsible for tourism and event promotion of the City of São Paulo, always aware of security of travelers and tourism professionals, signed a partnership with Union of Hospitals, Clinic, Laboratories and Health Service of the State of São Paulo (Sindhosp).

SPTuris, when produced this publishing, thought that it would be important to have a partnership with the expertise of the health sector, once its working area is tourism and events. Sinhosp would be responsible for guiding the approach and concept and identifying parameters to be defined the mentioned establishments, highly qualified to serve travelers and people in general. And so it was done.

The Union also decided not to make a list of clinics and aesthetic centers in the capital city, as the number is so high. In this guide, we just mention the services and specialties most desired and offer orientations and entities aware of the users’ integrity.

For example, among parameters established, they must be quality-certified organizations (like ISO 9001 or higher, Joint Commission International – JCI accreditation or National Accreditation Organization – ONA) and they must be under technical responsibility of professional doctors (except spas, natural areas and attractions mentioned in chapters 7, 8, 9 and 10 in this guide).
“Better be safe than sorry” is the saying. From the heart to the memory, today the human body can be evaluated by cutting edge machines, like tomography, ultrasound and magnetic resonance that help the precise diagnosis of diseases or health problems in early stages. All of this can be easily found in São Paulo. That is why the number of people making a check-up is regularly increasing every year in the city. Lots of people come just for it or extend a business or leisure travel to use this excellent health center of the country. Here we have some check-ups services with well defined differentials that became a reference in the continent or in the world. These services are for businesspeople, travelers, athletes and others. There are also specific exams for men and women. Or aimed at a public, religion, language, country, life style and more.

In the chapter “Hospitals”, starting on page 15, and “Laboratories and Diagnostic Medicine”, starting on page 40, you will also find other highly qualified institutions for check-up, highlighted in “Other Services” or “Differentials” of each establishment.
The Fleury Medicina Diagnóstica (Diagnostic Medicine) started a check-up program to detect diseases before their symptoms – the preventive medicine – as the early diagnosis can lead to beneficial interventions. So, instead of only one set of diagnosis tests, they do individual exams according to risk factors of each patient. There are four types of check-up.

**Executive:** clinical and complementary exams to trace cardiovascular, metabolic and infectious diseases, tumors and other severe problems.

**Fitness:** clinical evaluation, laboratory exams, physical tests, anthropometric, postural, neuromuscular (flexibility and force), cardiorespiratory evaluations, anamnesis.

**Nippon:** aimed to people with Japanese genetic, physical and cultural characteristics.

**Traveler:** travel analysis, clinical evaluation, information on vaccine, avoidable diseases (like malaria) and chronic diseases and so on.

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**DIFFERENTIALS**

- Individual diagnosis procedures
- Integrated report elaboration for companies
- An experienced team
- Questionnaire option, consult and final evaluation report in Japanese.

**SERVICE**

**Steps:** health report, by filling in a questionnaire on the Internet, clinical exam and complementary exam, conclusion interview for orientations; follow-up: almost one month later, the client is reminded about the conclusion interview.

**Results:** by the Internet, e-mail, fax or in the unit.

**Duration:** 3 to 4 hours

**Address:** Av. República do Libano, 635 – Vila Nova Conceição – São Paulo – SP

**Information:** (55-11) 5014-7704 or 0800-704-0822 (within Brazil)

**Website:** www.fleury.com.br

**E-mail:** cac.checkup@fleury.com.br
More than evaluate health condition, says the institution, this check-up aims at providing information and orientation to help patient with conscious and suitable choosing about their habits and behavior. With an experience of more than 20 years in preventive medicine, professionals of the check-up center of the Oswaldo Cruz German Hospital try to early detect diseases or conditions that can lead to health problems by means of complementary exams and functional tests. So the patient has more chances to be recovered by the precise treatment.

DIFFERENTIALS

- Appointments on Saturdays, once a month
- Echocardiogram exam using all software available today for heart disease diagnosis
- Specific exams for men and women.

SERVICE

**Main exams:** glucose level, creatinina, aspartate aminotransferase [TGO-AST], alanin-aminotransferasis [TGP-ALT], alkalin phosphatase, Gamma GT, uric acid, total cholesterol, HDL-cholesterol, LDL-cholesterol, VLDL-cholesterol, triglycerides, hemogram, hemosedimentation, TSH (thyroid hormone), PRC (protein C reaction), definition of blood type (ABO-RH), PSA – prostate-specific antigen (over 40 years old), parasitological tests, etc.

Check-up for **women** includes vaginal secretion culture, abdominal ultrasound, breast radiography, bidimensional echocardiogram with color Doppler, mammography, audiometry, acoustic impedanciometry, pulmonary function test (spirometry), and general reaction to stress adaptation, body composition evaluation and nutritional orientation.

**Results:** final consult with a general practitioner, one week after the program.

**Duration:** 5 to 6 hours

**Address:** R. João Julião, 331 – Paraíso – São Paulo – SP

**Information:** (55-11) 3549-1600

**Website:** www.haoc.com.br/checkup/index.htm
The Heart Hospital receives a lot of foreigners a month, generally passing by São Paulo or those who already know the institution, to take advantage of each visit to the country to take care of themselves. HCor offers two types of check-up, the clinical and the sport.

In **Clinical Check-up**, all patients are followed since they arrive by a person exclusively assigned to help them. Besides traditional clinical and image analysis exams, there are nutritional evaluation, electrocardiogram and echocardiogram in rest and ergometric test. For men over the 40s, prostate disease prevention; for women, breast cancer prevention.

The **Sport Check-up**, for athletes (professionals or amateurs) at any age, measures the physical potential checking respiratory, cardiac, pulmonary, muscular, and orthopedic and nutrition conditions and others, including injury risks.

**DIFFERENTIALS**
- Optional evaluation with ophthalmologist, audiometry and others
- A follow-up person during the whole check-up
- Sending and receiving anamnesis by the Internet
- Special check-up protocol for physical activity practitioners
- Psychological evaluation to manage stress level
- Evaluation with physiatrist and nutritionist
- Besides clinical consult with a cardiologist, the client is evaluated by a multidisciplinary team made of nutritionist, psychologist, phyastrist, urologist and gynecologist.

**SERVICE**

**Results:** Internet, CD-ROM, mail, at the laboratory.

**Duration:** 6 hours

**Address:** R. Desembargador Eliseu Guilherme, 147 – Paraíso – São Paulo – SP

**Information:** (55-11) 3053-6574 / 6575

**Website:** www.hcor.com.br

**E-mail:** sportcheckup@hcor.com.br / checkup@hcor.com.br
A pioneer in check-up in Brazil, Igesp has been developing and improving biopsychic evaluations since 1960, and introducing in each case sensitive indexes that can show the normality level of different organs of the human body. Called Preventive Medicine, the Igesp check-up tries to keep, in the whole health evaluation process, the doctor-patient relationship, as an important link that can provide a wider meaning to this procedure. So this check-up is based in global evaluation by the practitioner, then patients are sent to several specialists, according to their needs for proper complementation.

DIFFERENTIALS
- English attention available
- The hospital is in the central area, very close to the Paulista Avenue.

SERVICE
**Main exams:** physiologic, familiar, pathologic, close and remote anamnesis, clinical summary, complete physical exam, including the routine exams by systems, analysis of exams done; classification of previous results; comparison of previous exams to the current ones; release of clinical opinion with orientations and suggestions; work certificate, risk factors, evaluation and orientation (obesity, sedentarism, smoking, alcoholism, hypertension, diabetes, several forms of cancer, familiarity in certain diseases).
**Results:** part of the exams can be recorded in CD and the other part can be printed, sent by mail or delivery service.
**Duration:** 6 to 8 hours
**Address:** R. Silvia, 276 – Bela Vista – São Paulo – SP
**Information:** (55-11) 3147-6200
**Website:** www.hospitaligesp.com.br
The Continuing Health Review is the check-up program of Diagnosis Medicine of the Albert Einstein Hospital. A reference in health, the idea of the hospital is to bring together improvement in life quality, professionals dedicated only to businesspeople and a flow of exams specially created. This service includes a consult so that the doctor can explain the results, objectives to be met and also preventive recommendations and their controls.

For the companies: In corporate agreements, after the consult with specialists and exam delivery, professionals of the unit are at the service of the company’s doctor of the patients to explain and guide the recommended procedures and also to provide a managerial report about health and their collaborators.

Executive check-up: Detailed consult, glycemia measures on a fast, plasmatic cholesterol, cardiovascular risks (breast X-ray, electrocardiogram, ergometric test). For athletes over the 40s or those who wish to start a physical activity: transesophageal echocardiogram

Specific evaluations:
Men: exams for early detection of prostate cancer (rectal touch, transrectal ultrasound and PSA dosing).
Women: exams for early detection of breast cancer (mammography / papanicolaou)

DIFFERENTIALS
• Infrastructure
• Humanized attention
• Specific evaluation for men and women
• Advanced technology.

SERVICE
Results: at the front desk, fax, Internet, home or sent directly to the doctor.
Duration: 6 hours
Information: [55 11] 3247-1233
Website: www.einstein.br
E-mail: revisao@einstein.br
Conscient of the power of the international traveler market, the hospital develops special services to support foreigner patients, that include also the contact with international insurance company in order to check medical and hospital expenses and support in visa extension procedure, etc.

**Executive Check-up**, for businesspeople. This check-up is done in an area with eight rooms and three exam collection centers to early detect diseases; it has an annual follow-up, with periodical contact with the check-up team to support the person to follow their orientations – it can be done by phone, mail, e-mail or personal visits. There is also a special service for detailed evaluation of mental functions: the **Memory Check-up** that tries to identify signs and symptoms of disease that can affect the nervous system. It is mainly for people over the 60s but also for businesspeople and people with a strong brain activity as well as people with memory problems and other cognitive functions, like language and attention disorders, time and space disorientation, etc. Also does the early diagnosis of Alzheimer’s disease (DA).

**DIFFERENTIALS**

- The hospital has hotel infrastructure that makes the attention faster and provides follow up to all clients
- Evaluation for smokers using smokerlyser and identifying the profile of chemical dependency of nicotine
- Orientation about erectile dysfunction, testicle cancer, screening for prostate cancer and life quality.

**SERVICE**

**Medical evaluation**: meetings with urologists, general practitioner, nutritionist, gynecologist, ophthalmologist (for those over the 40s) and dermatologist.

**Duration**: 4 hours

**Results**: on-line or by post, in Portuguese and in English.

**Address**: R. Dona Adma Jafet, 91 – Bela Vista – São Paulo – SP

**Information**: (55 11) 3155-0800 / 3155-1082

**Website**: www.hospitalsiriolibanes.org.br
HOSPITALS

CUTTING EDGE INSTITUTIONS ARE PART OF THE DAILY ROUTINE

Hospitals that look like hotels, not only by their dimensions but also for its atmosphere – decoration, services, shops, restaurants or even hotel project covering a study of colors, furniture and materials to add welfare – and other items, like rooms with cable TV, mini refrigerator, broad band connection to Internet, telephone and electronic bed. At the hospital, cutting edge equipment to take care of patients’ health, advanced procedures and highly qualified professionals. Besides the structure for quick procedures – the “Hospital-day”.

For travelers, there are exclusive programs, since a strict relation with embassies and consulates until indication of hotels and flats around the hospital and also support to extend visa for people under treatment.

Today, São Paulo is in a visible place in the world scene of health procedures also because of its first line hospitals. There are hundreds of institutions, 105 exactly, public and private, located in every region of the city, including the specialized ones (ophthalmology, plastic surgery, obstetrics, and others) and big surgical centers with the most advanced technologies with high complexity procedures, obesity surgery and organ transplants.

The quality and the good cost/benefit relation of the Brazilian hospital services are a fact. In the last few years, the number of foreigners coming to Brazil for medical and aesthetic treatment has significantly grown, especially in São Paulo. Let’s see some of those hospitals, its services and differentials and know why it is worth to take care of your health in São Paulo.

HOSPITAL-DAY – TAILOR-MADE FOR TRAVELERS

Ideal for travelers, this service is provided by several hospitals in São Paulo. Generally, this type of hospital receives clinical patients or those undergone to low complexity surgical intervention with fast 6-to-12-hour admission. They are equipped to attend patients with small and medium surgery indication or diagnosis and therapeutical procedures without needing to be admitted – as even more the health area has techniques less aggressive to the organism and making a faster and more efficient recovery. In most of surgery, it is possible to go back home at the same day. It reduces costs and the risk of hospital infection.
Founded in 1975, Cema Hospital is the only one in the São Paulo with a 24/7 ophthalmologic attention. A reference in treating eyes, ears, nose and throat, Cema has an ambulatory attending patients that have previously appointed to. But its emergency room is ready for every emergency in ophthalmology and otorhinolaryngologist.

At the well equipped surgical center of the institution, more than 1,000 procedures in both specialties and the diagnosis center do almost all exams available in ophthalmology. The hospital also offers attention in other areas, like allergology, cardiology, acupuncture, aesthetic medicine and neurology.

**TECHNICAL REPORT**

- **Number of beds:** 110
- **Number of employees:** 500
- **Number of doctors in the medical staff:** 250
- **Main specialties:** otorhinolaryngology and ophthalmology
- **Complementary specialties:** acupuncture, allergology, pain biophysical ambulatory, neck and head, cardiology, aesthetic and repairing plastic surgery, craniomaxillofacial, speech therapy, aesthetic medicine, sleep medicine, neurology, pain and headache clinic, dentistry and orthodontics, nutritional orientation, pneumology, vascular.
- **Surgery specialties:** otorhinolaryngology, ophthalmology, oral and maxillofacial, aesthetics.
- **Other services:** Hospital-day and Check-up
- **Image diagnosis (main exams):** ultrasound, tomography, radiology (a partner with CRYA – Radiology Clinic Yeochua Avritchir)
- **Address:** R. do Oratório, 1.369 – Mooca – São Paulo – SP
- **Information:** (55-11) 6602-4000
- **Website:** www.cemahospital.com.br
The Fleury Hospital Day is the brand new business of the Fleury Group that came to fulfill a market gap making available an advanced structure for doctors who want to do ambulatory surgical procedures. Its innovative concept allows the discharge in the same day and recovery can be at home. In this model, it is possible to do 80% of the surgeries with a maximum time of admission of 12 hours.

The hospital has seven surgery rooms, 24 beds, and post anesthesia recovery room, nursing points, drugstores and material and sterilization central. Few days before the surgery, the patient goes to an appointment with the anesthesia and nursing team at the hospital and all orientations about the procedure are given.

TECHNICAL REPORT

Number of beds: 24
Number of employees: 40
Number of doctors in the medical staff: open.
Specialties: orthopedics, ophthalmology, urology, plastic surgery, vascular surgery, gastric surgery, gynecology, otorhinolaryngology.
Surgery specialties: arthroscopy (procedure for diagnosis and treatment of joints, like, knee, shoulder and wrist); cataract correction surgery, cystoscopy (exam to evaluate urethra and bladder); breast prosthesis implant; varices resection, laparoscopy to remove vessel; hysterectomy for surgery in uterus polyp, hernia correction (inguinal and umbilical); circumcision (phimosis surgery), tonsillectomy (removal of tonsil and adenoid); vasectomy.
Other services: Clinical laboratory
Image diagnosis (main exams): magnetic resonance, tomography, ultrasound, mammography.
Address: R. Mato Grosso, 306 – 2º andar – Higienópolis – São Paulo – SP
Information: (55-11) 5014-4547 or (55-11) 5014-4548
Website: www.fleuryhospitaldia.com.br
For more than one decade, the German Hospital Oswaldo Cruz keeps one of the lowest levels of hospital infection due to strict program of control and biomedical security. Another index of the institution’s quality, founded 109 years ago, is the accreditation certified by National Accreditation Organization (ONA).

This hospital is highly trained for treating oncology, osteomuscular, cardiocirculatory, digestive and geriatric diseases. One of the distinguishing points is the ICU with individual beds and natural lighting. Its area is 70,600 square meters.

This institution also has a distinguished excellence in nutrition services, that can be served to familiars and that can enjoy the food at the tea room and at the restaurant.

**TECHNICAL REPORT**

- **Number of beds:** 233
- **Number of beds at ICUs:** 24 adults
- **Number of employees:** 1,296
- **Number of doctors in the medical staff:** 2,193
- **Specialties:** oncology, osteomuscular, cardiocirculatory, digestive and geriatric.
- **Surgery specialties:** the same
- **Other services:** Hospital-day, Check-up, Clinical laboratory
- **Image diagnosis (main exams):** radiology, tomography, magnetic resonance, ultrasonography, nuclear medicine, bone densitometry, digital angiography, neuroradiology, cardiology, hemodynamics, intervention neuroradiology, echocardiography and Doppler echocardiography
- **Address:** R. João Julião, 331 – Paraíso – São Paulo – SP
- **Information:** (55-11) 3549-0000
- **Website:** www.haoc.com.br
The Heart Hospital focuses on cardiology but it also covers areas of orthopedics, oncology, neurology, preventive medicine, with a modern diagnosis center and specialized medical teams. HCor also offers the service of a 2nd medical opinion by videoconference and alliances with other hospitals and doctors and several countries.

With a 98% patient’s satisfaction level, HCor receives foreigners from different parts of the world, so it has facilities suitable to the highest levels of hospital hotels. And it has just received the Joint Commission International (JCI) accreditation, by the Brazilian Group of Health System and Services – CBA and Joint Commission International – JCI.

This hospital offers check-up (clinical and sports), cardiopulmonary rehabilitation and clinical analysis with home collection services.

TECHNICAL REPORT

Number of beds: 227
Number of beds at ICUs: 40 beds (adult and children), 14 in the coronary unit
Number of employees: 1,600
Number of doctors in the medical staff: almost 700
Specialties: allergology, pathologic anatomy, cardiology, interventionist cardiology, pediatric cardiology, medical clinic, coloproctology, physiatry, gastroenterology, hematology, immunology, infectology, sports medicine, intensive medicine, nuclear medicine, nephrology, urology, oncology, orthopedics, clinical pathology, pneumology, traumatology, urology.

Surgery specialties: cardiology, general, plastic surgery, aesthetic and repairing, breast, vascular, bariatric, neurosurgery and laparoscopy.

Image diagnosis: scintigraphy, coronary tomography, magnetic resonance, echocardiography with Doppler (including 3D echocardiography in real time), ultrasound, digestive high and respiratory videobronchoscopy, tomography with 64 slices.

Other services: Clinical laboratory, Hospital-day, Check-up
Address: R. Desembargador Eliseu Guilherme, 123 – Paraíso – São Paulo – SP
Information: (55-11) 3063-0477
Website: www.hcor.com.br
The Maternity Hospital Pro Matre Paulista has a team of doctors and nurses specialized in gynecology and obstetrics. In its team, there are also university professors and PhD doctors in obstetrics, gynecology, neonatology and fetal medicine. It also has the most advanced prenatal exams, intrauterine transfusion and fetal surgery. Pro Matre Paulista brings together high technology and a humanized attention, making it one of the most trustable maternity hospitals in Brazil – one of the first to receive the accreditation stamp of the National Accreditation Organization (ONA), Level 2 (Plain).

TECHNICAL REPORT

Number of beds: 90
Number of beds at ICUs: 47 newly born and 3 adults
Number of employees: 700
Number of doctors in the medical staff: 4,000 registered obstetricians and gynecologists
Specialties: obstetrics, neonatology and fetal medicine
Surgery specialties: obstetrics and gynecology
Other services: Hospital-day, Check-up, Clinical laboratory
Image diagnosis: every exam required for prenatal
Exams: morphologic obstetric ultrasound, Doppler color flowmetry, fetal biophysical profile, cardiotocography, genetic advising, and karyotype band, biopsy of chronic villus, amniocentesis, cordocentesis, intrauterine transfusion and fetal surgery.
Address: Al. Joaquim Eugenio de Lima, 383 – Bela Vista – São Paulo – SP
Information: (55-11) 3269-2233
Website: www.promatre.com.br
The Hospital and Maternity Santa Joana was founded in 1948, as a Health Center close to the Paulista avenue. In 1991, it was redesigned and won a new wing, with a modern concept of the hospital hotel in maternity.

The Hospital and Maternity Santa Joana has a team of doctors and nurses specialized in gynecology and obstetrics. In its team, there are also university professors and PhD doctors in obstetrics, gynecology, neonatology and fetal medicine.

Together with Pro Matre Paulista (they are part of the same group), it was the first maternity hospital to receive the accreditation stamp of the National Accreditation Organization (ONA), Level 2 (Plain), showing the security standards in hospitals.

**TECHNICAL REPORT**

**Number of beds:** 210

**Nº de UTI’s:** 60 (neonatal), 5 (adults)

**Number of employees:** 1,100

**Number of doctors in the medical staff:** 4,000

**Specialties:** obstetrics

**Surgery specialties:** obstetrics, gynecology, neonatology and fetal medicine

**Other services:** Hospital-day, Check-up, Clinical laboratory

**Image diagnosis:** All prenatal exams - morphologic obstetric ultrasound, Doppler color flowmetry, fetal biophysical profile, cardiotocography, genetic advising, karyotype band, biopsy of chronic villus, amniocentesis, cordocentesis, intrauterine transfusion and fetal surgery.

**Address:** R. do Paraíso, 432 – Paraíso – São Paulo – SP

**Information:** (55-11) 5080-6000

**Website:** www.hmsj.com.br
This hospital has three units (Pompéia, Santana and Ipiranga) responsible for 2 million patients a year in surgeries, ambulatory and emergency attention, exams and deliveries. Its internment areas have a different architectonic project to offer comfort because, for the hospital, humanization is one of the values of São Camilo. The Pompéia Unit was certificated with the Plain Accreditation Stamp – Level 2 – by National Accreditation Organization (ONA) in 2004.

As they are general hospitals, three units can serve several specialties, like ambulatory, Hospital-day and small procedures and also high complexity procedures and transplants. Surgery centers are equipped with the most advanced devices, like Hermes, a device to make a video laparoscopy surgery using voice command.

**TECHNICAL REPORT**

- **Number of beds:** 510
- **Number of beds at ICUs:** 60 adults, 30 children
- **Number of employees:** 2,485
- **Number of registered doctors:** 3,170
- **Specialties (attention and surgery):** acupuncture, allergology, bucomaxillo, cardiology, pediatric cardiology, bariatric surgery (obesity), pediatric surgery, plastic surgery, head and neck surgery, general surgery, breast surgery, medical clinic attention, dermatology, endocrinology (adult and pediatric), gastroenterology and pediatric gastrology, gynecology, hematology, hepatology, infectology, mastology, neurology, pediatric neurology, ophthalmology, surgery and clinical oncology, orthopedics, otorhinolaryngologist, proctology, pneumology, rheumatology, urology, vascular.
- **Other services:** Maternity, Hospital-day, Check-up, Clinical laboratory, Blood bank
- **Address:** Av. Pompéia, 1.178 (Pompéia unit), R. Voluntários da Pátria, 3.693, (Santana unit), R. Pouso Alegre, 1 (Ipiranga unit)
- **Information:** (55-11) 3677-4444 (Pompéia), (55-11) 6972-8000 (Santana), (55-11) 6166-7000 (Ipiranga) – São Paulo – SP
- **Website:** www.saocamilo.com
This hospital was founded by three doctors almost 70 years ago. It was transformed from a small emergency department into one of the most modern hospital centers in Brazil. The maternity hospital project emphasizes comfort and informality, with the best technology structure for obstetric and surgical centers. It has an innovative concept, with sector nurseries, the Sleeping Room and the Touching Room, for mothers who have been discharged but their children have to be at the neonatal ICU.

It also has a Fetal Medicine unit for intrauterine problems diagnosed with the same technical scientific level of the most advanced countries. In 2000, the Morumbi unit was opened. The Group is one of the biggest in São Paulo, with ISO 9002 Quality Certificate and also the Conformity Stamp of the São Paulo Medical Association. The Morumbi unit is the responsible for the Formula 1 Brazil Grand Prix attention and is registered together with the International Automobile Federation (FIA).

TECHNICAL REPORT

**Number of beds:** 121 (Itaim), 122 (Morumbi)

**Number of beds at ICUs:** 24 adults, 8 children, 12 one day, 16 emergency department (4 children) and 16 semi intensive (Itaim); 24 adults and 7 children (Morumbi)

**Number of employees:** 2,400 (2 units)

**Number of doctors in the medical staff:** 11,300 (2 units)

**Specialties:** cardiology (adult and children), vascular surgery, pain clinic, medical clinic, colonoscopy, dermatology, endocrinology, gastroenterology, genetics, geriatrics, gynecology, hematology, hematotherapy, infectology, fetal monitoring, nephrology, neonatology, neurology, pediatric neurology, ophthalmology, oncology, orthopedics, otorhinolaryngology, pediatrics, pneumology, proctology, emergency department, urology.

**Surgery specialties:** facial and bucomaxillo, head and neck, cardiac, pediatric cardiology, pediatrics, plastic, general surgery, breast surgery (only at Itaim unit), vascular surgery, and neural surgery.

**Address:** R. Dr. Alceu de Campos Rodrigues, 95 – Itaim and Av. Engenheiro OscarAmericano, 820 – Morumbi – São Paulo – SP

**Information:** (55-11) 3040-1100 (Itaim), (55-11) 3093-1100 - 3093-1200 (Morumbi)

**Website:** www.saoluiz.com.br
This 50-year hospital was founded focusing on gastroenterology and then became a general hospital for surgery. Gathering quality and humanization in service to the good lodging concept, Igesp has a first line infrastructure and offers a rare service in hospital gastronomy. With a new concept in food (diet therapy), nutritionists create special and therapeutically prepared dishes evaluating food habits and conditions of each patient to prescribe their customized diet.

Its surgical center is equipped with modern and advanced high technology complexity devices for surgical procedures in neurosurgery, cardiology, ophthalmology and gastroenterology and other.

TECHNICAL REPORT

Number of beds: 100
Number of beds at ICUs: 19
Number of employees: 800
Number of doctors in the medical staff: 2,000
Specialties: gastroenterology, digestive motility.
Surgery specialties: neurosurgery, cardiology, ophthalmology and gastroenterology.
Complementary specialties: angiology, cardiology, head and neck surgery, digestive tract surgery, cardiac, hand, obesity, general surgery, orthopedic, plastic, breast, vascular, neurosurgery, medical clinic, dermatology, endocrinology, geriatrics, gynecology/mastology, hemotherapy, infectology; nephrology; clinical nephrology, clinical neurology, ophthalmology, oncology - chemotherapy; orthopedics and traumatology, otorhinolaryngology; pneumology, proctology, rheumatology, urology, video arthroscopy, videolaparoscopy.
Other services: Hospital-day, Check-up, Clinical laboratory
Address: R. Silvia, 276 – Bela Vista – São Paulo – SP
Information: (55-11) 3147-6200 or e-mail igesp@hospitaligesp.com.br
Website: www.hospitaligesp.com.br
It is one of the three branches of the Albert Einstein Jewish-Brazilian Charitable Association, together with the Albert Einstein Jewish Teaching and Research Institute and the Albert Einstein Jewish Social Responsibility Institute. Guided by the never-ending search for excellence in health assistance, it is a reference in Latin America for its high medical and hospital quality, integrating cutting-edge technology to qualified professionals and humanization in service. For its quality standard, it was the first institution outside the USA certified by the Joint Commission International (JCI), which evaluates items from the rights of patients and families to the capacity of prevent and control infection as well as professional qualification. ISO certification is also present at the hospital in several areas.

The International Patient Support Service provides total assistance to the foreigner patient in all stages (admission, treatment and discharge) with translation services, lodging, transfer, administration and finances. At the hospital you find restaurants and cafeterias, convenience shops, which income is reverted to philanthropic works.

**TECHNICAL REPORT**

**Number of beds:** almost 450

**ICUs:** adult, semi intensive, neonatal and pediatric

**Number of employees:** more than 5,000

**Number of doctors in the medical staff:** 4,500 registered doctors and 409 hired doctors

**Specialties:** cardiology, plastic surgery, coloproctology, dermatology, endocrinology and metabolism, gastroenterology, geriatrics and gerontology, gynecology and obstetrics, hepatology, mastology, nephrology, neurology, nutrition, ophthalmology, otorhinolaryngology, pediatrics, pneumology, psychology, orthopedics and traumatology, rehabilitation, rheumatology, urology.

**Surgery specialties:** a reference in organ transplants, neurosurgeries, oncology and cardiac surgeries but also has high complexity procedures in almost specialties.

**Centers and other services:** Blood Bank (chemotherapy, infectology), Umbilical Cord, Semen Bank, Dialysis Center, Hospital-day, Oncology, Diagnostic medicine, Alcohol and drug program and Tabagism.

**Address:** Av. Albert Einstein, 627 – Morumbi – São Paulo – SP

**Information:** (55-11) 3747-1233

**Website:** www.einstein.br
HOSPITAL NOSSA SENHORA DE LOURDES AND MATERNITY AND CHILDREN HOSPITAL

A reference in areas of urology, maternity, pediatrics and morbid obesity treatment, the Nossa Senhora de Lourdes Group is important by its advanced technology for diagnosis and treatment – with electronic digitalization system and radiological image transmission by computers and gives the patients the exams recorded on CD.

They have well established emergency department to take care of a small fractures until polytraumatized and burnt patients. The hospital keeps a 24 hour service in gynecology, orthopedics, medical clinic, surgical clinic, neurology, cardiology and otorhinolaryngology. There is also a center for nephrolithiasis and gallstones with procedures in minimally invasive videoendoscopy surgery.

The Group has a Level 2 accreditation (Plain) of the National Accreditation Organization (ONA) in the two hospitals.

TECHNICAL REPORT

Number of beds: 245
Number of beds at ICUs: 19 adult, 9 coronary, 11 pediatric, 16 neonatal
Number of employees: 1,500
Number of doctors in the medical staff: 1,200
Specialties: all
Surgery specialties: all
Other services: Hospital-day, Check-up, Clinical laboratory
Image diagnosis: high complexity exams in fetal medicine and nuclear medicine, bone densitometry, echo Doppler cardigraph, mammography with stereotaxy, magnetic resonance, helicoidal computerized tomography, spiral computerized tomography, color ultrasound, biopsy and Doppler, dental scan, scintigraphy, morphological puncture.

Address: R. das Perobas, 344 – Jabaquara – São Paulo – SP
Information: (55-11) 5018-4000
Website: www.nsl.com.br
Founded in 1955, the Nove de Julho Hospital is one of the most important private health institutions today in Brazil. A reference in high complexity medicine, the hospital was certified with the Plain Accreditation Stamp – Level 2 – by National Accreditation Organization (ONA) in 2003.

It has one of the most modern surgical centers in Brazil where 14 surgeries can be done simultaneously. Two of the rooms are equipped with teleconference system making possible a contact in real time with medical centers all over the world.

The hospital also has emergency department and Hospital-day, with 17 beds, 8 of them for outpatients until six hours. The pain and functional neurosurgery center for treating pain, movement disorders and brain neoplasias is renowned too.

TECHNICAL REPORT

Number of beds: 250
Number of beds at ICUs: 25 general, 25 cardiovascular
Number of employees: 1.500
Number of doctors in the medical staff: 3.000
Specialties: more than 30
Surgery specialties: head and neck, general, obesity, cardiac, knee, upper limbs, liver, trauma, oncology, pediatrics, plastic surgery, breast, neurosurgery, neurosurgery/spinal, digestive tract.
Other services: Hospital-day, Clinical laboratory
Image diagnosis (main exams): endoscopy, endoscopic capsule, colonoscopy, magnetic resonance, computerized tomography, ultrasound, radiology, echocardiography.
Address: R. Peixoto Gomide, 625 – Cerqueira César – São Paulo – SP
Information: (55-11) 3147-9999
Website: www.hospital9dejulho.com.br
With more than 100 years, the Samaritano Hospital is one of the most trustable of the city due to its procedures in all medical areas and focusing the humanization in hospital attention. As a non-profitable institution, income is reverted for benefits for the institution itself, like acquiring new technologies, developing human resources programs, physical installations and philanthropy projects.

Samaritano accounts more than 8,000 surgeries a year and recently finished the expansion of its neonatal unit, equipped with modern 3D ultrasound. In 2004, it was accredited by the Joint Commission International. The JCI accreditation certifies the efficiency of procedures adopted by Samaritano, showing excellence standards for clients and financers and widening its quality differential.

**TECHNICAL REPORT**

- **Number of beds**: 195
- **Number of beds at ICUs**: 9 adults, 13 semi intensive adults, 5 children, 6 semi intensive children, 6 semi intensive neonatal
- **Number of employees**: 1,200
- **Number of doctors in the medical staff**: 1,037
- **Surgery and general specialties**: all
- **Other services**: Hospital-day, Check-up, Clinical laboratory
- **Main exams**: resonance angiography of the brain (arterial and venous), carotid and vertebral arteries, abdominal/thoracic aorta, renal arteries, peripheral arteries, venous study of big and peripheral veins, resonance arthrography for joints (shoulder, knee, ankle, wrist), cholangiography by resonance, perfusion, urography with resonance.
- **Address**: R Conselheiro Brotero, 1,486 – Higienópolis – São Paulo – SP
- **Information**: (55-11) 3821-5300
- **Website**: www.samaritano.com.br
Highly complex surgeries, cutting edge technology, different humanized attention, a first line medical staff and a maternity that is a reference for high risk pregnancy. These are some of the major points of this hospital, an architectonic mark of the capital, installed in a 52,000 square meters area on Paulista Avenue.

Each month, an average of 1,700 surgeries is done in the modern Surgical Center with the most advanced equipment. Every day, a highly qualified team has 45 to 60 surgeries in the 24 rooms, four of them for small interventions, five for obstetrician center and 15 for complex procedures.

The hospital has just signed a technical and scientific exchange with the Baptist Health Hospital, in Miami, an important private hospital in the USA. And it also has a similar partnership with the Allegheny Hospital, in Pittsburg, USA.

**TECHNICAL REPORT**

- **Number of beds**: 286 beds for general hospital and 58 for maternity
- **Number of beds at ICUs**: 24 (general), 7 (pediatrics), 21 (neonatal), 12 (neurological), 8 (cardiology)
- **Number of employees**: 1,400
- **Number of doctors in the medical staff**: 4,600
- **Specialties**: The entire emergency department has a background of all areas, including the pediatrics.
- **Surgery specialties**: all
- **Other services**: Hospital-day, Check-up, Clinical laboratory
- **Image diagnosis**: ultrasound, magnetic resonance, tomography, intervention radiology, hemodynamics, mammography, bone densitometry, lithotripsy, endoscopy, colonoscopy, ultrasound-guided biopsy or tomography, and X-ray contrast.
- All cardiac exams and cerebrovascular emergencies like a stroke (CVA).
- **Address**: Av. Paulista, 200 – Bela Vista – São Paulo – SP
- **Information**: (55-11) 3016-4133
- **Website**: www.hsc.org.br
The Santa Marina Hospital was founded in 1971 as a maternity. Today it is equipped for general attention including extremely complex cases. Among services provided, they have the hyperbaric chamber, for treatment of severe burns and ischemic, infectious and traumatic diseases. The hemodynamics and vascular radiology sectors and the emergency department provide a decentralized attention in medical clinic, cardiology, orthopedics, gynecology and obstetrics and pediatrics.

There is also the children integrated attention center and the blood bank/hemotherapy, with serology center and services of stem cell freezing. In oncology (including the pediatric), the hospital provides specialized treatment, physiotherapy and psychology assistance. In its 25,000 square meters, there are a 24/7 heliport.

TECHNICAL REPORT

Number of beds: 265
Number of beds at ICUs: 65
Number of employees: 1,200
Number of doctors in the medical staff: 3,700
Specialties: medical clinic, cardiology, orthopedics, pediatrics, oncology, gynecology and obstetrics, plastic surgery, neurology and others.
Surgery specialties: cardiology [adult and pediatrics], orthopedics, spinal, gynecology, obesity, neurology, oncology, plastic surgery. video assisted.
Other services: Hospital-day
Address: Av. Santa Catarina, 2,785 – Vila Santa Catarina – São Paulo – SP
Information: (55-11) 5563-5000
Website: www.hospitalsantamarina.com.br
A reference in high complex medical and hospital assistance, the Santa Paula Hospital received public acknowledge for its investments in quality in 2005. It also received the Plain Accreditation of the National Accreditation Organization (ONA), the Best Performance and Top Hospitalar prizes as the best hospital in the Southeastern Region.

This institution has a modern surgical center, with 8 rooms, two for cardiac surgeries and one for neurosurgeries. The emergency department is 24/7 in almost all specialties, except pediatrics and obstetrics. The clinical cardiology center, equipped with invasive diagnosis and conventional resources, and the Oncology Institute in an exclusive and planned area are important too.

This hospital also offers the Gamma Knife, a revolutionary method in the treatment of certain tumors and brain arteriovenous malformations with no incision in the brain.

TECHNICAL REPORT

Number of beds: 160
Number of beds at ICUs: 28 adults and 8 coronary units
Number of employees: 600
Number of doctors in the medical staff: 223
Specialties: almost all, except obstetrics and pediatrics.
Surgery specialties: neurosurgery, cardiology and traumatology.
Other services: Check-up, Clinical laboratory
Image diagnosis (main exams): magnetic resonance, computerized tomography, ultrasound.
Address: Av. Santo Amaro, 2468 – Vila Olímpia – São Paulo – SP
Information: (55-11) 3040-8000
Website: www.santapaula.com.br
An international reference in this area, the Hospital Sírio-Libanês receives patients from Brazil and abroad for diagnosis and treatment in more than 60 medical specialties. This institution was the first one in Brazil to install the PET/CT, tomographer that can early locate small tumors and plan precise radiotherapy. The diagnosis center covers almost 2,000 types of exams. Accommodations are comfortable, with cable TV, small refrigerator, telephone and lounge music and a service adapted to the patient’s profile and needs.

Philanthropic institution, with several actions developed in its community, the Hospital has several support services for the foreigner patient, including medical and hospital expense coverage checking with the international insurance company, direct billing of medical fees, supporting in reimbursement process, expense estimate for high cost medical and hospital procedures, commercial visits at the hospital, strict relation with embassies and consulates, suggestions of hotel to the family, support in extending visa of the patient under treatment, etc.

**TECHNICAL REPORT**

**Number of beds**: 300

**Number of beds at ICUs**: 22 (adults), 7 (pediatrics), 24 (semi intensive)

**Number of employees**: 2,600

**Number of doctors in the medical staff**: 1,800

**Specialties**: more than 60

**Surgery specialties**: 12

**Other services**: Check-up, Clinical laboratory.

**Image diagnosis**: nuclear medicine, radiology, ultrasound, computerized tomography, nuclear magnetic resonance, bone densitometry, intervention radiology, endoscopy, colonoscopy, and others.

**Address**: R. Dona Adma Jafet, 91 – Cerqueira César – São Paulo – SP

**Information**: (55-11) 3155-0900

**Website**: www.hospitalsiriolibanes.org.br
São Paulo is not the industry capital anymore. Today the city is acknowledged by its offer in culture, entertainment and specialized services. And the health is one of the most important segments. For those people that can choose a treatment or elective surgery, that means, when it is possible to choose the best date for it, that São Paulo has options in clinics of several specialties. In São Paulo, it is possible to gather business, leisure, health and wellness.

There are almost 9,000 clinics offering all type of technology in more than 50 medical specialties for people from São Paulo or visitors. Medical condominiums with complementary services are very common in the city. There are also streets presenting several clinics of the same specialty, like orthopedics and physical therapy on the República do Líbano Avenue, in Moema area, southern region of the city.

The high medical standard of São Paulo is a natural extension of the good level of local medicine schools, the University of São Paulo and the São Paulo Medical School, of Unifesp (Federal São Paulo University), two of the biggest and best study center in the country, responsible for training more that 20% of doctors working in the capital city. More than 40,000 professionals work in the city.

From pediatricians to researchers in human reproduction, several professionals are considered the best specialists in their areas, with papers published in international journals. 8% of articles by Brazilian writers with 100 or more quotations in important international scientific magazines,
for example, are written by doctors working at the Medical School of the University of São Paulo (FMUSP) and its Hospital Complex, the Clinics Hospital (Clinics Hospital of the Medical School of the University of São Paulo (HCFMUSP), that has four blocks in a noble area of the city – in the Jardins region, in the southern area.

Fast solutions and treatments open a path for a new type of service. Cutting-edge clinics and offices, with high technology equipment and qualified professionals, are concerned about excellence in patient’s attention.

Like hospitals and laboratories, great part of medical offices and clinics are suitable to serve the patients’ demand coming from other states or abroad. Many of them offer bilingual attention and medical plan with hospitals and clinics from other places in the country and in the world and follow up the development of the health area, even more competitive and globalized.

By the way, globalization is the key word for medicine. Diagnosis solutions and treatment successfully applied in other countries find echo in procedures done in Brazil due to the possibility of data and information exchange available today.

The number of clinics and doctor’s offices is so high that makes it impossible to list in a few space the best of them in more than 50 specialties recognized by the Brazilian Medical Association (AMB). So, if you are interested in surgical services or invasive treatments, check the entity’s website, www.amb.org.br, where you will find the virtual address of all societies of medical specialties in Brazil.

Another option is contacting the Sindhosp (Union of Hospitals, Clinics, Laboratories and Other Health Services in the State of São Paulo) to know if the establishment or clinic is registered in their association board, on the website www.sindhosp.com.br or by telephone (55 11) 3331-1555.
Founded in 1944, the Clinics Hospital (Hospital das Clínicas) of the Medical School of the University of São Paulo (HCFMUSP) is an autarchy linked to the State Secretariat of Health for teaching, research and offer high complexity services in health to the community. The HC Complex covers an area of 352,000 square meters with almost 2,200 beds in their specialized institutes, two auxiliary hospitals, a rehabilitation center and an associated hospital.

The Clinics Hospital (Hospital das Clínicas) has a 24/7 emergency department but no check-up is done. The Central Institute, the Heart Institute, the Orthopedics and Traumatology Institute, the Children Institute and others take part of the complex of the hospital.

One of its most famous branches is InCor. The Heart Institute (Instituto do Coração) of the Clinics Hospital of the Medical School of the University of São Paulo is one of the most modern hospitals in the world, specialized in clinical and surgical treatment of cardiac diseases. It is one of the few Brazilian public hospitals that reached excellence standards comparable to the best similar centers in the world. This standard is also due to a management model in partnership with Zerbini Foundation that lasts 20 years.

**HOSPITAL DAS CLÍNICAS – HCFMUSP**

**INCOR**

**TECHNICAL REPORT HCFMUSP**

**Beds:** 2,200  
**Area:** 352,000 m²  
**Address:** Av. Dr. Enéas de Carvalho Aguiar, 255 – Cerqueira César (Central Institute) – São Paulo – SP  
**Information:** (55-11) 3069-6400 or e-mail webmaster@hcnet.usp.br  
**Website:** www.hcnet.usp.br
Plastic surgery in Brazil is a world reference due to the excellence in professional studies and training and high level installations. According to the Brazilian Plastic Surgery Society (SBCP), Brazil is the second country in the world in these procedures after the United States. And São Paulo is the heart of aesthetic and plastic surgery in Brazil. That is why national and international celebrities come to São Paulo only for treatments and aesthetic surgeries. The last SBCP–Gallup survey shows that 34.4% of the total plastic surgeries in Brazil are done in the State of São Paulo, 60% in the capital. Then we have Minas Gerais, 14.2% of the totality and the State of Rio de Janeiro, with 12.3% of the total, figures that clearly show the power of São Paulo in this area. But we must say that São Paulo is the leader of this area for a long time. The city is the cradle of the Brazilian Plastic Surgery. In 1930, the Santa Casa de Misericórdia de São Paulo (São Paulo Mercy Hospital) was the first to promote the systemic formation of plastic surgeons. Here is also the hometown of the Brazilian Plastic Surgery Society, which head office is still in the Pacaembu neighborhood. In Latin America, São Paulo also shows its supremacy. In 1941, it was created here the Latin American Society of Plastic Surgery, today the Iberian and Latin American Federation of Plastic Surgery, which its first congress was held in the city. São Paulo was also the cradle of the first subject in Plastic Surgery created in the São Paulo Medical School in 1933.

THE MOST REQUIRED PROCEDURES

According to the SBCP, the aesthetic surgeries control the procedures, with 59% of the total, but repairing surgeries also represent a considerable amount of 41%. Women are the most patients, 69%, but...
the number of men has started to increase, 31%.
And the most popular plastic surgeries in Brazil are found in thousands of establishments, hospitals and clinics, in the city of São Paulo. The first position in the ranking is liposuction, 54% of the total, followed by breast surgery in general, with 32%, face with 27%, and abdomen with 23%.
The city is also the leader in new trends in plastic surgery. Recently, the capital received the international congress about themes like discovers in stem cell or novelties on reconstructive plastic surgery in oncology, once there is a growing concern of doctors and patients in getting less aesthetic damage possible, besides the cancer cure. So advanced techniques in reconstruction after oncologic surgery comes up every day and São Paulo is in the leadership.
And plastic surgery is one of the main supports of medical tourism. A proof of it is the website created by the International Society of Aesthetic Plastic Surgery with guidelines for tourists wishing to undergo surgical procedures in other countries and also provides a list of members. And Brazil shows its power too. It is in the second rank position in number of doctors, after the United States. There you can find the duration time of a procedure and the recovery process, for example. Access www.isaps.org.

AESTHETIC CLINICS AND TREATMENTS

Another strong point in Brazil, specifically in São Paulo, is the aesthetic treatments. That means that when talking about physical appearance, for aesthetic or repair, the beauty industry, that moves high amounts of money worldwide, offers a wide range of procedures, products and treatments in São Paulo. If you are thinking about have your body in shape or change some parts of your body that you don’t like, São Paulo has several beauty and aesthetic clinics with doctors, aestheticians, masseurs, nutritionists and hair dressers.
Many of these aesthetic centers also offer medical services in dermatology and endocrinology besides the body treatments. And plastic surgery. One of the most traditional regions for this treatment is in the area formed by Jardins, Moema, Itaim and Brooklin neighborhoods.
In this guide, we will not show addresses, due to the high number of clinics and aesthetic centers in the city, but some guidance for a safer choosing in this universe is important, especially when talking about creating successful health tourism products in the city.

GUIDE YOURSELF FOR THE BEST

At renowned clinics, with medical follow-up, professionals do a complete evaluation before starting any face or body treatment. Questions about motivation and the real need of treatment are considered as well as the health situation and possible counterindications. It is fundamentally considered by doctors. So every client must be undergone to a strict evaluation, with a sorting showing the treatments suitable for needs, objectives and your pocket.

So always check if the place has a doctor responsible for services. In case of plastic surgery, it is important to check if the doctor has a PhD title and if the place where the surgery will be done is accredited by the Regional Medical Council of São Paulo (Cremesp – [www.cremesp.org.br](http://www.cremesp.org.br)) as a surgical center, with all equipment and apparatus required.

And we have plenty of clinics and competent professionals here. If you want to know if a doctor is a specialist, the Brazilian Medical
Association website ([www.amb.org.br](http://www.amb.org.br)) has the virtual address of all societies of medical specialties acknowledged in Brazil. You can verify the Paulista Association of Medicine ([APM](http://www.apm.org.br)) website as well on www.apm.org.br. For further information on plastic surgery, look for the Brazilian Plastic Surgery Society and its Regional Administration in São Paulo ([www.sbcp-sp.org.br](http://www.sbcp-sp.org.br)). It is also possible to get good orientations in Procon-SP ([www.procon.sp.gov.br](http://www.procon.sp.gov.br)) that has several tips for the users’ safety. For example, they suggest a visit to the place to check hygiene conditions, dischargeable material, equipment and professionals’ qualification.

Before organizing your pack, selling products or choosing an establishment, orient yourself. Be careful. And enjoy it! The city of São Paulo and its structure are waiting for you.

SUPPORT IN CREATION OF MEDICAL TOURISM PRODUCTS:
São Paulo Tourism Authority - SPTuris
Company responsible for Tourism and Events in the City of São Paulo
E-mail: projetosturisticos@spturis.com
Websites: [www.spturis.com](http://www.spturis.com) and [www.cidadedesaopaulo.com](http://www.cidadedesaopaulo.com)
Or contact a specialized receptive tour operator (see on page 57 to 59) or your travel agent.
LABORATORIES AND DIAGNOSTIC MEDICINE
CUTTING EDGE TECHNOLOGY AND HIGHLY TRAINED PERSONNEL
WORKING WITH DIAGNOSIS

The quality of clinical analysis and image diagnosis services is fundamental for the good results of medical and surgical treatments. São Paulo has laboratories and diagnosis centers with the best and most modern equipment and the highly qualified team providing efficient services in all medical areas. They are companies following the technological development of the sector and continuous updating and they could be in any international metropolis.

Making the life easier for those living here, there are laboratories at shopping malls, supermarkets and metro stations or other easy-access locations. And for those with little available time, the mega units help people who have several exams in the same day. Following you will find some of the best diagnosis centers in São Paulo.

BIÓCLÍNICO DIAGNOSIS MEDICINE

TECHNICAL REPORT
Employees: 129
Doctors in the medical staff: 65
Differentials: home collection
Results: on the Internet
Address: R. Peixoto Gomide, 545 – Cerqueira César (11 more units) – São Paulo – SP
Information center: 0800-12-2355 (within Brazil)
Website: www.bioclinico.com.br

One of the most traditional laboratories in São Paulo, Bioclinico invests hard in technical training of their professionals and it is acknowledged for it. The institution has the excellence certificate by the Excellence Program for Laboratories and it is accredited by the Clinical Laboratories Accreditation Program, both from the Brazilian Society of Clinical Pathology and NBR ISO 9001 certification.

In the clinical analysis area, the laboratory does more than 1,000 types of exams. It also serves companies, HR departments and businesspeople for periodical pre-employment health exam, labor medicine, with customized attention. Another benefit offered is the home collection service. It also has 12 units in strategic points of the city.
CAMPANA – CENTER OF CLINIC PATHOLOGY

TECHNICAL REPORT

Employees: 296
Doctors in the medical staff: 190
Results: on the Internet
Adress: Av. Angélica, 2.086 – Higienópolis
[13 more units] – São Paulo – SP
Information: (55-11) 6853-9722
Website: www.campana.com.br

With more than 60 years in activity and 14 units in strategic points of Greater São Paulo, the center keeps its differential of follow innovations in equipment and analysis, supporting doctors and patients through high technology in diagnosis services, and first-line attention. Units are modern, big and comfortable.

Recently, the institution was bought by the NBK group, formed by companies ruled by doctors and all of them have quality certifications, like ISO 9002 and the Accreditation Program of Clinical Laboratories of the Brazilian Society of Clinical Pathology.

CRIESP – SÃO PAULO CENTRAL OF RADIOIMMUNOESSAY

TECHNICAL REPORT

Employees: 450
Doctors in the medical staff: 11
Differentials: genetic tests, Customer Attention Service
Results: on the Internet
Adress: Av. dos Bandeirantes, 2.040 – Vila Olímpia
[2 more places] – São Paulo – SP
Information: (55-11) 5095-2555/2537
Website: www.criesp.com.br

In its 33 years, Criesp – São Paulo Central of Radioimmunoessay of São Paulo was the first one in hormone dosing and tumor markers and became a reference in ruling functional endocrine tests. The laboratory has three modern units in São Paulo (Paulista, Moema and Tatuapé) and, as well as Bioclinico, it is part of NKB Group too.

Criesp does almost 800 doses a month, using high sensitiveness techniques, with cutting-edge equipment. It is also renowned among health professionals by its tradition in clinical researches. It carried out labor trials in a lot of theses of PhD in several Medicine areas as well.
One of the most complete diagnosis centers and health support of the country, renowned by the medical community and public opinion as an excellence in quality, innovation and client services. It does more than 2,000 types of tests and 37 areas like clinical analysis, image, cardiology, fetal medicine, gastroenterology and molecular genetics.

The institution advises the medical class in the most complex diagnosis. It is a reference laboratory for exams for more than 900 clinical laboratories and hospitals in Brazil. It also supports clinical research for the pharmacy industry in Brazil and Latin America. It has 19 units in several cities, a mobile service, and the certifications ISO 9001, ISO 14001, College of American Pathologists (CAP), Proficiency Program in Laboratory Assays and others.

Delboni Auriemo created the concept of mega units for clinical analysis exams and image diagnosis. Recently got its certification by the Integrated Management System corresponding to the fusion of three certifications: ISO 14001 Environmental Management, OHSAS 18001 Health Management and Labor Security and ISO 9001 Quality Management. In 2003, it opened the Unit for Mothers and Children for pregnant women and children. For businesspeople, the Club DA brand offers a sophisticated private environment, with room for private medical consults or meeting, Internet and bilingual receptionists.

FLEURY DIAGNOSIS MEDICINE

One of the most complete diagnosis centers and health support of the country, renowned by the medical community and public opinion as an excellence in quality, innovation and client services. It does more than 2,000 types of tests and 37 areas like clinical analysis, image, cardiology, fetal medicine, gastroenterology and molecular genetics.

The institution advises the medical class in the most complex diagnosis. It is a reference laboratory for exams for more than 900 clinical laboratories and hospitals in Brazil. It also supports clinical research for the pharmacy industry in Brazil and Latin America. It has 19 units in several cities, a mobile service, and the certifications ISO 9001, ISO 14001, College of American Pathologists (CAP), Proficiency Program in Laboratory Assays and others.
The largest laboratories chain in São Paulo, Lavoisier takes the diagnostic medicine even closer to the client. Many of its 51 units are at hospitals and the main commercial centers of the Greater São Paulo, like hypermarkets, shopping malls and metro stations. It also has mega units for clinical analysis exams and image diagnosis in the same place.

Lavoisier was the first Brazilian laboratory to receive the quality certification ISO 9002 in all processes. After being incorporated by Diagnósticos da América, the brand started to count on all benefits and support of the operational technical center of Alphaville that centers the biological material exam processing (clinical analysis) of all units of the Group.

Founded 30 years ago, the Medical Laboratory of Clinical Analysis of São Paulo – Lamac – was the first one in São Paulo to receive the Level 2 certificate of the National Accreditation Organization (ONA). In 2006, it was awarded with the Top of Mind in clinical analysis, its specialty. It does several exams requiring advanced technology, like pathologic anatomy and, within molecular biology, the paternity tests. It is also highlighted for cerebrospinal fluid collection and analysis, a 24/7 service. Lamac provides technical advice to doctors as well, helping them to interpret more complex exam results or suggesting the most suitable test.
SAE – SPECIALIZED ANALYSIS SERVICES

TECHNICAL REPORT
Employees: 200
Doctors in the medical staff: 20
Differentials: hormone tests, abuse drugs, AIDS diagnosis, genetic tests, Check-up, Customer Attention Service.
Results: on the Internet
Address: R. Cubatão, 196 (more 8 units) – São Paulo – SP
Information: (55-11) 3888-7200
Website: www.sae.com.br

The SAE Medical Laboratory is a reference in areas like toxicological analysis and labor medicine. Every month, the laboratory does almost 300,000 exams at its 10 attention units capable to do more than 1,000 types of exams in areas like pathologic anatomy and cytopathology, hematology, immunology, bacteriology, parasitology, toxicology and urinalysis. SAE does all NR7 complementary exams, the Medical Control Program for Labor Health. In 1967, the group created the Service of Laboratories Support Plan, serving more than 2,300 laboratories in Brazil with exams requiring high demand or perishable reagents. Its services are certified by ISO, DICO, PELM and PNCO.

SAFOMÃO & ZOPPI DIAGNOSTIC MEDICINE

TECHNICAL REPORT
Employees: 320
Doctors in the medical staff: 100
Results: on the Internet
Differentials: home care, thinprep for papanicolaou, Customer Attention Service.
Address: R. Correia Dias, 48 – Paraíso – São Paulo – SP (more 2 units, Moema and Morumbi)
Information: (55-11) 5576-7878
Website: www.salomaoezoppi.com.br

Think ahead. This is the Salomão & Zoppi philosophy – a laboratory founded 25 years ago famous for adopting new techniques and equipment for diagnosis. In 2006, it exclusively introduced in Brazil the "thinprep", a system of cytological collection adopted in almost 70% of papanicolaou exams in the USA. Last year, it released the second generation digital mammographer in São Paulo.
Certified by the National Accreditation Organization (ONA), Salomão & Zoppi was elected by the medical class in 2006, by direct vote, the best institution in three diagnostic medicine areas last year. Pathology laboratory, diagnosis center in gynecology and obstetrics and diagnosis center in breast. The survey was carried out by the Brazilian Association of Health Marketing.
CLINICS AND DENTAL SPAS

MOST SEARCHED TREATMENTS ARE DENTAL IMPLANT AND AESTHETIC PROCEDURES

Modern equipment, cutting-edge technology, diagnosis efficiency, highly qualified professionals, humanized attention and tailor-made services for travelers. The daily routine of great medical institutions in São Paulo is also the routine for dental clinics. The quality in establishments and the specialization have been growing in the same way of the search for their services and it will keep growing.

And, just like hospitals, mega laboratories and diagnosis center that you find in this guide, dental institutions have been gathering several specialties in one place making possible to solve different problems without going to another clinic or specialist. Another differential is the easy ways of payment. Many of them divide the value also in the credit card.

EVERYTHING FOR A WONDERFUL SMILE

24/7 attention, one-day or weekend global treatment, intensive treatments (some of them also known as Dental Spas) or even total replacement of dental prosthesis by implant in only one week, depending on the clinical status of the patient.

We also have to mention several clinics specialized in elderly patients and several dental establishments have their website written in more than one foreign language aiming at travelers.

THE MOST REQUIRED SERVICES

Aesthetics is also the most searched service here too. Among the procedures searched by visitors there are dental reconstruction (like implants, prosthesis and ceramics), whitening and oral malodor treatment (halitosis). It is possible to leave the city looking very different – in one or few days – with a new smile, the ideal system for tourists and executives with an intense routing.

And the Dental Spa concept has been winning fans at the same time as it has been developing. Many of them provide spa benefits at their installations, so the patient can relax and stay the whole day under treatment.

Projected restaurants, TV rooms, relaxing rooms and even massage rooms are gathered to you to help relaxing and enjoy your time.
São Paulo is the home of the São Paulo Dentist and Dental Surgeon Association (APCD), an entity that is a world reference in Dentistry today, and organizes one of the main congresses in Dentistry in the world every January at Anhembi Park.

APCD has 40,000 members and is highlighted by its acting in population attention at the 24/7 emergency department, investments in dentists’ training and knowledge diffusion at the Professional Improvement School (EAP), created by the entity, and projects developed by the Prevention Department together with public and private organisms.

For further information, write to contato.turismo@apcd.org.br or call (11) 6223-2318/2327/2385.

But we have to mention that every qualified tour operator or travel agency can organize packs for it (see on pages 57 to 60)

On the APCD website (www.apcd.org.br) there is a link “Orienting the patient” with articles and news on several themes, from implants to prosthesis and even dentistry for pregnant women. Have a look.

For further information on professionals, dental offices, clinics and procedures:
São Paulo Dentists and Dental Surgeons Associations (APCD)
Telephone: (55-11) 6223-2300
Website: www.apcd.org.br
SPAS AND MASSAGE CLINICS
RELAXING ISLANDS BALANCE THE DAILY EXCITEMENT

São Paulo is the capital of work, of course. But it is also in São Paulo that you can find the most fantastic urban spas of Brazil, that, with massages, baths and aesthetic and therapeutic treatments, provide extraordinary feeling of relaxing and welfare. In these “quiet islands”, in environment mixing smells, colors and sounds, there are packs and programs for half day or a whole day of relaxing – this is the difference between the common spas, which treatments are longer. Many of them offer a gift ticket to present or make a surprise. See some options of spas and enjoy your stay in São Paulo.

AMANARY

SERVICE
Address: Av. Nações Unidas, 13.301 (Hotel Grand Hyatt São Paulo) – Brooklin Novo – São Paulo – SP
Working hours: Mon–Sat: 10am to 10pm / Sun: 12pm to 8am
Information: (55-11) 6838-3300
Website: www.amanary.com.br

Putting together technology and nature, Amanary offers a different option for relaxing and welfare of body and mind. It is in the Grand Hyatt São Paulo, the hotel chain that manages sophisticated spas in hotels in Paris, Bangkok, Tokyo, Sidney and Bali. According to them, the spas at Hyatt are known for three points: quality of services and treatments, products offered and comfortable environment. Amanary is located inside the Grand Hyatt São Paulo Hotel and serves men and women with bilingual professionals. They offer eight types of massages, with essential oils By Sâmia line, with natural ingredients. There is also body and face treatments, with La Prairie products, a Swiss brand. It inner hot swimming pool, sauna and gym room.
AMARYNTHE SPA

It is the first world spa with a partnership and support of the North American dermatologist Nicholas Perricone, researcher who developed a cosmetic product line with DMAE, used and sold at the spa. At its 10 rooms with cutting-edge equipment, at the Daslu boutique area, an aestheticians and nutritionists team trained by Ruth Inamura is ready to guarantee results in nutrition, aesthetic, rejuvenation and welfare promised by the dermatologist. One of the differentials is the Dr. Perricone’s diet, with two programs: a 3-day program for a “visible immediate effect”, and the 28-day Perricone Program, including menus, exercises and skin care to avoid aging. Among body treatments, there are options to help loosing weight and cellulite fighting.

KYRON SPA

With more than 60 treatments options, it is a reference in urban spa – programs let the client to take care of body and mind in few hours. In an almost 800-square-meters area inside Shopping Iguatemi Mall, there are individually acclimated rooms for treatments, consults and massages, yoga room, dry sauna (Turkish bath), room connected to baths, etc. Kyron offers face and body treatments, for pregnant women, and clinical treatment (dermatology, aesthetic medicine, endocrinology, Chinese medicine, nutrition, GPR). There are holistic therapies, with massages, like kahuna, available only at Kyron, baths, acupuncture, pranic therapy and pranic feng shui. And there are three types of day spa (one for men), during four hours. There is a plastic surgeon consult available too.
RENAISSANCE SPA & FITNESS

The area has four theme rooms evoking the four basic nature elements – earth, water, fire and air – and treatment uses the natural ingredients’ properties. The environment is attractive for both men and women, with services for both of them. Besides, there is a conjugated room for couples’ treatment, with two beds, Japanese bath tubes and shower. Although it is not a spa for loosing weight, it offers a balanced meal. There are 11 types of massages and more than 20 body and face treatments. Every products used are by Germainne Capuccini, a Spanish cosmetic brand. It is inside the Renaissance São Paulo Hotel and uses its acclimated swimming pool and its gym room.

SPA EMILIANO

With programs for deintoxication, tonification or relaxing, Spa Emiliano is on the famous Oscar Freire Street. For the guests there are 4 packs. Ametista (a 2½ hours program) has Japanese bath tubs and/or sauna, body exfoliation and massage. Esmeralda (3-hours) includes Japanese bath tubs and sauna, a body wrapper and shiatsu or massage. Diamante (3½ hours) has shiatsu or massage, body exfoliation, face treatment, sauna, Japanese bath tubs and fruits. Rubi (3½ hours) offer fruits, Japanese bath tubs, sauna, shiatsu, body wrapper and face treatment. Visitors have 4 options: Rubi and Esmeralda without the guest discount, the Pérola (1½ hour program) offering shiatsu or massage, Japanese bath tubs and sauna; and the Safira (6-hour program) with free fruits, shiatsu, reflexology, body wrapping, face treatment, Japanese bath tubs and sauna. There is also massages and individual face treatments.
SPA L’OCCITANE SÃO PAULO

SERVICE
Address: R. Bela Cintra, 2.023 – Jardim Paulistano – São Paulo – SP
Working hours: Mon–Fri: 9am to 10pm / Sat: 9am to 9pm / Sun: 1pm to 7pm
Information: (55-11) 3078-7005
Website: www.spaloccitane.com.br

It adopts the Provence philosophy of recovering welfare and vital energy in ‘ritual’ treatments, with natural ingredients and fragrances of Mediterranean plants. Like baths, massages and body and face treatments, besides those specific for men and couples. Every product and procedure applied is exclusive of the L’Occitane brand, from Provence (France). The several spas environment were carefully planned to offer comfort, peace and privacy. You can choose a whole day program or only a massage or bath. It is possible to keep the benefit effects of baths and other treatments buying gels, soaps, body milk, balsams, candles and perfumes in the spa store.

TULIPA’S SPA

SERVICE
Address: R. Jerônimo da Veiga 248 (Clarion Hotel) – Jardim Europa – São Paulo – SP
Working hours: Mon–Fri: 9am to 10pm / Sat: 9am to 9pm / Sun: 1pm to 7pm
Information: (55-11) 3078-7005
E-mail: tulipas@tulipasspa.com.br
Website: www.tulipasspa.com.br

At the top level of the Clarion Hotel, in Jardins neighborhood, Tulipa’s offers a wonderful view of the city. The idea is that, when the clients come, everything helps their physical and mental welfare. The spa program is divided into relaxing activities, day spa and aesthetic treatments. Among relaxing activities offered, there are massages, like Thai, that gathers meditation relaxing, yoga straightening, meridian energy flow by acupuncture and Tai Chi Chuan balance. Another interesting option is the reflexology with Japanese bath tubs for the feet (or oriental therapeutic hot herbal foot bath). It is done in a small noble wood tub with hot water, medicinal herbs, course salt and flowers, and the treatment lasts 40 minutes. The spa offers several types of baths, with candles and color therapy lights and the day spa services during 6 hours.
PARKS
IN SÃO PAULO, THERE ARE MORE GREEN AREAS THAN YOU CAN IMAGINE

São Paulo has several parks, squares and other green areas that can be an oasis in the middle of streets and avenues full of traffic. There are 53, with a total area of 140 million square meters. But more than relaxing, many of the places offer spaces for jogging, running, cycling, gym and even teacher-oriented activities, like yoga, Tai Chi Chuan, Lian Gong, and others. So visitors and tourists can be in shape even far from home. And it is all for free. See some of the most popular natural leisure parks in the city.

HORTO FLORESTAL (PARQUE ALBERTO LÖFGREN)

Changed into park more than 100 years ago, the Alberto Löfgren Park, also known as Horto Florestal, has 174 hectares of the Atlantic Forest with eucalypts, bald cypress, Japanese cedar, Cesalpinia echinata (Brazilwood), national oaks and Brazilian cherry and others. Among animals, you can find capuchin monkeys, toucans, skunks, squirrels and birds like herons, Brazilian sparrows and kingfishers. Inside the Horto area, you will find the Summer House of the State Government.

It is worth to visit the Wood Museum (Octávio Vecchi), worldwide known due to its biggest collection of woods in Latin America. Beside the museum, you will find the Tropic of Capricorn line, that crosses the park. Another suggestion is the Arboreto track showing a collection of trees planted for scientific studies. It is not a difficult track and can be done in 30 minutes.

SERVICE
Address: R. do Horto, 931 – São Paulo – SP
Information: (55-11) 6231-8555, ext 256
Working hours: 6am to 7pm
Attractions: track, playground, pedal boats.
Free activities: Lian Gong gym (Wed and Fri, 8am)
PARQUE DE A ACLIMAÇÃO

The park holds Norman style buildings, projected by Mário Whately, and art deco glass window by Antônio Gomide. With almost 13 hectares (out of this, 73,109 square meters are not paved nor built), the park has water springs, lake for carps and a huge number of birds. Protected by historical heritage, offers attractions like biological space, frog pond, honey bee creation (exhibits stingless bees), aquarium, cultural workshops and reading area.

There is also a big eucalypt area and three works by the plastic artist Arcângelo Ianelli.

SERVICE

Address: R. Muniz de Souza, 1.119
– Aclimação – São Paulo – SP
Information: (55-11) 3208-4042
Working hours: 6am to 7pm
Attractions: soccer field, soccer, volleyball and basketball court, tracks, playground, gym apparatus, museums and art works.
Free activities: Tai Chi Chuan (every day, except Thu, 7:30am), Lian Gong gym (Sat, 9am), Radio Taissio Straightening (every day, except Sun, 6:15am); dance (Tue, Thu and Sat, 7:30am)

PARQUE DA ÁGUA BRANCA (FERNANDO COSTA)

Its lake is one of the most important points. The park calls lots of people for its tracks. Home of water birds, like night heron, cormorants and kingfishers, besides geese, ducks and black swans.
In the lake, you find color carps and tilapia rendalli. Vegetation has exotic and native species.

The park holds Norman style buildings, projected by Mário Whately, and art deco glass window by Antônio Gomide. With almost 13 hectares (out of this, 73,109 square meters are not paved nor built), the park has water springs, lake for carps and a huge number of birds. Protected by historical heritage, offers attractions like biological space, frog pond, honey bee creation (exhibits stingless bees), aquarium, cultural workshops and reading area.

SERVICE

Address: Av. Francisco Matarazzo, 455
– Água Branca – São Paulo – SP
Information: (55-11) 3865-4130
Working hours: 6am to 7pm
Attractions: track, playground, organic product market (Tue and Sat)
Free activities: Lian Gong (Tue and Thu, 7:30am at Bambuzal); Tai Chi (Wed, 3pm and Thu, 6:30am at Bambuzal), harmony gym (Sat, 10am at Bambuzal); painting (Thu, 9am to noon); food orientation (Mon and Wed, 7am to noon and 3pm to 5pm), exercises and heart individual orientation (Mon and Fri, 7am to 11am and 3pm to 6pm; Wed 7am to 8:30am); straightening (Mon and Fri, at 7am, 8am and 4:30pm and Wed at 7am and 8am).
PARQUE DA LUZ

The first public garden of the city was found-ed in 1825 and has a grotto with a cascade and an underground aquarium, found by chance in 2000. In the gardens, visitors find trees and birds and can also see sculptures and other works by several artists creating a charming set together with the Art Gallery. The Luz Station, also protected by the his-
toric heritage, is the home of the Museum of the Portuguese Language, and it is just in front of the park.

With a rich flora, the park is the home for birds like rufous-bellied thrush, palm tana-
ger, cowbirds, kiskadee, green parakeet, ruddy ground dove, night heron, and mam-
mals like common marmoset and sloth.

SERVICE
Address: Pça. da Luz, no number – Luz – São Paulo – SP
Information: (55-11) 3227-3545
Working hours: Tue-Sun, 7am to 6pm
Attractions: tracks, playground, kiosks, gym apparatus, museums and art works.
Free activities: Lian Gong gym (Tue-Sun, 6:15am, gate 4, on Ribeiro de Lima street)

PARQUE DA INDEPENDÊNCIA

A national historical mark, the Independence Park is placed in the Ipiranga Hill, where the emperor Pedro I declared the independence of the country in 1822. The 160,000 square meters area is the home of the São Paulo Museum, the Casa do Grito, Imperial Chapel, the Independence Monument and the park with plants, fruit trees and the zoology mu-
seum. The buildings are connected by gar-
dens projected by the landscapist Arsenius Puttemans, reproducing the landscape conception inspired in the French Baroque gardens, like Versailles. The area also has fountains and illumination points for a night view that highlights the museum building.

SERVICE
Address: Av. Nazareth, no number – Ipiranga – São Paulo – SP
Information: (55-11) 2273-7250
Working hours: 5am to 7pm
Attractions: playground, living area, muse-
ums and art works, track, gym apparatus.
Free activities: Lian Gong gym (Tue and Thu, 8:30am / Wed and Fri, 9:30am / the first and the third Sunday of the month, 9:30am).
PARQUE DO CARMO

An old farm, the Carmo Park is the second biggest park in the metropolitan area of São Paulo. The diversified flora includes eucalypt plantation, coffee Tree plantation, orchard and a cherry wood, maintained by the Japanese community. In July, the park organizes the Cherry Tree Feast, a wonderful event with flowers everywhere. The fauna has animals like skunks, sloth, monkey, deer, large-tailed Antshrike. The farm home was kept as part of the park’s buildings. One of the most modern planetariums in Latin America is there.

SERVICE
Address: Av. Afonso Sampaio e Souza, 951 – Itaquera – São Paulo – SP
Information: (55-11) 6748-0010
Working hours: 6am to 7pm
Attractions: track, gym apparatus, grass court, cycling area and bicycle parking area, planetarium, astrophysics school, museums and art works.
Free activities: Chinese gym (Mon-Fri, 7am)

PARQUE DO IBIRAPUERA

Founded in 1954, it is the most used leisure area in São Paulo. It was one of the big projects of a partnership between the world-known landscapist Burle Marx and architect Oscar Niemeyer. On the weekends, 150,000 people go there. Besides its natural beauties, like forests, lakes and green areas, offers important attractions, like Modern Art Museum, African Brazilian Museum, The Biennial Foundation, the exhibition center Oca, Planetarium, the Ibirapuera Auditorium, the Obelisk, etc. The Manequinho Lopes Nursery supplied plants to the squares and streets in the city in the years 1930 to 1960 and today produces flowers and fruit plants.

SERVICE
Address: Av. Pedro Álvares Cabral, no number – Ibirapuera – São Paulo – SP
Information: (55-11) 5574-5177
Working hours: 6am to 10pm
Attractions: tracks, bicycle path, bicycle parking area, courts, playground, planetarium, astrophysics school museums and art works.
Free activities: Lian Gong gym (Mon–Sat, 7:30am and 10:30am / Sun, 7am and 10am, gate 7], Tai Chi Chuan (Mon, 10:30am, gate 7-A), exercise for vision [Tue and Thu, 8:45am, gate 7].
PARQUE TRIANON

In the heart of the Paulista Avenue the park was created in a robust forest. The French Paul Villon, the creator of Catete Palace garden in Rio de Janeiro, was invited to project the park in English style, romanticist details, keeping the native species. Although it was redesigned, the visitor still can see some of the original species that covered the area, like cedar and Brazilwood. Among the huge trees, we found cambess, jequitibá (Cariniana estrellensis), courbaril tree, and others. Besides the birds living in the park, visitors can see the Brazilian squirrel and other small animals. An important attraction is the “Fauno” sculpture by Brecheret. Masp Museum is right in front of the park.

SERVICE
Address: R. Peixoto Gomide, 949 – Cerqueira César – São Paulo – SP
Information: (55-11) 3289-2160
Working hours: 6am to 6pm
Attractions: tracks, playground, kiosks, gym apparatus, museums and art works.
Free activities: Lian Gong gym (Sat, 9am), Tai Chi Chuan (Mon–Fri, 7:30am / Sat and Sun, 8am); gym (every day, 6:30am).

PARQUE VILLA LOBOS

Opened in 1994, it is a good program for walking, cycling and skating. In the weekends, almost 25,000 visitors go to the park, many of them attracted by the signalized jogging track and the 1,650 meters paved bicycle path. In its 732,000 square meters of green area with the Atlantic Forest, there are a musical island where popular concerts are presented and the leisure area. Little children like to stay in the main entrance, in a sand playground, with benches for the parents to keep an eye on their kids. The Villa Lobos is the first park suitable to handicapped people.

SERVICE
Address: Av. Professor Fonseca Rodrigues, 1.655 – Alto de Pinheiros – São Paulo – SP
Information: (55-11) 3023-0316
Working hours: 7am to 6pm (in the summer, until 7pm)
Attractions: soccer court, multiuse court, beach volleyball, street basketball court, gym apparatus, playground and kiosks with tables.
Free activities: Lian Gong gym (Tue, 7:20am/Wed, 7:30am/Fri, 7am/Sat, 8am, always on the volleyball court).
Facilities: Disabled people toilets, cafeterias, and 750 vacancies in the parking lot.
WHY COME TO SÃO PAULO FOR HEALTH TOURISM?

• In São Paulo, it is possible to gather business, welfare and health in the biggest event and entertainment center in Latin America. The city is considered the capital of culture, vanguard and knowledge and it is the biggest trend generation in country.

• As the headquarters for some of the best medical schools and medicine universities in Brasil, São Paulo is the home for several of the most successful and skilful doctors, teachers, researchers and health professionals.

• In São Paulo it is possible to gather cutting-edge technology, first level institutions, renowned professionals and fares in reais.

• São Paulo is an international reference in important medical areas, like heart disease and plastic surgery, orthopedics, oncology, and other highly complex branches, with an excellent hospital area and wide network of diagnosis services.

• Friendly environment. Our affinity and hospitality make our medical center more human and comfortable.

• The nationality diversity that formed São Paulo made our professionals have a wide experience in treating people from different cultures.

• It also helps institutions that value cultural ethics and religious differences.

• The first hospital outside the USA certified by the Joint Commission International is in São Paulo – the Albert Einstein Hospital.

• Mostly of hospitals of the capital have their own research and education institutes in order to keep the quality of their medical staff and their specialization.

• The constant development in research and education includes the city in international tours for health courses and studies. That is why São Paulo holds several international medical congresses.

• And it is shown in tour operators and travel agencies that offer tailor-made health-related tours. Hotels also have special fares for patients and companions through an agreement with the medical institutions themselves.

• Here you have 9,000 clinics of 50 specialties

• Brazil is the second country in plastic surgery procedures, only after the United States. And São Paulo is the biggest center for plastic surgery in the country – 34,4% of the total plastic surgeries in Brazil is done in the State of São Paulo, 60% in the capital city.

• There are institutions that help the work with international health insurance companies and even providing support in extension visa procedures to patients and companions.

• Mega diagnosis units allow the patient to undergo several exams at the same place.

• Almost all big hospitals and clinics offers the ‘Hospital-day’, for low complexity areas and tailor-made for the visitors.

• Results of the exams can be followed by the Internet. It makes everything easier.

• It is also possible to receive results in several languages – like English or Japanese.

• In the city of São Paulo, hospitals look like hotels and apartments offer all kind of comfort, from cable TV to broadband Internet. It is also possible to have areas for business meetings.

• Several institutions offer the 2nd opinion services. And it can be done even during procedures by videoconference.

• Here we have spas like peace island in the middle of the metropolis, besides its 53 natural parks for outdoor free activities.
SPECIFIC PROGRAMS

Due to reasons like that, the number of executives that takes advantage of their trip to São Paulo for a check-up has been growing. It is also common to bring family and companions to make the best use of the trip for some procedure, like aesthetic, dental or even a check-up. Of course, all of these are good arguments, not only to be treated in São Paulo but also to create medical-related products. So several tour operators and travel agencies specialized in tours in São Paulo have already developed programs for medical tourism, related to aesthetic, health and welfare. Get to know some of them:

GO IN SÃO PAULO
Telephone: (55-11) 3289-3814
E-mail: goinsaopaulo@uol.com.br
Website: www.goinsaopaulo.com.br
Information: The four-hour program “Health and Welfare” is at Life Extension Institute & International Laser Center. By the end of the program, a lunch in the "green" Restaurant Chácaras Santa Cecilia, in Pinheiros. They also offer reception services and advice for tourists under medical treatment and consults.

GRAFFIT TURISMO
Telephone: (55-11) 5549-9569
E-mail: viagens@graffit.com.br
Website: www.graffit.com.br
Information: Tour “São Paulo Wellness” presents the city in a different point of view where it is possible to live in a proper healthy life style, by knowing good places, the pleasure of welfare and finding out about several elements that will be able to provide the maintenance of a wealthy body and mind. The tour shows the “zen” [peaceful] side of living in a giant metropolis. Visitor will be presented to a quite lovely São Paulo that can be found in parks, clubs, restaurants and gyms.

IT VIAGENS DE INCENTIVO
MICE TRAVEL SOLUTIONS
Telephone: (55-11) 4195-0681
E-mail: saudebrasil@cpmb.com.br
Website: www.itmiceincentivo.tur.br
Information: People do not have to travel only for leisure or business. IT Viagens de Incentivo-MICE offers the "Preventive Medicine with IT Health SAO" program, targeted to the welfare of collaborators, client and suppliers through a check-up at the best hospitals and diagnosis center in São Paulo. It can be conjugated to other products offered by IT like trade fairs, congresses, seminars, corporate events, etc. The company is also responsible for anamnesis, transfer, lodging, exam scheduling and translators. The program is certified by the Council for the Promotion of Brazilian Medicine (CPMB).

NUMBER ONE TOURS
Telephone: (55-11) 3081-4004
E-mail: info@numeronetours.com
Website: www.numeronetours.com
Information: The excellence in medical services is an attraction of São Paulo for tropical diseases, body aesthetic, dentistry, cardiology physical rehabilitation and other specialties. Number One serves patients who are looking for treatment and health professionals who come to São Paulo for theoretical and practical improvement. Consults, treatments, technical visits and courses are previously scheduled and, when arriving in São Paulo, people have available the transport logistics and support by renowned professionals.

TAYAR TURISMO
Telephone: (55-11) 5081-3118
E-mail: tayarturismo@tayarturismo.com.br
Website: www.tayarturismo.com.br
Information: Tour “Health in São Paulo” offers in/out transportation services, hotel reservation, check-up scheduling in some of the well known hospitals or laboratories in town as well as in the best urban spas in the city. It includes customized services and transportation to all scheduled places.

TRIP ON JEEP
Telephone: (55-11) 5543-5281
E-mail: contato@triponjeep.com
Website: www.triponjeep.com
Information: Trip On Jeep Ecoturismo cares for the environment and the life quality of its clients with the tour "Experiences in nature" in areas of the Atlantic Forest without leaving the city of São Paulo. Customized walks and outdoor activities.

PARTNER TOUR OPERATORS IN THE CITY OF SÃO PAULO

Good products and commitment. The city of São Paulo has receptive tour operators establishing partnerships and developing creative products to develop and reinforce the sector in the city. See the partner tour operators in the city of São Paulo:

AEX TOUR
Address: R. Chamantã, 2 – Alto da Mooca São Paulo – SP – Zip code: 03127-030
Telephone: (55-11) 6121-7795
E-mail: citytour@aextour.com.br
www.aeroportoexpress.com.br

AGTUR
Telephone: (55-11) 3783-5707/8201-6961
E-mail: ana.gervasio@agtur.com.br
www.agtur.com.br

ALMAX VIAGENS
Address: R. Diogo Moreira, 132 – Box 1.905 – Pinheiros São Paulo – SP – Zip code: 05423-010
Telephone: (55-11) 3035-1000
E-mail: almax@almax.com.br
www.almax.com.br

ANDANÇAS VIAGENS E TURISMO
Address: R. Anny, 803 – Vila Independência São Paulo – SP – Zip code: 04240-000
Telephone: (55-11) 6945-8828/6863-0233
E-mail: andancastur@uol.com.br
www.andancastur.com.br

BRAZIL GO (CONNECT LINE)
Telephone: (55-11) 3285-6691
E-mail: connectionline@connectionline.com.br; brazilgo@brazilgo.com.br
www.connectionline.com.br; www.brazilgo.com.br

CHECK POINT RECEPTIVE SERVICE
Telephone: (55-11) 6091-1316
E-mail: receptive@checkpoint.com.br
www.checkpointtours.com.br

CIRCUITO SÃO PAULO
Address: R. Cancioneiro de Évora, 552 – Chácara Santo Antônio São Paulo – SP – Zip code: 03624-120
Telephone: (55-11) 6091-1316
E-mail: receptive@checkpoint.com.br
www.checkpointtours.com.br
SEASON EVENT TRAVEL
Address: R. Renato Paes de Barros, 696, box 24 – Itaim
São Paulo – SP – Zip code: 04530-000
Telephone: [55-11] 3078-8446
E-mail: season@season.tur.br
www.season.tur.br

SERVICE GLOBAL
Address: R. Galvão Bueno, 33, box 71 – Liberdade
São Paulo – SP – Zip code: 01504-001
Telephone: [55-11] 3572-8990/3572-8996
E-mail: global@serviceglobal.com.br
www.serviceglobal.com.br;
www.brazilonboard.com

SPTOURS
Address: R. André Dreibus, 109, ap. 114 / Bl2 – Higienópolis
São Paulo – SP – Zip code: 01232-010
Telephone: [55-11] 3875-6512/8104-5577
E-mail: sptours@sptours.com.br
www.sptours.com.br

SUNFLOWER TURISMO
Address: R. Homero Vaz do Amaral, 221 – Veleiros
São Paulo – SP – Zip code: 04774-030
Telephone: [55-11] 5541-7770/5687-7424
E-mail: sac@sunflowerturismo.com.br
www.sunflowerturismo.com.br

TAYAR EVENTOS TURISMO
Address: R. Dona Avelina, 68 – Vila Mariana
São Paulo – SP – Zip code: 04111-000
Telephone: [55-11] 5081-3118 / 5083-7250
E-mail: tayar@tayarturismo.com.br
www.tagarturismo.com.br

TDK BRASIL
Address: R. Manoel Gaya, 1,232 – Jardim Tremembé
São Paulo – SP – Zip code: 02313-000
Telephone: [55-11] 6204-3941
E-mail: tdkbrasil@terra.com.br

TERRANOBRE TURISMO
Address: R. Tagipuru, 235 – room. 44 – Barra Funda
São Paulo – SP – Zip code: 01156-900
Telephone: [55-11] 3662-1505
E-mail: terranobre@terranobre.com.br
www.terranobre.com.br

TRANSFERS EXPRESS
Address: R. Formosa, 111, box 92 – Centro
São Paulo – SP – Zip code: 01049-000
Telephone: [55-11] 3256-4949
E-mail: transfersexpress@transfersexpress.com.br
www.transfersexpress.com.br

TRIP ON JEEP ECOTURISMO
Address: R. Arizona, 623 – Brooklin
São Paulo – SP – Zip code: 04567-002
Telephone: [55-11] 5543-5281
E-mail: contato@triponjeep.com
www.triponjeep.com

TUNIBRA
Address: pça. da Liberdade, 170 – Liberdade
São Paulo – SP – Zip code: 01503-010
Telephone: [55-11] 3346-8262
E-mail: tunibra@tunibra.com.br
www.tunibra.com.br

URBEN TURISMO
r. Acarapé, 338 – Saúde
São Paulo – SP – Zip code: 04139-090
Telephone: [55-11] 5071-7058
E-mail: contato@urbenturismo.com.br
www.urbenturismo.com.br

VIA SERTA
Address: R. Conde de Barca, 410 – Freguesia do Ó
São Paulo – SP – Zip code: 02840-010
Telephone: [55-11] 3921-3367
3923-0806
E-mail: viaserta@uol.com.br
www.viaserta.com.br

SUPPORT IN CREATION OF MEDICAL TOURISM PRODUCTS:
São Paulo Tourism Authority - SPTuris
Company responsible for Tourism and Events in the City of São Paulo
E-mail: projetosturisticos@spturis.com
Websites: www.spturis.com e www.cidadedesaopaulo.com
Or contact a specialized receptive tour operator (see on page 57 to 59) or your travel agent.
ASK YOUR TRAVEL AGENT. A SPECIALIZED TOUR OPERATOR.

OR CREATE YOUR PRODUCT

But remember that every tour operator or travel agent can offer this kind of product. Look for yours and explain your interests. If you do not know any travel agent or tour operator, contact the Brazilian Association of Travel Agencies (Abav-SP) or the Tourism Companies Union (Sindetur – SP) for agencies in the state of São Paulo, and the Brazilian Tour Operators Association (Braztoa) or the National Abav, for São Paulo and the rest of the country.

These entities have several requirements to be met by agencies and tour operators so you have a good chance for a right choice. To contact Abav, call [55-11] 2223-0555 (SP), [55-11] 3231-3077 (nationwide) or go to www.abav.com.br. To contact Sindetur, call [55-11] 3224-8544 or go to www.sindetur.com.br. And Braztoa is available on [55-11] 3259-9500 or www.braztoa.com.br.

TAKE CARE WHEN CREATING A PRODUCT OR PROCEDURE

If you are a tour operator or travel agent and have been thinking of investing in this great product like Health Tourism in São Paulo, consider some important points to keep integrity and welfare of your passengers and consumers.

Always check entities that help you to verify the professionals’ and installations’ quality that you wish to create your medical products or procedures. From pages 33 to 39 of this guide, it is possible to find important information on services, registries and tips of the institutions that you must be aware of, like:

- Brazilian Medical Association - www.amb.org.br
- Paulista Association of Medicine (APM) - www.apm.org.br
- Cremesp (Regional Council of Medicine of the State of São Paulo - www.cremesp.org.br
- Isaps (International Society of Aesthetic Plastic Surgery) - www.isaps.org
- Procon-SP – www.procon.sp.gov.br

SPTURIS

São Paulo Tourism Authority (SPTuris) is the company responsible for promoting tourism and events in the city of São Paulo. Former Anhembi Turismo e Eventos, SPTuris is led by Caio Luiz de Carvalho, president of São Paulo Tourism Authority, who works for more than 25 years in tourism activity. He was Ministry of Sports and Tourism in Brazil and the president of Embratur (Brazilian Tourism Institute) for almost ten years. This mixed-economy company also manages the Anhembi Park and the Interlagos Circuit.

For more information, see www.spturis.com and for tourism information in São Paulo, go to www.cidadedesaopaulo.com.

O SINDHOSP

The Union of Hospitals, Clinics, Laboratories and Other Health Services in the State of São Paulo was created 68 years ago in order to fight for dignity and respect in health, represented by institutions and professionals engaged in quality attention, respecting ethical principals and unchangeable values that rule the good medicine. Dante Ancona Montagnana is the president. In order to keep the content quality of this guide, SPTuris established a partnership with Sindhosp to have guidance for approach, concept and parameters to be followed.

A LAW THAT MADE EASY THE MODERNITY IN MEDICINE

Many of the hospitals of the city of São Paulo are more than 70 years old, mainly in the area of Paulista Avenue, an important services area of the capital. In order to protect these historical heritage buildings and promote modernization of these installations, a city law keeps the right of extension and reformation of these hospitals so they can follow the constant evolution of this market.
HOW TO GET THERE

BY AIRPLANE
www.infraero.gov.br

GUARULHOS INTERNATIONAL AIRPORT
Rod. Hélio Smidt, s/nº, Guarulhos (SP).
Tel. (11) 6445-2945

CONGONHAS
INTERNATIONAL AIRPORT
Av. Washington Luís, s/nº, South side.
Tel. (11) 5090-9000

VIRACOPOS/CAMPINAS
INTERNATIONAL AIRPORT
Rod. Santos Dumont, km 66, Campinas (SP)
Tel. (19) 3725-5000

CAMPO DE MARTE AIRPORT
Av. Santos Dumont, 1.979, North side.
Tel. (11) 6221-2699

BY BUS
www.socicam.com.br

TIETÊ
BUS TERMINAL
Av. Cruzeiro do Sul, 1.800, North side.
Tel. (11) 3235-0322

BARRA FUNDA
BUS TERMINAL
R. Mario de Andrade, 664, West side.
Tel. (11) 3235-0322

JABAQUARA
BUS TERMINAL
R. dos Jequitibás, s/nº, South side.
Tel. (11) 3235-0322

BY Helicopter
HELCIDADE
R. Onofrio Milano, 186, West side.
Tel. (11) 3767-3500, www.helicidade.com.br

HELPARK
Rua Fortunato Grilenzone, 417, Carapicuíba (SP)
Tel. (11) 4186-9599, www.helipark.com.br

ROADS
ANCHIETA (SP-150) AND IMIGRANTES (SP-160)
Baixada Santista and ABCD (Santo André, São Bernardo, São Caetano do Sul and Diadema).
Information 0800-197878 or http://ecovias.terra.com.br

ANHANGUERA (SP-330)
Triângulo Mineiro, Barretos, Franca and Jundiaí.
www.autoban.com.br

AYRTON SENNA–CARVALHO PINTO (SP-070)
Links to the Presidente Dutra e Carvalho Pinto highways. Goes to Guarulhos International Airport, North coast of the State of São Paulo, Campos do Jordão, Taubaté and Rio de Janeiro.
www.dersa.com.br/rodovias

BANDEIRANTES (SP-348)
Campinas and the Viracopos International Airport.
www.autoban.com.br

CASTELO BRANCO (SP-280)
Goes through Carapicuíba and cities in the interior of the State of São Paulo.
www.viaoeste.com.br

FERNÃO DIAS (BR-381)
Mairiporã, Atibaia and Minas Gerais. Access to the Dom Pedro II highway.
www.br381.com.br

PRESIDENTE DUTRA (BR-116)
Access route from the State of Rio de Janeiro. Also links Guaratinguetá, São José dos Campos and Taubaté.
www.novadutra.com.br

RAPOSO TAVERES (SP-270)
Links the cities of Cotia and Votorantim, as well as other cities in the interior of the State of São Paulo.
www.viaoeste.com.br

RÉGIS BITTENCOURT (BR-116)
Goes to cities in greater São Paulo, such as Embu and Taboão da Serra, and to the South of the country.
www.dnit.gov.br

TAMIOIOS (SP-125)
Access by the Carvalho Pinto or Presidente Dutra highways. Goes to the North shore of the State and to Rio-Santos (BR-101).
www.dersa.com.br/rodovias

Information about State highways: DER, tel. (11) 3311-1400.

TRANSPORTATION IN THE CITY

BUS
São Paulo has around 10 thousand buses. At lottery kiosks or SP Transportation posts you can ask for a Bilhete Único [single pass]
at lottery vendors or at SP Transporte booths. This is a magnetic card that can be loaded with credits. It gives you the right to ride four rides every two hours for a single rate, or you can pay the bus driver. On buses, you get on at the front and off at the back. Information: tel. 156

SUBWAY

The city currently has four lines: Blue (North/South route), Green (Imigrantes/Vila Madalena route), Red (East/West route), Lilac (Capão redondo/Largo treze route). The subway runs daily from 4h40 a.m. to midnight, except the Lilac line, which does not run on sundays. The Bilhete Único integrates the subway with buses for a different price. Information: Tel. (11) 3283-5228 ou www.metro.sp.gov.br

TRAINS

The Paulista Metropolitan Trains Company (CPTM) serves all of the city’s outlying regions, such as Marginal Pinheiros. At Luz Train Station, free transfers are available between trains and subway lines. The train and subway systems are also integrated at Barra Funda, Brás and Santo Amaro stations. Information: Tel. 0800-055-0121 ou www.cptm.sp.gov.br

TAXIS

It’s easy to catch a cab in São Paulo. The fare is clearly visible on the meter.

There are three different categories: regular, special and radio taxi. COOPERTAXI Tel.: (11) 6941-2555 LIGUE TÁXI Tel.: (11) 3866-3030 ESPECIAL RÁDIO-TÁXI TEL.: (11) 3146-4000.

CAR RENTAL

São Paulo is served by the major companies. Sales counters can be found at airports and city bus terminals.

TRAFFIC

It is compulsory to use a seat belt in the city and on the highways, and motorists are forbidden to talk on cell phones. The city has alternate day traffic – cars with license plates ending with the following numbers may not circulate from 7h00 to 10h00 and from 17h00 to 20h00 on the following days of the week: 1 and 2 (Mon.), 3 and 4 (Tue.), 5 and 6 (Wed.), 7 and 8 (Thurs.), and 9 and 0 (Fri.). For traffic information: CET, tel. 194, www.cetsp.com.br

TELEPHONES

TELEPHONE CALLS

Prepaid telephone cards are sold in bars and newsstands. For calls outside São Paulo, it’s necessary to dial 0 + phone company code + city code before dialing the telephone number. For international calls, it’s necessary to dial 00 + phone company code + the country code + city [area] code before dialing the telephone number. The area code [DDD] of the city of São Paulo is 11. Further information is available by calling 102. Prepaid telephone cards containing 20 to 75 credits are sold at newsstands. Each credit is equivalent to two minutes of talk time for local calls.

CELL PHONES RENTAL

Booths where cell phones can be rented are located at Guarulhos International Airport and the city’s main hotels. Fast Cell, Tel. (11) 3772-0777; PresCell, Tel. (11) 3253-0077.

USEFUL TELEPHONE NUMBERS

FIRE DEPARTMENT tel. 193 CIVIL POLICE tel. 147 MILITARY POLICE tel. 190 FIRST AID tel. 192 DIRECTORY ASSISTANCE tel. 102 POST OFFICE (LOST AND FOUND) tel. 159 CONSUMER PROTECTION OFFICE tel. 151 TRAFFIC EMERGENCY tel. 156 INTERNATIONAL PHONE CALLS (DDI) tel. 08007771515
SECURITY

SPECIALIZED TOURIST POLICE STATIONS

PORT AND AIRPORT POLICE DIVISION, SPECIAL SERVICES FOR TOURISTS AND PROTECTION FOR DIGNITARIES

Rua São Bento, 380, 5º andar, Centro. Tel. (11) 3107-5642 and 3107-8332.

DEATUR HEADQUARTERS


2ND DEATUR/CONGONHAS


3RD DEATUR/GUARULHOS

Rua Dr. João Jamil Zarif, s/ nº, Guarulhos (SP). Tel. (11) 6445 3064, 6445-2686, 6445-2162, 6445-3464, 6445-2221.

4TH DEATUR/CAMPINAS

Tel. (19) 225-5426.

DICAS DE SEGURANÇA

Visit www.cidadedesaopaulo.com for a complete list of safety tips recommended by DEATUR.

TOURIST INFORMATION

HANDICAPPED ACCESS

All the city’s shopping malls, cinemas, theaters, museums and other public locations are being adapted for use by people with special needs. The municipality has a Secretariat for Handicapped Persons (SEPED). More information is available regarding access in São Paulo at the Secretariat’s website: www.prefeitura.sp.gov.br.

BUSINESS HOURS

From 9h00 to 18h00. Banks open from 10h00 to 16h00. Shopping malls function from 10h00 to 22h00, Mon. through Sat. and from 14h00 to 20h00 on Sundays. Bars and restaurants have flexible hours. Be sure to check beforehand.

TIME ZONE

São Paulo is within the Brasília time zone (3 hours behind GMT). Daylight savings time is observed during the summer months, from October to February, when the clocks are moved ahead one hour.

TICKETS

The bookstores FNAC, Saraiva and Siciliano, as well as the AM PM convenience marts, sell tickets to shows, theater and dance performances, among others. Ticketmaster sells tickets over the Internet at www.ticketmaster.com.br, or (11) 6846-6000 in São Paulo, or 0300 789 6846 for out-of-state calls.

TURISMETRÔ

The subway offers a service whereby passengers can visit several attractions near the stations for only the cost of the fare.

For further information, call: (11) 3283-5228, or 0300 789 6846.

TOURIST INFORMATION OFFICES

TIO GUARULHOS

AIRPORT

Terminals 1 and 2, Arrivals. Open daily from 6:00 a.m. to 10:00 p.m.

TIO OLÍDO

Av. São João, 473, Downtown. Open daily from 9:00 a.m. to 6:00 p.m.

TIO PAULISTA

Av. Paulista, in front of Parque Trianon. Open daily from 9:00 a.m. to 6:00 p.m.

TIO TIETÊ

Tietê Bus Terminal, Arrivals sector. Open Monday to Friday from 6:00 a.m. to 10:00 p.m. and on weekends from 8:00 a.m. to 8:00 p.m.

MOVILE TIO

Installed according to the events held.

Check out a complete list of safety tips created by Deatur at the site: www.cidadedesaopaulo.com.