

Cayman Health

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Cayman Orthopaedic GROUP

OUR GOAL

Our goal is to provide the highest quality of orthopaedic care for the individual needs of each of our patients.

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Replacement Surgery



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Trauma & Sports Medicine



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Trauma & Joint Arthroplasty



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Reconstructive Surgery



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Knee Arthroscopic &
Reconstructive Surgery,
Sports Medicine



Dr Ivan Wong
MD FRCSC
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& Ankle Sports Medicine

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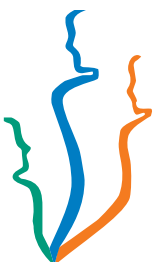
Committed to Delivering Quality Healthcare to the People in Cayman

You are not just a number to us. You are a person. A person with unique needs, who deserves personalised treatment and individualised attention.

The Health Services Authority is proud to provide high-quality care, professionalism, attention to detail and exemplary service to everyone in the Cayman Islands and beyond.




**The Cayman Islands Health Services
Authority provides 24-hour healthcare
tailored to meet every patient's
individual goals and needs.**



HEALTH SERVICES AUTHORITY
CAYMAN ISLANDS
Caring People. Quality Service.

info@hsa.ky • www.hsa.ky

 CaymanIslandsHSA

 HSA_Cayman

Public Health

The Public Health Department operates under the Ministry of Health providing care across the islands. Its programmes comprise school health including primary care, health assessments, vision and hearing tests; nutrition and dietary counselling clinics; communicable disease screening; and disease control programmes, including surveillance and immunizations. For more information, contact the Public Health Department on 244-2889.

Accident & Emergency Unit

The Accident & Emergency unit at the Cayman Islands Hospital is the only facility in the Cayman Islands that offers 24-hour coverage for urgent medical care.

First Responders: there when you need us

The Health Services Authority operates a 24-hour Advanced Life Support (ALS) designed emergency medical service staffed by a team of skilled emergency medical technicians and paramedics. In the event of an emergency call 911.

Our team of highly skilled medical professionals deliver a comprehensive range of inpatient and outpatient services.

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- Critical Care
- Dentistry
- Emergency Medical Services
- Internal Medicine
- Mental Health Care
- Nutrition Services
- Obstetrics/Gynecology
- Dialysis
- Respiratory Therapy
- Pain Management
- Forensic
- Pharmacy
- Maternity
- Oncology
- Orthopedics
- Pediatrics
- Physiotherapy
- Public Health
- Radiology
- Surgery



SEVEN LOCATIONS

GRAND CAYMAN

Cayman Islands Hospital
95 Hospital Road, George Town
Phone (345) 949-8600

DISTRICT HEALTH CENTRES INCLUDE:

Bodden Town Health Centre
East End Health Centre
North Side Health Centre
West Bay Health Centre

CAYMAN BRAC

Faith Hospital
215 Dennis Foster Road
Phone (345) 948-2243

LITTLE CAYMAN

Little Cayman Clinic
Spot Bay Road
Phone (345) 948-0072



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THE FUTURE OF

MEET SOME OF OUR DOCTORS



**DR. BINOY
CHATTUPARAMBIL**

Clinical Director,
Senior Consultant Cardiovascular
& Thoracic Surgery



**DR. DHRUVA KUMAR
KRISHNAN**

Medical Director,
Chief Anesthesiology
& Intensive Care



**DR. RAVI KISHORE
AMANCHARLA**

Senior Consultant Cardiologist
& Electrophysiologist,
Director Cardiovascular Sciences



**DR. ROMNESH
DE SOUZA**

Consultant Interventional
Neurologist



**DR. SUSHEEL
WADHWA**

Consultant Neurosurgeon &
Spine Surgeon



**DR. SRIPADH
UPADHYA**

Consultant Interventional
Cardiologist, Congenital &
Structural Heart Disease

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HEALTHCARE

Health City Cayman Islands is a tertiary care, super specialty medical resource for adult cardiology, pediatric cardiology, adult and pediatric cardiac surgery, anesthesiology, orthopedic surgery, pulmonology, pediatric endocrinology, neurology, neurosurgery, medical oncology, urology, critical care services, spinal surgery, bariatric surgery, colorectal surgery, and diagnostic services.



**DR. VINEETHA
BINOY**

Consultant Medical Oncologist



**DR. ARCHITA
JOSHI-BHATT**

Consultant Pulmonology,
Critical Care & Sleep Medicine



**DR. ALWIN
ALMEIDA**

Senior Consultant Orthopedic
Surgeon and Head of Department
of Orthopedics



**DR. PRABHULING YANKAPPA
KONNUR**

Consultant Urologist



**DR. ERNEST
JEHANGIR**

Consultant General &
Colorectal Surgery



**DR. MAHANTESH
PATIL**

Consultant In Charge Medical
Intensive Care



HEALTH CITY OPENS EXPANDED ICU

Health City Cayman Islands began 2019 as a Level 3 Trauma Center, following the commissioning of its newly expanded Intensive Care Unit (ICU) in early December 2018.

A ribbon-cutting ceremony at the tertiary care medical facility in East End, Grand Cayman, which is owned and operated by Indian healthcare giant Narayana Health, officially opened the unit.

The unit now has greater capacity to handle more complex cases; patients with multiple medical issues; and provide more comprehensive management of emergency cases and complex trauma situations.

“Essentially, this will save lives,” said Dr. Devi Shetty, founder of Health City Cayman Islands and Chairman of Narayana Health.

The expanded unit includes more beds for specialized care, a resuscitation room and a dedicated operating room equipped with a heart bypass machine. To meet the international standards of a Level 3 Trauma Center, it will be staffed 24 hours a day by a specialized staff of doctors and medical personnel.

Dr. Shetty said the close proximity of the unit’s components are key in keeping patients alive.

A few seconds can make a difference,” he said, as dignitaries and government leaders toured the newly

outfitted rooms. “These are generally not sick people. They’ve been in an accident. We can resuscitate them in a few minutes.”

If that is successful, they can be wheeled in seconds into the adjacent operating room, where doctors can provide acute care.

The expanded service, Dr. Shetty said, will also mean fewer patients will need to be flown off-island to receive intensive care, and he expects it will attract patients needing such care from other areas of the Caribbean where those kinds of services are unavailable.

Dr. Binoy Chattuparambil, clinical director for Health City, said the expanded ICU is in keeping with the hospital’s goal of improving healthcare in the Cayman Islands and the surrounding region, while at the same time keeping costs down.

“This will make a big change,” Dr. Chattuparambil said. “We can compare with the best ICUs in the world. We have the personnel and staff with experience in treating patients.”

Among the 21 beds in the unit, four are negative pressure isolation rooms for patients with infections that need to be contained.

Dr. Shetty said the improved ICU is just one step in adding services at Health City. He said there are



To meet the international standards of a Level 3 Trauma Center, it will be staffed 24 hours a day by a specialized team of doctors and medical personnel.

plans to provide a major oncology program with its own dedicated building, as well as to launch a training program for nurses.

"We have to start cancer services with radiation therapy," he said. "If people from here have to go to the U.S. or somewhere else, it's very expensive."

He also said Health City plans to be on the forefront of using technology for remote patient care. Rather than traveling for an office visit, he said, apps on a patient's phone will be able to allow them to interface in real time with a physician and receive the information and evaluation they need in many cases.

It's another service that would not be limited to the shores of Cayman, further encouraging not only regional care, but medical tourism when it comes to those needing clinical care.

"By economy of scale, we will be able to reduce the price, improve the quality [of care] and save millions of lives across the world," Dr. Shetty said. "This is just the beginning."

**For Urgent Care
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CAYMAN HEALTH
(DIRECTORY AND WEBSITE)

Information provided in this directory is intended to provide a guide to the many healthcare providers, facilities and wellness centers in the Cayman Islands. This information is not exhaustive and is intended for general information purposes only. Readers are advised to verify the information. No warranty, representation or undertaking is made about the content, accuracy and completeness of the information provided. For a more comprehensive listing, check local newspapers, telephone directories or websites.

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A LETTER FROM THE PUBLISHERS



VICKI AND DAVID LEGGE

Good health and quality of life go hand-in-hand. That's why it's important to take measures to ensure optimal health and well-being throughout the various stages of life.

Preventative healthcare involves many components, from exercise and good nutrition to health checks and stress management.

Now in its third edition, *Cayman Health* serves as a valuable community resource offering a range of information on preventative healthcare and well-being.

This annual publication includes a detailed directory of practitioners and health support services in the Cayman Islands and abroad; informative articles on a variety of vital health matters; a comprehensive first-aid emergency guide; and at-a-glance profiles of healthcare professionals and their specialties.

The publication is available online at CaymanHealth.com and has a mobile-friendly app. Watch for our Cayman Health newsletter coming onstream.

With a focus on prevention, *Cayman Health* encourages everyone to be an active participant, and an advocate, for their own health.

— David and Vicki Legge

WELCOME



HON. DWAYNE SEYMOUR, JP, MLA

As Minister for Health, I am pleased to welcome the third-annual edition of Cayman Health.

This publication is a valuable resource for our islands, featuring a wealth of information relating to healthcare matters. From informative feature articles to a comprehensive emergency guide to detailed listings of health professionals and medical facilities, Cayman Health is a handy resource for the entire community.

I hope it will also serve to encourage people to make health a priority by taking preventative steps to improve their health at every stage of life.

I urge everyone to put their health first by going for regular check-ups, maintaining an appropriate life-work balance and keeping stress in check. Regular exercise and proper eating are other important aspects of health and well-being for which we can each take responsibility.

I encourage everyone to be an active participant in their own health. It means a better quality of life as your health impacts everyday living.

Prevention is key and a pro-active approach to healthcare today will pave the way for healthier – and happier – living tomorrow.

Hon. Dwayne Seymour, JP, MLA
Minister for Health, Environment, Culture and Housing



JENNIFER AHEARN
Chief Officer
Ministry of Health,
Environment, Culture
and Housing

The Ministry of Health welcomes the third annual publication of Cayman Health.

The information that Cayman Health places at our fingertips includes articles on topical healthcare issues, as well as essential health information and a directory of local and regional healthcare providers.

The Ministry of Health salutes Cayman Health's efforts to raise community awareness of healthcare matters and resources in this fashion.

We believe that access to health-related information facilitates access to health-related services and this is something that we strive to achieve year-round for our local residents.

Throughout the year the Ministry also promotes the development of the healthcare sector through strategic, legislative and regulatory measures. I was very pleased to learn that this issue of Cayman Health explores the organ transplant legislation passed in 2018 and includes an interview with a transplant recipient.

I am certain that you will find this publication to be both useful and educational.



LIZZETTE YEARWOOD
Chief Executive Officer
Health Services Authority

The Health Services Authority is pleased to welcome the third annual edition of Cayman Health.

By providing people with valuable information on options for care and support, we help them to make more informed decisions regarding their health, and better use of the healthcare resources available to them.

As CEO of the Health Services Authority (HSA), leaders in healthcare and clinical innovations in the Cayman Islands, it is my pleasure to support this annual publication. Cayman Health is a great source of credible and relevant information gathered with the aid of many reputable and respected organizations, including the HSA.

As the largest provider of inpatient and outpatient services in Cayman, the HSA offers health services ranging from the routine general practice visits to the more complex medical procedures at the Cayman Islands Hospital, five district health centers on Grand Cayman, Faith Hospital in Cayman Brac, and Little Cayman Clinic on Little Cayman.

Our patients are our No. 1 priority, and we are dedicated to empowering them to play a larger part in their own health, whilst offering them the highest quality of patient care when they come to see us.

CAYMAN HEALTH

ADVISORY PANEL

The publisher of *Cayman Health* has partnered with healthcare professionals to create the Cayman Health Advisory Panel. Acting in an honorary capacity, industry experts are available to give guidance to the publishing team.

ROLE OF THE ADVISORY PANEL

Panel members are on hand to provide authoritative information, advise on current and trending health and wellness matters, and link publishing content with public interest. When requested, panel members contribute, review and vet material from a medical perspective for *Cayman Health*.

MEMBERS OF THE ADVISORY PANEL

Members of the Cayman Health Advisory Panel are all health and wellness professionals.



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LIZZETTE
YEARWOOD
CEO, C.I. Health
Services Authority

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PREVENTION & WELLNESS



A LIFETIME OF HEALTH CHECKS

The old adage, “An ounce of prevention is worth a pound of cure” is as true today as it was when Benjamin Franklin said it in the 1700s.

Although Franklin was addressing fire safety at the time, the saying certainly applies to health and well-being. The idea is that it is far better to prevent an illness than to cure it.

Preventative healthcare is an important part of an individual’s physical and emotional wellness. It involves

many components, from proper nutrition and exercise to managing stress and regular health screenings.


Screenings can detect chronic diseases and health problems such as heart disease, cancer and diabetes, and early detection can often improve treatment success.

From birth – and even before – individuals undergo a variety of tests to ensure they are on the right track to good health.

As people get older, many become more vulnerable to

illness. In order to reduce this risk, a number of health checks are recommended at different stages of life.

Varying circumstances and family medical history may call for different screenings, with some highly recommended after certain ages, such as pap tests for cervical cancer, mammograms, bone density tests and prostate screenings.

Talk to your doctor about screenings relevant to your life stage, circumstance and medical history. 

A Lifetime Of Medical Checkups

Teens Teens should go for annual medical checks as well as keep up to date with immunizations. Attention should be given to their mental health.

Teen Risks

Adolescent Onset of Scoliosis:

Adolescent idiopathic scoliosis (with no known cause) is by far the most common type of scoliosis, affecting children between ages 10 to 18; it's found in as many as 4 in 100 adolescents.

HPV (Human Papillomavirus):

The most common sexually transmitted infection. Usually harmless and goes away by itself, but some types can lead to cancer or genital warts.

Eating Disorders:

Usually develop in adolescence. More common in young girls.

Mental Health Issues:

Adolescents can be vulnerable to mental health issues, with estimates of up to 1 out of 5 children in the U.S. experiencing a mental disorder in a given year.

Sports Injuries:

Can be common due to high frequency of physical activity.

TESTS

- ☐ Physical checks: Weight, height, BMI, stage of puberty, skin changes (acne), spine checks for onset of scoliosis, eyesight.
- ☐ Possible checks for anemia, STDs, cholesterol depending on exam and family history.
- ☐ Review immunizations. Administer HPV vaccine and yearly flu vaccine.
- ☐ Counseling: alcohol, tobacco and recreational drugs use; sexual activities and STDs; body image, importance of healthy diet and physical activities; conflict resolution and violence; water/sun safety; online safety, cyberbullying.
- ☐ Provision of leaflets and information where professional help is available.

A Lifetime Of Medical Checkups

20s

Early detection is vital in preventing, diagnosing and surviving many cancers and other serious diseases. Start regular checkups and several important tests in your 20s to catch signals of danger early.

20s Risks

Women

Melanoma

Leading form of cancer in adults ages 25-29.

HPV (Human Papillomavirus)

The leading cause of cervical cancer.

High Cholesterol

Can start as early as your 20s.

Breast Cancer

Young women with family history are at an increasingly high risk.

Men

Melanoma

Incidence in young men increases 3.1% annually.

Testicular Cancer

Occurs most often in men ages 20-39.

High Cholesterol

Leading precursor of heart disease.

WOMEN'S TESTS

- ❑ Annual skin check by dermatologist for signs of skin cancer.
- ❑ Pelvic exam and Pap smear at age 21 and every 3 years or as directed by your doctor.
- ❑ Blood pressure check at every doctor visit.
- ❑ Cholesterol test every 5 years, starting at age 20.

MEN'S TESTS

- ❑ Testicular exam annually after age 20.
- ❑ Cholesterol test every 5 years, starting at age 20.
- ❑ Skin check by dermatologist annually.

A Lifetime Of Medical Checkups

30s Both men and women are at greater risk for heart disease and type 2 diabetes after age 30. One in 10 cancers is diagnosed in people ages 25-40.

30s Risks

Women

Cervical Cancer
#1 cancer in women ages 30-40.

Breast Cancer
High risk/family history increases incidence under age 40.

Type 2 Diabetes
18% of women over 30 have type 2 diabetes.

Men

Testicular Cancer
Accounts for 15% of cancers in men 30-40.

Melanoma
11% of cancers in men over 30.

Type 2 Diabetes
20% of men over 30 have type 2 diabetes.

Heart Disease
#1 killer of men over 35.

Colorectal Cancer
11% of cancers in men over 30.

WOMEN'S TESTS

- ☐ Pelvic exam and Pap smear every 3 years or as directed by your doctor.
- ☐ Breast cancer exam annually.
Mammogram for women with family history of breast cancer.
- ☐ Blood sugar test every 5 years.
Annually if overweight.

MEN'S TESTS

- ☐ Blood sugar test every 5 years.
Annually if overweight.
- ☐ Cholesterol testing every 5 years.
- ☐ Annual testicular exam performed by doctor.
- ☐ Screenings for colorectal and prostate cancer if high risk.

A Lifetime Of Medical Checkups

40s

In your 40s, the effects of physical aging become more pronounced, and both men and women are at an increased risk for many forms of cancer.

40s Risks

Women

Heart Disease
#1 killer of women ages 40-50.

Ovarian Cancer
Most common after age 40.

High Cholesterol
Can start as early as your 20s.

Breast Cancer
#1 cancer in women ages 40-50.

Men

Heart Disease
Men over 40 are 3 times more likely to have heart disease than women over 40.

Male Cancers
Men over 45 or with family history are at higher risk for prostate cancer. Continued increasing risk of testicular cancer.

Colorectal Cancer
Account for 60% of cancer in men over 40.

WOMEN'S TESTS

- ☐ Bone density testing every 3 years if under 127 pounds or at risk for osteoporosis.
- ☐ Annual mammogram for all women.
- ☐ Continuing blood sugar testing and cholesterol testing annually to detect/prevent heart disease.
- ☐ Ovarian screening for post-menopausal/high risk women every 3 years.

MEN'S TESTS

- ☐ Blood sugar testing every 3 years.
- ☐ Colorectal screening annually.
- ☐ Heart disease screening every 5 years. Annually if high risk.
- ☐ Prostate exam if high risk or experiencing symptoms such as trouble urinating.
- ☐ Annual skin exams for signs of skin cancer.

A Lifetime Of Medical Checkups

50s After age 50, risks for heart disease, many cancers, stroke and type 2 diabetes increase exponentially.

50s Risks

Women

Heart Disease
#1 killer of women over 50.

Ovarian Cancer
Most common in women over 50.

Osteoporosis
Half of all women over 50 will break a bone due to osteoporosis.

Stroke
25% of strokes occur before age 65.

Colon Cancer
2nd most deadly cancer for women.

Men

Heart Disease
#1 killer of men over 50.

Prostate Cancer
Men over 50 at high risk. 1 in 38 men ages 50-59 will develop prostate cancer.

Stroke
25% of strokes occur before 65. Risk of stroke more than doubles every decade after 55.

Colon Cancer
13% of colon cancers diagnosed between ages 45-54. 20% of colon cancers diagnosed between ages 54-60.

WOMEN'S TESTS

- ☐ Bone density testing every 3 years.
- ☐ Ovarian screening every 3 years.
- ☐ Blood sugar testing every 3 years. Annually if overweight or at high risk.
- ☐ Colorectal screening every 5 years.
- ☐ Coronary screening annually, including EKG.
- ☐ Skin exams, Pap smears and mammograms as directed by your doctor.

MEN'S TESTS

- ☐ Prostate cancer screening every 3 years. Annually if at high risk.
- ☐ Cholesterol testing annually.
- ☐ Colon cancer screening every 3 years. Annually if high risk.
- ☐ Continue testicular exams every 3 years.

A Lifetime Of Medical Checkups

60s The risk of type 2 diabetes decreases for both men and women after 60, while the risks for heart disease and many cancers increases sharply.



60s Risks

Women

Heart Disease
#1 killer of women over 60.

Osteoporosis
1 in 2 women over 60 will suffer a fracture due to osteoporosis.

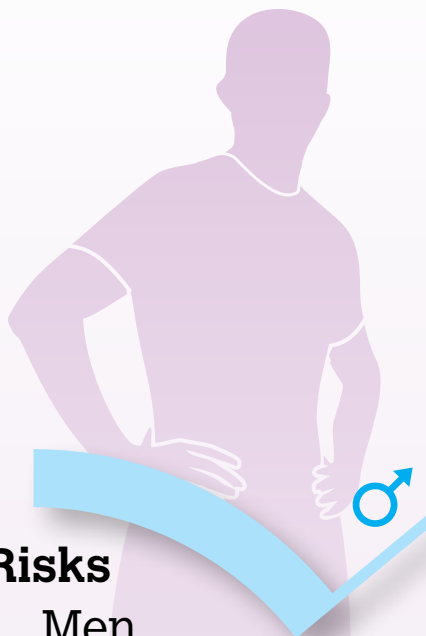
Colorectal Cancer
Most colorectal cancers in women occur after 60.

Stroke
75% of strokes occur after 65.



WOMEN'S TESTS

- ☐ Colorectal screening every 3 years.
- ☐ Bone density test every 2-3 years.
- ☐ Colonoscopy screening every 5 years.
- ☐ The following should be continued annually:
 - Mammogram
 - Pelvic exam
 - Pap smears at physician's discretion
 - Coronary screening



Men

Prostate Cancer
1 in 5 men ages 60-69 will develop prostate cancer.

Colon Cancer
20% of colon cancers diagnosed between ages 60-64. 24% of colon cancers diagnosed between ages 64-70.

Stroke
75% of strokes occur after age 65.



MEN'S TESTS

- ☐ All of the following should be done annually:
 - Cholesterol testing
 - Coronary screening
 - Prostate exam
- ☐ Colorectal screening every 3 years.



A Lifetime Of Medical Checkups

65+ There are a number of screening and preventative measures recommended for people over the age of 65. These guidelines follow recommendations by the U.S. Preventive Services Task Force and the Centers for Disease Control, and are based on extensive clinical data.

Preventative Care for Seniors

Here are some of the important preventative and screening measures for seniors:

Immunization:

Influenza (flu) • Pneumonia

Screening:

Breast cancer • Colorectal cancer • Diabetes
Lipid disorders • Osteoporosis • Counseling
Smoking cessation

Other Recommended Services:

Alcohol misuse • Aspirin Rx • Blood pressure
Cervical cancer screening • Depression • Obesity
Zoster vaccination (shingles) • Peripheral vascular disease

Other Tests Often Recommended by Doctors:

Vision and hearing exams • Skin cancer screening
Thyroid function tests • Cardiac stress tests
Mental status exam

Many of these tests are recommended to be performed periodically. As people get older, the benefits of detecting certain diseases may diminish, removing the need for further screening. Accordingly, the patient's primary physician may help guide patients with their decisions regarding recommended health screening tests and draft an individualized plan based on their personal history.



WELL-CHILD CHECKS:

MONITORING YOUR CHILD'S
HEALTH AND DEVELOPMENT

BY DR. SARA L WATKIN
Specialist Pediatrician & Neonatologist
Paediatrics at The Medical Clinic –
Grand Harbour Medical Suites at Grand Harbour

The normal growth and development of infants and children, coupled to timely and effective intervention where necessary, is the primary goal of parents and pediatricians alike.

The American Academy of Pediatrics recommends that all children have regular well-child checks with their doctor, in support of this goal. These visits provide the opportunity to address many vital components of achieving that goal, including:

- Confirming that your child is growing and developing normally, through formal assessments by your pediatrician.
- Giving you an opportunity to discuss any concerns that you have.
- Allowing your child's doctor to advise you on what to expect or watch out for in the next period of life, both normally and with respect to any adverse signs or symptoms that may emerge.

These appointments are offered by all the private pediatricians on-island. They ensure that if your child is not developing as they should, additional support can be put in place early, for example physiotherapy, occupational therapy or speech and language therapy, the early provision of which can have a significant impact on your child's success in school.

If your child is not growing as he or she should, it is important that this is investigated further, especially to differentiate between simply being short versus a range of more serious conditions.

Your doctor learns a tremendous amount about your child at each of these checks. What's more, research shows that failing to adhere reliably to the schedule is linked to increased emergency admissions and late diagnosis of conditions that warrant early treatment. All in all, they are a vital part of ensuring happy, healthy, thriving children.

THE SCHEDULE

In the first two years, visits are frequent, matched to a child's own rapid rate of development. As time progresses, visits become annual.

Routine well-child checks follow the following schedule:

- 4 to 7 days.
- 1 month.
- 2 months.
- 4 months.
- 6 months.
- 9 months.
- 12 months.
- 18 months.
- 2 years.
- Annually thereafter until age 21.

WHAT IS CHECKED?

Many different things are specifically assessed at each visit and the checks are designed to build up a sequential picture over time. Additionally, at each visit, your pediatrician learns a great deal from observing and examining your child. It's difficult to list all of what's done at each individual visit, but we have provided a flavor below by highlighting certain aspects at each stage.

4 TO 7 DAYS

- Your doctor will be checking your baby has not lost too much weight which can be a sign of a poor milk supply or other problems.

- The doctor will look for jaundice which may need treatment with special light therapy to prevent harm to your baby.

- There is a big focus on ensuring your baby has successfully transitioned from their cozy intrauterine home to the big wide world.

2 MONTHS

- Your doctor is now particularly interested in your child's very early development and whether they are reaching their first milestones.

- Direct observations are made, for example early assessment of vision, to ensure vital intervention is provided as early as possible if necessary.

4 MONTHS

- There will be lots to discuss at this visit, including teething, moving to solid food at six months and, of course, lots of development.

- There are some very specific things to assess, such as the presence or absence of strabismus (an eye turning in or out).

6 MONTHS

- At this point, your doctor will be checking that your child is not anemic.
- They will discuss feeding solids and preventing food allergies, teeth cleaning and more.
- Safety is an additional focus at this point, important in preventing or addressing a range of common accidents.



“Your doctor learns a tremendous amount about your child at each of these checks.”

9 MONTHS

- This is a very important time for your doctor to observe your child’s developmental progress and a time when many more signals can be found through assessment.
- You doctor may discuss sleep training, if your child still wakes in the night, as well as other emerging behaviors.

12 MONTHS

- This is an important time to review your child’s nutrition and examine growth, as your child enters a new phase of physical development.

18 MONTHS

- By this time, behavioral and physical changes allow your doctor to perform a screening test for autism,

which, if picked up, allows some particularly important interventions to be provided at the earliest possible point.

24 MONTHS

- At this check your doctor may well repeat the autism screen, as a follow on from the 18 month check.
- Your doctor will be carefully observing and assessing your child’s speech and interactions with them, as well as their growth.
- Your doctor will be able to provide advice on potty training, temper tantrums and the “terrible twos.”

ANNUALLY THEREAFTER

- In annual checks, your child’s doctor is assessing

both growth and behavioral development, including social development.

- From age four onwards, checks will be made to ensure your child’s spine is growing straight and that their blood pressure is normal.
- Each visit contains specific checks, unique to that point in life, as well as allowing continued, sequential follow up of earlier assessments. +

If you would like to know more about any single visit, please contact your pediatrician, who should be happy to discuss the visit and what they will be assessing.

Childhood Immunization Schedule

Protect your children from serious disease. Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease. To ensure your child(ren) get all the vaccines they need, take them to a District Health Centre or private pediatrician.

At Birth	6 Weeks	2 Months	4 Months	6 Months	9 Months	12 Months	15 Months	3-6 Years	11-12 Years (Girls)	14-16 Years
Hep B	Hep B				Hep B					
	BCG									
		DTaP	DTaP	DTaP			DTaP Booster 1	4 Years DTaP Booster 2		Td/Tdap
		IPV	IPV	IPV				4 Years IPV		
		Hib	Hib	Hib			Hib			
	RV		RV	RV						
		PCV	PCV	PCV		PCV				
				FLU 6 Months & Older						
							MMR	18 Months MMR		
						Varicella		Varicella		
									HPV 2-dose Series	HPV 15 Years 3-dose Series

Hepatitis B Vaccine (Hep B):
Protects against a serious liver disease caused by hepatitis B virus.

BCG Vaccine (BCG):
Protects against tuberculosis – an infection usually of the lungs. However, tuberculosis can affect other areas of the body.

DTaP Vaccine (DTaP):
Protects against diphtheria (a serious throat infection), tetanus (lockjaw) and pertussis (whooping cough).

Polio Vaccine (IPV):
Protects against polio – a paralytic disease.

Hib Vaccine (Hib):
Protects against Haemophilus influenzae b disease which can cause serious infections of the brain, spinal cord, blood and other organs.

Rotavirus Vaccine (RV):
Protects against severe vomiting, diarrhea and dehydration caused by Rotavirus.

Pneumococcal Vaccine (PCV):
Protects against serious infections for example pneumonia, meningitis, blood poisoning and ear infections caused by pneumococcal bacilli.

Influenza – Yearly (FLU)
(2 doses for some)

MMR Vaccine (MMR):
Protects against measles, mumps and rubella (German measles).

Varicella Vaccine (Varicella):
Protects against chickenpox.

Human Papillomavirus Vaccine (Gardasil) (HPV):
Protects against 2 types of HPV that cause cancer of the cervix and 2 types that cause genital warts. HPV vaccine is offered in schools and district health centers.

Source: HSA

- Rotavirus Vaccine – is given orally (by mouth). All other vaccines are given by injection.
- DTaP, IPV and HIB Vaccines – are given in one injection. Booster 2 minimum age 4 years.
- MMR Vaccine – Minimum age for 1st dose: 12 months, the 2nd dose may be administered before age 2 provided at least 4 weeks have elapsed since the first dose.

- Varicella Vaccine – Minimum age for 1st dose: 12 months, the 2nd dose may be administered before age 3 provided at least 3 months have elapsed since the first dose.
- HPV Vaccine – Females under 15 years: 2 dose schedule with 6 months interval between doses. Females 15 years and older: 3 dose Schedule: 0; 2 months and 6 months after first dose.

10 NUMBERS

TO LIVE BY

BY LAURA DURSTON



Just like financial health, physical health can be tracked using numbers. Take control of your health by paying attention to specific health indicators and the numbers that matter most. Here are 10 figures to keep you fit.

5.2

CHOLESTEROL LEVEL

As a general guide, healthy adults should have a total cholesterol level of below 200 milligrams per deciliter (mg/dL) or 5.2 millimoles per liter (mmol/L). LDL levels are near optimal at 100-129 mg/dL (2.6-3.3 mmol/L) if there is no heart disease, and an HDL level above 60 mg/dL (1.5 mmol/L) is best.

6

GRAMS OF SALT

Dietary guidelines recommend that the general population consume no more than 2,300 milligrams of sodium, or around 6 grams (about a teaspoon) of table salt a day, however keeping it below 3 grams may be better. About 75 percent of the salt we eat is already added to the food we buy and too much can increase blood pressure and risk of heart attack, kidney disease and stroke.

6.5

BLOOD GLUCOSE

There are various ways to diagnose diabetes. One test is the A1C test which measures your average blood glucose for the past 2 to 3 months. A result greater than or equal to 6.5 percent diagnoses diabetes. Prediabetes is shown with a result of 5.7-6.4 percent, and normal is less than 5.7 percent.

7

HOURS OF SLEEP

The American Academy of Sleep Medicine and Sleep Research Society recommend adults have seven or more hours of sleep per night in order to avoid health risks associated with chronic inadequate sleep including obesity, diabetes, cardiovascular disease, and even early mortality.

18.5-24.9

BODY MASS INDEX

BMI is an indicator of healthy weight and is based on weight and height, with 18.5 – 24.9 kg/m² being a healthy range. Note that BMI is not always a good reflection of body fatness, for example if you are extremely muscular, so speak to your doctor if you are looking to manage your weight.

20

GRAMS OF SATURATED FAT

Saturated fat intake should be kept to less than 10 percent of calories a day. For women that's about 20 grams of saturated fat and for men, 30g. A diet too high in saturated fats can increase LDL cholesterol and increase risk of heart disease and stroke.



30

GRAMS OF DIETARY FIBER

For adults, dietary fiber intake should be 30g a day, as part of a healthy balanced diet. Fiber is an essential nutrient for the normal functioning of the gut and can reduce risk of chronic diseases such as diabetes, cardiovascular disease, type 2 diabetes and bowel cancer.

120/80

BLOOD PRESSURE

Blood pressure below 120 mm HG Systolic and below 80 mm HG Diastolic is considered normal, and at this level we are at lower risk of heart disease or stroke. The American Heart Association updated blood pressure categories in 2017 so check your readings haven't moved categories.

150

BLOOD TRIGLYCERIDE

Blood triglyceride (a type of fat lipid) levels should be less than 150 mg/dL, or less than 1.7 mmol/L to be considered normal. Having a high level of triglycerides can increase your risk of heart disease.

150

MINUTES OF EXERCISE

150 minutes moderate-intensity activity, or 75 minutes vigorous-intensity aerobic activity per week is recommended for adults, preferably spread throughout the week. Moderate or high-intensity muscle-strengthening activities which involve all major muscle groups should also be incorporated on two or more days a week.



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HEALTH MONITORING APPS

BY DANIELLE NEESON

With smart phone technology being such an integral part of daily life, put your device to good use and start tracking your health with some nifty apps. Here is a list of our favorites and how they can help your health.



HEALTH2SYNC

Diabetes can be a debilitating disease which can be difficult to manage but this app offers a personalized care service, allowing you to record and keep track of your blood glucose data and daily activities. Connect with support networks like the in-app care team, and even get family and friends involved to serve as your glucose control partners. Health2Sync will also give you reminders and tips based on your records to assist you in making timely adjustments.

Compatible with iOS and Android



HEART HABIT

This app logs and tracks your blood pressure, stress, diet and sodium intake, exercise and medication to help monitor your blood pressure and heart health. By answering a few simple questions, or logging your actual blood pressure reading, the app uses a daily BP estimate and 10-year stroke risk estimates technology, so Heart Habit will tell you how your heart health is changing that day.

Receive real-time messages and reminders personalized for you, along with insights in line with the American Heart Association standards.

Compatible with iOS



INSTANT HEART RATE

This app allows you to measure your heart rate after periods of high or low intensity activity like exercise and sleep. The app is aimed at those wanting to generally monitor their heart rate or to improve and track their cardio fitness. It gives guidelines on heart rate training zones applicable to rest, fat burn, cardio and peak stages, helping you to optimize your workouts and reach your fitness goals.

To measure your heart rate, place your finger on the phone's camera to show resting heart rate.

Compatible with iOS and Android



SMOKE FREE

This app is a practical and useful tool for people trying to quit smoking. The four-week plan guides quitters through the initial stages of kicking the habit by measuring some day-to-day benefits, like how long you've been smoke-free, the money you've saved, the number of cigarettes you've not smoked and, most importantly, how your health is improving. You will receive motivating messages and earn badges for your progress, record your cravings and learn what triggers a craving, making your attempt to quit more likely to succeed.

Compatible with iOS and Android



MYFITNESSPAL

As one of the most popular apps available, My Fitness Pal is being used by millions of people to track their food intake. Whether you are trying to lose fat or gain muscle, My Fitness Pal will assign a recommended daily calorie intake, separated into protein, fat and carbohydrates, personalized for your body and goals. Scan your food products with the inbuilt barcode scanner or log food manually from the extensive database. The app will guide you to reach the optimum diet for your goals.

Track your progress, save regularly used recipes and track water intake and exercise in this easy to use and functional everyday app.

Compatible with iOS and Android



DRINK LESS

Created by a team of behavioral scientists at University College London, this app is an easy-to-use guide for those hoping to cut down their alcohol intake. Track how much you currently drink, set goals to reduce your alcohol intake and play games designed to strengthen your resolve and change your attitude towards alcohol. You can monitor the mental health benefits by completing a daily mood diary, so you can better understand the effects of your hangover and create plans for dealing with situations when you may be tempted to drink excessively.

Compatible with iOS and Android 

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LIFE-CHANGING DONATIONS

Giving the gift of life is easier than you think. Donating blood or signing up to a bone marrow registry will take only minutes of your time but has the potential to make a substantial, sometimes lifesaving, difference to the lives of others.

BLOOD DONATIONS

Donating blood is a simple process that does not consume a lot of time, yet the importance of it to others can be life changing. Cancer patients, sickle cell patients, surgical patients, accident victims, orthopedic and obstetric patients are just a few who benefit from donated blood.

The HSA Blood Bank at the Cayman Islands Hospital collects over 1,000 units of blood per year. In terms of gallons, that is over 125 gallons, and more is needed.

CRITERIA

There are some criteria for the public who wish to donate, which are in-line with international standards and not imposed only in the Cayman Islands.

Donors must be at least 18, or 17 with parental consent, weigh more than 110 lbs, and be fit and in good health. You will find out for sure if you are eligible to donate on the day after a mini physical exam and health history questionnaire and tests for hemoglobin and blood pressure, which aim to

protect both the donor and future recipients of the blood.

Certain medical conditions, and previous or present residence in health risk areas, such as malaria endemic areas, may exclude potential donors. Persons who visited or lived in the U.K. between Jan. 1, 1980 and Dec. 31, 1996 for a cumulative time of 3 months, or received a blood transfusion in the U.K. or France since Jan. 1, 1980 are excluded from donating blood because of the risk of transmitting variant Creutzfeldt-Jacob disease (vCJD) for which no test is available for detection. The same also applies to those who lived in or visited the rest of Europe from Jan. 1, 1980 to present and spent a total of five years or more there, including time spent in the U.K.

Routine tests are performed on the blood to ensure that it is safe for transfusion and won't transmit any infectious materials. These routine tests include ABO and Rh group, Red blood cells antibody detection, HIV, HTLV, Hepatitis B and C and syphilis.

ADVICE

The HSA recommends donors have regular meals and drink at least 16 oz of fluids 30 minutes before donation to help prevent fainting. After donation, the donor will be given some fluids to quickly replace the lost blood volume and be told to rest for about 15 minutes under

observation. The donor will also be advised to continuously drink fluids throughout the rest of day, forego any strenuous activities, such as jogging or weight lifting, not smoke or drink alcohol for a few hours after donating and not to lift heavy items using the affected arm.

BONE MARROW

Bone marrow and stem cell transplants are often necessary for leukemia and sickle cell anemia patients, as well as those with other blood disorders.

There are two methods of donating bone marrow and stem cells for these purposes. Donors either donate peripheral

HSA Blood Bank

The HSA Blood Bank is located on the second floor of the Cayman Islands Hospital, in front of the Paediatric ward. Opening hours are Monday to Friday, 7 a.m. to 6:30 p.m., and Saturday 9 a.m. to 5:30 p.m.

For more information call 244-2674 or visit www.bloodbank.ky. Appointments can also be scheduled online, which reduces possible waiting times.

blood stem cells by receiving a treatment to stimulate the production of these stem cells in their body. They are then harvested by a non-surgical procedure to draw blood from the donor's arm, and the blood is then passed through a machine to remove the specific white cells and return the rest of

the blood to the donor's body.

For bone marrow transplants, donors undergo a minor surgical procedure on their pelvic bone under anesthesia, where liquid marrow is removed with a needle. The marrow replenishes in 4-6 weeks.

The Cayman Islands Cancer Society is partnering with an international registry to recruit bone marrow and stem cell donors. Details are currently being organized with the plans to begin donor drives in 2019.

The diverse mix of ethnicities and genetic makeup in the Caribbean region makes it difficult for those in need of a donor to find a match. More people signing up to the registry will increase the chances of a match as matches are more likely in those who share the same ethnic background or ancestry.

Joining the registry involves filling in a registration form and having a cotton-tipped swab of cheek cells taken. The process takes 10 minutes and could change or save someone's life in our region in the future. People aged between 18 and 60 and in good health can register. The Cayman Islands Cancer Society covers the \$75 cost of registration although welcomes donors to cover the cost if they are financially able. The registration cost covers the kit, postage, lab work and addition of results to the worldwide registry.

In the event that donors are matched with an individual in need of a marrow, stem cell transplant or product therapy, more testing will be done and consent needed to proceed.

Community donor drives offer a place to find out more and to register, and companies,

Organ Donation Regulations

- **Tissue donation will only be done on a voluntary basis.**
- **Tissues or organs will be harvested from a deceased person only if a licensed medical practitioner is satisfied that the person gave consent to do so while they were still alive.**
- **Consent must be given to remove organs or tissue from a human body.**
- **The law prohibits someone from removing tissue or organs from those who cannot legally give consent.**
- **Only those 18 and older may register as organ donors. Children can donate regenerative body tissue, but only with parental consent.**
- **The legislation does not apply to fetal tissue, sperm or ova.**
- **The law makes illegal trading of human body parts a crime.**
- **The Human Tissue Transplant Council will review the process of tissue donation and transplants, including inspections of any animal tissue imported into Cayman that would be used during transplant surgery.**



churches, organizations or other groups will be able to arrange for drives to be set up at their facility.

While mass-collections and registrations are preferred, eager individual would-be donors can visit the Cayman Islands Cancer Society from 12 p.m. to 1 p.m. Monday to Friday to find out more.

For more information contact the Cayman Islands Cancer Society on 949-7618 or email info@cics.ky.

ORGAN DONATION

The Human Tissue Transplant Law has come into effect in the Cayman Islands.

The issue of human tissue transplants was first reviewed in 2005 by a government-appointed committee and came to the fore again when Dr. Devi Shetty proposed Health City Cayman Islands. The organ transplant


proposal was also brought up and approved in a private members' motion filed in the Legislative Assembly during 2010 by MLA Ellio Solomon.

The Human Transplant Law was then gazetted in 2013, seeking to regulate the donation of organs and human tissue for medical purposes in the Cayman Islands, and came into legal effect July 31, 2018 making it easier for tissues transplant procedures to be performed on-island.

In practice, tissue transplant surgeries have been performed in Cayman since 2013. However, tissues or organs could not be harvested here and sourcing them from overseas is a complex and time-consuming process. Often, patients find they must go overseas to either obtain the needed tissue or for the surgeries, or both.

Government appointed a Human Tissue Transplant Council, following a public comment period and approval by Cabinet of regulations to the law. The council members will create a register that not only allows organs and tissues donated to be kept in Cayman, but which would also allow the British Overseas Territory to become part of an international donation network for human tissue.

The council is chaired by local attorney Gina Berry, and also includes Dr. Diane Hislop-Chestnut, Reverend Nicholas Sykes, the Commissioner of Police or his designate and Robert Hamaty, a heart transplant recipient.

The full Human Transplant law can be viewed at <http://www.gov.ky/portal/pls/portal/docs/1/11525743.PDF> 

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Photo by Catherine MacGillivray



TRANSPLANT SURVIVOR IS ALL HEART

BY CATHERINE MACGILLIVRAY

When Robert Hamaty lay on the theater table awaiting a heart transplant in Jackson Memorial Hospital in 1996, he had no idea whether he would live or die.

But following a flu-like virus that he'd contracted while working as an airline captain for Cayman Airways, the 48-year-old's health had deteriorated to the point that there was no alternative treatment.

Now well-known as the boss of Tortuga, the company famed for its rum and rum cakes, Mr. Hamaty was in critical care at the Miami health facility for six weeks.

As a holder of a United States green card at that time, he was on the organ donor waiting list, hoping and praying for a new heart.

And then a 27-year-old pilot who'd had the foresight to give permission for his organs to be donated, was killed in a sky-diving accident. As an almost perfect match for the tissue, Mr. Hamaty received the transplant immediately.

"In his final hours, that young man gave me a lifetime," says Mr. Hamaty, who has since then been advocating for transplant laws and procedures to be allowed in the Cayman Islands and elsewhere in the Caribbean.

He is delighted that the Human Tissue Transplant Law recently came into effect in Cayman and is pleased that he has been appointed as a member of the council set up to oversee its implementation. The council, chaired by attorney Gina Berry, is also responsible for the creation of the donor registry.

"When you need an organ transplant, it's like being on death row," says Mr. Hamaty. "I am living proof that transplants are successful and I'm happy to be on the council to share my story."

When first diagnosed with a serious heart condition, Mr. Hamaty could hardly believe he would need a transplant within six years.

But almost to the day of the doctors' prediction, he found himself facing exactly that situation. There was no provision in the law, nor were there facilities, to have a transplant in the Cayman Islands in those days.

In fact, in the intervening decades, many people in the territory

Heart transplant recipient Robert Hamaty with a framed poem of appreciation from the family of the man whose organ he received.



Health City Cayman Islands

Registration

Anybody over the age of 18 can register as an organ or tissue donor. Children younger than this age can donate regenerative tissue, such as bone marrow, with parental consent. Organs commonly donated include kidney, liver, heart, pancreas and lungs. Further information can be found on the Ministry of Health website ministryofhealth.gov.ky.

“...very soon Caymanians will no longer have to go overseas for a transplant...”

have been in the same situation, traveling overseas in the hope of an organ or tissue to extend their years.

With the support of his family, who gave him much-needed emotional encouragement throughout his convalescence, Mr. Hamaty built a new life after the transplant.

“I could no longer work as a pilot, so I had to learn how to be a businessman; it was like going back to school,” he recalls.

Tortuga rum cakes are made from a secret family recipe that passed down through the generations of his wife Carlene’s family. From small-scale production, Mr. Hamaty grew the company into the international enterprise it is today, employing around 120 people in the Cayman Islands. The company also created jobs in Jamaica, Barbados and

the Bahamas, while exporting goods all over the world.

“So many people have benefitted from my transplant, not just me,” he says. “As well as the success of Tortuga, I have lived to see my five grandchildren and I am fortunate to have all my family around me here in Cayman.”

Following his surgery, Mr. Hamaty canvassed the government, urging them to introduce a law to allow organ donations and transplants to take place locally. The proposed legislation then came into the public spotlight when Health City Cayman Islands, the medical facility in East End run by Dr. Devi Shetty, was in the planning stages.


Legislator Ellio Solomon proposed the law, which was passed in 2013.

However, the law did not come into effect until 2018, under the tenure of Health

Minister Dwayne Seymour, once all the necessary regularity work had been completed.

“It’s been long-time coming, but I am just glad that we have reached this stage now,” says Mr. Hamaty. “I extend my gratitude to all who have helped bring in the law. It will have a profound impact for the people of the Cayman Islands and those (from here) who are on a donor list in the U.S.A. The law is there, so very soon Caymanians will no longer have to go overseas for a transplant as plans are already in place for Cayman to become a transplant center.”

Now that the law is in place in the Cayman Islands, Mr. Hamaty intends to lobby Jamaica, the country of his birth, to follow suit.

“If a tiny little place like Cayman can do it, then there is no reason it can’t be done there, too,” he says. 

Infinite MINDCARE

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MEN'S HEALTH

BY LAURA DURSTON

Busy lives, work schedules, social events and often a laissez-faire attitude can lead to people forgoing preventative healthcare initiatives such as regular doctor's appointments and health screening events.

It turns out that men are more at risk of skipping these important appointments than their female counterparts.

Dr. Darley Solomon of CTMH Doctors Hospital estimates that women are 33 percent more likely to visit the doctor. This is a cause for concern as men miss out on screening opportunities and medical advice until there is an obvious problem.

"A visit to the doctor may cost, but an ounce of prevention is worth a pound of cure," he says. "Your health is priceless and worth the investment."

As well as being more likely to attend regular doctor's visits, women generally begin visits earlier than their male counterparts, meaning issues are caught earlier on. Men may therefore not be aware of issues such as cholesterol, blood pressure and blood sugar levels until later in life.

"Men die at higher rates for the top 10 causes of death – heart disease, cancer, stroke, chronic

obstructive pulmonary disease, accidents, pneumonia and influenza, diabetes, suicide, kidney disease and chronic liver disease/cirrhosis," says Dr. Solomon, who believes part of the reason for this is this late intervention.

GET CHECKED

In general, men should immediately seek advice from a physician if they experience the following:

- chronic cough or coughing up blood
- having pain or seeing blood when urinating
- have abdominal pain
- a change in bowel habits
- passing blood with bowel movements

However, "many health issues may not present with symptoms until there are serious problems," says Dr. Solomon. "That is why it is important to have the guidance of a physician."

Regular screenings will increase the chance of catching cancers and other health issues when they are at an easily treatable level, or identifying risk factors and early warning signs.

"I would recommend that most consider

getting a general/family practice doctor that they feel comfortable talking to and establishing a general health baseline at about age 30, perhaps earlier if there is a history of family health problems,” advises Dr. Solomon.

When it comes to cancers specifically, the leading male cancers are lung cancer, prostate cancer and colon cancer. Being aware of the risk factors for these, as well as taking proactive measures to stay on top of your health, is also imperative.

“Ninety percent of lung cancer is caused by cigarette smoking, while prostate cancer risk is increased by advancing age, a high fat diet, a first degree relative i.e. father, son, brother with prostate cancer and Afro-Caribbean heritage,” explains Dr. Solomon.

“Factors that increase risk for colon cancer include obesity/inactivity/diabetes, high fat/ low fiber diets, family history of colon cancer/polyps, smoking and heavy alcohol usage of more than two drinks per day,” he says.

PUBLIC AWARENESS

Cayman is lucky to have organizations working hard to increase public awareness about male cancers and other health issues.

“The first step to solving a problem is recognizing there is one and these organizations like Movember, the Lions Club, the Cancer Society and the Breast Cancer Foundation do a great job of educating the community and stimulating conversation around these health issues,” says Dr. Solomon, who regularly speaks at cancer events linked to these organizations. +

Prostate Cancer: A Personal Experience

Prostate cancer is one of the most common cancers in men, with one in nine being diagnosed during his lifetime.

Regionally speaking, a recent study by the Caribbean Public Health Agency and the U.S. Centers for Disease Control and Prevention found that the rates of death from cervical, breast, prostate, and colon cancer are 2 – 9 times higher in the Caribbean than in the United States and that prostate cancer accounted for 18 percent – 47 percent of cancer deaths.

One man who puts a face to the disease in the Cayman Islands is Milton Williams who was diagnosed in February 2017 when he was 45 years old.

“I went for a routine prostate check in Jamaica,” he explains. “The doctor found a lump and sent me for an ultrasound where they saw something they didn’t like.”

Upon return to Cayman, Milton underwent a biopsy with Dr. Mohanty and within weeks was diagnosed with early stage prostate cancer and started treatment.

Symptoms of prostate cancer may include blood in your urine, erectile dysfunction, back, hip or chest pain, frequent urination and/or swelling or weakness of the legs. However, in many people there may be no, or few, symptoms in its early stages, and this was true for Milton.

“In hindsight my urine wasn’t flowing as freely as when I was younger,” he says. “But I had had previous problems with kidney stones so assumed it was something to do with that.”

Treatment began with Zoladex injections and



Milton Williams

Androcur tablets which brought the levels of prostate-specific antigen (PSA), a protein created by the prostate and of which elevated levels can signal prostate cancer, to a lower level.

“The next options were to remove the prostate, which my doctor did not advise due to my age, or to begin radiation,” explains Milton, who chose the later and began 40 doses over eight weeks in Jamaica. His treatment finished in November 2017.

After nearly a year of thinking he was in remission, the PSA numbers have started to increase again so Milton is back on injections and tablets but is 100 percent confident he will overcome the illness or live peacefully with it.

Aside from continuing to fight the cancer, Milton’s life has changed since his diagnosis. His religious beliefs have deepened, and he is also now more conscious of what he consumes.

Milton says he feels no pain, and nothing out of the ordinary, which proves that you cannot always rely on symptoms to warn you of illness. Preventative health screenings are essential in allowing people to stay on top of their health and catch any issues early on.

“I’d advise men to go for checks as early as possible and follow all your doctor’s instructions,” he says. “This is something that can be taken care of with treatment in many cases, if caught early.” +



SKIN CANCER:

PROTECTION AND EARLY DETECTION ARE KEY

BY LAURA DURSTON

Skin cancer is the most common form of cancer in the United States, with approximately 9,500 people diagnosed per day, and melanoma rates having doubled between 1982 and 2011.

Melanoma is the deadliest form of skin cancer.

Exposure to UV light is the most preventable risk factor for all skin cancers, and if you spend a lot of time in the sun, either for work or pleasure, your risk of getting skin cancer is already high. Risks increase if you have fair skin and hair, blue or green eyes, freckles or regularly use artificial sun beds and UV lamps.

Prevention is essential to avoid this potentially fatal form of cancer, while early detection greatly improves prognosis and treatment outcomes.

PREVENTION

The most effective way of protecting your skin from the sun is to cover it with clothing and sunscreen. The sun is usually strongest between 11 a.m. and 3 p.m. so it's best to avoid direct sunlight during these hours.

If you can't, apply a water-

resistant sunscreen with a high UVA rating and an SPF of at least 30 every two hours (more frequently if you are swimming or exercising), and never use a sunscreen that has gone beyond its expiry date. Protect your eyes and scalp with sunglasses and a wide-brimmed hat.

SELF-EXAMINATION

The American Academy of Dermatology and The Skin Cancer Foundation encourage everyone to perform regular skin self-exams to check for signs of skin cancer as about half of melanomas are self-detected.

"Ideally you should examine your skin once a month," says adult and pediatric dermatologist Dr. Alison Duncan of TrinCay Medical Services Ltd. "Look everywhere for a new or changing mole and slowly growing patches or lumps which do not heal."

Using a bright light, full length mirror, hand mirror, two chairs, and a hair dryer where necessary, examine every part of your body for lesions and make a note of them on a body map.

Examine your entire body

— front and back — using a full-length mirror. Then, look at your right and left sides with your arms raised.

Bend your elbows and look carefully at your forearms, underarms and palms.

Look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet. Check your fingernails and toenails, with nail polish.

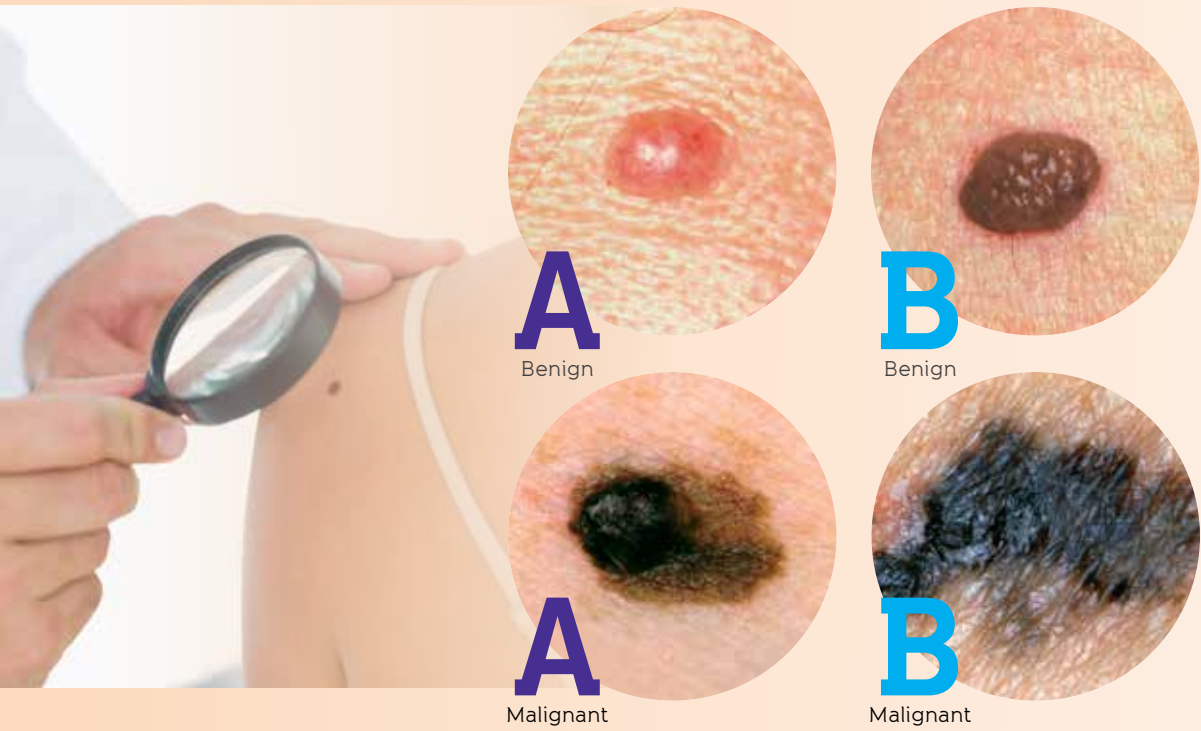
Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look.

Finally, check your back and buttocks with a hand mirror. Consider asking a partner to help, as another set of eyes can be helpful for checking the back and other hard-to-see areas.

ABCDEs

Two specific strategies have been developed for early recognition of melanoma: the ABCDEs and the Ugly Duckling sign (recognizing a mole that stands out at first glance).

If you see one or more of the ABCDE signs of melanoma, make an appointment with a physician immediately.



A – ASYMMETRY

This benign mole is not asymmetrical. If you draw a line through the middle, the two sides will match, meaning it is symmetrical. If you draw a line through the malignant mole, the two halves will not match, meaning it is asymmetrical, a warning sign for melanoma.

B – BORDER

A benign mole has smooth, even borders, unlike melanomas. The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.

C – COLOR

Most benign moles are all one color — often a single shade of brown. Having a variety of colors is another warning signal. A number of different shades of brown, tan or black

could appear. A melanoma may also become red, white or blue.

D – DIAMETER

Benign moles usually have a smaller diameter than malignant ones. Melanomas usually are larger in diameter than the eraser on your pencil tip ($\frac{1}{4}$ inch or 6mm), but they may sometimes be smaller when first detected.

E – EVOLVING

Common, benign moles look the same over time. Be on the alert when a mole starts to evolve or change in any way. When a mole is evolving, see a doctor. Any change — in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting — points to danger.

MOLE MAPPING

Mole mapping is another

term for photographic skin surveillance. It is an advanced method for monitoring moles, which is painless and noninvasive.

“This involves whole body clinical examination and dermoscopy, total body photographs and close up dermoscopic photographs of moles and skin lesions,” explains Dr. Duncan. “These images are then used to detect new lesions or changing lesions to aid in the monitoring and early detection of skin cancer.”

The method is useful for anyone who has multiple moles or a history of abnormal moles; moles which are difficult to self-monitor such as those on the back; a previous history of melanoma; fair skin that has been severely or repeatedly sunburned; or a changing or enlarging mole.



Benign



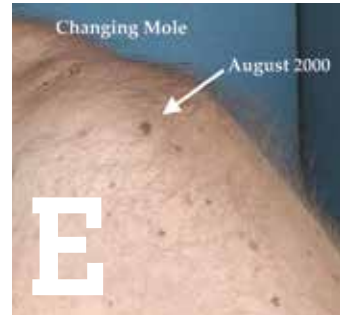
Benign



Malignant



Malignant

Skin Images:
The Skin Cancer Foundation

If something untoward is shown by mole mapping, there are a few possible next steps.

“Overtly abnormal moles will be removed in a timely fashion for assessment under the microscope for melanoma at the first review,” says Dr. Duncan, who also notes that photographic surveillance can be used to monitor moles at three-month, six-month or yearly interval for change.

“If a change is noted to the size, structure or the color of the mole then it is suspicious for melanoma,” she continues. “The mole can then be excised (cut out) using local anesthetic and assessed at a microscopic level for cells which are indicative of melanoma.”

Not all dermatologists offer mole mapping so check with your healthcare provider for their full remit of services. +

Source: The Skin Cancer Foundation. For more information, visit www.SkinCancer.org

Cayman Dermatologists

- **Dr. Else Christoffersen**
Cayman Doctors Ltd., West Shore Center
943-6363
- **Dr. Andrea Clare-Lyn Shue**
Health Services Authority, C.I. Hospital
949-8600
- **Dr. Rebeca De Miguel**
Celimar Central Clinic, Governors Square
925-2512
- **Dr. Alison Duncan**
Trincay Medical Services Ltd, Camana Bay
943-4633
- **Dr. Julia Kirschke**
NovoClinic, Eastern Avenue
746-6082
- **Dr. Wayne Porter**
Dr. Wayne Porter's Practice, Crewe Rd.
946-9020





A GUIDE TO GOOD GUT HEALTH

BY LISA BOUSHY

The expression “listen to your gut” may have more truth than you know. Your gut is infinitely complex and vitally important for your overall health.

As the body’s largest endocrine organ, the gut digests your food to extract and absorb energy and nutrients before it expels the remaining waste. Commonly referred to as the gastrointestinal or GI tract, the gut is also considered the “second brain” due to a mesh-like network of neurons that line the entire digestive tract. When you feel nervous butterflies or have a pit in your stomach, these are psychological stress responses; and up to 90 percent of the cells involved in these responses carry information to the brain.

The gut has been a topic of increasing research within the medical and health communities in the last two decades. Many studies have found links between gut health and the immune system, mood, mental health, skin conditions, autoimmune diseases, endocrine disorders, and even cancer.

GOOD VS BAD BACTERIA

Your body contains more than 100 trillion microorganisms including bacteria, viruses and fungi (and about 300 to 500 different species of bacteria lie in the digestive tract). Collectively they are known as the microbiome and while some microorganisms are associated with disease and poor health, many are beneficial and even necessary to a healthy body.

According to Cayman-based holistic nutrition educator Andrea Hill, not all bacteria are inherently bad or good. “Issues in health



arise when ‘bad’ bacteria become out of balance and multiply, due to poor diet, environmental toxins, stress, and prolonged antibiotic use, to name a few. This puts the body in a state of disharmony or dysbiosis,” she says, adding that “good” bacteria helps the body break down food and absorb nutrients and protect the body from diseases by crowding out harmful microorganisms.

“Healthy gut bacteria help the body produce nutrients vital to well-being such as essential amino acids, feel-good brain chemicals like serotonin, and vitamins K and B12. The ideal healthy-gut scenario is to strike a fine balance between both the ‘good’ and the ‘bad’ guys,” Andrea says.

“Healthy gut bacteria help the body produce nutrients vital to well-being such as essential amino acids, feel-good brain chemicals like serotonin, and vitamins K and B12.”

— Andrea Hill, holistic nutrition educator

AVOID TRIGGERS

There are common signs to look for when your gut is out of balance, including abdominal pain, discomfort and bloating; bowel irregularities such as constipation and diarrhea; and indigestion including acid reflux and heartburn. Andrea says many factors can also cause damage to your gut, such as stress, antibiotics, genetically modified foods (GMOs), a highly processed/sugar-filled diet, and weakened immune systems.

“Many studies show that stressful life events are associated with the onset or worsening of symptoms in several digestive conditions, including irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), gastroesophageal reflux disease (GERD), and even peptic ulcer disease,” she says, noting that if unrelenting stress is not dealt with it can compromise efficient digestion.

While antibiotics are sometimes necessary, taking



them can kill good bacteria in the gut leaving us more susceptible to pathogens and yeast.

“Keep in mind that this also includes antibiotics in meat and dairy products, as animals are often treated with antibiotics and hormones,” says Andrea.

Genetically modified foods (GMOs) can change the gut microbiome and because their long-term effects aren't known, Andrea often advises people to try and avoid them. And highly processed diets filled with sugar and refined carbs can encourage *Candida* and fungal overgrowth.

Lastly, depending on exposure to toxins and the general health of the immune system, individuals can start to develop food sensitivities and allergy symptoms, bloating and gas, brain fog and malabsorption of nutrients.

“Autoimmune conditions like rheumatoid arthritis, adrenal fatigue, Hashimoto’s, and hypothyroidism are also more likely when gut health is less than optimal,” says Andrea.

OPTIMAL GUT HEALTH

To build a healthier gut microbiome, nutritionist Andrea Hill suggests the following:

- Avoid foods that irritate the gut, like dairy, eggs, soy, and gluten;
- Reduce sugar intake as it's inflammatory and kills good gut bacteria, suppresses immunity, and compromises vitamin and mineral absorption;
- Eat a diverse range of foods, including fiber-rich, fermented and prebiotic foods, like legumes, fruits, beans, yogurt, raw sauerkraut, kimchi, kefir, asparagus, oats, onions, artichokes, bananas and apples.

For her own clients, Andrea addresses poor gut health by implementing elimination diets. While the results are different for everyone, she says

that people start to feel much better within a few short days, and studies suggest that you can heal a not-so-perfect gut in as little as two weeks or as long 12 weeks if you're healthy and don't have any chronic conditions like autoimmunity or food sensitivities.

“Unfortunately, most people trying to heal their guts also tend to have other health issues, so the process of turning things around might take a little longer,” says Andrea.

If you want to begin building a healthier gut microbiome on your own, start by making better food choices and managing stress levels as listed above.

“Deep breathing, meditation, yoga — even taking a walk in nature with your dog — can all have positive impact on health,” says Andrea. “If it seems impossible to fit any of these into your lifestyle, then you probably need it more than ever. Schedule them into your busy calendar if you need to so that you can follow through regularly.” ➕

THE 20-MINUTE HOME WORKOUT

Can't get to the gym? Here's a High Intensity Interval Training (HIIT) routine that can be easily practiced at home – no special equipment or gear needed. Just push back the sofa, pull on your trainers and prepare to sweat.

Structure: Three sets of 10 different exercises with 30 seconds of work and 15 seconds of rest in between each exercise. Use the rest periods to rotate and position yourself for the next exercise. Take two minutes of rest in between each set.

1

WALKOUTS

Stand with your feet hip-width apart. Place your hands on the floor just in front of your feet. Shift weight onto your hands and begin to walk them forward. Walk out until hands are beneath your head (like a push-up position). Walk hands back to starting position.



2

LUNGE SPLIT JUMPS

Assume a lunge stance – right foot forward with the knee bent, left knee nearly touching the ground. Extending through both legs, jump as high as possible, swinging your arms to help. Bring your feet together in mid-air and land with the left foot forward, right knee bent. Continue to alternate.



3

PUSH-UPS INTO ROTATION

Begin in the classic push-up position. As you push upwards, rotate your body so all your weight is on your right arm and foot, while your left arm points directly upwards (so your arms and torso form a T shape). Lower yourself back to starting position. Repeat on the left-hand side and continue to alternate.



4

HIGH KNEES

Stand with feet hip-distance apart. Place your hands palms down facing the floor, hovering around waist-height. Jump from one foot to the other, driving the knee to your hands each time.



5

PLANK HOLD

Place forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at shoulder-width distance (clasp your hands together if desired). Hold position.



6

GOOD MORNINGS

Stand with your feet hip-width apart and place your hands at the back of your head with your elbows open. Pull your abs towards your spine and keep your back neutral while hinging at the hips and pushing glutes backwards, until your back is almost parallel to the floor. Keep a slight bend in your knees as you bend forward. Return to standing.



7

SQUATS

Lower your body as far as you can by pushing your hips back and bending your knees. Squeeze your glutes as you return to the starting position.



8

GLUTE BRIDGES

Lie face up on the floor, with your knees bent and feet flat on the ground. Lift hips off the ground until your knees, hips and shoulders form a straight line. Squeeze glutes and keep your abs drawn in as you hold for a couple of seconds. Lower your back to touch the floor.



9

BURPEES

From a standing position, drop into a squat with your hands on the ground just in front of your feet. Kick your feet back behind you, to a raised plank position (you can add a press-up here for an extra challenge). Jump your feet back towards your hands and then leap up to stand with your arms raised high.



10

STEP-UPS

Step on with your right foot onto a sturdy chair, ledge or bench. Straighten your right knee to stand on the bench while lifting your left leg so the hip and knee are at 90 degrees. Step slowly back down with your left foot on to the floor, keeping hips level and spine upright. Step your right foot down to start position. Repeat three times.

**What is HIIT?**

High-intensity interval training alternates brief, high-intensity bursts of cardio exercises such as burpees and jumping jacks with short rest periods. In fact, it is proven to be one of the most efficient types of cardio training, burning fat up to six times more efficiently than steady activities such as running, according to research by the University of New South Wales, Sydney.

“Benefits include building strong lean muscle mass, boosting metabolism, and burning calories long after each workout,” says Mike Wilson, personal trainer with The Performance Lab.

The best news is that you do not have to train for long time to get results. But to have the desired effect, you need to give each move maximum effort: think nine on a 1 to 10 scale.



Workout created by
personal trainer
Mike Wilson of
The Performance Lab,
527-1740





HELPFUL RESOURCES FOR IN-HOME CARE

In-home care is a good alternative for individuals who would otherwise have to stay in hospital for a long period of time or have to be placed in a care home.

But continuing medical care at home often requires the assistance of home healthcare services offered by private clinics, private agencies, hospitals and governmental departments. It can also involve the hire or purchase of medical equipment; and often some form of home care or domestic support.

Studies have shown that patients recovering from illness, injury or surgical procedures heal more quickly and more successfully when recuperating in the comfort and privacy of their own home rather than a medical facility.

In Cayman, there are various options available, some outlined below, but it is always best to check with your doctor for options applicable to you.

PRACTITIONERS' VISITS

The ability of private doctors to visit patients at home varies by the clinic and, if patients desire these services, they should check with their practitioners to see whether this is possible.

The General Practice Clinic of the Health Services Authority (HSA) offers at-home public health nurse check-ins and physician visits to patients in medical need such as the elderly, physically disabled and those unable to access transport. In some cases, HSA medical staff can assist with helping to arrange for home medical care through private agencies or individuals.

Individuals also have access to private agencies which source or provide home nursing care, such as Caring Hands Cayman. Companies like this, or the nurses they source, can provide pain management and medication administration and some offer medical transport accompaniment as well as other services.



MEDICAL EQUIPMENT

For patients with certain medical conditions or illnesses, returning home to continue their healthcare is not always simply a matter of a change of location. They may still be in need of equipment that they would traditionally find in a hospital or clinic setting. Hospital beds, oxygen supplies, wheelchairs and other home convalescence aids can all make staying at home a possibility.

There are companies and organizations on-island which bridge this gap between hospital and at-home care and provide rental or sale of medical equipment.

Pharmacies such as Cayman Pharmacy Group, Valu-Med Pharmacy, Cayman Medical Supplies and Health Care Pharmacy sell or rent home medical aids, and the Cayman Islands Cancer Society also has a hospital equipment rental program for cancer patients receiving home care.

PHYSIOTHERAPY AND REHABILITATION

Those recovering from surgery or suffering from certain health conditions and looking to improve mobility who are unable to visit hospitals or medical clinics, can receive physiotherapy and rehabilitation in their own homes.

The HSA's physiotherapy department offers home therapy and occupational therapy to those who qualify, and companies such as Cayman Physiotherapy, Cayman Rehab Services and A Step Ahead Physiotherapy also offer at-home physiotherapy visits to those unable to get to their clinics.

DAY CARE

While not strictly home healthcare, some organizations offer day breaks for those receiving home care.

The Pines Retirement Home has services which help

seniors with the transition from hospital to home or allow for short day-residential care. Its Day Care Programme, for those who live at home under their own or family care, supplies daytime support and care alongside social interaction at The Pines. Its Respite Care Programme allows short-term stays for individuals up to two weeks, allowing caregivers a break, or allowing for an easier return to independent living for those recently discharged from hospital.

HOME CARE VISITS

Although home healthcare refers to care of a medical designation, home care refers to help with childcare, companionship and light household duties. Home healthcare covered by insurance is not intended to be a domestic service of this type.

Some home healthcare agencies also offer aspects of home care such as light domestic duties and running errands, but there are also agencies dedicated to supplying non-medical support, such as janitorial and childcare agencies and individuals, which could alleviate domestic pressures for patients and carers.

CARING HANDS CAYMAN

Caring Hands Cayman provides in-home nursing services, allowing individuals with health issues to be cared for in the comfort and convenience of their own home.

It provides such medical services as medication management, wound care and blood work, and designs healthcare management plans for individuals with chronic conditions. Short-term, long-term and live-in assistance is available.

Caring Hands conducts a full assessment for each client, involving the patient's medical team and loved ones, and assesses the home environment. Care plans are drawn up using best practices to deliver high-quality healthcare that promotes best outcomes.

Caregivers check in with patients regularly to ensure the plan is working and is being followed through.

These health checks, such as monitoring vital signs, can prevent individuals from being re-hospitalized. Home assessments ensure safety measures can be put in place to prevent injuries, including falls.

JASMINE

Jasmine, formerly known as Cayman HospiceCare, provides free, end-of-life care for those living with cancer or other end-stage diseases. Specialty

nursing care is provided through home visits, or in a location of the patient's choice. The non-profit group averages 4,000 home visits per year.

Jasmine runs several volunteer programs, including a clinical program where volunteers assist patients, guided by their needs. That could include companionship, transportation and running errands.

MEALS ON WHEELS

Meals on Wheels provides free, hot, nutritious meals to seniors, the home-bound and the disabled. The service supplies them with the assistance needed to retain their independence and self-worth while providing daily social contact.

INSURANCE

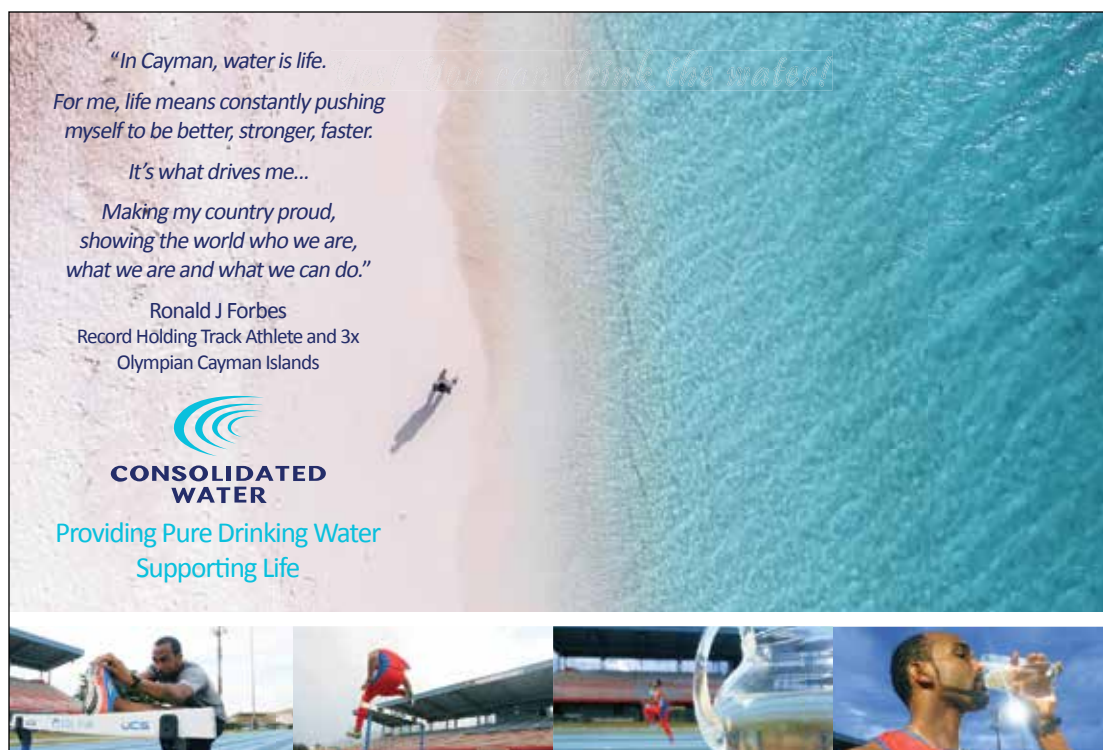
For insurance purposes, patients and their families should check with their insurance provider

as to what extent of home healthcare and what categories of medical professionals are covered on their plans.

Basic Standard Health Insurance Contract (SHIC) plans do not cover home healthcare. However, comprehensive plans tend to be more far-reaching, covering a certain number of home visits per annum based on medical necessity and prescription by the attending doctor.

Some plans also include visits by registered nurses for the purposes of medical procedures such as dressing-changes and IV administration, or there may be a separate benefit for nursing visits.

It is always best to contact your insurance provider for information to check if a service is covered, how to qualify for such cover, and all other relevant details. +



*"In Cayman, water is life.
For me, life means constantly pushing myself to be better, stronger, faster.
It's what drives me...
Making my country proud,
showing the world who we are,
what we are and what we can do."*

Ronald J Forbes
Record Holding Track Athlete and 3x
Olympian Cayman Islands

CONSOLIDATED WATER

Providing Pure Drinking Water
Supporting Life

DIRECTORY OF HEALTH CHARITIES

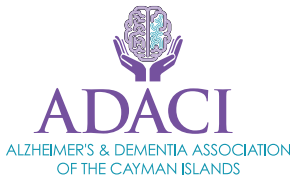
In Cayman, there are numerous non-profit groups that promote health and wellness. They provide valuable programs and support for those dealing with medical issues and illness and raise public awareness about various health matters. Prevention is the focus of many groups, which stage educational events to inform the public on various health-related issues.



The Cayman AIDS Foundation is a community-run organization that helps educate the public about HIV, AIDS and sexually transmitted infections, assists in the prevention of them, and helps those who are already affected. Through donations and fundraising, CAF provides free testing and care for those who suffer from these conditions.

The AIDS Foundation holds many fundraising events throughout the year, including its annual Tea Party, Run2Zero 5K and 10K, and an art competition. It relies on volunteers to help organize these events and assist in presenting educational talks about HIV, AIDS and STIs to people around the Cayman Islands.

W: www.caf.ky
T: (345) 946-3029
E: info@caf.ky



The Alzheimer's and Dementia Association of the Cayman Islands was formed in April 2012 to raise awareness about the various forms of dementia, with a focus on Alzheimer's. The non-profit group provides a source of support for people with dementia, their caregivers and family members. It also works to diminish the stigma surrounding the disease and educate caregivers on how to interact and care for people with dementia.

A support group for those caring for a person with Alzheimer's, or any form of dementia, meets monthly.

ADACI is funded through donations and fund-raising activities. It is managed by volunteers and includes a medical advisory committee.

W: www.adacayman.com
T: (345) 924-4170
E: info@adacayman.com



The Breast Cancer Foundation was formed in 2009 to offer financial support to local charities that provide treatment for, and education on, breast cancer. As well as supporting work in the awareness, treatment and prevention of the disease, the foundation also helps provide vital training and medical equipment which directly benefits breast cancer sufferers.

The Breast Cancer Foundation also has a wellness program which aids in supporting patients through complimentary services such as counseling, massage treatments and exercise classes. The organization is able to provide these services through donations and money raised from its annual fundraising events. They host one of the biggest events of the gala season every October and



a Light Up the Night full moon walk each spring, as well as regularly promoting awareness of breast cancer through educational sessions at organizations around Cayman.

W: breastcancerfoundation.ky
T: (345) 949-3542
E: info@breastcancerfoundation.ky



Founded in 1995, the Cayman Islands Cancer Society is one of the country's oldest charities. It was set up to provide support to cancer patients and their families, promote awareness of cancer and educate people about the risks through presentations at public venues and health fairs. The cancer society also run an

early detection program which lets those with insufficient or no health insurance have access to vouchers for preliminary health screenings.

The Cancer Society relies entirely on donations to fund its work, adding to its coffers through various fundraising activities. These events include the annual Stride Against Cancer walk, a Cancer Society Luncheon, Pilates in Pink and various charity car boot sales.

W: www.cics.ky
T: (345) 949-7618
E: info@cics.ky



The Cayman Islands Crisis Centre provides a safe haven for

victims of domestic violence. Established in 2003, the non-profit group provides shelter, counseling, education, advocacy and community resources for victims of abuse. It also has a 24-hour crisis line and talk line.

W: www.cicc.ky
T: (345) 949-0366
E: info@cicc.ky



Have a Heart Cayman Islands assists in providing free surgery to children suffering from heart conditions who may not otherwise have access to treatment for economic or logistical reasons. The charity is associated with Health City Cayman Islands in East End and helps facilitate and cover the costs of the procedures as



Volunteers Robert Cialon, Julette Clemmings, Peter Hughes (First Aid Program Manager), and Marcia Kelly.

well as fund travel expenses, accommodation and any aftercare.

Through partnerships with both Caymanian and international agencies and individuals, Have a Heart is able to manage the logistics of providing surgery for children and allow a guardian to accompany them on their life-changing journey. All money donated and raised goes towards helping patients, with not a cent paying for overheads or administrative costs.

W: haveaheartcayman.com
T: (345) 526-2185
E: info@haveaheartcayman.com



The Cayman Heart Fund was founded in 2007 by Suzy Soto, a well-known hotelier and restaurant owner who suffers from a heart condition herself. The organization's main goal is to educate the public about the risks of heart disease, which is the most common health problem in the Cayman Islands. So far, it has helped provide easier access to life-saving equipment, raised money for a new ambulance

and campaigned to reduce the number of cardiovascular cases by increasing awareness of heart disease and influencing the public to practice healthier lifestyles.

The Cayman Heart Fund organizes many events throughout the year to raise money and awareness for its causes, including Wear Red for Heart Month and an annual medical symposium.

W: caymanheartfund.com
T: (345) 916-6324
E: info@caymanheartfund.com



Baby Grayson Reneau, pictured with his mother Jamie Lord, had a rare heart defect fixed thanks to Have a Heart Cayman Islands.



Jasmine, formerly known as Cayman HospiceCare, is the nation's leading source of end-of-life care for those living with cancer or other terminal illnesses. As well as providing comfortable and dignified free care, it offers support to families affected by a recent loss. Jasmine relies on donations, with events such as its annual CHC Bash, Burns Supper and Flag Day helping to raise money and awareness. Additionally, Jasmine takes part in and has hosted the Caribbean Palliative Care and Hospice Conference.

Jasmine runs several volunteer programs, including a clinical program which allows volunteers to assist patients with transportation and running errands as well as provide

companionship to those without family of their own. It also has a bereavement program and a range of free holistic services for patients, including yoga, therapy and counseling. The new building, which includes residential space for patients and their families, was due to open in January 2019.

W: jasmine.ky
T: (345) 945-7447
E: info@caymanhospicecare.ky



The Multiple Sclerosis Foundation was set up in 2016 by Alyssa Christian who was diagnosed with MS herself the year before. She established the charity to help raise awareness of the condition in the Cayman Islands, provide a supportive environment for those with MS, and to offer financial assistance to those

who need treatment. They also help friends and close family members of MS patients learn more about the condition and how to care for someone who has it.

The MS Foundation holds an annual fundraising gala, Pretty on the Outside.

W: facebook.com/msfcayman
T: (345) 323-0656
E: msfcayman@gmail.com



The Cayman Islands Red Cross is a humanitarian relief organization which is part of a wider global operation that has been around for more than 50 years. It primarily helps provide disaster management and aid during times of crisis in both Cayman and around the world. They also fund first aid and aquatics training for members of the public, and campaign to increase awareness and prevention of HIV and AIDS as well as child sexual abuse.

In addition to monetary and physical donations, the organization also holds fundraising events such as its annual Red Cross Dinner Dance, Golf Tournament and Wind of Hope 5K Run. The group runs a thrift shop in George Town, and regularly sells donated clothing, books and other items at low prices around the island using its Deals on Wheels van.

W: redcross.org.ky
T: (345) 949-6785
E: vrm@redcross.org.ky +



HOSPICE OPENS AS JASMINE

BY CATHERINE MACGILLIVRAY

The Cayman Islands hospice, now known as Jasmine, is celebrating the move into a purpose-built facility following a huge community fundraising effort spanning several years.

At 6,000-square-feet, the new building behind Coconut Joe's on West Bay Road allows the not-for-profit organization to expand its services, free of charge, to anyone living locally with debilitating long-term or end-stage illnesses.

The dedicated four-bed facility can now offer more health services and accommodate respite and end-of life-care patients for longer than two weeks as has been the case previously.

There are plans to increase lunch clubs from once a month to every two weeks or more, giving patients, family members and bereaved persons the chance to socialize.

Jasmine Chairman Chris Duggan and Director of Operations Felicia McLean. Photo: Stephen Clarke





The Jasmine Team

Volunteers are also poised to host free events such as chair stretch classes, art classes, yoga classes and games mornings for chronically ill patients and their families.

“This gives us the opportunity to make an even bigger difference in many people’s lives in our community living with chronic debilitating/life-limiting diseases,” says Felicia McLean, Jasmine’s director of operations and nursing.

The opening of Jasmine comes as the culmination of people from all walks of life co-operating to finance and build the facility.

Pivotal to the project’s success was the Herculean efforts of marathon runner Derek Haines, who raised a million dollars for the cause after a succession of charity runs.

Dart gifted the land and architect John Doak provided the design of the building at no cost. Additionally, scores

of other individuals and businesses in the community have donated cash and services or given other in-kind help.

“This is a facility built by the community, for the community, and our doors are always open to provide care and support, free of charge, for anyone in our community who may benefit from the services we provide,” says Jasmine’s Chairman, Chris Duggan.

“It has long been the dream of our organization to have a dedicated inpatient facility and to finally see this dream become a reality is fantastic.

“This is an historic time for our organization but also for the community as it marks the first time that the Cayman Islands has had a dedicated inpatient hospice and palliative care center.”

He added that the hospice staff and board were extremely grateful and humbled by the outpouring of support from the community.

“I would like to thank each and every member of the community who has in any way contributed to this project, be it financially or otherwise; we couldn’t have done it without this support,” he says.

In line with the opening of the building, the original name of Cayman HospiceCare has changed to Jasmine to raise the charity’s profile and better reflect the services offered.

“Jasmine was chosen for its positive associations with restful well-being,” says Chris. “Life-enhancing jasmine, with its fragrance and beauty, has been grown in Cayman gardens for generations. Each petal in our logo motif represents our five core values: dignity, compassion, support, community and quality of life.” ➕

For further information on Jasmine’s services, or to help support the charity, visit www.jasmine.ky or telephone 945-7447.

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Dr. Ofer Sagiv, MD F.A.C.C. R.P.V.I

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📍 **Dr. Virginia Hobday MBE** has been Cayman Clinic's Medical Director since 2001. She is medical director of Jasmine (formerly Hospice Care) and the CI Breast Cancer Society, as well as former president of the CI Medical and Dental Society, former VP of the Medical and Dental Council and longstanding member of the CI Ethics Committee

📍 **Dr. Heidi Fahy** has over 30 years of experience as a family practitioner in the UK, with special interest in mental health, women and children's health, family planning and minor surgeries. With certification in Family Planning, she is very experienced in IUD fittings and sub-dermal contraceptive devices. Dr Fahy has also been heavily involved in training new GP's and medical students in the UK.

📍 **Dr. Melissa Mascaro** is an American Board Certified Sports Medicine physician and Cayman Clinic's non-operative orthopedic specialist. She works with US athletes at the Olympic and professional levels. As a former NCCA Division 1 gymnast, she understands the importance of injury prevention and rehabilitation and uses safe, non-operative techniques and treatments for musculoskeletal injuries.

📍 **Dr. Denise Osterloh** has extensive experience in emergency medicine, family practice and hyperbaric/dive medicine. She manages all aspects of family medicine, especially acute/emergency care, minor injuries and minor surgeries. She also combines to her practice a complementary and integrative medical care.

📍 **Dr. Fiona Robertson** has been in practice for over 36 years, with over 15 years heading the George Town Emergency Room. She has extensive experience in acute and chronic illnesses and holds post-graduate diplomas and certifications in obstetrics and gynaecology and child health.

📍 **Nina Baxa** is a fully qualified RDMS sonographer with extensive experience within the South African, British and Cayman medical imaging sectors. She holds two university degrees in medical diagnostic imaging.

OFFICE HOURS: Mon-Fri: 8am – 5:30pm, Sat: 8am-2pm **OFFICE LOCATION:** 439 Crewe Rd, GT

CONTACT: 949-7400 • www.caymanclinic.ky • cayman.clinic@gmail.com •  /Caymanclinic

DR. ANNETTE STEPHENSON



Cayman Hearing Center
94 Smith Road
Grand Cayman

T: 345-946-9174
F: 345-947-2422
W: [caymanhearingcenter.com](mailto:info@caymanhearingcenter.com)
E: info@caymanhearingcenter.com

SPECIALTY:

Audiology

HOURS:

Mon - Thur: 9:00 a.m. – 4:30 p.m.
Fri: 9 a.m. – 12 p.m.

Dr. Annette Stephenson, founder of Cayman Hearing Center, is a board certified Audiologist and recipient of the Emerging Pioneer Award from the Cayman Islands Ministry of Health for her extraordinary contributions to health services in the Cayman Islands.

Cayman Hearing Center is the only full service audiology practice in the Cayman Islands, offering comprehensive hearing evaluations to all ages, including newborns. They have a full line of digital hearing aids and can service all major brands. Cayman Hearing Center also provides tinnitus assessments and management; and balance assessments and treatment.

DR. FRANK GLATZ



Cayman E.N.T Associates
2 Alexander Place
Dorcy Drive
Grand Cayman

T: 345-945-3822
F: 345-945-3820
W: entcayman.com
E: info@entcayman.com

SPECIALTY:

Ear, Nose, and Throat (ENT)

HOURS:

Mon - Fri: 9 a.m. – 5 p.m.

Dr. Frank Glatz has served as chief of staff at Stokes-Reynolds Memorial Hospital and Hawthorne Surgical Center, chairman of the otolaryngology section at Forsyth Memorial Hospital, and medical director of Stokes County Emergency Medical Services in North Carolina.

Dr. Glatz treats ear, throat, nose and sinus issues, and offers allergy screening and treatments, head and neck surgery, diving and aviation medicine as well as pediatrics and other specialist services. He is a board-certified sleep medicine physician and is experienced in pre-hospital emergency care and forensic medicine.

DR. WAYNE PORTER



282 Crewe Road
Grand Cayman

T: 345-946-9020
W: drwayneporter@cayman.com
E: drwporter@cayman.info@gmail.com

SPECIALTY:

Dermatology

HOURS:

Appointments by request

Dr. Porter gained a Bachelor of Science (Biology) from Massachusetts Institute of Technology and a Doctor of Medicine degree from Duke University School of Medicine. He completed residencies in Internal Medicine and Dermatology at Jackson Memorial Hospital/University of Miami Affiliated Hospitals.

Dr. Porter has extensive experience and regularly sees patients at his Cayman clinic as well as being a consultant at Jackson Memorial Medical Center. As well as providing traditional dermatology services, including treatment of skin cancer, moles, acne and rashes, he offers cosmetic dermatology and skin enhancements including collagen injections and implants, removal of skin discoloration, microdermabrasion, laser hair removal, facial peels and fillers such as Juvéderm.

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T: Airport: 345-815-4051
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W: fosters-iga.com
E: info@fosters-iga.com
E: Airport.rx
@fosters-iga.com
E: Strand.rx
@fosters-iga.com

SPECIALTY:

Pharmacy

HOURS:

Mon - Sat: 7 a.m. – 10 p.m.
Public Holidays: 9 a.m. – 6 p.m.

The Foster's Pharmacy is a full-service pharmacy conveniently located at The Airport Center in George Town and The Strand on Seven Mile Beach. These pharmacies are located within two Foster's IGA supermarkets, allowing for convenient prescription pick-up while shopping. Online refill services are also available at fosters-iga.com. Accepted insurance includes Aetna, BAF Insurance, British Caymanian, Cayman First, Fidelity and Generali Worldwide.

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Grand Cayman

T: 345-324-9500
W: myislanddentist.com
E: 3249500@gmail.com

SPECIALTY:

Dentistry

HOURS:

Alternating Mondays:
7:30 a.m. – 1:30 p.m.
Tues, Wed, Thurs:
8:30 a.m. – 6:30 p.m.
Alternating Fridays:
7:30 a.m. – 1:30 p.m.
Alternating Saturdays:
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Grand Cayman

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W: oncourse.ky
E: info@oncourse.ky

SPECIALTY:

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Psychological assessment ages 3+
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Equine-assisted psychotherapy
(with horses)

HOURS:

Mon-Fri 8 a.m. to 5 p.m.
Other times by appointment

OnCourse Cayman provides individual therapy for all ages, covering anxiety and mood disorders, PTSD, substance use disorders and addiction, ADHD, behavioral disorders, psychotic disorders, parent/child interaction difficulties, Autism Spectrum and developmental disorders, relationship difficulties, grief, personal growth and development and other issues.

Founder Dr. Alexandra Bodden holds a doctorate in Clinical Psychology and a master's in General Psychology and Clinical Psychopharmacology. She is also certified through EAGALA - a leading global Equine-Assisted Psychotherapy association.

Dr. Colleen Brown works alongside Dr. Bodden and holds a doctorate in Clinical Psychology and a master's in General Psychology and specializes in working with children and adolescents with mental health issues.

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The Accident & Emergency unit at the Cayman Islands Hospital is the only facility in the Cayman Islands that offers 24-hour coverage for urgent medical care. It is fully staffed with specially trained physicians and registered nurses, as well as on-call medical specialists.

Ambulance Services

The Health Services Authority operates the only 24-hour Advanced Life Support (ALS) designed Emergency Medical Service (EMS) from three various stations throughout the Island. The EMS is staffed by a team of skilled Emergency Medical Technicians and Paramedics who provide pre-hospital emergency care to those with an illness or injury.




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EMERGENCY GUIDE

WELCOME TO THE CAYMAN HEALTH EMERGENCY GUIDE

The Emergency Guide has been created in consultation with Cayman's leading emergency care professionals and provides a quick reference for emergency first aid for simple everyday injuries. For more comprehensive first aid training, and CPR certification, please contact the Cayman Islands Red Cross.

EMERGENCY TELEPHONE NUMBERS

Police, Fire &
Ambulance
9-1-1

Crime Stoppers
800-TIPS (8477)

Crisis Centre Hotline
943-CICC (2422)

Emergency Action Steps: 3 Cs

If an emergency occurs, stay calm and complete these three emergency action steps:

CHECK

Check the scene, check the person for life-threatening conditions, and obtain consent.



CALL

Call 9-1-1.

CARE

Care for the ill or injured person(s). If you are alone, depending on the type of injury or illness, you must decide if you should call 9-1-1 first or provide care first. If you are unsure, call first.

When calling 9-1-1 answer all questions to the best of your ability. Be prepared to provide your name, street address/location, type of emergency and observations of the injured. Listen carefully to questions from 9-1-1 operators in order to assist them in preparing responders to lessen the impact of the situation and enable pre-arrival instructions.

When in doubt always call 9-1-1 and let the experts provide instructions.



Non-emergency telephone information

- GEORGE TOWN
POLICE STATION
949-4222
- BODDEN TOWN
POLICE STATION
947-2220
- EAST END
POLICE STATION
947-7411
- NORTH SIDE
POLICE STATION
947-9411
- WEST BAY
POLICE STATION
949-3999
- CRIMINAL
RECORDS OFFICE
945-4924
- HAZARD
MANAGEMENT
945-4624

Hospitals

- CAYMAN ISLANDS HOSPITAL
949-8600
Accident & Emergency
244-2796

- CTMH DOCTORS HOSPITAL
949-6066

- HEALTH CITY CAYMAN ISLANDS
640-4040
Emergency
526-2108

Sister Islands

CAYMAN BRAC

- EMERGENCY POLICE, FIRE & HOSPITAL
9-1-1

- POLICE STATION
948-0331

- FIRE STATION
948-1245

- FAITH HOSPITAL
948-2243

LITTLE CAYMAN

- EMERGENCY POLICE & FIRE
9-1-1

- POLICE STATION
948-0100

- FIRE
948-0011

- LITTLE CAYMAN CLINIC
948-0072
After hours
916-5395



Cayman Health would like to thank the following organizations that contributed to and provided reference material and content:

- Cayman Islands Red Cross (CRC)
- Department of Public Safety Communications, Cayman Islands Government (DPSC)
- Department of Labour & Pensions, Cayman Islands Government (DLP)
- Cayman Islands Fire Service (CIFS)
- Royal Cayman Islands Police Service (RCIPS)
- Hazard Management Cayman Islands (HMCI)
- Health Services Authority (HSA)
- Department of Environment, Cayman Islands Government (DoE)
- Divers Alert Network (DAN)

NOTE: The Emergency Guide is provided as a reference only. Every effort has been taken to acquire and publish accurate information provided by medical authorities. In case of emergency, always call or have someone call 9-1-1. +

DISCLAIMER

EMERGENCY GUIDE (DIRECTORY AND WEBSITE)

This section is not designed to and does not provide medical advice, professional diagnosis, opinion, treatment or services to you or to any other individual. This section and any referrals to websites, which we believe you may find helpful is provided for general information and educational purposes only. It is not a substitute for medical or professional care and you should not use the information in place of a visit, call consultation or advice from your physician or any other healthcare provider. Cayman Health is not liable or responsible for any advice, course of treatment, self-treatment, diagnosis or any other information, services or product you obtain after use of this section.

IF YOU BELIEVE YOU HAVE A MEDICAL EMERGENCY, YOU SHOULD IMMEDIATELY CALL 9-1-1.

If you believe you have any other problem, or if you have any questions regarding your health or a medical condition, you should promptly consult your physician or other healthcare provider. Never disregard medical or professional advice, or delay seeking it, because of something you read in this section or a linked website. Do not rely on information on this website in place of seeking professional medical advice. You should also ask your physician or other healthcare provider to assist you in interpreting any information in this section or applying the information to an individual case.

Medical information changes constantly, therefore, the information in this section or on the linked websites should not be considered current, complete or exhaustive, nor should you rely on such information to recommend a course of treatment or for any other purpose. You are encouraged to confirm the information in this section with other sources as we will not be liable to you for the content or use of the information in this section.

Cayman Health does not recommend or endorse any specific tests, products, procedures, opinions of authors and contributors or other information that may be provided in this section or the linked websites.

PREVENTING DIVING INJURIES

Tips for a Smart Dive



ASSESS YOUR FITNESS TO DIVE:

Medical Fitness: Be vigilant for signs of acute illness (such as congestion), and familiarize yourself with the risks and essential precautions associated with any chronic diseases from which you may suffer. If you are experiencing an acute illness, refrain from diving until you regain your normal strength and stamina.

Physical Fitness: Being physically fit to dive means that you have sufficient aerobic capacity, cardiovascular health and physical strength to meet the demands of the diving environment. You should be able to fight a current, perform a long surface swim and assist fellow divers should anyone experience an emergency.



PLAN YOUR DIVE; DIVE YOUR PLAN:

Learn as much as possible in advance about currents, depths, marine life, entry and exit points, surfacing techniques, boat traffic, environmental concerns, available surface support, local laws and regulations at your dive site.

Inform someone not on your trip about your dive plan and expected return time.

Review hand signals and coordinate maximum depth, maximum bottom time and minimum air supply with your diving companions.

Discuss what you and your buddy would do if you were to become separated, exceed your planned dive or experience an emergency.

Create an emergency assistance plan (EAP) with emergency contact numbers, information about how to get to the nearest medical facility and essential first-aid equipment.



USE PROPERLY MAINTAINED GEAR:

Dive equipment is life-support equipment, so it must function properly. If you are renting gear, remember that the quality of rental gear varies. Research the dive shops at your destination before settling on one, and check that the gear has been well maintained and inspected.



**TAKE PERSONAL RESPONSIBILITY:**

Never rely on the experience of other divers in the group. As a certified diver, you are expected to recognize when elements are outside your capacity to dive safely. It is your responsibility to acknowledge and voice concern.

**MONITOR YOUR AIR SUPPLY:**

Running out of air is the most common trigger for diving incidents. Check your gauge regularly, and remember that exertion and anxiety can both affect your air consumption.

**PRACTICE BUOYANCY CONTROL:**

The most common injuries among divers are related to buoyancy issues. Good buoyancy control begins with proper weighting; the amount of weight you select should allow you to descend, not make you sink. Pre-dive buoyancy tests are crucial for determining proper weighting.

**DIVE WITHIN YOUR TRAINING:**

Your certification only qualifies you for the same diving conditions and environment in which you were trained.

Never be afraid to call a dive off. If you or any of your companions are feeling uncomfortable for any reason, don't get in the water.

Source: Divers Alert Network (DAN).
For more information, visit DAN.org/Health.

Preventing Diving Injuries

FLYING AFTER DIVING

DAN RECOMMENDS YOU FOLLOW THESE
GUIDELINES WHEN FLYING AFTER DIVING:



DIVE PROFILE	MINIMUM PREFLIGHT SURFACE INTERVAL SUGGESTION
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Single no-decompression dive	12 hours or more
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Multiple dives in a day	18 hours or more
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Multiple days of diving	18 hours or more
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Dives requiring decompression stops	Longer than 18 hours
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Breathing compressed gas increases the amount of dissolved inert gas in the body. For this reason, scuba diving always carries the risk for decompression sickness (DCS), a condition popularly known as “the bends.” DCS is caused by the uncontrolled release of gas from the tissues during or after surfacing, and symptoms can be severe or even life-threatening.

Because flying and travel at high altitude exposes the body to additional decompression, divers often worry whether flying will increase decompression stress and make them more

susceptible to DCS. Flying to a destination near sea level before diving poses virtually no risk. Flying too soon after diving, however, increases decompression stress, since the pressure in an aircraft cabin is lower than ground-level atmospheric pressure and may provoke DCS.

Please also remember that any post-dive ascent to a higher altitude — even using ground transportation — increases your decompression stress and makes you more susceptible to DCS.

Source: Divers Alert Network (DAN).
For more information, visit [DAN.org/Health/Decompression](https://dan.org/Health/Decompression).

Prevention and Management

LIONFISH INJURIES



Native to the Indo-Pacific, the lionfish is one of the most infamous invasive species in the western Atlantic, posing a real threat to local ecosystems. In an attempt to control the spread of lionfish populations, recreational divers in the Americas have started aggressive campaigns to hunt them. In the process, many divers are stung with the lionfish's sharp spines, which can cause very painful and sometimes complicated wounds.

PREVENTION:

- 1** Lionfish are not aggressive. The best way to prevent injury is to maintain a prudent distance.
- 2** Before engaging in spearfishing or culling activities, learn how to handle these animals from more experienced divers.

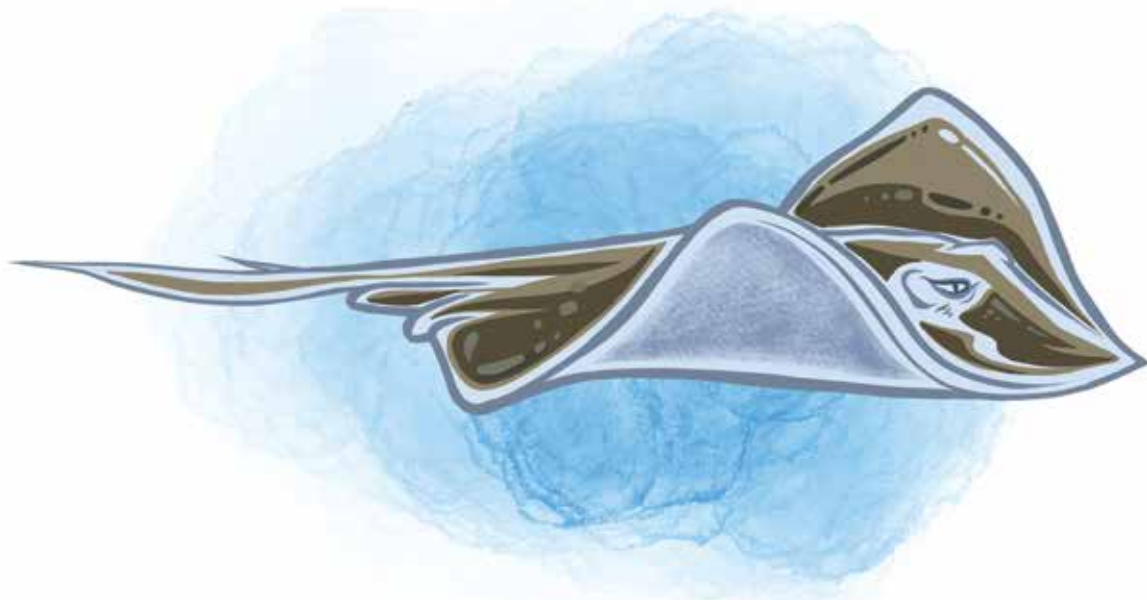
MANAGEMENT:

- 1** Rinse the wound with clean fresh water.
- 2** Remove any obvious foreign material.
- 3** Control bleeding if needed. It is acceptable to allow small punctures to bleed for a minute immediately after being stung as this may decrease venom load.
- 4** Apply heat. Immerse the affected area in hot water (upper limit of 113 F/45 C) for 30 to 90 minutes. Ensure the water is tested on the same body part of a non-injured individual first. The water should be as hot as possible without scalding.
- 5** Apply bandaging as needed.
- 6** Seek professional medical evaluation.

Source: Divers Alert Network (DAN). For more information, visit DAN.org/Health/Hazardous-Marine-Life.

Prevention and Management

STINGRAY INJURIES



Stingrays are not aggressive, and injuries are rarely fatal. The animal's defense mechanism consists of a serrated barb at the end of its tail with venom glands located at the base of the barb. Stingrays strike when stepped on or threatened. Injuries can tear wetsuits, penetrate skin and cause deep, painful lacerations.

PREVENTION:

- 1** Avoid stepping in murky or low-visibility shallow waters known to be inhabited by stingrays.
- 2** Take caution even in tropical waters, as stingrays often burrow in the sand making them difficult to see.
- 3** If you are shore diving and suspect there may be stingrays, shuffle your feet while entering or exiting the water. This technique is called the "stingray shuffle," as it creates vibrations that may scare stingrays away.

- 4** If you are visiting a tourist attraction featuring stingrays, make sure to listen to safety briefings and adhere to guidelines.
- 5** Above all, be respectful of these peaceful fish.

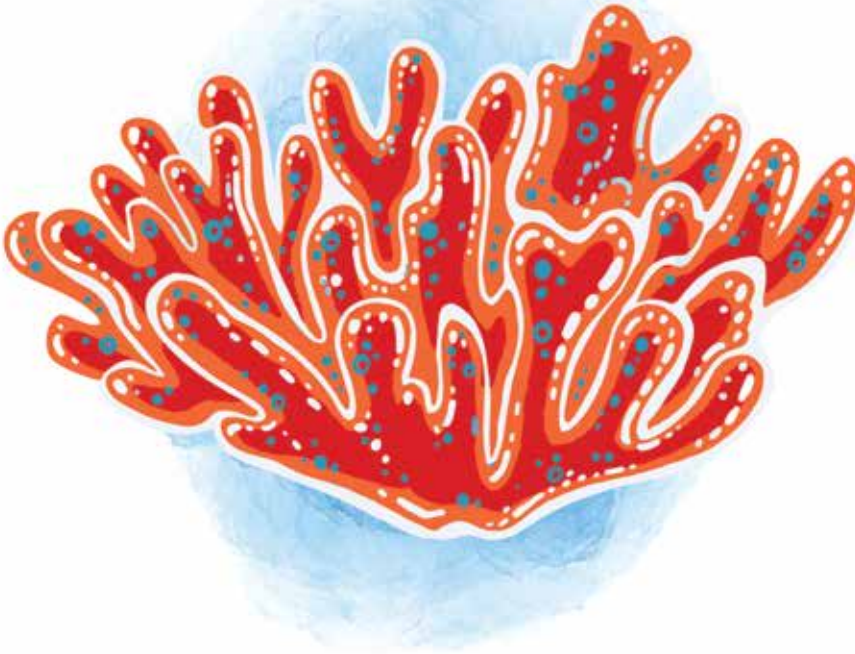
MANAGEMENT:

- 1** Clean the wound thoroughly.
- 2** Control bleeding if necessary.
- 3** Seek immediate professional medical evaluation to minimize the risk for tetanus and other serious infections.

Source: Divers Alert Network (DAN).
For more information, visit
DAN.org/Health/Hazardous-Marine-Life.

Prevention and Management

FIRE CORAL INJURIES



Fire coral gets its name from the fiery sensation experienced after people come into contact with a member of the species. The mild to moderate burning that it causes is the result of cnidocytes embedded in its calcareous skeleton. These cnidocytes contain nematocysts that “fire” when touched, injecting their venom. Despite its calcareous structure, fire coral is not a true coral; these animals are more closely related to Portuguese man-of-war and other hydrozoans than to true corals (anthozoans).

PREVENTION:

- 1** Learn to recognize and avoid touching fire coral.
- 2** If you need to kneel on the ocean floor, look for clear sandy areas.
- 3** Remember that hard surfaces such as rocks and old conchs may be colonized by fire coral even if they do not look branchy.
- 4** When scuba diving, master buoyancy control and look down during descent to avoid accidental contact.

MANAGEMENT:

- 1** Rinse the affected area with household vinegar.
- 2** Should vesicles (blisters) develop, take care not to puncture them. Let them dry out naturally.
- 3** Keep the affected area clean, dry and aerated — time will do the rest.
- 4** For open wounds, seek medical evaluation. Fire coral venom is known to have dermonecrotic effects. Share this information with your physician before any attempts to suture the wound, as wound edges may become necrotic. Antibiotics and a tetanus booster may be necessary.

Source: Divers Alert Network (DAN).
For more information, visit
DAN.org/Health/Hazardous-Marine-Life.

Prevention and Management

JELLYFISH STING



Jellyfish tentacles have tiny stinging cells that they use to stun their prey and defend against predators. Jellyfish stings can be painful to humans and sometimes dangerous, particularly box jellyfish. Stings can occur while wading, swimming or diving in salt water. Jellyfish do not go after humans but if someone brushes up against one – or even steps on a dead one – they can be stung. While jellyfish stings can be painful, most are not emergencies. The main symptoms are pain, burning and redness at the sting site. Red lines are common.

PREVENTION

- Properly research the areas you intend to dive.
- Minimize unprotected areas. Always wear full wetsuits, hoods, boots and gloves. Something as simple as nylon pantyhose worn over the skin will prevent jellyfish stings.
- Carry sufficient household vinegar with you to all dive sites.

FIRST AID

If stung by any jellyfish, follow these procedures:

- 1** Apply household vinegar to the area. Generously pour or spray the area with vinegar for no less than 30 seconds to neutralize any invisible remnants. Let the vinegar stand for a few minutes before doing anything else.
- 2** Wash the area with seawater or saline (do not use fresh water). Use a syringe with a steady stream of water to help remove any tentacle remains. Do not rub the affected area or put ice on a sting.
- 3** Apply heat. After you remove the tentacles, soak the affected area in hot water (104-113 F or 40-45 C) for 30 to 90 minutes.

SEEK EMERGENCY ATTENTION IF:

- The person displays signs of a severe allergic reaction.
- The sting is from a box jellyfish.
- The sting covers more than half an arm or leg.

HANDLING MEDICAL EMERGENCIES

Abdominal Pain

Abdominal or belly pain can have many causes. It may be due to food poisoning, an intestinal or gall bladder obstruction, an infection or inflammation. It could also be appendicitis, a kidney stone or peptic ulcer disease. In women, abdominal pain can result from an ectopic pregnancy, an ovarian cyst, pelvic inflammatory disease or other female organ disorder. In addition, some people with

pneumonia, a bladder infection or a heart attack experience abdominal pain. Acute abdominal pain can also be caused by chronic medical conditions, such as pancreatitis; colitis, an inflammation of the large intestine (colon); or diverticulitis, an inflammation of small out-pouchings along the colon wall.

Source: HSA



+ For sudden, severe and/or prolonged pain seek emergency medical care or call 9-1-1 to activate EMS.

Controlling External Bleeding



TIP Wash hands with soap and water after giving care.

After checking the scene and the injured or ill person:

CHECK

- Check the scene for hazards.
- Check the person and obtain consent for treatment if they are able to provide.

CALL

- Call 9-1-1 if necessary.

CARE

- Cover wound with clean dressing such as a clean towel.
- Apply direct pressure until the bleeding stops.
- For embedded objects, place the dressing around the object and apply pressure around it. *NEVER REMOVE THE OBJECT.*
- Cover the dressing with a clean bandage and wait for emergency personnel.

IF THE BLEEDING DOES NOT STOP:

- 1** Apply more dressings and bandages on top of previous dressing.
- 2** Continue to apply additional pressure.
- 3** Take steps to minimize shock by keeping the individual warm and calm.
- +** **4** CALL 9-1-1 if not already done.

Source: Cayman Islands Red Cross



Breathing Difficulties

Difficulty breathing may be caused by a number of medical problems, including an asthma attack or an allergic reaction. Moderate to severe difficulty breathing is considered an emergency and requires the immediate activation of EMS.

IF THE VICTIM STATES THEY ARE HAVING AN ASTHMA ATTACK, OR DIFFICULTY BREATHING, YOU MAY ASSIST WITH THESE ACTIONS:

- + 1** Call 9-1-1 to activate EMS.
- 2** Ask the victim if they have an inhaler.
- 3** Ask if the medication is prescribed for the victim.
- 4** Assist the victim in administering the inhaler, if needed.
- 5** With any breathing emergency, help by sitting the victim upright or in the position they are most comfortable until help arrives.



Allergic Reaction (Anaphylaxis)

Avictim of an allergic reaction may experience swelling (especially of the face), breathing difficulty, an itching rash, shock and even death. The victim may have a history of allergic reactions and may carry an epinephrine auto-injector (also known as an EpiPen) or the allergic reaction could be the victim's first.

IF YOU SUSPECT A SEVERE ALLERGIC REACTION AND IF THE VICTIM HAS AN EPIPEN AVAILABLE AND NEEDS ASSISTANCE WITH ITS ADMINISTRATION, YOU MAY HELP BY TAKING THESE STEPS:

- + 1** Call 9-1-1 to activate EMS.
- 2** Make sure the medication is prescribed to the victim.
- 3** Follow the instructions on the device to administer the medication.
- 4** For any allergic reaction, allow the victim to sit upright or in the position they are most comfortable until help arrives.

Source: HSA

Burns



BURNS CAUSED BY HEAT

Immediately cool the burn in cold, running water and continue at least until pain is relieved. Call for EMS or seek medical attention if necessary. Always activate EMS for burns of a large area, or for burns affecting the face, hands or genitals.

BURNS CAUSED BY ELECTRICITY

Electrical burns are usually internal, and only a small outside burn may mask a large area of damage inside the victim.

ACTIONS FOR ELECTRICAL BURNS:

- + 1** Call 9-1-1 to activate EMS.
- 2** Consider your own safety first! Do not approach or touch the victim until the power has been turned off.
- 3** Once the power is off, assess the victim, who may need CPR.

IF YOU SEE SOMEONE SPILL CHEMICALS ON THEMSELVES:

- + 1** Call 9-1-1 to activate EMS.
- 2** Brush powdered chemicals off the skin with a gloved hand or piece of cloth.
- 3** Remove contaminated clothing, being careful not to contaminate yourself in the process.
- 4** Provide EMS with any information you have on the chemical that caused the burn.

HEAT BURNS DO'S & DON'TS:

- 1** DO NOT use ice, as this may freeze the skin and cause more damage.
- 2** DO NOT pop burn blisters.
- 3** DO loosely cover blisters with a sterile dressing.

Source: HSA

Sunburn



In the event of sunburn, get indoors or to shade as soon as possible.

TO RELIEVE MILD SUNBURN:

- Cool skin by having a cold bath or shower, or sponging it with cold water.
- Soothe and moisturize skin with lotions containing aloe vera or soy. Some products with names ending in “-caine” (such as benzocaine), may irritate the skin or cause an allergic reaction.
- Prevent dehydration by drinking plenty of fluids.
- If experiencing pain, swelling, redness and discomfort, take pain reliever or visit your primary care physician. Do not give aspirin to children under 16.

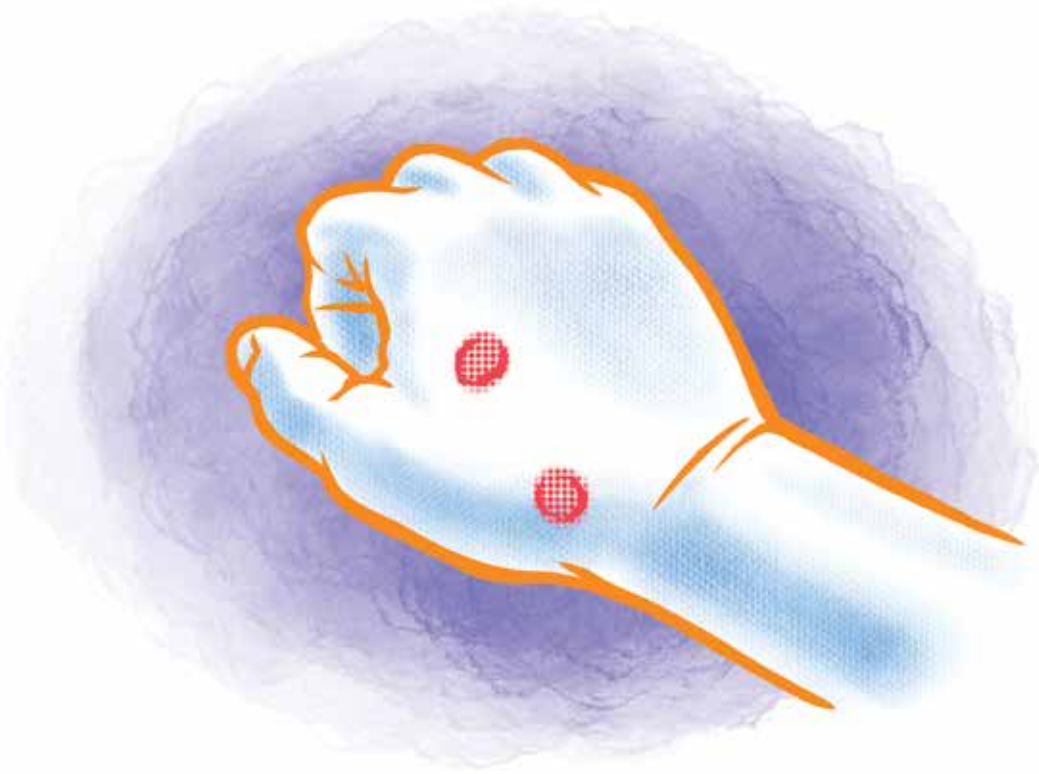
- Avoid sunlight and cover affected areas until fully healed.
- If blisters form do not pop them. Allow them to heal.

MORE SERIOUS CASES CAN LEAD TO:

- Blistering or swelling of the skin.
- Chills.
- A temperature of 100.4F or above.
- Symptoms of heat exhaustion: dizziness, headaches and feeling sick.

Source: HSA

Blisters



Blisters can be caused by burns, including sunburn. They should heal by themselves within a week. To aid in healing and reduce discomfort use an ice pack (or a bag of frozen vegetables or ice wrapped in a towel) on the blister for about 5 to 10 minutes.

TO PROTECT THE BLISTER AND HELP PREVENT INFECTION:

- Cover blisters that are likely to burst with a dressing.
- It is good to use bandages with gel pads that provide moist healing and keep out air and germs.

- Wash your hands before touching a burst blister.
- If blister has burst, allow the fluid to drain before covering it with a plaster or dressing.

Don't purposefully burst your own blister or peel or pick the skin around an already burst blister. Avoid shoes or attire which caused the blister until it has healed.

Source: HSA

Choking

IF SOMEONE IS CHOKING:

- 1 Determine if the airway block is mild or severe.
 - Mild airway block – The person can talk or make sound and/or can cough loudly.
 - Severe airway block – The person cannot breathe, talk, or make sounds or has a cough that has no sound or makes the choking sign.
- 2 The universal sign for choking is hands clutched to the throat.

TO HELP WITH MILD CHOKING IN AN ADULT OR CHILD OVER 1 YEAR OLD:

- 1 Encourage the person to keep coughing to try and clear the blockage.
- 2 Ask the person to try to spit out the object if it's in their mouth.
- 3 Don't put your fingers in their mouth to help them as they may bite you accidentally.
- 4 If coughing doesn't work, start giving sharp blows between the person's shoulder blades with the heel of your hand (back blows).

TO HELP WITH SEVERE CHOKING IN AN ADULT OR CHILD OVER 1 YEAR OLD:

- 1 Stand behind the person and slightly to one side. Support their chest with one hand. Lean the person forward so that the object blocking their airway will come out of their mouth, rather than moving further down.
- 2 Give up to five back blows.
- 3 Check if the blockage has cleared.



- 4 If not, try abdominal thrusts:
 - Stand behind the person who is choking.
 - Place your arms around their waist and bend them forward.
 - Clench one fist and place it right above their belly button.
 - Put the other hand on top of your fist and pull sharply inwards and upwards.
 - Repeat this movement up to five times.

- + 5 If the person's airway is still blocked after trying back blows and abdominal thrusts, call 9-1-1 immediately to activate EMS.
- 6 Continue with the cycles of five back blows and five abdominal thrusts until help arrives.

IF THE PERSON IS OBESE OR PREGNANT, DO HIGH ABDOMINAL THRUSTS:

- 1 Stand behind the person, wrap your arms around them, and position your hands at the base of the breast bone.
- 2 Quickly pull inward and upward.
- 3 Repeat until the object is dislodged.

Hands-only CPR

IF YOU SEE A TEEN OR ADULT SUDDENLY COLLAPSE:

+ 1 Call (or tell someone else to call) 9-1-1.

2 Push hard and fast in the center of the chest for 100 to 120 beats per minute. CPR can more than double a person's chances of survival.

BODY SUBSTANCE ISOLATION

Body substance isolation refers to the practice of wearing or using barriers such as medical gloves or a CPR mouth-to-mouth barrier device to reduce the risk of transmitting an infection. Some infections can be transferred by a victim's bodily fluids. While intact skin is a generally effective barrier against outside contagions, it is recommended that any bystander avoid contact with the body substances of another person. Keep in mind that you can be exposed by touching, splashing, spraying (i.e. a sneeze or cough), and that exposure may occur by skin contact or contamination in the eyes, mouth or nose.

POSITIONING THE VICTIM

It is best to allow only trained rescuers to move a victim, for a victim that may have a spinal injury could be paralyzed if moved improperly. There are, however, a few notable exceptions:

1 If there is immediate peril to you and the victim, it may be necessary to relocate the victim to a safer place. Disconnect any electric power source if needed before moving the victim.

2 If you need to perform CPR, it may be necessary to roll the victim onto their back.

Source: HSA



Conscious Infant Choking

5X



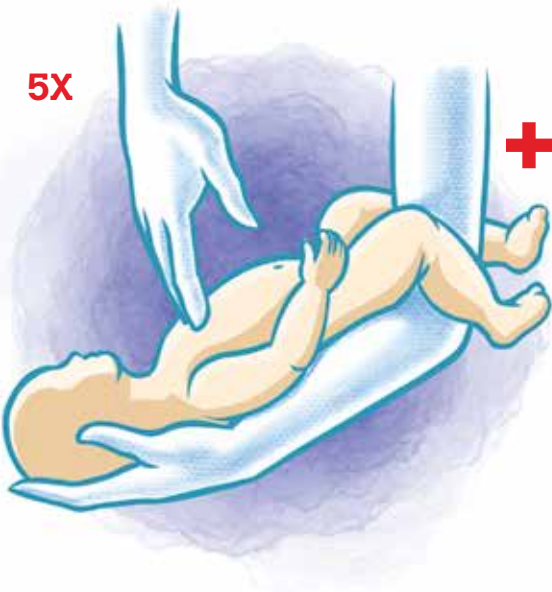
If a child begins to choke, encourage them to cough. If they are unable to cough forcefully, do not have a strong cry or cannot breathe sufficiently follow these steps:

- 1** Give up to five back blows – these create vibration and pressure which may dislodge blockage.
 - Hold the baby face down supporting the head. Place the baby along your thigh with their head lower than their bottom.
 - Hit the baby firmly on their back between the shoulder blades up to five times.
 - If the back blows do not dislodge the object, move on to step two.

- 2** Give five chest thrusts – these squeeze air out of lungs and may dislodge blockage.

- Turn the baby over so they are facing upwards.
- Place two fingers in the middle of their chest just below the nipples.
- Push sharply downwards about 1.5 inches five times.

5X



- + 3** Call 9-1-1 if the object does not dislodge.

- 4** Keep giving sets of back blows and chest thrusts, until the object dislodges, someone with more advanced training arrives and takes over, or the baby becomes unresponsive. If baby becomes unresponsive, start infant CPR.

Source: HSA

Infant CPR



The following steps should be used in conjunction with appropriate training provided by health services such as the HSA or Cayman Islands Red Cross.

- 1** Make sure the scene is safe.
- 2** Tap and shout.
 - Check to see if the infant responds.
 - If the infant doesn't respond proceed to step 3.
- + 3** Yell for help.
 - See if someone can help you.
 - Have that person dial 9-1-1.
- 4** Check breathing.
 - Make sure the infant is on a firm flat surface. If possible use a surface above the ground.
 - See if the infant isn't breathing or is only gasping.

**NO RESPONSE + NO BREATHING
OR ONLY GASPING = GIVE CPR**

- 5** Give CPR. Give 5 sets of 30 compressions and 2 breaths (covering the infant's mouth and nose with your mouth) and then phone 9-1-1 if no one has phoned yet.

COMPRESSIONS

- Move clothes out of the way.
- Place 2 fingers just below the nipple line.
- Push straight down about 1.5 inches at a rate of at least 100 compressions a minute.
- After each compression, let the chest come back up to its normal position.

BREATHS

- After 30 compressions, open the airway with a slight head tilt/chin lift.
- After the airway is open, take a normal breath
- Cover the infant's mouth and nose with your mouth.
- Give 2 breaths (blow for 1 second each). Watch for the chest to begin to rise as you give each breath.

- 6** Keep going. Keep giving sets of 30 compressions and 2 breaths until the infant starts to breath or move, or until someone with more advanced training arrives and takes over.

Source: HSA

Cuts and Scrapes

- 1 Clean the wound with clean, running tap water with or without soap for at least 5 minutes.
- 2 Application of an antibiotic ointment and a dressing after cleaning has been shown to help wounds heal better. However, do not apply an antibiotic ointment if the victim has known allergies to the antibiotic.
- + 3 Seek urgent medical attention if the wound becomes discolored or swollen, or if the victim develops other symptoms such as lightheadedness.



Dehydration

The only effective treatment for dehydration is to replace lost fluids and lost electrolytes. The best approach to dehydration treatment depends on age, the severity of dehydration and its cause.

+ Seek immediate medical help or call 9-1-1 to activate EMS if you suspect someone is severely dehydrated.

SYMPTOMS:

- Increased or constant vomiting for more than a day
- Diarrhea
- Weight loss
- Decreased urine production
- Confusion
- Weakness/sluggishness
- Fever higher than 103 F
- Headache
- Seizures
- Difficulty breathing
- Chest or abdominal pains
- Fainting



Dental Injuries

DENTAL INJURIES INCLUDE CHIPPED TEETH OR A TOOTH THAT IS KNOCKED OUT.



- + 1** Seek medical attention at a dentist, emergency room, or activate EMS if dental injury is severe.
- 2** Avoid touching the root, or the part of the tooth that's normally embedded in the gums.
- 3** Clean wounds inside the mouth with water. Avoid swallowing blood.
- 4** Stop bleeding by applying pressure with a piece of clean cotton.
- 5** Do not scrub knocked-out teeth. Rinse it in water, then place it in milk or clean water if milk is not available. Bring the tooth with you to the emergency room or dentist.

Diabetic Emergency



SYMPTOMS OF A DIABETIC EMERGENCY INCLUDE:

- Confusion
- Altered behavior
- Difficulty speaking or walking
- Slow responsiveness

Diabetic emergencies happen when a victim has dangerously low or high blood sugar levels. Although this type of emergency can happen to anyone, it is more common for victims with diabetes.

- 1** If a person with diabetes reports having low blood sugar, you may assist by providing them with sugars such as juices, sugar tablets or glucose gel which the victim may be prescribed.
- + 2** Do not give the victim anything to eat or drink if they are unable to swallow or have slow responsiveness. Call 9-1-1 to activate EMS.

Source: HSA

Food Poisoning



Food poisoning is usually caused by consuming food or drink that is contaminated with bacteria or viruses. Some food poisoning is caused by poisons (toxins) from bacteria already in the food.

Symptoms usually develop rapidly, possibly within 2 to 6 hours of eating the affected food, or they may not occur until a day or so after eating contaminated food.

One of the dangers of food poisoning is loss of body fluids. The dehydration that results from this fluid loss can be serious if the fluids are not replaced quickly enough. Dehydration is especially serious in the very young and the very old, and, in some cases, treatment may be required in hospital.

SYMPTOMS

- Nausea and vomiting
- Cramping abdominal pains
- Diarrhea (possibly bloodstained)
- Headache or fever
- Features of shock
- Impaired consciousness

TREATMENT

- 1** Advise the person to lie down and rest. Help them if necessary.
- 2** Give the person plenty of bland fluids to drink and a bowl to use if they vomit.
- 3** Seek medical help if necessary.

- + 4** If the person's condition worsens, dial 9-1-1 to activate the EMS.

Source: HSA

Seizures (Convulsions)

The objectives of providing aid during a seizure are to prevent further injury and to help maintain an open airway. Most seizures will stop on their own after a few seconds, but not all will.

IF THE SEIZURE IS PROLONGED,
STAY CALM, AND:

- + 1** Call 9-1-1 to activate EMS.
- 2** Do not restrain the victim during the seizure. Move furniture away to protect the head.

3 Do not place anything in the victim's mouth. Tongue biting and bleeding from the mouth can be normal side effects of a seizure.

4 After a seizure the victim may be unconscious, confused or lethargic. Place the victim on their side and reassure the victim until help arrives.



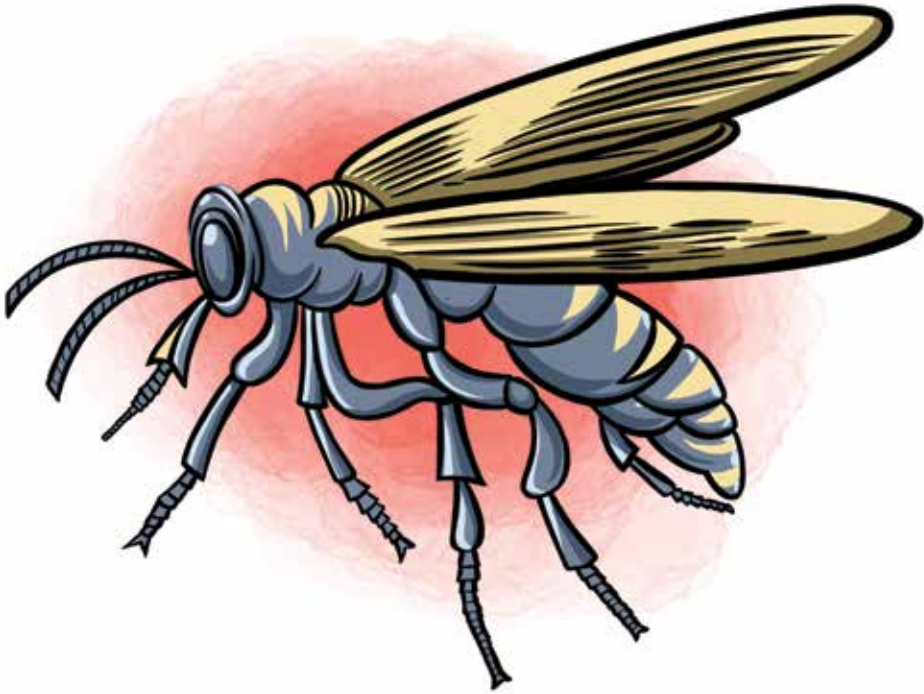
Head Injuries

Head injuries are very dangerous and should be handled with caution. If the victim has hit their head and has any symptoms such as nausea, dizziness, headache, confusion or memory loss, you should immediately:

- + 1** Call 9-1-1 to activate EMS.
- 2** Do not move the victim and encourage them to keep their head and neck still until EMS arrives.



Bee and Wasp Stings



Most insect stings, for someone who is not allergic, need no more than first aid given at home.

- 1** Remove any stingers immediately.
- 2** Applying ice to the site for 20 minutes once every hour as needed may provide some mild relief. Wrap the ice in a towel or keep a cloth between the ice and skin to keep from freezing the skin.
- 3** Taking an antihistamine such as diphenhydramine (Benadryl) or a nonsedating one such as loratadine (Claritin) will help with itching and swelling.
- 4** Take ibuprofen (Motrin) or acetaminophen (Tylenol) for pain relief as needed.

- 5** Wash the sting site with soap and water. Placing hydrocortisone cream on the sting can help relieve redness, itching, and swelling.

- 6** If it's been more than 10 years since your last tetanus booster, get a booster within the next few days.

If someone has a severe allergic reaction such as low blood pressure, swelling blocking air getting into the lungs, or other serious problems breathing, they have a true life-threatening emergency. *See Allergic Reaction (Anaphylaxis)*

Source: HSA

Scorpion Stings



Although about 2,000 species of scorpions exist, only about 25-40 species can deliver enough venom to cause serious or lethal damage to humans. In most scorpion stings of adults, treatment is simply supportive and can be done at home.

SEVERE SYMPTOMS INCLUDE:

- Widespread numbness
- Difficulty swallowing
- A thick tongue
- Blurred vision
- Roving eye movements
- Seizures
- Salivation
- Difficulty breathing

THESE SYMPTOMS CONSTITUTE
A MEDICAL EMERGENCY.

+ 1

Call 9-1-1 to activate EMS.

2

Continuously apply ice to the sting area.

3

If there is no danger to other people, carefully collecting a dead or injured scorpion into a sealed container to show to the physician may be helpful.

Source: HSA

Sprains and Strains

A sprain occurs when the ligament is torn or twisted, while a strain refers to an overstretched or torn muscle. You may have a sprain or a strain if you are experiencing swelling, bruising and pain, often around the ankle, foot, wrist, thumb, knee, leg or back.

TO REDUCE SWELLING AND ENCOURAGE HEALING, AVOID HOT BATHS AND HEAT PACKS AND FOLLOW THESE STEPS:

- **Rest:** Avoid putting weight on the injury.
- **Ice:** Apply an ice pack to the injury every 2–3 hours for up to 20 minutes.
- **Compression:** Wrap a bandage around the injury.
- **Elevate:** Keep it raised on a pillow or chair.



Once you can move the area without pain, keep moving it regularly to avoid stiffness in the joint or muscle. Most minor strains and sprains feel better within 2 weeks, but avoid strenuous exercise for up to 8 weeks to prevent further damage. If the injury feels no better after a few days, is numb, discolored or cold, is causing excessive pain and still cannot bear weight after a few days, visit your primary care physician or the nearest hospital or health center.

Source: HSA

Bruises

Bruising occurs when a blood vessel breaks near the skin's surface and a small amount of blood leaks into tissues under the skin. This usually occurs if the skin has suffered a blow.

- **Elevate** the injury.
- **Apply** an ice pack (or bag of frozen vegetables or ice wrapped in a towel) for 10 minutes several times a day for a day or two.
- **Rest** the area.
- **If in pain** take pain relievers or visit your primary care physician. Do not give aspirin to children under 16.



If you notice very painful swelling in the area, are still experiencing pain 3 days later, have frequent bruising for no reason, suddenly begin bruising with no previous history, or are experiencing abnormal bleeding elsewhere, visit your primary care physician or the nearest hospital or health center.

Source: HSA

Dislocations and Broken Bones



A dislocation occurs when a bone has been displaced from its normal position at a joint. A fracture refers to when the bone has been broken.

The main symptom of a broken bone is pain, worsening if you move the area. You may not be able to support weight on the area, may experience swelling and bruising and the area may look deformed. You may have also heard the bone crack.

+ If you think you have dislocated or broken a bone, go to the hospital, or call 9-1-1 if you are unable to move.

WHILE WAITING FOR PARAMEDICS FOLLOW THESE STEPS:

- If there is blood, apply pressure to the wound with a clean piece of fabric. Cover the wound until treatment can be administered.
- Immobilize and support the affected area to prevent further damage and ease pain. Use cushions, clothes or fashion a splint from a rolled-up newspaper or magazine.
- DO NOT try to realign the bone or push an exposed bone back in.
- Apply ice packs wrapped in a towel to reduce swelling and relieve pain.
- If the person is going into shock, feeling faint and breathing rapidly, lay them down with head slightly lower than trunk, and if possible elevate the legs.
- Wait for emergency personnel to arrive.

Source: HSA

Stroke



Learn to recognize the signs of a stroke, and activate EMS immediately if you believe someone may be suffering from a stroke. Remember FAST:

FACIAL WEAKNESS – can the person smile? Is there drooping of the mouth or one or both eyes?

ARM WEAKNESS – can the person raise both arms?

SPEECH PROBLEMS – can the person speak clearly and understand what you say?

+ TIME IS CRITICAL – call 9-1-1 to activate EMS.

Make a note of the time the symptoms started or when the patient was last seen to be normal.



Source: HSA

Heart Attack



A heart attack is normally characterized as severe chest pain, but may be indicated by a number of other, subtler signs. Heart attacks affect men and women of all ages. Learn to recognize the signs, and activate EMS immediately if you suspect someone may be suffering from a heart attack.

THE SIGNS OF A HEART ATTACK MIGHT INCLUDE:

- Chest discomfort – most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body such as one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Other signs may include breaking out in a cold sweat, nausea, vomiting or lightheadedness.

IF YOU SUSPECT SOMEONE IS HAVING A HEART ATTACK:

- + 1** Call 9-1-1 to activate EMS.
- 2** Allow the victim to sit up, or in the position that is most comfortable.
- 3** Reassure the victim that help is on the way.
- 4** Monitor the victim and perform CPR if the victim becomes unresponsive or lacks normal breathing.

Source: HSA

Unconsciousness



CHECKING AN INJURED OR ILL ADULT WHO APPEARS TO BE UNCONSCIOUS

CHECK

- Check the scene for safety, then check the person. Tap their shoulder and shout, “Are you OK?”

CALL

-  • If no response, call 9-1-1.

CARE

- If unconscious person is facedown, roll face up while supporting head and neck.
- Open airway by tilting head and lifting chin. Check for movement and breathing for no more than 10 seconds.
- If person is breathing, leave them in the same position and monitor the airway, breathing and circulation.
- If person is not breathing, check for any obvious bleeding and apply pressure as necessary. If you are trained in CPR then proceed as you have been trained. If you are not trained then see if there is a trained person who can initiate CPR or wait for emergency personnel.

Source: Cayman Islands Red Cross

HANDLING ENVIRONMENTAL EMERGENCIES

Heat Emergency

Illnesses brought on by heat may include heat cramps, heat exhaustion, and heat stroke. Most heat-related emergencies can be prevented by drinking water often during hot weather and staying indoors during the hottest parts of the day.

IF YOU SUSPECT SOMEONE IS HAVING A HEAT EMERGENCY:

- 1** Get the victim to a cool place — such as in the shade, indoors, or an air-conditioned car.
- 2** Loosen or remove clothing and cool the victim with a cool water spray or fan the victim.
- 3** Offer the victim cool electrolyte-carbohydrate mixture (juice, milk, etc.) to drink, only if they are awake and alert.
- + 4** If the victim is confused, sweating, nauseous or vomiting or refuses water call 9-1-1 to activate EMS.

Source: HSA



Poison Emergency

Poisons may be ingested, inhaled or absorbed through parts of the body. Treatment for different types of poisons varies and there is no general recommendation that can be made other than activating EMS.

IF YOU BELIEVE SOMEONE HAS
INGESTED POISON, OR SEE
THEM DO IT:

- + 1** Call 9-1-1 to activate EMS.
- 2** Do not give the victim anything to drink or eat unless directed to do so by emergency personnel.
- 3** Do not cause the victim to vomit unless directed to do so by emergency personnel.

Source: HSA



Alcohol-Related Emergencies



Alcohol emergencies may occur when a victim ingests alcoholic beverages.

SYMPTOMS OF AN ALCOHOL-RELATED EMERGENCY INCLUDE:

- 1** Vomiting
- 2** Inability to speak or walk properly
- 3** Abnormal breathing
- 4** Slow responsiveness or unresponsiveness

If a victim shows any signs of an alcohol emergency, seek urgent medical care or if necessary, call 9-1-1 to activate EMS. If uninjured, place the victim on their side and reassure the victim until help arrives. Ensure the victim remains stationary in a safe location until EMS arrives.

Source: HSA

POTENTIALLY HARMFUL CAYMAN PLANTS

While most of Cayman's flora is a lush library of beautiful plants, some of the island's vegetation can be surprisingly harmful. Here are a few examples of local plants that should be avoided and what you should do if you do come into contact.

MAIDEN PLUM - *COMOCLADIA DENTATA*

What to look out for:

Commonly found as a small shrub around ankle height but also as a thin, rangy bush of 6.5 feet in height and occasionally as a full-sized tree. Often found in overgrown pastureland, Maiden Plum usually consists of a narrow stem with rough, vertically fissured bark, 1-8 feet tall, with a palm-like cluster of compound leaves at the top.

Easily identified by distinctive glossy, waxy leaves with serrated edges. The leaves are generally dark olive green in color, occasionally have black spots and are arranged in opposite pairs, with a single leaflet on the tip.

Effects of contact:

This fragile plant can be damaged by even slight contact which results in the release of an odorous and highly caustic sap, which has the potential to permanently stain clothing black, and can penetrate human

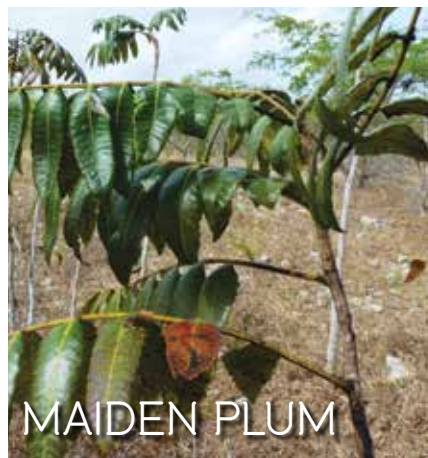
skin. Most people will have an allergic skin reaction to contact.

Although not immediately irritating, the contacted skin will develop into a red welt after 24 hours, becoming increasingly inflamed and sore over the following weeks, and developing into a wet, raw, open sore. Sap can be transferred unknowingly from the hands to the face and eyes, by wiping sweat from the face, and scratching can spread the itch to other areas.

What to do:

Contact with the leaves does not have any immediate effect, so it is easy to walk through a stand of Maiden Plum without knowing it. If you do realize you have just brushed against the plant, rubbing the skin vigorously with a dry flannel or other cloth may remove transferred oils and prevent a reaction.

Sap cannot easily be removed from the skin by washing. Some neutralizing effect has been observed by applying acidic fruit juice (lemon and



MAIDEN PLUM

Photos: Stuart Mailer

lime) directly to the skin as soon as possible after contact; by application of 1% Hydrocortisone cream; or by taking an anti-histamine.

MANCHINEEL - *HIPPOMANE MANCINELLA*

What to look out for:

Manchineel is common in the Cayman Islands and is most often encountered as a compact bush of 3 - 6.5 feet meters in height, or as a fully-grown

tree. Easily identified by its distinctive leaves: round, finely edged, with long thin stems – resembling miniature tennis rackets. Their fruit resemble miniature apples – green when young, turning yellow as they ripen, with a pleasant sweet-smelling fragrance.

This large tree is usually found on the edges of wetlands and behind beach ridges. The trunk is usually quite pale, creamy white, with the bark broken by vertical and horizontal fissures into a crazed pattern. The leaves are variable in size, but in Cayman, typically about 2 inches across, roughly heart shaped, somewhat glossy, and held on long yellow-green leaf stalks, often as long as the leaf itself. If you look very closely at the leaf margin, you will see tiny teeth which distinguish Manchineel from a local Wild Fig that has otherwise similar leaves.

Effects of contact:

The leaves, bark, sap and fruit of the Manchineel are all very dangerous. Contact with any of these will cause severe blistering or burning of the skin. Eating the fruit of the Manchineel can cause death – just tasting it will cause blistering. Burning the

leaves and wood is dangerous as inhaling the smoke causes blistering of the skin and getting the smoke in eyes can cause blindness.

If it rains never take shelter under a Manchineel trees as water dripping from the leaves will carry the sap with it, causing blistering of the skin.

What to do:

If you are exposed to Manchineel sap, wash with soap and water as soon as possible to remove any plant latex. Try not to spread the sap to other areas of the body. Seek immediate medical attention.

JOHN CROW BEAD – ABRUS PRECATORIUS

What to look out for:

Also known as Licorice, Rosary Pea and Crab's Eyes, this is a very common invasive vine in Cayman. While the roots contain glycyrrhizin which also occurs in commercial licorice, the seeds, used for jewelry and in lamps, are extremely poisonous if eaten. Favoring thickets and woodland near the sea, the plant is easily identifiable due to its red seeds with a black spot covering one end.

The woody vine can grow to 10 – 20 ft high when supported by other plants, and features feather-like small oblong leaves and small clustered flowers in red, purple or sometimes white. The fruit is a legume about 3 cm long containing hard seeds about 1 cm long.

Effects of contact:

The seeds of this plant are poisonous, as they contain the natural toxin abrin, which is similar to ricin. However accidental exposure is unlikely unless you chew or swallow the seed. The poison acts only



JOHN
CROW
BEAD

through the blood stream and a small amount introduced into a wound could be fatal. It is destroyed by digestive juices and boiling.

Abrus poisoning can cause diarrhea, blood in stool, severe vomiting, fever, liver failure, abdominal pain, bloody diarrhea, convulsions, and possibly death.

What to do:

There is no specific antidote for abrin poisoning, and treatment is mainly supportive with intravenous fluids and correction of electrolyte abnormalities. As the cause of death in most reported cases appears to be renal failure, hemodialysis may be used if poisoning is severe. Never crush or eat the seeds of this plant.

POISON TREE, POISON WOOD – METOPIUM TOXIFERUM

What to look out for:

The Poison Tree is a small to medium tree or large shrub with reddish-brown shedding bark which flakes into large plates. The flowers are greenish-yellow and the fruits orange-yellow. The leaves are 9-10 inches long, with 5-7 per stem, and are a dark glossy green, sometimes with black blotches as they age.

Effects of contact:

The tree is of the same family as Maiden Plum and Mango, and



MANCHINEEL



has a poisonous sap produced by its trunk and branches. The sap causes a red rash or skin blistering similar to that caused by poison ivy, while smoke from burning wood is irritating to the eyes and throat.

What to do:

If you come into contact with the sap, rinse skin with lukewarm water immediately and wash the clothing you were wearing. Try not to scratch and do not pop blisters. To relieve itching take baths in colloidal oatmeal or aluminum acetate and apply calamine lotion or a cool compress. Talk to your doctor about taking antihistamine pills to reduce itching. If you experience trouble breathing or intense swelling, go to the ER.

SHAKE HAND TREE – XYLOSMA BAHAMENSIS

What to look out for:

The Shake Hand Tree is found in Grand Cayman and Northern Bahamas. It grows in dry thickets and woodland, and is a shrub or small tree, which has branched spines protruding from its trunk and old branches. The tree has dense foliage, with small sharply pointed holly-like leaves and small inedible red berries.

Effects of contact:

If you grab onto the trunk of the Shake Hand tree, you will be pricked by the sharp spines and be left shaking your hand – as the name suggests!

What to do:

If you are scratched by the shake hand tree, or any thorny plant, wash the wound with mild soap and water. If any thorns have broken off into the skin, remove with tweezers, or in the case of very small spines apply a layer of glue and gauze, allow to dry and peel off. Use a cool water compress to soothe the skin, or talk to your doctor about hydrocortisone creams or antihistamines to relieve itching and discomfort.

CASTOR OIL PLANT, CASTOR BEAN – RICINUS COMMUNIS

What to look out for:

The castor bean plant is a wide-branching shrub 2-5 m tall, with watery sap and long, glossy, long-stalked leaves. The fruit is usually a spiny capsule containing shiny bean-like seeds which contain the water-soluble toxin, ricin, which is inactivated by heat. If castor beans are chewed and swallowed, the released ricin can cause injury.

The plant often appears on traditional healing plant lists as castor oil was taken internally as a laxative, and sometimes to treat coughs and colds. Externally, the oil could be used for sore throats and ear pain, and the leaves were used on boils or to extract heat.

Effects of contact:

Injection or inhalation of material containing ricin are the main causes of death from this toxin, but the seeds can be fatal if swallowed. Symptoms of ricin ingestion can begin within a few hours and include burning in mouth and throat, difficulty breathing, abdominal pain, fluid in the lungs, bloody diarrhea and respiratory failure and death.



Photo: Ann Stafford

What to do:

No antidote exists, so avoid exposure. If you are exposed seek medical attention immediately. Treatment will involve supportive medical care such as assistance breathing, intravenous fluids, medication for symptoms, flushing the stomach with activated charcoal or washing eyes with water. According to the CDC, people have been poisoned with ricin after eating castor beans, but most cases of eating castor beans do not result in poisoning, because it is difficult to release the ricin from castor beans. Also, ricin is not as well absorbed through the gastrointestinal tract when compared to injection or inhalation. +

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The Ministry

is proud to serve the
people of the Cayman Islands



Minister Hon.
Dwayne Seymour,
JP, MLA



Chief Officer and
Permanent Secretary
Jennifer Ahearn, JP



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**HEALTH, ENVIRONMENT,
CULTURE & HOUSING**
CAYMAN ISLANDS GOVERNMENT

We also include the following entities:

Departments & Sections

Health Regulatory Services
Mosquito Research and Control Unit
Department of Counselling Services
Department of Environmental Health
Department of Environment

Authorities, Boards and Committees

Health Services Authority
Health Practice Commission
Medical and Dental Council
Council for Professions Allied with Medicine
Nursing & Midwifery Council
Pharmacy Council
Cayman Islands National Museum
Cayman National Cultural Foundation
National Gallery
Health Insurance Commission
National Housing Development Trust
National Conservation Council
National Drug Council

**Health and well-being for
all in the Cayman Islands**

**Ministry of Health, Environment,
Culture and Housing**

Government Administration Building

133 Elgin Avenue, Box 137 Grand Cayman, KY1-9000 Cayman Islands

T: (345) 244-2377 | W: www.ministryofhealth.gov.ky

ASSEMBLE A FIRST AID KIT



First aid kits come in many shapes and sizes. You can purchase one from the Cayman Islands Red Cross, or you can make your own. A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies.

Whether you buy a first aid kit or put one together, make sure it has all the items you may need:

- Include any personal items such as medications and emergency phone numbers or other items your healthcare provider may suggest.
- Check the kit regularly.
- Check expiration dates and replace any used or out-of-date contents. +

The Cayman Islands Red Cross recommends that all first aid kits include the following:

<input type="checkbox"/> First aid kit box	1
<input type="checkbox"/> Multi-trauma dressing 12x30	1
<input type="checkbox"/> Dynarex 1/2-inch cloth tape roll	1
<input type="checkbox"/> Dynarex 1-inch cloth tape roll	1
<input type="checkbox"/> Sterile 4x4 (8 ply) packages in 2's	8
<input type="checkbox"/> Triangular bandage 40x40x56	2
<input type="checkbox"/> Sterile 5x9 gauze pads	5
<input type="checkbox"/> 1x3 plastic adhesive bandage 100 per box	1
<input type="checkbox"/> Small trauma scissor	1 pair
<input type="checkbox"/> Latex free gloves	1 pair
<input type="checkbox"/> Ammonia inhalants 10 per box	1
<input type="checkbox"/> Soothe A sting swabs 10 per box	1
<input type="checkbox"/> Irrigating eye solution 4 oz	1
<input type="checkbox"/> Instant junior ice pack	2
<input type="checkbox"/> CPR shield barrier	1
<input type="checkbox"/> Providone iodine prep pads 100	10
<input type="checkbox"/> Ace bandage 3 inch	1

EMERGENCY TRAINING

THE IMPORTANCE OF BEING PREPARED



Being prepared in the event of an emergency enables quick action, reducing or avoiding dire outcomes. In Cayman, several organizations offer emergency and health-related training.

HAZARD MANAGEMENT

Hazard Management Cayman Islands (HMCI) offers a broad range of training presentations for the public covering all hazards from which the Cayman Islands is at risk. These presentations are adaptable to businesses, government agencies and schools from primary through to university.

- All hazards and preparedness presentation
- Earthquake and tsunami presentation
- Hurricane preparedness

HMCI also offers training for Community Emergency Response Teams (CERTs) which assist in preparing and protecting communities in the case of disaster events. Volunteers are ushered through a 12-hour course that teaches them skills in fire safety, damage assessment, first aid and basic search and rescue. It also offers business continuity planning overviews of principles and benefits; and guidance for continuity of operations plans, which every Government department and agency is required to file and help ensure quick restoration of operations following a hazardous event.

HEALTH SERVICES AUTHORITY

The Health Services Authority offers several clinical and continuing medical education training for staff and healthcare clinicians in Cayman such as Advanced Cardiac Life Support and Paediatric Advanced Life Support. It also

offers health-related training for the public:

- Basic Life Support (CPR)
- Heartsaver AED (CPR)
- First Aid
- Parent Craft training
- Neonatal classes
- Smoking cessation
- Nutrition counseling
- Diabetic counseling
- Genetic counseling

RED CROSS

The Cayman Islands Red Cross is heavily involved in education and awareness to create a better-prepared community and build community resilience. Their main training programs are:

- First Aid, CPR and AED training
- Lifeguard training
- Basic water rescue
- Darkness to light – Stewards of Children

Additional training is available on request, and there is also regular training for disaster preparedness. Email director@redcross.org.ky for more information.

ST. MATTHEW'S UNIVERSITY AND THE CAYMAN HEART FUND

St. Matthew's University offers certification courses



in CPR, AED and basic life support classes throughout the year. A portion of the funds are donated to the Cayman Heart Fund to support its work in raising awareness and addressing cardiac issues in the Cayman Islands. Cayman Heart Fund offers the American Heart Association accredited BLS/CPR for medical and non-medical people, covering CPR and AED skills, with or without first aid. It is conducted through Dr. Qing Zhong at St. Matthews. Courses are offered monthly at St. Matthews Medical School. Email Dr. Zhong at qzhong@stmatthews.

edu or the Cayman Heart Fund at info@caymanheartfund.com for more information.

FITNESS CONNECTION

Fitness Connection offers a variety of certifications and specialty courses throughout the year. These include the American Safety and Health Institute (ASHI) CPR and AED course; the Starfish Aquatic Institute (SAI) Safety Training Aquatic Rescue Course; and the Starguard Lifeguard Certification. The minimum recommended age for any of these courses is 14. Email: fitness@fitness.ky +

EMERGENCY EQUIPMENT



There are real benefits to being prepared. When it comes to emergency situations, ensuring homes and offices have the necessary equipment on hand will drastically improve the outcome of any health-related emergencies.

Equipment will vary by the type of home or business, but a first aid kit and AED machine are two of the most common and important.


- First-aid kits can either be assembled by individuals or purchased complete from organizations such as the Cayman Islands Red Cross. See page 121 for the Red Cross advice on first aid kits content, and the CI Veterinary Medical Association's advice on pet first aid kit content.
- Automated External Defibrillators (AEDs) are portable devices used to treat sudden cardiac arrest, in which the heart stops beating suddenly, starving the brain and other vital organs of blood. The AED checks heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. The Cayman Heart Fund sells AEDs for use in private and public homes and businesses. In 2016 they donated 20 AEDs to the RCIPS which are now situated in each district police station and some police cars. For more information contact CHF on info@caymanheartfund.com or 345-916-6324.



EMERGENCY PROCEDURES

Companies should ensure they have at least one member of staff trained in CPR and another in first aid, as well as members of staff trained in AED use if a machine is on-site. Companies should keep up-to-date databases of staff medical conditions, if known, and next of kin and ensure evacuation routes and meeting spots are established.

For homeowners, a Medic Alert Pack, developed and distributed by Hazard Management Cayman Islands, can make a difference in an emergency. The pack provides first responders with quick and ready access to information about your medical history, medications and allergies. Simply fill out the two-sided information sheet, insert it into the Fridge Alert Envelope which sticks to your fridge door, and attach a fridge alert sticker to a front window in your home so that Paramedics know that potentially life-saving information will be readily available on the fridge.

For more information, contact Simon Boxall at Simon.boxall@gov.ky or 926-2027. 



LIVING WILLS

IN THE CAYMAN ISLANDS

New legislation is in the works that will allow a person to determine their wishes surrounding medical care and treatment, including end-of-life care.

An advance healthcare directive, commonly referred to as a living will, is a legal document made by a person outlining preferred medical treatments and procedures such as ventilator and feeding tubes, resuscitation and life-support.

The Health Care Decisions Bill is the result of substantial work over the past year by the Ministry of Health and a committee of relevant stakeholders. The impetus for the bill came out of a healthcare conference in 2015 that included presentations on end-of-life decisions and palliative care.

“From the presentations and discussion, the stakeholders expressed the need for the Cayman Islands to start the conversation with families, patients, and caregivers, and to take the necessary steps to develop appropriate legislation and guidelines that will allow for a patient’s preference about their treatment and end-of-life decisions to be upheld and honored,” says Janett Flynn, senior policy advisor with the Ministry of Health.

The government invited public feedback on the draft bill, and all responses were in support of the proposed legislation. After a number of amendments, the bill was to be presented to the caucus in January 2019 before being taken to Cabinet.

An advance directive lets a person determine what course

An advance healthcare directive, commonly referred to as a living will, is a legal document made by a person outlining preferred medical treatments and procedures such as ventilator and feeding tubes, resuscitation and life-support.

they would like physicians to take in a situation where the individual has become mentally incapacitated or otherwise unable to communicate his or her wishes.


The bill specifies that a person must be older than 18 and mentally competent to file an advance directive. The directive must be signed in

front of two witnesses, neither of whom can be that person's beneficiary.

A person can revoke or amend their own advance directive at any time, while mentally competent. They can also appoint one or more proxies to act as a substitute decision-maker in cases where the advance directive-maker

becomes mentally incompetent.

Ms. Flynn says the main benefit of an advance directive is that it ensures an individual's wishes are known, respected and upheld. It can also alleviate potentially difficult decision-making in a time of crisis.

"It provides loved ones with peace of mind during a stressful time," she says. 

FAQ

What are advance directives?

Advance directives are documents, such as a living will, given by a competent individual that allows a person to communicate their health care preferences/wishes in the event, that at some time in the future, he or she is no longer able to make this decision.

How are advance directives made?

Under the proposed legislation, the AD is made by an adult who is mentally competent, even though not terminally ill and not undergoing any health care. The relevant forms are completed and the person making the directive, called a directive-maker, signs the form in the presence of two adult witnesses.

Can I revoke my advance directives?

Yes, your advance directive can be revoked at any time. This must be done in writing, signed and dated.

Who would decide that I am incompetent?

The doctor would determine whether you are mentally competent.

At what stage of my life would I be considered incompetent to make my own healthcare decisions, prompting the advance directive to come into effect?

An advance directive only takes effect when the directive-maker is mentally incompetent. Mentally incompetent means that you are unable to make a decision and does not possess the faculties to understand the nature and effect of the decision.

Does my doctor have the final say about my care?

Your doctor can and may provide advice about your care and treatment, but also needs to know about your wishes and beliefs to provide you with the care that you would like at the end of life. You have a right to make decisions about your own healthcare.

Can my advance directive be over-ridden?

Not usually; only in the circumstance where a registered practitioner or any other person is aware that you had expressed a wish to revoke the directive; or where the directive is not in your best interest.

Is there a minimum age for making an advance directive?

An advance directive can only be made by individuals 18 years of age and over.

Can another person, or other persons, act as my proxy to make advance directives?

Yes, you can appoint one or more proxies to act on your behalf as your substitute decision maker.

Do the forms require to be witnessed?

Yes, all forms completed must be accompanied by two witnessing signatures - one of whom must be a doctor. Persons such as a proxy or a beneficiary of the directive maker cannot be a witness.

Will the Cayman Islands recognize advance directives from other jurisdictions?

Yes, advance directives from other jurisdictions such as the U.K., Canada, Jamaica, United States of America and states of the European Union are proposed to be recognized.

SECURE DOCUMENTS FOR MEDICAL TRAVEL AND EMERGENCIES



The Cayman Islands Passport and Corporate Services Office advises residents to ensure that their official documents are up to date and secure for emergency and medical travel, especially for the hurricane season.

Passports and other vital documents, such as birth, marriage, naturalization, registration certificates and Caymanian status and permanent residence documents, should be kept together in waterproof bags or containers, and stored securely in a place that is easily accessible during emergencies.

THE OFFICE ADVISES:

- Ensure passports and other travel documents are valid.
- Make copies of key documents, including passports, birth and marriage certificates, naturalization and registration certificates.
- Store original documents and copies securely in separate locations.

During emergency situations, particularly an approaching storm, which may require travel or evacuation, original documents should be kept at hand and secured in waterproof bags or containers.

Also, if applying for a United Kingdom passport, submit only copies of the valid British Overseas Territories Citizen – Cayman Islands passport. Actual passports should not be sent during the hurricane season.

For people traveling to the United States, either before or immediately after a hurricane, the passport office notes the following:

- Holders of British Overseas Territories Citizen (BOTC) – Cayman Islands passport or U.K. passports containing a U.S. visitor's visa may travel to the U.S. on commercial, charter or air ambulance flights.
- Holders of BOTC – Cayman Islands passports without a U.S. visitor's visa must first obtain U.S. visa waivers from the Passport and Corporate Services Office to travel to the U.S. on commercial or air ambulance flights.



- Holders of BOTC – Cayman Islands passports should ensure that the passports are valid for at least six months after the intended date of departure from the U.S.
- Holders of U.K. passports without a U.S. visitor's visa, but with an approval from the Electronic System for Travel Authorization (ESTA), may travel to the U.S. on commercial or air ambulance flights.

“Residents traveling to other countries should make appropriate plans beforehand and should also know and comply with the travel requirements of respective destinations,” the passport office notes. “Accordingly, planning ahead and being prepared will help reduce the stress and anxiety everyone faces when emergencies threaten or occur.”

Resident should also note that travel documents cannot be issued when weather conditions require the closure of government offices, including the Passport and Corporate Services Office. **+**

U.S. TRAVEL REQUIREMENTS

- 1** All travelers to the U.S. from a Visa Waiver Program country are required to have a biometric passport (also known as an e-passport).
- 2** Travelers from Visa Waiver Program countries must also have an ESTA (Electronic System for Travel Authorization) to enter the U.S.
- 3** Travelers with a Cayman passport do not need an ESTA, but must have a single-entry visa from the Passport and Corporate Services Office.

It is advised to have all travel documents in order in case of a medical emergency. For more information, contact:

PASSPORT AND CORPORATE SERVICES OFFICE

94A Elgin Avenue,
George Town
Web: immigration.gov.ky
Tel: (345) 949-8344

VISA WAIVER PROGRAM AND ESTA

U.S. Customs and Border Protection
Web: cbp.gov
Tel: (202) 325-8000

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Faith Hospital's 18-bed facility provides primary, secondary and emergency care, including an emergency helipad for patient transfers to Grand Cayman. Our team of highly trained medical professionals, support staff and visiting specialist physicians provide a range of healthcare services including:


- Dermatology
- Dialysis
- General Medicine
- General Surgery
- Internal Medicine
- Laboratory Services
- Mental Health Care
- Dental
- Emergency Medical Services
- Physiotherapy
- Nutrition Services
- Obstetrics and Gynecology
- Ophthalmology
- Orthopedics
- Pediatrics
- Pharmacy
- Urology



Faith Hospital
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HEALTHCARE DIRECTORY



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Doctors & Specialists

Alphabetical Listings

NAME	SPECIALTY	COMPANY	PHONE
Abraham, Cecily Dr.	Pediatrics	Dr. Abraham's Clinic	345-945-7050
Adamo, Ciro Dr.	Plastic Surgery	Sedano Medical Group	345-949-6040
Addleson, John Dr.	General Practice	International Medical Group	345-945-2881
Adedayo, Olayinka Dr.	Internal Medicine	Adult Disease Specialist Clinic	345-925-9581
Akinwunmi, James Dr.	Neurosurgery	CI Neurosurgeons Intl. Group	345-739-8370
Alexander, Gilbertha Dr.	Obstetrics, Gynecology	Health Services Authority	345-949-8600
Ali, Pervez Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Almeida, Alwin Dr.	Orthopedic Surgery	Health City Cayman Islands	345-640-4040
Almeida, Smita Dr.	Anesthesiology	Health City Cayman Islands	345-640-4040
Amancharla, Ravi Kishore Dr.	Cardiology, Electrophysiology	Health City Cayman Islands	345-640-4040
Anderson-McGill, Arline Dr.	Psychiatry	Health Services Authority	345-949-8600
Anthony, Raymond Dr.	Podiatry	Helix Healthcare	345-749-4444
Arminan, Alvaro Dr.	General Practice	Celimar Central Clinic	345-323-6364
Armonis, Basil Dr.	Oncology	Health Services Authority	345-949-8600
Ayeni, Olufemi Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Babu, Sharath Ananda Murthy Dr.	Radiology	Health City Cayman Islands	345-640-4040
Backman, Brian Dr.	Urology	Grand Pavilion Centre	345-949-7535
Bagrecha, Anil Kumar Dr.	Orthopedic Surgery	Health City Cayman Islands	345-640-4040
Bandemegal, Deepti S. Dr.	Gynecology	Health City Cayman Islands	345-640-4040
Barefoot, Joseph Dr.	Internal Medicine	Dr. Joseph Barefoot	345-949-9412
Barredo, Mercedes Dr.	General Practice	Sedano Medical Group	345-949-6040
Barrett, Delano Dr.	Anesthesiology	Health Services Authority	345-949-8600
Barroso, Eduardo Dr.	Cosmetic & Plastic Surgery	CTMH Doctors Hospital	345-949-6066
Barroso, Eduardo Dr.	Cosmetic & Plastic Surgery	Seven Mile Medical Clinic	345-949-5600
Belfonte, Dirk, Dr.	General Practice	Dr. Belfonte Medical	345-326-5741
Bell, Glaister Dr.	General Practice	Health Services Authority	345-949-8600
Benjamin, Alfred Dr.	Veterinary	Veterinary Clinic & Pet Boarding	345-945-1242

DOCTORS & SPECIALISTS ALPHABETICAL LISTINGS

NAME	SPECIALTY	COMPANY	PHONE
Benjamin, Olivia Dr.	Veterinary	Veterinary Clinic & Pet Boarding	345-945-1242
Beraha, Bella Dr.	Internal Medicine	Helix Healthcare	345-749-4444
Bernard, Rina Dr.	General Practice	CTMH Doctors Hospital	345-949-6066
Binoy, Vineetha Dr.	Medical Oncology	Health City Cayman Islands	345-640-4040
Blake, Camille Dr.	Medical Doctor	Health Services Authority	345-949-8600
Blake, Stephen Dr.	Radiology	Health Services Authority	345-949-8600
Blecher, Andrew Dr.	Family & Sports Medicine	Regenexx Cayman	345-936-1001
Bodden, Alexandra Dr.	Clinical Psychology	OnCourse Cayman	345-745-6463
Bonadie, Kimon Dr.	General Surgery	Health Services Authority	345-949-8600
Bond, Thomas Dr.	Family & Sports Medicine, Anti-Ageing and Regenerative Medicine	Regenexx Cayman	345-943-5900
Bonigi, Venkamma Dr.	General Practice, Obstetrics	Health Services Authority - Faith Hospital	345-948-2243
Boothe, Nigel Dr.	Emergency Medicine	Health Services Authority	345-949-8600
Bromley, Christopher Dr.	General Surgery	CTMH Doctors Hospital	345-949-6066
Brown, Colleen Dr.	Clinical Psychology	OnCourse Cayman	345-745-6463
Brown, Jimmy Dr.	Otolaryngology	Health Services Authority	345-949-8600
Bush, Brenda Dr.	Veterinary	Island Veterinary Services	345-949-0787
Calise, Adrianna Dr.	Veterinary	Cayman Animal Hospital	345-946-8387
Campbell, Nickicia Dr.	Accident & Emergency	Health Services Authority	345-949-8600
Campbell, Verley Dr.	Accident & Emergency	Health Services Authority	345-949-8600
Carey, Timothy Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Caudeiron, C. Edward Dr.	Obstetrics, Gynecology	Dr. E. Caudeiron's Clinic	345-949-9090
Caudeiron, Dominic Dr.	Medical Doctor	Health Services Authority	345-949-8600
Centeno, Christopher Dr.	Physical Medicine, Rehab., and Pain Management	Regenexx Cayman	345-936-1001
Chambers, Sharon Dr.	Rheumatology	TrinCay Medical Services	345-943-4633
Chandra, Kadiyala Sekhar Dr.	Orthopedic Surgery	Health Services Authority	345-949-8600
Chattuparambil, Binoy Dr.	Cardiac Surgery	Health City Cayman Islands	345-640-4040
Chen, Christine Dr.	Pediatrics	TrinCay Medical Services	345-943-4633
Choy, Alfred Dr.	General & Bariatric Surgery	TrinCay Medical Services	345-943-4633
Christian, Gerard Dr.	General Practice	Health Services Authority	345-949-8600
Christoffersen, Else Dr.	Family Medicine, Dermatology	Cayman Doctors Ltd.	345-943-6363
Clare-Lyn Shue, Andrea Dr.	Dermatology	Dr. Marzouca's Medical Clinic	345-949-6631
Clare-Lyn Shue, Andrea Dr.	Dermatology	Health Services Authority	345-949-8600
Clarke, Ricardo Dr.	General Practice	Health Services Authority	345-949-8600



NAME	SPECIALTY	COMPANY	PHONE
Cona, Louis Dr.	General Practice	Strand Medical Centre	345-945-7077
Cuff, Sarah Dr.	General Practice	Seven Mile Medical Clinic	345-949-5600
Cummings, Courtney Dr.	Deputy Medical Director	Health Services Authority	345-949-8600
David, Scott Dr.	Emergency Medicine, Anti-Aging & Regen.	Strand Medical Centre	345-945-7077
Davis-Irons, Karyna Dr.	Anesthesiology	Health Services Authority	345-949-8600
Day, Catherine Dr.	Clinical Psychology	Aspire Therapeutic Services	345-743-6700
De Alwis, Sarath Dr.	Obstetrics, Gynecology	CTMH Doctors Hospital	345-949-6066
De Miguel, Rebeca Dr.	Dermatology	Celimar Central Clinic	345-925-2512
Deosaran, Howard Dr.	Obstetrics, Gynecology	TrinCay Medical Services	345-943-4633
De Solo, Santiago Dr.	Rheumatology	Health Services Authority	345-949-8600
De Souza, Romnesh Dr.	Neurology	Health City Cayman Islands	345-640-4040
Devaraju, Sridhar Dr.	Cardiac Surgery	Health City Cayman Islands	345-640-4040
Devnani, Avinashi Dr.	Radiology, Teleradiology	Health Services Authority	345-949-8600
Digby, Samantha Dr.	General Practice	The Family Practice	345-945-6077
Diwakar, Sharma Dr.	Psychiatry	Health City Cayman Islands	345-640-4040
Douglas, Ludlow Dr.	Urology	Dr. Marzouca's Medical Clinic	345-949-6631
Douglas, Vinton Dr.	Emergency Medicine	Health Services Authority	345-949-8600
Duncan, Alison Dr.	Dermatology	TrinCay Medical Services	345-943-4633
Ebanks, Elaine Dr.	Obstetrics, Gynecology	Health Services Authority	345-949-8600
Ebanks, Sidney Dr.	General Practice	CTMH Doctors Hospital	345-949-6066
Ebanks, Tanja Dr.	General Surgery	CTMH Doctors Hospital	345-949-6066
Ecke, Ulrich Dr.	Otolaryngology	ENT in Cayman	345-745-3253
Eleweanya, Obinna Dr.	Accident & Emergency, Medical Doctor	Health Services Authority	345-949-8600
El-Madany, Rommel Dr.	Obstetrics, Gynecology	Island Medical (Ob/Gyn)	345-946-2496
Esteban Benavides, Beatriz Dr.	General Practice	Seven Mile Medical Clinic	345-949-5600
Evans-Belfonte, Gillian Dr.	Obstetrics, Gynecology	Health Services Authority	345-949-8600
Fahy, Heidi Dr.	General Practice	Cayman Clinic	345-949-7400
Fenton, Jonathan Dr.	Physical Medicine & Rehab. Neuromusculoskeletal Medicine, & Osteopathic Manipulation	Regenexx Cayman	345-936-1001
Finkelberg, Dmitry Dr.	Gastroenterology	Harmonic Health Consultants	345-943-5900
Foley, Eugene Dr.	Ophthalmology	Dr. Foley's Eye Clinic	345-946-4169
Follows, Joyce Dr.	Veterinary	Island Veterinary Services	345-949-0787
Friedlis, Mayo Dr.	Physical Medicine & Rehab	Regenexx Cayman	345-936-1001
Gallow, Moses Dr.	General Practice	Health Services Authority	345-949-8600

DOCTORS & SPECIALISTS ALPHABETICAL LISTINGS

NAME	SPECIALTY	COMPANY	PHONE
Gay, Stephen Dr.	Anesthesiology	CTMH Doctors Hospital	345-949-6066
Glatz, Frank Dr.	Otolaryngology	Cayman E.N.T Associates	345-945-3822
Gooden, Rachel Dr.	Anesthesiology	Health Services Authority	345-949-8600
Gundad, Pankaj Dr.	Cardiology	Health City Cayman Islands	345-640-4040
Gouws, Cornelius Dr.	Ophthalmology	Health Services Authority	345-949-8600
Gutierrez-Carcache, Shawn Dr.	Medical Doctor	Health Services Authority	345-949-8600
Harriott, Joan Dr.	General Practice, Internal Medicine	Global Medical Centre & Laboratory	345-943-4500
Hedges, Scott Dr.	Orthopedic Surgery, Spinal Surgery	NovoClinic	345-746-6082
Heron, Toni-Ann Dr.	Psychiatry	Health Services Authority	345-949-8600
Herzig, Matthias Dr.	Orthopedic Surgery	CTMH Doctors Hospital	345-949-6066
Hislop-Chestnut, Diane Dr.	Endocrinology	Palm Road Medical	345-946-7256
Hobday, Virginia Dr.	General Practice	Cayman Clinic	345-949-7400
Hobday, Virginia Dr.	Palliative Care	Jasmine	345-945-7447
Hodges, Scott Dr.	Orthopedic Surgery	NovoClinic	345-746-6082
Humphreys, Craig Dr.	Orthopedic Surgery, Spinal Surgery	NovoClinic	345-746-6082
Hunter, Lisa Dr.	Veterinary	Cayman Animal Hospital	345-946-8387
Hyzy, Matthew Dr.	Physical Medicine & Rehab	Regenexx Cayman	345-943-5900
Iheonunekwu, Nelson Dr.	Internal Medicine, Nephrology	Health Services Authority	345-949-8600
Irons, Tameka Dr.	General Practice	CTMH Doctors Hospital	345-949-6066
Jackson, Lorna Dr.	General Practice	Health Services Authority	345-949-8600
Jadiyappagoudar, Jyoti Dr.	Pathology	Health City Cayman Islands	345-640-4040
Javaharlal Modi, Sumit Dr.	Cardiac Surgery	Health City Cayman Islands	345-640-4040
Jefferson, Delroy Dr.	Medical Director/ Consultant Anaesthesiologist	Health Services Authority	345-949-8600
Jehangir, Ernest Dr.	General & Colorectal Surgery	Health City Cayman Islands	345-640-4040
Jha, Gyanendra Dr.	Otolaryngology	Health Services Authority	345-949-8600
Johnson, Suzanne Dr.	Family Medicine	Seven Mile Medical Clinic	345-949-5600
Joshi-Bhatt, Archita Dr.	Pulmonology, Critical Care, Sleep Medicine	Health City Cayman Islands	345-640-4040
Jyoti, Shravana Basava Raju Dr.	Medical Doctor	Health Services Authority	345-949-8600
Kandala, Manjunatha Dr.	Neuro and Spinal Surgery	Health City Cayman Islands	345-640-4040
Kayem, Marc Dr.	Otolaryngology	Pensum Health Center Ltd.	345-949-8676
Kirschke, Julia Dr.	Dermatology	NovoClinic	345-746-6082
Konnur, Prabhuling Dr.	Urology	Health City Cayman Islands	345-640-4040
Kregiel-Zwierzchowska, Joanna Dr.	Cardiology	Health Services Authority	345-949-8600



NAME	SPECIALTY	COMPANY	PHONE
Krishnan, Dhruva Dr.	Anesthesiology, Intensive Care	Health City Cayman Islands	345-640-4040
Krupiniewicz, Rafal Dr.	Urology	Health Services Authority	345-949-8600
Kumar, Anil Dr.	Orthopedic Surgery	Health City Cayman Islands	345-640-4040
Kumar G L, Praveen Dr.	Anesthesiology	Health City Cayman Islands	345-640-4040
Kumar Jyoti, Shravana Dr.	Pathology	Health Services Authority	345-949-8600
Kuusela, Pekko Paavali Dr.	Orthopedic Surgery	Health Services Authority	345-949-8600
Lacanilao, Ramon Dr.	Pediatrics	CTMH Doctors Hospital	345-949-6066
Lam, Erica Dr.	Clinical Psychology	Aspire Therapeutic Services	345-743-6700
Lamsee-Ebanks, Chela Dr.	Pediatrics	Health Services Authority	345-949-8600
Lawrence, Komal Dr.	Internal Medicine	Helix Healthcare	345-749-4444
Lee, Rick Dr.	Naturopathy	Original Healing Ltd.	345-922-9293
Leiber, James Dr.	Neuromusculoskeletal, Pain & Family Medicine	Regenexx Cayman	345-936-1001
Lieber, Paul Dr.	Physical Medicine & Rehab, Electrodiagnostic Medicine, & Pain Management	Regenexx Cayman	345-943-5900
Lippitt, Gregory Dr.	Chiropractic	West Shore Wellness	345-943-4357
Lockhart, Marc Dr.	Psychiatry	Behavioral Health Assoc.	345-746-0066
Lockhart, Marc Dr.	Psychiatry	Health Services Authority	345-949-8600
Lookloy, Victor Dr.	General Practice	Island Medical Centre	345-949-7535
Lowe, Dwight Dr.	Hematology, Oncology	CTMH Doctors Hospital	345-949-6066
Patil, Mahantesh Dr.	Intensive Care	Health City Cayman Islands	345-640-4040
Mahendra, Sandeep H. Dr.	Internal Medicine	Health City Cayman Islands	345-640-4040
Mani, Krishna Dr.	Ophthalmology	Dr. Krishna Mani Clinic	345-945-1565
Manson, Colin Dr.	Veterinary	Kman Vets	345-525-5838
March, Tameka Dr.	Internal Medicine	Health Services Authority	345-949-8600
Marinova, Jasmina Dr.	Pediatrics	CTMH Doctors Hospital	345-949-6066
Markle, Jason Dr.	Physical Medicine & Rehab	Regenexx Cayman	345-936-1001
Martinez, Carmen Dr.	General Practice	Health Services Authority	345-949-8600
Martinez, Francisco Dr.	Family Medicine	International Medical Group	345-945-2881
Marzouca, Joseph Dr.	General Practice	Dr. Marzouca's Medical Clinic	345-949-6631
Mascaro, Melissa Dr.	Family & Sports Medicine	Cayman Clinic	345-949-7400
Mascaro, Melissa Dr.	Family & Sports Medicine	NovoClinic	345-746-6080
Mathew, Ajit Dr.	General Surgery	Health Services Authority	345-949-8600
Matthews, Anna Dr.	General Practice	Health Services Authority	345-949-8600
McField, Daaron Dr.	General Surgery	Health Services Authority	345-949-8600
McIntyre, Marilyn Dr.	Pediatrics	Health Services Authority	345-949-8600
McLaughlin, Elizabeth Dr.	Head of Dept., Accident & Emergency	Health Services Authority	345-949-8600
McLaughlin, Ethel Dr.	Emergency Medicine	Health Services Authority	345-949-8600

DOCTORS & SPECIALISTS ALPHABETICAL LISTINGS

NAME	SPECIALTY	COMPANY	PHONE
Meggs, George Dr.	Obstetrics, Gynecology	Dr. George Meggs Clinic	345-949-8969
Mitchell-Smith, Hortense Dr.	General Practice	TrinCay Medical Services	345-943-4633
Modi, Tripti Sumit Dr.	Anesthesiology	Health City Cayman Islands	345-640-4040
Mohanty, Sanjib Dr.	General Surgery, Urology	Dr. Mohanty's Clinic	345-946-5938
Mon Desir, Michelle Dr.	General Practice	Oasis Medical Group	345-943-6066
Mora, Maykel Dr.	Veterinary	Island Veterinary Services	345-946-8387
Muise, Suzanne Dr.	Obstetrics, Gynecology	Suzanne L. Muise Clinic	345-749-6800
Mulay, Ravindra Dr.	Pathology	Health City Cayman Islands	345-640-4040
Murphy, Trevor Dr.	Gastroenterology	Island Medical Specialists	345-946-9770
Nagaraja, Niranjan Dr.	Orthopedic Surgery	Health City Cayman Islands	345-640-4040
Neita, Susanne Dr.	Psychiatry	Behavioral Health Assoc.	345-746-0066
Newton, Benjamin Dr.	Family & Sports Medicine	Regenexx Cayman	345-936-1001
Newton, Sarah Dr.	Pediatrics	The Children's Clinic	345-949-2970
Nicholls, Judith Dr.	Pain Management	Merren's Health Centre	345-949-2554
O'Connor, John Dr.	Veterinary	Island Veterinary Services	345-949-0787
O'Doherty, Maeve Dr.	Ophthalmology	Dr. Foley's Eye Clinic	345-946-4169
O'Doherty, Maeve Dr.	Ophthalmology	Eyes & Lids	345-946-4944
Ogilvie, Rick Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Onah-Ezema, Ngozi Grace Dr.	General Practice	Health Services Authority	345-949-8600
Osterloh, Denise Dr.	General Practice	Cayman Clinic	345-949-7400
Palmer, Takeyce Dr.	Anesthesiology	Health Services Authority	345-949-8600
Patil, Mahantesh Dr.	Intensive Care	Health City Cayman Islands	345-640-4040
Paul, Susan Dr.	Anesthesiology	Health City Cayman Islands	345-640-4040
Petrisor, Bradley, Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Pickering, Stephen Dr.	Internal Medicine	Grand Harbour Medical Clinic, The	345-949-4309
Pitts, John Dr.	Physical Medicine & Rehab	Regenexx Cayman	345-936-1001
Pomares, Ruthlyn Dr.	General Practice	Premier Medical Care	345-945-2273
Popescu, Ioana Dr.	Veterinary	Island Veterinary Services	345-949-0787
Porter, Wayne Dr.	Dermatology	Dr. Wayne Porter's Practice	345-946-9020
Prasad, Neeraj Dr.	Cardiology	Grand Harbour Medical Clinic, The	345-949-4309
Prathigudupu, Rajesh Dr.	Emergency Medicine	Health Services Authority	345-949-8600
Purita, Joseph Dr.	Orthopedic Surgery, Stem Cell Treatment	Pensum Health Center Ltd.	345-949-8676
Quartly, Caroline Dr.	Physical Medicine & Rehab	Cayman Doctors Ltd.	345-945-5747
Rajaratnam, Krishan Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Rangarajan, Muthukumaran Dr.	General Surgery	Health City Cayman Islands	345-640-4040
Reid, Charles Dr.	General Practice	Brac Clinic	345-948-1777



NAME	SPECIALTY	COMPANY	PHONE
Richards, Howard Dr.	Accident & Emergency	Health Services Authority	345-949-8600
Richter, Barry Dr.	Gynecology, Laparoscopic Surgery	NovoClinic	345-746-6082
Roberts, Kristen Dr.	Veterinary	Veterinary Clinic & Pet Boarding	345-945-1244
Robertson, Fiona Dr.	General Practice	Cayman Clinic	345-949-7400
Robertson, Fiona Dr.	General Practice	Health Services Authority	345-949-8600
Robinson, Andrew Dr.	General Practice	CTMH Doctors Hospital	345-949-6066
Robinson, Earl Dr.	Pediatrics	Health Services Authority	345-949-8600
Rubin, Mark Dr.	Ophthalmology	Dr. Foley's Eye Clinic	345-946-4169
Sagiv, Ofer Dr.	Cardiology	Seven Mile Medical Clinic	345-949-5600
Saha, Sanjay Dr.	Anesthesiology	Health City Cayman Islands	345-640-4040
Samadi, Behrad Dr.	Ophthalmology	Dr. Foley's Eye Clinic	345-946-4169
Santhanakrishnan, Vijaya Kumar Dr.	Anesthesiology	Health City Cayman Islands	345-640-4040
Schultz, John Dr.	Pain Management & Anesthesiology	Regenexx Cayman	345-936-1001
Schwery, Petra Dr.	Pediatrics	CTMH Doctors Hospital	345-949-6066
Seaton, Trevor Dr.	Gastroenterology	Island Medical Specialists	345-946-9770
Sedano, Carlos Dr.	Plastic Surgery	Sedano Medical Group	345-949-6040
Sedano-Barredo, Imilla Dr.	General Practice	Health Services Authority	345-949-8600
Sedano-Barredo, Karlo Dr.	General Practice	Health Services Authority	345-949-8600
Sennik, Vir Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Shetty, Sukhen Dr.	Anesthesiology	Health City Cayman Islands	345-640-4040
Shipley, Michael Dr.	Rheumatology	Health Services Authority	345-949-8600
Shirley-Walcott, Rachelle Dr.	Obstetrics, Gynecology	CTMH Doctors Hospital	345-949-6066
Sida, Hesham Dr.	Orthopedic Surgery, Hand Surgery	Cayman Hand Centre	345-946-2500
Simmons, Eryka Dr.	Clinical Head of Department, GP Services	Health Services Authority	345-949-8600
Sloboda, Vladimir Dr.	Radiology	Health Services Authority	345-949-8600
Sleahetenea, Andreea Dr.	Veterinary	Cayman Mobile Vets	345-324-9050
Slutsky, Joel Dr.	Urology	CTMH Doctors Hospital	345-949-6066
Smalley, Chad Dr.	Sports Medicine, Orthopedic Surgery	NovoClinic	345-746-6082
Smith, Frank Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Smith, Gerald Dr.	Anesthesiology	Health Services Authority	345-949-8600
Smith, Gordon Dr.	Pediatrics, General Practice	The Children's Clinic	345-949-2970
Solomon, Darley Dr.	General Surgery	CTMH Doctors Hospital	345-949-6066
Stanley, Lowell Jr. Dr.	Neurosurgery, Pain Management	Cayman Brain & Spine	345-949-4582
Starkman, Gary Dr.	Neurology	Cayman Neurology & Pain Mgmt.	345-943-6900

DOCTORS & SPECIALISTS ALPHABETICAL LISTINGS

NAME	SPECIALTY	COMPANY	PHONE
Stephen, Jude Dr.	Anesthesiology	Health City Cayman Islands	345-640-4040
Stone, David Dr.	Obstetrics, Gynecology	TrinCay Medical Services	345-943-4633
Subramonian, Deepa Dr.	Pediatrics, Endocrinology	Health City Cayman Islands	345-640-4040
Swan, Linden Dr.	Pediatrics	Health Services Authority	345-949-8600
Szucs, Zolton Dr.	General Surgery	Dr. Mohanty's Office	345-946-5939
Taylor, Nyali Dr.	Vascular Surgery	CTMH Doctors Hospital	345-949-6066
Teeling, Sean Dr.	Accident & Emergency	Health Services Authority	345-949-8600
Thane, Orrett Dr.	General Practice	Health Services Authority	345-949-8600
Timpson (Murray), Judy Dr.	Family Medicine, Sports & Exercise Medicine	NovoClinic	345-746-6082
Tomlinson, Stephenson Dr.	General Practice & Surgery	Savannah Medical Clinic	345-749-6066
Tran, Franklin Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Turner, Regina Dr.	Emergency Medicine	Health Services Authority	345-949-8600
Turnquest, Theodore Dr.	Oncology	Dr. Turnquest's Clinic	345-936-0779
Ulett-Ivey, Maeve Dr.	General Practice	Health Services Authority	345-949-8600
Upadhy, Sripadh Dr.	Pediatric Cardiology, Cardiology	Health City Cayman Islands	345-640-4040
Van Putten, Douglas Dr.	Ophthalmology	Tropical Optical	345-945-7588
Velusamy, Srirangan Dr.	Director of Sister Islands HS, Consultant Surgeon	Health Services Authority - Faith Hospital	345-948-2243
Venkatesh, Prathap R. Dr.	Orthopedic Surgery	Health City Cayman Islands	345-640-4040
Venegoni, Paolo Dr.	Cardiology	CTMH Doctors Hospital	345-949-6066
Wadhwa, Susheel Dr.	Neurosurgery	Health City Cayman Islands	345-640-4040
Wallace-Grant, Joy Dr.	General Practice	Health Services Authority	345-949-8600
Warden, Kenia Dr.	General Practice	Dr. Kenia Warden's Office	345-945-9260
Watkin, Sara Dr.	Pediatrics	Grand Harbour Medical Clinic, The	345-949-4309
Watler, Lana Dr.	Veterinary	Cayman Animal Hospital	345-946-8387
Wedderburn, Chris Dr.	Accident & Emergency	Health Services Authority	345-949-8600
Wejbora, Johannes Dr.	Anesthesiology	CTMH Doctors Hospital	345-949-6066
Williams, Anthony Dr.	Anesthesiology	Health Services Authority	345-949-8600
Williams, Christopher Dr.	Physical Medicine & Rehab.	Regenexx Cayman	345-943-5900
Williams, Paul Dr.	General Practice	Health Services Authority	345-949-8600
Williams-Rodriguez, Samuel Dr.	Director Primary Health Care Services	Health Services Authority	345-949-8600
Wong, Ivan Dr.	Orthopedic Surgery	Cayman Orthopaedic Group	345-945-8380
Yin, Sook Dr.	General Practice	Seven Mile Medical Clinic	345-949-5600
Zamastil, Christine Dr.	Pediatrics	The Children's Clinic	345-949-2970
Zwierzchowski, Zbigniew Dr.	Obstetrics, Gynecology	Health Services Authority	345-949-8600



Doctors & Specialists Listings By Specialty

NAME	LOCATION	COMPANY	PHONE
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ACCIDENT AND EMERGENCY

Campbell, Nickicia Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Campbell, Verley Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Eleweanya, Obinna Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
McLaughlin, Elizabeth Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Richards, Howard Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Teeling, Sean Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Wedderburn, Chris Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600

ANESTHESIOLOGY

Almeida, Smita Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Barrett, Delano Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Davis-Irons, Karyna Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gay, Stephen Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Gooden, Rachel Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Jefferson, Delroy Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Krishnan, Dhruva Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Kumar G L, Praveen	Sea View Road	Health City Cayman Islands	345-640-4040
Modi, Tripti Sumit Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Palmer, Takeyce Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Paul, Susan Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Saha, Sanjay Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Santhanakrishnan, Vijaya Kumar Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Schultz, John Dr.	West Shore Center	Regenexx	345-943-5900
Shetty, Sukhen Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Smith, Gerald Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Stephen, Jude Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Wejborra, Johannes Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Williams, Anthony Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600

ANTI-AGING AND REGENERATIVE MEDICINE

Bond, Thomas Dr.	West Shore Center	Regenexx	345-943-5900
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BARIATRIC SURGERY

Choy, Alfred Dr.	Camana Bay	TrinCay Medical Services	345-943-4633
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NAME	LOCATION	COMPANY	PHONE
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CARDIAC SURGERY

Chattuparambil, Binoy Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Devaraju, Sridhar Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Javaharlal Modi, Sumit Dr.	Sea View Road	Health City Cayman Islands	345-640-4040

CARDIOLOGY

Amancharla, Ravi Kishore Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Gundad, Pankaj Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Kregiel-Zwierzchowska, Joanna Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Prasad, Neeraj Dr.	Grand Harbour	Grand Harbour Medical Clinic, The	345-949-4309
Sagiv, Ofer Dr.	Queen's Court	Seven Mile Medical Clinic	345-949-5600
Upadhy, Sripadh Dr.	Seaview Road	Health City Cayman Islands	345-640-4040
Venegoni, Paolo Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066

CARDIOVASCULAR THORACIC SURGERY

Chattuparambil, Binoy Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Javaharlal Modi, Sumit Dr.	Sea View Road	Health City Cayman Islands	345-640-4040

DERMATOLOGY

Christoffersen, Else Dr.	West Shore Center	Cayman Doctors Ltd.	345-943-6363
Clare-Lyn Shue, Andrea Dr.	Pasadora Place	Dr. Marzouca's Medical Clinic	345-949-6631
Clare-Lyn Shue, Andrea Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
De Miguel, Rebeca Dr.	Governors Square	Celimar Central Clinic	345-925-2512
Duncan, Alison Dr.	Camana Bay	TrinCay Medical Services	345-943-4633
Kirschke, Julia Dr.	Eastern Avenue	NovoClinic	345-746-6082
Porter, Wayne Dr.	Crewe Road	Dr. Wayne Porter's Practice	345-946-9020

ELECTRODIAGNOSIS/ELECTROPHYSIOLOGY

Lieber, Paul Dr.	West Shore Center	Regenexx	345-943-5900
Amancharla, Ravi Kishore Dr.	Sea View Road	Health City Cayman Islands	345-640-4040

EMERGENCY MEDICINE

Boothe, Nigel Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
David, Scott Dr.	The Strand	Strand Medical Centre	345-945-7077
Douglas, Vinton Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
McLaughlin, Ethel Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Prathigudupu, Rajesh Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Turner, Regina Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600

ENDOCRINOLOGY

Hislop-Chestnut, Diane Dr.	Palm Road	Palm Road Medical	345-946-7256
Subramonian, Deepa Dr.	Sea View Road	Health City Cayman Islands	345-640-4040



NAME	LOCATION	COMPANY	PHONE
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FAMILY MEDICINE

Blecher, Andrew Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Bond, Thomas Dr.	West Shore Center	Regenexx Cayman	345-943-5900
Christoffersen, Else Dr.	West Shore Center	Cayman Doctors Ltd.	345-943-6363
Johnson, Suzanne Dr.	Queen's Court	Seven Mile Medical Clinic	345-949-5600
Leiber, James Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Mascaro, Melissa Dr.	Eastern Avenue	NovoClinic	345-746-6080
Martinez, Francisco Dr.	Pasadora Place	International Medical Group	345-945-2881
Newton, Benjamin Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Timpson (Murray), Jody Dr.	Eastern Avenue	NovoClinic	345-746-6082

GASTROENTEROLOGY

Finkelberg, Dmitry Dr.	West Shore Center	Harmonic Health Consultants	345-943-5900
Murphy, Trevor Dr.	Hospital Road Plaza	Island Medical Specialists	345-946-9770
Seaton, Trevor Dr.	Hospital Road Plaza	Island Medical Specialists	345-946-9770

GENERAL PRACTICE

Addleson, John Dr.	Pasadora Place	International Medical Group	345-945-2881
Arminan, Alvaro Dr.	Governors Square	Celimar Central Clinic	345-323-6364
Barredo, Mercedes Dr.	Pasadora Place	Sedano Medical Group	345-949-6040
Belfonte, Dirk, Dr.	Walkers Road	Dr. Belfonte Medical Service	345-326-5741
Bell, Glaister Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bernard, Rina Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Bonigi, Venkamma Dr.	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Bernard, Rina Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Christian, Gerard Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Clarke, Ricardo Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Cona, Louis Dr.	The Strand	Strand Medical Centre	345-945-7077
Cuff, Sarah Dr.	Queen's Court	Seven Mile Medical Clinic	345-949-5600
Digby, Samantha Dr.	Smith Road Plaza	The Family Practice	345-945-6077
Ebanks, Sidney Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Esteban Benavides, Beatriz Dr.	Queen's Court	Seven Mile Medical Clinic	345-949-5600
Fahy, Heidi Dr.	Crewe Road	Cayman Clinic	345-949-7400
Gallow, Moses Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Harriott, Joan Dr.	General Practice, Internal Medicine	Global Medical Centre & Laboratory	345-943-4500
Hobday, Virginia Dr.	Crewe Road	Cayman Clinic	345-949-7400
Irons, Tameka Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Jackson, Lorna Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lookloy, Victor Dr.	Windward Centre	Island Medical Centre	345-949-7535
Martinez, Carmen Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Marzouca, Joseph Dr.	Pasadora Place	Dr. Marzouca's Medical Clinic	345-949-6631

DOCTORS & SPECIALISTS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
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GENERAL PRACTICE (Continued)

Matthews, Anna Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Mitchell-Smith, Hortense Dr.	Camana Bay	TrinCay Medical Services	345-943-4633
Mon Desir, Michelle Dr.	Centennial Towers	Oasis Medical Group	345-943-6066
Onah-Ezema, Ngozi Grace Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Osterloh, Denise Dr.	Crewe Road	Cayman Clinic	345-949-7400
Pomares, Ruthlyn Dr.	Rankin's Plaza	Premier Medical Care	345-945-2273
Reid, Charles Dr.	Tibbetts Sq, Cayman Brac	Brac Clinic	345-948-1777
Robertson, Fiona Dr.	Crewe Road	Cayman Clinic	345-949-7400
Robertson, Fiona Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Robinson, Andrew Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Sedano-Barredo, Imilla Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Sedano-Barredo, Karlo Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Simmons, Eryka Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Smith, Gordon Dr.	Windward Centre	Children's Clinic	345-949-2970
Thane, Orrett Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Tomlinson, Stephenson Dr.	Countryside Shopping Village	Savannah Medical Clinic	345-749-6066
Ulett-Ivey, Maeve Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Wallace-Grant, Joy Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Warden, Kenia Dr.	Pasadora Place	Dr. Kenia Warden	345-945-9260
Williams, Paul Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Yin, Sook Dr.	Queen's Court	Seven Mile Medical Clinic	345-949-5600

GENERAL SURGERY

Bonadie, Kimon Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bromley, Christopher Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Choy, Alfred Dr.	Camana Bay	TrinCay Medical Services	345-943-4633
Ebanks, Tanja Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Jehangir, Ernest Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Mathew, Ajit Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
McField, Daaron Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Mohanty, Sanjib Dr.	Smith Road Plaza	Dr. Mohanty's Medical Clinic	345-946-5938
Rangarajan, Muthukumaran Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Solomon, Darley Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Szucs, Zolton Dr.	Smith Road Plaza	Dr. Mohanty's Medical Clinic	345-946-5939
Tomlinson, Stephenson Dr.	Countryside Shopping Village	Savannah Medical Clinic	345-749-6066
Velusamy, Srirangan Dr.	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243

HEMATOLOGY

Lowe, Dwight Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Wharfe, Gilian Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600



NAME	LOCATION	COMPANY	PHONE
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INTENSIVE CARE

Gooden, Rachel Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Krishnan, Dhruva Dr	Sea View Road	Health City Cayman Islands	345-640-4040
Patil, Mahantesh Dr.	Sea View Road	Health City Cayman Islands	345-640-4040

INTERNAL MEDICINE

Adedayo, Olayinka Dr.	Pasadora Place	Adult Disease Specialist Clinic	345-925-9581
Barefoot, Joseph Dr.	Grand Harbour	Dr. Joseph Barefoot	345-949-9412
Beraha, Bella Dr.	Middle Road	Helix Healthcare	345-749-4444
Cummings, Courtney Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Harriott, Joan Dr.	General Practice, Internal Medicine	Global Medical Centre & Laboratory	345-943-4500
Hislop-Chestnut, Tricia Dr.	Palm Road	Palm Road Medical Centre	345-946-7256
Iheonunekwu, Nelson Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lawrence, Komal Dr.	Middle Road	Helix Healthcare	345-749-4444
Mahendra, Sandeep Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
March, Tameka Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Pickering, Stephen Dr.	Grand Harbour	Grand Harbour Medical Clinic, The	345-949-4309

MEDICAL DOCTOR

Blake, Camille Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Caudeiron, Dominic Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Eleweanya, Obinna Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gutierrez-Carcache, Shawn Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Jyoti, Shravana Basava Raju Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600

MINIMALLY INVASIVE SURGERY

Rangarajan, Muthukumaran Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
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NATUROPATHY

Lee, Rick Dr.	Walkers Road	Original Healing Ltd.	345-922-9293
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NEPHROLOGY

Iheonunekwu, Nelson Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
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NEUROLOGY

De Souza, Romnesh Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Kandala, Manjunatha Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Starkman, Gary Dr.	West Shore Center	Cayman Neurology & Pain Mgmt.	345-943-6900

NEUROMUSCULOSKELETAL

Fenton, Jonathan Dr.	West Shore Center	Regenexx Cayman	345-943-5900
Leiber, James Dr.	West Shore Center	Regenexx Cayman	345-936-1001

DOCTORS & SPECIALISTS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
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NEUROSURGERY

Akinwunmi, James Dr.	Fidelity Financial Centre	CI Neurosurgeons Intl. Group	345-739-8370
Stanley, Jr. Lowell Dr.	The Strand	Cayman Brain & Spine	345-949-4582
Wadhwa, Susheel Dr.	Sea View Road	Health City Cayman Islands	345-640-4040

OBSTETRICS & GYNECOLOGY

Alexander, Gilbertha Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bandemegal, Deepti S. Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Bonigi, Venkamma Dr.	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Caudeiron, C. Edward Dr.	Pasadora Place	Dr. E. Caudeiron's Clinic	345-949-9090
De Alwis, Sarath Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Deosaran, Howard Dr.	Camana Bay	TrinCay Medical Services	345-943-4633
Ebanks, Elaine Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
El-Madany, Rommel Dr.	Smith Road Plaza	Island Medical (Ob/Gyn)	345-946-2496
Evans-Belfonte, Gillian Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Meggs, George Dr.	Smith Road Plaza	Dr. Meggs Outpatient Clinic	345-949-8969
Muise, Suzanne Dr.	West Shore Center	Suzanne Muise Medical Clinic	345-749-6800
Richter, Barry Dr.	Eastern Avenue	NovoClinic	345-746-6082
Shirley-Walcott, Rachelle Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Stone, David Dr.	Camana Bay	TrinCay Medical Services	345-943-4633
Zwierzchowski, Zbigniew Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600

ONCOLOGY

Armonis, Basil Dr.	Oncology	Health Services Authority	345-949-8600
Binoy, Vineetha Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Lowe, Dwight Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Turnquest, Theodore Dr.	Pasadora Place	Dr. Turnquest's Clinic	345-936-0779

OPHTHALMOLOGY

Foley, Eugene Dr.	Claude Hill Road	Dr. Foley's Eye Clinic	345-946-4169
Gouws, Cornelius Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Mani, Krishna Dr.	Pasadora Place	Dr. Krishna Mani Clinic	345-945-1565
O'Doherty, Maeve Dr.	Claude Hill Road	Dr. Foley's Eye Clinic	345-946-4169
O'Doherty, Maeve Dr.	Claude Hill Road	Eyes & Lids	345-946-4944
Rubin, Mark Dr.	Claude Hill Road	Dr. Foley's Eye Clinic	345-946-4169
Samadi, Behrad Dr.	Claude Hill Road	Dr. Foley's Eye Clinic	345-946-4169
Van Putten, Douglas Dr.	Galleria Plaza	Tropical Optical	345-945-7588

ORTHOPEDIC SURGERY

Ali, Pervez Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Almeida, Alwin Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Ayeni, Olufemi Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Bagrecha, Anil Kumar Dr.	Sea View Road	Health City Cayman Islands	345-640-4040



NAME	LOCATION	COMPANY	PHONE
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ORTHOPEDIC SURGERY (Continued)

Carey, Timothy Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Chandra, Kadiyala Sekhar Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Hedges, Scott Dr.	Eastern Avenue	NovoClinic	345-746-6082
Herzig, Matthias Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Hodges, Scott Dr.	Eastern Avenue	NovoClinic	345-746-6082
Humphreys, Craig Dr.	Eastern Avenue	NovoClinic	345-746-6082
Kumar, Anil Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Kuusela, Pekko Paavali Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Nagaraja, Niranjan Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Ogilvie, Rick Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Petrisor, Bradley, Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Purita, Joseph Dr.	Belmont Close	Pensum Health Center Ltd.	345-949-8676
Rajaratnam, Krishan Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Sennik, Vir Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Sida, Hesham Dr.	Grand Pavilion, West Bay Rd.	Cayman Hand Centre	345-946-2500
Smalley, Chad Dr.	Eastern Avenue	NovoClinic	345-746-6082
Smith, Frank Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Tran, Franklin Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380
Venkatesh, Prathap R. Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Wong, Ivan Dr.	Smith Road Plaza	Cayman Orthopaedic Group	345-945-8380

OSTEOPATHIC MANIPULATION

Fenton, Jonathan Dr.	West Shore Center	Regenexx	345-943-5900
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OTOLARYNGOLOGY

Brown, Jimmy Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ecke, Ulrich Dr.	Pasadora Place	ENT in Cayman	345-745-3253
Glatz, Frank Dr.	Alexander Place	Cayman E.N.T Associates	345-945-3822
Jha, Gyanendra Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Kayem, Marc Dr.	Belmont Close	Pensum Regenerative Medicine Ltd.	345-949-8676

PAIN MANAGEMENT

Centeno, Christopher Dr.	West Shore Center	Regenexx Cayman	345-943-5900
Leiber, James Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Lieber, Paul Dr.	West Shore Center	Regenexx Cayman	345-943-5900
Nicholls, Judith Dr.	Hospital Road	Merren's Health Centre	345-949-2554
Schultz, John Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Stanley, Jr. Lowell Dr.	The Strand	Cayman Brain & Spine	345-949-4582

PALLIATIVE CARE

Hobday, Virginia Dr.	West Bay Road	Jasmine	345-945-7447
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DOCTORS & SPECIALISTS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
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PATHOLOGY

Jadiyappagoudar, Jyoti Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Kumar, Jyoti, Shravana Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Mulay, Ravindra Dr.	Sea View Road	Health City Cayman Islands	345-640-4040

PEDIATRIC CARDIOLOGY

Upadhyia, Sripadh Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
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PEDIATRIC ENDOCRINOLOGY

Subramonian, Deepa Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
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PEDIATRICS

Abraham, Cecily Dr.	Alexander Place	Dr. Abraham's Clinic	345-945-7050
Belfonte, Dirk, Dr.	Walkers Road	Dr. Belfonte Medical Service	345-326-5741
Chen, Christine Dr.	Camana Bay	TrinCay Medical Services	345-943-4633
Lacanilao, Ramon Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Lamsee-Ebanks, Chela Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Marinova, Jasmina Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
McIntyre, Marilyn Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Newton, Sarah Dr.	Windward Centre	The Children's Clinic	345-949-2970
Robinson, Earl Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Schwery, Petra Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066
Smith, Gordon Dr.	Windward Centre	The Children's Clinic	345-949-2970
Subramonian, Deepa Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Swan, Linden Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Watkin, Sara Dr.	Grand Harbour	Grand Harbour Medical Clinic, The	345-949-4309
Zamastil, Christine Dr.	Windward Centre	The Children's Clinic	345-949-2970

PHYSICAL MEDICINE & REHABILITATION

Centeno, Christopher Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Fenton, Jonathan Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Friedlis, Mayo Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Hyzy, Matthew Dr.	West Shore Center	Regenexx Cayman	345-943-5900
Lieber, Paul Dr.	West Shore Center	Regenexx Cayman	345-943-5900
Markle, Jason Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Pitts, John Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Quartly, Caroline Dr.	West Shore Center	Cayman Doctors Ltd.	345-945-5747
Williams, Christopher Dr.	West Shore Center	Regenexx Cayman	345-943-5900

PLASTIC & RECONSTRUCTIVE SURGERY

Adamo, Ciro Dr.	Pasadora Place	Sedano Medical Group	345-949-6040
Barroso, Eduardo Dr.	Middle Road	CTMH Doctors Hospital	345-949-6066



NAME	LOCATION	COMPANY	PHONE
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PLASTIC & RECONSTRUCTIVE SURGERY (Continued)

Barroso, Eduardo Dr.	Queen's Court	Seven Mile Medical Clinic	345-949-5600
Sedano, Carlos Dr.	Pasadora Place	Sedano Medical Group	345-949-6040

PODIATRY

Anthony, Raymond Dr.	Middle Road	Helix Healthcare	345-749-4444
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PSYCHIATRY

Anderson-McGill, Arline Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Heron, Toni-Ann Symone Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lockhart, Marc Dr.	Hospital Road Plaza	Behavioral Health Assoc.	345-746-0066
Lockhart, Marc Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Neita, Susanne Dr.	Hospital Road Plaza	Behavioral Health Assoc.	345-746-0066

PSYCHOLOGY

Bodden, Alexandra Dr.	Regatta Office Park	OnCourse Cayman	345-745-6463
Brown, Colleen Dr.	Regatta Office Park	OnCourse Cayman	345-746-6463
Day, Catherine Dr.	Crown Square Plaza	Aspire Therapeutic Services	345-743-6700
Lam, Erica Dr.	Crown Square Plaza	Aspire Therapeutic Services	345-743-6700

PULMONOLOGY

Joshi-Bhatt, Archita Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
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RADIOLOGY/SONOGRAPHY

Babu, Sharath Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Blake, Stephen Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Devnani, Avinashi Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Leiber, James Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Sloboda, Vladimir Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600

RHEUMATOLOGY

Chambers, Sharon Dr.	Camana Bay	TrinCay Medical Services	345-943-4633
De-Solo, Santiago Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Shiple, Michael Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600

SPINAL SURGERY

Hedges, Scott Dr.	Eastern Avenue	NovoClinic	345-746-6082
Humphries, Craig Dr.	Eastern Avenue	NovoClinic	345-746-6082
Kandala, Manjunatha Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Wadhwa, Susheel Dr.	Sea View Road	Health City Cayman Islands	345-640-4040

SLEEP MEDICINE

Joshi-Bhatt, Archita Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
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DOCTORS & SPECIALISTS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
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SPORTS MEDICINE

Blecher, Andrew Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Bond, Thomas Dr.	West Shore Center	Regenexx Cayman	345-943-5900
Mascaro, Melissa Dr.	Crewe Road	Cayman Clinic	345-949-7400
Mascaro, Melissa Dr.	Eastern Avenue	NovoClinic	345-746-6080
Newton, Benjamin Dr.	West Shore Center	Regenexx Cayman	345-936-1001
Smalley, Chad Dr.	Eastern Avenue	NovoClinic	345-746-6082
Timpson (Murray), Jody Dr.	Eastern Avenue	NovoClinic	345-746-6082

STEM CELL

Purita, Joseph Dr.	Belmont Close	Pensum Regenerative Medicine Ltd.	345-949-8676
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TELERADIOLOGY

Devnani, Avinashi Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
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UROLOGY

Backman, Brian Dr.	West Bay Road	Grand Pavilion Centre	345-949-7535
Douglas, Ludlow Dr.	Pasadora Place	Dr. Marzouca's Office	345-949-6631
Konnur, Prabhuling Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Krupiniewicz, Rafal Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Mohanty, Sanjib Dr.	Smith Road Plaza	Dr. Mohanty's Office	345-946-5938
Slutsky, Joel Dr.	Middle Road	CTMH Doctors Hospital	345-928-3466

VASCULAR SURGERY

Taylor, Nyali Dr.	CTMH Doctors Hospital	CTMH Doctors Hospital	345-949-6066
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VETERINARY

Benjamin, Alfred Dr.	Countryside Shopping Village	Veterinary Clinic & Pet Boarding	345-945-1242
Benjamin, Olivia Dr.	Countryside Shopping Village	Veterinary Clinic & Pet Boarding	345-945-1242
Bush, Brenda Dr.	Printer Way	Island Veterinary Services	345-949-0787
Calise, Adrianna Dr.	Crewe Road	Cayman Animal Hospital	345-946-8387
Follows, Joyce Dr.	Printer Way	Island Veterinary Services	345-949-0787
Hunter, Lisa Dr.	Crewe Road	Cayman Animal Hospital	345-946-8387
Manson, Colin Dr.	Midtown Plaza	Kman Vets	345-525-5838
Mora, Maykel Dr.	Printer Way	Island Veterinary Services	345-949-0787
O'Connor, John Dr.	Printer Way	Island Veterinary Services	345-949-0787
Popescu, Ioana Dr.	Printer Way	Island Veterinary Services	345-949-0787
Roberts, Kristen Dr.	Countryside Shopping Village	Veterinary Clinic & Pet Boarding	345-945-1242
Sleahetenea, Andreea Dr.	Mobile Service	Cayman Mobile Vets	345-324-9050
Watler, Lana Dr.	Crewe Road	Cayman Animal Hospital	345-946-8387

Dentists & Specialists Listings By Specialty



NAME	LOCATION	COMPANY	PHONE
DENTISTS			
Bexfield, Imogen Dr.	Camana Bay	Cayman Dental	345-945-4447
Blackledge, Stephen P. Dr.	Fidelity Financial Centre	The Dental Centre	345-943-7000
Bridgeman, Lyle Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Caithness, Hamish Dr.	Alexander Place	Smile Dental Clinic	345-949-7303
Campbell, Andrea Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Chernin, David Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Dreyer, Naude Dr.	Cayman Islands Hospital	Merren's Health Centre	345-949-2554
Enescot, Florence Dr.	The Strand	Strand Dental Clinic	345-949-3367
Fox, Keelin Dr.	Fidelity Financial Centre	The Dental Centre	345-943-7000
Fysikoudi, Kathy Dr.	Pasadora Place	Pasadora Family Dental Centre	345-943-2222
Graham, Lori Dr.	Governors Square	My Island Dentist	345-324-9500
Graham, Ronal Dr.	Governors Square	My Island Dentist	345-324-9500
Grewal, Janish Dr.	Marquee Place	SMB Dental Clinic	345-943-7400
Ironstone, Howard Dr.	Camana Bay	Cayman Dental	345-945-4447
Lavington, Jonathan Dr.	Pasadora Place	Pasadora Family Dental Centre	345-943-2222
Leon, Michael Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lerikos, Thomas Dr.	Camana Bay	Cayman Dental	345-945-4447
Munasur, Pratish Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
McFarlane, Scott Dr.	Marquee Place	SMB Dental Clinic	345-943-7400
Mentz, Sharn Dr.	Grand Harbour	Ocean Dental	345-949-7623
Moore, S. Charlecia Dr.	Camana Bay	Cayman Dental	345-945-4447
Mountjoy, Jennifer Dr.	Fidelity Financial Centre	The Dental Centre	345-943-7000
Pernapati, Lavanya Dr.	Hospital Road	Merren's Health Centre	345-949-2554

DENTISTS & SPECIALISTS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
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DENTISTS (Continued)

Phillips, Harold Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Pultr, Jan Dr.	The Strand	Strand Dental Clinic	345-949-3367
Rickleton, Carolyn Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Sadhwani, Seema Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
Stang, Adam Dr.	Andrew Drive	Dr. Wolfe's Dental Centre	345-945-4388
Thacker, Albert Dr.	Alexander Place	Smile Dental Clinic	345-949-7303
Veit, Jr. Wilbert Dr.	Andrew Drive	Dr. Wolfe's Dental Centre	345-945-4388

DENTURES

Tomascik, Vladimir	Park Place	Denture Studio	345-929-6455
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ENDODONTICS

Barros, Jose Dr.	Camana Bay	Cayman Dental	345-945-4447
Lerikos, Thomas Dr.	Camana Bay	Cayman Dental	345-945-4447

DENTAL SURGERY

Batgidis, Georgios Dr.	Pasadora Place	Pasadora Family Dental Centre	345-943-2222
Bell, Richard Dr.	Alexander Place	Smile Dental Clinic	345-949-7303
Castellano, Nelson Dr.	Governors Square	My Island Dentist	345-324-9500
Kostich, Boban Dr.	Alexander Place	Smile Dental Clinic	345-949-7303
Tocchio, Claudio Dr.	Camana Bay	Cayman Dental	345-945-4447

ORTHODONTICS & PERIODONTICS

Calnon, Timothy Dr.	Camana Bay	Cayman Orthodontics	345-945-4447
Fowler, Nathan Dr.	Camana Bay	Cayman Orthodontics	345-945-4447
Giangreco, Terry Dr.	Camana Bay	Cayman Orthodontics	345-945-4447
Newton, Geoffrey Dr.	Alexander Place	Island Smile Orthodontics	345-946-7303
Paciorek, Mark Dr.	Camana Bay	Cayman Orthodontics	345-945-4447
Phillips, Marni Dr.	Camana Bay	Cayman Orthodontics	345-945-4447
Pires, Carlos Alberto Dr.	Camana Bay	Cayman Dental	345-945-4447
Rahimi, Pourang Dr.	Alexander Place	Island Smile Orthodontics	345-946-7303

PEDIATRIC DENTISTRY

Childers, Sean Dr.	Marquee Place	SMB Dental Centre	345-943-7400
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Medical Professionals Listings By Specialty

NAME	LOCATION	COMPANY	PHONE
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ACUPUNCTURE

Allison, Sharon Dr.	Park Place	Da Vinci Centre	345-943-2002
Kanarek, Violetta	Crewe Road	Back To Health	345-946-4420
Kervill, Gavin	Park Place	Da Vinci Centre	345-943-2002
Lambert, Bonnie	Camana Bay	Align Wellness Studio	345-640-5050
Laux, Annie	Pasadora Place	Cayman Physiotherapy Ltd.	345-949-8828

ADDICTION

Appleyard, Eva	Elizabethan Square	Employee Assistance Prog.	345-949-9559
Burke, Sutton	Centennial Towers	Infinite Mindcare	345-926-0882
Delaney, Terry	Melody Lane	Cayman Counselling Services	345-526-1378
Wagner, Lili Dr.	Centennial Towers	Infinite Mindcare	345-926-0882

AESTHETIC NURSING

Sajnani, Sonia	Eastern Avenue	NovoClinic	345-746-6082
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APPLIED BEHAVIOR ANALYSIS

Dadian, Elizabeth Anoush	Chestnut Centre and Pasadora Place	Cayman ABA	345-947-5477
Liesman, Charlotte	Chestnut Centre and Pasadora Place	Cayman ABA	345-947-5477
Needham, Valerie	Chestnut Centre and Pasadora Place	Cayman ABA	345-947-5477
Pharr-Strang, Sloane	Cayman Business Park	The Wellness Centre	345-949-9355
Sampang-McCoy, Samantha	Cayman Business Park	The Wellness Centre	345-949-9355

AUDIOLOGY

Stephenson, Annette Dr.	Smith Road	Cayman Hearing Center	345-946-9174
Lawton-Smith, Stine	Smith Road	Cayman Hearing Center	345-946-9174

CHAPLAIN - HEALTHCARE

Charles D. Bush, Chaplain	Sea View Road	Health City Cayman Islands	345-640-4195
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CHILDBIRTH, BREASTFEEDING, DOULAS

Johnson, Kelly	Mobile Service	Baby Whisperers	345-324-1380
Smith, Jacqui	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024

MEDICAL PROFESSIONALS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
CHIROPRACTIC			
Fernandes, Eddie Dr.	The Marquee	Synergy Chiropractic	345-943-8200
Hrynuik, Jody Dr.	The Marquee	Synergy Chiropractic	345-943-8200
Krefetz, Matthew	Align Wellness Studio	Camana Bay	345-640-5050
Lippitt, Gregory Dr.	West Shore Center	West Shore Wellness	345-943-4357
Ronaldo, Ivan Dr.	BritCay House, Crewe Rd and Queen's Court	Back To Health	345-947-2225 345-947-7400 345-946-2225
Ronaldo, Ivan Dr.	Tomlinson Building, Walkers Road	RVC Rehab Services	345-949-6024
Royer-Thompson, Jennifer Dr.	BritCay House, Crewe Rd and Queen's Court	Back To Health	345-947-2225 345-947-7400 345-946-2225
Spence, Derek Dr.	Park Place	Da Vinci Centre	345-943-2002
Zazzi, Maria Dr.	The Marquee	Synergy Chiropractic	345-943-8200

CONSULTING

Quappe, Barrie	Mobile Service	Cayman Healthcare Consulting	345-916-9800
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COUNSELING/THERAPY/MENTAL HEALTH

Alberga, Catherine	Barnett Building	C. Alberga Counselling	345-945-6570
Appleyard, Eva	Elizabethan Square	Employee Assistance Prog.	345-949-9559
Bodden, Susie	Mobile Service	Transformations Cayman	345-324-1298
Burke, Sutton	Centennial Towers	Infinite Mindcare	345-926-0882
Dralle, Dallas	Centennial Towers	Infinite Mindcare	345-926-0882
Delaney, Terry	Melody Lane	Cayman Counselling Services	345-526-1378
Deline, Lorrall	Elizabethan Square	Employee Assistance Prog.	345-949-9559
Duggan, Dee	Waterfront Centre	Solutions Ltd.	345-949-1327
Egleston, Tonia	Grand Harbour	Hope Academy	345-769-4673
George, Cindy Dr.	Cayman Business Park	The Wellness Centre	345-949-9355
Jones, Jason	Grand Harbour	Hope Academy	345-769-4673
McField, Feleicia	Cayman Business Park	The Wellness Centre	345-949-9355
Gagnon, Marleine	Smith Road	MG Counselling & Therapy	345-916-4953
Lancaster, Elizabeth	Grand Harbour	Hope Academy	345-769-4673
Lewis, April	Mary Street	Bethesda Counselling Centre	345-946-6575
Maxner, Nadine	Grand Harbour	Hope Academy	345-769-4673
Miller, Greg	Centennial Towers	Infinite Mindcare	345-926-0882
Mueller, Carla	Grand Harbour	Hope Academy	345-769-4673
Paquin, Marissa	Centennial Towers	Infinite Mindcare	345-926-0882
Parolisi, Julianne	Mobile Service	Cayman Music Therapy	345-928-5307
Saunders, Teena	Mobile Service	Achieve Cayman	345-327-9999
Seymour, Shannon	Cayman Business Park	The Wellness Centre	345-949-9355
Shaw, Melissa	Cayman Islands Hospital	Health Services Authority	345-949-8600



NAME	LOCATION	COMPANY	PHONE
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COUNSELING/THERAPY/MENTAL HEALTH (Continued)

VanderGrinten, Pauline	Grand Harbour	Hope Academy	345-769-4673
Watts, Trisha	Mobile Service	Achieve Cayman	345-321-4100

CYTOTECHNOLOGY

Wright, Leonard	Cayman Islands Hospital	Health Services Authority	345-949-8600
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DIETETICS

Collins, Chad	Smith Road	Cayman Nutrition	345-525-2019
Lomas, Kristen	Queen's Court	Seven Mile Medical Clinic	345-949-5600
Propas, Brandi	Pasadora Place	International Medical Group	345-945-2881
Riley, Tamara	Cayman Islands Hospital	Health Services Authority	345-949-8600
Sheehan, Simone	Cayman Islands Hospital	Health Services Authority	345-949-8600

EMERGENCY MEDICAL TECHNICIAN

Artiaga-Bodden, Ernesto	Faith Hospital, Cayman Brac	Health Services Authority	345-949-2243
Barnett, Hope	Cayman Islands Hospital	Health Services Authority	345-949-8600
Blackburn, Michael	Cayman Islands Hospital	Health Services Authority	345-949-8600
Brewer, James	Cayman Islands Hospital	Health Services Authority	345-949-8600
Brown, Shane	Cayman Islands Hospital	Health Services Authority	345-949-8600
Burchell, Brian	Cayman Islands Hospital	Health Services Authority	345-949-8600
Caballero, Selvin Senon	Cayman Islands Hospital	Health Services Authority	345-949-8600
Caraballo-Calles, Jennifer	Cayman Islands Hospital	Health Services Authority	345-949-8600
Chollette, Joseph	Cayman Islands Hospital	Health Services Authority	345-949-8600
Connor, Kendal	Cayman Islands Hospital	Health Services Authority	345-949-8600
Davis, Hope Ann	Cayman Islands Hospital	Health Services Authority	345-949-8600
Dilbert, Brian	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ebanks, Laura	Cayman Islands Hospital	Health Services Authority	345-949-8600
Elliott, Nicholas	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ferron, Damion	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ford, Michael	Cayman Islands Hospital	Health Services Authority	345-949-8600
Hurlston, David	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Isaacs, Arthur	Cayman Islands Hospital	Health Services Authority	345-949-8600
Johnston, Christopher	Cayman Islands Hospital	Health Services Authority	345-949-8600
McLaughlin, Steven	Cayman Islands Hospital	Health Services Authority	345-949-8600
McLeod, Zaheer	Cayman Islands Hospital	Health Services Authority	345-949-8600
Michelin, Robert	Cayman Islands Hospital	Health Services Authority	345-949-8600
Myrie, Cameron	Cayman Islands Hospital	Health Services Authority	345-949-8600
Pusey, Herval	Cayman Islands Hospital	Health Services Authority	345-949-8600
Rivero Ferguson, Junier	Cayman Islands Hospital	Health Services Authority	345-949-8600
Robinson, Kerriann	Cayman Islands Hospital	Health Services Authority	345-949-8600
Schoefer, Julian	Cayman Islands Hospital	Health Services Authority	345-949-8600

NAME	LOCATION	COMPANY	PHONE
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EMERGENCY MEDICAL TECHNICIAN (Continued)

Smith, Georgette	Cayman Islands Hospital	Health Services Authority	345-949-8600
Wilson, David	Cayman Islands Hospital	Health Services Authority	345-949-8600

HEALTH ADMINISTRATION AND REGULATION

Abraham, Chandy Dr.	Head of Medical Services	Health City Cayman Islands	345-640-4040
Auman, Patrick	Administrator	CTMH Doctors Hospital	345-949-6066
Cummings, Courtney Dr.	Deputy Medical Director	Health Services Authority	345-949-8600
Deosaran, Howard Dr.	Medical Director	TrinCay Medical Services	345-943-4633
Dilbert, Andria	Chairperson	Nursing & Midwifery Council	345-946-2084
Ebanks, Sidney Dr.	Chairman	Medical & Dental Council	345-946-2084
Higgins, Keith	Chief Information Officer	Health Services Authority	345-949-8600
Hobday, Virginia Dr.	Medical Director	Jasmine	345-945-7447
Hobday, Virginia Dr.	Medical Director	C.I. Breast Cancer Foundation	345-923-1135 345-936-1135
Jefferson, Delroy Dr.	Medical Director	Health Services Authority	345-949-8600
McLean, Donald	Chairman	Pharmacy Council	345-946-2084
McLean, Felicia	Director of Operations & Nursing	Jasmine	345-945-7447
Pomares, Ruthlyn Dr.	Chairperson	Health Practice Commission	345-946-2084
Seymour, Dwayne	Minister	Ministry of Health, Env., Culture & Housing	345-949 7900 345-244-2318
Velusamy, Srirangan Dr.	Director of Sister Islands HS	Health Services Authority	345-948-2243
Von Kirchenheim, Clement Dr.	Chairman	Professions Allied w/Medicine	345-946-2084
Walford, Caswell	Chief Operations Officer	Health Services Authority	345-949-8600
Williams-Rodriguez, Samuel Dr.	Dir. of Primary Health Care	Health Services Authority	345-949-8600
Yearwood, Lizzette	CEO	Health Services Authority	345-949-8600

HOLISTIC WELLNESS

Abrahams, Cindy	Mobile Service	Water Lotus Wholistic Wellness	345-329-0909
Edgington, Beverly	Mobile Service	Bee Well Cayman	345-916-0800
Wilkerson, Brianna	Mobile Service	Made Well	345-926-0974

HOMEOPATHY

Varghese, Zenitha	Pasadora Place and Cayman Brac	Registered Homeopathic Practitioner	345-949-3352 345-927-2654
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HYPERBARIC TREATMENT

Osterloh, Denise Dr.	Cayman Islands Hospital	Cayman Hyperbaric Services	345-949-6958
Robertson, Fiona Dr.	Cayman Islands Hospital	Cayman Hyperbaric Services	345-949-6958
Douglas, Vinton Dr.	Cayman Islands Hospital	Cayman Hyperbaric Services	345-949-6958
Teeling, Sean Dr.	Cayman Islands Hospital	Cayman Hyperbaric Services	345-949-6958
Nelson, Lana	www.wellness.com.ky	Wellness Without Limits	345-516-4175
Watling, Susan	Belmont Close, Crewe Rd	Will of Wellness	345-926-2428



NAME	LOCATION	COMPANY	PHONE
LAB MEDICINE			
Mulay, Ravindra Dr.	Sea View Road	Health City Cayman Islands	345-640-4040
LIFE COACHING			
Lockhart, Heather	Hospital Road Plaza	Behavioral Health Assoc.	345-746-0066
Wilkerson, Brianna	Mobile Service	Made Well	345-926-0974
MASSAGE THERAPY			
Bartholomew, Benjamin	The Ritz-Carlton	la prairie Spa	345-815-6900
Blackmore-James, Tia	The Westin Resort & Spa	Hibiscus Spa	345-914-2009
Charette, Heather	The Ritz-Carlton	la prairie Spa	345-815-6900
Cleaver, Christine	The Marquee Plaza	Synergy Chiropractic	345-943-8200
Collins, Wendy	Walkers Rd	RVC Rehab Services	345-949-6024
Coulson, Beverley	Mobile Service	Harmony Aesthetics	345-929-8812
Dew, Suzanne	Pasadora Place	Cayman Chiropractic	345-945-7072
Dunne, Kathleen	Orchard Lane	Flow Therapeutic Movement	345-916-6061
Durant, Sharmin	The Westin Resort & Spa	Hibiscus Spa	345-914-2009
Edmonds, Tenson	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024
Epps, Mackenzie	Align Wellness Studio	Camana Bay	345-640-5050
Fei, Venice	Walkers Rd & CTMH Doctors Hospital	RVC Rehab Services	345-949-6024
Fraser, Jennifer	The Ritz-Carlton	la prairie Spa	345-815-6900
Gamboa, Gema	The Ritz-Carlton	la prairie Spa	345-815-6900
Hanson, Claudette	The Ritz-Carlton	la prairie Spa	345-815-6900
Hardcastle, Ashley	Mobile Service	Cayman Mobile Massage & Wellness	345-936-0161
Haring, Shaylean	Cannon Place	Now and Zen	345-925-6102
Iglinski, Kasia	Pasadora Place	Cayman Physiotherapy Ltd.	345-949-8828
Jackson, Jenney	The Ritz-Carlton	la prairie Spa	345-815-6900
LeninKumar, Uma	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024
Leung-Stokes, Audrey	The Ritz-Carlton	la prairie Spa	345-815-6900
Moodie, Suzette	The Ritz-Carlton	la prairie Spa	345-815-6900
Orlando, Dominic	The Ritz-Carlton	la prairie Spa	345-815-6900
Ramsaroop, Nadia	The Ritz-Carlton	la prairie Spa	345-815-6900
Roper, Russi	The Ritz-Carlton	la prairie Spa	345-815-6900
Salmon, Simone	The Westin Resort & Spa	Hibiscus Spa	345-914-2009
Samuel, Sharon	The Westin Resort & Spa	Hibiscus Spa	345-914-2009
Shalvey, Elaine	The Ritz-Carlton	la prairie Spa	345-815-6900
Smith, Jaqueline	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024
Turner-Forbes, Helen	Grand Harbour	Avec Moi Salon by Spa To Go	345-947-0004
Van Houtven, Patricia	The Ritz-Carlton	la prairie Spa	345-815-6900
Vasilas, Anca	The Ritz-Carlton	la prairie Spa	345-815-6900
Walker, Kemeish	Park Place	Da Vinci Centre	345-943-2002

MEDICAL PROFESSIONALS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
MASSAGE THERAPY (Continued)			
Williams, Marsha	The Westin Resort & Spa	Hibiscus Spa	345-914-2009
Yang, Amy	The Ritz-Carlton	la prairie Spa	345-815-6900

MEDICAL ESTHETICS

Oosthuizen, Charmaine	Park Place	Da Vinci Centre	345-943-2002
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MEDICAL LABORATORY TECHNOLOGY

Allen, Gayon	Middle Road	CTMH Doctors Hospital	345-949-6066
Allen, Orville	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ames, Jack	Cayman Islands Hospital	Health Services Authority	345-949-8600
Anderson, Carey	Cayman Islands Hospital	Health Services Authority	345-949-8600
Aquino, Jay-R	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Batac, Leslie Anne	Eclipse Drive	Phoenix Health Services	345-943-8150
Battad-Miranda, Kristine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Benjamin, Sedrena	Middle Road	CTMH Doctors Hospital	345-949-6066
Bolageer, Valerie	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Callum, Roleen Althea	Cayman Islands Hospital	Health Services Authority	345-949-8600
Campbell, Archibald	Smith Road Plaza	Medlab Inc.	345-949-7331
Campbell, Shanneilla	Camana Bay	TrinCay Medical Services	345-943-4633
Catanduanes, Edizon	Cayman Islands Hospital	Health Services Authority	345-949-8600
Catapang, Kenneth	West Shore Center	Regenexx Cayman Lab.	345-936-1001
Chin, Dale	Cayman Islands Hospital	Health Services Authority	345-949-8600
Clarke, Judith	Cayman Islands Hospital	Health Services Authority	345-949-8600
Colon, Luis Francisco	Cayman Islands Hospital	Health Services Authority	345-949-8600
Creel, Kyle Jarrett	Cayman Islands Hospital	Health Services Authority	345-949-8600
Cronier, Helen	Camana Bay	Cayman Dental	345-945-4447
Crooks, James	Eclipse Drive	Phoenix Health Services	345-943-8150
Digo, Rosette	West Shore Center	Regenexx Cayman Lab.	345-936-1001
Dixon, Whitney	Cayman Islands Hospital	Health Services Authority	345-949-8600
Dockery, Radcliffe	Cayman Islands Hospital	Health Services Authority	345-949-8600
Donald, Kirk	Camana Bay	TrinCay Medical Services	345-943-4633
Duncan, Sashoy	Smith Road Plaza	Medlab Inc.	345-949-7331
Ellison, Michelle	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gardner, Hugh	Middle Road	CTMH Doctors Hospital	345-949-6066
Garrido Machado, Monica	Camana Bay	TrinCay Medical Services	345-943-4633
Harriott, Joan Dr.	Countryside Shopping Village	Global Medical Center & Lab.	345-943-4500
Honeyghan, Greg	Cayman Islands Hospital	Health Services Authority	345-949-8600
Husbands, Erskine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Kumar, Akash	Sea View Road	Health City Cayman Islands	345-640-4040
Lawrence-Williamson, Kari-Ann	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lawson, Yvonne	Cayman Islands Hospital	Health Services Authority	345-949-8600



NAME	LOCATION	COMPANY	PHONE
MEDICAL LABORATORY TECHNOLOGY (Continued)			
Layman, Kathryn	Grand Harbour	Cayman Health Laboratory	345-946-4715
Malcolm, Michael	Cayman Islands Hospital	Health Services Authority	345-949-8600
Jefferson, Tricia	Camana Bay	TrinCay Medical Services	345-943-4633
Johnson, Kenteisha	Smith Road Plaza	Medlab Inc.	345-949-7331
McDonald, Jacqueline	Queen's Court	Seven Mile Medical Clinic	345-949-5600
McKenzie, Martin	Cayman Islands Hospital	Health Services Authority	345-949-8600
Morgan Heslop, Jheanel	Cayman Islands Hospital	Health Services Authority	345-949-8600
O'Connor, Akeel	Cayman Islands Hospital	Health Services Authority	345-949-8600
Palmer, Jacqueline	Cayman Islands Hospital	Health Services Authority	345-949-8600
Parchment, Michael-Henry	Cayman Islands Hospital	Health Services Authority	345-949-8600
Perkins, Carolyn	Smith Road Plaza	Medlab Inc.	345-949-7331
Robinson-Walters, Marcia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Robinson-Whitaker, Dino	Cayman Islands Hospital	Health Services Authority	345-949-8600
Scott, Kerryann	Cayman Islands Hospital	Cayman Health Laboratory	345-946-4715
Senior-Rose, Latoya	Cayman Islands Hospital	Health Services Authority	345-949-8600
Smith, Windel	Cayman Islands Hospital	Health Services Authority	345-949-8600
Thompson, Cheryl	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Thompson-Donaldson, Stacey-Ann	Cayman Islands Hospital	Health Services Authority	345-949-8600
Watler, Sidney	Cayman Islands Hospital	Health Services Authority	345-949-8600

MRI

Gardiner, Kimberly	Cayman Islands Hospital	3T Cayman	345-949-0366
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NATUROPATHY

Lee, Rick Dr.	Walkers Road	Original Healing Medical	345-922-9293
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OCCUPATIONAL THERAPY

Archer, Kiri	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bense, Megan	Plaza Venezia	Cayman Theraplay	345-749-7529
Burger, Jani	Plaza Venezia	Cayman Theraplay	345-749-7529
Caswell, Sarah	Thomas Russell Ave.	Ministry of Education	345-926-8469
Cheung, Tiffany	Plaza Venezia	Cayman Theraplay	345-749-7529
Crosbie, Alice	Smith Road Centre	Kidsability	345-943-5437
Daley, Leslie-Ann	Thomas Russell Ave.	Ministry of Education	345-926-8469
De Wet, Julise	Pasadora Place	Chatterbox	345-926-1693
Figueira, Kenneth	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gaunt, Rachel	Thomas Russell Ave.	Ministry of Education	345-926-8469
Kazemi, Mona Dr.	Plaza Venezia	Cayman Theraplay	345-749-7529
Medland, Joan	Thomas Russell Ave.	Ministry of Education	345-926-8469
Nmai, Dionne	Thomas Russell Ave.	Ministry of Education	345-926-8469
Poyssick, JoAnna	Smith Road Centre	Kidsability	345-943-5437

MEDICAL PROFESSIONALS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
OPTOMETRY			
Daniel, Thaddeus Dr.	Seven Mile Shops	Caribbean Optical	345-943-1515
Daniel, Thaddeus Dr.	Camana Bay	VisionWear Cayman	345-943-5151
DaSilva, Natalie Dr.	Shedden Road	Shedden Road Vision Clinic	345-949-2596
DaSilva, Natalie Dr.	Galleria Plaza	Tropical Optical	345-945-7588
Hudell, Mellisa Dr.	Caymanian Village	Optical Outlook	345-949-0539
Soutter, Joanna Dr.	Shedden Road	Shedden Road Vision Clinic	345-949-2596
Soutter, Joanna Dr.	Galleria Plaza	Tropical Optical	345-945-7588
Van Putten, Douglas Dr.	Galleria Plaza	Tropical Optical	345-945-7588
Vuorenmaa, Chris Dr.	Camana Bay	VisionWear Cayman	345-943-5151
Vuorenmaa, Chris Dr.	Seven Mile Shops	Caribbean Optical	345-943-1515

PARAMEDIC

Brandson, Chris	Cayman Islands Hospital	Health Services Authority	345-949-8600
Dilbert, Ralston	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Duval, Stephen	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ebanks, Hallan	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gaffigan, Debra	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gibbs, Tracy	Cayman Islands Hospital	Health Services Authority	345-949-8600
Kelly, Jennifer	Cayman Islands Hospital	Health Services Authority	345-949-8600
Kelly, Shawn	Cayman Islands Hospital	Health Services Authority	345-949-8600
Myles, Sherman	Cayman Islands Hospital	Health Services Authority	345-949-8600
Obando-Cayasso, Alvaro	Cayman Islands Hospital	Health Services Authority	345-949-8600
Smith, Donald	Cayman Islands Hospital	Health Services Authority	345-949-8600
Thompson, Nicola	Cayman Islands Hospital	Health Services Authority	345-949-8600

PHYSIOTHERAPY

Agarwal, Neha	Sea View Road	Health City Cayman Islands	345-640-4040
Barnes, Virginia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bhat, Anu	Eucalyptus Building	Cayman Rehab Services	943-7974
Bramwell, Kristina Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bridgeman, Lindsay	Pasadora Place	Cayman Physiotherapy Ltd.	345-949-8828
Brown, Audrey	Eucalyptus Building	Cayman Rehab Services	345-943-7974
Burnett, Althea	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Carino, Venice Fei D.	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024
Cook, Bethany	Pasadora Place	Cayman Physiotherapy Ltd.	345-949-8828
Corridan, Stephen	Eucalyptus Building	Cayman Rehab Services	345-943-7974
Deeney, Angela	Pasadora Place	Cayman Physiotherapy Ltd.	345-949-8828
Dungo, Marifel	Grand Pavilion Centre	Sport Injury Centre Ltd.	345-769-6220
Edmonds, Tenson	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024
Fei, Venice	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024



NAME	LOCATION	COMPANY	PHONE
PHYSIOTHERAPY (Continued)			
Garrido, Samuel	Camana Bay	Align Wellness Studio	345-640-5050
Gibbs, Christine	Governors Square	A Step Ahead Physiotherapy	345-745-2727
Green, Nathan	World Gym, Queen's Court	Back to Health	345-946-2225
Henry, Marla Rebecca	Eucalyptus Building	Cayman Rehab Services	345-943-7974
Hilldup, Jennifer	The Marquee Plaza	Synergy Chiropractic	345-943-8200
Iglinski, Kasia	Pasadora Place	Cayman Physiotherapy	345-949-8828
Kirby, Georgia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Kourie, Jenna-Lee	Pasadora Place	Cayman Physiotherapy	345-949-8828
Kumar, Sandeep	Eclipse Drive	The Physiotherapy Center	345-943-8700
Lavelle, Jen	Governors Square	A Step Ahead Physiotherapy	345-745-2727
Leninkumar, Uma	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024
MacFee, Lindsey	Pasadora Place	Cayman Physiotherapy	345-949-8828
Mariya, Thressa Christy	Cayman Islands Hospital	Health Services Authority	345-949-8600
Marshall-Morris, Camille	Cayman Islands Hospital	Health Services Authority	345-949-8600
Maxwell, Kristina	Camana Bay	Align Wellness Studio	345-640-5050
McGuinness, Dwain	Pasadora Place	Cayman Physiotherapy Ltd.	345-949-8828
Ming-Yorke, Stephanie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Murray, Kevin	Smith Road	Infinity Health	345-233-0280
O'Brien, Carol	Camana Bay	Align Wellness Studio	345-640-5050
O'Malley, Caitriona	Pasadora Place	Cayman Physiotherapy	345-949-8828
Ponmeieri Vayalakara, Anoop	Sea View Road	Health City Cayman Islands	345-640-4040
Reece, Resean	Eucalyptus Building	The Physiotherapy Center	345-943-8700
Sagayam, Kishore Deva	Sea View Road	Health City Cayman Islands	345-640-4040
Santha, Chickandarvin Chellaswamy	Cayman Islands Hospital	Health Services Authority	345-949-8600
Scarrow, Lily	BritCay House	Back to Health	345-947-2225
Smith, Chelsea	Cayman Islands Hospital	Health Services Authority	345-949-8600
Smith, Jacqueline	Walkers Rd & Drs. Hospital	RVC Rehab Services	345-949-6024
Smith, Rose-Marie	World Gym, Queen's Court and BritCay House	Back to Health	345-946-2225 345-947-2225
Staple, Shanelle	Eucalyptus Building	Cayman Rehab Services	345-943-7974
Tomlin, Maggie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Vayalakara, Anoop Pommeleri	Sea View Road	Health City Cayman Islands	345-640-4040
Vosloo, Ritter	West Shore Center	Suzanne Muise Medical Clinic	345-749-6800
Waller, Guy	Pasadora Place	Cayman Physiotherapy Ltd.	345-949-8828
Watling, Susan	Belmont Close, Crewe Rd	Will of Wellness	345-926-2428
Webb, Jessica	World Gym, Queen's Court	Back to Health	345-946-2225
Williams, Lauren	The Marquee Plaza	Synergy Chiropractic	345-943-8200
Williams, Vanessa	Eucalyptus Building	The Physiotherapy Center	345-943-8700
Windsor, Sara	Pasadora Place	Cayman Physiotherapy Ltd.	345-949-8828

MEDICAL PROFESSIONALS LISTINGS BY SPECIALTY

NAME	LOCATION	COMPANY	PHONE
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PHYSIOTHERAPY (Continued)

Winton, Jamel	Cayman Islands Hospital	Health Services Authority	345-949-8600
Wright-Smith, Rockella	Cayman Islands Hospital	Health Services Authority	345-949-8600

PSYCHOLOGY

Bodden, Alexandra Dr.	Reggatta Office Park	OnCourse Cayman	345-745-6463
Bodden, Susan	Mobile Service	Transformations Cayman	345-324-1298
Brown, Colleen Dr.	Reggatta Office Park	OnCourse Cayman	345-745-6463
Burke, Sutton	Centennial Towers	Infinite Mindcare	345-926-0882
Chandler, Sophia Julie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Day, Catherine Dr.	Crown Square Plaza	Aspire Therapeutic Services	345-743-6700
Gagnon, Marleine	Camana Bay	Marleine Gagnon Therapy	345-916-4953
Hawkins, Antonia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Kelderman Walsh, Jill Dr.	Grand Harbour	Hope Academy	345-769-4673
Lam, Erica Dr.	Crown Square Plaza	Aspire Therapeutic Services	345-743-6700
Maxner, Nadine	Grand Harbour	Hope Academy	345-769-4673
Miller, Greg	Centennial Towers	Infinite Mindcare	345-926-0882
Needham, Valerie	Chestnut Centre and Pasadora Place	Cayman ABA	345-947-5477
Nixon, Shivonne	Cayman Business Park	The Wellness Centre Ltd.	345-949-9355
Panora, Morgan Dr.	Grand Harbour	Hope Academy	345-769-4673
Pharr-Strang, Sloane	Cayman Business Park	The Wellness Centre Ltd.	345-949-9355
Seymour, Shannon	Cayman Business Park	The Wellness Centre Ltd.	345-949-9355
Van Hanswijck de Jonge, Dr.	Smith Road Centre	Kidsability	345-943-5437
Von Kirchenheim, Clement Dr.	Cayman Islands Hospital	Health Services Authority	345-949-8600
Stewart, Janet	Queen's Court	Seven Mile Medical Clinic	345-949-5600

RADIOGRAPHY

Morash, Margaret	Middle Road	CTMH Doctors Hospital	345-949-6066
Litteral, Serena	Middle Road	CTMH Doctors Hospital	345-949-6067
Lopes, Sherry	Middle Road	CTMH Doctors Hospital	345-949-6068
Scott, Peta-Gay	Middle Road	CTMH Doctors Hospital	345-949-6066
Stewart, Stephen	West Shore Centre	The Medical Specialists	345-943-6800
Yuspreich, Tamara	Middle Road	CTMH Doctors Hospital	345-949-6069

RESPIRATORY THERAPY

McLeod, Melanie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Nesbitt, Rachel	Cayman Islands Hospital	Health Services Authority	345-949-8600

SOCIAL WORK

Castillo, Julissa	Cayman Islands Hospital	Health Services Authority	345-949-8600
Seagraves, Suzanne	Pasadora Place	Chatterbox	345-949-7065



NAME	LOCATION	COMPANY	PHONE
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SOCIAL WORK (Continued)

Wynter-Young, Leanora	BritCay House	Dept. Children & Family Services	345-949-0290
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SPEECH THERAPY

Bradon, Charli	Pasadora Place	Chatterbox	345-949-7065
Gealey-Brown, Faith	Cayman Islands Hospital	Health Services Authority	345-949-8600
Goldblum, Alexa	Pasadora Place	Chatterbox	345-949-7065
Griffiths, Roz	Pasadora Place	Chatterbox	345-949-7065
Kelly, Laura	Smith Road Centre	KidsAbility	345-943-5437
Leadbeater, Claire	Grand Harbour	Hope Academy	345-769-4673
Medland, Joan	Thomas Russell Ave.	Ministry of Education	345-926-8469
Mitchell, Heather	Chestnut Centre and Pasadora Place	Cayman ABA	345-947-5477
Nmai, Dionne	Thomas Russell Ave.	Ministry of Education	345-926-8469
Rowe, Cynthia	Smith Road Centre	KidsAbility	345-943-5437
Saunders, Teena	Mobile Service	Achieve Cayman	345-327-9999
Watts, Trisha	Mobile Service	Achieve Cayman	345-321-4100

TEACHING FOR VISUALLY IMPAIRED

Powery, Gloria	Thomas Russell Ave.	Department of Education	345-945-1199
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ULTRASOUND TECHNICIANS

Avelar-Rios, Claudia	Middle Road	CTMH Doctors Hospital	345-949-6066
Baxa, Nina	Crewe Road	Cayman Clinic	345-949-7400
Fergus, Elizabeth	West Shore Center	KY Imaging Ltd.	345-943-6800
Gilman, Sarah	Middle Road	CTMH Doctors Hospital	345-949-6066
Mason, Curtis	Chestnut Centre	Acai Ultrasound	345-949-2454
Thelwell, Eleisa	Middle Road	CTMH Doctors Hospital	345-949-6066

VASCULAR SCIENCE AND TECHNOLOGY

Superfine, Sarah	West Shore Center	Harmonic Health Consultants	345-943-5900
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Healthcare Facilities & Services



COMPANY	LOCATION	SPECIALTY	PHONE
3T Cayman	Cayman Islands Hospital	Medical Clinic, MRI Clinic	345-949-3888
Acai Ultrasound Imaging Services	Chestnut Centre	Ultrasonography	345-949-2454
Achieve Cayman	Mobile Service	Counseling, Therapy, Speech Therapy	345-327-9999 345-321-4100
Align Wellness Studio	Camana Bay	Physiotherapy, Chiropractic, Acupuncture, Massage	345-640-5050
A Step Ahead Physiotherapy	Governors Square	Physiotherapy	345-745-2727
Adult Disease Specialist Medical Clinic	Pasadora Place	Medical Clinic	345-925-9581
Aitheras Aviation Group	Owen Roberts Drive	Air Medical Provider	345-916-2625
Aspire Therapeutic Services	Crown Square Plaza	Counseling, Therapy	345-743-6700
Baby Whisperers	Mobile Service	Childbirth, Breastfeeding, Doula	345-324-1380
Back to Health	Crewe Road, Queen's Court - World Gym, BritCay House	Chiropractic, Physiotherapy, Massage Therapy	345-947-7400 345-946-2225 345-947-2225
Baptist Health International	Smith Road Center and Florida	Healthcare Facility	345-749-3304 786-596-2373
Behavioral Health Associates Cayman BHAC	Hospital Road Plaza	Psychiatry, Mental Health, Healthcare Facility	345-746-0066
Bethesda Counselling Centre	Mary Street	Counseling, Therapy	345-946-6575
Beyond Basics	Walkers Road	Beauty Salon, Medical Day Spa	345-945-2737 345-916-7546
Brac Clinic (The)	Tibbetts Square, Cayman Brac	Medical Clinic	345-948-1777
C. Alberga Counselling	Barnett Building	Counseling, Therapy	345-945-6570
Caribbean Optical	Seven Mile Shops	Eye Clinic	345-943-1515
Cayman ABA	Chestnut Centre, Pasadora Place, Home Visits in Brac	ABA, Counseling/Therapy, Speech Therapy, Special Needs	345-947-5477
Cayman Brain & Spine	The Strand	Medical Clinic, Neurosurgery	345-949-4582



COMPANY	LOCATION	SPECIALTY	PHONE
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HEALTHCARE FACILITIES & SERVICES (Continued)

Cayman Clinic	Crewe Road	Medical Clinic	345-949-7400
Cayman Dental	Camana Bay	Dental Clinic	345-945-4447
Cayman Doctors Ltd.	West Shore Center	Medical Clinic	345-943-6363
Cayman E.N.T Associates	Alexander Place	Medical Clinic	345-945-3822
Cayman Hand Centre	Grand Pavilion Centre	Orthopaedic Surgery	345-946-2500
Cayman Health Limited	Grand Harbour	Medical Clinic	345-946-4715
Cayman Healthcare Consulting	Mobile Service	Consulting	345-916-9800
Cayman Hearing Center	Smith Road	Hearing Center	345-946-9174
Cayman Hyperbaric Services	Cayman Islands Hospital	Hyperbaric Treatment	345-949-6958
Cayman Islands Health Services Authority	Cayman Islands Hospital	Gov. Healthcare Authority	345-949-8600 345-244-2823
Cayman Islands Hospital	Hospital Road	Healthcare Facility	345-949-8600 345-244-2823
Cayman Islands MedEvac Ltd.	The Belmont Suite	Ambulance Services, Air Medical Provider	345-745-3822
Cayman Medical Supplies	Windward Plaza	Retail and Homecare	345-949-6211
Cayman Music Therapy	www.musictherapy.ky	Counseling, Therapy, Special Needs, Childhood Dev. Disorders	345-928-5307
Cayman Neurosurgeons International Group	Fidelity Building	Neurology	345-769-8370
Cayman Neurology & Pain Management	West Shore Center	Medical Clinic, Neurology	345-943-6900
Cayman Nutrition	Smith Road	Nutritional Products, Dietetics	345-525-2019
Cayman Orthodontics	Camana Bay	Dental Clinic	345-945-4447
Cayman Orthopaedic Group	Smith Road Plaza	Orthopedic Medical & Surgical Practice	345-945-8380
Cayman Physiotherapy	Pasadora Place and West Shore Center	Physiotherapy	345-949-8828
Cayman Rehab Services	Eucalyptus Building	Physiotherapy, Anti-Aging, Acupuncture	345-943-7974
Cayman Theraplay	Plaza Venezia	Occupational Therapy	345-749-7529
Celimar Central Clinic	Governors Square	Medical Clinic, Dermatology	345-925-2512
Chatterbox	Pasadora Place	Education, Occupational Therapy, Speech & Language Therapy	345-926-1693
Children's Clinic Cayman (The)	Windward Centre	Medical Clinic	345-949-2970
CTMH Doctors Hospital	Middle Road	Healthcare Facility	345-949-6066
Da Vinci Centre	Park Place	Aesthetics, Chiropractic, Physiotherapy	345-943-2002
Dental Centre (The)	Fidelity Centre	Dental Clinic	345-943-7000
Denture Studio	Park Place	Dental Clinic	345-929-6455

COMPANY	LOCATION	SPECIALTY	PHONE
HEALTHCARE FACILITIES & SERVICES (Continued)			
Department of Health Regulatory Services	Government Admin. Bldg	Healthcare Administration & Regulation Healthcare Facility Inspections	345-946-2084 345-949-2813
De Vere Diagnostics & Repairs	Mobile/On Site Service	Surgical Instrument Sterilization, Endoscope Repairs	345-525-2472
Doctors Express Urgent Care	Godfrey Nixon Way	Medical Clinic, Walk-in Service	345-745-6000
Dr. Abraham's Clinic	Alexander Place	Medical Clinic	345-945-7050
Dr. Belfonte Medical Services	Walkers Road	Medical Clinic	345-326-5741
Dr. C.A. Borroto Medical Office	Pasadora Place	Medical Clinic	345-949-6040
Dr. E. Caudeiron's Clinic	Pasadora Place	Medical Clinic	345-949-9090
Dr. Foley's Eye Clinic	Claude Hill Road	Eye Clinic	345-946-4169
Dr. George Meggs Outpatient Clinic	Smith Road Plaza	Medical Clinic	345-949-8969
Dr. Joseph Barefoot, Physician	Grand Harbour	Medical Clinic	345-949-9412
Dr. Marzouca's Medical Clinic	Pasadora Place	Medical Clinic	345-949-6631
Dr. Suzanne L. Muise Clinic	West Shore Center	Medical Clinic	345-749-6800
Dr. Wayne Porter's Practice	Crewe Road	Medical Clinic	345-946-9020
Dr. Wolf's Dental Clinic	Andrew Drive	Dental Clinic	345-945-4388
Employee Assistance Programme	Elizabethan Square	Counseling	345-949-9559
Eyes & Lids	Claude Hill Road	Eye Clinic	345-946-4944
Faith Hospital	Cayman Brac	Healthcare Facility	345-948-2243
Global Medical Center & Laboratory	Countryside Shopping Village	Medical Clinic, Laboratory	345-943-4500
Grimex Ltd.	Captain Osmond's Place	Mold Inspection and Remediation	345-946-0260
Grand Harbour Medical Clinic, The	Grand Harbour	Medical Clinic	345-949-4309
Harmonic Health Consultants	West Shore Center	Medical Clinic	345-943-5900
Health City Cayman Islands	Sea View Road	Healthcare Facility	345-640-4040 345-945-4040
Health Insurance Commission	Government Admin. Bldg	Health Insurance Commission	345-946-2084
Health Practice Commission	Government Admin. Bldg	Health Practice Commission	345-949-2813
HSA Public Health Clinic	Cayman Islands Hospital	Public Health Clinic	345-244-2648
Helix Healthcare	Middle Road	Medical Clinic	345-749-4444
Hope Academy	Grand Harbour	Education, Counseling, Therapy	345-769-4673
Infinite Mindcare	Centennial Towers	Counseling Center, Addiction Psychotherapy	345-926-0882
Infinity Health	Smith Road	Physiotherapy	345-233-0280
International Medical Group	Pasadora Place	Medical Clinic	345-945-2881



COMPANY	LOCATION	SPECIALTY	PHONE
HEALTHCARE FACILITIES & SERVICES (Continued)			
Island Medical Centre	Windward Centre	Medical Clinic	345-949-7535
Island Medical (OB/GYN) Office	Smith Road Plaza	Medical Clinic	345-946-2496
Island Medical Specialists	Hospital Road Plaza	Medical Clinic	345-946-9770
Island Smile Orthodontics	Alexander Place	Dental Clinic	345-946-7303
Jasmine (Formerly Cayman HospiceCare)	West Bay Road	Healthcare Facility, Palliative and Hospice Care	345-945-7447
JDW Medical Solutions	Walkers Road	Medical Equipment, Products, Services	345-947-8000
KidsAbility	Smith Road Centre	Occupational & Speech Language Therapy	345-943-5437
Little Cayman Health Centre	Spot Bay Road, Little Cayman	Healthcare Facility	345-948-0072 345-916-5395
Marleine Gagnon Therapy	Camana Bay	Counseling, Therapy	345-916-4953
Medical Specialists Ltd. (The)	West Shore Center	Medical Clinic	345-943-6800
MedLab	Smith Road Plaza	Medical Clinic, X-Ray Clinic	345-949-7331
Merren's Health Centre	Hospital Road	Dentist and Pain Clinic	345-949-2554
MG Counselling & Therapy	Smith Road	Counseling Center, Psychology	345-916-4953
Min. Of Health, Env., Culture & Housing	Elgin Avenue	Government Ministry	345-949-7900 345-244-2318
My Island Dentist	Governors Square	Dental Clinic	345-324-9500
NovoClinic Cayman	BritCay House	Medical Clinic	345-746-6082
Oasis Medical Group Cayman Ltd.	Centennial Towers	Medical Clinic	345-943-6066
Ocean Dental	Grand Harbour	Dental Clinic	345-949-7623
OnCourse Cayman	Regatta Office Park	Counseling Center, Psychology	345-745-6463
Optical Outlook	Caymanian Village	Eye Clinic	345-746-2020
Original Healing Medical & Health Clinic	Walkers Road	Medical Clinic, Naturopathy, Wellness Center	345-922-9293
Palm Road Medical	Palm Road	Medical Clinic	345-946-7256
Pasadora Family Dental Centre	Smith Road	Dental Clinic	345-943-2222
Pensum Regenerative Medicine Ltd.	Belmont Close	Medical Clinic	345-939-4505 345-949-8676
Phoenix Health Services Ltd.	Rankin's Plaza	Medical Clinic, Clinical Lab.	345-943-8150
Physiotherapy Center Ltd. (The)	Rankin's Plaza	Physiotherapy, Rehabilitation	345-943-8700
Premier Medical Care	Rankin's Plaza	Medical Clinic	345-945-2273
Regenexx Cayman	West Shore Center	Medical Facility, Stem Cell & Blood Platelet Procedures	345-936-1001 345-943-5900
RVC Rehab Services	Tomlinson Building and CTMH Doctors Hospital	Physical Therapy, Massage, Chiropractic, Childbirth Services	345-949-6024

COMPANY	LOCATION	SPECIALTY	PHONE
HEALTHCARE FACILITIES & SERVICES (Continued)			
Savannah Medical Clinic	Countryside Shopping Village	Medical Clinic	345-749-6066
Sedano's Medical Group	Pasadora Place	Medical Clinic	345-949-6040
SMB Dental Clinic	Marquee Place	Dental Clinic	345-943-7400
Seven Mile Medical Clinic	Queen's Court	Medical Clinic	345-949-5600
Smile Dental Clinic	Alexander Place	Dental Clinic	345-949-7303
Solutions Ltd.	Waterfront Centre	Private & Corporate Counseling, Coaching, Mediation	345-949-1327
Sports Injury Centre	Grand Pavilion Centre	Physiotherapy, Sports Therapy & Rehabilitation	345-769-6220
Strand Dental Clinic	The Strand	Dental Clinic	345-949-3367
Strand Medical Centre (The)	The Strand	Medical Clinic	345-945-7077
Surgery (The)	Smith Road Plaza	Medical Clinic	345-946-5938
Synergy Chiropractic & Physiotherapy	The Marquee Plaza	Chiropractic, Physiotherapy	345-943-8200
Transformations Cayman	transformationscayman.com	Counseling Center, Psychology, Therapeutic Services	345-324-1298
TrinCay Medical Services	Camana Bay	Medical Clinic	345-943-4633
Tropical Optical	Galleria Plaza	Eye Clinic	345-945-7588 345-949-2596
University College of the Cayman Islands - UCCI	Olympic Way	Educational Facility	345-623-8224
VisionWear Cayman	Camana Bay	Eye Clinic	345-943-5151
Wellness Centre (The)	Cayman Business Park and Cayman Brac	Counseling Center, Psychology, Mental Health & Behavioural Services	345-949-9355
Wellness Without Limits	Mobile Service	Health & Fitness Therapy, Products, Hyperbaric Oxygen Therapy	345-516-4175
West Shore Wellness	West Shore Center	Chiropractic, Medical Acupuncture	345-943-4357
Will of Wellness	Belmont Close, Crewe Road	Physiotherapy, Hyperbaric Oxygen Therapy, Massage, other healing therapies	345-926-2428



Wellness Centers & Services



COMPANY	LOCATION	SPECIALTY	PHONE
BEAUTY/SALON/SPA			
Avec Moi Salon by Spa To Go	Grand Harbour	Beauty, Salon, Spa	345-947-0004
Bee Well Cayman	Mobile Service	Holistic Wellness	345-916-0800
Beyond Basics Medical Day Spa	Smith Road Plaza	Beauty, Spa	345-945-2737
BodyBarn Cayman	Jacques Scott Marketplace	Beauty, Medical Spa	345-325-4488
BodyWorks Wellness Centre	Queen's Court	Beauty, Spa, Fitness, Wellness	345-945-6485
Capelli Hair Salon	Paddington Place	Beauty, Hair Salon	345-946-3000
Changes	Commerce House	Beauty, Hair Salon	345-946-1020
Da Vinci Centre	Park Place	Spa, Wellness Center	345-943-2002
Eclipse Hair Design & Day Spa	Camana Bay	Beauty, Hair Salon, Spa	345-945-1188
Focus Hair & Beauty	The Marquee Plaza	Beauty, Hair Salon, Spa	345-943-6287
George Carvalho Intl. Beauty Salon	Buckingham Square	Beauty, Hair Salon, Spa	345-946-1912
Hair Den by Mona Lisa	Keturah Street	Beauty, Hair Salon	345-949-2944
Halo Hair Studio	North Church Street	Beauty, Hair Salon, Spa	345-623-5437
Harmony Aesthetics	West Shore Center	Mobile Beauty, Salon, Spa	345-929-8812
Hibiscus Spa	The Westin Resort & Spa	Beauty, Spa	345-945-3800
Island Naturals Ltd.	Coconut Place	Nutrition, Beauty	345-945-2252
La Mer Spa	Marriott Beach Resort	Beauty, Salon, Spa	345-949-2892
La Mer Spa	Morrith's, East End	Beauty, Salon, Spa	345-947-8802
la prairie Spa	The Ritz-Carlton	Beauty, Spa	345-815-6900
Le Soleil	Wyndham Reef Resort	Beauty, Spa	345-946-3338
Le Visage	Camana Bay	Beauty	345-946-2332
Lift Hair	Bayshore Mall	Hair Salon	345-925-5717
Madison One Salon	Park Place	Hair Salon	345-325-0371
Man Cave	Caribbean Plaza	Beauty, Salon, Spa	345-943-2283

COMPANY	LOCATION	SPECIALTY	PHONE
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BEAUTY/SALON/SPA (Continued)

Now and Zen	Cannon Place	Beauty, Spa	345-925-6102
Paige & Co.	Pasadora Place	Beauty, Hair Salon	345-949-6912
Panache Hair Salon & Spa	Alissta Towers	Beauty, Hair Salon, Spa	345-943-7100
Perfectly Pampered Cayman	perfectlypamperedcayman.com	Mobile Beauty, Salon, Spa	345-925-6267
Polished Nail Salon	Galleria Plaza	Nail Salon	345-949-6245
Posh Spa Lounge	Walkers Road	Beauty, Spa	345-946-7121
Pure	Sunset House	Beauty, Spa	345-922-0525
Renaissance Salon & Spa	Windjammer Plaza	Beauty, Salon, Spa	345-949-4247
Rock Gorgeous Hair	Coconut Place	Beauty, Hair Salon	345-925-4231
Sameena's Beauty Centre	Coe Centre	Beauty, Salon	345-949-4052
Spa de Soul International	Governors Square	Beauty, Salon, Spa	345-945-5919
Spa to Go	www.spatogo.ky	Mobile Beauty, Salon, Spa	345-916-5285
Spa Esprit	The Strand	Beauty, Salon, Spa	345-945-4334
Styles Beauty Salon	West Shore Center	Beauty, Salon, Spa	345-949-8809
The Salon	Galleria Plaza	Beauty, Salon	345-943-4247
Tips N Toes	Bayshore Mall	Beauty, Salon, Spa	345-943-8637
Today's Image Beauty Salon	Regency Court	Beauty, Salon	345-949-9636
Touch of Thai Day Spa & Salon	Park Place	Beauty, Salon, Spa	345-949-8989
Utopia Hair Salon	Caribbean Plaza	Beauty, Hair Salon	345-749-8876
Vanity Hair & Nail Salon	Midtown Plaza	Beauty, Salon	345-949-7929
Vintage	Seven Mile Shops	Beauty, Salon	345-947-1897
Water Lotus Wholistic Wellness	Mobile Service	Holistic Wellness, Hypnotherapy	345-329-0909
WOW Spa	Smith Road Plaza	Beauty, Salon, Spa	345-945-6969, 345-936-6969

COUNSELING AND THERAPY

Achieve Cayman	www.achievecayman.com	Mobile Counseling, Therapy, Speech Therapy	345-327-9999 345-321-4100
Aspire Therapeutic Services	Crown Square Plaza	Counseling, Therapy	345-743-6700
Bethesda Counselling Centre	Mary Street	Counseling, Therapy	345-946-6575
Behavioral Health Associates Cayman	Hospital Road Plaza	Counseling, Therapy	345-746-0066
C. Alberga Counselling	Barnett Building	Counseling, Therapy	345-945-6570
Cayman ABA	Chestnut Centre	Applied Behavior Analytic (ABA) Services	345-923-5476
Cayman Music Therapy	www.musictherapy.ky	Counseling, Therapy, Special Needs, Childhood Dev. Disorders	345-928-5307
Cayman Theraplay	Plaza Venezia	Occupational Therapy	345-749-7529



COMPANY	LOCATION	SPECIALTY	PHONE
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COUNSELING AND THERAPY (Continued)

Chatterbox	Pasadora Place	Occupational Therapy, Speech & Language Therapy	345-926-1693
Employee Assistance Programme	Elizabethan Square	Counseling, Therapy	345-949-9559
Hope Academy	Grand Harbour	Counseling, Therapy, Speech Therapy	345-769-4673
Infinite Mindcare	Centennial Towers	Counseling, Therapy	345-926-0882
Marleine Gagnon Therapy	Camana Bay	Counseling, Therapy	345-916-4953
MG Counselling & Therapy	Smith Road	Counseling Center, Therapy	345-916-4953
OnCourse Cayman	Regatta Office Park	Counseling, Therapy	345-745-6463
Solutions Ltd.	Waterfront Centre	Private & Corporate Counseling	345-949-1327
The Wellness Centre	Cayman Business Park and Cayman Brac	Counseling, Therapy	345-949-9355
Transformations Cayman	transformationscayman.com	Counseling, Therapy, Mobile Service	345-324-1298

EDUCATIONAL FACILITY

Hope Academy	Grand Harbour	Educational, Wellness Center	345-769-4673
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ESSENTIAL OILS

Eat Breathe Bewell Cayman	Cayman Falls	Essential Oils	345-917-5525
Quintessential Life	Mobile Service	Coaching & Education	345-938-8621

FITNESS/WELLNESS RESOURCES

Anytime Fitness	Camana Bay	Fitness, Gym	345-946-4748
Best Life Wellness Solutions	Industrial Way	Nutrition, Fitness, Wellness	345-323-0422
Bliss Living Yoga Ltd.	The Marquee Plaza	Fitness, Wellness Center	345-949-9642
Body Sculptor Fitness Centre	Caymanian Village	Fitness, Gym	345-939-5288
BodyWorks Wellness Centre	Queen's Court	Beauty, Spa, Fitness, Wellness	345-945-6485
Calm Resonance Yoga	Mobile Service	Wellness Center	345-516-4175
Cayman Karate Academy	Alexander Place	Fitness	345-926-5425
Cayman Sports	Mobile Service	Fitness Training, Sports Instruction & Nutritional Planning	345-926-2776
Cayman Yoga Club	West Shore Plaza	Yoga	345-769-4511
CrossFit 7 Mile	West Bay Road	Fitness, Gym	345-925-1456
CrossFit Cayman	Camana Bay	Fitness, Gym	345-929-8450
Edge Athletics	www.edgeathletics.ky	Fitness, Nutrition	345-916-8103
Energy Essential Fitness	Cricket Square	Fitness, Gym, Nutrition	345-946-6006
Fitness Connection	Glen Eden Road	Fitness, Gym	345-949-8485
Flow Therapeutic Movement	Orchard Lane	Fitness, Wellness Center	345-916-6061
Inspired Lifestyles with Donna	lifestylescayman.weebly.com	Fitness, Nutrition	345-929-7512

COMPANY	LOCATION	SPECIALTY	PHONE
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FITNESS/Wellness Resources (Continued)

Kings Sports Centre	Crewe Road	Fitness, Gym	345-946-5464
Life Extension	Park Place	Fitness, Nutrition	345-949-3753
Mobile Fitness Solutions	Mobile Service	Fitness, Nutrition	345-926-0901
Motions Unlimited	Industrial Park	Fitness	345-749-8365
Nadine Dumas	www.nadinedunas.com	Fitness, Nutrition	345-938-0327
One to One Personal Fitness	Walkers Road	Fitness	345-949-9440
Original Healing Medical Clinic	Walkers Road	Wellness Center	345-922-9293
Physical Intelligence - Dorothy Rau	Mobile Service	Training, Fitness, Wellness	345-926-2099
Purple Dragon School of Martial Arts	Cannon Place	Wellness Center	345-946-1241
Revolutions Indoor Cycling	Barnett Centre	Fitness, Gym	345-516-2453
The Club	Cricket Square	Fitness, Gym	345-949-2582
Universal Fitness	Countryside Shopping Village	Fitness, Gym	345-947-5464
World Gym	Queen's Court	Fitness, Gym	345-949-5132

FOOD/NUTRITION

Andrea Hill Holistic Nutrition	Cricket Square	Nutrition	345-938-4246
Balance Cayman	Caribbean Plaza	Fitness, Gym, Nutrition	345-326-8111
Bay Market	Camana Bay	Health Food	345-815-1080
Barbell Café WG Grand Cayman	Queen's Court	Healthy Food	345-949-5132
Best Life Wellness Solutions	Industrial Way	Nutrition, Fitness, Wellness	345-323-0422
Bread & Chocolate	Edward Street	Healthy Food, Vegetarian/ Vegan	345-946-6239
Brussels Sprouts	Sound Way	Healthy Food, Meal Delivery	345-769-4027
Café Amazon	Elgin Avenue	Healthy Food, Vegetarian/ Vegan Options	345-769-1332
Cayman Breakfast Club	North Sound Rd.	Healthy Food	345-328-6536
Charlito's Greenhouse	Henning Lane	Local Vegetables/Herbs/ Trees	345-322-2328
Chisholm's Supermarket	North Side Road	Supermarket, Health Food	345-947-9418
Cost-U-Less	Governors Square	Warehouse club-style store	345-745-5377
Eating Klean	www.eatingklean.com	Healthy Meal Delivery, Smoothies	345-328-8655
Edge Athletics	Facebook/ edgeathleticsltd	Fitness, Nutrition	345-916-8103
Embrace	Mobile Service	Holistic Nutrition	345-926-4112
Energy Essential Fitness	Cricket Square	Fitness, Gym, Nutrition	345-946-6006
Foster's IGA	Airport Center	Supermarket, Health Food, Supplements	345-949-5155
Foster's IGA	The Strand	Supermarket, Health Food, Supplements	345-945-4748
Foster's IGA	Willie Farrington Dr.	Supermarket, Health Food, Supplements	345-949-3214



COMPANY	LOCATION	SPECIALTY	PHONE
FOOD/NUTRITION (Continued)			
Foster's IGA	Countryside Shopping Village	Supermarket, Health Food, Supplements	345-943-5155
Foster's IGA	Morrith's Shopping Centre	Supermarket, Health Food, Supplements	345-947-2826
Fresh Kitchen & Coffee	Galleria Plaza	Healthy Food, Vegetarian/Vegan Options	345-640-0008
General Nutrition Center (GNC)	Queen's Court	Nutrition	345-945-7690
Green2Go	North Sound Rd.	Healthy Food	345-328-6536
Greenhouse Café	North Church Street	Healthy Food, Vegetarian/Vegan Options	345-321-4685
Green Machine Smoothie Cafe	Cricket Ground	Smoothie Café	345-922-0562
Green Machine Smoothie Cafe	Kings Sports Centre	Smoothie Café	345-939-6370
Green Machine Smoothie Cafe	World Gym	Smoothie Café	345-939-6399
Hurley's	Grand Harbour	Supermarket, Health Food, Supplements	345-947-8488
Inspired Lifestyles with Donna	facebook.com/lifestylescayman	Fitness, Nutrition	345-929-7512
Island Naturals Ltd.	Coconut Place	Healthy Food, Beauty, Vegetarian/Vegan	345-945-2252
Island Poke	The Strand	Healthy Food, Vegetarian/Vegan Options	345-947-4513
Jessie's Juice Bar & Café	Camana Bay	Healthy Food, Vegetarian/Vegan Options	345-949-2012
Jessie's Juice Bar & Café	Governors Square	Healthy Food, Vegetarian/Vegan Options	345-945-4665
Kirk Market	Eastern Avenue	Supermarket, Health Food, Supplements	345-949-7022
Life Extension	Park Place	Fitness, Nutrition	345-949-3753
McRuss	Marina Dr. & Eastern Ave.	Supermarket, Health Food	345-949-5382
Nadine Dumas	www.nadinedumas.com	Online Fitness & Nutrition Service	345-938-0327
Nyāmaste	www.nyamaste.ky	Nutritious Meal Delivery	345-923-0300
Priced Right	Dorcy Drive	Warehouse club-style store	345-815-1070
Saucha Conscious Living	www.sauchaliving.com	Kombucha and Vegan Meal Delivery	345-926-0508
Smoothie Factory	The Marquee Plaza	Smoothie Café	345-749-7575
Smoothie King	Galleria Plaza	Smoothie Café	345-943-3400
South West Collective	Harbour Place	Healthy Food, Vegetarian/Vegan Options	345-946-3004
Sue Merren	Caribbean Plaza	Nutrition	345-326-8111
The Pharmacy	facebook.com/thefarmacycayman	Delivery of Fresh Vegetable boxes, Chickens	345-327-8853

COMPANY	LOCATION	SPECIALTY	PHONE
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HEALTH TESTING

Best Life Wellness Solutions	Industrial Park	Nutrition, Fitness, Wellness	345-323-0422
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HYPERBARIC TREATMENT

Cayman Hyperbaric Services	Cayman Islands Hospital	Hyperbaric Oxygen Therapy	345-949-6958
Wellness Without Limits	www.wellness.com.ky	Mild Hyperbaric Oxygen Therapy	345-516-4175
Will of Wellness	Belmont Close, Crewe Rd	Mild Hyperbaric Oxygen Therapy	345-926-2428

HOLISTIC HEALTH

Made Well	Mobile Service	Mobile Service	345-926-0974
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MEDICAL/WELLNESS EQUIPMENT AND PRODUCTS

Cayman Scents	West Bay Road	Candle and Soap Artisan	345-324-0200
Cayman Medical Supplies	Highgrove Park	Wellness Equipment	345-949-6211
De Vere Diagnostics	www.deverediagnosics.com	Surgical Instrument Sterilization, Endoscope Repairs	345-525-2472
Eat Breathe BeWell Cayman	Cayman Falls	Essential Oils, Superfoods & Organic Snacks	345-917-5527
Himalaya Wellness (Cayman) Ltd.	Elizabethan Square	Wellness Center	345-949-1769
JDW Medical Solutions	Walkers Road	Medical Equipment, Products, Services	345-947-8000
The Wick Candles & Scents	www.thewickcandles.yolasite.com	Candle Artisan	345-928-4800
Wellness Without Limits	www.wellness.com.ky	Wellness Equipment	345-516-4175

SELF DEFENCE

Best Life Wellness Solutions	Industrial Park	Nutrition, Fitness, Wellness	345-323-0422
Cayman Karate Academy	Alexander Place	Fitness	345-926-5425
Purple Dragon School of Martial Arts	Cannon Place	Wellness Center	345-946-1241





Pharmacies & Pharmacists

NAME	LOCATION	DISTRICT OR COMPANY	PHONE
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PHARMACIES

Be Well Pharmacy	West Shore Center	George Town	345-949-2323
Care Pharmacy	Queen's Court	George Town	345-943-2273
Cayman Islands Hospital Pharmacy	Cayman Islands Hospital	George Town	345-244-2715
Doctors Express Pharmacy	Godfrey Nixon Way	George Town	345-745-6000
Faith Hospital Pharmacy	Cayman Brac	Cayman Brac	345-244-7635
Foster's IGA Pharmacy	Airport Center	George Town	345-815-4051
Foster's IGA Pharmacy	The Strand	George Town	345-815-4061
Health Care Pharmacy	Governors Square	George Town	345-949-8900
Health Care Pharmacy	Grand Harbour	George Town	345-947-8900
Health City Pharmacy	Sea View Road	East End	345-640-4040
Kirk Market Pharmacy	Eastern Avenue	George Town	345-949-7180
CTMH Doctors Hospital Pharmacy	CTMH Doctors Hospital	George Town	345-946-2407
Quality Pharmacy	Serendipity Building	George Town	345-946-6266
Savannah Pharmacy & Gifts	Countryside Shopping Village	George Town	345-946-3336
TrinCay Pharmacy	Camana Bay	George Town	345-943-4633
Valu-Med Pharmacy	Leafy Lane	George Town	345-949-0442
Valu-Med Pharmacy	Bodden Town	Bodden Town	345-946-5511
West Bay Pharmacy & Gifts	Centennial Towers	George Town	345-945-0777
Windward Pharmacy Ltd.	Windward Centre	George Town	345-949-4081

PHARMACISTS

Anderson, Michael	Airport Center	Foster's IGA	345-815-4051
Anderson, Michael	The Strand	Foster's IGA	345-815-4061
Babington-Johnson, Alexis	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bailey, Rosemarie	Cayman Islands Hospital	Health Services Authority	345-244-2713
Balram-Ebanks, Angela	Countryside Shopping Village	Savannah Pharmacy & Gifts	345-946-3336
Barnes-Small, Marla	Grand Harbour	Health Care Pharmacy	345-947-8900
Blackwood, Khimanie	Cayman Islands Hospital	Health Services Authority	345-244-2713
Buddoo-Blackwood, Jammellia	Camana Bay	TrinCay Pharmacy	345-943-4633
Bures, Martin	Queen's Court	Care Pharmacy	345-943-2273
Campbell, Mark	Centennial Towers	West Bay Pharmacy & Gifts	345-946-2407
Chanda, Varun Dr.	Sea View Road	Health City Cayman Islands	345-640-4040

NAME	LOCATION	DISTRICT OR COMPANY	PHONE
PHARMACISTS (Continued)			
Conolly, Samantha	Cayman Islands Hospital	Health Services Authority	345-244-2713
David-Walters, Charlotte	Cayman Islands Hospital	Health Services Authority	345-244-2713
Davis, Simone L.	CTMH Doctors Hospital	CTMH Doctors Hospital Pharmacy	345-946-2407
Earla, Jagadeswara	Sea View Road	Health City Cayman Islands	345-640-4040
Elliott, Michael	Photo Pharm Centre, Walkers Road	Valu-Med Pharmacy	345-949-0442
Facey-Finch, Classis	Countryside Shopping Village	Savannah Pharmacy & Gifts	345-946-3336
Flynn, Janett	Grand Harbour	Health Care Pharmacy	345-947-8900
Forbes, Trecia	Windward Plaza	Cayman Medical Supplies	345-949-6211
Forrester, Wayne	The Strand	Foster's IGA	345-815-4061
Fraser-Haye, Elizabeth Rebecca	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gayle, Rema	Queen's Court	Care Pharmacy	345-943-2273
Gipple, Kevin J.	Centennial Towers	West Bay Pharmacy & Gifts	345-945-0777
Goodall, Donna	Camana Bay	TrinCay Pharmacy	345-945-6590
Goodall, Renee	Eastern Avenue	Kirk Market Pharmacy	345-949-7180
Grey-Campbell, Camille	Countryside Shopping Village	Savannah Pharmacy & Gifts	345-946-3336
Haye, Elizabeth	Windward Centre	Windward Pharmacy	345-949-4081
Hutton, Jodi-Ann	Cayman Islands Hospital	Health Services Authority	345-244-2713
Jefferson, Todd	Cayman Islands Hospital	Health Services Authority	345-244-2815
Jefferson, Winsome	Cayman Islands Hospital	Health Services Authority	345-244-2713
Jones, Shauna	Governors Square	Health Care Pharmacy	345-949-8900
Kanchi, Sathish	Sea View Road	Health City Cayman Islands	345-640-4040
Krupiniewicz, Agnieszka	Cayman Islands Hospital	Health Services Authority	345-949-8600
Kwakye-Manu, Benjamin	Cayman Islands Hospital	Health Services Authority	345-244-2713
Kwakye-Manu, Oluwayemisi	Queen's Court	Care Pharmacy	345-943-2273
Manderson, Beverley	Cayman Islands Hospital	Health Services Authority	345-244-2815
Mangru, Kumarie	Cayman Islands Hospital	Health Services Authority	345-244-2713
McCrae, Margo	CTMH Doctors Hospital	CTMH Doctors Hospital Pharmacy	345-946-2407
McIntyre, Kimberly	Hospital Road	Quality Pharmacy	345-946-6266
Medford, Colin	Cayman Islands Hospital	Health Services Authority	345-244-2713
Morgan, Princess	Walkers Road	Valu-Med Pharmacy	345-949-0444
Nyugen, Jacqueline	Eastern Avenue	Kirk Market Pharmacy	345-949-7180
Oates, Ron	Centennial Towers	West Bay Pharmacy & Gifts	345-945-0777
Palmer, Rochelle	Airport Center	Foster's IGA	345-945-3663
Parker, Everton	Walkers Road	Valu-Med Pharmacy	345-949-0442



COMPANY	LOCATION	DISTRICT OR COMPANY	PHONE
PHARMACISTS (Continued)			
Patterson, Shari	Eastern Avenue	Kirk Market Pharmacy	345-949-7180
Paul, Karah Sobin	Health City Cayman Islands	Health City Cayman Islands	345-640-4040
Pellow, David E.	CTMH Doctors Hospital	CTMH Doctors Hospital Pharmacy	345-946-2407
Reid, Barrington	Cayman Islands Hospital	Health Services Authority	345-244-2713
Rose-Sterling, Camille	CTMH Doctors Hospital	CTMH Doctors Hospital Pharmacy	345-946-2407
Rowe, Sandra	Cayman Islands Hospital	Health Services Authority	345-244-2713
Salmon, Ketesha	Bodden Town	Valu-Med Pharmacy	345-949-0445
Seeram, Dhalchand	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2273
Smith, Kareen	Walkers Road	Valu-Med Pharmacy	345-949-0443
Stephenson-Reid, Keisha	The Strand	Foster's IGA	345-815-4061
Trowers, Danaye	Cayman Islands Hospital	Health Services Authority	345-244-2713
Vassell, D'Jonelle	Cayman Islands Hospital	Health Services Authority	345-949-8600
Walrath, Brittany	Queen's Court	Care Pharmacy	345-943-2273
Walters, Henry	Airport Center	Foster's IGA	345-815-4051
Whitely, Kirsten	Grand Harbour	Health Care Pharmacy	345-947-8900
Whittaker, Kirsten	Eastern Avenue	Kirk Market Pharmacy	345-949-7180
Williams, Davina	Bodden Town	Valu-Med Pharmacy	345-949-0446
Williams, Ramone	Cayman Islands Hospital	Health Services Authority	345-244-2713
Wojcicki, Dagmar	Be Well Pharmacy	West Shore Center	345-949-2323



Health Insurance



NAME	LOCATION	DISTRICT	PHONE
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HEALTH INSURANCE COMPANIES

Aetna	Caribbean Plaza	George Town	345-946-6611
BAF Insurance Company Ltd.	DotCom Centre	George Town	345-949-5811
British Caymanian Insurance Co. Ltd.	BritCay House	George Town	345-949-8699
Cayman First Insurance Co. Ltd.	Cayman First Centre	George Town	345-949-7028
CINICO Ltd.	Cayman Centre	George Town	345-949-8101
Generali Worldwide Insurance Co.	Grand Pavilion Centre	George Town	345-747-2000
Pan-American Life Insurance Co.	Cannon Place	George Town	345-949-8304

HEALTH INSURANCE BROKERS

Aon Risk Solutions (Cayman) Ltd.	Camana Bay	George Town	345-945-1266
Cayman Insurance Centre	Cayman Business Park	George Town	345-949-4657
Bogle Insurance Brokers Ltd.	Pasadora Place	George Town	345-949-0579
Fidelity Insurance (Cayman) Ltd.	Cayman Financial Centre	George Town	345-949-5836
First Financial Insurance Brokers	Pasadora Place	George Town	345-946-2273
Marsh Management Services	Governors Square	West Bay	345-949-7988

Supporting Companies

COMPANY	LOCATION	SPECIALTY	PHONE
Consolidated Water	Regatta Office Park	Water	345-945-4277
Flowers Group	Seymour Drive	Building Materials, Water	345-623-0000



Registered Nurses, Licensed Practice Nurses, Midwives

NAME	LOCATION	COMPANY	PHONE
Abdullahi, Muhammed	Cayman Islands Hospital	Health Services Authority	345-949-8600
Abraham, Shini	Cayman Islands Hospital	Health Services Authority	345-949-8600
Anderson, Georgia Jean	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ang, Roxanne	Cayman Islands Hospital	Health Services Authority	345-949-8600
Antony, Ginu V	Cayman Islands Hospital	Health Services Authority	345-949-8600
Arimpur, Deepa	Cayman Islands Hospital	Health Services Authority	345-949-8600
Armstrong, Alison	Cayman Islands Hospital	Health Services Authority	345-949-8600
Atkinson-Ebanks, Kerry-Ann Lataya	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bailey, Carvell	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bailey, Stephen	Cayman Islands Hospital	Health Services Authority	345-949-8600
Barnes-Campbell, Maria Ingrid	Cayman Islands Hospital	Health Services Authority	345-949-8600
Barnett, Heather	Cayman Islands Hospital	Health Services Authority	345-949-8600
Barrett, Winsome Louise	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bartley, Stacyann	Middle Road	CTMH Doctors Hospital	345-949-6066
Benjamin-Campbell, Kerri-Ann Claudia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bennett-Reed, Kerry	Cayman Islands Hospital	Health Services Authority	345-949-8600
Bennett, Simone	Cayman Islands Hospital	Health Services Authority	345-949-8600
Biscette, Shawn	Cayman Islands Hospital	Health Services Authority	345-949-8600
Blake, Dannish Latoya	Cayman Islands Hospital	Health Services Authority	345-949-8600
Blake, Winsett	Cayman Islands Hospital	Health Services Authority	345-949-8600
Borges, Priscilla	Middle Road	CTMH Doctors Hospital	345-949-6066
Bramwell-James, Sharmane Elaine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Brkic, Rose	Cayman Islands Hospital	Health Services Authority	345-949-8600
Broomfield, Jennifer Narcissa	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Brown, Alma	Middle Road	CTMH Doctors Hospital	345-949-6066
Brown, Hazel Christine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Brown, Isabelle	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Brown, Marcia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Brown, Nicole Charmaine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Buckley-Omier, Sharon	Cayman Islands Hospital	Health Services Authority	345-949-8600
Burrell, Sophia Alecia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Cabadang, Gabriel	Cayman Islands Hospital	Health Services Authority	345-949-8600
Cameron, Eula	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243

REGISTERED NURSES, LICENSED PRACTICE NURSES, MIDWIVES

NAME	LOCATION	COMPANY	PHONE
RNS, LPNS, MIDWIVES (Continued)			
Campbell, George Noel	Cayman Islands Hospital	Health Services Authority	345-949-8600
Campbell, Mairead	Cayman Islands Hospital	Health Services Authority	345-949-8600
Carten, Dympna Ann	Cayman Islands Hospital	Health Services Authority	345-949-8600
Carty, Shanka	Middle Road	CTMH Doctors Hospital	345-949-6066
Cayasso, Sarah	Cayman Islands Hospital	Health Services Authority	345-949-8600
Cerezo, Aladin	Cayman Islands Hospital	Health Services Authority	345-949-8600
Champawat, Chhotoo	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Charlery, Suzette Vanessa Amoy	Cayman Islands Hospital	Health Services Authority	345-949-8600
Chhimpa, Monoj Kumar	Cayman Islands Hospital	Health Services Authority	345-949-8600
Clarke, Gregory Alfred	Cayman Islands Hospital	Health Services Authority	345-949-8600
Coleman, Jenny	Windward Centre	The Children's Clinic	345-949-2970
Colman, Nicholas	Cayman Islands Hospital	Health Services Authority	345-949-8600
Coore, Charmaine June	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Curtis, Kerriann	Cayman Islands Hospital	Health Services Authority	345-949-8600
Dale-Webley, Nadine Burnadette	Cayman Islands Hospital	Health Services Authority	345-949-8600
Davis, Telma	Cayman Islands Hospital	Health Services Authority	345-949-8600
Deen, Hukam	Cayman Islands Hospital	Health Services Authority	345-949-8600
Dikau, Elizabeth	West Bay Road	Jasmine	345-945-7447
Doak, Susan	Cayman Islands Hospital	Health Services Authority	345-949-8600
Dolan, Joshua	Cayman Islands Hospital	Health Services Authority	345-949-8600
Doyley-Simmonds, Kimberly	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ebanks, Cynthia Marie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ebanks, Jessica Vanessa	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ebanks, Tamara	Cayman Islands Hospital	Health Services Authority	345-949-8600
Eleweanya, Marsha Stephanie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ellis, Hugh George	Cayman Islands Hospital	Health Services Authority	345-949-8600
Elniski, Laura	Cayman Islands Hospital	Health Services Authority	345-949-8600
Estevan, Maria	Cayman Islands Hospital	Health Services Authority	345-949-8600
Evtimov, Eugene	Cayman Islands Hospital	Health Services Authority	345-949-8600
Facey, Sidella	Cayman Islands Hospital	Health Services Authority	345-949-8600
Falqueza, Leslie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Fisher, Deborah	Cayman Islands Hospital	Health Services Authority	345-949-8600
Flashey-Ruiz, Ellen Annette	Cayman Islands Hospital	Health Services Authority	345-949-8600
Fong, La-Toya Therese (Nurse Anesthetist)	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Foster-Carter, Niki Lyn	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gardner, Dorinda	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gayle, Zelta	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gaynor, Allicia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gentles, Morelda	Cayman Islands Hospital	Health Services Authority	345-949-8600



NAME	LOCATION	COMPANY	PHONE
RNS, LPNS, MIDWIVES (Continued)			
Gilbert, Jean Patricia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gilfillian-Elliott, Molly Nuggette	Cayman Islands Hospital	Health Services Authority	345-949-8600
Girardin, Janelle	Cayman Islands Hospital	Health Services Authority	345-949-8600
Gloria, Annie Rose	Cayman Islands Hospital	Health Services Authority	345-949-8600
Graham, Deryck Alexander	Cayman Islands Hospital	Health Services Authority	345-949-8600
Grant, Shanna Gay	Middle Road	CTMH Doctors Hospital	345-949-6066
Greaves, Marcella	Cayman Islands Hospital	Health Services Authority	345-949-8600
Green, Fernando	Cayman Islands Hospital	Health Services Authority	345-949-8600
Grignon, Pamela	Middle Road	CTMH Doctors Hospital	345-949-6066
Guballa-Powery, Magdalena Santos	Cayman Islands Hospital	Health Services Authority	345-949-8600
Haase, Charmaine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Haertel, Grit	Cayman Islands Hospital	Health Services Authority	345-949-8600
Halstead, Patsy	Cayman Islands Hospital	Health Services Authority	345-949-8600
Hamilton-Allen, Kerry-Ann	Cayman Islands Hospital	Health Services Authority	345-949-8600
Harris, Chemeika	Cayman Islands Hospital	Health Services Authority	345-949-8600
Harvey-Caum, Natalie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Haughton, Billie-Jean	Cayman Islands Hospital	Health Services Authority	345-949-8600
Haynes, Joanna	Cayman Islands Hospital	Health Services Authority	345-949-8600
Healey, Jacqueline	Cayman Islands Hospital	Health Services Authority	345-949-8600
Henry, Nardia	Cayman Islands Hospital	Health Services Authority	345-949-8600
Hopkinson, Caroline Emma	Cayman Islands Hospital	Health Services Authority	345-949-8600
Houston, Diane Marie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Huizinga, Heather	West Bay Road	Jasmine	345-945-7447
Humphreys, Rosanna	Cayman Islands Hospital	Health Services Authority	345-949-8600
Hunter-Giscombe, Kerry	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Hurlston, Sherrie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Hutton-Rodney, Jacinth Nicola	Cayman Islands Hospital	Health Services Authority	345-949-8600
Inturi, Ghandhi	Cayman Islands Hospital	Health Services Authority	345-949-8600
Isaacs, Christine Georgia Dorine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Jackson, Jennifer	Cayman Islands Hospital	Health Services Authority	345-949-8600
Jacob Elia, Dulcynavamani	Cayman Islands Hospital	Health Services Authority	345-949-8600
Jalo, Pirjo	Cayman Islands Hospital	Health Services Authority	345-949-8600
James, Amy	Cayman Islands Hospital	Health Services Authority	345-949-8600
James-Elliott, Camille	Middle Road	CTMH Doctors Hospital	345-949-6066
Johnson, Kelly	Mobile Service	Baby Whisperers	345-324-1380
King-Fennell, Charmin	Cayman Islands Hospital	Health Services Authority	345-949-8600
Knight-Powell, Youlanda	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lal, Shannon	Cayman Islands Hospital	Health Services Authority	345-949-8600
Levers, Marry-Jo	Cayman Islands Hospital	Health Services Authority	345-949-8600

REGISTERED NURSES, LICENSED PRACTICE NURSES, MIDWIVES

NAME	LOCATION	COMPANY	PHONE
RNS, LPNS, MIDWIVES (Continued)			
Lindsay-Henry, Deborah	Cayman Islands Hospital	Health Services Authority	345-949-8600
Long, Trisha	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lopez Fertil, Ezequiel	Cayman Islands Hospital	Health Services Authority	345-949-8600
Luis, Andreas	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lyons, Antonette	Cayman Islands Hospital	Health Services Authority	345-949-8600
Lyons, Roan	Cayman Islands Hospital	Health Services Authority	345-949-8600
Macnab, Laura	Cayman Islands Hospital	Health Services Authority	345-949-8600
Malcolm, Lenise Nicole	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Masayon, Francis	Middle Road	CTMH Doctors Hospital	345-949-6066
Mathew, Rinu	Cayman Islands Hospital	Health Services Authority	345-949-8600
Mathew, Sheeba	Cayman Islands Hospital	Health Services Authority	345-949-8600
McDermott-Harrison, Talaya	Cayman Islands Hospital	Health Services Authority	345-949-8600
McGlaughlin, Elaine	Cayman Islands Hospital	Health Services Authority	345-949-8600
McGlaughlin, Helen	Cayman Islands Hospital	Health Services Authority	345-949-8600
McIntosh, Noralee	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
McKenzie, Urista	Cayman Islands Hospital	Health Services Authority	345-949-8600
McLean, Felicia	West Bay Road	Jasmine	345-945-7447
Melhado-Daley, Victoria	Middle Road	CTMH Doctors Hospital	345-949-6066
Miller, Jennifer	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ming-Clarke, Andrea	Cayman Islands Hospital	Health Services Authority	345-949-8600
Moore-Simpson, Paula	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Morgan, Doritta	Cayman Islands Hospital	Health Services Authority	345-949-8600
Morgan, Mitzie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Musonza, Belinda	Cayman Islands Hospital	Health Services Authority	345-949-8600
Myers, Adelle	Cayman Islands Hospital	Health Services Authority	345-949-8600
Nembhard, Alicia	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Nepaul-Thompson, Jennifer	Cayman Islands Hospital	Health Services Authority	345-949-8600
Nichol, Michael	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
O'Brien, Annette	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ondoy, Riley	Cayman Islands Hospital	Health Services Authority	345-949-8600
Pamphill, Milcah	Cayman Islands Hospital	Health Services Authority	345-949-8600
Parchment, Diana	Cayman Islands Hospital	Health Services Authority	345-949-8600
Passley-Unick, Lisa	Cayman Islands Hospital	Health Services Authority	345-949-8600
Patterson, Shawnette	Cayman Islands Hospital	Health Services Authority	345-949-8600
Pengelly-Aitmessaoud	Cayman Islands Hospital	Health Services Authority	345-949-8600
Pinnock-Johnson	Cayman Islands Hospital	Health Services Authority	345-949-8600
Price, Annie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Quappe, Barrie	Mobile Service	Cayman Healthcare Consulting	345-916-9800
Rajpurohit, Vishan	Middle Road	CTMH Doctors Hospital	345-949-6066



NAME	LOCATION	COMPANY	PHONE
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RNS, LPNS, MIDWIVES (Continued)

Richards, Thelma Mae	Cayman Islands Hospital	Health Services Authority	345-949-8600
Richards-Johnson, Venesa	Middle Road	CTMH Doctors Hospital	345-949-6066
Robinson, Khichala	Cayman Islands Hospital	Health Services Authority	345-949-8600
Robinson, Lisa	Cayman Islands Hospital	Health Services Authority	345-949-8600
Robinson-Douglas, Nadine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Rodney, Tina	Cayman Islands Hospital	Health Services Authority	345-949-8600
Romboao, Jayson	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ross, Denise	Cayman Islands Hospital	Health Services Authority	345-949-8600
Rowden, Karen	Cayman Islands Hospital	Health Services Authority	345-949-8600
Russell-Parkes, Dian	Cayman Islands Hospital	Health Services Authority	345-949-8600
Salazar, Jose	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Samuels, Beverly	Cayman Islands Hospital	Health Services Authority	345-949-8600
Sarreal, Gayle	Middle Road	CTMH Doctors Hospital	345-949-6066
Scott, Sheree	Cayman Islands Hospital	Health Services Authority	345-949-8600
Semchuck, Elaine	West Bay Road	Jasmine	345-945-7447
Singh, Hitendra	Cayman Islands Hospital	Health Services Authority	345-949-8600
Slater, Marian	Cayman Islands Hospital	Health Services Authority	345-949-8600
Smith, Lorraine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Soriano, Marlon	Cayman Islands Hospital	Health Services Authority	345-949-8600
Spence-Hessing, Jennifer	Cayman Islands Hospital	Health Services Authority	345-949-8600
Taylor, Ann Marie	Cayman Islands Hospital	Health Services Authority	345-949-8600
Taylor, Sebert	Cayman Islands Hospital	Health Services Authority	345-949-8600
Thompson-Schaffe, Janine	Cayman Islands Hospital	Health Services Authority	345-949-8600
Thompson-Williams, Careen	Middle Road	CTMH Doctors Hospital	345-949-6066
Tio, Jobelle	Cayman Islands Hospital	Health Services Authority	345-949-8600
Toney, Jolene	Faith Hospital, Cayman Brac	Health Services Authority	345-948-2243
Truong, Tori-Hong	Cayman Islands Hospital	Health Services Authority	345-949-8600
Vidad, Lovely	Cayman Islands Hospital	Health Services Authority	345-949-8600
Ward, Andrew	Cayman Islands Hospital	Health Services Authority	345-949-8600
Weber, Elizabeth	Cayman Islands Hospital	Health Services Authority	345-949-8600
Wedderburn, Denise	Cayman Islands Hospital	Health Services Authority	345-949-8600
Welsh, Faithlee	Cayman Islands Hospital	Health Services Authority	345-949-8600
Wheatle-Smith, Yasmin	Cayman Islands Hospital	Health Services Authority	345-949-8600
Wiggan, Christlene	Cayman Islands Hospital	Health Services Authority	345-949-8600
Williams, Piclola	Middle Road	CTMH Doctors Hospital	345-949-6066
Wilson, Mauva	Cayman Islands Hospital	Health Services Authority	345-949-8600
Wong, Christine	Middle Road	CTMH Doctors Hospital	345-949-6066
Wright, Sharon	Cayman Islands Hospital	Health Services Authority	345-949-8600

Support Organizations & Service Groups



NAME	SPECIALTY	CONTACT
ADDICTION SUPPORT		
Al-Anon Information Service	Addiction support group and services	345-928-8843
Alcoholics Anonymous	Addiction support group and services	345-926-9044
Caribbean Haven Residential Centre	Residential support services for addiction	345-947-9992
Department of Counselling Services	Individual, family counseling and support	345-949-8789
Narcotics Anonymous	Addiction support group and services	345-929-6262
National Drug Council	Addiction support group and services	345-949-9000
BLOOD DONATION		
HSA Blood Bank	Blood donation	345-244-2674
CANCER SUPPORT		
Bosom Buddies	Breast cancer support group	345-925-5989
Breast Cancer Foundation	Breast cancer support group and services	345-949-3542
Jasmine	Palliative care and cancer support	345-945-7447
Cayman Islands Cancer Society	Cancer support group and services	345-949-7618
CAREGIVING		
AAA Caregivers Agency	Caregiving for children, elderly and nursing care	345-916-5925
Caring Hands Cayman	Caregiving support services and nursing care	345-943-1177
Jasmine	Palliative care and cancer support services	345-945-7447
Pines Retirement Home	Residential support services for elderly care	345-949-5650
CHILDREN AND YOUTH		
Big Brothers Big Sisters C.I.	Youth and family support services	345-923-2471
Cayman Islands Youth Development Consortium	Youth Development, Asset Building	345-917-3885
CAYS Foundation	Residential youth services	345-946-2446
Dept. of Children & Family Services	Youth and family support services	345-949-0290
Early Childhood Association	Pre-school childcare and education centers	345-939-7426



NAME	SPECIALTY	CONTACT
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CHILDREN AND YOUTH *(Continued)*

Girl Guiding Association	Social development for young girls	ataylor2005@hotmail.com
Kirkconnell Community Care Centre	Cayman Brac youth and family support	345-948-2291
Kiwanis Club of Grand Cayman	Youth service club and support services	345-947-8630
Scout Association, Cayman Islands	Social development for young boys	345-949-1515
Taya Lounge	Safe social environment for young people	345-949-0366
YMCA	Youth development, family support programs	345-926-9622
Youth ACT Cayman Islands	Youth development and crime prevention	345-916-5169

COUNSELING

Brac Haven Counselling Centre	Counseling and support services	345-948-2354
Cayman Islands Crisis Centre	Abuse, counseling and crisis support services	345-949-0366
C.I. Crisis Centre HOTLINE	Crisis HOTLINE	345-943-2422
Counselling Centre	Counseling and support services	345-949-8789
Department of Counselling Services	Addiction counseling and support	345-949-8789

CRISIS SUPPORT

Cayman Islands Crisis Centre	Crisis and abuse support, counseling, hotline	345-949-0366
C.I. Crisis Centre HOTLINE	Crisis HOTLINE	345-943-2422
Cayman Islands Red Cross	Crisis response, support services, training	345-949-6785
Cayman Mediation Centre	Mediation and crisis support	345-945-0220
Estella's Place	Domestic violence outreach facility	345-949-0366
Family Resource Centre	Counseling, abuse, family and crisis support	345-949-0006
Family Support Unit (RCIPS)	Family support, crisis support, protection	345-946-9185

DISEASE SUPPORT

Alzheimer's & Dementia Association	Alzheimer's and dementia support services	345-924-4170
Cayman AIDS Foundation (CAF)	AIDS and HIV support services	345-924-7877
Cayman Heart Fund	Cardiovascular disease support services	345-916-6324
Cayman Islands Diabetes Assoc.	Diabetes support services	345-916-0995
C.I. Diabetes Charitable Trust	Diabetes support services	345-916-1432
C. I. Down Syndrome Support	Down syndrome support group	cidssonline@gmail.com
HSA Public Health Clinic	Public health support services	345-244-2648
MS Foundation Cayman Islands	Multiple sclerosis support services	345-323-0656
Sickle Cell Support Group	Sickle cell support group	345-244-2630

EDUCATION

Early Childhood Association	Pre-school childcare and education centers	345-939-7426
HSA Public Health Clinic	Public health support services	345-244-2648

SUPPORT ORGANIZATIONS & SERVICE GROUPS

NAME	SPECIALTY	CONTACT
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EDUCATION (Continued)

University College of the Cayman Islands	Nursing school and STEM programs	345-623-8224
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ENVIRONMENT

Dept. of Environment	Government environmental department	345-949-8469
Dept. of Environmental Health	Government environmental department	345-949-6696
National Trust for the Cayman Islands	not-for-profit NGO - history and biodiversity preservation	345-749-1121
Plastic-Free Cayman	Plastic pollution awareness	facebook.com/ Plasticfreecayman

FAMILY SUPPORT – FAMILY SERVICES

Dept. of Children & Family Services	Children and family support services	345-949-0290
Family Planning Services	Family planning and support services	345-244-2649
Family Resource Centre	Counseling, abuse, family and crisis support	345-949-0006
Family Support Unit (RCIPS)	Family support, crisis support, protection	345-946-9185

LEGAL ADVICE

Legal Befrienders	Legal advice and support services	345-949-0006
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MEAL SUPPORT

Feed Our Future	Food and nutrition support for children	345-916-0923
Meals on Wheels	Food and nutrition support for homebound or elderly	345-949-3905

PALLIATIVE CARE

Jasmine	Palliative care and cancer support	345-945-7447
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PREGNANCY, CHILDBIRTH & BREASTFEEDING

Breastfeeding Support Group	Breastfeeding support group	345-945-1751
CTMH Doctors Hospital HELLO BABY classes	Antenatal classes; pregnancy, delivery, breastfeeding, early dev.	info@ doctorshospitalcayman .com
HSA ParentCraft Classes	Regnancy nutrition, labour/delivery, breast feeding, infant CPR.	(345) 244 2649

RESIDENTIAL/LIVING SUPPORT

The Bridge Foundation	Transitional housing and support services	345-949-1972
Caribbean Haven Residential Services	Residential support, treatment, therapy	345-947-9992
East End Sunrise Cottage	Residential living support and elderly care	345-947-7608
Golden Age Home	Residential living support and elderly care	345-949-1972
Maple House	Residential living support and elderly care	345-945-2615
Pines Retirement Home	Residential living support and elderly care	345-949-5650
West Bay Adult Day Care Centre	Geriatric residence and support services	345-949-1972

SPECIAL NEEDS

Lighthouse School	Special needs educational facility	345-947-5454
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NAME	SPECIALTY	CONTACT
SPECIAL NEEDS (Continued)		
Special Needs Foundation Cayman	Special needs support services	345-321-2957
Special Olympics Cayman Islands	Special needs support and sports programs	345-946-7624
Sunrise Adult Training Centre	Special needs support, programs, education	345-949-3330

SUPPORT SERVICES & VOLUNTEER ORGANIZATIONS

AAA Caregivers Agency	Caregiving support for children/elderly, nursing care	345-916-5925
Al-Anon Information Service	Addiction support group and services	345-928-8843
Alcoholics Anonymous	Addiction support group and services	345-926-9044
Alzheimer's & Dementia Assoc.	Alzheimer's and dementia support services	345-924-4170
Big Brothers Big Sisters C.I.	Youth and family support services	345-923-2471
Bosom Buddies	Breast cancer support group	345-925-5989
Brac Haven Counselling Centre	Counseling and support services	345-948-2354
Breastfeeding Support Group	New mother/breastfeeding support services	345-945-1751
Breast Cancer Foundation	Breast cancer support services	345-949-3542
Caribbean Haven Residential Services	Residential support, treatment and therapy	345-947-9992
Cayman AIDS Foundation (CAF)	AIDS/HIV support services	345-924-7877
Cayman Heart Fund	Cardiovascular disease support services	345-916-6324
Jasmine	Palliative care and cancer support	345-945-7447
Cayman Islands Cancer Society	Cancer support services	345-949-7618
Cayman Islands Crisis Centre	Crisis and abuse support and counseling	345-949-0366



SUPPORT ORGANIZATIONS & SERVICE GROUPS

NAME	SPECIALTY	CONTACT
SUPPORT SERVICES & VOLUNTEER ORGANIZATIONS (Continued)		
Cayman Islands Red Cross	Crisis response, support services, training	345-949-6785
Cayman Mediation Centre	Mediation and crisis support services	345-945-0220
Cayman's ARK	Service club and volunteer organization	345-323-2287
Dept. of Environmental Health	Environmental Health	345-949-6696
Family Resource Centre	Counseling, abuse, family and crisis support	345-949-0006
Family Support Unit (RCIPS)	Family support, crisis support, protection	345-946-9185
Feed Our Future	Food and nutritional support for children	345-916-0923
Have a Heart Cayman Islands	Heart health charitable organization	345-526-2185
HSA Public Health Clinic	Public health support services/information	345-244-2648
Kirkconnell Community Care Centre	Cayman Brac support services	345-948-2291
Kiwanis Club of Grand Cayman	Service club and volunteer organization	345-947-8630
Legal Befrienders	Legal advice services	345-949-0006
Lions Club of Grand Cayman	Service club and volunteer organization	345-925-4667
Lions Club of Tropical Gardens	Service club and volunteer organization	345-325-4619
Meals on Wheels	Food and nutritional support for elderly or homebound	345-949-3905
MS Foundation Cayman Islands	Multiple sclerosis support services	345-323-0656
National Drug Council	Addiction support services	345-949-9000
Pink Ladies	Service club and volunteer organization	345-916-1504
Rotary Club of Grand Cayman	Service club and volunteer organization	rotarycayman.com
Rotary Club of G.C. Central	Service club and volunteer organization	rotarycentralky@gmail.com
Rotaract Blue	Service club and volunteer organization	345-328-0672
Rotaract Club of Grand Cayman	Service club and volunteer organization	345-938-7561
Scout Association, Cayman Islands	Social development for young boys	345-949-1515
Sickle Cell Support Group	Sickle cell support services	345-244-2630
Special Needs Foundation Cayman	Special needs support and programs	345-321-2957
Sunrise Adult Training Centre	Special needs support, programs, education	345-949-3330
Women's Health Centre	Women's healthcare and support services	345-244-2649
YMCA	Youth development/family support services	345-926-9622
Youth ACT Cayman Islands	Youth development and crime prevention	345-916-5169
100 Men Who Give a Damn!	Fundraising for charities and support orgs.	info@100men.ky
100 Women Who Care	Fundraising for charities and support orgs.	info@100womencayman.ky



International Healthcare Facilities



NAME	LOCATION	WEBSITE OR EMAIL	PHONE
21st Century Oncology	Plantation, Pembroke Pines, Aventura, Florida	21co.com	954-240-7770
Aventura Hospital	Aventura, Florida	aventurahospital.com	305-682-7000
Baptist Hospital	Miami, Florida	baptisthealth.net	786-596-1960
Baptist Health South Florida Cancer Institute	Miami, Florida	miamicancerinstitute.com	786-596-2373
Bascom Palmer Eye Institute	Miami, Florida	bascompalmer.org	305-243-2020
Broward Health International	Fort Lauderdale, Florida	BHInternational@BrowardHealth.org	855-242-2762
Cancer Treatment Centers of America	Atlanta, Chicago, Philadelphia, Phoenix, Tulsa	cancercenter.com/cayman	844-439-3293
CHI St. Luke's Houston	Houston, Texas	chistlukeshealth.org/internationalservices	832-355-1000
Cleveland Clinic	Weston, Florida	clevelandclinic.org/flgps	954-659-5080
Evolution MD Advanced Plastic Surgery	Miramar, Florida	evolutionmd.com	954-367-7984
Global Health Center Cincinnati Children's Hospital	Cincinnati, Ohio	cincinnatichildrens.org	513-636-4200
Holy Cross Hospital	Fort Lauderdale, Florida	holy-cross.com/international-services	954-351-5906
Houston Methodist (Texas Medical Center)	Houston, Texas	www.houstonmethodist.org	713-441-2340
Jackson International	Miami, Florida	jhs-international-services@jhsmiami.org	305-355-1212
Johns Hopkins	Baltimore, Maryland	hopkinsmedicine.org	410-955-5000
Kendall Regional Medical Burn Unit	Miami, Florida	kendallmed.com/service/burn-clinic	
MAYO Clinic International Florida	Jacksonville, Florida	Intl.mcj@mayo.edu	904-953-7000

INTERNATIONAL HEALTHCARE FACILITIES

NAME	LOCATION	WEBSITE OR EMAIL	PHONE
MAYO Clinic International Minnesota	Rochester, Minnesota	Intl.mcr@mayo.edu	507-284-8884
Memorial Healthcare System	Hollywood, Florida	mhs.net/globalhealth	954-987-2000
Joe DiMaggio Children's Hospital	Hollywood, Florida	jdch.com	954-265-5324
Memorial Herman (Texas Medical Center)	Houston, Texas	memorialhermann.org	713-704-5515
Menninger Clinic (Psychiatry)	Houston, Texas	menningerclinic.com	713-275-5000
Mount Sinai Medical Center	Miami Beach, Florida	msmc.com	305-674-2121
New York Presbyterian Hospital	New York, New York	nyp.org	212-932-4000
Nicklaus Children's Hospital	Miami, Florida	nicklauschildrens.org	305-666-6511
Pritikin Longevity Center	Miami, Florida	prитikin.com	888-254-1462
South Florida Sports Medicine	Weston, Florida	southfloridasportsmedicine.com	954-389-5900
St. Jude Medical S.C. Inc.	Memphis, Tennessee	stjude.org	866-278-5833
Tenet Health Florida	Miami-Dade, Broward and Palm Beach Counties	tenetFloridaInternational.com	855-836-3846
Texas Children's Hospital	Houston, Texas	texaschildrens.org	832-824-1000
University of Miami Hospital	Miami, Florida	jacksonhealth.org	305-585-1111
University of Texas MD Anderson Cancer Center	Houston, Texas	mdanderson.org	866-632-4782
IVF Florida	Miami, Florida	ivfflorida.com	866-770-2168





Healthcare MARKETPLACE

The Cayman Islands is home to a variety of medical, wellness and health-related products and services designed to enhance everyday living. Better health is key to better living. Healthcare Marketplace showcases a range of businesses, wellness centers, healthcare professionals and medical facilities that serve to improve health and well-being as well as help clients take preventive steps to ensure healthier living.

BACK TO HEALTH

www.Backtohealthky.com




Dr. Jennifer Royer Thompson
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On behalf of the Cayman Islands Government, CINICO provides the administration of health benefits for those individuals deemed indigent through an Administrative Services Only (ASO) arrangement.

Medical Case Management

CINICO recently opened their Medical Case Management Unit (MCMU). This unit is responsible for providing case management to all CINICO members seeking medical services both locally and overseas, with focus on ensuring that members are receiving appropriate and timely care, with suitable follow-up services as necessary.

The team's training and experience covers a vast spectrum of specialties which include Obstetrics and Gynecology, Women's Health, Midwifery, Newborn Care, Oncology, Accident and Emergency/ Urgent Care, Dermatology, Bariatrics, General Surgery, Psychiatric Nursing, Organ Transplant Case Management, Smoking Cessation, Patient Safety, Clinical Governance, and Preventative Education.

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