

Mi Dentista



This is [**Dr. Francisco Zambrano**](#) (in blue) and he is my dentist. I have been going to him for more years than I can remember. His office is in [**Nuevo Progreso, Mexico.**](#)

My most recent visit, as of this writing, was on June 2nd, 2010 and so far there has been no drug war violence in Progreso. I asked the [**Border Patrol**](#) people about this and they told me that the reason is because there

is only one way (bridge) in and out of the US. They, and the Mexican Army, are able to watch it very closely; the drug people understand this and avoid it. [Nuevo Progreso](#) is a Dentist, Optometrist and Pharmacy town and not much else. There are plenty of tourist shops but the primary reason for the town's existence is medical (mostly Dentistry). Relatively speaking (the world is dangerous), this is a safe town. We park on the US side and the parking lots are always full of Canadian and northern US state license plates.



Ontario



Quebec



Alberta

This is because the prices for everything are so cheap that it's worth the trip. Including [Dr. Zambrano](#), I can't, of course, speak for any of the dentists there about their prices but I can say that they are a fifth, or less, than anything I would pay in Dallas.

Dr. Zambrano made my [bridges](#) (6-8 teeth each) years ago. I recently had an

emergency and needed to have a tooth pulled. I asked around in Dallas (including the VA Hospital) and normal procedure is to discard the old bridge and make a new one when a tooth is pulled. This means paying for a new bridge and it can run into thousands. Dr. Zambrano regards me as a friend and charges me less than normal and I can't say what that was but I can tell you what he did and that he charged me less than \$300.00.

Instead of discarding the old bridge, he pulled the tooth, replaced it in the old bridge and adapted the bridge to my, now, different mouth. He also adjusted the other bridge, did a complete cleaning and added a couple fillings. Even after the expense of the trip (gas, motel, meals etc.), it came out a minimum of \$1000.00 cheaper than I could have had it done anywhere in the States.....most importantly, I am a coward and Dr. Zambrano never hurts!

Dr. Zambrano was a professor of dentistry at the Universidad Autónoma de Nuevo Leon in Monterrey for 30 years.



Dr. Zambrano's office is in this building ([St. John's Plaza](#)) which is on the left side of the main street and about two or three blocks down from the bridge.

Normally we go in the winter because the [Rio Grande Valley](#) is too hot in the summer and because we spend a week or so at [Port](#)

Isabel and Padre Island and off season is cheaper.

Nuevo Progresso is just across the border from Weslaco, Texas. The place to stay is the Vali-Ho Motel. I have stayed there for years and I love it.



It's not fancy but neither am I and the price is right, it's better maintained than I am and the shower is hot with plenty of pressure. Nice folks own it.

When you get settled, the first place to go in Weslaco is the [Visitors Center](#).

The Rio Grande Valley is great for [bird and butterfly watching](#).

Our favorite place for dinner in Weslaco is the [Casa de Marisco](#) and they can tell you how to find it at the Visitor's Center.





I like this kind of stuff and, at this writing, the oil spill mess has not reached Texas.

Our favorite place for breakfast and lunch in Weslaco is on the bottom floor, south side, of this old building which used to be a hotel, is in the center of town and I don't remember the name of the restaurant.



Our favorite place to eat in Progreso is the [Old Town.](#)



In the Port Isabel, South Padre area, our favorite place is [Joe's Oyster Bar](#).



The food is excellent and the prices are great. There are plenty of fancy places in the area but we have tried many of them and we always come back to Joe's.



From Port Isabel, we like to drive over to nearby [Bayview](#) and “pick our own” citrus.



If you drive around the area ([Bayview](#)) you will see “You Pick” signs.



I can't say enough about my dentist. I hear good reports about many other dentists in Progreso and I believe them but, of course, I'm partial to mine and if you try him, I'm sure you will be too.

¡Buen Viaje!