



Dr. Arturo Lira

Specialties

Internal Medicine, Executive Medicine

Dr. Arturo Lira is Board Certified in Internal Medicine and has been practicing general internal medicine and critical care medicine in the Matamoros area for 19 years. He completed his medical degree at the UAT in Matamoros and his residency in internal medicine at the Hospital Metropolitano in Monterrey, NL. Dr. Lira has served as chief of the Emergency Room at the Hospital General, Department Head of Internal Medicine at both the IMSS and ISSTE, Medical Director of the IMSS and Secretary of Academia at UAT School of Medicine. Dr. Lira has worked in the Intensive Care unit of the IMSS for the past 10 years. In addition to diagnostic evaluations and disease state management, Dr. Lira is interested in preventative care and executive wellness programs. He has added qualifications in the treatment of Metabolic Syndrome (Syndrome X) which is a common cluster of conditions characterized by having any three of the following: high blood sugar, high blood pressure, high cholesterol, high triglycerides and/or being overweight.

In their spare time Dr. Lira, his wife and their two sons enjoy camping, fishing and motorcycling.