



Dr. Juan
Santamaría Almeida

National Center Director
Juan Santamaría Almeida, MD

Affiliation

Pontificia Universidad Católica del Ecuador & Ecuador Ministry of Sports

Host Institution – Ecuadorian Society of Cardiology

The Ecuadorian Society of Cardiology is a non-profit organization dedicated to promoting the continuous medical education of professionals in the research, prevention and therapeutics of cardiovascular pathophysiology, prevention and treatment of cardiovascular diseases. The Ecuadorian Society of Cardiology was established on August 6, 1957 for the purpose of medical science, aimed at promoting research, prevention and therapy of cardiovascular pathophysiology, prevention and treatment of cardiovascular diseases. The role of the Ecuadorian Society of Cardiology is to fulfill its objectives and social purposes in organizing and disseminating activities, training and updating of medical-scientific knowledge, and collaborating with training programs directed at medical and paramedical personnel.



National Center Advisory Board

Affiliation

Juan Santamaria Almeida, MD	<ul style="list-style-type: none"> • Faculty and Sports Medicine Specialist at Pontificia Universidad Católica del Ecuador • Medical Specialist, Ecuador Ministry of Sports
Santiago García, MD	<ul style="list-style-type: none"> • Medical specialist and faculty at the University of the Americas • Member, Ecuadorian Society of Cardiology
Juan Carlos Gaibor, MD	<ul style="list-style-type: none"> • Medical specialist in cardiology, Hospital de Especialidades Eugenio Espejo • Coordinator, Ecuadorian Society of Cardiology • Member, Ministry of Public Health
Mayra Ger, MD	<ul style="list-style-type: none"> • Medical specialist in diabetes and nutrition • Coordinator, Ecuadorian Society of Diabetes • Coordinator, Ecuadorian Society of Parenteral and Enteral Nutrition • Member, Ministry of Public Health
Carlos Moreta Núñez, Msc.	<ul style="list-style-type: none"> • Profesor and Coordinator of Physical Therapy and Rehabilitation, Universidad Central del Ecuador

2019 Goals

- Increase the number of health professionals who are assessing, prescribing and advising their patients on physical activity
 - Participate in the most important annual health programs with the objective of making both physicians and patients aware of the need to carry out a physical activity program
 - Formalize strategic alliances with public and private institutions to encourage them to conduct public campaigns with short and effective messages on the benefits of physical activity and the harms of sedentary lifestyle
 - To form greater alliances and economic relationships with pharmaceutical companies and other industries to support our work
 - To expand EIM activities to Guayaquil, the second largest city in Ecuador
 - To form regional teams throughout Ecuador to promote EIM locally
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Accomplishments to Date

- Conducted 12 "Exercise Prescription" courses that trained a total of 536 specialist and general physicians (2013-14)
 - Hosted a symposium on "The Benefits of Physical Activity" (2016) with the endorsement of the Catholic University of Ecuador
 - In 2017, reactivation of the EIM Ecuador National Center
 - Through a strategic alliance with the Ecuadorian Ministry of Sport and the Ministry of Health, hosted 12 workshops in various cities throughout Ecuador that trained 450 family specialists in the "Approach of the Neighborhood Doctor" program (2018)
 - Conducted 6 workshops that trained more than 400 health professionals across Ecuador in 2018 (for a total of 738 since the reactivation of the National Center in 2017)
 - Hosted a joint scientific workshop with the Society of Cardiology on exercise and arterial hypertension with 120 medical assistants (May 2018)
 - Began work with the Ministry of Health to have exercise prescription recognized as a part of patients' comprehensive care plans.
 - Formed strategic alliances between the Ecuadorian Society of Cardiology and the Universidad de Las Américas, the Ministry of Health, the Secretary of Sports, and the municipality of Quito to host future EIM-related events
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