



Dr. Alejandro
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National Center Director

Alejandro Cardenas Cejudo, M.D.

Affiliation

Hospital Ángeles del Pedregal

National Center Manager

Carlos Lenin Pliego Reyes, M.D.

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Hospital Ángeles del Pedregal

Host Institution – Medical Society of Hospital Ángeles Pedregal

The Pedregal Angeles Hospital’s Medical Society (SMHAP) will serve as the host institution for the EIM Mexico National Center. The SMHAP is a non-profit dedicated to continuously providing the public and doctors

with medical education, medical research, training, promotion of the prevention of diseases in community settings, and addressing how to make health care in Mexico more efficient in order to provide the population with a better life quality. SMHAP was co-founded with the Group Angeles Health Services in 1986. It is part of one of the largest private health systems in Latin America, Angeles Hospital, an enterprise that counts with 24 hospitals around the nation. SMHAP has more than 3000 doctors, from which 2500 are registered at the Pedregal Angeles Hospital. There is a general agreement of interchangeable benefits between hospitals within the system. Additionally, every two years, there is a meeting with all head doctors involved with the medical society from each hospital.



National Center Advisory Board

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Internal Medicine Physician,

Francisco Rodal, M.D.

Faculty of Medicine, National Autonomous University of Mexico-Benito Juárez Autonomous University of Oaxaca, Oaxaca, Mexico

2020 Goals

- Roll out the new online course for health professionals
 - Consolidate a relationship with the newly elected and appointed officials in the Ministry of Health
 - Collaborate with the Secretary of Health (CENAPRECE) to train all doctors in Mexico
 - Re-train the national teachers leading the EIM training workshops for health care providers
 - Continue hosting forums at the national level, involving the Ministry of Health of each state on the health benefits of physical activity and promoting EIM
 - Publish physical activity guides for Type 1, 2 and gestational diabetes with CENETEC (National center of technological excellence in health)
 - Engage in work in the area of physical activity in individuals with disabilities and develop tools for health professionals working with this population of individuals
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Accomplishments to Date

- Collaborated with 11 Mexican states for the training of doctors and health professionals
- Hosted 20+ courses and trained more than 890 health care providers
- The national health system has incorporated physical activity programs into many of their primary and secondary programs
- Have more than 140 trained exercise professionals in their EIM network
- Established 7 EIM On Campus programs throughout Mexico
- Worked with the Secretary of Health, and the subdivision of medical care, to provide physicians with the tools to work with patients with disabilities
- Developed a clinical practice guide for the prescription of physical exercise in patients with diabetes mellitus for use across Mexico
- Worked with not only physicians, but different professions and the general public, to provide education to improve the health of the country
- Published numerous articles on Exercise is Medicine, as well as conducted radio interviews, presented at national and international conferences
- Held two forums on economy and health and the impact of physical inactivity
- Had a large media presence in 2018 that included:
 - 10 conferences on different topics such as oxidative stress and heart failure in athletes, that reached more than 1500 individuals
 - Conducted 8 radio interviews on the importance of physical activity that reached up to 700,000 people
 - Published 20 articles on topics of medical interest and physical activity
- Developed an online site to stream courses on topics related to physical activity and health

Exercise
is Medicine[®]
Mexico