



Dr. Juan
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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 • President, Ecuadorian Society of Sports Medicine
Santiago García Eguez, MD	<ul style="list-style-type: none"> • Medical specialist (cardiology) • Faculty, University of the Americas • Member, Ecuadorian Society of Cardiology
Juan Carlos Gaibor, MD	<ul style="list-style-type: none"> • Medical specialist (cardiology), Hospital Eugenio Espejo • Member, Ministry of Public Health • Coordinator, Ecuadorian Society of Cardiology
Mayra Ger, MD	<ul style="list-style-type: none"> • Medical specialist (endocrinology) • 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"> • Professor and Coordinator of Physical Therapy and Rehabilitation, Universidad Central del Ecuador

2021 Goals

- To be an active participant in post-COVID pilot projects involving the reopening of parks, gyms, stadiums nationwide.
 - Increase the number of health professionals who are assessing, prescribing and advising their patients on physical activity.
 - Include more exercise professionals in EIM Ecuador.
 - Participate in annual national health programs with the objective of making healthcare providers 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.
 - Welcome more exercise professionals into the societies of cardiology and sports medicine.
 - Bring together the societies of cardiology and sports medicine, along with state authorities, to issue plans to increase physical activity levels in local communities.
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Accomplishments to Date

- In 2020, participated with the Ministry of Health and the Ministry of Sports to create a national protocol for the reactivation of physical activity, sport and recreation across Ecuador during and after the coronavirus pandemic
 - In 2019, provided advice and consultation to government plans on: 1) incorporating physical activity in worksites, 2) examining physical activity across the life cycle, and 3) participating in a national public policy meeting on the physical culture of Quito
 - Hosting workshops in the medical schools of all state universities on physical activity, as well as training >800 healthcare providers across Ecuador since the reactivation of the National Center in 2017
 - 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 "Strategies of the Neighborhood Doctor" program (2018)
 - Hosted a joint scientific workshop with the Society of Cardiology on exercise and arterial hypertension with 120 medical assistants (May 2018)
 - Introduced protocols on "physical activity" as a national strategy to improve health throughout the country to the Ministry of Health and the Ministry of Sports
 - 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
 - Hosted a symposium on "The Benefits of Physical Activity" (2016) with the endorsement of the Catholic University of Ecuador
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