



Dr. Alejandro Cardenas

National Center Director

Alejandro Cardenas Cejudo, M.D.

Affiliation

Hospital Ángeles del Pedregal

National Center Manager

Carlos Lenin Pliego Reyes, M.D.

Affiliation

Hospital Ángeles del Pedregal

Host Institution – Medical Society of Hospital Ángeles Pedregal

The Pedregal Angeles Hospital’s Medical Society (SMHAP) is the host institution for the EIM Mexico National Center. The SMHAP is a non-profit dedicated to providing care for the general population and health

professionals with medical education, research, and training, promoting prevention of disease in community settings, and making health care in Mexico more efficient 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 and every two years there is a meeting with all head doctors involved with the medical society from each hospital.



National Center Advisory Board

Affiliation

Alejandro Cardenas Cejudo, M.D.

Hospital Ángeles del Pedregal

Carlos Lenin Pliego Reyes, M.D.

General Secretary, In Exercise Nutrition Health

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President, Mexican College of General Medicine

Alberto Orozco Gutiérrez, M.D.

Past President, Medical Society of Medica Hospital Ángeles de Pedregal

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Executive Committee Member, Society of Sports Scientific Development

Joel Cervantes Tapia, M.D.

Executive Committee Member, Society of Sports Scientific Development

Alfonso Ledezma Robles, M.D.

Director of Partnerships, EIM Mexico

Jesus Alcantar, M.D.

Regional Central Task Force, Past President of CMIM

Francisco Rodal, M.D.

Regional Southwest Task Force, Faculty of Medicine, National Autonomous University of Mexico-Benito Juárez Autonomous University of Oaxaca, Oaxaca, Mexico

2022 Goals

- Roll out a 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 healthcare providers in the four main regions of Mexico
 - Continue hosting forums at the national level, involving the Ministry of Health of each state on the health benefits of physical activity
 - Publish physical activity guidelines for Type 1, 2 and gestational diabetes with CENETEC (National Center of Technological Excellence in Health)
 - Engage in work involving physical activity in individuals with disabilities and to develop tools for health professionals working with this population of individuals
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Accomplishments to Date

- Officially established the EIM Mexico National Center in October 2017
 - Collaborated with 11 Mexican states for the training of doctors and health professionals
 - Hosted 20+ courses and trained 890 healthcare providers
 - Worked with the national health system to incorporate physical activity programs into their primary and secondary programs
 - Worked with the Secretary of Health, and the subdivision of medical care, to provide physicians with the tools to work with patients with disabilities
 - Trained >150 trained exercise professionals within their EIM network
 - Established 7 EIM On Campus programs throughout Mexico
 - Developed a clinical practice guide for the prescription of physical exercise in patients with diabetes mellitus for use across Mexico
 - Worked with physicians, 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
 - Established a large media presence in 2021 that included:
 - 8 conferences on different topics such as oxidative stress and heart failure in athletes, impact of exercise in non-communicable diseases, and sudden death/heart failure in athletes that reached >5000 individuals
 - Conducted 8 radio interviews on the importance of physical activity that reached up to one million 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
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Mexico