



2019 ANNUAL REPORT

We are committed to support families living in areas with limited access to resources by providing quality medical care and focusing on what's most valuable:

# Their health

We provide comprehensive healthcare to individuals residing in remote rural areas throughout various states of Mexico who live in extreme poverty. This has been made possible thanks to the contribution of our physicians, dedicated medical students, medical campaigns, agreements with chosen areas, medical equipment and treatment donations.

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# Chairman's Message

At GUIMEDIC  
we are committed to improve the health of  
the most vulnerable.

This is our reason for participating and collaborating. We are a dedicated team ready to devote our best every day to improve the quality of life of those who trust, and put their health in our hands.

Thanks to the work, effort and enthusiasm of our collaborators, volunteer doctors and specialists from different careers in the area of health sciences and others, as well as operational and administrative staff, we were able to benefit than 126 thousand individuals with our Comprehensive Medical Care and Prevention Programs Disease and Health Education Program in 2019.

Likewise, we appreciate our donors and companies for their interest and philanthropic spirit which made it possible to fulfill any project proposed in 2019.  
Your unconditional support is the foundation of our work whit our staff and their families.

Everyone partaking in the community of GUIMEDIC volunteer doctors; we are happy and to be able to transform the lives of adults and young people. Our greatest satisfaction is your health and education.

Every year, we strive harder to be the most important philanthropic association in Mexico. We ensure with the will, the distinguished support, and the commitment of all, we will continue garnering successes.

We invite you to continue participating in these great effort which grant us the opportunity to transcend and be agents of change in our society.

Dr. Carolina Zuheill Rosales, MD, MSc  
Chairman  
GUIMEDIC Mexico

# Philosophy and Organizational Profile

At GUIMEDIC Mexico we strive to contribute to social welfare by offering comprehensive medical services guaranteeing complete care, emphasizing prevention and health promotion issues, which, in long term, will generate a healthy population, and guarantee access to medical services as a human right.

Each activity and initiative proposed by GUIMEDIC is sustained by the medical team, volunteers and our Safety and Hygiene Committee, where we guarantee the quality and transparency of our actions at all times.

Our medical team consists of the administrative department, the volunteer department, and the direct relationships department; empowering them to achieve changes in Public Health from Mexico.





Human Resources

## Chairman

Dra. Carolina Zuheill Rosales

### Medical Coordinators

Celyness Colina

Michael Candelario

Erika Aguirre

Yajiris Feliz

Mauricio Carrillo

### Medical Volunteers

Dr. Iliana Medrano Valdovinos

Dr. Claudia Serratos Espinoza

Volunteer Network with + of 1000 Doctors



## Economic Indicators

**28.665** USD  
invested in healthcare

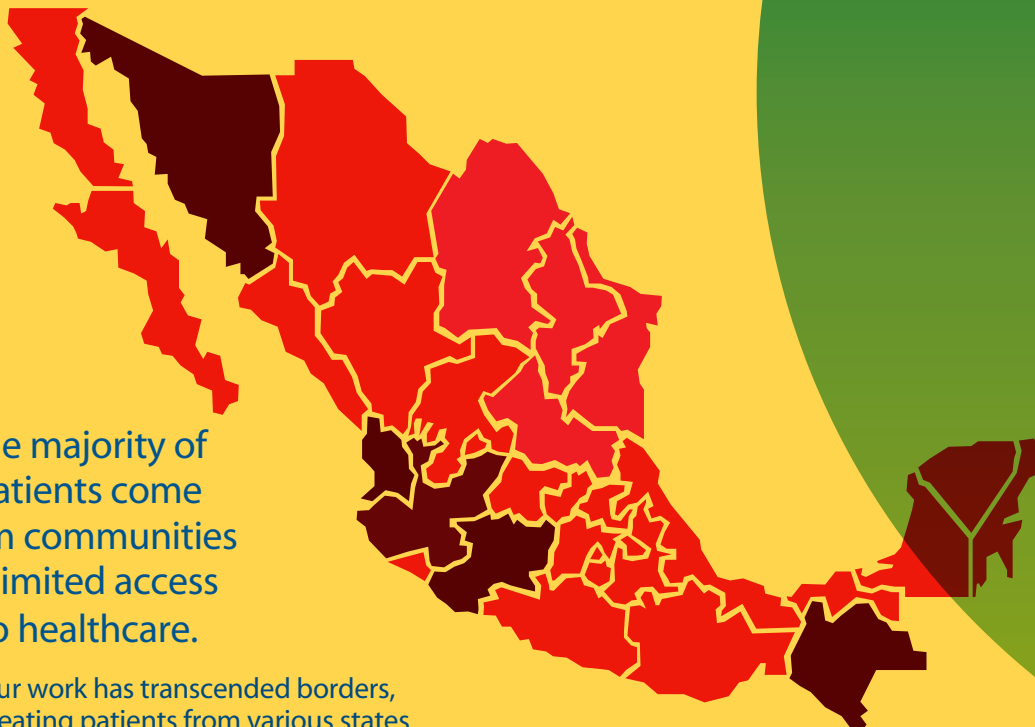
Conversion Rate 1 USD = 18.90 mexican pesos



**314,822**  
patients in  
indigenous  
communities,  
including Coras,  
Huicholes, etc.

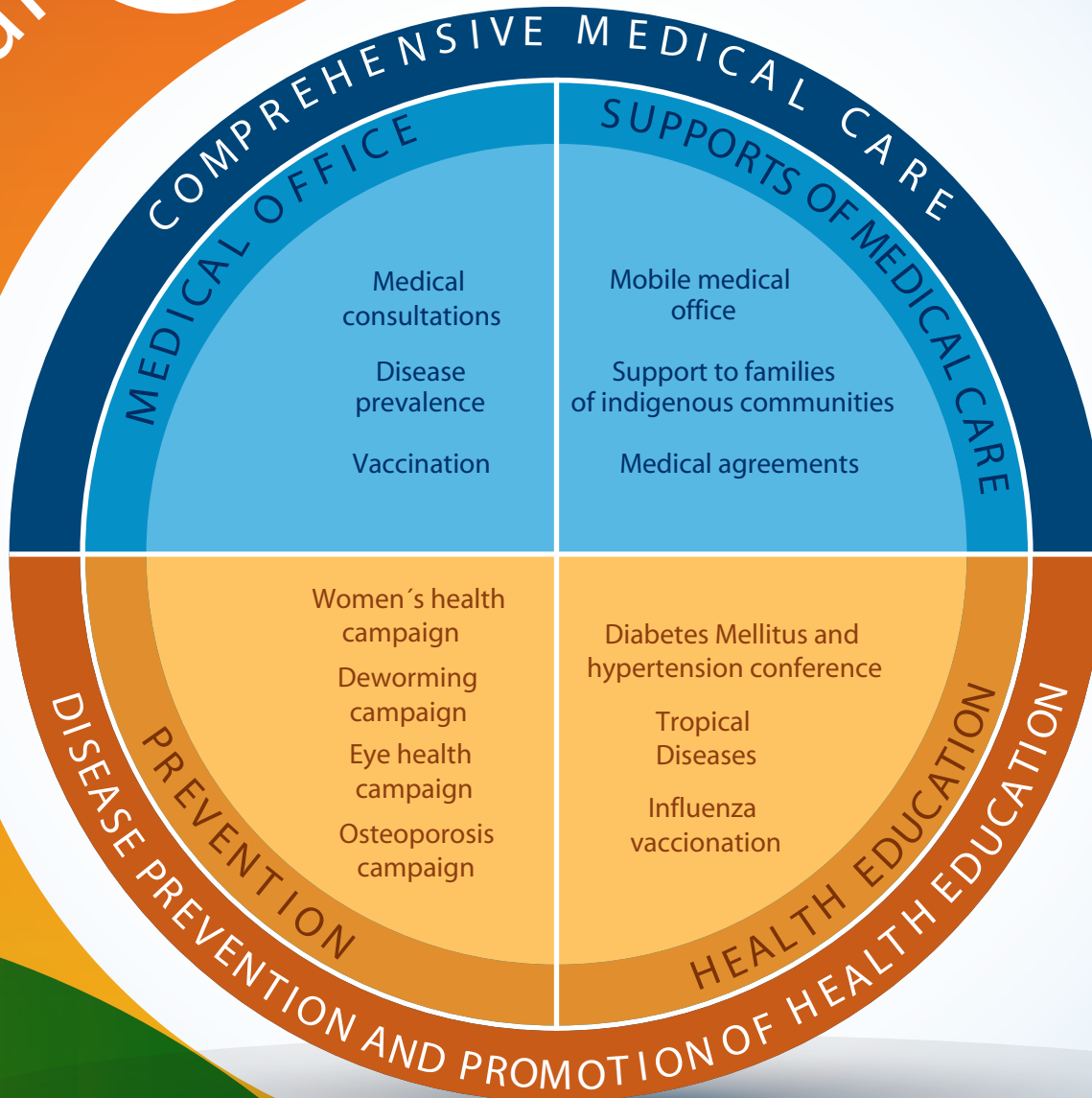
The majority of patients come from communities of limited access to healthcare.

Our work has transcended borders, treating patients from various states of the Mexican Republic who don't have access to medical services and commute for more than 24 hours to receive medical care.



# Structure

of the  
medical  
service







# Comprehensive Healthcare Program

“Who  
saves one life,  
saves the whole  
world”.

Talmud

## Objective:

Provide medical care and generate prevention programs to communities located in areas of difficult access and/or extreme climates such as mountainous areas, jungle, desert and forest.

# Mobile Medical Office

## Guimedic Medical Clinics

“Part  
of the healing is  
in the will to  
heal”.

Séneca

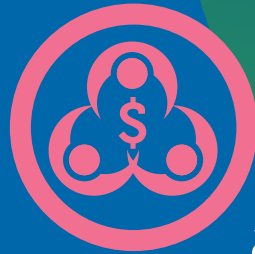
## Objectives:

- Promote health in the indigenous communities of Mexico; offering quality medical care.
- Collaborate with the programs established by the Secretary of Health; improving the Public Health of México.
- Support and provide medical care in various indigenous groups, respecting their methods and customs.



# 66,200

people benefited with the medical services of the mobile clinic and medical clinics fixed.



# 5.000 USD

assortment of material, medication and medical equipment.

Conversion Rate 1 USD = 18.90 mexican pesos

# Comprehensive Medical Consultation and Mobile Clinics

## Objectives:

Health promotion to the Cora community of the state of Nayarit.

Provide the following services: medical consultations, emergency care, pregnancy tests and prenatal control.



**37.400**  
Coras benefited



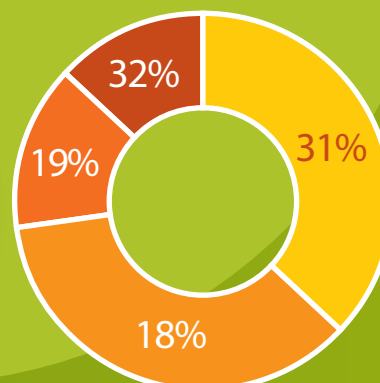
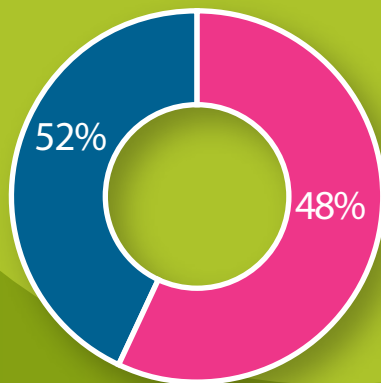
**1.295 USD** for medical benefit  
for the care provided to the Cora population of the state of Nayarit.

Conversion Rate 1 USD = 18.90 mexican pesos

SEX

AGE

Women  
Men



- People of the third age (56 years or older)
- Adults between 30 and 55 years
- Young people and young adults between 16 and 29 years
- Children under 15 years

# Comprehensive Medical Consultation and Mobile Clinics

**Objectives:**  
Health promotion to the Purepecha community of the state of Michoacan.

Provide the following services: medical consultations, emergency care, pregnancy tests and prenatal control.



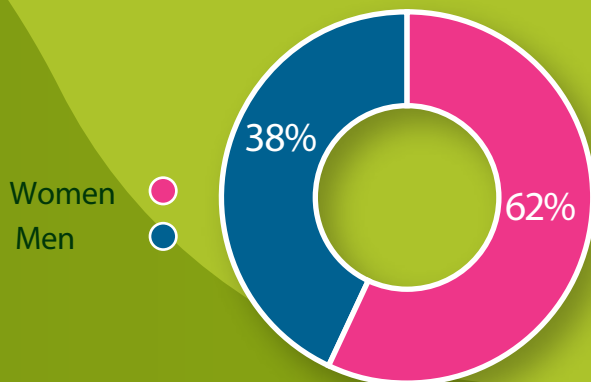
**21.100**  
Purepechas benefited



**2.275 USD** for medical benefit  
for the care provided to the Purepecha population of the state of Michoacan.

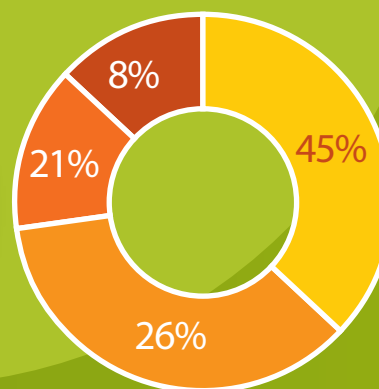
Conversion Rate 1 USD = 18.90 mexican pesos

SEX



Women  
Men

AGE



- People of the third age (56 years or older)
- Adults between 30 and 55 years
- Young people and young adults between 16 and 29 years
- Children under 15 years

# Comprehensive Medical Consultation and Mobile Clinics

**Objectives:**  
Health promotion to the Triqui community of the state of Sonora.

Provide the following services: medical consultations, emergency care, pregnancy tests and prenatal control.



**14.362**  
Triquis benefited



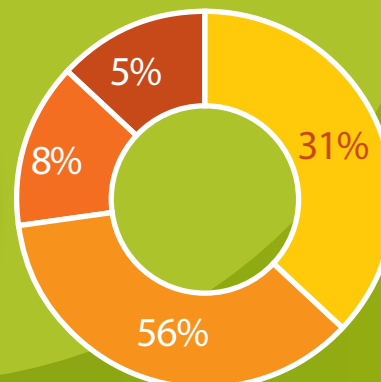
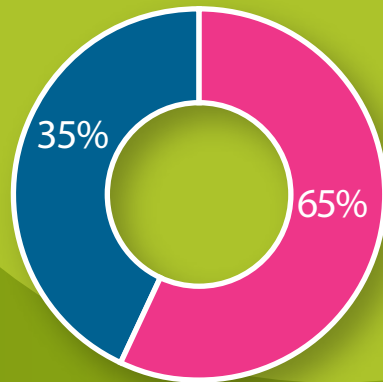
**1.721 USD** for medical benefit  
for the care provided to the Triqui population of the state of Sonora.

Conversion Rate 1 USD = 18.90 mexican pesos

SEX

AGE

Women ●  
Men ●



- People of the third age (56 years or older)
- Adults between 30 and 55 years
- Young people and young adults between 16 and 29 years
- Children under 15 years

# Comprehensive Medical Consultation and Mobile Clinics

**Objectives:**  
Health promotion to the Huichol community of the state of Nayarit.

Provide the following services: medical consultations, emergency care, pregnancy tests and prenatal control.



**48.700**  
Huicholes benefited



**4.613 USD** for medical benefit

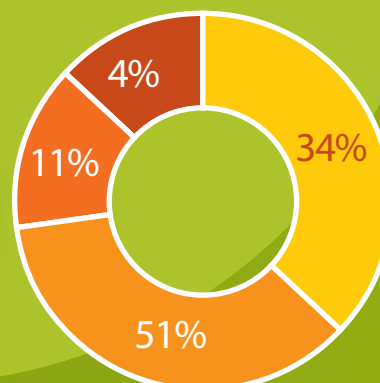
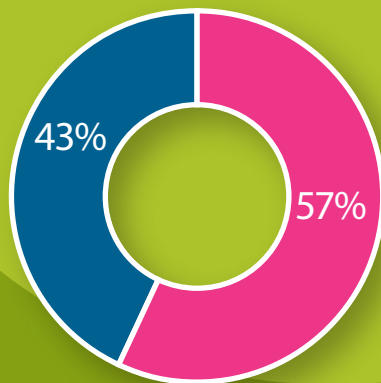
for the care provided to the Huichol population of the state of Nayarit.

Conversion Rate 1 USD = 18.90 mexican pesos

SEX

AGE

Women ●  
Men ●



- People of the third age (56 years or older)
- Adults between 30 and 55 years
- Young people and young adults between 16 and 29 years
- Children under 15 years

## Mobile Medical Office (MEDMOBILE)

Comprehensive medical care was provided in the GUIMEDIC Medmobile in various specialities:

Internal Medicine, Cardiology, emergencies, sports medicine, infectology, etc.

The most frequent pathologies were: headache, primary dysmenorrhea, gastritis, common cold, bacterial pharyngitis and infectious gastroenteritis.

Each person attended was given initial treatment and a prescription was issued to continue treatment at home.

Other services offered:

- Eye health campaign
- Mammograms
- Osteoporosis screening test and more.

Women ●  
Men ●



121,562  
people served

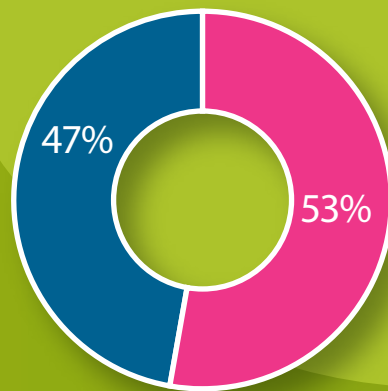


9.904 USD for medical benefit

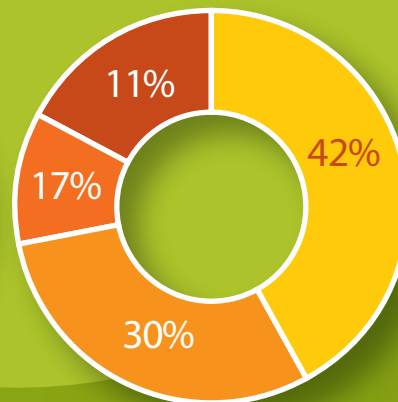
for the care provided to the diverse indigenous populations of Mexico.

Conversion Rate 1 USD = 18.90 mexican pesos

SEX



AGE

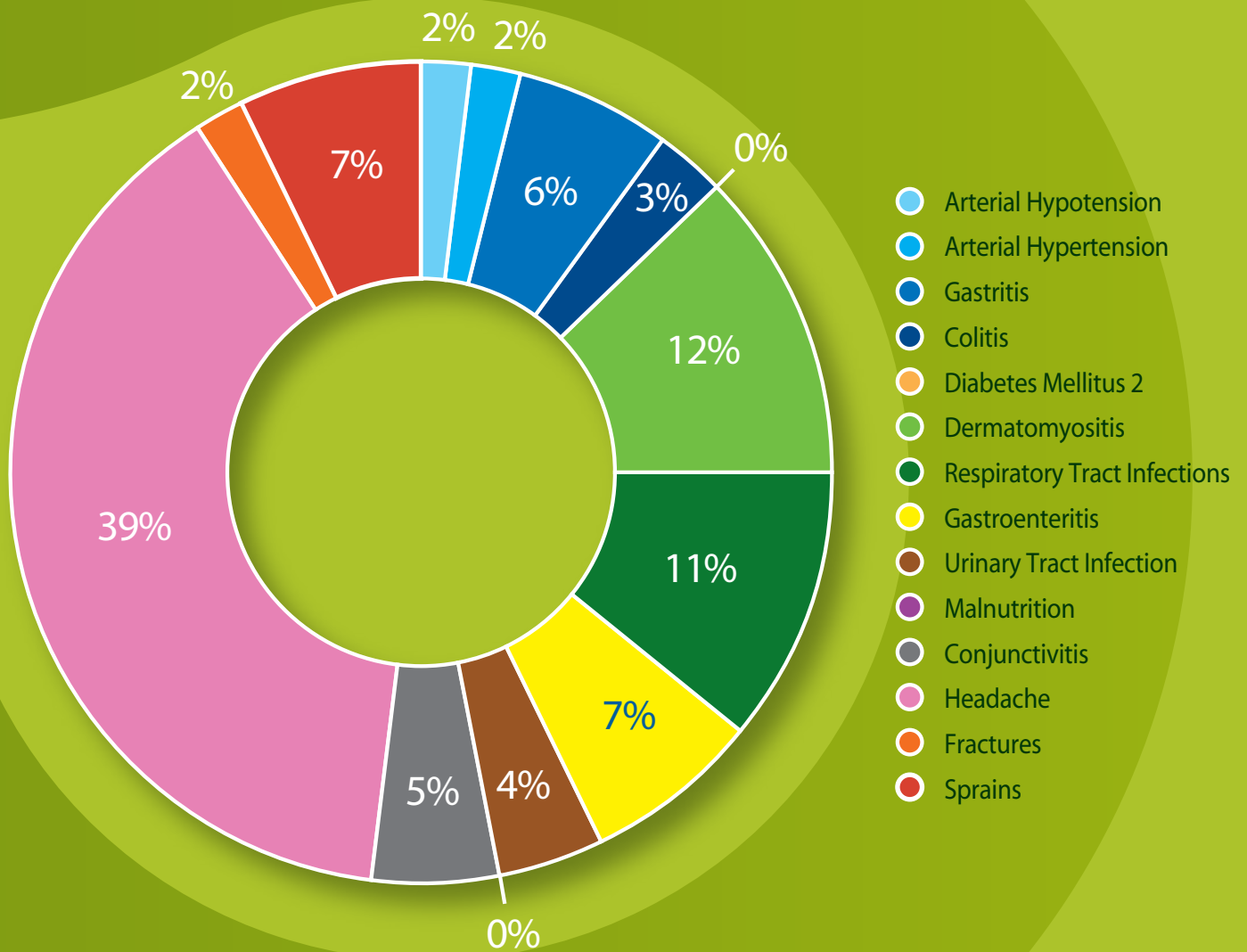


- Headache (Tension, migraine and in clusters)
- Primary dysmenorrhea (Menstrual colic)
- Respiratory tract infections (Common cold, pharyngitis)
- Gastroenteritis and gastritis.



## Illnes Graph

Comprehensive Medical Office  
MEDMOBILE



# Accident Prevention and Health and Safety Education

## Objectives:

Prevent accidents in personnel who work in GUIMEDIC in the various places, generating safe areas that promote physical health and ensure the integrity of the worker and volunteers.

The safety and hygiene program aims to identify areas of opportunity that can become an occupational risk and generate accidents.

Monthly safety tours are conducted and first aid kits, fire extinguishers, use of adequate, functional and optimal personal medical gear are inspected.



03 patients attended



1.6% conferences given to volunteer doctors and med-students in order to prevent accidents.

Less than

3%

increase in workplace accidents compared to 2018.



# Difficult Access Routes

## “Mountainous Areas, Desert, Jungle”

“The DAR  
is a classification to  
name the places  
where we  
work”

An established route is  
followed to cross by boat, light  
aircraft or land and reach  
the destination.

# Support For Indigenous Families

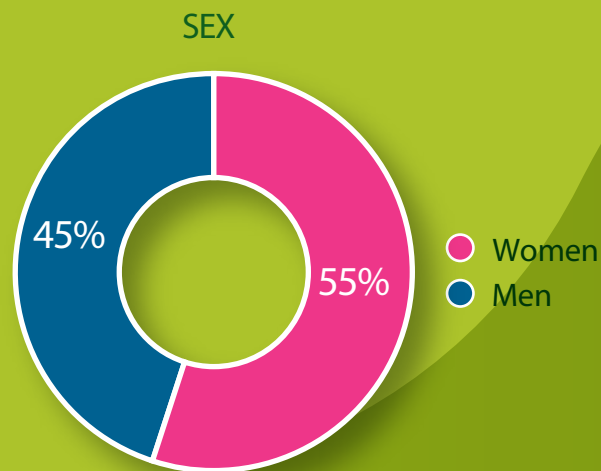
**Objective:**  
Provide support to the diverse indigenous families of the various states where GUIMEDIC has a presence to acquire medical treatments at low cost.



**952** people benefited with **2,049** services  
(Ophthalmology, vaccines, medications)



**1.1** millions of USD in-Kind donations



# Support for Immediate Relatives

## Vocation:

In GUIMEDIC Mexico we care about the family of our patients and through the medical service we manage to generate agreements that benefit them so that they can be calm while working.



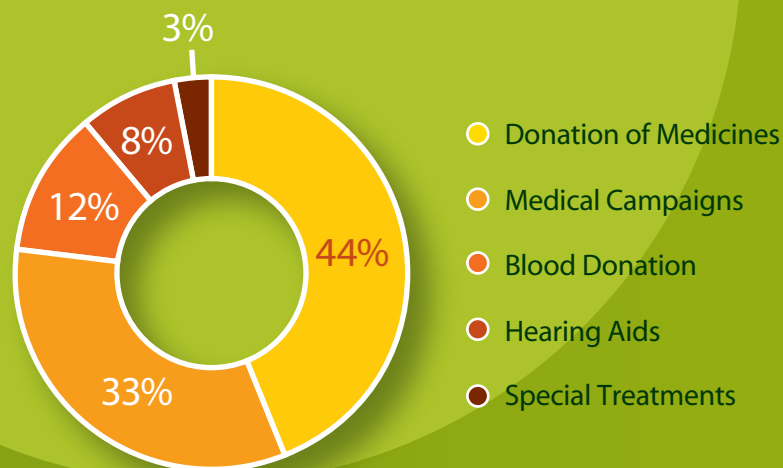
67 people benefited



1.216 USD for the benefit of family members

Conversion Rate 1 USD = 18.90 mexican pesos

## RELATIVES BENEFITED BY AREA



# Agreements for conducting Medical Campaigns

The medical agreements made by the GUIMEDIC Mexico medical team are made with the aim of bringing comprehensive medical care to their homes and that they do not have to walk hours, even losing their lives.



**2,122**  
people benefited



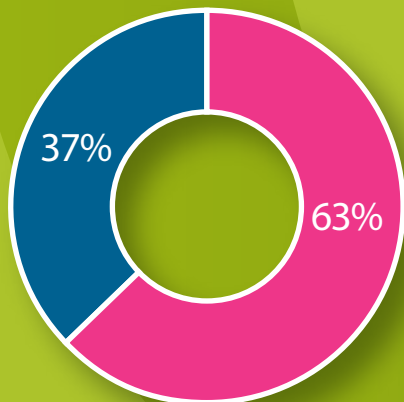
**158** thousand USD in preferential discounts to GUIMEDIC patients.

Increase in

**10%** in benefited people  
and **24%** for the benefit of relatives

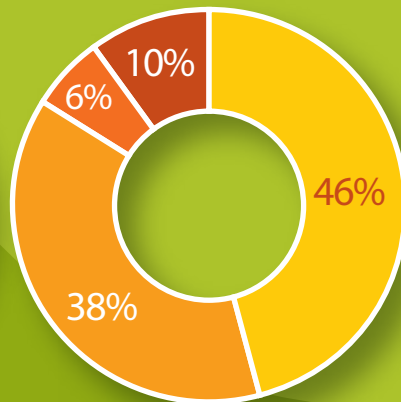






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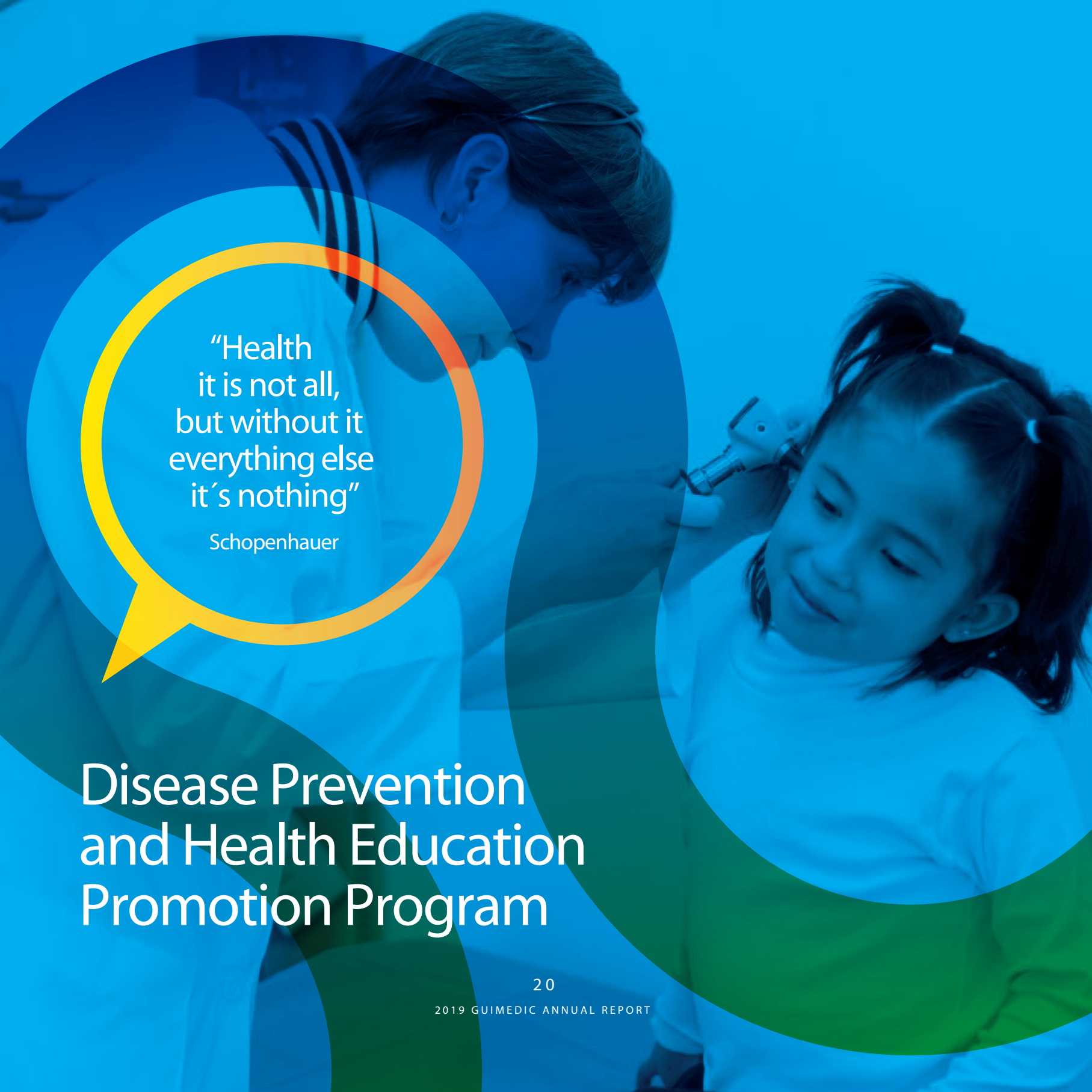


Women   
Men 

AGE



-  People of the third age (56 years or older)
-  Adults between 30 and 55 years
-  Young people and young adults between 16 and 29 years
-  Children under 15 years



"Health  
it is not all,  
but without it  
everything else  
it's nothing"

Schopenhauer

# Disease Prevention and Health Education Promotion Program

# PREVENTION

## Objective:

Promote a culture of disease prevention for the benefit of the community through conferences, distribution of information, and medical campaigns.

“The  
first  
wealth is  
health”

Ralp W.  
Emerson



# PREVENTION Conferences

Prevention is the best medicine for health, that is why monthly conferences with various topics on diseases and health issues are offered, which are taught in indigenous communities.

During 2019 the following topics were addressed:

- January Parasitosis
- February Venous Insufficiency
- March Visual Health
- April Women`s Health
- May Seasonal Influenza
- June Diabetes and Hypertension
- July Malnutrition
- August Mammograms
- September Osteoporosis
- October Papanicolau
- November Enviromental Health



1,350

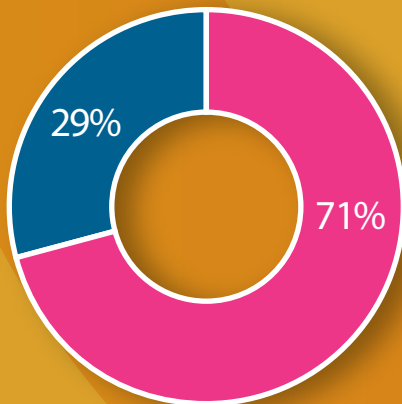
preventive actions taken at the end of the talks.

667  
assistants



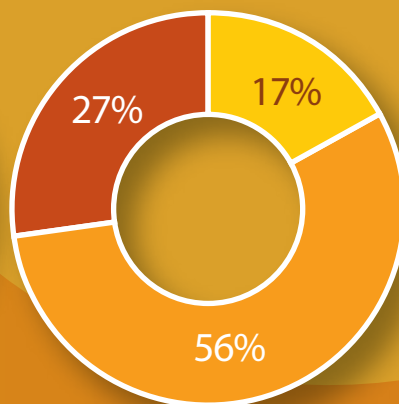
1 million dollars in savings by prevention

SEX



Women ●  
Men ●

AGE



- Seniors (50 years or older)
- Adults between 30 and 49 years
- Young people and young adults between 15 and 29 years

22

For each of the talks, there are highly trained personnel on the subject to be addressed in order to clarify doubts and make recommendations to attendees about their personal care and health.

# Malnutrition Conference

**Objective:**  
Generate  
knowledge to create  
healthier and food  
safety conditions.



**59** people participating in  
the conference on  
malnutrition given in the Huichol  
community of Zapote de Picachos,  
Nayarit.



**1,111** USD  
in savings due to disabilities secondary  
to poor nutrition in the various stages  
of the patients.

A good diet in time and form  
greatly reduces medical problems.

- Low Back Pain Prevention
- Headache Prevention
- Prevention of musculoskeletal injuries.

# Venous Insufficiency Campaign

## Objective:

Prevent varicose veins in the indigenous population and their families due to their work, since many are dedicated to the fields and spend a lot of time on their feet.



149

people revised



227.51 USD

in donation of first-start medication

Conversion Rate 1 USD = 18.90 mexican pesos

# Visual Health Campaign

**Objective:**  
Provide support  
in medical care and  
visual check each  
patient in the  
communities where  
we work.



**324**  
people benefited



**347.35** USD  
in savings when acquiring their lenses

Evidence of the activities carried out during the Campaign



# Health Education

## Objective:

We train leaders who promote the importance of health and promote a culture of prevention so that through a healthy life society will obtain a greater benefit in the future.

“Freedom  
and health  
are similar: their  
true value is  
known when we  
lack them”.

Henri Becque

# Female Health Campaign

Support for indigenous women is very important, so as a medical service we care about the health of our patients, seeking to generate free or very low-cost campaigns



**284**  
supported women



**474.07** USD  
donation for cervicovaginal cytology

Seasonal Influenza  
Vaccination



**200**  
patients



**576.71** USD  
vaccination donation

Campaign Against  
Osteoporosis



**223**  
patients



**989.41** USD  
complete treatment donation

Malnutrition



**451**  
patients



**601.05** USD  
donation of pre-cooked food

Conversion Rate 1 USD = 18.90 mexican pesos

## Virtual Health

GUIMEDIC doctors care about having information according to the language of the community where we work.



1,012

Spanish-Huichol-Cora-Tzotzil translations

So month after month we are translating information about life-threatening diseases and illnesses so that we can transmit it to our patients.



25,250

impressions of medical bulletins translated into the language of the community served.

Collaborators:

8

Physicians:

2

Some medical translations performed are:

- How to boil water
- How to get dewormed
- Personal hygiene
- Vaccination
- Hygienic food preparation
- First aid brigades

# International Volunteer Physicians



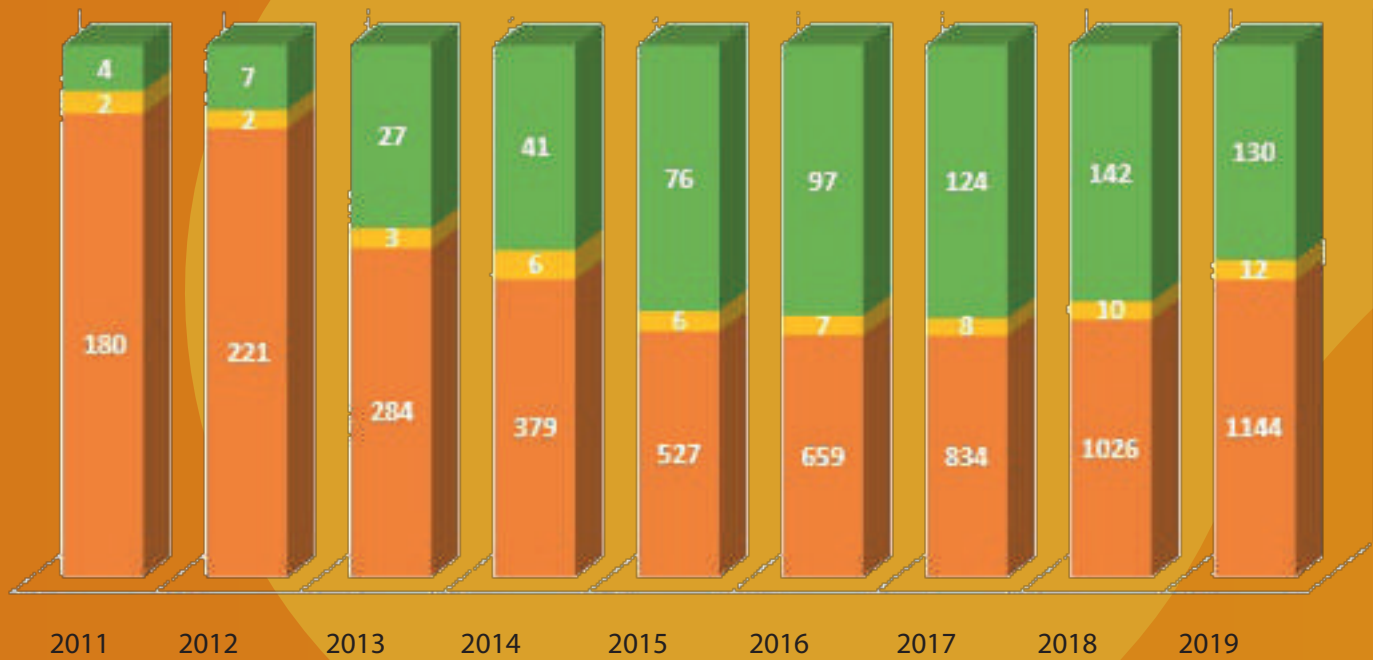
It is estimated that the care provided by the volunteer doctors and medical students that make up GUIMEDIC is completely comprehensive, of high quality and with a high humanitarian sense.



# International Volunteers

## VOLUNTEERS

■ Med-Students     
 ■ Physicians     
 ■ Social Service



# Global Indicators

During 2019, through the work carried out through the GUIMEDIC medical service programs, the following was generated:



**58,201** USD  
in donations and discounts

Conversion Rate 1 USD = 18.90 mexican pesos



**456,639**  
people benefited by the  
programs carried out  
including direct and indirect  
visitors and relatives.



**Guimedic**  
Humanitarian Medical Association

Report made by  
Dr. José Manuel Pulido Hernández  
Administrative Director