

WE ARE THE

The study that annually ranks the best hospitals and clinics in the region granted sixth place to the FCI, two places higher than in 2012, once again positioning the FCI as the best cardiovascular institution among the 18 Colombian institutions distinguished in the list of AméricaEconomía Magazine.

Fundación Cardioinfantil, which is known for its work in detecting and treating highly complex diseases, mainly cardiovascular diseases, and its work in transplants and the neurosciences, has demonstrated that it is a great ally for Colombians and a point of reference within the sector.

AméricaEconomía is considered to be the most important information platform in the region on matters such as business, the economy, politics and finance. This year, celebrating its fifth edition, it invited 190 highly complex hospitals and clinics to participate, of which only 45 Latin American centers (public, private and university) received the Quality Index rating that was required to compete.

The analysis produced consistent results based on a comparison of 372 key indicators that measure processes and outcomes related to hospital risk minimization, transparency, human capital, the number of discharges, beds and medical specialties, and the capacity to generate, obtain and disseminate the vanguard of medical knowledge in the institution.

Under the methodology used in 2013, the only centers that participated in the study were those that provide a wide variety of medical specialties and that were mentioned as points of reference by the health ministers of Argentina, Brazil, Colombia, Costa Rica, Chile, Cuba, Ecuador, Mexico, Panamá, Peru, Uruguay and Venezuela or other important sources.

6th

BEST HOSPITAL IN LATIN AMERICA





The FCI's International Arrhythmia Center, which was recently recognized as the most active in Latin America, provides specialized treatment for cardiac rhythm disorders in patients from throughout the region.

The visit of Dr. Andrea Natale, Executive Medical Director of the Texas Cardiac Arrhythmia Institute at St. David's Medical Center, was part of an academic exchange organized by the International Arrhythmia Center.

During his most recent visit to Fundación Cardioinfantil's Cardiology Institute, Dr. Natale shared his views of the Service, which he helped to develop from a scientific point of view.

Atrial Fibrillation, Research and Good Results

MEDICAL INNOVATION

“ My colleagues in the United States know about the relationship that we have had with Fundación Cardioinfantil for many years, the projects that we are working on together, and the opportunities that we have created for possible collaborations.

Cardioinfantil is a highly advanced and quite progressive medical center. Before, I came here to help perform complex arrhythmia procedures, and now this medical team is participating in our research projects, they are independent, and they are able to care for highly-complex patients by themselves. I will plan more sporadic visits for the purpose of participating in future research projects.

The Foundation's technology is very similar to what we have in the United States; otherwise I would not be very comfortable performing a procedure here. It has state of the art technology, such as the latest version of three-dimensional mapping equipment; there is really not much difference ”

NEW GLOBAL OUTLOOK FOR **CARDIOVASCULAR CARE**

The following international guests were invited speakers:



Fundación Cardioinfantil, in partnership with the Cleveland Clinic in the United States, held its “5th International Conference on Cardiovascular Care and New Technologies”, a high-level scientific symposium on recent developments in daily clinical practice, attended by 557 health professionals from throughout the country and the Andean region, the Antilles, Sint Maarten and the United States.

The symposium was held in Colombia on September 26 and 27, and provided an opportunity for professionals involved in heart-related matters to come together to discuss medical advances in cardiovascular care and therapeutic opportunities, which were presented in four modules that addressed topics such as acute coronary syndrome and heart failure, non-invasive diagnostic tests, interventional cardiology, cardiovascular surgery and electrophysiology.

“This conference was of great value for our country on matters of health, since it presented the latest cardiovascular trends that are being developed throughout the world,” noted Dr. Daniel Isaza, Interventional Cardiologist at Fundación Cardioinfantil and coordinator of the event.

Thanks to the FCI’s partnership with the Cleveland Clinic, which has been rated as the best cardiovascular hospital in the United States for 15 consecutive years, the participants had the privilege of receiving information from expert speakers who are recognized as worldwide authorities on the subjects covered.

Conrad C. Simpfendorfer, M.D.
Interventional
Cardiology Section,
Heart @ Vascular Institute



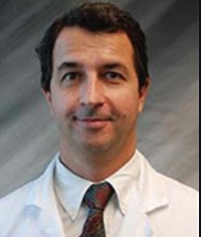
E. Murat Tuzcu, M.D.
Vice President,
Cardiovascular Medicine,
Heart @ Vascular Institute



Juan Carlos Plana, M.D.
Co-Director of Cardiac Oncology,
Cardiovascular Imaging Section,
Heart @ Vascular Institute



Marcelo Helguera, M. D.
Cardiac Pacing and
Electrophysiology Section,
Cleveland Clinic Florida



Nicholas G. Smedira, M. D.
Surgical Director, Kaufman Center
for Heart Failure
Director of Quality,
Heart @ Vascular Institute



OUR MEDICINE FOR FOREIGNERS



"The Foundation saved my life"

It was a bond of confidence between Fundación Cardioinfantil and her treating physician, her family and the social security system of Curacao that saved her life. "I want to thank the doctors at the Foundation for giving me back my life, and all of the people at the Clinic who helped me: the nurses and intensive care staff, who gave me perfect care and enabled me to keep going in this world," María told us in her Dutch-Caribbean-accented broken Spanish, once she had overcome her health problems at Cardioinfantil.

María, a very active woman and worker, is one of three thousand foreign patients (men, women and children of all ages) from the Caribbean, Central America and South America who have confidently and safely placed themselves in the hands of the International Center's accredited doctors. It is for patients like María that we strive to provide the best treatment so that they can return to their families satisfied, full of life and happy.

SPORTS TIPS



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- 1 Exercising helps to control weight, reduce the risk of suffering from cardiovascular diseases, and control high blood pressure and diabetes. At the same time, it prevents the risk of having high levels of cholesterol and triglycerides.
- 2 Did you know that exercise can help you control the problem of insomnia? When you exercise, your body releases hormones and other substances that help to relax all of your muscles, producing a feeling of tiredness at bedtime that helps you get to sleep.
- 3 According to the American College of Sports Medicine, you should exercise a minimum of 3 times per week, and the time of the sessions can be cumulative. It is recommended that you exercise for 30 minutes per day, which can be broken up, for example, into 10 minutes in the morning, 10 in the afternoon and 10 at night.
- 4 Exercise is not the same for everyone, and it should be individualized, since not everyone has the same weight or physical conditions. If possible, you should get advice from a sports specialist.
- 5 Change your routine; walk to work or on your way home, don't only use your car or public transportation; and walk upright and contract your abdomen, as this will also help to burn fat.

I can never thank you enough, it is such a big thing, and all I can do is offer God's blessing to the people who saved my mom. JARZINHO...

2013 ACADEMIC EVENTS
2nd International Symposium on Congenital Heart Disease
in Newborns and Adolescents: October 24 and 25