



# FIRST INTERNATIONAL UNIVERSITY COURSE OF SPECIALIZATION IN LIFESTYLE MEDICINE

PRIMER CURSO UNIVERSITARIO INTERNACIONAL DE ESPECIALIZACIÓN EN MEDICINA DEL ESTILO DE VIDA

Jhony A. De La Cruz-Vargas<sup>1,a,b,c</sup>, Vania Assaly, Gabriel Lapman<sup>2,d</sup>, Nahúm García

The Closing Ceremony and Awarding of Diplomas of **the First International Course of Specialization in Lifestyle Medicine: Lifestyle Medicine Fundamentals, with a Focus on Primary Health Care**, organized by **the Chair of Lifestyle Medicine of the Universidad Ricardo Palma** in collaboration with the **Latin American Lifestyle Medicine Association**, was held with great satisfaction.

**The event featured a distinguished message from the Dean of the Universidad Ricardo Palma, Dr. Elio Iván Rodríguez Chávez, and participants from 13 Latin American countries.** As part of the first graduating class, 91 doctors and health professionals and 18 professors completed and passed the Specialization Course, thus obtaining the University Diploma.

The success and the academic quality of this Pioneer Course in Lifestyle Medicine in Latin America, gathers some characteristics that position it as a leader and reference course at international level:

1. Postgraduate University Course, with the sponsorship and cooperation of the "European Lifestyle Medicine Organization" and the participation of prestigious universities of the American continent.
2. Participation of prestigious professors from Latin America, Europe and USA, experts and specialists in their respective areas.
3. Academic value with 140 hours of Continuing Medical Education.
4. Development of 13 modules, six workshops, six months of duration.
5. Internationalization, with participation from more than 13 countries.
6. Use of fully interactive virtual platforms, using e-learning technologies and educational models.
7. Systematic incorporation of active breaks and culinary medicine within the course.
8. Discussion of clinical case studies and development of international Lifestyle Medicine competencies.
9. Evidence-Based Medicine approach to the course.
10. Delivery of didactic materials, videos, chapters, presentations, tools.

This course goes beyond the transmission of knowledge, it advances in the generation of competencies, and simultaneously has generated a community of doctors and health professionals in Latin America, to promote Lifestyle Medicine with its benefits in individual health and in terms of public health in their respective countries. In addition, it has generated a network of collaboration with professors from Europe, USA and Latin America for the development of projects and initiatives.

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As a token of appreciation for the First International Course of Specialization in Lifestyle Medicine, in Peru, the **Sistema Nacional de Evaluación, Acreditación y Certificación de la Calidad Educativa en Perú (SINEACE)** selected and awarded a recognition as an innovative and successful experience in the event of Higher University Education in Peru, in

December 2020 to the First International Course of Specialization in Lifestyle Medicine.

Expanding university education internationally in times of COVID-19 is feasible and strategic. Innovating with virtual tools and new concepts in Lifestyle Medicine has contributed to generate collaborative networks.

EDITORIAL

**Sineace** SISTEMA NACIONAL DE EVALUACIÓN, ACREDITACIÓN Y CERTIFICACIÓN DE LA CALIDAD EDUCATIVA EN PERÚ

**PERÚ** Ministerio de Educación

### El Sistema Nacional de Evaluación, Acreditación y Certificación de la Calidad Educativa - Sineace

otorga la presente constancia a:

**JHONY ALBERTO DE LA CRUZ VARGAS**

Por presentar su experiencia exitosa titulada **Curso internacional virtual en medicina del estilo de vida para latinoamérica en el contexto COVID-19**, expuesta el 11 de diciembre de 2020 como parte del evento **"Impacto de la pandemia COVID -19 en la calidad del servicio de educación superior universitaria"**, organizada por la Dirección de Evaluación y Acreditación de Educación Superior Universitaria.

**Hugo Victor Rosales García**  
Director de Evaluación y Acreditación en Educación Superior Universitaria

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**Annex 1.** List of doctors and health professionals who obtained the diploma of the first international course of specialization in lifestyle medicine 2020 - 2021.

Names	Country	Code
Abigail Ballone	Argentine	D-MEV-2021-001
Alfonso Javier Rufasto Gomez	Peru	D-MEV-2021-002
Alina Auxiliadora Gutiérrez Ramírez	Nicaragua	D-MEV-2021-003
Alvaro De Los Angeles Espinoza Montenegro	Costa Rica	D-MEV-2021-004
Amelia Vargas Pacheco	Costa Rica	D-MEV-2021-005
Amin Amilcar Valencia Leal	Mexico	D-MEV-2021-006
Ana Belén Cáceres Codoceo	Chile	D-MEV-2021-007
Ana Maria Huambachano Coll Cardenas	Peru	D-MEV-2021-008
Astrid Yulisa Guzmán González	Panama	D-MEV-2021-009
Barbara Mora Pérez	Chile	D-MEV-2021-010
Braulio Henrique Magnani Branco	Brazil	D-MEV-2021-011
Carina Bertoldi Franco	Brazil	D-MEV-2021-012
Cintha Luz Amaya Nuñez	Peru	D-MEV-2021-013
Citlali Raquel Gomez Acosta	Mexico	D-MEV-2021-014
Constanza Beatriz Copaja Thielemann	Chile	D-MEV-2021-015
Consuelo Del Rocío Luna Muñoz	Peru	D-MEV-2021-016
Dan Abimael Chilel Pineda	Portugal	D-MEV-2021-017
Dania Valdelamar Martínez	Colombia	D-MEV-2021-018
Danitza Adriana Rojo Garcia	Peru	D-MEV-2021-019
Dante Manuel Quiñones Laveriano	Peru	D-MEV-2021-020
Dario Rodríguez Escalante	Peru	D-MEV-2021-021
Delfin Rudorico Acosta Ramos	Peru	D-MEV-2021-022
Diana Paola Otalora Mancilla	Colombia	D-MEV-2021-023
Edward Elvin Samudio Marquez	Mexico	D-MEV-2021-024
Edwin Rolando Castillo Velarde	Peru	D-MEV-2021-025
Eleana Pilar Iannacone Silva	Peru	D-MEV-2021-026
Eliana Berrios Macedonio	Bolivia	D-MEV-2021-027
Eligio Gallardo Morales	Mexico	D-MEV-2021-028
Elsa Libeth Alvarez Madrid	Mexico	D-MEV-2021-029
Erika Berenice Pérez Gonzalez	Mexico	D-MEV-2021-030
Eymard Torres Rodriguez	Colombia	D-MEV-2021-031
Fanny Pei Katherine Fernandez Catalan	Peru	D-MEV-2021-032
Fernando Antonio Rodriguez Guillen	Peru	D-MEV-2021-033
Francys Marie Medina Toro	Venezuela	D-MEV-2021-034
Frida Rosalía Vázquez Hernández	Mexico	D-MEV-2021-035
Gabriela Elisa Garcia Santos	Argentine	D-MEV-2021-036
Gloria Cari Huanca	Peru	D-MEV-2021-037
Hilda Mercedes Esquivel Gallarday	Peru	D-MEV-2021-038
Irma Aneth Hernandez Nuñez	Panama	D-MEV-2021-039
Jacqueline Moreno Martínez	Mexico	D-MEV-2021-040
Janet Patricia Mendoza Ortega	Peru	D-MEV-2021-041

Javier Castillo Velazquez	Mexico	D-MEV-2021-042
Jesús Enrique Talavera Ramírez	Peru	D-MEV-2021-043
Jimmy Javier Wong Gonzales	Peru	D-MEV-2021-044
Joan Antony Loayza Castro	Peru	D-MEV-2021-045
Jonathan Antonio Velásquez Toro	Chile	D-MEV-2021-046
Jorge Enrique Araoz Ruiz	Peru	D-MEV-2021-047
Jorge Oswaldo Galvez Vallenias	Peru	D-MEV-2021-048
José Gregorio Hernández Campos	Peru	D-MEV-2021-049
José Ignacio Vargas Postigo	Peru	D-MEV-2021-050
Jose Manuel Vela Ruiz	Peru	D-MEV-2021-051
Josué Rodrigo Sánchez Cruz	Peru	D-MEV-2021-052
Juan Antonio Gonzales Garcia	Mexico	D-MEV-2021-053
Juan Carlos Aguilar Caamal	Mexico	D-MEV-2021-054
Juan Diego Sanchez Roncalla	Peru	D-MEV-2021-055
Julia F. Nuñez Salazar	USA	D-MEV-2021-056
Karen Raquel García Lecca	Peru	D-MEV-2021-057
Lohotar Ricardo Ortiz Choroco	Peru	D-MEV-2021-058
Lucy Perla Gulliana Cedillo Ramirez	Peru	D-MEV-2021-059
Luz Milena Molano Martínez	Colombia	D-MEV-2021-060
Luz Nercyn Gomez Lopez	Colombia	D-MEV-2021-061
Madeleine Estefany Murillo Peña	Bolivia	D-MEV-2021-062
Marco Vinicio Albuja Chaves	Ecuador	D-MEV-2021-063
María Cristina Carpintero Castillo	Mexico	D-MEV-2021-064
María Fernanda Amaris Hernandez	Colombia	D-MEV-2021-065
María Paula Bueno Gutiérrez	Colombia	D-MEV-2021-066
Marlid Pérez Cordova	Mexico	D-MEV-2021-067
Maximiliano Gregory Funes Basualto	Chile	D-MEV-2021-068
Mircalla Hall Nieto	Panama	D-MEV-2021-069
Nancy Mabel Rios De Parola	Argentine	D-MEV-2021-070
Natalia Delorenzo Christie	Chile	D-MEV-2021-071
Natalia Portilla Angulo	Colombia	D-MEV-2021-072
Nicole Elgueta Valencia	Chile	D-MEV-2021-073
Nicole Paulette Jofré Tobar	Chile	D-MEV-2021-074
Omar Gomez Gonzalez	USA	D-MEV-2021-075
Paola Verónica Espinoza Aguilar	Peru	D-MEV-2021-076
Raquel Martínez De Kuruta	Paraguay	D-MEV-2021-077
Ray Victor Deza Pizzorno	Peru	D-MEV-2021-078
Renata Rossana Barchiesi Vitali	Chile	D-MEV-2021-079
Rocío Del Pilar Orozco Salinas	Peru	D-MEV-2021-080
Romina Riquelme Cruz	Chile	D-MEV-2021-081
Rosa Matilde Mormontoy Rivero	Peru	D-MEV-2021-082
Rosa Leonor Gómez Rodríguez	Colombia	D-MEV-2021-083
Sandra Teresa Salcedo Hermoza	Peru	D-MEV-2021-084
Santiago Rodas Regalado	Peru	D-MEV-2021-085



Sheila Sueyoshi Hernandez	Peru	D-MEV-2021-086
Tania Laura Cueto Muñoz	Peru	D-MEV-2021-087
Tirsa Abisag Espinoza Anguiano	Mexico	D-MEV-2021-088
Víctor Vera Ponce	Peru	D-MEV-2021-089
Victor Giancarlo Begazo Gutierrez	Peru	D-MEV-2021-090
Yael Alejandra Hasbani Cuch	Argentine	D-MEV-2021-091
Jhony Alberto De La Cruz Vargas	Peru	D-MEV-2021-092
Gabriel Hernán Lapman	Argentine	D-MEV-2021-093
Nahum David García García	Mexico	D-MEV-2021-094
Lucy Elena Correa Lopez	Peru	D-MEV-2021-095
Vania Assaly	Brazil	D-MEV-2021-096
Delcy Turpo Choque	Peru	D-MEV-2021-097
Celeste Ailen Esliman	Argentine	D-MEV-2021-098
Fabiola Flores Monsivais	Mexico	D-MEV-2021-099
Héctor Daniel Murillo Coronado	Mexico	D-MEV-2021-100
Jason Miguel Aragon	Mexico	D-MEV-2021-101
Jorge Castillo	Mexico	D-MEV-2021-102
Marcela Manuzza	Argentine	D-MEV-2021-103
Maria Luisa Balli	Mexico	D-MEV-2021-104
Mariana Elizabeth Alfaro	Argentine	D-MEV-2021-105
Elsa Valeria Broder	Argentine	D-MEV-2021-106
Norka Rocio Guillén Ponce	Peru	D-MEV-2021-107
Ariel Kraselnik	Argentine	D-MEV-2021-108
Karla Arancibia Coci	USA/Peru	D-MEV-2021-109

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