

4° Congreso Internacional de Medicina General

May 20-23, 2026

Veracruz, Mexico

ACP Global Ambassador reflections by: Irma Luisa Ceja Martínez, MD, FACP

The International Congress of General Medicine was held at the convention center in Boca del Río, Veracruz, and was intended for primary and family physicians, with an attendance of a little more than 2,800 physicians. The event included workshops, symposia, and presentations that were held simultaneously from 8 a.m. to 5 p.m. in five different rooms, and at any given moment, all were quite full.

I was invited to be a part of the podium and a distinguished guest during the inaugural ceremony. In addition, I was asked to speak to the audience about ACP and its work and was able to present Dr. Scarlett Enriquez, who was the principal organizer and coordinator, with a gift on behalf of ACP. That same evening, I was invited to be present at the cutting of the ribbon for the exhibition hall.

I gave a talk on obesity in women, with a duration of 45 minutes, and also coordinated and moderated a symposium to talk about sexual and work harassment in hospitals. The audience had a chance to share their experiences, and finally we concluded with the need to speak up and continue to make this problem, which continues to affect physicians, visible and known.

I was invited to represent ACP in the closing ceremony that marked the end of the meeting on Saturday, after the last plenary session.

The conference included a workshop style that I found very interesting. In the workshop, two experts talked first about cardiovascular risk and metabolic syndrome. Then, a physical therapist gave a talk about the importance of exercise while at the same time had us all doing various exercises with a resistance band. Finally, a chef made a healthy low-fat, low-carb, high-protein dish. This workshop was held on Thursday, Friday, and Saturday, and every day it had a full room.



