

2nd International Forum of Internal Medicine of the State of Mexico
March 19–21, 2026
Toluca, State of Mexico, Mexico
ACP Global Ambassador Reflections by: Vineet Gupta, MD, FACP, SFHM

It was a privilege to represent the American College of Physicians (ACP) as a Global Ambassador at the 2nd International Forum of Internal Medicine of the State of Mexico, held March 19–21, 2026, at the Centro de Convenciones Toluca in Lerma, State of Mexico. Hosted by the CMIM State of Mexico Chapter under the leadership of its president, Dr. Luis Fernando Gasca Plancarte, the meeting brought together more than 1,000 delegates for 3 days of scientific exchange featuring international speakers, clinically relevant updates, and high-impact educational workshops.

My journey began with a connection through Mexico City, where preparations for the upcoming FIFA World Cup were already evident, creating an atmosphere of excitement and anticipation. From there, the scenic 90-minute drive through the mountains to Toluca offered breathtaking views and served as a memorable introduction to the State of Mexico.

The conference was exceptionally well organized. Professional simultaneous interpretation services ensured that language was never a barrier, allowing scientific discussions to retain their depth and nuance while fostering meaningful engagement among attendees from diverse backgrounds.

I had the opportunity to present the case-based session, "Clinical Vignettes in Medicine: From Story to Strategy." The session was well received and generated thoughtful questions and lively discussion, underscoring the universal value of case-based clinical reasoning. One of the most rewarding aspects was the enthusiastic engagement of the medical students. Their curiosity, insightful questions, and eagerness to participate in the discussion were particularly inspiring and reinforced the importance of mentoring and investing in the next generation of internal medicine physicians.

Other notable faculty included Dr. Rubén Antonio Gómez Mendoza, Governor of the ACP Mexico Chapter, and Dr. Irma Luisa Ceja Martínez, ACP Regent. Their participation further highlighted the strong and growing partnership between ACP and our colleagues at CMIM. Beyond my own presentation, the meeting featured an outstanding scientific program spanning a broad spectrum of contemporary topics in internal medicine. The diverse presentations provided valuable clinical updates, practical insights, and stimulating academic discussions, making for a rich educational experience for everyone in attendance.

One of the highlights outside the scientific sessions was visiting the Cosmovitral Botanical Garden, home to the breathtaking *Hombre Sol (Sun Man)* stained-glass masterpiece by renowned Mexican artist Leopoldo Flores. A leisurely walk through the nearby historic cathedral and city center, accompanied by our gracious host colleagues, brought Toluca's history to life through fascinating stories and personal anecdotes. These moments provided a deeper appreciation of the city's culture and reminded me that some of the strongest professional relationships are built not only in lecture halls but also through shared experiences beyond the scientific program.

After the academic sessions, the faculty gathered for lunch, providing another opportunity to reconnect. Having previously presented at the CMIM Annual Meeting in León, many familiar faces made the gathering feel less like meeting new colleagues and more like reuniting with friends. The warmth, hospitality, and collegiality shown by our Mexican colleagues made the visit especially memorable.

The trip was not without its share of adventure. On my final day in Toluca, just before departing for home, I unfortunately lost my phone, turning the journey back into a bit of an unexpected expedition. Although replacing a phone is possible, what I truly regret losing were the spectacular photographs I had captured throughout the trip. Thankfully, thanks to the generosity of friends and colleagues, I am able to share a few borrowed photographs with this report. Although they are not my own, they beautifully capture the spirit of the meeting, the remarkable venue, and, most importantly, the friendships that made this experience so special.

I returned home inspired by the possibilities ahead and optimistic about continuing to strengthen the partnerships among all of the organizations. The friendships forged and ideas exchanged during this visit reaffirmed that when we learn from one another and work together, we can create lasting opportunities in education, innovation, and mentorship and ultimately provide better care for the patients and communities we serve across borders.



Dr. Vineet Gupta, Dr. Luis Fernando Gasca Plancarte, and Dr. Rubén Antonio Gómez Mendoza



Dr. Vineet Gupta reading a message in Spanish

