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#### Estimados amigos de Kardias:

Son dos años los que llevamos viviendo en pandemia. Dos años donde hemos experimentado con medidas sociales y de salud, unas impuestas por nosotros mismos, otras como recomendaciones de las autoridades, todo para hacerle frente al SARS-COV2, un virus que le dio un giro de 180 grados a nuestras rutinas.

Al principio, Kardias tuvo que enfrentar un reto: la suspensión de trabajo de los dos centros donde operamos: el Instituto Nacional de Pediatría y el Centro Pediátrico del Corazón ABC-Kardias y nos tuvimos que dedicar exclusivamente a operar casos urgentes, pero implementamos una serie de acciones que nos permitieron superar los obstáculos que se iban presentando.

A finales de 2020 comenzamos a recuperar nuestro ritmo de trabajo y para inicios de este 2021, se fue restableciendo la actividad habitual, poco a poco. Siempre implementado protocolos y puliendo los procesos para brindar seguridad tanto a los pacientes como al equipo médico.

Y gracias a las distintas estrategias aplicadas, en 2021 logramos 241 tratamientos especializados para niñas y niños, en el Instituto Nacional de Pediatría 120 cirugías; y en el Centro Pediátrico del Corazón ABC Kardias se realizaron 88 cirugías (67 asistenciales y 21 privadas), 28 Cateterismos terapéuticos asistenciales y 5 Cateterismos terapéuticos privados.

Respecto a los eventos deportivos, la Carrera Kardias tuvo que ser suspendida, ya que a finales de 2020, comenzó la segunda ola y como era de esperarse, las fiestas decembrinas provocaron un repunte, no había condiciones para realizar este evento. Además, fue hasta principios de año que comenzó la vacunación en nuestro país y la población más vulnerable fue la que recibió las primeras dosis.

Y gracias a esto, el Gran Fondo Adolfo Lagos Izzi Kardias 2021 fue una realidad y un éxito rotundo. Por primera vez hubo sold out 10 días antes del evento y también se recaudaron más de 10 millones de pesos para Kardias, aun cuando se redujo el número de participantes.

Hoy más que nunca, al hacer una retrospectiva de estos últimos dos años estoy convencido de la necesidad de crear centros especializados de primer nivel en nuestro país como lo es Kardias. Se requieren centros de atención óptima de padecimientos como lo es el cáncer de mama, diabetes, obesidad, entre otros males que aquejan a nuestro país.

Kardias ha logrado desarrollar un programa de alta especialidad único en México para la atención integral de las cardiopatías congénitas. Esto es gracias a una visión enfocada en la fuerza de las alianzas estratégicas entre los sectores público y privado, aprovechando las ventajas de cada uno y así desarrollar un programa híbrido que incrementa sustancialmente la calidad de atención para las y los pacientes.

Hoy más que nunca, agradecemos que sigamos juntos en este camino. Kardias necesita de todos para seguir cumpliendo su objetivo: asegurar que las niñas y los niños con padecimientos cardiacos tengan garantizada una atención médica de alta especialidad de cardiopatías congénitas en México.

Alfonso de Angoitia **Presidente del Consejo** 









## Index

Introduction	4
1. ABOUT US	8
2. CLINICAL RESULTS 2021	12
3. FUNDRAISING RESULTS 2021	24
4. FINANCIAL RESULTS 2021	36
Acknowledgements	40
Directory	41
Contact	43

## Introduction

# THE CHALLENGE OF AN ATYPICAL YEAR

A congenital heart defect (CHD) is a structural problem with the heart that's present at birth. Such defects result when a mishap occurs during heart development soon after conception – often before the mother is aware that she is pregnant<sup>2</sup>. Usually, they can be detected at birth or during the first years of childhood and sometimes before birth. Congenital heart defects range in severity from simple problems, such as "holes" between chambers of the heart, to very severe malformations, such as the complete absence of one or more chambers or valves<sup>3</sup>. Each one of them requires a specific treatment and follow up. Some patients require more than one procedure and/or surgery throughout their life.

In Mexico, every year between 18,000 and 21,000 children are born with a cardiac defect, which makes this disease the second cause of death for children under 5 years old, causing more than 3,500 child deaths per year.

In this context, Kardias has worked during 21 years to develop excellence programs to care for children with cardiac diseases as well as to promote education and spread information about the relevance of CHD.

Furthermore, due to the great necessity of specialized doctors who can treat these patients, Kardias invests in training and continuous education of health professionals.





# "1 in every 120 children worldwide is born with a heart defect."<sup>1</sup>



The initiative that Kardias leads in Mexico is added to the effort of many actors in different parts of the world searching for solutions to injustices created from the asymmetries in the access to quality health care.

We do so by addressing a specific aspect of this huge global challenge: evidence shows that Non-communicable diseases (NCDs) account for 67% of all deaths yet only receive 2% of the funding to improve health in low- and middle-income countries. The COVID-19 pandemic has been added to this reality which had a great impact in the access to specialized health care in Mexico and Latin America.

- 1 Palacios Macedo Alexis et al. (2019). "A Novel Private-Public Hybrid Model for Treatment of Congenital Heart Disease in Mexico". World Journal for Pediatric and Congenital Heart Surgery, 10(2), 206-213. March 19, 2019.
- 2 American Heart Association. The Impact of Congenital Heart Defects.https://www.heart. org/en/health-topics/congenital-heart-defects/the-impact-of-congenital-heart-defects. [18.04.2022]
- 3 Idem
- 4 Institute for Health Metrics and Evaluation (2018). High burden, low budget: non-communicable diseases in low- and middle-income countries. http://www.healthdata.org/infographic/ high-burden-low-budget-non-communicable-diseases-low-and-middle-income-countries [21.05.2019].



In Mexico only 15% of the population has access to healthcare with private medical insurance, while 21% does not have access to healthcare at all.

## A new normality

2021 was without doubt an atypical year worldwide, and, of course, it also was for Kardias. Our priority this year was to get back to the number of surgeries performed prior to the pandemic, and to do so, the medical team, patients and administrative staff had to adapt to the new normality. A normality where implementing the protocols stablished the year before was crucial to fulfill our goal.

Since the beginning of the pandemic, Kardias priority was to address the necessities of the medical team and actions were taken to provide them with the essential personal protection equipment to take care of their health. The same for patients and their families. The protocols implemented have been improved and thanks to it we reached 241 pediatric specialized treatments and 33 therapeutic cardiac catheterizations.

In 2021, our priority was to reactivate surgeries, given that during the previous year many health centers stopped performing certain procedures in order to focus completely in caring for COVID-19 patients. Our centers weren't the exception, even our heart center at the American British Cowdray Medical Center, the Centro Pediátrico del Corazón ABC Kardias (CPC), closed for more than three months, scheduling exclusively urgent cases.

There are multiple reasons why pediatric cardiac diseases haven 't been addressed as they should be, particularly in environments where economical national resources are limited. In Mexico only 15% of the population has access to healthcare with private medical insurance, while 21% does not have access to healthcare at all.

Therefore, it was necessary to address this sector of the population. According to

Henrietta Fore, Executive Director of UNICEF, "the signs that children will bear the scars of the pandemic for years to come are unmistakable," given that these last two years

progress has gone backwards in practically all-important indicators regarding childhood: education, poverty, hygiene, malnutrition, and of course health. The current outlook is not uplifting at all for children worldwide.

A UNICEF report from March 2021 shows that at least 1 in 3 schoolchildren have been unable to access remote learning while their schools were closed.<sup>6</sup> Moreover, child poverty can also increase.

A November 2020 report projected the number of children living in monetary-poor households to increase by about 140 million by the end of 2020.<sup>7</sup>

Regarding mental health, UNICEF points out that at least one in seven children and youngsters worldwide lived confined to their home and as a consequence, they suffered anxiety, depression and isolation.

As of November 2020, estimates suggested an additional 6 to 7 million children under age 5 could suffer from wasting or acute malnutrition, a 14 percent rise that could translate into more than 10,000 additional child deaths per month<sup>8</sup>.

And in virtue of lacking basic handwashing facilities with soap and water at home, more than 700 children under five die every day from diseases caused by the lack of water, sanitation and hygiene. Even though this reality feels overwhelming, there is still reason to hope.

And Kardias, without doubt, is a reason to keep this light of hope. Our main objective is to ensure that

children with CHD have access to the medical care that they need with any discrimination at all. We try to reduce surgery waiting-list time and provide a high-quality post-surgery treatment. We aim to provide to all the children in Mexico with a CHD, a better and faster opportunity of recovery after their treatment giving them a plentiful life.

Currently, we don't have official data that shows the direct impact of the pandemic in infant CHD mortality but we know that there has been a delay in providing health care to pregnant women, which is also relevant given that CHD can be detected during pregnancy.

According to the Centro de Investigación Económica y Presupuestaria A.C. (CIEP), during the first three months of 2021, all the first-time, subsequent and pregnancy consultations, reduced from 80.4% to 11.3%.<sup>10</sup>

But, the future of the health care system in our country is a big concern, given that Mexico is one of the countries of the Organization for Economic Cooperation and Development (OECD) that less spends in health<sup>11</sup>.

But no matter the circumstances, Kardias is aware that we have to strengthen the efforts to reduce inequalities and improve access to health care. And we keep on working to succeed and provide high-quality and timely healthcare to children with CHD in Mexico.

<sup>5 &</sup>quot;A devastating and distorted new normal" for the world's children outlined by UNICEF". The Sector, Early Education News, Views & Reviews, https://thesector.com. au/2021/03/15/a-devastating-and-distorted-new-normal-for-the-worlds-children-outlined-by-unicef/. May 2, 2022.

<sup>6</sup> How the COVID-19 pandemic has scarred the world's children. https://www.unicef.org/coronavirus/COVID-19-pandemic-scarred-world-children. May 3, 2022.

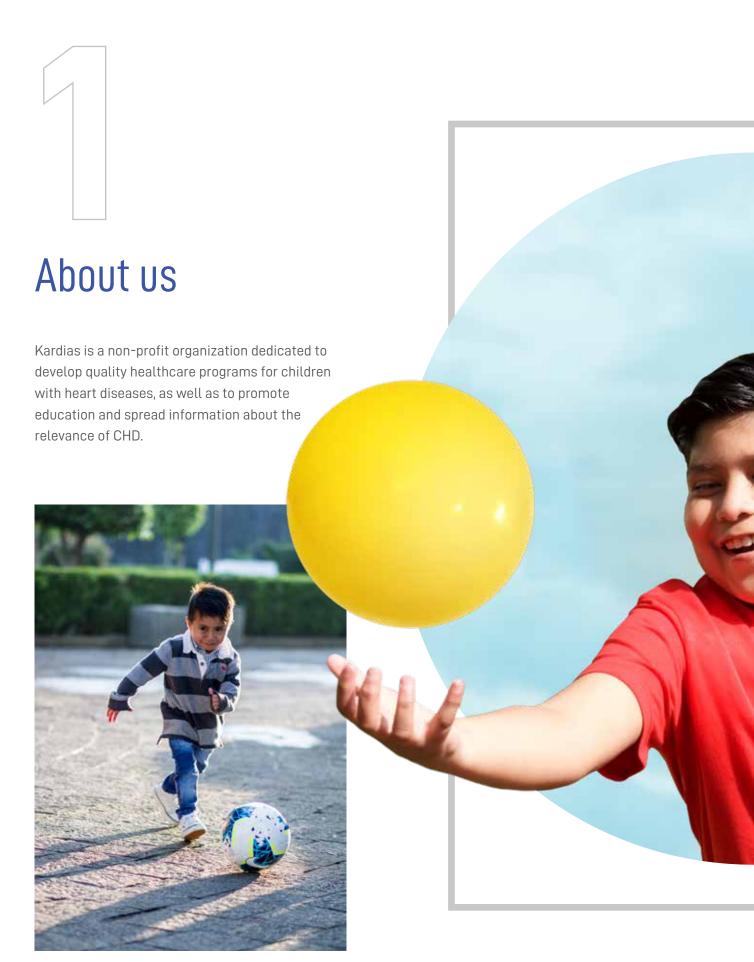
<sup>7</sup> Idem.

<sup>8</sup> Idem.

<sup>9</sup> Idem.

<sup>10</sup> Alejandra Ll y Judith Méndez (2021). "Interrupción de los servicios de salud por Covid-19: Implicaciones en el gasto de bolsillo. Ciep. https://ciep.mx/interrupcion-de-los-servicios-de-salud-por-covid-19-implicaciones-en-el-gasto-de-bolsillo/ March 30, 2022.

<sup>11</sup> México Evalúa, "México enfrenta la peor crisis sanitaria de su historia moderna" https://www.mexicoevalua.org/mexico-enfrenta-la-peor-crisis-sanitaria-de-su-historia-moderna/# ftn2. April 2, 2022





## **MISSION**

Enable highly specialized centers in Mexico for the care of girls and boys born with congenital heart diseases, through the development of sustainable, transparent and recognized programs to guarantee access to excellent medical care focused on the comprehensive well-being of the patient.

## **VISION**

Develop expertise in the design of sustainable, transparent and recognized programs, both nationally and internationally, in order to guarantee access to excellent medical care through the alliance, collaboration and professionalism of multidisciplinary medical groups committed to the well-being of the patient.

## **VALUES**

- EXCELLENCE
- PASSION
- HUMANISM
- COLLABORATION
- TRANSPARENCY



# OUR ACHIEV



2 HEART CENTERS supported

### 4 FELLOWS trained in:

- Pediatric Echocardiography
- Pediatric Cardiovascular Anesthesiology
- Pediatric Cardiac Critical Medicine





## **4 RESEARCH MEDICAL STUDENTS**

trained in the Coordination of Investigation and Education of Kardias

## **52 HEALTH PROFESSIONALS TRAINED**

at congresses and courses related to congenital heart diseases



**8 ACADEMIC SESSIONS** with an audience of more than 520 health professionals



# **1,458 CARDIAC CONSULTATIONS** in both centers:

**224** UNDERPRIVILEGED PATIENTS

262
PRIVATE PATIENTS

Pediátrico del Corazón



**972** UNDERPRIVILEGED PATIENTS



# **EMENTS**



## 241 SPECIALIZED TREATMENTS for children with CHD:12

- Instituto Nacional de Pediatría: 120 Surgeries
- Centro Pediátrico del Corazón ABC Kardias:
   88 Surgeries (67 for underprivileged patients and 21 for private patients)
  - 28 Therapeutic cardiac catheterizations for underprivileged patients
  - **5 Cardiac catheterizations for private patients**





## 229 DIRECT BENEFICIARIES





Pediátrico del Corazón





113

## **465 INDIRECT BENEFICIARIES**





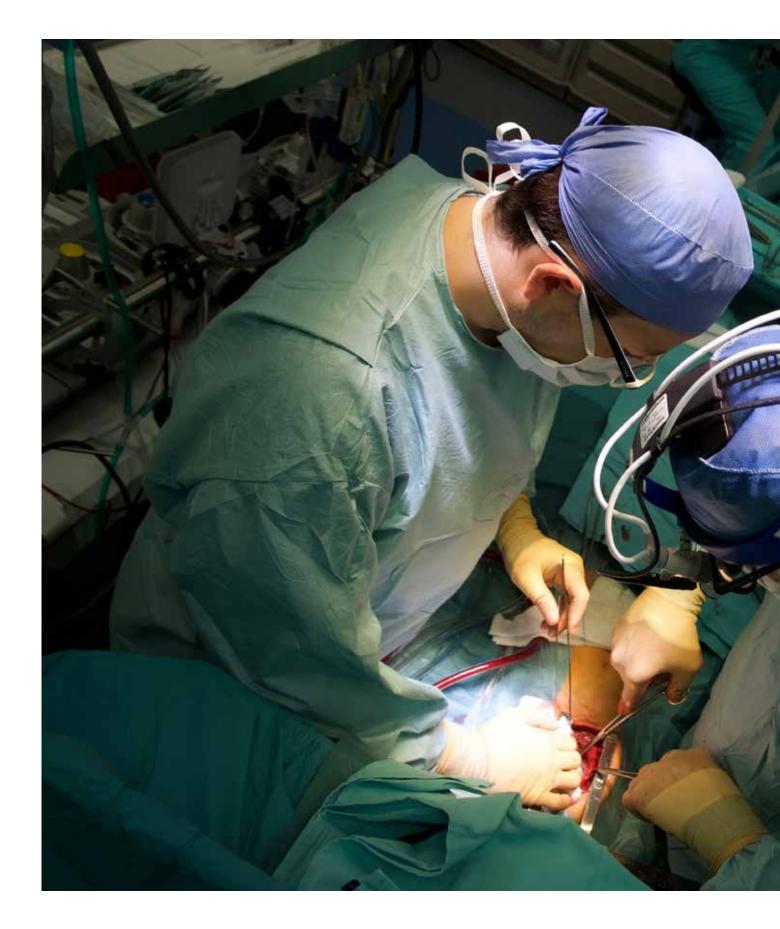
Centro

Pediátrico del Corazón



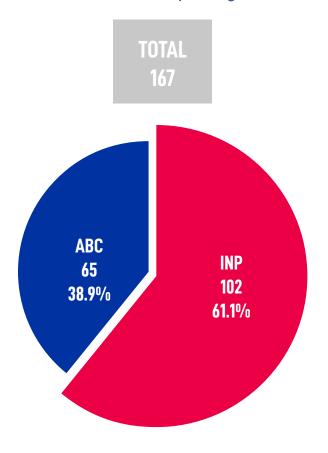




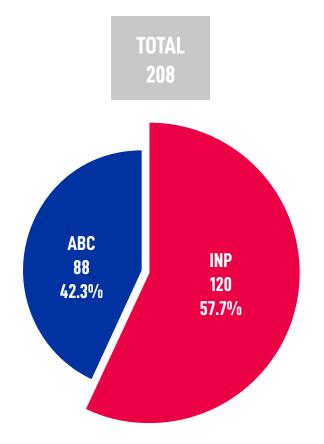




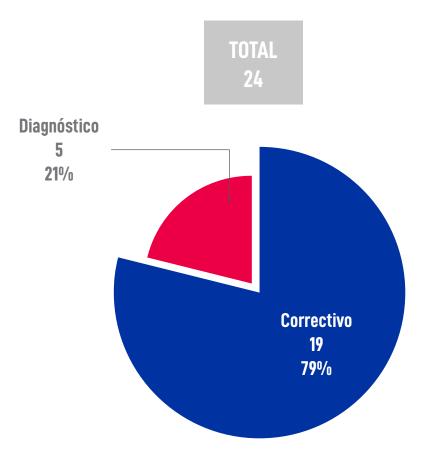
## Procedimientos quirúrgicos **2020**



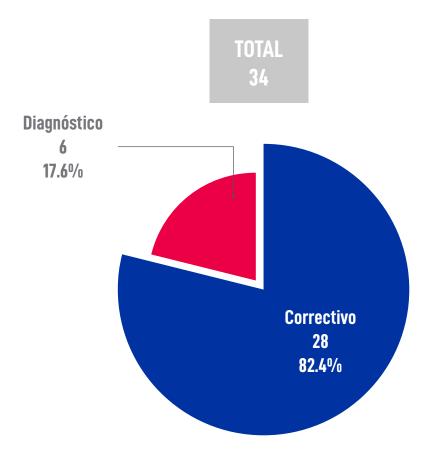
## Procedimientos quirúrgicos 2021



### Procedimientos de intervencionismo 2020

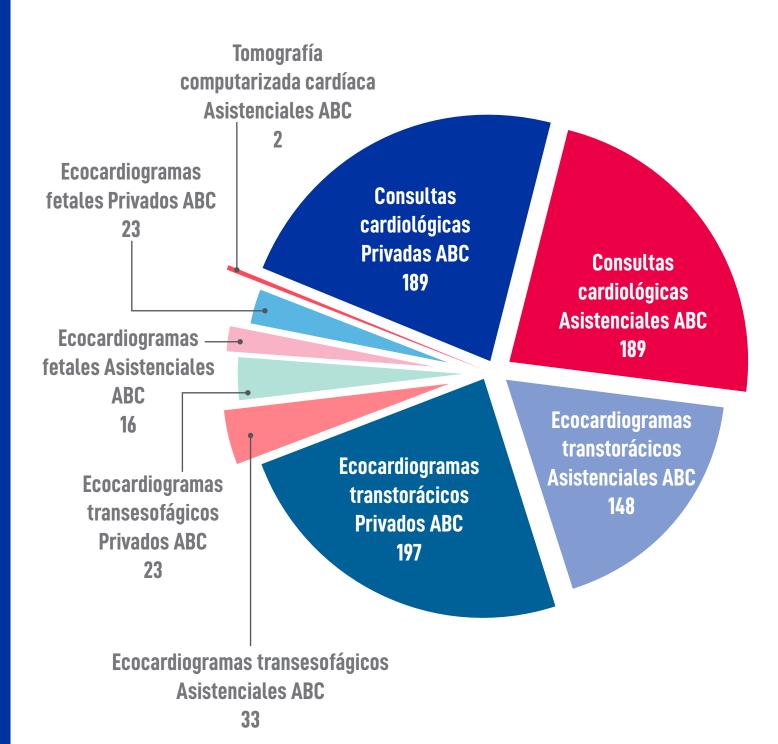


## Procedimientos de intervencionismo 2021



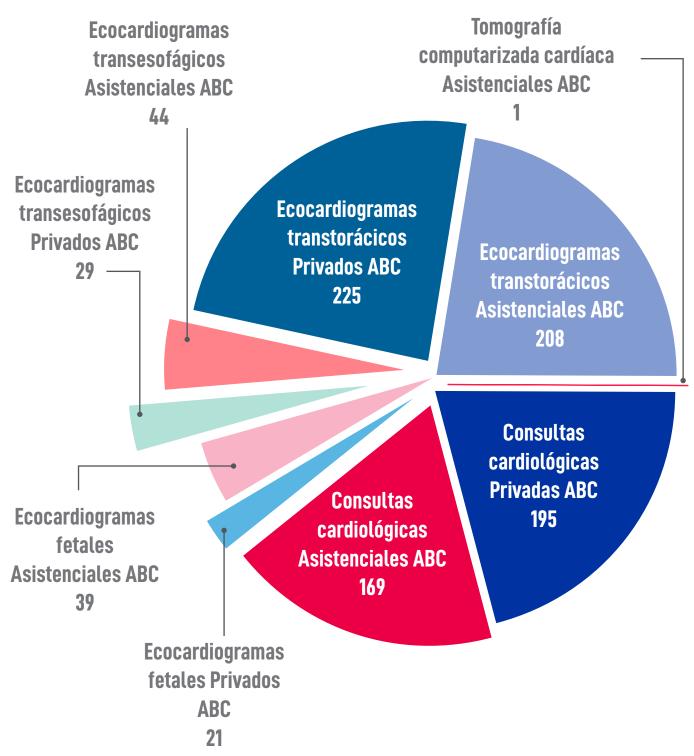
#### Consultas y Estudios diagnóstico e imagen 2020



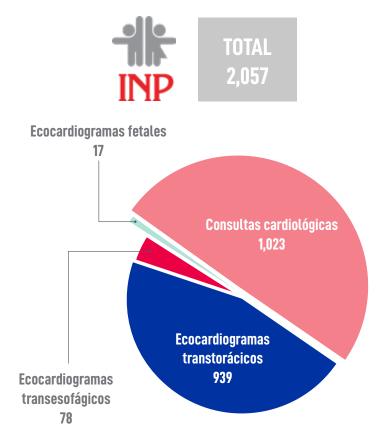


### Consultas y Estudios diagnóstico e imagen **2021**

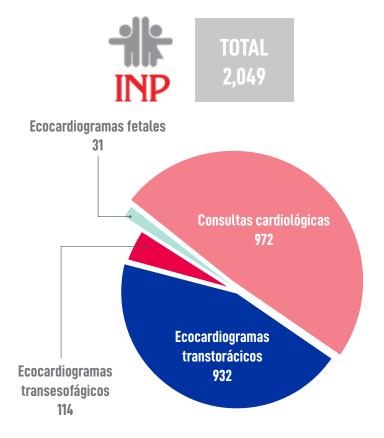


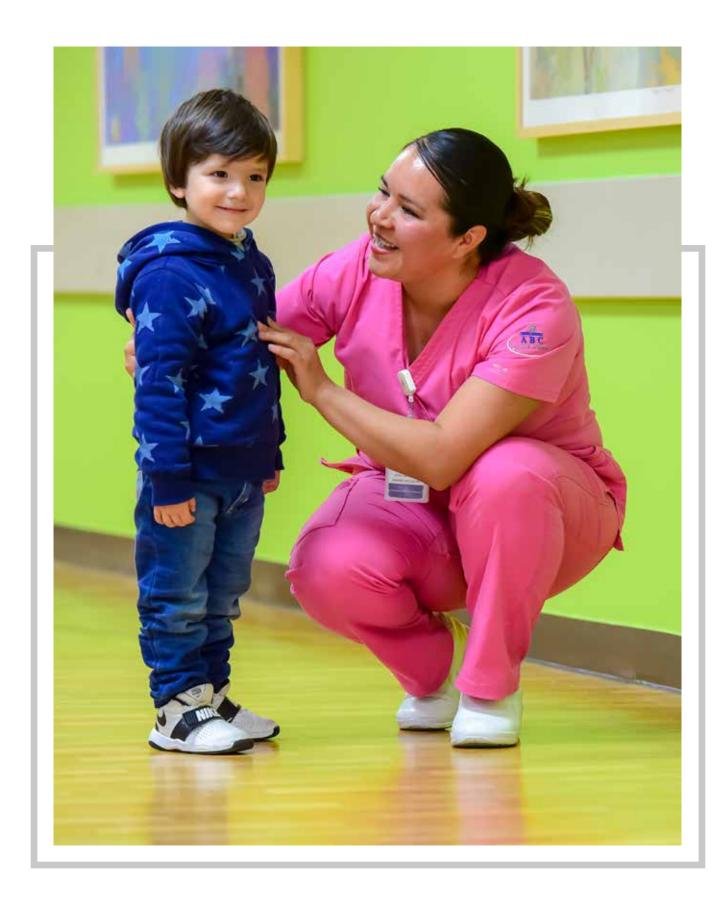


## Consultas y Estudios diagnóstico e imagen **2020**



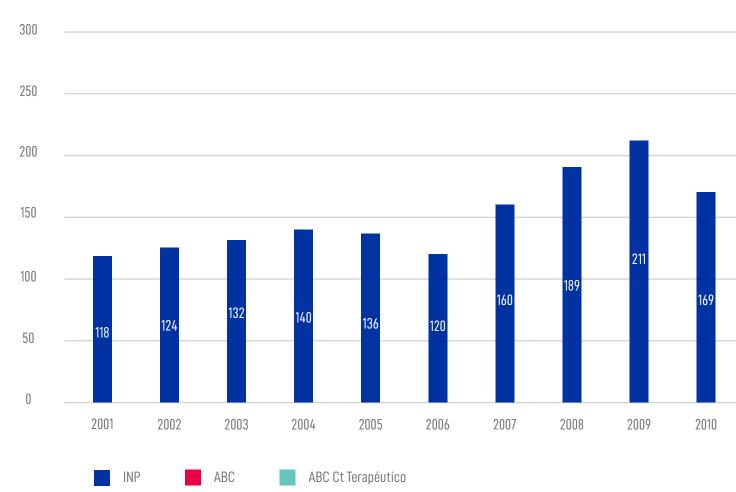
## Consultas y Estudios diagnóstico e imagen 2021



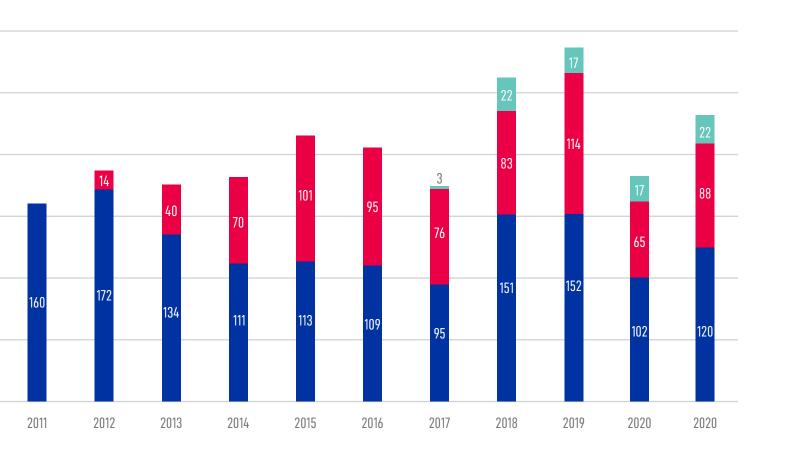




## Procedimientos quirúrgicos 2001-2020







## Balance de complejidad de casos 2020 vs 2021







# FUNDRAISING RESULTS 2021

Thanks to the solidarity of our donors and allies who have supported us over the years and the savings that we accumulated and that were set aside for emergencies, we were able to continue our activities without interruption during this challenging year.

In 2020 Kardias *US Board* was incorporated with four members aligned to Kardias cause. The objective of this group is to support and supervise fundraising projects launched from the United States, which will strengthen our international strategy. Currently, this organization has 501 C3 status which grants us eligibility to receive tax- deductible charitable contributions, a key factor to reach our 2021 institutional objectives.

Added to the 2020 difficult context, in 2021 the Mexican government published changes to the Tax Reform that affected fundraising models of many non-profit organizations. Certain activities, such as sponsorship of events are now VAT exempt which will complicate fundraising under such modality.

Despite of the difficulties, Kardias is committed to continue working for its cause. Today, more than ever we need the support of our donors and allies to continue giving life opportunities to children with congenital heart disease.

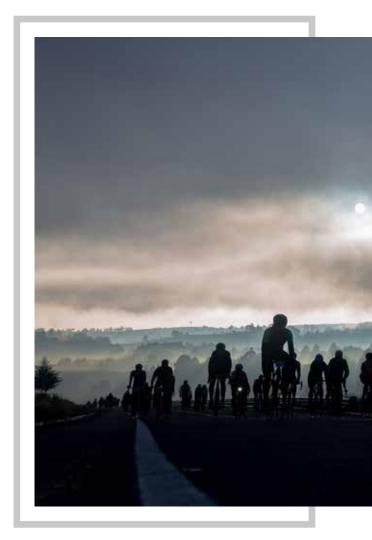




## SPORT EVENTS

The **Gran Fondo Adolfo Lagos izzi Kardias 2021** was a total success. The event was lived up to the level of its fame: the best gran Fondo of the year in Mexico.

This time, we had several 'first times' worthy of celebration such as a total sold out 10 days prior to the event and we also broke our fundraising record with this event.















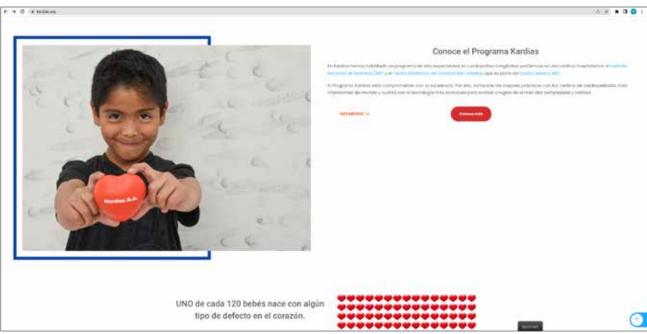




## ONLINE COLLECTIVE FUNDING

With our new Kardias webpage we can now make our own online collective fundraising campaigns and events.







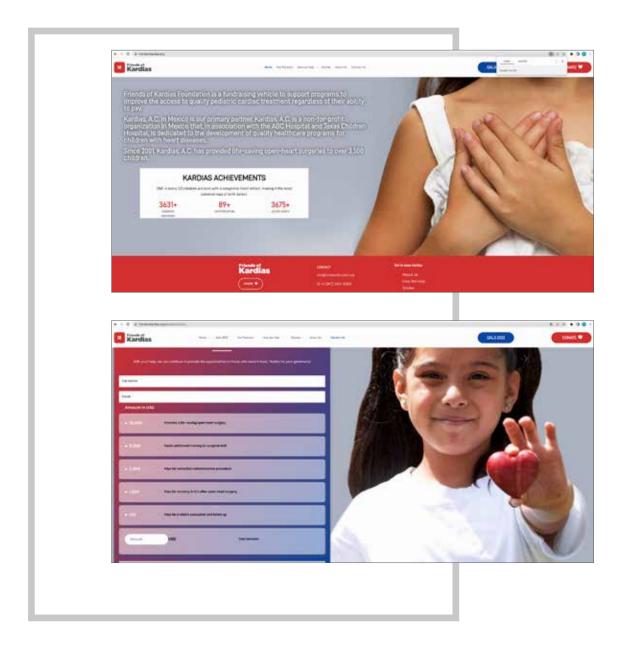


## **US BOARD**

The web page Friends of Kardias: https://friendsofkardias.org/ was designed and launched in the United States. Furthermore, the participation of Friends of Kardias board members had plenty of relevance in the decision making of this site.

Friends of Kardias was approved for the exemption of the federal income tax pursuant section 501(c)(3) of the Internal Revenue Code. The tax exempt of the organization is retroactive to April 15, 2020.

Given the above, the foundation raised for the first time \$1,620,00.00 Mexican pesos, plus contributions of the members of the board through Global Giving.



## **GLOBAL GIVING**

Kardias received an invitation to introduce itself before all the active Latin-American foundations partnered with Global Giving, as a result of being the nonprofit that fundraised the most at the Giving Tuesday event on Novemebr 2021.

We raised a total of USD\$28,865.00 through Global Giving, USD\$5,165.00 of the total amount were raised through corporate alliances and marketing strategies.

123 donors became active of which 66.54% were recurrent donors.









## SUSTAINABILITY FUND

Since the consolidation of the Centro Pediátrico del Corazón in February 2019, Kardias laid out to the American British Cowdray Medical Center, the option to contribute to the Sustainability Fund, which aims to reach the financial sustainability of the hospitalization costs of the program, ensuring treatment for a minimum of 100 underprivileged patients per year during the following 20 years.

The Centro Pediátrico del Corazón ABC-Kardias is based in an innovative model where the hospitalization costs of underprivileged patients are covered with the reinvestment of the profits from private patients of the same Centro Pediátrico del Corazón ABC-Kardias.

To consolidate the success of this plan, we need an initial investment of 60 million Mexican pesos. This will allow the Centro Pediátrico del Corazón ABC-Kardias to cover the variable costs of economically vulnerable patients, until the point of balance of the program, which we estimate will be in five years. This investment guarantees that the center will be able to provide treatment for underprivileged patients for the following two decades.

This way, in the following 20 years, the Sustainability Fund will allow to perform:

- 2,400 surgeries for Mexican children, 1,600 of them will be for underprivileged patients
- 1,500 therapeutic cardiac catheterizations, 1,000 of them will be for underprivileged patients
- More than 26,000 consultations, 10,000 of them will be for underprivileged patients

#### Fundraising progress

Since the creation of the Sustainability Fund, in 2019, we negotiated with the American British Cowdray Medical Center to reassign the amount of the investment of 2018 for remodeling of the space of the new Centro Pediátrico del Corazón ABC-Kardias, as seed capital for the Sustainability Fund, which our ally accepted as a sign of will and collaboration for the success of this project. This is why the following chart shows contributions of such dates.

One more sign of this interinstitutional shared effort, is that we have contributions from the Department of Philanthropy and Social Impact of the American British Cowdray Medical Center tagged for the Kardias-ABC Program.

On the other side, we obtained multiannual donations with several foundations which, despite we still haven't received their payment, we are certain that we will receive such contributions.

#### **Achievements**

Due to this changes the amounts were allocated as follows:
Until December 2021 we have raised or committed
\$54,560,248.89 Mexican pesos, which represents 90.9% of
our initial goal for the Sustainability Fund of the Centro
Pediátrico del Corazón ABC-Kardias, which looks forward to be
consolidated with 60 million Mexican pesos by 2022.

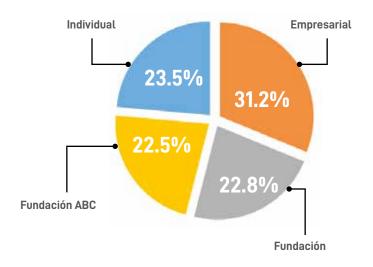
In 2021 we raised \$9,328,664.63 Mexican pesos which came from committed donations adding up a total of \$54,560,248.89 Mexican pesos for 2021. We still have to fundraise for such fund a total of \$5,439,751.23 Mexican pesos.

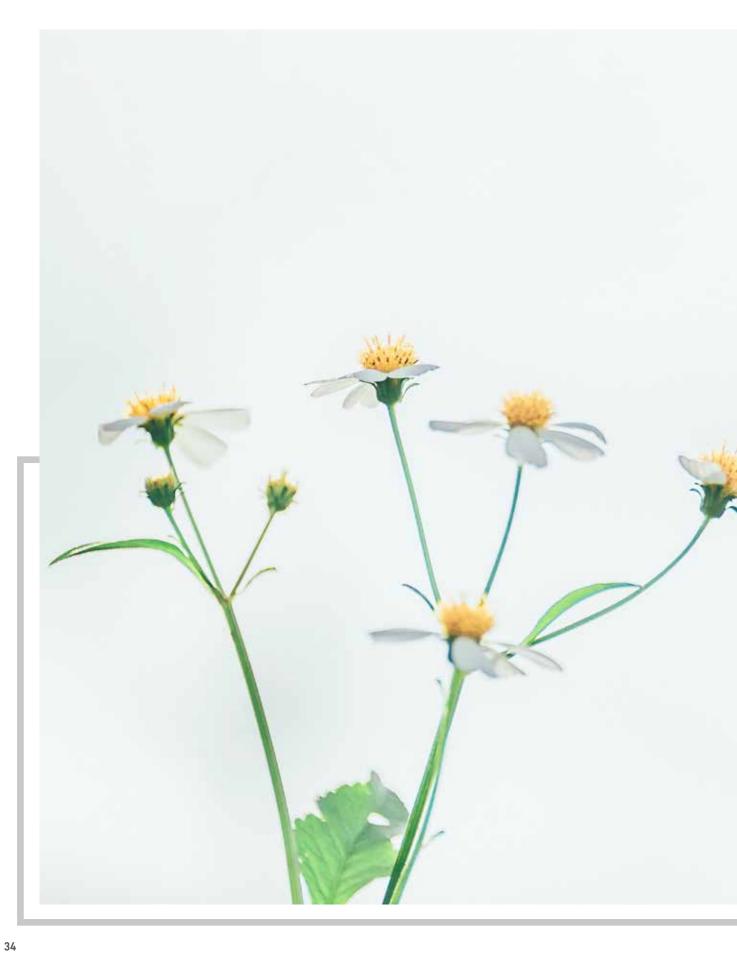
Corporate: 31.2 %, Foundation: 22.8 %, ABC Foundation: 22.5 % Individual: 23.5 %

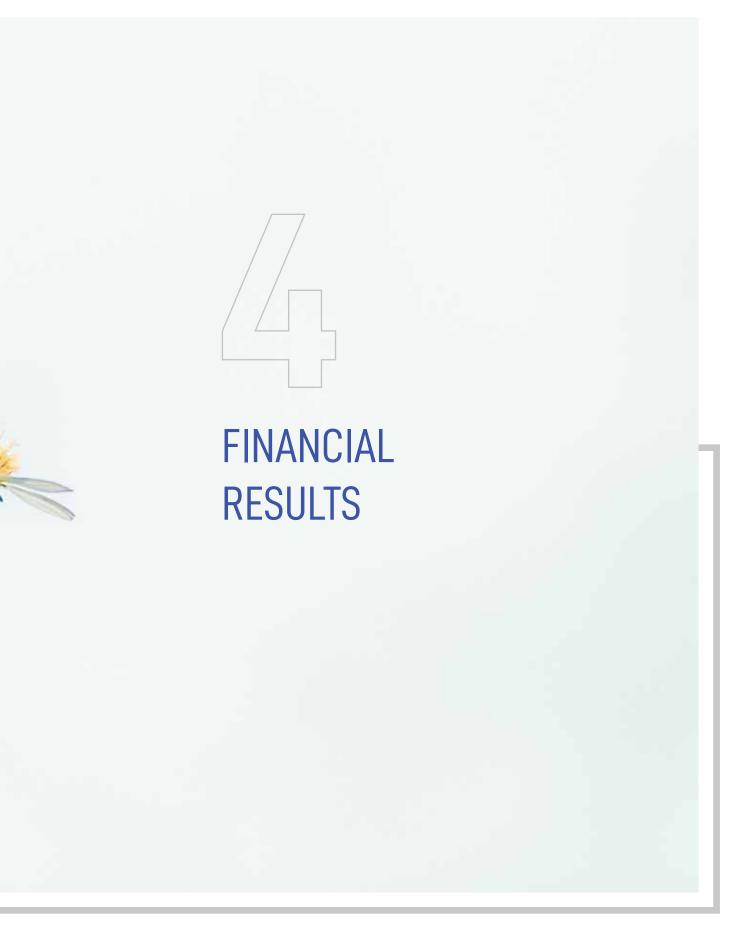
In addition, the ABC Foundation raised \$10,328,665.63 Mexican pesos as part of their commitment.

	Cobrada	Cobrado ABC	Cobrado WCF	Ganada	Total general
2018	\$4,575,465.07				\$4,575,465.07
Empresarial	\$470,000.00				\$470,000.00
Individual	\$3,667,085.07				\$3,667,085.07
Fundación	\$438,380.00				\$438,380.00
2019	\$8,304,058.85	\$4,118,500.00	\$1,864,318.00		\$14,286,876.85
Empresarial	\$960,216.33	\$3,118,500.00			\$4,078,716.33
Individual	\$4,273,443.52	\$1,000,000.00	\$1,864,318.00		\$7,137,761.52
Fundación	\$3,070,399.00				\$3,070,399.00
2020	\$6,806,000.00	\$2,400,000.00			\$9,206,000.00
Empresarial	\$1,146,000.00				\$1,146,000.00
Individual		\$1,400,000.00			\$1,400,000.00
Fundación	\$5,660,000.00	\$1,000,000.00			\$6,660,000.00
2021	\$14,463,241.34	\$10,828,665.63	\$700,000.00	\$500,000.00	\$26,491,906.97
Empresarial	\$14,063,241.34		\$700,000.00		\$14,763,241.34
Individual	\$400,000.00	\$500,000.00			\$900,000.00
Fundación		\$10,328,665.63		\$500,000.00	\$10,828,665.63
2022				\$1,000,000.00	\$1,000,000.00
Fundación				\$1,000,000.00	\$1,000,000.00
Total general	\$34,148,765.26	\$17,347,165.63	\$2,564,318.00	\$1,500,000.00	\$55,560,248.89

	Total
Empresarial	\$17,339,457.67
Fundación	\$12,668,779.00
Fundación ABC	\$12,447,165.63
Individual	\$13,104,846.59
Grand Total	\$55,560,248.89

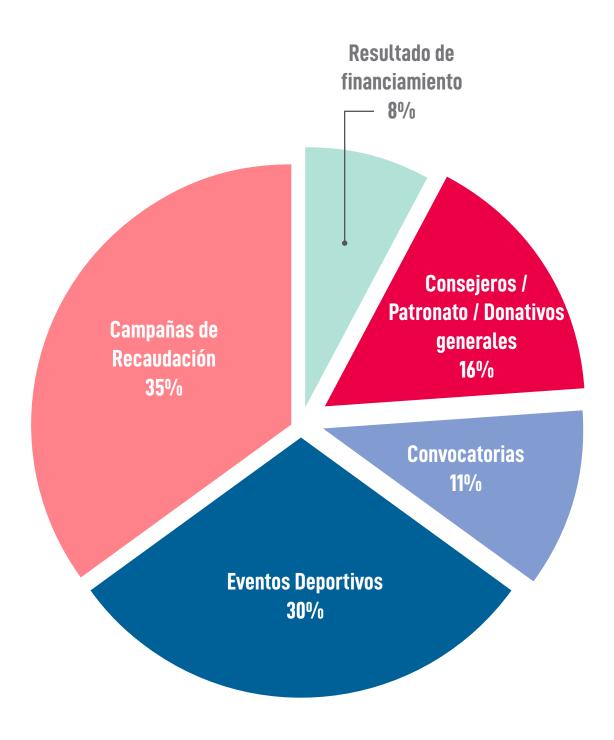






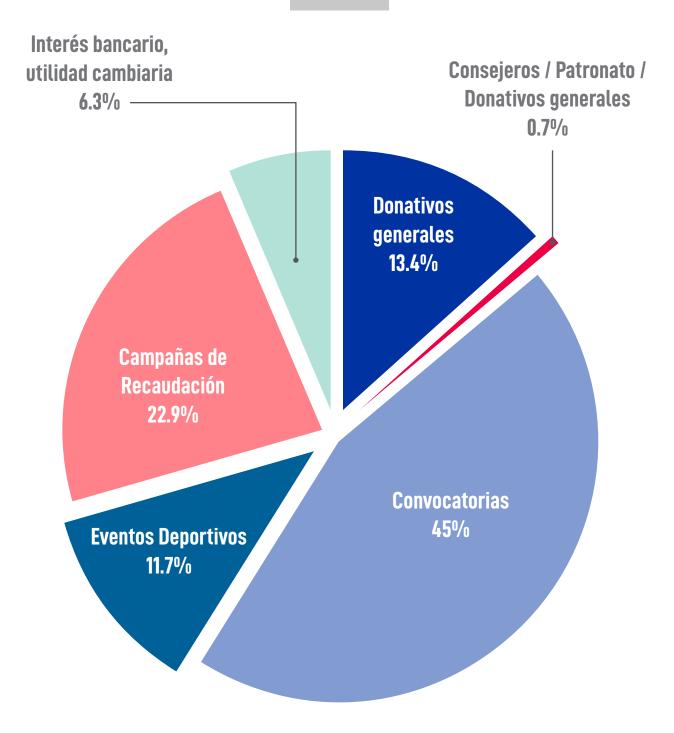
## Ingresos 2020

TOTAL 24.07 M



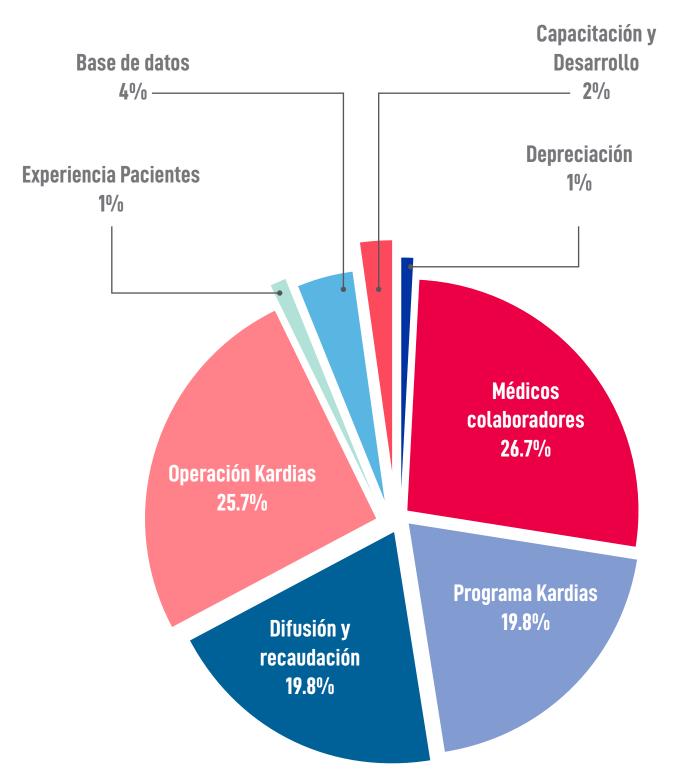
## Ingresos 2021

TOTAL 23.87 M



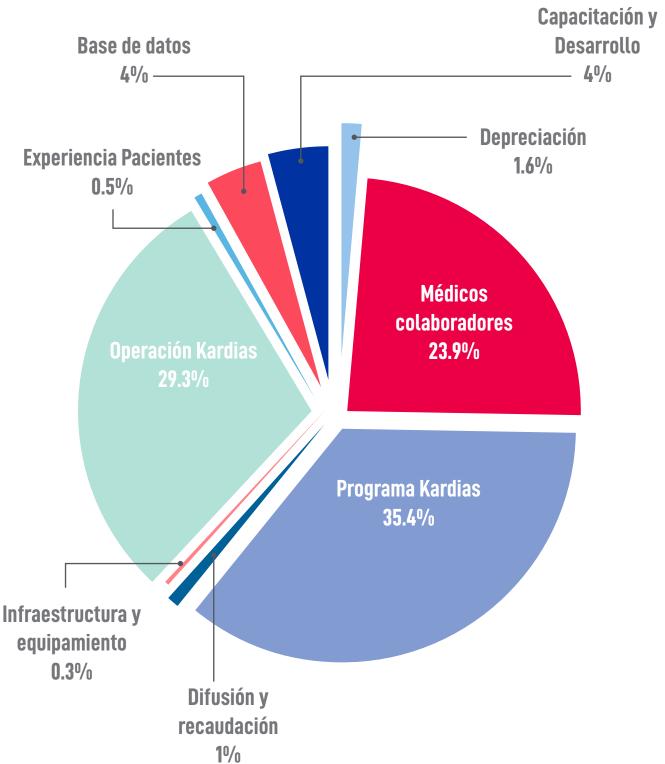
## Egresos 2020

TOTAL 24.64 M



Egresos **2021** 

TOTAL 21.92 M



## **ACKNOWLEDGEMENTS**

De parte de Kardias y de todas las familias beneficiadas, queremos agradecer a las empresas, aliados, y amigos que nos han ayudado a seguir cumpliendo con nuestra misión. Gracias por el trabajo y el apoyo realizado durante el año 2019.





















































































## SPECIALIZED MEDICAL TEAM

#### **Pediatric Cardiothoracic Surgery**

Alexis Palacios-Macedo Quenot M.D.

Pediatric Cardiothoracic Surgeon

Héctor Santiago Diliz Nava M.D.

Pediatric Cardiothoracic Surgeon

#### **Pediatric Cardiology - Echocardiography**

Fabiola Pérez Juárez M.D.

Pediatric Cardiologist

Pediatric and Fetal Echocardiographer

Moisés Mier Martínez M.D.

Pediatric Cardiologist

Pediatric Echocardiographer

Héctor Antonio Sánchez López M.D.

Pediatric Cardiologist

Pediatric Echocardiographer

Andrés González Ortiz M.D.

Pediatric Cardiologist

Pediatric and Fetal Echocardiographer

Jair Rafael Osorio Ugarte M.D.

Pediatric Cardiologist

Pediatric Echocardiographer

#### **Interventional Cardiology**

Juan Pablo Sandoval Jones M.D.

Interventional Cardiologist

Carlos Corona Villalobos M.D.

Interventional Cardiologist

#### **Cardiac Electrophysiology**

Carlos González Rebeles M.D.

Cardiac Electrophysiologist

Gerardo Rodríguez Diez M.D.

Cardiac Electrophysiologist

#### **Pediatric Cardiac Anesthesia and Perfusion**

Orlando José Tamariz Cruz M.D.

Pediatric Cardiovascular Anesthesiologist

Pediatric Cardiac Critical Care Physician

Felipa Acosta Garduño M.D.

Pediatric Cardiovascular Anesthesiologist

Sofía Elizabeth López Ramírez M.D.

Pediatric Cardiovascular Anesthesiologist

Raúl Guillén Rojas M.D.

Pediatric Cardiovascular Anesthesiologist

Lina Sarmiento Argüello M.D.

Pediatric Cardiovascular Anesthesiologist

Luis Motta Amézquita M.D.

Pediatric Cardiovascular Anesthesiologist

Carlos Ixbalamqué Rodríguez Herrera M.D.

Pediatric Cardiovascular Anesthesiologist

Lourdes Carolina Pellecer González M.D.

Pediatric Cardiovascular Anesthesiologist

Gabriela Trejo Gómez

Perfusionist

#### **Pediatric Cardiac Critical Care**

Edgar Omar Hernández Beltrán M.D.

Pediatric Cardiac Critical Care Physician

Aric Araujo Martínez M.D.

Pediatric Cardiac Critical Care Physician

Violeta Castañuela Sánchez M.D.

Pediatric Cardiac Critical Care Physician (INP)

José Alfredo Hernández Suárez M.D.

Pediatric Cardiac Critical Care Physician

María del Carmen Elideth López Aguilera M.D.

Pediatric Cardiac Critical Care Physician

Juan Carlos Iglesias Castillo M.D.

Pediatric Cardiac Critical Care Physician

#### Research and Education

Luis Antonio García Benitez M.D., MS

#### **Psychology**

María Almudena March Mifsut

Psychologist M.A. (INP)

#### **Social Work INP**

Yolanda Gómez

Social Worker



## **OUR TEAM**

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Ma. Dolores Fernández Rodríguez

Director of Strategic Alliances

Alicia Salgado Villegas

**Director of Operations** 

**Elizabeth Palacios Barrientos** 

Manager of Communication and Institutional Linking

Nora Lorena Cerezo Ramírez

Administration and Finance Manager

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María Teresa Carrancedo Ocejo

**Board Member** 

**Mary Annette Vessels** 

**Board Member** 

Sergio Lagunes Vessels

**Board Member** 

Juan Pablo del Río

Secretary (not a member)

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Marcela Gonzalez de Cosio Concepcion Legorreta

Board Member Board Member

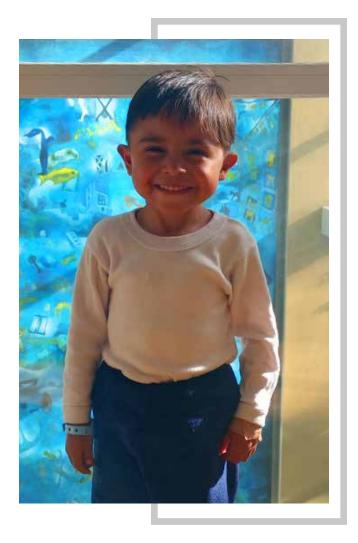
Gordon Lee
Board Member

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Annual Report 2021