

Winning gold! TecSalud Hospital is recognized in cardiology



The [Zambrano Hellion Hospital](#) has been awarded a **gold seal** by the **American Heart Association (AHA) Get With The Guidelines®** program for its best practices in the management of heart attack patients.

According to **Dr. Erasmo de la Peña Almaguer**, Director of TecSalud's Cardiovascular Medicine Institute, this award represents **a major achievement in terms of quality of care**.

*"This is proof that we're on the right track and making progress in the treatment of heart disease in order to **improve the survival rate of our patients**,"* he said.

It should be noted that the hospital is the first private hospital in Mexico to receive this type of recognition from the AHA.

The award was given at the **21st National Cardiology Conference** held by the **National Association of Cardiologists of Mexico (ANCAM)**, one year after receiving the seal for *Silver Plus* level.



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Evidence-based guidelines

Get With The Guidelines® is a program designed for sharing knowledge and evidence-based best practices for treating **cardiovascular diseases**.

It focuses on providing hospitals with tools, education, and support to implement **international guidelines** that deliver better healthcare outcomes.

*“Treating patients based on standardized and scientifically proven procedures has been shown to **significantly improve the prognosis** of a disease,”* said Dr. Erasmo.

He added that applying these international guidelines doesn’t just improve **treatment effectiveness**, but also provides a framework for long-term monitoring of heart disease.

“These guidelines represent the consensus of experts from around the world, making them more robust, reliable, and essential for improving treatment outcomes,” he stressed.



Contributing to a larger project

The Director of the Cardiovascular Medicine Institute also pointed out that this recognition contributes to TecSalud's project to consolidate itself as an **Academic Health Center**.

He explained that this concept is based on **three fundamental pillars: patient care, research** that has an impact on treatments, and **training** of specialized professionals.

"Our goal is to provide patient-centered care, making decisions using a collaborative and personalized approach."

*"Personalized medicine involves adapting treatments to the specific needs of each patient, taking into account both the opinion of an **expert committee** and **medical guidelines**," he said.*

"Scientifically proven treatments significantly improve the prognosis of a disease."

Seeking to prevent the leading cause of deaths in Mexico

According to the doctor, the recognition comes at a time when effective treatment for heart disease has become more important than ever before.

He warned that Mexico is facing a cardiovascular disease problem, pointing out that it's the **leading cause of deaths in the country**.

This is because many people have unhealthy habits and downplay risk factors.

"High cholesterol, high blood pressure, and diabetes aren't always perceived as seriously as they should be, unlike risk factors for other diseases such as cancer," he said.

"These guidelines allow us to effectively apply key knowledge to prevent and treat coronary artery disease so that people can live longer, healthier lives," he added.



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Finally, the doctor highlighted that this achievement is the result of a **collaborative effort** by a multidisciplinary team of health professionals and administrators in the area of cardiology.

"I'm proud to be surrounded by a team that's committed to not only caring for our patients, but also to these continuous improvement projects," he concluded.

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