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## Carlos Slim Institute of Health invests in mobile medicine

**Preventive medicine through online systems to deal with maternal and child health and combat NCDs in Mexico. Johnson & Johnson partnership is the entity with investments of \$ 3 million.**

Like Brazil, Mexico faces challenges in the areas of chronic diseases, maternal and child health and prevention strategies. Given these problems, the Carlos Slim Institute of Health has used mobile technology to help health professionals catalyze a sustainable service. Disadvantaged populations in Latin America are the focus of the institution that sees the region as a great opportunity for change and improvement.

Private, public organizations and NGOs can be partners of the institute. Johnson & Johnson, for example, has invested about \$3 million for a program to fight chronic diseases.

During the World Health Care Congress in Latin America, Oct. 24-25 in Rio de Janeiro, Héctor Rincón Gallardo, the president of the institution, emphasized one of the program's 12 entities. The initiative is supported by three basic guidelines: training of professionals, innovative technologies and efficient supply chain. In the case of professionals, distance learning courses for disease treatment are available on the Internet. In addition, Casasalud developed a digital portfolio for clinics that do not have software tools that help physicians.

"Professionals can search side effects, make a budget or a calculation of medication, among others," explained Rincón.

Specifically for diabetic patients, the institute created the "Diabediarario," an online system that is free to patients that aims to promote the patient's adherence to the control and treatment of disease.

"The patient pricks his finger, for example, to see his blood sugar level and records in the system. The program will assess the level and inform the patient what the further proceedings should be. The history will be recorded," Rincón said.

The system also has tools to alert medications and consultations.

Similar to Diabediarario, there is a program for physical activity where the patient can refer to levels of daily calories. The organization serves 28 primary care centers in Mexico. Preventive medicine has been released worldwide, given the consensus among experts that the cure and prevention enables improvements in the system. Mexico has used mobile technology in favor of prevention.