

GLOCAL CARRER DEVELOPMENT SERIES
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Me and my circumstances

A philosophical, epistemological,
and social engagement approach

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MY PERSONAL EXPERIENCE

- Me and mis circumstances
- Life is a series of collisions with the future;
it is not the sum of what we have been,
but the essence of what we yearn to
become

José Ortega y Gasset



- Linked to a notion of family and
community

My circumstances: Transformative Milestones

1

My origins: humble family of a tailor in a small city

Lessons from my father

Typing

Math

English

LIFE magazine



COLD WAR
ERA

My circumstances: Transformative Milestones

2

1963 Hospital Ship HOPE in Ecuador

- Training of Medical Personnel
- Medical missions to inland cities
 - Medical translator
- New career goal: **MEDICINE**



Wherever the art of
medicine is loved, there
is also a love for
humanity.

Hippocrates

My circumstances: Transformative Milestones

3

1964 USAID: scholarships to study in
USA

American Field Service - Fairport Harbor, Ohio



Broader vision
of the world
and cultures

My circumstances: Transformative Milestones

4

1965 - 1973 Medical school: Latin American Social Medicine

- PAHO : curricular development of the School of Medicine
 - New concepts of Latin America Social Medicine
 - Integration of biological/curative with a social perspective of medicine

Wherever the art of
medicine is loved,
there is also a love for
humanity.
— Hippocrates

My circumstances: Transformative Milestones

5

1973 Marriage and Rural medicine



- A life changing experience
 - Wonderful life in a very poor community: without electricity and running water
 - Understanding the complex situation of poverty – culture- health
 - Future paths to public health and anthropology
- **Broadened perspectives**
- **socio-economic and cultural dimensions**
- **LIVING INTERCULTURALITY**

Medical care 15%
Social factors 85%

My circumstances: Transformative Milestones

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1973 – 1976 Rural medicine in Pedro Moncayo

- Transformative experience
 - getting to know wonderful poor communities
 - full of generosity



My circumstances: Transformative Milestones

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- We discovered
 - the wealth of cultures: the profound exercise of the identity
 - The social, economic and environmental dimensions of Health
 - Latin American Fiction Literature



Julio Cortazar



My circumstances: Transformative Milestones

8

Extended family: discovery of happiness through our children

- Our contribution to the extended family

Our children are the legacy we leave on Earth; material possessions fade away, but they will be the ones to keep our memory alive when we are no longer here..



My circumstances: Transformative Milestones

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Intercultural perspective: understanding and living



WESTERN MEDICINE

- MODERNITY
- Science and technology
- Pharmacology and surgery

Curative
orientation

ANCESTRAL MEDICINE

INDIGENOUS WORLDVIEWS

- Connection with nature
 - Mother earth, sacred water
- **Notion of HARMONY**
 - Human beings
 - Mountains, rivers, species
 - Spirits and ancestors



Health
promotion

My circumstances: Transformative Milestones

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1965 – 1975 Research on endemic goiter and cretinism (MIT – NATIONAL POLYTECHNIC U)

Member of an international research team

Knowledge is not a vessel to be filled, but a fire to be kindled.

Plutarco



My circumstances: Transformative Milestones

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1976 – 1984 PAHO: Postgraduate training

- Medical Sociology (UAM Xochimilco)

- MPH (University of Minnesota)

- PhD Epidemiology

- Broad formal training



My circumstances: Transformative Milestones

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1997 – 2025 Fundación Cimas del Ecuador

- Academic programs with UofM
 - Minnesota Studies in International Development
 - Consortium of public universities of the State of Washington
 - California State University
 - University of Seattle
- **Interdisciplinary and intercultural academic perspectives**



Wholistic
perspective

My circumstances: Transformative Milestones

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2000 – 2009 County Health Council

- Participatory local health planning: health personnel and community members
- Participatory community based research
- Understanding the relevance of models of development: GLOBALIZATION
- Identification of pesticides as an important risk factor
- **Participatory construction of intervencions**

Community efforts

My circumstances: Transformative Milestones

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Relevance of community participation

The importance of community lies in providing a sense of belonging, emotional, social, and economic support. It creates networks of mutual care and solidarity, strengthening identity and fostering connections, where collective well-being becomes a shared goal

- Reduce major health and social inequities
- Improve the determinants of collective health

- Participatory construction of interventions

Community efforts

My circumstances: Transformative Milestones

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Community georeferenced information system

- **FIRST PRIZE 2014**



Innovation Contest: Public Health Solutions Focused on Equity and ICT-Based Approaches in Latin America and the Caribbean

PAHO – IDRC CANADA – UNIVERSITY OF TORONTO

- **Participatory construction of intervencions**

Community efforts

My circumstances: Transformative Milestones

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2008 Need of research on pesticides

- Community hypothesis of cancers
- Concerns of high use of pesticides
- Priority in the county Health plans
- **Recommendation for a research**

My circumstances: Transformative Milestones

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ESPINA Project: Effects of Secondary Exposure to Pesticides on children, adolescents and Young adults

- UCSD – CIMAS funded by NIHS

- LONGITUDINAL STUDY 2008 - 2026

- Cohort of 500 participants

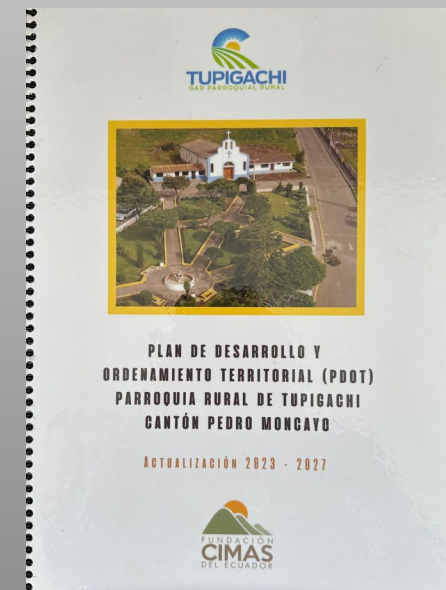
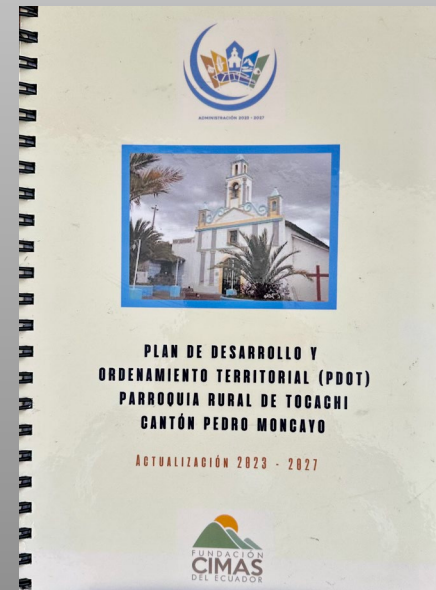
- Integration of research and community efforts

PI : José
Ricardo
Suárez

My circumstances: Transformative Milestones

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2024 Parish development plans



My circumstances: Transformative Milestones

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New relevance of the extended family.

We share the vision of an alternative construction of life, health and wellbeing.

*The new generations
will build upon the experiences
that have been created.*

