

Belize Medical and Dental Association Annual Medical Congress 2026

"From Detection to Decisive Action"

Congress Dates

October 15–17, 2026

Venue

Best Western Biltmore Plaza Hotel
Belize City, Belize

Congress Overview

The Belize Medical and Dental Association welcomes physicians, dentists, specialists and allied health professionals to the Annual Medical Congress 2026. Over three days — a Pre-Congress day and two full Congress days — delegates will engage with cutting-edge scientific sessions, hands-on workshops, and networking opportunities designed to advance clinical practice across Belize and the region.

This year's theme, "**From Detection to Decisive Action**," reflects the congress's commitment to translating evidence into practice — from early identification of disease to confident, timely clinical decision-making.

Thursday, Oct 15

Pre-Congress Day
National Health Insurance & Health-
System Transformation

Friday, Oct 16

Congress Day 1
HIV, Surgical Practice, Imaging & UHC

Saturday, Oct 17

Congress Day 2
Women's Health, Paediatrics, Metabolic
Medicine & Closing

Venue Guide & Participant Notices

The congress is hosted across three dedicated halls at the Best Western Biltmore Plaza Hotel. Please familiarise yourself with each hall's function to plan your congress experience effectively.

River Hall

The primary scientific venue. Hosts the Pre-Congress programme, Opening Ceremony, all plenary scientific modules, the Keynote Address and the Closing Ceremony. All registered delegates are welcome.

Black Orchid Hall

Concurrent hands-on workshops run here simultaneously with the main plenary programme. Also hosts the Closing Social Reception on Saturday evening. **Advance registration required — limited enrollment.**

Toucan Hall

Pharmaceutical and industry exhibition, all coffee breaks and networking lunches. Open throughout both congress days. All delegates are encouraged to visit exhibitors during breaks.

Participant Notices



Workshop Registration

Workshop enrollment is limited. Advance workshop registration is required. Walk-in admission cannot be guaranteed.



Scheduling Conflicts

Workshops run simultaneously with the main plenary programme. Participants should verify their selected workshop times to avoid scheduling conflicts.



Exhibition Access

The pharmaceutical exhibition remains open throughout both congress days. All coffee breaks and networking lunches take place in Toucan Hall.

 **Important:** Concurrent workshops require advance registration and have limited enrollment. Participants attending a workshop will not be able to attend the corresponding plenary module.

Pre-Congress Day

Thursday, October 15, 2026

National Health Insurance, Health-System Transformation and Innovation

Venue

River Hall

Format

Plenary Sessions Only

Focus

NHI, UHC & Innovation

Sessions

6 Scientific Presentations

Full programme details on the following card. No concurrent workshops are scheduled for the Pre-Congress day.

Pre–Congress Programme — River Hall

Focus: National Health Insurance, Health–System Transformation and Innovation

Time	Session / Presentation	Presenter
8:00–8:30 a.m.	Registration and arrival of participants	—
8:30–9:00 a.m.	Welcome and Opening Ceremony — Opening prayer, welcome remarks from the BMDA and remarks from the National Health Insurance Programme	BMDA / NHI
Morning Scientific Sessions		
9:00–9:30 a.m.	Twenty–Five Years of Transformation: The Evolution of National Health Insurance in Belize	Dr. Ramon Figueroa General Manager ,NHI
9:30–10:00 a.m.	The Belize NHI Model: Lessons in Health System Innovation and Universal Health Coverage	Dr. Deysi Mendez, Technical Advisor, NHI
10:00–10:30 a.m.	☕ Coffee Break and Exhibition Viewing – Toucan Hall	—
10:30–11:00 a.m.	Advancing Early Detection and Prevention: The Role of National Health Insurance in Population–Based Cancer Control	Dr. Lesbia Guerra & Dr. Natalia Castillo
11:00–11:30 a.m.	Transforming Care for an Aging Population: Integrating Comprehensive Geriatric Services Within Primary Healthcare	Dr. Omar Aviles
11:30 a.m.–12:00 p.m.	Artificial Intelligence in Clinical Practice: Enhancing Decision–Making, Quality and Patient Outcomes	Mrs. Ruth Jaramillo–Waight
12:00–1:00 p.m.	🍽️ Networking Lunch and Exhibition Viewing – Toucan Hall	—
Afternoon Scientific Sessions		
1:00–1:30 p.m.	Building an AI–Ready Health System: Governance, Ethics and Responsible Adoption	Presenter to be confirmed
1:30–2:00 p.m.	Financing the Future: Sustainability and Resilience of National Health Insurance Systems	Presenter to be confirmed
2:00–2:15 p.m.	Closing Remarks and Acknowledgements	—

Congress Day 1

Friday, October 16, 2026

Module 1

Health Systems & Universal Health Coverage

Module 2

Advances in HIV Prevention and Care

Module 3

Surgical and Clinical Practice

Module 4

Clinical Imaging and Interventional Medicine

River Hall — Plenary

All four modules delivered as plenary scientific presentations. Each presentation approximately 20 minutes; 10-minute audience Q&A at the end of each module.

Black Orchid Hall — Workshops

Morning: Practical Colposcopy for Clinicians

Afternoon (early): Corticosteroid Stewardship

Afternoon (late): Beyond Viral Suppression: Practical HIV Follow-Up



Advance registration required. Limited enrollment. Workshop participants cannot attend the corresponding plenary module.

Congress Day 1 — Morning Programme

Concurrent workshops require advance registration and have limited enrollment. Participants attending a workshop will not be able to attend the corresponding plenary module.

Time	 River Hall – Main Scientific Programme	 Black Orchid Hall – Concurrent Workshop
7:30–8:00 a.m.	Registration and arrival of participants	—
8:00–8:30 a.m.	Opening Ceremony	Practical Colposcopy Workshop begins at 8:00 a.m.
8:30–8:50 a.m.	MODULE 1: Health Systems and Universal Health Coverage Universal Health Coverage in the Americas: Progress, Challenges and the Road Ahead for Belize <i>— Dr. Roberto Bohrt, Advisor, Health Systems and Services, PAHO</i>	Practical Colposcopy for Clinicians: Interpretation, Biopsy and Management <i>— Dr. Veronica Rosado, Gynaecologist and Obstetrician</i> <i>— Dr. Loyden Ken, Anatomical Pathologist</i>
8:50–9:10 a.m.	From Expansion to Transformation: The Future of NHI and UHC in Belize <i>— NHI representative</i>	Colposcopy Workshop continues
9:10–9:30 a.m.	Building the Future of Health in Belize: Strengthening Health Systems for UHC <i>— MOHW representative</i>	Colposcopy Workshop continues
9:30–10:00 a.m.	Module 1 Audience Q&A	Colposcopy Workshop continues
10:00–10:30 a.m.	 Coffee Break and Exhibition Viewing – Toucan Hall	Coffee break; Colposcopy Workshop resumes at 10:30 a.m.
10:30–10:50 a.m.	MODULE 2: Advances in HIV Prevention and Care Advanced HIV Disease: Opportunistic Infections Every Physician Must Recognize <i>— Dr. Valentina Sabido, Internal Medicine Specialist</i>	Practical Colposcopy for Clinicians: Continued
10:50–11:10 a.m.	Cancer in Patients Living with HIV <i>— Dr. Ramon Yacab, Medical Oncologist</i>	Colposcopy Workshop continues
11:10–11:30 a.m.	PrEP and PEP in Clinical Practice <i>— Dr. Joshua Canul, Deputy Assistant Director TB/HIV</i>	Colposcopy Workshop continues
11:30–11:50 a.m.	PrEP and PEP: The Future of HIV Prevention in Belize <i>— Hon. Dolores Balderamos Garcia, National Aids Commission</i>	Colposcopy Workshop continues
11:50 a.m.–12:00 p.m.	Module 2 Audience Q&A	Colposcopy Workshop concludes
12:00–1:00 p.m.	 Networking Lunch and Exhibition Viewing – Toucan Hall	 Networking Lunch and Exhibition Viewing – Toucan Hall

Congress Day 1 — Afternoon Programme

Concurrent workshops require advance registration and have limited enrollment. Participants attending a workshop will not be able to attend the corresponding plenary module.

Time	 River Hall – Main Scientific Programme	 Black Orchid Hall – Concurrent Workshop
1:00–1:20 p.m.	MODULE 3: Surgical and Clinical Practice Orthognathic Surgery: When Orthodontics Cannot Achieve the Goal Alone — Dr. Luis Hernandez, Maxilofacial Surgeon	Corticosteroid Stewardship: Safe, Effective and Evidence-Based Use in Clinical Practice — Dr. Osmin Morales, Internal Medicine Specialist and Rheumatologist
1:20–1:40 p.m.	Advances in the Management of Complex Wounds — Dr. Carlos Alvarado Dumas, Oncologic Surgeon, Guatemala	Corticosteroid Stewardship Workshop continues
1:40–2:00 p.m.	Common Orthopedic Emergencies — Mr. Anand Divekar, Orthopedic Specialist, United Kingdom	Corticosteroid Stewardship Workshop continues
2:00–2:30 p.m.	Module 3 Audience Q&A	Corticosteroid Stewardship Workshop continues
2:30–3:00 p.m.	 Coffee Break and Exhibition Viewing – Toucan Hall	 Coffee Break and Exhibition Viewing – Toucan Hall
3:00–3:20 p.m.	MODULE 4: Clinical Imaging and Interventional Medicine Musculoskeletal Trauma: Clinical Applications of Ultrasound and MRI — Dr. Francisco Diaz, Musculoskeletal Imaging Specialist, Mexico	Beyond Viral Suppression: Practical HIV Follow-Up for Frontline Clinicians — Dr. Valentina Sabido, Internal Medicine Specialist
3:20–3:40 p.m.	Beyond Imaging: Life-Saving Interventional Radiology in Daily Practice — Dr. Bernabe Carrillo, Interventional Radiologist	HIV Follow-Up Workshop continues
3:40–3:50 p.m.	Module 4 Audience Q&A	HIV Follow-Up Workshop continues
3:50–4:00 p.m.	Day 1 announcements and conclusion	HIV Follow-Up Workshop continues until 4:30 p.m.
4:00–4:30 p.m.	—	HIV Follow-Up Workshop continues and concludes

Congress Day 2

Saturday, October 17, 2026

Module 5

Women's Health Across the Continuum

Module 6

Paediatrics

Module 7

Metabolic Medicine — The New Epidemic

Closing

Keynote Address, Ceremony & Social Reception

● River Hall — Plenary

Three scientific modules plus the Closing Keynote Address and Closing Ceremony. Each presentation approximately 20 minutes; 10-minute audience Q&A at the end of each module.

● Black Orchid Hall — Workshops & Reception

Morning (early): Practical Pain Management

Morning (late): Radiology Meets Infectious Disease

Afternoon: Contemporary Wound Management

From 3:30 p.m.: 🎉 Closing Social Reception



Advance registration required. Limited enrollment. Workshop participants cannot attend the corresponding plenary module.

Congress Day 2 — Morning Programme

Concurrent workshops require advance registration and have limited enrollment. Participants attending a workshop will not be able to attend the corresponding plenary module.

Time	 River Hall – Main Scientific Programme	 Black Orchid Hall – Concurrent Workshop
8:00–8:30 a.m.	Registration and arrival of participants	Workshop registration
8:30–8:50 a.m.	MODULE 5: Women's Health Across the Continuum Cervical Cancer in 2026: What Every Physician Needs to Know — Dr. Veronica Rosado, Gynaecologist and Obstetrician	Antibiotic Stewardship — Dr. Rosemary Reyes, Internal Medicine Specialist and Rheumatologist, AMEP
8:50–9:10 a.m.	PMOS in 2026: Redefining Women's Health Beyond Reproduction — Dr. Darwin Pech, Gynaecologist and Obstetrician	Antibiotic Stewardship Workshop continues
9:10–9:30 a.m.	From Infection to Shock: Preventing Death from Gynaecologic and Obstetric Sepsis — Dr. Pamela Arias, Intensive Care Specialist	Antibiotic Stewardship Management Workshop continues
9:30–10:00 a.m.	Module 5 Audience Q&A	Antibiotic Management Workshop continues
10:00–10:30 a.m.	 Coffee Break and Exhibition Viewing – Toucan Hall	 Coffee Break and Exhibition Viewing – Toucan Hall
10:30–10:50 a.m.	MODULE 6: Paediatrics When Parents Say No: Evidence-Based Strategies to Address Vaccine Hesitancy — Dr. Jelua Abdalah, Paediatrician	Radiology Meets Infectious Disease: Case-Based Imaging for Clinical Decision-Making — Dr. Pamela Arias, Internal Medicine and Critical Care — Dr. Loida Montenegro, Radiologist
10:50–11:10 a.m.	Paediatric Tuberculosis: The Cases We Miss and the Consequences of Delay — AMEP	Radiology and Infectious Disease Workshop continues
11:10–11:30 a.m.	Childhood Cancer in Primary Care: Early Recognition Saves Lives — Dr. Zairie Cawich, Paediatric Oncologist	Radiology and Infectious Disease Workshop continues
11:40 a.m.–12:00 p.m.	Module 6: Q&A Session	Radiology and Infectious Disease Workshop continues and concludes at 12:00 p.m.
12:00–1:00 p.m.	 Networking Lunch and Exhibition Viewing – Toucan Hall	 Networking Lunch and Exhibition Viewing – Toucan Hall

Congress Day 2 — Afternoon Programme

Concurrent workshops require advance registration and have limited enrollment. Participants attending a workshop will not be able to attend the corresponding plenary module.

Time	 River Hall – Main Scientific Programme	 Black Orchid Hall – Concurrent Workshop
1:00–1:20 p.m.	MODULE 7: Metabolic Medicine — The New Epidemic Obesity in 2026: Are We Entering the Era of Transformative Therapy? — Dr. Ivan Depaz, Internal Medicine Specialist.	Contemporary Wound Management: — Dr. Jeane Fuenmayor, Plastic Surgeon
1:20–1:40 p.m.	Beyond the Liver: MASLD as a Systemic Disease — Dr. Kevin Pena, Gastroenterologist	Contemporary Wound Management Workshop continues
1:40–2:00 p.m.	Cardio–Kidney–Metabolic Disease: The New Common Language of Chronic Disease Management — Dr.Natashia Gongora, Nephrologist	Contemporary Wound Management Workshop continues
2:00–2:10 p.m.	Module 7 Audience Q&A	Contemporary Wound Management Workshop continues
2:10–2:30 p.m.	Exhibition viewing and transition	Contemporary Wound Management Workshop continues and concludes at 2:30 p.m.
2:30–3:00 p.m.	Closing Keynote Address: "Safety and Prevention of Errors" — Dr. Nandita Divekar, Consultant in Anaesthesia and Intensive Care Medicine, United Kingdom	—
3:00–3:30 p.m.	Closing Ceremony – River Hall	—
From 3:30 p.m.	—	 Closing Social Reception – Black Orchid Hall

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Venue Summary

- **River Hall:** Pre–Congress, plenary sessions, keynote and closing ceremony
- **Black Orchid Hall:** Concurrent workshops and Closing Social Reception
- **Toucan Hall:** Exhibition, coffee breaks and networking lunches

Key Reminders

- Workshop enrollment is limited — advance registration required
- Walk-in admission to workshops cannot be guaranteed
- Workshops run simultaneously with the main plenary programme
- Verify your selected workshop times to avoid scheduling conflicts
- The pharmaceutical exhibition remains open throughout both congress days
- All coffee breaks and networking lunches take place in Toucan Hall

Thursday, Oct 15

Pre–Congress — NHI & Health–System Transformation — River Hall

Saturday, Oct 17

Congress Day 2 — Women's Health, Paediatrics, Metabolic Medicine, Closing Keynote & Reception

Friday, Oct 16

Congress Day 1 — UHC, HIV, Surgery, Imaging — River Hall & Black Orchid Hall

📌 We look forward to welcoming you to Belize City for three days of scientific excellence, professional development and collegial exchange. The Belize Medical and Dental Association thanks all speakers, workshop facilitators, sponsors and delegates for their participation and support.