OCTOBER 15–17, 2026
Best Western Biltmore Plaza Hotel
Belize City, Belize

XLIII
BMDA ANNUAL MEDICAL CONGRESS

"From Detection to Decisive Actiom, Advancing Integrated Care To Reduce Mortality in 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 Actiom, Advancing Integrated Care To Reduce Mortality in Belize**" 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
Sponsored by 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



XLIII BMDA ANNUAL MEDICAL CONGRESS

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

XLIII
BMDA ANNUAL MEDICAL CONGRESS

Pre-Congress Day
Thursday,
October 15, 2026

National Health Insurance, Health-System Transformation and Innovation

National Health Insurance
"NHI, an enabler of quality health and wellness for ALL"

VENUE
River Hall

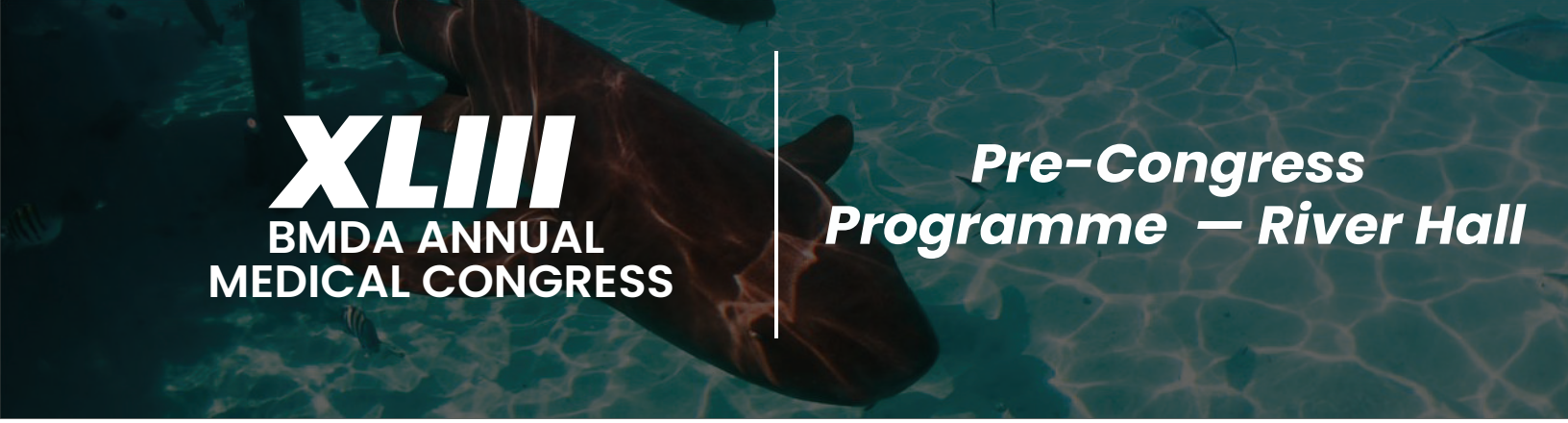
FORMAT
Plenary Sessions Only

FOCUS
NHI, UHC & Innovation

SESSION
6 Scientific Presentations

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

Belize Medical and Dental Association 19 81



XLIII BMDA ANNUAL MEDICAL CONGRESS

Pre-Congress Programme — River Hall

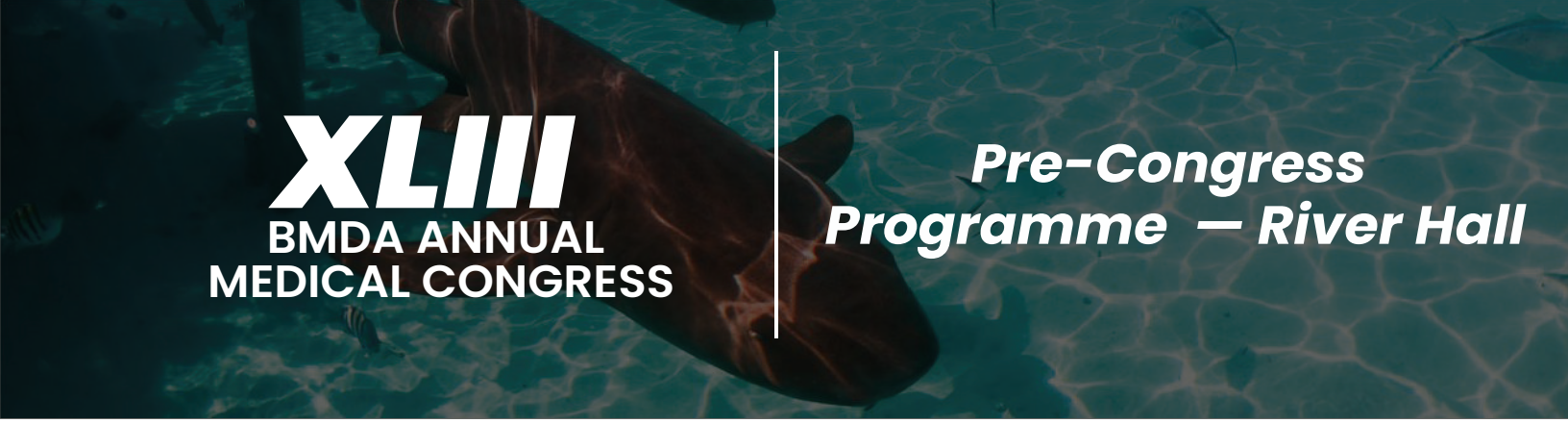
PRE-CONGRESS - THURSDAY, OCTOBER 15, 2026

In Partnership with the National Health Insurance Programme

Commemorating 25 Years of NHI in Belize

XLIII BMDA Annual Medical Congress 2026 - From Detection to Decisive Action

TIME	SESSION / PRESENTATION	PRESENTER
8:00-9:00a.m.	**Registration**	
9:00-9:45 a.m.	**GRAND OPENING CEREMONY - XLIII BMDA ANNUAL MEDICAL CONGRESS 2026**	
	Master of Ceremonies	Mr. Rory Guity
	National Anthem of Belize	Mrs. Cindy Burgos
	Prayer Service / Invocation	Dr. Julian Hall
	In Memoriam - A Legacy of Service	**Dr. Julitta Bradley** Chairlady Medical Council Of Belize
	Welcome Address	**Dr. Ramón Argenes Yacab** President, BMDA
	25th Anniversary Remarks	**Dr. Marco Tulio Mendez** Chair, NHI
	Remarks	**Mr. Jerome Palma** CEO SSB
	Remarks	**Mrs. Narda Garcia** CEO Office of the Prime Minister
	Special Video Message	**Rt Hon. Said Musa** Former Prime Minister of Belize (Pre-recorded)
	Keynote Address	**Hon. Cordel Hyde** Deputy Prime Minister of Belize



XLIII BMDA ANNUAL MEDICAL CONGRESS

Pre-Congress Programme — River Hall

TIME	SESSION / PRESENTATION	PRESENTER
9:45-10:15 a.m.	**OPENING COFFEE BREAK & EXHIBITION VIEWING** Toucan Hall	
10:15-10:45 a.m.	**Twenty-Five Years of Transformation: The Evolution of National Health Insurance in Belize**	**Dr. Ramon Figueroa** General Manager, NHI
10:45-11:15 a.m.	**The Belize NHI Model: Lessons in Health-System Innovation and Universal Health Coverage**	**Dr. Deysi Mendez** Technical Advisor, NHI
11:15-11:25 a.m.	**Audience Q&A Session**	
11:30 -12:00 p.m.	**Advancing Early Detection and Prevention: The Role of National Health Insurance in Population Based NCD and Cancer Control**	**Dr. Lesbia Guerra** Quality Assurance Manager, NHI **Dr. Natalia Rodriguez Castillo** Health Services Manager, NHI
12:00-1:00 p.m.	**LUNCH & EXHIBITION VIEWING**	
1:00-1:30 p.m.	**Transforming Care for an Aging Population: Integrating Comprehensive Geriatric Services Within Primary Healthcare**	**Dr. Omar Aviles**
1:30-1:40 p.m.	**Audience Q&A Session**	
1:40-2:10 p.m.	**Artificial Intelligence in Clinical Practice: Enhancing Decision-Making, Quality and Patient Outcomes**	**Mrs. Ruth Jaramillo Waight** Purchasing and Planning Manager, NHI
2:15-2:45 p.m.	**PANEL DISCUSSION - Delivering Quality Care Through NHI, Our Journey as Primary Care Providers**	**Moderator:** Dr. Angel Campos **Panelists:** ● Dr. Marcelo Coye - BMDA - South Side Primary Care Provider ● Dr. Joan Burke - Skeen - BFLA ● Dr. Javier Reyes - La Asuncion Primary Care Provider ● Dr. Perlita Aldana - Clinica Nueva Esperanza Primary Care Provider
2:45-2:55 p.m.	**Audience Q&A Session**	
3:00-3:30 p.m.	**COFFEE BREAK & EXHIBITION VIEWING** Toucan Hall	
3:30-4:00 p.m.	**Financing the Future: Sustainability and Resilience of National Health Insurance Systems**	**Dr. Natalia Houghton** Regional Technical Officer PAHO **Dr. Roberto Bohr** Health Systems Advisor PAHO
5:00 p.m.	**NHI 25th Anniversary Cocktail Reception** Feature the NHI 25th Anniversary Awards of Distiction	



XLIII BMDA ANNUAL MEDICAL CONGRESS

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

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.

XLIII BMDA ANNUAL MEDICAL CONGRESS

Congress Day 1 Morning Programme

TIME	RIVER HALL – PLENARY	BLACK ORCHID HALL
7:45–8:30 a.m.	**Registration, Welcome Coffee**	
	MODULE 1 · HEALTH SYSTEMS & UNIVERSAL HEALTH COVERAGE	**PARALLEL WORKSHOP**
8:30–8:50 a.m.	**Universal Health Coverage in the Americas: Progress, Challenges and the Road Ahead for Belize** **Dr. Roberto Bohrt** Advisor, Health Systems and Services · PAHO	**PRACTICAL COLPOSCOPY FOR CLINICIANS** Interpretation, Biopsy and Management **Dr. Veronica Rosado** Obstetrician and Gynecologist St. Luke Hospital **Dr. Loyden Ken** Anatomical Pathologist Belize Cancer Research and Diagnostic Center *Part I · 8:30–10:00 a.m.*
8:50–9:10 a.m.	**From Expansion to Transformation: The Future of NHI and UHC in Belize** **Dr. Ramon Figueroa** General Manager, NHI	
9:10–9:30 a.m.	**Building the Future of Health in Belize: Strengthening Health Systems for UHC** **Dr. Melissa Diaz Musa** Ministry of Health & Wellness	
9:30–10:00 a.m.	**Module 1 · Audience Q&A**	
10:00–10:30 a.m.	**COFFEE BREAK & EXHIBITION VIEWING** Toucan Hall	**COFFEE BREAK**
	MODULE 2 · ADVANCES IN HIV PREVENTION & CARE	**PARALLEL WORKSHOP**
10:30–10:50 a.m.	**Advanced HIV Disease: Opportunistic Infections Every Physician Must Recognize** **Dr. Valentina Sabido** Internal Medicine Specialist, KHMHA	**PRACTICAL COLPOSCOPY FOR CLINICIANS · PART II** *10:30 a.m.–12:00 p.m.*
10:50–11:10 a.m.	**Cancer in Patients Living with HIV** **Dr. Ramon Yacab** Medical Oncologist · KHMHA	
11:10–11:30 a.m.	**PrEP and PEP in Clinical Practice** **Dr. Joshua Canul** Ministry Of Health And Wellness	
11:30–11:45 a.m.	**Module 2 · Audience Q&A**	
11:45 a.m.–1:00 p.m.	**NETWORKING LUNCH & EXHIBITION VIEWING** Toucan Hall	**NETWORKING LUNCH**



XLIII BMDA ANNUAL MEDICAL CONGRESS

Congress Day 1 Afternoon Programme

TIME	RIVER HALL - PLENARY	BLACK ORCHID HALL
	MODULE 3 · SURGICAL AND CLINICAL PRACTICE	**CONCURRENT WORKSHOP**
1:00-1:20 p.m.	**Orthognathic Surgery: When Orthodontics Cannot Achieve the Goal Alone** **Dr. Luis Hernandez** Maxillofacial Surgeon	
1:20-1:40 p.m.	**Advances in the Management of Complex Wounds** **Dr. Carlos Alvarado Dumas** Oncologic Surgeon, Guatemala	**Corticosteroid Stewardship: Safe, Effective and Evidence-Based Use in Clinical Practice** **Dr. Osmin Morales** Internal Medicine Specialist and Rheumatologist
1:40-2:00 p.m.	**Common Orthopedic Emergencies** **Mr. Anand Divekar** Orthopedic Specialist, United Kingdom	
2:00-2:30 p.m.	**Module 3 Audience Q&A**	
2:30-3:00 p.m.	**Coffee Break and Exhibition Viewing** Toucan Hall	**Coffee Break**
	MODULE 4 · CLINICAL IMAGING & INTERVENTIONAL MEDICINE	**CONCURRENT WORKSHOP**
3:00-3:20 p.m.	**SSB's Health Care Feature for the Submission of Electronic Medical Certificates. Leveraging Technology for Improved Seevice Delivery.** **Mr. Ward McGregor** Social Security	
3:20-3:40 p.m.	**The Importance of Health Insurance in Healthcare** **Ms. Amy Forte** Sagicor	**Beyond Viral Suppression: Practical HIV Follow-Up for Frontline Clinicians** **Dr. Valentina Sabido** Internal Medicine Specialist, KHMHA
3:40-4:00 p.m.	**Beyond Imaging: Life-Saving Interventional Radiology in Daily Practice** **Dr. Bernabe Carrillo** Interventional Radiologist, BHPL	



XLIII BMDA ANNUAL MEDICAL CONGRESS

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
Practical HIV Follow-Up
From 3:30 p.m : Closing Social Reception

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



XLIII BMDA ANNUAL MEDICAL CONGRESS

Congress Day 2 Morning Programme

TIME	RIVER HALL - PLENARY	BLACK ORCHID HALL
8:00-8:30 a.m.	Registration and arrival of participants	Workshop registration
	MODULE 5 · WOMEN'S HEALTH ACROSS THE CONTINUUM	**CONCURRENT WORKSHOP**
8:30-8:50 a.m.	**Cervical Cancer in 2026: What Every Physician Needs to Know** **Dr. Veronica Rosado** Obstetrician and Gynecologist St. Luke Hospital	
8:50-9:10 a.m.	**PCOS in 2026: Redefining Women's Health Beyond Reproduction** **Dr. Darwin Pech** Obstetrician and Gynecologist St. Luke Hospital	**Antibiotic Stewardship** **Dr. Clara Esquivel** Pediatric Infectious Disease Specialist AMEP
9:10-9:30 a.m.	**From Infection to Shock: Preventing Death from Gynecologic and Obstetric Sepsis** **Dr. Pamela Arias** Internal Medicine and Critical Care Medicine Specialist Northern Medical Specialist Plaza	
9:30-10:00 a.m.	**Module 5 Audience Q&A**	
10:00-10:30 a.m.	**Coffee Break and Exhibition Viewing** Toucan Hall	**Coffee Break and Exhibition Viewing** Toucan Hall
	MODULE 6 · PAEDIATRICS	**CONCURRENT WORKSHOP**
10:30-10:50 a.m.	**When Parents Say No: Evidence-Based Strategies to Address Vaccine Hesitancy** **Dr. Jelua Abdalah** Pediatrician, St. Luke Hospital	**Radiology Meets Infectious Disease: Imaging for Clinical Decision-Making** **Dr. Pamela Arias** Internal Medicine and Critical Care Medicine Specialist Northern Medical Specialist Plaza **Dr. Loida Montenegro** Radiologist Belize Healthcare Partners Limited
10:50-11:10 a.m.	**Childhood Cancer in Primary Care: Early Recognition Saves Lives** **Dr. Zairie Cawich** Pediatric Oncologist, KHMHA	
11:10-11:20 a.m.	**Module 6 Q&A Session**	
11:20 a-11:40 a.m.	**Musculoskeletal Trauma: Clinical Applications of Ultrasound and MRI** **Dr. Francisco Diaz** Radiologist and Musculoskeletal Imaging Specialist Mexico	
11:40–11:50 a.m	**Sponsored Spotlight** Accuracy Matters: Confidence in Blood Glucose Monitoring Sponsored by ZMX	
12:00-1:00 p.m.	**Networking Lunch and Exhibition Viewing** Toucan Hall	**Networking Lunch and Exhibition Viewing** Toucan Hall

XLIII BMDA ANNUAL MEDICAL CONGRESS

Congress Day 2 Afternoon Programme

TIME	RIVER HALL - PLENARY	BLACK ORCHID HALL
	MODULE 7 · METABOLIC MEDICINE · THE NEW EPIDEMIC	**CONCURRENT WORKSHOP**
1:00-1:20 p.m.	**Obesity in 2026: Are We Entering the Era of Transformative Therapy?** **Dr. Ivan Depaz** Internal Medicine Specialist St Luke Hospital	
1:20-1:40 p.m.	**Beyond the Liver: MASLD as a Systemic Disease** **Dr. Kevin Pena** Gastroenterologist St Luke Hospital	**Contemporary Wound Management** **SPONSORED BY BINNOVO**
1:40-2:00 p.m.	**The Domino Effect of CKM syndrome: Push One, They All Fall down.** **Dr. Natashia Gongora** Internal Medicine Specialist and Nephrologist Karl Heusner Memorial Hospital Authority	
2:00-2:20 p.m.	**Module 7 Audience Q&A**	
2:30-3:00 p.m.	**Exhibition Viewing and Transition**	
3:00-3:30 p.m.	**Closing Keynote Address: Safety and Prevention of Errors** **Dr. Nandita Divekar** Consultant in Anaesthesia and Intensive Care Medicine, United Kingdom	
3:30-4:00 p.m.	**Closing Ceremony** River Hall	
4:00 p.m.	**CLOSING SOCIAL RECEPTION**	**Closing Social Reception** Black Orchid Hall



SPECIALIZED OFF-SITE RADIOLOGY WORKSHOP

EVENT

Musculoskeletal Imaging: Practical Applications of Ultrasound and MRI

Dr. Francisco Díaz

Radiologist and Musculoskeletal Imaging Specialist | Mexico

2:00 p.m. – 4:30 p.m.

Venue:

Belize Healthcare Partners – Radiology Department

In collaboration with the Association of Radiologists of Belize

For Radiologists Only | Limited Capacity | Pre-registration Required

ARB
ASSOCIATION OF RADIOLOGISTS OF BELIZE

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OCTOBER 15–17, 2026
Best Western Biltmore Plaza Hotel
Belize City, Belize

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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 Hal

Venue Summary

River Hall: Pre-Congress, plenary sessions, keynote and closing ceremon

Black Orchid Hall: Concurrent workshops and Closing Social Reception

Toucan Hall: Exhibition, coffee breaks and networking lunches

Thursday, Oct 15

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

Friday, Oct 16

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

Saturday, Oct 17

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

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

XLIII BMDA ANNUAL MEDICAL CONGRESS

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PRE-CONGRESS PRESENTING PARTNER

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