



Newsletter

February 2024

#LOVE FOR MEXICO

Cancer

Prevention and Detection

February marks World Cancer Day, a date intended to increase awareness of this disease and promote prevention, early detection and treatment.

Cancer symptoms can vary depending on the type and location of cancer, but some common signs include changes in moles or lumps, persistent cough, abnormal bleeding, unexplained weight loss, fatigue, difficulty swallowing, skin changes, and persistent pain. .

It is important to remember that prevention and early detection are essential to combat cancer. Adopting a healthy lifestyle, avoiding tobacco, maintaining a healthy weight, exercising regularly, and undergoing regular medical exams can help reduce the risk of developing cancer or detect it in its early stages, when it is most treatable.



During **February**

We remain steadfast in our commitment to provide medical care to the most underserved communities through our Free Medical Care Days. This month, thanks to our dedication and collective effort, we achieved the following:

- 6 localities in 1 municipality in the state of Campeche
- 9 localities in 2 municipalities in the state of Chiapas
- 18 localities in 3 municipalities in the state of Guanajuato
- 1 localities in 1 municipality in the state of Guerrero
- 14 localities in 11 municipalities in the state of Hidalgo
- 10 localities in 5 municipalities in the state of Nuevo León
- 12 localities in 3 municipalities in the state of Puebla
- 62 localities in 8 municipalities in the state of Tabasco
- 39 localities in 5 municipalities in the state of Veracruz

Thanks to our teamwork, we provided assistance in family medicine, dentistry, nutrition, cancer screenings with mammograms, and health promotion workshops to help communities stay healthy.



Our **impact**

The Free Medical Care Days through Mobile Medical Units in the month of February attended to 18, 547 people in 9 states of Mexico.

Campeche

- 1,185** Family medical consultations
- 1,624** Dental interventions
- 75** Ultrasound and electrocardiograms

Guanajuato

- 1,821** Family medical consultations
- 4,094** Dental interventions
- 135** Ultrasound and electrocardiograms

Hidalgo

- 1,048** Family medical consultations
- 1,728** Dental interventions
- 108** Ultrasound and electrocardiograms

Puebla

- 249** Family medical consultations
- 995** Dental interventions
- 24** Ultrasound and electrocardiograms

Veracruz

- 2,429** Family medical consultations
- 3,039** Dental interventions
- 173** Ultrasound and electrocardiograms

Chiapas

- 751** Family medical consultations
- 1,678** Dental interventions
- 127** Ultrasound and electrocardiograms
- 108** Detections of breast cancer

Guerrero

- 34** Family medical consultations
- 105** Dental interventions

Nuevo León

- 654** Family medical consultations
- 1,608** Dental interventions
- 72** Ultrasound and electrocardiograms

Tabasco

- 9,051** Family medical consultations
- 14,210** Dental interventions
- 837** Ultrasound and electrocardiograms
- 743** Detections of breast cancer

Recognition of our

#LoveforMexico



"I want to thank you for the free medical care you gave us and the pharmacy was a great help. Thank you for taking care of us!"

Jorge C.

(Name assigned to protect patient's privacy)

"The free medical care was a real blessing for us, it helped us a lot"

Adriana R.

(Name assigned to protect patient's privacy)



"The care I received at the general office and at the dentist was very helpful. I hope they can come back soon."

Gerardo T.

(Name assigned to protect patient's privacy)

"I hope you return soon, as medical care is greatly needed, thank you."

Monica G.

(Name assigned to protect patient's privacy)



Be part of our mission



If you are looking for a way to make a real difference in the lives of vulnerable communities in Mexico, we invite you to consider making a donation to our free medical care days. Your contribution, no matter its size, can make a significant impact on the health of each individual. Make your donation through our website: www.ubga.org.mx/donations, or make a **DIRECT** donation with the following reference:

Firm name:

Un Buen Grupo de Amigos, A.C.

Clabe:

012650001990359826

Account number:

0199035982

Bank:

BBVA Bancomer

SWIFT/BIC:

BCMRMXMMPYM

(International deposits)

If you reside abroad, you can make a direct donation using the **SWIFT/BIC** reference provided above, or through the [GlobalGiving](#) platform to obtain your tax-deductible receipt.



We working in **alliance** with:



**Special thanks for
your generosity!**

Your donation has made it possible for us to continue providing medical assistance to our communities. Your support has been essential in improving the health and well-being of those who need it the most.

Thank you again for making a difference in Mexico!



Certifications and **authorizations**

Nationals

- Member of the Mexican Center for the Philanthropy
- Accreditation in Organization and Transparency
- Certificate of Capacity, Quality, and Security for Medical Care, issued by the Coordination for Quality and Education in Health, from the Health Ministry of the state of Puebla
- Authorized grantee for deductible national donations. Last publication DOF January 18th 2024
- Authorized grantee for deductible international donations. Last publication DOF January 18th 2024



International

- Trace Anti-Bribery Compliance Solution Trace Certification ID: tc7162-5416
- Member of Global Giving
- Certificate of credibility by D&B Record number 812799196



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