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# Newsletter

## FEBRUARY 2025

## Cancer: Prevention, Detection and Awareness

February is World Cancer Day, a day meant to raise awareness about this disease and highlight the importance of its prevention, early detection, and treatment.

Symptoms can vary depending on the type and location of the cancer, but some of the most common include changes in moles or lumps, persistent cough, unusual bleeding, unexplained weight loss, constant fatigue, difficulty swallowing, skin changes, and prolonged pain.

Prevention and early diagnosis are essential to fighting cancer. Adopting a healthy lifestyle, maintaining a balanced weight, engaging in regular physical activity, and attending regular medical checkups can help reduce the risk and increase the chances of successful treatment.



# 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:

- 11 localities in 1 municipality of the state of Campeche
- 10 localities in 2 municipalities of the state of Chiapas
- 11 localities in 3 municipalities of the state of Hidalgo
- 11 localities in 4 municipalities of the state of Puebla
- 53 localities in 10 municipalities of the state of Tabasco

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 10,372 people in 5 states of Mexico.

## Campeche

- 1,069** Family medical consultations
- 1,655** Dental interventions
- 187** Ultrasound and electrocardiograms
- 235** Detections of breast cancer

## Chiapas

- 836** Family medical consultations
- 1,281** Dental interventions
- 109** Ultrasound and electrocardiograms

## Hidalgo

- 926** Family medical consultations
- 2,110** Dental interventions
- 98** Ultrasound and electrocardiograms

## Puebla

- 386** Family medical consultations
- 6,274** Dental interventions
- 56** Ultrasound and electrocardiograms

## Tabasco

- 5,790** Family medical consultations
- 10,360** Dental interventions
- 491** Ultrasound and electrocardiograms



# Recognition of our

## #LoveforMexico



*"I'm deeply grateful for these consultations, as I really needed them and they came at the perfect time. I wish I could count on them again."*

**Sofia A.**

(Name assigned to protect patient's privacy)

*"The treatment we received was very good for everyone in the community and I express my greatest gratitude."*

**Rodrigo M.**

(Name assigned to protect patient's privacy)



*"I am extremely grateful for the care I received and look forward to your return soon."*

**Carla C.**

(Name assigned to protect patient's privacy)

*"The care at the unit we visited was exceptional; the doctors and staff were very kind. Thank you very much."*

**Rodolfa M.**

(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](http://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](https://www.globalgiving.org) platform to obtain your tax-deductible receipt.



We working in **alliance** with:



GlobalGiving

**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 03rd 2025
- Authorized grantee for deductible international donations. Last publication DOF January 03rd 2025



## International

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





## ¡Take action with us!

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## Contact **Ubga**



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