

Curriculum Vitae and Bibliography

Juan Cardenas Rosales, MD

1. Personal Information

2. Present Academic Rank and Position

Instructor in Medicine - Mayo Clinic College of Medicine and Science	09/2022 - Present
Medical Director - Mayo Clinic, Jacksonville, Florida International Medicine Practice subsection (General Internal Medicine Department)	10/2022 - Present
Consultant - Division of General Internal Medicine, Department of Internal Medicine, Mayo Clinic, Jacksonville, Florida	10/2024 - Present

3. Education

Universidad Anahuac, Mexico City, Mexico - MD	01/2001 - 03/2008
Texas Tech University Health Sciences Center at the Permian Basin, Odessa, Texas - Residency, Internal Medicine	07/2012 - 07/2015

4. Certification

Board Certifications

American Board of Internal Medicine (ABIM)

Internal Medicine	2016 - Present
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Other Certifications

Mayo Clinic Quality Academy

Mayo Clinic Quality Fellow: Bronze Level Certification	2023
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5. Licensure

Texas	Q3488 (Medical)	2015 - 2022
Florida	ME152870 (Medical)	2021 - Present

6. Honors and Awards

The Angeles Clinica Londres Hospital Poster Contest Winner - Londres Hospital, Puebla, Mexico	2006 - Present
Doctor/Pod of the Month - Gonzaba Medical Group	02/2019
Adjunct Assistant Professor - University of Texas Health Science Center at San Antonio, TX, San Antonio, Texas	09/2019 - 08/2022
Medical Correspondent - Univision 41. , San Antonio, Texas Official Medical Correspondent for Univision 41, San Antonio regarding COVID-19 pandemics information.	02/2020 - 08/2021
Spokesperson for Television - Gonzaba Medical Group	03/2020 - 2021

7. Previous Professional Positions and Major Appointments

Primary Care Physician - Estado de Mexico Public Health Department	02/2007 - 02/2008
Clinical Medical Assistant - Angeles Clinica Londres Hospital, Mexico City, Mexico	05/2008 - 05/2009
Clinical Medical Assistant - Angeles Clinica Londres Hospital, Mexico City, Mexico	08/2010 - 07/2011
Resident Physician - Texas Tech University Health Sciences Center at Permian Basin	07/2012 - 07/2015
Internal Medicine Physician - Baptist Health System	08/2015 - 10/2021
Internal Medicine Physician - Gonzaba Medical Group	08/2015 - 10/2021

Adjunct Assistant Professor - The University of Texas Health Science Center, San Antonio, Texas 09/2019 - 08/2021

Senior Associate Consultant - Division of General Internal Medicine, Department of Internal Medicine, Mayo Clinic, Jacksonville, Florida 10/2021 - 10/2024

8. Service

Military

Community Memberships and Services

Mayo Clinic
 Guest Speaker 04/2022
 Volunteer - Community Projects 04/2022 - 05/2022

Mexican National Soccer Symposium
 Medical Contributor 04/2019

Rock and Roll Marathon
 Medical Contributor 2017

9. Professional Memberships and Societies

Professional Memberships and Services

ACP Florida
 Judge 10/2022 - Present
 Member 08/2023 - 10/2023
 Member (first term) 09/2023 - Present
 Judge 10/2023 - 10/2023
 Member 07/2024 - Present

American College of Physicians
 Fellow (FACP) 04/2019 - Present
 Abstract Reviewer 12/2022 - Present
 Member 12/2023 - Present

American College of Physicians, Abstract Review Board for 2018 ACP National Abstract Competition
 Abstract and Case Reviewer 02/2018

American College of Physicians
 Abstract Review Board
 Member 10/2019

Abstract Review Board for 2020 ACP National Abstract Competition
 Member 02/2020

National Poster Finals 2019 Internal Medicine Meeting
 Judge 04/2019

Texas Chapter
 General Internal Medicine Statewide Preceptorship Program
 Mentor 04/2019 - Present

American Medical Association
 Member 02/2022 - Present
 Committee Member 09/2022 - Present

Journal Editorial Responsibilities

BMJ Global Health
 Abstract Reviewer 01/2022 - Present

10. Education Interests and Accomplishments

A. Curriculum and Course Development

Bronze Quality Essentials Certification 04/2023
 Quality Improvement
 Jacksonville, Florida

B. Teaching

USMLE: The road to a medical residency in the United States. 04/07/2016 - Present

Alpha Group at the Anahuac University
 Mexico City, Mexico

New Strategies on Preventive Medicine 03/24/2022
 For Unity Willis Towers Watson Panama
 Webinar
 Panama City, Panama

C. Academy of Educational Excellence

D. Mentorship

Individual and Position	Timeframe	Outcomes	Current Status
Rodriguez Nava, Guillermo International Visitor/Observer	5/2021	Successfully matched into an Internal Medicine Program and then completed fellowship at Stanford University.	ID Fellow, Stanford University
Perusina, Johnny Research Fellow	8/2023 - 6/2024	Successfully matched into a Family Residency position.	PGY-1 Family Medicine Resident

E. Academic Career Development

42nd Annual Practice of Internal Medicine. 05/2022 - 05/2022
 Rochester, Minnesota

Florida SPARC 2030 Alumni 10/2022 - 03/2023
 SPARC (Self-reflect, Purpose, Alignment, Run, Connect) 2030 is a career development opportunity for staff to create and advance their personalized, strategic career plan, while connecting and engaging with colleagues across the Florida Department of Medicine. Participants will build and develop critical skills for career success.
 Mayo Clinic Florida, Jacksonville, Florida
 Jacksonville, Florida

Mayo Clinic Alumni Association, International Meeting. 06/2024 - 06/2024
 Mayo Clinic Alumni Association, International Meeting.
 Trondheim, Norway

F. Educational Activities

Social Media Education, creating content regarding the USMLE and how to become a Doctor in the United States., page directed to International Medical Graduates on Instagram, currently with 9,750 active followers approximately.

11. Institutional/Departmental Administrative Responsibilities, Committee Memberships and Other Activities

Mayo Clinic

Association of Latinos at Mayo (ALMA)
 Vice-Chair 01/01/2022 - 01/09/2024

Mayo Clinic in Florida

Center for Digital Health - Florida Commiittee Member Mayo Clinic Florida Department of Medicine Digital Health and Practice Transformation Committee	09/02/2024 - Present
Department of Internal Medicine Champion Digital Transformation Champion/Division of General Internal Medicine.	01/02/2023 - Present
Innovation Advocates Commiittee Member Mayo Clinic Florida Innovation Advocates	08/26/2024 - Present
International Activities Subcommittee Member	01/09/2024 - Present

Activities at Other Institutions

American College of Physicians Commiittee Member Early Career Physicians Council - ACP Florida Chapter	09/02/2024 - Present
Gonzaba Medical Group Education Committee Co-Director	09/2020 - 10/2021

12. Presentations Extramural

National or International

Invited

Mayo Clinic Model of Care Lecture Global Summit of Internal Medicine 2024, Mexico City, Mexico Mexico City, Mexico	05/03/2024
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Oral

New Strategies on Preventive Medicine Educational Session for Unity Willis Towers Watson Panama International Webinar Panama City, Panama	03/24/2022
Post-Sequelae of COVID-19: Available Therapies Juan Cardenas Rosales, MD Oral presentation 2nd Annual Mayo Clinic Specialty Updates for the Generalist Team 2023 Kissimmee, Florida	03/30/2023
Post COVID-19 Evaluation and Medical management. Current approach for post COVID-19 patients. Global Summit of Internal Medicine Mexico City, Mexico	05/04/2023 - 05/06/2023
Your health is everything: Know how to take care of it. "Tu salud lo es todo, conoce como cuidarla" Webinar SUMUM Montevideo, Uruguay	07/06/2023
From Clinica Londres to the Mayo Clinic Congress Closing Presentation Hospital Angeles Health System Cancun, Mexico	08/10/2023
The importance of Networking Oral presentation.	04/06/2024

The IMG event, Miami Dade College Miami, Florida	
Post COVID 19, evaluation and management Oral presentation. Zilele Medicale Sibiene, Sibiu, Romania Sibiu, Romania	04/26/2024
Post Sequelae of COVID-19: Evaluation and Management. Oral presentation XXVIII Colombian Internal Medicine Congress. Cartagena, Colombia	08/15/2024
Evidence Based Prevention: USPSTF recommendations applied to Internal Medicine. Congress Closing presentation. 25th Anniversary CoNAJMI National Congress Guadalajara, Mexico	10/10/2024 - 10/12/2024
Poster	
**Physician burnout, the reality no one wants to talk about... what to do and how to prevent it? 35th World Congress of Internal Medicine Cancun, Mexico	12/2020
**Severe Asymptomatic Hypertension in the outpatient setting: Evaluation & Treatment 35th World Congress of Internal Medicine Cancun, Mexico	12/2020
Regional	
Invited	
IMGs Mentorship and Networking Discussion panel American College of Physicians Florida Chapter Annual Meeting Tampa Bay, Florida	10/27/2023 - 10/28/2023
Physician Immigration Options for IMGs after Residency Discussion Panel American College of Physicians Florida Chapter Annual Meeting Tampa Bay, Florida	10/27/2023 - 10/29/2023
Physician Immigration Options for IMGs after Residency Discussion Panel American College of Physicians Florida Chapter Tampa Bay, Florida	10/28/2023
Poster	
Endovascular Treatment of Abdominal Aortic Aneurysm in High Risk Patients Antonio Marcos Diaz, MD, Ignacio Escotto, MD, Teresita Espinosa, MD, Hector Carrero, MD, Juan Carlos Cardenas Rosales, MD Concepts in Contemporary Cardiovascular Medicine Houston, Texas	04/2009
Prevention of Radio-Contrast Mediated Acute Renal Injury with Intravenous Sodium Bicarbonate - Results of the PRIMARY Trial Fernando Bocalandro, Laura Harmon, Tallat Fahim, Samia Sheikh, Juan C Cardenas. Janie Lopez, Sudhir Amaram, Manohar Angirekula Texas Tech University Health Sciences Center, 23rd Annual Research Day	05/2014
Prevention of Radio-Contrast Mediated Acute Renal Injury with Intravenous Sodium Bicarbonate - Results of the PRIMARY Trial Fernando Bocalandro, Laura Harmon, Tallat Fahim, Samia Sheikh, Juan C Cardenas. Janie Lopez, Sudhir Amaram, Manohar Angirekula	09/2014

Transcatheter Cardiovascular Therapeutics (TCT 2014)
Washington, District of Columbia

Unclassified

My experience practicing in the US as an International Medical Graduate. Positive Action Leaders lecture series. Universidad Anahuac, Mexico. Mexico City, Mexico	10/11/2022
Post Covid-19: The new challenge. Mayo Clinic Event. Mexico City, Mexico. Mexico City, Mexico	10/12/2022

*** Indicates that the presentation was not delivered due to COVID-19*

13. Visiting Professorship

14. Clinical Practice, Interests, and Accomplishments

Demographic and clinical characteristics of the international practice at Mayo Clinic Florida: A retrospective study.
International Medicine Practice

15. Quality Initiatives

Quality Improvement Projects

Quality

Gold quality project aimed at reducing same-day add-on orders. (In process) 02/01/2023 - Present

16. Research Interests and Accomplishments

Systematic Review for PASC (Post Acute Sequelae of SARS COV-2 infection): February 2022-Present. Mayo Clinic Florida.

Endovascular Repair in Inferior Vena Caval Obstruction, Acute & Long term results: Includes data collection, analysis, case management of protocol participants and follow up evaluation carried out in compliance with the Institutional Review Board and the Health Insurance Portability and Accountability Act (HIPAA) standards at our institution.

Long Term Follow up after Carotid Artery Stenting: Includes data collection, analysis, case management of protocol participants and follow up evaluation carried out in compliance with the Institutional Review Board and the Health Insurance Portability and Accountability Act (HIPAA) standards at our institution.

Long Term Follow-up after EVAR with the Excluder Stent Graft:
Includes data collection, analysis, case management of protocol participants and follow up evaluation carried out in compliance with the Institutional Review Board and the Health Insurance Portability and Accountability Act (HIPAA) standards at our institution.

Prevention of Radio-contrast Mediated Acute Renal Injury with intravenous sodium bicarbonate – Results of the PRIMARY Trial: Includes data collection, analysis, case management of protocol participants and follow up evaluation carried out in compliance with the Institutional Review Board

17. Research Grants Awarded

Active Grants

Completed Grants

18. Inventions, Commercialization and Offering

A. Patents

Patent Number Country Date Filed Date Issued

B. Other

19. Bibliography

Peer-reviewed Articles

1. Canales JF, **Cardenas JC**, Dougherty K, Krajcer Z. Single center experience with percutaneous endovascular repair of superior vena cava syndrome. *Catheter Cardiovasc Interv.* 2011 Apr 1; 77 (5):733-9 Epub 2011 Mar 16 PMID: 21061246 DOI: 10.1002/ccd.22871
2. Jhawar N, **Cardenas Rosales J**, Gonzalez-Estrada A. Localized Delayed T-cell Mediated Hypersensitivity After mRNA SARS-CoV-2 Vaccination. *Cureus.* 2023 Feb; 15 (2):e35271 Epub 2023 Feb 21 PMID: 36968947 PMID: PMC10035941 DOI: 10.7759/cureus.35271

Non-Peer-reviewed Articles

Conference Reports

Books

Book Chapters

1. Chapter 13: The Internist's role as the main coordinator of the multidisciplinary team. In: Distribuna, editor(s). *Hospital Medicine (Medicina Hospitalista, Tomo 1/Spanish)*. 1 ed. Volume 1. Chapter 13. Bogota, Colombia: Distribuna; 2024. p. 93.

Edited Books

Editorials

Commentaries

Audio/Video/CD-ROM/etc.

Abstracts

1. Krajcer Z, Canales JF, **Cardenas JC#**, Dougherty K. Single Center Experience With Endovascular Intervention for Superior and Inferior Vena Cava Syndrome *Journal of Endovascular Therapy.* 2010; 77(5):733-739.
2. Bocalandro Fernando, Harmon Laura, Fahim Tallat, Sheikh Samia, Lopez Janie, Amaram Sudhir, Angirekula Manohar. Prevention of Radio-Contrast Mediated Acute Renal Injury with Intravenous Sodium Bicarbonate - Results of the PRIMARY Trial. Fernando Bocalandro, Laura Harmon, Tallat Fahim, Samia Sheikh, Juan C Cardenas. Janie Lopez, Sudhir Amaram, Manohar Angirekula *Journal of the American College of Cardiology.* 2014; 64(11):TCT-259. Abstract no. B76.

Letters

Stamp Vignettes

Thesis

Ask Mayo Expert Model

Ask Mayo Expert Topic

Clinical Knowledge Asset

Book Reviews

Scientific Reports

Miscellaneous

Social Media Activity

1. Univision 45, Houston Texas. Afternoon Show: Noticias 45 a las 5pm. Interviewee. TV Appearance. Interviews. 1/1/2015
2. Univision 41, San Antonio, Texas. Morning Show: Despierta San Antonio. Interviewee. TV Appearance. Interviews. 1/1/2016
3. Univision 41, San Antonio, Texas. Morning Show: Despierta San Antonio. Interviewee. TV Appearance. Interviews. 1/1/2017

4. Univision 41, San Antonio, Texas. Morning Show: Despierta San Antonio. Interviewee. TV Appearance. Interviews. 1/1/2018
5. KENS-5, San Antonio, Texas. Great Day San Antonio. Interviewee. Talk Show. Interviews. 1/1/2019
6. COVID-19 updates and health related topics. 30 TV Interventions for Univision 41 and Telemundo 60 in San Antonio. Medical Correspondent. TV Appearance. Interviews. 1/1/2020
7. Creating content regarding the USMLE and how to become a Doctor in the United States., page directed to International Medical Graduates on Instagram, currently with 9,000 active followers approximately. @dr.juancarlosmd. Chief Content Officer. Instagram. Academic Blog. 2/7/2020
8. Coronavirus Special Coverage, Univision 41: Noticias 41 a las 5 pm.. Interviewee. TV Appearance. Interviews. 4/1/2020
9. Spanish interview about the Omicron COVID-19 variant increase in cases. Interviewee. TV appearance. Interviews. 12/16/2021
10. COVID mutations.. Interviewee. Radio interview/UniRadio informa(Mexico). Interviews. 1/7/2022
11. Interviewed by El Universal, digital newspaper, most important newspaper in Mexico, regarding World's Hearing Day. . Interviewee. El Universal Digital Newspaper.. Interviews. 3/3/2023
12. "Food Allergies, a condition to put attention to." . Interviewee. Sumedico.com. Interviews. 4/20/2023
13. Actual status of the disease. El Herald de Mexico (Digital and Printed Newspaper). . Interviewee. El Herald de Mexico (Digital and Printed Newspaper). Interviews. 5/9/2023
14. COVID-19 boosters.. Interviewee. Salud, Dinero y Amor, Siempre 88.9 FM (Mexico). Podcast. 5/9/2023
15. World's No Tobacco Day 2023, special edition. . Interviewee. Chilango.com(Mexico). Interviews. 5/31/2023
16. World's Alzheimer Day, how to know if you are at risk.. Interviewee. Maspormas.com (Mexico). Interviews. 9/21/2023
17. This is the anti-inflammatory cayenne pepper smoothie a nutritionist is taking to increase her satiety: Health benefits of Cayenne pepper. . Interviewee. Vogue (Mexico and Latin America). . Article. 1/23/2024
18. Colon Cancer is on the rise in young adults, what is the reason? . Interviewee. Reporte Indigo - Conexion Indigo with Mariano Riva Palacio. Interviews. 1/24/2024
19. The survivors of the tragedy in the Andes urinated almost black. Why?. Interviewee. CNN en espanol. Interviews. 1/27/2024
20. Little by little: Small changes can lead to heart health, Mayo Clinic expert says. Interviewee. Mayo Clinic News Network Platform. Mayo Clinic News Network. 2/13/2024
21. Little by little: Small changes can lead to heart health, Mayo Clinic expert says. Interviewee. Mayo Clinic News Network. Scientific Articles. 2/13/2024
22. The nutritional supplements don't replace a healthy diet. . Interviewee. Selecciones Reader's Digest, Mexico. Interviews. 3/1/2024
23. Small changes can lead to heart health, Interview. Interviewee. La Nacion(Argentina). Interviews. 4/6/2024
24. Mayo Clinic Minute: Sleep and heart health. Interviewee. Mayo Clinic News Network Platforms. Scientific Articles. 5/20/2024
25. Obesity and Malnutrition interview. Interviewee. Imagen Radio (Mexico). Interviews. 6/24/2024

Forthcoming

1. Munipalli B, **Cardenas Rosales J**. Pharmacologic and Nonpharmacologic Treatment of Long COVID: A Meta-narrative review. Global Advances in Integrative Medicine and Health 2024.
2. Ahmad R, **Cardenas J**, Galeano S, Perusina J, Munipalli B, Squire J, Alhaj M, Jiang J. Acquired Angioedema as the First Sign of Lymphoproliferative Disorder: Case Report and Review of Literature Journal of Investigative Medicine High Impact Case Reports 2024.

* Indicates the primary author was a mentee of this author.

Indicates the authors contributed equally.