


Laura Mata Balderas, MD –DABFM

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EDUCATIONAL DEGREES

Medicine School: Universidad Autónoma de Nuevo León, México (1978-1985)

Internship: Tito Mattei Hospital, Yauco, P.R. (1987-1988)

Residency: Family Practice Residency– Dr. Pila’s Program, Ponce, P.R. (1990-1993)

Specialty: Family Medicine

Board Certification: American Board of Family Medicine (1993-1999)

Board Recertification:

Jul 09, 1993 - Jul 08, 2000
Jul 09, 2000 - Aug 04, 2005
Aug 05, 2005 - Apr 08, 2015
Apr 09, 2015 -

License To Practice Medicine: Full unrestricted licensure – Permanent No. 9021, 1988 Puerto Rico

Positions Held

January 2011– Present Mayaguez Medical Center, Mayaguez, P.R.
Family Medicine Residency – Assistant of Program Director

1995-2010 Bella Vista Hospital Mayaguez, P.R.
Family Medicine Residency – Assistant of Program Director

Hospital Affiliation:

Bella Vista Hospital - Active Staff (1995-2010)
Mayaguez Medical Center - Active Staff (2011-Present)

**Membership in Medical,
Professional or Scientific Society:**

American Academy for Family Physicians
Society of Teachers of Family Medicine

Scholarship Activities:

2018

The Prevalence of Depression Among the Elderly Population in a Family Medicine Center after Hurricane Maria

2017

Association between Vitamin D supplements intake and frequency of falls in the elderly population in a family medicine outpatient clinic.

2016

The effects of different educational methods on the rate of vaccinations in a population susceptible to pneumonia.

2013

Prevalence of Select Variables in Hypertensive Subjects within the Population of Western Puerto Rico.

Published Articles:

“Prevalence of Select Variables in Hypertensive Subjects within the Population of Western Puerto Rico” American Academy of Family Physicians & Geriatrics Academy of Puerto Rico, February 2014

Presentations:

Acute Coronary Syndrome
Post-Menopausal Syndrome
Most Common Dermatoses in the Elderly Patient

Languages:

Spanish and English (oral and written)