

Diego Chambergo-Michilot, MD
Lima, Peru | diegochm1705@gmail.com | 24 years old |
+51993319306

SUMMARY

Versatile young physician offering a unique combination of data analysis, medical knowledge, being autodidact, and research experience. Experience in conducting research protocols, and managing research grants. Physician with multicultural background seeking to improve the health through evidence-based medicine. My top topics of interests are heart failure, coronary disease, preventive cardiology, and clinical trials.

EDUCATION

Scientific University of the South, Lima, Peru

March 2016 – March 2023

Student in the Top10 list of my year according to my grades (performance)

Step 1 score: passed at first attempt (December 2021)

PROFESSIONAL EXPERIENCE

Latin American Doctors for America

April 2022 – Present

Tweetorials

- Medical student fellow in charge of Tweetorials about reduction of disparities in health care.

American College of Cardiology

April 2021 – Present

Ambassador at the Medical Student Leadership Group

- Promote the activities of the ACC's Medical Student Leadership Group through social media.
- Support activities of the ACC's Medical Student Leadership Group.

Summer program in clinical and epidemiological research, with a major in bariatric surgery, obesity and metabolic diseases

January 2021 – December 2021

- Intern

“CHANGE” Research Working Group

January 2021 – Present

Associate researcher

- Institutionalized research group from the Scientific University of the South.
- This group is conformed mainly by physicians and statisticians.
- The top topics of research are cardiology and gerontology.

Latin American Cardiology Network

November 2020 – Present

Director and founder

- Network dedicated to promote evidence-based information about cardiovascular topics.
- The second main goal is to generate a network for research in cardiology, where medical students and physicians can work together.

Department of Cardiology Research, Torres de Salud

July 2020 – Present

National Research Center

Associate researcher

- Department of a private clinic dedicated to generate research on mainly heart failure and coronary disease mortality prevention.

Summer program in Epidemiological Research at the Health Evidence Generation and Synthesis Unit (San Ignacio de Loyola University, Peru, 2019)

- Intern

January 2019 – February 2019

Summer Academic Rotation at the Institute for Health Technology Assessment in Health and Research

Late 2018

- Intern

Standing Committee on Scientific Publications – Medical Students Association – Scientific University of the South

January 2017 – December 2017

Past deputy

- Participated in promoting publishing of scientific publications.
- Taught several classes of methodology and biostatistics.

VOLUNTEERING EXPERIENCE

- 2 consecutive years of social and educational volunteering at Caraz (Ancash, Peru).

SKILLS

- **Languages:** English (TOEFL ITP 2021: 600), Spanish (mother tongue)
- **Advanced Software skills:** Microsoft office (Word, PowerPoint, and Excel), R & R Studio programming, Statistical Package for Social Science (SPSS), STATA
- **Technical skills:** Data cleaning, database development, data manipulation, time-series analysis, data visualization, epidemiological and clinical study design (cohort, case-control, cross-sectional studies), cluster analysis, systematic review and meta-analysis design, academic writing, literature review, protocol writing
- **Soft skills:** Able to work in a fast-paced environment, time-management techniques, leadership, teamwork, detail-oriented, and strong writing and oral skills

AWARDS

- Scholarship funding from the *Fundación Instituto Hipólito Unanue* (2021). Link: <https://www.fihu.org.pe/alumnos-ciencias-la-salud-recibieron-becas-integrales-estudios/>
- First place in Research papers modality in the II Panamerican Scientific Congress (Peru, 2020)
- Third place in Research papers modality in the 2019 Scientific Congress of the Medical College of Peru (Peru, 2019)
- Third place in Research papers modality in the Regional Scientific Conference of the Center (Peru, 2019)
- “John Bonica” Palliative Care Research Award (by Grunenthal) for the First place in Undergraduate research papers modality (Peru, 2019)
- Second place in Case Report modality in the Regional Scientific Conference of the Center (Peru, 2018)

GRANTS

- Winner of the “Fondo de Semilla” grant supported by the Scientific University of the South (2020): 4,000 \$
- Winner of the Peruvian American Medical Society Grant (2019): 4,000 \$

PRESENTATIONS AND ATTENDED CONGRESSES

- **American College of Cardiology 2021 – 70th Annual Scientific Session** (Member ID: 3443092). One abstract selected for virtual presentation: Chambergo-Michilot D, Tauma-Arrué A, Loli-Guevara S, Huaman MR, Mego JC, Alvarez-Vargas M, Segura-Saldaña PA. Effects of incorporating lung ultrasound in heart failure follow-up: a systematic review and meta-analysis. Available in: <https://www.jacc.org/doi/full/10.1016/S0735-1097%2821%2902252-X>
- **European Society of Cardiology Congress 2020** (ESC ID: 1092939). Attendance.
- **American College of Surgeons Clinical Congress 2020: A Virtual Stage for Virtually Limitless Opportunities.** One abstract selected for virtual presentation: Razuri Bustamante CR, De la Cruz Ku GA, Chambergo-Michilot D, Dongo Valdez PF, Salinas G. Impact of Laparoscopic Sleeve Gastrectomy in Esophagitis and Its Predictors Based on Pathology Review. JACS. 2020;231(4):S23
- **XVII International Conference Americas’ Network for Chronic Diseases Surveillance (Colombia, 2020).** One abstract selected for oral presentation: Chambergo-Michilot D. Middle East respiratory syndrome coronavirus, cardiovascular comorbidities and mortality: a systematic review and meta-analysis.
- **The 26th Cochrane Colloquium (Chile, 2020).** One abstract selected for virtual presentation: Chambergo-Michilot D, Brañez-Condorena AB, Alva-Díaz C, Sequeiros J, Abanto C, Pacheco-Barrios K. Evidence-based appraisal of blood pressure reduction in spontaneous intracerebral hemorrhage: A scoping review and overview.
- **II Panamerican Scientific Congress (2020).** One abstract selected for oral presentation: “Trends and geographic variation in mortality from coronary heart disease in Peru: 2005-2017”.
- **IV Ordinary General Meeting (2020).** Attendance.
- **American College of Cardiology Latin American Conference (Colombia, 2019).** Two abstracts selected for poster presentation: 1) Chambergo-Michilot D, Brañez-Condorena AB, Alva-Díaz C, Sequeiros J, Abanto C, Pacheco-Barrios. Evidence-based appraisal

of blood pressure reduction in spontaneous intracerebral hemorrhage: A scoping review and overview; 2) Chambergo-Michilot D, Failoc-Rojas V. Association between ethnicity and hypertension in Peru: results of an analysis of the Encuesta Demográfica y de Salud Familiar, ENDES 2017.

- **Scientific Congress of the Medical College of Peru (Peru, 2019).** One abstract selected for oral presentation: “Association between ethnic groups and arterial hypertension in Peru: results of a 2018 national survey”.
- **The Regional Scientific Conference of the Center (2018).** One abstract selected for oral presentation: “Tuberculous meningoencephalitis associated with osteoarticular tuberculosis. A Case report”.

CERTIFICATES

- Certificate on **Introduction to the Principles and Practice of Clinical Research 2021-2022** (National Institutes of Health, 2022)
- Web of Science Academy Certificate on **Reviewing in the Sciences** (2021)
- Web of Science Academy Certificate on **An Introduction to Peer Review** (2021)
- Certificate on **Responsible Conduct of Research** (QUIPU- Centro Andino de Investigación y Entrenamiento en Informática para la Salud Global, 2017)

PUBLICATIONS (n=53)

1. **Chambergo-Michilot D**, Runzer-Colmenares FM, Segura-Saldaña PA. Discontinuation of Antihypertensive Drug Use Compared to Continuation in COVID-19 Patients: A Systematic Review with Meta-analysis and Trial Sequential Analysis. *High Blood Press Cardiovasc Prev.*2023; doi.org/10.1007/s40292-023-00579-0
2. Montalvan-Sanchez E, **Chambergo-Michilot D**, Rodriguez-Murillo A, Brooks A, Palacios-Argenal D, Rivera-Pineda S, et al. High-Dose vs. Low-Dose Dexamethasone in Patients With COVID-19: A Cohort Study in Rural Central America. *Journal of Acute Medicine.*2023;13(1):P36-40.
3. Beas R, Riva-Moscoso A, Ribaud I, **Chambergo-Michilot D**, Argean Norwood D, Karkash A, et al. Prevalence of depression among patients with chronic pancreatitis: A systematic review and meta-analysis. *Clin. Res. Hepato.*2023;47(5).
4. Mendoza-Quispe D, **Chambergo-Michilot D**, Moscoso-Porras M, Bernabe-Ortiz A. Hypertension prevalence by degrees of urbanization and altitude in Peru: pooled analysis of 186 906 participants. *Journal of Hypertension.*2023;10.1097/HJH.0000000000003444
5. Valcarcel B, Enriquez-Vera D, De la Cruz-Ku G, **Diego Chambergo-Michilot**, Calderón-Huaycochea H, Malpica L. Epidemiological Features and Outcomes of HTLV-1 Carriers Diagnosed With Cancer: A Retrospective Cohort Study in an Endemic Country. *JCO Global Oncol.* 2023;9:e2200369.
6. **Diego Chambergo-Michilot**, De la Cruz-Ku G, Sterner R, Brañez-Condorena A, Guerra-Canchari P, Stulak K. Clinical characteristics, management, and outcomes of patients with primary cardiac angiosarcoma: A systematic review. *J Cardiovasc Thorac Res.*2023;15(1),1-8
7. **Diego Chambergo-Michilot**, Noé Atamari-Anahui, Pedro Segura-Saldaña, Ana Brañez-Condorena, Carlos Alva-Díaz, Daniel Espinoza-Alva. Trends and geographical variation in mortality from coronary disease in Peru. *PloS one.* 2022;17(9): e0273949
8. Gabriel De la Cruz Ku, Manish Karamchandani, **Diego Chambergo-Michilot**, Alexis R Narvaez-Rojas, Michael Jonczyk, Fortunato S Príncipe-Meneses, et al. Does breast-conserving surgery with radiotherapy have a better survival than mastectomy? A meta-analysis of more than 1,500,000 patients. *Annals of Surgical Oncology.* 2022. 29:6163-6188
9. Ahmad Karkash, **Diego Chambergo-Michilot**, Rawan Aljaras, Eleazar E Montalvan-Sanchez, Celeste Díaz-Pardavé, Adrian Riva-Moscoso, et al. S63 Prevalence of Depression in Patients With Chronic Pancreatitis: A Systematic Review and Meta-Analysis. *ACG.* 117. 10S:e45-e46
10. C Rojas-Contreras, G De la Cruz-Ku, ME Eyzaguirre-Sandoval, **Chambergo-Michilot D**, JS Torres-Roman. Fire burns matter: A case-control study of severe accidental burns in pediatric patients. *Electron J Gen Med.* 2023; 20 (1): em432
11. G De la Cruz Ku, C Rojas Contreras, **Chambergo-Michilot D**, JS Torres-Roman, FS Príncipe-Meneses, F Rioja Torres, et al. HIV therapy adherence and outcomes in Peruvian military personnel over a 30-year period. *Electron J Gen Med.* 2023; 20 (2): em443
12. **Chambergo-Michilot D**, Huaman MR, Rodrigo-Gallardo PK, Vasquez-Chavesta AZ, Salinas-Sedo G, Toro-Huamanchumo CJ. Association between hypertension and severity of NAFLD among adults with obesity. *Metabolism.* 2022;128: 155077
13. Rázuri C, **Chambergo-Michilot D**, De la Cruz-Ku G, Dongo P, Salinas G. Effect of Gastric Sleeve Surgery on Esophagitis in Obese Patients: A Pre-post Surgery Study. *Electron J Gen Med.* 2022;19(3):em373
14. Espinoza Gutierrez G, Yance-Cacñahuaray G, Runzer-Colmenares F, **Chambergo-Michilot D**, Falvy-Bockos I, Vidal-Neira L. Association Between Hip-Waist Ratio and Physical Performance in Older Adults. *Electron J Gen Med.* 2022;19(2),em355
15. Diaz-Arocutipá C, Benites-Meza J, **Chambergo-Michilot D**, Barboza JJ, Pasupuleti V, Bueno H, et al. Efficacy and Safety of Colchicine in Post-acute Myocardial Infarction Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Front. Cardiovasc. Med.* 8:676771. doi: 10.3389/fcvm.2021.676771
16. Urrunaga-Pastor D, **Chambergo-Michilot D**, Runzer-Colmenares FM, Pacheco-Mendoza J, Benites-Zapata VA. Prevalence of Cognitive Impairment and Dementia in Older Adults Living at High Altitude: A Systematic Review and Meta-Analysis. *Dement Geriatr Cogn Disord.* 2021. DOI: <https://doi.org/10.1159/000514471>

17. Segura-Saldaña PA, **Chambergo-Michilot D**, Alarcón-Santos JE, Aguilar C, Alvarez-Vargas ML, Padilla-Reyes M, Leon-Vivar R, Pariona-Javier M. Evaluating three biomarkers as prognostic factors of in-hospital mortality and severity in heart failure: A prospective cohort. *Rev Port Cardiol*. 2021. DOI: 10.1016/j.repc.2021.03.010
18. **Chambergo-Michilot D**, Barros-Sevillano S, Rivera-Torrejón O, De la Cruz-Ku GA, Custodio N. Factors associated with COVID-19 in people with Parkinson's disease: a systematic review and meta-analysis. *Eur J Neurol*. 2021. DOI: 10.1111/ene.14912
19. Barboza JJ, **Chambergo-Michilot D**, Velasquez-Sotomayor M, Silva-Rengifo C, Diaz-Arocutipa C, Caballero-Alvarado J. Assessment and management of asymptomatic COVID-19 infection: A Systematic Review. *Travel Medicine and Infectious Disease*. 2021. DOI: <https://doi.org/10.1016/j.tmaid.2021.102058>
20. **Chambergo-Michilot D**, Chambergo Campos I. Association between Hypertension and Immunosuppression in SARS-CoV-2 Infection. *Electron J Gen Med*. 2021; 18 (4): em297
21. **Chambergo-Michilot D**. Sarcopenia: new alternative for diagnosis in places with limited access to health technologies. *Gerokomos*. 2021;32(1)
22. Barboza JJ, **Chambergo-Michilot D**, Velasquez-Sotomayor M, Silva-Rengifo C, Diaz-Arocutipa C, Caballero-Alvarado J, et al. Assessment and management of asymptomatic COVID-19 infection: A systematic review. *Travel Med Infect Dis*. 2021;41:102058.
23. **Chambergo-Michilot D**, Tauma-Arrué A, Loli-Guevara S. Effects and safety of SGLT2 inhibitors compared to placebo in patients with heart failure: A systematic review and meta-analysis. *IJC Heart & Vasculature*. 2021;32:100690
24. Taylor L, Mmani-García CS, Gutiérrez-Pingo A, Benites-Meza JK, **Chambergo-Michilot D**, Gálvez-Díaz N, Barboza JJ. Metastatic infection by *Staphylococcus aureus* in neonates: about a case. *Bionatura*. 2021;6(3). DOI: 10.21931/RB/2021.06.03.25
25. Gnoni M, McCann T, Riva-Moscato A, Príncipe-Meneses FS, **Chambergo-Michilot D**. Acute Pulmonary Histoplasmosis related to occupational roofing: a case report of two brothers. *Curr. Med. Mycol*. Link: http://cmm.mazums.ac.ir/article_139758.html
26. Castañeda-Sabogal A, **Chambergo-Michilot D**, Toro-Huamanchumo CJ, et al. Outcomes of Ivermectin in the treatment of COVID-19: a systematic review and metaanalysis. *medRxiv*. 2021; DOI:10.1101/2021.01.26.21250420.
27. Vélez-Páez JL, Armendáriz-Carvajal AC, Rueda-Barragán FE, Castro-Reyes EE, Escola-Brito AC, **Chambergo-Michilot D**, Castillo-Sancho SA, Hilario-Gomez MM, Barboza JJ. Utility of cytometric parameters and indices as predictors of mortality in patients with sepsis. *Infectio*. 2021;25(3):153-158
28. **Chambergo-Michilot D**, Brañez-Condorena A, Falvy-Bockos I, Pacheco-Mendoza J, Benites-Zapata VA. Efficacy of omega-3 supplementation on sertraline continuous therapy to reduce depression or anxiety symptoms: A systematic review and meta-analysis. *Psychiatry Research*. 2021;296:113652
29. **Chambergo-Michilot D**, Brañez-Condorena AB, Alva-Díaz C, Sequeiros J, Abanto C, Pacheco-Barrios. Evidence-based appraisal of blood pressure reduction in spontaneous intracerebral hemorrhage: A scoping review and overview. *Clin. Neurol. Neurosurg*. 2021;202:106497
30. **Chambergo-Michilot D**, Rebatta-Acuña A, Delgado-Flores CJ, Toro-Huamanchumo CJ. Socioeconomic determinants of hypertension and prehypertension in Peru: Evidence from the Peruvian Demographic and Health Survey. *PLoS ONE*. 2021;16(1):e0245730
31. **Chambergo-Michilot D**, Diaz-Barrera ME, Benites-Zapata VA. Revisiones de alcance, revisiones paraguas y síntesis enfocada en revisión de mapas: aspectos metodológicos y aplicaciones. *Rev Peru Med Exp Salud Publica*. 2021;38(1):136-42
32. Azañedo D, **Chambergo-Michilot D**, Hernández-Vásquez A. Associations between chronic conditions and oral health services utilization in older Peruvian adults: a pooled analysis of the Demographic and Health Survey 2015-2017. *Epidemiol Health*. 2020;42:e2020023
33. Runzer-Colmenares FM, Falvy-Bockos I, **Chambergo-Michilot D**. Temporal arteritis, Sjögren's syndrome and mixed pain components as manifestations in a diabetic older adult: systematic review based on a case report. *Reumatologia*. 2020;58(3):179-183
34. De-la-Cruz-Ku Gabriel, Luyo Marianne, Morante Zaida, Enriquez Daniel, Moller Mecker G, **Chambergo-Michilot D**, et al. Triple-negative breast cancer in Peru: 2000 patients and 15 years of experience. *PLoS ONE*. 2020;15(8):e0237811
35. **Chambergo-Michilot D**, Velit-Ríos B, Cueva-Parra A. Prevalence of cardiovascular diseases in the Dos de Mayo National Hospital in Peru. *Rev. mex. angiol*. 2020;48(3):84-89
36. Barboza JJ, **Chambergo-Michilot D**, Pinto-Ruiz DF, Caballero-Alvarado J. Lectura crítica de evidencia médica en el contexto de COVID-19: ¿Cómo leer estudios observacionales? *Revista Del Cuerpo Médico Del HNAAA*, 13(4), 410 - 417. <https://doi.org/10.35434/rcmhnaaa.2020.134.777>
37. **Chambergo-Michilot D**, Tellez WA, Becerra-Chauca N, Zafra-Tanaka JH. Text message reminders for improving sun protection habits: A systematic review. *PLoS ONE*. 2020;15(5):e0233220
38. Valdivia-Herrera M, Rosales-Medina J, **Chambergo-Michilot D**, Runzer-Colmenares FM. Riesgo cardiovascular en pacientes con Hipotiroidismo. *Rev Cuban Cardiol*. 2020;26(1):927
39. **Chambergo-Michilot D**, Muñoz-Medina CE, Lizarzaburu-Castagnino D, León-Jiménez F, Odar-Sampé M, Pereyra-Elías R, Mayta-Tristán P. Migración para estudiar en escuelas de medicina humana en Perú. *Rev Peru Med Exp Salud Publica*. 2020;37(1)

40. **Chambergo-Michilot D**, Espinoza-Gutiérrez GA, Gómez JM, Tenorio-Quispe AM. Tricuspid valve dysplasia (Ebstein-like). *Revista Colombiana de Cardiología*. 2020;27(4):303-306
41. **Chambergo-Michilot D**, Runzer-Colmenares FM, Zamora A, Santa-Cruz F, Zamora M. Body mass index and coronary revascularization in women with coronary artery disease: insight into obesity paradox. *Revista Colombiana de Cardiología*. 2020;27(5):380-387
42. De la Cruz-Ku GA, **Chambergo-Michilot D**, Valcarcel B, Rebaza P, Moller M, Araujo JM, Enriquez D. Lymph node ratio as best prognostic factor in triple-negative breast cancer patients with residual disease after neoadjuvant chemotherapy. *The Breast Journal*. 2020;26(9):1659-1666
43. Razuri Bustamante CR, De la Cruz Ku GA, **Chambergo-Michilot D**, Dongo Valdez PF, Salinas G. Impact of Laparoscopic Sleeve Gastrectomy in Esophagitis and Its Predictors Based on Pathology Review. *JACS*. 2020;231(4):S23
44. **Chambergo-Michilot D**, Díaz-Villegas Gregory, Merino-Taboada A, Runzer-Colmenares FM. Relación entre malnutrición y valoración geriátrica en adultos mayores de 80 años. *Nutrición Clínica Y Dietética Hospitalaria*. 2020;40(3).
45. De la Cruz-Ku GA, **Chambergo-Michilot D**, Torres-Roman JS, Rebaza P, Pinto J, Araujo A, et al. Neutrophil-to-lymphocyte ratio predicts early mortality in females with metastatic triplenegative breast cancer. *PLoS ONE*. 2020;15(12):e0243447
46. Orrante L., **Chambergo-Michilot D**, Barboza JJ. Uso de cafeína y otras metilxantinas en la apnea del prematuro: ¿Cuál debemos usar? *RELAPED*. Available at: <https://relaped.com/uso-de-cafeina-y-otras-metilxantinas-en-la-apnea-del-prematuro-cual-debemos-usar/>
47. Runzer-Colmenares FM, **Chambergo-Michilot D**, Espinoza-Gutiérrez GA, Corcuera-Ciudad R, Patiño-Villena AF, Paima-Olivari, et al. Type 2 Diabetes mellitus and chemotherapy toxicity in older adults with prostate cancer. *Rev. habanera cienc. médi*. 2019;18(1)
48. **Chambergo-Michilot D**, Brañez-Condorena A, Alva-Díaz C. Outbreaks of Guillain-Barre syndrome in Peru in 2018-2019: learning, efforts and perspectives of researchs. *Rev Neuropsiquiatr*. 2019;82(4)
49. Paima-Olivari R, Luján-Peche MG, Corcuera-Ciudad R, **Chambergo-Michilot D**, Patiño-Villena AF, Runzer-Colmenares FM, et al. Prevalence of stress related to work and factors associated in personnel of Peruvian Navy. *Med Int Méx*. 2019;35(6):835-844.
50. Salas Pérez MD, Rivera Torrejón OO, **Chambergo-Michilot D**, Paucar Pongo U. Infrequent migration of primary extrapulmonary tuberculosis: case report. *Rev. Urug. Med. Int*. 2019;4(3)
51. Corcuera-Ciudad R, Patiño-Villena AF, Paima-Olivari R, **Chambergo-Michilot D**, Parodi JF, Runzer-Colmenares FM. Gait and balance disorder in elderly adults and its relation to diabetes mellitus type 2. *Med Int Méx*. 2019;35(5):676-684
52. **Chambergo-Michilot D**, Velit-Rios B. Peruvian scientific production about cannabis in three databases. *An Fac med*. 2019;80(3):397-8. DOI: <https://10.15381/anales.803.16311>
53. **Chambergo-Michilot D**, Runzer-Colmenares FM. New classification of arterial hypertension: contributes to the reduction of mortality due to acute myocardial infarction? *Rev Cuban Cardiol*. 2018;24