

## “A picture is worth a thousand words”

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When I saw this photograph, this very popular phrase came to mind, and it serves as the opening for this article, because its symbolism led me to several thoughts I would like to share with you, dear readers.

Let us begin by describing the characters in the photograph: Dr. Tatiana Espinosa-Espitia, our outgoing president and Dr. José Javier Arango-Álvarez, our incoming president, happily toasting during the speakers' dinner at the 27<sup>th</sup> Colombian Congress of Internal Medicine. This is our biannual date for sharing knowledge and skills, debating evidence and counterevidence, and exchanging everyday experiences in our professional practice; but also, and principally, for reuniting with colleagues, enjoying fellowship and, above all, friendship (which is perhaps the attribute that the new paradigms of our post-modern civilization have not yet been able to take from us), and being able, as they, to Toast! And what is a toast?

According to the Real Academia Española, the origin of the term “toast” [translator's note: the term in Spanish is “brindis”] is the German “*bring dir's*” (I offer you), and refers to the action of toasting with wine or liquor, or the words spoken when toasting.

A toast is, then, the point during a celebration in which the guests lift their glasses and move them towards each other to indicate good wishes. In Spanish, it is traditional to say “*ching-ching*” when toasting.

We can imagine, then, that our characters were toasting for something, something which I think could be none other than: “*I'm handing a great association over to you.*” and “*Thank you, I will continue to make it grow.*”

The fact is that president Tatiana Espinosa-Espitia, with her firm character, dedication and humility, was able to amply overcome the very difficult '20-'22 period, which

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she proved with this “return to on-site” congress with 2,831 participants, 217 speakers (62 of whom were international) and 352 industry representatives.

Of course, Dr. Tatiana was not a solitary helmsperson; she had a dedicated Board of Directors and an organizing committee led by Dr. Julieta Rueda, who with great dedication and tenacity made the dream of an ACMI® congress a reality in the “pretty city;” undoubtedly a resounding success! And reason enough to toast!

Not to mention the administrative team led by their manager, Santiago, and his assistants Katerine and Esteban, along with the support provided by Clara (Acta Médica Colombiana and the ACP Colombian Chapter’s secretary), who with their efficient work allowed us to enjoy this experience of knowledge, teaching and learning with complete peace of mind and happiness. So, another toast!

### **But there is more**

As it happens, ACMI®, with 64 years of existence, has been able to consolidate itself as the country’s most prominent and solid medical association. Its prominence (even in difficult times such as those experienced during the pandemic), its scientific endeavors, its academic respectability, its internal and external cohesion, its commitment to constant knowledge renewal -recertification-, its ethical and humanistic spirit, and the recognition it constantly receives from Latin American, European and North American internal medicine, prove this.

Due to its business profile (a medical knowledge business), ACMI® has also been able to build a very close relationship with the pharmaceutical industry based on mutual respect, ethics, fruitful cooperation and friendship.

Thus, Dr. José Javier Arango-Álvarez has a great challenge before him: to construct his own step on this ascending ladder which more than 30 of us association presidents have made a reality. And knowing his personality and great skills, we are sure that he will do so. Another toast!

My final thought leads me to conclude with an example: the logo of the International Association of Lions Clubs, the largest service organization in the world with 47,000 clubs in more than 207 countries and geographical areas and 105 years of existence – of which I have been a member for the last 42 years. This logo shows two lions’ heads, one on the left looking towards the glorious past, and one on the right looking towards the glorious future.



Therefore, I think the title of this article (which, by the way, is attributed to the Norwegian dramatist and poet Henrik Ibsen): “a thousand words do not leave the same deep impression as a single action,” portrays well the impression the photograph of Tatiana and Javier made on me and which I hope all ACMI® members will share and consequently continue firm in, maintaining our “*Pride in Being Internists.*”

