

Alfredo Quiñones-Hinojosa, M.D.

Associate Professor of Neurosurgery and Oncology,
Neuroscience and Cellular and Molecular Medicine
The Johns Hopkins Bayview Medical Center Department of Neurosurgery
Baltimore, MD



Durante su infancia en Mexicali, México, el abuelo del doctor Alfredo Quiñones-Hinojosa le enseñó una lección que lo motivaría por el resto de su vida.

“Mi abuelo me dijo que hay que vivir con pasión y constantemente esforzarse por lograr la excelencia, sin importar si eres un conserje o un doctor. Me decía: “si eres un conserje, sé el mejor conserje que puedas ser. Algún día podrías limpiarle el piso al presidente”, dice Quiñones-Hinojosa (a quien se le conoce como “doctor Q”). “Gracias a él supe que trabajando duro sería exitoso”.

Esa filosofía ayudó a que el doctor Q siguiera el camino al éxito desde su llegada a Estados Unidos a la edad de los 19 años. Empezó trabajando largas jornadas quitando maleza en los campos de tomate y algodón en California. Posteriormente trabajó durante todos sus estudios universitarios y sus estudios de posgrado en Harvard Medical School. Ahora trabaja para encontrar una cura contra el cáncer cerebral.

La misión del doctor Q es impresionante, pero sabe que no lo puede lograr por sí solo, y por eso entrena a sus alumnos para que un día puedan ser su relevo. De hecho, muchos de ellos lo visitan para darle las gracias por ser un modelo de conducta e inspiración, estimulándolos a trabajar por un mundo mejor.

“Para mí, inspirar a mis alumnos es lo más maravilloso”, dice el doctor Q. “Al transmitir mis destrezas y mi pasión, puedo ayudar a pacientes por medio de las manos de otras personas”.

“Mi abuelo me dijo que hay que vivir con pasión y constantemente esforzarse por lograr la excelencia”.

– Dr. Alfredo Quiñones-Hinojosa

Consejo para tu bienestar

Anota todo lo que le quieras comentar o preguntar a tu proveedor de cuidados médicos antes de la consulta, para que así no te olvides de nada.

Health Tip

Write down what you want to talk to your health care provider about before your visit, so you don't forget anything.



enero/January 2011

While growing up in Mexicali, Mexico, Dr. Alfredo Quiñones-Hinojosa's grandfather taught him a lesson that would motivate him for the rest of his life.

“My grandfather told me to live with passion and to constantly strive for excellence. It didn't matter if I became a janitor or a doctor. He would say, ‘If you are a janitor, be the best janitor you can be. One day you might find yourself sweeping floors for the president,’” said Quiñones-Hinojosa (known as Dr. Q). “He made me believe that as long as I worked hard, I would be successful.”

This philosophy helped fuel Dr. Q's success when he came to the United States at age 19. He began by working long days pulling weeds in tomato and cotton fields in California. He then worked his way through college and, ultimately, Harvard Medical School. Now, he's working to cure brain cancer.

Dr. Q's mission is great, but he knows it cannot be conquered by his efforts alone. That's why he trains his students to one day take over. Many come back to tell him he was their role model and inspiration to make a change in the world.

“To me, inspiring my students is the most wonderful thing,” Dr. Q said. “By passing on my skills and my passion, I am able to touch patients through other people's hands.”

dom./Sun.	lun./Mon.	mar./Tue.	mié./Wed.	jue./Thu.	vie./Fri.	sáb./Sat.
					1 New Year's Day Liberation Day (Cuba)	2 Don't forget to schedule an eye appointment for your child.
3 Give the gift of life this month. Donate blood.	4	5	6 Three Kings Day	7	8	9
10	11 If you are a man over 50, schedule a prostate exam this year.	12	13	14 Begin an exercise program this month. Check with your doctor before starting.	15	16
17 Schedule a medical checkup with your doctor this week.	18 Rev. Dr. Martin Luther King, Jr. Birthday Observed (U.S.)	19	20	21	22	23
24	25	26	27	28	29 Make a commitment now to achieve and maintain a healthful weight.	30
31						

“My grandfather told me to live with passion and to constantly strive for excellence.”

– Dr. Alfredo Quiñones-Hinojosa

Queremos que usted sepa®

