

Karla Rojas

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EDUCATION

- Post-Baccalaureate Program in Nutrition December 2026
University of Houston - Houston, TX
- Master of Science in Clinical Nutrition 2018-2020
School of Dietetics and Nutrition of the ISSSTE – Mexico City
GPA: 3.98. Honorable Mention.
- Bachelor of Science in Dietetics and Nutrition 2013-2018
School of Dietetics and Nutrition of the ISSSTE – Mexico City
GPA: 4.00. Honorable Mention.

EXPERIENCE

Dietitian 2025 – Present

Gastro Surgical Research Group, Mexico City

- Provide nutritional counseling to patients with biliary reflux, gastritis, and gastroesophageal reflux, helping alleviate symptoms and improve digestive function.
- Collaborate with a multidisciplinary gastroenterology team, ensuring a comprehensive approach to patient care and treatment success.
- Work alongside a surgeon, gastroenterologist, and psychologist to deliver tailored nutritional guidance, enhancing patients' digestive health and quality of life.
- Develop personalized nutrition strategies for gastrointestinal conditions, reducing discomfort and supporting long-term gut health.

Dietitian 2024 – Present

Medicas, Mexico City

- Provide nutritional guidance to women in collaboration with gynecologists and endocrinologists, helping manage metabolic disorders such as insulin resistance, hypothyroidism, and polycystic ovary syndrome (PCOS).
- Support women looking to conceive by optimizing their nutrition and addressing metabolic imbalances, increasing their chances of a healthy pregnancy.
- Assist patients with a history of restrictive diets or disordered eating, helping them rebuild a balanced relationship with food and meet their nutritional needs.
- Educate women on adequate nutrition and metabolic health, empowering them to make informed food choices and improve overall well-being.

Dietitian 2017 – Present

Private Nutrition and Dietetics Practice, Mexico City

- Support individuals with chronic diseases (diabetes, hypertension, hypothyroidism) and metabolic disorders (insulin resistance, dyslipidemia) to optimize metabolic health and prevent complications.
- Assist post-bariatric surgery patients in enhancing their health, preventing nutritional deficiencies, and fostering a positive body image.

- Address risk behaviors for eating disorders by providing evidence-based nutritional guidance, helping patients develop a healthier relationship with food and reducing disordered eating patterns.
- Guide patients through nutritional counseling, focusing on intuitive eating and symptom management, leading to improved eating habits and overall well-being.

Dietitian

2018 – 2023

Defeat Obesity, Mexico City

- Provided pre- and post-surgery nutritional counseling to bariatric patients, ensuring a smooth transition and optimal recovery.
- Supported patients in achieving their health goals while preventing malnutrition and nutritional deficiencies.
- Educated individuals on long-term nutrition strategies, promoting sustainable habits and improved quality of life.

Dietetics Intern

2018 – 2020

Dr. Manuel Gea González Hospital, Mexico City

- Developed the thesis *Predictive Model of Gestational Diabetes based on first-trimester nutritional indicators and genetic susceptibility in mestizo-Mexican women*, contributing to early risk assessment.
- Conducted research at the Applied Medical Nutrition Center, participating in clinical protocols for bariatric surgery patients.
- Performed calorimetry and provided nutritional consultations, helping assess metabolic health and optimize patient outcomes.

Dietetics Intern

2017 – 2018

ISSSTE Dietetics and Nutrition Center, Mexico City

- Assisted in nutritional evaluations and patient care, supporting the treatment of 198 new patients and providing ongoing monthly follow-ups.
- Developed the thesis *Effectiveness of Nutritional Intervention Using Pre-Designed Menus on Anthropometric Indicators of Adult Patients with Metabolic Syndrome*, analyzing the impact of structured meal plans on health outcomes.
- Provided continuous nutritional support to patients with metabolic syndrome, helping improve their anthropometric and metabolic indicators.

SKILLS

Bilingual in Spanish and English, Microsoft Office: Word, PowerPoint, Excel.

CERTIFICATIONS & LICENSURE

- Body Image Program BIP Comenzar de Nuevo 2024
- Certification in Respectful Nutrition and Body Liberation Nutriologicas 2021-2024
- Bariatric Surgery Program Completion Certificate Cleveland Clinic Lerner College of Medicine 2021
- Diploma in Bariatric Nutrition Institute of Higher Education in Medical Sciences and Health, Ángeles Pedregal Hospital 2018-2019

- Licensed Dietitian-Nutritionist in Mexico City 2018

AWARDS & RECOGNITION

Honorable Mention – Master of Science in Clinical Nutrition 2020
Honorable Mention – Bachelor of Science in Dietetics and Nutrition 2018
CENEVAL Award for Excellence in Nutrition Performance-EGEL 2018

ACTIVITIES & PROFESSIONAL DEVELOPMENT

Member of the National Academy of Nutrition and Dietetics 2025
Academy ID Number: 86463706

CIVIC & COMMUNITY LEADERSHIP

- Member of the Research Committee 2018 – 2020
School of Dietetics and Nutrition of the ISSSTE