

## Obituary

### In Memoriam

#### Carlos Salustiano Adorno Cabañas

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### A PSYCHIATRIST IN HEAVEN

The academic medical community and the Class of 1979 of the Faculty of Medicine, UNA, were deeply saddened to receive the mournful news: the distinguished psychiatrist, Carlos Salustiano Adorno Cabañas, has departed this earthly life, and his pure soul now rests in eternity. I met him—and came to hold him in high esteem—in the distant year of 1973 (my final year of high school), through his serene meditations at the "Ykuá" University Center of Opus Dei. It was there that we shared the preparatory course for admission to the Faculty of Medicine.



I vividly recall the emotional embrace we shared when we realized—overjoyed—that we had both passed the rigorous entrance examination. By the first year of medical school, back in early 1974, he was already recognized within the group as an upright, methodical, and reflective individual. He was a man of measured speech, with a transparent spirit imbued with deeply religious convictions. He was my study partner for a year, and I had the privilege of knowing the true caliber of person that Carlos Salustiano Adorno Cabañas was.

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On the sports field, we witnessed his qualities as a formidable central defender. Despite his reserved nature, he established himself as our class representative, owing to his probity, honest conduct, and leadership, accompanied by eloquent public speaking. Upon our graduation in 1979 as newly minted physicians, we each took different paths. We remain in contact with most of our former classmates—now distinguished professionals—through periodic gatherings or via WhatsApp. However, we lost direct contact with Carlos Salustiano, although we remained aware of his academic achievements and the family he built with his wife Ana, his children (one of whom, Víctor, is a colleague and professor in the same specialty), and his grandchildren, who surrounded him—until his deeply felt passing—within his inner circle.

Having specialized in Psychiatry in South Africa, he attained the academic ranks of Professor and Master (*Magister*), joining the teaching faculty of the Chair of Legal Medicine at the Faculty of Medical Sciences of the National University of Asunción (FCM-UNA). There, he left the mark of his wisdom in published works such as '*Suicidio y Tentativa de Suicidio en Paraguay, por zonas geográficas, periodo de investigación años 2002-2010*' (Suicide and Attempted Suicide in Paraguay, by geographic zones, research period 2002–2010) and '*Medicina Legal y Forense*' (Legal and Forensic Medicine), whose latter's second edition latter's second edition—revised and expanded—recently in 2023, in co-authorship with Prof. Dr. Carlos Stevens and Prof. Dr. Miguella Hermosilla.

Since 2016, he spearheaded innovation processes in forensic sciences within the Judiciary, supported by technology, and brought significant attention to the numerous issues regarding mental illness across various legal forums. He fought a difficult battle against a severe illness, and on Tuesday, October 14, 2025, he crossed the threshold of this world. He departed serenely—just as he had lived—as a good and upright man, having fully accomplished his earthly mission.

In light of the above, we believe that Heaven has gained a psychiatrist of invaluable human quality, and of professional and scientific excellence.

#### **Dr. Oscar Doldán Pérez**

Pediatrician, intensivist, and Paraguayan author, recognized as a pioneer in Pediatric Intensive Care in Paraguay.