



ON PROMOTING PUBLIC WELFARE THROUGH EDUCATION

I write in the aftermath of the first South African live case demonstration of open heart surgery that was broadcast on national television on Saturday 2 August 2008. This initiative of the Heart and Stroke Foundation of South Africa was intended to highlight the importance of heart disease and encourage members of the population to adopt a healthy lifestyle. SA Heart has five constitutional objectives, including the desire "to promote public welfare by education directed towards prevention and treatment of diseases of the cardiovascular system (<http://www.saheart.org/constitution.html>). Both Dr Martin Sussman, the cardiothoracic surgeon who performed the coronary artery bypass graft operation on Mr Wally Katzke, and Dr Graham Cassel, the cardiologist commentator, are senior members of SA Heart (Vice President of SA Heart and President of South African Society for Interventional Cardiology [SASCI], respectively) and have acted true to the objectives of the Association by educating the public on risk factors and treatment of ischemic heart disease.

There were also national and regional activities that sought to educate the public about the prevention and treatment of rheumatic heart disease in August 2008. National Rheumatic Fever Week was marked during the week of 4-8 August 2008 by two major events. The first event was the opening of the Namibia Cardiac Unit by President Pohamba of Namibia and President Mbeki of South Africa on 5 August 2008. This event followed the performance of open heart surgery for the first time on Namibian soil by Cape Town surgeons on 23 June 2008. All the 9 Namibians who underwent surgery had rheumatic heart disease. The "Namibia Heart Project" has been established under the auspices of the national Departments of Health of Namibia and South Africa with a view to establishing a fully-fledged Cardiac and Cardiac Surgery Unit in Windhoek Centre Hospital over the next 10 years.

The latter part of Rheumatic Fever Week was marked by the launch of the Awareness Surveillance Advocacy Prevention (A.S.A.P.) Demonstration Site in the Vanguard Community (Langa and Bonteheuwel) of Cape Town on 8 August 2008 by the Minister of Health. The A.S.A.P. Demonstration Site (http://www.pascar.co.za/C_ASAP.asp), which is a unique prevention service developed by researchers at the University of Cape Town, uses a fully-equipped Mobile Cardiac Clinic to screen schoolchildren for rheumatic heart disease before they develop symptoms of heart failure. During the visit, SA Heart briefed the Minister of Health on the parlous state of cardiac and cardiac surgery services in many parts of the country.

The need for the greater participation of SA Heart in health promotion to our patients and to the public was recognised at the National Council meeting that was held on 11 April 2008 in Cape Town. Patients must be encouraged to seek information on the SA Heart website, which has an important link to CardioSmart from the American College of Cardiology, a vast source of patient and professional information (http://www.saheart.org/links_pts.html). Several interest groups, such as the Paediatric Cardiac Society of South Africa and the SASCI, are developing appropriate resources and pamphlets for the education of patients, parents and the public on heart disease.

SA Heart has done well in educating its members through the national congresses, road shows and branch meetings. The time has come for SA Heart to put greater emphasis on educating patients, parents and policymakers in order to achieve our objectives.

BONGANI M MAYOSI

President, SA Heart

POPULAR CONGRESSES FOR 2008/2009

CONGRESS	DATE	CITY	COUNTRY
ACUTE CARDIAC CARE 2008	11-14 October 2008	Versailles	France
TCT 2008	12-17 October 2008	Washington, DC	USA
CHEST 2008	25-30 October 2008	Miami Beach, FL	USA
6TH INTERNATIONAL ATHEROSCLEROSIS SYMPOSIUM	22-25 October 2008	Venice (Lido)	Italy
AHA SCIENTIFIC SESSIONS 2008	8-12 November 2008	New Orleans, LA	USA
SAHA Congress 2008	2-5 November 2008	Wild Coast Sun KwaZulu-Natal	South Africa
EURO ECHO 2008	10-13 December 2008	Lyon	France
CARDIOLOGY UPDATE	15-20 February 2009	Davos	Switzerland
CARDIO RHYTHM	20-22 February 2009	Hong Kong	China
EUROPEAN MEETING ON HYPERTENSION	18-23 June 2009	Oslo	Norway
EUROPACE	21-24 June 2009	Berlin	Germany
ACC 2009	28-31 March 2009	Orlando, FL	USA
SAHA Congress 2009	22-25 October 2009	Sun City	South Africa
5TH INDIAN OCEAN AND SASCI JOINT MEETING OF CARDIOVASCULAR DISEASE	22-27 November 2009		Mauritius

CASSA 10TH ANNIVERSARY!!!

Dear CASSA Member,

The executive met for a “bosberaad” on 3-5 July 2008. This was successful in establishing a vision for the way forward for the Society over the next 18 months or so. Individual issues are elaborated on below, and the EXCO were revitalised with enthusiasm for future projects. CASSA Executive Committee elections are scheduled for this year and CASSA members will be asked for nominations during the month of September and electronic voting will take place in October. The results will be made public at the AGM.

ACCREDITATION!

The issue of accreditation of CASSA members has proved to be a contentious one. There are many among you who will undoubtedly have some comment on this and we would welcome open discussion and comments.

Accreditation and issues related to this are coming to the fore worldwide and South Africa will be no exception. Nearly all of the larger international societies have issued training guidelines and have started to accredit electrophysiologists and those implanting cardiac implantable electronic devices. In some countries accreditation is required to allow physicians to practise, although this is not yet the case locally. CASSA has already started to accredit those cardiologists with a special interest in cardiac arrhythmias, who in some overseas settings might be considered to be electrophysiologists.

The requirements for this accreditation, which does not aim to be excluding, will be available on the website and can also be obtained from Prof Rob Scott-Millar. All those who would be interested in attaining this form of accreditation should contact him in this regard. It is our aim to extend this to device implanters, initially those implanting ICDs, and to then roll it out to cardiac resynchronisation devices. The guidelines for this accreditation will be based on the available international guidelines – more about this in later newsletters. Again, for those interested, keep your eye on the CASSA website.

A major step forward has been in employing the management services of Medical Society Management’s George Nel and Franciska du Toit. MSM fulfils this function for a number of other special interest groups and we believe that the company will allow us to function much more efficiently and help us to drive CASSA forward in a more effective manner. Please contact the CASSA Office at 082 806 1599 or info@cassa.co.za if you require assistance.

Our control of the CASSA website has finally been won back, and AO and his team, with the assistance of George Dempster and E2 Solutions, are hard at work to make this the website that it should be. Initially this will cover the essentials only, but as we progress with this task, it will fill out and become the portal to all things at CASSA. Please visit the site regularly – as mentioned, this should be the primary contact for CASSA members and all others interested in arrhythmias. www.cassa.co.za

We intend to continue the present road shows throughout the country, during which we aim to expand knowledge on arrhythmias and pacing to a wider audience, including registrars. Planning is also already underway for a meeting early next year focusing on the investigation and management of syncope – always a difficult area.

We have also planned a meeting on Sunday 2 November in association with the SA Heart 2008 Conference at the Wild Coast. The first part of the program (11h00 to 13h00) will be a general session with a presentation by Dr Ronnie Jardine on management of atrial fibrillation in 2008 and an ECG quiz, run as usual by Prof. AO. The session after lunch (14h00 to 17h00) will be a specialized session on EP, with presentations by Dr Wyn Davies, a renowned international speaker, as well as local specialists. The CASSA AGM will follow at the close of the program. Please visit www.cassa.co.za for updates and more information!

A reminder that this will be the 10th anniversary of the formation of CASSA – the first special interest group to be affiliated to SA Heart.

CASSA has recently undergone a “rebirth” and you can look forward to hearing from us more often! Visit the CASSA website to get a glimpse of our bright future!

SOUTH AFRICAN SOCIETY OF CARDIOVASCULAR INTERVENTION

It is my pleasure to report back on a busy and exiting few months since our last SASCI update.

The SASCI executive has continued discussions with Discovery Health in an attempt to formalize an agreement whereby there will be an ongoing relationship between our Executive and that of Discovery Health. This partnership would enable us to discuss numerous aspects of healthcare on an ongoing basis, designed to be for the benefit of our members and our patients. You, our Members, are encouraged to inform us of problem areas that would require discussion. We will ensure that our clinical decision-making autonomy is guaranteed at all times.

64 Slice CT Coronary Scanning is used widely on an international and local basis, not only for the diagnosis of coronary disease, but now for prophylactic scanning in patients who may be at risk of disease. There has been worldwide conflict between radiologists and cardiologists with regard to the indication for and performance of these scans - a trend that seems to be extending into our country. On behalf of our executive, I have arranged a meeting with members of the Radiology Society, which will take place early in October discussing amongst other things, indications for the scans, ownership of the machines and training for interpretation of the scans. Hopefully a sustainable and amicable partnership can be established in this area.

“The feature topic at the Workshop will be the discussion of percutaneous aortic valve replacement.”

We are hopeful for the successful launch of the SAHA Registry, which will receive SASCI's dedicated and complete backing. We are probably the only country in the western world without a clinical and cath lab registry and its imminent implementation will be of great value to all. The Registry is critical to collect data on clinical profiles of patients as well as response to interventional therapy, be it in the cath lab or operating room. All this is important for the cardiologist, the hospital groups and the funders. The launch of the Registry is under the auspices of the central SAHA executive, Cobus Badenhorst from Pretoria being our representative on the committee.

SASCI will feature prominently at the annual SAHA Congress to be held at the Wild Coast from 3 November 2008. On the Sunday (2 November) prior to the official opening of the Congress, there will be a very exciting and informative one-day workshop. Dr Martyn Thomas from London is our invited international guest, with major contributions from South African cardiologists. The feature topic at the Workshop will be the discussion of percutaneous aortic valve replacement. We look forward to many delegates attending this program, so make your arrangements to arrive at the Wild Coast one day prior to the official opening on the Monday.

Our **AGM will be held on 2 November 2008 at 17h00** (to follow our SASCI Program at SAHA 2008, Wild Coast) and will be a crucial meeting for all SASCI members to attend. A number of important items will be discussed and put to a vote. Some of these include:

1. Member categories will be brought into line with that of SA Heart Association
2. Change to our constitutional objectives pertaining to data - "to collect clinical and pharmaceutical data in relation to its members and to apply such data to promote the interests of its members in collaboration with the management company.

More information will follow in our official AGM notice to members.

DATES TO BE DIARIZED FOR 2009:

Registrars can diarize the weekend of 27 February for the annual SASCI Fellows workshop. The venue will be Green Acres Hospital in Port Elizabeth with Dr Jaques du Toit as the program director.

SA Heart Congress 2009 will be held at Sun City from 22 – 25 October 2009.

The **5th Indian Ocean and SASCI Joint Meeting of Cardiovascular Disease** will be held in Mauritius from 24 – 27 November 2009. Tom Mabin is joint chairman of the program.

I would like to thank my Executive for their continued effort and personal sacrifice to further our chosen field.

DR GRAHAM CASSEL

SASCI President



SASCI

South African
Society of
cardiovascular
intervention

LOUIS VOGELPOEL TRAVELING SCHOLARSHIP

Applications are invited for the annual Louis Vogelpoel Traveling Scholarship.

An amount of up to R15 000 towards the travel and accommodation costs of a local or international congress will be offered annually by the Cape Western branch of the South African Heart Association in memory of one of South Africa's outstanding cardiologists, Dr Louis Vogelpoel.

Louis Vogelpoel was a pioneer of cardiology in South Africa, who died in April 2005. He was one of the founding members of the Cardiac Clinic at Groote Schuur Hospital and University of Cape Town. He had an exceptional career over more than 5 decades as a distinguished general physician, cardiologist and horticultural scientist. His commitment to patient care, teaching and personal education is remembered by his many students, colleagues and patients. Medical students, house officers, registrars and consultants benefited from exposure to his unique blend of clinical expertise, extensive knowledge, enthusiasm and gracious style.

A gifted and enthusiastic teacher, he was instrumental in the training of generations of undergraduates by regular bedside tutorials. He served as an outstanding role-model for postgraduates and many who have achieved prominence nationally and internationally acknowledged his contribution to the development of their careers.

All applications for the scholarship will be reviewed by the executive committee of the Cape Western branch of the South African Heart Association. Preference will be given to practitioners or researchers in the field of cardiovascular medicine who are members of the South African Heart Association and are resident in the Western Cape.

Applications should include 1) a brief resumé of the work the applicant wishes to present at the congress and 2) a brief letter of what the applicant hopes to gain by attending the relevant congress. The applicant should submit an abstract for presentation at the relevant national or international meeting. Should such an abstract not be accepted by the relevant congress organizing committee, the applicant will forfeit his or her sponsorship towards the congress. (Application can be made well in advance of the relevant congress, but will only be awarded on acceptance of the abstract.) A written report on the relevant congress attended will need to be submitted by the successful applicant within six weeks of attending the congress. The congress report will be published in the South African Heart Association Newsletter.

“He served as an outstanding role-model for postgraduates.”

Applications should be sent to Prof Johan Brink, President of the Cape Western branch of the South African Heart Association, Chris Barnard Division of Cardiothoracic Surgery, Cape Heart Centre, Faculty of Health Sciences, University of Cape Town, Anzio Road, Observatory 7925 or alternatively email: johan.brink@uct.ac.za .

Applications close on 31 January every year.

TRAVEL SCHOLARSHIPS OF THE SOUTH AFRICAN HEART ASSOCIATION

This scholarship is available to all its members and associate members. It is primarily intended to assist junior colleagues to ensure continued participation in local or international scientific meetings or workshops.

REQUIREMENTS

- Applicants must be fully paid-up members/associate members in good standing for at least two years
- Applications must include
 - full details of the meeting/workshop
 - an abbreviated CV of the applicant
 - a breakdown of the expected expenses
- Applications must reach the Association a minimum of 3 months before the event to be attended

RECOMMENDATIONS

- Acceptance of an abstract at the scientific meeting to be attended
- Invitation to participate at the meeting as an invited speaker
- Publications in a peer reviewed journal in the preceding year
- Applicants from a previously disadvantaged community
- Applicants younger than 35 years of age

APPLICATIONS MUST BE ADDRESSED TO

The President
South African Heart Association
P.O. Box 19062
Tygerberg
7505

THE SELECTION PANEL WILL REVIEW APPLICATIONS TWICE A YEAR. THE CLOSING DATES FOR APPLICATIONS ARE

- March 31
- September 30

**A MAXIMUM OF FOUR SCHOLARSHIPS WILL BE AWARDED ANNUALLY
UP TO AN AMOUNT OF R10 000 PER SCHOLARSHIP.**



Dear HeFSSA member

The Exco is proud to announce that the respective executives of HeFSSA and the European Heart

Failure Society have recently approved the mutual affiliation of the two societies. This development will in future ensure mutual benefit through academic and research collaboration. HeFSSA and the European Heart Failure Society will host a joint symposium during the next European Heart Failure meeting in Nice, France (30 May – 2 June 2009) to be followed by a similar symposium during the SA Heart Congress 2009.

The primary audience for these programs consists of General Practitioners, nurses and related healthcare professionals. The focus will be on recent advances in diagnostic tools and improvement of treatment strategies (non-pharmacological, pharmacological and devices). The workshops will also coincide with the introduction of the updated Heart Failure Treatment Algorithm for South Africa.

The first workshop was held on 26th July at the Indaba Hotel in Johannesburg with Prof Karen Sliwa, Dr Eric Klug and dietician, Sandra Pretorius as the presenters. This CPD accredited workshop was attended by

“The focus will be on recent advances in diagnostic tools and improvement of treatment strategies.”

HeFSSA was invited to give an interview on SABC International. Prof Sliwa covered causes and consequences of heart failure and discussed the findings of the “Heart of Soweto Study”. She also provided information on a condition called “Peripartum Cardiomyopathy”, a serious heart condition affecting 1: 1000 women in Africa (Sliwa K, et al. The Lancet 2006 - www.socru.org).

During July, August and September, HeFSSA will embark on a countrywide workshop series focusing on Heart Failure in Primary Care. This program has been made possible through the support of Pharma Dynamics.

60 delegates from many sectors, including delegates from managed healthcare organizations, pharmacists, clinic



HF workshop delegates

sisters and general practitioners. There was excellent interaction between the audience and the speakers, particularly during the Q & A session in which Dr Eric Klug presented the audience with 8 case studies/vignettes. It was apparent that heart failure education in the primary care environment is crucial and that sessions focusing on diagnoses and recognizing symptoms of heart failure and optimizing treatment regimes are essential. Great interest was expressed in Sandra Pretorius's presentation on diet in heart failure patients. Overall, the day was seen as extremely successful and at lunch afterwards, attendees recommended and requested that HeFSSA continues to hold similar workshops in future. The 2nd workshop in this countrywide series was held in Durban on 2 August with Drs Kevin O'Connell and Makotoko as the expert lecturers.



HF workshop presenters: Prof Karen Sliwa, Dr Eric Klug and Sandra Pretorius (2nd left)

Please visit our website www.hefssa.org for workshop material and dietary advice.

HeFSSA Executive

NEWS FLASH!

Please diarize **SA Heart Congress 2008, 2 November @ Wild Coast Sun**

HeFSSA Echocardiography Program

11h00 to 17h00

The course will be organized by Drs Darryl Smith, Shirley Middlemost and Christina Radulescu with support from the HeFSSA executive. For enquiries please contact Franciska du Toit (HeFSSA Office) at 082 806 1599 or email info@hefssa.org.

NEWS FLASH!

Please diarize **SA Heart Congress 2009 from 22 to 25 October @ Sun City**

CARDIOLOGIST SURVEY

Dear Colleague. Please consider completing this questionnaire. Fax to 082 289 4489. Do not add your name. This is voluntary.

PRACTISING CARDIOLOGY IN RSA 2008

- Should tertiary institutions be the leading cardiology in RSA? Yes No
- What would be the best option for the Specialists Practice RSA?
Group practices Single practices / association practices as present Specialist employed by Hospitals Do not know
- What do you consider to be a reasonable fee: NHPRL NHPRL x1,5 NHPRL x2 >NHPRL x2
- What percentage of turnover is spent on practice cost? 30% 40% 50% 60%
- How many hours / week do you spend with patients: _____
- How many hours / week do you spend on practice & patient administration: _____
- In how many hospitals do you work regularly 1 2 3 or more
- Do you work in: Academic hospital Public hospital Private Hospital
- Do you visit www.saheart.org? Never 1-2/year 2-6x/year monthly or more
- Is this survey a waste of time? Yes No

CARDIOLOGY MYTHS / BELIEFS / PERCEPTIONS

- Should all patients with ACS be on Plavix even without a stent? Yes No
- Should patients post-CABG be discharged with 2 weeks Clexane? Yes No
- Should patens with Dilated Cardiomyopathy EF < 35% all be on Warfarin? Yes No
- Should all patients with CAD be on 10mg Perindopril as claimed? Yes No
- In patients with CAD do you aim for LDL: < 1,8 < 2,5 < 3.0 mmol/l
- Will you actively participate in a national cath lab registry? Yes No
- Should ICD implantation and management be the sole responsibility of Electrophysiologists? Yes No
- Should an anesthetist be present during routine cath list? Yes No
- Should at least a second doctor be present during a routine cath list? Yes No
- Which doctor should be present during therapeutic cath lab procedure?
Second cardiologist Anesthesiologist None

PERSONAL

- Age: <40 40-50 50-60 >60
- Marital Status: Single Married Divorced not re-married Divorced re-married
- Do you suffer from Work-related Lumbar Symptoms / Disease? Yes No
- Time spent at courses / congresses / year: <7 days 7-14 days 14-21 days >21 days
- Time spent on holiday not work-related / year: 3 weeks 4 weeks 5 weeks
- Years practising cardiology: < 5 5 – 10 10-20 20-30 >30
- Do you exercise? 1-3 x week > 3 x / week None
- Do you actively participate in / contribute to Cardiology Organizational Structures? Yes No
- Will you still be practising cardiology full-time in 10 years' time? Yes No
- Do you consider emigration? Yes No

THE SOUTH AFRICAN HEART ASSOCIATION RESEARCH SCHOLARSHIP

This scholarship is available to all its members and associate members. It is primarily intended to assist colleagues involved in outstanding research to enhance their research programs.

REQUIREMENTS

- Applicants must be fully paid-up members/associate members in good standing for at least two years
- Applications must include
 - an abbreviated CV of the applicant
 - a breakdown of the expected expenses

RECOMMENDATIONS

- Acceptance of an abstract of related work at an international meeting in the next year
- Publications of related work in a peer reviewed journal in the preceding year
- Applicants from a previously disadvantaged community
- Applicants younger than 35 years of age

APPLICATIONS MUST BE ADDRESSED TO

Education Standing Committee
South African Heart Association
P.O. Box 19062
Tygerberg
7505

THE SELECTION PANEL WILL REVIEW APPLICATIONS ONCE A YEAR. THE CLOSING DATE FOR APPLICATIONS IS SEPTEMBER 30 EACH YEAR

One scholarship will be awarded annually. The award is for an amount of up to R50 000.

APPLICATIONS WILL BE ASSESSED ACCORDING TO THE RESEARCH PROTOCOL ACCOMPANYING THE APPLICATION. THIS SHOULD INCLUDE:

- a) Abstract (maximum 200 words)
- b) Brief review of the literature (maximum 200 words)
- c) Brief description of the hypothesis to be investigated (maximum 100 words)
- d) Detailed methodology (maximum 500 words)
- e) References

9TH ANNUAL CONGRESS OF THE SOUTH AFRICAN HEART ASSOCIATION “WILD AT HEART IN AFRICA”



2 - 5 NOVEMBER 2008
WILD COAST SUN, EASTERN CAPE, SOUTH AFRICA

FOR FURTHER INFORMATION, PLEASE VISIT THE WEBSITE
WWW.SAHEART.CO.ZA
OR CONTACT THE CONGRESS SECRETARIAT:

LONDOCOR PUBLIC RELATIONS & EVENT MANAGEMENT
SONJA DU PLESSIS: TEL: +27 11 768 4355
FAX: +27 11 768 1174
E-MAIL: sonja@londocor.co.za



INVITED INTERNATIONAL SPEAKERS/ FACULTY

Dr David Baron (United Kingdom)
Paediatric cardiac surgeon

Dr Wyn Davies (United Kingdom)
Adult cardiologist

Dr Eric Jamieson (Canada)
Cardio thoracic surgeon

Dr Jonathan Lessick (Israel)
Adult cardiologist

Dr Ana Olga Mocumbi (Mozambique)
Adult cardiologist

Dr Vuyisele Nkomo (United States of America)
Adult cardiologist

Dr Srinath Reddy (India)
Adult cardiologist

Prof Peter Schwartz (Italy)
Adult cardiologist

Dr Daniel Sidi (France)
Paediatric cardiologist

Prof Martyn Thomas (United Kingdom)
Adult cardiologist

Dr Sarah Thorne (United Kingdom)
Adult cardiologist

Dr Pascal Vouhe (France)
Paediatric cardiac surgeon

Prof Derek Yellon (United Kingdom)
Adult cardiologist

Prof Salim Yusuf (Canada)
Adult cardiologist

