

## MARKING 10 YEARS OF THE SOUTH AFRICAN HEART ASSOCIATION

**R**emarkable progress has been made by The South African Heart Association since the merger of the South African Cardiac Practitioners Society and the South African Cardiac Society in 1999. Membership of SA Heart has grown to 248 ordinary members (cardiologists, cardiovascular surgeons and specialist physicians), 200 associate members (other health professions allied to cardiovascular medicine) and 12 international members.

SA Heart diversified its activities into 6 vibrant special interest groups ([www.saheart.org](http://www.saheart.org)) the Association's engine room that help to fulfil its mission 'to represent, promote and protect the professional interests of cardiologists and cardiac surgeons' in South Africa. We are proud of the quality of our regular newsletter and the rising profile of SA Heart Journal. Within a few years of existence our official newsletter achieved much-esteemed recognition by the Department of Education and had also been admitted to the European Society of Cardiology Network of Journals. SA Heart is recognised nationally as the representative of cardiovascular practitioners and has achieved continental and international recognition through its affiliation with the Pan African Society of Cardiology (PASCAR), the European Society of Cardiology (ESC), and the World Heart Federation (WHF).

The Annual Congress of SA Heart serves 'to promote good fellowship among those involved in the treatment of patients with cardiovascular disease or with research interests involving the cardiovascular system'. The SA Heart Congress has grown to become the African continent's premier cardiovascular meeting. There is increasing participation from healthcare practitioners from all branches of medicine and regular attendance by cardiologists from other African regions.

To celebrate SA Heart's 10th birthday the National Executive Committee decided to call for nominations of distinguished members of the cardiovascular community and bestow Honorary Membership of the Association on these nominees at the forthcoming annual congress in Sun City from 22 to 25 October. The Association's constitution provides that 'Honorary Members shall be persons of distinction in medicine who have contributed to the advancement of knowledge in the cardiovascular field or others who have rendered special service to the Association'. We invite you to nominate and submit deserving individuals via a one-page letter of motivation signed by 5 paid-up members to Ms Erika Dau ([erika@saheart.org](mailto:erika@saheart.org)) by 31 July 2009.

SA Heart's future depends on member participation in the pursuit of the Association's objectives. The challenge over the next 10 years would be to fully realise the ambitions expressed at the Association's founding particularly the quest 'to promote public welfare by education directed towards the prevention and treatment of diseases of the cardiovascular system' and 'to take an active role in establishing and maintaining standards for quality cardiovascular health care delivery'.

The SA Heart Registry (SHARE) is an important vehicle for ensuring standards for quality healthcare delivery to our patients and, as such, requires the support of all of our members. All of us need to work harder over the next years to play a meaningful role in the overall promotion of cardiovascular health of all South Africans.

**Bongani M. Mayosi**  
**President, SA Heart**

POPULAR CONGRESSES FOR 2009

CONGRESS	DATE	CITY	COUNTRY
ESC 2009	29 August-2 September 2009	Barcelona	Spain
TCT	21-26 September 2009	San Francisco, CA	USA
<b>PASCAR 2009 2<sup>ND</sup> ALL AFRICA CONFERENCE</b>	<b>26-30 September 2009</b>	<b>Abuja</b>	<b>Nigeria</b>
VENICE 2009 ARRHYTHMIAS	4-7 October 2009	Venice	Italy
ACUTE CARDIAC CARE 2010	10-19 October 2009	Copenhagen	Denmark
<b>SA HEART 2009</b>	<b>25-28 October 2009</b>	<b>Sun City</b>	<b>South Africa</b>
CHEST 2009	31 October - 5 November 2009	San Diego, CA	USA
AHA SCIENTIFIC SESSIONS	14-18 November 2009	Orlando, FL	USA
<b>4<sup>TH</sup> JOINT MEETING OF CARDIOVASCULAR DISEASE IN THE INDIAN OCEAN ISLANDS</b>	<b>24-27 November 2009</b>	<b>Mauritius</b>	<b>Mauritius</b>
EUROECHO 2009	9-12 December 2009	Madrid	Spain
15 <sup>TH</sup> WORLD CONGRESS ON HEART DISEASES ANNUAL SCIENTIFIC SESSIONS 2010	24-27 July 2010	Vancouver, BC	Canada

## SOUTH AFRICAN SOCIETY OF CARDIOVASCULAR INTERVENTION

Europe PCR 2009 was, in every aspect, a great success and the South African contribution and involvement was well-received. We are thrilled to have been able to participate so actively in this prestigious congress and I am delighted that all South Africans involved performed exceptionally well.

A joint hour and a half session involving SASCI and the British Interventional Society was held on the Tuesday with one case being presented by our British colleagues and one by Dr Cobus Badenhorst. This was followed by an in-depth discussion of two cases by a South African and a British expert – a session that was well attended and received. I want to congratulate and thank all who were involved.

Other contributions by South Africans included abstract presentations by Dr Graham Cassel, a representative of Dr Farrel Hellig and Dr Tom Mabin who joined several panels by invitation. Once again we were honoured to have a live case transmission from South Africa and, as in the past, it was superbly organised and performed by Dr Farrel Hellig and his team at Sunninghill Hospital. Whilst other sites were asked to perform one or two cases live he was requested to perform three complex selected cases and did so in an excellent manner whilst achieving superb results for each patient.

We are now an officially constituted associate group of the American SCAI (Interventional Society) and by invitation our president, vice president and immediate past presidents are full members of SCAI. Other South Africans are welcome to join as associate members and benefit from the Association's numerous activities. It will host its annual fellows' workshop in December 2009 and we have been invited to send two or three South Africans to Las Vegas. Delegates need to provide their own transport but accommodation and registration is free. I encourage cardiologists in training to contact George Nel (sasci@sasci.co.za) to apply to attend.

Dr Cobus Badenhorst is spearheading a SASCI Special Interest Group Program for the 24th of October during the annual SA Heart Congress 2009 (Sun City, 23 – 25 October). Visit [www.saheart.org](http://www.saheart.org) for more details.

The biennial Indian Ocean Intervention Meeting will again be held this year in Mauritius from 23 to 27 November. It is jointly hosted and organised by the Reunion group of cardiologists and SASCI and Dr Tom Mabin is co-director of the academic program.

“We are now an officially constituted associate group of the American SCAI.”

SASCI continues to be active in many areas and is currently negotiating with the funders to ensure that all new products, as they come to market, are available to our patients. This new endeavour by SASCI has so far been very successful and we look forward to ongoing success in this regard.

With best wishes

**Dr Graham Cassel**  
President, SASCI



**SASCI**  
South African  
Society of  
Cardiovascular  
Intervention

## CARDIAC ARRHYTHMIA SOCIETY OF SOUTHERN AFRICA (CASSA)

CASSA's vision to improve the care of patients by promoting research, education and training as well as providing leadership towards optimal healthcare policies and standards, was discussed in depth during the executive committee annual Bosberaad at Marloth Park recently. We are proud to announce to all members that through its various programmes, CASSA is addressing each and every one of the aspects involved. Herewith a short summary of the main decisions taken at the 2009 Bosberaad:

### Promoting research

Dr Neil Hendricks at UCT is currently heading up a research project on the Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC) Registry in South Africa. To implement the project optimally lots of information is needed from both doctors in private practice as well as patients. CASSA will support this project financially. Members who want to participate should contact Dr Neil Hendricks or Prof Andrzej Okreglicki on (021) 404 6078.

### Education and training

CASSA has done excellent work in terms of education and training in the past and this is one area that is continuing to expand every year.

The following programmes will be implemented in 2009/2010:

- Based on the success of the 'Sorting out syncope' meeting, CASSA has decided to host an annual, national CASSA symposium where international and local faculties will discuss certain aspects specific to Electrophysiology (EP) over and above CASSA's involvement at the annual SA Heart Congress.

- The CASSA Road Show in the Western Cape where GP's and other interested parties will be trained.
- 'CASE study Saturdays' in Gauteng where interesting cases will be discussed by various experts in the field of EP.

### Accreditation/training

The accreditation of Electrophysiologists and ICD practitioners has been a much debated issue. Visit [www.cassa.co.za](http://www.cassa.co.za) for the criteria and process of accreditation.

As in all other countries where accreditation is standard practice, CASSA will provide the necessary training for individuals requiring accreditation. Accreditation will apply to three levels:

- Accreditation as an EP – criteria and process on the website;
- Accreditation for ICD practitioners who have already done a minimum number of cases – guidelines and criteria are being developed; and
- Accreditation for 'would-be implanters' and fellows in training: 'A skills builder course' is being developed in collaboration with Medtronic's Virtual Learning Centre.

Interested parties can visit our website or contact Prof Rob Scott Millar or Franciska du Toit at the CASSA office on 082 806 1599 or [franciska@cassa.co.za](mailto:franciska@cassa.co.za).

‘The vision of the Society,  
is to improve the care of patients.’

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## CASSA continued

### Leadership towards optimal healthcare policies and standards:

As mentioned in the Fall edition CASSA has been invited to the annual Medical Advisors Group (MAG) conference, where it will inform medical aid advisors on developments in the diagnosis and management of Cardiac Arrhythmias.

Dr Andrew Thornton and Dr Promund Obel will team up with Prof Martin Cowie, (London) to discuss aspects such as guidelines, reimbursement and cost-effective treatment options.

Get involved,  
become a member  
or a friend of  
CASSA.

CASSA is also be looking into a reimbursement code for 'remote monitoring' of cardiac implantable devices which will be available in South Africa soon. Please contact Dr Anthony Stanley for any information in this regard.

A contingent of 9 CASSA members attended the Heart Rhythm Society Conference (HRS) in Boston from 13-16 May. Overall attendance and the scale of the exhibition was noticeably reduced compared with recent years, presumably a reflection of the worldwide recession. The accent seemed to be on AF ablation in terms of the overall programme content and also with regard to abstract numbers. CASSA intends publishing a Position Statement on AF Ablation in the next few months.

All in all, CASSA has a very busy agenda for 2009/2010. Get involved, become a member or a friend of CASSA and join an exciting, growing society!

## HEFSSA NEWS

The Heart Failure Society of South Africa (HeFSSA), the Special Interest Group (SIG) responsible for hosting SA Heart 2009, cordially invites you to the 10<sup>th</sup> South African Heart Association Congress at Sun City, 22-25 October 2009. Apart from the normal plenary sessions, the following specialised programmes will be on offer:



### HeFSSA echocardiography workshop in association with MAYO Faculty

Thursday 22 October

Specialised echocardiography course in association with five International MAYO speakers aimed at adult and paediatric cardiologists, cardiac surgeons, intensivists, anaesthetists, sonographers, physicians with an interest in echocardiography and fellows-in-training.



### Topics from the draft programme include:

- Spectrum of heart failure
  - Common and uncommon causes;
  - Systolic and diastolic heart failure;
  - Right ventricular and pulmonary disease; and
  - Constrictive pericarditis.

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## TRAVEL SCHOLARSHIPS OF THE SOUTH AFRICAN HEART ASSOCIATION

A maximum of four scholarships are available to all members and associate members of the South African Heart Association's residing in South Africa annually. 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 or associate members in good standing for at least one year.
- ▶ Applications must include
  - ▶ full details of the meeting/workshop;
  - ▶ the applicant's abbreviated CV; and
  - ▶ a breakdown of the anticipated expenses.
- ▶ Applications must reach the Association **a minimum of 3 months** before the event.

### RECOMMENDATIONS

- ▶ Acceptance of an abstract submitted by the applicant at the scientific meeting or workshop (if acceptance of the abstract is pending the application it must still be submitted 3 months prior to the event with a note of the date of expected approval. In such a case the scholarship might be granted on condition – and proof – of the abstract being accepted).
- ▶ An invitation to participate as an invited speaker at the meeting.
- ▶ Publications in peer reviewed journal/s in the preceding year.
- ▶ An applicant from a member of a previously disadvantaged community.
- ▶ An application from a member younger than 35 years of age.

### ADDRESS APPLICATIONS TO:

The President  
South African Heart Association  
PO Box 19062  
Tygerberg  
7505

- ▶ A maximum of four scholarships will be awarded annually.
- ▶ Support for international meetings will be awarded to a maximum for R20 000 and local meetings to a maximum of R7 500 per scholarship.

## HEFSSA NEWS continued

- Valvular disease current concepts  
Infective Endocarditis
- Echo in acute cardiology  
Cardiac and non-cardiac disease
- Congenital heart disease in the adult
- The cutting edge: 3D, ICE, speckle & strain

### Friday, 23 October

Live demonstrations, interactive one-on-one sessions and 'hands on training' on:

- Heamodynamics;
- 3D, speckle & strain;
- Echo in CRT; and
- Right ventricular function.

### HeFSSA cardiovascular revision for the active practitioner

HeFSSA will be hosting a cardiovascular update especially designed for general practitioners and physicians on Thursday 22 October, the day prior to the Annual SA Heart 2009 Congress.

It will involve advice on clinical assessments of cardiac patients, interpreting ECG's, recommendations on cardiovascular risk profiling and treatment tips on hypertension, hypercholesterolemia, coronary artery disease, arrhythmias and heart failure. Patient case studies will be used extensively.

Various local experts under the leadership and guidance of Dr Eric Klug (Specialist Physician/Cardiologist and Secretary of HeFSSA) will deliver presentations.

Visit [www.saheart.co.za](http://www.saheart.co.za) to register for this exciting educational endeavour supported by an unrestricted grant from Astra-Zeneca, South Africa.

### GP workshops

Apart from its focus on the SA Heart Congress this year, HeFSSA continues to host GP workshops on heart failure. The latest workshop, organised and supported by Pharmadynamics and Medtronic, was held in PE under the leadership of Dr Jacques du Toit. The standard set was really high and the interest shown again confirmed the need for specialised training at GP level.

Look out for HeFSSA GP Workshops in Carletonville, Potchefstroom and Rustenburg over the next three months.

For information please visit [www.heffsa.org](http://www.heffsa.org), contact Franciska du Toit at the HeFSSA office on 082 806 1599 or [franciska@heffsa.org](mailto:franciska@heffsa.org).

### HeFSSA international ties/Paripartum Cardiomyopathy (PPCM) registry

Several HeFSSA members were involved in the recent ESC Heart Failure Congress in Europe. Proff Karen Sliwa and Bongani Mayosi and drs Kemi Tibazarwa and Sandra Pretorius gave lectures and poster presentations. Seen here with Prof Karen Sliwa are Arthur Ramatong from Astra-Zeneca and Prof. J.N.A. Ajeluchukwu from University of Lagos, Nigeria.

### PPCM registry

The first meeting of the newly established Heart Failure Association of the European Society of Cardiology (ESC) study group on PPCM took place at the Heart Failure Association (HFA) meeting in Nice. A consensus paper, titled 'Current state on knowledge on etiology, diagnosis, management and therapy of PPCM' will be written.

The committee is preparing an African & European PPCM registry and people who are interested should contact Prof. Karen Sliwa on [sliwa-hahnlek@mdh-africa.org](mailto:sliwa-hahnlek@mdh-africa.org).

## KEYSTONE MEETING

It is my pleasure to report back on the Keystone Meeting: Complex Lipids in Biology: Signalling, Compartmentalisation and Disease held in Olympic Valley, California in April. The conference took place over 5 days at the Squaw Creek Resort which is idyllically situated at the foot of snow covered mountains which hosted the 1960 Winter Olympics. It was organised by Robert C. Murphy, Julie D. Saba and Michael J.O. Wakelam and coincided with a conference on PI3 kinase signalling organised by Peter M. Finan, Jean Zhao and Lewis C. Cantley. The meeting included oral presentations, interactive poster sessions and social networking opportunities to make a valuable experience for attendees.

Takao Shimizu, lecturer at the 50<sup>th</sup> Anniversary Journal for Lipid Research, commenced the conference with a keynote address on phospholipids' metabolism. Subsequent days featured sessions on leukotrienes, sphingolipids, phospholipids metabolism, the arachadonic cascade, phospholipases and reactive oxygen species. My favourite sessions were those on the sphingolipids with some of the speakers being the discoverers of some of the key enzymes in sphingolipids' metabolism and signalling. A lot of novel data was presented introducing us to new agonists and antagonists in sphingolipids signalling. Sarah Spiegel, one of the leaders in sphingolipids research, spoke about ABC transporters in movement of SIP across membranes.

All oral presentations, poster sessions, breakfasts and dinners were held in the resort's conference centre starting with plenary speakers for the 8 to 11 morning sessions. Attendees were then free to lunch with colleagues. Many went skiing, whilst others, including myself, opted for the heated swimming pool and jacuzzis. Late afternoon sessions were held from 5 to 7 pm, followed by dinner and then the poster session from 8 to 10 pm. On Thursday evening I experienced one of my most successful poster sessions ever and was surrounded by people for nearly 3 hours. It was very intense but I received a lot of constructive criticism and support for our work. Among the viewers were most of the experts in the field and I was overjoyed when they reacted positively to our work.

Both conferences were small conference with about 100 attendees at the Complex Lipids sessions and 200 at the PI3 kinase sessions, but this made for easier interaction with the major players in my field. I feel that I have really benefited from attending - both in knowledge and in contacts and would like to thank you for your support without which I could not have attended.

**Roisin Kelly PhD**

**Hatter Institute for Cardiovascular Research**

**University of Cape Town**

## NEW CARDIOLOGISTS

### **Congratulations to the three newly qualified cardiologists:**

**Dr Michael Mwangi** Pretoria University / Steve Biko Academic Hospital

**Dr Farouk Mamdoo** Wits University / Chris Hani Baragwanath Hospital

**Dr Riaz Garda** Wits University / Charlotte Maxeke Johannesburg Hospital



## THE SOUTH AFRICAN HEART ASSOCIATION RESEARCH SCHOLARSHIP

This scholarship is available to all full and associate members of SA Heart residing in South Africa. It is primarily intended to assist colleagues involved in outstanding research with their research programmes.

### REQUIREMENTS

- ▶ Applicants must be fully paid-up members or associate members in good standing for at least one year.
- ▶ Applications must include
  - ▶ the applicant's abbreviated CV;
  - ▶ a breakdown of the anticipated expenses; and
  - ▶ full details of the research.

### RECOMMENDATIONS

- ▶ 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.

### ADDRESS APPLICATIONS TO:

Education Standing Committee  
South African Heart Association  
PO Box 19062  
Tygerberg  
7505

### APPLICATIONS WILL BE REVIEWED ANNUALLY BY THE SELECTION PANEL. THE CLOSING DATE IS SEPTEMBER 30.

One scholarship to the maximum amount of R50 000 will be awarded annually.

### APPLICATIONS WILL BE ASSESSED ACCORDING TO THE RESEARCH PROTOCOL ACCOMPANYING THE APPLICATION AND SHOULD INCLUDE:

- ▶ Abstract (maximum 200 words);
- ▶ Brief review of the literature (maximum 200 words);
- ▶ Brief description of the hypothesis to be investigated (maximum 100 words);
- ▶ Detailed methodology (maximum 500 words); and
- ▶ References.