

## SA HEART NEWS

**A**lthough this letter is addressed to SA Heart members it will be read by many more. Quite frequently we receive a request for assistance from a cardiac health professional only to find the person is not even a member of SA Heart! SA Heart is actively open on a daily basis to work towards creating a better environment for all health care professionals in which to work. Your support is essential if we want to unite our effort to increase the efficacy with which we can negotiate with authorities, industry and others. I thank the SA Heart Executive and our standing committees for their voluntary hard work and sharing the responsibility to make your society effective.

### Office bearers

We welcome Prof Karen Sliwa-Hahnle as our new Vice-President. Due to the change in SA Heart's congress calendar necessitated by 2013 World Paediatric Cardiology Congress and the coinciding AGM, there will be no call for nominations or elections for office bearers prior to the 2012 AGM. All terms will be carried through to AGM 2013. I urge each and every one of you to attend the AGM on Saturday, 21 July. All of you - cardiologists, cardiothoracic surgeons and allied cardiology professionals - can assist in improving your society by participating in this important meeting.

### Still time to register

If you have not yet registered for the 6th World Paediatric Cardiology / SA Heart 2013 congress, you have regrettably missed the very early bird reduced registration fee. This congress provides sessions and lectures of interest to all professionals in cardiology including the interventional adult cardiologist. Cape Town compliments the beauty of Africa and is always worth the visit.

### Visit us in Munich!

Make sure to visit the SA Heart stand at ESC 2012 in Munich. SA Heart has been again invited to participate as one of the Affiliated Members of the ESC. A dedicated

lounge for the affiliated societies will give room for you to meet with peers and friends.

### What's up?

In this newsletter you will find up to date informative article on the South African Heart and Stroke Foundation as well as the latest news from the various special interest groups. If you have not received the first SA Heart e-News Bulletin, which we hope to bring to you regularly, you are probably either not a member of SA Heart or we do not have your email address yet. Please contact our secretary to resolve this problem at [erika@saheart.org](mailto:erika@saheart.org).

We welcome your comments on our online journal library to which you can subscribe so we can improve the content. We are investigating a web-based lounge for members to communicate and receive communications early. Did you notice our new logo?

We invite the industry to contact our secretary at the SA Heart office should they wish to make use of the opportunity for limited advertising in our journal or to sponsor the SA Heart research grants and travel awards. Our office is prepared to assist members from the industry with transparent sponsorships and can assist with communication and administration for national meetings. Our industry will also have the opportunity to have notices of meetings and important achievements distributed to members via our e-Bulletin.

Africa PCR has been announced at Euro PCR 2012 and will be launched at SA Heart 2012. Prof Jean Marco, co-founder and Honorary Chairman of PCR, will, together with Prof David Holmes, immediate past president of ACC, and Prof Kuck, president-elect of the European Heart Rhythm Association, address you during the opening ceremony on Friday evening.

With the help of industry, CASSA and PASCAR have established the Pan African Fellowships in Cardiac Pacing and Clinical Cardiology to assist with providing pacemaker services to areas where patients – despite our modern era - still die unnecessarily due to lack of these solutions.

*Continued on page 218*

## SA HEART NEWS continued

### Snippets & feedback

- Our Private Practice Committee resolved the Issue of Rule G, Second Cardiologist and, together with CASSA, is in the process to clarify the issue of a temporary pacemaker prior to a permanent pacemaker.
- Abolishing the need of paper-based chronic medication and PMB registration and applications is a mammoth task but remains a priority as we believe it a waste of highly skilled (up to 20 years training) labour to complete forms.
- Members are also reminded that they can only bill for ICU care if the patient is treated in an ICU and if an ICU is not available but ICU level of care is indeed required you need to consult in this regard with the hospital and funder case manager. Members should also clarify this with their respective hospital administrations.
- When stenting more than one coronary vessel using code I 286 members should indicate the name of the vessel or be remunerated for only 1 stent deployment.
- Members and special interest groups are again invited to participate in the process to address inadequacies in the coding and billing procedures. No new cardiology codes were added or revised during the past 10 years; whilst procedures have become increasingly complex with new procedures cannot be remunerated appro-

priately. SA Heart plans to revise all cardiology codes and explanations with your help. This process will not be possible if everybody sits back and wait for the few who already spend many hours for the benefit of you and your society.

- I believe you are all by now familiar with the SA Guidelines on Lipid management. We thank Dr Eric Klug and his co-workers for compiling this document. We still need to market the principals and convince CMS to accept it.
- In this issue of your SA Heart Journal, you will also find guidelines on the use of troponins compiled by our guidelines committee under the leadership of Dr Ronnie Jardine and a group of cardiologists, pathologists, an emergency care colleague and industry. While SA Heart adopted and supports all ESC guidelines we need to interpret this for our local cardiology care processes.

Enjoy our congress by participating in what we prepared for you. Look forward to seeing you then!

**Adriaan Snyders**  
**Chairman SA Heart 2012 Organising committee**  
**Editor SA Heart Newsletter**  
**President SA Heart**

MARK YOUR  
CALENDAR

17-22 FEBRUARY 2013  
CAPE TOWN, SOUTH AFRICA



cape to win 2013  
**6th WORLD CONGRESS**  
 Paediatric Cardiology & Cardiac Surgery



Hosted by:



[www.pccs2013.co.za](http://www.pccs2013.co.za)

## PAEDIATRIC CARDIAC SOCIETY OF SOUTH AFRICA

The Paediatric Cardiac Society  
of South Africa



### **6th World Congress of Paediatric Cardiology and Cardiac Surgery, Cape Town 17 - 22 February 2013**

With the 6th World Congress fast approaching, we see the culmination of years of hard work coming together to produce the largest event to date in cardiac health in South Africa. Those who have not already registered are urged to do so as soon as possible to take advantage of the significant discounts still available. Chris Hugo-Hamman and his team are commended for the mammoth task of putting together a programme that caters for an incredibly wide spectrum of interests, designed to satisfy the needs of all involved in the management of patients with cardiac conditions including managers, clinicians, nurses and allied health care personnel.

### **SA Heart Congress, Sun City, 19 - 22 July 2012**

With Lindy Mitchell at the helm, an excellent programme is anticipated with confirmed guests including ex South African Desiree Boshoff of Belgium, V. Tsang from the UK and Norman Silverman from the US.

### **WSPCCA Symposium**

The 5th Annual Symposium of the Walter Sisulu Paediatric Cardiac Centre for Africa was held on the 30 - 31 March at the Netcare Auditorium in Sandton. The guest list included prominent surgeons David Barron, Tom Spray and John Brown. With Rob Kinsley in the chair, it once again proved an event with stimulating discussion in an informal setting.

### **Website**

We have partnered with one of the best web-based information platforms on congenital heart disease available which will be soon be up and running on our website. We plan to enhance this by offering it in some of the more common local languages as well as adding information on Rheumatic Heart Disease. In addition, our members will enjoy access to a number of web-based resources designed for paediatric cardiologists. Paul Adams, Liesl Zühlke and Chris Hugo-Hamman have all been instrumental in compiling these.

### **Advocacy**

Advocacy remains an important focus of our society and we have flagged 2 important matters for our attention, namely: Recommendations for managing congenital heart disease into adulthood; and the appropriate referral of children with cardiac disease within the public sector.

“Those who have not already registered are urged to do so as soon as possible to take advantage of the significant discounts still available.”

### **Conclusion**

My tenure as President and that of the current executive committee will come to an end at our AGM in July. My sincerest thanks go to Steve Brown (Treasurer), Liesl Zühlke (Secretary), John Hewitson, Christopher Hugo-Hamman, Jeff Harrisberg and Paul Adams for their support and assistance over the last 2 years.

**Ebrahim Hoosen**  
**President**

## POPULAR CONGRESSES FOR 2012 / 2013

CONGRESS	DATE	CITY	COUNTRY
2ND UK-SA CARDIOVASCULAR RESEARCH WORKSHOP <a href="http://www.sascar.org.za/new.htm">http://www.sascar.org.za/new.htm</a>	15 - 16 August 2012	Cape Town	South Africa
ESC 2012 <a href="http://www.escardio.org/congresses/esc-2012">http://www.escardio.org/congresses/esc-2012</a>	25 - 29 August 2012	Munich	Germany
ARRHYTHMIAS IN THE REAL WORLD 2012 <a href="http://www.cardiosource.org/Certified-Education/Courses-and-Conferences/2012">http://www.cardiosource.org/Certified-Education/Courses-and-Conferences/2012</a>	6 - 8 September 2012	Washington, DC	USA
NEW HORIZONS IN ECHOCARDIOGRAPHY Newhorizons.baraecho@gmail.com	5 - 6 October 2012	Sandton	South Africa
PAN AMERICAN HEART FAILURE CONGRESS <a href="http://www.pahfcongress.com">http://www.pahfcongress.com</a>	18 - 21 October 2012	Panama City	Panama
ACUTE CARDIAC CARE <a href="http://www.escardio.org/congresses/acute-cardiac-care-2012">http://www.escardio.org/congresses/acute-cardiac-care-2012</a>	20 - 22 October 2012	Istanbul	Turkey
APSAVD: ASIAN PACIFIC SOCIETY OF ATHEROSCLEROSIS AND VASCULAR DISEASES <a href="http://www.apsavd2012.com">http://www.apsavd2012.com</a>	20 - 22 October 2012	Phuket	Thailand
CHEST 2012 <a href="http://2011.accpmeeting.org/about/chest-2012">http://2011.accpmeeting.org/about/chest-2012</a>	20 - 25 October 2012	Atlanta, GA	USA
MANY FACES OF AF franciska@cassa.co.za	Saturday 20 October 2012	Cape Town	South Africa
MANY FACES OF AF franciska@cassa.co.za	Tuesday 23 October 2012	Durban	South Africa
MANY FACES OF AF franciska@cassa.co.za	Thursday 25 October 2012	Johannesburg	South Africa
TCT 2012 <a href="http://www.tctconference.com">http://www.tctconference.com</a>	22 - 26 October 2012	Miami, FL	USA
EACTS (EUROPEAN ASSOCIATION FOR CARDIO-THORACIC SURGERY) 2012 <a href="http://www.eacts.org/annual-meeting.aspx">http://www.eacts.org/annual-meeting.aspx</a>	27 - 31 October 2012	Barcelona	Spain
ICI MEETING 2012 - INNOVATIONS IN CARDIOVASCULAR INTERVENTIONS <a href="http://www.icimeeting.com">http://www.icimeeting.com</a>	2 - 4 December 2012	Tel Aviv	Israel
EUROECHO 2012 <a href="http://www.escardio.org/congresses/euroecho2012">http://www.escardio.org/congresses/euroecho2012</a>	5 - 18 December 2012	Athens	Greece
6TH WORLD CONGRESS ON PAEDIATRIC CARDIOLOGY & CARDIAC SURGERY <a href="http://www.pccs2013.co.za">http://www.pccs2013.co.za</a>	17 - 22 February 2013	Cape Town	South Africa

CONGRESS	DATE	CITY	COUNTRY
SA HEART 2013 <a href="http://www.saheart.org">http://www.saheart.org</a>	17 - 22 February 2013	Cape Town	South Africa
11TH PASCAR CONGRESS AND 4TH ALL AFRICA CONFERENCE ON HEART DISEASE, STROKE AND DIABETES <a href="http://www.pascar.co.za">http://www.pascar.co.za</a>	15 - 20 May 2013	Dakar	Senegal
8TH INTERNATIONAL MEETING IN INTENSIVE CARDIAC CARE <a href="http://www.isas.co.il/cardiaccare2013">http://www.isas.co.il/cardiaccare2013</a>	16 - 18 June 2013	Jerusalem	Israel
EHRA - EUROPACE <a href="http://www.escardio.org/congresses/ehra-europace-2013">http://www.escardio.org/congresses/ehra-europace-2013</a>	23 - 26 June 2013	Athens	Greece

## SOUTH AFRICAN SOCIETY FOR CARDIOVASCULAR RESEARCH (SASCAR)

After 2 and half year of existence, the South African Society for Cardiovascular Research (SASCAR) is privileged to participate, for the third time, in the SA Heart meeting that will be held in Sun City in July 2012. Members of SASCAR will have the opportunity to attend an exciting basic science programme which will include many different aspects of basic cardiovascular research. This is a great opportunity for clinicians and scientists to learn more about cardiac metabolism (Prof Opie), cardiac cell death (Prof Engelbrecht), conditioning therapy (Prof Lecour) and the cardioprotective effects of melatonin (Prof A. Lochner). Together with the Heart Failure Society of South Africa (HeFSSA), a designated workshop on acute heart failure will review many aspects of this pathology, from bench to bedside. Dr Katherine Bachelier from Germany will detail the role of microparticules as a potential novel biomarker in this pathology.

After the SA Heart meeting, the second major event for SASCAR this year is the UK / SA Cardiovascular Research Workshop that will be held in Cape Town from 16 - 17 August 2012. The aim is to promote the work of young researchers and foster research collaborations between South Africa and the UK. This year, the meeting has been endorsed by the ESC Working Group on Cellular Biology of the Heart, which will allow the participation of 6 PhD students from Spain, Germany and the UK, as well as 6 top European Senior

Researchers, namely Prof Michel Ovize (France), Prof Rainer Schulz (Germany), Prof Klaus Preissner (Germany), Dr Derek Hausenloy (UK), Prof Peter Ferdinandy (Hungary), Dr Marisol Ruiz-Meana (Spain). In addition, 12 South African students (from basic or clinical backgrounds) will be given the opportunity to present their work in a very stimulating environment. More information can be viewed on our website: <http://www.sascar.org.za/new.htm>.

We would like to remind you that the SASCAR Annual General Meeting will take place on Friday, 20 July 2012 from 17h00 to 17h45. Please make every effort to attend as the meeting is important and contributes to the success of the Society.

For further information about SASCAR and its activities, contact us on [info.sascar@gmail.com](mailto:info.sascar@gmail.com) or visit our website [www.sascar.org.za](http://www.sascar.org.za).

**The Executive Committee of SASCAR wishes you a fruitful SA Heart meeting!**



## SOUTH AFRICAN SOCIETY OF CARDIOVASCULAR INTERVENTION

I am pleased to report on SASCI activities since our AGM end November 2011. I would like to thank my Exco members for their contributions.

Please note the Exco members and their responsibilities and contact them regarding their specific portfolio or talk to George Nel (SASCI Executive Officer) at 083 458 5954 or [sasci@sasci.co.za](mailto:sasci@sasci.co.za).

### **Farrel Hellig**

**President:** Africa PCR, Funders, International Relations and Congresses

### **Sajidah Khan**

**Vice-President:** Africa PCR, International Congresses, Education and Guidelines

### **Cobus Badenhorst**

**Treasurer:** SHARE, SA Heart Congress 2012 and HS-troponin guidelines

### **Adie Horak**

**Secretary:** SASCI @ World Paed Cardio Congress 2013

### **Graham Cassel**

**Ex-officio President:** Africa PCR and non-invasive coronary imaging

### **Mpiko Ntsekhe**

**Academic:** Visiting Professors Programme and HS-troponin guidelines

### **Chris Zambakides**

**Johannesburg and Academic:** TAVI funding

### **Len Steingo**

**SA Heart PPC:** Coding and Funders

### **Mark Abelson**

**SA Heart PPC:** Coding and Funders

### **Dave Kettles**

**Eastern Cape:** Fellows Workshop 2012

### **Jean Vorster**

**Pretoria:** Funders

The ISCAP (Interventional Society of Cathlab Allied Professionals) representatives on SASCI Exco are Gill Longano and Liezl Le Grange and the industry Exco representatives are Craig Goodburn, Salome Snyders, Rob Millar and Mariska Fouche.

2012 has been an exceptionally busy period. We are in the midst of flux in our environment and the challenges are many.

Education continues to be one of our core priorities. Creating opportunities for our "cardiologists in training" remains paramount, with a number of SASCI educational programmes now offered annually. These are sought-after opportunities for those still in training.

### **EuroPCR Programme**

SASCI has established a firm position for EuroPCR joint sessions. We have collaborated with Ireland, England, Germany and France in the past and this year's session on TAVI with Poland proved just as successful. The "TAVI complication cases" (one presented by Tom Mabin with "How would I treat" segments by Helmut Weich) proved an exceptional learning opportunity and involved the whole audience in discussion. It was my privilege to co-chair the session. Well done to the presenters and a thank you to those SASCI members who attended the session.

South African's featured in numerous capacities during the congress including chairpersons, case facilitators and presenters of talks and abstracts. Well done to all! The abstract by Tom Mabin on "TAVI cost-effectiveness" will hopefully strengthen our case in achieving a universally appropriate level of reimbursement in selected high risk patient groups.

### **Launch of AfricaPCR and AfricaPCR Programme at South African Heart Association Congress 2012**

During the SA Heart Congress 2012 (19 - 22 July 2012, at Sun City) SASCI and PCR will offer the first AfricaPCR programme (Friday 20 July 2012 from 11h00 - 16h30). This is the launch event for AfricaPCR set to become an annual 2-day symposium in the future.

## SASCI NEWS continued

AfricaPCR was officially announced by Prof Jean Marco during his opening address at the recent EuroPCR 2012 meeting in Paris - an announcement which was met with excitement and interest from South African and African delegates as well as others from around the world. The objective of this joint initiative (which includes representation from PCR, SASCI, PASCAR and the other SA Heart special interest groups and subcommittees) is to bring the PCR's toolbox of educational material to Africa with South Africa as the initial gateway, in a way that meets local needs via the PCR "By you, for you" principle.

An Africa PCR committee comprising of representatives from various relevant stakeholders will collaborate in developing a programme for 2013 in the coming months. The committee consists of Farrel Hellig (Committee chairperson/SASCI); Sajidah Khan (Academic/SASCI); Tom Mabin (SA Heart Education); Cassel Graham (SASCI); Cobus Badenhorst (SA Heart 2012); Ebrahim G.M. Hoosen (Paeds/Congress 2013); Mpiko Ntsekhe (Academic/PASCAR); Martin Sussman (Surgeons/SA Heart Association); Anton Doubell (Academic/SA Heart Education); Danie Marx (Academic/SA Heart Education); Hans Buyl (PCR liaison) and George Nel (SASCI).

is made possible through an unconditional educational grant from Medtronic.

It is my pleasure to thank Medtronic for the extension of their support of this valuable programme for an additional 3 years (to 2015). It is also my privilege to announce that Prof David Holmes (Professor of Medicine at the Mayo Clinic College of Medicine and immediate past president of the American College of Cardiology) a well-known and greatly respected interventional cardiology icon from the US has, in principal, accepted our invitation to be the VP in 2013 or 2014.

**I wish to thank Mpiko Ntsekhe who continues to manage this programme for the SASCI Executive.**

### SCAI Fellows course

The US equivalent of SASCI, SCAI (Society for Cardiac Angiography and Interventions) Fellows Course is the premier fellows-only course in North America and is designed for interventional cardiology fellows early in their training. The course provides an engaging environment in which attendees can interact directly with faculty. It offers participants a comprehensive education in core curricula, fundamental techniques and tools, and representative cases that will be essential in the fellows' future role as

“Creating opportunities for our  
“cardiologists in training”  
remains paramount.”

### Visiting Professor Programme

By the time this newsletter reaches you, SASCI's 3rd annual Visiting Professor Prof Jean Marco should already have been in South Africa for one of two month stay (visiting the medical schools and giving lectures) but due to personal reasons out of his control the program had to be postponed to hopefully later in 2012. This programme

practicing interventionalists. The course also features hands-on workshops and a medical simulation training programme.

SCAI has extended an invitation to SASCI to nominate four Fellows in interventional cardiology in South Africa to attend the SCAI Fellows Programme in the United States in 2012. SASCI has once again secured funding for

## SASCI NEWS continued

the flights to Las Vegas from Boston Scientific and the SCAI offer includes registration, lodging and meals. Based on feedback from fellows who attended in the past, SASCI believes this is a very worthwhile programme for Fellows to attend. Please see more information at <http://www.scai.org/fellows>. Nominations have been called for and recipients will be announced during the SASCI AGM on 20 July @ 16h30. Fellows and Registrars need to keep an eye open for communication to the Medical Schools requesting nominations from the Head of Department.

### RC Fraser International Fellowship

SASCI is proud to confirm that Dr Aine Mugabi is the 2012 recipient of the RC Fraser International Fellowship in Cardiovascular Intervention Award. Dr Mugabi will go to Dr Martyn Thomas (Consultant Cardiologist & Clinical Director for Cardiovascular Services) unit at Guy's & St Thomas' Hospital, London for a period of one month in 2013 where he will have the opportunity to expand his knowledge and further his abilities. This award is annually sponsored by Boston Scientific.

Dr Alfonso Pecoraro (2011 recipient) is currently at Dr Thomas's unit and we are awaiting his feedback.

### SASCI Annual Fellows Programme 2012

The 7th annual Fellows programme was held on the weekend of 3rd of March 2012 in East-London at LIFE St Dominic's Hospital. Dr Dave Kettles was programme director with the contribution of the faculty members Dave Kettles, Farrel Hellig, Mark Abelson, Chris Zambakides and Adriaan Snyders. This event was detailed in our previous newsletter.

### ESC 2012 Congress in Munich

Sponsorship for fellows (or young cardiologists) to ESC 2012 Congress in Munich - Free registration from SA Heart and travel support from SASCI.

As an affiliate member of the ESC, SA Heart has received an offer to nominate a number of members of SA Heart and SASCI who had never before attended ESC, for free registration at the ESC Congress which will take place in Munich from 25 - 29 August this year. This offer gives the recipients the opportunity to meet with other young cardiologists from around the world and to become part

of the Young Cardiologist Club. SASCI with support from Winthrop, Pharma Dynamics and B Braun (for 1 delegate each) and Medtronic (for 2 delegates) will reimburse economy-class flights and reasonable accommodation for the 5 qualifying applicants. SASCI is looking forward to feedback from this year's recipients: Drs Sizwe Mthiyane, Chevaan Hendrickse, Tawanda Butau, Parmanand Naran and Pat Ntuli.

### 6th World Congress of Paediatric Cardiology

The Paediatric Cardiac Society of South Africa (Special Interest Group of SA Heart Association) will organise the 6th World Congress of Paediatric Cardiology and Cardiac Surgery, between 17 and 22 February 2013. SASCI will be significantly involved in the Congress. The Congress has been organised into FIVE TRACKS which cater for various fields of interest.

From SASCI's point of view, the track: "catheter-based interventions from foetus to adults" will include live presentations, which will be augmented by a combination of lectures, debates, master classes and pre-recorded cases, spread over the 5 congress days. These cases will highlight more recent interventions such as transcatheter valve placements and atrial appendage ablations. Invitations have been extended to an excellent international faculty, and this promises to be a stimulating and exciting congress, which will be catering for adult cardiologists, as well as paediatric cardiologists. Adie Horak is the designated representative on the Congress Organising Committee for SASCI.

### Other activities

#### Council for Medical Schemes - TAVI

After reaching consensus on the circumstances under which a patient should be entitled to TAVI, but whilst still finding limitations in access to treatment, SASCI has taken cases to the Council for Medical Schemes, in order to establish funding precedents. These cases have met some success but SASCI will continue to move forward with these.

#### SASCI funder negotiations

A delegation from SASCI met with Discovery Health to discuss issue of TAVI funding. Resolution of this matter is expected soon.

## SASCI NEWS continued

Len Steingo and Mark Abelson have, as part of SA Heart Private Practice committee, met with Discovery to discuss coding, Rule G and chronic approval forms. All of these will be covered more extensively within this news contribution. Please read the report by Dr Makotoko (head of SA Heart Private Practice Committee) in this SA Heart newsletter.

### **Interventional Society of Cathlab Allied Professionals (ISCAP)**

ISCAP: Do read the full report on activities elsewhere in this issue. I would like to ask SASCI members to embrace this new initiative and support them in your respective hospitals.

### **Acknowledgements**

I would like to thank my hard-working executive and also our industry partners for their continued and unwavering

support of SASCI and its constitutional objectives. These companies have demonstrated their commitment to our society and education in South Africa: Angio Quip, Aspen, AstraZeneca, Baroque, B Braun, Boston, Cordis, Disa Vascular, Edwards, Medtronic, Paragmed, Pharma Dynamics, Surgical Innovations, Torque Medical, Viking, Volcano and Winthrop.

Please contact your Executive Officer, George Nel at 083 458 5954 or [sasci@sasci.co.za](mailto:sasci@sasci.co.za) if you need any assistance or need to formally communicate with the executive.

**Farrel Hellig**  
**President, SASCI**



**SASCI**  
**South African Society of Cardiovascular Intervention**

## JOIN US IN OUR RACE FOR PACE!



PACE annually takes part in International Heart Rhythm Week. This year we hosted an awareness and fundraising activity called "Race for PACE" where doctors and volunteers ran and cycled Route 62 between Port Elizabeth and Cape Town.

There was a team from Port Elizabeth that completed the section between Port Elizabeth and Oudtshoorn, where fresh legs from Cape Town took over to cover the last 300+ kilometres.

The PACE team went through the towns of Humansdorp, Joubertina, Uniondale, Oudtshoorn, Ladismith, Montagu and Villiersdorp and en route we visited schools and retirement villages. Here we shared the message on Sudden Cardiac Arrest and AF-related stroke respectively.

More than 1 500 school children were taught how to take their pulse and to be aware of their pulse rate.

PACE managed to raise approximately R45 000 and 4 AEDs to the value of R60 000.

The PACE Exco would like to thank everyone who participated, sponsored a delegate or donated during this week.

A special word of thanks to Medtronic for sponsoring the costs for the travel and accommodation, to Bayer Pharmaceuticals and Sanofi Aventis that donated to the PACE patient fund and to Medpages for marketing this event free of charge.

We trust that the "Race for PACE" will grow and become a standard event on the annual charity calendar.

PACE also had presence at the Comrades marathon this year, where it taught people how to take their pulse and handed out information on Sudden Cardiac Arrest and AF. It is estimated that approximately 45 000 people passed through the Comrades exhibition hall this year.

## HeFSSA NEWS

The HeFSSA Executive Committee under the leadership of Prof Karen Sliwa (President) is: Drs Eric Klug (Vice President), Martin Mpe (Treasurer), Cristina Radulescu, Darryl Smith, Prof Obel, Jean Vorster, Tony Lachman, Jens Hitzeroth and Prof Sandrine Lecour and the industry Exco representative is Luigi Zampieri. We are grateful for their dedication to the society.

The Heart Failure Society of South Africa (HeFSSA), as the first heart failure society on the African continent, works hard to adhere to its mission, i.e. to promote education and research as well as collaboration on issues relating to heart failure in South Africa and around the world. An important role of a medical society is to serve as a reference point for funders and other medical professionals. In this regard HeFSSA has submitted a document to Discovery on the society's view on the use and role of Ivabradine in chronic heart failure.

### The HeFSSA website

The HeFSSA website ([www.hefssa.org](http://www.hefssa.org)) is continuously updated to ensure that a visitor to this site gets the latest news, publications and general information on upcoming events. The HeFSSA Exco contributes continuously to ensure that the content stays relevant and interesting. Please visit the website, under Education for more information on the HeFSSA Travel Scholarship. HeFSSA considers the support of such an award to be part of its contribution towards optimising patient health care and to enhance and further local expertise in heart failure in South Africa. For more information on how to apply for this scholarship you can also contact the HeFSSA office at 083 458 5954.

### Physicians conference

Prof Karen Sliwa represented HeFSSA at the Physicians Conference in Cape Town 24 - 26 February 2012. This meeting was attended by more than 100 physicians. The session, sponsored by HeFSSA, covered acute and chronic heart failure, diastolic dysfunction as well as managing heart failure in pregnancy. We would like to thank our corporate members - Servier, Merck and Medtronic for their sponsorships.

### Inter-CHF study

HeFSSA has been approached by McMaster University/PHRI to contribute in the Inter-CHF study. The details of

the study on the management of heart failure will be presented at the HeFSSA meeting in July 2012. The impact of this study is of great importance.

### Cardio Update for Non-Cardiologists

In the process of achieving our educational goals, HeFSSA once again organised a Cardio Update for Non-Cardiologists at this year's SA Heart Congress. As this programme is proudly sponsored by AstraZeneca, we offered this workshop at no charge to local medical practitioners. 1 500 GP's in the Gauteng area, including both GP's in private and those working in state hospitals will be invited. Dr Martin Mpe was the convener of this meeting and together with other Exco members, who included Prof Karen Sliwa, Drs Eric Klug and Jean Vorster, was part of the faculty for this programme. HeFSSA would like to thank them for their time and commitment to this programme.

**Please remember to attend the HeFSSA and HeFSSA/SASCAR parallel sessions** on Saturday 21 July 2012 from 11h00 - 16h45 with the topics: Acute Heart Failure – detection and management as well as from bench to bedside.

**Kindly diarise the HeFSSA AGM that will take place on Saturday, 21 July 2012 from 13h00 - 14h00. Please remember to attend!**

### ESC guidelines

HeFSSA has been awaiting the newly published ESC guidelines on acute and chronic heart failure. An Exco meeting took place on 16 June to discuss aspects where we require modification from a South African perspective. The HeFSSA Exco, under the guidance of Dr Martin Mpe has embarked on the process of updating the HF guidelines. The aim is to use the ESC Guidelines as basis and then produce an Executive summary from a South-African perspective without losing the core of the ESC guidelines.

Other special interest groups will have the opportunity to give their input after the initial draft has been accepted by the HeFSSA Exco. When these guidelines are ready an education drive aimed at General Practitioners will take place in 2013.



## HeFSSA NEWS continued

### Parallel session 1: HeFSSA - Acute heart failure: detection and management - Saturday 21 July

<b>Chairpersons:</b>	Dr M. Mpe (SA)	
<b>11h00 - 11h30</b>	Detection and management of acute viral myocarditis	Prof L. Cooper (USA)
<b>11h30 - 12h00</b>	Detection and management of acute heart failure in pregnancy	Prof K. Sliwa (SA)
<b>12h00 - 12h30</b>	Detection and management of acute heart failure in the elderly	Dr E. Klug (SA)
<b>12h30 - 13h00</b>	What is new in the management of acute heart failure	Dr K. Bachelier (Germany)
<b>13h00 - 14h00</b>	<b>Lunch and AGM</b>	

### Parallel session 2: SASCAR/HeFSSA workshop - Acute heart failure: from bench to bedside

<b>Chairpersons:</b>	Prof K. Sliwa & Prof S. Lecour (SA)	
<b>14h00 - 14h30</b>	Histology and biomarkers in viral myocarditis	Prof L. Cooper (USA)
<b>14h30 - 15h00</b>	Biomarkers in heart failure: BNP and beyond	Prof H. Katus (Germany)
<b>15h00 - 15h30</b>	Microparticles as a new biomarker for heart failure	Dr K. Bachelier (Germany)
<b>15h30 - 16h00</b>	Metabolic changes in acute heart failure	Prof L. Opie (SA)
<b>Abstract presentations</b>		
<b>16h00 - 16h15</b>	Clinical and Echocardiographic follow-up of the Isolated Left Ventricular Non Compaction cohort at Chris Hani Baragwanath Hospital	Dr F. Botha (SA)
<b>16h15 - 16h30</b>	Calpain-mediated dystrophin disruption may be a potential structural culprit behind chronic doxorubicin-induced cardiomyopathy	Prof M. Rossi (Brazil)
<b>16h30 - 16h45</b>	Potential mechanisms that account for obesity-related decreases in left ventricular diastolic function	Dr C.D. Libhaber (SA)

### GP Heart Failure programme

After the success of the GP Heart Failure programme in 2010 and 2011 the HeFSSA Exco has decided to continue this educational programme especially in the more remote areas where GP's have expressed a dire need for education. The goal of this programme is to educate General Practitioners on the basic pathophysiology and management of Heart Failure (HF) with a particular focus on acute and right HF. The lectures, which are held as an interactive session with the participants will present information on acute HF, acute or chronic HF, chronic obstructive airways disease and anaemia as co-morbidities in HF and the conditions leading to right heart failure. The main focus will be on diagnosis and management of those conditions.

These meetings will take place from August to November in Nelspruit, Cape Town, Durban, Pretoria, Port Elizabeth, Secunda, Johannesburg, George, Rustenburg, East Rand, Bloemfontein, Potchefstroom and Windhoek. More details

and online registration will be available on the HeFSSA website.

HeFSSA can only achieve these goals thanks to our loyal corporate members who support us with generous educational grants. Our sincere appreciation goes to AstraZeneca, Servier, Pharma Dynamics, Medtronic and Merck.

Please contact the HeFSSA office if you want to learn more about these events or if you want to participate in any of the programmes.

### Contact details

**George Nel** Email: info@hefssa.org  
Cell: 083 458 5954

**Sanette Zietsman** Email: szietsman@telkomsa.net  
Cell: 083 253 5212

**Karen Sliwa**  
**President, HeFSSA**

## HEFSSA TRAVEL AWARD

### “ENHANCE HEART FAILURE MANAGEMENT IN SOUTH AFRICA”

#### Introduction

The Executive Committee of HeFSSA has established the Enhance Heart Failure Management Award. HeFSSA considers this initiative as part of our contribution towards optimising patient health care and promoting local heart failure expertise. We hope that the information gained during this event and the possibility to share your experience and open a dialogue with other specialists will broaden all our knowledge with regard to new therapies in heart failure. We also hope that this experience will help you to develop educational programmes at your medical institution and/or to share the acquired knowledge with your patients and colleagues.

#### Value

The grant is valued at R50 000 (fifty thousand Rand) – to be utilised towards airfare (economy class), congress registration and accommodation expenses. The grant is limited to a maximum of R50 000 and only 1 (one) award will be awarded per annum.

The successful recipient is liable for all payments towards general expenses and airfares him/herself in advance, and can then claim these back from HeFSSA after submitting the necessary proof of payment and appropriate receipts. A recipient will be refunded immediately on receipt of these expenses.

#### Eligibility

Cardiologists or Physicians in either the Public or Private sector can be potential candidates and they are required to be a citizen or permanent resident of South Africa. The applicant's annual SA Heart Association and HeFSSA's membership fees must be fully paid up. The Congress/ Programme/Course must be internationally or locally accredited, and be predominantly focussed on Congestive Heart Failure.

#### Application procedure

Application forms are available on [www.hefssa.org](http://www.hefssa.org) and must be completed and returned to HeFSSA – fax number: 086 603 9885.

#### Please take note of the following:

- The application form must be accompanied by the official programme. Applications should be sent by email (as an attachment) in a single pdf file;
- The title of the email should read: “HeFSSA Award towards Enhance Heart Failure Management in South Africa”; and
- HeFSSA will acknowledge receipt of all applications by return email.

#### Terms and conditions

It is hereby placed on record that no guarantees can be given to any applicant that his/her application will be successful.

The decision in granting an award to a successful applicant will be final. No appeal process will be considered.

Applicants will be notified of the outcome within 4 weeks of application.

The successful recipient of the grant needs to take note of the following:

- An attendance certificate must be provided to HeFSSA on the applicant's return;
- You are bound to provide HeFSSA with a written evaluation/review of the course/conference no later than 3 months after returning;
- Depending on the type of course/conference that the successful candidate attends, HeFSSA reserves its right to request the candidate to prepare and deliver a presentation at an appropriate forum; and
- The successful recipient is liable for all payments towards general expenses and airfares him/herself in advance, and can then claim these back from HeFSSA after submitting the necessary proof of payment and appropriate receipts. A recipient will be refunded immediately on receipt of these expenses.



## YOUNG AFRICAN SCIENTISTS WORLD CONGRESS 2013

### Introduction

The organising committee of the 6th World Congress of Paediatric Cardiology and Cardiac Surgery has established 20 "Young African Scientist World Congress Scholarships". The intention is to increase capacity in health science by assisting young African clinicians and researchers attend the 6th World Congress in 2013.

### Value

Each grant is valued at 20 000 ZAR. A portion will be used to cover conference registration and hotel accommodation and the remainder provided to the scholar at the time of the conference held in Cape Town 17 - 22 February 2013.

### Eligibility

Candidates must be under 36 years on 17 February 2013 and may be either under-graduate or post-graduate students, post-doctoral or early career specialists. Applicants must have been born in Africa and be working in Africa. Applicants who have a paper accepted for poster or oral presentation at the Congress, are eligible to receive the scholarship.

### Application

Application forms (obtainable from [info@wcpccs.co.za](mailto:info@wcpccs.co.za)) need to be completed and returned to the Conference Secretariat before 1 July 2012. The application form must be accompanied by: the abstract of the paper submitted to the Congress; a one page summary of the work to be presented; a letter of motivation; and a letter of recommendation by the applicant's supervisor. A certified copy of an applicant's passport must accompany the application. The successful applicants will need to complete registration, comply with the deadlines for submissions as prescribed at [www.pccs2013.co.za](http://www.pccs2013.co.za). To receive residual grant money successful candidates must attend the congress, present personally to the conference organisers with verification documents and present their paper. No direct payments will be made to the successful candidates prior to the congress. Applications should be sent only by email attachment, in one pdf file, with the title of the email, "Young African Scientists Congress Scholarships".

### Terms

Application for the scholarship or acceptance of a paper by the World Congress Scientific Committee does not guarantee the applicant will receive an award. No correspondence will be entertained after application. Applicants will be notified of the outcome of their application before 31 August 2012.

The World Congress is supported by an unrestricted educational grant from PepsiCo.



## CARDIAC ARRHYTHMIA SOCIETY OF SOUTHERN AFRICA (CASSA)

### Education and training

CASSA, in their dedication to education and training have the following educational programmes lined-up for the rest of 2012:

### Many Faces of AF National Symposium

Due to the success of the Many Faces of AF Symposium that was held in 2010, CASSA has decided to hold follow-up meetings this year. Dr Neil Sulke (Eastbourne, UK) and Prof Sanjeev Saksena (Clinical Professor of Medicine, UMDNJ- Robert Wood Johnson Medical School, Medical Director, Electrophysiology Research Foundation, Editor-in-Chief, Journal of Interventional Cardiac Electrophysiology and Past President, Heart Rhythm Society) have been invited as key note speakers for this event.

The Many Faces of AF Symposium will take place in October 2012 with meetings on:

**Saturday, 20 October**

Full day meeting in Cape Town

**Wednesday, 24 October**

Dinner meeting in Durban

**Saturday, 27 October**

Full day meeting in Cape Town

The following topics form part of the provisional programme:

### Epidemiology of Atrial Fibrillation

Age, gender, possible pathogenic associations (e.g. hypertension, heart failure and metabolic syndrome).

### Pathology of Atrial Fibrillation in the atrium and ventricle

An understanding of the progression as initially beautifully shown by Allesì. The purpose of this will be to correlate pathology, time in AF and type of AF.

### Consequences of Atrial Fibrillation

Heart failure, stroke, ischaemic emboli, quality of life and mortality.

### Treatment

#### Rhythm control

- Anti-arrhythmic drugs – current status;
- Ablation – current status;
- Cardioversion – when, where and why; and
- Treatment of the underlying condition.

#### Rate control

- Lenient or strict; and
- AV nodal ablation – including is biventricular pacing always necessary.

#### Anticoagulation

- Who needs it (CHADS/CHADSVASC);
- Warfarin;
- New anticoagulants;
- A review of the current and possible future role of devices; and
- Physiotherapy to help prevent the elderly from falling and make anticoagulation safer.

#### The acute stroke

When and how to anticoagulate – neurologist.

#### Atrial fibrillation in particular situations

- Valvular disease;
- Acute heart failure;
- Hypertrophic cardiomyopathy;
- Pregnancy;
- In sick, frail old people;
- Post-operative atrial fibrillation; and
- WPW with AF.

All lectures will be case-based and the sessions will be interactive.

## CASSA continued

### SA Heart 2012

As every year, CASSA will be involved in the academic programme at the annual congress of the South African Heart Association.

#### The following sessions are being planned:

Wednesday, 18 July, Johannesburg: Dinner meeting with Prof Karl-Heinz Kuck where he will be showcasing some of his more challenging EP cases.

Friday, 20 July, Sun City: CASSA parallel session. During this session Prof Kuck will give two 30-minute lectures, after which he will comment on cases presented by the local electrophysiologists.

### General Practitioners

CASSA is joining forces with 2 of our corporate member companies, i.e. Medtronic and Boehringer-Ingelheim to educate GPs around the country on atrial fibrillation.



CARDIAC ARRHYTHMIA SOCIETY  
OF SOUTHERN AFRICA

A SPECIAL INTEREST GROUP OF SA HEART ASSOCIATION

like to invite all its members to make use of this resource. This is for CASSA members only, so if you are not a CASSA member yet, join today!

More details on the medico-legal support to be found on the website.

### ICD accreditation

Accreditation for ICD practitioners is proceeding and the first CASSA test will be taken at the upcoming SA Heart Association Congress at Sun City in July 2012.

CASSA, in their dedication to education and training have educational programmes lined-up for 2012.

### Medical aids

CASSA will again be represented at the annual congress of the Medical Advisors Group in August in Cape Town, where it will have the opportunity to train Medical Advisors of most of the medical aids in South Africa on heart rhythm disorders and their treatment protocols.

CASSA has been very involved in interactions with some of the big medical schemes and administrators in South Africa to ensure funding for cardiac rhythm treatment.

The society has strong medico-legal support systems in place, including legal advice as well as support from the Council of Medical Schemes and the CASSA Exco would

Further exciting developments in terms of the accreditation process are that EHRA has expressed an interest in partnering with CASSA in providing the training for the ICD Practitioner course. Details will follow as soon as negotiations between CASSA and EHRA have been finalised.

For more information on any of the topics above, please contact Franciska Rossouw at 082 806 1599, email [franciska@cassa.co.za](mailto:franciska@cassa.co.za) or visit [www.cassa.co.za](http://www.cassa.co.za).

## HEART AND STROKE FOUNDATION SOUTH AFRICA

**T**he Heart and Stroke Foundation SA (HSF) is a non-profit non-governmental organisation. The purpose of the HSF is to prevent premature deaths and disabilities caused by heart disease and stroke.

The HSF is a member of the World Heart Federation, World Stroke Organisation and African Heart Network.

### Vision

A future where fewer South Africans are affected by heart disease and stroke.

### Mission

To encourage prevention at all levels, empowering South Africans to adopt healthy lifestyles and make healthy choices easier.

### Focus areas

- Health promotion to encourage the prevention of CVD;
- Support for people living with or affected by CVD;
- Advocacy role for social mobilization and influencing policy; and
- Encourage research in cardiovascular disease and prevention.

### Activities

The HSF is a community-based organisation which offers mainly free services to all South Africans. It is a resource on healthy lifestyles for doctors, health and wellness practitioners, patients and patients' families and friends. Practitioners are encouraged to refer patients and members of the public to the HSF for healthy lifestyle guidelines and support, with particular emphasis on CVD risk factors, lifestyle changes and behavioural modification. The HSF's activities do not include medical therapy and all such matters are referred to appropriate experts.

### Providing information

We help people with CVD and those at risk by providing information and guidance on how to minimise their risk and live with CVD.

- **Health Line** at 0860 223 222 (share-call line) is a free service to the community and manned from 8h00 - 16h30 during weekdays.
- **Monthly intranet articles:** Free articles and health updates available to the public. Over 16 000 people benefit from this service.
- **Free brochures** providing information on CVD, risk factors and lifestyle changes.
- **Website** ([www.heartfoundation.co.za](http://www.heartfoundation.co.za)) for comprehensive information and guidelines on healthy living, CVD and risk factors.
- **Support groups:** The HSF runs 3 support groups – 2 in Cape Town and 1 in KwaZulu-Natal – for people affected by CVD. The programme provides a meeting place for affected individuals and their families and friends to share experiences and gain insights from medical experts on living with CVD and stroke. Members are assisted in lifestyle changes by inviting speakers ranging from cardiologists, therapists, neurologists and dieticians, to present on relevant heart health topics. Practitioners are welcome to refer patients to our support groups.

### Building healthy communities

#### Health screening programme

The need for awareness and testing is critical in South Africa, considering the fact that many South Africans remain unaware of their "numbers" and risk status. The HSF's Health Screening Programme provides a free service to the public, offering health screening (body mass index, blood pressure, cholesterol and blood sugar tests), as well as lifestyle advice (dietary, physical activity, tobacco and alcohol use). The intention is to encourage people to "know their numbers" and take action to reduce their risk of CVD. The Health Screening Programme is designed to make health checks practical and accessible, so it is made available in places frequented by people, i.e. shopping centres, work places and sporting events. Information brochures are provided and health talks delivered where appropriate. Requests for health screenings are accommodated where possible.

## HSF continued

### School tuck shop programme

This is a free service to school tuck shops. The scientific rationale for the programme is the association between healthy diets and improved cognitive learning. The goals of the programme are:

- accessibility – to help schools offer their learners healthier food options; and
- to develop good eating habits from childhood.

### Heart Mark

The Heart Mark food endorsement programme is a guide for shoppers to instantly identify healthier product options on the shelf. These products are lower in cholesterol, saturated fat, sodium and sugar; and higher in fibre (where applicable). To carry the Heart Mark products must:

- be tested at an independent SANAS accredited laboratory; and
- meet stringent nutritional criteria. Regular auditing is undertaken to ensure nutritional criteria are met. Such processes are critical to ensure the Heart Mark logo can be trusted by all.



### Heart Mark restaurant programme

The Heart Mark restaurant programme is designed to encourage restaurants to provide healthy food options that are lower in fat, cholesterol, salt and where applicable, high in fibre. Its uniqueness lies in the fact that it provides those who are pursuing healthy eating habits a means of doing so even when eating away from home. Contact the HSF for a list of restaurants on the programme.

### Hearty

Hearty, the HSF's mascot has been delighting children for many years. And now he is bringing his fun and educational message to an even wider audience of children and parents around South Africa. A new DVD recently launched features a pilot episode of the show, Hearty's Birthday Party. This entertaining story, aimed at children between 4 to 7 years old, aims to encourage young people and their parents to live a healthier lifestyle. Free copies will be made available on request.

### Advocacy

We support and work with all levels of government, health organisations, corporations, the media and community groups to advocate for public health. HSF involvement and contributions in this area include Healthy Lifestyles Initiative (Western Cape Government), Salt Reduction Legislation (National Department of Health), and the Food Based Dietary guidelines.

The HSF also plays a role as a "watchdog" to address unscrupulous practices such as misleading marketing and health claims.

### Where can you find us

#### HSF head office

Cape Town, Convention Towers, CTICC  
Telephone: 021 403 6450  
heart@heartfoundation.co.za

#### Branches

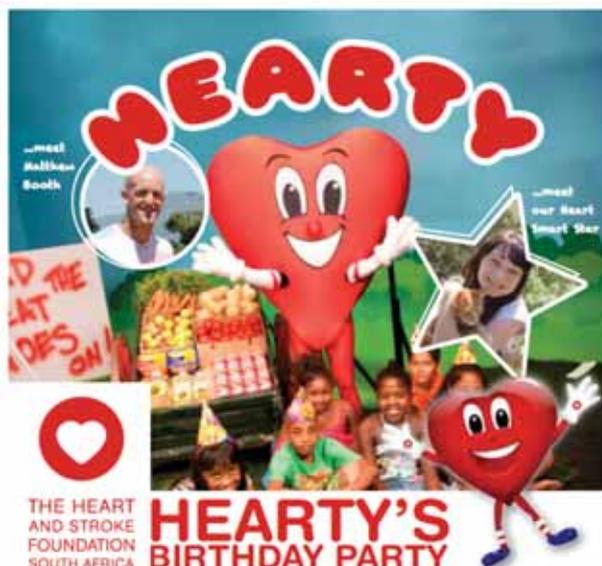
Durban, Entabeni Hospital  
Telephone: 031 261 9055  
kzn@heartfoundation.co.za

#### Port Elizabeth

Oasim North, Havelock Street  
Telephone: 041 582 4086  
easterncape@heartfoundation.co.za

### Dr Vash Mungal-Singh

#### Chief Executive Officer



## ISCAP NEWS

### The launch of ISCAP! Ke nako: It is time!

The Exco of the Interventional Society of Cathlab Allied Professionals (ISCAP), with Dianne Kerrigan as chairperson, has been working continuously since November 2011 to set the foundation which will ensure the society has structures in place to reach its goals, one being that ISCAP is dedicated to enhancing the standards and training of its members to help reduce the impact of cardiac and peripheral vascular disease, thereby improving the quality of life of the South African population. The role of nurses, technologists and radiographers (Allied Professionals) is to ensure that patients receive the best care. Teamwork and knowledge are essential for success. Dianne is greatly supported by Exco members: Gill Longano, Marilyn de Meyer and Romi Dickson. The industry representatives on the Exco are Amy Wolf, Tracey du Preez, Graig Goodburn and Craigh Smith.

Teamwork  
and knowledge  
are essential  
for success.

Discussions with numerous companies indicated that the formation of ISCAP is perceived as a positive step and that companies are willing to work closely with this group which represents the majority of cathlab nursing staff. ISCAP has 12 signed-up corporate members at this stage. Without their contributions we cannot grow and achieve any of our goals. Our sincerest appreciation goes to AstraZeneca, Aspen Pharmacare, B Braun, Baroque, Cordis, Edwards, Medtronic, Paragmed, Surgical Innovations, Torque Medical, Viking and Volcano.

The cathlab environment's profile is rapidly changing. One example of new challenges is the hybrid cathlab - a dedicated theatre with angiographic guidance for sterile vascular and cardiac procedures. A new generation of cathlab personnel is required - an exciting future is on the horizon.

ISCAP's vision is to have a recognised, accredited course with the SA Nursing Council within 5 years. To accomplish this, we need you to become a member and participate in the processes (go to [www.sasci.co.za](http://www.sasci.co.za) and click on the ISCAP logo). We were but a cardiac murmur once, but have now developed our own rhythm: The heart beat of the cathlab.

A concise summary of our achievements reads as follows:

- During the annual SASCI AGM on 27 November 2011, ISCAP was introduced as an associate member working group within SASCI.
- In November 2011, 2 ISCAP members represented ISCAP during a SASCI teleconference.
- First contribution to the SA Heart / SASCI newsletter in March 2012.
- Members of Industry met with SASCI President Dr Farrel Hellig and the ISCAP committee, and confirmed their support to both the concept and funding of ISCAP, early in March this year.
- During the same month the ISCAP committee met with unit managers from hospitals from all over South Africa at Sunninghill Hospital. With the assistance of industry, unit managers were bought from Cape Town, Bloemfontein, Port Elizabeth and Durban. Regional committees, training days, training manuals and sponsorships were amongst the many topics covered.
- The ISCAP Exco and members with assistance from industry are currently rolling out the Cuppachino/ Cupcake/Cathlab Campaign designed to recruit new members to join SA Heart and SASCI. Our aim is to have 200 members before the SA Heart Congress in July 2012!

*Continued on page 236*

## TRAVEL SCHOLARSHIPS OF THE SOUTH AFRICAN HEART ASSOCIATION

The travel scholarship is available to all members and associate members living in South Africa and primarily aims to assist junior colleagues. In doing so, continued future participation in local or international scientific meetings/workshops is encouraged.

### REQUIREMENTS

- Applicants must be fully paid-up members/associate members in good standing for at least one year.
- Applications need to 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/workshop. (Should acceptance be pending, the application need still be submitted 3 months prior with a note stating expected time of approval.) In such a case the scholarship might be granted conditionally; that proof of the abstract being accepted is submitted afterwards);
- An invitation to participate as an invited speaker at the meeting;
- Publications in a peer reviewed journal/s in the preceding year;
- An applicant from a member of a previously disadvantaged community; and
- 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.  
Grants for international meetings will be a maximum of R20 000  
and local meetings a maximum of R7 500.**

## ISCAP NEWS continued

- Our first training on Intra-aortic balloon and counter pulsation therapy was held in Gauteng on 23 June 2012.
- Please remember to attend ISCAP's session at the SA Heart congress on Sunday, 22 July 2012 from 08h30 - 11h30.

SA has been invited to present at Euro PCR 2013 – Allied Health Professional session.

Our main objective is to reach as many cathlab/EP lab personnel as possible, and to remain in continuous contact via email at [sasci@sasci.co.za](mailto:sasci@sasci.co.za), the SASCI website at [www.sasci.co.za](http://www.sasci.co.za) and by joining us on Twitter and Facebook.

**Please contact Sanette Zietsman at [szietsman@telkomsa.net](mailto:szietsman@telkomsa.net) or 083 253 5212 for more information.**

### Parallel session 1: ISCAP - Radiation in the cathlab - Sunday 22 July

**Chairpersons:** Tracy Dickinson & Julia Rosa Fortune

<b>08h30 - 09h00</b>	Why we need DRL's in interventional radiology & how to implement	Hendrik de Vos (SA)
<b>09h00 - 09h30</b>	Radiation protection in a cathlab	Dr P. Mistri (SA)
<b>09h30 - 10h00</b>	Radiation dosimetry	Marius Ramashidzha (SA)
<b>10h00 - 10h20</b>	Safety in the electrophysiology laboratory	Judy Daniels (SA)
<b>10h20 - 10h40</b>	Policies regarding pregnant radiation workers	Marilyn de Meyer (SA)
<b>10h40 - 11h00</b>	ISCAP	Dianne Kerrigan (SA)
<b>11h00 - 11h30</b>	<b>Tea break</b>	

## INTERNATIONAL SOCIETY FOR HEART RESEARCH

### The 33rd International Society for Heart Research North American Section Meeting

#### Pathology and Treatment of Heart Failure

28 - 31 May 2012, Fairmont Banff Springs Hotel, Banff, Alberta, Canada

The conference was chaired by Gary Lopaschuk, who put together a fascinating meeting with a number of world-renowned speakers. With the overall theme being the treatment of cardiac failure, there were many broad individual topics which made for an enlightening and rousing conference. I presented my poster entitled: The effects of acute ethanolamine administration on isoprenaline-induced myocardial infarction in adult Wistar rats. The poster was received with enthusiasm and intrigue by leaders in cardiac research. The opportunity to present in Banff at an international conference provided me with a keen insight to detailed cardiac research and allowed me the opportunity to engage closely with like-minded scientists.

The goals of the International Society for Heart Research (ISHR) were met thoroughly: to globally promote the exchange of ideas, dissemination of knowledge and provide an international platform for discussion. Over and above successfully meeting their goals, the ISHR also inspired and motivated young basic scientists such as myself with invigorating plenary lectures by Eric Olson, Mark Sussman and Daria Mochly-Rosen discussing the roles of micro-RNA's, Pim-1 kinase activation and drugs respectively in the treatment of heart disease. These talks stimulated much hype and debate about the future direction of the treatment of cardiac failure.

A motivating talk about sex differences in the cardiac myocyte given by Leslie Leinward seemed to impact many scientists research including my own. Ira Goldberg's talk on lipotoxicity in heart failure provided some stimulating insight into the interpretation of my current research. Banff was a stimulating setting to hold a conference of this calibre and the immense personal and academic gain that I acquired by attending this conference was unprecedented.

## LOUIS VOGELPOEL TRAVELLING SCHOLARSHIP

Applications are invited for the annual Louis Vogelpoel Travelling Scholarship for 2013. 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. Dr Vogelpoel's 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 under-graduates by regular bedside tutorials. He served as an outstanding role model for post-graduates 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 résumé 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 organising committee, the applicant will forfeit his or her sponsorship towards the congress. (Application can however 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 6 weeks of attending the congress. The congress report will be published in the South African Heart Association Newsletter.

‘A gifted and enthusiastic teacher he was instrumental in the training of generations of undergraduates.’

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](mailto:johan.brink@uct.ac.za).

Previous recipients with this prestigious award were Sandrine Lecour, Roisin Kelle and Liesl Zühlke.

**Applications close on 31 January 2013.**

## THE SOUTH AFRICAN HEART ASSOCIATION RESEARCH SCHOLARSHIP

The research scholarship is available to all full and associate members of SA Heart Association living in South Africa. It is primarily intended to assist colleagues involved in much-needed research to enhance their research programmes.

### REQUIREMENTS

- Applicants need to be fully paid-up members/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; and  
Applicants younger than 35 years of age.

### ADDRESS APPLICATIONS TO:

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

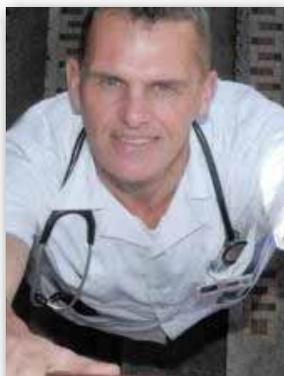
### THE SELECTION PANEL WILL REVIEW APPLICATIONS ANNUALLY AND THE CLOSING DATE IS SEPTEMBER 30.

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

### APPLICATIONS WILL BE ASSESSED ACCORDING TO THE ACCOMPANYING RESEARCH PROTOCOL WHICH SHOULD INCLUDING:

- An abstract (maximum 200 words);
- A brief review of the literature (maximum 200 words);
- A brief description of the hypothesis to be investigated (maximum 100 words);
- A detailed methodology (maximum 500 words); and
- References.

## TRIBUTE TO ASSOCIATE PROFESSOR ANDRZEJ OKREGLIICKI



It was devastating to hear the news of the death of Prof Okreglicki. The loss to the Faculty and to cardiology in South Africa is difficult to calculate. AO (as he was usually and fondly known) was appointed as a senior house officer in Cardiology in 1987. It has been a great

pleasure and privilege to have worked with him as a trusted and valued colleague since then. He was always immensely supportive of the division and Department.

He was an outstanding and skilful cardiologist who, unusually in an era of super-specialisation, maintained expertise in numerous areas including clinical cardiology, echocardiography, coronary intervention and electrophysiology. His major area of interest was in pacing and electrophysiology and here he achieved remarkable distinction. He studied and trained abroad in the area and on his return was instrumental in expanding and establishing a comprehensive electrophysiology service at Groote Schuur Hospital. He was responsible for introducing many new techniques and procedures and under his guidance the electrophysiology service grew considerably and provided comprehensive care and training which is not available in other academic cardiology services in this country. Patients from throughout the Western Cape and other provinces were referred for the specialised techniques which he was able to offer.

He provided unique training in electrophysiology to senior registrars on our service and senior registrars from Tygerberg Hospital rotated through this department for their electrophysiology training. He was instrumental in establishing a two-year electrophysiology training fellowship for qualified cardiologists. For several years now he has, at the invitation of the cardiology department at Inkosi Albert Luthuli Hospital, KwaZulu-Natal, visited there regularly to provide specialist patient care and training and occasionally is asked to visit other hospitals to perform difficult and dangerous procedures such as extraction of infected

pacemaker leads. His latest venture was the setting up of pacing fellowships for doctors from Sub-Saharan Africa.

He had an established national reputation as an excellent teacher at many levels and ran popular teaching courses on electrocardiography interpretation for candidates preparing for the Certificate in Cardiology of the College of Physicians.

He had a reputation among his colleagues for dogged determination and persistence when performing difficult and complex procedures which he believed were in the best interests of his patients. This frequently led to prolonged periods of afterhours work in the electrophysiology laboratory. Many patients benefitted from this.

He was invariably pleasant, cheerful and optimistic and supported the division through some very difficult times. His loss to our division is incalculable, as it must be to his family.

Outside the department AO was president of the Cardiac Arrhythmia Society of South Africa (CASSA). Prof AO's other great passion in life (other than his work) was his ultra-marathon running - particularly in inhospitable conditions such as extreme heat (in deserts) and extreme cold (in snow and ice). In these events, he not only excelled but raised awareness for sudden cardiac death and the sister organisation to CASSA - PACE (Prevent Arrhythmic Cardiac Events).

We can only be grateful for the immense contribution AO made to teaching, patient care and research in Cape Town and South Africa. The skills and expertise of his trainees and the health of the many patients he treated will remain as enduring legacies to his enthusiasm, skills and determination. He was a singular individual, a dear friend, a valued colleague, outstanding teacher and committed and caring physician. He will be sorely missed.

**Patrick Commerford**  
**Professor and Head, Division of Cardiology**

**Johan Brink**  
**Department of Cardiothoracic Surgery**  
**University of Cape Town**

**President, Cape Western Branch of SAHeart**