

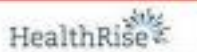
The HSRC Seminar Series: Cardiovascular Disease (CVD) in South Africa



HSRC
Human Sciences
Research Council

SEMINAR SERIES

invitation



Cardiovascular Disease (CVD) in South Africa

Speaker:

Dr Martin Mpe, Healthcare practitioner and
cardiologist

Date: Wednesday, 16 September Time: 12:30 – 14:30

Venue: VCRs, Pretoria, Cape Town, Durban

The HSRC seminar series is funded by the Department of Science and Technology (DST). The views and opinions expressed therein as well as findings and statements of the seminar series do not necessarily represent the views of DST.

South Africa is currently facing colliding epidemics – explosive HIV and TB epidemics, a high burden of chronic illness, mental health disorders, injury and violence-related deaths as well as the silent epidemic of maternal, neonatal and child mortality. These current health problems are rooted in distinctive aspects of the past.

A recent report by the World Health Organisation shows that more than half of the world's non-communicable diseases occur in developing countries. Non-communicable diseases tend to be chronic diseases of lifestyle. Heart disease and stroke are the number one killers in South Africa.

Effective prevention of heart disease should start early in life and should continue throughout a person's lifetime. The most cost-effective interventions to reduce CVD are those which target the population as a whole and include education through the mass media to promote a healthy diet, regular physical activity, along with legislation targeting tobacco control and the reduction of salt in commercial food products.

When treating individual patients the most cost-effective approach is the absolute risk approach where the total cardiovascular risk is determined by considering all the risk factors present. Drug therapy should also be individualized based on the risk burden.

**The seminar may be attended in
Pretoria, Cape Town or Durban**

Kindly RSVP by 15 September 2015

Cape Town : HSRC, 12th Floor, Plein Park Building (Opposite Revenue Office), Plein Street, Cape Town. Contact [Joan Witten](mailto:Joan.Witten@hsrc.ac.za), Tel (021) 4668004, Fax (021) 461 0299, or Joan.Witten@hsrc.ac.za

Durban : First floor HSRC board room, 750 Francois Road, Ntuthuko Junction, Pods 5 and 6, Cato Manor, Contact [Radhuzaan Khan](mailto:Radhuzaan.Khan@hsrc.ac.za), Tel (031) 242 5400, cell: 083 788 2786 or Radhuzaan.Khan@hsrc.ac.za

Pretoria : HSRC Video Conference, 1st floor HSRC Library Human Sciences Research Council, 134 Pretorius Street, Pretoria. [Arlene Grossberg](mailto:Arlene.Grossberg@hsrc.ac.za), Tel: (012) 302 2811, e-mail: arlene.grossberg@hsrc.ac.za

Social science that makes a difference

Presenter: Dr Martin Mpe, Healthcare practitioner and cardiologist

Venues in Pretoria, Durban and Cape Town (Videoconferencing facilities: see below)

Date: 16 September 2015

Time: 12:15 for 12:30 – 14H00

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Durban : First floor HSRC board room, 750 Francois Road, Ntuthuko Junction, Pods 5 and 6, Cato Manor, Contact Ridhwaan Khan, Tel (031) 242 5400, cell: 083 788 2786 or RKhan@hsrc.ac.za

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