



### MESSAGE FROM THE PRESIDENT

I attended the World Congress of Cardiology (WCC) in Buenos Aires in May, which was a wonderful opportunity of networking.

A number of World Heart Federation (WHF) meetings also took place, but were cut short because of time constraints with the WCC conference. The next WHF meeting will be held in Geneva in October.

At the WHF we were very fortunate to have workshops on Tobacco and the Go Red for Women campaign. There were many interesting ideas from various Latin American participants. One of the main ideas was the importance of youth acting as activists by fighting government on various tobacco legislations.

Ashleigh Kuttner from the HSFA and Bola Ojo, new Executive Secretary of the AHN are currently working very hard at organising the travel arrangements and other details for the conference being held Maputo. They will be in contact with you all in the near future.

It has also been decided to hold a joint PASCAR and AHN conference involving the International Society of Hypertension and possibly the Diabetes group. It will be a week long conference which will include the training of health care professionals. Bola and I have been invited to join the planning committee.

Finally I would like to thank Bola who was responsible for managing the AHN exhibition stand at the WCC and Elize for compiling the latest edition of the AHN newsletter.

Regards  
Robert de Souza  
President: African Heart Network  
robert@heartfoundation.co.za



### AHN NEWSLETTER....

The World Cardiology Congress was another great conference. It was wonderful to renew acquaintances and to meet new friends. There are reports of this event in this newsletter. I did miss those members of the AHN that couldn't make the meeting and hope that you have diarised our workshop in Maputo, Mozambique ( 21-23 November). This should be a superb location and also a not-to-be missed opportunity for interaction, sharing and fellowship.

I was lucky enough to spend four weeks in South America (with the last few days being spent at the WCC). What a wonderful part of the world! I have to admit though to being 'meated' out by the time I left. Tasty and large steaks were abundant and cheap! In Maputo we should be able to get some excellent seafood and a warm ocean (for beach lovers like me).

Once again we have asked for contributions for this newsletter from interested parties and have had some response from our regular contributors. Thanks for this. I do know that there are many other snippets of news, reports of activities and relevant information that should be in this edition that we are just not receiving. Please send them our way and if necessary we will translate or edit.

With best wishes as always,  
Shân Biesman-Simons  
shan@heartfoundation.co.za



### GLOBAL PREVENTION NEWS UPDATE

Global Prevention News Update is produced by ProCor, which is a global communication network promoting cardiovascular health in developing countries and other low-resource settings.

You are invited to join ProCor's email network (procor-join@healthnet.org) or visit ProCor online (www.procor.org)



# KENYAN-HEART NATIONAL FOUNDATION

## TREATMENT PROGRAMME

**K**enyan-Heart National Foundation works in collaboration with Childspring International in its Treatment Programme. Thus far 12 people have been treated on this programme.

Cardiac evaluation has also been organised for many other children who are now under management of drugs. This however has not come very easy for 11 year old John Macharia. For the past three years, we have been trying to source sponsorship for his treatment but to no avail. John suffers from Scoliosis which means his curved spine has led to a serious complication of his heart and lungs due to pressure being exerted through this spinal curve. This makes him breathless most of the time and causes constant fatigue. He is also disabled and he does not have arms. This makes him quite dependant on others for help in doing everyday activities.

The good news is that Childspring International has finally succeeded in sourcing help for John. On 25 March, John travelled to the United States for the necessary treatment. Dr. Fred Sweet of Rockford Medical Centre, Chicago, together with his team, generously offered to treat John for free. He is due for surgery soon.



Left: Elizabeth Gatumia (CEO Kenyan-Heart National Foundation), John Macharia (Patient) and Rose Emily Bermudez (CEO of Childspring International).

## RHEUMATIC HEART DISEASE PREVENTION PROGRAMME

**T**he message of Rheumatic Heart Disease Prevention continues to spread through the local committees that consist of Grassroot leaders and representatives from schools, clinics and churches. They do this through training, sensitization seminars and cleanup activities.

On 29 March, these local committees from the Eastlands area participated in an environmental cleanup organised by "Amani Mashinani" Peace Initiative, which literally means, "***Peace in the Grassroots***".

This organisation was launched with the aim of bringing peace and reconciliation among the residents, in an area that was one of the worst hit in Nairobi, during the violence that followed the December 2007 elections.

A total number of 11 Grassroot based groups, including women and youth groups together with representatives from the 16 villages that are mostly slum areas, participated in the environmental cleanup. These activities included the clearing of blocked water-drainage systems, collection of garbage and tree planting by each of the Grassroot based groups present. These activities are not only meant to help improve the quality of their environment but to also restore unity and peaceful co-existence after the political/tribal clashes.



Staff of Kenyan-Heart National Foundation together with Kenyan-Heart Local Committee Members join other Grassroot based groups to plant a "Peace Tree" and light "Peace Candles" in the Nairobi Eastlands Project area that suffered immensely during the post election skirmishes. The candles signify light after the "Darkness and Gloom" that was brought about by the post election clashes.



## NIGERIAN HEART FOUNDATION

### NEW EXECUTIVE SECRETARY OF AFRICAN HEART NETWORK VISITS THE NIGERIAN HEART FOUNDATION

Like any good story, we feel the official visit of the new Executive Secretary of the African Heart Network (AHN), Mrs. Bola Ojo, to the Nigerian Heart Foundation (NHF) in April 2008, should be shared.

The visit generated positive vibrations and a new degree of hope while, at the same time, emphasizing that the problems of HIV/AIDS, malaria and tuberculosis have been consuming the attention of stakeholders in the health sector at the expense of heart disease.

Part of her reception was a media briefing organized by NHF. This was the first time Bola faced the Nigerian Press in her capacity as the Executive Secretary of the organization. Almost all the media houses in Nigeria were present. They questioned Bola about AHN, its network, achievements, the next steps in the fight against deadly heart disease and the benefits of becoming an AHN member. Bola provided the media with information and news about AHN, stating that her role was to 'ensure that the message about cardiovascular disease does not get lost on us'. According to her, 'what we are trying to do is to ensure it stays on everybody's agenda and to continue to empower people to take responsibilities for their own health in terms of what they eat and their lifestyles'. Almost every media house present wanted additional interviews with her.

NHF presented some of the major annual activities and milestones these activities have achieved in creating awareness of cardiovascular disease and encouraging Nigerians to make positive lifestyle changes.

Furthermore, the Marketing Manager of NHF expressed some of the challenges facing the Foundation, particularly with the global companies that work with national Heart Foundations in other countries but have not yet had a working relationship with NHF.

Bola thanked NHF immensely for educating and enlightening Nigerians about heart disease and related issues. 'AHN will continue to support its members and promises to take up some of the issues raised by NHF at the national level,' said Bola.

Nigerian Heart Foundation congratulated Bola on her new appointment and wished her well.

## World No Tobacco Day 2008

The collaboration between the Nigerian Heart Foundation (NHF), United Nations Information Centre (UNIC) and the United Nations Association of Nigeria (UNAN), continued on a stronger basis as the three organisations came together for the first time to organise World No Tobacco Day (WNTD).

The United Nations Secretary's General address was read by the Director of the United Nations Information Centre in Lagos, Mr. Tetsuo Ohno. The Chairman of the WNTD Organising Committee, Prof. A.B. Fafunwa, a former Minister of Education, made the Welcome and Programme address.





# NIGERIAN HEART FOUNDATION

Continued from pg 3

**G**oodwill messages were read by the Vice President of Nigerian Heart Foundation, Engr. Oluyomi Adeyemi Wilson and the Chairman of the Organizing Committee of WNTD, Mr. Dapo Rotifa.

The World Health Organisation (WHO) in Nigeria was represented by Charles Krior, the Advertising Practitioners Council of Nigeria (APCON) represented by Joe Onuorah and the Tobacco Control Alliance representatives were also in attendance. Strong emphasis was placed on the challenges in tackling the tobacco epidemic, especially among the youth.

The theme for WNTD was 'Tobacco - Free Youth'. Fifteen schools and youth organisations were invited to commemorate this event. Inter school debates and art competitions were organised amongst the schools. The topic of the debate was **'Does exposure to tobacco advertising influence the Youth to become regular users of tobacco ?'**

The panel of judges was made up of professionals from the Advertising, Medical and Law Professions. Queens College Yaba in Lagos emerged as the winner of the debate, followed by Kings College and Aunty Ayo Comprehensive School, both based in Lagos. ADRAO International came first in the art competition. The schools were later presented with prizes. Drama presentations that depicted the negative impact of tobacco on youth were done by the Dr. Lisa Onyemaobi Foundation drama group.

Publicity was generated through radio interviews, including a live broadcast on Voice of Nigeria (VON) with the interview aired in English, French and other local Nigerian languages.

The celebration enjoyed heavy media presence as notable television networks including Nigerian Television Authority (NTA) and African Independent Television (AIT) channels were all present to cover the event. Radio stations were not left out, while popular print media such as The Guardian, This Day, Punch and Vanguard captured the event in their national daily newspapers.

The WNTD celebrations were a huge success. The Nigerian Heart Foundation has since been flooded with positive feedback from guests, partners and the general public.

## PICTURES FROM NIGERIA TAKEN ON WORLD NO TOBACCO DAY



**Top left: 1st prize Queens College receiving their first prize gift.**



**Bottom left: Dr. K.K. Akinroye, Executive Director of NHF, Mr. Tetsuo Ohno, Director of UNIC, Prof. A. B. Fafunwa (standing) Chairman of the Occassion Dr. Femi Olugbile, Guest Lecturer, Engr. Oluyomi Adeyemi-Wilson, Vice President of NHF, Mr. Dapo Rotifa, Past President of UNAN and Mr. Joe Onuorah of APCON.**



**The Panel of Judges for the debate and art competition. From left: Dr. Bolaji Adebisi, Barrister, Mrs H. N. Duru and Mr. Buchi Hjere.**



# THE HEART AND STROKE FOUNDATION SA

## COMMUNICATION DEPARTMENT

**T**he Heart and Stroke Foundation SA (HSFSA) was involved in a number of events and promotional activities running up to World No Tobacco Day on 31 May. A full page feature in a Cape Town weekend newspaper highlighted the theme “Tobacco-Free Youth” and radio interviews encouraged the youth to quit the dangerous habit.

A Community Health Day held on 27 May in Cape Town, South Africa together with the Department of Health assisted in educating the local community on the dangers of smoking. The Health Day included a play depicting the effects of smoking and drugs on the health of learners and an exhibition of anti-tobacco literature and posters. The community had the opportunity to have their blood pressure, glucose and cholesterol levels screened for free and Registered Dieticians provided counselling.

The HSFSA also participated in two World No Tobacco Day events hosted by the Medical Research Council of South Africa (MRC) on 28 and 29 May in Cape Town, South Africa. They were held in communities in which the MRC conducted a smoking and pregnancy research study with women. They provided feedback and shared preliminary results of the findings. The HSFSA and other community based organisations participated in an exhibition which included displaying and distributing anti-tobacco literature.

The HSFSA is one of the five official charities that benefited from the Comrades Marathon, which was completed by 11 000 participants from Durban to Pietermaritzburg in KwaZulu-Natal on 15 June. The public could support the Comrades Marathon AmaBeadiBeadie Charity Drive by purchasing the official key ring, coaster and beaded bracelet that depict the Comrades Marathon logo.

In support of promoting heart health, Flora launched a SMS pledge campaign to encourage the runners and raise funds for the AmaBeadieBeadie Charity Drive. The HSFSA Children's Programme will receive a percentage of the total funds raised through the Charity Drive.

Virgin Life Care, a member of the world-renowned Virgin Group, has selected the HSFSA as their charity of choice for 2008. The donation of ten computers is the first of many initiatives that will aid the HSFSA in our efforts to reduce the incidence of heart disease in South Africa. Virgin Life Care has also committed to supporting other programmes, such as the Children's Programme and Sow-A-Seed project, as well as promoting fundraising campaigns to Virgin Life Care's members. The joining of forces between the HSFSA and Virgin Life Care will create greater avenues in promoting healthy lifestyles and spreading the word of heart health.



**A HSFSA nurse Daphne Fata, at their exhibition stand during the WNTD Health Day in Cape Town.**



**A representative from the MRC addressing the local community about tobacco and pregnancy.**



## THE HEART AND STROKE FOUNDATION SA

### MARKETING DEPARTMENT

The Marketing Department has been going full swing with its Go Red for Women Awareness Campaign. The campaign has been a great success since its launch at the end of March last year and is a definite on the 2008 agenda.

National breakfasts such as Go Red Wellness Workshops and GP's breakfast, are being held at various venues around the country.

The Go Red Wellness Workshops, which is a national event, will be held in Cape Town, Durban, Gauteng and Port Elizabeth. They will include informative presentations by cardiologists and other guest speakers. The aim of the workshops is to educate business women about cardiovascular disease and will take place during the months of August and September.



Along with that, two GP's breakfasts have been scheduled to take place in Heart Awareness Month in September. This will be done in partnership with Life Vincent Pallotti Hospital, a local cardiac hospital, and the Heart and Stroke Foundation South Africa.



## CURRENT NEWS

### GLOBAL DIALOGUE UPDATE

The Global Dialogue for Effective Stop Smoking Campaign's main aim is to increase the impact of public education/mass media campaigns in reducing tobacco use and exposure to secondhand smoke and has in the last year:

- Trained over 160 people in 4 regions regarding public education/mass media campaign development
- Released a 375-page campaign development tool kit
- Provided individual consultation to over 40 campaign managers

The website has also been updated to include some key information:

- Campaign Development Tool Kit Available for Download
- Listing of Upcoming Campaign Development Workshops
- Lessons Learned about Stop Smoking Campaigns
- New Campaign Advertising and Lessons Learned - For Members Only

Visit the following website for more information on the Global Dialogue for Effective Stop Smoking Campaigns:  
[http://www.stopsmokingcampaigns.org/index.php?page=campaign\\_tool\\_kit](http://www.stopsmokingcampaigns.org/index.php?page=campaign_tool_kit)



## CURRENT NEWS



### WORLD CONGRESS OF CARDIOLOGY FEEDBACK



**T**he WCC 2008 took place in Buenos Aires, Argentina from 18-21 May and was jointly organised by the World Heart Federation, the Argentine Society of Cardiology and the Argentine Federation of Cardiology. This is the second time the World Congress of Cardiology has been held in Argentina.

The WCC is held every two years in different locations around the world. The Congress was run under the platform "From Patients to Populations", because it is only through individual, community and patient care interventions that, the growing epidemic of cardiovascular disease in developing nations can be prevented. Already cardiovascular disease (mainly heart disease and stroke) is responsible for 17.5 million deaths a year.

"The WCC plays a vital role in helping delegates from developed and developing countries to share science, build capacity and grow partnerships that help us all to be better and stronger at fighting the rising burden of cardiovascular disease globally," said Professor Shahryar Sheikh, President of the World Heart Federation.

The key objective of this congress was to feature globally relevant topics in the diagnosis, management and treatment of cardiovascular disease, including basic clinical and population research and another objective is to address public policy and advocacy topics related to cardiovascular disease. The scientific programme included symposia, debates, how to and workshop sessions as well as clinical seminars. More than 300 sessions including symposia, seminars, discussion panels and 1,400 original papers were presented during the Congress.

Around 15,000 professionals from more than 100 countries attended, including cardiologists and related professionals, members of heart foundations and health professionals from across the world.

Speakers from all over the world, including some of most eminent members of the profession, participated in the Congress.





## CURRENT NEWS

### ProCor REPORT: WORLD CONGRESS OF CARDIOLOGY 2008

The World Congress of Cardiology 2008 opened in Buenos Aires on Sunday, 18 May with a city-wide walk/run promoting heart health. The congress concluded on Wednesday, 21 May.

On the opening day of the conference, a front-page story in the daily newspaper La Nación, titled "Daña media hora de tabaquismo pasivo" ("Half hour of passive smoking harmful"), highlighted the event. The La Nación article focused on research presented at the conference by Dr. Joaquin Barnoya.

### NIH GRANT FOR NCD RESEARCH TRAINING

Millennium Promise Awards: Non-communicable Chronic Diseases Research Training Program (NCoD) (D43) Grant

This research training program is designed to build research capacity in low- and middle-income countries (LMICs) in the fields related to cancer, cerebrovascular disease including stroke, lung disease including chronic obstructive pulmonary disease (COPD) and environmental factors including indoor air pollution, obesity and lifestyle factors related to these conditions as well as genetics of non-communicable diseases. The institutions applying can be domestic or foreign, but have to exhibit the ability to do such training and exhibit research programmes in these fields.

Link to full announcement:  
[grants.nih.gov/grants/guide/pa-files/PAR-08-175.html](http://grants.nih.gov/grants/guide/pa-files/PAR-08-175.html)

### CONTACT DETAILS

#### AHN Board Member Details

Mr Robert de Souza  
 The Heart and Stroke Foundation South Africa  
 robert@heartfoundation.co.za  
 +27 21 447 4222

Dr Kingsley Akinroye  
 Nigerian Heart Foundation  
 kakinroye@nigerianheart.org  
 +234 8033005415

Dr Ahmed El Sayed  
 Sudan Heart Society  
 Asaelsayed@hotmail.com  
 +24 911232136

#### AHN Executive Secretary

Mrs Bola I Ojo  
 Executive Secretary  
 African Heart Network  
 bola@heartfoundation.co.za

#### Committee Member Details

Prof Albertino Damasceno  
 Mozambique Heart Association  
 tino\_7117@hotmail.com  
 +258 823061160

Dr Daniel Lemogoum  
 Cameroon Heart Foundation  
 dlems2002@yahoo.com  
 +32 486224229

Prof Albert Amoah  
 GHASHCAR  
 agbamoah@ghana.com  
 +23 32167104

Prof Habib Gamra  
 Tunisian Heart Foundation  
 hgamra@rns.tn

#### World Heart Federation Representative

Mrs Helen Alderson  
 World Heart Federation  
 +41 228070330  
 Helen.alderson@worldheart.org