Happy 100th birthday, FHS!

RATING amongst health sciences faculties worldwide: TOP 50

Reflecting on the past  Celebrating the present  Building the future

Hot on the heels of celebrating our 100th birthday came the news of the Faculty ranking among the top 50 worldwide!

Alumnus Dr Riaad Moosa keeps us in stitches to raise money for the Faculty.
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Greetings, Fellow Alumni!

Welcome to our 2012/2013 centenary edition of Cathartic. I’m sure you are aware by now that this is a special year for all of us associated with the Faculty of Health Sciences, as we have been celebrating our 100th birthday.

I feel privileged to have been both an alumnus and the Dean of the oldest medical school in Sub-Saharan Africa during its centenary year, and the one in which it has been rated among the top 50 health sciences’ faculties in the world!

Discussions at the close of the 19th century about the feasibility of establishing a medical school on the tip of Africa - far from the hallowed halls of our northern medical schools - raised many questions: Did we have the capacity to teach? Would we be able to produce doctors of quality? And could the medical school fulfill all the requirements of a credible academic institution?

Here we are, 100 years later, having just been ranked at 50th place of all faculties of health sciences in the world - and there are almost 2 500 of them! We could not have wished for a better birthday present than such acknowledgement from our international peers.

As an alumnus, I am so proud to have been part of a Faculty that has educated some of the finest minds in the country and produced some of the greatest medical advances to come out of Africa.

Over the years, the Faculty has grown significantly, modernising its curriculum, transforming its demographics and substantially increasing its admissions. We play a vital role in appropriately preparing the country’s future health practitioners and medical researchers to address the country’s health needs. We now educate around 4 000 students each year across multiple disciplines, with excellent results. This year, amongst our final years, we had 100% pass rate in the MBChB, and close to 100% for the Health and Rehabilitation, programmes.

We also have a strong reputation for research excellence, producing an average of three new research publications every day. Research remains high on our agenda, and we are committed to cultivating a new generation of scientists, under the mentorship of some of the world’s top researchers. Our post-graduate numbers are now higher than our undergraduate.

During 2012, for the first time, we had more post- than undergraduate students graduating.

Our new research strategy will frame our drive for further excellence in this area. In 2012, we added another to our list of A+ rated researchers, bringing the Faculty’s total to nine. Also during 2012, many of our academics continued to earn prestigious accolades globally, through awards, positions and results.

The centenary has given us the ideal opportunity to recognise the impact of the Faculty’s past, celebrate our impressive achievements, and most importantly, strategise to build our future and take our Faculty to new heights and with renewed vigour. Challenges include increasing our student intake, expanding our teaching platform to district and rural sites, and upgrading our physical infrastructure. This will require mobilising sufficient resources to realise this. We are engaging with our stakeholders to contribute to this, and invite our alumni to partner with us in creative ways.

As alumni, our responsibility is to be ambassadors for the UCT Faculty of Health Sciences and to support efforts to contribute to building it into the next century. Thank you to the many alumni for your ongoing support, financial and otherwise. We feature an article on financial support for a student-in-need, as one such example.

Thank you also to many of you for keeping us abreast of your special achievements and milestones. We are always proud to share these with the rest of our alumni community.

This is also a poignant time for me, as it is the last Cathartic for which I will write the foreword during my tenure as Dean, as I retire at the end of 2012. I will, as I’m sure you do, hold special memories of my time here.

Enjoy the read!

Professor Marian Jacobs (MBChB, 1971, UCT)

CENTENARY WELCOME
from the former Dean...our footprint of excellence traverses the globe
Hot on the heels of celebrating our 100th birthday came the news that the Faculty is ranked among the top 50 worldwide.

The 2012 The Times Higher Education (THE) World University Rankings rated us 50th amongst outstanding universities offering clinical and health subjects.

This affirms the Faculty’s prominent global standing, and comes in the midst of our celebrating 100 years of excellence in health research, teaching and education. This is an enormous acknowledgement by the Faculty’s international peers of our outstanding performance in terms of teaching, international outlook, industry income, research and citations.

The ranking also places for the first time an African University amongst the top 50 health sciences faculties in the world, signalling an opportunity to further advance our teaching and research agenda to respond appropriately to the health needs of the continent and the rest of the developing world.

A few years ago, the Faculty set itself the goal of being ranked among the top 50 by 2020. That we achieved this in 5 years is phenomenal and can be attributed to the hard work and dedication of so many of our current and former colleagues and students. We are privileged to have some of the world’s leading scientists and academics work amongst us.
Outgoing Dean of the Faculty of Health Sciences, Prof Marian Jacobs thanked those who'd shaped her UCT career.

Her valedictory lecture, titled Of Care and the Unconventional: The Retiree's Oath, gave retiring Professor Marian Jacobs an opportunity to thank the many people and institutions who'd shaped her career and life.

These include, she listed, her family, her patients, her students, her academic and clinical teachers, her parents (her mother was one of her teachers, her father the school principal), writer Richard Rive (who was another of her school teachers), the unsung nurses she studied under at Somerset Hospital, countless community, health and political organisations, and a whole school of "informal teachers".

"All these informal teachers - outside the wall of the academy - taught me life lessons that have been foundational in my understanding of the world, education, and the political economy of health - an understanding that has also supported my own practice as a teacher and doctor."

It framed her work at UCT, where she had to negotiate the middle ground between the values of the oath taken in the faculty's graduating year, "as a community of colleagues, teachers and students", and the system of direct accounting used in performance management at the university. In establishing the master's programme in maternal and child health, for example, the faculty adopted some very unconventional practices ('students' became teachers, and teachers became learners), Jacobs recounted.

Similarly, the Children's Institute, which she had a key role in setting up as director, had purposely aimed to produce research not just accessible to fellow academics, but specifically to policymakers and the public.

Jacobs reserved her penultimate farewell to her students. "You are the reason I took the Dean's job," she told them.

Acknowledgement: Monday Paper
The Vice-Chancellor, Dr Max Price, has announced that Professor Willem (Wim) de Villiers has been appointed as the new Dean of the Faculty of Health Sciences at the University of Cape Town.

Professor de Villiers holds the degrees MBChB (Summa cum Laude, Stellenbosch University (SU), MMed (Int) (Summa cum Laude, SU), DPhil (Oxon, University of Oxford) and the Masters in Health Care Management (Harvard School of Public Health, Harvard University).

He has recently been the Chief of the Division of Digestive Diseases and Nutrition at the Department of Medicine at the University of Kentucky, where he was professor of the same division for over six years. He has earned great respect for his research in gastroenterology (GI) during his career.

Professor de Villiers has won several awards for his studies and work, from being Dux Scholar at Paul Roos Gymnasium and the best final-year MBChB student at SU, to being selected as a prestigious Nuffield Dominion Medical Fellow at Wolfson College at the University of Oxford, followed by several consecutive annual awards for “Best Doctors in America”.

Professor de Villiers has extensive experience as a local, regional, national and international speaker on inflammatory bowel disease, pathophysiology, translational science and clinic management. He is a Fellow of the American Gastroenterological Association and Honorary Fellow of the South African Gastroenterological Society.

His recent achievements include building up one of the largest GI clinical research centres in the US. The Inflammatory Bowel Disease Programme currently has more than 2500 active patients, with about 600 patients on biologic therapy. Professor de Villiers has also been the principal investigator on more than 35 industry-sponsored studies into inflammatory bowel disease.

Professor De Villiers will take up his new appointment on 1 July 2013.

2012 birthday milestones in the faculty

Happy Birthday!

75 years old: DIVISION OF NURSING

The Division celebrated their nursing research initiatives in partnership with Groote Schuur Hospital and Red Cross Children’s Hospital.

50 years old: DEPARTMENT OF PSYCHIATRY

Celebrations included a gala dinner and a book launch.

40 years old: DEPARTMENT OF PUBLIC HEALTH

A lunch event celebrated the special milestone.

10 years old: DESMOND TUTU HIV CENTRE (DTHC)

The DTHC hosted an event celebrating their partnership with the City Health Department in Masiphumelele over more than ten years at the Wolfson Pavilion.

DR JOE BARON, our oldest known graduate, turned 101 years old on 12 June 2012!
The Faculty was approached by Reach for a Dream to host a ‘dreamer’, Zintombi Raxa, a 17 year old girl from Port Elizabeth. Reach For A Dream seeks to alleviate the strain that a life-threatening illness places on the children and their families by providing the children with the opportunity to realise their dreams. Zintombi, who has a cardiac condition, had her wish fulfilled when she and her mom met staff and students on 17 September at the faculty. She was treated to a morning on our academic programmes and the student experience. A highlight for her was the tour of the Anatomy laboratories and museum. This followed a very interactive session on studying in the Faculty (entrance requirements for the MBChB programme, course structure and outline, internship/community service) with the Student Administration Department and a first year programme co-ordinator. A delighted Zintombi also spent time with our student representatives from the Health Sciences Student Council, and over lunch, was joined by some students who gave their views and perspectives of studying at UCT, the Faculty and how students have experience. The programme culminated with a tour of the Heart of Cape Town Museum.

The UCT community remains incensed at the injustice against Prof Cyril Karabus following his arrest in the United Arab Emirates on 18 August 2012. He was in transit through Dubai from the United Kingdom to South Africa when he was arrested for the death in 2002 of a three-year-old girl who had acute myeloid leukaemia. Karabus had treated her at the Sheikh Khalifa Medical Centre in Abu Dhabi, and had returned home after concluding his locum. Though he was unaware of the charges and conviction, he was tried and convicted in absentia in the UAE criminal courts on charges of manslaughter and falsifying documents. His sentence includes imprisonment and the payment of compensation. Karabus served as the head of the Department of Paediatrics and Child Health in the Red Cross War Memorial Children’s Hospital and as professor of Paediatrics at UCT for more than 35 years. He is an international expert in the field of Paediatric Oncology and Haematology.

Out on bail, he was expected to appear in court for the 18th time on 27 February 2013, the same day that a report was due from a medical subcommittee to whom the case was referred. However, the case has again been postponed, this time till 20 March. The Karabus case is being intensely monitored by the faculty community and former colleagues and students across the world who have rallied in support of the charges being dropped, and called for his immediate return to South Africa.

One such initiative was the Baxter concert held to raise funds for his case. The well-supported event included music, dance and comedy, featuring local entertainers Beverley Chiat, Nik Rabinowitz, Lindy Abromowitz, Zola, Mambazo African Choir and Herzlia Vocal Ensemble. Updates on his case are being placed on our website (www.health.uct.ac.za).

Despite pressure from family, friends, colleagues, students, patients and government for murder charges to be dropped and for his immediate return home, Prof Karabus’ situation remains unchanged.

Prof Cyril Karabus

reaching for her dream

Young patient visiting Faculty wishes to become a doctor

Zintombi and her mom, Ntombizandile, on a tour of a laboratory facility
During 2012 Professor Heather Zar was named as UCT's latest A-rated scientist – marking her as a world leader in her field and making her only the third woman at UCT to be so rated by the National Research Foundation.

Zar, head of the Department of Paediatrics and Child Health at Red Cross War Memorial Children's Hospital, joins Professor Jill Farrant and Professor Valerie Mizrahi as UCT's three A-rated women. She is also one half of UCT's first A-rated couple – the other fraction being her husband, professor and head of the Department of Psychiatry and Mental Health, Dan Stein.

The achievement, Zar says, affirms that not only is having two academics in a family doable, but that balancing work and a happy home life – they have three children – is also possible.

Zar's A rating is the culmination of more than a decade of work to develop strategies to improve child health. As head of a large department, her job is multifaceted, encompassing research, clinical work, teaching and administration – so achieving this rating is especially gratifying, she says.

"This award is a wonderful acknowledgement of our work in child health. The rating reflects the body of work done by the excellent team that I've had the privilege to lead and work with as well as the rich collaborations that have been established."

The rating, she hopes, will hopefully also draw attention to the inequities in the funding of child health, which is "relatively under-funded and under-resourced".

Zar's wide-ranging research addresses the leading causes of childhood illness and death in African children – tuberculosis, pneumonia, HIV-associated respiratory illness and asthma. A strong focus, reports Zar, has been on pneumonia – the major killer of children under 5 years of age – and finding new strategies for diagnosis, prevention and treatment of the condition, including for HIV-infected children.

TB, a relatively neglected but important cause of childhood illness, has been another focus – Zar is working with others to develop better ways to diagnose and prevent childhood TB, tools that have changed global practice. She's also done work on asthma, the commonest chronic illness in children in Africa – her research has included delineating the burden of childhood asthma in Africa and developing a low-cost device for therapy.

Zar's projects have been supported through major global funding agencies, including the National Institutes of Health in the US, the European Developing Country Clinical Trials Partnership, the Wellcome Trust, the Global Alliance for Vaccine and Immunisation, the Gates Foundation, the Rockefeller Institute and the World Health Organisation.

In so doing, she has been able to develop much-needed capacity in child health, with the establishment of a very productive paediatric clinical-research unit at Red Cross (a new expanded unit is to be built this year), the growth of several satellite clinical research sites at other health facilities such as community-based clinics, and the training of several PhD and master's students.

Such cutting-edge research has changed global practice and improved child health through better diagnostic, preventative and management strategies for childhood respiratory illnesses, says Zar.

That work is far-reaching. In 2011, she received a multi-million rand research grant to lead The Drakenstein Child Lung Health Study, a longitudinal birth cohort study that will follow 500 mother-child pairs in the Drakenstein region of the Western Cape from pregnancy through birth and early childhood. Along this timeline, they will investigate the determinants of respiratory illness, specifically pneumonia, in early life and the long-term impact on child health.

"This is an exciting and unique study in Africa, with much potential to identify new interventions to improve child health," says Zar.

Now joining what is still only a small band of A-rated women researchers in the country is also something of a special occasion, she adds.
Diet and cardiovascular disease

Letter to the Editor, Cape Argus:

Recent media coverage has raised debate about the relationship between diet and cardiovascular disease, specifically about the role played by cholesterol in the diet as a contributor to cardiovascular morbidity and mortality in South Africa.

This debate has been aired within the University of Cape Town and in the media. While we welcome differences of opinion, tested in open debate, the Faculty of Health Sciences wishes to make clear the following point in response:

The current debates are being voiced by individual members of the faculty, and do not reflect any official faculty or university position with regard to the debate. Scientific progress is made possible by such engagement, and we encourage open debate based on available evidence.

However, for patients, the debate might appear to be confusing, since eminent experts appear to be contradicting each other. The nature of creating new knowledge will always involve grappling with uncertainty and interpreting scientific data to the best of one’s scientific ability. For that reason, it would perhaps help readers consult the Website of the SSISA (www.sissa.com) which provides a balanced and evidenced-based opinion about the risks from cholesterol in the diet. The existing balance of scientific opinion remains in favour of reducing cholesterol in the diet as a key preventive measure with regard to cardiovascular disease. Though it is important to continuously challenge our existing understanding by reviewing new scientific findings, the current balance of evidence does not, at the current point, constitute more than a hypothetical argument warranting changing the training received by our students or the health promotion advice our practitioners give to their patients. However, we are committed to exploring the evidence in this area and commit to hosting a more detailed scientific dialogue with the protagonists in this debate in the near future. Should the evidence point to the need to rethink our approach to preventive measures to reduce the risk of coronary artery disease, UCT will definitely take the lead in ensuring our teaching is attuned to the most recent and reliable evidence.

Professor Marian Jacobs
Dean: Faculty of Health Sciences

... we are committed to exploring the evidence in this area and commit to hosting a more detailed scientific dialogue with the protagonists in this debate in the near future.

Centenary debate

A debate was held on 6 December between Professor Tim Noakes and Dr Jacques Rossouw. Over 1200 watched the debate at the venue and via live streaming.

Click here to view video recording of the debate
In the autumn of 2004 a young woman came to my office. She was clearly very distraught. I recognised her from a session with struggling students earlier that week. The session focussed on preparing students for the mid-year exams. Stakes were high, as students failing the exam, would enter a year-long academic support programme. Up to this point “Gloria had been failing all her assessments and only a miracle would pull her through. She walked up to my desk, and put a photo of herself in front of me. It was taken at a cultural ceremony. In the photograph a radiant young woman in traditional wear looks almost defiantly at the camera. “This is me,” Gloria whispered. I realised she was trying to convey to me that the person in front of me, was not the person in the photograph. She felt alienated and she did not know the way forward.

Gloria was the top performer of her region, and when she left rural home to study medicine at the University of Cape Town, her community rallied behind her. She received weekly phone calls from home. It was as if everybody pinned their dreams on her. When she failed the first assessment, she tried even harder by locking herself in her room to study. Regardless of her efforts, she failed again. At this stage Gloria did not want to communicate with people from home any more. She felt ashamed, helpless and scared. Most of all, she felt very alone.

There are many similarities between Gloria’s story and the story told by Nomusa Mthethwa (Mail and Guardian, January 11 to 17 2013) of her failure at university despite coming from an excellent schooling background and a supportive home environment. Unlike the picture painted in that story, the Faculty of Health Sciences at UCT offers excellent support services to students. During orientation week, substantial time is spent familiarizing students with campus life and introducing them to the new ways of thinking and engaging within their new disciplines. Each first year is assigned a mentor. Material problems such as financial aid and housing are addressed swiftly and psychological support is made available during the course of the first semester, there is an early detection system in place to offer struggling students academic support. Lecturers meet with students on a regular basis in order to advise them on ways to improve their marks. Students, who are unsuccessful in their first semester, are placed in a specialised Academic Development Programme which has produced excellent results and the faculty has a very high graduation rate of both black and white students.

Nevertheless, the questions remains, why do seemingly well-prepared, top-performing students sometimes fail their first-year despite their good marks? The common-sense answer is that the rote-learning, mimicking practices of their schooling have not prepared them. This is true and outcomes-based education has not changed these practices. But the answers are often more complex, and hidden, particularly for working class and rural students. Recent research conducted with my colleague, A/Prof. Rochelle Kapp at the University of Cape Town (*Negotiation of learning and identity among first year medical students), has shown that, particular first-generation students have to negotiate significant academic, linguistic and identity challenges when they enter into the institution. Students arrive at university, excited about the diversity and possibilities it is offering them. They are confident about their potential to succeed and they position themselves accordingly. Some, however, discover within the first few weeks that they cannot easily decode and decipher their new context, both because of the linguistic challenges of working through their second language and because they have to negotiate values, attitudes and beliefs substantially different from their home discourses. Many of these challenges are posed by the curriculum. Yet, while classroom practice is based on small-group discussion and engagement, students are often silenced by the speed and fluency of the exchange and by their own lack of confidence. Many are also shocked by practices within the institutional culture. They start to feel “different” from the rest of their peers, and yet, based on result from the study, do not want to be treated differently, such as being assigned to less diverse groups during learning activities. As one student remarked “We got exposed to a new environment where we can learn. There is no other way, we just have to go through it”.

Realising their underpreparedness, students tend to become withdrawn, simply mimicking the rituals associated with academic life. Rather than seeking help, many place their faith in hard work and religion, but still they are not successful. After failing the first semester, they enter the academic support programme, adding on an extra year to their studies. With that comes the devastation and embarrassment of telling friends and family. Our research documents the multiple crises students negotiate at different stages in their first-year.

CONTINUED ON PAGE 11
Much of this ‘emotion-work’ is hidden from the institution and students speak about their transitions only afterwards, with considerable hindsight.

So, what is the role of a university in this regard? While we need robust and responsive support structures, one needs to take cognisance of the fact that these can reproduce dominant discourses and construct students in deficit terms. If institutions do not actively foster a sense of belonging and connectedness through transformation of classroom and institutional culture, they run the risk of not transforming dominant discourses and power relations, and of missing out on the multilingual resources that these young people bring with them into the institution. This will relate in silencing a substantial number of students, and furthermore, will place significant burdens on individuals to negotiate a lonely journey that comes with considerable emotional toll on their learning.

* Gloria is a pseudonym

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Elmi Badenhorst is the deputy convenor of the MBChB Intervention Programme and a lecturer in the Department of Human Biology, UCT.

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**Intervention Programme**

**Academic and social support for first year MBChB students**

The Faculty’s Intervention Programme (IP) is aimed at supporting struggling first year MBChB students to bridge the academic gap, by equipping them with the skills and knowledge to rejoin the programme a year later. From the outset, all students are allocated a mentor, and their progress is monitored by lecturers; if by June of their first year it is clear they are not coping, students are offered the option of going into the special Intervention Programme aimed at giving them intensive support for a year. After this, they will resume their first year studies from July of the following year.

“The Intervention Programme has been highly successful, and by the end of their 3rd year, we find that there is no difference between all students in terms of their coping with the academic challenges of their programme,” says Brenda Klingenberg, Student Administration Manager for the Faculty.

The IP recognises that the MBChB is demanding, and that although all students accepted onto the highly competitive MBChB first year programme have achieved the minimum admission requirements, they are not all similarly equipped.

“The intention of the IP is to ensure we maintain our pool of excellent students for which the Faculty is renowned,” adds professor Gonda Perez, Deputy Dean for Student Affairs in the Faculty.

The programme has supported many students since it’s inception, and its success can be seen in the high retention of students right through to graduation, with approximately 97% of students completing the programme.

The IP has been a model for the rest of UCT, which is now rolling out similar ones in other faculties.
Centenary Gala Dinner for North America

On the 30 March 2013, UCT's Chancellor, Graça Machel, and Vice-Chancellor, Dr Max Price, will host North American alumni at a gala dinner, the last of our centenary celebratory events, to be held at the University of New York's Rosenthal Pavilion. Guest speakers include Former Vice-Chancellor Emeritus Professor Stuart Saunders and recent graduate, Dr Vuyane Mhlomi. The event promises to be entertaining as well as nostalgic.

IT ISN'T TOO LATE to secure a table for you and your partner and classmates. Confirm your attendance with Johanna Fausto in the USA at advancement@uctfund.org or Di Stafford in Canada at info@uctcanada.ca.

Dear Alumni

I thought I would write to you to be sure you know of the Centenary dinner for the UCT Health Sciences Faculty in New York on March 30. There are already some eighty people attending and the dinner will be hosted by the Chancellor Mrs Graça Machel and the Vice-Chancellor Dr Max Price. Prof Wim de Villiers, the newly appointed dean will be present and there are plans for talented UCT music students to perform. This will be a memorable evening allowing alumni to reconnect with each other. Please do consider attending and pass on the invitation (attached) to alumni you might know in the USA and Canada.

I look forward to seeing you in New York.

Stuart Saunders
Emeritus Professor and former Vice-Chancellor

Link to Gala Dinner Invitation
Going back to our roots...

On 5 June 2012, the eve of our 100th birthday, Emeritus Prof David Dent, a former Deputy Dean, conducted a ‘history tour’ of the original Medical School buildings at Hiddingh campus. This was followed by an entertaining lecture, entitled “A precarious precocious venture: The beginning of medical education in sub-Saharan Africa”, on the history leading up to the establishment of the medical school, by head of the Department of History at UCT, Prof Howard Phillips.

As a gesture of her appreciation for their contribution to the well-attended evening, Dean Prof Jacobs presented Professors Dent and Philips with red proteas to depict the Faculty’s colours and the main theme of the centenary, ‘Building the future’.

From top:
The tongue-in-cheek title of Prof Howard’s presentation; The old lecture theatre was packed to capacity; Professors David Dent, Marian Jacobs and Howard Philips
The Solomon family – 3 GENERATIONS of graduates

Grandfather one of the FIRST TWO MBChB GRADUATES at UCT in 1922

Michael Solomon (MBChB 1986) was the last of three generations of Solomons to graduate from UCT. He is the grandson of the late JB Solomon, who in 1922 was one of the first two people to graduate with an MBChB from UCT. The other person was Dr L Mervish. Their photo, (left) is on display at the Faculty.

Jacob Benjamin Solomon went into general practice in Zerust in the Transvaal, where he remained until 1940, when he moved to Durban. His son, Basil Solomon (Michael’s father), graduated MBChB, DA (Eng), FFA in 1950 and joined the staff of the Medical School as a part time anaesthetist in 1960.

Michael works at the Prince of Wales Private Hospital in Randwick, NSW, Australia as an orthopaedic surgeon with a subspeciality in joint replacement of the hip and knee. He has a particular interest in arthritis surgery as well as joint preserving hip surgery to help prevent the development of arthritis.

He completed his Orthopaedic Fellowship training in Sydney in 1996 and has subsequently performed over 4000 hip and knee replacements and is recognised as one of the leaders in this field both in Australia and Internationally. He married Lucille just prior to emigrating to Australia in 1988 and has two children. He was nominated for Australian of the year in 2010.

All three generations of the Solomon family graduated in the same gown.
One hundred years ago, UCT's Faculty of Health Sciences opened its doors to become the first medical school in sub-Saharan Africa, and despite many challenges, spawn generations of excellence in health expertise.

To commemorate its centenary - part of a long programme of celebrations throughout the year - a short film, entitled, “The UCT Faculty of Health Sciences at 100” - documenting the Faculty's evolution - was produced to reflect on its captivating past, present and future. Revealing interviews with its oldest known living graduate, veteran academics and ambitious current students paint a picture of an institution that has negotiated a tumultuous political climate to consistently attract and produce students and staff of the highest calibre; one that can be proud of its many cutting-edge research advancements.

Guests at the film's launch on 28 November journeyed with the Faculty from its original Hiddingh Campus home that it quickly outgrew to its current Observatory base, through to the dark days of apartheid that was punctuated by world class innovation, spearheaded by Dr Christiaan Barnard's pioneering heart transplant. It was an era, explained the Dean of the Faculty of Health Sciences, Professor Marian Jacobs, that witnessed the “juxtaposition of the best in the world with the worst in humanity”.

The film also speaks about the transformation that has taken place over the past 100 years, not only in the demographics, the curriculum, and in growing peer status worldwide, but also the integration of the allied health sciences encompassed in the move from being a Medical School to a Faculty of Health Sciences, and the adoption of the Primary Health Care approach based on a philosophy of social justice in healthcare.

Rich with insights from the Faculty's esteemed academics and knowledgeable students, the film, much to Jacobs' delight, captures the essence of the Faculty in terms of its cutting-edge research, excellent teaching and rich innovation, with a committed focus to responding to the health needs of the country and beyond.

The film was produced by UCT's Centre for Film and Media Studies (CFMS). So successful was the partnership between the Faculty and the CFMS that the latter's director, Professor Ian Glenn, observed that he was “keen to keep the collaboration going”.

Here’s to the next 100 years of excellent medical academia, during which Jacobs said, “I will be watching from above and...
Our centenary commemorative activities have taken the form of academic meetings, social events and a number of initiatives, to mark this once in a century occasion.

Core activities included a ‘history tour’ of the original buildings at Hiddingh, a photographic exhibition of buildings over the century, a concert, a short film about the Faculty, publications (including a special edition of the South African Medical Journal), striking a commemorative coin set, releasing an official stamp and hosting an anniversary day event on 6 June. In addition, there were a number of departmental and student initiatives, such as an awards ceremony, prize-giving, dinners, a centenary debate, and art, essay, cultural and sports competitions. Faculty events were centenary-branded, and at institutional level, the Vice-Chancellor and UCT’s Communications, Marketing and Development Departments also championed this milestone during their activities.

The precinct was branded with banners in key public spaces.

Commemorative memorabilia were also sold, from pashminas, ties, golf shirts, hoodies, a dvd of the concert to wine.

From top: staff and students are entertained by popular music group Freshlyground; students entertain the crowd with a satirical version of ‘Night Fever’; buildings of the Faculty - a centenary exhibition.
From top left, clockwise: Centenary wine; Vice-Chancellor Dr Max Price and Dean Prof Marian Jacobs, with Prof Peter Piot at the inaugural Wolfson Memorial Lecture; branded bus; students perform at the centenary concert; commemorative coin set; academic celebratory event; hoodie; art exhibition.
As part of its centenary celebrations, the Faculty of Health Sciences renamed the conference rooms in 2012.

On 18 April, conference room 4 was renamed the Frances Ames Room, in honour of one of South Africa’s most respected doctors and human rights activists, an emeritus professor of neurology at UCT who died in 2002.

On 26 April, conference rooms 1 and 2 were renamed the Jeffrey Dumo Baqwa Room. Baqwa served as the first Professor of Primary Health Care at UCT from 1995 until his untimely death in 2001.

Last but not least, conference room 3 was renamed the Aadil Moerat Room on 4 October, after Dr Aadil Moerat, who was fondly known as the ‘people’s doctor’ before he was killed at his practice in Gugulethu in 1998.
Musical merriment: Medical people are well-rounded people, it would appear. Away from clinics, stethoscopes and rounds they are drummers, flutists, pianists, dancers, rappers and singers. And talented ones at that, as demonstrated when staff and students took to the stage at the Baxter Theatre Centre for the Faculty of Health Sciences’ Centenary Concert, staged on 16 May. As the Faculty’s history was narrated in video, the Medical School community – with a hand from UCT’s School of Dance and its South African College of Music - put on a memorable show, performing epoch-defining musical pieces from the past 100 years. The celebration, said Prof Marian Jacobs, is to mark the Medical School’s past, its present and, importantly, its future. View the photo album.

A DVD RECORDING of this highly-acclaimed concert is available from the Faculty’s Development, Communications, Alumni and Marketing Office. Contact Joan.Tuff@uct.ac.za.

Heritage Society Centenary Dinners

Like every great university in the world, UCT cannot thrive and grow to meet its future challenges without the generous support of its alumni and friends. For many people, the opportunity to leave a personal legacy by bequeathing a donation to their university is a meaningful way of ensuring that their often hard-earned assets will continue to benefit society for many decades to come.

During 2012, four Centenary Heritage Society function were hosted and funded by UCT’s Development and Alumni Department. These functions took place in Durban (6 August), Port Elizabeth (7 August), Johannesburg (14 August) and Cape Town on 29 August in the faculty.

In the absence of the Dean, Professor Graham Fieggen, a Paediatric Neurologist and Head of the Division of Neurosurgery at UCT was the speaker at both the Durban and Port Elizabeth events. The Dean, Professor Marian Jacobs attended the Johannesburg event and was delighted to hear the many positive memories UCT alumni have of their alma mater.

The biggest of the four events, attended by 46 alumni, young and old, was held in the MAC Club at the Faculty’s campus in Observatory. The Dean spoke at the event after which alumni were given an opportunity to reminisce about their days at UCT.
A select gathering of eminent Faculty of Health Sciences alumni came together at the RAC Club in Pall Mall, London, during the Vice-Chancellor’s visit to the UK, to celebrate 100 years of Health Sciences at UCT.

Co-hosted by Dean Professor Marian Jacobs and VC Dr. Max Price, the event proved an excellent opportunity to discuss the impact of the Faculty over the last 100 years, what is happening there today, and vitally, how best to build its future.

The attendees ranged from the Class of 1956 through to the Class of 2002. Yet again, UCT can be proud of the successful paths taken by so many of our alumni – among this group were doctors practicing dermatology, psychiatry, paediatrics, anaesthesiology, plastic surgery and neuropsychiatry.

The event was arranged by the UK Regional Director for Development and Alumni, Angela Edwards.
INAUGURAL lectures

BRAIN/CHILD. INTERRUPTED

Professor Anthony Figaji

Prof Anthony Figaji and his colleagues have tried to take paediatric neurosurgery in South Africa to new heights.

Download the podcast of Prof Anthony Figaji's lecture

MOVING TARGETS: HIV AND THE IMMUNE SYSTEM: IN SEARCH OF SELF-PRESERVATION

Professor Clive Gray

New immunology: In his inaugural lecture, Prof Clive Gray spoke of new ways to look at the immune system and vaccines against HIV

Download the podcast of Professor Clive Gray's inaugural lecture.

KNOWING THE ENEMY: UNDERSTANDING THE SURVIVAL AND SUBVERSION STRATEGIES OF MYCOBACTERIUM TUBERCULOSIS

Professor Valerie Mizrahi

The inaugural lecture of Prof Valerie Mizrahi highlighted her contribution, together with collaborators and students, to the ongoing fight against tuberculosis.

Download the podcast of Professor Valerie Mizrahi's lecture

HIV: SURVIVING UNDER IMMENSE PRESSURE

Professor Carolyn Williamson

HIV: A cocktail of challenges. The fight against HIV has taken many twists and turns, said Prof Carolyn Williamson

Download the podcast of Professor Carolyn Williamson's inaugural lecture
As part of the celebrations for the Centenary of the Faculty of Health Sciences, we formed a partnership with Blue Ocean Exhibitions and anatomist Dr Gunther von Hagens to be part of the African Première of Body Worlds & The Cycle of Life at the Victoria and Alfred Waterfront in Cape Town from 31 October, 2012, for a period of four months.

The exhibition has been shown in more than 70 cities throughout the world and seen by over 35 million people and is having widespread appeal among South African and international audiences.

Body Worlds & The Cycle of Life is an anatomical exhibition that has an established body donation programme and the informed legal consent of all those on display. It includes more than 200 plastinates — specimens preserved through ‘plastination’, which is a process of preserving human tissue invented in 1977 by Dr von Hagens. Body Worlds & The Cycle of Life is the original ground-breaking anatomical exhibition by the trailblazing scientist, Dr Gunther von Hagens and shows the complexity, resilience and vulnerability of the human body through anatomical studies of the body in distress, disease and optimal health.

Visitors to Body Worlds & The Cycle of Life witness the arc of ageing — the body living through time from the spark of conception to old age — refracted through the latest findings in longevity and ageing science. “The older I get, the more I realise that death is normal and that it is life that is exceptional” said Dr von Hagens, “I hope this exhibition will encourage people to strive to live with inspiration every day throughout their lives.”

Blue Ocean Exhibitions says: “The Body Worlds series has always intrigued and proved irresistible to the public. This exhibition will no doubt become one of Cape Town’s must see attractions this summer and will appeal to everyone who is interested in knowing how their body works. We believe this is probably the biggest exhibition of this scale ever to hit African shores so we’re enormously proud to be able to work with Dr von Hagens and Body Worlds in bringing it to Cape Town.”

The Department of Human Biology of the Faculty of Health Sciences worked alongside the Inspector of Anatomy and the Department of Health of the Western Cape Government in order to ensure that permission was obtained to enable the exhibits to be on display for the general public. The official logo of the Faculty appears on the bottom left hand corner of the posters and brochures advertising this exhibition.

‘The older I get, the more I realise that death is normal and that it is life that is exceptional’
Scores of final year health sciences students, their friends and families jived, cheered and whistled as pamphlets bearing their results rained down from the balcony at the Barnard Fuller Building on 27 November.

There was a 100% pass rate for the 2012 class qualifying as medical doctors. Nicola Macrobert (make that Dr Macrobert) was the gold medallist in the MBChB graduating class. She also won the Mary Robertson Prize for Excellence, which includes R15,000 in cash.

The Mary Robertson Prize for Best Progress (with a cash prize of R10,000) went to Nolukholo Ncete, who comes from a small school in the rural Eastern Cape. She was not successful on her first application to medicine in 2005, but was admitted to her second choice, Speech Language Pathology.

Ncete did so well in her first year that she was offered a place in medicine the following year and passed her final year with a grade point average of 71.22%.

The student pass rate in the health and Rehabilitation programmes ranged from 79% (Audiology) to 100% (Occupational Therapy).

Professor Mary Robertson (MBChB 1971), who sponsors these two prizes, is an eminent neuropsychiatrist. She was the first woman to receive a Doctor of Science in Medicine from UCT, and only the ninth recipient of this honour, rarely awarded and only to persons of “exceptional academic merit” on the basis of original published work.

Our 2012 PASSES

UNDERGRADUATES

- MBChB 182
- Physiotherapy 40

COMMUNICATION SCIENCES

- Speech Language Pathology 24
- Audiology 11

OCCUPATIONAL HEALTH

- Occupational Therapy 40

POSTGRADUATES

- Diplomas 155
- Honours 76
- Masters 77
- PhD 27

Doctor of Science 1

Total graduating in December: 336
Total graduating in 2012 (June & December): 442
It is a different and emotional event.

Recently, second-year medical students in UCT's Faculty of Health Sciences recited poems, performed songs and expressed in word their appreciation to those who have donated their bodies for medical teaching and learning.

The annual Cadaver Commemoration Ceremony, said Professor Laurie Kellaway, head of the Department of Human Biology, is an occasion to mark the beginning of the students' anatomical investigation as they start to work with cadavers. It is also a "spiritual time" to pay respect to the cadavers, "your teachers", Kellaway told students.

"We need to remind ourselves that these cadavers were once human beings who had families, who were loved and missed and, therefore, accordingly, they need to be given due respect that we observe today," he said.

The event was attended by families of the deceased, among others.

On 7 June and 17 December 2012 celebratory cocktails were held in the Frances Ames Room at Medical School to celebrate the conferring of PhD degrees at the Faculty. In total 192 postgraduate diplomas; 76 BSc (Med) (Hons); 133 Master's, 40 Doctoral degrees and one DSc degree making a grand total of 442 degrees conferred. This is the highest number of postgraduate degrees/diplomas awarded in one academic year by the Faculty and was more than the total number of undergraduate degrees awarded.

Doctoral candidates, supervisors, heads of department and invited guests were welcomed by the outgoing Dean of the Faculty, Prof Marian Jacobs who congratulated the incumbents on their achievements and wished them well with their chosen careers. The Chairman of the Doctoral & Master's Committee, Prof Peter Meissner, imparted some words of wisdom and likened the achievement of a doctoral degree to that of a marriage - sometimes pleasure, often pain! The evening was light-hearted and candidates were able to celebrate this great milestone in their careers with their partners in an informal setting. Each candidate was given a framed group photograph of their respective Doctoral classes to commemorate the event.
Students-in-Distress Fund

Compassion for students who need our SUPPORT, when it matters most

It is a little-known fact that some students in the faculty experience in our Faculty really struggle financially.

The Student’s-in-Distress (SID) Fund was established to assist students in severe financial crises, such as when they have no money for food, toiletries, stationery, or when there is a death in the family and cannot afford to attend the funeral.

Speaking of the history of the establishment of the fund, Prof Gonda Perez, Deputy Dean of Student Affairs, says “Some of our students come from very poor circumstances, and we often didn’t realise how much they were struggling to make ends meet.” She tells how many of her colleagues would ‘put their hands into their pockets’, and help out where they could, as they know their students’ circumstances well. This was not sustainable she said, and “we realised that we needed to set up a fund to assist students at times like these.”

The fund, which is managed by Cynthia Sikaana, relies on donations from the Faculty community, including alumni and the public. Students within the faculty value the fund as well, as they have first-hand experience of the personal struggles of close fellow students, often ‘passing a hat’ around the class to raise urgent funds for a classmate. The Health Sciences Student Council and other groupings have committed to raising money to boost the fund’s coffers. For instance, the 2011 MBChB graduate class donated R20 000 to the fund, as a thank you gift to UCT.

The most recent windfall for the fund was through the annual Medical 10 Race for health professionals. In 2013, in celebration of the Faculty’s centenary, the organisers opened the event to non-health professional FHS staff and students for the first time. They offered to donate half the takings to the SID fund. The Faculty mobilised as many staff and students to participate, and there was a record turnout for the event. The Vice-Chancellor, Dr Max Price, who also took part in the 10 km race, handed over prizes on behalf of UCT.

“We are so appreciative of this generous donation from the Medical 10 Race Committee,” said Prof Perez, when she was handed a cheque of R21 000 by president of the Committee, Dr Sidney Culls, “as every cent helps, and we rely on the generosity of health professionals like yourselves to keep this much needed fund going.”

She hoped that others would follow their lead in future.

THANK YOU, BENEFACCTORS!

<table>
<thead>
<tr>
<th>Medical 10 Race</th>
<th>R21 000</th>
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<tr>
<td>Class of 2011</td>
<td>R20 000</td>
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<td>Student (see letter below)</td>
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‘Good Day to very special people

I am writing this email to say THANK YOU to the people without whom I would have never seen my dream to graduate from med school become a reality.

I would like to extend my sincerest gratitude for All that you have done for me over the years. For the open door policy that was always accessible to me and the many hours of meetings, also I’d like to say Thank you for the endless hours of financial, social and psychological support that made my journey through these trying times a little easier.

And lastly I’d like to say Thank you for all the time and effort expended in helping a student who always seemed to be in distress.

Words cannot convey the deep gratitude which I feel.

Deepest and Sincerest Thanks

(name of student withheld)

This letter was written to Deputy Dean, Gonda Perez.
My name is Nick and I have just graduated after six years of MBChB at UCT.

I’m filled with a mixture of anticipation and nervousness as an era comes to an end and a new one dawns. On brief reflection of my time in university one theme pops immediately to mind: financial difficulty. Medicine, I don’t need to remind you, is the most expensive undergraduate degree at UCT and seems to be getting pricier by the year. Let’s not stop at thinking that the cost of the MBChB academic career ends at fees. There are books, clinical equipment, new wardrobes (boardshorts and slip slops simply will not do!), housing fees, food and other day to day sundries. I don’t know the exact figures, but I’ll let your minds adventure into the six-digit regions! Although a worthwhile endeavour, the study of medicine is not financially comfortable for all students involved. Some have the fortune of parents who are able to foot the bill entirely, which is superb and wonderful. But some do not. I found myself in that group about two years into my degree. Without going into the details of my family situation, I became concerned about how to satisfy the ever-hungry belly of the UCT fees department. At first there were bank loans, but even the interest on those became too steep.

That’s when I came into contact with the Alumni Office at UCT. I received a call from Joan Tuff one day and she had informed me that an “anonymous” sponsor wanted to give me some money. I say “some” money when in actual fact it was enough to erase my cause for concern! The only fact I knew about this sponsor was that she was a UCT medical school alumnus. This wonderful God-send whom I called “Sponsor” saw me through to the end. For the past three years I have received a very generous and helpful contribution from my Sponsor, whom I now have met and know as Marge. The gratitude I have runs deep. The assistance she gave was not simply financial. Her generosity helped me psychologically and emotionally and gave me the space to enjoy the med school experience without financial worries. I had opportunities to go on electives that I wouldn’t have been able to fund. I bought textbooks that I otherwise would have had to return to the library every two weeks (what a mission!). I had the freedom to relax and not stress about cash. Those were the secondary yet important spin-offs of the help Marge gave me.

I had the fortune of meeting Marge recently (who wishes to remain anonymous) when we went to watch the Sharks play the Stormers at Newlands. I will keep my comments on the game to myself so as not to offend Marge! It was a great experience and one that I feel blessed to have had. I thought meeting would be a bit awkward and forced, but it was the complete opposite. We had a great time chatting and getting to know each other.

Some reading this may feel moved to help out other students out in a similar way. I encourage you to do so. What you have to offer will be more helpful than you might imagine and no contribution is too small to a person in need. There is a saying I like to think about: do not let the fear of not doing something well stop you from not doing it at all. Thank you to all of you who will act after reading this. And to those who are still considering it; please think well on it as your help may just be what someone might be looking for. Thank you, Marge, for the opportunities you gave me and for being so generous. Thank you Joan Tuff at the UCT Alumni Officer. I owe much of who I am and who I will become to you.

Nick Park Ross (MBChB 2012)
Material actor and comedian, Riaad Moosa of the show, Keeping you in Stitches, first started standup comedy while he was a medical student at UCT. He chats to Cathartic about being on stage, medicine and the Long Walk To Freedom.

Cathartic Magazine (CM): What made you want to initially study medicine?

Riaad Moosa (RM): Both my parents are doctors. For as long as I can remember I wanted to do medicine and emulate my folks. Even though the comedy has seemingly taken over, I still have the sincere intention to continue with medicine in some form. I’m pretty sure my folks would also like to see that, even though they support my comedy career. My father always used to say to me that I could do anything I want to do as long as I become an orthopaedic surgeon first...

CM: How did you come to realise that you had a talent for comedy? Why did you end up studying medicine and not further this talent at the time?

RM: I’ve always had an inclination for mimicry and the performance arts, but I never imagined following this as a career path. I always wanted to do medicine and still do. The comedy crept up insidiously. I started doing it after 4th year medicine as a hobby. Over the years I nurtured both fields, obviously concentrating on the medicine. You can’t do well in exams saying, “I don’t know how to treat your pancreatitis, but do you want to hear a joke? You know they say laughter is the best medicine...” While doing my internship and community service, I started doing bigger shows and over a period of two years the opportunities in the comedy world opened up. I followed the path of least resistance and find myself here at this point doing comedy and movies without having planned to do so. Ideally I’d like to do both. My show KEEPING YOU IN STITCHES is an aim at bridging the fields. I’m able to use my comedy to raise funds for medical education.

CM: At what point did you decide that you wanted to make the change from medicine to comedy and were your friends and family supportive? Did they ever encourage you to get a “proper” job?

RM: There was never a moment when I had to confront my parents and say, “Mom, Dad...I just wanna be FUNNY!” There was very little objections and concern to it because it happened insidiously. I guess, my parents understood that this was a path that took over my life as opposed to me specifically aiming to follow it. One advantage in doing the comedy is that I never received applause when I did medicine. I’ve never had a person spontaneously start clapping after a consultation, “That was an AMAZING prostate exam doctor. Do you have any DVD’s of you prostate exams?”

CM: Is there any comedy in medicine?

RM: Of course. Carol Burnett said “Tragedy plus time equals comedy.”

CM: Gynae or Psych, if you had to choose? (any area you would have likely specialized in?)

RM: Neither. Firstly, everything related to woman is overtaken by

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men. Even the words...It's MENarche, MENstration...'GUY'-naecology. It's even a 'HERterectomy - it should be a HERterectomy...I'm not going to join in.

With regards to psychiatry, I remember doing my rotation at Valkenberg and finding it difficult to distinguish between the patients and the doctors.

CM: How did your friends and lecturers take your comedy while at med-school, any pranks in the labs etc?

RM: I was very quiet and serious at Med school. I did do shows at some of the Medics functions, but by and large was not too extroverted.

CM: Your first feature film "Material" received widespread reviews and praise. What was the change like from stage to camera?

RM: It was quite a challenge, as I have never acted dramatically before. The advice you receive from directors is weird. You ask them for advice on how to act and they say, 'just be real, don't ACT.' And the advice works. In no other discipline, does that work. Excuse me, how do I swim? They can't say, "Don't swim". You'll drown.

CM: You're in London at the moment, how does the UK (international) comedy scene differ to back home?

RM: Just the references and what resonate with them. People all over the world laugh in the same way. You just need to talk about what's relevant to them.

CM: Anything you do before a show to get into character?


CM: Your new show "Keeping you in Stitches" opens in November, tell us a bit about it?

RM: My father, Dr NA Moosa (Orthopaedic and Hand surgeon), is involved with Rondebosch Medical Centre and Hospital, the new hospital situated opposite Red Cross Children's hospital. Rondebosch Medical Centre has decided to sponsor a show to raise funds for the UCT Department of Family Medicine's community projects. In this way I can use my comedic ability to support health initiatives.

I'll be performing along with three of Cape Town's finest comics - Conrad Koch (Late Nite News - the voice of Chester Missing), Stuart Taylor (Money's too tight to mention, Learner Husband, Going no where slowly) and Kurt Schoonraad (Skeem, Going nowhere slowly). For more info on the show and RMC go to www.rondeboschmc.com

CM: You're in the business of making others laugh, what makes you laugh?

My kids. My 4 yr. old son approached me the other day and said, "Daddy, I need to pee." I said, "Zameer, its' better manners to say wee." He replied, "OK Daddy, WE need to pee."

CM: Going forward any projects on the cards, what can your fans expect?

RM: I'll be appearing in the LONG WALK TO FREEDOM movie (based on the autobiography of Nelson Mandela) playing Ahmed Kathrada. The movie should be released next year some time.

Proceeds from Riaad's concert, 'Keeping you in stitches', were used to purchase a new vehicle for transporting students to health facilities in the Western Cape.
"I don't think most people realise how frequently women experience emotional distress before and after pregnancy", says Simone. “But it is important to remember that mental illness is identifiable, treatable, and in many cases, preventable.”

Caring for MOTHERS

The Perinatal Mental Health Project marks 10 years of supporting mothers in distress.

“It’s hard to be depressed when your culture doesn’t believe in it,” says Thabisa, who has been living with depression for 15 years. “We don’t have a word for it. Within an African tradition, there is no such thing as depression. I was told that I am looking for attention, and that I must pull up my socks. But this is an illness. Would you tell a person with diabetes, or cancer, that she is looking for attention? That she must pull up her socks? No. You wouldn’t.”

Like nearly half of South African women who live in difficult financial circumstances, Thabisa experienced severe depression during her pregnancy. “During my second pregnancy, I had no control of my mental illness. I was in such a state that all I could think about was how everything would be easier if I no longer lived,” says Thabisa.

This is not unusual. In addition to the usual physical, emotional and social changes during pregnancy, women can become highly distressed, especially when they are also facing the realities of poverty, gender-based violence and HIV/AIDS. Also, a lack of practical and emotional support, coupled with stigma or certain cultural beliefs, can leave women feeling very isolated at this time. Depression in mothers is one of the major causes of poor physical and mental health among infants and children. It is also one of the main factors preventing people from completing their ARV or TB treatments, or accessing other health services. The World Health Organisation estimates the prevalence of depressive symptoms among pregnant women in developing countries to be between 15% and 57%. South Africa is at the high end of this scale.

The Perinatal Mental Health Project

The Perinatal Mental Health Project (PMHP), started as a counselling service located within the antenatal facility at Mowbray Maternity Hospital in 2002. After 10 years, in March 2012, the PMHP celebrated the launch of its Hanover Park service and research facility, making it the fourth site where mothers can access free mental health services in the Cape Town area. The PMHP is unique for integrating mental health services into primary maternity facilities.

“We provide a one-stop service for vulnerable women. They can access mental health care at the same place and time as their pregnancy care. Women don’t have to spend extra money on public transport or child care, or take additional time off work. They also don’t have to deal with stigma,” says Dr Simone Honikman, founder and Director of the PMHP.

The Hanover Park research study - the first of its kind in South Africa

“Screening for mental illness, or for risk of mental illness, is a critical entry point to care for people with emotional distress,” says Thandi van Heyningen, PMHP Research Coordinator. Indeed, women at risk for depression are likely to experience symptoms during pregnancy. So, identifying these women at this particular time, when women have more contact with health professionals, maximises the opportunity to prevent progression of symptoms and possible impact on the foetus. For this reason, PMHP is developing a mental health screening tool at the Hanover Park site, in partnership with the midwife obstetric unit staff and the Western Cape Department of Health.

“We provide a one-stop service for vulnerable women. They can access mental health care at the same place and time as their pregnancy care. Women don’t have to spend extra money on public transport or child care, or take additional time off work. They also don’t have to deal with stigma,” says Dr Simone Honikman, founder and Director of the PMHP.

UCT Vice-Chancellor Dr Max Price, spoke at the launch of the Hanover Park site, which was funded by Truworths. “The PMHP offers a solution to a clinical conundrum. Its research has taken technologies, questionnaires and methods of diagnosis that have been developed around the world and that are not appropriate for an African context, has adapted them, is evaluating them, is testing them through research programmes, and I believe will create instruments that will be useful across the continent. In this way, the project also fulfils UCT’s promise to

Continued on page 34
South Africa's high crime rate and a lack of sufficient resources in forensic pathology have given rise to excessively high rates of unsolved murder cases. Unanswered questions surrounding the death of loved ones is a harsh reality that thousands of citizens face every day. In the Western Province Metro region alone, over 6000 cases per year are presented for examination, an exorbitant load that is shared between only two forensic pathology laboratories. The University of Cape Town's Forensic Medicine Department, under the leadership of Prof Lorna Martin, has undertaken to set right this injustice to the dignity of crime victims through the establishment of a new Forensic Pathology Institute. The facility is poised to be more than just a mortuary. It will allow for pathologists to be trained and work as expert consultants to investigators, courts, prosecutors and defence counsel. In this way, the Institute will provide a comprehensive service that will include improved quality of responses to questions of loved ones regarding cause of death, manner, and any other peri-mortem/ante mortem circumstances. More importantly this centre will enable many unsolved or cold cases to be reopened and investigated with the latest technology and expertise. It will help provide answers and closure that ultimately honours the dignity of victims. The centre will be constructed at the corner of Main Road and Groote Schuur Road (the entrance to Groote Schuur hospital) in Observatory. Due to start in 2013, the majority of funding has been granted by the Provincial Department of Health.

The shortfall is estimated at R30million and a fundraising campaign is planned to raise these much needed funds in our fight against crime.
‘It was wonderful to see such familiar faces and bounce right back into life as we knew it 15 years ago.’

Feedback from alumni

Every year, the Faculty organises alumni class reunions for the 15, 25, 40 and 50 year anniversaries. During 2012, as a special event, we decided to also include a 10th anniversary reunion. The following MBChB reunions were held:

- **2002**: 16-18 November
- **1997**: 23-25 November
- **1972**: 30 November - 2 December
- **1962**: 7-9 December
- **1987**: 14-16 December

We also encourage alumni of other years to organise their own reunions, and to keep us informed with photos and feedback on them. Here are snapshots of each of those held this year.

If your reunion is coming up soon, expect to hear from Joan Tuff, our Bequest and Alumni officer, well in advance!

### FHS organised reunions

- Gil Barbezat, Jenny Verster-Cohen, David Dent, Gavin Morrison, Karl Berge
- Sam Fehrsen, Wyn Barbezat, Gil Barbezat
- Vicky Harrison, Tony Harrison, Maurice Malan, Celia Jamieson
Ashley Chin, Cindy Chin, Nazly Khan, Omar Omar:
Yousuf Vadachia, Maneshveri Pather

Ferhana Bhorat, Yousuf Vadachia, Kevin Nankissor, Sarah Warley, Numaan Mohamood, Sara van der Weshuyzen (Couves)

Harsha Lochan, Nicola Brice, Grant Laing, Amy Burdzik, Helga Abrahamse (Pillay), Jessica Paul, Kyle Jonker

Ashley Chin, Cindy Chin, Nazly Khan, Omar Omar: Yousuf Vadachia, Maneshveri Pather

Moahloli Seitshiro, Pearl Quvane (Mjoli), Irene Ngobeni, Kgomo Masoga (Zukani), Linda Tangayi, Sentebaleng Seitshiro, Moahlodi Seitshiro.
‘.. my thanks and appreciation for a wonderful reunion. I was able to make contact with so many of my colleagues. There were laughs and tears but it was just so enjoyable.’

Feedback from alumnus

Class of 1982 reunion - Canada

In early August 2012, 22 members of the Class of 1982 got together to celebrate their 30th reunion hosted by Rob and Jill Piemontesi. This was held over a 3-day long weekend in their oceanfront garden in the city of Nanaimo on Vancouver Island, British Columbia, Canada.

Physio Class of 2002 Reunion

On 14 December a small group from the Physiotherapy Class of 2002 gathered for dinner at The Grand in Granger Bay. This was followed by a breakfast picnic in Kirstenbosch Gardens the following day.

Pictured are – Back left to right: Kate Cooper-Williams, Dana Frank, Nadja Compton, Claudia Lepera, Candice Sumner

Front: Angela Hendricks, Sharon Kloppers

Doctors reminisce at 60-year reunion

Doctors from the Class of 1952 gathered for a reunion to catch up on the past 60 years. Organised by Doctors Esther Sapire, Hannah Reeve Sanders and Norman Levy, the classmates met to share their stories over lunch at the Granger Bay Hotel School on Wednesday, 9 January 2012.

Over lunch the doctors shared their experiences and what they have accomplished over the past six decades in the medical field.

Seventeen of the class attended the lunch with their partners.

When the class started their course in 1947, of the 126 students only 10 were women! Today, more than half our students are female!
Grandmasters World Cup Tournament, Oxford, UK

Sydney Cullis returned from playing for South Africa in the hockey Grandmasters World Cup Tournament held in Oxford in September last year. Sydney (MBChB 1967) and fellow alumnus, Len Handler (MBChB 1959) played for the Senior Grandmasters Team (over 70) and John May (MBChB 1972) was Captain of the over 65’s. They both ended up second last in their group - but nevertheless in the same position as our (younger) National Team at the Olympics!

The call of the creative arts

Irvine Eidelman (MBChB 1972) has worked for multinational pharmaceutical companies both in South Africa and abroad as Medical Director and Director of Clinical Research. He has also held office on the executive of various national societies of psychiatry in South Africa. Irvine now lives in Cape Town where he is in full time private psychiatric practice.

His interest in photography and wildlife imaging began early in his life. He and his wife Jennifer, also a UCT Graduate, and Subject Librarian at the Oppenheimer Library, are frequent visitors to the various conservation areas in South Africa and Namibia, in particular the Kgalagadi Transfrontier National Park (The Peace Park) which lies in the remote northern regions of South Africa.

It was after attending a course in Creative Writing at UCT Summer School that Irvine’s talents in writing and photography grew from ideas into publications, and he published his first collection of photographs, Cape To Kalahari, in 2006. (www.capetokalahari.co.za). His photographic interests extend to pictorial and architectural work and many of his images, depicting typical scenes of Cape Town, have been used in the Department of Radiation Oncology and the Department of Psychiatry at Groote Schuur Hospital.

For the 100 year Centenary of the UCT Faculty of Health Sciences, Irvine and Jennifer accepted the assignment to photograph the various buildings on various UCT campuses that formed part of the original and current UCT Faculty of Health Sciences.

Irvine has a keen interest in the history of World War 2 and is currently at work on his first novel, based on actual incidents in and around DDay 6th June 1944. Assisting people to reach their creative sides has spurred him on, together with his wife, Jennifer, to develop a digital photography teaching site www.eidelman-photo.com Other projects have included www.capewrite.com in collaboration with author and creative writing teacher Professor Jenefer Shute of New York. Irvine’s constant desire is to blend the insights of a psychiatrist, photographer, and aspiring novelist via his various projects.
answer the needs of local communities, and helps UCT in its mission to create an Afro-politan University.

Experience of counselling

“For most of the women, counselling will be the first time that they will be allowed the space to express their worries and anxieties and, more importantly, it will be the first time that they will feel heard and understood” says Liesl Hermanus, the Counsellor at PMHP’s Hanover Park site. Even though the challenge seems huge, Liesl says that this kind of intervention is unique: “Mental health support is enabling, so I have come to the realisation that even the little that I think I’m doing means a lot and makes a big difference in women’s lives.”

Thabisa says of her counselling experience: “My mother used to say that ‘an elephant does not find its trunk heavy’, but I now realise that at times motherhood can be exhausting and stressful. This is the reason why mothers need support. Today I feel stronger and in control. I am motivated and excited about life again, and I am enjoying motherhood.” Since attending the PMHP counselling service, Thabisa has gone on to graduate from the University of Cape Town, and in 2011, received her Master’s degree in Education. Today, Thabisa is a mother of 2 and a lecturer at UCT.

Support the PMHP

In addition to its counselling service, which was described in the PMHP flagship paper recently published by PLoS Medicine (free download available here: http://bit.ly/Tcb20F), and the research programme, the PMHP teaches and trains a wide range of health workers. The Project also pursues a range of advocacy strategies to advance evidence-based policy development and implementation, reduce stigma, raise awareness and empower beneficiaries.

The PMHP is required to raise its own funds through fundraising activities. To continue providing free, on-site counselling services to pregnant women in distress, and to realise its commitment of enabling and supporting the rollout of national maternal mental health services, the PMHP requires funding support from 2013.

If you are interested in supporting the PMHP, you may do so directly via the UCT website:

https://www.uct.ac.za/dad/giving/ways/online/
Emeritus Professor Israel Nathan “Solly” Marks: 1926-2012

Emeritus Professor Israel Nathan “Solly” Marks, 85, died on 19 October 2012. He was considered the “Father of gastroenterology in South Africa”, having established the Gastroenterology Clinic at Groote Schuur Hospital in 1959. He was the head of this clinic from 1959 to 1970, and then again from 1978 to 1992.

Born on 23 October 1926 in Cape Town, Marks, one of five children, qualified as a doctor at UCT in 1949. His life-long dedication to his field was recognised in 1986 when he was appointed to the new Chair in Gastroenterology, a position he held until his retirement in 1992.

He authored or co-authored more than 400 publications, including over 30 invited chapters in various textbooks; he gave 47 named and postgraduate lectures and attended innumerable national and international congresses as invited lecturer or chairman.

In 1993 the Department of Health awarded him the Salus Gold Medal in recognition of his contribution to gastroenterology in South Africa.

Marks is also a founding member of the South African Gastroenterology Society (SAGES), which he established in 1962, together with Simmy Bank and Mike Moshal. He was president of SAGES from 1962 to 1977, and remained life president of the society. He is survived by his wife, Inge, three children, and grandchildren.

Professor Rodney Hewitson: 1924 - 2013

Professor Rodney Hewitson passed away peacefully on 29 January 2013, shortly after his 89th birthday. Born on 18 January 1924, he graduated from the University of Cape Town with an MBChB in 1947.

Amongst his many contributions to the Hospital and the Faculty was his significant role in the first heart transplant and his brilliance as a thoracic surgeon.

Professor Hewitson was highly regarded and an inspiration to his colleagues and students. He will be remembered by countless general and cardiothoracic surgery registrars and visiting fellows as a superb surgeon with an uncanny clinical acumen and as an excellent teacher. He was awarded the Distinguished Surgeon Award in 1988. He was involved in one of the first International Lung Cancer Study Groups (Working Party in Lung Cancer) and was the guest of honour at the first Conference on Lung Cancer at UCT in 1993 for the International Association for the Study of Lung Cancer.

Deeply religious, he was an extremely humble man and a role model. In the high-profile world of cardiothoracic surgery he stood out as one willing to serve, and as Chris Bamard said, “always willing to stand at the back”. A former colleague remembers that when he started at Groote Schuur Hospital as a young specialist treating patients with lung cancer, Prof Hewitson was 100% supportive and helpful despite he himself working in a demanding environment.

Prof Hewitson retired in 1989. A few years later, he lost his wife, Lulu Stephane Meiring, in a tragic burglary at their home. He devoted his retirement to community-based church work in Hermanus.
Associate Professor Paddy Harrison

Award-winning nursing stalwart Associate Professor Paddy Harrison died in March, aged 91.

Harrison, who in 1982 became UCT's first Helen and Morris Mauerberger Professor of Nursing, dedicated her life to the development of the nursing profession in South Africa, more particularly to nurturing young nurses.

Harrison was among the first students to complete the diploma in nursing programme in UCT's former Department of Nursing, now the Division of Nursing & Midwifery, in 1937. She started teaching at UCT in 1959, running the Sister Tutor's Diploma, and was appointed as full-time lecturer in 1961. In 1972 she launched UCT's BSc programme in nursing, and the master's in nursing programme in 1982. Among her many honours was a South African Nursing Association Gold Medal in 1982.

Dr Una Kyriacos, acting head of the Division of Nursing & Midwifery, says they remember Harrison for her sense of humour and her deep knowledge of the history of nursing.

OTHER OBITUARIES covered in UCT Alumni News 2012:

Andre Okreglicki (MBChB 1983) and Boet Heese (MBChB 1953)
Fellow CLASSMATES - where are they now?

1950’s

Abel, Margaret (MBChB 1953) is a medical practitioner in Rondebosch, Cape Town. Her first two years of MBChB were spent at UCT after which she qualified from Edinburgh University. She is widowed with two children. Her hobbies include handcrafts, travel and friendships.

Lanzkowsky, Philip (MBChB 1954, MD 1959) recently retired as Professor of Pediatrics at the Albert Einstein College of Medicine in New York as well as from his positions as Chairman of Paediatrics, Chief-of-Staff and Executive director of the Cohen Children’s Medical Center of New York. He is the author of two books - the standard textbook on Paediatric Hematology-Oncology which is in its 9th edition and is used globally and a recently published “How It All Began”, a history of the development of a Children’s Hospital. He is married to Rhona, they have 5 children and 14 grandchildren. He resides in New York City.

Kirk, Ivan (MBChB 1958) of Hout Bay, Cape Town is a Radiologist in Private Practice. His main area of interest includes Interventional Radiology. He is married to Carol, they have 4 daughters and 12 grandchildren. In his spare time he enjoys playing golf and metal work.

De Haan, Hein (MBChB 1958) of Ontario, Canada is a Family Physician in Private Practice. He is married to Anne. They have 7 children and 10 grandchildren. In his spare time he enjoys photography, painting and camping.

1960’s

Bennett, Michael (MBChB 1966, MD 1973) has retired after 28 years as Head of Obstetrics and Gynaecology at the University of New South Wales and the Royal Hospital for Women in Sydney, Australia. Now an Emeritus Professor, Michael initially joined the teaching staff of Oxford University and later the staff of London University as a Senior Lecturer. He relocated to Australia with his wife, Jane and family in 1983 and is now in part-time private practice. They have four grandchildren.

Haddad, Peter (MBChB 1969) is a consultant Ophthalmologist in private practice and director and part owner of Park Street Eye Clinic in Tauranga, New Zealand. Peter is a keen orchardist and grows avocados and kiwifruit. He also enjoys golf, woodworking and laser engraving.

Jeeva, Mohamed (MBChB 1969) is an Obstetrician/Gynaecologist from Rondebosch in the Cape. He is married to Rashida and has 3 children and two grandchildren. Mohamed is a keen tennis player and golfer.

Segall, Michael (MBChB 1969) is past President of the Children’s Specialists of San Diego (a 160 physician paediatric specialty group) and Director Emeritus of the Division of Neonatology. He is married to Lynda and has a son, two daughters and five grandchildren. Michael lists his hobbies as his grandchildren, jogging, gardening and surfing.

1970’s

Burgess, Carl (MBChB 1970) is a Professor of Medicine and Clinical Pharmacology in the Department of Medicine, School of Medicine and Health Sciences, University of Otago in Wellington, New Zealand. He is a Consultant Physician (Internal Medicine) at Wellington Hospital, Capital & Coast DHB. He is married to Heather. They have two children and two grandchildren. His hobbies include playing bridge and supporting his favourite football club Manchester City.

Bray, Michael (MBChB 1970) of Bondi Beach, Sydney, Australia, is a Radiologist in Private Practice. He is married to Gail. They have two children and two grandchildren. His hobbies include; golf, reading, trekking and ornithology.

Duminy, Paul (MBChB 1970) is the Chairman in the Department of Obstetrics and Gynaecology, King Abdulaziz Medical City, Riyadh, Kingdom of Saudi Arabia. He is a Consultant and Head of Department in a tertiary referral hospital for the Saudi Arabian National Guard. He is married to Elizabeth, they have three children and two grandsons. His hobbies include gardening, traveling and occasional biltong hunting.

Robertson, Mary (MBChB 1971) of London is an Emeritus Professor of Neuropsychiatry, University College London and Visiting Professor & Honorary Consultant Neuropsychiatrist, St Georges Hospital & Medical School and Visiting Professor in the Department of Paediatrics, University Catania (Italy). Her field of practice involves Neuropsychiatry, people with epilepsy and Gilles de la Tourette Syndrome. Mary has contributed to over 340 articles in scientific journals/chapters. She is the co-author of 4 books which have been translated into over 10 languages. Mary is an Advisor to the WHO and an Honorary Medical advisor to the national Tourette Syndrome Association. Her hobbies include going to the opera and writing poetry.

Highley, Janet (MBChB 1972) of Westville, Durban was previously Principal Medical Officer, Addington Hospital. Her field of practice included Anaesthetics and general medicine. She is married to Lloyd. They have 2 daughters and 4 grandchildren. She received the Addington Hospital Ethics Award in 2008. Her hobbies include photography, scrapbooking, walking and her involvement in church ministries.
1980’s

Berthold, Bridget (BSc Nursing 1984) married Phillip Edge (MBChB 1984) in November 1990. He is a consultant orthopaedic surgeon in Bedford, UK and they have 3 children. Bridget specialised in intensive care nursing but left nursing and retrained in accountancy and is now a School Business Manager.

Christians, Felicia (MBChB 1981) is the medical administrator for the Salvation Army who has relocated to Cape Town from Johannesburg. Her husband is the Salvation Army’s administrator for the centre for destitute men.

Welsh, Nicky (MBChB 1985) is an Ophthalmologist at the Charlotte Maxeke Johannesburg Academic Hospital in Johannesburg. She is a clinician (Head of Clinical Unit) with a focus on anterior segment surgery, in particular cataract and glaucoma. She lectures undergraduates at Wits University and is involved in teaching at postgraduate level. Nicky is married to John Tenderini and they have two daughters aged 17 and 15. Her ophthalmology interests include presentation skills, history of ophthalmology, art and the eye, and vision in birds and animals. Her personal interests include travel, photography, interior decorating, calligraphy and Ancient Egypt.

Pirie, Fraser (MBChB 1985) of Durban is the Principal Specialist in the Department of Diabetes and Endocrinology, Division of Medicine at the Nelson R Mandela School of Medicine, University of KwaZulu Natal. He is married to Tracey and they have two daughters. His hobbies include sailing and cycling.

Hosford, Ian (MBChB 1985) of Hastings, New Zealand is a Consultant Psychiatrist for the Hawkes Bay District Health Board. His field of practice includes Old Age Psychiatry - assessing and treating elderly people with late onset mental illnesses such as depression and dementia. He is married to Herora and they have two children. His hobbies include fishing and tennis.

1990’s

Williams, Haidee (MBChB 1995) from Constantia in the Cape worked for 6 years at the Clothing Industry Health Care. She began her registrar rotation in Occupational Medicine in 2006, while employed at Fine Chemicals. She wrote the specialist exams in August 2009 and completed the rotation in January 2010. She is married to Selwyn Hockey and they have two boys Jared and Zachary

Van Binsbergen, Michiel (MBChB 1995) is a Radiologist in Private Practice in Johannesburg and previously was the medical officer for GoldFields South Africa (1997-2002). He is married to Kim, a practicing Pathologist and they have two children. In his spare time, he enjoys golf and game parks.

Pickstone-Taylor, Simon (MBChB 1993) is a practicing Child & Adolescent Psychiatrist at the South London and Maudsley NHS Foundation Trust in London. His areas of interest include Eating and Gender Identity Disorders. In June 2003 he was awarded the Irving Philips Award for outstanding work in the field as a resident from the Langley Porter Psychiatrist Institute, University of San Francisco, California. Hobbies include art history and travelling.

Cox, Sharon (MBChB 1993) is a Senior Consultant in the Department of Paediatric Surgery at the Red Cross War Memorial Children’s Hospital in Cape Town. She is the recipient of the Arnold Katz Prize for Paediatric Surgery. She is married to Tim and they have two daughters. In her spare time she enjoys hiking, cycling, skiing, traveling and wine.

Gundry, Brian (MBChB 1996) is an Ophthalmologist specialising in Vitreo-Retinal surgery. He has been in private practice at Entabeni Hospital in Durban since August 2008. Brian completed his Internship at Edendale Hospital in Pietermaritzburg and is the former Head of Ophthalmology at Addington Hospital. Brian is married to Elaine and they have two girls. In his spare time he enjoys golf, surfski paddling, running, diving and baby sitting.

Kohler, Ryan (MBChB 1997) is a Sport and Exercise Medicine Physician at the Australian Institute of Sport in Canberra. He is the Chief Medical Officer for the Australian Olympic and Paralympic Sports Team’s for the London 2012 and Rio 2016 Olympic games. Ryan is married to Jeanetta and they have two daughters aged 7 and 3. His hobbies include golf and travel.

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