

# Medical Topics

## Call for GP involvement in fighting coronary heart disease

General Practitioners should play an active part in combating coronary heart disease and in educating the public about obvious risk factors, the East Rand branch of the Medical Association of South Africa was told by Prof Harry Seftel recently.

Speaking at a crowded meeting sponsored by the Cardiovascular Forum of Smith Kline & French Laboratories Prof Seftel said:

"We should all of us be mounting an attack on coronary heart disease. Those of you who are GP's are in the front line of that fight and you should be actively campaigning against coronary heart disease (CHD)."

He added that GP's should begin by setting an example — giving up smoking, following a heart health diet and taking regular exercise.

Prof Seftel also attacked the "reticence" of the authorities in their attitude to health education for young people. "CHD is a pediatric problem and we must begin fighting it with better health education in schools.

At present the health education is a joke. Towards the end of last year we had the historic occasion when we were at last given permission to begin some health education in schools with an anti-smoking campaign.

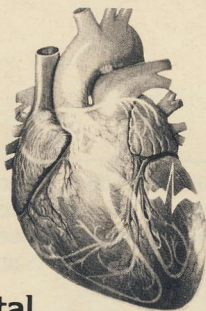
Asked whether intervention campaigns worked Prof Seftel drew attention to the falling

incidence of cardiovascular deaths in the USA following public education programmes.

Recently published results from the North Kareilia project in Finland had also revealed a significant fall in cardiovascular morbidity and mortality following an extensive intervention programme. Prof Seftel believed that similar results could be obtained in South Africa by the National Heart Effort.

During the meeting Prof Seftel discussed the results of a recent study undertaken at the Johannesburg Lipid Clinic which showed that there was an unexpected high incidence of familial hypercholesterolaemia amongst Afrikaners and Jews.

"South Africans generally have the world's worst arteries. Not only are we swallowing considerable amounts of saturated fats but also Afrikaners and Jews have a genetic problem of overproduction of cholesterol (familial hypercholesterolaemia.) We are in fact the world leaders in this sickness," Prof Seftel said.



## Digital Sphygmomanometer

An inexpensive computerized monitor is now available, for

indicating systole, diastole, and heart rate beat per minute. No stethoscope is required.

Model TM 101 micro-computer offers fast and accurate indication of blood pressure measurement. No fine scales to confuse the operator; no parallel to affect readings.

The display consists of large, bright, numbers, which anyone can read and understand.

The systolic/diastolic readings are locked on display, until a next measurement is made or the instrument is switched off. Air deflate is automatic, with press button for rapid release of air at the cessation of measurement.

Pulse BPM is indicated by pressing a button after diastolic is displayed.

To ensure accuracy, a red warning light will show, if there is insufficient pressure in the cuff; cuff has been mis-fastened, or batteries are nearing exhaustion.

If excessive movement has been made during operation or outside conditions have disturbed the readings, an "E" sign is indicated on the Systolic pressure panel.

Once displayed, this error sign interrupts the sequence of automatic measurement, thus reducing the possibility of false readings. In this event, the cuff is re-inflated until the "E" sign is cleared.

TM 101 is designed for either desk use or wall mounting with bracket. Power is supplied by four standard 1.5v batteries. (a mains 220v/6v DC adaptor is available). Dimensions: 52 x 100 x 212 mm. Weight: 650 gms. Piezo-Electric Ceramic Microphone Transducer. Supplied complete with

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The company will be managed by Barney Neppe who has been associated with the medical, dental and veterinary professions for over 30 years and has assisted hundreds of practitioners to set up practice, arranging everything from the supply of equipment, furniture and furnishings to the printing of letterheads, prescription pads etc.

Mr Neppe has also been associated with the establishment of numerous day clinics and nursing homes.

The company will operate from Randfin's offices in Johannesburg and Mr Neppe can be contacted at 642-7261 during business hours, 46-2928 after hours or on Bellboy 28-1666 radio phone code 5678 at any time.

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