



Invitation Uitnodiging Taletšo

UP Expert Lecture Series
UP-ekspertlesingreeks
Mohlwela wa Dithutophahlošo
ka Ditsebi tša UP

02/08/2017

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UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

The Vice-Chancellor and Principal of the University of Pretoria, Prof Cheryl de la Rey, cordially invites you to the 21st lecture in the UP Expert Lecture Series:

'The drug everyone should take! Why, how, and what?'

presented by Martin Schwellnus, professor of Sport and Exercise Medicine at the Faculty of Health Sciences, University of Pretoria in South Africa.

Date	Wednesday, 2 August 2017
Time	Lecture starts strictly at 17:00
Venue	Senate Hall, Hatfield Campus, University of Pretoria
GPS	S25° 45' 21" E28° 13' 51"
Dress	Day wear
Enquiries	Brumilda Carols, 012 420 3086 or 012 420 2278
RSVP	click here by 28 July 2017

Non-communicable diseases (NCDs) are responsible for more than 65% of all deaths worldwide. NCDs are of pandemic proportions in Sub-Saharan Africa (SSA) and South Africa (SA). More than 80% of the NCD deaths are as a result of four disease groups: heart and blood vessel disease, cancers, diabetes and chronic lung disease. Tobacco use, harmful substance abuse, a sedentary lifestyle, and unhealthy diets are the main risk factors. Scientific studies have identified one 'drug' that reduces the risk of dying from an NCD by 35% to 50%. This is a drug that everyone should take! Come and join a discussion on the why, how and what of this 'wonder' drug.

Prof Schwellnus is a specialist sports and exercise medicine physician who regularly consults athletes at all levels. He holds an MBBCh from University of the Witwatersrand (cum laude), an MSc (Med) and an MD (equivalent to a PhD) both from the University of Cape Town. He is the Director of the newly established Sport, Exercise Medicine and Lifestyle Institute (SEMLI) at the University of Pretoria and Director of the International Olympic Committee (IOC) Research Center in South Africa. Prof Schwellnus has a specific interest in the health benefits of regular exercise.

The UP Expert Lecture Series provides a public platform for UP researchers to engage with a general audience on significant developments in their fields of expertise that are likely to have an impact in the future. We invite you to participate in our hour-long Expert Lecture Series and to be enriched and informed by the University's research output.

Die Visekanselier en Rektor van die Universiteit van Pretoria, prof Cheryl de la Rey, nooi u vriendelik uit na die 21ste lesing in die UP-ekspertlesinggrys:

**'The drug everyone should take!
Why, how, and what?'**

aangebied deur Martin Schwellnus, professor van Sport- en Oefeningmedisyne in die Fakulteit Gesondheidswetenskappe, Universiteit van Pretoria in Suid-Afrika.

Datum	Woensdag 2 Augustus 2017
Tyd	Lesing begin stiptelik om 17:00
Plek	Senaatsaal, Hatfieldkampus, Universiteit van Pretoria
GPS	S25° 45' 21" E28° 13' 51"
Drag	Dagpak
Navrae	Brumilda Carols, 012 420 3086 of 012 420 2278
RSVP	Klik hier teen 28 Julie 2017

Motlatšamokhanseliri le Hlogo ya Yunibesithi ya Pretoria Prof Cheryl de la Rey o go laletša ka lethabo thutophahlošong ya bo 21 mo Mohlwaeleng wa Dithutophahlošo tša Ditsebi tša UP:

**'The drug everyone should take!
Why, how, and what?'**

yeo e abjago ke Martin Schwellnus, profesa ya dihlare tša boithobollo le dipapadi mo Lefapheng la Disaense tša Maphelo, Yunibesithing ya Pretoria ka Afrika Borwa.

Tšatšikgwedi Nako	Laboraro, 2 Phato 2017 Thutophahlošo e thoma ka tlhoko ka 17:00
Lefelo	Holo ya Senate, Khamphase ya Hatfield, Yunibesithi ya Pretoria S25° 45' 21" E28° 13' 51"
GPS Moaparo Dipotšišo	Moaparo wa mosegare Brumilda Carols, 012 420 3086 goba 012 420 2278
Phetolo	Kgotla mo ka la 28 Mosegamanye 2017

Nieoordraagbare siektes (NOS'e) is vir meer as 65% van alle sterftes wêreldwyd verantwoordelik. NOS'e neem pandemiese afmetings aan in Sub-Sahara Afrika (SSA) en Suid-Afrika (SA). Meer as 80% van die NOS-sterftes is as gevolg van vier siekte-groepe: hart- en bloedvatsiektes, kankers, diabetes en chroniese longsiekte. Tabakgebruik, die misbruik van skadelike substansie, 'n sedentêre leefstyl en ongesonde diëte is die hoofrisikofaktore. Wetenskaplike studies het een 'geneesmiddel' geïdentifiseer wat die risiko van sterfte aan 'n NOS met 35% tot 50% verminder. Dit is 'n geneesmiddel wat almal behoort te neem! Kom neem deel aan 'n bespreking oor die hoekom, hoe en wat van hierdie 'wonder'-geneesmiddel.

Prof Schwellnus is 'n spesialis sport- en oefeningmedikasiedokter wat atlete op alle vlakke gereeld konsulter. Hy het 'n MBBCh van die Universiteit van die Witwatersrand (cum laude), 'n MSc (Med) en 'n MD (gelyk aan 'n PhD), beide van die Universiteit van Kaapstad. Hy is die Direkteur van die nuutgestigte Instituut vir Sport, Oefeningmedisyne en Leefstyl (SEMLI) by die Universiteit van Pretoria en Direkteur van die Internasionale Olimpiese Komitee (IOK) Navorsingsentrum in Suid-Afrika. Prof Schwellnus het 'n spesifieke belangstelling in die gesondheidsvoordele van gereelde oefening.

Die UP-ekspertlesinggrys verskaf 'n openbare platform aan UP-navorsers om met 'n algemene gehoor in gesprek te tree oor betekenisvolle ontwikkelings in hul vakgebied wat waarskynlik die toekoms sal beïnvloed. Ons nooi u uit om deel te neem aan die uurlange Ekspertlesinggrys en deur die Universiteit se navorsingsuitset verryk en ingelig te word.

Malwetši a go se fetele (NCDs) ke wona a hlolago mahu a go feta 65% ka moka mo lefaseng ka bophara. NCDs ke karolo ya malwetši ao a hwetšwago Afrika ya Borwa bja Sahara le Afrika Borwa. Mahu a go feta 80% a NCD a hlolwa ke dihlopha tša malwetši tše nne: bolwetši bja pelo le tšikamadi, dikankere, taepitisi le bolwetši bja masawafo bja go se fole. Tšhomioš ya motšoko, tšhomiošompe ya dilo tše kotsi, mokgwa wa go phela wa go hlwa o dutše, le dijo tša go se loke ke tšona dilo tše kotsi tša motheo. Dithuto tša saense di hweditše 'seokobatši' se sengwe seo se fokotšago kotsi ya go hlokofala ka baka la NCD ka 35% go ya go 50%. Se ke seokobatši seo mang le mang a swanetšego go se nwa! Etlal o be le rena poledišanong ya gore ke ka lebaka la eng seokobatši se sa 'semaka' se swanetšwe go šomišwa, le gore se šomišwa bjang, le gore ke eng se bohlokwa ka sona.

Prof Schwellnus ke ngaka ya dihlare tša boithobollo le dipapadi yoo a boledišanago gantsi le baatletiki magatong ka moka. O na le MBBCh go tšwa Yunibesithing ya Witwatersrand (ka dinaledi), le MSc (Med) le MD (di le lakana le PhD) bobedi go tšwa Yunibesithing ya Cape Town. Ke Molaodimogolo wa Institute ya Dipapadi, Dihlare tša Boithobollo le Mokgwa wa Go phela (SEMLI) ye e sa tšwago go hlòngwa mo Yunibesithing ya Pretoria le Molaodimogolo wa Senthara ya Dinyakišišo ya Komiti ya Diolimpiki tša Ditšhabatšhaba (IOC) ka Afrika Borwa. Prof Schwellnus o na le kgahlego ye e itšego ya mehola ya go ithobolla nako le nako.

Mohlwaela wa Dithutophahlošo tša Ditsebi tša UP o fa banyakišiši ba UP sefala sa bohole sa go boledišana le batheetši ka kakaretšo ka ditšweletšopele tše bohlokwa mo dikarolong tša bona tša bokgoni tše go nago le kgonagalo ya gore di be le khuetšo mo nakong ye e tlago. Re go laletša go kgathha tema mo Mohlwaeleng wa Dithutophahlošo tša Bokgoni le go matlafatšwa le go rutwa ke tšweletšo ya dinyakišišo tša Yunibesithi.