



Let's focus on the heart

February: a month for love, passion, and copious amounts of chocolate and red wine. What do the pharmacologist's think about this?

- Meta-analysis of moderate (≤ 6 servings/week) chocolate consumption indicated lower risk of coronary heart disease, stroke and diabetes.¹ Furthermore, moderate intake reduced heart failure hospitalisation in Swedish men.²
- Although excessive alcohol intake is detrimental to cardiovascular function, a comprehensive review by Haseeb *et al.* suggests that red wine constituents (i.e. resveratrol and other polyphenols) and low levels of alcohol itself may promote a healthy heart through anti-inflammatory and anti-oxidative actions.³ Furthermore, light-to-moderate alcohol drinking veterans were shown to have lower risk of coronary artery disease.⁴

¹Yuan *et al.* Nutrients 2017;9:688. ²Steinhaus *et al.* Am Heart J 2017;183:18-23.

³Haseeb *et al.* Circulation 2017;136:1434-48. ⁴Song *et al.* Am J Cardiol 2018; in press.



Accolades and announcements

Graduations

- Ms Chris-Mari Agenbach (MSc, SU)
- Dr Sarel Brand (PhD, NWU)
- Dr Madeline Erasmus (PhD, NWU)
- Dr Stephan Steyn (PhD, NWU)
- Dr Lyne van Rensburg (PhD, SU)

National Research Foundation rating

- Prof Brian Harvey (B2, NWU)
- Prof Duncan Cromarty (C2, UP)

Appointed to PanACEA consortium

- Prof Helmuth Reuter (SU; African co-chair for participating African sites)

Awarded George Forster Research Fellowship at University of Kiel

- Dr Charles Awortwe (SU; MRC)

New zebra fish drug research platform

- School of Pharmacology (NWU)

South African Clinical Research Association

The SACRA website (www.sacraza.com) has a diverse set of resources for those interested in clinical research, including guidelines, submission reports, CTF1 inclusions and information of the newly-formed South African Health Products Regulatory Authority.