

CELEBRATING SA

3 CPD POINTS



Welcome to the November edition of *Medical Chronicle*. We are hurtling towards the end of the year at a rapid speed and much has happened in the medical industry.

One achievement that should be celebrated is two of SA's leading AIDS researchers receiving a lifetime achievement award. The scientific couple, Profs Salim and Quarraisha Abdool Karim received the Institute for Human Virology Lifetime Achievement Award for their contributions to the global AIDS response.

Prof Salim is the director of the Centre for the AIDS Programme of Research in SA (Caprisa) and Quarraisha is its associate scientific director. The pair's scientific contributions have focused on trying to prevent HIV in women in Africa, and they are currently involved in developing new and innovative ways of doing this.

They were the first to demonstrate that antiretrovirals can prevent sexual transmission of HIV in 2010 when they shared the results of the Caprisa 004 tenofovir gel trial. The landmark study was recognised by the journal *Science* as one of the top 10 scientific breakthroughs. They also discovered that the tenofovir gel prevents genital herpes, the first drug shown to be effective against this disease.

Earn your CPD points in this issue by completing four articles (3 CPD points each). Vitamin B₁₂ deficiency is common, affecting up to 10% of adults. As the symptoms can be variable, subtle and non-specific, the deficiency often goes unrecognised and if left untreated, it can have serious consequences (page 20).

What is the role of vitamin D and zinc in blood pressure control? Antihypertensives are the first-line

treatment, but do they deplete zinc and vitamin D? Find out in this CPD-accredited article, on page 41

Gastroenteritis is marked by inflammation of the gastrointestinal tract involving both the stomach and small intestine, resulting in diarrhoea, vomiting and abdominal cramps. Not pleasant. Find out more in: *Getting a grip on gastroenteritis*, on page 30. Read about the safety and efficacy of biosimilar analogue insulins on page 49. **MC**

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Happy reading!

Claire

