

## Media Report for 31 October 2013

CATEGORY	HEADLINE	SUMMARY	MEDIA	PAGE #, LINK OR CLIP
<b>Universities/Higher Education</b>				
	Transformation of universities in South Africa	Professor Tom Moultrie, Associate Professor at the Centre for Actuarial Research at UCT disputed the report written by Professor Kesh Govinder and Malegapuru Makgoba which stated that it will take the top universities in South Africa 382 years to transform so that their staff and graduates reflect the demographics of the country. Professor Moultrie said there is an essential need for transformation however the study uses a narrow measure, and a flawed methodology.	<i>Power FM</i>	<a href="http://www.uct.ac.za/downloads/email/PowerFMTransformationinSAUniversities31Oct2013.mp3">http://www.uct.ac.za/downloads/email/PowerFMTransformationinSAUniversities31Oct2013.mp3</a>
	More Research Article for Universities	Dr Lettie Klein, manager of the Open Access program at the University of Pretoria, outlined the benefits and functions of this project which makes theses and research papers across South African institutions available to students.	<i>Talk Radio 702</i>	<a href="http://www.uct.ac.za/downloads/email/TalkRadio702MoreResearchArticleforUniversities30Oct2013.mp3">http://www.uct.ac.za/downloads/email/TalkRadio702MoreResearchArticleforUniversities30Oct2013.mp3</a>
	Race admissions policy	Former education minister, Naledi Pandor challenged all higher education institutions in South Africa, including UCT, to ensure that individuals who were denied opportunities during the era of apartheid are granted the chance to study at these institutions. She added that it is also government's task to ensure that this happens.	<i>Radio 786</i>	<a href="http://www.uct.ac.za/downloads/email/Radio786RaceAdmissionsPolicy30Oct2013.mp3">http://www.uct.ac.za/downloads/email/Radio786RaceAdmissionsPolicy30Oct2013.mp3</a>
	Tomorrow's Internet users today – African universities play catch-up with online content	African universities are crucial to the future development of the Internet on the continent in two ways. Firstly, they contain one of the largest groups of existing and potential users: today's student user is tomorrow's future decision-maker. Secondly, universities should be generators of content that will be used by the same students to increase their knowledge and skills.	<i>Balancing Act</i>	Online: <a href="#">Attachment 1</a>

## UCT TB Device

	<p>UCT launched TB testing machine</p>	<p>The waiting period for TB results will be cut in half if done with an innovative device known as GeneXpert. The Faculty of Health Sciences at the University of Cape Town stated that the machine can have TB test results within two hours. Professor Keertan Dheda, the leader of the study at UCT, explained that if the machine is used in a clinic it is feasible for a minimally trained worker to use it does not require to be placed in a laboratory environment. What Professor Dheda advises is that it be placed in hot spots where TB is prevalent such as prisons and clinics, where there is a high burden of drug-resistant TB and by doing so the waiting period of TB results can be reduced. It is reported that about 30 of these devices are already available in metropolitan areas.</p>	<p><i>Medical News</i> <i>5FM</i> <i>Good Hope FM</i> <i>Metro FM</i> <i>SABC 3</i> <i>Talk Radio 702</i> <i>Smile FM (Afrikaans)</i></p>	<p>Online: <a href="#">Attachment 2</a> <a href="http://www.uct.ac.za/downloads/email/5FMTBResults31Oct2013.mp3">http://www.uct.ac.za/downloads/email/5FMTBResults31Oct2013.mp3</a> <a href="http://www.uct.ac.za/downloads/email/GoodHopeFMGeneXpertUCT30Oct2013.mp3">http://www.uct.ac.za/downloads/email/GoodHopeFMGeneXpertUCT30Oct2013.mp3</a> <a href="http://www.uct.ac.za/downloads/email/MetroFMNewTBTestResultsDevice30Oct2013.mp3">http://www.uct.ac.za/downloads/email/MetroFMNewTBTestResultsDevice30Oct2013.mp3</a> <a href="http://www.uct.ac.za/downloads/email/SABC3WaitingPeriodForTBResultsCouldBeReduced30Oct2013.avi">http://www.uct.ac.za/downloads/email/SABC3WaitingPeriodForTBResultsCouldBeReduced30Oct2013.avi</a> <a href="http://www.uct.ac.za/downloads/email/TalkRadio702TBTreatment30Oct2013.mp3">http://www.uct.ac.za/downloads/email/TalkRadio702TBTreatment30Oct2013.mp3</a> <a href="http://www.uct.ac.za/downloads/email/SmileFMGeneXpertTest31Oct2013.mp3">http://www.uct.ac.za/downloads/email/SmileFMGeneXpertTest31Oct2013.mp3</a></p>
	<p>Africa: Pros and cons of high-tech TB testing</p>	<p>A new, sophisticated diagnostic test for tuberculosis now being rolled out promises to be faster and more accurate than the old methods and much easier to use. But the first trials of the GeneXpert MTB/RIF Assay test in real-life situations have proved that while all this is true, it did not make any significant difference to treatment outcomes</p>	<p><i>All Africa</i> <i>Health Systems Trust</i></p>	<p>Online: <a href="#">Attachment 3</a> Online: <a href="#">Attachment 4</a></p>

## Faculties and academics in the news

<p>Enzymes give athletes go  (Ensieme gee atlete woema)</p>	<p>Black athletes are generally faster than their white counterparts, with the former also constituting the world's leading athletes. Dr Tertius Kohn, a muscle biochemist at the UCT and the Medical Research Council research unit for exercise science and sports medicine, is currently doing research on this subject. He explained that tests done on black athletes showed that they had significantly lower levels of lactic acid, compared with white athletes who were equally fit.</p>	<p><i>Die Burger</i></p>	<p>Pg.15: <a href="#">Attachment 5</a></p>
<p>Discussion on labour in SA</p>	<p>Loane Sharp from Adcorp discussed the recently released Quarterly Labour Force Survey which. He commented on the unemployment rates which have dropped. He mentioned that a study done at the UCT Unilever Institute indicated that the emerging black middle class is enormous.</p>	<p><i>Fine Music Radio</i></p>	<p><a href="http://www.uct.ac.za/downloads/email/FineMusicRadioAdcorp29Oct2013.mp3">http://www.uct.ac.za/downloads/email/FineMusicRadioAdcorp29Oct2013.mp3</a></p>
<p>Prof Noakes lands in middle of big fat row</p>	<p>The humble carbohydrate has landed sports scientist Professor Tim Noakes in the middle of an online row. This was after the professor published a paper in the SA Medical Journal this week titled "Low-carbohydrate and high-fat intake can manage obesity and associated conditions: Occasional survey". It has attracted much criticism, as dietitians and others in the field debated whether the article deserved its place in the medical journal. According to Noakes, the paper was inspired by the letters and anecdotes of "slimmer" and "healthier" dieters who had followed in his footsteps by cutting out carbohydrates.</p> <p>The presenters reported on a twitter feud between UCT's Jacques Rousseau and Professor Noakes based on Rousseau's critique of Noakes' study that was recently published in the South African Medical Journal.</p>	<p><i>Cape Argus</i> - <i>The Times Live</i>  <i>Cape Talk</i></p>	<p>Pg.16: <a href="#">Attachment 6</a>  Online: <a href="#">Attachment 7</a>  <a href="http://www.uct.ac.za/downloads/email/CapeTalkTwitterUpdate30Oct2013.mp3">http://www.uct.ac.za/downloads/email/CapeTalkTwitterUpdate30Oct2013.mp3</a></p>
<p>Poor labour relations are biggest risk to stability  By UCT's Pierre Heistien</p>	<p>The Reserve Bank recently released the latest update of its biannual financial stability review. Financial stability, as the central bank puts it, is not itself an end goal but rather an important precondition for sustainable economic growth.</p>	<p><i>Business Report</i></p>	<p>Online: <a href="#">Attachment 8</a></p>

	Still no respite for poor from electricity tariffs	SA's retail electricity tariffs have risen rapidly over the past five years. In an attempt to mitigate the effects of these increases on poor households, the National Energy Regulator of SA (Nersa) approved the implementation of inclining block tariffs (IBTs) in 2010. The main aim of the tariff structure is to make electricity affordable to the poor via a zero charge for the first block, usually 50kWh a month. A second aim is to promote energy conservation by applying high tariffs in the upper consumption brackets. A recent study conducted by the Jooste and Palmer of consultancy PDG for UCT, funded by the British government was aimed at assessing the extent to which IBTs meet the main affordability objective.	<i>Business Day</i>	Online: <a href="#">Attachment 9</a>
	Oscar Pistorius to face 2 gun charges at murder trial	South African Olympic runner Oscar Pistorius will face two additional gun-related charges when he goes on trial for murder next year, a spokesman for South Africa's National Prosecuting Authority said. Legal analysts in South Africa say they think the prosecution will seek to characterize Pistorius as a trigger-happy, irresponsible gun owner. However, this apparent strategy could backfire if the gun-related charges made it seem less likely that Pistorius shot Steenkamp deliberately, said Kelly Phelps, a UCT law lecturer.	<i>CNN</i>	Online: <a href="#">Attachment 10</a>
	First-ever evidence of a comet strike on Earth	The first ever evidence of a comet entering Earth's atmosphere and exploding, raining down a shock wave of fire which obliterated every life form in its path, has been discovered by a team of South African scientists and international collaborators, and will be presented at a public lecture on October 10, 2013. The research was conducted by a collaboration of geoscientists, physicists and astronomers including Block, lead author Professor Jan Kramers of the University of Johannesburg, Dr Marco Andreoli of the South African Nuclear Energy Corporation, and Chris Harris of UCT.	<i>Go South Online</i>	Online: <a href="#">Attachment 11</a>
	WWI centenary a chance to toast races' united battle	South Africans should begin opening the debate on next year's World War I centenary, for our often polarised historical understandings risk distorting the memory of South Africa's participation in one of the 20th century's biggest turning points. However, Remembrance Day,	<i>Cape Argus</i>	Pg.21: <a href="#">Attachment 12</a>

		November 11, persists, acknowledged by veterans' associations and some prominent schools. This commemoration's resilience is reinforced by numerous physical memorials within churches, schools, civic buildings or monuments erected by immediate postwar generations, predominantly white Anglo-South Africans. A recent addition at UCT recalls the troopship Mendi sunk by a collision in the English Channel and the drowning of over 600 South African Native Labour Corps members.		
<b>UCT Children's Institute</b>				
	Discussion on children's safety in the country	Disturbing stories about the safety of our children continue to come out of our communities. UCT Children's Institute director Professor Shanaaz Mathews stated that South Africa as a country is failing to ensure the safety of children in the country.	ENCA	<a href="http://www.uct.ac.za/downloads/email/ENCACHildSafety30Oct2013.avi">http://www.uct.ac.za/downloads/email/ENCACHildSafety30Oct2013.avi</a>

## Attachment 1



### **Minister to announce designers of new university**

Oct 30 2013 11:42AM

Higher Education Minister Blade Nzimande will announce the winners of a competition to design the new University of Mpumalanga on Wednesday.

A Sapa correspondent reported that the event would be held at the Lowveld Agricultural College in Mbombela, where the university's main campus would be situated.

"The designs are chosen from work submitted in the competition held to identify the talented architects who will be developing the designs for the construction of the campus, the buildings, and the precincts of our new institution," Nzimande said in a statement.

The competition was announced in April this year and closed on June 20.

The department said the purpose was to encourage innovative ideas and identify talented architects.

The competition was endorsed by the SA Institute of Architects. Only professional architects registered in terms of the Architectural Profession Act were eligible to compete, spokeswoman Sibongiseni Dlamini said.

Dlamini said the judges of the competition included representatives of the department, the Mbombela municipality, the interim council of the new university, representatives of one country on the continent, and three independent architects.

The announcement of the winners would be followed by the launch of the university on Thursday.

The launch follows the appointment of former Medical University of SA rector Professor Ramaranka Mogotlane as one of four academics who will lead the university.

Mogotlane was appointed chairman of the university's management team and will be working with Tshwane University of Technology in Mpumalanga campus director Professor John Shongwe, and two others yet to be appointed.

While the new university is under construction, the first intake of students in 2014 will be accommodated at the Lowveld and the Siyabuswa colleges.

Construction of new buildings and infrastructure is expected to be completed by June 2014.

The university will cater for 15,000 full-time students within 10 years, with the initial 2014 intake being smaller and accommodated in existing buildings.

-Sapa

## Attachment 2

### BALANCING ACT

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#### **TOMORROW'S INTERNET USERS TODAY – AFRICAN UNIVERSITIES PLAY CATCH-UP WITH ONLINE CONTENT**

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Issue no 391

*African universities are crucial to the future development of the Internet on the continent in two ways. Firstly, they contain one of the largest groups of existing and potential users: today's student user is tomorrow's future decision-maker. Secondly, universities should be generators of content that will be used by the same students to increase their knowledge and skills. The Kenyan Government and Google have both said they want to provide free Internet connectivity to students. Russell Southwood looks at what the Webometrics rankings can tell us about how far Africa's universities have to travel.*

[http://www.webometrics.info/top100\\_continent.asp?cont=africa](http://www.webometrics.info/top100_continent.asp?cont=africa)

It provides a ranking of over 4,000 universities worldwide based upon four "content" metrics: the number of pages recovered from the four main search engines; the number of unique external links; the number of rich files to download (pdfs and .ppts, etc); and a Google Scholar scoring of the number of papers and citations for each university domain. These scores are turned into a metric for ranking universities globally. Not surprisingly, the premier league globally (top 100) is almost entirely composed of US institutions, with only a sprinkling of European institutions. But the separate African Top 100 contains more surprises and questions.

Against fierce global competition, the top 5 South African universities (also top 5 in the Africa Top 100) achieve a particularly high ranking: University of Cape Town (349); Rhodes University (624), Stellenbosch (653), University of Pretoria (686) and University of Witwatersrand (703). This is not just a plus for South Africa in terms of its own ability to create knowledge through academic content but must be something that may attract students from across Africa in greater numbers in the future.



These are followed rather more predictably by institutions from the other larger economies of the continent like Egypt and Morocco. Given current circumstances, it is perhaps surprising to see the University of Zimbabwe achieving the 15th place in the top 100.

Another pattern throughout these listings is that private universities seem to be more effective than publicly funded institutions in generating university content. The American University in Cairo (9th) outranks Cairo University (13th). Kenya's Strathmore University (21st) outranks the University of Nairobi (25th). Whilst each country has its own special circumstances, it is worth observing that private universities seem to be faster at understanding and using the web. There is an issue of resourcing but it cannot be the only factor to explain this difference.

Another unexpected finding is that there are only 4 Nigerian universities in the listing – University of Benin (42nd), Awolowo University (58th), the Pan African University (83rd) and the University of Ibadan (100th) – and one of them is listed last. With a national economy of the scale it is, you would expect its universities to be generating more work of this kind so the Nigerians are really the laggards in this particular race.

Internet company Google recently announced that it would be keen to offer free connectivity to Kenyan universities, as well as start a comprehensive programme that would allow students at facilities around the country to utilise its free-to-use software. In Kenya, 50,000 students at the University of Nairobi will be offered Google Apps, with the services to be extended later to 150,000 students at other universities. Even in smaller countries, university students are a substantial potential user community.

The offer to higher education units also includes free online tools, hosted by Google, which allow students to work on files from any Internet-connected computer, on campus, at home or anywhere else.

Africa needs universities that can generate original knowledge about the continent that both its own students and others globally will want to use. The first flush of African nationalism almost swept away the original generation of African universities. Now online tools offer the opportunity for them to create online libraries that will enable both their staff and students to mark out their own place in the fierce competition between global knowledge economies.

### Attachment 3



## **Africa: Pros and Cons of High-Tech TB Testing**

29 OCTOBER 2013

London — A new, sophisticated diagnostic test for tuberculosis now being rolled out promises to be faster and more accurate than the old methods and much easier to use. But the first trials of the GeneXpert MTB/RIF Assay test in real-life situations have proved that while all this is true, it did not make any significant difference to treatment outcomes.

The problem with the traditional TB tests is that they need trained lab technicians and tend to be either inconclusive or extremely slow. Some cases of TB can be spotted simply by inspecting a sputum sample under a microscope, but not all; chest X-rays can also be a guide as to whether the disease may be present.

But to be sure, the samples have to be cultured in a laboratory, and the process takes around eight weeks to produce a result. By then a patient may have wandered off and disappeared, and even if he does then start treatment, he has had two more months to infect other people.

The GeneXpert system looks for TB's DNA markers and can give a result within two hours, with a high degree of accuracy.

The system is automated; all the necessary chemicals are contained in a cartridge, which just has to be slotted into the machine, a fresh cartridge for each test. So it is very easy to use. It can also be used to look for the DNA markers which show whether the particular strain of TB is resistant to Rifampicin, one of the most commonly used drugs.

Impressed by its capabilities, the World Health Organization (WHO) has backed its introduction and the Global Fund to Fight AIDS, Tuberculosis and Malaria is helping pay for it.

But it is still expensive, even at discounted prices for developing countries - US\$17,000 for the machine and \$10 for each cartridge. And critics point out that it needs a reliable power supply and the kind of clean, cool environment not available in many rural clinics.

Now researchers from Cape Town University have looked at what actually happened when the system was installed in primary health care TB clinics in South Africa, Zimbabwe, Zambia and Tanzania.

It was operated by nurses who had been given just one day's training, and patients presenting at the clinics with TB-like symptoms were randomly assigned to either conventional testing or to testing with the GeneXpert machines. Their results have now been published in the London-based medical journal, the Lancet.

### **Encouraging results**

The results in many ways were encouraging. The nurses were capable of operating the equipment and confident about their ability to do so. More of the GeneXpert group were able to start treatment on the first day they came to the clinic, 23 percent as opposed to 15 percent of those diagnosed by smear microscopy.

If you look at those treated within three days, the gap had started to close, with 32 percent of the GeneXpert group having started treatment, as opposed to 27 percent of those relying on traditional diagnosis.

After eight weeks, when the culture test results were available, there was only a 1 percent difference between the groups - but as the study remarks, "This issue is important for tuberculosis control, because these patients would have continued to transmit tuberculosis if left untreated."

So it looks as if most patients who needed treatment got it in the end, regardless of how they were diagnosed, and when they followed up the patients six months later to see how well they were doing, they could not detect any difference in death rates, or in their state of health. (They measured morbidity using the Karnofsky performance status index, which scores patients from 100 percent = in perfect health to 0 percent = dead).

One reason, they suggest, is that these clinics did not actually wait eight weeks for the results of the lab tests to start treating their patients if, despite a negative initial smear, they were pretty sure they had TB.

They took chest X-rays as well as sputum samples, assessed their symptoms, and were prepared to go ahead on empirical evidence. But they could not know which cases were drug-resistant until they got the full test results.

Of course, these were good clinics, with X-ray facilities available and a lot of experience in diagnosing tuberculosis. But less well-equipped clinics would be likely to struggle with more basic aspects of the new technology.

In a comment in the Lancet, Christian Wejse, of Aarhus University in Denmark, writes: "Considering (these) findings, the substantial financial burden of Xpert MTB/RIF rollout needs to be reassessed to see if it provides value for the cost.

Placing very expensive equipment in health-care facilities in rural Africa that might have no electricity and poorly trained, underpaid staff is going to be a difficult undertaking. Are the incremental gains in same-day diagnosis and treatment initiation, as well as reduced loss to follow-up, enough to justify this investment?"

### **A more targeted role?**

But Professor Alison Grant of the London School of Hygiene and Tropical Medicine, who herself works on improving TB diagnosis and treatment in southern Africa, thinks this technology does have a role, although not for universal use.

She told IRIN: "Policymakers need to know how best to invest money to improve TB control. This may differ between countries. In this study, similar to others, not all patients with a positive test result started TB treatment (8 percent with Xpert versus 15 percent with smear microscopy), and systems need to be strengthened to minimize these losses, regardless of what test is used.

"A major advantage of Xpert MTB/RIF is that it can identify people with drug-resistant TB very rapidly. In this study the proportion of people with drug-resistant TB was low, and there might be a much greater benefit from using Xpert in settings where drug-resistant TB is more common, providing that people identified as having drug-resistant TB start on the correct treatment promptly."

## Attachment 4



# New TB technology may be ready for clinics

31 October 2013  
Health-e News

**New research has shown that rapid GeneXpert tuberculosis (TB) test improves access to TB diagnosis and treatment, and may be ready for South African clinics.**

Conducted in part by the [University of Cape Town \(UCT\)](#), the study looked at whether it was possible for nurses – instead of laboratory technicians – to administer the test in clinics in four countries, South Africa, Zimbabwe, Zambia and Tanzania.

Introduced in South Africa in 2011, the GeneXpert can diagnose TB as well as some forms of drug-resistant TB in just hours. Conventional TB testing, which relied on microscopes and chest x-rays, can take weeks. These methods also miss up to 60 percent of TB cases.

However, the GeneXpert is currently only largely used in South African laboratories, meaning clinics must send samples to these labs for testing and wait several days for results to come back.

“We asked a simple question, if we put this technology in the clinic and the test is performed by a minimally trained health care worker will that impact on patient drop out and what are the potential benefits of that strategy?” says study co-author. Keertan Dheda from UCT’s Department of Medicine.

Published in the 28 October [online edition](#) of the *Lancet*, Dheda's study found that nurses could accurately run the GeneXpert machines with a single day's training.

The research also found that placing [GeneXperts](#) in clinics doubled the same day diagnostic rate and also increased the number of patients starting same day treatment by 50 percent.

"What this translates into is halving patient drop out so a lot more patients returned or were put on treatment compared to those who were tested using traditional smear microscopy," he explains.

Only half of all patients diagnosed with multidrug-resistant (MDR-TB) in South Africa receive treatment.

Expanding access to the GeneXpert, which can also diagnose MDR-TB, will help the country combat rising rates of extensively drug-resistant TB (XDR-TB), Dheda says.

"Unless we rapidly diagnose cases of MDR-TB and rapidly act to treat these patients then this problem of XDR-TB and incurable TB is going to get bigger and bigger," warns Dheda, who suggests placing GeneXperts in clinics in drug-resistant TB hotspots around the country.

Each year, [South Africa reports](#) more cases of XDR-TB than any other country in the world. Only 16 percent of TB cases are currently tested for MDR-TB.

MDR-TB is resistant to both commonly used anti-TB drugs. XDR-TB is resistant to these drugs as well as at least half of the mostly commonly used second-line drugs. – [Health-e News Service](#).

# DIE BURGER

SWART VINNIGER AS WIT

## Ensieme gee atlete woema

‘Minder melksuur’

Elsabé Brits

KAAPSTAD. – Swart atlete hardloop wit atlete meestal by die wêreld se voorste atletiek- en padbyeenkomste weg. Hoekom?

Dr. Tertius Kohn, ’n spier-biochemikus aan die Universiteit van Kaapstad en die Mediese Navorsingsraad (MNR) se navorsingseenheid vir oefeningwetenskap en sportgeneeskunde, doentans navorsing hieroor.

Hy het verduidelik dat toetse wat op swart atlete gedoen is, getoon het dat hulle aansienlik laer melksuurvlakke (laktaat) het, vergeleke met wit atlete wat ewe fiks is.

Kohn het verduidelik dat voordat glukose afgebreek word om melksuur te vorm, dit deur ’n “ensiemfabriek” verwerk word. Daar is vasgestel dat swart atlete se ensiemvlakke baie hoër is as dié van die wit atlete.

Maar hoe kan dit verklaar word? Wat gebeur tussen die “ensiemfabriek” en die melksuurvlakke? Gebruik die swart atlete die melksuur op, of produseer hulle minder daarvan?

Dit is ’n antwoord wat hy nog soek, maar Kohn, wat baie navorsing op diere doen, het vertel dat vinnige diere, soos leuens en springbokke, ook sulke hoë ensiemvlakke het.

Dit is tot vyf keer hoër in wild, en niemand kan sry dat hulle blitsvinnig is nie. Daar moet dus ’n verband wees tussen spoed en



Dr. Tertius Kohn

die “ensiemfabriek” wat soos ’n enjinkamer is.

“Dit blyk die hoë ensiemvlakke is baie voordelig vir die swart hardlopers,” het hy gesê.

Kohn het gesê dit is nie waar dat melksuur sleg is vir atlete en dat dit ure ná oefening “nog uitgevryf moet word” uit die spierevessels nie. “Dit is nie waar nie. Die vlakke keer binne 30 minute terug na normaal.”

Waar kom die voorste atlete se energie vandaan, want hulle versnel moeiteloos oor die laaste ent onder die ander atlete uit? Dit is meer as net om in die hooglande ver bo seevlak te oefen, het Kohn gesê.

Die navorsing word ook gedoen om te kyk na die strukture van spiere, metabolisme (hoe energie verbruik word) en hoe ’n enkele spier saantrek. Dit word onder ’n gesofistikeerde mikroskoop bestudeer.

# PROF NOAKES LANDS IN MIDDLE OF BIG FAT ROW

Sports scientist welcomes debate in medical journal on low-carb diet

**Kieran Legg**  
STAFF REPORTER

THE HUMBLE carbohydrate has landed sports scientist Professor Tim Noakes in the middle of an online row.

This was after the professor published a paper in the SA Medical Journal this week titled "Low-carbohydrate and high-fat intake can manage obesity and associated conditions: Occasional survey".

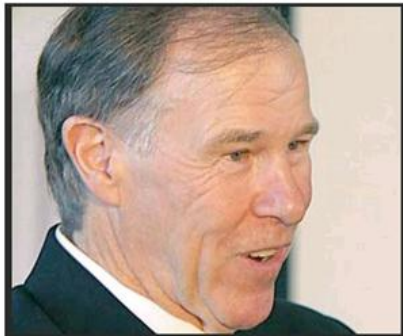
It has attracted much criticism, as dietitians and others in the field debated whether the article deserved its place in the medical journal.

According to Noakes, the paper was inspired by the letters and anecdotes of "slimmer" and "healthier" dieters who had followed in his footsteps by cutting out carbohydrates.

Of these people, three were diabetics who claimed that Noakes's low-carb, high-fat diet had cured them.

He tempered the findings by listing the limitations of the survey in his paper.

"First, all data are self-reported and were not verified, but it is unlikely



**OBESE DIETICIAN FROM BRITISH DIETETICS ASSOCIATION TELLS US DR ASEEM MALHOTRA'S ARTICLE IS WRONG. WILL BELIEVE HER WHEN SHE LOSES WEIGHT**

**Professor Tim Noakes**

that all participants would fabricate this information.

"Second, there is no record of exactly what each person ate. Third, all reports describe only short-term outcomes."

Noakes told the Cape Argus that the paper was not proof that the diet worked but rather a platform to encourage debate and potentially

jump-start and fund a clinical trial.

"It costs a lot of money, money I don't have, but it is definitely something we need to research."

His paper was attacked on social media. Former Mail&Guardian editor Nic Dawes tweeted: "How the hell did that get through peer review? Should be a scandal at the (Medical Journal)."

5FM's resident medical expert Jonathan Witt tweeted: "Noakes is to medicine what Julius Malema is to politics, populist nonsense."

By far the most vocal critic was UCT's Jacques Rousseau.

The lecturer challenged Noakes's methodology in an extensive post on his blog titled "Lessons in bad science".

He said that he agreed a trial was needed, but that Noakes was actively encouraging people to follow a diet which had not been scrutinised in full, nor was there any long-term data to support it.

"These are no doubt all irrelevances to Noakes, even perhaps evidence of bias or conspiracy. After all, at the end of the day, the ultimate evidence is remarkably elegant: the thinnest person in the argument wins, and obese people can't be right."

The lecturer linked users to a tweet, wherein Noakes writes: "Obese dietician from British Dietetics Association tells us on BBC News that Dr Aseem Malhotra's (a fellow carb-cutting advocate) article is wrong. Will believe her when she loses weight."

Noakes welcomed the backlash, claiming that a debate was one of the main aims of the paper.

"If anything, at least it has brought this to the fore and people are talking about it."

He said the majority of the criticism came from people in the field who were unsettled by his research.

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## Attachment 7



# Public fed a 'diet of deceit'

KATHARINE CHILD | 31 October, 2013 00:01

**The public has been fed lies about nutrition for more than 36 years, University of Cape Town Professor Tim Noakes said yesterday, claiming that most nutritional advice today was "anecdotal".**

Speaking at the University of the Witwatersrand in Johannesburg, Noakes thanked his audience - most of whom had a medical background - for a chance to defend "myself as a scientist".

In news reports last week, Noakes was himself accused - by UCT colleagues and several academics - of bad science, and making claims based on anecdotes rather than clinical trials.

The storm followed an opinion piece by Noakes that was published in the South African Medical Journal.

It was filled with stories of sick or diabetic patients who had become healthy and lost weight after adhering to a high-fat, low-carbohydrate diet.

Academics accused him of using these stories to promote his ideas in the style of an "evangelist" rather than a medical professional who used clinical trials and data to provide the best advice.

One, UCT academic Jacques Rousseau, said Noakes was encouraging a cult-like devotion to a high-fat diet that no long-term data has shown to be safe.

But Noakes said yesterday that the current dietary guidelines have been in place since 1977 and these were not supported by scientific evidence either.

The wisdom of a low-fat, high-carbohydrate diet is also "anecdotal", he said.

Noakes said the guidelines were developed by the US Department of Agriculture while it was promoting the maize industry. He said that, soon after the guidelines were published, obesity levels in the US increased.

"Why was the US Department of Agriculture writing health guidelines?" he asked.

Noakes said there are 150 trials defending the high-fat diet for people who are diabetic, overweight or suffer heart problems.

People at risk of diabetes should avoid bread, pasta and rice, says Noakes.

Johannesburg doctor Gail Ashford, who specialises in HIV, defended Noakes.

"It is easier for doctors to dismiss the man, than to actually engage the content. It's very inconvenient to engage with the material.

"It will change the way we practise medicine," she said.

A book by Noakes and three other people, called Real Meal Revolution, is due to be launched on November 20.

## BUSINESSREPORT

# Poor labour relations are biggest risk to stability

October 31 2013 at 08:00am

By Pierre Heistein

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The Reserve Bank recently released the latest update of its biannual financial stability review but before contemplating the results it is valuable to ask: why is financial stability in the economy important for the average citizen?

Financial stability, as the central bank puts it, is not itself an end goal but rather an important precondition for sustainable economic growth. Financial stability or instability therefore refers to how well the links are working between households, firms, the government and financial institutions and how stable the system is that allows for financial flows to occur between these players in the economy. Just as a human body relies on the circulatory system and its organs to generate and distribute blood and oxygen, an economy's success is based on its ability to generate and distribute finance in an efficient manner to where it is needed most.

If this system breaks down, consumers struggle to borrow or save, investors struggle to invest, foreign sources of income dry up, inflation becomes unstable and, as market signals break down, money gets allocated incorrectly.

The financial stability review published on Tuesday, which covers the first six months of the year, mirrors the conclusions of the Global Competitiveness Report published by the World Economic Forum in May – that the financial institutions in South Africa are mostly sound, but labour relations provide the greatest risk to economic stability.

The three highest risks to financial stability in South Africa, which are also the three largest changes since the previous report, are: higher levels of domestic unemployment, labour unrest spreading to other industries and a global economic recovery causing a decline in the search for yields and lower demand for financial assets.

International risk factors have decreased in severity, but these gains are countered by the rise in domestic risk.

Labour unrest affects financial stability through its impact on growth, investment and the credit rating. The first consequence of labour disputes is a decrease in production and slower economic growth, turning South Africa into a less attractive destination for foreign investors.

The increased burden on the state and decreased tax revenue puts pressure on the budget deficit, and coupled with decreased inflows on the financial account of the balance of payments, the sovereign credit rating soon comes under threat.

The major credit rating agencies such as Moody's Investors Service and Standard & Poor's – misinformed, biased and illegitimate wielders of power in my opinion – have the power to change the dynamic of the economy at the flip of a switch. Were they to downgrade South Africa's credit rating, government borrowing costs would increase, further extending the budget deficit, capital inflows would decrease significantly and economic growth would take a knock. It is therefore critical, both for labour and the economy, that the process of wage negotiation is brought under control.

Another concern is the level of household debt and the vulnerability to changes in the financial sector. Currently at 75.8 percent of disposable income, such high levels of debt are made possible by the current low interest rate environment. Were a decrease in the credit rating to occur and interest rates to increase, households would see the cost of debt rise and many could buckle under the higher expenses.

Pierre Heistein is the convener of UCT's Applied Economics for Smart Decision Making course. Follow him on Twitter @PierreHeistein

## Attachment 9



# Still no respite for poor from electricity tariffs

BY MEAGAN JOOSTE AND IAN PALMER, OCTOBER 31 2013, 05:35

SOUTH Africa's retail electricity tariffs have risen rapidly over the past five years. In an attempt to mitigate the effects of these increases on poor households, the National Energy Regulator of South Africa (Nersa) approved the implementation of inclining block tariffs (IBTs) in 2010. IBTs are stepped-pricing mechanisms applied to residential electricity consumers with charges per unit of electricity consumed increasing as consumption increases. The main aim of the tariff structure is to make electricity affordable to the poor via a zero charge for the first block, usually 50kWh a month. A second aim is to promote energy conservation by applying high tariffs in the upper consumption brackets.

A recent study was aimed at assessing the extent to which IBTs meet the main affordability objective. Two analyses of the electricity consumption bills of households were completed: the first of a sample of 12 municipal electricity providers and Eskom (which, between them, are responsible for supply to 66% of the population), over the 2008-12 period, and the second of electricity tariffs for all municipal electricity distributors using Nersa's 2012-13 tariff database.

The first finding of this research is that municipal electricity service providers have not all responded to the Nersa requirement for IBTs to be applied. About 30% of municipalities use other tariff structures, typically a flat rate per unit of consumption, complemented by a free basic electricity allowance of at least 50kWh a month for low-end consumers and a fixed monthly charge for middle and high-end consumers. While it has not been possible to assess all of their reasons for not applying IBTs, it seems there is a range of arguments: IBTs may not necessarily be pro-poor given various other factors, such as the number of people getting electricity from one meter; IBTs present a threat to the viability of municipal revenue generation as they damp demand from those who consume the most; and there are technical constraints largely related to billing systems, specifically where prepayment meter systems are applied.

The second major finding is that there is only a small difference in the bills for electricity between municipalities that apply IBTs and those that do not. To analyse this, consumption for three different household income groups — low, medium and high — was estimated and average monthly bills calculated using all the municipal tariffs on the Nersa database. These results call into question the wisdom of imposing IBTs: the effect on bills compared to the flat-rate tariffs applied previously is marginal and yet much cost and effort has been required to implement the new tariffs, causing confusion to consumers.

In sum, those municipalities that do not apply IBTs have largely reached the same end result as those with IBTs.

Third, the analysis confirms the rapid increase in the amount households pay for electricity. The poor have not been insulated from increases in electricity tariffs, with the bill for 200kWh of electricity increasing at an average of 15% a year at constant 2012 prices (net of inflation). The corresponding rate of increase for high-income households is 29% a year. These figures can be compared to the average rate of increase in the bulk electricity tariff charged to municipalities by Eskom of 18% a year. But the effect on poor households remains concerning: the need for them to increase electricity payments for a modest amount of electricity from an indicative 4.8% to 8.7% of income is alarming, particularly when taken with increases in transport, housing and food prices.

What does this mean for the future? On balance, the opinion of most municipalities interviewed, which were applying IBTs, was that they are either satisfied with the way IBTs are working or, if not, do not want to go through another tariff restructuring exercise to revert to flat-rate tariffs. At the same time, those that do not apply IBTs are satisfied with the existing situation, with some being highly resistant to changing. They have a point. Eskom itself has put forward a motivation to move away from IBTs.

A practical way forward would be to allow for flexibility on the IBT tariff structure but focus on a way of keeping the bill for low-income consumers at an affordable level. This will require higher levels of subsidy from the national fiscus or a greater degree of cross-subsidy from high-income households and businesses.

- *Jooste and Palmer of consultancy PDG conducted this research for the University of Cape Town, funded by the British government.*

Attachment 10



**Oscar Pistorius to face 2 gun charges at murder trial**

*Posted: Oct 30, 2013 9:12 PM Updated: Oct 30, 2013 9:12 PM*

JOHANNESBURG (CNN) - South African Olympic runner Oscar Pistorius will face two additional gun-related charges when he goes on trial for murder next year, a spokesman for South Africa's National Prosecuting Authority said.

The charges will be heard alongside the murder charge when Pistorius' trial begins in March, Nathi Mncube told CNN.

Pistorius, nicknamed the "Blade Runner" for the special prostheses he uses for sprinting, has admitted to shooting dead his model girlfriend, Reeva Steenkamp, in his high-end home on Valentine's Day. But he has said it was an accident.

The gun-related charges are not new but have been moved from the South Gauteng jurisdiction where they were filed to the jurisdiction where the murder trial is being held, North Gauteng.

Pistorius is accused of two separate instances of firing a gun in a public space.

The National Prosecuting Authority decided to transfer them so that "all charges against Pistorius can be heard at the same place at the same time in front of the same judge," Mncube said.

The state has indicted the track star on a premeditated murder charge and, if convicted, he faces a mandatory sentence of life in prison.

Legal analysts in South Africa say they think the prosecution will seek to characterize Pistorius as a trigger-happy, irresponsible gun owner.

However, this apparent strategy could backfire if the gun-related charges made it seem less likely that Pistorius shot Steenkamp deliberately, said Kelly Phelps, a CNN legal analyst and lecturer in the law faculty of the University of Cape Town.

The alleged gun-related offenses, which will be prosecuted under South Africa's Firearms Control Act, date back to before the death of Steenkamp, but were not previously acted on.

The fact the National Prosecuting Authority is pursuing the charges now adds weight to the idea that prosecutors are seeking to create a negative "character picture" of Pistorius, Phelps said.

Pistorius, a double amputee, denies the murder charge and has said he mistook his girlfriend for a home invader when he fired shots from a pistol through a bathroom door that the 29-year-old was behind.

A spokeswoman for Pistorius said this month that he's hired an American forensic team to give expert testimony to cast doubt on evidence against him.



## South Africa's Oscar Pistorius to face 2 gun charges at murder trial

By **Brent Swails** and **Laura Smith-Spark**, CNN  
October 30, 2013 -- Updated 1540 GMT (2340 HKT)

South African Olympic sprinter Oscar Pistorius arrives at the Magistrate Court in Pretoria on August 19, 2013.



## STORY HIGHLIGHTS

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## Attachment 11

### **Go South Online**

#### **First-ever evidence of a comet strike on Earth**

**The first ever evidence of a comet entering Earth's atmosphere and exploding, raining down a shock wave of fire which obliterated every life form in its path, has been discovered by a team of South African scientists and international collaborators, and will be presented at a public lecture on October 10, 2013.**

The discovery has not only provided the first definitive proof of a comet striking Earth, millions of years ago, but it could also help us to unlock, in the future, the secrets of the formation of our solar system.

“Comets always visit our skies – they're these dirty snowballs of ice mixed with dust – but never before in history has material from a comet ever been found on Earth,” says Professor David Block of Wits University.

The comet entered Earth's atmosphere above Egypt about 28 million years ago. As it entered the atmosphere, it exploded, heating up the sand beneath it to a temperature of about 2 000 degrees Celsius, and resulting in the formation of a huge amount of yellow silica glass which lies scattered over a 6 000 square kilometer area in the Sahara. A magnificent specimen of the glass, polished by ancient jewellers, is found in Tutankhamun's brooch with its striking yellow-brown scarab.

The research, which will be published in *Earth and Planetary Science Letters*, was conducted by a collaboration of geoscientists, physicists and astronomers including Block, lead author Professor Jan Kramers of the University of Johannesburg, Dr Marco Andreoli of the South African Nuclear Energy Corporation, and Chris Harris of the University of Cape Town.

#### *Tutankhamun's brooch*

At the centre of the attention of this team was a mysterious black pebble found years earlier by an Egyptian geologist in the area of the silica glass. After conducting highly sophisticated chemical analyses on this pebble, the authors came to the inescapable

conclusion that it represented the very first known hand specimen of a comet nucleus, rather than simply an unusual type of meteorite.

Kramers describes this as a moment of career defining elation. "It's a typical scientific euphoria when you eliminate all other options and come to the realisation of what it must be," he said.

The impact of the explosion also produced microscopic diamonds. "Diamonds are produced from carbon bearing material. Normally they form deep in the earth, where the pressure is high, but you can also generate very high pressure with shock. Part of the comet impacted and the shock of the impact produced the diamonds," says Kramers.

The team have named the diamond-bearing pebble "Hypatia" in honour of the first well known female mathematician, astronomer and philosopher, Hypatia of Alexandria.

Comet material is very elusive. Comet fragments have not been found on Earth before except as microscopic sized dust particles in the upper atmosphere and some carbon-rich dust in the Antarctic ice. Space agencies have spent billions to secure the smallest amounts of pristine comet matter.

"NASA and ESA (European Space Agency) spend billions of dollars collecting a few micrograms of comet material and bringing it back to Earth, and now we've got a radical new approach of studying this material, without spending billions of dollars collecting it," says Kramers.

The study of Hypatia has grown into an international collaborative research programme, coordinated by Andreoli, which involves a growing number of scientists drawn from a variety of disciplines. Dr Mario di Martino of Turin's Astrophysical Observatory has led several expeditions to the desert glass area.

"Comets contain the very secrets to unlocking the formation of our solar system and this discovery gives us an unprecedented opportunity to study comet material first hand," says Block.

An online version of the scientific journal article can be accessed at:

- See more at: <http://gosouthonline.co.za/first-ever-evidence-of-a-comet-strike-on-earth/#sthash.JI1mwZuw.SLDaWe9Z.dpuf>

# Cape Argus

CAPE ARGUS (AM Edition)  
31 Oct 2013, p. 21

## WWI centenary a chance to toast races' united battle

White, coloured troops deserve honour, writes **Rodney Warwick**

**S**OUTH Africans should begin opening the debate on next year's World War I centenary, for our often polarised historical understanding risk distorting the memory of South Africa's participation in one of the 20th century's biggest turning points. Any government-driven remembrance attempt, mimicked by plant commercial interests, might reconstruct an expedient "war memory" intended to fit an already contrived "common" South African history, predominantly and usually aggressively Afrikanist. Such a perspective could result in a lack of public honouring of South Africa's role. A worthy local centenary will compete with official historical amnesia about "white South African history", pre-1914, and the war period falls within a decade littered with lashed historical leges in the ANC's view – among them, the "white" Union of 1910, the 1903 Lugden Commission on racial segregation and the 1913 Land Act. These are emphasised as having been promulgated by – benefiting – white South Africans, the same grouping that decided on the war. "Official" ANC history is emotionally fixed in present political battles not past historical contexts.

It may prove difficult locating easily comprehended, "racially-shared" centenary points and there is no clear rationale to explain what, how or why we need to remember. Our centenary might just reinforce the notion of our having separate historical identities, but if goodwill prevails, these can be mutually acknowledged and respected.

When Britain declared war in 1914, the dominion states of Australia, New Zealand, Canada, Newfoundland and the Union of South Africa were automatically at war with Germany.

Prime minister Louis Botha espoused reconciliation with English-speaking South Africans, and viewed joining the hostilities as an honourable response to British "magnanimity" in approving the 1910 Union, besides solidifying Anglo-Afrikaner relations.

A meaningful commemoration requires a sustained collective historical memory, but the reality is that apartheid has long been the dominant feature.

In decades past, reaffirming South Africa's war role was overwhelmed by Afrikaner nationalist popular history, now superseded by that of resistance to apartheid.

However, Remembrance Day, November 11, persists, acknowledged by veterans' associations and some prominent schools.



This commemoration's resilience is reinforced by numerous physical memorials within churches, schools, civic buildings or monuments erected by immediate post-war generations, predominantly white Anglo-South Africans.

A recent addition at UCT recalls the troopship *Mendi* sunk by a collision in the English Channel and the drowning of over 600 South African Native Labour Corps (SANLC) members.

During the conflict 212 000 South Africans of all cultural descriptions went to war; 12 500 perished.

But ANC-aligned "popular history experts" will be asking how South Africa's war involvement can be reconfigured into legitimising African nationalist interpretations. And the latter is emphatically at odds with any public commemoration stressing "old South African history": white politicians, military figures and Anglo-colonial/Afrikaner Boer soldiers' battles, gallantry or sacrifice.

This approach to controlling public historical memory is epitomised by the ideologically confused Freedom park, its typical proponents might even feel threatened by an essentially sentimentalised

approach in Europe, where the massive human battlefield losses will be emphasised, as opposed to any notion suggesting it was actually fought for a just cause, against aggressive German militarism.

The Union Defence Forces (UDF), which served South Africa during the 1914-18 war, is the progenitor of the SANDF, yet will today's acutely race-conscious establishment want to reflect upon century-old sacrifices by minority communities when, today, accord it

strident criticism and minimal political support?

If the war commemorations are to be accurate and fitting, they must refer to the numerous Anglo and

Afrikaner South African soldiers killed or perished from disease at DeWille Wood in France, and in German West and East Africa.

If prior post-1904 government interest in the 1914-18 war is any yardstick, then it is likely to almost exclusively highlight the brave men of the South African Native Labour Corps of black men employed as labourers under inferior service conditions).

But the centenary must encompass the titanic global engagement, besides any explicit concentration on campaigns involving the UDF.

In the Cape, a fitting emphasis should be on the coloured Cape Corps, whose infantry and labour components served in East Africa and Palestine. Coloured political leadership fully supported the Corps' 1915 establishment.

The Cape Corps boasts a proud military heritage extending to conflicts well beyond 1914-18, but how many contemporary Capeans have viewed their magnificent memorial inside the Cape Town City Hall?

It was unveiled by Jan Smuts on August 31, 1924, and provides some insight into the political

nuances of that time, for it could not be dismissed as a patronising son. Its grandness demonstrates the honouring of the corps by both their own kin and white Cape Town.

Today the memorial's staid location is effectively beyond public view, and, unlike the considerable recent acknowledgement given to the SANLC, the Cape Corps' illustrious history has been virtually expunged from public memory. Unfortunately, popular contemporary history has perpetuated the politically motivated falsehood that only white soldiers carried weapons.

During our own centenary commemorations, South Africans should ponder the complexities surrounding some potentially valuable objectives. It could provide opportunities to demonstrate that, once, black, brown and white were united in adversity within a global conflict, and also demonstrate how we can all rise above the artifice of a popular history designed to fust on us and sustain the same politically motivated collective memory.

● **Dr Rodney Warwick** is a Cape Town history teacher.

**BLACK BROWN AND WHITE WERE UNITED IN ADVERSITY WITHIN A GLOBAL CONFLICT**

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