

# The Golden Mortar



Newsletter of the Southern Gauteng Branch of the Pharmaceutical Society of South Africa and Associated Sectors

Edition 7/November 2018

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## Recognition of Retiring Members of the Branch

On the evening of Saturday 29 September 2018 the Southern Gauteng Branch of the Pharmaceutical Society bade farewell to three prominent members of the Branch.

Mr David Boyce will always be remembered for his visionary, extraordinary and lasting contributions to Pharmacy. Mrs Geraldine Bartlett very eloquently enumerated David's extensive achievements and Mr Ivan Kotze, Executive Director of the Pharmaceutical Society, on behalf of the PSSA National Executive Committee, presented David with the William Paterson award in recognition of his valued contribution to the profession. He is truly extraordinary and will be greatly missed. We all wish him well in his future endeavours.

Mr Doug Gordon has for many years been a commanding presence at 52 Glenhove Road. Gary Kôhn, a past President of the Pharmaceutical Society of SA and member of the PSSA Southern Gauteng Branch highlighted some of Doug's contributions to the development of, for example MediKredit, and the general development of the Southern Gauteng Branch of the PSSA. Fools were not suffered lightly, but charm could ease the most difficult situations. Doug's energies will, no doubt, now be channelled into all those activities retirees suddenly have time for. He certainly will be missed.

Mr Neville Lyne's contributions to pharmacy are many and varied explained Mr David Sieff. He brought to the PSSA his experience in commercial pharmacy. His experience included organising Conferences for the Society, introducing the Professional Indemnity Plan for Pharmacists, arranging various public relations programmes, chairing the highly successful Pharmacy Professional Awareness Campaign and is currently still involving himself part-time in arranging CPD sessions and in the production of The Golden Mortar, on whose Editorial Board he has given valuable service for many years.

Thanks are due to Branch Chairperson Mrs Lynette Terblanche who acted as MC and to Dr Judy Coates, the Executive Director of the PSSA Southern Gauteng Branch for organising the function.



L to R: Mrs Lynette Terblanche, Mr David Boyce, Mr Doug Gordon & Mr Neville Lyne





## **Thank you Message from David Boyce**

I am deeply honoured and feel singularly privileged to have received the William Paterson Award. From a very humble heart I thank all my friends and colleagues for your kindness and generosity.

It was a special pleasure to share the evening's celebrations with two of my longest-standing friends and colleagues, Doug Gordon and Neville Lyne. We have shared many wonderful adventures and worked so well together over the years.

A most pleasant and enjoyable evening, the memory of which I shall cherish.

## **Thank you Message from Doug Gordon**

I am grateful to Lynette Terblanche and the Branch Committee for providing the opportunity for me to formally say goodbye and take leave of some of the people that I have been fortunate to know and work with over the last seventeen years or so. I was particularly pleased to share the evening with David Boyce and Neville Lyne, two colleagues with whom I had the pleasure to work with for more than thirty years, who were being honoured and thanked for their considerable individual contributions to the Branch, the Society and the profession.

Selecting 52 Glenhove for the function was most appropriate as it really has felt like a second home for the three of us for many years. The function itself was most enjoyable - a cocktail hour that provided time to mingle followed by a dinner and time for the three of us to express our thanks and appreciation to the Branch for providing the opportunities for us to contribute to making a difference which was both challenging and rewarding.

My thanks go also to Judy Coates, Matthew Passos and the members of staff who were responsible for the organisation of the function - I know only too well what goes on behind the scenes to make these events happen and run smoothly!

I wish you all well in your future endeavours and the very best of good luck.

Doug Gordon

## **Thank you Message from Neville Lyne**

It is with an overwhelming sense of appreciation that I would like to thank the Branch Chairperson Lynette Terblanche for including me in the Farewell Function of 29 September 2018, where I was honoured by Southern Gauteng Branch Committee of the PSSA. It has been almost a life-time that I have been associated with pharmacy and an honour to have worked with David Boyce and Doug Gordon over many of these years.

Thank you also to those many members of the Branch, the PSSA National Office and members around the country for their friendship over the many years that I have been associated with pharmacy. It has been an inspiring life's journey to have been able to call so many pharmacists friends.



## Please Save the Date

The Annual General Meeting of the Southern Gauteng Branch of the Pharmaceutical Society of SA is planned for 5 February, 2019 commencing at 19:00

## PSSA Southern Gauteng Branch Elections

For a number of years we have successfully run an electronic (SMS) system of calling for nominations and voting for the nominees to serve on the Southern Gauteng Branch Committee. This has allowed members to participate wherever they may be during the time of the process: - at work, at home, on business trip or even on holiday.

Members have found this to be an efficient and user friendly method and as a result we have received more nominations and more member participation in the voting process than in the past.

We will conduct the process of nomination and election in the same manner again this year and members are asked to take note of important dates in the process. 5 - 9 November 2018 nominations and 19 - 23 November Voting.



## The PSSA Book Department

Do you know that the Book Department has a range of essential publications for pharmacists at preferential prices for members of the PSSA?

From overseas publications such as Martindale, Merck Manual and Dorland's Illustrated Medical Dictionary to local publications such as the Daily Drug Use, South African Medicines Formulary (SAMF) and the Scheduled Substance Register.

Ordering is as simple as 1, 2, 3.

1. Go to the PSSA website, [www.pssa.org.za](http://www.pssa.org.za) click on Membership and then Member Services.
2. Complete the order form and submit it.
3. Make payment via EFT.

Or contact Dinette at PSSA National Office on (012) 470-9559 or at [dinette@pharmail.co.za](mailto:dinette@pharmail.co.za)



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## Conference of Biomedical and Natural Sciences and Therapeutics (CoBNeST)



### Academy of Pharmaceutical Sciences

*Douglas Oliver*



**Stellenbosch, 7- 10 September 2018**

The first conference of Biomedical and Natural Sciences and Therapeutics in South Africa where several National Societies in Medical, Pharmaceutical Basic and Clinical Sciences joined together to discuss Interdisciplinary Scientific Excellence was hosted by the University of Stellenbosch. The conference is a venture between the six national societies and served as a platform for a number of independent learned societies with shared interests in basic, translational and clinical biomedical and pharmaceutical sciences in South Africa, including the Academy of Pharmaceutical Sciences (APSSA), the Physiology Society of Southern Africa (PSSA), the South African Association for Laboratory Animal Science (SAALAS), the South African Society for Basic and Clinical Pharmacology (SASBCP), the Southern African Neurosciences Society (SANS) and the Toxicology Society of South Africa (TOXSA). CoBNeSt is the first conference of this nature in South Africa and aimed to find common ground in our scientific and therapeutic endeavours. The conference was attended by more than 300 delegates.

The program consisted of plenary sessions and parallel science and clinical track sessions. Key session included substance of abuse and the challenges society and governments are faced with, discussing the unregulated designer drug structure proliferation and the NPS (large scale illicit drug production) and public health consequences. Furthermore the drug-designer drug interactions (NPS) were highlighted explaining the complications of these illegal compounds in therapeutic treatment with registered medicines.

The conference further addressed new therapeutic avenues such as genetic engineered therapies, biological medicine development, and advances in brain disorders. The conference created import platforms for young investigators (natural scientists, pharmacists and doctors) to actively participate through young scientist sessions, workshops and discussion groups to promote next generation scientist development.

A variety of investigation platforms and technologies for translations research were presented, including CRISPR (genetic engineering) and zebra fish research models for pharmacological and toxicological investigations. The power of collaboration, trans-disciplinary, knowledge, conversation, excellence, quality, accountability, critical thinking and problem solving were, amongst other key messages from this successful conference of the six national Societies. SAAPI's engagements with these upcoming health care professionals and these learned Societies are critical to advance SAAPI's objectives for future interactions in skills building opportunities and collaborations as well as the membership drive amongst others.

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## SAAPI Conference 2018

**Tammy Maitland-Stuart, Executive Director of SAAPI provided us with a thumb-nail report on the highlights of the Conference**

The South African Association of Pharmacists in Industry (SAAPI), held its annual conference on the 4<sup>th</sup> and 5<sup>th</sup> October 2018, at the Bytes Conference Centre in Midrand.

The conference was well supported by 143 delegates from the pharmaceutical and healthcare industry, and as always, was a wonderful networking opportunity for sponsors and colleagues.

We were privileged to have 2 international speakers address our delegates this year. The first, Dr Georg Sindelar, Division Manager Qualification and Consulting, at Chemengineering Business Design GmbH, spoke to the topics of Quality Oversight, Metrics and KPI's. Dr Sindelar highlighted the importance of Senior Management and highlighted their role in ensuring effective Quality Management Systems. Dr Sindelar continued on high level discussions on the consequences of not having Quality Oversight in an organization, and also provided delegates with a number of useful tools and tips that they could use going forward, to ensure that they maintain control over their Quality Management Systems.

*.../ continued on page 5*





**L to R Prof Douglas Oliver, Ms Alice Redmond, Prof Shabir Banoo**



**L to R Dr Godfrey Keele, Ms Tammy Chetty, Dr Georg Sindelar, Ms Tammy Maitland-Stuart**

We were also very fortunate to have Ms Alice Redmond, Vice President, European Operations Commissioning Agents, Inc., and a Director at ISPE (International Society of Pharmaceutical Engineering), with us this year. Ms Redmond presented on the topics of Data Integrity and Pharma 4.0. In her first presentation Ms Redmond, highlighted the importance of ensuring the integrity of the Data Lifecycle, and emphasized the direct association between product quality and Data Quality. Ms Redmond went on to discuss Pharma 4.0, and the focus on highly efficient automated systems, towards continuous manufacturing of products. This was indeed a very interesting and insightful presentation into the future of pharmaceutical manufacturing.

Ms Andrea Julsing Keyter, Deputy Director of Medical Devices at SAHPRA, updated delegates on the Regulatory Framework for Medical Devices in South Africa, whilst also highlighting the responsibilities of the authorised representative, which was followed by the Industry Perspective on the new Medical Device Regulations and Guidelines, by Ms Avanthi Bester, Regulatory Affairs Manager, Africa at BD.



**Front row: L to R Prof Douglas Oliver, Ms Alice Redmond Dr Georg Sindelar, Ms Tammy Maitland-Stuart, Ms Leanne Blumenthal & Ms Gina Partridge  
Back row: L to R Ms Nicole Worthington, Mr Simon Roberts & Dr Judy Coates**

The agenda also included presentations on the South African Clinical Trial Industry, Validation, The Role of the RP and Categories of Pharmacists in South Africa, An Update from the South African Pharmacy Council, Cybercrime in South Africa, as well as a very interactive and enjoyable motivational session.

Prof Shabir Banoo, Chair of the Technical Operations & Regulatory Strategy Committee at SAHPRA, gave a comprehensive update from SAHPRA, addressing SAHPRA's strategy, key areas of progress, challenges faced, and updates on the status of current activities and projects, including the strategy proposed to clear the Backlog.

The conference closed on a dynamic note, with a presentation by Mr Stavros Nicolaou, Senior Executive, Strategic Trade Dev, at Aspen Pharmacare. Mr Nicolaou addressed the current economic status of our country, and other challenges that we are facing, and also highlighted the 5 key issues affecting the Pharmaceutical Industry in South Africa.

Thank you to all those who contributed to another successful SAAPI conference. We would like to thank all of our sponsors and delegates for your continued support, and we look forward to seeing you again next year!



## PSSA SG Annual Mini Symposium held at Glenhove Events Hub, Melrose Estate

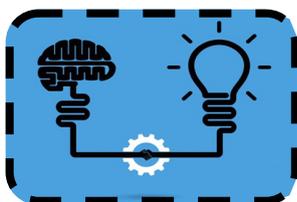
*Dr Judy Coates*

22 September 2018 saw the hosting of the second Mini Symposium of the Southern Gauteng Branch of the Pharmaceutical Society of South Africa, themed “Back-to the Future”.

The symposium was opened by the Branch Chairperson, Mrs Lynette Terblanche, who welcomed all, with a special word of welcome to the past General Manager, Mr Doug Gordon, and new Executive Director, Dr Judy Coates.



The CEO for the Technology Innovation Agency, Mr Barlow Manilal kicked off the presentations with a look into “Back to the Future: Current Topics – Future Trends”, discussing exciting innovations that are around the corner. Barlow asked the audience, while investing in and progressing the next big innovation to consider whether a rocket to Mars was more important than addressing poverty?



Our very own National Pharmacy Museum Curator, Mr Ray Pogir, then took the audience on a journey “From Observations to Innovation” sharing a series of amazing “light bulb” moments that went from simple observations to life-changing innovations. Mr Pogir encouraged the audience to give their staff the opportunity for such light bulb moments.

The Museum was open during the event to allow attendees to explore this amazing heritage.



The day then changed gear with the dynamic Ms Arthie Moore, from Ki Leadership Institute Pty Ltd, challenging small groups of the whole audience on being Successful in a Multigenerational/Multicultural Society, using illustrated ‘quiz’ sheets. Arthie reminded the audience to “give yourself permission not to like everyone, but reminded all to always respect everyone”.

We were then honoured to be joined by Mr Ian Laxton who shared sobering insights with respect to trends in “Doping in Sport”, including a number of factors that drive doping. He reminded the audience to celebrate the human body.



Ms Rubina Shaikh revealed the exciting arena of ‘Apps’olutely – What’s in Store? How the use of mobile health condition monitoring applications has evolved and how they can be used to enhance patient experience. The audience participated in a live fun mobile app survey demonstrating just how real-time technology is.

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The symposium closed with “Headstart 2050 and Beyond” presented by Mr Kapish Singh, from Professional Provident Society (PPS), taking a look into the Fourth Industrial Revolution, where we saw just how scary it is living in a disruptive time. He asked the audience to “train yourself to think differently, move from linear to exponential”, warning that “the machines are coming, embrace it” and then noting “there are things humans just do better”.



The PSSA SG Branch expresses special thanks to TIA and PPS for sponsorship received.

#### Ms Tammy Maitland-Stuart writes

*I attended the PSSA Super Seminar, which was held at the Glenhove Events Hub on Saturday the 22nd September 2018.*

*This was a thoroughly enjoyable event, that addressed current trends in doping in sport, artificial intelligence, digital apps, and technology advancement. There was also a wonderful, interactive presentation given by motivational speaker Arthie Moore, on how to be successful in the multicultural and multigenerational society in which we find ourselves, and Ray Pogir took us back into the past, to discover how and who invented some of the wonderful medicines and technologies that were instrumental in advancing the pharmaceutical industry. This symposium is a very worthwhile networking opportunity, and provides a wonderful chance to update oneself on current trends and recent advancements in the pharmaceutical field, and I will be certain to attend next year's Seminar !*

Save the date PSSA Annual Mini Symposium 2019 - Saturday 7 September 2019



## Professional Indemnity Insurance

You should be aware that pharmacists in all spheres of Practice require Personal Indemnity Insurance. Not to have it is simply not an option – it is a requirement of the South African Pharmacy Council.

PSSA offers its members access to the essential cover at very competitive rates through the Professional Provident Society.



For further details please contact Nikita at the PSSA National Office on (012) 470-9557 or at [Nikita@pharmail.co.za](mailto:Nikita@pharmail.co.za)

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# Federation of Industrial Pharmacy, 78<sup>th</sup> World Congress of Pharmacy and Pharmaceutical Sciences

## Glasgow, Scotland, 1-9 September 2018



Dougie Oliver: President of African Association for Pharmacists in Industry (SAAPI)

The Federation of Industrial Pharmacy hosted the 78<sup>th</sup> World Congress of Pharmacy and Pharmaceutical Sciences in Glasgow. This world event was attended by more than 3000 delegates from 100 countries. Close to 40 South African Pharmacists from all Pharmacy sectors participated in Glasgow, Scotland. The various sectors of Pharmacy hosted parallel sessions, including for Pharmacy Education and training, Hospital, Industrial, Community Pharmacy and Research and Development amongst others. The four main sub-topics reflect the broad overarching theme of excellence and innovation in clinical practice, research and education to transform patient outcomes within global populations and health systems and include: From bench to bedside: Advancing pharmaceutical care; Partners in health; Empowered for health and targeting special interests.

I focussed on attending sessions on Industrial Pharmacy and Advanced Training and Education, Access to Medicine (policy framework internationally) and Regulatory Sciences. I additionally participated in one-day pre-congress workshop on recent advances in Biological Medicines and Biosimilars and also Industrial Insight. The latter addressed Industry 4.0 (Pharma 4.0), Future Healthcare models and innovation in health technologies that will transform healthcare rapidly. These sessions outline the total integration of data and connectivity in the manufacturing, healthcare management and supply chain management from lab to patient.

The advances in IT, robotics and interfaces also for the development of personal health monitoring wearables that will integrate to the health practitioner, the medical funders and supply chain for continuous health monitoring. Additionally, will these devices present “alert” systems in case of any medical event for immediate healthcare response. These devices will be classified as medical devices that will need to meet international specifications and guidelines to control the quality of such devices are currently being developed.

The advances in biological medicines (novel and biosimilars) are fascinating and regulators are challenged in developed regulatory frameworks to allow access to such complex medicine and therapies that include cell-based and gene-based therapies. In the area of innovations in disseminating new knowledge through the identification of key competencies or skill sets, along with outstanding approaches to effective and ethical communication, to enable life-long learning sessions, outlined these developments.

Furthermore, new collaborative practices, research and educational models were discussed during the Congress. It is evident that the FIP World Congress is essential for Pharmacists to participate to advance their skills and knowledge for their professional development.

## SAPC Election Outcomes

We wish to congratulate the following successful nominees on their election to the South African Pharmacy Council:

- Jan du Toit
- Mariet Eksteen
- Pieter Kilian
- Jacqueline Maimin
- Sarel Malan
- Natalie Schellack
- Ilse Truter
- Christina Venter
- Petrus Wolmarans



# Managing blood pressure... with a heart-healthy diet

Stephani Schmidt MSc (Pharm)  
Amayeza Information Services

Raised blood pressure or hypertension affects more than a billion individuals and is a major risk factor for coronary heart disease, stroke and death worldwide.

As blood pressure increases so does the probability of having a cardiovascular event - In some age groups, the risk of cardiovascular disease doubles for every 20 mmHg higher systolic (SBP) and 10 mmHg higher diastolic blood pressure (DBP), starting with blood pressures greater than 115/75mmHg.

Studies have demonstrated that blood pressure lowering treatment significantly reduces the risk of cardiovascular disease and death.

“Hypertension is considered to be the most important modifiable risk factor for early cardiovascular disease.”

Results from a meta-analysis by Ettehad, D *et al.*, 2016, showed that a 10 mmHg reduction in systolic blood pressure reduced the risk of:

- Coronary heart disease by 17%,
- Major cardiovascular events by 20%,
- Heart failure by 28%,
- Stroke by 27% and
- All-cause mortality by 13%.

Dietary changes play a significant role in both the management and prevention of hypertension and several diets have been associated with health benefits.

According to the World Health Organization (WHO), “A healthy diet helps protect against malnutrition in all its forms, as well as non-communicable diseases (NCDs), including diabetes, heart disease, stroke and cancer.”

This article will be focusing on the antihypertensive effects of the Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet. The two diets are among the commonly used diets to maintain good health, where the main objective is not necessarily weight loss.

## The DASH and Mediterranean diet

### DASH diet

High intake of fruits & vegetables, low-fat dairy products, and whole grains, and low in sodium.

### Mediterranean dietary pattern

High intake of fruit, vegetables, legumes, cereals and fish. Olive oil is included as an important source of monounsaturated fat. Moderate intake of red wine during meals.

## Effect on blood pressure

Gay HC *et.al.*, 2016, evaluated the effect of different dietary interventions on blood pressure. They found that the DASH approach was associated with the greatest overall reduction in blood pressure (net SBP effect of -7.62 mmHg and a DBP effect of -4.22 mmHg). Similar findings were reported by Saneei P *et.al.*, 2014; the DASH approach significantly reduced SBP by 6.74 mm Hg and DBP by 3.54 mm Hg. The extent of the net effect for the DASH intervention has been described to be similar to the effect of drug monotherapies for mild hypertension.

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In a network meta-analysis, Schwingshackl L, *et.al.*, 2018, compared the effects of 13 different dietary approaches on blood pressure in 17 230 hypertensive and pre-hypertensive patients. Their aim was to establish a clinically meaningful hierarchy of different dietary approaches on blood pressure in hypertensive patients. They ranked:

- The DASH diet as the most effective dietary approach in reducing SBP and DBP; the blood pressure lowering effect of the DASH dietary pattern was comparable to drug monotherapy;
- The Palaeolithic diet second and
- The Mediterranean diet 3<sup>rd</sup> for DBP and the low-carbohydrate diet 3<sup>rd</sup> for SBP.

One of the explanations provided by the authors for the superiority of the DASH diet over the Mediterranean diet was that the Mediterranean diet does not consider sodium in the diet, while sodium intake is limited and the consumption of dairy products is recommended with the DASH diet.

In the meta-analysis by Gay HC *et.al.*, 2016 the Mediterranean diet significantly reduced DBP but not SBP. They suggested that other cardiovascular advantages, beyond blood pressure control could potentially contribute to the mortality benefit of the Mediterranean diet. However, they suggested that further research was needed.

### Points to consider

- Choosing a diet would depend on the individual's risk factors, preference as well as his/her ability to adhere to a given diet.
- It is important for individuals with a normal weight to balance caloric intake and energy expenditure.
- The DASH diet is recommended by The South African Hypertension Practice Guidelines and the Heart and Stroke Foundation South Africa for patients with high-blood pressure.
- Basic principles of a healthy diet include:
  - \* Eating at least 5 servings of fruits and vegetables per day,
  - \* Eating low-fat dairy products, poultry, fish, nuts and whole grains (e.g. brown rice, wheat, oats).
  - \* Limiting the intake of dietary sodium (NaCl intake should be less than 5-6 g per day), sweets, sugary drink and red meat.
  - \* Limiting the intake of saturated fats and trans-fatty acids. Unsaturated fats found in fish, avocado, nuts, sunflower, canola and olive oils are preferable.
- Other lifestyle modifications that have been shown to positively affect blood pressure include exercise/physical activity, limiting alcohol consumption and weight reduction ("each kilogram of weight loss showed a reduction of approximately 1 mmHg of diastolic and systolic blood pressure, respectively").

Studies have demonstrated that an increase in fruit and vegetable consumption decreases the risk of cardiovascular disease, including coronary heart disease (CHD), stroke, cancer and death.

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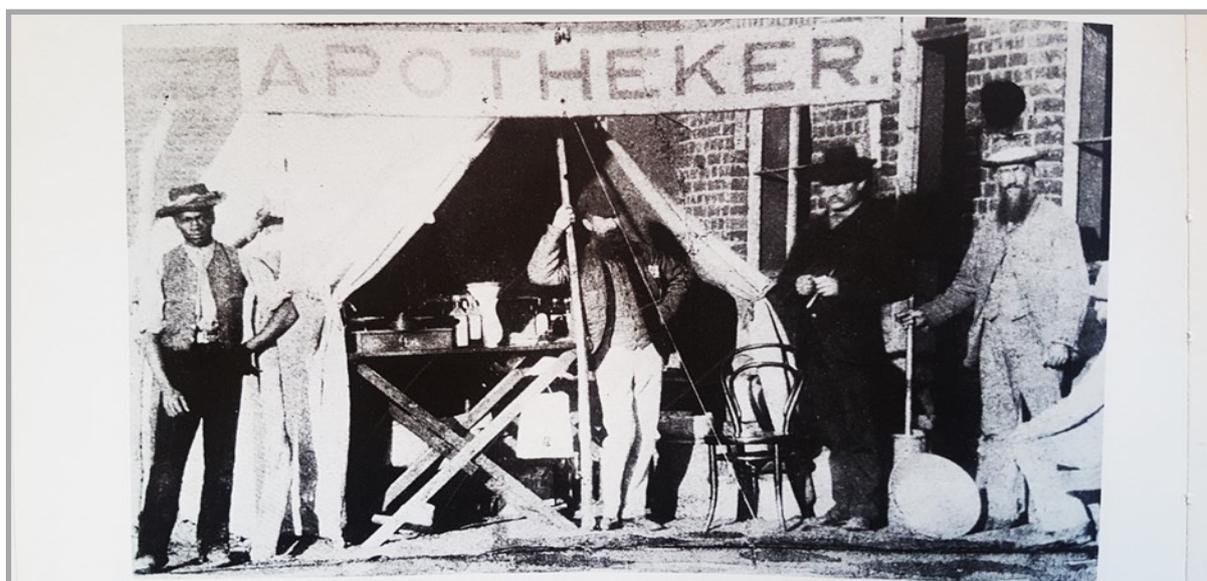


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## The Golden Mortar and the 1st Johannesburg Pharmacy

Ray Pogir: Curator, National Pharmacy Museum



54 Fig. 33: The Golden Mortar Dispensary, Johannesburg, 1886. Note the scales on the trestle table and the mortar and pestle on the packing case next to the Bentwood chair. (By courtesy of the Africana Museum, Johannesburg)

### The Golden Mortar Dispensary, Johannesburg, 1886

The photograph, dated 1886 of the pharmacy in an old army tent, is regarded as the first pharmacy in Johannesburg. It shows the staff and the equipment of the Golden Mortar Dispensary. The first owner of this dispensary was Daniel Strachan. Business was good and Strachan moved to a brick and mortar building at the western end of, what was then Commissioner Street. Strachan hired Joseph Heymann, who qualified in 1893, as an assistant. Heymann later bought the business.

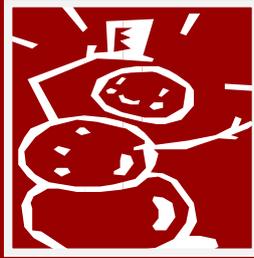
Lilly Heymann, who is regarded as the first female pharmacist to register in South Africa, served her four-year apprenticeship with her husband. She registered in December 1916.

The photograph of the pill container is from our very own museum collection. The round label has the name "The Golden Mortar Dispensary. Joseph Heymann, Pharmaceutical Chemist by Examination".

The formula of the contents is given as: Ferri Sulph Exsic, Aloin, P. Myrrh, P Saponica, Extr. Nux Vom, ā ā. (equal quantities)

The Southern Gauteng Branch of the Pharmaceutical Society, known then as the Southern Transvaal Branch chose the name "The Golden Mortar" for its newsletter approximately 40 years ago as a reminder of our early beginnings.





## SAAHIP Pharmacy Month Park Run 29 September 2018

Tabassum Chicktay

In this year's main theme of "Use Medicines Wisely", pharmacists were to increase the community's awareness towards medicine use. The five sub-themes included: know your medicines, store your medicines correctly, follow directions, travel safely with your medicines, talk to your pharmacist.

The strategic focus of this year's theme was to educate the public regarding the importance of using medicine wisely, as part of rational medicine use. Pharmacy Month also aimed to raise public awareness of the vital role pharmacists can play in the community's healthcare, and to improve communication between patients and pharmacists, strengthening health system effectiveness across the sectors of pharmacy practice.

The pharmacy profession uses this time to promote pharmacy and visibly demonstrate the significant role the profession plays in the healthcare sector.

Keeping this in mind, the Southern Gauteng SAAHIP Branch Committee decided that a fun walk would offer pharmacists a chance to be a part of the community that they serve every day.



Over 40 pharmacists, from all sectors of the pharmacy profession showed up for their community, bright and early on the day. All dressed in sparkling white T-shirts carrying their signs and messages for their community. Some wore poker dot socks with orange flowers, others wore their SAAHIP branded T-shirts proudly. What was certain, was that the pharmacy profession was very present and even more beautiful was that it was noticed and acknowledge by our community.

The concept of trust between a healthcare professional and patient is vital in an effective healthcare system. The community could interact with their surrounding pharmacists in an environment that was safe and full of sunlight, in an environment where they witnessed and experienced pharmacists as a part of their team to a healthy lifestyle.

The event ended with a light breakfast which was graciously sponsored by Pharma Dynamics. Pharmacists could chat to each other which created a fantastic networking opportunity. The fun run / walk created a lot of enthusiastic pharmacists who would love to conquer many more kilometers



Enhance your clinical skills with the CDE Five-Day Advanced Course in Diabetes Care for Health Professionals  
05-09 November 2018

Glenhove Conference Centre, 52 Glenhove Road,  
Melrose Estate, Johannesburg

Change diabetes care with this comprehensive, person-centred interdisciplinary Course that brings to life the latest evidence based treatment guidelines in diabetes and cardiovascular risk management. Reflection, case studies & problem solving approaches are a vital part of the learning and personal change journey

**Fees:** Early Registration Cost for Pharmacists R7485 (VAT Incl.)

**Register @** [www.cdediabetes.co.za](http://www.cdediabetes.co.za) (Click on Diabetes Courses). Early booking advised

**Course Hours:** 5 days (34 contact hours) of lectures, workshops & discussion (08h00 – 17h00)  
CPD accredited for 30 Points (Accreditation No. MDB08/190/11/2017)

**Dress:** Comfortable, smart-casual

**Language Medium:** English

**Information:** John Bekker

**Tel:** +27 11 053-4400

**E-mail:** [JohnB@CDEDiabetes.co.za](mailto:JohnB@CDEDiabetes.co.za)

*"I realise that I had been blundering around in the dark in treating my patients with diabetes and now someone has turned on the light!  
This a life changing Course. You have reformed my medical practice forever" - General Practitioner*



## The Golden Mortar

Dear Sir, Dear Madam

Recently there has been a series of advertisements in the newspapers advertising the use of Cannabis products for a long list of ailments. Included are photographs of the products and an online South African website from which the products can be ordered.

I looked at the website and found an order form, the details for payment. The order would be sent to my address.

Is this legal? My understanding of the current legislation is that it is illegal!!

What are the PSSA and SAPC doing about this?

If it is illegal can the website be forced to close?

I suggest that the editor of the Golden Mortar publish an article informing all readers of the current situation which has arisen as a result of the recent ruling of the Judge regarding private use of Cannabis.

A concerned Pharmacist.



## OBITUARY



Widely acknowledged author and contributor to pharmacy WILLIAM H. HELFAND died on the 5th of October 2018 at the age of 92 in Philadelphia, USA. His passing marks the end of a career during which he contributed enormously to pharmacy in a number of ways.

Helfand, whose father was also a pharmacist, first quailed as a Chemical Engineer and then as a Pharmacist. He spent over 50 years building a collection of prints, drawings, and photographs that traced the history of advertising of quack and spurious cures for a wide range of diseases. He donated his collection of over 7,500 pieces to the Philadelphia Museum of Art of which he was a Trustee.

He authored several books and many articles on the history of pharmacy and related subjects and was a Board member of the Library Company of Philadelphia.





From the Student desk

*Nyasha Havadi and Cazandra da Silva  
BPharm 4 Students at Wits Pharmacy, Faculty of Health Sciences,  
University of the Witwatersrand*

An Unforgettable Journey on the Transnet-Phelophepa Train

Some journeys can never be forgotten. It reverberates in our minds again and again. We gained this memorable experience when we volunteered at the Transnet Phelophepa Healthcare Train II in Upington, North West Province in September this year.

**Information about the Phelophepa Trains:**

There are two Phelophepa Trains that travel across South Africa providing cost-effective health care services to the rural population of South Africa. The trains are operational for 40 weeks per year and consist of: health, dental and ophthalmic clinics supported by the pharmacy as well as a psychology services and educational outreach programmes. Each of these clinics has a dedicated train carriage that has been specifically designed to meet the needs of each clinic.

The onboard pharmacies are staffed with two pharmacists, pharmacist's assistants and two final year pharmacy students as well as an interpreter. Wits Pharmacy is one of six Departments/Schools of Pharmacy that support the Phelophepa Trains in South Africa by sending two students in their allocated weeks to work as post-basic Pharmacist's Assistants.

Our week at the Phelophepa Healthcare Train II coincided with the Pharmacy Month, and we were inspired to create and distribute posters and pamphlets in Afrikaans, Xhosa and English. These posters and pamphlets inspired and encouraged patients and the team around us about Pharmacy Month and highlighted awareness on how medication should be taken, stored, disposed of ensuring that the message and initiative was viewed by as many patients as possible. The feedback received was very positive from both patients and the staff. This experience will help us in the future to develop better relationships with patients. Simple things such as body language, eye contact, listening and providing comfort to patients are things that can only be learned through experience. The experience we gained during this week was very rewarding and fulfilling. Making treatments more tolerable should always be a top priority because it goes hand in hand with patient compliance, leading to better outcomes.

By volunteering on the Phelophepa Healthcare Train II, we had the opportunity to learn about the different cultures, meet new people, learn new languages and most importantly being able to make a difference in patients' lives. We saw the importance of non-verbal communication during interactions with patients and how body language plays an important role in patients care just as much as spoken words. It was captivating to see how every patient brought with them their own story, a unique personality and a diverse background that determines how advice is heard.



Transnet - Phelophepa train carriage display

.../ continued on page 15



This experience made us more aware of the medically underserved communities. Volunteering ensured that we develop greater understanding of issues facing these communities, connecting with patients and ensuring that their healthcare needs were met. It was a rewarding and positive experience to see patients' health needs met and the patients' sincerity and gratitude was an uplifting experience and truly meaningful.



Pamphlets used on the train

**A message from the Phelophepa Wits Pharmacy Coordinator – Mrs Deanne Johnston (Division of Clinical Pharmacy):**

Wits Pharmacy is proudly associated with the Phelophepa Project. Each year we send approximately 30 of our pharmacy students to work on the trains. Many of our graduates warmly remember their time on the train and have repeatedly described it as a formative experience putting into practice their Clinical Pharmacy knowledge and skills while serving the communities where the train stops. We hope that the Phelophepa project continues to grow and that one day we may be able to send all our final year students to experience “pharmacy on the rails”.

## Pharmacy Month at Sebokeng Pharmacy

Photographs contributed by  
Tshifhiwa Rabali



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**Congratulatory Note:**

*We wish to congratulate Mr Tshif Rabali on his election as the FTP - CPS (Community Pharmacy Sector) EXCO member. We wish him all the best. You make us proud!*



SOUTH AFRICAN ASSOCIATION OF COMMUNITY PHARMACISTS  
(SAACP)

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E-mail : [ella@saacp.co.za](mailto:ella@saacp.co.za)

Fax: 086 274 0852



8/10/2018  
B184/10/18

**Southern Gauteng Branch**  
(Representing the Community Pharmacy Sector of the PSSA)

Dear Member/Pharmacist  
(All practice sectors are welcome to attend)

Please diarise **Tuesday, 6 November 2018** when a SAACP Sector Workshop will be held.

**Where:** The Auditorium, Glenhove Events Hub (PSSA SG Branch offices), 52 Glenhove Road, Melrose Estate, Johannesburg

**Topic:** Genitourinary Infections and Erectile Dysfunction

**Speaker:** Prof Shingai Mutambirwa (Urologist)

**Time:** Registration and Refreshments: 19:30 - 20:00

**Workshop Session:** 20:00 - ± 21:30

**RSVP:** Ella at [ella@saacp.co.za](mailto:ella@saacp.co.za) or telephone 011 728-6668 by Thursday, 1 November 2018





# “WEEDING” OUT THE MISCONCEPTIONS



Written by  
Faith Malinga,  
Lydia Bisetegn  
Nokulunga Mbathathe



On the 1<sup>st</sup> and 2<sup>nd</sup> day of October 2018 the Wits Pharmacy Students' Council (WPSC) ran a campaign at Wits Medical School, Faculty of Health Sciences, aimed at addressing the misconceptions about the use of cannabis (also known as weed). This campaign was initiated following the legalisation of cannabis for private use.

With the help of Mrs Rubina Shaikh, Mrs Zelna Booth; Mrs Stephanie de Rapper and Mr David Bayever (lecturers at the Department of Pharmacy), WPSC gathered information on effects of cannabis on the brain, the heart and the respiratory system. Literature relating to the medical use of cannabis was also incorporated into the educational campaign. We then created a PowerPoint presentation and flyers that contained brief facts about cannabis. The PowerPoint was played during the campaign, and the flyers were handed out after having a discussion with participants.



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During the campaign, the committee asked students and staff the following questions:

- Why did you try weed?
- What are the medical and social benefits of weed?
- What have you heard about weed?
- How does weed make you feel?
- Is weed good for your health?
- How safe is weed?
- Is weed good for your health?
- Any perspectives on decriminalisation of cannabis use?
- What are the medical and social benefits of weed?

The students and staff of WITS Medical School campus were given an opportunity to write their answers, to any of the above questions, and their answers were stuck on the board next to the respective questions. If WPSC identified any response that was not scientifically correct or proven, the committee was able to begin a discussion that alleviated the misconception.

When asked why they tried cannabis three major reasons were given by respondents which circled around peer pressure, curiosity and wanting an escape or as a way of coping with difficult situations (Figure 1).

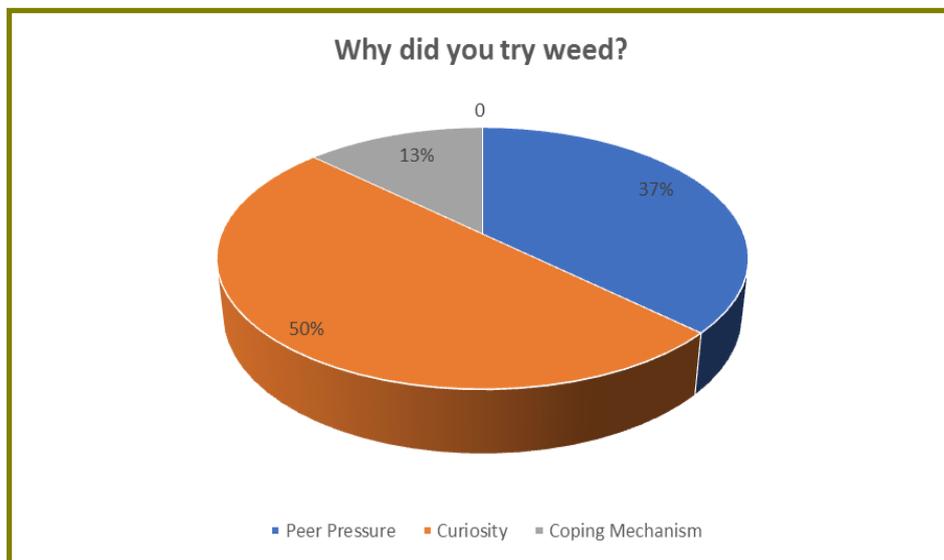


Figure 1: Pie chart depicting why students and/or staff tried cannabis

According to respondents, when asked what they have heard about weed, 56% of them heard of positive things about weed (Figure 1), mentioning therapeutic uses in cancer, epilepsy, anxiety and endometriosis pain in addition to its relaxing and euphoric effects. When asked for medical benefits, uses in the treatment of glaucoma and headaches were reported in addition to the benefits mentioned above. Other participants said they had heard of negative things like it being a gateway drug and an exasperator of psychosis (schizophrenia) and bipolar and that it also lowers IQ.

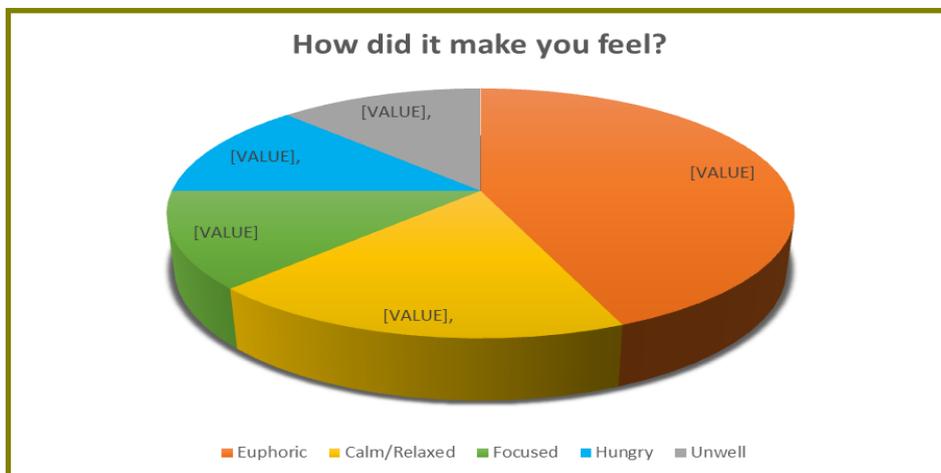
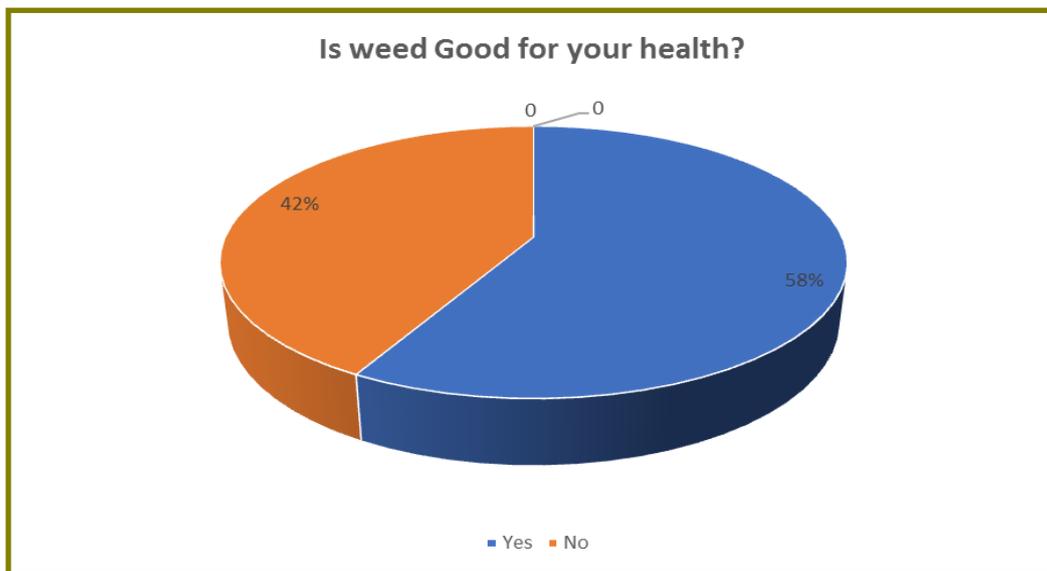


Figure 2: Pie chart depicting the feeling had by respondents after trying cannabis

.../ continued on page 19



With regards to the social benefits of weed and how it made them feel, many respondents claimed that they felt stress relief, tranquillity and euphoria. An increase in appetite and better enjoyment of food were reported by 12.5% of the respondents (Figure 2) with the same number of respondents also reporting intense concentration. However, some respondents said that they felt unwell after using it; citing respiratory depression, insomnia and a sense of doom.



**Figure 3:** Pie chart depicting respondents' perception of whether cannabis is good for one's health.

When asked if weed was good for ones' health, 58% of respondents agreed that it was (Figure 3), with most respondents adding that it needs to be of good quality, used correctly and in moderation, while the remaining 42% disagreed (Figure 3) and said that they have struggled with side effects such as dehydration and a lack of sleep when using it.

With regards to the safety of weed, many believed that it was safe if it was used by healthy individuals in its pure form (not mixed with other drugs), in moderation (dose and frequency of use) and in formulations like oils and teas. The belief that weed is safer in relation to other recreational drugs was also commonly noted. However, others expressed a view that it exacerbates already existing mental conditions.

When it came to the participant's opinions on the recent legalization of cannabis for private use, varying views were expressed. Some believed it must be limited to medical and research use only, whilst others expressed their concern for the possibility of the legalization of private cannabis use resulting in a rise in crime rates (including robberies and rape). However, some were under the impression that money from taxpayers would be spared by not convicting cannabis users, which could ultimately be redirected toward more serious criminal offenders.

In conclusion, as WPSC, we were astounded by the students' and the staff willingness and enthusiasm to engage on the respective topic. We, therefore, believe that this advantage should be taken, in all platforms, to equip the public with scientific and legislative knowledge pertaining to the use of cannabis. A number of participants raised intellectually stimulating points that do in fact need to be considered and addressed in the discussion of cannabis use. Through this initiative, we discovered that certain levels of insight can only be attained when time is taken to engage with the population. Regarding the use of cannabis, we are of the belief that education is key. Cannabis, just like any other drug, has its side effects and should therefore be used sensibly. However, for it to be used sensibly, security measures (e.g. distinctive guidelines that define what accounts as private/public use) should be enforced.

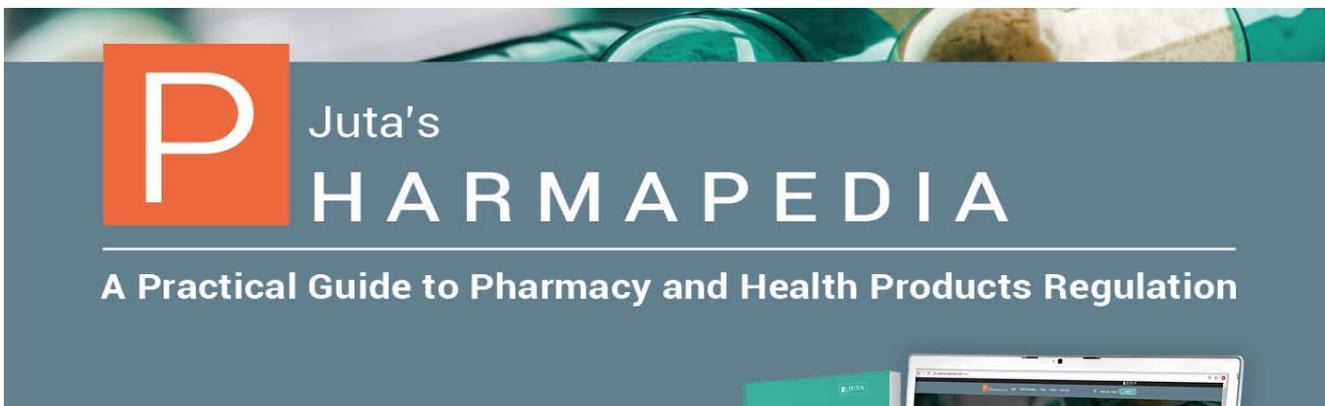
**The following references are for additional information on cannabis:**

1. Health effects of cannabis:  
<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/effects.html>
2. Drug interactions with marijuana:  
<https://www.pharmacytimes.com/publications/issue/2014/december2014/drug-interactions-with-marijuana>
3. Marijuana- What every pharmacist should know:  
<https://www.slideshare.net/ElvaVanDevenderPhDPh/mj-presentation-eav-032615-47706757>

.../ continued on page 20



4. Cannabis (A short review-discussion paper): [https://www.unodc.org/documents/drug-prevention-and-treatment/cannabis\\_review.pdf](https://www.unodc.org/documents/drug-prevention-and-treatment/cannabis_review.pdf)
5. The health and social effects of nonmedical cannabis use: [http://www.who.int/substance\\_abuse/publications/msbcannabis.pdf](http://www.who.int/substance_abuse/publications/msbcannabis.pdf)
6. Mental health support and advocacy group: <http://www.sadag.org/>



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