

# One on One

## with Prof Pamela Naidoo

May 31 was "World No Tobacco Day" which is an initiative aimed at creating awareness on the impact tobacco has on cardiovascular health. One of the key messages sent out on the occasion was: 'Smoking not only burns your health, it burns your wealth too'. This is because while the use of tobacco increases the risk of heart diseases, strokes and other vascular conditions, smoking is also an expensive habit both to one's health as well as the wallet. Sadly, this applies to both active and passive smokers. **The Weekly's Martin Makoni asked the Heart and Stroke Foundation of South Africa (HSFSA) chief executive officer Professor Pamela Naidoo about some of the dangers associated with smoking and what people can do to alleviate them. According to the HSFSA... Excerpts:**



To what extent does the use of tobacco contribute as a risk factor to heart diseases, strokes and peripheral vascular diseases?

There is sufficient scientific evidence that indicates that tobacco smoking triples the rate of heart and disease and doubles the risk of stroke. In fact, tobacco smoking is one of the major risk factors for peripheral vascular diseases as well.

**And if you are to put that into context, how much does smoking really impact on people's health particularly here in South Africa and the world at large?**

Heart disease and stroke are the second biggest killers in South Africa, second only to

HIV/AIDS. At least 80 percent of early deaths caused by heart disease and stroke can be avoided by following a healthy diet, regular physical activity and avoidance of tobacco use. Cardiovascular disease remains the leading killer worldwide, and yet 80 percent of these deaths are preventable.

**The Heart and Stroke Foundation SA says smoking doubles the risk of strokes, triples the risk of heart and cardiovascular diseases, and leads to numerous forms of cancer, what's found in tobacco that causes this?**

Tobacco and tobacco by-products have very harmful substances that can be considered

both poisonous and addictive. Nicotine is the addictive substance in tobacco and it's so harmful that you can have nicotine in your bloodstream even if you are not an active smoker but a passive or second-hand smoker who is often in the company of a tobacco smoker.

**Smokers generally say quitting is very difficult, but given the health risks attached to smoking, what sort of assistance do you give to those struggling to quit?**

Any form of addiction or excessive use of a licit or illicit substance is difficult to give up. There are however, health professionals who can definitely help you quit. Do consult your General Practitioner who can assist you with getting the most specialized care within an environment where you will not be judged for your smoking habit.

**Some people have turned to e-cigarettes saying they are not as dangerous as the conventional cigarettes, how true is this?**

The evidence for the dangers of e-cigarettes is still being gathered although the emerging evidence is that there are harmful substances being used in e-cigarettes. We take the lead from the World Health Organization who do not condone the use of e-cigarettes. As a protective measure we advise the public not to initiate or continue smoking e-cigarettes.

**Are the e-cigarettes as addictive as the conventional ones and why?**

There are traces of nicotine in e-cigarettes which over time will also lead to nicotine addiction.

**Some people argue that the negative health effects of smoking can be cancelled out by a healthy diet, who exactly is more at risk with smoking?**

This is not accurate. If you are generally

healthy and with no other known risk factors but you smoke tobacco, this smoking behaviour remains one of the strongest risk factors for heart disease and stroke or cardio-vascular diseases as we commonly call this group of non-communicable diseases.

**Besides the health risks of smoking, how much does it impact on one's financial being?**

Smoking is an expensive habit. In a country like South Africa with large pockets of communities unable to make ends meet, smoking is a habit that not only deprives you of your health but it detracts from enabling you to provide well for your family and loved ones financially. It is always good to do a quick calculation of the cost of a packet of cigarettes (one pack per day) over a 12-month period to give you an estimate of what you can be saving or spending on a more worthwhile item in your personal or family life.

**Insurers usually what to know whether one smokes or not when taking up a policy, how important is that and is it a fair practice?**

I cannot comment on whether it is a fair practice. Common sense tells me that when an insurer asks such a question they clearly need to know your level of risk for poor health given the fact that tobacco smoking is a known risk factor

for poor health outcomes.

**The National Health Department has proposed that it wants smoking banned in all public places, do you find this reasonable and how much do you think this could help in reducing the health risks associated with smoking?**

Absolutely reasonable. There are an estimated 600 000 women who die from second hand smoking through exposure to tobacco in the environment (passive smoking). This is a good public health measure on the part of the National Department of Health.

**Young people normally take to smoking because they find it 'cool'. Is there a point they could be missing regarding smoking and what will be your message to them?**

Young people are at the forefront of change so I encourage them to mobilise and live the motto of the global theme: Let's create a tobacco-free generation. It is not cool to die from a stroke or heart disease, or get cancer in your 20s or 30s. This is what tobacco smoking will eventually lead to. Young people should do what they are good at: be the agents of change and create a smoke-free South Africa.

## Reasons why recycling in Jhb should work

Recycling is "the right thing to do"! One can add any number of exclamation marks after that comment depending on who you are having the conversation with. A better question to ask is "Is recycling bad or a wrong thing to do?"

I don't proclaim to be an expert in recycling, but have exposure to the industry as a result of my career. I used to drive to the local glass and paper depot. However, life became busy. I recycle when it is easy. The definition of easy is: Can I put the bag with recyclables on the curb? I don't like to sort it, as I get confused. Can I put a magazine in if it has staples in, what about all the different types of plastic?

The Johannesburg system that I am exposed to is very simple. Pitstop clear plastic bags are dropped in the street every week. We get a bag for every bag that we fill. The images on the bag clearly state what is allowed in the bag. Everything from small electronic equipment (broken toaster, computer etc) through to the usual suspects - paper, plastic (all types) and glass. This has been in operation since I moved

to Johannesburg six years ago. At least eight out of 10 households in the street use the bags. No one pays for this service. I imagine that this was a pilot for the roll out planned in July 2018.

I am an engineer and a shareholder in a group that is responsible for business development. We identify economically sustainable opportunities or businesses in difficulty. A new or detailed business plan is developed and we initiate/resurrect the business. There is really only one way a business is successful it must make money - every day, every year and be able to grow and expand.

Recently I was given the opportunity to evaluate a business in the recycling industry (primarily focused on plastic). This has given me a better understanding of the economic drivers behind the growth in the industry. These may be complex but essentially the recycling industry must make money to be

sustainable. Plastic pellets of various types are typically R10,000 per ton when imported. At the lowest level goods collected by the waste pickers/collectors is around R1-R2/kg or R1,000-R2,000 per ton. The difference has to cover capital costs and labour, from receipt back into a small plastic pellet (think cat pellets in size). One of the biggest expenses is the cost to landfill material that is unsuited for recycling during the sorting process (it is too dirty and smelly). The other killer in the recycling industry is the cost of logistics.

Your household waste goes to a sorting facility. It is separated into different product streams. This site will have conveyor belts and baling machines and vehicles. The bales are taken to specific product companies (each type of plastic potentially goes to a different place). The plastic recycler converts this plastic into pellets. The pellets are sold to converters who turn this back into products (garden chairs, new cool drink bottles, plastic benches etc).



### PUBLIC NOTICE

#### THIRD SUPPLEMENTARY VALUATION ROLL FOR THE PERIOD 1 JULY 2017 - 30 JUNE 2021

Notice is hereby given in terms of Section 49 (1)(a)(i) of the Local Government: Municipal Property Rates Act, 2004 (Act No 6 of 2004), hereinafter referred to as the "Act", that the third supplementary valuation roll for the period 1 July 2017 to 30 June 2021 is open for inspection at the following pay points:

- Bram Fischer Pay Point - Civic Centre, De Villiers Street, Bloemfontein
- New Taxi Rank Pay Point - (Next to Pizza Parlour), Bloemfontein
- Heidedal Pay Point - Da Vinci Crescent, Heidedal
- Leslie Monnanyane Pay Point - Regional Office, Rocklands, Mangaung
- Reahola Pay Point - Reahola Centre, Botshabelo
- Civic Centre Pay Point - Stasie Street, Thaba Nchu
- Hostel no 1 Pay Point - Dr Belcher Road, Heidedal, Bfn
- Dewetsdorp Pay Point - 20 Church Street, Dewetsdorp
- Wepener Pay Point - 20 De Beer Street, Wepener
- Van Stadensrus Pay Point - 372 Marthinus Street, Van Stadensrus
- Soutpan Pay Point - 275 Nthunya Street, Ikgomotseng, Soutpan

The third supplementary valuation roll is open for inspection from 1 June 2018 to 31 July 2018. In addition the supplementary valuation roll is available on the website [www.mangaung.co.za](http://www.mangaung.co.za)

An invitation is hereby made in terms of section 49(1)(a)(ii) of the Act that any owner or other person who so desires should lodge an objection with the Municipal Manager in respect of any matter reflected in, or omitted from, the valuation roll within the abovementioned period.

Attention is specifically drawn to the fact that in terms of section 50(2) of the Act an objection must be in relation to a specific individual property and not against the valuation roll as such. The forms for the lodging of an objection is obtainable at the abovementioned pay points or website [www.mangaung.co.za](http://www.mangaung.co.za).

The completed forms must be returned to: P O Box 288, Bloemfontein, 9300; Or handed in at any of the above mentioned pay points.

For enquiries please phone 051 405 8960/8677/8275; or fax to 086 656 5846.

OR Email: [trudy.khanye@mangaung.co.za](mailto:trudy.khanye@mangaung.co.za), [rethabile.dichechane@mangaung.co.za](mailto:rethabile.dichechane@mangaung.co.za) or [patrik.ntsolwane@mangaung.co.za](mailto:patrik.ntsolwane@mangaung.co.za)

CITY MANAGER ADV. TANKISO MEA