

Biography

I am a healthcare professional who is keen on medical/ clinical research in the cardiovascular field. The burden of non-communicable diseases in sub-Saharan Africa is on the rise and this is posing serious strains to already overwhelmed healthcare systems by an array of communicable diseases. As a physician scientist, I am cognisant of the research gaps in Africa and I am dedicated to promoting the availability and use of health information and evidence based clinical practices in Africa and the rest of the world to facilitate wellness. Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life.

Publications

Original articles:

- 1) **Kamau, F., Strijdom, H., Mwangi, P., Blackhurst, D., Imperial, E. and Salie, R., 2019. Antiretroviral drug-induced endothelial dysfunction is improved by dual PPAR α / γ stimulation in obesity. *Vascular pharmacology*, p.106577. <https://doi.org/10.1016/j.vph.2019.106577>**
- 2) Frans Everson, Dries S. Martens, Tim S. Nawrot, Nandu Goswami, Mashudu Mthethwa, Ingrid Webster, Nyiko Mashele, Sana Charania, **Festus Kamau**, Patrick De Boever, Hans Strijdom, 2020. **Personal exposure to NO₂ and benzene in the Cape Town region of South Africa is associated with shorter leukocyte telomere length in women.** *Environmental Research*, <https://doi.org/10.1016/j.envres.2019.108993>
- 3) Everson, F., De Boever, P., Nawrot, T.S., Goswami, N., Mthethwa, M., Webster, I., Martens, D.S., Mashele, N., Charania, S., **Kamau, F.** and Strijdom, H., 2019. **Personal NO₂ and Volatile Organic Compounds Exposure Levels are Associated with Markers of Cardiovascular Risk in Women in the Cape Town Region of South Africa.** *International Journal of Environmental Research and Public Health*, 16(13), p.2284. <https://doi.org/10.3390/ijerph16132284>

Published abstracts:

- 4) H Strijdom, **F Kamau**, N Goswami, F Essop. **Obesity and related cardiometabolic risk factors in HIV-infected individuals**, 2019. *Acta Physiologica*. 227, pp. 43-43.
- 5) Frias, M., Pagano, S., Fétaud-Lapierre, V., Lecour, S., **Kamau, F.**, Strijdom, H. and Vuilleumier, N., 2019. **Anti-Apolipoprotein A1 Autoantibodies Prevalence Is Increased And Associated With HIV Infection.** *Atherosclerosis*, 287, pp.e251-e252. <https://doi.org/10.1016/j.atherosclerosis.2019.06.774>
- 6) **Festus Kamau**, Miguel Frias, Sandrine Lecour, I Webster, Sabrina Pagano, Nicolas Vuilleumier, Hans Strijdom. 2019. **Antiretroviral therapy-naïve HIV-infected patients are predisposed to abdominal obesity and high-density lipoprotein/ apolipoprotein A-1 impairment.** *Congress, S.H., 2019. Abstracts-SA Heart Congress 2019. SA Heart Journal*, 16(3), pp.190-249.
- 7) H Strijdom, M F Essop, N Goswami, P De Boever, I Webster, F Everson, **F M Kamau**, S Charania, T S Nawrot, **P5340 HIV-infected participants on combination ART (tenofovir, emtricitabine, efavirenz) have improved endothelial function and smaller retinal venular calibers compared to treatment naïve participants**, *European Heart Journal*, Volume 40, Issue Supplement_1, October 2019, ehz746.0308, <https://doi.org/10.1093/eurheartj/ehz746.0308>
- 8) M Frias, S Pagano, V Fetaud-Lapierre, S Lecour, **F Kamau**, H Strijdom, N Vuilleumier, **P5343 The presence of anti-apolipoprotein A1 autoantibodies is associated with a pro-atherogenic profile in HIV-infected patients**, *European Heart Journal*, Volume 40, Issue Supplement_1, October 2019, ehz746.0310, <https://doi.org/10.1093/eurheartj/ehz746.0310>
- 9) Hans Strijdom, Patrick De Boever, Tim Nawrot†, Nandu Goswami, Ingrid Webster, Mashudu Mthethwa, Nyiko Mashele, **Festus Kamau**, Dries Martens, Sana Charania and Frans Everson. 2019. **Personal air pollution exposure is associated with markers of cellular aging and cardiovascular risk: Findings from the EndoAfrica study.** *Congress, S.H., 2019. Abstracts-SA Heart Congress 2019. SA Heart Journal*, 16(3), pp.190-249.
- 10) Strijdom, H., Goswami, N., De Boever, P., Nawrot, T., Kessler, H., Stelzl, E., Webster, I., Everson, F., Mashele, N., Mthethwa, M., Charania, S., Espach Y., **Kamau F.**, Essop M.F., 2018. **Vascular health in**

- HIV: the role of cardiovascular risk factors, biomarkers of inflammation, HIV disease status and antiretroviral therapy (results from the EndoAfrica study, Cape Town, South Africa):** A18. Clinical Chemistry and Laboratory Medicine, 56(6), eA97–eA120, <https://doi.org/10.1515/cclm-2018-0281>
- 11) Hans Strijdom, **Festus Kamau**, Nandu Goswami, Patrick De Boever, Tim S. Nawrot, M. Faadiel Essop, Nyiko Mashele, Mashudu Mthethwa, Yolandi Espach, Sana Charania, Frans Everson, Ingrid Webster. **Abdominal obesity and antiretroviral therapy are associated with improved endothelium-dependent vascular function in HIV-infected individuals: results from the EndoAfrica study.** 19th Annual SA Heart Congress, South Africa. 4-7 October 2018; 15(4):23.
 - 12) Sana Charania, Ingrid Webster, Nyiko Mashele, Mashudu Mthethwa, **Festus Kamau**, Yolandi Espach, Frans Everson, Henry Cyster, Nandu Goswami, Patrick De Boever, Tim Nawrot and Hans Strijdom. **Determinants of carotid intima-media thickness (CIMT) in a Western Cape study population with and without HIV infection.** 19th Annual SA Heart Congress, South Africa. 4-7 October 2018; 15(4):276, <https://doi.org/10.24170/15-4-3239>