

# CURRICULUM VITAE OF DR. GERALD JEROME MAARMAN

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## PERSONAL INFORMATION

- Date of Birth: 24<sup>th</sup> of April 1984
- Email address: gmaarman@sun.ac.za

## EMPLOYMENT HISTORY

- 2019- present: Lecturer – Division of Medical Physiology (**NRF Y-2 Rated researcher**)
- 2017-2019: Research Manager - Desmond Tutu TB Centre (DTTC) Stellenbosch University
- 2014-2016: Postdoctoral research fellow - University of Cape Town.

## PROFESSIONAL INVOLVEMENT

- 2020: Radio interviews, ENCA interview (TV): Raising awareness on cardiopulmonary diseases (pulmonary arterial hypertension and right heart failure).
- 2019-present: FMHS Member of Dean's Advisory Committee on Transformation (DACT)
- 2018-present: FMHS Equality Champion
- 2000-present: Youth and Community development with SU, Scimathus, SASCAR, SAICA and local churches.

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## EDUCATION HISTORY

**Ph.D.** (Medicine)

Year received: 2011-2014

University of Cape Town

**PGDip:** Enrolled for a postgraduate diploma in Theology (SU)

Currently enrolled: 2022

**MSc.** (Medical Physiology)

Year received: 2010

University of Stellenbosch

**BSc. Hons.** (Medical Physiology)

Year received: 2007

University of Stellenbosch

**BSc.** (Functional Human Biology)

Year received: 2007

University of Stellenbosch

**Matric** (National Certificate, Grade 12)

Year received: 2002

Eersterivier Secondary School

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## UNDERGRADUATE TEACHING

- Molecular biology (Life Forms 111)
  - MBChB, BSc Physiotherapy, BSc Dietetics – phase 1.
  - Phase I Class size: ~ 400

- Cardiovascular Physiology (Fundamentals of Physiology 178)
  - B. Occ. Ther. first year
  - Class size: 73
- Physiology of the Cardiovascular System (271)
  - MBChB second year
  - Class size: ~ 300
- Gastro-intestinal tract Physiology (Allied Health Sciences 278)
  - 2nd year BSc Physiotherapy, BSc Dietetics and Bachelor of Nursing and Midwifery students
  - Class size: 136
- Musculoskeletal Physiology (371)
  - MBChB third year
  - Class size: 328
- Immunology (Cellular Physiology F344)
  - F344 third year
  - Phase I Class size: 186
- Respiratory Physiology (271)
  - MBChB second year
  - Phase I Class size: 300

#### **POSTGRADUATE TEACHING**

- Cardiopulmonary diseases and research, and academic writing
  - Honours BSc. Med. Sci students.
  - Class size: 15-17 students (per year)
- Implement administrative duties (marking, reviewing of assessments, reports).
- Examine MMed and BCh.D. students, focussing on cardiovascular physiology.

#### **TEACHING ROLES & RESPONSIBILITIES**

- I generally conduct lectures together with tutorials, practicals, and assessments of students. However, since the start of the COVI-19 pandemic, I had to adapt to hybrid teaching which includes all the above in an in-person context as well as e-learning (via Microsoft Teams and podcasts) and online assessments via Sunlearn.
  - Based on Bloom's Taxonomy, I have adapted my teaching style so that I ensure the student's understanding of basic principles, and then applying the knowledge in conjunction with complex and analytical thinking around problems, reasoning of interventions and critical thinking.
  - I implement administrative roles including marking of scripts, reviewing of assessments, compiling of reports the Head of Division, committees, and module heads.
  - I am an active member of the Renewed Curriculum Project Committee, at Tygerberg Medical School. I am responsible for the development of a robust curriculum, and I am the lead for the Cardiovascular Physiology component of the new Form and Function module, and the Health and Wellness module.
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#### **STUDENT SUPERVISION**

**2018- present - (co-supervisor)**

**Ph.D.**

Miss. Melisse Erasmus

Registration: January 2018 - South African Medical Research Council

Anticipated graduation date: December 2021

**2018-present - (co-supervisor)**

**Ph.D.**

Miss. Siddiqah George

Registration: January 2015 - University of Cape Town

Anticipated graduation date: December 2021

**2022 (Main supervisor)**

**MSc.**

Miss. Carmen Payne

Registration: January 2021

University of Stellenbosch

Anticipated graduation date: December 2023

**2022 (Main supervisor)**

**MSc.**

Miss Kgatla Thato Mmathapelo

Registration: January 2021

University of Stellenbosch

Anticipated graduation date: December 2024

**2022 (Main supervisor)**

**MSc. Hons.**

Dr. Steve Jacobs (Special needs student)

Registration: January 2021

University of Stellenbosch

Anticipated graduation date: December 2021

**2022 (Main supervisor)**

**MSc.**

Miss Sara Shaboodien

Registration: January 2022

University of Stellenbosch

Anticipated graduation date: December 2024

**2021 (Main supervisor)**

**BSc. Hons.**

Dr. Steve Jacobs (Special needs student)

Registration: January 2021

University of Stellenbosch

Graduated: December 2021

**2021 (Main supervisor)**

**BSc. Hons.**

Miss Cornel Vlok

Registration: January 2021

University of Stellenbosch

Graduated: December 2021

**2021 (Co-supervisor)**

**BSc. Hons.**

Miss Erin Robson

Registration: January 2021  
University of Stellenbosch  
Anticipated graduation date: April 2022

**2021 (Main supervisor)**

**BSc. Hons.**

Miss Sara Shaboodien  
Registration: January 2021  
University of Stellenbosch  
Graduated: December 2021

**2019- (passed 72%, graduated March 2021) - (co-supervisor)**

**MSc.**

Miss. Pamela Sithelo  
Registration: January 2018  
University of Stellenbosch

**2015 - (Graduated)**

**Hons.BSc.Med.Sci. - (co-supervisor)**

Miss. Brittany Andrew  
Registration: January 2015 - University of Cape Town  
Graduated: December 2015

**2015 - (Graduated)**

**Hons.BSc.Med.Sci. - (co-supervisor)**

Miss. Prisca Osiki  
Registration: January 2015 - University of Cape Town  
Graduated: December 2015

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**EXTERNAL DUTIES**

- External examiner - 4x PhD
- External examiner 4x MSc
- External moderator - Exit level module FLGX 329 (2nd semester 2021), Cardiovascular Physiology applications, of the North-West University for 2021.
- Co-Editor – *Frontiers in Endocrinology* 2021 – impact factor 5.555

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**RESEARCH FUNDING**

**SUCCESSFUL**

- Departmental post-doc funding: 200 000 (per year, 2-year period).
- Research assistant funding: 30 000 (once off).
- NRF support for Y-rated researchers: R100 000 (per year, 3 year-period).
- Technical assistance funding SU: 30 000 (once off).
- Postdoctoral researcher funding SU: 200 000 (one year).
- SA-MRC SIR: R600 000 (three-year period).
- SARC grant: R642 406 (two-year period).
- Early Career Research Award – SU, Faculty of Medicine & Health Sciences = R 112 463 (once off).
- NRF Equipment Related Travel: R125 000 (once off).
- Harry Crossley Project Funding: R31 500 (once off).
- NRF incentive funding: R120 000 per annum (two years).
- Divisional research grant: R50 000 (once off).
- FMHS equipment grant: R784 000 (once off).

**OUTCOME PENDING**

- PVRI research grant: R615 000.
- SARC: 800 000
- SAMRC EC: 500 000 (per annum, for 3 years).

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## PUBLISHED PAPERS

1. **MAARMAN, G.J.**, Lamont-Mbawuli K.T Adolescents in the South African context: The roles of the church, spirituality, and mentorship programmes in promoting motivation to overcome disadvantage. *African Journal of Social Work*, 2021. 11(2): p. 85-95.
2. **MAARMAN, G.J** and S. Lecour, Melatonin against pulmonary arterial hypertension: is it ready for testing in patients? *Cardiovasc J Afr*, 2021. 32(2): p. 111-112.
3. **MAARMAN, G.J** and S. Lecour, Melatonin against pulmonary arterial hypertension: is it ready for testing in patients? *Cardiovascular Journal of Africa*, 2021. 32(2): p. 111-112.
4. **MAARMAN, G.J.**, Lamont-Mbawuli K., Adolescents in the South African context: The roles of the church, spirituality, and mentorship programmes in promoting motivation to overcome disadvantage. *African Journal of Social Work*, 2021. 11(2): p. 85-95.
5. **MAARMAN, G.J.** Could melatonin be an adjunct therapy for post-TB lung disease? *Melatonin Research*, 2021. 4(3): p. 432-441.
6. Bell-Mandla, N.F., **MAARMAN, G.J**, et al., Improving Retention of Community-recruited Participants in HIV Prevention Research Through Saturday Household Visits; Findings from the HPTN 071 (PopART) Study in South Africa. *BMC Medical Research Methodology*, 2021: p. 1-17.
7. **MAARMAN, G.J**, J. Shaw, and B. Allwood, Pulmonary hypertension in majority countries: opportunities amidst challenges. *Curr Opin Pulm Med*, 2020. 26(5): p. 373-383.
8. **MAARMAN, G.J**, G. Chakafana, and K. Sliwa, World Heart Day: a World Heart Federation communique on the future of basic sciences and translational medicine in global cardiovascular research. *Am J Physiol Lung Cell Mol Physiol*, 2020. 319(3): p. L545-L546.
9. **MAARMAN, G.J.** A philosophical perspective on pulmonary hypertension: What is 'rare'? *South African Journal of Science*, 2020. 116: p. 1-1.
10. **MAARMAN, G.J.** Making a case for metallothioneins conferring cardioprotection in pulmonary hypertension. *Med Hypotheses*, 2020. 137: p. 109572.
11. Eshleman, S.H., **MAARMAN, G.J**, et al., Determination of HIV status and identification of incident HIV infections in a large, community-randomized trial: HPTN 071 (PopART). *J Int AIDS Soc*, 2020. 23(2): p. e25452.
12. **MAARMAN, G.J.** Pulmonary Hypertension and the Right Ventricle: The Roles of Mitochondrial Reactive Oxygen Species in Causing Further Right Ventricular Mitochondrial Changes, in *Oxidative Stress in Heart Diseases*, S. Chakraborti, et al., Editors. 2019, Springer Singapore: Singapore. p. 539-549.
13. **MAARMAN, G.J.** Chapter 14 - Ischemia-reperfusion injury and the roles of excess fructose: Effects on the heart and other organs, in *Molecular Nutrition: Carbohydrates*, V.B. Patel, Editor. 2019, Academic Press. p. 237-245.
14. **MAARMAN, G.J.** Cardioprotection conferred by rooibos (*Aspalathus linearis*): A mini review to highlight a potential mechanism of action. *South African Journal of Science*, 2019. 115(7/8): p. 1-4.
15. Sloot, R., **MAARMAN, G.J**, et al., Variation in HIV prevalence and the population-level effects of antiretroviral therapy in reducing tuberculosis incidence in South Africa. *S Afr Med J*, 2018. 108(8): p. 12370.
16. Nduhirabandi, F. and **MAARMAN, G.J.** Melatonin in Heart Failure: A Promising Therapeutic Strategy? *Molecules*, 2018. 23(7).
17. Madlala, H.P., **MAARMAN, G.J**, Ojuka, E. O., Fructose impairs mitochondrial respiration and substrate utilization in hepatocytes via the enzyme, glutamate oxaloacetate transaminase. *Integrative Food, Nutrition and Metabolism*, 2018. 5: p. 1-5.
18. **MAARMAN, G.J** and R.J. Reiter, Melatonin therapy for blunt trauma and strenuous exercise: A mechanism involving cytokines, NFkappaB, Akt, MAFBX and MURF-1. *J Sports Sci*, 2018. 36(16): p. 1897-1901.

19. **MAARMAN, G.J.**, Pulmonary arterial hypertension and the potential roles of metallothioneins: A focused review. *Life Sci*, 2018. 214: p. 77-83.
20. Kriel, J., **MAARMAN, G.J.**, et al., Coordinated autophagy modulation overcomes glioblastoma chemoresistance through disruption of mitochondrial bioenergetics. *Sci Rep*, 2018. 8(1): p. 10348.
21. Allwood, B.W., **MAARMAN, G.J.**, et al., Post-pulmonary tuberculosis complications in South Africa and a potential link with pulmonary hypertension: Premise for clinical and scientific investigations. *S Afr Med J*, 2018. 108(7): p. 12339.
22. Webster, I., **MAARMAN, G.J.**, et al., Myocardial susceptibility to ischaemia/reperfusion in obesity: a re-evaluation of the effects of age. *BMC Physiol*, 2017. 17(1): p. 3.
23. **MAARMAN, G.J.**, et al., Novel putative pharmacological therapies to protect the right ventricle in pulmonary hypertension: a review of current literature. *Br J Pharmacol*, 2017. 174(7): p. 497-511.
24. **MAARMAN, G.J.**, et al., Review of a causal role of fructose-containing sugars in myocardial susceptibility to ischemia/reperfusion injury. *Nutr Res*, 2017. 42: p. 11-19.
25. **MAARMAN, G.J.**, and K. Lamont-Mbawuli, A review of challenges in South African education and possible ways to improve educational outcome as suggested by decades of research. *Africa Education Review*, 2017. 14(3-4): p. 263-289.
26. **MAARMAN, G.J.**, et al., Melatonin protects against uric acid-induced mitochondrial dysfunction, oxidative stress, and triglyceride accumulation in C2C12 myotubes. *J Appl Physiol (1985)*, 2017. 122(4): p. 1003-1010.
27. **MAARMAN, G.J.**, Editorial commentary: "Discovery of a Murine Model of clinical pulmonary arterial hypertension: Mission impossible?" by Dai and Zhao. *Trends Cardiovasc Med*, 2017. 27(4): p. 237-238.
28. **MAARMAN, G.J.**, Natural Antioxidants as Potential Therapy, and a Promising Role for Melatonin Against Pulmonary Hypertension. *Adv Exp Med Biol*, 2017. 967: p. 161-178.
29. **MAARMAN, G.J.**, Mendham, AW, Madlala, HP, Ojuka EO., Excessive consumption of fructose-containing sugars: An emerging threat for developing nations? *Journal of African Association of Physiological Sciences* 2017. 4: p. 71-80.
30. Ojuka, E., **MAARMAN, G.J.**, et al., Measurement of beta-oxidation capacity of biological samples by respirometry: a review of principles and substrates. *Am J Physiol Endocrinol Metab*, 2016. 310(9): p. E715-23.
31. Madlala, H.P., **MAARMAN, G.J.**, and E. Ojuka, Uric acid and transforming growth factor in fructose-induced production of reactive oxygen species in skeletal muscle. *Nutr Rev*, 2016. 74(4): p. 259-66.
32. **MAARMAN, G.J.**, et al., Melatonin as a preventive and curative therapy against pulmonary hypertension. *J Pineal Res*, 2015. 59(3): p. 343-53.
33. Kelly-Laubscher, R.F., **MAARMAN, G.J.**, et al., Cardiac preconditioning with sphingosine-1-phosphate requires activation of signal transducer and activator of transcription-3. *Cardiovasc J Afr*, 2014. 25(3): p. 118-23.
34. **MAARMAN, G.J.**, et al., A comprehensive review: the evolution of animal models in pulmonary hypertension research; are we there yet? *Pulm Circ*, 2013. 3(4): p. 739-56.
35. **MAARMAN, G.J.**, et al., Effect of chronic CPT-1 inhibition on myocardial ischemia-reperfusion injury (I/R) in a model of diet-induced obesity. *Cardiovasc Drugs Ther*, 2012. 26(3): p. 205-16.

#### **UNDER PEER REVIEW**

1. **MAARMAN G**, Reiter RJ, Melatonin improves mitochondrial coupling efficiency in myotubes exposed to excess fructose, *South African Journal of Science*, February 2022.
2. **MAARMAN G**, Sithelo P, Blignaut M, Windvogel S, Huisamen B, Marais E, Strijdom H, Rooibos (*Aspalathus linearis*) induced cardioprotection is underpinned by cardiac mitochondrial pathways: what is missing and what is the way forward? *Cardiovascular Journal of Africa*, February 2022.
3. **MAARMAN G**, Butrous G, Lecour S, Wang YX, the intriguing effects of melatonin on mitochondrial bioenergetics and metabolism of healthy C2C12 myotubes, *Physiological Reports*, February 2022.
4. **MAARMAN G**, and Butrous G, the role of the microbiome in pulmonary hypertension: Is melatonin

the missing link? *Pulmonary Circulation*, February 2022.

5. **MAARMAN G** and Lecour S, Time to explore the therapeutic potential of Rooibos (*Aspalathus linearis*) against experimental pulmonary arterial hypertension? *Journal of Herbal Medicine*, February 2022
6. **MAARMAN G**, Reviewing the suitability of mitochondrial transplantation as therapeutic approach for pulmonary hypertension in the era of personalised medicine, *American Journal of Lung and Cellular Physiology*, February 2022.
7. **MAARMAN G**, Basic sciences in higher education, and teaching approaches in the context of 21st-century advances, *South African Journal of Higher Education*, February 2022. *ACCEPTED FOR PUBLICATION, IN PRODUCTION.*

#### **IN PREPARATION**

1. Shaboodien S, Vlok C, Strijdom H, Marais E and **MAARMAN G**, Rooibos induced cardioprotection is mediated via improved mitochondrial bioenergetics and metabolism, February 2022.
2. Sithelo P, Lopes J, Strijdom H, Marais E and **MAARMAN G**, Rooibos induced cardioprotection in a H9C2 model of angiotension-II induced hypertrophy and apoptosis, February 2022.
3. **MAARMAN G**, Francisco P, Reviewing the roles of the microbiota in the pathogenesis and progression of pulmonary arterial hypertension, December 2021.

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#### **CONFERENCE OUTPUTS (PEER-REVIEWED)**

1. **MAARMAN G**, Shaw J, Allwood, Recent developments in clinical PAH research at Tygerberg Hospital, South Africa: preliminary data, PVRI Annual Congress, Peru, April 2020.
2. **MAARMAN G**, Brittany Andrew, D Blackhurst, Ojuka E, Melatonin recues uric acid-induced mitochondrial impairment and oxidative stress in C2C12 myotubes Khütai Austria, 7-13<sup>th</sup> July 2016.
3. **MAARMAN G**, Brittany Andrew, D Blackhurst, Ojuka E, Uric acid impairs mitochondrial respiration, elevates triglycerides, reduce aconitase activity: Melatonin counteracts these effects, Experimental Biology, San Diego California, United States of America, April 2016.
4. **MAARMAN G**, Sliwa K and Lecour S, Characterisation of mitochondrial function in a model of pulmonary arterial hypertension and right ventricular failure, 5<sup>th</sup> Annual International Mitochondrial Physiology School, Cape Town, South Africa May 2015.
5. Marais E, Huisamen B, **MAARMAN G**, Lochner A, Cardiovascular abnormalities in aged, diet- induced obese rats, to be presented at the Physiology Society of Southern Africa, 35th Annual Congress, Johannesburg South Africa 2015.
6. F. Thienemann, L. Blauwet, R. Burton, K. Tibazarwa, **MAARMAN G**, A. Dzudie, A. O. Mocumbi, K. Sliwa, HIV-associated pulmonary hypertension in a densely populated, peri-urban township in Cape Town, South Africa: clinical presentation and survival, To be presented at the European Society of Cardiology (ESC) Annual meeting in Barcelona Spain, 30th August until 3rd of September 2014.
7. **MAARMAN G**, Blauwet L, Blackhurst D, Sliwa K and Lecour S, Cardioprotective effect of melatonin on cardiac function and oxidative stress in pulmonary arterial hypertension, International Society of Heart Research, Barcelona, Spain, 2014.
8. **MAARMAN G**, Blauwet L, Sliwa K and Lecour S, Effects of melatonin treatment on cardiac function in a model of pulmonary arterial hypertension, Pan-African Society of Cardiology Congress, Dakar, Senegal, 2013.
9. **MAARMAN G**, Blauwet L, Lecour S and Sliwa K, Can melatonin improve cardiac function in pulmonary arterial hypertension? European Society of Cardiology (ESC) annual congress, Amsterdam, Netherlands 2013, *European Heart Journal* 2013; Vol 34(1):476.
10. **MAARMAN G**, Blauwet L, Sliwa K, Lecour S, The effects of melatonin on cardiac function in a model of pulmonary arterial hypertension, The World Congress on Paediatric Cardiology & Cardiac Surgery 2013, Cape Town, South Africa.
11. **MAARMAN G**, Du Toit E.F, The effect of a fatty acid oxidation inhibitor (oxfenicine) on myocardial function and –resistance to ischemia/reperfusion injury in a rodent model of the metabolic syndrome, Physiology Society of Southern Africa, 36th Annual Congress, Johannesburg, South Africa 2009.

12. **MAARMAN G**, Du Toit E.F, The effect of a PPAR-alpha agonist (K111) on myocardial function and resistance to ischemia/reperfusion injury in a rodent model of the metabolic syndrome, Physiology Society of Southern Africa, 35th Annual Congress, Johannesburg South Africa 2008.

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### **MEMBERSHIP OF PROFESSIONAL ASSOCIATIONS**

**FACULTY:** Pulmonary Vascular Research Institute (PVRI) Global Taskforce on Pulmonary Infections.

**MEMBER:** American College of Chest Physicians

**MEMBER:** American Heart Association

**MEMBER:** American Thoracic Society

**MEMBER:** International Society of Heart Research (ISHR) – European Section

**MEMBER:** European Society of Cardiology (ESC)

**MEMBER:** South African Society of Cardiovascular Research (SASCAR)

**MEMBER:** Physiological Society of Southern Africa (PSSA)

**MEMBER:** South Africa Heart Association (SA-Heart)

**MEMBER:** International Mitochondrial Physiology Society (MiP-Society)

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### **OTHER ACHIEVEMENTS**

**NRF- RATING 2018 = Y2 RATING**

**GOOGLE SCHOLAR H-INDEX: 11**

**SCOPUS H-INDEX: 10**

**CERTIFICATE: GOOD CLINICAL PRACTICE (GCP)**

- CREDE: University of Stellenbosch

**CERTIFICATE: HUMAN SUBJECTS PROTECTION (HSP)**

- National Institute of Health (NIH) - USA

**GOLDEN KEY INTERNATIONAL HONOUR SOCIETY (MEMBERSHIP NO: 13125379)**

- University of Cape Town, South Africa

**AWARD OF EXCELLENCE**

- 7<sup>th</sup> Mitochondrial Physiology School - Best oral presentation

**CLINICAL EXCELLENCE AWARD**

- 15<sup>th</sup> South African Association Heart Congress – Best oral presentation

**AWARD OF EXCELLENCE**

- For best presenter in the Basic Sciences – University of Stellenbosch (Academic year day)

**CERTIFICATE FOR ACCREDITATION OF CARE, USE AND HANDLING OF LABORATORY ANIMALS**

- Department of Medicine, University of Cape Town

**CERTIFICATE FOR SCIENTIFIC WRITING SKILLS**

- Department of Medicine, University of Stellenbosch

**CERTIFICATE FOR BASIC COMMUNICATION SKILLS IN XHOSA**

- Department of Medicine, University of Cape Town

**CERTIFICATE FOR ENGINEER DRAWINGS (N1 AND N2)**

- Scimathus/IMSTUS educational programme, University of Stellenbosch

**CERTIFICATE FOR TERMINAL/HO BASED CARE**

- Western Cape Department of Health/MEC of Health

**CERTIFICATE FOR TRAUMA COUNSELLING**

- Western Cape Department of Health/MEC of Health

**CERTIFICATE FOR BASIC AND INTERMEDIARY FIRST AID**

- Western Cape Department of Health/MEC of Health

**CERTIFICATE FOR HIV/AIDS PEER COUNSELLING:** Western Cape Department of Health/MEC of Health

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## REFERENCES

### **LINE MANAGER - PROF. HANS STRIJDOM**

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### **PROF. SANDRINE LECOUR**

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### **PROF. KAREN SLIWA**

Deputy Dean of Research, Department of Medicine, Faculty of Health Sciences, UCT.

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### **MR. LWANDO BANTOM**

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