



## Heritage Guild Talk - 18 October 2018

### **"Staying young whilst getting older - without Botox Prozac or Viagra" How to live well in 2018**

With "anti-ageing", "preventative medicine" and "wellness" fast becoming key buzz words in personal health care and performance, this talk provides both an entertaining and intellectual perspective aimed at encouraging the listener to evaluate their current state of health & wellbeing from a holistic perspective. This talk describes the aging process and how it affects each of us. It evaluates which risk-factors to watch out for at each stage of life and details which evidence based strategies are effective in the anti-ageing and preventative medicine realm. Dr Derman motivates the listener to take control of their lives and adopt a plan for life quality and longevity.

### **About Professor Wayne Derman**

Wayne Derman is Professor and Director of the Institute of Sport and Exercise Medicine at Stellenbosch University's Faculty of Medicine and Health Sciences. He is also Co-Director of the IOC Research Centre of South Africa, which focuses on injury prevention, and protection of the health of the athlete.

He has provided specialist Sports Medical consulting services to the South African Rugby, Soccer, Cricket, Commonwealth & Olympic Teams as well as members of the public.

Professor Derman has played an important role in clinical support for South Africa's athletes at International level.

He fulfilled the positions of Chief Medical Officer for the South African Team to the Sydney 2000, Athens 2004 Olympic Games, and Medical Officer for the South African Paralympic Team to Beijing 2008 and London 2012. In December to May 2002, he served as Flight Surgeon to Cosmonaut Mark Shuttleworth during the "First African in Space" mission in Russia and served as the Medical Officer for Cape Town for the FIFA 2010 World Cup.

Having diverse interests, he has been awarded many accolades in his career ranging from a Fellowship of the American College of Sports Medicine; the Val Schreire Award for the Outstanding Investigator in the Cardiovascular Field in Southern Africa; the Paul Harris award from Rotary International for community contribution; to a Mondi Award nomination for journalism. In December 2004, Professor Derman was named recipient of the Department of Health and Health Professionals Council award for Excellence in Health Care in South Africa. He has published and presented widely at the International level and is highly regarded as an entertaining and humorous educational and motivational speaker.

