

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.

PEER-REVIEWED PUBLISHED JOURNAL ARTICLES

- 1) Hudson, P., Woudberg, N.J., **Kamau, F.**, Strijdom, H., Frias, M.A. and Lecour, S., 2020. HIV-related cardiovascular disease: any role for high-density lipoproteins?. *American Journal of Physiology-Heart and Circulatory Physiology*, 319(6), pp.H1221-H1226.
- 2) **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>
- 3) 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>
- 4) 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>
- 5) Swart C, Fourie CMT, De Boever P, Goswami N, Lammertyn, Strijdom H, **Kamau F**, Botha-Le Roux S. Comparison of endothelial function and the cardiometabolic profile of people living with HIV in two South African regions: the EndoAfrica study. *Aids & Behavior*. Submitted for publication September 2020.

PEER-REVIEWED PUBLICATIONS OF CONFERENCE PAPER ABSTRACTS

- 1) **Kamau, F.**, Kgokane, B., Mthethwa, E., Mashele, N., Everson, F., Goswami, N., De Boever, P., Nawrot, T., Charania, S., Webster, I. and Strijdom, H., 2020. HIV-infected adults are predisposed to proatherogenic biochemical changes. *Atherosclerosis*, 315, pp.e120-e121. <https://doi.org/10.1016/j.atherosclerosis.2020.10.369>, 88th European Atherosclerosis Society Congress, Virtual, 04-07, October 2020
- 2) Frias, M.A., Berarpour, N., Pagano, S., Sidibé, J., **Kamau, F.**, Lecour, S., Strijdom, H., Thomas, A. and Vuilleumier, N., 2020. Levels of anti-apolipoprotein A1 autoantibodies are associated with inflammatory response and metabolomic changes in HIV patients. *Atherosclerosis*, 315, p.e54. <https://doi.org/10.1016/j.atherosclerosis.2020.10.166>, 88th European Atherosclerosis Society Congress, Virtual, 04-07, October 2020
- 3) Frias, M., Berarpour, N., Pagano, S., Sidibe, J., **Kamau, F.**, Lecour, S., Strijdom, H., Thomas, A., Vuilleumier, N. Evaluation of antiretroviral therapy on metabolomics and atherogenic markers in HIV patients. *European Heart Journal*. 2020; 41(2): ehaa946.3307. European Society of Cardiology Congress, Digital, 29 August – 1 September 2020.
- 4) **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), p.209. PASCAR, SA Heart and Africa PCR Congress, Johannesburg, 31 October – 3 November 2019.
- 5) Strijdom, H., De Boever, P., Nawrot, T., Goswami, N., Webster I., Mthethwa, M., Mashele, N., **Kamau, F.**, Martens, D., Charania, S., Everson, F. Personal air pollution exposure is associated with markers of cellular aging and cardiovascular risk: Findings from the EndoAfrica study. *SA Heart*. 2019; 16(3): 241. PASCAR, SA Heart and Africa PCR Congress, Johannesburg, 31 October – 3 November 2019.
 - 6) Frias, M., Pagano, S., Fetaud-Lapierre, V., Lecour, S., **Kamau, F.**, Strijdom, H., Vuilleumier, N. The presence of anti-apolipoprotein A1 autoantibodies is associated with a pro-atherogenic profile in HIV-infected patients. *European Heart Journal* 2019; 40 (Supplement_1): ehz746.0310. <https://doi.org/10.1093/eurheartj/ehz746.0310>. European Society of Cardiology Congress, Paris, France, 31 August – 4 September 2019.
 - 7) Strijdom, H., Essop, M.S., Goswami, N., De Boever, P., Webster, I., Everson, F., **Kamau, F.M.**, Charania, S., Nawrot, T.S. HIV-infected participants on combination ART (tenofovir, emtricitabine, efavirenz) have improved endothelial function and smaller retinal venular calibers compared to treatment naive participants. *European Heart Journal* 2019; 40 (Supplement_1): ehz746.0308. <https://doi.org/10.1093/eurheartj/ehz746.0308>. European Society of Cardiology Congress, Paris, France, 31 August – 4 September 2019.
 - 8) Strijdom H, **Kamau F**, Goswami N, Essop F. Obesity and related cardiometabolic risk factors in HIV-infected individuals. *Acta Physiologica*. 2019; 227: 43-43. FEPS 2019: Joint Meeting of Federation of European Physiological Societies and the Italian Physiological Society, Bologna, Italy, 10-13 September 2019. 47.
 - 9) 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>. 87th European Atherosclerosis Society Congress, Maastricht, Netherlands, 26-29 May 2019. 46.
 - 10) Miguel Frias, Sabrina Pagano, Vanessa Fétaud-Lapierre, Sandrine Lecour, **Festus Kamau**, Hans Strijdom, Nicolas Vuilleumier. Anti-apolipoprotein A-1 autoantibodies prevalence is increased with HIV infection. AGLA Update Meeting: State of the Art and Progress on Lipids and Atherosclerosis, Inselspital, Bern, Switzerland. 7 February 2019.
 - 11) Charania S, Webster I, Mashele N, Mthethwa M, **Kamau F**, Espach Y, Everson F, Cyster H, Goswami N, De Boever P, Nawrot T, Strijdom H. Determinants of carotid intima-media thickness (CIMT) in a Western Cape study population with and without HIV infection. 19th Annual SA Heart Congress, Sun City, South Africa, 4-7 October 2018. *SA Heart*. 2018; 15(4): 276. 45. <https://doi.org/10.24170/15-4-3239>
 - 12) Strijdom H, **Kamau F**, Goswami N, De Boever P, Nawrot TS, Essop MF, Mashele N, Mthethwa M, Espach Y, Charania S, Everson F, Webster I. 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, Sun City, South Africa, 4-7 October 2018. *SA Heart*. 2018; 15(4): 308.
 - 13) Strijdom H, Goswami N, De Boever P, Nawrot TS, Kessler HH, Stelzl E, Webster I, Everson F, Mashele N, Mthethwa M, Charania S, Espach Y, **Kamau F**, Essop MF. 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). 12th International Symposium on Updated 20 Jan 2021 Molecular Diagnostics, Graz, Austria, May/June 2018. *Clin Chem Lab Med* 2018; 56(6): eA106. <https://doi.org/10.1515/cclm-2018-0281>

OUTPUTS FROM OTHER ACADEMIC MEETINGS/ LOCAL CONFERENCES

- 1) **Festus Kamau**, Hans Strijdom, Peter Mwangi, Dee Blackhurst, Emiliana Imperial, Ruduwaan Salie. Saroglitazar (a dual PPAR- α/γ agonist) limits antiretroviral drug-induced endothelial dysfunction in obesity. 4th EU-SA Cardiovascular Research workshop, Stellenbosch, South Africa. 1-4th April 2019.
- 2) Sana Charania, Faadiel Essop, **Festus Kamau**, Frans Everson, Hans Strijdom, Henry Cyster, Ingrid Webster, Mashudu Mthethwa, Nandu Goswami, Nyiko Mashele, Patrick De Boever, Tim Nawrot, Yolandi Espach. Endothelial function and sub-clinical atherosclerosis in a Western Cape study population with and without HIV-infection. First Conference of Biomedical and Natural Sciences and Therapeutics (CoBNest), South Africa. 7-10 October 2018; 41. <https://cobnest.co.za/wp-content/uploads/180930-Full-abstract-book-with-covers.pdf>
- 3) **Festus Kamau**, Hans Strijdom, Peter Mwangi, Emiliana Imperial, Ruduwaan Salie. Antiretroviral drug-induced endothelial dysfunction is improved by dual PPAR α/γ stimulation in obesity. First Conference of Biomedical and Natural Sciences and Therapeutics (CoBNest), South Africa. 7-10 October 2018; PO61:229. <https://cobnest.co.za/wp-content/uploads/180930-Full-abstract-book-with-covers.pdf>.
- 4) **Festus Kamau**, Hans Strijdom, Sandrine Lecour, Miguel Frias. Emerging cardiovascular risks in HIV patients: Pathophysiology and early biomarkers: A clinical approach. Advances in the Immunobiology of Parasites, Pathogens and Pathogenesis (KENBOP 2018). KEMRI - Wellcome Trust Research Programme, Kilifi, Kenya. 3 – 7 September 2018; 19
- 5) **F. Kamau**, H Strijdom, P. Waweru, M. Blackhurst, R. Salie. PPAR α/γ stimulation is beneficial in combined Antiretroviral Therapy. 44th Conference of the Physiology Society of Southern Africa (PSSA), Cape Town, South Africa. 28-31 August 2016; 7165
- 6) Sana Charania, Ingrid Webster, Nyiko Mashele, Mashudu Mthethwa, **Festus Kamau**, Yolandi Espach, Frans Everson, Henry Cyster, Nandu Goswami, Patrick De Boever, Tim Nawrot, Hans Strijdom. Carotid intima media thickness (CIMT) in a cohort of HIV positive and negative individuals of South Africa. 62nd Annual Academic Day, Stellenbosch University. 29 August 2018