PAN-AFRICAN HEALTH
TOURISM CONGRESS 2017
BUSINESS OPPORTUNITY FAIR & EXHIBITION

The Golden Years
The Golden Years

- Normally said to be from age of 65
- 71 year old has high chance of getting to 80
- 81 year old has equal chance of reaching 90
- Only 15% of those over 100 are men!
The Golden Years

- By 2020 one billion will be over 60
- Survey in 13 countries: travel is top plan after retirement
- Older travellers fastest growing component of travel industry
- Travel in groups and use organised tours
- Travel is good medicine
What are we dying of in SA?

- **Currently:** Infectious diseases
- **In 10 years:** Diseases of lifestyle
- **In 30 years:** Cancers
- **In 50 years:** Multi-resistant organisms
Diseases of lifestyles

- Hypertension: High blood pressure
- Diabetes: Sugar
- Obesity: Fat
- Heart disease: angina and heart failure
- Arthritis: joint and bone problems
- Emphysema: obstructive lung disease
Diabetes Tsunami hits South Africa

- 3.5 million, about 6% of SA population suffer from diabetes
- Many more undiagnosed
- Estimated that another 5 million have pre-diabetes

Source: IDF
Slide courtesy Sr Haniff-Ismail
The growing epidemic

New research reveals that South Africa has the highest rate of high blood pressure reported among people aged 50 and over for any country in the world at any time in history.

Analysis of data from a major survey found that 78 per cent of those who took part in South Africa tested positive for high blood pressure or hypertension. Less than one in 10 people were effectively controlling their condition with medication.

- International Journal of Epidemiology
- Tue, 04 Feb 2014

Slide courtesy Sr Haniff-Ismail
Diseases of lifestyle

- Preventable!
- Controllable even in old age
- Acting NOW can make a BIG difference
- Decades of bad lifestyle cannot be undone overnight

BUT

- Changing it leads to improved QUALITY of life
Managing lifestyle diseases

FOUR FUNDAMENTALS:

1: DIET

2: EXERCISE

3: MANAGING DISEASES AND TAKING MEDICATION AS PRESCRIBED

4: STOPPING SMOKING
Diseases of lifestyle

- Medical fraternity fully aware of it!
- Patients are aware!
- Government is aware!
- Wellness centres needed to cater for locals
- Holistic approach needed: medical, complimentary, psychological
- Investors need to be proactive
- Facilities can be used for health tourism