



IN MEMORIAM

Willem Alberts

The medical fraternity of Polokwane (Pietersburg) is mourning one of its great members, Dr Willem Alberts, who died at the age of 84.

Willem Alberts obtained the MB ChB degree at the University of Pretoria in 1950, and specialised in clinical pathology at the University of the Witwatersrand. In January 1957 he moved to Polokwane and started the Northern Transvaal branch of the SAIMR. He was director of the SAIMR (Northern) Branch until he retired in 1986. He also started and managed the branch of the Northern Blood Transfusion Service. After his retirement he was appointed as consulting pathologist at Du Buisson, Brunette & Kramer Ampath, until December 2007. He was an honorary Professor in medical science at the University of the North, now the University of Limpopo.

No single individual has done so much to advance laboratory services and standards in this province as Dr Alberts. No-one ever amassed such first-hand knowledge of laboratory services in a province, was so well acquainted with key personnel, and had so consistently given service to hospitals and medical practitioners.

He spent a lifetime in laboratory service; he was that rare combination of a visionary and a practical man. His endeavours left a deep imprint on medical services throughout the Northern Transvaal – now Limpopo Province. His influence touched and inspired many lives. For three decades he crusaded for laboratory services in this province.

We pay tribute to a man who was acknowledged as a leading figure in the medical field in Limpopo Province, who served as secretary and president of the Soutpansberg Branch of SAMA, and whom it was our privilege to number among our friends.

He leaves behind his wife Mariaan, daughter Karin, son-in-law Keith and three grandchildren.

I V de Jager and the Soutpansberg Branch of SAMA

BOOK REVIEW

Stroke: Facts Series

By Richard I Lindley. Pp. ix + 133. Illustrated. R180.00. Oxford University Press, Southern Africa. 2008. ISBN 978-0-19-921272-9.

Stroke remains a leading cause of death and adult disability in South Africa. Despite this, stroke often fails to attract much public attention and this topic is often underemphasised in both undergraduate and postgraduate training. *The Facts – Stroke* is a recent publication forming part of *The Facts* series published by Oxford University Press. The author, Richard Lindley, from the University of Sydney, is a well-known stroke expert who has published widely in this field.

In this concise 133-page book, a large amount of research data has been summarised to provide an evidence-based medicine guide to stroke. All aspects are covered, including definition, incidence, risk factors, causes, management, prognosis and prevention of stroke.

Each chapter begins with a list of key points and the text is interspersed by useful tables, anatomical diagrams and figures of CT and MRI scans. Short case studies illustrate certain clinical points. The causes of stroke in the older person, children and young adults are discussed in chapter

4. The author adopts a cautious approach in his discussion on thrombolysis and interventional treatment, and interested readers will need to familiarise themselves with more recent data from the Safe Implementation of Thrombolysis in Stroke Monitoring Study (SITS-MOST) and data from the recently published ECASS III trial. The chapter also includes a brief discussion on different rehabilitation methods. Stroke unit care is recommended. With regard to rehabilitation, an individualised process is emphasised, depending on impairment.

The Oxfordshire Community Stroke Project classification has been widely used as a means to understand the main impairments associated with the different types of ischaemic stroke. This chapter also includes a brief discussion on different rehabilitation methods. 'Living after stroke' is a useful chapter on the often neglected topic concerning early and late problems that occur after stroke.

This book is a quick and an easy read and students and health care professionals will find it a useful introduction to stroke medicine. I would strongly recommend it to undergraduate medical students and registrars starting their training in neurology or internal medicine and to doctors who care for stroke patients and who are not up to date with the current stroke literature.

Alan Bryer