



SOUTH AFRICAN
NON-COMMUNICABLE
DISEASES ALLIANCE



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

INVITATION

SANCD Alliance Patient Perspective Webinar:

Hosted by the Heart and Stroke Foundation South Africa during Heart Awareness Month

Date: 9 September 2026

Time: 14:00-15:00 SAST

ZOOM:

Register in advance:

<https://us02web.zoom.us/meeting/register/liDmuf8oQje3DI9polawmA>



Moderator:
Professor Pamela Naidoo
Extraordinary Professor

CEO of The Heart and Stroke Foundation
South Africa

Prof Naidoo, the CEO of the Heart & Stroke Foundation South Africa, and Extraordinary Prof. She is a passionate advocate for reducing heart disease and strokes morbidity and mortality. Prof Naidoo has a Master's in Clinical Psychology and a Masters in Public Health, as well as a Doctor of Philosophy (Behavioural Medicine). She has more than 35 years of experience in the field. As CEO of Heart & Stroke Foundation South Africa and Past President of the African Heart Network, she works closely with governments, stakeholders, and international organizations like the World Health Organization (WHO) to drive policy change and promote public health for CVD.



Patient Voice:
Sophia Alley
Area
Segment Manager in Private Wealth

Sophia Alley is a dedicated corporate leader and passionate community advocate. As an Area Segment Manager in Private Wealth, she leads with purpose, drives performance, and is committed to developing and empowering people to achieve their full potential. Sophia holds a CAIB (SA) qualification in Banking and a Postgraduate qualification in Business Management, providing a strong foundation for her leadership and strategic expertise within the financial services industry. Beyond her professional career, Sophia is a CANSA volunteer, Global Hero of Hope, and Luminaria Chairperson for the Durban CANSA Relay For Life. As a two-time breast cancer survivor living with diabetes, she embodies resilience, courage, and determination. Through both her professional and community work, Sophia is deeply passionate about inspiring hope, empowering others, and making a meaningful difference in the lives of those she serves. Her journey reflects her unwavering commitment to leadership, service, and creating a lasting positive impact.



Patient Voice:
Adriana Smith

Adriana Smith is a woman whose journey with diabetes is one of resilience, courage and determination. Diagnosed with diabetes in 2010, she has faced the ongoing challenges of managing blood sugar spikes and their impact on her health. Adriana also lives with a heart condition, having been diagnosed with heart failure and an enlarged heart. In 2024, she experienced a stroke, adding another significant challenge to her health journey. Through it all, Adriana has remained determined and committed to moving forward. Through sharing her personal journey, Adriana hopes to raise awareness, inspire others living with chronic conditions, and remind them that even when the journey is difficult, there is always hope.