

Prof. Faadiel Essop is currently a professor in the Division of Medical Physiology (Faculty of Medicine and Health Sciences) at Stellenbosch University (South Africa). He is also the Director (and co-founder) of the Centre for Cardio-metabolic Research Centre in Africa (CARMA) at Stellenbosch University. Prof. Essop completed his under- and postgraduate studies at the University of Cape Town and was later awarded a Fulbright fellowship to further his research under the tutelage of Prof. Heinrich Taegtmeier at the University of Texas-Houston Medical School (TX, USA). After completion of a postdoctoral fellowship under the tutelage of Profs. Lionel Opie and Michael Sack (Hatter Institute, University of Cape Town), he moved to Stellenbosch University (2007) where he focused on the so-called “dual burden of disease”, i.e. HIV-related cardiovascular diseases together with the onset of cardiovascular diseases in the general population that is threatening developing countries (emphasis on diabetic cardiomyopathy). He still maintains a strong interest in HIV-related cardiovascular diseases but more recently shifted his focus to also investigate the effects of chronic stress on cardio-metabolic diseases onset. This is a largely understudied research area and very relevant as South Africa is regarded as one of the most stressed nations globally.

Prof. Essop received the Rector’s award for Research Excellence and is an NRF-rated internationally acclaimed researcher (B2). He is also a former chairperson of the Department of Physiological Sciences (two terms), a former President of the Physiology Society of Southern Africa (PSSA) (two terms), the current President of the African Association of Physiological Sciences, a board member of the General Assembly of the International Union of Physiological Sciences (IUPS), and chairperson of the South African National Committee of the IUPS. Prof. Essop also served as a member of the International Committee of the American Physiological Society and is an elected Fellow of the American Physiological Society (FAPS). During 2021 he was also awarded the PSSA’s prestigious Lifetime Career Achievement Award that “honors a well-established, physiologist who has proven their research excellence over a period of time. The recipient should have an excellent national profile and a high level of international recognition, have added value to the society through research innovation, be an active contributor at the PSSA congress in terms of the research presented by themselves and/or their students and the fostering of critical thinking and discussion.”

During 2018 Prof. Essop received a university Teaching Excellence Award (Developing Teacher), and also completed the one-year part-time course Scholarship of Educational Leadership (SOEL) at Stellenbosch University. Prof. Essop is currently the recipient of a Teaching Advancement at University (TAU) fellowship where the focus is to develop a philosophical framework for the introduction of broader humanities and arts concepts into the biomedical, science and engineering curricula in order to ensure more holistic graduates.