



## The gastroenterologist who is interested in holistic healing

The surgical gastroenterologist, Dr Christian Jeske, was born and raised in Pretoria as the fourth child of seven siblings. He attended the DSP from Grade 1 until he graduated in 1998. "At the DSP we were well known because of the large number of siblings," Christian recalls.

In 2004 he successfully completed his medical studies at the University of Pretoria or Tukkies and then did his medical internship and community service at the Jubilee Hospital in Hammanskraal north of Pretoria.



In 2007, he applied again to Tukkies for his further training as a general surgeon and qualified five years later. "Because it was important to me to develop expertise in a specialist field, I moved to Johannesburg with my small family for further training. After two years, I achieved the specialist training as a surgical gastroenterologist with liver, pancreas and bile surgery", explains Christian

The Steve Biko Academic Hospital in Pretoria poached Christian in 2013. There he established the liver, pancreas and bile surgery unit. This is now operated by his successor.

Since 2016 he has been working in his private practice at Netcare Unitas Hospital, treating surgical patients with a focus on liver, pancreas and bile. He is also a member of several surgical associations, such as the International Hepato-pancreatico Biliary Association. "I am a great believer in life-long learning and have developed an intense interest in whole-body healing," says Christian.

## Thoughts on DSP

"I have many great memories of the Deutsche Internationale Schule Pretoria. What a privilege to cultivate the German culture and mother tongue abroad, thanks to this school and of course my parents. In that sense, I have fond memories of school festivals such as the Oktoberfest, Spring Festival and the Christkindlmarkt," he says.

## Health tip

"In the lockdown where we miss community life, the strengths and weaknesses of our networked world are exposed. The pandemic gives us the opportunity to critically assess our current way of life and hopefully brings positive changes in the future.

My health tip is: General physical health includes healthy nutrition, restful sleep, regular physical exercise and a balanced mind," says Christian.



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