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**Dr. Lethukwenama
Letsoalo**



Here to be Illuminating

**Making health information
accessible: Taking public
health beyond the
consulting room.**

From the small town of Bergville in KZN to an audience of more than 800 000, Dr. Lethukwenama Letsoalo is using medicine, language and digital communication to help South Africans make better-informed decisions about their health.

For Dr. Letsoalo, improving health outcomes is about more than treating a patient once they walk through the consulting-room door; it's also about making sure people have access to credible information long before they reach that point.

A medical doctor, public health professional, Chevening Scholar and health communicator,

Dr. Letsoalo has built a community of more than 800 000 people across her digital platforms. By communicating in both isiZulu and English, she makes evidence-based health information easier to understand, more relatable and, importantly, more useful in people's everyday lives.

That approach is closely connected to where she comes from. Born and raised in Bergville, KwaZulu-Natal, Dr. Letsoalo saw first-hand how geography, inequality and access to information can influence health outcomes.

Those experiences continue to shape her work and her belief that credible health information needs to reach communities in ways that respect language, culture and lived experience.

Her work spans sexual and reproductive health, HIV prevention, women's health, non-communicable diseases and broader health promotion. Across these areas, she has collaborated with government, civil society, philanthropy, healthcare and the private sector, translating complex health evidence into campaigns and conversations that engage young people and wider communities.

In 2026, that contribution earned national recognition when Dr. Letsoalo received two honours at the Youth Owned Brands Awards. She won the Health & Wellness Brand category as well as the Overall Top Brand award in South Africa.

Behind her public-facing work is a strong academic foundation. Dr. Letsoalo holds an MBChB from Stellenbosch University and a Postgraduate Diploma in Public Health from the University of Pretoria. She later completed an MSc in Public Health at the London School of Hygiene & Tropical Medicine as a Chevening Scholar, where her research examined the evaluation of social media campaigns in sexual and reproductive health.

She is also the founder of Thrive Health Services, a telehealth practice providing accessible medical care to patients across South Africa. With a focus on prevention, early detection and health education, the practice extends the same philosophy that has shaped her broader career: giving people access to credible healthcare and information wherever they are.

By bringing together clinical medicine, public health and digital communication, Dr. Letsoalo is helping to close the distance between health information and the communities that need it. Her work shows how healthcare can extend beyond traditional settings, using language, technology and trust to give more South Africans the knowledge they need to make informed decisions about their health.