WHL NEWSLETTER

News from the World Hypertension League (WHL).
A division of the International Society of Hypertension, and in official relations with the World Health Organization.

No. 118, April 2008

WHL News

Activity Plan for WHD 2008
“Measuring Turkey’s Blood Pressure”

Turkey is a rapidly developing Mediterranean country with a population of 70 million. It has a very young population: approximately 30% is under 18 years of age. However, Turkey has a high prevalence rate of hypertension: age- and sex adjusted prevalence was 31.8 percent (27.5% for men and 36.1% for women) [1]. This study has also highlighted some more alarming figures about hypertension in Turkey (Fig.1).

Figure 1: Hypertension in Turkey

<table>
<thead>
<tr>
<th>Never measured BP before</th>
<th>Not aware of HT</th>
<th>Not receiving treatment</th>
<th>Not under control (&gt;140/90 mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>31.8%</td>
<td>59.3%</td>
<td>68.9%</td>
<td>91.9%</td>
</tr>
</tbody>
</table>

1In the population that we had screened, when we asked them whether you had had any previous measurement of your blood pressure, 31.8% said no.
2Among the whole population (whether had previous measurement or not), we have observed hypertension in some of them. When we have asked whether you are aware of it, 59.3% of them were not aware. This includes the whole hypertensive population, not only the ones who had previous measurement. Some of them were unaware because they had no previous measurement, some of them were not told etc.
3This bar also includes the whole hypertensive population (aware, not aware, measured or not measured), needs treatment but not receiving any treatment.

All these figures highlight an urgent need for developing an “action plan against hypertension” in Turkey. In the year 2008, the Turkish Society of Hypertension and Renal Diseases will announce two important studies. These are “Hypertension Incidence in Turkey” and “SALTurkey (Salt consumption and hypertension in Turkey).” Both studies will be announced at the 10th Annual Congress of Hypertension and Renal Diseases (May 22–25, 2008, Antaly, Turkey). The results will be published through the Society’s website (www.turkhipertansiyon.org). The Society will also plan to start a nationwide education program for the primary care physicians (TurkHEP-Turkish Hypertension Education Program).

This year’s theme for World Hypertension Day is “Measure your blood pressure... at Home!”. The Turkish Society of Hypertension and Renal Disease will start a nationwide blood pressure measurement campaign. As it was already mentioned, one third of the adult population in Turkey had never measured their blood pressure. This year, the campaign will be done in nine major cities (with nearly 20 million inhabitants) from May 2 to May 17, 2008. A campaign truck will visit these nine major cities. The roadmap for this year’s campaign is shown in Figure 2 (next page).

The truck will stay for the whole day in the major public squares of the cities.

continued on page 2

Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHL News</td>
<td></td>
</tr>
<tr>
<td>Activity Plan for WHD 2008 from Turkey</td>
<td>1</td>
</tr>
<tr>
<td>World Hypertension Day 2007</td>
<td></td>
</tr>
<tr>
<td>Activity Report from Bangladesh</td>
<td>2</td>
</tr>
<tr>
<td>Activity Report from Argentina</td>
<td>3</td>
</tr>
<tr>
<td>People</td>
<td>4</td>
</tr>
<tr>
<td>Calendar</td>
<td>4</td>
</tr>
</tbody>
</table>
World Hypertension Day 2007

Activity Report from Bangladesh

The Hypertension Committee of the National Heart Foundation of Bangladesh (NHFB) was established in 1993 with the aim to increase awareness of hypertension and its medical complications – heart attack, stroke and kidney failure – and to provide information on its prevention, detection & control of hypertension. In the past years the society was actively engaged to spread the message among the people in the communities and the country as a whole.

NHFB with the collaboration of WHO Bangladesh observed a week long program on the occasion of World Hypertension Day (WHD) from May 13–17, 2007. Last year’s theme was “Healthy Diet, Healthy Blood Pressure”. The committee has adopted and translated the WHD 2007 leaflets and posters prepared by the WHL in Bengali. Several affiliated bodies of the National Heart Foundation also observed a similar program at the district level. Observation of WHD 2001 included a week long program with the following activities:

Blood pressure measurements will be done and free leaflets will be distributed. Four nurses and two physicians will be present in the truck to measure blood pressure and to answer questions. Educational films will be shown in the truck. Dignities and media workers will be invited to the truck and their blood pressures will be measured. In each city, there will be several special blood pressure measurement stations in shopping centers, bus stations, etc. There will also be a special website for the campaign (www.turkiyenintansiyonu.org) and national and local media will be informed regularly. The campaign was already approved and will be supported by The Ministry of Health of Turkey. Pharmaceutical companies and a truck company will support the campaign without any restrictions. The campaign has started with a press conference on March 7, 2008, and will finish on May 17, 2008, by announcing the campaign results.

Prof. Mustafa Arici, MD
General Secretary,
Turkish Society of Hypertension and Renal Diseases

References:


Press Conference in the VIP Lounge
Rally from Sher-e-Bangla National Stadium to NHFH

in Bangladesh are suffering from high blood pressure covering 15 to 20% of the adult population. Large numbers of journalists from national dailies and electronic media attended the press conference and published the news.

A round table meeting on 'Salt and Hypertension' on May 14, 2007, was organized at the auditorium of the National Heart Foundation Hospital & Research Institute. A keynote paper was presented in this workshop and current status of salt intake in Bangladesh and ways of intervention were discussed.

An art competition was organized as a part of the observance of WHD 2007 with special emphasis on diet and hypertension. The submitted pictures were judged by renowned judges from the Institute of Fine Arts of Dhaka.

Observance of WHD began with a colorful rally from Sher-e-Bangla National Stadium to the National Heart Foundation Hospital & Research Institute (NHFH&RI). About 300 people attended the rally. It passed through important roads of the locality and participants were wearing T-shirts printed with the WHD message.

After the rally a general seminar on hypertension control was arranged. The Secretary of the Ministry of Health and Family Welfare Government of the People's Republic of Bangladesh attended the seminar as chief guest. Along with eminent cardiologists and physicians, local leaders such as schoolteachers, religious heads and government and non-government employee along with health professionals such as nurses and paramedics attended the seminar. Overall, about 300 participants came to the seminar. An additional scientific seminar was held after the general seminar with 200 general physicians, post graduate medical students and specialists. Eminent cardiologists, neurologists and diabetologists gave lectures on various aspects of hypertension treatment and control in the context of dietary habits. A heart failure symposium was organized after the scientific seminar with special emphasis on its incidence, prevalence & mortality, role of echocardiography & role of physicians in its diagnosis and cardiac re-synchronization therapy.

A Hypertension Camp was arranged on this occasion. It was held at Gazipur, a suburb of Dhaka city, on May 23, 2007. A general awareness seminar was arranged & a mass of people got their blood pressure checked and obtained advice regarding the further management from this hypertension camp.

Observance of this day was a huge accomplishment and we will go on with alike or new extensive activities in the year 2008.

Prof. R.K. Khandaker
Chairman, Hypertension Committee of National Heart Foundation of Bangladesh

Activity Report from Argentina

We had a successful 'World Hypertension Day' campaign in Argentina at the nation's capital, Buenos Aires City, on May 17, 2007.

We had joined activities with "Buenos Aires en Movimiento", a program from Buenos Aires City Government, in a square of our city named Ireland Square. One hundred seventy persons participated in a gym lesson that included aerobox, dancing and aerobics movements. After those exercises, a group of young medical doctors participated in a theatre play entitled "One day in the life of a hypertensive patient". The event included a blood pressure measurement clinic and many written educational material to convey the message to the public. The meeting was partially sponsored by a pharmaceutical company.

Dr. Gabriel Waisman
Past President, Sociedad Argentina de Hipertension Arterial (SAHA)
People

Professor Gordon McInnes has been elected President of the British Hypertension Society for the period 2008–2010. Jackie Howarth is the Administrative Officer, Leicester Royal Infirmary, Clinical Sciences Building, Level 5, PO Box 65, Leicester, LE2 7LX, UK.

Tel.: (+44-7717) 467 973
E-mail: bhs@le.ac.uk
Website: http://www.bhsoc.org

Electronic Newsletter Delivery

http://www.worldhypertensionleague.org

Calendar

WORLD HYPERTENSION DAY
May 17, 2008

“Measure your Blood Pressure – at Home”
Information: WHL Secretariat
Fax: (+1-778) 782-8097

10th Annual Congress of Hypertension and Renal Diseases
May 22–25, 2008
Antalya, Turkey
Information: Prof. Mustafa ARICI Hacettepe University, Dept. of Nephrology
06100 Ankara, Turkey
Fax: (+90-312) 311-3958

22nd Scientific Meeting of the International Society of Hypertension and 18th Meeting of the European Society of Hypertension
June 14–19, 2008
Berlin, Germany
Kurfürstendamm 7 1, 107 09 Berlin, Germany
Fax: (+49 -30) 24603 -200
Website: http://www.hypertension2008.com

16th Annual World Congress of the International Society for the Study of Hypertension in Pregnancy (ISSHP)
September 20-24, 2008
Washington, D.C., USA
Information: ISSHP 2008, 110 Irving Street NW, Suite 6D, Washington, DC 20010, USA
E-mail: ISSHP2008@smail.com

Artery 8
September 26–27, 2008
Gent, Belgium
Information: Jacinta Scannell
Hampton Medical Conferences Ltd.
113-119 High Street, Hampton Hill
Middlesex TW12 1NJ, UK
Fax: (+44-20) 8979 6700
E-mail: artery@hamptonmedical.com

7th International Symposium on Multiple Risk Factors in Cardiovascular Diseases
October 22–25, 2008
Venice, Italy
Information: AIM Congress s.r.l.
MRF 2008 Via G. Ripamonti, 129
20141 Milan, Italy
Fax: (+39-02) 7004 8584
E-mail: mrf2008@aimgroup.it

Impressum

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is a division of the International Society of Hypertension (ISH), and is in official relations with the World Health Organization (WHO).

Secretariat:
Faculty of Health Sciences, Room EAA2112, WMC 8888 University Drive, Burnaby, BC, V5A 1S6, Canada
Tel.: (+1-778) 782-7176; Fax: (+1-778) 782-8097
E-mail: whlsec@sfu.ca
Internet: http://www.worldhypertensionleague.org

Board Officers:
Liu Lisberg (Beijing), President
Lawrence Berllin (Perth), Vice-President
Peter Sleight (Oxford), Past President
Arum Chockalingam (Vancouver), Secretary General

Members:
J. George Fodor (Ottawa)
Michael Alderman (New York)

Advisors to the Board:
M. Mohsen Ibrahim (Cairo), Developing Countries
Jörg Pötzsch (Berlin), Communications

The WHL Newsletter is published bimonthly by the World Hypertension League
Anja Kroke, Editor
Erika Pisch, Editorial Assistant

Editorial Office:
Max Delbrück Center for Molecular Medicine (MDC)
Robert-Rössle-Strasse 10, 13125 Berlin-Buch, Germany
Phone/Fax: (+49) 30 9406-2123
E-mail: whl@mdc-berlin.de

ISSN 1013-1639 Production and distribution:
Georg Thieme Verlag Stuttgart New York

The WHL Newsletter is published with the support of OMRON