Profile

The Senegalese Foundation against Hypertension and Heart Diseases was established on June 20, 1985 during its General Constitutive Assembly. The great interest and motivation shown during this Assembly resulted from the fact that hypertension emerges today in almost all countries of the African continent as a real public health problem. Its prevalence ranges from 3–4% in rural areas, to 7% in suburban and 10% in urban populations, and amounts to up to 26% of patients in specialized hospital units such as the cardiology clinic of the University College Hospital of Dakar.

The objectives of the Senegalese Foundation are to support and cooperate with the Senegalese Society of Cardiology in developing scientific programs for research, treatment and prevention of high blood pressure and certain heart diseases; to extend and complement the action of public authorities in carrying out projects accepted by competent specialized bodies; and to collaborate with similar national and international organizations.

Since the Foundation works in a developing country with limited means, its program, aiming at both secondary and primary prevention, tries to be cheaper, by relying on two fundamental principles: a) Integration of the structures of health services, their logistics and human resources, in all categories of health intervention, in particular with regard to cardiovascular diseases; b) Phased action, protecting all levels of the population in rural and urban zones, from the smallest village in the inland to the University College Hospital, following a pyramidal structure.

WHL News

World Conference on Hypertension Control June 22–24, 1995

First Announcement

During the past decades, much work has been done in the field of community based hypertension control programs, and experience has been accumulated throughout the world. It is the aim of the World Hypertension League to stimulate the prevention and control of hypertension in populations worldwide by liaising between the member leagues. In its tenth year of existence the WHL is planning to sum up the experience in a conference. From June 22 to 24, 1995, the first World Conference on Hypertension Control will be held in Ottawa, Canada, followed by the annual WHL Council Conference. The Conference will be a joint effort of the World Hypertension League, the Canadian Coalition for High Blood Pressure Prevention and Control, and the Canadian Hypertension Society. The Canadian Government has agreed to co-sponsor the Conference. Dr. Arun Chockalingam, President of the Canadian Coalition for High Blood Pressure Prevention and Control, was appointed Chairman of the Conference’s Organizing Committee.

Following WHL’s policy to act through its members, the Conference Organizers will continued on pages 3 and 4

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In villages, control is the responsibility of a community agent, elected from among and by the villagers. Based on this structure, actions range from simple ones at the village level to sophisticated projects at the top of the pyramid with qualified staff and adequate equipment. On the national level, the Scientific Committee of the Foundation determines and coordinates studies and research on specific themes; monitors field action; and is developing a national program of health education on hypertension and heart diseases, broadcast in the major languages of the country. This program seems to have been beneficial to populations but needs to be reinforced. On the international level, the Senegalese Foundation has participated in the organization of the 3rd Congress of the Pan-African Society of Cardiology. A major part of the program of this Congress was devoted to High Blood Pressure in Africa. The Senegalese Foundation has for several years been a member of the World Hypertension League and has organized in Dakar in November 1986 the first WHL conference on the African continent.

WHL News

Costs of Hypertension

In Germany, cardiovascular diseases in 1990 caused costs of DM 32.9 billion, thus accounting for 12% of the overall expenditure for disease in the country (3.5% was spent for cancer of all sites). These data were recently published in a report of the German Federal Health Ministry on the costs and the epidemiology of diseases related to nutrition. The report, which is based on statistics of the West German Länder, is one of the few available in the world to analyze costs of diseases on a nationwide basis. Hypertension (ICD 401-405) in 1990 caused DM 4.9 billion in direct costs (including costs of out- and inpatient treatment, drugs and health spa prescriptions), and DM 2.6 billion in indirect costs (consisting of costs due to premature mortality, invalidity and inability to work). Of the more than 30 diseases covered by the report, hypertension caused the highest costs for drugs, accounting for DM 2.9 billion, or 10% of the costs for drugs spent on all diseases related to nutrition. The prevalence of hypertension in Germany was 19% in men and 16% in women. The authors calculated that in 1990 in the country 73,000 years of life were lost due to hypertension. From the many risk factors for developing hypertension, obesity was shown to be most clearly associated with the disease: 75% of all obese hypertensives developed high blood pressure because of their overweight. The report shows that many diseases could be prevented by healthier nutrition, and financial resources could be set free to be used for other purposes.

The German Federal Health Ministry report.

Ernährungsabhängige Krankheiten und ihre Kosten
Bundesministerium für Gesundheit
Kohlemeier, L.
ISBN 3-7890-3199-2

Professor M. Papa Koaté
Scientific Committee of the Senegal Heart Foundation,
BP 1207, Dakar, Senegal
## World Conference on Hypertension Control 1995
### Ottawa, June 22–24, 1995
### Tentative Program

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<td><strong>Opening</strong></td>
<td><strong>Reports from community programs for the control of hypertension in member countries</strong></td>
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<td><strong>WHL Council Conference</strong></td>
<td><strong>Regional differences in stroke – possible causes and action</strong></td>
<td><strong>How to translate science into the practice of community control</strong></td>
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<td><strong>Compliance</strong></td>
<td><strong>Use of media and other vehicles for promoting hypertension control in the community</strong></td>
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<td><strong>Welcome Reception</strong></td>
<td><strong>Reports from community programs for the control of hypertension in member countries</strong></td>
<td><strong>Hypertension control beyond blood pressure: metabolic aspects</strong></td>
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World Conference on Hypertension Control continued

broadly involve its member leagues and societies in the preparation of the Conference’s scientific program. The Presidents of all WHL member organizations were recently asked to suggest topics, as well as speakers for the Conference. The emphasis of the Conference will be on analyzing and summing up experience from national hypertension prevention and control programs. Some specific issues on the program are: compliance, effects of hypertension control on stroke incidence and fatality, and metabolic aspects of hypertension. This conference offers the opportunity to summarize and analyze the experience from different parts of the world, and to stimulate further hypertension prevention and control programs around the world. Please, plan to come to this important meeting. A limited number of travel grants is available.

Detlev Ganten
WHL President

Calendar

First Scientific Meeting of the Egyptian Hypertension League
December 7–9, 1994
Sharm el Sheikh, Sinai, Egypt
Information: Dr. M. Mohsen Ibrahim
Egyptian Hypertension League
Cairo University Hospitals
Kasr El- Ain, Cairo 11562, Egypt

5th International Symposium on Hypertension in the Community
December 11–14, 1994
Tel Aviv, Israel
Information: The Secretariat
5th International Symposium on Hypertension in the Community
P.O. Box 50006, Tel Aviv 61500, Israel

35th Annual Conference on Cardiovascular Disease Epidemiology
March 8–11, 1995
San Antonio, Texas, USA
Information: AHA, Scientific and Corporate Meetings
7272 Greenville Avenue, Dallas, TX 75231, USA

7th European Meeting on Hypertension
June 9–12, 1995
Milan, Italy
Information: Pro. A. Zanchetti
Centro di Fisiologia Clinica e Ipertensione
Università di Milano – Ospedale Maggiore
Via F. Sforza, 3520122 Milano, Italy

2nd Pan Arab Congress of Hypertension
July 30–August 3, 1995
Beirut, Lebanon
Information: Dr. Adil E. Birbari
American University of Beirut, Medical Center
P.O. Box 113 6044, Beirut, Lebanon

XV World Conference of the IUHPE
“Bringing Health to Life”
August 20–25, 1995
Tokyo, Japan
Information: IUHPE Headquarters
15-21 rue de l’Ecole de Medicine
75270 Paris Cedex 06, France

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: 20, ave du Bouchet, CH-1209 Geneva
Phone: (+41) 22 7340071, Fax: (+41) 22 7335893

Board: D. Ganten (Berlin), President
P. Sleight (Oxford), President Elect
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Robert-Rössle-Straße 10, 13125 Berlin, Germany,
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