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. 48, August 1996

Profile

The Pakistan Hypertension League

Systemic arterial hypertension is now recognized as the commonest cardiovascular disorder in all ages, in both sexes, and in all regions of Pakistan, which has a population of over 120 million people.

The figures vary from 10 to 30% in adults in various population samples and 2 to 8% in children and adolescents. It was in recognition of this problem and the challenge of urgently doing something about this "silent killer" that the Pakistan Hypertension League (PHL) was founded in mid 1995 by Professor Azhar M. A. Faruqui, Professor of Cardiology at the National Institute of Cardiovascular Diseases (Pakistan), Karachi. A multidisciplinary group of cardiologists, general practitioners, pediatricians, obstetrician-gynecologists, nephrologists, neurologists, diabetologists, endocrinologists, pathologists and lay public leaders from all over the country have been included in the founder membership.

The PHL plans to promote the dissemination of existing knowledge about, and encourage further scientific research into, the detection, control and prevention of hypertension in Pakistan. For this purpose, local, national, and international cooperation will be encouraged and mass media, seminars and group discussions will be utilized. Awards shall be instituted for organizations and individuals who help further the objectives of PHL.

The Founder President of PHL participated in the WHO-EMRO Regional Consultation on the Formulation of Guidelines for the Management of Hypertension in the Eastern Mediterranean Region, in Beirut on August 4–5, 1995. A de-

WHL News

Third WHL International Art Competition: Award Ceremony Held in Glasgow

The Award Ceremony of the third WHL International Art Competition was held at the 16th Scientific Meeting of the International Society of Hypertension, on June 26, in Glasgow.

Dr. Azhar Faruqui

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tailed document has been finalized for wide circulation in the region as well as short single-leaf hand-outs for use by primary care professionals.

A bulletin of the PHL is scheduled to start publication before the first national convention. The Executive Officer in charge of the Visiting Faculty Program of the ISH, Professor S. Julius, had been contacted to help organizing workshops in all four provinces of the country. The founder members are busy recruiting new members to broaden the membership base of PHL and have very enthusiastically taken on the challenge outlined at the outset. PHL plans to fully participate in all activities of the WHL and keep the member leagues posted on its activities and learn from them as well as exchange ideas and information on how best to stem this epidemic of systemic hypertension today.

Professor Azhar M. A. Faruqui
President
Pakistan Hypertension League
Suite 41, Holiday Inn
Crowne Plaza, Sharai Faisal
Karachi 0413, Pakistan

Telephone and Fax: +92 21 455 3488

People

The Danish Society of Hypertension has a new Board: President is Dr. Ib Abildgaard, Secretary Dr. Bente Jespersen.
Tel.: +45-38-33 55 42
Fax: +45-38-33 55 42

As of April 1996, the Uruguayan League Against Arterial Hypertension has a new Board: President is Dr. Guillermo Gazzara, Vice President Dr. Carlos Schettini, Secretary Irma Bentancurt. The Board has been elected for a one-year term.

WHL News continued

14th Working Conference of the Slovak Hypertension League in Bratislava

The Slovak Hypertension League held its 14th Working Conference on Diagnosis and Treatment of Hypertension on May 8–10, 1996 in Bratislava, Slovakia. Professor Balazovjéch invited the World Hypertension League to be a guest at this meeting.

The very interesting scientific program organized by the League compiled a wide scope of topics, including the pathogenesis of hypertension, risk factors for hypertension, hypertension and pregnancy, hypertension and ischemic heart disease, compliance issues, new approaches in drug treatment of essential hypertension, as well as epidemiological data on the incidence and prevalence of hypertension in the country.

Despite all the economic difficulties Slovakia is experiencing during the transition from a socialist to the new market economy, the Slovak Hypertension League has been able to intensify and reorganize its work. The Slovak Hypertension Society has merged with the Slovak Hypertension League.

At the meeting, a new Council of the League was elected. Professor Balazovjéch was unanimously re-elected President of the League.

I would like to congratulate Professor Balazovjéch on this impressive meeting and wish the League success for their future projects, in which the World Hypertension League will gladly help in any way it can.

Jörg Pötzs ch
Editor, WHL Newsletter
Symposium “Cardiovascular Risk Factors: Population Studies” of the Italian League against Hypertension (Padova, Italy, April 17, 1996)

In a magisterial lecture, S. Julius (Ann Arbor, Michigan) presented epidemiological evidence of the importance of hyperkinetic circulation in the genesis of arterial hypertension, which thus emerges as a major risk factor for hypertension.

P. Palatini reviewed the HARVEST study, the acronym for a study of ambulatory recording of blood pressure in the Veneto.

R. Accetto reported on an epidemiologic investigation in Ribnica, a town in nearby Slovenia.

P. Paoletto from Padova gave an interesting account of the Lugarawa study in the region of Lake Nyassa in Africa, on fish diet as compared to vegetarian diet in the Bantu population.

E. Casiglia (Padova) described the CASTEL project (Cardiovascular Study on the Elderly).

P. Strazzullo from Naples spoke about the role of the Mediterranean diet in preventing ischemic heart disease, and D. Vannuzzo from Udine analyzed the information from the MONICA Project (Monitoring trends and determinants in cardiovascular diseases) in Northern Italy.

Finally, C. Dal Palù (Padova) summed up the practical implications of the scientific information presented.

This symposium has confirmed the role of Padova University, one of the oldest and most prestigious in Europe, as a significant international focal point of epidemiological research in hypertension and cardiovascular disease. The meeting was organized by A. Pessina with a remarkable density of scientific information and has underscored the importance of cardiovascular epidemiological research in Italy.

Material published by WHL Member Leagues

The Spanish Society and League of Hypertension jointly with the Spanish Health Ministry has published the new Spanish Consensus Document for Hypertension Control. It contains data on the magnitude and prevention of arterial hypertension, definition and diagnosis, methodology of blood pressure measurement, pharmacological and non-pharmacological treatments of hypertension and hypertension in special situations.

The document is the second to appear since 1990, when the first consensus conference took place. The document is in Spanish, and will be distributed by the Spanish League of Hypertension.

For further information contact:

Professor José Rodicio or
Professor Pedro Aranda
Spanish Society and League of Hypertension
Paseo de la Castellana, 201
28046 Madrid, Spain

Fax: +34-1-390 91 18
In May a jury of 13 members rated the posters that were sent to us from the United States and China. The decision was very difficult. In the end, the first prize was awarded to the poster “Your Heart is in Your Hand” by Emily Artz from the United States. The second prize went to Jeffrey B. Fisher, United States, for his work “Nurture your Heart”. The third prize was awarded to Miao Yintang and Miao Wei, China, for their poster “The Best Prize”. Congratulations to the winners, and a big thank you to all participants and organizers.

Emily Artz attended the Award Ceremony in Glasgow. The second and third prizes will be presented in the home countries of the winners. The WHL Newsletter will publish the winning posters in the next issues.

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**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:
Medical College of Ohio, Dept. of Medicine, P.O. Box 10008, 3000 Arlington Ave, Toledo, OH 43699-0008, USA
Phone: (+1) 419 381-6016, Fax: (+1) 419 381 5360
E-mail: pjmulrow@opus.mco.edu

Board:
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A. Chockalingam (Ottawa), Adviser, Patient Education Project
M. M. Ibrahim (Cairo), Adviser, Developing Countries

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J. Pötzsch, Editor; E. Pirsch, Editorial Assistant
Editorial Office:
Max Delbrück Center for Molecular Medicine (MDC)
Robert-Rössle-Str. 10, 13125 Berlin-Buch, Germany
Phone: (+49) 30 9406 3510, Fax: (+49) 30 9406 2254
E-mail: poetzsch@mdc-berlin.de
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