The 18th WHL Council Conference and Workshop on Hypertension in the Elderly was a huge success. After the business meeting each of the delegates described the programs for controlling hypertension in his/her country. Very active and effective programs are being carried out, even in countries with limited resources. However, universally, the percentage of patients with hypertension controlled to the goal of < 140/90 is still very low. Part of the poor results is related to the expense of medications. This is particularly true in the developing countries.

It was clear that hypertension in the elderly is an epidemic with a prevalence in many countries of over 50% in those 60 years of age or older. The prevalence varied from different regions in the world and in different regions within countries, such as in Peru as reported by Dr. Guillermo Morales Stiglich, where prevalence varied among the coastal, high altitude, and lowland regions.

Dr. George Fodor described development of a protocol for surveying hypertension in the elderly in the WHL member organizations. More information will be available as this survey is further developed.

During lunch, active informal discussion continued among the members. The afternoon session began with Dr. Detlev Ganten giving the Thomas Strasser Lecture in which he discussed the implications of gene research on the future control of management of hypertension. Dr. Arun Chockalingam gave a formal presentation of the epidemiology of hypertension in the elderly. Drs. Peter Sleight and Patrick Mulrow presented a discussion of the mechanisms of hypertension in the elderly. A number of factors seem to be involved: genetics, arterial stiffness, baroreceptor dysfunction, decreased renal function with increased sensitivity to salt, and obesity.

Drs. Jan Staessen (Belgium) and Artur Ribeiro (Brazil) discussed treatment of hypertension in the elderly in detail, while Drs. Osvaldo Brusco (Argentina) and Ernesto Schiffin (Canada) discussed the management of dyslipidemia and diabetes in the elderly. Educational approaches to managing hypertension in the elderly was another important topic. Dr. Martha Hill (USA) discussed the importance of the nurses’ role in carrying out the treatment plans in populations. Dr. Claude Lenfant discussed designing and implementing a campaign to reach older Americans to control blood pressure.

After a very successful meeting the WHL members joined the IASH members in attending the Opening Ceremony and Reception of the Inter-American Society of Hypertension Meeting. A number of the WHL members participated in the three-day symposium of the IASH.
## Directory of WHL Members

### Part two

<table>
<thead>
<tr>
<th>Country</th>
<th>Society</th>
<th>Contact Person</th>
<th>Address</th>
<th>Phone / Fax / E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Italy</strong></td>
<td>Italian League against Hypertension</td>
<td>Prof. C. Dal Palu</td>
<td>Università di Padova, Clinica Medica I, Via Giustiniani 2, 35100 Padua</td>
<td>(390)-49-876 1518, (390)-49-875 4179</td>
</tr>
<tr>
<td><strong>Japan</strong></td>
<td>Japanese Society of Hypertension</td>
<td>Dr. Takao Saruta</td>
<td>Keio University, Dept. of Internal Medicine, 35 Shinanomachi, Shinjuku-ku, Tokyo 160</td>
<td>(81)-3-3353-1211, ext. 2740, (81)-3-3354-7446</td>
</tr>
<tr>
<td><strong>Kenya</strong></td>
<td>Kenya Hypertension League</td>
<td></td>
<td>International Center for Health, Development and Research, IPS Bldg., Kimathi Street, PO Box 43590, Nairobi</td>
<td>(254)-2-224-973, (254)-2-215-671</td>
</tr>
<tr>
<td><strong>Korea</strong></td>
<td>Korean Society of Hypertension</td>
<td>Prof. Un Ho Ryoo</td>
<td>Prof. Haeng Il Koh, College of Medicine, Inje University, Seoul Paik Hospital, Dept. of Internal Medicine, 85, Jeodong 2-ka, Chungku, Seoul 100-32</td>
<td>(82)-2-2268 9952, (82)-2-2268 9952, <a href="mailto:raphael8@shinbiro.com">raphael8@shinbiro.com</a></td>
</tr>
<tr>
<td><strong>Latvia</strong></td>
<td>Heart Foundation of Latvia</td>
<td>Dr. Vilnis Dzerve</td>
<td>Institute of Cardiology of Latvia, 13, Pilsomu Str., 1002 Riga</td>
<td>(371)-261-4094, (371)-261-4641</td>
</tr>
<tr>
<td><strong>Lebanon</strong></td>
<td>Lebanese Hypertension League</td>
<td>Dr. Adel E. Birbari</td>
<td>American University of Beirut Medical Center, Division of Nephrology, PO Box 113, Beirut</td>
<td>(961)-1-340-460</td>
</tr>
<tr>
<td><strong>Lithuania</strong></td>
<td>Lithuanian Hypertension League</td>
<td>Dr. Gediminas Sakalnikas</td>
<td>Institute of Cardiology, Sukileiu Str. 17, 3007 Kaunas</td>
<td>(370)-7-732-129, (370)-7-732-286</td>
</tr>
<tr>
<td><strong>Mexico</strong></td>
<td>Arterial Hypertension Society of Mexico</td>
<td>Dr. Enrique Hong</td>
<td>Instituto Nacional de Cardiologia, Ignacio Chávez, Juan Badiano 1, 14080 Mexico, D.F.</td>
<td>(52)-5-5573 2911, (52)-5-5573 0994</td>
</tr>
<tr>
<td><strong>Moldova</strong></td>
<td>Hypertension Foundation of Moldova</td>
<td>Dr. Victor Botnaru</td>
<td>St. Archangel Michail Hospital Chair of Internal Diseases, St. Archangel Michail Str. 32 PO Box 277001, Chisinau</td>
<td>(373)-244-166, (373)-222-259</td>
</tr>
<tr>
<td><strong>Morocco</strong></td>
<td>National League for the Control of Cardiovascular Disease</td>
<td>Prof. M. Benomar</td>
<td>Hôpital Avicenne, B.P. 1326, Rabat RP</td>
<td>(212)-7-41549, (212)-7-73232</td>
</tr>
<tr>
<td><strong>The Netherlands</strong></td>
<td>Hypertension Society</td>
<td>Dr. Peter Chang</td>
<td>University Hospital Leiden, Dept. of Nephrology C3-P PO Box 9600, 2300 RC Leiden</td>
<td>(31)-71-5262218, (31)-71-5248118</td>
</tr>
<tr>
<td><strong>Nigeria</strong></td>
<td>Nigerian Hypertension Society</td>
<td>Prof. A.F.B. Mabadeje</td>
<td>Lagos University Teaching Hospital, Dialysis Centre, Box 191 Univ. Box Office Akoka, Lagos</td>
<td>(0234)-1-821-501, (0234)-1-821-501</td>
</tr>
<tr>
<td><strong>Norway</strong></td>
<td>Norwegian Society of Hypertension</td>
<td>Prof. Per Omvik</td>
<td>Haukeland Hospital, Dept. of Medicine, 5021 Bergen</td>
<td>(47)-55 975 000, (47)-55 975 836</td>
</tr>
<tr>
<td><strong>Pakistan</strong></td>
<td>Pakistan Hypertension League</td>
<td>Prof. Azhar M.A. Faruqui</td>
<td>National Institute of Cardiovascular Disease, Rafiqui (H.J.) Shaheed Road, Karachi 75510</td>
<td>(92)-21-920 1286, (92)-21-920 1287, <a href="mailto:nicol@khi.comau.net.pk">nicol@khi.comau.net.pk</a></td>
</tr>
<tr>
<td><strong>Palestine</strong></td>
<td>Palestinian Hypertension Association</td>
<td>Dr. Wa'il Shawwa</td>
<td>El-Wehda St., 740/42, PO Box 1030 Remal, Gaza</td>
<td>(97)-27-865-855, (97)-27-861-187</td>
</tr>
<tr>
<td><strong>Paraguay</strong></td>
<td>Paraguayan Society of Hypertension</td>
<td>Dr. Miryan Ayala</td>
<td>Pitiutita 613 esq, Juan de Salazar, Asunción</td>
<td>(595)-21-210-779, (595)-21-212-044</td>
</tr>
</tbody>
</table>
Peru
Peruvian Society of Arterial Hypertension
Dr. Guillermo Morales Stiglich
Av. Intihuatana No. 479, Tambo de Monterrico – Surco, Lima
(51) 1 438-0512
(51) 1 438-0512

The Philippines
Philippine Society of Hypertension
Dr. Ramón F. Abarquez, Jr.
Unit 33, Facilities Centre 548 Shaw Boulevard, Mandaluyong, Metro Manila 1501
(63)-2-531-1204
(63)-2-531-1281

Poland
Polish Society of Hypertension
Prof. Stefan Rywik
National Institute of Cardiology, Dept. of CVD Epidemiology and Prevention, Alpejska St. 42 04-628 Warsaw
(48) 22 815 6556
(48) 22 631 3807
plnews@skard.waw.pl

Portugal
Portuguese League against Hypertension
Prof. Jorge Polonia
Dr. Rasiklal Ranchhod
Campo Grande, 28, 4°C 1700 Lisbon
(351)-1-1797 0685
(351)-1-1793 1095

Romania
Hypertension Section of the Romanian Society of Cardiology
Prof. Leonida Gherasim
169 Spl. Independenlei 5 Bucharest, 79800
(401) 638 4380
(401) 211 0538
mdoro@cardio.uhosp.ro

Russia
Russian Society of Hypertension
Dr. Yuvenali V. Postnov
Cardiology Center of the Academy of Sciences 3rd Cherepovskovskaya Str. 15a Moscow 121 552
(7)-095-414-5321
(7)-095-415-2962

Senegal
Senegal Heart and Hypertension Foundation
BP 1207 Dakar
(221)-226884

Slovakia
Slovak Hypertension League
Prof. Stefan Farský
Zelená 3, Dom srdá, 03608 Martin
(421) 842 282 371
(421) 905 521 368
hearthouse@zdnetmail.com

Slovenia
Slovene Hypertension Society
Dr. Rok Accetto
University Medical Center Division for Hypertension Vodnikova 62 61000 Ljubljana
(386)-61 1551 555
(386)-61 1551 550

South Africa
Southern African Hypertension Society
Dr. D. P. Naidoo
Prof. J. N. Milne
Univ. of Witwatersrand
Dept. of Medicine 7 York Road, Parktown 2193
(27)-11-488-3621
(27)-11-643-8777

Spain
Spanish Society and League of Hypertension
Prof. José Rodicio
University Hospital Hypertension Unit San Carlos 28040 Madrid
(34)-1-390-8383
(34)-1-390-9118

Sweden
Swedish Hypertension Society
Prof. Bengt-Göran Hansson
Regional Hospital, Dept. of Medicine, 310 85 Halmstad (46)-35-131-000
(46)-35-131-546

Switzerland
Swiss Association against High Blood Pressure
Dr. Franco Muggli
Residenza i Platani 4 CH-6943 Vezia (Lugano)
(41)-91-561816
(41)-91-569044

Taiwan
Taiwan Society of Cardiology
Dr. Philip Yu-An Ding
Veterans General Hospital-Taipei, 201, Sec. 2, Shih-Pai Road, Taipei, Taiwan 112
(886-2) 2875-7229
(886-2) 2875-3580
yadong@vghtpe.gov.tw

Thailand
Thai Hypertension League
Dr. Khunying Pungchai Ngarman-Ukos
Siriraj Hospital, Dept. of Medicine, (66)-2-419-7190
Hypertension Unit, Bangkok-noi, (66)-2-419-7790
Bangkok 10700

Turkey
Turkish Association for Hypertension Control
Dr. M. Remzi Önder
Ege University Medical Faculty Cardiology Dep., 1441 sok.No. 2/13, Alsancak, Ismir
(90)-232-4224777
(90)-232-3746618
kultur@bornova.ege.edu.tr

WHL·NEWSLETTER 66/99

to be continued
People

Dr. Maria Helena Catelli de Carvalho, R. Mal. H. de Moura, 338 bloco A, apto 13 B, 05641-000 Sao Paulo, Brazil, was elected as president of the Brazilian Society of Hypertension.
Tel.: (+55-11) 818 7433
Fax: (+55-11) 818 7433
e-mail: mahecaca@icb.usp.br

Professor Per Omvik was elected as president and Dr. Rune Mo as Secretary General of the Norwegian Society of Hypertension for a two-year term starting on March 13, 1999. The address of the Society is: Haukeland University Hospital, Dept. of Cardiology, 5021 Bergen, Norway.
Tel.: (+47) 5597 5000
Fax: (+41) 5597 5836

Dr. Miguel Sanchez-Palacios was elected as president of the Peruvian Society of Cardiology. The address of the Society is: Apartado Postal 2127, Lima 100, Peru.
Tel/Fax: (+51) 1 372 0287

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) 419 383-6016, Fax: (+1) 419 383 5360
E-mail: gmonhollen@mco.edu
Internet: http://www.mco.edu/whl

Board:
P. Sleight (Oxford), President
C. Lenfant (Bethesda), President Elect
D. Ganten (Berlin-Buch), Past President
L. Lisheng (Beijing), Vice-President
P.J. Mulrow (Toledo, Ohio), Secretary General
K.H. Rahn (Münster), Secretary General
G. Fodor (Ottawa), Special Adviser
T. Strasser (Geneva), Adviser, International Liaison
P. Sleight (Oxford), President
A. Chockalingam (Ottawa), Adviser, Patient Education-Project
M.M. Ibrahim (Cairo), Adviser, Developing Countries
The WHL Newsletter is published bimonthly by the World Hypertension League.

J. Pötzsch, Editor; E. Pisch, Editorial Assistant
Editorial Office:
Max Delbrück Center for Molecular Medicine (MDC) Robert-Rössle-Str. 10, 13125 Berlin-Buch, Germany
Phone: (+49) 30 9489 4533, Fax: (+49) 30 9489-4589
E-mail: poetzsch@mdc-berlin.de
ISSN 1013-1639 Production and distribution: Georg Thieme Verlag Stuttgart New York

The WHL Newsletter is published with the support of

Calendar

II. Uruguayan Congress of Hypertension
September 5–7, 1999
Montevideo, Uruguay
Information: Secretariat of Congresspersonas S.R.L.
Fax: (+598) 2 408 295

4th European Research Conference on Blood Pressure & Cardiovascular Disease
October 15–17, 1999
Noordwijkerhout, The Netherlands
Information: The Secretariat, Hampton Medical Conferences Ltd. 127 High Street, Teddington Middlesex, TW11 8HH, UK, Fax: (+44) 181 977 0055
e-mail: hmc@hamptonmedical.com

International Symposium on Obesity and Hypertension
October 28–30, 1999
Berlin, Germany
Information: Prof. A.M. Sharma
Universitätsklinikum Benjamin Franklin Hindenburgdamm 30, 12200 Berlin, Germany
e-mail: ISOH99@gmx.de
http://www.medizin.fu-berlin.de/nephro/ISOH99

30th Heart & Stroke Clinical Update
December 9–11, 1999
Toronto, Canada
Information: Wade Barker, Heart & Stroke Foundation of Ontario, 1920 Yonge Street 4th Fl., Toronto, Ont. M4S 3E2, Canada
Fax: (+1) 416 489 4151

7th World Congress on Heart Failure – Mechanisms and Management
July 9–12, 2000
Vancouver, BC, Canada
Information: PO Box 17569, Beverly Hills, CA
Fax: (+1) 310 275 8922

7th International Conference on System Science in Health Care
May 29–June 2, 2000
Budapest, Hungary
Information: Mária Tóth, Conference Tours Ltd., Kossuth tér 6–8, H-1055 Budapest, Hungary
Fax: (+36) 1 353 0025
E-mail: conftour@mtesz.hu