The second annual World Hypertension Day (WHD) 2006 was again a resounding success. Under this year’s motto “Treat to goal” an abundance of activities took place throughout the world, thereby reinforcing the importance of high blood pressure control and prevention. In this edition, the WHL is pleased to feature the WHD 2006 activities of four members:

Activity Report from Nepal

The Nepal Hypertension Society successfully conducted WHD activities on May 13, 2006. The activities included:

1) Interaction program: The panel members consisted of Dr. G.P. Acharya, Dr. A.B. Upadhyaya, Dr. J.P. Agrawal, Dr. G.B. Baniya, Dr. R. Koju and Dr. D. Sharma. It was well attended by the general public and the media. There were very interesting questions and answers, which was well covered by press and electronic media. This has been of great help in increasing the general awareness. The panel emphasized the importance of hypertension and its complications and provided information on its prevention, detection and treatment to goal. Leaflets and posters supplied by WHL were translated into Nepali language. The copies are being distributed throughout the year.

2) On the initiative of the Executive Committee member Dr. Agrawal, a hoarding board was prepared illustrating the importance of hypertension. It was displayed at a very prominent place in the heart of Kathmandu. A calendar displaying the hoarding board was also prepared and is being distributed throughout Nepal.

3) Similar activities were also conducted by our expert member, Dr. Koju in Dhulikhel, another district of Nepal. They also included: Awareness program: Display of our WHD Poster in different public areas; distribution of leaflets to general public and patients; discussions about hypertension in public gathering in hospital. Talk Program: Held in Dhulikhel Hospital among staff and doctors.

4. The President of the Nepal Hypertension Society gave a live interview on hypertension through the national radio which was broadcasted nationwide.

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From right to left: Ingrid Develter (nurse, Belgian Hypertension Committee), Pascal Smet (Minister of Mobility, Public Works and Taxis in the Government of the Brussels Capital Region) with a taxi driver.

Activity Report from Belgium

The Belgian Hypertension Committee organized a large and very successful blood pressure campaign on Saturday, May 13, 2006, in Belgium. The campaign was described in many Belgian newspapers and produced new publications on the dangers of high blood pressure. Interviews on the radio and television further stressed the importance of the detection, prevention and treatment of high blood pressure. A particular emphasis was also placed on the importance to “Treat to Goal”. A letter which summarizes our activities will be submitted shortly to the Journal of Hypertension. We presented blood pressure data on 37,000 university students recorded over the past 10 years, 1,000 students studied between 2002 and 2005 at a professional school and 103 taxi drivers.

In 2005, a large campaign was conducted during the World Hypertension Day and many Belgian Parliamentarian representatives were screened for hypertension. This campaign had also a tremendous impact in promoting a healthier lifestyle to fight against hypertension. This activity was published in the Journal of Hypertension 2005, 23:2109-2111.

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President, Belgian Hypertension Committee
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Activity Report from Canada

The WHD activities have begun in Canada with a splendid start in the British Columbia (BC) Provincial Legislature, on May 8, 2006 in Victoria, BC. Our Minister of Health Honorable George Abbott declared May 8 to 13 as ‘Hypertension Awareness Week’ and May 13 as the ‘World Hypertension Day’. In a public event many of our provincial Ministers, MLAs and local dignitaries had their BP measured. Later in the afternoon, the Minister recognized the efforts of WHL and read a PROCLAMATION. The BC Medical Association emphasized its commitment to have all British Columbians get their BP checked and know their numbers. All in all it was a grand beginning.

On May 11, 2006, WHD was launched in the Canadian Parliament. Special symposia were organized in Montreal and Toronto by the Quebec and Canadian Hypertension Societies, respectively. The Canadian Journal of Cardiology released a full issue on Hypertension in honor of WHD on May 15, 2006 containing 12 scientific articles. Public awareness campaigns were held in Halifax, Montreal, Windsor, Toronto and Vancouver.

Partner organizations (Public Health Agency of Canada, Canadian Institutes of Health Research, continued on page 3
WHD 2006 — Activity Report from Canada continued

Canadian Hypertension Society, Quebec Hypertension Society, Blood Pressure Canada, Canadian Stroke Network, Heart and Stroke Foundation of Canada, and the Canadian Public Health Association) and supporting industrial partners promoted WHD through their websites. Over 300,000 brochures and 50,000 posters were distributed through family physicians offices throughout the country.

All in all WHD 2006 was a grand success all across Canada.

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Activity Report from Egypt

On Saturday morning, May 73, 2006, a scientific meeting was held at a Cairo hotel and attended by internists, nephrologists, cardiologists and family doctors. The program included Session I, entitled “Treat-To-Goal” and Session II, a Panel discussion on “Life-Style-Issues” by Sherief Hafez (Obesity), Abdel Moniem Ibrahim (Diet), Aziz Madkour (Salt), Hossam Kandil (Physical Activity) Sameh Shahien (Stress) and Hussien Rizk (Monitoring).

In the afternoon and evening, we had a number of simultaneous activities in Cairo and Alexandria, the second largest city in Egypt, in a number of sporting and cultural clubs.

During these meetings, non-physician members and guests were invited to attend a number of presentations about high blood pressure definition, magnitude of the problem, importance, prevention, role of life-style and the need for life-long blood pressure monitoring and antihypertensive therapy.

These meetings were well-attended and the audience participated in open discussions with the faculty. The proper technique for accurate measurement of blood pressure was discussed during these meetings.

Before and after these meetings, our junior medical staff volunteered to check the blood pressure of guests.

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People

Breaking News

Dr. Claude Lenfant has stepped down as President of WHL. Vice President Dr. Liu Lisheng, Beijing (China), is the new Acting President of WHL. More details will be provided in the next WHL Newsletter.

The mailing address of the Portuguese Society of Hypertension (SPA) has changed: Secretariat SPA, Av. Visconde Valmor, nº12, r/c direito A, 1000-291 Lisbon, Portugal.

Tel. (+351-21) 7960 097
Fax: (+351-21) 7960 098
E-mail: geral@sphta.org

Calendar

WHL Symposium
"Prevention and Control of Hypertension: A focus on the programs in Asian countries"
at the 21st Scientific Meeting of the ISH
October 15, 2006
Fukuoka, Japan
Information: Georgiann Monhollen
Medical University of Ohio
Dept. of Medicine, 3120 Glendale Ave
Toledo, OH 43614-5809, USA
Fax: (+1-419) 383 5360
E-mail: gmonhollen@meduohio.edu

10th Annual Symposium of the Pakistan Hypertension League
November 4–5, 2006
Peshawar, Pakistan
Information: Dr. Saeed-ul-Majid
Majid's Clinic, Sikandarpura
Peshawar, Pakistan
Fax: (+91-22) 16991
E-mail: ofm@psb.paknet.com.pk

6th Genova Meeting on Hypertension, Diabetes and Renal Diseases
February 22–24, 2007
Genova, Italy
Information: Ms. Barabara Rossi
ARISTEA
Fax: (+390) 105 531-544
E-mail: rossi@aristea.com

22nd Annual International Interdisciplinary Conference on Hypertension and Related Risk Factors in the Ethnic Minority Populations
June 21–25, 2007
Orlando, FL, USA
Information: ISHIB, 100 Auburn Avenue
Suite 401, Atlanta, GA 30303, USA
Fax: (+1-404) 880-0347
Website: http://www.ishib.org/ISHIB2007/

11th Pan-Arab Conference on Diabetes PACD11
March 27–30, 2007
Cairo, Egypt
Information: Dr. Mahmoud Ibrahim
Conference Secretariat, 19 Nasouh Street
Zeitoun, Cairo 11321, Egypt
Fax: (+202) 272 3693
E-mail: mahmoud@arab-diabetes.com
Website: http://www.arab-diabetes.com

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).

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Anja Kroke, Editor; Erika Pisch, Editorial Assistant

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