Profile

The Norwegian Society of Hypertension was founded in February 1987. The chairman of the Oslo Study of Cardiovascular Diseases, Professor Paul Leren, MD, was elected its first president and Professor Per Lund-Johansen of the Department of Cardiology, Haukeland Hospital, Bergen, the first vice-president. The Society consists exclusively of researchers in the field of clinical and experimental hypertension. There are now 65 members, representing general internal medicine, cardiology, nephrology, general practice, pharmacology, gynaecology and physiology. The Society has not involved itself directly in research projects but is devoted to promoting information about the diagnosis and proper treatment of hypertension by organising meetings and keeping in touch with international societies including the World Hypertension League. Biennially, the Society arranges a scientific meeting for researchers in the field of hypertension. Last spring, the Second Scientific Meeting of the Norwegian Society of Hypertension was held at a resort hotel in the surroundings of Lillehammer, the 1994 Olympic host city. Professor Stevo Julius, MD, of the University of Michigan, Ann Arbor, was the invited speaker. He and other presenters from Michigan, Connecticut and Iowa together with participants from all the universities in Norway contributed to making the meeting a great success. The next scientific meeting will take place in the historic city of Rorás in February 1991. The Society also organises a course that runs over 3 days for...

WHL News

In its third year of publication, the English version of the WHL Newsletter is now distributed in 99 countries around the world. All member leagues are encouraged to translate the WHL Newsletter into their national language. At the last Council Conference rules for these translations were adopted and can be requested from the Editorial Office. Responsibility for production and distribution of the translated Newsletter rests with the national league. Currently, an Italian and a Spanish version are produced regularly and can be obtained from the respective leagues. Leagues wishing to translate the WHL Newsletter should contact the Newsletter Editorial Office for further information.

The WHL International Art Competition will start in 7 countries at the beginning of 1991. It will be divided into a national phase organised by the participating member league...
internists and general practitioners on the epidemiology, pathogenesis and treatment of hypertension. The 1990 course took place at Ullevaal Hospital, Oslo, in March and featured invited speakers from the USA, UK, Sweden and Denmark. The existence of the Norwegian Society of Hypertension is now well established. Hopefully, the Society will expand and with time be able to increase its international connections.

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Newsletter Questionnaires

In the answers to questions on how to improve the Newsletter, some readers suggested expanding the library section with a larger (and better) selection of books. We want to use this opportunity to invite our readers to submit reviews of books found to be helpful in the area of hypertension (please send a copy of the reviewed book — it will be returned promptly). The editorial board would like to encourage contributions by our readers, be it book reviews or scientific news, and greatly appreciates your cooperation.

Scientific News

Overweight and Hypertension

Two recent studies have indicated a strong genetic determination for a tendency to become overweight (1) and a close relationship between overfeeding and rise in diastolic blood pressure (2). The analysis of Swedish data on twins used in the first study attributed 70% of differences in body-mass index to genetic determinants and found little evidence for any influence of the childhood environment on obesity in later life. The very elaborate second study showed a statistically significant increase of diastolic blood pressure from 66 to 70 mmHg in young men after overfeeding by 1000 Cal per day for 84 days. These results highlight the links between overweight and hypertension (and hyperinsulinaemia) and their probable connection to specific genetic backgrounds. The WHL has also recently published an In the Focus Statement on the importance of weight control in the management of hypertension (3).

References:

Blood Pressure of Children and Adolescents in China

We studied 70,000 healthy children and adolescents aged 7-17 years in several Chinese provinces. The prevalence of hypertension according to the WHO standard varied between 0.51% and 7.38%. There was a steady increase of blood pressure with age but no variation between different ethnic groups in one location. There were, however, marked variations between regions, pointing to a stronger influence of environmental factors than genetic background.

For further information:
Hu Yu-zhi and Yang Nian-hong
Dept. of Child and Adolescent Health
Tongji Medical University
Hu Bei Province, Wu Han
People’s Republic of China
Useful Materials

Office Evaluation of Hypertension

A statement for health professionals on the office evaluation of hypertension has recently been published by the Council for High Blood Pressure Research of the American Heart Association. This council report contains clear guidelines for complete yet reasonable and cost-effective procedures in the initial diagnostic work-up of hypertensive adults and children. A timely reminder of the predominance of excessive alcohol consumption and use of oral contraceptives among the curable causes of hypertension stresses the importance of proper history taking. A list of clues that warrant the use of more elaborate diagnostic technology in search of a particular condition is also included. The report will be very helpful to all physicians involved in the initial evaluation of hypertensive patients. Single copies can be requested from the American Heart Association, Inquiries Department, 7320 Greenville Avenue, Dallas, TX 75231, USA.

Non-pharmacological Management of Hypertension

A 50 page booklet on the non-pharmacological management of hypertension has recently been published by the American National Kidney Foundation. Experts actively involved in both clinical and basic research provide a concise and up-to-date review of the literature on the effects of life style and diet on hypertension. A section on patient education and a few representative case reports make this booklet useful in the continuing medical education of physicians working in the field of hypertension control. Individual copies can be requested from the National Kidney Foundation, Inc., 30 East 33rd Street, New York, NY 10016, USA.

WHL members who would like to translate or distribute any of the above statements should contact the Newsletter office.

Letters to the Editor

The letter of Dr. Printz (WHL Newsletter, 11/90) about the position of hypertension as a medical discipline is well grounded and timely. As our experience suggests, the research and management of arterial hypertension should be located between the academic departments of internal medicine and clinical pharmacology.

The Hypertension Out-patient Clinic at the Hospital Firule in Split, Yugoslavia, was formed as a branch of the Clinical Pharmacology Unit in the Department of Medicine. The work-up of selected hypertensive patients is continued on an in-patient basis at the same unit. Bringing together cardiologists, nephrologists and endocrinologists with the clinical pharmacologists in this clinic has made it one of the most influential and efficient in the country.

There are between 2000 and 3000 patients referred annually for a second opinion. Clinical pharmacologists constitute the "hard core" of this clinic, and its technical facilities are shared by all the co-workers. In addition to the out-patient and in-patient care of hypertensive individuals, this interactive clinic has become the policy-making centre for the management of hypertension and one of the strongest research nuclei (clinical trials, human pharmacology) for antihypertensive therapy in this country.

Our experience therefore strongly endorses Dr. Printz's point of view, expressed in his response to Dr. Strasser's editorial (June 1989).

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The WHO and the International Epidemiological Association have jointly published a 650 pp reference volume on the concepts and methods of evaluating health promotion. Emphasis is put on how to measure the changes in people's health, which can be used to assess the effectiveness of public health policies and programmes. The methods of health measurement range from the evaluation of growth to physiological and psychosocial well-being as well as life-style evaluation. The last part of the book provides numerous, impressive examples and applications of the described measurements. Although only a few of the examples provided are directly related to cardiovascular disease, some of the many methods described will certainly be useful in this field, too.

**Impressum**

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