Profile

The Council for High Blood Pressure in Ireland was founded by the Irish Heart Foundation in 1990 with the following membership: Professor Kevin O'Malley, Chairman; Professor Eoin O'Brien, Secretary; Dr. P. Sullivan, Dr. I. Graham, Dr. D. Kilcoyne, Professor B. Ferris, Dr. D. Johnston and Dr. Emer Shelley. The aims of the Council are:

a) To act in an advisory role to the Irish Heart Foundation on all matters pertaining to hypertension;

b) To educate for both the lay public and medical personnel on hypertension;

c) To facilitate research; and

d) To foster links with international organizations working in the area of hypertension research and education, e.g. the World Hypertension League, the International Society of Hypertension and the European Society of Hypertension.

Ongoing activities include involvement in the World Hypertension League “Hypertension Management Audit Project” and a reappraisal of literature for lay persons on high blood pressure. The Council was represented by Dr. Pat Sullivan at the World Hypertension League Meeting, Barcelona, 26th–29th September 1991. The Council co-sponsored a major symposium on 24-hour Ambulatory Blood Pressure Measurement held in the Royal College of Surgeons in Ireland in September 1991. The programme consisted of lectures and posters from world leaders in the field, and the proceedings were to be continued on page 2

WHL News

WHL Council Conference 1992

On May 6th, the WHL held its yearly Council Conference in Berlin. The Council of the WHL consists of representatives of all member organizations, and its conferences held at 1 to 2 year intervals are an important activity of the WHL. These meetings deal with policy matters and administrative issues of the WHL, and most importantly, technical issues of hypertension control are debated. At this year’s conference an In Focus Statement on the possibility of reducing the usage of drugs by non-pharmacological means was presented.

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published in a Supplement to the *Journal of Hypertension* in December 1991. We believe that ambulatory blood pressure measurement may play a key role in redefining the epidemiology of hypertension and in hypertension management in the future.

Given our short history and the necessarily small numbers nationally, our achievements cannot match those of well-established and larger affiliates of the World Hypertension League. Notwithstanding, the Council has a clear view of its remit and is confident of making an important contribution to hypertension control in Ireland and of playing a useful role in the World Hypertension League.

Prof. K. O’Malley
Council for High Blood Pressure of the Irish Heart Foundation, Royal College of Surgeons
123 St. Stephen’s Green
Dublin 2, Ireland

WHL News continued

means was discussed, and this paper will be published shortly.

The Council Conference also served to provide an up-date of the activities of the member leagues. We will present these updates in the next Newsletters.

Argentina, Austria and Brazil were accepted as new members into the WHL. Total membership of the WHL now stands at 45 organizations. The world map on page 1 shows all WHL member countries in red. Their addresses can be requested from the Newsletter office.

Personal contacts among the leaders of national hypertension leagues and the other member societies of the WHL during the conference are also essential for cooperation beyond the meetings, and they were further stimulated by the invitation of the Senator of Science and Research of Berlin to a reception on the evening of May 7th.

During the day of May 7th, a symposium titled “From Hypertension Research to Control Policy” was organized by the WHL in cooperation with the German Hypertension League. This symposium provided ample opportunity for an in-depth discussion on strategies for the prevention and control of hypertension.

This year was also an election year for officers of the WHL. Detlev Ganten was re-elected as President for a second term, Peter Sleight of Oxford was nominated President Elect, to take office in 1995, and George Fodor has been elected as the new Vice President. Claude Lenfant had held this position since the beginning of the WHL and has contributed greatly to the success of the League during the 9 years of its existence. The WHL Council took the opportunity to express the sincere thanks of all members to Dr. Lenfant for his efforts on their behalf.

The WHL Council will initiate a new activity called the Hypertension Digest Project. The goal will be to elaborate and disseminate brief guidelines for the treatment and management of selected aspects of hypertension. The Executive Board of the WHL will act as an Editorial Committee and will invite experts to write a first outline in English based on the national material. These will be circulated to the representatives of the national member leagues in a similar fashion to In Focus statements. The member leagues will also be encouraged to translate the guideshets into other languages.

The heart: a pump to be preserved.
Check your blood pressure.
Poster by Gaetano Mainenti from Italy
Scientific News

Hypertension and the Brain
The US National High Blood Pressure Education Program recently published a review on hypertension and the brain (1). In the paper the neurogenic mechanisms important in the maintenance of hypertension are discussed as well as the deleterious effects this condition has on the brain. Hypertensive encephalopathy results from a sudden, sustained rise of blood pressure sufficient to exceed the upper limit of cerebral blood flow autoregulation. The cerebral circulation can adapt to chronic, less severe hypertension but this occurs at the cost of changes that predispose to stroke due to arterial occlusion or rupture. “Stroke” is a generic term for a clinical syndrome that includes focal infarction or hemorrhage in the brain, or subarachnoid hemorrhage. Atherothrombembolism and thrombotic occlusion of small-diameter end arteries are the principal causes of cerebral infarction. Microaneurysm rupture is the usual cause of hypertension-associated intracerebral hemorrhage. Rupture of aneurysms on the circle of Willis is the most common cause of non-traumatic subarachnoid hemorrhage. Stroke is a major cause of morbidity and mortality, particularly among persons aged 65 years or older. Treatment of diastolic hypertension reduces the incidence of stroke by about 40%. Treatment of isolated systolic hypertension in persons aged 60 years and older reduces the incidence of stroke by more than one third. Therefore, reduction of an elevated blood pressure is one of the most important goals in the prevention of stroke. Blood pressure management in the setting of acute stroke and the role of antihypertensive therapy in the prevention of multi-infarct dementia require further study.

Reprints of the paper can be requested from
Dr. Edward J. Roccella
National High Blood Pressure Education Program
National Heart, Lung, and Blood Institute
National Institutes of Health
Box 120/80
Bethesda, MD 20892, USA

References:

World Health Day Celebrations at the National Heart Institute of India
As a collaborative centre of the South East Asia Office of WHO in Preventive Cardiology, the All India Heart Foundation and National Heart Institute observed this day with several programmes important for the prevention of heart diseases.
Dr. U. Ko Ko, Regional Director of the WHO, opened an exhibition which was arranged on the lawns of the National Heart Institute. Food stuffs to keep the heart healthy and pamphlets printed by the All India Heart Foundation on many aspects of heart disease were also on view.
An executive check-up which included a physical examination, ECG and essential blood tests for adults and children was offered. Hypertension and diabetes were the two most frequent findings.
Dr. S. Padmavati, Director, of the National Heart Institute, moderated a panel discussion on the prevention of heart disease at WHO headquarters. She also participated in a panel discussion at the India International Centre organized by the Delhi Chapter of the International Union of Health Education.

Watch out! Hypertension.
Poster by Bao Haiqing from China
Obituary
Professor Cesare Bartorelli, Honorary President and one of the founders of the WHL, died in Milan on October 19, 1991. He was born in Parma in 1911, where he qualified in medicine in 1935. In 1951 he became the Professor of Internal Medicine at the University of Siena and, from 1969, at the University of Milan. He dedicated his life to fostering research on hypertension. In 1977, with F. Gross and T. Strasser, he founded the WHL. He will be remembered by the international scientific community not only as an excellent physiologist and clinician, but also as a man of great generosity and warmth.  

A. Pessina

Calendar
18th International Joint Conference on Stroke and Cerebral Circulation
February 11–13, 1993
Miami Beach, Florida, USA
Information: AHA, Scientific and Corporate Meetings
7272 Greenville Avenue
Dallas, TX 75231, USA

42nd Annual Scientific Session of the American College of Cardiology
March 14–18, 1993
Anaheim, California, USA
Information: Meeting Services Department, American College of Cardiology
9111 Old Georgetown Rd
Bethesda, MD 20814, USA

5th Congress of the Pan African Society of Cardiology (PASCAR)
April 4–9, 1993
Yaoundé, Cameroon
Information: Prof. W. F. T. Muna
B. P. 5408, Hôpital Général de Yaoundé
Yaoundé, Cameroon

10th Scientific Meeting of the Inter-American Society of Hypertension with a Joint WHL-IASH Symposium on “Policies for the Control of Hypertension in Populations – National Programs and Underlying Concepts”
April 24–29, 1993
San Diego, California
Information: Dr. M. P. Printz
University of California San Diego
Dept. of Pharmacology
La Jolla, CA 92-093-0636, USA

South-American and Ecuadorian Congress of Cardiology
May 25–28, 1993
Quito, Ecuador
Information: Ecuadorian Society of Cardiology
Apartado 17–11
06427 Quito, CCI, Ecuador

XIV Nordic Congress of Cardiology
June 2–4, 1993
Aarhus, Denmark
Information: Skejby Sygehus
Aarhus University Hospital
8200 Aarhus N, Denmark