Profile

The Lebanese Hypertension League (LHL) was founded in 1980 as both a medical professional and a non-professional organization to fight hypertension. It joined the World Hypertension League in 1992.

Its membership rostrum includes medical (internists, cardiologists, endocrinologists, researchers) and paramedical personnel (nurses, nutritionists, health care providers) as well as laymen (judges, engineers, youth organizations, students).

The LHL was established to (1) enhance public awareness about the importance of hypertension as a major cardiovascular risk factor, (2) organize and conduct conferences and seminars on hypertension for primary care physicians, (3) conduct epidemiological studies on the prevalence and characteristics of hypertension in various communities in Lebanon, and (4) foster the exchange of information about hypertension, on the one hand between the LHL and various local medical scientific organizations, and, on the other, between the LHL and various regional and international hypertension organizations and societies.

WHL News

New Member

The Estonian Society of Hypertension has been admitted to WHL membership. It was established in April 1995 and currently has 70 members. Its President is Dr. Margus Viigima, Tartu. The WHL now has 70 regular and associate, and 13 supporting members.

Material published by WHL Members

This section of the Newsletter informs you on documents and material received by the editorial office from WHL member leagues. All members are cordially invited to send a sample copy of all materials produced by their organization to the Newsletter office — we will announce them in order to make them accessible to everyone interested.

National High Blood Pressure Education Program, USA

The National High Blood Pressure Education Program (NHBPEP) recently published the Report of the Working Group on Primary Prevention of Hypertension. The report reviews the rationale for primary prevention of hypertension, on the one hand between the LHL and various local medical scientific organizations, and, on the other, between the LHL and various regional and international hypertension organizations and societies.

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Some of the activities already organized and conducted by the LHL include an epidemiological study on the incidence of hypertension and hypercholesterolemia in Lebanese children aged 10-14, televised hypertension lay programs, the publication and distribution of brochures on hypertension, and the organization of several hypertension symposia in various parts of the country.

A handbook Clinical Hypertension, prepared and recently published by two members of LHL, was distributed to physicians in Lebanon and some other Arab countries. In addition, LHL organized the 2nd Pan Arab Hypertension Congress in collaboration with the Pan Arab Hypertension Society and sponsorship of the ISH and WHL. This important scientific event was held in Lebanon from July 30 to August 3, 1995, and was attended by 50 guest speakers and 500 participants from the United States, Western Europe and Arab countries. Topics discussed included the epidemiology of hypertension in the Arab countries and updates on recent advances in hypertension.

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American University of Beirut
Medical Center, Div. of Nephrology
P.O. Box 113
6044 Beirut, Lebanon

People

As of January 1996, the Belgian Hypertension Committee has new co-presidents: Dr. Daniel Duprez (University Hospital Gent) and Dr. Marc Leeman (University Hospital Brussels). The co-presidents have been elected for a four-year term.

The new president of the Chilean Society of Hypertension is Dr. Carlos Vio (Santiago, Chile). Dr. Vio has a two-year mandate.

WHL News continued

WHL Publications Available

The following list is a compilation of WHL materials available from the Office of Publications:


Reprints

1. Self Measurement of Blood Pressure (in English and in French)
2. Weight Control in the Management of Hypertension (in English and in French)
3. Physical Exercise in the Management of Hypertension (in English and in French)
4. Alcohol and Hypertension: Implications for Management (in English and in French)
5. Can Non-Pharmacological Interventions Reduce Doses of Drugs Needed for the Treatment of Hypertension (in English and in French)
6. Economics of Hypertension Control (in English)

Should you be interested in receiving free copies of these publications or reprints, please contact the WHL Office of Publications.
hypertension as a complementary approach to current hypertension detection and treatment strategies in the US. It examines salient facts from scientific research on the efficacy of lifestyle modifications. It also makes recommendations for policy, implementation, and dissemination strategies in the United States.

A second publication received from the NHBPEP is the *Fifth Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure*. The purpose of the report is to guide practising physicians and other health professionals in their care of hypertensive patients as well as health professionals participating in community high blood pressure control programs. It features, e.g., data from the National Health and Nutrition Examination Survey (NHANES III), a new high blood pressure classification schema (including systolic as well as diastolic values), a section translating the growing body of knowledge about the prevention of hypertension into recommendations for action, an expanded list of agents that are suitable for initial monotherapy, a recommendation of diuretics and beta-blockers as first-choice agents, information on special population situations, updated pharmacologic tables, and more.

These publications, along with about 150 more from the National Heart, Lung and Blood Institute, National Institutes of Health in Bethesda, MD, are described in a catalogue. It contains detailed information on how to order publications. Unless otherwise stated, the publications are free.

To receive a copy of the catalogue, contact the National Heart, Lung and Blood Institute, Information Center, PO Box 30105, Bethesda, MD 20824-0105, USA
Fax: (+1) 301 251 1223
The Best City in the World: Our Body
Poster by Sergio E. Pereira, Brazil

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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Calendar
International Workshop “Frontiers in Blood Pressure Measurement”
January 26–27, 1996
Bad Oeynhausen, Germany
Information: Dr. Sigrid Gleichmann
Heart & Diabetes Center North Rhine Westphalia, P.O. Box 10 03 61,
32503 Bad Oeynhausen, Germany

23rd International Congress of Internal Medicine
February 1–6, 1996
Manila, Philippines
Information: June S. Aberilla.
The Philippine Society of Hypertension, Unit 33, Facilities Centre, 548 Shaw Boulevard, City of Mandaluyong, Metro Manila, Philippines

Asian-Pacific Congress on Vascular Disease Prevention
March 11–15, 1996
Singapore
Information: Neil Odell
Gardiner-Caldwell Communications Ltd.
The Old Ribbon Mill, Pitt Street, Macclesfield, Cheshire SK11 7PT, UK

36th Annual Conference on Cardiovascular Disease Epidemiology and Prevention
March 13–16, 1996
San Francisco, CA, USA
Information: AHA
Scientific and Corporate Meetings, 7272 Greenville Avenue,
Dallas, TX 75231, USA

11th Scientific Meeting of the American Society of Hypertension
May 15–18, 1996
New York, NY
Information: ASH
515 Madison Avenue, Suite 1212
New York, NY 10022, USA

16th Scientific Meeting of the International Society of Hypertension
June 23–27, 1996
Glasgow, UK
Information: ISH 1996,
Conference Associates & Services
International Ltd., 4 Cavendish Square,
London W1M 0BX, UK