Profile

The Nigerian Hypertension Society (NHS) was inaugurated on April 27, 1993. It was founded out of the great need to provide knowledge of the prevalence, causes, prevention and treatment of hypertension and its complications. It also serves to bring together all medical doctors, health professionals and scientists in Nigeria interested in hypertension; to increase awareness of the diseases in the community; and to establish contact and exchange of information with similar organizations in other parts of the world.

In order to achieve its objectives, annual scientific and business meetings are usually held in April. The meetings are held at different parts of the country offering opportunities for local communities to benefit from the awareness of hypertension and other campaigns. In collaboration with the Nigerian Heart Foundation and some pharmaceutical companies, the Society organizes several essay competitions at targeted groups like secondary and tertiary educational institutions.

Worried by the low level of awareness (30%) for hypertension in Nigeria, an awareness ‘Walk for Life’ program was carried out at the 10th annual meeting and this is planned to be repeated at subsequent annual meetings. The Society also requested the government of Nigeria to declare a ‘Hypertension Day’ and it is hoped that this will soon be accepted. Zonal radio and television programs are carried out by members of the Society to educate the general public on hypertension, associated risk factors (especially obesity), and complications.

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The NHS participated in the recently organized World Hypertension League Art Competition to create awareness for hypertension and obesity. The national phase of the competition received over 100 entries from which 3 winners emerged. The national phase was supported by May & Baker (Nigeria).

A website for the Society is planned www.nigerianhypertension.org to be established by the end of December 2003. This would provide a medium for information dissemination and enhance the awareness of hypertension and other programs of the Society. The past and present presidents of the NHS as well as some other members of the Society participate actively in national, regional and international activities on hypertension and obesity. The foundation president of the NHS, Professor Oladipo O. Akinkugbe, was chairman of the first Expert Committee on Non-Communicable Diseases in Nigeria. The immediate past president, Professor Abdul Fattah B. Mabadeje, is a member of the ISH scientific committee on hypertension and obesity. The current president is vice-President (West Africa) of the International Forum for Hypertension in Africa. The two past presidents are executive members of that body.

Although socio-economic and political factors sometimes pose a stumbling block to full achievement of targeted programmes, the Nigerian Hypertension Society has managed to achieve significant success in pursuing its objectives since inauguration 10 years ago.

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Scientific News

Major burden of disease worldwide: suboptimal blood pressure among the ten leading risk factors

According to the recently published WHO World Health Report suboptimal blood pressure levels (systolic >115 mmHg) are among the ten leading risk factors for lost years of life – this was found to be true for all subregions of the world: high mortality developing countries, low mortality developing countries and developed countries. It was estimated that 7.1 million deaths worldwide are caused by high blood pressure; that is 13% of the total deaths. Because most of these deaths occur in middle or old age the loss of life years comprises a smaller proportion of the global total than expected from the incidence.

In order to describe the burden of disease WHO used the Disability Adjusted Life Years (DALY), a measure of burden of disease in a population by combining Years of Life Lost and Years Lived with Disability. In developing countries with high mortality rates, high blood pressure was found to be responsible for 2% of the DALYs. Five percent of the DALYs were attributed to high blood pressure in low mortality developing countries. In developed countries, this figure reached almost 11%. The graphic below further illustrates the burden of disease attributable to high blood pressure.

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Anja Kroke
Editor
Launching of EHS Website

The Egyptian Hypertension Society (EHS), a non-profit, non-government scientific organization is launching a new website at www.ehs-egypt.net. So far, little is known about hypertension in the developing world. It is our aim that the new site will cover the information lacking in this area by providing the following contents:

1. Description of the Society
2. National and international guidelines for the management of hypertension
3. Recent research reviews
4. Data about hypertension in Egypt (National Hypertension Project: NHP)
5. Cardiovascular Protection Forum
6. Physician education material
7. What’s new in hypertension?
8. Ask the Expert
9. EHS Newsletter & Journal on Cardiovascular Risk Management
10. PowerPoint slide presentations

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The FLAHS (French League Against Hypertension Study) was a cross-sectional survey of the general population living in metropolitan France in April 2002. A national sample of 5,000 adults, representative of the French population, 15 years of age or older, received a mailed questionnaire at their home. The sample was designed to provide estimates of the prevalence of hypertension in the general population and in persons older than 60 years of age, a subgroup of which prevalence of treated cardiovascular risk factors is unknown in France. The form included questions related to diagnosis of hypertension, awareness of the usual BP, current SBP/DBP values, prescribed medicine for hypertension, dyslipidemia and diabetes. A total of 3,499 (70%) questionnaires were suitable for analysis. Estimates of prevalence were standardized by the direct method to the age distribution of the French population given by the 1999 national French census (INSEE, 2000). Analysis on 2,363 subjects older than 35 years indicates that 35% are currently treated for one or more risk factor. On a national level it was estimated that 8,036,000 people received anti-hypertensive medication, 1,877,000 were treated for diabetes and 6,074,000 for dyslipidemia. Prevalence of treated hypertension increased with age from from 4.2% (35-44 years) to 51.8% (> 75 years) and 70% of treated hypertensives were older than 60 years. Subjects treated for two risk factors were 3,201,000 and those treated for three risk factors were 640,000. Thirty-five percent of the population 35 years of age or older representing around 11 millions persons were taking medications for the treatment of hypertension, diabetes or dyslipidemia in France.

The FLAHS 2002 represents the best available data to estimate the prevalence of treated patients for a cardiovascular risk factor in the general French population.
People

Professor Agostinho Monteiro has been elected President of the Portuguese League Against Hypertension for the period 2003-2005. Secretary General is Dr. José Nazaré, Campo Grande, 28, 13ª, 1700-093 Lisbon, Portugal.

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Recently, the Thai Hypertension League has been formally changed to the Thai Hypertension Society. The permanent office opens at the beginning of next year:
10th floor, Royal Golden Jubilee Building, 2 Soi Soonvijai, New Petchburi Road, Huaykwang, Bangkapi, Bangkok 10320, Thailand.

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

9th Joint Annual Convention of the Philippine Society of Hypertension and the Philippine Lipid Society
February 5–7, 2004
Manila, Philippines
Information: Dr. Esperanza I. Cabral,
PSH, Unit 309, Amberland Plaza,
Julia Vargas St., Ortigas Complex,
Pasig, Philippines
Fax: (+632) 631-7970
E-mail: phihyper@pworld.net.ph

20th Scientific Meeting of the International Society of Hypertension
February 15–19, 2004
Sao Paulo, Brazil
Information: Meeting Secretariat Soma
Rua Maria Carolina, 67
01445-000 Sao Paulo – SP, Brazil
Fax: (+55) 11 3062-1710
E-mail: hypertension@somaeventos.com.br

44th Annual Conference on Cardiovascular Disease, Epidemiology and Prevention
March 3–6, 2004
San Francisco, CA, USA
Information: AHA Scientific Meetings,
1272 Greenville Ave, Dallas,
TX 75231, USA
Fax: (+1) 214 373 3406
E-mail: scientificconferences@heart.org

3rd Asian-Pacific Congress of Hypertension 2004
April 3–7, 2004
Singapore
Information: Ace-Daytons Direct
(International) Pte Ltd,
2 Leng Kue Road #04-02
Thye Hong Centre, Singapore 159086
Fax: (+65) 6 475 2077
E-mail: admin@acedaytons-direct.com

Conference on Disparities in Cardiovascular Health: bridging the Great Divide of the ISHIB
June 13–16, 2004
Detroit, Michigan, USA
Information: ISHIB; 2045 Manchester Street,
NE, Atlanta, GA 30324-4110, USA
Fax: (+1) 404 875 6334
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