Reports from member organizations

The main work of the All India Heart Foundation continues to be research, education of physicians and laymen, community service and collaboration with allied scientific organizations in the field of CVD, including hypertension. Highlights of the work during the past years are described in this article.

A new wing of the National Heart Institute, the heart hospital of the Foundation, was inaugurated by Mr. K. R. Narayanan, Vice President of India on August 23, 1996, adding to the facilities for research.

The Foundation has been a collaborative centre of the World Health Organization in preventive cardiology since 1983 - the only one so designated in the SEARO region.

The Foundation observed WHO Day on April 7, 1997 and also the World No-Tobacco Day on May 31, 1997. The program on these days included free checkup of patients, lectures by doctors, exhibition of posters and screening of films on RF/RHD, hypertension and smoking.

The Foundation is a member of the Rotary Pacemaker Bank of Heartbeat International which provides free pacemakers. So far 77 pacemakers and 16 valves have been provided at no cost for use in poor patients.

The All India Heart Foundation participated in appraisal of projects for research and evaluation of results of approved projects relating to rheumatic fever, rheumatic heart disease and preventive cardiology, with special reference to hypertension and ischaemic heart disease which were sponsored by the Indian Council of Medical Research. The Foundation has also close links with the Nutrition Foundation of India.

Scientific News

Commentary:
New Guidelines For Hypertension: JNC VI

The National Heart, Lung, and Blood Institute (NHLBI) recently released The Sixth Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC VI). The National High Blood Pressure Education Program (NHBPEP) of the NHLBI developed the JNC VI report, using evidence-based medicine and consensus, to help busy clinicians translate research findings into clinical practice. As part of its mission, the NHLBI, which is celebrating its 50th anniversary this year, translates research results for community groups and clinicians. We view this as a natural extension of conducting clinical trials, clinical studies, epidemiologic surveys, and community intervention. The development of guidelines such as the JNC VI report is one of the processes used by the NHLBI to disseminate research results.

The JNC VI report serves as a tool to be adapted and implemented in individual situations. The report is not prescriptive; rather, it recognizes that the responsible clinician’s judgment of...
All India Heart Foundation continued

The main areas of research focussed on RF/RHD, hypertension and ischaemic heart disease (IHD). The Foundation has a model Registry for RF/RHD which has functioned as a research-cum-service since 1997. A close liaison is maintained with school teachers, parents, nurses and school health doctors, and about 1,500 to 2,000 children attend the clinic every year.

Research in hypertension consists of two projects, HYRAP and PEP.

- **HYRAP**: Work on the five phases of the project viz. Physician Enquiry, Consumer Enquiry, Community Survey, Patient Survey and Drug Utilisation Study are in progress.

- **PEP**: The pilot patient education project conducted in Delhi has been completed and the results were discussed in Montreal on June 28 at the 1997 WHL Conference.

The 3 most important risk factors for IHD under investigation were in the following order: smoking, hypertension and diabetes. A paper on the analysis of 5,000 patients is under publication.

A new research project “Obesity – Investigation of current prevalence, nature and etiology in urban communities” was started in 1995 in conjunction with the Nutrition Foundation of India to assess the magnitude of the problem of obesity in adults of urban communities. Preliminary results point to truncal obesity being a very important risk factor for CAD.

The monthly bulletin “Heart News” has been continuously published since 1962 and is now in its XXXV volume. In addition, the Foundation has distributed brochures which have been reprinted and updated. A list of these is attached.

The book on Heart Disease and the Layman, authored by Dr. S. Padmavati in English, has since been translated into Hindi, Tamil and Kannada, three of the main languages in India. In addition to the two films on hypertension and IHD, a new video cassette on “Harmful effects of smoking” has been made.

Heart camps were held in Amroha, Ghaziabad, Moradabad and Bijnor in 1996 and 1997. It was found that about 75% of patients at these camps were hypertensive.

Dr. S. Padmavati
President, All India Heart Foundation

JNC VI continued

the individual patient’s needs remains paramount. The report updates contemporary approaches to hypertension prevention and control. Highlights of the JNC VI report are described below.

- **Goal blood pressure for most patients is below 140/90 mm Hg. Lower goals are recommended for some special populations and situations (e.g., below 130/85 mm Hg for patients with diabetes or renal disease).**

- **Stage 3 and stage 4 hypertension, described in the JNC V report, are now combined into one category, stage 3, in the JNC VI report.**

- **The report recommends stratifying patients with hypertension by blood pressure stage (1, 2, or 3) and risk groups (A, B, or C) to guide treatment decisions (see table 1).**

- **Diuretics and beta-blockers are recommended treatment for uncomplicated hypertension. Other drugs, sometimes combined with diuretics or beta-blockers, are available to treat patients with complications. The JNC VI guidelines establish compelling indications for specific drugs when patients have certain clinical conditions (e.g., patients with diabetic nephropathy should be placed on ACE inhibitors).**

- **A section on treating special populations and situations gives recommendations based on clinical trial results since the JNC V report was issued.**

- **The JNC VI report outlines effective lifestyle changes for preventing and controlling high blood pressure, including losing weight if overweight, increasing aerobic exercise, reducing daily sodium intake to no more than 100 millimoles per day, limiting alcohol intake, and increasing potassium intake to at least 90 millimoles per day.**

- **Adherence to medical regimens, whether lifestyle changes or pharmacologic therapy, continues to be a public health challenge. A table is available in the report describing useful tips to help patients remain on therapy. Among them are establishing a goal for therapy, educating patients about the disease, involving patients and their families in treatment, and keeping care inexpensive and simple.**

The JNC VI report is available from the WHL Newsletter office or may be downloaded from the NHLBI Web site: http://www.nhlbi.nih.gov/nhlbi/nhlbi.htm.

continued on page 2
**JNC VI continued**


**Risk Stratification and Treatment**

<table>
<thead>
<tr>
<th>Blood Pressure Stages (mm Hg)</th>
<th>Risk Group A</th>
<th>Risk Group B</th>
<th>Risk Group C</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Risk Factors</td>
<td>At Least One Risk Factor, Not Including Diabetes; No TOD/CCD</td>
<td>TOD/CCD and/or Diabetes, With or Without Other Risk Factors</td>
<td></td>
</tr>
</tbody>
</table>
| No TOD/CCD | Lifestyle modification | Lifestyle modification | Drug therapy

High-normal (130-139/85-89)

Stage 1 (140-159/90-99)

Stage 2 (160-179/100-109) or Stage 3 (>180/>110)

- **Lifestyle modification should be adjunctive therapy for all patients recommended for pharmacologic therapy.**
- **Risk factors include smoking, dyslipidemia, diabetes mellitus, age greater than 60 years, men, postmenopausal women, and family history of cardiovascular disease.**
- **TOD/CCD indicates target organ disease/clinical cardiovascular disease and includes heart diseases, stroke or transient ischemic attack, nephropathy, peripheral artery disease, and retinopathy.**
- **For patients with multiple risk factors, clinicians should consider drugs as initial therapy plus lifestyle modifications.**
- **For those with heart failure, renal insufficiency, or diabetes.**

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**WHL News**

**Report from the 4th Congress of Internal Medicine of Yugoslavia**

The 4th Congress of Internal Medicine of Yugoslavia was held in the beautiful seashore town of Igalo, Montenegro from September 30 – October 5, 1997. The President of the Congress, Professor Maksimilijan Kocijancic, is also President of the Yugoslav Hypertension League. The Secretary of the League, Dr. Milos Petrovic, was also there. A morning session on the second day of the Congress was devoted to hypertension. Dr. Mulrow, Secretary General of the World Hypertension League, participated in the Congress and presented a paper on the epidemiology, pathogenesis and treatment of hypertension. In addition, along with Professor Kocijancic, he was interviewed by Belgrade television and discussed the importance of the prevention and control of high blood pressure in the community and the cooperation between the World Hypertension League and the Yugoslav Hypertension League.

Dr. Maksimilijan Kocijancic, Yugoslav Hypertension League, and Dr. Patrick J. Mulrow, World Hypertension League (from left to right)

Since its establishment in 1995, the Yugoslav Hypertension League is making important strides in controlling hypertension in Yugoslavia. Dr. Kocijancic and his colleagues have formed a Yugoslavian Journal of Hypertension. The first edition has already been published with fine articles written in Serbian with English abstracts. Three editions per year are planned. Dr. Kocijancic is the Editor-in-Chief and has an active editorial board.

Claude Lenfant, M.D.
Director, National Heart, Lung, and Blood Institute
Chair, National High Blood Pressure Education Program, National Institutes of Health

Dr. Patrick J. Mulrow, WHL Secretary General
Czech Hypertension Journal on the Internet

Praha Publishing is proud to announce that Cor et Vasa, the bimonthly scientific journal of the Czech Cardiological Society is now on the internet. Medical professionals or institutions can complete the subscription form and instantly receive their Cor et Vasa password via http://www.mediclub.cz/coretvasa.

People

Professor Talma Rosenthal, president of the Israel Hypertension Society, has stepped down. Under her leadership, the Israel Hypertension Society was one of the founding members of WHL. A special thank you to her for the many years of dedication to hypertension prevention in the population. The new President is Professor Esther Paran.

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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The WHL Newsletter is published bimonthly by the World Hypertension League.

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ISSN 1013-1639 Production and distribution: Georg Thieme Verlag Stuttgart New York

The WHL Newsletter is published with the support of

Calendar

1st Congress of the Asian-Pacific Society of Atherosclerosis and Vascular Disease
March 14–18, 1998
Taipei, Taiwan
Information: Secretariat 1st APSAVD 9F-3 No. 33, Jen-Ai Road, Sec. 4, Taipei, Taiwan

Thirteenth Scientific Meeting of the American Society of Hypertension
May 13–16, 1998
New York, USA
Information: ASH Registration Supervisor, Hansen Management, 151 Herricks Road, Suite One, Garden City Park, NY 11040, USA

17th Scientific Meeting of the International Society of Hypertension
June 7–11, 1998
Amsterdam, The Netherlands
Information: Congress Secretariat RAI-OBA, PO Box 77777 1070 MS Amsterdam, The Netherlands Fax: (+31) 20-646-4469

XVI World Conference on Health Promotion and Health Education
June 21–26, 1998
San Juan, Puerto Rico
Information: Conference Secretariat PO Box 365067 San Juan, Puerto Rico 00936-5067

The International 15th Pujio Symposium
“Physical Activity in the Prevention and Treatment of Obesity and Its metabolic Co-Morbidities”
June 22–25, 1998
Kuopio, Finland
Information: Kuopio Research Institute of Exercise Medicine, Haapaniementie 16, FIN-70100 Kuopio, Finland e-mail: pujio.symposium@uku.fi Internet: http://www.uku.fi/conf/pujio

52nd Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research
September 15–18, 1998
Philadelphia, Pennsylvania, USA
Information: Meetings and Councils, American Heart Association, 7272 Greenville Ave., Dallas, TX 75231-4596, USA e-mail: scientificconferences@amhrt.org