Profile

The British Hypertension Society (BHS) was founded in 1981 following discussions amongst members of the Hypertension Society, a small research group based in London and since renamed the London Blood Pressure Group. J. I. S. Robertson was the first president of the BHS. He has been followed by J. D. Swales, J. G. G. Ledingham, J. L. Reid, P. S. Sever and A. F. Lever. Membership of the Society, 210 currently, is open to scientists, clinicians and nurses working in hypertension research and based in the UK or Ireland.

The principal event each year is the September scientific meeting held so far in Oxford, Cambridge, Edinburgh and Dublin. The programme includes all aspects of research in hypertension and related vascular disease, ranging from cell and molecular biology to physiology, clinical studies, therapeutic trials and epidemiology. The annual “Pickering Memorial Lecture” given at the meeting reflects these interests in its choice of lecturer: Beilin, Bianchi, Dzau, Haber, Lever, Mulvany, Pickering (Tom), Schalekamp, Stamler and, this year, Corvol.

Last year in Dublin, we had our first satellite meeting – on ambulatory blood pressure measuring techniques. Also holding its first meeting at the time in Dublin was the newly formed Nurses’ Hypertension Association (president, Michèle Beevers, profile to be published in one of the next Newsletters). Several nurses are also members of the BHS.

The Society has been instrumental in attracting travel grants from Hoechst and Roche and a

WHL News

WHL International Art Competition and World Health Day

The international jury of the WHL Art Competition, consisting of representatives of the World Hypertension League and the World Health Organization, has chosen the winners. Here is depicted the winning poster by Luo Zhenru from China. Three artists were awarded their prizes at an award ceremony in Geneva on the occasion of World Health Day. There was also an exhibition in the WHO building of the posters at that time, and the 46 entries will be shown later at the general

The tree of life is evergreen
by Luo Zhenru from China

To be continued on page 2

Contents

- Profile: British Hypertension Society (BHS) 1
- WHL News: WHL International Art Competition and World Health Day 1
- Newsletter 2
- African Society of French-Speaking Cardiologists 3
- WHL Materials: Patient Magazine from the German Hypertension League 2
- Scientific News: Habitual or Reduced Salt 3
- Library: Clinical Hypertension 3
- Calendar 4
Profile continued
BHS-Pfizer Fellowship for hypertension research. Each year a Hoechst Young Investigator's Award for the best paper is given at the annual meeting.

Working parties of the Society have become increasingly active. The first, in 1985, chaired by Prof. James Petrie and subsequently by Prof. Eoin O'Brien, dealt with techniques of blood pressure measurement in adults and in children and the use of automatic and semi-automatic machines to measure pressure. Two other working parties (chaired by Dr. Gareth Beevers and Prof. Peter Sever) have addressed questions arising from the public's awareness of hypertension and its treatment. In 1986 Prof. John Swales chaired a review of large-scale outcome trials of treatment; given the evidence available then, what recommendations could the Society make on the treatment of hypertension? By 1992 more evidence was available from large-scale outcome trials in elderly hypertensive patients and a new working party (chaired by Prof. P. Sever) is revising the Society's recommendations in light of this.

Prof. Peter Sever also chairs a working party which is discussing the design and feasibility of an outcome trial to be run by the BHS. The trial will compare mortality and morbidity in hypertensive patients randomized to one of three regimes: to a reference drug, such as beta-blocker or diuretic, both of which have been tested in an outcome trial; to an ACE inhibitor; or to a calcium channel blocker. Neither of the latter two has been tested so far in this way. ACE inhibitors and calcium channel blockers are both effective in lowering blood pressure, but information is needed on their ability to reduce the cardiovascular risks associated with hypertension. At least 5,000 patients are required for the trial and clinicians in the UK interested in collaborating should contact Prof. Peter Sever (Dept. of Clinical Pharmacology & Therapeutics, St. Mary's Hospital, London; tel. no. +44-71-725-1117) who will be delighted to discuss details of the trial and ways in which collaborators could help.

Prof. A. F. Lever
President, British Hypertension Society
MRC Blood Pressure Unit
Western Infirmary, Glasgow G11 6NT, UK

WHL News continued
assembly of the WHO. A second set is available from the WHL for exhibition by the member leagues. It has already been shown at the Council Conference in Berlin and on World Health Day in Mannheim, Germany. For further information, please contact the Newsletter office.

Newsletter
The WHL Newsletter is entering now its fifth year of publication, and currently over 12,000 copies are distributed to health care professionals in more than 100 countries around the world. The figure shows the development of the circulation and the current geographical distribution. There are also Chinese, Italian and Spanish versions produced regularly, and these can be obtained from the respective WHL member leagues. Other WHL members wishing to translate the Newsletter should contact the Newsletter editorial office for further information.

The WHL wants to take this opportunity to thank the Laboratoires Servier for their generous support which makes the publication of the Newsletter possible. Their help, without any strings attached and without any interference in the editorial content of the Newsletter, is a prime example of the fruitful cooperation between a professional organization and the
pharmaceutical industry. Many thanks belong also to the numerous contributors to the Newsletter and to our readers, whom we would like to encourage to continue their exchange of ideas, criticisms and comments with the editorial office.

African Society of French-Speaking Cardiologists
An African Society of French-Speaking Cardiologists has been established in Niamey, Niger.
For information contact Professor I. A. Touré, B. P. 10896, Niamey, Rep. du Niger.

**WHL Materials**

Patient Magazine from the German Hypertension League
The German Hypertension League publishes a quarterly journal, *High Blood Pressure*, aimed at patients suffering from hypertension and their relatives. The 30–40 page magazine discusses current issues in the control of hypertension and features interviews by prominent researchers and clinicians in the field. It also provides an outlet for up-to-date information from the German Hypertension League. The journal is prepared in cooperation with a scientific publication house, and senior members of the German League serve as editors. There is also a section in which readers have the opportunity to ask questions that are then answered by experts in the field.
The magazine is published in German. Sample copies can be requested from the German Hypertension League, Berliner Str. 46, D-6900 Heidelberg, Germany.

Scientific News

Habitual or Reduced Salt
The group of M. Law, C. Frost and N. Wald recently published 3 papers summarizing previous studies on the influence of dietary salt reduction on blood pressure (1). The results were grouped according to observational studies comparing different populations, observational studies comparing individuals within a given population and intervention studies. The authors indicate that on average the studies showed a positive association between sodium intake and blood pressure. This association increases with age and initial pressure, and is seen in all three types of studies analyzed. The authors assume that salt reduction of more than 5 weeks’ duration will lower elevated blood pressure and thus mortality due to stroke and coronary heart disease. They therefore recommend a general reduction of salt consumption in the population, with emphasis on reducing the salt content of industrially produced foods. This interesting analysis of previous studies on a controversial topic will hopefully enrich the discussion on food policies in many countries. It should also lead to clearer policies regarding the labelling of the salt content of processed foods, a topic currently under discussion in the European Communities. It should be stressed, however, that very few intervention trials in the population at large are available and that therefore the authors extrapolate from observational data and intervention trials, mainly in selected subjects, to the situation in the general population. This consideration does not suggest that there is no need for labelling the salt content of processed food but stresses the problem of sodium restriction as a general recommendation.

Reference:

Library

Clinical Hypertension
Norman M. Kaplan
Price US $ 77.00
Dr. Norman Kaplan from Dallas, Texas, USA, recently published the 5th edition of his book *Clinical Hypertension*. 


Hypertension. As he explains in the preface, a tremendous amount of new information in hypertension research published over the past 4 years demanded an up-date of the well received previous editions of the book. Dr. Ellin Lieberman of the Children’s Hospital of Los Angeles has contributed a chapter on hypertension in children and adolescence.

Dr. Kaplan first considers hypertension in populations and gives a concise and very useful overview of the epidemiological situation in the USA. This is followed by a careful methodological analysis of problems in the diagnosis and treatment of the individual patient. Another chapter deals with the pathogenesis and natural history of primary hypertension, the term he prefers for elevated blood pressure of unknown causes.

After general considerations of the goals in the treatment of hypertension, guidelines are provided for non-drug therapy and drug therapy, with a detailed discussion of the individual classes of drugs commonly used. Descriptions of hypertensive emergencies as well as of secondary forms of hypertension are also included. This very readable volume is full of up-to-date information including all the important references and will be most useful to young clinicians in the field of hypertensionology as well as to those medical professionals who require an overview of this area of very active and fruitful clinical research.

Calendar

XIVth Congress of the European Society of Cardiology
August 30 – September 3, 1992
Barcelona, Spain
Information: ECCO, Central Office
22, Rue Juste-Olivier, P.O. Box 299
CH-1260 Nyon, Switzerland

Second World Congress of Stroke
September 8–12, 1992
Washington, D.C., USA
Information: Convention Office
Wake Forest University Medical Center
300 S Howthorne Rd., Winston-Salem,
NC 27103-2797, USA

46th Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research
September 29 – October 2, 1992
Cleveland, Ohio, USA
Information: AHA, Scientific and Corporate Meetings
7272 Greenville Avenue, Dallas, TX 75231, USA

8th World Congress on Hypertension in Pregnancy
November 8–12, 1992
Buenos Aires, Argentina
Information: Dr. N. Terragno
Av. Pueyrredon 1746-2ª A
1119 Buenos Aires, Argentina

International Congress on Heart and Hypertension
December 3–6, 1992, Bombay, India
Information: Dr. P. J. Mehta
Hari Bhavan, 64, Pedder Road
Bombay 400 026, India

Impressum
The WHL-Newsletter is published bimonthly by the World Hypertension League.
Secretariat: 20, ave du Bouchet, CH-1209 Geneva
Phone: (41) 22-7340071, Fax: (41) 22-7335893
Board: D. Ganten (Berlin-Buch), President;
C. Lenfant (Belgium), Vice President;
A. Amery (Leuven), Past President;
T. Strasser (Geneva), Secretary General;
H. Ibsen (Glostrup), M. Safar (Paris), members.
Editorial Office: German Institute for High Blood Pressure Research.
R. Baildon, Editor; E. Pisch, Editorial Assistant
Wielandstr. 26, D-6900 Heidelberg (FRG),
Phone: (49) 6221-400989, Fax: (49) 6221-402485.
ISSN 1013-1639 Production and distribution:
Georg Thieme Verlag Stuttgart · New York

The WHL-Newsletter is published with the support of Les Laboratoires Servier and their continuing commitment to care in hypertension.