WHL NEWSLETTER

News from the World Hypertension League (WHL).
A division of the International Society of Hypertension, and in official relations with the World Health Organization.

No. 47, June 1996

Profile

The Kenya Hypertension League was launched in March, 1995 at the Medical School, University of Nairobi. The study of elevated blood pressure has been actively pursued in Kenya for 5 decades. Its prevalence as determined by current statistics is high. One in five individuals admitted to Kenyatta National Hospital (the University of Nairobi Teaching Hospital) has hypertension.

The rural-urban drift has increased the incidence of hypertension. The breakdown in the traditional norms, coupled with stresses and strains within the customary and cultural lifestyles, have increased societal vulnerability to elevated pressure.

Hypertension has traditionally occupied a central place within the Kenya Cardiac Society. However, the emphasis here has been hospital-based. The Kenya Hypertension League consists of laymen and health professionals. Its aim and objectives are different from those of a pure scientific society. It builds on the tenets of community participation and national political will and strength. Its broad objectives are:

(1) Educating men and women of Kenya to manage elevated blood pressure utilizing simple tools and measures in places where they live, work and die. (2) Informing the general public about this life-threatening condition, and how it can be prevented and controlled. (3) Motivating health workers in the management of hypertension in rural facilities within communities. (4) Educating opinion leaders in communicating

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WHL News

New Member

The WHL Executive Board at its meeting on March 24, 1996 in Orlando admitted the International Society on Hypertension in Blacks (ISHIB) into WHL membership. President of the ISHIB is Dr. James W. Reed. The Society can be contacted at: 2045 Manchester Street, NE, Atlanta, Georgia 30324 USA.

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Japan in the future will be represented in the WHL by the Japanese Society of Hypertension, replacing the Japanese Heart Foundation. President of the Japanese Society of Hypertension is Dr. Takeshi Saruta, Keioh University School of Medicine, 35 Mita-Shinanomachi, Tokyo.

The Spanish Hypertension Society and the Spanish League against Hypertension have merged into one organization (Spanish Society and League of Hypertension). President of the new society is Prof. José Rodicio. The new Council was elected for a four-year term.

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health messages in the fight against hypertension at all levels of the health delivery system: central, provincial (regional), district and community. (5) Research in hypertension, and the stimulation and promotion of sustainable young investigators' awards. (6) The creation of centers of excellence for the investigation and treatment of hypertension and its known complications. (7) Intercountry/sub-regional, regional and global cooperation in the study, management, and control of hypertension.

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Material published by WHL Member Leagues


In addition, the Medical Research Council of South Africa issued a Technical Report on the Chronic Diseases of Lifestyle Program.

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The Proceedings of the World Conference on Hypertension Control, held June 21–24, 1995, in Ottawa were published in the Journal of Human Hypertension 1996; 10: Suppl. 1. A copy of the Journal has been mailed to each member organization of the WHL by the Secretary General's office.

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Copies can be obtained from:
Dr. Krisela Steyn
Program Leader, Chronic Diseases of Lifestyle
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PO Box 19070, Tygerberg 7505
Republic of South Africa
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The Canadian Coalition For High Blood Pressure Prevention and Control published the results of the "Measurement of Blood Pressure" Satellite Symposium of the World Conference on Hypertension Control in the Canadian Journal of Cardiology 1995; 11: Supplement H. In the same issue of the journal, recommendations of the Canadian Coalition for High Blood Pressure Prevention and Control on "Self Measurement of Blood Pressure" (in both English and French) were published. The guidelines were developed for health care professionals.
WHL Material continued

The Task Force on Heart Failure Education of the World Health Organization and the Council on Geriatric Cardiology published the booklet “Concise Guide to the Management of Heart Failure.”

Heart failure is a major and growing public health problem worldwide. It is common, costly, disabling, and deadly. Early diagnosis and effective treatment reduce morbidity, mortality, and cost.

In twenty-five pages (including several figures and tables) the booklet gives the pathophysiological and clinical definitions of heart failure, as well as detailed diagnostic and treatment procedures according to the type of heart failure. In a patient with suspected heart failure, precise diagnosis of the underlying cardiac problem is the basis of optimal treatment. Non pharmacological, pharmacological, and surgical treatments are available. With modern treatment, both morbidity and mortality from heart failure can be reduced.

The booklet also covers aspects of heart failure prevention. One simple preventive measure is to treat hypertension, a major cause of heart failure.

The booklet is directed at primary care physicians (general practitioners). A similar guide on heart failure for patients is in preparation.

WHL News continued

New Advisor to the WHL Executive Board

At the WHL Council Conference in Ottawa in June 1995, representatives from several member Leagues suggested strengthening the representation of developing countries on WHL’s Executive Board. On May 24, 1996, the WHL Executive Board met in Orlando, Florida, to discuss this suggestion, as well as current and future activities of the League.

The members of the Board felt that this was a very good proposal which would greatly help the work of the Board. It unanimously invited Dr. M. Mohsen Ibrahim, President of the Egyptian Hypertension Society and Professor of Cardiology at the Cairo University, to serve the Board as Advisor with respect to the specific needs of developing countries.

WHL International Art Competition: National Contests Completed

In the United States and China national art contests have been completed. The winners of the national contests are:

in China: Ye Xiangyang
“A Gold Key of Longevity For You”

in the USA: Jeffrey B. Fisher
“Nurture Your Heart”

We would like to congratulate the artists and thank the organizers for their efforts.

Both countries sent their best posters to the WHL. An international jury, consisting of the WHL Executive Board, representatives from the International Society of Hypertension, the national organizers and the President of the British Hypertension Society (the UK being host country of the 16th Scientific Meeting of the ISH), will now rate the posters according to artistic expression, realization, clarity of the message, and expected impact on the viewer.

The award ceremony of the third round of the Art Competition will be held on June 26, 1996. You are cordially invited to attend the Ceremony, as well as visit the WHL Art Competition booth with a presentation of the most beautiful images of the last few years.
People

The new President of the Hypertension Society of Southern Africa is Dr. Krisela Steyn, Medical Research Council, Center for Epidemiological Research Southern Africa, PO Box 19070, 7505 Tygerberg, South Africa.

The British Hypertension Society has a new President: Prof. D. Gareth Beevers, The University of Birmingham, Dept. of Medicine, Dudley Road Hospital, Birmingham, B18 7QH, UK.

The new Chairman of the American Heart Association’s Council for High Blood Pressure Research is Dr. Oscar A. Carretero. His address is: Division Head, Hypertension Research, Department of Internal Medicine, Henry Ford Hospital, 2799 West Grand Boulevard, Detroit, Michigan 48202, USA.

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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

50th Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research
September 17–20, 1996
Chicago, Illinois, USA
Information: AHA, Scientific and Corporate Meetings
7272 Greenville Avenue
Dallas, TX 75231, USA

5th International Symposium on Resistance Arteries
September 25–28, 1996
Cambridge, UK
Information: The Secretariat, Hampton Medical Conferences Ltd.
Hofer House, 185 Uxbridge Road
Hampton, Middlesex TW12 1BN, UK

European Conference on Tobacco or Health
October 2–4, 1996
Helsinki, Finland
Information: TSG-Congress Ltd.
Kaisaniemenkatu 3 B 31
00100 Helsinki, Finland

20th Conference of the Scientific Section of the German Hypertension Society
November 6–9, 1996
Aachen, Germany
Information: PD Dr. med. B. Heintz
Medizinische Klinik II, RWTH Aachen
Pauwelsstrasse 30, 52057 Aachen, Germany

5th Congress of the Polish Society of Hypertension
November 15–16, 1996
Warsaw, Poland
Information: Prof. S.L. Rywik
National Institute of Cardiology
Dept. CVD Epidemiology and Prevention
Alpejska Str. 42, 04-628 Warsaw, Poland

10th Congress of the Hypertension Society of Southern Africa
December 5–7, 1996
Cape Town, South Africa
Information: Charleen Daries
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1996 Congress
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