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. 113, June 2007

WHL News

Re-launch of WHL Website and Electronic Newsletter Delivery

WHL has officially launched its redesigned website. With a modern look and feel it is better suited for engaging WHL members, healthcare professionals, patients and the public.

Along with the new design of the website, WHL also introduced new functionality of the site: The WHL Newsletter which had been sent exclusively by mailing of printed copies to the subscribers, now is also available in electronic format. All current readers and new subscribers now have the option to receive an email notification, when the new issue of the Newsletter is available for viewing and download from the WHL website.

WHL appreciates that not in all regions of the World access to the internet and email is available, and will continue to send paper copies of the Newsletter to those who have not registered for electronic delivery. So, if you prefer to continue receiving a printed copy of the Newsletter, you do not have to do anything. WHL, however, encourages in registering for electronic delivery for those who regularly use the internet as means of communication.

Electronic delivery will start with the August issue of the Newsletter.

To keep the contact information of the WHL website up to date, each WHL league or society is asked to send its current website address, e-mail address, mailing address, and name of the current President to Dr. Chockalingam’s office by e-mail (whlsec@sfu.ca).

Jörg Pötzsch
Advisor WHL (Communications)

To receive e-mail notifications, please go to the WHL website and register for this new service at:

http://www.worldhypertensionleague.org

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World Hypertension Day 2006

Activity Report from Argentina

The XIII Argentinean Congress on Hypertension was held on May 11-13, 2006 at the Buenos Aires Sheraton Hotel & Towers. The meeting was a successful event, including 2,500 medical doctors who actively participated. The main subject of the Congress was hypertension and obesity, a pathological association extremely important in our medical practice.

To celebrate World Hypertension Day (WHD) we organized the first national meeting for nurses in hypertension. In collaboration with the city government of Buenos Aires we prepared activities for our community, including a variety of gym classes, including Taebó, stretching, aerobics and Brazilian dance.

Dr. Gabriel Waisman
President, Argentinean Society of Hypertension

Activity Report from China

In conjunction with the WHD 2006, a scientific meeting entitled “Treat high blood pressure to goal”, a television visit for hypertensive patients, and a large-scale hypertension education sponsored by the Chinese Hypertension League (CHL) were held in Beijing, China.

Professor Lisheng Liu presided the meeting and presented herself at the television visit. Professor Zhaosu Wu, the Executive President of CHL, indicated at the end of the meeting that in order to celebrate WHD the coalition establishment would be perfected as quickly as possible. Additionally, population education booklets, “The prevention and management of hypertension”, were also sent free of charge to different populations on that day. Meanwhile, the Shanghai Hypertension Institute (Professor Dingliang Zhu et al) and the First Hospital of Chengdu (Professor Tingjie Zhang et al) sponsored similar calling attention activities in Shanghai and Chengdu of China, respectively.

At present are both, societies and the government in China, paying much more attention to chronic disease control. CHL has been working on promoting hypertension control and patient education and strongly recommends the self-measurement, rather than mercury sphygmomanometer.

Prof. Lisheng Liu
President, Chinese Hypertension League
President, World Hypertension League

Activity Report from Bulgaria

Among less than 8 million people living in Bulgaria, about 1.5 million express the hypertension phenotype. In the last 40-50 years lifestyle-related diseases, such as hypertension, atherosclerosis, obesity, and diabetes mellitus, have been progressively killing more than 100,000 Bulgarians annually, which is, indeed, a genuine health and demographic crisis in our country. Unfortunately, neither the former communist regime (1944-1989) nor the democratically elected politicians (the last 17 years) have been taking care to benefit the vascular-metabolic health of the Bulgarian population. Hence, we, the Bulgarian medical professionals, in collaboration with the WHL and other international institutions, have to organize preventive programs for vascular diseases in Bulgaria; hopefully, to escape being such a mortality target for strokes and myocardial infarctions.
Activity Report Bulgaria continued

Dr. George Chaldakov presenting his lecture on adipobiology of cardiovascular disease, also focusing on Yukio Yamori's spontaneously hypertensive rats (SHR)

The following main activities were dedicated to the WHD 2006:

- Several lectures at Biomedical Forum 15 (2005-2006), as well as the First International Braun-and-Heart Symposium, were organized by the Medical University, Varna, and the Bulgarian Society for Cell Biology.
- Cardiologists and neurologists from the University St. Marina Hospital were invited by local newspapers and TV.
- Medical students measured blood pressure in the Sea Garden of Varna. This was organized by the Association of Medical Students in Bulgaria (a member of the International Federation of Medical Students’ Associations).
- Working visit (12–14 June, 2006) of Prof. Yukio Yamori, WHO Expert Advisory Panel on Cardiovascular Diseases, and Director of the International Center for Research on Primary Prevention of Cardiovascular Diseases, Kyoto, Japan. Dr. Yamori is also Chairman of the International Advisory Board of the Center for Prevention of Cardiovascular Diseases at University St. Marina Hospital.

The slogan of the WHD 2006 activity in Varna was:
“Living normotensively to enjoying homeodynamics of life”.

This may also be a goal of the Bulgarian hypertension activities in 2007.

Dr. Zhana Georgieva  
Director, University Center for Prevention of Cardiovascular Diseases

Activity Report from Nigeria

The Nigerian Hypertension Society (NHS), in conformity with the WHL directive, encouraged every branch to mount activities to mark WHD which was set for May 13, 2006. The branch organized a week-long activity.

Screening Exercise

The Ogbete Main Market was chosen as the venue for the screening. On Wednesday, May 1, 2006, the Coordinator, Dr. Ifeoma Ulasi, gave a talk on hypertension at the Ogbete Market community meeting, as well as the plans of the Enugu Branch of the NHS to mark WHD by mounting a screening exercise at the Market quadrangle. The market leadership and the entire community were delighted about the idea of a free screening exercise right at their place of work. On May 13, 2006, a team comprised of 15 doctors, 20 nurses and 40 medical students assembled at the University of Nigeria Teaching Hospital, Enugu.

Results

A total of 701 respondents were screened (384 male and 347 female). Six hundred and eighty two (352 male and 330 female respondents) were analyzed but the others (19) could not be analyzed due to incomplete data. Most respondents (92.7%) were in the age range from 15 to 59 and the mean age was 37.8 ± 13.6 years. The mean BMI for all respondents was above normal, being 26.05 kg/m² but the female respondents had significantly higher BMI than the male respondents. Further analysis showed that 48.6% had BMI above 24.99 kg/m². About 1% had morbid obesity and all of them were female respondents.

Dr. Ifeoma I. Ulasi  
Treasurer, Nigerian Hypertension Society
People

The Portuguese Society of Hypertension (SPH) has elected new officers for the period 2007–2009: Dr. Luis Martins is President, Dr. José Alberto Silva is President Elect and Dr. José Nazaré is Secretary General. The address of the Society is: Av. Visconde de Valmor, 12, R/C Dto. A, 1000-291 Lisbon, Portugal.

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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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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 OMRON

Calendar

Joint RSM/BHS Meeting on Key Advances in the Management of Hypertension
July 4, 2007
London, UK
Information: Royal Society of Medicine (RSM), 1 Wimpole Street
London, W1G 0AE, UK
Administration Office – Bina Arpino
Fax: (+44-20) 7290-2989
E-mail: bina.arpino@rsm.ac.uk

WHL Council Conference
6th Asian-Pacific Congress of Hypertension and 9th International Symposium on Hypertension and Related Diseases
November 16–19, 2007
Beijing, China
Information: Secretariat c/o Xinye He,
Fu Wai Hospital, Beijing 100037, China
Fax: (+86-10) 6835 1990
E-mail: info@apsh2007.com

4th Asian Pacific Congress of Heart Failure
January 31 – February 3, 2008
Melbourne, Australia
Information: Tour Hosts Pty Ltd.,
GPO Box 128, Sydney, NSW 2001, Australia
Fax: (+61-2) 9265 5443
E-mail: apchf@tourhosts.com.au

22nd Scientific Meeting of the International Society of Hypertension and 18th Meeting of the European Society of Hypertension
June 14–19, 2008
Berlin, Germany
Information: ISH Secretariat
C/o Mrs. Elizabeth Thomson, Hampton Medical Conferences Ltd. 113-119 High Street, Hampton Hill, Middlesex, TW12 1NJ, UK
Fax: (+44-20) 8979 6700
E-mail: secretariat@ish-world.com
Website: http://www.kit-group.org

2nd World Congress on Controversies in Diabetes, Obesity and Hypertension (CODHy)
October 30 – November 2, 2008
Barcelona, Spain
Information: ComtecMed, 53 Rothschild Blvd., PO Box 68, Tel Aviv, Israel
Fax: (+972-3) 5666177
E-mail: info@comtecmed.com