Anniversary Message from the WHL President and Secretary General

Dr. Lisheng LIU
Dr. A. Chockalingam

As we reflect back on 25 years of accomplishments through the productive partnership of all WHL members, ISH, WHO, and our more recent partners WASH, IFKF and ISN we derive a great satisfaction. At the same time we are aware that much more work is needed to be done in our efforts to contain hypertension and related cardiovascular diseases (CVD) including diabetes and stroke throughout the world.

As CVD is a global problem affecting rich and the poor, young and the old, different races and both male and female, we need to find a solution through research, implementation of proven technologies and scientific methods, concerted partnership with all sectors including governments, professional societies, NGO’s, care givers, pubic and patients. In our future efforts to reach out to people from every continent on the globe we will continue to seek new partnerships to combat this modern epidemic. In this respect the emerging World Health Summit from October 14-18, 2009, will play a very important role in containing chronic non-communicable disease (NCD) including hypertension (http://worldhealthsummit.org).

The World Hypertension Conference 2009 in Beijing will mark not only a milestone in the evolution of WHL, it will also lay the foundation for further interaction between scientists, policy makers and those who are engaged in translation of knowledge to the end users – the general public (primordial prevention) and the patients (primary and secondary prevention). The WHL is committed to work with our national member leagues to bring implementable and incremental changes in the lives of millions of patients throughout the world.

We call upon everyone concerned to join forces in our combined efforts to prevent, manage and control hypertension and ensuring CVD and chronic NCD in general. Together we can succeed.

Lisheng LIU, MD
President

Arun Chockalingam
MS, PhD, FACC
Secretary General

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More people die annually from Cardiovascular Disease (CVD) than any other cause. By 2030 it will still remain the single leading cause of death contributing to 23.4 million deaths\textsuperscript{[1]}. Hypertension (HT) is a major modifiable risk factor of CVD. Assessing and reducing CVD risk using HT as an entry point is a key component of the public health strategy for prevention and control of CVD. This key component needs to be complemented with synergistic approaches in the whole population. The WHL is a federation of leagues, societies, and other national bodies that promote the detection, control and prevention of HT in populations. It brings together organizations committed to the control of HT and promotes the exchange and dissemination of information on internationally applicable programs for HT control. WHL is in official relations with the World Health Organization. The WHL needs to be congratulated for its activities and achievements over the last 25 years. We live in a time in which the prevalence of HT is growing rapidly. Despite advances in medicine, the true public health burden caused by raised blood pressure continues to be hidden due to lack of detection. Even those diagnosed often do not have access to adequate treatment. There are many other constraints and barriers that impede the prevention and control of non-communicable diseases (NCD) including CVD, particularly in low and middle income countries. Recognizing the public health challenges posed by NCDs, the World Health Assembly endorsed an action plan for implementing the global NCD strategy in 2008\textsuperscript{[2]}. One of the objectives of this action plan is to establish results based partnerships for the prevention and control of NCDs. This therefore is a time in which the work of the WHL is very much needed. On this 25th Anniversary of the WHL, WHO looks forward to continuing and strengthening its close collaboration with WHL.

Dr. Shanthi Mendis, MBBS MD FRCP FACC
World Health Organization (mendiss@who.int)


Never has an attack on hypertension and its consequences been more important than in current days around the world. We are facing an epidemic of hypertension and in its wake we will follow the circulatory consequences of CVD’s unless we detect it early and treat it well. WHL has made an enormous contribution in terms of being in the vanguard of hypertension management. It comprises an amalgam of bodies all united behind the mission of improving CVD detection and is the umbrella for many national and international bodies to work as one in terms of forwarding the preventative medicine agenda. The WHL itself was formed as part of the International Society of Hypertension but stands shoulder to shoulder with that body when it comes to our common mission. The ISH is proud to be associated with the WHL. ISH’s mission is to promote both the educational aspects of hypertension management as well as a research agenda internationally in terms of promoting investigations, both clinical and bioscientific, into the pathogenesis and the pathophysiology of hypertension.

The partnership has been immensely successful over many years. Both bodies are reaching out to the developing world, providing teaching seminars aiming to bring practitioners up to date with modern thinking and modern management processes. Most recently, the ISH has been active in Taiwan, Korea, China and South America. The WHL is holding its meeting in Beijing and again the ISH will come together providing some speakers and uniting in our attempts to forward the education of as many doctors as possible. As this time I write as President of the ISH to celebrate the 25th Anniversary of the WHL. The relationship between ISH and WHL is stronger than ever and we aim to forge even closer links as we unite to prevent hypertension associated morbidity and mortality which is ravaging many parts of the world and becoming a major problem in developing countries as their CVD burden increases.

Dr. Tony Heagerty, President
International Society of Hypertension
In memoriam: The founding ‘fathers’

The history of WHL began with a great and visionary idea by its founding fathers: Dr. Franz Gross (Germany), Dr. Cesare Bartorelli (Italy), and Dr. Tom Strasser (WHO).

In the light of the emerging evidence for the health problems associated with hypertension worldwide they aimed to support tackling these problems by conjoining national leagues against hypertension. These started coming to life in a number of European countries around 1970. In 1975, the idea of a European league was born. This idea finally culminated in the decision to establish the World Hypertension League.

Establishment of WHL

The WHL was registered in Geneva as a non-profit international organization in 1984. A section of the Founding Certificate is presented below.

![Figure 1: Founding Certificate WHL](image)

### A Brief History of WHL

Like in all non-profit organisations the dedication of numerous voluntarily working people is the back-bone of its work. Over the years, several Presidents, Vice-Presidents and Secretary Generals have been on duty and contributed in their function to the advancement of the aims and objectives of WHL:

<table>
<thead>
<tr>
<th>Year</th>
<th>President</th>
<th>Vice President</th>
<th>Secretary General</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988-1990</td>
<td>Dr. Antoon Amery</td>
<td>Dr. Claude Lenfant</td>
<td>Dr. Thomas Strasser</td>
</tr>
<tr>
<td>1990 - 1992</td>
<td>Dr. Detlev Ganten</td>
<td>Dr. Claude Lenfant</td>
<td>Dr. Thomas Strasser</td>
</tr>
<tr>
<td>1992 - 1995</td>
<td>Dr. Detlev Ganten</td>
<td>Dr. George Fodor</td>
<td>Dr. Thomas Strasser</td>
</tr>
<tr>
<td>1995 - 1998</td>
<td>Dr. Peter Sleight</td>
<td>Dr. George Fodor</td>
<td>Dr. Patrick J. Mulrow</td>
</tr>
<tr>
<td>1998 - 2000</td>
<td>Dr. Peter Sleight</td>
<td>Dr. Lisheng Liu</td>
<td>Dr. Patrick J. Mulrow</td>
</tr>
<tr>
<td>2000 - 2003</td>
<td>Dr. Claude Lenfant</td>
<td>Dr. Lisheng Liu</td>
<td>Dr. Patrick J. Mulrow</td>
</tr>
<tr>
<td>2003 - 2006</td>
<td>Dr. Claude Lenfant</td>
<td>Dr. Lisheng Liu</td>
<td>Dr. Patrick J. Mulrow</td>
</tr>
<tr>
<td>2006 - Current</td>
<td>Dr. Lisheng Liu</td>
<td>Dr. Lawrence Beilin</td>
<td>Dr. Arun Chockalingam</td>
</tr>
</tbody>
</table>

At this point, their commitment to WHL is to be greatly honoured!

The success of their dedictive work is reflected in numerous collaborations, its membership development as well as in various projects and initiatives started by WHL. The following sections of the WHL Newsletter will feature the highlights of activities developed and executed by WHL alone or together with its numerous collaborating organisations and partners. In this context, the generous financial support that was made available by Les Laboratoires Servier over many years also needs to be acknowledged.
WHL Collaborations

WHL enjoys very fruitful collaborations with many international organizations:

Since its inception in 1984 WHL is in official relations with the World Health Organization (WHO), complementing WHO’s hypertension control programs.

WHL is a division of the International Society of Hypertension (ISH) with mutual Board representation.

WHL collaborates with the World Action on Salt and Health (WASH). This global group’s mission is to improve the health of populations by achieving a gradual reduction in salt intake.

WHL is in partnership with the International Society of Nephrology (ISN) and the International Federation of Kidney Foundation (IFKF) who jointly promote both World Hypertension Day (WHD) and World Kidney Day (WKD).

In collaboration with the International Society of Hypertension (ISH) and the European Society of Hypertension (ESH) WHL conducts teaching seminars on hypertension in Africa.

WHL promotes in collaboration with all national member organizations the annual World Hypertension Day (WHD) and regional activities on hypertension awareness, prevention and control.

WHL Membership Development

At the first annual conference of the officially established WHL on June 22nd, 1984, fifteen national leagues were present: Australia, Belgium, Canada, Denmark, France, Germany, Holland, Hungary, Israel, Italy, South Africa, Spain, Sweden, Switzerland, and the USA.

Ten years later, in 1994, WHL membership had increased to include 49 regular, 7 associate, and 13 supporting members, covering a considerable part of the globe.

In May 2009, the Malaysian Society of Hypertension was admitted as most recent new member to WHL membership, bringing up the total membership to 73 regular members, 17 associate members and 3 supporting corporate members for a total of 93.
Soon after WHL was established and its membership had increased substantially, the desire to enhance communication with and between the national leagues resulted in the idea of editing a newsletter. In October 1988, the first WHL Newsletter was issued (Figure 2). From the initial 200 copies its circulation increased to 15,000. Its current 125th edition documents its long tradition, both in lay-out and ways of distribution. However, starting with the next edition, the WHL Newsletter will be mainly distributed electronically. For subscription, please visit our website.

Following editors have been acting:

Dr. Rolf Badenhoop (1988 – 1990)
Dr. Reinhard Baildon (1990 – 1992)
Dr. Jörg Pötzsch (1993 – 2000)
Dr. Anja Kroke (2000 – present)

Since 1991 their work was supported by the editorial assistant Erika Pisch.

Finally, the generous financial support for the WHL Newsletter by Les Laboratoires Servier (1988-1996) and OMRON Healthcare (1997-2009) is gratefully acknowledged.

Due to its importance and far reaching and long lasting impact, the 16th Conference of the WHL Council deserves to be addressed in more detail:

WHL jointly with Blood Pressure Canada (BPC) hosted the first ever World Conference on Hypertension Control (WCHC), in Ottawa, Canada, in 1995. The WCHC, co-sponsored by Health Canada and the Canadian Hypertension Society, marked the 10th anniversary of the WHL and BPC. Over 500 delegates from 67 WHL member countries participated. The conference brought out the WHL Ottawa Declaration – Hypertension control in the world: An agenda for the coming decade. For further details see Journal of Human Hypertension 1996, vol. 10, suppl.1.

Figure 2: First WHL Newsletter

Table 1: List of WHL Council Meetings

<table>
<thead>
<tr>
<th>WHL Council</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th Meeting</td>
<td>Tel Aviv, Israel</td>
<td>1988</td>
</tr>
<tr>
<td>12th Meeting</td>
<td>Leuven, Belgium</td>
<td>1990</td>
</tr>
<tr>
<td>13th Meeting</td>
<td>Barcelona, Spain</td>
<td>1991</td>
</tr>
<tr>
<td>14th Meeting</td>
<td>Berlin, Germany</td>
<td>1992</td>
</tr>
<tr>
<td>15th Meeting</td>
<td>Padua, Italy</td>
<td>1993</td>
</tr>
<tr>
<td>16th Meeting</td>
<td>Ottawa, Canada</td>
<td>1995</td>
</tr>
<tr>
<td>17th Meeting</td>
<td>Montreal, Canada</td>
<td>1997</td>
</tr>
<tr>
<td>18th Meeting</td>
<td>Buenos Aires, Argentina</td>
<td>1999</td>
</tr>
<tr>
<td>19th Meeting</td>
<td>Prague, Czech Republic</td>
<td>2002</td>
</tr>
<tr>
<td>20th Meeting</td>
<td>Prague, Czech Republic</td>
<td>2004</td>
</tr>
<tr>
<td>21st Meeting</td>
<td>Beijing, China</td>
<td>2007</td>
</tr>
<tr>
<td>22nd Meeting</td>
<td>Beijing, China</td>
<td>2009</td>
</tr>
</tbody>
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Figure 3: Canadian Minister of Health Honourable Madam Diane Marleau meets WHL executive board members (A. Chockalingam, G. Fodor, J. Genest, D. Ganten) before WCHC conference opening.
WHL Regional Meetings

The WHL Regional Meetings were developed to offer an opportunity for member societies to exchange information and ideas on controlling hypertension in a specific region of the world. Frequently, these meetings are held in conjunction with an annual national society meeting, as it was the case in one of the latest regional meetings held in Cuba (figure 4). At this meeting that was attended by specialists from Latin America and Caribbean countries, the Cuban Hypertension Society released its own guidelines for measurement, prevention and control of hypertension. On that occasion, the Cuban Ministry of Health also released its strategy for prevention and control of cardio-vascular disease, thereby underlining the importance of that regional meeting.

Table 2: WHL Regional Meetings

<table>
<thead>
<tr>
<th>Regional Meeting with</th>
<th>Country</th>
<th>Year</th>
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<tbody>
<tr>
<td>Chinese Hypertension League</td>
<td>China</td>
<td>2000</td>
</tr>
<tr>
<td>Egyptian Hypertension Society</td>
<td>Egypt</td>
<td>2001</td>
</tr>
<tr>
<td>Czech Society of Hypertension</td>
<td>Czech Rep.</td>
<td>2002</td>
</tr>
<tr>
<td>Chinese Hypertension League</td>
<td>China</td>
<td>2003</td>
</tr>
<tr>
<td>Brazilian Hypertension Society</td>
<td>Brazil</td>
<td>2004</td>
</tr>
<tr>
<td>Czech Society of Hypertension</td>
<td>Czech Rep.</td>
<td>2004</td>
</tr>
<tr>
<td>Chinese Hypertension League</td>
<td>China</td>
<td>2004</td>
</tr>
<tr>
<td>Egyptian Hypertension Society</td>
<td>Egypt</td>
<td>2005</td>
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<tr>
<td>Chinese Hypertension League</td>
<td>China</td>
<td>2005</td>
</tr>
<tr>
<td>Egyptian Hypertension Society</td>
<td>Egypt</td>
<td>2006</td>
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<tr>
<td>Egyptian Hypertension Society</td>
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<td>2007</td>
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<tr>
<td>Egyptian Hypertension Society</td>
<td>Egypt</td>
<td>2008</td>
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<tr>
<td>Cuban Society of Hypertension</td>
<td>Cuba</td>
<td>2008</td>
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<tr>
<td>Chinese Hypertension League</td>
<td>China</td>
<td>2008</td>
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Patient Education Project

The first project undertaken by WHL was the WHO/WHL Patient Education Project (PEP), a 3-year multinational cross-cultural study of the training of health care personnel in methods of patient education for hypertension. It evaluated the applicability and effectiveness of models for patient education in various socio-cultural settings. The study was coordinated by WHL and WHO. It included 1,197 adult hypertensive patients at baseline and 61 physicians, 31 nurses, and 18 allied health workers from the participating clinics. They were assigned either to the educational group or the routine group in pilot centers in five WHO regions. Table 3 lists the key personnel and participating centers.

Table 3: WHL/WHO PEP Sites and key Personnel

<table>
<thead>
<tr>
<th>Center</th>
<th>Key Personnel</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHL</td>
<td>Dr. Thomas Strasser</td>
</tr>
<tr>
<td></td>
<td>Dr. Arun Chockalingam</td>
</tr>
<tr>
<td>WHO</td>
<td>Dr. Ivan Gyarfas</td>
</tr>
<tr>
<td></td>
<td>Dr. Ingrid Martin</td>
</tr>
<tr>
<td></td>
<td>Dr. Porfiro Nordet</td>
</tr>
<tr>
<td>Canada</td>
<td>Dr. Arun Chockalingam</td>
</tr>
<tr>
<td></td>
<td>Professor George Fodor</td>
</tr>
<tr>
<td>China</td>
<td>Professor Lisheng Liu</td>
</tr>
<tr>
<td></td>
<td>Professor J. Xie</td>
</tr>
<tr>
<td>Cuba</td>
<td>Dr. A. Duenas</td>
</tr>
<tr>
<td></td>
<td>Dr. G. Debs-Perez</td>
</tr>
<tr>
<td>Ghana</td>
<td>Professor Silas Dodu</td>
</tr>
<tr>
<td></td>
<td>Professor J. Kpodonu</td>
</tr>
<tr>
<td>Hungary</td>
<td>Dr. Jeno Duba</td>
</tr>
<tr>
<td></td>
<td>Dr. Julia Kishegyi</td>
</tr>
<tr>
<td>India</td>
<td>Dr. S. Padmavati</td>
</tr>
</tbody>
</table>
**WHL Art Contest**

Pictures tell more than words – a well-known phrase that also applies to the posters created by artists around the world, following the WHL Art Contest calls. As a means to communicate public health messages, the posters reach out to a broad audience. WHL initiated 5 art contests, starting in 1990-1992. The winning posters of the first and last contest are featured below.

**Hypertension Audit Project**

The aim of this project was to assess the quality of hypertension control. To this end, a multi-centre cooperative project conducted in 18 European population groups was established.

Five assessment approaches were taken (fig. 7):

- Epidemiological survey
- Clinical evaluation of samples of patient records
- Assessment of patient satisfaction
- Exploration of physicians' attitudes and knowledge
- Assessment of drug utilization

![Figure 7: Concept of the Audit Project](image)

Participating centers could choose any or all of the above approaches; a total of 31 subprojects were carried out. Following results were obtained:

- Undiagnosed hypertension varied in different centers from 17% to 34% of all hypertension, and not more than 29% of all treated hypertensive patients had attained normal BP.
- Diuretics were the most commonly prescribed drugs, followed by beta-blockers.
- Although physicians expressed their concern about other CVD risk factors and declared that they considered non-pharmacological treatment important, the findings in the patient survey did not confirm such attitudes.
- Patient satisfaction showed a mixed pattern.

This project was carried out in the context of WHO’s Health Care Related Hypertension Action Programme (HYRAP), and was supported by the Regional Office for Europe of the World Health Organization, Copenhagen. For further details of this project, please refer to the publication referenced below.

World Hypertension Day

Following the tradition of dedicating one day a year to a specific topic, WHL initiated World Hypertension Day in 2005. Since then, every year a theme is issued (see list below) and the member leagues are encouraged to develop activities promoting the prevention and control of hypertension. The great success of this project, primarily due to the active and enthusiastic participation of WHL member countries, is documented by the wide array of activities worldwide (figure 8 & 9). A respective documentation can be found on the WHL website.

Themes of World Hypertension Day
2005  Awareness of Hypertension
2006  Prevent Hypertension “Treat to Goal”
2007  Healthy Diet - Healthy Blood Pressure
2008  Measure your Blood Pressure: at Home
2009  Salt and High Blood Pressure: Two Silent Killers
2010  Healthy Weight – Healthy Blood Pressure

Teaching Seminars of Hypertension

WHL is proud to co-sponsor a training program on hypertension in Africa, initiated by the Low and Middle Income Countries Committee (LMICC) of the International Society of Hypertension and jointly with the European Society of Hypertension. The teaching Seminar was held in Abuja, Nigeria, September 25-26, 2009. This successful training program was directed by Profs. Robert Fagard (Belgium) and Basden Onwubere (Nigeria) (see pictures below).

The Seminar received 55 applications out of which 25 Nigerians and 17 from other countries including Cameroon, Congo, D.R. Congo, Gabon, Ghana, Ivory Coast, Morocco, Mozambique, Rwanda and Uganda were selected. The seminar dealt with a number of key issues in hypertension such as:

- Epidemiology of hypertension
- Pathogenesis of hypertension in Blacks
- Complications of hypertension in Africa
- BP measurement in low resource settings
- Low birth weight and hypertension

The seminar attracted both international and national faculty members.

It is our intention that through such seminars we will increase human resources and build capacity for the next generation.

WHL is pleased to be a co-sponsor of the 4th ISH-LMICC/IFHA African Teaching Seminar on Hypertension to be held from May 5-6, 2010 in Kinshasa, D.R. Congo. Seminar directors are Prof. R. Fagard and JR. M’Buyamba-Kabangu and the conference language is French.
WHL Website

In addition to the WHL Newsletter the WHL Website has become an important tool of communication – both between members and with the general lay and scientific public. The website features general information on the goals and objectives of WHL, as well as information on its board and members.

At [http://www.worldhypertensionleague.org](http://www.worldhypertensionleague.org) the WHL homepage (figure 10) offers the following information:

- Board and contact: All board members with their contact details.
- History of WHL and Acknowledgement
- Members: Alphabetical list and World map with links
- Newsletters: Current WHL Newsletter archive
- In Focus: Statements on important hypertension related issues
- Calendar: Information on upcoming conferences
- Patients & public: General information and articles on hypertension
- Professionals: Scientific articles, training materials, guidelines
- Links: To international organizations related to WHL

**WHL Worksite Project**

The latest WHL project is the **International Collaborative Project to Reduce Incidence of Cardiovascular and Cerebrovascular Morbidity and Mortality in Low- and Middle-Income Countries**. In April 2009, representatives of 11 countries (Austria, Canada, China, Czech Republic, Hungary, India, Latvia, The Netherlands, Poland, Slovakia and Ukraine) met in Bratislava, Slovak Republic. Participants discussed possible strategies to address the excessive morbidity and mortality caused by CVD in low- and middle-income countries. The most striking differences are observed in outcomes related to uncontrolled hypertension: stroke mortality rates in Eastern parts of Europe are up to 10 times higher than in Canada.

The intervention strategy discussed and agreed upon during the meeting involves the implementation of a centrally-coordinated international worksite-based hypertension detection and control program. The program will use an identical protocol in each participating country. The University of Ottawa Heart Institute has already conducted worksite-based programs in Austria, Hungary and Slovakia\(^1\), and the proposal for an extended and more comprehensive program of CVD prevention builds on this previous experience.

Interest in participating in this international initiative was expressed by the majority of investigators who attended the meeting, and the developmental phase of this initiative is currently under way. The Bratislava meeting was primarily sponsored by the Canadian Institute for Health Research and WHL. Valuable support was also received from the Slovak Heart Foundation, OMRON Healthcare and Novartis Pharmaceuticals.

**Reference:**

WHL & World Hypertension Congress 2009

We chose 2009 and China for this international gathering because this year is a milestone for both the WHL and the Chinese Hypertension League (CHL), organizers of this event. The WHL is celebrating its 25th anniversary while the CHL is marking its 20th anniversary.

We realize that in spite of all that we have learnt and achieved in the last 25 years, there is still today a worldwide epidemic of CVD and stroke. WHO estimates that by the year 2020, CVD and stroke will be the leading causes of death and disability worldwide. It is predicted that hypertension will be the leading causal contributor to this epidemic, followed by tobacco use. We are all asking this question: we know so much about the etiology, diagnosis and treatment of CVD, so why then do we still have so many problems in dealing with them?

In an endeavor to address this question, this 4-day conference will focus on an important area, Hypertension Management - From Bench to Bedside and Community, and will provide an opportunity to look back with pride on the advances achieved in hypertension and CVD management, and more importantly, to look ahead to the great challenges we are facing right now and those we will be facing in the future. How do we apply what we know now and bring it from the research bench to the bedside and community?

The conference is expected to be attended by over 2,000 people from at least 45 countries. There will be plenaries, workshops, breakfast meetings and country specific sessions. We have put together a packed agenda satisfying the needs of everyone engaged in hypertension research, treatment, management, control and community actions. Over 70 international experts will be delivering specialized lectures during the conference. At this point I would like to point out three sessions hosted by WHL:

- ISH and WHL Joint symposium
- Work site hypertension management and
- Translational medicine.

Please also note that WHL council meeting will be held on October 29th between 2:00 and 4:00 pm. Later that evening the conference opening ceremony will begin with the celebration of the 25th anniversary of the WHL. On behalf of the WHL and the organizing committee (see picture), we are very pleased to welcome you from member countries of the WHL and other parts of the world to attend the World Hypertension Congress 2009 being held in Beijing, China on October 29th - November 1st, 2009.

Invitation

You are cordially invited to attend the Opening Ceremony of the WHC to mark the celebration of the 25th anniversary of WHL and the 20th anniversary of CHL.

Lisheng Liu, President, WHL
Zhaosu Wu, President, CHL
Arun Chockalingam, Secretary General, WHL

WHL News

Global Cardiovascular Risk Reduction is the topic of the 23rd scientific meeting of the International Society of Hypertension (ISH) in association with WHL – which will be held in Vancouver, B.C., Canada, from September 26-30, 2010.

Figure 12: WHC Organizing Committee: Jackie Zhou (ELS), Jenny Tung (ELS), Dr. Yuqing Zhang (Secretary, CHL), Dr. Lisheng Liu (President, WHL), Dr. Arun Chockalingam (Secretary General, WHL), Sheila Liu (ELS), Juliane Wang (ELS) (missing from the picture is Dr. Zhaosu Wu, President, CHL).
WHL News

The latest new member of WHL is the **Malaysian Society of Hypertension**, which is portrayed below by its president Dr. Azani Mohd Daud.

![Dr. Azani Mohd Daud](image)

The **Malaysian Society of Hypertension** (MSH) was formed in 1994 with the following objectives in mind:

- To promote basic and clinical studies and educate doctors and paramedical staff regarding hypertension and to propagate knowledge on hypertension.
- To educate the public and to be of service to all hypertensives in Malaysia and others interested in hypertension and to advise hypertensive patients to remain active and to lead a normal and useful life.
- To promote cost-effective management and control of hypertension.
- To liaise with international bodies related to hypertension and to organize educational meetings or provide services at local and regional levels.
- To compile, print, publish and distribute brochures and/or journals by experts on hypertension.
- To receive donations in the form of cash or bonds or share certificates from any person or group of persons so disposed on behalf of the Society and also to borrow or raise money and to invest and deal with money so derived for the purpose of enhancing the scientific study of and the cure of hypertensive patients.

Membership of the society is open to all doctors/scientists who have manifested an interest in hypertension and its related aspects (Ordinary Members) as well as fully registered medical/science students, para-medics, health educators and office bearers of interested groups from the public (Associate Members).

MSH organizes programs either alone or in conjunction with other societies such as National Heart Association of Malaysia, Malaysian Society of Nephrology as well as Ministry of Health Malaysia to promote and encourage public awareness of cardiovascular disease in general and hypertension in particular. These events include public forums, health education campaigns, public screening programs and participation in important dates like World Hypertension Day.

MSH is also very active in furthering continued medical education programs to health care professionals and regularly runs or sponsors lectures and workshops for both doctors and other health care professionals. The Society also organizes an Annual Scientific Meeting where prominent local and international researchers are invited to present papers and lectures on the latest developments in management if hypertension. In February 2009, the society very successfully organized and hosted the 7th Asia Pacific Congress of Hypertension in Kuala Lumpur.

MSH looks forward to collaborating with national, regional and international bodies and is always looking for opportunities to promote better understanding and management of hypertension.

![Signature](image)

Dr. Azani Mohd Daud  
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Fax: (+60-3) 7725-1049  
E-mail: docazani@yahoo.com  
Website: [http://www.msh.org.my](http://www.msh.org.my)
The Portuguese Society of Hypertension has elected new officers for the period 2009-2011: Dr. José Albert Silva is President, Dr. José Nazaré is President Elect and Dr. Paula Alcântara is General Secretary. The address remains the same: Av. Visconde de Valmor, 12, r/c, dt° A, 1000-291 Lisbon, Portugal.

Phone: (+351-21)796-0097
Fax: (+351-21) 796-0098
E-mail: geral@sphta.org.pt

Electronic Newsletter Delivery

http://www.worldhypertensionleague.org

Calendar

2nd International Conference on Fixed Combination in the Treatment of Hypertension, Dyslipidemia and Diabetes Mellitus
December 10-12, 2009
Valencia, Spain
Information: Fixed '09 Secretariat
c/o Paragon Conventions, 18 Avenue Louis-Casai
5th Floor, 1209 Geneva
Switzerland
Fax: (+41-22) 580 2953
E-mail: fixed@paragon-conventions.com

4th Portuguese Congress of Hypertension
February 4-7, 2010
Algarve, Portugal
Information: Dr. Rasiklal Ranchhod
President Organizing Committee
Av. Visconde de Valmor, n° 12, r/c dt° A
1000-291 Lisbon, Portugal
Fax: (+351-21) 796-0098
E-mail: geral@sphta.org.pt

International Conference on Early Disease Detection and Prevention (EDDP)
February 25-28, 2010
Munich, Germany
Information: Dana Kedar
Fax: (+41-22) 7477-999
E-mail: dkedar@paragon-conventions.com

3rd International Conference on Hypertension, Lipids, Diabetes and Stroke Prevention
March 4-6, 2010
Berlin, Germany
Information: Kenes International,
PO Box 1726, CH-1211 Geneva 1
Fax: (+41-22) 906-9140
E-mail: strokeprevention@kenes.com

Hypertension Congress
May 21-23, 2010
Bodrum, Turkey
Information: Turkish Association of Hypertension Control, Kibris Sehitler Caddesi
1441 Sok, 2/13 Alsancak, IZMIR, Turkey
Fax: (+90-232) 422-4777
E-mail: info@hiperder.org