PAKISTAN HYPERTENSION LEAGUE

WORLD HYPERTENSION DAY 2016
WORLD HYPERTENSION DAY CELEBRATION

Pakistan Hypertension League as the flag bearer of the World Hypertension Day reinstated its resolves and actively celebrated the World Hypertension Day so that the masses should be aware of their blood pressure. Pakistan Hypertension League conducted series of events collaborating with its 16 local chapters across Pakistan.

Pakistan Hypertension League developed a heart shaped ribbon as an awareness tool, worn by the healthcare professionals across Pakistan to raise awareness of hypertension. Awareness programs were extensively designed with coordination of local chapters across Pakistan, featuring awareness walks, symposiums, talks and screening camps.
KARACHI

Pakistan Hypertension League Karachi Chapter arranged state of the art symposium at Darul Sehat Hospital Karachi, under the leadership of Prof. Dr. Abdul Rasheed Khan, Prof. Dr. Azhar Masood A. Faruqui Ex-Director NICVD, chaired as a chief Guest. Lectures conducted by renowned Health Care professionals of Pakistan; Prof. Dr. Mansoor Ahmed, Prof. Abu Noem Farooqui, Dr. Fauzia Akhtar and Dr. Rashid Naseem Khan. More than 100 Healthcare Professionals participated in the scientific session. To create awareness amongst masses patient blood pressure screening camp was also conducted.
HYDERABAD

Under the leadership of Prof. Feroz Memon, coordinator Pakistan Hypertension League, Hyderabad chapter successfully organized awareness walk at ISRA University and Hospital Hyderabad. Prof. Feroz Memon spoke on the prevalence of Hypertension in Pakistan and also reinforced the healthy living habits to prevent hypertension. He further added and advised healthcare professionals to encourage their patient for keeping in view their Blood Pressure.
Prof. Bashir Ahmed sheikh with the close association of Pakistan hypertension League, organized an exclusive patient awareness camp at Chandka Medical College, Larkana. Prof. Muhammad Baksh MS Civil Hospital Larkana chaired as a chief guest on the occasion. Onsite screening of blood pressure, blood glucose, cholesterol Level and body mass index communicated general public to keep a close eye on these numbers. For patient benefit, awareness leaflets were distributed which denied the myths regarding the symptoms of High Blood Pressure.
In continuation of the Pakistan Hypertension League’s pledge to spread message of the World Hypertension Day, Mirpurkhas chapter under the supervision of Dr. Muhammad Akram Sultan and Dr. Deedar Hussain Gajju arranged walk at civil Hospital Mirpurkhas. They stressed the need of regular blood pressure checkups even for those who are not hypertensive. They further stressed on the need for adapting healthy lifestyle.
Pakistan Hypertension league Sukkur Chapter, under the able leadership of Dr. Raj Kumar conducted awareness walk and seminar at Ghulam Muhammad Mahar Medical College Sukkur. Prof. Altaf Sheikh and seniors doctors of civil hospital participated in walk and renew their resolve to spread awareness in masses. Dr. Raj Kumar addressed the participants and students on the menace of this Silent Killer. He also added the importance of its control and management once occurred.
FAISALABAD

Coordinator Pakistan Hypertension League Faisalabad chapter, Prof. Dr. Ahmed Bilal conducted public awareness lecture at agricultural University Faisalabad. Prof. Dr. Ahmed Bilal reinforced the importance of the blood pressure numbers to be known by the patients. To endorse the message blood pressure screening was conducted for the students and staff of the Agriculture University Faisalabad.

Awareness campaign was designed in collaboration of the Traffic Police office and screening camp was conducted.
SARGODHA

Taking the pledge ahead, Dr. Azhar Rasheed coordinator Pakistan Hypertension League Sargodha chapter arranged successful patient awareness walk at DHQ hospital Sargodha. Awareness Lectures was conducted with the help of the leading healthcare professionals of DHQ Hospital Sargodha. Audience was asked to know their Blood Pressure numbers so that it could be prevented or managed.

SAHIWAL

Pakistan Hypertension league, Sahiwal Chapter conducted awareness lectures and walk at DHQ hospital Sahiwal. Dr. Saima Naz Alam engaged MS DHQ hospital and Principal medical college in the awareness walk. Blood pressure of patients were also screened in the awareness camp at hospital premises to spread the message in general public.
LAHORE

Under the umbrella of the pledge to spread awareness of hypertension amongst people, Dr. Bilal Mohyuddin coordinator Lahore chapter arranged an awareness lecture at Pakistan Institute of Cardiology, Lahore. Dr. Bilal emphasized on the key risk factors of hypertension. He also shared the habits with which a patient could be prevented from hypertension. He also said that the audience must keep their patients aware of their Blood Pressure by regular check up.
MULTAN

Prof. Dr. Ijaz Ahmed with the association of Prof. Dr. Rana Altaf Ahmad MS Multan Institute of Cardiology arranged symposium to mark the global event. National speakers highlighted the significance of Hypertension around the globe and in Pakistan specially. They added the importance to control hypertension with counseling of the patients and to provoke them to live a healthy lifestyle.
PESHAWAR

Dr. Adnan Mehmood Gul and Dr. Amber Ashraf, coordinators Pakistan Hypertension League, Peshawar chapter have done a mega symposium at Pearl Continental Hotel, Peshawar. Prof. Hafizullah was the chief guest on this occasion. Prof. Hafizullah emphasized on the importance of Hypertension not only at the patient level but also at the healthcare professional level. Dr. Adnan Gul shared the recent updates in the field of Hypertension.
Prof. Asad Riaz Kitchlew, as the flag bearer of Pakistan Hypertension League arranged an awareness walk at Pakistan Institute of Medical Sciences Islamabad. Leading doctors from the institute participated in the event to mark the World Hypertension Day and to spread the message in the public to “KNOW THEIR BLOOD PRESSURE”.