



PHL • NEWSLETTER

Information and News from Pakistan Hypertension League
an Official Member of World Hypertension League (ISH/WHO)

Spring 1999

IMPRESSIVE PHL SYMPOSIUM HELD AT LAHORE

The highlight of the activities of PHL, towards the end of last year, was the impressive symposium on hypertension, organized by PHL Lahore chapter. It was well-attended by general practitioners, cardiologists, Internists and paediatricians of Punjab as well as other provinces, under the convenorship of professor Mumtaz Hassan, with secretarial and managerial help from Dr. Javed Akram. In the inaugural session Prof. Mumtaz Hassan presented the welcome address and pointed out that hypertension was a leading cause of death. He blamed stress as the culprit, and had thought provoking remarks about fastfood culture. Prof. M. Akhtar Khan, former principal of KEMC chaired the state of art lecture session which was delivered by Dr. Hamid Ikram, guest speaker from Australia who pointed out that according to WHO data, 25% of adult population of most of the countries suffers from hypertension and that even in developed countries such as Scotland and USA, the awareness of hypertension was less than satisfactory, and that treatment and compliance was only 50% of the targeted population. He discussed the complications and prognosis of left ventricular hypertrophy and stressed that the reduction of fatal events due to CHD can be achieved even with small reduction of blood pressure in the community.

Prof. Azhar Faruqi, Founder president of PHL recalled the history of World Hypertension League (WHL) and explained the linkage of Pakistan Hypertension League (PHL) with WHL. A recorded message of WHL league secretary, Dr. Malrow was shown on an enhance TV in which he congratulated the PHL and lauded the efforts of Prof. Faruqi. He announced that Prof. Faruqi was chosen by WHL, as their co-ordinator in South Asian region.

Chief Justice of Lahore High Court, Mr. Justice Rashid Aziz Khan, was the chief guest of the



PHL Business Meeting at Lahore

symposium. He, in his address, linked the stress and socio-economic conditions of the population to the development of hypertension; even the judiciary was no exception to the impact of stress and suggested that all such professional bodies and cooperations should be informed of the dangers of hypertension in formal health camps.

Dr. Ashfaq Ahmed, professor of medicine at Allama Iqbal Medical College, Lahore, discussed the reduction of CHF incidence with adequate management of hypertension, while Prof. Akhtar Ahmed discussed the cardiovascular disease due to hypertension and stressed the need of optimal control of hypertension to avoid the complication of stroke.

Dr. Ghiasuddin Gul from Pakistan Institute of Medical Sciences, Rawalpindi, discussed the role of kidney in the genesis hypertension. Prof. Humayun Gori Maqsood discussed the role of ACE inhibitors in hypertension, Prof. Eice Muhammad chaired the last session in which Prof. Faisal Masood discussed Endocrine hypertension. Prof. Eice Muhammad in his concluding remarks stated the need for popularizing non pharmacologic means of prevention and treatment of hypertension. He was keen to know how to diagnose



PHL Lahore Symposium: Chief Guest with PHL Office Bearers

and treat hypertension in children. He stressed the need for guidelines on the matter of hypertension in childhood.

Dr. Saeedul Majeed presented the general practice aspects of hypertension and stressed the need of CP's to refer to the cardiologists cases of uncontrolled hypertensives, and asked the experts to present guidelines to treat hypertensive crisis. The day long symposium was a great success and ended with vote of thanks. The events was well reported in the local press.

PHL LOCAL CHAPTER ACTIVITIES

PESHAWAR CHAPTER



PHL Peshawar Chapter Launches Activities

On 26th November 1998, Peshawar chapter of PHL in collaboration with college of Family Medicine started a series of lecture courses from family physicians. The first lecture was given at hotel Pearl Continental by Dr. Aziz Gul Mufti, Assistant Prof. of Cardiology of lady Reading Hospital (LRH) Peshawar. Prof. Tariq Nishtar presided and Prof. Waheed Sahibzada also attended. More than 50 multidisciplinary medical practitioners including cardiologists, gynecologists, family physicians, paediatricians,

industrialist and journalists participated. Dr. Saeedul Majeed acted as a co-ordinator and disclosed that similar lectures would be arranged in the future also. The event was reported in Frontier post, a national paper with captioning "The silent killer" aspect of hypertension. Prof. Aziz concluded that hypertension was a major risk factor of heart attacks and stressed the need to be aware of ones Blood Pressured. He suggested that exercise, prohibitions from smoking and reduced consumption of Ghee should be used as adjunct to the drug treatment of Hypertension.

KARACHI CHAPTER

A meeting of PHL was held at Civil Hospital, Karachi on the 21st of Oct. 1998 and was coordinated by Prof. Mashoor Alam Shah and chaired by Prof. Elahi Bux Soomro, Principal DMC, Prof. A. Faruqi founder president, PHL, attended and among the participants were Prof. Masood Hamid, Dr. M. Ishaq. There was a lively question-answer session.

Prof. Azhar Faruqi drew attention to the high incidence of hypertension in patients who are admitted in medical wards, and informed that 10% of Pakistani population was suffering from hypertension. Prof. Mashoor Alam Shah talked about the management of hypertensive crisis in the medical wards and outlined the drug management. He stressed the need for preventing hypertensive crisis by proper control of hypertension.

Prof. Hamid described the long term complications of hypertension and their treatment.

Dr. Feroze Memon from cardiology department at CHK emphasized the benefits of hypertension treatment in the terms of reduction in the incidence of CHD.

RAWALPINDI / ISLAMABAD CHAPTER

In July, 1998 - A day-long symposium of Hypertensions was arranged for General Practitioners and young Medical Doctors. Federal Secretary Health, Mr. Hassan Raza Pasha, was the Chief Guest and there were about 70-80 participants, including senior nursing staff. The topics provided basic practical information to the young doctors. The question-answer session was very stimulating.

On August 18th - Dr. Shaukat M. Malik gave a lecture on the subject of Hypertension to the staff of Pakistan Telecom Company Limited. There were about over 100 people who later actively participated in the question-answer session.

On August 21st - Dr. Shaukat Malik, after the

Juma prayers in a local mosque, gave a talk to a keen gathering on the subject of Hypertension. Blood pressure of about 50 people was recorded and free consultation given to the people who were found hypertensive, Dr. Afzal Mattu and Dr. Shahbaz Kureshi also precipitated in this activity.

HYDERABAD LOCAL CHAPTER



Participants of PHL Hyderabad Chapter Meeting.

Screening Clinics for detection of hypertension were begun on a regular basis, and the event was launched at PMA house & Raja Hospital Hyderabad. Mr. Shafiq Ahmed Khoso, Commissioner, Hyderabad Division, inaugurated the event on 10th Nov, 1997.

PHL Hyderabad held a symposium to create awareness of Hypertension at local hotel under the convenorship of Prof. Nazir Memon. The event was widely reported in Daily News, Karachi on 23rd Sept., 1998. A strong delegation of senior doctors from Karachi participated Prof. Azhar Masood A. Faruqi, Founder President PHL, Prof. Kalimuddin Aziz, Prof. Mashoor Alam, Dr. Maqbool A. Jafary, Dr. Nadeem Qamer gave presentation regarding various aspects of Hypertension.

The occasion was largely attended by local medical personnel.

PHL QUETTA CHAPTER LAUNCHED



PHL Quetta Chapter Launched.

Quetta Chapter has been officially launched with Mehrullah Shah Hashmi as the Coordinator and Dr. Abid Amin Khan as the Secretary. Dr. Abdul Baqi Durrani, Dr. Chishti Mujahid, Dr. M. Hashim Khan, Dr. M. Tahir Achakzai, Dr. Anwar Kurd, Dr. Mehboob Ali, Dr. Nadir Khan, Dr. Ali Nawaz Dr. Ali Dost Khan, Dr. Irshad A. Koso Dr. Israr Ahmed were elected to the Council.

Two workshops on Hypertension are to be held for General Physicians of Civil Hospital and CMH Quetta. A one day symposium on Hypertension is planned for 25 April, 99.

MINUTES OF THE 3RD GENERAL BODY MEETING OF PHL

The 3rd, General Body meeting of the PHL was held at Hotel Pearl Continental, Lahore on October 25, 1998 under the chairmanship of the Founder President Prof. Azhar Masood A. Faruqi. The following members were present:-

Prof. Nazir A. Memon	Prof. Mumtaz Hassan
Dr. Ejaz Vohra	Prof. Mashoor Alam Shah
Prof. Kalimuddin Aziz	Dr. Tariq Masood
Dr. Tariq Nishtar	Mr. Nusrat Nasarullah
Dr. Saeed-ul-Majeed	Dr. Bilal Z. Khan
Dr. Shariatulla Siddiqui	Dr. Zia-ur-Rehman Siddiqui
Prof. Ashfaq A. Khan	Dr. Shahbaz A. Kureshi
Dr. Shaukat M. Malik	Dr. Mubarak Ahmed
Dr. Hameedullah Malik	Dr. Abid Amin Khan
Dr. Liaquat Ali Cheema	Dr. Javed Akram
Prof. M. Afzal Mattu	Dr. Sajid Asadullah
Dr. Khawar Kazmi	Dr. Syed Ishtiaq Rasool
Prof. Ata Khan	Dr. Moazzam Baig Mirza
Dr. Nadeem Qamar	Mr. Aziz-ur-Rehman
Dr. A. Samad Shera	Dr. Tabassum Khan
Dr. Sarmad Maqbool	Dr. Saud A. Japanwala
Mr. Asad Mirza	Mr. Khadim Hussain Malik

It started with recitation of Holy Quran by Dr. Ejaz Ahmed Vohra.

Fateha was offered for the departed soul of the mother of Dr. M. Ishaq, Founder President Pakistan Hypertension League. Prof. Azhar Masood A. Faruqi expressed his grief and informed the house that a condolence letter will be sent to Dr. Mohammad Ishaq.

Dr. Saeed-ul-Majeed coordinator Peshawar Chapter suggested that the minutes of meeting should be circulated among members prior to meeting. This suggestion was accepted unanimously.

Prof. Nazir A. Memon, Joint Secretary, PHL, read out the minutes of the last meeting of PHL which were approved.

Founder-President PHL presented a one page colour algorithm of guidelines for Hypertension management prepared by different committees at National workshop held at NICVD, Karachi along with a 12 page recommendation made by National Task Force subcommittee, both were approved.

Founder-President PHL informed the house that PHL has been registered and General Secretary PHL has written to Central Board of Revenue for exemption of Income Tax.

Dr. Saeed-ul-Majeed, coordinator, Peshawar, Prof. Nazir Memon coordinator, Hyderabad Chapter on behalf of Prof. Jan Muhammad Memon, Dr. Abid Ameen, Secretary, Quetta chapter and Prof. Mashoor Alam Shah, coordinator, Karachi Chapter, presented their respective Chapter reports.

Prof. Kalimuddin Aziz suggested the need to chalk out next year programme which Local Chapters could follow, so that a coordinated joint objective could be achieved. Founder President PHL stressed that there should be general consensus about the principle, but local chapter may be allowed to make their own planning suitable to local situation. Prof. Shaikat Malik suggested that main objective of all local chapters should be to increase public awareness. He stressed the need to involve general public.

Dr. Shariatullah from Karachi emphasized the need to arrange meetings where in hypertensive patient's compliance to drug treatment can be evaluated.

Dr. Ejaz A. Vohra presented the Financial Report.

Prof. Kalimuddin Aziz, Editor Newsletter PHL invited the activity reports of local chapters.

Peshawar was selected for the next symposium, and Dr. Saeed-ul-Majeed was given the task of the Convener.

Finally, Prof. Mumtaz Hasan thanked Prof. Azhar Masood A. Faruqi and other participants. He also thanked the Pharmaceutical Companies for their cooperation and assistance.

The meeting was adjourned with a vote of thanks to the Chair and prayers for the success of PHL.

CALENDAR

12th Asian Pacific Congress of Cardiology & 7th Asian Congress of Paediatric Cardiology & Biennial Congress Pakistan Cardiac Society
October 17-21, 1999 Lahore, Pakistan
 Information Contact:-
 12th APCC Secretariat
 Punjab Institute of Cardiology
 Ghaus-ul-Azam Road, Lahore-54000 Pakistan
 E-mail: pic@shoa.net
 Web site: <http://www.pic.com.pk/apcc.htm>

39th Annual Conference on Cardiovascular Disease Epidemiology and Prevention,
Orlando, FL
 March 24-27, 1999

6th Annual Meeting Section Blood Pressure Measurement and Diagnostics in Hypertension
 April 30-May 1, 1999
 Bremerhaven, Germany
Information: Dr. Peter Kaune
 Deutsche Hochdruckliga
 PO Box 10 20 40,
 69010 Heidelberg, Germany

1st Meeting of the Asian-Pacific Society of Hypertension (3rd Pacific Rim)
 September 19-22, 1999
 Bali, Indonesia
Information: National Cardiac Center
 Harapan Kita Hospital, 8th Floor,
 Suite 2807, Jln. Jend. S. Parman
 Kav. 87, Jakarta 11420, Indonesia
 E-mail: apsh@cbn.net.id

23rd Annual Scientific Meeting of the German Hypertension Society
 November 17-21, 1999
 Karlsruhe, Germany
Information: Dr. Peter Kaune,
 Deutsche Hochdruckliga
 PO Box 10 20 40,
 69010 Heidelberg, Germany

Editor: Prof. Kalimuddin Aziz, *Editorial Board:* Prof. Tariq Nishtar, Peshawar; Prof. Nazir Ahmed Memon, Hyderabad; Prof. Ashfaq A. Khan, Lahore; Mr. Nusrat Nasarullah, Karachi. *Published for:* PHL, NICVD, Karachi by Mr. Asad Mirza. Printed with an educational grant from Servier Pakistan.