



PHL • NEWSLETTER

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

Summer 2003

7th National Symposium of PHL at Faisalabad

Faisalabad Chapter of Pakistan Hypertension League is holding its 7th National Symposium of PHL on 18-19th October, 2003. Experts from all parts of Pakistan are expected to participate. The theme of the



Organizing Committee 7th National Symposium of PHL at Faisalabad symposium is "The Silent Killer". Interactive sessions for the general public regarding awareness of hypertension are planned which have always generated a great deal of public enthusiasm in these symposia.

The program shall begin with inauguration ceremony followed by the public awareness session on the first day and on Sunday October 19th, 2003 the scientific sessions dealing with various aspects of diagnosis, treatment and prevention of hypertension are planned. The convenor of the symposium is professor Abdul Hafeez Chaudhry and supported by Dr. Mohammad Javaid Iqbal, Secretary of the Organizing Committee.

This symposium is the first for Faisalabad PHL chapter and a large participation of physicians from all parts of Pakistan is expected. Hypertension is a major problem for the Punjab with its large population and this symposium is expected to enhance awareness of hypertension in the region.

Summary of Program at Faisalabad

Inauguration Ceremony	Session-I
Epidemiology and Prevention	Session-II
Diagnosis and management	Session-III
Hypertension in Special Situations	Session-IV
Two interactive case discussion sessions.	

Session I: Epidemiology & Prevention

01. Hypertension stalking the Silent Killer.
Dr. Atif Mirza (Lahore)
02. JNC VII, Salient Features. How useful are they for the Family Physician?
Dr. Shahid Abbas (Islamabad)
03. Hypertension in Children who are at risk, how to screen & manage.
Dr. Prof. Tahir Masood (Lahore)
04. White Coat Hypertension : A risk for progression into sustained Hypertension.
Dr. Saulat Siddique (Lahore)
05. Impact of life style modification on B.P control.
Dr. Shahbaz Qureshi (Islamabad)
06. Prevalence of High Blood Pressure in Diabetic Population.
Prof. Naeem Ahmed (Faisalabad)



Panel of Physicians at PHL Quetta symposium

Session II: Diagnosis & Management

01. The High risk Hypertensive patients in the age of Combination Therapy.
Dr. Abu Bakar Shaikh (Karachi)
02. The Future of High-Risk Management in Hypertension with reference to mega trials.
Dr. Khawar Abbas Kazmi (Karachi)
03. Management of Resistant Hypertension.
Dr. Mansoor Ahmed (Karachi)
04. Hypertensive crises: Clinical Presentation & Management.
Dr. Raja Zafar (Multan)
05. Update in the Management of systemic Hypertension.
Dr. Javed Akram (Lahore)
06. Treating Hypertension: Does it work?
Dr. Fahim Jafary (Karachi)

Session III: Hypertension in Special Situations

01. Hypertension & Diabetes: A lethal combination.
Dr. Hafizullah Khan (Peshawar)
02. Hypertensive problem in pregnant state.
Dr. Feroz Memon (Hyderabad)
03. Hypertensive CVA's.
Dr. Saad Shafiqat (Karachi)
04. Isolated Systolic Hypertension: mechanisms complications and management.
Dr. Abid Amin (Quetta)

Session IV: Interactive case discussion sessions**Hall A:****Chairperson: Prof. Ejaz Vohra (Karachi)**

01. A case of Hypertension Angina and Heart Failure.
Prof. Mohammad Ishaq (Karachi)
02. A case of High Blood Pressure and stroke.
Dr. Azam Aslam (Faisalabad)

Hall B:**Chairperson: Prof. Ashfaq Ahmed Khan (Lahore)**

01. A case of High Blood Pressure, Hyperlipidemia and Endstage Renal Disease.
Dr. Adil Manzoor (Faisalabad)
02. A post menopausal lady with hypertension and metabolic syndrome.
Prof. Zahid Yaseen Hashimie (Faisalabad)

Session I: Chairperson:

1. Prof. Hamid Shafquat (Karachi)
2. Dr. Ehsanul Haq (Faisalabad)
3. Dr. Maqbool Jafery (Karachi)

Session II: Chairperson:

1. Prof. Shahreyar A. Sheikh (Lahore)
2. Prof. Naeem (Faisalabad)
3. Dr. Shaukat Malik (Islamabad)

Session III: Chairperson:

1. Prof. Waheed Sahabzada (Peshawar)
2. Dr. Zaidi (Faisalabad)
3. Prof. Sharif Chaudhry (Karachi)

Concluding Session:**Chairperson: Founder President**

Prof. Azhar Faruqui, SI.

Local Chapters Reports**1. Karachi Chapter:**

The council for Karachi Chapter has been constituted with Prof. Mashoor A. Shah and Prof. A. Riaz Qureshi as coordinators, Dr. Qaiser Jamal as Chapter Secretary, Dr. Fahim Jaffery Treasurer and



Professor M.A. Shah speaking a symposium of Pakistan Hypertension League at Jinnah Postgraduate Medical Centre. Prof. M.H. Osmani, Dr. Tariq Masood, Dr. Tahir Saghir, Dr. Ilyas Vohra and Dr. Dad M. Jan as members.

The activities of Karachi Chapter included three seminars in December 2002 at JPMC and in April 2003 at local hotel and again at JPMC in September 2003. Complications of strokes and its management was the topic in JPMC. One day symposium concerning rehabilitation of stroke victims was held at JPMC in October, 2003. Professor Mashoor Alam Shah, Dr. M. Kazi, Dr. Jehan Ara, Dr. Nabila Soomro and Dr. Fayyaz Ahmed took part in various activities.

2. Hyderabad Chapter:

Dr. Feroz Memon co-ordinator reported lecture programmes of awareness of hypertension at Hala and Matli which were delivered by local doctors.

Dr. M. Khan and Dr. Feroz Memon. These lectures were followed by interactive discussions between experts and the general public.



Family Physicians of Hala attending PHL Hyderabad Chapter symposium

3. Peshawar Chapter:

The Peshawar chapter was active this year. On 16-01-2003 a meeting was held regarding hypertension where evidence based treatment of hypertension was discussed. Medical discussion on 06-03-03 included role of ACE inhibitors in hypertension. On 19th April a symposium on youth & tobacco was held at Ghandara University and was attended by 300 students. World No Tobacco Day was celebrated on 31st May, 2003. Deputy Chairman of the Senate of Pakistan inaugurated the symposium. Dr. Aziz G. Mufti, Dr. Hafizullah, Dr. Adnan M. Gul and Dr. Saeed-ul-Majeed participated.

4. Lahore Chapter:

Four screening camps were held in various commercial markets in Lahore in the last three months of 2003, four screening camps were held in various commercial markets. 50-80 persons were screened for hypertension in each camp. Advice regarding awareness of hypertension was given.

A pamphlet answering general public's, questions about anxieties regarding hypertension was designed, over 6000 copies have been distributed so far. A large screening camp was organized by PHL in association with heart association of Lahore in Gulab Devi Hospital, sponsored by SAMI Pharmaceutical on 27-09-2003. In recent days Prof. Saulat Siddique has injected an increased dose of enthusiasm in PHL Lahore Chapter.

5. Quetta Chapter:

Eleven sessions were held by Quetta chapter in which various aspects of hypertension which included a session on prevalence and prevention of hypertension. Prof. Allah Din, Dr. Hashim Khan, Col. Jawad Ansari

and Dr. Abid Amin Khan, Co-ordinator, PHL participated.

General Secretary PHL Prof. M. Ishaq's Report

PHL is entering in its 7th year of existence. I am pleased to state that over these years PHL has continued its forward march.

Pakistan Hypertension League been holding regular annual Symposium & this is its 7th National Symposium to be held at Faisalabad. The seven local centers of PHL have been holding regular activities in the form of clinical meetings, camps and public awareness programmes concerning hypertension in their region. Today we have over 230 members spread all over the country including members of the general public who are committed to the cause of hypertension. PHL has developed the first National guidelines on Hypertension which was prepared by various multi disciplinary groups comprising of leading experts from all over the country. PHL has also prepared algorithms on Blood Pressure management in both adults and children for the benefit of Family Physician. Workshops on various aspects of hypertension are being organized. The main emphasis of PHL centre has been to enlarge the organization and activities of the regional chapters.

Faisalabad chapter was recently established. I am please to inform the members that it is growing very fast. PHL compliment the efforts of its Coordinator Prof. Hafeez Chaudhary in this regard.

Lahore Chapter had some organizational difficulties due to illness of its coordinator PHL sympathizes and appreciate the services rendered by Prof. Ashfaq Ahmed Khan coordinator Lahore chapter. His contribution as PHL founding member and chapter coordinator will be long remembered. On his request he was relieved of his responsibilities as chapter coordinator and Lahore Chapter has been re organized under the coordinator ship of Prof. Saulat Siddique.

I am also glad to know that Prof. Ashfaq Ahmed Khan has with grace of Allah recovered from his illness. I am sure we will continue to benefit from his wisdom and support.

Local chapters of PHL are expected to open at Bahawalpur, Sukkur, Abbottabad, Multan and Muzaffarabad in the near future. The centre is also planning to create a research cell and start data collection and research projects.

The 7th National Symposium will Inshallah prove another mile stone in our onward march. The challenges of Hypertension are enormous and we have a lot to do to achieve our goals.

Did you know?

- I. Hypertension in Pakistan affects one in three persons over the age of 45 years.
- II. Hypertension is more prevalent in women than men in both rural and urban Pakistan after 45 year age.
- III. Hypertension prevalence is significantly more in urban than rural Pakistan.
- IV. Obesity and diabetes prevalence is more than 60% in urban females and slightly less than 50% in rural females are abuse.
- V. In Pakistan a double burden of Hypertension and obesity and under weight which is over eating had national budget.

JNC VII REPORT;**Classification and management of blood pressure for adults.**

BP Classification	SBP* mmHg	DBP* mmHg	Lifestyle Modification	Initial Drug Therapy	
				Without Compelling Indication	With Compelling Indication (See Table 8)
Normal	<120	and <80	Encourage		
Prehypertension	120-139	or 80-89	Yes	No antihypertensive drug indicated.	Drug(s) for compelling indications. ¹
Stage 1 Hypertension	140-159	or 90-99	Yes	Thiazide-type diuretics for most. May consider ACEI, ARB, BB, CCB or combination.	Drug(s) for the compelling indications. ¹ Other antihypertensive drugs (diuretics, ACEI, ARB, BB, CCB) as needed.
Stage 2 Hypertension	≥160	or ≥100	Yes	Two-drug combination for most ¹ (usually thiazide-type diuretic and ACEI or ARB or BB or CCB)	

* Treatment determined by highest BP category

¹ Initial combined therapy should be used cautiously in those at risk for orthostatic hypotension.

² Treat patients with chronic kidney disease or diabetes to BP goal of <130/80 mmHg

C A L E N D A R**7th PHL Annual Symposium**

October 18-19, 2003

Hotel Serena, Faisalabad, Pakistan

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**WHL Regional Meeting
With the Chinese Hypertension League**

October 16-18, 2003

Beijing, China

Information: Dr. Liu Lisheng

Cardiovascular Institute & Fu Wai Hospital

Beijing 100037

Peoples' Republic of China

Fax: (+86) 10 6835 1990

E-mail: chlypt@163bj.com

**World Congress on Cardiovascular Health;
Preventing the Global Pandemic
in Developing countries**

December 7-10, 2003

Accra, Ghana

Information: ISHIB; 2045 Manchester Street,

NE, Atlanta, GA 30324-4110, USA

Fax: (+1) 404 875 6334

E-mail: ishib2003@ishib.org

Website: www.ishib.org

**20th Scientific Meeting or the
International Society of Hypertension**

February 15-19, 2004

Information: Meeting Secretariat Soma

Rua Maria Carolina, 67

01445-000 Soa Paulo - SP, Brazil

Fax: (+55) 11 3062 -1710

E-mail: hypertension@somaeventos.com.br

Website: www.hypertension2004.com.br

**44th Annual Conference on Cardiovascular
disease, Epidemiology and Prevention**

March 3-6, 2004

San Francisco, CA

Information: Scientific Conferences

American Heart Association

7272 Greenville Avenue

Dallas, TX 75231, USA

E-mail: scientificconferences@herat.org

Website: www.americanheart.org/scientif/confer

**WHL Regional Meeting with
the Czech Society of Hypertension;
Community Control of Hypertension
in Central and Eastern Europe**

April 24, 2004

Prague, Czech Republic

Information: Dr. Patrick J. Mulrow

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