



Affiliated with World Hypertension League and
International Society of Hypertension

PHL NEWSLETTER

SPRING 2020

Information from **Pakistan Hypertension League**
An official member of **World Hypertension League (ISH/WHO)**



CHAPTER COORDINATORS MEETING AT CARDIOCON 2019 ISLAMABAD

EDITOR'S NOTE

It gives me great pleasure to present the spring issue of PHL newsletter. We will soon be meeting at the beautiful city of Peshawar to participate in the 23rd annual symposium of PHL. Prof. Amber Ashraf and her team is busy in organising an excellent scientific moot. We had a meeting in this connection at PHL house with Pharma friends and senior colleagues to ensure a very successful symposium. During the Cardiocon 2019 a meeting of the PHL coordinators was held to discuss the chapter activities. This proved very productive and the coordinators came up with excellent ideas to boost the activities. The second certificate course on hypertension management was commenced in December and is well in progress with 15 enthusiastic Family physicians. I request all the worthy members to make it convenient to attend the coming symposium. Chapter coordinators are expected to bring sizeable delegations and take part in all sessions.

I am sure you will enjoy the start of spring in the beautiful valley of Peshawar and avail the local hospitality.

PHL zindabad

Pakistan paintda bad

Prof. Mohammad Ishaq

Regarding WHD, as co ordinator for Peshawar chapter we have organized various activities

We the Cardiology Department in collaboration with Pakistan Hypertension League, World Hypertension congress has observed World Hypertension Day.

Following activities were conducted:

At Cardiology department, Khyber Medical College and Khyber Teaching Hospital, Peshawar.

1. BP measurement in Khyber Teaching Hospital (different OPD's) May Month
2. Public awareness walk- regarding checking your BP. (03-05-2019)
3. Symposium on public awareness hypertension. (04-05-2019)

World Hypertension Day walk followed by awareness symposium at CPC basement Khyber Teaching Hospital,

4. May Measurement Month- 2019, Cardiology female doctors checked the BP of all nursing students at nursing school, and different teams of male doctors checked BP at town Mosque, Chief Burger restaurant , Fawad plaza University road and Dean s Shopping mall.

At Cardiology department, Hayatabad Medical Complex, Peshawar

1. BP measurement in Cardiology OPD- May Month
2. Public awareness walk- regarding checking your BP. (03-05-2019)

At Cardiology department, Lady Reading Hospital , Peshawar

1. BP measurement in Cardiology OPD- May Month
2. Public awareness walk- regarding checking your BP. (03-05-2019)

1. Symposium on Hypertensionat KPK Level.

Venue : PC Peshawar

Date : 20th June 2019.

Chief Guest: Prof Dr Hafizullah and Prof Dr Adnan Gul

Team: Cardiology Department LRH, KTH , HMC and Preventive section of Cardiology department LRH.

Speakers and talks including

State of art lecture by Prof M. Hafizullah,

Recent updates by Dr Adnan Gul,

Hypertension in Pakistan and introduction about WHD by Dr Amber Ashraf,

Prevention is better than cure by Dr Shazia, Management by Dr Hikmat,

Followed by interactive session, on prevention life style modification and medication.

Target audience GP s from all KPK districts, nurses, medical college students, students and teachers of different women colleges, TMO, general public.

Participants more than 250.



2. Walk

Venue: University road in front of Khyber Teaching Hospital, Peshawar.

Date: 3rd May 2019

Team: Cardiology department along with Pulmonology department, Nursing Students Khyber Medical College n Khyber Teaching Hospital. Peshawar,

Theme: Know Your Blood Pressure, for general pulic awareness.

Participants more than 70





3. Free Medical and BP checking camp,

Venue: Cardiology OPD, KTH, Peshawar

Date: 2nd May 2019

Team: Cardiology department KTH,

Theme: MMM- (May Measurement Month) and Know Your Blood Pressure, for general public awareness.

Participants more than 120



4. Symposium on Hypertension.

Venue: Cardiology OPD, KTH, Peshawar

Date: 4th May 2019

Team: Cardiology department KTH,

Theme: MMM- (May Measurement Month) Know Your Blood Pressure,

Target audience: TMO s Nurses and HO at KTH -MTI,

Participants more than 110

Speaker: Dr Amber Ashraf and Dr Farooq.



- The program focused on awareness of hypertension diseases in women. The importance of healthy life style changes was highlighted. Useful tips were given how to reduce mental stress and importance of heart healthy diet was emphasized Q&A session with nurses students and female technicians.



Focal person PHL- KP Chapter was identified, For observing World Hypertension Day, at all district level and we arranged following activities

- Walk for public awareness regarding hypertension its prevention and complication.
- Regarding MMM (May Measurement Month, 2019), arrangement for BP measurement camps for general population screening at all district, (trained team join and work together) and information recorded on data sheets, supervised by focal person and chapter co-ordinator.

Press Conference and Media motivation for general public awareness



PHL HYDERABAD CHAPTER AND CELEBRATIONS OF OTHER SOCIETIES

Pakistan Hypertension League. Hyderabad Chapter organised the celebrations of World Heart Day and World Diabetes Day.

On 10th, October 2019, PHL Hyderabad Chapter arranged World Heart Day Celebrations at DHQ Jamshoro (Kotri), where Prof: Feroz Memon gave an Excellent talk on Heart Diseases. event was observed attended by Professors and Faculty Members Followed by walk and tree plantation.

On 15th, Nov. 2019, PHL, Hyderabad Chapter celebrated World Diabetes Day, Prof: Sami Ullah Shaikh gave speech on Updates on Diabetes and its management, many doctors, Postgraduates and Faculty members had attend the programme.

TARGET BLOOD PRESSURE AND BLOOD PRESSURE MEASUREMENT

On 28th November 2019. PHL Hyderabad Chapter arranged a Talk on Target Blood Pressure and Blood Pressure Measurement, presented by Dr. Abdul Rab Shaikh.

Hypertension and its complications and proper Blood Pressure measurement method were discussed.

Presentation was attended by 35 Postgraduates. Presentation was Interactive and case based. followed by Q&A Session.



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HYDERABAD CHAPTER

WORLD HYPERTENSION DAY 2019

Dr. Fakhruddin Shaikh

HYPERTENSION BOOTH

On 10th November 2019. PHL Hyderabad Chapter arranged a local free Blood Pressure. Blood Sugar and Blood Cholesterol checking camp at jamia cloth market. Latifabad unit No. 8, Hyderabad with the cooperation of local authority.

We have screened the local people, shop keepers and found newly diagnosed cases of HTN. 348 patients were screened and checked and we gave them free consultation check up at hospitals for further management.

Phase 1.0 of this booth done. Other booths will soon be launched around the Hyderabad at 8 different spots to collect the local data.



Prof. Abid Amin Vice President PHL, attended APCH-2019 meeting at Brisbane, Australia on 24-27 November 2019. He is seen with Prof. Trefor Morgon Secretary General APSH.



NAWABSHAH CHAPTER

WORLD HYPERTENSION DAY 2019

Dr. Qurban Ali Rahu

A Walk was arranged to celebrate WHD. All department doctors, Industry people, paramedic joined the walk. Public awareness talk was delivered at different points during walk. A talk on hypertension was given by faculty for Postgraduate students. Hypertension clinic was arranged for whole month of May.



The secretary general of PHL, Prof. Dr. Mohammad Ishaq inaugurated Swat chapter of PHL, on 5th October 2019.

The activity was organized by Cardiology Deptt; Saidu Teaching Hospital (STH), Swat. The inauguration ceremony was held in Cardiology Deptt, STH, Swat.

The ceremony was presided by Prof Dr Mohammad Ishaq Sb. Medical Superintendent of STH, Swat, Prof Dr Gulshan Hussain Farooqi was the Chief guest and former Coordinator of PHL Swat Chapter, Prof Dr Aziz Ahmad was the guest of honor. A good number of house officers, post graduate trainees and faculty of Deptt; of Medicine and Allied attended the function.

The session was addressed by former Swat Chapter Coordinator, new coordinator of Swat Chapter and then a detail presentation on Aims & Objectives, organizational structure and activities of PHL were presented by Prof Dr Mohammad Ishaq Sb. The Secretary General PHL also discussed in detail the epidemiological details of Hypertension, its preventive strategies, drug treatment and future research prospects in the field of Hypertension.

At the end of the session, the Secretary General presented souvenirs to the dignitaries. All the participants were offered lunch after the session.



THE FOLLOWING WILL BE THE ORGANIZATIONAL STRUCTURE OF PHL SWAT CHAPTER

1. **Coordinator**
Assoc. Prof. Dr. Hafiz Ur Rehman
2. **Secretary**
Assiss. Prof. Dr. Abdul Hadi
3. **Treasurer**
Senior Registrar Dr. Bilal Ahmad
4. **Chairman Scientific Committee**
Senior Registrar Dr. Sayed Javed Bacha
5. **Executive Members**
Assiss. Prof. Dr. Iftikhar Ahmad and
Dr. Amjad Ali Shah

A meeting held in Hyatt Place Dubai hotel on 4th October 2019 of PHL and PCS council with cardiologists from UAE and Gulf region. 15 to 20 cardiologists of Pakistani origin attended the meeting. They were from Dubai, Abu Dhabi, Ajman, Sharjah, Bahrain and a group of 20 cardiologists from Pakistan. In this meeting, finally, long-awaited PCS and PHL Gulf chapter announced.

Dr. ABDUL REHMAN, Interventional Cardiologist from PRIME HEALTH CARE GROUP Dubai, is announced as the COORDINATOR. Dr. Mohammad Arif from Zayed Military Hospital Abu Dhabi as the Secretary, Dr. Zubair Memon from Aster Clinic Dubai

as treasurer and Dr. Yasir from Canadian Hospital Dubai as a chairman of the scientific committee.

Dr. Abdul Rehman briefly discussed the need of the Gulf Chapter in this region. Prof. Mohammad Ishaq, SECRETARY GENERAL OF PAKISTAN HYPERTENSION LEAGUE and Prof. Feroz Memon, the PRESIDENT of PAKISTAN CARDIAC SOCIETY, briefly presented the activities of PHL and PCS all over Pakistan and abroad. Finally, Dr. ABDUL REHMAN, the COORDINATOR of PCS AND PHL Gulf chapter, paid a vote of thanks to all participants. Later, the participants were served with tea and refreshments.



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CALENDAR OF EVENTS

17th Malaysian Annual Hypertension Congress 2020

February 14-16, 2020
Kuala Lumpur, Malaysia

World Congress of Nephrology

March 26-29, 2020
Abu Dhabi, UAE

WHL-ISN Joint Session

March 26-29, 2020
Abu Dhabi, UAE

PreHT Conference 2020

April 2-5, 2020
Vilnius, Lithuania

ESO-WSO 2020

May 15-20, 2020
Vienna, Austria

Joint ESH-ISH 2020 Meeting

May 29 - June 1, 2020
Glasgow, Scotland

5th Global Summit on Circulatory Health

June 15-17, 2020
Washington DC

PHL COUNCIL

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