



Affiliated with World Hypertension League and
International Society of Hypertension

PHL NEWSLETTER

WINTER 2019

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



PHL 22ND ANNUAL SYMPOSIUM 2019, LAHORE

EDITOR'S NOTE

Dear members friends and supporters it is my pleasure to present the winter issue of news letter. I regret that the summer issue could not be produced due to certain difficulties. We last met at the 22nd PHL symposium at Lahore. This was a mega event and a memorable gathering. I must congratulate Prof Bilal Mohyidin for a wonderful scientific and social feast that we enjoyed at Lahore. Prof Neil Poulter President of ISH graced the occasion as a guest of honor. The next major activity was the Certificate distribution ceremony for the successful candidates who completed the first ever ISH approved ten module course in the management of Hypertenison. This was presided by Prof Azhar MA Faruqi and attended by the course Faculty. World Hypertenison day was celebrated with traditional enthusiasm despite the fact that it fell during the month of Ramadan. MMM campaign this year could not match previous year due to Ramadan but a significant contribution was made this year as well. Next we will be meeting at Peshawar where Prof. Amber Ashraf and her team is planning another memorable symposium. I had the pleasure of opening two more chapters in KPK at Nowshera and Swat. I am specially impressed with the activities performed by Sargodha chapter. I hope the chapter co ordinators will continue their good work and keep us updated on their activities. Dear members kindly mark your calendar for the next symposium on 6 to 8 March, 2020 at Peshawar. The weather will be nice to enjoy the local hospitality.

See you all at Peshawar

Pakistan Zinda Bad

Prof. Mohammad Ishaq

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LAHORE CHAPTER

22nd Annual Symposium 2019

Dr. Bilal S. Mohyidin

The Lahore Chapter organized the 22nd Annual Scientific Congress of Pakistan Hypertension League in the Historic Metropolitan city of Lahore from 21st to 24th February 2019. Theme of the congress was **"Reaching Out"**. Scientific program incorporated sessions dedicated to Neurology, Endocrinology, Nephrology, Ophthalmology, Gynecology, Obstetrics, Cardiology, Interventional Cardiology, Heart Failure, Women and Hypertension, Hypertension Guideline both International and Local, Pediatrics, Cardiac Imaging, Pulmonology and a special session was designed for family physicians. Throughout the congress we also had daily nursing sessions.



More than four thousand Doctors, Nurses, Medical students, Technicians, Paramedical personal and representatives of health and pharmaceutical Industry attended this congress. We also had workshop on the first day of congress for General Public, they were introduced to life style modifications by Physiotherapists who demonstrated and practiced with them how to do basic exercises even in the privacy of home. Master Chefs taught them how to cook delicious meals without oil, for this we had live stations demonstrating cooking, these two being the major corner stone in managing Hypertension.

To increase the awareness and importance in General Public of Cardiopulmonary Resuscitation dedicated workshops on the first day were held for them with supervised hands on training, and throughout the conference for all health providers refresher course was conducted in the exhibition hall.



Multiple local and international experts attended the conference. Guest of Honor, Prof. Dr. Neil Poulter President of International Society of Hypertension updated the participants regarding the latest trends in managing hypertension. He was the Key Note Speaker at the opening ceremony.

At the opening ceremony our Chief Guest Prof. Dr. Javed Akram Vice Chancellor of University of Health Sciences deeply acknowledged the efforts of Pakistan Hypertension League. Our guests of honor Prof. Dr. Khalid Masood Gondal Vice Chancellor King Edward Medical University, Prof. Dr. Amir Zaman Vice Chancellor Fatima Jinnah Medical University, Prof. Dr. Mahmood Ayaz Principal Services Institute of Medical Sciences and a wide array of Professors and teachers all agreed that Hypertension needs to be given more importance in the undergraduate syllabus. Prof. Dr. Saulat Siddique President PHL, Prof. Dr. Muhammad Ishaq General Secretary PHL, Prof. Dr. Abid Amin Khan Vice President PHL and Prof. Dr. Azhar Masood Ahmed Faruqi Founder President PHL enlightened the audience regarding the Past, Present and Future direction of Pakistan Hypertension League. Dr. Bilal S. Mohyidin Convener of the conference highlighted the guests regarding the scientific program.

During this meeting 24 scientific sessions were held and nearly 150 scientific presentations were made. Doctors, nurses and medical students presented more than one hundred scientific posters and original research work highlighting the significance of hypertension and its management spheres. To encourage medical students three best were given shields and certificates.

On the evening of first day the industrial exhibition was inaugurated by Prof. Neil Poulter along with the executive committee of PHL.

The 22nd Annual Congress of Pakistan Hypertension League was endorsed and supported by more than 22 Local and International Scientific Societies and organizations. Members of these societies joined hands and designed the scientific program.



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KARACHI CHAPTER

WORLD HYPERTENSION DAY 2019

Prof. Qaiser Jamal

2019 has been a busy year for PHL, Karachi Chapter. A scientific session was held at Usmania Restaurant, Karachi in March 2019 on the Management of Hypertension where Prof Waris Qidwai, Prof. M. Ishaq and Prof. Qaiser Jamal presented their talks to health professionals.



A public awareness session was held on Hypertension at the auditorium of KIHD in the month of April where prominent speakers like Prof. Abdul Rasheed, Prof. M. Ishaq and Prof. Khalida Soomro delivered useful lectures for the general public and paramedics. The public showed interest and the participation was excellent.

An awareness session was organised at DHQ Hospital, Thatta for health professionals on the management of hypertension. Prof. Qaiser Jamal, coordinator Karachi Chapter was the speaker and presenter.

An awareness session was organised on World Hypertension Day at the Federal Urdu University in collaboration with Deptt of Zoology in May 2019 with the theme of MMM (May Measurement Month). The session was a great success and students from the university showed active participation. Prof. M. Ishaq, Prof. Abdul Rasheed, Prof. Khalida Soomro, Prof. Rubina Mushtaq and Prof. Qaiser Jamal were the prominent speaker on this occasion. A Blood Pressure screening camp was also organised on this occasion. The session was very well covered by the media.



The first batch of physicians who successfully completed the ISH accredited course on Management of Hypertension were awarded certificates. The proceedings were organised by PHL Central and PHL Karachi Chapter. Prof. Azhar Masood A. Faruqui and Prof. Feroz Memon were the honourable guests on this occasion. Prof. M. Ishaq, Secretary General PHL and Dr. Asif Khan, Secretary Karachi Chapter hosted the ceremony.

An awareness scientific session were organised at Sind Govt Qatar Hospital, Karachi in June 2019. Prof. Qaiser Jamal and Prof. M. Ishaq spoke on the disease burden and lifestyle modifications as well as pharmacological management of the disease.

In future the Karachi Chapter plans to establish hypertension clinics at various public healthcare setups in Karachi, where patients will be provided free of cost consultation and medications. In this regard the first ever Hypertension Clinic will soon be functional at the Karachi institute of Heart Diseases. Prof. M. Ishaq, Secretary General PHL has supported the Karachi Chapter in this regard.



1st Meeting of PHL (Hyderabad Chapter) held on 16th June 2019, Sunday. 18 members have attended the meeting, we were privileged to have president cardiac society Prof. Feroz Memon, Dr. Fazal Rehman Memon, Prof. Rafi Ahmed Ghorri, other renowned physicians and cardiologists attended the meeting.

Meeting started with recitation of quran, followed by welcome address by Dr. Fakhar Din Shaikh coordinator PHL, hyderabad chapter.

Dr. Abdul Rab Shaikh Secretary PHL, Hyderabad Chapter started the agenda of the meeting. following programmes were discussed and confirmed by the members.

1. Membership Drive
2. Hypertension Cricket Match
3. Blood Pressure Booths
4. Hypertension Awareness Seminar for hotel chefs, catrars and food providers
5. Heart Mela on World Heart Day in collaboration with Pakistan Cardiac Society
6. Life cycle with bicycle "bicycle awareness marathon for healthy life style"
7. Yoga Meditation Programme

Meeting concluded by Dr. Fakhar Din Shaikh hopefully all the programmes will be stricly followed and will be scheduled on time.



PHL (Hyderabad chapter) arranged a magnificent cricket match at Afzal cricket ground Hyderabad.

Cricket match was attended by all the members and dignitaries, Prof. Feroz Memon, Dr. Fazal Rehman Memon, Prof. Abdul Gaffar Memon, Dr. Zaman Balouch, Dr. Anwar Shaikh, Dr. Nouman Shaikh, Dr. Abdul Rab Shaikh and others.

Teams were divided into 3 according to there respective institutions, Red Crescent Institute of Cardiology team, Isra University Hospital team, Liaquat University Hospital team.

It's been great enviornment, all the players shows sportsman spirit. Isra and Red Crescent teams shared the wining shield and LUMHS team was carrying the runners up shield.

We are thankful to all the member and participants for taking there time out from there busy schedule and showed solidierity for PHL Hyderabad chapter.



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MIRPURKHAS CHAPTER

WORLD HYPERTENSION DAY 2019

Dr. Didar Hussain Gajoo

World Hypertension day celebrated by Pakistan Hypertension league Mirpurkhas chapter in Cardiology Deptt Civil Hospital Mirpurkhas; large number of doctors, paramedics and public of Mirpurkhas participated.

Dr. Didar Hussain Gajoo chief cardiologist and Head of Deptt spoke on the occasion,public awareness program regarding Hypertension given, free checkup of blood sugar and cholesterol conducted.



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SUKKUR CHAPTER

WORLD HYPERTENSION DAY 2019

Dr. Raj Kumar Sachdewani

PHL Sukkur Chapter continuing the tradition remained active in this year and organized several seminars and meetings in Sukkur, Ghotki, Mirpur Mathelo, Daherki and Jacobabad. People were informed to know their numbers and measures to control their Blood Pressure and emphasis given on life style modification.

Mega event was held at GMC SUKKUR in which President of Pakistan Cardiac Society Prof. Feroz Memon was the chief guest, who gave detailed talk on Hypertension and Prof. Altaf Shaikh talked on Cardio Metabolic disorders. The Organizer Dr. Rajkumar Sachdewani concluded the session and paid thanks to all.



World hypertension day was celebrated by Pakistan Hypertension League Multan chapter at CPEIC Multan and Nishtar Medical University Multan on 17-05-2019.

Whole day public awareness program at CPE institute of cardiology Multan supervised by Prof. Ijaz Ahmad coordinator Pakistan Hypertension League Multan chapter and at Nishtar Medical University supervised by Prof Haroon Aziz Khan Babar President (Elect) Pakistan Cardiac Society and Dr Kashif Ali Hashmi Secretary Pakistan Hypertension League Multan Chapter.

Free blood pressure, cholesterol and sugar checkups and distribution of awareness materials in Urdu to patients visiting CPEIC and Nishtar out door.



SYMPOSIUM ON HYPERTENSION

Lectures were arranged for Medical students, general practitioners, young doctors, nurses and paramedical staffs at Lecture Hall Nishtar Hospital cardiology ward; lectures were delivered on; Hypertension overview and management strategies by Prof Haroon Aziz Khan Babar and correct measurement of blood pressure by Dr. Kashif Ali Hashmi.

HEALTH AWARENESS WALK

Health awareness walk from Nishtar Medical University Multan lead by Prof. Haroon Aziz Khan Babar, Dr. Kashif Ali Hashmi, Dr. Akram Hussaini, Dr. Waheed Khan, Dr. Shahzad Khattak, Dr. Shazia Maqbool, Dr. Ateeqa, Dr. Nazeer Budar, Dr. Ramzan, Dr. Tanveer and number of other cardiologist and general practitioner attended the walk. Whole day activity was fully covered by PTV Multan, Nawa I waqt, Express News, Waqt News and Geo News TV.

On world Hypertension day in order to increase awareness on healthy diet and salt restriction fresh fruits boxes were distributed in patients admitted in CCU as well as to their attendants with short lectures on healthy life style.



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SARGODHA CHAPTER

WORLD HYPERTENSION DAY 2019

Dr. Fida Muhammad

I am pleased to share with you that on 3rd of may, 2019 regarding World Hypertension Day we conducted a symposium in Sargodha Medical College.

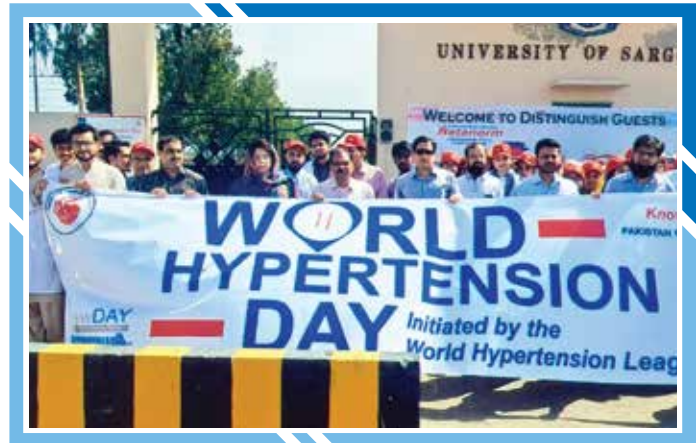
We started the program with a walk for the awareness about hypertension.

As well as lectures were delivered by leading speakers of the punjab

- Dr. Bilal Mohyudeen
- Dr. Junaid Ahmed
- Dr. Shabaz Qureshi

Afterwards on 17th may 2019 we arranged a walk in DHQ hospital Sargodha. And distributed fruit baskets to the patients. We also educated patients about the hypertension and its causes as well as its complications.

In this all physicians, cardiologists, GPs, PGRs, House officers, medical students and general public were participated and appreciated the efforts of the league.



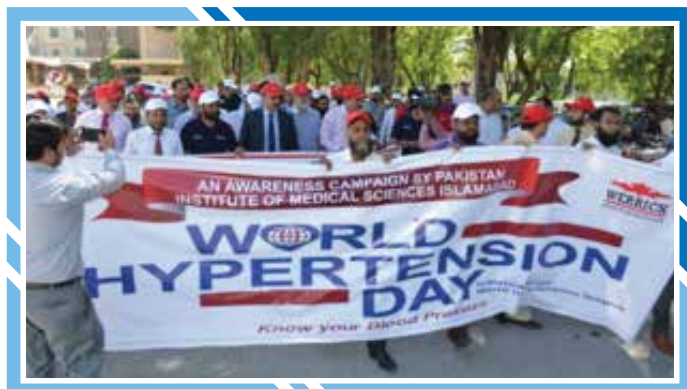
REPORT ON CELEBRATION OF WORLD HYPERTENSION DAY

World Hypertension day is an initiative of World Health League (WHL) is celebrated on 17th Day of May as an annual feature around the world. The rationale beyond the celebration is to create awareness amongst the masses about hypertension and promote healthy life style. To mark the day, Cardiac Center of PIMS arranged an awareness walk in the premises of hospital on 4th May, 2019 led by the Executive Director, PIMS and Head of Department Cardiology. The walk was attended by Professors, Doctors, paramedics, Post Graduates, representatives of pharmaceutical companies, media and general public.



In closing remarks, Dr. Amjad, ED, PIMS shared that the PIMS has always been at forefront in prevention and treatment of all diseases including hypertension. He added that the hospital is rendering services round the clock and all resources are being utilized for care of patients. He emphasized the hospital staff to work with full devotion and set examples for other health providers. He also thanked media for coverage of this important event and further asked them to play their positive role in the treatment of hypertensive patients.

At the last, Pharmaceutical companies distributed promotional material amongst the participants. The walk was ended with the pledge that everybody will not only adopt healthy life style but also create awareness amongst the general public about the menace of hypertension.



While welcoming the participants of the walk, Dr. Mohammad Naeem Malik, HOD Cardiology department highlighted the negative consequences of hypertension and stressed on to adopt healthy life style. He also added that slight changes in our food habits and adoption of exercise in routine can lead to stress free life.



Like 2018, 2019 has been a busy year in terms of academic activities and public awareness programmes about hypertension, its management and prevention of complications. Start of the year was with a presentation on new guidelines of hypertension followed by question & answers in BMCH auditorium involving audience from cardiology, medical & gynecology department given by Prof. Jalal Ud Din on 16th January 2019. Combined CME on hypertension & diabetes on 16th March involving cardiologists, diabetologists, physicians & GPs in a local hotel organized by pharmaceuticals was organized with great success involving speakers from cardiology & endocrinology departments.

In the same month, Prof. Aisha Siddiq & Prof. Naila from gynecology department SPH organised mutispeciality CME on medical diseases during pregnancy. Apart from different highly needed talks on relevant issues from nephrologist, dermatologist, pulmonologist, dermatologist & physician, special talk on management of hypertension & cardiac diseases during pregnancy was given by Prof. Jalal Ud Din.

World Hypertension day 2019 was celebrated with great participation & involvement of cardiology team from BMCH. Free camps on Blood pressure check ups, sugar & lipid profile for common public with almost one month free provision of antihypertensive medications through support of different pharma industries were arranged in Bolan Medical Complex Hospital. Presentations on awareness, prevention, control & proper management of HTN were given in both national & local languages by Dr. Abdul Ghaffar Kakar & Prof. Dr. Jalal Ud Din to a large gathering, involving common public, nurses, paramedics & doctors. Infact, the main focus was on common public from different languages to get awareness about this lethal silent killer.

A great team of panel of experts from cardiology & Medicine shared their knowledge & experience in question & answer session. MS BMCH was the guest of honor who was convinced to promise for provision of free medications to the poor & needy patients of the province.

Vote of thanks was followed by a symbolic walk across the hospital & all day was well covered by print & electronic media from different groups highlighting public awareness about different aspects of HTN. An hour live talk show on local TV & radio having Prof. Dr. Jalal Ud Din as an expert was telecasted on the same issue.

Hypertension in pregnancy we all know is a common & serious issue. Knowing the importance, early diagnosis & proper management of hypertension in pregnancy, a very fruitful CME was organized by Prof. Najma Ghaffar & Prof. Uzma at gynecology department BMCH involving residents from gyne, medical & cardiology departments with presentations from Prof. Najma, Prof. Uzma & Prof. Jalal on different aspects of hypertension during pregnancy given. At the time of writing activity reports of 2019, there are more CMEs on hypertension in pipeline for the coming months before the start of 2020.

Looking forward to a much improved, more widespread, intensified & even better organized activities at a broader level encompassing other cities of the province to bring awareness, control & prevent this alarmingly increasing silent killer in the years to come.



The secretary general of PHL, Prof Dr Mohammad Ishaq Sb 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

Coordinator

Assoc. Prof. Dr. Hafiz Ur Rehman

Secretary

Asst. Prof. Dr. Abdul Hadi

Treasurer

Senior Registrar Dr. Bilal Ahmad

Chairman Scientific Committee

Senior Registrar Dr. Sayed Javed Bacha

Executive Members

Asst. Prof. Dr. Iftikhar Ahmad and Dr. Amjad Ali Shah

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CALENDAR OF EVENTS

Hypertension Canada Congress

September 25-28, 2019
Edmonton, Alberta, Canada

14th Annual CMHC

October 10-13, 2019
Chicago IL

World Health Summit

October 27-29, 2019
Berlin, Germany

Patient Centered Meeting on Diabetes, Dyslipidemia and Hypertension

October 31 - November 3, 2019
Vienna, Austria

15th Asian Pacific Congress of Hypertension

November 24-27, 2019
Brisbane, Australia

ESO-WSO 2020

May 15-20, 2020 Vienna, Austria

Joint ESH-ISH 2020 Meeting

May 29-June 1, 2020
Glasgow, Scotland

PHL COUNCIL

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Vice President	Prof. Abid Amin Khan
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Joint Secretary	Prof. Abdul Rasheed Khan
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