Launch of Pakistan Hypertension League Memoir Calendar

Editor's Note

Dear members & friends of PHL,

It gives me pleasure to present the summer issue of PHL Newsletter. This coincides with our 18th Annual symposium soon to be held at Rawalpindi. The 18th symposium was actually planned for Feb 2015 but due to unavoidable circumstances the worthy convener had to postpone it. This will be our first Symposium in Rawalpindi home of our brave Pakistan Army. The WHD was celebrated throughout Pakistan with great enthusiasm & you will see the glimpses of this on our newsletter as well as souvenir. A calendar covering the photographic memories of our journey along with public awareness messages was launched by PHL early this year, I am sure the members liked it. The Calendar was highly appreciated by our parent League; the President of WHL sent a letter commending the text & design of the Calendar. The forthcoming Symposium will be another milestone in our efforts to disseminate knowledge about the latest hypertension management strategies both pharmacological and nonpharmacological. Prof Shahbaz & his team is busy in providing the delegates with a feast of talks covering all topical issues in Hypertension. I request all chapter co coordinators to encourage as many delegates as possible to attend the symposium. I hope to see you all at Rawalpindi.

Pakistan Zindabad

Prof Mohammad Ishaq
Activity Report - Karachi Chapter
WORLD HYPERTENSION DAY - MAY 17, 2015

World Hypertension Day was organized by Department of Cardiology, ASH/KMDC in collaboration with Pakistan Hypertension league Karachi chapter. The Chief Guest was Prof. Waqar Hussain Kazmi Principal & Chairman Academic Council KMDC & Co-ordinator was Prof. Dr. Abdul Rasheed Khan.

The program was moderated by Dr. Kanwal Aamir (Assist. Prof). Prof. Abdul Rasheed Khan (co-coordinator) spoke for welcome address. He expressed that Hypertension is a silent killer and everybody should know his/ her blood pressure routinely, he stressed upon the patients for checkup of their blood pressure on every visit to any physician. It is mandatory to know their Blood Pressure so that they can avoid complications of high blood pressure which is a common problem all over the world and the situation becomes critical when it is being ignored. Prof. Waris Qudwai talked on Hypertensive crisis, patient have either hypertension emergency (severe hypertension with evidence of end organ damage) or hypertensive urgency (severe hypertension without evidence of end organ damage). In world million of people are diagnosed with systemic hypertension more than 50% of them are inadequately treated. Approx 1-2% of those people treated, progress to a crises phase. Patients with untreated hypertension or sub optimal blood pressure control remain more susceptible to acute rise in blood pressure. Chief guest Prof Waqar Kazmi his presidential speech emphasized on the importance of blood pressure control and stressed the need of blood pressure monitoring and its awareness in general population to provide information with scenario of Chronic kidney disease and its damage. He said the students are the pillar of nation and they should effort for better awareness of medical problems especially hypertension and its complications in general population.

Dr. Fawad Farooq delivered a lecture on ECG changings in hypertension. He talked about basic ECG knowledge and than detailed aspect hypertensive changes. He also discussed the outlines of ischemia, MI, and arrhythmias. It was a good interactive session participated actively both by doctors and student of KMDC.

HTN in pregnancy talk was delivered by the fellow of Prof. Sultana Habib. She discussed about hypertensive disorder which complicate 8-10% of pregnancies and are a major cause of maternal and prenatal morbidity and mortality. Hypertensive disorders can be broadly classified into chronic hypertension, gestational hypertension and the pre-eclampsia, eclampsia spectrum. He also discussed comprehensive management therapy along with safe and unsafe antihypertensive drugs in pregnancy.

Management of HTN was discussed by Prof Qaiser Jamal, highlighted JNC 8. He defined clinical presentation, etiology, diagnostic tests, medical management and goal of hypertension in association with diabetes mellitus.

Screening camps for Blood Pressure monitoring, BMI, Blood Sugar and Random Blood Cholesterol were arranged outside the hall. It was a well attended program where a large number of paramedics and faculty members also attended the scientific session. Just after scientific session a health awareness walk was arranged, which was attended by all participants.

Activity Report - World Hypertension Day
Dow University of Health Sciences, Karachi

Celebration of WHD at ARAG Auditorium DUHS Karachi was organized by department of cardiology on multidisciplinary approach for the management of hypertension in collaboration with PHL & Skill Lab of DUHS it was attended by 250 participants from the
various disciplines of gynecology and medicine and cardiology & Urology.

The walk included an excellent strength of 400 to 450 people from different walks of life. Electronic and Paper Media did a comprehensive coverage of the events. Doctors, Students, Staff Nurses and Traffic Wardens held banners carrying messages regarding Hypertension Awareness. The walk concluded with address of Principal Punjab Medical College regarding importance of Hypertension Day Celebrations followed by President Pakistan Hypertension League, Faisalabad Chapter who shed light on the deadly consequences of uncontrolled hypertension and lifestyle changes that can help to prevent Hypertension. Prof. Dr. Abdul Hafeez Ch. also expressed his valuable opinion regarding Hypertension control and the deadly consequences of ignoring this disease for the community.

Then faculty moved to Medical Unit I Conference Room where cake cutting ceremony was performed followed by messages of the doctors for community for prevention of Hypertension.

Hypertension Day was preceded by a public blood pressure monitoring campaign outside Badar Mosque, PMC staff colony in which blood pressure of 45 healthy people who were not known cases of Hypertension were randomly checked. 3 people were found hypertensive and 4 were borderline hypertensive. They were advised to follow up with physicians for control of their blood pressure.

World Hypertension Day Celebrations
FAISALABAD

Hypertension day was celebrated in Punjab Medical College and Allied Hospital, Faisalabad by collaboration of Pakistan Hypertension League Faisalabad Chapter and Department of Medicine, Allied Hospital Faisalabad. President Pakistan Hypertension League Faisalabad chapter, Principal Punjab Medical College, Faisalabad, Prof. Dr. Abdul Hafeez Ch. and many professors and faculty members of Departments of Punjab Medical College, Faisalabad graced the occasion with their presence. Medical Students, Staff Nurses and Traffic Wardens participated in the walk. EMED Pakistan actively took part in all activities of the day.

The walk started from Administration Block, Punjab Medical College, Faisalabad. It followed the corridor from PMC to Allied Hospital and ended in front of Emergency Ward of Allied Hospital, Faisalabad.
Pakistan Hypertension League (Hyderabad Chapter) celebrated World Hypertension Day 2015 with an awareness program at the Hyderabad Press Club on Sunday 17th May 2015. Journalists, press club staff, doctors from Red Crescent Institute of Cardiology, faculty members and cardiology residents of Isra University Hospital Hyderabad along with the faculty members of Liaquat University of Medical and Sciences attended the program. Dr. Fazal Rehman Memon talked about “know your blood pressure” which is the theme for this year by World Hypertension League. He also highlighted the preventive measure, regular checkup, management and crippling complications of Hypertension. Prof. Dr. Feroz Memon alarmed about the prevalence and rising figures of smoking in Pakistan. He spoke about the hazardous effects of smoking and how Islam discourages it. Prof. Memon also suggested ways to give up smoking which was highly appreciated amongst the participants. In the end a detailed question and answer session was held for about 30 minutes which reflected the message delivery to the participants.

World Hypertension Day 2015 was celebrated at Red Crescent Institute of Cardiology with great enthusiasm. Started our program with recitation of Quran Paak followed by speeches by Dr. Fazal Rehman Memon and Dr. Shoukat Memon on different aspects of hypertension, its complications and its social and psychological aspects in our population to more than 100 participants. After the awareness talk, walk was followed and attended by 100 plus participants including doctors, Staff Para Medical, Patients and attendants of patients followed by refreshment. Department of Cardiology Liaquat University of Medical & Health Sciences (LUMHS) also arranged an awareness walk with MS Dr. Khalid Qureshi as special guest, around 200 persons including Para Medical staff attended the walk. In the end of the walk Dr Fasih Ahmed Hashmi and Dr Abdul Ghaflar Memon highlighted the importance of the day and the disease. Dr. Khalid Qureshi also spoke on the occasion and promise to establish a hypertension clinic at the Department with unrestricted supply of anti hypertensive medicines.
WORLD HYPERTENSION DAY
ABOTABAD CHAPTER

PHL Abottabad Chapter is celebrating World hypertension day on May 17, 2015. During the week commencing from 11 May 2015, Special hypertension screening base is developed on daily basis at Crush hall of Ayub Teaching Hospital. So far more than one thousand visitors are recorded for hypertension screening. Some of photos are also forward. Local visitors apprised the PHL camp. The program will end with walk, comments of colleagues from other part of the country already prepared and Local chapter members inclusing Prof. Salim Afzal Khan (Life member PHL) from Medical Unit. Focal Person for whole program is Dr. Matiullah Khan, our Senior Registrar in cardiology who is working hard since day of commencement of screening week. Initial report is forwarded.

WORLD HYPERTENSION DAY 2015
LARKANA CHAPTER

World hypertension day was celebrated by Cardiology Department Chandka Medical College Hospital in association with Pakistan Hypertension League Larkana Chapter on Saturday 16th May 2015.

Screening Camp for blood pressure, blood sugar, serum cholesterol and Body mass index was arranged at Session Court Larkana. Staff of Session Court and High Court Larkana have participated in this screening Camp. Advocates are in majority otherwise Judges and other staff members were also participated. Multiple stations were set including Blood Pressure, Serum Cholesterol, Blood Sugar and Body Mass Index. Approximately 214 advocates participated in this activity. This whole day activity was very healthy and people has appreciated it a lot. Taking opportunity of this occasion we distributed brochures in sindhi language regarding hypertension and how it can be prevented. This whole activity is sponsored by PharmEvo (Pvt) Ltd.

WORLD HYPERTENSION DAY 2015
SUUKUR CHAPTER

PHL Sukkur Chapter organized World Hypertension Day on 16th May 2015. A walk from Cardiology department to GMMM College was done in which despite of hot scorching sun, large number of GMC faculty members,
doctors, nurses, paramedical staff, pharmaceutical people and general public participated. Walk was followed by an awareness presentation in an auditorium hall of GMC. The main focus of the talk was “KNOW YOUR BLOOD PRESSURE”. Dr. Zahoor Ahmed Soomro a senior cardiologist of Sukkur welcomed the audience and highlighted about hypertension. Dr. Kheraj Matani Assistant professor cardiology and an active member of PHL Sukkur introduced PHL and its aims. Dr. Rajkumar Sachdevani Coordinator PHL Sukkur talked in detail about the importance of knowing Blood pressure and the control of blood pressure and explained the consequences and complications of uncontrolled blood pressure. Prof. Abrar Shaikh, Principal GMC and member PHL concluded the program with emphasis on organizing such programs in different parts of the sukkur city and periphery as it is the need of hour to increase awareness in general public regarding a silent killer Hypertension. Dr. Irshad Memon, senior cardiologist GMC paid vote of thanks to all participants. Program ended with a healthy refreshment.

Karachi—Prof. Dr. Muhammad Ishaq, General Secretary and Founding Member of the Pakistan Hypertension League, revealed the 17 year memoir calendar for 2015. The revelation was made at a prestigious ceremony held at the Hypertension House in Karachi, which was attended by the leading Cardiac and Medical Professionals from across Pakistan. The program as chaired by Prof Sharif Chaudhry, while Prof Dr Ejaz Vohra was the Chief Guest. The calendar was jointly revealed at a ribbon cutting ceremony by Prof Sharif Chaudhry, Prof. Ejaz Vohra, Prof. Nazeer Memon and Prof Muhammad Ishaq. Revealing the calendar, Prof Ishaq said that the calendar is a 17 year memoir, a collection of precious memories that shall live forever. He also elaborated the significant contributions that the PHL has made both to the society and the profession. Introducing the calendar, Prof. Muhammad Ishaq said that each calendar page has been carefully designed to spread awareness about Hypertension and its prevention. He highlighted some of the important messages as follows:

- There are over 13 Million Hypertensive Patients in Pakistan - It is extremely important that each individual has his blood pressure checked at regular intervals. Hypertension may be caused by factors which are uncontrollable, like age and family history; and also by controllable factors like diet, exercise and lifestyle

Speaking at the occasion, Prof. Sharif Chaudhry appreciated the efforts of Prof. Muhammad Ishaq. He said that compiling a memory of 17 years is by no means an easy task he further said that PHL has come a long way from the start.
He said that compiling a memory of 17 years is by no means an easy task he further said that PHL has come a long way from a small local society to a National society with renowned International Associations. He said that time is near when PHL would be seen as one of world’s leading hypertension societies, and for that we would all need to work together. He also said that there is a dire need for hypertension awareness, and that we should all play our role to make positive contributions to the society.

Prof Muhammad Ishaq thanked the honorable guests; and paid special gratitude to OBS Pakistan for their support.

The chief guest, Prof. Ejaz Vohra, said that he was thrilled to see the calendar and appreciated the tireless efforts of Prof Muhammad Ishaq and his team. He said that the world is changing into a global village, and it is about time that we announce ourselves at the global stage. He stated that media can play a vital role in spreading the required awareness on hypertension. Tele Media and Social Media today are the most powerful interactive tools available, and that we should make full use of their potential. He said that teamwork is of essence, we should look at the media as our strategic partner and that we should involve them actively in our awareness campaigns. Renowned Professionals like Prof Abdul Basit, Prof Bashir Hanif, Prof Khalida Soomro and Prof. Zaman Sheikh appreciated Prof Ishaq and congratulated PHL on the launch of the first calendar. They said that Pakistan is one of World’s most respected countries when it comes to the medical profession; and that we should play our role for the improvement of health standards in the country. They pledged full support to the Pakistan Hypertension League, and also suggested that a National Cardio-Metabolic forum be developed. At the close of the ceremony,
The 5th World Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy)

Istanbul, Turkey / November 5-7 / 2015

MULTAN- CPEIC Auditorium Renovation
Inauguration by Secretary General PHL

It has been a tradition of PHL to facilitate and encourage the educational activities at every level to ensure the spread of knowledge in true spirit. In continuation of this endeavour, PHL Multan chapter contributed towards the renovation of auditorium at CPE, institute of cardiology. It’s a state of the art auditorium with all the learning resources and multimedia set up. We hope to continue with efforts like this and spread our message. Prof Ishaq Secretary General PHL visit the institute in April this year & fromaly inaugurated the Auditorium by delivering a talk.

President
Prof. Abdul Hafeez Chaudhry

Vice President
Prof. Feroz Memon

General Secretary
Prof. Mohammad Ishaq

Joint Secretary
Dr. Jawaid Akbar Sial

Treasurer
Prof. Khalida Soomro

OBITUARY

Pakistan Hypertension League is grieved to inform that the following respected members have left this world.

(May Allah bless their soul with eternal peace. Ameen)

Mr. Syed Fasih Iqbal S.I. H.I.
Ex-Senator Editor-In-Chief Balochistan Times
(Honorary Member)

Prof. Shahid Nawaz Malik
Professor & HOD Cardiology Department, PIMS-Islamabad

Dr. Maqbool H Jaffery
Founding Member-PHL

Dr. Saeed-ul-Majeed
Founding Member & Coordinator, PHL Peshawar

Prof. Anita Ghulam Ali
Member- PHL

DATES TO REMEMBER

AHA Council on Hypertension 2015
Scientific Sessions
September 16th-19th 2015
Washington D.C., USA

American Heart Association (AHA)
Scientific Session 2015
November 07-11, 2015
Orlando, USA

67th Annual Conference of
Cardiology Society of India-2015
December 03-06, 2015
Chennai, India

The 4th International
Conference on Prehypertension
Hypertension & Cardiometabolic Syndrome
March 3-6, 2016
Venice, Italy

26th Scientific Meeting of the ISH
September 24th-29th 2016
Seoul, Korea

Editor: Prof Mohammad Ishaq
Circulation Assistant: Malik Muhammad Javed
Publication Assistant: Mujtaba Alam

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