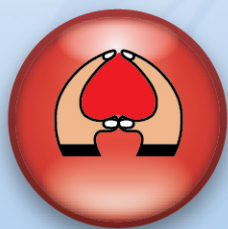


Affiliated with World Hypertension League and International Society of Hypertension



# PHL - NEWS LETTER

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

Spring 2016



## Meet the Press at 18<sup>th</sup> Annual Symposium at Rawalpindi



Dear members & friends of PHL,

### Editor's Note

it gives me great pleasure to present the first newsletter of 2016. Our winter newsletter coincides with our forthcoming 19th Annual symposium at the historic city of Sukkur. Last symposium at Rawalpindi was a well-attended and organized symposium for which we owe our thanks to the organizers in particular Prof. Shahbaz Kureshi and Prof. Saeed Sangi.

Hypertension as you all know remains a major challenge for the medical profession. Each year our symposium reminds us of this serious problem and provide us an opportunity to discuss ways and means to meet this challenge. I am delighted to note that various chapters are holding regular awareness sessions and I am sure our efforts will not go waste. We are receiving regular newsletters from our mother society WHL where our activities are given due attention. International collaborations are crucial to know what is happening in other parts of the world specially our region. I am glad to disclose that PHL national Hypertension survey has been launched and soon we will have first-hand information on various aspects of hypertension in our motherland. We will soon be at Sukkur to attend 19th symposium. I wish to acknowledge the courage of Dr. Raj Kumar and Prof. Altaf for accepting this challenge and organizing such a major event in Sukkur for the first time. It has been the policy of PHL to go to all cities of Pakistan and spread our message for healthy lifestyle. I am sure the Sukkur meeting will be another milestone in the history of PHL. I feel honored to be a humble worker of PHL and am thankful to all my senior and junior colleagues for their guidance and support over the years. I am grateful to all chapter coordinators for their efforts. We at PHL work beyond any vested interest as a family to serve our community where hypertension along with Diabetes and Obesity have assumed epidemic status. I hope that PHL efforts will have a positive impact on the incidence and complications of hypertension.

Pakistan Zindabad!

Prof Mohammad Ishaq

**Pakistan Hypertension League  
Sukkur Chapter 2015 Activity Report  
By: Dr. Rajkumar Sachdewani Coordinator PHL Sukkur.**

PHL Sukkur Chapter has remained active as usual in arranging awareness programs and workshops to increase the awareness about the silent killer, Hypertension. Since the major responsibility of holding 19<sup>th</sup> PHL symposium is assigned to the Sukkur chapter of PHL, therefore this chapter has strived hard and arranged many workshops, walks and awareness camps in Sukkur city as well as in nearby cities and towns. Like every year World Hypertension Day was celebrated on 17<sup>th</sup> May 2015. This program started with a walk from Department of cardiology GMC Hospital Sukkur to GMC College. Presentation by Dr. Raj Kumar Sachdewani, a chapter Coordinator was given with emphasis on "KNOW YOUR NUMBERS" as it is important to have the knowledge about the normal levels and then a person will be conscious if his or her level rises beyond the normal levels. Principal GMC Prof. Haresh Chand also talked on high blood pressure and emphasized to control the rising trend of high blood pressure. He also suggested to have more and more such type of awareness programs to make poor masses aware about the hidden risks of life.

Another mega event was organized by PharmEvo at Jacobabad in December 2015 in which a large gathering was briefed by Dr. Raj Kumar Sachdewani and Dr. Pribho Mal Rathi on Hypertension and Diabetes. Another event at Ghotki on Hypertension and Diabetes was organized in last week of December in which Dr. Raj Kumar Sachdewani along with Dr. Khalil Ahmed Sangroo and Prof. Altaf Ahmed Shaikh detailed a large gathering of doctors about the diagnosis and control of Hypertension and Diabetes. In all these awareness programs emphasis was give on "Know your Numbers" and lifestyle modification.



**Calendar 2015 launched at  
Hypertension House, Karachi**



Revealing the calendar, Prof. Ishaq said that the calendar is a 17 year memoir, a collection of memories that shall live forever. He elaborated the contributions that PHL has made to the society and profession.

He showed a firm resolve to take PHL to newer heights, and said that plans are in place to introduce new training, development and awareness programs.

**PHL Abbottabad Chapter Report World  
Hypertension Day in Abbottabad – May 17, 2015**

The PHL Abbottabad Chapter celebrated World Hypertension Day on May 17, 2015. During the week commencing from May 11, special hypertension screening camps were organized on daily basis at Crush Hall of Ayub Teaching Hospital. More than one thousand visitors were recorded for hypertension screening. Local visitors appraised the PHL Camp. The program ended with a walk, comments for colleagues from other parts of the country and the local chapter including Prof. Salim Afzal Khan. Dr. Matiullah Khan (Senior Registrar – Cardiology) was designated as the focal person for hypertension screening week.



**PAKISTAN HYPERTENSION  
(QUETTA CHAPTER) ACTIVITY REPORT 2015**

The Quetta Chapter of PHL in partnership with ISH the is excited to celebrate World Hypertension Day (WHD) 2015. WHD was celebrated on May 17<sup>th</sup>, 2015. The theme is Know Your Numbers with a goal of increasing high blood pressure (BP) awareness in all populations around the world. Lecture & Public Awareness Program was organized for General Public. Program was chaired by Prof. Abid Amin Khan & moderated by Dr. Abdul Ghaffar (Assistant Professor of Cardiology) who gave detailed presentation regarding hypertension awareness and prevention. Audience was very keen in knowing the disease and very useful and practical question were asked by public which was responded by Prof. Abid Amin Khan. A mass of people got their blood pressure checked, Hypertension awareness booklets were distributed among them. A scientific seminar was arranged at Serena Hotel Quetta on 9<sup>th</sup> September 2015. Prof. Abid Amin Khan delivered his talk on the latest advancement in the management of hypertension. All the doctors of Cardiology Department of SPH & BMCH attended this session. A lecture was delivered by Dr. Jalaludin (Assistant Professor of Cardiology) at Usmania Restaurant Quetta on October 23<sup>rd</sup> to advised people for a positive life style change including reduction of salt intake, alcohol consumption and maintaining proper weight, he also talked on various aspects and new updates of guidelines new JNC-VIII was given special touch. These lectures were all attendant by GPs and consultants.



## LAHORE CHAPTER REPORT

Following events were organized by Lahore chapter:  
 -An effort has made to make Pakistan Hypertension League more accessible to the doctors specially cardiologists and physicians, in this reference following was done.

**A.** In the PIC Heart Talk 2016 and 45<sup>th</sup> Cardiocon held in PC Lahore from 19<sup>th</sup> to 21<sup>st</sup> November 2015 a special booth was set up and manned by PHL staff and information regarding the activities of the Society was given to doctors.

**B.** In the same event, in Cardiac Patient Management session two special lecture were delivered:

1. **Hypertension: Where do we stand today in Pakistan:**  
**Prof. Nusrat Ara Majeed**
2. **B.P. Variability: Prof. Bashir Haneef**
3. **Other important topics like Renal Failure, Smoking, Diet etc were also covered.**

## PIC HEART TALK



Lahore Chapter involved with various healthcare companies and carry out regular sessions on hypertension and cardiac risk for doctor and general public awareness. In reference to this following were conducted:

1. **Know Your Risk:** Small group discussion at a local hotel with support of PharmEvo (Pvt.) Ltd.
2. **What causes Hypertension:** A Partners in Prevention programme supported by CCL Pharmaceutical.
3. **Hypertension: What we all must know,** delivered one to the management of ICI and one to the factory workers of ICI. Now we are establishing our plans for 2016 hypertension Workshops and other activities.

## KNOW YOUR RISK LAUNCH LAHORE



## World Hypertension Day Ceremony Report

PHL KARACHI chapter organized a scientific program to celebrate World Hypertension Day in KMDC, Karachi on 16<sup>th</sup> May 2015. The program was organized by Cardiology Dept of Abbasi Shaheed Hospital, Karachi. The Chief Guest was Prof. Waqar Hussain Kazmi Principal & Chairman Academic Council KMDC, the Co-ordinator was Prof. Dr. Abdul Rasheed Khan & 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. 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). 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, stressed the need of blood pressure monitoring and its full awareness in general population, to provide information with scenario of Chronic kidney disease and its damage.

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 HTN in pregnancy talk was delivered by the fellow of Prof. Sultana Habib. He 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. 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.



**PHL Mirpurkhas Chapter Activity Report 2015**  
**Dr. Didar Hussain Gajoo**

PHL Mirpurkhas chapter continued scientific & social activities in the Year 2015, Public awareness programme was arranged in civil hospital Mirpurkhas in February 2015 regarding Cardio Vascular diseases & its risk factors & its prevention, in which free camp of checking Blood Pressure, Blood Sugar, Blood Cholesterol & ECG conducted in which large number people from Mirpurkhas attended the event. The World Hypertension Day was celebrated on 17<sup>th</sup> May 2015 with the Logo Know your Blood Pressure in department of Cardiology Civil Hospital Mirpurkhas, a large public gathering arranged which consist on Doctors, Paramedics & Media Persons who attended the event, general awareness talk was given by Dr. Didar Hussain Gajoo, Mr. Shafique Ahmed Mahesar Commissioner of Mirpurkhas Division was specially invited to chair the event along with Civil Surgeon Mirpurkhas, Deputy commissioner Mirpurkhas, Health officials Mirpurkhas joined the walk. Later on comprehensive talk was given by Dr. Didar Hussain Gajoo regarding hypertension, event was also addressed by Worthy Commissioner Mirpurkhas Division, on this occasion an other additional six beds well equipped CCU was inaugurated by Mr. Shafique Ahmed Mahesar Commissioner Mirpurkhas Division. World Heart Day was celebrated on 29<sup>th</sup> Sept 2015 with large number of consultants Doctors general practitioners & people from all walk of life attended the gathering, General walk was arranged followed by public awareness programme & scientific talk which was given Dr. Didar Hussain Gajoo, Dr. Akram Sultan & Dr. Sunil. On this occasion a free camp was arranged to check blood pressure, cholesterol and blood sugar.

**Pakistan Hypertension League - Hyderabad Chapter**  
**Activity Report 2015**

Dr. Mohammad Zaman Baloch Consultant Cardiologist delivered a lecture on "Update in the management of hypertension; Evidence versus conventional option" at Isra University Hospital Hyderabad on 16th March 2015. It was attended by practicing physicians of Isra University Hospital including postgraduate students, medical officers and house officers. In the end the session was concluded by Prof. Dr. Feroz Memon. Prof. Dr. Feroz Memon conducted a CME on "Management of Hypertension & Beyond Cardiovascular Risk Protection" on 23<sup>rd</sup> April 2015. The session was packed by audience including Consultant Cardiologists, Consultant Physicians and Postgraduate Students of LUMHS, RCIC & Isra University Hospital Hyderabad. The lecture also highlighted the role of life style modifications.

PHL(Hyderabad Chapter) organized a public awareness program on 14<sup>th</sup> May 2015 at **Hyderabad Bar Council**. The program was attended by about 100 advocates and court officials along with the cardiology residents of Isra University Hospital Hyderabad. Prof. Dr. Feroz Memon delivered a lecture on prevention, early detection, management and complications of Hypertension whereas Dr. Nandlal Rathi stressed on the hazards of smoking and ways to quit smoking. The Audience participated with zeal in the question and answer session which was a delight to see. In the end the members of Bar Council thanked the speakers and invited to conduct these programs on regular basis.



World Hypertension Day 2015 celebrated with an awareness program at the Hyderabad Press Club on Sunday 17<sup>th</sup> 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 was the theme for the year 2015 by World Hypertension League. He also highlighted the preventive measures, 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. World Hypertension Day 2015 was celebrated at Red Crescent Institute of Cardiology with great enthusiasm. More than 100 participants attended. In the end a walk was also conducted.

Department of Cardiology LUMHS also arranged an awareness walk with Dr. Khalid Qureshi (MS, LUMHS) as a special guest. Around 200 people including Para Medical staff attended the walk. In the end of the walk Dr. Fasih Ahmed Hashmi and Dr Abdul Ghaffar Memon highlighted the importance of the day and the disease.





### WORLD HYPERTENSION DAY MULTAN (17-05-2015)

World hypertension day was celebrated at CPE institute of cardiology Multan on 17<sup>th</sup> May 2015. Whole day was dedicated to patient's awareness about hypertension with special reference to theme of world hypertension day. Patients coming to CPE institute of cardiology and their attendants were counseled about hypertension, awareness material in Urdu was given to the patients, their blood pressure was checked along with sugar and cholesterol, more emphasis was given towards life style modification and prevention of this deadly disease.

### WORLD HYPERTENSION DAY QUETTA

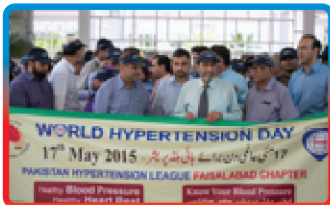


### SYMPOSIUM ON HYPERTENSION

Prof. Muhammad Ishaque Secretary Pakistan Hypertension League visited CPEIC Multan, Inagurated PHL Auditorium at CPEIC and delivered lecture on Ischaemic Heart Disease in CPEIC Auditorium. He also delivered Lecture on ABCD of Hypertension at Zanzibar Multan in a one day Symposium on Hypertension organized by Pakistan Hypertension league Multan chapter on 26<sup>th</sup> of April 2015 session was chaired by Dr. Kashif Hashmi Secretary PHL Multan chapter, Dr. Bilal Ahsan, Dr. Tariq Abbas and Dr. Haroon Babar.

### Report of PHL Activities for year 2015 - Faisalabad Chapter

Prof Dr. Ahmed Bilal, Head of Medicine department Punjab Medical College, Faisalabad took charge of PHL, Faisalabad chapter in 2015. An international conference, "5<sup>th</sup> Diabetes and Endocrine conference" was organized on 2<sup>nd</sup> and 3<sup>rd</sup> May, 2015. National and Foreign speakers participated in this great event and it was attended by approximately 2000 medical professional from across the country. The conference was dedicated to the Teacher of the Teachers, "Prof. Dr. Naeem Ahmad". There was a lantern night celebrating the light of hundreds of candles lit by Prof Dr. Naeem Ahmad. The year was full of activities regarding free health camps, awareness campaigns in public and in schools regarding healthy lifestyle, diet exercise and emphasis on prevention of the deadly diseases of the modern era like diabetes and hypertension. Hypertension and Diabetes Day walks were arranged along with several symbolic activities participated by hundred of medical professional, paramedical staff and people from other walks of life gathered to celebrate and revive the promise to control these deadly chronic diseases from the society. A Hypertension awareness camp was arranged in which screening of Blood Pressure was done randomly and people were sensitized to get their BP checked regularly.



### 18th ANNUAL SYMPOSIUM OF PAKISTAN HYPERTENSION LEAGUE RAWALPINDI AUGUST 14-16, 2015

Pakistan Hypertension League Rawalpindi / Islamabad Chapter was honour to hold the 18<sup>th</sup> Annual Conference of PHL @ Rawalpindi under the convenorship of Prof. Shahbaz A. Kureshi which was scheduled to be held in February, 2015 but due to sad murder of Professor of PIMS Islamabad and law and order situation it was postponed, and looking very difficult to be held. Prof. Saeed Ahmed Sangi Coordinator of PHL Larkana Chapter and Successful Convenor of 17<sup>th</sup> PHL Annual Symposium held at Larkana in February, 2014 was requested to extend his helping hands as Co-Convenor to Prof. Shahbaz A. Kureshi for holding the conference in August, 2015 in Rawalpindi. Then PHL Chapters of Rawalpindi / Islamabad and Larkana worked very hard in the leadership of Prof. Shahbaz A. Kureshi and Prof. Saeed Ahmed Sangi to arranged the Event, which was scheduled to be held on 14-16 August, 2015.

14<sup>th</sup> August being Independent Day of our beloved Country became memorable for PHL Rawalpindi Chapter.



# Hypertension Seoul 2016

The 26<sup>th</sup> Scientific Meeting of the International Society of Hypertension

September 24(Sat) - 29(Thu), 2016  
COEX, Seoul, Korea



PHL Rawalpindi Chapter arranged a "Meet the Press Event" with collaboration of Jang Group of Newspapers and Geo News and M/s Ferozsons Ltd which was aired online and Published in Daily Jang Rawalpindi as a special supplement.

Senior Faculty of Cardiology from whole country including Prof. Azhar Masood Farooqui, Prof. Abdul Hafeez Chaudhry, Prof. Mohamamd Ishaq, Prof. Shahbaz A. Kureshi, Prof. Saeed Ahmed Sangi, Prof. M. M. H Noori, Prof. Khalida Soomro, Dr. Shaukat M. Malik & Dr. Abdul Ghafoor Wagan attended the live program and highlighted the "Silent Killer Disease Hypertension" regarding its awareness in General Population. In evening the Inaugural Scientific Session was followed by formal Inauguration of the Symposium Prof. Azhar Masood Farooqui (Founder President of PHL) was the Chief Guest of the occasion. Senior Faculty was awarded with shields and souvenirs the inauguration was followed by Dinner and Cultural Musical Program On 2<sup>nd</sup> day 15<sup>th</sup> August, 2015, the

In the evening of 15<sup>th</sup> August, 2015 19<sup>th</sup> Annual General Body Meeting was conducted in PC Rawalpindi agenda was:

- Tilawat
- Mintues of 18<sup>th</sup> General Body Meeting
- Chapter Reports
- Treasures Reports
- General Secretary Report
- Date and Venue of 19<sup>th</sup> Annual Symposium
- President Address
- Close

PHL Sukkur Chapter was honoured to hold the 19<sup>th</sup> Annual PHL Symposium.

Traditional Gala Dinner was arranged in Bahria Auditorium, Islamabad delicious food followed by Musical Night by Rahat Fatah Ali Khan was appreciated by attendance including senior faculty of Cardiology, Prof. Abdus Samad was chief guest of the event.

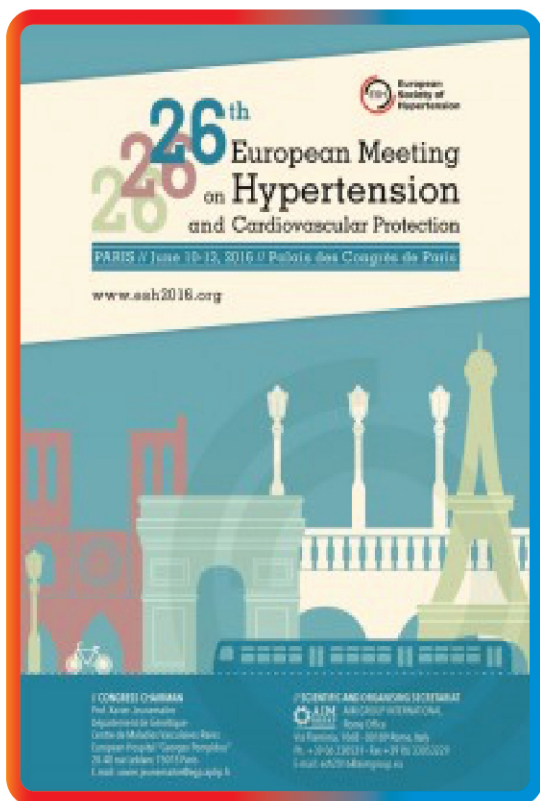
On 16<sup>th</sup> August, 2015 the last day of event com prised of Scientific Session and a concluding session with presentation of Certificate, Shields and Souvenir to speakers, chairpersons & moderators followed by lunch.



whole day was composed of Scientific Session on various aspects of Hypertension (including pathogenesis, diagnosis, prevention & treatment strategies).

Senior Faculty Members including Prof. Mohammad Ishaq, Prof. Shahbaz A. Kureshi, Prof. Saeed Ahmed Sangi, Prof. Abdus Samad, Prof. M. M. H. Noori, Prof. Bashir Hanif, Prof. Masood Sadiq, Dr. Abu Bakar Shaikh, Prof. Khalida Soomro, Prof. Abdul Rasheed, Prof. Feroz Memon, Dr. Jawaid Akbar Sial, Dr. Fawad Farooq, Dr. S. A Raza Kazmi, Prof. Nusrat Ara Majeed, Prof. Abid Amin, Dr. Bilal Mohidin & Other Seniors presented their well elaborated scientific papers, which were well appreciated by audience.







International Society of Hypertension



Asian Pacific Society of Hypertension



Korean Society of Hypertension

[www.ish2016.org](http://www.ish2016.org)



## Hypertension Seoul 2016

### The 26<sup>th</sup> Scientific Meeting of the International Society of Hypertension

in collaboration with the 12<sup>th</sup> Congress of the Asian Pacific Society of Hypertension (APSH) the 25<sup>th</sup> Annual Scientific Meeting of the Korean Society of Hypertension (KSH)

**September 24(Sat)-29(Thu), 2016**    **Coex, Seoul, Korea**

**“Working together for better BP control and CVD reduction”**

#### Key Dates

- Abstract Submission Deadline    **February 29, 2016**
- Notification of Acceptance        **April 30, 2016**
- Early Bird Registration Deadline   **May 31, 2016**

#### Awards & Grants

##### Awards

**Over 90 Winners**

- Best Oral and Poster Presentation Award
- Young Investigator Award
- ISH New Investigator Oral and Poster Presentation Awards
- ISH Austin Doyle Award
- APSH Best Oral Presentation Award
- APSH Young Investigator Award

##### Travel Grants

**Over 300 Grantees**

*Grants will cover the following expenses:*

- Accommodation in a standard hotel for 3 nights
- Those travelling within Asia: USD 500
- Those travelling from regions outside of Asia: USD 1,000

**Hypertension Seoul 2016 Secretariat**  
 InSession International Convention Services, Inc.  
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# ISH Summer School 2016

The ISH Summer School 2016 will be held at Lughnow India from 15<sup>th</sup> to 19<sup>th</sup> August, 2016.

The 5 day intensive course is meant for young physicians interested in Hypertension. PHL has been asked to nominate 4 scholars for summer school. All boarding and lodging will be arranged by ISH while travel arrangement will have to be made by candidates. PHL will be willing to offer some assistance.

The Secretary General PHL is invited as a Faculty in summer school. Chapter Coordinators are requested to recommend names of the interested candidates, at the earliest.



# OBITUARY

## Prof. Dr. Tariq Nishter

It is with great grief to let the members know that Prof. Dr. Tariq Nishter, one of the founder members of PHL, has passed away in December 2015 in Peshawar, after a prolonged illness. Prof. Nishter was a great teacher, a perfect gentlemen and a kind friend.

## Aapa Fatima Surriya Bajia

Most recently, Aapa Fatima Suriyya Bajia, also one of the founder members of PHL, passed away in Karachi. She was a great social worker, writer, and a kind human being.

Please join us to offer Fateha for the departed souls. May Allah bless their soul with eternal peace.

Ameen.

## President

Prof. Abdul Hafeez Chaudhry

## Vice President

Prof. Feroz Memon

## Secretary General

Prof. Mohammad Ishaq

## Joint Secretary

Dr. Jawaid Akbar Sial

## Treasurer

Prof. Khalida Soomro

# DATES TO REMEMBER

**The 4<sup>th</sup> International Conference on Prehypertension Hypertension & Cardiometabolic Syndrome**  
March 3-6, 2016  
Venice, Italy

**The 5th JSH Forum on Clinical Hypertension**  
May 1<sup>st</sup> 2016 to May 4<sup>th</sup> 2016  
STATION CONFERENCE, TOKYO, JAPAN

**The 2<sup>nd</sup> Asia Pacific Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy)**  
May 17<sup>th</sup> 2016  
Shanghai, China

**World Congress of Cardiology and Cardiovascular Health**  
May 19<sup>th</sup> 2016 to May 21<sup>st</sup> 2016  
Mexico City, Mexico

**26<sup>th</sup> European Meeting on Hypertension and Cardiovascular Protection**  
June 4<sup>th</sup> 2016 to June 7<sup>th</sup> 2016  
Paris, France

**21<sup>st</sup> World Congress on Cardiology**  
June 10<sup>th</sup> 2016 to June 13<sup>th</sup> 2016  
Boston, USA

**British Hypertension Society Annual Scientific Meeting**  
August 19<sup>th</sup> 2016 to August 21<sup>st</sup> 2016  
Royal Marine Hotel, Dublin, Ireland

**26th Scientific Meeting of the ISH**  
September 19<sup>th</sup> 2016 to September 21<sup>st</sup> 2016  
COEX, Seoul, Korea

**The 40th Annual Scientific Meeting of the Japanese Society of Hypertension**  
October 19<sup>th</sup> 2016 to October 21<sup>st</sup> 2016  
Himegin Hall, Ehime University, Japan

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

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