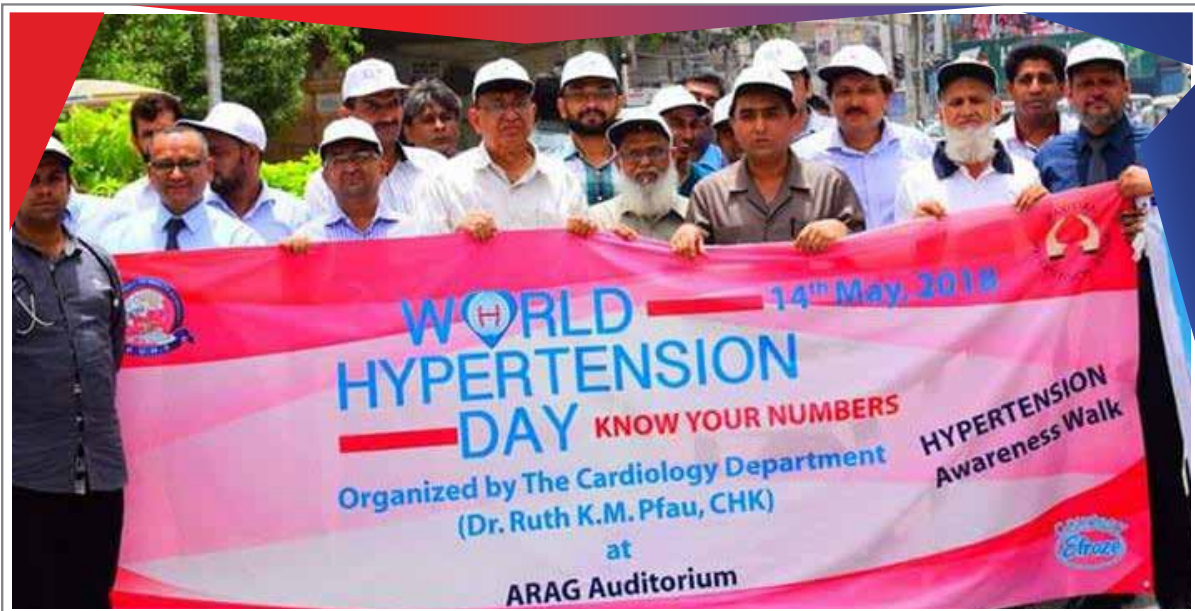




# PHL NEWSLETTER

WINTER 2018

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



## WORLD HYPERTENSION DAY WALK AT THE CIVIL HOSPITAL, KARACHI

### Editor's Note

Dear Friends, it's my pleasure to present the winter issue of PHL newsletter. The World Hypertension Day was celebrated all over Pakistan with great enthusiasm. Seminars, walks & public awareness sessions were held all over Pakistan through our regional chapters. You can see the illustrations in the newsletter. I appreciate the efforts made by our new chapters in promoting the cause of Hypertension awareness & control in Pakistan. Like the previous year, we also actively participate with MMM campaign of ISH. Our contribution has been duly acknowledged & appreciated by ISH. Soon we will be meeting at Lahore to attend the 22nd Annual Symposium of PHL. Prof. Bilal Mohiuddin, the convener and his team is working round the clock to organize excellent scientific program. The in February at Lahore will be very pleasant. Lahore rightly called the Heart of Pakistan has much to offer to the delegates. Its historic buildings and mouth-watering cuisines will be an added attraction to the delegates. I request all the chapter coordinators to attend the symposium and bring delegates of their respective regions. Your participation in the symposium will ensure its success.

See you at Lahore.

Pakistan Zindabad.

**Prof. Mohammad Ishaq**



# PHL NEWSLETTER

HYDERABAD CHAPTER

WORLD HYPERTENSION DAY 2018

Prof. Feroz Memon

- Pakistan Hypertension League (Hyderabad Chapter), maintained its tradition of disseminating knowledge through its CME to family physicians, postgraduate students, final year's MBBS students and above all, the general public as a part of creating awareness.
- On Friday 26th January 2018, a seminar was organized focusing on **"Pulmonary Arterial Hypertension"** at Isra University Hospital Hyderabad. Dr. Owais Shams (MD-Cardiology Resident) facilitated the seminar and discussed the importance of how appropriate blood pressure monitoring and commencement of proper medication along with life style modification can prevent the overall mobility and morbidity.

In the end **Prof. Feroz Memon** emphasized on treatment choice in Hypertension.



- The Department of Cardiology of Isra University Hospital Hyderabad conducted a workshop on Research methodology for Clinical Postgraduate students of Isra University at Isra Hospital library on 17th April 2018. The workshop was part of series of workshops with the support of OBS Pakistan (Pvt.) Ltd. Dr. Faizan Shoukat was the





# PHL NEWSLETTER

HYDERABAD CHAPTER

WORLD HYPERTENSION DAY 2018

Prof. Feroz Memon

- Pakistan Hypertension League (Hyderabad Chapter) in coordination with major cardiac Institutes of Hyderabad, Department of Cardiology Isra University, Department of Cardiology Liaquat University of Medical & Health Sciences (LUMHS) & Red Crescent Institute of Cardiology (RCIC) arranged different awareness programs regarding World Hypertension Day 2018, this was arranged in such way that more Public involvement was ensured different people from different walk of life were given awareness talk regarding identification management and dealing with different complication of Blood Pressure.
- The Department of Cardiology Isra University Hospital Hyderabad and Pakistan Hypertension League (Hyderabad Chapter) organized a public awareness program on 15th May 2018 in connection of World Hypertension Day 2018 at Isra University Hyderabad. **Prof. Dr. Feroz Memon** and **Dr. Shazia Kazi** delivered lectures on **Prevention & Management of Hypertension**. A screening for BP blood was also arranged, about 160 people were screened and consultation was provided to them by experts.
- The program was well appreciated by all the faculty members and the session was concluded by **Dr. Muhammad Kashif Shaikh** with the vote of thanks.



- **World Hypertension Day 2018** was celebrated at Red Crescent Institute of Cardiology with great enthusiasm. The program started with recitation of Holy Quran followed by speeches by **Dr. Fazal Rehman Memon**, **Dr. Shoukat Memon** and **Dr. Abdul Rab Shaikh** on different aspects of hypertension, it's complications and it's social and psychological aspects in our population to more than 100 participants. In the end a walk was also conducted.



- **Prof. Dr. Feroz Memon** delivered a talk on "**Lisinopril**" at Lal Qila Restaurant on 26th July 2018. The session was attended by Consultant Cardiologists, Consultant Physicians, Medical Officers of Red Crescent Institute of Cardiology and Postgraduate students of Isra University Hospital Hyderabad. In the end **Dr. Fasih A. Hashmi** & **Dr. Fazal Rehman Memon** shared his experience about **Lisinopril** and its clinical benefits. The audience took part in the hot discussion about current role of **Lisinopril** in the management of hypertension.



## WORLD HYPERTENSION DAY 2018

Dr. Didar Hussain Gajoo

On 29th September 2018, Pakistan Hypertension League Mirpurkhas chapter organized to celebrate world heart day, in this connection A walk was arranged from Civil Hospital Mirpurkhas, large number of doctors, paramedics and public participated, awareness talk was given by Dr Didar Hussain Gajoo chief cardiologist. participants also included Civil surgeons, Dr Iqbal, Dr Akram sultan AMS/cardiologist and Dr Sunil kumar senior cardiologist and other consultant and senior doctors of Civil Hospital Mirpurkhas. On 29th September in evening awareness lecture was given by Dr Didar Hussain Gajoo chief cardiologist Mirpurkhas in Gymkhana Mirpurkhas in which large number of doctors of Mirpurkhas attended the event Dr. Didar Hussain Gajoo chief cardiologist Civil Hospital Mirpurkhas and co ordinator PHL Mirpurkhas chapter.





# PHL NEWSLETTER

SUKKUR CHAPTER

WORLD HYPERTENSION DAY 2018

Dr. Raj Kumar Sachdewani

WORLD HEART DAY was celebrated at Ghulam Muhammad Mahar Medical College Sukkur by the Sukkur PHL Chapter and Department of Cardiology on Saturday 29th September 2018.

All the GMC faculty, large number of doctors, paramedics, nurses and different walk of people gathered at Department of Cardiology GMC Hospital Sukkur and then this procession walked to GMC College.

Dr. Rajkumar Sachdewani, Head of Cardiology department welcomed the audience and highlighted the importance of the World Heart Day. He emphasized on preventive measures and their role to lead a Happy And Healthy Life. e.g Daily Walk, Stopping to Smoke, Knowing your numbers about blood pressure and diabetes.

The Guest Speaker Renowned Cardiologist Prof. Nazir Ahmed Memon of Hyderabad delivered a thought provoking Talk on improving the life style, improving our eating habits, avoiding stress and controlling our cholestrol, blood pressure and diabetes.

Principal GMC Prof. Aftab Ahmed Soomro decorated the guests with Sindhi Ajrak and Cap. He then gave concluding remarks that GMCians go with the World in awaring people about the heart diseases and their prevention. Senior cardiologist Dr. Ahmed Mujtaba paid vote of thanks. Program ended with healthy lunch.





# PHL NEWSLETTER

MULTAN CHAPTER

WORLD HYPERTENSION DAY 2018

Dr. Kashif Ali Hashmi

## WORLD HYPERTENSION DAY 2018 AT CPEIC MULTAN

World hypertension day was celebrated at CPEIC Multan on 17-05-2018. whole day Public awareness program. Free blood pressure, cholesterol and sugar checkups and distribution of awareness materials in Urdu to patients visiting CPEIC out door.

### Health Awareness Walk

Health awareness walk from CPEIC Multan to Press club Multan lead by Prof. Ijaz Ahmad Coordinator Pakistan Hypertension League Multan, Dr. Kashif Ali Hashmi secretary PHL Multan, Dr. Hadi Yousuf, Dr. Masood Bhutta, Dr. Hama Ghafoor, large number of other cardiologist, Pharma representative, general practitioner, PTV Multan representative, Express News, GeoTV and Waseeb TV representatives attended the walk. Whole day activity was fully covered by PTV Multan, Nawa I waqt, Express news, Waqt News and Geo News TV.



### Symposium on Hypertension

Lectures were arranged for Medical students, general practitioners, young doctors, Nurses and paramedical staffs at CPEIC Auditorium; session was chaired by Prof Dr. Ijaz Ahmad Head of Cardiology CPEIC, lectures were delivered on; correct measurement of blood pressure by Dr. Masood Bhutta, Hypertension and Aortic Diseases by Dr. Hadi Yousuf and importance and history of World Hypertension day by Dr. Kashif Ali Hashmi.



## SARGODHA CHAPTER

WORLD HYPERTENSION DAY 2018

Dr. Fida Muhammed Sheikh

In year 2017 we conducted multiple activities on the platform of PHL Sargodha Chapter, including Lectures awareness programs, about hypertension and Heart Diseases. As well as we conducted monthly programs with atypical cases of hypertension and other cardiac diseases.

**We conducted 3 major activities**

- World Hypertension day ● World Heart Day

In these activities we arranged walk, in which the participants were from the hospital administration, divisional administration, Physicians, Paramedics and chapter members along with general public. After the walk session we delivered the lectures for the awareness of general public.

I have also conducted monthly meeting of PHL members, in which we discussed interesting and difficult cases of hypertensive comorbidities. In these sessions we involved all the doctors of region like physicians, GP'S, PGRs of medicine and allied.







# PHL NEWSLETTER

SAHIWAL CHAPTER

WORLD HYPERTENSION DAY 2018

Dr. Saima Naz Alam

I feel privileged to send activity report of 2018. Three years back PHL sahiwal chapter was inaugurated. We tried our best to help the people of sahiwal by creating awareness regarding hypertension and cardiac diseases. Alhamdulillah all members of PHL sahiwal chapter worked side by side for this cause.

We celebrated world hypertension day in DHQ sahiwal with principal sahiwal medical college. All the faculty members of teaching hospital participated along with medical students and pharmaceutical companies.

We did many camps for training the community about primary prevention of Diabetes, Hypertension and Ischemic heart disease.

Recently we celebrated world heart day with full spirit. Again we had a walk in DHQ teaching hospital sahiwal, and whole day our representatives went to whole city of sahiwal and screened people for blood pressure measurement and checked blood sugar. We did camps at Malls, District court, schools, hospitals, clinics, old age home. People were given brochures containing information about life style modification for healthy heart. All the doctors signed at one board and gave message to community.

All this could not be possible without the help of young cardiologists of town Dr Husaif Raza and Dr Najam u Saqib. All the medical companies were at one page for this cause.

In sh Allah in future we will continue our efforts for betterment of our society.





# PHL NEWSLETTER

LAHORE CHAPTER

WORLD HYPERTENSION DAY 2018

Prof. Bilal S. Mohyidin

This year like previous years the Lahore Chapter of Pakistan Hypertension League was involved in various hypertension awareness programs. We conducted general public awareness programs through print and electronic media. Hypertension and cardiac disease awareness programs were done on PTV (Saith Sub Kaa Lia – Photograph attached) Dunya TV and Lahore TV, and also public education Radio show on FM 100.

The MMM campaign in 2018 due to Ramzan was mainly focused in the first half of May. For World Hypertension Day at Punjab Institute of Cardiology we conducted a public awareness symposium which was very well attended. Dr. Mohsin Shah, Dr. Sajjad Ahmad, Dr. Bilal S. Mohyidin and Prof. Shahid Hameed spoke on various aspects of Hypertension and Cardiovascular disease prevention, diagnosis, management and emergency care. (<https://youtu.be/K-C3djSVJkc>). On World Hypertension Day the Lahore Chapter of PHL provided support to Lahore General Hospital which organized Hypertension Symposium for its undergraduate and post graduate medical students.



ہائپرٹینشن سے بچاؤ کے لئے ورزش کو معمول بنائیں، ماہرین  
 قہار کوٹھی اور غیر متوازن خوراک ترک کریں، اپنی آئی کی میں سے بیمار سے خطاب  
 لاہور (اپنے ایجنٹ کی رپورٹ سے) مخاطب انٹیلیٹ آف کارڈیالوجی میں ہائپرٹینشن ڈس کے  
 حوالے سے تقریب کا اہتمام کیا گیا ماہرین اور ڈاکٹرز نے مرض سے بچاؤ کے حوالے سے بچہ  
 دیے ورلڈ ہائپرٹینشن ڈس کی مہاسبت سے خصوصی سیمینار کا اہتمام مخاطب انٹیلیٹ آف  
 کارڈیالوجی کے سنے آڈیٹوریم میں کیا گیا ماہرین نے مرض سے آگاہی اور بچاؤ کے حوالے سے  
 گفتگو کی سیمینار میں تیار کیا گیا کہ مرض سے بچاؤ کے لیے ورزش کو معمول بنایا جائے جبکہ قہار کوٹھی  
 اور غیر متوازن خوراک ترک کرنا بھی ضروری ہے۔ تقریب میں ڈاکٹر بلال امین جی الدین، ڈاکٹر  
 سہارو داکٹر محسن شاہ نے خصوصی شرکت کی۔





## We celebrated it in Bolan Medical Complex Hospital by:

- 1 Free sugar & lipid profile camps with ongoing video screens in OPD about HTN awareness for common public.
- 2 Having large gathering of medical community & public awareness programme. Panel of experts from Neurology, Medicine, Gyne & Obs, Nephrology, & Cardiology we're part of the show. Speeches on world hypertension day, it's significant across the globe, bringing awareness about HTN, it's prevention, control & proper management were given by Associate Professors Dr. Jalal Ud Din (Head of cardiology BMCH) & Dr. Abdul Ghaffar Kakar. Secretary health Balochistan Mr. Saleh Nasir was the chief guest & MS BMCH Dr. Fareed Samalani was the guest of honour. Questions & answers were at the end of programme, followed by vote of thanks.
- 3 There was a long walk across the hospital & all the day was well covered by media from different groups & interviews about HTN from specialists, students & common people were taken. An hour talk show on HTN on local TV channel was live telecasted & Dr. Jalal Ud Din was the expert.

All these efforts were made to bring awareness, early diagnosis & timely management of this lethal disease & to alert our health functionaries to take practical steps on gross root level.



نیکری صحت صال محمد ناصر ایم ایس بولان میڈیکل کالیکس ڈاکٹر فرید اللہ سالانی، ڈاکٹر جلال الدین اچکزئی اور دیگر مقررین عالمی یوم فشار کے موقع پر منعقدہ تقریب کے شرکاء سے خطاب کر رہے ہیں۔ (فوٹو ڈی جی پی آر)



# PHL NEWSLETTER

RAW/ISLAMABAD CHAPTER

WORLD HYPERTENSION DAY 2018

Dr. Asad Riaz Kitchlew

A hope you are fine and in best of health. Hypertension month was celebrated in the month of May in PIMS. World Hypertension Day celebrated at PIMS on 14th May 2018. Walk was organised led by Executive Director. Later public awareness programme was arranged where patients attendants and staff were briefed about management and prevention of hypertension. Similarly World Hypertension Day was celebrated at Kulsum International Hospital Islamabad. Lecture was delivered by Professor Iqbal Saif Ullah Khan.

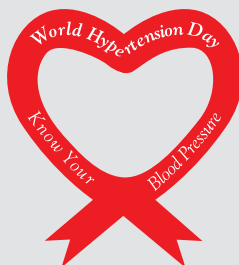


## Report from OBS World Hypertension Day 2018

MayWorld Hypertension Day is celebrated on 17th May of every year to mark the significance of Hypertension. The day was initiated by the World Hypertension league to create awareness about hypertension.

Pakistan Hypertension League, affiliate of the World Hypertension League in Pakistan reinstated its resolve and celebrated the day across Pakistan in collaboration with its local chapters. To highlight the importance of Hypertension and its management, we have conducted series of activities around the country to aware masses on the menace of hypertension and healthcare professionals to motivate and encourage their patients for its control.

Pakistan Hypertension League developed a heart shaped insignia to mark the World Hypertension day, the insignia was worn by the healthcare professional across the country, and the response was surprising. Patients and general public interested to know the reason for wearing the heart shape badge, which gave healthcare professional an opportunity to aware them on the menace of hypertension and need of its control.



Awareness amongst general public would be the key element that would help to get control on hypertension. Pakistan hypertension league in collaboration with OBS Pakistan, developed a poster to create awareness amongst masses and a patient awareness brochure that caters the basic information about;

- What is hypertension?
- What are the risk factors that are responsible?
- How these risk factors can be avoided?



In continuation, we have conducted seminars, awareness walks and blood pressure screening across Pakistan in association with 18 local chapters of Pakistan Hypertension League. A mega symposium conducted in leadership of Prof. Feroz Memon (Chapter Coordinator – PHL Hyderabad Chapter), leading cardiologists and general practitioners attended the symposium. Healthcare professionals emphasizes on the importance of regular blood pressure check up so that the patient may aware of their blood pressure numbers. Also highlighted the importance of avoiding sedentary lifestyle and limit salt intake





# PHL NEWSLETTER

## WORLD HYPERTENSION DAY 2018



Dr. Adnan Gul (Chapter Coordinator – PHL Peshawar Chapter), conducted a symposium to highlight the significance of Hypertension amongst healthcare professional. Leading healthcare professionals attended the session and put light on the importance of hypertension management at primary level. They also advised Healthcare professionals to encourage their patients on regular blood pressure screening and its management if they are hypertensive.



Dr. Bilal Mohyiddin (Chapter Coordinator – PHL Lahore Chapter), organized an awareness session at Punjab Institute of Cardiology, Lahore. Medical Superintendent Prof. Nadeem Hayat Malik and senior consultants across the city were present at the session. Every speaker highlighted the significance of hypertension not only in Pakistan but on the international level. Also highlighted the need for its management with lifestyle modification and medications where needed.



Keeping in view the global objective of the World Hypertension League to screen out blood pressure and celebrate the month as **"May Measurement Month"**, We have conducted screening camps in collaboration of our local chapters across the country. Total of 5,000 patients were screened across Pakistan.



Pakistan Hypertension League, being the flag bearer of World Hypertension League in Pakistan, pledges to control prevalence of Hypertension in Pakistan through patient awareness



# PHL NEWSLETTER

WINTER 2018



## PHL COUNCIL

### President

Prof. Saulat Siddique

### Vice President

Prof. Abid Amin Khan

### Secretary General

Prof. Mohammad Ishaq

### Joint Secretary

Prof. Abdul Rasheed Khan

### Treasurer

Prof. Khalida Soomro

### Editor

Prof. Mohammad Ishaq

### Assistant Editor

Dr. Fawad Farooq

### Circulation

Malik Muhammad Javed

### Publication Assistant

Mujtaba Alam

Supported by:

An educational grant from

**PharmEvo (Pvt.) Ltd.**

## CALENDAR

### 40<sup>th</sup> High BP Research Council Australia Annual Scientific Meeting

Adelaide, Australia

November 27 – 30, 2018

### 3<sup>rd</sup> Annual Conference on Hypertension and Cardiovascular Diseases

Toronto, Canada

December 03-04, 2018

### 12<sup>th</sup> International Meeting of the French Society of Hypertension

Paris, France

December 13 – 14, 2018

### 16<sup>th</sup> Annual Congress of the Malaysian Society of Hypertension (MSH)

Shangri-La-Hotel, Kuala Lumpur, Malaysia

January 18 – 20, 2019

### 13<sup>th</sup> Scientific Meeting of the Indonesian Society of Hypertension (InaSH)

Sheraton Grand, Jakarta, Indonesia

February 22 – 24, 2019

### 6<sup>th</sup> International Conference on Prehypertension, Hypertension, Metabolic Disorders and Cardiovascular Disease

Vilnius, Lithuania

February 28 - March 3, 2019

### XXVI Argentine Congress of Arterial Hypertension

NH Gran Hotel Provincial, Mar del Plata, Argentina

April 11 – 13, 2019

### European Forum on Hypertension

Gdansk, Poland

May 9 – 11, 2019

### 2<sup>nd</sup> International Congress of Hypertension in Children and Adolescents (ICHCA)

Warsaw, Poland

May 24 – 26, 2019

### 29<sup>th</sup> European Meeting on Hypertension and Cardiovascular Protection 2019

Milan, Italy

June 21 – 24, 2019

### British and Irish Hypertension Society Annual Meeting

Birmingham, UK

September 16 – 18, 2019

### Hypertension Canada's 2019 Annual General Meeting

Toronto, Canada

September 25 - November 28, 2019

**PharmEvo**®

Our dream, a healthier society

[www.pharmevo.biz](http://www.pharmevo.biz)