



PHL • NEWSLETTER

Information and News from Pakistan Hypertension League
An Official Member of World Hypertension League (ISH/WHO)
Autumn 1998

NATIONAL CONSENSUS GUIDELINE WORKSHOP ON TREATMENT OF HYPERTENSION

A workshop was held on May 17, 1998 at National Institute of Cardiovascular Diseases, Karachi, which was dedicated to developing national consensus on guidelines for management of Hypertension. The participants included professors of various disciplines of medicine from all parts of Pakistan. The purpose was to generate recommendations on the management of Hypertension which would be in line with the international recommendations but suitable to the socio-economic conditions prevailing in Pakistan. The task of the workshop was divided amongst a) General physician's groups and b) Subspecialty group. Each subgroup was headed by a Chairman and Co-chairman. They were given a working paper to develop into recommendations. At the end of the workshop various chairmen presented the summary of their discussions. A working draft was developed which gave the broad structure of recommendations. It was concluded that the recommendations of the workshop will be published in two formats. a) As an Algorithm on the management of Hypertension for use by general physicians. The algorithm would be simple, clear of ambiguities and representative of present knowledge regarding Hypertension. This Algorithm will then be published in a Calendar form for easy use in the physicians office. This has been finalized and is in the press.



Inauguration Ceremony of the Work Shop.

b) The recommendations of the workshop's working paper will be published for the general physician use. This would include definition of Hypertension, its categorization, detection and treatment including prevention. The document would also cover aspects of Hypertension in the subspecialty areas such as pre and post surgical management, Nephrology, Cardiology, Diabetes, Neurology and Obstetrics and Gynaecology i.e. pregnancy. Special document concerning definition, detection, management and prevention of hypertension in childhood would be generated. These documents will be published by the end of the current year. The workshop was a great success and all the speakers appreciated the hand out of recent literature on Hypertension. The plea to generate local data on hypertension was made by the Founder-President of PHL. The workshop was extensively reported in the local and national dailies.

**NATIONAL TASK FORCE ON
CLINICAL GUIDELINES FOR THE
MANAGEMENT OF HYPERTENSION
CONSTITUTED**

Prof. Azhar Masood A. Faruqi	Prof. Mumtaz Hasan
Dr. Ejaz Ahmad Vohra	Prof. Kalimuddin Aziz
Dr. Mohammad Ishaq	Prof. W.A. Sahibzada
Dr. M. Afzal Mattu	Prof. Samad Shera
Prof. Ashfaque Ahmed Khan	Dr. Shariatullah Siddiqui
Prof. C. W. Vellani	Dr. Shaukat M. Malik
Prof. Ali Muhammad	Prof. Shaiket Ali Syed
Prof. Farooq Nazir	Prof. Shehryar A. Shaikh
Prof. Nazir A. Memon	Prof. S. M. Rab
Dr. Maqbool H. Jafery	Dr. Shuja Shaikh
Maj. Gen. Masud ur Rehman Kiani	Prof. Tariq Nishtar
Prof. Mehrullah Shah Hashmi	

LOCAL CHAPTERS OF PHL LAUNCHED

Local Chapter of Pakistan Hypertension League was launched at **Rawalpindi/Islamabad** at the Federal Court Auditorium Services Hospital, Islamabad on 12 July, 1998. The day long workshop followed at which papers regarding epidemiology by Prof. Azhar Masood A. Faruqi, Founder-President PHL, work up of patients with hypertension (Dr. Zareena Muzaffar) selection of treatment of hypertension (Dr. Nusrat Ara) methods of blood pressure recording (Dr. Manzoor Qazi) were presented. Dr. Brig. Ashur Khan, Co-Convenor of the PHL Local Chapter Islamabad/Rawalpindi, Dr. Shaukat M. Malik, Col. Mujeeb ul Haq and Dr. Sarmad Maqbool participated in the second session and discussed Anti-Hypertensive treatment, side effects of treatment, life style modifications, target organ damage and cardiovascular adaptation to hypertension. The sessions were well attended. The launching ceremony was chaired by Federal Secretary of Health, Mr. Hasan Raza Pasha. The welcome address was given by Dr. Shaukat M. Malik and Keynote address by Founder-President of Pakistan Hypertension League, Prof. Azhar Masood A. Faruqi.

Local Chapter of PHL **Hyderabad** was launched on April 22, 1998. A large number of General Practitioners of the city, distinguished members of PHL, Prof. Noor Muhammad Memon, Prof. Ali Muhammad Choudry, Prof. Abdul Fateh Qureshi, Prof. Abdul Lateef Soomro, Prof. Nazir Ashraf Legari attended. Prof. Nazir Ahmed Memon outlined the aims of PHL and rules of membership to the audience. Prof. Jan Muhammad Memon (Convenor) outlined program of future activities. Prof. Nooruddin Jaffer from Baqai Medical University outlined the various aspects of Hypertension. A Question-Answer Session

followed in which all of the participants took part. Pakistan Hypertension League **Peshawar** Local Chapter was launched on June 6, 1998 at Hotel Pearl Continental, Peshawar, under the convenorship of Dr. Saeed-ul-Majeed, who informed the gathering that Hypertension was the major cause of morbidity and mortality in the developing world. He said that 17.9% of population in Pakistan above the age of 15 years had Hypertension and one in three persons above the age of 45 years had Hypertension. Dr. Saeed ul Majeed said that PHL Peshawar Chapter would help create mass awareness about Hypertension in the general public through workshops, multidisciplinary group consisting of general physicians and cardiologists, Gynaecologist, Nephrologists, surgeons, pediatricians, public bodies and Journalists. The event was reported in Dawn, a national Newspaper.

Karachi Local Chapter of PHL was launched on 19th February, 1998, at the Jinnah Post Graduate Medical Center at its 35th Annual Medical Symposium. In first week of March 1998, a seminar on Hypertension was held in the Medical Unit III, Lecture Hall. Members of the Faculty, General Practitioners, postgraduate students and residents attended the meeting. Prof. Mashhoor Alam Shah discussed various aspects of hypertension including its prevention.

**EXPERT SUBCOMMITTEE ON
CLINICAL EVALUATION AND WORK UP**

Prof. Shehryar A. Shaikh	Dr. Mohammad Sharif Moonga
Dr. Abdul Sattar E. Jaffer	Dr. Muhammad Zia Yaqub
Prof. Asadullah Kundi	Dr. Mujeeb ul Haq
Dr. Athar Husain	Prof. Naem A. Jafarey
Prof. Farooq Nazir	Prof. Naem Ahmed
Dr. Ferroz Memon	Prof. Sharif Choudhry
Dr. Khalida Soomro	Dr. Shehbaz A. Kureshi
Dr. Maqbool H. Jafery	Dr. Zia ur Rehman Siddiqui
Prof. Mashhoor Alam Shah	

**EXPERT SUB COMMITTEE ON
TREATMENT OF HYPERTENSION**

Prof. Ashfaque A. Khan	Prof. Masood Hameed
Dr. Abu-Bakar Shaikh	Prof. Mehrullah Shah Hashmi
Prof. M. Afzal Mattu	Dr. Moazzam Baig Mirza
Prof. Anwarul Hassan Gillani	Dr. Mohammad Ishaq
Prof. Atta Khan	Dr. Mohammad Rashid Randhawa
Prof. C. W. Vellani	Prof. Muhammad Arshad Mirza
Prof. Hassan Shaikh	Dr. Roshan Hilal
Prof. Humayun Maqsood	Dr. Shariatullah Siddiqui
Dr. Manzoor Ahmed	Prof. Tariq Nishtar

EXPERT SUBCOMMITTEE ON SPECIALTY ASPECTS OF HYPERTENSION	
Prof. Samad Shera	Dr. Liaquat Ali Cheema
Dr. Faridun Setna	Dr. M. Zaman Shaikh
Prof. Adibul Hasan Rizvi	Dr. Mohammad Naeemul Haque
Dr. Arshad Ahmed	Dr. Mukhtar Ahmad
Prof. Azhar Masood A. Faruqi	Prof. Muhammad Nasrullah
Prof. D. S. Akram	Prof. Roger Al Sutton
Prof. Hasan Aziz	Prof. Shafiq Ahmed Khan
Prof. Jaffer Naqvi	Prof. Zeenat Issani
Brig. (Retd.) Jahan Ara Pal	Prof. Zulfikar Bhutta
Prof. Kalimuddin Aziz	

EXPERT SUBCOMMITTEE ON LIFE-STYLE MODIFICATION/PUBLIC HEALTH ASPECT EDUCATION	
Prof. W.A. Sahibzada	Dr. Nadeem Qamar
Brig. Ashur Khan	Prof. Nazir Ahmed Memon
Dr. Khan Shah Zaman	Dr. Noor Mohammad Memon
Mr. Gen. Munsaf ur Rehman Khan	Mr. Nusrat Nasrullah
Prof. Ms. Anna Ghulam Ali	Mr. S. M. Muneer
Mr. Bashir Jannottammed	Dr. Saeed-ul-Majeed
Dr. Ejaz Ahmed Vohra	Mr. Shaikat Ali Jawaid
Mr. Iqbal A. Lanewala	Prof. Sultan Ahmed Shah
Dr. Jawaid Usman	Prof. Sved Aslam
Mr. Javed Jabbar	Dr. Shuja Shaikh
Prof. Mumtaz Hasan	

HIGHLIGHTS OF THE MINUTES OF THE 2ND GENERAL BODY MEETING

The 2nd, General Body meeting of the PHL was held at N.I.C.V.D., Karachi on May 17, 1998 at 3:00 p.m. under the chairmanship of the Founder-President, Prof. Azhar Masood A. Faruqi. The meeting started with the recitation of the Holy Quran by Dr. Mohammad Ishaq. The Minutes of the last meeting were confirmed unanimously by the General Body.

The General Secretary informed the House that the Coordinators for six local chapters have been nominated and Guidelines for the structure and rules of procedures for the local chapter have already been sent and that the date of launching of these chapters is awaited.

The coordinators of Peshawar and Quetta, chapters briefed the House about the progress in this regard. Dr. Saeed-ul-Majeed Coordinator, Peshawar Chapter, was concerned about the procedures of interaction with the centre. Prof. Kalimuddin Aziz suggested that a committee comprising of council members of PHL and the coordinators of the Local Chapters be constituted to look into these matters.

This was seconded by Dr. Samad Shera and adopted by the House. Dr. Samad Shera suggested that the date and theme should be announced for the PHL symposium to be held in Lahore in October, 1998. After some discussion the Convenor of PHL symposium, Prof. Mumtaz Hasan announced a tentative date of 24-25 October, 1998.

Mr. Shaikat Ali Jawaid pointed out that 85% people of the rural areas are unaware of hypertension. While PHL has nominated coordinators in big cities, is there any programme to set up such centers in district level as well as in rural areas? The General Secretary underlined that the aim of PHL is to start public awareness centers at district levels and in rural areas in cooperation with the Local Chapters.

In free discussion period Mr. S. M. Muneer informed that even business community, which is rather educated is not fully aware of hypertension. He stressed the need for public awareness in all sections of the population. Mr. Abdur Rehman H. Habib appreciated the services of PHL and suggested

LOCAL CHAPTERS OF PHL ESTABLISHED	
Karachi	Rawalpindi/Islamabad
19th February, 1998	12th July, 1998
Coordinator: Prof. Mashhoor Alam Shah	Coordinator: Dr. Shaikat M. Malik
Chapter Co-Convenor: Dr. Abdul Qadir Soomro	Chapter Co-Convenor: Brig. Muhammad Ashur Khan
Dr. Nazeer Memon	Chapter Secretary: Dr. Shahbaz Ahmed Kureshi
Chapter Secretary: Dr. Afshan	Chapter Treasurer: Dr. Nusrat Ara
Chapter Treasurer: Dr. Hina Mushir	
Hyderabad	Quetta (To be Launched)
22nd April, 1998	Coordinator: Prof. Mehrullah Shah Hashmi
Coordinator: Prof. Jun Muhammad Memon	
Chapter Secretary & Chapter Treasurer: Dr. Rafi Ahmed Ghorji	Lahore
	(To be Launched)
Peshawar	Coordinator: Prof. Ashfaq A. Khan
6th June, 1998	Chapter Secretary: Dr. Bilal Zakria Khan
Coordinator: Dr. Saeed-ul-Majeed	Chapter Treasurer: Dr. Zia-ur-Rehman Siddiqui
Chapter Secretary: Prof. Dr. Aziz Gul Mufli	
Chapter Treasurer: Dr. M. Ashraf Arbab	



Committee Life Style Modification,
A View of the Participants

that close integration between local chapters and the Center be ensured. Mr. Justice S. Ahmed Sarwana suggested that the phrase "Just do it!" could be used as a catch phrase when the doctor's advise exercise or other lifestyle modifications to prevent hypertension. Shaikh Aftab Ahmed pointed out the need for blood pressure check up in rural and urban areas. He extended the help of Faran Club. Mr. Iqbal Lanewala stressed the need for more media propaganda and interaction with masses.

"Fateha" for the sad demise of Mr. Yousuf Zia was offered by the general body and message of sympathy was extended to the briefed family. The meeting adjourned with a vote of thanks to the Chair.



Hypertension Symposium of PHL, Karachi.

Editor: Prof. **Kalimuddin Aziz**. Editorial Board: Prof. Tariq Nishtar, Peshawar; Prof. Nazir Ahmed Memon, Hyderabad; Prof. Ashfaq A. Khan, Lahore; Mr. Nusrat Nasarullah, Karachi. Published for: PHL, NICVD, Karachi by Mr. Asad Mirza. Printed with an educational grant from Servier Pakistan.

C A L E N D A R

P.H.L. 2nd International Symposium on Hypertension
Theme: "Hypertension a Silent Killer"
Sunday 25th October, 1998
Venue: Hotel Pearl Continental, Lahore
Convenor: Prof. Mumtaz Hasan, V.P., P.H.L.
Secretariat: Deptt. of Medicine,
King Edward Medical College, Lahore.

International Health Promotion Conference
 September 23-25, 1998
 Cardiff, Wales, UK
Information: Conference Office,
 Health Promotion Wales, Ty Glass Avenue,
 Llanishen, Cardiff, Wales, UK
 Fax: (+44) 122-756000
 e-mail: Conferenc.98@hpw.wales.nhs.uk

Sixth National Workshop on 24th-ABPM and Diagnostics in Hypertension
 October 3-4, 1998
 Bremerhaven, Germany
Information: Prof. Dr. M. Anlauf,
 Hochdruckliga, PO Box 102040,
 69010 Heidelberg, Germany
 Internet: <http://www.paritaet.org/RR-Liga>
 October 14-16, 1998
 International Congress on Atherosclerosis,
 Hypertension and Coronary Heart Disease,
 New Delhi, India

22nd Annual Scientific Meeting of the German Hypertension Society – Hypertension League jointly with the Austrian and Swiss Hypertension Societies
 November 25-28, 1998
 Freiburg, Germany
Information: Prof. Dr. G. Bonner,
 Hochdruckliga, PO Box 102040,
 69010 Heiderlberg, Germany
 Fax: (+49) 6221-402274
 Internet: <http://www.paritaet.org/RR-Liga>

March 7-10, 1999
 48th Annual Scientific Session,
 American College of cardiology,
 New Orleans, LA

March 24-27, 1999
 39th Annual Conference on Cardiovascular Disease Epidemiology and Prevention,
 Orlando, FL