

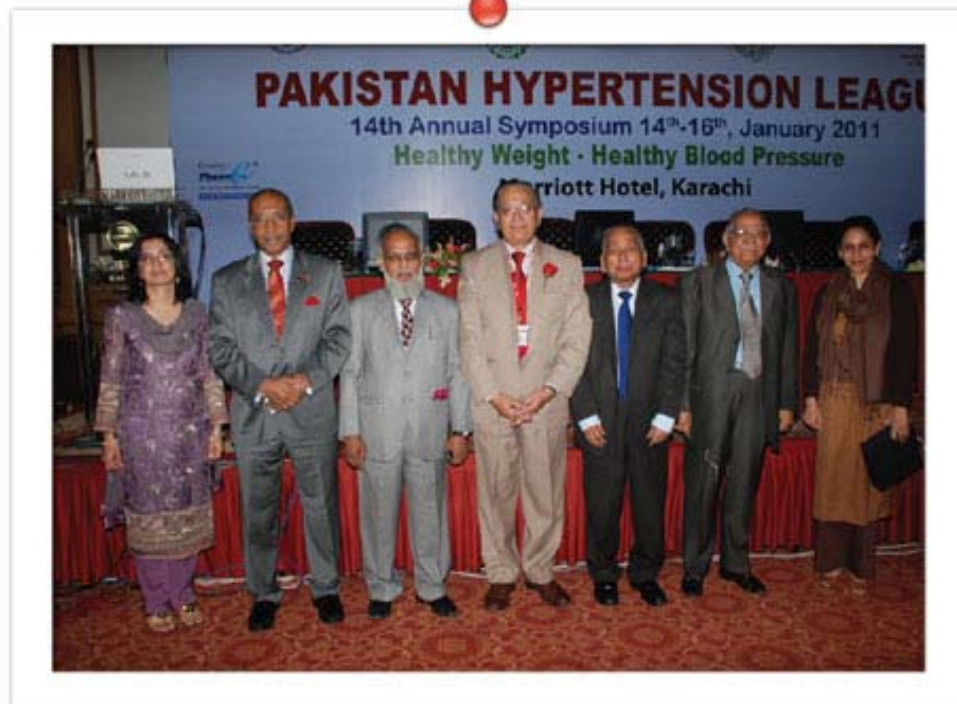
Affiliated with World Hypertension League and International Society of Hypertension



# PHL - NEWS LETTER

Information from Pakistan Hypertension League  
An official member of World Hypertension League (ISH/WHO)  
**Autumn 2011**

**See you at PHL, 15th Annual Symposium, Multan**



President PHL with foreign delegates

## Editor's Note

Dear Friends,

The autumn issue of Newsletter is in your hands. The last major activity PHL undertook nationwide was the World Hypertension Day. This was observed by all the 12 chapters of PHL in various ways. Workshops for Family Physicians, awareness walks, public awareness sessions, interactive discussions on electronic media & articles in print media highlighted the significance & prevention of Hypertension.

There has been a healthy change in the Editorial board. I am delighted to introduce Dr. Seema Bhanji Assistant Professor of Family Medicine at the Aga Khan University Hospital as Associate Editor. I am sure she will bring new ideas & enrich the contents of the newsletter. I request the office bearers & members of PHL to contribute by sending news and views to be included in Newsletter.

Next year is an important year for us; firstly we are going to have our 15th Annual conference at the historic city of Multan & then we have the scientific meeting of ISH at Sydney Australia. PHL will actively participate in ISH meeting & all members are encouraged to attend both the meetings. Let us all work together & make the forthcoming conference at Multan a great success. I send my best wishes to the organizing committee.

Prof. Mohammad Ishaq

**Activity Report from PHL Pakistan Published in WHL Newsletter: 133/2011**

Pakistan Hypertension League (PHL) observed the **World Hypertension Day (WHD)** on 17th May 2011, for creating awareness of hypertension among the general public. PHL consisting of eleven local chapters all over Pakistan arranged a week long programs including press conference, public awareness sessions, walks, seminars and screening camps in all the major towns. Posters, banners and public awareness material (Hypertension Awareness Pamphlet) on this year's theme were also published and placed at all major hospitals and medical colleges throughout the country. The pamphlet includes basic information about hypertension. A special souvenir highlighting this year's theme was also designed and distributed among the doctors.



In Pakistan World Hypertension Day was also observed through 14th May to 24th May, 2011 by PharmEvo (Pvt.) Ltd. in collaboration with Pakistan Hypertension League (PHL), World Hypertension League (WHL) and International society of Hypertension (ISH).

The theme for this year's World Hypertension Day was **"Know your numbers and target your blood pressure"**. It is important that person should monitor his/her blood pressure regularly and should be aware of his/her number and try to target blood pressure with four important keys.



**Faisalabad Chapter:** Awareness walk arranged in association with the Diabetes Conference at Serena Hotel

During the Public Awareness Program blood pressure, height, weight, cholesterol, sugar screening was done. All the local chapters of the Pakistan Hypertension League showed enormous interest in arranging events in their respective areas.

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Make healthy food choices



Observance of World Hypertension Day 2011 included more than weeklong programs including press conferences, media coverage, and public awareness sessions at Mega Malls, seminars and screening camps in major towns. Banners, buntings & posters on this year's theme were also placed at all major hospitals and medical colleges throughout the country. An informative flyer highlighting the key steps to target your blood pressure was bilingually designed and distributed among masses.

The following are the details of programs/activities arranged throughout the country:

**Press Conference:**

A press conference was arranged on 14th May, 2011 in Karachi city involving media and key opinion Leaders from the field of Cardiology. Prof. Muhammad Ishaq (President PHL) & Dr. Abdul Rasheed (Coordinator Karachi Chapter) discussed the importance of World Hypertension day and also discussed the theme of 2011 and highlighted the importance of knowing your blood pressure and how to target your blood pressure.



Prof. Muhammad Ishaq (President PHL) & Dr. Abdul Rasheed (Coordinator Karachi Chapter) talking to the media

**Awareness Message on FM Radio Station:**

Hypertension awareness message by Prof. Muhammad Ishaq (President PHL) was broadcasted throughout the week on leading FM Radio channels in which this year WHD theme and measures for controlling of high blood pressure were emphasized.

**Blood Pressure Monitoring Camp at Shopping Mall:**

On 15th May 2011, a mega campaign at Park towers, Karachi was arranged to create hypertension awareness among masses, where free Blood pressure measurement was done and WHD awareness flyers were distributed.

**Awareness Walk & Seminar at Abbasi Shaheed Hospital Karachi:**

A mega awareness program also held on World Hypertension Day at Abbasi Shaheed Hospital (ASH) under the auspices of City District Government Karachi. Prof. Muhammad Ishaq, Dr Abdul Rasheed Khan, and EDO Health Dr Nasir Javed spoke on the occasion. Free medical camp where BP and BMI monitoring and sugar and cholesterol screening were performed. A walk was also organized by Abbasi Shaheed Hospital to raise hypertension awareness.



Awareness walk at Abbasi Shaheed Hospital, Karachi

**Awareness Program at Tabba Heart Institute Karachi:**

TABBA HEART INSTITUTE arranged a three day patient awareness program from 16 th May, 2011 to 18 th May, 2011. PharmEvo arranged a stall where free blood pressure monitoring was carried out. Presentations on Hypertension management were delivered by Dr. Bashir Hanif (Chief of cardiology THI), Dr. Khawar Kazmi, Dr. Waqar Khan, Approximately more than 450 patients and general public attended this awareness program.

**Awareness programs by PHL Hyderabad Chapter:**

Pakistan Hypertension League Hyderabad Chapter celebrated the whole week in connection to World Hypertension Day 2011 from May 17th to May 21st, 2011.

On 17th May 2011, a lecture was delivered to final year Medical Students on Hypertension, its risk factors and management at Muhammad Medical College, Mirpurkhas. A large number of students and faculty members attended the program. On 18th May 2011, screening camps was arranged to monitor B.P and cholesterol levels at Isra University Hospital, Hyderabad.

On 21st May 2011, a huge program was organized at Mithi District Tharparkar in collaboration with Mirpurkhas chapter. Prof. Dr. Feroz Memon & Dr. Nandlal Rathi, Dr. Didar Hussain Gajoo and Dr. Akram Sultan discussed various aspects of managing hypertension. Large numbers of doctors from all over the district with whole team members of Cardiology Department Isra University Hospital Hyderabad attended the program.

### Awareness Program at Larkana:

Cardiology department of Shaheed Mohtarma Benazir Bhutto Medical University (SMBBMU) in collaboration with Pakistan Hypertension League Larkana Chapter arranged various events on 21st May 2011 on the occasion of "**WORLD HYPERTENSION DAY**". Public awareness walk was led by **Prof. Muhammad Ishaq** and **Prof. Saeed Ahmad Sangi**, Chairman Cardiology Department SMBBMU, eminent Professors of various departments, people from different walks of life including agriculturists, Lawyers, landlords, farmers, and businessmen were present in walk.

At the Public awareness session, Chief guest Prof. Muhammad Ishaq presented statistics on burden of hypertension Globally and in Pakistan and talked about some simple measures to prevent hypertension. Public awareness seminar was held where Prof. Saeed Ahmad Sangi and Dr. Jawaid Akbar Sial apprise the audience regarding harms and risks of high blood pressure.

Prof. Asadullah Mahar Principal CMC, gave concluding remarks, appreciating these activities from the university platform. He also delivered Honorable Vice Chancellor's message, who is also very supportive of activities.

### Awareness Program at Bolan Medical College, Quetta:

An awareness program was at **Bolan Medical College, Quetta** in coordination with PHL Quetta Chapter coordinator, **Dr. Abid Amin Khan** and other key cardiologists/physicians. Different camps were arranged for BP monitoring, Glucose/Cholesterol screening and BMI, and awareness flyers were also distributed to masses.

### Awareness programs by Lahore Chapter:

• An awareness camp at Sheikh Zayed Hospital was arranged on World Hypertension Day. BP monitoring and screening for Diabetes, cholesterol and BMI were conducted along with the distribution of awareness flyers and posters at the camp. **Prof. Saulat Siddiqui** and his cardio unit participated in this event. Awareness camps were also arranged at Ganga Ram, Mayo, Jinnah, LGH, Services Hospital. Health awareness camps were organized in other cities of Punjab; Sialkot Medical Centre, DHQ Gujrat and Social Security Hospital, Gujranwala.

### Awareness Programs by Faisalabad Chapter:

Medical camps were arranged at different places at Allied, FIC and DHQ Hospital in Faisalabad, where free medical examination was done along with check up for cardiovascular risk factors. Free education material was provided to the public. A large number of doctors, paramedical staff and pharmaceutical representatives worked to make the program a great success.

A well attended walk was arranged in association with Diabetes Conference at Serena Hotel, Faisalabad. This walk was also attended by Prof. Dr. Muhammad Ishaq (President, Pakistan Hypertension League) who specially came from Karachi to honor the occasion.

A public awareness meeting was organized where **Prof. Dr. Muhammad Ishaq (President, Pakistan Hypertension League)** and **Prof. Dr. Abdul Hafeez Ch.** addressed the participants and emphasized the importance of measurement of blood pressure in normal populations, the complications of hypertension and its management. Meeting was graced by state of art lecture and workshop on the management of hypertension under the supervision of experts. The brochures and pamphlets regarding medical education were also distributed.

Moreover, banners and posters regarding public education about hypertension were displayed at important places in Faisalabad in an endeavor to improve the awareness about the problem. Pakistan Hypertension League Faisalabad Chapter has also organized a series of lectures and presentations for educations of Family physicians and postgraduate trainees in the field of medicine.



**Awareness Program by PHL Multan Chapter:**

World Hypertension day was also celebrated by PHL Multan Chapter at Choudhry Pervaiz Ellahi Institute of Cardiology (CPEIC), Multan. Lectures on hypertension were delivered at auditorium hall CPEIC, Multan by **Prof. Ijaz Ahmed** and **Dr. Haroon Aziz Babar** which was attended by large number of participants including cardiologist & post graduates. GPs session was chaired by **Prof. Ali Raza Gardezi** Executive Director CPEIC, Multan.

An awareness walk was also arranged which was headed by Dr. Fazlur Rehman MS CPEIC Multan, Prof. Ijaz Ahmed, Dr. Haroon Aziz Babar, Dr. Kashif Ali Hashmi & many other cardiologists. Post graduates, large number of media personal and general public participated in the walk to raise the awareness of this global epidemic of hypertension.

**Awareness Program at FGSH Islamabad:**

To observe the world hypertension day and to create awareness among masses about the possible consequences of high blood pressure, an awareness program was also arranged by PharmEvo at FGSH (Federal Government Services Hospital) with coordination of **Dr. Shabaz Kureshi**. BP monitoring was conducted along with the distribution of awareness flyer and pasting of awareness poster and banner for general public.



Panel of Experts delivering presentation at the occasion

**Awareness Camp by Peshawar Chapter:**

World Hypertension Day 2011 was celebrated by Peshawar chapter on 17th May, 2011, under the leadership of **Dr. Saeed Ul Majeed** Convener, Pakistan Hypertension League, Peshawar Chapter. In this connection four camps were arranged at the following places:


- a. Gandhara University, Peshawar
- b. Cantonment General Hospital, Peshawar Cantt
- c. TB/Chest Hospital, Gunj, Peshawar
- d. Majid's Clinic, Sikandar Pura, Peshawar

In these camps blood pressure, Glucose and Cholesterol were examined. Total of 387 patients were examined and 91 were detected as Hypertensive.



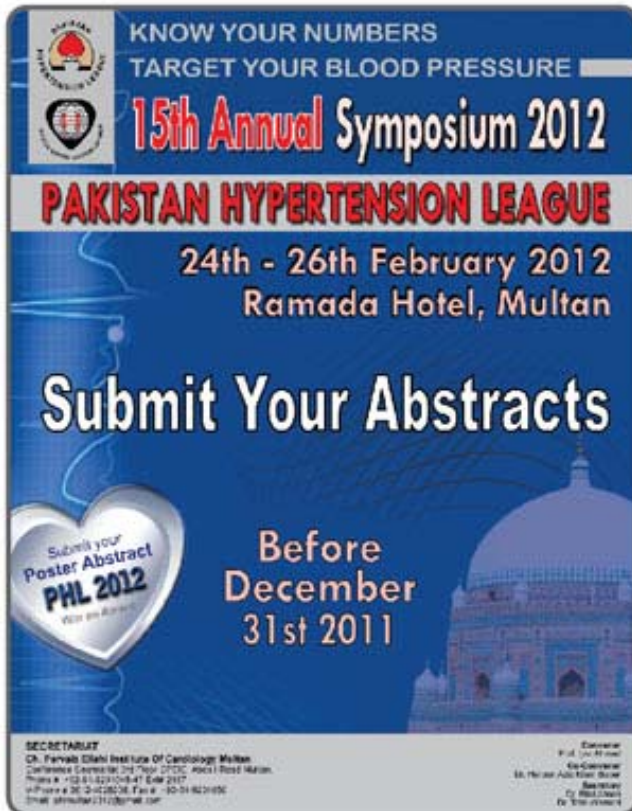
24TH SCIENTIFIC MEETING OF  
THE INTERNATIONAL SOCIETY  
OF HYPERTENSION  
29 September – 4 October 2012





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**PHL is a supporting society for this meeting**



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TARGET YOUR BLOOD PRESSURE

**15th Annual Symposium 2012**

**PAKISTAN HYPERTENSION LEAGUE**

24th - 26th February 2012  
Ramada Hotel, Multan

**Submit Your Abstracts**

Submit your  
Poster Abstract  
**PHL 2012**  
Before  
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## Dates to Remember

**15th Annual Symposium of the  
Pakistan Hypertension League**  
24 – 26 February 2012,  
*Multan, Pakistan*

**3rd International Meeting of the  
Serbian Society of Hypertension**  
25 – 28 February 2012,  
*Belgrade, Serbia*

**9th Mediterranean Meeting on  
Hypertension and Atherosclerosis**  
14 – 18 March 2012,  
*Antalya, Turkey*

**2nd Latin America Congress on Controversies  
to Consensus in  
Diabetes, Obesity and Hypertension (CODHy)**  
22 – 25 March 2012,  
*Rio De Janeiro, Brazil*

**22nd European Meeting on Hypertension and  
Cardiovascular Protection**  
26 – 29 April 2012,  
*London, UK*

**22nd European Meeting on Hypertension and  
Cardiovascular Protection**  
26 – 29 April 2012,  
*London, UK*

**The 2nd International Congress on Cardiac  
Problems in Pregnancy**  
17 – 20 May 2012,  
*Berlin, Germany*

**6th International Symposium on Hypertension and  
4th Vascular Risk Workshop (HTA 2012)**  
22 – 25 May 2012,  
*Santa Clara, Cuba*

**Hypertension Sydney 2012:  
24th Scientific Meeting of the ISH**  
29 September – 4 October 2012,  
*Sydney, Australia*

**4th World CODHy Congress**  
8 – 11 November 2012,  
*Barcelona, Spain*

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**Wish You A Healthy & Happy New Year**

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