

SPRING  
2021Affiliated with World Hypertension League and  
International Society of Hypertension

# PHL NEWSLETTER

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

## SOUTH AND CENTRAL ASIA (SACA)

## REGIONAL ADVISORY GROUP (RAG)



**Mohammad Ishaq**  
Chair / Pakistan



**Lingkan Barua**  
Bangladesh



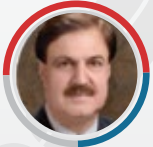
**Abhinav Gupta**  
India



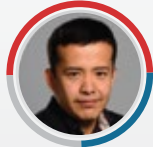
**Tshewang Gyeltshen**  
Bhutan



**Arun Jose**  
India



**Abid Amin Khan**  
Pakistan



**Mirakhadjon Mirmaksudov**  
Uzbekistan



**Dinesh Neupane**  
Nepal, USA



**Mansi Patil**  
India



**Udaya Ralapanawa**  
Sri Lanka

**Countries included:** Afghanistan, Bangladesh, Bhutan, India, Kazakhstan, Kyrgyzstan, Maldives, Nepal, Pakistan, Sri Lanka, Tajikistan, Turkmenistan, Uzbekistan



**International  
Society of  
Hypertension**

PHL is delighted to announce that Secretary General Prof. Mohammad Ishaq was recently appointed Chair of the ISH, Regional Advisory Group (RAG), for South Asia and Central Asia region by the Prof. Maciej Tomaszewski, President of ISH

## EDITOR'S NOTE

### Dear Readers

It is my pleasure to present the spring issue of newsletter. The COVID-19 pandemic has affected our activities to a great extent. Our annual symposium had to be postponed until 23rd September. The convenors of 24th symposium Prof Muhammad Nawaz Lashari and Prof Aamir Hameed Khan have started their efforts in this direction. Despite COVID-19 pandemic World Hypertension Day was observed across the country with full enthusiasm. Walks and screening camps were held as before with SOPs.

You will be glad to know I was appointed Chair of ISH Advisory Group for South and Central Asia region by the President International Society of Hypertension. Also of note is our MOU with BMJ learning to hold teaching sessions for family physicians based on BMJ modules. The first cycle of this collaboration was held successfully. I recently travelled to Abbottabad to revive the local chapter and I am glad to report that Prof Matiullah Khan has consented to lead the Abbottabad chapter.

Let us all pray that the COVID-19 pandemic dies and we are able to resume our activities. May I request all chapter coordinators to liaise with convenors of 24 th symposium to be held at Karachi in September and make presentations.

Pakistan Zindabad

Sent from my iPhone

**Prof. Mohammad Ishaq**



The year 2020 was a difficult one for the entire world especially for the health sector.

The healthcare sector of Pakistan has suffered a lot during this year both for healthcare providers and healthcare seekers. PHL Karachi Chapter had to adhere to the SOPs on COVID as per government policies. Physical meetings and awareness sessions could not be held due to the lockdown during the initial phase. For this reason PHL Karachi chapter observed the World Hypertension Day by arranging webinars and virtual meetings.

A webinar was organized by PHL, Karachi Chapter in the month of April 2020 on awareness of Hypertension where the speakers were Prof. Abdul Rasheed and Prof. Mohammad Ishaq. Another virtual meeting was arranged in the month of June 2020 by the Karachi Chapter on Management of Hypertension in which the speakers were Prof. Feroz Memon from Hyderabad and Prof. Mohammad Ishaq and Prof. Abdus Samad from Karachi on the topic of **HYPERTENSION: A SILENT KILLER**. Upon the termination of lockdown PHL Karachi Chapter resumed its activities with the SOPs as per Government instructions.

World Hypertension Day was observed worldwide in the month of October 2020. Physical session was organized during the month of October at the auditorium of KIHD on the theme of Measure your Blood Pressure, Control it, Live longer. The speakers were Prof. Mohammad Ishaq, Prof. Qaiser Jamal and Dr. Sumera Naseem.

## HYPERTENSION CLINIC INAUGURATION

On this occasion a formal inauguration ceremony was held and the First dedicated Hypertension Clinic was inaugurated by Prof. Mohammad Ishaq, Secretary General Pakistan Hypertension League. The clinic will operate in the premises of Karachi Institute of Heart Diseases. An MoU was signed for this purpose last year between PHL, Karachi Chapter and the Administration of KIHD.

PHL Karachi Chapter is providing free of cost services to the patients visiting the clinic. PHL Karachi Chapter plans to increase the number of these PHL Hypertension Clinics in the city of Karachi by establishing such clinics at various public hospitals.







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## HYDERABAD CHAPTER

Dr. Fakhruddin Shaikh

As you know that this year **WORLD HYPERTENSION DAY** is being celebrated on 17-October 2020.

So here in Hyderabad that day was celebrated by awareness walks and awareness programmes by PHL Hyderabad Chapter on 17-10-2020, 18-10-2020, 19-10-2020 and 20-10-2020.



## WORLD HYPERTENSION DAY 2021

### MIRPURKHAS CHAPTER

Dr. Didar Hussain Gajoo

**W**orld Hypertension day is celebrated today on 17th October 2020 by PHL Mirpurkhas chapter at Cardiology department civil hospital Mirpurkhas, large number of participants including Doctors, paramedics, general public and media persons attended the meeting, Dr. Didar Hussain Gajoo Chief cardiologist spoke on the occasion for awareness and prevention of Hypertension, a walk was

arranged too. Dr. Noor Muhammad Medical superintendent, Dr. Herchand civil Surgeon Dr. Lekhraj senior skin specialist, Dr. Shamsheer Mardan cardiologist Dr. A Hameed Soomro senior ophthalmologist, Dr Niaz Junejo Senior chest specialist, Dr Mushtaque ENT specialist, senior consultants and Doctors, paramedical staff, media representative and public attended the event.





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## SUKKUR CHAPTER

Dr. Raj Kumar Sachdewani

Dr. Raj Kumar from SUKKUR remained active in arranging awareness programs. [1:09 PM, 2/9/2021]. Mega event was organized in collaboration with Go Red for Women at GMC SUKKUR in which Prof. Khalida Soomro Prof. Pushpa Srichand Prof. Nusrat Ara Majeed Dr. Shobha Luxmi Prof. Shabnam Naz Prof. Kalsoom Azad Dr. Javed Khurshed Dr. Shoaibunisa Soomro and Dr. Rajkumar Sachdewani presented papers.

Two Renowned Doctors from abroad also highlighted on CV Diseases specially in women.







**Pakistan Hypertension League & Go Red for Women in Pakistan International Cardio-Obstetric Symposium 17 October 2020 @ Ghulam Muhammad Mahar Medical College Sukkur**

Day: Saturday 17th October 2020, Time: 9:00am sharp,  
Venue: GMC Main Hall

**Professor Aneela Atta ur Rahman**  
Vice Chancellor SMBBMU

has kindly consented to be the Chief Guest

**GUESTS OF HONOUR**

<p><b>Prof. Khalida Soomro</b> Coordinature Go Red for Women in Pakistan</p> <p><b>Prof. Nusrat Ara Majeed</b> Professor of Cardiology</p> <p><b>Prof. Nannette R. Rey</b> Philipine</p> <p><b>Prof. Kulsoom Azad</b> OMC Khairpur</p> <p><b>Dr. Shobha Luxmi</b> DUMHS Karachi</p> <p><b>Dr. Rajkumar Sachdewani</b> Associate Professor Cardiology Coordinator PHL Sukkur</p>	<p><b>Prof. Pushpa Srichand</b> Iqra University Hyderabad</p> <p><b>Prof. Biljana</b> Belgrade University</p> <p><b>Prof. Shabnam Naz Shaikh</b> SMBBMU Karkana</p> <p><b>Dr. Javed Khurshed</b> Incharge NICVD Sukkur</p> <p><b>Dr. Shoaibunisa Soomro</b> Associate Professor Gyn/Obs Coordmator Go Red for Women Sukkur</p>
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**ORGANIZING COMMITTEE**

<ol style="list-style-type: none"> <li>1. Prof. Zulficrar Soomro:</li> <li>2. Prof. Altaf Ahmed Shaikh:</li> <li>3. Prof. Safia Maqsood Siddiqui:</li> <li>4. Prof. Ghulam Rasool Bouk:</li> <li>5. Dr. Ahnred Muktaba Memon:</li> <li>6. Dr. Hazooran Lakhan:</li> <li>7. Dr. Shahneela:</li> <li>8. Dr. Kausar Abro:</li> <li>9. Dr. Mazhar Ali Baloch:</li> <li>10. Dr. Ghulam Muhammad Abro:</li> <li>11. Dr. Ralesh Lal:</li> </ol>	<p>Principal GMC Sukkur</p> <p>Head of Medicine Dept. GMC Sukkur</p> <p>Head of Gyn/Obs Dept. GMC Sukkur</p> <p>Head of Paeds Dept. GMC Sukkur</p> <p>Chief Cardiologist GMC Sukkur</p> <p>Assistant Prof. Gyq/Obs GMC Sukkur</p> <p>Senior Registrar Gyn/Obs GMC Sukkur</p> <p>Consultant Gyn/Obs GMCH Sukkur</p> <p>Senior Medical Officer GMCH Sukkur</p> <p>Senior Medical Officer GMCH Sukkur</p> <p>Medical Officer GMCH Sukkur</p>
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MULTAN CHAPTER

Dr. Kashif Ali Hashmi

**P**akistan hypertension league Multan chapter used to celebrate world hypertension day in May for last many year but because of COVID 19 Pandemic it was rescheduled in October 17 2020 but inspite of that we continued with our campaign in May also so we posted awareness banners on most of the public places including Ghanta ghar, Tomb of shah Rukn alam, Zakria University, Cpeic and Nishtar University and distributed awareness material in local language.

World heart day was celebrated on 17th October 2020, venue chosen was Chaye khana in Gulgasht hub of fast food and restaurant chains in Multan.

Idea is to deliver life style modification and healthy life and healthy diet message in the centre of place which is bench mark for fast and unhealthy food.

General practitioner and fresh graduates of surrounding area were invited lectures delivered on world hypertension day importance, history of hypertension, correct measurement of blood pressure and management of hypertension in CCS, Dr. Kashif Ali Hashmi and Dr. Shahzad Fareed were the speakers.

Awareness material in urdu and English was distributed among those who were there for fast food, we check blood pressure, sugar and cholesterol level randomly to promote health awareness among fast food lovers.



World Heart Day was celebrated by Pakistan Hypertension League Multan Chapter in collaboration with Pakistan cardiac society Multan chapter, CPEIC Multan and Nishtar Medical University Multan.

Whole day health awareness programme at CPEIC with free BP, Cholesterol and sugar check up of all those coming to CPEIC Multan with distribution of awareness material in urdu to all.

Mega health awareness walk was conducted from CPEIC Multan to press club Multan lead by Professor Rana Altaf Ahmad ED CPEIC and Dr. Kashif Ali Hashmi Coordinator Pakistan cardiac society Multan chapter. Large number of cardiologist, medical students nurses Medical and paramedics and members of Lions club Pakistan joined awareness walk, fully covered by electronic and Print media.

This was followed by another mega health awareness walk at Nishtar medical University lead by Prof Ahmad ijaz Masood VC Nishtar Medical University, Dr. Kashif Ali Hashmi representing Prof Haroon Aziz Khan Babar President PCS in his absence, faculty of Nishtar medical University and medical and paramedics. health awareness material in urdu also distributed among general public.

Health awareness programme also conducted by Dr. Kamran Babar at Buch Villas Multan for awareness among general public for whole day with free check up, Labs and distribution of awareness material.

Scientific session was conducted in the evening at Veneto coffee and Grill chaired by Dr. sohail saleemi and Dr. Fahar Adnan. Dr. Kashif Ali Hashmi was speaker and talked on importance of World heart day and prevention of cardiovascular disease.





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## SARGODHA CHAPTER

Prof. Dr. Saifullah Goraya

PHL Sargodha Chapter has arranged week long multiple activities regarding management of DM and its complications for post graduate trainee doctors at SMC/DHQ Teaching Hospital Sargodha.

Because of **COVID-19** second-wave and CORONA SOPs limited number of doctors were allowed to participate in multiple interactive activities including workshops/seminars/presentations and awareness programmes.



## WORLD HYPERTENSION DAY 2021

### SAHIWAL CHAPTER

Dr. Saima Naz Alam

We used to do many activities under PHL platform, but due to COVID, this year we celebrated world heart only. We did many programs on world heart day, in sahiwal city to highlight health issues regarding heart and cardiovascular diseases. We did many camps and programmes, in public sector and hospitals for patients awareness.

We deployed posters all over city with simple messages to change dietary and physical activity habits.

Camps were done in Government and private hospitals, Sahiwal city Court, Malls, Old age home. In sh Allah we will continue doing such activities in future also.

Main activity was an awareness walk with principal Sahiwal Medical college and Medical superintendent Sahiwal teaching hospital. In this walk doctors from other departments, students, paramedics and Medical companies also participated. Principal Sahiwal Medical College along with PHL sahiwal team addressed on importance of heart diseases and we had a cake cutting ceremony also.

Our walk was aired on ARY and NEO NEWS. I am sharing these clips also. We did free camps in different parts of city, where information material regarding prevention of cardiac diseases was distributed.







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## ISLAMABAD CHAPTER

Prof. Dr. Mohammad Naeem Malik

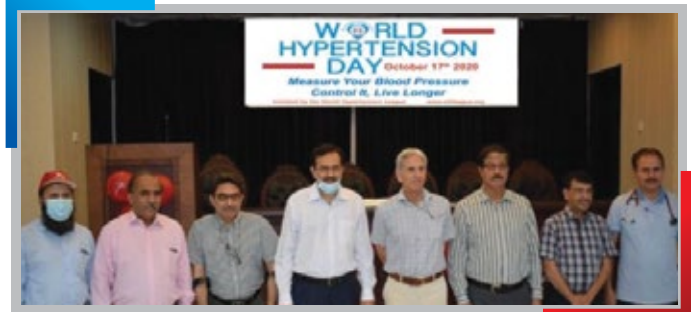
In continuation of the Pakistan Hypertension League's pledge to spread message of the World Hypertension Day, the department of cardiology, under the kind supervision of **Professor Dr. Mohammad Naeem Malik**, who is also the regional coordinator of PHL for ISLAMABAD, arranged a program at PIMS hospital Islamabad.

### Following activities were conducted:

**FREE BP CHECKING CAMP CARDIAC CENTRE PIMS:**  
 Blood Pressure Measurements were taken of more than 150 participants for general awareness of the public, with full participation from Cardiology Department, the College of Nursing and PIMS staff in general.



**WALK FOR PUBLIC AWARENESS REGARDING HYPERTENSION:**  
 The walk was attended by more than 150 participants including Doctors, Nurses, Guests, staff and general public, around the Cardiac center.



**TALK ON TARGET BLOOD PRESSURE:**  
 A formal session was conducted at CARDIAC CENTRE AUDITORIUM, presided over by Professor Dr. Mohammad Naeem Malik. Guest of honor was Mr. Majid Jahangir Khan former cricketer, batsman and captain of the Pakistan cricket team.



## WORLD HYPERTENSION DAY 2021

### QUETTA CHAPTER

Dr. Jalal Ud Din Achakzai





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**24th PHL ANNUAL SCIENTIFIC MEETING**  
 24<sup>th</sup> to 26<sup>th</sup> September, 2021  
 Pearl Continental Hotel, Karachi

**Theme:**  
 Measure your Blood Pressure  
 Accurately, Control it, Live Longer

**Abstract Deadline:**  
 August 15, 2021

**Conference Highlights**  
 Free Papers  
 Invited Talks  
 CME Accreditation  
 Panel Discussion  
 Plenary & Scientific Session  
 State of the Art Lecture  
 Pharmaceutical Exhibition  
 Poster & Quiz Competition  
 National & International Speaker & Faculty  
 Workshop

**Patron**  
 Prof. Dr. Muhammad Ishaq  
 KHD, Karachi

**Convener**  
 Prof. Dr. M. Nawaz Lashari  
 HOD CHK, DUHS, Karachi

**Co-Convener**  
 Prof. Dr. Amir Hameed  
 AKU, Karachi

**CONFERENCE SECRETARIATE**  
 Cardiology Department, Dr. Ruth K. M. Pfau, Civil Hospital, Karachi

## CALENDAR OF EVENTS

<b>World Kidney Day</b> March 11, 2021	<b>World Preeclampsia Day</b> May 22, 2021
<b>AHA International Stroke Conference</b> March 17-19, 2021	<b>World Health Assembly (WHA)</b> May 24-June 1, 2021
<b>National Kidney Foundation's Spring Clinical Meetings</b> April 6-10, 2021 Virtual Conference	<b>European Society of Cardiology Congress 2021</b> August 27-30, 2021 Virtual Conference
<b>Joint ESH-ISH Meeting 2021</b> April 11-14, 2021 Glasgow, Scotland	<b>World Heart Day</b> September 29, 2021
<b>World Congress of Nephrology</b> April 15-19, 2021 Virtual Conference	<b>Hypertension Council Sessions 2021</b> dates TBD
<b>American College of Cardiology</b> May 15-17, 2021 Atlanta GA and Virtual	<b>13th World Stroke Conference (WSC)</b> October 28-29, 2021 Virtual Conference
<b>23rd Congress of the Egyptian Hypertension Society EHS 2021</b> May 19-20, 2021 Cairo, Egypt	<b>AHA Scientific Sessions</b> November 13-15, 2021 Boston, MA

## PHL COUNCIL

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<b>Vice President</b>	Prof. Abid Amin Khan
<b>Secretary General</b>	Prof. Mohammad Ishaq
<b>Joint Secretary</b>	Prof. Abdul Rasheed Khan
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