



PHL • NEWSLETTER

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

**First International Symposium
on "Hypertension:
A Multi-Disciplinary Problem"
held in Karachi.**

The first International Symposium on Hypertension entitled "Hypertension: a Multi-Disciplinary Problem" was held on Sunday, November 02, 1997 at Hotel Pearl Continental, Karachi, under the auspices of Pakistan Hypertension League. This was a day long symposium consisting of a morning session which included an Inaugural Session chaired by his excellency Lt. Gen. (Retd.) Moinuddin Haider, Governor of Sindh, and Plenary Scientific Session which was chaired by Prof. Shaukat Ali Syed.

Dr. Patrick J Mulrow, Secretary General of World Hypertension League (WHL) in his plenary lecture entitled "Hypertension in the nineties, its epidemiology and advances", reviewed the newer aspects of preventive and treatment strategies with a global prospective. This was extremely useful, prospective and informative, both for physicians and general public. It highlighted the fact that even in developed countries the detection and treatment of hypertension has a long way to go. A Patient's awareness of his or her blood pressure needed to be improved, as well as compliance to drug therapy.

Prof. Kalimuddin Aziz outlined the strategies of primary prevention in a community, and discussed a model which has been implemented in a community in Karachi. He proposed that the



teaching hospitals assume the leadership role of prevention of Hypertension in the communities around their geographic region. The teaching hospital would train manpower including social workers, epidemiologists and biostatisticians for the community. It would act to co-ordinate the teaching institute's infra-structure with community health centres which would be created and managed by the community. The goal would be to institute prevention through education and social work.

Prof. Azhar Masood A. Faruqi discussed the prevalence of hypertension in Pakistan. He reviewed the recent data on hypertension gathered by the Pakistan Medical Research Council in a recent National health survey. He highlighted the urban-rural, male - female and rich - poor population divide in the data. The hypertension being more common in urban females and significant in both poor and well of communities.

He stressed the fact that the majority of patients with hypertension in Pakistan are unaware of its presence. The PMRC data showed clearly the low level of awareness of hypertension both in rural and urban population in Pakistan.

The afternoon lectures on hypertension were in the fields of nephrology, neurology, obstetrics and in general practice. This session was chaired by Professor C.W. Villani. Lectures were delivered by Prof. M. Nasrullah, Prof. Jaffer Naqvi, Dr. Faridon Setna and Dr. Ross Masood. The lecture on neurology and hypertension concentrated on the genesis of hypertensive neurologic diseases. It highlighted the prevention and treatment of hypertension in conditions such as stroke and Transient Ischaemic Attacks (TIA). It was stressed that the major factor for the reduction of stroke and TIA was the effective treatment of hypertension. The lecture by Dr. Jaffer Naqvi highlighted the causes of renal hypertension and emphasized that management of hypertension can lead to major improvement in renal failure. He also emphasized as to the commonality of renal disease as a cause of secondary hypertension, and that the kidney was the organ suffering major damage by uncontrolled or undetected hypertension. Dr. Setna beautifully outlined various types of hypertension in obstetrics, such a pre-eclampsia eclampsia and essential hypertension, and renal hypertension. He also stressed that all pregnant mothers must have antenatal care to prevent hypertension, preeclampsia and eclampsia.

The evening session was interactive comprising of specialists from all regions of Pakistan, general public and media, and was largely attended. Questions on all aspects of hypertension were asked by the general public and discussed by the panel of specialists. Majority of questions were concerned with its detection and treatment. Questions also included aspects of primary (essential) and secondary hypertension. Diet modifications by the use of less salt and increased physical activities were discussed. The symposium was a great success and wide coverage of the event was given by the national press to it.

**AWARENESS OF HYPERTENSION
IN PAKISTAN.
NATIONAL HEALTH SURVEY
PMRC, 1994**

BP \geq 140/90	Aware %	Unaware %	Treated %
◆ Urban	37	63	14 (6 Effc)
◆ Rural	15	85	

**LOCAL CHAPTER OF PHL
ESTABLISHED**

The Founder President of PHL, Prof. Azhar Masood A. Faruqi has nominated the following Coordinators for Local Chapter :

City	Designation	Name
Peshawar	Co-ordinator	Dr. Saeed-ul-Majeed
Rawalpindi		
Islamabad	Co-ordinator	Dr. Shaukat A. Malik
Lahore	Co-ordinator	Prof. Ashfaq A. Khan
Hyderabad	Co-ordinator	Prof. Jan Mohammad Memon
Karachi	Co-ordinator	Prof. Mashhoor Alam Shah
Quetta	Co-ordinator	Prof. M.H. Hashmi

**CHRONIC DISEASES IN PAKISTAN
NHSP (PMRC, 1994)
HYPERTENSION**

- ◆ **Circulatory Diseases:-**
Emerging as the major health problem in developing countries (25% of all deaths as compared to 50% deaths in developed countries).
- ◆ Cause 12% deaths annually in Pakistan (100,000).
- ◆ High blood pressure effects men and women of Urban and Rural areas and all economic Groups.
- ◆ 5.5 million men & 5.3 million women have hypertension in Pakistan.

**PREVALANCE OF HYPERTENSION
IN PAKISTAN.
NATIONAL HEALTH SURVEY
PMRC, 1990-94**

BP \geq 140/90	Age Years	Prevalance
	\geq 15	17.9%
		RURAL = 16.2%
		URBAN = 21.5%



Participants of the symposium.

FUTURE ACTIVITIES OF PHL

The executive council of PHL in its meeting on 17th February 1998 out lined the following future activities of PHL.

- ◆ To start a world-wide web (WWW) page on the internet with view to introduce PHL as well as question - answer service on hypertension.
- ◆ May 1998 - Workshop on national consensus on guide lines for management of hypertension entitled "Task force on guide lines for management of high blood pressure".
- ◆ June 1998 - Workshop on "management of hypertension by educating family physicians and community workers".

PAKISTAN HYPERTENSION LEAGUE

*MINUTES OF THE
1ST GENERAL BODY MEETING OF PHL
HELD AT HOTEL PEARL CONTINENTAL,
KARACHI.
NOVEMBER 02, 1997, AT 2:30 P.M.*

The 1st., General Body meeting of the PHL was held at Hotel, Pearl Continental, Karachi on November 02, 1997 at 2:30 p.m. under the chairmanship of the Founder-President, Prof. Azhar Masood A. Faruqi. The following members were present.

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|-----------------------------|-----------------------------|
| Dr. Mohammad Ishaq | Mr. Irfan Husain |
| Dr. Ejaz A. Vohra | Dr. Javed Usman |
| Dr. Maqbool H. Jaffery | Dr. Ziauddin Panhwar |
| Dr. Nadeem Qamar | Dr. Tariq Masood |
| Syed Safdar Rizvi | Dr. Malik Hameedullah |
| Dr. Ashur Khan | Mr. Mohammad Iqbal Advocate |
| Prof. Nazir Memon | Dr. Muhammad Furqan |
| Prof. Ashfaqe A. Khan | Dr. Hafeez Jafri |
| Prof. Syed Aslam | Mr. Iqbal Lanewala |
| Prof. Sultan Ahmed Shah | Dr. Ms. Moga |
| Dr. Shuja Shaikh | Dr. Hasina Thawerani |
| Prof. M. Hassan Shaikh | Dr. Riaz Qureshi |
| Prof. Mehrullah Shah Hashmi | Dr. M. Anis Memon |
| Dr. Khalida Soomro | Dr. Shafique Ahmed |
| Dr. Noor Muhammad Memon | Dr. M. Afzal Mattu |
| Dr. Tariq Nishtar | Prof. Kalimuddin Aziz |
| Dr. Saeedul Majeed | Dr. Shahbaz Ahmed Kureshi |
| Dr. Faridon Setna | Prof. M. Nasrullah |
| Dr. Raziuddin Kazi | Dr. J.S. Khan |
| Mr. Anwarul Hassan Gilani | Dr. A. Samad Shera |
| Mr. Nusrat Nasrullah | Dr. Abdul Sattar Jaffer |
| Dr. Muhammad Zia Yaqoub | Dr. Tahir Saghir Siddiqui |
| Dr. M. Abubakr Shaikh | Dr. Syed Ishtiaq Rasool |
| Dr. Sharitullah Siddiqui | Mr. Khadim H. Malik |
| | Dr. Asadullah Kundi |
| | Dr. Tabassum Khan |
| | Mr. Nihal S. Siddiqui |

The meeting started with the recitation from the Holy Quran by Prof. Sultan Ahmed Shah. The General Secretary welcomed all the members to the PHL and gave the details of the progress made since the official launching of PHL on June 1st, 1997. He informed the house about the overwhelming response to the membership drive, and that 153 Founder Members were registered to date and that no further invitations for Founder Membership shall be sent. Founder Membership shall stand closed after these invitations are finalized, and in future only ordinary membership will be available.

The General Secretary showed satisfaction regarding excellent arrangements of the symposium. The House was delighted to see extraordinary attendance at the symposium.

Prof. Tariq Nishtar pointed out the need for the establishment of Local Chapters. Prof. Samad Shera and others supported the move. The General Secretary suggested that the Local Chapters be based in major cities rather than provinces, and that just as the Founder Council was nominated, the Convenors of the local chapters be nominated by the Founder President. This view was supported by the majority and it was decided that following local chapters be established.

- | | |
|------------------------|-----------|
| ◆ Peshawar | ◆ Lahore |
| ◆ Islamabad/Rawalpindi | ◆ Karachi |
| ◆ Hyderabad | ◆ Quetta |

Members expressed various views regarding the future activities of PHL and the need for research. It was decided that the PHL activities will be expanded in a stepwise. The idea of having several committees was dropped. The need for a Finance Committee was however upheld.

The General Secretary gave details of the funds available and overall financial position of the PHL. The House was told about the sum received in connection with membership fee and donations.

The Founder President in his address welcomed all the members and gave the details of the problem of HBP in Pakistan. He emphasized the need for public education and professional training for early detection of HBP in the Community.

The Founder President expressed his satisfaction over the membership drive and the success of the symposium.

The vice-president of PHL announced the forthcoming 2nd International Symposium at Lahore in the month of October and expressed hope that like Karachi the Lahore symposium will also be a great success.

The meeting adjourned with thanks by the General Secretary and prayers for the success of PHL in its efforts.

General Secretary
Pakistan Hypertension League



First general body meeting of PHL.

CALENDAR

March 4-7, Marrakech, Morocco:
Heart and Brain - 4th International Conference
on Stroke and 1st Conference of the
Mediterranean Stroke Society (Dr N M Bornstein,
PO Box 50006, Tel Aviv 61500, Israel,
Fax: +972-3 5175674)

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

March 18-21, 38th Annual Conference on
Cardiovascular Disease Epidemiology and
Prevention Sante Fe, NM

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

April 23-25, Rio de Janeiro, Brazil:
III World Congress of Echocardiography and
Vascular Ultrasound (Organizing Committee,
Rua Beira Rio, 45 3º andar, Vila Olimpia -
04548050, Sao Paulo/SP, Brazil
Fax: +55-118295337)

April 26-30, Rio de Janeiro, Brazil:
XIII World Congress of Cardiology (BSC,
Rua Ipu 32, Botafogo, CEP 22281-040,
Rio de Janeiro, RJ. Fax: +55-212864012)

June 7-11, Amsterdam, The Netherlands:
17th Scientific Meeting of the International
Society of Hypertension (RAI-OBA, PO Box
77777, NL-1070 MS Amsterdam.
Fax: +31-20646-4469)

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.