



# PHL • NEWSLETTER

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

Spring 2000

## 3RD ANNUAL SYMPOSIUM OF PHL

Third annual symposium of PHL was held in Peshawar on 26th Sept., 1999. It was organized under the auspices of the Pakistan Hypertension League, Peshawar Chapter. The spirit behind the symposium was the convener, Dr. Saeed-ul-Majeed. The symposium was inaugurated by the President of Pakistan, Muhammad Rafique Tarar. The scientific programme was chaired by Prof. Nasir-ud-din Azam. In an overview the meaning of medical term Hypertension were clearly explained by the president of the PHL, Prof. Azhar Masood A. Faruqi. He explained that the blood pressure is a quantity which can be measured. It has higher value and a



President Mohammad Rafique Tarar inaugurates the 3rd PHL Annual Symposium in Peshawar.

lower value. Hypertension, mean that both higher and lower values of blood pressure exceed 140 mmHg and high value 90 mmHg low value the explained hypertension has nothing to do with mental tension. Prof. Kalimuddin Aziz presented

the normal profile of blood pressure in Pakistani Children and presented tables and graphs of normal percentiles blood pressure limits. He concluded that these graphs would facilitate detection of hypertension in children. Dr. Muhammad Hafizullah presented the clinical aspects of hypertension, while Prof. Ashfaqe Ahmed Khan discussed the non pharmacological treatment of hypertension.



President Muhammad Rafique Tarar becomes a member of PHL at the inaugural session of PHL symposium in Peshawar on 26th September, 1999.

The other topics discussed included pregnancy and hypertension by Prof. Saeeda Majid, diabetes and hypertension by Prof. Nazeer Memon and role of family physician in the management of hypertension by Dr. Riaz Shahid and current advances in treatment of hypertension by Brig. Prof. Ashur Khan. In the afternoon there was an interactive session with the general public, which was well attended and panel of experts answered the questions from the public about the awareness of hypertension and its bad effects on the body. Early detection was stressed and the need of exercise



Dr. Saeed ul Majeed receives a shield from President Muhammad Rafique Tarar.

was stressed. Lively discussion occurred as to what is an effective exercise. The adverse effects of weight, smoking and fatty diet were also illuminated and preventive aspects were discussed. The session lasted well into the afternoon.

#### GENERAL BODY MEETING OF PHL

The 4th General Body meeting of PHL was held at Hotel Pearl Continental Peshawar, on 16th September, 1999 at 3:00 p.m. the following members attended the meeting:-

|                           |                             |
|---------------------------|-----------------------------|
| Prof. Nazir A. Memon      | Prof. Abubakar Shaikh       |
| Prof. Ejaz Vohra          | Prof. Waheed A. Sahibzada   |
| Prof. Kalimuddin Aziz     | Dr. Muhammad Aslam          |
| Dr. Tariq Nishtar         | Dr. Muhammad Younus         |
| Dr. Saeed-ul-Majeed       | Dr. Muhammad Ashraf Malik   |
| Dr. Shariatullah Siddiqui | Prof. Mehrullah Shah Hashmi |
| Prof. Ashfaq A. Khan      | Dr. M. Iqbal Safi           |
| Dr. Shaukat M. Malik      | Dr. Muhammad Riaz Shahid    |
| Dr. Zia-ur-Rehman Siddiqi | Col. Dr. Ashiq Hussain      |
| Dr. Shahbaz A. Kureshi    | Prof. Ahmad Atif Mirza      |
| Dr. Abid Amin Khan        | Dr. Shujuddin Shaikh        |
| Dr. Saud A. Jampanwala    | Dr. M. Sharif Monga         |
| Dr. Ather Hussain         | Dr. Muhammad Hafizullah     |
| Dr. Muhammad Ismail       | Dr. Ziauddin Panhwar        |
| Dr. Aziz Gul Mufti        | Mr. Asad Mirza              |
| Brig. Ashur Ahmed Khan    |                             |

It was chaired by the president of PHL Prof. Azhar Masood A. Farooqui. The meeting started with recitation of Holy Quran by secretary PHL Dr. Muhammad Ishaque. The minutes of the 3rd general body meeting which was held in Lahore on 25th October, 1998 were confirmed. General secretary's report

was presented in detail by Dr. Muhammad Ishaque. He informed the meeting that six local chapters were fully functional and that 44 new members had been enlisted to the PHL in the past year, which brought the total to 188 life members. He informed the house that the accounts of the PHL had been audited and the PHL now qualified for Tax exemption status from the CBR. Prof. Ejaz Vohra the treasurer of PHL presented the finalized report of PHL accounts and stated that as on December, 1998 league had a positive balance of Rs. 8,57,868. Audit report shall be circulated within the numbers of PHL.

It was agreed that the venue for the 4th International symposium will be in Quetta during the month of October, 2000 and Dr. Hashmi was selected as the convener and Dr. A. Amin as co-convener. Special thanks were given to



A view of audience at 3rd annual PHL symposium.

Dr. Saeed-ul-Majeed for organizing an excellence meeting in Peshawar.

#### ACTIVITIES OF LOCAL CHAPTERS OF PHL

##### PESHAWAR LOCAL CHAPTER

Peshawar local chapter report was read by Dr. Saeed-ul-Majeed at the general body meeting. He informed the house that the Peshawar chapter of PHL in co-operation with Family Health Project of the N.W.F.P. had undertaken a screening programme of hypertension and programme of raising awareness of hypertension by education.

## Speakers at the 3rd Pakistan Hypertension League Symposium



Prof. Kalimuddin Aziz

Prof. Ashfaq A. Khan

Prof. Franklin White

The other activities included a lecture on hypertension by Dr. Aziz Gul Mufti Assistant professor of cardiology and secretary local chapter of PHL, a lecture by Prof. Waheed Sahibzada on hypertension and its management. Dr. Saeed-ul-Majeed requested a grant over a period of three years for the project which will create community awareness about diabetes and hypertension.

## RAWALPINDI / ISLAMABAD CHAPTER

A symposium was held in which Dr. Shahbaz Qureshi gave a press interview which highlighted



Prof. Azhar Masood A. Faruqi

Prof. Nazir Memon

Prof. Ashur A. Khan

the problem of hypertension. In the scientific programme of the symposium Dr. Shahbaz Qureshi, Brig. Ashur, Dr. M. Qazi, Prof. Shahbaz were among the speakers. Seventy five family physicians attended the symposium.

Prof. Shahbaz and Dr. Malik continued their

hypertension awareness programme in the Mosques after the Juma prayers. Eighty to 100 persons were checked and 7 persons were found to be hypertensive, who did not know of their hypertension. Mosque experience has turned out to be very rewarding. Regular meeting are being held by the local chapters.

## LAHORE CHAPTER

Prof. Ashfaq reported that 3 seminars in 3 leading institutes were held, which included Government College, Government College for

Women and LUMS. A presentation was given by Prof. Ashfaq to the general practitioners in Gujranwala.

## QUETTA CHAPTER

PHL Quetta chapter arranged a free medical



Lecture by Prof. Azhar Masood A. Faruqi of BP workshop. Blood pressure awareness session at Karachi Press Club.

camp in the city on 23rd March, 1999, 250 hypertension patients attended. A day long symposium was arranged on 2nd May, 1999. The topic was new trends in hypertension. This was chaired by Prof. Azhar Masood A. Faruqi.

#### HYDERABAD CHAPTER

A meeting was arranged in collaboration with the diabetic association and several meetings by senior consultants and general practitioners were held.

#### CALENDAR

##### 5th Scientific Meeting of the Hypertension in Diabetes EASD Study Group

May 19-20, 2000

Paris, France

*Information:* Dr. Peter T. Sawicki, Heinrich-Heine University, Dept. of Metabolic Diseases, PO Box 101007, 40001 Düsseldorf, Germany.  
Fax: (+49) 211 811 8772

##### 7th International Conference on System Science in Health Care

May 29-June 2, 2000

Budapest, Hungary

*Information:* Maria toth, Conference tours ltd., Kossuth ter 6-8, H-1055 Budapest, Hungary  
Fax: (+36) 1 353 0025  
E-mail: conftour@ntesz.hu

#### CALENDAR

##### 1st Cuban Congress on Arterial Hypertension and 4th Caribbean Meeting on Arterial Hypertension

June 14-16, 2000

Havana, Cuba

*Information:* Dr. M. Delfin Pérez Caballero, "Hermanos Ameijeiras" Hospital San Lázaro No. 701, Havana, Cuba  
Fax: (+537) 335036

##### 7th World Congress on Heart Failure – Mechanisms and Management

July 9-12, 2000

Vancouver, BC, Canada

*Information:* PO Box 17569,

Beverly Hills, CA

Fax: (+1) 310 275 8922

##### 15th Annual International Interdisciplinary Conference on Hypertension

July 15-18, 2000

Las Croabas, Puerto Rico

*Information:* ISHIB, 2045 Manchester Street, NE, Atlanta, GA 30324-4110, USA

Fax: (+1) 404 875 6334

##### Fourth International Symposium on Hypertension League PHL

October, 2000

Quetta, Pakistan

*Information:* Secretary PHL

##### III latin American Congress of Hypertension

November 1-4, 2000

Caracas, Venezuela

*Information:* Dr. Manuel Velasco (LASH) PO Box 76333, El Márquez Caracas 1015-A, Venezuela  
Fax: (+580) 2 321 4385

##### 7th International symposium on Hypertension in the Community

December 4-6, 2000

Herzeliya-on-Sea, Israel

*Information:* Symposium Secretariat Carmel Organizers of Conferences & Events PO Box 1912, Ramat Gan 52532, Israel  
Fax: (+972) 3 575 3107

*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.