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 convenor, Dr. Saeed-ul-Majeed. The symposium was inaugurated by the President of Pakistan, Muhammad Rafique Tarar. The scientific programme was chaired by Prof. Nasir-ul-din Azam. In an overview the meaning of medical term Hypertension were clearly explained by the president of the PHL, Prof. Azhar Masood A. Faruqui. He explained that the blood pressure is a quantity which can be measured. It has higher value and a 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. Ashfaq Ahmed Khan discussed the non pharmacological treatment of hypertension.

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

President Mohammad 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...
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 meetings:

Prof. Nazir A. Memon
Prof. Ejaz Vohra
Prof. Kailuruddin Aziz
Dr. Tanveer Nishtar
Dr. Saeed-ul-Majeed
Dr. Shariatullah Siddiqui
Prof. Ashfaq A. Khan
Dr. Shaukat M. Malik
Dr. Zia-ul-Rehman Siddiqui
Dr. Shabtuz A. Kureshi
Dr. Abdul Amin Khan
Dr. Saeed A. Jampanwala
Dr. Ather Hussain
Dr. Muhammad Ismail
Dr. Aziz Gul Mehtani
Brig. Ashar Ahmed Khan

Prof. Abubakar Shaikh
Prof. Waheed A. Sahibzada
Dr. Muhammad Aslam
Dr. Muhammad Younas
Dr. Muhammad Arshad Malik
Prof. Mehrullah Shah Hashmi
Dr. M. Iqbal Safi
De. Muhammad Riaz Shahid
Col. Dr. Ashiq Hussain
Prof. Ahmad Atif Mirza
Dr. Shujaddin Shaikh
Dr. M. Shafiq Monga
Dr. Muhammad Hafizullah
Mr. Ziauddin Poshwari
Mr. Asad Mirza

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

**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.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

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. Saed-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 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. Ashfaque 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. Ashfaque to the general practitioners in Gujranwala.

QUETTA CHAPTER

PHL Quetta chapter arranged a free medical
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. Faruqui.

**HYDERABAD CHAPTER**

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

**CALENDAR**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Cuban Congress on Arterial Hypertension and 4th Caribbean Meeting on Arterial Hypertension</td>
<td>June 14-16, 2000, Havana, Cuba; Dr. M. Delfin Perez Caballero, &quot;Hermanos Ameijeiras&quot; Hospital, San Lazaro No. 701, Havana, Cuba; Fax: (+537) 335036</td>
</tr>
<tr>
<td>7th World Congress on Heart Failure – Mechanisms and Management</td>
<td>July 9-12, 2000, Vancouver, BC, Canada; PO Box 17569, Beverly Hills, CA; Fax: (+1) 310 275 8922</td>
</tr>
<tr>
<td>15th Annual International Interdisciplinary Conference on Hypertension</td>
<td>July 15-18, 2000, Las Croabas, Puerto Rico; ISHIB, 2045 Manchester Street, NE, Atlanta, GA 30324-4110, USA; Fax: (+1) 404 875 6334</td>
</tr>
<tr>
<td>Fourth International Symposium on Hypertension League PHL</td>
<td>October, 2000, Quetta, Pakistan; Information: Secretary PHL</td>
</tr>
<tr>
<td>III Latin American Congress of Hypertension</td>
<td>November 1-4, 2000, Caracas, Venezuela; Information: Dr. Manuel Velasco (LASH) PO Box 76333, El Marques, Caracas 1015-A, Venezuela; Fax: (+580 2 321 4385</td>
</tr>
<tr>
<td>7th International Symposium on Hypertension in the Community</td>
<td>December 4-6, 2000, Herzeliya-On-Sea, Israel; Information: Symposium Secretariat Carmel Organizers of Conferences &amp; Events PO Box 1912, Ramat Gan 52532, Israel; Fax: (+972) 3 575 3107</td>
</tr>
</tbody>
</table>

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