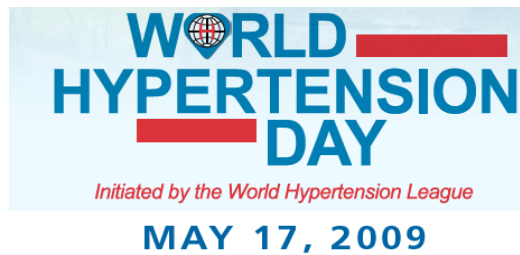


## OBSERVANCE OF



By Pakistan Hypertension League in collaboration with PharmEvo (Pvt.) Ltd.

Pakistan Hypertension League (PHL) in collaboration with PharmEvo (Pvt.) Ltd. observed the World Hypertension Day (WHD 09) on 17<sup>th</sup> May 2009 in befitting manner as a part of worldwide observance by World Hypertension League. This year's theme was "Salt and High Blood Pressure - Two Silent Killers". Observation of World Hypertension Day 2009 included a weeklong programs including press conference, public awareness sessions, seminars and screening camps in all major towns. Posters and banners on this year's theme were also published and placed at all major hospitals and medical colleges throughout the country. A special souvenir highlighting the role of salt in hypertension was also designed and distributed among the doctors.

All the local chapters of Pakistan Hypertension League (PHL) showed enormous interest in arranging events in their respective areas. The following are the details of programs arranged throughout the country:

### **KARACHI:**

World Hypertension Day was celebrated at Abbasi Shaheed Hospital and Tabba Heart Institute in coordination with PHL Karachi chapter on 16<sup>th</sup> May 2009. Mega camps were arranged at both institutions where cholesterol & sugar screening was carried out along with blood pressure monitoring. A scientific session was arranged at Abbasi Shaheed Hospital for all the practicing doctors of ASH. Prof Azhar Farooqi, Prof. Ejaz Vohra, Prof Khalida Soomro, Prof Ishaq, Dr. Maqbool Jafary and Dr. A. Rasheed were present at the occasion.

A public awareness session was arranged at Tabba Heart Institute which was attended by a good number of people. Dr. Bashir Haneef delivered lecture on hypertension, its causes, treatment and control options. A question answer session was followed by this lecture in which Prof Ishaq and Dr. Maqbool Jafary facilitated the queries raised by general public. Hypertension awareness booklets were also distributed at PharmEvo's stall.



The expert panel answering the queries raised by general public at a session arranged at Tabba Heart Institute Karachi.



Scientific session at Abbasi Shaheed Hospital Karachi.

## **LAHORE:**

Blood Pressure monitoring and cholesterol screening camps were arranged at Mayo Hospital, Shalimar Hospital, Sheikh Zayed and Jinnah Hospital under the supervision of Prof. Saulat Siddiq. A mass of people got their blood pressure checked and obtained advice regarding the further management from these camps. Hypertension awareness booklets were distributed among the people who came for blood pressure measurement in these screening camps.



**Screening camp at Sheikh Zayed Hospital Lahore.**

## ISLAMABAD:

World Hypertension Day was celebrated at Federal Govt. Services Hospital (FGSH) in coordination with PHL chapter Islamabad on 14th May 2009. A public awareness lecture was arranged at FGSH auditorium. A mega camp was operational from morning to noon where Blood Pressure, Cholesterol and sugar screening was done. Dr. Shaukat Kiyani (Executive Director FGSH) was the chief guest of the occasion.

Dr. Shahbaz Kureshi delivered the day's speech highlighting the factors which develops high blood pressure and the control and treatment options. The speech was followed by a question answer session which was actively participated by every individual present in the hall. Hypertension awareness booklets were also distributed among the attendees.



A woman going through cholesterol screening at FGSH Islamabad.



Dr. Shehbaz Kureshi delivering his talk on hypertension at a public awareness session at FGSH Islamabad.

## FAISALABAD:

World Hypertension Day was celebrated at Allied Hospital in coordination with PHL chapter Faisalabad on 16th May 2009. Prof. Hafeez Chaudry and Prof. Ahmed Bilal highlighted the importance of blood pressure monitoring and life style modification. Mega camp was arranged where BP monitoring and cholesterol screening was carried out.

A public awareness session was also arranged at Punjab Medical College on 26<sup>th</sup> May 2009. Prof Ahmed Bilal delivered his talk on hypertension, its control and treatment options. This was followed by a candlelight walk in which all the prominent doctors and general public participated at large.



A candlelight walk at Faisalabad



Public awareness session at Punjab Medical College Faisalabad.



**Blood pressure monitoring at Allied Hospital Faisalabad.**

### **PESHAWAR:**

A scientific seminar was arranged at Lady Reading Hospital on 16<sup>th</sup> May 2009. Prof. M. Hafizullah delivered his talk on the latest advancement in the management of hypertension. All the doctors of cardiology department of LRH attended this session.



**Prof. M. Hafizullah delivering lecture on the latest advancement in hypertension management at Lady Reading Hospital Peshawar.**

## **HYDERABAD:**

A public awareness session was arranged at ISRA University on 15<sup>th</sup> May 2009. Prof M. Ishaq (President PHL) was the chief guest of the occasion. Dr. Ghulam Qadir Qazi (Vice Chancellor Isra University), Dr. Abdul Ghani Qazi (Director Isra University) and Prof Mansoor were among the other prominent names attending the occasion. Lectures were delivered by Prof. M. Ishaq, Prof Mansoor and Prof. Feroz Memon highlighting the causes of hypertension and its control and treatment options. This was followed by question answers session where the panel of experts answered the queries about various aspects of hypertension.

Blood Pressure monitoring was arranged at the site which facilitated the masses. Hypertension awareness booklets were also distributed at PharmEvo's stall.



**Public awareness session at ISRA University Hyderabad.**

## **MULTAN:**

World Hypertension Day was celebrated at Multan Institute of Cardiology in coordination with PHL chapter Multan on 16<sup>th</sup> May 2009. BP monitoring and cholesterol screening was carried out for the general public. Hypertension booklets were also distributed at PharmEvo's stall.

## **LARKANA/DHERKI:**

Camps were arranged on 17<sup>th</sup> May at Dherki with Dr. Satiwan Das and at Larkana with Dr. Abdul Majeed Sheikh where blood pressure monitoring and cholesterol screening was carried out facilitating the general public.

## **RAHIM YAR KHAN:**

Cholesterol screening and BP monitoring camps were arranged on 17<sup>th</sup> May at Sheikh Zayed Hospital with Dr. Faiz ul Hassan and with Dr. Muneer A Azam. Hypertension awareness booklets were distributed at the camps.

## **SUKKUR:**

Mega camps were arranged on 16th May at Civil Hospital (Cardiac OPD) and with Dr. Zahoor Soomro where cholesterol screening and blood pressure monitoring was carried out throughout the day. Patient awareness booklets were also distributed among general public at these camps.



**Screening camp at Civil Hospital Sukkur.**

## **QUETTA:**

World Hypertension Day was celebrated at Bolan Medical Complex in coordination with PHL chapter Quetta on 16th May 2009. Mega camp was arranged at the occasion where Dr. Abid Amin monitored patients BP and gave them valuable suggestions to control their blood pressure. Cholesterol Screening was also carried out at the camp.



**Dr. Abid Amin consulting a patient at screening camp arranged at Bolan Medical Complex Quetta.**



## MIRPURKHAS:

World Hypertension Day was celebrated at Civil Hospital in coordination with PHL chapter Mirpurkhas on 16th May 2009. A public awareness session was arranged for the masses. Dr. Deedar Hussain highlighted the role of salt in elevating blood pressure. Prof. Feroz Memon was the guest speaker of the session who delivered lecture on hypertension and its causes. The session was well attended. Dr. Khadim Lakher (EDO Health Mirpurkhas) was the chief guest of the occasion.



Public awareness lecture at Civil Hospital Mirpurkhas.



This souvenir has been specially designed by PharmEvo on World Hypertension Day 2009.

The World Hypertension Day was an excellent opportunity to undertake a concerted public information campaign and related activities that would draw attention to this killer disease. These series of activities benefited the general public at large and enabled us to raise awareness about hypertension, “the silent killer”.