

Affiliated with World Hypertension League and International Society of Hypertension



PHL - NEWS LETTER

Information from Pakistan Hypertension League
An official member of World Hypertension League (ISH/WHO)
Summer 2012

15th Annual Symposium Pakistan Hypertension League, Multan



Awareness Walk in Multan



Editor's Note

Dear members & readers,

The summer issue of PHL newsletter is in your hands. Since the last newsletter we had two major events. Firstly we had our 15th annual symposium at Multan in February 2012. This was well organized & well attended. This was the first time that a meeting of that scale was held at the historic city of Multan. The organizers in particular Prof Ijaz Ahmed & Dr. Kashif Hashmi along with their team deserves all compliments & appreciations. Following this we observed World Hypertension Day in May this year during the full week from 14th to 20th May. Seminars, Public awareness sessions & camps for BP, sugar & cholesterol check were held all over Pakistan by PHL local Chapters. I had the opportunity to visit Bangladesh on the invitation of Bangladesh Heart Foundation to attend International conference on Hypertension jointly organized by ISH, APSH & hosted by Bangladesh Heart Foundation. I had the oppourtunity to discuss the problems faced in BP detection treatment & control in Pakistan & had useful interaction with experts from Bangladesh, India, Malaysia, UK & Australia. Next as you all know the ISH 2012 at Sydney, Australia is round the corner in September/October. We are hoping to send a large delegation to participate. I am glad to know that a number of papers from our members have been accepted. Once again I would like to remind the chapter coordinators to work hard in holding regional meetings collecting local data & coordinating with centre. I wish you all a very Happy forthcoming Eid Mubarik.

Prof. Mohammad Ishaq

15th Annual Symposium Pakistan Hypertension League:

Pakistan hypertension league Multan chapter organized 15th annual symposium of PHL at Hotel Ramada Inn Multan from 24th-26th Feb.2012 convened by Prof Ijaz Ahmed, Head of Cardiology, Multan institute of Cardiology.

Symposium kicked off on 24th February with pre-symposium workshop on Basic life support, Measurement of Blood Pressure and interpretation of ECG. BLS workshop was conducted by Dr Badar Gill, Dr Tariq Abbas and Asif Siddiqui and ECG interpretation workshop conducted by Dr Tahir Almani and Dr Zubair Zafar. Workshops were successful and were attended by large numbers of doctors, nurses, medical students and paramedical staff.

Public awareness programme followed the workshop symposium. Session was address chaired by Prof Mohammad Ishaq, Prof Azhar Masood A. Faruqui , Prof Abdul Hafeez Chaudhry, Prof Kalimuddin Aziz, Prof Anwar ul haq Gillani, Prof Ijaz Ahmed, Prof Akber Ch, Prof Haider Zaman and Dr Fazlur Rehman. Dr Tariq Abbas, Dr Nisar Ahmed and Dr Tahir Almani on awareness of general public on hypertension followed by question answer session.



The session ended with a Health awareness walk from Multan institute to Hotel Ramada lead by Prof Mohammad Ishaq along with many other cardiologists. A large number of physicians, medical student, nurses and paramedical staff, students from different schools attended the walk along with press, media personals, PMA and YDA representatives.

Inaugural ceremony was held at Hotel Ramada inn Multan, which was attended by large numbers of

Cardiologists, Physician's, medical students and eminent public and social personalities. Prof Khawaja Alqama, Vice Chancellor Bahaudin Zakaria University Multan, was the chief guest on the occasion. Prof Ijaz Ahmed, Convener symposium, welcomed participants, from all over Pakistan, on the behalf of organizing committee and PHL Multan chapter after which Prof Abdul Hafeez ch gave details of PHL activity for the last year. Prof Mohammad Ishaq delivered the Presidential speech on Epidemiology of Hypertension in Pakistan. Prof Khawaja Alqama delivered a thought provoking speech on the role of doctors in health delivery system. Prof Mohammad Ishaq gave shield to chief guest and made him honorary member of the PHL. Dr Kashif Ali Hashmi, Secretary symposium, delivered vote of thanks. After which the Chief guest inaugurated the exhibition arranged by pharmaceutical industry.

On 25th Feb, the day started with a Breakfast symposium on Aspirin, chaired by Prof Akbar. This session was followed by 1st scientific session, chaired by Prof Azhar Faruqui, Prof Farooq Nazir and Prof Feroz Memon. Speakers of this session were Prof Muhammad Ishaq (Hypertension ; An overview), Prof Ahmed Bilal (Association of Vitamin D with Hypertension), Prof Waris Qidwai (Pitfalls in hypertension management), Prof Feroz Memon (Pre hypertension), Prof Kalimuddin Aziz (Evaluation of hypertension from childhood to adult hood), Prof Abdul Hafeez Chaudhry (improving cardiovascular outcomes in Diabetic hypertensives), Dr Mohsin Nazeer (When to start treating hypertension) and Prof Khalida Soomro (Social & cultural aspects of hypertension).

2nd session was chaired by Prof Javaid Akram, Prof Khan Shah Zaman, Prof Haider Zaman, Prof Ali Raza Gardezi, Prof Abdul Rasheed and Moderated by Dr Nisar Ahmed. Prof Mansor Ahmed (Hypertensive crisis), Prof Anwar ul Haq Gillani (Non pharmacological interventions in hypertension management), Prof Javaid Akram (New hypertension guidelines), Prof Saulat Siddiqui (Implications of ADVACE trial), Prof Nusrat Ara (Hypertension and hyperlipidemia), Prof Naeem Aslam (Resistant hypertension) and Dr Amber Malik (Reduction of cardiovascular events with ACE) spoke on the occasion.

The session on interventional management of hypertension was chaired by Prof Sheheryar Sheikh, Prof Nadem Hayat Malik , Prof Ijaz Ahmed and Dr Saqib Shafi and moderated by Dr Bashir Haneef. Dr. Bashir spoke about renal artery denervation and Dr. Masood

Sadiq on renal artery stenosis. After which a live case was transmitted by Multan institute of cardiology where Prof. Masood Sadiq demonstrated successful stenting for coarctation of aorta on a young patient with resistant hypertension. This was the first time such live demonstration took place in PHL symposium.

Next session was chaired by Gen Ashur, Prof Imran Ahmed, Prof Naeem Aslam and was moderated by Dr Tariq Abbas. Dr. Seema Bhanji (Metabolic syndrome), Prof Syed Imran Ahmed (ARB and evidence based practice) and Dr Zahid Jamal (Beta blockers in heart failure) presented their topics.

The day ended with Musical Night and GALA Dinner which was thoroughly enjoyed by the participants.

On Feb 26, 2012, the first session was chaired by Gen M M H Noori, Prof Mohiuddin Ch, Dr Tahir Almani and Moderated by Dr Haroon Babar. Speakers Dr Javaid Sial (Hypertension in renal patients), Prof. Ghulam Mohiuddin Ch (Hypertension in elderly), Prof. Zaman Shaikh (Microalbuminuria), Col Imran Fazal (Recent management of hypertension) and Dr Sumaira Naseem (Women heart) presented their lectures.

Free paper session was chaired by Prof Ijaz Malik, Prof Rana Altaf, Prof Nusrat Ara, Dr Salma Tanveer and moderated by Dr Zahid Rafiq. Prof Syed Ali Raza Kazmi (Role of ACE gene in hypertension), Dr Aysha Almas (Comparison of knowledge in patients with controlled and uncontrolled hypertension), Dr Muhammad Ismail (Association of MMP gene with hypertension in Pakistani population) presented their research finding.

In the afternoon the symposium closing ceremony was held with the announcement of 16th symposium to be held at Hyderabad under the convener ship of Prof. Feroz Memon.



Memorable Pictures of **15th Annual Symposium Pakistan Hypertension League:**



WORLD HYPERTENSION DAY

MAY 17, 2012

دانی بلڈ پریشر کا عالمی دن ۱۷ مئی ۲۰۱۲ء

WORLD HYPERTENSION DAY MAY 17, 2012

Healthy Lifestyle
Healthy Blood Pressure

5 keys to a Healthy Lifestyle and Healthy Blood Pressure

صحت مند طرز زندگی اور متناسب بلڈ پریشر کے لیے پانچ کلیدی چیزیں



Watch Your Weight
اپنی وزن کو دیکھیں



Make Healthy Food Choices
صحت مند غذا کا انتخاب کریں



Use An Active Job
میل سب سے زیادہ سرگرم کر لیں



Know Your Blood Pressure Number
اپنی بلڈ پریشر نمبر کو جانیں



Measure Your Blood Pressure Regularly
اپنی بلڈ پریشر (قاعدگی) سے جانچ لیں

in collaboration with



A public service message for



Larkana Chapter:

Cardiology department of Chandka Medical College arranged Public awareness walk followed by Public awareness seminar on the occasion of "WORLD HYPERTENSION DAY" on 17th May 2012.

Walk started from Cardiology department in the morning and was led by senior politician and senior professors of Shaheed Mohtarma Benazir Bhutto Medical University (SMBBMU) Larkana. People from different walks of life including lawyers, businessmen, social works and journalists participated.

Public awareness Seminar was held after the walk. Prof. Saeed Ahmad Sangi, Chairman Department of Cardiology, SMBBMU and Dr Jawaid Akbar Sial, Assistant Professor gave detailed presentations on hypertension prevalence and the measures to prevent and control from its deadly consequences.

Prof Syed Imtiaz Ali Shah, Dean Faculty of Surgical Allied

SMBBMU, apprise the audience about the deleterious effects of hypertension on eye and its prevention by blood pressure control.

Dr Jawaid Akbar Sial
Secretary
Pakistan Hypertension League



Multan Chapter:

World hypertension day was celebrated at CPEIC MULTAN on 17th May 2012. Health awareness stalls were set up at CPEIC Multan for the entire day where blood pressure was checked and free testing for sugar and cholesterol was carried out. Brochures about HEALTHY LIFE STYLE in Urdu were handed to 1500 patients.

Stalls were organized in collaboration with Pfizer, Novartis, Bosch, Pharmevo & Merck pharmaceuticals.

A Talk on hypertension awareness was arranged at Auditorium of CPEIC for GPs of the city and surrounding areas. Dr Kashif Ali Hashmi, Senior registrar CPEIC & Secretary PHL Multan elaborated about managing hypertension. The session was chaired by Prof. Ijaz Ahmed, Executive Director CPEIC & Coordinator PHL Multan. It was followed by Lunch and cake cutting ceremony.

Health awareness walk took place at the end of the day. Prominent doctors, Prof Ijaz Ahmed, Dr Tahir Almani, Dr Kashif Hashmi, Dr Zubair Zafar, Dr Abu Bakar, Dr

Masood Bhutta, Dr Fahad, Dr Sharafat, Dr Saeed Amir, Dr Shehzad Alam, Dr Abdul Kabeer and large numbers of GPs and pharma representatives participated in the walk.

Dr Kashif Hashmi
Sec PHL Multan

**Sukkur Chapter:**

Respected Professor Muhammad Ishaq Sahib

I feel proud to inform you sir that it was first time in the history of sukkur that "Hypertension Day" was celebrated in sukkur on 17th may 2012. The programme was organized with the aim to increase the awareness about the silent killer Hypertension and its complication and to update about the latest management.

Program included:

1. Walk from CCU GMC Hospital Sukkur to GMC College Sukkur.
2. Hypertension a silent killer: Presentation by Prof. Nazir Ahmed Memon (Professor of Cardiology LUMHS Jamshoro)
3. Update in the management of Pregnancy induced HTN : Presentation by Prof. Pushpa Srichand (Professor of GYN/OBS LUMHS Jamshoro).

Sir, program was attended by large number of doctors, paramedical staff and nurses, general public, media men, medical superintendent, Principle along his faculty members of GMC sukkur and the deputy Commissioner of sukkur.

Sir since the GMC Sukkur is newly established medical college in the third largest city of sindh, hence more & more academic activities are required to keep the general public and medical personnel well aware of the cardiac ailments & their remedies.

Therefore i humbly request your kind honour for giving me time in july or September to have your kind presentation regarding Hypertension and other cardiac problems.

Sir I have also sent PHL forms of four doctors who intend to be the member of PHL and more forms will be sent soon.

With Best Regards,
Dr. Rajkumar Sachdewani



President PHL attended meeting of National Heart Foundation Bangladesh:

The International Society of Hypertension and the Asia Pacific Society of Hypertension in cooperation with the National Heart Foundation of Bangladesh (Hypertension Committee) conducted a two day meeting in Dhaka at the time of World Hypertension Day. It was organized by Professor Khandaker, Professor Malik and Dr Sohel Reza Choudhury and the International coordinator was Tefor Morgan.

Speakers from developing countries alluded to the prevalence in their respective countries and the challenges faced. Professor Ishaq gave an overview of the situation in Pakistan, Professor Rahman spoke on the global and regional problems and in addition the problems of Hypertension in Asian region; Professor

Morgan on the need and possible ways of developing primary prevention programmes; Professor Poulter on the use of drug therapy; Dr Sailesh Mohan and Dr Pandey reviewed the situation for India and Nepal respectively. Dr Sirajal Haque, Sobel Choudhury and Md Zakir Hassain discussed the situation in Bangladesh and the problem with health care and hypertension care delivery. Professor Tazeen Jafar presented the results of a project to improve health care delivery in an undeveloped community in Pakistan. Another important development is that RAGS committee of ISH for Asia and the Pacific and Hypertension committee of the National Heart Foundation of Bangladesh will collaborate on modifying the NICE hypertension guidelines according to the local needs and requirements.





24TH SCIENTIFIC MEETING OF THE INTERNATIONAL SOCIETY OF HYPERTENSION
 SYDNEY 2012
 29 September - 4 October 2012
 WWW.ISH2012.ORG



16th ANNUAL PHL SYMPOSIUM
 15th - 17th February 2013
 Hyderabad Sindh

HYPERTENSION
 Encountering the Silent Killer!

President: Prof. Dr. Feroz Memon
 Secretary: Dr. Fazal Rehman Memon
 Treasurer: Dr. Nandlal Relhi

Symposium Secretariat
 Department of Cardiology, Inayatullah Hospital, Hyderabad, Sindh, Pakistan. Contact No: 0344-2526204

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 Dr. Maqbool H. Jafary

Chairman CME:
 Prof. Ejaz A Vohra

Dates to Remember

2012

British Hypertension Society Annual Scientific Meeting
 10 - 12 September 2012, Cambridge, UK

2012 High Blood Pressure Research Scientific Sessions Conference
 19 - 22 September 2012, Washington, D.C., USA

Hypertension Sydney 2012: 24th Scientific Meeting of the ISH
 30 September - 4 October 2012, Sydney, Australia

1st International 4 Corners of Cardiology Meeting
 5 - 6 October 2012, Melbourne Australia

22nd International Congress on Thrombosis
 6 - 9 October 2012, Nice, France

2nd UK Symposium on Renal Denervation
 10 October 2012, London, UK

Artery 12
 18 - 20 October 2012, Vienna, Austria

2nd Annual Canadian Hypertension Congress (CHC)
 25 - 28 October 2012, Toronto, Canada

2013

The 2nd International Conference on Pre-Hypertension and Cardio Metabolic Syndrome
 31 January - 3 February 2013, Barcelona, Spain



Editor: Prof. Mohammad Ishaq
Associate Editor: Dr. Seema Bhanji
Circulation Assistant: Malik Muhammad Javed
Publication Assistant: Qamar Ali

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