

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)  
**Winter 2013**

## 17<sup>th</sup> PHL Annual Symposium 2014 in Larkana



Meeting to finalize 17<sup>th</sup> PHL Symposium at PHL Secretariat Karachi



### Editor's Note

Dear Members & readers,

It is a pleasure to present the Winter-2013 issue of PHL newsletter.

We celebrated World Hypertension Day on 17<sup>th</sup> May with great enthusiasm throughout Pakistan. Now we are looking forward to meet at Larkana to attend our annual ritual the 17th Annual Symposium of PHL. The theme of this year symposium is very exciting & rational, "Diet & Hypertension". Our food has direct effect on our metabolic profile. Each calorie & its content that we consume without utilization results in various ailments including Hypertension. It is hoped that the Larkana meeting will unfold the relationship of diet with Hypertension.

You are all invited to participate in this annual event. Prof. Saeed Ahmed Sangi & his team are busy in organizing a wonderful moot & I am sure you will enjoy your stay at Larkana. Interestingly our symposia coincides with Sindh Festival so the delegates will have the opportunity to visit the remains of Indus Valley civilization.

Pakistan Zindabad.

(Prof. Mohammad Ishaq)  
President PHL

**17th Annual Symposium Of  
Pakistan Hypertension League Larkana  
February 7th To 9th 2014 (Preparations)**

**9th February 2013, PHL Larkana Honoured**

At the Annual Business meeting of PHL Pakistan held at Indus Hotel Hyderabad on the eve of 16th PHL Annual Symposium, Chair by Prof. Muhammad Ishaq (President PHL Centre) and attended by the all the members of PHL Larkana and all over the country. PHL Larkana was honoured to host the next Annual Symposium i.e. 17th Annual PHL Symposium at Larkana.

**23rd March 2013, 1st Announcement PHL Larkana**

PHL Larkana chapter under the guidance of Prof. Saeed Ahmed Sangi as Convener and Dr. Jawaid Akbar Sial as Secretary of the Symposium, started the work at C.C.U Larkana and launched 1st Announcement of 17th Annual PHL Symposium on 23-03-2013. The symposium will be held on 7th to 9th February 2014, the theme of symposium was "Diet and Hypertension". The launching was done in a Dinner programme on 23-03-2013 at Asia Hotel Larkana. Chief Guest was Mr. Nisar Ahmed Khuhro, Senior Minister Government of Sindh. The Dinner was attended by faculty members of SMBBMU and Dignitaries of Larkana City.



### Welcome Message

We take great pleasure to announce that 17th Annual Symposium of Pakistan Hypertension League 2014, will be held on 07-09th February, 2014 in Larkana Pakistan. This is for the first time that PHL is organizing its symposium in Larkana. Personally we feel privileged and honored being entrusted with mission of holding the event in Larkana.

Through the commitment and innovation of scientific research we have arranged the 3 days symposium, to include half day pre-symposium workshops at Cardiology Department Chundka Medical College Larkana.


The workshops focus different practical aspects related to hypertension. To honor the PHL Symposium's long history in Pakistan, we have been chosen to be host of 17th Symposium in Larkana in Spring of 2014. As venue, Larkana is known for its importance of past history of Moin-jo Daro and its Guava Farms & Mausoleum of Bhutto Family at Ghari Khuda Bus Near Larkana etc.

This is an exciting opportunity for us to share views and clinical expertise, with ultimate aim of raising the standard of care of patients, we hereby request your active participation.


We hope you will not only enjoy the intellectual atmosphere of the symposium, but also get a taste of Larkana/North Sindh culture, history and beautiful scenery and hospitality.

We look forward to having a great Symposium with your participation.

**WITH REGARDS**



**Prof. Saeed Ahmed Sangi**  
Convener,  
PHL Larkana  
Symposium 2014



**Dr. Jawaid Akbar Sial**  
Secretary,  
PHL Larkana  
Symposium 2014

**12<sup>th</sup> November 2013, 2<sup>nd</sup> Announcement PHL Larkana**

PHL Larkana launched its 2nd Announcement on 12-11-2013 in a Dinner Programme at officers club Larkana. Mr. Nisar Ahmed Khuhro was as Chief Guest. Faculty members of SMBBMU and Dignitaries of Larkana City attended the dinner.



**THE 17<sup>th</sup> ANNUAL SYMPOSIUM PAKISTAN HYPERTENSION LEAGUE 2014**

**\* WELCOME \***

Dear Friends, Dear Colleagues,  
 It is a great pleasure for us to welcome you to the Joint Meeting of the PAKISTAN HYPERTENSION LEAGUE (PHL) and International Society of Hypertension (ISH), which will be held in Larkana, Pakistan, February 07-09, 2014.

The Scientific Program will continue the tradition of the previous PHL meetings and will include:  
 • Original Research with Oral and Poster Presentations • Public Awareness Seminar • State-of-the-Art Lectures  
 • Roundtable Seminars • History Sessions • Clinical Cases • Debates

**\* New Additions: Live Case for CATHETER BASED intervention in Resistant Hypertension \***

The meeting will cover a large area of knowledge in the field not only of hypertension but also of other diseases related to hypertension such as:  
 • Heart Failure • Diabetes Mellitus • Obesity • Coronary Heart Disease • Stroke Pathway & etc.

We believe that PAKISTAN HYPERTENSION LEAGUE LARKANA SYMPOSIUM will provide a full update of the most important achievements in the above topics over the last years. The presence of Opinion Leaders and Experts from all around the Country & World shall ensure the success of the meeting.

The meeting will be held at Chaudhry Medical College (Auditorium) Larkana, a luxurious Construction with High-Tech Facilities, located in the centre of the city. We expect a large number of investigators, researchers and clinicians from all over the Country to attend. The meeting will be held in Larkana, where one of the Oldest Civilization of World Moen-Jo-Daro sits, due to the Long History and Beauty of the City. Participants will be able to Enjoy the Beauty of Larkana, either before or after the Meeting, as well as the surrounding area of the city & a fascinating social event in the form of Golf Dinner & Musical Events.

We cordially invite all of you to join us in the Joint PHL 2014 Larkana Meeting.  
 On behalf of the Organizing Committee

**WITH REGARDS**

Prof. Saeed Ahmed Sangi  
 Convenor  
 PHL Larkana  
 Symposium 2014

Dr. Jawaid Akbar Sial  
 Secretary  
 PHL Larkana  
 Symposium 2014

**Committee Meetings**

Meetings of the all the committees were conducted during 19th November to 30th November at C.C.U Larkana.

Prof. Saeed Ahmed Sangi convenor and Dr. Jawaid Akbar Sial Secretary and all the chairmen and Co-Chairmen of the committees attended the meetings.

**Points discussed were.**

- 1- Objectives of the various committees
- 2- Tasks given to each committees.

All the Chairmen and Co-Chairmen agreed with the objectives and started their work to fulfil the tasks in due time.



**THE 17<sup>th</sup> ANNUAL SYMPOSIUM 2014**  
**PAKISTAN HYPERTENSION LEAGUE**  
 FEBRUARY 7 TO 9, 2014 LARKANA, PAKISTAN  
 SECOND ANNOUNCEMENT

**MOEN-JO-DARO**

**Fortnightly Meetings**

Meetings of convener, secretary and all chairmen and co-chairmen of various committees of the symposium are regularly held fortnightly to observed the progress of the each committee and directives to further enhance the task given to them.



**WORLD HYPERTENSION DAY** MAY 17, 2014



**KNOW YOUR Blood Pressure**

Initiated by the World Hypertension League

**WORLD HYPERTENSION DAY** MAY 17, 2014

موازن بلڈ پریشر صحت مند دھڑکن

STAY ACTIVE - ALL DAYS	EAT MORE VEGETABLES	DRINK LESS PROCESSED FOOD	STOP SMOKING
سب سے زیادہ سرگرم رہیں	زیادہ سے زیادہ سبزیوں کھائیں	کم سے کم پروسیسڈ فوڈ کھائیں	سیکھڑا چھوڑیں

By publication with:

A public service message by:



## Programmes & Activities by PHL Quetta

PHL Quetta chapter carried out many programs on this forum in 2013. The first program of this series was a seminar on role of diuretics alone and in combination in treatment of hypertension in Quetta Serena on 15th January 2013. Large number of doctors from both teaching hospitals in the city (SPH & BMCH) attended the event.

A meeting was arranged in BMC hospital on 23rd February 2013 in collaboration with the department of endocrinology discussing the incidence of hypertension and its complications in diabetics. Doctors from both cardiology and endocrinology attended the program.

A round table discussion was carried on the role of calcium channel blockers particularly the long acting formulations on 29th April, 2013 in Usmania hotel. Eminent cardiologists from the city attended the program.

**World hypertension day** was celebrated on 15th May, 2013 with a great enthusiasm. 15 stalls were arranged by many pharmaceuticals in BMC hospital main hall. Large number of people availed the facilities of free checkup, blood sugar, cholesterol and ECG.

An awareness program was arranged for the employees of Sui Southern Gas company in the premises of SSG main office in Quetta. A thorough discussion was carried out in urdu on hypertension and obesity on 25th June, 2013.

A lecture program was arranged in BMC hospital on 16th July, 2013. Various problems related with antihypertensive were discussed. All postgraduate residents, part II FCPS students and house officers attendant the lectures.

Lectures were also delivered on arrhythmias in hypertension on every Saturday for doctors in cardiology during August, September and November 2013.

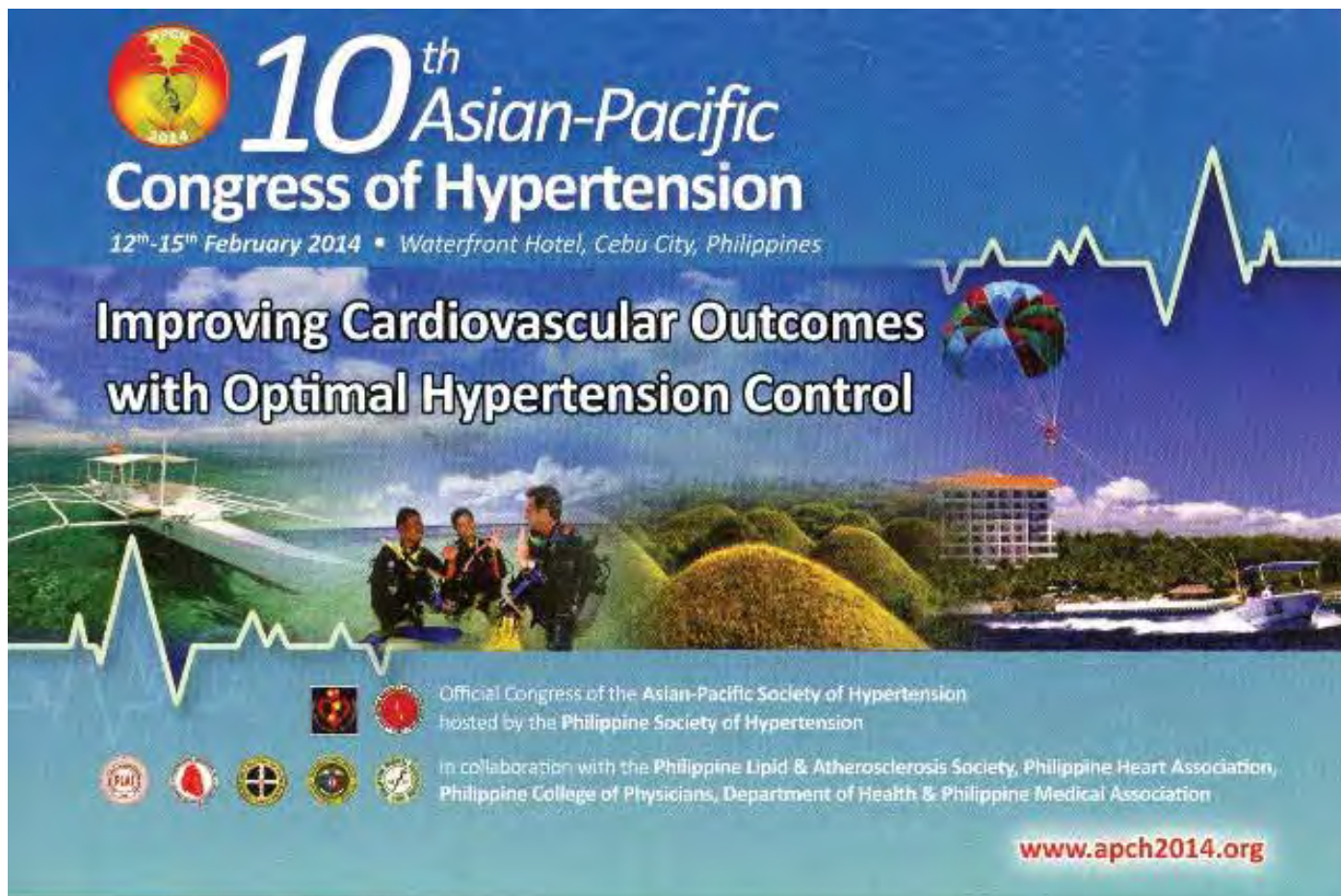


## World Hypertension Day PHL- Sukkur

Cardiology department regularly organizes awareness programmes like World Heart Day and World Hypertension Day. In this regard Dr. Rajkumar Sachdewani invited the speakers from all over the country to keep up to date and aware to the people of Sukkur.

Recently World Hypertension Day was celebrated on 17th May 2013 in GMC in which large number of people participated including doctors, paramedical staff, nurses and general public led by Principal GMC Prof. Abrar Shaikh, Medical Superintendent GMCH Dr. Ashfaqe Bhutto, Dr. Altaf Shaikh, President GTA Dr. Rafique Memon, PMA Sukkur President Dr. Khush Mohammad Sohu. The program started with a walk from CCU GMC to GMC College where Dr. Altaf Shaikh welcomed the participants. Dr. Rajkumar Sachdewani Coordinator of PHL Sukkur chapter presented High blood Pressure and its consequences and measures to keep it under control. Medical Superintendent GMC also highlighted the importance of life style modifications. Principal GMC Prof. Abrar Shaikh concluded the session with emphasis on control of high blood pressure. Programme ended with refreshment.





**10<sup>th</sup> Asian-Pacific Congress of Hypertension**  
12<sup>th</sup>-15<sup>th</sup> February 2014 • Waterfront Hotel, Cebu City, Philippines

**Improving Cardiovascular Outcomes with Optimal Hypertension Control**

Official Congress of the Asian-Pacific Society of Hypertension  
hosted by the Philippine Society of Hypertension

In collaboration with the Philippine Lipid & Atherosclerosis Society, Philippine Heart Association, Philippine College of Physicians, Department of Health & Philippine Medical Association

[www.apch2014.org](http://www.apch2014.org)

The banner features a scenic background of a tropical coastline with a boat, a building, and a person parasailing. A white ECG line is overlaid on the image. At the bottom left, there are several circular logos of collaborating organizations.



**JNC 8**

**2014**  
High Blood Pressure Guideline  
**ANNOUNCED**

The banner features a close-up photograph of a green sphygmomanometer cuff and a silver aneroid gauge. The gauge has a vertical scale with numbers 10, 30, 50, 70, and 90. The background is a light teal color.



**JOINT MEETING ESH-ISH  
HYPERTENSION  
ATHENS 2014**

**JUNE 13 - 16, 2014 - ATHENS, GREECE**  
Megaron Athens International Conference Centre

 European Society of Hypertension  
24<sup>th</sup> European Meeting on Hypertension and Cardiovascular Protection

 Hellenic Society of Hypertension

 International Society of Hypertension  
25<sup>th</sup> Scientific Meeting of the International Society of Hypertension

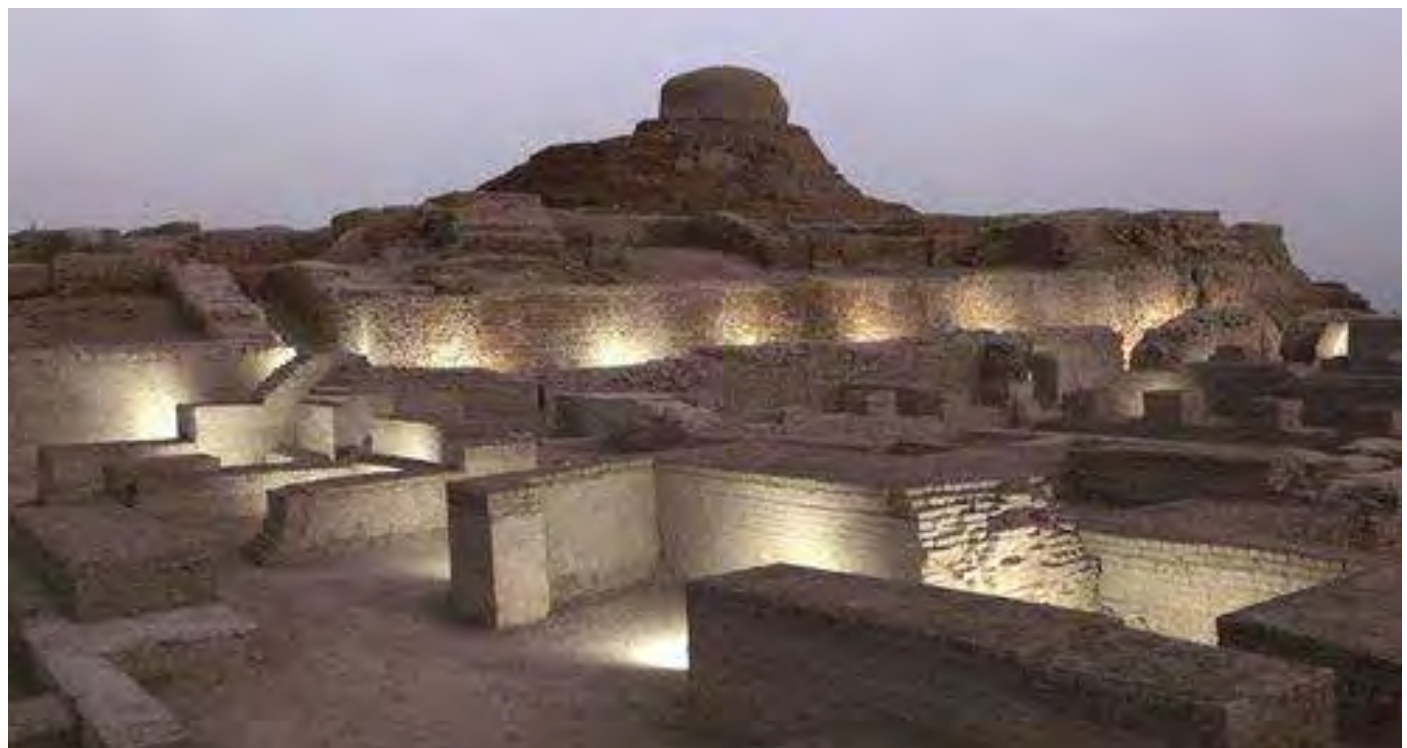
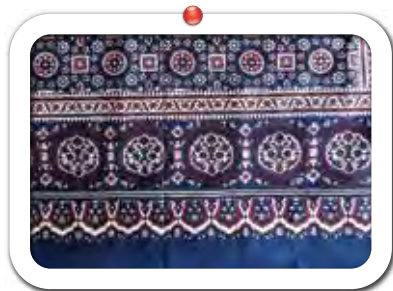
**IN COOPERATION WITH**  
 Asklepion General Hospital Athens



 **WORLD HEART FEDERATION®** | **World Congress of Cardiology**

Scientific Sessions 2014  
4-7 May 2014 | **Melbourne, Australia**

*25x25: At the heart of global health*



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**17th PHL Annual Symposium 2014**  
Pakistan Hypertension League  
**7th to 9th February, 2014**  
Chandka Medical College,  
Shaheed Mohtarma Benazir Bhutto Medical  
University, Larkana

**Conference Highlights:**

- \* WORKSHOPS
- \* PUBLIC AWARENESS SEMINAR
- \* SCIENTIFIC SYMPOSIA
- \* EXHIBITION

**Call for Abstract:**  
Last Date of Submission  
31st October 2013  
Email: [irkphl2014@yahoo.com](mailto:irkphl2014@yahoo.com)

**For Information Contact:**

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**Symposium Secretariat**  
Cardiology Department  
Chandka Medical College Hospital Larkana  
Email: [irkphl2014@yahoo.com](mailto:irkphl2014@yahoo.com), Tel & Fax: 074-9410702

DATES TO REMEMBER

**10th Asian-Pacific Congress of Hypertension**  
12th – 15th February 2014  
Cebu City, Philippines

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**The 3<sup>rd</sup> International Conference on PreHypertension, Hypertension & Cardio Metabolic Syndrome**  
27-30 March, 2014,  
Warsaw – Poland

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**2014 ASH Annual Scientific Meeting and Exposition**  
16-20 May,  
New York – USA

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**Joint Meeting ESH – ISH Hypertension 2014**  
June 13-16, 2014 – Athens, Greece

24th European Meeting on  
**Hypertension and Cardiovascular Protection**

25th Scientific Meeting of the  
**International Society of Hypertension**

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**18<sup>th</sup> Annual Conference on Hypertension Focus on Hypertension, Diabetes and Dyslipidemia**  
June 27-29, 2014  
South Caroline, USA

**President :**  
Prof. Mohammad Ishaq

**Vice President:**  
Prof. Feroz Memon

**General Secretary:**  
Prof. Abdul Hafeez Chaudhry

**Treasurer:**  
Prof. Mansoor Ahmad

**Joint Secretary:**  
Dr. Bashir Hanif

**Chairman Scientific Committee:**  
Dr. Maqbool H. Jafary

**Chairman CME:**  
Prof. Ejaz A Vohra



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