17th PHL Annual Symposium 2014 in Larkana

Meeting to finalize 17th 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 17th 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 SMBMU and Dignitaries of Larkana City.

Welcome Message

We take great pleasure in announcing that 17th Annual Symposium of Pakistan Hypertension League 2014, will be held on 7-9th 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 the task of holding the event in Larkana.

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

The workshops focus on different practical aspects related to hypertension. To honor the PHL Symposium’s long history in Pakistan, we have been chosen to host all PHL symposiums in Larkana in Spring of 2014. As usual, Larkana is known for its importance of the history of Mughal, Durrani and its famous Sindh & Maududia Museum of Islamic Family at Qambar Sharif. Near Larkana etc.

This is an exciting opportunity for us to showcase our clinical expertise, with ultimate aims to enhance the standard of care of patients, we sincerely request your active participation.

We hope you will not only enjoy the intellectual atmosphere of the symposium, but also get a taste of Larkana’s rich cultural history and beautiful scenery and hospitality.

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

Committee Meetings

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

Prof. Saeed Ahmed Sangi convener and Dr. Jawaid Akbar Sial Secretary and all the chairman 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 fulfill the tasks in due time.
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 each committee and directives to further enhance the task given to them.
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 or 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 anti hypertensive 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 and 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 Sachdwani 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. Ashfaque Butto, 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 Sachdwani 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.
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 SYMPOSIAS
★ EXHIBITION

Call for Abstracts:
Last Date of Submission
31st October 2013
Email: phllar@yahoo.com

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DATEs TO REMEMBER

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

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

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

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

18th Annual Conference on Hypertension Focus on Hypertension, Diabetes and Dyslipidemia
June 27-29, 2014
South Caroline, USA

Wish you Happy New Year 2014

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