The first International Symposium on Hypertension entitled "Hypertension: a Multi-Disciplinary Problem" was held on Sunday, November 02, 1997 at Hotel Pearl Continental, Karachi, under the auspices of Pakistan Hypertension League. This was a day-long symposium consisting of a morning session which included an Inaugural Session chaired by his excellency Lt. Gen. (Retd.) Moinuddin Haider, Governor of Sindh, and Plenary Scientific Session which was chaired by Prof. Shaukat Ali Syed.

Dr. Patrick J Mulrow, Secretary General of World Hypertension League (WHL) in his plenary lecture entitled "Hypertension in the nineties, its epidemiology and advances", reviewed the newer aspects of preventive and treatment strategies with a global perspective. This was extremely useful, prospective and informative, both for physicians and general public. It highlighted the fact that even in developed countries the detection and treatment of hypertension has a long way to go. A patient's awareness of his or her blood pressure needed to be improved, as well as compliance to drug therapy.

Prof. Kalimuddin Aziz outlined the strategies of primary prevention in a community, and discussed a model which has been implemented in a community in Karachi. He proposed that the teaching hospitals assume the leadership role of prevention of Hypertension in the communities around their geographic region. The teaching hospital would train manpower including social workers, epidemiologists and biostatisticians for the community. It would act to co-ordinate the teaching institute's infra-structure with community health centres which would be created and managed by the community. The goal would be to institute prevention through education and social work.

Prof. Azhar Masood A. Faruqui discussed the prevalence of hypertension in Pakistan. He reviewed the recent data on hypertension gathered by the Pakistan Medical Research Council in a recent National health survey. He highlighted the urban-rural, male - female and rich - poor population divide in the data. The hypertension being more common in urban females and significant in both poor and well of communities.
He stressed the fact that the majority of patients with hypertension in Pakistan are unaware of its presence. The PMRC data showed clearly the low level of awareness of hypertension both in rural and urban population in Pakistan.

The afternoon lectures on hypertension were in the fields of nephrology, neurology, obstetrics and in general practice. This session was chaired by Professor C.W. Villani. Lectures were delivered by Prof. M. Nasrullah, Prof. Jaffer Naqvi, Dr. Faridun Setna and Dr. Ross Masood. The lecture on neurology and hypertension concentrated on the genesis of hypertensive neurologic diseases. It highlighted the prevention and treatment of hypertension in conditions such as stroke and Transient Ischaemic Attacks (TIA). It was stressed that the major factor for the reduction of stroke and TIA was the effective treatment of hypertension. The lecture by Dr. Jaffer Naqvi highlighted the causes of renal hypertension and emphasized that management of hypertension can lead to major improvement in renal failure. He also emphasized as to the commonality of renal disease as a cause of secondary hypertension, and that the kidney was the organ suffering major damage by uncontrolled or undetected hypertension. Dr. Setna beautifully outlined various types of hypertension in obstetrics, such as pre-eclampsia eclampsia and essential hypertension, and renal hypertension. He also stressed that all pregnant mothers must have antenatal care to prevent hypertension, pre-eclampsia and eclampsia.

The evening session was interactive comprising of specialists from all regions of Pakistan, general public and media, and was largely attended. Questions on all aspects of hypertension were asked by the general public and discussed by the panel of specialists. Majority of questions were concerned with its detection and treatment. Questions also included aspects of primary (essential) and secondary hypertension. Diet modifications by the use of less salt and increased physical activities were discussed. The symposium was a great success and wide coverage of the event was given by the national press to it.

### AWARENESS OF HYPERTENSION IN PAKISTAN
#### NATIONAL HEALTH SURVEY PMRC, 1994

<table>
<thead>
<tr>
<th></th>
<th>Aware</th>
<th>Unaware</th>
<th>Treated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban</td>
<td>37%</td>
<td>63%</td>
<td>14%</td>
</tr>
<tr>
<td>Rural</td>
<td>15%</td>
<td>85%</td>
<td>(6 Effc)</td>
</tr>
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### LOCAL CHAPTER OF PHL ESTABLISHED

The Founder President of PHL, Prof. Azhar Masood A. Faruqui has nominated the following Coordinators for Local Chapter:

<table>
<thead>
<tr>
<th>City</th>
<th>Designation</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peshawar</td>
<td>Co-ordinator</td>
<td>Dr. Saeed-ul-Majeed</td>
</tr>
<tr>
<td>Rawalpindi</td>
<td>Co-ordinator</td>
<td>Dr. Shaukat A. Malik</td>
</tr>
<tr>
<td>Islamabad</td>
<td>Co-ordinator</td>
<td>Prof. Ashfaq A. Khan</td>
</tr>
<tr>
<td>Lahore</td>
<td>Co-ordinator</td>
<td>Prof. Jan Mohammad Memon</td>
</tr>
<tr>
<td>Hyderabad</td>
<td>Co-ordinator</td>
<td>Prof. Mashhoor Alam Shah</td>
</tr>
<tr>
<td>Karachi</td>
<td>Co-ordinator</td>
<td>Prof. M.H. Hashmi</td>
</tr>
</tbody>
</table>

### CHRONIC DISEASES IN PAKISTAN
#### NHSP (PMRC, 1994)

- **HYPERTENSION**
  - **Circulatory Diseases:-**
    - Emerging as the major health problem in developing countries (25% of all deaths as compared to 50% deaths in developed countries).
  - **Cause 12% deaths annually in Pakistan (100,000).**
  - **High blood pressure effects men and women of Urban and Rural areas and all economic Groups.**
  - **5.5 million men & 5.3 million women have hypertension in Pakistan.**
PREVALENCE OF HYPERTENSION
IN PAKISTAN.
NATIONAL HEALTH SURVEY
PMRC, 1990-94

<table>
<thead>
<tr>
<th>BP ≥ 140/90</th>
<th>Age</th>
<th>Prevalance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Years</td>
<td></td>
</tr>
<tr>
<td></td>
<td>≥ 15</td>
<td>17.9%</td>
</tr>
<tr>
<td>RURAL</td>
<td></td>
<td>16.2%</td>
</tr>
<tr>
<td>URBAN</td>
<td></td>
<td>21.5%</td>
</tr>
</tbody>
</table>

Participants of the symposium.

FUTURE ACTIVITIES OF PHL

The executive council of PHL in its meeting on 17th February 1998 outlined the following future activities of PHL:

♦ To start a world-wide web (WWW) page on the internet with view to introduce PHL as well as question - answer service on hypertension.

♦ May 1998 - Workshop on national consensus on guide lines for management of hypertension entitled "Task force on guide lines for management of high blood pressure".

♦ June 1998 - Workshop on "management of hypertension by educating family physicians and community workers".

PAKISTAN HYPERTENSION LEAGUE

MINUTES OF THE
1ST GENERAL BODY MEETING OF PHL
HELD AT HOTEL PEARL CONTINENTAL,
KARACHI.

NOVEMBER 02, 1997, AT 2:30 P.M.

The 1st General Body meeting of the PHL was held at Hotel, Pearl Continental, Karachi on November 02, 1997 at 2:30 p.m. under the chairmanship of the Founder-President, Prof. Azhar Masood A. Faruqui. The following members were present.

Dr. Mohammad Ishaq  Mr. Irfan Hussain
Dr. Ejaz A. Vohra  Dr. Javed Usman
Dr. Maqbool H. Jaffery  Dr. Ziauddin Panwar
Dr. Nadeem Qamar  Dr. Tariq Masood
Syed Safdar Rizvi  Dr. Malik Hameedullah
Dr. Ashur Khan  Mr. Mohammad Iqbal
Prof. Nazir Memon  Advocate
Prof. Ashrafque A. Khan  Dr. Muhammad Furgan
Prof. Syed Aslam  Dr. Hafeez Jafri
Prof. Sultan Ahmed  Mr. Iqbal Lownwala
Shah  Dr. Ms. Moga
Dr. Shuja Shaikh  Dr. Hasina Thawerani
Prof. M. Hassan Shaikh  Dr. Riaz Qureshi
Prof. Mehrullah Shah  Dr. M. Ans Memon
Hashmi  Dr. Shafique Ahmed
Dr. Khalida Soomro  Dr. M. Afzal Mattu
Dr. Noor Muhammad Memon  Prof. Kalamuddin Aziz
Memon  Dr. Shahbaz Ahmed
Dr. Tariq Nishtar  Kureshi
Dr. Saeedul Majeed  Prof. M. Nasrullah
Dr. Faridun Seina  Dr. J.S. Khan
Dr. Raziauddin Kazi  Dr. A. Samad Shera
Mr. Anwarul Hassan  Dr. Abdul Sattar Jaffer
Gillani  Dr. Tahir Saghir Siddiqui
Mr. Nusrat Nasrullah  Dr. Syed Ishaq Rasoool
Dr. Muhammad Zia  Mr. Khadi M. Malik
Yaqoob  Dr. Asadullah Kundi
Dr. M. abubakr Shaikh  Dr. Tabassum Khan
Dr. Shazullah Siddiqui  Mr. Nihal S. Siddiqui

The meeting started with the recitation from the Holy Quran by Prof. Sultan Ahmed Shah. The General Secretary welcomed all the members to the PHL and gave the details of the progress made since the official launching of PHL on June 1st, 1997. He informed the house about the overwhelming response to the membership drive, and that 153 Founder Members were registered to date and that no further invitations for Founder Membership shall be sent. Founder Membership shall stand closed after these invitations are finalized, and in future only ordinary membership will be available.
The General Secretary showed satisfaction regarding excellent arrangements of the symposium. The House was delighted to see extraordinary attendance at the symposium.

Prof. Tariq Nishtar pointed out the need for the establishment of Local Chapters, Prof. Samad Shera and others supported the move. The General Secretary suggested that the Local Chapters be based in major cities rather than provinces, and that just as the Founder Council was nominated, the Convenors of the local chapters be nominated by the Founder President. This view was supported by the majority and it was decided that following local chapters be established:

- Peshawar
- Islamabad/Rawalpindi
- Hyderabad
- Lahore
- Karachi
- Quetta

Members expressed various views regarding the future activities of PHL and the need for research. It was decided that the PHL activities will be expanded in a stepwise. The idea of having several committees was dropped. The need for a Finance Committee was however upheld.

The General Secretary gave details of the funds available and overall financial position of the PHL. The House was told about the sum received in connection with membership fee and donations.

The Founder President in his address welcomed all the members and gave the details of the problem of HBP in Pakistan. He emphasized the need for public education and professional training for early detection of HBP in the Community.

The Founder President expressed his satisfaction over the membership drive and the success of the symposium.

The vice-president of PHL announced the forthcoming 2nd International Symposium at Lahore in the month of October and expressed hope that like Karachi the Lahore symposium will also be a great success.

The meeting adjourned with thanks by the General Secretary and prayers for the success of PHL in its efforts.

General Secretary
Pakistan Hypertension League