



PHL • NEWSLETTER

Information and News from Pakistan Hypertension League
an Official Member of World Hypertension League (ISH/WHO)

Summer 2001

EDITORIAL

Editorial Board of PHL Newsletter congratulates Dr. Claude Lenfant President-Elect of World Hypertension League. We are sure that under his able leadership the WHL shall become more effective and interactive between the representative world bodies. His experience and service to the cause of Hypertension is known worldwide and we appreciate the dynamism and sense of urgency he underlined in his message to the WHL. PHL shall work closely with the President to address the problems of hypertension in the developing world.

4TH INTERNATIONAL SYMPOSIUM ON HYPERTENSION AT QUETTA

The 4th International Symposium on Hypertension was held on 8th October, 2000 at Hotel Serena Quetta, under the auspices of PHL. Sardar Saadat Ali Khan, Minister for Health, Government of Balochistan, inaugurated the symposium. Prof. Mehrullah Shah Hashmi, the Convenor of the symposium and Dr. Abid Amin, the Co-Convenor welcomed the guests. Prof. Azhar Masood A. Faruqi the Founder-President traced the history of PHL. Dr. M. Ishaq, General Secretary, PHL outlined the past activities of PHL. Over 350 cardiologists and physicians of the country attended the symposium. 1st scientific session was started with the guest speaker, Prof. Kalimuddin Aziz who presented the normal blood pressure profile of Pakistani children and demonstrated the use of percentile charts & graphs for detection of hypertension in children. Major General Ashur Khan discussed starting treatment in hypertension and Dr. Franklin White discussed prevalence of diabetes and hypertension

in Pakistani population and Dr. Akbar Khan discussed the general practice aspect of hypertension. In second session Dr. Atif Mirza, Dr. Samad Shera, Dr. Abid Amin Khan and Dr. Shaukat M. Malik spoke about diabetes and Hypertension and newer studies on Hypertension. The last session was public awareness session which was interactive between the audience and the expert panel, it was well attended. It was chaired by Dr. Naeem A. Khan, Minister for Finance, Government of Balochistan.



4th PHL Annual Symposium at Quetta
The Founder-President and the Co-Convenor presenting the PHL Plaque to the Chief Guest

The symposium had a wide coverage in the local press and the lots of photographs illustrating the symposium activities were published.

The business meeting was presided over by Prof. Azhar Masood A. Faruqi, Founder-President PHL. Among other items, the theme and venue for 5th annual symposium of hypertension was decided that it would be held in Hyderabad with Prof. Nazir A. Memon as the Convenor and Prof. Jan Mohammad Memon as the Patron.

PAKISTAN HYPERTENSION LEAGUE CHAPTERS REPORT

HYDERABAD CHAPTER

PHL organized a continuing education seminar for medical and general public, which was inaugurated by Minister of Health, Prof. S. M. Rab.

The inaugural session was addressed by Prof. Azhar Masood A. Faruqi, Founder-President, Dr. Mohammad Ishaq, General Secretary Prof. Nazir Ahmed Memon, Joint Secretary, Dr. Ejaz A. Vohra, Treasurer, Prof. Kalimuddin Aziz, Editor Newsletter, Prof. Jan Mohammad Memon, Convenor, Hyderabad Chapter. Dr. Feroz Memon, Secretary Hyderabad Chapter, presented his welcome address and detailed future activities including setting up of camps at Mithi, Diplo, and seminar at Mirpur Khas, Sanghar and Dadu in order to create awareness amongst family physicians. Dr. Feroz Memon presented vote of thanks to the Chief Guest speakers.



PHL Symposium in Hyderabad

The speakers in pre-lunch session were Prof. Azhar Masood A. Faruqi, Dr. Ejaz A. Vohra, Prof. Nazir Memon, Madam Aftab Munir, Dr. Mohammad Ishaq and Prof. Kalimuddin Aziz.

After lunch, a Public Awareness Session was organized. Mr. Qamar-uz-Zaman Shah opened the discussion. Prof. Azhar Faruqi, Prof. Kalimuddin Aziz, Prof. Aftab Munir, Prof. Nazir Memon, Prof. Ejaz A. Vohra, Prof. Mashhoor Alam Shah,

Dr. Mohammed Ishaq and Dr. Nadeem Qamar were the panelists.



A Scene of the Audience at PHL Symposium at Hyderabad.

The Local Chapter organized a small session on recent trends in Management of Hypertension at KFC, Hyderabad, where Dr. Feroz Memon was the speaker and Prof. Nazir Ahmed Memon was the Chief Guest and Chairman of the Session.

PHL Local Chapter, in collaboration with PMA Sindh, organized a presentation on "Role of Beta-Blockers in Hypertension" on 4th June, 2000, where Dr. Feroz Memon was the Guest Speaker while Prof. Nazir Ahmed Memon was Chairman and Chief Guest of the session. About 100 doctors actively participated.

A session on Hypertension Awareness and Treatment was held at Nawabshah on 13th June, 2000. A talk was given by Dr. Feroz Memon, where the doctors of Peoples Medical College Nawabshah, actively participated.

PHL Local Chapter organized a presentation on "Role of Angiotensin Receptors Blockers in Hypertension" on 29th July, 2000, where the main speaker was Prof. J.W.Herzig, Prof. and Chairman, Department Physiology and Pharmacology, AKUH, Karachi,

QUETTA CHAPTER

The Quetta Chapter held an awareness programme on 7th March (Sunday 1999) for the General Practitioners of District Chaman which is a vastly populated business centre located at Pak-Afghan border. Recent advances in the management of Hypertension was the topic of discussion.

The Quetta Chapter also held a one day free medical camp on 23rd March, 1999, at Shafakhana-I-Sahibzaman in the Eastern corner of Quetta city, two hundred and fifty patients were examined and



Free Camp by PHL Quetta Chapter

of those with cardiovascular disease, majority had Hypertension. The team of PHL Quetta under the leadership of Prof. Hashmi briefed the doctors of Hazara Community about the prevalence of hypertension in the country and also conveyed the PHL programme for detection evaluation and recent advances in the management of hypertension.

PESHAWAR CHAPTER

Peshawar Chapter in collaboration with College of Family Medicine, NWFP started series of lectures on Hypertension update. Four clinical meetings on 18th March, 3rd June, 30th June and 8th December, 1999 were arranged. The topics were, Management of Hypertension in General Practice by Dr. Aziz Gul Mufti, Hypertension and Management by Prof. Waheed A. Sahibzada and Prof. Dr. Abdul Ghaffar, Acute Myocardial Infraction Risk Stratification by Dr. Aziz Gul Mufti and role of Beta Blockers in Management of Hypertension and IHD by Dr. Aziz Gul Mufti.

College of Family Medicine / Pakistan Anti-Smoking Society on 31st May, 2000 celebrated the World No-Tobacco Day.

A walk-cum-Press Conference was held on 31st May, 2000 led by Provincial Health Minister, Begum Shaheen Sardar Ali. Banners were displayed in City, Cantt.; and University Town.

Anti-Smoking symposium was inaugurated by the Federal Health Minister, Dr. Abdul Malik Kasi and presided over by Provincial Health Minister, Begum Shaheen Sardar Ali. Dr. Saeed-ul-Majeed, Co-ordinator presented the welcome address and highlighted adverse effects of the smoking.

PHL CENTRE ACTIVITIES

FIRST PHL WORKSHOP ON BLOOD PRESSURE MEASURING TECHNIQUE

One day workshop for family physicians was held on Saturday 3rd July, at the Conference Hall of National Institute of Cardiovascular Diseases under the auspices of PHL. Fifty Family Physicians attended. The workshop was designed by Prof. Kalimuddin Aziz. Various aspects of the techniques of blood pressure measurement were demonstrated in small groups. The participants were given hand outs outlining methodology of the blood pressure determination. Prof. Azhar Faruqi inaugurated the

workshop and Dr. Ishaq, General Secretary, PHL, outlined the objective of the workshop. The procedure of the workshop was explained by Prof. Kalimuddin Aziz. At the conclusion of the workshop self-assessment was achieved with the aid of video tapes. The blood pressure reading skill from the measuring scale of the mercury manometer was tested. Certificates of attendance were distributed. The workshop was greatly appreciated.

**HIGHLIGHTS OF THE MINUTES OF THE 5TH PHL GENERAL BODY MEETING
HELD IN QUEETTA OCTOBER, 2000**

The meeting was presided over by Prof. Azhar Masood A. Faruqi. Thirty three members attended the meeting. The minutes of 4th general body meeting held in Peshawar on 26th September, 2000 were approved by the house.

General Secretary Dr. Mohammad Ishaq presented the PHL Financial Report which was approved. He informed the house that PHL has recently undergone its 1st complete audit by M/s. Ford, Rhodes, Robson, Morrow Chartered Accountants, Karachi. The auditors found the PHL accounts and documents in full order. He informed the house that PHL had not yet been allowed CBR tax exemption and that CBR had asked Pakistan Hypertension League that the capital amount should only be invested in NIT Units. The matter is under active resolution.

On the request of Prof. Hafeez Chaudhary, Prof. Azhar Masood A. Faruqi concluded that Faisalabad should recruit new members to justify opening a new chapter. Prof. Hafeez Chaudhary was proposed as a Coordinator of Faisalabad Chapter to be launched after due membership enrolment.

Hyderabad was chosen as the venue for the 5th symposium of PHL in year 2001 and Islamabad for the 6th annual symposium. Prof. Nazir Memon will act as an Convenor of the 5th symposium and Dr. Shaukat Malik to be the Convenor of the 6th Annual Symposium to be held in Islamabad in the year 2002.

The meeting was concluded with special thanks to Dr. Abid Amin & Prof. Mehrullah Shah Hashmi for arranging an excellent meeting in Quetta.

CALENDAR

**11th Congress of the European Society
of Hypertension**

June 15-18, 2001

Milan, Italy

Information: AISC Assistenza
Internazionale servizi di Congresso
Via A Ristori 38, 00197 Rome, Italy
Fax: (+39) 06 808 8491
e-mail: congressi@aisc.it

**19th Scientific Meeting of the
International Society of Hypertension**

Joint ESH/ISH Meeting

June 23-27, 2002

Prague, Czech Republic

For more information contact:
ISH Meeting Secretariat Guarant Ltd.
Opletalova 22
10 00 Praha 1 Czech Republic
Tel: 420 (2) 8400 1477
Fax: 420 (2) 8400 1477
Callao 2970, Of. 614
e-mail: hypertension2002@guarant.cz

CALENDAR

**20th Scientific Meeting of the
International Society of Hypertension Brazil**

June 23-27, 2004

For more information contact:

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**21st Scientific Meeting of the
International Society of Hypertension**

Fukuoka, Japan
October, 15-18, 2006

**22nd Scientific Meeting of the
International Society of Hypertension**

Berlin, Germany
(Date to be advised)

Editor: Prof. **Kalimuddin Aziz**, *Editorial Board:* Prof. Tariq Nishtar, Peshawar; Prof. Nazir Ahmed Memon, Hyderabad; Prof. Ashfaq A. Khan, Lahore; Mr. Nusrat Nasarullah, Karachi. *Published for:* PHL, NICVD, Karachi by Mr. Asad Mirza. Printed with an educational grant from Servier Pakistan.