Faisalabad Chapter of Pakistan Hypertension League is holding its 7th National Symposium of PHL on 18-19th October, 2003. Experts from all parts of Pakistan are expected to participate. The theme of the symposium is “The Silent Killer”. Interactive sessions for the general public regarding awareness of hypertension are planned which have always generated a great deal of public enthusiasm in these symposia.

The program shall begin with inauguration ceremony followed by the public awareness session on the first day and on Sunday October 19th, 2003 the scientific sessions dealing with various aspects of diagnosis, treatment and prevention of hypertension are planned. The convenor of the symposium is professor Abdul Hafeez Chaudhry and supported by Dr. Mohammad Javed Iqbal, Secretary of the Organizing Committee.

This symposium is the first for Faisalabad PHL chapter and a large participation of physicians from all parts of Pakistan is expected. Hypertension is a major problem for the Punjab with its large population and this symposium is expected to enhance awareness of hypertension in the region.
**Session II: Diagnosis & Management**

01. The High risk Hypertensive patients in the age of Combination Therapy.
*Dr. Aam Bakar Shaikh (Karachi)*

02. The Future of High-Risk Management in Hypertension with reference to mega trials.
*Dr. Khawar Abbas Kazmi (Karachi)*

03. Management of Resistant Hypertension.
*Dr. Mansoor Ahmed (Karachi)*

04. Hypertensive crises: Clinical Presentation & Management.
*Dr. Raja Zafar (Multan)*

05. Update in the Management of systemic hypertension.
*Dr. Javed Akram (Lahore)*

06. Treating Hypertension: Does it work?
*Dr. Fahim Jafary (Karachi)*

**Session III: Hypertension in Special Situations**

01. Hypertension & Diabetes: A lethal combination.
*Dr. Hafizullah Khan (Peshawar)*

02. Hypertensive problem in pregnant state.
*Dr. Feraz Memon (Hyderabad)*

03. Hypertensive CVA’s.
*Dr. Safd Shafqat (Karachi)*

04. Isolated Systolic Hypertension: mechanisms, complications and management.
*Dr. Adb Amin (Quetta)*

**Session IV: Interactive case discussion sessions**

**Hall A:**

**Chairperson:** Prof. Ejaz Vohra (Karachi)

01. A case of Hypertension Angina and Heart Failure.
*Prof. Mohammad Ishaq (Karachi)*

02. A case of High Blood Pressure and stroke.
*Dr. Azam Aslam (Faisalabad)*

**Hall B:**

**Chairperson:** Prof. Ashfaq Ahmed Khan (Lahore)

01. A case of High Blood Pressure, Hyperlipidemia and Endstage Renal Disease.
*Dr. Adil Manzoor (Faisalabad)*

02. A post menopausal lady with hypertension and metabolic syndrome.
*Prof. Zahid Yaseen Hashimie (Faisalabad)*

**Session I: Chairperson:**

1. Prof. Hamid Shafqat (Karachi)
2. Dr. Ehsanul Haq (Faisalabad)
3. Dr. Maqbool Jafery (Karachi)

**Session II: Chairperson:**

1. Prof. Shihreyar A. Sheikh (Lahore)
2. Prof. Naimo (Faisalabad)
3. Dr. Shaukat Malik (Islamabad)

**Session III: Chairperson:**

1. Prof. Waheed Sahilzada (Peshawar)
2. Dr. Zaidi (Faisalabad)
3. Prof. Shafiq Chaudhry (Karachi)

**Concluding Session:**

**Chairperson:** Founder President
Prof. Azhar Faruqui, SI.

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**Local Chapters Reports**

1. **Karachi Chapter:**

The council for Karachi Chapter has been constituted with Prof. Mashoor A. Shah and Prof. A. Riaz Qureshi as coordinators, Dr. Qaiser Jamal as Chapter Secretary, Dr. Fahim Jafary Treasurer and

![Professor M.A. Shah speaking at a symposium at the Pakistan Hypertension Network meeting.](image)

Prof. M.A. Shah speaking at a symposium at the Pakistan Hypertension Network meeting. Prof. M.H. Osmani, Dr. Tariq Masood, Dr. Tahir Saghir, Dr. Ilyas Vohra and Dr. Dad M. Jan as members.

The activities of Karachi Chapter included three seminars in December 2002 at JPMC and in April 2003 at local hotel and again at JPMC in September 2003. Complications of strokes and its management was the topic in JPMC. One day symposium concerning rehabilitation of stroke victims was held at JPMC in October, 2003. Professor Mashoor Alam Shah, Dr. M. Kazir, Dr. Jehan Ara, Dr. Nabila Soomro and Dr. Faryaz Ahmed took part in various activities.

2. **Hyderabad Chapter:**

Dr. Feraz Memon co-ordinator reported lecture programmes of awareness of hypertension at Hala and Matli which were delivered by local doctors.
Dr. M. Khan and Dr. Feroz Memon. These lectures were followed by interactive discussions between experts and the general public.

3. Peshawar Chapter:
The Peshawar chapter was active this year. On 16-01-2003 a meeting was held regarding hypertension where evidence based treatment of hypertension was discussed. Medical discussion on 06-03-03 included role of ACE inhibitors in hypertension. On 19th April a symposium on youth & tobacco was held at Ghandara University and was attended by 300 students. World No Tobacco Day was celebrated on 31st May, 2003. Deputy Chairman of the Senate of Pakistan inaugurated the symposium. Dr. Aziz G. Mufti, Dr. Hafizullah, Dr. Adnan M. Gul and Dr. Saeed-ul-Majeed participated.

4. Lahore Chapter:
Four screening camps were held in various commercial markets in Lahore in the last three months of 2003, four screening camps were held in various commercial markets, 50-80 persons were screened for hypertension in each camp. Advice regarding awareness of hypertension was given.

A pamphlet answering general public’s, questions about anxieties regarding hypertension was designed, over 6000 copies have been distributed so far. A large screening camp was organized by PHL in association with heart association of Lahore in Gulab Devi Hospital, sponsored by SAMI Pharmaceutical on 27-09-2003. In recent days Prof. Saulat Siddique has injected an increased dose of enthusiasm in PHL Lahore Chapter.

5. Quetta Chapter:
Eleven sessions were held by Quetta chapter in which various aspects of hypertension which included a session on prevalence and prevention of hypertension. Prof. Allah Din, Dr. Hashim Khan, Col. Jawad Ansari and Dr. Abid Amin Khan, Co-ordinator, PHL participated.

General Secretary PHL Prof. M. Ishaq’s Report

PHL is entering in its 7th year of existence. I am pleased to state that over these years PHL has continued its forward march.

Pakistan Hypertension League been holding regular annual Symposium & this is its 7th National Symposium to be held at Faisalabad. The seven local centers of PHL have been holding regular activities in the form of clinical meetings, camps and public awareness programmes concerning hypertension in their region. Today we have over 230 members spread all over the country including members of the general public who are committed to the cause of hypertension. PHL has developed the first National guidelines on Hypertension which was prepared by various multi disciplinary groups comprising of leading experts from all over the country. PHL has also prepared algorithms on Blood Pressure management in both adults and children for the benefit of Family Physician. Workshops on various aspects of hypertension are being organized. The main emphasis of PHL centre has been to enlarge the organization and activities of the regional chapters.

Faisalabad chapter was recently established. I am please to inform the members that it is growing very fast. PHL compliment the efforts of its Coordinator Prof. Hafeez Chaudhary in this regard.

Lahore Chapter had some organizational difficulties due to illness of its coordinator PHL sympathizes and appreciate the services rendered by Prof. Ashfaq Ahmed Khan coordinator Lahore chapter. His contribution as PHL founding member and chapter coordinator will be long remembered. On his request he was relieved of his responsibilities as chapter coordinator and Lahore Chapter has been re organized under the coordinator ship of Prof. Saulat Siddique.

I am also glad to know that Prof. Ashfaq Ahmed Khan has with grace of Allah recovered from his illness. I am sure we will continue to benefit from his wisdom and support.

Local chapters of PHL are expected to open at Bahawalpur, Sukkur, Abbottabad, Multan and Muzaffarabad in the near future. The centre is also planning to create a research cell and start data collection and research projects.

The 7th National Symposium will Inshallah prove another mile stone in our onward march. The challenges of Hypertension are enormous and we have a lot to do to achieve our goals.
Did you know?

I. Hypertension in Pakistan affects one in three persons over the age of 45 years.
II. Hypertension is more prevalent in women than men in both rural and urban Pakistan after 45 year age.
III. Hypertension prevalence is significantly more in urban than rural Pakistan.
IV. Obesity and diabetes prevalence is more than 60% in urban females and slightly less than 50% in rural females are obese.
V. In Pakistan a double burden of Hypertension and obesity and under weight which is over eating had national budget.

JNC VII REPORT:

<table>
<thead>
<tr>
<th>BP Classification</th>
<th>SBP/DBP</th>
<th>Lifestyle Modification</th>
<th>Without Compelling indication</th>
<th>With Compelling indication (See Table II)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120/80</td>
<td>Encourage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139/85-89</td>
<td></td>
<td>No antihypertensive drug indicated.</td>
<td>Drug(s) for compelling indication(s)³</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>140-159/90-94</td>
<td></td>
<td>Thiazide-type diuretics for most. May consider ACEI, ARB, CCB or combination.</td>
<td>Drug(s) for the compelling indication(s)²</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>160-179/100-109</td>
<td></td>
<td>Two-drug combination for most (usually thiazide-diuretics and ACEI or ARB or BE or CCB)</td>
<td>as needed.⁴</td>
</tr>
</tbody>
</table>

¹ Treatment determined by typical BP category.
² Initial combination therapy should be used cautiously in those at risk for orthostatic hypotension.
³ Treatment patients with chronic kidney disease or diabetics to BP goal of <130/80 mmHg.