

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)
Summer 2010

Pakistan Hypertension League 13th Annual Symposium



Pakistan Hypertension League - 13th Annual Symposium, "Managing Hypertension Beyond Numbers"

On February 27-28, 2010, some 500 healthcare professionals from across the country gathered in Faisalabad for the 13th Annual Symposium of Pakistan Hypertension League -- the national convening of practitioners committed in fight against the 'Silent Killer' – Hypertension.

The Summit was organized by Prof. Dr. Hafeez Chaudhary, convener PHL, Faisalabad Chapter. In association and collaboration with Punjab Medical College, WHL and ISH. For an unprecedented two days, the cream of the healthcare profession enjoyed the opportunity of meeting and learning from each other; discussing, clarifying, and codifying their common goals and disparate experiences; acknowledging the obstacles to success in fight against this silent killer.

Theme of the symposium was "Managing Hypertension Beyond Numbers" helped to illuminate doctor's role in managing hypertension and to help practitioners find ways to be more effective in applying their concepts, tools and experiences. The symposium's participants aimed to combine their knowledge, training, and experience to improve the quality of life. In a word, they aspire to continue the movement that will contribute in making our society and our world a healthier place.

All the participants took full advantage of this opportunity for exhilarating collegial exchange and knowledge-sharing. The Symposium was constructed around six topical sessions scheduled over two days. Each session contained presentations by renowned practitioner, followed by vigorous discussion and debate.



Prof. Hafeez Chaudhary



Editor's Note

Dear members,

The summer edition of newsletter is in your hands, we are thankful to Allah that the 13th annual symposium at Faisalabad concluded successfully. The entire council of PHL wishes to congratulate the organizers for holding an excellent scientific meeting which will be long remembered. The election of the council for a term of four years were held and new council was unanimously elected. I wish to greet the office bearers and hope that each member of the council will continue to work hard and achieve the objectives of PHL. The WHD was observed on 17th May, theme for this year is very catching "Healthy weight, Healthy blood pressure". All chapters of PHL carried out programmes of public awareness on this day. The date and venue of the 14th annual symposium has been fixed at Karachi and preparations in this regards have commenced. Dr. Abdul Rasheed Khan, Prof. Waris Kidwai and their team are planning a mega event in January 2010. I request all the chapters and members to kindly contribute to the forth coming annual symposium. Let us work together and promote the objectives of PHL.

Professor Muhammad Ishaq

**13th PHL Symposium
Faisalabad**

Pre-Symposium Press Conference:

Venue: Serena Hotel, Faisalabad.

PHL arranged a press conference prior to the symposium which was well attended by media personnel. The objective was to highlight the importance and seriousness of this symposium along with the goals and objective of PHL. It was chaired by Prof. Ishaq, Prof. Ejaz Vohra, Prof. Hafeez Chaudhary, Dr. Ejaz Anwar, Dr. Javed Iqbal, Dr. Hamid. The response was over-whelming and well praised.



Patient Awareness Program:

PHL organised a Patient Awareness Program at Serena Faisalabad under the supervision of Dr. Ejaz Anwar, the session was well attended and was moderated by Prof. Ahmed Bilal.



Launch of Hypertension Guidelines:

First National Guidelines on Hypertension were issued in 1998 by Pakistan Hypertension League. A lot of new and significant data has become available since that time which has helped to modify the approach towards the management of hypertension. Thus in the light of new and continuously emerging data there has been a need to bring about new guidelines for the benefit of all concerned. Pakistan Hypertension League and Paksitan Cardiac Society form a collaborative group to produce **National Guidelines for Detection, Prevention, Control and Management of Hypertension.**



PHL launches updated Website:

In the concluding session Prof. Ishaq, Prof. Hafeez and Prof. Nadeem Hayat Malik (President Elect Pakistan Cardiac Society) launched the updated website of PHL.



Pharmaceuticals @ PHL Symposium



Medical update Hypertension and Diabetes

Hypertension is a common finding in the diabetic patient. In Type 1 diabetes (IDDM) hypertension usually develops after renal impairment. The hypertension subsequently accelerates the decrease in renal function. Type 2 diabetes (NIDDM), the adult and most common type of diabetes is associated with obesity. In fact, obesity is involved in the pathogenesis of Type 2 diabetes. The alarming increase in diabetes worldwide coincides with the increased prevalence of obesity.

This combination of diabetes and hypertension is lethal to the cardiovascular system. Strokes, myocardial infarctions, heart failure, and renal failure are all increased in the diabetic patient with hypertension. However, the benefits of treatment are even greater than the benefits of treatment of the non-diabetic hypertensive patient. All studies have emphasized this greater benefit. It appears that higher the risk the greater the benefit from treatment of hypertension. The benefit is also related to the degree of hypertension control. In the United Kingdom Prospective Diabetes Study (UKPDS) 1 "tight" but still not optimal control of blood pressure (mean 144/82 mmHg) compared with usual treatment (154/87 mmHg) resulted

in a 24% reduction in any diabetic complication and a 32% reduction in deaths related to diabetes, primarily myocardial infarctions and strokes. Patients who also had good glucose control had even fewer complications.

The Sixth Report of the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure (JNC VI) set 130/85 mmHg as the treatment goal for hypertensive diabetic patients and as low as 125/75 mmHg for patients with renal insufficiency with proteinuria greater than 1 gram/24 hours. The treatment goal should begin with lifestyle changes, particularly weight reduction in Type 2 diabetes. Weight loss can improve glucose, lipid and blood pressure control. The presence of diabetes, a major risk factor, demands the institution of drug therapy.

Usually, the management of the hypertensive diabetic patient involves a three-prong approach:

(1) Control of blood pressure (2) Control of glucose (3) Control of lipids.

An action that can have a profound long-term effect on the cardiovascular disease rate in a country is PREVENTION: PREVENTION OF OBESITY, the central risk factor that links hypertension – diabetes – dyslipidemia. The key to success is to control obesity at an early age.

www.worldhypertensionleague.org/Pages/Professionals/hypdia.aspx

WORLD HYPERTENSION DAY 2010

The World Hypertension Day (WHD) is celebrated every year on May 17th and was initiated by World Hypertension League. The main goal of WHD is to bring heart disease awareness to public. This is the seventh year of celebrating WHD. This year World Hypertension League has chosen **“Healthy Weight- Healthy Blood Pressure”** as the theme for World Hypertension Day 2010. Keeping in mind that more than 1 Billion adults worldwide are overweight and over 300 million of them are obese, the WHL intends to bring about public awareness of overweight/obesity and its immediate effect on hypertension. As weight has either direct or indirect effect on heart disease, stroke, kidney disease and diabetes.

Pakistan Hypertension League has taken a step further with their corporate supporter PharmEvo (Pvt.) Ltd. to celebrate the World Hypertension Day (WHD 2010) on 17th May 2010, for creating awareness of Hypertension among the general public. PHL chapters all over Pakistan arranged a week long programs including press conference, public awareness sessions, walks, seminars and screening camps in all major towns. Posters, banners and public awareness material (Hypertension Awareness Pamphlets) on this year's theme were also published and placed at all major hospitals and medical colleges throughout the country. The pamphlet contains basic information about hypertension. A special souvenir highlighting this year's theme was also designed and distributed among the doctors.

During Public Awareness Program following tests were conducted and data of the screening population was collected;

- Monitored blood pressure.
- BMI.
- Measurement of body fat.
- Sugar and cholesterol screening.

All chapters of Pakistan Hypertension League (PHL) showed enormous interest in arranging events in their respective areas. The following are the details of programs arranged throughout the country:

Karachi:

Press Conference: Two pre event press conferences were held at Karachi Press Club on April 16th, 2010 and May 15th, 2010. The objective of these press conferences was to involve print and electronic media in creating awareness of Hypertension. All the press members were invited and a press release elaborating the importance of WHD in English and Urdu was distributed after the press conferences. From the press conferences leading cardiologist Prof. Ishaq, Dr. Mansoor Ahmed, Dr. Waris Qidwai and Dr. Abdul Rasheed shared their views. Media gave good coverage of the said event as awareness messages were published in leading news papers and news channels. At Karachi press club blood pressure monitoring and BMI (with measurement of Fat ratio) were also conducted.



Panel of Expert at Press Conference



Media Personnel



Dr. Abdul Rasheed & Prof. Ishaq sharing their views



Screening Camp May 15, 2010 at Karachi Press Club

Scientific Symposium at Abbasi Shaheed Hospital: On May 17th, 2010 a scientific symposium on "Obesity and Hypertension" was organized at Abbasi Shaheed Hospital and the occasion was graced by the presence of leading cardiologists and physicians of Karachi including Dr. Maqbool Jafri, Prof. Ejaz Vohra, Prof. Tahir Hussain, Prof. Abu Noem Farooqui, Dr. Mashood uz Zafar (MS Abbasi Shaheed Hospital), Dr. Abdul Rasheed Khan and Dr. Qaiser Jamal. The speaker enlightened the audience on Metabolic Syndrome, Obesity and current management of Hypertension and Dyslipidemia. Shields were presented to all speakers and certificates to all participants



Prof. Abu Noem Farooqui and Dr. Abdul Rasheed Khan delivering their presentation



Expert Panel in front row with other participants



Public Awareness Program and Screening Camp at Karachi Gymkhana: At Karachi Gymkhana Public Awareness Lecture by Prof. Muhammad Ishaq with blood pressure monitoring and BMI camp (with measurement of Fat ratio) was conducted on May 19th, 2010, response from the audience was over whelming.



Prof. Muhammad Ishaq receiving bouquet from president Karachi Gymkhana



Screening Camp May 19th, at Karachi Gymkhana



Hyderabad:

Public Awareness Program and Screening Camp:

On May 16th, 2010 a public awareness program was conducted by PHL Hyderabad chapter at Sind Museum. This state of the art program was attended by leading cardiologist Prof. Azhar farooqui, Prof. Muhammad Ishaq, Dr. Bashir Hanif , Dr. Abdul Rasheed from Karachi and Shaukat Jawaid of PULSE Medical News on invitation of Prof. Feroz Memon coordinator PHL Hyderabad Chapter. Public awareness presentation were delivered by Dr. Nand Lal, Dr. Fazal and Dr. Bashir Hanif which was followed by a highly interactive question and answer session, audience were presented with gifts for answering about Hypertension.



Prof. Feroz Memon, Prof. Muhammad Ishaq and Dr. Bashir Hanif delivering Awareness Lectures



Prof. Muhammad Ishaq, Prof. Azhar Farooqui and Dr. Fazal sharing their views with electronic media on WHD

Larkana:

Public Awareness Program and Walk:

On May 17th, 2010 a public awareness program and walk was conducted by PHL Larkana chapter at Chandka Medical College. This program was started with an awareness walk from CCU to the auditorium where public awareness program took place. In this program presentations were given by Dr. Jawaid Akbar Sial and Prof. Saeed Sangi while all the leading medical specialist Dr. Zulfiqar Ali Sail, Dr. Alam Ibrahim, Dr. Akbar Solangi and Dr. Hakim Ali Abro were also present.



Walk with Umbrella at CMC Larkana

Rahim Yar Khan:

Public Awareness Program and Walk:

On May 17th, 2010 a public awareness program and walk was conducted at Shiekh Zaid Medical College Rahim Yar Khan. This program was started with walk from CCU to auditorium and public awareness program took place at SZMC auditorium. Patient awareness skits were also performed by the final year medical students at the program. All leading medical specialists of Rahim Yar Khan which includes Prof. Naeem Aslam, Dr. Faiz ul Hassan, Dr. Abdul Karim, Dr. Shaukat Ali Raho and Dr. Jamil ur Rehman attended this program.



Walk at SZMC Rahim Yar Khan



Speakers and Expert Panel Public Awareness Program SZMC

Lahore:

Public Awareness Program and Screening Camp: World hypertension day celebrated on 15th May in Sheikh Zayed Hospital, under the supervision of Prof. Saulat Siddiq (Coordinator PHL Lahore Chapter). Two main activities were done on the same day, screening camp to measure Blood Pressure and cholesterol screening, followed by patient awareness program. Chairman of Sheikh Zayed Hosp Prof. Anwar A Khan was also present during this activity.



Cholesterol Screening and Blood Pressure monitoring at S.Z Hospital

Participants at seminar

Panel of Experts during Seminar

Faisalabad:

Public Awareness walk: On 17th May 2010 World Hypertension Day was celebrated by Prof. Abdul Hafeez Chaudhary with a public awareness walk and screening camp at Punjab Medical College. Walk started from Principal's office that was attended by all the senior & junior doctors, public and media people. In the end Prof Abdul Hafeez Chaudhary and Principal PMC delivered their speeches in context of World Hypertension Day.



Participant at Public Awareness walk (PMC)

Islamabad:

Public Awareness program: On 17th May World Hypertension Day was also celebrated at Federal Government Services Hospital Islamabad. This program was attended by doctors, nursing staff, patients and general public. Speakers Dr. Shahbaz Kureshi, Dr. Ali Raza Kazmi and Dr. Shokat Malik enlightened the audience on obesity & metabolic syndrome and what life style modification is required to control hypertension. Shields were presented to speakers and panel of experts. Print and electronic media was also present to cover the said program.



Audience and shield distribution at the program

Dr. Shabaz Kureshi with program speakers

Election for PHL Council

Election of PHL council were held at Hotel Serena Faisalabad. Following office bearers were elected for a term of 4 years at the general body meeting on 27th February 2010.

President :

Prof. Mohammad Ishaq

Vice President:

Prof. Feroz Memon

General Secretary:

Prof. Abdul Hafeez Chaudhary

Treasurer:

Prof. Mansoor Ahmad

Joint Secretary:

Dr. Bashir Hanif

Chairman Scientific Committee:

Dr. Maqbool H. Jafary

Chairman CME:

Prof. Ejaz A Vohra

Calendar

23rd Scientific Meeting of the International Society of Hypertension

September 26-30, 2010
Vancouver, Canada

Information: Sea to Sky Meeting Management
Suite 206, 201 Bewicke Avenue
North Vancouver, BC
Canada V7M 3M7
Fax: (+1-604) 984-6434

Website: <http://vancouverhypertension2010.com>

7th World Congress of the International Society for the Study of Hypertension in Pregnancy

October 3-6, 2010

Melbourne, Australia

Information: arinex pty limited
91-97 Islington Street

Collingwood, Vic 3066, Australia
Fax: (+61-3) 9417 0899

E-mail: isshp2010@arinex.com.au

2nd World Health Summit "Transition – Translation – Transformation"

Prof. S. Smith (Imperial College, London)
October 10-13, 2010
Berlin, Germany

Information: Simone Leiske, K.I.T. Group
E-mail: secretariat@worldhealthsummit.org
Website: <http://www.worldhealthsummit.org>

7th World Stroke Congress

October 13-16, 2010

Seoul, Korea

Information: Kenes International
1-3, Rue de Chantepoulet
1211 Geneva, Switzerland
Fax: (+41-22) 906 9140

E-mail: stroke@kenes.com

26th National Cardiology Congress of the Turkish Society of Cardiology

October 21-24, 2010

Istanbul, Turkey

Information: Ilkay Gucuk
Global Turizm Organizasyon
Nispetiye Cad. Durak Ap. No. 24 D:12.1
Levent Istanbul, Turkey
Fax: (+92-212) 268 1841

E-mail: ilkay.gucuk@globalturizm.com.tr

14th PHL Symposium 2011

14th - 16th Jan

Karachi

Organised by:

Pakistan Hypertension League, Karachi Chapter.

Convener:

Dr. Abdul Rasheed Khan

Have a healthy & blessed Ramadan

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Supported by:

An educational grant from
PharmEvo (Pvt) Limited.

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