

**11TH ANNUAL SYMPOSIUM
27TH-28TH OCTOBER 2007**



PHL • NEWSLETTER

Information from the Pakistan Hypertension League
an Official Member of World Hypertension League (ISH/WHO)
Winter 2007

MESSAGE



Chief Justice Peshawar High Court Justice Tariq Pervez, Present in Pakistan Hypertension League Symposium

It gives me great pleasure to welcome & greet the delegates to the 11th Annual Symposium of Pakistan Hypertension League to be held at Quetta from 27-28 October 2007.

Hypertension is the commonest chronic illness affecting about 20% of the adult population. This gigantic public health problem needs integrated efforts of Physicians in particular Family Physicians, & the societies like Pakistan Hypertension League & the public at large.

Being a silent disease public awareness is the key to the whole issue PHL is proud to have taken this challenging task & has created significant awareness both among physician & the public through its educational programmes. This symposium is yet another milestone in our efforts to high problem & exchange views on the subject.

It is a matter of great pride for me, the founding members & council of the PHL to see the PHL progressing over the past decade. To day with the grace of Allah ten regional chapters are functioning through out the country & playing their role in the fight against the menace of Hypertension.

New chapter are expected to be inaugurated at Muzaffarabad, Saidu Sharif & Larkana.

World Hypertension Day (WHD) was observed on 13-05-07 all over the Pakistan with great enthusiasm. Hypertension guidelines are under constant review & the PHL scientific committee will soon publish the guidelines.

This is the second time that we will be enjoying the stay hospitality so unique of Balochistan. I congratulate Prof. Abid Amin convener of 11th Annual Symposium of PHL & his team for their dedication & hard work in organizing the symposium in a befitting manners. I hope the delegates will find the symposium productive and their stay enjoyable.

An elaborate scientific programme has been chalked out which I am sure will enhance our knowledge & understanding of the subject.

I am sure the social programme will attract the delegates & give an insight to this historic & hospitable region. To conclude I pray for the success of the symposium. May Allah bless our efforts towards the cause of PHL & guide us in our future endeavors.

I am thankful to all the worthy members, Chapter coordinators & secretarial staff for their continuing support and sincere efforts.

Pakistan Zindabad.
PHL Paindabad.

(Prof. Mohammad Ishaq)
President
Pakistan Hypertension League

**Message From
WORLD HYPERTENSION**

LEAGUE



As Secretary of the International Society of Hypertension, we are aware of the meeting of the Pakistan Hypertension League which will take place in Quetta, Pakistan in October 2007. We wish all of our colleagues in Pakistan fruitful and productive conference and hope that in coming together, members of the Pakistan Hypertension League will discuss best practice and topics of research interest which will lead to increasing collaborative links and the collegiate spirit in which cardiovascular disease prevention is always best practised.

Anthony Heagerty

A. M. Heagerty
Professor of Medicine
Secretary, International Society of Hypertension

**10th Annual Symposium On
Hypertension**

To highlight the activities of Pakistan Hypertension League, 10th Annual Symposium on Hypertension was organized by Peshawar Chapter on 4-5 November, 2006 at Hotel Pearl Continental Peshawar. The Symposium was arranged as per programme:-

**(a) PUBLIC AWARENESS
PROGRAMME:**

Public Awareness Session Was arranged on 4th November, 2006 at 10:00 am for creating awareness. It was presided over by Provincial Health Minister Mr. Inayatullah Khan and District Nazim Haji Ghulam Ali was Guest of Honour on this occasion. It was very successful Session attended by more than 300 participants, Specialists/ Professionals and General Public. The following were Specialist Speakers on this occasion:-

- (i) **Prof. Dr. Muhammad Ishaq**
"Hypertension: a serious problem"
- (ii) **Prof. Dr. M. Hafizullah**
"Diabetes Mellitus"
- (iii) **Prof. Dr. Abdul Hafiz Choudhry**
"Smoking"
- (iv) **Prof. Dr. S. Kiramat Ali Shah**
"Obesity"

At the end Question / Answer Session was arranged.

(b) INAUGURATION:

The symposium was by Chief Justice, Peshawar High Court Mr. Justice Tariq Pervez on 4th November, 2006 at 3:00 pm. Dr. Saeed ul Majeed, Convenor presented welcome address. Prof. Dr. M. Hafizullah, Chairman Organizing Committee presented a paper on "Hypertension as Silent Killer" whereas Prof. Dr. Abdul Hafiz Choudhry, General Secretary, Pakistan Hypertension League presented Annual report of the League. Keynote address was presented by Prof. Dr. Muhammad Ishaq, President Pakistan Hypertension League. It was well attended by 250 participants, Cardiologists, General Practitioners, Gynecologists, Pediatricians, Pharmaceuticals, Public Leaders and Journalists from all over the country.

(c) EXHIBITION

An exhibition was arranged by Pharmaceuticals. 24 stalls were installed where Hospitality Suits and other entertainments were also arranged.

(d) BANQUET DINNER

Banquet Dinner was arranged at Qilla Bala Hisar, the historic place of Peshawar for Guests where Khattak Dance by Frontier Crop People was performed.

(e) SCIENTIFIC SESSION

On 2nd day i.e. 5th November, 2006 three Scientific Sessions were arranged in which Specialists Cardiologists presented their paper. At the end Shields were given to all Speakers, Chairmen and Co-Chairmen of Sessions.



PESHAWAR CHAPTER

Pakistan Hypertension League Peshawar Chapter started its activities in June, 1998, since its inception, Peshawar Chapter has been conducting comprehensive Screening Programmes, Training Programmes, Public Health Education and preventive strategies for control of Hypertension in NWFP.

To extend its activities Peshawar Chapter in collaboration with College of Family Medicine NWFP is engaged services of Lectures on Hypertension for Family Physicians. In this connection the following lectures were arranged.

- | | |
|------------|--|
| 14-12-2006 | Walsortan BP and Reactive Practice
Prof. Dr. Hafizullah |
| 20-01-2007 | Stable Angina
Prof. Dr. Hafizullah |
| 23-01-2007 | New Trend-Management of Dyslipitamia
Prof. Dr. Hafizullah |
| 10-04-2007 | Involving Strategies and Cardio Vascular Risk
Dr. Riaz Ahmad (Manchester) |
| 17-04-2007 | Recent Guidelines of BHS for management of Hypertension
Dr. Hikmatullah Jan |

World Hypertension Day was celebrated on 17th May 2007, in this connection three Camps were arranged at the following places:

- (a) Peshawar High Court
- (b) District & Session Court
- (c) Cantonment General Hospital

340 patients attended these Camps out of which 90 were declared as Hypertensive.

On 18th May, 2007 a Seminar was also arranged at University of Peshawar. Near about 400 Students attended this Seminar. Introduction of Pakistan Hypertension League was presented by Dr. Saeed ul Majeed and Paper "Hypertension as Silent Killer" was presented by Prof. Dr. M. Hafizullah. At the end Peshawar university officials and students organization declared university area a "SMOKE FREE ZONE".

World No-Tobacco day was also celebrated on 31st May, 2007 by college of family medicine with collaboration with Pakistan Cardiac Society, Pakistan Anti Smoking Society, Pakistan Hypertension League, Provincial T.B. control programme and NWFP T.B. Association. In this connection One Day Symposium was arranged at Lady Reading Hospital Auditorium. Welcome address was presented by Dr. Saeed ul Majeed and the following were the Speakers.

- a) Prof. Dr. Sher Muhammad Khan
- b) Prof. D. Arshad Javed
- c) Prof. Dr. M. Hafizullah
- d) Dr. Mukhtar Zaman Afridi
- e) Dr. Abdul Ghafoor

All Speakers highlight the Bad Effect of smoking at its related diseases specially Hypertension, Cancer and T.B.

Mr. Raza Ullah Khan, Deputy District Nazim was Chief Guest at this occasion.

Dr. Saeed ul Majeed T.I.
Convener

HYDERABAD CHAPTER

This year, apart from regular CME programmes on Hypertension, Hyderabad Chapter also observed a full week of awareness programmes. On world Hypertension day (19th May-2007).

- I. On 17th May, senior consultants and family physicians of Hyderabad city were involved in workshop to generate interest in life style modification and management strategy of HT by Prof. Feroz Memon.
- II. On 18th May, Prof. Rasheed Shaikh Consultant Nephrologist discussed renal complications of Hypertension and gave detailed presentation to the non-medical faculty and graduates of Isra University Hyderabad.
- III. On 19th May, Hypertension awareness programme was arranged in city of HALA and Prof. Feroz Memon gave talk to the Family physicians of the city.

IV. On 20th May, Dr. Fazal Rehman Consultant Cardiologist gave a very informative presentation to his staff of Hilal Ahmer cardiac Hospital and GP of the area and stressed upon continuation of treatment in Hypertension.

The chapter really had a successful week on creating Hypertension awareness for family physicians and public interest.

The chapter also organized public interest lectures for employees of Sui Gas Corporation in Feb-2007, and for general public in Tando Allahyar April 2007.



Professor Feroz Memon
Prof. of Cardiology Isra University &
Coordinator Hyderabad Chapter

ABBOTTABAD CHAPTER

Pakistan Hypertension League, Abbottabad Chapter maintained its activities this year as well. A Public Awareness Program on Hypertension August, 2007, was organized by the Abbottabad Chapter in collaboration with the Department of Cardiology, Ayub Medical Institutions Abbottabad.

The activity was inaugurated by the Chief Executive, Ayub Medical Institutions, Prof. Dr. Zia ur Rehman and Medical Superintendent Dr. Sajjad Hussain.

Hypertension awareness and screening camp was conducted under supervision of Chapter coordinator and other office bearers and members of PHL Abbottabad Chapter. It included the following.

1. Establishment of numerous Blood Pressure Checking Points in the premises of Ayub Teaching Hospital, Abbottabad.
2. A check point for women, supervised by Prof. Aziz un Nisa was established where they were counseled on hypertension and related women problems especially pregnancy.
3. Free screening of the following parameters:-
 1. S. Cholesterol and TG
 2. Blood Sugar
 3. Micro Albumenuria
 4. BMI

More than 300 persons from General Public and referrals were screened and counseled.

5. Printed awareness material was distributed amongst the screened persons and other interested ones.
6. Coverage by local print media.

The activity was lauded by the public, patients and administration of the institution, successfully coming to end.

Pakistan Hypertension League Abbottabad Chapter would like to acknowledge and express its gratitude for exclusive sponsorship by MACTOR, International Pharmaceutical with special thanks to Mr. Iftikhar Raza,

Head of Cardio metabolic Division
Mactor International for his personal
interest.



Maj. (R) Dr. Mumtaz Ahmad
Chapter Secretary

MIRPURKHAS CHAPTER

PHL Mirpurkhas chapter conducted following activities in 2006-2007. A Scientific programme was arranged in collaboration of PMA Umerkot in which large numbers of Doctors attended the seminar, lecture was delivered by PHL coordinator Dr. Didar Hussain Gajoo on the topic of current trends in the management of Hypertension.

A round table conference with notable Doctors of Mirpurkhas was held on January 2007 in which various aspects of Hypertension were discussed at Hotel City Mirpurkhas in collaboration of MSD Pharmaceutical.

May 2007 scientific lecture was arranged in Mirpurkhas with collaboration of Events pharmaceutical, Secretary PHL Chapter Mirpurkhas Dr. Akram Sultan delivered lecture on Management of Hypertension notable doctors attended the conference.

A general awareness programme on Hypertension was arranged in collaboration of District Government Mirpurkhas on 13-06-07 at Aisha Socio Economic Center Mirpurkhas when 400 lady teachers, social workers & students attended seminar Dr. Didar Hussain

Gajoo has delivered comprehensive lecture on the topic.

Hypertension updates & its management was arranged on 29th July 2007, at Jhudo town in which notable Doctors attended seminar Dr. Didar Hussain Gajoo was guest speaker, programme was sponsored by Merck Pharmaceutical.

A get-together dinner was arranged on 6th September 2007 in collaboration of Pharma Evo Pharmaceutical in which members of PHL & Doctors of Mirpurkhas attended this meeting. Dr. Didar Hussain Gajoo Coordination of PHL chapter Mirpurkhas, Dr. Akram Sultan Secretary of PHL Mirpurkhas spoke on the occasion and briefed the activities of PHL Chapter Mirpurkhas, Civil Surgeon Civil Hospital Mirpurkhas Dr. Roshan Bhatti and Dr. Tariq Arain General Secretary of PMA Mirpurkhas attended the meeting.

The Inaugural ceremony of newly renovated building of Cardiology Department was held on 10th September 2007, Honourable Minister for Excise and Taxation Mr. Shabbir Ahmed Qaimkhani was the guest of Honour, who donated from his MPA fund Rs. 4.4 Million for this project, the organizers of PHL Mirpurkhas Chapter Coordinator Dr. Didar Hussain Gajoo, Dr. Akram Sultan Secretary PHL Mirpurkhas and Dr. Roshan Ali Bhatti Civil Surgeon Civil Hospital Mirpurkhas, spoke on the occasion in which large number of the public of Mirpurkhas attended this event.



Dr. Didar Hussain Gajoo
Coordinate PHL Chapter Mirpurkhas

Ambulatory Blood Monitoring: Is it a Clinically Important Assessment Tool?

By: Dr. Aamir Hameed

Blood pressure has emerged as one of the most often measured clinical signs. The clinic or office BP measurement has remained the gold standard for diagnosis and treatment of hypertension, which remains probably the most important risk factor for coronary heart disease. It was during the latter half of the last century that physicians discovered a problem with office measured BP because no matter how correctly the readings were taken there was a chance of over estimation. They came across a phenomenon where the subjects had higher office readings compared to readings at home, which remained in the normal range. This they defined as "white coat hypertension". This effect was noted both in the new onset hypertension and also in the treated hypertensives. Meta-analyses have defined this effect to be present in around 15 to 20% of people. To study this phenomenon a device was developed, which made it possible for readings to be taken at regular interval over a 24 hours period. Thus giving readings at different times of the day (diurnal variation), under different circumstances (stress, exercise or symptoms) and would provide a mean blood pressure with heart rate. Therefore a wealth of data could be collected providing material for research. At the time it was a research tool but later it came into clinical practice and opened for us new horizons into the understanding of blood pressure and related diseases like chronic renal failure, heart failure, stroke, pregnancy induced hypertension to mention few.

ABP monitoring is done by selecting an appropriately sized cuff, which is put on the arm which has the higher BP or in case of equal BP on the non-dominant arm for ease of movement.

Readings are taken at 30 minutes intervals. Patient is taught to keep arm still and at the heart level during measurement. Around 48 readings are taken. At least 80 to 85% successful readings are accepted for interpretation of the study. Blood pressure minimum, maximum and mean readings are measured. All persons should have BP decrease at night called the "nocturnal dip", which is calculated. When subjects have a normal range mean BP but over 30% of the readings fall in the hypertensive range then it is said that these people have a significant "hypertension load". Likewise the first 30 minutes of the readings (the white coat hypertension window) are noted and if these are found to be high and the rest of the readings are normal the person is said to have white coat hypertension and also excessive morning rise in BP is also of clinical consequence.

There is now convincing evidence that white coat hypertension, loss of nocturnal dip in BP, significant hypertension load, morning BP surge are markers of target organ injury and adverse clinical outcomes and should be checked in hypertensive patients. Though the test may seem expensive as a one time test but evidence suggests that in the long term it is a very cost effective test both because of prevention of end organ disease and also in avoidance of over treatment of the white coat hypertensive patients. The groups that benefit from this modality are white coat hypertensives, diabetics, pregnancy induced hypertensives, vascular/CHD. chronic renal failure patients, and patients on medication who have poor control, variable BP or are symptomatic. It is time to this modality much more than its current use, which is clear underutilization.

ESH - ISH Joint Meeting 2008

CARDIOLOGY CALENDAR

Hypertension 2008, the joint congress bringing together delegates for the 18th Scientific Meeting of the European Society of Hypertension and the 22nd Scientific Meeting of the International Society of Hypertension, to be held in Berlin, Germany, from June 14 to 19, 2008.

Date	Title	City / Country
November 04 - 07, 2007	American Heart Association Scientific Session 2007	Orange County Convention Center - Orlando, FL
November 16 - 19, 2007	6th Asian-Pacific Congress of Hypertension, and 9th International Symposium, on Hypertension and Related Diseases http://www.apsh2007.com/	Beijing, China
December 13 - 16, 2007	The 16th Asian Pacific Congress of Cardiology http://www.apcc2007.org/	Taipei, Taiwan
January 31 - February 3, 2008	4th Asian Pacific Congress of Heart Failure www.apchf.com.au/	Melbourne, Australia
February 12 - 14, 2008	World Heart Failure Congress 2008 http://www.whfc2008.uaeu.ac.ae/	Al-Ain- United Arab Emirates
February 20 - 22, 2008	International Stroke Conference 2008	New Orleans, La.
February 29 - March 02, 2008	The 5th SAARC Congress of Cardiology http://www.slheart.org/cardiology.html	Colombo, Sri Lanka
March 06 - 08, 2008	2nd International Conference on Hypertension, Lipids, Diabetes and Stroke Prevention http://www.kenes.com/strokeprevention/	Prague, Czech Republic
March 11 - 15, 2008	Joint Conference - 48th Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism http://www.americanheart.org/presenter.jhtml?identifier=3046690	Colorado Springs, CO
March 11 - 15, 2008	Basic Cardiovascular Sciences Conference 2008 - Heart Failure: Molecular Mechanisms and Therapeutic Targets http://www.americanheart.org/presenter.jhtml?identifier=3049806	Keystone, CO
March 29 - April 1, 2008	ACC.08: 57th Annual Scientific Session http://www.acc08.acc.org/Pages/default.aspx	Chicago
April 02 - 05, 2008	1st International Congress on Prehypertension & Cardiometabolic Risk www.kenes.com/prehypertension	Prague, Czech Republic
May 13 - 16, 2008	EuroPCR 2008	Barcelona, Spain
May 18 - 21, 2008	World Congress of Cardiology 2008 http://www.worldcardiocongress.org/lp/WCC08/BA2008?1=1	Buenos Aires, Argentina
June 14 - 19, 2008	22nd Scientific Meeting of the International Society of Hypertension and 18th Meeting of the European Society of Hypertension www.hypertension2008.com	Berlin, Germany
July 03 - 06, 2008	The World Congress on Controversies in Cardiovascular Diseases http://www.comtecmed.com/ccare/	Berlin, Germany
July 28 - 31, 2008	Basic Cardiovascular Sciences Conference 2008 - Heart Failure: Molecular Mechanisms and Therapeutic Targets	Keystone Conference Center - Keystone, CO
October 30 - Nov. 02, 2008	2nd World Congress on Controversies in Diabetes, Obesity and Hypertension http://www.codhy.com/	Barcelona, Spain

Editor: Dr. Tazeen Jafar, Assistant Editor: Dr. Aamir Hameed, Editorial Board: Prof. Tariq Nishtar, Prof. Nazir Ahmed Memon, Dr. Ishtiaq Rasool, Dr. Bashir Hanif, Mr. Nusrat Nasarullah, Published for: PHL, Central Secretariat Karachi by Mr. Asad Mirza Publication Manager supported by an educational grant from Getz Pharma.
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