

By the grace of Almighty Allah, **16th PHL Annual Symposium** was held from 8th -10th February 2013 at Hyderabad. **Prof. Dr. Feroz Memon** was the Convener and **Dr. Fazal Rehman Memon** was the Secretary of the symposium. About 862 doctors from different specialties were registered for the symposium.

The program started with **Public Awareness Program** on 8th February 2013 at Sindh Museum Hyderabad which was attended by about 500 people from different walks of life. **Prof. Azhar Masood A. Faruqi** and **Prof. Mohammad Ishaq** delivered awareness lectures for the prevention, early diagnosis and treatment of Hypertension which was followed by awareness skit in which hazards of Smoking, Tobacco Chewing (Like Gutka & Paan), Unhealthy diet and Sedentary life style were highlighted. In the end of this program Questions were asked by the general public which were Answered by the expert cardiologists.

The **Inauguration** of the Symposium was held on 8th February 2013 at Hotel Indus Hyderabad which was attended by more than 700 guests with our worthy Chief Guest **Mrs. Mehtab Akbar Rashdi**. **Prof. Feroz Memon** gave a warm welcome speech which reflected the Sindhi tradition of hospitality. **Prof. Mohammad Ishaq** (President Pakistan Hypertension League) in his speech explained the burden of the Hypertension in Pakistan and role of Pakistan Hypertension League in reducing that burden. **Prof. Abdul Hafeez Chaudhry** (General Secretary Pakistan Hypertension League) presented the report of Pakistan Hypertension League for the year 2012. Mrs. Mehtab Akbar Rashdi in her speech acknowledged the role of Pakistan Hypertension League and emphasized the audience to play their

role in reducing the incidence of Hypertension. This program also represented different cultures of Pakistan and showed unity amongst them in the shape of cultural songs which were very much appreciated by the guests. In the end **Dr. Fazal Rehman Memon** gave the vote of thanks to the faculty members, organizers and the audience.

The **Scientific Sessions** commenced on 9th February 2013 at Hotel Indus Hyderabad. About 42 Speakers and Expert Panelists participated in these sessions and presented their research papers. The Scientific session started with the Aspirin Session in which **Prof. M. Akbar Choudhry** elaborated the **Role of Aspirin in Hypertension**. There were about 10 sessions in which Debate Sessions became very popular amongst the participants. About 42 scientific papers were presented which were well attended by the participants. **Dr. Syed Imran Ahmad** and **Dr. Khawar Abbas Kazmi** had a debate on “**Beta blockers; Still a viable option for Hypertension**” whereas **Dr. Bashir Hanif** and **Dr. Shahbaz Ahmed Kureshi** debated on “**Improving Survival; ACEi v/s ARB’s**”. The participants voted for and against the motion in the end of each debate by which the debate sessions became very lively. The sessions were very informative and helped in disseminating the updated knowledge regarding Hypertension and associated diseases.

A **Hypertension Workshop** was also conducted by **Dr. Khawar Abbas Kazmi** in which about 35 doctors from different specialties participated.

The legendary physician **Prof. S. M. Rab** also delivered a lecture on ‘**Leave a Legacy**’ which gave a sense of responsibility to all the doctors and health care providers.

The symposium was concluded on 10th February 2013 with the vote of thanks by **Dr. Fazal Rehman Memon** and a standing ovation with the round of applause for the efforts made by **Prof. Dr. Feroz Memon** in convening such a huge & successful symposium.