



**CARDIAC CENTRE
PAKISTAN INSTITUTE OF MEDICAL SCIENCES
G-8/3, ISLAMABAD**



No. F.1-1/2024(HOD-CC)/PIMS

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**Report on World Hypertension Day 2024 Celebration at Cardiac Centre, PIMS,
Islamabad**

Date: 18th May 2024

Location: Cardiac Centre, Pakistan Institute of Medical Sciences (PIMS), Islamabad



Overview

The Cardiac Centre at PIMS, Islamabad, commemorated World Hypertension Day on 18th May 2024 with a series of activities aimed at raising awareness about hypertension and its impact on health. The event featured an awareness walk and a seminar with distinguished speakers presenting on various aspects of hypertension.





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Awareness Walk

The day began with an awareness walk in front of the Cardiac Centre. Participants included faculty members, hospital executive director, medical professionals, students, patients, and the general public. The walk aimed to highlight the importance of regular blood pressure monitoring and lifestyle modifications in preventing and managing hypertension.



Seminar: Following the awareness walk, a seminar was held in the Cardiac Auditorium. The seminar was inaugurated with a welcome note by the Head of the Department of Cardiology Professor Dr. Mohammad Naem Malik. The keynote speakers were experts in their respective fields, who presented on the following topics:





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Prof. Jai Krishan: Hypertension in Children

Prof. Krishan emphasized the increasing prevalence of hypertension in children, its risk factors, and the importance of early detection and management to prevent long-term health complications.



Prof. Shifa'at Khatoon: Hypertension in Women

Prof. Khatoon discussed the unique aspects of hypertension in women, including hormonal influences, pregnancy-related hypertension, and the need for gender-specific treatment approaches.

Prof. Mazhar Badshah: Stroke and Hypertension

Prof. Badshah highlighted the strong correlation between hypertension and stroke, stressing the importance of controlling blood pressure to reduce the risk of stroke.



Prof. Atif Inam Shami: Hypertension and Bariatric Surgery



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Prof. Shami presented on how bariatric surgery can be an effective intervention for obese patients with hypertension, leading to significant improvements in blood pressure control. This was a one of its kind lecture since no one has ever included talks on such curative approaches in their Hypertension day activities.

Dr. Shahana Arshi: Hypertension and Kidney Disease

Dr. Arshi explained the bidirectional relationship between hypertension and kidney disease, underscoring the need for integrated care to manage both conditions effectively.



Dr. Fazlul Aziz Mian: Hypertension Prevalence in Pakistan

Dr. Mian provided an overview of the epidemiology of hypertension in Pakistan, discussing the current statistics, risk factors prevalent in the population, and public health strategies needed to address the issue.





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Conclusion

The seminar concluded with the distribution of tokens of gratitude to the speakers, recognizing their valuable contributions to the event and the ongoing fight against hypertension. The celebration of World Hypertension Day at PIMS, Islamabad, was a resounding success, bringing attention to a critical public health issue and fostering community engagement and education on hypertension management and prevention.

(PROF. DR. MOHAMMAD NAEEM MALIK)
Chairman/Head of Cardiac Centre,
PIMS, Islamabad.