



SPRING 2025

Affiliated with World Hypertension League and
International Society of Hypertension

PHL NEWSLETTER

Information from **Pakistan Hypertension League**
An official member of **World Hypertension League** (ISH/WHO)



Inauguration of 27th Symposium, September, 2024 Multan

EDITOR'S NOTE



It gives me immense pleasure to present this summer edition of PHL newsletter. A lot has happened since we published our last newsletter. One of the most remarkable achievements have been the Hypertension management courses conducted at various cities to educate our junior colleagues and Family physicians. For this landmark activity I wish to complement all the members of PHL, in particular Dr. Saira Bukhari and Dr. Mashooq Ali Dasti. These courses have become very popular as shown by the enthusiasm of participants. I am grateful to all the Faculty members for sparing their valuable time and expertise. PHL had signed MOUs with our Pharma friends Getz and Atco to indulge in joint academic endeavours. New chapter have been inaugurated by the President Prof Kashif Ali Hashmi, expanding the sphere of our struggle against the silent killer. PHL chapters across the country have conducted activities notably the world hypertension day in memorable way. Some of activities are shown in the newsletter. Soon we will be meeting at Lahore to attend our **28th annual symposium**. Prof. Qazi Abdul Saboor has planned an excellent scientific program. I request all the chapter co ordinators and members to participate in the symposium and contribute to its success.

Pakistan Zindabad,
PHL Painsdabad.

Prof. Mohammad Ishaq



Dear Colleagues
Assalam o Alaikum,

It is with immense pride and a deep sense of responsibility that I welcome you all to the **28th Annual Symposium of the Pakistan Hypertension League**, being held in the vibrant city of Lahore.

This year's symposium is more than just a gathering of medical minds—it is a reaffirmation of our shared commitment to tackling one of the most pressing public health challenges of our time: hypertension. Despite being a preventable and manageable condition, hypertension remains the silent killer in our communities, often going undiagnosed and untreated.

The theme of this year's symposium reflects our resolve to integrate **research, innovation, and practical strategies** into our daily clinical practice. As we bring together cardiologists, general practitioners, public health experts, and researchers, our goal is not only to update knowledge but to inspire collaborative action across Pakistan and beyond.

We are especially proud to feature dedicated sessions on **early detection, primary care integration, digital health tools, and lifestyle-based interventions**—all aligned with global best practices but rooted in local realities.

I express my heartfelt gratitude to the organizing committee, our scientific faculty, industry partners, and each participant who makes this forum a beacon of learning and leadership. Let this event not only enhance our clinical understanding but also ignite the passion to bring about meaningful change in the lives of millions affected by hypertension.

I also take this opportunity to congratulate all members of the Pakistan Hypertension League, as this year World Hypertension League awarded the Excellence Award in global control of Hypertension to the Pakistan Hypertension League, an Honor for all members of PHL. Together, let us continue to lead the fight for a **healthier, heart-safe Pakistan**.

Warm regards,

Prof. Dr. Kashif Ali Hashmi

President, Pakistan Hypertension League



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MESSAGE



It gives me immense pleasure to welcome you all at 28th PHL conference which is going to be held in Lahore from 19th September to 21st September.

The theme of this conference is Manage Hypertension, protect your health.

As we know that Hypertension is silent killer and awareness in the public is of vital importance.

I hope that this symposium will help us in getting new ideas and stir new enthusiasm in health care providers to modify their clinical practice.

I congratulate the organizing committee for their hard work to make this event possible.

Once again on behalf of PHL council I welcome you to the Historical city of Lahore. God bless you all.

Best Regards,

Dr. Matiullah Khan

Secretary General PHL.



ISH MODULAR COURSES

The year 2025 has been a remarkable year in terms of Pakistan Hypertension League (PHL) academic activities. The Council, Patron and Academic Leads were keen to increase the outreach and inclusivity of the academic courses conducted by the PHL, while emphasizing on quality and the latest information on hypertension management.

In this regard, the PHL's signature International Society of Hypertension (ISH) modular course was first re-accredited by the ISH. It was then decided that the PHL would endeavor to conduct one course in each province of Pakistan.

The alternative European Society of Hypertension (ESH) modular course, which is a shorter course, was also offered to the Chapter Coordinators of relatively smaller cities, to increase access to quality education, while catering for logistic constraints.

The first course was initiated by President Prof. Kashif Hashmi in Multan, in January 2025. Each course is unique in that there are pretests and posttests, as well as a final exit exam at the end of the course. Successful participants must fulfill the criteria of acceptable attendance and passing the final exam. The course in Multan was concluded in May 2025 with a grand certificate distribution ceremony.

The second course was initiated in Karachi, by Vice-President Dr. Syedah Saira Bokhari, in April 2025, which concluded in July 2025. This course catered to Internal Medicine residents, general practitioners and cardiologists. The course was conducted in the PHL Secretariat in Karachi and was taught by many luminaries of Cardiology, thus continuing the legacy of the PHL/ISH course in Karachi.

After the successful launch of the courses in Multan and Karachi, the need to spread the course to other parts of the country was strongly felt. Many Chapter Coordinators and Council Members were keen to conduct the course in their city.

Joint Secretary of PHL Dr. Mashooq Dasti was the next visionary to conduct this course in Sehwan Sharif. The PHL is particularly proud of this effort, as it matches the vision of the PHL to be inclusive of all regions of Pakistan and not remain an organization that only caters to larger cities.

The course was initiated in May and successfully completed in July 2025. It was well attended by prominent general practitioners of the region, with participants hailing from over 100 km away and including doctors from Mehar, Johi, Dadu, Bhan Saeedabad and Naushero Feroz. The final certificate ceremony was well attended by many senior luminaries of Cardiology.

Dr. Huma Tareen (former Joint Secretary and Chapter Coordinator, Quetta) was the next to conduct the ESH course in Quetta. The course was initiated in June and concluded in July.

This course was well attended by many general physicians and other doctors from Quetta and neighboring regions. The efforts of the PHL were greatly lauded and the organizers were requested to continue such activities in the future as well.

It is worth noting that this the second consecutive year that the ESH course has been conducted in Quetta, highlighting the efforts of the Quetta Chapter and Coordinator and their continued willingness to carry on the message of quality education in Baluchistan.

The next ISH/PHL course was the well conducted and well attended course in Hyderabad. This was spearheaded by Prof. Shoukat Memon, under the patronage of Prof. Feroz Memon. This Course concluded in July 2025 and was also saw a gathering of many stars and stalwarts of Sindh, PHL and Cardiology.

It would be amiss to not mention the efforts of our industry sponsors Atco Pharmaceuticals and Getz Pharmaceuticals, who labored to arrange and coordinate the many courses that were conducted during this period. It is also worth mentioning that there are requests and plans to conduct the Course in Peshawar, Nawabshah and Tando Allah Yar. We hope that the message of quality education for all, a pillar of the ideals on which PHL was built, will continue in successive years.

Our participants lauded the efforts of the organizers and gave some very important feedback including requests to engage them in further courses, conduct refresher courses during the year and to spread the course to other regions. Some faculty members who were speakers during the course, wished to conduct it in their cities as well.

We are proud of that the message of quality education and correct understanding, and management of this important public health concern has gained such prominence.





Hypertension Facebook Live 29/05/25

This year, we conducted a Facebook Live session on 29th May, to commemorate World Hypertension Day. This session included a panel discussion and questions from the general public. The panelists included specialists from Cardiology, Paediatric Cardiology Nephrology, Family Medicine, Internal Medicine, Neurology and Nutrition Services. May aspects of Hypertension management including diagnosis, Management and follow up as well as lifestyle modification and self-care were discussed. Symptoms of hypertension complications including heart attack, heart failure, kidney disease and stroke were also discussed. The event received over 1000 hits and many questions as well as appreciation from the general public.

Hypertension Public awareness event 20/07/25

A Hypertension Public Awareness event was held on 20th July at the Aga Khan University Hospital by the Department of Medicine. It was well attended by members of the general public.

There were brief presentations on hypertension diagnosis and management, lifestyle modification including diet and exercise. This was followed by a panel discussion. The panel included distinguished cardiologists, pulmonologist, neurologist, nephrologist, internists, nursing, dietitian and physical rehabilitation experts. They answered many questions from the audience especially relevant to their specialties. This panel discussion was highly appreciated by the audience.

This was followed by a public screening camp where weight, height, blood pressure, pulse, random sugar and random cholesterol were checked and a cardiologist (Dr. S. Saira Bokhari) and Internist (prof, Aysha Almas) were on hand to assess patients and discuss their findings and queries along with appropriate referral.



PHL REGIONAL CHAPTERS UPDATE

Bahawalpur Chapter was Reactivated with Dr Nauman Ali as Chapter Coordinator for Pakistan Hypertension League, Bahawalpur Chapter. Prof. Dr. Abdul Majid was elected as Coordinator of the Newly Launched PHL Rahim Yar Khan Chapter after fulfilling all the required prerequisites. Dr. Asif Zareef was elected as Coordinator, PHL DG Khan Chapter after fulfilling all prerequisites for chapter opening. Chapter Coordinator certificate along with Saraiki Ajrak presented to all three respectable coordinators in a Ceremony held at the assembly Hall, Nishtar Medical University, organized by Pakistan Hypertension League in collaboration with PSIM, PCS, and Go Red for Women Pakistan. By Prof. Kashif Ali Hashmi, President PHL, Prof. Javaid Akram, President PSIM, Prof. Khalida Soomro, Chairperson Go Red for Women ACC Pakistan Chapter, Prof. Fawad Farooq GS PCS, and Prof. Rashad Qamar Rao, Principal Nishtar Medical University Multan.





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GLIMPSES OF 27TH SYMPOSIUM



Report of Activities on Hypertension by GO Red for Women in Pakistan Sep 2024 to 2025



Total 16 Lectures on Hypertension were covered by Our Go RED for Women Experts of Hypertension in various Medical Institution in Collaboration OF GO RED for Women AHA/ PCS with PHL Pakistan

Prof Khalida Soomro has ample knowledge and experience in the field of Clinical, Non-Invasive and Invasive Cardiology since last 42 yrs. Has worked in various teaching positions in this field from 1984 and joined as professor and chairperson of cardiology department of Dow university Karachi in 2004, she is author of more the 50 articles published in the various journal of Pakistan and remained on editorial board of main official medical journal of Pakistan. She has participated in many international studies e.g INTER HEART STUDY, GIK study Interpipe study as local coordinator/researcher and in many international conferences as speaker globally, she is the first lady cardiologist of Pakistan, First lady president of Pakistan cardiac society. Treasurer Pakistan hypertension league and remained as vice president of Asia Pacific society Zone 3 of cardiology and current chair-person of scientific council of women with heart diseases of Pakistan cardiac society. President Sindh graduate association women branch and coordinator of GO RED PROGRAM of Women by American heart association in Pakistan. In recognition of her social medical services rendered in health sector of Pakistan she has been honoured with pride of performance award from governor Sindh in 2002 and TAMGAH-E-IMTIAZ National award by President of Pakistan in 2017.

Message

Tackling hypertension in women and its related mortality in Pakistan requires a more holistic approach, considering the country's unique healthcare and socio-cultural challenges. Here's a simple way to think about handling it:

First, raising awareness is crucial. Many women, particularly in rural areas, aren't aware of the risks and symptoms of hypertension. Education campaigns that focus on the dangers of high blood pressure and the importance of regular check-ups and Screening are the key could make a big difference. There should be more focus on encouraging women, especially in rural areas, to get their blood pressure checked regularly. Access to affordable health-care and medication is also a challenge. It's important to address cultural and societal barriers. In many areas, women may be reluctant to seek medical help due to family or societal pressures. Awareness and empowerment programs like GO RED for Women that encourage women to take control of their health could help break these barriers. Additionally, involving local leaders and health-care professionals in these communities could change attitudes toward women's health. A well coordinated national effort, with government, NGOs, and the private sector working together, can have a meaningful impact on reducing hypertension in women and its associated risks in Pakistan.

Date	Symposium & Webinar Details of the Sessions	Topic	Speaker
2024			
29th Sep 2024	Session on Women with Hypertension in Annual Conference of Pakistan Hypertension League	Understanding Cardiovascular Diseases in Women: Risk Factors, Diagnosis, and Treatment	Dr. Manshil Mahmood
		Hypertension During Pregnancy: Opportunities for Early Intervention and Risk Reduction	Dr. Mandita Scott (Online)
		Hormones and Hypertension: Navigating the Changes	Dr. Nur Ashikin (ONLINE)
		Mind-Body Connection: Stress, Health, and Hypertension in Women	Prof. Dr. Khalida Soomro
		Patient-Centered Approaches: Women Leading the Fight Against Hypertension	Prof. Dr. Amber Ashraf
		Factors associated with hypertension control and effectiveness of community health workers in the care of people with hypertension	Dr. Ayesha Zahid
2025			
15th Feb 2025	Cardiometabolic Summit Conference organized by Pakistan Cardiac Society in Sialkot	Mind-Body Connection: Stress, Health, and Hypertension in Women	Prof. Dr. Khalida Soomro
16th May 2025	World Hypertension Day in Karachi Press Club Conference	Management of Hypertension	Prof. Dr. Khalida Soomro
18th May 2025	Session on World Hypertension Day at Nishtar Medical College, Multan	Chairperson	Prof. Dr. Khalida Soomro
29th May 2025	Webinar on Silent but Significant: Real Cases on Hypertension in Women	Case 1: Young Women with Secondary Hypertension	Dr. Sadaf Shabbir Kiani
		Case 2: Hypertensive Disorders in Pregnancy	Dr. Balsham Ali
		Case 3: Postmenopausal Women with Resistant Hypertension	Dr. Manshil Mahmood
		Case 4: Hypertension in Women with Autoimmune Disease	Dr. Rabia Rasheed
		Case 5: Refractory Hypertension — Unmasking Coarctation of the Aorta	Dr. Atia Aynob Chaudhry
14th June 2025	Session on Short Course of Management of Hypertension at Sahiwal	Hypertension in Women	Prof. Dr. Khalida Soomro
21st June 2025	Session on Cardiovascular Health in Women in 25th Annual Cardiology Update Bhurban, Organized by Go Red for Women AHA/PCS Pakistan	Hypertensive disorders in pregnancy increase subsequent risk of ischemic CVD events	Dr. Sitara Khan
28th June 2025	Lectures in ISH Hypertension Certification course in the Pakistan Hypertension League Office	Hypertension in Women	Prof. Dr. Khalida Soomro





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KARACHI (SOUTH) CHAPTER

Dr. Ghulam Abbas Shaikh



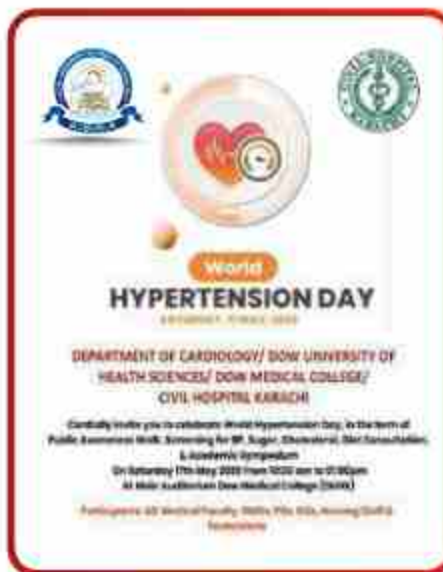
World
HYPERTENSION DAY
September 17th, 2025

DEPARTMENT OF CARDIOLOGY/ DOW
UNIVERSITY OF HEALTH SCIENCES/
DOW MEDICAL COLLEGE/
CIVIL HOSPITAL KARACHI

Pakistan Hypertension league chapter
has organized multiple programs,
seminars and Workshops for public
awareness for prevention and
treatment of
Hypertension. The biggest event was
organized by:

On Saturday, 17th May 2025 from
10:00am To 12:30pm
At Main Auditorium Dow Medical
College (DUHS) Karachi

HYPERTENSION AWARENESS WALK
Start from Dept. Of Cardiology to
Main gate of DUHS followed by press
conference at 10:00am



PHL activities for the last couple of years remained silent as far as Karachi North Chapter is concerned. Karachi Chapter (North) is smoothly running the dedicated PHL Hypertension clinic at KIHD where screening, diagnosis and treatment is provided to the patients along with data collection in line with the May Measurement Month.

A seminar on hypertension prevalence and management was done in KIHD where leading cardiologists participated and gave their expert lectures.

We also arranged A grand programme on world hypertension day including speeches, walk and awareness session.

Routine blood pressure monitoring and training of staff at KIHD and also at the level of GP's is also in process.

As part of healthy activities a Table Tennis Tournament was organised by the PHL Karachi Chapter (North), as an initiative to stress on the importance of lifestyle modifications.

Dr. Sajid Hussain



Pakistan Hypertension league Mirpurkhas chapter remains vibrant as usual in year 2025 , organized awareness seminars, symposia and free medical camps to public and medical community . A free medical camp organized in New town Mirpurkhas in January 2025 to check the Blood Pressure, Blood cholesterol, Blood Sugar and consultation given for prevention and treatment, In March 2025 awareness program regarding Hypertension and Diabetes arranged in local Hotel, where senior doctors attended, in April 2025 a free camp arranged in Chachro Tharparkar where large number of public attended. On May 17th, 2025 World Hypertension day celebrated at Ibn e sina university and Muhammad Medical college Mirpurkhas, large number of Senior Doctors, paramedics , students and public attended awareness walk . A free camp also arranged on world Hypertension day at new town Mirpurkhas which was followed by an awareness walk attended by large number of people of mirpurkhas.



NAWABSHAH CHAPTER

Prof. Qurban Ali Rahu

1. Public Awareness & walk in celebration of world hypertension day, carried out on 17th May 2025, well attended by the all faculty members, Postgraduates, house officers, para medical staff & public.
2. ECG workshop held on 17th May 2025 at the Department of cardiology, PUMHSW, Nawabshah, attended by the all faculty members, Postgraduates & house officers.



PHL sukkur has remained on forefront in organizing events of awareness regarding High Blood Pressure and its consequences.

Quarterly seminars were arranged in sukkur city and nearby cities to aware the people regarding the silent killer Hypertension.

Mega events was organized on May 18th, 2025 at Hotel RT Grace Sukkur. Prof. Rajkumar Sachdewani welcomed all the guests and the participants. In this academic session, Renowned speakers Prof Feroz Memon, Prof. Khalida Soomro, Prof. M. Zaman Shaikh, Dr. Akram Sultan, Dr. Gul Hassan Brohi and Dr. Benish delivered talks and highlighted the importance of blood pressure and diabetic control. They emphasised to adopt healthy life style and dietary measures.

Commissioner Sukkur Mr. Fayyaz Abbasi was the Chief Guest of the session, who advised to arrange such programmes in all public gatherings and appreciated the organizers.

Dr. Tahir Soomro paid vote of thanks.

All the guests were decorated with Sindhi Ajrak.

Program ended with Healthy Gala Dinner.



**1. January 15 – Outreach Program: “Discovering Hypertension”**

The PHL Larkana Chapter organized a community-based outreach initiative in a remote village of District Qambar Shahdadkot. A mobile health van was deployed to conduct on-site screening for hypertension. Free medications were distributed to diagnosed individuals. A significant number of previously undiagnosed hypertension cases were identified during this campaign, highlighting the importance of accessible healthcare services in underserved areas.

2. May 22 – Public Awareness Walk and Educational Session

In observance of World Hypertension Day, the PHL Larkana Chapter conducted an awareness walk aimed at educating the general public about the importance of regular blood pressure monitoring and effective management strategies. The event featured an informative session led by Dr. Fayaz Muftaba (Cardiologist), who emphasized preventive measures and lifestyle modifications to combat hypertension.

3. May 22 – Training Session for Nursing Staff

As part of a continued effort on World Hypertension Day, a dedicated training session was held at SICVD Larkana to enhance the skills of nursing staff. The focus of the session was accurate blood pressure measurement techniques and initial emergency management protocols. The event was highly interactive, with enthusiastic participation from the attendees, ensuring knowledge transfer and skill development.

**1. Annual Pakistan Hypertension League Conference – September 2024**

As the Chapter Coordinator of the Pakistan Hypertension League (PHL) Multan Chapter, I had the Honor of organizing and successfully conducting the Annual Pakistan Hypertension League Conference in September 2024, under the convenorship of Prof. Dr. Tariq Abbas and co-convenorship of Prof. Dr. Kashif Ali Hashmi. The event was a huge success as it brought together leading experts, healthcare professionals, and researchers from across the country to share the latest developments in the diagnosis, treatment, and prevention of hypertension.

Key highlights of the conference included:

- Scientific sessions led by national and international experts
- Panel discussions on emerging trends in hypertension management
- Engagement of young physicians and medical students
- Interactive workshops for skill development

This event provided a significant platform to raise awareness and strengthen the commitment of the medical community to combating hypertension across Pakistan.

2. World Heart Day Celebration – 29th September 2024

In observance of World Heart Day 2024, the PHL Multan Chapter organized a public awareness activity in the form of a Morning Walk held at Qila Qasim Bagh, Multan, on the 29th of September under the supervision of Prof. Dr. Kashif Ali Hashmi, accompanied by Dr. Imran Javed.

The event was aimed at promoting heart-healthy lifestyles among the general public and featured:

- Participation of community members, students, and healthcare professionals
- Distribution of educational materials on cardiovascular health
- Brief talks by cardiologists on the importance of lifestyle modifications
- Health screenings and blood pressure checks

Besides this, a mega-awareness session and walk were conducted at CPEIC, Multan, under the supervision of Prof. Dr. Tariq Abbas, accompanied by Dr. Hamza Ghafoor. This initiative was well-received and highlighted the importance of physical activity and awareness in preventing heart disease.

3. PHL Hypertension Course Endorsed by ISH

Under the visionary leadership of Prof. Kashif Ali Hashmi, President of the Pakistan Hypertension League, the Pakistan Hypertension League conducted a Hypertension Certificate Course endorsed by the International Society of Hypertension (ISH). The course was held at Nishtar Medical University, Multan, of 3 months duration, with an Exam.

The program aimed to strengthen the knowledge base of healthcare providers on hypertension management and included:

- Lectures by senior faculty and international hypertension experts
- Hands-on training sessions for accurate BP measurement
- Case-based discussions
- Distribution of ISH-endorsed educational materials

Medical professionals from various institutions actively participated, making the course a significant step forward in capacity building.



4. World Hypertension Day Celebration

In conjunction with the above course, World Hypertension Day was celebrated at Nishtar Medical University. The mega event was held in collaboration with the Pakistan Cardiac Society, Pakistan Society of Internal Medicine, and Go Red for Women Pakistan.

The event featured:

The symposium was held at the assembly hall of Nishtar Medical University, chaired by Prof. Javaid Akram, President PSIM, Prof. Khalida Soomro, chairperson Go Red for Women Pakistan,

Prof Fawad Farooq GS PCS, Prof Kashif Ali Hashmi, President PHL, Prof Zafar Iqbal, and Prof. Dr Saima Ashraf. Speakers were Prof Dr Kashif Ali Hashmi, Prof Dr Fawad Farooq, Prof Tariq Waseem, Prof Ikram Fareed Langrial, Prof Zahra Nazish, Prof Ahsan Baig, Dr Alina Ajmal, and Jaffar bin Baqar. And they effectively covered all important aspects of Hypertension with the presentation of Hypertension Data from Multan and Nishtar Medical University. Mega Health Awareness Walk was conducted at Qila Kohna Qasim Bagh, Led By Prof Dr Kashif Ali Hashmi, along with all members of PHL Multan, and coordinator PHL Multan, Dr Hamza Ghafoor, and coordinator PCS Multan chapter, Dr Imran Javaid at CPEIC Multan mega awareness session was arranged for the general public, and a walk was conducted under the supervision of Prof Dr. Tariq Abbas. Besides this Hypertension workshop was arranged for para-medical staff, which was conducted by Dr. Azhar Shehzad The celebration emphasized the global theme of hypertension awareness and encouraged early detection and continuous management of high blood pressure.

The Multan Chapter of the Pakistan Hypertension League remains committed to advancing hypertension awareness, education, and prevention through collaborative efforts. We extend our gratitude to Prof. Kashif Ali Hashmi and all supporting members for their invaluable contributions to making these initiatives a success. We look forward to continuing our mission in the months to come with renewed passion and commitment.

In last to conclude, I congratulate all PHL members for achieving the Excellence award 2025 in global control of Hypertension under the Presidency of Prof Dr Kashif Ali Hashmi, awarded by the World Hypertension League.

Dr. Hamza Ghafoor

Chapter Coordinator - Multan
Pakistan Hypertension League



To enhance professionalism, leadership qualities and didactic skills among our doctors and awareness in the general population, PHL Sargodha Chapter, DFMTH, organized numerous activities on a monthly basis, throughout the year. The activities included:

2. Workshops on ECG and CXR interpretation for postgraduate trainees and house officers.
3. Workshop for Blood pressure measurement and cardiopulmonary resuscitation for doctors, nursing staff and paramedics.
4. Seminars for trainee doctors and Nutritionists on management of obesity, diet plans for weight loss, diabetes, hyperuricemia and hypertension.
5. Lectures/workshops for Physiotherapists related to stroke patients physiotherapy plan.
6. Workshop on cardiopulmonary resuscitation was arranged and house officers, trainee doctors, administrative staff, nurses and paramedics were trained.
7. International health days were celebrated, walks and lectures were arranged for important health days like World Hypertension Day, World Heart Day, World No Tobacco Day and World Diabetes Day.
8. PHL Sargodha Chapter, arranged walk.



SAHIWAL CHAPTER

Dr. Saima Naz Alam

As every year world hypertension day was celebrated with full spirit in Sahiwal. A walk was arranged in Sahiwal teaching hospital, doctors of cardiology ward, paramedics, medical company's representatives joined us in this walk. Free medical camps were arranged in the city, where awareness about causes of high blood pressure was given. General public was also screened by checking their blood pressure.

Last year world heart day was also celebrated in teaching hospital, principal sahiwal medical college, Prof. Imran Hasan Khan graced the event, he addressed about awareness of heart diseases, Dr. Saima Naz Alam, Dr. Najam Ul Saqib, Dr. Huseif Raza also addressed many faculty members and paramedics, cake cutting was done, fruits distributed in cardiology ward.



This year, as in previous years, we conducted a very active scientific program. Our main highlight was a collaboration with CardioCon during the November 2024 meeting, where several important scientific topics were discussed.

In addition to this, multiple sessions were held at the Punjab Institute of Cardiology for postgraduate trainees. These focused on the fundamentals of hypertension care, including proper techniques of blood pressure measurement and the management of resistant hypertension.

A "Teach the Trainers" program was also organized, covering a wide range of hypertension-related topics. Of particular importance was the discussion on the current role of ARBs and ACE inhibitors, with emphasis on optimizing treatment options in light of Pakistan's economic challenges.

I would like to sincerely thank all the speakers and participants for their contributions. We hope and pray that our collective efforts bring meaningful benefits to the public at large, and we look forward to a brighter future ahead.



Academic Activity 2004 - 2025

Department of Cardiology, Shaikh Zayed Hospital, Lahore

Executive Summary

The Department of Cardiology at Shaikh Zayed Hospital, Lahore, established as part of the Shaikh Zayed Medical Complex commissioned in 1986, has been a leader in cardiovascular care, education, and community outreach in Pakistan. As a state-of-the-art interventional cardiology unit equipped with two catheterization labs, the department offers advanced diagnostic and therapeutic services while prioritizing academic and public health initiatives. Since 2004, the department has conducted ongoing awareness campaigns focused on cardiovascular health, emphasizing prevention, early detection, and management of heart-related conditions. Key annual highlights include celebrations of World Hypertension Day (May 17) and World Heart Day (September 29), which have evolved into comprehensive programs involving workshops, screenings, and community engagement. This report outlines these activities, with a special focus on recent efforts, demonstrating the department's commitment to academic excellence and public health impact.



Historical Overview of Awareness Campaigns (2004 - Present)

Since 2004, the Department of Cardiology has spearheaded awareness campaigns to combat the rising prevalence of cardiovascular diseases in Pakistan, where heart conditions remain a leading cause of morbidity and mortality. These initiatives align with global efforts by organizations such as the World Heart Federation and the World Hypertension League, adapting international guidelines to local contexts.

Key milestones include:

Early Years (2004 - 2010):

Launch of foundational campaigns involving public seminars, free screening camps, and collaborations with the Pakistan Hypertension League (PHL). These efforts focused on educating the public about risk factors like hypertension, smoking, and unhealthy diets. For instance, in partnership with PHL's Lahore Chapter, the department organized awareness sessions and blood pressure monitoring drives.

2011 Onwards:

Expansion to include targeted events on international observance days. A notable example from 2011 was an awareness camp at Shaikh Zayed Hospital on World Hypertension Day, featuring BP monitoring, screening for diabetes and obesity, and distribution of educational materials.

Ongoing Commitment:

Over the years, campaigns have incorporated multimedia approaches, such as video messages and competitions, to engage younger audiences and medical professionals. The department has consistently collaborated with entities like the Khalifa Scientific and Research Club and the Association of Pakistani Descent Cardiologists of North America (APCNA) for lectures, workshops, and conferences.

These campaigns have reached thousands of individuals, contributing to improved community awareness and early intervention rates.

Annual Celebrations:

World Hypertension Day and World Heart Day

The department actively celebrates World Hypertension Day and World Heart Day each year, using these platforms to amplify awareness and provide practical health education.

World Hypertension Day Celebrations

Observed annually on May 17, these events emphasize hypertension as a "silent killer" and promote accurate blood pressure management. Historical activities include:

- Public awareness sessions, press conferences, and screening camps (e.g., in collaboration with PHL since at least 2009).
- In 2023, the Head of Cardiology, Prof. Dr. Qazi Abdul Saboor, delivered an enlightening video awareness message highlighting prevention strategies.

World Heart Day Celebrations

Held on September 29, these events focus on broader cardiovascular health. A prominent celebration involved:

- A quiz competition with over 25 medical student teams to educate on cardiovascular disease.
 - A health awareness walk participated in by physicians and medical students.
 - Poster and video competitions with more than 20 entries from students and physicians.
 - Setup of risk assessment desks at four hospital locations for basic health screenings, risk evaluations, and public education.
- These events foster interdisciplinary collaboration and have been recognized by the World Heart Federation.

Highlights from Last Year (2024)

In 2024, the department's activities reached new heights, particularly in conjunction with World Hypertension Day. Aligning with global themes of accurate measurement and emergency response, the following workshops were conducted:

Workshops on Accurate Blood Pressure (BP) Measurement:

These sessions trained participants on proper techniques for checking BP, including cuff selection, positioning, and avoiding common errors. Held across multiple venues, they targeted healthcare workers, community leaders, and the general public to empower self-monitoring and reduce misdiagnosis risks.



Basic Life Support (BLS) Workshops:

Focused on emergency response to cardiac events, these hands-on sessions covered CPR, AED usage, and first-aid for hypertension-related complications. Delivered to diverse groups, including subsets of the medical fraternity (e.g., nurses, residents, and allied health professionals) and community subsets (e.g., schools, local organizations, and rural outreach programs).

These workshops engaged over 500 participants, with follow-up surveys indicating improved knowledge and confidence in handling cardiovascular emergencies. Additional 2024 activities included a cardiology lecture series and peripheral vascular workshop in collaboration with APCNA, further enhancing academic output.

	Activity Type	Date of Occasion	Target Audience	Key Outcomes
2024				
BP Measurement Workshops	World Hypertension Day	May 2024	Medical fraternity and communities	Trained 300+ individuals; distributed BP monitors and guides
BLS Workshops		May - September 2024	Subsets of Medical professionals and public groups	Certified 200 participants; enhanced emergency preparedness
Awareness Walk & Competitions	World Heart Day	September 2024	Physicians, Students, Public	Raised awareness among 400+ attendees; awarded prizes for educational posters/videos
Lecture Series	Health Education activities	Throughout 2024	Medical Students and professionals	Covered advanced topics; fostered research collaborations

Future Directions

Looking ahead to 2025 and beyond, the Department of Cardiology plans to integrate digital tools, such as mobile apps for BP tracking, and expand partnerships for nationwide campaigns. Continued focus on World Hypertension Day and World Heart Day will include virtual components to reach underserved areas.



Hypertension clinic:

A dedicated hypertension clinic was established in cardiology opd Ayub teaching hospital. Hypertension related information leaflets, pamphlets and charts were distributed amongst patients

World Hypertension day walk and symposium:

Abbottabad chapter organised hypertension awareness walks and symposium on world hypertension day on 17th May 2025.

Hypertension Symposia:

Multiple hypertension symposia were arranged in 2025 to highlight the cause of hypertension and its management



The Pakistan Hypertension League (PHL) Bannu chapter organized a comprehensive event to commemorate World Hypertension Day on May 17, 2025, at Khalifa Gul Nawaz Teaching Hospital Bannu. Achieving its objectives of raising awareness, promoting education, and fostering community engagement. The event demonstrated the importance of collaborative efforts in promoting public health and disease prevention. More than 100 participants including consultants, PGs and house officer attend the session.

The event was graced by esteemed chief guests, Hospital Director Dr. Ahmad Faraz Khan and Medical Director Prof. Dr. Muhammad Iqbal. Both speakers praised the efforts of PHL Bannu chapter in promoting hypertension awareness and management. They appreciated the comprehensive approach of the event, which included academic sessions, hands-on training, and community engagement.

• **Talwaat and Introduction:** The event began with a recitation from the Holy Quran, followed by an introduction to PHL and its objectives.

• **Academic Sessions:** Expert speakers, including Prof. Dr. Muhammad Nadeem Khan, Assistant Prof. Dr. Saeed Maqsood, Assistant Prof. Dr. Khalid Naseem Khan and Assistant Prof Dr. Farman delivered presentations on hypertension prevalence, accurate blood pressure measurement, and hypertension guidelines.

• **Hands-on Activities and Training:** Participants received hands-on training on blood pressure measurement and hypertension management.

• **Awareness Walk and Community Engagement:** A walk was organized to raise awareness about hypertension among the community, promoting healthy lifestyle choices and disease prevention.

• **Free Health Check-ups:** Hospital staff and patients benefited from free hypertension and glucose check-ups, providing an opportunity for early detection and intervention.

• **Certificate and Shield Distribution:** Participants received certificates, and presenters were awarded shields for their contributions.

• **Awareness video and session:** A video is been recorded by Prof Dr. Muhammad Nadeem Khan for community regarding hypertension prevention, early detection and treatment.



During the past year, the Balochistan Chapter Of PHL Conducted the following activities to promote hypertension awareness, screening and education.

PHL Free Medical Camp –Ziarat

Large scale screening of the community for Hypertension, diabetes and cholesterol

PHL Free Medical Camp –Noshki

Public Screening and counselling for Hypertension, diabetes and cholesterol

Academic Activity –Serena Hotel,Quetta

Scientific Session on Current Perspective in the clinical Management of Hypertension in Pakistan

World Hypertension Day 2025-SMBZAN Institute of Cardiology, Quetta

Awareness program and public engagement activities on Hypertension and Cardiovascular Health

ESH Modular Course Quetta

Attended by large number of participants including consultants from various specialities, Post graduates, Medical Officers and Nurses.

All Participants were awarded Certificates upon completion.



PHL Academic Activity In Serena Hotel Quetta Current Perspective in the Clinical Management of Hypertension in Pakistan





ESH MODULAR COURSE QUETTA

CERTIFICATE COURSE IN MANAGEMENT OF HYPERTENSION

Wellcome Note: Dr. Humaira-Sameer Saeed
with Cardiovascular Guidelines PHL Quetta Chapter

Module 01: Insights into Symptomatic Hypertension
Dr. Javed Waheed Hakeem

Module 02: Lifestyle changes and their impact on HTN
Dr. Waqar Ahmad

Module 03: Resistant Hypertension: An approach to management
Dr. Javed Waheed Hakeem

Module 04: Comorbidity and Hypertensive patients
Dr. Javed Waheed Hakeem

Module 05: The role of novel technology in monitoring blood pressure
Dr. Javed Waheed Hakeem

Chief Guest: Sir Qasim Waheed Sahoon
Commissioner SNGZAL/CO

Guest of Honor: Col. Muhammad Tausif Malik
Deputy Commissioner SNGZAL/CO

Venue: SNGZAL/CO Date: 25th July 2025 Time: 9:30 AM
Event Moderator: Dr. Faiz Bakhawar

Participants will be receiving a certificate of participation upon completion of the course.

SHEIKH MOHAMED BIN ZAYED AL NAHYAN
HIS HIGHNESS THE Ruler of Abu Dhabi

WORLD HYPERTENSION DAY

17th May 2025

HYPERTENSION DONT IGNORE IT

Message Vice R.P. Authority
Control H & Live Long

پیغام نائب ریاست
کنٹر ایچ اینڈ لایو لانگ





SPRING 2025

PHL NEWSLETTER



**World
Hypertension
League**

**Dedicated to the Prevention and Control of
Hypertension Globally**

In official relations with the International Society of
Hypertension and the World Health Organization

2025 Regional Excellence Award Winner

Excellence Award in Population Hypertension Control Through
Educational Activities and Guideline Implementation



Prof. Dr. Kashif Ali Hashmi
President Pakistan Hypertension League
Presented by the WHL Southeast Asia Regional Office
Director Dr. Narsingh Verma



SPRING 2025

PHL NEWSLETTER

BANNU CHAPTER



PHL COUNCIL

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Joint Secretary:	Dr. Mashooq Ali Dasti
Treasurer:	Dr. Asif Khan

CALENDAR OF EVENTS

World Health Summit

October 12- 14, 2025 Berlin, Virtual

16th World Stroke Congress

October 22-25, 2025 Barcelona Spain

Hypertension Seoul

November 06-08, 2025 Seoul Korea

Interamerican Society of Hypertension meeting

January 15-17, 2026 Guatemala City, Guatemala

ISH 2026

October 22-25, 2026 Dubai U.A.E.

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