



SPRING 2026

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 28th Symposium, September, 2025 Lahore

EDITOR'S NOTE



It gives me immense pleasure to write this note on the release of PHL newsletter. This newsletter has covered activities by all the chapters with photographs which is a testimony to the good work done by our chapters across the country. The prime objective of PHL is to create awareness about this silent killer and its prevention through life style changes. Our chapters by holding walks seminars media talks are doing a great job in the overall control of Hypertension. The other major activity being performed by PHL is conducting courses for family physicians on accurate measurement and management of hypertension. I wish to congratulate Prof. Mashooq Ali for creating an excellent co ordination of chapter activities and their supervision. Prof. Saira Bukhari assisted by Dr. Asif Khan needs all praise for organising hypertension courses for family physicians which will make a great difference in hypertension management at primary level. I am thankful to Messers Atco laboratories for their logistic support. Soon we will meet at the beautiful and serene venue of our 29th annual symposium at Nathiagali. It will be the first ever meeting at peripheral centre. Prof. Mutiullah khan has worked hard to put up a great scientific program and a social treat. I hope the members of PHL will find the newsletter interesting and informative.

Pakistan Zinda bad

Prof. Mohammad Ishaq



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MESSAGE

Prof. Qazi Abdul Saboor

It is both an honor and a profound responsibility to serve as President of the Pakistan Hypertension League (PHL). As we stand at the forefront of one of the most important public health challenge the hypertension. Our mission had never been more urgent as it should be. Hypertension is also called as the “silent killer,” affects millions across our nation including young and old, rural and urban across every segment of society.

The recent surge in hypertension cases underscores the urgent need for dedicated hypertension clinics. By integrating physician care, pharmacist-driven medication reviews, and community outreach, we can tailor treatment to each patient’s risk profile and avoid over-treatment.



We invite all healthcare providers including general practitioners, cardiologists, and allied professionals to collaborate with PHL in establishing and strengthening hypertension clinics in their institutions. Together we can standardize evidence-based protocols aligned with local guidelines and provide patient-focused education that bridges the knowledge gap.

This year, we had expanded our outreach programs and strengthened our advocacy platforms, and support clinicians with the latest research and practice guidelines. We request healthcare professionals, policymakers, and civil society to join hands with us in this vital movement. Together, we can build a healthier Pakistan.

Let us try to transform awareness into action and action into healthier lives with respect and solidarity to build a healthier Pakistani population.

Prof. Qazi Abdul Saboor,
President, Pakistan Hypertension League



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MESSAGE

Dr. Matiullah Khan

Dear Colleagues and Friends,

It gives me immense pleasure to welcome you to the 29th Pakistan Hypertension League 2026 Conference, to be held from 18th to 20th September 2026 in the scenic surroundings of Nathiagali.

Hypertension continues to be one of the greatest challenges to cardiovascular and public health in Pakistan. Its silent progression, high prevalence, inadequate detection, and suboptimal control contribute substantially to cardiovascular disease, stroke, kidney disease, and premature mortality. Addressing this growing burden requires us to move beyond conventional approaches and embrace a comprehensive, evidence-based, and patient-centred strategy.



Our theme, "Rising Above Hypertension: Transforming Hypertension Care in Pakistan," reflects the vision of the Pakistan Hypertension League to advance hypertension prevention, early detection, effective treatment, and sustained blood pressure control across the country.

The conference will provide an engaging platform for national and international experts to share the latest evidence and innovations in hypertension management. The scientific programme will address contemporary approaches to diagnosis and risk assessment, lifestyle and pharmacological interventions, resistant and secondary hypertension, hypertension in special populations, cardiovascular and renal protection, emerging therapies, and strategies for improving treatment adherence and long-term blood pressure control.

Importantly, the conference will also focus on translating evidence into practice and developing practical solutions to the challenges faced by patients and healthcare professionals in Pakistan. Through scientific exchange, collaboration, research, and advocacy, we hope to strengthen our collective efforts towards better hypertension care at every level of the healthcare system.

Nathiagali, with its serene mountains and inspiring environment, provides an ideal setting to reflect, learn, collaborate, and envision a healthier future for our nation.

I warmly invite physicians, cardiologists, nephrologists, internists, family physicians, allied health professionals, researchers, trainees, and all colleagues committed to cardiovascular health to join us for this important scientific gathering. Let us come together in Nathiagali to rise above the challenge of hypertension and transform the way we prevent, detect, and manage high blood pressure in Pakistan. I look forward to welcoming you all to the PHL 2026 Conference.

With warm regards,

Dr. Matiullah Khan

Convenor & Secretary General

Pakistan Hypertension League 2026 Conference



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Dr. Syedah Saira Bokhari, VP PHL

PHL Academic Activities 2026

The year 2026 has been another 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. This course was inaugurated and modified for the Pakistani context, by our Patron Prof. M. Ishaq. This is the fifth year that we have conducted the course. It was decided that the PHL would endeavor to conduct courses in the relatively smaller cities 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 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. Additionally, this course was conducted in the newly appointed Learning Centre of the PHL Secretariat, which was designed with the express purpose of conducting academic activities.

After the successful launch of the course in 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.

The second iteration of the course was initiated in Tando Allah Yar, in August 2026. This course was conducted by Dr. Shoukat Memon, our Chapter Coordinator for Hyderabad. He conducted the same course last year in Hyderabad. Due to the popularity of this event, it was decided to conduct a course in Hyderabad periphery, to allow access to physicians of far-flung locales.

This will be followed by a course in Nawabshah, which will be conducted in the last week of August 2026. Joint Secretary of PHL Dr. Mashooq Dasti will conduct the course. 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.

Dr. Huma Tareen (former Joint Secretary and Chapter Coordinator, Quetta) inaugurated the course in Quetta in July 2026. Previously, she had conducted the ESH course in Quetta for two consecutive years. This course was well attended by many general physicians and other doctors from Quetta and neighboring regions. This course will conclude in September and will be conducted by many cardiologists from Karachi.

It is worth highlighting the efforts of the Quetta Chapter and Coordinator and their continued willingness to carry on the message of quality education in Baluchistan.

There are plans underway to conduct the course in Sargodha and Peshawar.

It would be amiss to not mention the efforts of our industry sponsors Atco Pharmaceuticals, who labored to arrange and coordinate the many courses that were conducted during this period. It is also worth mentioning that the request to conduct the course in Nawabshah and Tando Allah Yar, were honored this year. 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.



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Dr. Syedah Saira Bokhari, VP PHL

PHL Academic Activities 2026





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Dr. Syedah Saira Bokhari, VP PHL

PHL Academic Activities 2026



Glimpse from the past





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Prof. Dr. Khalida Soomro

Report of Activities on Hypertension by GO RED for Women



Prof Dr. Khalida Soomro (T.I)

Coordinator GO Red for Women AHA/PCS

Pakistan & Scientific

Council of Women with Heart Diseases PCS

Message lets take control of our health by controlling Blood pressure.

Pakistan has one of the highest rates of high blood pressure, prevalence is similar between both gender showing 24.99% in males and 24.76 % in females, yet many don't even know they have it, roughly 70% of patients are unaware of their condition, and only 3% have controlled their Blood pressure. Regular check ups, less salt, daily walks, and stress management can save lives, protect heart and protect future. Pakistan hypertension league is working hard to create awareness in this regard and conducting modular courses at various regions of Pakistan to train the GPs to adopt the guideline based strategies to control BP in Pakistan, but yet Pakistan needs better strategies for preventing and managing hypertension which require a rational plan of action to avoid it in women and remote areas, while improving existing policies against hypertension.

Report Activities of Go Red for Women AHA / PCS on Hypertension.

Sessions and presentations on Hypertension organized by Go Red for Women in September 2025 to 2026

Month	Session Name / conference	Speaker /Organizer	Topic
20 th Sept 2025	Hypertension in Women (online) Go red for women session/ Annual conference of PHL	Prof Dr. Laxmi Mehta, USA	Introductory Speech Hypertension in women
20 th Sept 2025	Session of Go Red for Women 54 th Annual PHL conference PIC Lahore.	Dr Samra Haque, Lahore (PAK)	sex difference in the pathophysiology and epidemiological trends in hypertension
20 th Sept 2025	Session of Go Red for Women 54 th Annual PHL conference PIC Lahore.	Dr Biljana Parapid, Serbia	Hypertensive disorders in pregnancy beyond pre eclampsia

Report of Activities on Hypertension by GO RED for Women

20 th Sept. 2025	Session of Go Red for Women /54 Annual PHL conference PIC Lahore	Prof. Dr. Khalida Soomro Karachi, (Pak)	Policy and and prevention addressing hypertension in women through public health initiatives
17 th Nov 2025	Annual Conference of PCS "Cardiocon" at Quetta	Dr. Shoab un Nisa Soomro	Managing Post partum gap in hypertension
7 th Feb 2026	Session of Go Red for Women/ 54 th Annual PHL conference PIC Lahore	Dr Anita Gulam Ali Sadeghpour, USA	Multi modality imaging in hypertension in women
7-8 Feb 2026	Session of Go Red for Women/ 54 th Annual PHL conference PIC Lahore	Prof. Jehan Ara Hasan, Karachi (Pak)	Impact of pregnancy on cardio renal health in women. pre eclampsia, eclampsia and post partum care
16 th March 2026	Women session PSP Symposium in Qater hospital, Karachi.	Dr Nida Imran, Karachi (Pak)	Hypertension in women.
16 th March 2026	Women session PSP Symposium in Qater hospital, Karachi.	Dr Saira Bukhari, Karachi (Pak)	Why women develop high blood pressure differently then men
25 May & 7-8 Sept 2026	11 th Module course of training of GPS in PHL office Karachi and Quetta	Prof. Dr. Khalida Soomro, Karachi (Pak)	Hypertension in women.



Webinars organized by go red for women on Hypertension

Webinar on "Real but Significant Cases on Hypertension in women on 7th August 2025.

Report of Activities on Hypertension by GO RED for Women

- A) Case 1: "Young women with Secondary Hypertension" Dr. Sadaf Kiani (Kashmir).
- B) Case 2: "Hypertensive Disorders in Pregnancy" Dr. Raishem Ali (NawabShah).
- C) Case 3: "Post Menopausal women with Resistant Hypertension" Dr. Manahil Masood (Multan).
- D) Case 4: "Hypertension in Autoimmune Diseases".
Dr Rabea Rashed(Islamabad).
- E) Case 5: "Refractory Hypertension, Un masking Co-rectation of Aorta" Dr. Atiya Ayub Chandio (Nawabshah).



"Webinar on hypertension" 21st Jan 2026

- A) Why women get Hypertension" Dr. Maria Kazi (Hyd).
- B) Hypertension, Heart Disease and Stroke in female connection . Dr Saira Bukhari (KAR).
- C) Empowering Women to control her Hypertension?
Dr. Nobia Mehdi (KAR) Webinar on
"Empowering women against hypertension"

5th June 2026

- A) Stress, Sleep and blood pressure finding balance in busy life- Dr. Najjia Aslam Soomro(KAR)
- B) Do women respond differently to blood pressure medicines- Dr. Tahira Sadiq (KSA)
- C) High blood pressure and heart disease what every women must know- Dr Wajiha Waqar (Islamabad)
- D) Small daily changes that make a big difference in blood pressure- Dr.Bella khan (KAR).

Press and Media programs.

- A) Morning show in Sindh TV: Discussion as guest by Prof khalida Soomro on "Hypertension in Women" on 15th November, 2025.
- B) Radio Pakistan Program on "Hypertension control" by Prof. Khalida Soomro on 3rd March, 2026.





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Prof. Qazi Abdul Saboor

SUMMARY REPORT OF PHL 28TH SYMPOSIUM

PHL conference was held on 19 – 21 September 2025 in Lahore at PC Hotel. It is an annual International Conference on hypertension. It was conducted at PC Hotel Lahore and convener was Prof. Qazi Abdul Saboor who is an interventional cardiologist at Shaikh Zayed Hospital Lahore. Opening Ceremony was inaugurated by Chief Guest, General Azhar Mahmood Kyani, Prof. Ishaq, Prof. Saulat Siddique and Prof. Qazi Abdul saboor.

Pharma exhibition was also opened by Prof. Azhar Kyani with ribbon cutting ceremony. 1617 doctors and paramedical staff including Nurses attended the conference. A total of 38 Academic sessions with more than 150 lectures presentations were done. National and International speakers presented their talks and lot of panelists discussed the topics to share their knowledge and experience on hypertension management according to AHA, ESC and PHL guidelines. International Speakers presented on ZOOM from USA, Saudi Arabia, Europe, Sri Lanka and UAE. Workshops on BLS, ACLS capacity building & Artificial Intelligence (AI) and how to check B.P were conducted for all participants.

International Society of Hypertension (ISH), Pakistan Society of Internal Medicine (PSIM), Pakistan Society of Family Physician (PSFP) also participated. Twenty original research papers were presented under ISH and articles on posters were also presented.

And conference was closed with certificates distribution to the winning papers and speakers.





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KARACHI CHAPTER (SOUTH)

Dr. Ghulam Abbas Shaikh

Conduct quarterly meetings for awareness regarding latest guidelines recommendations and guidelines on HTN with GPs of different areas of Karachi.





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KARACHI CHAPTER (NORTH)

Dr. Sajid Ali Khan
Dr. Syedah Saira Bokhari

WHD Observed in Karachi Institute of Heart Diseases, Prof. Mohammad Ishaq (Patron in Chief PHL), Prof. Riffat Sultana(ED KIHD), Dr. Asif Khan (Council member PHL), Dr. Sajid Ali Khan(chapter Coordinator PHL South), Prof. Asal Khan Tareen, and Drs and staff attended this occasion awareness given to general public for hypertension WHD.



**World Hypertension Day and Screening
Camp was also held at Aga Khan University Hospital
by
Dr. Saira Bokhari**





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HYDERABAD CHAPTER

Dr. M Shaukat Memon

- First PHL (Pakistan Hypertension League) Get Together
- Awareness Program on High Blood Pressure in Village Khanot
- Pervan Primary Care Education on Heart Disease
- Pervan Primary Care Education on Heart Disease - Highlights & Recognition Ceremony
- Awareness Program on High Blood Pressure at Hyderabad Press Club During Ramadan
- Media Coverage - Hyderabad Press Club Awareness Program
- Awareness Program on Smoking: How to Stop Smoking - State Bank of Pakistan (April 2026)
- Recognition Ceremony - State Bank of Pakistan Awareness Program
- Awareness program on high blood pressure and heart disease at FM 100.0 Radio
- Mehran TV solo program about high blood pressure and heart disease
- Program with Prof. Dr. Feroz Memon regarding awareness on high blood pressure and ischemic heart disease
- Awareness Program at Archroma Pharmaceuticals: Healthy Eating and Smoking Cessation
- Served as PHL coordinator over the past year and conducted an interview with Prof. Qadeer Malik (90 years old)
- World hypertension day Programs 17 May
- Second PHL Get Together with Council Members and Guests



سگریٹ نوشی سے متعلق ایک روزہ آگاہی سیمینار کا انعقاد کیا گیا۔ سیمینار سے خطاب کرتے ہوئے معروف ماہرِ امراضِ قلب ڈاکٹر شوکت میمن نے کہا کہ دل کے امراض دنیا بھر میں اموات کی بڑی وجوہات میں شامل ہیں، تاہم متوازن غذا، باقاعدہ ورزش، ذہنی دباؤ سے بچاؤ، بلڈ پریشر اور شوگر پر قابو رکھنے کے ساتھ تمباکو نوشی سے مکمل پرہیز اختیار کر کے ان بیماریوں کے خطرات کو نمایاں حد تک کم کیا جا سکتا ہے۔ انہوں نے کہا کہ اسموکنگ نہ صرف دل بلکہ پھیپھڑوں اور جسم کے دیگر اہم اعضا کو بھی شدید نقصان پہنچاتی ہے، اس لیے نوجوان نسل کو اس لعنت سے دور رکھنے کے لیے اجتماعی شعور بیدار کرنا وقت کی اہم ضرورت ہے۔ اس موقع پر ڈسٹرکٹ بار ایسوسی ایشن کے صدر اشعر مجید کھوکھر ایڈووکیٹ، سابق صدر ہائی کورٹ بار ایسوسی ایشن عشر...





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MIRPURKHAS CHAPTER

Dr. Didar Hussain Gajoo

Pakistan Hypertension league Mirpurkhas chapter remains active and vibrant as usual in 2026 , organized various activities and programs to give awareness regarding Hypertension, Diabetes and Heart diseases.in January 2026 awareness program arranged at New Town Mirpurkhas for prevention of hypertension in which large numbers of people participated. In March 2026 awareness program organized at Nagar Parkar Tharparkar where local public and doctors from Mirpurkhas participated. In May 2026 World Hypertension day celebrated at various places in Mirpurkhas large number of public and doctors participated. Awareness program arranged at Muhammad Medical College and Ibn e sina university Mirpurkhas in which eminent doctors, students participated. In July 2026 public awareness program arranged at Al Shifa hospital Mirpurkhas in which large number of public and doctors participated.





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NAWABSHAH CHAPTER

Dr. Ghulam Fareed Shah

In connection to WHD 1st activity is carried out by Local Chapter Nawabshah at THQ Sakrand "Hypertension Screening & Awareness programme" on 13th May 2026. More than 150 patients were screened for HTN & other cardiac diseases, Free ECG, RBS, BMI & Cholesterol tests were done. Prof. Dr. Qurban Ali Rahu, Dr. Ghulam Fareed Shah (Coordinator Local Chapter Nawabshah) & Dr. AD Keerio has examined the patients & Given awareness

2nd Activity was carried out "Workshop on Blood Pressure Monitoring" is arranged on Occasion of "World Hypertension Day 2026" Venue: Cardiology Department, PUMHS Nawabshah Organized by: PHL Local Chapter Nawabshah.

- The workshop was attended by Cardiology Faculty, PGs, HOs, Nursing staff, and students.
- Chief Guest Prof. Dr. Qurban Ali Rahu stressed the importance of accurate BP monitoring for early detection and prevention of cardiovascular diseases.
- Asst.Prof. Dr. Ghulam Fareed Shah, Coordinator PHL Local Chapter Nawabshah, served as Speaker and Moderator, delivering sessions on:
 - Correct BP measurement techniques (manual & digital).
 - Common errors and standardized protocols.
 - Role of healthcare staff and students in patient education.

- Interactive discussions allowed trainees to share practical challenges, with faculty providing evidence-based solutions.
- The session concluded with a vote of thanks and a commitment to integrate work shop learnings into the practical application and patient care protocols.



LET'S MEASURE TODAY
FOR A HEALTHIER TOMORROW

WORLD HYPERTENSION DAY 2026

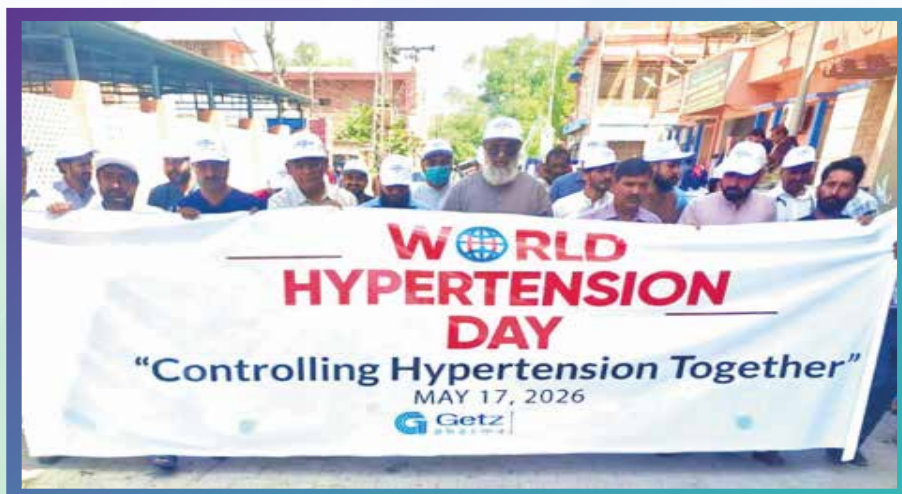
Blood Pressure Monitoring Workshop

Date. 15th May 2026(Friday)
Time 9:30am to 10:30am
Venue. Seminar Room, Dept of Cardiology PUMHS

Chief Guest:
Prof : Dr Qurban Ali Rahu
Chairman Cardiology PUMHS

Organizer & Moderater
Dr Ghulam Fareed Shah
Assistant Professor Cardiology PUMHS & Coordinator PHL Local Chapter Nawabshah

This Program Will be Attendet By Junior Pgs House Officers & Para Medical Staff





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SUKKUR CHAPTER

Dr. Javaid Khursheed Shaikh

We proudly celebrated World Hypertension Day at SICVD Sukkur with great enthusiasm and commitment towards promoting cardiovascular health awareness. The event commenced with an awareness walk highlighting the importance of early diagnosis, prevention, and effective control of hypertension in our community.

This was followed by an informative and insightful lecture on the management of hypertension delivered by our respected colleague, emphasizing updated guidelines, lifestyle modifications, risk factor control, and evidence-based treatment strategies.

The activity also served as an important platform to spread awareness among healthcare professionals (HCPs), fellows, and postgraduate trainees regarding the growing burden of hypertension. On the occasion of World Hypertension Day, an awareness session was successfully conducted at the OPD of SICVD Sukkur to educate patients and attendants about the dangers of high blood pressure, commonly known as the "Silent Killer."

Patients were counseled regarding the importance of regular blood pressure monitoring, healthy dietary habits, reduced salt intake, regular exercise, smoking cessation, stress control, and adherence to prescribed medications. Awareness was also spread regarding the serious complications of uncontrolled hypertension including heart attack, stroke, kidney failure, and heart failure.

The activity aimed to promote early detection, prevention, and better control of hypertension in the community. We remain committed to spreading awareness and encouraging a healthier lifestyle for the prevention of cardiovascular diseases. "Measure Your Blood Pressure Accurately, Control BP together, Live Longer."

- WorldHypertensionDay 2026
- SICVDSukkur
- HypertensionAwareness
- HeartHealth





Introduction

The Pakistan Hypertension League (PHL) Larkana Chapter remained actively engaged throughout the year in promoting awareness, prevention, early detection, and evidence-based management of hypertension. In collaboration with the Pakistan Cardiac Society (PCS) and the Sindh Institute of Cardiovascular Diseases (SICVD) Larkana, the chapter organized academic and public awareness activities aimed at improving cardiovascular health among healthcare professionals and the general public.

Activity 1:

Cardio-Metabolic Congress-25th, April 2026 The Pakistan Hypertension League (PHL) Larkana Chapter, in collaboration with the Pakistan Cardiac Society (PCS) and SICVD Larkana, successfully organized the Cardio-Metabolic Congress 2026.

The congress featured six state-of-the-art scientific lectures covering various aspects of cardiometabolic diseases, including hypertension, dyslipidemia, obesity, diabetes, heart failure, and metabolic syndrome.

Among the distinguished speakers, Prof. Feroz Memon delivered an insightful lecture on hypertension, emphasizing the importance of early diagnosis, timely treatment, and optimal blood pressure control to reduce cardiovascular morbidity and mortality. He also discussed the burden of uncontrolled hypertension, associated risk factors, and practical strategies for effective management. The scientific event was attended by a large number of cardiologists, physicians, postgraduate trainees, medical students, nurses, and other healthcare professionals, providing an excellent platform for academic learning and interdisciplinary collaboration.

Outcome:

- Enhanced awareness of contemporary cardiometabolic disease management.
- Updated healthcare professionals on current approaches to hypertension management.
- Strengthened collaboration between PHL, PCS, and SICVD.

Activity 2:

World Hypertension Day Celebration-19th, May 2026

To commemorate World Hypertension Day, the Pakistan Hypertension League (PHL) Larkana Chapter organized a patient awareness program at SICVD Larkana. The awareness session was conducted by Dr. Fayyaz Mujtaba, Coordinator, PHL Larkana Chapter; Dr. Jagat Ram, Consultant Cardiologist; and Dr. Abida Iqbal, Consultant Cardiac Surgeon. The speakers highlighted the importance of hypertension prevention, early detection through regular blood pressure monitoring, healthy lifestyle modification, medication adherence, and appropriate management to reduce the risk of heart disease, stroke, and kidney disease. A large number of patients and their attendants attended the session and actively participated in the interactive discussion.

Outcome:

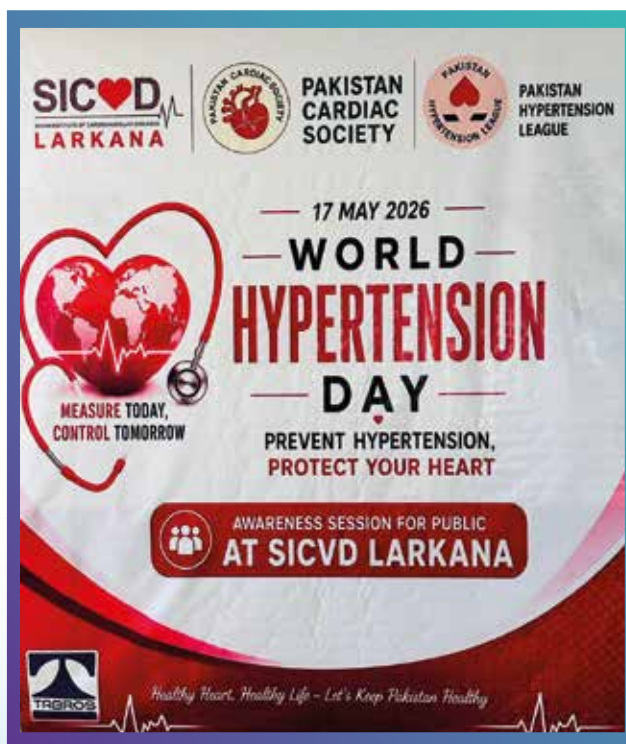
- Improved public awareness regarding hypertension and its complications.
- Encouraged regular blood pressure screening and early diagnosis.
- Promoted healthy lifestyle practices and adherence to antihypertensive therapy.

Overall Impact

During the reporting period, the PHL Larkana Chapter successfully conducted both professional educational and community awareness activities. These initiatives enhanced the knowledge of healthcare professionals, increased public awareness regarding hypertension, and reinforced the chapter's commitment to reducing the burden of hypertension and cardiovascular diseases through education, prevention, and collaboration.

Future Plans

- Organize regular public awareness sessions on hypertension and cardiovascular risk factors.
- Conduct blood pressure screening camps in the community.
- Arrange continuing medical education (CME) activities for healthcare professionals.
- Strengthen collaboration with educational institutions and healthcare organizations to promote cardiovascular health across the region.





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UK CHAPTER

DR. WAJIHA INAM

Salam, Hope you are all doing well.

I had the honour of meeting Prof Neil Poulter- the president of International Society of Hypertension and ex president of British Hypertension society. He heads the Research and trial unit in Imperial College London. He is a world famous expert on hypertension and is a patron of our PHL. I handed him the award of Fellowship in PHL today. This was due from the September 2025 conference. Prof. Poulter was delighted and has passed his utmost gratitude. Has passed his regards to the PHL members and specially Prof. M Ishaq praising his leadership and commitment to the organisation. I wanted to share this great moment with you all.





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RAHIMYAR KHAN CHAPTER

Dr. Abdul Majid

PAKISTAN HYPERTENSION LEAGUE
CME SUCCESSFULLY HELD AT
SHEIKH ZAYED HOSPITAL,
RAHIM YAR KHAN

14 FEBRUARY 2026

Under the aegis of the Pakistan Hypertension League (PHL), a highly successful Continuing Medical Education (CME) event was organized at Sheikh Zayed Hospital, Rahim Yar Khan under the leadership of Prof. Abdul Majid. The event brought together renowned cardiologists, physicians, and healthcare professionals from across Pakistan to discuss contemporary advances in hypertension and cardiovascular medicine.

The event was guested by Prof. Saleem Leghari, Principal, Sheikh Zayed Medical College, Rahim Yar Khan, as the Chief Guest. Dr. Asim Badshah, Medical Superintendent, Sheikh Zayed Hospital, Rahim Yar Khan, also honored the occasion with his presence, reflecting the institution's commitment to promoting academic excellence and continuing medical education.

The scientific program featured an eminent panel of speakers, including Prof. Khalid Ali Shahzad, President of the Pakistan Hypertension League, Prof. Hassan Aslam, and Prof. Farooq Farooq, General Secretary of the Pakistan Cardiac Society, who delivered insightful lectures on contemporary evidence-based management of hypertension and cardiovascular disease.

The session was further enriched by the presence of Prof. Shah Mirza, President of the Pakistan Cardiac Society, who addressed the audience on the latest trends in hypertension management. The event was also guested by Prof. Saad Malik and Prof. Faleh Hassan, whose participation further enriched the academic gathering.

The CME provided an excellent platform for scientific exchange, professional networking, and collaboration among healthcare professionals dedicated to improving hypertension management and cardiovascular outcomes in Pakistan.

Following the scientific sessions, participants engaged in a well-organized reception featuring recreational activities and an evening Desert Safari, fostering fellowship and strengthening professional relationships in a relaxed environment.

The participants highly appreciated the outstanding hospitality, meticulous organization, and high academic standards of the event. They commended the efforts of Prof. Abdul Majid and the organizing team and expressed their hope that the Pakistan Hypertension League will continue to organize similar high-quality academic activities in the future to further strengthen cardiovascular education and patient care across the country.

HIGHLIGHTS

- Eminent National Faculty
- Evidence-Based Scientific Sessions
- Interactive Discussions
- Professional Networking
- Short Presentations
- Recreational Activities & Desert Safari

DATE
14 FEBRUARY 2026

PAKISTAN HYPERTENSION LEAGUE
Together for Better Blood Pressure Control
and Cardiovascular Health



1. Executive Summary:

This report summarizes the public awareness and community engagement activities conducted under the auspices of the Pakistan Hypertension League in Multan during the reporting period. Aligned with PHL's mission to combat the high prevalence of hypertension in Pakistan—identified as a leading chronic health problem we focused on multi-platform educational outreach. Key initiatives included a radio awareness campaign, a public awareness walk, and community lectures. These activities aimed to address the critical gap in public knowledge and the low rate of blood pressure control observed in the population .

2. Activities Undertaken

2.1. Radio Awareness Campaign: To reach a broad demographic, particularly in semi-urban and rural areas, we initiated a radio awareness drive.-Objective: Educate the public on hypertension risk factors, the “silent killer” nature of the disease, and the importance of regular screening.

Activity: Participated in live radio talk shows on FM 100 Multan

Content: Discussions covered the “Know Your Numbers” theme, emphasizing that hypertension is a controllable condition through lifestyle modifications (diet, exercise, stress management) and adherence to prescribed medication . Call-in segments allowed direct public engagement.



2.2. Public Awareness Walk: Awareness Saves Lives.

We conducted the Hypertension Awareness Walk being organized by Cardiology department of CPE Institute of Cardiology Multan, on 24.05.26 Sunday morning after Fajar prayers at Qila Kohna Qasim Bagh under the platform of the Pakistan hypertension League–Multan Chapter. With collaboration of Pakistan cardiac society and Pakistan society of internal medicine–Multan chapter The purpose of this activity is was to promote public awareness regarding hypertension prevention, early diagnosis, and healthy lifestyle practices.

-Objective: Visually demonstrate community commitment to heart health and increase the visibility of the PHL's mission.

-Highlights: Participants carried banners and placards with messages on healthy lifestyles and blood pressure control. The event received local media coverage, amplifying its impact.



2.3. Educational Lectures & Community Sessions

We organized targeted educational sessions to provide in-depth information on hypertension management.

-Objective: Provide a deeper understanding of hypertension pathophysiology, complications, and management strategies.

-Activity:

1. Public Lecture: Delivered a talk on "Hypertension: The Silent Killer" The lecture focused on the importance of lifestyle modifications (dietary changes, physical activity) and the risks of uncontrolled blood pressure, including stroke and heart attacks.

2. Capacity Building for Healthcare Workers: Conducted training on standardized blood pressure measurement techniques for [Target Group, e.g., nurses, general practitioners]. This aligns with the PREACH project's goals of building a certified workforce for hypertension control



3. Additional Activities:

-Blood Pressure Screening Camps: In support of national and global initiatives like "May Measurement Month" (MMM), we set up screening camps at: Al-Manzoor Hospital (Mianchannu) & Yousuf Heart Clinic (Muzaffargarh), Individuals found with elevated readings (BP > 140/90 mmHg) were counseled and referred to primary care physicians.

-Collaboration with Allied Organizations:

Coordinated with (Pakistan Cardiac Society, local hospitals) to strengthen our outreach efforts and leverage shared resources.

4. Key Challenges and Observations

-Public Awareness Gap: A recurring observation was the lack of awareness about the asymptomatic nature of hypertension. Many participants at screening camps were unaware of their high BP readings.

-Lifestyle Risk Factors: Discussions during radio shows and lectures highlighted the prevalence of dietary risks and sedentary lifestyles contributing to the disease burden.

-Need for Regular Screening: The data reinforces the urgent need for continuous community engagement to encourage regular blood pressure checks.

5. Conclusion and Future Plans

The activities conducted this quarter successfully raised the profile of the Pakistan Hypertension League in Multan region and contributed to the national effort against cardiovascular disease. The combination of digital media, public events, and direct clinical engagement proved effective in reaching diverse segments of the community.

Future plans include:

-Continuing public awareness campaigns through television and radio.

-Organizing more frequent screening camps in underserved areas.

-Engaging with more General Practitioners (GPs) for training on standard hypertension guidelines.

Pakistan hypertension league Faisalabad chapter conducted the activity on world hypertension day 2026. Hypertension league Faisalabad Chapter include following members Prof. Dr. Ahmed Bilal, Dr. Muhammad Owais Fazal, Dr. Yasir Yaqoob, Dr. Ahmad Zeeshan Chughtai, Dr. Zaheer Ahmad, Dr. Javed Iqbal, Dr. Fraz Saeed Qureshi. Throughout the year above mentioned members, doctors conducted camps to screen and guide, workshops for managements and lecture programs.

Activity on the world hypertension day included:

1. Lecture on prevention and management of hypertension by Prof. Dr. Ahmed Bilal in Serena Hotel, Faisalabad on 17-05-2026.
2. Lecture on prevention and management of hypertension by Prof. Dr. Ahmed Bilal in Dynasty Hotel, Faisalabad on 24-07-2026.
3. Workshop in FMU for doctors Prof. Dr. Ahmed Bilal conducted a diploma class on Nutrition in hypertension and Diabetes using multimedia, whiteboard, and real food items. The session focused on the role of salt audit, carbohydrates, fats, proteins, and fiber in managing blood sugar. Multimedia slides and animations explained insulin resistance and glycemic index. Whiteboard was used to draw food pyramids and compare glycemic values of common foods. Students actively participated by listing examples of healthy foods. Real fruits (banana, apple, orange) and grains (rice, oats, lentils) were shared for hands-on learning. Students learned how ripeness affects the glycemic index of fruits like bananas. The benefits of fiber-rich, whole foods in blood sugar control were emphasized. Healthy meal planning and portion control were discussed interactively. The class ended with Q&A and group discussion, making it practical and engaging.
4. Awareness walk 17-05-26
5. CME by Dr. Muhammad Owais Fazal in addition to screening camp in Allied Hospital Faisalabad.
6. Conducted ISH Certified Course in Management of Hypertension



Hypertension Awareness Lecture In
Faisalabad Medical University, Punjab Medical College
By Dr. Muhammad Owais Fazal

Hypertension Day Walk



Workshop in Faisalabad Medical University, Faisalabad



Lecture on World Hypertension Day
in Serena Hotel, Faisalabad.



Lecture on World Hypertension Day Dynasty Hotel, Faisalabad.

The Pakistan Hypertension League Sargodha Chapter hosted a comprehensive Dengue Awareness and Clinical Preparedness Training Program at Dr Faisal Masood Teaching Hospital Sargodha on 23-07-2026, aimed at enhancing vector-borne disease management, emergency response protocols, and patient triage. Under senior clinical leadership, the initiative focused on training frontline healthcare providers specifically Doctors and Nurses, to effectively handle seasonal Dengue outbreaks and minimize disease mortality through early detection and standard management guidelines.

Key Training Objectives & Highlights

1. Capacity Building for Healthcare Professionals

- Clinical Triage & Early Warning Signs: Intensive training modules delivered to medical officers, postgraduate residents, and nursing staff on identifying critical warning signs (e.g., severe abdominal pain, persistent vomiting, fluid accumulation, mucosal bleeding).
- Fluid Management Protocols: Detailed workshops on standard WHO and DEAG guidelines for fluid resuscitation in Dengue Haemorrhagic Fever (DHF) and Dengue Shock Syndrome (DSS) to ensure precise, timely interventions.
- Laboratory&Diagnostic Monitoring: Guidance on monitoring haematocrit levels, platelet counts, and proper interpretation of diagnostic markers (NSI antigen vs. IgM/IgG serology & PCR).

2. Ward Readiness & Vector Control

- Dedicated Dengue Counter & Isolation Wards: Protocol orientation for establishing isolated Dengue wards with high-standard mosquito nets, strict vector control measures, and dedicated triage counters in emergency departments.
- Nursing Protocol Standardisation: Specialized training sessions for nursing officers focused on serial vital sign monitoring, accurate fluid balance charting, and rapid escalation protocols for critical patients.

3. Public Health Advocacy & Patient Counselling

- Preventive Counselling: Equipping doctors and nurses with effective communication tools to educate patients and attendants on household mosquito vector control (*Aedes aegypti* breeding site elimination).
- Community Screening Integration: Alignment between OPD screening units and inpatient care to manage patient load efficiently during peak outbreak weeks.





Hypertension Day Activity Report:

On the occasion of World Hypertension Day, Sargodha Medical College, in collaboration with the Pakistan Hypertension League, successfully organized a comprehensive awareness and community outreach programme aimed at promoting the prevention, early detection, and effective management of hypertension.

The event witnessed enthusiastic participation from undergraduate MBBS students of all academic years, postgraduate trainees, faculty members, and members of the local community. The programme extended beyond an awareness campaign by incorporating free blood pressure screening and medical consultation camps, where individuals identified with hypertension received clinical assessment, counselling, and appropriate prescriptions in accordance with current treatment guidelines.

To foster academic engagement and enhance learning, students actively participated in quiz competitions and poster presentation contests, showcasing their knowledge, creativity, and commitment to cardiovascular health promotion. These activities encouraged evidence-based learning and highlighted the important role of future healthcare professionals in combating hypertension.

The programme concluded with a prize distribution ceremony, during which winners of the quiz and poster presentation competitions were recognised for their outstanding performance and contributions. The event successfully combined community service, medical education, and public health advocacy, reinforcing Sargodha Medical College's commitment to improving cardiovascular health and supporting national efforts to reduce the burden of hypertension.



As in previous years, the Pakistan Hypertension League – Sahiwal Chapter remained highly active in promoting awareness about hypertension and cardiovascular diseases.

We celebrated World Hypertension Day with great enthusiasm and commitment. Awareness camps were organized at various locations across Sahiwal, including major shopping malls, busy medical stores, the main bus terminal, the District Courts, and an old age home.

During these activities, our dedicated volunteers distributed educational material on hypertension prevention, measured blood pressure free of charge, and provided practical advice on healthy lifestyle modifications to help prevent and control hypertension.

We also held meetings with many of the city's renowned cardiologists, inviting them to join the Pakistan Hypertension League in support of its important mission and objectives.

We sincerely pray that Allah Almighty accepts our humble efforts and makes them beneficial for the health and well-being of our community.

On the occasion of World Hypertension Day, an awareness camp is being organized at a public venue in collaboration with Seniors to educate the community about hypertension, its potential complications, and the serious health risks associated with uncontrolled blood pressure.

The session aims to promote public awareness regarding preventive measures, healthy lifestyle practices, and the importance of regular blood pressure monitoring.

This awareness initiative is being conducted under the supervision of Dr. Saima Naz Alam, whose guidance and support are playing a vital role in spreading valuable healthcare awareness within the community.





SPRING 2026

PHL NEWSLETTER

LAHORE CHAPTER

Prof. Qazi Abdul Saboor

We trained Doctors and nurses regarding how to check B.P and lot of Awareness Programs about blood pressure for General Public. PHL-28 conference was held at Lahore under Convenorship of Prof Qazi Abdul Saboor. National and International faculty participated. 10 ECG Workshops and 04 BLS and ACLS courses were done by PHL for doctors and nurses. Every two months case presentation on hypertension and also other diseases were conducted. Hypertension awareness Walks, Seminars and lectures programs were done on world hypertension day 17th May 2026. We did seminars, lectures, training programs and lot of train the trainers programs. International Webinar on hypertension was also done which was participated by Doctors from India, Sri Lanka, Bangladesh, Pakistan and Europe. President ISH also had given the video message. 04 sessions of Train The Trainer programs were conducted with guidelines oriented lectures on how to check B.P and how to manage high blood pressure especially in our Pakistani Population. Orientation of AHA and ESC guidelines were given but guidelines by PHL written by especially Prof. Ishaq, Prof. Amir and Prof. Saulat sb was also described and taught to GP and other doctors. We all should work and contribute to share knowledge and opinion together in controlling hypertension in Pakistan.

International Webinar For Public Awareness

2026 WORLD HYPERTENSION DAY

"Controlling Hypertension Together"

Chairpersons

South & Central Asia Regional Advisory Group (SACA of ISH)

Speakers

Moderators

Saturday, 16th May
1 p.m. PST

ID: 847 2214 4023
Passcode: A112233

Logos: PHL, ISH, AHA, ESC



This year like previous year's regular hypertension awareness campaigns were organised. Stepping away from the month of May as it is very warm we conducted special awareness campaigns in the Preventive Cardiology department placed in Out Patient Department of Punjab Institute of Cardiology from October 25 onwards. The focus was on the family members of the patients their education and screening. We also carried out Laboratory Testing as indicated. On completion of data we will share our findings. This we hope will have a significant impact on population at large and will help us to develop a better screening and public education program. Along with this multiple workshops were held courtesy of multiple pharmaceutical companies. Lahore Chapter's commitment to hypertension awareness remains steadfast. After a grand preventive session in Heart Talk. Prof. Shahbaz Kurashi can be seen making the heart. Sir we miss your smile and energy.





SPRING 2026

PHL NEWSLETTER

BANNU CHAPTER**Prof. Dr. M. Nadeem Khan**

EXECUTIVE SUMMARY:

The Pakistan Hypertension League (PHL) Bannu Chapter remained actively engaged during 2025–2026 in promoting cardiovascular health, hypertension awareness, prevention, early detection, professional education, and community engagement.

During the reporting period, the Chapter organized and participated in major awareness and academic activities, including the World Heart Day program on 29 September 2025 and World Hypertension Day on 17 May 2026.

The World Heart Day program combined scientific education with practical skills and community outreach through expert presentations on cardiovascular risk factors, a hands-on workshop on accurate blood pressure measurement and blood glucose testing using glucometers, followed by a public awareness walk.

The World Hypertension Day program brought together senior professors, office holders of the Chapter, faculty members, postgraduate trainees, and house officers. The program included scientific presentations, a hands-on Basic Life Support (BLS) workshop for junior doctors, and a round-table discussion focusing on hypertension prevention, management, awareness, and future activities of the Chapter.

In addition to these major events, regular meetings of office members and office holders were conducted to strengthen the organizational structure, increase membership, expand public awareness activities, and develop future strategies.

Preparatory work has also been undertaken for the upcoming World Heart Day in September 2026, with the aim of making the program broader, more community-oriented, and more impactful.

MESSAGE FROM THE CHAPTER COORDINATOR:

The Pakistan Hypertension League Bannu Chapter is committed to contributing to the prevention and control of hypertension and cardiovascular disease through education, awareness, professional development, and community engagement.

During the year, our Chapter remained active in organizing academic activities, practical training sessions, public awareness initiatives, and professional discussions. The enthusiastic participation of senior professors, faculty members, postgraduate trainees,

house officers, and members of the Chapter has been a source of strength and encouragement.



During the year, our Chapter remained active in organizing academic activities, practical training sessions, public awareness initiatives, and professional discussions. The enthusiastic participation of senior professors, faculty members, postgraduate trainees, house officers, and members of the Chapter has been a source of strength and encouragement.

Hypertension remains one of the most important modifiable risk factors for cardiovascular disease. Increasing awareness, ensuring accurate blood pressure measurement, promoting early detection, encouraging healthy lifestyles, and improving adherence to treatment are essential components of effective prevention.

The activities conducted during the year represent an important step toward strengthening cardiovascular health awareness in our community. We remain committed to expanding our membership, increasing community outreach, and establishing regular educational and screening activities.

I sincerely appreciate the contributions of all office bearers, faculty members, healthcare professionals, trainees, and volunteers who participated in the activities of the PHL Bannu Chapter





1. WORLD HEART DAY 2025: 29 September 2025

The PHL Bannu Chapter organized a comprehensive program to commemorate World Heart Day on 29 September 2025. The program was designed around three major components:

Scientific Awareness → Practical Skills → Community Outreach

1.1 Scientific Seminar

A scientific seminar was organized to highlight the growing burden of cardiovascular disease and the importance of prevention and early intervention.

Senior healthcare professionals delivered informative talks addressing important cardiovascular risk factors, including:

- * Hypertension
- * Diabetes mellitus
- * Smoking
- * Obesity
- * Unhealthy dietary practices
- * Physical inactivity
- * Dyslipidemia
- * Stress and unhealthy lifestyle
- * Family history and other risk factors
- * Importance of early identification and prevention

The presentations emphasized that many cardiovascular risk factors are preventable or modifiable through appropriate lifestyle changes, screening, early diagnosis, and evidence-based management.

1.2 Hands-on Workshop: Accurate Blood Pressure Measurement A practical workshop was conducted to demonstrate the correct technique for blood pressure measurement.

Participants were educated about:

- * Appropriate patient positioning

- * Selection of an appropriate BP cuff
- * Correct placement of the cuff
- * Proper measurement technique
- * Avoidance of common measurement errors
- * Importance of repeated and accurate measurements
- * Interpretation of BP readings
- * Importance of accurate BP measurement in diagnosing and monitoring hypertension

The workshop emphasized that accurate blood pressure measurement is the foundation of appropriate hypertension diagnosis and management.

1.3 Practical Blood Glucose Testing Using a Glucometer

A practical demonstration on blood glucose monitoring was also included.

Participants were familiarized with:

- * Proper use of a glucometer
- * Preparation for blood glucose testing
- * Appropriate technique for obtaining a capillary blood sample
- * Recording and interpretation of blood glucose values
- * Importance of diabetes screening as part of cardiovascular risk assessment

This component highlighted the close relationship between diabetes and cardiovascular disease and the importance of early identification of metabolic risk factors.

1.4. Public Awareness Walk

The World Heart Day program concluded with a public awareness walk.

The walk provided an opportunity to take cardiovascular health messages beyond the hospital and academic environment and directly engage the community.

The awareness campaign emphasized:

Healthy Diet • Regular Exercise • Smoking Cessation • BP Monitoring • Diabetes Screening • Healthy Lifestyle • Early Medical Consultation

The walk demonstrated the commitment of the PHL Bannu Chapter toward community-based cardiovascular disease prevention.



2. WORLD HYPERTENSION DAY 2026: 17 May 2026

The PHL Bannu Chapter organized a dedicated program to commemorate World Hypertension Day on 17 May 2026.

The event brought together:

- * Senior professors
- * Office holders of PHL Bannu Chapter
- * Faculty members
- * Postgraduate trainees
- * House officers
- * Junior healthcare professionals

The program focused on increasing professional awareness, improving practical skills, and developing strategies for better hypertension prevention and control.

2.1 Scientific Presentations

Senior professors and office holders of the Chapter delivered scientific presentations addressing important aspects of hypertension and cardiovascular risk.

Key areas included:

- * Hypertension as a major cardiovascular risk factor
- * Early detection and screening
- * Accurate BP measurement
- * Cardiovascular risk assessment
- * Prevention of hypertension-related complications
- * Lifestyle modification
- * Treatment adherence
- * Long-term follow-up
- * Prevention of cardiovascular morbidity and mortality

The presentations provided an opportunity for faculty and trainees to update their knowledge and engage in professional discussion.

2.2 Participation of Faculty, Postgraduate Trainees and House Officers

The active participation of faculty members, postgraduate trainees, and house officers was an important feature of the program.

The event promoted interaction between experienced senior professionals and junior doctors and encouraged a culture of continuous medical education and professional development.

3. HANDS-ON BASIC LIFE SUPPORT (BLS) WORKSHOP

A practical Basic Life Support workshop was organized, particularly focusing on junior healthcare professionals, postgraduate trainees, and house officers.

The workshop provided hands-on training in essential life-saving skills, including:

- * Recognition of cardiac arrest
- * Initiation of basic life support
- * Effective chest compressions
- * Basic airway and ventilation techniques
- * Team-based emergency response
- * Defibrillation awareness and emergency response
- * Importance of early intervention during cardiac emergencies

The practical nature of the session enabled participants to develop confidence in responding to life-threatening cardiovascular emergencies.

This activity also complemented the Chapter's broader objective of improving cardiovascular emergency preparedness among young healthcare professionals.

4. ROUND-TABLE DISCUSSION

A round-table discussion was conducted as an interactive component of the World Hypertension Day program.

Senior faculty, office holders, and junior healthcare professionals participated in an open exchange of ideas.

Key issues discussed included:

- * Current challenges in hypertension prevention and control
- * Early detection and screening
- * Improving patient compliance
- * Community awareness
- * Public education regarding hypertension
- * Regular BP monitoring
- * Lifestyle modification
- * Role of young healthcare professionals
- * Expansion of PHL membership



- * Future academic activities
- * Future public awareness campaigns
- * Strengthening the activities of the Bannu Chapter

The discussion generated practical suggestions for strengthening the Chapter's activities and expanding its reach within the community.

5. ORGANIZATIONAL MEETINGS AND FUTURE PLANNING

During the reporting period, various meetings of the office members and office holders of PHL Bannu Chapter were conducted.

These meetings were aimed at strengthening organizational coordination and developing a structured plan for future activities.

Major areas of focus included:

Membership Expansion

- * Increasing membership of the Bannu Chapter
- * Encouraging consultants and faculty to join
- * Engaging postgraduate trainees and young physicians
- * Promoting active participation of members
- * Strengthening professional networking

Public Awareness

- * Increasing community-based awareness activities
- * Organizing regular hypertension awareness programs
- * Promoting BP screening
- * Promoting blood glucose screening
- * Organizing awareness walks
- * Developing educational sessions for the general public

Academic Development

- * Scientific seminars
- * Workshops
- * Case-based discussions
- * Round-table discussions
- * Continuing professional education
- * Practical training for junior doctors

Future Collaboration

The Chapter also discussed strengthening collaboration with healthcare institutions, professional organizations, academic departments, and community stakeholders to broaden the reach of hypertension and cardiovascular health initiatives.

6. PREPARATION FOR WORLD HEART DAY 2026

September 2026

Preparatory activities have been initiated for the upcoming World Heart Day program in September 2026.

Building on the experience of the previous year, the Chapter intends to develop a comprehensive program combining academic education, practical screening, professional training, and public awareness.

Proposed components include:

- * Scientific seminar
- * Expert presentations
- * Cardiovascular risk-factor awareness
- * Blood pressure screening
- * Blood glucose screening
- * Practical BP measurement demonstration
- * Lifestyle and dietary counseling
- * Public awareness campaign
- * Awareness walk
- * Participation of faculty and healthcare professionals
- * Engagement of postgraduate trainees and house officers
- * Greater involvement of the general public

The objective is to make World Heart Day 2026 a broader and more impactful community-based cardiovascular health initiative.

7. MAJOR ACHIEVEMENTS – 2025–2026

No. Activity Key Outcome

- 1 World Heart Day – 29 September 2025
Scientific seminar, practical BP/glucose workshop and public awareness walk
- 2 Cardiovascular Risk Awareness Increased
under standing of preventable cardiovascular risk factors
- 3 BP Measurement Workshop Practical training in accurate BP measurement
- 4 Glucometer Workshop Practical demonstration of blood glucose monitoring
- 5 World Hypertension Day – 17 May 2026
Scientific and professional awareness program
- 6 BLS Workshop Hands-on emergency skills training for junior doctors
- 7 Round-table Discussion Interactive discussion on hypertension and future activities
- 8 Office Meetings Organizational strengthening and future planning



- 9 Membership Planning Strategies developed for increasing Chapter membership
- 10 Public Awareness Planning Expansion of community-oriented cardiovascular awareness
- 11 World Heart Day 2026 Preparatory work initiated for September 2026 activities

8. IMPACT OF THE CHAPTER'S ACTIVITIES

The activities conducted during the reporting period contributed to:

Professional Development

Enhanced knowledge and practical skills among faculty, postgraduate trainees, house officers, and other healthcare professionals.

Public Awareness

Greater emphasis on prevention, early detection, healthy lifestyle, BP monitoring, and diabetes screening.

Practical Skills

Improved understanding of accurate BP measurement, blood glucose monitoring, and BLS.

Organizational Strengthening

Regular meetings and planning helped establish a stronger foundation for future activities.

Community Engagement

The public awareness walk and planned outreach activities helped extend cardiovascular health messages beyond the healthcare setting.

9. ACTION PLAN FOR 2026–2027

The PHL Bannu Chapter proposes the following priorities for the coming year:

1. Membership

- * Increase membership of the Chapter.
- * Encourage active participation of existing members.
- * Engage young physicians

2. Public Awareness

- * Organize regular hypertension awareness activities.
- * Conduct community-based BP and glucose screening.
- * Promote healthy lifestyle and cardiovascular disease prevention.
- * Conduct awareness walks and public education sessions.

3. Academic Activities

- * Organize regular scientific seminars.

- * Conduct workshops and interactive sessions.
- * Promote continuing professional development.
- * Arrange practical training programs for young doctors.

4. Emergency Cardiovascular Skills

- * Continue hands-on BLS training.
- * Promote awareness of early recognition and response to cardiac emergencies.

5. Collaboration

- * Strengthen collaboration with healthcare institutions and professional organizations.
- * Develop joint awareness and educational initiatives.

6. Annual Events

- * Conduct World Heart Day activities in September.
- * Conduct World Hypertension Day activities on 17 May.
- * Develop additional awareness activities throughout the year rather than limiting activities to annual events.

10. CONCLUSION

The year 2025–2026 was a productive period for the Pakistan Hypertension League – Bannu Chapter.

Through the successful organization of World Heart Day on 29 September 2025, World Hypertension Day on 17 May 2026, practical workshops, BLS training, round-table discussions, public awareness activities, and regular organizational meetings, the Chapter continued to strengthen its role in promoting cardiovascular health and hypertension awareness.

The active involvement of senior professors, office holders, faculty members, postgraduate trainees, house officers, and other healthcare professionals reflects a strong commitment to the prevention and control of cardiovascular disease.

The Chapter will continue to focus on awareness, prevention, early detection, accurate measurement, professional education, community engagement, and capacity building.

With continued teamwork and an expanding membership base, the PHL Bannu Chapter aims to establish a sustainable and visible program of cardiovascular health promotion across the community.



SPRING 2026

PHL NEWSLETTER

QUETTA CHAPTER

Dr. Huma Naeem Tareen

As the Local Chapter Coordinator, Pakistan Hypertension League (PHL) – Balochistan, I am pleased to present the major activities conducted to promote hypertension awareness and cardiovascular health:

World Hypertension Day Celebration featuring an awareness lecture by Dr. Huma Naeem Tareen, remarks by the Chief Guest, Brig. Asim Iftikhar (Executive Director, SMBZAN Institute of Cardiology, Quetta), an awareness walk, and a free hypertension screening and medical camp for the public.

Hypertension Awareness Lecture for Nurses and paramedical staff to enhance knowledge regarding the prevention, diagnosis, and management of hypertension.

Public Awareness Program on PTV Bolan to educate the community about hypertension, its risk factors, prevention, and the importance of regular blood pressure monitoring.

As the Local Chapter Coordinator, Pakistan Hypertension League (PHL) – Balochistan, I am pleased to present the major activities conducted to promote hypertension awareness and cardiovascular health:

World Hypertension Day Celebration featuring an awareness lecture by Dr. Huma Naeem Tareen, remarks by the Chief Guest, Brig. Asim Iftikhar (Executive Director, SMBZAN Institute of Cardiology, Quetta), an awareness walk, and a free hypertension screening and medical camp for the public.

Hypertension Awareness Lecture for Nurses and paramedical staff to enhance knowledge regarding the prevention, diagnosis, and management of hypertension.

Public Awareness Program on PTV Bolan to educate the community about hypertension, its risk factors, prevention, and the importance of regular blood pressure monitoring.



Tahir Barech

18 MAY AT 10:36

Ptv Bolan live transmission with Respected Dr Huma Naeem Tareen sahiba the first female General and interventional Cardiologist of Balochistan . (ماہر امراض قلب) Head of Cardiology shaikh zahyed hospital near nawa killi qt...



Pakistan Hypertension League, Rawalpindi chapter had been very active to promote the mission of PHL to create awareness about the disease not only in general public but also in the medical and paramedical community. Different forums were used to highlight the issues related to hypertension which are important for the public awareness and the monitoring physicians in the community. Clinical meetings were arranged involving the physicians at grass root level. Video logs on social media and public awareness campaigns were arranged to highlight the role of healthy life style, importance of regular medical follow up, impact of uncontrolled hypertension and the measures which general public need to know to combat the issue for the wellbeing of the community.





SPRING 2026

PHL NEWSLETTER

ISLAMABAD CHAPTER

Dr. Fazlul Aziz Mian

World hypertension day was celebrated in PIMS on 17th May 2026. We have walk followed by awareness sessions when lectures were delivered by consultants.





1. INTRODUCTION:

The Pakistan Hypertension League (PHL) Abbottabad Chapter continued its efforts during 2026 to promote awareness, early detection, prevention and effective management of hypertension and cardiovascular disease in the community. The activities of the Abbottabad Chapter were aimed at improving awareness among healthcare professionals and the general public, promoting regular blood pressure screening, encouraging healthy lifestyle practices and strengthening the concept of early diagnosis and appropriate treatment of hypertension.

2. ACADEMIC AND SCIENTIFIC ACTIVITIES:

During 2026, the Abbottabad Chapter promoted academic activities focusing on contemporary approaches to hypertension prevention, diagnosis and treatment.

Major areas addressed included:

- Accurate blood pressure measurement and diagnosis of hypertension
- Current treatment strategies for hypertension
- Resistant hypertension
- Hypertension and cardiovascular risk
- Hypertension in diabetes mellitus
- Hypertension and chronic kidney disease
- Lifestyle modification and dietary salt reduction
- Medication adherence and treatment persistence
- Home blood pressure monitoring
- Prevention of cardiovascular complications
- Hypertensive emergencies and urgencies



Abbottabad chapter conducted various CME activities as well as screening camps for hypertension awareness during 2026. Among them were:

PREACH (Prevention management and control of hypertension) program aimed at training approximately 30-50 General Practitioners of hazara division. It was conducted in 3 modules in the month of June, August and September 2026.

3. WORLD HYPERTENSION DAY ACTIVITIES

The Abbottabad Chapter participated in activities related to World Hypertension Day 2026, with particular emphasis on the importance of knowing one's blood pressure and preventing complications of uncontrolled hypertension. The programme included public awareness activities, blood pressure screening and educational interaction with members of the community

Activities included:

- Blood pressure screening
- Public awareness session
- Counselling regarding hypertension
- Lifestyle and dietary advice
- Awareness regarding medication adherence
- Distribution of educational material
- Awareness walk/health awareness activity





SPRING 2026

PHL NEWSLETTER



PHL COUNCIL

Patron:	Prof. Mohammad Ishaq
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Immediate Past President:	Prof. Kashif Ali Hashmi
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Secretary General:	Dr. Matiullah Khan
Joint Secretary:	Dr. Mashooq Ali Dasti
Treasurer:	Dr. Asif Khan

CALENDAR OF EVENTS

Pakistan Hypertension League (PHL) 29th Annual Symposium

September 18 - 22, 2026-Natia Gali, Pakistan

AHA Hypertension Scientific Sessions

October 7 - 11, 2026-Arlington, Virginia

World Congress of Cardiology 2026

October 8 - 10, 2026-Rio de Janeiro, Brazil

World Health Summit 2026

October 11 - 13-2026, Berlin, Germany

18th World Stroke Congress 2026

October 21 - 23, 2026-Seoul, Korea

ISH 2026

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

Canadian Hypertension Congress

November 05-07, 2026-Toronto, Canada

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