



PAKISTAN HYPERTENSION LEAGUE



Members Directory 2026



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Birth of PHL at Karachi - June 1997

FOREWARD

It gives me great pleasure to present the updated Directory of PHL Members on the auspicious occasion of 29th Annual PHL Symposium at Nathiagali.

I have tried my best to obtain the latest postal address, telephone numbers & e-mail addresses of the members. Efforts were made to eliminate any error but I submit my advance apologies for any mistake in the text & printing of this Directory.

I am thankful to M/s. PharmEvo (Pvt.) Ltd. for providing assistance in its publication. Thanks are also due to my secretarial staff for their help in the compilation of this Directory.

Prof. Mohammad Ishaq
Editor, Patron PHL

Dr. Saira Bokhari
Vice President, PHL

MESSEGE



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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