

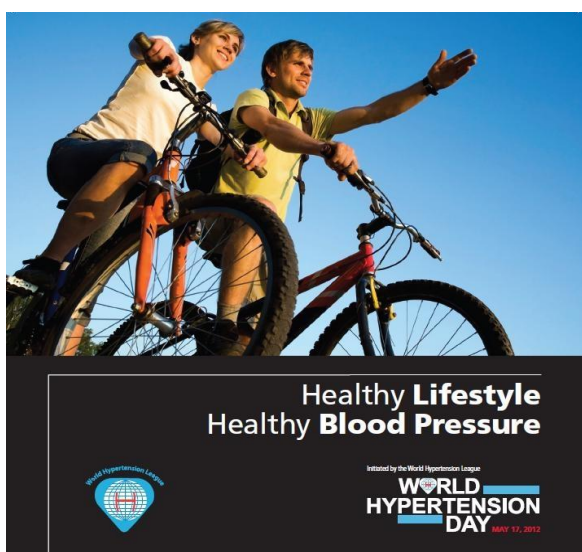


# WHL · NEWSLETTER

News from the World Hypertension League (WHL).  
A division of the International Society of Hypertension, and in official relations with the  
World Health Organization.

No. 135, March 2012

## World Hypertension Day 2012



Cover page of WHD 2012 Brochure

May 17<sup>th</sup> will mark the **World Hypertension Day (WHD)** for the eighth time since we initiated in 2005. Through the cooperation and concerted efforts of the member leagues/societies worldwide, we have increased the public awareness about high blood pressure or hypertension. However, we still have a lot more work to do to identify those with hypertension (over 1.5 people globally), bring them to care and to control. The theme for 2012 WHD is “**Healthy Lifestyle - Healthy Blood Pressure**”.

Interesting enough the WHO has identified five major indicators and set reduction targets for each of them by the year 2025, in response the United Nations’ High Level Meeting’s political declaration on September 20, 2011. All 192 countries of the UN agreed to pay attention to the growing epidemic of non-communicable diseases (NCD) – namely, cardiovascular diseases includ-

ing stroke, cancer, diabetes, and chronic lung diseases. The UN concluded to focus on four simple lifestyle related risk factors: tobacco smoking, diet, physical inactivity, and alcohol, which is precisely what WHD 2012 is focusing on. Thus the WHO’s targets and indicators are of direct interest to the WHL. They are to reduce by 2025 (i) mortality due to NCD by 25%; (ii) hypertension by 25%; (iii) dietary salt intake by 30% towards a goal of 5 g/day; (iv) tobacco by 30% and (v) physical inactivity by 10%.

The WHL and its member leagues/societies are poised to realize the WHO’s ambitious goal. Our continued efforts at the national, regional and local levels to increase public awareness of healthy lifestyle, healthy blood pressure and adherence to therapy will make a huge difference. So, let us all use every possible ways to heighten the public awareness in our communities and countries to celebrate WHD 2012 for the public’s benefit. Let us not only preach but also practice ourselves!! We could, one day, achieve a hypertension free world!

Dr. Arun Chockalingam  
Secretary General, WHL

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## WHL News

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### **An interactive workshop discussing what research can be done in developing countries with little financial support and equipment**

We invite you to register for this interactive workshop to be held during the ISH/APSH meeting in Sydney. The workshop will be held over two days (October 1 and 2) during the Breakfast sessions time from 7 AM to 8.30 AM. The aim of the workshop is to encourage younger Investigators to undertake research. You are required to register for the WORKSHOP.

People who register for the workshop will be asked to submit a research proposal which can be clinical, epidemiological or laboratory based. This will be up to 500 words. Supervisor of Young Investigators will be invited also to register for the workshop. From the submitted proposals 8 will be selected for presentation and discussion. A prize of AUS \$ 1,000.00 will be awarded to the candidate submitting the best proposal.

#### Workshop Format:

##### **Day 1**

- 15 min lectures with 7 min discussion on Design of clinical studies & on Epidemiological studies
- Breakout Sessions (8 groups of 8) with 5 min presentations of the proposal followed by discussion among participants guided by facilitators.
- Overnight and that day the proposer will discuss his/her proposal with his/her supervisor if present and the next day will present how he/she will modify the proposal.

##### **Day 2**

- Breakout Sessions: Each of the proposers will present how he/she would now do the project over 10 min and have comments made by the other people and facilitators (30 min allowed for this activity)
- Common sessions: Report by facilitators related to the proposal. One report related to clinical studies the other to epidemiological studies. These reports may also be expanded to include suggestions related to the type of projects that could be undertaken and possible sources of funding.

For more information, please contact:

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### **Research on a Shoe String - An International Collaboration**

High quality medical research is the foundation for *good preventative medicine and health care*. Conducting such research has a number of basic requirements:

1. original ideas/concepts/hypotheses;
2. the people capable of generating and implementing such ideas and converting them into testable projects;
3. the wherewithal to do so, i.e. the available resources and finances to go from planning through to implementation, data collection and analysis, interpretation, manuscript writing and rewriting leading to the essential outcome of peer reviewed publication in reputable journals or official public scientific reports.

Almost all of today's high quality medical research requires collaboration, whether it be at local, national or international level. Obtaining funding for medical research is a difficult enough problem in high income countries, where the competition is strong and medical research budgets often competing with health care and other treasury demands. For example, success for USA NIH grants is predicted to be below 10% of applications. The problem is even greater for medical researchers in lower and middle income countries where budgets are far leaner, immediate health care is considered by governments as a much higher priority, and opportunities for local high quality medical scientific collaborations fewer. Philanthropic foundations such as the Gates Foundation and the Wellcome Trust help to fill some of the need but the former in particular has focussed primarily on communicable disease, leaving the growing world burden of chronic disease relatively unsupported for research funding.


*continued on page 3*

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*Research on a Shoe String continued*

The reality is that most medical research in low and middle income countries will need to be conducted 'on a shoe string', i.e., on a relatively very small budget. How to do so is the issue that will be addressed in a collaborative effort by the World Hypertension League (WHL), the Asian Pacific Society for Hypertension (APSH) and the International Hypertension Society (ISH). These ground breaking interactive Breakfast Workshops have been developed in conjunction with Trefor Morgan, Secretary General of APSH, and with ISH and will take place at the September 2012 Scientific meeting of ISH in Sydney. The object of these interactive workshops is to help younger researcher in particular to develop research proposals that can be conducted on low budgets. The format of the workshops will shortly be formally announced on the ISH 2012 Scientific Meeting Website. (See also calendar on the last page.)

I would encourage all 'emerging' medical researchers, particularly those from lower and middle income countries, to look for the formal announcement shortly and to consider submitting proposals to attend.



Dr. Lawrie Beilin  
Vice President, WHL

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## Report from WHL Members

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### Sudanese Society of Hypertension

The **Sudanese Society of Hypertension (SSH)** was established in 2008 and registered with the Sudan Doctor's Union in April 2008. It became a member of the International Society of Hypertension (ISH) in 2009 and a member of the World Hypertension League (WHL) in 2011.

The Society is proud to have an active membership of over 500 from different parts of Sudan representing different specialties including physicians, academics and research leaders in basic biological science, clinicians ranging from senior professors to more junior research fellows working in clinical research and population studies

based in the field of research on high blood pressure. Applications to become an SSH member are welcomed from those who are interested in the field of hypertension or related topics.

The Society also works with its closely affiliated arms in different parts of Sudan: Sudanese Society of Hypertension Port Sudan (SSHP), Sudanese Society of Hypertension Atbara (SSHA) and Sudanese Society of Hypertension Shandi (SSHS).

### Activities of the SSH

- Celebrate the World Hypertension Day (WHD) every year in different parts of Sudan.
- Free hypertension clinics including examinations and investigations and free medications in Khartoum (4 clinics).
- Conduct courses on basics of echocardiography.
- Organize lectures on different aspects of hypertension.
- Establish proper hypertension referral clinic once a week at Ahmed Gasim Cardiac Center.
- Sudan Hypertension Guidelines 2011 (Joint Task of the NCD Department and the Consultative Council of Medicine and the SSH).

### Plan for 2012

- Monthly lectures on HTN and related medical, obstetric, other diseases.
- To celebrate the WHD; the main celebration will be at Port Sudan and Atbara.
- To publish at least 5 papers in national, regional and international journals.
- To present at least 5 topics at national, regional and international meetings.
- To hold an international hypertension conference at the end of 2013.
- To do free hypertension clinics in different parts of Sudan.

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## New WHL Member

The WHL admitted **the Azerbaijan Heart and Health Association** as a new member recently. The President is Dr. Rashad Mahmudov and the Secretary General is Dr. Vusal Mammadov, Rovshan Aliyev Str. 12\14 Khatai dist/Baku Azerbaijan, AZ 1025.

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## Electronic Newsletter Delivery



<http://www.worldhypertensionleague.org>

## Impressum

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is a division of the International Society of Hypertension (ISH), and is in official relations with the World Health Organization (WHO).

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## Calendar

### 27<sup>th</sup> Annual Scientific Meeting and Exposition of the American Society of Hypertension

May 19-22, 2012  
New York City, NY, USA  
*Information:* ASH  
148 Madison Avenue, 5<sup>th</sup> Floor  
New York, NY 10016, USA  
Website: <http://www.ash-us.org>

### 18<sup>th</sup> World Congress of the International Society for Study of Hypertension in Pregnancy

July 9-12, 2012  
Geneva, Switzerland  
*Information:* ISSHP 2012  
c/o MCI Suisse S.A., 75, rue de Lyon  
1211 Geneva, Switzerland  
Fax: (+41-22) 3399-631  
E-mail: [isshp2012@mci-group.com](mailto:isshp2012@mci-group.com)

### 24<sup>th</sup> Scientific Meeting of the International Society of Hypertension with Interactive Breakfast Workshops

September 29 – October 4, 2012  
Sydney, Australia  
*Information:* ISH 2012 Meeting Managers  
91-97 Islington Street  
Collingwood Vic 3066, Australia  
Fax: (+61-3) 9417-0899  
E-mail: [ish2012@arinex.com.au](mailto:ish2012@arinex.com.au)  
Website: <http://www.ish2012.org>

### 4<sup>th</sup> World Health Summit “Research for Health and Sustainable Development”

October 21-24, 2012  
Berlin, Germany  
*Information:* Academic Office  
Dr. Mazda Adli, Charité-Universitätsmedizin  
Berlin, Charitéplatz, 10117 Berlin, Germany  
E-mail: [mazda.adli@charite.de](mailto:mazda.adli@charite.de)  
Website: <http://www.worldhealthsummit.org/>

### 2<sup>nd</sup> World Hypertension Congress

June 27-30, 2013  
Istanbul, Turkey  
*Information:* Turkish Association of Hypertension Control, Organizing Secretariat  
Fax: (+90-216) 465-4048  
E-mail: [pco@eaorganizasyon.com.tr](mailto:pco@eaorganizasyon.com.tr)  
Website: <http://www.whc2013.org>