



WHL • NEWSLETTER

News from the World Hypertension League (WHL).
In Official Relations with the International Society of Hypertension and the
World Health Organization

No. 164, June 2019

Note from the Editor



Dr. Lawrie Beilin

This newsletter follows the heightened interest in high blood pressure that will have stemmed from World Hypertension Day and May Measurement Month. Early feedback is again very positive.

A different and worrying note concerns the widespread recall of some of the angiotensin two receptor blocker preparations of Losartan, due to contamination by carcinogenic material. Clearly we cannot automatically take for granted purity and quality control in manufacture of the medications we ingest: manufacturers and purchasers alert.

The call for the Children's Art Contest is here: a wonderful way to engage kids in health education by using their imagination and artistic talents. The next major challenge is to develop competitions to help get kids moving, eating more healthily and resisting the lures of big tobacco: just needs some nerdy entrepreneurial teenagers to develop the relevant 'apps' .

Lawrie Beilin

President's Column



Dr. Dan Lackland

I would to begin by thanks all for a truly outstanding recognition of World Hypertension Day. The recognition of excellence in global hypertension on WHD is so appropriate with an outstanding list of accomplished individuals this year. Recognizing the outstanding contributions to hypertension prevention, treatment, and control is a major World Hypertension League objective this year and in the future. Likewise, the implementation of the Art Contest identified blood pressure as a global issue, one that must be addressed at all ages for effective impact. And most important, the awareness campaigns of all members of the WHL family bringing hypertension to the forefront throughout the world truly has impact in 2019. The World Health Assembly in Geneva provided an ideal forum to collaborate with the **World Health Organization, Coalition for Circulatory Health, and the Coalition for Access to NCD Medicines and Products**. The pace to implement global hypertension prevention and control strategies has accelerated significantly, and it is critical that we maintain our collaborative spirit for the most impactful synergistic outcomes. As you can see from the current and upcoming events, the WHL family has embraced this mission.

Dan Lackland

IN THIS ISSUE	Page
Editor & President’s Column	1
World Hypertension Day 2019	2
2019 Excellence Award Winners	3
JCH Editorial Meeting	5
Hypertension App	6
Upcoming Meetings of Note	7
Pan American HTN Organization	8
Past Meetings of Note	9
World Salt Awareness Week	9
Welcome WHL Member RHING	10
Welcome to NUTEK	10
Links of Note	11
Mission and Board	11
Calendar of Events	11

WORLD HYPERTENSION DAY 2019



Please help us celebrate!

We want to thank you our dedicated members for another successful World Hypertension Day celebration highlighting “Know Your Numbers”! Below are some WHD events submitted from our members – more to come in the next issue:

China



Jilin, China celebrates World Hypertension Day with awareness outreach through Hypertension Clinics.

Costa Rica



On World Hypertension Day, Dr. Adriana Blanco Metzler and Dr. Román Macaya Hayes, Chair of CCSS, presented epidemiological data of hypertension in Costa Rica and announced their recent membership in the WHL; Dr. Lackland, WHL President, gave welcoming comments via teleconference call.

Cuba



Over 2000 blood pressure screenings took place on World Hypertension at Hospital Clinico Quirurgico branches throughout Cuba.

**2019 WHL Excellence Award
Winners Announced on WHD**

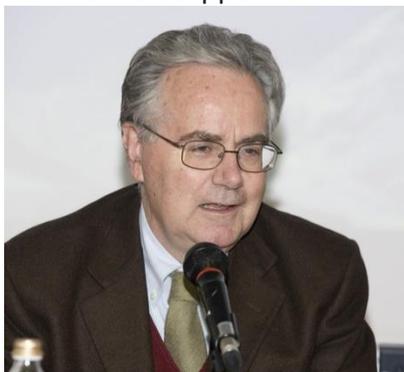
**WHL MacGregor Excellence Award in
Dietary Salt Reduction at the Population
Level – Dr. Feng He**



**Norman Campbell Excellence Award in
Population Hypertension Prevention and
Control – Dr. Cherian Varghese**



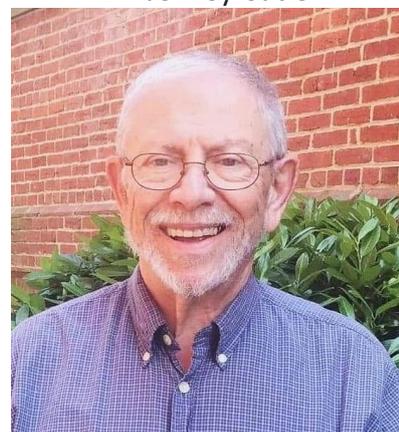
**Peter Sleight Excellence Award in Hyper-
tension Clinical Research –
Prof. Giuseppe Mancina**



**Lisheng Liu Excellence Award in Popula-
tion Cardiovascular Risk Factor Control –
Prof. Wang Hao**



**Claude Lenfant Excellence Award in Pop-
ulation Hypertension Control –
Dr. Jeffrey Cutler**



**Detlev Ganten Excellence Award in
Hypertension and Global Health
Implementation –
Dr. Eduardo Moacyr Krieger**



**WHL President’s Award for Distinguished Service and Excellence as Editor-In-Chief
WHL Newsletter – Dr. Lawrence Beilin**



**WHL Recognition of Excellence Award in Dietary Salt Reduction –
Dr. Francesco Cappuccio**



**WHL President’s Award for Distinguished Service and Excellence as Editor-In-Chief
Journal of Clinical Hypertension –
Dr. Michael A. Weber**



**WHL Recognition of Excellence Award in Clinical Hypertension Research –
Prof. Dr. Luis Juncos**



**WHL Recognition of Excellence Award in Dietary Salt Reduction –
Dr. Felipe Inserra**



WHL Recognition of Excellence Award for Population Cardiovascular Risk Factor Control – Dr. Darwin Labarthe



WHL Recognition of Excellence Award for Population Cardiovascular Risk Factor Control – Prof. Dr. Horacio Carbajal



WHL Recognition of Excellence Award for Population Hypertension Control and Implementation – Prof. Dr. Ricardo López Santi



WHL Recognition of Excellence Award for Population Cardiovascular Risk Factor Control – Prof. Zhang Weizhong



WHL Organizational Award: WHL Excellence Award for Hypertension Prevention and Control awarded to PAHO – Dr. Carissa F. Etienne

WHL Organizational Award: WHL Excellence Award for Hypertension Prevention and Control awarded to Sudanese Society of Hypertension – Dr. Muntaser Ibrahim

WHL Recognition of Excellence Award in Clinical Hypertension Research – Prof. Athanasios Manolis



JCH Editors Advisory Meeting

Safety of Generic Drugs: A Problem Beyond the Angiotensin Receptor Blockers

By Michael A. Weber, MD. Editor, *The Journal of Clinical Hypertension (JCH)*



JCH Editor-in-Chief Dr. Michael Weber meets with Editors during their Advisory Meeting

More than 90% of therapeutic drugs used worldwide are generic. In a competitive marketplace, manufacturers aim for cheapness rather than quality. Recently, international headlines have focused on the ARBs and the possibility that some generic formulations may inadvertently contain cancer-enhancing ingredients. By now several companies have been forced to withdraw their generic ARBs.

Rules for generic drugs are generally straightforward. Even in regulated environments the principal requirement for generics is that their pharmacokinetics (plasma drug concentrations) are reasonably similar -- or bioequivalent -- to the original branded products. Issues of safety and quality are largely secondary.

Several lots of generic ARBs – based on ingredients manufactured in China and India – have been contaminated with genotoxic ingredients most likely caused by cost-saving measures such as the re-use of solvents employed in the manufacturing process.

It gets worse. Apart from the hundreds of manufacturers who received warning letters from regulatory agencies like the FDA and the EMA, there are many thousands of generic companies selling products in low/middle income regions where safety testing is not performed. And in many countries, the shortage of ARBs has sharply increased prices.

In wealthier countries it is likely that the problem with the ARBs will be largely resolved over the next year. But for much of the World this issue might persist indefinitely. We should also recognize that many generic products – not just ARBs -- have pervasive problems of safety or do not reliably contain the drug ingredients or doses claimed for them. Solving these questions will be essential for major organizations like WHO, RESOLVE and WHL as they confront the worldwide challenges of hypertension and cardiovascular protection.



Arterial hypertension is still today one of the leading causes of cardiovascular morbidity and mortality in the world, including both developed and developing countries. However, the hypertension expert community has long been aware of the failures of hypertension control in the real world of medical practice. The 2013 European Society of Hypertension – European Society of Cardiology Guidelines on the Management of Arterial Hypertension lists three major causes of the low rate of blood pressure control in real life: 1) physician inertia, 2) patient low adherence to treatment and 3) deficiencies of healthcare systems in their approach to chronic diseases. Low adherence is extremely common for lifestyle changes but importantly extends to drug prescriptions, for which it develops quite rapidly: after 6 months, more than one-third and after 1 year about half of the patients may stop their initial treatment; furthermore, on a daily basis, 10% of patients forget to take their drug.

There is convincing evidence that home BP monitoring combined with the use of telemetry for transmission of recorded home values to the doctor and feedback guidance from the doctor may help with optimizing therapy, not only by contrasting patients' poor adherence, but also doctors' inertia. However, home BP remote tele-transmission is not routinely implemented in daily practice, because usually tele-monitoring services have a cost, which is not covered by healthcare systems.

The last decade, the wide spread use of the smartphones and their health care related applications allow a less costly method of implementing telemedicine tools in daily practice. The European Society of Hypertension (ESH) has developed a smartphones application (ESH CARE app) whose content is validated and continuously updated according to the official guidelines published by ESH and ESC. This application has been tested in a pilot study carried out by general practitioners in Italy, demonstrating the efficacy and applicability of this approach in daily practice, leading to a hypertension control rate of 72%. The ESH CARE app is available on Androids and Apple stores, in 9 languages and is currently being used in daily practice by many patients and physicians.



Hypertension APP

Mobile Health technology to improve blood pressure control in hypertension: Are we ready to prescribe an app?

By Gianfranco Parati MD, FESC, Department of Medicine and Surgery, University of Milano-Bicocca & Istituto Auxologico Italiano, IRCCS, Milan, Italy



UPCOMING MEETINGS OF NOTE

European Society of Hypertension Milan, Italy June 21-24, 2019



Join us in Milan this coming June 21-24 for the 29th European Meeting on Hypertension and Cardiovascular Protection and celebrate the 30th anniversary of the

establishment of ESH.

This is the annual flagship event of the European Society of Hypertension (ESH) and will offer the highest quality scientific program related to research in Basic and Clinical areas in Hypertension, with State-of-the-Art Lectures, Satellite Symposia, Teaching Sessions and credits for qualifying as Hypertension Specialists. Spotlights of this event will be modern hypertension therapy and global cardiovascular health management.

**Welcome from Professor Costas Tsioufis,
President of ESH.**

For registration info click [here](#).

Meeting of the Brazilian Society of Hypertension and the World Hypertension Congress Sao Paulo, Brazil, August 7-9, 2019

The Brazilian Society of Hypertension's scientific program brings the most recent updates in hypertension to physicians and allied health professionals such as nurses, nutritionists and physical educators, as well as discussions of behaviors directed to the hypertensive patient. Several issues will be discussed jointly by physicians and non-medical health professionals to give a broader view of this patient population.

Joint sessions will be conducted by the World Hypertension League, the World Health Organization and the Pan-American Health Organization regarding high blood pressure scenarios worldwide. The World Hypertension League Executive, Board and Members Meeting will also convene at this time.

To register please go to [this link](#).

Asian-Pacific Congress of Hypertension - Brisbane 2019 Program Now Available!



Trefor Morgan, MD



Michael Stowasser, MD

The 15th Asian-Pacific Congress of Hypertension (APCH2019) will be held in Brisbane, Australia in conjunction with the Annual Scientific Meeting of the High Blood Pressure Research Council of Australia between 24-27 November 2019 at the Brisbane Convention & Exhibition Centre.

The Congress aims to bring together clinicians and scientists from throughout the Asia Pacific region to further understanding about the causes, diagnosis, prevention and treatment of hypertension and its sequelae.

Five satellite meetings are proposed for Sunday 24th November:

1. Aldosterone and Hypertension
2. Sodium and Blood Pressure
3. Role of the Sympathetic Nervous System in Hypertension and Target Organ Damage
4. Gut Microbiome and Hypertension
5. Central Blood Pressure: What's New?

as well as a Clinical Masterclass targeting primary care physicians. A WHL symposium led by Dr Lackland will be incorporated into the main meeting.

The Congress will feature 27 plenary and keynote speakers covering all aspects of hypertension research (including basic, clinical and population science) and its management. The structure is designed to allow a large number of original oral Free communications and Posters. Young investigator awards are available for people submitting abstracts.

Full details at <https://www.apch2019.org/>

LINKS A global community for cardiovascular health

LINKS funding opportunity for projects that promote cardiovascular health in low- and middle-income countries

LINKS is an online community and resource-sharing platform that connects people working to improve cardiovascular health around the world. LINKS members are eligible to apply on behalf of government, non-governmental organizations, or the private sector for one-time, catalytic grants to improve cardiovascular health in low- and middle-income countries (LMICs). Grants, which are limited to a maximum value of \$200k USD and a time-frame of up to two years, are provided to programs that focus on hypertension control, salt reduction or the elimination of artificial trans fat. The next round of grant funding is now open for LINKS members. Applications will be received until June 15, 2019. For more information on LINKS grants or to become a member, please go to [this link](#).



Pan American Health Organization

ACTIVITIES IN LATIN AMERICA AND THE CARIBBEAN EXPAND!

By Donald J. DiPette MD, WHL Envoy to Latin America and the Caribbean, Health Sciences Distinguished Professor, Univ. of South Carolina

One of the major activities this quarter was a meeting, coordinated by the Pan American Health Organization (PAHO) and healthcare leadership in Guyana, in March. The meeting focused on identifying the gaps and needs in the healthcare system to facilitate a structured approach to the management of hypertension, using the WHO Global HEARTS framework. PAHO Consultants, Drs. Donald DiPette and Kenneth Connell were in attendance.

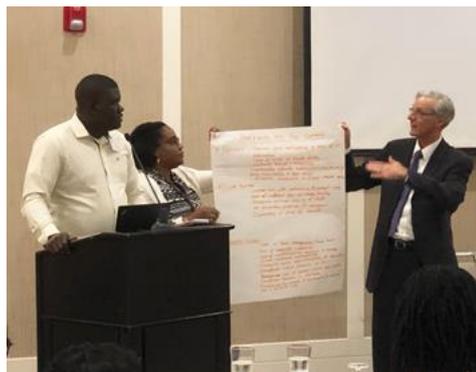


Dr. Michael Prereira, on behalf of the Ministry of Public Health, noted that non-communicable diseases may account for as high as 70% of premature deaths in Guyana.

The two day meeting consisted of several presentations and active discussions and developing potential algorithms for the treatment of hypertension. Dr. Connell reviewed the lessons learned from the initial Standardized Hypertension Treatment Program (now the HEARTS in the Americas Program) and an overview of healthy lifestyles.



Dr. DiPette gave an overview of the major changes outlined in recent hypertension guidelines and reviewed the evidence based protocols in the HEARTS Technical Package. The meeting concluded with recommendations to invite all members of the multidisciplinary team to be trained, to bring stakeholders together, and to develop the protocols needed to move forward.



Another significant activity took place in Port of Spain, Trinidad & Tobago, in February. This activity celebrated the launch and intention to implement the Global Hearts Initiative. This announcement followed several months of discussion, planning, and consensus building.

The planning of further activities in the next quarter of 2019 is already underway to continue the expansion of addressing

hypertension and cardiovascular management and treatment in Latin America and the Caribbean. These activities will be discussed in an upcoming newsletter! We, the WHL, continue to play a key role in reducing the global burden of cardiovascular disease.



Past Meetings of Note

Coalition for Circulatory Health



Coalition for Circulatory Health members meet during WHA in Geneva, May 22-28, 2019.

Hearts in the Americas



Faculty and Staff at the Joint meeting of the Inter-American Society of Cardiology and PAHO, during the HEARTS Regional Workshop, May 14-17, 2019 in the Dominican Republic.

World Salt Awareness Week

By Professor Fazila-Tun-Nesa Malik Chairman, Hypertension Committee of National Heart Foundation of Bangladesh

The National Heart Foundation of Bangladesh (NHFB) is actively working to create awareness circulating awareness messages in Bangla (লবণ ও লবণযুক্ত খাবার কম খান। উচ্চ রক্তচাপ, হৃদরোগ, স্ট্রোক ও ককডনী স্ট্রোকের ঝুঁকি কমান – “Avoid salt and processed food and stay free from hypertension, heart attack, brain stroke and kidney diseases” reaching more than 10 million people in Bangladesh, in collaboration with Telenor Health.



Free hypertension camps were offered.



We also disseminated digital posters to more than 100,000 people through social media (Facebook) campaigns. A free Hypertension Camp was arranged at the premises of NHFH&RI. In the HTN camp, blood pressure, random blood sugar, weight and height were measured. High risk people were screened and advised on life style modification and further evaluation. About 300 people received the service.

A scientific seminar on ‘Updates on Hypertension’ attended by more than 250 physicians from different districts and Institutes. A colored

brochure & poster carrying the message of WASH 2019 were printed to create public awareness for this occasion, distributed all over Dhaka city as well as different districts of Bangladesh. A talk describing the adverse effects of excess salt intake was telecast on electronic media. At the same time continuous messaging was shown on the television scroll which carried the theme message of the week.



Welcome to New WHL Member – Rwanda Hypertension Interest Group.....RHING

Rwanda Hypertension Interest Group (RHING), the latest WHL member, aims to optimize and advance knowledge about known and cost-effective interventions in the prevention and control of hypertension in Rwanda.



Trainees and Trainers at the HTN Training Workshop, August 2018

The vision of the RHING is to create a collaborative network of individuals (academics, clinicians, community health care workers, public health experts, and policy makers) with a common interest of improving health outcomes related to HTN and other NCDs through improved healthcare delivery, medical and community education, and late-stage (T4) translational research (TR) in Rwanda. The specific objectives of the association are:

1. Increase public awareness about HTN and cardiovascular risks;
2. Design training activities that build capacity among health professionals for evaluation, prevention and control of HTN;
3. Conduct a HTN needs assessment to determine facilities, resources and data required to advance evidence-based, sustainable HTN prevention, detection, evaluation, treatment and control programs;
4. Support context-specific HTN research; and
5. Create a forum for networking and sharing of ideas related to HTN and NCD management in Rwanda.

Welcome to WHL New Corporate Member - Nutek Food Science



The mission of NuTek Food Science is to help create great-tasting and affordable foods that enhance global health and wellness. We strive to grow our business by being great partners to the global food system with innovative products for consumers, food manufacturers, food retailers, and restaurant chains to improve the nutritional profiles of their foods. We also strive to engage, support and collaborate with leading stakeholders dedicated to advancing the common objective of disease prevention through a healthier food supply.

Our company's primary objective is to address the global health issue of excessive sodium consumption. Our sodium reduction / replacement products are developed using patented scientific and technological breakthroughs to deliver unprecedented levels of sodium reduction while replacing it with potassium, a necessary and under-consumed nutrient – all while maintaining great taste, affordability, and ease of use.

LINKS OF NOTE

World Stroke Organization (WSO)
March 2019 Newsletter [Click here](#)

Int'l. Society of Hypertension (ISH)
March 2019 Newsletter [Click here](#)

SCIENCE OF SALT WEEKLY –
 a publication of weekly Medline searches related to dietary sodium [Click here](#)

Knowledge Action Portal (KAP) -
 WHO's interactive online platform for NCD information [Click here](#)

Mission

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 in official relations with both the International Society of Hypertension (ISH), and the World Health Organization (WHO).

Board Officers:

Dr. Daniel T. Lackland (Charleston, USA), President
 Dr. Marcelo Orias (Cordoba, Argentina), Vice-President
 Dr. Paul K. Whelton (New Orleans, USA) Vice-President
 Dr. Norman Campbell (Calgary, Canada), Past-President
 Dr. Xin-Hua Zhang (Beijing, China), President-Elect
 Prof. Gianfranco Parati (Milan, Italy), Secretary-General
 Dr. C. Venkata S. Ram (India & Dallas, USA), Treasurer

Board Members:

Dr. Bader Almustafa (Saudi Arabia)
 Dr. Krassimira Hristova (Sofia, Bulgaria)
 Dr. Jacob Plange-Rhule (Africa)
 Dr. Christopher M. Reid (Australia)
 Prof. Zhaosu Wu (China)

Special Advisor to the Board:

Dr. Liu Lisheng (Beijing, China)

ISH Representation:

Prof. Alta Schutte (South Africa)
 Prof. Neil Poulter (London, UK)

WHO Representation:

Dr. Cherie Varghese MD., Ph.D. (Geneva, Switzerland)

Secretariat:

Dr. Xin-Hua Zhang
 E-mail: whleague17@gmail.com
 Internet: <http://www.whleague.org>

Editorial Office:

Editor-in-Chief: Dr. Lawrence Beilin
 Associate Editor: Mary L. Trifault
 E-mail: whleague17@gmail.com

Associate Editors:

Dr. Norman Campbell
 Dr. Detlev Ganten

The WHL Newsletter is published quarterly by the World Hypertension League (ISSN 2077-7434).

Calendar of Events

31st Annual Cardiologists Conference

June 17-19, 2019, Rome, Italy
[click here](#)

European Society of Hypertension 2019 Meeting

June 21-24, 2019, Milan, Italy
[click here](#)

Immigration, Acculturation and Immigration ESH Satellite Meeting

Tel Aviv, Israel July 1, 2019
[click here](#)

Brazilian Society of Hypertension Meeting

August 7-9, 2019, Sao Paulo, Brazil
[click here](#)

World Hypertension League Congress

August 7, 2019, Sao Paulo, Brazil
[click here](#)

4th Global Conference on Circulatory Health

August 30-31, 2019
 Paris France
[click here](#)

Hypertension 2019 Scientific Sessions

September 5-8, 2019
 New Orleans, LA
[click here](#)

14th Annual CMHC

October 10-13, 2019
 Chicago IL
[click here](#)

World Health Summit

October 27-29, 2019, Berlin, Germany
[click here](#)

Patient Centered Meeting on Diabetes, Dyslipidemia and Hypertension

October 31 – November 3, 2019
 Vienna, Austria
[click here](#)

15th Asian Pacific Congress of Hypertension

November 24-27, 2019
 Brisbane, Australia
[click here](#)