



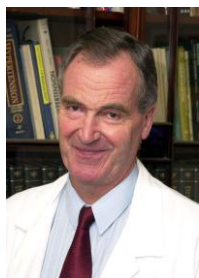
# WHL · NEWSLETTER

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. 133, September 2011

## Editorial

### Sodium Reduction in Hypertension Control: A Public Health or Clinical Issue, or both?



Prof. G. MacGregor

Raised blood pressure is the single biggest cause of death worldwide through the strokes, heart attacks, and heart failure it causes. Seven million people die and 1.5 billion suffer every year as a result of raised blood pressure.

Salt is the major factor that puts up blood pressure. Reducing salt intake is the most cost-effective measure for improving population health outcomes throughout the world, with the potential to save millions of lives each year. Furthermore, the effects are cumulative throughout life; reducing a child's salt intake will have the greatest impact on life expectancy.

The UK is leading the world in salt reduction - daily salt intakes have already fallen by 0.9g/day by 2008 (current intake 8.6g/day), with the setting of voluntary targets for the food industry, and will continue to fall further. This reduction has led to 6000 fewer cardiovascular deaths per year, saving the UK economy approximately £1.5 billion per year. In most developed countries a reduction in salt intake can be achieved by a gradual and sustained reduction in the amount of salt added to foods by the food industry. In other countries where most of the salt consumed comes from salt added during cooking or from sauces, a public health campaign is needed to encourage consumers to use less salt.

*continued on page 2*

## Note from the Editor

The impact of hypertension on society is increasing daily, and the WHL is poised to facilitate a positive global response. In this issue of the Newsletter, Professor Graham MacGregor defines the world-wide effort for implementing prevention strategies focused on reduction in sodium intake. Secretary General Chockalingam describes an international initiative for hypertension control, and reports from the American Society of Hypertension and the Pakistan Hypertension League describe high impact activities addressing the burden of high blood pressure. Future issues of the Newsletter include other efforts and initiatives. As always, please let us know of topics of interests.

Dr. Daniel T. Lackland  
Editor, WHL Newsletter



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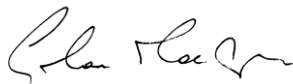
*Sodium Reduction in Hypertension Control continued*

World Action on Salt and Health (WASH), established in 2005, is a global organization with the aim of bringing about a gradual reduction in salt intake throughout the world. WASH encourages countries to set up their own local campaigns to reduce salt. Several countries around the world are already stepping up their activities; including Australia, the United States of America and Canada, with many more, including Brazil, Chile and Sweden, not far behind.

Cardiovascular disease is the major cause of non communicable diseases (NCD). The NCD epidemic is currently being addressed on a global scale - the World Health Organization and the United Nations are preparing to jointly convene a high level summit meeting in New York, September 2011. Countries around the world are now calling on their governments to implement a population-wide salt reduction strategy; to achieve a global target of less than 5g per day for all adults by 2025.

WASH extends its membership to new members around the world. Joining WASH does not require any financial or time commitments other than to support salt reduction activities around the world. We value information sharing, feedback and input from members and encourage members to participate in events such as 'World Salt Awareness Week', and in particular by setting up a salt reduction action group in your country.

If you would like to become a WASH member, please contact Clare Farrand at [c.e.farrand@qmul.ac.uk](mailto:c.e.farrand@qmul.ac.uk).



Professor Graham MacGregor  
Queen Mary, University of London  
Centre for Environmental & Preventive Medicine  
Consensus Action on Salt and Health  
Wolfson Institute of Preventive Medicine  
Charterhouse Square  
London EC1M 6BQ, UK

E-mail: [g.macgregor@qmul.ac.uk](mailto:g.macgregor@qmul.ac.uk)  
Website: <http://www.actiononsalt.org.uk/Index.html>



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## WHL News

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### First joint GACD research activity on implementation research for hypertension



The Global Alliance for Chronic Diseases (GACD) supports international and interdisciplinary collaborations in research, focusing on chronic non-communicable diseases. Particular emphasis is placed on cardiovascular diseases (mainly heart disease and stroke), chronic respiratory conditions, type 2 diabetes, and several cancers.

Work of the GACD will focus in particular on the needs of Low and Middle Income Countries (LMICs), and on those of low income populations of more developed countries.

Current members of the GACD include: the National Health and Medical Research Council (NHMRC) of Australia, the Canadian Institutes of Health Research (CIHR), the Medical Research Councils (MRC) of the United Kingdom and South Africa, the National Heart, Lung and Blood Institute (NHLBI) of the National Institutes of Health (NIH) in the United States, the Chinese Academy of Medical Sciences (CAMS) and the Indian Council of Medical Research (ICMR).

The GACD issued a new Request for Application (RFA) on Hypertension Prevention and Control. The initial calls for proposals, issued from CIHR, MRC-UK, NHMRC and NHLBI all address the same topic, will add up to about \$25 million.

For more information and deadlines for application visit the GACD website at

<http://www.gacd.org/newsp5.php>.

Please note that the eligibility criteria and deadline varies for each of the four funding agencies.



Dr. Arun Chockalingam  
Secretary General, WHL



*WHL News continued on page 4*

## World Hypertension Day 2011

### Activity Report from Pakistan

Pakistan Hypertension League (PHL) observed the **World Hypertension Day (WHD)** on 17<sup>th</sup> May 2011, for creating awareness of hypertension among the general public. PHL consisting of eleven local chapters all over Pakistan arranged a week long programs including press conference, public awareness sessions, walks, seminars and screening camps in all the major towns. Posters, banners and public awareness material (Hypertension Awareness Pamphlet) on this year's theme were also published and placed at all major hospitals and medical colleges throughout the country. The pamphlet includes basic information about hypertension. A special souvenir highlighting this year's theme was also designed and distributed among the doctors.



*Faisalabad Chapter: Awareness Walk arranged in association with the Diabetes Conference at Serena Hotel*

During the Public Awareness Program blood pressure, height, weight, cholesterol, sugar screening was done. All the local chapters of the Pakistan Hypertension League showed enormous interest in arranging events in their respective areas.

Prof. Mohammad Ishaq  
President, Pakistan Hypertension League  
National Institute of Cardiovascular Diseases  
Rafiqui (H.J.), Shaheed Road  
Karachi 75510, Pakistan

E-mail: [khyber50@yahoo.com](mailto:khyber50@yahoo.com)  
Website: <http://www.phlpk.org>

## Report from WHL Members

As the largest hypertension society in the United States, **The American Society of Hypertension (ASH)** continues to grow and prosper in the wake of many challenges facing medical organizations. ASH has expanded its horizons on many fronts, identifying, developing and implementing initiatives to meet member needs and interests. These strategies include, but are not limited to (a) educational activities for hypertension specialists and primary care providers and (b) establishment of academic medical centers and qualified medical practices as ASH Designated Hypertension Centers. Additionally, we have formed an ASH Foundation with members from the non-pharma business community to expand out fund raising for community efforts supported by ASH. Specifically, our Community Outreach Program continues to thrive and expand since its inception five years ago. We have also recently formed an official partnership with the American College of Cardiology for selected hypertension educational and community initiatives. Lastly, we have been successful in acquiring a *taxonomy billing code* for board certified hypertension specialists from the American Medical Association (AMA) National Uniform Claims Committee (NUCC).

The Education Committee, now one of the most active society committees, chaired by Dr. Alan Gradman, has assembled a broad range of educational activities, including an international arm, with Dr. Venkata Ram serving as the ASH Ambassador to Southeast Asia. The ASH Comprehensive Hypertension Course is being developed for presentation to primary care physicians, other hypertension health care providers (nurse practitioners, physician assistants, Pharm. D.s), as well as international physicians in India and the Philippines. There is also a subcommittee, within this group, that is developing the HyperSAP -self-assessment program- for hypertension specialists. Lastly, there are efforts to provide an annual ASH Clinical Hypertension Board Review Course.

George L. Bakris, MD  
President, ASH

(See also people section on page 4.)

## People

The **American Society of Hypertension** has elected new officers for the period 2011-2012: Dr. George L. Bakris (President), Dr. William B. White (President Elect), Dr. Sandra J. Taler (Vice President), Dr. John D. Bisognano (Secretary General). ASH, 148 Madison Avenue, 5<sup>th</sup> Floor, New York, NY 10016-6700, USA.

Tel.: (+1-212) 696-9099  
Fax: (+1-212) 696-0711  
E-mail: [ash@ash-us.org](mailto:ash@ash-us.org)  
Website: <http://www.ash-us.org>

*WHL News continued*

WHL published an OpEd with HUFFINGTON POST on the salt piece:

[http://www.huffingtonpost.com/nalini-saligram/salt-health-effects\\_b\\_923282.html](http://www.huffingtonpost.com/nalini-saligram/salt-health-effects_b_923282.html)

### 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).

### Board Officers:

Dr. Liu Lisheng (Beijing, China), President  
Dr. Lawrence Beilin (Perth, Australia), Vice-President  
Dr. Arun Chockalingam (Washington, DC, USA), Secretary General

### Members:

Dr. Adel E. Berbari (Beirut, Lebanon)  
Dr. J. George Fodor (Ottawa, Canada)  
Dr. Graham MacGregor (London, UK)  
Dr. Bruce Neal (Sydney, Australia)  
Dr. Anita Rieder (Vienna, Austria)  
Dr. Xin-Hua Zhang (Hong Kong)  
Dr. Daniel T. Lackland (Charleston, SC, USA), Editor WHL Newsletter

### ISH Representation:

Dr. Stephen Harrap (Melbourne, Australia)  
Dr. Tony Heagerty (Manchester, UK)

### Secretariat:

Chellam Chellappan, Office Secretary of the Board  
Blusson Hall – 11016, Simon Fraser University  
8888 University Drive, Burnaby, BC, V5A 1S6, Canada  
Phone: (+1-778) 782-6952; Fax: (+1-778) 782-5927  
E-mail: [whlsec@sfu.ca](mailto:whlsec@sfu.ca)  
Internet: <http://www.worldhypertensionleague.org>

### Editorial Office:

Erika Pisch, Editorial Assistant  
Max Delbrück Center for Molecular Medicine (MDC)  
Robert-Rössle-Strasse 10, 13125 Berlin-Buch, Germany  
Phone/Fax: (+49-30) 9406-2123  
E-mail: [whl@mdc-berlin.de](mailto:whl@mdc-berlin.de)

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

## Calendar

### Congress on Global Atherosclerosis Risk Reduction: Hypertension and Beyond

October 2-5, 2011  
Alliston, ON, Canada

*Information:* Judi Farrell, Hypertension Canada  
3780 14<sup>th</sup> Ave, Markham, ON L3 9Y5, Canada  
E-mail: [judi.farrell@hypertension.ca](mailto:judi.farrell@hypertension.ca)

### 3<sup>rd</sup> World Health Summit

#### “Today’s Science – Tomorrow’s Evidence”

October 23-26, 2011  
Berlin, Germany

*Information:* Organizing Office  
Fax: (+49-30) 246-03200  
Website: <http://www.worldhealthsummit.org>

### 27<sup>th</sup> National Cardiology Congress of the Turkish Society of Cardiology

October 27-30, 2011  
Istanbul, Turkey

*Information:* Prof. Oktay Ergene, Darülaceze  
Cad. Fulya Sok., Ekşioğlu İş Merkezi 9/1  
Okmeydanı, 34384 İstanbul, Turkey  
Fax: (+90-212) 221-1754  
E-mail: [tkd@tkd.org.tr](mailto:tkd@tkd.org.tr)

### WHL Regional Congress “Hypertension Management – From Bench to Bedside and Community” and 13<sup>th</sup> International Symposium on Hypertension and Related Diseases

November 3-6, 2011  
Beijing, China

*Information:* Dr. Liu Lisheng  
Website: <http://www.whlrc2011.com>

### 14<sup>th</sup> Annual Meeting of the Lebanese Hypertension League

December 1-3, 2011  
Beirut, Lebanon

*Information:* Dr. Abdo Jurjus  
E-mail: [ajoo@aub.edu.lb](mailto:ajoo@aub.edu.lb)

### 5<sup>th</sup> International Meeting of the French Society of Hypertension

December 15-16, 2011  
Paris, France

*Information:* SFHTA, 5, rue des Colonnes  
du Trône, 75012 Paris, France  
Website: <http://www.sfhta.org>