



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. 134, December 2011

WHL News

Report from WHL Regional Congress November 3-6, 2011, Beijing, China



Prof. Liu Lisheng opens the Congress and welcomes the delegates

The **World Hypertension League Regional Congress 2011** which incorporated the **13th International Symposium on Hypertension and Related Diseases** was held from November 3-6, 2011 at Beijing International Convention Center, Beijing China. Professor Liu Lisheng, President of WHL, directed an outstanding conference.



Congress Participants at the Poster Area

Note from the Editor

The World Hypertension League had a great fall 2011. In this issue of the *WHL Newsletter*, we have the pleasure to report on the World Hypertension League Regional Congress in November which incorporated the 13th International Symposium on Hypertension and Related Diseases. Also the Inter-American Society of Hypertension met in Orlando Florida in September with record attendance. The Secretary General provides a report from the recent UN Summit that has significant impact for hypertension in the global arena.

In order to keep current with the many hypertension-related happenings, we have expanded the *Newsletter* content. This will allow expanding feature commentaries and reports from member societies. We look forward to hearing from the membership regarding activities throughout the world.

Dr. Daniel T. Lackland
Editor, WHL Newsletter

| Contents | Page |
|---|------|
| - WHL News | |
| Report from WHL Regional Meeting | 1 |
| Secretary General's Report | 3 |
| WHL Board Meeting | 3 |
| Salt Reduction Action Network China | 4 |
| - Note from the Editor | 1 |
| - Report from WHL Member Leagues | |
| Inter-American Society of Hypertension | 5 |
| National Hypertension Association | 6 |
| - People | 7 |
| - Calendar | 7 |

WHL Regional Congress continued

More than 2,000 scientists and clinicians attended the Congress representing the east and west hemispheres of the world. The meeting provided a superb opportunity for scholarly exchange with 55 debates and case presentations, 34 symposia, 54 oral presentations and 331 poster presentations. The meeting also provided a forum for the establishment of international collaborations. A critical function of the World Hypertension League is bringing together the member societies, and the 2011 Congress was a success in that regards.



Participants at the Faculty Banquet



Dr. Peter Sleight (right), Mrs. Sleight, Oxford, UK and Dr. John Chalmers with attendees at the dinner symposium



Scientists at the Plenary Sessions



Dr. Detlev Ganten, Berlin, Germany, giving opening keynote address



Dr. Lawrence Beilin, Perth, Australia (Vice President, WHL)



Scientists at the Plenary Sessions



Dr. Daniel T. Lackland
Editor, WHL Newsletter



WHL News

Secretary General's Report

During the past 12 months, as the year 2011 is slowly winding down, we look back the accomplishments of the WHL. The WHL Executive Board met in Izmir, Turkey to develop a new Strategic Plan. The Plan contains five main issues, as follows: Visibility, Advocacy, Goal-oriented Projects (WHL Branding), Partnership & Sustainability. With an enthusiastic and dynamic Board we have planned activities under each of these issues:

Visibility: Along with WHO and ASH the WHL is preparing a *Certification Program* as a recognized credential for primary care physicians worldwide. Thanks to many of the national societies and leagues for your active participation through the World Hypertension Day (WHD) activities during the past seven years since its original launch in 2005. The WHL will continue to work on WHD every year, on May 17th, to improve public awareness, perception and to take remedial actions. The theme for WHD 2012 is: *Healthy Lifestyle: Healthy Blood pressure*. The WHL encourages regional conferences and would endorse the national conferences.

Advocacy: The WHL as a global NGO will work closely with WHO and its regional offices, and other international NGOs to minimize the global epidemic of hypertension and related cardio, cerebro, and reno-vascular and metabolic risks. The WHL will continue to work with WASH (World Action on Salt and Health) to promote salt reduction in the population.

Goal-Oriented Projects: The WHL will strengthen the Worksite Cardiovascular Risk Reduction project such as *Interprevent*. The *Interprevent* team successfully completed pilot studies in China and India demonstrating the feasibility and replicability of the *Interprevent* protocol in different societal and cultural settings.

Partnership: The WHL joins forces with Non-Communicable Disease (NCD) Alliance [Heart (WHF), Lung (IUATLD/Union), Cancer (IUAC), and Diabetes (IDF)] to address the concerns expressed at the United Nations' High Level Meeting in New York, September 19-20, 2011. The UN meeting endorsed by all 194 countries in the world aim at reducing NCD through four simple life-style modifications: diet (reduction in

dietary salt, sugar and fat), physical activity, alcohol, and tobacco. The WHL will continue its existing partnership with International Society of Hypertension, International Society of Nephrology/ International Federation of Kidney Foundations, International Diabetes Federation.

Sustainability: The Board is concerned with current economic climate where resources are limited. For the WHL to sustain, the Board is exploring every possible avenue to enhance revenue and to limit expenditure.



Dr. Arun Chockalingam
Secretary General, WHL



WHL Board Meeting 2011 in Beijing (from left to right):
Drs. Xin-Hua Zhang, Daniel Lackland, George Fodor,
V.V. Muthusamy, Liu Lisheng, Arun Chockalingam,
İstemihan Tengiz, Graham MacGregor, Lawrence Beilin.

Drs. Adel Berbari, Anita Rieder, Stephen Harrap, and
Tony Heagerty are missing.

WHL Board Meeting – New Members

The year 2011 included Board of Directors transitions. The Board gratefully acknowledges the contributions of Dr. Alfredo Dueñas from Cuba and Dr. Lars Lindholm (ex-officio) from Sweden for their services to the WHL. The Board is delighted to welcome Professor V.V. Muthusamy from India, Dr. İstemihan Tengiz from Turkey and Dr. Stephen Harrap (ex-officio) from Australia as new Board members. The Board acknowledged the major contributions of Dr. Arun Chockalingam as the Secretary General and re-appointed him for a second term at its last Board meeting in Beijing.

continued on page 4

WHL Board Meeting continued



(from left to right):
Dr. V.V. Muthusamy & Dr. George Fodor



(from left to right):
Dr. Lawrence Beilin & Dr. Arun Chockalingam



(from left to right):
Dr. Daniel T. Lackland & Dr. Graham MacGregor



Strategic Planning session at the WHL Council Meeting
(from left to right):
Dr. Liu Lisheng, Dr. Arun Chockalingam, Mr. Tolga Yonetsel, Dr. İstemihan Tengiz, Staff from Elsevier, and Dr. Graham MacGregor



Dr. Graham MacGregor

Dr. Arun Chockalingam
Secretary General, WHL

WHL News

The **China Action on Salt Reduction Network** was launched in Beijing on September 7, 2011. The network is organized by Prof. Liu Lisheng from Beijing Hypertension League Institute (BHLI) and by Prof. Chen Chunming from Think Tank Research Center for Health Development. It is supported by members of the working group from research institutes, government offices and from salt and food industries.

Dr. Xin-Hua Zhang
Chinese University of Hong Kong
Hong Kong, SAR China
E-mail: zhang_xh@hotmail.com.au

Report from WHL Members

The **Inter-American Society of Hypertension (IASH)** joined the **Councils for High Blood Pressure Research** and the **Kidney in Cardiovascular Disease of the American Heart Association** in Orlando, Florida from September 19-24, 2011, to sponsor an Inter-American Congress of Hypertension.

The theme of the meeting was *“Bridging Basic and Translational Hypertension Research in the Americas”*. This meeting had a record attendance with over 800 registrants with participants from almost every country in the Americas as well as from other countries throughout the world. Compared to the regular fall hypertension conference, there were several new initiatives. In addition to presentations of 630 abstracts with 125 given as oral presentations, the conference included 13 Symposia with 64 invited speakers, along with 4 "How To" sessions that were very well received.

The meeting received endorsements from many societies including the International Society of Hypertension and the Latin American Society of Hypertension as well as from numerous national hypertension Societies.



Dr. Luis Juncos (left) was honored with the Lifetime Achievement Award presented by Dr. Gabriel Navar (right)

A highlight of the meeting was the presentation of the Lifetime Achievement Award to Dr. Luis Juncos from Argentina. Dr. Juncos is a past president of IASH and has served IASH in many capacities.

To encourage participation from new investigators, the sponsoring societies provided over 40 new investigator travel awards to trainees, fellows and new faculty.



Liquid Rhythms dance group

The social highlight of the meeting was a “Salute to American Cultures” reception which featured performances from the dance group Liquid Rhythms followed by music for everybody to dance to.

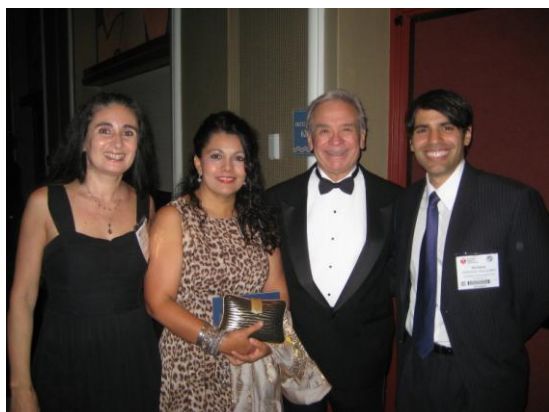


Participants enjoying the ‘Salute to American Cultures’ reception



continued on page 6

Report from IASH continued



Dr. Gabriel Navar with young investigator awardees

At the end of the meeting, President Navar of the United States passed the president's responsibility to Professor Robson Santos of Brazil as the new president of IASH.



Professor Robson Santos, Belo Horizonte, Brazil

Dr. Gabriel Navar, Past President
Inter-American Society of Hypertension
(See also people section on page 7)

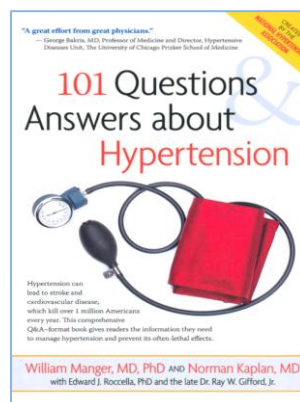
Report from WHL Members

In the United States, 72 million adults have hypertension defined as sustained elevations of blood pressure equal to or above 140 mm Hg systolic and/or equal to or above 90 mm Hg diastolic – which means almost one of every three adult Americans has hypertension.

Hypertension, which can result in stroke, heart attack, heart failure, and kidney failure, is the leading cause of death in the United States. Thus, treating hypertension saves lives and prevents disability! Treating hypertension also

saves money. The total cost of cardiovascular disease in the United States is over \$326 billion annually, with hypertension having a very significant contribution to this enormous expense. Additionally, more than 75 percent of stroke victims have high blood pressure. Strokes cost America more than \$45 billion in medical bills and lost earnings per year. The average lifetime medical costs to the patient who suffers a nonfatal stroke are over \$140,000.

The **National Hypertension Association** is pleased to announce the publication of an important and essential new book, *101 Questions and Answers About Hypertension*, designed to give readers the information they need to manage hypertension and prevent its often lethal effects. Authored by William M. Manger, MD, Ph.D., & Norman Kaplan, MD with Edward J. Roccella, Ph.D. and the late Dr. Ray W. Gifford Jr., the book has been called “absolutely superb” by Phyllis August, MD, MPH, Director, Hypertension Center, Weill Cornell Medical Center in NY. Dr. Robert M. Carey, Distinguished Professor of Medicine, Dean Emeritus, University of Virginia Health System, states: “I have read your book, and it is indeed superb. I will recommend it for my patients as an essential resource in their care”. Sir Stanley W. Peart, MD of London, England, states this book is also “great for doctors and medical students,” and Alberto Zanchetti, Emeritus Professor of Medicine, University of Milan, Italy, says “The 101 questions and answers prepared by top experts on hypertension represent an excellent tool to achieve a healthy lifestyle and successfully manage high blood pressure.”



The book was written primarily for persons with hypertension; however, it should be very helpful to paramedical personnel and physicians who care for **patients with high blood pressure.**

William M. Manger, Chairman
National Hypertension Association, Inc.
324 East 30th Street
New York, NY 10016, USA
E-mail: nathypertension@aol.com

People

Professor Robson Santos from Brazil has been elected President and Dr. Carlos M. Ferrario is the new Vice President of the **Inter-American Society of Hypertension**. The mailing address is: Dr. Jewell A. Jessup, IASH Executive Secretary, 5204 Cedarwood Creek Drive, Winston-Salem, North Carolina 27104, USA.

Tel.: (+1-336) 414-4479
Fax: (+1-336) 776-0198
E-mail: iash@iashonline.org
Website: <http://www.iashonline.org>

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).

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. V.V. Muthusamy (Tamilnadu, India)
Dr. Anita Rieder (Vienna, Austria)
Dr. İstemihan Tengiz (Izmir, Turkey)
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
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

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

Calendar

9th Mediterranean Meeting on Hypertension and Atherosclerosis

March 14-18, 2012
Antalya, Turkey
Information: SLS Tourism Congress
Organization Services
Fahri Gisden Sokak Huzur
Apt. No. 4/4 Gayrettepe, Istanbul, Turkey
Fax: (+90-212) 347 6505
E-mail: hypertension@slsturizm.com.tr

22nd European Meeting on Hypertension and Cardiovascular Protection

April 26-29, 2012
London, UK
Information: AIM Group International
Via Flaminia, 1068
00189 Rome, Italy
Fax: (+39-06) 3305-3229
E-mail: esh2012@aimgroup.eu

27th 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, 5th Floor
New York, NY 10016, USA
Website: <http://www.ash-us.org>

6th International Symposium of Hypertension and 4th Workshop of Vascular Risk

May 22-25, 2012
Santa Clara, Cuba
Information: Conference Secretariat
E-mail: hta2012@uclv.edu.cu
Website: <http://hta2012.uclv.edu.cu>

24th Scientific Meeting of the International Society of Hypertension

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
Website: <http://www.ish2012.org>