



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. 136, June 2012

WHL News

Report from the 2012 Scientific Sessions of the American Society of Hypertension (ASH)

The Scientific Sessions of the ASH were held May 19-22, 2012, in New York City.



Prof. Olugbenga Ogedegbe (New York), Barry Materson (Miami) and Graham MacGregor (London, WHL Board member) discuss salt reduction and hypertension at ASH Scientific Sessions (from left to right)

The presentations included current updates on pathobiology of hypertension, translational issues in hypertension and risk factor control, current therapy issues and late-breaking clinical trial results, and a special session focused on primary care treatment and control strategies. In addition to the science presentations, 22 new Fellows of the ASH were inducted.

Dr. Daniel T. Lackland
Editor, WHL Newsletter

Note from the Editor

In this issue of the *Newsletter*, recognition of World Hypertension Day 2012 is presented with focus on the activities from India and Nepal. Clearly the impact of hypertension-related outcomes on the populations of these countries has significant effects on both health and economics. Thus the increase in awareness of burden of high blood pressure represents a high priority and is a major objective of the WHL. Two important scientific international meetings were held in April (ESH) and May (ASH). These scientific sessions provided updates on studies and treatment and control strategies. Also, the outreach activities from the ASH are presented. The upcoming meetings and sessions are listed.

The *Newsletter* has expanded text and content in an effort to provide description of the many hypertension and risk factor achievements throughout the world. We would like to hear from you regarding articles and information of interest to you.

Dr. Daniel T. Lackland
Editor, WHL Newsletter

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WHL News

Report from 22nd Annual Scientific Meeting of European Society of Hypertension (ESH) from April 26-29, 2012, London



ISH Stand at ICC London, UK

This April ESH Scientific meeting seems to have come and gone with the speed of an Olympic runner. It was a large meeting, held in the new conference centre in Docklands which functioned well and offered ample opportunity for exercise in reaching the centre or moving between sessions. As we are accustomed to expect from ESH, the meeting included an excellent selection of speakers and younger investigators presenting reviews and original work on a range of topics relating to hypertensive cardiovascular disease. One of the frustrations for attendees of meetings where there can be dozens of parallel sessions on overlapping topics is not knowing what you have missed and whether you made the right choices. This difficulty is compounded by the lack of hard copy of oral abstracts which used to be able to skim through during the day as the online abstracts are not likely to be read during the meeting (they are available as a pdf document on www.esh2012.org/) Nevertheless there was plenty to whet the appetite in both oral presentations and well run poster sessions. One of the major benefits of meetings such as this is the opportunity to catch up with colleagues and friends and make new contacts and collaborations. Even this is best done better in the smaller workshops sessions and satellites of which there was abundance at this meeting.

Were there any seminal breakthroughs in terms of aetiology, pathophysiology, prevention or treatment? Perhaps nothing to quite match some of the earlier large hypertension trials, the discovery of nitric oxide as an endothelial derived

relaxant, or the development of the ACE inhibitors. However there are steady and sometimes rapid advances over a wide area including fundamental mechanisms of cellular control, genetics, proteomics, lipidomics, metabolomics, aldosterone, diabetes, renal disease, home blood pressure monitoring, the developmental origins of cardiovascular disease and renal sympathetic denervation, the one exciting newcomer for treatment of resistant hypertension.

I came away from the meeting feeling we still need radically new approaches to drug therapy and importantly, better methods for translating knowledge about lifestyle, obesity and cardiovascular disease into practice for prevention and management at a population level. The latter is critical not only for countries with incomes scarcely able to afford vaccination programs, and some European countries with hospitals currently unable to afford bandages or pharmacies to stock drugs, but also for the wealthiest countries with health budgets blowing out at a time when the obesity epidemic has the potential to cripple even the wealthier economies. However sometimes it is the most basic and apparently obscure research that leads to the major breakthroughs benefitting everyone on the planet. So let us continue with a multipronged approach to obtaining, disseminating and applying new knowledge on a broad front with maximum interchange of ideas between those in the frontline of health care and backroom scientists. Such features were exemplified by this European meeting, and, we can anticipate further opportunities at the forthcoming ISH Scientific meeting in Sydney with its broad international representation, its unique welcoming style, not to forget including an innovative WHL/APSH/ISH breakfast workshop "*Research on a Shoestring*".



Flowerage Beyond the ESH Meeting

Dr. Lawrie Beilin
Vice President, WHL

WHL News

American Society of Hypertension Outreach in Harlem, New York



Harlem is a world-famous neighborhood in Manhattan, New York City. Since the 1920's, it has been a major source of African American intellectual thought, culture, and leadership. The American Society of Hypertension, Inc. (ASH), Hypertension Community Outreach program is committed to positive public health interventions to identify and prevent hypertension and educates the lay community and professionals on hypertension (HTN) and associated cardiovascular risks. For the last five years, ASH has provided free HTN and CVD screenings, digital blood pressure (BP) monitors, multilingual and literacy-appropriate information, and videos. The ASH efforts are in concert with contemporary major federal programs, such as the Million Hearts Initiative.

In conjunction with the recent 2012 ASH Annual Scientific Meeting, on Friday afternoon, May 18, 2012 at Grand Rounds for Touro College of Osteopathic Medicine, an institution dedicated to serving a multi-cultural America in Harlem, New York, where it is located, and beyond, ASH Experts discussed new and interesting data in a program entitled "Hypertension A – Z". This program focused on prevention, identification and treatment of HTN and reviewed recent evidence for effective treatment of HTN and reducing disparities.

After introduction by ASH Outreach chairperson, Keith C. Ferdinand, MD, FASH, Professor of Clinical Medicine, Tulane University School of Medicine, there was discussion of "Target Organ Damage and Death from Hypertension" by Barry J. Materson, MD, MBA, FASH, Professor of Medicine, University of Miami Miller School of Medicine. He reminded the participants that any degree of BP elevation increases the risk of death and target organ damage and the higher the BP and the longer its duration, the greater the risk.

Subsequently, a leading expert in epidemiology, Daniel Lackland, PhD, FASH, highlighted "Epidemiology of Hypertension: Awareness, Treatment and Control: Where Are We Heading?" Dr. Lackland is Professor of Epidemiology, Department of Neurosciences, Medical University of South Carolina. He noted significant racial

disparities with African American, having a greater prevalence, higher risk, and earlier onset of elevated blood pressure.

Also, of particular interest to the primary care providers and medical students in the audience, "Lifestyle Factors and Blood Pressure" was presented by Veita J. Bland, MD, FASH of the Bland Clinic, P.A. in Greensboro, NC, and Affiliate Professor of Family Medicine, East Carolina University Broady School of Medicine. Based on her experiences with her high risk patients, Dr. Bland urged that clinicians not underestimate the power of lifestyle in aiding with the control of blood pressure.

Finally, "Treatment of Hypertension: the ABCD's" by Steven A. Yarows, MD, FASH, Adjunct Associate Professor of Internal Medicine Cardiovascular Center University of Michigan Healthcare System, closed the formal didactics with practical tips on best practices to use combination medications to save money, improve BP control, and improve compliance. He suggested physicians and other providers initiate with combination medications in certain circumstances. The entire faculty came forward for energetic exchange and questions & answers period to end the exciting and thought-provoking afternoon.

The Touro ASH Grand Rounds for 2012 builds on the long-time commitment to that historical community, including barbershop screenings in 2010 and education outreach in 2011, both in Harlem at Denny Moes Superstar Barbershop and the previous 2011 Touro - ASH Grand Rounds.

Dr. Keith C. Ferdinand
ASH Outreach Chairperson

People

Professor Massimo Volpe has been elected new President of the **Italian Society and League of Hypertension**. The mailing address is: Via Aristide de Togni 14, 20123 Milano, Italy.

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World Hypertension Day 2012

Activity Report from Nepal



Venue: Shahid Gangalal National Heart Center, Nepal

Background

Initially, a one day program was designed to screen and educate the patient in big shopping malls in Kathmandu. Because of strike in Nepal, we were unable to launch the program as designed before. So, an awareness program in shopping malls is postponed for suitable time in near future. Despite the strike, we celebrated World Hypertension Day (WHD) by doing the same screening and awareness program in our own hospital area.

Shahid Gangalal National Heart Center (SGNHC) is the national level heart center in Nepal. It has 160 beds and is going to be expanded soon. It has all types of modern cardiac care services, like cathlab, open heart surgery, device closure, physiotherapy, model pharmacy, excellent laboratory and radiology services OPD services etc. Moreover, it has been doing regular programs in prevention and control of cardiovascular diseases. Like, free cardiac camps, celebration of special days, community awareness program, structured education program, health education material productions etc. A one day screening and awareness program on hypertension is conducted in this hospital on the occasion of WHD 2012.

Brief Description of the program

Name: Free Blood Pressure (BP) Check up and counseling program
 Date: May 17, 2012
 Venue: Shahid Gangalal National Heart Center, Main Gate
 Time: 10 am to 3 pm
 Entrance: Free entrance to everyone
 Target Group: local resides, visitors of admitted patients, pedestrian, others.

General Description of Participants

There were 269 participants directly benefited by the program. Among them 181 (67%) were male and 88 (33%) were female. About one fourth of the participants consume tobacco (24.12%) and others do not. Mean age of the participants was 38.12 years.

BP was measured according to WHO guideline. Participant was kept in sitting position in chair with back support; both feet rest on the floor, hand on rest and kept in 5 minute rest before taking BP. All the tools used in were pretested. BP of both arms was taken and the higher one was recorded.

Major Findings - BP Classification

BP of 269 participants was screened and all were educated accordingly. According to JNC-7 Classification findings of BP is described as below.

BP Category	Frequency	Percentage
Ideal	104	38.66%
Pre-Hypertension	81	30.11%
Hypertension	84	31.22%
Total	269	100

Among the JNC – 7 Classification, 38.66 % had ideal blood pressure. About one third of participants were found to be a hypertensive. Nearly about one third of participants were at risk of developing hypertension.

Awareness, Treatment and Control of hypertension

We further analyzed the participants with hypertension to explore their awareness, treatment and control status. Major findings are as below.

Category	Frequency	Percentage
Hypertensive but not aware till the date or newly diagnosed	45	53.57%
Aware of hypertension but not in any medical or lifestyle management	19	22.62%
Aware and under treatment but not in control	14	16.66%
Aware , under treatment and under control	6	7.15%
Total	84	100%

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Health Education Material Distribution at WHD 2012

Among the hypertensive participants, more than half of the participants were not aware of their status. They were diagnosed for the first time. About one fourth of the hypertensive participants were aware that they had hypertension but they had not done anything to manage it. Likewise, 16.66% of hypertensive participants were taking medicines but were not in control. Only 7.15% of them were taking medicine and are also in control.

Tobacco and Hypertension

Tobacco is a major culprit causing cardiovascular disease in hypertensives. So we also assess this factor. Among the hypertensive participants, exactly one in four (25%) have been consuming some form of Tobacco.

Other Activities

- With purpose of raising awareness, we co-worked with mass media. Following activities were done.
- Radio Interview with Senior Consultant Dr. Deewakar Sharma and Senior Consultant Cardiologist cum Executive Director of hospital, Dr. Man Bahadur KC.
- Radio interview with Samjhana Shakya, Public Health Officer.
- Frequent Broadcasting of Public Service Announcement (PSA) on hypertension.
- Hypertension article on the occasion of WHD in bi-monthly newspaper NEPAL.
- Poster exhibition.
- Pamphlet distribution.
- Awareness calendar is distributed to all the participants.



Matron of SGNHC at program

Conclusion

However it is a small scale program, it can be considered as a symbolic program to raise awareness in hypertension. About one third of the participants were found to be hypertensive, which is clearly showing that blood pressure is rising in urban community. In addition, awareness, treatment and control level is really poor. One day is of course not enough to control and prevent hypertension, we must consider this day as a beginning day to do lots of awareness program in future and for a whole year.



Program Crew of Nepal's World Hypertension Day

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World Hypertension Day 2012

Activity Report from India

May 17, 2012 (Day 1)

'Healthy Lifestyle-Healthy Blood Pressure'
Urban Health Training Centre at Government
Model senior secondary School, Sector-38,
Chandigarh

As a primordial and primary prevention, a quiz on Hypertension was conducted in school children to emphasize the need for changing lifestyle to prevent Non-Communicable Diseases. There were around 150 students (class 9 and 10) with their teachers including Principal of the school. The students were enthusiastic and participated actively during the quiz and also in question time and their queries were clarified by resident doctors. As a part of the celebration short movies were projected to enhance the basic knowledge on hypertension, its effect on body organs like heart, kidneys, blood vessels, eyes and brain, eating habits and physical activity (DASH), the need for regular monitoring of blood pressure and compliance with the treatment. The ill effects of smoking and excessive alcohol were also explained. The quiz ended with prize distribution to the winners and all participants. Dr. Kathirvel S., Junior Resident, played the role as quiz master and also explained the materials in the short movies. Dr. Deepak Sharma, Senior Resident, addressed the issues. Dr. Ravneet Kaur, Assistant Professor, supervised the session. Miss. Arvinder Kaur, Medical Social Worker, and Mrs. Rupinder Kaur, Health Worker, were also present and made all necessary arrangement for the celebration.



Quiz on Hypertension in School



First Prize Distribution

May 18, 2012 (Day 2)

Facility Based Activity at Civil Dispensary,
Sector 38, Chandigarh.

On the second day, facility based screening for Obesity, Hypertension and Diabetes were conducted. Out of 56 patients 14 were pre-hypertensive and 22 were hypertensive. All patients were weighted and their height was measured and BMI calculated. 13 patients were pre-obese and 2 were in obese category. Likewise for diabetes, 8 patients were with impaired blood sugar (advised Glucose Tolerance Test) and 7 were diabetic. Short movies about the need for life style change, regular checkup of blood pressure and reporting to health personnel/ facility in case of complications (cardiovascular, retinovascular and cerebrovascular) were projected and explained. Individual dietary counseling was also provided. Issues raised by the patients were clarified then and there.



Facility Based Screening Program

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Activity report from WHD 2012 from India continued

May 19, 2012 (Day 3)

Community Based Activity at Anganwari Centre, Sector 38-D, Chandigarh

As a part of the celebration, community based screening for hypertension and obesity were conducted. 60 residents were attended the session comprising mainly women (98%). In this group, 11 were pre-hypertensive and 28 were hypertensive. Surprisingly, 4 hypertensive emergency cases detected and referred immediately for further management. 23 residents were pre-obese and 8 were obese.

Short movies in local language (Hindi) were projected and explained by the resident doctor then and there. The residents pointed out the sedentary lifestyle, eating habits are the reason for new diseases of present generation which is indirectly due to advancing technology. They were explained about the DASH diet and physical activity in terms of duration, frequency and severity. The complications caused by high blood pressure and early reporting of health facility in case of danger symptoms explained. Issues raised by the group were rectified by the resident doctor.



Community Based Awareness and Screening Program

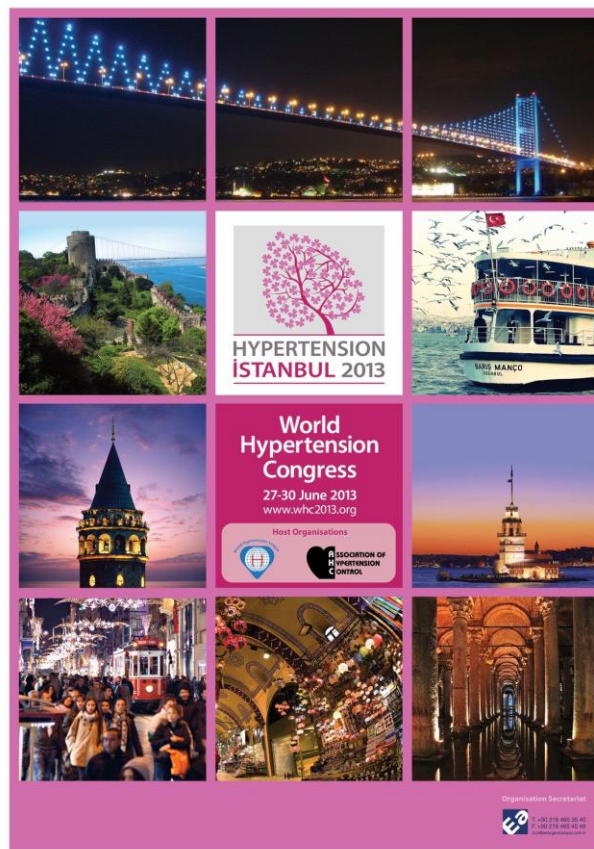
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WHL Announcement

World Hypertension Congress, Istanbul, Turkey, June 27-30, 2013



The WHL in collaboration with one of our members – Turkish Association of Hypertension Control (TAHC) – will host the **Second World Hypertension Congress (WHC)** in the world's mystical city – Istanbul, Turkey, next summer. The organizers anticipate over 2,000 delegates from around the world. Following the highly successful WHC 2009 in Beijing, China we expect the 2013 Congress will present cutting edge science and practice in Istanbul.

Please mark the dates in your calendar and be a part of this global effort to control hypertension epidemic. The conference will be an exciting one to share new knowledge, meet friends and colleagues and to gain new friends and collaborators. Moreover, the historical city of Istanbul has the charm and filled with activities to explore and enjoy.

See you all there in Istanbul!

Dr. Arun Chockalingam
Secretary General, WHL



People continued

The new President of the **Korean Society of Hypertension** is Dr. Soon-Kil Kim, 1811 LG Twintel II, 508, Samsung-Dong, Kangnam-Gu, Seoul 135-880, Korea.

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

Calendar

High Blood Pressures Research 2012 Scientific Sessions Conference

September 19-22, 2012
Washington, D.C., USA

Information: HBPR 2012
7272 Greenville Ave.,
Dallas, TX 75231, USA

E-mail: sessionsadmin@heart.org

24th 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

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4th World Health Summit “Research for Health and Sustainable Development”

October 21-24, 2012

Berlin, Germany

Information: Prof. Detlev Ganten
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10117 Berlin, Germany

E-mail: secretariat@worldhealthsummit.org

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

3rd World Heart Failure Congress

November 29-December 2, 2012

Istanbul, Turkey

Information: Prof. Mehdi Zoghi,
Turkish Society of Cardiology
Working Group of Heart Failure
Darülaceze Cad. Fulya Sok., Ekşioğlu İş Merkezi
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6th International Meeting of the French Society of Hypertension

December 20-21, 2012

Paris, France

Information: AIM France – JHTA 2012
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E-mail: jhta2012@aimfrance.fr

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