



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. 137, September 2012

WHL News

WHL at ISH 2012, Sydney, Australia



WHL Board Members (from left to right):
Drs. L. Beilin, D. Lackland, V.V. Muthusamy, L. Liu, A.
Chockalingam, I. Tengiz, and X.-H. Zhang

The International Society of Hypertension's (ISH) 24th biannual scientific meeting took place in Sydney, Australia, September 30-October 4, 2012. The WHL actively participated at this meeting.

The 58th WHL Executive Board meeting was held on September 30th. The key outcomes of the Board meeting include: (a) a strong relationship with ISH; demonstrated by our joint sponsorship of the breakfast workshop at this meeting entitled "Research on a Shoe String", led by our Vice President Dr. Lawrence Beilin; (b) discussions on the plans for upcoming World Hypertension Congress 2013 at Istanbul, Turkey (June 26-30, 2013); Post UN high level meeting on non-communicable diseases – particularly the indicators and targets set by this group, to reduce the prevalence of hypertension by 25% by 2025; and the rotation of Board members.

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Note from the Editor

In this issue, the report from the WHL Executive Board meeting in Sydney describes the exciting accomplishments. The Board was able to express their appreciation to Drs. Fodor, Beilin and Heagerty for their outstanding service. As part of the ISH Conference, the inaugural Research on Shoestring workshop, organized by Professors L. Beilin and T. Morgan, was held with high success. Reports from ISH Conference and Annual Convention of the Society of Nephrology in Puerto Rico are also included. The importance of blood pressure screening is described in a segment on the Camp in India. And the training program for clinical investigators, recently implemented in Ghana, is presented.

A special thanks to all who have offered suggestions for the Newsletter and we again solicit your feedback. In future issues we will include additional segments that can be used for continuing education credit. We join you in anticipation of future hypertension accomplishments in the upcoming quarters.

Dr. Daniel T. Lackland
Editor, WHL Newsletter

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WHL at ISH continued

The WHL sincerely appreciates and acknowledges the yeomen services rendered by Drs. George Fodor (Canada), Lawrence Beilin (Australia) and Tony Heagerty (UK), as they completed their terms of office and retiring from the Executive Board. An acknowledgement plaque was given to each of them. The Board also elected two new members – Dr. Norman Campbell from Calgary, Canada and Dr. Peter Nilsson from Malmö, Sweden. The WHL also welcomes Dr. Ernesto Schiffrin, the newly elected President of ISH as an ex-officio member.



Dr. Beilin receives the Appreciation Award from the WHL President Dr. Liu Lisheng. Secretary General Dr. Arun Chockalingam looks on.

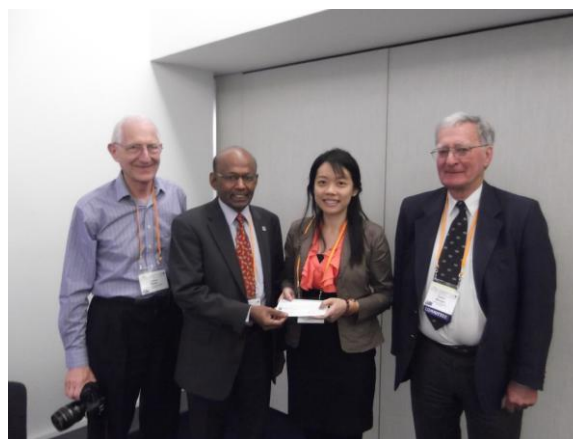
The Board looks forward to greater input and involvement by the existing and incoming Board members.

Dr. Arun Chockalingam
Secretary General, WHL

WHL-ISH-APSH Joint Workshop on “Research on a Shoe String”

A novel workshop to address the conduct of research in low- and middle-income countries (LMIC) with little or no resources was organized by WHL-ISH-APSH jointly. This initiative was an effort of Dr. Lawrence Beilin (WHL) and Dr. Trefor Morgan, Secretary of the Asian Pacific Society of Hypertension (APSH). Over the past six months this workshop was promoted to the ISH meeting attendees and the investigators from LMIC and developed countries were encouraged to submit 2-3 page research proposals to be discussed at the workshop. Nine proposals were

selected (2 from Nigeria, China, India, USA, Australia, Indonesia, UK, and Korea). The organizers (Drs. Beilin and Morgan) identified a facilitator for each of the proposals who served as a mentor to the applicants. The 90 minutes breakfast workshops were held on October 1st and 2nd. Each morning was led by a plenary presentation by leading internationally reputed investigators – Drs. Anushka Patel (epidemiology) and Bruce Neal (Clinical trials). On day 1, the facilitators reviewed the proposals submitted by the applicants and table discussions helped them to adjust their proposals. On day 2 the facilitators (and in some cases the applicants) presented the modified version of the proposal to the entire audience. The organizers selected two winning proposals: Dr. J. Wang (China): *The responsible ion channel for mechanical stretch-induced cardioprotection*; and Dr. P. Gunawan (Indonesia): *Prevalence and characteristics of resistant hypertension in recurrent ischemic stroke*. Both winners were awarded a cash prize of \$ 500 USD each.



Dr. Pricilla Gunawan from Indonesia, one of the two winners at the Breakfast Workshop receives the prize check from Dr. Arun Chockalingam, Secretary General, WHL. The workshop organizers Dr. Lawrence Beilin (first form left) and Dr. Trefor Morgan (first from right).

Dr. Chockalingam the Secretary General of the WHL thanked the organizers and encouraged such collaborative efforts between WHL, ISH, and other sister institutions must continue to help shape research in the developing world.

Dr. Arun Chockalingam
Secretary General, WHL

WHL News

Report from the 26th Annual Convention of the Society of Nephrology in Puerto Rico

The Society of Nephrology of Puerto Rico celebrated the 26th Annual Convention at the San Juan Intercontinental Hotel from June 28 to 30, 2012. As in previous years, the Scientific Session covered various current topics by a group of scientists and clinicians who represented a wide array of expertise in the field of nephrology and hypertension. The topics selected were of general interest to primary care physicians, hypertension and nephrology specialists, and other health care professionals. The three-day conference recognized the accomplishments of young and seasoned investigators and clinicians focused on state-of-the-art treatment and control of risks.



Board of Directors and Dr. Daniel T. Lackland (from left to right): Drs. Milton García, Melvin Bonilla, Eugenia Galindo, Daniel Lackland, Efraín Flores and José L. Cangiano.

This year the Magisterial Lecture “Jose L. Cangiano” was delivered by Dr. Daniel T. Lackland, epidemiologist from the Department of Neurosciences at Medical University of South Carolina. Dr. Lackland presented the risks of salt consumption and its relation to hypertension in the population, and the evidence-based review process being used in current hypertension treatment guidelines.

Dr. José L. Cangiano, President
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Dept. of Medicine
Veterans Adm. Medical Center
1, Veterans Plaza GPO Box 4687
San Juan 00936, Puerto Rico

World Hypertension Day 2012

Hypertension Screening Camp in Tamilnadu, India



Blood Pressure Screening

A hypertension screening camp has been organized at Urban Health Centre, Chidambaram by the Rajah Muthiah Medical College and Hospital on May 17, 2012 as a mark of observance of World Health Day (WHD). This camp was inaugurated by Dr. M. Rathinasabapathy, Registrar, Annamalai University and Dr. N. Chidambaram, Dean, Faculty of Medicine presided over the function.

Dr. R. Muthukumar, Dr. Ravi David Austin, Dr. N. Ethirajan, Dr. S. Balasubramanian, and Dr. V.U. Shanmugam spoke on the importance of early detection of hypertension, treatment, adherence and life-style modifications. Rajah Muthiah Heart Foundation (RMHF), Canada India Network Society (CINS), Youth Red Cross, Annamalai University, Chidambaram Centre for Yoga Studies, World Hypertension League & Indian Society of Hypertension jointly organized this camp.



Dr. N. Chidambaram, Dean, Annamalai University

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Hypertension Screening Camp continued

Dr. R. Umarani, Dr. S. Sudharsan and their team participated in the camp. A video explaining the nature, risk factors, need for early detection and treatment adherence was screened. Health education on dietary modifications, ill effects of tobacco and simple yoga exercises were given by the dieticians and trainers from yoga centre. About 700 patients from in and around Chidambaram had benefitted from free consultation/investigations and drugs. Dr. K.V. Balamurugan, the co-ordinator of Youth Red Cross, proposed vote of thanks.



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WHL NEWS

The Cardiovascular Research Training Institute (CaRT): Training the next generation of cardiovascular researchers in West Africa

In September 2011, Dr. Ogedegbe (New York University School of Medicine) and his colleagues (Dr. Richard Cooper from Loyola University School of Medicine, Chicago, IL, Drs. Albert Amoah and Richard Adannu – both from University of Ghana) received a Fogarty Training grant to train the next generation of cardiovascular researchers in Ghana and other West African countries. The focus of the CaRT Institute is to develop junior faculty, postgraduate physicians and MPH/PhD graduate students as independent investigators using a long-term training model, which require trainees to attend the

program for a period of two years. The first year is spent attending three intensive research courses that expose trainees to fundamentals of research methodology, health services research, comparative effectiveness, dissemination and implementation research. Trainees spend the second year in various career development activities, and in honing their acquired research skills in the implementation of group/individual research projects. Our deliberate strategy of providing the training in Ghana rather than the United States is to mitigate the risk of "brain drain" that is often inherent in sending African scholars abroad for training.

This summer from August 19-31, 2012, we completed the third intensive research course for the inaugural cohort of trainees (23 in all) at the University of Ghana in Accra with twelve faculty from the US and Europe including the editor of the WHL Newsletter, Dr. Lackland, and three NIH Program Directors, Drs. Agodoa, Charlotte Pratt and Josephine Boyington (NHLBI). Faculty taught courses critical appraisal of the literature, study designs, comparative effectiveness research, grant writing, peer review process, and career development activities. Our long-term goal is to produce a sustainable network of individuals who are exceedingly well trained in various aspects of cardiovascular research, and poised to assume leadership roles in academic cardiovascular medicine in Ghana and SSA.



Group Picture:
2nd Week of the Research Course for the Inaugural Cohort of Trainees at University of Ghana, Accra.

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People

The new President of the **Brazilian Society of Hypertension** is Dr. Maria Claudia Irigoyen, Avenida Paulista. 2073, Salas 505-508, CEP 01311-300, Sao Paulo, SP, Brazil.

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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).

Board Officers:

Dr. Liu Lisheng (Beijing, China), President

Dr. Arun Chockalingam (Washington, DC, USA), Secretary General

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Dr. Anita Rieder (Vienna, Austria)

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Dr. Xin-Hua Zhang (Beijing, China)

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

Calendar

4th World Congress on Controversies to Diabetes, Obesity and Hypertension (CODHy)

November 8-11, 2012

Barcelona, Spain

Information: Comtec Spain

Bailen, 95-97, pral.1.a

08009 Barcelona, Spain

Fax: (+972-3) 5666177

E-mail: info@comtecmed.com

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
9/1, Okmeydanı, 34384 İstanbul, Turkey

E-mail: whfc2012@gmail.com

Website: <http://www.whfc2012.org>

28th Annual Scientific Meeting and Exposition of the American Society of Hypertension

May 15-18, 2013

San Francisco, CA, USA

Information: ASH

148 Madison Avenue, 5th Floor

New York, NY 10016, USA

Website: <http://www.ash-us.org>

23rd European Meeting on Hypertension and Cardiovascular Protection

June 14-17, 2013

Milan, Italy

Information: Prof. Guiseppe Mancia

Centro di Fisiologia Clinical E Iperensione

Via F. Sforza, 35, Milan, Italy

E-mail: info@eshmilan.org

esh2013@aimgroup.eu

Website: <http://www.esh2013.org>

2nd World Hypertension Congress

June 27-30, 2013

Istanbul, Turkey

Information: Organizing Secretariat

Turkish Association of Hypertension Control

Fax: (+90-216) 465-4048

E-mail: pco@eaorganizasyon.com.tr

Website: <http://www.whc2013.org>