



# 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. 138, December 2012

## WHL News

### Summary of the article on New treatments for hypertension and its association with diabetes mellitus as well as blood pressure in the developing world highlighted in *The Lancet*



Dr. Ernesto L. Schiffrin

Coinciding with the 24<sup>th</sup> Scientific Meeting of the International Society of Hypertension which took place at the end of September, 2012, in Sydney, Australia, a recent issue of *The Lancet* (August 11, 2012) has highlighted in 3 different articles new

treatments for hypertension, the association of high blood pressure with diabetes mellitus as a high risk condition, as well as blood pressure in the developing world. Here I summarize my Comment in that issue of *The Lancet* [1].

In developed countries less than 50 percent of patients' blood pressure is controlled to goal, and in middle and low-income countries control of hypertension in the population is much worse. The first of the papers in this issue of the *Lancet*, by S. Laurent, M. Schlaich, and M. Esler [2], described new drugs and devices with potential beneficial effects in the treatment of high blood pressure. A number of new agents offer some promise in both, stage 1 as well as stage 2, and even resistant hypertension, including drugs that target the renin-angiotensin-aldosterone or endothelin systems, and their combination with neprilysin inhibitors or agents that release nitric oxide. However, for those patients who remain

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## Note from the Editor

As we come to year's end, it is exciting to see some of the accomplishments in high blood pressure control. Prof. E. Schiffrin, president, ISH, gives an important summary of his recent *Lancet* commentary regarding the global impact of new hypertension treatments. Clearly these increased disease risks and benefit of hypertension and risk factor management are the key components of the mission of WHL. Likewise, this issue welcomes two new society members, the Azerbaijan Heart and Health Association & the Heart of the Nation (Ukraine). The impressive hypertension activities from Italy and the World Hypertension Day recognition from Bangladesh are also presented. The Executive Board elected new members Norman Campbell (Canada), Peter Nilsson (Sweden) and Ernesto Schiffrin (Canada). Looking forward to the challenging and high impact global needs for hypertension control numerous activities and programs are planned for 2013 including the 2<sup>nd</sup> World Hypertension Congress June 27-30, 2013 in Istanbul, Turkey. As we look to the New Year, we wish everyone great prosperity and success for pursuit of our common mission.

Dr. Daniel T. Lackland ■

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*Summary of New treatment of hypertension continued*

refractory to treatment with 4 or more agents, catheter-based radiofrequency ablation of renal sympathetic nerves is a new therapeutic option. The long-term consequences of this therapeutic approach nevertheless remain to be determined. Furthermore, it is critical that the patients appropriate for this treatment modality be clearly identified.

The second paper in the Lancet issue was by E. Ferrannini and W. Cushman [3] and discussed the association of hypertension and diabetes mellitus, which is one fraught with danger. As the prevalence of obesity, metabolic syndrome and diabetes mellitus increase in the population, these high cardiovascular risk conditions require greater attention. The ACCORD-BP study has shown the absence of benefit for most patients of reducing systolic blood pressure below 120 mmHg except with respect to stroke, undoubtedly a most devastating complication of elevated blood pressure. From the ADVANCE trial a goal of 135/85 mmHg could be suggested for patients with hypertension and diabetes. It remains to be determined whether recommendations by professional societies will change current guidelines that now recommend blood pressure goals of less than 130/80 mmHg for diabetic individuals.

Chronic diseases and among them hypertension are now rampant in the developing world as a consequence of populations becoming westernized and urban with the resulting increase in the prevalence of obesity and diabetes. M. Ibrahim and A. Damasceno address this in their paper in the Lancet issue [4]. Governments need to intervene to prevent chronic disease and specifically hypertension, the diabetes epidemic, dyslipidemia and smoking. Adequate funding needs to be dedicated to education on cardiovascular disease risk reduction, and changes in lifestyle, reducing salt in processed food, encouraging healthy eating and exercise. It is also important to make sure that patients have access to affordable and good quality drugs to treat hypertension. Guidelines for measurement of blood pressure and for recommended treatment algorithms and goals need to be stressed. These measures need to be adapted to resource-poor conditions in order to enhance adherence to treatment.

At the International Society of Hypertension we are sponsoring together with regional organizations in low and middle-income countries

knowledge transfer activities to try to improve control of blood pressure in these countries.

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### References:

- [1] Schiffrin EL. Hypertension: treatments, diabetes, and developing regions. *Lancet* 2012; **380**(9841):539-541.
- [2] Laurent S, Schlaich M, Esler M. New drugs, procedures and, devices for hypertension. *Lancet* 2012; **380**(9841):591-600.
- [3] Ferrannini E, Cushman WC. Diabetes and hypertension: the bad companions. *Lancet* 2012; **380**(9841):601-610.
- [4] Ibrahim MM, Damasceno A. Hypertension in developing countries. *Lancet* 2012; **380**(9841):611-619. ■

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### New WHL Members

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In 2012, the Executive Board admitted the **Azerbaijan Heart and Health Association** and the **Heart of the Nation** (Ukraine) as new members.

Azerbaijan Heart & Health Association  
Dr. Rashad Mahmudov, President  
Rovshan Aliyev str. 12\14, Khatai District / Baku  
Azerbaijan, AZ 1025  
Phone: (+994-12) 4908-245  
Fax: (+994-12) 4908 244  
E-mail: [v.mammadov@ahha.az](mailto:v.mammadov@ahha.az)

Heart of the Nation  
Dr. Olena Evstigneeva, President  
Kutuzova str., 8 of. 113, Kyiv, Ukraine, 01011  
Phone/Fax: (+380-44) 501 4236  
E-mail: [ligagiper@ukr.net](mailto:ligagiper@ukr.net)  
E-mail: [en@dmr.com.ua](mailto:en@dmr.com.ua)

The WHL welcomes the new members and will do everything to make their membership a fruitful experience. ■

## World Hypertension Day 2012

On May 17, 2012, the 8<sup>th</sup> World Hypertension Day promoted by the World Hypertension League (WHL) was celebrated in Italy.

*'Healthy Lifestyle, Healthy Blood Pressure'* was the motto of the day and the central theme of the manifestation suggested by WHL.

The Italian Society of Hypertension (SIIA) has acted as promoter of a number of initiatives throughout the nation in order to disseminate as much as possible amongst citizens the awareness of hypertension and its related diseases.

Several activities were organized by the regional coordinators of SIIA as well as by numerous members of the society, with the generous help of the Italian Red Cross volunteers and met a great success.

More than one hundred stands were installed in the main squares of several towns or in large supermarkets for blood pressure measurements. On average more than 200 persons were examined at each stand and all these activities were free of charge. In some hospitals, hypertension clinics were kept open throughout the day for free consultations.

Education on high blood pressure, exercise, nutrition, salt daily consumption was also provided, by meetings and/or informative booklets, distributed in more than 3,400 pharmacies which adhered to the initiative. The educational material was also available in several locations where a large attendance of people was expected (main squares, hospitals, large supermarkets, shopping centers).

The most important national newspapers published a World Hypertension Day advertisement. Many newspapers and magazines published interviews and articles concerning hypertension and in many radio and TV programs we had the opportunity to talk about hypertension and to explain its relevance as a cardiovascular risk factor.

Thanks to the joint contributions of SIIA members, nurses, pharmacists and Italian Red Cross volunteers, the Hypertension Day met a great success and achieved its goals, encouraging all the organizers to be prompt for the next Hypertension Day in 2013.



Activity in Arezzo



Educational Material Desk in Treviglio



High Blood Pressure Education in Milano

Società Italiana dell'Iperensione Arteriosa –  
Lega Italiana contro l'Iperensione Arteriosa  
Prof. Massimo Volpe  
Via Aristide de' Togni 14  
20123 Milano, Italy

Phone: (+390-2) 8901-1949

Fax: (+390-2) 8901-6431

E-mail: [ipertensione@tin.it](mailto:ipertensione@tin.it)

Website: <http://www.sii.it>

## World Hypertension Day 2012

### Activity Report from Bangladesh

The Hypertension Committee of the National Heart Foundation of Bangladesh (NHFB) observed the **World Hypertension Day (WHD)** on May 17, 2012. As a part of observance of WHD, NHFB has successfully organized an **International Conference on Hypertension** in Dhaka from May 17 to 18, 2012.

On May 17<sup>th</sup>, an experts meeting on prevention and management of hypertension was held at Surma, Pan Pacific Sonargaon Hotel, in Dhaka. At this meeting about 50 invited experts in the arena of hypertension from home and abroad exchanged views and shared their knowledge in managing this global health problem. The meeting was opened by Professor R.K. Khandaker, Chairman of the Hypertension Committee of NHFB.



Expert Meeting at Pan Pacific Sonargaon Hotel, Dhaka  
(From left to right): Profs. Neil R. Poulter, R.K. Khandaker, Trefor Morgan, Abdul Malik, Abdul Rashid Abdul Rahman

On May 18<sup>th</sup>, a scientific seminar with physicians was held at the National Heart Foundation Hospital & Research Institute. Different sessions of the seminar addressed major challenges and their remedy in the field of hypertension. More than 300 registered doctors including eminent cardiologists, cardiac surgeons and physicians from other specialties participated in this conference. In the inauguration of the conference, Dr. Dipu Moni, Honorable Minister, Ministry of Foreign Affairs, Government of the People's Republic of Bangladesh, was present as chief guest and Mr. Md. Humayun Kabir, Senior Secretary, Ministry of Health & Family Welfare, Government of the People's Republic of Bangladesh, was present as special guest.



Scientific Seminar at National Heart Foundation Hospital and Research Institute

Seventeen faculties including 9 international faculties from Australia, India, Malaysia, Nepal, Pakistan, Singapore and UK delivered lectures at the conference.

On May 19<sup>th</sup> – 20<sup>th</sup>, satellite meetings were held at Rangpur and Chittagong. A large number of physicians participated at those meetings.



Satellite Meeting at Rangpur

### Printing of Souvenir and Poster:

For this occasion, a souvenir and a colored poster with the message of WHD 2012 was printed. The souvenir was published with a message of Professor Dr. A.F.M. Ruhul Haque, Honorable Minister, Ministry of Health & Family Welfare, Government of the People's Republic of Bangladesh and of Dr. Dipu Moni, Honorable Minister, Ministry of Foreign Affairs, Government of the People's Republic of Bangladesh. Both materials were distributed all over the country through the affiliated bodies of NHFB.

### Reports on the observance of WHD 2012 in leading national TV channel & newspapers:

A discussion program on WHD 2012 was broadcasted on the Bangladesh Television (national television), Professor R.K. Khandaker, National

*continued on page 5*

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*Activity Report WHD Bangladesh continued*

Professor Brig (Rtd.) A. Malik, Professor Sirajul Haque, Professor Abu Siddique and other members of HTN committee of NHFB participated in the program. Different national leading newspapers of the country published news on the observance of WHD 2012 by the Hypertension Committee of National Heart Foundation.

Observance of WHD 2012, outside Dhaka: Several affiliated bodies of National Heart Foundation of Bangladesh observed WHD 2012 by various activities such as rally, general discussion etc. outside the Dhaka city.

Professor R.K. Khandaker, Chairman  
Hypertension Committee of National Heart Foundation of Bangladesh  
Plot #7/2, Section # 2, Mirpur, Dhaka-1216  
Phone: (+880-2) 8061-3146  
Fax: (+880-2) 8016-6694  
E-mail: [nhfadmin@agni.com](mailto:nhfadmin@agni.com)  
Website: <http://www.nhf.org.bd>

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## WHL Board Turn Over & Welcome To New Members

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Three members of the WHL Board have retired by September 2012: J. George Fodor (Ottawa, Canada), Lawrence Beilin (Perth, Australia) and ISH representative Anthony Heagerty (Manchester, UK). For their tireless engagement and committed work for WHL and its goals the WHL Executive Board wishes to express its deepest gratitude to all of them. At the same time the WHL Executive Board is pleased to welcome the following prominent leaders in hypertension as new Board members:



Dr. N. Campbell

**Dr. Norman Campbell** is professor of Medicine at the University of Calgary. He is a leader of numerous public health and education programs focused on global hypertension control and prevention. Active on the international area, he is

involved and leads efforts with ProCor: (internet based learning to developing countries), World Health Organization, Pan American Health Organization focused on Cardiovascular Disease Prevention through Dietary Salt Reduction (that has the task of making policy recommendations

to reduce dietary sodium in the America's), International Hypertension Society and serves as National Advisory Committee member. He is a leading academician mentoring numerous trainees with high blood pressure prevention and control. Dr. Campbell's term is for a period of 3 years.



Dr. P. Nilsson

**Dr. Peter M Nilsson** is Professor of Cardiovascular Research at Lund University in Malmö, Sweden. His research focuses on studying mechanisms of the Early Vascular Aging (EVA) syndrome. He currently directs a national strategic research program

for national and international excellence in epidemiological research on cardiovascular disease. He is an academic leader directing the research of numerous trainees and mentees focused on cardiovascular disease and diabetes. He serves as a consultant and a scientific reviewer for National Research Councils in a number of countries including Sweden, Denmark, Norway, Scotland, Czech Republic, and Poland. Dr. Nilsson's term is for a period of 3 years.



Dr. E. Schiffrin

**Dr. Ernesto Schiffrin**, President of the International Society of Hypertension (ISH) is joining the Board as Ex-officio member for a term of 2 years and will continue for a further 2 year term as an Ex-

officio member in his capacity as a past President of ISH (2014-2016). Dr. Schiffrin is Physician in Chief of the Department of Medicine and Director of the Cardiovascular Prevention Centre at the Jewish General Hospital. Dr. Schiffrin is the Canada Research Chair and Director of the Hypertension and Vascular Research Unit. He is also a Professor and Vice-Chair (Research) in McGill University's Department of Medicine. In addition to his leadership in clinical research in hypertension, he maintains a focus on transferring knowledge from the developed to the developing world in order to reduce overall morbidity and mortality. He has been actively involved in training of investigators and trainees throughout the world in hypertension prevention and management.

Dr. Daniel T. Lackland  
Editor, WHL Newsletter

## People

The mailing address of the **Belgian Hypertension Committee** has changed. Dr. Jan A. Staessen, Kapucijnenvoer 35, Block d, Level 00, Box 7001, 3000 Leuven, Belgium.

Phone: (+32-16) 347104  
Fax: (+32-16) 347106  
E-mail: [Jan.Staessen@med.kuleuven.be](mailto:Jan.Staessen@med.kuleuven.be)  
Website: <http://www.belhypcom.be>

## 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

### Members:

Dr. Adel E. Berbari (Beirut, Lebanon)  
Dr. Norman Campbell (Calgary, Canada)  
Dr. Graham MacGregor (London, UK)  
Dr. V.V. Muthusamy (Madurai, India)  
Dr. Peter Nilsson (Malmö, Sweden)  
Dr. Anita Rieder (Vienna, Austria)  
Dr. İstemihan Tengiz (Izmir, Turkey)  
Dr. Xin-Hua Zhang (Beijing, China)  
Dr. Daniel T. Lackland (Charleston, SC, USA), Editor WHL Newsletter

### ISH Representation:

Dr. Ernesto Schiffrin (Montreal, Canada)  
Dr. Stephen Harrap (Melbourne, Australia)

### Secretariat:

Chellam Chellappan, Office Secretary of the Board  
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## Calendar

### 10<sup>th</sup> Annual Scientific Meeting of the Malaysian Society Hypertension

February 1-3, 2013  
Kuala Lumpur, Malaysia  
*Information:* MSH-ASM 2013 Secretariat  
Sharine Chee / Andy Yap  
Novartis Corporation (Malaysia) Sdn Bhd  
(10920-H), Level 15, the Crest, 3 Two Square  
2 Jalan 19/1, 46300 Petaling Jaya, Malaysia  
Fax: (+603) 7948-1818  
E-mail: [mshasm.2013@novartis.com](mailto:mshasm.2013@novartis.com)

### 28<sup>th</sup> Annual Scientific Meeting and Exposition of the American Society of Hypertension

May 15-18, 2013  
San Francisco, CA, USA  
*Information:* ASH  
148 Madison Avenue, 5<sup>th</sup> Floor  
New York, NY 10016, USA  
Website: <http://www.ash-us.org>

### 23<sup>rd</sup> European Meeting on Hypertension and Cardiovascular Protection

June 14-17, 2013  
Milan, Italy  
*Information:* Prof. Guiseppe Mancia  
Centro di Fisiologia Clinica E Ipertensione  
Via F. Sforza, 35, Milan, Italy  
E-mail: [info@eshmilan.org](mailto:info@eshmilan.org)  
[esh2013@aimgroup.eu](mailto:esh2013@aimgroup.eu)  
Website: <http://www.esh2013.org>

### 2<sup>nd</sup> World Hypertension Congress

June 27-30, 2013  
Istanbul, Turkey  
*Information:* Ea Organizasyon  
Goksu Evleri, Camlik Cad., No: 191 B108/A  
Anadoluhisari, Hisari-Istanbul, Turkey  
Fax: (+90-216) 465-4048  
E-mail: [pco@eaorganizasyon.com.tr](mailto:pco@eaorganizasyon.com.tr)  
Website: <http://www.whc2013.org>

### 18<sup>th</sup> World Congress on Heart Disease

July 26-29, 2013  
Vancouver, BC, Canada  
*Information:* International Academy of Cardiology, Annual Scientific Sessions 2013  
PO Box 17659, Beverly Hills, CA 90209, USA  
Fax: (+1-310) 659-4781  
E-mail: [Klimedco@ucla.edu](mailto:Klimedco@ucla.edu)