



# 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. 143, March 2014

## Note from the Editor

The first part of 2014 has brought a great deal of excitement for the World Hypertension League and for hypertension around the world. In this issue of the *Newsletter* a focus on **Hypertension Day 2014** is described. This is the opportunity for member societies and hypertension professionals to actively participate in this important campaign and be focused in the *Newsletter*. We highly encourage submission of Hypertension Day ‘Know your Blood Pressure’ activity descriptions and photos. Specifically please let us know the number of individuals with measured blood pressures and any findings. We will publish the reports in the *Newsletter*. As announced in President Campbell’s report, the WHL is pleased to announce the formal affiliation with the *Journal of Clinical Hypertension*. Future issues of the *Newsletter* will include summaries from featured articles and content. There are several outstanding society scientific sessions being held this quarter and we will showcase the events and accomplishments in future issues. Finally, and with mixed feelings, we report the transition of Ms. Chellam Chellappan, Administrative Secretary and Dr. Arun Chockalingam, MS, PhD, FACC, Secretary General in retirement from WHL. It has been a pleasure to work with both these outstanding individuals for the past years and we are sure the very best.

Again, I thank each of you for your support of the *Newsletter* and look forward to your comments and submissions.

Dr. Daniel T. Lackland  
Editor, WHL Newsletter



## WHL Announcement

**WHL Workshop and WHL Council Meeting in conjunction with the Joint Meeting of the European Society of Hypertension (ESH) and the International Society of Hypertension (ISH)**  
**June 13-16, 2014, Athens, Greece**

WHL Representatives will be in attendance for discussions on standards for BP screening programs, sodium reduction, improving public awareness of hypertension, optimizing BP measurement devices, and more.

(See also ‘calendar’ section on page 6.)

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## Report from WHL Members

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The **Turkish Association of Hypertension Control** conducted a national survey which showed a 20 percent improvement in hypertension control rate. The improvement is likely related to national hypertension education program with our collaboration. The prevalence of hypertension was 30.3 percent, control rates in all hypertensive groups were 28.7 percent and 53.9 percent in patients taking antihypertensive drugs. Another population based study showed that the Turkish population consumes a great amount of salt (15g/day).


We developed a public day to increase awareness of hypertension which was arranged in Izmir. The detailed information can be found on our website. Every year we arrange a hypertension meeting for primary health physicians to discuss new guidelines and therapeutic approaches comprehensively.

We have endorsed the WHL salt reduction policy statement and collaborate with government officials to create policy for reducing salt consumption (nutrition labeling of sodium, removing salt cellar from the table in restaurants, etc.). To prioritize hypertension prevention and control we have partnerships with other national organizations, i.e. Turkish Society of Hypertension and Renal Diseases & Turkish Society of Cardiology as well as training schools for family doctors to use the ESH/ESC hypertension guidelines for education programs. We plan an education program for family doctors to encourage the prescription of antihypertensive drugs.

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The **Iranian Heart Foundation (IHF)** performed a survey on salt intake using 24-hour urine collection in Isfahan province and measured blood pressure (BP) using the WHO standardized method. There were many questions on the awareness, treatment and control levels of high BP. No results have been published yet. However, we expect an improvement in hypertension (HTN) treatment and control rates and a decrease in its prevalence as our interventions at the community level and the high risk groups/patients are still continued since the research phase of the Isfahan Healthy Heart Program has been finished. Our interventions include healthy lifestyle promotion at the general population using mass media, at worksites, schools, NGO's, factories and offices as well as health centers.

We celebrated the national hypertension day by organizing awareness campaigns for the public on HTN prevention and the role of a healthy life style with more emphasis on salt intake reduction, we also performed campaigns for HTN patients and their families regarding the importance of HTN adherence to treatment whether pharmacologic or lifestyle one. There were free BP and BMI check-up stations during that day and people received free brochures/pamphlets beside face to face education. Simultaneously, seminars for general physicians were organized. Photos are available on the IHF and Isfahan Cardiovascular Research Institute (ICRI) websites.

At the national level, we developed a comprehensive program to increase the awareness, decrease the prevalence, and improve treatment and control levels of HTN in Iran. It is designed with multiple strategies addressing patients and their families as well as health professionals. This national program was approved by the Ministry of Health (MOH) and got its funds and will be conducted by the IHF, the national network on cardiovascular disease, ICRI and the MOH in 2014.

We have adopted the international guidelines on HTN management, treatment, prevention and control (whether ISH WHO, JNC7 or CHEP) that were followed by our physicians in Iran to our local situation in 2012. This work lasted for two years and there was an internal scientific committee who reviewed the

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## President's Column

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Dr. Norm Campbell

### World Hypertension Day

Celebrate World Hypertension Day with the WHL. World Hypertension Day on May 17<sup>th</sup> 2014 will focus on 'knowing your blood pressure' and emphasize the need

for all adults to have blood pressure measured. The theme will be retained for the next 5 years and WHL hopes hypertension organizations will develop blood pressure screening programs. Screening is a critical first step in identifying people who are at risk from hypertension and may benefit from drug therapy.

### Screening for hypertension

The WHL has a committee developing resources to aid development of blood pressure screening programs. The resources are expected to be complete by June 2014. Under the leadership of Dr. Lyne Cloutier, a grant was obtained to test the resources thus providing field experience for optimization of the program. The League will also be developing a network of experts in blood pressure screening to assist communities develop screening programs. Those interested in assisting should write the WHL office with their interest and provide a brief summary of their expertise and experience and the setting (language, culture resource setting). The WHL will maintain a list of experts for communities to contact on its website.

### Celebrating Dr. Arun Chockalingam

The WHL celebrates the accomplishments of Dr. Arun Chockalingam who has devoted countless hours to the League spanning decades. Dr. Chockalingam has been particularly active in developing and promoting World Hypertension Day and the World Hypertension Congresses. On World Hypertension Day please remember Dr. Chockalingam's contributions to global prevention and control. Dr. Chockalingam is moving on to become Scientific Director of the Institute for Global Health Equity and Innovation at University of Toronto. We wish Dr. Chockalingam the best in his new endeavors.

### Restructuring the WHL

The Executive of the League will be proposing a restructuring of the bylaws and function of the league. It will be proposed to have both, a Treasurer and a Secretary General, to increase the work capacity of the executive and specifically to focus more attention on financial accountability and fund raising. The Chief Executive Officer and the President Elect of the WHL are based in the United States which is also the location of many of the best funding opportunities. Hence it will also be proposed to move the League's office to the United States. Finally, the bylaws will be proposed to include the position of the Chief Executive Officer. Any proposed changes to the bylaws should be indicated the executive as soon as possible.

### Journal of Clinical Hypertension

The WHL executive has approved a formal relationship with the *Journal of Clinical Hypertension* under Dr. Dan Lackland's leadership. The journal will have specific sections to foster the mandate of the League to prevent and control hypertension and include manuscripts that highlight the learning of those who are awarded the WHL certificates of excellence. The Journal is an open source online journal that provides articles free of charge. It is hoped all WHL member organizations will encourage their membership to sign up for the monthly notifications of published article and will also submit key articles that relate to the prevention and control of hypertension. The League will work closely with the journal to ensure the journal becomes the world's best scientific, clinical and public health resource on prevention and control of hypertension and that its readers are well armed to support the mandate of the WHL.

### WHL Awards

Under the leadership of Dr. V.V. Muthusamy, the Awards Committee considered a large number of nominations for recognition in efforts to prevent and control hypertension and to reduce dietary salt. The recipients will be announced soon and recognized at the WHL council meeting in June 2014. There are many other deserving individuals and organizations and I would encourage all national organizations to identify and nominate those who are

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*President's column continued*

contributing for the 2015 awards. Please note there will be changes to the terms of reference for the recognition and that complete applications are needed.

### **Preventing hypertension and reducing dietary salt**

The WHL has adopted an official policy on dietary salt that is consistent with the WHO policy for salt intake to be less than 5 g/day for adults with lower levels of intake in children based on their lower caloric requirements. As President of the League, I urge all member organizations to consider supporting the policy statement. There are also WHL committees developing recommendations for standardizing nomenclature on dietary sodium as well as a committee working towards standards for the conduct of clinical research on sodium.

Commercial conflicts of interest, use of weak research methodology and selective (out of context) use of evidence are the greatest threats to the effort to improve health by reducing dietary sodium. Very concerning, a global partner of the WHL and a national scientific organization is organizing a symposium on dietary sodium to assess 'if current recommendations are supported by evidence'. The symposium has invited nearly all the highly vocal opponents of dietary salt reduction including those with extensive histories of working with the food and salt industry. Featured are speakers who have conducted research that has been highly critiqued as utilizing weak research methods and highly selected 'new' research. Requests to include talks on the impact of weak research methods and of conflicts of interest on research outcomes were declined by the organizers. Recommendations for public health issues require rigorous systematic review and critical appraisal of evidence in a setting where commercial interests are limited. Several scientists associated with national and international recommendations have expressed concerns and declined involvement or withdrawn. Sadly, the symposium is still going ahead and with symposium design more controversy is expected. Science is properly a quest for truth but many seem to utilize science in a less idealistic fashion.

### **Chief Executive Officer**

Dr. Mark Niebylski has been working constantly on behalf of the WHL since his appointment January 20, 2014. I express my great admiration for his instant adoption of the WHL mandate, vision and his strong work ethic. The future of the WHL is bright. Space precludes more extensive outlines in WHL activities but members can expect many changes and greatly enhanced activities. Welcome to the WHL, Dr. Niebylski.



Dr. Norman Campbell  
President, WHL

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### **People**

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The **Estonian Society of Hypertension** has elected new board officers for the period 2013-2015: Dr. Merike Luman (President), Dr. Signe Alliksoo (Secretary) and Dr. Ene Mäeots (Treasurer). The mailing address is: SA Põhja – Eesti Regionaalhaigla, Sütiste tee 19, 13419 Tallin, Estonia.

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Website: <http://www.ehy.ee>

The **Malaysian Society of Hypertension** has new boarded members: Prof. Datin Dr. Chia Yook Chin (President), Dr. Mohd Arifin (Vice President), Dato' Dr. L.R. Chandran (Secretary), Prof. Dr. Hapizah Nohd. Nawawi (Treasurer) and Dr. Azani Mohd. Daud (Immediate Past President). The mailing address is: 1301, Level 13, Uptown 2, No. 2 Jalan SS21737, Damansara Uptown, 47400 Petaling Jaya, Malaysia.

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*Report from WHL Members continued*

existing evidence or reached a consensus while an international advisory committee was assisting our team intensively. These national guidelines were presented in multiple scientific meetings and disseminated at the national level. It will be updated in 2014.

Continuing education programs for general physicians and internists have been started since the past years and were integrated into their CME training courses. Beside education sessions on HTN management, treatment and control, the national guidelines were taught too. Educational seminars for nurses and health professionals in rural areas were organized while brief education notes still existed in their curricula.

We organized the first International meeting on HTN prevention, management and control during which many local studies results were presented as well as results of studies from other countries. It was the first large congress on HTN to be organized in Iran, during which the national guidelines were completed through a forced 3-days workshop with the participation of our international advisory board members. Interestingly, the results from other parts of the country showed improvement in the awareness, treatment and control rate of HTN and most referred to a rate above 25-30 percent compared to less than 20 percent ten years before.

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President  
Iranian Heart Foundation (IHF)

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## **WHL Announcement**

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### **Joint Meeting of the Brazilian Society of Hypertension and the Inter-American Society of Hypertension August 13-16, 2014, Salvador, Brazil**

Dear Colleagues:

I wish to extend to the members of the World Hypertension League a most cordial invitation to participate in the coming joint meeting of the Brazilian Society of Hypertension and the Inter-American Society of Hypertension to be held in Salvador, the State of Bahia, Brazil, from August 13-16, 2014. This event aims to bring together the best clinical and basic science efforts of physicians and scientist working in the fields of hypertension, vascular disease, heart and renal failure, and diabetes. The joint meeting of these two leading societies will provide a forum for presenting new advances in basic, clinical, and population sciences related to hypertension and target organ injury, as well as for educating health care professionals on the new hypertension guidelines and the most effective therapies.

We will be happy to host all of you in the beautiful city of Salvador, Brazil. Salvador, also known as Brazil's capital of happiness, is today the third most populous Brazilian city. Since its origin as the first colonial capital of Brazil, Salvador is a gem of the old Portuguese architecture and notable in Brazil for its cuisine, music, and wealth. The venue of the meeting, Pestana Bahia Hotel, is one of the most well-known hotels in Bahia. With modern facilities and services, this hotel will provide us with a memorable stay and incredible panoramic views of the Atlantic Ocean.

The joint organizing committee of this important meeting looks forward to see you in Brazil.

Cordially yours,

Carlos M. Ferrario, MD, Program Chair  
Maria Claudia Irigoyen, MD, Program Chair  
XX Meeting of the IASH

(See also 'calendar' section on page 6.)

*People continued*

Prof. Bongani Mayosi is new President of the **Pan-African Society of Cardiology (PASCAR)**: University of Cape Town, Faculty of Health Sciences, Dept. of Medicine, Private Bag X3, Observatory, 7935, Cape Town, South Africa.

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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. Norman Campbell (Calgary, Canada), President  
Dr. Daniel T. Lackland (Charleston, USA) President-Elect & WHL Newsletter Editor  
Dr. Liu Lisheng (Beijing, China), Past President  
Dr. Arun Chockalingam (Toronto, Canada), Secretary General  
Dr. Mark Niebylski (Clancy, MT, USA), CEO

#### Members:

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Dr. Peter Nilsson (Malmö, Sweden)  
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## Calendar

### Annual Meeting of the International Society on Hypertension in Blacks

May 15-16, 2014

New York, N.Y., USA

*Information:* ISHIB Corporate

2111 Wilson Blvd, Suite 700

Arlington, VA 22201, USA

E-mail: [info@ishib.org](mailto:info@ishib.org)

Website: <http://www.ishib.org/ISHIB2014>

### Annual Scientific Meeting & Exposition of the American Society of Hypertension

May 16-20, 2014

New York, NY, USA

*Information:* ASH

148 Madison Avenue, 5<sup>th</sup> Floor

New York, N.Y., USA

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

### 7<sup>th</sup> International Symposium on Hypertension and 5<sup>th</sup> Vascular Risk Workshop

May 26-30, 2014

Santa Clara, Villa Clara, Cuba

*Information:* Dr. Emilio González Rodríguez

Chairman HTA 2014

E-mail: [eglez@uclv.edu.cu](mailto:eglez@uclv.edu.cu)

### Hypertension 2014 Joint Meeting of the ESH and ISH WHL Council Meeting & WHL Workshop

June 13-16, 2014

Athens, Greece

*Information:* Organizing Secretariat

E-mail: [hypertension2014@aimgroup.eu](mailto:hypertension2014@aimgroup.eu)

Website: <http://www.hypertension2014.org>

### XXII National Congress of the Brazilian Society of Hypertension and XX Scientific Sessions of the Inter-American Society of Hypertension

August 13-16, 2014

Salvador, Bahia, Brazil

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