



# WHL • NEWSLETTER

News from the World Hypertension League (WHL).  
In Official Relations with the International Society of Hypertension and the  
World Health Organization.

No. 160, June, 2018

## Note from the Editor



Dr. Lawrie Beilin remaining active until his death as Editor of the *Journal of Hypertension* and Tony Lever, former head of the MRC Blood Pressure Unit in Glasgow. Both leave an enormous legacy in the field of high blood pressure research and education; each in their own way having been an inspiration and great mentors and friends to so many of us.

This issue again illustrates the growing worldwide network of collaborations and outreach in the field of high blood pressure. Reports on the successes of World Hypertension Day and May Measurement Month will follow.

Lawrie Beilin, Editor, WHL Newsletter

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## President's Column



Dr. Daniel Lackland

The first half of 2018 has been an exciting period for global hypertension prevention and control with many successful programs implemented and planned for the future. WHL was so pleased to collaborate with our valued partner International Society of Hypertension for a successful World Hypertension Day and May Measurement Month global effort. While we recognize blood pressure as a major global risk, awareness has impact from all ages. So there is high enthusiasm to see the success of the art contests among the young folks.

There is also great anticipation for the launch and implementation of the many global intervention programs described in this Issue, including the Global Hearts. The success and magnitude of these programs are dependent on a team effort, and WHL is very pleased to be a part of the collaborative collations and partnerships focused on our mutual good health mission.

During 2018, there will be numerous opportunities to enhance the successes of these programs and all member societies and partners are needed. While the journey will be long, the destination of good global health will be worth it. Thanks to all for your commitment.

Dan Lackland, President, WHL

**ANNOUNCEMENT**  
**WORLD HYPERTENSION LEAGUE**  
**EXECUTIVE and MEMBERS**  
**MEETING to be held September**  
**22, 2018 during the ISH Meeting**  
**in BEIJING CHINA**

*The Journal of Clinical Hypertension (JCH)*  
**Official Journal of the**  
**World Hypertension League**  
For free access [click here](#)

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**UPCOMING MEETINGS OF NOTE**

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**AHA Council on Hypertension**  
**September 6–9, 2018**  
**Chicago, IL**

For registration information [click here](#)

**2018 International Society of Hypertension (ISH) Meeting**  
**September 20–23, 2018**  
**Beijing, China**

For registration information [click here:](#)



**10th Annual WHS Meeting**  
**October 14–16, 2018**  
**Berlin, Germany**

For registration information [click here.](#)



For the 10th time 2,000 stakeholders and decisionmakers from 100 countries and every field in healthcare will work together to find solutions to global health challenges. The Grand Challenges Meeting of the Bill and Melinda Gates Foundation will this year be organized back to back with the World Health Summit on October 16 – 19 in Berlin.

The World Health Summit promotes thought leadership in science and advances global health agendas and was founded in 2009 on the occasion of the 300th anniversary of Berlin's Charité Hospital. The international conference is traditionally held under the patronage of the German Chancellor, the President of the Republic of France and the President of the European Commission.

**Central topics 2018 include:**

Pandemic Preparedness, the Sustainable Development Goals, Non-communicable diseases, Access to Essential Medicines, Strengthening Health Systems, Antimicrobial Resistance, the Digital Healthcare Revolution

**Speakers 2018 include:**

**Chancellor Angela Merkel**, Germany; **President Jean-Claude Juncker**, European Commission; **Tedros Adhanom Ghebreyesus**, WHO Director-General, Switzerland; **Seth Berkley**, CEO, Gavi, the Vaccine Alliance, Switzerland; **Thomas B. Cueni**, Director General, IFPMA, Switzerland; **Diane Gashumba**, Minister of Health, Rwanda; **Harald zur Hausen**, Nobel Prize laureate, Physiology or Medicine, Germany; **Susanna Krueger**, CEO, Save the Children, Germany; **Stefan Oschmann**, CEO, Merck, Germany; **Lothar H. Wieler**, President, Robert Koch Institute, Germany

**11th World Stroke Congress  
October 17–20, 2018  
Montréal, Canada**



For registration information [click here.](#)

The World Stroke Congress is excited to host leading stroke experts in an international atmosphere surrounded by friends and colleagues, from October 17-20, 2018. Join us for the latest science, exciting sessions and a taste of French-Canadian culture!

**Southern Medical Association(SMA)  
ASH Carolinas-GA-FL Chapter  
Special Joint Symposium  
October 31-November 2, 2018  
Charleston, South Carolina**



For more information [click here.](#)

**UPDATE on May Measurement  
Month (MMM)**



**The Lancet Global Health  
Publishes MMM17 Results**

[http://www.thelancet.com/journals/langlo/article/PIIS2214-109X\(18\)30259-6/fulltext](http://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30259-6/fulltext)

**Thank you WHL Members  
for a successful World  
Hypertension Day!  
We look forward to publishing  
your reports in upcoming issues.**

**World Hypertension Day – China**



Inner Mongolia (above), Shanxi (below) and Gansu (2nd photo below) engage in outreach activities during World Hypertension Day 2018 in China.



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## **International Society of the Study of Hypertension in Pregnancy (ISSHP)**

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### **Bridging the Gap**

By Laura A. Magee, President, ISSHP, on behalf of the ISSHP Executive and Council

The International Society for the Study of Hypertension in Pregnancy (ISSHP) has its origins in the detection, pathogenesis, evaluation, and treatment of women with the hypertensive disorders of pregnancy (HDPs). Increasingly, however, our organisation recognises the need to expand our perspective beyond pregnancy and postpartum. Worldwide, the HDPs (and pre-eclampsia in particular) are associated with long-term complications, including but not limited to hypertension and cardiovascular disease, for both mother and child. For the mother, this may be mediated in part by shared risk factors for both pregnancy hypertension and cardiovascular disease. For the fetus, there is convincing evidence of the potential for structural change (such as reduced nephron mass) and fetal metabolic programming associated with complications such as growth restriction.

It is unclear how to use the information acquired in pregnancy to effect positive change in the health trajectories of the child and mother over their subsequent life course. The ISSHP looks forward to a new, exciting partnership with the WHL so that we can 'bridge the gap' between pregnancy hypertension and adult hypertension and find actionable solutions to address non-communicable disease, the most pressing health care need of our time.



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## **GLOBAL HEARTS INITIATIVE**

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By Bethany Hall, MPH  
Scientific Health Communications Fellow,  
ORISE CDC/CGH/DGHP/GNCDB

In March, the World Health Organization and U.S. Centers for Disease Control and Prevention convened agencies collaborating on the Global Hearts Initiative for a two-day meeting in Geneva. Representatives from World Hypertension League and other leading public health and professional organizations met to discuss advocacy, capacity building,

program implementation, and resource mobilization as it relates to the initiative.

The Global Hearts Initiative has produced three technical packages – HEARTS, MPOWER, and SHAKE - to assist low- and middle-income countries in addressing cardiovascular disease. A week prior to the meeting, modules for the HEARTS technical package were released. The HEARTS technical package provides practical tools to strengthen cardiovascular disease management in primary care. At the meeting, participating agencies discussed disseminating and implementing the technical package. World Hypertension League is supporting the compilation of a suite of training resources for country use in capacity development, with a focus on diagnosis and control of hypertension.



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## **HYPERTENSION CANADA RELEASES LIST OF RECOMMENDED BP DEVICES**

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Reprinted from MARKHAM April 30, 2018/CNW/

Over three million Canadians have purchased blood pressure measurement devices for home use, yet those personal devices may not be accurate, cautions Hypertension Canada. May was Hypertension Month, and for more than fifteen million Canadians living with or at risk for hypertension, regular blood pressure measurement is key to knowing how their lifestyle changes or medications are working to keep their blood pressure within a healthy range.

"Inaccurate devices may give readings that are lower or higher than the blood pressure actually is, giving false indications of your health," says Angelique Berg, Chief Executive Officer of Hypertension Canada. "With the number of devices available for purchase, it can be difficult for people to tell which are accurate."

Blood pressure is the force of the blood against the walls of our blood vessels, and for most of the population, ideal blood pressure measures 120/80 mmHg or below. Too much force in the vessels, called hypertension, causes organ damage in the brain, eyes, heart and kidney over time, and can lead to chronic and deadly diseases like heart disease, stroke, kidney failure and dementia if not controlled. Blood pressure is also sensitive to treatments. Adopting healthy lifestyle habits, like the low-sodium DASH-diet, have been shown in

research to reduce systolic blood pressure, the top number in a reading, by up to 10 mmHg. Medications can produce similar reductions.

"Hypertension is highly sensitive to treatment, so accurate monitoring of blood pressure control is of key importance," explains Dr. Nadia Khan, President of Hypertension Canada. "Readings that are too low leave a person at risk of complications, and readings that are too high cause needless worry, and even may be a contributing factor behind the recent increase in hypertension-related emergency department visits."

Blood pressure monitors fall into Health Canada's Class II medical devices, which requires only the manufacturer's senior officer's attestation that the device does what it says it will. The device might measure blood pressure, but its degree of accuracy may be unproven. The question of accuracy gets more confusing with the claims of some wearable devices and the ease of ordering devices online that may not be regulated at all.

To cut through the confusion, Hypertension Canada has released the first list of recommended blood pressure measurement devices in North America, each reviewed and confirmed to have met the newest international standards set by AAMI (the Association for the Advancement of Medical Instrumentation) and the ISO (the International Organization for Standardization). Open to all blood pressure devices, including those used at home, in clinics, and in pharmacies, the program helps Canadians and Canadian organizations to easily identify validated, accurate blood pressure measurement devices when making purchasing decisions.

For more information [click here](#).

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## Global Health Coalition for Circulatory Health

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By Oana Scarlatescu

The [Global Coalition for Circulatory Health](#), whose Leadership Group includes the World Hypertension League, marked the 71<sup>st</sup> World Health Assembly with a successful side event entitled [Positioning Circulatory Health in Universal Health Coverage. The Case for Hypertension Control](#) on 22 May in Geneva,

Switzerland. Moderated by Dr Richard Horton, Editor-in-Chief of *The Lancet*, the high-level panel made a compelling case for mobilizing policies and resources in support of the estimated one billion people who live with raised blood pressure and to design interventions that leave no one behind in circulatory health. Prior to the side event, the Leadership Group of the Global Coalition assessed progress to date and planned ahead for the 3<sup>rd</sup> United Nations High-Level Meeting in a productive in-person meeting on 21 May. The Global Coalition is looking forward to launching its White Paper on Circulatory Health in September in New York. Stay tuned for more updates in the next months.



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## NURSING NOW – INTERNATIONAL COUNCIL OF NURSES

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By Lindsey Williamson, Director, Communications, International Council of Nurses



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### Action on NCDs – mobilising nurses and midwives for promotion, prevention and early detection – A joint statement by ICN, ICM and Nursing Now

Nursing Now is the global campaign to improve health globally by raising the profile and status of nursing. Founded in February 2018 it already has groups active in over 40 countries. The health workforce has an enormous contribution to make in both managing and preventing NCDs and needs to be a central part of the NCD strategy. There are more than 40 million health professionals who can bring their education, skills and commitment to the task and help close the gap between the great ambitions of the NCD strategy and action on the ground to achieve results. The over 20 million nurses and midwives are the most widespread group of professionals and very much part of the communities they serve. They can make 3 major contributions:

1. Managing the care of people with NCDs – nurses and midwives are increasingly taking on

the management of NCDs and providing high quality, accessible and cost-effective services

2. Promotion of health, prevention of disease and early detection – midwives and nurses can play an even greater role by using every contact - for treatment, ante-natal or post-partum care – and every opportunity for promotion, prevention and early detection

3. Supporting local communities and community health workers – nurses and midwives are local people who can work with local communities on improving health and help make community health workers more effective by providing support, supervision and a point for referral.



Dr. Dan Lackland, WHL President, addresses the SAHA registrants in Buenos Aires, Argentina.

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## REGIONAL CORNER

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### Argentine Society of Hypertension (SAHA) XXV Argentine Congress of Arterial Hypertension



From April 12 – 14, 2018, the Argentine Society of Hypertension (SAHA) held its 25th Annual Congress with 2000 participants in the city of Buenos Aires. International speakers and participants from surrounding countries were in attendance.

A special Symposium co-organized with the World Hypertension League (WHL) was well attended. WHL President Dr. Dan Lackland gave a wonderful presentation regarding the science and rationale for the new BP guidelines recently released by AHA. Prior to his presentation, two prior presidents of the Argentine Society (Dr. Daniel Piskorz and Dr. Gabriel Waisman) held a stellar pro-con debate that was scientifically sound regarding the new guidelines. Chairing the session were: Dr. Pablo Rodriguez, President of SAHA and Dr. Marcelo Orias, Vice President of WHL.

### Pan-American Health Organization (PAHO) Activities in Latin American and the Caribbean

By Donald J. DiPette MD, WHL Envoy to Latin America & the Caribbean, Health Sciences Distinguished Professor, University of South Carolina School of Medicine



Leadership from the Cali and PAHO-Colombia discuss the HEARTS in the Americas program with Vice-Minister of Health, Dr. Luis Fernando Correa.

Programs to address cardiovascular risk factor detection, recognition, and reduction, including hypertension, continue to be planned, implemented, and expanded world-wide, especially in Latin America and the Caribbean in 2018. While there are many local and regional programs that have been successful, a cohesive and strategic plan to address the increasing cardiovascular disease burden in this region is expanding due to the formative collaboration of several stakeholders including the Pan American Health Organization (PAHO), as part of the World Health Organization (WHO), the Centers for Disease Control and Prevention of the United States (CDC), the newly formed RESOLVE to Save Lives Initiative, and the WHL.



Dr. Pedro Ordunez from PAHO addresses attendees in Bogota, Colombia regarding the HEARTS program.

PAHO is leading the detection and treatment of hypertension and this effort is now approaching its fifth anniversary. This effort started as the Standardized Hypertension Treatment Program and quickly expanded to the Cardiovascular Risk Reduction through the Hypertension Control and Secondary Prevention Program, and now has recently been renamed the HEARTS in the Americas aligning with the Global Hearts Initiative of the WHO and CDC. The success of the initial demonstration sites in Barbados, Chile, Colombia, and Cuba has led to the rapid expansion of the program within each country. More importantly, the success of these initial and bold efforts has resulted in the recent announcement that Panama and Ecuador will implement the program. Additional countries in Latin America and the Caribbean have expressed genuine interest in joining the program and active discussions are currently underway.



Conference leadership gathers for a group photo.

Commensurate with these efforts above, 2018 has seen several activities targeted to bring stakeholders together, review the status of existing programs, learn what has been successful and what challenges and barriers remain both locally and regionally, and to engage the leadership of new program sites and countries. Remote and in-person engagement has demonstrated considerable enthusiasm and engagement. One such activity has been the development and implementation by the PAHO Webinar Series in support of the HEARTS in the

Americas and face-to face site visits have recently taken place. Members of the PAHO, CDC, consultant advisors, and governmental leadership as well as champions of the established as well as new sites in Colombia came together in Bogota and Bucaramanga, Colombia in April 2018. Discussions included status of present site programs: city of Cali and the departments of Risaralda, Boyaca, and Santander, the implications of new hypertension guidelines especially from the United States, the importance of early and effective pharmacologic therapy especially the initial treatment with two anti-hypertensive agents (and fixed-dose combinations), heightened cardiovascular risk factor detection, assessment, and modification, and the importance of program communication including timely publication of data and results.

Following the success of the Colombia engagement and discussion, similar leadership came together more recently in Cuba. Future site visits and meetings are currently being planned for Barbados and Chile. An update on the hypertension program has recently been published: Patel, P et al. Standardized hypertension management to reduce cardiovascular disease morbidity and mortality worldwide. Southern Medical Journal 2018: 111(3) 133-136.



Leadership from Cali for the HEARTS in the PAHO Americas program presented their progress at two demonstration sites during the April Meeting in Bogota, Colombia."Team Cali" includes from left to right: Maria del Socorro Lopez, Secretariat of Health; Jessica Angulo, Carlos Holmes Hospital; Aura Ligia Llanos, Secretariat of Health; Donald J. Dipette, MD; Lila Matos, COOMEVA; and Juan Carlos Meza Segovia, Clinica Oriente.

The success of these efforts in Latin America and the Caribbean continue to emphasize and demonstrate the importance of collaboration between multiple key stakeholders. While the

involvement and support of these stakeholders is critical to the development and implementation of the program, the “on-the ground” success is achieved by the individuals and teams dedicated to their patients and communities. It is important to acknowledge and thank these individuals for without their efforts these programs would not exist and success could not be achieved. ■

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## COSEHC MEETING

By Debra Simmons, COSEHC Executive Director

The Consortium of Southeastern Hypertension Control (COSEHC) held its annual meeting in March, 2018. Highlights of the meeting included comprehensive reviews of the up to date management of hypertension (including the new AHA-ACC guidelines), diabetes, obesity, congestive heart failure, and the diagnosis and management of hypertension in children. There was a focus on improving systems of care, with workshops on telehealth, chronic care management programs, systems to reduce variation in care, and behavioral health to improve health behaviors.

Awards were given for major commitments to those involved in reducing cardiovascular disease. Dr. Daniel Lackland, President of the World Hypertension League and longtime COSEHC Board Member, received the COSEHC Lifetime Achievement Award. Debra Simmons, COSEHC Executive Director received the COSEHC Leadership Award. Dr. Brian Forrest received the COSEHC Clinical Excellence Award, and TanYa Gwathney-Williams, PhD, received the New Investigator Award. Dr. Claude Lenfant was given an Honorary Award from COSEHC for his numerous contributions to COSEHC and to society for the reduction of cardiovascular risk factors. Dr. Edward Roccella was presented the Dr. Claude Lenfant Excellence in Population Hypertension Control Award from the World Hypertension League. ■

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## CHILDREN’S POSTER CONTEST

### WINNERS ANNOUNCED

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By Edward Roccella, PhD, WHL Special Envoy for Population Health and Katrina Sy-Uy, MPH, Doris Factor Women’s Heart Disease Community Education Coordinator, Linda Joy Pollin Heart Health Program



Margo B. Minissian, PhD, ANCP, CLS, AACC, FAHA speaks to fifth-grade classes at Queen Anne Place Elementary School.

Dr. Daniel Lackland, President of the World Hypertension League (WHL) says, “It’s never too early for children to start protecting their heart health.” The WHL, in collaboration with the Linda Joy Pollin Women’s Heart Health Network and Cedars-Sinai Healthy Habits Program, Los Angeles, sponsored an art poster contest. The purpose was to provide heart health education in the young and then have the students express what they learned through art. “Teaching lifestyle skills to prevent or slow the progression of heart disease is an important part of our activities. Our research findings are not only applied to patient care, but to prevent or prolong the onset of disease.” said Dr. C. Noel Bairey Merz, Professor of Medicine and Director of the Linda Joy Pollin Women’s Heart Health Program at Cedars-Sinai Medical Center, a world-class teaching, research and patient care center.



Margo B. Minissian, PhD, ACNP, CLS, AACC, FAHA, a nurse scientist and cardiology nurse practitioner at Cedars-Sinai, spoke to two fifth-grade classes at Queen Anne Place Elementary School in Los Angeles, and shared age-appropriate tips on how to prevent heart problems. “We only have one heart, so we have to take special care of it,” she told the students, whose ages range from 10 to 11. Her talk provided inspiration for the posters the students created to encourage the children, their families and communities to lead heart-healthy lives.



The winning posters are below and will be posted on the World Hypertension League's website at <http://www.whleague.org/>



1<sup>st</sup> Prize Winners: Melina Florian & Karla Gallardo



2<sup>nd</sup> Prize Winners: Ashley Alas, Gabriela Garcia, and Carolina Lemus



3<sup>rd</sup> Prize Winners: Emily Lopez, Yamilet Zamora, and Jamie Garcia (not shown)

Honorable Mention goes to Nathan Gonong, Diego Campuzano, Jordan Gomez, Destiny Orozco, Giselle Balderas, Jaqueline Sierra and Dalila Castillo, with a Special Thanks to their teachers: **Celina Arroyo and Elizabeth Lee.** ■

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## EXCELLENCE AWARDS

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### Dr. Edward J. Rocella receives Claude Lenfant Excellence Award in Population Hypertension Control



Dr. Daniel Lackland presents Dr. Edward Rocella with the 2018 Claude Lenfant Excellence in Population Hypertension Control during the March 2018 Consortium for Southeastern Hypertension Control (COSEHC) meeting in New Orleans, LA.

### Dr. Marc Jaffe receives the Detlev Ganten Excellence Award in Hypertension & Global Implementation



## 71st World Health Assembly (WHA71) meets in Geneva



Group photo from the Global Coalition meeting during WHA71.



L-R: Dr. David Wood (President World Heart Federation), Dr. Daniel Lackland, (President WHL) and Dr. Werner Hacke (President World Stroke Organization)



L-R: Dr. Daniel Lackland (WHL) and Prof. Sir Trevor Hassell (President, Healthy Caribbean Coalition)



L-R: Dr. Taskeen Khan, WHO, and Dr. Daniel Lackland, WHL, holding a recent issue of the *Journal of Clinical Hypertension (JCH)*



L-R: Dr. Norman Campbell (WHL), Dr. Cherian Varghese (WHO), and Dr. Daniel Lackland (WHL)



L-R: Drs. Daniel Lackland (WHL), Norman Campbell (WHL) and Temo Waqanivalu (WHO) meet in Geneva during the WHA.



L-R: Dr. Norman Campbell, WHL, Dr. Thomas Friedan, Resolve to Save Lives, and Dr. Daniel Lackland, WHL



WHO personnel measure Dr. Lackland's blood pressure during the Assembly.

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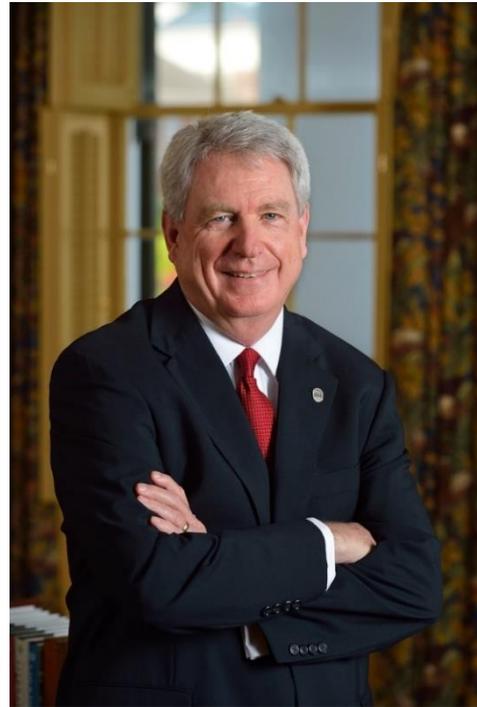
## WHL Welcomes New Special Envoy Daniel W. Jones, MD

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It is a privilege to serve as a World Hypertension League Special Envoy for Hypertension Management Implementation. I am grateful to WHL President Dr. Dan Lackland for providing this opportunity. In our 7th or 8th decade of having available to the clinical community good evidence for the benefit of therapy for hypertension, it is still a challenge to effectively implement the use of lifestyle and drug therapy.

There are large opportunities for more effective implementation of what we know. Most countries now have nation specific or regional specific guidelines for treatment. On the side of implementation of lifestyle therapy, most countries struggle with availability of healthy foods low in sodium and calories. As the obesity epidemic continues to

spread and processed foods high in sodium are more and more a part of daily diets, there is a need for national food policies. These policies should encourage and support the availability of affordable healthy food.



Challenges in compliance with pharmacotherapy about beginning with appropriate general and health education. Specific education to patients with hypertension about the need for life-long therapy is critical. Clinical inertia around hypertension treatment is a global problem. Clinicians tend to ignore hypertension as a major problem and often fail in adjusting therapy until goal blood pressure is reached. And, national policies making appropriate drugs available at affordable prices are necessary for good implementation.

I look forward to working with partners around the world and to learning from each other about effective ways to implement good blood pressure management.

**Daniel W. Jones, MD**  
**Sanderson Chair in Obesity, Metabolic Diseases and Nutrition**  
**Director, Clinical and Population Science**  
**Mississippi Center for Obesity Research**  
**Professor of Medicine and Physiology**  
**University of Mississippi Medical Center**  
**Jackson, MS**

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## In Memoriam – Alberto Zanchetti

Parma July 27, 1926 – Milan March 24, 2018

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Professor Alberto Zanchetti passed away on March 24, 2018, aged 91. Until just days before his death his energy and brilliance remained undiminished.

Alberto Zanchetti was born on July 27, 1926 in Parma. He graduated in Medicine at the Parma Medical School in 1950 and immediately moved to Pisa to work under the guidance of Professor Giuseppe Moruzzi, a world-famous neurophysiologist who had made the Physiology Institute of Pisa University perhaps the most famous international center for neurophysiological research in the World. Despite his young age, Alberto Zanchetti soon became one of the leading scientists in this highly qualified group. A gem of this period was his monograph on the Brain Stem Reticular Formation which won him the Marzotto Price, which at that time was the most prestigious Italian Award for Medicine.

After six years (which included a period in the United States) Alberto Zanchetti left Pisa and moved to Siena to join the clinical and research group of Professor Cesare Bartorelli, then Chief of the Institute of Internal Medicine at the University. There Dr. Zanchetti assembled a group of young and creative scientists (all going on to successful academic and research careers in Italy or abroad) with whom he began to work on the neural basis of blood pressure control. The results substantially expanded previous knowledge and gave Alberto Zanchetti well-deserved international fame in the cardiovascular world. His reputation was further enhanced in the hypertension field by his work on the use of thiazide diuretics for the treatment of hypertension, an

approach that drastically improved the then ominous prognosis of this condition.

His fame grew further after 1966 when Dr. Zanchetti and most of his group moved to the University of Milan with Professor Bartorelli. Their subsequent research discovered important aspects of cardiovascular regulation, such as the reno-renal reflexes, the neural control of renin release, the pressor responses to sympathetic afferent stimulation and the interaction between baro and chemo reflexes in blood pressure control. There was also a substantial expansion to human research. The team also worked on understanding the clinical and pathophysiological aspects of sudden death.

There was also intense clinical research in hypertension, which made Alberto Zanchetti's group a major contributor to the progress of antihypertensive treatment from the late sixties to the late eighties of the last century. During those years he also launched research on intra-arterial and later non-invasive automated ambulatory blood pressure monitoring, performing pioneer studies on cardiovascular control mechanisms in daily life that prepared the field for the 24 hour ambulatory blood pressure monitoring techniques currently in wide medical use. All of these activities he promoted and supervised as Professor of Internal Medicine and Director of the Center of Clinical Physiology and Hypertension, a position he assumed at the University of Milan in 1975. He continued to honor that appointment with his research, teaching and clinical responsibilities until his retirement in 2001. Retirement, however, by no means ended or slowed down his research, which continued until the end of his life in his role as Director for Research at the Istituto Auxologico Italiano.

Alberto Zanchetti's scientific activity has few, if any, comparisons. It spanned the spectrum from basic to physiological, pathophysiological and clinical research. His clinical contributions not only involved the design, conduct and interpretation of many important clinical trials, but also in recent years the publication of influential trial meta-analyses that are highly quoted and acknowledged by the expert hypertension community.

Alberto Zanchetti was instrumental in the creation and growth of the International Society of Hypertension (ISH) and the European Society of Hypertension (ESH), for each of which he has served as President. He initiated and organized many ISH and ESH meetings at the University Campus of Milan, all attracting large attendances and achieving success. He was the driving force behind

the early WHO/ISH Hypertension Guidelines, the first to be published in hypertension history. As well, he was a major force behind the ESH/European Society of Cardiology (ESC) guidelines which he first inspired in 2003.

In addition, beyond professor Zanchetti's leadership roles in ESH and ISH, it is important to remember the contributions and support that he so graciously extended to the World Hypertension League. The WHL is closely involved with hypertension societies in over 80 countries, many of which are striving to create workable hypertension programs for their communities despite severely limited resources. Dr. Zanchetti in his relationships with the WHL was highly aware of these issues and was a strong supporter of the WHL and the clinicians involved in fighting these battles.

Finally, he served as the Editor-in-Chief of the Journal of Hypertension from 1995 to his death. To this task he offered a prodigiously wide medical culture and an extraordinary dedication that impelled him to scrutinize all the papers submitted to the Journal, often personally editing those he thought were scientifically interesting but somewhat deficient in style. Alberto Zanchetti was a great mentor for the many younger investigators that he encountered.

For his achievements Alberto Zanchetti received innumerable Awards, including the dedication in his name of the ESH Award for Lifetime Achievements in Hypertension. This was celebrated in a meeting in his honor held in Barcelona a few months before his death. Yet, reflecting the title of that meeting ("Alberto Zanchetti: the Man, the Scientist, the Friend"), at the personal level he remained a man who expressed genuine interest in other people.

Alberto Zanchetti will remain in memory as a great scientist and a great man. His students will always remember him with gratitude for what he has done for their professional careers, above all by his example of high professionalism.

Giuseppe Mancia, M.D., Ph.D.,  
Fabio Magrini, M.D.,  
Alberto Morganti, M.D.,  
Andrea Stella, M.D.,  
Peter J. Schwartz, M.D.,  
Cesare Cuspidi, M.D.,  
Cristina Giannattasio, M.D.,  
Guido Grassi, M.D.,  
Gianfranco Parati, M.D.

on behalf of all of Alberto Zanchetti's students.

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## AHA GO RED FOR WOMEN

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By Madinah N. James, Director  
The Robert Hill Foundation

The American Heart Association is having another successful year in their crusade to build healthier lives, free of heart disease and stroke. Founded in 1924, the American Heart Association is the nation's oldest and largest voluntary health organization, dedicated to helping to prevent, treat and defeat heart disease and stroke - the two leading causes of death in the world. The Association teams with millions of volunteers to fund cutting-edge research, fights for stronger public health policies, conducts lifesaving public and professional educational programs, and advocates to protect public health.



AHA/ASA Go Red Ambassadors - 2017 Northern New Jersey Go Red For Women Luncheon

The Go Red for Women initiative is the American Heart Association's national movement to end heart disease and stroke in women, promoting prevention through education and lifestyle changes and advocating for more research and swifter action for women's heart health. The Go Red For Women movement was created by women, for women and is nationally sponsored by Macy's, with additional support from cause supporters. During the annual Go Red For Women luncheon, hundreds of attendees wear red to show solidarity, uniting to end heart disease and stroke. Two of the American Heart Association's premiere events, the annual Go Red For Women luncheon and the Affair of the Heart Ball, recognize and celebrate overall excellence in heart and stroke science, research, healthcare, treatment and community involvement - innovative and life-changing work that enables people from all walks of life to live healthier, stronger, longer lives.

## LINKS OF NOTE

### Hypertension (ISH) Newsletter

<http://pub.lucidpress.com/6a3594cf-c5e0-43d3-b813-0aa7064bd23c/#ldchPZbG1Gf>



#### Mission

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The WHL is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is in official relations with both the International Society of Hypertension (ISH), and the World Health Organization (WHO).

#### Board Officers:

Dr. Daniel T. Lackland (Charleston, USA), President  
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## Calendar of Events

### 26th Annual Conference on Clinical & Medical Case Reports in Cardiology

Berlin, Germany  
 July 5-6, 2018

[click here](#)

### American Heart Association Council on Hypertension

Chicago Illinois  
 September 6-9, 2018

[click here](#)

### 4<sup>th</sup> International Conference on Hypertension & Healthcare

Zurich, Switzerland  
 September 10-11, 2018

[click here](#)

### 2018 International Society of Hypertension (ISH)

Beijing China  
 September 20-23, 2018

[click here](#)

### 3rd United Nations Highlevel Meeting on NCDs

New York, NY  
 September 27, 2018

[click here](#)

### World Health Summit

Berlin, Germany  
 October 14-16, 2018

[click here](#)

### 11th World Stroke Congress

17-20 October 2018  
 Montreal, Canada

[click here](#)

### 34th World Congress of Internal Medicine

Capetown, South Africa  
 October 18-21, 2018

[click here](#)

### ARTERY 18

18-20 October 2018  
 Guimarães, Portugal

[click here](#)

### Southern Medical Association/Carolinas-Georgia-Florida ASH Chapter

October 31-November 2, 2018  
 Charleston, South Carolina

[click here](#)