

Egyptian Hypertension Society

President Report

2001

1. Physician Education Program:

Five courses were conducted in the governorates of Menia, Fayoum, Cairo, Port Said and Tanta.

2. Publications:

One. News Letter Quarterly.

Two. Heart Failure Manual; Including EHS Guide Lines.

3. Meetings:

One. Fifth Annual Scientific Meeting; January 2001

Two. Joint EHS-WHL Meeting; January 2001

Three. Summer Meeting; October 2001

4. Establishing EHS New Offices: 1 El Deewan St., Garden City.

5. Information Center:

Activities; see attachment.

6. Research:

Drug Multicenter Study.

Physician Education Program

- v Five courses were organized in the governorates of:
 - One. Menia - March 23rd, 2001
 - Two. Fayoum - April 27th, 2001
 - Three. Cairo - May 17th, 2001
 - Four. Port Said - June 6th -8th, 2001
 - Five. Tanta - September 21st, 2001
- v The approximate number of attendees at each governorate is about 130-140 doctors.
- v Sponsored by : Astra Zeneca.
- v The course is conducted under the supervision of Professors (arranged alphabetically) :
1-Fathy Maklady, MD 2-Hossam Kandil, MD 3-Hussein Rizk, MD 4-Mahmoud Hassanien, MD
5-M. Mohsen Ibrahim, MD 6-Omar Awad, MD 7-Omar El-Khashab, MD 8-Sherif El-Tobgy, MD
9-Soliman Gharieb, MD 10-Wafaa El-Aroussy, MD
- v Main topics covered during the course are:
 - Introduction and Classification of Hypertensive Patients. -Clinical and Laboratory Evaluation of Hypertensive Patients. -Pharmacology of Antihypertensive Drugs. -Treatment of Hypertension.
 - Secondary forms of Hypertension. -Hypertension in the Elderly. -Case Studies.
 - How to measure Blood Pressure accurately.

Publications

A- Quarterly Newsletter:

The Egyptian Hypertension Society issues a quarterly Newsletter at about two thousand copies, which is sponsored by "Servier". The Newsletter is mailed to the members of the society and is distributed during its meetings. The editorial committee are:

Editor : Hassan Khalil, MD

Associate Editors: Ebtihag Hamdy, MD -Omnia Nayel, MD -Wafaa El-Aroussy, MD
Mahmoud Hassanien, MD

Assistant Editors: Zeinab Ashour, MD -Salwa Morcos, MD -Mona Abu El- Souad, MD -
Yehia Al-Rakshy, MD

vThe Newsletter contains constant sections such as:

- The president 's message. -Scientific news. -Editorials or Brief Review. -Abstracts of world literature. -Abstract of local literature. -Challenge yourself or Pearls.
- National & International recognition. -EHS news. -Calendar.

B- Heart Failure Manual; Including EHS Guide Lines:

- The publication of this book is sponsored by "Aventis".
- Number of copies published: Seven Thousand copies.
- Number of copies distributed: about six Thousand and five hundred copies.

vScientific Committee:

Editor: M. Mohsen Ibrahim, MD

Contributors: -Aly Ramzy, MD -Diaa Dardear, MD -Fathy Maklady, MD -Hassan Khalil, MD
-Hossam Kandil, MD -Hussein Rizk, MD -Khairy Abdel Dayem, MD -M. Aziz Madkour, MD
-M. Mokhtar Gomaa, MD -Magdy Abdel Hamid, MD -Mahmoud El-Sherbini, MD
-Mahmoud Hassanien, MD -Mohamed Sobhy, MD -Moustafa El-Sayed, MD -Omar Awad, MD
-Omar El-Khashab, MD -Samir Abdel Kader, MD -Sherif El-Tobgy, MD -Soliman Gharieb, MD
-Wagdy Ayad, MD -Yasser Baghdady, MD

vTopics Covered:

- 1-Epidemiology of Heart Failure. 2-Pathophysiology of Heart Failure. 3-Classification and Causes of Heart Failure. 4-Renal and Electrolyte Disturbances in Heart Failure.
- 5-Heart Failure in Special Groups. 6-Clinical Evaluation. 7-Laboratory Evaluation.
- 8-Heart Failure with Normal Systolic Function. 9-Differential Diagnosis of Heart Failure
- 10-Drugs for Heart Failure. 11-Management of Heart. 12-Acute Heart Failure.
- 13-Refectory Heart Failure. 14-New Therapeutic Strategies for Treatment of Heart Failure.
- 15-Rehabilitation of Patients with Heart Failure. 16-Summary of Guidelines for

Fifth Annual Meeting of the EHS

- Venue: Cairo Marriott Hotel.
- Date: January 24th-26th, 2001
- Director of the Meeting: Omar El-Khashab, MD
- International Guest Speakers were:
Roland Asmar, MD- France, Abdel Maguide El-Nahas, MD -United Kingdom, George Fodor, MD- Canada, Peter Slight, MD -United Kingdom, Lawrence Appel, MD - USA, Arun Chokalingam, MD- Canada, Yassin Ibrahim El-Shahaat, MD- UAE
- Number of sessions: 26 sessions
- The scientific program covered population studies, clinical and experimental research.
- Number of attendees: 550
- Total conference expenses : 140,473.19 L.E.
- Net income to the Society: 42,411.81 L.E.

Joint WHL-EHS Meeting

- Venue: Cairo Marriott Hotel.
- Date: January 23rd, 2001
- WHL Representatives:
N. Sarraf-Zadegan, MD- Iran, Peter Slight, MD- United Kingdom, Arun Chokalingam, MD- Canada, Yassin Ibrahim El-Shahaat, MD- UAE, Mansour El-Nozha, MD- Saudi Arabia, H. Ben Maiz, MD Tunisia, Salim Ben-Khedda, MD- Algeria , Mohamed Al-Noami, MD-Yemen

The WHL Regional Meeting was held in association with the 5th Annual Meeting of the Egyptian Hypertension Society. The Regional Meeting was divided into three parts, starting with lectures about problems associated with hypertension prevalence and control in the region and worldwide. This was followed by presentations from several countries about the epidemiology of Hypertension (HT) in their country and finally, the possibilities of co-operations for controlling HT in the region were discussed in a workshop.

Summer Meeting

- Venue: Cairo Marriott Hotel.
- Date: October 8th, 2001
- Director of the Meeting: Hussein Rizk, MD
- Sponsored by: - Aventis. -Astra Zeneca.
- Number of attendees: 230
- Main Topics: -Focus on Cardiovascular Risk Factors. - Plenary discussion: So Many Hypertension Guidelines.

Establishing EHS New Offices

1 El Deewan St., Garden City

During the meeting of the board of directors held on 14 September 2000, the Board decided to establish a separate premises for the Society outside “Kasr El-Aini Educational Hospitals”. The new headquarter includes “Hypertension Information Center”, a specialized library, as well as a number of offices. The Hypertension Information Center – the first of its kind in the Middle East – will represent one of the essential projects of the EHS.

Thanks to “Astra Zeneca” which offered generous financial support and provided the needed funds for the new premises .The “Egyptian Hypertension Society” made the required restorations and remodeling. The Society is still in need of more funds to purchase office

Information Center

- Activities: see attachment.

Research

(Drug Multicenter Study)

- Aim of the study: - investigating the effect of four drugs belonging to different groups on the control of hypertension, their side effects profile and patient compliance in a population of patients with mild-to-moderate hypertension.
- Number of centers: 6 centers. They are located in : Hawamdeya, Alexandria University, National Heart Institute, Al-Azhar University, Mansoura University, Ain Shams University.
- Number of patients completed the follow-up: 370 Patient till now.
- Names of drugs examined:
 - 1- Aldactazide.
 - 2- Tritace.
 - 3- Atenolol.
 - 4- Amlodipine.