



Brazilian Society of Hypertension

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Brief description of activities:

The Brazilian Society of Hypertension was created in 1991 as result of a joint effort of outstanding researchers in Basic Science, Cardiology and Nephrology interested in make public this worrisome condition.

Currently, our Society has more than 400 members working in hypertension-related areas such as: physicians in clinical practice and/or basic science activities, nurses, nutritionists, psychologists and post-graduation students throughout the country. Our website is also guided to the population intended to learn about this condition.

Our Society consists of a Board of Directors and an Advisory Committee elected every two and four years respectively.

To increase the awareness of this condition and other diseases commonly associated with hypertension, our Departments (eight in total) have the mission to promote regular meetings to discuss regionally the main aspects of this disease. Since late 90's we launched a journal with relevant topics in hypertension regularly distributed with no charge to 20,000 physicians. This journal aims to discuss pathophysiology, diagnosis, treatment and some clinical cases are discussed in the light of relevant clinical trials results.

Since 2002 the Brazilian Society of Hypertension developed a continued education program aiming to recognize among our members those who are entitled to receive the Certificate of Specialty in Hypertension. To claim this recognition, members must participate in several activities sponsored by the Brazilian Society of Hypertension.

From 2008 up to now we developed some activities such as a Symposium in Physical Activity and Hypertension, our annual meeting was held in Rio de Janeiro (2008) and Minas Gerais (2009). The 2009 meeting occurred in conjunction with The Inter-American Society of Hypertension with over 2500 participants from Brazil and other countries in Latin America. We also had the participation of many speakers from US, Canada and Europe.

Different from other countries our Hypertension Day occurs in April 26th. This is the National Hypertension Day where several activities are developed by Hypertension Leagues distributed in the country. These activities involve walks, lectures and interactive activities with the population with blood pressure measurements. We reinforce the role of health professionals in helping the diagnosis and provide orientations on the findings.

In 2009 we used the same theme to motto as 2008 **“Preventing and treating high blood pressure is an act of faith in life”**. Activities were performed in conjunction with the Brazilian Society of Cardiology, Brazilian Society of Nephrology and National Federation of Hypertensive Patients supported by a pharmaceutical company and various religious organizations. We also distributed the “Ten Commandments” to improve its awareness and control. Please find below an example of what 2009 Hypertension Day's walk was in São Paulo. More than 4000 people participated in this activity.



Frida L. Plavnik (secretary- Brazilian Society of Hypertension); Fernando Nobre (President- Brazilian Society of Hypertension); Décio Mion Jr (Campaign Coordinator- Brazilian Society of Hypertension); Cibele I.S. Rodrigues (Campaign Coordinator- Brazilian Society of Nephrology); Carlos A. Machado (Campaign Coordinator- Brazilian Society of Cardiology)