



Bulgarian Hypertension League

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Brief description of activities:

Bulgarian Hypertension League (BHL) was founded in 1992 year. The first president was Prof. Chudomir Nachev , 1992-2006. From 2006 president is Prof. Svetla Torbova, (Vice-President 1996-2005).

The activity of the BHL was oriented to the performance of the main goals of the organisation: Improvement of the management of arterial hypertension in the Bulgarian population. The topics are as follow:

- I. Implementation of the International and European guidelines. Information of the medical specialists about the new trends in the management of hypertension.
 1. BHL organised a set of symposia with the motto “From the guidelines to the clinical practice: hot topics“
 2. For the general practitioners was organised set of lectures with the support of the pharmaceutical companies. In the 10 weekends’ meetings, “Richter Academy”, with lectures for the contemporary treatment of arterial hypertension participated about 1500 GP
 3. BLH organised with the Medical University Pleven, in 2008 and in 2009 two days Scientific sessions “Days of Hypertension in Pleven” in the May, the “Month of Hypertension in Bulgaria”. The “state of the art “ lectures were presented to the young medical doctors, performing specialisation in cardiology or PhD. The tradition will continue in the next years, because of the grate interest.
- II. Translation of the European guidelines for management of hypertension and elaboration of specific, Bulgarian guidelines on the basis of the European and internationals recommendations
The following manuals were prepared: 1’ Practical recommendations for management of hypertension in adult and in the children” 2006 2 .Practical recommendations for Management of arterial hypertension for GP” 2007. 3. Consensus on Mono and Combination treatment of Arterial Hypertension” - BLH and Bulgarian Society of Cardiology. 4. Translation of the “Short version of the ESH/ESC 2007 Guidelines for Management of Hypertension.”
- III. World Hypertension Day (WHD) in Bulgaria. BHL organised WHD in 2007, 2008 and 2009. All printed materials (posters, booklets etc.) were translated and printed in Bulgarian language. The dissemination of the printed materials were supported from the pharmaceutical companies in the big cities in Bulgaria. On the day, 17the May were organised on open air stands for the measurement of Blood pressure and Heart rate. Questioners according to the topic of the WHD were prepared and fulfilled from the citizens coming to the stands. For the three years 4000 sitizands

volunteer participated on the event. The data from the questioners and BP measurement were analysed statistically. The results were presented in 8 posters on the ESH annual congresses. The month before WHD BHL organised press-conferences with the journalists. Many interviews in the Mass media (TV, Radio etc) with the topics of the WHD were presented.

- IV. In the year 2009 press-conference and scientific symposium were performed for the World Kidney Day together with the Bulgarian Society of Nephrology.
- V. **Education of the population:**
Bulgarian Hypertension League issued many printed materials, concerning healthy lifestyle and behaviour with the financial support pharmaceutical company, affiliated member of the League. Three complete and detailed books about the events on WHD are available.
Many interviews in the TV, Radio and newspapers periodically are performed

Application: Titles of symposia and conferences, organized and held by the Bulgarian Hypertension League under the motto “From guidelines to the clinical practice:

1. “Antihypertensive treatment for reaching the target levels of blood pressure.”
2. “Non-pharmacological treatment in treatment of arterial hypertension – possibilities and limitations.”(Second Balkan Congress of BASSORT)
3. “Arterial hypertension in the elderly”
4. “New European guidelines for management of arterial hypertension” – 2007
5. “Cardiovascular chronology and monitoring of arterial hypertension”
6. ”Changes in the vascular structure and function in arterial hypertension: diagnostic and therapeutic problems”
7. ”Changes in the heart structure and function in arterial hypertension: diagnostic and therapeutic problems
8. “Resistant Hypertension”, including a satellite symposium “Actual aspects in treatment of cardiovascular diseases.”
9. “Combination treatment: the best choice for the control of high-risk hypertensive patients”
10. “Pre-hypertension (high-normal BP): definition and significance. Non-pharmacological and pharmacological treatment.

**October 18, 2009
Sofia, Bulgaria**

**President of BHL: Prof. Svetla Torbova, MD, PhD
Organisation secretary: Dr. Stefan Naydenov, MD, PhD**

World Hypertension Day 2009 Report:

Bulgarian Hypertension League organized many events through working with World Hypertension League for the World Hypertension Day on the 17th of May 2009

Bulgarian hypertension league (BHL), together with the Bulgarian society of cardiology (BSC) organized a Scientific conference on the 16th of May, 2009, the day before the World hypertension day (WHD). The main topic of the conference - “Current treatment of arterial hypertension” was held under this year’s motto of the World hypertension league (WHL) “Salt and arterial hypertension: two silent killers”. The conference, chaired by the President of BHL - Prof Svetla Torbova, MD, PhD and the Vice-president of BSC – Assoc. prof. Vera Sirakova, MD, PhD was held in Sofia, Kempinski Hotel Zografski.

I. The program of the event included the following presentations:

1. “Salt consumption of the Bulgarian population: results from an international epidemiological study”, presented by Yoto Yotov, MD, PhD from the Medical University-Varna
2. “Salt and arterial hypertension: scientific evidence for the relationship and the consequences”, presented by Stefan Naydenov, MD, PhD from the Medical University-Sofia
3. “Diuretics in the up-to-date treatment of arterial hypertension”, presented by Prof. Svetla Torbova, MD, PhD, president of BHL.

II. The program of the satellite-simposia included the following titles:

1. “Dihydropyridine calcium channel blockers – achievements beyond the expected: Renovia[®] on focus”
2. “Fixed-dose combination for the treatment of high-risk hypertensive patients”, presented by Prof. Sv. Torbova, MD, PhD, president of BHL.
3. “Real possibilities for decisive change in control of arterial hypertension by fixed-dose combination: Exforge[®] on focus”

III. The president of BHL Prof. Sv. Torbova, MD, PhD announced the latest news:

1. The Bulgarian hypertension league is an affiliated member of WHL since 2009.
2. The WHL Congress in Beijing from 30th Oct. till 2nd Nov. Invitation for abstracts and participation for Bulgarian physicians were proposed.

World Hypertension Day the on the 17th of May was the biggest event for BHL for the last three years.

Many stands on open air gave to people from the largest Bulgarian cities the possibility to measure their blood pressure and to receive a booklet with information about the threat of arterial hypertension and other risk factors, as well as the possible ways we could take control over them.

For WHD this year, a national press-conference was held in Sofia on May the 13th, organized by BHL and BSC, during which the rationale of the WHD was explained together with complete information about the organization of the event.

The president of BHL – Prof. Sv. Torbova (see the photo) gave many interviews for Radio, TV Sofia and also for the Bulgarian National Television at 10 o'clock in the morning – the at the beginning of the event.

On the 17th of May at 10 o'clock in the morning Prof. Torbova announced the start of the events and activity of BLH in 5 big Bulgarian cities for the WHD, 17th of May 2009.