



Società Italiana dell'Ipertensione Arteriosa
Lega Italiana contro l'Ipertensione Arteriosa

Italian Society and League of Hypertension
Società Italiana dell'Ipertensione Arteriosa – Lega
Italiana contro l'Ipertensione arteriosa (SIIA)

Via de' Togni 14 20123 Milano
tel 02/89011949
fax 02/89016431
e mail ipertensione@tin.it
web site www.siiia.it

Executive:

President:

Prof. Bruno Trimarco

Past President:

Prof. Enrico Agabiti Rosei

President Elected:

Prof. Alberto Morganti

Secretary:

Prof. Claudio Borghi

Treasurer:

Prof. Giovanni Cerasola

Membership: 982

Brief Description of Activities:

The Italian Society of Hypertension (Società Italiana dell'Iipertensione Arteriosa SIIA) was formally established in 1983 with the aim of promoting scientific investigations and educational initiatives in the field of hypertension.

Within its 25 years of life SIIA has progressively expanded to a membership of almost 1000 physicians, researchers and clinical experts in hypertension, many of whom are widely recognized for the relevance of their scientific contributions. In 2006, to further disseminate the knowledge about diagnosis and treatment of hypertension, SIIA has merged with the Italian League of Hypertension and it is now named "**Italian Society and League of Hypertension**" and it has been rearranged in 12 regional sections.

In 2009, according to its scientific purposes, SIIA has promoted an active collaboration with other scientific societies involved in hypertension research such as ISH and ESH and contributed to the organization of numerous highly qualified regional meetings.

The annual scientific meeting has been held during the first week of October in Rome, with over 1.500 registrations. The program included the presentation of a selected number of original papers plus jointed symposia with other Italian scientific Societies, clinical sessions and educative programs. During the main meeting there was also a session dedicated to the scientific reports of several working groups actively involved in specific areas of research in hypertension. One of these groups is promoting a campaign for reducing the content of salt in bread and packed food .

In addition the Society is supporting the activities of many meritorious young investigators financing their stages in centres of excellence either in Italy or abroad, as well as the attendance at the Winter and Summer School held by the European Society of Hypertension.

World Hypertension Day 2009 Report:

On May 17, 2009 it has been celebrated also in Italy the 5th World Hypertension Day promoted by the World Hypertension League. Salt and hypertension, the two silent killers, were selected as the central theme of the manifestation. The Italian Society of Hypertension (SIIA) has acted as promoter of a number of initiatives throughout the country in order to disseminate as much as possible amongst citizens the awareness of hypertension and its related diseases. The activities that in some regions were supported by the Italian Red Cross have met a great success. Thanks to the work of the Regional Coordinators of SIIA as well as to that of numerous members of the Society more than 85 stands were installed in the main squares of several towns, in large supermarkets and in hospital hypertension clinics which were kept open throughout the day for free consultations. On an average more than 200 persons were examined at each stand, their blood pressure was checked and they received information on how to control and treat high blood pressure. In numerous cities also the blood levels of cholesterol and of triglycerides were measured. Moreover informative booklets prepared for the occasion were distributed with the help of thousands of pharmacies which adhered to the initiative. This illustrative material was also available at hundreds of locations where a large attendance of people was expected.

Thanks to the joint efforts of SIIA members, nurses, pharmacists and red Cross volunteers, the Hypertension Day has achieved its goals encouraging all of us to organise in 2010 the next Hypertension Day on weight control for optimal blood pressure values.