



## **Pakistan Hypertension League**

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**Brief Description of Activities:**

This year 12th Annual Symposium was held on 7-8, February, 2009 at the capital city of Islamabad at Islamabad Hotel. Eminent Cardiologists and Research workers from all over Pakistan and abroad participated.

Pakistan Hypertension League (PHL) has observed 17th May 2009 as the World Hypertension Day in line with the World Hypertension League through out Pakistan to create public awareness on this serious problem. On this occasion PHL arranged free Camps for BP, Sugar & Cholesterol check by all ten regional chapters of PHL. Public awareness sessions were also held in the major cities of Pakistan.

The main public awareness session was held at Razzak Tabba Auditorium Tabba Heart Institute Karachi. Large number of persons from all walks of life attended the 2 hour session. Posters, Booklets & other educational material on hypertension was distributed to the public.

A free BP, Cholesterol & Sugar check facility was also available on site.

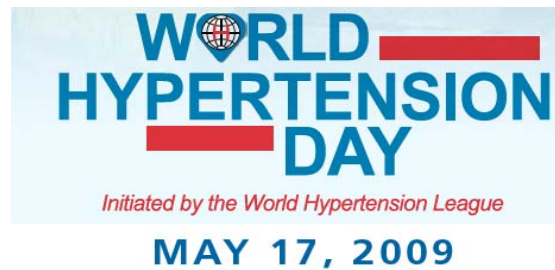
A Workshop for family physicians "Update on Hypertensive" was arranged at Abbasi Shaheed Hospital Karachi. Leading family physicians were registered for the workshop. Posters, Booklets & other educational material on hypertension was distributed to the Family physicians.

M/s. PharmEvo Pakistan, organized a tele-seminar and workshops, in the four major cities of Pakistan like Karachi, Lahore, Islamabad/Rawalpindi to develop consensus on Cardiovascular risk factors and BP goals needed to be achieved in different patient populations. The Key opinion leaders from various sub-specialties were grouped together in above discussion.

The event was well covered by the print & electronic media.

The next that is 13th Annual Symposium of PHL will be held on 26-28, February 2010 at Hotel Serena Faisalabad (Central Punjab) Prof. Abdul Hafeez Chaudhry General Secretary PHL is the convener.

## World Hypertension Day 2009 Report:



By Pakistan Hypertension League in collaboration with PharmEvo (Pvt.) Ltd.

Pakistan Hypertension League (PHL) in collaboration with PharmEvo (Pvt.) Ltd. observed the World Hypertension Day (WHD 09) on 17<sup>th</sup> May 2009 in befitting manner as a part of worldwide observance by World Hypertension League. This year's theme was **“Salt and High Blood Pressure – Two Silent Killers”**. Observation of World Hypertension Day 2009 included a weeklong programs including press conference, public awareness sessions, seminars and screening camps in all major towns. Posters and banners on this year's theme were also published and placed at all major hospitals and medical colleges throughout the country. A special souvenir highlighting the role of salt in hypertension was also designed and distributed among the doctors.

All the local chapters of Pakistan Hypertension League (PHL) showed enormous interest in arranging events in their respective areas. WHD was celebrated in all over the country including Karachi, Lahore, Islamabad, Faisalabad, Peshawar, Hyderabad, Multan, Larkana/Dherki, Rahim Yar Khan, Sukkur, Quetta and Mirpurkhas

The World Hypertension Day was an excellent opportunity to undertake a concerted public information campaign and related activities that would draw attention to this killer disease. These series of activities benefited the general public at large and enabled us to raise awareness about hypertension, “the silent killer”.