



Slovak League against Hypertension Slovenská liga proti hypertenzii

Zelená 3, Dom srdca, 03608 Martin
SLOVAKIA

E-mail: farsky@za.psg.sk www.hypertenzia.sk.

Executive:

Chairman:

assoc.prof. MUDr. Štefan Farský

Secretary General:

Mgr Lenka Vanková

Members of the Board:

MUDr. Juraj Mazúr

MUDr. Viliam Elischer

MUDr. Ladislav Faitl

Activities over the past year:

1. We have continued in the education activities for public as well as professional audience. A number of spots and live TV broadcastings in the main evening news and written informations published in the journals and newspapers could be accounted in tens.
2. We managed own stands and checkpoints during September 2008 and 2009 in 13 regional cities at LIDL company supermarkets, with cooperation with Bayer Healthcare comp. We offered BP measurements, total and visceral fat evaluations, muscle mass and basal metabolism measurements and assessment of accuracy BP measurements by home used electronic devices, which were brought by individual visitors to the stands.
3. We have actively participated in World Action on Salt and Health (WASH) led by prof. McGregor. In February 2008 and May 2009 we organized press conferences in Bratislava, capital of Slovakia. There were presented our own as well as WASH data on salt content in the meals served in restaurants and public eating rooms and in the ready meals produced by food industry. Unfavourable effect on BP values and vessel wall abilities were clearly documented and they have bright publicity. The last press conference was organized as a part of World Hypertension Day activities.
4. With cooperation with SERVIÉR comp. we conducted a study following the relationship between quality of sleeping and BP values next morning before and after treatment by rilmenidin, central sympatholytic agent. We have examined more than 900 patients with hypertension and results are now going to publish.
5. We have devoted our efforts to check the validity of BP measurements by means of electronic automatic devices available on the market. Especially we checked the blood pressure measurements accuracy concerning patients with atrial fibrillation using simultaneous measurements using mercury and electronic pressure gauges, providing dual control of the measurements (oscilometric and auscultation). A total of 255 patients were examined at 5 clinical centres using two simultaneous measurements. The results were presented this year at European Society of Hypertension congress in Milano and European Society of Cardiology congress in Barcelona.
6. We have had a cooperation with TensioMed comp. Budapest, Hungary, local agency Medprev. to support the widespreading arterial stiffness assessment in Slovakia. We have used their device Arteriograph to have own experience and then we organized 3 local symposia for GPs and specialists in the field of hypertension where the principles, methodology and interpretation of results were presented. This cooperation was finished by ending 2008 year.

7. In April 2008 and 2009 we have had an active participation on Annual Congresses of Slovak Hypertension Society where we presented lectures and posters on the topics of salt-in-food contents and home BP measurements by electronic automatic devices. We also organized sport preventative action for participants „Run to steps with surprise on the top“. These congresses are taken as an annual congresses of our League.

8. We have had an active participation on the International Congress on Quality in Medicine in Thessaloniki, Greece, October 2nd-5th 2008 and on formation of Slovak government Cardiovascular and Obesity programs.

October 18, 2009

Stefan Farsky