



# WHL·NEWSLETTER

News from the World Hypertension League (WHL).  
A division of the International Society of Hypertension, and in official relations with the  
World Health Organization.

No. 67, October 1999

## Profile



Prof. Tuvchan V. Postnov

The **Russian Society of Hypertension (RSH)** was founded in September 1994. Branches in 28 regions of the Russian Federation including more than 500 members.

The beginning of democratization and appearance and development of free markets has resulted in increased activity of pharmaceutical companies in Russia. This has provided a challenge to general practitioners who are confronted with a manifold variety of new drugs and current strategy and tactics for treatment of arterial hypertension.

One successful measure in squaring up to these difficulties was the establishment of field School-Seminar on Arterial Hypertension. The RSH held a 2-day field seminar for local outpatient and clinical practitioners, health organizations, medical schools and institutions in central cities around the country. To provide the highest level for these seminars, the most experienced specialists in arterial hypertension from Moscow Medical Academy, Medical University and Cardiology Center were engaged.

The main aims of these seminars are to provide practitioners with current knowledge concerning treatment of arterial hypertension, arrange information about main classes of antihypertensive drugs and their use in particular forms of hypertension. The program of these seminars includes separate lectures on diuretics, blockers of adrenal receptors, calcium antagonists and ACE-

The **Philippine Society of Hypertension** is currently promoting a program called S.E.X.-H.D.L., a Family Affair (**S**moking, over **E**ating, **e**xercise lack - **H**ypertension, **D**iabetes, **dys**Lipidemia). It is recommended that once a patient is diagnosed with hypertension, that other members of the family be screened, particularly those who smoke, are obese, and do not exercise. It is the expectation of the Society that in addition to the identification of hypertension in one case, a multiplier effect to detect hypertension, diabetes and dyslipidemia will occur.

**New Treatment for Heart Failure.** Heart Failure can be a serious complication of untreated hypertension. In a preliminary report of a double-blind study of patients with severe heart failure, *spironolactone* was found to be extremely beneficial. In this study, 1,663 patients with severe heart failure were enrolled. Spironolactone (25 mg/day) was added to the standard regimen of ACE-inhibitors and diuretics. Blockade of aldosterone receptors by spironolactone markedly reduced the risk of death or worsening heart failure. It is recommended that Aldactone in a small dose be added to the standard regimen. Serum potassium levels need to be monitored to avoid the occasional case of serious hyperkalemia. RALES Study. *N Eng. J Med.* 1999; **341**: 709.

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inhibitors. In addition, there are lectures on metabolic syndrome, treatment of hypertensive crises and hypertension in the elderly. The introductory lecture is dedicated to long-term regulation of blood pressure with regard to the pathogenesis of chronic hypertension and prescribed antihypertensive therapy. The final part of the seminar is a roundtable discussion with local health organization representatives. There is discussion concerning local prevalence of arterial hypertension, rate of its complications and existing problems of antihypertensive treatment. The possibility of participation of the particular geographic region in the National Program on Arterial Hypertension is also discussed.

Since 1994 the RSH has performed 16 field sessions and schools on hypertension in large Russian cities. Each session consisted of 300 to 800 local participants.

1995: *Tambov* (370)

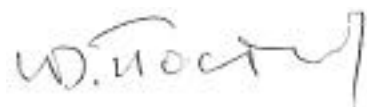
1996: *Kazan* (>400), *Samara* (>450), *Nadym* (>150), *Krasnodar* (470)

1997: *Tyumen* (>410), *Vladivostok* (630), *Irkutsk* (>500), *Voronezh* (520)

1998: *Ivanovo* (340), *Perm* (830), *Tomsk* (650), *Nizhniy Novgorod* (300), *Chelyabinsk* (660)

1999: *Novosibirsk* (720), *Rostov-Don* (670).

In addition to the organization of school-seminars, the RSH took part in the preparation of 14 specialized symposia on various current topics, and in the preparation of a scientific and practical seminar, "Current non-invasive blood pressure control", in conjunction with regular quarterly medical exhibitions in Russia.



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**People**

Dr. Terrence D. Ruddy is the new president of the **Canadian Coalition for High Blood Pressure Prevention & Control**, University of Ottawa, Ottawa Heart Institute, 40 Ruskin Street, Ottawa, ON K1Y 4W7, Canada.

Tel.: (+1) 613 761 4085

Fax: (+1) 613 761 4929

e-mail: truddy@ottawaheart.ca

In April 1999, Dr. Emma Schewdt was elected for a one-year term as president and Dr. Carlos Bermúdez as Vice President of the **Uruguayan League against Hypertension**. The address is: Juan M. Blanes 1188 C.P., 11200 Montevideo, Uruguay.

Tel.: (+598) 2 401 3375

Fax: (+598) 2 400 6123

As of February 1999, the **Thai Hypertension League** has a new board: The president is Dr. Khunying Pungchai Ngarm-Ukos, Dr. Banhan Koanantakul is Vice President and Dr. Yingnoi Ubondejpracharuk is Secretary General. The address is: Siriraj Hospital, Dept. of Medicine, Division of Hypertension, Bangkok-noi, Bangkok 10700, Thailand.

Tel/Fax: (+66) 2 419 7790

e-mail: THL@a-net.net.th

Dr. J. Herrera Acosta is the new president of the **Inter-American Society of Hypertension**, Instituto Nacional de Cardiología "Igacio Chavez", Department of Nephrology, Calle Juan Badiano No. 1, 14080 Mexico, D.F. Mexico.

Tel.: (+52) 5 573 2911 ext. 273

Fax: (+52) 5 573 7716

e-mail: jherrera@rtn.net.mx

The **Argentine Society of Hypertension** has a new board. The president is Dr. Anibal Damonte de Elia, the first vice president is Dr. Hernan Gomez Llambi and the secretary is Dr. Alcides Greca, Santa Fe 2464, 2000 Rosario, Sta. Fe, Argentina.

Tel/Fax: (+54) 341 425 7652

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Dr. Delfín Pérez Caballero is the new president of the **Cuban National Committee for Study of Hypertension**, Hospital Hermanos Ameijeiras, San Lázaro No.701, Havana, Cuba.

Tel.: (+537) 576 100

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e-mail: vdc@hha.sld.cu

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**Directory of WHL Members**


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| Part three            |  |                              |   | phone/fax/e-mail   |
|-----------------------|--|------------------------------|---|--|
| <b>Uruguay</b>        | Uruguayan League against Arterial Hypertension                         | Dr. Emma Schewdt             | Juan M. Blanes 1188<br>C.P. 11200 Montevideo  | (598)-2-401 3375<br>(598)-2-400 6123                         |
| <b>United Kingdom</b> | British Hypertension Society   | Prof. L. E. Ramsay           | Hampton Medical Conferences Ltd. 127 High Street, Teddington, Middlesex, TW11 8HH   | (44)-181 977 0011<br>(44)-181 977 0055<br>hmc@btinternet.com |
| <b>USA</b>            | National High Blood Pressure Education Program                         | Dr. Claude Lenfant           | Natl. Heart, Lung, & Blood Inst.<br>9000 Rockville Pike<br>Bldg. 31, Room 5A-52<br>Bethesda, MD 20892-2486                      | (1)-301-496-5166<br>(1)-301-402-0818                         |
| <b>Venezuela</b>      | Venezuelan Foundation against Hypertension and Ischaemic Heart Disease | Prof. Manuel Velasco         | Universidad Central de Venezuela Jose M. Vargas<br>Department of Pharmacology<br>Apartado de Correos No. 6750<br>Caracas 1070-A | (58)-2-528 020<br>(58)-32-314-385                            |
| <b>Yugoslavia</b>     | Yugoslav Hypertension League   | Prof. Maksimilijan Kocjancic | Milana Topica 1 Street<br>11000 Beograd   | (381) 11-66-0532   |
| <b>Zaire</b>          | Zaire Hypertension League  | Dr. K. M. M'Buyamba-Kabangu  | P.O. Box 768<br>Kinshasa 1  | (243)-12-23064<br>ext. 249                                   |

**Associate Members**

|                       |  |                              |  |  |
|-----------------------|--|------------------------------|--|--|
| <b>Argentina</b>      | Argentinean Heart Foundation                                     | Dr. Saúl Drajer              | Azcuénaga 980<br>Buenos Aires  | (54)-1-961-9388<br>(54)-1-961-9388     |
| <b>Belgium</b>        | European Heart Network   | Jan C. van Deth              | Place du Luxembourg 1<br>1040 Bruxelles  | (32)-2-512-9174<br>(32)-2-512-6673     |
| <b>Chile</b>          | Chilean Foundation of Hypertension                               | Dr. Hector Croxatto          | Universidad Catolica de Chile<br>Santa María 0172<br>Providencia, Santiago   | (56)-2-222-4516<br>(56)-2-222-5515     |
| <b>Nigeria</b>        | Nigerian Heartcare Foundation                                    | Prof. Aliu Babatunde Fafunwa | 31, Keffi Street<br>S.W. Ikoyi, POB 55775<br>Ikoyi, Lagos  | (234)-1-682-457<br>(234)-1-269-1356    |
| <b>Peru</b>           | Peruvian Society of Cardiology                                   | Dr. Miguel Sanchez-Palacios  | Apartado Postal 2127<br>Lima 100   | (51)-1-372 0287<br>(51)-1-372 0287     |
| <b>United Kingdom</b> | International Society for the Study of Hypertension in Pregnancy | Prof. F. Broughton Pipkin    | Prof. John Davison, Royal Victoria Infirmary, Dept. of Obstetrics and Gynaecology,<br>4th Floor, Leazes Wing, Newcastle upon Tyne, NE1 4LP | (44) 191 232 5131<br>(44) 191 222 5066 |
| <b>United Kingdom</b> | Nurses Hypertension Association                                  | Dr. Sally Armstrong          | Hammersmith Hospital,<br>Therapeutic Research Unit for the Elderly, ICSM, Du Cane Road, London W12 0NN                                     | (44) 181 743 8663<br>(44) 181 740 1857 |

*to be continued*

## Obituary

Professor Ignacio Macías Castro, President of the **Cuban National Committee for the Study of Hypertension** for the past two decades, died in Havana on September 22, 1998. Dr. Macías Castro, an eminent professor of internal medicine, spent more than thirty years doing research on hypertension in Cuba. Thanks to his effort, Cuba established its First National Program for Detection, Study and Treatment of Arterial Hyper-tension, and the actual second edition of this program. Because of his knowledge and his personal contribution to the study of this ailment, he was appointed WHO and PAHO Expert on hypertension. The forthcoming 1st Cuban Congress on Arterial Hypertension, now being organized by our National Committee to take place on June 14-16, 2000, will be dedicated to honor his memory.

*Dr. Delfín Pérez Caballero*

President

Cuban National Committee for the Study of Hypertension

## Impressum

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is a division of the International Society of Hypertension (ISH), and is in official relations with the World Health Organization (WHO).

Secretariat:

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Board:

P. Sleight (Oxford), President

C. Lenfant (Bethesda), President Elect

D. Ganten (Berlin-Buch), Past President

L. Lisheng (Beijing), Vice-President

P.J. Mulrow (Toledo, Ohio), Secretary General

K.H. Rahn (Münster), member

G. Fodor (Ottawa), Special Adviser

T. Strasser (Geneva), Adviser, International Liaison

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M.M. Ibrahim (Cairo), Adviser, Developing Countries

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## Calendar

### II. Congress and VI Course of Arterial Hypertension

November 18-20, 1999

Lima, Peru

*Information:* Dr. Guillermo Morales Stiglich  
Peruvian Society of Arterial Hypertension

Av. Intihuatana No. 479

Tambo de Monterrico - Surco, Lima, Peru

Fax: (+511) 448 0873

### 3rd Conference of the Pan-Arab Hypertension Society

February 5-9, 2000

Abu Dhabi, United Arab Emirates

*Information:* Dr. Yassin Ibrahim El-Shahat

Fax: (+971) 2 216 007

e-mail: [yassin1@emirates.net.ae](mailto:yassin1@emirates.net.ae)

### 3rd International Symposium on Angiotensin II Antagonism

February 28 - March 2, 2000

London, UK

*Information:* The Secretariat

Hampton Medical Conferences Ltd.

127 High Street

Teddington Middlesex, TW11 8HH, UK

Fax: (+44) 181 977 0055

e-mail: [hmc@hamptonmedical.com](mailto:hmc@hamptonmedical.com)

### VII Congress on Arterial Hypertension

May 4-7, 2000

Bariloche, Rio Negro, Argentina

*Information:* Argentine Society of Hypertension,  
Santa Fe 2464

2000-Rosario, Sta. Fe, Argentina

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### 1st Cuban Congress on Arterial Hypertension and 4th Caribbean Meeting on Arterial Hypertension

June 14-16, 2000

Havana, Cuba

*Information:* Dr. M. Delfín Pérez Caballero,

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