



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. 72, August 2000

Editorial

Results from the WHL Questionnaire Availability of Access to the Internet

In March 2000, the WHL editorial office circulated a questionnaire to all 90 WHL member organizations. The aim of this questionnaire was to assess the availability and access to the internet in order to tailor the WHL homepage to the needs and interest of its members.

Overall, about 1/3 (N@31) of the questionnaires were returned. At this point we wish to thank all respondents for their helpful answers. The following results were obtained:

| Question | Yes | No | No Data |
|-------------------------------|-----|----|---------|
| (1) Access to Internet | 27 | 4 | - |
| (2) Use of Internet | 30 | - | 1 |
| (4) Own Homepage | 12 | 18 | 1 |
| (5) Ever visited WHL Homepage | 14 | 15 | 2 |
| (10) Internet Access helpful | 18 | - | 13 |

The respondents to the questionnaire came from all five continents, however, most questionnaires were returned from Europe.

According to the respondents, the estimated percentage of health professionals with access to the internet ranged from 0% (3 countries) to 100% (2 countries), with a mean of about 40%. In contrast, the respondents estimates of percentage of people in the general population with access to the internet was only 20%, ranging from 0% to 99%. While both the lower and upper values appear rather extreme, the range clearly demonstrates the existing differences between the countries of our member organizations concerning the use of internet.

Among those who reported to use the internet,

57% of the respondents use the internet to seek commercial information.

To the question, what would be of most interest for you/your organization on the WHL homepage, the following topics were mentioned most frequently:

- scientific news (e.g. study results, newsbreaking studies, advances in research)
- guidelines (for health professionals and patients, update of guidelines)
- information on meetings and conferences
- patient and lay people materials
- communication with others, internet links
- scientific services (e.g. list of clinical trials, scientific literature, data on hypertension)
- WHL related information (e.g. activities, members, Newsletter).

The WHL homepage will be updated and expanded based on these responses.

Editorial continued on page 2

| Contents | Page |
|--|------|
| - Editorial | |
| Results from WHL Questionnaire | 1 |
| - WHL News | |
| Campaign of the NHBPEP | 2 |
| Report from the II. Uruguayan Congress of Hypertension | 2 |
| Web Site World Heart Day (WHD) | 3 |
| - Reports from Member Leagues | |
| The Danish Hypertension Society | 3 |
| The Argentine Heart Foundation | 3 |
| - People | 4 |
| - Calendar | 4 |

Editorial continued

As exchange and availability of information is crucial in the promotion of hypertension control we hope to further support the WHL member organizations with more internet based services. We are aware that at present only a minority of the members are able to profit from this, however, the accessibility to the internet is presumed to steadily increase worldwide so that in the future more WHL members will be able to make use of the WHL homepage services.

Aj- Kroke

Anja Kroke
Editor, WHL Newsletter
Max Delbrück Center for Molecular Medicine
Robert-Rössle-Strasse 10
13125 Berlin, Germany
Tel.: (+49) 30 9489 4533
Fax: (+49) 30 9489 4580
E-mail: Kroke@www.dife.de

WHL News

In the United States, the **National High Blood Pressure Education Program (NHBPEP)** is launching a **3-year campaign** to promote better blood pressure control, with the specific aim of increasing awareness regarding the need to control systolic blood pressure. Hypertension control rates are worse among the elderly because their systolic blood pressure is less likely to be controlled.

Everyone can help improve hypertension control rates by organizing community activities and resources. The National Heart, Lung, and Blood Institute has provided excellent information for patients, physicians, nurses, health educators, and community programs on their web site, www.nhlbi.nih.gov. The WHL web site (www.mco.edu/whl) also has a link to the NHLBI information.

If you do not have access to the internet, you may order copies of the materials by contacting the

NHLBI Health Information Network
PO Box 30105
Bethesda, Maryland 20824-0105, USA.
Tel.: (+1) 301 592 8573
Fax: (+1) 301 593 8563
E-mail: NHLBIinfo@rover.nhlbi.nih.gov

Report from the II. Uruguayan Congress of Hypertension in Montevideo

The II. Uruguayan Congress of Hypertension was held in Montevideo, Uruguay, from September 5-7, 1999, with an attractive program including epidemiological aspects, and participations from Uruguay and foreign countries.

This event was highlighted by round table discussions about

- Treatment of Hypertension Patients in Primary Care
- Ambulatory Blood Pressure Monitoring
- Renal Complications of Hypertension
- Hypertension, Heart Disease and Large Vessel Disease
- Role of Hypertension in Cerebrovascular Disease.

The Meeting was coordinated by Dr. Emma Schwedt, President at that time of the **Uruguayan League against Arterial Hypertension - Liga Uruguaya Contra La Hipertension** (see also page 4, People section).



Drs. Manuel Bianchi, Luis Folle, Emma Schwedt, Uruguayan League against Arterial Hypertension, and Dr. Patrick J. Mulrow, World Hypertension League (from left to right).

Dr. Mulrow, Secretary General of the World Hypertension League, participated in the Meeting and gave two lectures on The Renin-Angiotensin-System in Hypertension and The Role of the Endothelium in Cardiovascular Disease .

Dr. Patrick J. Mulrow
Tel: (+1) 419 383 6016
Fax: (+1) 419 383 5360
E-mail: gmonhollen@mco.edu

Reports from Member Leagues

Patient Guidelines for the Management of Arterial Hypertension

International and national guidelines are important tools in the attempt to improve the quality of treatment of hypertension. They disseminate knowledge of current possibilities and set criteria for goals to be achieved. Unfortunately, the implementation of guideline principles in daily clinical activities is less than satisfactory. Guidelines often become parts of unread piles on busy doctor's desks.

Who can make us use the guidelines?

Assuming that the party with the most at stake will be the most persistent, patient demands will probably be the most efficient. Patients must, however, know what they can reasonably expect from their doctors.

Therefore, **The Danish Hypertension Society** has developed a patient version of its recently published guidelines in the form of answers to patient's questions. Answers are given on the basis of guideline recommendations. Questions like -

- How is blood pressure measured?
- What is the cause of high blood pressure?
- Are other factors than the blood pressure important?
- How should I be examined?
- How should I be treated?
- How far should my blood pressure be lowered?
- Can I do anything myself?

are answered in brief so that the patient version may be used as a check list in the communication between doctor and patient.

We suggest that such guidelines may be useful in the collaboration between patients and doctors to achieve management of a life long health problem presently grossly undertreated because of lack of compliance by patients as well as doctors.

Dr. Ib Abildgaard Jacobsen
Past President, Danish Hypertension Society
Odense University Hospital, Medical Dep. C
Sdr. Boulevard 29
5000 Odense C, Denmark

Tel.: (+45) 6541 3493
Fax: (+45) 6591 6221
E-mail: hypten@ouh.dk

of the most important challenges it has to face. One of the difficulties to be considered when preparing a program is the preparation of our doctors to approach this problem with the most adequate tools and techniques. To solve this, a group of professionals has been formed at the Argentine Heart Foundation to generate permanent activities. Projected activities are courses, workshops and the involvement of community leaders.

During the XXVII. Argentine Congress of Cardiology, held in Buenos Aires from September 19-23, 2000, numerous activities are planned, among them:

- courses on how to correctly measure blood pressure
- exhibition of activities for the community
- marathon-aerobic march.

Further activities of the Foundation:

- Together with the group for education in health and nutrition (GESA) the Argentine Foundation publishes accessible and easy recipes for the community to prevent cardiovascular diseases.

What is the normal blood pressure?

- Basic cardiovascular resuscitation and advanced cardiac life support (ACLS) courses.

For more information, please contact:

Dr. Jos Martinez Martinez, President
Argentine Heart Foundation
Azcu naga 980
1115 Buenos Aires, Argentina
Tel. (+54) 11 4961 9388
Fax: (+54) 11 4961 6520
E-mail: funcargen@canopus.com.ar
Web site: www.funcargen.com.ar

WHL News continued

The **World Heart Day (WHD)** initiated by the World Heart Federation and co-sponsored by WHO and UNESCO has created the web site: www.worldheartday.com to enhance the knowledge of WHD worldwide. The establishment of links from WHL member leagues to this page is very much appreciated by

Dr. Xavier Gras Balaguer
World Heart Day
Project Manager
E-mail: 9877xgb@comb.es

People

The new President of the **Argentine Heart Foundation** is Dr. Jos Martinez Martinez, Azcu naga 980, 1115 Buenos Aires, Argentina.
Tel. (+54) 11 4961 9388
Fax: (+54) 11 4961 6520
E-mail: funcargen@canopus.com.ar

Dr. Carlos Berm dez was elected new President of the **Uruguayan League against Arterial Hypertension**, Juan M. Blanes 1188 C.P., 11200 Montevideo, Uruguay.
Tel.: (+598) 2401 3375
Fax: (+598) 2 400 6123

Dr. Svend Strandgaard is the new President of the **Danish Hypertension Society**, Kristini-agade 14.4, tv, 2100 Copenhagen, Denmark.
Tel.: (+45) 3544 8407
Fax: (+45) 3544 8408

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:
Medical College of Ohio, Dept. of Medicine, POB 10008,
3000 Arlington Ave, Toledo, OH 43699-0008, USA
Phone: (+1) 419 383-6016, Fax: (+1) 419 383 5360
E-mail: gmonhollen@mco.edu
Internet: <http://www.mco.edu/whl>

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 (M nster), member
J. P tzs ch (Berlin), member
G. Fodor (Ottawa), Officer-at-Large
T. Strasser (Geneva), Adviser, International Liaison
A. Chockalingam (Ottawa), Adviser, Patient Education Project
M.M. Ibrahim (Cairo), Adviser, Developing Countries

The WHL Newsletter is published bimonthly by the World Hypertension League.

A. Kroke, Editor; E. Pisch, Editorial Assistant
Editorial Office:
Max Delbr ck Center for Molecular Medicine (MDC)
Robert-R ssle-Str. 10, 13125 Berlin-Buch, Germany,
Phone: (+49) 30 9489 4533, Fax: (+49) 30 9489-4589
E-mail: Kroke@www.dife.de

ISSN 1013-1639 Production and distribution:
Georg Thieme Verlag Stuttgart New York

The WHL Newsletter is published with the support of 

Calendar

WHL Regional Conference
October 9-12, 2000
Beijing, China
Information: Dr. Liu Lisheng,
Cardiovascular Institute & Fu Wai Hospital
Beijing, Peoples Republic of China
Fax: (+86) 10 6835 1990
E-mail: chlhypt@bjl.pannet.cn.net

7th International Symposium on Hypertension in the Community
December 4-6, 2000
Herzlia-on-Sea, Israel
Information: Symposium Secretariat
Carmel Organizers of Conferences & Events
PO Box 1912, Ramat Gan 52532, Israel
Fax: (+972) 3 575 3107
E-mail: tcarmel@netvision.net.il

8th World Congress on Clinical Nutrition
December 16-19, 2000
Phitsanulok Province, Thailand
Information: Dr. Bulan Phithakpol, Naresuan University, Dept. of Agroindustry, Phitsanulok Province 65000, Thailand
Fax (+66) 55261 040
E-mail: bulanp@nu.ac.th

First World Congress on Fetal Origins of Adult Disease
February 22-24, 2001
Mumbai, India
Information: SNEHA/MRC Secretariat
Fax: (+91) 22 6516438
E-mail: mrcssc@vsnl.com

17th World Conference of the International Society for Heart Research
July 6-11, 2001
Winnipeg, Manitoba, Canada
Information: Prof. PK Singal, Institute of Cardiovascular Sciences, St. Boniface General Hospital Research Centre, 351 Tache Avenue
Winnipeg, Manitoba, Canada, R2H 2A6
Fax: (+1) 204 2336723

2nd Congress of the Asian Pacific Society of Hypertension
August 19-22, 2001
Pattaya, Thailand
Information: Dr. Suphachai Chaithiraphan, Siriraj Hospital, Division of Hypertension Bangkoknoi, Bangkok 10700, Thailand
Fax: (+66) 2 419 7790
E-mail: THL@a-net.net.th