



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. 73, October 2000

Editorial

Report from the 1st Cuban Congress on Arterial Hypertension and 4th Caribbean Meeting on Arterial Hypertension, June 14-16, 2000



Peter Sleight

My first (and I hope not last) visit to Cuba was to attend the first meeting of the **Cuba Hypertension Association**, which was combined with the 4th Meeting of the **Caribbean Arterial Hypertension Society**, came at the invitation of

the President, Professor M. Delfin Perez Cabal-

lero. The meeting lasted 4 days and was well attended. There was a notable absence of commercial or sponsored activity. The meeting was dedicated to one of the pioneers of Cuban hypertension control, the late Professor Ignacio Macias Castro. During my stay I was able to take a few days holiday and see something of this beautiful country. I was able to see the operation of its impressive health service and public health system. After the revolution in 1958, about two-thirds of the country's doctors left. Those who remained trained many more doctors, and now there is a team including a physician and nurse for every 175 inhabitants – a remarkable achievement. I had the chance to visit a small epidemiology and public health centre in the rural township of Jaguey Grande. Most of the common conditions such as measles, polio and TB are controlled by impressive vaccination programmes, so attention is now focused on prevention programmes and hypertension control. I saw a practical demonstration of this in Jaguey Grande in the form of a town sponsored programme to grow a greater variety of vegetables. This was developed after a discussion with the Mayor and the townspeople.

continued on page 2

WHL News

WHL Executive Board Meeting on August 20, 2000, in Chicago, IL, USA

A vote of appreciation and farewell to Dr. Peter Sleight who steps down as President of the WHL. Dr. Sleight relinquishes the presidency of WHL after five years of major contributions at a helm. His wise counsel will continue to be available in his role as Past President.



Dr. Claude Lenfant

Welcome to Dr. Claude Lenfant, the new President of the WHL. Dr. Lenfant is well known as the Director of the National Heart, Lung, and Blood Institute (NHLBI) of the USA. His efforts have had a profound influence on the control of hypertension in the US and around the world. He brings to the Presidency of the WHL a wealth of knowledge and experience in the field of hypertension. Having served the Board with his valuable experience and expertise during the last 5 years, Dr. Patrick J. Mulrow accepted to serve as Secretary General for another term. ■

Contents	Page
- Editorial	
Report from the 1st Cuban Congress on Arterial Hypertension in Habana	1
- WHL News	
New WHL President	1
- Reports from Member Leagues	
French Committee Against Hypertension	2
Argentine Society of Hypertension	3
National Hypertension Association	3
- People	2
- Calendar	4

Editorial continued

The programme had been primed by a grant from a Spanish agency and was now a reality. We saw a steady stream of shoppers arriving on bicycles or foot, buying fresh vegetables at cheap prices. It had been so successful that two further plots were needed in other parts of Jaguey Grande. A large prospective study (240,000 persons), conducted by Professor Duenas from Habana has one of its study centres in Jaguey Grande. The study investigates the relation between hypertension and future vascular risk.

I am very impressed by the way they have developed a health service with an admirable record in infant mortality and other health statistics. Education and Public Health links do exist with the US, as evidenced by the attendance of several US speakers at the Congress.

I was also able to visit the newly established and very successful Habana site for Dr. Carl Pepine's INVEST trial, which is testing a verapamil-based regimen versus a conventional beta blocker arm for the treatment of hypertension in the elderly. Dr. David Garcia Barretos, Chief of Cardiology in the Habana Medical Institute, and his enthusiastic team have recruited over 300 patients in just 6 weeks – a phenomenal achievement. Because of its forced isolation (now happily in the process of reconsideration), Cuba and its physicians are keen to join in international trials. In my opinion they will play an important future role because they have a very efficient and equitably spread health system, enthusiastic health professions, and inexpensive costs for such research in Cuba. The physicians I met were happy, but not rich.

Cuba is a rewarding place to visit, with its combination of good value for money, tropical location, old Spanish colonial heritage and the attractive time-warp caused by its partial isolation (although there are good links with Canada, Mexico and South America). It is a very safe and welcoming country with many natural and historical attractions. I urge WHL members to develop research and educational connections with colleagues there, – they will find it a rewarding exercise.



Dr. Peter Sleight
Past President

Reports from Member Leagues

Annual Report of the 1999 Activities of the French Committee against Hypertension

Only 30% of treated hypertensives have an arterial blood pressure less than 140/90 mmHg. It is on the basis of this fact that the **French Committee Against Hypertension (Comité français de lutte contre l'hypertension artérielle [CFLHTA])** was established and justifies its existence. The aim is to distribute information about hypertension to the medical community and to patients afflicted by hypertension. Our actions in 1999 included television spots, local meetings and activities with the press.

In 1999, the CFLHTA wished to renew its message and to use different methods to spread its message about the expectations and the difficulties encountered by hypertensive patients. These messages were especially communicated during the course of a national day of action against hypertension which was organized on December 7, 1999. This day was organized around the date of the annual scientific meeting of the **French Society of Hypertension (SFHTA)**. General practitioners and specialists normally involved in the management of hypertension were associated with the actions of the CFLHTA and in particular, chose the messages to be relayed over the course of the national day activities.

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People

The **Peruvian Society of Hypertension** elected a new board. Their president is Dr. Raul Gamboa. Dr. Fausto López is Vice President, and Dr. Armando Vidaldn is Secretary General. The address of the Society is: Jose del Llano Zapata 331, Oficina 704, Miraflores, Lima, Peru.

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Reports from Member Leagues continued

The Argentine Society of Hypertension (Sociedad Argentina Hipertension Arterial)



Dr. Aníbal Damonte de Elía

was founded on March 11th, 1992. Its primary objectives are to enroll all health care professionals who work in this field and to promote the detection, control, prevention and investigation of high blood pressure. The Argentine Republic has a valuable tradition in this field which began five decades ago with the followers of Dr. Bernardo Houssay, Dres. Eduardo Braun Menendez, Juan Carlos Fasciolo and Alberto Taquini, among others.

Our Society consists of different sources such as the Argentine Council of High Blood Pressure of the Argentine Society of Cardiology, the Committee of High Blood Pressure of the Argentine Federation of Cardiology and other scientific councils and local societies. Its spirit is not to compete with them, but its formation was necessary to answer a need of our country and also international demands. It is a member Society that has been growing continuously and whose members are basic and clinical investigators, all of whom are interested in the pathology of hypertension.

Our epidemiological situation concerning hypertension is not known, but we can obtain information from some local studies made at the cities of *Cordoba, La Plata* and *Rosario*, and others. We have to point out the high prevalence of this pathology in people over the age of 65.

The central event of our Society is an annual congress. The VII. Congress took place at *Bariloche* from May 3rd to 6th this year, and the VIII. Congress will be held at *Buenos Aires*, from March 22nd to 25th, 2001 (see calendar). Another important activity is the National Course of Hypertension which has already been conducted in *Avellaneda, San Luis* and *Tucuman*, and which will also begin in *Resistencia (Chaco)* and *Rosario (Santa Fe)*.

Due to the size of our country, regional districts have been formed in *Resistencia, Bariloche, Tucuman* and *Mar del Plata*. In addition to being a member of the WHL, the Argentine Society of Hypertension has permanent relations with the

International Society of Hypertension, the European Society of Hypertension, the Inter-American Society of Hypertension and the World Health Organization.

The National Board which rotates every two years is actually located in *Rosario*, Santa Fe.



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Report from a Symposium at the New York Academy of Medicine, New York City, USA

On May 15 and 16, 2000, the **National Hypertension Association (NHA)** presented a major symposium, "Hypertension and Hypercholesterolemia, 2000 – Stroke Prevention and Management: New and Emerging Approaches for the Millennium". Day one focused on hypertension and hypercholesterolemia and day two on the problems of stroke. Over 450 professionals attended. The seminar attracted physicians from many varied disciplines including a core of physicians from small practices. We also involved medical students, interns, residents and nurses. NHA was very proud to sponsor this outstanding educational event since these meetings have an influence on the way physicians practice medicine. The symposium ended with a one-hour seminar for the public "Come Hear the Experts" which focused on issues of hypertension, hypercholesterolemia, and stroke for lay persons. It included a question and answer period and was followed by a reception for everyone who attended.

A further activity of the NHA is the preparation of a booklet entitled "100 Questions and Answers about Hypertension" which will be published at the end of this year by Blackwell Sciences Publishers.

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People continued

The **Belgian Hypertension Committee** elected new co-presidents for the period 2000–2004:

Dr. Jean-Marie Krzesinski for the French part of Belgium at CHUOA, Rue Grandfosse 31, 4130 Esneux, Belgium.

Fax: (+32) 4 380 9174

Dr. Robert Lins for the Flemish part of Belgium at AZ-Stuivenberg, Nefrologie-Hypertensie, Lange Beeldekenstraat 267, 2060 Antwerpen, Belgium.

Fax: (+32) 3 217 7218

The new address of the **Slovenian Hypertension Society** is: Dr. Peter Držaj Hospital, Division of Hypertension, SI- 1000 Ljubljana, Slovenia.

Phone: (+386) 1 5193 233

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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).

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Claude Lenfant (Bethesda), President
Liu Lisheng (Beijing), Vice-President
Peter Sleight (Oxford), Past President
Patrick J. Mulrow (Toledo), Secretary General

Members:

J. George Fodor (Ottawa), Detlev Ganten (Berlin-Buch)
Jay N. Cohn (Minneapolis), K.H. Rahn (Münster)

Advisors to the Board:

Thomas Strasser (Geneva), International Liaison
Arun Chockalingam (Ottawa), Patient Education Project
M. Mohsen Ibrahim (Cairo), Developing Countries
Jorg Potrsch (Berlin-Buch), Communications

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Calendar

4th Annual Symposium on Management of Hypertension

October 8, 2000

Quetta, Pakistan

Information: Dr. Mohammad Ishaq
Pakistan Hypertension League, NICVD
Karachi 755 10, Pakistan
Fax: (+92) 21 920 1287

WHL Regional Meeting with Chinese Hypertension League

October 8–12 and 16–19, 2000

Beijing, China

Information: Dr. Liu Lisheng,
Cardiovascular Institute & Fu Wai Hospital,
Beijing 100037, Peoples' Republic of China
E-mail: chlhypt@bjl.pannet.cn.net

7th International Symposium on Hypertension in the Community

December 3–6, 2000

Herzliya-on-Sea, Israel

Information: Symposium Secretariat
Carmel Organizers of Conferences & Events
PO Box 1912, Ramat Gan 52532, Israel
E-mail: tcarmel@netvision.net.il

WHL Joint Regional Meeting and 5th Annual Meeting of the Egyptian Hypertension Society

January 23–26, 2001

Cairo, Egypt

Information: Dr. M. Mohsen Ibrahim
Cairo University Hospitals, Cardiovascular
Medicine, Kasr El Aini Street, 11562 Cairo
Fax: (+202) 363 9895
E-mail: ehs@link.com.eg

2nd Regional Hypertension Congress of the Lebanese Hypertension League

March 1–4, 2001

Beirut, Lebanon

Information: Servi-Tours, Mr. Medhat Miski
Beirut, Lebanon
Fax: (+961) 1 372 259
E-mail: servi@servi-tours.com

VIII Argentine Congress of Hypertension and 1st Argentine-Spanish Hypertension Symposium

March 22–25, 2001

Buenos Aires, Argentina

Information: Dr. Alberto Gallo
M.T. de Alvear 2270, 1122 Buenos Aires
Fax: (+54) 11 4961 6970