



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.

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WHL News

The 19th World Hypertension League Council Conference and Workshop on Obesity Prague, Czech Republic, June 22, 2002



Throughout the world, the prevalence of obesity, and as a consequence, the prevalence of hypertension are increasing. As both conditions are strongly influenced by behavioral factors, measures of primary prevention are warranted. To discuss possible approaches on how to deal with the obesity epidemic, more than 60 delegates convened in Prague one day before the 19th scientific meeting of the ISH and the 12th European Meeting on Hypertension. Several prevention activities were presented and further discussed among participants. Suggested prevention activities ranged from public education through mass media, to school based approaches, seminars and monetary incentives. To summarize these and other suggestions, the WHL board will distribute a summary statement on the results of this workshop among its members, together with a call for action.



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WHL Focus edition

Hypertension in the Asia-Pacific Region

In conjunction with the 2nd Congress of the Asian Pacific Society of Hypertension (see report on page 3) a symposium “Epidemiology of Hypertension” was held on August 20, 2001. The following four reports reflect on hypertension (HT) related issues in the region.

Hypertension in the Asia-Pacific Region: what we know, need to know and need to do

What we know is that HT is as prevalent in the Asia-Pacific region as in the rest of the world, ranging from 11 to 32 per cent. The differences between countries are probably due to differences in HT prevalence estimate methodology, demographic composition and socio-economic circumstances. The relation between HT and coronary and cerebrovascular disease in the Asia-Pacific region is no different from that in Western countries.

What we need to know is how frequently HT is treated and how effectively it is controlled. We need to assess the level of awareness of HT in the community, patterns of practice and attitudes of physicians regarding antihypertensive therapy, and what the most cost-effective agents are.

What we need to do is to implement effective strategies to improve community education, and

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19th WHL Council Conference continued



The basis for the continued initiative of the WHL to control and prevent hypertension and obesity for its member organizations was laid out during the last WHL council meeting in April this year. Experts from around the globe were invited to present position papers on the magnitude of obesity and hypertension in their region. The summary report of that meeting will be posted shortly on the WHL Web site.

We invite you to visit our website regularly to seek out the latest information on WHL activities, and to get in contact with your colleagues about appropriate preventive actions for your country. And, as always, comments are welcome.

For those who do not have internet access, please do not hesitate to contact our editorial office for copies of the above mentioned materials.

Anja Kroke
Editor

Report from Member Leagues

Dr. Nizal Sarraf-Zadegan

The Isfahan Cardiovascular Research Center, related to Isfahan University of Medical Science, Tehran, Iran, began its activities in 1990. The Center carried out several studies in the field of cardiovascular disease (CVD) risk factors, including hypertension.



Dr. Nizal Sarraf-Zadegan

In 1999, the Hypertension Committee was established in official relations with the

Iranian Heart Foundation (an NGO fighting CVD and stroke) by Dr. Malek Afzali, President, and Dr. Nizal Sarraf-Zadegan, Secretary General.

The Hypertension Committee later became a member of the World Hypertension League (WHL). This Committee began extensive cooperation with other committees throughout the country and started many studies in the field of CVD prevention and control, especially in the field of hypertension. The studies evaluated trends in prevalence, percentiles, mean level of SBP and DBP according to sex and urban and rural areas, knowledge, attitude and practice (KAP) of people about treatment and control of high blood pressure, various kinds of drugs used, and the level of daily salt intake, all of which have been published in national and international journals.

These studies are frequently repeated to find the trend of hypertension and salt intake in Iran and provide beneficial basic information in order to improve the diagnosis, treatment and control of hypertension in Iran.

Another activity of the Hypertension Committee has been the cooperation with the Isfahan Healthy Heart Project, a comprehensive integrated community-based program to train the public and health personnel about self-measurement, screening and correct management of hypertension, hyperlipidemia and other risk factors. In the first phase, random cluster sampling was used and 10,674 subjects were selected from three rural and urban areas. The first analysis of data from the areas indicates that the prevalence of HBP was 18.9 per cent. The knowledge, treatment and blood pressure control rates were 47, 23 and 9 per cent, respectively. Data about medication used: 23% of single drug users treated with β -blocker, 28% with methylodopa and only 9 per cent with diuretics. Primary selection in single drug users was β -blocker 58.8 per cent, methylodopa 25.6 per cent, nifedipine 4.9 per cent, and triamteren-H 4 per cent.

This project will continue to be active for the next three years.

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Hypertension in the Asia-Pacific Region continued

to create and implement clinical practice guidelines. The APSH should encourage collaboration in collecting regional data and distribute information about the best practices and the most cost-effective antihypertensive therapy. (Professor Dr. Lip Ping Low, Singapore)

Epidemiology of hypertension in Thailand

The first national survey by the National Epidemiology Board of Thailand/Thai Health Research Institute was carried out in 1991 (n=15,125). The prevalence of HT (BP \geq 160/95 mmHg) was 5.4 per cent. The awareness was 10.2 per cent. Among those who received medical treatment (71.3 per cent), normalization of blood pressure (BP < 160/95 mmHg) was 61.5 per cent. The same group again carried out the second national survey in 1996, the prevalence of HT among the working age group (13–59 years) was 11.6 per cent (BP \geq 140/90 mmHg) (n=4,230) while in the older age group (\geq 60 years) it was 32.4 per cent (BP \geq 160/95 mmHg) (n=4,408). The latest survey was done by the speaker at the Board of Investment Fair held in Bangkok in early 2000 (n=1,774) and showed 19.7 per cent were known HT patients, 20.9 per cent were recently diagnosed HT patients and 59.4 per cent were normotensive. The prevalence of HT was 23.6 per cent, compared with 13.4 per cent of those in the working age group observed in Bangkok in the second national survey. Blood pressure normalization rate (BP < 140/90 mmHg) was 30 per cent in known HT patients and the awareness of HT was 49.2 per cent. The prevalence of HT in Thailand is on the rise, therefore continuous monitoring of important data, education for the community, and activities to reduce those modifiable risk factors are urgently needed. (Associate Professor Dr. Peera Buranakitjaroen)

Current status of hypertension in South Korea

Cardiovascular disease was the most common cause of death in South Korea in the 1990s. The mortality rate due to cardiovascular disease was 27.8 per thousand in 1983 and 23.3 per thousand in 1999. Cerebrovascular disease remains the major cause of death (27.9 persons per 100,000). The prevalence of HT (\geq 140/90 mmHg) in males and females was 22 and 20 per cent in 1990, and 31 and 27 per cent in 1998, respectively. Only 45 per cent of the HT patients were aware of HT and among them 30 per cent were receiving continuous treatment. A policy to control HT would significantly improve the health status of the

population in the country. The Korean Society of Hypertension is providing technical and academic resources to all bodies that share an interest in studying and controlling HT in South Korea. (Professor Dr. Bang Hun Lee)

Hypertension and stroke in Asia

The mortality rate for stroke has declined since the mid-1960s in the developed countries of Asia while a remarkable rise in stroke mortality was observed in other countries. The prevalence of HT (\geq 140/90 mmHg) varies between 15 and 35 per cent in urban areas while it is two to three times lower in rural areas. HT and stroke occur at relatively younger ages among Asians and the risk of HT increases at a lower body mass index of 23–25 Kg/m². Overweight, sedentary behavior, alcohol consumption, higher social class, salt intake, diabetes mellitus and smoking are risk factors for HT in most countries of Asia while in Australia, Japan and New Zealand, lower social class was a risk factor for HT and stroke. Population-based long-term follow-up studies are urgently needed to demonstrate the association of risk factors and HT. Prevention programs should be started based on cross-sectional surveys and case studies without waiting for cohort studies. (Professor R.B. Singh, India)



The 2nd Congress of Asian Pacific Society of Hypertension (APSH) was held at Royal Cliff Beach Resort on 19–22 August 2001. HRH. Princess Galyani Wattana (King's sister) kindly hosted the opening ceremony.

Dr. K.P. Ngarm-Ukos The meeting was very successful. Overall 1,217 participants attended this meeting, 527 local doctors and 690 foreign doctors from 34 countries. There were 18 symposia, 7 lectures and 3 workshops. Fifty nine abstracts (46 abstracts from abroad) were presented at this meeting. Topics covered in the meeting included epidemiology and risk factors of hypertension in the region, treatment and prevention for atherosclerosis, genetic studies, treatment of hypertension in special groups, recent local and international trials, update reviews etc.

Singapore will host the 3rd Congress of Asian-Pacific Society of Hypertension in 2003.

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Hypertension in the Asia-Pacific Region continued

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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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Calendar

26th Scientific Meeting of the German Hypertension Society

November 13–16, 2002

Dresden, Germany

Information: Median Klinik, Barbara Kühnel,
Parkstr. 14, 0451 Bad Lausick, Germany

Fax: (+49) 3445-61-707

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15th Scientific Meeting of the Inter-American Society of Hypertension

April 27–30, 2003

San Antonio, TX, USA

Information: AHA Scientific Meetings,
7272 Greenville Ave, Dallas, TX 75231, USA

Fax: (+1) 214 373 3406

E-mail: scientificconferences@heart.org

18th Scientific Meeting of the American Society of Hypertension

May 14–17, 2003

New York, NY, USA

Information: ASH, Melissa Dombroski,
515 Madison Avenue Suite 2100

New York, NY 10022, USA

Fax: (+1) 212 644 0658

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Annual Meeting of the British Hypertension Society

September 15–17, 2003

Cambridge, UK

Information: Mrs. Gerry McCarthy,
Hampton Medical Conferences,

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Teddington, Middlesex TW11 8HH, UK

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3rd International Symposium on Hypertension & Obesity

October 23–25, 2003

Berlin, Germany

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