



# 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. 92, December 2003

## Profile



Dr. Basden J. C. Onwubere

The **Nigerian Hypertension Society (NHS)** was inaugurated on April 27, 1993. It was founded out of the great need to provide knowledge of the prevalence, causes, prevention and treatment of hypertension and its complications.

It also serves to bring together all medical doctors, health professionals and scientists in Nigeria interested in hypertension; to increase awareness of the diseases in the community; and to establish contact and exchange of information with similar organizations in other parts of the world.

In order to achieve its objectives, annual scientific and business meetings are usually held in April. The meetings are held at different parts of the country offering opportunities for local communities to benefit from the awareness of hypertension and other campaigns. In collaboration with the Nigerian Heart Foundation and some pharmaceutical companies, the Society organizes several essay competitions at targeted groups like secondary and tertiary educational institutions.

Worried by the low level of awareness (30%) for hypertension in Nigeria, an awareness 'Walk for Life' program was carried out at the 10<sup>th</sup> annual meeting and this is planned to be repeated at subsequent annual meetings. The Society also requested the government of Nigeria to declare a 'Hypertension Day' and it is hoped that this will soon be accepted. Zonal radio and television programs are carried out by members of the Society to educate the general public on hypertension, associated risk factors (especially obesity), and complications.

*continued on page 2*

## WHL News

### **Community Control of Hypertension with Special Emphasis on Central and Eastern Europe**

Saturday, April 24, 2004  
Prague, Czech Republic

#### **Call for Abstracts**

We invite you to submit an abstract on how to manage the treatment and control of hypertension in your country, focusing in particular on Central and Eastern Europe.

**Deadline for submission: January 31, 2004.**

There are no specific abstract forms; however, we ask to submit your abstract in MS Word, font size 10, single-spaced, and no longer than one page. Electronic submission is preferred. You may email your abstract to Dr. Patrick J. Mulrow (for address, see impressum).

Several abstracts will be selected for oral presentation with a Question & Answer period. All abstracts will be displayed in a poster presentation with a guided discussion.

Limited travel grants will be available to participants from countries who submit abstracts and are experiencing economic hardship. Please send a written application to the WHL Secretariat (for address, see impressum). ■

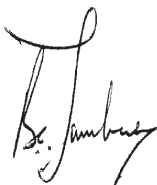
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*Profile continued*

The NHS participated in the recently organized World Hypertension League Art Competition to create awareness for hypertension and obesity. The national phase of the competition received over 100 entries from which 3 winners emerged. The national phase was supported by May & Baker (Nigeria).

A website for the Society is planned [www.nigerianhypertension.org](http://www.nigerianhypertension.org) to be established by the end of December 2003. This would provide a medium for information dissemination and enhance the awareness of hypertension and other programs of the Society. The past and present presidents of the NHS as well as some other members of the Society participate actively in national, regional and international activities on hypertension and obesity. The foundation president of the NHS, Professor Oladipo O. Akinkugbe, was chairman of the first Expert Committee on Non-Communicable Diseases in Nigeria. The immediate past president, Professor Abdul Fattah B. Mabadeje, is a member of the ISH scientific committee on hypertension and obesity. The current president is vice-President (West Africa) of the International Forum for Hypertension in Africa. The two past presidents are executive members of that body.

Although socio-economic and political factors sometimes pose a stumbling block to full achievement of targeted programmes, the Nigerian Hypertension Society has managed to achieve significant success in pursuing its objectives since inauguration 10 years ago.



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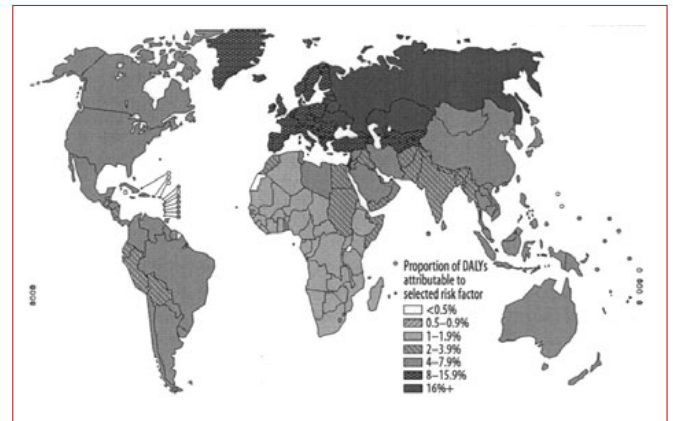


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## Scientific News

### Major burden of disease worldwide: suboptimal blood pressure among the ten leading risk factors

According to the recently published WHO World Health Report suboptimal blood pressure levels (systolic >115 mmHg) are among the ten leading risk factors for lost years of life – this was found to be true for all subregions of the world: high mortality developing countries, low mortality developing countries and developed countries. It was estimated that 7.1 million deaths worldwide are caused by high blood pressure; that is 13% of the total deaths. Because most of these deaths occur in middle or old age the loss of life years comprises a smaller proportion of the global total than expected from the incidence.



*Burden of disease (DALYs) attributable to high blood pressure worldwide. Source: WHO World Health Report 2002.*

In order to describe the burden of disease WHO used the Disability Adjusted Life Years (DALY), a measure of burden of disease in a population by combining Years of Life Lost and Years Lived with Disability. In developing countries with high mortality rates, high blood pressure was found to be responsible for 2% of the DALYs. Five percent of the DALYs were attributed to high blood pressure in low mortality developing countries. In developed countries, this figure reached almost 11%. The graphic below further illustrates the burden of disease attributable to high blood pressure.



Anja Kroke  
 Editor

## Report from Member Leagues

### Launching of EHS Website



The **Egyptian Hypertension Society (EHS)**, a non-profit, non-government scientific organization is launching a new website at [www.ehs-egypt.net](http://www.ehs-egypt.net). So far, little is known about hypertension in the developing world. It is our aim that the new site will cover the information lacking in this area by providing the following contents:

- (1) Description of the Society
- (2) National and international guidelines for the management of hypertension
- (3) Recent research reviews
- (4) Data about hypertension in Egypt (National Hypertension Project: NHP)
- (5) Cardiovascular Protection Forum
- (6) Physician education material
- (7) What's new in hypertension?
- (8) Ask the Expert
- (9) EHS Newsletter & Journal on Cardiovascular Risk Management
- (10) PowerPoint slide presentations

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**Latest survey conducted by the French League against Hypertension has been published** (Girerd X *et al.* *Arch Mal Coeur* 2003;**96**:750-3)



Prof. Xavier Girerd

The FLAHS (French League Against Hypertension Study) was a cross-sectional survey of the general population living in metropolitan France in April 2002. A national sample of 5,000 adults, representative of the French population, 15 years of age or older, received a mailed questionnaire at their home. The sample was designed to provide esti-



Dr. Jean-Jacques Mourad

mates of the prevalence of hypertension in the general population and in persons older than 60 years of age, a subgroup of which prevalence of treated cardiovascular risk factors is unknown in France. The form included questions related to diagnosis of hypertension, awareness of the usual BP, current SBP/DBP values, prescribed medicine for hypertension, dyslipidemia and diabetes. A total of 3,499 (70%) questionnaires were suitable for analysis. Estimates of prevalence were standardized by the direct method to the age distribution of the French population given by the 1999 national French census (INSEE, 2000). Analysis on 2,363 subjects older than 35 years indicates that 35% are currently treated for one or more risk factor. On a national level it was estimated that 8,036,000 people received anti-hypertensive medication, 1,877,000 were treated for diabetes and 6,074,000 for dyslipidemia. Prevalence of treated hypertension increased with age from from 4.2% (35-44 years) to 51.8% (>75 years) and 70% of treated hypertensives were older than 60 years. Subjects treated for two risk factors were 3,201,000 and those treated for three risk factors were 640,000. Thirty-five percent of the population 35 years of age or older representing around 11 millions persons were taking medications for the treatment of hypertension, diabetes or dyslipidemia in France.

The FLAHS 2002 represents the best available data to estimate the prevalence of treated patients for a cardiovascular risk factor in the general French population.

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## People



ASSOCIAÇÃO PORTUGUESA DE HIPERTENSÃO 

Professor Agostinho Monteiro has been elected President of the **Portuguese League Against Hypertension** for the period 2003-2005. Secretary General is Dr. José Nazaré, Campo Grande, 28, 13°, 1700-093 Lisbon, Portugal.

Tel. (+351-21) 797 0685

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E-mail: [secretariado@mail.spc.pt](mailto:secretariado@mail.spc.pt) ■

Recently, the Thai Hypertension League has been formally changed to the **Thai Hypertension Society**. The permanent office opens at the beginning of next year:

10<sup>th</sup> floor, Royal Golden Jubilee Building,  
2 Soi Soonvijai, New Petchburi Road,  
Huaykwang, Bangkok, ■  
Bangkok 10320, Thailand.

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

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Albert Mimran (Montpellier), Lawrence Beilin (Perth)

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The WHL Newsletter is published bimonthly by the World Hypertension League

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

The WHL Newsletter is published  
with the support of



## Calendar

### 9<sup>th</sup> Joint Annual Convention of the Philippine Society of Hypertension and the Philippine Lipid Society

February 5–7, 2004

Manila, Philippines

*Information:* Dr. Esperanza I. Cabral,  
PSH, Unit 309, Amberland Plaza,  
Julia Vargas St., Ortigas Complex,  
Pasig, Philippines

Fax: (+632) 631-7970

E-mail: [phihyper@pworld.net.ph](mailto:phihyper@pworld.net.ph)

### 20<sup>th</sup> Scientific Meeting of the International Society of Hypertension

February 15–19, 2004

Sao Paulo, Brazil

*Information:* Meeting Secretariat Soma  
Rua Maria Carolina, 67

01445-000 Sao Paulo – SP, Brazil

Fax: (+55) 11 3062-1710

E-mail: [hypertension@somaeventos.com.br](mailto:hypertension@somaeventos.com.br)

### 44<sup>th</sup> Annual Conference on Cardiovascular Disease, Epidemiology and Prevention

March 3–6, 2004

San Francisco, CA, USA

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

Fax: (+1) 214 373 3406

E-mail: [scientificconferences@heart.org](mailto:scientificconferences@heart.org)

### 3<sup>rd</sup> Asian-Pacific Congress of Hypertension 2004

April 3–7, 2004

Singapore

*Information:* Ace-Daytons Direct  
(International) Pte Ltd,  
2 Leng Kee Road #04-02

Thye Hong Centre, Singapore 159086

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### Conference on Disparities in Cardiovascular Health: bridging the Great Divide of the ISHIB

June 13–16, 2004

Detroit, Michigan, USA

*Information:* ISHIB; 2045 Manchester Street,  
NE, Atlanta, GA 30324-4110, USA

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