



# 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. 100, April 2005

## Editorial

### WHL Newsletter – the 100<sup>th</sup> edition

In October 1988, the first WHL Newsletter (see picture 1) was sent out to its worldwide audience. The Newsletter started out with a circulation of 2,000 copies, which steadily increased to its present number of 14,000 printed copies (figure 1). Together with its Chinese and Portuguese translations, the newsletter reaches health care professionals, opinion leaders and national institutions in over 130 countries all over the world.

Since its beginning, the WHL Newsletter serves three main goals. First, it serves as a communication forum for the WHL member organiza-

## WHL News

The 8<sup>th</sup> Annual Symposium of the **Pakistan Hypertension League** was held on December 4–5, 2004 in Karachi, Pakistan. The theme of the symposium was “Hypertension – The Uncontrolled Epidemic”. The Pakistan Hypertension League is known for its efforts at increasing public and professional awareness regarding hypertension control.

Over 600 delegates registered for this meeting and 28 papers were presented, nearly half of which were from original research.

A one-day pre-symposium Workshop for Family Physicians on “Hypertension for Family Physicians” was also held and attended by 55 leading Family Physicians. The Workshop was conducted by the Faculties of the National Institute of Cardiovascular Diseases and Aga Khan University Hospital, in collaboration with the College of Family Medicine.

We congratulate the **Pakistan Hypertension League** for bringing together and stimulating organizations in their region who are committed to the control of hypertension. ■



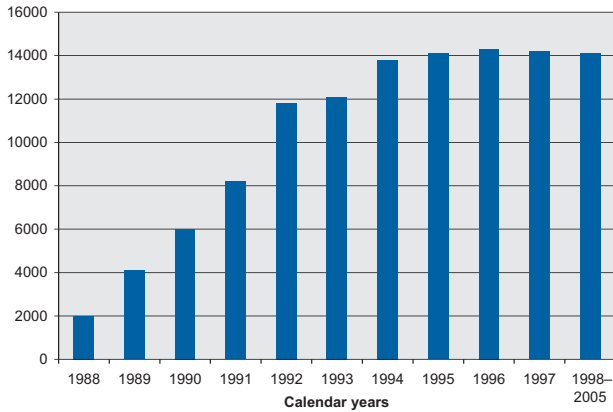
Picture 1 – The first WHL NEWSLETTER

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*Editorial continued*

Figure 1: Distributed NL copies (thousands per annum)



tions, spreading news from the member leagues such as activity reports, national data on hypertension, upcoming meetings and conferences, as well as people news, e.g., newly elected presidents.

Second, up-to date reports on relevant topics related to hypertension research, epidemiology and public health are featured, written from renowned experts in the field.

Third, the WHL Newsletter is the mouthpiece of the WHL board, allowing its officials to communicate the activities of the WHL to its members, e.g., invitations to the WHL council conferences, information about WHL workshops, or announcement of the International Art Competition.

The WHL Newsletter is a product of close collaboration between the Newsletter editors and the WHL board and its president. The jointly established conceptual framework and the content wise formulation were and are the basis of the successful continuation of the WHL Newsletter.

Therefore, our thanks have to go to all previous WHL presidents and secretary generals (see pictures on the next page), who devoted their efforts to continuously achieve a high quality Newsletter.

Additionally, we are grateful to Erika Pisch who has served as editorial assistant since 1991, giving irreplaceable support in the production of each WHL Newsletter.

A Newsletter project of this magnitude, organized by a non-profit organization, is only possible with gener-



Erika Pisch

**First WHL President and Secretary General**



Dr. Tony Amery  
1984–1990



Dr. Tom Strasser  
1984–1995

**WHL Past Presidents**



Dr. Detlev Ganten  
1990–1995



Dr. Peter Sleight  
1995–2000

**Current WHL President and Secretary General**



Dr. Claude Lenfant



Dr. Patrick J. Mulrow

ous financial support from outside the organization. Therefore, gratitude goes to the initial sponsor of the WHL Newsletter, Les Laboratoires Servier and to its current sponsor (since 1997) OMRON Healthcare. Without this financial support, the WHL would not be able to continuously provide its Newsletter – the core communication module of its activities.

Finally, we wish to thank all scientists and public health workers who have contributed to the Newsletter by writing articles about their research or about current topics in hypertension prevention and control.

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*Editorial continued*

**The origins of this successful activity – a historical review**

The publication of the first WHL Newsletter and its continuous editions resulted from activities initiated in the 1970's, when the concept of a population oriented approach to hypertension control was suggested by the WHO and the U.S. National High Blood Pressure Education Program. The starting point of these considerations was the perceived lack of practical application of the enormous research progress made in clinical hypertension research.

Already established in 1964, the International Society of Hypertension (ISH) illustrated the benefit of such an international organization in promoting research and catalyzing exchange of research information. In order to similarly promote the necessary prevention oriented research and application of public health activities, the idea of an European League was proposed in 1975 by the famous hypertension researchers Franz Gross (Germany), Cesare Bartorelli (Italy) and Tom Strasser (WHO).



Dr. Franz Gross  
\*1913 †1984



Dr. Cesare Bartorelli  
\*1911 †1991



Dr. Tom Strasser  
\*1922 †2001

Their ideas fell onto fertile grounds and finally resulted in the formation of the World Hypertension League in 1984. For further details about the WHL history, please refer to our website at <http://www.worldhypertensionleague.org>.

As stated in the minutes of the founding conference, "A periodical newsletter... should be the best medium for circulating information among the member leagues and societies". As the WHL steadily began to increase in members, the

Newsletter project was further advanced. It finally came to life with its first edition in 1988 (see picture 1 on the first page).

Dr. Rolf Badenhoop was the first editor, acting from 1988 to 1990, followed by Dr. Reinhard Baildon who served until 1992. He was followed by Dr. Joerg Poetzsch, who continued the editorial work between 1993 and 1999. He is now serving as communications advisor to the WHL board.



Dr. Joerg Poetzsch

Since the year 2000, Dr. Anja Kroke has been serving as the acting WHL Newsletter editor. The WHL Newsletter Office continues to be located in Berlin, Germany.



Dr. Anja Kroke

Dr. Anja Kroke

**Report from WHL Members**

**Activities of the Hypertension Committee of National Heart Foundation of Bangladesh**

The following lists the ongoing and planned activities of the Bangladesh Heart Association in 2005:

- Development of clinical practice guidelines for the control of hypertension.
- Dissemination of information to the 26 affiliated bodies of the National Heart Foundation of Bangladesh (NHFB), representing 26 districts of Bangladesh.
- Observance of World Hypertension Day (May 14<sup>th</sup>, 2005). Planned activities for that day are:
  - (i) Scientific Meeting
  - (ii) General seminar
  - (iii) Walkathon
  - (iv) Poster and leaflets
  - (v) Art competition
  - (vi) Discussions about hypertension on Television and Radio.
- Networking with other organizations working on hypertension control.

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*Activities of the Hypertension Committee continued*

Dissemination of information to districts without affiliated body of the National Heart Foundation of Bangladesh (NHFB) through Civil surgeons or medical colleges.

Prof. R.K. Khandaker  
Chairman, Hypertension Committee of the National Heart Foundation of Bangladesh  
Plot No. 7/2, Section-2, Mirpur  
Dhaka-1216, Bangladesh

Fax: (+88-02) 8016694  
E-mail: nhf@bdonline.com



For more information, please visit the WHL website [www.worldhypertensionleague.org](http://www.worldhypertensionleague.org).

**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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E-mail: [gmonhollen@mco.edu](mailto:gmonhollen@mco.edu)  
Internet: <http://www.worldhypertensionleague.org>

Board Officers:

Claude Lenfant (Gaithersburg), 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)  
Lawrie Beilin (Perth), Michael Alderman (New York)

Advisors to the Board:

Arun Chockalingam (Vancouver), Patient Education Project  
M. Mohsen Ibrahim (Cairo), Developing Countries  
Jörg Pöttsch (Berlin), Communications  
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**Calendar**

**4<sup>th</sup> Asian-Pacific Congress of Hypertension**

June 1–4, 2005  
Seoul, Korea

*Information:* Secretariat of APCH 2005 INSESSION Convention Services, Inc.  
3<sup>rd</sup> Fl., 672-35 Yeoksam-dong, Gangnam-gu  
Seoul 135-915, Korea  
Fax: (+82) 2-521-8683  
E-mail: [jennifer@insession.co.kr](mailto:jennifer@insession.co.kr)  
Website: <http://www.apchseoul.org>

**Satellite Symposium  
“Prevention in Hypertension”  
of the 15<sup>th</sup> Congress of the  
European Society of Hypertension**

June 11, 2005  
Krakow, Poland

*Information:* Symposium Secretariat  
Fax: (+48) 58-320-9459  
E-mail: [szymon.zgoda@viamedica.pl](mailto:szymon.zgoda@viamedica.pl)

**59<sup>th</sup> Annual Fall Conference and  
Scientific Sessions of the Council for  
High Blood Pressure Research**

September 21–24, 2005  
Washington, DC, USA

*Information:* Anita Lara, AHA  
7272 Greenville Av.  
Dallas, TX 75231, USA  
E-mail: [scientificconferences@heart.org](mailto:scientificconferences@heart.org)

**16<sup>th</sup> European Chapter Congress of the  
International Union of Angiology  
(EUROCHAP 2005)**

October 25–27, 2005  
Glasgow, UK

*Information:* Hampton Medical  
Conferences Ltd.  
E-mail: [eurochap@hamptonmedical.com](mailto:eurochap@hamptonmedical.com)  
Website:  
[www.dundee.ac.uk/medther/eurochap](http://www.dundee.ac.uk/medther/eurochap)

**4<sup>th</sup> International Symposium  
on Obesity and Hypertension  
(ISOH'05)**

October 27–29, 2005  
Berlin, Germany

*Information:* CTW Congress Organization  
Goßlerstr. 30, 12161 Berlin  
Fax: (+49) 30-8507 9826  
E-mail: [mail@ctw-congress.de](mailto:mail@ctw-congress.de)  
Website: <http://www.iso-h.de>