



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. 105, February 2006

WHL Announcement

The next World Hypertension Day is on May 13, 2006. See also calendar section on page 4.



WHL News

World Hypertension Day 2005 Activity report from Italy

The World Hypertension Day (WHD) of May 14, 2005, has been successful in Italy. We planned the initiative in tight cooperation with the Italian Society of Hypertension and under the High Patronage of the President of the Republic of Italy as well as those of the Prime Minister and of the Ministry of Health. A national press conference took place in Milan on May 3, 2005, during which the rationale of the WHD was explained together with all information concerning the organization of the event. With the cooperation of Federfarma Italy more than 1,5 million copies of the leaflet illustrating the importance of hypertension as a cardiovascular



Little red balloon "Pressy" is smiling and happy to have his blood pressure measured. 3/5/2005 © copyright baboo®

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WHL News



The **First Pan-African Congress on Hypertension** was held in Yaoundé, Cameroon, on December 2 – 5, 2005. It had been organized by the International Forum for Hypertension Prevention and Control in Africa (IHFA). The theme of the Congress was "Averting Hypertension Pandemic in Africa."

The Yaoundé Congress was the last step of a long journey. It began with the creation of the IHFA in Brussels in May 2003 during a meeting of experts organized jointly by the African section of the World Health Organization, the World Heart Federation, the World Hypertension League (WHL), the Free Brussels Universities, the Centers for Disease Control (USA), the African Union (AU) and the European Union (EU). The objectives of that meeting were to set up specific and priority strategies aimed at curbing the emerging epidemic of CVD in Sub-Saharan Africa using an international partnership support. The IHFA has sprung into action and has published the first recommendation for the man-

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The First Pan-African Congress continued

agement of hypertension in Sub-Saharan Africa (*J Hypertens* 2003; **21**:1-8).

The Yaoundé Congress was organized in partnership with the WHL, the International Society of Hypertension, the World Heart Federation, the Cameroon Heart Foundation, and the International Society of Nephrology. Dr. Lenfant, President of the WHL, served as Chair of the Scientific Committee. The Congress President was Daniel Lemogoum (Cameroon) and the Executive Co-Presidents were Jean Rene M'buyamba (DR Congo) and Basden Onwubere (Nigeria).



A visit with the Health Minister

The scientific presentations were given by representatives from most of the Sub-Saharan African countries and by a number of European, North American, and South African speakers: H. Alderson (Geneva), Y.K. Seedat (South Africa), K. Cruickshank (England), L. Van Bortel (Belgium), P. Nilsson (Sweden), T. Nawar (Canada), L. Lindholm (Sweden), C. Lenfant (USA), T. Rosenthal (Israel), A. Fournier, J.J. Pik (France). Approximately 150 persons attended the presentations, including both phy-



Drs. D. Lemogoum and W. Ngatchou



Dr. Lenfant signing attendance certificates

sicians and nurses. The Congress was rich in discussions and exchanges between the participants.

Following the Congress, from December 6-8, a series of lectures on hypertension were presented in one of the local hospitals, attended by about 30 physicians and nurses. Lectures and discussions covered many practical aspects of hypertension prevention and treatment, with a special focus on hypertension and diabetes.



Taking blood pressure measurement at a local hospital

This week long series of presentations on many aspects of hypertension was an extraordinarily successful event that stimulated interest in the attendees as well as a commitment to give high priority to the prevention and control of hypertension in Sub-Saharan Africa. Much credit is to be given to Drs. Lemogoum, M'buyamba and Onwubere for organizing this week of events.

**Dr. Claude Lenfant
President**



WHD 2005 Activity report from Italy continued

risk have been distributed during the week preceding the WHD. The most important national newspapers published the World Hypertension Day advertisement. "Pressy" was also the protagonist of a TV spot that has been broadcasted by the most important national and local TV networks. In the spot, "Pressy" was reacting to the most common risk factors, and in particular to sedentary life and obesity until he blows-up; on the contrary, when he is lean and with his blood pressure well controlled, he is happy to prevent the CVD events.

Many newspapers and magazines published interviews and articles concerning hypertension and in many radio and TV programs we had the opportunity to talk about hypertension and to explain its relevance as a cardiovascular risk factor.

In conclusion, I must say that in Italy the WHD has been very successful so that, together with the Italian Society of Hypertension, we decided to launch the slogan "*Un giorno che dura un anno*" which means "*A day lasting one year*". Accordingly, we are heartily in favour of making the WHD a yearly event.

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The **First International Symposium on Pheochromocytoma (ISP 2005)** took place in Bethesda, Maryland on October 20–23, 2005. Over 180 people attended the two and a half day event, more than twice the number originally projected. The opening address was provided by Dr. William Manger, who along with the late Dr. Julius Axelrod, were two of the original founders of the Catecholamine Club.

ISP 2005 featured presentations from participants traveling to the meeting from as far away

as South Africa, the Philippines, China and Japan. Attendees included basic scientists and clinicians from a diverse array of disciplines, with additional vital input from close to 30 patients. Apart from the usual oral communications and chaired poster tours, the symposium included four breakout sessions designed to foster resolution of issues and problems in the form of generally agreed upon recommendations from leaders in fields of genetics, biochemical diagnosis, imaging, management and treatment of the tumor. Those recommendations, presented papers and overviews of the field will be available in the Proceedings of the meeting to be published in 2006 (<http://www.nyas.org/IPS2005>).

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Report from Member Leagues



The 9th Annual Symposium of the **Pakistan Hypertension League (PHL)** was held in Lahore, Pakistan, from November 19–20, 2005. Over 400 delegates attended the scientific sessions. Twenty-five papers were presented including original research. There was a special breakfast symposium on the role of long acting calcium blockers in stable CAD. One of the scientific sessions was devoted to controversial issues in hypertension.

The public awareness session was presided by the Mayor of Lahore. Large number of people attended the 90 minutes session which was addressed by 8 expert panelists from all over Pakistan.

Prof. Mohammad Ishaq
President PHL

(for address, please see people section)

People

At the General Assembly of the **Pakistan Hypertension League (PHL)** in November 2005, Professor Mohammad Ishaq was elected President and Professor Abdul Hafeez Chaudhary General Secretary of the PHL. Vice President is Professor Hafizullah and Professor Mansoor Ahmed is Treasurer of the PHL.

The address remains the same: National Institute of Cardiovascular Diseases, Rafiqi (H.J.) Shaheed Road, Karachi 75510, Pakistan.

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 E-mail: nicvd@khi.comsats.net.pk

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



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15th World Congress of the International Society for the Study of Hypertension in Pregnancy (ISSHP)

July 2–5, 2006
 Lisbon, Portugal
Information: Cidália Semedo
 Veranatura Conference Organizers
 Rua Augusto, 12-D
 Escritório 2
 1600-503 Lisbon, Portugal
 Fax: (+351-21) 712 0204
 E-mail: cidaliasemedo@veranatura.pt
 Website:
<http://www.issHP2006-lisbon.org>

60th Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research

October 4–7, 2006
 San Antonio, TX, USA
Information: AHA, 7272 Greenville Avenue
 Dallas, TX 75231, USA
 E-mail: scientificconferences@heart.org

21st Scientific Meeting of the International Society of Hypertension

October 15–19, 2006
 Fukuoka, Japan
Information: ISH2006 Secretariat
 3-6-13, Awajimachi-Chuo-ku
 Osaka 541-0047, Japan
 Fax: (+81-6) 6229 2556
 E-mail: ish2006@congre.co.jp

30th Scientific Meeting of the German Hypertension Society

November 22–24, 2006
 Munich, Germany
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