



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. 126, December 2009

WHL News

Report from the World Hypertension Congress, October 29 – November 1, 2009, Beijing, China



Dr. Lisheng Liu

This landmark congress was attended by more than 3,200 people from 40 countries. During the four days of the congress highly informative reports on research results from all around the world were given. 200 speakers shared their views, and more than 450 abstracts covered

hypertension related topics from the bench to the bedside and the community. Ambitious, but practical plans for future actions in the prevention and control of hypertension among populations of the five continents were presented. Information and experiences in our work, whether it is in the laboratory, the clinic, or in the community were exchanged. We had a very successful and fruitful conference, the impact and benefit of which will be felt for many years to come.

In acknowledgement of their strong and long-standing support to WHL, the WHL recognition Award was presented to the General Managers of Servier China and Omron China and to the Director of Global Advocacy, Novartis Pharma AG, at the opening ceremony of WHC 2009.

Taking the opportunity of WHC 2009, Dr. Anthony Heagerty, President of ISH, personally presented the ISH certificates to many members including young ones of the CHL who have worked in the field of hypertension and related diseases for years and achieved outstanding results.

In addition to this impressive meeting, WHC marked the **25th anniversary of WHL**, and the **20th anniversary of the Chinese Hypertension League**.

Dr. Lisheng Liu, President WHL

WHL News

Report from the WHL Council Meeting



Dr. Arun Chockalingam At the WHL Council Meeting

In conjunction with the World Hypertension Congress the **22nd WHL Council Meeting** was held.

After a warm welcome to all attending members, the Secretary General, Dr. Chockalingam, gave a report on the latest WHL activities. The Newsletter editor, Dr. Kroke, then reported on the recent changes relating to the WHL Newsletter distribution: starting with the Newsletter number 126, the WHL Newsletter will be distributed electronically. All national leagues are therefore requested to organize the distribution among its members.

The meeting continued with presentations of activities from the member leagues. Overall, 24 members introduced their organization and reported on their latest projects.

Dr. Arun Chockalingam, Secretary General

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WHL News

Impressions from WHC



Welcome by the President Dr. Lisheng Liu

The congress started with an impressive opening ceremony. Prof. Lisheng Liu, President of WHL and the organizing committee, welcomed all guests. A slide show featuring the important milestones in the 25 year history of WHL then marked the beginning of the WHL anniversary celebration.



Opening Ceremony at Beijing International Convention Centre

Dr. George Fodor, Canada, continued with his cellent opening lecture, focussing on the historical development of concepts in hypertension control in populations. By referring to the fundamental considerations of Geoffrey Rose he pointed out the necessity to address the problem of hypertension also on a population level, and not only by an individual based high risk approach.



Opening Lecture by Dr. George Fodor

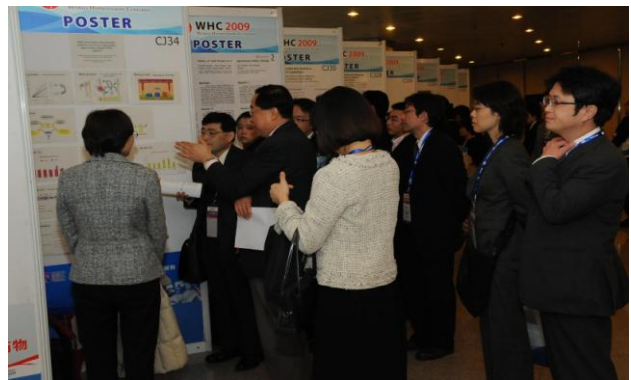
During the next three days the congress featured 38 academic symposiums, seven oral presentation sessions, 10 morning courses, and one workshop. Over 400 posters were presented covering at least 30 topics. These ranged from experimental research to overweight and obesity, diabetes and the metabolic syndrome, blood pressure measurement and imaging procedures. More than 40 international societies supported this meeting.



WHC 2009 Participants



Faculty Dinner at Crown Plaza Park View Wuzhou Beijing



Poster Area at Beijing International Convention Centre

All accepted abstracts are published in a supplement of the International Journal of Cardiology, October 2009 issue.

Aj - Kroke

Dr. Anja Kroke, Editor

WHL NEWS

Egyptian Cardiovascular Prevention Program

Cardiovascular disease (CVD) is not just a disease of developed economies; it is also becoming pandemic in developing countries. This increasing incidence is due to a number of factors including increase in average life expectancy, urbanization and high risk factors levels. In Egypt, life expectancy has increased by more than 30% in the past four decades, and aging is associated with increasing rates of hypertension, diabetes and CVD.

Health Profile of Egyptians

The health profile of Egyptians is changing. CVD is now considered the most common cause of disability, morbidity and mortality. According to recent data there is an increased prevalence of coronary heart disease, stroke, end stage renal disease and heart failure in the Egyptian population¹. These conditions are now responsible for about 50% of the deaths in this nation.

In Egypt, there has been a thirty fold increase in government spending for medical care within the last 20 years. These costs are being driven by procedures for coronary artery intervention, bypass grafting surgery, and dialysis programs. The average cost for hospitalization and treatment of a myocardial infarction in Egypt equals double the annual income of a middle class Egyptian².

Data from Egyptian National Hypertension Project (NHP) show high prevalence rates of modifiable cardiovascular risk factors, namely hypertension, obesity, diabetes and cigarette smoking³.

The Egyptian Program

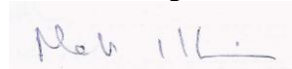
Cardiovascular mortality could be reduced by 60% through continued reduction of established personal risks and habits such as cigarette smoking, high blood pressure, high blood cholesterol, and physical inactivity^{4,5}. All these risk factors are modifiable and are amenable to correction. A multi-component cardiovascular prevention program was therefore needed in order to halt the epidemic of atherosclerotic CVD in Egypt. The program was designed and executed by the Egyptian Hypertension Society. Activities started in May 2005, and are expected to continue until the end of 2009. The following goals were achieved:

- A written document outlining **guidelines** for prevention of atherosclerotic CVD in Egypt and developing countries. The Egyptian guidelines tailor the available recently published interna-

tional guidelines to the demographic, cultural, social and economic Egyptian profile. The Egyptian guidelines are available on the EHS website: www.ehs-egypt.net.

- A **survey** was done on over 900 Egyptian physicians in order to identify knowledge and attitudes regarding assessment of CVD risk and approaches to prevention. The data collected during the survey are currently being analyzed.
- A **national physician education program** for prevention of CVD based upon Egyptian guidelines was developed. The two-day education course covered areas such as assessment of CVD risk and related risk factors, drugs for cardiovascular prevention and interactive case studies. During the years 2006-2008, fifteen educational courses were held throughout Egypt.
- A **public education and awareness campaign** aimed to increase public awareness of the preventability of CVD. Approaches for public education included mass media, printed materials, group meetings and direct education in community, sports clubs, worksites and school programs. An important component of the campaign is "Know Your Number". By visualizing risk factors this project component thrives to encourage individuals to check their blood pressure, blood sugar and lipid profile and try to achieve the ideal healthy numbers.

The impact of the Egyptian program on improving the cardiovascular risk profile of Egyptians and its effect on morbidity and mortality is not known. A long term prospective study on a cohort of the population is needed. Egypt has had successful public education campaigns with childhood hydration, and childhood vaccination programs which have reduced infant mortality and there is every reason to expect that the Prevention Project will be equally successful in reducing death and disability in Egypt.



Dr. M. Mohsen Ibrahim
Principal Investigator and Program Director
Prof. of Cardiology - Cairo University
President of the Egyptian Hypertension Society

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1. WHO Regional Office for the Eastern Mediterranean. <http://www.emro.who.int> (2007).
2. Heshmat H, Ibrahim MM. The 12th Annual Scientific Meeting of the Egyptian Hypertension Society, 2008.
3. Ibrahim MM, et al. *J Hypertens* 2001; **19**(11):1933-40.
4. Capewell S, et al. *Circulation* 2000; **102**(13):1511-6.
5. Capewell S, et al. *Heart* 1999; **81**:380-6. ■

People

The **Serbian Society of Hypertension** was established from the former Yugoslav League of Hypertension. Dr. Dragan Lovic is the President of the League. The address is: Jovana Ristića 20/2, 18000 Niš, Serbia.

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Electronic Newsletter Delivery



<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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Dr. Graham MacGregor (London, UK)
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Calendar

International Conference on Early Disease Detection and Prevention (EDDP)

February 25-28, 2010

Munich, Germany

Information: Paragon Conventions, Dana Kedar
18 Ave Louis-Casai, 1209 Geneva, Switzerland

Fax: (+41-22) 7477-999

E-mail: dkedar@paragon-conventions.com

2nd Meeting of the Serbian Society of Hypertension

February 26-28, 2010

Belgrade, Serbia

Information: Serbian Society of Hypertension
Jovana Ristića 20/2, 18000 Niš, Serbia

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13th Annual Symposium of the Pakistan Hypertension League

February 26-28, 2010

Faisalabad, Pakistan

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5th International Symposium on Hypertension & 3rd Vascular Risk Workshop

May 25-28, 2010

Santa Clara, Cuba

Information: Dr. C. Emilio F. González Rodríguez
Universidad Central Marta Abreu de Las Villas
(UCLV), Santa Clara, Villa Clara, Cuba

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23rd Scientific Meeting of the International Society of Hypertension

September 26-30, 2010

Vancouver, Canada

Information: Sea to Sky Meeting Management Inc.
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