



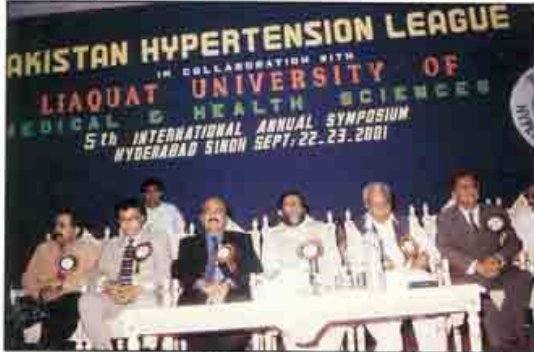
PHL • NEWSLETTER

Information and News from Pakistan Hypertension League
an Official Member of World Hypertension League (ISH/WHO)

Winter 2002

5th International Symposium at Hyderabad.

Fifth International Annual Symposium was held in the city of Hyderabad on September 22-23, 2001 in Collaboration with Liaquat University of Medical & Health Sciences, Jamshoro and Department of Cardiology. The symposium was inaugurated by H.E. Governor of Sindh Mohammed Mian Soomro. The inauguration was well attended by general public, medical faculty, Nazims of Hyderabad and Dadu Districts, Vice Chancellors of Sindh Universities, Secretary Health and Minister of Health Sindh.



Inaugural Session of 5th International Annual Symposium of PHL.

The inauguration was followed by public awareness session which was presided over by Dr. Makhdoom Rafiq-uz-Zaman, Nazim of Hyderabad District. The session began with Prof. Azhar M.A. Faruqui describing the meaning of hypertension in layman terms followed by Prof. Nazir A. Memon who discussed the dangers of hypertension. Then the session was opened to participants who actively asked for discussion with questions regarding problems such as diagnosis, treatment and causes of hypertension. The panel of experts which included Prof. Azhar Masood A. Faruqui, Prof. Sharif Choudhry, Prof. Aftab Munir; Dr. Mohammed Ishaq, Allah Bachayo Memon and

Prof. Nazir A. Memon answered the questions. The second day was devoted to the scientific session in which 20 papers were read on various aspects of



Doctors participants of PTV Quetta Camp, 10th April, 2002

hypertension, including errors in blood pressure measurements by Prof. M. Hassan Sheikh, assessment of hypertension by Dr. Khawar Abbas Kazmi, new developments in hypertension by Prof. Mohammed Ishaq, HBP to treat or not to treat by Prof. Sheryar A. Sheikh, role of Hypertension as global and local burden by Prof. Azhar Faruqui. In the second session awareness diagnosis, treatment and primary prevention of hypertension were discussed. The session was designed to focus attention on reduction of risk of developing hypertension in the population, individuals at a risk of developing HBP, risk reduction of target organ damage by discussion of medication, compliance by the patient and creation of awareness and early detection of hypertension by the family physician. Prof. Kalimuddin Aziz, Prof. Wazir Sheikh, Col. Ashique Hussain and Dr. Abubakar Sheikh participated. The concluding session was chaired by Prof. Jan Mohammed Memon Vice-Chancellor of Liaquat University of Medical and Health Sciences. Prof. Azhar Masood A. Faruqui congratulated and appreciated the efforts of the organizers including Prof. Jan Mohammed Memon &

Prof. Nazir A. Memon and their colleagues for a successful seminar.

The symposium was concluded by an address of Prof. Jan Mohammed Memon Who stressed the need of continued education by holding similar symposia.

Local Chapters Reports

1. Peshawar Chapter:

Peshawar chapters initiated a comprehensive screening programs for detection of HBP, training of personnel in detection of high blood pressure and prevention of HBP including public health education. To this end a steering committee on diabetes/hypertension Care in NWFP has been formed under the Chairmanship of Dr. Seed-ul-Majeed. To extend its activities Peshawar chapter in collaboration with College of Family Medicine, got engaged in arranging lectures on hypertension to the family physicians and first such meeting was held on 24-01-2001 addressed by Dr. Hafizullah, Assistant Professor of Cardiology, lady Reading Hospital, Peshawar.

A workshop entitled "Smoke Free Clinics" was held on 13th January, 2001 at Nowshera, 90 doctors attended the workshop and was addressed by Dr. Saeed-ul-Majeed Co-ordinator PHL who introduced the concept of the project and gave some tips on how to quit smoking. The workshop was also addressed by Dr. M. Yousuf, Assistant Professor, Pharmacy Department, Lady Reading Hospital.

2. Faisalabad Chapter:

The launching of Faisalabad Chapter of PHL was performed on 20th October, 2001, in Hotel Serena which was attended by over 100 Physicians and



Inauguration of Faisalabad Chapter of PHL.

cardiologist from Faisalabad and its environs. The speakers were Dr. Hafeez Choudhry and Dr. K.M. Yahya. The topic of discussion was A-II Antagonists. The meeting was a success. MSD was the sponsor. The

launching was followed by an inaugural meeting of Faisalabad PHL local chapter in November 2001 at Hotel Serena. Eighty eight physicians & Cardiologists attend and the topic was HBP control.

3. Quetta Chapter:

The effect of 09-11-2001 was felt on PHL activities in Quetta region but, inspite of this the chapter was engaged in few activities. On the 15th February, 2001 1st academic activity took place as a workplace at Hotel Serena Quetta. Twenty five general practitioners attended the workshop on hypertension. The occasion was sponsored by Bristol-Myers Squibb.

On 19th March, 2002 a program of "Newer insights on the Endothelial functions, as related to the genesis of hypertension" was conducted in Bolan Medical College in cooperation with the Department of Cardiology on March 27, 2002 A programme for family physicians and cardiologists was held at Hotel Serena. This was an interactive program and was generally well received.

On April 10 awareness of hypertension camp was organized by 160 employees of the Pakistan Television Quetta Centre. The camp was sponsored by M/s. Norvatis Pharma, Blood pressure, serum Cholesterol and Blood Sugar were measure free of cost.

This activity was followed by a session on hypertension at Bolan Medical Complex Hospital for house officers of the Hospital.

4. Lahore Chapter:

Public awareness day was organized by the Sheikh Zayed Hospital in Collaborative with PHL local chapter on 27-04-2002 under the supervision of Dr. Saulat Siddiqui, 350 people were examined who also



Public awareness camp by Lahore Chapter of PHL.

completed at questionnaire on hypertension. Blood pressure alongwith other demographic data were recorded. Blood sugar and serum cholesterol were estimated. Diet advise was given by dietician on the

spot. The data of the comp is being processed. A booklet containing questions & answers about commonly asked questions on hypertension was distributed.

5. Karachi Chapter:

The Karachi Chapter under the Convenorship of Prof. Syed Mashoor Alam Shah organized a day long symposium on Hypertension, at Jinnah Postgraduate Medical Centre Ward-7.

Prof. Azhar Masood A. Faruqui gave talk on the prevalence of hypertension in Pakistan and Prof. Kalimuddin Aziz discussed the prevalence and management of hypertension in childhood. Prof. Mohammad Ishaq, General Secretary PHL gave on brief over view of concept, affiliations, history and activities of PHL. The problems of hypertension in pregnancy and renal disease were discussed by Prof. Rana Jameela. The stroke and its management was ably discussed by Prof. Mashoor Alam Shah.

The session concluded with remarks by Prof. Qazi Abdul Skahoor, Director, JMPC. Large number of students, residents and physicians attended the symposium.

PHL Secretary's Report, Minutes of 6th General Body Meeting at Hyderabad:

Sixth General Body Meeting was held on 23rd September at 2:00 PM at Liaquat University of Medical & Health Sciences, Jamshoro, Hyderabad. Prof. Azhar Masood A. Faruqui Founder-President of PHL presided. The minutes of the 5th General Body Meeting of PHL were approved. The efforts of 5th Biennial symposium management committee held at Quetta were appreciated by the general body. The General Secretary informed that local chapter of PHL at Faisalabad was operational and that Dr. Abdul Hafeez Choudhry was the Convenor. House prayed for the rapid recovery of Prof. Ashfaq Ahmed Khan from his recent illness. Financial report was presented by Prof. Ejaz A. Vohra, treasurer PHL. House found the financial status satisfactory.

Council Election of PHL:

The term of the Pakistan Hypertension League Council ended after the 4 years term and election for a new Council was on Agenda. The General Body after a prolonged discussion unanimously decided that the council members be re-elected for another term as the infrastructure of the PHL is being built and needs steady leadership for another term as allowed by the statutes. The General Body unanimously applauded the leadership of the Founder-President & his council and unanimously reelected all the members of the council. The house empowered the council to nominate new chapter coordinators & review the list of the executive

members. Prof. Allah Bachayo Memon was unanimously nominated as Chapter Coordinator for Hyderabad.



View of the Audience of the Faisalabad Chapter Inauguration.

Venue to 6th PHL Symposium:

It was decided that the venue of the 6th PHL symposium will be Islamabad with Dr. Shaukat Malik the Convenor and Dr. Shahbaz Koreshi as Co-convenor. The general body meeting ended by vote of thanks by the General Secretary.

Hypertension Update. What is New?

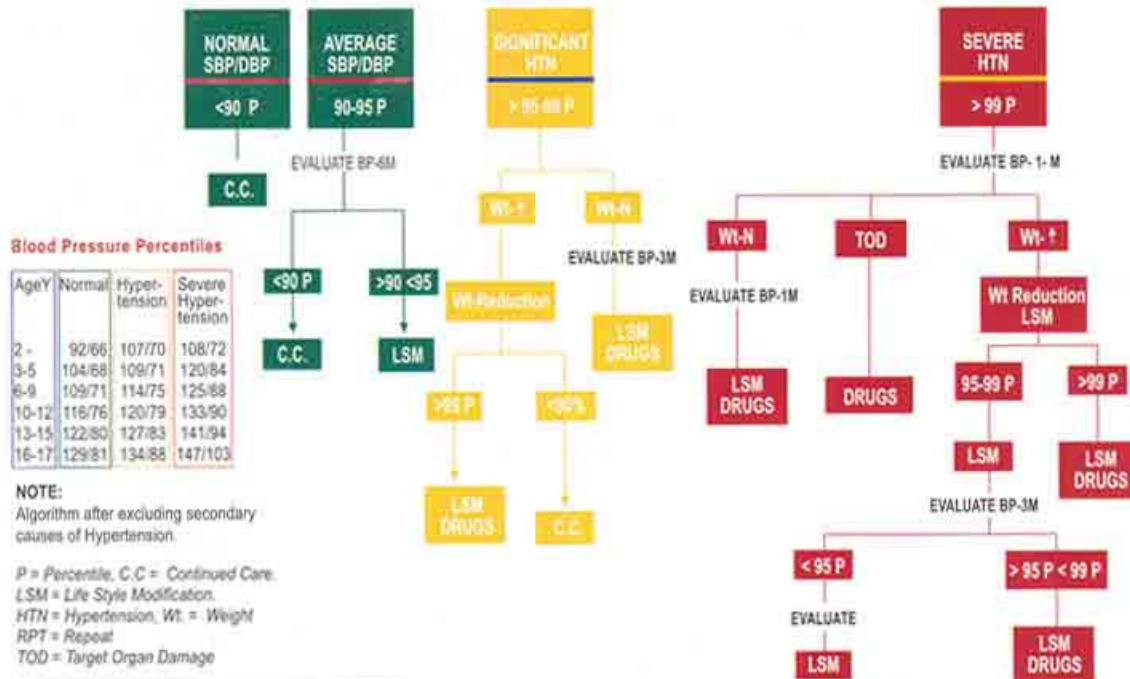
Pakistan National Health Survey 1990-1994:

- 1) Overall Prevalence of Hypertension in Pakistan defined as BP in $> 140/90$ in > 15 years old is 17.9%.
- 2) Fifty Eight percent of Urban Females > 65 years have Hypertension.
- 3) The overall prevalence of Hypertension in urban areas of Pakistan is significantly higher at 21.5% as compared to 16.2% in Rural areas.
- 4) Twelve percent of all deaths in Pakistan are due to circulatory diseases.
- 5) In Pakistan Hypertension effects one out of every three persons over 45 years of age.
- 6) In Pakistan seventy percent of over twenty five years old have never had their blood pressure taken.

Hypertension Update

Algorithm for the General Practitioners for the management of primary systemic hypertension in children.

MANAGEMENT OF PRIMARY SYSTEMIC HYPERTENSION IN CHILDREN



Prepared by Professor Kalim Uddin Aziz

C A L E N D A R

6th PHL Annual Symposium
 14-15 December, 2002
 Islamabad Holiday Inn
 Convenor: Dr. Shaukat M. Malik
 Co-convenor: Dr. Shahbaz Koreshi

2nd Genova Meeting on Hypertension, Diabetes and Renal Diseases
 February 28-March 1, 2003
 Genova, Italy
 E-mail: rossi@aristea.com

13 Biennial Congress of the Southern African Hypertension Society
 March 7-9, 2003
 Johannesburg, South Africa
 E-mail: sahs@mweb.co.za

13th Congress of the European Society of Hypertension
 June 13-17, 2003
 Milan, Italy
 E-mail: guiseppe.mancia@unimib.it
 E-mail: esh2003@atsec.it

18th Annual International Interdisciplinary Conference on Hypertension
 June 22-25, 2003
 Accra, Ghana
 Information: ISHIB, 2045, Manchester Street, NE, Atlanta, GA 30324-4110, USA
 E-mail: ishib2003@ishib.org

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