



# 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. 128, June 2010

## World Hypertension Day 2010

### Healthy Fat Distribution - Healthy Blood Pressure: Bulgarian Theme for WHD 2010

“Being thin does not automatically mean you are not fat,” said Jimmy Bell, Professor of Metabolic and Molecular Imaging at Imperial College, London, UK [1]. Bell and colleagues have scanned nearly 800 people with magnetic resonance imaging (MRI) technique. Fat mapping (adipotopography) is an emerging biomedical field dealing with the localization and amount of adipose tissue in the human body.

The authors demonstrated that as many as 45 % of women and nearly 60 % of men scanned had normal BMI values (BMI 20-25 kg/m<sup>2</sup>). These people appear thin outside (TO), while actually having excessive levels of internal adipose tissue - they are fat inside (FI), hence have the so-called TOFI phenotype of body fatness. Accordingly, “the thinner people are, the bigger the surprise”, Bell said. The TOFI phenotype is, for example, also found among professional models.

TOFI may thus be considered a specific, “invisible” expression of *Homo obesus* [2], as visualized by echography, computed tomography (CT), MRI, and positron emission tomography (PET).

Adipose tissue is to be differentiated into white and brown fat. White fat is located in two large depots (abdominal and subcutaneous) and many small depots surrounding almost all internal organs. These small adipose depots, when

*continued on page 2*

## WHL News

### Report from the 12<sup>th</sup> Hypertension Congress



(from left to right): Drs. Tengiz, Yalçinkaya, Filiz, Chockalingam, Önder, Zoghi at the TAHC Congress

The 12<sup>th</sup> conference of **Turkish Association of Hypertension Control (TAHC)** was held on May 21 & 22, 2010 at Bodrum, Turkey. Nearly 250 physicians across Turkey attended this annual conference. It was jointly hosted by WHL and TAHC and dealt with issues ranging from epidemiology, clinical care management and health care policies. TAHC also organized a public event to raise hypertension awareness and to promote **World Hypertension Day 2010**. ■

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*Bulgarian Theme for WHD 2010 continued*

enlarged, may exert dangerous, inflammatory actions over the surrounded organ. A challenging example of such an adipose depot is epicardial adipose tissue; its implication in the pathogenesis of cardiovascular diseases, including hypertension, is increasingly appreciated [3]. For brown adipose tissue, see [4].

Noteworthy, “the whole concept of being fat needs to be redefined”, Dr. Bell said. Of note, diet is enough to keep one being thin outside (TO), whereas physical activity prevents the accumulation of internal fat, thus being thin inside (TI); hence, TOTI. Therefore, we should take into account not only anthropometric/outside measurements (BMI, waist and hip circumference), but – more importantly - the “weight” of internal fat tissue. Keeping in mind that TOTI is a healthy phenomenon, whereas TOFI is a Trojan Horse inside the human body, a pathological phenomenon (Table 1); it may also result in hypertension.

In order to support people in taking action for a healthy weight and a healthy blood pressure, we are sending the following messages as a Bulgarian motif of the theme for WHD-2010:

- ▶ Eat less (for reducing external fat) and exercise more (for reducing internal fat)
- ▶ Remember: Body fatness = external + internal fat
- ▶ Stay TOTI
- ▶ Paying attention to *your outside and inside fat* can ultimately create better overall health
- ▶ Eating fruit and vegetable reduces the thickness of your coronary arteries [5]
- ▶ Healthy fat distribution - healthy blood pressure.

Dr. George Chaldakov, Chairman  
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**References:**

[1] Cheng M. Thin people may be fat inside. AP Medical News, Thu May 10, 2007. Also see Kolata G. *Rethinking Thin: The New Science of Weight Loss - and the Myths and Realities of Dieting*. Farrar, Straus & Giroux. 2007.

[2] Rančić et al. *Biomed Rev* 2007; 18: 120-121.  
 [3] Chaldakov GN. *Ser J Exp Clin Res* 2008; 9: 81-88.  
 [4] van Marken Lichtenbelt et al. *N Engl J Med* 2009; 360: 1500-1525; *ibid*; 361: 415-421; Enerbäck. *Cell Metab* 2010; 11: 248-252).  
 [5] Sacks HS. *J Appl Physiol* 2009; 106: 1-2.

Table 1: Fat mapping types

Types <sup>+</sup>	Adipotopography - variations
TOFI**	thin outside, fat inside
TOTI*****	thin outside, thin inside
FOFI*	fat outside, fat inside
FOTI***	fat outside, thin inside

<sup>+</sup> Number of asterisks indicates quality of health [2]

**New Book Release**

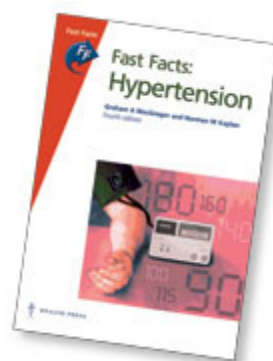
**Fast Facts: Hypertension**

by **Graham MacGregor**, Professor of Cardiovascular Medicine, London, UK

and **Norman M Kaplan**, Clinical Professor of Medicine, Dallas, Texas, USA.

This updated fourth edition provides a practical evidence-based approach to the diagnosis and management of Hypertension, covering:

- Accurate measurement of blood pressure
- Routine assessments for people with high blood pressure
- Consideration of modifiable risk factors
- Non-pharmacological measures
- Up-to-date trial results on all the pharmacological options
- Treatment of children, pregnant women, the elderly and patients with diabetes



## WHL News

### National Hypertension Awareness and Prevention Day in Brazil

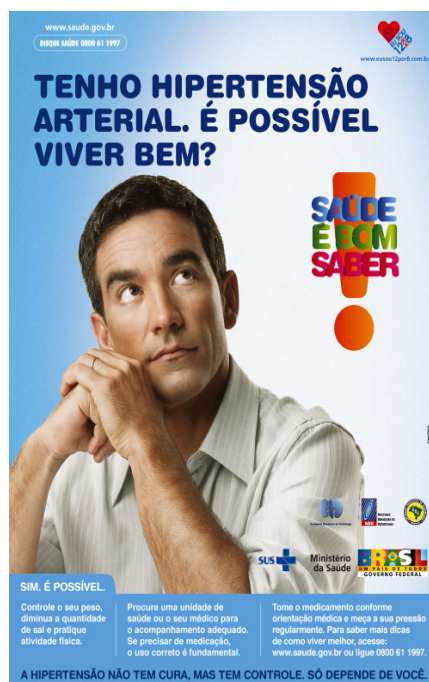
The *National Day Against Hypertension* on April 26, 2010, had most of its events in Brasilia, the capital of the country.

The first event was a meeting at the Pan-American Health Organization with the participation of members of the Agriculture Department, Agencia Nacional de Vigilancia Sanitária (ANVISA), an institution similar to the US Food and Drug Administration, the Brazilian Society of Nephrology and the Brazilian Society of Cardiology. During this meeting, all participants were informed about a project to be developed in order to reduce the amount of sodium in processed food and similar products. Participants presented their major concerns about this issue and Dr. Frida Plavnik suggested February 1 - 7 as the Week for Awareness of Sodium Consumption to be in line with the WHL activities. Dr. Plavnik also suggested providing a banner or stamp certifying the restaurants and other stores involved in these activities during the week.

At the end of the discussion, all medical societies signed a final document that was given to Dr. Arlindo Chinaglia, a deputy involved in this health issue. This document was then presented as an official government act. The main purpose is to add a sentence stating that "This product has a high sodium amount".

The most important event was the launch of a governmental campaign by the Minister of Health, Dr. José Gomes Temporão. The slogan of this official campaign, supported by the Brazilian Society of Hypertension, the Brazilian Society of Cardiology and the Brazilian Society of Nephrology is: *"To prevent hypertension is a choice. It only depends on you."*

In addition to printed material to be sent to all primary care units around country (see picture 1), there is also an advertising to be exhibited in all TV channels and a short song (in Brazilian rhythm, of course) to be played on the radio. Locally, we continued to perform educational activities including blood pressure measurements, short speeches and media interviews. We moved forward this year, and the best of it is the fact that in conjunction with the Ministry of Health this activities will last the whole year, and more advances will occur.



Picture 1: Example of printed material: Poster

Dr. Frida L. Plavnik  
Brazilian Society of Hypertension

## WHL News

In February 2010, the Obesity Prevention and Control Program of Turkey 2010-2014 was published by the Ministry of Health of Turkey, (ISBN 978-975-590-311-8). The English version of the program is available at [http://www.beslenme.saglik.gov.tr/content/files/home/obesity\\_prevention\\_and\\_control\\_program\\_of\\_turkey\\_2010\\_2014.pdf](http://www.beslenme.saglik.gov.tr/content/files/home/obesity_prevention_and_control_program_of_turkey_2010_2014.pdf). The **Turkish Society of Cardiology** and 14 other medical specialization societies besides several universities, municipalities and institutions of manufacturers, such as the Union of Food Industry Employers and the Federation of Food and Beverage Industry Associations provided input for the program prepared under energetic initiative of the Ministry of Health. **The European Charter on Counteracting Obesity** was signed in Istanbul on November 15-17, 2006, during the **WHO European Ministerial Conference on Counteracting Obesity**. The Society is going to accentuate the obesity issue in its 26<sup>th</sup> National Cardiology Congress (see also calendar) and its public awareness activities. The first planned popular program was held in May 14-21, 2010, on World Hypertension Day.

Prof. Dr. Çetin Erol  
President, Turkish Society of Cardiology

## People

### New appointment

We are proud to report that Dr. Arun Chockalingam has been appointed as the founding Director of the office of the Global Health at The National Heart, Lung, and Blood Institute, National Institutes of Health, USA, effective April 2010. Dr. Chockalingam will continue to serve as Secretary General of the World Hypertension League.

### 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. Lawrence Beilin (Perth, Australia), Vice-President  
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Dr. J. George Fodor (Ottawa, Canada)  
Dr. Graham MacGregor (London, UK)  
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## Calendar

### 23<sup>rd</sup> Scientific Meeting of the International Society of Hypertension

September 26-30, 2010

Vancouver, Canada

*Information:* Sea to Sky Meeting Management  
Suite 206, 201 Bewicke Avenue  
North Vancouver, BC  
Canada V7M 3M7

Fax: (+1-604) 984-6434

Website: <http://vancouverhypertension2010.com>

### 7<sup>th</sup> World Congress of the International Society for the Study of Hypertension in Pregnancy

October 3-6, 2010

Melbourne, Australia

*Information:* arinex pty limited  
91-97 Islington Street

Collingwood, Vic 3066, Australia

Fax: (+61-3) 9417 0899

E-mail: [isshp2010@arinex.com.au](mailto:isshp2010@arinex.com.au)

### 2<sup>nd</sup> World Health Summit

#### “Transition – Translation – Transformation”

Presidents: Prof. D. Ganten (Charité, Berlin) and  
Prof. S. Smith (Imperial College, London)

October 10-13, 2010

Berlin, Germany

*Information:* Simone Leiske, K.I.T. Group

E-mail: [secretariat@worldhealthsummit.org](mailto:secretariat@worldhealthsummit.org)

Website: <http://www.worldhealthsummit.org>

### 7<sup>th</sup> World Stroke Congress

October 13-16, 2010

Seoul, Korea

*Information:* Kenes International

1-3, Rue de Chantepoulet

1211 Geneva, Switzerland

Fax: (+41-22) 906 9140

E-mail: [stroke@kenes.com](mailto:stroke@kenes.com)

### 26<sup>th</sup> National Cardiology Congress of the Turkish Society of Cardiology

October 21-24, 2010

Istanbul, Turkey

*Information:* Ilkay Gucuk

Global Turizm Organizasyon

Nispetiye Cad. Durak Ap. No. 24 D:12.1

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