



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. 130, December 2010

WHL News

WHL/CHL Host Traditional Chinese Medicine Symposium

The World Hypertension League (WHL) and the Chinese Hypertension League (CHL) jointly hosted the Symposium on “**Traditional Chinese Medicine for Management of Hypertension**” on September 26, 2010. Dr. Liu Lisheng, President of WHL and Dr. Arun Chockalingam, Secretary General of WHL co-chaired this symposium which began on the first day of the 5 day meeting of the 23rd International Society of Hypertension in Vancouver, Canada.

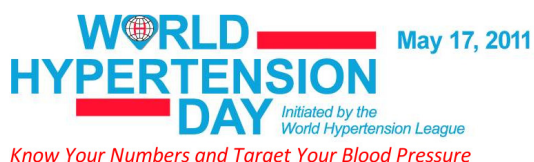


Dr. Yu Qing Zhang, Dr. Xin Yu Wang, Dr. Zhaosu Wu, Dr. Liu Lisheng, Dr. Arun Chockalingam, Dr. Limin Hu, Dr. Xin-Hua Zhang

The Traditional Chinese Medicine (TCM) is a system followed for thousands of years using herbs, roots and leaves of plants. According to its protagonists it appears to have little or no side effects. Unlike modern medicine, where we practice on evidence-based medicine, TCM has been practiced based on observations and outcomes. In order for the Western world to understand the science behind TCM and the mechanism of action of various Chinese herbal medicines, the WHL organized this special

continued on page 2

WHL Announcement



WHL Newsletter Editor

After ten years of invaluable service to the hypertension community as editor of the WHL Newsletter, Dr. Anja Kroke is stepping down due to personal reasons. During her tenure, over 60 editions of the WHL newsletter were published. The newsletter has evolved from a printed version to an electronic publication with an overall circulation of over 50,000 copies per issue distributed to member countries and national hypertension organizations around the world.

We cordially welcome Dr. Daniel T. Lackland (see also page 3) who has graciously agreed to take on the editorship of the WHL Newsletter.

Contents	Page
- WHL News	
TCM Symposium	1
23 rd WHL Council Conference	2
- WHL Board Rotation & New Members	3
- WHL Announcement	
World Hypertension Day 2011	1
- WHL Newsletter Editor	1
- People	4
- Calendar	4

symposium. We are very pleased to have brought together eminent scholars in TCM to address this issue for the benefit of many of us from every corner of the world.

It is well known that Chinese traditional medicine has a very, very long history starting from China's earliest classic work on medicine – the Chinese Yellow Emperor Huang di Nei Ching (Classic of Internal Medicine) which was completed between 401–221 BC and preserved to this day. This classic work on medicine contains thousands of years of experience gained by the Chinese people in fighting against diseases. It is difficult to understand its philosophy and theory from the present-day point of view, and it is also difficult to try and combine Western medicine with TCM says Dr. Liu Lisheng. Dr. Wu Zhaosu, the President of the CHL said that although the theory and art of TCM are different from western medicine in many ways, its basic philosophy is quite comparable with each other.

The following topics were presented by the experts from China and Hong Kong:

- The anti-hypertensive effect and mechanism of Yang-Xue-Qing-Nao Granules - **Prof. Limin Hu**, The Key Laboratory of Traditional Chinese Medicine Pharmacology in Tianjin, Tianjin University of TCM, China.
- Puerarin attenuates cerebral damage through improving cerebral microcirculation in SHR – **Prof. Xinhua Liu/Prof. Xingyu Wang**, China.
- Adjunctive Danshen (丹参) and Gegen (葛根) Therapy Improves Atherogenic Process: A Final Report of Double-blind Placebo Control Trail High Risk Hypertension - **Dr. Yu Qing Zhang** from China/**Dr. Ping-Chung Leung** from Hong Kong.

Extensive discussions followed the three presentations in which many scientists from different parts of the world actively participated. Dr. Chockalingam noted that symposium on TCM at such international gatherings is the first of its kind and hopes to see more in the future.

The WHL would like to thank Dr. Liu Lisheng and Dr. Xin-Hua Zhang, Executive Board Member of WHL and our CHL council members who helped to put together this symposium.

Dr. Arun Chockalingam

WHL News

Report from the 23rd WHL Council Conference, Vancouver, Canada

The 23rd WHL Council Meeting was held on September 26, 2010 in conjunction with the 23rd International Society of Hypertension. Dr. Liu Lisheng welcomed all the members. Dr. Chockalingam, gave a report on the latest WHL activities. The representatives from 10 organizations gave a short presentation about their society and their latest projects. The council members who provided their respective country reports were: Prof. R.K. Khandaker from **Bangladesh**, Dr. Norman Campbell from **Canada**, Dr. Zhaosu Wu from **China**, Prof. Anastasios Lasaridis from **Greece**, Dr. Adel E. Berbari from **Lebanon**, Prof. Mohammad Ishaq from **Pakistan**, Dr. Dragan Lovic from **Serbia**, Dr. Mustafa Arici from **Turkey**, Dr. Mehdi Zoghi also from **Turkey** (Turkish Association of Hypertension Control) and Dr. Denise Simons-Morton from the **U.S.A.** Dr. Denise Simons-Morton, Director, Division for the Application of Research Discoveries of the National Heart, Lung, and Blood Institute (NHLBI) delivered a special presentation. The range of solutions utilized by different countries to tackle the growing burden of hypertension was interesting and innovative. All countries implemented World Hypertension Day.

Dr. Chockalingam presented the activities of the NHLBI's new Office of Global Health (OGH), of which he is the inaugural Director. The OGH is engaged in promoting research and training in low- and middle-income countries through NHLBI funded Centres of Excellence (COE) in 10 countries. He referred to the new document released by the Institute of Medicine (*Promoting Cardiovascular Health in the Developing World*). This report specifically calls on WHL to implement interventions at the community level in all developing nations. He informed the council that there are plenty of opportunities for WHL country members to interact with COEs both in promoting research and partnering with them for political advocacy within their own countries. Furthermore, he called on the Council's attentions to the United Nation's High Level Meeting scheduled for June 2011 to address chronic non-communicable diseases. To this effect he suggested that each council member work with

Report 23rd WHL Council Conference continued

the Ministers of Health in their respective countries, educate them on the cost implications of chronic diseases – both in terms of financial and human.

Dr. Arun Chockalingam

WHL Board Rotation

The WHL gratefully acknowledges the dedicated services of the following Board members:

Dr. Alfredo Dueñas from Cuba (2008-2010)

Dr. Anja Kroke from Germany (2000-2010) also served as our Newsletter Editor.

Dr. Lars Lindholm from Sweden (2006-2010) as an ISH *ex-officio* member.

All of them were recognized for their contributions at the WHL dinner on September 25th in Vancouver, Canada.



As Dr. Kroke received her appreciation plaque, the WHL Secretary General Dr. Arun Chockalingam and the President Dr. Liu Lisheng thanked her for her outstanding contributions to the development of the League over many years.



Dr. Dueñas from Cuba after receiving his plaque noted that his association with WHL was a long standing one. He, together with Dr. Chockalingam (Canada) and Dr. Liu Lisheng (China), was a contributor to the WHL/WHO Patient Education Project in six countries conducted during the time period 1992-1996. Other three countries were Ghana, Africa; Hungary, Europe; and Russia.

WHL New Members

The WHL welcomes the following three new Board members who began their two-year term as of October 2010.



Dr. D. T. Lackland

Dr. Daniel T. Lackland is Professor of Epidemiology in the Department of Neurosciences at the Medical University of South Carolina. He is a Fellow in the American College of Epidemiology, American Society of Hypertension, and American Heart

Association. He is a member of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 8), and the NHLBI Global Risk Assessment work group.



Dr. A.E. Berbari

Dr. Adel E. Berbari is Professor of Medicine (Nephrology) – Physiology, American University of Beirut Medical Center Fellow, High Blood pressure Council – AHA and American College of Physicians. He is also a member of several international societies of Nephrology, Hypertension, President, Lebanese Hypertension League and Editor-in-Chief, Lebanese Medical Journal. He has published over 65 articles, authored/edited 4 books (Hypertension and related cardiovascular disorders) and has reviewed several hypertension journals.

of several international societies of Nephrology, Hypertension, President, Lebanese Hypertension League and Editor-in-Chief, Lebanese Medical Journal. He has published over 65 articles, authored/edited 4 books (Hypertension and related cardiovascular disorders) and has reviewed several hypertension journals.



Prof. S. Harrap

Professor Stephen Harrap is the currently President of the International Society of Hypertension and will serve on the WHL Board as an *ex-officio* member. He has an ongoing commitment to hypertension that encompasses clinical (as a specialist physician), research

(in human and experimental genetics of blood pressure and its complications) and teaching (as Chair of Physiology) perspectives.

People

In September 2010, the **Algerian Society of Hypertension** elected new officers for the period of 3 years: Prof. Salim Ben Khedda is President, Prof. Ahcene Chibane is President Elect and Dr. Mohammed Tahmi is General Secretary. The address of the Society is: BP 442, Hydra, Alger, Algeria.

Phone: (+213-21) 23 51 86

Fax: (+213-21) 23 77 38

E-mail: sahahta@gmail.com

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

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).

Board Officers:

Dr. Liu Lisheng (Beijing, China), President
Dr. Lawrence Beilin (Perth, Australia), Vice-President
Dr. Arun Chockalingam (Washington, DC, USA), Secretary General

Members:

Dr. Adel E. Berbari (Beirut, Lebanon)
Dr. J. George Fodor (Ottawa, Canada)
Dr. Graham MacGregor (London, UK)
Dr. Bruce Neal (Sydney, Australia)
Dr. Anita Rieder (Vienna, Austria)
Dr. Xin-Hua Zhang (Hong Kong)
Dr. Daniel T. Lackland (Charleston, SC, USA), Editor WHL Newsletter

ISH Representation:

Dr. Stephen Harrap (Melbourne, Australia)
Dr. Tony Heagerty (Manchester, UK)

Secretariat:

Chellam Chellappan, Office Secretary of the Board
Blusson Hall – 11016, Simon Fraser University
8888 University Drive, Burnaby, BC, V5A 1S6, Canada
Phone: (+1-778) 782-6952; Fax: (+1-778) 782-5927
E-mail: whlsec@sfu.ca
Internet: <http://www.worldhypertensionleague.org>

Editorial Office:

Erika Pisch, Editorial Assistant
Max Delbrück Center for Molecular Medicine (MDC)
Robert-Rössle-Strasse 10, 13125 Berlin-Buch, Germany
Phone/Fax: (+49-30) 9406-2123
E-mail: whl@mdc-berlin.de

The WHL Newsletter is published quarterly by the World Hypertension League (ISSN 2077-7434)

Calendar

5th Portuguese Congress of Hypertension February 17-20, 2011

Algarve, Portugal

Information: Dr. José Alberto Silva, Portuguese Society of Hypertension, Av. Visconde de Valmor, n^o12, r/c dt^o-A, 1000-291 Lisbon, Portugal
Fax: (+351-21) 796-0098
E-mail: geral@sphta.org.pt

PreventIndia Conference on CVD Prevention

February 19-20, 2011

Hyderabad, India

Information: Dr. Ramesh Babu
E-mail: preventindia@rediffmail.com

12th National Congress on Hypertension

March 17-19, 2011

Athens, Greece

Information: Hellenic Society of Hypertension, 111, Vas. Sofica. Ave., 115 27 Athens, Greece
Fax: (+30-210) 640 0767
E-mail: gramatia@hypertasi.gr
Website: <http://www.hypertasi.gr>

Annual Meeting of the Turkish Association of Hypertension Control

May 6-8, 2011

Izmir, Turkey

Information: Kıbrıs Şehitler Caddesi 1441 Sok.
2/13 Alsancak-Izmir, Turkey
Fax: (+90-232) 422 4777
E-mail: sekretery@hiperder.org
Website: <http://www.hiperder.org/en/>

21st European Meeting on Hypertension

June 17-20, 2011

Milan, Italy

Information: Aim Group – AIM Congress,
Via Flaminia 1068, 00189 Rome, Italy
Fax: (+39-06) 2332 5630
E-mail: esh2011@aimgroup.eu

13th International Symposium of Hypertension and Related Diseases

November 4-6, 2011

Beijing, China

Information:
Website: <http://www.bhli.org.cn>