



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. 139, March 2013

WHL News

Preventing and Controlling Hypertension



Dr. Norman Campbell



Dr. Daniel Lackland

Recently the World Health Organization (WHO) concluded that increased blood pressure (BP) was the leading risk for death and disability with over 9 million deaths per year and 7 percent of global disability attributed to increased BP. The chronic diseases caused by hypertension and other health risks have been predicted to be major risks to the world economy as well as to national health systems. However, the real toll needs to be considered the individuals with increased BP who develop preventable deaths and disability and their families who lose loved ones and financial stability or are required to provide ongoing care for those chronically disabled. Few in any society worldwide have not been impacted by the consequences of hypertension.

Fortunately, the last few years have been marked by at least talk of a global response to reduce the impact of hypertension. A United Nations special high level meeting dedicated to Chronic Non-communicable Disease (NCD) has in draft 9 critical global targets, four of which directly relate to hypertension. One recommendation for nations is

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Note from the Editor

Indeed there are many significant activities being implemented that will have high impact on global hypertension management and prevention. In this issue of the *Newsletter*, Professor Norm Campbell, WHL president-elect identified several major interventions that will positively affect global health and the members of the WHL. Also included are excerpts from a manuscript from WHL partners and the World Heart Federation describing the cardiovascular disease and stroke reduction goals with the particular implications for lower income countries. There are several important science conferences coming up including the 2nd World Hypertension Congress June 27-30, 2013 Istanbul, Turkey with an exciting and state-of-the-art content. And finally a message from World Health Day 2013 in Geneva, and a reminder of World Hypertension Day on May 17th. We welcome all societies and members to document activities, and submit with photos to the *Newsletter*.

Dr. Daniel T. Lackland

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Preventing and controlling hypertension continued

to reduce the prevalence of hypertension by 25 percent and if they cannot do at least contain the prevalence. Another critical recommendation is to reduce dietary salt intake by 30 percent. The WHO has also indicated reducing dietary salt is one of a few 'best buys' for improving health and reiterated its recommendations for individuals to reduce their intake to less than 5 g/day (with lower levels in children based on their lower caloric requirements). Two other recommendations address the need for essential medications to be available and affordable to treat NCDs.

It is important that non-government organizations and especially those dedicated to hypertension also make plans to respond in systematic manner. To effectively impact hypertension control, national hypertension organizations need to build partnerships with the organizations that represent the health care workers who assess BP, initiate and monitor treatment. These partnerships can be used to develop education programs and resources that promote enhanced and optimized hypertension practices based on the needs and wants of health care workers. For too long, interventions have been developed based on highly specialized detailed advice that is often not applicable in the environments of the primary health care workers. Not often enough is attention focused on the fundamental tasks that are critical to reduce the burden of hypertension. Such tasks include measuring BP as a routine practice at all adults every visit, assessing for diabetes and dyslipidemia in those with hypertension, providing written advice on why control of hypertension is important combined with information on lifestyle and drug treatments, and prescribing antihypertensive drugs in combinations to achieve BP targets. Building partnerships with the training schools for health care workers can ensure optimum practice interventions start during training.

National hypertension organizations can allocate resources to build capacity within their countries for prevention and control of hypertension. While all are resource poor, national meeting agendas can focus on developing and fostering interventions for prevention and control. Such interventions could include ensuring there are valid hypertension guidelines adapted to the national circumstances, training programs to guide health care workers in optimum management of hypertension, and to run community based hypertension control programs. National organi-

zations can also play important roles in supporting international recommendations and advocating for national dietary salt reduction programs by educating policy makers, other health care professionals and the public.

The World Hypertension League is assessing the needs of national hypertension organizations and will work with national organizations to share best practices globally and to adopt currently available resources to aid prevention and control of hypertension.

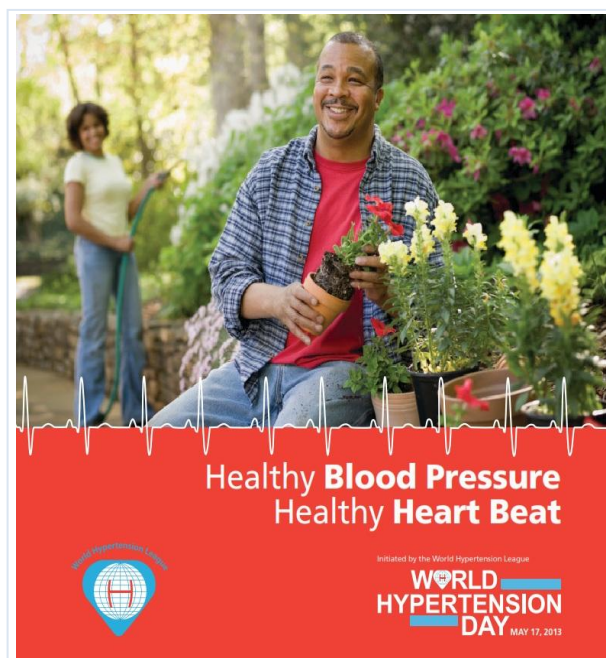


Dr. Norman Campbell
President Elect, WHL



Dr. Daniel T. Lackland
Editor, WHL Newsletter

World Hypertension Day 2013



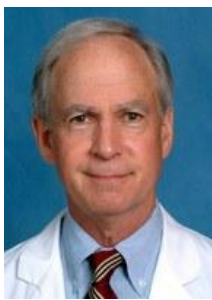
Cover page of WHD 2013 Brochure

For more information, please contact the Office of the Secretary General at whlsec@sfu.ca.

WHL News

Exerts from the manuscript

***“Our Time: A Call to Save Preventable Death From Cardiovascular Disease (Heart Disease and Stroke)”* and World Heart Federation President Sidney C. Smith Jr, MD.**



Dr. Sidney C. Smith Jr.

Disease patterns are changing worldwide as a result of the aging population, globalization, rapid urbanization, and population growth. Cardiovascular disease (CVD) has overtaken communicable diseases as the world’s major disease burden. CVD remains the no. 1 global

cause of death, accounting for 17.3 million deaths per year, a number that is expected to grow to 23.6 million by 2030. The populations being greatly affected are those in low- and middle-income countries, where 80 percent of these deaths occur, usually at younger ages than in higher-income countries, and where the human and financial resources to address them are often limited. The epidemiological transition occurring is exacerbated by the lack of vital investment in sustainable health policies to address and curtail the risk factors associated with CVD. Recognizing the profound mismatch between the need for investment in the prevention and control of CVD at the global and national level and the actual resources allocated, the international CVD community, under the umbrella of the World Heart Federation (WHF), effectively advocated for a *United Nations (UN) High-level Meeting on Non-communicable Diseases (NCD)*, held in September 2011. At this meeting, heads of state signed a political declaration that committed governments to the development of 4 specific measures to address the NCD burden in a specific timeline: (i) Recommendations for a global monitoring framework that included NCD targets to be completed by the end of 2012; (ii) development of a plan for an effective multisector partnership by the end of 2012; (iii) national NCD plans by 2013; and (iv) a comprehensive review to evaluate progress, to take place in 2014.

The 2011 report by the WHO, *Scaling Up Action Against Non-communicable Diseases (NCDs): How Much Will It Cost?*, details a core set of low-cost strategies, identified as “*Best Buys*” that all countries can implement to prevent and treat

NCDs. This list includes population-based measures to address risk factors and specific individual-based interventions, including a multi-drug therapy regimen of aspirin, a statin, and blood pressure-lowering agents to prevent heart disease and stroke and to treat those with, or at highest risk of heart disease and stroke.

Beyond the lives saved and the life-years extended, reducing the mortality rate for ischemic heart disease and stroke by 10 percent would also reduce economic losses in low- and middle-income countries by an estimated US\$25 billion per year. Drug therapy, singly or in combination with multiple drugs, is documented to be an investment and should be a target to be accomplished.

As member states look to finalize targets, doubt regarding country-level compliance in the implementation of interventions, as a result of underdeveloped monitoring and surveillance systems, must not overshadow the member states have taken the first step and set a bold overarching goal of reducing mortality by 25 percent by 2025.

Exerts from *Our Time: A Call to Save Preventable Death From Cardiovascular Disease (Heart Disease and Stroke)*.

Writing Committee:

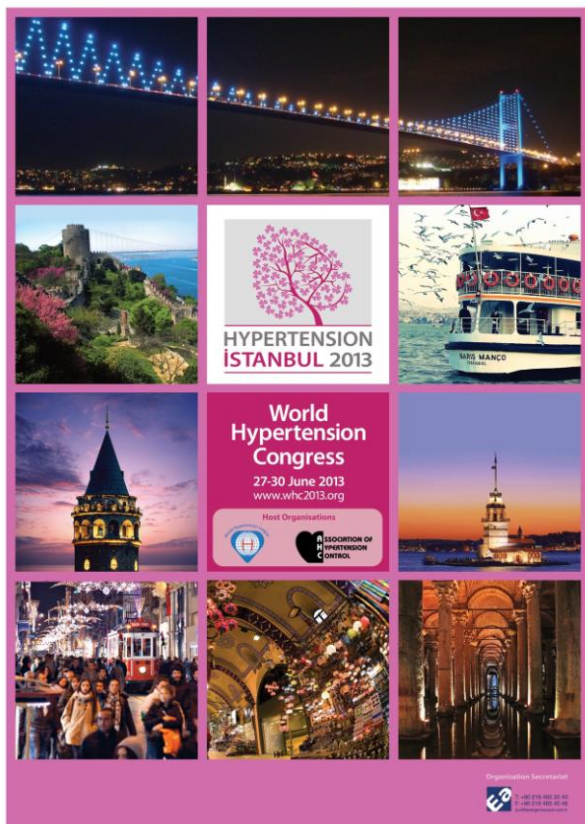
Sidney C. Smith, Jr, MD, FACC, FAHA, FESC, Chair; Amy Collins, MA; Roberto Ferrari, MD, PhD, FESC; David R. Holmes, Jr, MACC, FAHA, FESC; Susanne Logstrup, Cand. Jur., MBA, FESC; Diana Vaca McGhie, MPA; Johanna Ralston, MA, MSc; Ralph L. Sacco, MS, MD, FAAN, FAHA; Hans Stam, PhD; Kathryn Taubert, PhD, FAHA; David A. Wood, MSc, FRCP, FRCPE, FFFPHM, FESC; William A. Zoghbi, MD, FACC, FAHA. The writing committee members represent the following participating organizations: World Heart Federation (S.C.S., A.C., J.R., K.T.), American Heart Association (D.V.M., R.L.S.), American College of Cardiology Foundation (D.R.H., W.A.Z.), European Heart Network (S.L., H.S.), and European Society of Cardiology (R.F., D.A.W.).

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Dr. Daniel T. Lackland
Editor, WHL Newsletter

WHL Announcement

2nd World Hypertension Congress June 27-30, 2013, Istanbul, Turkey



Poster WHC 2013

The World Hypertension Congress (WHC) 2013 will be held in Istanbul, Turkey from June 27-30. The scientific program brings you the state-of-the-art information from all parts of the world - with 35 scientific sessions, over 60 oral free communications, over 100 poster presentations, three breakfast workshops and over 60 internationally renowned invited speakers.

The WHC will be a delight to hypertension and other cardiovascular researchers worldwide. Please mark your calendars and plan to attend WHC 2013 in the most magical city on earth - Istanbul, Turkey.

For more information and to get an official invitation for visa purposes, please contact the secretariat at <http://www.whc2013.org/>

Dr. Arun Chockalingam
Secretary General, WHL



World Health Day 2013

The WHO celebrates World Health Day every year on April 7th to commemorate the creation of WHO. April 7, 2013 marked the 65th birthday of the World Health Organization. This year, the WHO chose "Hypertension" as its theme and posters and messages have been sent throughout the world, with a caption "*Under Pressure*". The WHL was invited to the launch of this significant event at the WHO headquarters in Geneva on April 3, 2013. Our President Dr. Liu Lisheng, Secretary General Arun Chockalingam, President Elect Norman Campbell and Board member Xinhua Zhang attended the launch. The Director General of WHO Dr. Margaret Chan, Assistant Director General Dr. Oleg Chestnov and Director (NCD portfolio) Dr. Shanthi Mendis all spoke at the launch and expressed WHO's commitment for hypertension control globally. Dr. Chan asked the NGO community to partner with WHO to address hypertension control, a problem 1 out of 3 people on earth faces.

WHO executive had private meetings with ADG Dr. Chestnov and Dr. Shanthi Mendis on effective collaboration between WHO and WHL. Thanks to WHL country members, who promoted World Health Day in many countries around the world. This is a nice segway for WHL members to carry on the World Hypertension Day 2013 on May 17th, in their respective countries.



WHL Board members met with the Assistant General of WHO, Dr. Oleg Chestnov, at the launch of World Health Day. (from left to right):
Drs. Campbell, Chockalingam, Chestnov, Liu and Zhang.

Dr. Arun Chockalingam
Secretary General, WHL



People

The new president of the **Swedish Society of Hypertension, Stroke and Vascular Medicine (SVM)** is Prof. Anders Gottsäter. The mailing address is: SVM c/o Charlotte Löwenhielm, Karlsrovägen 18, 182 53 Danderyd, Sweden.

E-mail: charlotte.lowenhielm@gmail.com
Anders.Gottsater@med.lu.se

Website: <http://www.hypertoni.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).

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Calendar

Annual Hypertension Meeting of the Saudi Hypertension Management Society

April 30-May 1, 2013
Qatif, Eastern Province, Saudi Arabia
Information: SHC 2013
Phone: (+966-3) 8361000 ext. 1047
E-mail: gshc2013@gmail.com
Website: <http://www.saudihtn.org>

28th Annual Scientific Meeting and Exposition of the American Society of Hypertension

May 15-18, 2013
San Francisco, CA, USA
Information: ASH
148 Madison Avenue, 5th Floor
New York, NY 10016, USA
Website: <http://www.ash-us.org>

28th Annual International Interdisciplinary Conference “Complications of Hypertension: New Approaches to the Diagnosis and Management in African Americans”

May 17-19, 2013
San Francisco, CA, USA
Information: ISHIB Corporate, 2111 Wilson Blvd. # 700, Arlington, VA 22201, USA
E-mail: info@ishib.org

2nd World Hypertension Congress

June 27-30, 2013
Istanbul, Turkey
Information: Ea Organizasyon
Goksu Evleri, Camlik Cad., No: 191 B108/A
Anadoluhisari, Hisari-Istanbul, Turkey
Fax: (+90-216) 465-4048
E-mail: pco@eaorganizasyon.com.tr
Website: <http://www.whc2013.org>

High Blood Pressure Research 2013 Scientific Sessions Conference

September 11-14, 2013
New Orleans, LA, USA
Information: Council for High Blood Pressure Research 2013, 7272 Greenville Ave.
Dallas, TX 75231, USA
E-mail: sessionsadmin@heart.org