



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. 140, June 2013

WHL News

American Society of Hypertension and International Society on Hypertension in Blacks collaborate on Health Screening



Dr. Keith C. Ferdinand

During the recent 2013 Annual Scientific Meeting & Exposition in San Francisco, California, USA, the American Society of Hypertension (ASH) completed its sixth citywide **Hypertension Community Outreach Program** to educate

the public hypertension by intervention and education

at the community level. Overall, the ASH outreach effort builds on previous and ongoing public health programs ASH strives to address hypertension at the community level teaching the public about hypertension and cardiovascular disease.

In five hours, 155 people were registered and screened for blood pressure, glucose, cholesterol and BMI.

Eight physicians from ASH and the International Society on Hypertension in Blacks (ISHIB), Keith C. Ferdinand, MD, Chair, ASH Hypertension Community Outreach Committee, Steven Yarows, MD, Co-Chair, ASH Hypertension Community Outreach Committee, Vieta Bland, MD, Cornelius Flowers, MD, Joseph Izzo, Jr., MD, Suzanne Nicholas, MD, David Kountz, MD, Priscilla Johnson, PhD and Elijah Saunders, MD, were available to counsel privately with each patient about his or her testing results and overall health.

continued on page 2

Note from the Editor

It is great to see the expansion of World Hypertension Day and the many accomplishments seen on this global day of high blood pressure awareness. In this issue of the *Newsletter*, many activities from around the world are presented. These activities clearly identify hypertension in the international forefront and provide the opportunity for effective intervention.

The WHL will soon release the theme for 2014 World Hypertension Day and we encourage all members and societies to begin participate with local activities.

As always the *Newsletter* welcomes your contributions and photos regarding high blood pressure activities and accomplishments.

Dr. Daniel T. Lackland

Contents	Page
- WHL News	
ASH/ISHIB collaboration	1
- Note from the Editor	1
- WHD 2013 – Global Activities	
Slovakia	2
Slovenia	2
India	3
Italy	3
Turkey	4
- People	4
- Calendar	5

ASH/ISHIB Health Screening continued

Results:

The results from the screening showed 52 percent of those who were screened were women while 48% were men. The average age was 52 years; the average height was 5 feet 6 inches and the average weight was 165 pounds.

Table 1: Overall Statistics

	ASH sample	US National Average
Glucose	125 mg/dl	103 mg/dl
Cholesterol	198 mg/dl	188 mg/dl
HDL	54 mg/dl	48 mg/dl
Blood Pressure	132/75 mmHg	130/80 mmHg
BMI	25.5	29.9

Blood pressure results:

Twenty-six percent of those screened had readings of 141/91 mmHg or higher; 50 percent of those screened had blood pressures between 120/80 and 140/90 mmHg and 24 percent had blood pressure less than 120/80 mmHg.

Blood sugar results:

Sixty-eight percent of those screened for glucose were within a normal range (non fasting), while 23 percent ranged between 140 and 199 mg/dl and 7 percent were in a high range of over 200 mg/dl (non fasting).

Cholesterol results:

Fifty-five percent of those screened had readings under 200 mg/dl; 28 percent had readings between 200 and 239 mg/dl; 17 percent had cholesterol greater than 240 mg/dl.



Keith C. Ferdinand, MD, FACC, FAHA
 American Society of Hypertension
 National Forum for Heart Disease
 and Stroke Prevention

World Hypertension Day 2013

**Activity Report from Slovakia
 Bardejov Hypertension Days and School of Hypertension for Patients**

The Slovak League against Hypertension celebrated World Hypertension Day as a satellite joint session of the World Hypertension Congress Istanbul on May 31st to June 1st, 2013 in Bardejov Spa, Slovakia. The program started with a workshop (School of hypertension for patients) on Friday followed by 17 talks comprising the following themes:

- Sleeping and hypertension
- Nutrition and hypertension
- Sex, contraception and hypertension
- Stress and hypertension
- Vessel wall and hypertension
- Exercise and hypertension
- Varia

For more detailed information, please contact

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 03608 Martin
 Slovakia

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 Website: <http://www.hypertenzia.sk>

Activity Report from Slovenia

The Slovenian Hypertension Society participated in several radio and TV shows on May 7th, 2013. All around Slovenia, different actions were going on: Blood pressure was measured and inhabitants were informed about danger of silent killer, uncontrolled high blood pressure.

For more information, please visit the website of the Society at <http://www.hipertenzija.org>

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 Slovenia

Activity Report from India Blood Pressure Screening Camp

The Indian Society of Hypertension (ISH) conducted a Blood Pressure Screening Camp in Reserve Police Ground, Madurai on April 4th, 2013 for celebrating World Health Day. Two hundred police personnel were screened and the readings measured by mercury manometer and electronic device were compared in each person. Mr. Sanjay Mathur, Police Commissioner, inaugurated the Camp. Electrocardiogram (EGC) was recorded for all the persons and blood sugar was estimated.



Blood Pressure Screening Camp, Madurai, India.

On May 17th, WHD 2013 the Indian Society of Hypertension conducted a National Hypertension Survey for the first time in India to determine the details of its prevalence and risk factors among the Indian population. According to the assessment of the CADI (coronary arteries in Asian Indians) Research Foundation the prevalence of hypertension ranges from 20-40 percent in urban adults and 12-17 percent among rural adults in India. The number of people with hypertension is projected to increase from 118 million in 2000 to 214 million in 2025.



Panel Discussion, Indian Medical Hall, Madurai, India.

The national survey was going on in various centers in India and covered both, urban and rural areas. It will continue for some time and its results will still be some time away.

Dr. V.V. Muthusamy, General Secretary
Indian Society of Hypertension

Activity Report from Italy

On May 17, 2013 the 9th World Hypertension Day, promoted by the World Hypertension League, was celebrated in Italy. The Italian Society of Hypertension (SIHA) acted as promoter of a large number of initiatives throughout the nation in order to disseminate the awareness of hypertension and related diseases.



Activities at a stand in Pavia, Italy.

Several activities have been organized by the Regional Coordinators of SIHA and by numerous members of the Society, with the generous support of the Italian Red Cross volunteers. All these initiatives have gained a great success.

One hundred and thirty stands for blood pressure and heart rate measurements were placed in the main squares of several towns or in large supermarkets. All these activities were free of charge and on average about 250 persons were examined in each stand. At the same time, several hypertension outpatients clinics in large Italian hospitals, offered free consultations and visits, throughout the day.

Together with blood pressure measurements, education on high blood pressure clinical significance, and the benefit of exercise, nutrition, salt daily consumption as non-pharmacological measures to prevent/reduce blood pressure in-

continued on page 4

Activity Report from Italy continued

crease was also provided, by meetings and/or informative booklets, distributed in more than 3.700 pharmacies adhering to the national initiative. The educational material was also available in all the stands, where a large attendance of people was expected.



Discussion at a pavillon stand in Genova, Italy.

A special attention was given to childhood: in few towns paediatrician -cardiologists measured blood pressure to schoolboys and girls, and gave them the fundamental notions about blood pressure. In addition information on healthy or junk food, the importance of performing regular exercise and of adhering to a correct lifestyle from early years were proposed, with the help of educational material realized “ad hoc” for a pediatric population.

The most important national newspapers published a World Hypertension Day advertisement. Many newspapers and magazines published interviews and articles concerning hypertension and in many radio and TV programs the opportunity to talk about hypertension and to explain its relevance as a cardiovascular risk factor was given. Thanks to the joint contributions of SIIA members, nurses, pharmacists and Italian Red Cross volunteers, the Hypertension Day met a great success and achieved its goals, encouraging all the organizers to be prompt for the next Hypertension Day in 2014.

For more information and pictures, please visit the website of the Society.

Prof. Massimo Volpe, President
Italian Society of Hypertension
E-mail: ipertensione@tin.it
Website: <http://www.sii.it>

Activity Report from Turkey

On May 17th, 2013, a public day for increase the awareness of hypertension was arranged at Izmir University Faculty of Medicine, Medicalpark Hospital, attended by approximately 300 participants. WHD 2013 brochures were distributed to the participants and the chosen theme for this year “**Healthy Blood Pressure – Healthy Heart Beat**” was shared with the public. In addition, a TV program was achieved that day. Further, optimal life-style modification, especially salt consumption, obesity and physical activity were discussed at the program.

The Turkish Foundation of Family Medicine (TAHEV) arranged a symposium at Istanbul Acibadem University on May 18th, 2013, affiliated by the Turkish Society of Cardiology and the Turkish Association Hypertension Control. Approximately 150 primary care physicians attended the symposium. The World Hypertension League was introduced to the participants.



From left to right: Dr. Ali Köprülü (Managing Director of winally), Dr. Askin Kaplan (Family Physician, TAHEV), Dr. İstemihan Tengiz (President, Turkish Association Hypertension Control & Board Member WHL), Dr. İsmet Tamer (Family Physician TAHEV) and Mr. Ercan Demir (Manager PCO).

Professor İstemihan Tengiz, President
Turkish Association Hypertension Control

People

The new President of **the Argentina Arterial Hypertension Society** is Dr. Felipe Inserra. The mailing address is: Secretaria Permanente, Tte. Gral. Juan Domingo Perón 1479 2do. “4” – C1037ACA – CABA, Argentina.

E-mail: saha@saha.org.ar
E-mail: felinserra@yahoo.com.ar

continued on page 5

People continued

Dr. N. Chidambaram has been elected President of **the Indian Society of Hypertension**. The General Secretary of the society is Dr. V.V. Muthusamy at Sugapriya Hospital, Lake View Road, Park Area, K.K. Nagar, Madurai-625020, Tamilnadu, India.

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Website: www.indiansocietyofhypertension.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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The WHL Newsletter is published quarterly by the World Hypertension League (ISSN 2077-7434)

Calendar

11th Annual Meeting “Sharing Success: Ideas, Insights, and Innovations”

October 9, 2013

Washington, DC, USA

Information: National Forum for Heart Disease and Stroke Prevention, Operations Director
Julie Harvill

E-mail: julie.harvill@nationalforum.org

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

5th World Health Summit

Research & Innovation – Education & Leadership – Evidence to Policy – Global Health for Development

October 20-22, 2013

Berlin, Germany

Information: Tobias Gerber, Charité – Universitätsmedizin Berlin

E-mail: tobias.gerber@charite.de

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

7th African Hypertension Teaching Seminar

October 24-25, 2013

Abuja, Nigeria

Information: Prof. B. Onwubere, Cardiology Hypertension Unit, University of Nigeria, Enugu, Nigeria or Prof. R. Fagard, Hypertension Unit, KU Leuven University, Leuven, Belgium

E-mail: basden.onwubere@unn.edu.ng

E-mail: robert.fagard@uzleuven.be

23rd Annual Conference of the Indian Society of Hypertension

November 16-17, 2013

Lucknow, U.P., India

Information: Prof. NS Verma, BPCON 2013 KG's Medical University, Dept. of Physiology Lucknow 226003, U.P., India

E-mail: narsinghverma@gmail.com

info@bpcon.org

10th Asian Pacific Congress of Hypertension “Improving Cardiovascular Outcomes with Optimal Hypertension Control”

February 12-15, 2014

Cebu, Philippines

Information: 10th APCH Congress Secretariat PICO Bldg. 10 Soi Lasalle 56, Sukhumwit Bangna, Bangkok, 10260, Thailand

E-mail: apch2014@kenex.com