



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. 141, September 2013

WHL News

Report from World Hypertension Congress 2013 in Istanbul, Turkey



From left to right: Drs. Norman Campbell, Detlev Ganten, Liu Lisheng, Arun Chockalingam, Emin Alioglu, Remizi Onder, İstemihan Tengiz, Ertugrul Ercan.

The WHL jointly with the Turkish Association of Hypertension hosted the **2nd World Hypertension Congress (WHC)** in Istanbul, June 27-30, 2013. Over 930 delegates from 46 countries participated in this successful Congress. The WHC had 27 scientific sessions, two breakfast workshops, four joint symposia with WHL member countries (WHL jointly with Argentina, Azerbaijan, India and Slovak Republic), as well as a full session by the Turkish Association of Hypertension Control jointly with many other professional societies from Turkey. The scientific program comprised of 54 invited lectures by national and international speakers, 82 oral abstracts and 120 poster presentations.

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WHL News

Election Executive Board Members

Effective September 1, 2013, the following have been elected to the respective office:

Dr. Norman Campbell as President and Dr. Daniel T. Lackland as President Elect.



Dr. Norm Campbell



Dr. Daniel T. Lackland

Dr. Liu Lisheng, after serving as the President of WHL for 7 years (2006-2013) will be the Past President, while Dr. Arun Chockalingam will continue his role as the Secretary General.

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Report from WHC 2013 Istanbul continued



Dr. Detlev Ganten

Dr. Detlev Ganten, former President of WHL, founding President of World Health Summit and a lead medical scientist from Germany gave a thought provoking

keynote address on the 27th on the “Future of Hypertension prevention and control: from research to implementation”. He emphasized that hypertension is a major public health problem and must be addressed the national, regional and community level to stem the pandemic.



From left to right: Dr. Norman Campbell, Ms. Pelin Topus, Dr. Tolga Yonetsel, Dr. Arun Chockalingam



Congress Participants

Arun Chockalingam
Secretary General, WHL

Note from the Editor

With this issue of the Newsletter we are very pleased to introduce several regular features. The President’s Column from Professor Campbell will describe specific initiatives and WHL global efforts. The report from Secretary General Arun Chockalingam describes the activities of member societies and partners. The report from the successful World Hypertension Congress in Istanbul is presented. This Issue also includes an important update with global salt efforts. Professor and former WHL President Detlev Ganten extends an invitation for all to the World Health Summit in October. And Dr. William White provides a report from the recent Scientific Sessions from the American Society of Hypertension. It is quite exciting to see the many high impact activities being implemented globally. Future issues will describe more activities including the detailed plans for the 2014 World Hypertension Day scheduled for May 17th and the theme and Campaign ‘Know your blood pressure’. We would like all member societies and partners to provide reports and information about your programs and successes.

Daniel T. Lackland
Editor, WHL Newsletter
President Elect, WHL

WHL News

Newsletter – Science of Salt Weekly

We are pleased to announce the launch of “**Science of Salt Weekly**”, an email newsletter that summarizes the latest evidence and research related to dietary sodium. This newsletter is an initiative of the Heart and Stroke Foundation of Canada and Canadian Institute for Health Research (HSFC/CIHR) Chair in Hypertension Prevention and Control. Funding for this initiative comes from the Canadian Stroke Network and the George Institute for Global Health.

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President's Column



Dr. Norm Campbell

I am truly honored to take up the Presidency of the World Hypertension League (WHL) on September 2013 at a time when the United Nations and the World Health Organization have placed global focus on the prevention and control of high blood pressure. The

challenge for all is daunting as almost 1 in 3 adults have hypertension, close to one half of those with hypertension are unaware and only a small proportion are 'controlled'. Few countries are spared, with more similarities than differences in low, middle and high income countries.

During my term as President, it is expected that resources to improve prevention and control will be highly limited, constraining interventions and likely challenging the very existence of the WHL and its member organizations. Nevertheless, if national organizations and those interested in hypertension prevention and control rally, much can be done with activities and organizations sustained and expanded. A major function of the WHL will be to enhance and coordinate national member organization activities for prevention and control.

It is hoped that all national hypertension organizations will

- 1) Develop a systematic plan for their organization to enhance activities for prevention and control of hypertension at a population level (The WHL can provide technical assistance, please contact us if interested).
- 2) Develop partnerships to prioritize hypertension prevention and control with government and non-government organizations including those that represent the majority of health care workers that manage hypertension.
- 3) Ensure there are appropriate hypertension management guidelines that are suited to the national circumstances and develop a plan to ensure all health care providers become aware of the guidelines (the simplified guidelines of the International Society of Hypertension (ISH) that are under development will be a good starting point and the WHL can provide dissemination guidance) .

- 4) Advocate for national policies that would prevent hypertension and NCDs and especially those that reduce dietary salt. (The World Hypertension League is developing a policy statement that can be used).
- 5) Share your learnings with other national hypertension organizations through the WHL and the ISH. The WHL will be asking member organizations to report their prevention and control activities and are developing recognition awards for organizations making substantive progress.

The World Hypertension Day (every May 17th) for the next few years will focus on assessing blood pressure to detect hypertension. The WHL will develop a committee to produce resources to aid the training of people to assess blood pressure and also a committee to set standards for analysis and reporting of hypertension surveys. Those interested in participating in these committees should indicate their interest.

One of the high priority activities of the WHL will be fund raising. If you are interested in assisting by joining the WHL fund raising committee please let us know.

People interested in joining WHL committees should send an e-mail to whlsec@sfu.ca including a brief note of interest with a CV or details of experience/expertise in the interest area.

A handwritten signature in black ink, appearing to read 'Norm Campbell'.

Norm Campbell
President, WHL

Newsletter Science of Salt Weekly continued

Science of Salt Weekly has received formal support from the World Hypertension League, World Action on Salt and Health, the World Health Organization Collaborating Centre on Population Sodium Reduction and the PAHO/WHO Technical Advisory Group on Cardiovascular Disease Prevention through Dietary Sodium.”

For more information, to view the newsletter archive and to sign-up to have this newsletter delivered right to your inbox, visit the HypertensionTALK website:

<http://www.hypertensiontalk.com/science-of-salt-weekly/>

WHL News

Report on the ISH Strategic Planning Retreat Milan, June 14, 2013, Milan, Italy

A Strategic Planning Retreat organized by ISH President E.L. Schiffrin and the ISH executive took place on June 14, 2013 in Milan, Italy, at the time of the European Society of Hypertension (ESH) meeting. The goal was to discuss strategic issues facing ISH in order to ensure the professional, scientific and financial continuity and relevance of ISH, as the leading international organization in the field of hypertension and global cardiovascular risk reduction.

In attendance were the members of the Executive and Council of ISH as well as a representative of WHL and especially invited members who had played important roles in ISH in the past as well as young scientists involved in the New Investigator committee of ISH.

The meeting was very effectively facilitated by John Chalmers from Australia. The meeting addressed the following subjects: membership, the ISH biennial scientific meetings, regional meetings sponsored by ISH, and ISH guidelines for management of hypertension. It was proposed to continue and enhance our efforts to recruit clinicians, young investigators, and members from Africa, South-East Asia, China, India, Latin America. New approaches to make the ISH biennial scientific meetings attractive not only to scientists but also practicing clinicians and other health professionals were discussed. Regional meetings will be developed following novel models to make them more effective. Finally ISH guidelines for management of hypertension were discussed at great length. It was decided to proceed with preparation of simple one-page guidelines that could be carried in a pocket by the practitioner, easy to consult, and which would give guidance on what is the minimum that should be done to carry out best practices in any milieu, including resource-poor healthcare systems, avoiding duplication with existing guidelines. These could be the basis for regional or national professional organizations to adapt to local conditions depending on the local needs and resources. They should be easily implemented and understood around the globe, in particular in low and middle-income countries, focused on reducing risk of myocardial infarction (MI), stroke and chronic kidney disease (CKD), and ultimately, cardiovascular mortality, in order to save

lives. Very detailed guidelines are already in place or coming soon (ESH, JNC, NICE, many individual countries).

It will be now up to the Executive of ISH, perhaps in collaboration with other organizations, to put the recommendations into practice.

Ernesto L. Schiffrin
President, International Society of Hypertension

Report from the 28th Annual Meeting of the American Society of Hypertension May 15-18, 2013, San Francisco, CA, USA



Award winners ASH 2013

From left to right: Barry J. Materson, MD, MBA, FASH (University of Miami), Iris Jaffe, MD, PhD (Young Scholar Award), C. Venkata S. Ram, MD, MACP, FACC, FASH (Marvin Moser Clinical Hypertension Award), Ernesto L. Schiffrin, CM, MD, PhD, FRSC (American Society of Hypertension's 2013 Distinguished Scientist Award), William B. White, MD, FASH (President, ASH), Daniel T. Lackland, DrPH, FASH (Medical University of South Carolina)

The 28th meeting of the American Society of Hypertension (ASH) was held this past May in San Francisco and was a major success with outstanding scientific and state-of-the-art presentations, debates, and workshops. Featured at the meeting was Hypertension Highlights, a nearly full day meeting specifically developed and devoted for specialists in Hypertension. The four themes of the Highlights featured Hypertension and the Brain, Obesity and Cardio-metabolic Disorders, Modulators of Vascular Function, and Blood Pressure Targets according to comorbid illnesses. A major theme of the meeting was the importance of the clinical trial in translating research into practice in the field. The keynote speaker was Professor Thomas Fleming, chair

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Report from ASH Meeting continued

of biostatistics, at the University of Washington, Seattle, who spoke on the successes and pitfalls of primary and secondary prevention trial data in hypertension and vascular diseases. This year's Thomas Pickering memorial lecture was delivered by Dr. Joel Dimsdale, University of California, San Diego, and former editor-in-chief of Psychosomatic Medicine, whose talk was entitled 'Behavioral evaluation and treatment of hypertension'. In addition to numerous state of the art lectures in a variety of topics in basic and clinical hypertension, we also had a full day of sessions for the primary care clinicians that covered a number of broad topics that were directly applicable to clinical practice including blood pressure measurement, management of hypertension in special populations, and other practical guidelines developed by the experts in the field. The meeting was capped with our Hypertension Outreach program that screened blood pressures, serum glucose, and cholesterol levels and advised numerous individuals from the San Francisco region. The Outreach program was staffed by physicians, nurses, and other health professionals brought together by ASH and the International Society for Hypertension in Blacks (ISHIB) who had their annual meeting conjointly with ASH.

William B. White, M.D., FASH, FAHA, FACP
Farmington, Connecticut
President, American Society of Hypertension

Announcement

Invitation to the "World Health Summit" from October 20-22, 2013, Berlin, Germany

Non-communicable diseases (NCD) are an increasing threat for global health in both rich and poor countries. Hypertension can be considered a model for improving this situation: diagnosis is simple and precisely quantitative, it can be treated and prevention is possible.

As a consequence, hypertension programs can be considered the most successful example of improving health in large populations. As past president of the World Hypertension League, I

am proud that this progress has been made possible through the dedicated work of our colleagues. All members of the Hypertension Community are cordially invited to the World Health Summit to spread the word.

This exemplary change in the area of Hypertension can be translated into many other problems of global health if representatives from all health-related areas work together. The World Health Summit accepts this duty and brings together international experts from all involved sectors to work on innovative solutions.

The 5th World Health Summit will be held in the Federal Foreign Office Berlin under the high patronage of Chancellor Angela Merkel, President François Hollande and José Manuel Barroso, President of the European Commission. It provides a unique and timely opportunity for decision-makers from academia, politics, the private sector and civil society to discuss challenges and chances to improve health worldwide. The program will be structured by four major tracks:

- Research and Innovation
- Education and Leadership
- Evidence to Policy
- Global Health for Development

Underpinned by the M8 Alliance of Academic Health Centres, Universities and National Academies, the World Health Summit is organized by Charité – Universitätsmedizin Berlin.

All of you are cordially invited to contribute.

For further information please consult:
<http://www.worldhealthsummit.org/>

Direct registration is possible via:
<http://www.worldhealthsummit.org/the-summit/registration/participant-registration.html>



Detlev Ganten

Founding President
World Health Summit

Past President (1990-1995)
World Hypertension League



Dr. Detlev Ganten

People

The **Portuguese Society of Hypertension** has elected new board members for the period 2013-2015: Dr. Fernando Pinto (President), Dr. J. Mesquita (President Elect), Dr. Manuel Carvalho Rodrigues (General Secretary) and Dr. Luisa Moreira (Treasurer). The mailing address is: Av. Visconde de Valmor, 12, r/c dt.ºA, 100-291 Lisboa, Portugal.

E-mail: geral@sphta.org.pt

E-mail: fpintomd@hotmail.com

Website: <http://www.sphta.org.pt/>

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. Norman Campbell (Calgary, Canada), President
Dr. Daniel T. Lackland (Charleston, USA) President Elect & WHL Newsletter Editor
Dr. Liu Lisheng (Beijing, China), Past President
Dr. Arun Chockalingam (Washington, DC, USA), Secretary General

Members:

Dr. V.V. Muthusamy (Madurai, India)
Dr. Peter Nilsson (Malmö, Sweden)
Dr. Anita Rieder (Vienna, Austria)
Dr. Istemihan Tengiz (Izmir, Turkey)
Dr. Xin-Hua Zhang (Beijing, China)

ISH Representation:

Dr. Ernesto Schiffrin (Montreal, Canada)
Dr. Stephen Harrap (Melbourne, Australia)

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Calendar

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>

5th International Conference on Fixed Combination in the Treatment of Hypertension, Dyslipidemia and Diabetes Mellitus

November 21-24, 2013

Bangkok, Thailand

Information: Paragon Conventions

Noa Beer-Raveh, 18 Avenue Louis-Casai

1209 Geneva, Switzerland

Fax: (+41-22) 580-2953

E-mail: fixed2013@fixedcombination.com

11th Annual Scientific Meeting of the Malaysian Society of Hypertension

January 17-19, 2014

Kuala Lumpur, Malaysia

Information: Event Secretariat

E-mail: msh2014asm@gmail.com

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

8th International Meeting on Hypertension and Global Cardiovascular Risk

February 20-23, 2014

Vilamoura, Portugal

Information: Portuguese Society of Hypertension

Av. Visconde de Valmor, 12, r/c dt.ºA, 100-291

Lisboa, Portugal

E-mail: geral@sphta.org.pt

Website: <http://www.sphta.org.pt>

3rd Latin American Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHY)

March 13-16, 2014

Panama City, Panama

Information: Congress Secretariat

E-mail: codhyLA@codhy.com

Website: <http://www.codhy.com/la/2014>