

# WHL • NEWSLETTER

News from the World Hypertension League (WHL)

In Official Relations with the World Health Organization

No. 187, March 2025

## Note from the Editor



*Prof. Daniel Lackland*

With the first issue of the Newsletter in 2025, I'd like to congratulate the WHC2025 Planning Committee for an outstanding World Hypertension Congress in India. The Newsletter will showcase the many highlights in upcoming issues. It is rewarding the

see the WHL leadership transition building on a solid foundation with great expectations for the future. We congratulate Professor Whelton on a job well done, and look forward to working with Professor Parati.

It is a great pleasure to showcase the special role of the Global Pregnancy Collaboration in high BP treatment and control. Likewise, the reports from the WHL family - the Iraqi Society of Hypertension, Pakistan Hypertension League, and Sudanese Society of Hypertension - demonstrate unique attributes and impact. The next Newsletter issue will include profiles of the 2025 Excellence awardees, as well as the results of the Children's Art Program. So, with the conclusion of the Congress, we celebrate the solid foundation of accomplishment with great aspirations for the future, and the Newsletter looks forward to reporting all.

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## President's Column



*Prof. Gianfranco Parati*

Dear Colleagues,

It is a great honour for me having been elected to represent all of you as President of WHL for the next three years. It is not an easy task for me to take this position after Dr. Paul Whelton, who has

done an outstanding job over the last years in consolidating the structure of WHL and in expanding its visibility in the global effort to improve hypertension control in the world. My mission is now to continue along the same lines, and this task will be made easier for me by the support and advice that Paul will continue to give me in his role of Immediate Past President. I will also benefit from the support of our new President Elect, Dr. Markus Schlaich, with whom I have already closely and successfully collaborated in the last few years, and of all the other Executive Board and Board of Directors members.

This great team is representative of most regions of the world. The Executive Board consists of myself (Italy), Past President Dr. Paul K Whelton (USA), President Elect Dr. Markus Schlaich (Australia), Secretary General, Dr. Bader Almustafa (Saudi Arabia), Vice-President, Dr. S.N. Narasingan (India), and Treasurer, Dr. Michael Weber (USA). Our Board of Directors includes Dr. Leilani B. Mercado-Asis (The Philippines), Dr. Albertino Damasceno (Mozambique), Dr. Bert-Jan Van Den Born (The Netherlands), Dr. Flavio Danny-Fuchs (Brazil), and Dr. Yan Xiaowei (China). In addition, we have ex-officio BoD representation from the World Health Organization (WHO) and Resolve to Save Lives (RTSL). We will also have

during my presidency the contribution of a number of special WHL Ambassadors, each of them with a specific task: Dr. Martino Pengo (Italy), Dr. Dagnovar Aristizabal (Colombia), Dr. Anping Cai (China), Dr. Claudio Borghi (Italy) and Dr. Yuqing Zhang (China). Finally, Dr. Liu Lisheng (China), Dr. Norman Campbell (Canada), and Dr. Daniel Lackland (USA) will continue serving as Special Advisors to the President. And I will have the privilege of having the continuing invaluable support of Mrs. Mary Trifault who has been efficiently supporting WHL over the past years.

My goal while starting to serve WHL members in my role as President is to continue contributing to WHL mission, together with our Executive and BoD members, by working to further expand the global range of WHL activity and to further increase WHL visibility, also through a more intense collaboration with other Societies and Associations dealing with cardiovascular risk and hypertension control in the world. I will also continue the work started in 2024 to consolidate some financial support for WHL through a transparent and unconditioned interaction with Industry, through the establishment of corporate membership to be offered to drug and device companies interested in providing unbiased support to WHL efforts for a better global hypertension control. We will also continue improving the quality of WHL communication tools, through further improvement of the WHL website and of the quarterly WHL Newsletter, so efficiently managed by Dr. Dan Lackland and by Mrs. Mary Trifault so far. An important effort will also be made to strengthen coordination and collaboration with our WHL regional offices.

We will also ensure a strong collaboration with the incoming new Editor-in-Chief of the Journal of Human Hypertension (our official Journal), as we have successfully done in recent past with Dr. Michael Stowasser, with the aim of potentiating WHL publications.

Finally, we will continue the efficient collaboration characterizing recent years with our partners at WHO, PAHO, RTSL and at the CDC. As already done in the previous years, we will maintain a constructive interaction with our

several professional organization partners, in particular with ISH.

I take this opportunity to thank all of you who contributed to the stimulating WHL Board and Council meetings in Chennai as well as to the great success of the entire World Congress on Hypertension in India.

We have now already started working to the planning and organization of the next 2027 World Congress on Hypertension which will likely be in Latin America, a challenging activity for which I need the help of all of you, in particular the Executive and BoD members.

Having just started my term as your WHL President, let me ask you for your support and help during the next three years. Your suggestions and advice on possible initiatives that might be useful to support our mission will be more than welcome, and by working together I hope that we might contribute to reduce the burden of cardiovascular disease in the world, through a more effective prevention and a better control of hypertension.

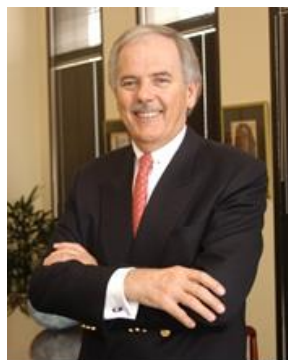
*Gianfranco*

Gianfranco Parati MD

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## Thank you from the Past President

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*Prof. Paul Whelton*

Dear Colleagues,

I am writing this short note to thank you for your encouragement and support during my term as President of the WHL. With your help, we have accomplished a good deal during the past two and a half years.

This has included 1) renewing official relations with the WHO, 2) introducing a new, more contemporary, WHL logo, 3) launching a new, more user friendly, WHL website, 4) creating a WHL introductory video, 5) adding nine new full (voting) WHL members and several new associate members, 6) facilitating stronger engagement with our partner organizations, 7) redesigning and expanding the

WHL Newsletter, 8) holding regular President's Calls, and Executive Board, Board of Directors, and Council meetings, in addition to weekly Operations Committee meetings, and regular Awards Committee and Publications and Presentations Committee meetings, 9) reinstituting an Executive Board Treasurer position and creating a vibrant Corporate Relations Committee, 10) adding a Resolve to Save Lives representative as an ex-officio member of our Board of Directors, 11) engaging in a variety of new educational initiatives, and 12) planning and conducting a very successful 2025 World Hypertension Congress in Chennai, India. None of this would have been possible without an enormous amount of work by members of the WHL Board, Council, partner organizations, our WHL Special Advisors, and our Senior Administrator, Ms. Trifault. You made me look good but everything we accomplished was the result of a team effort by volunteers who are passionate about the WHL mission.

It has been a great honor to serve as your President for the past two and a half years. With Dr. Parati as our new President, the WHL is in very good hands, and I could not be more excited for the future. We are in an exciting new era that holds promise for better prevention and control of high blood pressure. Looking to the future, we can anticipate refinements in implementation science strategies such as the HEARTS program, greater use of single-pill combination antihypertensive therapy (including low-dose triple and quadruple therapy combinations), and the potential of new antihypertensive drug classes, long-acting injectable antihypertensives, enhanced device therapies, and selected use of other agents, such as GLP1 drugs, that are indicated for the management of co-morbid conditions but can result in substantial blood pressure lowering. It's a very exciting time for everyone who has a role in managing high blood pressure.

I look forward to supporting Dr. Parati and the new WHL Board and to maintaining the many friendships that I have made during my term as President.

Paul K. Whelton, MB, MD, MSc  
WHL Immediate Past President

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## WORLD HYPERTENSION CONGRESS

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### 6<sup>th</sup> World Hypertension Congress

March 7-9, 2025, Chennai, India

### ***"Controlling Hypertension Together"***

Meetings of the WHL Executive Board/Board of Directors and WHL Council were held in Chennai, India on March 6<sup>th</sup>, and the 2025 6<sup>th</sup> World Hypertension Congress was held in Chennai between March 7-9, 2025. Both the WHL meetings and the WHC were very successful, and I thank those of you who contributed in person or online to the success of these meetings. In person WHC participation surpassed our expectations, with a final tally between 1,700 and 1,800 registrants and many more taking part online. We had representatives from all continents, except Antarctica, and this included many delegates from many LMICs, a target audience for the WHL. The scientific sessions were superb and there was ample opportunity for interaction between the sessions and during the social events. I am very grateful to my colleagues in the WHC Scientific Planning Committee (Drs. Narasingan, Parati, Zhang, Schlaich, Lackland, Weber, Moran, Prabhakar, Chandrasekar, Ms. Massaro, and Ms. Trifault, in addition to myself) who spent two years preparing for the Congress. I am also very grateful to our colleagues in the Indian Society of Hypertension (InSH) and especially to the Indian Organizing Committee, chaired by Dr. Narasingan, who were superb hosts for the WHL meetings and the Congress. The arrangements in Chennai and their hospitality were beyond anything we expected.

All the scientific sessions were outstanding and relevant to the concerns of WHL member organizations. The Keynote addresses, special lectures, and Scientific Writers Workshop were a great success, and I was delighted that we had such strong participation from LMICs in the abstract sessions. Congratulations to all our awardees and to the children from all over the world who contributed to the Children's Art Program. Elsewhere in this Newsletter you will see selected photos from the WHL meetings and

I handed over the WHL Presidency and Chain-of-Office to Dr. Gianfranco Parati during the WHC Closing Ceremony. He will provide outstanding leadership for the WHL, and I look forward to supporting him in all possible ways. Gianfranco is already planning for the next Congress, targeted for 2027. Please send him any suggestions you may have for improving the Congress, including possibilities for joint sessions.

## PHOTO HIGHLIGHTS



2025ம் ஆண்டுக்கான உலக உயர் இரத்த அழுத்த மாநாடு முதல்முறையாக இந்தியாவில் நடைபெறுகிறது

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>சென்னை, மார்ச், 09: சென்னையில் தற்போது 2025ம் ஆண்டுக்கான உலக உயர் இரத்த அழுத்த மாநாடு மார்ச் 7ம் தேதி முதல் 9ம் தேதி வரை நந்தம்பாக்கத்தில் உள்ள சென்னை ஸ்போர்ட்ஸ் ஸ்டேடியத்தில்</p> | <p>உலக சுகாதார அமைப்பு பரிந்துரைக்கும் 5 கிராம் தினசரி வரம்பை விட அதிகமாக உள்ளது, இது உயர் இரத்த அழுத்தத்திற்கு கணிசமாக பங்களிக்கிறது என்று நிபுணர்கள் எச்சரிக்கைக்கிறார்கள்.</p> |
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Dr. Paul Whelton and Dr. S.N.N.Narasingan host the WHC Opening Ceremonies, Chennai Trade Center.



Global Partners and Council Members are recognized during the Opening Ceremony.



Dr. Prathap C. Reddy, Founder & Chair, Apollo Hospitals Group, welcomes the attendees.





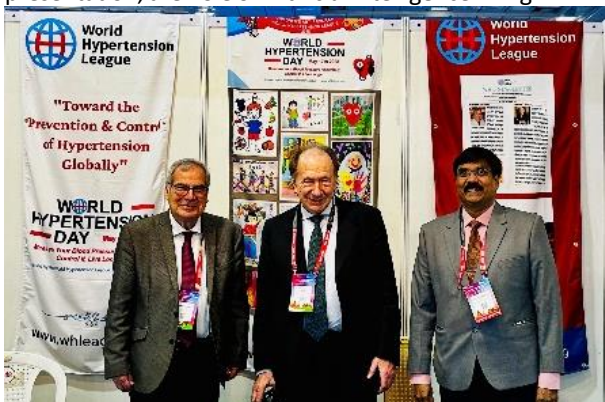
WHL Excellence Awards ceremony (l-r): Dr. S.N. Narasingan, Dr. Paul Whelton, Dr. Jiang He (excellence awardee), Dr. Gianfranco Parati



The WHL Organization Excellence Award is presented to RTSL India at the Awards Ceremony.



Dr. Daichi Shimbo (2<sup>nd</sup> from left) gives keynote presentation, the Role of Artificial Intelligence in High BP.



Welcoming attendees at the WHL Booth, l-r: Dr. Dan Lackland, Dr. Gianfranco Parati, Dr. Dorairaj Prabhakar

## WORLD HYPERTENSION DAY

# 2025 WORLD HYPERTENSION DAY MAY 17

**Measure Your Blood Pressure Accurately,  
Control It, Live Longer.**

Initiated by the World Hypertension League [WHLeague.org](http://WHLeague.org)

We are looking forward to everyone's participation in World Hypertension Day (WHD) on May 17, 2025! **Resources are posted on the [WHL website](http://WHL website).**

### NEW THIS YEAR

**Clinical Guidelines Questionnaire:** On behalf of the WHL and ESH Working Group on Hypertension and CVD Risk, we invite you to participate in an initiative to evaluate the development, implementation, and uptake of clinical guidelines in low-resource settings through a questionnaire which takes approximately 10-15 minutes to complete. **You can access the questionnaire [through this link](#).**

### Yearly WHD Themes

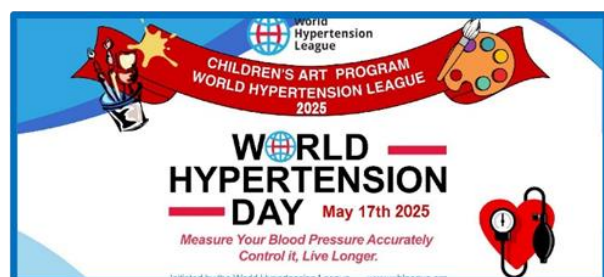
- 2005- "Awareness of High Blood Pressure"
- 2006- "Treat to Goal"
- 2007- "Healthy Diet"
- 2008- "Measure Your Blood Pressure...At Home"
- 2013-2018- "Know Your Numbers"
- 2022- "Measure Your BP, Control It, Live Longer"
- 2023-2025 "Measure Your Blood Pressure Accurately, Control It, Live Longer"

### Activities for Celebrating WHD to Increase Awareness

- Media releases and awareness campaigns
- Blood pressure screenings
- Community Events
- Educational programs and calls to action
- WHL Children's Art Program

To request the World Hypertension Day 2025 logo for use in your outreach and educational materials, please send an email to [whleague17@gmail.com](mailto:whleague17@gmail.com).

## CHILDREN'S ART PROGRAM 2025



### Submissions Deadline: April 15th

Click on [this link](#) for the submission form.

This year's theme focuses on living a health lifestyle. Artists can choose one or more of the following recommendations to include in their artwork:

- Regular blood pressure measurement: **Know Your Numbers**
- More physical activity/less screen time: **Get Moving: Walk, Run, Dance, Play**
- Low sodium, heart healthy diet: **Enjoy Your Fruits & Veggies**
- Refraining from smoking: **Stay Smokefree**

Contributing artists and their artwork will be announced on **WHD, May 17, 2025**.



## JHH SPOTLIGHT

Journal of  
Human Hypertension



SPRINGER NATURE

World Hypertension League

BIHS

### "Patient perspectives of guideline recommendations – are we missing the mark?"

<https://www.nature.com/articles/s41371-024-00951-0>

Submitted by Dr. Catherine G. Derington, Associate Editor of JHH

The Seiffert et al. study titled, "*How do the guideline recommendations work for you? Patients' perceived effectiveness of therapeutic approaches in arterial hypertension*" sheds light on a crucial, yet often overlooked, aspect of hypertension management—how patients perceive and implement guideline-recommended treatments. The study's cross-sectional, latent class analysis of 160 inpatients with arterial hypertension identified two distinct patient subgroups: one group perceived all therapeutic approaches as beneficial and demonstrated better blood pressure (BP) control, while the other expressed skepticism about weight reduction, alcohol cessation, and nicotine abstinence, aligning with higher BP levels.

These findings underscore a fundamental truth in hypertension management: patient beliefs and perceptions significantly influence adherence to recommended interventions. In the study, social support was the most positively perceived intervention, which highlights the need to research and integrate patient-centered strategies such as social support, shared decision-making (SDM), and individualized

counseling into routine hypertension care. Indeed, previous research suggests that patient adherence improves when individuals feel supported by family, friends, and healthcare providers.

The implications of these findings are profound. Current guidelines—such as the S3 guideline referenced in the study—are comprehensive in their recommendations but may fall short in addressing the psychological and social determinants of adherence.

SDM could play a pivotal role by ensuring that treatment plans align with patient preferences, values, and concerns. By involving patients in the decision-making process, clinicians can foster greater adherence and trust and improve patient engagement, ultimately affecting outcomes. The perception held by some patients that lifestyle modifications are less effective therapies calls for a reevaluation of how these recommendations are communicated and reinforced. Additionally, the study's finding that nearly one-third of participants had depressive symptoms, which have been linked to lower adherence, suggests that addressing mental health in hypertensive patients could lead to better adherence to both pharmacological and non-pharmacological recommendations.

Ultimately, this study reinforces the idea that achieving optimal BP control is not solely a matter of prescribing medications or setting BP targets. Rather, it necessitates a more holistic approach that prioritizes patient engagement, belief systems, and individualized care strategies. If we are to close the gap between clinical recommendations and patient behavior, we must evolve to incorporate stronger behavioral, psychological, and social support systems. The study's findings should serve as a call to action to explore interventions that enhance patient motivation and address barriers to adherence, ensuring that guidelines not only exist on paper but translate effectively into practice.

Only through such patient-centered approaches can we truly advance the fight against hypertension and its devastating complications.

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## MEMBERS REPORTS

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Thank you to all of our Member Societies who were respresented in person and via zoom at our recent WHL Council Meeting in Chennai on March 6th. We will be presenting your Society reports in this and upcoming newsletters.

### IRAQ



#### **The Iraqi Hypertension Society: Years of Excellence**

Submitted by Prof. Ghazi Haji, IqHS President

The Iraqi Hypertension Society was established in 2011 by a group of experts to fill gaps in the important subject of hypertension. The society is considered a nonprofit organization with limited resources, but it is rich in its goals and ambitions. The IqHS has distinguished itself since its establishment through its vision and activities, addressing the subject of hypertension from several directions, including scientific and academic directions through annual international conferences in which it invites the best national doctors, as well as holding scientific seminars and workshops throughout the year to spread sound scientific knowledge in the medical community. The society has also distinguished itself through its community activities, as it sees that including the participation of citizens in the subject of hypertension is a necessary matter to control this disease. IqHS communicates continuously with different segments of people by holding public seminars as well as establishing booths and field trips in various ministries of the country and Iraqi universities as well as at cultural forums, nursing homes, orphanages, etc. The work of the society is not limited to the Baghdad Governorate only but extends from northern Iraq to its southern and inmost Iraqi governorates. These distinctions have led many other medical societies to follow suit. The scientific medical movement has witnessed remarkable activity during these years due to the spirit of perseverance that IqHS has instilled in these societies. Below are some of the activities that IqHS has held during the past years:

1. Holding annual international conferences, most recently the seventh conference in Sulaymaniyah Governorate
2. Holding hundreds of scientific lectures and dozens of workshops and discussion sessions
3. Participating in writing the treatment protocol for hypertension with the Iraqi Ministry of Health
4. Effective contribution to the establishment of the Arab Society for Hypertension, which was unfortunately temporarily suspended for administrative and technical reasons
5. Conducting studies on hypertension with doctors of the General Assembly by collecting data from their private clinics
6. Effective contribution to the campaign to reduce smoking, led by the Iraqi Ministry of Health through its Smoking Reduction Committee, by holding educational lectures, booths, and art exhibitions in Iraqi universities
7. The IqHS received many letters of thanks and praise from the Ministry of Higher Education and Scientific Research and the Supreme Council of Scientific Societies for its distinguished role in the medical scientific movement in the country.
8. The IqHS president, Professor Ghazi Farhan Al-Hajji received the 2023 WHL Excellence Award in Population Hypertension Control Through Educational Activities and Guideline Implementation
9. IqHS has built a good global reputation through its contributions to many international organizations such as the International Society of Hypertension, the World Hypertension League and the European Society of Hypertension.

## PAKISTAN

### Hypertension Management Symposium on the 7<sup>th</sup> Anniversary of SICVD Sehwan



It was a great pleasure for Dr. Mashooq Ali Dasti, joint secretary of PHL and Faculty of SICVD Sehwan, to hold a symposium with the Pakistan Hypertension

League at the start of 2025 in Sehwan.

The target audience were Medical Practitioners and Cardiologists serving nearby areas - Dadu, Mehar, Bhan, Naushehro Feroze, Moro, Kandiaro, Qazi Ahmed, Nawabshah - and the health care workers of SICVD and SASIMS. The chief guest was Professor Muhammad Ishaq, the Parton of PHL.



Sessions started with Professor Feroz Memon's comprehensive discussion on hypertension management followed by the ABCD's of Hypertension from Dr. Asif, the BP Measurement method tutorial by Dr. Pir Sheraz, and the Cardiac Catheterization and Arrival Blood Pressure of ACS patient data from Sehwan's ER by Dr. Muhammad Waqas.

With regards to the 7th Anniversary of the Sehwan Satellite, Dr. Mashooq Ali Dasti presented a report of annual number of patients treated with Primary PCI, Early Invasive PCI, Adult Cardiology OPD, Paeds Cardiology OPD, Paeds ECHO and Electrophysiology Consultancy Services.



At the conclusion, we were very thankful to Professor Muhammad Ishaq to give his experienced talk on hypertension complications and to introduce a newer factor causing hypertension in younger generations: stress. The sessions closed with traditional "Ajrak Topi" souvenirs presented to our guests and a group photo.

## **SUDAN**

### **Activity Report of the Sudanese Society of Hypertension 2024/2025**

Prepared by: Dr. Hind Beheiry, Manager and Organizer of MMM-2024 Sudan; Vice President of SSH Board of Directors for Follow-up

The severe impact of the ongoing armed conflict in Sudan, since April 2023, has traumatic effect on the Sudanese population. This armed conflict resulted in tremendous physical and psychological illnesses and sudden death among Sudanese citizens, internally or externally displaced. The rising crisis increases the risk of high blood pressure with its complications among the Sudanese. In response, the Sudanese Society of Hypertension (SSH) underscored the importance of addressing this health emergency by participating in the May Measurement Month (MMM) screening survey of blood pressure levels in 2024 and providing funding and personnel. The MMM Management accepted the SSH proposal and supplied the MMM-Sudan 2024 with funding and Omron devices for BP measurements. The SSH presented the MMM-Sudan Proposal to the Sudan National Ethical Research Committee which approved and upgraded it into the Sudan Blood Pressure Assessment project for three years (2024-2026), with changes in methods. The SSH has conducted the project in partnership with the Federal Ministry of Health, the National Cardiac Center, the Sudanese Red Crescent, and the Sudanese Universities. The project has been divided into phases. Phase 1: November 2024 – January 2025:

- Inclusion of five state governments in the project.
- Motivation of the national universities and other parties was achieved by SSH's enthusiasm and keenness to participate.
- Distribution of Omron devices to the different participating states.
- Recruitment of supervisors and focal supervisors for the fieldwork.
- Training of data collection candidates.
- Collection of data, monitoring, and submission.
- Signing a MOU between the Federal Ministry of Health and SSH for the prevention of hypertension and its complications.

The results were: The total number of screened subjects was 90,221, aged between 18 and 99 years, of which 55% were females and 45% were males, 49% were displaced and 51% were within their localities.

The pre-hypertensive prevalence in Phase 1 of the Sudan Screening Project from November 2024 to January 2025 was 15.25%, and the hypertensive prevalence was 21.24% within the same period. Stage 3 screened hypertensive subjects were taken to emergency rooms, and other stages 1 and 2 discovered hypertensive subjects were referred to healthcare centers.

We'd like to extend our acknowledgements to all participants of this project.

## **USA**

### **The Global Pregnancy Collaboration**

Submitted by Dr. Kent Thornburg

The Global Pregnancy Collaboration Inc (CoLab) is a registered charitable organization that brings together scientists and medical experts across the globe to address adverse outcomes in pregnancy (<https://pregnancycolab.tghn.org/>). CoLab has a special interest in studying hypertensive disorders of pregnancy toward the purpose of reducing the maternal and fetal mortality and morbidity associated with preeclampsia, especially in low and middle income countries. In addition, the organization supports research scientists who are studying pregnancy-related complications, especially those who are trainees or early career scientists. CoLab sponsors an ongoing monthly series of webinars on cutting edge topics in the field. It also coordinates biobank activities to make biospecimens available between CoLab investigators and for use by industry for biomarker or pharmaceutical discovery. The varied interests of CoLab overlap with the many investigators in the WHL. The director of CoLab, Leslie Myatt, PhD, FRCOG, also serves as director of the Oregon Health and Science University's Bob and Charlee Moore Institute of Nutrition and Wellness. The Moore Institute, studies the roles of nutrition in improving health of people and preventing chronic disease among rural communities of Oregon.

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## NEWS FROM OUR PARTNERS

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### **Make the outcome of this year's high-level meeting on NCDs effective**

A new article published in the [Journal of the American Medical Association \(JAMA\)](#) calls for a focused strategy and more investment to address the world's leading killer diseases. The article outlines specific, effective, and measurable steps countries can take to make progress and increase the chances that the upcoming 2025 United Nations High Level Meeting on Noncommunicable Diseases delivers results: Increase taxes on tobacco, alcohol, and sugary beverages to prevent 50 million premature deaths over the next 50 years and generate \$20 trillion in revenue; Expand hypertension treatment to prevent up to 130 million deaths over 35 years; Scale up cancer prevention, early detection, and treatment, including widespread HPV vaccination; Reduce air pollution through cleaner energy transitions and stricter emissions regulations to prevent at least 10 million deaths; and Improve nutrition by mandating front-of-package warning labels and reducing sodium intake.

### **Eliminating Out-of-Pocket Costs for Blood Pressure Medication Saves Lives**

A [new analysis](#) underscores the life-saving potential of eliminating patient copayments for antihypertensive medications. The study provides evidence that eliminating out-of-pocket costs for these essential drugs improves adherence to the medications, improves blood pressure control, lowers the risk of heart attacks and strokes, and can reduce overall health care costs.

### **In China, a breakthrough in BP control**

The [China Rural Hypertension Control Project \(CRHCP\)](#) rapidly and dramatically improved blood pressure control among its 5,000 patients in Liaoning province this year with bold changes in care delivery. BP control rates more than doubled,

climbing to 68% by the end of 2024 from 32% in the first quarter. Due to the dramatic success of combining the trial interventions with HEARTS, the Non-communicable Diseases division of China CDC plans to scale up the project to primary care centers with the potential to protect a population of 4 million people from the harms associated with high blood pressure.

### **Better BP monitors will help Ethiopia save lives**

The [Resolve to Save Lives Ethiopia team donated 104 Omron blood pressure devices](#) to facilities in Addis Ababa, Oromia, and Amhara regions implementing the Ethiopian Hypertension Control Initiative (EHCI). This initiative is aimed at strengthening management of high BP as part of Ethiopia's national strategy to combat heart disease.

### **Effectiveness and safety of using standardized treatment protocols for hypertension**

This [new systematic review](#) demonstrates that standardized and simplified hypertension treatment protocols significantly reduce high blood pressure compared with usual hypertension care. Simple hypertension management protocols streamline treatment steps, improving outcomes for patients and making medications more available and affordable.



The year 2025 has seen the NCD community coming together to align messaging and contribute to the preparations for a successful high level meeting on NCDs and Mental Health and an action oriented declaration to drive new investments, greater efficiencies, and more accountability. The recent [4<sup>th</sup> Global NCD Alliance Forum](#) in Kigali, Rwanda around the theme of "Leadership on NCDs towards 2025 & beyond" was an excellent opportunity to bring forward these issues as discussions underscored the challenges facing NCD care and the urgency of sustainable financing amid global funding uncertainties. Our congratulations to the NCD Alliance for a very successful forum that brought

together over 700 participants from 90 countries and a diverse set of actors, including governments, UN and multilateral agencies, academia, private sector, and broader global health and development stakeholders.



Session at the Global NCD Alliance Forum

The Coalition hosted a panel discussion at the Forum titled *“Prioritising reduction of out-of-pocket health expenditures for people living with NCDs and mental illness through access to affordable quality medicines and products.”* The session featured the following panelists: Nupur Lalvani (Blue Circle Foundation), Eghosa Ramnaps (IDA Foundation), Dr. Joseph Kibachio (WHO/S. Africa), Hamdi Issa (United for Global Mental Health), and Dr. Gerald Robi (PATH) and was moderated by Helen McGuire. Panelists brought forward existing challenges as well as innovations to address supply chain barriers and access to needed medicines and products. Dr Kibachio raised the need for adaptable and flexible essential medicines lists to include new molecules for NCDs, addressing prohibitive policies that impact access and affordability, and addressing the underlying issues that lead to stockouts of medicines. Ms. Issa highlighted the gap in care for mental health especially at lower levels of care. Innovative solutions were brought forward as well such as the Diabetes CarePak, a PATH led bundling solution for people living with diabetes, the Coalition’s forecasting tool for NCD medicines and products (NCD4Cast), and NCDConnect, a market pathway and procurement platform from IDA Foundation. Regarding the gap in NCD financing, various sessions at the Forum brought forward proposed solutions such as excise taxes, pooled procurement mechanisms, and private sector engagement to reduce out-of-pocket expenses for people living with NCDs.

Looking ahead, the Coalition, in collaboration with PATH, has kicked off a new initiative for

2025 to drive action on the following three intersecting goals:

- Increase funding levels for NCDs in low-and-middle-income countries
- Increase efficiencies through supply and system innovations
- Increase transparency of country NCD funding flow and reducing out-of-pocket expenditures

**We are also excited to host our annual face-to-face Coalition meeting in Kampala, Uganda, from June 25-27.** This will mark the first time the Coalition has held their annual in person meeting in the Africa Region. The meeting will further advance the Coalition’s advocacy priorities for the High Level Meeting, titled “Transforming lives and livelihoods through leadership and action on NCDs and the promotion of mental health and well-being” and explore innovative solutions to address access barriers post-HLM.

With these initiatives, the Coalition remains committed to driving action on NCD financing and ensuring equitable access to essential medicines and products. Stay connected for updates as we push for stronger global commitments in advance of the high-level meeting.



## JOIN US!

[Vital Conditions Office Hour with Dr. Bobby Milstein](#)

**April 10, 2025 | 3pm Eastern Time, USA**





## Healthy Smiles, Healthy Hearts Initiative



American Heart Association

Healthy Smiles, Healthy Hearts™

The American Heart Association's **Healthy Smiles, Healthy Hearts™** initiative is partnering with Delta Dental of California to promote better health in the United States by expanding access to equitable, integrated care and educating on the association between heart and oral health.

Research suggests chronic gum inflammation or certain oral bacteria may contribute to some systemic conditions, including hypertension, highlighting the importance of oral health in overall well-being.

This initiative encourages dental professionals to conduct blood pressure screenings and support patient referrals between dental and primary care settings. Dentists can play a unique role in conducting health screenings and connecting patients to primary care, creating opportunities to help prevent, detect, and manage chronic conditions. By assisting with the early detection of heart disease, dentists can help reduce the global impact of hypertension.

Together, dental and health care professionals can strengthen access to equitable, integrated care and foster better total health for everyone.

**Other AHA new opportunities for science collaboration and engagement with our international partners.**

### Calling for International Speakers for AHA Scientific Sessions 2025

AHA's Committee on Scientific Sessions Planning will have their first meeting this month to begin planning for Scientific Sessions in November 2025. We are calling for all interested speakers to [submit their information here](#) to be

considered for the program. This is a broad call for speaker interest in addition to our specific Global Roundtable and Joint Sessions that will be communicated later this month.

### Research Funding Open to Non-US-based Applicants

The American Heart Association, in collaboration with Additional Ventures, seeks information that could inform innovative approaches to improve heart transplant patient outcomes. Examples include enhanced interventions, including clinical trials, policies, or novel data analyses.

As part of a comprehensive research analysis, we invite investigators, individuals with lived experience, institutions, or pharmaceutical or device entities to provide insights into the critical areas of heart transplantation that must be transformed to significantly improve outcomes for these patients.

Submit your strategies by March 25, 2025. [See detailed request and submission instructions \(PDF\)](#)

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**Salt Awareness Week will be taking place 12th to 18th May!**



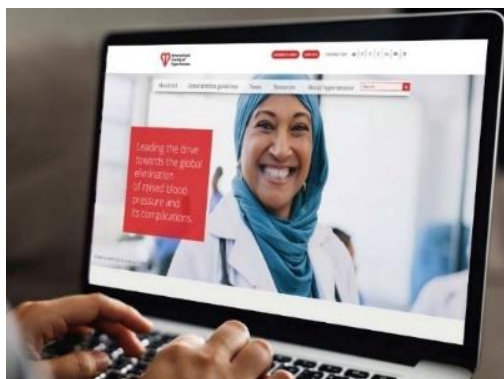
This year's theme is '6 Ways to 6 Grams' and will be exploring the many ways that we can all reduce our salt consumption down to the 6g a day UK recommendation. [For more information and to get involved click here.](#)



**International  
Society of  
Hypertension**

#### **New website for ISH**

The ISH was pleased to launch a refreshed site in February. Visit the site: <https://ish-world.com/>



#### **Interview series explores mentorship and career development**

An ISH video interview series explores the experiences of early career researchers and the importance of mentorship in their career journeys. [Watch the latest videos.](#)

#### **ISH and European Society of Hypertension to hold joint 2028 Scientific Meeting**

George Stergiou (ISH President) and Thomas Weber (ESH President) announced that the ISH and ESH will hold a joint Scientific Meeting in 2028 in Europe, in the tradition of several successful joint meetings in the past. Dates and details will be announced in due course. In the meantime, the next ISH Scientific Meeting will take place in Dubai from 22 to 25 October 2026.



#### **Follow the ISH on Instagram and BlueSky!**

The ISH is now on Instagram and BlueSky. Follow and connect with us on these new platforms!

[Instagram](#) & [BlueSky](#)

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## **WELCOME TO NEW WHL MEMBERS**

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### **French Society of Hypertension**

Website: [www.sfhta.eu](http://www.sfhta.eu)



The French Society of Hypertension (SFHTA) is a learned society, a subsidiary of the French Society of Cardiology (SFC).

With nearly 500 members and a thousand participants at our JHTA congress, which takes place in December each year, the SFHTA's mission is that of any learned medical society: to support research, disseminate knowledge, and teach.

In 1975, a "Hypertension Group" was established within the French Society of Cardiology. In 1987, the working group became the French Society of Hypertension, while remaining a subsidiary of the French Society of Cardiology. Its primary focuses are:

- Publication of hypertension recommendations and consensus, particularly in the French-speaking world (Switzerland, Belgium, Canada and Africa).
- Organization of an annual HTA congress in France dedicated to and linking the French-speaking world, Europe and the rest of the world.
- Direct link with ESH for management of ESH centers of excellence in AH in France (18) for patient care, teaching and research

## Central American and Caribbean Society of Arterial Hypertension and Cardiovascular Prevention (SCCH)



### SCCH's mission and mandates are:

- a) To promote the study of arterial hypertension, vascular disease and its risk factors, and strengthen the relationships between professionals linked to this field of medicine.
- b) To inform the medical profession about the scientific progress developed in the field of arterial hypertension, vascular disease and its risk factors.
- c) To promote, maintain and organize centers and/or establishments for the prevention, research and treatment of arterial hypertension, vascular disease and its risk factors.



- d) To promote, organize, subsidize and cooperate in health education campaigns, aimed at the general population as well as medical professionals and other organizations, on the causes, risks and consequences of arterial

hypertension, vascular disease and its risk factors, as well as its prevention and treatment.

- e) To promote and cooperate in the organization of meetings, conferences and congresses related to arterial hypertension, vascular disease and its risk factors, and its social and health impact.



- f) To develop and promote educational activities aimed at training technical personnel specialized in the diagnosis, treatment and prevention of arterial hypertension, vascular disease and its risk factors, financing or subsidizing as far as possible the corresponding studies or specialization courses.

- g) To disseminate knowledge and research on arterial hypertension, vascular disease and its risk factors, through the publication or editing of journals, brochures, documents and scientific articles.



## City Health Group



City Health Group was incorporated in Uganda in 2023. We are a team of doctors, nurses and Community health workers.

City Health Group is a public health advocacy group whose mission is **"To contribute to the global efforts towards better prevention and control of Diabetes and Hypertension."**

**Our slogan is "Bettering Health Care Together".**

Our Activities include:

1. Community Screenings for Diabetes and Hypertension.
2. Diabetes and Hypertension education to patients, those at risk and the general population through radio, social media and physical meetings.
3. Designing and implementing Diabetes and Hypertension monitoring projects in Uganda.
4. Advocating for better policies and service delivery in Diabetes and Hypertension care services.
5. Conducting training conferences for health workers in continued professional development for better Diabetes and Hypertension Care.

Our Physical Address is Plot 29A, Bwamba Road, Fort Portal City - Uganda.

Our founder and acting director is Dr. Kaija Denis (MBChB-MUST, PGD in Communication-Geneva).

To visit our website [click here.](#)

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## WELCOME TO NEW CORPORATE MEMBER

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### OMRON Healthcare and World Hypertension League announce to collaborate to advance Hypertension Education

Submitted by Archanna Mohangoo, MSc Medical Marketing Manager EMEA

OMRON Healthcare is proud to announce a collaboration with the World Hypertension League (WHL) to strengthen global efforts in hypertension education and management. This collaboration aligns with OMRON's 'Going for Zero' vision — our commitment to eliminating heart attacks and strokes through better prevention and treatment of high blood pressure and early detection of Atrial Fibrillation.

As a leader in blood pressure monitoring solutions, OMRON Healthcare is committed to raising awareness about hypertension, a major risk factor for cardiovascular disease. By joining forces with WHL, we aim to expand access to educational resources and training programs that empower healthcare professionals and individuals to take proactive steps in managing blood pressure effectively.

This initiative reaffirms the importance of close collaboration with medical professionals in driving innovation. By working together, we ensure that healthcare experts can continue to recommend OMRON blood pressure monitors with confidence, supporting better patient outcomes.

*At OMRON Healthcare, we are committed to our 'Going for Zero' mission—striving for a world with zero heart attacks and zero strokes. We are proud to collaborate with the World Hypertension League to advance hypertension management through education and*

awareness. Supporting WHL's unwavering mission to improve hypertension control rate, we are proud to collaborate to empower individuals and healthcare professionals with the knowledge and tools needed to improve blood pressure control and save lives.

- **Andre van Gils, Senior General Manager OMRON Healthcare**

Through initiatives such as the OMRON Academy, this partnership will provide evidence-based educational campaigns, training modules, and expert insights to improve cardiovascular awareness, early detection, and treatment adherence. Together with WHL, we are working towards a world where everyone has the knowledge and tools to achieve better heart health.

*The WHL is a non-profit, non-governmental organization dedicated to the prevention and control of hypertension globally. WHL has a global perspective, its membership currently including 80 national hypertension societies. WHL is aimed at supporting the assessment, prevention and control of hypertension as well as the reduction in cardiovascular risk and more in general the reduction in non-communicable diseases in the world. This challenging mission will greatly benefit from a closer collaboration with OMRON Healthcare in promoting education, both at the population and at the health care personnel level, and in supporting accurate blood pressure measurement worldwide. Working together with OMRON Healthcare, WHL will potentiate and optimize its efforts to reduce the burden of cardiovascular disease either in high, mid or low income Countries.*

- **Gianfranco Parati, President, World Hypertension League**

Stay tuned for upcoming educational initiatives and programs as we continue our journey towards Preventive Care for the Health of Society. For more information about OMRON Healthcare's efforts and solutions please visit <https://omronhealthcare.com/>

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## IN MEMORIAM DR. JIRI (GEORGE) FODOR

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Dr. George Fodor, born on Oct 28, 1927, died peacefully on Dec 10, 2024 in Prague at the age of 97 years. He lived about half of his life in Canada, first in St John's and latterly in Ottawa.

George dedicated his life's work to improving the heart health of all people, but especially Canadians

through his research and public health contributions in clinical cardiology, preventive cardiology, cardiovascular epidemiology, hypertension, hyperlipidemia and weight reduction.

George Fodor excelled as an agent of change. He is perhaps most recognized in Canada for uniting health researchers, practitioners and policy makers across the country to conceptualize and create Canada's leading institutions for hypertension research, prevention, and control. In 1979, he was a founder and first president of the *Canadian Hypertension Society (CHS)*. In 1986, and in follow-up to the Health and Welfare Canada's 1982 survey report on "*The Prevention and Control of High Blood Pressure in Canada*", Health Canada initiated a multi-stakeholder professional organization called the *Canadian Coalition for High Blood Pressure Prevention and Control (CCHBPPC)*. George was nominated and appointed as its founding president. Under his leadership, clinical and population health aspects of hypertension research flourished in Canada.



George (2nd from right) with the WHL Board, 2016.

Although proud of his adopted Canadian homeland, George's vision was global. He was one of eight people who, in 1984, met in Europe to establish the *World Hypertension League (WHL)*. In due course the WHL linked hypertension societies from more than 85 countries in raising high blood pressure awareness, prevention, and control.

George's work uniting people was bolstered by more than 200 peer-reviewed scientific articles advancing clinical and public health aspects of cardiovascular medicine. His research career started to blossom in 1951, soon after graduation

from medical school at Charles University in Prague. George was mentored by Dr. Zdenek Fejfar and subsequently obtained a PhD. In 1959, Dr. Fejfar was appointed as the first Chief Medical Officer for cardiovascular disease (CVD) at the *World Health Organization (WHO)*. Dr. Fejfar developed that unit into a central agency for the advancement of research in CVD prevention, defining medical and public health issues, and gathering experts to find solutions. During this process, George joined WHO as an expert. He served as a WHO Fellow at the *British MRC Epidemiological Unit* in Jamaica where he worked with Dr. William Miall. While at WHO, George met and worked with many renowned cardiovascular epidemiologists including, Drs. Geoffrey Rose, Ancel Keys, Jeremiah Stamler, and Henry Blackburn. George continued his connection with high profile researchers on the global scene and brought these contacts and their expertise to his colleagues and mentees in Sweden, Newfoundland, and Ottawa.

George's academic career began at Charles University in 1951 as a Lecturer in Experimental Pathology. He became head of epidemiology at the Cardiovascular Research Institute in 1963. In 1968, while his wife and young son were awaiting him in Austria, George escaped Soviet-occupied Czechoslovakia with no more than a valise and the clothes on his back. Once free, George made his way to the University of Gothenborg, Sweden, where from 1968-1971 he served as a visiting professor of epidemiology and medicine. In 1971 he was recruited by Dr. Ian Rusted, the founding Dean of Medicine at Memorial University of Newfoundland (MUN) to start a programme in clinical epidemiology at the fledgling medical school. During his time at MUN until his retirement in 1994, George not only initiated several peer-reviewed research studies in Newfoundland and secured successful grants from a variety of funding agencies, he also participated in numerous of multi-centre clinical trials. George was the top research fund holder at Memorial University where he trained several doctoral and post-doctoral researchers and hired clinical research coordinators and technicians. George collaborated with many significant international studies in cardiovascular

epidemiology including *Inter Salt* (with Dr. Geoffrey Rose from the London School of Hygiene and Tropical Medicine, UK), *WHO CARDIAC Study* (with Dr. Yukio Yamori from Kyoto University, Japan). Through these activities and more, he put Newfoundland and Canada on the international map for cardiovascular health research.

Upon his retirement, George was invited by the eminent Dr. Wilbert Keon to serve at the University of Ottawa Heart Institute (UOHI) as professor and head of research in prevention and rehabilitation, where he stayed from 1994-2014.

Through the years, George remained an expert advisor to the Division of Health Promotion and Disease Prevention at the Department of *National Health and Welfare* in Ottawa. He was respected for his clinical acumen and brought considerable common sense and a personal touch to clinical decision making. George received many honours and recognitions in Canada and internationally including the prestigious *National Health Scientist Award* for five consecutive years, 1977-1982. George received almost every commendation possible in Canada for his work in hypertension, but his good work continued well into his seventies. Faced with the dilemma of how to recognize George's continuing contributions, but not duplicate accolades already received, Blood Pressure Canada (now Hypertension Canada) in 2003 established the *George Fodor Award* for sustained and impactful achievements in the field of hypertension prevention and control.

An avid traveller, George was a visiting professor in several universities in Eastern and Western Europe; George is remembered for his warmth, good humour, storytelling, kindness, and hospitality. He had many research fellows and trainees, and he took much pleasure in their successes. George was a voracious reader who loved books on history, including military history, and heroism. Whenever he traveled outside of St. John's, he always said that the purpose of his trip was completed when he got to read the *New York Times*, have a strong European coffee, and earn a few *Aeroplan miles*. George was a very wise man, as he could sense any forthcoming potential harm and steered clear of controversy. His generosity

had no bounds. He made it a point, year after year at each Christmas, to visit staff at their workplaces and gift them with a present. He was like a *Santa Claus* just before Christmas. His hilarious year-end letters to his colleagues and friends – *Fodor Report* – were priceless.

George is survived by his wife Jindra, their son John, daughter Helena, son-in-law Stephen, grandsons Max and Sam, and the far larger numbers of people in countries around the world who unknowingly owe their lives to his work.

*Submitted by Arun Chockalingam, Paul M. McDonald, Norman R.C. Campbell, Donald W. McKay*

| Calendar of Events                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                 |
| <b>3rd International Congress of Hypertension in Children, Adolescents and Young Adults</b><br>May 8-10, 2025 Warsaw, Poland<br><a href="#">Click here for more information</a> |
| <b>World Heart Summit</b><br>May 17-18, 2025<br>Geneva, Switzerland<br><a href="#">Click here for more information</a>                                                          |
| <b>Canadian Hypertension Congress</b><br>May 29-30, 2025 Virtual<br><a href="#">Click here for more information</a>                                                             |
| <b>4th World Congress on Clinical Lipidology</b><br>June 27-29, 2025 Vienna, Austria<br><a href="#">Click here for more information</a>                                         |
| <b>World Stroke Congress</b><br>October 22-25, 2025 Barcelona Spain<br><a href="#">Click here for more information</a>                                                          |
| <b>International Society of Hypertension 2026</b><br>October 22-25, 2026 Dubai, UAE<br><a href="#">Click here for more information</a>                                          |
|                                                                                                                                                                                 |

#### **Mission**

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 in official relations with both the International Society of Hypertension (ISH), and the World Health Organization (WHO).

#### **Board Officers:**

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Prof. Paul K. Whelton (New Orleans, LA, USA) Past President  
Prof. Markus Schlaich (Perth, Australia) President Elect  
Dr. S.N. Narasingan (Chennai, India) Vice-President  
Prof. Bader Almustafa (Saudi Arabia) Secretary-General  
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The WHL Newsletter is published quarterly by the World Hypertension League (ISSN 2077-7434).