



## International Society of Hypertension Hypertension News, October 2008 – Opus 17

Dear Colleagues,

I am delighted to return as Editor of "Hypertension News – An Electronic Newsletter" and hope you will enjoy reading this rather comprehensive issue (Opus 17). It includes amongst other things a presentation of the new ISH



President, Tony Heagerty, profiles of our new ISH Council members, and an interesting report on the fantastic hypertension meeting in Berlin with comments "from the floor" made by John Chalmers (Sydney), Thomas Kahan (Stockholm), and Stuart Spencer (The Lancet, London). Berlin was the biggest hypertension meeting so far and a great success. More than 8,600 doctors attended and we owe Detlev Ganten, Karl-Heinz Rahn, Thomas Unger and their co-workers a lot of gratitude.

In this issue of Hypertension News you will also find a report on the Second ISH Teaching Seminar in Douala, Cameroon, held in French, and some updates from national societies of hypertension sent to us from France, Australia, Israel, Italy, Japan, and Sri Lanka.

It is now about four months since I stepped down as President of ISH and I have been delighted to take on an active role as Immediate Past President. Hence, there will be no "Last farewell" from me but rather a "See you soon" – if not before then in February or March 2009 when the next issue of *Hypertension News* is planned to come out.

With best wishes,

**LARS H. LINDHOLM**  
**EDITOR HYPERTENSION NEWS**

### FIRST REPORT FROM THE NEW ISH PRESIDENT

#### EXECUTIVE OFFICERS 2008-2010

Since assuming office a few months ago, an outstanding Executive Committee has been assembled to help me move forward the Society.



The Committee includes; **Toshiro Fujita**, (Japan), Vice President, **Stephen Harrap**, (Australia), Secretary, **Ernesto Schiffrin**, (Canada), Officer at Large, **Louise Burrell**, (Australia), Treasurer, **John Hall** (USA), Chair, Research Foundation and **Rhian Touyz**, (Canada). In addition to the above, **Robert Fagard** has kindly agreed to continue his role on the Executive as Chair to the Education Committee and our Immediate Past-President, **Lars H. Lindholm**, will edit the Society Newsletter (*Hypertension News*) and liaise with The World Health Organization (WHO) and European Society of Hypertension (ESH) on behalf of the Society.

The Society remains in an impressive financial position. **Membership** continues to increase and we hope that this trend will continue into 2009, with the help of our members. The recent development of the Society category 'ISH Research Fellowship' is designed to attract and support research students who are working in a field pertinent to hypertension. In addition, Stephen Harrap, Rhian Touyz and John Chalmers continue to make an invaluable contribution to the ISH International Forum which now includes over 70 nations.



### BRITISH HYPERTENSION SOCIETY (BHS) HONORARY MEMBERS

In September, Stephen MacMahon and Lars H Lindholm were delighted to become Honorary Members of the British Hypertension Society (BHS) in recognition of their participation as invited speakers at the 2008 Annual Scientific Meeting.

G McInnes (BHS President) and S MacMahon



Our Society is dedicated to the detection and treatment of high blood pressure with research and education of both physicians and patient care at the centre of its mission. **Advancing these aims is the cornerstone of what I would like to achieve in the next two years of my Presidency.**

## RESEARCH

Since the Society became a registered charity in England and Wales (in December 2007) it became a not-for-profit organisation. In consequence, **we are committed to providing education globally and to developing a commitment to supporting research worldwide.**

With this in mind, I have proposed to the Executive Committee of the ISH Council, that we establish a Research Foundation, to allow us to finance research projects. The requirements of the research community differ from region to region and in order to optimise what we have achieved to date, I have asked John Hall, to set up a small working group and report back in the next few months on how to best facilitate a Research Foundation. Some regions may wish to see exchanges of scientists and others may look for the Society to support networks so that we can optimise research and study large cohorts of patients gathered from different parts of the world. We are already working with international agencies such as the WHO and currently supporting cross-sectional studies in Sub-Saharan Africa, looking particularly at validating cardiovascular risk prediction charts in low and middle income countries.

**Please pass any suggestions you may have on the Research Foundation to John Hall**  
(Email: [jehall@physiology.umsmed.edu](mailto:jehall@physiology.umsmed.edu))

## EDUCATION

In order to improve our education agenda, Robert Fagard continues to chair our Low and Middle Income Countries Committee and has set up a series of regional groups to cover (1) Western Europe and Africa, (2) Europe, Middle Eastern and Central Asia, (3) Australia, and Eastern Asia and (4) The Americas.

The ISH will continue to interact with industrial sponsors to send non-promotional education faculties to various parts of the world, in order to teach best practice in terms of cardiovascular diseases detection and prevention. With this in mind we are planning to send faculties to China, Taiwan, Korea, Venezuela and Brazil in the next eighteen months.

The ISH is additionally in negotiation with the International Society for Holter and Noninvasive Electrocardiology (ISHNE) which is designing a web-based conference on hypertension. It is envisaged we shall reach 25,000 cardiologists worldwide and again

extend the message of implementing best practice and applying internationally agreed guidelines for the management of cardiovascular diseases.

## CALL-TO-ACTION ACTIVITY

**Finally, it is important that the Society remains dedicated to making politicians and healthcare organisations aware of the importance of high blood pressure as a risk factor for deaths worldwide.**



"More than a quarter of the world's adult population—totalling nearly one billion—had hypertension in 2000, and . . . this proportion will increase to 29%—1.56 billion—by 2025."



In the last few years, the ISH has being instrumental in publicising this message using leading journals such as *The Lancet*, as well as our own journal, the *Journal of Hypertension*. This call-to-action initiative, originally conceived by Stephen MacMahon (Sydney), will continue to be carried forward

and, to this end, I have recently co-signed the Antalya Statement (a document intended to be used as a tool in developing national policies for integrated prevention and control of non-communicable diseases). The statement is also signed by a variety of current and former Presidents of international societies and due to be published in the *Journal of Hypertension* early in 2009. In an attempt to forge an alliance and deliver the message even more loudly in the next few years we have begun further discussions with a variety of global charities and specialist societies.

**I look forward to hearing from you should you have any comments or questions on the current activities of the Society.**

With best wishes,

**AM HEAGERTY**  
ISH PRESIDENT



## NEW ISH COUNCIL MEMBERS 2008-2010

Five new ISH Council members were elected during the Biennial Scientific meeting of the Society in June. Please see their profiles below.

1. Professor Louise Burrell, **Australia**
2. Professor Guido Grassi, **Italy**
3. Professor Basden Onwubere, **Nigeria**
4. Professor Naftali Stern, **Israel**
5. Dr. Rhian Touyz, **Canada**

### PROFESSOR LOUISE BURRELL



Professor Burrell has worked as a clinician–scientist in the Department of Medicine, University of Melbourne since 1993, was appointed Head of Medical Unit 4, Internal Medicine, in and is Head of the Cardiovascular Research Group which focuses on translating basic research findings in animal models to the priority clinical areas of hypertension, heart failure

and diabetes. She was promoted to full Professor of Medicine at the University of Melbourne in 2005.

Professor Burrell's group is committed to promoting basic scientific research and its application to the prevention and management of heart disease in hypertension and related cardiovascular diseases. She is involved in undergraduate and postgraduate training and the international exchange of students and doctors in hypertension and cardiovascular disease. She has substantive publications (>100 refereed papers, and 15 invited chapters in edited books), as well as excellence in scientific investigation supported by considerable research funding in the areas of hypertension and cardiovascular disease. She has been invited to address and organise scholarly meetings and conferences in Australia and internationally in the field. Her work crosses the traditional boundaries between disciplines as evidenced by invitations to present at the national societies of cardiologists and endocrinologists on topics that range from basic science to evidence-based management of cardiovascular disease in man. She serves on the Internal Advisory Scientific Board for the World Congress on Neurohypophysial Hormones meeting (2009), and previously served on the Australian Advisory Committee for the IV Franco-

Australian meeting on Hypertension in 2007. She served on the Editorial Board of the *Journal of Hypertension* from 2001-2003, and now serves on the Editorial Board of *Clinical Science*. In 2007, she was appointed as the Chair of the Heart Foundation of Australia Scholarships Committee.

Professor Burrell has strong credentials in research and health related administrative and committee work, and brings these strengths to the Scientific Council of the ISH. She served as a member of the Executive Committee of the High Blood Pressure Research Council of Australia (HBPRCA), with a role in Corporate Liaison from 2005-2007, and was re-elected to this position in 2008 for a further 3-year term. As a member of the Executive Committee of the HBPRCA, she took on the role of corporate liaison and discovered talents at raising the profile of Council with industry, and increasing both the number of corporate sponsors and importantly, the sponsorship funding. **Due to her connections in academia, research and industry, and her enthusiasm in cardiovascular research she has been appointed as ISH Treasurer and Corporate Liaison Officer.**

### PROFESSOR GUIDO GRASSI



Professor Grassi is Professor of Medicine at the University of Milano-Bicocca, Milan, Italy. He has been Vice-Chairman and Chairman of the Working Group "Hypertension and the Heart" of the European Society of Cardiology (ESC), an ESC representative on the ESH Council and Treasurer and Secretary of the Italian Society of Hypertension. He is

author of more than 300 full papers in peer-reviewed Journals and has been a member of the Task Force Committee of the 2007 ESH/ESC Guidelines on Hypertension. He has been lecturer at several National and International Meetings both in Europe, USA and Eastern Countries.

His scientific contributions include different clinical and research areas, such as: 1) the pathophysiology of hypertension, with a focus on the role of neurohumoral factors in the development as well as progression of high blood pressure, 2) the definition of normality values for 24-hour as well as home blood pressure, 3) the clinical significance of white-coat and masked hypertension, 4) the contribution of hemodynamic as well as non-hemodynamic mechanisms in the pathogenesis of hypertension-related organ damage, 5) the interactions between blood pressure, insulin resistance and sympathetic overdrive, 6) the clinical significance of blood pressure variability, 7) the



features of blood pressure control in different European as well as other countries around the world, 8) the evaluation of total cardiovascular risk, 9) the value of clinical trials in hypertension and 10) the strategies to improve blood pressure control via antihypertensive drug treatment as well as lifestyle modifications.

He has been involved in the organisation of several meetings of the ISH and ESH and is a member of the ESH Educational Committee, aimed at improving the knowledge, awareness, treatment and control of hypertension. Since 1995 he has been the Executive Editor of the *Journal of Hypertension*, a position that has allowed him to expand his knowledge on the different features of research and clinical work in European and the rest of the world.

As a member of the ISH Council, Professor Grassi intends to strengthen the relationship between the ISH and National Societies working in the field of hypertension, metabolic and renal disease. His specific aim is to improve a closer relationship with Middle East Countries. He believes that his previous work with Middle East Countries during his ESC Working Group chairmanship will represent a solid ground for building interactions. **To this end, he has been appointed as Chair of the Europe, Middle East and Central Asia sub-committee of the ISH Low and Middle Income Countries Committee.**

#### PROFESSOR BASDEN ONWUBERE



Professor Onwubere is employed at the University of Nigeria (in academic and research programmes) and at the University of Nigeria Teaching Hospital (as Consultant Physician & Cardiologist). He held the post of Head, Department of Medicine from 2004 to 2006 in both Institutions. His major areas of interest are Hypertension and

Cardiovascular risk factors and he is actively involved in Hypertension research and control programmes.

#### NATIONAL ACTIVITIES:

1. Secretary General – Nigerian Cardiac Society 1990 - 1994
2. Vice President, Nigerian Cardiac Society 2002 - 2006
3. National Vice President – Nigerian Hypertension Society 1996 - 2000

4. President, Nigerian Hypertension Society 2000 - 2005
5. Director of Research and member Executive Council, Nigerian Heart Foundation

#### INTERNATIONAL PROGRAMMES:

- Active member, American Society of Hypertension
- Active member, International Society of Hypertension in Blacks
- Secretary-General, International Forum for Hypertension Control in Africa (IFHA). 2003 to date
- Nigerian country representative (Nigeria) – World Hypertension League 2000 – 2005

**Professor Onwubere is an active member of both the ISH Low and Middle Income Countries Committee (sub-committee for Europe and Africa) and the ISH Membership Committee.**

#### PROFESSOR NAFTALI STERN

Professor Stern is currently Director of the Institute of Endocrinology, Metabolism and Hypertension at the Tel Aviv-Sourasky Medical Center and a Professor of Medicine at the Sackler Faculty of Medicine, Tel Aviv University, and formerly an Associate Professor Medicine at UCLA, a position he has held until his return to Israel in 1988.



Trained in hypertension and endocrinology / metabolism, his research focuses on hormonal and metabolic regulation of the vasculature and blood pressure. Current research interests

include the role of lipoxigenase enzymes in angiotensin II- and aldosterone dependent signalling in vascular cells; vascular effects of estrogen and phytoestrogens, including novel estrogenic compounds generated by his group; hypertension in diabetes and obesity and the interaction between adipocytes and the vasculature. He served as a member of the editorial board of Endocrinology and is a Senior Editor of the recently formed *Journal of the Cardiometabolic Syndrome*. He is also a reviewer for journals such as *Hypertension*, *Circulation*, *Endocrinology*, *Journal of Clinical Endocrinology and Metabolism*, *Clinical Endocrinology* and *International Journal of Obesity*. Lastly, he served a term as the President of the Israeli Society of Hypertension, during which he initiated and



organised a national survey of hypertension and associated risk factors in the elderly in Israel.

As an ISH Council member he intends to work on Society strategies to address current major global processes which affect the field hypertension, particularly the obesity epidemic, the changing environment and the increase in longevity. He feels that ISH may wish to enhance its leadership in these particular issues by reaching out to other international organisations dealing with these subjects as well as national societies of hypertension. He additionally hopes to contribute to the work of the Council by exploring ways to enhance the interaction between clinicians and basic researchers within ISH and increasing ISH membership in his country.

#### PROFESSOR RHIAN TOUZY

Professor Touyz, MBBCh, MSc(Med), PhD, is a clinician-scientist working in clinical and experimental hypertension. She is the Canada Research Chair in Hypertension at the Kidney Research Centre, Ottawa Health Research Institute/University of Ottawa and a Senior Scientist at the OHRI and physician in the Division of nephrology.



As well as being the President of the Canadian Hypertension Society and incoming Chair of the Council for High Blood Pressure of the American Heart Association, she is on the Executive of the Canadian Hypertension Education Program (CHEP), responsible for the Canadian guidelines on the detection, diagnosis and management of hypertension, the Scientific Officer of the cardiovascular committees at the Canadian Institutes of Health Research and the Heart and Stroke Foundation of Canada and a member of the Microcirculation and Hypertension Review panel of the National Institutes of Health in the USA. She is funded by grants from the Heart and Stroke Foundation of Canada and the Canadian Institutes of Health Research. She is the Associate Editor of the journals *Clinical Science* and the *Journal of the American Society of Hypertension* and on the editorial board of many high impact cardiovascular journals, including *Hypertension* and *Circulation Research*. Her main focus of research relates to molecular and cellular mechanisms of hypertension, focusing on clinical and experimental hypertension, signal transduction, oxidative stress, ion transport, cell biology and vascular remodelling. She has a particular interest in translational research.

As a member of the ISH Council she is committed to the mandate of ISH in promoting and encouraging the advancement of scientific research and knowledge and its application to the prevention and management of heart disease and stroke in hypertension and related cardiovascular diseases globally. This will be achieved by advocating on behalf of ISH, by assisting in the organisation of symposia and meetings, by being actively involved in the outreach programmes to economically disadvantaged countries, through education, research collaborations and training programmes. Moreover, she feels strongly about supporting young researchers and investigators of the future and as such will advocate strongly in support of fellowships, scholarships and grants through ISH. In addition through the Council, she would like to promote involvement in the Society of more women scientists as well as members of minority groups. As a clinician-scientist, she would like to encourage more emphasis on translational research in the hypertension community. To this end, Dr Touyz has been appointed as Chair of the Membership Committee and as an International Forum Officer facilitating dialogue between the ISH and Affiliated Societies.

#### ISH FUTURE BIENNIAL MEETINGS



**26 - 30 September 2010,**  
Vancouver, Canada

[www.vancouverhypertension2010.com](http://www.vancouverhypertension2010.com)



**30 September - 3 October 2012,**  
Sydney, Australia

**14 – 19 June 2014**  
Athens, Greece

**2016, Seoul, Korea**



## THE HYPERTENSION 2008 CONFERENCE, JUNE 2008, BERLIN, GERMANY

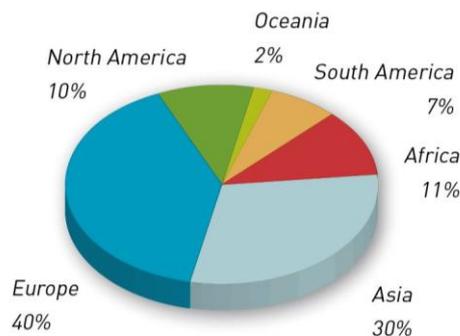


**With more than 8,500 participants, the Hypertension 2008 Conference was the largest scientific meeting on hypertension in the world.**

From 14 to 19 June Berlin hosted this joint conference of the International Society of Hypertension (ISH), European Society of Hypertension (ESH) and the German Hypertension League (DHL), with a strong focus on the study, prevention and care of hypertension.

### Delegates

Six years after the last joint conference in Prague, Hypertension 2008 provided the perfect opportunity for 8,624 participants from 96 countries to meet and share the latest insights in hypertension research and care. After the highly successful ISH 2006 meeting in Fukuoka, the organisers were delighted to welcome a large number of colleagues from Asia, especially Japan and China. Further strong groups came from Germany, Italy and Spain.



Participants' Countries

### Abstracts

Another record was set by abstract submitters, turning in a total of 2,636 abstracts, which were scored by 190 reviewers in a triple blind process. Except for a low number of rejected abstracts, almost all were presented in the 34 oral and 39 poster sessions during the four main days of the conference.

### Scientific Programme

107 invited speaker lecturers and 878 speakers and abstract presenters shared their knowledge in a total of 179 oral and poster sessions, state-of-the-art lectures, breakfast workshops, plenary sessions, and satellite symposia.

### Major topics of interest included:

- the prevention of kidney disease
- heart disease and stroke
- hypertension in the elderly
- hypertension in developing countries
- recent results from clinical trials
- work on a vaccine for hypertension
- lessons learned from evolutionary aspects of cardiovascular biology
- the latest in stem cell therapy
- the global significance of cardiovascular disease

Many positive comments have been received on the outstanding scientific level of the meeting. Oral sessions, plenary lectures, as well as high-profile research satellites such as the RAAS-Symposium and the Drug Development Symposium were presented by many well-respected lecture speakers.

The latest results from clinical trials were also of high interest to the delegates, presented in the main programme as well as in many of the 17 industry satellite symposia. Trials included ONTARGET, ESCAPE, ADVANCE, HYVET, and ACCOMPLISH.

For more extensive coverage of the scientific programme, please refer to one of the following sources:

- **Abstract Book:** Published as Volume 26, supplement 1 of the Journal of Hypertension
- **Webcasts:** Extensive webcasts of many scientific sessions are available via the ISH website
- **VideoNews:** Highlights of the conference are available as videos via the ISH website



Local organisers: (from left to right) Professors Rahn, Unger and Ganten



### HealthCare Day

Targeted at the broad public, Hypertension 2008 also offered the Hypertension HealthCare Day, organised in co-operation with Berlin's most successful community education centre, the Urania. With easy to understand lectures, a separate industry exhibition and many services such as blood pressure measuring, this event attracted several hundred patients from the Berlin area, providing yet another important component in hypertension prevention.

### ISH AWARDS

During Hypertension 2008 the ISH was pleased to announce the following award winners.

#### FRANZ VOLHARD AWARD AND LECTURESHIP

Dr Thomas Pickering, *New York, USA*

#### AUSTIN DOYLE AWARD

Dr Aleksandra Grzesiak, *Berlin, Germany*

#### ASTRAZENECA AWARD

Dr Fiona Turnbull, *Sydney, Australia*

#### BOEHRINGER INGELHEIM DEVELOPING WORLD AWARD

Professor Albertino Damasceno, *Maputo, Mozambique*

#### PFIZER AWARDS (X 3)

- Professor John Kostis Group, *USA*
- Dr. Masaru Iwai Group, *Ehime, Japan*
- Professor Markus van de Giet Group, *Berlin, Germany*

#### ROBERT TIGERSTEDT AWARD, SUPPORTED BY MSD

Professor Friedrich Luft, *Berlin, Germany*

#### STEVO JULIUS AWARDS (X 2) SUPPORTED BY NOVARTIS

- Professor Talma Rosenthal, *Tel-Aviv, Israel*
- Professor Kalina Kawecka-Jaszcz, *Krakow, Poland*

#### HONORARY MEMBERSHIP

- Professor (h.c.) Richard Horton (*The Lancet*)
- Dr Shanthi Mendis (*World Health Organization*)

#### DISTINGUISHED MEMBERSHIP

Professor Lewis Landsberg, *Chicago, USA*

#### The Hypertension 2008 meeting really made a difference:

With an excellent media reach, awareness for the danger of hypertension and the need for prevention was raised especially among the public and patients. In the three months after the Hypertension 2008 conference, in excess of 200 articles have been published, both in scientific journals as well as in popular media, accompanied by a number of radio and TV reports, including Germany's prime TV news show.

#### COMMENTS FROM THE FLOOR

*'Hypertension and related complications is a global problem, which was again highlighted during the meeting. Indeed, the conference provided an important opportunity for individual delegates and for national societies to interact with other societies across national borders to collaborate on the important issue of global cardiovascular prevention.'*

T Kahan, Sweden

*'Berlin is a marvellous city and provided a great backdrop for "Hypertension 2008"-the joint meeting of the ISH and ESH. The congress centre was a great venue that coped well with the large numbers. The meeting covered the lot-from basic science and genomics to epidemiology and large scale clinical trials. A great occasion for catching up with good friends and colleagues from around the world and swapping stories or discussing the latest "hot news". But above it all, Berlin was the star, with so many treasures, including its rich cafe culture, its wonderful museums and its amazing repertoire of operas and music. One of the best!'*

J Chalmers, Australia



T Pickering



K Kawecka- Jaszcz



R Horton & LH Lindholm



## COMMENTS FROM THE FLOOR CONTINUED

*'The 2008 ISH/ESH conference was a huge success. The sessions were held at the International Conference Centre, Berlin, which was a little too far from the city centre hotels to make walking a practical option, but it was easily accessible by public transport and conference buses. The inclusion in the registration package of a weekly ticket for use on city transport systems will have been welcomed by many participants and made access to the conference centre simple.*

*With over 8500 participants this meeting was large enough to be comprehensive and financially viable while being small enough that it was personal and friendly. It might be divisive to identify specific contributions, but the quality of presentations was generally very high. There was a good mix of innovative physiological studies, informative trials of treatment options, authoritative plenary sessions, and meet-the-expert sessions to both interest and inform the delegates.*

*There is a symbiotic relationship between industry and societies, and the Berlin conference did well to nurture this. There were 17 industry-sponsored symposia and more than 40 exhibitor booths. The trade exhibition was located en route to the catering area which should have pleased the exhibitors as it maximised passing trade.*

*There can be a similar relationship between societies and journals. The high profile of The Lancet in both exhibits and in the presentations at this conference, emphasises the importance of hypertension research. The Lancet is happy to work with the ISH to give appropriate exposure to major papers and future conferences.*

*So how did the conference fare in the less formal aspects? There were facilities for grabbing a drink and a bite to eat, but they did not encourage one to stop, sit and take a break. A café situation for small informal meetings could have been welcome. The catering was good and it was nice to be able to complement lunch with a glass of wine if wanted (or needed!)*

*This was an informative, enjoyable and extremely well-organised conference that will have been valuable to all who attended. Congratulations to Detlev Ganten and the organising committee.'*  
S Spencer, The Lancet, UK

## ISH CHINA ACTIVITIES

### 1. 25-28 June 2008

LH Lindholm was the keynote speaker at an event in China in June run by the Chinese Medical Association (CMA). Three meetings were held in Shanghai, Beijing and Canton attended by approximately 350 delegates each. A fourth meeting was organised for about 40 top opinion leaders. This is the 2<sup>nd</sup> year that the ISH have been worked with the CMA in this manner and it is hoped that the activity will be repeated next year.

### 2. 18-22 July 2008

A joint ESH/ISH China tour in July was organised by EMD Healthcare Communications Group in order to present highlights of the 2008 Berlin meeting. The event was extremely successful and reached 2,000 doctors in 16 cities (many by video link). The ISH and ESH were represented by LH Lindholm (ISH) and S Laurent (ESH) and AM Heagerty (ISH) and A Coca (ESH) contributed as remote speakers.

The tour included:

- **Friday 18<sup>th</sup> July:** Summit Session in Shanghai
- **Saturday 19<sup>th</sup> July:** CME Session in Shanghai (broadcast to 9 cities: Hangzhou, Jinan, Qingdao, Wuhan, Fuzhou, Chengdu, NanJing, Gaungzhou, Suzhou)
- **Sunday 20<sup>th</sup> July:** CME Session in Nanjing (broadcast to 8 cities: Harbin, Tainjin, Shenyang, Urumuqi, Taiyuan, Hefei, Shijiazhuang, Zhengzhou)





## **REPORT ON THE SECOND ISH TEACHING SEMINAR, DOUALA, CAMEROON, 13 - 14 MARCH 2008**

### **PROFESSOR D LEMOGOUM**

The second edition of the International Society of Hypertension (ISH) hypertension teaching seminar took place in Douala (Cameroon) from 13 to 14 March, 2008 in French. It was organised by the ISH Low and Middle Income Countries Committee, in partnership with the International Forum for Hypertension Control and Prevention in Africa (IFHA) and the Cameroon Heart Foundation (CAMHEF).

In response to the growing burden of cardiovascular diseases witnessed by Sub-Saharan African countries, the ISH hypertension teaching seminar was designed to reinforce human capacity, especially for physicians involved in training and research in their respective countries. The aim was to strengthen their skills and improve their knowledge with regard to research on hypertension; mechanisms, detection, management and prevention of hypertension; related risk factors and complications in low resource settings.

#### **The faculty in charge of the training comprised:**

- Professor Robert Fagard: Course Director, ISH Vice-President and Chair of the ISH Low and Middle Income Countries Committee (Belgium)
- Professor Jean-Paul Degaute: Chief of the Department of Cardiology, Erasme Hospital, Free University of Brussels (Belgium)
- Professor Albertino Damasceno: Chief of the Department of Cardiology, Maputo University Teaching Hospital (Mozambique)
- Dr. Shanthi Mendis: Senior Adviser, Cardiovascular Disease Division, WHO, Geneva (Switzerland)
- Professor Jean-René M'Buyamba-Kabangu: Hypertension Unit, University of Kinshasa Hospital, President of Congolese Hypertension League (D.R. Congo)
- Dr. Roger Makandja; Chief of the Department of Cardiology, Libreville University Teaching Hospital (Gabon)
- Dr. Daniel Lemogoum; Director of the seminar, and Executive President of IFHA and CAMHEF (Cameroon)

- Dr. Jean Toto Moukouo: CAMHEF program Director (Cameroon)
- Special guests 'African expert invitees' namely: Professor Mouanodji Mbaissouroum (Chad), Professor Donatien Mavoungou (Gabon) and Professor Benjamin Longo Mbenza (D.R. Congo)

The first part of the seminar consisted of presentations of key thematic lectures by the faculty on epidemiology, pathophysiology, management and prevention of hypertension. D Lemogoum addressed the mechanisms of hypertension in blacks and emphasised the crucial role of salt metabolism abnormality as a key factor of the increased hypertension risk in the black population in relation with genetics. He argued that, beyond epithelial sodium channel abnormalities, obesity, low plasma renin activity and volume changes, increased peripheral resistance, genes controlling the renin-angiotensin system, psychological stress, underweight phenotype and genetic polymorphisms in addition to potentiating environmental factors are major mechanisms of hypertension in black hypertensives. In his second intervention, he also stressed the cornerstone role and importance of non-pharmacological treatment of hypertension as a key step in the prevention of hypertension and related complications.

The lectures by S Mendis were focused on the measurement of blood pressure in low resource settings, and on recommendations for prevention of heart attacks and strokes using the total risk approach and the WHO risk prediction charts. She encouraged each participant to implement, whenever possible, the WHO cardiovascular risk prediction charts at country level, with the aim to generate nationwide specific data. JP Degaute addressed the relevance of the definition, diagnosis, evaluation and risk stratification of the hypertensive patient, as emphasised by the European ESH-ESC 2007 guidelines and/or by the IFHA 2003 recommendations. He also stressed in his second lecture that eligibility for treatment should be resource-sensitive, and that treatment of African hypertensive patients should take into account economic constraints, cost-effectiveness and context specificity.

JR M'Buyamba-Kabangu discussed how to organise the management of hypertension in low resources settings and addressed the pharmacological treatment of hypertension as well. He stressed the mandatory shift from tackling high blood pressure in isolation to a strategy of comprehensive management of identified risk factors. R Fagard discussed the importance and prognostic value of home blood pressure and



ambulatory blood pressure measurements in the evaluation of hypertensive patients. A Damasceno reviewed the epidemiology of hypertension and associated risk factors in Africa while R Makandja addressed the complications of hypertension in Africa on the basis of the experience in Gabon. JT Moukoko discussed the management of hypertensive urgencies and emergencies in underserved regions in the most cost effective way.

the determinants of poor adherence to antihypertensive treatment among Congolese patients in Mbuji-Mayi, D.R. Congo. According to I Diall and colleagues malignant hypertension is extremely frequent in Mali and is associated with poor prognosis due to lack of appropriate management, health system barriers, low accessibility, and chronic poverty. Acute heart failure, hypertensive retinopathy and acute renal failure represented the major complications. He also



reported an increased intra-hospital prevalence of hypertension (54%) in the elderly (aged 60 years and over) in Mali. In Rwanda, E Amendezo observed an excess intra-hospital cardiovascular mortality in Kigali University Teaching Hospital. M Dehayem reported a higher prevalence of hypertension and poor control rate among diabetic patients in Cameroon and in Sub-Saharan Africa, and called for urgent action targeting education of the population and of patients, and training of health care workers as well, to stop the disaster. B Longo Mbenza observed a close relationship between brachial pulse pressure and the severity of retinopathy in diabetic patients in Sub-Saharan Africa, while

C Bavuma found a high prevalence of retinopathy among diabetic patients in

The second part of the seminar was devoted to research on hypertension and related topics in Africa. This half day session offered an opportunity for African participants to present the results of their own work or protocols in the field of hypertension and related diseases. A total of 11 communications were presented, covering various domains of hypertension in Sub-Saharan Africa. The session started with the lecture by A Damasceno who addressed the issue of organising and implementing epidemiological studies. Then R Fagard addressed the issue of organising and implementing intervention studies. These lectures were followed by interactive and instructive discussions. During the second part of the session, G Kimbally-Kaky revealed that the prevalence of hypertension in adults aged less than 55 years in Congo is about 35% (investigation as part of the WHO Stepwise protocol). In a preliminary report of VITARAA (Visite de la Tension et du Risque Associé en Afrique) J.T. Moukoko highlighted the high burden of cardiovascular risk factors among Cameroonian women as compared to men, especially with regard to obesity, overweight, smoking habits, and sedentarity. J Nsenda reported a close relationship between low birth weight and cardiovascular disease risk factors in Congolese young adults, while F.M. Ngalula discussed

Butare, Rwanda. Finally, E Wawo discussed an upcoming protocol on epidemiology of hypertension among Cameroonian children, while D Mavoungou linked the increased risk of cardiovascular diseases in Sub-Saharan Africa with a number of factors: demographic shifts, recent urbanisation, maternal and foetal undernutrition, and infection, influencing adult susceptibility to vascular disease and ethnic diversity via gene-environment interactions.

The seminar was held under the patronage of the Cameroon Minister of Public Health. Altogether fifty participants attended the seminar, and with inclusion of faculty members and experts, 10 African countries were involved, that is Cameroon, Congo, D.R. Congo, Gabon, Ivory Coast, Mali, Mozambique, Rwanda, Chad and Senegal. The seminar was conducted in French.

*The second "ISH Teaching Seminar" was supported by: International Society of Hypertension; World Health Organization; European Society of Hypertension; Belgian Hypertension Committee; University of Leuven KU Leuven; and the following corporate sponsors: Merck Sharp & Dohme; Servier; Bayer; Boehringer-Ingelheim; Bristol-Myers-Squibb; Menarini; Sanofi-Aventis; AstraZeneca; Novartis; Solvay; Spengler; Cameroon electricity Company; AES SONEL*



## NATIONAL SOCIETY UPDATES

Please read on for updates from the following national societies of hypertension and high blood pressure councils (ISH Affiliated Societies):

- French Society of Hypertension (**SFHTA**)
- High Blood Pressure Research Council of Australia (**HBPCRA**)
- Israeli Society of Hypertension
- Italian Society of Hypertension (**SIIA**)
- Japanese Society of Hypertension (**JSH**)
- Sri Lanka Society of Hypertension (**SLHS**)



Further Society reports will follow in the next edition of the newsletter.

### FRENCH SOCIETY OF HYPERTENSION



The French Society of Hypertension (SFHTA), founded in 1975, is a professional and scientific society based in Paris and a branch of the French Society of Cardiology. The Society

is run by a Council of 27 members who are elected for a 3 year term. Nearly 350 Cardiologists, Physicians, Nephrologists, Pharmacologists as well as Scientists in relevant fields are members of the Society.

#### Society objectives are to:

- give support to young researcher via grants;
- support the circulation of information on hypertension via continuing education and
- enable scientific exchange via working groups.

#### Meetings:

For the past 28 years the Society has held an annual scientific meeting in Paris in the month of December, attended by in excess of 1,000 people. Starting in 2007, the Journées de l'Hypertension Artérielle are now an International Meeting, attended by a significant number of specialists from several European countries. The 2008 scientific programme was created in direct collaboration with the Belgian and Swiss Societies of Hypertension.

#### Recent Activities:

- 15 grants were allocated in 2008 for various studies to be lead on hypertension, in France and abroad.
- In partnership with 5 national universities, the Society runs a Course on hypertension as well as an E-learning Course.
- Translation in French of the ESC/ESH Guidelines for the Management of Arterial Hypertension. The French and English versions are available online.

For further information please view [www.sfhta.org](http://www.sfhta.org).

### THE HIGH BLOOD PRESSURE RESEARCH COUNCIL OF AUSTRALIA



The High Blood Pressure Research Council of Australia has been at the forefront of research into the causes, prevention and treatment of high blood pressure since its inception in 1979. Their research incorporates the full range from experimental molecular biology and genetics to human physiology and drug treatment of hypertension. The Council also has major outreach programs with General Practitioners and Specialist Physicians with interests in blood pressure. Council members are among the national and international leaders in the field of cardiovascular research, through clinical trials, research projects, journal editorships, various academic, government and commercial committees and as active organisers and participants at major conferences. One of the major aims of the Council is to foster young careers by building links with peers and senior members of Council and providing financial support, especially for travel to conferences. The Council hosted the memorable ISH Scientific Meeting in Melbourne in 1994 and will be hosting the forthcoming ISH meeting in Sydney in 2012. The Council holds its own Annual Scientific Meeting, when members and students present their latest research findings. The abstracts from the meeting are published in *Hypertension*. The meeting comprises special sessions and prizes for students and young investigators. The meeting highlights include 3 named lectures: the R D Wright, the Austin E Doyle and the Colin I Johnston lectureships awarded to leading scientists, physicians and researchers.

#### Meetings:

HBPRCA would like to invite you to a very special 2008 Annual Scientific Meeting (ASM) of the High Blood Pressure Research Council of Australia, to be



held in Melbourne on 3-5 December. Non-members are most welcome to attend and to submit free communications. This will be the 30th Anniversary Meeting of the Council and HBPRCA are taking the opportunity to make it bigger and better than ever to celebrate their significant Birthday. It will be a meeting that looks forward to their future growth by highlighting their younger researchers and the first class science for which the Council is renowned. But it will also be a meeting that looks back to their origins and the people and ideas that have shaped the remarkable success of blood pressure research in Australia. The Scientific Programme will be headlined by their named lectureships: Professor Carlos Ferrario as our RD Wright Lecturer, Associate Professor David Sinclair as the Austin E Doyle Lecturer and Associate Professor Bruce Neal as the Colin I Johnston Lecturer for 2008. As always, the ASM will be highlighting the work of their student and early postdoctoral members, with special sessions and a range of valuable awards including Early Career Investigator Award that will allow one of their young stars to travel to Britain for the BHS Meeting in 2009. There will also be travel grants available to support younger members to attend the meeting in Melbourne. Melbourne 2008 will be a marvellous meeting for the HBPRCA – a scientific and social treat that you won't want to miss. HBPRCA look forward to seeing everyone there.

**National research being carried out:**

The ANBP2 study (New Eng J Med. 2003;348:583-592) was conducted under the auspices of the High Blood Pressure Research Council of Australia and members of the Council have been senior investigators in many international clinical trials such as PROGRESS, ADVANCE, ONTARGET.

**General Society news**

The Council is involved with active exchanges with other National Societies affiliated with the ISH including the British Hypertension Society and the Société Française d'Hypertension Artérielle. These relationships encourage collaborative and collegiate interactions that are of great mutual benefit.

*For further information please view*

[www.hbprca.com.au](http://www.hbprca.com.au).

**THE ISRAELI SOCIETY OF HYPERTENSION**

The Israeli Society of Hypertension is devoted to the treatment of patients, dissemination of knowledge to the general public, and acquiring knowledge by way of research in the field of hypertension. The Society currently has about 300 members.



The Executive Board includes Professor Michael Bursztyn (President), Dr Eduardo Podjarny (Secretary), Dr. Dov Gavish (Treasurer), Professor Reuven Zimlichman (Immediate Past-President) and Drs. Yonatan Sharabi and Dror Dicker (Members at Large).

*For further information on the Society please view*  
[www.ish.org.il](http://www.ish.org.il).

**ITALIAN SOCIETY OF HYPERTENSION**

The Italian Society of Hypertension (Società Italiana dell'Ipertensione Arteriosa - SIIA) was established in 1983 with the aim of promoting scientific investigations and educational initiatives in the field of hypertension.



Within its 25 years of life SIIA has progressively expanded to a membership of almost 1,000 students, researchers and clinical experts in

hypertension, many of whom are widely recognised for the relevance of their scientific contributions.

According to its scientific purposes SIIA has promoted an active collaboration with other scientific societies involved in hypertension research such as ISH and ESH and contributed to the organisation of numerous highly qualified meetings. In 2006, to further disseminate the knowledge about diagnosis and treatment of hypertension, SIIA merged with the Italian League of Hypertension and is now named "Italian Society and League of Hypertension". The organisation is arranged in regional sections.

The Society organises an annual scientific meeting, usually in the first week of October, which gathers a selected number of original papers plus jointed symposia with other Italian and European scientific Societies, clinical sessions and educative programmes. During the main meeting there is a session dedicated to the scientific reports of several working groups actively involved in specific areas of research in hypertension. In addition each year the Society supports the activities of some 10-15 meritorious young investigators financing their stages in centres of excellence either in Italy or abroad.

Since 2005, the Society participates in World Hypertension Day with a number of initiatives including radio and television interviews, free blood pressure measurements in hospitals and pharmacies and local meetings, all aimed at increasing the knowledge of hypertension in the general population.



**At present the officers of the Society are:**

President:	Prof. Bruno Trimarco
Past President:	Prof. Enrico Agabiti Rosei
President Elect:	Prof. Alberto Morganti
Secretary:	Prof. Claudio Borghi
Treasurer:	Prof. Giovanni Cerasola

**Further details on the activities of SIIA can be viewed at [www.siaa.it](http://www.siaa.it).**

**THE JAPANESE SOCIETY OF HYPERTENSION**



The Japanese Society of Hypertension (JSH) is a not-for-profit organisation established in 1978. The purpose of JSH is to promote basic and clinical research and educational activities for the prevention, detection and management of

hypertension and related disorders. Since its foundation, JSH has 3,000 members consisting of cardiologists, nephrologists, endocrinologists, epidemiologists, physiologists, chemists, pathologists, pharmacologists, and general practitioners. The current President of JSH is Professor Kazuaki Shimamoto of Sapporo Medical University.

In (2007-2008), JSH celebrated its 30<sup>th</sup> anniversary. Memorial projects included a special symposium and the production of a commemorative publication.

The annual scientific meeting of JSH is traditionally held in autumn and the 2008 meeting has just taken place in Sapporo (9-11 October 2008) attended by in excess of 2,800 doctors. AM Heagerty and LH Lindholm were invited to the event as speakers on behalf of the ISH. In 2009, the annual meeting is scheduled to take place from 1-3 in Otsu near Kyoto.

*Hypertension Research*, the official journal of JSH, is a monthly vehicle of peer-reviewed novel information as to the latest scientific progress in the area of hypertension. The number of submitted papers is dramatically increasing. JSH also supports basic and clinical research, hosts educational lectures, and awards distinguished achievements in the field of hypertension.

In order to contribute to the progress of hypertension management, JSH promotes large-scale clinical trials investigating blood pressure measurements and interventions in hypertensive patients. JSH has additionally published Guidelines for the Management of Hypertension since 2000, and an updated version will be published in January 2009 in *Hypertension Research*.

**For further information please visit [www.jpsh.org](http://www.jpsh.org).**

**SRI LANKA HYPERTENSION SOCIETY**

The Sri Lanka Hypertension Society (SLHS), formed in 2003, has a small but growing membership and is involved in a number of activities including the development of guidelines for doctors in the treatment of



hypertension. The SLHS hopes to widen the scope of its activities with a programme that will improve awareness and knowledge of high blood pressure among the public. Screening for hypertension among the public, training paramedical personnel in blood pressure measurement, updating the knowledge of doctors are some of the other activities that will be undertaken in the coming months by the SLHS.

**Recent activities undertaken by the Society include:**

- A joint Meeting with the Galle Medical Association in September 2007 on guidelines on hypertension, controversies in hypertension and hypertension and cerebrovascular disease
- Four televised discussions on hypertension and also on health hazards of salt
- Newspaper articles on hypertension were written to mark the World Hypertension Day
- A survey on the adequacy of control of blood pressure in four centres. Only 22% of subjects showed adequate blood pressure control

**The following are the current Office Bearers of the Society:**

*President:* Professor MR Mohideen  
*President Elect:* Professor Upali Illangasekera  
*Immediate Past President:* Professor MHR Sheriff  
*Secretary:* Dr. GR Constantine  
*Treasurer:* Dr. Sepalika Mendis  
*Editor:* Dr. Rushika Lanerolle  
*Council Members:* Dr. S Anantharajah, Dr. DUR Gunawardena, Dr. S Mangaleswaran, Dr. S Paranagama, Dr. Ruwan Ekanayake, Dr. ALM Nazar, Professor Harsha Seneviratne, Prof Lal Jayakody, Dr. Padma Gunarathne, Professor Lalani Rajapakse, Dr. S. Seneviratne Epa, Dr. S. Parnavitharna



## UPCOMING RELATED MEETINGS

### 2008

**16 – 18 October 2008, Warsaw, Poland**

Polish Society of Hypertension

[www.11zjazdptnt.viamedica.pl/](http://www.11zjazdptnt.viamedica.pl/)

**18 – 19 October 2008, Islamabad, Pakistan**

PHL 12<sup>th</sup> Annual Symposium

[www.phlpk.org](http://www.phlpk.org)

**22 – 25 October 2008, Venice, Italy**

7<sup>th</sup> International Symposium on Multiple Risk Factors in CVD: Prevention and Intervention – Health Economics

[www.lorenzinfoundation.org](http://www.lorenzinfoundation.org)

**30 October – 2 November 2008, Barcelona, Spain**

2<sup>nd</sup> World Congress on Controversies in Diabetes, Obesity & Hypertension

[www.codhy.com](http://www.codhy.com)

**8 – 12 November 2008, New Orleans, USA**

American Heart Association Scientific Sessions 2008

[www.americanheart.org](http://www.americanheart.org)

**22 –25 November 2008, Hong Kong**

2<sup>nd</sup> Asian Preventive Cardiology & Rehabilitation Conference

[www.apccrc.com](http://www.apccrc.com)

**3 – 5 December 2008, Melbourne, Australia**

2008 Annual Scientific Meeting (ASM) of the High Blood Pressure Research Council of Australia

[www.hbprca.com.au](http://www.hbprca.com.au)

**18 – 19 December 2008, Paris, France**

2<sup>nd</sup> International Meeting of the French Society of Hypertension

[www.sfhta.org](http://www.sfhta.org)

### 2009

**20 – 22 February 2009, Hong Kong**

CardioRhythm 2009

[www.cardiorhythm.com](http://www.cardiorhythm.com)

**6 – 9 May 2009, San Francisco, USA**

2009 Annual Meeting of AHA

[www.ash-us.org](http://www.ash-us.org)

**17 May 2009**

World Hypertension Day

[www.worldhypertensionleague.org](http://www.worldhypertensionleague.org)

**12 – 16 June 2009, Milan, Italy**

19<sup>th</sup> European Meeting on Hypertension

[www.aimgroup.it/2009/esh](http://www.aimgroup.it/2009/esh)

**5 – 8 August 2009, Belo Horizonte, MG, Brazil**

XVII Meeting of the Brazilian Society of Hypertension

[www.sbh.org.br/iash2009](http://www.sbh.org.br/iash2009)

**1 –3 October 2009, Otsu, Japan**

Japanese Society of Hypertension Annual Meeting

[www.jpnsnsh.org](http://www.jpnsnsh.org)

**10 – 12 December 2009, Valencia, Spain**

2<sup>nd</sup> International Conference on Fixed Combination in the Treatment of Hypertension, Dyslipidemia & Diabetes Mellitus

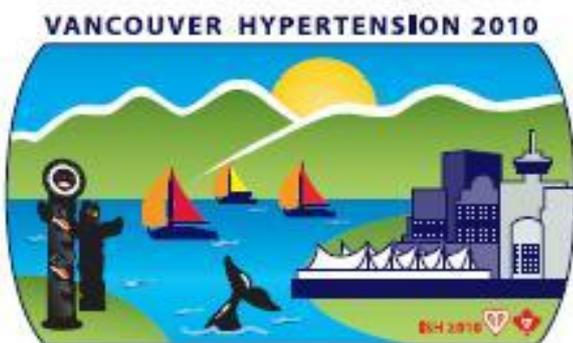
[www.paragon-conventions.com/fixed09](http://www.paragon-conventions.com/fixed09)

### 2010

**18 – 22 June 2010, Oslo, Norway**

20<sup>th</sup> European Meeting on Hypertension

[www.eshonline.org](http://www.eshonline.org)



## The 23rd Scientific Meeting of the International Society of Hypertension

September 26 to 30, 2010  
Vancouver, Canada



## GENERAL SOCIETY INFORMATION

### MEMBERSHIP

If you have not yet renewed your ISH membership for 2008 now is the time to do so to ensure you continue to receive copies of the *Journal of Hypertension*.

Payment can be made on-line by visiting the membership section of [www.ish-world.com](http://www.ish-world.com). Alternatively, please contact the Secretariat to receive a payment form. (Email: [secretariat@ish-world.com](mailto:secretariat@ish-world.com))

We would like to take this opportunity to remind you of the Society's Constitution concerning Membership.

*"Members shall pay annual dues in the amount and within the time period determined by the Executive Committee. Membership shall automatically cease upon failure to pay the annual subscription fee for two consecutive years."*

### MEMBERS ONLY AREA OF THE WEBSITE

You may like view the Members Area of the website in order to view the following information.

- Past copies of the ISH Newsletter
- Minutes of Society meetings (Council and AGM)
- A list of ISH Members with contact details
- Access to the *Journal of Hypertension* for those who are eligible for free online access. This free online access is available for new members (since 2006) who reside or work in one of the resource poor countries, zones and territories defined by HINARI or in South Africa.

To access these pages you are required to register using your membership number, email address and a password of your choice. If you do not know your membership number, please contact the Secretariat. (Email: [secretariat@ish-world.com](mailto:secretariat@ish-world.com))

### Member contact details

Please remember to update the Secretariat with your change of contact details, especially your email address. (Email: [secretariat@ish-world.com](mailto:secretariat@ish-world.com))

### RECRUIT NEW MEMBERS

**We would welcome your assistance** to help us recruit new members to the Society. The Society

welcomes applications for membership from individuals working in the field of hypertension and cardiovascular disease.

If you have a colleague who would like to become a member of ISH please ask them to complete the downloadable Application Form that can be found in the Membership section of the Society's website: [www.ish-world.com](http://www.ish-world.com). Applications must also be accompanied by:

1. A written statement by two members of the Society as to the qualifications of the nominee - (names of regional/national members can be provided by the Secretariat);
2. A list of the nominee's academic degrees, professional positions ( A short CV)
3. A list of the nominee's five best and five most recent publications relating to hypertension or allied fields.

Nominations are initially considered by the Membership Committee and ultimately approved by the Society at its Biennial Scientific Meetings.

### ISH RESEARCH FELLOWSHIP



The Research Fellowship is a distinct initiative of the ISH. It represents a special category for the Society, designed to attract and support research students who are working in a field relevant to hypertension.

Tenure as an ISH Research Fellow is for the period of enrolment as a research higher degree (e.g. PhD) student, which must be confirmed annually. It is anticipated that upon graduation, Research Fellows will join as full members and enjoy all the benefits of the ISH.

For further information on the Research Fellowship please contact the Secretariat. (Email: [secretariat@ish-world.com](mailto:secretariat@ish-world.com))



## ISH CORPORATE MEMBERS

The ISH would like to acknowledge the support of our Corporate Members.



Mitsubishi Tanabe Pharma Corporation



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