

of the SNS and RAAS by leptin and insulin.

The moral of the story

Although we are not able to modify our conservative genetic endowment we can beneficially effect the expression of our inherited traits by altering the circumstances that bring them into play: consuming less salt and less calories.

Council's Corner: Hypertension Issues - a personal view



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In 2008, I participated in the bidding for the 2016 ISH biennial meeting on behalf of the CHL. Although our bidding for an ISH meeting in Beijing was not successful, we, the CHL, soon reached an agreement with the ISH to initiate an educational programme in the western part of China.

For several decades, western China has been less focused on educational programmes for the management of hypertension, even though the disease burden of hypertension is no smaller, and possibly greater, than in the eastern part of China. West China is economically far behind east China. This explains why physicians from west China participate in national meetings much less than those from east China. It may also explain why pharmaceutical companies are less interested in the organization of promotional activities in west China. Pharmaceutical companies often invite experts from Europe and North America to give lectures in their educational and promotional meetings in China. However, those meetings are often organized in Beijing, Shanghai, Guangzhou and other major cities in east or south east China, but very rarely in cities in west China.

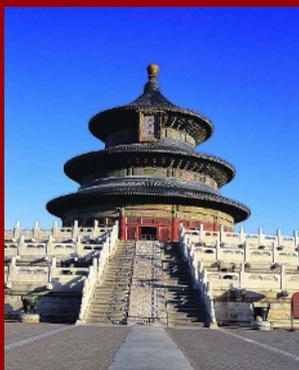
In 2009, at the invitation of the CHL, the ISH decided

to help organize teaching seminars on the management of hypertension in west China in collaboration with the Asian Pacific Society of Hypertension (APSH). Every year there were two seminars in two different cities of west China. Each seminar would be a whole day programme including several lectures on the latest advances in hypertension. Lecturers were jointly appointed and supported by the ISH, APSH and CHL.

In the past seven years, the teaching seminar has been to most of the capital cities of west and central China. All the ISH sitting presidents (Anthony Heagerty, Stephen Harrap, Ernesto Schiffrin and Rhian Touyz) and Secretary General of the APSH, Trefor Morgan, participated in the seminar. The CHL president, Zhaosu Wu, chaired these meetings over the years. Probably because of the impact of these international and national organizations, the seminars were well-attended, with hundreds of participants each. The total number of participants of the 14 seminars exceeded a few thousands.

In China, the prevalence of hypertension increased substantially from about 5% in the late 1950s to about 25% in 2012 (Figure). The control rate of hypertension remained less than 10% in the China National Blood Pressure Survey in 2012 and was even lower in west China.

China will host the 2018 ISH Biennial Scientific Meeting in Beijing.



At this meeting, China should not only present the scientific achievements in hypertension research, but also show improvements in fighting hypertension.



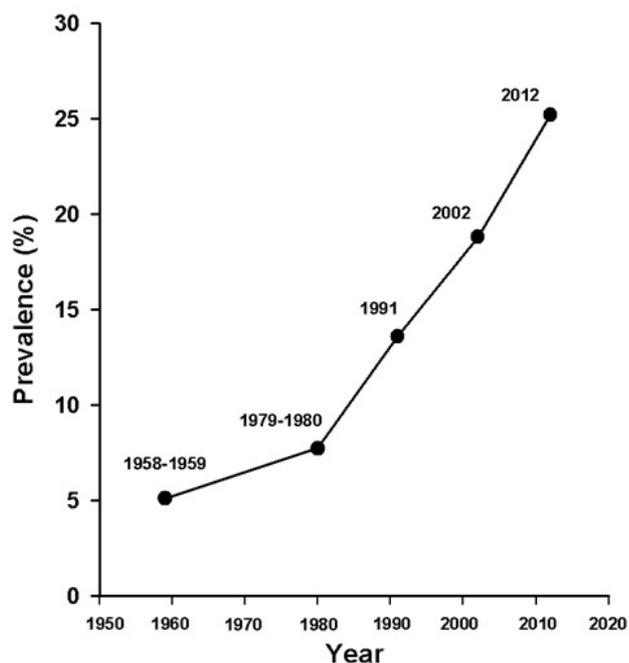
The Chinese government is establishing a nationwide health insurance system. Controlling hypertension is a major task of primary care physicians for chronic disease management in community health centres. I believe that with these joint forces, the management of hypertension will be improved to a much higher level in the coming years. The contribution of the ISH teaching seminar in west China must be appreciated. In the 21st century, the lecturers from other countries should be acknowledged, just as Dr Norman Bethune* [1890-1939] was.

*Norman Bethune was a Canadian surgeon who worked in China from January 1938 to November 1939. https://en.wikipedia.org/wiki/Norman_Bethune.

Pictures taken at China Workshops - below and right



Figure : Prevalence of hypertension in five Chinese national surveys from 1958 to 2012



-Jiguang Wang