Argentine Society of Hypertension

Officers of the Society
The Argentine Society of Hypertension has appointed new Officers as follows:

- President: Dr. Hernán Gómez LLambí
- Vice-President 1°: Dr. Roberto Ingaramo
- Vice-President 2°: Dr. Alejo Grosse
- Secretary: Dr. José Alfie
- Treasurer: Dr. Daniel Suárez

Research
Since 2009 our society promotes through an annual grant, the research in three areas:

1) Basic research
2) Clinical research
3) Epidemiology

Annual Scientific Meetings
The XVI Annual Scientific Meeting of the Argentine Society of Hypertension was held in the city of La Plata, Buenos Aires, Argentina on May 14–16, 2009.

- This annual event was attended by almost 2,000 healthcare professionals.
- Dr. Edward Frohlich gave the opening lecture and Dr. Giovanni de Simone gave the closing lecture.
- We were also honored by the presence of several internationally recognized scientists, such as Drs.: Oscar Benavente, Antonio Coca, Carlos Fardella, León Ferder and David Spence among others.
- A special symposium was organized in memory of Dr. Juan Carlos Romero, an outstanding Argentine researcher and teacher in the field of hypertension, who passed away on December 30, 2008. Drs. Jane Reckelhoff, Alberto Nasjletti, and Oscar Carretero were the invited speakers for this special symposium.
- More than eighty short communications were presented in the poster sessions.
- Awards were granted to the best basic science and the best clinical science projects discussed during the meeting and the traditional “Dr. Carlos María Taquini Award” and “Dr. Juan Carlos Fasciolo Award” were granted to the best oral communication in basic and clinical research, respectively. This year, the new award “Dr. Juan Carlos Romero” was introduced to recognize an outstanding researcher in the field of hypertension.

The XVII Annual Scientific Meeting of the Argentine Society of Hypertension was held in the city of Buenos Aires, Argentina on April 15–17, 2010.

- The Main Topic of the meeting was: “Hypertension and atherosclerotic vascular disease”.
- The meeting was attended by almost 2200 health care professionals and 100 nurses.
- Dr. Efrain Reisin gave the opening lecture named: “Dr. Bernardo A. Houssay Lecture” and Dr. Luis Juncos gave the closing lecture named: “Dr. Luis Federico Leloir Lecture”.
- Several internationally recognized scientists participated, such as Drs.: Oscar Carretero, Carlos Fardella, John Cockcroft, Jan Danser, Radu Iliescu; Christine Maric, Henrik Poulsen, Mohan Raizada, Jane Reckelhoff, Luis Ruilope, Thomas Unger, Héctor Ventura, Oscar Cingolani and Eugenio Cingolani.
- More than seventy short communications were presented in the poster sessions and awards were granted to the best basic science and the best clinical science projects. The traditional "Dr. Carlos María Taquini Award” and “Dr. Juan Carlos Fasciolo Award” were granted to the best oral communication in basic and clinical research, respectively.
- There were 26 round tables. Eight of them were jointly organized with the following entities: Sociedad Argentina de Medicina (SAM) (Argentine Society of Medicine), Sociedad Argentina de Cardiología (SAC) (Argentine Society of Cardiology), Federación Argentina de Cardiología (FAC) (Argentine Federation of Cardiology), Asociación Argentina de Medicina Respiratoria (AAMR) (Argentine Association of Respiratory Medicine), Sociedad Argentina de Obesidad y Trastornos Alimentarios (SAOTA) (Argentine Society of Obesity and Alimentary Conditions), Sociedad Argentina de Nefrología (SAN) (Argentine Society of Nefrology), Sociedad Argentina de Lípidos (SAL) (Argentine Society of Lipids), Sociedad Argentina de Gerontología y Geriatría (SAGG) (Argentine Society of Gerontology and Geriatrics), Sociedad Argentina de Diabetes (SAD) (Argentine Society of Diabetes).
There were 15 conferences and 2 controversies.

Two of the main activities which had a great impact among the participants were held in common with American Physiological Society and they were: The Symposium entitled “Arterial hypertension in the different periods of woman life”.

The Satellite Symposium entitled “Mechanisms responsible for hypertension and cardiovascular diseases in women” which took place on April 19th, 2010, in the School of Pharmacy and Biochemistry of the University of Buenos Aires.

**Blood Pressure Awareness**

To mark World Hypertension Day, the Argentine Society of Hypertension has developed through the Press Office multiple communications in the newspapers and radio television network the relationship between obesity and hypertension.

The Society will develop every year in June, July, August, and September a public campaign in the same media on:
1. The relevance of periodically blood pressure control
2. Hypertension in young people
3. Hypertension in the woman

Dr. Hernán Gómez Llambí
President

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**Austrian Society of Hypertension**

Every year, the Austrian Society of Hypertension organizes:

- a joint meeting together with the Society of Nephrology
- a basic course on hypertension for doctors in post-university training
- 5 educational evening academies in different cities

The Society has:

- produced a DVD for patient information freely available for everybody from our homepage ([www.hochdruckliga.at](http://www.hochdruckliga.at))
- launched a diploma for hypertension
- launched a survey on awareness and treatment of blood pressure in our country which will be compared to a similar survey 30 years before.
The British Hypertension Society was founded in 1981 as a forum for presenting research into understanding the origin of high blood pressure and improving its treatment. It organises cutting edge educational meetings and resources and provides guidelines on the management of hypertension. The Society currently has 272 members including 23 honorary members.

- The highlight of the year is our Annual Scientific Meeting which has been held at a university venue in Cambridge in September for the last few years. The meeting is regularly attended by over 200 members and their guests. Abstracts from the meeting are published in the Journal of Human Hypertension.

The Society’s Executive Committee is assisted and informed by 4 Working Parties:

**Guidelines and Information Service Working Party**
Over the last 2 years the Working Party has:
- advised the UK National Institute for Health & Clinical Excellence (NICE) in the development of guidelines for the management of Stroke, Lipid Modification, Antenatal Care, Type 2 Diabetes and Chronic Kidney Disease.
- recently embarked upon an update on the national Guidelines for Hypertension Management in collaboration with NICE
- produced a quarterly, electronic Newsletter to update BHS members, members and UK general practitioners with British Hypertension Hypertension E-News an interest in hypertension on new developments and contemporary discussion.

**Educational Programmes Working Party**
Since 2008 the Working Party has organised:
- two Primary Care Educational Meetings to promote the latest innovations and guidelines to general practitioners, independent prescribers and allied health professionals, one held in Manchester and the other in London. A further meeting is scheduled for 25 May in London.
- two Hypertension Masterclasses focussed on specific aspects of hypertension research and treatment with a view to training junior doctors. A Masterclass focussing on Physiological Imaging & Measurement in Cardiovascular Disease was held in London in November 2008 and the other focussing on Hypertension and Specific Patient Groups was held in Glasgow in May 2009. Numbers for this meeting are restricted to 40 in order to facilitate discussion.
- three Hypertension training days for Non-medical Prescribers. This training programme is delivered to nurses, pharmacists and allied health professionals who have completed a supplementary prescribing training course and who wish to gain additional knowledge of hypertension. Courses are held in varying locations around the UK and numbers are again limited to facilitate discussion.

**Blood Pressure Measurement Working Party**
Over the last 2 years the Working Party has:
- implemented a Validation Service for manufacturers of BP monitors and successfully tested two devices, one low cost automatic monitor and one aneroid device.
- advised the UK Medicines and Healthcare Products Regulatory Authority (MHRA) on the removal of devices containing mercury in the clinical setting
- reviewed many published reports of validation studies performed on BP monitors and maintained a list of validated devices on the BHS website.

http://www.bhsoc.org/blood_pressure_list.stm
• the Working Party is currently considering the impact of increased self-BP measurement and its value as a diagnostic and management tool.

Collaborative Research Working Party
• With funding from the British Heart Foundation, the Working Party has implemented the PATHWAY research project in 8 centres around the UK. The project comprises 3 complementary studies:
  o Monotherapy vs Combination for initial treatment - tests the hypothesis that patients treated with a single drug never catch-up with the blood pressure control achieved with initial combination.
  o Optimal therapy of resistant hypertension - tests the hypotheses that spironolactone is the best overall treatment for patients at step 4 of the NICE/BHS algorithm, and that the best drug for individual patients can be determined by measurement of plasma renin.
  o Single vs Combination diuretic in patients with low-renin hypertension - tests the hypotheses that multiple nephron blockade is more effective than single, and that addition or substitution of K+-sparing diuretic for thiazide in patients with features of metabolic syndrome will prevent deterioration of glucose tolerance.
• Now that PATHWAY is underway, the Working Party is considering new proposals for research which will benefit from input from the BHS Research Network.

For more information about the Society visit the website www.bhsoc.org or email bhs@le.ac.uk.
1. **Better Blood Pressure Measurement Initiative**
   This initiative of the Council is designed to ensure that the measurement of blood pressure is done frequently, appropriately and properly. It comprises clinical, educational and research components.
   
   **Clinical:**
   20,000 semi-automated BP machines have been distributed to General Practitioners and Medical Specialists across Australia. General practitioners have also received two “*Off The Cuff*” DVDs produced by the Council that deal with common contemporary issues regarding BP measurement. Posters emphasizing the importance of blood pressure with the message “*Measure, Evaluate, Control*” have been deployed in General Practices across Australia.
   
   **Education:**
   Blood pressure abstracts with expert commentaries have been regularly placed on the Council’s website.
   
   **Research:**
   Specific funds have been made available for research projects investigating aspects of BP measurement. Semi-automated BP machines have been lent for approved research projects around Australia.

2. **Society Collaborations:**
   We have annual exchange of BP researchers (especially younger investigators) through valuable and successful programs with
   - British Hypertension Society
   - Société Française d'Hypertension Artérielle
   - AHA Council for High Blood Pressure Research

3. **Annual Scientific Meetings:**
   We have conducted 2 highly successful Annual Scientific meeting in Melbourne (2008) and Sydney (2009). The Melbourne meeting was especially memorable as the 30th Anniversary meeting of the Council.

4. **Ambulatory BP Project:**
   The Council published a major study of 24-hour BP: Head et al. Definition of ambulatory blood pressure targets for diagnosis and treatment of hypertension in relation to clinic blood pressure: prospective cohort study. BMJ 2010;340:c1104. New ambulatory pressure guidelines are being developed in collaboration with the National Heart Foundation of Australia.

5. **Hypertension Sydney 2012:**
   Under the auspices of the Council, the Organising Committee for the 24th Scientific meeting of the International Society of Hypertension has been formed and plans for the meeting are well underway.

6. **Blood Pressure Awareness:**
   Coinciding with World Hypertension Day 2010, the Council is launching a national campaign to raise the public awareness of the importance of blood pressure. This campaign will roll out over several years with the assistance of the advertising agency Ogilvy Healthworld who are providing the services *pro bono* to the Council.

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*Stephen Harrap*
President, HBPRCA
1. Research for Hypertension and its Related Disorders and their Support
   - Hypertension Award (Oct., 2008/2009)
   - Research on Salt-Reduction Strategies in Working Group for Dietary Salt Reduction
   - Research on Appropriate Usage of Diuretic Drugs in Working Group for Diuretic Drugs
   - Research on Home Blood Pressure measurement
   - Support Ongoing Large Clinical Trials Regarding Hypertension in Japan

2. Promotion/Educational Activities of Therapy and Prevention for Hypertension
   - Holding the Life-time Continuing Educational Lectures (46 times in 2008, 200 times in 2009)

3. Annual Scientific Meeting and Symposium
   - The 31st Annual Scientific Meeting (in Sapporo, Oct. 2008/ 870 titles/2,761 participants)
   - The 32nd Annual Scientific Meeting (in Otsu, Oct. 2009/ 550 titles/1,986 participants)
   - The 10th Japan-China Joint Hypertension Symposium (in Sapporo, Oct. 2008)
   - The 11th Japan-China Joint Hypertension Symposium (in Beijing, Oct. 2009)

4. Publications
   - Guidelines for the Management of Hypertension, JSH2009 (Jan., 2009, 250,000 issues)
   - CKD Guideline for Hypertension (Jul. 2008)
   - 30th Anniversary Issue (Sept. 2009)
   - Hypertension Research – Official Journal (Monthly)

5. Promotion to Prevent Hypertension Diseases
   - Distribution of Recipe for Low-Salt Menu
   - Distribution of DVD on “Activities of JSH”

6. Establishment of the Regulation for Board-Certified Specialists in Hypertension
   - Establish the Committee for Board-Certified Specialists in Hypertension and Construct their Regulations

1) Hypertension Incidence in Turkey (HinT) Study:
   This epidemiological cohort study was designed, directed and supported by the Turkish Society of Hypertension and Renal Diseases. Individuals were the participants of the PatenT (Prevalence, awareness, treatment and control of hypertension in Turkey) Study, which included 4910 volunteers from 26 cities located in seven geographical provinces of Turkey. The aim of the study was to investigate the incidence of hypertension in Turkey in order to facilitate future public health efforts in primary prevention as well as
secondary prevention in countries with emerging economies. The overall 4-year incidence rate of hypertension was 21.4%; it reached a maximum of 43.3% in individuals over 65 years of age. Age, initial blood pressure category, and body mass index were the best predictors of the hypertension incidence rate. The study was published as full paper in *Journal of Hypertension* 28(2):240-4, 2010.

2) SALTURK (The Relationship between Hypertension and Salt Intake in Turkish Population) study: This population-based epidemiological study was aimed to evaluate the daily salt intake and its relation to blood pressure in a representative group of Turkish population. The enrolled normotensive and hypertensive individuals (n = 1970) completed a questionnaire including demographics, dietary habits, hypertension awareness and drug usage. Blood pressure was measured and to estimate salt consumption, 24-h urine samples were collected. The daily urinary sodium excretion was 308.3 ± 143.1 mmol/day, equal to a salt intake of 18.01 g/day. The study showed Turkish population consumes a great amount of salt; salt intake and blood pressure was positively correlated. This study has formed a basis for many governmental and public efforts to reduce salt intake in Turkey. The study was published in Blood Pressure (Blood Pressure 2010 Aug 10. [Epub ahead of print].)

3) Ambulatory Blood Pressure Distribution:
The Society has distributed more than 50 ambulatory blood pressure devices to academic centers of hypertension in order to increase availability of these devices for better measurements in certain cases and for research activities.

4) Annual Scientific Meetings:
Annual meetings were carried out in Antalya-TURKEY with attendance of more than 1000 physicians and with international contribution by well-known hypertension experts.

5) World Hypertension Day and WASH Activities:
The Society has continued to commemorate World Hypertension Day and Salt Awareness Activities by close collaboration with World Hypertension League and World Action On Salt and Health (WASH). The leaflets and posters were translated to Turkish and distributed and displayed in many health practices and public places. Public awareness were increased through media coverage of the activities.

6) Measuring Blood Pressure of Turkey: BP Measurement Campaign by a Hypertension Truck:
The Society has started a nationwide blood pressure measurement campaign since 2008. Every year a “hypertension truck” was traveling between several cities of Turkey during the week preceding “World Hypertension Day”. A dedicated website was prepared for the campaign and both national and local media and public were continuously informed through the website, press releases and television and radio broadcasts. A special campaign song was composed and broadcasted through the campaign truck. Blood pressure measurements were done in city centers, shopping arcades etc. In the last 3 years, blood pressure measurements were done in approximately 90.000 people. After each measurement, Turkish version of WHD leaflets and several other educational leaflets were given to the participants. The campaign was endorsed by Department of Health.

Mustafa ARICI
Representative for International Associations
The Working Group for Arterial Hypertension of Bosnia and Herzegovina was founded in 1999. Since its foundation it has been constantly active within all its mission goals and in particular in the last two years.

**Educational Programmes and Scientific Meetings**

Numerous meetings and symposia on various aspects of hypertension were organized by the Working Group.

**2009**

- In the year 2009, an international symposium on hypertension was organized with cardiologists from Turkey. The symposium was focused on epidemiology and management of hypertension.
- This scientific meeting was followed by another symposium dedicated to the use of *ACEIs and ARBs in management of hypertension with special reference to their similarities and differences*, with participation from Bosnia and Herzegovina, Slovenia, Croatia and Turkey.
- In May 2009, the Association of cardiologists of Bosnia and Herzegovina and the Turkish Society of Cardiology organized a meeting under the title *The Modern Approach to Management of Hypertension* which was focused on the blockade of RAS.
- In December 2009, the [Working group for arterial hypertension](#) organized a symposium *Are ACEIs more effective in RAS blockade then ARBs*

**2010**

- In May 2010, the 5th Congress of Cardiologists and Angiologists of Bosnia and Herzegovina was held in Sarajevo (with international participation). Within the [Working group – Arterial hypertension](#) session, the introductory lecture titled *Comments on Reappraisal of European Guidelines on Hypertension Management - a European Society of Hypertension Task Force Document, 2009* was presented by Professor Dr. Vjekoslav Gerc. The lecture was followed by ten papers focused on various aspects of hypertension such as epidemiology, clinical features, management, etc.
- Also, at The 5th Congress of Cardiologists and Angiologists of Bosnia and Herzegovina, a [Satellite Symposium – State of the Art](#) was dedicated to hypertension. A review presentation by Dr. V. Gerc under the title *Advantages of RAS blockade in cardiovascular diseases* was the introductory lecture.

The Working Group participates each year at the biannual Association of cardiologists of Bosnia and Herzegovina meetings. One session is traditionally dedicated to high blood pressure topics.

**Research and guidelines**

- In 2007, an international group of experts from Bosnia and Herzegovina, Ukraine, Moldova, Montenegro, Kosovo and Serbia conducted an extensive international, prospective, multicenter study titled *Fixed combination lisinopril plus hydro-chlorothiazide in the treatment of essential arterial hypertension: an opened, multi-centre, prospective clinical trial*. The principal investigator was V. Gerc.
- The abstract of the study can be found in Medline base on PubMed. This study has been the most extensive study under patronage of the [Working Group for Arterial Hypertension of Bosnia and Herzegovina](#) so far. The results have been published in two articles:


- Under the patronage of the Working Group for Arterial Hypertension of Bosnia and Herzegovina, the first Guidelines for Hypertension was published. A second edition will follow shortly. The author of the Guidelines is Vjekoslav Gerc and co-authors.

Blood Pressure Awareness:

- This year, on the occasion of the World Hypertension Day with the motto Healthy Weight - Healthy Blood Pressure, the Working Group for arterial hypertension organized several occasional activities. These activities included
  1. free blood pressure measuring for the citizenship in Sarajevo and other towns of Bosnia and Herzegovina.
  2. In the most important daily newspaper Oslobodjenje, Prof. Dr. V. Gerc published an extensive article using the above motto Healthy Weight-Healthy Blood Pressure as the title of the article. The author gave the emphasis in the article to the relationship between obesity and hypertension, the importance of adequate nutrition in management of hypertension, including the Mediterranean nutrition.

- A High Blood Outdoor Clinic has been actively and successfully functioning since 1978, helping solve cases of hypertension complications and cases of hypertension which cannot be controlled in spite of applied therapy.

Prof. Dr. Vjekoslav Gerc
President of the Working Group for arterial hypertension of Bosnia and Herzegovina

Venezuelan Society of Hypertension

1. Annual Scientific Meetings:

The Venezuelan Society of Hypertension have conducted 2 highly successful Venezuelan Congresses on Hypertension, the first held in Caracas, on September 2009, with the participation of ISH with several joint activities during the first day of the event. Our ISH President, Professor Antony M Heagerty participated in the meeting as well as Professor Alberto Zanchetti among other world invitees and 45 Venezuelan speakers. During this event the epidemiological CARMELA study was presented, carried out in seven Latin American cities following the same methodology; the Honorary Lecture "Professor Alberto Zanchetti" was presented by Professor Peter Bolli from Canada; about the successful of the activities against hypertension held in Canada in the past 8 years.

The second Venezuelan meeting was held in Margarita Island on 30 of June to 1 of July 2010, the “Honorary Lecture Professor Alberto Zanchetti”, was presented by Giuseppe Schillaci from Italy about the importance of electrocardiography in the hypertensive patient. Both meetings were attended by about 1000 doctors each, from varies medical specialties as well as primary care physicians.

2. Presentation of Guidelines:

During the past two years, the Venezuelan Society of Hypertension have presented and distributed to medical community in Venezuela of the “II Norma Venezolana para el Tratamiento de la Hipertensión” (Second Venezuelan guideline for treatment of hypertension), with the main objective of the individualization of hypertension treatment adopted to the Venezuela circumstances. Guidelines is a 76 pages book which have being distributed among Venezuelan doctors nationwide over 5000 copies, also in the web page of the society.
The second guideline distribution correspond to the Venezuelan Guidelines for Ambulatory Blood Pressure Monitoring and Home Measurements, again over 5000 copies have being distributed since July to present.

3. Publications:

CARMELA Study was the first epidemiological study conducted in Latin America following a standardized and comparable methodology in seven significant urban centers of the region as first step to know the health state in the region in order to follow intervention measurements to limits cardiovascular risk factors. CARMELA study is an initiative of the Inter American Heart Foundation (IAHF) and the Latin American Society of Hypertension (LASH).

CARMELA Publications, so far, are as follow:

a.- Hypertension in seven Latin American cities: the Cardiovascular Risk Factor Multiple Evaluation in Latin America (CARMELA) study.  

b.- Cardiovascular risk awareness, treatment, and control in urban Latin America.  


d.- Dyslipidemia in seven Latin American cities: CARMELA study  

e.- Prevalence of the metabolic syndrome in Latin America and its association with sub-clinical carotid atherosclerosis: the CARMELA cross sectional study.  

f.- High prevalence of diabetes and impaired fasting glucose in urban Latin America: the CARMELA Study.  

g.- Tobacco smoking in seven Latin American cities: the CARMELA study  
B M Champagne, E M Sebrie’, H Schargrodsky, P Pramparo, C Boissonnet, E Wilson  
tobaccocontrol.bmj.com on August 17, 2010

4. Election of Venezuelan Society of Hypertension Authorities (2011-2012 period)

During the IX Venezuelan Congress on Hypertension new authorities was elected for the period starting on 1st of January 2011, as President was elected Dr. Jesús López Rivera, from the Hypertension Unit of San Cristobal, Táchira State of Venezuela; Dr. López is the head of the Hypertension Residency in the main hospital of his State.