Report from WHL Members

Activity Report from Saudi Arabia

The Saudi Hypertension Management Society (SHMS) has started its work in 2001 as an interest group to develop practical guidelines for the management of hypertension in Saudi Arabia. It is a collaboration of interested health care providers in Saudi Arabia from diverse fields of medical science. Among its members there are internists, family physicians, paediatric and adult nephrologists, cardiologists, endocrinologists, pharmacists, dieticians, epidemiologists, gynaecologists, sleep specialists and others. The group has been upgraded to a society early this year. It is including 50 founding members from different medical fields. The Society became a member of World Hypertension League and the International Society of Hypertension in June 2008.

Fig. 1: SHMS Hypertension Course in Taif (2008)

WHL News

VITAL program

To combat the obesity crisis and its major complications (hypertension, diabetes type 2, abnormal blood lipids, and a variety of cancers) the US National Hypertension Association (NHA) developed the VITAL (Values Initiative Teaching About Lifestyle) program. The focus of VITAL is on prevention of obesity and its complications which cause 112,000 deaths annually and cost our nation $120 billion. It is estimated that 65% of Americans are overweight and 32% are obese (at least 20% above their ideal weight). It is predicted that, if obesity continues to escalate, of children born in the year 2000, 33% of Caucasians, 50% of African Americans, and 50% of Hispanics will develop diabetes in their lifetime. VITAL is a unique program that focuses on prevention, a major key to combating the obesity crisis. The program teaches healthy eating and appropriate physical activity in elementary schools in kindergarten through 2nd grade. Enthusiasm of students, teachers, school administrators, and parents has been enormous. For more information, please visit our website at http://www.nathypertension.org.

William M. Manger, MD, Ph.D.
Chairman, National Hypertension Association

Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Report from WHL Member Leagues</td>
<td></td>
</tr>
<tr>
<td>Activity Report from Saudi Arabia</td>
<td>1</td>
</tr>
<tr>
<td>WHL News</td>
<td></td>
</tr>
<tr>
<td>VITAL program</td>
<td>1</td>
</tr>
<tr>
<td>25th Anniversary of WHL</td>
<td>2</td>
</tr>
<tr>
<td>Important Message to all Readers</td>
<td>3</td>
</tr>
<tr>
<td>People</td>
<td>4</td>
</tr>
<tr>
<td>Calendar</td>
<td>4</td>
</tr>
</tbody>
</table>
Saudi Arabia is a rapidly developing Gulf country with a population of 20 millions; one third of them are non-citizens. Hypertension is a rapidly increasing problem. More than one in every five adults in our population suffers from it, while two others are having pre-hypertension. Only one third of hypertensives are aware about their problem, while 20% of those treated are controlled. In addition, metabolic syndrome constitutes half of the adult population, which makes the situation more complex. On the other hand, the problem is associated with public misconceptions and high trust in herbs and traditional healing.

The goals of the SHMS are:

1. Public awareness campaigns
2. Organization of scientific symposia and training seminars and courses for health professionals
3. Development of guidelines for the management of hypertension.
4. Research in the field of hypertension.

The society has carried out a growing number of activities, including:

- **Guideline development**
  Two versions have been launched in 2006 and 2008 for the management of hypertension in Saudi Arabia. Specific to this guideline is the inclusion of recommendations on the management of high blood pressure during Ramadan Fasting and Hajj Pilgrimage. On the other hand, a specific guideline for the management of commonly encountered cardiovascular risk factors has been launched early this year. It is mainly directed to primary care providers.

- Developing a **national public guideline** for reducing the incidence of hypertension through lifestyle modification. It aims to reduce the average blood pressure of the adult population by 5 mmHg in the coming 5 years.

- **Training Courses** and seminars for doctors and nurses in different regions of the country (Figure 1).

- **Public awareness** days during the WHD 2006 through 2008, where multiple brochures and posters were prepared and distributed for the professionals and the public. WHL leaflets were translated into Arabic language and they have been distributed to different places in the country. In addition, talk programs and articles were presented in the Saudi Media.

- Newly-evolving **training course** of proper measurement of blood pressure ‘Blood Pressure Measurement Certificate of Competency’ was introduced and carried out repeatedly earlier this year.

- A **national research** is running. It studies “Dyslipidemia among Hypertensive Patients Attending Ambulatory Care in Saudi Arabia”.

- Development of a **website** for the professionals and the public.

- The 1st **national hypertension symposium** in May 2006. The next conference is planned for in October 2009.

Bader Almustafa, MD
Coordinator, International relations
Saudi Hypertension Management Society
P.O.Box 545
Eastern P. 31911, Saudi Arabia
Phone/Fax: (+966-3) 8526834
E-mail: Bader.Almustafa@gmail.com

**WHL News**

**25th Anniversary of WHL**

WHL is celebrating its 25th anniversary this year. This event will be celebrated at the World Hypertension Congress 2009 in Beijing, China (see also calendar section).

We invite all members and friends to join us at this meeting and to share with us their experiences in combating hypertension in the past and to discuss future approaches in hypertension prevention and control. Please visit [http://www.worldhypertension2009.com](http://www.worldhypertension2009.com) for more updates.

Anja Kroke
Editor, WHL Newsletter
IMPORTANT MESSAGE TO ALL READERS

Newsletter Subscription: Change of Delivery Method

Dear Newsletter Reader,

The World Hypertension League keeps committed to providing you with the free of charge “WHL Newsletter” as important means of communication between the members of our League. However, in times of financial insecurity, we need to look for ways to deliver this service to our members in a more economical way.

To this end, we would ask you to register for the electronic delivery of the WHL Newsletter, whenever this is possible. Printed copies in the future will only be provided upon special request.

To register for the standard delivery by e-mail, go to www.worldhypertensionleague.org and click the provided link, as shown here, and fill in the provided form on the web site.

However, we appreciate that not in all regions of the World access to internet and e-mail is widely available. If your access to e-mail is limited, please, fill in the form below and send it by mail or fax to the WHL Newsletter office to make sure you will continue to receive the printed copy of the Newsletter.

Fax: (+49-30) 9406-2123

<table>
<thead>
<tr>
<th>First name, Last name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Street</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City + ZIP code, Country</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

With many thanks for your cooperation.

Sincerely,

Arun Chockalingam
Secretary General

Anja Kroke
Editor WHL Newsletter
People

The Philippine Society of Hypertension has elected new officers for the period 2009-2011: Dr. Abdias V. Aquino is President, Dr. Dante D. Morales is Vice President and Dr. Romeo A. Divinagracia is General Secretary. The address is: Unit 309, Amberland Plaza, Julia Vargas Avenue, Ortigas Center, Pasig City, The Philippines.
Phone: (+632) 631-7970 / 687-7073
Fax: (+632) 631-7970
E-mail: phihyper@phlddsl.net

Electronic Newsletter Delivery

http://www.worldhypertensionleague.org

Impressum

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is a division of the International Society of Hypertension (ISH), and is in official relations with the World Health Organization (WHO).

Secretariat:
Blisson Hall – 11016, Simon Fraser University
8888 University Drive, Burnaby, BC, V5A 1S6, Canada
Phone: (+1-778) 782-6952; Fax: (+1-778) 782-5927
E-mail: whlsec@sfu.ca
Internet: http://www.worldhypertensionleague.org

Board Officers:
Liu Lisheng (Beijing), President
Lawrence Beilin (Perth), Vice-President
Peter Sleight (Oxford), Past President
Arun Chockalingam (Vancouver), Secretary General

Members:
J. George Fodor (Ottawa), Graham MacGregor (London)
Alfredo Dueñas (Havana)

Advisors to the Board:
M. Mohsen Ibrahim (Cairo), Developing Countries
Jörg Pötzsch (Berlin), Communications

ISH Representation:
Tony Heagerty (Manchester, UK)
Lars Lindholm (Umeå, Sweden)

The WHL Newsletter is published bimonthly by the World Hypertension League
Anja Kroke, Editor; Erika Pisch, Editorial Assistant

Editorial Office:
Max Delbrück Center for Molecular Medicine (MDC)
Robert-Rössele-Strasse 10, 13125 Berlin-Buch, Germany
Phone/Fax: (+49-30) 9406-2123
E-mail: whl@mdc-berlin.de

ISSN 1013-1639 Production and distribution:
Georg Thieme Verlag Stuttgart New York

The WHL Newsletter is published with the support of