Editorial

Global burden of blood-pressure-related diseases

In a recent publication in The Lancet [1] estimates on the global burden of blood-pressure-related disease for the year 2001 were presented. This study provided data on the worldwide burden of disease that is attributable to high blood pressure. By defining high blood pressure as ≥ 115 mm Hg systolic, population impact fractions were calculated. The impressive figures of these calculations were as follows:

- 7.6 million premature deaths worldwide, which account for about 13.5% of the global total were attributed to high blood pressure.
- 92 million DALYs (disease adjusted life years) were attributed to high blood pressure.
- 54% of stroke worldwide were attributable to high blood pressure.
- 47% of ischaemic heart disease worldwide were attributable to high blood pressure.

Based on analyses by world regions the authors were able to show that only 20% of the attributable burden occurred in high income countries, whereas the remainder occurred in low- and middle-income countries. These data once again highlight the fact that especially in the poor and emerging economy countries high blood pressure is a supremely important risk factor.

With respect to the prevention of high blood pressure, hypertension, and the associated morbidity and mortality, another finding of this study demands our attention. Most interestingly, only about 50% of this disease burden was related to people with hypertension. The other

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WHL News

Next ISH Meeting in Vancouver, Canada

Global Cardiovascular Risk Reduction is the topic of the 23rd scientific meeting of the International Society of Hypertension (ISH) – in association with WHL – which will be held in Vancouver, Canada, from September 26–30, 2010.

High blood pressure and hypertension are of paramount importance in this context. The world’s leading scientific and medical specialists will address the current state of knowledge and research in Cardiovascular Health. The Scientific Program promises to be at the frontier of knowledge in. Keynote Presentations, Industry and Investigator Initiated Symposia, Oral and Poster Presentations, Public Forums, and Exhibits will focus on the risk reduction theme and stress new integrative approaches to cardiovascular diseases. Keynote speakers will include pioneers and leading investigators in the fields of cardiovascular, renal, and metabolic health.

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50% was in those with lesser degrees of high blood pressure. In the light of the two competing approaches of primary prevention – the high risk approach and the population approach – these data clearly lend support to the population approach. Accordingly, the authors stated in their conclusion “Prevention and treatment strategies restricted to individuals with hypertension will miss much blood-pressure-related disease”.

Public health measures that are able to lower blood pressure in the entire population are able to reduce the disease burden of this population substantially, even if the blood pressure reduction on the individual level is only small. A wonderful presentation and discussion of the advantages and disadvantages of these prevention approaches was made by Geoffrey Rose [2]. Studying of this article, including the discussions about it, is highly recommended.

Primary prevention activities of WHL therefore support such population strategies. One of these is the initiative to reduce salt intake in the population. The next year’s World Hypertension Day, for example, is dedicated to the theme “Salt and High Blood Pressure: Two Silent Killers”. For further information on these activities, see the WHL News section and refer to the WHL website.

Prof. Anja Kroke
Editor, WHL Newsletter

References:

ISH Meeting 2010 in Vancouver continued

The WHL will host a special symposium on September 25th or 26th in Vancouver. Details will be made available in due course. For further information, please go to www.vancouverhypertension2010.com or contact our secretariat (contact information, see impressum).

Report from the 10th Annual Conference on Hypertension in Beijing

The Chinese Hypertension League (CHL) hosted its 10th annual symposium on hypertension and related diseases jointly with “Asia Medical Forum – The Lancet 2008”, with WHL and many other partners in Beijing, November 14–16, 2008. More than 1,600 delegates participated in this 3-day event co-chaired by Professor Liu Lisheng, CHL/WHL and Dr. William Summerskill, Executive Editor of Lancet.

During this conference, the WHL Worksite Project in China was launched. This project is based on the successful protocol [1] developed and implemented by Professor George Fodor in three central European countries (Austria, Hungary and Slovakia). The protocol is modified to meet the needs of China. There would be at least four worksites in China and one in Hongkong. The China Worksite Task Force members are shown in the picture. Missing from the picture are Professor George Fodor, Dr. Zengwu Wang and Dr. Chonghua Yao.

Report prepared by Dr. Arun Chockalingam
Secretary General, WHL

Reference:
WHL Welcomes new Board Members

The WHL Executive is very pleased to welcome the following two prominent global leaders in hypertension to the WHL Board for a three year term effective July 2008.

Professor MacGregor from St. George’s University of London, England is the Chair of CASH (Consensus Action on Salt and Health) and WASH (World Action on Salt and Health). A nephrologist by training Dr. MacGregor is passionate about reduction of dietary salt at the global population level.

E-mail: gmacgreg@sgul.ac.uk

Dr. Alfredo Dueñas is a Professor of Cardiology and the Director of National Institute of Preventive Cardiology, Havana, Cuba. He has designed and led a number of community intervention studies in hypertension, tobacco control, and CVD prevention trials in Cuba and is a member of a number of international studies including WHO/WHL Patient Education Project.

E-mail: prevcard@informed.sld.cu

25 Years of WHL

2009 will be a landmark year for the WHL as it celebrates its 25th anniversary.

The WHL jointly with the Chinese Hypertension League plans to host the “World Conference on Prevention and Control of Hypertension and Related Diseases” in Beijing, China October 30 – November 1, 2009.

Further information will be posted on the WHL website.
People

The mailing address of the International Society for the Study of Hypertension in Pregnancy (ISSHP) has changed: Prof. Gerda G. Zeeman, Secretary/Treasurer, UMC Groningen, Dept. Obstetrics & Gynaecology, Hanzeplein 1, 9713 GZ Groningen, The Netherlands.

Phone: (+31-50) 3616161
E-mail: g.g.zeeman@og.umcg.nl

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).

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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

The WHL Newsletter is published with the support of

Calendar

3rd Scientific Congress of the Portuguese Society of Hypertension
February 12–15, 2009
Vilamoura, Algarve, Portugal
Information: Veranatura – Conference Organizers
Rua Augusto Macedo, 12-D Escritório 2
1600-503 Lisboa, Portugal
Fax: (+351-21) 712 0204
E-mail: cidaliameido@veranatura.pt
Website: http://www.sphta.org.pt

13th Annual Scientific Meeting of the Egyptian Hypertension Society
April 8–10, 2009
Cairo, Egypt
Information: Mrs. Fathia Said,
Egyptian Hypertension Society
E-mail: fathiaalsaid@link.net
Website: http://www.ehs-egypt.net

19th Congress of the European Society of Hypertension
June 12–16, 2009
Milan, Italy
Information: AIM Group – AIM Congress
Via Flamina, 1068
00189 Rome, Italy
Fax: (+390-6) 33053 249
E-mail: esh2009@aimgroup.it

European Congress of the International Society for the Study of Hypertension in Pregnancy
September 11–12, 2009
Oxford, UK
Information: Prof. G. G. Zeeman,
Secretary Treasurer ISSHP
UMC Groningen;
Dept. Obstetrics & Gynaecology
Hanzeplein 1, 9713 GZ Groningen
The Netherlands
Website: http://www.isshp.com

25th Anniversary of the WHL and World Conference on Prevention and Control of Hypertension and Related Diseases
October 30 – November 1, 2009
Beijing, China
Information: WHL Secretariat
Fax: (+1-778) 782-5927
E-mail: whlsec@sfu.ca