



WHL • NEWSLETTER

News from the World Hypertension League (WHL).
In Official Relations with the International Society of Hypertension and the
World Health Organization

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President's Column



Dr. Xin-Hua Zhang

The launch of the WHO 2021 guideline for the treatment of hypertension gives primary care workers more confidence to provide timely treatment to millions of untreated, confirmed hypertensive patients, in advance of completing the lab test and overall CVD risk assessment. It also provides guidance for the development of health care policies that allow trained and certified non-physician healthcare workers to issue prescriptions, to help more patients to achieve their BP goal. The recommendations of the guideline strengthen the HEARTS protocols and support the implementation of the Call to Action to Control Hypertension in Africa.

We invite our partners and member organizations to join us in promoting the WHO 2021 guideline and the Call to Action for Africa, to improve global hypertension control.

Xin-Hua Zhang

Note from the Editor



Dr. Dan Lackland

In this issue of the Newsletter we are so enthused to announce and promote the WHO Hypertension Guideline and Call to Action in Africa. Both efforts are key for hypertension control globally and launched at a time of need. This issue presents many hypertension activities from the member organizations as well as the great words from the WHL awardees regarding the benefits of lowering blood pressure. The WHL celebrates World Heart Day and World Stroke Day with our valued global partners. We do so appreciate the many submissions and welcome thoughts and ideas to facilitate the promotion of initiatives focused on lowering global risks from elevated blood pressure.

Dan Lackland

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Germany

Submitted by Annette Kohl-Euskirchen
German Society of Hypertension

The German Society of Hypertension opened its first portal to an interactive and virtual event around the theme of WHD 2021 with various lectures and workshops as well as opportunities to talk to experts and people affected. More than 1,000 people visited the event which was launched under the leadership of Professor Dr. Florian Limbourg, member of the board of the German Society of Hypertension.



The portal to the virtual world of WHD in Germany was used by more than 1,000 visitors. The event was made possible with generous support by one of the largest German health insurances.

Under the German motto **#meinblutdruckpasst#** Professor Dr. Claudia Schmidtke, the Federal Commissioner for Patient Affairs, encouraged the public to keep an eye on blood pressure by measuring regularly and appreciated this year's campaign day by focusing, among other things, on how to measure blood pressure correctly and providing an interactive blood pressure pass.

According to the German Society of Hypertension more than 25 million people in Germany are affected by high blood pressure and it is important for public health to create an awareness towards blood pressure, its consequences and related prevention measures. Videos of this event are open to the public and free of charge on You Tube and at the website: www.hochdruckliga.de/aktuelles

Iran BP awareness outreach - WHD 2021

Submitted by: Alireza Khosravi; Prof. of Cardiology, Head of Hypertension Research Center, Isfahan Cardiovascular Research Institute (ICRI), Isfahan Univ. of Med. Sciences (MUI), Isfahan, Iran

•Held a meeting with the Vice Chancellor for Health of Isfahan University of Medical Sciences

to decide on possible actions on World Hypertension Day

•Routinely followed-up on the hypertensive patients in our hypertension clinic (BP measurement, training about prevention, treatment and control of hypertension orally and providing booklets and brochures).

•Held Blood Pressure Screenings during the month leading up to World Hypertension Day.



We took 98 Blood Pressure Screenings during this period. We didn't conduct screening on the general population due to the COVID-19 pandemic, however we performed screening on 77 patients with cardiovascular problems attending our clinic and 21 personnel working at ICRI. We invited the patients who were in the Chamran Heart Clinic (located at the first floor of ICRI) to measure their blood pressure in completely safe conditions (patients and staff had standard face masks with a suitable distance from each other in a large room with open windows). Screening was performed from May 1- May 17, 2021, and we completed the WHL questionnaire-2021 for all 98 participants.

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