

## Editorial

## Hypertension Most Neglected Disease in Pakistan

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Nearly one in every four people in this planet is living with hypertension. The unfortunate part is that 50 percent of these people are unaware of their condition. Of those who are aware, half of them do not take any action to control their blood pressure either by lifestyle modification or taking medications.<sup>1</sup>

National hypertension guidelines are updated on regular basis and are available to practising doctors all over Pakistan.<sup>3</sup>

Surveys done in Pakistan shows that above age of 18 more than 18 percent of population is suffering from hypertension.<sup>2</sup> The control of blood pressure is very poor. This is due poor compliance to medications and lifestyle medications. We the physicians hardly educate our patients about this silent killer. Majority of our patients stop medications when they feel the disease is cured as there is no headache. Use of high salt content food containing frozen meat at food chains is a fashion in our country. Sleeping late night, remaining busy with cell phone, high stress level in society contribute to high prevalence and poor control of hypertension.<sup>2</sup> Majority of our hypertensive patients report to hospitals due to complications like heart failure, stroke and chronic kidney disease. A nation wise campaign is needed to control the epidemic of hypertension and related complications in our country.

World hypertension day is being observed by world hypertension league and all organisations under world hypertension league on 17<sup>th</sup> May every year. This important worldwide activity is the creation of world hypertension League and was held for the first time on 14<sup>th</sup> May 2005.<sup>4</sup> The event was very successful and 25 countries including participated. Every year there is a theme to create awareness amongst general population about different aspects of hypertension particularly in low-income countries. The theme this year is Measure your blood pressure accurately, control it, live longer.

I wish members of world hypertension leagues and its affiliated organisations a highly successful event.

### References

Pakistan hypertension league was launched under world hypertension league in 1995. Since its inception Pakistan hypertension league has progressed into a large national body with 15 regional chapters. Pakistan hypertension league is sponsoring activities like observing world hypertension days in major cities of Pakistan, organising public awareness programs, press talks, holding workshops and CME programs for education of junior colleagues. Pakistan hypertension leagues is also holding its annual meeting on regular basis where research work is presented by senior national and international faculty.

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