



# Lebanese Hypertension League

Devoted to the advancement of hypertension prevention and control

Registration 305, 1994

## Founding Members

Dr. Adel Berbari, Dr. Abdo Jurjus, Dr. Salim Kabalan, Dr. Edgar Nasr, Mr. Ahmad Zreik, Dr. Zuhayr El-Imad

## The Executive Board

Adel Birbari, MD President, Salim Kabalan, MD Vice-President, Edgar Nasr, MD Vice-President, Abdo Jurjus, PhD Secretary General, Zuhayr El-Imad, MD, Charles Jazra, MD, Faris Chebli, MD, Samir Mallat, MD

## Active Members

Joseph Kahhaleh, MD, Nabil Bassil, MD, Jose Khabbout, MD, Michel Mattar, MD, Hala Khansa, PhD, Afif Moufarrij, MD, Walid Medawar, MD, Mr. Joseph Bakhos, Ms. Siham Rady, Rania Tohme, MD, MPH, Elias Sarrou', MD, Antoine Isthephan, MD, Doreid Oueidat, MD, Jean Abi-ghosn, MD, Amin Azzi, MD, Rosalyne Jurjus, MD, PhD, Alice Jurjus, PharmD, Inaya Abdallah, PhD, Elissar Rady, MD, MSc, Georges Saadeh, MD

## Foundation:

In Lebanon, hypertension is recognized as a major health problem. In response to this, a group of interested professionals established the Lebanese Hypertension League, a nonprofit nongovernmental organization.

The Lebanese Hypertension League (LHL) was founded in 1994, Decree 305 of the Lebanese Ministry of Interior both a medical professional and a non-professional organization to fight hypertension. Its membership rostrum includes medical (internists, cardiologists, family physicians, endocrinologists, researchers) and paramedical personnel (nurses, nutritionists, health care providers) as well as non health related people (judges, lawyers, engineers, youth organizations and college students).

The Lebanese Hypertension League is a regular member of the World Hypertension League, and collaborates with international sister societies including: The International Society of Hypertension ISH, the European Society of Hypertension and the Pan-Arab Society of Hypertension and other related societies like the LEBANESE HEALTH SOCIETY.

## Objectives:

The League's objectives are:

- o To enhance public awareness about the importance of hypertension as a major cardiovascular risk factor.

- o To organize and conduct conferences and seminars on hypertension for physicians.
- o To conduct epidemiological studies on the prevalence and characteristics of hypertension in various communities in Lebanon.
- o To foster the exchange of information about hypertension, on the one hand between the Lebanese hypertension League and various local medical scientific organizations, and, on the other hand, between the Lebanese Hypertension League, international and regional hypertension organizations and societies

## Activities:

### 1. Educational activities to the public:

- o Conferences, discussions
- o TV spots, TV talk shows, conferences...
- o Publication and distribution of brochures on hypertension.

### 2. Continuing medical education

- o Lectures for physicians, workshops, regional meetings...
- o Medical conferences (national and regional with the participation of international societies) - yearly.
- o Newsletter addressing physicians - quarterly

### 3. Research : Basic and Clinical

Some of the research activities already organized and conducted by the Lebanese hypertension League include:

- a. Epidemiological study on the incidence of hypertension and hypercholesterolemia in Lebanese children aged 10-14.
- b. A "Manual of Clinical Hypertension", edited and published by two members of Lebanese Hypertension League, was distributed to physicians in Lebanon and some other Arab Countries.
- c. Developing guidelines for the detection, evaluation and Treatment of Hypertension.
- d. Clinical studies of various therapy regimens.
- e. Testing of various hypertension drugs on animal models.
- f. Prevalence and Incidence of cardiovascular diseases in Lebanon: Physicians Inquiry

### **N.B:**

*The 10th Pan Arab Congress on Hypertension - Dec 2009  
Beirut - Lebanon*

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