

PSH PULSE

Official Online Newsletter of the Philippine Society of Hypertension
6th Issue, May 2022



Board on the GO!



**Officers & Members of the Board of Trustees
2021-2023**



 <p>Dr. Deborah Ignacia D. Ona President</p>	 <p>Dr. Dolores D. Bonzon Vice President</p>	
 <p>Dr. Gilbert C. Vilela Secretary</p>	 <p>Dr. Alejandro F. Diaz Treasurer</p>	 <p>Dr. Benjamin A. Balmores Jr Trustee</p>
 <p>Dr. Marlon T. Co Trustee</p>	 <p>Dr. Arnold Benjamin C. Mina Trustee</p>	 <p>Dr. Leilani B. Mercado-Asis Immediate Past President</p>



Philippine Lipid and Atherosclerosis Society
and
Philippine Society of Hypertension

February
2022

23-25



JOINT ANNUAL VIRTUAL CONVENTION 2022

THE CHANGING LANDSCAPE OF CARDIOVASCULAR DISEASE:

COLLATERAL DAMAGE IN THIS COVID PANDEMIC

ORGANIZING COMMITTEES



Overall Chairmen, Organizing Committee	Dr. Adriel E. Guerrero, PLAS Dr. Deborah Ignacia D. Ona, PSH
Scientific Committee Chair: Co-Chair: Members:	Dr. Lourdes Ella G. Santos, PLAS Dr. Dolores D. Bonzon, PSH Dr. Deborah Ignacia D. Ona (PSH-PLAS) Dr. Gilbert Vilela (PSH) Dr. Laura Rosario Trajano-Acampado (PLA)
<u>Research Committees</u> 2021 PLAS-VIATRIS Research Award, Chair Co-Chair 2021 PSH- YIA Awards, Chair Co-Chair	Dr. Cecillia A. Jimeno Dr. Mia C. Fojas Dr. Alejandro F. Diaz Dr. Benjamin A. Balmores, Jr.
Registration Committee Chair Co-Chair	Dr. Laura Rosario Trajano-Acampado (PLA) Dr. Marlon Co (PSH)
Socials Committee (for Closing Ceremonies) Chair	Dr. Mia C. Fojas (PLAS) Dr. Lynn A. Gomez (PLAS) Dr. Marlon Co (PSH) Dr. Arnold Benjamin Mina (PSH) Dr. Ma. Vinny Defensor Mina (PSH)
Technical and Publication Committee Chair	Dr. Federick C. Cheng (PLAS) Dr. Alejandro F. Diaz (PSH)
Ways and Means / Industry Participation Committee Chair Co-Chair	Dr. Elmer Jasper B. Llanes (PLAS) Dr. Alejandro F. Diaz (PSH)
Awards Committee	Dr. Roberto C. Mirasol (PLAS) Dr. Leilani Mercado-Asis (PSH) Dr. Adriel E. Guerrero (PLAS) Dr. Deborah Ignacia D. Ona (PSH)
Zero in Agency – official Management Agency	headed by Ms. Jen Maliwanag Ayra Misamin – Project Head
PLAS-PSH Secretariat	

LOCAL AND INTERNATIONAL SPEAKERS



ALBERTO LORENZATTI, MD
(Argentina)
Going Beyond LDL Cholesterol
Non-HDL Cholesterol: A Crystal Ball for
Young Individuals?



JAMES UNDERBERG, MD
(USA)
Going Beyond LDL Cholesterol
Treating ApoB: What Does the
Evidence Say?



ADRIEL E. GUERRERO, MD
(Philippines)
The Cardiovascular Impact of Covid-19
Effect on Lipids



GILBERT CVILELA, MD
(Philippines)
The Cardiovascular Impact of Covid-19
Effect on Hypertension



MIA C. FOIAS, MD
(Philippines)
Diabetic Dyslipidemia
Pathophysiology of Diabetic Dyslipidemia



LAURA ROSARIO T. ACAMPADO, MD
(Philippines)
Diabetic Dyslipidemia
Treatment of Diabetic Dyslipidemia



TA CHEN SU, MD
(Taiwan)
Evidence for Therapeutic Lifestyle Changes
Translating Exercise to Lipid Lowering:
Impact of Exercise on Fats



MA. ROSARIO CRUZ-SEVILLA, MD
(Philippines)
Evidence for Therapeutic Lifestyle Changes
What's Up, Coconut?



LETIANI B. MERCADO-ASIS, MD
(Philippines)
PRE-IGT Symposium
A New Kid on the Block



MICHAEL BARTOLOME FONG, MD
(Philippines)
Telemedicine Here to Stay?
Telemedicine in Primary Care



LISA S. TRABOCO, MD
(Philippines)
Telemedicine: Here to Stay?
Interprofessional Collaboration
in Telemedicine



IRIS THIELE ISIP-TAN, MD
(Philippines)
Telemedicine: Here to Stay?
Telemedicine and Digital
Transformation



KAZUOMI KARIO, MD
(Japan)
Blood Pressure Variations
and their Implications
BP Variability



DANTE D. MORALES, MD
(Philippines)
Blood Pressure Variations
and their Implications
BP Variability and CVD



NATALIE KOH SI YA, MD
(Singapore)
2021 Asia Pacific Consensus Statement
on the Management of Dyslipidemia



ALBERTO A. ATLAND
(Philippines)
ONE CAMTE Project Results-
(ONwards CVD REduction)



RODY G. SY, MD
(Philippines)
International Atherosclerosis
Society Plenary (IAS)
The HDL Paradox



PETER LIBBY, MD
(USA)
International Atherosclerosis
Society Plenary (IAS)
The Vulnerable Plaque



LOURDES PAULA R. RESONTOC
(Philippines)
Pediatric Hypertension
Background and Pathophysiology



DOLORES D. BONZON, MD
(Philippines)
Pediatric Hypertension
Recommendations for Screening and
Management/ Local Hypertension Guidelines

LOCAL AND INTERNATIONAL SPEAKERS



ALEJANDRO F. DIAZ, MD
(Philippines)
Advocates to Reduce Cardiovascular Risk
for May Measurement Month 2019/2020-
Local Hypertension Awareness Campaign
Local and International Data



TIKKI ELKA FRANGESTU, MD
(Singapore)
Advocates to Reduce Cardiovascular Risk
Addressing the Smoking
Conundrum in Asia: Any Hope for
Recalcitrant Smokers?



E. SHYONG TAI, MD
(Singapore)
Know Your Cholesterol
Triglycerides: Do They Matter?



LOURDES ELLA G. SANTOS, MD
(Philippines)
Know Your Cholesterol
Getting Your Shots for Lipid Lowering



DEBORAH IGNACIA D. ONA, MD
(Philippines)
Hypertension for Every Juan
Highlights of the 2020 CPG for the
Management of Hypertension



CECILIA A. JIMENO, MD
(Philippines)
Hypertension for Every Juan
Highlights of the 2020 CPG for the
Management of Hypertension



TZUNG DAU WANG, MD
(Taiwan)
Late Breaking Clinical Trials
STEP Trial



FEDERICK C. CHENG, MD
(Philippines)
Late Breaking Clinical Trials
REDUCE-IT



LYNN A. GOMEZ, MD
(Philippines)
The Role of Lp(a)
Chronic Kidney Disease (CKD)



GERALD F. WATTS, MD
(Australia)
The Role of Lp(a)
Lp(a) Testing in Families



BRIAN TOMLINSON, MD
(Hong Kong)
The Role of Lp(a)
Asian Population

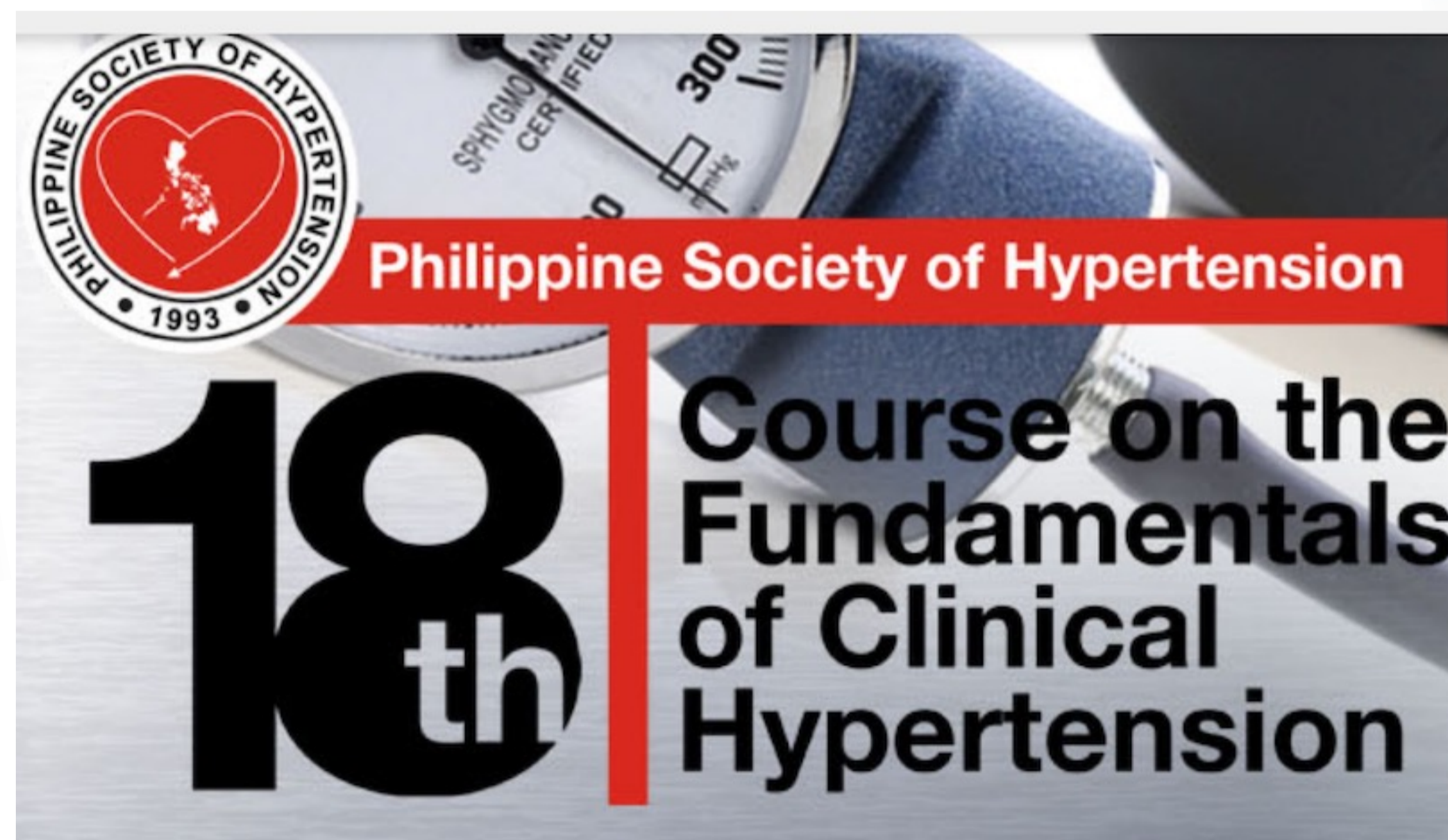


FRANZ H. MESSERLI, MD
(Switzerland)
What's New in Hypertension
What is the Ideal Target BP
for Hypertension?



GIUSEPPE MANCA, MD
(Italy)
What's New in Hypertension
Hypertension in the Elderly

Conferment of the Passers of the 18th (2021) PSH Certifying Examination For Hypertension Specialists (Online)



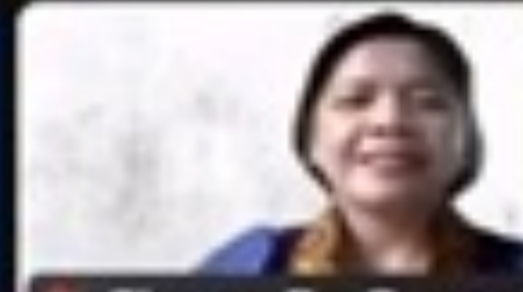


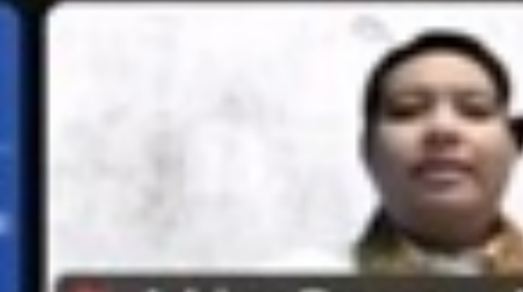






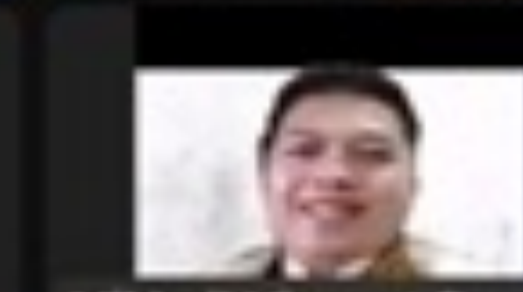
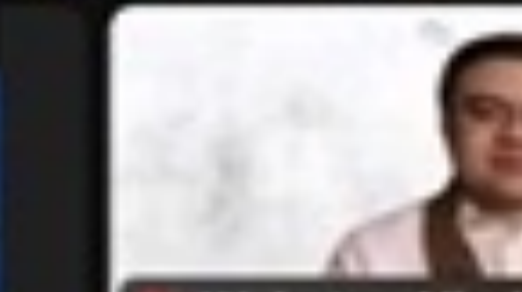













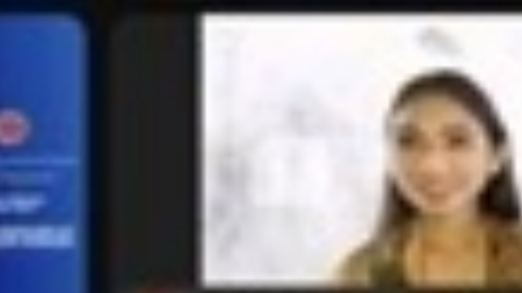

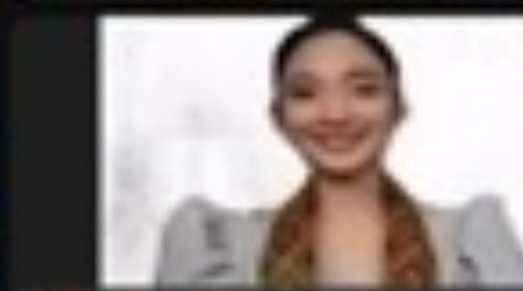
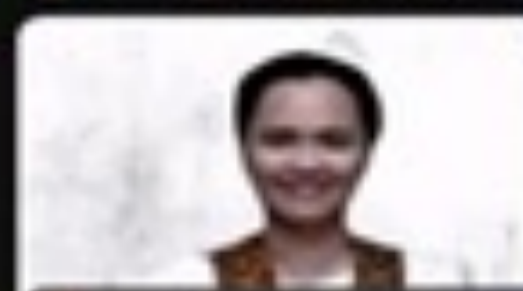
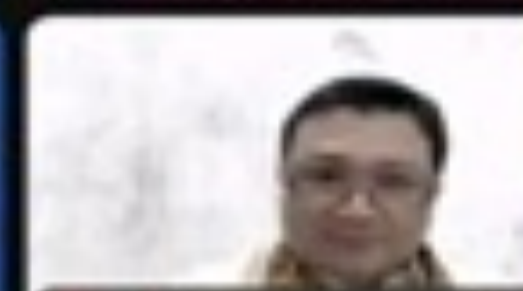
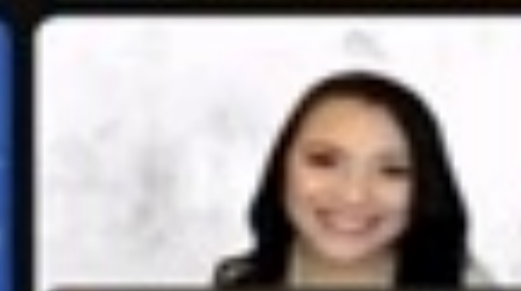






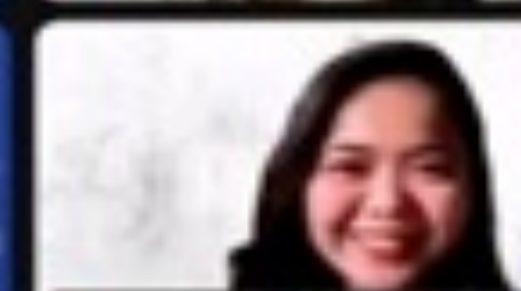
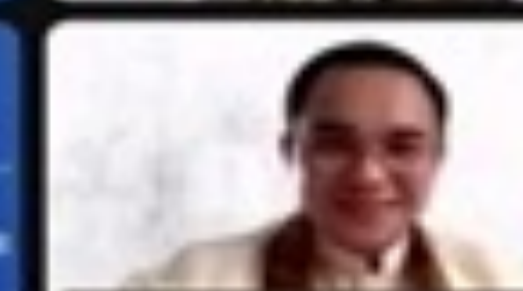
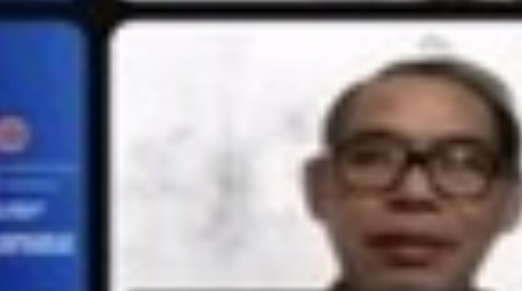





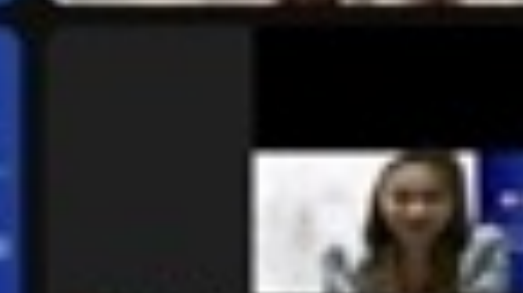



Held during the 27th Joint PSH-PLAS
Annual Convention (February 25, 2022)



 Gilbert Vilela	 Josephine Jimenez	 Gilda Rose Lim	 Jardine Sta. Ana	 Bienvenido III Tupas	 Joy Abigail Hernandez	 Jill Valdez-Solis
 PSH Alejandro Bimbo Diaz	 Perla Angelina Ilada-Aga	 Andres Kim Tan III	 Anna Marie P. Perez	 Glenn Darryl Uy	 Chun I Shih	 Aaron Foster Sombreto
 Marygrace Garcia	 Mylene Corto	 Carla Gialogo	 Advent Genesis Araja	 Catherine Carlaga	 PSH- Deborah Ignacia D. O...	 Sharon De Guzman
 Reyvenida Cano, MD	 Arsenio Rodolfo Jr.	 Adrian Doyaoen MD	 Jerome Dylan Montalbo	 Tahir Domato	 Dr. Bernardo E. Capuno...	 TOCAO, XYLIA SAHARA
 Manolito N. Marclano	 Dr Mary Hyacinth Bello	 Mikhail Vincent Parado	 Webster Alindog	 PSH Lani Asis	 Glenn Tejada	 Vince Edward Araneta
 Johara Diampuan	 Jennielyn Rose C. Aquin...	 ma librada bajum	 PSH Marlon Co	 PSH Arnold Mina	 Jane Jelly Caluag MD	 PSH Benjamin A. Balmor...
 Richelle Ann Legaspi-De...	 Chiela Garcia	 Rocelle Manalo	 Carla Annabelle T. Uy	 Charlene Tinsel Tan	 Michaela Ann Gonzales-...	 Dr. Vera Veronica Uera-...



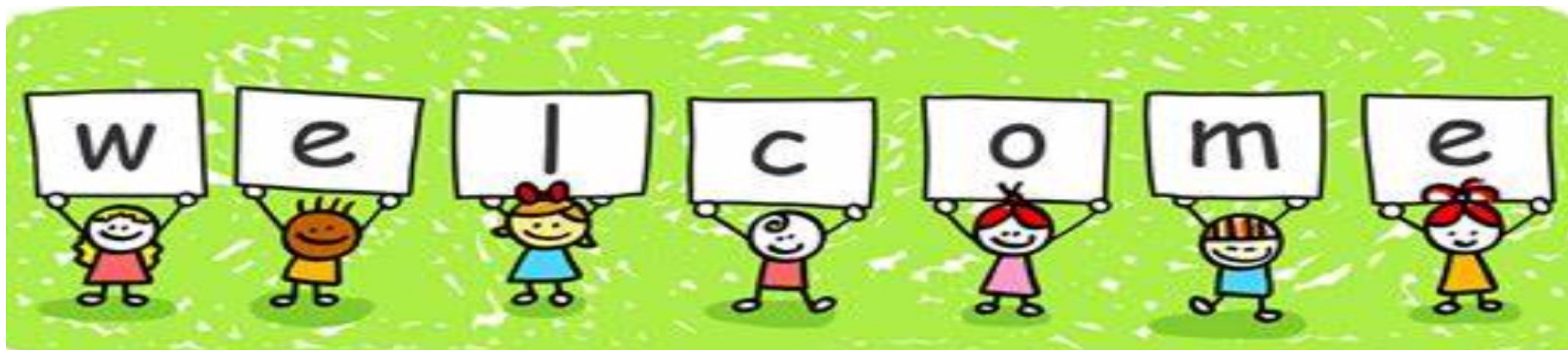
 Catherine Cariaga	 PSH- Deborah Ignacia D. O...	 Sharon De Guzman	 Reyvenida Cano, MD	 Arsenio Rodolfo Jr.	 Adrian Doyaoen MD	 Jerome Dylan Montalbo
 Tahir Domato	 Dr. Bernardo E. Capuno...	 TOCAO, XYLIA SAHARA	 Manolito N. Marciano	 Dr Mary Hyacinth Bello	 Mikhail Vincent Parado	 Webster Alindog
 PSH Lani Asis	 Glenn Tejida	 Vince Edward Araneta	 Johara Diampuan	 Jennielyn Rose C. Aquin...	 ma librada bajum	 PSH Marlon Co
 PSH Arnold Mina	 Jane Jelly Caluag MD	 PSH Benjamin A. Balmor...	 Richelle Ann Legaspi-De...	 Chiela Garcia	 Rocelle Manalo	 Carla Annabelle T. Uy
 Charlene Tinsel Tan	 Michaela Ann Gonzales-...	 Dr. Vera Veronica Uera-...	 Nelson Agapay Jr.	 Scarshoala Morfe	 Shirley Lorraine Ramos-...	 APRIL V ANGELES-PINE...
 Mark Edsel Alvarado, MD	 Arvin Dalumpines	 Maria Fatima Banoey	 Christian Emmanuel Lim	 ADORA PUNZALAN-ASI	 Dondon Davidge Canoza	 Abel Laxamana
 PSH Dolores Bonzon	 delma usman	 Rachelle Daus	 Joseph Brian Costiniano...	 Dr. Tom-Louie J. Acosta	 Melanie Estolas	 PHILIPPINE SOCIETY O...



19th (2022) COURSE ON THE FUNDAMENTALS OF CLINICAL HYPERTENSION

**July-October 2022 (with 14 modules, every Saturday only, 1
1/2 hour)**

Chair: Dr. Gilbert C. Vilela



PSH CEBU CHAPTER

BY DOC MARLON CO



We welcome PSH Cebu Chapter, the newest member of the PSH Family.

President: Nino Jessie Villanueva

Vice President: Joseph Brian Costiniano

Secretary: Dr. Niki Valles

Treasurer: Carla Uy

Board of Trustees: Dr. Conrado Diestro, Dr. Micahel Garcia

Advisers: Dr. Virginia Capiral, Dr. Marlon Co

Other PSH Chapters are: Bicol Chapter, Iloilo Chapter, Davao Chapter, Southern Luzon Chapter, Northern Luzon Chapter, and Central Luzon Chapter



**Tell me, I'll forget.
Show me,
I may remember.
But involve me
and
I'll understand.**

— Chinese Proverb



PSH BOOT CAMP

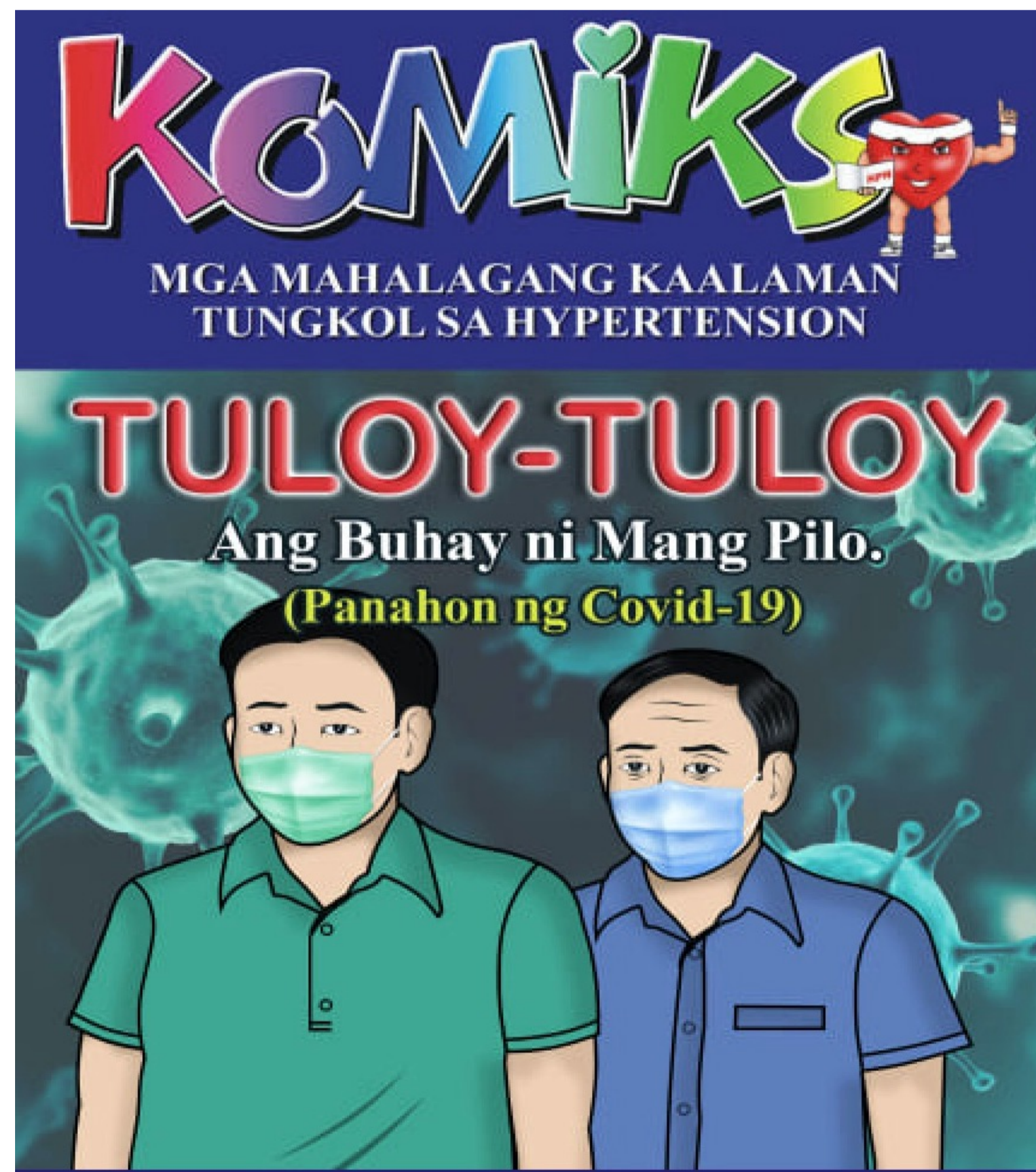
BY DOC GIBO VILELA

**For Residents of Internal Medicine
Virtual**

1. The Burden of Hypertension
2. Pathophysiology
3. Diagnostic Approach to Primary Hypertension
4. Diagnostic Approach to Secondary Hypertension
5. Therapeutic Options to Primary Hypertension
6. Approaches to Subgroups
7. Resistant Hypertension
8. Hypertensive Urgency and Emergency

PSH Komiks and Webcast Project

BY DOC ARNOLD MINA



- To increase awareness of hypertension in the country, we brought back the old culture of Komiks reading and the new vibe of Webcasting.
- For patients who prefer visuals, the PSH Komiks is a good material for quickly understanding the importance of controlling high blood pressure. The stories will take them through the life experiences of Komiks character Mang Pilo and his family as they deal with hypertension in their daily lives.
- The PSH Webcast dubbed BP_Ex (BP Explained) is intentionally limited to run for a short and sweet 3 minutes to give essential information dealing with anything and everything about hypertension for healthcare practitioners and laypersons alike.

PSH BP_Ex
Pilot Broadcast

Validating a BP Apparatus

BY DOC BENJIE BALMORES

Drs. Bimbo Diaz, Benjie Balmores, Arnold Mina, and Lani Asis, together with the OMRON and Technical Teams and the PSH Secretariat during the shooting of the BP apparatus validation procedure.





- The proper technique and a validated apparatus are two critical factors in obtaining an interpretable blood pressure value. This procedure is essential for proper management of hypertension, if any.
- Recently PSH engaged in the validation of another BP apparatus by OMRON. The VIDEO shows the proper method of taking the blood pressure and the validation protocol.

MAY MEASUREMENT MONTH 2022 CAMPAIGN

BY DOC BIMBO DIAZ

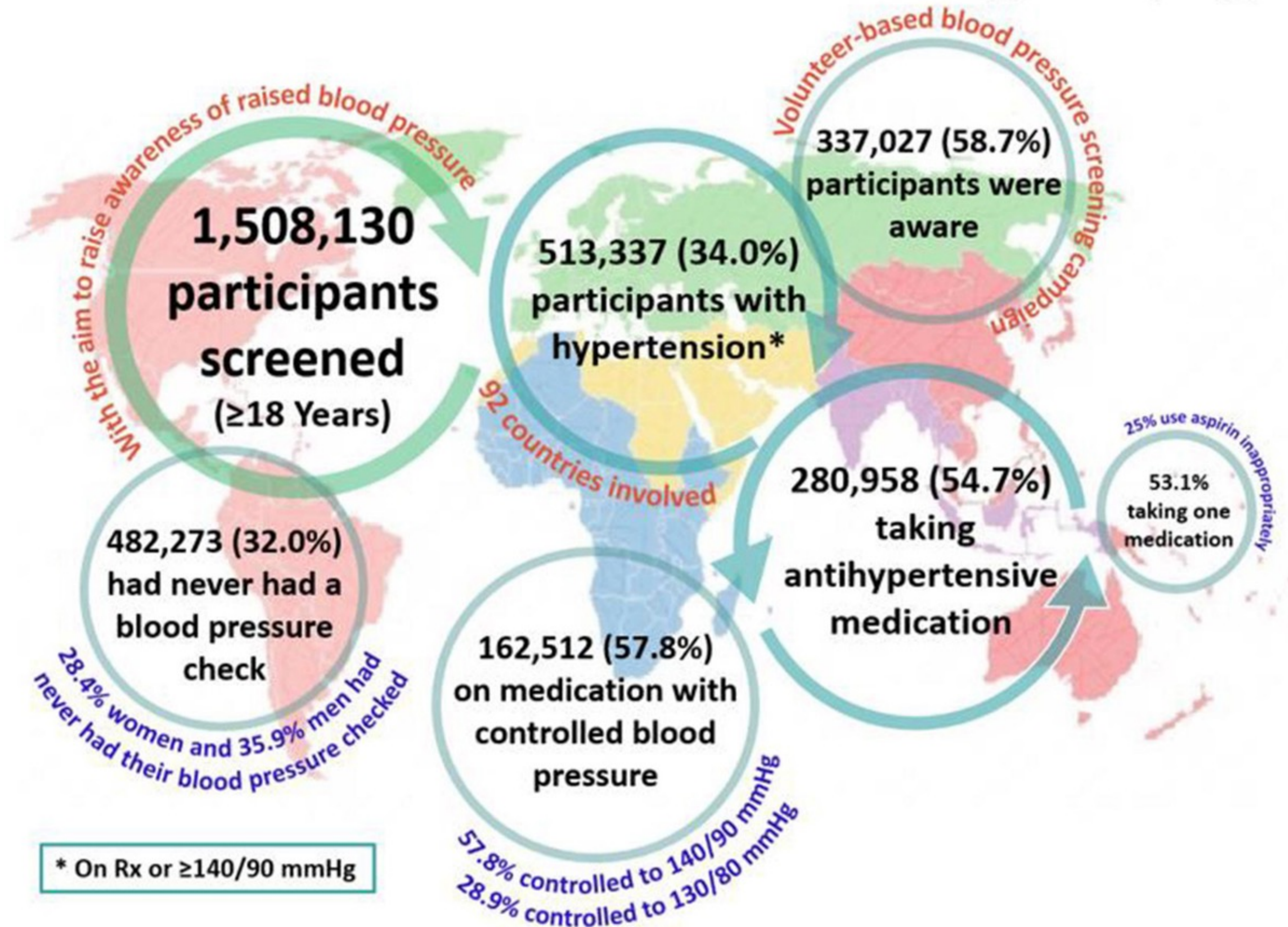


“TheBigSqueeze”

- MAY MEASUREMENT MONTH (MMM) is an international campaign to **increase awareness on hypertension.**
- This is the **4th year** the Philippine Society of Hypertension will participate in the activity.

May Measurement Month 2019

The Annual Blood Pressure Screening Campaign



May Measurement Month 2019: an analysis of blood pressure screening results in the Philippines

Alejandro Bimbo F. Diaz¹, Deborah Ignacia David-Ona, Leilani B. Mercado-Asis, Alberto A. Atilano, Gilbert C. Vilela, Dolores D. Bonzon, Carlos L. Chua, Benjamin A. Balmores, Rafael R. Castillo, Thomas Beaney, Jonathan M. Clarke, and Neil R. Poulter; on behalf of the Philippine MMM19 Investigators

- The Philippine Society of Hypertension (PSH) took part again in the annual May Measurement Month 2019 (MMM19) blood pressure (BP) measurement campaign **to raise awareness of hypertension.**
- A total of 89 941 participated through opportunistic convenience sampling. After multiple imputation, a total of 47 925 (53.3%) participants had hypertension (140/90 mmHg or on antihypertensive medication).
- Of this number, 31 151 (65%) were aware that they had high BP and 30 120 (62.8%) were on antihypertensive medications.
- Of the 30 120 participants on antihypertensive medications, only 18 373 (61.1%) had controlled BP (<140/90 mmHg).
- Predictors of high systolic BP and diastolic BP were obesity, alcohol intake, smoking, and a previous history of hypertension in pregnancy.



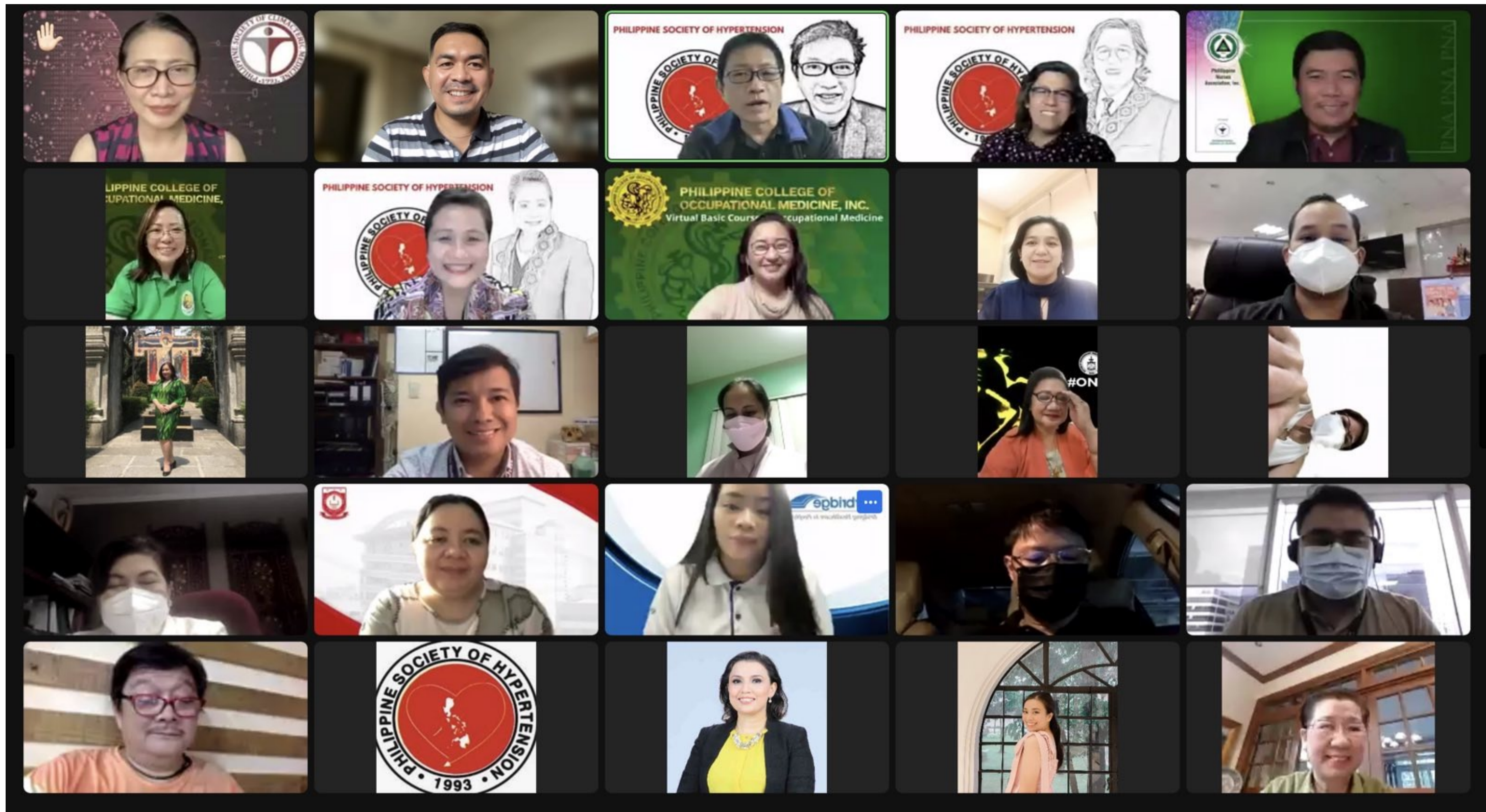
MAY 17, 2022, IN QUEZON CITY
A Virtual Activity

WORLD HYPERTENSION DAY Initiated by the World Hypertension League
Measure Your Blood Pressure, Control It, Live Longer www.whleague.org
May 17, 2022



National Hypertension Awareness Month
(Month of May, Presidential Decree 1761)

Chair: Dr. Alejandro F. Diaz
Co-Chair: Dr. Arnold Benjamin C. Mina
Member: Dr. M. Co



Virtual Meeting on Apr 26, 2022 for PSH Hypertension Awareness Celebration and May Measurement Month Campaign 2022 with the PSH BOARD Drs. Dolet Bonzon, Bimbo Diaz, Arnold Mina, Marlon Co, and Lani Asis, members of the PSH Hypertension Alliance (Medical and Paramedical Societies), Pharmaceutical Companies, and other Medical Distributors.



Courtesy call by Dr. Bimbo Diaz and the PSH Secretariat to QC City Health Officer Dr. Esperanza Anita N. Escano-Arias and Team for the planning of the MMM2022 Kick-Off Campaign and the celebration of the National Hypertension Awareness Month.

A MUST to "LESS SALT"



- Compared with moderate sodium intake, high sodium intake is associated with an increased risk of **cardiovascular events and death** in hypertensive populations (no association in normotensive population) ¹.
- Both relatively high levels of dietary sodium intake and gradual increases in dietary sodium are associated with **future increases in blood pressure and the incidence of hypertension** in the Japanese general population².
- In a Chinese study, after adjusting for confounders, compared with moderate sodium intake and no drinking group, the **risk of hypertension was highest among those with both excessive sodium intake and excessive alcohol consumption**, with an odds ratio of 3.6 (95% CI: 1.7–7.9)³.

Sodium is largely ingested as sodium chloride (salt). The table provides approximate equivalent amounts of sodium

Equivalent amounts of salt and sodium in differing units (g, mg and mmol)		
Salt (sodium chloride)	Sodium	
grams	mg	mmol
1	400	17.4
5	2000	87
5.75	2300	100
teaspoon	~2300	~100

WHO Global Sodium Benchmarks for Different Food Categories

- Around the world, consumption of processed food is a rapidly increasing **source of sodium**.
- To help countries to reduce sodium contents in foods and to **improve diets and save lives**, the World Health Organization (WHO) released a new set of global benchmarks for sodium levels in more than 60 food categories.
- The guide is for countries and industry to reduce the sodium content in different categories of **processed foods**.

TOOLKIT FOR SODIUM REDUCTION PROGRAMS



- **Resolve to Save Lives (RTSL)** is a global health organization that aims to **save millions of lives from heart disease** and epidemics.
- RTSL recently released a web-based framework to **aid** the development, enhancement, and evaluation of **dietary sodium reduction programs**.
- There are four (4) key components of sodium reduction programming: Program **Governance; Surveillance, Monitoring, and Evaluation**; and Key Interventions for packaged foods, foods prepared outside the home, and sodium added to foods in the home.

5th WHL WORLD HYPERTENSION CONGRESS

May 13-15, 2022

Zhuhai and Macau, China



2022

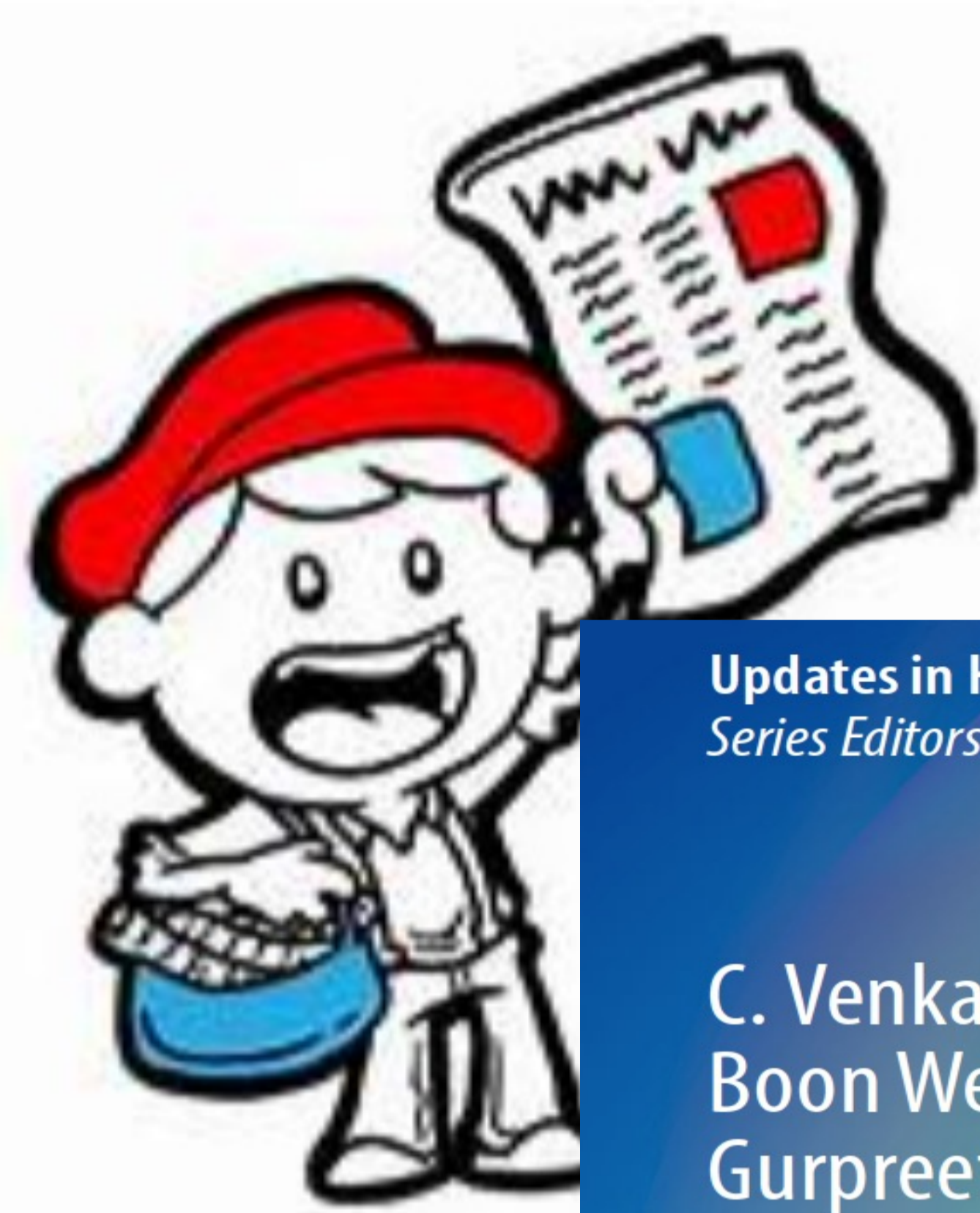
ZHUHAI/MACAO, CHINA
MAY 13-15, 2022

THE 5TH WHL WORLD HYPERTENSION CONGRESS
ASIAN SOCIETY OF CARDIOLOGY CONFERENCE
THE GREATER BAY AREA HEART ASSOCIATION FORUM
ANNUAL CONFERENCE OF MACAU HYPERTENSION ALLIANCE
LAUNCH CEREMONY OF THE GREATER BAY AREA HYPERTENSION LEAGUE

This is a global event around the World Hypertension Day (17th May 2022).

World Hypertension League welcome all partners, member organizations and colleagues to participate the conference digitally or in person to share your works related to following themes:

1. Measurement of blood pressure accurately with validated devices and standard procedure
2. Taking the actions to improve the coverage and efficiency of hypertension control, especially in resources restricted areas.
3. Enhance sodium reduction with supporting from high quality research and health policies



Updates in Hypertension and Cardiovascular Protection
Series Editors: Giuseppe Mancia · Enrico Agabiti-Rosei

C. Venkata S. Ram
Boon Wee Jimmy Teo
Gurpreet S. Wander *Editors*

Hypertension and Cardiovascular Disease in Asia



A notable book on hypertension, "Hypertension and Cardiovascular Disease in Asia," has recently been published.

Our own **Dr. Rafael R. Castillo**, PSH past president, penned the ***FOREWORD***. He emphasized;

"And just like the complexity of a multi-piece puzzle, the CVD and hypertension enigma in Asia is the consequence of the complex effects of varied factors among the countries in the world's most populated continent. These include the diverse socioeconomic, cultural, and living environments, demography, and Westernized lifestyles. With different healthcare systems and strategies being employed, Asian countries also differ in their capacity to achieve CVD prevention and treatment goals."

PSH Board Officers and members contributed to the chapter writing of the book:

Chapter 1: Epidemiology and Hypertension in Asia

Rody G. Sy, Elmer Jasper B. Llanes, Felix Eduardo R. Punzalan, Jaime Alfonso M. Aherrera, and Paula Victoria Catherine Y. Cheng

Chapter 2: Pathophysiology and Mechanisms of Hypertension (Asian Context)

Leilani B. Mercado-Asis

Chapter 18: Hypertensive Disorders in Pregnancy

Marjorie I. Santos, Carmela Madrigal-Dy, and Deborah Ignacia D. Ona

Chapter 19: Cerebrovascular Disease in Asia: Causative Factors

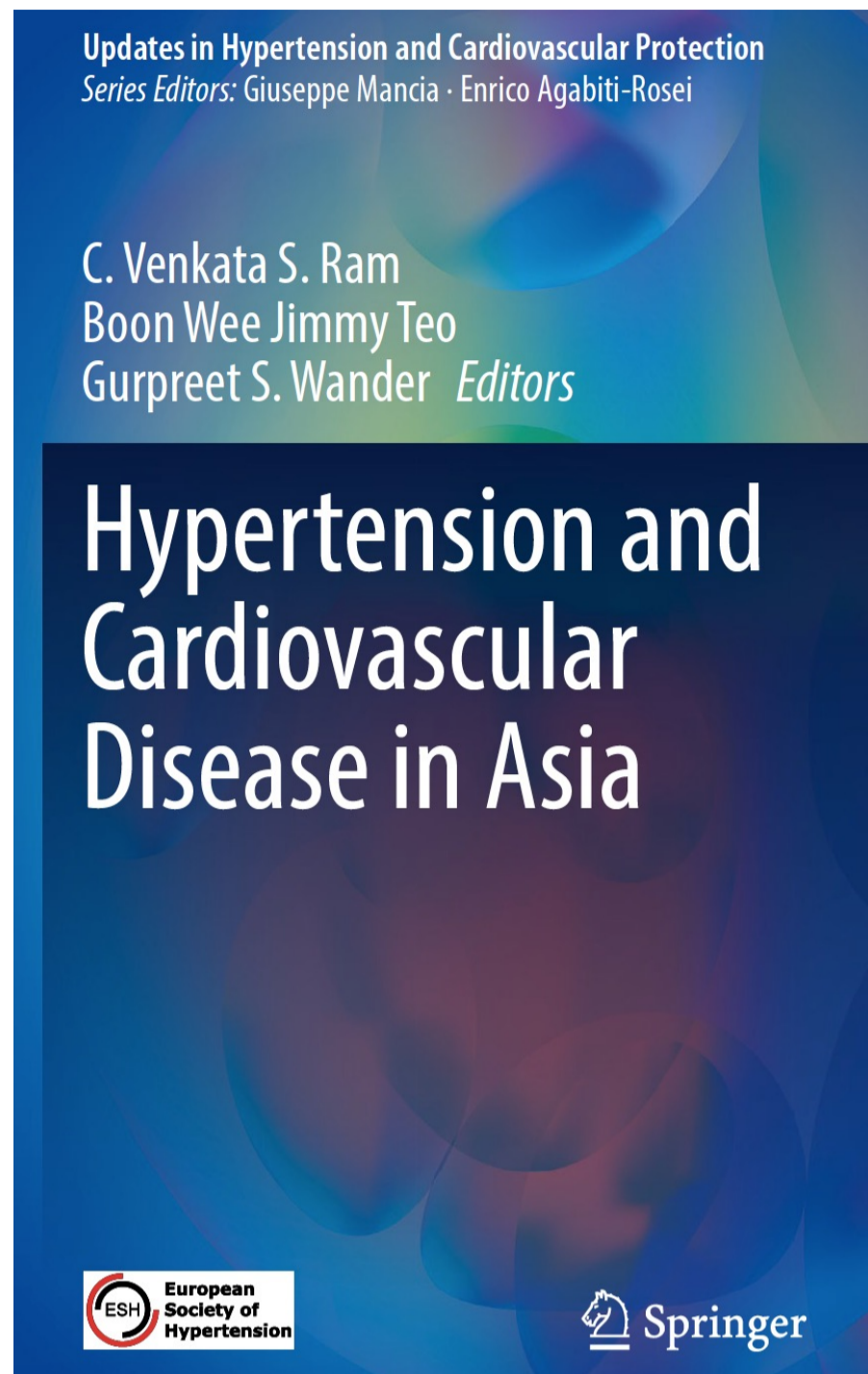
Alejandro Bimbo F. Diaz, Allan A. Belen, Anne Marie Joyce Tenorio-Javier, and Dan Neftalie

Chapter 22: Beta-Blockers for Hypertension in Asian Population

Marie Barrientos-Regala and Joan Dymphna P. Rea

Chapter 25: Resistant Hypertension: Recognition and Treatment

Raymond V. Oliva and George L. Bakris



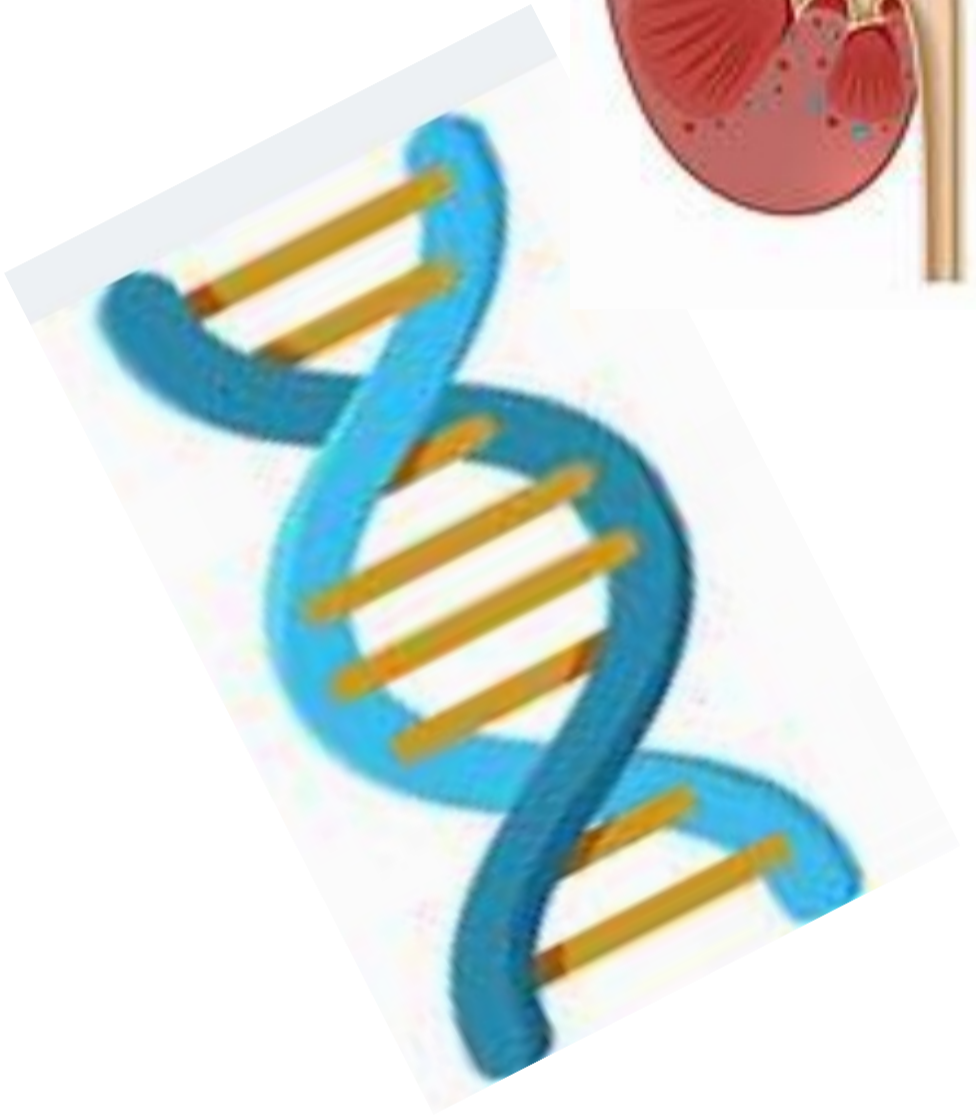


A Glimpse on Chapter 2: Pathophysiology and Mechanisms of Essential Hypertension

DOC LANI ASIS

Ninety-five percent of hypertension is essential or idiopathic. Genetic and neurohumoral factors are two primary mechanisms attributing to fundamental hypertension pathophysiology. These factors crosstalk with environmental and behavioral influences like lifestyle, obesity, alcohol, and salt intake that bring about various disease phenotypes identified through genome-wide association studies (GWAS) on the human genome-specific loci.

Research on peripheral and central neurohumoral factors has shown sympathetic nervous system regulates blood pressure via the modulation of peripheral vascular tone and cardiac output. The reduced inhibitory control of the autonomic nervous system contributes to the sympathetic overdrive in individuals with essential hypertension. The renin-angiotensin-aldosterone system or RAAS, on the other hand, is responsible for more chronic alterations to elevate the blood pressure affecting both the vascular and cardiac remodeling.



Due to a growing global aging population and young adults developing metabolic problems, **isolated systolic hypertension (ISH)** dominates the BP-related cardiovascular problem. Vascular stiffness, activation of RAAS, and eventual endothelial dysfunction are the causative mechanism for developing hypertension.



Who Says What?

BY DOC GIBO VILELA

Pasyente: Magkano po ang facelift?

Doktora: Complete treatment ay P145,000.

Pasyente: Mahal!!! Ano po bang pinakamurang treatment para magmukha akong bata?

Doktora: Heto tsupon, P20 lang!!



Pasyente: Doc, may problema po ako! Tuwing alas otso ng umaga dumudumi ako, e!

Doktor: So, ano'ng problema dun?

Pasyente: Eh, alas nuwebe po ako nagigising!



Thoughts Within

SOMETIMES YOUR
ONLY AVAILABLE
TRANSPORTATION IS
**A LEAP OF
FAITH.**

- MARGARET SHEPARD





- **Be a PSH Member.**
- **Membership fee is waived for years 2021 to 2023.**
- **You will receive the PSH Newsletter.**
- **You will have an access to 2020 Philippine CPG for Hypertension Management.**
- **You will receive scientific updates on hypertension.**

Contributors:

Dr. Deborah Ona, President
Dr. Dolet Bonzon, Vice-President
Dr. Gibo Vilela, Secretary
Dr. Bimbo Diaz, Treasurer

Board of Trustees:

Dr. Benjie Balmores
Dr. Marlon Co
Dr. Arnold Mina



Hello everyone! Let's all **be connected** thru PSH Pulse. We will provide updates on international and national researches, global events on hypertension, and even something to make your moments lighter. Come, join, and be engaged!

Doc Lani
Edit Lead

Secretariat: Weng, Jeanette, Daisy, Cess

Office:

PSH-PLAS Secretariat
11th Floor, Unit H, Strata 100
Ortigas Ave., Pasig City
Philippines

Email: phiHPN@yahoo.com

Contacts: 63-2-8696-2819

Rate us:



0917-6255810

Website: <https://www.philippinesocietyofhypertension.org.ph>