



Third Announcement

Under the patronage of HRH Prince Khalid Al-Faisal

**The Saudi Hypertension Management Society
(SHMS)**

Announces

The Saudi Hypertension Conference 2010

المؤتمر العالمي للجمعية السعودية لرعاية ضغط الدم - ٢٠١٠



March 29-31, 2010

Convention Center, Jeddah Chamber of Commerce,

Jeddah – Saudi Arabia

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Welcome Note

From the President of the Saudi Hypertension Management Society - SHMS

Dear Colleagues,

Under the patronage of **HRH Prince Khalid Al-Faisal**, and on behalf of **HH Prince Sultan Bin Mohammed Bin Saud**, the Emeritus President of SHMS, it is my pleasure to welcome you all to the Saudi Hypertension International Conference which is scheduled to be held on March 29-31, 2010 in Jeddah (red sea pride).

The conference will include high quality scientific program. It will include state of the art lectures, satellite symposium, workshops and many other activities. There will be a medical industry exhibition accompanying the conference.

Hypertension is a major problem worldwide and also in our region. Unfortunately, the projection of hypertension worldwide will be increasing. We need to keep up with the updated science related to hypertension and exchange our experience with those, who can enrich our knowledge. This is what the conference is all about.

On behalf of the Saudi Society of Management of Hypertension, it is my privilege to welcome you to our meeting, and to the city of Jeddah. I hope you will enjoy the meeting, Jeddah city and have a chance to visit the holy sites. I wish a fruitful stay and a rich experience.

Dr. Osman Alfurayh, MD, CPE

Chairman, Saudi Hypertension Management Society (SHMS)
Chairman, National Committee of Hypertension.

Welcome Note From The Organizing Committee

Dear Friends and Colleagues,

On behalf of the Organizing Committee, it gives me a great pleasure to welcome you all you to the Saudi Hypertension Conference 2010.

We have worked hard to make this conference a success. We intend to present a comprehensive approach to hypertension. This is reflected in several themes of the conference. We will present updated issues related to hypertension, including epidemiological, clinical, and research areas.

We will expand our goal to cover major factors related to hypertension including as Diabetes Mellitus, Metabolic Syndrome, Dyslipidemia and Obesity among others. We devote several workshops on important issues like blood measurements, difficult to treat cases and others.

We hope that this conference will be a learning experience for us all since we like to share and learn from colleagues, both national and from countries such as neighboring countries, Middle Eastern and North America.

Dr. Tawfik Al-Bassam

Chairman, Organizing Committee
Saudi Hypertension Conference 2010

INTRODUCTION

The Saudi Hypertension Management Society (SHMS) Conference will bring together a network of key players, renowned scientists and professionals representing all the fields that deal with hypertension, including all medical specialties, epidemiology, nursing and research.

Major changes continue to occur in Cardiovascular Care and Epidemiology worldwide and in the Middle East region. This region is facing a big challenge in the accelerating morbidity of cardiovascular risk factors, where hypertension is leading. Hence the conference will involve professionals and organizations cooperating to share information, skill and experience.

The main objectives of the event are:

- To gain better understanding of hypertension and its management.
- To help in developing a national policy that fight hypertension and other cardiovascular risk factors.
- To draw the attention of current training institutions towards the significance of research and training in hypertension.
- To present the major scientific advances in hypertension.
- To review the progress of awareness, detection and control of hypertension.
- To facilitate the dialogue between academics, practitioners and decision makers.
- To deliver skills in diagnosis and management of hypertension.

We welcome you to be a part of this major event as one of its financial supporters, scientific contributors or valuable participants.

The event aims to attract international, regional and local speakers, trainers, executives and participants concerned with the problem of hypertension.

The event will take place in Jeddah, where it is a golden chance for having Omra and enjoy Jeddah's social events.

International Speakers

A number of well known international experts have been invited to deliver keynote talks, seminars and workshops. Among these are:

- Prof. A Heagarty, USA
- Prof. Adil Berbari, Lebanon
- Prof. Alberto Zanchetti, Italy
- Prof. Claudio Ferri, Italy
- Prof. Denis Drouin, Canada
- Prof. Gerard Plante, Canada
- Prof. Guy Tremblay, Canada
- Dr. Jafar Al-Said, Bahrain
- Prof. John Cockcroft
- Prof. Mansour Al-Nozha, KSA
- Prof. Mohsen Ibrahim, Egypt

Saudi Hypertension Management Society (SHMS) HISTORY

The society has started its work in 2001 as an interest group to develop practical guidelines for the management of HTN in Saudi Arabia. It is a collaboration of interested health care providers in Saudi Arabia from diverse fields of medical science. Among its members there are internists, family physicians, pediatric and adult nephrologists, cardiologists, endocrinologists, pharmacists, dieticians, epidemiologists, gynecologists, sleep specialists and others.

The group has been upgraded to a society early this year. It is including 50 founding members from different medical fields.

The Society became a member of World Hypertension League and the International Society of Hypertension in June 2008.

Saudi Arabia is a rapidly developing Gulf country with a population of 20 millions; one third of them are non-citizens. There, hypertension is a rapidly increasing problem. More than one in every five adults in our population suffers from it, while two others are having pre-hypertension. Only one third of hypertensives are aware about their problem, while 20% of those treated are controlled. In addition, metabolic syndrome constitutes half of the adult population, which makes the situation more complex. On the other hand, the problem is associated with public misconceptions and high trust in herbs & traditional healing.

The goals of the Saudi Hypertension Society are:

1. Public Awareness Campaigns
2. Organization of scientific symposia and training seminars and courses for health professionals
3. Development of guidelines for the management of hypertension.
4. Research in the field of hypertension.

The society has carried out a growing number of activities, including:

- Guideline development: 2 versions have been launched in 2004 and 2006 for the management of hypertension in Saudi Arabia. Specific to this guideline is the inclusion of recommendations on the management of high blood pressure during Ramadan Fasting and Hajj Pilgrimage. A new update of the guideline is expected to be published mid 2010.
- A specific guideline for the management of commonly encountered cardiovascular risk factors has been launched in 2008. It is mainly directed to primary care providers.
- Developing a national public guideline for reducing the incidence of hypertension through lifestyle modification. It aims to reduce the average blood pressure of the adult population by 5 mm Hg in the coming 5 years.
- Training Courses and seminars for doctors and nurses in different regions of the country.
- Public awareness days during the WHD 2006 through 2008, where multiple brochures and posters were prepared and distributed for the professionals and the public. WHL leaflets were translated into Arabic language and they have been distributed to different places in the country. In addition, talk programs and articles were presented in the Saudi Media.
- Newly-evolving training course of proper measurement of blood pressure 'Blood Pressure Measurement Certificate' was introduced and carried out several times in 2008.
- A national research is running. It studies "Dyslipidemia among Hypertensive Patients Attending Ambulatory Care in Saudi Arabia".
- Development of a website for the professionals and the public.
- The 1st national hypertension symposium in May 2006.

COMMITTEES & SECRETARIAT

Steering Organizing Committee

T Al-Bassam
B Al-Mustafa

S Al-Shurafa

Advisory Board

O Al Furayh, *Riyadh*
D Drouin, *Canada*
F Shaheen, *Riyadh*

T Khoja, *Riyadh*
S Bawazir, *Riyadh*
S Ghamdi, *Jeddah*

Organizing Committee

Chair: T Al-Bassam

Members:

N Basri
E Ashgari
A Kashgari
L Bissar

H Mellibari
M Al-Hadrami
N Dashash

Scientific Committee

Chair: B Al-Mustafa

Members:

A Hasan, *Jeddah*
A Al-Zahrani, *Riyadh*
A Al-Quaiz, *Riyadh*
H Al-Eid, *Riyadh*
S Al-Seif, *Dammam*

S Al-Shammari, *Riyadh*
S Al-Shurafa, *Qatif*
T Al-Bassam, *Jeddah*
W Bsata, *Aleppo*
Y Asiri, *Riyadh*

Conference Secretariat

Mr. Abdullah Abdul-Aal

Target Audience

- All medical fields including general physicians, family physicians, internists, cardiologists, nephrologists, endocrinologists, dieticians, epidemiologists, pediatricians, gynecologists, sleep specialists and hypertension specialists.
- Pharmacists
- Nurses and Dieticians

Themes of the Conference:

- Hypertension and diabetes
- Hypertension and the kidney
- Hypertension and the heart
- Hypertension and the brain
- Systolic hypertension
- Arterial stiffness and pulse wave velocity
- Hypertension and obesity
- Hypertension and sleep apnea
- Hypertension and pregnancy
- Non pharmacological therapy
- Pharmacological therapy
- Genetics in hypertension
- Surgery and hypertension
- Hypertension in special population
- Hypertension and dyslipidemia
- Secondary hypertension
- Cost of hypertension
- Measures of quality in hypertension Care
- Hypertension & basic science
- Hypertension in clinical practice
- Hypertension and Educational needs
- Measurements of blood pressure
- Metabolic syndrome
- Global burden of hypertension
- Hypertension guidelines
- Update on recent clinical trial session
- Emerging therapy in hypertension
- Prevention of hypertension
- Hypertension and salt, breast feeding, vitamin D deficiency.
- Hypertension and the Eye

Delivery Methods:

- State of the art lectures
- Meet the expert sessions
- Workshops
- Satellite symposia
- Case presentations
- Oral communications
- Poster communications

General Information

Opening Ceremony

Under the patronage of HRH Prince Khalid Al-Faisal, HRH Prince Meshal Bin Abdulmajeed opens the conference on Mon 29th Mar, 2010 at 8:00 PM, in Ismael Dawood Hall in Jeddah chamber of commerce.

Website of the Conference

www.SHMSedu.org

Dates

Monday – Wednesday 29 - 31 Mar, 2010

Venue

Chamber of Commerce, Jeddah
Saudi Arabia

For Registration, General inquiries and Sponsoring:

Contact organizing committee secretary, aal@shmsedu.org

For Scientific program inquiries:

Contact scientific committee secretary, sc.shms@gmail.com

For Exhibition inquiries:

Contact Dr. Saleh Al-Shurafa, sfrqch@yahoo.com

Language

English is the official language of the Conference.

CME Credits

Accredited for 24 CME Credits from the Saudi Council for Health Specialties.

Airport Information and Travel to the City

TBA

Hotel Accommodation

TBA

Registration

Registration fees

- **Physicians:**
 - Early-Bird registration SR 350.- (Until 28 Feb 2010)
 - On-Site registration SR 450.- (1 Mar 2010 onwards)
- **Non-physicians**
 - Early-Bird registration SR 100.- (Until 28 Feb 2010)
 - On-Site registration SR 200.- (1 Mar 2010 onwards)
- **SHMS Member FREE**
- **Workshops & Meet-the-Expert Sessions** (Limited Seats)
 - Pre-registration is must SR 100 each
 - SR 250 All workshops (For Conference registrants only)

Registration fee includes:

- All scientific and poster sessions
- Access to exhibition area
- Conference bag/folder and documentation
- Name badge
- Certificate of attendance
- Welcome reception
- Coffee breaks & Lunch
- Workshops (needs pre-registration and extra discounted-fee)

Cancellation Policy

Registration Form

Please complete and send to conference secretariat:

Title: _____

Last Name: _____

First Name: _____

Organization: _____

Address: _____

Post/Zip Code: _____ Country: _____

Mobile: + _____ Fax: + _____

E-Mail: _____

Registration Details

- | | | | | | | |
|--------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> | Physicians - Early | 350.- | | | | |
| <input type="checkbox"/> | Physicians - On-site | 450.- | | | | |
| <input type="checkbox"/> | Non-physicians - Early | 100.- | | | | |
| <input type="checkbox"/> | Non-physicians - On-site | 200.- | | | | |
| <input type="checkbox"/> | SHMS Member | Free | | | | |
| <input type="checkbox"/> | Workshops & MTE: | | | | | |
| | <input type="checkbox"/> WS01 | <input type="checkbox"/> WS02 | <input type="checkbox"/> WS03 | <input type="checkbox"/> WS04 | <input type="checkbox"/> WS05 | <input type="checkbox"/> WS06 |
| | <input type="checkbox"/> MTE01 | <input type="checkbox"/> MTE02 | <input type="checkbox"/> MTE03 | <input type="checkbox"/> MTE04 | <input type="checkbox"/> MTE05 | <input type="checkbox"/> MTE06 |

Call for Abstracts

With great pleasure, the Scientific Committee invites delegates to submit abstracts (for oral and poster communications) to be presented at the conference. **The deadline for submission is 01/02/2010.** However, deadline date is extended for Poster abstract up to 15/02/2010. Decisions about acceptance will be notified within one month after the submission.

The abstract must address scientific issues around a coherent theme of interest to a broad audience. Each oral communication session will have six speakers for a total of 90 minutes. Posters will be presented during the poster sessions. All speakers/presenters are required to register. However, they are exempted from paying the registration fee.

To facilitate the review process, please pay careful attention and complete all application fields. Abstracts, only in English, must be submitted only online before 01 Jan 2010. All submissions must be made online or sent by e-mail to sc.shms@gmail.com.

Submission of abstracts is limited to two per person. Should an individual participate in more than one session, the Scientific Committee does not guarantee that those presentations will be scheduled in non-conflicting time periods. It is assumed that the first author will be the presenter.

By submitting an abstract at SHMS Scientific Conference 2010, authors are assumed to give consent and authorize the organizers to publish the abstract, and to include it in any conference publications.

Review process

The Scientific Committee will review all abstracts submitted on time, within the specified format. The organizers reserve the right to reject any abstract for failure to comply with submission guidelines.

Notification of acceptance

All applicants will be notified of the outcome of their submission by e-mail up to one month after the submission, and no later than Feb 15th 2010. Further details will be sent end of Feb 2010, giving the time, session and place of accepted presentations.

The accepted abstracts will be published in the abstract book of the conference which will be distributed to all participants at the conference. After the conference, the accepted papers will be published in the online proceedings on the conference website www.SHMSedu.org.

Withdrawal of a submitted abstract

If you want to withdraw a submitted abstract please contact us at sc.shms@gmail.com

Important dates

Deadline for submission	01 Feb 2010
Decisions on abstracts sent to the organizers	Before mid Feb 2010
Final list of accepted abstracts	Feb 2010