

## European Society of Hypertension

WG on Hypertension and Cardiovascular Risk assessment in subjects living in or emigrating from Low Resource Settings  
WG on CV Risk in LRS

### Working Group on: **CARDIOVASCULAR RISK IN LOW RESOURCE SETTINGS**

#### **STEERING COMMITTEE**

##### **CHAIRMAN**

**Pietro Amedeo Modesti**

Department of Clinical and Experimental Medicine, University of Florence, Florence, Italy; [pamodesti@unifi.it](mailto:pamodesti@unifi.it)

##### **VICE-CHAIRMAN**

**Gianfranco Parati**

Department of Health Sciences, University of Milano-Bicocca; Department of Cardiology, S.Luca Hospital, IRCCS Istituto Auxologico Italiano, Milan, Italy; [gianfranco.parati@unimib.it](mailto:gianfranco.parati@unimib.it)

##### **SECRETARY**

**Mohamed Bamoshmoosh**

Department of Clinical and Experimental Medicine, University of Florence, Florence, Italy; University of Science and Technology, Sana'a, Yemen; [bamoshmoosh@hotmail.it](mailto:bamoshmoosh@hotmail.it)

#### **NUCLEUS**

**Piergiuseppe Agostoni**

Centro Cardiologico Monzino, IRCCS, Milan, Italy; [piergiuseppe.agostoni@unimi.it](mailto:piergiuseppe.agostoni@unimi.it)

**Charles Agyemang**

Department of Public Health, Academic Medical Centre, University of Amsterdam, Meibergdreef 9, Amsterdam 1105 AZ, The Netherlands; [c.o.agyemang@amc.uva.nl](mailto:c.o.agyemang@amc.uva.nl)

**Sanjay Basu**

University of California, San Francisco, Ca, USA; [sanjay.basu@ucsf.edu](mailto:sanjay.basu@ucsf.edu)

**Athanase Benetos**

Université de Lorraine, Vandoeuvre-les-Nancy, France; [a.benetos@chu-nancy.fr](mailto:a.benetos@chu-nancy.fr)

**Francesco Cappuccio**

University of Warwick, Warwick Medical School, and University Hospitals Coventry & Warwickshire NHS Trust, Coventry, United Kingdom; [cvme@warwick.ac.uk](mailto:cvme@warwick.ac.uk)

**Robert Kalyesubula**

Makerere University, Kampala, Uganda; [rkalyes@yahoo.com](mailto:rkalyes@yahoo.com)

**Pietro Amedeo Modesti**

Department of Clinical and Experimental Medicine, University of Florence, Florence, Italy; [pamodesti@unifi.it](mailto:pamodesti@unifi.it)

**Michael Ochan Kilama**

Benedict Medical Center, Kampala, Uganda; [michael.ochankilama@bayer.com](mailto:michael.ochankilama@bayer.com)

**Eoin O'Brien**

Department of Molecular Pharmacology, The Conway Institute, University College Dublin, Dublin, Ireland; [eobrien@iol.ie](mailto:eobrien@iol.ie)

**Gianfranco Parati**

Department of Health Sciences, University of Milano-Bicocca; Department of Cardiology, S.Luca Hospital, IRCCS Istituto Auxologico Italiano, Milan, Italy; [gianfranco.parati@unimib.it](mailto:gianfranco.parati@unimib.it)

**Stefano Perlini**

Clinica Medica II, Università degli Studi di Pavia, Italy; [stefano.perlini@unipv.it](mailto:stefano.perlini@unipv.it)

**Eugenio Picano**

Institute of Clinical Physiology, CNR, Pisa, Italy; [picano@ifc.cnr.it](mailto:picano@ifc.cnr.it)

**Giuseppe Remuzzi**

'Mario Negri' Institute for Pharmacological Research, Centro Anna Maria Astori, Science and Technology Park, Bergamo, Italy; [giuseppe.remuzzi@marionegri.it](mailto:giuseppe.remuzzi@marionegri.it)

**David Stuckler**

Department of Sociology, University of Oxford, Oxford, United Kingdom; [david.stuckler@aya.yale.edu](mailto:david.stuckler@aya.yale.edu)

**Luc M. Van Bortel**

Heymans Institute of Pharmacology, Faculty of Medicine and Health Sciences, Ghent University, Ghent, Belgium; [luc.vanbortel@ugent.be](mailto:luc.vanbortel@ugent.be)

**Dong Zhao**

Beijing Institute of Heart, Lung & Blood Vessel Diseases, Capital Medical University Beijing Anzhen Hospital, Beijing, China; [zhaodee@hotmail.com](mailto:zhaodee@hotmail.com)

#### **MEMBERS**

**Mohamed Bamoshmoosh**

Department of Clinical and Experimental Medicine, University of Florence, Florence, Italy; University of Science and Technology, Sana'a, Yemen; [bamoshmoosh@hotmail.it](mailto:bamoshmoosh@hotmail.it)

**Henrique Barros**

Department of Clinical Epidemiology, Predictive Medicine and Public Health University of Porto Medical School & Centro de Investigação Clínica Hospital de São João

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	Alameda Prof Hernani Monteiro 4200-319 Porto, Portugal; <a href="mailto:hbarros@med.up.pt">hbarros@med.up.pt</a> ; <a href="mailto:henriquebarros@gmail.com">henriquebarros@gmail.com</a>
<b>Daniela Bartoli</b>	Department of Clinical and Experimental Medicine, University of Florence, Florence, Italy; <a href="mailto:danielina.bartoli@gmail.com">danielina.bartoli@gmail.com</a>
<b>Louise Bennet</b>	Skåne University Hospital; <a href="mailto:Louisa.Bennett@med.lu.se">Louisa.Bennett@med.lu.se</a>
<b>Rosa Maria Bruno</b>	Institute of Clinical Physiology, CNR, Pisa, Italy; <a href="mailto:rosam.bruno@gmail.com">rosam.bruno@gmail.com</a>
<b>Axel C. Carlsson</b>	Karolinska Institutet, Stockholm, Sweden; <a href="mailto:axelcefam@hotmail.com">axelcefam@hotmail.com</a>
<b>Antonio Ceriello</b>	Institut d'Investigacions Biomèdiques August Pi i Sunyer – IDIBAPS Mallorca, Barcelona, Spain; <a href="mailto:antonio.ceriello@hotmail.it">antonio.ceriello@hotmail.it</a>
<b>Renata Cifkova</b>	Thomayer University Hospital, Prague, Czech Republic; <a href="mailto:renata.cifkova@ftn.cz">renata.cifkova@ftn.cz</a>
<b>Stefano Del Prato</b>	Department of Clinical and Experimental Medicine, Section of Metabolic Diseases and Diabetes, University of Pisa, Italy; <a href="mailto:stefano.delprato@med.unipi.it">stefano.delprato@med.unipi.it</a>
<b>Lars T. Fadnes</b>	University of Bergen, Norway; <a href="mailto:Lars.Fadnes@cih.uib.no">Lars.Fadnes@cih.uib.no</a>
<b>Helen Grech</b>	University of Malta; <a href="mailto:helen.grech@um.edu.mt">helen.grech@um.edu.mt</a>
<b>Marek Klocek</b>	Krakow University Hospital, Poland; <a href="mailto:klocek@endo.cm-uj.krakow.pl">klocek@endo.cm-uj.krakow.pl</a>
<b>Bernadette Kumar</b>	Norwegian Centre for Minority Health Research (NAKMI); <a href="mailto:bernadette.kumar@medisin.uio.no">bernadette.kumar@medisin.uio.no</a>
<b>Nebojsa Lalic</b>	University of Belgrade, Serbia; <a href="mailto:nmlalic@eunet.rs">nmlalic@eunet.rs</a>
<b>Athanasios J. Manolis</b>	Asklepeion General Hospital, Athens, Greece; <a href="mailto:ajmanol@otenet.gr">ajmanol@otenet.gr</a>
<b>Giuseppe Marascio</b>	Department of Clinical and Experimental Medicine, University of Florence, Florence, Italy; <a href="mailto:g.marascio@gmail.com">g.marascio@gmail.com</a>
<b>Marie Nørredam</b>	Danish Research Centre for Migration; <a href="mailto:mano@sund.ku.dk">mano@sund.ku.dk</a>
<b>Maximilian Pangratus de Courten</b>	University of Copenhagen, Denmark, <a href="mailto:maxc@sund.ku.dk">maxc@sund.ku.dk</a> ; Western Centre for Health Research and Education in Melbourne, Australia, <a href="mailto:Maximilian.deCourten@vu.edu.au">Maximilian.deCourten@vu.edu.au</a>
<b>Marta Pereira</b>	Universidade do Porto, Portugal; <a href="mailto:martasfp@med.up.pt">martasfp@med.up.pt</a>
<b>Eleonora Perruolo</b>	Department of Clinical and Experimental Medicine, University of Florence, Florence, Italy; <a href="mailto:eleonoraperr@hotmail.it">eleonoraperr@hotmail.it</a>
<b>Lorenza Pratali</b>	Institute of Clinical Physiology, CNR, Pisa, Italy; <a href="mailto:lorenza@ifc.cnr.it">lorenza@ifc.cnr.it</a>
<b>Stefano Rapi</b>	Central Laboratory of Clinical Biochemistry, Careggi Hospital, Florence, Italy; <a href="mailto:rapis@aou-careggi.toscana.it">rapis@aou-careggi.toscana.it</a>
<b>Gianpaolo Reboldi</b>	Department of Internal Medicine, University of Perugia, Perugia, Italy; <a href="mailto:paolo.reboldi@unipg.it">paolo.reboldi@unipg.it</a>
<b>Josep Redon</b>	Institute of Research INCLIVA, Valencia, Spain; <a href="mailto:josep.redon@uv.es">josep.redon@uv.es</a>
<b>Andreas Siegert</b>	Universität Potsdam , Brandenburg, Germany; <a href="mailto:siegertandreas@web.de">siegertandreas@web.de</a>
<b>Alicja Szklarska</b>	Polish Academy of Sciences, Poland; <a href="mailto:Alicja.Szklarska@antro.pan.wroc.pl">Alicja.Szklarska@antro.pan.wroc.pl</a>
<b>Michal Tendera</b>	Silesian School of Medicine; <a href="mailto:michal.tendera@gcm.pl">michal.tendera@gcm.pl</a>
<b>Marc Twagirimukiza</b>	University Hospital Ghent, Heymans Institute of Pharmacology, Ghent University, Ghent, Belgium; <a href="mailto:TWAMARC@gmail.com">TWAMARC@gmail.com</a> ; <a href="mailto:marc.twagirimuzika@ugent.be">marc.twagirimuzika@ugent.be</a>
<b>Anna Volodina</b>	University of Heidelberg, Heidelberg, Germany; <a href="mailto:anna.volodina@yahoo.com">anna.volodina@yahoo.com</a>
<b>Ghassan Watfa</b>	Department of Geriatrics, CHU Nancy, Nancy, France; <a href="mailto:g.watfa@chu-nancy.fr">g.watfa@chu-nancy.fr</a>
<b>Kamilu M Karaye</b>	Department of Medicine, Bayero University & Aminu Kano Teaching Hospital, Kano, Nigeria; <a href="mailto:kkaraye@yahoo.co.uk">kkaraye@yahoo.co.uk</a>
<b>Bernard Kianu Phanzu</b>	University of Kinshasa, Democratic Republic of Congo; <a href="mailto:doctorkianu@gmail.com">doctorkianu@gmail.com</a>
<b>Anastase Dzudie</b>	Cardiac Intensive Care & Cardiac Pacing Unit, Douala General Hospital, Douala - Cameroon; <a href="mailto:aitdzudie@yahoo.com">aitdzudie@yahoo.com</a>
<b>Roland N'Guetta</b>	Institut de Cardiologie d'Abidjan, Cote d'Ivoire; <a href="mailto:rolandnguetta@hotmail.com">rolandnguetta@hotmail.com</a>

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**Mondo Charles Kiiza**

Department of Medicine, Mulago Hospital, Kampala – Uganda;  
[charlesmondo2011@gmail.com](mailto:charlesmondo2011@gmail.com)

**Esayas Kebede Gudina**

Jimma University, Jimma, Ethiopia; [esakgd@gmail.com](mailto:esakgd@gmail.com)

**Benjamin Longo-Mbenza**

Walter Sisulu University, Faculty of Health Sciences, Eastern Cape, South Africa;  
[longombenza@gmail.com](mailto:longombenza@gmail.com)

**Joseph Mucumbitsi**

Rwanda Biomedical Center/King Faisal Hospital, Kigali –Rwanda;  
[jmucumbitsi@gmail.com](mailto:jmucumbitsi@gmail.com)

**Benedict Anisiuba**

National Post Graduate Medical College of Nigeria, University of Nigeria, Enugu, Nigeria; [banisiuba@yahoo.co.uk](mailto:banisiuba@yahoo.co.uk)

**Toure Ali Ibrahim**

Niamey Niger; [pr\\_toure@yahoo.fr](mailto:pr_toure@yahoo.fr)

**Ogah S. Okechukwu**

Division of Cardiology, Department of Medicine, University College Hospital Ibadan, Ibadan, Oyo State, Nigeria, [osogah56156@gmail.com](mailto:osogah56156@gmail.com)

## **PLANNED ACTIVITIES**

### **Background and Aims**

Stroke mortality, is now highest in Eastern Europe, north Asia, central Africa, and the south Pacific. If we assume that stroke mortality can serve as a proxy for average blood pressure (BP) in a population, the necessity to adopt actions to increase the diagnosis, treatment and hypertension control in low resource settings (LRS) is now a recognized global priority.

### **Issues for specific activities of the WG**

1. Current WHO/ISH guidelines for developing countries support adoption of a total risk approach enabling the intensity of interventions to be matched to the degree of total risk. Information regarding the prevalence of proteinuria in LRS is lacking.

#### **WG specific activities:**

- to prepare a state- of -the -art review article and/or a White Paper** on CV risk stratification and management in LRS
- to investigate the prevalence of early kidney damage (proteinuria) and to validate the ESH/ESC algorithm for CV risk** assessment in LRS
- to promote more frequent and widespread BP measurement** as a screening tool also thanks to ad hoc developed devices in LRS
- to prepare educational material** for ESH Summer and Winter Schools to promote awareness on hypertension and CV risk in LRS

2. In the last decades of the 20th century, Europe witnessed a relevant wave of immigration. A high prevalence of hypertension and CV disease with a low rate of awareness has been observed in immigrants. Communication problems and cultural barriers in the approach to prevention strategies have to be specifically addressed.

#### **WG specific activities:**

- to start a screening program on immigrants** living in different European countries using a shared methodology
- to analyze administrative datasets** such as hospital admission episodes statistics and drug prescriptions to target need and reduce inequalities

3. In recent years different technologies proved their value in improving cardiovascular risk stratification. However, the costs of instruments and personnel are a relevant limitation to move these technologies in LRS.

#### **WG specific activities:**

- to develop diagnostic tools** which can be used by non-medical personnel, nomadic caregivers, for screening purposes able to provide enough information for addressing the subject to further evaluation
- to facilitate communication of clinical data** to caregivers also in remote areas of LRS through appropriate application of novel communication technologies

4. Planning and implementation of intervention strategies for cardiovascular prevention in LRS and migrants (in particular targeting high risk populations).

#### **WG specific activities:**

- to model the effect of salt reduction policies, of smoking cessation and of pharmacological prevention strategies** on hypertension and CV risk in LRS.

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### APPLICANTS SHOULD HAVE

1. A degree in medicine and/or specialization in cardiology, nephrology, internal medicine or any biomedical science
2. An ongoing scientific activity in Low Income Countries or Migration (according to main publications and impact factor)
3. A willingness to actively participate to Working Group activities (list of fields of interest)

### WG ACTIVITIES

#### WG at the ESH Congress

22nd European Meeting on Hypertension and Cardiovascular Protection, London, UK: The ESH Council accepted the proposal by PA Modesti and G Parati and the WG was founded

23rd European Meeting on Hypertension and Cardiovascular Protection, Milan, Italy: The WG organized the first Virtual Session on June 15, 2013: Virtual Session - **Global Health: The Need for New Perspectives** (webcast: [http://esh2013.infomedica.com/Webcast/Virtual\\_Session/index.html](http://esh2013.infomedica.com/Webcast/Virtual_Session/index.html))

#### Publications by WG

Modesti PA, Agostoni P, Agyemang C, Basu S, Benetos A, Cappuccio FP, Ceriello A, Del Prato S, Kalyesubula R, O'Brien E, Kilama MO, Perlini S, Picano E, Reboldi G, Remuzzi G, Stuckler D, Twagirumukiza M, Van Bortel LM, Watfa G, Zhao D, Parati G; for the ESH Working Group on Hypertension and Cardiovascular Risk in Low Resource Settings. CARDIOVASCULAR RISK ASSESSMENT IN LOW RESOURCE SETTINGS. A consensus document of the European Society of Hypertension Working Group on Hypertension and Cardiovascular Risk in Low Resource Settings. *J.Hypertension* 2014 Feb 26. [Epub ahead of print] PubMed PMID: 24577410.

#### Publications by WG Members

Due to the very large number of publications by the WG members, only papers dealing with the Topics covered by WG have been listed here below: