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Global Challenge for Overcoming High Blood Pressure Fukuoka Statement

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- Cardiovascular diseases such as stroke and heart attack account for approximately 30 % of death causes worldwide, which is a higher rate than that of cancer or infectious diseases. Across WHO regions, about 62 % of strokes and 49 % of heart attacks are caused by high blood pressure.
- Patients with hypertension account for an estimated 972 million persons worldwide, equivalent to 26.4 % of the entire adult population. 333 million patients live in industrialized countries, whereas 639 million are citizens of developing countries. It is necessary for any approach to realize that hypertension management is not only a serious problem in advanced economies but also in the developing world.
- Various studies and surveys, mainly in industrialized countries, have been conducted regarding prevention and treatment of hypertension. However, it would be meaningful to do similar research in developing countries to confirm if these findings are universal or not.
- Increase in blood pressure is an important risk factor for cardiovascular diseases, even if it is still below the level that is diagnosed as "hypertension". This fact is a fundamental healthcare issue that requires international efforts to solve. The first step towards progress is to prevent aging-related increase in blood pressure.
- The purpose of hypertension prevention and treatment is to suppress the occurrence of cardiovascular events such as stroke and heart attack by way of strict blood pressure control, and on the other hand to prevent complications or death that is related to such events.
- It is necessary to attach importance to the fact that many patients with hypertension are not receiving any appropriate treatment at all, and that blood pressure is not controlled successfully in most patients who are treated.
- The first step in hypertension treatment is nonpharmacological therapy. For blood pressure control, it is beneficial to reduce excess salt intake and body weight, do exercise, reduce excess intake of alcohol. Take a low-fat and potassium rich diet, such as vegetables and fruits, and quit smoking.
- Hypertension not controlled by nonpharmacological therapy should be treated aggressively with the appropriate antihypertensive drugs to control high blood pressure strictly.
- In order to achieve progress in the above issues, governments as well as healthcare professionals all over the world should provide accurate and comprehensive information on hypertension to the general public and also should make all efforts to give the people access to the various medical services where indicated.

This statement represents a starting point for action towards
global challenge for overcoming high blood pressure

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