

# News and Notes

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## **CARDIOLOGY COURSE FOR G.P.S.**

National Institute of Cardiovascular Diseases, Karachi organized a course on Cardiology from March 2 to 8 for Medical Officers and Family Physicians.

This was done under the directions of the President of Pakistan.

The course included lectures, bed-side demonstrations and equipment demonstration including Electrocardiographs, defibrilators and respirators. Special sessions on Electrocardiography, Cardiac Arrhythmias and Cardiac Radiology were arranged.

An effort was made to enable the participants to recognise and treat the commonly occurring life threatening Cardiovascular problems at their premises of work. The Participants were given guidelines regarding referral of patients requiring Cardiac Surgery.

## **PATHOLOGISTS CONFERENCE IN NOVEMBER**

The Pakistan Association of Pathologists is holding its First International Scientific Conference (5th Annual Scientific Conference) on 18-20 November at Rawalpindi.

The Secretary/Treasurer of the Association Dr. Kh. Iftikhar Ahmed informed that that President of Pakistan has already consented to be the Patron-in-Chief of the conference. An Organising Committee has been formed at Rawalpindi which is Chaired by Major General M.I. Burney with Brig. Syed Azhar Ahmed as Secretary General.

As members of a developing nation, the Pakistani Pathologists are rightly stressing on the role the Pathology Laboratories play in the community by holding a special seminar on "The role of Laboratory Medicine in the Delivery of Health Care in Developing Countries". Which is being sponsored by the WHO Eminent personalities in health care namely Dr. Mostofi, Dr. Woodward, Dr. Bigger, Dr. Shooter, Dr. C.S. Muir are likely to attend. I

Similarly world famous doctors like Prof. Sheila Sherlock, Prof. Zukermann, Prof. Hans Poper, Dr. Kamal Ishak are being invited to speak on Liver Diseases which is another burning topic for Pakistan. Besides these there will be three guest lectures by renowned pathologists in the fields of Haematology, Bacteriology/ Immunology and Chemical Pathology.

A large number of pathologists from U.S.A., Britain, Middle East, India and Bangladesh are expected to read papers in the conference. The last date for the submission of the papers is 31st May, 1981.

## **HIGH BLOOD PRESSURE DRUG BRINGS CHOLESTEROL RISE**

Chicago: in a report in the latest Journal of the American Medical Association, researchers found that a drug that has been used successfully to reduce mild high blood pressure is causing an increase in cholesterol. But they don't yet know how serious a health problem this is.

Mild high blood pressure brings increased risk of stroke and heart attack. Thus, it is advisable to bring down the pressure, if possible. Drugs can do this quite satisfactorily.

But increased cholesterol levels in the blood are associated with increased risk of coronary heart disease. Thus, it is wise to avoid anything that might bring an increase in cholesterol. And this now includes the drugs that control mild high blood pressure chlorthalidone, or Hygroton, and reserpine.

The finding stems from a Veterans Administration-National Heart, Lung and Blood Institute Cooperative Study on Antihypertensive Therapy: Mild Hypertension. A total of 1,012 men and women, 21 to 50 years of age, with somewhat elevated blood pressure, were divided into two groups. Half received the drugs to bring down the blood pressure, the others a placebo. After a year of treatment the drugs group showed somewhat elevated cholesterol levels.

Heading the research team is Anne I. Goldman, Ph.D., of the University of Minnesota, Minneapolis. Dr. Goldman points out that the effects of the drug-induced increase in cholesterol level on illness and death are unknown. The average increase is around 5 per cent, small but not insignificant. There is no evidence at present that a drug induced increase in cholesterol can raise the risk of heart attack, she says.

The possible net effect on risk of increasing cholesterol while lowering pressure in the long-term treatment of mild hypertension with drugs must be further evaluated, Dr. Goldman concludes.

#### **INAUGURAL MEETING OF P.M.A. BADIN:**

The inaugural meeting of P.M.A. District Badin Branch was held at residence of Dr. L.D. Das, Matli, on December 28.

More than fifteen Doctors of Badin District attended the meeting. Besides, some Doctors from Hyderabad District also attended the meeting.

Convenor, P.M.A. Badin Dr. Nawaz Ali Mohammadani of Talhar Presided and in his address he urged the professional colleagues of Badin District to forge unity to solve their problems and serve human beings according to medical ethics. He urged all the doctors of Badin District to join P.M.A.

Following Office Bearers were elected:-

- (1). President. Dr, Lal Shah Bukhari, Talhar.
- (2). Vice President-I: Dr. M. Yousif Tando Shahwah.
- (3). Vice President-I I: Dr. Jameel-u-Rahman, Badin.
- (4). Gen: Secretary: Dr. L.D. Das, Matli.
- (5). Joint Secretary: Dr. Nawaz Ali Mohammad-ani, Talhar.

Executive Committee members.

- (1). Dr. Alhaj. A.H. Nizamani, Matli.
- (2). Dr. Capt. Anwar Ali Khawaja, Talhar.
- (3). Dr. Fida Hussain Khawaja, Badin.
- (4). Dr. A. Karim Baloch, M. Officer, Talhar.

It was decided unanimously that provisional office of the new branch of PMA will be at Matli, where a place for office has been provided by Dr. L.D. Das without rent till final arrangements.

#### **HAZARA PMA MEETS, HOLDS POLLS**

A Meeting of the Executive Committee of the PMA, Hazara Branch held under the chairmanship of its President Prof. A.J. Khan on January 28 expressed satisfaction over the activities of the Branch particularly regarding the P.M.A. House Abbottabad and clinical Meetings.

The Meeting also considered the problems of its younger members and expressed satisfaction that necessary accommodation and furniture has been arranged for the younger doctors.

The recommendations of the Career Structure Committee were also discussed and approved and it was decided to forward and discuss the recommendations with the Provincial PMA and the Provincial Government.

Meanwhile, the second clinical meeting of the Branch was held in the District Headquarters Hospital, Abbottabad and was attended by over 50 doctors.

Dr. Ashraf Bukhari presented interesting cases of repeated haemoptysis due to infestation with leaches. Prof. Khurshid Ahmad presented a case of hemiplegia, its diagnosis and management in detail; Dr. Ronaq Zaman presented interesting cases of pulmonary tuberculosis treated with thoracoplasty and followed over for 10 years.

A meeting of the PMA House Committee of the branch was held under the chairmanship of Dr. Fatahullah Khan. The Meeting finalized the building plans on the plot allotted by the Government for the purpose.

Following are the new officer-bearers of Hazara P.M.A.

President: Prof. A.J. Khan, Vice-President: Dr. Fatahullah Khan, Secretary: Dr. Ashraf Bukhari, Treasurer: Dr. Mohammad Bashir, Joint Secretary: Dr. Mohibur Rehman Qazi and Dr. Abdul Latif,

Clinical Secretary:

Dr. Khurshid Ahmad Siddiqui, Publicity Secretary: Dr. Ronaq Zaman, Provincial Councillors: Dr. Mrs. Iqbal Zuberi and Dr. Mohammad Sarwar, Central Councillors: Prof. A.J. Khan and Dr. Mohibur Rehman Qazi.

### **RESEARCH PROPOSALS ON DIARRHOEAL DISEASES**

The WHO Diarrhoeal Diseases Control Programme is undertaking a global research programme and invites scientists to submit research proposals in three main fields:

1. Acute bacterial enteric infections

Organisms included in the programme are *Vibrio cholerae* 01 and related vibrios, *V. parahaemolyticus*, *Escherichia coli*, *Shigella*, and *Yersinia enterocolitica*. Of greatest interest are research proposals relating to the a

Viruses to be studied include primarily rotaviruses, and also the Norwalk and Norwalk-like agents, adenoviruses, coronaviruses, calciviruses, and other smooth or rough, small, spherical viruses.

Research proposals relating to improvements in diagnostic methods, epidemiology, characterization of pathogens, immunology, and vaccine development will be given priority for funding. Projects to investigate the pathogenesis and natural history of infection will also be considered.

3. Drug development and management of acute diarrhoea:

Areas to receive highest priority include (a) the improvement and simplification of techniques for rehydration therapy of acute diarrhoeas, both at the treatment centre and at home- (b) the study of interactions between acute diarrhoeal diseases and the nutritional status of the host-immunological and intestinal absorptive parameters are of special interest; and (c) the development and clinical testing of both new and existing drugs that will diminish diarrhoea.

Priority will be given to projects of most direct relevance to the problem of childhood diarrhoea in the developing countries.

#### **Acute bacterial enteric infections:**

In 1981, in general, contracts up to US \$25,000 per annum and per project will be awarded. Additional support may be made available in exceptional circumstances. Investigators wishing to receive support should submit a letter briefly describing their past experience and the objectives and outline of their proposed project to: The programme Manager, Diarrhoeal Diseases Control Programme, World Health Organization, 1211 Geneva 27, Switzerland. Full details and a standard application form will be provided.