



21st November 2008

Dear members of the World Hypertension League,

The World Hypertension League, once again, would like to invite your participation in World Hypertension Day, Sunday **May 17th 2009**. The theme for World Hypertension Day (WHD) 2009 is “**Salt and High Blood Pressure: Two Silent Killers**”

The Day aims to highlight that:

- High blood pressure is the biggest single cause of death worldwide through strokes, heart attacks and kidney diseases
- Salt is the major factor putting up blood pressure
- Reducing salt intake reduces blood pressure across the population
- If salt intake was reduced by half it would save approximately 2.5 million people a year dying unnecessarily of strokes, heart attacks and chronic kidney diseases worldwide

Last year's World Hypertension Day saw participation from a large number of WHL members. Reports received from Algeria, Bangladesh, Botswana, Brazil, Canada, Cuba, Egypt, Georgia, Germany, Iran, Philippines, Thailand and Turkey are posted on the WHL website. Full details of the event and promotional materials as they are developed can be found on the WHL website: <http://www.worldhypertensionleague.org/>

World Hypertension Day (WHD) is pleased to announce an official partnership, collaboration and reciprocal endorsement with World Kidney Day (WKD), jointly hosted by the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF), which is taking place on **March 12th, 2009** with the message “**Keep the pressure down**”, www.worldkidneyday.org and World Salt Awareness Week initiated by the World Action on Salt and Health (WASH), focusing on ‘**Salt and Eating out**’, taking place during the **week of February 2nd, 2009**. www.worldactiononsalt.com

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The WHL encourages you (both as individual and organizational) to become a member of WASH. If you are not already, and would like to become a member of WASH, please email your work and contact details to Ms. Katharine Jenner at kjenner@sgul.ac.uk

All of us have a stake in hypertension control in each of our countries. As in previous years we are confident that you will continue to participate in the WHD activities in 2009. In addition, we encourage you to collaborate with kidney foundations and nephrology societies in your countries to promote all three events – World Salt Awareness Week in February, World Kidney Day in March and of course World Hypertension Day in May.

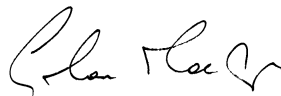
Could you kindly let us know your involvement at your country/regional level in all three events and particularly, the World Hypertension Day 2009, by emailing Ms. Chellam Chellappan (whlsec@sfu.ca) at the office of the Secretary General, WHL.

We look forward to hearing from you.

Yours sincerely,



Arun Chockalingam, MS, PhD, FACC
Secretary General, WHL.
Professor of Global Health



Graham MacGregor, FRCP, FAHA; FMedSci.
Chairman, WASH
Professor of Cardiovascular Med.
Executive Board Member, WHL



Paul Beerkens
President, IFKF
Co-Chair, WKD Steering Committee



William G. Couser, MD
Immediate Past President, ISN
Co-Chair, WKD Steering Committee