



British Hypertension Society

Hypertension

E-News

Issue No 5

December 2008

Editorial

It's been a very busy few weeks since the summer holidays and the time seems to have flown by. The **Annual Scientific Meeting in Cambridge** was of a particularly high standard this year with a varied and interesting programme of talks and debate and the **Educational Programmes Working Party** has produced a **Masterclass**, a **Training Day for Independent Prescribers** and a **Primary Care Meeting**. Reports of these events are detailed on the following pages.

Apparently most people can access website links from the pdf copy of the Newsletter so they're not detailed separately with the email this time. If you do have trouble accessing information or have any comment about the format of the Newsletter, do let me know.

The **World Hypertension League** has informed us that it now produces its Newsletter online and you can access it via the following link:

<http://worldhypertensionleague.org/documents/newsletters/2008/whl121.pdf>

Well, the festive season is upon us already and on behalf of the BHS Executive Committee and Working Parties, I would like to wish you a very happy and peaceful Christmas.

Jackie Howarth
BHS Administrative Officer
bhs@le.ac.uk 07717 467973



Calendar of Events

Details of these and other events can be found via the BHS website: www.bhsoc.org/courses_conferences.stm

Early Disease Detection & Prevention Thailand	21-25 Jan 2009
Chronic heart failure and hypertension: risks, diagnosis and management London	12-13 Feb 2009
BPA Training for Nurses & Pharmacists Manchester	27 Feb 2009
Mediterranean Cardiology Meeting Italy	26-28 April 2009
European Congress on Obesity Netherlands	6-9 May 2009
BPS New Drugs in CV Research Germany	7-9 May 2009
Diabetes Update IV Stratford upon Avon	11-12 May 2009
BHS Primary Care Meeting RCP, London	19 May 2009
ESH Annual Meeting Italy	12-16 June 2009
BHS Annual Scientific Meeting Cambridge	14-16 Sept 2009
ESH 2012 London	26-30 April 2012

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Gordon's Guide to the Galaxy

At this year's annual meeting of the Society, we were privileged to receive an outstanding **Sir George Pickering Guest Lecture** delivered by **Professor Stephen MacMahon**, all the way from the University of Sydney in Australia. The format of allowing extensive interaction with members of the Society was hugely successful and is sure to be retained for future guest lectures.

Despite investing heavily in bringing Stephen to Cambridge, the **British Hypertension Society** gained little encouragement. Stephen suggested that our name is now redundant and should be changed to acknowledge the arbitrary definition of hypertension. Blood pressure has a continuous, graded relationship with cardiovascular outcomes with no clear threshold for risk and must be considered in conjunction with other risk factors. This should act as a wake up call for the Society.

The **British Hypertension Society** has a proud heritage. Our recommendations for the management of hypertension are rated highly nationally and internationally, the **Information Service** website, www.bhsoc.org is consulted widely from all corners of the planet, the **Blood Pressure Measurement Working Party** has developed standards which are recognized worldwide and has recently produced a successful educational DVD as well as a protocol for the evaluation of monitoring devices, our **Collaborative Research Working Party** has this year been awarded a major grant from the **British Heart Foundation** and our **Educational Programmes Working Party** delivers first class educational training to hundreds of healthcare professionals every year. However, this is not the time to rest on our laurels.

What are the options? We could retreat into our shell and rebadge ourselves as the Self Preservation Society! Alternatively, the Society might engage with other organisations with similar objectives. During my Presidency, with the help of the Executive Committee, I have attempted to work

more closely with the European and International Societies of Hypertension, while protecting our independence. This initiative should be continued and developed but there are also opportunities closer to home.



Professor Gordon McInnes
BHS President

One such vehicle is the **Cardio and Vascular Coalition (CVC)**. The CVC, initiated and funded by the **British Heart Foundation**, is a national collaboration of voluntary bodies working towards improved cardiovascular health. The evidence of declining mortality from myocardial infarction and stroke in recent years may encourage policy makers to take their eyes off the ball. In fact, morbidity from cardiovascular diseases continues to rise and is projected to continue to do so as the population ages. The Department of Health's successful ten year strategy for coronary heart disease ends in 2009 and it is not clear that this will be replaced. We must now build on the achievements of this initiative and carry these forward into the next decade. Because cardiovascular diseases share many common risk factors, of which high blood pressure is among the most important, a comprehensive strategy is essential. The Cardio and Vascular Health Strategy for 2010 – 2020 will be published as a **"White Paper"** in spring 2009. This will act as a vision for the next ten years and call upon government to act.



Professor
Stephen MacMahon

I have represented the **British Hypertension Society** at many, often tedious, meetings of the CVC Steering Committee over the last year. It is now time for the Society as a whole to engage. Otherwise, there is a danger that the future will be dominated by cardiology "plumbers" and that the management of hypertension will be sidelined.

The Society stands at a crossroad. If we take the correct turning towards collaboration, the future is bright. A wrong turn may result in our demise, particularly as we enter an era when the pharmaceutical industry is likely to be less supportive, and we face relegation to be the cuddly toys of cardiovascular risk management, as my team Partick Thistle has become in Scottish football!

Professor Gordon T McInnes

President, British Hypertension Society, University of Glasgow

The **CVC** has launched a **Public Survey** on the content of the **White Paper** which can be accessed via the following link: www.consultationfinder.com/cvc Professional Health Organisations and the general public have been invited to take part—Ed



BHS Members' News

Send your news, events, publications, comments for future issues to: Jackie Howarth at bhs@le.ac.uk

British Journal of Cardiology Publication

10 Steps before you refer for: Hypertension

Professor Franco Cappuccio and **Dr Terry McCormack** published a 10-step guide for primary care health professionals treating hypertensive patients, in the September/October 2008 issue of The British Journal of Cardiology. **Their recommendations are:**

- | | | | |
|---|--|----|---|
| 1 | Check measurement is correct | 7 | Establish that better control is required |
| 2 | Check compliance, establish concordance | 8 | Ensure that other preventive measures are in place |
| 3 | Encourage weight loss and salt reduction | 9 | Are there any investigations that might be useful for the specialist? |
| 4 | Stop drugs that raise blood pressure | 10 | Are you referring to the correct consultant? |
| 6 | Maximise medication using ACD | | |
| 7 | Spironolactone | | |

Each of these steps is fully explained in the article:

British Journal of Cardiology, Sept/Oct 2008. Vol 15, issue 5:254-257

British Medical Journal

The Real Threat to Clinical Research: Regulation, Regulation, Regulation

Professor Morris Brown together with Anna Stears, Paul Stewart, and Jeremy Tomlinson recently published an article in the British Medical Journal calling for an end to 'red tape' restrictions in research projects.

Abstract

The role of clinical research governance is to encourage safe and effective experimentation in human subjects. Largely as a consequence of EU directives in 2001, implemented in 2004, the regulatory burden in the UK for individual investigators has become oppressive in the extreme. The benefit-risk pendulum has swung so far towards aversion of the minimal risk implicit in clinical trials – much lower than in everyday medicine – that regulation is obstructing the very activity which is it meant to encourage: High-quality clinical research. Here we document and analyse the problems seen through the eyes of both junior and senior researchers. We conclude with a **four-point plan** (see below) and call for action. This call is addressed to those leaders in Science, Medicine, Politics and Industry who have staked their name and fortune to the prospect of translating UK predominance in scientific discovery into the development of ground-breaking advances in diagnosis and therapy. We believe we speak on behalf of a large number of threatened clinical investigators, who are invited to join this action before it is too late.

Recommendations:

- 1 A single and simple web-based submission form for all research studies
- 2 Automatic indemnity by NIHR for all research protocols involving NHS patients
- 3 A national and consistent ethical review process
- 4 MHRA to focus on its remit to ensure medicines work and are safe, and devolve many current tasks to NIHR approved centres

This paper was published in the BMJ on 16 October 2008. For information on the complete paper follow the link: http://www.bmj.com/cgi/content/extract/337/oct16_2/a1732



BHS Annual Scientific Meeting - 15-17 September 2008

Queens' College Cambridge

The 2008 Annual Meeting of the BHS attracted 60 abstract submissions, hosted invited presentations from **Professor Stephen MacMahon** and **Professor Lars Lindholm** and welcomed over 220 delegates.

Successful abstracts are published in the October 2008 issue of the **Journal of Human Hypertension**.



Lecture Theatre,
Queens' College, Cambridge

The Debate

Keypad voting was employed for the Clinical cases session and the evening Debate. **The Debate**, entitled "**This house believes that the management of Hypertension is impossible without the use of out-of-office blood pressure monitoring**" was proposed by **Paul Padfield**, (Edinburgh), opposed by **Kennedy Cruickshank**, (Manchester) and chaired by **John Potter**, (Norwich).



Professor
Kennedy
Cruickshank

The pre-debate vote indicated a majority were not in favour of the requirement for out-of-office blood pressure monitoring. However, after the presentations and a lively discussion, opinions swung to support **Professor Padfield** and the use of out-of-office blood pressure monitoring to manage hypertension.



Professor
Paul Padfield

Dr Claudia McCarthy (Melbourne) was the guest of the BHS as winner of the **High Blood Pressure Research Council of Australia's Young Investigator Award** in December 2007.

It was a pleasure to welcome Claudia to the meeting who gave an excellent presentation on :

Neuroprotective Effect of the AT₂ Receptor on an Endothelin-1 Model of Stroke in Spontaneously Hypertensive Rats

Pickering Lecture

The **Sir George Pickering Lecture** was delivered by **Professor Stephen MacMahon**, Professor of Cardiovascular Medicine at the University of Sydney, Principal Director of the George Institute for International Health and Chief Executive of the Sydney Institutes for Health and Medical Research.

The title of his talk was:

'Hypertension - time to give it up?'

He presented evidence indicating that an increased risk for adverse cardiovascular outcomes associated with blood pressure is found well within the "normal" range.

He suggested the next set of clinical guidelines from the BHS should not incorporate the word hypertension at all and helpfully suggested a new name for the BHS - the **British Blood Pressure Society**. **Professor McInnes**, who chaired the session, gave a rather short thrift to the suggestion in his own inimitable way.



Professor
Stephen
MacMahon

Poster displays were held once again with attended chaired discussion on the final day. The innovation permitted presentation of more abstracts than previously possible within the oral-only programmes.



The **BHS Jack Ledingham Young Investigator's Poster Prize** was won by **Dr Laura Graham**, (Glasgow) for her work on *Evaluation of a Targeted Delivery Platform for In-Vivo Modulation of Gstm1 Expression*

Prizes

BHS Young Investigator oral prizes were won by **Justin Davis**, (London) and **Mark Glover**, (Cambridge). Dr Davis' presentation was entitled: *Evidence of augmentation of systolic coronary blood flow by retrograde wave reflection travelling back from the proximal aorta.*

Dr Davis was also awarded the **BHS Scholarship** to support his visit as a guest of the **High Blood Pressure Research Council of Australia**.



Justin Davis



Mark Glover

Dr Glover received the award for his work on: *Human WNK3 splice variants differentially affect NCCT expression: further evidence that NCCT expression and activity can be independently regulated.*



BHS 9th Hypertension Masterclass, 29 October 2008

The topic for the 9th Masterclass hosted by Barts & the London Hospital was: **Physiological Imaging & Measurement in Cardiovascular Disease**. Professors **Alun Hughes** and **John Potter** organized a fascinating programme comprising the following subjects:

- Cardiac 3D ultrasound
- Cerebrovascular assessment with transcranial Doppler
- Coupling imaging with computational fluid dynamics
- Wave intensity analysis & TDI
- Ambulatory and self blood pressure monitoring
- Cardiovascular PET/CT imaging
- Arterial stiffness
- Cardiac MRI
- Brain imaging by CT and MRI

The next Masterclass will be advertised as soon as details have been finalised. For information: bhs@le.ac.uk or keep your eye on the website: http://www.bhsoc.org/courses_conferences.stm#

BHS/NHA Hypertension Training for Independent Prescribers

On 10 November 2008 **The Robert Gordon University, Aberdeen** hosted the third **British Hypertension Society (BHS) and Nurses Hypertension Association (NHA)** training event for Independent Prescribers. This event focussed on **Management of Hypertension**.

Professor Val Maehle, Dean of Faculty of Health & Social Care welcomed delegates from across Scotland and a few from 'south of the border' to RGU for this event. **Professor John Webster** began the first session of the day by providing an overview of the management of hypertension and current guidelines. This was followed by **Dr Mary Jo MacLeod** who discussed how particular patient groups should be managed and when referral to more specialised expertise is necessary. These two presentations were then followed by a lively and useful discussion where delegates shared their experiences of managing hypertension.

The focus for the afternoon was on '**Organising an Holistic Service**' where four non-medical prescribers: **Fiona Reid, Alison de Vries, Naomi Stetson and Martin Jackson**, shared with delegates their own prescribing practice, how these services have developed and how they are provided. This session provided delegates with examples of different hypertension management services that are currently being provided by nurse and pharmacist prescribers in both primary and secondary care settings.

Professor Alison Strath, Chair in Community Pharmacy Practice, provided delegates with an overview of the potential that the chronic medication service for pharmacy contractors may have for supporting the management of hypertension. The day ended with a quiz for delegates incorporating topics from the day's discussions.



Martin Jackson, Alison de Vries, Mary-Jo MacLeod, Naomi Stetson, Fiona Reid, John Webster, James McLay

Dr Gillian Manning is leading the Independent Prescribers training programme for the BHS in association with the NHA. **Dr James McLay** (Chair, BHS Educational Programmes), **Brian Addison** (Lecturer in Pharmacy Practice, RGU) and **Naomi Stetson** (Chair, NHA) organised the programme for this event locally.

BHS Primary Care Meeting—18 November 2008

At this Primary Care Meeting held at the Manchester Conference Centre, over 80 delegates comprising GPs, Nurses and Pharmacists heard **Professors, Paul Padfield, Lewis Ritchie, Franco Cappuccio, Tom MacDonald, Peter Sever, Neil Jackson, Bryan Williams and Dr Jane Deal** talk about **ABPM, Lipids, Resistant Hypertension, Hypertension as a Subspecialty, BP in Children and Young Diabetics**. The morning session focussed on **Reaching Targets** and the afternoon on **Children and Teenagers**. **Professor Gordon McInnes** led discussion on **6 Case Presentations** based on the topics discussed during the day.

The next Primary Care meeting will be held at the RCP, London on 19 May 2009



International Society of Hypertension

Establishment of the ISH Research Foundation



Professor Tony Heagerty
President, ISH

The International Society of Hypertension is dedicated to the detection and treatment of high blood pressure, with research and education for both physicians and patients at the centre of its mission. Furthering these aims is the cornerstone of the activities of the Society. Since it achieved

charitable status in December 2007, it has become a not-for-profit organisation. In consequence, we are committed to providing education globally and to developing research worldwide.

The research needs of low and middle-income countries are many and varied. In the last four years we have already forged an alliance with **The World Health Organization (WHO)** and have financially supported work in Sub-Saharan Africa with particular emphasis on finding out whether cardiovascular risk charts actually predict the prevalence of cardiovascular disease in these areas. The data are already emerging and look extremely encouraging.

In the first instance it has been agreed by the **Executive Council** of the International Society of Hypertension to further these research endeavours by establishing a **Research Foundation**. This will allow us to accrue financial resources aimed specifically at supporting research worldwide.

Currently **Dr John Hall**, Chair of the Research Foundation, is heading up a small working group to look at how best we can deploy funds in order to optimise the development of research in a variety of regions. Some laboratories feel that it would be more appropriate to send investigators to established facilities in the developed world so that they can



Dr John Hall
Chair of the ISH
Research Foundation

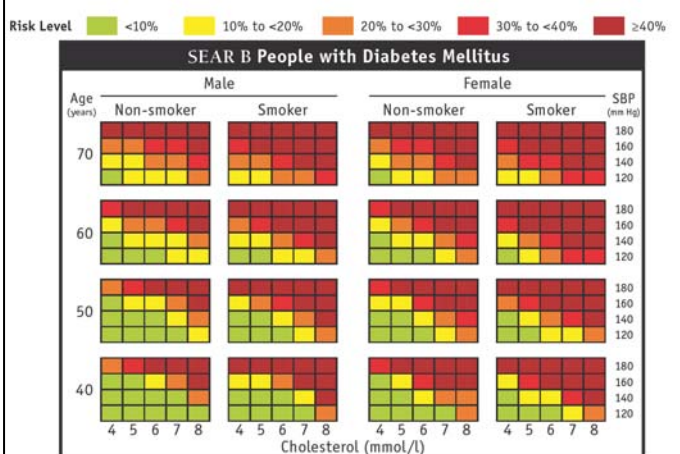
learn methodology and bring it back to their home countries. Reservations have been expressed about this approach in as much as it is difficult to find ongoing support for such investigators and their research then falters. The other possibilities are that we join with established institutions which have links in third world to support their endeavours in a collaborative way and of course we have the option of the longitudinal and more expansive studies with the **WHO**.

At this stage the Foundation has been established and we are placing \$500,000 with immediate effect to pump prime the venture. It is hoped that over the next 2 years we shall put in further support so that by year 3 we should be able to begin to disperse resources and support research projects.

I know that John is open to all suggestions and if you feel that you wish to contribute, he would be happy to hear from you:

jehall@physiology.umsmed.edu

Figure 1. WHO/ISH risk prediction chart for SEAR B. 10-year risk of a fatal or non-fatal cardiovascular event by gender, age, systolic blood pressure, total blood cholesterol, smoking status and presence or absence of diabetes mellitus.



Professor Tony Heagerty, President, International Society of Hypertension



ESH Hypertension Meeting 26-30 April 2012, London



The Votes Are In!

Thank you to those who voted for their favourite **ESH 2012** logo design.

The response was not overwhelming but there was a clear winner (see left) and this design will be used on promotional material around the world for the event. The winning logo was announced at the Annual Scientific Meeting in Cambridge in September.

NICE Guidelines

The **BHS** continues to engage with **NICE** as a Stakeholder in current Guideline Reviews.

Professor Franco Cappuccio has been appointed to the NICE Public Health Program Development group on the **Prevention of Cardiovascular Disease** and started attending the meetings in September 2008 - expected publication of the Guidelines is February 2010. Follow progress posted on the NICE website:

<http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11881>

Chronic Kidney Disease guideline was issued in September 2008 (see below). **Dr Charlie Tomson** co-ordinated the BHS response to the draft guideline. The guideline can be accessed on the NICE website:

<http://www.nice.org.uk/Guidance/CG73>

The **BHS** has recently registered as a Stakeholder in the **Chronic Heart Failure** Guideline review and will be consulted in all stages of the guideline development. **Dr Mark Davis** has agreed to co-ordinate the BHS response. Consultation on the Scope finished on 14 November 2008. Developments can be viewed on the NICE website:

<http://www.nice.org.uk/Guidance/CG/WaveReview/1>



Royal College
of Physicians
Setting higher medical standards

Chronic Kidney Disease Guidelines

National clinical guideline for the early identification and management of adults in primary and secondary care. Developed by the National Collaborating Centre for Chronic Conditions at the Royal College of Physicians.

In commissioning this guideline, the **Department of Health** was clear that its focus should be early detection and management. This is the area where the guideline can deliver its greatest potential benefit, by delaying progression of disease and therefore reducing the need for dialysis or transplant. The key recommendations singled out in the guideline reflect this emphasis. They present clear criteria for testing for CKD, for suspecting progressive CKD, and referring people for specialist assessment, all of which will be useful in primary care. Recommendations are also provided on starting treatment once proteinuria has been assessed.

As well as providing a comprehensive guide to the identification and management of patients with CKD for general practitioners and general physicians, the guideline will also be relevant to nephrologists, diabetologists, nurses, clinical biochemists and other health professionals involved in the care of patients with CKD.

For more information and to purchase a copy please email publications@rcplondon.ac.uk or call 020 7935 1174 ext 358



Appointments



We have introduced a section within the **BHS newsletter** for members to post notices of upcoming vacancies in their institutions that might appeal to those interested in hypertension. This could be clinical positions within the NHS, clinical or non-clinical research appointments and studentships etc. The idea here, is not to provide an alternative to traditional means of advertising vacancies, but rather, to highlight vacancies and to provide a link to the advert and further information about the posts and applications process. Importantly, because the **BHS newsletter** is also available to members of the **International Society of Hypertension**, this also provides a mechanism to inform the wider hypertension community about vacancies and opportunities. Perhaps most important of all, it is **FREE**, but you must ensure that contact information for further information about the post and the web-link provided to access information is functional.

Any vacancies advertised here will also be included on the 'Jobs' page of the BHS Website.

Please note that we cannot accept responsibility for the accuracy of the information in the job advertisements and cannot handle any enquiries about these vacancies.

Why not also tell us about appointments within the Hypertension community? If you have recently filled a position in your department, have just taken up a new post within field of hypertension or if you are looking for a position, let us know and we'll do our best to include your news.

Professor Bryan Williams, Chair BHS Guidelines & Information Service Working Party



University of Leicester

School of Medicine, Department of Cardiovascular Sciences

Senior Lecturer (Clinical) in Vascular Medicine—Ref: H4006

Applications are invited from registered medical practitioners with an established track record in cardiovascular research, whose interests complement the study of hypertension, cardiovascular disease and cardiovascular physiology and who are, or are eligible to be, on the Specialist Register of the General Medical Council. Experience in hypertension, lipidology or other aspects of cardiovascular medicine are desirable.

An Honorary Consultant contract will be sought from the University Hospitals of Leicester NHS Trust.

Informal enquiries can be made to Professor Bryan Williams via email, bw17@le.ac.uk or office 0116 252 3182

Downloadable application forms and further particulars are available at <http://www.le.ac.uk/personnel/jobs/a&r.html> or in hardcopy from Personnel Services:

Tel: 0116 252 5114 Fax: 0116 252 5140 Email: recruitment2@le.ac.uk.

Closing date: 9 January 2009



World Hypertension Day

Sunday 17 May 2009



The **World Hypertension League** 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 (WHD)** 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/>

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

The **WHL** encourages you (both as individual and organisational) 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.

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



Young Investigator of the Year 2007

My name is Tim Burton and I was the lucky winner of the **British Hypertension Society Young Investigator of the Year Award** in September 2007. At the time I was a second year registrar in Clinical Pharmacology working at Addenbrooke's Hospital in Cambridge. My research, with Professor Morris Brown, focussed on the mechanisms regulating aldosterone secretion by the adrenal gland. In particular, we have found that the components of an aldosterone response pathway are expressed in adrenocortical cells, and we proposed that this pathway may allow aldosterone to feedback and regulate its own release.

It was a great privilege to have the opportunity to present this work at the 29th Annual Scientific Meeting of the **High Blood Pressure Research Council of Australia in Adelaide** in December 2007. This was my first trip, not only to Australia, but the Southern Hemisphere. After a 24 hour flight in late November I arrived in Sydney to glorious early morning sunshine. I can remember walking on Bondi beach a few hours later feeling completely awake with no symptoms of jet lag – all those nights on call as a junior doctor must have prepared me well.

After soaking up the delights of Sydney for a few days, I arrived in Adelaide. The Adelaide Hilton Hotel was a delightful contrast to my previous venue, the Bondi Beach Hostel. It quickly became apparent what an impressively organised conference this was. No early morning coach travels to a venue across the city, as I have experienced in some European cities. I was introduced to Stephen Harrap, the chairman, and Kate Denton, both of whom made me feel very welcome. What surprised me was the warm informal nature of the whole conference. This was of course particularly apparent at the Wednesday night conference dinner held in the ballroom. The conference program seemed very well balanced, with some great clinical study data, the ADVANCE trial for example, together with basic science presentations covering the genetics of cardiovascular disease through to the effects of oxidative stress. Of course, I was particularly at home during the symposium on steroid hormones. I also thought that the young clinicians and researchers were well catered for with a student symposium on a career in cardiovascular research. This was a great reminder of the dilemmas, challenges and opportunities that young scientists and clinicians face.

After sampling the Barossa valley vineyards and feeding kangaroos in the nearby National Park, I returned to Sydney for my flight back to the UK. My only regret was that I'd only spent two weeks in Australia. But I'll be back!

Dr Tim Burton



Tim Burton receiving his prize from Professor Morris Brown



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BHS Friends

The BHS is grateful to the following companies who provide unrestricted educational grants to assist and promote the work of the Executive Committee and the four Working Parties:

- The Information Service and Guidelines Working Party
- The Educational Programmes Working Party
- The Blood Pressure Measurement Working Party
- The Collaborative Research Working Party

Boehringer Ingelheim
Menarini
Novartis
Servier

BMS/Sanofi-aventis
Merck Sharp & Dohme
Pfizer
Takeda