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Hypertension
and
Stroke Control
in the Community



WORLD HEALTH ORGANIZATION

HYPERTENSION AND STROKE CONTROL IN THE COMMUNITY

Proceedings of a WHO meeting held in Tokyo
11-13 March 1974

Edited
by
S. HATANO
I. SHIGEMATSU
T. STRASSER



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PREFACE

A WHO Meeting on the Control of Hypertension and Stroke in the Community was held in Tokyo on 11-13 March 1974.

The purpose of the meeting was to make a critical review of current knowledge on the control of hypertension and stroke and to establish guidelines for application at the community level. Participants from all continents presented up-to-date information and exchanged views.

This volume contains the papers and discussions from the meeting, which the authors and WHO hope will give incentives to postgraduate students, investigators in epidemiology and clinical and preventive medicine, clinicians, and public health administrators, and will also be a source of reference concerning the practice of community control of hypertension and stroke.

ACKNOWLEDGEMENTS

The meeting was largely financed by the Life Insurance Association of Japan (President, Mr M. Arai) and supported by the Ministry of Health and Welfare of Japan (Minister, Mr K. Saito), the Japan Circulation Society (Chief Director, Dr M. Takayasu), and the Japan Heart Foundation (President, Mr G. Kusano). The Japanese Preparation Committee (President, Dr T. Soda ; Secretary-General, Dr I. Shigematsu) gave an enormous amount of 'behind-the-scenes' assistance, without which the meeting would not have proceeded so smoothly. WHO greatly appreciates the work of all those who kindly contributed to the meeting.

The additional contribution of the Life Insurance Association of Japan for publication of this volume is equally appreciated.

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WELCOMING ADDRESSES

By Mr Kunikichi Saito*

I should like to extend my greetings to the experts from all over the world who have come to Tokyo to attend this meeting on the control of hypertension and stroke in the community. Ever since its establishment in 1948, WHO has been making great efforts in the control of cardiovascular diseases. I should therefore like to take this opportunity, on behalf of the government of Japan, to express our deepest gratitude and respect to WHO for this work.

In recent years we have seen great advances in medical science and its skills have contributed much to the health of our people. However, the mortality rate for cerebrovascular diseases is nowhere higher than in Japan and that for heart diseases ranks third; this demonstrates the urgent need for a comprehensive control programme, ranging from the prevention of these diseases to the rehabilitation of the patients. I sincerely hope that the presentations and discussions at this meeting will make a significant contribution to the cardiovascular diseases control programmes in countries in all parts of the world.

I should like to thank the participants and hope they will also find time to become better acquainted with Japan. I end these words with an earnest prayer for their happiness and prosperity.

* Minister, Ministry of Health & Welfare, Japan. (His message was read by Dr Susumu Shimada, Head, Tuberculosis and Degenerative Diseases Division, Ministry of Health & Welfare, Japan).

By Mr Masaaki Arai

It is my very great pleasure, as representative of the Life Insurance Association of Japan, to be given this opportunity to express words of welcome at this WHO Meeting in Tokyo.

Cardiovascular diseases, especially cerebrovascular and hypertensive diseases, present the most serious health problems in Japan at present. Therefore, nothing could have been more appropriate than this meeting, which has brought together experts from all over the world to discuss the measures for controlling these diseases in the community. I am certain that this will result in a very fruitful contribution to the policies against cardiovascular diseases not only in Japan but also all over the world.

The Life Insurance Association is a body made up of 20 life insurance companies in Japan. Of our numerous important undertakings, one is a grant for the development of medicine and public health. It is therefore both a pleasure and an honour that we could have the opportunity to provide financial support for this meeting. The Association hopes to strengthen its field of international cooperation in the future and I should like to ask each delegate to assist us in this endeavour. Lastly, I sincerely hope that this meeting will accomplish its objectives.

By Dr Yoshio Mikamo

It is a great pleasure for me, representing the Japan Circulation Society and Japan Heart Foundation, to deliver this welcoming address. Needless to say, cardiovascular diseases are the greatest cause of impairment or death among middle-aged and elderly people. The resulting loss is not only personal but also social and even national. It is well known that cerebral stroke is a number one killer, especially in Japan. The pattern of mortality statistics of the Japanese population is different from that in the USA and in some European countries where most deaths are due to heart attacks. Accordingly, the stroke problem is of national concern in Japan, like heart attacks in the USA and European countries. However, in recent times, the pattern of the mortality of the Japanese population is changing, shifting slowly towards that of the USA and European countries, probably as a result of the industrialization of this country and the changes in dietary habits of the Japanese people. Against this background, it is not by chance that this conference on hypertension and stroke control at community level, under the auspices of WHO, should be held in Tokyo.

We look forward to listening to your reports on your investigations and wish the meeting every success.