

Message



Since the beginning of the 21st century, non-communicable diseases including cardiovascular diseases have become the leading cause of death in India accounting for more than 50% of deaths. Hypertension has been the principal driver of cardiovascular disease in India. Epidemiological studies have reported prevalence rates of 25–30% urban and 10–20% rural subjects in India which translates to 100 million cases. Hypertension lead to 1.6 million deaths and 33.9 million disability-adjusted life years in 2015 in India. Worldwide too, an estimated 1.4 billion people have hypertension (1/3rd of world wide population) accounting to half of CV deaths (9.4 million deaths yearly). Thus, hypertension remains an important treatable disorder with a global impact. Despite the availability of effective therapy, treatment and control of ht is poor. In fact, less than half of the patients with hypertension are even aware of the disease.

In this issue of the Hypertension Journal, the academic faculty from the Sri Jayadeva Institute of Cardiovascular Sciences and Research, Bangalore India (SJICSR) have authored a series of articles on hypertension, its complications, management and recent advances. The authors have vast experience in treating cardiac disorders as well as providing preventive care. SJICSR is a 1000 bedded public, academic, tertiary care cardiac center in south India. It runs the largest cardiology fellowship program in the country (23 fellows each year). Last year, 6 lakh patients visited the outpatient department. 56531 patients were treated in hospital with over half being managed at highly subsidised financial rates given their low socio-economic status. The hospital had the distinction of performing the highest number of cath lab procedures in India (45000 cathlab procedures with 13000 angioplasties last year). In addition, it has the rare honor of performing the largest numbers of mitral valvuloplasties in the worldwide (annually more than 1300). This issue aims to bring a third world perspective to managing hypertension. Innovative solutions are needed to have a demonstrable impact on the health in developing countries. The lack of awareness, access to health care, out of pocket costs and prolonged treatment for a silent disorder create unique challenges. In line with the WHO-UN goal, we hope to achieve a 25% reduction in hypertension by 2025 and thereby reduce the associated premature mortality. Professor C. Venkat S Ram in his article has thrown more light on cardiovascular diseases in Women which is neglected in many countries.

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