



NEWS RELEASE

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ISHIB2005: ADVANCEMENTS IN THE CONTROL AND PREVENTION OF HYPERTENSION AND RELATED DISEASE

Doctors, Nurses, Others Explore Ways to Reduce Risk of Heart Disease Among All Age Groups

July 15-18, 2005

ISHIB2005: The 20th Annual International Interdisciplinary Conference on Hypertension and Related Cardiovascular Risk Factors in Ethnic Populations

Caribe Hilton

San Juan, Puerto Rico

July 8, 2005 – San Juan, Puerto Rico. High blood pressure. Poor diet. Lack of exercise. Diabetes. Young vs. aging. The risk factors and the ensuing rates of heart disease continue to be on the rise without regard to age, sex, or ethnicity.

Nationally, heart disease is the number one cause of death in the United States, claiming more than 40 percent of the nearly 2.4 million Americans who die each year.¹ Worldwide, the World Health Organization reports that an estimated 16.7 million - or 29.2% of total global deaths - result from the various forms of cardiovascular disease (CVD), many of which are preventable by action on the major primary risk factors: unhealthy diet, physical inactivity, and smoking.²

Ethnic Minority Populations Most At-Risk

Heart disease and its risk factors occur at higher rates among ethnic minority populations such as African Americans, Hispanic Americans and Native Americans. Nearly four in every 10 non-Hispanic Black adults have cardiovascular disease.³ Among Blacks, the CVD death rate in the United States is 492 for males and 368 for females per 100,000 persons, compared to 320 people per 100,000 persons in the United States.⁴ Among Hispanic Americans, about 29 percent of men and 29 percent of women have cardiovascular disease.⁵

Conference Offers Solutions

During July 15-18, scientists, community health professionals, and medical faculty from around the world will gather to formulate answers to eliminate these health disparities and to reduce cardiovascular disease and associated risk factors among ethnic populations. ISHIB2005, an annual health conference, will address the theme, *Hypertension and Related Diseases – Control and Prevention in Ethnic Populations Across the Lifespan*. Sessions will expand what is known about the prevention and treatment of cardiovascular disease, especially among ethnic populations.

According to Kenneth A. Jamerson, MD, scientific co-chair for the conference and professor of medicine at the University of Michigan in Ann Arbor, Michigan, the conference will look at inequalities in healthcare and offer recommendations for everyday practice. “Every year thousands of individuals die from heart failure,” Dr. Jamerson commented. “The conference delivers new research to those who can use it most – our frontline healthcare professionals caring for ethnic populations. We will showcase information on new therapeutic options, new cardiovascular management strategies, and behavioral techniques for better patient compliance.”

Held at the Caribe Hilton Hotel in San Juan, Puerto Rico, ISHIB2005 features three plenary sessions, six symposia, 6 workshops, and 69 poster abstracts of new research on cardiovascular disease and related risk factors.

“With rates of obesity and diabetes still on the rise around the world, our approaches to positive health outcomes must include an emphasis on lifestyle choices, diet, nutrition, and exercise,” adds Kwame Osei, MD, scientific co-chair of the conference and professor of medicine at the Ohio State University College of Medicine and Public Health. “The wide range of programming for this year’s conference includes new findings from the most recent clinical trials, proven approaches for cardiovascular disease treatment and prevention, and sessions emphasizing behavioral techniques to help patients modify behaviors that affect health,” Dr. Osei continued.

A Conference History of Seeking Change

The 20th of its kind, this year’s conference will bring together more than 300 delegates from around the world. Academic and practicing physicians, physician assistants, nurses, epidemiologists, medical researchers, pharmacists, dietitians, nutritionists, medical technicians, social workers, and community health leaders will attend to find new options for the communities they serve.

Day Registration Available

While the conference will take place during July 15-18, ISHIB invites San Juan-area and other health professionals to attend at discounted day rates.

Additional conference information and news from the conference can be found at <http://www.ishib.org/ISHIB2005>.

ISHIB2005 is jointly sponsored by ISHIB and the American Society of Hypertension (ASH). ISHIB (The International Society on Hypertension in Blacks) is a nonprofit, professional medical membership organization devoted to improving the health and life expectancy of ethnic populations. ISHIB was founded in Atlanta, Georgia, in 1986 to respond to the problem of high blood pressure among ethnic populations. Each year, its international interdisciplinary conference presents advancements in the treatment and prevention of cardiovascular diseases and reducing the health disparities among ethnic minority populations. In addition to US conference locations, other sites for the conference have included Toronto, London, the US Virgin Island, Kenya, Cameroon, and Brazil.

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1. National Center for Health Statistics. National Vital Statistics Report. Vol. 49, No.8. 2001.
2. World Health Organization. Aging and Cardiovascular Disease. Available at <http://www.who.int/dietphysicalactivity/publications/facts/cvd>. Accessed 6/3/05.
3. American Heart Association. Heart Facts 2005: African Americans. Available at www.aha.org. Accessed 6/1/05
4. National Center for Health Statistics. National Vital Statistics Report. Vol. 49, No.8. 2001.
5. American Heart Association. Heart Facts 2005: Latino/Hispanic Americans. Available at www.aha.org. Accessed 6/1/05.