

CONTENTS

Preface	6
Acknowledgements	6
List of participants	7
Welcoming addresses : Mr K. Saito	13
Mr M. Arai	14
Dr Y. Mikamo	15
Opening address : Dr T. Strasser	16
Introduction : Dr S. Katsuki	17

I. HYPERTENSION AND STROKE AS WORLDWIDE PROBLEMS

The worldwide problem of hypertension and stroke : Dr S. Hatano	19
Epidemiology of hypertension and stroke in various regions :	
Africa : Dr O. O. Akinkugbe	28
Americas : Dr O. Paul	43
Asia : Dr N. Kimura	55
Europe and Mediterranean : Dr J. Richard	60
Japan : Dr T. Kobayashi	80
Oceania : Dr A. Kagan	97

II. THE CONTROL OF HYPERTENSION AND STROKE IN POPULATIONS

A. Approaches

The community approach to cardiovascular diseases :	
Dr T. Strasser	108
The uses of hypertension registers : Dr T. Strasser	113
Experiences with community stroke registers : Dr S. Hatano .	117

A combined hypertension and stroke control programme in a Japanese community : Dr Y. Hirota	130
Problems of stroke control in rural settings in Japan : Dr K. Isomura	141
Practical aspects of hypertension and stroke control in a rural population : Dr S. Kojima	149
The participation of physicians and patients : Dr. Y. Komachi	163

B. Methods

Measurement of blood pressure in the population : Dr Y. Fukuda	175
Use of eyeground examination in populations : Dr H. Arai	184
Diagnosis of hypertension in the community : Dr T. Omae	200
Diagnosis of hypertension: recent advances and possible applications : Dr H. Ueda	204
Frequency and diagnosis of cerebrovascular diseases in aged people : Dr M. Kameyama	211
Experience of hospital care for stroke patients : Dr K. Ito	219
Management of stroke in populations : Dr J. F. Toole	233

III. BORDERLINE PATHOLOGY

A. Mild hypertension

The dilemma of mild hypertension : Dr A. E. Doyle	240
Prognosis and pathology of mild hypertension and systolic hypertension in the aged : Dr M. Ikeda	248
Nine therapeutic trials in mild hypertension : Dr R. Reader	258

B. Transient cerebral ischaemia

Transient cerebral ischaemia as a community problem : Dr J. Marquardsen	279
Natural history of transient cerebral ischaemia as observed among the Japanese : Dr T. Omae	284

IV. GUIDELINES FOR ACTION

Perspectives of hypertension and stroke control : Dr E. D. Freis	296
Antihypertensive therapy for stroke patients : Dr S. W. Hoobler	304
Stroke as an emergency problem : Dr E. V. Shmidt	308
Rehabilitation of stroke patients in the community : Dr M. Weiss	316
From pilot studies to nationwide control : Dr S. Kakurai	326
Hypertension and stroke control in a large occupational group : Dr Y. Chiba	330

V. SUMMARY AND RECOMMENDATIONS 341

Closing addresses	345
Annex	347