



28 April 2023

Introduction from the ISH Secretary



Welcome to the April issue of the ISH e-Bulletin!

As I write this, we are just a few days from entering May, the month of “Hypertension”! This is our opportunity to go out into our communities and spread the message of hypertension awareness and control.

World Hypertension Day, organised by the *World Hypertension League*, is celebrated annually on the 17th of May, and **May Measure Month (MMM)**, initiated by the ISH, highlight every year the importance of blood pressure screening by measuring millions of people worldwide. Make sure this May you contribute to informing and measuring as many people as possible!

These days there is a lot of activity on novel technologies for hypertension management. See in the bulletin details of a recent two-day virtual workshop by the US National Heart, Lung, and Blood Institute on “**Transforming Hypertension Diagnosis and Management in the Era of Artificial Intelligence**”, which brought together health care researchers in hypertension along with data scientists, engineers, and implementation scientists. The aim was to explore data integration strategies, novel technologies, and innovative analytical methods, with the goal of finding ways to improve hypertension detection, monitoring, and management. It was a very challenging workshop, particularly because experts from very diverse sciences participated, which was nicely highlighted in a lecture by Zachi Attia entitled “*Engineers are from Mars and Clinicians are from Venus*”. I contributed with a talk on “*Blood pressure measurement using novel technologies via artificial intelligence*”, which is an emerging topic and very attractive to all of us and our patients. The workshop has been recorded and is open to the public via NIH videocast.

On May 3rd-5th you may be interested to attend the “**Cardiovascular Health Tech Virtual Conference 2023**” by **IEEE EMBS**, which is the world's largest international society of biomedical engineers. It will deal with recent advances and opportunities in wearables, “nearables”, and machine learning in hypertension and cardiovascular disease, including cuffless blood pressure measurement, congestive heart failure monitoring, and the future of cardiovascular health tech. The session chairs and speakers are top academic researchers, directors in government agencies, founders of new companies, and clinical opinion leaders. My task is to present the “*Clinicians’ view on validation standards*”, aiming at explaining our needs in making treatment decisions for clinical practice.

New 2023 ESH Guidelines will be presented during the 32nd ESH meeting in Milan in June! Take note and make sure you attend! This meeting will be in hybrid format so will be accessible worldwide. Also, see announcements about the Asian-Pacific Congress of Hypertension, meetings by the British & Irish, the Iraqi, and the Malaysian Hypertension Societies, and other educational activities such as the “On Air Youth Academic Salon” in China, and the Omron Academy endorsed by the ISH.

Also see messages by the **ISH Mentorship and Training Committee** (MTC), the **ISH New Investigator Committee** (NIC), and the **ISH Women in Hypertension Research Committee** (WiHRC), which work together to support our young colleagues in developing their professional career.

And you can watch the video about our next **ISH meeting in Cartagena in September 2024**. We plan to host a great scientific meeting in a wonderful destination!

Last, do not miss the new issue of the **ISH Hypertension News** which is coming soon!

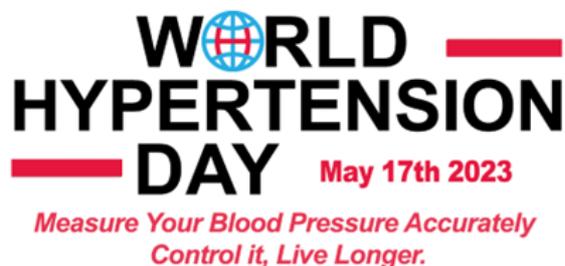
Enjoy reading!

Professor George Stergiou
ISH Secretary
Athens, Greece

ISH Website: www.ish-world.com

World Hypertension Day 17 May and MMM – call to get involved

This is an exciting time of the year for us! May is a month with lots of public activities marking **World Hypertension Day and May Measure Month**. The purpose of this activity is to highlight the importance of better prevention, detection and treatment of high blood pressure.



Initiated by the World Hypertension League www.whleague.org

This year, the theme of World Hypertension Day is **Measure Your Blood Pressure Accurately, Control It, Live Longer**, focusing on combatting low awareness rates worldwide, especially in low to middle income areas, and accurate blood pressure measurement methods.

Why not get involved? You can participate in this year's campaign by sharing hypertension information and resources on social media, promoting individual blood pressure screenings, providing educational materials, and engaging with local and regional media. Find out more about WHD activities taking place globally below and via the [World Hypertension League website](http://WorldHypertensionLeague.org).

May Measurement Month (MMM)

[MMM2023](#) will run from 1 May to 31 July 2023. Please use this as an opportunity to highlight the importance of blood pressure screening. Join [#thebigsqueeze](#)



**MAY
MEASURE
MONTH**

Society and Member Activities

Message from the Communications Committee Chair



Engagement is the foundation for Teamwork!

Greetings for those of you who don't know me, Anastasia Susie Mihailidou from Royal North Shore Hospital, Kolling Institute and Macquarie University, Sydney Australia and current Chair of your Communications Committee.

Firstly, I would like to thank Prof Dylan Burger for his support and vision. I am delighted to continue working with Dylan and the dynamic members of our Communications Committee.

Now more than any other time, how we communicate our science is critical to restore engagement.

Yes, engagement is my focus both in my work and as lead of the Communications Committee. We need to engage our community but also keep our members engaged in our unique International Society. It is my goal to have patients and the public engage with our website and for us to communicate the appropriate resources. My other passion is prevention and to prevent hypertension we need to start as early as possible, in childhood, to raise awareness. This is why I have coordinated a great Communications Committee team from different regions of our ISH family and expertise. Promoting the activities of our Society and achievements of each of you, our members, will be ongoing and I look forward to supporting you.

Hypertension News

The next issue of the ISH Hypertension News is coming soon. **In this issue read about** - Primary aldosteronism: How a new class of drugs may revolutionise treatment; Controlling hypertension in Africa; How gut microbial metabolites can lower BP; The pandemic and CVD management; Uniting new investigators; supporting women in hypertension research; Discover Cartagena: venue for ISH2024 and much more!

2023 ISH Membership Renewals

All Society members have been sent emails with instructions on how to carry out this process via the ISH online [members area](#). However, please send any queries to the Membership Secretariat. Email: membership@ish-world.com

ISH2022 Abstracts

Outstanding research presentations were displayed in Kyoto at the 2022 ISH biennial meeting. These abstracts have now been made available [online](#) via the Journal of Hypertension.

ISH 2024 Scientific Meeting



Save the date and join us in Cartagena, Colombia from 19 to 22 September 2024. This [promotional video](#) details many of the beauties of Colombia and the highlights expected at the biennial meeting. [Registration](#) is now open. For discounted rates, register early. Topics that are highlighted for 2024 include Multidisciplinary Hypertension Care, Telemedicine, Models or Response to Treatment, Treatment in Special Populations and Translational Medicine. Further information can be found on the [ISH2024 website](#), [Instagram](#), [Facebook](#) or [Twitter](#).

Important Publications

We would like to draw your attention to two papers:

Study highlights potential for personalised blood pressure treatment

A new study has highlighted the potential for personalised treatment of high blood pressure. Results [published in JAMA](#) indicate that personalised treatment could lead to an average reduction in systolic blood pressure of 4.4 mm Hg compared with a fixed treatment choice.

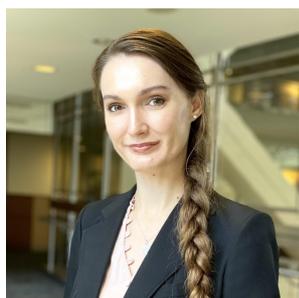
Salt substitution can lower blood pressure

A [study](#) published in *Nature Medicine* found that using potassium-enriched salt instead of regular salt lowered blood pressure in older people and reduced their risk of cardiovascular events. The study involved 48 residential elderly care facilities in China with 1,612 participants who were 55 or older.

Mentorship and Training Committee (MTC)

The complete [list](#) of MTC podcasts is available via Spotify and Apple Podcasts. Check them out!

New Investigator Committee (NIC)



This month's NIC spotlight is on [Annemarie Wentzel](#) from South Africa. Annemarie has a successful academic career, and her current research focusses on neuro-cardiology and cardiometabolic stress reactivity. She also participates in community outreach programmes focused on neuro-cardiology.

Follow us on Twitter: [@ISHBP #ISHNIC](#)

Webpage: <https://ish-world.com/new-investigators>



Women in Hypertension Research Committee (WiHRC)

Improving care for women with hypertension around the world



In a comprehensive review of hypertension in women, researchers have highlighted knowledge gaps in the field, and the lack of consideration of female-specific risk factors for hypertension in clinical guidelines. The review paper, which originated from members of the ISH Women in Hypertension Research Committee (ISH-WiHRC) and is published this

month in Hypertension, sets out what should be done to address these issues so that care for women with high blood pressure can be improved. [Read more.](#)



Meet the Women in Hypertension Spotlight #WiHypertenRes @ISHBP [Buna Bhandari](#) from Nepal who talks about her struggles and her project with Harvard T H Chan School of Public Health, USA.

Should you wish to join the WiHRC network you can register your interest by emailing wihrc@ish-world.com. @ISHBP

#WiHypertenRes

Webpage: <https://ish-world.com/women-in-hypertension/> Email: WiHRC@ish-world.com

Partner Events and Activities

World Hypertension League

The WHL has a new website, whleague.org. We encourage ISH members to check it out. Further information on the WHL and their recent activities can be found in their [March Newsletter](#).

European Society of Hypertension

The ESH [32nd European Meeting](#) will be held from 23-26 June in Milan. The updated ESH/ESC guidelines will be highlighted at this meeting which will be in hybrid format.

32nd EUROPEAN MEETING ON HYPERTENSION AND CARDIOVASCULAR PROTECTION
MILAN, JUNE 23-26, 2023
MiCo - Milano Convention Centre
Milan, Italy
HYBRID
ORGANISING AND SCIENTIFIC SECRETARIAT
AIM GROUP

Discover the NEW EUROPEAN GUIDELINES ON HYPERTENSION!

LATE-BREAKERS SUBMISSION: FEBRUARY 20 TO MARCH 19

Hypertension Canada



Dr Dean Picone will be presenting his research on the large number of unvalidated blood pressure devices that are commercially available on 8 May 2023. This will be followed by Dr Swapnil Hiremath and Jonathan Chan commenting on public health implications and insights on the access to these devices. Please [register online](#).

Malaysian Society of Hypertension



Malaysian Society of HYPERTENSION

[The Malaysian Society of Hypertension](#) will be hosting their 18th Annual Scientific meeting on 14 July 2023 in Kuala Lumpur. [Abstract](#) submissions are welcomed until 15 May 2023. The theme this year is “Addressing Cardiovascular Protection in Hypertension and Cardiometabolic Diseases”.

Register early for discounted fees.

Asian-Pacific Congress of Hypertension

APCH will be hosting their 25th International Symposium on Hypertension and Related diseases in Shanghai, China. The congress will be from 14-16 December 2023. Further details are available on the [APCH 2023](#) website.



Iraqi Hypertension Society (IqHS)



The IqHS has developed an ambitious programme to promote awareness and knowledge on the prevention and treatment of hypertension in Iraq. Further information about their activities can be found on the [IqHS website](#). Activities have included awareness campaigns at religious sites, joint academic meetings and addressing challenges for optimising blood pressure control.

British and Irish Hypertension Society (BIHS)

The BIHS will be hosting their annual meeting from the 18-20 September 2023 in Aberdeen. Further details are on the [BIHS website](#). [Bursaries](#) are available for the congress. BIHS will be

celebrating World Hypertension Day with a Webinar entitled: “Measure your blood pressure, Control It, Live Longer” at 18.30 on 17 May 2023. Please [register online](#) for the CPD accredited webinar.



Omron Academy Hypertension module



Discover the latest challenges of hypertension treatment with [Omron Academy](#). You can earn CME points with our training, created and endorsed by leading medical societies, including International Society of Hypertension.

“On Air Youth Academic Salon”, China

The sixth salon in March featured a discussion on “OSA-associated Hypertension: more and more important than we know”. The [January](#) and [March](#) sessions are available online. The next event will be on 14 May 2023. Please email ijhzam@126.com for information on this and future events.



NIH Virtual Workshop: Transforming Hypertension Diagnosis and Management in the Era of Artificial Intelligence

29-30 March 2023

[View the program](#)

Watch the workshop via NIH videocast:

Day 1: <https://videocast.nih.gov/watch=49303>

Day 2: <https://videocast.nih.gov/watch=49305>

Cardiovascular Health Tech Virtual Conference 2023

[See the Conference program](#)

[Register to attend](#)



E-Bulletin access

Should you wish to include a news item in the E-Bulletin please email secretariat@ish-world.com. Information should be submitted before the 20th of each month.

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