

FROM THE EDITOR

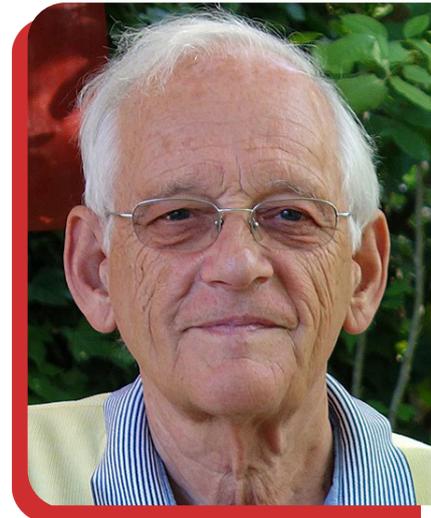
Hypertension News in corona times

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Dear ISH member,

Little did we know, when the members of the Editorial Board of Hypertension News met in London in early March to plan the June 2020 issue, that part of the world would be upside down three months later with lock-downs, travel restrictions, and social distancing. The ISH/EHS/BIHS meeting in Glasgow, planned for May 2020, was moved to April 2021 and many large cardiovascular meetings (e.g. ACC meeting in Chicago) were cancelled. This was also so, for several diabetes meetings (e.g. ADA in Chicago).

Since the biennial meeting in Glasgow was moved, we had to change the content of the June issue of the Newsletter. The reports from the young investigators on different presentations during that meeting had to be replaced by four other texts from young scientists (page 37 - 43). Also, the changes of the Executive and leadership of ISH have been moved to the October issue (Opus 62).

Today, we have two main topics to discuss in a very comprehensive Newsletter.

First, the recent ISH Global Hypertension Practice Guidelines written by a committee chaired by the ISH Secretary Thomas Unger from Maastricht.

The response to the guidelines has been overwhelmingly positive and the guidelines have already reached more than 100,000 readers on Facebook and Twitter (page 17). The video series highlighting the key components of the guidelines have been viewed by more than 2,400 times. Dylan Burger from Ottawa, who chairs the ISH Communication Committee has done an outstanding job making the recommendations known to both health professionals and the public and should be commended for doing so!

In this double issue of Hypertension News (Opera 60-61) you will find a short summary of what is new in the ISH guidelines and what is different from other recommendations (page 18). This is followed by an interview with Thomas Unger about the writing process. Why did you do it? How did you do it? Where there critical voices? Was there consensus? How did you manage to write them and get them published so quickly? Will there be an update? Finally, we have asked the 'grand old man' of ISH guidelines, John Chalmers from Sydney to share his comments and suggestions. My summary of John's Commentary is: **Cum laude** Thomas Unger et al., to which I add my humble "Congratulations".

Second, the Covid-19 pandemic and its link to hypertension is discussed in three papers from different parts of the world.

An early report from Italy indicated that patients with hypertension were at greater risk of developing severe illness¹. This could be so, but alternatively - as suggested from the same region of Italy - it could be explained by the confounding influence of age and co-morbidity on hypertension². Today, there are many confusing publications on hypertension treatment and COVID-19, some published in leading journals such as the N Engl J Med and The Lancet one day and then either taken back shortly thereafter³ or having expressions of concern published by the journal^{4,5}.

First, a basic text on the pharmacology of renin-angiotensin-system blockers and COVID-19 and the confusion around ACE2 (page 29) by Reinhold Kreutz from Berlin. This is followed by a more clinical paper by Murry Esler and his daughter Danielle Esler from Melbourne. Finally, Hiroshi Itoh from Tokyo tells us (page 35) about the Japanese folk monster A-MA-BI-E which has been reborn to avoid COVID-19. A lovely drawing of the monster made by the author accompanies the paper.

There are several other high-quality papers in this issue. If I were to mention one, it would be the paper by Martin Paul from Maastricht who has written about "Music and blood pressure – risk, therapeutic, or simply pleasure? (page 13)"

Finally, as always, let me first thank the authors and then my excellent Deputy Editor Dylan Burger. Also, our lovely editorial team, now strengthened by Maria-Christina Zennaro from INSERM in Paris, who joined us in March. Last but certainly not least, special thanks to our administrator Araceli Segreto.

Have a good read!

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