

# INTRODUCTION FROM THE PRESIDENT

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Dear ISH members and friends,

I would like to begin the introduction to this new edition of *Hypertension News* by sharing some important updates from the ISH.

ISH will be moving to holding a scientific meeting every year, rather than every two years as is currently the case. The rationale for this change is clear: this is what our members, partners, affiliated societies, and industry want. Holding a meeting every two years is no longer sufficient. To keep up with the pace of change, we need to meet annually.

This shift will help accelerate advances in the field of hypertension and give everyone in the hypertension community more opportunities to connect and form new collaborations. It will also expand the chances for participation: wherever you are in the world, you will now have greater possibilities of attending an ISH meeting. We will come to your region sooner.

Annual ISH meetings begin in 2026, when we meet in Dubai in October. In mid-December 2025, we will be inviting bids to host our 2027 meeting. Bids are welcome from all regions, except on this occasion from Middle East and Europe, as we will meet in these regions in 2026 and 2028 respectively.

This year we did considerable work in restructuring ISH. We put emphasis on orchestrating the activities of our 6 Regional Advisory Groups across the world, and we strengthened our business team. In this way, we will become more efficient in communicating our messages, and in increasing our impact in hypertension care across the world. 2026 will be a super-busy year for ISH. Make your plans now to join us in Dubai from 22nd to

25th October for our 2026 ISH/ECS meeting, to see our progress and work with us to reshape hypertension care.

I am proud to present to you another excellent issue of *Hypertension News* – the last one for 2025. Once again, ISH members and friends from around the world have provided a rich and timely selection of articles that reflect the rapid pace of scientific and clinical progress in hypertension and related conditions.

This edition opens with summaries of several important new pieces of research. We highlight exciting developments in aldosterone synthase inhibition, new evidence on mineralocorticoid receptor blockers, and important trial data on de-prescribing antihypertensive therapy in frail older adults. We also include commentaries on recent recommendations from the British and Irish Hypertension Society and the American Heart Association/American College of Cardiology.

In our perspectives section, we feature contributions on topics including fibromuscular dysplasia, hypertensive disorders in pregnancy, emerging approaches to cardiovascular risk assessment – and much more.

A special section in this issue is dedicated to patient adherence to antihypertensive treatment, which remains a huge challenge in hypertension care. ISH is part of a coalition coordinated by the World Heart Federation to advance understanding of its importance and to support practical solutions. The focal point of this initiative is World Adherence Day (27 March each year) but - as this section makes clear - adherence needs sustained attention throughout the year.

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As always, I would like to thank all our ISH members and friends who contributed to this edition of *Hypertension News*. Special thanks go to ISH Treasurer Cesar Romero, who coordinated the section on adherence.

I hope you enjoy reading this edition. And finally, season's greetings from all of us at the ISH! Wherever you are, I wish you a peaceful and restorative time with family and friends, and warmest good wishes for the year ahead.

George Stergiou – [president@ish-world.com](mailto:president@ish-world.com)

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