

# INTRODUCTION FROM THE PRESIDENT

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Dear ISH members and friends,

I am delighted to present the May 2026 issue of ISH Hypertension News!

May is “our” month! On the 17th we have World Hypertension Day, and May Measurement Month (MMM) is running for its 10th year and is expected this May to make blood pressure measurements in almost a million people across about 100 countries. Now is the time for all of us to remind the public, patients, policy makers, and ourselves that we still need to do much more to bring hypertension under good control!

Before presenting the content of this issue of Hypertension News and why it might be of interest to you, I would like to make sure you have not missed two major announcements that ISH has recently made. First, Professor Kazuomi Kario from Japan was elected as the next President of ISH, to take over in October 2026. I am delighted that Kazu will succeed me. His international reputation, research excellence, passion for innovation, and unsurpassed energy are qualities ISH needs in its new President at a time when we are growing - as indeed we must and we will.

Second, our 2026 Scientific Meeting in collaboration with the Emirates Cardiac Society (ECS) will take place in Dubai as planned, from 22 to 25 October 2026. We carefully considered the current situation in the Middle East. Like everyone else, we cannot predict what will happen in the region in six months. However, we decided to support ECS and the Middle East and North Africa region and remain committed to holding a face-to-face meeting in Dubai. We will also offer the option of virtual participation for those who decide to avoid travelling. We have big plans for

our meeting in Dubai, and we very much hope that most of you will join us in person. We will soon announce details regarding participation options and logistics.

In this issue of ISH Hypertension News, we have a strong focus on paediatric hypertension - a major and growing problem that deserves more attention from all of us. This section begins with a summary of an important ISH Position Paper we recently published. ISH is grateful to Joseph Flynn and Ruan Kruger, who led this major ISH project with great efficiency and speed. Three further paediatric articles follow, from China, Chile and Argentina, and Poland. Together, these articles demonstrate the urgent need to inform our colleagues worldwide about optimal strategies for detecting, evaluating, and managing hypertension in children and adolescents.

We feature a special article by ISH Council member Dagnovar Aristizabal presenting the concept of haemodynamic phenotypes of hypertension based on 24-hour ambulatory BP monitoring, as well as another on renal denervation by incoming ISH President Kazu Kario, focusing on night-time and morning BP.

In our perspectives section, we explore clinically relevant topics such as blood pressure targets in chronic kidney disease, ambulatory blood pressure thresholds in high-risk pregnancies, and diagnosis and treatment of paroxysmal hypertension, as well as reflections on ‘rehumanising’ hypertension care in a digital era.

Capacity building for our young members is an important task for ISH and a theme of this edition. We present a report by Peter Sever on an impactful summer school in the UK for

emerging hypertension leaders - an initiative of the Foundation for Circulatory Health and the British & Irish Hypertension Society. We also share the experience of an ISH member awarded an ISH Collaboration Exchange Scholarship in 2025. In addition, we are proud to report on two recent ISH webinars—on mentorship and on finding a scientific niche in research. Finally, we are glad to include a report by the Croatian Hypertension League on “Health on the islands”.

I would like to thank all those who contributed to another great edition of Hypertension News. I urge all of you to engage with hypertension initiatives this May, and let us know what you have achieved. A link to downloadable ISH resources is included in this issue.

Enjoy reading!

**George Stergiou**

ISH President

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