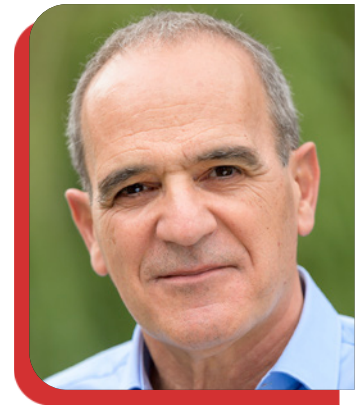


INTRODUCTION FROM THE PRESIDENT

GEORGE STERGIU

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Dear ISH members and friends

ISH has prepared another great edition of *Hypertension News*.

2026 represents the 60th anniversary of the ISH, founded in 1966, and we asked several past presidents of the Society to reflect on the ISH's greatest contributions over the past six decades and what should come next. It is important to reflect on the past, as ISH is growing and we aim to have an even greater impact on the global management of hypertension in the coming years.

This edition includes a summary of new ISH guidelines for hypertension in Africa, developed by our Africa Regional Advisory Group and the Pan-African Society of Cardiology. The most important aspect of these guidelines is the priority given to non-physician healthcare workers in hypertension care, a reality and necessity in most settings around the world. Another major contribution presents a statement on high-quality hypertension management in Asia, led by the incoming ISH President, Kazu Kario, and by Jiguang Wang. This is followed by a statement from our colleagues at the Asian-Pacific Society of Hypertension (APSH) and the Diabetes Asia Study Group (DASG), providing region-specific targets and therapeutic recommendations.

We have two articles that provide important lessons for scalable actions to improve hypertension control. The Pan American Health Organisation (PAHO) presents its eight-year experience implementing the WHO HEARTS 2.0 package in 30 countries across Latin America, effectively engaging 80% of primary care centres serving 70 million people. In addition, Seonghoon Choi presents Korea's success story, where national

hypertension control reached 62% in 2025, up from 5% in 1990. We also include a report from STRIDE BP (www.stridebp.org) on the limited availability of properly validated blood pressure measurement devices for children, and another article discussing a recent decision by the Korean Society of Hypertension (KSH), which for the first time recommends the use of cuffless devices for out-of-office blood pressure monitoring.

Last, we mark the 30th anniversary of the Anglo-Scandinavian Cardiac Outcomes Trial (ASCOT) commemorated in a symposium at the Royal Society of Medicine in London, and present the key findings of the OUTREACH trial, which explores how biochemical urine analysis can improve adherence to antihypertensive medications.

This is my final introduction to *Hypertension News* as President of the ISH, as my presidential term will come to an end at our upcoming Scientific Meeting in Dubai, in October. I feel fortunate that we have enjoyed such a creative and rewarding term, working productively with an outstanding team of ISH Council members, Regional Advisory Group Chairs and Committee Chairs. Our only challenge was the increasing number of tasks, which is actually a positive sign, reflecting the rapid growth of our Society.

We made the important decision to meet our members and friends in person more frequently by holding annual Scientific Meetings. Following our meeting in Dubai next month, we are delighted to have secured the 2027 Scientific Meeting in Shanghai, in partnership with the Chinese Hypertension League. In 2028, we will hold a joint meeting with the European Society of Hypertension in Glasgow, in collaboration with the British and Irish Hypertension Society.

The scientific output of ISH has been substantial during this term. We published major position papers on paediatric and adolescent hypertension, hypertensive disorders of pregnancy, and the above-mentioned guidelines on hypertension in Africa. In October, during the ISH Meeting, we will present the 2026 ISH Global Hypertension Practice Guidelines, together with an implementation plan supported by AI technology. We hope this approach will accelerate the translation of evidence into everyday clinical practice and inspire similar initiatives by other scientific organisations.

At the end of our Dubai Meeting, I will hand over the ISH Presidency to Kazu Kario. Kazu has a great international reputation based on his scientific achievements and leadership. I know he will lead the Society with ambition, vision and commitment, and I wish him every success.

I am grateful to all those who supported ISH and me during my presidency, including members of the ISH Council, our Committees and Regional Advisory Groups, our members, partners, and the wider global hypertension community. I am also deeply grateful to the ISH staff, with whom we worked closely over the past two years. I hope that all members of the ISH family are proud of what we have achieved together during these two years, and that this has been a memorable and rewarding period for everyone involved.

Enjoy reading this edition of *Hypertension News*. I look forward to seeing many of you in Dubai next month!

George Stergiou
ISH President

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Date: 28-31 October, 2027 (Thursday – Sunday)
Venue: Shanghai Zhangjiang Science Hall

**Innovations for Improving
Blood Pressure Control**

The 32nd Scientific Meeting of the International Society of Hypertension (ISH 2027)
The Chinese Hypertension Meeting 2027 (CHM 2027)
The 29th International Symposium on Hypertension and Related Diseases

In collaboration with

