



CONTENTS

| | | | |
|-----------------------------------|---------------|----------------------------|----------------|
| Report from the ISH President | ... Page 1-2 | Graduate Students | ... Page 11 |
| ISH Vancouver 2010 | ... Page 2-4 | Forum Features | ... Page 11 |
| Investigator-Initiated Satellites | ... Page 4 | Affiliated Society Updates | ... Page 12-15 |
| Bridging the Gaps Meeting | ... Page 5 | Upcoming Meetings | ... Page 15 |
| China Workshops, August 2009 | ... Page 6-8 | Membership | ... Page 16 |
| Hypertension Primer | ... Page 8 | ISH Corporate Members | ... Page 17 |
| Conference Report - WHC Meeting | ... Page 9-11 | | |

Dear ISH Member,

First, I have some good news. Mrs. Helen Horsfield, who previously looked after ISH matters at Hampton Medical Conferences is now back from her maternity leave. I am sure you share my delight in wishing her welcome back to ISH. Mrs. Gerry McCarthy has looked after ISH matters in an excellent way during Helen's leave and I would like to thank Gerry for her dedicated work for our Society. She will continue to provide administrative support, working alongside Helen.



Opus 21 is a very comprehensive issue of ISH News with a focus on the coming ISH meeting in Vancouver on 26-30 September 2010. The objective of this meeting is to bring together outstanding clinicians and scientists to interact, engage, and educate attendees in cardiovascular medicine. Dr. Simon Rabkin who is the president of the meeting gives some highlights below which I hope you will find interesting.

I would especially recommend you to take a look at page 5 where we describe an event in Vancouver 2010 entitled "Bridging the Gaps: Reducing Cardiovascular Risk in Low Cost Settings". This is a special event planned by ISH in collaboration with The Lancet and the World Health Organization (WHO) in Geneva. It is intended to be part of a series of meetings over the next two years designed to do more than just produce a lone communiqué.

The plan is to first establish a dialogue and understanding between those often far apart, yet working towards the same goal from different perspectives. The first stage will include governments, WHO, industries and those actually with populations and patients. So far, eight health ministers have been invited, most of whom have informally accepted. The longer aim is to dismantle barriers and establish practicable and effective methods that can be used throughout the developing world to prevent the growing threat of CVD. Discussions are being held with BBC World and CNN to cover the whole programme and it is also planned to have a continuous web recording of the meeting.

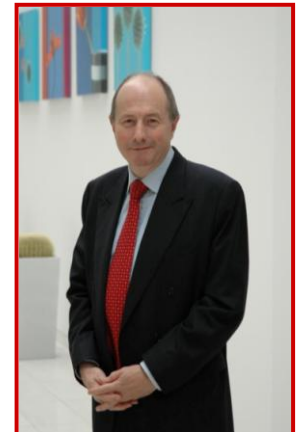
Have a good read and don't forget to mark the days for Vancouver 2010!

LARS H. LINDHOLM
Editor, Hypertension News

REPORT FROM THE ISH PRESIDENT

As 2009 draws to a close it is important that the ISH reflects on achievements and ensures that the Society is moving in the direction in which its members wish it to go.

If membership of our Society is a reflection of this then the Society is doing well:



We are fast approaching more than **1,000 members** from around the world and applications continue to flood in with our Membership Committee working hard to process these as quickly as possible. We have subdivided our membership so that younger members can seek Research Fellowship status within the Society and again this is creating much interest with nearly 20. This scheme only began recently.

Our **Research Scholarship Scheme** which was designed by Dr. John Hall is in its first year and has attracted an outstanding application which is currently being assessed. It is likely that we can report our first Research Scholar in 2010.

Across the world our **teaching commitments** continue to expand with further work in sub-Saharan Africa coordinated by Dr. Robert Fagard and workshops in China which have been delivered to large audiences of clinicians in provincial cities. These activities will be repeated in 2010 and also I am delighted to report that Drs. Schiffrin and Touyz



have worked hard to develop our activities in South America which are now bearing fruit with ISH participation in sessions of meetings taking place in the next few years.

Our **commitment to cardiovascular disease prevention in the developing world** remains absolute. Our Bridging the Gaps Symposium which will take place at our Biennial Meeting in Vancouver next year has already invited Health Ministers from eight countries and with commitments from several more it is likely that the number of Ministers of Health that we attract will increase further. We are working hard to make sure that our message of prevention in conjunction with the WHO is heard loud and clear and that we can implement preventative strategies across our developing regions as quickly and as sufficiently as possible.

As your President next year, I will represent the Society in Tibet, Bahrain, China, Saudi Arabia and Serbia. The Society aims to assist national societies to either become established or to extend their message as widely as possible to their clinical community in order to ensure best practice in their countries.

2010 will see us meet in Vancouver. This promises to be a marvellous opportunity. The Local Organising Committee, Chaired by Dr. Rabkin, is assembling a huge Faculty of highly talented clinicians and scientists who will give state of the art lectures on all aspects of biology and clinical hypertension management. It will also give us a chance to meet face to face and for the Society again, at its Annual Meeting to bring together members so that they can express their views and join us in debate and tell us what is needed in terms of assistance from the ISH so that we can respond accordingly.

With best wishes,

Anthony Heagerty

**AM HEAGERTY
ISH PRESIDENT**



ISH



**The 23rd Scientific Meeting
of the International Society
of Hypertension**

September 26 to 30, 2010
Vancouver, Canada

ISH VANCOUVER 2010

The objective of **ISH 2010** is to bring together outstanding clinicians and scientists to interact, engage and educate attendees in cardiovascular medicine.



ISH 2010 is focused on **global cardiovascular risk**. The meeting has three tracks (a) basic Science (b) Population health and (c) Clinical. There will be sessions for basic scientists, clinicians (physicians, nurses, pharmacists and others) and public health professionals. There will be sessions for individuals interested in cardiology, endocrinology, neurology, nephrology and other disciplines. A few of the symposia and State of the Art lectures will be outlined in this report. Everyone should visit www.vancouverhypertension2010.com to see the exciting program that awaits attendees.

BASIC SCIENCE STREAM:

Rapid Steroid Signaling Pathways

Choreographing the Rapid Vascular Effects of Steroids: Sorting out the Partners and the Steps

Dr. Ross Feldman, RW Gunton, Professor of Therapeutics, Departments of Medicine and of Physiology & Pharmacology, the University of Western Ontario, Canada

Dr. Feldman was the recipient of the George Morris Piersol Research and Teaching Scholarship from the American College of Physicians and the Burroughs-Wellcome Clinical Pharmacology Award and the Senior Investigator Award from the Canadian Society for Clinical Pharmacology and the Distinguished Service Award of the Canadian Hypertension Society. He is the editor of the journal *Pharmacological Reviews*.



Reconsidering the Roles of the Mineralocorticoid Receptor

Professor John Funder, Department of Medicine, Monash University, Australia

Professor Funder has published over 500 scientific papers and is an expert in mineralocorticoid receptors and aldosterone biology. He was the past President of the Australian Society for Medical Research and the Endocrine Society of Australia and the previous director of the Baker Medical Research Institute.

Rapid Steroid Effects in Hypertension: Role of GPR30

Professor L. M. Fredrik Leeb-Lundberg from Lund University in Sweden

Professor L. M. Fredrik Leeb-Lundberg has done pioneering work in elucidating the role of the G protein-coupled receptor 30, in blood pressure regulation and in glucose tolerance. He has been involved in the classification of the kinin receptor family, defining their molecular mechanisms and pathophysiological consequences.

CLINICAL STREAM:

Symposium on Hypertension in the elderly

Defining the magnitude of the problem and discussing the implications on a global perspective

Dr. Liu Lisheng, Fu Wai Hospital, Beijing, China

Dr. Liu Lisheng is the current President of the World Hypertension league and her research interest has been in hypertension in the elderly.

Management of Hypertension in the Elderly

Professor Christopher Bulpitt, Imperial College, Hammersmith Hospital, London, UK

Professor Bulpitt has been involved in conducting and analyzing clinical trials on the pharmacologic management of hypertension in the elderly. He will be presenting analysis of trials for optimal pharmacologic management of hypertension in the elderly.

Symposium on refractory Hypertension

Despite an extensive list of cardiovascular drugs, there remain a large number of persons whose blood pressure remains uncontrolled despite multiple drug therapy. This symposium will focus on newer drug

treatments and interventions to control resistant hypertension.

Catheter-based renal sympathetic denervation for resistant hypertension: Current state of progress

Professor Murray Esler, Baker Heart Research Institute, Melbourne, Australia

Endothelin Receptor Antagonists in the Treatment of Resistant Hypertension

Professor Lars H. Lindholm Professor at the Department of Public Health and Clinical Medicine, Umea University

Professor Lindholm's major research field comprises: hypertension, diabetes, and cardiovascular health in the population.

Other lectures:

The Renin Angiotensin system in the Brain: New insights into its role in Cerebral Ischemia and Cognitive Function

Professor Masatsugu Horiuchi from the Department of Medical Biochemistry, Ehime University School of Medicine, Japan

Professor Horiuchi has been a pioneer in the field of rennin angiotensin system and his recent work provides insights into the role of the RAS system in cerebrovascular disease.

Multiple risk factors in development of cardiovascular disease: The interrelationship of hypertension to diabetes mellitus, dyslipidemia and abdominal obesity

Professor K. Shimamoto, Japan

Professor Shimamoto has been involved in studies linking blood pressure to other risk factors and their impact on cardiovascular morbidity and mortality.

Evidence for Pharmacologic Therapy in the Treatment for Obesity

Professor Arya Sharma, University of Alberta, Canada

PUBLIC HEALTH TRACT:

Symposium on Salt and Hypertension:

An overview of Salt and Cardiovascular Disease

Professor Graham MacGregor, Professor of Cardiovascular Medicine Blood Pressure Unit, St. George's University of London, UK

Relevance of salt for blood pressure in Children and



Adolescents

Professor Bruce Neal, University of Sydney, Australia
Strategies for Sodium Reduction in the Food Supply for the Population

Dr. Darwin Labarthe, Director, Division for Heart Disease and Stroke Prevention, National Center for Chronic Disease Prevention and Health Promotion, Coordinating Center for Health Promotion, Centers for Disease Control and Prevention (CDC), US Department of Health and Human Services, USA

Other lectures:

Determinants of cardiovascular disease: comparative risk assessment of dietary, lifestyle, and metabolic risk factors

Dr. Majid Ezzati, Harvard School of Public Health, Boston USA

Enlisting diverse interest groups to effects change in Health Care: Lessons from An Environmental Health Experience

Mr. David Marshall, Executive Director
Fraser Basin Council, Canada

The Fraser Basin Council has successfully brought together diverse stakeholder groups (residents, governments, community groups and businesses) for a common purpose to impact policy, legislation, funding and program changes.

In summary, ISH 2010 aims to be the premier global meeting place in 2010 for everyone interested in hypertension and the other risk factors that are responsible for the leading cause of death in many countries around the globe. The three tracks or streams of the meeting will provide many exciting state of the art lectures and symposium for everyone regardless of their specific interest in the field. For everyone interested in **global cardiovascular risk**, ISH 2010 in Vancouver will be the place to be.

**Join us in Vancouver,
Canada for ISH 2010**

INVITATION TO HOST AN INVESTIGATOR INITIATED SATELLITE SYMPOSIUM

The forthcoming meeting of the International Society of Hypertension in Vancouver, Canada - September 26th to 30th, 2010 is focused on Global Cardiovascular Risk which encompasses hypertension and other factors leading to cardiovascular disease. A large number of clinicians/scientists travelling to ISH in Vancouver, offers the opportunity for investigator initiated satellite symposia. These symposia allow investigators to show case their research group or research area of interest that will not be covered in depth by the ISH meeting.

These symposia are held either before or after the main ISH 2010 meeting. The general principles of an investigator initiated satellite symposium are that it should be complementary to and be additive to the ISH scientific program, it should not be competitive with the ISH meeting in theme, content or need for financial resources. Registration at the ISH 2010 meeting permits attendance at a Satellite Symposium but Symposia sponsors may charge registration for non-registrants at ISH 2010. Many investigators have found that hosting these symposia are of long term benefit to their research group, academic institution or research area of interest. If you are interested in organizing an investigator initiated satellite symposia, kindly contact either:

Frans HH Leenen, MD PhD FRCPC FAHA Professor of Medicine & Pharmacology University of Ottawa
Director, Hypertension Unit, University of Ottawa
Heart Institute, Pfizer Chair in Hypertension Research
Email: fleenen@ottawaheart.ca

George Fodor MD PhD FRCPC FAHA Professor of Medicine & Pharmacology University of Ottawa
Head of Prevention and Rehabilitation Research,
University of Ottawa Heart Institute
Email: Gfodor@ottawaheart.ca

Vancouver is a beautiful city and is the site of the 2010 Winter Olympic Games. I look forward to welcoming you at the ISH 2010 in Vancouver.

Yours sincerely,

Simon W Rabkin MD, FRCPC, FACC, Professor of Medicine (Cardiology), University of British Columbia, Canada / President, 23rd Scientific Meeting of the International Society of Hypertension



Bridging the Gaps: Reducing Cardiovascular Risk in Low Cost Settings

At the forthcoming **ISH Scientific Meeting in Vancouver (26th - 30th September 2010)**, a special event entitled **Bridging the Gaps: Reducing Cardiovascular Risk in Low Cost Settings** is being planned by the ISH, in collaboration with the World Health Organization (WHO) and the Lancet.

The event in Vancouver is intended as part of a series of meetings over the next two years, designed to do more than produce a lone communiqué. The plan is to first establish a dialogue and understanding between those often far apart, yet working towards the same goal from different perspectives.

The first stage will include government, WHO, industry and most importantly those actually working with populations and patients. The longer term aim is to dismantle barriers and establish practicable and effective methods that can be used throughout the developing world to prevent the growing threat of cardiovascular disease.

At Vancouver, there will be a **series of meetings immediately before** the main conference to bring parties together to present their sides of the story. The idea of this first day will be to bring together healthcare workers in the field, government leaders, WHO and industry in a process which is going to be coordinated by ISH and identify best practice and also some on-going solutions which may add value to what is already going on. Representatives from major pharmaceutical companies and other industries (manufacturers of equipment such as solar powered sphygmomanometers, cholesterol testing kits, blood sugar monitors etc) will also be invited to discuss what they can offer.

This will be followed by a **Plenary Session** on the Opening Day of the meeting in which it is intended that high level representation from government and WHO will be invited to hear a summary of the pre-conference meetings, and to discuss ways in which they can help implement the programmes more extensively in their own areas.

For us to make an impact, our considerations need to be founded in the real world and highlight the day-to-day challenges faced by doctors and patients that make implementation of blood pressure and cardiovascular risk guidelines difficult. The people most aware of such challenges are the members of our **Affiliated Societies** in the ISH Forum, particularly those in regions where access to resources and expertise may be difficult, and we are therefore asking leaders of all the **ISH Affiliated Societies** if they have real-life examples of barriers to the implementation of best practice for blood pressure and cardiovascular risk. These barriers might be geographical, financial cultural or regulatory. They might also relate to issues of manpower or to the structures needed to support screening, prevention and treatment. We are hoping to receive “case studies” rather than broad summaries of problems, as we feel that we can capture the attention of government and the wider community through stories that have a human interest aspect.

Media Coverage

Discussions are being held with **BBC World** and **CNN** to cover the whole programme, and it is pleasing to note the enthusiastic support for the plans from both **WHO** and the **Lancet**, who plan to have a continuous web recording of the meeting.

Future Aims

The intention is to hold further meetings over the next two years, culminating in another meeting at the Sydney ISH meeting in 2012.



For more information on the ISH 2010 Meeting, please visit
www.vancouverhypertension2010.com



Report on 2009 ISH/APSH/CHL Teaching Workshops for Hypertension Control in West China, July/August 2009

Prepared by the Chinese Hypertension League

Rationale and Background

At the invitation for proposals for educational activities extended by Professor R. Fagard, Chair of the ISH Low and Middle Income Countries Committee on July 1, 2008, a proposal for organizing a teaching workshop in northwest China was submitted by **Chinese Hypertension League** (CHL) on November 19, 2008.

The rationale for this activity is that hypertension is becoming increasingly a major public health problem in China in view of the rapid socio-economic development and the adoption of unhealthy lifestyles. Although hypertension control programs have been instituted extensively in many parts of economically developed areas, it has not been well constructed in some economically disadvantaged areas, particularly the western part of China. Therefore, to establish a mechanism to help increase awareness of hypertension in population and upgrade the knowledge and skills of health workers with regard to hypertension control in underdeveloped areas would be one of the priorities in hypertension control in China.

Based on these considerations, the aim of the course was directed to: to strengthen skills and improve knowledge with regard to mechanisms, detection, management and prevention of hypertension, with emphasis on management of related risk factors and complications in low resource settings in China. The proposal was firstly supported officially by the ISH and then by the Asian Pacific Society of Hypertension (APSH), and finally a decision to hold an ISH/APSH/CHL Teaching Workshop in West China, July/August 2009 was made.

Planning of the Workshop

From January to June 2009, under the guidance of ISH and APSH, CHL took the responsibility for organizing two workshops for hypertension control, one in Ulumuqi (Urumchi), capital city of Xin-Jiang Autonomous Region and the other in Xian, capital city of Shan-Xi province. By extensively communicating among ISH, APSH, CHL and local organizers in the two provinces, a workshop schedule and a teaching

agenda (same for each workshop) were formulated as follows.

Workshop Schedule

| | |
|----------------|---------------------|
| July 31, 2009 | Arrive in China |
| August 1, 2009 | Workshop in Urumchi |
| August 2, 2009 | Workshop in Xian |
| August 3, 2009 | Depart China |

Teaching Agenda

| Topic | Speaker |
|--|-------------------------------------|
| <i>Lecture 1:</i> The problem posed by hypertension, why it is so prevalent and strategies for prevention | Prof. Kahlid Yusoff (Malaysia) |
| <i>Lecture 2:</i> If we fail to prevent hypertension what do we do in its management? | Prof. Trefor Morgan (Australia) |
| <i>Lecture 3:</i> The importance of community awareness and involvement in the primary prevention and the secondary detection and management of high blood pressure | Prof. R. Arbaquez (The Philippines) |

Regrettably, due to the riot in Urumchi on July 5, 2009, the workshop in Urumchi had to be changed to another place. This decision was concurred by ISH and APSH. After communicating with colleagues in Chengdu of Sichuan province, it was decided that the workshop in Urumchi be moved to Chengdu. Although the time for preparation of Chengdu workshop was very limited, the local organizers did a superb job. All the administrative formalities for the workshops in Xian and Chengdu had been cleared on July 29.





Participants in Chengdu Workshop



Implementation of the Workshop

The workshop in **Chengdu** started punctually at 8:30 on August 1, 2009. A brief opening ceremony was held. On behalf of the local organizer, Prof. Jifang Yang, Deputy Director of Chengdu Health Bureau, extended a warm welcome to all the faculties and participants. Dr. Zhaosu Wu, Executive President of CHL said a few words on behalf of CHL, and Prof. T. Morgan, Secretary General of APSH delivered a speech on behalf of ISH and APSH, emphasizing the importance of the workshop and the willingness of the involvement of ISH and APSH.

The workshop was arranged in the way of 'lecture first, followed by discussion'. Three lectures (1 hour for each, including simultaneous translation) were delivered consecutively by 3 international faculties. After tea break for 10 min, a panel discussion was held, which lasted for 40 min. Participants raised numerous questions either orally or in written form (in Chinese or in English). Most questions were considered to be 'up-to-date' and closely related to clinical practice. The questions were answered briefly and attentively by faculties one by one and it was reported that the comments made by faculties were accurate and to the point. The discussion session went on smoothly and efficiently. Due to the time limitation however, only about one third of the questions could be answered during the session. Generally speaking, the responses from the participants were very positive. It was said that the lectures were state-of-the-art with cutting-edge information on hypertension control and the Q&A session was of interactive, which clarified some important but difficult issues the participants had met in their daily work. On the whole the workshop was very valuable and useful to participants' future work in hypertension control. According to the registration, **250+ participants** from community health stations, district hospitals, municipal hospitals and university hospitals of Sichuan province and Chongqing Municipality attended the workshop.

The workshop in **Xian** was held on August 2, 2009, with similar formalities as that in Chengdu. About **230 participants** of Shanxi province attended the workshop. The responses from the participants were as good as in Chengdu.

During the workshops, promotional materials of ISH and the 2010 ISH scientific meeting in Vancouver were distributed to the participants.

Opening Ceremony in Xian



Participants in Xian workshop



Evaluation

The 2009 ISH/APSH/CHL Teaching Workshop for Hypertension Control in West China was the first of its kind ever held in China. This activity is considered to be very useful for the people of underdeveloped areas of China in fighting against hypertension. It also shows the importance of the concerted efforts collaborated by ISH, APSH and the local members (here the CHL). Each party has made its own contributions which were complementary. This kind of team work among ISH, APSH and member states would be a good modality in hypertension control activities in the international arena. We believe that the experiences gained in the workshops would be valid for other parts of China and other developing nations in Asian and Pacific region and the world at large.



We are happy that the workshops have basically attained the goal set by ISH in its 'support letter' to CHL: "The society is grateful for your efforts....., which we are sure will make a **significant contribution towards developing a hypertension control program in the west of China.**"



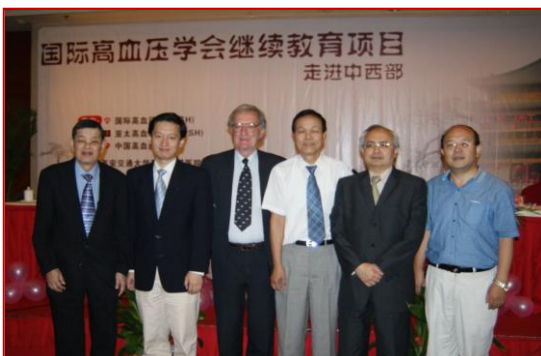
Discussion Session

Future Plans

1. In view of the importance of hypertension control and the need of personnel training in west China, it is suggested that a similar workshop will be held in 2010 in 2 provincial capital cities of west China.
2. In order to ensure the safety of the faculties (because of the tight flight schedule and working schedule), it is suggested that the age of the invited faculty would not be over 75.

Acknowledgements

The CHL is very grateful for the support and guidance from ISH and APSH, particular Professor A. Heagerty, ISH President, Professor R. Fagard, Chair of ISH/LMICC, Professor S. Harrap, Chair of LMICC Australia and Eastern Asia Subcommittee and Professor T. Morgan, Secretary General of APSH. The CHL is also grateful for the generous support from the local corporate industry, Bayer HealthCare.

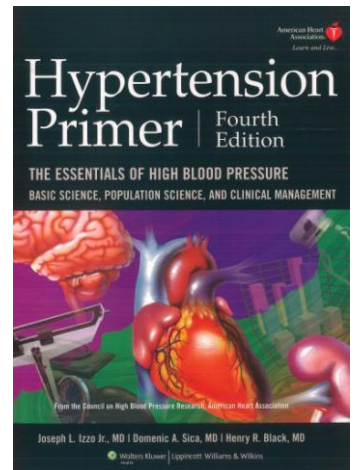


Faculty of the Workshop

From left to right: Prof. Abarquez, Dr. Zhang (translator), Prof. Morgan, Dr. Wu, Prof. Yusoff, Dr. Mou (local organizer)

The AHA Hypertension Primer spreads its wings through ISH

The **Hypertension Primer** is a comprehensive and authoritative book providing state-of-the-art scientific, clinical and population information on hypertension written by experts in the field and edited by J.L. Izzo, D.A. Sica and H.R. Black.



This publication, from the **Council on High Blood Pressure, American Heart Association**, has enabled scientists and clinicians across the world to keep up-to-date with the latest trends in hypertension research and practice, through user-friendly, practically relevant and easily readable chapters organized into three sections: basic science, population science and clinical management, with each chapter cross-referenced to other relevant chapters.

Through the kind generosity of the American Heart Association, which has donated hundreds of copies of the latest edition (4th) of the Hypertension Primer to the International Society of Hypertension, we have been able to distribute this wonderful publication to all corners of the world from Africa, to Asia, to Latin America. The book is now placed in many libraries, hypertension societies, hospitals and clinics in both developed and developing countries, facilitating the spread of hypertension knowledge and information across the world. This fantastic outreach program would not have been possible without the close collaborative efforts between the American Heart Association and the International Society of Hypertension. Such interactive initiatives are hopefully just the beginning of many more to come.

Should your Hypertension Society, Clinic or Medical School be interested in receiving copies of the Hypertension Primer, please contact the ISH Secretariat.

Rhian M Touyz MD, PhD



WORLD HYPERTENSION CONGRESS 2009

Report by Congress Organizing Committee

The World Hypertension Congress (WHC2009) took place in Beijing, China from October 29 to November 1, 2009. Sponsored by the World Hypertension League (WHL) and the Chinese Hypertension League (CHL), WHC 2009 represented the first global gathering of **WHL** in its **25 years' history** and also marked the **20th anniversary of CHL**. The Congress was crowned with success and went beyond the expectations of all Congress participants.

At the opening ceremony, Professor Lisheng Liu, President of WHL extended a warm welcome to delegates and spoke about the achievements of WHL, which celebrates its 25th anniversary this year.



Professor Liu at the Opening Ceremony

Professor T. Heagerty, President of the International Society of Hypertension (ISH), delivered a congratulatory speech on behalf of ISH.

In her welcoming speech, Professor Liu noted with pride the advances WHL had achieved in the past 25 years. She stressed, "As we look forward to the future, we cannot but realize that we are still faced with great challenges ahead." **In conclusion**, she pointed out: "**On the occasion of celebrating the 25th birthday of WHL, we must seize upon this fine opportunity to reiterate and reaffirm our determination to achieve the objectives we set for ourselves - to promote the detection, management, control and prevention of hypertension in populations around the world.**"



Plenary Session

To achieve this goal, this 4-day conference was specifically focused on its **theme: Hypertension Management - From Bench to Bedside and Community**. As we all know, we have the knowledge, but the more important issue is how we can apply what we know now and bring it from the research bench to the bedside and the community. The idea is to present the new science/evidence in such a way as to allow healthcare workers to readily apply it to their day-to-day activities. For example, a new technology in diagnosis and treatment will be put in the context for the clinicians and community doctors to allow them to implement it in their everyday practices. This would be the essence of the so-called Translational Medicine, which integrates research input from basic sciences, social sciences and political sciences to optimize patient care and preventive medicine. As such, a number of scientific sessions were designed to 'translate theory into practice'. It turned out that all the sessions related to this concept had been highly appreciated by the attendees.

Overall, around 3200 attendees participated in this 4-day event, which featured highly scientific topics presented by around 200 speakers from China and 35



ISH-WHL Joint Symposium



countries across the globe. Also, the Congress featured 38 academic symposiums, including 1 plenary symposium and 5 joint symposiums, namely ISH-WHL, China-Japan, China-Korea, China-India, and China-Italy joint symposiums and 2 late breaking clinical trial sessions. Seven oral presentation sessions, 10 morning courses and one workshop were organized to meet the various scientific needs of nearly 3000 Chinese and international delegates from 40 countries.

Among all the scientific sessions mentioned above, 3 morning courses and 8 symposiums were specially organized for Chinese participants, with talks or lectures delivered in Chinese by Chinese speakers, taking into consideration the need of local Chinese community healthcare workers whose English proficiency is inadequate. These arrangements were highly appreciated by the local community doctors.

In addition, 500 poster presentations were exhibited during the conference, which covered over 30 topics, ranging from basic research, clinical practice to the epidemiology and community control of hypertension and related diseases. Poster sessions would be open at designated hours so they did not conflict with any other events. Each poster presenter was requested to be available to discuss his or her poster on site. Reviewed by the WHC 2009 Scientific Committee, all of the accepted abstracts were published in the supplement to the *International Journal of Cardiology* (Vol. 137, suppl. 1, October 2009, ISSN 0167-5273).

It is particularly noteworthy that Professor T. Heagerty (President of ISH), Professor L. H. Lindholm (Immediate Past President of ISH) and Professor S. Harrap (ISH President Elect) attended the ISH-WHL joint symposium and each gave an excellent lecture to the participants, which showed the strong support from ISH. At the end of the session, Professor Heagerty presented in person the **ISH membership certificates to Chinese ISH members.**



ISH Membership Presentation

All the Chinese ISH members were very much encouraged and expressed their firm determination to persist in the fight against hypertension and related diseases.

The Congress was supported by more than 40 international societies, and attracted exhibitors from 41 China-based multinational and local healthcare-oriented corporations. At the closing ceremony on November 1, Dr. A. Chockalingam, the Secretary General of WHL, extended his deepest gratitude to the Conference Team for their tireless efforts to make the Congress a real success and also expressed heartfelt thanks to the 41 corporate sponsors for their generous support of WHC 2009.

Annex General Analysis of Congress Attendees and Program

In total, around **3200 attendees** participated in this 4-day event, and among them the nearly 800 foreign attendees came from **40 countries** across the world.

1. ATTENDEES BREAKDOWN

| Attendees | Region | | |
|--------------|------------------|-------------------|--------------------|
| | International | China | Total |
| Faculty | 94(51.9)* | 87(48.1) | 181(100.0) |
| Delegates | 668(23.4) | 2191(76.6) | 2859(100.0) |
| Media | 6(7.3) | 76(92.7) | 82(100.0) |
| Exhibitor | 0(0) | 143(100.0) | 143(100.0) |
| TOTAL | 768(23.5) | 2497(76.5) | 3265(100.0) |

*percentage in parenthesis

2. INTERNATIONAL DELEGATES COUNTRY (EXCLUDING

| Geographic Area | No. of Delegates | Percentage (%) |
|-----------------|------------------|----------------|
| Asia Pacific | 409 | 61.23 |
| Europe | 243 | 36.38 |
| North America | 9 | 1.35 |
| South America | 4 | 0.60 |
| Africa | 3 | 0.45 |
| In total | 668 | 100.00 |



3. INTERNATIONAL FACULTY BREAKDOWN

| Geographic Area | Number | Percentage (%) |
|-----------------|-----------|----------------|
| Europe | 39 | 41.49 |
| Asia Pacific | 32 | 34.04 |
| North America | 17 | 18.09 |
| South America | 3 | 3.19 |
| Africa | 3 | 3.19 |
| In total | 94 | 100.00 |

4. SCIENTIFIC PROGRAM OVERVIEW

In total, 465 abstracts were accepted to be presented either orally or as posters, covering the topics from bench to bedside and community management.

| Program | Theme | | | |
|----------|-------|---------|-----------|----------|
| | Bench | Bedside | Community | In total |
| Session | 13 | 27 | 13 | 53 |
| Speech | 58 | 106 | 61 | 225 |
| Abstract | 144 | 222 | 99 | 465 |

ISH Research Fellow Scheme for GRADUATE STUDENTS

Are you a graduate student working in hypertension or a related field? If so, you could apply to become a Research Fellow of the International Society of Hypertension and obtain all the following benefits **AT NO COST**:

- Obtain copies of the quarterly Society Newsletter
- Save on conference registration fees
- Enjoy broader opportunities to build relationships and network with peers and develop your career as a leader in your field
- Have access to the full ISH Membership List (over 900 members)
- Be eligible to receive or nominate candidates for the Biennial ISH Awards
- Be exempt from paying the annual ISH membership fee
- Be able to indicate your status as an ISH Research Fellow on your CV

For further information please view www.ish-world.com.

FORUM FEATURES

The Affiliated Societies of the ISH continue their active participation in the affairs of the Society through the ISH International Forum. Through regular contact with Affiliated Societies, the Forum provides an important focus for Affiliates' contributions on four major issues.

- Growth in Membership of the ISH
- Resource for Networking
- Support by Affiliated Societies for the Vancouver ISH meeting in 2010
- Establishment of the ISH Research Foundation



The ISH Forum is also pleased to feature a special section of the ISH website to highlight the Affiliated Societies and provide contact details of each to encourage more communication (see image below, www.ish-world.com/default.aspx?AffiliatedSocieties).

The activities of the ISH International Forum are important and the ISH and Affiliated Societies will enjoy mutual support that will augment the reputation of the ISH as a truly representative body of international blood pressure research, epidemiology and treatment.



John Chalmers



ISH Forum Officers
Stephen Harrap



Rhian Touyz



AFFILIATED SOCIETY UPDATES

Please read on for updates from the following national societies of hypertension and high blood pressure councils (ISH Affiliated Societies):



- Lithuanian Hypertension Society
- Norwegian Society of Hypertension
- Serbian Society of Hypertension



LITHUANIAN HYPERTENSION SOCIETY

Hypertension with related cardiovascular morbidity and mortality has become the number one cause of death in Lithuania as well as in Europe and around the world. In the early 90s the need for an organised society to control the prevalence of hypertension in Lithuania and to fight the spread of related negative outcomes became clear. In 1993 the Lithuanian Hypertension League was founded, bringing together a number of various medical, scientific and other specialists. The initiator and the founder of the League was Professor G. Sakalnikas. The following year Lithuanian Hypertension League entered the World Hypertension League. On the 29th of March, 1995 it was ratified by the Lithuanian government.



President, Prof. Aleksandras Laucevicius

The number of its members expanded quite rapidly and already by the year 2000 reached more than 1000 members from various medical and scientific fields.

The League established local branches in various regions throughout Lithuania.

During later years, however, the need for more international involvement became obvious. In 2006 the IVth Nordic-Baltic Hypertension Meeting was organized in Vilnius. This was an exciting medical and scientific event, which attracted more than 700 participants from Europe and overseas.

Another big scientific event was the Lithuanian Hypertension Congress in 2008 with more than 600 participants. The Lithuanian Hypertension League was transformed into the Lithuanian Hypertension Society during this meeting. A new board was elected, as were also the new President (Professor A. Laucevicius) and new Vice-President (Associate



LHS Council members from the left: Prof. Z. Petrulioniene (Secretary), Dr. N. Marciulioniene, Assoc. Prof. S. Norkiene, Prof. A. Laucevicius (President), Prof. G. Sakalnikas (Honorary President, founder of the former Lithuanian Hypertension League), Dr. D. Sutkiene, Assoc. Prof. M. Miglinas (Vice-President), Dr. V. Janulaitiene

Professor M. Miglinas). The Lithuanian Hypertension Society set up a clear vision to reduce hypertension related morbidity and mortality within the country. New strategies to achieve the goals of organization were defined:

- Organization Specific Data
- Community Centric Process
- Expert, Experienced Leadership
- Academic-Clinical Partnership
- Continuous Quality Improvement
- Translation of Science into Practice
- Dissemination and Implementation of Clinical Guidelines
- Improvement of Healthcare Access for All
- Mass Media Population Strategies



Following the new strategies and goals many fresh activities appeared on the scene. The Lithuanian Hypertension Society in collaboration with European Society of Hypertension organized two Hypertension Mastercourses in 2007 and 2008.



From the left: With colleagues from Hungary (Prof. Csaba Farsang), Estonia (Prof. Margus Viigiima) and LHS Vice-President Assoc. Prof. Marius Miglinas

There were many activities over the last year. The Lithuanian Hypertension Society took part in the activities of World Action on Salt and Health. It supported the World Salt Awareness Week from 2nd-8th February 2009. The theme was 'Salt and Eating Out'. Lithuanian activities included the involvement of hypertension experts, representatives from the health and education ministries, the media and the catering industry. Lithuania held a series of TV and radio interviews and achieved national media coverage. The Lithuanian Hypertension Society also distributed posters & leaflets advocating reduced salt intake.

World Kidney Day (WKD), jointly hosted by the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF) was also on the Lithuanian Hypertension Society activities' list. The Lithuanian Hypertension Society organized the scientific meeting (in co-operation with Lithuanian Nephrology, Dialysis and Transplant Association) in Siauliai on 13th March, 2009. The meeting was a great success with the message 'Keep the pressure down'. More than 200 participants took part in this event.

Lithuanian Hypertension Society also supported World Hypertension Day (held on 17th May 2009). It's Annual Scientific Meeting took place on 15th May 2009 and was dedicated to World Hypertension Day. 'Salt and blood pressure: Two silent killers' was the main theme of the meeting. Salt is the major factor putting up blood pressure worldwide with no exception in Lithuania, where salt intake is very high and strategies to reduce it are just evolving. The

meeting also focused on the implementation of hypertension treatment guidelines in clinical practice, ambulatory blood pressure monitoring, secondary hypertension, target-organ damage in hypertension and recent clinical trials in hypertension. 250 participants from Lithuania were present at this event.

In summary, the Lithuanian Hypertension Society organizes the scientific study of hypertension syndrome prevalence in the Lithuanian population and provides science-based recommendations for hypertension prevention and treatment. In cooperation with the Ministry of Health, academic institutions and international organizations, the Society unites medical practitioners' efforts to fight hypertension-related adverse effects on human health. It convenes conferences and organizes seminars, workshops, short training courses and national and international symposia. It also publishes one-time publications, promotes popular medical literature about hypertension issues, and represents its members in Lithuania and abroad.

Assoc. Prof. Marius Miglinas
Vice-President, Lithuanian Hypertension Society



Norwegian Society of Hypertension
Est. 1987

NORWEGIAN SOCIETY OF HYPERTENSION

The Norwegian Society of Hypertension was founded in 1987 and has a total of 105 members, 60 of whom are internists, most of them cardiologists or nephrologists. In addition we have some 18 GPs and assorted members from areas such as thorax surgery, laboratory medicine and experimental medicine. Geographically, our members come from all of Norway, and we have some international members as well.

The Norwegian Society of Hypertension focuses on educating members on news in hypertension research and licensed Norwegian doctors on hypertension management in general.

The **bi-annual scientific meeting** was last held in March 2009 at Ilsetra outside Lillehammer. The meeting was attended by 31 active hypertensive researchers and was a great success. The program covered the whole spectrum of hypertension research from epidemiology through clinical trials in hypertensive heart disease, to experimental studies



in rats. The meeting also includes one foreign guest lecturer, this year professor Hans Ibsen from Denmark spoke on the diagnosis of sub-clinical renal damage in hypertension.

In April 2010 The Norwegian Society of Hypertension will organize the next **biannual clinical hypertension course in Trondheim** focusing on the management of patients with hypertension and the newly launched Norwegian guidelines for primary prevention as well as the updated European guidelines on Hypertension Management. Lecturers on the course are Norwegian hypertension specialists and hypertension researchers. The course gives CME credits for general practitioners as well as doctors specializing in internal medicine, cardiology, nephrology, geriatrics and neurology. The course program will soon appear on our website www.hypertensjonsforeningen.no

The Norwegian Society of Hypertension collaborates closely with the European Society of Hypertension (ESH) and regularly sends members as both lecturers and participants to the ESH educational courses: the Hypertension Summer School and the ESH Advanced Course on Hypertension.

In 2010 **Norway is the proud host of the 20th European meeting on Hypertension (ESH2010)** that will be held in Oslo. The board members of the Norwegian Society of Hypertension all participate in the scientific committee of the event. The President of ESH2010, well known hypertension researcher Professor Sverre Kjeldsen MD PhD from the University of Oslo, is a board member of our society. The preliminary program and other information on this upcoming event are available at www.ESH2010.com. The abstract dead line is January 15th 2010. We look forward to welcoming you all to Oslo for this meeting.



SERBIAN SOCIETY OF HYPERTENSION

Udruženje za hipertenziju Srbije
Serbian Society of Hypertension

The Serbian Society of Hypertension is an association of doctors which brings together experts in different fields of medicine who deal with the problem of arterial hypertension.

Serbian Society of Hypertension (former Yugoslav League of Hypertension) was founded in 1995. The founder was Prof.dr Djordje Kozarević. The first chairman of the Yugoslav League of Hypertension was Prof.dr. Dragoslav Avramović from 1995 to 1996.

After that, the chairman was Prof.dr Maksimilijan Kocijanić in the term from 1996 to 2005.

Five symposiums about hypertension and a Congress of Yugoslav League of hypertension have been held so far.

The Society of Hypertension issues two magazines - *Journal for Hypertension* and *the Bulletin of League of Hypertension*.

Yugoslav League of Hypertension has been a member of The World League of Hypertension since 1996. After the death of Prof.dr M.Kocijancić, Prim dr Časlav Stošić was the chairman of the Yugoslav League of Hypertension from 2005 to 2008.

In June 2008, Serbian Society of Hypertension became a member of the European Society of Hypertension and it renewed its membership in the World League of Hypertension in January, 2009.

At the meeting held on September 16th, 2008, Yugoslav League of Hypertension changed its name to the Serbian Society of Hypertension, passed a new statute of the Association and selected a new leadership.

The aims of the Serbian Society of Hypertension are:

- to bring together experts who deal with the problem of arterial hypertension
- to suggest measures for the development and improvement of health protection of patients with hypertension
- to work on professional and scientific development of doctors by organizing professional and scientific meetings
- to work on continual education of doctors in primary health protection
- to develop co-operation with specialized and scientific institutions in Serbia and abroad

THE MANAGEMENT OF THE SERBIAN SOCIETY OF HYPERTENSION

PRESIDENT: Dragan Lović MD

VICE-PRESIDENTS:

- Doc Vesna Stojanov, MD
- Živoslava Branković, MD
- Prof. Mirjana Krotin, MD
- Prof. Marina Deljanin-Ilić, MD
- Prof. Branko Jakovljević, MD



MEMBERS OF THE CONTROL BOARD:

- Miloš Stojanović, MD
- Prof. Ivan Tasić, MD
- Steva Pavlović, MD

THE HONORARY PRESIDENTS OF THE SERBIAN SOCIETY OF HYPERTENSION:

- Akademian Prof. Miodrag Ostojić MD
- Prof. Branko Lović, MD
- Prof. Katica Pavlović, MD
- Prof. Dragoslav Avramović, MD
- Prof. Zorana Vasiljević, MD
- Prof. Stevan Ilić, MD
- Prof. Dana Matić, MD
- Prof. Srećko Nedeljković, MD

EDUCATIONAL ACTIVITIES

The Serbian Society of Hypertension organises two meetings of 2-3 days duration annually under the name 'School of Hypertension' in selected cities throughout Serbia, in order to provide updated knowledge on hypertension. The Society also organises one day continuing education seminars on specific topics.

In 2009 the Serbian Society of Hypertension organized events for World Hypertension Day (17th May) in 20 cities in Serbia. The central meeting was in Belgrade. The meetings were held under the patronage of the President of Republic of Serbia, Ministry of health of Serbia and the Mayor of the city of Belgrade. The subject of hypertension day was 'salt and high blood pressure'.

In 2009 the Serbian Society was co-organizer of two congresses held in Serbia- the V Congress of internal medicine for the South-Eastern Europe and The XVII Congress of the Cardiology Society of Serbia. In March 2010 the Serbian Society will organize a Meeting of Hypertension together with the Croatian Society of Hypertension in Belgrade in March.

WORKING GROUPS

The management of the Serbian Society of Hypertension are also the coordinators of working groups of hypertension of Serbian Cardiology Society and a working group of Ministry of Health of the Republic of Serbia.

CONTACT:

Serbian Society of Hypertension
Jovana Ristica Str. 20/2, 18000 Nis, Serbia
Phone: +381.18.4294.090 / Fax: +381.18.4549.696

Please look our webpage for further information:
www.uhsrb-liga.rs

Upcoming Meetings

2009

10th-12th December 2009, **Valencia, Spain**
2nd International Conference on Fixed Combination in the Treatment of Hypertension, Dyslipidemia & Diabetes Mellitus

www.paragon-conventions.com/fixxed09

2010

29th-31st January 2010, **Kuala Lumpur, Malaysia**
Malaysian Society of Hypertension, 7th Annual Meeting
<http://www.msh.org.my/article.php?aid=154>

25th - 28th February 2010, **Valencia, Spain**
Early Disease Detection and Prevention Conference
<http://www.paragon-conventions.com/eddp2010>

25th-28th May 2010, **Santa Clara City, Cuba**
5th International Symposium of Hypertension and 3rd International Workshop of Vascular Risk
<http://hta2010.uclv.edu.cu/>

18th - 22nd June 2010, **Oslo, Norway**
20th European Meeting on Hypertension
www.eshonline.org

18th-20th November, **Brisbane, Australia**
The 3rd International Conference on Fixed Combination in the Treatment of Hypertension, Dyslipidemia and Diabetes Mellitus
<http://www.fixedcombination.com/2010/>

ISH FUTURE BIENNIAL MEETINGS

2010

26th - 30th
September 2010
Vancouver, Canada



2012

30th September -
2nd October 2012
Sydney, Australia



2014

14th-19th June 2014
Athens, Greece



ISH

2016 Seoul, Korea



MEMBERSHIP SUBSCRIPTIONS 2010

Emails are currently being sent out to all ISH members, inviting them to pay their membership subscription fees for 2010.

Could you please ensure that you do this **as soon as possible** to ensure you continue to receive copies of the *Journal of Hypertension*.

ISH Members are eligible to register for the Biennial Meeting in Vancouver at a much reduced registration fee

Payment can be made on-line by visiting the membership section of www.ish-world.com. Alternatively, please contact the Secretariat to receive a payment form. (Email: secretariat@ish-world.com)

We would like to take this opportunity to remind you of the Society's Constitution concerning Membership.

"Members shall pay annual dues in the amount and within the time period determined by the Executive Committee. Membership shall automatically cease upon failure to pay the annual subscription fee for two consecutive years."

MEMBERS ONLY AREA OF THE WEBSITE

You may like view the Members Area of the website in order to view the following information.

- Past copies of the ISH Newsletter
- Minutes of Society meetings (Council/AGM)
- A list of ISH Members with full contact details
- Access to the *Journal of Hypertension* for those who are eligible for free online access. This free online access is available for new members (since 2006) who reside or work in one of the resource poor countries, zones and territories defined by HINARI or in S. Africa.

To access these pages you are required to register using your membership number, email address and a password of your choice. If you do not know your membership number, please contact the Secretariat.

(Email: secretariat@ish-world.com)

Member contact details

Please remember to update the Secretariat with your change of contact details, especially your email address. (Email: secretariat@ish-world.com)

RECRUIT NEW MEMBERS

We would welcome your assistance to help us recruit **new members** to the Society. The Society welcomes applications for membership from individuals working in the field of hypertension and cardiovascular disease.

If you have a colleague who would like to become a member of ISH please ask them to complete the downloadable Application Form that can be found in the Membership section of the Society's website: www.ish-world.com. Applications must also be accompanied by:

1. A written statement by two members of the Society as to the qualifications of the nominee (names of regional/national members can be provided by the Secretariat, or unsupported applications can be reviewed by the Executive Committee)
2. A list of the nominee's academic degrees, professional positions (a short CV)
3. A list of the nominee's five best and five most recent publications relating to hypertension or allied fields.

Nominations are initially considered by the Membership Committee and ultimately approved by the Society at its Biennial Scientific Meetings.

ISH RESEARCH FELLOWS

The Research Fellowship is a distinct initiative of the ISH for **GRADUATE STUDENTS** - please see **Page 11** of this newsletter for more information.



**The 23rd Scientific Meeting
of the International Society
of Hypertension**

September 26 to 30, 2010
Vancouver, Canada



ISH CORPORATE MEMBERS

The ISH would like to acknowledge the support of our Corporate Members:



Mitsubishi Tanabe Pharma Corporation



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