



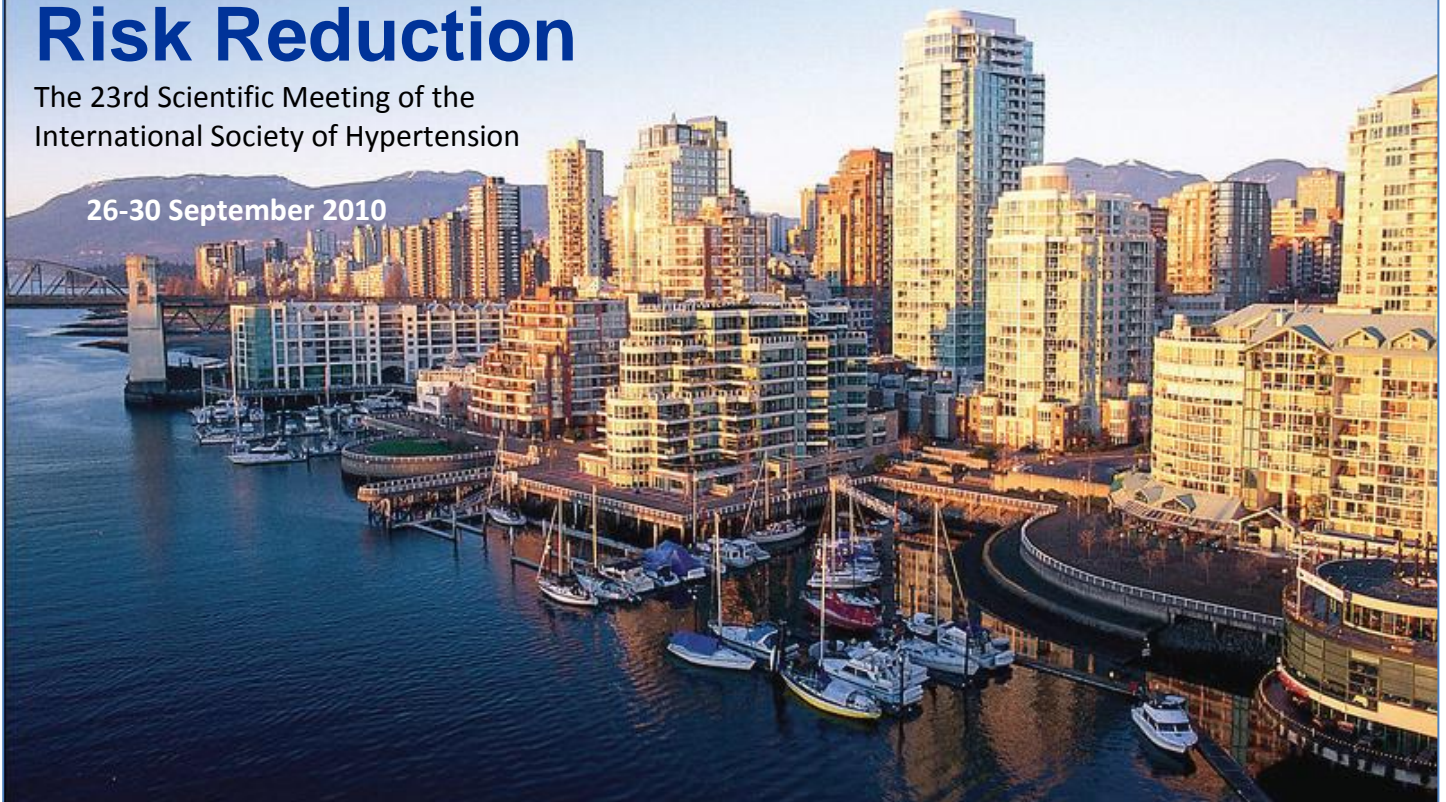
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# Global Cardiovascular Risk Reduction

The 23rd Scientific Meeting of the  
International Society of Hypertension

26-30 September 2010



### Topic Areas:

Hypertension  
Basic Cardiovascular Sciences  
Cerebrovascular Diseases  
Community Care  
Devices  
Diabetes Mellitus  
Drug Discovery  
Genetics  
Health Care Delivery  
Heart Diseases  
Imaging  
Lipids & Atherosclerosis  
Nutrition  
Obesity  
Public Health & Health Policy  
Renovascular Diseases  
Thromboembolism  
Vascular Diseases

With only two months until ISH 2010, be sure to register and book your accommodation by August 15 to save on your registration fee and hotel!

Visit  
[www.VancouverHypertension2010.com](http://www.VancouverHypertension2010.com)  
for information on how to be part of the community that defines Global Cardiovascular Risk Reduction.

Join us in Vancouver,  
Canada for ISH 2010



Dear ISH member,

I very much hope that you will enjoy reading this **June 2010 issue of 'Hypertension News'** (Opus 23). You will see that it focuses almost entirely on the forthcoming **23<sup>rd</sup> Scientific Meeting of the ISH in Vancouver, Canada, 26-30 September 2010**. This newsletter includes amongst other things highlights of the scientific and social programmes and an update from the President Elect, Professor Stephen Harrap, on the ISH International Forum. Moreover, Dr. Simon Rabkin, Chairman of the ISH meeting in Vancouver has written a welcoming address which you will find on page 14.



With best wishes,

**LARS H. LINDHOLM**  
Editor, *Hypertension News*

**Late breaking studies can be submitted from 1 - 30 June 2010**

Abstracts on late breaking studies will appear in the programme in oral presentations or highlighted moderator guided poster sessions. We hope that many of you will submit an abstract and add to the 1,300+ abstracts already received!



**23RD SCIENTIFIC MEETING OF THE INTERNATIONAL SOCIETY OF HYPERTENSION**

**INTRODUCTION BY THE ISH PRESIDENT**



The Local Organising Committee must be complimented for their hard work in bringing together our 2010 scientific meeting in Vancouver. I have had the privilege in working with Drs Rabkin, Myers, Chockalingam and Pang as they have worked tirelessly to develop the tracks of the programme:

- Basic Science
- Public Health Medicine
- Clinical Science

Keynote speakers have been invited from around the world and there will be 78 Faculty Members populating a glittering programme full of vibrant science and up to date lectures. The free communications promise the opportunity for many young scientists to present their work both in oral and poster form and a number of travel awards will be given to facilitate attendance at this meeting.

Vancouver is an outstanding venue with much to enjoy and many sights to see. Against this background, there is a programme of the most up to date developments in cardiovascular science, disease prevention and of course, hypertension management. This is an opportunity that cannot be missed in terms of keeping up to date with best practice but also meeting your friends and of course, debating the controversies which make the management of hypertension and other cardiovascular diseases so much fun.

I look forward to seeing you in Vancouver!

With best wishes,

**AM HEAGERTY**  
ISH PRESIDENT





## SCIENTIFIC PROGRAMME

### 23<sup>rd</sup> SCIENTIFIC MEETING OF THE INTERNATIONAL SOCIETY OF HYPERTENSION

*Be part of the community that defines  
Global Cardiovascular Risk Reduction.*  
[www.vancouverhypertension2010.com](http://www.vancouverhypertension2010.com)

#### PROGRAM HIGHLIGHTS

#### Submit your best in basic science, clinical medicine or population health as a late breaking abstract for ISH 2010

Late breaking studies in each of the three areas of the meeting will be received from 1<sup>st</sup> to 30<sup>th</sup> June 2010. Abstracts on late breaking studies will appear in the program in oral presentations or highlighted moderator guided poster Sessions. Be part of the group that defines the future of Cardiovascular Health.

The Learning Objectives for the ISH 2010 meeting are:

1. To provide the most up to date information on cardiovascular risk assessment and treatment centred on blood pressure but extending to other interrelated factors such as obesity and diabetes mellitus
2. To learn the cutting edge vascular biology as it applies to blood pressure and associated atherosclerosis risk factors
3. To provide the basis for translation of knowledge on blood pressure and global cardiovascular risk in order to improve patient and population health

ISH 2010 has an outstanding Program which encompasses **basic science, clinical science and population health**. Some of the speakers and topics from the blood pressure and hypertension component of the program are highlighted as follows.

G protein-coupled receptors (GPCRs) comprise a large family of [transmembrane receptors](#) that have been implicated as a key intracellular [signal transduction](#) pathway in cardiovascular disease. A symposium to honour one of the Hypertension communities pioneer Investigators Jaques de Champlain, is **GPCR Signalling: Dysregulation in Hypertension**

An Overview of GPCR  
Signaling

*Marc Caron, Professor,  
Department of Cell Biology,  
Duke University Medical  
Center, United States*



GPCR Signaling Pathways in  
Vascular Smooth Muscle  
Cells

*Michel Bouvier, Professor  
in the Department of  
Biochemistry Université de  
Montréal, Canada*



Altered GPCR Signaling in  
Hypertension

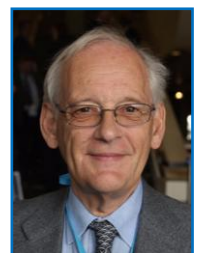
*Robert Gros, Vascular  
Biology Research Group,  
Robarts Research Institute,  
Canada*



#### New Approaches to the Management of Refractory Hypertension

Endothelin Receptor  
Antagonists in the  
Treatment of Resistant  
Hypertension

*Lars H. Lindholm,  
Professor and chairman,  
Department of Public  
Health and Clinical  
Medicine, Umea University  
Hospital, Sweden*





Potential of implantable carotid sinus stimulator for drug-resistant hypertension  
**George Bakris**, Professor, University of Chicago, USA



Catheter-Based Renal Sympathetic Denervation for Resistant Hypertension: Current State of Progress  
**Murray Esler**, Associate Director, Cardiovascular Neurosciences Division, Baker Heart Research Institute, Australia



**Panel Discussion: Is it possible to have World Guidelines for the management of Hypertension**  
*All speakers*

**Pharmacogenomics and Personalized Medicine** is a topic that has captivated the imagination of physicians as we try to find the best treatment for our patients and avoid side effects to which some people are predisposed.

*Personalized Medicine 'Hype or Hope'*

**Michael Hayden**, Director of UBC Center for Molecular Medicine and Therapeutics, Canadian Health Researcher of the Year in 2008 and winner of Prix Galien (Canada)-2007



### Optimal Guidelines for Management of Hypertension

World Health Organization (WHO) / International Society of Hypertension (ISH) recommendations for primary prevention of cardiovascular disease.  
*Speaker to be confirmed*

United States Guidelines (JNC Guidelines): What's Fallen Short Before, What's Being Fixed in JNC8  
**Suzanne Oparil**, Professor, Dept. of Medicine, University of Alabama-Birmingham, United States



Canadian Guidelines in the Management of Hypertension - impacting on the bottom line  
**Sheldon Tobe**, University of Toronto, Canada



European Guidelines in the Management of Hypertension: the 2009 reappraisal- where are the gaps  
**Giuseppe Mancia**, Direttore Clinica Medica, University of Milan-Bicocca, Italy



### HYPERTENSION CANADA PRESIDENTIAL LECTURE

*Hypertension as a rennin angiotensin disease of the kidney*

**Thomas Coffman** is James R. Clapp Professor of Medicine, Chief of the Division of Nephrology, and Senior Vice-Chair in the Department of Medicine at Duke University Medical Center





### ISH PRESIDENTIAL LECTURE

*Epigenetic Control of Smooth Muscle Cell Differentiation and Phenotypic Plasticity in Cardiovascular Disease*

**Gary Owens,**  
Department of  
Molecular Physiology  
and Biological Physics,  
University of Virginia  
Health Sciences Center,  
Charlottesville. USA



#### **AM HEAGERTY, ISH PRESIDENT**

Rather than deliver a Presidential Lecture myself, I felt that this was a great opportunity to invite an internationally recognised expert in cardiovascular research to present a lecture on behalf of the President of the ISH. I am

delighted to report that Dr. Gary Owens has accepted my invitation.

Dr. Owens is the foremost authority in terms of smooth muscle phenotype changes which occur during the development of cardiovascular diseases such as atheroma. Having studied with the famous Seattle group headed by Russell Ross, he has established his group in Charlottesville at the very forefront of cardiovascular research and having had the recent opportunity to visit the group in 2009, I was very impressed by the vibrancy and enthusiasm of many of the young graduate students that he is attracting to his programmes. There is no doubt that his lecture will be exciting and at the cutting edge of vascular biological science.

## **Bridging the Gaps**

*Reducing Cardiovascular Risk in Low Cost Settings*

**26-27 September 2010, Vancouver**

The International Society of Hypertension is playing an increasing role in terms of education of both patients and physicians around the world. The Society is attempting to not only introduce best practice, but also to ensure that screening for cardiovascular disease is carried out and that the epidemics of heart disease and stroke are avoided. These will inevitably occur if cardiovascular disease is not detected early.

With this in mind, at our meeting in Vancouver, the ISH is collaborating with the WHO and the Lancet to begin a new initiative focusing on increasing the exposure of populations in developing regions of the world to cardiovascular screening programmes. This initiative entitled **Bridging the Gaps** has been coordinated by the following individuals:

- Dr. Lars H. Lindholm, Umea, Sweden and Immediate Past-President of the ISH;
- Dr. Bo Carlberg, Lecturer, Public Health and Clinical Medicine, Umea, Sweden;
- Dr. Stuart Spencer, Deputy Editor, the Lancet;
- Dr. Shanthi Mendis, Coordinator, Cardiovascular Diseases, WHO;
- Professor Stephen Harrap, President-Elect of the ISH
- Myself - Professor Tony Heagerty, ISH President

We have decided that this initiative will be part of a series of meetings, beginning in Vancouver and, culminating in a further plenary session when the ISH meets again in Sydney in 2012.

The meetings in Vancouver will commence on Sunday, 26<sup>th</sup> September 2010. Members of the ISH International Forum countries who have been implementing disease prevention strategies and representatives of the WHO field forces in developing countries who have experience of implementing screening programmes will be invited to share their experiences. The aim of these meetings is to hear what is working and where there are problems. Any screening programme taking place in a particular part of a country may well be implementable nationwide. Moreover, in particular countries where there are no programmes we may be able to introduce them.

A summary of activity will then be prepared and during a **plenary session** at the ISH meeting on **Monday, 27<sup>th</sup> September** presentations will be made to Ministers of Health from a number of developing countries. These Ministers will be invited from the regions where we are particularly interested in working, namely, sub-Saharan Africa and Asia. It is to be hoped that we will be able to publish both the findings of the meetings and an Accord, which will be signed by our Ministers of Health. It is our ultimate aim to get their commitment to taking these programmes forward both nationally and across developing regions. ISH members are invited to attend the plenary session on 27<sup>th</sup> September.



## ISH 2010 AWARDS CALL FOR NOMINATIONS

On the occasion of its 23<sup>rd</sup> Biennial Scientific Meeting, which will be held in Vancouver, Canada from 26<sup>th</sup> – 30<sup>th</sup> September 2010, the International Society of Hypertension (ISH) with the collaboration and generous support of corporate sponsors, is pleased to call for nominations for the following awards.

In addition to the prestige and kudos associated with each of these awards, they each comprise a significant monetary amount to recognise the excellence of the awardees and support the intended purposes of the specific awards.

### **ASTRAZENECA AWARD**

To be presented to a distinguished investigator responsible for outstanding work related to the clinical pharmacology and therapy of arterial hypertension.

### **BOEHRINGER INGELHEIM DEVELOPING WORLD AWARD**

This award is for a researcher in the developing world who has done outstanding work in the region. The awardee will be expected to submit an abstract of his/her research for the 2010 Meeting.

### **FRANZ VOLHARD AWARD AND LECTURESHIP, supported by Bayer Schering Pharma**

To be presented to a person or persons who shall have initiated in the field of hypertension or in a related discipline, a concept, which remains of current interest. The recipient shall be invited to deliver to the ISH a lecture on the topic for which the award is bestowed.

### **THE ROBERT TIGERSTEDT AWARD**

To be presented to a person, persons or institution responsible for distinguished work relating to the aetiology, epidemiology, pathology or treatment of high blood pressure.

### **THE STEVO JULIUS AWARD, supported by Novartis**

To be given to a person or persons demonstrating exceptional and continuous commitment to the dissemination of information, knowledge and skills in the field of hypertension to: (a) general public; (b) medical community; (c) specialists in the hypertension

field, and; (d) to investigators involved in hypertension research.

Please view full information on criteria and eligibility of nomination in the Awards section of [www.ish-world.com](http://www.ish-world.com).

**NOMINATIONS SHOULD BE SENT TO THE ISH SECRETARIAT BEFORE 26<sup>th</sup> JUNE 2010.**



The late Dr. Thomas Pickering (USA), 2008 Franz Volhard Award and Lectureship winner



Dr. Fiona Turnbull (Australia), 2008 AstraZeneca Award

The following awards will also be presented at the ISH 2010 meeting, but no nominations are required. Recipients will be judged to have submitted the best abstracts relevant to the awards.

- Austin Doyle Award, supported by Servier Australia
- International Poster Prizes, supported by ISH



## CALL FOR COUNCIL NOMINATIONS

Positions on the Scientific Council will become available at the next Scientific Meeting to be held in Vancouver in September 2010. The Society is now inviting nominations to fill these positions.

The Council of the ISH is important as the key active body to further the aspirations and activities of the ISH. In doing so, we'd hope that those on Council might reflect the diversity of ISH members in terms of geography and age. In this respect, the contribution of younger members is crucial for the future of the ISH. For reference, ongoing members of Council come from Australia, Canada, China, France, Israel, Italy, Jamaica, Japan, Nigeria and the United Kingdom.

Members of Council have responsibilities as Trustees of the Society. This carries specific commitment to the business of the ISH and so nominees need to be able to devote time and energy to serve the needs of the ISH. Nominees also need be aware that as Trustees there exist general responsibilities, as defined according to the UK Charity Commission ([www.charitycommission.gov.uk](http://www.charitycommission.gov.uk)).

The term of office for ordinary members of the Scientific Council is four years; immediate re-election for a second four year term is possible.

**All nominations must be supported by any three Regular Members of the Society** and should be accompanied by:

- A 1-page document by the nominee expressing interest in holding a position on the Council. *Please see [www.ish-world.com](http://www.ish-world.com) to view the form to complete;*
- A paragraph (max. 200 words) from each of the 3 nominating members supporting the application stating why the nominee should be considered for Council. *This paragraph should be emailed directly to the Secretariat (Email: [secretariat@ish-world.com](mailto:secretariat@ish-world.com)).*

Please address all correspondence to Professor Stephen Harrap, ISH Secretary.

**NOMINATIONS SHOULD BE RECEIVED BY THE SECRETARIAT NO LATER THAN 26<sup>th</sup> JUNE 2010.**

For further information please view the Members' area of [www.ish-world.com](http://www.ish-world.com).

## 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](http://www.ish-world.com).





## ISH FORUM NEWS

The ISH Forum has been very active over recent months and it is great to see the enthusiasm with which our Affiliated Societies are contributing to some marvellous initiatives.



Perhaps the most exciting of these relates to the forthcoming “**Bridging the Gaps**” meetings in Vancouver. We sought from our Affiliated Societies real-life examples of some of the challenges that stand in the way of the detection, prevention and treatment of blood pressure in environments where resources are scarce. We were delighted by the generous responses from many of our Affiliated Societies and it was difficult to choose among so many good case studies. However, in the end the committee selected 3 excellent submissions from the National Heart Foundation of Bangladesh, the Congolese Hypertension League and the Georgian Society of Hypertension. The presentation of these scenarios is being supported by travel grants from the ISH Forum. The 3 presentations will set the stage for the “Bridging the Gaps” meeting on Sunday 26 September, by providing examples of the challenges, so that common themes can be distilled for further discussion and consideration of solutions with the help of ISH, WHO, Industry and Government.

**The ISH Forum will be holding its regular meeting in Vancouver on Tuesday 28th September** (12:15-13:45 hrs) and we are looking forward to seeing our colleagues and friends, many of whom we haven't seen since Berlin 2008. This will be an opportunity to discuss ways in which the ISH and Affiliated Societies can further develop excellent working relationships. The meeting will be special in 2 additional aspects.

The first is that Affiliated Societies are providing dot point summaries of their activities over the last 2 years. These will be published for all attendees and will provide a valuable record and reference of overall Forum activity. It is hoped that this might provide some novel ideas for individual societies to develop their own activities. The booklet will also

provide contact details so that people and Societies can more easily share their plans and expertise.

The second is that we shall be discussing the possibility of incorporating break-out group meetings for Affiliated Societies from particular regions. This might allow geographically linked societies an opportunity to meet and discuss regional issues. Such meetings, if agreed, would be programmed to begin in Sydney 2012.

The ISH Forum will also be highlighted in Vancouver through the award of the ISH Forum Poster prizes. These will be awarded on a competitive basis to highly ranked posters in basic, clinical and population research from each of 5 regions. These will highlight the finest work from around the Forum Societies and are generously supported by US\$1,000 each provided by the ISH.

**It certainly is an exciting time for the ISH Forum.**

Stephen Harrap  
ISH Forum Officer

**For further information on ISH Affiliated Societies of the Forum please see**  
[www.ish-world.com/default.aspx?AffiliatedSocieties](http://www.ish-world.com/default.aspx?AffiliatedSocieties).



**NEXT ISH Forum meeting**  
Tuesday 28<sup>th</sup> September 2010  
ISH 201 Scientific Meeting,  
Vancouver, Canada





## AFFILIATED SOCIETY UPDATES

### Summary of the Second Congress of the Serbian Society of Hypertension and the First Symposium of the Serbian Society of Hypertension and Croatian Society of Hypertension

The Second Congress of the Serbian Society of Hypertension and the First Symposium of the Serbian Society of Hypertension and Croatian Society of Hypertension were held on February 26-28<sup>th</sup> 2010 in Belgrade, Serbia. Around 820 physicians from seven countries in the region took part on the Congress. In summary:

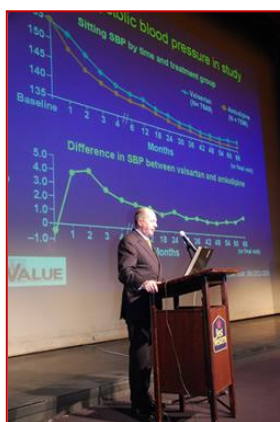
- 75 lecturers were from Serbia;
- 24 lecturers came from abroad;
- 81 lectures were invited; 28 oral and 55 poster presentations were held;
- Participants were specialists of Internal Medicine, Cardiology, Nephrology, Endocrinology, Vascular Surgery, Pediatrics, Psychiatry, Neurology, General and Preventive Medicine

#### Conclusions:

1. Considering a lack of relevant epidemiological data on the prevalence of arterial hypertension in Serbia, a principal task of the Serbian Society of Hypertension is to undertake a systematic epidemiological research on the prevalence of arterial hypertension in the population.

2. All regional countries should be associated into a Balkan Society, considering their related geographical aspects and similar lifestyle habits of the populations of this region.

3. Having our practical experiences in mind, especially the difficulties in the classification of the



patients according to numerical values of blood pressure and difficulties in making a decision about the treatment of arterial hypertension, the Society has suggested a novel classification of increased blood pressure, which could be applied together with existing ones.



#### Classification of arterial hypertension according to blood pressure level and target organ damage

**Group A** - Patients with increased blood pressure without target organ damage (subclinical and clinical manifested organ damage)

**Group B** - Patients with increased blood pressure and subclinical target organ damage, without clinically manifested organ damage

**Group C** - Patients with increased blood pressure and clinically manifested organ damage

4. The importance of preventive measures in the correction of lifestyle habits causing arterial hypertension (smoking cessation, stress reduction, decrease of salt intake and increase of physical activity) cannot be underestimated. Environmental and occupational risk factors (noise exposure, air pollution, occupational stress, non-physiological working conditions) were markedly highlighted. In addition, the non-pharmacological measures are of great importance in the treatment of arterial hypertension.

- The Society should initiate a social action to eliminate the influence of hazardous environmental factors (air pollution and noise exposure) causing increased blood pressure;
- A national program to limit nutritive sodium intake must be established;
- Children older than four should have their blood pressure measured at least once a year, preferably by ambulatory blood pressure monitoring;



- Future guidelines for treatment of arterial hypertension should oblige physicians to advise patients how to improve their lifestyle habits - to cease smoking, decrease sodium intake and increase physical activity;
- In newly diagnosed I grade hypertensions without other cardiovascular risk factors or target organ damage, the treatment should begin with non-pharmacological measures - correction of body weight, decrease of salt intake, smoking cessation, increase of physical activity level;
- Physicians should insist on the continuance of these non-pharmacological measures during pharmacological treatment of arterial hypertension.

**5.** In order to establish subclinical target organ damage (particularly changes on blood vessels) standard procedures should include methods for arterial stiffness and pulse wave velocity assessment. Common protocols for follow-up of hypertensive patients must be established in collaboration with other countries in the region.

**6.** Considering a lack of generally accepted values of optimal blood pressure in patients with peripheral arterial disease, a special approach to the treatment of hypertension in this patient group was proposed.

- Treatment of arterial hypertension in patients with peripheral arterial disease decreases cardiovascular morbidity and mortality.
- The “ideal” blood pressure values in patients with peripheral arterial disease should be defined.
- The best antihypertensive results are obtained by the use of calcium channel blockers, dihydropirins, ACE inhibitors and AT blockers.
- In cases of dissection of aorta use of nitroglycerin infusions for blood pressure treatment must be avoided.
- In patients with carotid arterial disease a rapid “normalization” of high blood pressure could lead to dangerous consequences. For this reason, systolic blood pressure should be maintained at a level that is for 10-15% higher than their basic preoperative value.

- In patients with intermittent claudications the antihypertensive therapy (the use of beta-blockers) should not be questioned by the symptoms and the function of renal arteries should be examined.
- In patients with critical ischemia of the extremities the extreme decrease of blood pressure leads to increase of pain at rest and delays the healing of ischemic ulcerations. A reasonable use of beta-blockers is advised. Avoid aggressive therapy before surgical treatment.

**7.** The importance of noninvasive diagnostic procedures was elaborated. Thoracic bioelectrical impedance using impedance cardiography for assessment of haemodynamic parameters with integrated “beat-to-beat” blood pressure measurement (finger pletismography) and oscillometric blood pressure measurement with ECG control and oxygen saturation level enables us to:

- Make the diagnosis of arterial hypertension on time, and to determine the type of hypertension (white-coat hypertension, masked hypertension, orthostatic hypertension, dysfunction of the autonomous nervous system, syncope);
- Choose adequate therapy and to regulate arterial blood pressure better;
- Diagnose the dysfunction of the autonomous nervous system in patients with diabetes.

**8.** The Society has also suggested the foundation of a regional Center for the diagnostics, research and treatment of blood pressure disorders, a highly specialized multidisciplinary service that would employ leading specialists (cardiologists, endocrinologists, nephrologists, neurologists, clinical pharmacologists, psychiatrists, specialists in nutrition, vascular surgeons) and which would be equipped with up-to-date medical equipment.





## ISH 2010 TOUR & SOCIAL PROGRAMME ISH 2010 Scientific Meeting

Experience Vancouver and British Columbia to the fullest through a wide variety of tours and events that will allow you to discover the city and surrounding area. Whether it's exploring a local rainforest, whale watching, cruising Alaska's magnificent coastline, or a luxury wilderness retreat, there is something for everyone!

Read on for more information on selected pre and post Meeting Vacation Packages and daily sightseeing tours and events. Full information on the complete Tour and Social Programme can be found at the Meeting website:

[www.vancouverhypertension2010.com](http://www.vancouverhypertension2010.com).

### Luxury in the Wilderness at the Wickaninnish Inn

This two night package is perfect for travellers looking to experience the natural beauty of British Columbia without sacrificing comfort or first class service. This tour will take you away from the hustle and bustle of Vancouver by airplane to the enchanting and critically acclaimed destination Wickaninnish Inn in Tofino, on Vancouver Island. During this tour you will also experience a thrilling whale watching excursion.

**Pre Meeting Tour Dates:**  
Thursday,  
September 23 -  
Saturday, September  
25, 2010



**Post Meeting Tour Dates:**  
Friday, October 1 -  
Sunday, October 3, 2010

### Vancouver Island Experience

Visit British Columbia's favourite getaway – Vancouver Island – and experience the beauty of its gardens, the vastness of its landscape and the warmth of its people during this four-day tour. Your

first class accommodation will include an evening in Parksville at the Tigh-Na-Mara Seaside Spa Resort, where you will enjoy the forest by the sea, as well as the Fairmont Empress Hotel, which rises regally on Victoria's spectacular Inner Harbour. During your trip you will have time to explore British Columbia's capital city of Victoria and also visit the world-famous Butchart Gardens, fifty-five acres of wonderful floral display offering spectacular views as you stroll along its meandering paths and expansive lawns.

**Pre Meeting Tour Dates:**  
Wednesday,  
September 22 -  
Saturday,  
September 25,  
2010



**Post Meeting Tour Dates:**  
Friday, October 1 - Monday, October 4, 2010

### Westcoast Wilderness Lodge Retreat

This getaway package is perfect for travellers looking to experience the laid-back relaxing atmosphere of British Columbia's Sunshine Coast. During your retreat, experience the crisp salt air and breathtaking views of the Pacific Northwest at the Westcoast Wilderness Lodge. Deep in the wilderness yet so close to the city, the lodge resort brings you first-class adventure, comfortable accommodation and gourmet dining.

**Pre Meeting Tour Dates:**  
Thursday,  
September 23 -  
Saturday,  
September 25,  
2010



### Majestic Westcoast Mountains and Valleys Tour

Visit British Columbia's majestic mountains, rivers and rugged coastline during this three day tour. You will travel from Vancouver to Whistler along the breathtaking Sea to Sky Highway, where you can explore the Olympic Resort at your leisure. The



adventure will continue through the Pemberton Valley to the historic Goldrush town of Lillooet. You will then travel through rugged terrain, tunnels and over bridges with the mighty Fraser River below on your way to Harrison Hot Springs. Experience the mighty Fraser River first hand on a Fraser River Safari Tour and visit the Xa:ytem Longhouse and Interpretive Centre on the final day.

**Pre Meeting**

**Tour Dates:**  
Thursday, September 23 -  
Saturday, September 25,  
2010



**Post Meeting Tour Dates:**

Friday, October 1 - Sunday, October 3, 2010

**Alaska Cruise**



Alaska is America's last great true frontier, an unspoiled wilderness of glimmering glaciers, abundant forests, towering

mountains, exotic wildlife, and waterfront communities. You will set sail from the beautiful port of Vancouver to Alaska onboard a luxury cruise ship through the Inside Passage – one of the world's most scenic sea lanes and one of the few where large ships can sail close to the coastline. The shoreline scenery is spectacular with snow-capped mountains, picturesque lighthouses, killer whales, sea lions and porpoises.

**Pre Meeting Tour Dates:**

Wednesday, September 15 - Wednesday, September 22

Saturday, September 18 - Saturday, September 25 (CME Cruise) - Costs TBA

Sunday, September 19 - Sunday, September 26

**Rocky Mountaineer Rail Adventure**

The vacation of a lifetime awaits you onboard the Rocky Mountaineer. Travelling via the “Kicking Horse Route”, you will venture through the spectacular interior of British Columbia including the Fraser and Thompson canyons, the famous Spiral Tunnels and over Kicking Horse Pass. You will also enjoy an overnight stay and optional entertainment in Kamloops.

**Pre Meeting**

**Tour Dates:**  
Sunday, September 19 -  
Monday, September 20



**Post Meeting Tour Dates:** Friday, October 1 - Saturday, October 2

**In addition to the Pre and Post tours available, there are a number of daily and evening tours and social events for you to enjoy!**

**Vancouver City Tour**



**Dates:** Saturday September 25; Sunday September 26 and Monday September 27

Experience magnificent Stanley Park, the largest park within a city in North America - it's actually larger than Central Park! Take advantage of world class shopping on Robson Street, then wander the colourful streets of lively Chinatown, and end your day shopping for souvenirs and watching the boats sail out into English Bay while enjoying a coffee or a local beer on Granville Island.

**River Rock Casino Night**



**Dates:** Tuesday, September 28

Try your luck at River Rock Casino, Vancouver's premier casino experience! River Rock offers a wide selection of games from slot machines to blackjack, roulette, baccarat,



craps, Fortune Pai Gow and Canada's largest poker room featuring daily tournaments. Dining options are numerous from fine dining at Tramonto, casual entrees and free entertainment at Lulu's Lounge\* to a quick meal at the buffet. Come out and try your luck!

### Lighthouse Park Rainforest Walk



**Dates:** Monday, September 27

Just 45 minutes from downtown Vancouver stands **Lighthouse Park**, a 185 acre rugged peninsula containing the last stand of old growth forest in the area. After a short transfer to the park from downtown Vancouver via the Lion's Gate Bridge you'll begin with an easy hike along the seashore through this breathtaking forest with its' captivating views of Burrard Inlet. An experienced guide will explain the workings of this unique ecosystem and point out examples of local lichen, moss, ferns, and flower plants which grow under the mantle of some of the oldest and largest Douglas Fir, Cedar and Hemlock trees in this part of British Columbia. A gourmet snack will be provided as you work up an appetite exploring the forest and seaside.

### Victoria and Whale Watching Day Tour



**Dates:** Thursday, September 30 and Friday, October 1

Sail through the Gulf Islands on board a B.C. Ferry to the provincial capital of **Victoria**, located on

Vancouver Island. During the 90 minute crossing to Victoria you can enjoy breakfast or a snack while sailing through the scenic Gulf Islands. Make sure to take a walk around the outer deck and enjoy the fresh air and watch for sea lions, bald eagles and maybe even whales!

Our first stop on the island is downtown Victoria, a city steeped in English tradition and heritage. You'll have time to stroll along the waterfront of this charming harbour city, shop, or enjoy lunch at the grand Fairmont Empress hotel.

In the early afternoon, guests will board a zodiac boat designed specifically for **whale watching**, there is no bad seat in the house! This tour will take you out to the beautiful wilds of the ocean, zooming out from Victoria's Inner Harbour, past the historic

Victoria coastline, to the waters of the Pacific. Keep your camera handy as there will be plenty of marine wildlife to see. The whale watching tour is guided by a certified naturalist. In the late afternoon, guests will re-board the coach for the return ferry trip to Vancouver.

### MORE INFORMATION

For more information please visit the ISH 2010 website - [www.vancouverhypertension2010.com](http://www.vancouverhypertension2010.com).

If you would like to be added to the email list to receive monthly e-newsletters leading up to ISH 2010, please send an email to [info@vancouverhypertension2010.com](mailto:info@vancouverhypertension2010.com) or sign up on the meeting website.

#### **Contact: ISH 2010 Meeting Secretariat**

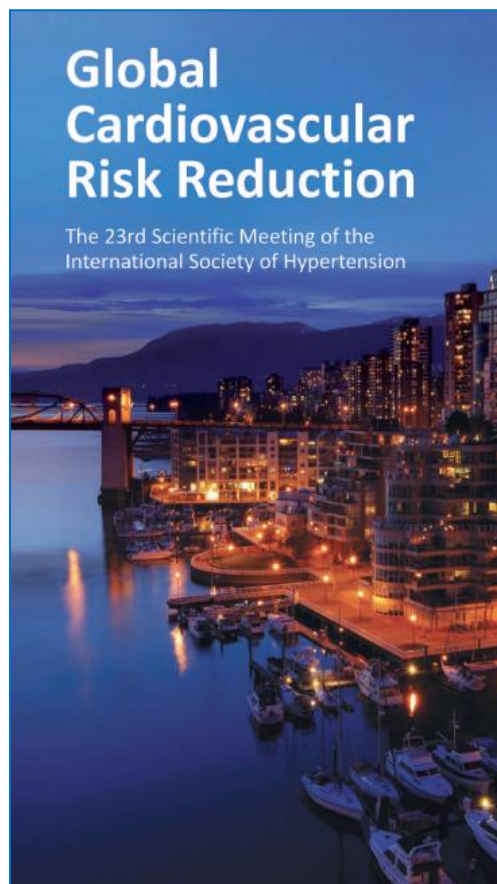
Kaitlin Beca

Tel: + 1 604-984-6448 Fax: +1 604-984-6434

Email: [info@vancouverhypertension2010.com](mailto:info@vancouverhypertension2010.com)

c/o: Sea to Sky Meeting Management Inc. Suite 206,  
201 Bewicke Avenue, North Vancouver, BC, Canada,  
V7M 3M7

### SEE YOU IN VANCOUVER!





## WELCOME LETTER FROM DR. SIMON RABKIN, PRESIDENT ISH 2010, 23<sup>RD</sup> SCIENTIFIC MEETING OF ISH

Dear Colleagues,

If you have not already registered for ISH 2010, we encourage you to do so as soon as possible. The 2010 meeting of the International Society of Hypertension will be filled with highlights in Science and Medicine. The focus of the meeting is on **global cardiovascular risk** in recognition that cardiovascular disease remains the leading cause of death in developed countries and is a growing cause of death for countries with emerging economies.



The global nature of the 2010 meeting is exemplified by a meeting that is bringing together thought leaders from around the world in its Leading Edge Program. Each of the three streams - pathobiology (basic science), clinical medicine and population science is filled with exciting learning opportunities. There are over 70 internationally recognized experts in the field giving state-of-the-art lectures or speaking at symposia.

**The public health program** starts with issues of the global problems of uncontrolled hypertension from countries with new economies to developed countries; continues with determinants of cardiovascular disease in relationships to hypertension, diabetes mellitus or dyslipidemia and has sessions on developing public health and public policy strategies.

**The pathobiology stream** has many sessions dealing with the pathobiology of hypertension, obesity, insulin resistance, with state of the art lectures and symposia such as those on signal transduction, kinases, immune responses, lipid signaling and G protein coupled signaling pathways.

**The Clinical stream** has state-of-the-art and leading scientific papers on the best evidence for blood pressure measurement; management of refractory hypertension, measurement of arterial stiffness and blood pressure targets for patients with stroke and

cardiovascular disease. There are outstanding sessions including a keynote lecture and a series of papers by leaders in the field such as on sleep apnoea; genetic versus environment factors in cardiovascular risk; epigenetics, Ethnicity and cardiovascular risk; central nervous system (brain) in hypertension and subclinical atherothrombosis.

There is a core curriculum - series of small group sessions that spans topics such as practical approach to assess overall cardiovascular risk, the role of echocardiography in assessing the extent and complications of hypertension, blood pressure measurement and more. There will be a series of debates on topic such as masked hypertension, hypertension targets, use of carotid intimal medial thickness.

There are several sessions sponsored or co-sponsored by other societies.

- The ‘rennin-angiotensin-aldosterone axis: new targets and old system’ is a symposium jointly sponsored by ISH 2010 and the high blood pressure council of the American Heart Association.
- “Prognosis, recognition and management of diastolic heart failure” is co-sponsored with the Canadian Cardiovascular Society. ‘Unravelling the Genetics of Hypertension and Vascular Disease’ is sponsored by the University of Ottawa Heart Institute Symposium.
- ‘Hypertension and the Kidney’ is sponsored by the International Society of Nephrology

ISH 2010 will truly be a global meeting in its presenters and attendees. It will address the global issues of cardiovascular risk across all diseases leading to cardiovascular risk. It will be an exciting opportunity to network with colleagues from around the world. This meeting has high-level science for every one interested in cardiovascular disease. Regardless of your main interest whether it be the basic pathobiology of disease, clinical medicine, allied health perspectives or population health scientists, you will find ISH 2010 rewarding.

When you arrive at Vancouver Airport (that recently was given a reward for the best airport in North America), you can take automobile transportation or the newly constructed rapid transit system down to the water front where the new convention centre is located. ISH 2010 has booked a range of hotels around the convention centre for attendees at reduced rates. Being in close proximity to an outstanding view and convention centre will complement your enjoyment of the meeting.



All attendees should take some extra time before or after the meeting, to visit the beauty of Vancouver and the surrounding area. Travel to Whistler the site of 2010 Olympics or over to Vancouver Island with its spectacular scenery or visit the ranches of the interior or the Rocky Mountains. Combining tourism and medicine will leave all attendees richer for the experience.

I welcome you all to the Vancouver 2010. I invite you to be part of an exciting learning experience on cardiovascular risk; one that you will remember for many years and one which will change your practice or your perspective.

**Simon W. Rabkin, MD, FRCP(C)**  
 Professor of Medicine (Cardiology)  
 University of British Columbia  
 President ISH 2010, 23<sup>rd</sup> Scientific meeting of ISH

## Upcoming Meetings

### 2010

**18<sup>th</sup> - 21<sup>st</sup> June 2010, Oslo, Norway**  
 20<sup>th</sup> European Meeting on Hypertension  
[www.eshonline.org](http://www.eshonline.org)

**30<sup>th</sup> June - 2<sup>nd</sup> July 2010, Geneva, Switzerland**  
 ISN Nexus Symposium, Fibrosis and the Kidney  
<http://dir.isn-online.org/ISN/nexus/fibrosis/index.html>

**6<sup>th</sup> - 9<sup>th</sup> July 2010, Milan, Italy**  
 21<sup>st</sup> International Thrombosis Congress  
<http://www.thrombosis2010.org/>

**4<sup>th</sup> - 6<sup>th</sup> September 2010, Los Angeles, USA**  
 8<sup>th</sup> Annual World Congress on Insulin Resistance, Diabetes, and Cardiovascular disease  
<http://www.insulinresistance.us/>



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

### 2011

**24<sup>th</sup> -27<sup>th</sup> February 2011, Vienna, Austria**  
 International Conference on Pre-Hypertension & Cardio Metabolic Syndrome  
<http://www.prehypertension.org/>

**25<sup>th</sup> -27<sup>th</sup> February 2011, Hong Kong**  
 CardioRhythm 2011  
<http://www.cardiorhythm.com/>

**8<sup>th</sup> - 12<sup>th</sup> April 2011, Vancouver, Canada**  
 World Congress of Nephrology 2011  
<http://www.wcn2011.org/>

## ISH FUTURE BIENNIAL MEETINGS

**2010**  
 26<sup>th</sup> - 30<sup>th</sup>  
 September 2010  
 Vancouver, Canada



**2012**  
 30<sup>th</sup> September -  
 2<sup>nd</sup> October 2012  
 Sydney, Australia



**2014**  
 14<sup>th</sup>-19<sup>th</sup> June 2014  
 Athens, Greece



**2016** Seoul, Korea

ISH

ISH Members are eligible to register for the scientific meeting in Vancouver at a much reduced rate. Visit [www.vancouverhypertension2010.com](http://www.vancouverhypertension2010.com) for information.



## ISH Membership

### MEMBERSHIP SUBSCRIPTIONS 2010

Emails have been sent out to all ISH members, inviting them to pay their membership subscription fees for 2010.

If you have not done so already, please could you 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](http://www.ish-world.com). Alternatively, please contact the Secretariat to receive a payment form. (Email: [secretariat@ish-world.com](mailto: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](mailto: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](mailto: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](http://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 7** of this newsletter for more information.







## ISH CORPORATE MEMBERS

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



Mitsubishi Tanabe Pharma Corporation



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Email: [secretariat@ish-world.com](mailto:secretariat@ish-world.com)  
Website: [www.ish-world.com](http://www.ish-world.com)