

metabolites that can elicit anti-hypertensive and anti-vascular aging effects.

In summary, the generation of autophagy-dependent metabolites, especially from extravascular depots, proposes both a physiological mechanism by which autophagy can prevent vascular aging, and a pathogenic mechanism of decreased autophagy in hypertension. Moreover, these mechanisms incorporate the known anti-hypertensive and vasculoprotective effects of intermittent fasting and exercise, given that both lifestyle interventions are known stimulators of autophagy.

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Cameron McCarthy - cameron.mccarthy@utoledo.edu

COMMITTEE REPORT

Research and Education Committee Goes Global

NADIA KHAN

University of British Columbia, Centre for Health Evaluation & Outcomes Sciences, Vancouver, British Columbia, Canada.

With the pandemic, the world has undergone a seismic shift in research and education. Research programs, work in scientific labs and clinical trials came to a halt and educational opportunities such as conferences were deferred or cancelled. Despite these impacts on research and education, new opportunities and lessons emerged. First, we bore witness to unprecedented, ultra-rapid development of vaccines and the development and testing of novel clinical treatments for COVID-19 infections made possible through advanced technologies and concentrated global efforts on a singular issue. In our first virtual ESH/ISH conference, over 5000 attendees and speakers from all over the world were able to access high quality educational sessions without leaving their homes and offices.

Harnessing global, diverse talent and leveraging the now commonplace technologies for communication, can multiply the Society's impact and reach on hypertension research and education. In developing our committee's aims and mandate to encourage the advancement of scientific research and knowledge globally, we aimed to use virtual platforms and partner with diverse, talented researchers and hypertension leaders globally. The committee also listened to the ISH member's input asking to help promote member's research and provide greater opportunities to participate in impactful knowledge outputs from the Society.

Prior to my role as chair of the Committee, I served as a council member and on the Women



in Hypertension Research Committee for 4 years and co led the Americas Regional Advisory Group. I am a health services researcher at the University of British Columbia in Canada investigating ethnicity and sex impacts on cardiovascular disease and management; and hypertension management including use of digital health tools. I am Professor and Head of General Internal Medicine, director of St. Paul's Hospital Hypertension Clinic and immediate past President of Hypertension Canada. I was appointed in October 2020 to chair the Research and Education committee. The committee comprises leaders in hypertension including Professor Tazeen Jafar from the University of Singapore, Professor George Stergiou from Athens University, Professor Claudio Borghi from the University of Bologna, Professor Yoshihiro Kokubo from Osaka University and our New Investigator liaison, Dr. Manja Zec from the University of Arizona. The committee developed the following initiatives:

1. **College of Experts:** (Lead, Professor Tazeen Jafar) The committee is assembling a cadre of diverse hypertension experts from around the world from clinical hypertension, research, policy and public health to provide the Society with expert guidance on various initiatives and issues including development of position papers, implementation and knowledge dissemination.

2. **Position Papers:** (Lead, Professor George Stergiou) The Committee is planning to develop 4 position papers on several important and timely issues including Night-time dosing of antihypertensive agents, the Virtual Management of Hypertension, Exercise and Hypertension as well as Single-Pill Combinations. Given that the papers are intended to be applicable to a diverse, global audience, we selected women and men leading experts on each topic from the regions represented by our Society. This initiative also gives an opportunity for early career investigators and clinicians to co-author and work with senior coauthors to build capacity within the Society.

3. **Café ISH:** (Leads, Professor Nadia Khan, Dr. Manja Zec) The goal of the ISH Café series is to share knowledge and viewpoints in hypertension in short, widely accessible videos delivered by experts around the world. This initiative helps promote ISH member's expertise and research.

Highlights of some of the topics in the video series include:

Professor Ernesto Schiffrin (Canada) "Viewpoint: Top 3 Basic Science Must-Read Papers in Hypertension from 2020"

Professor Rhian M. Touyz (UK/Canada) "Novel and Emerging Drug therapies in Hypertension"

Professor George Stergiou (Greece): "Is Night-time dosing beneficial for managing blood pressure?"

Dr. Lyudmila Korostovtceva (Russia): "The Effects of Shift-Work on Blood Pressure"

The Café ISH series is expected to launch at the end of June.

4. **ISH Academy:** (Leads Professor Nadia Khan, Professor Yoshihiro Kokubo) The ISH Academy is a new online hypertension school. Anytime, anywhere, online education on hypertension taught by the world's leading experts on hypertension. This multi-day program will be uniquely designed for researchers or care practitioners to provide a comprehensive, education covering all essential and advanced subjects within hypertension from blood pressure regulation to management of endocrine hypertension. The course is expected to be ready for launch in early 2022.

5. **ISH Research Library:** (Lead, Professor Nadia Khan) The ISH research library is a curated collection of information on hypertensive research databases to improve access for hypertension research for ISH members. We plan to include information on the study design, key variables, and access application information for each of the hypertension research databases. Datasets will include for example, May Measurement Month and clinical trial data sets.

6. **ISH Endorsements:** (Lead, Professor Claudio Borghi) The committee is responsible for vetting endorsement opportunities for the society including education events, conferences, and other initiatives.

The committee would like to thank the President of ISH, Professor Tomaszewski, Dr. Brandi Wynne (lead for the New Investigator Committee), Dr. Vikas Kapil (Young Blood group), all of the Regional Advisory Group chairs, Dr. Dylan Burger lead from Communications Committee and Professor Muscha Steckelings lead for the Women in Hypertension Research Committee, for collaborating with the committee on these important initiatives and helping assemble our global teams.

Committee Leads:

Nadia Khan (Chair)

Tazeen Jafar (lead for College of Experts)

George Stergiou (lead for Position Papers)

Claudio Borghi (lead for Endorsement)

Yoshihiro (lead for Education section)

Manja Zec (NIC liason)

[Full list of committee members](#)

[Nadia Khan - nakhanubc@gmail.com](mailto:nakhanubc@gmail.com)

Biggest Ever May Measurement Month Campaign Gets Underway

NEIL POULTER

Imperial Clinical Trials Unit, Imperial College London, London, UK.



May Measurement Month (MMM), the global campaign initiated by the International Society of Hypertension (ISH) in 2017, that raises awareness of the need for people to get their blood pressure (BP) checked, has now officially started its extended programme of screenings in 2021, with more countries than ever before taking part.

In the first three years of the campaign (2017, 2018 and 2019) over 4.2 million people were screened globally, and almost 1 million people identified with untreated or inadequately treated hypertension. This year the fourth campaign is running from May to November, to allow for countries to be flexible within their COVID-19 restrictions.

MMM is thrilled to welcome Gambia, Kazakhstan, Norway, Tanzania, and Thailand, who are joining the campaign for the first time this year, bringing the number of participating countries to 92 in total. Each country is supported if required with a supply of blood pressure monitors (provided by our partners Omron), marketing assets and educational, easy to digest information around BP,

what it means, the associated risks and optimal management, to share with participants.

In the event of COVID-19 preventing the usual face to face BP screening, in order to help as many people as possible access BP measurement, MMM have also introduced the possibility of home screening this year, with online guides and advice supported by an easy to complete questionnaire to submit their results. These are featured on a newly launched MMM website, maymeasure.org, and a newly designed MMM app – which we hope will encourage more people to record their results digitally which reduces the load of data cleaning.

In further efforts to work with the current pandemic challenges, MMM have teamed up with vaccination centres in the UK, Philippines and Georgia to screen participants whilst they attend for their COVID-19 vaccinations. This setting potentially could involve a huge number of people, albeit under different circumstances of measurement.