



8 June 2021

Introduction from the Secretary of the ISH



The Covid pandemic continues to create problems across the world, more in some areas than others and a return to normality, which seems a distant memory, is going to take some time yet. With this backdrop, the resilience and enthusiasm of our colleagues is remarkable and the continued efforts to remind everybody of the importance of tackling hypertension to improve global health has carried on. The use of web-based media to communicate and participate in meetings, educational seminars and congresses has never been more important to keep in touch with each other and maintain the momentum of our work. With this in mind, we should congratulate the ISH team on the development of the ISH website, which provides a more vibrant on-line platform, which will continue to evolve, packed with information for our membership and beyond. The launch coincided with World Hypertension Day last month during which the ISH issued a promotional video promoting the 8 simple rules for living with hypertension, [take a look](#).

May Measurement Month also got underway again, which will continue to promote the importance of screening for hypertension, even though it is going to be more challenging than ever this year as the world grapples with the pandemic.

If the mission of the ISH to improve the detection and treatment of hypertension is to be realised, then the ISH must have global reach and a strong local presence and relevance. It has been great to see the resurgence of the Regional Advisory Groups (RAGs), increasing their activities with regional events and meetings that have proved to be very popular. It was also important to see the RAGs hosting dedicated, region-specific scientific meetings at the recent ESH-ISH congress, which I hope will continue.

As we finish one congress, plans are already underway for the next ISH Congress, in Kyoto in 2022, when hopefully the pandemic will be in decline, and we can dare to dream about a face-to-face congress. The preliminary discussions around the themes for the congress are well underway and there are some exciting ideas (see below). We hope we will be able to take advantage of what we have learned about web-casting of congress scientific sessions in a hybrid meeting model, hopefully with many people attending the conference in person once again, but widening access for others who are unable to travel but wish participate in the congress through an on-line platform.

Congratulations to a past-President of the ISH, Anthony (Tony) Heagerty, who takes over as the new Editor-in-Chief of the Journal of Hypertension next month. This is an important role and key vehicle for the communication of clinical and basic science research relating to hypertension. Tony has a lot of ideas about how to evolve the Journal and one of the new initiatives is featured below, featuring graphical or video abstracts of research papers, some of which we will feature in future E-Bulletins.

Finally, having worked in hypertension for over 30 years, I am very aware of the need to continue to encourage young clinicians and scientists to commit to a continued focus on developing hypertension research and clinical practice. Building future capacity and future leaders in hypertension across the world is so important and it is down to existing leaders to inspire younger clinicians and scientists to continue the work. This is a major focus of the ISH Mentorship and Training Committee, and they have put together a very stimulating series of interviews with existing leaders in the field of hypertension who candidly discuss the challenges and opportunities a career in hypertension provides. We are grateful for their inspiring contributions to this programme.

There is so much going on as outlined in this packed edition of the E-Bulletin below. Remarkable when you think of the challenges everybody has faced and continue to face. The global challenge of our time in tackling this pandemic has

prevented us meeting face to face but has somehow brought us closer together. We need to continue that spirit when we return to the challenge of improving the global care of hypertension.

Professor Bryan Williams, London, UK.

New ISH Website: www.ish-world.com

The recently launched, updated ISH website has been well received. Users have commented on the refreshed look, what a pleasure it is to use and how easy it is to access information.

View our [short launch video](#) to find out more.

May Measurement Month Update



**International
Society of
Hypertension**

**MAY
MEASURE
MONTH**



MMM 2021 – the biggest FREE BP screening campaign in the world!

May Measurement Month (MMM), the global campaign run by the ISH to raise awareness of the importance of having your blood pressure checked, was launched on 1 May 2021 and has been extended to 30 November 2021. We are asking people to ‘roll their sleeves up’ and take action. Now with 91 participating countries this is the largest FREE BP screening campaign in the world. Join the crusade, roll your #sleevesup and #getchecked.

Full details for this year's campaign and how you can get involved can be found on the [May Measurement Month website](http://www.maymeasuremonth.org) or contact the MMM team at harsha@maymeasure.org.

Campaign pictures (shown left) demonstrate worldwide activities, including those that took place on World Hypertension Day (WHD). Congratulations to all those who organised WHD activities.

Society and Member Activities

The ISH has been particularly active over the last month. This [press release](#) was published in time for World Hypertension Day (WHD) on 17 May 2021.

Please also see this short ISH educational video “[8 simple rules for living with hypertension](#)”, again prepared for WHD, and for patients living with high blood pressure.

The **ISH Americas Regional Advisory Group** prepared this short [ISH promotional video in Spanish](#) to present at a virtual symposium on 29th May organised jointly by the ISH Americas RAG, Inter-American Society of Hypertension (IASH) Council of Epidemiology and Cardiovascular Prevention of Inter-American Society of Cardiology and Argentine Society of Arterial Hypertension (SAHA).

ISH Middle East and North Africa Regional Advisory Group (MENA RAG) Scientific Session was pleased to hold

their first dedicated session on 13th April during the Joint ESH-ISH 2021 April Meeting. Presentations included: (1) Which guidelines are more suitable for our patients? Dr A. Shehab-UAE (2) Hypertension Epidemiology in the Middle East and North Africa. Dr. R. El-Bikai-Lebanon (3) Hypertension among children in the region. Dr J. Alsaid- Bahrain. Dr J. Alsaid- Bahrain. [Further details can be found here.](#)

ISH Kyoto 2022 Meeting (12 - 16 October 2022)

Please watch our [invitational Kyoto video](#) and help us to promote the meeting.

You will find our [promotional toolkit](#) on the meeting website.

See you in Kyoto in October 2022! #ISH2022 #Kyoto

Hiroshi Itoh, MD PhD

Chair, ISH 2022 Kyoto

<https://www.ish2022.org>





The Nobel Prize Laureate will Come to Speak for Us!

Prof. Shinya Yamanaka,
The discoverer of iPS cells
Director, Center for iPS Cell Research and Application (CiRA), Kyoto University
2012 Nobel Prize laureate

ISH2022KYOTO Program Topics

- ISH2022 Three main themes
 - AI/Dx, Food/Nutrition, Physical Fitness
- SDGs & Hypertension ~Hypertension in The Real World in 2030~
 - Global Warming, Disaster Medicine, Human Isolation etc.
- Global Health & Hypertension
 - Regional, Economic, Racial and Resource Disparities
- Life Course & Hypertension
 - Preconception Care, Fetal Environment, Cancer Treatment etc.
- Super-Aged Soc. & Hypertension
 - Frailty, Dementia and Social Resources
- Next Generation Medical Care for Hypertension
 - Single Combination Drug, Medical App., Renal Denervation etc.
- BP Control by "Japan Method"
 - "Hypertension Zero Town"
- Convergence of Communicable (e.g. COVID19) & Non-Communicable Diseases
 - Lifestyle and Living Environment, Socio-economic Stress, Gender Differences, Disease Susceptibility etc.

Journal of Hypertension updates



Professor Anthony (Tony) Heagerty (ISH President 2008-2010) has been appointed as the new Editor-in-Chief for the Journal of Hypertension from July 2021. We would like to offer him our congratulations on this new role and look forward to furthering the ISH collaboration with the Journal of Hypertension.

We encourage all authors who submit to the Journal of Hypertension to include graphical or video abstracts describing their research. These will be featured in the ISH E-Bulletin. This month we highlight a video abstract of work published by a team from the First Hospital of China Medical University on the use of [carotid wall elasticity modulus in the diagnosis of coronary artery disease](#).

Incremental Value of Carotid Elasticity Modulus Using Shear Wave Elastography for Identifying Coronary Artery Disease in Patients Without Carotid Plaque

Yonghui Wang,* Cuifeng Zhao,* Pingping Meng,* Yao Yu,* Guangyuan Li,* Fanxin Kong,* Lixin Mu,* Jun Yang,* Chunyan Ma,**

* Department of Cardiovascular Ultrasound, The First Hospital of China Medical University, Shenyang, Liaoning, People's Republic of China;
 ** Department of Cardiology, The First Hospital of China Medical University, Shenyang, Liaoning, People's Republic of China.

Background

- Shear wave elastography (SWE) directly quantifies the local arterial wall stiffness by calculating the elastic modulus (EM).
- However, whether carotid wall EM can predict obstructive coronary artery disease (CAD) is not well known.

Objectives

- We aimed to investigate the value of carotid wall EM measured using SWE in identifying obstructive CAD.

Materials and Methods

- We prospectively enrolled 61 patients without carotid plaque referred for clinically indicated coronary angiography.
- Twenty-seven (44.3%) patients were diagnosed with obstructive CAD ($\geq 50\%$ coronary stenosis).
- The EM of common carotid artery was quantified using SWE (Figure 1). Ankle-brachial index (ABI) and echocardiographic global cardiac calcium score (GCCS) were measured.

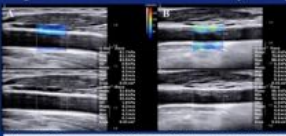


Figure 1. Measurements of the carotid artery EM with SWE.

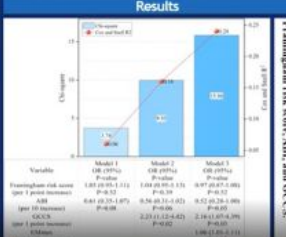


Figure 2. Incremental value of EMmax over Framingham risk score, ABI, and GCCS.

Results

- Patients with obstructive CAD had significantly higher EM than those without obstructive CAD.
- The maximum EM (EMmax) was independently associated with obstructive CAD after adjusting for the Framingham risk score, ABI, and GCCS (Figure 2).
- EMmax had the highest area under the curve (AUC) to identify obstructive CAD (AUC, 0.70; $P = 0.003$).
- In the nested models, the model based on the Framingham risk score and ABI ($\chi^2 = 3.74$) improved by adding GCCS ($\chi^2 = 9.95$) and further improved by adding EMmax ($\chi^2 = 15.86$) (Figure 2).
- Adding EMmax to the combined ABI and GCCS model increased integrated discrimination index from 0.10 to 0.19.

Conclusions

- Carotid wall EM measured using SWE is a useful predictor of obstructive CAD in patients without carotid plaque.
- We demonstrated the incremental and independent value of carotid wall EM in identifying obstructive CAD compared to clinical risk factors and other imaging predictors, including ABI and GCCS.

Mentorship and Training Committee

Latest ISH Mentoring podcasts



In the last months, the Mentoring and Training Committee (MTC) has had the honour to interview three well-known leaders in hypertension:

- [Professor Muscha Steckelings](#) - Professor of Cardiovascular Pharmacology at the University of Southern Denmark. Muscha is also the chair of the ISH Women in Hypertension Research

Committee (WiHRC).

- [Professor Stephanie Watts](#) – Professor of Pharmacology & Toxicology at the Michigan State University in the USA.
- In celebration of World Hypertension Day, we had the pleasure to interview [Professor Paul Whelton](#) – Show Chwan Chair in Global Public Health and World Hypertension League President-Elect.

These interviews are full of generosity, honest conversations, and insightful advice for all in medical research, particularly for our junior and emerging members. They all spoke about the importance of mentoring for their own career development, and how they continue to pay-it-forward as they mentor the next generation.



The MTC also launched the emerging leaders in #hypertension #ISHpodcast with the interview of [@mari_br_montrea](#), Assistant Professor at [@ResearchInRehab](#) [@mcgillu](#). Interview by [@fzmarques](#) & [@guto_montezano](#). [@spotify](#). [Podcast](#) with emerging leader, Dr Mariane Bertagnoli. You can also listen to the podcasts on Apple Podcast.

We hope you enjoy the interviews! Reach out using this [form](#) if you would like help to find an international mentor. We also welcome [new nominations of interviewees](#), both leaders and emerging leaders within the ISH.

Women in Hypertension Research Committee



Follow us on Twitter: [@ISHBP](#) #WiHypertenRes

Webpage: <https://ish-world.com/women-in-hypertension/>

Email: WiHRC@ish-world.com

Australian Cardiovascular Alliance in Collaboration with Women in Hypertension Research

"That's What I call Science" Series

For Heart Week 2021 in Australia, the focus was on women's heart health. The expert panel (with Prof. Alta Schutte and Dr Niamh Chapman from the ISH Women in Hypertension Research Committee) discussed the current evidence on women's heart health and future directions to address knowledge gaps. The discussion ranged from risk factor prevalence to pathophysiology and management with a balanced research and clinical input. [View the panel discussion](#).

New Investigator Committee (NIC)

[NIC on Twitter](#)



information channels.

We continue to share all our news with the @ISHBPcommunity through Twitter!!! Remember our hashtag (#ISHNIC) to be able to identify our initiatives.

The very first Words of Wisdom feature ([Getting Started with Big Data, Small Data and Data Science with Dr. Nadia Khan](#)) was launched in late March. Stay informed about future issues through the ISH



This month [Dr Quynh Nhu Dinh](#) (pictured left), postdoctoral researcher working at La Trobe University in Australia, features in the New Investigator Spotlight.

The NIC will actively participate in the Brazilian Congress of Hypertension on August 5th, 2021. We will let you know more about this event shortly!

Are you interested in writing for **Hypertension News**? Looking to tick off your CV for community engagement/contribution? In that case, look no further! The NIC is looking for new investigators to write short science articles (about 600 words) for Hypertension News. The content of these articles is not set-in stone (could be a short review of a recent paper in your field, a publication you recently co-authored, or a review of a specific aspect of hypertension). If you have any questions, feel free to contact Charlotte Mills

(c.e.mills@reading.ac.uk) for more information!

World Heart Federation

The World Heart Federation [calls](#) for improved prevention of diabetes, better control of blood sugar and increased access to insulin. This Global Diabetes Compact, a collaboration with the WHO, aims to develop means to mitigate the effects of poor sugar control and ensure transparency in access to antidiabetic agents.

World Hypertension League (WHL)

Message from WHL: We gratefully acknowledge the talented young contributors to the annual WHL Children's Art Contest. The artwork was so varied and impressive, that we are compelled to display all entries in the presentation posted on the WHL website [here](#). Thank you to WHL members and parent sponsors who encouraged children and families to learn about awareness, prevention and control of hypertension, a global Public Health problem.



Affiliate Events and Activities

Pakistan Society of Internal Medicine

Pakistan Society of Internal Medicine will be hosting an online update course on hypertension, weekly on **Sundays from 12PM to 2PM PST (GMT+4), from 23rd May to 29th August 2021**. The course [programme](#) is available. To register please go to



<http://bit.ly/PSIM-IHC-2021>.

psim.org.pk. Speakers from the ISH include:

Maciej Tomaszewski - ISH President 2020-2022

Fady Hannah-Shmouni - ISH Membership Committee member

Muhammad Ishaq - Chair ISH South and Central Asia RAG

Anthony (Tony) Heagerty - ISH Past President

Daniel Lackland - ISH member / WHL Past President

Neil Poulter - ISH Past President

Alta Schutte - ISH Immediate Past President

George Stergiou - ISH Council Member

Xin-Hua Zhang - ISH member / WHL President

Slovak Society of Hypertension

The Slovak Society of Hypertension has elected a new president and executive. We would like to congratulate the council members and wish them a successful tenure.

President: Anna Vachulova, MD, PhD

Vice-President: Ludovit Gaspar, Prof. MD, PhD

Secretary: Peter Letavay, MD, MBA

Honorary President: Slavomira Filipova, Ass Prof MD, PhD, FESC

ISH Membership renewal

Please ensure that you have updated your 2021 ISH membership. If you have ISH Secretariat (secretariat@ish-world.com).

notice, please email the

eBulletin access

Should you wish to include a news item in the E-Bulletin please email Helen before the 20th of each month.

in should be submitted

ISH Corporate Sponsors



Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)