



13 September 2021

Introduction from the Secretary of the ISH



It is difficult to believe it is September already, am I the only one who thinks this year has flown by? That doesn't mean to say it hasn't been busy and there is a huge amount going on in the ISH at the moment, examples of which are highlighted below and feature regularly in this bulletin. For me, it is particularly exciting to see the burgeoning excitement of our younger ISH members in the field of hypertension, across the world. They are so important as they represent the next generation of leaders of this Society and hypertension research and clinical practice in general. When I see their enthusiasm and the terrific work they are doing, I am reassured that the future for hypertension is in good hands.

One of the interesting pieces of work I had to do in the past few weeks was preparation as discussant and chairmanship for two exciting hotline presentations at the ESC at the end of August. The first was an extraordinary study conducted in China and led by Bruce Neal from Australia, the [SALT study](#), which looked at the effectiveness of a salt substitute in reducing cardiovascular events and mortality in patients at high risk of cardiovascular disease. The results were really remarkable, with this simple intervention resulting in striking reductions in the risk of stroke, major cardiovascular events and mortality. This is by far the most compelling randomised controlled trial evidence that a lifestyle intervention of any kind, can reduce mortality, many of whom were hypertensive.

I also had the pleasure of introducing and discussing another important trial from China, reported by Jun Cai, on behalf of his colleagues, the [STEP study](#). This looked at "more versus less" blood pressure lowering in older patients at moderate risk and reported similar results to the SPRINT study, whereby those targeted to lower systolic blood pressure, had better outcomes. The reason I highlight these two studies, is because they were one of the highlights of the ESC congress and served to remind everybody that there are still important questions to be answered by research in hypertension, and when they are answered, they have a major impact. I think both of these studies will influence future hypertension guidelines. It gets back to my point earlier about the importance of stimulating the future generation of clinical research scientists to focus their energy on hypertension. Another signal from these studies is that the epicentre of major clinical trials is shifting, and it is no coincidence that both of these studies were conducted in China. We need to see more of this, with new epicentres in other parts of the world, playing an increasingly important part in building an evidence base for the diagnosis and treatment of hypertension that is more

inclusive and diverse, and more representative of the regions of the world with the greatest burden of hypertension related disease. There is no doubt, that the ISH, with its international reach and membership, and its particular emphasis on building clinical, research and educational capacity in those very same regions, could and should be playing an important role in driving this agenda and implementing the research findings.

I hope you enjoy the latest edition of the ISH e-Bulletin. Wherever you are in the world, take care and stay safe.

Professor Bryan Williams
London, UK.



President's Blog

The ISH [President's Blog](#), written by Professor Maciej Tomaszewski has been updated in August. Be sure to check this out for the latest information straight from the ISH President.

ISH Website: www.ish-world.com

Society and Member Activities

The ISH support the WHO Hypertension Guidelines

On August 25 the World Health Organization published a new set of [Guidelines on the pharmacological treatment of hypertension in adults](#). The guidelines provide recommendations to help improve the treatment of hypertension, globally. Recommendations are made on a framework for the initiation of treatment; follow up; investigations; the target blood pressure levels and who, in the healthcare system, may initiate treatment.

The ISH leadership [welcomed](#) the launch of the new guidelines in a short video.



ISH in Brazil

On August 7th, the ISH participated in the Virtual Congress of the Brazilian Society of Hypertension (Sociedade Brasileira de Hipertensao, SBH). A very special trainee session entitled "*Reaching out an*

international scientific career in hypertension" was promoted in partnership with the New Investigator (NIC), Mentoring and Training (MTC) and Women in Hypertension Research (WiHRC) committees.



The goal of this session was to guide trainees in Brazil on ways to disseminate and promote their work internationally, as well as obtain international recognition and awards, benefit from mentorship and thrive with collaborations. National and international speakers participating in this panel and sharing their experience included Dr Rita Tostes (Brazil), Dr Neusa Jessen (Mozambique), Dr Augusto Montezano (UK), Dr Francine Marques (Australia), Dr Maria Claudia Irigoyen (Brazil) and Dr Ulrike Muscha Steckelings (Denmark). ISH selected the ISH WORLD NEW INVESTIGATOR AWARDS from 200 presented abstracts. Marcus Vinicius Serejo Borges Vale Da Silva (pictured left), from the Universidade Federal do Rio de Janeiro, received the best clinical abstract award and Hiviny De Ataide Raquel (pictured right), from the Universidade de São Paulo, the best basic science award. ISH congratulates the awardees and thanks Dr Elizabeth Muxfeldt and Dr Debora Colombari (RAG for Americas) for being part of the award committee and the SBH for this fantastic partnership!

ISH-endorsed Adherence Congress

Markus Schlaich (ISH Council Member) is amongst the faculty that will be discussing the challenges related to adherence in a congress entitled "Medication Adherence: What can you do with the medical challenge that starts after the consultation?" **on 20 and 21 October**. [Register to attend](#).

ISH Kyoto 2022 Meeting (12-16 October 2022)

Please visit the meeting [homepage](#) for updated information about the ISH and organising committee members and supporters for ISH2022. The [Welcome video](#) is available on the ISH website. See you in Kyoto in October 2022! **#ISH2022 #Kyoto**

Hiroshi Itoh, MD PhD

Chair, ISH 2022 Kyoto

<https://www.ish2022.org>



Mentorship and Training Committee

ISH Podcasts / Mentoring Opportunities

In the last month, the Mentoring and Training Committee (MTC) has had the honour to interview an emerging leader in hypertension, Dr Mansi Patil. Dr Patil is the Director of The



Indian Association for Parenteral and Enteral Nutrition.

She is a trained UNICEF Nutrition Rehabilitation Centre expert and a Trainer-of-Trainers consultant for the Infant and Young Child Nutrition program. Dr Patil actively contributes to ISH committees including the Women in Hypertension Research Committee (WiHRC) and the South and Central Asia Regional Advisory Group (SACA RAG).

Tune in as we interview other emerging and established leaders in hypertension and ISH award winners. 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 for interviewees](#), both leaders and emerging leaders within the ISH.



ISH Training Seminar Series

The ISH Training Seminar Series “Sex Differences in Hypertension” took place on the 3rd of September. This was a huge success with over 300 registrations. The presentations were outstanding. For those who missed it, they will soon be available for our community. We would like to thank our excellent speakers, as well as Dr Rodrigo Marañón (Program Manager) and the Mentoring and Training Committee.

Women in Hypertension Research Committee

WiHRC Online Mentoring Meetings



Online Mentoring Meetings
October 2021



The WiHRC is organising 30-minute online mentoring meetings with young (mentee) and senior (mentor) scientists between 11 and 22 October 2021. Our aim is to stimulate scientific networking and to enable the learning of skills related to career paths and development, scientific independence, grant/fellowship applications, and work and personal time management. We would

like to facilitate a space for discussion, not limited to science, where mentees will have the opportunity to talk freely about any concern/topic they choose. We have 11 exceptional mentors participating in this initiative: **Dylan Burger, Yan Li, Jiguang Wang, Ulrike Muscha Steckelings, Marko Poglitsch, Niamh Chapman, Guto Montezano, Alta Schutte, Glenn Croston, Marisol Fernandez and Karla Neves** (top to bottom row, left to right). Each mentor will have two slots. Slots will be offered in a variety of languages, depending on the mentor. [Click here](#) to find out more and register your interest as a mentee.

1st WiHRC newsletter

The WIHRC produced its first [newsletter](#) in July, which can also be found on the [ISH website](#). Please find out more about the expanding WIHRC [network](#).

New Investigator Committee (NIC)



NIC on Twitter

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



New Investigator Spotlight Feature

Watch Dr Mohammed Siddiqui discussing his work on mechanisms related to high blood pressure in people living with HIV on integrase strand transverse inhibitors in the latest New Investigator Spotlight feature. [video](#)



Our Fellow's Work

Dr Ana Palei's [@anacpalei](#) paper on the role of PIGF as a link between obesity and hypertension during pregnancy is the [new feature](#) of the #ISHNIC Our Fellows Work.

Hypertension News

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 New Investigator Committee is looking for ISH 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!

MMM update



**International
Society of
Hypertension**

**MAY
MEASURE
MONTH**

Sleeves up, Risk Down: MMM – join the crusade for blood pressure awareness.

May Measurement Month (MMM), the global campaign run by the ISH to raise awareness of the need for people to get their blood pressure checked, launched on 01 May 2021 in a record breaking 94 countries.

Building on its success from previous years MMM has been extended this year to run between 01 May – 30 November. There is still lots of time to get involved. Visit <http://www.maymeasure.org> for more information regarding volunteering opportunities and details of MMM screening sites near you. If you are interested in taking part in the campaign in your country please contact the MMM team at harsha@maymeasure.org.

Journal of Hypertension update

In the [August issue](#) the European Society of Hypertension (ESH) has produced a consensus statement on [hypertension in kidney transplantation](#) and a position paper on [Hypertension and heart failure with preserved ejection fraction](#).

The [September issue](#) of the Journal of Hypertension is also available with two position papers from the ESH. These two papers discuss [Renal Denervation](#) and [Home Blood pressure monitoring](#). This follows the [ESH practice guidelines for office and out of office blood pressure measurement](#) from the [July issue](#).

Affiliate Events and Activities



World Hypertension League

The [WHL September newsletter](#) has been published. The newsletter features a discussion on the WHO hypertension guidelines, brief reports of the SSaSS trial and the STEP trial and reports from the World Hypertension Day.



International Congress of Hypertension in Children and Adolescents and International Paediatric Hypertension Association

Mark your calendars to attend the 6th joint Webinar sponsored by the International Hypertension Association and the International Congress on Hypertension in Children and Adolescents. This 2-hour course will address Hypertension in Children with Chronic Kidney Disease and should be of interest to both clinicians and researchers in the field. This event, endorsed by ISH as well as by the European Society of Hypertension, features presentations from several of the leading experts in the field, including Mark Mitsnefes and Elaine Ku from the United States, and Tomáš Seeman from the Czech Republic. Topics will include pathophysiology of hypertension in CKD, as well as strategies to achieve renoprotection. Please access the [detailed program and registration instructions](#).



Pakistan Hypertension League

View the Spring 2021 Pakistan Hypertension League [newsletter](#) for an introduction to the ISH South and Central Asia Regional Advisory Group (SACA RAG) members and much more. We also would like to wish our PHL colleagues all the very best for their September [Annual Scientific Meeting](#).



Pakistan Society of Internal Medicine

The ISH was delighted to support the 2021 Pakistan Society of Internal Medicine (PSIM) Hypertension Course. This event was chaired by the ISH South and Central Asia Regional Advisory Group (SACA RAG) chair Professor Mohammad Ishaq.



Sri Lanka Hypertension Society

We would like to congratulate Prof. Udaya Ralapanawa on his successful tenure as the President of the Sri Lanka Hypertension Society, an affiliated society of the ISH. Congratulations are also due to Prof. Godwin Constantine who has been appointed the new President of the SLHS.

eBulletin access

Should you wish to include a news item in the E-Bulletin please email Helen@ish-world.com. Information should be submitted before the 20th of each month.

ISH Corporate Members



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