



**International  
Society of  
Hypertension**

**Bulletin**

12 October 2021

## **Introduction from the ISH Chair of Communications**



I must agree with what Professor Williams said at the start of the previous bulletin. Time has certainly flown by with the start of the academic year here in Canada. Within the ISH this remains true with several major achievements. Chief among them is the launch of the new Café ISH video series on October 1st. This is a really exciting initiative from our Research and Education Committee that promises easily digestible updates on hypertension research and clinical management. The early returns are very encouraging: over 2800 views in less than a week (already 4th all time for our videos). Personally, I very much enjoyed Professor Borghi's opening video and encourage all of you to check it out. In addition the launch of Café ISH the highly active Mentorship and Training Committee has released several new mentorship podcasts and recently hosted their first training seminar with almost 300 attendees. The New Investigator Committee has also recently announced their next ISH Live event which will focus on the impact of COVID-19 on academic life. Further details are available below.

Elsewhere in societal news, preparations for the 2022 scientific meeting in Kyoto are well underway and this bulletin features a discussion on the origins of the meeting's logo. The meeting is now just a year away and registration/abstract submission is not far off. I would also draw our members attention to the **call for bids for our 2026 scientific meeting**. Bids will be accepted until March 1st so if your region is ready to showcase itself to the global hypertension community then please consider submitting a bid.

Finally I would like to offer my congratulations to former ISH President Rhian Touyz who was recently appointed as editor-in-chief of *Hypertension*. This is on the heels of the appointment of Professor Tony Heagerty (ISH President 2008-2010) having been appointed as editor-in-chief for *Journal of Hypertension*. It is gratifying to see individuals who have steered the ISH to excellence receiving the recognition that they deserve.

Please enjoy this bulletin and take care

**Dylan Burger**  
**Chair, ISH Communications Committee**  
ISH Website: [www.ish-world.com](http://www.ish-world.com)

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## Society and Member Activities



### President's Blog

Check out the latest [ISH President's Blog](#), written by Professor Maciej Tomaszewski, for the latest information straight from the ISH President.

### Hypertension News

The [October issue of Hypertension News](#) has been published. This issue features differences between the sexes in hypertension, regional issues in hypertension and an introduction to Tony Heagerty as the new Editor-in-Chief for the Journal of Hypertension.



### Café ISH Launch: Research and Education Committee

We are excited to announce the [launch of the Café ISH video series](#). Café ISH presents information and viewpoints in hypertension through short 5-10 minute videos delivered by experts around the world. The goal is to learn about interesting hypertension topics in the time it takes you to drink your coffee! The first video "[The Truth about Coffee and Blood Pressure](#)" featuring Professor Claudio Borghi was released on October 1.



# GLOBAL COALITION FOR CIRCULATORY HEALTH

## Preventing the Next Pandemic THE CASE FOR INVESTING IN CIRCULATORY HEALTH

COVID-19 has had a devastating impact on the millions of people living with circulatory health problems.

People living with CVD, stroke, obesity, diabetes, hypertension, and kidney disease are at a particularly greater risk from severe forms of COVID-19 and its consequences.



People living with  
NCDs



greater risk  
severe forms of  
Covid-19



### ISH Support for the GCCH COVID statement

The ISH President, Prof. Maciej Tomaszewski is participating in the Global Coalition for Circulatory Health (GCCH) Webinar being held on 12 October 2021 at 14.00, CEST. This webinar will launch a position paper highlighting the importance of cardiovascular disease in the face of an infectious disease pandemic and the need to be prepared to ensure good management of non-communicable diseases. The position paper will be published in Global Heart, which is available from the World Heart Federation [website](#). To attend the [webinar](#) please [register](#).

### 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](#)



### Congratulations

The ISH would like to congratulate former President **Rhian Touyz** on her appointment as editor-in-chief of Hypertension. Professor Touyz takes over the reins from Professor Dame **Anna Dominiczak** and was the ISH President from 2014-2016.

### Joint ISH MENA RAG Webinar

The ISH Middle East and North Africa Regional Advisory Group (MENA RAG) is organising a joint session with the Saudi Hypertension Management Society during their [Annual Meeting](#) on 27th November, (1 AACME hours). The session title is “Hypertension Brief Review”.

**Chairman: Dr. Tawfik Albassam, Dr.  
Adrian Stanley, Dr. Rana El-Bikai**



Jafar Alsaid  
Chair / Bahrain



Tawfik Albassam  
Saudi Arabia



Rana El-Bikai  
Lebanon



Adrian Stanley  
Dubai, UAE



Ghazi Haji  
Iraq



Abdulla Shehab  
UAE

**17:00 – 17:20 Hyperuricemia in HTN & CVD; An Update**

Dr. Jafar Al Said. Chair ISH MENA RAG.

**17:20 – 17:40 HTN and Sympathetic Symptoms**

Dr. Abdulla Shehab. Editor in Chief, New Emirates Medical Journal. Vice President, Gulf Intervention Society. Vice President, Asia Pacific Cardiology

**17:40 – 18:00 HTN in COVID Time; Which Anti HTN Medications Prevails.**

Professor Ghazi F. Haji. President of Iraqi Hypertension Society, Professor of Cardiovascular Medicine. Baghdad College of Medicine.

MENA RAG members look forward to your active participation during the session as well as the whole conference.



**STRIDE BP** ([www.stridebp.org](http://www.stridebp.org)) is an international scientific non-profit organisation founded in 2019 to provide guidance on accurate blood pressure evaluation. The site is available in English, Spanish and Chinese and has reached >170 000 views from > 180 countries. STRIDE BP reviews Pubmed studies on the accuracy of [BP monitors](#) and has an interactive [e-Learning platform](#) for healthcare professionals.

Congratulations to Professor George Stergiou, Chairman of the Executive Management Board and ISH Council Member, for his extraordinary commitment and dedication to this initiative.



**ISH Kyoto 2022 Meeting (12-16 October 2022)**



The logo for ISH2022 KYOTO calls to mind the rising sun, a nod to a Japanese flag, the site of the 2022 Congress. Appearing as two hearts, the white heart-shaped pattern is actually connected by a single line, creating the impression of a never-ending circulation.

The golden link in the center of the hearts symbolizes collective wisdom, a pictorial representation of the convergence of the world's knowledge to control high blood pressure in order to support

and ensure the circulation.

The words "KYOTO JAPAN" are red and blue, suggestive of arteries and veins.

The shrine gate in the key visual is the "Senbon Torii", a striking row of thousands of torii gates born from the belief that wishes do come true. The desire of every person to become happier is expressed in this unique design of thousands upon thousands of overlapping gates. In much the same way, ISH2022 KYOTO will shape the desires of each and every person to carve out a new path forward to control high blood pressure.

The poster for this year's event features the Senbon Torii gate at Fushimi Inari Taisha Shrine, a tourist spot with an unshakeable position as the most popular and well-known destination for visitors from overseas, carefully selected from a number of photos taken by **Prof. Hiroshi Itoh, President of ISH2022**, in the early, solitary hours of the morning.



<https://www.ish2022.org>

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## Bids for ISH 2026

The ISH is inviting bids for the Biennial Scientific Meeting in 2026. The ISH Biennial Meeting is the premier event for hypertension research that brings together the world leaders in cardiovascular and hypertension research. Please bring this to the attention of your national societies. The deadline for the bid is the **1st March 2022**. For more information, please refer to the [ISH website](#) or contact [Helen](#).

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## Mentorship and Training Committee

### New Podcasts

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



Prof Ana Paula Dantas is a Research Scientist at the Division of Atherosclerosis and Coronary Disease at the Institute of Biomedical Investigations August Pi I Sunyer and the Clinical Cardi-ovascular Institute in Barcelona, and Adjunct Professor at the University of Barcelona, Spain. Ana is very active in editorial boards, acts as a national and international reviewer for funding agencies, but most of all, Ana has been an ECR advocate in Spain and has mentored many. Listen to her [podcast](#).

Prof Hind Beheiry is a former Dean of the Faculty of Nursing Sciences and former Vice-Dean of the Faculty of Medicine at the International University of Africa. She has served as the president of the Sudanese Society of Hypertension and is part of the Sudan Branch of the Arab Economic Unity Council. Prof. Beheiry is a member of the ISH Women in

Hypertension Research Committee and Africa Regional Advisory Group. Prof. Beheiry [discusses](#) the importance of science and scientific societies in her career but also her goal to help the community to prevent hypertension. She emphasizes the importance that our work “should always go back to the community”.



Prof Francisco Laurindo is the Director of the Vascular Biology Research Group at the Heart Institute (Incor), University of Sao Paulo, Brazil. He is also a member of the board of directors of the Brazilian Academy of Science, and the president-elect of the Society for Redox, Biology and Medicine. We [talked](#) about the importance of clinical and basic research, the altruistic role of mentorship, and a future of equality for all.

You can also listen to the podcasts on Apple Podcast.

We hope you enjoy the interviews!

Email [helen@ish-world.com](mailto:helen@ish-world.com) 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.

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### Seminar Series

In September, we held the first ISH Training Seminar Series ‘Sex differences in hypertension’. We are grateful to the speakers for their excellent presentations, and to the almost 300 hypertension scientists who registered from all over the world and contributed to the session. The recordings will be made available and shared soon, and we will share more details about the talks in the next issue of ISH Hypertension News.

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### Join us at the next event on 30 November

Are you interested in learning more about what a mentor can do for you? Are you passionate about training young scientists? The ISH Mentoring and Training Committee (MTC) cordially invites you to our first seminar discussing these important topics.

Join Dr Lebo Gafane-Matемane and Dr Cam McCarthy as we discuss:

- What are mentors and how you can find one, with A/Prof Francine Marques
- Building successful relationships with mentors, with Prof Alta Schutte and A/Prof Dylan Burger
- Developing mentoring goals - a workshop with Dr Augusto Montezano

**This free seminar will be held on November 30 at 8:00-9:30 pm GMT and [online registration can be done here](#).** We look forward to seeing you there!

Program	Chairs and Speakers	Time
Launch	Lebo Gafane-Matemane and Cam McCarthy	8.00-8.05 pm BST
Mentors: what they are and how you find one	Francine Marques	8.05-8.20 pm
Building successful relationships with mentors	Alta Schutte	8.20-8.30 pm
	Dylan Burger	8.30-8.40 pm
	Panel discussion	8.40-9.00 pm
Workshop: How to develop mentoring goals	Augusto Montezano	9.00-9.30 pm

## New Investigator Committee (NIC)



### Our Fellows Work

Check out the brief summary of Dr Ana Palei's recent study in the Our Fellows Work feature: <https://ish-world.com/portfolio-item/fellows-work-ana-palei/>.

Keep an eye out for the next Our Fellows work feature from Dr Cam McCarthy – coming soon to the ISH website and social media channels!



## ISH Live Event, 17 November 2021 at 4:30pm GMT



Is the COVID pandemic impacting your academic life? Are you facing challenges that you don't know how to overcome? Do you know which advantages are available to help you through those challenges? Do you want to know how to best cope with these times and how to take advantage in order to keep on track and advance your career? Then, save the date: our next #ISHLive will be on November 17th @ 4.30pm GMT!

Join us in an interactive discussion that will uncover the opportunities behind the challenges of conducting research during times of a pandemic, as well as coping strategies from a licensed clinical social worker who is familiar with the issues we are all going through. Drs Augusto Montezano and Neusa Jessen will be hosting the event, with very special guests: Professor Stephanie Watts, Ms Christina Le Cluyse, Dr Lilian Mbau, Dr Josie Fullerton and Dr Dylan Burger—all bringing different perspectives. Do not miss this opportunity to discuss ways of overcoming and succeeding during such challenging times. Non-members are welcome! [Click here to find out more and register.](#)

## Argentine Society of Hypertension 2nd International Summer School



(ISH), Argentine Society of Hypertension (SAHA) and Inter-American Society of Hypertension (IASH) invite applications from those wishing to receive a grant to attend the [2nd International Summer School](#) to be held between 26 and 27 November 2021 at the Grand Hotel Potrerillos, Mendoza. The Summer School will be held in Spanish in a hybrid format.

Those interested should email a copy of their Curriculum Vitae to: [saha@saha.org.ar](mailto:saha@saha.org.ar), no later than 15 October 2021. You must be an ISH member in order to be eligible, and should you wish to attend the face-to-face format, you need to reside in Argentina. Grants will be awarded by a committee appointed for this purpose.

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## MMM Update



**International  
Society of  
Hypertension**

**MAY  
MEASURE  
MONTH**

### Sleeves up - MMM – two months left to get checked!

Despite the challenges faced this year, MMM has grown and now operates in a record breaking 94 countries – with 7 new countries joining the campaign. MMM still has two months left to go. There is still time to get involved. Visit <http://www.maymeasure.org> or [harsha@maymeasure.org](mailto:harsha@maymeasure.org) for more information regarding volunteering opportunities and details of MMM screening sites near you.



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## Coalition for access to NCD medicines and products highlights advances in demand forecasting for hypertension and diabetes medications

The Coalition for Access to NCD Medicines and Products is a global multisectoral alliance of government agencies, academic



**COALITION FOR ACCESS  
TO  
NCD MEDICINES & PRODUCTS**

organizations working to improve global access to medicines and health products for noncommunicable diseases (NCDs). The International Society of Hypertension has been a partner in the coalition since its inception. The coalition recently completed a pilot of a newly developed NCD Forecasting Tool for Essential Medicines and Products in partnership with the ministries of health in Kenya and Uganda. A [recent update](#) from the coalition highlights the success of the pilot program and how it has been incorporated into long-term NCD strategies in Kenya and beyond

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## Affiliate Events and Activities

### World Hypertension League



We encourage you to view the latest [WHL newsletter](#) featuring a discussion on the WHO hypertension guidelines, brief reports of the SSaSS trial and the STEP trial and reports from World Hypertension Day.

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### Southern African Hypertension Society

The SAHS NextGen Committee is pleased to announce the first Spring School on 11 November 2021 and will feature Professors Empar Lurbe and Neil Poulter. The programme is aimed to create a platform for emerging Southern African researchers to showcase their current research and participants will be eligible for awards. Additionally, the programme covers several educational topics and interactive discussions, panels and debates. Students and early career researchers are invited to [submit](#) abstracts by 14 October.

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### Pakistan Hypertension League Meeting. Congratulations!



We would like to congratulate Professor Ishaq, Chair ISH South and Central Asia Regional Advisory Group (SACA RAG) / PHL Secretary General, Dr. Muhammad Nawaz Lashari (convenor), and Pakistan Hypertension League (PHL) colleagues on hosting a successful 3-day live conference from 24th to 26th September, with around 700 people in attendance. Around 80 papers were presented on this occasion.

The event included seven workshops and special sessions with participation from members of the ISH SACA RAG and Women in Hypertension Research Committee including Niamh Chapman (Australia), Tshewang Gyeltshen (Bhutan), Yan Li (China), Anastasia Mihailidou (Australia) and Mansi Patil (India).

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### Korean Society of Hypertension



We are pleased to inform you that Hypertension Seoul 2021, in conjunction with the 55th Scientific Meeting of the KSH, will be held as a Hybrid meeting on 5-6 November 2021.

Overseas participants can participate [online](#). Please [register](#) to attend.

*Hyojin Jeong, Secretariat of Hypertension Seoul 2021.*

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### Iraqi Hypertension Society

The Fourth International Iraqi Hypertension Society Conference will be held in Erbil, Kurdistan, Iraq from 4-5 November 2021. We wish Professor Ghazi F. Haji (Society President), Dr Samer M. Yousaf (organiser) and their Society members all the best with this year's event.

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### E-Bulletin access

Should you wish to include a news item in the E-Bulletin please email [Helen@ish-world.com](mailto:Helen@ish-world.com).

Information should be submitted before the 20th of each month.

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