



15 November 2021

## **Introduction from the ISH Secretary**



Welcome to the November issue of the e-Bulletin. It has been an interesting month here in the UK with most of the world's leaders arriving to debate climate change. Needless to say, they talked a lot and all agreed that we need to reduce our carbon footprint, before each driving back to the airport in a gas guzzling multi-vehicle procession before flying home in a private jet. The irony of that will have been lost on politicians but not on the public who are well aware of the environmental impact of the choices we make today and choose to make in the future. As I watched the event, I noted

the venue was the one that we had all planned to visit in Glasgow for the ESH-ISH in 2020, before the Covid pandemic struck. It caused me to reflect on how we are beginning to emerge from the extraordinary impact of the Covid pandemic that has cast such a cloud over the world in 2020 and 2021 but that things are beginning to appear a little better in most parts of the world at the moment, than they were in 2020, and that hopefully we can look forward to more face-to-face meetings wherever you are in the world as 2021 draws to a close and we anticipate a better situation across the globe in 2022. Of course, 2022 is also the year of the ISH Congress in Kyoto, in October 2022, in one of the most beautiful and historic cities in the world. A city over 1,000 years old, a fitting place to celebrate a new beginning as the world of hypertension comes together for the first face to face meeting of the ISH in a long time, as we finally emerge from the pandemic. The events of the past months have also caused me to reflect on how the really big challenges faced by the world, whether in health or the environment, can only really be addressed by collaboration, and a common determination addressing a common purpose. Better detecting and treating risk factors like hypertension is a good example of a common global problem that has not been adequately addressed, a common purpose that requires global collaboration. Of course, the solutions for hypertension will not always be the same or equally feasible in all parts of the world, and will need to be adapted to suit local circumstances. However, just like the discussions around the solutions to climate change won't be the same for every person or every region of the world, the aim, whether to reduce carbon use, or reduce blood pressure, is a common purpose that requires global collaboration and global champions in their regions to act. A global mission with local solutions. The purpose of the ISH is to help nurture and support these champions to lead research and drive changes in clinical practice, as part of a collective effort to improve blood pressure control around the world. Read the e-Bulletin below and you will see many dynamic examples of this mission in action, across the world and coordinated through the ISH.

**Professor Bryan Williams, London, UK.**



### President's Blog

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

ISH Website: [www.ish-world.com](http://www.ish-world.com)

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## Society and Member Activities

### Cafe ISH



The second edition of #CafeISH is now available. This [episode](#) features former @ISHBP president, Professor Neil Poulter discussing the top 3 #mustread clinical hypertension reports from 2020.

Café ISH presents information and viewpoints in hypertension through short 5-10 minute videos delivered by experts from around the world. The goal is to learn about interesting hypertension topics in the time it takes you to drink your coffee! [View the 1st issue](#) from Professor Borghi.

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### ISH Live

This webinar will focus on challenges experienced during COVID for academics. It will be held on 17 November at 4.30 GMT. Please [register](#) to attend. (Further details below)

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### MTC Mentorship Webinar

The MTC will be hosting their first seminar on mentorship on 30 November at 8:00-9:30 pm GMT. More details follow. Please [register](#) to join.

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## 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

### Seminar, 30 November from 8:00-9:30 pm GMT - register today

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-Matemane and Dr Cam McCarthy as we discuss:

- What mentors are 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. Please [register](#).

We look forward to seeing you there!



Lebo Gafane-Matemane, Cam McCarthy, Francine Marques, Alta Schutte, Dylan Burger, & Augusto Montezano

Program	Chairs and Speakers	Time / GMT
Launch	Lebo Gafane-Matemané Cam McCarthy	8:00-8:05 pm
Mentors: What they are and how you find one	Francine Marques	8:05-8:20 pm
Building successful relationships with mentors	Alta Schutte Dylan Burger Panel Discussion	8:20-8:30 pm 8:30-8:40 pm 8:40-9:00 pm
Workshop: How to develop mentoring goals	Augusto Montezano	9:00-9:30 pm

### Latest Podcasts

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



Prof Thomas Unger, Emeritus Professor of Pharmacology and Experimental Medicine at CA-RIM Maastricht University, Netherlands. At the ISH, Thomas chaired the ISH Guidelines Committee and chaired the Organising Committee for the ISH Scientific Meeting in Beijing 2018; and currently is a member of ISH Council and chair of the Corporate Liaison Committee. Listen to his [interview](#).

Prof Maria Christina Zennaro is a Research Professor at the French National Institute of Health and Medical Research (INSERM). She is the head of the “Genetic mechanisms of aldosterone related disorders” Laboratory at INSERM, the Paris Cardiovascular Research Center, and University of Paris. Listen to her [interview](#)



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.

## New Investigator Committee (NIC)

### 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 Mbaou, 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



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

## Women in Hypertension Research Committee



The WiHRC had the great privilege to be involved in joint sessions around the globe this year at various national and international societies which you can read about in our [October newsletter](#) as well as upcoming joint sessions with the Chinese Society of Hypertension and the High Blood Pressure Research Council of Australia are scheduled for later this year

Successful one-to-one, WiHRC 30-minute mentor-mentee online meetings took place in October. Watch out for the call for the 2nd round, which we are planning to announce early next year.

Niamh Chapman is featured in the [spotlight](#) for this month. Her story is an inspiration for everyone.



## MMM Update



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. 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.



## 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.

## Affiliate Events and Activities

### 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”.



Jafar Alsaid  
Chair / Bahrain



Tawfik  
Albassam  
Saudi Arabia



Rana El-Bikai  
Lebanon



Adrian Stanley  
Dubai, UAE



Ghazi Haji  
Iraq



Abdulla Shehab  
UAE

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

**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.



The SAHS NextGen Committee hosted their first Spring School on 11 November 2021 featuring Professors Stella Stabouli and Neil Poulter. The programme aimed to create a platform for emerging Southern African researchers to showcase their current research and covered several

educational topics and interactive discussions, panels and debates. Thank you to all who contributed.

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### Joint ISH- Korean Society of Hypertension (KSH) Meeting

Professors Tomaszewski and Williams represented the ISH at the KSH meeting on the 5th of November 2021. The joint session focused on discussing the importance of adherence and single pill combination therapy. Congratulations to Professor Myeong-Chan Cho and colleagues for a successful meeting.

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### Paediatrics and Hypertension



The ICHCA and IPHA will be hosting their next online session on the 16th of November. Up for discussion in this exciting programme is the Birth-to-Twenty Plus cohort and the transition of children into adulthood when they have hypertension, including a focus on those with chronic kidney disease. The webinar will be moderated by Joseph Flynn and Stella Stabouli. Registration is required.

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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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### ISH Corporate sponsors



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