



8 March 2022

Introduction from the ISH Secretary



As this is the first e-bulletin of 2022, I thought it would be helpful to look back and summarise what this ISH Presidency and leadership team have been doing over the past year. Although I am not one for spending too much time looking back, at times it can be helpful to appreciate just how far we have come. Like most of life, it has been an extraordinary and challenging time due to the pandemic, but it has also been an opportunity to reflect and reboot the ISH to ensure that it is optimally placed to undertake some exciting new initiatives in 2022 and beyond. There will be more on all of the activities in the coming months and there is some detail on some

of the specific activities in this bulletin below.

First, some numbers. The ISH has 23 committees or groups covering a wide number of areas. This means we now have 141 ISH members in leadership roles or on committees, from over 50 countries across the world. We are also seeing a growing percentage of women in ISH leadership roles, which is long overdue and a trend that needs to continue. Particularly pleasing is the 80 new appointments through the ISH “New Blood” Campaign, which is testament to the success of that programme and it is great to see younger people invigorating the ISH as the next generation of ISH leaders. Our six Regional Advisory Groups (RAGs) have now been aligned with WHO’s world map including; Africa, the Americas, Asia Pacific, Europe, South and Central Asia, Middle East and North Africa. They reflect our global membership and should be the beating heart of the ISH. They have been given a new sense of purpose and will be more empowered and supported to undertake new initiatives in the regions they represent all over the world. We will also see the RAGs having dedicated sessions at all future ISH congresses. Our partnerships are also vital to strengthen our advocacy for better hypertension care and research globally. We have many valued and long-established partnerships with hypertension societies in regions across the world, which we seek to strengthen. However, we are also developing new partnerships with the WHO, Resolve to Save Lives, KDIGO, and the Global Coalition for Circulatory Health, the latter aligning the ISH with many additional international partners focussed on cardiovascular disease prevention.

Another important development has been the development of ISH position papers. These will be published in the *Journal of Hypertension* and will cover a series of key topics. They also provide an additional opportunity for collaboration and for our ISH membership to get involved

in authoring these position papers and suggesting ideas for future position papers. Speaking of the *Journal of Hypertension*, there are some important changes for members to be aware of. The publisher has entered into a new and individual contract arrangement with the ISH and the ESH which has required a lot of very helpful and constructive discussions with the ESH leadership. This has been complex and has a number of implications. More details about this will be available very soon and as soon as the negotiations around this have been completed.

We have also implemented a number of changes in the back office administration of the ISH. We have appointed a new management team to handle our membership, governance, data protection and future meetings, along with new accountants, legal team and website management teams. This is designed to create a better on-line experience for our membership and provide bespoke, more cost-effective and efficient support for the increasing activities of the ISH. We also need to move the ISH to the modern incorporated charity status. Currently the ISH is an unincorporated charity which exposes the ISH Trustees to significant liability risk. The transition to incorporated status will provide the ISH with limited liability status, similar to that of a limited company. This will require our constitution to be updated to comply with this new status. We are currently reviewing the constitution and the changes necessary with the ISH Executive and Council, and we will soon be consulting with the ISH membership to seek approval of the proposed constitutional changes. We hope to get this process completed as soon as possible this year.

I would also like to draw your attention to the fact that the venue for our ISH congress in 2024 has been announced. We are delighted that the meeting will be hosted by our colleagues in Colombia in the enchanting city of Cartagena, 18th – 22nd September 2024. It is wonderful for the ISH congress to be returning to South America after such a long time. Save the date in your diaries. The application process to host the ISH congress in 2026 is also open but there isn't long to go to get your application submitted by April this year.

Finally, we have also sought to secure a more stable future for the May Measurement Month (MMM) campaign, a programme initiated by the ISH that is now in its fifth year. MMM has successfully transitioned to become an independent charity to continue its work in association with the ISH.

Needless to say, completing all of these changes has been a huge amount of work for the ISH Executive team in what has been a transformative year. We hope the benefits of these changes will soon become apparent to what we hope will be an increasing number of members of the ISH, with increased opportunities to participate in the many ISH committees and activities. As I noted at the beginning of this piece, the look back has revealed a vigorous year of activity for the ISH, much of it behind the scenes, but it has positioned the ISH to emerge stronger from the Pandemic. A modern structure, embracing opportunities for a stronger online presence and a better and more inclusive experience for our members. As a consequence, we now look forward to many of the new initiatives discussed here, and in the e-bulletin below, and of course, the opportunity for us all to meet in the wonderful city of Kyoto in Japan, for our ISH congress, later this **year**.

As I was finalising this introduction to this Bulletin, we have witnessed horrific scenes from

Ukraine where Russia has aggressively invaded a peaceful sovereign nation. It is difficult to find words to express the disbelief that this is happening under three hours flying time from where I am writing this today. The courage, resolve and determination of our Ukrainian friends is inspiring and remarkable. Like many organisations across the world, the ISH and the ESH have together issued a joint statement (see below) condemning the Russian action in the strongest possible terms, expressing our heartfelt support for the Ukraine and its people in these desperate times.

Prof. Bryan Williams, London, UK

Society and Member Activities

The ISH, along with the ESH, have issued a **statement of support** for the Ukraine.



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. Importantly, please note the transformation in Administrative Support for the ISH. Furthermore, there is important information on ISH partnerships, including future work with the WHO.

ISH Website: **www.ish-world.com**

The ISH would like to thank Ms Margaret Sherry's team at In Conference for their administrative support over the last few years! We are delighted to welcome Mr Jason Simms and his team, CJ Association Management (CJAM) – they will support ISH membership, governance and communication.

Café ISH

"The **latest video** in the Café ISH series is now available. In it, ISH Immediate Past President Alta Schutte discusses the top 3 population health/epidemiological studies in Hypertension from 2020. Be sure to check it out.

ISH Membership Renewal

While the ISH re-negotiates the contract with the Publisher of *Journal of Hypertension* we will not be asking you to renew your membership. Until this process is finalised, our 2022 membership fees will not be due until further notice.

ISH APAC RAG and International Forum leadership changes

Due to the recent increase in his professional commitments, **Professor Myeong-Chan Cho** (South Korea) will be stepping down as the chair of ISH Asia Pacific Regional Advisory Group (APAC RAG)



and as chair of the ISH International Forum. We thank Professor Cho for the outstanding support that he has provided in the restructure process of ISH RAGs and the work he has done as the chair of your APAC RAG. We are fortunate to have retained his expertise as an

Executive member of the Council.

We are delighted to confirm that Professor **Wook Bum Pyun** (South Korea) has kindly agreed to take over as the new chair of the RAG and **Professor Rafael Castillo** (ISH Council Member, Philippines) will be leading the ISH International Forum to oversee the work of the RAGs and act as the main contact for ISH Affiliated Societies.

We wish Professors Castillo and Pyun the very best of luck in these important roles.

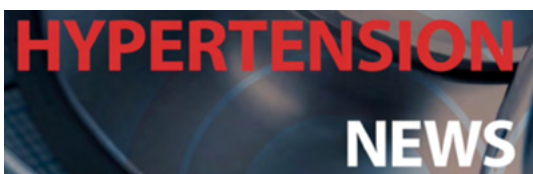
Americas Regional Advisory Group

The ISH Americas Regional Advisory Group (RAG) and the Argentinean Society of Hypertension (SAHA) are co-organising a 2-year certified advanced course on hypertension for clinicians and researchers from Spanish speaking countries. This course is aligned with the objectives of the ISH to promote education on hypertension and train future leaders in the Latin American region with highest standard of care on cardiovascular diseases. The course will be launched in April 2022 and include 16 modules with topics from physiopathology through to global guidelines treatment on hypertension. There is a significant discount in the registration costs for ISH members. For more information please email: cursohta@saha.org.ar

ISH Middle East and Africa Regional Advisory Group Scientific Sessions

ISH Middle East and Africa Regional Advisory Group (MENA RAG) Scientific Sessions will take place online on 26th March (*Intervention in treating Hypertension. Where do we currently stand?*) and 28th May 2022. Please email Reinalyn to register to attend. Please see the [programme](#) for the March session.

Hypertension News



The [December issue of Hypertension News](#) came out on 14 December. In case you missed this great publication in the end of year rush you can find it on the [ISH website](#). This edition includes a very informative “Learning the Ropes” discussion on

ISH Highlights from 2021

In the last year, despite many of the challenges that have been experienced in both the clinical and research arena the ISH has had many achievements. Notable achievement for 2021 include:

Communications Committee

Launch of the new **ISH website**: the updated website has been a great asset to the ISH community. The improved accessibility and ease of use has increased hits and further promoted our society.

Café ISH

In 2021 Café USH was launched. These brief discussions highlight current information and viewpoints in Hypertension. Experts from around the world deliver information on interesting hypertension topics in the time it takes you to drink your coffee! These videos can be viewed on the **ISH YouTube channel**.

ISH 2021 Virtual Congress

A very successful first virtual congress was held in 2021. After the interruption of the Glasgow congress in 2020, the meeting moved to a virtual platform and has set the ballpark for future congresses. This platform has enabled easier access for many people all over the world.

New Investigator Committee Words of Wisdom

The NIC has consistently developed their **ISH platform** for the benefit of young people entering the world of hypertension. One of their major features has been their Words of Wisdom feature which is allowing for encouragement of future leaders in hypertension.

Mentorship and Training podcasts

The MTC has produced multiple podcasts featuring senior members in the society. These mentors have provided us with pearls of wisdom and allowed us to feel that we are getting to know our doyens despite much of the world being in lockdown. Further information on the committee and access to the podcasts can be found on **Spotify**.

Women in Hypertension Research Committee newsletter

Recently the WiHRC has launched their newsletter, which publishes their activities and joint events. These have been a pleasure to read and can be found on the **ISH website**.

ISH Kyoto 2022 Meeting 12 -16 October



The ISH congress in Kyoto is our premier event this year. Details can be found on the **congress website** (where you will find the countdown videos), **Facebook**, **Instagram** and **Twitter**. Details of the **Top Speakers** are included.

With 217 days to @ISH2022 it is time to start considering which abstracts you will be submitting. Abstract submissions will be opening in February. The [attractions of Kyoto](#) are included.



Prof. Hiroshi Itoh
President of ISH2022
<https://www.ish2022.org>

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 has been extended to the 4th April 2022. For more information, please refer to the ISH website or contact Professor Fadi Charchar - chair of the selection Committee (treasurer@ish-world.com) or Helen (helen@ish-world.com).

Mentorship and Training Committee



Don't miss these recent International Society of Hypertension Podcast Interviews



[Brandi Wynne](#)

[USA](#)



[Tazeen Jafar](#)

[Singapore](#)



[Bryan Williams](#)

[United Kingdom](#)



[Marisol Fernandez](#)

[Alfonso - Spain](#)



[Satoko Nakamura](#)

[Japan](#)

2021 ended with an [interview with Prof. Bryan Williams](#), the ISH Secretary, Chair of Medicine at UCL and Director of NIHR @uclh Biomedical Research Centre. **Drs Francine Marques, Augusto Montezano** and **Prof. Williams** discussed the role of mentors to listen and inspire, the importance of resilience and hard work, and barriers to inclusion in research and leadership.

December [podcasts also featured Prof. Marisol Fernandez-Alfonso](#). **Prof. Fernandez-Alfonso** is the Research Director of the groups for the study of Cardiometabolic Health (GESCAMET) in Madrid. She is a professor of pharmacology.

We started 2022 with two fantastic podcasts.

Prof. Tazeen Jafar is a Professor of Health Services and Systems Research at Duke-NUS Medical School, in Singapore, a Visiting Consultant of Renal Medicine at Singapore General Hospital, Visiting Professor of Medicine, Aga Khan University, Pakistan, Adjunct Professor of Nephrology, Tufts Medical Center, USA, and Research Professor at Duke Global Health Institute, Durham, USA. At the ISH, she is part of the Research and Education Committee, leading the Lead ISH College of Experts.

Prof. Brandi Wynne is an Assistant Professor in Internal Medicine in the Division of Nephrology & Hypertension at the University of Utah, the USA. In the International Society of Hypertension, she chairs the New Investigator Committee. She is also the chair of the Trainee Advocacy Committee of the American Heart Association Hypertension Council.

New #ISHpodcast! **Dr Satoko Nakamura**: [Listen to @FZMarques' interview of Dr Satoko Nakamura](#), MD & PhD from Osaka City University, board member of the Japanese Society of Hypertension & chair of the Diversity and Inclusion committee.

For a full episode list visit: <https://open.spotify.com/show/2I5XkJN735nChJpg8G8xa0>

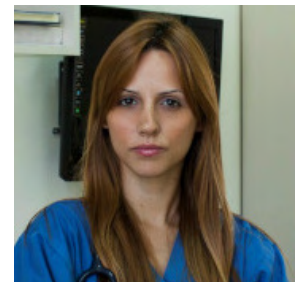
At the end of 2021, we also had our first Mentoring Programme Seminar, which is now available for viewing on [YouTube](#). Reach out using this [form](#) if you would like help to find an international mentor.

New Investigator Committee (NIC)



The [January Words of Wisdom](#) features **Dr Anna Shalimova**. **Dr Shalimova** describes how to choose a career path based on her own experiences. She is a specialist physician and family physician with a PhD. She is currently involved in research in the Clinical Pharmacology Department at Kharkiv National Medical University, Ukraine.

The [December Spotlight](#) featured **Dr Marina Ostojic** who is a cardiologist at the University Clinical Centre of Serbia. Her research interests include secondary prevention on those with high cardiovascular risk.



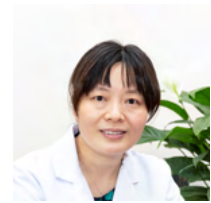
Follow us on Twitter: [@ISHBP](#) #ISHNIC

Webpage: <https://ish-world.com/new-investigators>

Email: nic@ish-world.com

Women in Hypertension Research Committee

Dr Yan Li featured for the WiHRC in December. **Dr Li** is a professor of cardiovascular medicine at the Shanghai Institute of Hypertension. Her research focus is hypertension and arterial stiffness and her advice is “Do not wait, just start doing. Done is better than perfect.”



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FEB 2022

**ENCOURAGE
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Women in Hypertension Research

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MESSAGE FROM THE CHAIR
Dear Member of the Women in Hypertension Research Network,
Welcome to the 1st edition of our newsletter in 2022.
This newsletter will be published around the **UN International Day of Women and Girls in Science**.

The WiHRC-HBPRCA held a joint discussion on “Current bias and stigma towards female researcher” on 10 December 2021. This was a well attended and received session.

View the latest (February 2022) [WiHRC newsletter](#).

Should you wish to join the WiHRC network you can register your interest by emailing [@ish-world.com](mailto:wihrc@ish-world.com) @ISHBP #WiHypertenRes

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

Email: WiHRC@ish-world.com

Affiliate Events and Activities

World Hypertension League

WORLD HYPERTENSION DAY
Initiated by the World Hypertension League

Measure Your Blood Pressure, Control It, Live Longer www.whleague.org

May 17, 2022
Save the Date!

The **December WHL Newsletter** promotes low sodium lifestyles and ISH and ISH 2022 Kyoto meeting updates.

The WHL invites contributions for the **2022 WHL Children's Art Program**.

There was a wonderful global showing in **2021**. This year's theme is "**Promoting Healthy Lifestyles**", including blood pressure awareness and stroke and cardiovascular disease prevention. **We will showcase this year's artwork on World Hypertension Day, May 17th.**



The deadline for submissions is April 1st. For more information and submission forms [click here](#).

MyWASSH

The Malaysian Society for World Action on Salt, Sugar and Health has



been established with the aim to educate and motivate for salt and sugar reduction in the diet and promote research in this field. The president of **MyWASSH** is Prof. Yook-Chin Chia who is a member of the ISH Asia Pacific (APAC) RAG.

World Health Summit

The first joint World Health Summit and World Health Organization meeting will be held from **16 to 18 October 2022 in Berlin**. This summit will focus on Global Health: Health for All and vaccine inequity.



WORLD
HEALTH
SUMMIT

Certificate Course in Management of Hypertension



We are delighted to report on the successful completion of the **fourth cycle of the CCMH**, organised by the Public Health Foundation of India (PHFI) and supported by the ISH and British and Irish Hypertension Society.

Pan-African Society of Cardiology



We are pleased to announce the new PASCAR Chair of the Hypertension Task: Dr Dike Ojji from Nigeria. Dr Ojji (top) brings a host of ideas for improving hypertension care in Africa and takes over from the successful tenure of Dr Anastase Dzudie (bottom). Congratulations.



E-Bulletin 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.

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