



8 June 2022

## Introduction from the ISH Secretary

I cannot believe it is June already. That means we will be soon getting into conference season as things begin to feel a little more normal as Covid recedes in its impact in most parts of the world. I am looking forward to the 31<sup>st</sup> European Society of Hypertension meeting in Athens later this month and catching up with colleagues, many of whom I will not have seen face to face for over two years. Of course, some of them might see that as a blessing but there is no doubt there will be a buzz about getting back into the groove.

We are also looking forward with great anticipation to the first ISH congress since the pandemic. This will be held in Kyoto, Japan in October, later this year. I know the local organising committee for that event have been doing a huge amount of work behind the scenes to create an exciting and stimulating conference. One of the challenges for all congresses at the moment, is attracting abstract submissions because many potential presenters are uncertain if they will be able to travel to the congress. The good news is that Japan is opening up to visitors, and there is every expectation that there will be no restrictions to travel at the time of the [ISH Congress in October](#). In addition, the abstract submission process is still open for poster presentations until the end of June. It is important to note that the ISH congress in Kyoto is hybrid, so you can present virtually if you are not able to travel to Kyoto, and secondly, the organising committee has been very generous in making available a large number of travel grants for younger investigators who do plan to attend the congress. So, there is still time to submit your abstract for poster presentation and the abstract submissions for late-breaking/hotline submissions will open soon. We hope to see you there!

May was a busy month with lots of activities marking World Hypertension Day on 17<sup>th</sup> May, highlighting the importance of better screening, detection, and treatment of hypertension, and in particular, the important role of lifestyle measures alongside drug treatment, as people get moving again after the pandemic. It is impressive when you check the web to see just how many events were taking place globally to highlight the importance of hypertension. The ISH marked World Hypertension Day with the release of one of its position papers, on the virtual management of hypertension (see below), which has been such a hot topic during the pandemic and I suspect will continue to influence and change the way we manage hypertension and other chronic diseases as we emerge from the pandemic. I am sure this will also be a key theme of discussion in many conferences in the months to come.

I am always intrigued by publicity campaigns such as World Hypertension Day. We spend a lot of time thinking about what we want to say but we never ask the question, do the people we say it to, actually hear what we are saying? Communication is a two way process. I was reminded of this

recently on a visit to see my daughter and her husband who live in Mexico City. I am currently using Duolingo to try and learn some Spanish! Being British and speaking English as a universal language, means we have never really had to learn other languages. I have always been in awe of colleagues from other countries who speak English so fluently as their second or even third or fourth language. Anyway, I found myself speaking to people in my basic Spanish, and quickly realised



Professor Bryan Williams

ISH Secretary

London, UK

that when they spoke back to me, I couldn't understand the reply! So, you see, it isn't just about what is said, but also what is heard. I think that is an important message to think about in campaigns and when you are speaking at a congress – it is not about what you want to say, but what you want your audience to hear! That said, please don't come up to me at meetings and speak to me in Spanish just yet, I have to concede, yo no hablo español, not yet anyway!

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## 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.

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



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## ISH Kyoto 2022 Meeting, 12 -16 October

**Take Note: Poster submissions until 30 June 2022**  
**Discounted registration fees for virtual attendance**



The 2022 ISH congress will be held in Kyoto, Japan in October. The theme for this year is “The Wisdom for Conquering Hypertension” and is built on three core concepts: innovation, advanced technology and health promotion. Further details can be found on the [congress website](#), [Facebook](#), [Instagram](#) and [Twitter](#).

Abstract submissions are now closed but **submissions for posters remain open until 30 June 2022**. Participants will be able to present in person or virtually. Please take note of the **discounted registration fees** for those who wish to attend virtually.

Dr [Kaori Hayashi](#) tells us about many of the beauties of Kyoto and the ISH2022 website includes a [promotional toolkit](#) to showcasing the beautiful city of Kyoto.

ISH2022 website:

<https://www.ish2022.org>



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## Society and Member Activities

The ISH, along with the ESH, have issued a [statement of support](#) for the Ukraine.

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## ISH marked World Hypertension Day with the release of a key Position Paper

The International Society of Hypertension is delighted to [confirm the release](#) of its latest position paper "[International Society of Hypertension Position Paper on the Virtual Management of Hypertension: Lessons from the COVID 19 Pandemic](#)". Developed by an international panel of experts, the position paper identifies key modalities for the virtual assessment and management of hypertension and provides recommendations based on the consensus of the writing group.



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## Dietary Sodium (Salt) Global Call to Action

A further position paper, with partners the World Hypertension League and Resolve to Save Lives: "[2022 World Hypertension League, Resolve to Save Lives and International Society of Hypertension Dietary Sodium \(Salt\) Global Call to Action](#)" published in *Journal of Human Hypertension*, brings to the fore the importance of reducing sodium in the diet to decrease hypertension and its complications.



## World Hypertension Day and the WHL

[World Hypertension Day](#) was celebrated across the world on 17 May 2022. The [World Hypertension League](#) (WHL) announced their [2022 WHL Excellence Award Winners](#) and the [Children's Art Contributors](#). The theme this year was *Measure Your Blood Pressure Accurately, Control It, Live Longer*. Further details on WHL activities can be found in their [Newsletter](#).

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## Call for ISH Awards Nominations



The International Society of Hypertension (ISH) is pleased to call for nominations for the following awards. These will be presented on the occasion of the 29th Scientific Meeting of the ISH, which will be held in Kyoto, Japan from 12th to 16th October 2022 ([www.ish2022.org](http://www.ish2022.org)). Visit the [ISH website](#) to find out more. **The deadline for submissions is 30 June 2022.**

- ISH Franz Volhard Award and Lectureship for Outstanding Research
- ISH Robert Tigerstedt Lifetime Achievement Award
- ISH Developing World Award
- ISH Paul Korner Award, supported by the High Blood Pressure Research Foundation of Australia
- ISH Distinguished Fellow Award
- ISH Honorary Fellow Award
- ISH Award of Excellence for Research in Cardiovascular Health and Disease in Women
- ISH Mid-Career Award for Women Researchers
- ISH Honour for Senior Women Researchers

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## ISH African School of Hypertension





## AFRICAN REGIONAL ADVISORY GROUP INTERNATIONAL SOCIETY OF HYPERTENSION

The African RAG and the ISH have developed the “[African School of Hypertension](#)”, aimed at non-physician Health Care Workers. The 4 month course includes 2 months of online training and 2 months of mentorship. Please use the [online application](#) form if you are interested. Further information is available from [afri-canhtn.sch4nphw@gmail.com](mailto:afri-canhtn.sch4nphw@gmail.com). Applications close on 17 June 2022

### Hypertension News



the challenges experienced in Africa.

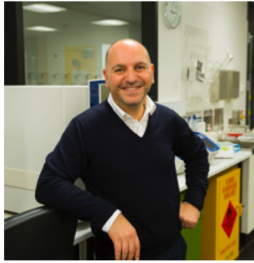
Please read the [April issue of Hypertension News](#). Very valuable contributions into Childhood hypertension have been included in this issue from pre-eminent clinicians and researchers. A section on “African voices” highlights some of



We are pleased to announce a new Hypertension News Editorial Board member: Hiromi Rakugi from Japan (right).

### Mentorship and Training Committee (MTC)

In the month of May, Dr [Fadi Charchar](#), the ISH treasurer, was interviewed by Francine Marques and Augusto Montezano. While his career in hypertension may not have been pre-planned, we are all grateful that he made the move because of his considerable contribution to the science of hypertension.



Fadi Charchar  
Australia



Ching Siew-Mooi  
Malaysia

Dr [Ching Siew-Mooi](#) has contributed to improving healthcare and teaching in Hypertension in Malaysia. Her understanding of the considerable burden that hypertension imposes has led to her drive to improve cardiovascular health.

Reach out using this [form](#) if you would like help to find an international mentor. The complete episode [list](#) of MTC podcasts is available

## New Investigator Committee (NIC)



Follow us on Twitter: @ISHBP #ISHNIC

[Dr Jie Yu](#) demonstrates that starting afresh can be the beginning of great things.

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

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

## Women in Hypertension Research Committee (WiHRC)



A. Prof. [Deborah Ignacia D. Ona](#) is the June spotlight for the WiHRC.

Read about the impact she has had on hypertension care in the Philippines.

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

Webpage: <https://ish-world.com/women-in-hypertension/> Email: [WiHRC@ish-world.com](mailto:WiHRC@ish-world.com)

The 3rd issue of the [WiHRC newsletter](#) is now available

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## Affiliate Events and Activities

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### The European Society of Hypertension meeting June 2022



#### European Society of Hypertension

The ESH will be hosting their [meeting](#) on *Hypertension and Cardiovascular Protection* from 17-20 June 2022 in Athens, Greece. This will be a hybrid meeting designed for optimising clinical practice in hypertension and cardiovascular disease. ISH will be

holding a joint session with ESH on 19 June at 10.00 EEST. The entitled “**New therapeutic opportunities for management of hypertension**” will be chaired by both ISH and ESH Presidents (Maciej Tomaszewski, Reinhold Kreutz) and will feature several prominent ISH (Bryan Williams and Hiroshi Itoh) and ESH speakers.

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### Pakistan Hypertension League



The PHL will be hosting their Silver Jubilee conference from 23 to 25 September. Abstract Submissions are open until 5 August 2022. Further information is available at [phlhyd2022@gmail.com](mailto:phlhyd2022@gmail.com).



## "On-air Youth Academic Salon" from China



The "On-air Youth Academic Salon" was initiated by ISH Fellows Prof. Ningling SUN and Prof. Yuqing ZHANG (ISH APAC RAG member). The first round "A Thirty-year Journey: Where from and where to?" was successfully convened by Dr Zhiyi MA (ISH-Mentorship and Training Committee) on May 8<sup>th</sup>, 2022. The next session will be held from 8:00-9:30 pm on July 10<sup>th</sup>, 2022 (Beijing time) and the topic is "Research Progress in Onco-hypertension". Please feel free to email [yihzam@126.com](mailto:yihzam@126.com) to get the zoom information.



## International Diabetes Federation

The International Diabetes Federation will host their 2022 World Diabetes Congress December 5-8 in Lisbon. <https://idf2022.org/>

## Resolve to Save Lives



Resolve to Save Lives has partnered with *Medicine Sans Frontiers* to issue a report "[Under Pressure: Strategies to Improve Access to Medicines to Treat High Blood Pressure in Low- and Middle- Income Countries](#)". This report identifies barriers to antihypertensive medication

in LMIC.

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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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