



**International
Society of
Hypertension**

Bulletin

21 July 2022

Introduction from the ISH Secretary



At the ISH, the focus at the moment, is on the final stages of planning for the ISH Congress in Kyoto, Japan, in October this year. The local organising committee has done a terrific job in putting together an excellent programme. The planning for this meeting has been challenging because of the impact of Covid and the unpredictable response of various governments to the pandemic. Until recently, Japan was closed to visitors but is starting to open up. This has had an

impact on the availability of flights to Japan and their cost. We are still very hopeful that Japan will open up further in the coming months and this will result in more flight availability, reduced cost of flights, and the opportunity for many of you to travel to the beautiful city of Kyoto to attend the congress in person. For those unable to travel, we are planning a hybrid meeting, so there will still be the opportunity to participate in the congress virtually. I will be in Kyoto in August with a small ISH team, meeting with the local organising committee to discuss the programme and logistics, and visiting the congress centre. We will report back on that visit and the preparations for the meeting in the next bulletin.

We will be soon announcing the opening of the nominations process for election of new members for the ISH Council. Some of the existing council members will be completing their terms of office at the time of the ISH Congress in October and consequently, we will have three vacancies to fill on the ISH Council. As the ISH is an international organisation, it is important that the composition of the Council reflects the diversity of our membership and that we ensure that all major continents of the world are represented. To this end, and to achieve better balance in the existing council, we will be particularly keen to see members from Africa and Latin America elected to Council this time around. The Council members are elected by the ISH membership and the details of the nomination and election process will be released very soon.

There is so much going on at the moment, as outlined in the e-bulletin below and wherever you are in the world, we hope to see you at the ISH Congress in Kyoto later this year, either in person or virtually.

Professor Bryan William
ISH Secretary
London, UK

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



ISH Kyoto 2022 Meeting, 12 -16 October

Take Note: Discounted registration fees for virtual attendance

[REGISTRATION IS OPEN](#)

Late-Breaking Abstract Submission is open!
Submit your new research by 26th July, 23:59 JST

[#ISH2022](#)



The 2022 ISH congress will be held in Kyoto, Japan in October. The theme for this year is “The Wisdom for Conquering Hypertension”. Further details can be found on the [congress website](#), [Facebook](#), [Instagram](#) and [Twitter](#). 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. Registration is also flexible such that an in-person registration can be converted to a virtual registration at a later date. [Late-breaking abstract submission](#) is now open. Submit your latest work by **26 July 2022**.

ISH2022 website:

<https://www.ish2022.org>

Society and Member Activities

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

Hypertension News



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 recent research advances in Africa.



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

Mentorship and Training Committee (MTC)



Yook-Chin Chia (Malaysia)



Tony Heagerty (UK)



Rana El-Bikai (Lebanon)

[Prof. Yook-Chin Chia](#) from Malaysia is the Head of Department of Medical Sciences and has led the MyWASSH movement to reduce sodium and sugar at a population level. Her research has led to guideline changes in Malaysia and brought her to the fore as a champion mentor.

[Prof. Tony Heagerty](#) was interviewed by Francine Marques. Prof. Heagerty is a clinician scientist and the editor-in-chief of the *Journal of Hypertension*. An awe-inspiring career has developed a compassionate and kind mentor.

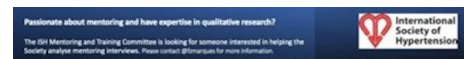
[Dr Rana El-Bikai](#), from the department of Public Health, University of Balamand, Lebanon, is the director of RxTalentHub. Dr El-Bikai discusses the transition from mentor to collaborator.

Recently, Karla Neves and Augusto Montezano interviewed Dr Catherine Llorens-Cortes from the INSERM Institute, Paris, France. [Dr Llorens-Cortes](#) was the winner of a 2021 ISH Honour for Senior Women Researchers.



Looking for qualitative research expertise

The ISH Mentoring and Training Committee is looking for researchers with expertise and interest in qualitative research to support the analysis of mentoring interviews. If you would like to be involved, please contact A/Prof Francine Marques (Francine.marques@monash.edu).



Reach out using this [form](#) if you would like help to find an international mentor.

The complete episode [list](#) of MTC podcasts is available on Apple Podcasts and Spotify.

New Investigator Committee (NIC)



Follow us on Twitter: @ISHBP #ISHNIC

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

Email: nic@ish-world.com

The ISH NIC Our Fellows Work feature this month focuses on [Blessing Onyinye Ukoha-Kalu](#) from Nigeria and the UK. Blessing has focused her research in the field of opening up non-physician health care providers for diabetes. This important research could lead to improved access to healthcare across low and middle income areas. Watch her [Youtube video](#).



The NIC spotlight features [Dr Yi-Bang Cheng](#) from Ruijin Hospital, Shanghai, China. Dr Cheng is exploring the clinical utility of central blood pressure in clinical trials. Despite the challenge Dr Cheng is successfully managing to explore her research interests while continuing to provide a clinical service. Her full [video](#) can be seen on the ISH website.

Women in Hypertension Research Committee (WiHRC)



Karla Neves (UK)



Zhiyi Ma (China)

The WiHRC Spotlight has fallen on [Dr Karla Neves](#), a lecturer and researcher at University of Strathclyde, UK. Karla has overcome many challenges with the assistance of women mentors giving her a very positive outlook on life.

[Dr Zhiyi Ma](#) is a clinician and educator in Beijing, China. An enthusiastic and caring mentor inspired Zhiyi to follow in her footsteps leading her to believe in the need to treasure the sparkles in our minds.

Should you wish to join the WiHRC Network you can register your interest by emailing wihrc@ish-world.com. @ISHBP #WiHypertenRes
Webpage: <https://ish-world.com/women-in-hypertension/> Email: WiHRC@ish-world.com

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

Affiliate Events and Activities

World Health Organization

Guideline for the pharmacological treatment of hypertension in adults: summary

More people die each year from cardiovascular disease (CVD) than from any other cause.



In 2019, out of 56 million deaths, 18 million were due to CVD.



Diseases of the heart, brain, kidneys and other organs are significantly increased by hypertension (HTN), which afflicts about 1.28 billion people worldwide. Only 23% of women and 18% of men have it under control.

The guideline makes eight recommendations:

The World Health Organization (WHO) has produced an infographic on their 2021 Guideline for the pharmacologic treatment of hypertension in adults. Further information is available on the [WHO website](#). Be sure to check out [this video](#) where ISH leaders share their support for the WHO guideline.

World Hypertension League



The WHL [June newsletter](#) is available. This newsletter focuses on activities around the world for World Hypertension Day, ISH activities and the 75th World Health Assembly, amongst others. The WHL have used the Children's Art Programme to promote awareness of hypertension in young people. The [2022 contributions](#) focused on a healthy lifestyle to promote cardiovascular health.

Malaysian Society for World Action on Salts, Sugar and Health

The [1st MyWASSH bulletin](#) details the aims and mission of the society. The launch of the society included a stakeholder engagement session. The society messages are successfully being publicised. A public education drive is planned for September.



5th International Conference of the Iraqi Hypertension Society



In collaboration with the Lebanese Society of Nephrology and Hypertension the Iraqi Hypertension Society conference will be held in Beirut, Lebanon from 4-6 August 2022. The theme is "Control of high blood pressure; Better vision for better life". The focus for this conference will be newer technologies, innovative devices, communication tools and biological research. Further information is available [here](#).

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.

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 continues the fight to make antihypertensive therapies accessible to all. The [WHO highlights the RSL discussion paper](#) in their dialogue with the private sector to improve access to antihypertensive medicines.

“On Air Youth Academic Salon”, China



After successfully hosting the first and second rounds of the "On-air Youth Academic Salon" on May 8th and July 10th 2022 the third salon is scheduled for 18 September 2022 and will feature discussions on the “Progress on Hypertensive disorders of Pregnancy”. Please email iyihzam@126.com for further information.

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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