



5 October 2022

Introduction from the ISH Secretary

As I write this, I am just over a week away from travelling to Japan for the ISH Congress in Kyoto. It is exciting that this is almost upon us. It has been a most challenging time to organise a Congress for the local organising committee, alongside the frustrating local Government policy on travel to Japan, which we had hoped would have eased a lot more by now, in line with most of the rest of the world, as we come to live with Covid. The good news is that visa restrictions related to Covid, for entry into Japan, have now been removed from October 11th. I suspect this will have come too late for many of you to start planning to travel to the wonderful city of Kyoto for the Congress. However, do remember that you can still enjoy the meeting via remote access from wherever you are in the world and I would encourage you to register for the meeting to access the many excellent lectures that will be delivered at the congress. Even if the time zone difference means you may not be able to watch the sessions live, they will be available on-demand to watch at a time convenient to you.



For those who are travelling to Japan, I hope you will enjoy an excellent congress in a spectacular setting, and I look forward to meeting many of you face to face, after such a long time.

The ISH Congress also ushers in a time of change. Some of the existing ISH Council members will be completing their term of office and we have recently completed the election process for new members of the ISH Council. We were fortunate to have had outstanding candidates standing for the election to the Council and the three new elected Council members will be announced at the Congress Gala Dinner in Kyoto. Thank you to all those who put themselves forward for election to the Council and all of you who voted in the election.

It is also a time for change of the Presidency of the ISH. I will have the honour of taking over as President of the ISH as the Congress closes. I will present my vision for the ISH over the next two years and announce the new senior officers and leadership structure of the Society after the close

of Congress. That will be my opportunity to thank those who are completing their term of office and are departing from the Council, for all of their work on behalf of the ISH. That will also be the time for me to say a profound thank you and reflect on the impact of the hard work of our current President Maciej Tomaszewski as he leaves the Presidential office.

In the past few weeks, we have also conducted a vote amongst the membership on the new ISH constitution. This was necessary because our existing status is as an unincorporated Charity which exposes the Trustees, i.e. the Council members, to any financial liabilities that the Society may incur. This was an undesirable position and modern Charities have moved to an incorporated status which removes those liabilities. Thus, the change in constitution was driven by the need to update it, to comply with the requirements to apply to the Charity commission for the ISH to become an incorporated Charity. I will say more about that at the General Meeting of the ISH in Kyoto, but please don't let that put you off attending the General Meeting! Let me add that there will be a lot more interesting things than the constitution to discuss at the General Meeting.

Thank you to all who have worked so hard behind the scenes in challenging circumstances to enable the ISH 2022 Congress in Kyoto to take place. Thank you to our members and industry sponsors, for supporting the Congress. Finally, thank you to Hiroshi Itoh, the Chair of the local organising committee and his committee, for their dedication, commitment and months of hard work to create what I hope will be a memorable congress. For those travelling to Kyoto, or joining the Congress on-line, you are assured of the warmest of welcomes.

Professor Bryan William
ISH Secretary
London, UK

President's Blog



Over the last two years we have had the privilege to receive regular updates from Professor Maciej Tomaszewski. In his final [ISH President's Blog](#), Professor Tomaszewski highlights some of the important changes that have occurred during his tenure ranging from numerous ISH position papers, engaging within the virtual life we have all learnt to flourish in, transitioning the Society to an unincorporated charity, the development of the new [ISH website](#) and a multitude of activities across the world in which we have seen some remarkable progress. Furthermore, International Society of Hypertension (ISH) has signed a memorandum of understanding with the World Health

Organization (WHO) to collaborate through development of projects, publications, operational frameworks and strategies for the purpose of improving blood pressure control and cardiovascular health globally. The Society will be developing plans for this collaboration over the next two years – our ultimate ambition is for ISH to be granted a non-State actor status with the WHO. There will be a joint ISH-WHO session on 13th October at 10:00-11:30 (JST) at our ISH 2022 meeting in Kyoto. We invite you to attend this session either in person or virtually and look forward to your support in building up this strategic partnership over the next few years. ISH Website: www.ish-world.com

ISH Kyoto 2022 Meeting, 12 -16 October

Take Note: Discounted [registration fees](#) for virtual attendance and day registration is possible.

[ISH2022 Registration Site](#)

Japan has eased travel requirements. Information is available on the [ISH2022 website](#) where you can also find the [programme](#).

IMPORTANT
INFORMATION
ABOUT ENTERING JAPAN

Entry to Japan after 11 October no longer requires visas for those with [VISA exemptions](#).

Please review the [programme highlights](#).



- **Victor Dzau** will deliver the opening lecture at 16.00 on 12 October 2022 entitled: "Hypertension: Past Progress, Present Challenges and Future Promises".
- **Masashi Yanagisawa** "Deciphering the Mystery of Sleep: toward the molecular substrate for sleepiness" 08.40 - 13 October
- **Hiroshi Ishiguro** "Robotics and Health: Avatar technology for supporting our future society" 10.00 - 13 October
- **Hiroo Imura** "Toward precision medicine of metabolic diseases based on genetic ancestry" 09.00 - 14 October
- **Shinya Yamanaka** Plenary Lecture: 14.00 - 14 October
- **Naoko Yamazaki** "Health Maintenance and Teamwork in Space" 15.00 - 14 October
- **Richard Lifton** Plenary Lecture: 09.00 - 15 October
- **Noritaka Ando** "Research in Complete Nutrition Meal to Avoid the Metabolic Domino Effect: Realizing Mibyou Prevention (Disease Free State)" 10.20 - 15 October

ISH Presidential Lecture

Oct 15, 2022



Professor Maciej Tomaszewski
President, International Society of Hypertension
Professor of Cardiovascular Medicine University of Manchester
Consultant Physician
Manchester University NHS Foundation Trust
Chair, Journal of Hypertension Board of Management

Lecture title:

"Genetic mechanisms of blood pressure regulation and human hypertension – what have we learnt from kidney multi-omics?"

ISH 2022 Kyoto Chairperson's address

Dr. Hiroshi Itoh

Chair, ISH 2022 Kyoto
Immediate Past President, The Japanese Society of Hypertension
Department of Endocrinology, Metabolism and Nephrology, Keio University School of Medicine

Chairperson's Lecture (Oct 13)

"Wisdom for conquering hypertension---FOOD, MOVE, AI: towards sustainable well-being"

APSH Presidential Lecture (Oct 14)

"Mineralocorticoid receptor (MR)-associated hypertension" in "Greedy Organ Hypothesis"

ISH Meetings and Sessions to note:

- **ISH General Meeting:** 12.00 - 15 October (*for members only*). Room B-1, Kyoto International Conference Center. The ISH leadership would like to invite all ISH members to attend.
- **ISH Position Papers and other publications 2021-2022:** 10.00 - 14 October – The ISH leadership will be featuring the position papers from the last couple of years. The speakers include Maciej Tomaszewski (ISH President), Hiroshi Itoh (ISH Vice-President), Nadia Khan (ISH Officer-at-Large), George Stergiou, Bryan Williams (ISH Secretary), Fadi Charchar (ISH Treasurer), Aletta Schutte (Immediate Past President), Tazeen Jafar.
- **Debate Session:** 15.00 – 14 October: Charalambos Vlachopoulos and Bryan Williams will discuss arterial stiffness in hypertension management. Hirotaka Shibata and Suzanne Oparil will discuss how to use MRA's.
- **ISH Communications Committee Controversies in Academia Debates:** 10.20 - 15 October – Listen to Dylan, Swapnil, Anastasia and Erika argue the benefits of pre-prints and social media in this exciting first for the ISH Communications Committee.
- **Debate Session:** 10.20 – 15 October Alexandre Persu and Jan Staessen will discuss initiating therapy with combinations. Athenase Benetos and Hiromi Rakugi will discuss stopping antihypertensives at the end-of-life.
- **ISH Awards Ceremony:** Presidential Lecture and **Franz Volhard Lecture:** 17:00 on 15 October

The ISH Communications Committee Presents:
Controversies in Academia Mini-Debates

Social media activity should be incorporated into performance reviews | **Publishing of work through pre-prints should become standard practice**

The 29th Scientific Meeting of the International Society of Hypertension | Room C-1 | October 15, 2022 | 10:20-11:20

With host/moderators: Evi Christofidou, Praveen Veerabhadrapa, Tiny Masupe, Quynh Nhu Dinh, and Joseph Flynn

ISH 2022 Franz Volhard Award for Outstanding Research Lecture

Oct 15

Dr. Suzanne Oparil



Distinguished Professor of Medicine, Professor of Cell, Developmental and Integrative Biology
United Therapeutics Endowed Professorship in Pulmonary Vascular Disease
Director, Vascular Biology and Hypertension Program of the Division of Cardiovascular Disease
University of Alabama at Birmingham
Birmingham, Alabama, USA
Past President, American Heart Association (AHA)
Past President, American Society of Hypertension (ASH)

Lecture title:

“My Road in Academic Cardiology”

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Joint Sessions:

- ISH-European Society of Hypertension (ESH): 13.40 - 13 October
- ISH-Japanese Society of Hypertension Joint Session 16.30 – 14 October
- ISH-World Hypertension League (WHL): 07.40- 15 October
- ISH-Korean Society of Hypertension (KSH): 07.40 - 15 October
- ISH-World Hypertension League (WHL)-Lancet Commission on Hypertension: 07.30 - 16 October
- ISH-American Heart Association (AHA): 09.00 - 16 October
- ISH-Japanese Society of Hypertension Research Editorial Committee 11.10 – 16 October



Regional Sessions:



RAG Asia Pacific (APAC): 15.00 - 14 October

RAG Middle East and North Africa (MENA): 16.00 - 14 October

RAG Africa: 17.00 - 14 October

RAG South and Central Asia (SACA): 14.00 - 15 October

Society and Member Activities

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

ISH Public Material Taskforce

Did you know that ISH had a Public Materials TaskForce?

- ❖ The Taskforce is a joint ISH Communications and Research & Education Committee initiative
- ❖ The purpose of this Taskforce was to develop quality and visually appealing lay-friendly material which is currently lacking on the ISH website
- ❖ This material would be for distribution to various stakeholders and to reiterate THE importance of hypertension awareness
- ❖ It is anticipated by working with regional partners to translate the material into as many languages as possible
- ❖ A series of infographics is currently in design phase with the intention to be available before our ISH 2022 Kyoto meeting

We look forward to your support

Dr Anastasia Mihailidou



Anastasia
Mihailidou
Chair / Australia



Dylan Burger
Canada



Evi Christofidou
UK



Abhinav Gupta
India



Krasimira
Hristova
Bulgaria



Erika Jones
South Africa



Nadia Khan
Canada



Vikas Kapil
UK



Alice-Veronika
Lamwaka
Uganda



Tiny Masupe
Botswana



Quynh Nhu
Dinh
Australia



Praveen
Veerabhadrapa
USA

Awards and Lectures

Two of our ISH Council Members have been recognised for their contributions to hypertension and cardiovascular research and beyond by the American Heart Association (AHA) Council on Hypertension and British and Irish Hypertension Society (BIHS).

Professor Alta Schutte, Immediate Past President, received the 2022 Harriet Dunstan Award by AHA. Professor Bryan Williams, ISH Secretary and ISH President-Elect delivered the 2022 Sir George Pickering Lecture at the September BIHS Annual Meeting.

Professor Schutte has also recently led a metanalysis of randomised controlled trials on the use of RAS inhibitors in people with COVID-19 infections and has shown that RAS inhibitors are safe to continue in patient with COVID infection.

Hypertension News

Opus 70: the [September issue of Hypertension News](#) is out. This issue highlights the history of this publication, focuses on hypertension in the very old and the Kyoto meeting, ISH2022.



Mentorship and Training Committee (MTC)

Ish-world.com/mentorship

Happy and somewhat challenging times in our lives happen at the same time and speed as your career progresses, calling your inner chameleon. This can be a change in your professional status from a mentee to a mentor, a new addition to your family marking your transition to parenthood, the scary change of workplaces and moving abroad or the sad news and restrictions of a pandemic.



International Society of Hypertension

JOIN US!

The **ISH Mentorship and Training Committee (MTC)** invites you to hear these scientists' **journeys** and also share yours, building a stronger **mentoring community**:

A/Prof Yugeesh Lankadeva: "Maintaining an active research career during COVID-19 lockdowns"

Dr Maria Jelinic: "Networking beyond conferences"

A/Prof Cesar Romero: "Transition from PhD student to post-doctoral researcher and supervisor"

Dr Charlotte Mills: "Maintaining an active research career during parenthood: a new parent perspective"

Prof Nadia Khan: "Maintaining an active research career during parenthood: an experienced parent perspective"

A/Prof Mariane Bertagnolli: "Multi-country journeys and adapting to new funding systems"

October 15th from 15:30 to 17:00 (JST)
Session will be available on site and online

We can't learn it all by ourselves, but sharing experiences is a powerful tool and based on that, the ISH Mentoring and Training Committee (MTC) has put together an exceptional session **"How to be a chameleon researcher and adapt to change"** at ISH Kyoto 2022.

Looking for qualitative research expertise

We are 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.

In the latest podcast, @guto_montezano & @FZMarques interview Dr [Dulce Casarini](#), Professor of Medicine at the Federal University of Sao Paulo, Brazil. The complete episode [list](#) of MTC podcasts is available via Spotify and Apple Podcasts.



Latest ISH podcast interview with Dr Dulce Casarini, Brazil

Podcasts on mentoring and career development from the International Society of Hypertension

New Investigator Committee (NIC)

The New Investigator Committee, will be hosting a New Investigator Networking Event for the upcoming ISH 2022 meeting, to be held on **October 12th**. We're all excited to move back to a more 'normal' space for meetings. We will be focusing on networking and publishing, to help get us all back on track. Lunch is included. Once registered for ISH2022 there is no additional registration fee. We hope you can join!



To add to this, we hope that you will join us at the two ISH new investigator award sessions taking place during the meeting.

- ISH Austin Doyle Award Session
- ISH New Investigator Oral Presentation Award Session 15.00 14 October

The latest NIC spotlight focuses on [Eric Kam-Pui Lee](#) from the Chinese University of Hong Kong. Professor Lee is a Family Physician who is promoting public awareness on Hypertension in Hong Kong. His current research includes an RCT exercise programme to manage non-dipping status.



Follow us on Twitter: @ISHBP #ISHNIC
 Webpage: <https://ish-world.com/new-investigators>
 Email: nic@ish-world.com

Women in Hypertension Research Committee (WiHRC)



Professor [Tine De Becker](#) is featured this month in the WiHRC Spotlight. Prof De Becker is the President of the Belgian Society of Hypertension, the Head of the Clinic Cardiovascular Centre and a Clinical Pharmacologist at the University of Ghent and the Heymans Institute of Pharmacology. She discusses how respect and support leads to growth of women and mothers in research and healthcare.

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

WiHRC Sessions at ISH 2022

13 October, 13.40 – 2F Room, B2
Maximising Opportunities and Reaching Career Goals

 Midori Yatabe
  Tazeen H. Jafar
  Muscha Steckelings

14 October, 16.30 – 1F Room, C1
Hypertension in Pregnancy and Childhood

 Pensee Wu
  Anne Monique Nuyt
  Ruan Kruger

15 October, 15.30 – 2F Room, B1
Hypertension and Cardiovascular Disease in Women

 Erika Jones
  Niamh Chapman

 Lizzy Brewster
  Kate Denton

Affiliate Events and Activities



World Hypertension League

The [WHL September Newsletter](#) demonstrates the value of collaboration for promoting awareness of Hypertension and cardiovascular disease. The WHL has been particularly active in promoting hypertension care in Africa and their activities are highlighted in this issue with a “Call to Action in Africa”.



International Diabetes Federation

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

Korean Society of Hypertension

The Korean Society of Hypertension (KSH) are pleased to inform you that Hypertension Seoul 2022, in conjunction with the 57th Scientific Meeting of the KSH, will be held as a face-to-face meeting with some virtual presentations, on 4-5 November 2022. The theme is “New Challenges in Hypertension Management and Cardiovascular Prevention” and registration closes on 10 October 2022. Further information is available on the website: <http://khypertension.kr/>



5th International Conference of the Iraqi Hypertension Society



The Iraqi Hypertension Society held the 5th International conference in Crowne Plaza Hotel, Beirut, Lebanon on Friday, 5th of August. The conference focused on the burden of hypertension in Arabic countries, especially Iraq, Jordan and Lebanon and held discussions about establishing a common society involving these countries. The conference speakers included Prof. Mohammed Ghnaimat from Jordan and Prof. Robert Najem, Prof. Moussa Riachi and Prof. Sola Aoun from Lebanon.

“On Air Youth Academic Salon”, China

The third round of the "On-air Youth Academic Salon" was successfully held on Sep 18th, 2022. The topic of this salon was “The management of hypertension in pregnancy”. Prof. Yuqing ZHANG, Prof. Jing LIU and Prof. Xin ZHOU were invited as panelists and Dr. Wei SONG was the coordinator. Dr.

Yun Ti and Dr. Pengfei Sun were invited to give presentations. Dr. Zhiyi MA and Dr. Ruixin MA attended the panel discussion. The next event will be held at 8:00 pm-9:30 pm on Nov 13rd, 2022 (Beijing time). All hypertension researchers are welcome to the panel discussion. Please feel free to email iyhzam@126.com for further details.



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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