



15 December 2022

Introduction from the ISH Secretary



Welcome to the last issue of the ISH e-Bulletin for 2022!

Another turbulent year is close to its end, with ups and downs including the defeat of COVID (although it is still around us) and the continuing tragedy in Ukraine. From the ISH perspective, this is an important timepoint, as recently its leadership team was renewed. Thus, it is time to reflect on the past and the present, and make decisions about the future.

Despite the challenging times, ISH is proud of its continuing growth with new initiatives and major achievements in multiple directions. There was so much to report by the outgoing president, Maciej Tomaszewski, in the General Meeting in Kyoto on the 15th of October! Even if you attended this meeting, you probably missed several important actions within the long list! Major projects have been initiated or further expanded, involving Research and Education, New Investigators and Mentorship, Women in Hypertension, Regional Advisory Groups all around the world, and others. Enter your personal account as an ISH member at <https://members.ish-world.com/> to see all the major ISH initiatives, actions, and achievements in the last two years.

Not visible, but equally important, is the considerable time and effort invested by ISH council members for implementing administrative changes, including membership, governance, data protection, and constitutional changes, with ISH now becoming a modern Charitable Incorporated Organisation. These important changes allow the new ISH president, Bryan Williams, and leadership team to focus on new challenging scientific and educational ISH initiatives with global impact.

Read in the e-Bulletin below examples of the multidimensional activity of ISH across the world, aiming at improving science and education, and eventually the global management of hypertension.

Season's greetings from all at ISH! Wherever you are in the world, have a wonderful time with your family and friends, and best wishes for a Super-Happy and Creative New Year!

Professor George Stergiou
ISH Secretary
Athens, Greece

Society and Member Activities

The **General Meeting for ISH** was held in Kyoto during ISH2022 on 15 October 2022. The minutes from the meeting have been published and are available on the online portal for members.

<https://members.ish-world.com/>

Hypertension News



Opera 71-72: The [November issue of Hypertension News](#) is available with many highlights from the ISH. This issue includes an interview with the new ISH President Professor [Bryan Williams](#), reports from ISH2022, Learning the Ropes: “Nitrates in Vascular Biology” and comments on the [Time Study](#).



Mentorship and Training Committee (MTC)



In the latest podcast, @FZMarques & @guto_montezano interview @AnastasiaSMihai, a Senior Hospital Scientist @NSLHD, Head of the Cardiovascular & Hormonal Research Laboratory @KollingINST, Hon A/Prof @Macquarie_Uni. [Prof. Mihailidou](#) is the Vice-Chair of the ISH Communications Committee, on the Advisor Board of Stride_BP and a member of the Lancet Commission on Cardiovascular Disease in Women.

Dr [Augusto Montezano](#) swapped roles this month to become our latest MTC podcast. Dr Montezano was a Walton Fellow in Cardiovascular Medicine at the University of Glasgow who is an active member of the Hypertension scientific community. The complete episode [list](#) of MTC podcasts is available via Spotify and Apple Podcasts.



New Investigator Committee (NIC)

The NIC latest spotlight features [Dr Dhashani Sivaratnam](#) from Universiti Putra Malaysia. Dr Sivaratnam is an ophthalmologist and

a winner from the #ISHNIC Reconnecting New Investigators event at #ISH2022. Her current research explores the retinal vascular changes in hypertension.



Follow us on Twitter: @ISHBP #ISHNIC

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

Email: nic@ish-world.com

Women in Hypertension Research Committee (WiHRC)



Please read the [October 2022 Women in Hypertension Research \(WiHR\) newsletter](#). 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

ISH 2024 Scientific Meeting

Save the date and join us in Cartagena, Colombia from 19 to 22 September 2024.



Affiliate Events and Activities

World Hypertension League

The [WHL December Newsletter](#) welcomes Dr Paul Whelton as the new WHL president. The newsletter highlights the latest Sodium Reduction news, showcases recent WHL joint sessions at



ISH, WSO and AHA, and highlights a *JHH* piece on hypertension arising during gestation. A warm welcome is given to a new WHL member, *Guang dong-Hong Kong-Macao Greater Bay Area Hypertension League*, and there is lots of exciting news from WHL partners after a very busy final quarter of the year.

“On Air Youth Academic Salon”, China

The fifth salon will be on 8 January 2023 and the topic is “Community hypertension management and evidence-based evidence via telehealth” (20.00-21.30, Beijing time). All hypertension researchers are welcome to the panel discussion, which is in English. Please feel free to email iyihzam@126.com for further details.



European Society of Hypertension



ESH will be hosting their first webinar in 2023 on 24 January at 17.00 CET. The theme is Hypertension in Special Conditions and Comorbidities. The [Programme](#) is available online and [registration](#) is open.

Iraqi Society (IqHS)

IqHS has had an active year establishing hypertension clinics, encouraging community research, engaging with policy makers to reduce salt intake, focusing on improving adherence and addressing hypertension in the elderly. Their [Newsletter](#) showcases current activities.



Pakistan Hypertension League (PHL)



PHL has recently celebrated their Silver Jubilee and elected a new council. Professor M. Ishaq (SACA RAG Chair 2020-2022) is the outgoing president and a newly elected Patron for PHL. The expanding PHL activities has included CME events, newsletters, the production of lay-person material, development of national guidelines for hypertension, including guidelines for children, public awareness campaigns and clinician educational courses. Further details can be found on the [PHL report](#).

Philippine Society of Hypertension

The Society will hold its 28th Joint Annual Convention from **15-17 February 2023**.
The theme: New Challenges in Hypertension Management and Cardiovascular Prevention.



Indonesian Society of Hypertension



The 17th Scientific Meeting of the Indonesian Society of Hypertension (InaSH) will be held from **24-26 February 2023** In Jakarta, Indonesia. The theme: *Optimal Hypertension Prevention and Management in Indonesia: Are We Ready Yet?*

British and Irish Hypertension Society (BIHS)

The BIHS has published a position statement on the [Management of Hypertension Crisis](#) in the Journal of Human Hypertension.



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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