

# INTRODUCTION FROM THE PRESIDENT

## A new dawn for Hypertension News

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Welcome to this Spring edition of Hypertension News and the first edition of 2023. This new edition marks the changing of the guard and brings to a close, two decades during which Lars Lindholm was the editor of Hypertension News. On behalf of the ISH, I want to thank Lars and the outgoing editorial board for their stewardship of Hypertension News over many years. During that time, Hypertension News has become well established as an important font of information, discussion, and debate about contemporary issues in hypertension. Deciding to change any structure is always challenging, particularly if it has been unchanged for so long, but as Churchill is often quoted, to improve is to change, to be perfect is to change often. The main change is in how the Hypertension News will now function. It will be produced by the Council of the ISH, which is in effect its editorial board. This will seamlessly align the content of Hypertension News with the activities of the ISH around the world. We want our ISH regional advisory groups to generate content highlighting research and other initiatives and activities in their region. We will also highlight the work of the ISH with global partners like regional hypertension societies, the World Hypertension League, the World Heart Federation and the WHO.

As before, a central pillar of Hypertension News will be commentary and discussion of major developments in the field of Hypertension. In this regard, the current edition of Hypertension News is packed with excellent commentaries and reviews of recent major publications in the field of Hypertension, from some of the leading experts in the world. For example, Bill Cushman reflects on the results of the Diuretic Comparison

Study from the US VA hospitals system. This is such an important study and particularly important that it was conducted in the US where the use of chlorthalidone is especially popular. Resistant hypertension has become a popular target for many new treatments in development, including both drugs and devices and Michael Weber considers the results of the PRECISION trial of a new endothelin antagonist in resistant hypertension and the wider implications of the study design for future trials. Peter Sever presents some fascinating and provocative data on the relationship between blood pressure variability and longer term outcomes from the ASCOT trial, whilst Francine Marques and Hamdi Jama present some equally intriguing data on the potential role of gut microbial metabolites in lowering blood pressure. Using big data to gain insights into treatment is growing in importance and Reecha Sofat reviews how they used major National Health care data sets to gain insights into the impact of the pandemic on prescribing and treatment of hypertension in the UK.

It is interesting to observe the long overdue and growing interest in the aldosterone axis in the context of hypertension and cardiovascular and renal disease. Of course, this has long been recognised, but we are now on the cusp of a step change, in my view akin to the step change that followed the launch of effective inhibitors of the renin angiotensin system. This is being driven by new drug developments and new diagnostic techniques, such as highly specific PET tracers, that promise to transform the diagnostic and treatment landscape. I was recently representing the ISH in Washington DC at a meeting organised by the



Endocrine Society to develop a new guideline on primary aldosteronism, more about that in future issues. On my return to UCL, I was at a meeting reflecting with UCL colleagues on how interesting the field of aldosterone is becoming, when one of them commented "did you know that aldosterone was discovered in this building!". I never knew, and I had walked past, or been in that building many times. It is an example of the modesty of our predecessors that their achievement is recognised by a simple green plaque on the wall of the former Middlesex Hospital Medical School, which is now part of UCL, commemorating the discovery of aldosterone 70 years ago, honouring the pioneering biochemists James Tait, Sylvia Simpson, and Hilary Grundy. Their work was published in Nature in a paper called "[Isolation of a highly active mineralocorticoid from beef adrenal extract](#)". The plaque sits proudly on what is now called the Courtauld building UCL, at 33 Cleveland Street in London.

So, seventy years on, it is fitting, that in this issue we have a focus feature on some of the new therapeutic developments targeting the aldosterone axis. Hiroshi Itoh reviews the potential of the new mineralocorticoid receptor antagonists in the context of mineralocorticoid receptor associated hypertension, whilst Morris Brown comments of the development of a new aldosterone synthase antagonist, originally tested in resistant hypertension but with many potential applications beyond. This whole area promises to be an exciting field of expansion in the next few years.

Getting back to getting the basics right, one of the many pieces of work the ISH has been involved in recently, as part of global partnership working, is a review led by KDIGO on the importance of standardised and accurate office blood pressure measurement. The output of that review has been published and the recommendations are discussed by the ISH Secretary George Stergiou. Wataru Umishio and colleagues from Japan also discuss the impact of indoor temperature on blood pressure control.

The section on African Voices coordinated by Lebo Gafane-Matemane, is outstanding and highlights major issues around lack of awareness of hypertension, the potential role the ISH and its members can play in training and supporting initiatives in the region, as well as the enormous untapped potential for research in the African continent. This is indicative of the global footprint of the ISH and we want to see more regional flavour from the major continents of the world reflected in future issues of Hypertension News.

The ISH congress occurs every two years and in this issue Hiroshi Itoh bids farewell from the excellent Scientific Congress in Kyoto in October 2022, with his reminiscences on the success of the congress, in what were very challenging times during the tail end of the pandemic. We are all enormously grateful to those who attended the congress, either onsite or virtually, and to the Japanese Society of Hypertension for their outstanding work in supporting the ISH congress 2022. Immediately after the Kyoto meeting, we began to look ahead to the next ISH congress which will take place in September 2024, in the historic and beautiful city of Cartagena. From a personal perspective I think it is long overdue that that the ISH is going to hold a congress in Latin America and having seen the expertise, energy and enthusiasm of the local organising team, I think we are going to have a great meeting in Cartagena in 2024 and I hope to see many of you there is person, I think it is going to be a very special meeting.

Finally, George Stergiou reviews the new ISH management and committee structure, which has also undergone a change cycle after the start of my Presidency. We also feature reports from some of our key committees, all under new leadership, such as the New Investigator Committees and the Women in Hypertension Research Committee, on their ongoing and planned activities.

If when reading this issue of Hypertension News, there is anything you would like to comment on in the articles, or anything you would like to see covered in future issues, please let us know by sending your comments or suggestions to the ISH offices **Helen@ish-world.com**. We look forward to hearing from you.

In closing, we are hugely grateful that all contributors to this issue of Hypertension News have found time in their busy lives to reflect on their recent work and the work of their colleagues and bring their perspective on that work to ISH members. I am personally delighted and grateful to all that have contributed, that this edition of Hypertension News is packed with outstanding contributions and seamlessly continues the fine traditions of this ISH publication.

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