



31 March 2023

Introduction from the ISH Secretary



Welcome to the March issue of the ISH e-Bulletin!

This bulletin comes out at a time that at last the COVID-19 virus seems to be defeated! To date COVID-19 affected more than 760 million people globally (confirmed cases only) and killed almost 7 million of them (<https://covid19.who.int>). Our response was more than 13 billion vaccine doses!!! A vital service by the scientific community and healthcare, which reminded people about their unique role in the society. Yet, this is still a tumultuous time for the world, as military actions from Russia are continuing with dreadful consequences for the people in Ukraine and worrying international implications. Unfortunately, we still do not have a vaccine for human aggressiveness and greediness.

We start this e-Bulletin by introducing our new chair of the Membership Committee, Débora Colombari, who summarises plans for membership going forward. Welcome Débora!

We also present our ISH current membership categories with very reasonable fees, and no fee in some cases. We intend to expand the benefits to our members by offering new educational activities.

A special mention goes to our ISH Mentorship and Training Committee which provides valuable support to our members! See a selection of podcasts, watch an [ISH Mentoring seminar](#), and wait for new initiatives by our very professional and enthusiastic team now chaired by Guto Montezano. Also, see this month's spotlights by the ISH New Investigator Committee and the ISH Women in Hypertension Research Committee with outstanding researchers in digital management of hypertension.

Other announcements for March!

- Get prepared for the 2023 "World Hypertension Day" on the 17th of May! Read about the Children's Art Program by the World Hypertension League with theme "Measure your blood pressure accurately, control it, live longer".
- If you were not able to attend the "ISH Science to Science Meeting" in February, [see the recording](#) which is available for ISH members until the 20th of April. It provides a critical

review of the most recent evidence on renal denervation and how it can be introduced in clinical practice. Omron Academy Hypertension also has educational modules endorsed by the ISH, and “On Air Youth Academic Salon”, China is having its next event on the 14th of May.

- Take note of the Servier Research Grant in Hypertension. Consider submitting your research proposal by April 15th, only if you are younger than 45 years!
- See announcements for coming meetings by the *European Society of Hypertension*, *Hypertension Canada*, the *British and Irish*, the *Argentinian*, and the *Iraqi Hypertension Society*.

Last, watch our video about the next ISH meeting in Cartagena, Colombia 19-22 September 2024. Save the date and join us!

Enjoy reading!

Professor George Stergiou
ISH Secretary
Athens, Greece

ISH Website: www.ish-world.com

Society and Member Activities

ISH Membership



This month we announce Débora Colombari, Associate Professor at São Paulo State University, as Chair of the Membership Committee for the 2022-2024 Presidential term. Welcome Débora!

Debora said: “As the lead of the Membership Committee my plans are to develop strategies to recruit new members and to keep members in the Society. The Committee will have members from different Regional Advisory Groups to have a more global view from different parts of the world.

“To achieve that I am planning to work closely with different Committees including the Mentorship and Training, Women in Hypertension Research, Research and Education, New Investigator and Communications Committees.

“In addition, it is also on our radar to review the membership categories, to include more groups that might be exempt from fees, especially from some countries scoring lower according to the Human Development Index.”

Renew your ISH membership

Thank you for being a member of the ISH. If you have not yet renewed your membership for 2023, we invite you to [login to the ISH members area and renew now](#).

We offer a number of member benefits, including:

- ISH mentorship scheme
- Training and education
- Connections with peers and experts around the world
- A Women in Hypertension research network
- A New Investigator network
- Savings on ISH meeting registration
- Eligibility for prestigious ISH awards
- The opportunity to make a positive contribution to the development of care and research in hypertension.

[Read more](#) about the benefits of membership.

In 2023, we have plans to expand our member offering, including with the development of a specialist educational platform.

Our membership fees for 2023 are now lower than in the past. This is because it is now optional for members to subscribe to the Journal of Hypertension. But members still have access to a discounted Journal subscription via the Members Area of the ISH website.

Membership categories and fees are detailed below, with more detailed information on the [ISH website](#).

Category	Fee (USD)	Research4Life Country Fee
ISH Fellow	100	50
ISH Professional Member	50	20
ISH Emerging Leader	20	No cost
ISH Health professional affiliate	No cost	No cost
ISH Trainee	No cost	No cost
ISH Emeritus, Distinguished and Honorary Fellow	No cost	No cost

Renew at ISH [online members area](#). Please send any queries to the Membership Secretariat.
Email: membership@ish-world.com.

ISH2022 Abstracts

Outstanding research presentations were displayed in Kyoto at the 2022 ISH biennial meeting. These abstracts have now been made available [online](#) via the Journal of Hypertension.

MENA RAG

Hypertension remains a major concern in the Middle East and North Africa (MENA) region, with an alarming increase in its prevalence. Countries of the MENA region have gaps in economic situations and other issues such as war and increase in the refugee populations which poses serious concerns in the management of chronic diseases. As we work together to raise awareness and

reduce the impact of hypertension in the MENA region. A session dedicated to UNICEF relief actions for the earthquake that recently hit Syria and Turkey was held on March 4th.

The MENA RAG session about Hypertension management during disasters was chaired by Dr Habib Tarief from Bahrain and Dr Abdulla Shehab from UAE with 78 attendees from 16 countries of the MENA region. The session started with a discussion on the management of hypertension and emphasized the lifestyle modifications that can help in curbing this health condition. The second presentation discussed the topic of disaster hypertension, its mechanism, clinical picture and management options. Overall, it was an informative session and all attendees gained valuable insights and knowledge on these important topics.

ISH 2024 Scientific Meeting

Save the date and join us in Cartagena, Colombia from 19 to 22 September 2024. This [promotional video](#) details many of the beauties of Colombia and the highlights expected at the biennial meeting. [Registration](#) is now open. For discounted rates, register early. Topics that are highlighted for 2024 include Multidisciplinary Hypertension Care, Telemedicine, Models or Response to Treatment, Treatment in Special Populations and Translational Medicine. Further information can be found on the [ISH2024 website](#), [Instagram](#), [Facebook](#) or [Twitter](#).

Mentorship and Training Committee (MTC)

The International Society of Hypertension Podcast series features interviews with prominent members talking about mentoring and career development.

A selection of podcasts with colleagues around the world is highlighted below:

[Hind Beheiry](#) (Sudan)
[Dulce Casarini](#) (Brazil)
[Anna Dominiczak](#) (UK)
[Stephen Harrap](#) (Australia)
[Tony Heagerty](#) (UK)
[Mansi Patil](#) (India)
[Ernesto Schiffrin](#) (Canada)
[Alta Schutte](#) (Australia)
[Rhian Touyz](#) (Canada)
[Stephanie Watts](#) (USA)
[Brandi Wynne](#) (USA)



The complete episode [list](#) of MTC podcasts is available via Spotify and Apple Podcasts. Check them out!

New Investigator Committee (NIC)



NIC Spotlight

This month's NIC spotlight is [George Siopsis](#). George is a Research Fellow at Deakin University on Melbourne. He has a successful academic career, with current research in non-communicable disease epidemiology and the overlap with communicable diseases. He aims to determine effective digital interventions for cardiovascular diseases in different populations.



Follow us on Twitter: @ISHBP #ISHNIC

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

Email: nic@ish-world.com

Women in Hypertension Research Committee (WiHRC)

Dr [Midori Yatabe](#) is featured as this month's WiHRC spotlight. Dr Yatabe is the Director at TelemedEASE in Japan, where she works as a consultant physician. She plays a major role in facilitating online management of hypertension and supports healthcare services in data utilisation and digital transformation.



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

Partner Events and Activities

World Hypertension League

World Hypertension Day is celebrated annually on 17 May. This year the WHL theme is "Measure your Blood Pressure Accurately, Control it, Live Longer". This will include the 2023 Edition of the WHL Children's Art Program. The [submission form](#) can be downloaded from the [WHL website](#) and submissions are open.

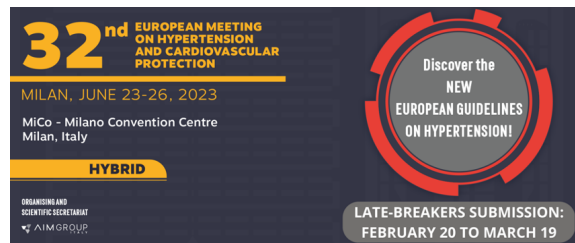


Further information on WHL and the art programme can be found in the [March Newsletter](#) or the [WHL website](#).

European Society of Hypertension

The ESH [32nd European Meeting](#) will be held from 23-26 June.

Servier Research Grant in Hypertension - deadline April 15 2023



Research proposals are invited for the [Servier Research Grant in Hypertension](#), which is supported by an educational grant from Servier of € 30,000. It is awarded every 2 years for a research proposal in the field of hypertension to PhDs or MDs under 45 years of age on July 1 in the year of the award. Deadline April 15, 2023. The winner will receive the grant during the 2023 ESH Annual Meeting on June 25, 2023.

Hypertension Canada



Dr Dean Picone will be presenting his research on the large number of unvalidated blood pressure devices that are commercially available on 8 May 2023. This will be followed by Dr Swapnil Hiremath and Jonathan Chan commenting on public health implications and insights on the access to these devices.

Please [register online](#).

Iraqi Hypertension Society (IqHS)



The IqHS has developed an ambitious programme to promote awareness and knowledge on the prevention and treatment of hypertension in Iraq. Further information about their activities can be found on the [IqHS website](#). Activities have included awareness campaigns at religious sites, joint academic meetings and addressing challenges for optimising blood pressure control.

XXIX Argentine Congress of Arterial Hypertension

The Argentine Congress of Arterial Hypertension will be held from 20-22 April 2023 in Buenos Aires, Argentina. The theme for this year is improving knowledge, treatment and control of hypertension and its risk factors. ISH speakers include Bryan Williams, ISH President; Fadi Charchar, Treasurer; Anastasia Mihalidou, Chair ISH Communications Committee and Cesar Romero, Chair Americas RAG.

www.saha.org.ar



British and Irish Hypertension Society (BIHS)

The BIHS will be hosting their annual meeting from the 18-20 September 2023 in Aberdeen. The abstract presentations will be a feature of this year's programme, with many prizes to be won.



[Abstract submissions are open](#) until 26 April 2023. Further details are on the [BIHS website](#). [Bursaries](#) are available for the congress.

BIHS will be celebrating World Hypertension Day with a Webinar entitled: “Measure your blood pressure, Control It, Live Longer” at 18.30 on 17 May 2023. Please [register online](#) for the CPD accredited webinar.



Omron Academy Hypertension module

Discover the latest challenges of hypertension treatment with [Omron Academy](#). You can earn CME points with their training, endorsed by leading medical societies, including ISH.

“On Air Youth Academic Salon”, China

The sixth salon was held on 12 March 2023. “OSA-associated Hypertension: more and more important than we know” was the topic for discussion. The [January](#) and [March](#) sessions are available online. The next event will be on 14 May 2023.

Please email iyhzam@126.com for information and on future events.



**WORLD
HYPERTENSION
DAY** **May 17th 2023**

*Measure Your Blood Pressure Accurately
Control it, Live Longer.*

Initiated by the World Hypertension League www.whleague.org

**17 May is World Hypertension Day –
check your blood pressure**



**MAY
MEASURE
MONTH**

E-Bulletin access

Should you wish to include a news item in the E-Bulletin please email secretariat@ish-world.com.

Information should be submitted before the 20th of each month.

ISH Corporate Sponsors



Medtronic

OMRON



Want to change how you receive these emails?

You can [update your preferences](#) or [Unsubscribe](#)