



30 June 2023

## Welcome to the June issue of the ISH e-Bulletin!



May ended sadly this year with the passing of Gordon McInnes, Professor of Clinical Pharmacology at the University of Glasgow and Past President of BIHS. Gordon has been an important part of the invaluable scientific legacy of Glasgow and in a category of his own. His unsurpassed ability to interpret complex research data and his uniquely powerful and amusing way to present, cannot be forgotten by anyone who attended even one of his debates! My training by him in Glasgow 30 years ago has been decisive and still influences what I do every day. Read a short obituary for this extraordinary Scotsman by the ISH President. For his many friends and family his memory will live on.

No question, the event of this month was the announcement of new ESH guidelines for hypertension! A valuable 150-page educational manuscript, including 46 boxes with recommendations and statements, 21 novel figures, 27 tables, and 1,743 references. ISH has endorsed the new ESH guidelines and the full paper is available open-access on the website of the *Journal of Hypertension*.

Get your plans in place to join us at the next ISH scientific meeting in Cartagena, Colombia, 19-22 September 2024. The super active hypertension community in Latin America is preparing to host a fantastic meeting!

See new announcements by the ISH New Investigator Committee, the ISH Women in Hypertension Research Committee, and the ISH Communications Committee, presenting spotlight features and new initiatives. Also, announcements about upcoming meetings for hypertension, including the Conference on Hypertension Control in Africa, the Asian-Pacific Congress of Hypertension, and meetings by the Malaysian Society of Hypertension, the British and Irish Hypertension Society, and by Hypertension Canada.

Last, if you haven't read the May 2023 issue of ISH Hypertension News, please check this out! For those of you in the Northern hemisphere – enjoy summer!

**George Stergiou**  
**ISH Secretary**  
**Athens, Greece**

## Meetings and publications

### ISH in attendance as ESH publish updated guidelines at their annual meeting

ISH Officers were delighted to attend the European Society of Hypertension's (ESH'S) 32<sup>nd</sup> annual meeting from 23-26 June in Milan where their updated guidelines were published. Council members involved in this project included President Bryan Williams, Secretary George Stergiou, Past President Maciej Tomaszewski and Council Member Claudio Borghi.

ISH had a joint session with the ESH and the French Society of Hypertension to explore the management of common, uncommon and very rare side effects of antihypertensive drugs. ISH member Sébastien Rubin, a nephrologist in Bordeaux (France) and fellow at the University of Manchester (UK), spoke at the event, and said afterwards: "The session was a worthwhile exchange of knowledge and expertise that left attendees appreciating the depth and breadth of the discussions." He wrote up a [summary of the session](#).

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### ISH2024 Meeting promoted widely in Latin America and Europe



Organisers of the ISH [scientific meeting](#) in 2024 and ISH Council members were present at two well-attended congresses in Latin America in June to promote the conference.

More than 6,000 people participated in the Congress of the Argentinian Federation of Cardiology in Mendoza, where the ISH organised a dinner for colleagues from Chile and Argentina to improve regional links and promote activities for ISH2024.

Executive President of the ISH2024 organising committee, Dagnovar Aristizabal, was additionally present at the Congress of the Inter-American Society of Cardiology (SIAC) in Panama alongside a large group of cardiologists from the region who were very keen to support our meeting in 2024. ISH2024 organisers also had an exhibition booth at the ESH 2023 meeting in Milan.

Join us in Cartagena, Colombia from 19 to 22 September 2024.

This [promotional video](#) details many of the beauties of Cartagena and the highlights expected at our meeting. [Registration](#) is now open. For discounted rates, register early.

Further information can be found on the [ISH2024 website](#), [Instagram](#), [Facebook](#) or [Twitter](#).

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## Validation of cuffless BP measuring devices

ISH Secretary, George Stergiou, is the lead author for an [ESH paper](#), which makes recommendations for the validation of different types of cuffless blood pressure measuring devices (wearables, in smartphones, etc), several of which are available on the market claiming that they are accurate. The importance of accuracy in blood pressure measurement is highlighted. A sister ESH statement was published almost simultaneously <https://pubmed.ncbi.nlm.nih.gov/37303225/> presenting design requirements and functions for different types of cuff blood pressure measuring devices by an international group of experts.

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## Hypertension News

As a reminder, check out the [May 2023 edition](#) of Hypertension News if you have not yet done so.

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## Communications Committee

We are delighted to introduce the vibrant communications team, each with expertise to fulfil the mission of the ISH, which includes “dedication to scientific innovation and advances in medical care in the field of hypertension” and spans the fields of cardiology, nephrology, genetics, primary care, vascular biology, paediatrics, representing both clinical and discovery research. Members represent the vast region that is the strength of ISH - from Australia to Europe to America and Canada as well as Hong Kong, South America, Japan and Africa. The Committee has exciting projects ahead and are excited to work with our members to support them!

### Communications Committee



Anastasia Mihailidou  
Chair / Australia



Dylan Burger  
Canada



Evi Christofidou  
UK



Joseph Flynn  
USA



Swapnil Hiremath  
Canada



Erika Jones  
South Africa



Ruan Kruger  
South Africa



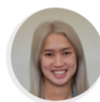
Eric Lee  
Hong Kong



Diego Ivan Lucumi Cuesta  
Colombia



Tiny Masupe  
Botswana



Quynh Nhu Dinh  
Australia



Akira Nishiyama  
Japan



Ricardo Alfonso Peña Silva  
Colombia



Praveen Veerabhadrapa  
USA

Get to know your ISH [Communications Committee members](#).

**Communications Chair – Anastasia Mihailidou**

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## New Investigator Committee (NIC)

This month we are pleased to share the latest New Investigator Spotlight feature, [Rikeish Muralitharan](#), who recently completed a PhD in the Hypertension Research Laboratory, Monash University, led by Francine Marques. Rikeish is a clinically trained medical doctor interested in

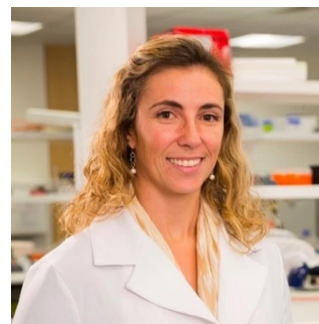


discovery research and has a main interest in how the host senses metabolites produced by the gut microbiota and how they regulate blood pressure.

Keep up to date with other NIC activities, including planned events for ISH2024, via the [ISH website](#) and please reach out with any feedback or suggestions to [nic@ish-world.com](mailto:nic@ish-world.com).

## Women in Hypertension Research Committee (WiHRC)

Our latest Women in Hypertension Research spotlight is [Priscilla Prestes](#), Research Fellow at the Health Innovation and Transformation Centre at Federation University, Ballarat, Australia. Priscilla talks to us about how she got into her career, her mentors, and more.



### Meet the Science working group of the WiHRC

The Science working group of the WiHRC is led by Lizzy Brewster (Netherlands and Suriname). Other group members include Muscha Steckelings (Denmark and Germany), Yan Li (China) and Pensée Wu (UK).

**Introducing the Science Working Group for ISH Women in Hypertension Research Committee**

- Dr Lizzy Brewster**  
Science Lead  
Netherlands - Suriname
- Prof Muscha Steckelings**  
Denmark-Germany
- Dr Yan Li**  
China
- Dr Pensee Wu**  
United Kingdom

There is a lack of knowledge of female-specific risk factors of hypertension, as well as gaps in the management of hypertension in women. This has led to the hypertension being underdiagnosed and undertreated in women. The science working group aims to improve the management of hypertension among women. They will do this by actively identifying knowledge gaps and advocating for women-specific hypertension research.

They will also promote the implementation of existing knowledge into clinical guidelines. This working group will be key in planning scientific sessions at ISH2024 in Colombia to discuss this important issue – we hope to see you there!

Register your interest in joining the WiHRC network by emailing [wihrc@ish-world.com](mailto:wihrc@ish-world.com). [Find out more](#) about the WiHRC.

## Regional Advisory Group updates



### 8<sup>th</sup> ISH Middle East and North Africa RAG Scientific Session

Come and join the 8th ISH Middle East and North Africa Regional Advisory Group (MENA RAG) Scientific Session during the 6th International Conference of the [Iraqi Hypertension Society](#) on 3-4 August 2023. The focus will be on ways to reduce and better manage hypertension in the MENA region and tailoring guidelines to meet the needs of patients. We believe that the discussions and debates during this session will contribute to the goal of reducing the prevalence of

hypertension in the region. We look forward to welcoming participants and experts in this field from around the world. For further information email: [secretariat@ish-world.com](mailto:secretariat@ish-world.com)

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## Obituary – Professor Gordon McInnes



The ISH is very saddened to learn of the death of Professor Gordon McInnes, Past President of the British and Irish Hypertension Society (BIHS).

President of ISH, Bryan Williams said: “It was terribly sad to hear of the passing of Gordon McInnes.

Gordon was a giant in hypertension in more ways than one. The mention of his name always brought a smile to my face as I recalled the wonderful humour, his entertaining lectures, as well as his brilliant oratory as an after-dinner speaker – he was peerless as a raconteur. We have lost a

great man, friend and colleague. My heartfelt condolences to his family and many friends in the hypertension community.”

You can read the [BIHS's obituary here](#).

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## Partner Events and Activities

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### May Measurement Month (MMM)



**MAY  
MEASURE  
MONTH**

[MMM2023](#) runs from 1 May to 31 July 2023. Use this as an opportunity to highlight the importance of blood pressure screening. Join #thebigsqueeze.

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### World Hypertension League



**World  
Hypertension  
League**

We have continued to update the ISH [World Hypertension Day web page](#) with more activities carried out around the world by our partners. The [June 2023 issue](#) of the WHL Newsletter is now available. Check it out!

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### Malaysian Society of Hypertension

[The Malaysian Society of Hypertension](#) will be hosting their 18<sup>th</sup> Annual Scientific meeting on 14 July 2023 in Kuala Lumpur. The theme this year is “Addressing Cardiovascular Protection in Hypertension and Cardiometabolic Diseases”.



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### British and Irish Hypertension Society (BIHS)

The BIHS will be hosting their annual meeting from the 18-20 September 2023 in Aberdeen. Further details are on the [BIHS website](#). [Bursaries](#) are available for the congress.



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## Canadian Hypertension Congress and YI Forum



Canada's largest national scientific and educational conference of its kind will return on October 23-24, 2023 in person for the first time in 3 years. The theme is "The Changing Landscape of Hypertension;" to explore various developments in research, technology, and guidelines. Registration details and the call for abstracts will follow soon, and the ISH will share details in later bulletins.

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## Asian-Pacific Congress of Hypertension

APCH will be hosting their 25<sup>th</sup> International Symposium on Hypertension and Related diseases in Shanghai, China. The congress will be from 14-16 December 2023. Further details are available on the [APCH 2023](#) website.



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## Conference on Hypertension Control in Africa



The Centre for Genomics and Precision Medicine and ARUA, University of Ibadan Centre of Excellence in non-Communicable Disease in partnership with WHL and RTSL will be hosting a conference on Novel Strategies for Accelerating Hypertension Control in Africa. The conference will take

place on 27-28th July 2023 in Ibadan, Nigeria with in-person and virtual components. For further enquiries please email [aruandui@gmail.com](mailto:aruandui@gmail.com).

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## E-Bulletin access

Should you wish to include a news item in the e-Bulletin please email [secretariat@ish-world.com](mailto:secretariat@ish-world.com). Previous e-bulletins can be accessed via the [ISH website](#).

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