



31 May 2023

Introduction from the ISH Secretary



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

May is 'our' month, with World Hypertension Day and May Measure Month (MMM), which stimulated numerous initiatives by our colleagues and friends around the world! These initiatives are necessary as only 54% of the 1.3 billion adults with hypertension worldwide are diagnosed and only 21% have it under control ([see here](#)).

At the present time, no development in hypertension research can prevent cardiovascular disease more than the improvement of hypertension control in the general population. Watch the video on World Hypertension Day by the ISH President, Bryan Williams, and see on our website some of the many initiatives held by ISH partners and affiliated societies around the world.

We are delighted to announce that our council member Tazeen Jafar has been appointed as Chair of the ISH-Global Health Partnerships. We trust that Tazeen will help ISH in having more efficient communication and collaboration with several other organisations and with the ISH Regional Advisory Groups (RAGs). See messages from our RAG for the Americas (chair and ISH Council member Cesar Romero) and from the Middle East and North Africa RAG. Also, announcements by the ISH Mentorship and Training Committee, our New Investigator Committee, and the Women in Hypertension Research Committee.

Make sure you have seen the May 2023 issue of the ISH Hypertension News! You will certainly find several interesting articles with views by our experts on new research developments in hypertension and the multidimensional ISH activities.

One month is left until the 2023 ESH meeting! Let's meet in Milan in June (or join virtually) to be the first to know the new ESH Guidelines and be updated about new developments in hypertension. Also, see announcements by the Asian-Pacific Congress of Hypertension, the British and Irish Hypertension Society, the Iraqi Hypertension Society and Saudi International Hypertension Conference, the Malaysian Society of Hypertension, and by Omron Academy.

Enjoy reading!

George Stergiou
ISH Secretary
Athens, Greece

Society and Member Activities



World Hypertension Day 17 May

May finally arrived with the annual drive to promote blood pressure awareness. ISH President, Bryan Williams led ISH promotional activities with this [video](#). Many activities were held by ISH partners and affiliated societies around the world, some of which have been highlighted on the [ISH website](#).



May Measurement Month (MMM)

[MMM2023](#) runs from 1 May to 31 July 2023.

Please use this as an opportunity to highlight the importance of blood pressure screening. Join [#thebigsqueeze](#).



2023 ISH Membership Renewals

All Society members have been sent emails with instructions on how to renew their membership via the ISH online [members area](#). However, please send any queries to the Membership Secretariat.

Email: membership@ish-world.com

ISH Regional Advisory Groups

Introduction: New Chair for ISH Global Health Partnerships

Tazeen Jafar has been appointed as **Chair ISH-Global Health Partnerships**, which will oversee partnerships with the World Health Organisation, World Hypertension League, Global Coalition for Circulatory Health and Resolve To Save Lives, as well as liaising with the ISH Regional Advisory Groups (RAGs) to encourage them to develop deliverables and engage with the programmes ISH is developing.



Message from the Chair of the Regional Advisory Group for the Americas – Cesar Romero



The presence of the ISH in the Americas region has sustainably increased during the past years, which was reflected in the ISH membership growth observed in the area. We hope the incoming [ISH meeting in Cartagena](#) (19-22 September 2024) will be an extra boost to increase representation from those countries in our society. The RAG for the Americas is working with several local societies to empower them, increase ISH presence in the region, and increase hypertension awareness, control, and research. [Continue reading on the ISH website.](#)

'Update from the Middle East and North Africa' RAG

Through its constant commitment to reducing hypertension in the MENA region, a session will be dedicated to the MENA RAG at two upcoming events: the 6th International Conference of the Iraqi Hypertension Society and the 8th Saudi International Hypertension Conference. We believe that the discussions and debates that will take place during those sessions will contribute to the goal of reducing the prevalence of hypertension in the region. Stay tuned for more information about registration and the program!

If you are reading this and are interested in attending these events, please don't hesitate to get in touch. We look forward to welcoming you! Contact secretariat@ish-world.com.

News and publications

Hypertension News

The May 2023 issue of the ISH publication [Hypertension News](#) is now available. This issue focuses on a new drug in primary aldosteronism; controlling hypertension in Africa; gut microbial metabolites and BP; COVID and CVD management; amongst others. Support for new investigators and women in hypertension research are also highlighted. There is a special feature on Cartagena, the venue for ISH2024.



24-hour measurement of blood pressure five times more informative of risk of death than conventional clinic blood pressure

In the largest ever study of its kind, 24hr ambulatory blood pressure monitoring was shown to be five times more informative regarding future mortality from cardiovascular and all-cause mortality when compared to conventional clinic blood pressure measurement, according to research whose senior author was ISH President Bryan Williams. [Read the full report](#)

8 out of 10 blood pressure monitors for sale online not tested for accuracy

Around 8 in 10 of the best-selling blood pressure monitors online have not been validated for accuracy, a new analysis of devices available in ten countries indicates. [Read the full report](#)

UK statistics highlight high rates of undiagnosed hypertension

'Considerable numbers' of young people in England have undiagnosed hypertension, according to [data](#) from the Office of National Statistics (ONS) in the UK. The ISH President responded to the news. [Read the full report.](#)

ISH 2024 Scientific Meeting



Join us at the ISH 2024 and enjoy Cartagena de Indias

Surrounded by the Caribbean Sea, Cartagena de Indias is one of the most beautiful and best-preserved cities in America; a treasure that, today, is one of the most visited tourist destinations in Colombia.

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

New Investigator Committee (NIC)

Find out more about ISH New Investigator activities at <https://ish-world.com/new-investigators>
Email: nic@ish-world.com

Women in Hypertension Research Committee (WiHRC)



Check out the latest Women in Hypertension Research spotlight feature with [Joanne O'Donnell](#) from Monash University, Melbourne, Australia who spoke to us about her current role, her scientific interests, and the advice she would give to her younger self.

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/>

Partner Events and Activities

European Society of Hypertension

The ESH [32nd European Meeting](#) will be held from 23-26 June in Milan. A session on the updated ESH/ESC guidelines, chaired by authors Guiseppe Mancia and Reinhold Kreutz, will be held on 26 June, 13.00 CEST. ISH authors include Claudio Borghi, George Stergiou, Maciej Tomaszewski and Bryan Williams. The meeting will in hybrid format. [Register](#) to attend.



World Hypertension League

World Hypertension League

The WHL has a new website, whleague.org. We encourage ISH members to check it out. Further information on the WHL and their recent activities can be found in their [March Newsletter](#). #WHD was on 17 May.

Please visit the WHL website to view pictures of events.

Malaysian Society of Hypertension



[The Malaysian Society of Hypertension](#) will be hosting their 18th Annual Scientific meeting on 14 July 2023 in Kuala Lumpur. The theme this year is "Addressing Cardiovascular Protection in Hypertension and Cardiometabolic Diseases". Register early for discounted fees.

Asian-Pacific Congress of Hypertension

APCH will be hosting their 25th 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.



Iraqi Hypertension Society (IqHS) and Saudi International Hypertension Conference



Please take note of the upcoming 6th Iraqi Conference on 3-4 August, and the 8th Saudi International Hypertension Conference on 18-20 November. The ISH MENA RAG will hold dedicated sessions at these meetings.

Visit the websites of the [IqHS](#) and the [Saudi Hypertension Management Society](#).

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.



Hypertension Canada

Check out the new [Hypertension Canada website](#), redesigned to make it more accessible for both healthcare professionals and the public.

Omron Academy Hypertension module

Discover the latest challenges of hypertension treatment with [Omron Academy](#). You can earn CME points with this training, created and endorsed by leading medical societies, including International Society of Hypertension.



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 Members



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