



31 July 2023

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



For the ISH, July has been very important as we had a two-day council meeting in Singapore to review all our current projects and initiatives and make decisions about our plans for the future! One of our major tasks is the organisation of the next ISH meeting in Cartagena, 19-22 September 2024. See an open invitation to all our members to shape together the scientific programme of the meeting.

The new European Society of Hypertension (ESH) guidelines certainly are the hot issue to discuss at the present time! Follow the link in the bulletin to watch a video from an interview with the ESH guidelines chair Giuseppe Mancia and the ISH President Bryan Williams discussing the new ESH guidelines in comparison to the 2020 ISH global hypertension practice guidelines.

We also report this month on an important statement which was recently published on improving circulatory health globally by the Global Coalition for Circulatory Health and contribution by the ISH.

See in this month's bulletin the latest spotlights by the ISH New Investigator Committee and the ISH Women in Hypertension Research Committee. The ISH New Investigator Committee, the ISH Women in Hypertension Research Committee, and the ISH Mentorship Committee have set up a plan to work closer together. We will soon announce their ambitious plans for supporting more efficiently our members.

Finally, look out for announcements about upcoming meetings for hypertension, including the Iraqi Hypertension Society during which our ISH Middle East and North Africa Regional Advisory Group (MENA RAG) has organised an important scientific session. See also announcements for meetings by the British and Irish Hypertension Society, the Pakistan Hypertension League, Hypertension Canada, and the Asian-Pacific Congress of Hypertension.

As August is now too close, the batteries of many of us need an urgent recharge. Wherever you are, I wish you to have an amazing time!

George Stergiou
ISH Secretary
Athens, Greece

Latest news

ISH Council meets in person

ISH Council members came together this month for what was a hugely productive and energising 2-day meeting in Singapore.

The wide-ranging meeting covered ISH activity across all regions of the world. Particular focus was given to planning for the ISH's 2024 scientific meeting, as well as the development of a professional education platform, and the development of a patient-focussed guideline.



Help shape the programme for ISH2024

All ISH members can contribute to the scientific programme for our [2024 meeting](#) in Colombia by completing a short online survey. Contributions from members - including suggested topics, chairs and speakers - will help us ensure the final programme is as inclusive and relevant as possible.

[Access the Survey](#)

Follow ISH2024 on [Twitter](#), [Facebook](#) and [Instagram](#).

[Register](#) to receive meeting updates.



Latest media

ISH and ESH discuss guidelines in hypertension

ISH President Bryan Williams and European Society of Hypertension (ESH) Guidelines Taskforce 2023 co-Chair Giuseppe Mancia discuss the role, development and impact of hypertension guidelines and the new ESH guidelines released in June in a [video interview](#) with ISH Communications Committee members Anastasia Mihailidou and Swapnil Hiremath. A second video interview with ISH secretary George Stergiou and ESH Guidelines Taskforce member Atul Pathak with ISH Communications members Dylan Burger and Tiny Masupe is planned for August.

What has changed in the 2023 ESH guidelines

ISH President Bryan Williams spoke to Medical Digest Congress Report about the differences between the latest ESH hypertension guidelines and their 2018 guideline. [Watch the video](#).

Publications

Call for action to improve circulatory health worldwide

A [position paper](#), co-authored by members of the ISH, has highlighted what health systems and governments need to do to improve circulatory health worldwide as part of Universal Health Care. The report was published by the Global Coalition for Circulatory Health.

New Investigator Committee (NIC)

In our latest New Investigator spotlight, we meet Jose Lopez-Lopez from Colombia.

Jose's current work includes research to improve hypertension control in Jamaica and Colombia using a team-based care approach. [Read our feature](#) with Jose.

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.



Women in Hypertension Research Committee (WiHRC)



This month we spoke to nephrologist Mayra Ayala Alemán from Bolivia for our WiHRC spotlight feature.

Mayra [spoke to us](#) about her role, her proudest achievements in her career, and more.

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

Communications Committee

We spoke with nephrology and hypertension specialist Erika Jones, who is based in South Africa. Erika plays a number of important roles for the ISH and is key to our e-bulletin being produced every month. We spoke to her about her current projects, and the impact of a trial she worked on which made a big contribution to improving hypertension care in Africa.

[Read the interview.](#)



Regional Advisory Group updates



8th 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 4-6 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. This will include a Scientific Session with the Middle Eastern and North Africa RAG on Hypertension Updates. Speakers at this session include Jafar Alsaïd and Abdulla Shehab.

We look forward to welcoming participants and experts in this field from around the world. For further information email: secretariat@ish-world.com

Partner Events and Activities



Pakistan Hypertension League

The Pakistan Hypertension League's 26th Annual Symposium will take place on 11-13 August 2023. The theme is: *"Measure your Blood Pressure Accurately, Control it, Live longer."*

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.



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".

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.



E-Bulletin access

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