



29 September 2023

Introduction from the ISH Secretary

Welcome to the September issue of the ISH e-bulletin!



We at ISH are proud this month to announce the publication of our [Position Paper on lifestyle changes to manage blood pressure](#) (J Hypertens. 2023 Sep 13. PMID: 37712135) led by ISH Treasurer Fadi Charchar and Priscilla Prestes. This statement presents novel strategies, such as mindfulness, sleep, and air pollution, and new knowledge on old strategies, such as exercise and alcohol. You should also be interested to read a major [WHO global report](#) on hypertension published last week, developed in partnership with Resolve to Save Lives and ISH support. ISH has also contributed to a new [publication](#) by the Global Coalition of Circulatory Health (World Heart Federation), presenting a call to address circulatory diseases. At the end of August, during the ESC meeting in Amsterdam ISH had a joint session with ESC on the hypertensive heart.

Special mention in this e-bulletin should go to our ISH Communications Committee, which prepared infographics with essential knowledge for people with hypertension. See this month's spotlights by our ISH New Investigator Committee and the ISH Women in Hypertension Research Committee. Also read about initiatives from our Regional Advisory Groups in Nigeria, Iraq, Pakistan, and Kazakhstan, an interesting fundraising initiative organised by the company ReCor Medical, and the French translation of ISH 2020 Global Practice Guidelines.

In the next few months there will be a lot of scientific activity by our affiliated societies and organisations. See announcements for upcoming meetings, including the Korean Society of Hypertension meeting in Seoul, the Canadian Hypertension Congress in Montreal, the International Conference on Prehypertension in Zagreb, the Saudi International Hypertension Conference in Riyadh, the HBPRCA Annual Scientific meeting in Melbourne, the Philippine Society of Hypertension Course, the French Congress on Hypertension meeting in Paris, and the Asian Pacific Congress of Hypertension in Shanghai.

We are very excited to update you about our next meeting which will take place in a year's time in Cartagena, Colombia. Earlier this month, members of the ISH Executive Committee and the ISH2024 Local Organising Committee met in Cartagena to review and make plans for the meeting. For all of us, this was an amazing and very reassuring experience in 'every' aspect! We have no

doubt that the ISH2024 meeting in Cartagena will be exceptional, and different from any other you have attended. Make sure you don't miss this opportunity!

Last, do not miss the next issue of the **ISH Hypertension News** which is coming soon with a lot of new and interesting information!

Enjoy reading!

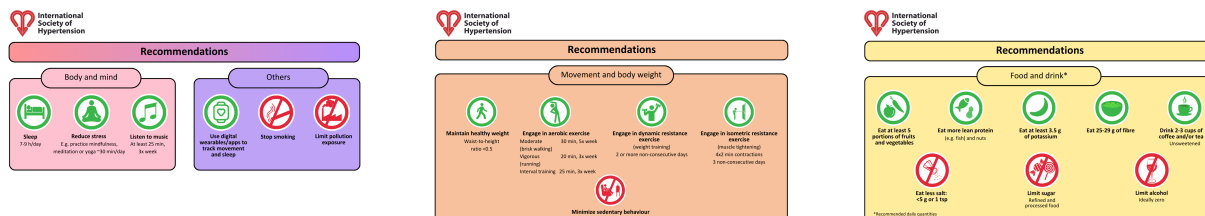
George Stergiou
ISH Secretary
Athens, Greece

News

ISH position paper on lifestyle changes to manage blood pressure released

Our [comprehensive review](#) of lifestyle changes that can help prevent or manage hypertension was published this month in the *Journal of Hypertension*. For the [paper](#), an international panel of experts, led by ISH Treasurer Fadi Charchar and Priscilla Prestes, made recommendations in areas including diet, exercise, salt consumption, stress management and sleep quality, based on the latest clinical and scientific evidence.

The paper is endorsed by the European Society of Hypertension and the World Hypertension League. The report was covered extensively in the [media](#) and widely shared on [social media](#).

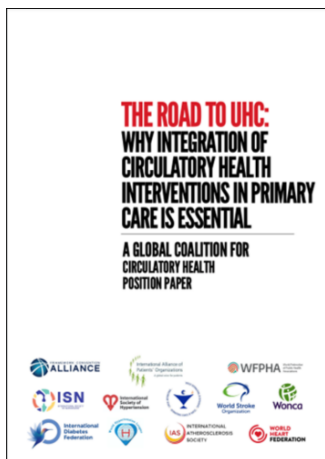


Launch of the first WHO global report on hypertension

The ISH responded to the publication of a new report by the World Health Organization and Resolve to Save Lives on the devastating impact of high blood pressure, along with recommendations on the ways to win the race against this silent killer. Read our [supportive response](#).

Universal Health Care

ISH, as a member of the Global Coalition of Circulatory Health, has contributed to a call to address circulatory diseases as part of Universal Health Care. The [publication](#) highlights the importance of building accessible and resilient primary healthcare. The paper was presented at the United Nations General Assembly on the 20th of September.



ISH and ESC hold joint session on the hypertensive heart



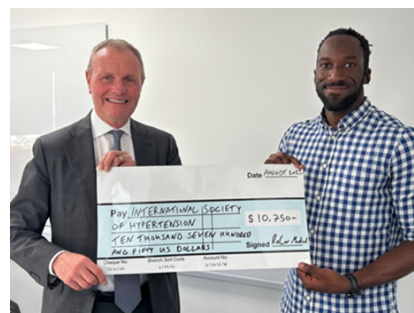
On 27 August at the European Society of Cardiology (ESC) Congress 2023 (Amsterdam), ISH held a joint session with ESC. The session "*The hypertensive heart: from hypertrophy to failure*" was chaired by Maciej Tomaszewski (ISH Immediate Past President, UK) and Maria Dorobantu (Romania). Bryan Williams (ISH President, UK) delivered one of the session keynote lectures, entitled "Preventing heart failure in hypertensive patients: should there be a stronger focus on natriuresis?"

French translation - ISH 2020 Global Practice Guidelines

Our sincere thanks to colleagues at the French Society of Hypertension (SFHTA) for translating the ISH 2020 Global Hypertension Practice Guidelines. [View the translation.](#)

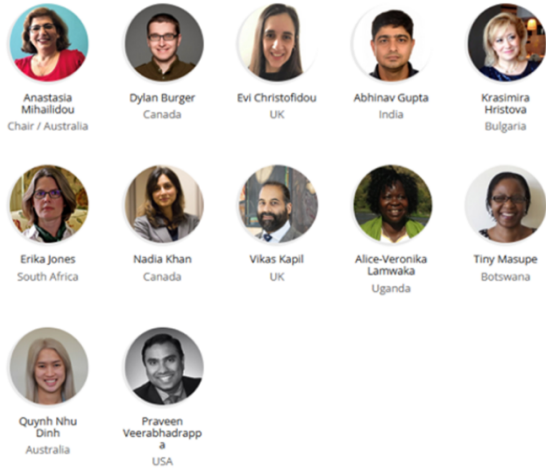
\$10,750 donated to ISH by ReCor Medical

The ISH is grateful to announce a donation of \$10,750 (US dollars) from the company ReCor Medical, who raised the money through a company-wide initiative called "ReCor on the Move." [Find out more.](#)

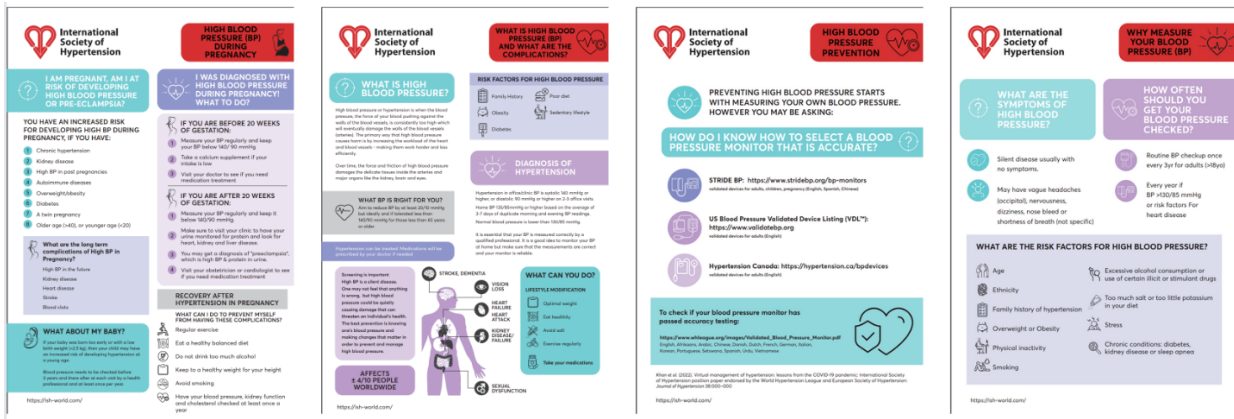


Communications Committee

Members of the Public Materials Taskforce have great pleasure in sharing several infographics they have created for ISH members and subscribers, which can be shared with your colleagues to increase awareness of hypertension. They are available via the [ISH website.](#)



The materials include infographics on high blood pressure prevention; high blood pressure during pregnancy; why measure your blood pressure; what high blood pressure is; what the complications of high blood pressure are; and information on blood pressure medications.



New Investigator Committee (NIC)



NIC Spotlight [Chloé Landry](#) is a PhD candidate in Cellular and Molecular Medicine at the University of Ottawa. She is exploring the role of neutrophil extracellular traps in endothelial dysfunction. Read how she navigated her PhD during COVID.

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)

Read a WiHRC's spotlight interview with [Candace McNaughton](#) – Associate Professor within the Department of Medicine, University of Toronto, Canada. Candace is an Emergency Physician whose research focus includes health services for hypertension and heart failure.



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

Regional Advisory Group (RAG) updates

Africa RAG

A [campaign](#) to increase hypertension awareness in **Nigeria** is making an impact with the help of volunteers trained by the ISH.

Middle East and North Africa RAG



The **Iraqi Hypertension Society** (IqHS) held its sixth international conference from 4-5 August in Baghdad. ISH MENA RAG members Jafar Alsaïd, Ghazi Haji, Abdullah Shehab and Habib Tareif contributed to a panel discussion, as well as a dedicated ISH MENA RAG session entitled 'Hypertension Updates for Middle East and North Africa Region'.

In view of the recent disasters that hit Libya and Morocco, the 9th MENA RAG session that will be held on 21 October 2023 will be dedicated and fully donated to UNICEF relief efforts."



South and Central Asia RAG

At the **Pakistan Hypertension League** (PHL) 26th annual symposium, ISH SACA RAG member and past chair Muhammad Ishaq was presented a Lifetime Achievement Award for his meritorious services to PHL.

As the ISH invited speaker at the **Congress of arterial hypertension and cardiovascular prevention, September 14-15, 2023 in Kazakhstan**, ISH Council member and SACA RAG member Tazeen Jafar spoke virtually on "Health Systems Strategies for BP Control Globally".



Register for ISH2024



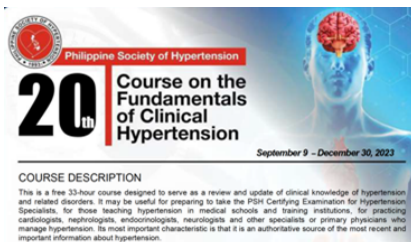
Just 12 months to go! [Register now](#) for the ISH's 2024 Congress in Cartagena, Colombia, and watch the [ISH promotional video](#) if you haven't yet seen it!

In September, members of the ISH Executive Committee and the ISH2024 Organising Committee met at the venue for ISH2024 for a successful site visit. An image of members of the team is below.

For more information on our 2024 meeting, visit the [ISH2024 website](#), follow ISH2024 on [Instagram](#), [Facebook](#) and [Twitter/X](#), and [sign up](#) for regular email updates about the conference.

Partner Events and Activities

Philippine Society of Hypertension 20th Course on the Fundamentals of Clinical Hypertension



This [17-module course](#) is accessible online at no cost between 9 September and 30 December 2023. Target audience: Doctors, those teaching hypertension in medical schools and training institutions, residents and fellows in training, doctors preparing to take the PSH Certifying Examination for Hypertension Specialists.

International Conference on Prehypertension, Hypertension and Cardio Metabolic Syndrome

This [conference](#) in Zagreb, Croatia from 19-22 October 2022 is organized by the Croatian Society for Hypertension and Croatian Hypertension League in collaboration with the Bulgarian Hypertension Society/League, the Israeli Society for Hypertension, the Hungarian Society for Hypertension, the Slovenian Society for Hypertension and the Serbian Society for Hypertension.



INTERNATIONAL CONFERENCE ON
Prehypertension, Hypertension
& THE Cardio Metabolic Syndrome
Zagreb 2023

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. The opening plenary speaker, Rhian Touyz, is an ISH Past President. [Register for the event](#)

8th Saudi International Hypertension Conference

Riyadh, Saudi Arabia. 18-20 November 2023. MENA RAG will hold a session during this event. [Find out more](#)

59th Scientific Meeting of the Korean Society of Hypertension (KSH)

Seoul, Korea, 3-4 November 2023. The theme of this year's symposium is "Blood Pressure Management and Perspectives for the Centenarian Era." The meeting will include a joint session from the ISH and KSH which will include a summary of the ISH's recent position paper on lifestyle changes for effective management of hypertension. [Visit the KSH website.](#)



2023 HBPRCA Annual Scientific Meeting

This meeting is the flagship meeting in the HBPRCA calendar and will be held this year from the 29th November to 1st December 2023 in Melbourne, Victoria. [Find out more.](#)

43th French Congress on Hypertension



Société Française
d'HyperTension Artérielle

This meeting of the French Society on Hypertension (SFHTA) will take place on 14-15 December 2023 in Paris, France. [Find out more](#)

Asian Pacific Congress of Hypertension (APCH 2023)

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

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

ISH Corporate Members



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