



31 October 2023

Introduction from the ISH Secretary

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



It is difficult these days to focus on “business as usual”. Not only the war in Ukraine has fulfilled our definition of a chronic malignancy, but another emergency has now appeared in Israel and threatens international security. These wars are different, but they are similar in damaging our efforts to achieve a global alliance and secure the future for the next generations. Pollution, global warming, poverty, and disease, all now appear to be at low priority, although they kill a lot more people than the wars.

Victims of the war are ordinary people who simply wish to continue their lives with families and friends. These are the people that our scientific community struggles to help by fighting cardiovascular disease - the number 1 killer. We can't fight on these fronts - indeed for many reasons - but we must continue our own war, which we know how to fight.

Thus, we recently distributed another exceptional issue of the ISH Hypertension News, presenting new data, expert opinions, and several activities from ISH committees. Also, our ISH Communications Committee developed new videos to promote the implementation of our recent recommendations for lifestyle changes to prevent or manage hypertension. Follow CAFE ISH as more videos will follow soon. Check a new interactive online tool for patient training in self-home blood pressure monitoring was developed by the Pan American Health Organization (PAHO) with support by ISH, STRIDE BP and other organizations. Read the September issue of the World Hypertension League newsletter with an Excellence Award in Hypertension Clinical Research given to past ISH president Alta Schutte. Last, see this month's spotlights by the ISH New Investigator Committee and the ISH Women in Hypertension Research Committee, the ISH Communications Committee

As COVID has been transformed to one of our common infections, there are many announcements by our affiliated societies about meetings for hypertension till the end of the year in the Philippines, Seoul, Riyadh, Melbourne, Berlin, Abuja, Paris, and Shanghai.

Last, make sure you register for the ISH 2024 Congress in Cartagena, Colombia. Be prepared for an exceptional meeting in an exceptional place! You will hear from us soon with news about the synthesis and content of a challenging scientific event!

Enjoy reading!

George Stergiou
ISH Secretary
Athens, Greece

News

ISH Hypertension News – September issue



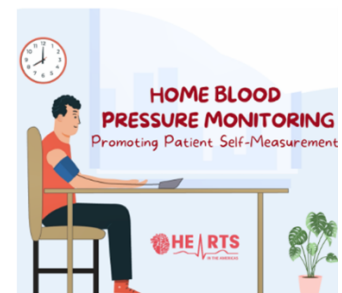
The [September 2023](#) issue of the ISH publication *Hypertension News* is now available. The latest edition features commentary-style articles on:

- a new ISH position paper on lifestyle changes and hypertension
- high blood pressure in the young
- use of potassium-enriched salt to lower blood pressure
- inflammatory mechanisms of hypertension
- the problem of 'diagnostic inertia'
- the European Society of Hypertension guidelines
- a visit to the ISH2024 conference venue
- a special series of articles on Latin America

And much more! [Read the publication now.](#)

Online tool launched to help patients manage their blood pressure at home

A new online course to help patients measure their blood pressure at home has been launched. The ISH is one of seven hypertension organisations around the world to sponsor the interactive 'Home Blood Pressure Monitoring: Promoting Patient Self-Measurement' course, from the Pan American Health Organization (PAHO) and World Health Organisation (WHO). [Find out more.](#)



Large study confirms no difference between bedtime and morning dosing of blood pressure medication

The time of day a patient takes medication for their high blood pressure makes no difference to how well the medication works, according to a [large observational study](#) led by an international team of researchers from Spain and the UK. It is the [biggest study](#) to date addressing the question of timing of blood pressure medication.

Videos place spotlight on recent ISH position paper

Two new videos initiated by the ISH Communications Committee promote the [comprehensive review](#) recently published by the ISH on lifestyle changes that can help prevent or manage hypertension.

In a [video interview](#), Anastasia Mihailidou and Swapnil Hiremath discuss the paper with lead authors Fadi Charchar and Priscilla Prestes. To facilitate implementation of these recommendations, the Communications Committee is also delighted to share a short presentation from Francine Marques summarising the recommendations made around dietary fibre consumption. Watch the video: [CAFE ISH: Will eating fibre lower my blood pressure?](#)



CAFE ISH: Will eating fibre lower my blood pressure?



Lifestyle changes and managing high blood...

New Investigator Committee (NIC)

NIC Spotlight

[Dong-Yan Zhang](#) features as the October spotlight for the New Investigator Committee. Dr Zhang is a resident physician at the Shanghai Jiao Tong university affiliated Ruijin hospital. Her research interests centre around the clinical care and epidemiology of people with hypertension. She has published work on the antihypertensive effects of Chinese traditional medicine.



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)

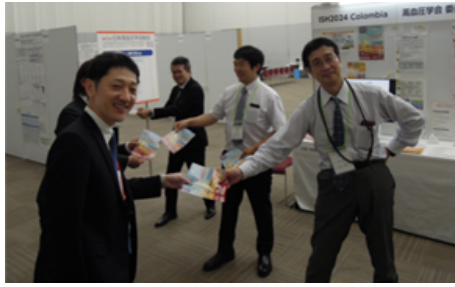
[Evi Christofidou](#) is a post-doctoral research associate at Queen Mary London University. She works on the ISH Communications Committee and is co-Lead for the monthly e-Bulletin. Dr Christofidou's research includes epigenomic / functional genomics in cardiometabolic diseases and aging.

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



Partner Events and Activities

Japanese Society of Hypertension (JSH) meeting promotion of ISH2024



Our thanks to Akira Nishiyama and colleagues for their fantastic promotion of the ISH 2024 Colombia meeting at the recent Japanese Society of Hypertension (JSH) 45th Annual Meeting held in Osaka.

We look forward to the participation of many professionals from Japan at the [ISH 2024 meeting](#).

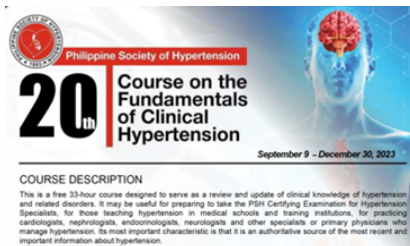
World Hypertension League



Please see [the September issue of the WHL newsletter](#), where they announce the World Hypertension Congress 2025, highlight the WHO Global Report on Hypertension and the Global Coalition for Circulatory Health's position paper on UHC.

Insights on hypertension are highlighted from the WHL 2023 Excellence Award Winners.

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.

8th Saudi International Hypertension Conference



Please take note of the upcoming 8th [Saudi International Hypertension Conference](#) on 18-20 November. The ISH MENA RAG will hold dedicated sessions at this meeting in Riyadh,

Saudi Arabia.

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

This meeting takes place in Seoul, Korea, 3-4 November 2023. The theme of this year's symposium is "Blood Pressure Management and Perspectives for the Centenarian Era." Find out more



2023 HBPRCA Annual Scientific Meeting



This [meeting](#) is the flagship meeting in the HBPRCA calendar and will be held this year from 29 November to 1 December 2023 in Melbourne, Victoria. ISH members speaking at the meeting include Markus Schlaich, Alta Schutte and Rikeish Muralitheran.

German Hypertension League Congress

Hochdruckliga



The German Hypertension League/ Deutsche Hochdruckliga 2023 congress will take place as a hybrid event in Berlin and online from 30 November to 2 December and is dedicated to the topic "Pathways to Cardiovascular Health 2030". ISH members involved in the [programme](#) include Jan Danser, Reinhold Kreutz, Thomas Unger and Roland Schmieder. [Find out more](#)

Annual General Meeting of the Nigerian Hypertension Society

This meeting of the Nigerian Hypertension Society (NHS) will be held in Abuja from 4-5 December 2023 under the leadership of Prof. Ayodele Omotoso (NHS President) and Professor Augustine Odili (NHS Vice President and Chair ISH Africa Regional Advisory Group) and colleagues. Email nigerianhypertensionsociety@gmail.com to find out more.



43th French Congress on Hypertension

This meeting of French Society on Hypertension (SFHTA) will take place on 14-15 December 2023 in Paris, France. ISH Treasurer Fadi Charchar will be discussing the ISH Lifestyle paper and Michel Burnier will be presenting. [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](#).

Register for ISH2024

Just 11 months to go! [Register now](#) for ISH's 2024 Congress in Cartagena, Colombia, and watch the [ISH promotional video](#) if you haven't yet seen it! The theme for the congress is "Improving the control of hypertension worldwide." Featured topics include:

- multidisciplinary care
- telemedicine and remote monitoring
- models of response to therapy
- special populations
- translational medicine.



[Registration](#) is now open and can be accessed from the [ISH2024 website](#).

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

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