

PARTNER EVENTS AND NEWS

The Asian-Pacific Society of Hypertension

TEO BOON WEE JIMMY

Secretary-General, Asian-Pacific Society of Hypertension



The Asian-Pacific Society of Hypertension (APSH) was established at the 1997 meeting of the second Pacific-Rim Society of Hypertension in Manila, Philippines for the Asian-Pacific region and APSH agreed

to be an affiliate of the International Society of Hypertension. The Members of the APSH in 1999 were the hypertension or cardiac societies or heart foundations of Australia, India, New Zealand, Brunei, Indonesia, Philippines, China (Mainland), Japan, Singapore, China (Hong Kong), Korea, Thailand, China (Taiwan), Malaysia, and Vietnam. The secretariat was originally based in Australia. The President of the APSH becomes the President of the next Asian-Pacific Congress of Hypertension, APCH. The first APCH was held in September 1999, Bali, Indonesia. It was decided at an APSH Executive meeting in 2019 to incorporate the APSH and transfer the Secretariat to Singapore. The APSH Limited was incorporated on 13 September 2022 in Singapore to handle the business of the APSH, and the secretariat was transferred to Singapore under the care of the Singapore Hypertension Society. The members of APSH are Australia, Bangladesh, China (Mainland), India, Indonesia, Mongolia, Philippines, Singapore, Sri Lanka, Korea, Thailand, Taiwan (China), Japan, Malaysia, Myanmar, Nepal, Pakistan, and Vietnam.

The main activities of the APSH are the APCH and the APSH Summer School. The APCH is held every 2 years and in the years where the International Society of Hypertension holds its meeting in Asia, a conjoint meeting is held. The most recent APCH was held in month of December 2023 at Shanghai, China, and was a resounding success in

attendance. The education program was stellar despite the challenges of holding the first face-to-face standalone APCH due to the re-opening of facilities and services for travelers. The next meeting will be in Lucknow, India in 2025. The President of APSH, Prof Anuj Maheshwari looks forward to welcoming you!

The APSH has actively collaborated with the ISH in promoting education, research, and networking among clinical specialists and researchers in hypertension in the Asian-Pacific region. The APSH aims to promote hypertension specialist development in the region with the Summer School program and create opportunities for networking. The networking allows mentorship of specialists in developing hypertension centers in the under-developed areas of the Asian-Pacific and also networking of referral centers for patients. Scholars who have been through the program make lifelong friends for research and clinical practice.

The many regions of the Asian-Pacific are quite disparate in the quality and quantity of medical resources for patients with hypertension. The APSH advocates for healthy longevity through equitable access by promoting education in all areas of the Asian-Pacific. Education is the great leveler! Members such as Australia, China, Japan, and Korea have actively provided many opportunities for less developed members in education, academic activities, and research. As the Secretary-General, I coordinate the activities of the APSH by working with the secretariat in Singapore, and execute the decisions of the APSH Council (member representatives) and the

APSH Executive, while complying with regulatory requirements of the APSH Limited.

The APSH emphasizes the prevention of hypertension in the Asian-Pacific region as the best way for reducing the burden of hypertension through healthy diet and lifestyle. APSH also advocates for voluntary and regulated sodium and sugar reduction in food products, reduction of obesity by decreasing consumption of food and

increasing physical activity. APSH aims to improve health screening, treatment, and control rates in the Asian-Pacific region. There are many practice controversies and need for adaptation of clinical practice guidelines, which APSH aims to tackle for the Asian-Pacific region.

The ISH was for many years a strong supporter of the APSH, and many individual members of the ISH are also active participants in the activities of the APSH. We look forward to many years of collaboration to reach the goal of zero hypertension and a step towards immortality.

Teo Boon Wee Jimmy – mdctbw@nus.edu.sg

Current members of the APSH Executive



Prof Anuj Maheshwari
India, President



Prof Jiguang Wang
China, Immediate
Past-President



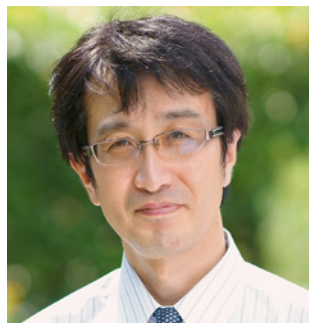
Prof Austin Yen-Hung Lin
Taiwan, President-Elect



Prof Apichard
Sukonthasarn
Thailand



Prof Antonia Anna Lukito
Indonesia



Prof Akira Nishiyama
Japan



Prof Jam Chin Tay
Singapore



Prof Ye Myint
Myanmar



Prof Deborah Ona
Philippines



Prof Hae-Young Lee
South Korea