



6 December 2021

Introduction from the ISH Secretary



It is that time of year, when for many countries, the year is drawing to a close. It is often a time of reflection on the year that is about to pass and what the new year of 2022 will hold for us all. There is no doubt, that as in 2020, 2021 has continued to be a difficult year because of the pandemic and we face continued uncertainty at the moment with the emergence of another variant, omicron. This makes planning for the future somewhat challenging, especially with regard to scientific meetings and congresses, which we have all missed. Whilst we have used video platforms to stay in touch and hold scientific meetings, they are no substitute for the real thing. We have to admire the commitment of those leading the organisation of future conferences. Only this week, I saw the video produced by Hiroshi Itoh and his colleagues in Japan (see the link below). Hiroshi is leading the organisation of the ISH Scientific meeting in Kyoto next October. Have a look at the sheer commitment and enthusiasm of

Hiroshi and colleagues in that video, it is inspiring, and I hope it will inspire all of you to start planning to attend the ISH 2022 Congress in the charming and wonderful city of Kyoto next October.

When reflecting on the past year, I think there have been a number of positive developments for the treatment of hypertension. The challenge of the pandemic has also brought opportunity. Many patients with hypertension have not been able to get to their doctor to have their blood pressure checked because of lockdowns. This has led to a marked increase in use of home blood pressure monitoring and I hope this is the beginning of a trend towards this being adopted more widely, because evidence suggests it does better engage patients in the management of their blood pressure. Of course, the cost of devices means that this isn't possible in all parts of the world but it should be and we should be pushing to ensure that very low cost and effective devices for blood pressure measurement become more widely available especially for low income countries. I am also encouraged by the number of new blood pressure drug treatments that are in development, deploying advances in biological therapies to deliver more consistent and long term blood pressure control, through a variety of innovative mechanisms. After a period when the Pharma industry seemed to have cooled its enthusiasm for new drug development for hypertension, green shoots on innovation are beginning to emerge and it is good to see.

Talking of green shoots, I am hugely encouraged by the remarkable enthusiasm I have seen for more information on hypertension in the many on-line conferences I have attended, or spoken at, across the world, as well as the number of younger people getting involved in hypertension. We must nurture this interest in hypertension in our young clinicians and scientists. There are so many competing opportunities in medicine and research for younger people today. It is important that we recognise that and inspire, enthuse and promote opportunities for younger people to develop their interest in hypertension. They are the leaders of the future. This is wonderfully captured in many aspects of the eBulletin below, with the ISH new investigator networks, the mentorship and training committee etc. examples of the ISH being pre-eminent in promoting career development of younger people.

Another poignant reflection for me this week occurred during an event our hospital held to remember our health care staff who died in service during the pandemic. I worked alongside many of them and it is human nature to only realise and value what a contribution they and all front line health care staff have made after they are no longer with us. It emphasised how important our colleagues and friends and families are. So, as we come to the end of another

tumultuous year, take time to care for the people you care about, and who care about you, and spare a thought for those in troubled parts of the world. Season's greetings from all at ISH, wherever you are in the world and best wishes for a healthy and successful 2022.

Professor Bryan Williams, London, UK.



President's Blog

Check out the latest [ISH President's Blog](#), written by Professor Maciej Tomaszewski, for up-to-date information straight from the ISH President.

ISH Website: www.ish-world.com

Society and Member Activities

Café ISH

Associate Professor Matthew Sparks (Duke University Medical Center, USA) discusses the use of angiotensin converting enzyme inhibitors and angiotensin receptor blockers in COVID. Prof. Sparks [presents](#) results from major randomised controlled trials, dispelling myths and identifying remaining gaps in knowledge.

Hypertension News



The quarterly ISH publication will be produced in time for the end of year holidays. Be sure to look out for the publication on 14 December so that you have some holiday reading. View any 2021 newsletter issues that you have missed on the ISH [website](#).

Spotlight on our International Society of Hypertension Fellows (ISHFs)

[\(ISHF\) Gallery](#). (ISHFs) earlier this year. To view these members, check out our International Society of Hypertension Fellow [Fellows](#) Several very deserving individuals became the 1st ISH

One ISHF stands out as she is the only nurse (previously an ISH Health Professional Affiliate). [Professor Lyne Cloutier](#), from Université du Québec à Trois-Rivières, Canada has contributed significantly to hypertension control in different ways.



Congratulations to all our fantastic 2021 International Society of Hypertension Fellows!



ISH Live report

The 2nd edition of ISH Live, held on the 17th of November, was truly an international event, with a total of 63 registrants from 31 different countries.

The diverse backgrounds and career experiences of the panel contributed to a rich session that was much more than a simple round table discussion. It consisted of open dialogue and the sharing of experiences and emotions regarding the challenges of the past two years, an exchange that brought solace to many and encouraged building resilience as a group. The recording and a full event report are available on the ISH website.

ISH Kyoto 2022 Meeting (12-16 October 2022)



We have started the countdown campaign to ISH2022. Please watch our welcome messages from Professors [Hiroshi Itoh](#), [Maciej Tomaszewski](#), [Jiguang Wang](#) and [Enrico Agabiti-Rosei](#), which you will be able to find on the [ISH2022 website](#). Please visit the [ISH2022 website](#), or search for #ISH2022 on Facebook, Instagram and Twitter.

The 29th Scientific Meeting of the International Society of Hypertension (ISH2022) will be held from October 12 to 16 2022 at the Kyoto International Conference Center with the theme of “The Wisdom for Conquering Hypertension”. We will hold the meeting onsite in a hybrid format that will provide online content. The local organising committee is intensively preparing for the meeting, hoping that hypertension researchers in the world will meet in person and share scientific progress in Kyoto.

Prof. Hiroshi Itoh
President of ISH2022

<https://www.ish2022.org>



Bids for ISH 2026

The ISH is inviting bids for the Biennial Scientific Meeting in 2026. The ISH Biennial Meeting is the premier event for hypertension research that brings together the world leaders in cardiovascular and hypertension research. Please bring this to the attention of your national societies. The deadline for the bid is the **1st March 2022**. For more information, please refer to the [ISH website](#) or contact [Helen](#).

Mentorship and Training Committee

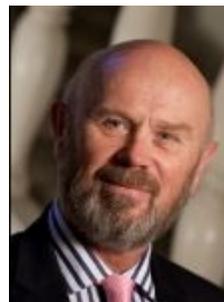
In the last month, the Mentorship and Training Committee (MTC) has had the honour to interview two leaders in hypertension:



Dr Tiny Masupe is a clinician-scientist, senior lecturer and assistant program director for the Master of Medicine in Public Health at the University of Botswana. She is a fellow alumnus of the AFYABORA Global Health Leadership fellowship, and she is the first recipient of the Neil Nathanson AfyaBora Global Health leadership award. Dr Masupe is the Botswanan lead for the May Measurement Month (MMM). You can listen to her [interview](#).

Professor Neil Poulter is a Professor of Preventive Cardiovascular Medicine at Imperial College London. He is a past president of the British Hypertension Society and the ISH, and the chief investigator of MMM. You can listen to his [interview](#).

You can also listen to the earlier podcasts on Apple Podcast. We hope you enjoy the interviews!



Reach out using this [form](#) if you would like help to find an international mentor. We also welcome [new nominations of interviewees](#), both leaders and emerging leaders within the ISH.

New Investigator Committee (NIC)



The ISH, Argentine Society of Hypertension (SAHA) and Inter-American Society of Hypertension (IASH) held a [2nd International Summer School](#) between 26 and 27 November 2021 at the Grand Hotel Potrerillos, Mendoza. This event was attended by 31 people (15 in person and 16 virtually) and we are delighted to report that Dr Jose Romano (see left, ISH member, Formosa, Argentina) was awarded a scholarship to attend. Our sincere thanks and congratulations to the course director, Dr Nicolais Renna (ISH New Investigator Committee), for all his hard work and efforts on behalf of the ISH.

SEGUNDA ESCUELA INTERNACIONAL EN HIPERTENSIÓN 2021 MENDOZA

26 y 27 de Noviembre de 2021
Gran Hotel Potrerillos, Mendoza, Argentina



Follow us on Twitter: @ISHBP #ISHNIC
Webpage: <https://ish-world.com/new-investigators>
Email: nic@ish-world.com.

Women in Hypertension Research Committee

02
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**ENCOURAGE
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**Women in
Hypertension
Research**

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The WiHRC has the great privilege to be involved in joint sessions around the globe including with the Chinese Society of Hypertension and the High Blood Pressure Research Council of Australia (HBPRCA) scheduled for 10th December. Find out more in the latest [WiHRC newsletter](#).

Spotlight Feature

Dr Ching Siew Mooi (Malaysia), is this month's WiHRC Spotlight feature. Dr. Siew

Mooi is an ISH WiHRC Committee member, family physician, senior primary care consultant and academic involved in teaching postgraduate students and leading research projects in the field of hypertension. More details are on the [ISH website](#).



Mentoring Meetings

The WiHRC organised 30-minute online mentoring meetings between young (mentee) and senior (mentor) scientists between 11th and 22nd October 2021. We wanted to stimulate scientific networking and provide a space to facilitate discussion not limited to science, where mentees would have an opportunity to talk freely about any concern/topic they wanted to address. In this first WiHRC mentoring event, we were very fortunate to have 10 exceptional mentors participating in this initiative, and 16 mentees were enrolled and paired with one or two mentors for the meetings, according to their interests. The feedback from the meetings was very positive, with reports of very open and productive discussions for example about work-family-balance, research during the pandemic and career planning. We also got feedback highlighting that the one-to-one mentoring meetings format was a very good opportunity to communicate with mentors from all over the world and establish a relationship with them. We hope to offer new sessions again soon, and hopefully gather more people to join us in this wonderful initiative.



Should you wish to join the WiHRC network you can [register your interest](#).

@ISHBP #WiHypertenRes

Webpage: <https://ish-world.com/women-in-hypertension> / Email: WiHRC@ish-world.com

Affiliate Events and Activities

ISH Americas Regional Advisory Group and the Argentinean Society of Hypertension

The ISH Americas Regional Advisory Group (RAG) and the Argentinean Society of Hypertension (SAHA) are co-organising a 2-year certified advanced course on hypertension for clinicians and researchers from Spanish-speaking countries. This course is aligned with the objectives of the ISH to promote education on hypertension and train future leaders in the Latin American region with highest standard of care on cardiovascular diseases. The course will be launched in April 2022 and include 16 modules with topics from pathophysiology through to global guidelines treatment on hypertension. There is a significant discount in the registration costs for ISH members. [View more information](#).



ISH Middle East and North Africa Regional Advisory Group Update

7th Saudi International Hypertension Conference

The Saudi Hypertension Management Society (SHMS) organised a joint session in collaboration with the ISH Middle East and North Africa RAG (MENA RAG) at their meeting on 27 November.



Topics covered included Uric Acid in relation to Hypertension and Cardiovascular disease by Dr. Jafar Alsaied, the sympathetic system and hypertension by Dr. Abdulla Shehab and finally Hypertension in the COVID Era by Dr. Ghazi F. Haji. Dr. Tawfik Albassam chaired the session, and it was moderated by Dr. Rana El-Bikai. To add to this, the ISH President, Professor Maciej Tomaszewski, was delighted to speak at the SHMS meeting on 26 November.

Our thanks to SHMS, in particular Dr Tawfik Albassam and Dr Bader Almustafa, and MENA RAG members for giving their time to this initiative.

ISH Middle East and North Africa Regional Advisory Group Update

4th Iraqi International Hypertension Conference

The 4th Iraqi Hypertension Conference took place from 4-5 November, Dr. Jafar Alsaied, chair of the MENA RAG represented the ISH and presented on the [2020 Global Hypertension Practice Guidelines](#).

[Read more](#) about these recent ISH MENA RAG activities.



World Hypertension League

Dr Xin-Hua Zhang, President of WHL, invites your participation in the 5th WHL World Hypertension Congress. Further information and news are available on their [website](#).



ICHCA and IPHA



The ICHCA and IPHA hosted their 7th joint [online session](#) on the 16th of November. Presentations on paediatric hypertension tracking, the growth of cardiovascular risk factors and the complexities around adolescent hypertension and the transition to adulthood, particularly in

resource limited regions, were well received and followed by a great discussion, which included Joseph Flynn and Stella Stabouli. Delegates attended from 12 different countries. The ICHCA is planning a [face-to-face](#) meeting in Warsaw in 2022. Please watch this space for further details.

MMM 2021

MMM has now come to an end. Congratulations and thank you to all those that were involved. Expect to see notification of the results in the upcoming weeks.



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E-Bulletin access

Should you wish to include a news item in the E-Bulletin please email Helen@ish-world.com. Information should be submitted before the 20th of each month.

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