



WHL • NEWSLETTER

News from the World Hypertension League (WHL).
In Official Relations with the International Society of Hypertension and the
World Health Organization

No. 175, March 2022

President's Column



Dr. Xin-Hua Zhang

The 5th World Hypertension Congress is approaching. We are looking forward to meeting colleagues from partner and member organizations virtually or in-person 13-15 May in Macau-Zhuhai, China. The 5th WHC will be jointly organized by international and local societies of hypertension and cardiovascular diseases, covering in-depth discussion on key areas for improving global hypertension control. The sessions will focus on call to actions for global sodium reduction actions and the new evidence from RCTs for interventions with sodium reduction and potassium enriched salt in food; the marketing and utilization of validated BP devices for screening and monitoring BP; the HEARTS package for hypertension control in primary care services globally; the challenges and solutions for hypertension control in specific patient groups and general population in different regions; newly completed RCTs to compare the efficacy of BP lowering treatment between different thresholds or targets of BP, or between traditional medicine and herbal medicine. This year's training session is specifically designed for scientific writers and reviewers. The Congress will be celebrating WHD with member organizations virtually on 15 May.

Xin-Hua Zhang

Note from the Editor



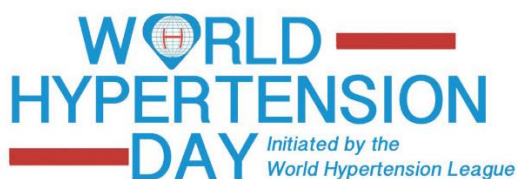
Dr. Dan Lackland

It is with great pleasure to be a part of this first issue of the Newsletter for 2022, showcasing the preparations for World Hypertension Day and the Children's Art Program. The exciting initiatives being implemented by the WHL partners and membership are quite impressive. We are pleased to build the 'Hot Off The Presses' section with the feature for this *Issue* on the concerns regarding the assessment and reporting of salt intake. The Newsletter is most appreciative of the contributions of all as we work toward global hypertension treatment and control.

Dan Lackland

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WORLD HYPERTENSION DAY 2022



Measure Your Blood Pressure, www.whleague.org
Control It, Live Longer

May 17, 2022
Save the Date!

World Hypertension Day 2022's theme *Measure Your Blood Pressure Accurately, Control It, Live Longer* continues to focus on the importance of accurate blood pressure measurement in controlling blood pressure. [Click here](#) for more information on this year's celebration of WHD.

5th WHL WORLD HYPERTENSION CONGRESS

May 13-15, 2022

Zhuhai and Macau, China



This global event will be held in conjunction with World Hypertension Day (17th May 2022). The WHL welcomes all partners, member organizations and colleagues to participate in the conference digitally or in-person to share your efforts related to the following themes:

1. Accurate measurement of blood pressure with validated devices and standard procedures
2. Taking actions to improve the coverage and efficiency of hypertension control, especially in resource restricted areas.
3. Enhance sodium reduction with support from high quality research and health policies

The English version of the web-link for the 5th WHC will be open soon at:

www.worldhypertensioncongress2022.com.

CHILDREN'S ART PROGRAM – CALL FOR CONTRIBUTIONS



Please note that the Call for Artwork for the **2022 WHL Children's Art Program** is open and the **deadline for submissions is April 1st**. We had a wonderful global showing in 2021 (see last year's submissions [here](#).)

This year's theme "**Promoting Healthy Lifestyles**" emphasizes blood pressure awareness and stroke and cardiovascular disease prevention. Contributions should relate to maintaining a healthy blood pressure, including more physical activity, less screen time, a heart healthy, reduced sodium diet that includes fruits, vegetables, and grains, less "fast foods", and not smoking.

We will showcase this year's artwork on World Hypertension Day, May 17th. Art contributors will receive a special excellence award certificate entitled the "**Edward J. Roccella Excellence in Art Award for Hypertension Awareness**", in memory of WHL Art Program co-sponsor Dr. Edward J. Roccella.

Dr. Roccella was instrumental in the creation and promotion of the Children's Art Program and high blood pressure awareness in young people, and will be greatly missed.

Information and submission forms [click here](#).

Thank you to our WHL members and parent sponsors for encouraging children and families to learn about awareness, prevention and control of hypertension, a global Public Health problem.

Children's Art Program Sponsors:

Daniel T. Lackland, DrPH, *Prof. of Epidemiology, Medical Univ. of South Carolina*

Bonita Falkner, MD, *Professor Emeritus, Thomas Jefferson University*

HOT OFF THE PRESSES

An International Call for Action: Flawed research undermining dietary salt guidelines that protect cardiovascular health

Submitted by Francesco P Cappuccio,
MD DSc, Head of WHO Collaborating Centre, Univ.
of Warwick, UK

“The question of contagion in various diseases has often been discussed with a degree of acrimony that is unusual in medical or other scientific enquiries. [...] It is the great pecuniary interests involved ...” John Snow, 1853.

In the mid 19th century, a cholera epidemic in London occurred, leading some to say it was caused by ‘bad air’ and others that it was due to a ‘germ’ transmissible from person to person. This controversy fuelled a political debate about how to control the epidemic. Whilst the Tories supported the ‘germ’ theory that favoured periods of quarantine to protect agricultural interests, the Liberals argued in favour of the ‘miasma’ theory, since quarantines would jeopardise free trade and threaten the rising of the industrial bourgeoisie. Controversies in science have since dominated modern public health, often to protect vested interests rather than to promote the public good.

Cardiovascular disease (CVD) is the number one killer of humans. Reducing sodium (mostly from salt) intake improves cardiovascular health. Since 2010, some researchers have been incorrectly claiming that a moderate reduction in sodium (salt) consumption is



harmful. Yet, the best available evidence supports the global public health guidance of health organizations, including the World Hypertension League, to reduce sodium consumption to no more than 2,000mg per day (5g of salt per day) to prevent CVD. In the latest issue of [Current Nutrition Reports](#) (1) 25 leading experts in nutrition and CVD prevention denounced the incorrect claim that is based on flawed methods, poor rigour in research methodology and bias.

Whilst such an unfounded claim has been contested on its scientific merits over many years, the researchers who make the incorrect claims continue without correction. Their incorrect claim continues to be published in peer-reviewed journals by the same scientists based on the same flawed evidence. They mischaracterize and dismiss the scientific consensus if they cite it at all. These publications mislead readers with their incorrect claims generating doubt and controversy.

The 25 experts analyse the misconceptions, misstatements and deliberate denials of the evidence in eight articles published in the *European Heart Journal* between 2020 and 2021 (2). They identified issues of significant consequences for public health, conflict of interest declarations, and peer-review that journals and policymakers must address to maintain public trust in the scientific process, and numerous challenges to scientific integrity (as seen in the past regarding tobacco and currently regarding climate change).

The reasons for this false controversy about sodium intake are many: conflict of interest (often not declared), commercial bias, lack of public access to raw data, flawed and unremedied research practices, ineffective enforcement of rules on research ethics, and unchecked vested interests of scientific journals (1,3).

The international cardiovascular experts hereby call upon government health and advanced education ministries; universities; research ethics boards; journals; and institutions to take specific steps to address these concerns (1,3). Low quality research, the conduct of some scientists and undeclared vested interests are undermining the reduction of sodium intake in the global population that would prevent CVD, still the leading cause of death globally.

References

(1) Cappuccio FP, Campbell NRC, He FJ, Jacobson MF, MacGregor GA, Antman EM, Appel LJ, Arcand JA, Blanco-Metzler A, Cook NR, Guichon JR, L'Abbè MR, Lackland DT, Lang T, McLean RM, Miglinas M, Mitchell I, Sacks FM, Sever PS, Stampfer M, Strazzullo P, Sunman W, Webster J, Whelton PK, Willett WC. Sodium and health: old myths, and a controversy based on denial. *Curr Nutr Rep* 2022; on-line Feb 14, 2022

(2) [1]. Mente A, Dehghan M, Yusuf S. *Eur Heart J.* 2020;41(28):2641–4. [2] Lechner K, Schunkert H. *Eur Heart J.* 2020;41(35):3374–5. [3] O’Donnell M, Mente A, Alderman MH, et al. *Eur Heart J.* 2020;41(35):3363–73. [4] Mente A, O’Donnell M, Yusuf S. *Eur Heart J.* 2021;42(21):2116–8. [5] Adedinsewo DA, Pollak AW, Carter RE. *Eur Heart J.* 2021;42(21):2113–5. [6] Messerli FH, Hofstetter L, Syrogiannouli L, et al. *Eur Heart J.* 2021;42(21):2134. [7] Yan Y, Mu J. *Eur Heart J.* 2021;42(21):2133. [8] Messerli FH, Hofstetter L, Syrogiannouli L, et al. *Eur Heart J.* 2021;42(21):2103–12. (3) Campbell NRC, He FJ, Cappuccio FP, MacGregor GA. Dietary sodium 'controversy': issues and potential solutions. *Curr Nutr Rep* 2021; 10: 188-199.



SODIUM REDUCTION NEWS

Resolve to Save Lives: LINKS Sodium Reduction Framework 2021

High dietary sodium is the leading nutritional risk globally and is attributed to approximately 500 million people having hypertension, over 44 million disability-adjusted life years lost and over 1.8 million deaths in 2019. In December 2021, **Resolve to Save Lives** released a framework to aid the development, enhancement, and evaluation of dietary sodium reduction programs (<https://linkscommunity.org/toolkit/sodium-framework>).

The Framework was developed by a Resolve to Save Lives (RTSL) expert team, RTSL reviewers from country offices with sodium reduction programs, as well as external experts including those with experience implementing national sodium reduction programs from a diverse array of countries.






The resource is web based and provides an overview on the following key components of sodium reduction programming: Program Governance; Surveillance, Monitoring, and Evaluation; and Key Interventions for packaged foods, foods prepared outside the home, and sodium added to foods in the home.

For each component, the Framework outlines recommended steps and provides additional key implementation tools, country examples, and other related resources. The framework identifies highly recommended interventions from the World Health Organization ('Best Buys'), interventions that have substantive evidence and

experience in reducing dietary sodium, as well as promising interventions that are still under investigation for effectiveness. Links to other key resources such as the World Health Organization SHAKE program and other WHO regional office strategic documents supporting dietary sodium reduction are also shared.

Sodium Reduction Framework

This framework summarizes the recommended components of a comprehensive dietary sodium reduction program and provides links to existing implementation tools, examples of successful programs and other resources.

	Governance
	Surveillance
	Packaged Food
	Foods Prepared Outside the Home
	Sodium Added in the Home

The resource ends with a survey to provide an opportunity for users to further enhance the program in subsequent updates. Users are highly encouraged to provide feedback, making the framework a 'Live' document that is up to date with new research and global progress. It is hoped this framework will aid the development, enhancement, and evaluation of population sodium reduction programs.

Nicole Ide, MPH
 Nora Abdel-Gawad, MPH
 Norm Campbell MD

US Food Industry Progress Towards Salt Reduction

Submitted by Andrea Sharkey, MPH, Project Manager, Bureau of Chronic Disease Prevention, New York City Department of Health and Mental Hygiene



I’m pleased to share our new study [“US Food Industry Progress Towards Salt Reduction, 2009-2018”](#), published recently in *American Journal of Public Health*. We used the [National Salt Reduction Initiative \(NSRI\)](#) database to look at changes in sodium in packaged foods during two time periods: (1) during the NSRI (2009-2012 and

2012-2014) and (2) after the NSRI's formal target-setting period but before FDA released final sodium guidance (2014-2018). Results suggest that food manufacturers reduced sodium in the early years of the NSRI, but progress slowed over time.

Key findings:

We found an 8.5% sales-weighted mean reduction in sodium in 54 packaged food categories sold at large grocers between 2009 and 2018, which manifested in a 5.1% reduction in sodium between 2009 and 2012 and less change between 2012 and 2014 (1.8%) and 2014 and 2018 (1.8%).

The proportion of packaged foods meeting the NSRI salt reduction targets increased by nearly 50% from 2009 to 2012, with no additional improvements through 2018.

Industry reduced sodium through a combination of product reformulation and the introduction of new, lower-sodium products. However, these product level changes all occurred between 2009 and 2014, with no further changes to sodium density reductions between 2014 and 2018.

These findings suggest the need for both monitoring and continued government action to ensure ongoing progress in sodium reduction in the food supply. We urge the FDA to build on the release of the 2.5-year sodium targets and maxima and develop a robust system to monitor industry progress and changes in population sodium intake as part of a broader federal strategy on sodium reduction.

The study team included Alyssa Moran, Jiangxia Wang, Andrea Sharkey, Erin Dowling, Christine Johnson Curtis, and Kim Kessler, with thanks to the CDC and NYC Department of Health and Mental Hygiene (NYCDOHMH) for funding and to the many NYCDOHMH staff and members of the NSRI that initiated and advanced this work.

If you have questions about the research, please feel free to reach out to Alyssa Moran amoran10@jhu.edu. For questions about the NSRI, please contact Andrea Sharkey at asharkey1@health.nyc.gov.

Low Salt Advocacy E-contest Results

Submitted by Dr. Mansi Patil

According to recent research issued during World Salt Awareness Week, many nations are taking steps to reduce salt consumption, and those with well-established national salt reduction plans do better than those without. Unfortunately, India does not appear on this list.

The lack of improvement in certain nations, according to study author Dr. Kathy Trieu of the George Institute for Global Health, is frustrating because consuming less salt is one of the most cost-effective means of decreasing early deaths from conditions associated to high blood pressure.

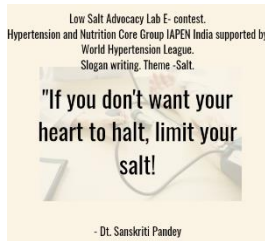
This should serve as a wake-up call for India, which lacks a comprehensive national salt reduction policy. Many non-profit organizations, academics, and policy professionals have called for it. High blood pressure is responsible for about two million fatalities worldwide, while consuming too much salt – a primary cause of high blood pressure – is responsible for slightly over ten million deaths.



In 2013, the World Health Organization (WHO) suggested that Member States cut population salt intake by 30% in order to reduce premature deaths from non communicable illnesses by a quarter by 2025. At the target's midpoint in 2019, George Institute researchers examined all national salt reduction projects throughout the world to evaluate how far nations had progressed toward the goal. India was not included in the study since it does not have a national salt reduction policy. The exclusion of India from the research, however, emphasizes the importance of the wake-up call.

Looking at the current scenario of high salt consumption in the Indian population, the IAPEN

Hypertension and Nutrition core group of India, decided to bring awareness regarding salt advocacy through an e-contest, with numerous events related to salt under one heading: **“Low Salt Advocacy” E-contest 2021**, with a total of 5 categories and various sub headings as follows: video, jingle, info graphics, recipe making, articles, and slogan writing.



We were overwhelmed to receive submissions from 50 candidates from all parts of India. Our esteemed panel of judges had a tough time declaring winners of the contest in each category.

REGIONAL NEWS

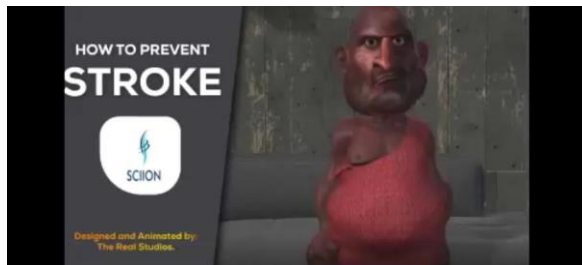
Sub Saharan Africa Region

SIREN Stroke Cartoon Highlights

Submitted by Prof. Mayowa Owolabi, WHL Reg. Dir., Sub-Saharan Africa

This month, the SIREN team launched tools to educate the public about the importance of controlling hypertension, the primary risk factor for stroke according to the findings from one of our [studies](#).

Working with health communications experts, the team created two advocacy animated videos (one 2D and one 3D) promoting stroke preventive behaviours. The 2D animated video was used to increase awareness of everyday stroke prevention lifestyle and clinical care recommendations. The message was condensed into the acronym S.T.R.O.K. E. This was used to disseminate information about basic knowledge of stroke, risk factors and preventative measures.



#HowToPreventStrokeCorrectly

The 3D video titled *How To Prevent Stroke* portrays a layperson getting educated via interaction about the risk factors of stroke and how to avoid stroke. The message, subtitled in English, was delivered in pidgin English, a language that is widely used and understandable in Nigeria and Africa as a whole.

The 2D and 3D videos are available on Youtube through the following links, respectively: <https://youtu.be/q0TP4K2NDic>; <https://youtu.be/4qWyeOZ3e8w>.

China



Congratulations to Prof. Lisheng Liu for receiving the **Outstanding Contribution in Global Cardiovascular Health** from the **World Heart Federation**. View announcement at [this link](#).

South Asian Region

SATH Program Highlights

Submitted by Dr. S.N. Narasingan, MD, President InSH, WHL Regional Director

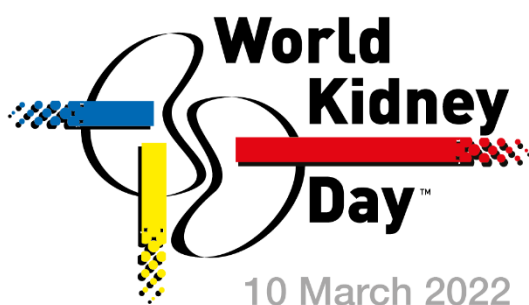
- **Second cycle of SATH** (Scientific Approach To Hypertension] - A Certificate Course in Hypertension consisting of 12 modules with 24 lectures was started on 22nd January 2022. The program covers various aspects of hypertension and the lectures are delivered by reputed cardiologists. Nearly 350 doctors have registered for this course and it is being conducted every week on Saturdays. The delegates who attended the first cycle of SATH were honoured with certificates of participation.
- Dr. S.N. Narasingan gave an interview on FACEBOOK about Diet in Hypertension.
- Dr. Bijay Patni, Governing Body Member of InSH delivered a lecture on various aspects of Hypertension at Kolkata, attended by 240 delegates.

NEWS FROM OUR PARTNERS

INTERNATIONAL SOCIETY OF NEPHROLOGY



“Hypertension and kidney disease are closely linked. About 9 out of 10 people with chronic kidney disease have high blood pressure. Your kidneys play a key role in keeping your blood pressure in a healthy range”, stresses Robyn Langham, co-chair for the International Society of Nephrology on the World Kidney Day Joint Steering Committee.



In the spirit of collaboration, World Kidney Day encourages everyone to actively know the measures they can take to optimise their kidney health, and improving control of hypertension with lifestyle and medication is important, as well as getting tested for kidney disease if you have high blood pressure.

On 10 March 2022, World Kidney Day, we are celebrating “**Kidney Health For All: Bridge the Knowledge Gap to better Kidney Care**”. Many of the thousands of expected events will include blood pressure health checks and kidney risk assessments that include blood pressure history taking.

Read more here:

<https://www.worldkidneyday.org/2022-campaign/2022-wkd-theme/>

COALITION FOR ACCESS TO NCD MEDICINES & PRODUCTS

Submitted by Molly Guy, Senior Program Officer, Noncommunicable Diseases



The [Coalition for Access to NCD Medicines and Products](#) recognizes the continued impact that COVID-19 has on people living with NCDs and remains committed to working towards improved access to NCD meds and products.

Highlights of the Coalition’s accomplishments in 2021 include:

- The Coalition brought a comprehensive multi-sectoral voice to several global fora including the WHO Private Sector Dialogues, Global Diabetes Compact Forum events, and the WHO Forecasting Working Group.
- The Coalition issued a joint Coalition statement on prioritizing hypertension screening and control efforts.
- The Coalition, in partnership with the MOHs from Kenya and Uganda, developed the **Forecasting Initiative**. Through implementation in Kenya and Uganda, it led to the development of five-year forecasts including medicines for diabetes, hypertension and dyslipidemia and helped to mobilize funds for NCD medicines and products.
- The Coalition established a partnership with PATH on the **Diabetes CarePak Project**. Phase 1 work began in Kenya and Vietnam during 2021 and expansion into four additional countries began in early 2022.
- During 2022, the Coalition will celebrate its fifth anniversary and will continue to strengthen our efforts and initiatives towards greater supply security for people living with NCDs at the global, regional, and national levels. We invite new organizations and institutions to join us to achieve shared objectives, leverage the range of skills and expertise of members to improve access to NCD health commodities, and raise the profile of key issues such as how improving NCD

medicine supply security will build future pandemic resilience.

Click [here](#) to learn more about the Coalition and the work that is underway. Click [here](#) if you are interested in learning more about membership.

MAY MEASUREMENT MONTH 2022

-- the biggest year yet!



Preparations for **May Measurement Month (MMM)**, the annual global screening campaign that helps people to get their blood pressure (BP) checked, are in full swing ready to launch on 1st May 2022.

With a new refreshed brand look and feel, to coincide with its new independent charity status, and an exciting new campaign to attract participants, MMM is looking ahead to its fifth year of screenings and collaborations.

Over 650,000 people participated in 2021, the results of which will be published in May 2022 to coincide with the launch of this year's screenings. Prof. Neil Poulter, CI of the MMM Campaign said "Despite COVID-19, the MMM campaign in 2021 has generated several novel and exciting results, shortly to be published. Meanwhile, it is with increased enthusiasm that MMM 2022 is being set up around the world to expand not only screening activities but also the associated research platform and collaborations".

NEWS FROM PAHO

The HEARTS in the Americas Initiative Continues to Make Bold Progress

This report was prepared by HEARTS in the Americas Team Pedro Ordunez, Ph.D. MD, Yenny Rodriguez, MD; Gloria Giraldo, DrPH and Donald DiPette, MD, WHL Envoy to Latin American and the Caribbean.

The [HEARTS in the Americas Initiative](#), the Pan American Health Organization (PAHO) flagship program for hypertension control and CVD secondary prevention, continues to grow stronger and welcomes **Suriname** as the 22nd country to

join the network of HEARTS implementing countries, which includes over 1300 primary care centers covering over 8 million people throughout Latin America and the Caribbean.

A new milestone of the Initiative is the recent publication of the [Regulatory Pathway to the Exclusive Use of Validated Blood Pressure Measurement Devices \(BMPD\)](#). This publication offers a practical tool for governments to strengthen national regulatory frameworks to ensure exclusive use of validated automated BPMDs in primary care facilities by 2025. It provides a background on the importance of using validated BPMDs, describes elements of the accuracy validation process, and highlights critical regulatory elements of pre-market approvals to promote accurate BPMDs. This publication can also be used to support the implementation of procurement mechanisms for acquisition of validated BPMDs in primary health care facilities.

Additionally, the Initiative maintains strong participatory mechanisms for consolidation of programmatic priorities and evaluation of the overall progress. Thus, a Regional Workshop was held November 17–19, 2021 with the participation of the Ministries of Health of the current 21 countries implementing HEARTS. The main objective of the workshop was to address the main technical challenges and solutions to accelerate the implementation of the Initiative in the Covid-19 post-pandemic phase. The workshop achieved its goal of aligning the two programmatic priorities: Increase the number of primary care centers implementing the program to increase political traction and to maximize the benefits for a larger population, and to adopt the HEARTS monitoring and evaluation platform to instrumentalize the health system changes.

HEARTS in the Americas is moving toward a more comprehensive hypertension clinical pathway, including diabetes and CVD secondary prevention, as practical clinical tools to improve the quality of care, integrating the key drivers for hypertension control and promoting the exclusive use of validated BPMDs. Finally, HEARTS in the Americas recognized the tremendous opportunity represented in the [2021 WHO Hypertension Treatment Guidelines in Adults](#) (Al-Makki,

DiPette, Whelton, et al. Hypertension 2022; 79: 293-301) and urged health policymakers to move toward its full implementation. Among its 8 recommendations, it is exciting to see support for the use of two anti-hypertensive medications, either as two separate pills or preferably as a single-pill, fixed dose combination, in the initial treatment of hypertension and for a team-based primary care approach.

HEARTS in the Americas has been trailblazing in the virtual training opportunities offered for primary care teams through the virtual courses housed on the [PAHO's Virtual Campus for Public Health](#), with nearly 9,000 new enrolled participants in 2022 reaching a total of 274,307 health professionals since the launch of the courses. Additionally, the [Cardiovascular Risk Calculator of the HEARTS App](#) has been downloaded by 68,000 users from the Americas Region. Furthermore, the 2021 webinar series has been continually visualized on the PAHO YouTube platform, with a total of 1,631 new visualizations in 2022.

We look forward to the continued expansion of the Initiative with the goal of increasing the control rate of hypertension and decreasing the morbidity and mortality of cardiovascular disease.

WORLD HEART FEDERATION



World Heart Observatory: The first global data hub for CVD

The World Heart Federation has launched a new, one-stop platform for cardiovascular data and knowledge. **The World Heart Observatory** is a global collaborative portal that shows how the burden of cardiovascular disease has changed over the years, what its global and regional impact is and what is causing the numbers to grow. It combines data from different sources to give you the latest, most accurate figures on the global burden of cardiovascular disease.

Learn more: worldheartobservatory.org

NATIONAL FORUM NEWS



The National Forum for Heart Disease & Stroke Prevention and 21 medical, nursing, pharmacy, patient, and public health organizations are conducting a social media campaign to urge people in the United States to see their healthcare team in 2022 and **know their blood pressure, cholesterol, and blood sugar levels**. The campaign aims to reverse a trend of people putting off medical visits during the pandemic. It includes ten video messages by clinicians and patients in English and Spanish.



Mayo Clinic cardiologist Sharonne Hayes urges Facebook and YouTube viewers to visit their healthcare team and know their numbers.

“I want you to make a resolution today to be as healthy as possible in 2022,” Sharonne Hayes, MD, of Mayo Clinic tells viewers. “A first step is to visit with your healthcare team and find out your blood pressure, your cholesterol, and your blood glucose levels.”



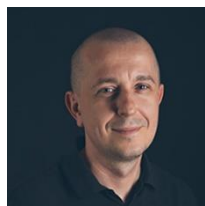
The National Forum has partnered with 21 patient, professional, and public health organizations to urge social media audiences to see their healthcare team and know their numbers.

The campaign began in mid-January and will run through March 2022. You can see the campaign videos and all the partners at [Know Your Numbers | National Forum](#).

ISH SOCIETY NEWS



International Society of Hypertension



President's Blog (January/February 2022)

Check out the latest [ISH President's Blog](#), written by Prof. Maciej Tomaszewski. Importantly, please note the transformation in administrative support for the ISH, leadership updates, news on ISH partnerships, including work with WHL and WHO, as well as a countdown to the ISH Kyoto 2022 Meeting.



Monthly E-Bulletin and Hypertension News

We invite you to read the latest issues of the monthly ISH E-Bulletins and December edition of ISH Hypertension News, the official quarterly newsletter of the ISH. Don't miss a Learning the Ropes feature on the Renin-Angiotensin System, an institute focus on Hypertension, Cardiorenal, and Metabolic Diseases Research at the University of Mississippi Medical Centre, and much more.



Women in Hypertension Research

Women in Hypertension Research Newsletter

The ISH Women in Hypertension Committee (WiHRC) is making great strides in bringing together women working in hypertension research globally. We encourage you to read the 3rd (February 2022) issue of the Women in Hypertension Research Network newsletter to [find out more](#).

Don't miss these recent International Society of Hypertension Podcast Interviews



Brandi Wayne USA, Tazreen Jafar Singapore, Bryan Williams United Kingdom, Marielou Fernandez Maldives, Satoko Nakamura Japan

For a full episode list visit: <https://open.spotify.com/show/215XvN73rCvUoq85Bw0>

ISH Podcasts

The ISH Mentorship and Training Committee (MTC) has produced multiple podcasts interviews featuring senior members of the society and hypertension community. These mentors have provided us with pearls of wisdom and allowed us to feel that we are getting to know our doyens despite much of the world being in lockdown. Listen to the latest podcasts on [Spotify](#).

Visit www.ish-world.com for further information on the Society or follow us on Twitter @ISHBP.

ISH KYOTO 2022 MEETING 12-16 October



Please watch our [invitational Kyoto 2022 Meeting video](#) and help us to promote the meeting. You will find our [promotional toolkit](#) on the meeting website and you can [register here](#).



See you in Kyoto in October 2022!
Hiroshi Itoh, MD PhD
Chair, ISH 2022 Kyoto #ISH2022 #Kyoto



RESOLVE TO SAVE LIVES



Delayed Finalization of Sodium Targets in the US May Cost 250,000 Lives by 2031

Last week, Resolve to Save Lives [published an article](#) with colleagues from Queen Mary University of London and World Action on Salt and Sugar, spotlighting the U.S. Food and Drug Administration's new targets for reducing sodium in processed foods. The delay in finalizing these targets may have cost more than 250,000 lives. If they are implemented quickly, we can prevent 400,000 deaths over the next decade.

PUBLICATIONS SECTION

Emerging Authors Program

The Emerging Authors Program for Global Cardiovascular Disease Research (EAP) – a collaboration of the Lancet Commission on Hypertension Group, Resolve to Save Lives, the U.S. Centers for Disease Control and Prevention (CDC), the CDC Foundation, and the World Hypertension League – aims to increase publication opportunities for junior researchers from low- and middle-income countries (LMICs) through mentorship.

Five authors from the 2nd cycle have successfully submitted manuscripts to the *Journal of Human Hypertension* for May 2022 publication and more are underway.

The first cycle launched in October 2019 resulted in 13 peer-reviewed manuscripts published in the *Journal of Clinical Hypertension* in [August 2020](#) and [April 2021](#). The second cycle began in summer 2021; five authors from LMICs have successfully submitted their manuscript to the *Journal of Human Hypertension* for May 2022 publication. Additional authors are developing manuscripts in collaboration with their in-country and global mentors for a later publication.

OFFICIAL WHL JOURNAL

Journal of Human Hypertension

SPRINGER NATURE

Read the latest collection from the *Journal of Human Hypertension* highlighting those papers from 2021 that were most cited, read or shared by our readers: [Readers' Choice 2021](#). Whilst you're there don't miss out having a look at the other [collections](#) on a range of topics, such as Blood Pressure Measurement, plus [browse](#) recently published articles.

If you're interested in publishing with the journal, please do read the [About the Journal](#) and [Author](#) pages for more information, but always feel free to get in touch if you have any questions: jhh@nature.com.

JHH is taking part in [NISO/STM Peer Review Terminology Pilot](#), an initiative aimed at making the peer review terminology more transparent across publishing. If you have few minutes to answer this [short survey](#), we would really appreciate your feedback.

Virginia Mercer

Senior Editor, Medicine and Life Sciences



FAREWELL TO PROF. DANIEL LEMOGOUM, MD, PHD, FESC

Prof. Daniel Lemogoum passed away on December 3, 2021, at the age of 58 years. He was a respected and renowned cardiologist in Belgium and in Cameroon until 25th October, when he did his last grand round at the Douala Laquintinie Hospital with bedside teaching of medical students. Unfortunately, soon after the "brilliant practitioner" started feeling some Covid-19 signs and symptoms and was placed on mechanical ventilation on October 28. He lost the battle against Covid-19, after a month of ultimate struggle.

Daniel Lemogoum was born in 1962, in Fokoue, Menoua division, West region of Cameroon. He graduated in Medicine at the Yaounde University Health Center under the supervision of a world class expert in diabetes and endocrinology, Prof. Mbanya Jean Claude. He later moved to Belgium to continue his research and clinical training under the guidance of other worldwide famous cardiovascular experts including Prof. Van De Borne Philippe.

Daniel Lemogoum was a great unifier and had an infinite love for his fellow human beings. He left no one indifferent throughout his wanderings, both in the medical, scientific and academic fields, and in the associative and humanitarian environment. He was passionate to win the battle against cardiovascular diseases that affect African populations. Prof. Lemogoum's ingenuity and originality enabled him to carry out leading scientific research, using innovative approaches to the epidemiology of hypertension in Africa and in African populations living in Europe.

In both Egypt and Cameroon, Prof. Lemogoum assembled a group of young and bright medical students and residents (most of whom went on to brilliant academic and research careers in Cameroon or abroad) with whom he began to work on the mechanisms of cardiovascular diseases in black Africans. The results substantially expanded previous knowledge and gave Prof. Lemogoum's research work a highlight in the cardiovascular field, leading to a doctoral thesis entitled *Mechanisms of cardiovascular diseases in the Black African subject: would early arterial aging be a determinant?* He presented this thesis before the scientific and academic grand jury of the Université Libre de Bruxelles on January 5, 2015, and obtained the prestigious title of Agrégé de Cardiologie from the ULB.

The aim of his research work was to determine the mechanisms of early stiffness of the large arteries in black Africans, a major consequence of arterial aging and a determinant of cardiovascular diseases. Ultimately, Prof. Lemogoum's work aimed to improve diagnosis, treatment and prevention of cardiovascular diseases in Sub Saharan African blacks. In 2003, Prof. Lemogoum was the driving force behind the African Hypertension Guidelines (among the first to be

published in Africa), entitled *Recommendations for prevention, diagnosis and management of hypertension and cardiovascular risk factors in sub-Saharan Africa*. This publication inspired several works including the *Newer Versus Older Antihypertensive Agents in African Hypertensive Patients (NOAAH)* clinical trial led by Prof. Lemogoum and the *Roadmap to Achieve 25% Hypertension Control in Africa by 2025* led by Prof. Anastase Dzudie.

With a very original contribution to the understanding of CVDs in blacks, a hundred publications to his credit, and a hundred conferences given around the world, there is no doubt that with his holistic approach, Prof. Lemogoum was a leading figure as a cardiologist, researcher and a visionary scientist in the field of cardiovascular diseases in Africa and globally.

In 2005, the Cameroon Heart Foundation (CamHeF) was initiated by Prof. Lemogoum with the support of Prof. Anastase Dzudie. This foundation has become the symbol in the fight against cardiovascular diseases across Cameroon, with major healthy heart campaigns such as "The Week of the Heart", "The Month of Women", "The Osez-Sauvez Program", and "The Caravan of the Sahel" in the far north of Cameroon. In the same line, Prof. Lemogoum supported by Prof. William Ngatchou and their partners from Belgium were instrumental in establishing of numerous partnerships between Cameroon Public Universities, the Erasmus Hospital and the ULB Faculty of Medicine.

Prof. Lemogoum served as a member of the board of the World Hypertension League and was Chair of the WHL Sub Saharan Africa regional office. He was also a member of the African Heart Network (AHN), president of the Forum for Hypertension Control and Prevention in Africa (IFHA), member of the Cameroon Cardiac Society and the Pan African Society of Cardiology, founding father of the Circle of Menoua Nationals of Belgium (CRMB) and mentor to several young colleagues and students in non-medical related fields who have gone on to brilliant careers.

The passing of Prof. Lemogoum is a great loss for his family, the scientific world and those who knew him through his various actions. His

scientific and medical contribution have been recognized and appreciated by his peers in Cameroon, in Africa and globally. Perpetuating the work of Prof. Lemogoum will make it possible to bring to life his memory. For those who have known him, Prof. Lemogoum will be remembered as a great scientist but also simply as a great man. Our deepest sympathy and heartfelt condolences go to his wife and three children iLoïc, Steve, Danianne, and Fabrice as well as to his adopted son Ghislain Zobiyo. He will be extremely missed.

Anastase Dzudie^{1,2}, William Ngatchou^{3,4}, Norm R C Campbell^{5,6}

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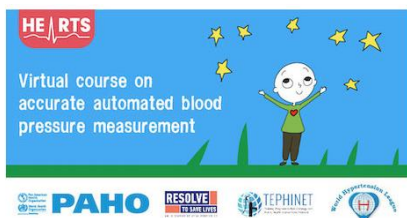
⁶ Departments of Medicine, Physiology and Pharmacology, and Community Health Sciences, O'Brien Institute for Public Health, Libin Cardiovascular Institute, Cumming School of Medicine, University of Calgary, Canada.

EDUCATIONAL RESOURCES SECTION

Hypertension Educational Videos China

The Resolve to Save Lives' hypertension team in China has released a set of videos covering a range of issues including treating elderly and pregnant patients and use internet based technology to manage hypertension. The videos are available in Chinese with English subtitles.

Accurate Automated Blood Pressure Measurement Certification Course



This free automated blood pressure measurement course is available at [this link](#), illustrating step by step how to properly measure blood pressure. This course is an initiative of PAHO joined by WHL, the Lancet Commission on Hypertension Group, Hypertension Canada, and Resolve to Save Lives.

UPCOMING MEETINGS OF NOTE

Congress of the Asian Society of Cardiovascular Imaging



The 15th Congress of the Asian Society of Cardiovascular Imaging (Hybrid Format) will be held 24-26 June 2022 at the Hong Kong Convention & Exhibition Centre (Hong Kong SAR, China). You can register for the Early-Bird rate on or before 27 March at <https://www.asci-2022.org/>

14th World Stroke Congress (WSC) 2022

26-29 October 2022 | Singapore



We look forward to welcoming you to the 14th World Stroke Congress in Singapore from 26-29 October 2022. Many conferences and meetings have had to be shifted to a virtual platform due to the COVID-19 pandemic. We are aiming that the 2022 WSC in Singapore will allow stroke professionals to meet in person after such a long time for an exciting scientific meeting with opportunities for face-to-face interactions.

The program for the 2022 Congress will feature the latest and emerging topics in stroke care for stroke professionals, researchers and policy makers. The structure of the program will allow for greater interaction, discussion, learning and networking opportunities.

Please note that when registering to WSC 2022 you will have the option to [become a member of WSO and get a registration discount](#). See you in October! www.worldstrokecongress.org

PAST MEETING OF NOTE

Big Sky Cardiology Update



Submitted by Prof Mohammed Erfan
Director of Operations

The 5th Big Sky Cardiology Update Conference represented the most important gathering for the year chaired by Dr Mohamed Salah, Head of Cardiology Unit at Kalba Hospital and organized by Meeting Minds Experts. This meeting was held as a hybrid format from 13 – 15 January 2022 in Fujairah, United Arab Emirates.

Keeping the collaborative bar at peek, the conference received the support and endorsement of international societies, including the Gulf Heart Association, the World Hypertension League, and the Saudi Hypertension Management Society with over 60 speakers creating a unique platform bringing together cardiovascular thought leaders to deliver the highest quality education.

The scientific program provided an overview of the latest developments in diagnosis and treatment of cardiovascular (CV) disease, primarily in the areas of arrhythmias, structural heart disease, coronary artery disease, heart failure, valvular heart disease, preventative cardiology, hypertension and innovations in cardiology.

The meeting has attracted over 800 participants from around the region owing to the multidisciplinary nature of the disease.

LINKS OF NOTE

LINKS A global community for cardiovascular health

LINKS is a collaborative effort of [the World Health Organization](#), the [U.S. Centers for Disease Control and Prevention](#) through [the CDC Foundation](#) and [Resolve to Save Lives](#), an initiative of Vital Strategies. LINKS is aligned with the World Health Organization's technical packages: [HEARTS](#), [REPLACE](#) and [SHAKE](#).

For more information, please go to [this link](#).



Tool for Checking Validation Status of Blood Pressure Devices: [Click here](#)



[WHO Essential Medicines List \(EML\) for Hypertension Combination Therapy](#)



NCD Alliance Newsletter: [Click here](#)



WSO Newsletter: [Click here](#)



SCIENCE OF SALT WEEKLY: [Click here](#)

Publication of weekly Medline searches related to dietary sodium



KNOWLEDGE ACTION PORTAL (KAP)

WHO's platform for NCD info, [Click here](#)



[HEARTS CVD RISK CALCULATOR APP](#)



WORLD HYPERTENSION DAY
Initiated by the World Hypertension League

Measure Your Blood Pressure, Control It, Live Longer www.whleague.org

May 17, 2022

Please help us celebrate!

Mission

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is in official relations with both the International Society of Hypertension (ISH), and the World Health Organization (WHO).

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The WHL Newsletter is published quarterly by the World Hypertension League (ISSN 2077-7434).

Calendar of Events

WORLD KIDNEY DAY

March 10, 2022

Information at [Homepage - World Kidney Day](#)

National Kidney Foundation's Spring Clinical Meetings

April 6-10, 2022

Boston, Massachusetts, USA

[click here](#)

American College of Cardiology

April 2-4, 2022

Washington DC and Virtual

[click here](#)

PreHT 2022

April 7-10, 2022 Zagreb, Croatia

[click here for information](#)

World Hypertension Congress 2022

May 13-15, 2022

Zhuhai & Macau, China

WORLD HYPERTENSION DAY

[May 17, 2022](#)

World Heart Summit 2022

May 21-22, 2022

Geneva, Switzerland

[click here for information](#)

75th World Health Assembly

May 22-28, 2022

Geneva, Switzerland

[click here](#)

European Society of Hypertension 2022

June 17-22, 2022

Athens, Greece and Virtual

[click here](#)

15th Congress of Asian Society of Cardiovascular Imaging

June 22-26, 2022

Hong Kong SAR China

[click here for information](#)

Hypertension Council Sessions 2022

September 7-10, 2022

San Diego, California

[click here for registration](#)

ISH Kyoto 2022

October 12-16, 2022

Kyoto, Japan

[Click here for information](#)

World Health Summit

October 16-18, 2022 Berlin & Digital

[click here for registration](#)

14th World Stroke Conference (WSC)

October 26-29, 2022 Singapore

[click here for registration](#)