

November 5, 2019

ANNOUNCEMENT**Hypertension Canada Announces 2019-2020 Board of Directors**

Markham, ON – Hypertension Canada is pleased to announce the 2019-2020 Board of Directors and appointment of Vice President, following the elections at its Annual General Meeting on September 26, in Edmonton, Alberta.

“This is an exciting time of transition for Hypertension Canada,” states Dr. Nadia Khan, President of Hypertension Canada. “With a full call to governments and stakeholders to work with us to relieve the pressure -- in research, education, and access to secure medical treatment -- we can continue to lead the world in the best managed blood pressure.”

The Board appointed Dr. Ross Tsuyuki, who has served on the Board since 2010 and has been re-elected in 2019, to Vice-President. Dr. Tsuyuki is Professor and Chair in the Department of Pharmacology in the Faculty of Medicine and Dentistry at the University of Alberta. He is also a Professor of Medicine (Cardiology) and Director of EPICORE Centre (a health research coordinating centre) and the Editor-in-Chief of the Canadian Pharmacists Journal.

In addition to the Vice-President appointment, the Board welcomes two new Directors: Dr. Robert Gros, co-chair of the Canadian Hypertension Congress since its inception and scientist at the Robarts Research Institute; and Dr. Swapnil Hiremath, Hypertension Canada Guidelines Committee member and Associate Professor in the Faculty of Medicine at the University of Ottawa.

Together, they join the current and re-elected Directors to complete the Board: Mr. Glen Doucet, Mr. Trevor Hudson, Dr. Janusz Kaczorowski, Mr. David Lui, Ms. Dorothy Morris, Dr. Raj Padwal.

Hypertension in Canada

Fifteen million Canadians are at risk for or living with hypertension or high blood pressure. Seven and a half million Canadians - one in five - are living with it right now, and of those, one million don't know they have it. Hypertension costs the Canadian health care system over \$13 billion each year in direct and indirect costs. It is the number one global risk for death and disability, and is a leading risk factor for heart disease, stroke, kidney failure, dementia and other health problems.

Treatment for hypertension varies among patients. Health care professionals begin by recommending that their patients get enough exercise; eat a healthy diet that includes fruits, vegetables, low-fat dairy products, whole grains, and plant-based proteins; consume low amounts of alcohol and sodium; and reduce stress. When necessary, health care professionals may prescribe medications to people living with hypertension in order to help them achieve blood pressure control.

About Hypertension Canada

Hypertension Canada is Canada's only national non-profit organization dedicated solely to the prevention and control of hypertension and its complications.

Hypertension Canada is a world leader in the development of hypertension clinical practice guidelines, and is the producer of [Canada's hypertension guidelines](#). Hypertension Canada Guidelines are evidence-based, rigorously reviewed, and regularly updated to keep health care professionals at the leading edge of hypertension management.

Powered by a professional volunteer network of the leading multidisciplinary experts in hypertension, Hypertension Canada pursues its mission through the advancement of research, professional and public education, and advocacy for healthy environments. For more information, visit www.hypertension.ca.

For more information, contact:

Crystal Ceres
Communications Manager
905-943-9400 x 270
crystal.ceres@hypertension.ca
www.hypertension.ca