



Issue: Winter

Date: February 2022

President's message



Dear Colleagues:

Welcome to 2022!

I hope you were able to get some rest over the holidays.

What's going on at Hypertension Canada, you ask? Well, we're working hard to address "COVID-care gaps", which include hypertension. To that end, we're excited to be working with Dr. Kaitlyn Watson (postdoctoral research fellow) and the Implementation Science team of Dr. Jeremy Grimshaw, and our Guidelines, Implementation, and Research committees to use a systematic approach to implementing the Hypertension Canada Guidelines. More on this later.

We're also getting excited for our upcoming Congress on May 5-6 - registration will open soon. We have a great lineup of speakers for this virtual event. Mark your calendars.

We'd love to tap into your enthusiasm - we are always looking for volunteers for our programs, please don't hesitate to get in touch (rtsuyuki@ualberta.ca).

Take care, everyone!

Healthy changes in diet, activity improved treatment-resistant high blood pressure

A healthy eating plan, weight loss and improved aerobic fitness can significantly reduce blood pressure and improve heart health in people with resistant hypertension -- a condition in which blood pressure remains high despite the use of three or more antihypertensive medications.

Uncontrolled high blood pressure (130/80 mm Hg or higher) despite the use of three or more medications of different classes including a diuretic to reduce blood pressure is a condition known as resistant hypertension.

Read [more](#).

2022 HC Congress & YI Forum

Canada's largest national scientific and educational conference of its kind, the Canadian Hypertension Congress, is back for its 10th year on May 5-6, 2022, in a virtual format. This year's theme is Hypertension and Cardiovascular Prevention. We have a great lineup of speakers for you which includes Dr. Ernesto Schiffrin, our keynote speaker, Dr. Swapnil Hiremath, Dr. Sandra Davidge along with many others. Registration for the event will open soon. For all the latest information about the event, visit our [website](#).

What blood pressure devices are best for my patients?

Are you ever unsure what devices are best to recommend to your patients for home use? First and foremost, devices should be on the Hypertension Canada's Recommended BPM Devices Listing. This assures that the suggested device is clinically validated for accuracy. Secondly, you want to assure that the patient measures their arm and purchases a device with the appropriately sized cuff.

Beyond those features, it becomes a preference on features that your patient wants. Read [more](#).