

# eINFO



## REGISTER NOW FOR OUR 2023 CANADIAN HYPERTENSION CONGRESS & YI FORUM



On October 23-24, for the first time in three years, we will be meeting in-person for our 2023 Canadian Hypertension Congress and Young Investigator Forum! We have developed a program that has something for everyone (with tracks in primary care, clinical science, and basic science), which you can take a look at [here](#) on our Congress website. The first day will mainly be dedicated to our Young Investigator Forum, which will include a career panel and networking session, along with sessions on grant writing, the academic hiring process, and how misinformation and disinformation spreads. We hope to see plenty of graduate students, post-docs, trainees, and residents in attendance! Registration is free for associate members and only \$25 (which includes a Hypertension Canada membership) for new associate members. The second day will consist of the main portion of our program, which will include sessions on topics like orthostatic hypotension and hypertension, sex and gender in hypertension, arterial stiffness, and best practices for clinical guidelines. We hope that you join us this year in Montréal! #CHC23

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## **THE NEW POSITION PAPER ON LIFESTYLE CHANGES FROM THE INTERNATIONAL SOCIETY OF HYPERTENSION**

This week, the International Society of Hypertension (ISH) published a position paper on lifestyle changes that can help prevent and manage high blood pressure. The paper includes both common strategies (maintaining a healthy weight and reducing salt consumption) and strategies that are less common (such as meditation, quality sleep, and reducing exposure to air pollution). One of the authors of the paper, Dr. Swapnil Hiremath, had the following to say about the paper, "This is a very useful document which covers all aspects of lifestyle management in hypertension – something which patients always ask us for as we reach for the medication prescription pad! It is quite comprehensive and collated by a global team of experts on various aspects of lifestyle, including exercise, physical activity, stress reduction, and, of course, diet. It is somewhat different than our beloved HT Canada guidelines (which follow strict evidence-based algorithms and process) and these could be thought of as a useful resource and referral document of guidance for practicing clinicians and they also have some recommendations aimed at governments/policy makers. Some unique aspects where it does go in depth are aspects such as encouraging the use of digital tools/apps and the discussion of sleep."

## **NEW WORLD HEALTH ORGANIZATION REPORT ON THE GLOBAL IMPACT OF HYPERTENSION**

This week, the World Health Organization (WHO) released its first report on the negative global impact of high blood pressure. As Hypertension affects 1 in 3 adults worldwide, it is not surprising that the report notes that 4 out of every 5 people with hypertension are not adequately treated. The fact that hypertension can be effectively controlled with low-cost medication programs like the WHO HEARTS program, makes this especially concerning. A CNN article detailing the report highlighted that proper treatment for those with hypertension could avert 76 million deaths globally. On a positive note, within the report and the CNN article, Canada was highlighted as global leader for surpassing the 50% mark for blood pressure control in adults living with hypertension. This was attributed to Canada's comprehensive national hypertension treatment program. While we are pleased that Canada is highlighted in this report, it is important to note that key elements of the national hypertension treatment program were disbanded in 2012, which has since led to a decline in hypertension control rates. This is a large part of why we have recently revamped our advocacy group, the Canadian Hypertension Coalition.