

ISH MATTERS

Colombia and the 2024 ISH meeting: Improving the control of hypertension worldwide

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Introduction

Cardiovascular disease (CVD) is the leading cause of death globally, accounting for approximately 32% of all deaths, with approximately 33% of which occurred prematurely. Although the prevalence of CVD is rising globally, developing regions have both a higher incidence rate and cardiovascular mortality. In low- and middle-income countries (LICs and MICs) CVDs are contributing to poverty due to catastrophic health expenses borne by patients and premature deaths during their most productive years, with wide-scale effects on the economy.¹ Large-scale prospective cohort studies have shown that about 70% of CVD cases can be attributed to a small cluster of individual modifiable risk factors, among which hypertension, high non-high-density lipoprotein (HDL) cholesterol, low education, tobacco use, household air pollution, and poor diet have the biggest population attributable fractions (PAFs).²

Hypertension (HTA) remains as the principal risk factor for CVD worldwide, particularly in LICs and MICs. In a recent study in South American countries³ we have demonstrated that for CVD, largest PAFs were due to hypertension (18.7%), abdominal obesity (15.4%), tobacco use (13.5%), low strength (5.6%), and diabetes (5.3%). For death, the largest PAFs were from tobacco use (14.4%), hypertension (12.0%), low education (10.5%), abdominal obesity (9.7%), and diabetes (5.5%) [figure 1].

Despite of the important contribution of HTA to CVD and mortality, the rates of awareness, treatment and control are so low globally but particularly in LICs and MICs. The PURE study shows that among the 142 042 participants 40.8% had hypertension but only 46.5% were aware of the diagnosis.⁴ Of those who were aware of the diagnosis, the majority (87.5%) of those who were aware receiving pharmacological treatments, but only a minority of those receiving treatment were controlled 32.5%. Overall, 30.8% of treated patients were taking 2 or more types of blood pressure-lowering medications. The percentages aware, treated and controlled in LICs were lower in LICs compared with all other countries.

These findings suggest substantial room for improvement in hypertension diagnosis and treatment. This is the reason why in our next meeting of the ISH one of the principal aims will be a deep discussion about the strategies to improve the control of hypertension worldwide. We will have the opportunity to present the results of the MMM initiative in the specific goal of improve hypertension awareness⁵, and how the contribution of clinical trials as HOPE-3⁶, HOPE-4⁷, programs as RESOLVE and HEARTS⁸, and the new guidelines of the ISH⁹ and WHO¹⁰ could be implemented globally to improve the rates of diagnosis, treatment and control of hypertension.

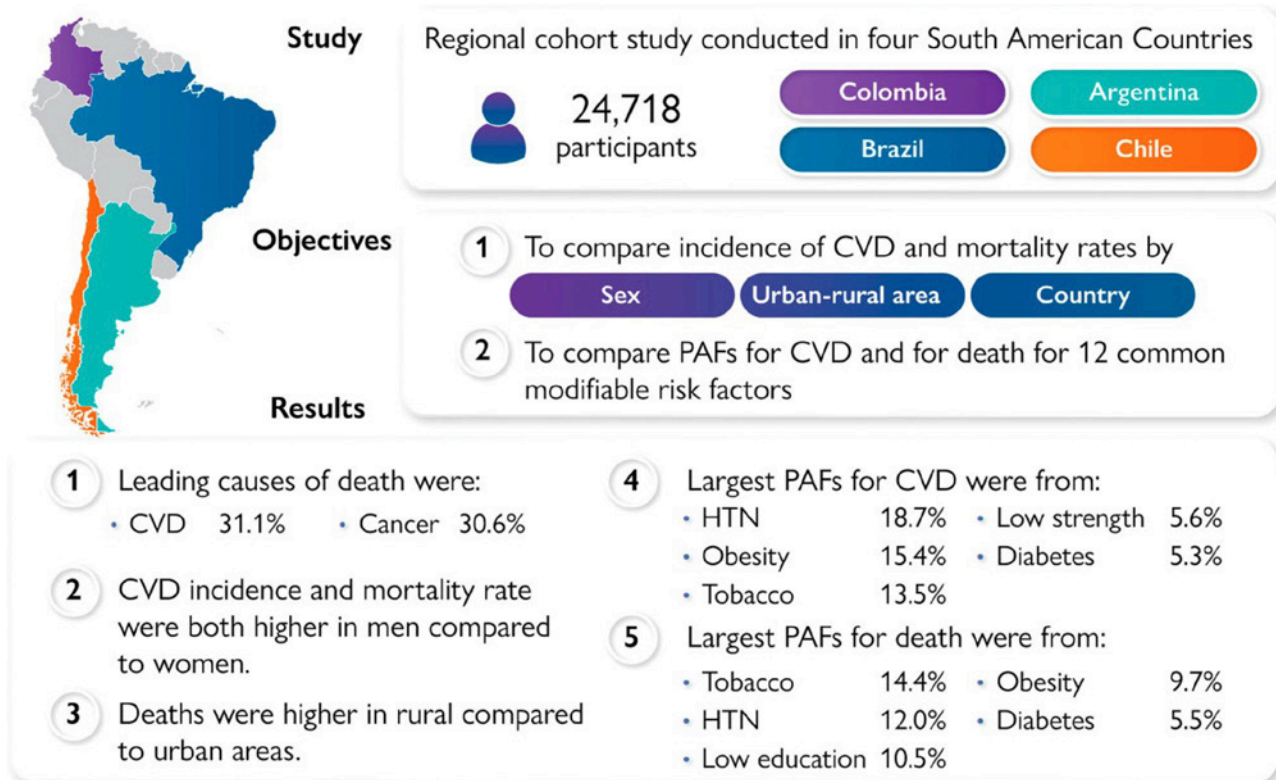


Figure 1. Cardiovascular diseases (CVD) are the leading cause of mortality in South America and hypertension have the largest population attributable fraction for CVD. [Reproduced of reference 3].

The next Congress of the International Society of Hypertension in 2024 will be held in Cartagena, Colombia, one of the most beautiful colonial cities in Latin America. Cartagena has been declared world's heritage site since 1984, due to its amazing architecture and history. Cartagena's ensemble of forts is not only the biggest in South America, but also one of the best preserved; in addition, its coastal location and charming cuisine, has made the city an highly attractive tourist destination. More than one million tourists from around the world visit Cartagena every year.¹¹



It's been a long time since our ISH Congress was in Latin-America. For this come back we have already started our journey to make your visit a memorable scientific and cultural experience. A plural regional organizing committee linked with all cardiovascular and hypertension societies in Latina America will be involved in this undertaking. Scientific societies such as Pan-American Health Organization, World Heart Federation, Latin-American Society of Hypertension and Interamerican Society of Cardiology have endorsed the ISH 2024.



We look forward to seeing all the delegates from around the world, dedicated to research, diagnose and treat high blood pressure in Cartagena. In addition to discuss the best strategies to improve the control of HTA, our ISH 2024 Congress will be focused on four key topics:

1. Hypertension care with multidisciplinary teams and standardized processes, we will also explore the application of telemedicine and the new remote patient monitoring techniques and devices.

2. Predictive and analytical models of response to non-pharmacological and pharmacological therapies.

3. Evaluation and treatment of special populations: elderly, ethnic groups, minorities, frail and multi-morbid patients.

4. Applied research and translational medicine: molecular and pathophysiological mechanisms, genetic factors and hypertension in animal models.

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In addition, several inter-society symposiums will be held, which will be a great opportunity to interact and make connections with eminent experts and leaders of arterial hypertension from around the world. The fact that the ISH Congress have become such a great gathering to display and discuss the research developments in hypertension has helped everyone to have a better understanding of the rapid changes in the field and to focus the research efforts accordingly. We, as a part of the Organizing Committee, are certain that the takeaways of the 30th Congress of the ISH will further deepen our understanding to improve the control of hypertension worldwide.

We are sure that Cartagena will love you and we are doing the best to guarantee that your stay in Colombia will be full of science, joy and happiness

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