

www.swisshypertension.ch



A fresh and rotating look at
swiss hypertension news



The word from Lausanne

Dr G.Wuerzner

Liebe Kolleginnen und Kollegen

Seit fast vier Jahren erscheint nun der Newsletter der Schweizerischen Hypertonie-Gesellschaft in mehr oder weniger regelmässigen Abständen (nachzulesen auf www.swisshypertension.ch). Die Verantwortlichen der bisherigen Ausgaben kommen aus der ganzen Schweiz – von Genf bis St. Gallen und von Basel bis Lugano, Freiburg, Bern, Luzern, Zürich und Lausanne inbegriffen. Diese News liefern dem interessierten Leser wichtige und neue Einblicke zur Thematik Hypertonie in der Schweiz.

Also, was gibt es Neues?

Das „Word of the President“ ist dem neuen Erscheinungsbild unserer Webseite gewidmet (diverse aktualisierte Inhalte sowie unkomplizierte Online-Registrierungsmöglichkeit für zukünftige Mitglieder).

Sie finden auch einen kurzen Kalender der wichtigsten, anstehenden Veranstaltungen.

Eine wichtige Publikation steht im Juni 2018 an: die Europäische Hypertonie-Gesellschaft stellt ihre überarbeiteten Guidelines vor. Werden diese den amerikanischen Guidelines folgen, welche die Richtwerte für Hypertonie auf 130/80 mmHg gesenkt haben? Diese Frage bleibt für die nächsten drei Monate noch offen. Anschliessend wird die Schweizerische Hypertonie-Gesellschaft zu diesen beiden Empfehlungen Stellung nehmen und ihre Richtlinien entsprechend anpassen.

In diesem Jahr ist die Schweiz Gastgeber der „Summer School“ der Europäischen Hypertonie-Gesellschaft. Diese ist eine wunderbare Gelegenheit für die Kollegen in Weiterbildung, an einem qualitativ hochstehenden Programm mit renommierten Referenten teilzunehmen und sich über die diversen Forschungsergebnisse austauschen zu können.

Nun wünsche ich Ihnen, liebe Kolleginnen und Kollegen, viel Spass beim Weiterlesen!

Le nouveau site web de la société suisse d'hypertension

Prof Y. Alleman
President of the Swiss Society of hypertension



It is my great pleasure to write a few words on the new website of the Swiss Society of Hypertension.

As you all know, hypertension is the leading cause of morbidity and mortality worldwide and this situation is not going to change during the next years. This makes it a vast health, social and economic burden. Therefore, it is the mission of the Swiss Society of Hypertension to try to reverse this alarming trend. The task is huge and multidimensional. Among others, it includes the promotion of research and stimulation of young colleagues interested in this multifaceted disease, the teaching of the most recent scientific knowledge and its implementation into clinical practice, and the prevention and optimal treatment of hypertension at the patient and at the population levels.

To that purpose, the Swiss Society of Hypertension (SSH) has developed some important means:

First, the SSH publishes and regularly updates its own guidelines. They are very practical and include "the essentials" in a pocket formatted pamphlet of 10 pages. A scientific update is made on an annual basis during the spring meeting of the Swiss Society of General Internal Medicine (one plenary session and four workshops). The new website includes a question and answer section with 14 recommendations from the Society.

Additionally a list of validated blood

pressure devices is available with the link of the website (www.swisshypertension.ch/DOCS_PUBLIC/Appareils_de_mesure_de_la_pression_arterielle_pour_patients.pdf).

The SSH is proud to support "The Research Grant of the SSH". Its goal is to encourage research projects of young investigators affiliated primarily to Swiss research groups. A second grant is dedicated to the improvement of hypertension detection and treatment at a population level and is supported by Servier SA, Switzerland. Finally, let me mention a directly useful tool for healthy individuals and hypertensive patients. Watch the excellent video (in 4 languages!) on how to measure blood pressure.

If you are interested in hypertension, do not hesitate to join us at the Swiss Society of Hypertension (quick online registration possible: www.swisshypertension.ch/public/membership/membership_english.html). There is enough work and new ideas and inputs are always welcome.

HAÏKU

*Une petite brise
sur les brises
et la vie peut reprendre
B. Waeber, (Editions soleil Blanc)*



European Society of Hypertension

SUMMER SCHOOL, les Diablerets, Switzerland

The aim of the Summer Schools is to create a hypertension network among young European fellows, who are the next generation of hypertension clinicians, to facilitate collaborative research around the world .

WHO SHOULD ATTEND?

Younger candidates strongly devoted to hypertension coming both from basic research and clinical practice.

Although there is no specific age limit, candidates below the age of 40 should be preferred.

Please note the ESH Summer School is a once-in-a-lifetime event, which means each

participant can attend the course only once in his/her life.

Topics to be covered:

- Basic research
- Clinical areas

Faculty

Hypertension Summer School brings together a truly international faculty, offering the unique opportunity to expose the fellows to a number of excellent local speakers.

Expenses

- Covered by the ESH: accommodation and travel costs of the faculty; the attendees' accommodation and meals
- Covered by National Societies of Hypertension: attendees' travel costs.

Travel grants will be provided by the ESH for countries facing economic hardship.

Dates you should not forget !

SSMI/SGIM 2018

Basel, 30.Mai-1.Juni, 2018

www.congress.sgaim.ch/de/fruehjahrenskongress.html

SSC/SSCS Joint Annual Meeting

2018, Basel, June 6-8, 2018

www.cardio-congress.ch/sgk2018.html

28th European Meeting on Hypertension and Cardiovascular Protection

Barcelona, June 8-11, 2018,

www.esh2018.eu

50th Annual Meeting of the SGN-SSN, Interlaken, December 6-7, 2018

www.swissnephrology.ch/pages/en/annual-ssn-meetings.php

12h International Meeting of the French society of hypertension, Paris, December 13-14, 2018

www.jhta2018.fr

MAY MEASUREMENT MONTH IS SET TO REPEAT ITS GLOBAL BLOOD PRESSURE SCREENINGS IN 2018

Following the success of May Measurement Month (MMM17), plans are already in place to repeat the mass synchronised global blood pressure screening campaign next May. Launched in May 2017, May Measurement Month is an initiative led by the International Society of Hypertension (ISH) and endorsed by the World Hypertension League building on World Hypertension Day, to raise awareness of the issues surrounding hypertension (or high blood pressure) during the month of May.

Galvanising a global campaign of this scale is difficult to achieve with the largest of budgets, yet MMM17 measured the blood pressure of over 1.2 million people across 100 countries during its inaugural year - with limited resources, relying on the goodwill of its many volunteers. At canton Vaud level, we were able to screen more than 1000 participants mostly in pharmacies.

So why don't you join the Swiss effort to participate in the 2018 campaign

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