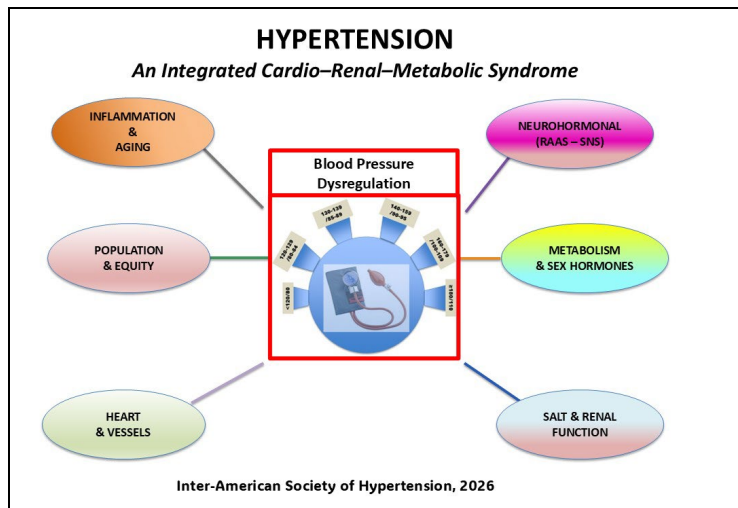


XXIInd Scientific Sessions of the IASH -Summary Program Overview



The 2026 Medical and Science Sessions of the Inter-AMERICAN SOCIETY OF HYPERTENSION (IASH) provided the 400-plus attendees with incisive state-of-the-art presentations by a renowned international faculty in Guatemala City, Guatemala, January 15-17, 2026. The educational activities were enhanced by the active participation of the faculty of Latin American Hypertension Societies from Argentina, Brazil, Chile, the World Hypertension League (WHL), and the International Society of Hypertension (ISH). In keeping with IASH's mission to serve as an instrument for further development of emerging Latin American medical and basic-science research leaders, the three best Posters presented at the meeting were awarded grants to attend the 2026 Joint International Society of Hypertension (ISH) – Emirates Cardiac Society (Dubai, October 22 – 25, 2026) and a

registration scholarship to attend the 2026 Central American and Caribbean Society for Hypertension and Cardiovascular Prevention (Punta Cana, Dominican Republic, October 22 – 25, 2026). Nine main scientific themes were included in the program developed by the organizing committee, chaired by CM Ferrario, MD, FAHA, FAPS, FISH, FACC (Program Chairman).

1) Population burden, implementation, and control strategies:

A central opening focus was a critical update on the cardiovascular disease (CVD) burden across North America, the Caribbean, and Latin America, and on community-based hypertension control models by D. Lackland, DRPH (USA), D. Aristizabal, MD (Colombia), and Osiris Valdez, MD (Dominican Republic). Presentations addressed health barriers in the Americas [CM Ferrario, MD (USA)], practical “how-to” content on improving control in Latin America through the implementation of international hypertension guidelines, addressing clinical inertia and non-adherence [L Alcocer, MD (Mexico)], salt-reduction strategies (including digital approaches and salt substitutes) [D Lackland, DRPH (USA)], and population aging/health metrics [A Barrientos, MD (Honduras)].

2) Mechanisms and translational biology of hypertension:

Strong emphasis on pathophysiology of essential hypertension (HTN), including deeper dives into the RAAS (and “hidden mechanisms”), plus discussion of opposing RAS arm activation (e.g., Ang-(1-9), Ang-(1-7)/alamandine) as a therapeutic concept were artfully presented by M Gironacci, PhD (Argentina), MR Choi, MD PhD (Argentina), T Yang, PhD and D Batlle, MD (USA), MP Ocaranza, PhD (Chile) and R Santos, MD PhD (Brazil). “New trends” research block spanning inflammation/senescence/endothelial dysfunction, metabolic inflammation targets, multi-specific peptides, senescence, and cognitive function effects of hypertension were artfully examined among others by E Schiffrin, MD PhD (Canada), CF Sánchez-Ferrer, MD PhD, C Peiró, PhD (Spain), and R Speth, PhD (USA). These cardio-renal-metabolic sessions highlighted immune mechanisms, neural mechanisms, vascular aging targets, the microbiota, and the kidney's bidirectional role in the syndrome [C Romero MD PhD (USA), G Navar, PhD, and M Prieto, MD (USA)].

Women's health and hypertension, a flagship of the program, were expertly addressed by AC Palei, PhD (USA), DI Molina de Salazar, MD (Colombia), S Salas Ibarra, MD (Chile), CM Ferrario, MD (USA), and ES Muxfeldt (Brazil). F Wyss, MD (Congress President; Guatemala) and G Fink (USA) artfully addressed the importance of neurogenic mechanisms in the pathogenesis of hypertension.

3) Resistant hypertension and device/non-pharmacologic approaches:

Resistant hypertension, in terms of management, novel therapies, and as a component of the cardio-renal metabolic syndrome, was a focus of excellent presentations on precision phenotyping (hemodynamic/hormonal/genetic), new drugs, non-pharmacologic strategies, and sympathetic nervous system modulation. These critical topics were addressed by D Piskorz, MD, and PR Rodriguez, MD (Argentina), E Peñaherrera, MD (Ecuador), H Punzi, MD (USA), JV Sánchez-Polo, MD, J. A. Rivera Pineda, MD, E Silaid Muxfeldt (Brazil), and F Wyss, MD (Guatemala).

4) Clinical controversies and practical management:

Among the clinic-oriented sessions, new concepts included presentations on Stage 1 HTN and chronic kidney disease (CKD) risk [M Orias, MD (Argentina)], hyperkalemia and CKD management [JA Rivera Pineda, MD (Guatemala)], distinguishing true-resistant vs pseudo-resistant HTN [F Wyss, MD (Guatemala) and E Silaid Muxfeldt, MD (Brazil)], and how low to target BP, and adherence as a shared responsibility [H Punzi, MD (USA), L Alcocer, MD (Mexico), and G Parati, MD (Italy)].

5) New and emerging therapeutics:

“Newer antihypertensive drugs” content included aldosterone synthase inhibitors, endothelin antagonists, single-pill combinations, and discussion of GLP-1 medicines in the context of obesity/hypertension and broader cardio-metabolic care. Among these presentations, the potential of novel immunological therapies based on suppression of the hepatic angiotensinogen gene was addressed by LJ Laffin, MD (USA), D Piskorz, MD (Argentina), and CM Ferrario, MD (USA). Emerging issues regarding the long-term efficacy of silencing hepatic angiotensinogen miRNAs, antisense oligonucleotides versus angiotensin-(1-12) monoclonal antibodies were fully addressed by CM Ferrario (USA). E. Schiffrin, MD PhD (Canada) discussed the evidence for use of the endothelin antagonist aprocitentan in resistant hypertension.

6) Equity, disparities, and sex-specific hypertension

Separate plenaries focused on racial/ethnic disparities in hypertension treatment across regions and on hypertension in women (e.g., preeclampsia-related cardiac dysfunction, resistant HTN in women, post-menopausal hormone therapy, and gender bias in patient experience). The program also featured a President’s Lecture [L Alcocer MD MPH (Mexico) on racial and gender discrimination in tailoring hypertension management in Latin America.

7) Kidney–hypertension axis:

A full kidney-focused plenary covered Ang II actions (endocrine/paracrine/intracrine), the prorenin receptor as an inflammation link, and renal/urinary biomarkers in CKD progression—plus a founder’s lecture explicitly on “linking the kidney to hypertension [LG Navar PhD (USA)].” These state-of-the-art lectures were given by C Romero, MD, PhD (USA), M Orias, MD (Argentina), and MC Prieto, MD (USA).

8) Posters and the breadth of submitted science

Twenty-one abstracts, spanning a wide range of categories, were submitted to the poster session. The five highest-ranked abstracts were selected to compete for an award jointly presented by the ISH and the Caribbean Society for Hypertension and Cardiovascular Prevention (SCCH). The evaluation was conducted by Minolfa Prieto, MD (USA), César Romero, MD, PhD (USA), and Dagnovar Aristizábal, MD (Colombia). Three of these posters were merited awards (see www.ishonline.org for the winners).

9) Training and scientific communication

There was a structured block on mentoring new investigators and an award competition, plus guidance on publishing strategies and artificial intelligence in publishing. These ISH-sponsored educational activities for emerging leaders and young participants involved a structured dialogue with C Romero, MD, PhD (USA), D Aristizábal, MD (Colombia), DSA Colombari, PhD (Brazil), FE Parada, MD (Guatemala), and L Alcocer, MD, MPH (Mexico). EL Schiffrin, MD, PhD (Canada), a long-term Editor-in-Chief of the American Journal of Hypertension, illuminated the audience on publishing strategies.

Acknowledgments

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Carlos M Ferrario, MD, FAHA, FAPS, FISH, FACC

Program Chair

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