

Extracted from the March 2026 Newsletter



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News from the World Hypertension League (WHL)
In Official Relations with the World Health Organization

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Note from the Editor



Prof. Daniel Lackland

As EIC for the WHL Newsletter, this first issue for 2026 is particularly exciting as an opportunity to showcase the WHL family opportunities for the year.

The Newsletter will report on the many outreach events from

President's Column



Prof. Gianfranco Parati

The celebration of [World Hypertension Day 2026](#) is fast approaching, and I warmly invite all of you to help make this Day truly meaningful. On May 17, let us all actively contribute to increasing awareness of the importance of

In my role as WHL President, I was invited to give a lecture on the important and often under-recognized impact of obstructive sleep apnea on hypertension and cardiovascular disease. A practical take home message was the recommendation to consider that identifying and managing sleep disorders is critical for comprehensive cardiovascular risk reduction. This Conference was endorsed by WHL, and WHL was officially acknowledged for its efforts to achieve better hypertension control globally.

XXIInd IASH Scientific Sessions: Summary Program Overview



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

The 2026 Medical and Science Sessions of the InterAmerican 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).



Faculty and staff at the IASH meeting.

Nine main scientific themes were included in the program developed by the organizing committee chaired by Dr. Carlos Ferrario.

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. Presentations addressed health barriers in the Americas, practical “how-to” content on improving control in Latin America through the implementation of international hypertension guidelines, addressing clinical inertia and non-adherence, salt-reduction strategies (including digital approaches and salt substitutes), and population aging/health metrics.



L-R: Faculty presenters Professors Carlos Ferrario, Daniel Lackland, and Fernando Stuardo Wyss.

2) Mechanisms and translational biology of hypertension: Strong emphasis on the pathophysiology of essential hypertension (HTN), including deeper dives into the RAAS (and “hidden mechanisms”), were artfully presented, as well as “New trends” spanning inflammation/senescence/endothelial dysfunction, metabolic inflammation targets, multi-specific peptides, senescence, and cognitive function effects of hypertension. These cardio-renal-metabolic sessions highlighted immune mechanisms, neural mechanisms, vascular aging targets, the microbiota, and the kidney’s bidirectional role in the syndrome. Women’s health and hypertension, a flagship of the program, were expertly addressed, as well as the importance of neurogenic mechanisms in the pathogenesis of hypertension.



L-R: Professors Marcelo Orias, Daniel Lackland, and Vincent Sanchez Polo

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 presentations on precision phenotyping.

4) **Clinical controversies & practical management:** Among the clinic-oriented sessions, new concepts included presentations on Stage 1 HTN and chronic kidney disease (CKD) risk, hyperkalemia and CKD management, distinguishing true-resistant vs pseudo-resistant HTN, and how low to target BP.



L – R: Faculty Professors Ana Isabel Barrientos (Honduras), Osiris Valdez (Dominican Republic) Dagnovar Aristizabal (Colombia), Daniel Lackland (USA) and Debora SA Colombari (Brazil)

5) **New and emerging therapeutics:** 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, as well as emerging issues regarding the long-term efficacy of silencing hepatic angiotensinogen miRNAs, and antisense oligonucleotides versus angiotensin-(1-12) monoclonal antibodies.

6) **Equity, disparities, and sex-specific hypertension:** Separate plenaries focused on racial/ethnic disparities in hypertension treatment across regions and on hypertension in women. The program also featured a President’s Lecture 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, the prorenin receptor as an inflammation link, and renal/urinary

biomarkers in CKD progression—plus a founder’s lecture on “linking the kidney to hypertension.”

8) **Twenty-one abstracts** 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) (see www.iashonline.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.

American Heart Association Joint Session with the World Hypertension League



Faculty for the joint World Hypertension League and American Heart Association Session “**Hypertension Management and Stroke Prevention: Successes and Future Challenges**” at the International Stroke Conference in New Orleans, LA, USA, February 4, 2026: L-R: Philip B. Gorelick, Alexis N. Simpkins, Cheryl Bushnell, Paul K. Whelton, Sara M. Hassani, Daniel T. Lackland, (Adriana B. Conforto)



L-R: Professors Paul Whelton, Craig Anderson, and Daniel Lackland