

## E-News: Spring Edition



Welcome to the HBPRCA Spring Edition e-news.

### **ABPM Masterclass – 30<sup>th</sup> of October**

Over the past three years the HBPRCA has led a proposal to the Medical Services Advisory Committee (MSAC) to have ambulatory blood pressure monitoring (ABPM) included as a Medicare item number for the diagnosis of high blood pressure. The working group, comprising Geoffrey Head, Anastasia Mihailidou, Michael Stowasser and Markus Schlaich engaged Sue O'Malley from Medical Intelligence to prepare the documentation for MSAC. Click [HERE](#) for the HBPRCA press release.

To celebrate the launch of the MBS Item listing please join us for our ABPM Masterclass. Approved by the RACGP as an Accredited Activity, worth 40 points, this in-depth program will delve deeply into ABPM matters and provide plenty of practical tips, tools and feedback. Topics of presentations include: A GP's Perspective on ABPM, A Comprehensive 'How To' Guide, a Patient Perspective and more!

Full Registration and Details can be found [HERE](#).

### **Clinical Practice Masterclass – November**

Full agenda and information to follow.

Feel free to email [admin@yoursecretariat.com.au](mailto:admin@yoursecretariat.com.au) for further information and sponsorship opportunities

### **Pressure Wise**

Save the date! Pressure Wise will again be held virtually this year on the 1<sup>st</sup> of December 2021, 7-8pm. We hope to see many of you there! Full agenda and information to follow.

### **Annual Scientific Meeting:**

Don't forget to register now for the upcoming Annual Scientific Meeting, which is back this year from the 8<sup>th</sup>-10<sup>th</sup> of December!

Abstract Submission is open NOW. Make sure to register before the 1<sup>st</sup> of October to take advantage of our early bird rates!

To view the full website and program click [HERE](#).

The theme of the program this year is "Prevention". As such, this year's program is set to be jammed packed, including the following distinguished named lectures:

**R.D. Wright Lecturer, [Professor Neil Poulter](#):** Professor of Preventative Cardiovascular Medicine at Imperial College London. He is the Chief Investigator of May Measurement Month.





**Colin I Johnston Lecturer [Professor Clara Chow](#)** is a Professor of Medicine, in the Faculty of Medicine and Health, Academic Director of the Westmead Applied Research Centre and Academic Co-Director of Charles Perkins Centre Westmead

**Austin Doyle Lecturer [Professor Clare Collins](#)** is a Professor of Nutrition and Dietetics in the School of Health Sciences, Faculty of Health and Medicine at the University of Newcastle.



**Key dates for abstracts are as follows:**

Registration and Abstracts open 1<sup>st</sup> of August

Abstracts close 1<sup>st</sup> of October

Notification of acceptance / oral vs poster 5<sup>th</sup> of November

Abstracts withdrawn for non-registration 19<sup>th</sup> of November

If you have any questions regarding your registration, please email Your Secretariat on [admin@yoursecretariat.com.au](mailto:admin@yoursecretariat.com.au) or phone 02 4356 0007.

We are pleased to announce that prior to the Annual Scientific Meeting there will be two accompanying satellite meetings:

**Gut Microbiome and Cardiovascular Disease Symposium**

Gut Microbiome and Cardiovascular Disease Symposium, a free satellite symposium of the HBPRCA Annual Scientific Meeting, co-hosted by the School of Biological Sciences, Monash University, Australia. The symposium will be a day-long online free event on the 7th of December 2021 (AEST time), with 16 presentations by leaders in the field, talks selected from abstracts, and a discussion on the future of the field.

Free registration: <https://www.eventbrite.com/e/gut-microbiome-and-cardiovascular-disease-satellite-symposium-tickets-167023793663>

We have some spots reserved for students and ECRs, abstracts can be submitted [here](#).

More info: [francine.marques@monash.edu](mailto:francine.marques@monash.edu) and [Rikeish.Muralitharan@monash.edu](mailto:Rikeish.Muralitharan@monash.edu)

**Paediatric Blood Pressure Symposium**

The HBPRCA is proud to support BPOzKids, a recently launched national network of clinicians, researchers, industry representatives and community members whose goal is to address the problem of high blood pressure in Australian children and adolescents. The network is led by HBPRCA Executive member A/Prof Jonathan Mynard, and a steering committee based at the Murdoch Children's Research Institute. BPOzKids is partnering with the HBPRCA to host the free inaugural Paediatric Blood Pressure Symposium, a satellite of the HBPRCA ASM which will be held on the 6th of December (8:00-14:30 AEDT) in hybrid format (Zoom and at the Royal Children's Hospital, Melbourne), with keynote lectures from Prof Joseph Flynn (Lead author of the American Paediatric

Hypertension Guidelines), Eileen Brennan (former manager of the Paediatric Hypertension Clinic at Great Ormond Street, London) and Prof Terry Dwyer (Steering Committee Chair of the International Childhood Cardiovascular Cohorts (i3C) Consortium). More information is available at <https://www.bpozkids.com/>

Full program is available [HERE](#).

Free Registration (required for in-person or Zoom attendance):  
<https://www.surveymonkey.com/r/paed2021>

For more information, contact [jonathan.mynard@mcri.edu.au](mailto:jonathan.mynard@mcri.edu.au)

### **Women in Hypertension Spotlight**

The Women in Hypertension Session this year will highlight career journeys of both female and male early career researchers. New for HBPRCA ASM 2021, this session will be joined by the International Society of Hypertension Women in Hypertension Research Committee.

In our newsletter we plan to regularly highlight our Women in Hypertension. In this issue it is our pleasure to introduce our HBPRCA Executive member Dr Audrey Adji.

#### **1. What is your current role?**

Postdoctoral Scientist at the Victor Chang Cardiac Research Institute and Research Fellow at St Vincent's Hospital Sydney

#### **2. Why did you choose a research career?**

My career allows me to pursue my interest in translating science into reality, learn something new and challenge myself.

#### **3. What are your strategies to overcome current career or life challenges?**

My strategies are not to be afraid to step out of my comfort zone and prepare to challenge myself. Coming from a very small lab, I had to learn quickly how to survive (i.e. publish or perish) in the competitive research environment.

#### **4. What is your best career lesson?**

Be yourself and go at your own pace, everyone has their own challenges.

#### **5. What is the highlight of your career (or your work that you are most proud of)?**

I was the first recipient of the ISH Mid-career Women in Hypertension Award in 2018. The award motivated me to further pursue my research career and to give more to the research society.

#### **6. How can we at the HBPRCA do better?**

Create a supportive network where everyone feels safe to collaborate and share ideas.



## **HBPRCA Webinars:**

The HBPRCA is excited to provide an update on the series of educational webinars that we have been holding which cover multiple facets of hypertension - from screening and measurement to new therapies, technologies, and guidelines. Each of the 6 Webinars in the series is accredited by the RACGP as a category 2 activity.

Click [HERE](#) to view the past recordings, topics included:

- **CVD in Women Managing different risk impact across the life course**
- **Automated BP and Pharmacotherapy**
- **Lifestyle Modification**
- **New Technologies in the measurement and management of high blood pressure**
- **Renal denervation**

## **Winter School Summary:**

The HBPRCA ECR Committee organized the 2021 HBPRCA Hypertension Winter School which was held online on July 8th and 9th. The program included presentations on the pathophysiology, treatment, and management of hypertension from leading Australian cardiovascular researchers. The Winter School was a great success with 245 registrants from around the world including Australia, South Africa, Ukraine, and the UK. Highlights included plenary presentations by Prof Alta Schutte and Prof Gemma Figtree, and a lively debate between Prof Markus Schlaich and Prof James Sharman. Congratulations to Dr Brooke Huuskes and Mr Terrence Fong for winning the ECR and Student Blitz Presentation Awards!

## **Editorial Papers:**

Our Executive Committee have been very active lately and we would like to highlight Editorials that they have contributed to over the past few months.

Dr. Anastasia Mihailidou' Invited Editorial accompanying the article by Muscat & Morris (Benefits and harms of hypertension and high-normal labels: a randomized experiment, Circulation: Cardiovascular Quality and Outcomes, 2021) noting the importance of informed discussion and language in the patient-clinician partnership. Anastasia's Editorial is available [HERE](#).

Prof. Mark Nelson's accompanying Editorial to the article by Zhang et al (Trial of Intensive Blood-Pressure Control in Older Patients with Hypertension, NEJM 2021) where he highlights the importance of noting and targeting risk rather than blood pressure *per se*. Mark's Editorial is available [HERE](#).

[Circulation: Cardiovascular Quality and Outcomes](#)

### **EDITORIAL**

## **Words Matter: Hypertension and High Normal Blood Pressure Labels**

[See Article by Muscat and Morris](#)

Anastasia S. Mihailidou, PhD

**H**ypertension is often referred to as the silent killer as patients are frequently asymptomatic. As such, it continues to be suboptimally controlled—and at epidemic proportion—leading to 10.4 million premature deaths annually and a major public health burden. High systolic blood pressure is a leading preventable risk factor for cardiovascular disease,<sup>1</sup> chronic kidney disease,<sup>2</sup> and dementia and brain health.<sup>3</sup> Although increasing aging populations contribute to suboptimal control of hypertension worldwide,<sup>4</sup> several other barriers have been identified and include both patient and practitioner behaviors, as well as challenges with understanding, attitude, and adherence with treatments.<sup>5</sup>

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### **EDITORIAL**



## **Moving the Goalposts for Blood Pressure — Time to Act**

Mark R. Nelson, M.B., B.S., M.F.M., Ph.D.