

Newsletter
SAHS Biennial Congress
16 – 18 September 2022, Sandton, South Africa

Dear SAHS Members, Colleagues, and Industry Partners,

The Southern African Hypertension Society would like to thank our delegates, international faculty Prof Claudio Borghi (Italy), Prof Neil Poulter (London), Prof Alta Schutte (Australia), local faculty and our industry partners for contributing to the success of the biennial congress.



SAHS Faculty from left to right:

Prof Nash Ranjith (SAHS President),
Dr Rajen Moodley, Prof Alta Schutte (Australia),
Prof Claudio Borghi (Italy),
Prof Nqoba Tsabedze, Prof Neil Poulter
(London), Dr Martin Mpe, Prof Brian Rayner &
Prof Erika Jones

The two-and-a-half-day congress was well attended by Cardiologists, Clinicians, Endocrinologists, Researchers, Nurses, Dieticians, Pharmacists, Physicians, Specialist Physicians, Medical Registrars, General Practitioners, Students, Medical Advisors, and other allied health professionals from both private and public sector.

Right: The diverse group of healthcare professionals present at the congress highlight the importance of multi-disciplinary teams.



The plenary and parallel sessions provided opportunities for interdisciplinary learning, interaction, and networking with delegates, international faculty, and local key opinion leaders in hypertension management. These sessions included a debate, multiple lectures, ethics talks on Hypertension Beyond Blood Pressure Management of current clinical interest, as well as oral and poster presentations.



The Nurses & General Practitioners Parallel Session covered a broad spectrum of relevant topics, e.g.:

- How to Diagnose Hypertension – Current Criteria, Tips, and Tricks
- Lifestyle Interventions & Patient Counselling
- The Nutrition Source - Salt and Sodium
- Devices Validation and Calibration

Left: The well-attended Nurses & General Practitioners Parallel Session in PANDORA 1

Below: ABSTRACT Poster Presentation Session - SAHS Congress

SAHS aims to promote hypertension research and thus invited researchers to submit abstracts through the Cardiovascular Journal of Africa (CVJA) portal. Thank you to everyone who submitted an abstract. Authors were provided an opportunity to showcase their research and gain experience in presenting and debating their work in front of an encouraging but competitive audience of mentors and peers. The accepted abstracts were published in the [CVJA Supplement](#)



Presentation Awards were presented to recognise individuals for the best oral and poster presentations.



Congratulations to the oral presentation winners:

1st Prize “YK Seedat Award”: Grace Tade

Topic: Independent Relationship Between Volume Overload and Aortic Stiffness in a Community with Prevalent Volume-Dependent Primary Hypertension

2nd Prize “Yosuf Veriava Award”: Nonhlanhla Mthembu

Topic: Proximal Aortic Stiffness Modifies the Relationship between Heart Rate and Backward Wave and hence Central Arterial Pulse Pressure

3rd Prize “Lionel Opie Award”: Danelle Else

Topic: Marked Increases in Proximal Aortic Characteristic Impedance and hence Forward Wave Pressures Beyond Brachial Blood Pressure in Patients with Angiographic Proven Coronary Artery Disease

Best Poster “Krisela Steyn Award”: Dr Catharina Myburgh-Jacobsz

Topic: A comparison of retinal vessel functional responses between people living with HIV and HIV-free South Africans: Findings from the EndoAfrica-NWU study

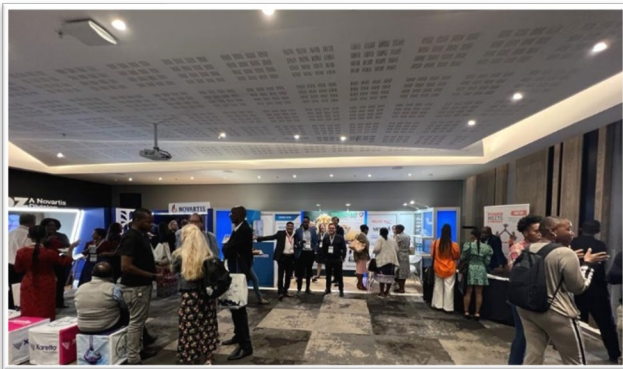
Left: Prof Yosuf Veriava

SAHS Biennial Congress Industry Exhibition Area

Industry Exhibition Stands at the congress were of high quality, informative, educational, and relevant to practice. We sincerely appreciate our sponsors for their time, effort, and support in the education of our delegates.

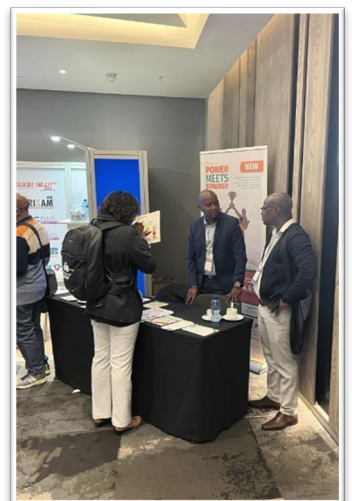


From left to bottom right: SAHS Exhibition Area, Prof Nash Ranjith at Servier Stand, Industry Sponsors & Neil Young at Omron Stand

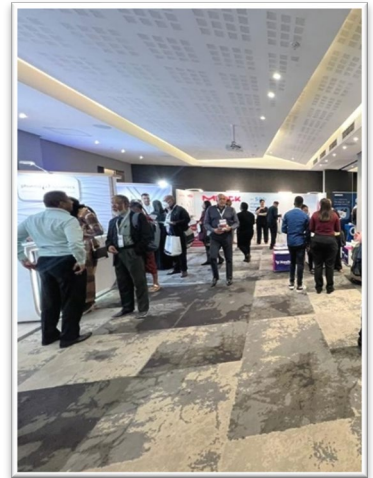
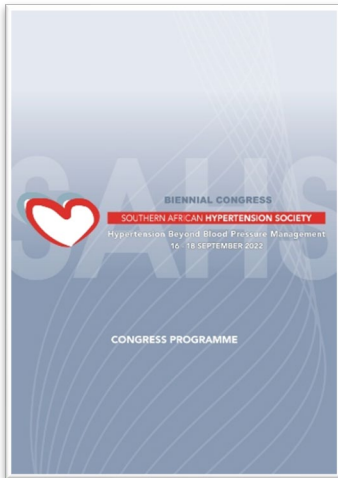


Below From Left:

Prof Angela Woodiwiss & Prof Brian Rayner at Cipla Stand, SAHS Congress Exhibition Area, Interactive discussions at the Pharma Dynamics and Boehringer Ingelheim Stands

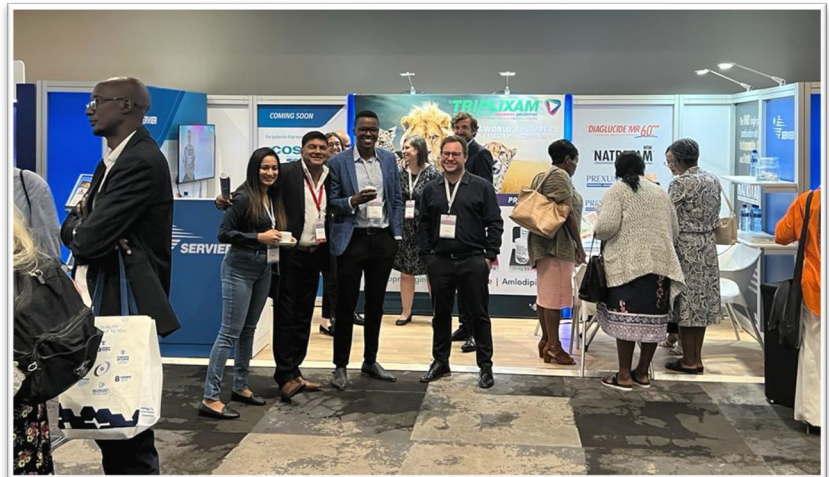


The SAHS Scientific Programme



*Top from left to right: SAHS Congress Programme, Plenary Session, Exhibition Area
Left: The SAHS Congress Organising Committee from the left: Dominique Verster, Karabo Mbele & Precious Kgomo*

Below: Prof Nash Ranjith in the Exhibition Area at the Servier Stand



The scientific programme was managed by the SAHS Organising Committee under the leadership of Prof Nash Ranjith. The delegates rated the overall the academic programme and faculty as excellent.

To receive Congress CPD points: [Click on link and complete the Confirmation of Attendance Affidavit.](#)

We hope to build on the success of this congress with future educational events to further increase awareness, research, and education in hypertension management to eradicate the ill-effects of high blood pressure in Southern Africa.

In closing, SAHS invites our delegates, researchers, students and all healthcare professionals with an interest in hypertension to become a member and be part of The Southern African Hypertension Community: [Click Here to Join SAHS.](#)

Prof Nash Ranjith - SAHS President