



SOUTHERN AFRICAN HYPERTENSION SOCIETY

BIENNIAL CONGRESS

A Lifecourse Perspective on Hypertension

14 - 16 August 2026 | SANDTON



SCIENTIFIC PROGRAMME AT GLANCE

Valid as of 04 March 2026

Date	Time	Topic
Friday, 14 August	07:30 - 08:30	Arrival & Registration
	08:30 - 10:30	Plenary Session 1: HYPERTENSION/BLOOD PRESSURE ACROSS THE LIFE COURSE
	08:30 - 08:40	Opening & Welcome
	08:40 - 09:15	Hypertension In Pregnancy: Implications for Mother and Offspring - Understanding the Pathophysiology
	09:15 - 09:40	Hypertension In Children, Adolescence and Young Adults
	09:40 - 10:05	Hypertension in the Elderly - Pathophysiological Changes
	10:05 - 10:30	Approach to the Treatment of Hypertension as a Condition of the Entire Life Course - How to Address the Root Causes
	10:30 - 11:00	Tea & Coffee Break
	11:00 - 12:40	Plenary Session 2: OPTIMISING CV HEALTH , DEVELOPING TREATMENT APPROACHES
	11:00 - 11:20	SALT Replacement Therapy for Hypertension
	11:20 - 11:40	Cardiovascular Protection and Early Intervention
	11:40 - 12:00	Resistant Hypertension: Clinical Approach and Emerging Drug Therapies
	12:00 - 12:40	Debate: Obesity Should be Managed By Lifestyle – Pro Vs. Con (Pharmacological Therapy)
	12:40 - 13:10	ORAL PRESENTATIONS
	13:10 - 14:10	Lunch
	14:10 - 15:30	Plenary Session 3: CLINICAL HYPERTENSION
	14:10 - 14:30	Integrated Management Strategies for Concurrent Hypertension and Dyslipidemia
	14:30 - 14:50	AF and Hypertension
	14:50 - 15:10	Renal Denervation Its Clinical Use in Hypertension Based on Evidence and Guideline Recommendations
	15:10 - 15:30	Emerging Technologies and Evolving Therapies in Hypertension Management
15:30 - 16:00	ORAL PRESENTATIONS	



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Friday, 14 August	16:00 - 16:30	Tea & Coffee Break
	16:30 - 17:30	Plenary Session 4: HYPERTENSION IN SPECIAL POPULATIONS
	16:30 - 16:50	Managing Hypertension in the Context of Multimorbidity: A Growing Clinical Challenge e.g. Diabetes, HIV, Mental Health, Autoimmune Diseases etc
	16:50 - 17:10	New Onset HT In Cancer Survivors - Understanding the Pathophysiology and Implications on Treatment
	17:10 - 17:30	BP Management After an Accute Stroke
	17:30 - 18:10	Plenary Session 5: IMPACT OF GEOPOLITICS ON HEALTH - RESEARCH AND HEALTHCARE
	17:30 - 17:50	Impact of Climate Change on Health (Ethics)
	17:50 - 18:10	Effect of Geopolitical Tensions on Health Delivery and Research (Funding and Conflict) (Ethics)
	19:00	Faculty Dinner



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Saturday, 15 August	07:30 - 08:30	Arrival and Registration
	08:30 - 10:30	Plenary Session 6: PRIORITISING HYPERTENSION AT NATIONAL AND REGIONAL LEVEL
	08:30 - 09:00	The South African National Strategic Plan for Hypertension
	09:00 - 09:30	Task Sharing: Its Time for Shared Responsibility
	09:30 - 09:50	Remote Care for Hypertension
	09:50 - 10:30	Health Economics - Cost of HT (Ethics)
	08:30 - 10:30	Parallel Session 1 - POSTER PRESENTATIONS
	10:30 - 11:00	Tea & Coffee Break
	11:00 - 12:00	Plenary Session 7 : UPDATES ON CLINICAL HYPERTENSION MANAGEMENT
	11:00 - 11:20	Nursing Perspectives in Hypertension Management
	11:20 - 11:40	Pharmacist Perspectives in Hypertension Management
	11:40 - 12:00	Culturally Appropriate Dietary Advice in Africa for Hypertension
	11:00 - 12:00	Parallel Session 2: EARLY CAREER RESEARCHERS' SESSION
	11:00 - 11:20	Finding Collaborators for a Research Team
	11:20 - 11:40	Getting your Paper Published
	11:40 - 12:00	Finding Opportunities to Advance your Career and Get Involved (Opportunities in ISH and committees)
	12:00 - 13:00	Plenary Session 8: OPTIMISING CARDIOVASCULAR HEALTH IN HYPERTENSION: INTEGRATED MANAGEMENT AND EMERGING THERAPEUTIC STRATEGIES
	12:00 - 12:20	Hypertension and Heart Failure Challenges
	12:20 - 12:40	Achieving Targets - Adherence
	12:40 - 13:00	Managing Stable Angina in Hypertension
	12:00 - 13:00	Parallel Session 3: Healthcare Workers in HT INTEGRATING CARE FOR THE MANAGEMENT OF HYPERTENSION
	12:00 - 12:20	Integrated Screening for Detecting Hypertension and Cardiovascular Risk in Low Resourced Environments
	12:20 - 12:40	Implementation Science and Health Systems Research in Hypertension
	12:40 - 13:00	What the Renin Angiotensin Aldosterone System Means for Hypertension Care in the Future For Africa



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Saturday, 15 August	13:00 - 14:00	Lunch
	14:00 - 15:30	Plenary Session 9: ADDRESSING CARDIOVASCULAR RISK AND VASCULAR INJURY
	14:00 - 14:30	CKM – Cardiovascular-Kidney-Metabolic Syndrome
	14:30 - 15:00	Vascular Aging
	15:00 - 15:30	ORAL PRESENTATIONS
	15:30 - 16:00	Tea & Coffee Break
	16:00 - 16:20	Role of SGLT2 Inhibitors and Endothelial Antagonists
	16:20 - 16:40	GLP-1 Based Therapies in CV Health
	16:40 - 17:00	Beta - Adrenergic Blocking Drugs in Hypertension in Africa OR Beta Blockers Being Reappraised as a Major Class of Drug when Using Combination Therapy in Hypertension
	17:00 - 17:30	ORAL PRESENTATIONS
	17:30 - 18:00	SAHS AGM 2026
19:00	CONGRESS DINNER & AWARDS	



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Sunday, 16 August	07:00 - 08:30	Arrival & Registration
	08:30 - 10:00	Plenary Session 10: KIDNEY , BASIC SCIENCE AND FUTURE DEVELOPMENTS
	08:30 - 09:10	Nephroprotection in Stage 1, 2, and 3 CKD
	09:10 - 09:30	Central BP Monitoring
	09:30 - 10:00	Non-regulated Medications in Hypertension
	10:00 - 10:30	Tea & Coffee Break
	10:30 - 13:00	Plenary Session 11: ALDOSTERONE IN HT
	10:30 - 10:50	All Patients with Hypertension Should Have Their Aldosterone and Renin Levels Measured at Diagnosis?
	10:50 - 11:10	Dysregulation Of Aldosterone in Hypertension, Cardiovascular and Kidney Health
	11:10 - 12:45	New Mineralocorticoid Receptor Antagonists and Aldosterone Synthase Inhibitors
	12:45 - 13:00	Closing Address and Depart