

ISHIB Newsletter



Improving the health care and life expectancy of ethnic populations around the world

November 2010

ISHIB Consensus on Management of Hypertension in African Americans Released

ISHIB reached another major milestone on October 4, 2010. *Hypertension*, a journal of the American Heart Association, published the eagerly anticipated ISHIB manuscript, "Management of High Blood Pressure in African Americans: An Update of the ISHIB Consensus Statement." The online version of *Hypertension* can be accessed by visiting <http://hyper.ahajournals.org>. The print version of the article will be published in the November *Hypertension* issue.

ISHIB would like to recognize John Flack, MD, MPH, lead author, and coauthors Domenic A. Sica, MD; George Bakris, MD; Angela L. Brown, MD; Keith C. Ferdinand, MD; Richard H. Grimm, Jr., MD, PhD; W. Dallas Hall, MD; Wendell E. Jones, MD; David S. Kountz, MD; Janice P. Lea, MD; Samar Nasser, PA-C, MPH; Shawna D. Nesbitt, MD; Elijah Saunders, MD; Margaret Scisney-Matlock, RN, PhD and Kenneth A. Jamerson, MD.

The article recommends significant changes in how physicians should treat hypertensive African American patients. Updates include:

- Reduction of the target blood pressure level for the lowest-risk hypertensive African Americans to <135/85 mm Hg;
- Greater focus on multiple-drug regimens, especially single-pill, fixed-dose combinations;
- The preferred two-drug combination is calcium channel blockers and renin-angiotensin system blockers unless edema or volume overload is present;
- Less emphasis on monotherapy;
- Focus on maintaining blood pressure consistently below target levels;
- Impact of the growing prevalence of obesity and diabetes on hypertension and its management.

The ongoing ISHIB IMPACT campaign supports the recommendations of these new ISHIB guidelines. One of our campaign highlights will be presented at the ISHIB booth (#2427) at the 2010 Annual Meeting of American Heart Association (AHA), November 13-17, 2010, at McCormick Place in Chicago, IL. The exhibit floor will be open from November 14-16. Visitors will have an opportunity to speak with some of the writing group members, hosted by lead author John Flack, MD, MPH.

Memory sticks with the ISHIB slide kit supporting the Consensus Statement will also be available at the booth. While you are there, pick up information on activities planned for the remainder of 2010 in support of the new guidelines.

Stay tuned for updates on additional opportunities to interact with the Guidelines/Consensus Statement authors and learn more about the important updates in the management of high blood pressure in this population.

Have
You
Reached
One
Yet?

Attention all ISHIB members!

Don't forget about our "BIG PUSH" membership drive to attract 1,000 new members in three years. Join the ISHIB board and executive director to ensure that we reach our goal!

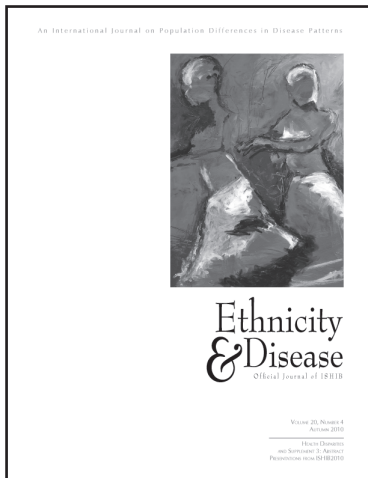
Please take time to refer potential members to Ms. Terry Jackson, ISHIB Senior Program Manager, at Terry-Jackson@ishib.org

ISHIB President at ABC Meeting

Prior to the November Annual Meeting of the AHA, the Association of Black Cardiologists (ABC) will hold their 23rd Annual Dr. Walter M. Booker, Sr. Symposium at the Hyatt Regency Chicago on Saturday, November 13.

ISHIB is proud to have ISHIB president and Consensus Statement writing group coauthor, Shawna D. Nesbitt, MD present on behalf of our organization. Dr. Nesbitt will introduce updates from the ISHIB 2010 Consensus Statements, as captured in *Hypertension*.

Ethnicity & Disease, Official Journal of ISHIB



Does your medical library carry *Ethnicity & Disease*, ISHIB's premier medical journal addressing ethnic patterns of disease? Will your research team or institutional research groups have a collection of articles to publish as a supplement during 2011? To learn more about institutional subscriptions to the journal or how to propose a supplement to the journal, please visit http://ishib.org/ED_subman.asp

Many thanks to the ISHIB 2010 Corporate Partners



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Upcoming Events

ISHIB

July 8-10, 2011

ISHIB2011 - 26th Annual International Interdisciplinary Conference on Hypertension and Related Cardiovascular Risk Factors in Ethnic Populations - Boston

American Association of Cardiologists of Indian Origin

www.aacio.org

November 14

AACIO Scientific Session and Dinner Meeting - Chicago

American Heart Association

www.americanheart.org

November 13-17

AHA Scientific Sessions 2010 - Chicago

Association of Black Cardiologists

www.abccardio.org

November 13

23rd Annual Dr. Walter M. Booker, Sr. Memorial Symposium - Chicago

Cardiometabolic Health Congress

www.cardiometabolicehealth.org

October 20-23

2010 Cardiometabolic Health Congress - Boston

International Diabetes Federation

www.idf.org

October 25-28

Diabetes Educator Course - Toronto

October 26-29

2nd Annual Congress of the Global Diabetes Alliance - Cairo

November 14-16

International Conference on Multidisciplinary Approaches to Diabetes Research & Health (ICMADRH - 2010) - Jaipur, India

November 18-20

3rd International Conference on Fixed Combination in the Treatment of Hypertension, Dyslipidemia and Diabetes Mellitus - Brisbane

November 22-25

Diabetes Educator Course - Vancouver

World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease

November 4-6

8th Annual World Congress - Los Angeles