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JULY 2021

# ENCOURAGE SUPPORT INSPIRE



## Women in Hypertension Research

### CONTENTS

*Chair's Message*

*Events*

*Women working in  
hypertension*

*World Hypertension Day*



### MESSAGE FROM THE CHAIR

Welcome to the 1st issue of the International Society of Hypertension (ISH) Women in Hypertension Research Network newsletter. We have created this newsletter to better communicate with YOU!

In this and the following issues we will inform you about recent and upcoming events supported by the Women in Hypertension Research Committee, about opportunities for grants, jobs and awards, and about interesting science and reads. You will also get to know women working in hypertension research from around the globe through our spotlight features and the "Lived experience" articles, the first of which - written by Hind Beheiry from Sudan.

But we do not only want to tell you about us, we also want to hear from you! If you have anything that is of interest to the readership of this newsletter - science, events, stories - contact us and let us know. Tell us, what you are expecting from the Women in Hypertension Research Network. How can we help you to develop and establish your career? Help us build a powerful and connected network to achieve our mission to encourage, support and inspire women in hypertension research.

Write to us: [WiHRC@ish-world.com](mailto:WiHRC@ish-world.com) or check our [webpage](#).

A huge thanks to the Editorial team for this newsletter: Niamh Chapman, Vice Chair Women in Hypertension Research Committee, and committee members Marisol Fernandez, Mansi Patil, Ching Siew Mooi and Hind Beheiry. With my best wishes. Enjoy!

**Muscha Steckelings**

### NETWORK LAUNCH

40 attendees joined the session at the ESH/ISH meeting facilitated by Niamh Chapman (Australia) Vice Chair ISH Women in Hypertension Research Committee and Augusto Montezano (United Kingdom). The event included a panel discussion with Rhian Touyz, Nadia Khan and Committee Chair, Muscha Steckelings. Read on for more information about events.

## PREVIOUS EVENTS



## ESH/ISH WOMEN IN HYPERTENSION RESEARCH CAREER SESSION

The session addressed the issues experienced by women pursuing a research career and focused on breaking down barriers.

Ulrike Muscha Stecklings highlighted the need for equal representation of women throughout the world of science from representation in committees to awards being conferred.

Rhian Touyz, Past President of ISH and founder of Women in Hypertension Research Committee, gave a peek into her journey in science along with advice on optimizing opportunities for women.

Nadia Khan stressed the need to support mid-career women and emphasized the need to have perseverance, and dedication to overcome the micro and macro inequalities which tend to accumulate in the mid-career phase.

## ESH/ISH ONLINE

A special session for Women in Hypertension Research focused on hypertension in pregnancy and the risk of cardiovascular disease in later life with talks from Lucy Chappel, Renata Cifková and Francine Marques (ISH Mid-Career Award for Women recipient).

## IAPEN-ICNC

Hypertension and Nutrition Core Group of IAPEN India Association for Parenteral and Enteral held an interdisciplinary session, supported by María S. Fernández-Alfonso and Pensee Wu from the Women in Hypertension Research Committee. Both talks discussed the role of nutrition in the management of hypertension relevant to women and resulted in animated virtual discussion among the 420 attendees from several different countries.



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## ORIENTAL CONGRESS OF CARDIOLOGY

Ulrike Muscha Stecklings, Mansi Patil and Lizzy Brewster, Yi-Lin Chen facilitated a forum on behalf of the Women in Hypertension Research Committee in Shanghai, China. The session included Prof. Ai Theng Cheong and up and coming early career women from China regarding factors affecting the management of hypertension among women.

## HEART WEEK PANEL

For Heart Week in Australia, Niamh Chapman and Alta Schutte participated in a panel discussion of the current evidence on women's heart health and future directions to address knowledge gaps. The discussion ranged from risk factor prevalence to pathophysiology and management with a balanced research and clinical input. [Click here](#) to view the panel discussion.

# LIVED EXPERIENCE OF A WOMAN WORKING IN HYPERTENSION RESEARCH: HIND MAMOUN BEHEIRY



**Our first lived experience article is written by Dr. Hind Mamoun Beheiry, Associate Professor of Physiology, President of Sudanese Society of Hypertension, Member of ISH Women in Hypertension Committee, Regional Advisory Group for Africa and winner of the ISH 2018 Developing World Award.**

The Republic of the Sudan, situated in North-East Africa, has a total area of 1,886,000 Km<sup>2</sup>; and a population of 41.8 million, according to the 2018 population census. The Sudanese ethnicity is Afro-Arabs.

In spite of the rich mineral resources in Sudan, and the country's possession of the largest livestock in Africa, and extended agricultural land and water resources, Sudan suffers from high illiteracy, political instability, environment, poor infra-structure, including networking, and low socio-economic conditions, which have led to a poor health system, and lack of health awareness and scientific and medical research, including Hypertension.

Women researchers in Hypertension in my country, Sudan, similar to other African countries have ambition and goals. However, they face many challenges and obstacles which hinder their progress and success in research. Sudan's economy is suffering, in the last decade, a deep crisis risking collapse and social strife leading to many issues such as high inflation and intense financial pressure. Poverty and high costs of living are increasing steeply. These factors have affected the availability of research facilities and finance at all universities. The immigration of scientists, the conflicts at some areas of Sudan and the poor culture of healthy lifestyle and lack of good health services are all consequences among others.

I was influenced by how my late father, even though he was hypertensive, maintained a healthy lifestyle and well-controlled blood pressure for over forty years. I decided to have a career in Medicine since that time. In the year 2000, I pursued a M.Sc. Degree in Physiology at the University of Khartoum, Sudan. My dissertation focused on Hypertension Disease, basically renal function in Sudanese patients with Essential Hypertension. The findings were striking; obesity, unhealthy lifestyle, poor control, and low levels of glomerular filtration rate (GFR).

I have continued to work in the field of hypertension and renal function and pre-eclampsia for the last twenty years. My research focused on renal function in Sudanese patients with essential hypertension, with special attention to glomerular filtration rate (GFR) values and in pre-eclampsia. The outcome of my research was that the normal value of GFR, a biomarker of renal function, is lower in female Sudanese subjects than that known for international values; and I was able to correct the calculation of GFR using the Creatinine Clearance formula, in Sudan, which gave higher values of GFR (as error) by using the formula of John Hopkins University published GFR formula.

Recently, my research has focused on genetic variations of Renin-Angiotensin-Aldosterone System (RAAS) among Sudanese in relation to Hypertension. I have published a number of papers on hypertension, GFR, and pre-eclampsia.

# LIVED EXPERIENCE OF A WOMAN WORKING IN HYPERTENSION RESEARCH: HIND MAMOUN BEHEIRY

**Our first lived experience article is written by Dr. Hind Mamoun Beheiry, Associate Professor of Physiology, President of Sudanese Society of Hypertension, Member of ISH Women in Hypertension Committee, Regional Advisory Group for Africa and winner of the ISH 2018 Developing World Award.**



The Sudanese Society of Hypertension (SSH) was initiated in 2009 by Ibtisam Ahmed Ali, a popular Sudanese consultant of cardiology, whose substantial efforts helped to establish the society, its activities and its recognition by the International Society of Hypertension (ISH), and the World Hypertension League (WHL).

The SSH initiated awareness, management, and prevention of hypertension, in addition to holding international conferences in Sudan and publishing the Sudanese Guidelines of Hypertension for management and practice of hypertension. The SSH regularly participates in World Hypertension Day and presented many papers at ISH Conferences.

In 2017 and 2018, the SSH, under the umbrella of ISH, participated in the May Measurement Month (MMM) Program for screening of hypertension among Sudanese population, in collaboration with a large number of Sudanese universities, non-governmental national and international organizations (NGOs), the National Health Insurance Fund and the Federal Ministry and States' ministries of Health in Sudan. These team-based programs had positive outcomes in awareness and very high screening levels among the population in Africa.

In 2018, as part of the SSH, I was awarded The International Society of Hypertension (ISH) Developing World Award due to Achievement in Research and Management of Hypertension.

The pre-existing political and socio-economic instability, exacerbated by Covid-19, has minimized research in hypertension and new activities at the community level in Sudan. In spite of all that is happening in Sudan; the future is bright. The Sudanese people are very decisive and strong and have led one of the outstanding recent revolutions in 2018-2019 and changed the military political regime towards democracy. There were mass protests, martyrs and young people sacrificed their lives. Definitely such a great nation is capable to change Sudan, their country, with all its available resources from a consumable to a highly productive and developed country.

I, as President of The SSH and as a member of the Regional Advisory Group for Africa (RAG) and Women in Hypertension Research Committee, have endeavors in supporting researchers and young investigators in Sudan and Africa with information, experience and team work.

We, in the Women in Hypertension Research Committee, feel responsible to play a further role in Africa and other continents to improve the network for women researchers, to exchange and publish new research, as well as to empower women researchers by scientific consultation and advice.

# MAY MEASUREMENT MONTH 2021

## GHANA LAUNCH CAMPAIGN

[May Measurement Month](#) 2021 is ongoing until November. A launch event was carried out in Ghana on May 14th 2021. The event theme was "Importance of checking blood pressure and its significant role among pregnant women". Betty Twumasi-Ankrah, Country Manager, Ghana and member of the Women in Hypertension Research Committee is featured along with campaign team members.



## SOUTH AFRICA

The Hypertension in Africa Research Team of the North-West University, Potchefstroom, South Africa performed blood pressure measurements on staff and students on World Hypertension Day supported by committee member Ruan Kruger.



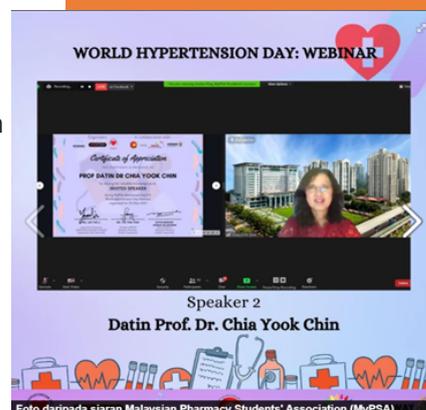
## WORLD HYPERTENSION DAY 2021

On World Hypertension Day, Alta Schutte moderated a session organized by the International Society of Hypertension, World Stroke Organization and World Hypertension League to "Take the Pressure Off - primary prevention of hypertension and stroke" with several panel members from all around the world including Brazil, India, USA, and UK - including Neil Poulter and Dan Lackland.

The Hope-Asia Network, a group of Asian experts with interest in hypertension organized a webinar on the management of hypertension. This was a very successful webinar with around 750 doctors from Asia, 250 from Malaysia.

A hypertension webinar was organized by the Malaysian Society of Pharmacy students (MyPSA) together with the Malaysian Society of Hypertension (MSH) Sunway University and the MSH-SU Young Investigators Network (MSH-SU YIN) and was well received by the pharmacy students with many questions asked.

The Shanghai Institute of Hypertension gave consultations on hypertension and blood pressure measurement to people working in an office building in Shanghai, China with Women in Hypertension Research Committee member Yan Li.



## UPCOMING EVENTS

Events supported by the Women in Hypertension Research Committee:

- [Malaysia Stroke Conference](#), 1 Aug 2021
- [International Society for the Study of Hypertension in Pregnancy](#), Sept 2021
- China Hypertension Annual Conference, Sept 2021
- [Southern African Hypertension Society](#), Sept 2021
- [Pakistan Hypertension League Annual Conference](#), 13 Sept 2021
- [European Council for Cardiovascular Research](#), 8-10 Oct 2021
- [Asia Pacific Congress on Hypertension](#), Nov 2021
- [High Blood Pressure Research Council of Australia](#), Dec 8-10 2021
- [The 29th Scientific Meeting of the International Society of Hypertension \(Hypertension Kyoto 2022\)](#), Oct 12-16 2022



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HIND BEHEIRY



Women in  
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## THANK YOU

Thanks for reading and remember, we'd love to hear from you. Write to us: [WiHRC@ish-world.com](mailto:WiHRC@ish-world.com) or check out our [webpage](#).



International Society  
of Hypertension