



SOUTHERN AFRICAN HYPERTENSION SOCIETY

AT A GLANCE

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- Feedback Biennial Congress 16 - 18 August 2024
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SAHS PRESIDENT & BOARD MEMBERS



We extend our deepest gratitude to the outgoing president [Prof Nash Ranjith](#) for his exceptional leadership and unwavering commitment as the SAHS president the past years. His guidance and dedication have been pivotal in steering society through a period of significant growth and achievement.

SAHS proudly announces our [new President Prof Erika Jones](#) who is currently a Consultant in the Division of Nephrology and Hypertension, Consultant in General Medicine, Department of Medicine, Groote Schuur Hospital and University of Cape Town, Director of the Hypertension Service (Speciality clinic for resistant and secondary hypertension, young people with hypertension and women who have had complicated hypertension during pregnancy.)

Prof Jones published over 50 papers in the fields of hypertension and nephrology and was the principal investigator for the Cape Town site for the CREOLE trial, which has influenced guidelines and hypertension care in Africa and has been an investigator on numerous clinical trials, including FIDELIO, FIGARO, REMODEL and FLOW.

She is an active member of South African Nephrology Society, International Society of Nephrology and International Society of Hypertension.

We look forward to her leadership and the exciting direction she will bring to our society.

WELCOME TO THE NEW BOARD MEMBERS

We are excited to welcome the newly elected board members: Prof Lisa Ware (Dietician), Prof Judy Bruce (Nurse), Dr Ané Orchard (Pharmacist), Prof Yolandi Breet (Physiologist) and Dr Walter Moloï (Nephrologist). Dr Vernice Peterson is passing the Treasurer role to Dr Meagan Dudley, while Prof Alta Schutte will continue to serve as our international board member. Members can [CLICK TO VIEW](#) the updated list of board members on the SAHS website.

BIENNIAL CONGRESS

The Southern African Hypertension Society would like to thank our delegates, faculty and industry partners for contributing to the success of the SAHS Biennial Congress, 16 - 18 August 2024.

The congress was well attended by more than 400 delegates over its two-and-a-half-days, offering a unique platform for interdisciplinary learning. It brought together a diverse group of healthcare professionals from Southern Africa,

The theme "Controlling Hypertension in Southern Africa: The New Frontier" captivated the delegates with engaging topics presented by leading experts from both local and international arenas in the field of hypertension.



Top Right from left: Dr Vernice Peterson, Keneilwe & Prof Angela Woodiwiss



Above from left to right: Prof Albertino Damasceno, Prof Nash Ranjith, Prof Brian Rayner & a diverse group of HCP incl. cardiologists, clinical associates, general practitioners, dietitians, endocrinologists, medical advisors, nurses, neurologists, nephrologists, pharmacists, researchers, specialist physicians, & other HCP from both the private & public sector.

INTERNATIONAL FACULTY



*Prof. Gianfranco Parati
Italy*



*Prof. Alta Schutte
Australia*



*Prof. Albertino Damasceno
Mozambique*



*Prof Dike Ojji
Nigeria*

THE CONGRESS PROGRAMME - AN OVERVIEW

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The Southern African Hypertension Society (SAHS) vision is to contribute towards eradicating the ill-effects of high blood pressure in Southern Africa by increasing awareness, education, and research in the field of hypertension.

The biennial congress, the annual national face to face meetings, May Measurement Month Awareness Campaign and the biennial SAHS NextGen Spring School are pivotal for this mission to keep healthcare professionals and others interested in the field of hypertension informed on the latest developments in hypertension.

DISCUSSIONS & DEBATES

Faculty provided updates on key topics important to improve treatment outcome of the Hypertensive Patient e.g.:

- Guidelines updates for HT,
- An Overview of New ESH
- Impact of Single Pill Combinations and Simplified Guidelines in HT, Treatment of HT in SSA,
- The heart and the kidney, Implementing changes in Africa, Diet and Weight Reduction,
- HT and Women, Cancer, Stroke, Pathogenesis,
- High Risk populations and much, much more.....

PRIMARY CARE

This interactive session equipped the Healthcare Professional with Practical advice on Hypertension Management In Primary Care and include discussions on:

- The Role of Community Health Workers, Nurses and Pharmacists
- Blood Pressure (BP) Management & Conventional vs New Technology in BP Measurement
- The Role of Unattended BP Management and Out of Office BP

FUTURE & HYPERTENSION

The topics covered in this session were highly engaging and thought-provoking.

Dr David Jankelow unpacked "AI: THE HEART OF THE MATTER", Prof Lebo Gafane – Matemane Presented on Biomarkers of Hypertension.

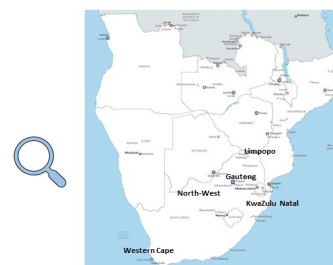
Dr Riaz Dawood provided an in-depth discussion on Renal Denervation.

Dr Shafrudeen Amod concluded the congress with an insightful ethics talk: "When in Rome: Negotiating Ethical Challenges of Transposing European Clinical Guidelines to African Patients"

RESEARCH - WHAT IS NEW?

The SAHS congress offers researchers an opportunity to present their work and gain valuable experience in defending and discussing their research before a supportive audience of mentors and peers. Research was based on Basic, Population and Clinical Science. The quality and diversity of the abstracts we received were truly impressive. Each submission reflected the hard work, innovative thinking, and expertise brought to this field. The research not only addressed critical questions but also paved the way for future discoveries and advancements. The selected abstracts were published in the Cardiovascular Journal of Africa.

Southern African Hypertension Society Biennial Congress 2024 Abstract Submission



Total number of abstracts presented: 31

Basic sciences = 15

Clinical sciences = 11

Population sciences = 5

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INFOGRAPHICS

CONGRATULATIONS!!!



ORAL PRESENTATIONS

1st Prize YK Seedat Award
Chanelle Volschenk (NWU)

2nd Prize Yosuf Veriava Award
Shayur Arijune (WITS)

3rd Prize Lionel Opie Award
Katleho Khanye (WITS)

POSTER PRESENTATION

Krisela Steyn Best Poster Award
Kganetso Sekome (WITS)

Gavin Norton Excellence in Research
Award - Zak Coetzee (WITS)

THE GAVIN NORTON EXCELLENCE IN RESEARCH AWARD - IN HONOUR OF PROF GAVIN NORTON FOR HIS PASSION AND COMMITMENT TO HYPERTENSION RESEARCH

This award recognised the researcher who has demonstrated exceptional achievements in understanding, diagnosing, and treating high blood pressure.

It celebrates innovative research and impactful clinical practices that advance knowledge and enhance patient outcomes in the field of hypertension.



Top left: Zak Coetzee receiving the Gavin Norton Excellence Research Award from Prof Angela Woodiwiss. Top right: Prof Erika Jones awarding the YK Seedat Award for the best oral presentation to Chanelle Volschenk.

INDUSTRY

Thank you to our industry for their commitment to hypertension education.

Your support of the SAHS biennial congress significantly contributed to advancing our collective mission to raising awareness, improving understanding and treatment of hypertension.

SAHS BIENNIAL CONGRESS EXHIBITION AREA

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



SAHS Industry Partners: Pharma Dynamics, Bayer, Sandoz, Medtronic, Menarini, Zydus, Servier, Cipla, Merck, Astra Zeneca & Boehringer Ingelheim



Exhibition Area provided delegates an opportunity to interact with colleagues, faculty and industry



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.

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 TO BECOME A MEMBER](#)



Thank you for the unconditional support from our industry partners:



World Heart Day – 29 September



Demand action to save lives.



#UseHeart #WorldHeartDay #HeartYes
WORLDHEARTDAY.ORG



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