



2026

45TH ANNUAL SCIENTIFIC MEETING

PROGRAMME

14-15 SEPTEMBER 2026
The Spine, Liverpool



bihs.org.uk

Monday 14 September 2026

Main Sessions

9.15am-10.50am **Session 1: Introduction and Early Career Researcher presentations #1**

- Opening Address - *Professor Ian Wilkinson, BIHS President*

Chairs: Professor Ian Wilkinson and Dr Eduard Shantsila

- Reimagining blood pressure control via gut-targeted solutions - *Dr Rikeish R Muralitharan (Visiting ECR speaker - Australia)*

ECR Presentations

- Rare Variant Analysis of Apparent Treatment Resistant Hypertension (aTRH) within the UK Biobank - *Mr Steven Mitchell*
- Blood pressure and hypertension status in Turner Syndrome - *Dr Lily Jones*
- Elevated Resting Blood Pressure Is Linked to Exaggerated Responses to Exercise in Physically Active Young Adults - *Miss Abbie Williams*
- Predicting individual blood pressure response to additional antihypertensive treatment: A prototype decision support tool for healthcare professionals in the community - *Dr Ayesha Ahmed*
- Phenotypes of hypertension and the impact of sex-specific blood pressure thresholds in young women - *Mr Anuraag Phadke*

10.50am-11.20am - **Exhibition, Posters and Refreshments**

11.20am-12.40pm **Session 2: Hypertension and Co-morbidities: Lipids - Renal - Stroke**

Chairs: Professor Phil Chowienzyk and Dr Carmel McEneiry

- Dyslipidaemia: Targeting LDL-c and residual CV risk beyond LDL-c - *Professor Neil Poulter*
- CVD, CKD & Diabetes/Obesity: Optimising Prevention and Treatment of cardiovascular-kidney-metabolic conditions - *Dr Pauline Swift*
- HTN and AF/Stroke - *Professor Gregory Lip*
- Q&A/Panel discussion

11.20am-12.35pm **Parallel Session 1: Late Breaking Research**

Chairs: Professor Christian Delles and Dr Helen Warren

- KARDIA-3: Zilebesiran as Add-on Therapy in Adults with Hypertension and Established Cardiovascular Disease or High Cardiovascular Risk with and without Chronic Kidney Disease - *Dr Manish Saxena*
- Randomized Crossover Clinical Trial Comparing 24-Hour Blood Pressure Measurements from two different Cuffless Wrist ambulatory monitors with Cuffed Ambulatory Monitors for Translation to Clinical Practice: Findings of the Continuum BP study - *Dr Ajay Gupta*
- Making hypertension decision points auditable: a rules-engine analysis of office BP, ABPM, resistance labelling and secondary-cause screening - *Dr Stefanie Lip*
- Quantifying the Global Pharmacy Effort in May Measurement Month - *Professor Ross Tsuyuki*
- A Sham Controlled Randomised Trial Evaluating The Safety, Acceptability And Efficacy Of Autonomic Neuromodulation Using Trans-cutaneous Vagal Sensory Stimulation In Uncontrolled Hypertensive Patients. - *Dr Ajay Gupta*

12.40pm-1.05pm - **Sponsored Symposium - ASTRAZENECA**

12.40pm-2.15pm - **Exhibition, Posters and Lunch**

12.40pm-1.05pm - **Sponsored Symposium - SKY LABS**

2.15pm-3.15pm **Session 3: Complex case management**

Chairs: Dr Luca Faconti and Sam Olden

- Case Study 1 - Hypertension MDT - improving care through closer links between primary and secondary care - *Dr Adam Daneshmend*
- Case Study 2 - A challenging case of treatment resistant hypertension in End Stage Renal Disease - *Dr Takudzwa Dhlandhara*
- Case Study 3 - The Glasgow Blood Pressure Hot Clinic: A Pilot Pathway to Improve Urgent Specialist Care Access for Patients with Hypertension in Glasgow South Sector - *Dr Maggie Rostron*

2.15pm-3.15pm **Parallel Session 2: ECRs - Turning Opportunity into Clinical Impact**

- Welcome and Overview - *Dr Ryan McNally*
- A Non-Clinician's Path into Clinical Research: Career development across non-clinical and clinical domains - *Dr Carmel McEniery*
- From Idea to Trial: Setting Up a Clinical Trial for Patients with Hypertension - *Dr Cormac Kennedy*
- Professional Opportunities within BIHS: How they shaped my career - *Dr Helen Warren*
- Opportunities for Early Career Researchers within the NIHR CVD Programme including community involvement in hypertension research - *Professor Barry McDonnell*
- Panel Q&A

3.15pm-3.30pm **ECR Poster Storm and Presentations**

1. Cardiometabolic Risk and 12-Year Mortality in Barbados: National Evidence for Policy Action - *Dr Sushant Saluja*
2. miRNA and mRNA Transcriptomic Signatures of Sex and CAD in Endothelial Colony Forming Cells: A BioHEART-CT Study - *Miss Kirsty McGinley*
3. Changes in aortic structure and function in children and young adults with primary hypertension - *Ms Louise Keehn*
4. Effect of Acetazolamide on Systemic Blood Pressure: A Systematic Review & Meta-Analysis - *Mr Aaraz Shaikh*
5. Validating the utility of blood pressure polygenic risk scores within hypertensive patients in ASCOT, UK Biobank and NORDIL - *Dr Marianna Danielli*
6. Arterial waveform-derived haemodynamic parameters and cardiovascular outcomes in adults: a systematic review and meta-analysis of observational cohort studies - *Dr James Curneen*
7. APOL1 High-Risk Genotype Is Common and Associated With Suboptimal Blood Pressure Control in a UK Black Hypertensive Cohort: A Real-World Observational Study - *Dr Maisarah Amran*

3.30pm-5pm **Moderated Posters, Refreshments and Exhibition**

5pm-6pm **BIHS Annual Business Meeting (ABM) - For BIHS members only**

Programme

Tuesday 15 September 2026

Main Sessions

Parallel Sessions

9.00am-10.15am

Session 4: Early Career Researcher presentations #2

Chairs: Professor Jamie Coleman and Dr Pauline Swift

- Phenome-Wide Association Analyses for identifying diseases associated with Blood Pressure: Comparing Results using Genetic Risk Scores vs Blood Pressure Measurements – *Miss Kulsuma Uddin*
- Behind the Numbers: Exploring the impact of age and calibration method on diurnal variations in 24-hour central ambulatory blood pressure – *Mrs Gisele Bentley*
- History of Hypertension in Pregnancy Associated with Future Raised Blood Pressure: Pooled Analysis from May Measurement Month 2021-2023 – *Dr Dellaneira Setjiadi*
- Comparison of Apparent Treatment-Resistant Hypertension (aTRH) vs. Hypertension Polygenic Risk Scores for Prediction of aTRH in the ASCOT Clinical Trial – *Miss Nicole Benfield*
- The Association of Plasma Normetadrenaline with Hypertension-Mediated Organ Damage – *Mr Indraneel Kandlagunta*

10.15am-10.40am - Exhibition, Posters and Refreshments

10.40am-11.55am

Session 5: New Technology in Hypertension: AI / Digital / Wearables

Chairs: Dr Manish Saxena and Dr Philip Lewis

- BIHS Technology Summit: Future Directions – *Professor Phil Chowienczyk*
- Digital Health Innovation - BP cuffless devices and wearables - *Dr Patrik Bächtiger*
- AI-Powered Risk Prediction in Hypertension. – *Dr Hafiz Naderi*
- Q&A/Panel discussion

10.40am-11.40am

Parallel Session 3: Open Abstracts

Chairs: Dr Chris Clark and Professor Diane Lees-Murdock

- Sustained dietary nitrate in hypertension induced target organ damage - NITRATE-TOD – *Dr Clement Lau*
- Missed opportunities in the hypertension care cascade: a population-based analysis of detection, diagnosis, treatment, and control gaps in a diverse urban population in the UK – *Mrs Ria Risdianti*
- GLP-1 receptor agonists abolish the association between hypertension and atrial fibrillation-related complications in morbid obesity – *Dr Yap-Hang Will Chan*
- Sex and ethnicity differences in coronary heart disease: A UK-based tri-ethnic cohort analysis – *Dr Demelza Smeeth*

11.55am-12.40pm

Sir George Pickering Lecture

Chair: Phil Chowienczyk

The molecular mosaic of hypertension - focus on redox signalling and the vasculome - *Dr Rhian M Touyz*

12.40pm-1.05pm - Sponsored Symposium - HILO

12.40pm-1.45pm - Exhibition, Posters and Lunch

1.45pm-2.10pm

BIHS Education Committee Update - Committee Chair - Dr Luca Faconti

2.10pm-3.25pm

Session 6: Hypertension and Lifestyle: Obesity / Salt / Exercise

Chairs: Dr Nigel Beckett and Professor Mary Ward

- Epidemiology, mechanistic and trial expertise in diabetes, obesity and CVD - *Professor Christian Delles*
- Guidelines to Policy: Comparing Policy Pathways for Nutrients of Concern Reduction - *Dr Kawther Hashem*
- Exercise: isometrics and hypertension - *Dr Jamie O'Driscoll*
- Q&A/Panel Discussion

3.25pm-3.45pm - Exhibition, Posters and Refreshments

3.45pm-5.00pm

Session 7: Clinical Trials and Latest Research

Chairs: Professor Indranil Dasgupta and Professor James Sheppard

- PHOENIX Trial - *Professor Sandosh Padmanabhan*
- A Year in Hypertension - *Professor Jacob George*
- Hypertension Care in Canada: Detection, Treatment & Targets – *Professor Ross Tsyuki*
- Q&A/Panel Discussion

5.00pm-5.15pm

Prize Giving and Closing Remarks - Chair: Professor Phil Chowienczyk

Stanley Peart Winner / Winner ECR Talk / 2nd place ECR Talk/ Poster Storm Winner