BIHS
British and Irish Hypertension Society
Committed to preventing cardiovascular disease

2026

45TH ANNUAL SCIENTIFIC MEETING

PROGRAMME

14-15 SEPTEMBER 2026
The Spine, Liverpool

bihs.org.uk

Programme

Monday 14 September 2026

Main Sessions

9.15am-10.50am
Session 1: Top ranked ECR abstracts (Mark Glover award)

- Opening Address
- Visiting Prize Winner' Abstract
- Abstracts

10.50am-11.25am
Exhibition, Posters and Refreshments

11.25am-12.40pm
Session 2: Hypertension and Co-morbidities: Lipids – Renal - Stroke

- 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

12.40pm-2.15pm
Sponsored Symposiums, Exhibition, Posters and Lunch

2.15pm-3.15pm
Session 3: Complex case management

- Case Study 1
- Case Study 2
- Case Study 3

3.15pm-3.30pm
ECR Poster Storm and Presentations

3.30pm-5pm
Posters, Refreshments and Exhibition

5pm-6pm
Annual General Meeting (BIHS members only)

From 7.30pm
Drinks Reception and Conference Dinner

Parallel Sessions

11.25am-12.40pm
Late Breakers/Open Abstracts

2.15pm-3.15pm
Parallel 1: ECRs - Turning Opportunity into Clinical Impact

- Welcome and Overview
- A Non-Clinician's Path into Clinical Research
- From Idea to Trial: Setting up a clinical study and working with industry
- Professional Opportunities within BIHS: How they shaped my career
- Opportunities for Early Career Researchers within the NIHR CVD Programme
- Panel Q&A

*This programme is subject to change - we reserve the right to make changes as necessary

Programme

BIHS
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Tuesday 15 September 2026

Main Sessions	Parallel Sessions

9.00am-10.15am
Session 4: Top ranked EMCR abstracts (Mark Glover award)

10.15am-10.40am
Exhibition, Posters and Refreshments

10.40am-11.55am
Session 5: New Technology in Hypertension: AI / Digital / Wearables
- BIHS Technology Summit: Future Directions - *Professor Phil Chowienczyk*
- AI risk prediction techniques
- Digital Health Innovation - Devices
- Q&A/Panel discussion

10.40am-11.40am
Parallel 3: Open Abstracts
- Open Abstracts

11.55am-12.40pm
Chair: Ian Wilkinson
Sir George Pickering Lecture

12.40pm-2.10pm
Sponsored **Symposiums, Exhibition, Posters and Lunch**

2.10pm-3.25pm
Session 6: Hypertension and Lifestyle: Obesity / Salt / Exercise
- Epidemiology, mechanistic and trial expertise in diabetes, obesity and CVD
- How Salt reduction guidelines have impacted policy guidelines -
- *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
- PHOENIX Trial - *Professor Sandosh Padmanabhan*
- A Year in Hypertension - *Professor Jacob George*
- Hypertension Care: Detection, Treatment & Targets
- Q&A/Panel Discussion

5.00pm-5.15pm
Prize Giving and Closing Remarks
Chair: Professor Ian Wilkinson

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