The report by Professor Mamedov M.N. was presented at the plenary session of the Chinese National Congress on Hypertension

From October 30 to November 1, 2026, the Chinese National Congress on Hypertension was held in Zhengzhou. The annual congress was organized by the Chinese League of Hypertension. The event was attended by 3,000 delegates from various cities and provinces of China, as well as from Asian countries. The scientific program included reports by experts from 15 countries in Asia, Europe, and the United States. The program consisted of two parts: international sessions in English, comprising 11 symposia, and sessions with local experts in Chinese. The international sessions included joint symposia of the Chinese League of Hypertension with the International Society of Hypertension, the European Society of Hypertension, and the Asian Association for the Study of Hypertension. During the opening ceremony, at the plenary session, speeches were delivered by the President of the Chinese League of Hypertension, Professor Jiguang Wang; the President of the World Hypertension League, Professor Gianfranco Parati (Milan, Italy); and the Head of the Department for Secondary Prevention of Noncommunicable Diseases at the National Medical Research Center for Therapy and Preventive Medicine, Professor Mekhman Niyazievich Mamedov. At the opening ceremony, Professor Mamedov M.N. spoke about the importance of developing Russian-Chinese cooperation in the prevention of cardiovascular diseases. Professor Mamedov report was devoted to the global and local prevalence of hypertension, its complications, and prognosis. Along with an analysis of global trends, he presented data from national studies on the dynamics of hypertension in Russia and the results of a retrospective-prospective study conducted at the National Medical Research Center for Therapy and Preventive Medicine to assess 8-year complications of hypertension in combination with other somatic diseases.

At a separate session, international experts from the United States, Italy, Germany, Japan, Singapore, Malaysia, Korea, and Indonesia discussed updates to international hypertension guidelines. The thematic symposia featured reports on the potential of artificial intelligence for effective hypertension control, secondary hypertension, hypertension in children and adolescents, the relationship between hypertension and metabolic disorders, and other current issues.

On the sidelines of the congress, organizational issues were also discussed regarding preparations for the 32nd Congress of the International Society of Hypertension, which will be held on October 28–31, 2027, in Shanghai. Detailed information about the upcoming congress is available on the official website www.ish2027.org.cn.