The Japanese Society of Hypertension—Digest of plan for the future

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Hypertension is the most common cause of cardiovascular diseases and the leading global public health risk for mortality. In our rapidly growing super-aging country, we are facing a time in which advanced innovations in hypertension care are urgently needed. Hence, the Japanese Society of Hypertension (JSH) has newly established a “Future Plan” in an effort to conquer hypertension. In line with this plan, we will explore/perform the best clinical practices for hypertension management and develop positive initiatives for realizing a lively and happy society nationwide.

◆Slogan

Good Blood Pressure for Lively 100 Years

◆Goal

Decrease the number of hypertensive individuals by seven million over the next decade, thereby extending the healthy life expectancy.

(An interim appraisal will be discussed at ISH 2022 in Kyoto)

◆Components

1. Medical system: establishment of a lifetime-care system for individuals with hypertension
 - To aim for a lifetime-care society in which all patients can receive high-quality hypertension care according to the guidelines.
 - To facilitate the development of a multidisciplinary network that involves the cooperation of specialists, primary care physicians, medical teams, academic societies, administrative agencies, and insurance

providers and to establish a seamless hypertension care system led by hypertension specialists.

2. Academic research: promotion of research in hypertension and embodiment of “Future Medicine”
 - To reveal novel underlying mechanisms for the development of more effective therapies that can be distributed worldwide, by using innovative research methods.
 - To facilitate “Future Medicine”, which enables the prevention, prediction, and control of hypertension, by using artificial intelligence, big-data, and tele-medicine via the IoT.
3. Social edification: development of a social model for self-controlled blood pressure
 - To work on educational activities for realizing a society in which all people can understand the importance of knowing/controlling their own blood pressure and can adopt healthy lifestyle practices, such as reduction of salt intake, not smoking, and exercise.
 - To develop/improve infrastructures suited to regional characteristics and to perform cohesive society-based “Future Medicine” in collaboration with administrative agencies.

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Compliance with ethical standards

Conflict of interest The authors declare that they have no conflict of interest.

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