Report on the 19th Scientific Annual Meeting of the ISVH

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The **19th Scientific Annual Meeting of the International Society of Vascular Health and Ageing (ISVH)**, held under the subtitle ***"International Congress on Vascular Ageing and Cardio-Kidney-Neuro-Metabolic Health,"*** took place from **April 16 to 18, 2026**, at **Hotel Kolovare in Zadar, Croatia**. The congress was organized by the *International Society of Vascular Health and Ageing* in collaboration with the *Croatian Hypertension League*, bringing together experts to discuss the latest developments in vascular ageing and related systemic conditions. It was endorsed by several distinguished international associations and societies, and co-organizers were affiliated with national societies. This scientific meeting was **under patronage of Croatian Academy of Science and Arts.** The meeting gathered a broad international audience of experts, clinicians, and researchers. A total of **366 participants** attended the congress, including **150 participants on-site from 23 countries and 216 participants online**, reflecting the successful hybrid format of the event.

The congress opened on the first day with five **dedicated hand-on workshops**, providing participants with practical, interactive learning opportunities in pulse wave velocity measurements, doppler ultrasound of carotid and renal arteries, endothelial function examination, and retinal microcirculation assessment. Patients from Zadar County hospital were invited to serve as models. However, in one asymptomatic patient a large abdominal aneurism (9 cm in diameter) was discovered. He was referred to urgent further diagnostic, and lifesaving procedure in University Hospital Center Zagreb. Notably, a dedicated workshop was held to measure blood pressure and pulse wave velocity in children, in collaboration and participation of international pediatric expert hypertensiologists. In addition, the program included the **School of Communication in Hypertension**, which focused on improving physician–patient communication and addressing challenges in hypertension management. Additionally, the workshop on **Patient-centered approach for lifestyle and vascular ageing** has garnered notable interest. This workshop was organized and held by Professor Salman Rawaf MEA. Prof Rawaf is Director of the WHO Collaborating Centre for Public Health Education and Training and is well known for his international work and contribution to global health. He is an adviser to the World Health Organization on primary care, public health, health systems, medical education and human resources for health development. Professor Rawaf is a Fellow of the Royal Colleges of Physicians London, the UK Faculty of Public Health Global Health Adviser, an Executive Member of the International Committee of the UK Academy of the Royal Medical Colleges, a Member of WHO Advisory Committee for Health research.





Later in program professor Rawaf chaired a joint ISVH/WHO session on prevention of vascular aging and lifestyle medicine. The scientific program provided a comprehensive overview of current research and clinical practice in vascular health. Beside Croatian well recognized experts in preclinical research in vascular function and pathophysiology, numerous eminent pioneers in basic vascular research gave their contribution. Key topics included vascular ageing, cardiovascular and renal interactions, neurological implications of vascular disease, and metabolic disorders.

The program featured a distinguished international faculty, including **63 international speakers**, alongside dedicated sessions for **case report presentations**. In addition, a significant number





of **abstracts were presented in the form of oral presentations and posters**, offering participants the opportunity to present original research and clinical experiences and to engage in scientific discussion. ISVH is a leading international society and opinion leader in arterial stiffness and vascular aging. Society is brooding and fortifying its core by encouraging formation of national societies for vascular health and aging. In past years Chines society and Japanese society are proven to be very active and brotherly, and in 2025 Croatian society for vascular health and aging was established. This initiative was followed by Montenegrin, Serbian and Polish society formation, all with common purpose: to push the concept of vascular health and aging more strongly toward everyday clinical work in individual patient, on grounds of evidence-based medicine and proof. Every newly formed society brought to spotlight their young investigators and physicians, and they were presenting their scientific work in this field in front of senior eminent researchers. During general assembly **the young investigators workgroup** was introduced, with international participation. President of this workgroup is Marija Domislović, MD, PhD, a nephrologist/hypertensiologists resident with bright and fruitful scientific career already formed. A new project of ISVH was presented- **ArtiS-CKD** (arterial stiffness in CKD; Ana Jelaković, PI). This scientific project will fortify collaboration between ISVH branches and hopefully attract more young future investigators in this field.

Besides high-class scientific sessions, several round tables were held. The round table on new smart models for every level of prevention with Croatian example of ***The Hunt on the Silent Killer*** as the role model and proof of concept for the rest of the to implement, the joint round table of ISVH and its sisterly society in arterial stiffness the Artery society on how to implement the concept of vascular aging in everyday clinical practice and pros and cons round table on drugs for slowing vascular aging. The joint round table with the Artery society was particularly important since it shared a new light on the need for collaboration between these two complementary societies.

The congress **was endorsed** by several leading international scientific societies, underlining its global relevance and scientific quality. These included: International Society of Hypertension, International Atherosclerosis Society, European Atherosclerosis Society (EAS), European Renal Association (ERA), World Organization of Neurology, European Society for Vascular Medicine, International Lipid Expert Panel (ILEP), and World Hypertension League.

Conclusion The 19th ISVH Annual Meeting was a highly successful scientific event that facilitated knowledge exchange and collaboration across multiple disciplines related to vascular health. The combination of international faculty, diverse scientific content, interactive workshops, and active participation through abstracts—both oral presentations and posters—contributed to the overall impact of the congress. The strong endorsement by international organizations further emphasized its importance within the global scientific community.