people and has identified over half a million people with uncontrolled hypertension. On page 16 you will find an update on this impressive undertaking by ISH.

The Deputy Editor, Dylan Burger has worked hard improving Hypertension News' distribution data and he has done very well indeed! In his text on page 5, you can see that the number of people who accessed the Newsletter has gone up from 1,385 (June 2018 issue) to a stunning 3,436 (November 2018 issue)! In the table, you can also see how this was achieved. Needless to say, we are delighted and want to thank everyone who has helped. Moreover, in this issue (page 22) there is a more personal "chat" on the use of Twitter in a medical context, by Anastasia Mihailidou.

Finally, it was a sad day, some months ago, when Ms Helen Horsfield told us that she was leaving our Secretariat to move away from London with her husband and son (see the President's thanks below). Helen has meant a lot, not only for Hypertension News but also for the whole Society. A couple of months later, Ms Charlotte Swindall told us that she was leaving too, for a year of traveling in Oceania. Both of them are brilliant ladies and we owe them a lot of thanks for their dedicated work. My work as an editor of Hypertension News has certainly increased after they left.

Have a good read.

Lars H Lindholm, Editor

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MILLION THANKS TO HELEN

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"Goodbyes make you think. They make you realize what you've had, what you've lost, and what you've taken for granted." – Ritu Ghatourey

It is with a heavy heart that I am saying goodbye to Helen Horsfield, who has been at the helm of the ISH Secretariat for so many years. In fact, she started working with the ISH when joining Hampton Medical Conferences in September 2006 – right before the ISH Meeting in Fukuoka – and continued handling our affairs when the ISH moved business to the Conference Collective in April 2014.

Thus, for over 12 years we have gotten used to Helen's friendly face and rapid perfect responses to the ISH Council and members alike. She had indeed become the face of the Society! But with her family moving, we understand the personal circumstances that have resulted in her departure, and therefore I can only wish her all of the very best for the future.

Helen, you became a friend to many over the years - please know very well that you will be dearly missed!

Alta Schutte
President of ISH

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