

Hypertension Seoul 2026

2026 Hypertension Guidelines:
Clinical Implementation and Practical Strategies

2026. 11. 05 (Thu.) - **07** (Sat.)
Conrad Hotel, Seoul Korea



대한고혈압학회
The Korean Society of Hypertension

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WELCOME MESSAGE

Dear colleagues,

I sincerely welcome you to the 2026 Fall International Conference. I deeply appreciate all of you for taking your valuable time to attend this conference despite your busy clinical and research schedules. Hypertension Seoul 2026 (The 65th Fall International Conference of the Korean Society of Hypertension) will be held at the Conrad Hotel in Seoul from November 5th to 7th, 2026.

This year, 2026, will be recorded as a very meaningful and proud year for our society and the history of hypertension management in Korea. At the last Spring Conference, the fully revised '2026 Hypertension Guidelines (6th Edition)' was published and received great attention from the medical community and major media. This new guideline added 'isolated diastolic hypertension,' which is common in young people, as a new category to encourage early diagnosis. Also, it lowered the target blood pressure for high-risk patients, such as those with diabetes and chronic kidney disease, to less than 130/80 mmHg to suggest a more active treatment standard. We also expanded the concept of 'resistant hypertension,' which is not controlled by standard medications, and built a new step-by-step diagnosis and treatment algorithm.

Notably, our guidelines are the first in the world to recommend 'cuffless BP monitors,' specifically ring-type devices, for follow-up observation. This represents a major shift in out-of-office blood pressure measurement. We also recommended active treatment for gestational hypertension and officially sparked an important social discussion on the shortage of essential drugs, such as labetalol, in clinical practice to protect the health of mothers and future generations.

These continuous academic efforts and institutional support finally led to global praise. The '2025 Global Report on Hypertension' recently published by the World Health Organization (WHO) and the June issue of The Lancet highlighted Korea's hypertension management as one of the world's greatest success stories and Korea as a global model for hypertension control. Our country's hypertension control rate was only 5% in 1990, but it has increased dramatically to about 60% now. This is a remarkable leap that is hard to find anywhere in the world.

The Lancet and WHO evaluated that the secret to this amazing result is a 'well-organized system' such as Universal Health Coverage (UHC) based on a single national health insurance. Securing treatment continuity through the separation of prescribing and dispensing, and the active use of affordable and effective combination pills were key factors in increasing patient compliance and blood pressure control rates. Also, the low-sodium environment fostered through public awareness campaigns and national sodium reduction initiatives was recognized as an important success factor. In particular, our society's 'Hypertension Fact Sheet,' which is published transparently every year, was highly praised for being widely used as an important policy indicator and a tool for checking outcomes. This is the most valuable result made by the sweat and dedication of you, our members, in your clinics.

However, we cannot be satisfied with these achievements. Hypertension is a major risk factor for cardiovascular disease, stroke, and dementia. The most important thing is the question: "How can we effectively implement these guidelines and systems in real-world clinical practice to improve public health?" The theme of this conference, "2026 Hypertension Guidelines: Clinical Implementation and Practical Strategies," is exactly about this question.

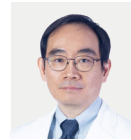
This conference will cover key issues faced in real clinical practice. These include setting optimal BP targets for high-risk and elderly patients, the clinical use of cuffless BP monitors, and the latest knowledge on CKM syndrome, including primary aldosteronism. Through our academic programs and exchanges with global scholars, I hope we can discuss practical ways to apply the revised guidelines and improve our clinical and research capabilities.

Once again, congratulations on the opening of Hypertension Seoul 2026. I wish you all continued health and great success in your research. Thank you.

November 2026



Soo Wan Kim
Prof. Soo Wan Kim
Chairperson



Kwang-Il Kim
Prof. Kwang-Il Kim
President



Si-Hyuck Kang
Prof. Si-Hyuck Kang
Chair, Scientific Committee



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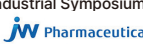
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*[Eng] English Session

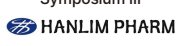
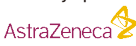
DAY 1 November 5(Thu), 2026

IN	OUT	Studio 4
13:00	14:15	Hot Topics in Hypertension: Navigating the Shifting Treatment Paradigms [Eng]
14:25	15:40	Hypertension Management in East Asia: Perspectives from China, Japan, and Korea [Eng]
15:50	17:05	Masterclass: Landmark Clinical Trials [Eng]

DAY 2 November 6(Fri), 2026

IN	OUT	Room A	Room B	Room C	Room D
08:10	09:25	Identifying High Risk Hypertension Using Out-of-Office and Longitudinal Blood Pressure Data [Eng]	Women, Pregnancy, and Hypertension: Contemporary Insights and Clinical Management	Working Group on Basic Hypertension Research: Aldosterone-Dependent and -Independent Mechanisms in Sodium Transport and Hypertension	Working Group on Epidemiology: Comprehensive CVD Risk Assessment in Hypertension
09:35	09:55	Opening Ceremony			
10:05	10:35	Young Investigator Award [Eng]	Clinical Research Award	Industrial Symposium I	Industrial Symposium II 
10:45	11:15				Industrial Symposium III 
11:25	11:55	Plenary Lecture [Eng]			
12:05	12:45	Luncheon Symposium I [Eng] 	Luncheon Symposium II BORYUNG	Luncheon Symposium III  	Luncheon Symposium IV 
12:55	14:10	Debate Session 1: Elderly/Frailty Hypertension, How Low Should We Go? [Eng]	Health Care Policy (1)	Working Group on Pediatric Hypertension: Hypertension across the Lifespan	Hypertension in Cardio-Oncology: From Evidence to Personalized Management
14:20	15:35	Updates on CKM Syndrome [Eng]	Health Care policy (2)	Working Group on Hypertensive Cerebrovascular Diseases: Hypertension and the Brain - From Vessels to Cognition	Battle of the Paradigms: Classic Aerobic Exercise vs. The Rising Rookie, Isometric Resistance Training
15:45	17:00	Interventional Hypertension: Beyond Pills [Eng]	Beyond Blood Pressure: Reviewing and Rethinking Cardiovascular Risk Markers in Hypertension [Eng]	Working Group on Resistant Hypertension: From Mechanism to Precision Therapy	Digital Hypertension Management: From Remote Monitoring to AI-Guided Treatment

DAY 3 November 7(Sat), 2026

IN	OUT	Room A	Room B	Room C	Room D
08:00	08:20	Industrial Breakfast Symposium I [Eng] 	Industrial Breakfast Symposium II 	Industrial Breakfast Symposium III 	Industrial Breakfast Symposium IV 
08:30	08:50	Industrial Breakfast Symposium V [Eng] 	Industrial Breakfast Symposium VI 	Industrial Breakfast Symposium VII 	Industrial Breakfast Symposium VIII 
09:00	10:15	Debate Session 2: Pro-Con Session on Basic Assessment of Patients with Hypertension [Eng]	Cardiac Involvement in Hypertension: From Detection to Clinical Implications	Working Group on Blood Pressure Monitoring: Beyond Measurement: Integrating Blood Pressure Monitoring into Clinical Decision-Making	Beyond Weight Loss: Next-Generation Incretin Therapies and Cardiometabolic Outcomes
10:25	11:40	Pathophysiology-Driven Innovations: Navigating the New Era of Hypertension Modulation [Eng]	Beyond the Pill: Diet, Exercise, Sleep, and Stress in Hypertension	Working Group on Metabolic Syndrome: Multidisciplinary Perspective in Cardiovascular-Kidney-Metabolic Syndrome	Differential Diagnosis and Treatment of Conditions Causing Hypertension and Its Complications
11:50	12:20	Special Lecture [Eng]			
12:30	13:10	Luncheon Symposium V [Eng] 	Luncheon Symposium VI  	Luncheon Symposium VII 	Luncheon Symposium VIII 
13:20	14:35	The Hard Thing about Hard Things: Resistant Hypertension [Eng]	Bridging the Gap between Optimal Treatment and Real-World Blood Pressure Control	Working Group on Hypertension Therapeutics, Adherence, and Patient-Centered Care: Reimagining Hypertension Care through Adherence Clinical Decision and System Innovation	Management of Arrhythmias Associated with Hypertension
14:45	16:00	Hypertension Management in Asia-Pacific Region [Eng]	Childhood Hypertension: From Early Detection to Transition into Adult Care	Working Group on Hypertension Complication: Protecting the Brain in Hypertension - From Silent Cerebral Damage to Stroke and Dementia	CKM Syndrome in Hypertension: From Staging to Organ-Protective Intervention
16:10	16:40	Closing Ceremony			

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Alta Schutte
North-West University



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The George Institute



Taiwan

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Hospital



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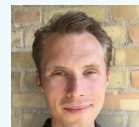
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Keisuke Shinohara
Kyushu University



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Markus P Schlaich
University of Western
Australia



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Mattias Brunström
Umeå University



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Narsingh Verma
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REGISTRATION - Pre-Registration Deadline: October 9(Fri), 2026

Category	Pre-Registration	On-site Registration
General Participants	USD 40	USD 50
Poster Presentaion (On-site Participants)		
e-Poster (Online Participants)	USD 20	-

- If you experience any difficulties with online registration or have any inquiries regarding registration cancellations or changes, please contact the Secretariat at info@khypertension.kr.
- If you wish to cancel your registration or have any other inquiries, please contact the Secretariat at info@khypertension.kr.



ABSTRACT SUBMISSION - Submission Deadline: September 14(Mon), 2026

Type of Abstract

- Poster Presentation (On-site)
- e-Poster (Online)

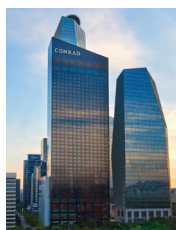
Travel Grant

Poster Presentation	Region A (Japan, China, Taiwan)	USD 500
	Region B (Malaysia, Indonesia & Other Countries)	USD 800
	Foreigners Residing in Korea	USD 200
e-Poster	e-Poster Presentation	USD 100

Abstract Guideline



VENUE LOCATION



Venue: Conrad Seoul Hotel (10 Gukjegeumyung-ro Yeouido Yeongdeungpo-gu Seoul, 07326)

From Incheon International Airport (Approximately 60-70 mins)

Take the Airport Railroad from Incheon International Airport Station →
Transfer to Subway Line 5 at Gongdeok Station → Get off at Yeouido Station → Take Exit 3

From Gimpo International Airport (Approximately 40-50 mins)

Take Subway Line 9 from Gimpo International Airport Station → Get off at Yeouido Station → Take Exit 3

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