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## EDITORIAL

The Journal of the Portuguese Society of Hypertension (PSH) is undergoing significant evolution. The requirements for publication are now accessible and will be featured in this issue of the Journal. These requirements include peer review, which serves as a gateway to higher recognition for this publication. One noteworthy development is the opportunity to submit articles in English, which is highly desirable. As many of our readers understand, this is crucial for both the Journal and each author, as it considerably broadens the reach of their work. In alignment with these new guidelines, I have chosen to write this Editorial in English. Progress often involves gradual steps, and this is one of them.

In this issue, we begin to publish the abstracts presented at the recent PSH Congress (held from February 13th to 16th). We firmly believe the congress was a success, and this publication will extend the scope of the oral presentations and posters shared at the event. Additionally, we sincerely hope that many authors will expand their abstract submissions into full-length articles.

We are also publishing three other articles addressing important areas within Hypertension (HTN):

-Dr. Carneiro et al. present the various aspects of HTN in pregnancy. They underline the importance of recognizing HTN in its different clinical manifestations. Despite being a small study with only 30 patients, this work highlights the delicate balance between controlling blood pressure and considering fetal risks.

-Dr. Monteiro et al. address the recurring theme of health literacy's impact on HTN management. Their review paper analyzes nine selected studies. Six of these demonstrate the expected link between health literacy and therapy adherence in HTN. The remaining three show a less clear



connection, which the authors attribute to cultural differences or varying methodologies. They conclude, and we concur, that Primary Care is essential for enhancing patients' health literacy and therapeutic awareness.

-In line with the previous conclusions, Dr. Freitas et al. discuss "enablement" in HTN to identify patients with better understanding of hypertension, in a Primary Care setting. Their study of 80 patients reveals an interesting finding: patients with higher education levels exhibited poorer enablement results. This observation, also noted in existing literature, is significant.

Finally, The Editorial Team of the Portuguese Journal of Hypertension and Cardiovascular Risk aims to enhance editorial quality. We seek collaboration with motivated reviewers to attract more authors and high-quality submissions, striving for "SciELO" Portugal indexing (<https://scielo.pt/>). Excellence depends on the joint efforts of editors, reviewers, and authors. Therefore, we strongly encourage authors in the vast cardiovascular risk area to publish in our Journal.

Luís Bronze

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