

Dr Kazuomi Kario graduated from Jichi Medical School in 1986. He is currently Professor and Chairman of Cardiovascular Medicine, Jichi Medical University School of Medicine, Japan; Staff Visiting Professor, Institute of Cardiovascular Science, University College London, London, UK; Visiting Professor, Shanghai Jiao Tong University School of Medicine, Shanghai, China; Adjunct Professor, Yonsei University School of Medicine, Seoul, Korea and Distinguished Professor, Fu Wai Hospital, National Center for Cardiovascular Diseases, Chinese Academy of Medical Sciences, Beijing, China.

In 2003, Dr Kario and his team were the first to demonstrate 'morning surge' in blood pressure (BP) as an independent risk factor for cardiovascular disease (Kario et al. *Circulation* 2003). He first used 'morning hypertension' with the definition of morning BP $\geq 135/85$ mmHg, regardless of clinic BP, and stressed its clinical relevance in his book *Clinician's Manual on Early Morning Risk Management in Hypertension* in 2004 (Science Press, London, 2004). He is proposing the 'resonance hypothesis' of BP surge (*Am J Hypertens* 2016), and the concept of systemic haemodynamic atherothrombotic syndrome (SHATS) as a vicious cycle of BP variability and vascular disease (*Nat Rev Nephrol* 2013). He is the author of the recently published *Essential Manual on Perfect 24-hour Blood Pressure Management from Morning to Nocturnal Hypertension* (Wiley Blackwell, 2018). Professor Kario's research includes the research and development of new technology-based BP monitoring such as IT-based home nocturnal BP monitoring (*Hypertension* 2013) and hypoxia-triggered home sleep BP monitoring (TSP) (*Hypertens Res* 2013); wearable surge BP monitoring (WSP) and IT-based multisensor ambulatory BP monitoring (IMS-ABPM) to clarify the clinical relevance of 24-hour BP control (*Prog Cardiovascular Dis* 2016, 2017, *Hypertension* 2018). He is the principal investigator of several clinical studies, such as the Japan Morning Surge-Home Blood Pressure (J-HOP); Japan Ambulatory BP Monitoring (JAMP); Home-activity ICT-based Japan Ambulatory Blood Pressure Monitoring Prospective (HI-JAMP); Sleep BP and disordered breathing in REsistant hypertension And cardiovascular Disease (SPREAD) and The Home BP measurement with Olmesartan Naive patients to Establish Standard Target blood pressure (HONEST), the largest prospective observational study involving >20,000 patients.

He has served as Editor-in-Chief of *Curr Hypertens Rev* and is past Executive Editor of *Hypertens Res*. He is an editorial board member of more than 15 international journals including *Hypertension*, *J Hypertens*, *Circ J*, *J Clin Hypertens*, *J Am Soc Hypertens*, *Am J Hypertens*, *Blood Press Monit*, *Curr Hypertens Rep*, and *Curr Cardiol Rev*. Professor Kario has published more than 700 academic papers during his distinguished career. He founded the Hypertension Cardiovascular Outcome Prevention and Evidence in Asia (HOPE Asia Network)" in 2006.