



**European Society
of Hypertension
Working Group on obesity,
Diabetes and the
High Risk Patients
& Hellenic Society
for Medical Education**


Satellite symposium of the 2016
European Society
Hypertension Meeting
(Paris)

3-5
June, 2016

**Porto Carras Hotel
Chalkidiki, Greece**

**FINAL
PROGRAM**





**European Society of Hypertension
Working Group on obesity,
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WELCOME LETTER

Dear Friends, Dear Colleagues,

On behalf of the European Society of Hypertension Working Group on Obesity, Diabetes and the High Risk Patients and the Hellenic Society for Medical Education, it is our pleasure and privilege to welcome you to the Satellite Symposium to be held in Chalkidiki, June 3-5, 2016.

This Symposium is devoted to the understanding of blood pressure mechanisms in obesity, management of the related factors (hyperlipidemia and diabetes) and finally management of obesity induced increased total cardiovascular risk. Chalkidiki and Greece provides a unique opportunity to gather with colleagues from around the world and Europe in an exciting environment.

Our goal is to favour discussion and exchange between ESH working group, European specialists in the field of Obesity and Diabetes and specialists from our country, in order to better implement the management and treatment of hypertension, dyslipidemia and diabetes reducing total CV risk.

Your valuable participation would be highly appreciated.
We sincerely hope that you will enjoy this meeting in Chalkidiki, Greece.

Best regards

Vasilios Kotsis

President of the ESH WG on obesity,
diabetes and the high risk patient

Asterios Karagiannis

President of the Hellenic Society
for Medical Education



ORGANIZING COMMITTEE

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Hatziagelaki	E.	Parati	G.	Zebekakis	P.
Hatzitolios	A. I.	Pitsavos	C.		

SCIENTIFIC PROGRAM

FRIDAY June 3, 2016

17.00-17:30

Round table: Atrial fibrillation

Chairpersons: **Pitsavos C.** (Athens, Greece),

Ganotakis M. (Heraklion, Greece)

New anticoagulant drugs in the treatment of patients with atrial fibrillation

Antza C. (Thessaloniki, Greece)

Aspirin in patients with cardiovascular risk. When?

Grassos X. (Athens, Greece)

17.30-18.00

How to treat?

Chairperson: **Stabouli S.** (Thessaloniki, Greece)

A patient with dyslipidemia and increased liver transaminases

Boutari C. (Thessaloniki, Greece)

15 years old patient with white coat hypertension

Stabouli S. (Thessaloniki, Greece)

Patient with ischemic stroke and statin intolerance

Tziomalos K. (Thessaloniki, Greece)

18.00-19.00

Round table: Antihypertensive treatment

Chairpersons: **Kotsis V., Tziomalos K.** (Thessaloniki, Greece)

Refractory hypertension: diagnosis and treatment

Redon J. (Valencia, Spain)

Hyperlipidemia and target organ damage

Blacher J. (Paris, France)

Drug combinations in the treatment of hypertension

Kotsis V. (Thessaloniki, Greece)

19.00-19.20

Coffee Break



19.20-20.00

Lectures

Chairpersons: **Pitvavos C.** (Athens, Greece)

Karagiannis A. (Thessaloniki, Greece)

Association between obesity, prehypertension and chronic kidney disease

Jelaković B. (Zagreb, Croatia)

Statin associated diabetes mellitus

Elisaf M. (Ioannina, Greece)

SATURDAY June 4, 2016

9.30-10.30

Round table: Treatment of diabetes mellitus

Chairpersons: **Hatziagelaki E.** (Athens, Greece),

Doumas M. (Thessaloniki, Greece)

Optimal treatment of Gestational Diabetes Mellitus

Goulis D. (Thessaloniki, Greece)

Diabetes treatment in patients with chronic kidney disease

Tsapas A. (Thessaloniki, Greece)

*Which is the second drug after metformine in diabetes.
DDP4 or SGLT-2?*

Papanas N. (Alexandroupolis, Greece)

10.30-11.00

Lecture

Chairpersons: **Tsioufis K.** (Athens, Greece),

Zebekakis P. (Thessaloniki, Greece)

Guidelines for the management of diabetes

Nillson P. (Malmö, Sweden)

15.00-16.30

Lunch Break

16:30-17:00

Lecture: Clinical trials update

Chairperson: **Kotsis V.** (Thessaloniki, Greece)

*The effect of double fixed dose combination in hyper-
tensive patients with CAD*

Papadopoulos D. (Athens, Greece)

17.00-18.00

Round table: Smoking, obesity and Heart Failure

Chairpersons: **Savopoulos C., Hatzitolios A.**
(Thessaloniki, Greece)

Smoking cessation and CV disease

Kontakiotis T. (Thessaloniki, Greece)

Guidelines for the management of obesity

Kiortsis D. (Ioannina, Greece)

75 years old patient with heart failure

Tzikas S. (Thessaloniki, Greece)



18.00-19.00

Round table: How to treat?

Chairpersons: **Daniilidis M.** (Thessaloniki, Greece),
Kiortsis D. (Ioannina, Greece)

Treatment of hypertension in patients with chronic kidney disease

Sarafidis P. (Thessaloniki, Greece)

60 years old patient with non-alcoholic liver disease, hyperlipidemia (LDL:190 with statin) and diabetes HbA1c 11.8 mg/dl)

Michailidis D. (London, UK)

65 old patient with hypertension and increased arterial stiffness

Galiagousi E. (Thessaloniki, Greece)

19:00-19:20

Lecture

Chairperson: **Kotsis V.** (Thessaloniki, Greece)

The impact of perinatal life on cardiometabolic risk factors

Lurbe E. (Valentia, Spain)

SUNDAY June 5, 2016

10:00-11:00

**Joint session European Society Diabetes and WG
on obesity, diabetes and the high risk patients**

Kotsis V. (Thessaloniki, Greece), **Nilsson P.** (Malmo, Sweden)

*The role of bariatric surgery in the reduction of
Cardiovascular risk in morbid obese patients*

Pournaras D. (Cambridge, UK)

Measurement of home blood pressure: When and how?

Parati G. (Milano, Italy)

11:00-12:00

**Joint European Atherosclerosis Society-ESH WG
on obesity, diabetes and the high risk patients
session**

Chairpersons: **Kotsis V.** (Thessaloniki, Greece), **Nilsson P.**
(Malmo, Sweden)

PREVENTION AND LIPID GUIDELINES

ESC/EAS lipid guideline and its implementation

Tokgozoglu L. (Ankara, Turkey)

*New riskfactors for obesity: influence of genetics
and microbiome*

Dallinga-Thie G. (Amsterdam, Netherlands)

12:00-12:30

Lectures

Chairpersons: **Karagiannis A., Kotsis V.** (Thessaloniki, Greece)

Hypertension and the brain


Coca A. (Barcelona, Spain)



ACKNOWLEDGEMENTS

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Pharmaceutical Companies for their support and contribution
to the Symposium.





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GENERAL INFORMATION

Congress Secretariat

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Certificate of Attendance

All registered participants who have attended at least 60% of the total scientific program will receive a certificate of attendance from the Secretariat Desk

Audiovisual Equipment / Information for Speakers

A slide preview room is located in the congress venue.
ONLY PC DATA PROJECTION WILL BE AVAILABLE AT THE MEETING.
The conference rooms will be provided with a laptop computer, therefore the use of one's laptop will not be allowed.

Speakers are kindly requested to contact the slide preview room to upload their presentation at least 1 hour before the beginning of the session.

Language

The official languages of the Symposium are Greek and English.