

5th Official pre-ESH Congress Satellite Symposium

**UPDATE ON DIFFICULT TO CONTROL HYPERTENSION AND RELATED
COMORBIDITIES**

Workshop: How to prevent and manage hypertensive complications (Stroke, heart disease, kidney dysfunction)

FRIDAY, March 23, 2018

14.30-15.00 Registrations-Coffee

15.00-16.00 ROUND TABLE I

Difficult everyday scenarios in hypertensive patients: General aspects

Chairmen: **P. Agathagelou (CY), D. Clement (BE), M. Papavasiliou (GR)**

1. A 38-year-old hypertensive female with well controlled hypertension under ACEI is now pregnant

M. Pikilidou (GR)

2. A basketball athlete 28 years old complains for headache and his blood pressure is found high (150/85 mmHg)

C. Grassos (GR)

3. A 50-year-old female with depression and increased body weight measures high blood pressure (160/95 mmHg) at home

V. Katsi (GR)

4. An 82-year-old male with Parkinson disease complains for high blood pressure and dizziness

K. Dimitriadis (GR)

Panelists: **P. Stougianos (GR), Ath. Triantafyllou (GR), F. Lagiou (GR), E. Andrikou (GR)**

16.00-17.00 ROUND TABLE II

Difficult everyday scenarios in hypertensive patients: A clinical update on stroke prevention and management:

Chairmen:, **D. Lovic (RS), T. Makris (GR), P. Zebekakis (GR),**

1. A 70-year-old hypertensive female with high bleeding risk and paroxysmal atrial fibrillation

A. Kordalis (GR)

2. A 65-year-old hypertensive male with paroxysmal atrial fibrillation admitted for NSTEMI

M. Kallistratos (GR)

3. An asymptomatic 73-year-old male with hypertension, dyslipidemia and unilateral 70% carotid stenosis

C. Savopoulos (GR)

4. A 55-year-old patient presented with ischemic stroke and uncontrolled hypertension

E. Koromboki (GR)

Panelists: **D. Chatzis (GR), E. Fragoulis (GR), G. Latsios (GR), S. Sideris (GR)**

17.00-17.15 LECTURE

Chairperson: **A. Hatzitolios (GR)**

Speaker: **G. Parati (IT)**

17.15-17.45 SATELLITE LECTURE

Chairperson: TBA

Speaker: TBA

17.45-18.00 Coffee break

18.00—19.00 ROUND TABLE III

Difficult everyday scenarios in hypertensive patients: A clinical update on cardiovascular prevention and management

Chairmen: M. Dorobantu (RO), I. Zarifis (GR)

1. A 44-year-old diabetic hypertensive patient complains for atypical thoracic pain
M. Marketou (GR)
2. A 72-year-old hypertensive man diagnosed with an abdominal aorta aneurysm (51 mm)
K. Filis (GR)
3. A 68-year-old hypertensive male admitted for acute pulmonary edema and high blood pressure
D. Lovic (RS)
4. A 74-year-old hypertensive patient with a history of stable coronary artery disease and psoriasis
D. Papadopoulos (GR)

Panelists: K. Aznaouridis (GR), D. Gourlis (GR), U.Papazachou (GR), F. Stylianos (GR),

19.00-19.30 SATELLITE LECTURE

Chairperson: TBA

Speaker: TBA

19.30-20.30 ROUND TABLE IV

Difficult everyday scenarios in hypertensive patients: A clinical update on kidney prevention and management

Chairmen: B. Jelacovic (HR), D. Petras (GR), A. Pittaras (GR)

1. A 36-year-old hypertensive male with polycystic kidney disease reports high blood pressure
R. Kalaitzidis (GR)
2. A kidney transplanted male with hypertension
S. Marinaki (GR)
3. A 55-year-old non-diabetic hypertensive patient with proteinuria
B. Jelacovic (HR)
4. A 68-year-old diabetic female with newly diagnosed stage II hypertension
E. Triantafyllidi (GR)

Panelists: E. Michalopoulou (GR), E. Nasothimiou (GR), E. Sanidas (GR), M. Sonikian (GR)

20.30-21.00 SATELLITE LECTURE

Chairperson: TBA

Speaker: TBA

Saturday 24/3/18

8.45 WELCOME ADDRESS

C. Tsioufis, Chairman (GR)

R.E. Schmieder, Co-Chairman (DE)

09.00-10.15: How not to miss a diagnosis of

Chairmen: **S. Douma (GR), E. Iliodromitis (GR), R. Schmieder (DE)**

Secondary hypertension in an adolescent

E. Lurbe (ES)

Primary aldosteronism in an obese patient

M. Azizi (FR)

Renovascular hypertension in an old hypertensive patient

J. Polonia (PT)

Paraganglioma in a patient with paroxysmal hypertension

M. Andreadis (GR)

Panelists: **S. Stabouli (GR), C. Geladari (GR) , TBA , A. Triantafyllou (GR)**

10.15-11.30 ESH meets International society of hypertension (ISH), European Stroke organization (ESO) and Hellenic Society of Hypertension (HSH)

Chairmen: **E. Agabiti-Rosei (IT), C. Tsioufis (GR)**

1. Hypertension guidelines: From the recently released ACC/AHA to the upcoming European ones

G. Mancia (IT)

2. TBA (ESO representative)

3. *Office and out-of-office blood pressure measurement: First things first*

G. Stergiou (GR)

4. May Measurement Month

N. Poulter (UK)

Panelists: **A. Manolis (GR), J. Redon (ES)**

11.00-11.30 Coffee break

11.30-12.20 DEBATES IN HYPERTENSION (I)

Chairmen: **Ath. Manolis (GR), D. Tousoulis (GR)**

1. Diagnosis of hypertension

Should be based on office blood pressure measurements

J. Redon (ES)

Should be based on out of office blood pressure measurements

V. Kotsis (GR)

2. Which is the best intermediate end point in hypertension treatment

In favor of left ventricular hypertrophy

E. Agabiti Rosei (IT)

In favor of microalbuminuria

R. Schmieder (DE)

12.20 -13.10 DEBATES IN HYPERTENSION (II)

Chairmen: **G. Mancia (IT), R. Schmieder (DE)**

Treatment of hypertension in elderly

Systolic blood pressure should be the main target

P. Van de Born (BE)

Pulse pressure should be the main target

A. Protogerou (GR)

Treating hypertension in the lower extremes:

Always is beneficial

J.Brulian (SK)

Always is harmful

C. Thomopoulos (GR)

13.10-13.50 SATELLITTE SYMPOSIUM

Chairman: C. Tsioufis (GR)

Speakers: TBA

13.50-14.30 SATELLITTE LECTURE

Chairman: C. Tsioufis (GR)

Speaker: TBA

14.30-15.00 Lunch break

15.00-16.15 ROUND TABLE III

Hypertension management: General aspects

Chairmen: **B.Jelacovic (HR), D. Vlachakos (GR)**

1. Optimal salt intake in hypertension
M. Bochud (CH)
2. Emerging risk factors: uric acid
C. Borghi (IT)
3. Adherence in clinical trials: does it have an impact on results?
M. Burnier (CH)
4. Financial aspects of hypertension
K. Athanasakis (GR)

Panelists: **I. Papadakis (GR), L. Poulimenos (GR), G. Siasos (GR), TBA**

16.15-17.15 ROUND TABLE IV

Stroke and hypertension: from the pathophysiology to therapeutic considerations

Chairmen: **I. Kallikazaros (GR), P. Van de Born (BE), E. Vavouranakis (GR)**

Hemoragic

E. Manios (GR)

Lacunar

K. Vemmos (GR)

Embolic

K. Spegos (GR)

Dementia

A. Coca (ES)

Panelists: **A. Androulakis (GR), A. Kasiakogias (GR), K. Toutouzas (GR), D. Tsiachris (GR)**

17.15-17.30 Coffee break

17.30-18.30 DIFFICULT TO TREAT HYPERTENSION: HOT ISSUES

Chairmen: **Farsang, C (HU). Ant. Manolis (GR), C. Stefanadis (GR)**

1. Renal denervation: current status
M. Doumas (GR)
2. Skin and hypertension
P. Sarafidis (GR)
3. Non alcoholic fatty liver disease and hypertension
N. Katsiki (GR)
4. Peripheral arterial disease and hypertension
D. Mikhailidis (GB)
5. **Therapeutic algorithm in resistant hypertension**
A. Januszewicz (PL)

Panelists: **D. Syrseloudis (GR), E. Oikonomou (GR), A. Marinakis (GR), A. Pittaras (GR),**

D. Konstantinidis (GR)

18.30-20.30 Session dedicated to ESH Excellence centres

Chairmen: **TBA**

Speakers: **Sokolovic S(BA)**

20.00 CLOSING REMARKS

C. Tsioufis (GR)