



Organizer:
Working Group on Obesity, Diabetes and the High Risk Patient
EUROPEAN SOCIETY OF HYPERTENSION



2018 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient

EUROPEAN SOCIETY OF HYPERTENSION

28-30 April 2018 - Chalkidiki, Greece
Blue Lagoon Princess Hotel

For further information please visit
Site: www.obesitydiabeteswg.eu
Or send an e-mail to: obdiabwg@medcongress.gr



MED CONGRESS

Events Organizer
Kalapothaki 3, GR 54624 Thessaloniki
T: ++30 231 403 9704 - F: ++30 231 220 6898
E: info@medcongress.gr
www.medcongress.gr



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, April 28-30, 2018.

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 favor 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

SATURDAY APRIL 28

16.00-17.00 REGISTRATIONS

17.00-18.30 ROUND TABLE

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

How to measure early vascular ageing from ABPM

Antza X. (*Thessaloniki, Greece*)

Aspirin in patients with cardiovascular risk. When?

Grassos X. (*Athens, Greece*)

Clinical trials update: blood pressure control in the Balkan countries

Lovic D. (*Nis, Serbia*)

18.30-19.30 LECTURES

Chairman: **Karagiannis A.** (*Thessaloniki, Greece*)

Statin associated diabetes mellitus

Elisaf M. (*Ioannina, Greece*)

Obstructive sleep apnea and hypertension

Narkiewicz K. (*Gransk, Poland*)

19.30-20.30 Boehringer sponsored Satellite Symposium

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

Lecturer: **Bakatselos S.** (*Greece*)

20.30-21.30 Servier sponsored Satellite Symposium

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

Lecturer: **Limperopoulos E., Doulas M.** (*Greece*)

SUNDAY APRIL 29

10.00-10.45 ANTIHYPERTENSIVE TREATMENT

Chairman: **Nilsson P.** (*Malmo, Sweden*)

Refractory hypertension: diagnosis and treatment

Redon J. (*Valencia, Spain*)

Combination of drugs with multiple mechanisms of actions in cardiovascular research

Grassi G. (*Milan, Italy*)

10.45-12.00 **ROUND TABLE: TREATMENT OF DIABETES MELLITUS**

Chairman: *Chatziagelaki E. (Athens, Greece)*

Optimal treatment of gestational diabetes mellitus

Prof. Goulis D. (Thessaloniki, Greece)

Pathophysiology of type 2 Diabetes in Obesity

Finer N. (UK)

Guidelines for the management of diabetes

Nilsson P. (Malmo, Sweden)

Which is the second drug after metformin in diabetes. DDP 4 or SGLT- 2?

Papanas N. (Alexandroupolis, Greece)

12.00-13.00 **AZILSARTAN: WHY A NEW ANGIOTENSIN II ANTAGONIST IS USEFUL IN CLINICAL PRACTICE?**

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

Sponsorship by Vianex

13.00-14.00 **ROUND TABLE: HOW TO TREAT?**

Chairman: *Van de Borne P. (Belgium)*

A patient with dyslipidemia and increased liver transaminases

Athyros V. (Thessaloniki, Greece)

Adolescent with white coat hypertension

Stabouli S. (Thessaloniki, Greece)

A patient with ischemic stroke and statin intolerance

Tziomalos K. (Thessaloniki, Greece)

Once or twice daily dosing with NOACs: Insights from a direct comparison between apixaban and rivaroxaban

Kreutz R. (Germany)

14.00-17.00 **LUNCH BREAK**

17.00-17.45 **ROUND TABLE: SMOKING, OBESITY**

Chairman: *Savopoulos C. (Thessaloniki, Greece)*

Quit Smoking: Can improve CV disease?

Kontakiotis T. (Thessaloniki, Greece)

Guidelines for the management of obesity

Toplak H. (Graz, Austria)

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17.45-18.30 ROUND TABLE: HOW TO TREAT?

Chairman: **Chatzitoliou A.** (Thessaloniki, Greece)

A 75-year-old patient with heart failure and anemia

Kaiafa G. (Thessaloniki, Greece)

A 65-year-old patient with hypertension and increased arterial stiffness

Van de Borne P. (Belgium)

A 70 years old hypertensive during and after acute stroke

Makaritsis K. (Larissa, Greece)

19.00-19.30 NEW PRACTICE GUIDELINES FOR THE MANAGEMENT OF HYPERTENSION, DIABETES AND DYSLIPIDEMIA IN OBESE PATIENTS FROM THE EUROPEAN SOCIETY HYPERTENSION (ESH) WG ON OBESITY, DIABETES AND THE HIGH-RISK PATIENT AND THE EUROPEAN ASSOCIATION FOR THE STUDY OF OBESITY (EASO)

Chairman: **Zebekakis P.** (Thessaloniki, Greece)

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

MONDAY APRIL 30

10.00-11.00 LECTURES

Chairmen: **Athyros V.** (Thessaloniki, Greece), **Tsioufis K.** (Athens, Greece)

Hypertension and the brain

Coca A. (Barcelona, Spain)

Secondary hypertension

Gkaliagkousi E. (Thessaloniki, Greece)

11.00-12.00 LECTURES

Chairman: **Elisaf M.** (Ioannina, Greece)

Drug combinations in the treatment of hypertension

Kotsis V. (Thessaloniki, Greece)

How to treat: A 70-year-old patient with peripheral artery disease and hyperlipidemia, Michailidis D. (London, UK)

12.00-13.00 Astra-Zeneca sponsored Satellite Symposium

Chairman: **Chatziagelaki E.** (Athens, Greece)

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

13.00-14.00 **Industry sponsored Satellite Symposium**

14.00-17.00 **LUNCH BREAK**

17.00-18.00 **LECTURES**

Chairman: Goulis D. (Thessaloniki, Greece)

Obesity and Diabetes

Micic D. (Belgrade, Serbia)

Treatment of diabetes in obesity

Chatziagelaki E. (Athens, Greece)

18.00-19.30 **HOW WE TREAT A PATIENT, WITH HEART FAILURE WITH REDUCED EF AND RESERVED EF**

Chairman: Kotsis V. (Thessaloniki, Greece)

Lecturer: Papadopoulos C. (Thessaloniki, Greece)

19.30-20.00 **ANTICOAGULANT THERAPY IN HIGH RISK PATIENTS WITH ATRIAL FIBRILLATION**

Lecturer: Chatzis D. (Athens, Greece)

20.00-21.30 **Industry sponsored Satellite Symposium**