6th Official pre-ESH Congress Satellite Symposium

DIFFICULT TO CONTROL HYPERTENSION & RELATED COMORBIDITIES

29-30 MARCH 2019
Benaki Museum Amphitheater
138 Piraeus Street, ATHENS
Chairman: C. Tsioufis
Co-chairman: R.E. Schmieder
Dear Colleagues,

We are really very happy to welcome you again in Athens for joining us in the 6th Official pre-ESH International Congress Satellite Symposium, entitled “Update on Difficult to Control Hypertension and Related Comorbidities”, on 29-30 March, 2019.

Approximately 10-15% of treated hypertensives suffer from uncontrolled high blood pressure despite prescription of multidrug therapy. Difficult to control or resistant hypertension is also more common among patients with other comorbidities like chronic kidney disease, atherosclerotic cardiovascular disease, diabetes mellitus and sleep apnea syndrome.

For the medical community taking care of hypertensive patients (Cardiologists, Internists, Nephrologists, General Practitioners) this Symposium aims to provide a forum of exchanging current knowledge and sharing clinical experience for the management of difficult to control hypertension.

The Symposium’s sessions including round tables, debates and lively discussions have a double scope: First to help physicians to understand the complex pathophysiology and the difficulties in establishing the diagnosis of difficult to control or resistant hypertension and secondly to ensure a successful integration of therapeutic strategies for patients presenting with difficult to control hypertension. Additionally there is a workshop on hypertension and Stroke with special emphasis on current therapeutic new options.

Having the above in mind, we are excited to share with you the final scientific program and the knowledge of international experts as a foretaste of the main meeting of the ESH 2019.

Prof. Costas Tsioufis
Chairman of the Symposium
ESH - President

Prof. Roland E. Schmieder
Co-Chairman of the Symposium
**SCIENTIFIC PROGRAM**

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

**Friday, March 29, 2019**

13.30-14.00  Registrations-Coffee

14.00-15.00  **WORKSHOP I: HYPERTENSION AND DIABETES MELLITUS**
**Chairmen:** D. Mikhailidis (UK), N. Tentolouris (GR), I. Zarifis (GR)

14.02-14.10  Overview of the recent major Diabetes Mellitus studies
**N. Katsiki** (GR)

14.11-14.17  Effects of SGLT2 inhibitors on blood pressure levels
**E. Andrikou** (GR)

14.18-14.24  Effects of GLP-1 receptor agonists on blood pressure levels
**D. Konstantinidis** (GR)

14.25-14.31  Blood pressure variability in Diabetes Mellitus
**N. Vogiatzakis** (GR)

14.32-14.45  **Panelists:** F. Stylianou (CY), D. Gourlis (GR), TBA, I. Leontsinis (GR)

14.45-14.59  **Discussion with the audience**

15.00-16.00  **WORKSHOP II: BETTER IMPLEMENTATION OF GUIDELINES, LESS COMPLICATIONS OF HYPERTENSION**
**Part I: Stratification of Cardiovascular risk in hypertension**
**Chairmen:** M. de Carvalho Rodrigues (PT), M. Dorobantu (RO)

15.01-15.09  How to correctly assess total cardiovascular risk in hypertension
**Dan Gaita** (RO)

15.10-15.18  Blood pressure pattern and risk for cardiovascular and renal events: we have forgotten the diastolic blood pressure
**M. de Carvalho Rodrigues** (PT)

15.19-15.27  White coat hypertension/masked hypertension
**V. Kotsis** (GR)

15.28-15.36  What is the incremental value of hyperuricemia
**C. Borghi** (IT)

15.37-15.50  **Panelists:** I. Papadakis (GR), M. Andreadis, (GR) D. Chatzis (GR), D. Raev (BG)

15.50-15.59  **Discussion with the audience**

16.00-17.00  **Part II: Heart, Kidney and Hypertension: The dos and the don’ts in a hypertensive patient with:**
**Chairmen:** D. Petras (GR), P. Van de Borne (BE), D. Vlahakos (GR)

16.01-16.09  Diabetic or non-diabetic nephropathy
**M. Burnier** (CH)

16.10-16.18  Kidney transplantation
**S. Marinaki** (GR)

16.19-16.27  Heart failure with preserved ejection fraction
**A. Kasiakogias** (GR)

16.28-16.36  Chronic stable coronary artery disease
**H. Grassos** (GR)

16.37-16.50  **Panelists:** TBA, M. Sonikian (GR), I. Liatakis (GR), L. Poulimenos (GR)
Friday, 29 March, 2019

16.50-16.59 Discussion with the audience

17.00-17.30 SATELLITE LECTURE (SPONSORED BY WINMEDICA)

17.30-18.00 Coffee Break

18.00-19.00 Part III: 4 challenging cases in the management of hypertension
Chairmen: D. Lovic (RS), D. Papadopoulos (GR), R.E. Schmieder (DE)
18.01-18.09 Supine hypertension in patients with postural hypotension
J. Jordan (DE)
18.10-18.18 Labile hypertension
G. Grassi (IT)
18.19-18.27 Spurious hypertension
A. Protogerou (GR)
18.28-18.36 Blood pressure changes at high altitude
P.A. Modesti (IT)
18.37-18.50 Panelists: N. Magkas (GR), M. Pikilidou (GR), V. Stojanov (RS), M. Kallistratos (GR)
18.50-18.59 Discussion with the audience

19.00-19.30 SATELLITE LECTURE (SPONSORED BY MSD)

19.30-20.45 Part IV: Hypertension and cerebrovascular disease: The dos and the don’ts in a hypertensive patient with:
Chairmen: A. Hatzitolios (GR), Th. Makris (GR), P. Zebekakis (GR)
19.31-19.39 Acute ischemic stroke
P. Guimarães Cunha (PT)
19.40-19.48 Transient ischemic attack
C. Savopoulos (GR)
19.49-20.07 Acute intracerebral haemorrhage
E. Manios (GR)
20.08-20.16 Cognitive dysfunction and dementia
A. Coca (ES)
20.17-20.25 Hypertension and dysautonomia
Y. Sharabi (IL)
20.26-20.35 Panelists: A. Pittaras (GR), E. Koromboki (GR), E. Galiagkousi (GR), F. Lagiou (GR), S. Sokolovic (BA)
20.35-20.45 Discussion with the audience

20.45 END OF THE FIRST DAY MEETING
08.45-09.00  WELCOME ADDRESS

09.00-11.00  SPECIFIC SESSION: MANAGEMENT OF HYPERTENSION IN CLINICAL PRACTICE
ACCORDING TO THE NEW EUROPEAN HYPERTENSION GUIDELINES*
Chairmen:  G. Mancia (IT), C. Tsioufis (GR)
How to make the diagnosis of hypertension
K. Narkiewicz (PL)
Blood pressure measurement. Which technique and which method to use?
J. Redon (ES)
When to initiate antihypertensive drugs
R.E. Schmieder (DE)
The concept of blood pressure treatment target range
G. Mancia (IT)
How to achieve blood pressure targets
C. Tsioufis (GR)
How to treat resistant hypertension
A. Januszewicz (PL)
How to manage concomitant cardiovascular disease risk
R. Kreutz (DE)
Panelists:  A. Coca (ES), G. Parati (IT)

Discussion with the audience
*  This Session is supported by a non restricted educational grant by Sanofi

11.00-11.30  Coffee Break

11.30-12.45  ROUND TABLE I: THE DOS AND THE DON'TS IN THE MANAGEMENT OF A
HYPERTENSIVE PATIENT...
Chairmen:  D. Clement (BE), G. Filippatos (GR), G. Stergiou (GR)
11.31-11.39  In drug-induced hypertension
M. Azizi (FR)
11.40-11.48  In the diagnostic algorithm for primary aldosteronism
G.P. Rossi (IT)
11.49-11.57  In the very elderly
A. Benetos (FR)
11.58-12.06  With stage 1 hypertension
C. Thomopoulos (GR)
12.07-12.19  Panelists:  R. Zimlichman (IL), T. Albassam (SA), E. Sanidas (GR), A. Kollias (GR)
12.19-12.45  Discussion with the audience

12.45-13.15  SATELLITE SYMPOSIUM (SPONSORED BY BAYER)

13.15-13.45  SATELLITE SYMPOSIUM (SPONSORED BY SERVIER)

13.45-14.30  Lunch Break

Saturday, March 30, 2019

6  Update on Difficult to Control Hypertension & Related Comorbidities
Saturday, March 30, 2019

14.30-15.30 ROUND TABLE II: THE DOS AND THE DON'TS IN THE MANAGEMENT OF A HYPERTENSIVE PATIENT
   Chairmen: E. Agabiti-Rosei (IT), I. Bolletis (GR), D. Tousoulis (GR)
   14.31-14.39 With left ventricular hypertrophy
   E. Agabiti-Rosei (IT)
   14.40-14.48 With fibromascular dysplasia
   A. Persu (BE)
   14.49-14.57 On haemodialysis
   R. Kalaitzidis (GR)
   14.58-15.06 With aortic dilatation
   K. Filis (GR)
   15.07-15.20 Panelists: M. Marketou (GR), D. Petras (GR), B. Jelakovic (HR), P. Stougianos (GR)
   15.20-15.30 Discussion with the audience

15.30-16.30 ROUND TABLE III: HYPERTENSION AND THE FEMALE SEX
   Chairmen: S. Douma (GR), E. Iliodromitis (GR), TBA
   15.31-15.39 The metabolic syndrome in adolescents. New insights
   E. Lurbe (ES)
   15.40-15.48 A 42-year old hypertensive female is prepared for In Vitro Fertilization (IVF)
   TBA
   15.49-15.57 An obese 35-year old female with prosthetic aortic valve became pregnant and the blood pressure starts to rise
   J. Bruguljan (SI)
   15.58-16.06 A 28-year old female complains for high blood pressure 3 days after delivery
   R. Cifkova (CZ)
   16.07-16.20 Panelists: S. Stabouli (GR), C. Geladari (GR), M. Papavassiliou (GR), V. Katsi (GR)
   16.20-16.30 Discussion with the audience

16.30-16.50 Coffee Break

16.50-18.00 ROUND TABLE IV: BRIEF OVERVIEW ON THE INTERVENTIONAL THERAPIES FOR HYPERTENSION
   Chairmen: F. Mahfoud (DE), C. Stefanadis (GR), M. Viigimaa (EE)
   16.52-17.00 Renal denervation: The interventionalist perspective
   F. Mahfoud (DE)
   17.01-17.09 Renal denervation: The hypertnesionalist perspective
   M. Doumas (GR)
   17.10-17.18 Arteriovenous fistula
   M. Lobo (UK)
   17.19-17.27 Stenting for renal artery stenosis
   J. Kadziela (PL)
   17.28-17.34 Bilateral sphenopalatine ganglion blockade
   H. Triantafillidi (GR)
   17.35-17.49 Panelists: A. Ziakas (GR), K. Dimitriadis (GR), G. Latsios (GR), A. Androulakis (GR), TBA
   17.49-17.55 Discussion with the audience

17.55 END OF SYMPOSIUM - CLOSING REMARKS
   C. Tsioufis (GR)
Saturday, March 30, 2019

18.00-20.30 SESSION DEDICATED TO ESH RESEARCH PROJECTS:
Connecting the dots between ESH Working Groups and ESH Excellence Centres research activities

18.00-18.03 Brief introduction
C. Tsioufis (GR)

18.04-18.10 1st ESH RESEARCH PROJECT: BLOOD PRESSURE CONTROL IN EUROPE
Chairmen: G. Mancia (IT), E. Agabiti-Rosei (IT), B. Jelakovicz (HR), C. Tsioufis (GR)

18.11-18.16 The Greek experience
A. Triantafyllou (GR)

18.17-19.00 Discussion: All the leaders of the ESH WGs and the ESH Excellence Centres**

19.00-19.06 2nd ESH RESEARCH PROJECT: EMERGENCY HYPERTENSION
Chairmen: M. Azizi (FR), K. Narkiewicz (PL), C. Tsioufis (GR)

19.07-19.13 The French experience
R. Boulestreau (FR), M. Azizi (FR)

19.14-19.20 The Greek experience
K. Dimitriadis (GR), C. Fragoulis (GR)

19.21-19.30 Discussion: All the leaders of the ESH WGs and the ESH Excellence Centres**

19.51-19.57 3rd ESH RESEARCH PROJECT: ESH APP
Chairmen: R. Kreutz (DE), G. Parati (IT), C. Tsioufis (GR)

19.58-20.08 The Greek experience
D. Konstantinidis (GR), D. Soulis (GR), T. Papaioanou (GR)

20.09-20.30 Discussion: All the leaders of the ESH WGs and the ESH Excellence Centres**

Update on Difficult to Control Hypertension & Related Comorbidities
**Representatives of ESH Excellence Centers**

**BELGIUM**  
A. Persu  
P. Van De Borne

**BOSNIA & HERZEGOVINA**  
S. Sokolovic

**BURGARIA**  
D. Raev

**CZHECH REPUBLIC**  
R. Cifkova

**CROATIA**  
B. Jelakovic

**ESTONIA**  
M. Viigimaa

**FRANCE**  
M. Azizi  
R. Boulestraeu

**GERMANY**  
R. Kreutz  
F. Mahfoud  
R.E. Schmieder

**GREECE**  
E. Andreadis  
S. Douma  
M. Doumas  
H. Grassos  
A. Hatzitolios  
R. Kalaitzidis  
E. Kallistratos  
V. Kotsis  
Th. Makris  
E. Manios  
M. Marketou  
I. Papadakis  
D. Papadopoulos  
G. Stergiou  
C. Thomopoulos  
H. Triantafyllidi  
C. Tsioufis  
P. Zebekakis

**ISRAEL**  
R. Zimlichman

**ITALY**  
E. Agabiti-Rosei  
C. Borghi  
G. Grassi  
G. Mancia  
P.A. Modesti  
M.L. Muiesan  
G. Parati  
G.P. Rossi

**POLAND**  
A. Januszewicz  
K. Narkiewicz

**PORTUGAL**  
M. de Carvalho Rodrigues  
P. Guimarães Cunha

**ROMANIA**  
M. Dorobantu

**SERBIA**  
D. Lovic  
V. Stojanov

**SLOVAKIA**  
S. Filipova

**SLOVENIAN**  
J. Brguljan

**SPAIN**  
A. Coca  
E. Lurbe  
J. Redon

**UNITED KINGDOM**  
M. Lobo