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

https://www.eshonline.org/meetingsevents/annual-meeting/
Editorial

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

March 29-30, 2019
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), D. Dimulescu (RO), 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
D. 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), T. Kovacs (HU)

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: R. Kalaitzidis (GR), M. Sonikian (GR), I. Liatakis (GR), L. Poulimenos (GR)
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), S. Sideris (GR), F. Lagiou (GR),
            S. Sokolovic (BA)

20.35-20.45  Discussion with the audience

20.45  END OF THE FIRST DAY MEETING
# Saturday, March 30, 2019

## 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?
  - G. Parati (IT)

- 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:** E. Agabiti-Rosei (IT), A. Coca (ES)

*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)

- In drug-induced hypertension
  - M. Azizi (FR)

- In the diagnostic algorithm for primary aldosteronism
  - G.P. Rossi (IT)

- In the very elderly
  - A. Benetos (FR)

- With stage I hypertension
  - C. Thomopoulos (GR)

**Panelists:** R. Zimlichman (IL), T. Albassam (SA), E. Sanidas (GR), A. Kollias (GR)

*Discussion with the audience*

12.19-1245  Discussion with the audience

12.45-13.15  SATELLITE SYMPOSIUM (SPONSORED BY BAYER/ELPEN)

13.15-13.45  SATELLITE SYMPOSIUM (SPONSORED BY SERVIER)

13.45-14.30  Lunch Break

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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:* I. Bolletis (GR), D. Tousoulis (GR), M. Viigimaa (EE)

14.31-14.39 With left ventricular hypertrophy
E. Agabiti-Rosei (IT)

14.40-14.48 With fibromuscular 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), K. Aggeli (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), I. Goudevenos (GR)

15.31-15.39 A 15 years old girl measures high blood pressure values
S. Stabouli (GR)

15.40-15.48 A 42-year old hypertensive female is prepared for In Vitro Fertilization (IVF)
E. Galiagkousi (GR)

15.49-15.57 An obese 35-year old female with prosthetic aortic valve became pregnant and the blood pressure starts to rise
J. Brguljan (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. Filipova (SK), C. Geladari (GR), M. Papavassiliou (GR), V. Katsi (GR)*

16.10-16.30 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:* I. Kallikazaros (GR), F. Mahfoud (DE), C. Stefanadis (GR)

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), J. Filipovsky (CZ)*

17.49-17.55 Discussion with the audience

17.55 END OF SYMPOSIUM - CLOSING REMARKS
C. Tsioufis (GR)
### SESSION DEDICATED TO ESH RESEARCH PROJECTS:

**Connecting the dots between ESH Working Groups and ESH Excellence Centres research activities**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>18.00-20.30</td>
<td>SESSION DEDICATED TO ESH RESEARCH PROJECTS:</td>
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<tr>
<td></td>
<td><strong>1st ESH RESEARCH PROJECT: BLOOD PRESSURE CONTROL IN EUROPE</strong></td>
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<td>Chairmen: G. Mancia (IT), E. Agabiti-Rosei (IT), B. Jelakovicz (HR), C. Tsioufis (GR)</td>
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<tr>
<td>18.00-18.03</td>
<td>Brief introduction</td>
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<td>C. Tsioufis (GR)</td>
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<td>18.04-18.10</td>
<td>Current status</td>
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<td>B. Jelakovicz (HR)</td>
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<td>18.11-18.16</td>
<td>The Greek experience</td>
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<td>A. Triantafyllou (GR)</td>
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<td>18.17-19.00</td>
<td>Discussion: All the leaders of the ESH WGs* and the ESH Excellence Centres**</td>
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<td><strong>2nd ESH RESEARCH PROJECT: EMERGENCY HYPERTENSION</strong></td>
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<td>Chairmen: M. Azizi (FR), K. Narkiewicz (PL), C. Tsioufis (GR)</td>
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<td>19.00-19.06</td>
<td>Emergency hypertension. What are the missing data?</td>
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<td>M.L. Muiesan (IT)</td>
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<td>19.07-19.13</td>
<td>The French experience</td>
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<td>R. Boulestreau (FR), M. Azizi (FR)</td>
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<td>19.14-19.20</td>
<td>The Greek experience</td>
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<td>K. Dimitriadis (GR), C. Fragoulis (GR)</td>
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<td>19.21-19.30</td>
<td>Discussion: All the leaders of the ESH WGs* and the ESH Excellence Centres**</td>
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<td><strong>3rd ESH RESEARCH PROJECT: ESH APP</strong></td>
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<td>Chairmen: R. Kreutz (DE), G. Parati (IT), C. Tsioufis (GR)</td>
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<td>19.51-19.57</td>
<td>Current status</td>
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<td>G. Parati (IT)</td>
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<td>19.58-20.08</td>
<td>The Greek experience</td>
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<td>D. Konstantinidis (GR), D. Soulis (GR), T. Papaioannou (GR)</td>
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<td>20.09-20.30</td>
<td>Discussion: All the leaders of the ESH WGs* and the ESH Excellence Centres**</td>
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**Update on Difficult to Control Hypertension & Related Comorbidities**
*Representatives (Chairmen) of 10 ESH Working Groups

WG ON BLOOD PRESSURE IN CHILDREN AND ADOLESCENTS: Stella Stabouli (Greece)
WG ON BLOOD PRESSURE MONITORING AND CARDIOVASCULAR VARIABILITY: George Stergiou (Greece)
WG ON ENDOTHELINS AND ENDOTHelial FACTORS: Gian Paolo Rossi (Italy)
WG ON HYPERTENSION AND THE BRAIN: Pedro Guimarães Cunha (Portugal)
WG ON HYPERTENSION AND CARDIOVASCULAR RISK ASSESSMENT IN SUBJECTS LIVING IN OR EMIGRATING FROM LOW RESOURCE SETTINgs: Pietro Amedeo Modesti (Italy)
WG ON HYPERTENSION AND THE KIDNEY: Alexandre Persu (Belgium)
WG ON HYPERTENSION AND SEXUAL DYSFUNCTION: Margus Viigimaa (Estonia)
WG ON HYPERTENSION AND THE HEART: Enrico Agabiti-Rosei (Italy)
WG ON INTERVENTIONAL TREATMENT OF HYPERTENSION: Roland E. Schmieder (Germany)
WG ON OBESITY DIABETES AND THE HIGH RISK PATIENT: Vasilios Kotsis (Greece)

**Representatives of ESH Excellence Centers

BELGIUM
A. Persu
P. Van De Borne

BOSNIA & HERZEGOVINA
S. Sokolovic

CYPRUS
F. Stylianou

CZECH REPUBLIC
R. Cifkova
J. Filipovsky

CROATIA
B. Jelakovic

ESTONIA
M. Viigimaa

FRANCE
M. Azizi
R. Boulestreet

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

HUNGURY
T. Kovacs

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
D. Dimulescu
M. Dorobantu

SERBIA
D. Lovic
V. Stojanov

SLOVAKIA
S. Filipova

SLOVENIAN
J. Brguljan

SPAIN
A. Coca

UNITED KINGDOM
M. Lobo
FACULTY

Enrico Agabiti-Rosei
Konstantina Aggeli
Tawfik Albassam
Emmanouil Andreadis
Eirini Andrikou
Aris Androulakis
Michel Azizi
Athanasios Benetos
Ioannis Bolletis
Claudio Borghi
Romain Boulestreau
Jana Brguljan
Michel Burnier
Dimitrios Chatzis
Renata Cifkova
Denis Clement
Emmanuel De Carvalho Rodrigues
Antonio Coca
Kyriakos Dimitriadis
Doina Dimulescu
Maria Dorobantu
Stella Douma
Michael Doumas
Slavomira Filipova
Jan Filipovsky
Gerasimos Filippatos
Konstantinos Filis
Christos Fragoulis
Dan Gaita
Eugenia Gkaliagkousi
Chara Geladari
Ioannis Goudevenos
Dimitrios Gourtis
Guido Grassi
Haris Grassos
Pedro Guimarães Cunha
Apostolos Hatzitolios
Efstathios Iliodromitis
Andrzej Januszewicz
Bojan Jelakovic
Jens Jordan
Jacek Kadziela
Rigas Kalaitzidis
Manolis Kallistratos
Alexandros Kasiakogias
Vicky Katsi
Niki Katsiki
Anastasios Kollias
Dimitris Konstantinidis
Eleni Koromboki
Vasilios Kotsis
Tibor Kovacs
Reinhold Kreutz
Fotini Lagiou
Georgios Latsios
Ioannis Leontsinis
Ioannis Liatakis
Melvin Lobo
Dragan Lovic
Nikolaos Magkas
Felix Mahfoud
Thomas Makris
Giuseppe Mancia
Efstathios Manios
Smaragdi Marinaki
Maria Marketou
Dimitri Mikhailidis
Pietro Amedeo Modesti
Maria Lorenza Muiesan
Krzysztof Narkiewicz
Ioannis Papadakis
Dimitris Papadopoulos
Theodoros Papaioannou
Maria Papavassiliou
Gianfranco Parati
Alexandre Persu
Dimitrios Petras
Maria Pilkidou
Andreas Pittaras
Leonidas Poulimenos
Athanasios Protogerou
Gian Paolo Rossi
Elias Sanidas
Christos Savopoulopoulos
Roland E. Schmieder
Yehonatan Sharabi
Skevos Sideris
Sekib Sokolovic
Makro Sonikian
Dimitris Soulis
Stella Stabouli
Christodoulos Stefanadis
George Stergiou
Vesna Stojanov
Filippos Stylianou
Nikolaos Tentolouris
Costas Thomopoulos
Dimitrios Tousoulis
Helena Triantafillidi
Areti Triantafyllou
Costas Tsioufis
Philippe Van de Borne
Margus Viigimaa
Dimitris Vlahakos
Nikolaos Vogiatzakis
Ioannis Zaridis
Pantelis Zebekakis
Antonios Ziakas
Reuven Zimlichman

10 | Update on Difficult to Control Hypertension & Related Comorbidities
GENERAL INFORMATION

6th Official pre-ESH International Congress Satellite Symposium
Update on Difficult to Control Hypertension and Related Comorbidities

Chairman: C. Tsioufis
Co-Chairman: R.E. Schmieder

Venue location & Dates
The official pre-ESH International Congress Satellite Symposium will be held from Friday, March 29th to Saturday, March 30rd 2019 in Athens, at BENAKI MUSEUM (138 Piraeus str., 118 54 Athens, Greece, http://www.benaki.gr)

During the Symposium there will be FREE PARKING right next to Museum for all the participants

Registration - Certificate of attendance
The registration fee for the Greek participants is 50,00 €. The registration fee for the faculty and non Greek participants is 200,00 €. All registered participants are entitled to receive a Certificate of Attendance.
The Certificate will be issued only upon display of participant badge, which will be issued by the Symposium secretariat and only upon satisfactory attendance.

Official Language
The official language of the course is English.

Exhibition
The Symposium will be accompanied by a major exhibition where pharmaceutical and/or equipment/device industries will display relevant products and therapeutic developments.

Organizing Bureau - Secretariat
Congress World, Single Member Private Company

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