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

www.eshonline.org/meetingsevents/annual-meeting/
www.ypertash.gr
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.

Despite lifestyle and pharmacological interventions, hypertensives still today suffer from uncontrolled high blood pressure. Difficult to control or resistant hypertension is also more common among patients with other comorbidities like chronic kidney disease, atherosclerotic cardiovascular disease and diabetes mellitus. These phenotypes of hypertensive patients are related with augmented cardiovascular risk and integrated management is warranted.

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 aims to propose an updated scaffold for best therapeutic strategies in high-risk hypertensives.

The Symposium’s sessions including round tables, debates and lively discussions have two main scopes: First to help physicians to understand the complex pathophysiology of hypertensive disease and to ensure successful implementation of antihypertensive management. Particularly this year there are dedicated sessions and work-shops focusing on the new hypertension guidelines with the participation of world-known experts. Participants after completion of the Symposium will be able to transform into clinical practice the medical knowledge shared in the meeting, leading to better hypertension care. Finally, with the active participation of the leaders of the ESH Working Groups and the ESH Excellence Centers the new ESH research projects will be presented and the current clinical experience will be exchanged.

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 in Milan 21-24 June 2019

Participate, learn and share your experience in this 6th Official pre-ESH Congress Satellite Symposium.

Prof. Costas Tsioufis
Chairman of the Symposium
ESH - President

Prof. Roland E. Schmieder
Co-Chairman of the Symposium
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), P. Agathangelou (CY)

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), E. 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)
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), 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)

*This Session is supported by a non restricted educational grant by Sanofi*

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<tr>
<td>11.00-11.30</td>
<td>Coffee Break</td>
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| 11.30-12.45| **ROUND TABLE I: THE DOS AND THE DON'TS IN THE MANAGEMENT OF A HYPERTENSIVE PATIENT...**
  Chairman: 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)

| 12.19-12.45| 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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6 | Update on Difficult to Control Hypertension & Related Comorbidities
14.30-15.30 **ROUND TABLE II: THE DOS AND THE DON’TS IN THE MANAGEMENT OF A HYPERTENSIVE PATIENT**
*Chairmen: I. Boletis (GR), D. Tousoulis (GR), M. Viigimaa (EE)*

14.31-14.39 With left verticular 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. Fileis (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
E. Gkaliagkousi (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)*

16.20-16.30 **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: 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), T. Weber (AT)*

17.49-17.55 **Discussion with the audience**

17.55 **END OF SYMPOSIUM - CLOSING REMARKS**
C. Tsioufis (GR)
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<tr>
<td>18.00-20.30</td>
<td><strong>SESSION DEDICATED TO ESH RESEARCH PROJECTS</strong>: Connecting the dots between ESH Working Groups and ESH Excellence Centres research activities</td>
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| 18.00-18.03 | Brief introduction
C. Tsioufis (GR) |
| **1st ESH RESEARCH PROJECT: BLOOD PRESSURE CONTROL IN EUROPE**
Chairmen: G. Mancia (IT), E. Agabiti-Rosei (IT), B. Jelakovicz (HR), C. Tsioufis (GR) |
| 18.04-18.10 | Current status
B. Jelakovic (HR) |
| 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** |
| **2nd ESH RESEARCH PROJECT: EMERGENCY HYPERTENSION**
Chairmen: M. Azizi (FR), K. Narkiewicz (PL), C. Tsioufis (GR) |
| 19.00-19.06 | Emergency hypertension. What are the missing data?
M.L. Muiesan (IT) |
| 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) |
| 19.21-19.50 | Discussion: All the leaders of the ESH WGs* and the ESH Excellence Centres** |
| **3rd ESH RESEARCH PROJECT: ESH APP**
Chairmen: R. Kreutz (DE), G. Parati (IT), C. Tsioufis (GR) |
| 19.51-19.57 | Current status
G. Parati (IT) |
| 19.58-20.08 | The Greek experience
D. Konstantinidis (GR), D. Soulis (GR), T. Papaioannou (GR) |
| 20.09-20.30 | Discussion: All the leaders of the ESH WGs* and the ESH Excellence Centres** |

* This Session is supported by a non restricted educational grant by Servier
*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**

**AUSTRIAN**
- T. Weber

**BELGIUM**
- A. Persu
- P. van De Borne

**BOSNIA & HERZEGOVINA**
- S. Sokolovic

**CYPRUS**
- F. Stylianou

**CZECH REPUBLIC**
- R. Cifkova

**CROATIA**
- B. Jelakovic

**ESTONIA**
- M. Viigimaa

**FRANCE**
- M. Azizi
- R. Boulestreau

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

**HUNGARY**
- 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

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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.

Live Streaming will be provided in specific sessions at www.livemedia.gr

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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www.congressworld.gr, info@congressworld.gr, ap@congressworld.gr