2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 - 03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel, Greece

Thursday 30 April

10.00-12.00 REGISTRATIONS

12.00-13.00 ROUND TABLE
Chairman: Kotsis V. (Thessaloniki, Greece)
- Early vascular ageing, Antza C. (Thessaloniki, Greece)
- SGLT2 inhibitors effect on blood pressure, Filippatos T. (Heraklion Crete, Greece)

Commentator: Tentzeris I. (Greece), Mantelos D. (Tripoli)

13.00-14:00 CLINICAL TRIALS UPDATE
Chairman: Doumas M (Thessaloniki, Greece)

- Risk factors control beyond hypertension to reduce cardiovascular risk, Lovic D. (Nis, Serbia)
- “An old dog doing new tricks! The role of the lipoprotein transport system in the regulation of white and brown adipose tissue energy metabolism” Kypreos K. (Patra, Greece)

Commentators: Papadakis I. (Heraklion, Greece), Ioakimidis Ch. (Thessaloniki, Greece)

14:00-17:00 LUNCH BREAK

17.00-17.30 LECTURES
Chairman: Kotsis V. (Thessaloniki, Greece)

- Obesity and chronic kidney disease Jelaković B. (Zagreb, Croatia)
- Hypotension, CVD and lessons from space research Jordan J. (Germany)

Commentators: Kakaletsis N. (Serres, Greece), Kakafika A. (Thessaloniki, Greece)
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension  
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel, Greece

17:30-18:30 New investigators present on Diabetes Chair: Siani A

10 min for each speaker younger than 35 years

18.30-19.00 LECTURES Genetics in hypertension

Chair: Kotsis V. (Thessaloniki, Greece)

- Genetic and molecular aspects of hypertension A.F. Dominiczak (UK)

- Uromodulin pathway for the blood pressure regulation and hypertension. S. Padmanabhan (UK)

19:30-20:30 sponsored Satellite Symposium

Friday May 1

10.00-11.00 ANTIHYPERTENSIVE TREATMENT

Chairmen: Kotsis V. (Thessaloniki, Greece)

- Resistant hypertension. Redon J. (Valencia, Spain)

- ESH versus USA guidelines on hypertension in children and adolescents, Lurbe E. (Valencia, Spain)

- Anemia: a challenging therapeutic target in CV protection, Kaiafa G. (Thessaloniki, Greece)

Commentators: Dimopoulos C. (Thessaloniki, Greece), Kotronis G. (Thessaloniki Greece), Katsi V. (Athens, Greece), Kasakiogas A (Athens, Greece)

11:00-13.00 ROUND TABLE: TREATMENT OF DIABETES MELLITUS

Chairman: Papazoglou D. (Alexandroupolis, Greece), Tentolouris N (Athens, Greece)

- Optimal treatment of diabetes mellitus in pregnancy, Goulis D. (Thessaloniki, Greece)
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel,Greece

- Diabetes treatment to prevent chronic kidney disease, Tsapas A. (Thessaloniki, Greece)
- DDP 4 or SGLT- 2? What is the evidence for CV protection? Papanas N. (Alexandroupolis, Greece)
- GLP1 in obesity and type2 diabetes patients, where we stand? Hatzigelaki E. (Athens, Greece)
- What we learn from the last year clinical trials in T2D Nilsson P (Malmo, Sweden)

Commentators: Skoutas D. (Thessaloniki, Greece), Anagnostis P. (Thessaloniki, Greece), Siani A. (Greece), Gourlis D (Athens, Greece)

13.00-14.00 sponsored Satellite Symposium

14.00-17.00 LUNCH BREAK

17:00-18:00 ROUND TABLE: SMOKING, OBESITY
Chairman: Savopoulos C. (Thessaloniki, Greece)

- e-Smoking and CV disease. Is there a connection? Kontakiotis T. (Thessaloniki, Greece)
- Sleep apnea and CV risk, Pataka A. (Thessaloniki, Greece)
- Infections of the respiratory system. How can they interfere with CVD?

Commentators: Zervos N. (Grevena, Greece), Apostolopoulou M. (Thessaloniki, Greece), H Grassos (Athens, Greece), Kallistratos M, Makris T

18.00-19.00 sponsored Satellite Symposium

19.00-20.00 ROUND TABLE: HOW TO TREAT?
Chairmen: Milionis H. (Ioannina, Greece), Zafeiriou D. (Thessaloniki, Greece)

- A 70 years old hypertensive patient after acute stroke, Makaritsis K. (Larissa, Greece)
- Non-stenotic carotid atherosclerosis and stroke risk’, Ntaios G. (Larissa, Greece)
- Hypertension and the brain in childhood Stabouli S. (Thessaloniki, Greece)
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel,Greece

Commentators: **Pittaras A.** (Athens, Greece), **Zarifis I.** (Thessaloniki, Greece)

**20.00-21.00 2019 GUIDELINES FOR THE MANAGEMENT OF HYPERTENSION**

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

- Guidelines for the management of hypertension **Mancia G** (Milan, Italy)
- ESH WG on obesity: Practice guidelines on the management of obesity induced hypertension and diabetes **V Kotsis** (Thessaloniki, Greece)

**21:00-21:30 sponsored Satellite lecture**

**Saturday May 2**

**10.00-11.00 ROUND TABLE: HOW TO TREAT OBESITY COMORBIDITIES**

Chairmen: **Dalekos G.** (Larissa, Greece)

- A patient with obesity, diabetes and fatty liver **Micic D.** (Belgade, Serbia)
- A patient with obesity, diabetes and dyslipidemia **Elisaf M** (Ioannina, Greece)
- A patient with obesity, diabetes and increased arterial stiffens **T. Weber** (Gratz, Austria)

Commentators: **Poikilidou M.** (Thessaloniki, Greece), **Markoglou N.** (Thessaloniki, Greece), **Andreadis E** (Athens, Greece)

**11.00-12.00 ROUND TABLE: HOW TO TREAT ATRIAL FIBRILLATION**

Chairman: **Karvounis C.** (Thessaloniki, Greece), Vassilikos V (Thessaloniki, Greece)
- Inflammation and thrombosis, **Skendros P.** (Alexandroupolis, Greece)
- How to treat a patient with atrial fibrillation, CAD and stroke. **Dimitriadis K.** (Athens, Greece)
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel,Greece

-Beat-to-beat P-wave morphology as a predictor of paroxysmal atrial fibrillation. Chouvarda I (Thessaloniki, Greece)
-e-medicine. Where we stand? Aletras A (Thessaloniki, Greece)

Commentators: Stafylas P. (Thessaloniki, Greece), Triantafylou A (Thessaloniki, Greece, Chatzis D (Athens, Greece) Ziakas A (Thessaloniki, Greece)

12.00-13.00 ROUND TABLE: HOW TO TREAT HYPERTENSION

Chairman: Stergiou G (Athens, Greece) Hatzitolios A. (Thessaloniki, Greece)

-A patient with masked uncontrolled hypertension, Parati G. (Milan, Italy)
-Renal denervation. Where new studies are driving to? Tsioufis K. (Athens, Greece)
-Lessons from metanalysis of RCTs on Hypertension Thomopoulos C (Athens, Greece)

Commentators: Kollias A (Athens, Greece), Marketou M (Crete, Greece), Triantafilidi H

13.00-14:00 sponsored Satellite Symposium

14.00-17.00 LUNCH BREAK

17.00-18.00 ROUND TABLE: HOW TO TREAT?

Chairman: Athyros V (Thessaloniki, Greece)

-A 80 years old patient with Type 2 diabetes and CKD Trakatelli C. (Thessaloniki, Greece)
-A patient with secondary hypertension, Gkaliagkousi E. (Thessaloniki, Greece)

-A patient with stage 2 hypertension and sexual dysfunction Doumas M. (Thessaloniki, Greece)
-A patient with atrial fibrillation and CKD Kreutz R. (Germany)

Commentators: Panagos Ch. (Volos, Greece), Papavasiliou M, Geladari C
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel, Greece

18.00-19.00 ROUND TABLE HYPERTENSIVE AND DIABETIC NEPHROPATHY

Chairman: Boletis I (Athens), Pasadakis (Alexandroupolis, Greece)

- Obesity and kidney disease Vlachakos D. (Athens, Greece)

- Diabetic Nephropathy Sarafidis P (Thessaloniki, Greece)

- Treatment of hyperphosphatemia and CV outcomes Haffner D

Commentators: Papoulidou F. (Kavala, Greece), Papadopoulou D (Thessaloniki), Miari F (Kavala, Greece)

19.00-20.00 ROUND TABLE HYPERTENSION

Chair: Stabouli S, Papagianni K

- Isolated nocturnal and daytime hypertension in Children Elke Wuhl (Heidelberg, Germany)

- The role of ABPM in the diagnosis of hypertension J. Brguljan (Slovenia)

- SNS in heart failure G Grassi (Milan, Italy)

20.00-20.30 MEDICINE IN REAL LIFE (Greek session)

- Education of patients in the prevention of the cardiovascular disease: Discussion for the role of press

Kotsis V. (Thessaloniki, Greece), Karagiannis A. (Thessaloniki, Greece), Anastasiadis K (Thessaloniki, Greece), Dardavesis T (Thessaloniki, Greece), Papaioannou N (Thessaloniki, Greece)

21:00 CLOSING CEREMONY
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel, Greece

FACULTY

• Prof. Karvounis Charalambos, Professor of Cardiology, First Cardiology Department, AHEPA Hospital, Aristotle University, Thessaloniki (Greece)
• Prof. Dimitrios G. Goulis, MD, PhD, Associate Professor in Reproductive Endocrinology, Medical School, Aristotle University of Thessaloniki, Unit of Reproductive Endocrinology, First Department of Obstetrics & Gynecology, Papageorgiou General Hospital, (Thessaloniki, Greece)
• Dr. Antza Christina, MSc(Res), PhD, Resident at 3rd Department of Internal Medicine, Papageorgiou Hospital, Aristotle University of Thessaloniki, (Greece)
• Prof. Makaritsis Konstantinos P., MD, PhD, Associate Professor of Internal Medicine, University of Thessaly Medical School Department of Medicine, University Hospital of Larissa, (Larissa, Greece)
• Prof. Stabouli Stella, Associate Professor Pediatric Nephrology, 1st Department of Pediatrics, Aristotle University (Thessaloniki, Greece)
• Prof. Milionis Haralampos, MD, PhD, Professor of Internal Medicine School of Medicine, University of Ioannina, (Greece)
• Prof. Dalekos George, MD, PhD, Professor of Medicine, Vice President, Institute of Internal Medicine and Hepatology, Head Department of Medicine and Research Laboratory of Internal Medicine, University Hospital of Larissa, Larissa, (Greece)
• Prof. Zebekakis Pantelis, Professor of Internal Medicine, Chairman of First Department of Internal Medicine, AHEPA University Hospital of Thessaloniki, (Greece)
• Prof. Tsapas Apostolos, MD, PhD, MSc, Professor of Medicine, Director of the Second Medical Department, Aristotle University Thessaloniki, (Greece)
• Prof. Pataka Athanasia, Assistant Professor of Respiratory Medicine, Aristotle University of Thessaloniki, Respiratory Failure Unit, G. Papanikolau Hospital, Thessaloniki, (Greece)
• Prof. Zafeiriou Dimitrios, MD, PhD, Professor in Child Neurology and Developmental Paediatrics Chair, 1st Department of Pediatrics “Hippokratio” General Hospital, Aristotle University, Thessaloniki, (Greece)
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel, Greece

- Prof. Hatziagelaki Erifili, Associate Professor of Internal Medicine & Metabolic Diseases, 2nd Dept. of Internal Medicine, Research Institute & Diabetes Center, University Hospital ”Attikon”, Medical School, National and Kapodistrian University of Athens, (Greece)
- Prof. Papazoglou Dimitrios, Professor of Internal Medicine, Medical School, Democritus University of Thrace, Director of Second Department of Internal Medicine, University Hospital of Alexandroupolis, (Greece)
- Prof. Trakatelli Christina, MD, PhD, Assistant Professor of Internal Medicine, 3rd Department of Internal Medicine, Aristotle University, Thessaloniki, (Greece)
- Prof. Hatzitolios Apostolos I., MD, PhD, FESH, Professor of Internal Medicine, Head of First Propedeutic Department of Internal Medicine, AHEPA Hospital, Medical School, Aristotle University of Thessaloniki, Vice-president of Internal Medicine Society of Greece, Vice-president of Hellenic Professional Union of Internists, (Thessaloniki, Greece)
- Prof. Savopoulos Christos G., Professor of Internal Medicine, 1st Medical Propedeutic Department of Internal Medicine, Stroke Unit, Aristotles University of Thessaloniki, AHEPA University Hospital, (Thessaloniki, Greece)
- Prof. Athanasios J. Manolis, Director, Department of Cardiology, “Asklepeion” General Hospital, Athens, (Greece)
- Prof. Gkaliagkousi Eugenia, PhD King’s College of London, Assistant Professor in Internal Medicine, Aristotle University of Thessaloniki, (Greece)
- Prof. Filippatos Theodosios, MD, MSc, PhD, Assistant Professor of Internal Medicine, Department of Internal Medicine, University Hospital of Heraklion, (Greece)
- Prof. Dr. Kreutz Reinhold, Institute of Clinical Pharmacology and Toxicology, Charité - University Medicine Berlin, President of European Society of Hypertension, (Berlin, Germany)
- Prof. Kiaifa Georgia, Assistant Professor of Hematology, 1st Propedeutic Dept. of Internal Medicine, Aristotle University of Thessaloniki, AHEPA University Hospital, (Thessaloniki, Greece)
- Prof. Kypreos Kyriakos, Professor of Pharmacology, Chairman of Pharmacology Laboratory, University of Patras, School of Health Sciences, Department of Medicine, Pharmacology Laboratory Panepistimioupolis, (Patra, Greece)
- Academician Professor Micic Dragan, Secretary, Department of Medical Sciences, Serbian Academy of Science and Arts, (Belgrade, Serbia)
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel,Greece

- Prof. Peter M. Nilsson, Lund University, (Malmo, Sweden)
- Prof. Lurbe Empar, EMD PhD FAHA, Head of Pediatrics, University General Hospital Consortium of Valencia, University of Valencia, CIBEROObn, Carlos III Health Institute, Vice President of European Society of Hypertension, (Valencia, Spain)
- Prof. Redon Jose, University Clinic Hospital of Valencia, University of Valencia, CIBEROObn, Carlos III Health Institute (Valencia, Spain)
- Prof. Jelakovic Bojan, Department of Nephrology, Hypertension, Dialysis and Transplantation, School of Medicine University of Zagreb, Officer-at-large, European Society of Hypertension Excellence Centres Programme, (Zagreb, Croatia)
- Prof. Lovic Dragan, FESC, FACP, Clinic for Internal disease Intermedica, Cardiology department, Hypertensive Centre (Nis, Serbia)
- Prof. Parati Gianfranco, MD, FESC, Professor of Cardiovascular Medicine, Department of Medicine and Surgery, University of Milano-Bicocca, Scientific Director and Head of Department of Cardiovascular Neural and Metabolic Sciences, San Luca Hospital, Istituto Auxologico Italiano, IRCCS, (Milan, Italy)
- Prof. Tsioufis Konstantinos, MD, FESC, FACC, Professor of Cardiology, National and Kapodistrian University of Athens, Greece, ex-President of Hellenic society of Cardiology, ex-President of European Society of Hypertension
- Dr. Tentzeris Ioannis
- Dr. Mantelos Dionyssios, MD, Phd Physician, Internal Medicine Specialist Educated in primary prevention and therapy of cardiometabolic disease. Member of Hellenic Atherosclerosis Society. (Tripolis, Arcadia, Greece)
- Dr. Papadakis Ioannis, Cardiologist, (Heraklion, Greece)
- Dr. Ioakimidis Charalampos, General Doctor, (Thessaloniki, Greece)
- Dr. Kakaletsis Nikolaos, Internist MD, MSc, Phd Candidate Medical School, Aristotle University of Thessaloniki
- Dr. Kakafika Anna, Internist, (Thessaloniki, Greece)
- Dr. Dislian Valentina, General Doctor, (Xanthi, Greece)
- Dr. Delivoria Chrysanthi, Pathologist, (Thessaloniki, Greece)
- Dr. Dimopoulos Charilaos, (Thessaloniki, Greece)
- Dr. Kotronis Georgios, Internist, Scientific Associate, 2nd Propaedeutic Department of Internal Medicine, Ippokrateio General Hospital, (Thessaloniki, Greece)
- Dr. Skoutas Dimitrios, MD,PhD Internal Medicine Physician -Specialist in Diabetes Mellitus , Scientific Director < Sarafianos> Private Hospital, Head
2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel, Greece

of Pathological Sector of Rehabilitation Center <Anagennisi> (Thessaloniki, Greece)

- **Dr. Anagnostis Panagiotis**, PhD, MSc, FRSPH, Endocrinologist, Division of Endocrinology, Police Medical Centre of Thessaloniki, Research Fellow, Unit of Reproductive Endocrinology, First Department of Obstetrics and Gynecology, Medical School, Aristotle University of Thessaloniki, (Greece)
- **Dr. Siani Alexandra**, MD, M.Sc., Director of Department of Internal Medicine and Diabetic Clinic, General Hospital of Athens "Elpis", (Athens, Greece)
- **Dr. Zervos Nikolaos**, Internal Medicine Clinic, General Hospital of Grevena. (Grevena, Greece)
- **Prof. Apostolopoulos Martha**, Pathologist, (Thessaloniki, Greece)
- **Prof. Ntaios Georgios**, Assistant Professor of Internal Medicine, Department of Internal Medicine, University of Thessaly. Secretary General, Hellenic Stroke Organization. (Greece)
- **Dr. Zerakis Nikolaos**, General Doctor, (Thessaloniki, Greece)
- **Prof. Giannakoulas Georgios**, Assistant Professor of Cardiology AUTH, 1st University Cardiology Clinic, AHEPA Hospital, (Thessaloniki, Greece)
- **Dr. Koskinas Konstantinos**, Cardiologist, (Thessaloniki, Greece)
- **Dr. Mpoufidou Amalia**, Cardiologist, (Thessaloniki, Greece)
- **Dr. Sfikas Georgios**, Pathologist, (Thessaloniki, Greece)
- **Prof. Doumas Michael**, Associate Professor, Internal Medicine Aristotle University, (Thessaloniki, Greece)
- **Dr. Panagos Christos**, Pathologist, (Volos, Greece)
- **Dr. Lisitska Katerina**, Nephrologist, (Thessaloniki, Greece)
- **Dr. Kalaizidis Rigas**, Nephrologist, (Ioannina, Greece)
- **Prof. Kontakiotis Theodoros**, Professor of Pulmonology, Aristotle University of Thessaloniki, Head of the Pulmonary-Tuberculosis Department “G. Papanikolaou” General Hospital, (Thessaloniki, Greece)
- **Prof. Karagiannis Asterios**, Professor of Internal Medicine, Head of the 2nd Propedeutic Department of Internal Medicine, President of the Medical School, Aristotle University of Thessaloniki, (Greece)
- **Prof. Vlachakos Dimitrios**, Ph.D., Professor of Medicine and Nephrology, National Kapodistrian Athens University Medical School Director, Renal Unit, ATTIKON University Hospital, (Athens, Greece)
- **Prof. Papanas Nikos**, Professor Internal Medicine-Diabetes, Alexandroupolis, Greece
- **Kyriakos Dimitriadis**, Consultant Cardiologist, Cardiology Department Hippokration Hospital (Athens, Greece)
- **Panagos Ch.** MD MEMBER OF ESH, (Volos, Greece)
- Katsi Vasiliki, Cardiologist, MD PhD, ESH Specialist Hippocrates Athens Hospital (Athens, Greece)