



European Society of Hypertension

7th Official pre-ESH Congress
Satellite Symposium

Live streaming link:
<https://www.livemedia.gr/7hypertension>



DIFFICULT TO CONTROL **HYPERTENSION** & RELATED COMORBIDITIES



Hellenic Society
of Hypertension



ESH Working Group
Interventional treatment
of Hypertension



University of Athens
School of Medicine



Hellenic Cardiological Society
Working Group
Arterial Hypertension

11-12 SEPTEMBER **2020**

Benaki Museum **Amphitheater**

138 Piraeus Street, **ATHENS**

Chairman: **C. Tsioufis**

Co-chairman: **R.E. Schmieder**

Focused sessions on Renal Denervation
and ESH Research projects with the
participation of ESH WGs
and Excellence Centers

Editorial

Dear Colleagues,

We are really very happy to welcome you again in Athens at the postponed **7th Official pre-ESH International Congress Satellite Symposium**, entitled **“Update on difficult to Control Hypertension and Related Comorbidities”**, on **11-12 September, 2020**.

In light of the current circumstances of the COVID-19 pandemic we adapted the format of our meeting towards **an innovative hybrid way: limited physical presence and virtual participation**. Accordingly, despite some unavoidable changes, the program of the meeting continues to keep its own distinct characteristics.

Firstly, the short duration of presentations along with the assignment of one panelist per speaker makes the meeting more interactive with the active participation of the leaders of ESH Excellence Centers, representing more than 30 ESH Affiliated European Hypertension Societies.

Secondly, a number of sessions under the general title “Connecting the Dots Between Lifestyle Modifications, Drug Therapy and Renal Denervation in the Management of Hypertension in 2020” will give us the chance to discuss many aspects related to Renal Denervation in light of the recent important trial results.

Last but not least, following the successful experience from last year, a special session dedicated to ESH Research Projects is included in the program with the expectation that this initiative will strengthen the relations between leaders of ESH Excellence Centers.

Participants who are taking care of hypertensive patients (Cardiologists, Internists, Nephrologists, and General Practitioners) after completion of the Symposium will be able to transform into clinical practice the medical knowledge shared in the meeting, leading to better hypertension management.

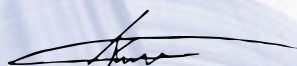
Having the above in mind, we are really excited to share with you the final scientific program incorporating the knowledge of international experts as a foretaste of the main meeting of the ESH in Glasgow that will take place from 11 to 14 April 2021.

Stay tuned, participate, connect and learn.

Live the experience of the 7th Official pre-ESH Congress Satellite Symposium.

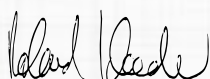
Live streaming link: <https://www.livemedia.gr/7hypertension>

Costas Tsioufis



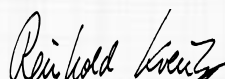
Chairman of the symposium
Immediate past President of ESH

Roland E. Schmieder



Co-Chairman of the Symposium

Reinhold Kreutz



President of ESH

FINAL SCIENTIFIC PROGRAM

UPDATE ON DIFFICULT TO CONTROL HYPERTENSION AND RELATED COMORBIDITIES

Friday, September 11, 2020

08.30 REGISTRATIONS

09.00-11.00 **Workshop I: Update on the Research tools in hypertension**

Chairmen: D. Alexopoulos (GR), M. Dorobantu (RO)

09.02-09.08 The microcirculation and Capillary network

S. Sokolovic (BA)

09.09-09.15 The aortic stiffness

M. Lopez-Sublet (FR)

09.16-09.22 The MSNA

K. Dimitriadis (GR)

09.23-09.29 Transcutaneous electro-stimulator for blood pressure control

D. Lovic (RS)

09.30-09.36 The ABPM

A. Kollias (GR)

09.37-09.43 The Urinary albumin excretion ratio

N.R. Robles (ES)

09.44-09.50 Renal resistive index

I. Andrikou

09.51-09.57 The MicroRNA

M. Marketou (GR)

09.58-10.04 Endothelial microvesicles

E. Gkaliagkousi (GR)

10.05-10.11 Cardiorespiratory fitness

A. Pittaras (GR)

10.12-10.18 Global myocardial longitudinal strain

C. Grassos (GR)

10.19-11.00 Discussion with the audience

11.00-11.15 Coffee break

11.15-13.30 **Workshop II: Hypertension, Diabetes Mellitus and heart failure**

11.15-12.15 **Diagnostic aspects**

Chairmen: G. Lambadiari (GR), Th. Markis (GR), K. Makrylakis (GR)

11.16-11.26 Accurate measurement of blood pressure in a diabetic obese patient

V. Kotsis (GR)

11.27-11.37 A hypertensive, diabetic patient with dyspnea. Diagnostic approach in clinical practice

J. Brguljan (SI)

11.38-11.48 Should an asymptomatic hypertensive diabetic patient undergo a stress test?

H. Triantafilidi (GR)

11.49-11.59 Does long term uncontrolled hypertension is synonymous to HFpEF?

D. Farmakis (GR)

12.00-12.15 Panelists: **E. Andrikou (GR), I. Leontsinis (GR), L. Poulimenos (GR), A. Kasiakogias (GR)**

Discussion with the audience

Friday, September 11, 2020

- 12.15-13.30** Update on the treatment of HF (HFpEF vs HFrEF). Evidence and expectations. Clinical cases
Chairmen: **I. Kanakakis (GR), G. Filippatos (GR), A.H. Magdy (EG)**
- 12.16-12.26** What is the role of MRAs?
M. Kallistratos (GR)
- 12.27-12.37** What is the role of Sacubitril Valsartan?
C. Chrysochoou (GR)
- 12.38-12.48** What is the role of SGLT2 inhibitors?
A. Kokkinos (GR)
- 12.49-12.59** What is the role of diuretics?
V. Bistola (GR)
- 13.00-13.10** What is the role of devices?
A. Ziakas (GR)
- 13.10-13.30** Panelists: **E. Oikonomou (GR), I. Tsoungkos (GR), I. Eleftheriadou (GR), M. Sonikian (GR), E. Sanidas (GR)**
Discussion with the audience
- 13.30-14.00** Light lunch
- 14.00-14.30** **SATELLITE LECTURE (WINMEDICA)**
- 14.30-15.45** **ROUND TABLE I: HOT TOPICS IN THE MANAGEMENT OF HYPERTENSION**
Chairmen: **P. Agathangelou (CY), A. Postadzhiyan (BG), E. Hatziagelaki (GR)**
- 14.31-14.43** OSAS in CKD
F. Mallamaci (IT)
- 14.44-14.56** Vascular aging and stroke
C. Savopoulos (GR)
- 14.57-15.09** How to prevent dementia
A. Coca (ES)
- 15.10-15.22** Management of hypertension post stroke
E. Koromboki (GR)
- 15.23-15.45** Panelists: **K. Damianaki (GR), G. Georgiopoulos (GR), I. Papadakis (GR), E. Andreadis (GR)**
Discussion with the audience
- 15.45-17.00** **ROUND TABLE II: TREATING HYPERTENSION AND UNEXPECTED SITUATIONS**
Chairmen: **G. Stergiou (GR), P. Zebekakis (GR), M. Burnier (CH)**
- 15.46-15.58** RAS blockers and COVID -19. An update
R. Kreutz (DE)
- 15.59-16.11** Opposing effects of RAS and SGLT2 inhibitors on erythropoiesis
D. Vlahakos (GR)
- 16.12-16.24** Antineoplastic drugs and hypertension
R. Kalaitzidis (GR)
- 16.25-16.37** Treating hypertension in a patient with Parkinson disease
Y. Sharabi (IL)
- 16.38-17.00** Panelists: **D. Dimulescu (RO), K. Konstantinou (GR), D. Gourllis (GR), N. Magkas (GR)**
Discussion with the audience
- 17.00-17.15** Coffee Break

Friday, September 11, 2020

17.15-18.15 **ROUND TABLE III**

Therapeutic approach of hypertension in specific conditions

Chairmen: **I. Bolletis (GR), E. Lurbe (ES), D. Petras (GR)**

17.16-17.26 In adolescents with isolated systolic hypertension

A. Protogerou (GR)

17.27-17.37 In very elderly frail patients

A. Benetos (GR)

17.38-17.48 In pregnant woman during the peripartum period

R. Cifkova (CZ)

17.49-17.59 In patients on dialysis

P. Sarafidis (GR)

18.00-18.15 Panelists: **S. Stabouli (GR), D. Papadopoulos (GR), M. Pikilidou (GR), S. Marinaki (GR)**

Discussion with the audience

18.15-19.30 **ROUND TABLE IV**

How to approach hypertension in specific conditions

Chairmen: **D. Vlahakos (GR), M. Glover (UK), Douma S. (GR)**

18.16-18.28 When and how to screen for genetic forms of hypertension?

F. Luft (DE)

18.29-18.41 When and how to screen for FMD

A. Persu (BE)

18.42-18.54 Excluding primary aldo is not an easy task.

G. Kaltsas (GR)

18.55-19.07 Thyroid disorders and Hypertension

M. Peppas (GR)

19.08-19.30 Panelists: **V. Katsi (GR), C. Geladari (GR), H. Michalopoulou (GR), H. Mostratou (GR)**

Discussion with the audience

Saturday, September 12, 2020

08.45 **WELCOME ADDRESS** (C. Tsioufis, R.E. Schmieder, Reinhold Kreutz)

09.00-10.30 **SPECIFIC SESSION: 2 YEARS AFTER THE NEW EUROPEAN HYPERTENSION GUIDELINES. ARE THE RECOMMENDATIONS STILL UPDATE REGARDING...**

Chairmen: **R. Kreutz (DE), C. Tsioufis (GR), R.E. Schmieder (DE)**

09.02-09.10 Which BP should be used

G. Mancia (IT)

09.11-09.19 The treatment of hypertension in the elderly

E. Agabiti-Rosei (IT)

09.20-09.28 The treatment of hypertension in CKD

J. Redon (ES)

09.29-09.37 The treatment of hypertension in CAD

A. Manolis (GR)

09.38-09.46 The position of beta blockers

C. Thomopoulos (GR)

09.47-09.56 The SPC strategy at the initial visit

K. Narkiewicz (PL)

09.57-10.05 The management of white coat hypertension

G. Parati (IT)

10.06-10.14 The management of masked hypertension

G. Stergiou (GR)

10.15-10.30 Discussion with the audience

Saturday, September 12, 2020

10.30-11.00 Coffee Break

11.00-11.30 **SATELLITE LECTURE (ASTRA ZENECA)**

CONNECTING THE DOTS BETWEEN LIFESTYLE MODIFICATIONS, DRUG THERAPY AND RENAL DENERVATION IN THE MANAGEMENT OF HYPERTENSION IN 2020

* This Session is supported by a non-restricted educational grant by Medtronic and Recor

PART I: THE ROLE OF LIFE STYLE MODIFICATIONS AND DRUGS IN DIFFICULT TO CONTROL HYPERTENSION

11.30-12.45

Chairmen: **A. Hatzitolios (GR), E. Iliodromitis (GR), C.Vlachopoulos (GR)**

11.32-11.44 Daily exercise is crucial

D. Gaita (RO)

11.45-11.57 Managing high uric acid is clinically relevant

C. Borghi (IT)

11.58-12.10 Addition of spironolactone/clonidine is enough to fix the problem

P. Van de Borne (BE)

12.11-12.23 Managing the non-adherent patient is always challenging

J. Vaclavik (CZ)

12.24-12.45 Panelists: **F. Stylianou (CY), I. Andrikou (GR), P.Iliakis (GR), C.Georgakopoulos (GR)**

Discussion with the audience

12.45-13.15 Lunch Break

PART II: RENAL DENERVATION IN HYPERTENSION. WHERE DO WE STAND

13.15-14.30

Chairmen: **N.Chapman (UK), M. Azizi (FR)**

13.17-13.29 Evidence of radiofrequency ablation RDN as an antihypertensive treatment

D. Kandzari (US)

13.31-13.43 Evidence of ultrasound RDN as an antihypertensive treatment

M. Azizi (FR)

13.45-13.58 Effects beyond BP reduction

Grassi G. (IT)

13.59-14.11 Procedural Success Marker

F. Mahfoud (DE)

14.12-14.30 Panelists: **S.Taddei (IT), F.Mahfoud , M.Doumas (GR), S.Eckert (DE)**

Discussion with the audience

PART III: RENAL DENERVATION IN HYPERTENSION. WHAT ARE THE OPEN QUESTIONS?

14.30-15.45 *Chairman: Grassi G. (IT), M. Volpe (IT), F. Mahfoud (DE)*

14.31-14.41 Identification of BP responders to RDN
T. Weber (AT)

14.42-14.52 Patient preference/non-adherence
A. Pathak (FR)

14.53-15.03 Patient with Resistant hypertension
A. Januszewicz (PL)

15.04-15.14 Patient with isolated systolic / systolodiastolic HTN
V. Papademetriou (US)

15.15-15.25 Should Guidelines recommendations for RDN be revisited?
R.E. Schmieder (DE)

15.26-15.45 Panelists: **A. Prejbisz (PL), J.Davies (UK), M. Burnier (CH), J. Kadziela (PL), C.Rump Lars (DE)**
Discussion with the audience

PART IV: PANEL DISCUSSION: RENAL DENERVATION IN 2020. WHAT ARE THE PERSPECTIVES OF THE VARIOUS STAKEHOLDERS?

15.45-16.45 *(Who to treat, what is missing to initiate guidance and use of RDN in appropriate patients)*

Chairmen: V.Papademetriou (US), R.E. Schmieder (DE), J. Davies (FR)

15.46-15.54 The nephrological perspective
J.A. Garcia Donaire (ES)

15.55-16.03 The cardiological perspective
J. Weil (DE)

16.04-16.12 The interventionalist's perspectives
J. Davies (FR)

16.13-16.21 The hypertensiologist's perspective
M. Dumas (GR)

16.22-16.45 Perspectives from outside Europe
L. Abid (TN), A.H. Magdy (EG), T. Albassam (SA), R.Zimlichman (IL)

Discussion with the audience

16.45-18.00 SESSION DEDICATED TO ESH RESEARCH PROJECTS: ALL THE LEADERS OF THE ESH WGS* AND THE ESH EXCELLENCE CENTRES**

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

1st ESH Research Project: Emergency hypertension

Coordinators: **M.L. Muiesan (IT), C. Tsioufis (GR)**

The Greek experience

C. Fragoulis (GR), K. Dimitriadis (GR)

The French experience

R. Boulestreau (FR)

The Italian experience

M. Salvetti (IT)

2nd ESH Research Project: Blood Pressure control in Europe

Coordinators: **E. Agabiti-Rosei (IT), B. Jelakovic (HR), R. Kreutz (DE)**

Current status

B. Jelakovic (HR)

Preliminary data

A. Triantafyllou (GR)

3rd ESH Research Project: ESH APP

Coordinators: **G. Parati (IT), T. Weber (AT)**

Current status

G. Parati (IT)

The Greek experience

D. Konstantinidis (GR), D. Soulis (GR), T. Papaioannou (GR)

4th ESH Research project: COVID-19 Survey

Coordinator: **R. Kreutz (DE)**

Presenter: **T. Weber (AT)**

Renal artery stenting in resistant arterial hypertension

Presenter: **J. Vaclavik (CZ)**

18.00-18.30 END OF SYMPOSIUM - CLOSING REMARKS

SATELLITE LECTURES

Friday, September 11, 2020

14.00-14.30 SATELLITE LECTURE (WINMEDICA) p. 5

Ο ρόλος του σταθερού συνδυασμού βισοπρολόλης /αμλοδιπίνης στην αντιμετώπιση των υπερτασικών ασθενών

Πρόεδρος: Κ. Τσιούφης

Ομιλητής: Θ. Μακρής

Saturday, September 12, 2020

11.00-11.30 SATELLITE LECTURE (ASTRA ZENECA) p. 7

Γεφυρώνοντας το Καρδιαγγειακό φάσμα. Από την DECLARE στη DAPA-HF

Πρόεδρος: Κ. Τσιούφης

Ομιλητής: Α. Πιτταράς