



Organizer:
Working Group on Obesity, Diabetes and the High Risk Patient
EUROPEAN SOCIETY OF HYPERTENSION



2021 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient

EUROPEAN SOCIETY OF HYPERTENSION

24-27 June 2021
Hotel Blue Lagoon Princess
Poligiros, Chaldikiki, Greece

For further information please visit
Site: www.obesitydiabeteswg.eu - www.eshonline.org
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Dear friends,

We welcome you to the 2021 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient of the European Society of Hypertension, in Chalkidiki, Greece.

Chalkidiki is the perfect place to get together, explore the new horizons in our specialty, and expand our knowledge. Every year we ask ourselves 'Can we make it better?', and we believe that this year we have reached new heights. In addition to the usual suspects, we have recruited in the organizing team new blood. Specialists in Obesity, Diabetes and Hypertension, will present up to-date knowledge about diagnosis – prevention and treatment.

We shall be able to convey new and established fact, but, above all, a way of approaching clinical problems which will allow all of us to come back from this experience enriched. There will be also round tables and various interesting lectures. Everyone who will participate, will get 1 out of 6 credits so they can claim to become specialists in hypertension from the ESH.

Take the opportunity to participate in 2021 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension, discuss with experts in a friendly environment and enjoy the Greek Nature in a beautiful seaside setting.

Best regards,

Prof. VASILIOS KOTSIS

Chairman of the Working Group on Obesity,
Diabetes and the High Risk Patient of the European Society of Hypertension

THURSDAY JUNE 24

13.00-17:00 REGISTRATIONS

17.00-18.00 ROUND TABLE: HOW TO TREAT?

Chairman: *Kotsis V.* (Thessaloniki, Greece)

A 80 years old patient with Type 2 diabetes and CKD

Trakatelli C. (Thessaloniki, Greece)

A patient with secondary hypertension

Doumas M. (Thessaloniki, Greece)

Strict glycemic control. Is it helpful for the prevention of Cardiovascular disease in patients with Diabetes Mellitus?

Didangelos T. (Thessaloniki, Greece)

Commentators: *Panagos Ch.* (Volos, Greece), *Papavasiliou M.*, *Vasilakou D.* (Thessaloniki, Greece), *Stamouli E.* (Thessaloniki, Greece)

18.00-19.00 ROUND TABLE HYPERTENSIVE AND DIABETIC NEPHROPATHY

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

SARS-COV-2 and the kidney *Marinaki S.* (Athens, Greece)

Obesity and kidney disease *Miari F.* (Kavala, Greece),

Fibromuscular Dysplasia, from a rare cause of renovascular hypertension to a systemic arterial disease

Persu A. (Brussels, Belgium)

The direct effects of chronic kidney disease in the Immune System integrity *Stangou M.* (Thessaloniki, Greece)

19.00-20.00 SKIN, HYPERTENSION AND CVD

Chairman: *Ioannidis D.* (Thessaloniki, Greece), *Lazaridou E.* (Thessaloniki, Greece)

Drug-induced skin reactions due to agents often used in cardiovascular diseases, *Patsatsi A.* (Thessaloniki, Greece)

Hydrochlorothiazide and Risk of Non-melanoma Skin Cancer

Trakatelli M. (Thessaloniki, Greece)

20.00-21.00 ROUND TABLE: HOW TO TREAT OBESITY COMORBIDITIES

Chairman: *Goulis I.* (Thessaloniki, Greece)

A patient with obesity, diabetes, and dyslipidemia

Liberopoulos E. (Ioannina, Greece)

A patient with obesity and NASH *Sinakos E.* (Thessaloniki, Greece)

Hepatocellular Carcinoma and Metabolic Syndrome: the role of surgery *Tsoufas G.* (Thessaloniki, Greece)

Commentators: *Bellou A.* (Volos, Greece)

FRIDAY JUNE 25

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

Chairman: *Karvounis C.* (Thessaloniki, Greece),

How to treat an obese patient with atrial fibrillation: Data on DOACs *Savvari P.* (Athens, Greece)

How to treat a patient with COVID and thrombosis *Kaiafa G.* (Thessaloniki, Greece)

History of Hypertension and normal Blood Pressure definition *Zimlichman R.* (Tel Aviv, Israel)

Commentators: *Triantafylou A.* (Thessaloniki, Greece), *Marketou M.* (Crete, Greece), *Anthopoulos A.* (Thessaloniki, Greece)

11.00-12.00 **ROUND TABLE**

Chairman: *Kotsis V.* (Thessaloniki, Greece)

Hypertension in ESRD *Liakopoulos V.* (Thessaloniki, Greece)

Early vascular ageing, *Antza C.* (Thessaloniki, Greece)

12.00-13:00 **CLINICAL TRIALS UPDATE**

Chairman: *Papagianni A.* (Thessaloniki)

Estimated pulse wave velocity is a predictor of cardiovascular mortality in general population *Jelaković B.* (Zagreb, Croatia)

Single pill combination treatment for patients with coronary artery disease and hypertension *Kotsis V.* (Thessaloniki, Greece)

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

13:00-14:00 SATELLITE LECTURE/ΔΡΥΦΟΡΙΚΗ ΔΙΑΛΕΞΗ ASTRA ZENECA



14:00-17:00 LUNCH BREAK

17.00-18.00 LECTURES

Chairman: *Liakopoulos V.* (Thessaloniki, Greece), *Stangou M.*

A practical approach to switch from a multiple pill therapeutic strategy to a polypill-based strategy for cardiovascular prevention in patients with hypertension *Coca A.*, (Barcelona, Spain)

Resistant hypertension *Redon J.* (Valencia, Spain)
Kotsis V. (Thessaloniki, Greece)

Commentators: *Kakaletsis N.* (Serres, Greece), *Kakafika A.* (Thessaloniki, Greece), *Lazaridis A.* (Thessaloniki, Greece), *Sfikas G.* (Thessaloniki, Greece)

18.00-19.00 LECTURES CHILDREN AND ADOLESCENTS

Chairman: *Stabouli S.* (Thessaloniki, Greece), *Lurbe E.* (Valencia, Spain)

Cardiovascular Risk in Obese Children, *Lurbe E.* (Valencia, Spain)

Hypertension in children with kidney diseases,
Drozd D. (Kraków, Poland)

Preterm birth, kidney function and BP in childhood,
Chainoglou A. (Thessaloniki, Greece)

Lifestyle interventions for hypertension in childhood,
Stabouli S. (Thessaloniki, Greece)

Commentators: *Chrysaidou K.* (Thessaloniki, Greece)

19.00-20.00 LECTURES COVID AND HYPERTENSION

Chairman: *Savopoulos Ch.* (Thessaloniki, Greece), *Kotsis V.* (Thessaloniki, Greece)

COVID and RAS *Kreutz R.* (Berlin, Germany)

Lifestyle, psychological, socioeconomic and environmental factors and their impact on hypertension during the coronavirus disease 2019 pandemic *Januszewicz A.* (Warsaw, Poland)

The emerging role of neutrophils in essential hypertension
Skendros P. (Alexandroupolis, Greece)

Was corona-virus pandemic compromised routine care for hypertension?

Dorobantu M. (Boukarest, Romania)

Commentators: **Katsi V.** (Athens, Greece), **Kallistratos M.** (Athens, Greece)

20:00-21:00 **SATELLITE LECTURE/ΔΟΥΦΟΡΙΚΗ ΔΙΑΛΕΞΗ VIATRIS**



SATURDAY JUNE 26

9.30-10.00 **ROUND TABLE: HOW TO TREAT HYPERTENSION**

Chairman: **Sianos G.** (Thessaloniki, Greece)

A patient with masked uncontrolled hypertension

Parati G. (Milan, Italy)

Commentators: **Kollias A.** (Athens, Greece), **Triantafilidi H.**,
Apostolopoulou M. (Thessaloniki, Greece)

10.00-12.00 **ROUND TABLE: TREATMENT OF DIABETES MELLITUS**

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

New anti-diabetic drugs: Their efficacy beyond glucose regulation

Hatziagelaki E. (Athens, Greece)

Commentators: **Natsis M.** (Thessaloniki, Greece), **Goulopoulou S.** (Thessaloniki, Greece)

Optimal treatment of diabetes mellitus in pregnancy, Goulis D.

(Thessaloniki, Greece)

Commentators: **Kourtoglou G.** (Thessaloniki, Greece) **Anagnostis P.** (Thessaloniki)

Choosing diabetes treatment based on background cardiovascular risk: what is the evidence? Tsapas A. (Thessaloniki, Greece)

Commentators: **Skoutas D.** (Thessaloniki, Greece), **Bougiouka P.M.** (Athens, Greece)

DDP 4 or SGLT- 2? What is the evidence for renal protection?

Papanas N. (Alexandroupolis, Greece)

Commentators: *Ganotopoulou A.* (Athens, Greece) *Vasileiou A.* (Thessaloniki, Greece), *Manes Ch.* (Thessaloniki, Greece), *Katsiki N.* (Thessaloniki, Greece)

The PolyPill strategy in cardiovascular prevention - relevant for patients with diabetes? *Nilsson P.* (Malmo, Sweden)

12:00-13:00 SPONSORED SATELLITE SYMPOSIUM VIANEX



13:00-14:30 SPONSORED SATELLITE SYMPOSIUM BOEHRINGER



14.30-18.00 LUNCH BREAK

18:00-19:00 ROUND TABLE: SMOKING, RESPIRATORY SYSTEM AND CVD

Chairman: *Kioumis I.* (Thessaloniki, Greece)

e-Smoking and CV disease. Is there a connection?

Kontakiotis T. (Thessaloniki, Greece)

Obstructive Sleep apnea and the long-term effect of continuous positive airway pressure on blood pressure in patients with resistant hypertension, *Pataka A.* (Thessaloniki, Greece)

Diabetes mellitus and Tuberculosis *Manika A.* (Thessaloniki, Greece)

19.00-20:00 ROUND TABLE: HOW TO TREAT?

Chairman: *Kotsis V.* (Thessaloniki, Greece)

A 70 years old hypertensive patient after acute stroke,

Makaritsis K. (Larissa, Greece)

A patient with ischemic stroke and ipsilateral non-stenotic carotid stenosis, *Ntaios G.* (Larissa, Greece)

A patient with CKD and Non-valvular Atrial Fibrillation

Tselepis A. (Ioannina, Greece)

How to treat CAD patient with Hyperuricemia and gout

Borghesi C. (Bologna, Italy)

Commentators: *Zarifis I.* (Thessaloniki, Greece), *Tziomalos K.* (Thessaloniki, Greece)

20.00-20.45 2021 GUIDELINES FOR THE MANAGEMENT OF HYPERTENSION

Chairman: *Manolis A.* (Athens, Greece), *Tsioufis K.* (Athens, Greece)

Hypertension and Covid-19 *Mancia G.* (Milan, Italy)

The role of adherence in non communicable disease

Sykara G. (Athens, Greece)

20.45-21.30 **MEDICINE IN REAL LIFE** (Greek session)

**The role of social media and the press in the prevention of disease:
Fake news versus evidence-based medicine.**

Coordinators: **Kotsis V.** (Thessaloniki, Greece), **Karagiannis A.**
(Thessaloniki, Greece), **Anastasiadis K.** (Thessaloniki, Greece)

Η θέση της Ειδικής Μονάδας Βιοϊατρικής Έρευνας και Εκπαίδευσης ΑΠΘ
στην ιατρική έρευνα, **Karagiannis A.** (Thessaloniki, Greece)

Discussion PANEL: Pharmaceutical industries

Tv and newspapers journalists

21:30 **CLOSING CEREMONY**

**Certificate of attendance will be given to the
participants that will attend more than 60%
of the scientific program**

SATELLITE LECTURES

Friday June 25



SATELLITE LECTURE/ΔΟΥΡΥΦΟΡΙΚΗ ΔΙΑΛΕΞΗ ASTRA-ZENECA

Αντιμετωπίζοντας το ΚαρδιοΝεφροΜεταβολικό φάσμα στον ασθενή με ΣΔτ2 από την αρχή μέχρι το τέλος

Chairman / Προεδρείο: *Papanas N.*

Lecturer / Ομιλητής: *Hatziagelaki E.* Περιγράφοντας τον καθημερινό ασθενή με ΣΔτ2, μέσα από τις μελέτες καρδιαγγειακών εκβάσεων

Lecturer / Ομιλητής: *Savopoulos C.* Νεότερα δεδομένα στη διαχείριση του διαβητικού ασθενή με καρδιακή ανεπάρκεια και χρόνια νεφρική νόσο



SATELLITE LECTURE/ΔΟΥΡΥΦΟΡΙΚΗ ΔΙΑΛΕΞΗ VIATRIS

Χορήγηση στανινών σε ηλικιωμένους. Πότε και πως

Chairman / Προεδρείο: *Kotsis V. / Κώτσης B.*

Lecturer / Ομιλητής: *Ιωάννης Ευθυμιάδης*

Saturday June 26



SPONSORED SATELLITE SYMPOSIUM VIANEX

Η έγκαιρη παρέμβαση στη Δυσλιπιδαιμία με συνδυασμένη υπολιπιδαιμική αγωγή: Τα οφέλη στη μείωση του Καρδιαγγειακού Κινδύνου - Συζήτηση Κλινικών Περιστατικών

Chairman - Lecturer / Συντονιστής – Ομιλητής: *Kotsis V. / Κώτσης B.*

Lecturer / Ομιλητής: *Tziomalos K.*

Lecturer / Ομιλητής: *Boufidou A.*



SPONSORED SATELLITE SYMPOSIUM BOEHRINGER

Chairman - Lecturer / Συντονιστής – Ομιλητής: *Kotsis V. / Κώτσης B.*

Lecturer / Ομιλητής: *Katsiki N.*

Lecturer / Ομιλητής: *Tsiantas G.*

FACULTY

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)

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2021 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient

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2021 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient

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Prof. Tselepis Alexandros, MD, PhD, Professor of Clinical Biochemistry, Chair of the Atherothrombosis Research Centre of the University of Ioannina. President of the European and Mediterranean League Against Thrombotic Diseases (EMLTD). President of the Institute for the Study and Education on Thrombosis and Antithrombotic Therapy (Ioannina, Greece)

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

Tsoulfas Georgios, Associate Professor of Surgery, Aristotle University of Thessaloniki, (Greece)

Tziomalos Konstantinos, Associate Professor of Internal Medicine, Medical School, Aristotle University of Thessaloniki, First Propedeutic Department of Internal Medicine, AHEPA Hospital, (Thessaloniki, Greece)

Vasilakou Despoina, MD, MSc, Clinical nutrition specialist, Resident at 3rd Department of Internal Medicine, Papageorgiou Hospital, Aristotle University, (Thessaloniki, Greece)

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Prof. Wühl Elke, M.D., Professor of Pediatrics and Pediatric Nephrology, Center for Pediatrics and Adolescent Medicine, University of Heidelberg, (Heidelberg, Germany)

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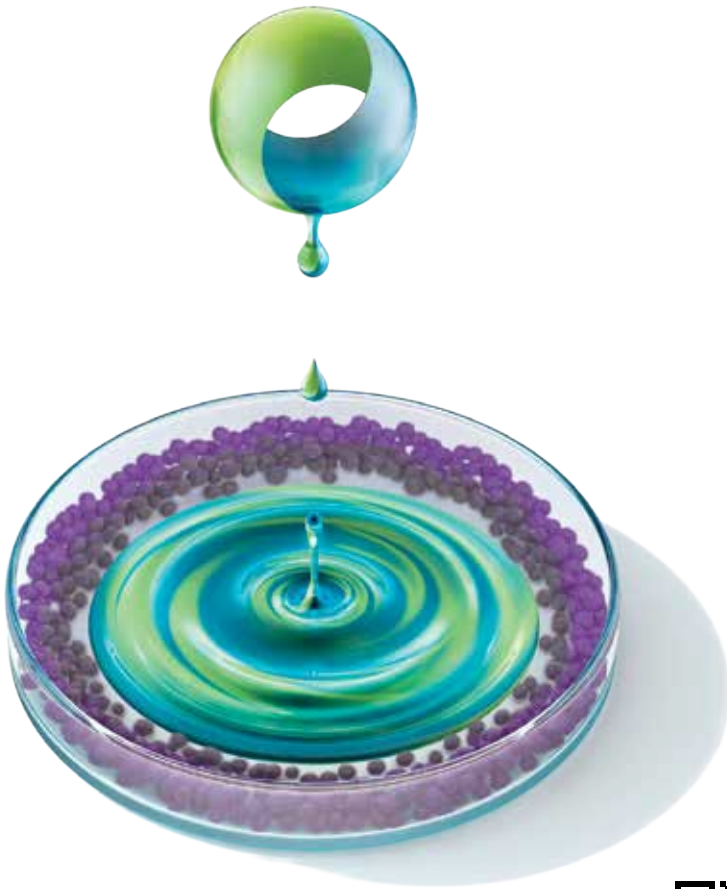
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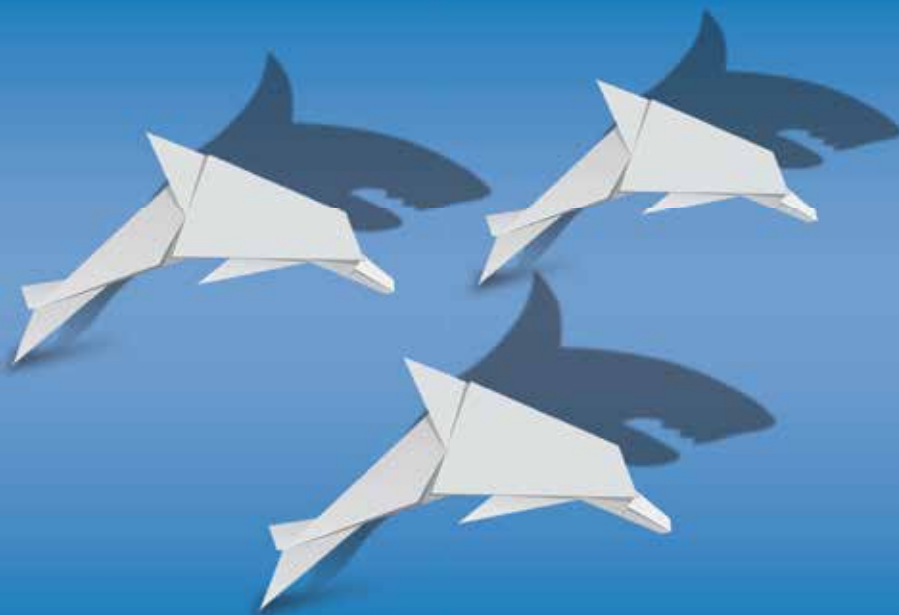
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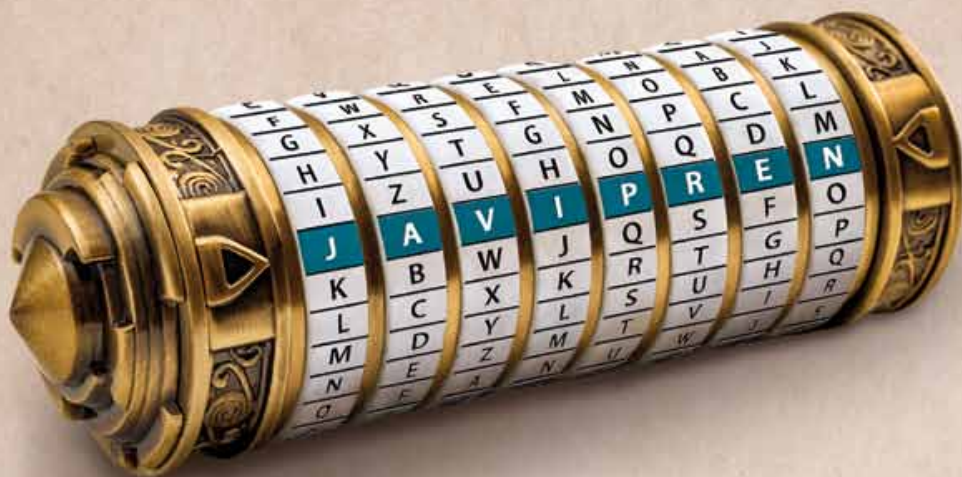
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