

## **Minutes of the Meeting of the ESH Scientific Council**

**June 17, 2022**

**Crowne Plaza Hotel, Athens, Greece**

**8:30 AM – 12:00 PM EEST**

### **PRESENT**

#### **ESH-Council members and officers**

R. Kreutz, President

A. Januszewicz, Secretary

E. Lurbe, Vice President

K. Tsioufis, Immediate Past President

E. Agabiti Rosei

M. Azizi

J. Brguljan

M. Burnier

A. Coca

J. Danser

M. Dorobantu

G. Grassi

Z. Jarai

T. Kahan

D. Lovic

G. Mancia

A. Manolis

G. Parati

A. Persu

J. Polonia

T. Weber

B. Williams

#### **Other participants**

M. Calderai - AIM

M. Elgner – ESH Coordinator

R. Lynch – ESH Secretariat

#### **Apologies**

C. Borghi

P. Van de Borne

#### **Absent**

B. Jelakovic

## **1. PRESIDENT'S WELCOME**

ESH President, R. Kreutz, welcomed all members to the ESH Council meeting.

## **2. APPROVAL OF MINUTES – ESH SCIENTIFIC COUNCIL ZOOM MEETING ON JANUARY 29, 2022** (A. Januszewicz)

The minutes of the Zoom Council Meeting held on January 29, 2022 in Athens, Greece, were accepted unanimously by the Council and are available on the ESH website in the Council Area where they can be consulted by the Council members.

### ***Topic 5 was brought forward***

## **5. ESH 2023 HTN GL (R. Kreutz)**

R. Kreutz reported again on the communication with the ESC over the last few months. The ESC insists on its decision not to continue the partnership on an equal basis with Joint ESC-ESH Guidelines but to implement ESC Guidelines in collaboration with ESH. This is not acceptable to ESH.

In addition, the ESC has already appointed their guideline task force and task force leader and announced it via social media.

T. Kahan's and G. Parati's intervention to convince the ESC of the importance of equal partnership also failed.

After a lively discussion by the Council, it was decided that there is no other way than for ESH to develop independent guidelines aiming to have them ready by March 2023 and present them during the ESH Annual Meeting in June 2023 in Milan.

A first meeting of the Guidelines Steering Committee took place in Athens on June 16. They will continue their work and establish an appropriate task force for the development of the 2023 ESH Hypertension Guidelines. The call for participation in the task force was sent out on May 30, 2022.

R. Kreutz will keep the Council members informed on the progress of the project.

## **3. TREASURER'S REPORTS (J. Polonia, M. Burnier)**

J. Polonia, ESH Treasurer, presented the audited figures of the ESH for the fiscal year ending December 31, 2021. All figures were presented in Swiss Francs.

He reported that the total ESH income is slightly higher than in 2020, this is due to the increase of activities after the pandemic (e.g., virtual Annual Meeting in Glasgow, webinars) and the member subscriptions as well as the royalties received. Expenses have also been slightly higher due to the revived activities. Overall, the financial situation and the trend are stable.

M. Burnier, FESH Treasurer, presented the audited financial situation of the FESH (Foundation of the European Society of Hypertension) for the fiscal year ending December 31, 2021. The FESH is in a stable financial condition. Incomes and expenditures have been low due to the lack of activities.

The allowance from ESH to the FESH has not been forwarded yet. The amount of 100,000 € was agreed upon by the Council members.

#### **4. ESH BUSINESS MATTERS**

##### **4.a Update of ESH By-Laws (R. Kreutz)**

The last amendments to the ESH By-Laws were introduced in 2019. Due to the implementation of new membership categories, some slight changes are necessary.

With the support of the By-Laws Task Force, consisting of G. Mancina, A. Januszewicz, E. Lurbe and R. Kreutz, the proposed amendments are:

- New layout and structure
- New membership categories – as already agreed upon at the last Council Meeting in January 2022
- Terms of Office Bearers need to be adjusted: Vice-President, Secretary, Treasurer and Officer-at-Large can operate in their positions for two terms of two years
- Eligibility to vote in the General assembly: only members residing in Europe or from members of affiliated National Hypertension Societies
- Some wording and timelines

R. Kreutz asked the Council members for comments. No comments were raised.

The final approval of the changes to the ESH By-Laws will be given by the ESH members during the General Assembly on June 19, 2022 in Athens.

##### **4.c Election of new Council Members (R. Kreutz)**

According to the ESH By-Laws, the terms of 4 elected Council members end in June 2022. The ESH Council has nominated 4 new candidates:

###### Outgoing:

Konstantinos Tsioufis (Immediate Past President)  
Bojan Jelakovic (Officer-at-Large)  
Michel Azizi (Elected Member)  
Bryan Williams (Elected Member)

###### Proposed candidates:

Christian Delles (U.K.)  
Michalis Doumas (Greece)  
Atul Pathak (France)  
Alexandre Persu (Belgium) → remains ESH WG Coordinator

Thomas Weber (already Elected Member) is nominated for the position of Officer-at-Large.

Furthermore, a new position in the Council was introduced – the Coordinator of the ESH Young Fellows Program. Jan Danser was nominated for this position and will become an Executive Officer in the ESH Council. J. Danser briefly introduced himself.

R. Kreutz asked the members for their approval of the proposed candidates. Since no concerns were raised, the proposals were unanimously accepted.

The position of the new ESH President is also vacant. Guido Grassi from Italy was proposed to the Council members as the new candidate. This proposal was unanimously approved.

G. Grassi thanked the former President R. Kreutz and the Council members for the nomination. He also thanked the members for the election and the trust they put in him.

Reinhold Kreutz (current President) will continue as Immediate Past President in accordance with the ESH By-Laws.

The final voting for all positions will take place during the General Assembly on June 19, 2022 in Athens.

Regarding the ex-officio Council members, R. Kreutz reported that C. Borghi will remain on the ESH Council as ISH representative until further notice. ISH will have a new president starting in October 2022 (after the ISH meeting in Kyoto). This person might reassign the position of ISH representative to ESH.

M. Burnier will also remain on the Council as Treasurer of the ESH Foundation.

There will be a change in the position of the Coordinator of Relations with the National Hypertension Societies. M. Dorobantu's term will end at the 2022 ESH Meeting in Athens. Her successor will be Zoltan Jarai from Hungary.

R. Kreutz thanked M. Dorobantu for all her efforts and good work during the last three years. In return, she thanked all Council members for their constant support and help.

Z. Jarai briefly introduced himself to the Council members. He reported that his first acts in his position will be the traditional meetings with the representatives of several National Societies which will be held in Athens over the next 3 days.

#### **4.c New Auditors for ESH and FESH (M. Burnier, R. Kreutz)**

M. Burnier reported that the previous auditing company, PwC, has terminated its contract with ESH. A new company has to be found for the audit in 2022. After the evaluation of 3 proposals (by ESH President and Treasurers as well as Ornitag AG), a final candidate was selected: BRISE Treuhand GmbH.

R. Kreutz asked the Council members for their approval. The proposal to cooperate with BRISE Treuhand GmbH as the new auditor was unanimously accepted.

#### **4.d ESH letterhead (R. Kreutz)**

The new ESH letterhead was introduced to the Council members. This was designed by the ESH Coordinator and legally coordinated with Ornitag.

***Topic 5 was discussed after topic 2.***

## **6. ESH OFFICIAL JOURNALS**

### **6.a Journal of Hypertension (R. Kreutz)**

R. Kreutz reported on the status of the new contract with the publisher of the Journal of Hypertension, Wolters Kluwer (WK). The re-negotiation process is still ongoing. ISH is also still re-negotiating. There is a very good collaboration with ISH on this matter as both societies have the same goals.

Some key points have already been discussed and clarified with WK. Currently, the increase of royalties is being discussed. WK has proposed an increase from 0.25% to 7.5%.

Furthermore, ESH is waiting to receive the full draft contract as up until now only separate paragraphs have been discussed.

The goal is to finalize this matter in autumn.

### **6.b Blood Pressure (M. Burnier)**

M. Burnier reported again that the journal has been converted into a fully open access journal. All published articles will immediately be freely and permanently available online for anyone to read, reproduce and build upon.

The first 2 editions of the ESH Clinical Update and News have been already published in Blood Pressure (see topic 7). Six editions of the ESH Clinical Update and News can be published per year.

## **7. ESH CLINICAL UPDATE AND NEWS (G. Grassi, M. Kreutz)**

G. Grassi reported on the first 2 editions of the ESH Clinical Update and News that have already been published in Blood Pressure and which are also available on the ESH website:

### Volume 1

Hypertension in older patients: a STEP forward? – A. Benetos, A. Persu, R. Kreutz

### Volume 2

Mild chronic hypertension in pregnancy: to treat or wait? – C. Thomopoulos, J. Brguljan, R. Cifkova, A. Persu, R. Kreutz

Upcoming Newsletters in the pipeline:

- Coffee and BP
- Physical activity in hypertension
- Update on BP monitoring devices
- Arterial stiffness for HMOD assessment
- EMPA-kidney study (SGLT2 inhibitors in CKD)

## **8. ESH WORKING GROUP ACTIVITIES (A. Persu)**

A. Persu reported that the Annual Working Group Reports for 2021 have been uploaded on the ESH website.

## **8.a Changes in the leadership of the WGs**

Some WGs needed to elect a new Chair, Vice-Chair or Secretary since their terms ended in 2022. The newly elected positions are:

### WG on Blood Pressure Monitoring and CV Variability

#### **Chair**

Previous = George Stergiou

New = Paolo Palatini

#### **Secretary**

Previous = Paolo Palatini

New = Alejandro de la Sierra

### WG on Diabetes and Metabolic Risk Factors

#### **Secretary**

New = Christina Antza

### WG on Endocrine Hypertension

#### **Secretary**

New = Aleksander Prejbisz

### WG on Hypertension and CV Disease in Special Populations

Section Hypertension in Women

**Chair** = Costas Thomopoulos

Section Hypertension in Older Adults

**Chair** = Athanase Benetos

### WG on Hypertension and the Brain

Ongoing voting process – will be executed in September 2022

### WG on Hypertension and the Kidney

#### **Chair**

Previous = Pantelis Sarafidis

New = Jean-Michel Halimi

#### **Vice-Chair**

Previous = Jean-Michel Halimi

New = ongoing voting process

### WG on Hypertension in Children and Adolescents

#### **Chair**

Previous = Empar Lurbe

New = Stella Stabouli

#### **Vice-Chair**

Previous = Stella Stabouli

New = Dorota Drozd

WG on Lifestyle, CV Pharmacotherapy and Adherence

**Chair**

Previous = Michel Burnier

New = Michel Azizi

**1<sup>st</sup> Vice-Chair**

Previous = Michel Azizi

New = Veronique Cornelissen

**2<sup>nd</sup> Vice-Chair**

New = Jorie Versmissen

WG on Large Arteries

**Chair**

Previous = Bart Spronck

New = Rosa Maria Bruno

**Vice-Chair**

Previous = Rosa Maria Bruno

New = Dimitrios Terentes-Printzios

**Secretary**

Previous = Rosa Maria Bruno

New = Elisabetta Bianchini

**8.b Ongoing and New Projects**

A. Persu reported on two important WG **projects** that are still **ongoing**:

WG on Lifestyle, CV Pharmacotherapy and Adherence (in cooperation with SIHA and FESH)

Patient Perspective on Treatment in Hypertension: Preliminary Results of an ESH Survey in 5 Countries

WG on Hypertension and the Kidney

HAMA (a cohort of patients with malignant hypertension followed in France)

The following 2 important **new projects** were introduced:

WG on Hypertension in Children and Adolescents

Survey on the transition of hypertensive youth from pediatric to adult care units among the Excellence Centers (E. Lurbe, S. Stabouli). The survey will be published at the beginning of July 2022 before the summer break.

WG on Diabetes and Metabolic Risk Factors

Survey on management of obese hypertensive patients in ESH Excellence Centers (C. Antza, V. Kotsis). The survey will be published in September 2022.

**8.c Ongoing and New Position Papers**

A report about **ongoing position papers** followed:

Already submitted: **Diagnosis and management of hypertension in patients with Cushing's syndrome: a position statement and consensus of the Working Group on Endocrine Hypertension of the European Society of Hypertension**

Lead authors: Martin Reincke, Francesco Fallo

Suggested target Journal: Journal of Hypertension

In final phase: **BLOOD PRESSURE VARIABILITY: methodological and pathophysiological aspects, clinical relevance and practical indications. A position paper by the ESH Working Group on Blood Pressure Monitoring and Cardiovascular Variability**

Lead authors: Gianfranco Parati, George Stergiou, Gregorz Bilo

Suggested target Journal: Journal of Hypertension

In preparation: **2022 Guidelines for Validation of Non-invasive Arterial Pulse Wave Velocity Measurement Devices (Update of Wilkinson et al., Artery Research 2010; 4:34-40; 2010)**

Submitted by: **WG on Large Arteries**

Lead authors: Bart Spronck, Elisabetta Bianchini, Rosa Maria Bruno, Dimitrios Terentes Printzios

Endorsed by other entities: ARTERY; COST Action VascAgeNet; others pending

Suggested target Journals: Journal of Hypertension and Artery Research

The following **new position paper** was introduced by A. Persu:

**Recommendations for the use of pulse wave velocity in clinical practice**

WG on Large Arteries (also endorsed by Artery/ ESC Council HTN - pending)

Responsible lead authors: T. Weber, B. Spronck, R.M. Bruno, A. Protogerou, C. Vlachopoulos

Suggested target Journals: Journal of Hypertension + Artery Research

***Topic 14 was brought forward***

## **14. ESH ANNUAL MEETINGS**

### **14.a 2022 ESH Annual Meeting, June 17-20, 2022, Athens (M. Calderai, K. Tsioufis)**

M. Calderai presented a short update on the upcoming ESH 2022 Annual Meeting (31st European Meeting on Hypertension and Cardiovascular Protection). It will be held in hybrid mode.

The below numbers were presented:

- Total congress registrations = 3343 (1569 in person, 1774 virtual) → increasing
- Faculty = 362 (237 in person, 123 virtual, 2 pending)
- Greek registrations (AIM and AFEA) = 882 (525 in person, 252 virtual)

K. Tsioufis reported that the numbers of Greek registrations were very low at the beginning, however, following intense campaigning by AIM and AFEA numbers are increasing daily.

The top 10 countries in terms of registrations were shown:

1. Greece
2. India
3. Portugal
4. Spain
5. Romania
6. France
7. Italy

8. Poland
9. Argentina
10. Tunisia

A list of 23 sponsors was presented to the audience. There are only 12 sponsored sessions this year (similar to the 2019 ESH Meeting) compared to the 20 sessions at the 2021 ESH-ISH.

The sponsors are very interested in the interaction with the participants. That's why the exhibition area was planned with 22 booths. They were also interested in digital and social media packages.

The scientific program consists of:

- 18 Breakfast Workshop
- 6 Plenary Sessions
- 11 Workshops
- 14 Joint Sessions (WHL, WHO, CHL, KSH, ERA, LASH, HFA, ISH, ESC, Artery Soc, ACC + many more)
- 27 Oral Sessions
- 12 Working Groups
- 6 How-To Sessions
- 5 Meet-The-Experts
- 3 Teaching Seminars
- 7 Clinical Case Sessions

In terms of faculty members, the top 5 countries are:

- Greece = 77
- Italy = 31
- UK = 25
- USA = 21
- Germany = 20

933 abstracts were received. This resulted in 116 oral presentations and 779 e-posters to be included in the program.

An overview of the digital platform was shown. All virtual attendees received their credentials before the congress. All in-person participants will receive their credentials after the congress to view the on-demand content (valid for 3 months). A discussion was raised on that procedure. In the end it was agreed that all Council members will be granted access as soon as possible.

The Opening Ceremony/Welcome Cocktail for the congress will start at 17:45 on June 17 at the Megaron Conference Center in the Trianti Hall.

The venue for the Presidential Dinner on June 19 had to be changed again. It will now take place at the Acropolis Museum.

K. Tsioufis thanked M. Calderai and her team and the local organizing committee for the good work that resulted in the large number of participants.

#### ESH 2022 Awards

The following ESH Awards will be conveyed during the ESH 2022 Annual Meeting:

**Björn Folkow Award & Lecture**  
Costas Thomopoulos

**Alberto Zanchetti Life Achievement Award**  
Patricio López-Jaramillo

**ESH Honorary Memberships**

Venkata Ram  
Bonita Falkner

**Paul A. Milliez Award**

Philippe Gosse

**Talal Zein Awards**

Dennis Bernieh  
Evangelos Ntalianis  
Joonatan Palmu  
Yuliia Repchuk  
Marta Sanz-Gómez  
Barbara Verhaar

**14.b 2023 ESH Annual Meeting, June 23-26, 2023, Milan** (G. Mancina, M. Calderai)

ESH 2023 Annual Meeting will take place on June 23-26, 2023. The venue will be the MiCo, the Milan Congress Center. Future updates will be communicated in due time.

**14.c 2024 ESH Annual Meeting, May 30 – June 3, 2024, Berlin** (R. Kreutz, M. Calderai)

The date for the 2024 ESH Annual Meeting will be May 30 to June 3, 2024. The congress will take place at Estrel Congress Center in Berlin. AIM will do a site inspection of the Estrel hotel in July together with the local agency Diaplan.

**9. ESH RESEARCH PROJECTS**

**9.a ESH ABPM Covid-19 Study | Update** (A. Januszewicz, T. Weber)

A. Januszewicz, also on behalf of T. Weber, presented an update on the ESH ABPM Covid-19 study:

- Statistical analysis & manuscript preparation from July 2022 onwards
- ABPM & other data collection:
  - Obtained: 17 centers – Group 1 = 421, Group 2 = 581
  - In Progress: 23 centers – Group 1 = 300, Group 2 = 250
- Protocol study article in preparation for submission to Blood Pressure
- OMRON (€ 15,000) and Servier Poland (€ 8,300) supported with educational grants

**9.b “Exposure to Trauma and Hypertension in Ukrainian Refugees** (A. Persu, M. Burnier)

A. Persu and M. Burnier introduced a current project to investigate the impact of war-related trauma exposure on the development and progression of arterial hypertension and cardiovascular diseases in Ukrainian refugees.

**9.c Current and future projects** (R. Kreutz)

R. Kreutz encouraged the Council members to think of future projects and report on them at the next Council meeting.

**10. ESH SUMMER SCHOOL** (J. Brguljan, D. Lovic)

The call for applications for the ESH Summer School was sent to the National Hypertension Societies at the end of April. To date, 58 applications have been received.

D. Lovic reported that the location and timing of the Summer School might change again. It might be less expensive to start the program on a Sunday instead of Saturday. He will check with the hotel if this is the case. The Summer School might then take place from September 18 – 23, 2022.

A discussion regarding the duration of attendance for faculty speakers followed. It was decided that faculty members should stay in Serbia for at least 2-3 days to ensure maximum interaction with the students.

Belgium and Italy have submitted 3 applications. Only 2 applications per country are allowed. D. Lovic and J. Brguljan shall get in touch with the National Societies to ask them to decide on their preferred students.

Considering the large number of applications, R. Kreutz and the Council members decided to confirm that the 2022 ESH Hypertension Summer School will definitely take place.

#### **11. FUTURE SUMMER SCHOOLS (R. Kreutz)**

The sequence for the upcoming Summer Schools was presented by R. Kreutz. The following countries are responsible:

2023 – Italy (G. Parati)

2024 – France (M. Azizi)

2025 – Sweden (T. Kahan)

R. Kreutz proposed to hold the 2026 Summer School in the Netherlands. This was accepted unanimously.

2026 – The Netherlands (J. Danser)

#### **12. ESH EXCELLENCE CENTRES (T. Weber)**

T. Weber reported on the important paper published on the two Covid-19 from the surveys among the ESH Excellence Centers. “Covid-19 associated reduction in hypertension-related diagnostic and therapeutic procedures in Excellence Centers of the European Society of Hypertension” was published in Vol 31 of Blood Pressure.

T. Weber presented the 2 newly approved Excellence Centres:

- 2nd Propedeutic Department of Internal Medicine, Hippokration Hospital, Aristotle University of Thessaloniki - Prof. Michalis Doulas
- Hypertension Center, Center for Nephrology, General Hospital of Nikaia, Piraeus – Prof. Rigas Kalaitzidis

Furthermore, an Excellence Center Meeting will take place on June 19, 2022, in Athens to update the colleagues on current ESH matters. A core group shall be founded to review the existing rules and regulations for ESH Excellence Centers.

### **13. ESH GP Network (R. Kreutz)**

R. Kreutz reported on the Society's plans to build a General Practitioners (GP) Network based on the existing ESH Excellence Center Network. GPs need to be more involved in ESH projects. Also, a GP should be part of the Council

There are 2 female candidates who could potentially take on this new project:

- Rosa Maria de Pinho, Portugal - President-elect of the Portuguese Society of Hypertension.
- Agnieszka Mastalerz-Migas, Poland.

He asked the Council members for their feedback and approval. All members were in favor of this new project. R. Kreutz will continue this project and keep the Council informed on the progress.

***Topic 14 was discussed after topic 8***

### **15. Interaction with National Societies (A. Januszewicz)**

A. Januszewicz reported that the traditional meetings with representatives of several National Hypertension Societies will be held in Athens from June 18 to 20, 2022, to discuss current projects and to strengthen and expand existing relationships.

The following societies will send their representatives: Austria, Czech Republic, Finland, France, Germany, Greece, Israel, Lithuania, Norway, Poland, Portugal, Spain, Sweden, Switzerland, United Kingdom, and Ireland.

ESH will be represented (differently per day) by M. Dorobantu, A. Januszewicz, Z. Jarai, R. Kreutz, E. Lurbe (+ M. Elgner, R. Lynch).

### **16. ESH SATELLITE MEETINGS & ENDORSED MEETINGS (A. Januszewicz)**

A. Januszewicz reported on the current status of ESH Satellite Meetings and Endorsed Meetings for 2022 and 2023.

#### ESH Satellite Meetings (AFTER ESH 2022 Annual Meeting in Athens)

September 16-17, 2022 in Port Heli, Greece: organized by A. Manolis  
15th ESH Post Congress Satellite Symposium – 30 Years of Cardiovascular Continuum: „From Hypertension and Risk Factors to Target Organ Damage“ (organized by the ESH WG on Hypertension and the Heart)

May 11-13, 2023 in Gdansk, Poland: organized by K. Narkiewicz  
European Hypertension Forum

#### ESH Endorsed Meetings

There are no officially endorsed meetings planned so far for the second half of 2022 after the ESH 2022 Athens Meeting.

R. Kreutz encouraged the Council members to provide meeting proposals. G. Mancia suggested to always discuss all future meeting plans – especially the meetings of the ESH Working Groups - in the January/February Council meetings. This was agreed.

**17. ANY OTHER ISSUES (A. Januszewicz)**

No other issues were raised by the Council members.

**18. DATES FOR FUTURE COUNCIL MEETINGS (A. Januszewicz)**

A. Januszewicz asked everyone to save the date for the upcoming Council meetings in 2022/2023:

**(1) Fall Council Meeting 2022 – Warsaw**

A new date needs to be found since the previously selected date in early November clashes with an important congress. A. Januszewicz will select a new date with the new ESH President. The Council will be informed as soon as possible.

**(2) January/February 2023, Milan**

In conjunction with the Program Committee Meeting

**(3) Council Meeting on Friday, June 23, 2023, Milan**

In conjunction with the ESH 2023 Annual Meeting

**19. CLOSURE OF THE MEETING**

The President thanked all Council members for this successful meeting and the fruitful discussions. He pointed out that this was his last Council meeting as ESH President. He has enjoyed the work in this position and is looking forward to supporting the new President, Guido Grassi, in all ongoing and future matters.

He closed the meeting wishing everyone a very good time in Athens at the ESH 2022 Meeting.



**Reinhold Kreutz**  
ESH President



**Andrzej Januszewicz**  
ESH Secretary