

Satellite Symposium to the ESH 2023 Congress - Milan, June 22nd 2023

Scientific Committee:

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Title: NOCTURNAL BLOOD PRESSURE: METHODOLOGICAL ASPECTS, PATHOPHYSIOLOGICAL MECHANISMS AND CLINICAL IMPLICATIONS

Format: 15 min presentations + 5 min. discussions (total 20 min per topic)

June 21: Arrival of delegates and dinner

June 22;

9:00 – 9:15 Welcome address

9:15 – 9:35 What is the place of nocturnal hypertension in the guidelines?

9:40 – 10:40: **Session 1 - "Mechanisms of Nocturnal Blood Pressure Regulation"**

- 9:40 Regulatory mechanisms: autonomic nervous system, sodium handling and RAAS)
- 10:00 Role of sleep
- 10:20- Genetic Factors

10:45 – 12:25: **Session 2 - "Nocturnal hypertension and nondipping: Epidemiology and Special Populations"**

- 10:45 Epidemiology
- 11:05 Relationship with sleep disorders
- 11:25 Relationship with renal disorders
- 11:45 Relationship with endocrine disorders
- 12:05 Elderly Individuals

12:30 Lunch

13:30 - 14:45: **Session 3 – Nocturnal Hypertension and Non-Dipping : Clinical Implications**

- 13:30 Implications for hypertension diagnosis (masked hypertension etc.)
- 13:50 Relationship with organ damage
- 14:10 Relationship with cardiovascular outcomes

14:35 - 15:35: **Session 4 - How to evaluate Nocturnal Blood Pressure**

- 14:35 Conventional approach: strengths and limitations of discontinuous 24-hour ABPM
- 14:55 Home, cuffless and wearable blood pressure monitors
- 15:15 New technologies for multiparametric sleep monitoring

15:40 - 17:00pm: **Session 5 - "Therapies for Nocturnal Hypertension"**

- 15:40 Pharmacological antihypertensive therapies: role for chronotherapy?
- 16:00 Renal denervation
- 16:20 Improving sleep quality and duration
- 16:40 Removing sleep apneas to reduce nocturnal BP

17:05 - 17:30pm: Panel discussion - "Future Directions in Nocturnal Blood Pressure Research"
(Perspectives for a clinical pragmatic trial and a review article)

17:30 Closing remarks