

INTERNATIONAL CONFERENCE ON  
**Prehypertension, Hypertension**  
& THE **Cardio Metabolic Syndrome**

**Zagreb 2023**



 Dear colleagues and friends,

It is our pleasure to invite you to participate in

## **The 9th International Conference on Prehypertension, Hypertension Metabolic Disorders & Cardiovascular Disease**

which will take place in  
**Zagreb, Croatia,  
October 19-22, 2023.**

Cardiovascular as well as chronic kidney disease are major health burden worldwide. CV risk factors tend to appear in clusters and their specific risk is far beyond their additive effect. However, the impact of borderline conditions of these traditional, but also non-traditional risk factors is less clear and needs further research, specific evaluation, and treatment guidelines.

Early diagnosis of end organ damage is crucial in order to prevent it's progression and aim to regress organ damage that has already developed.

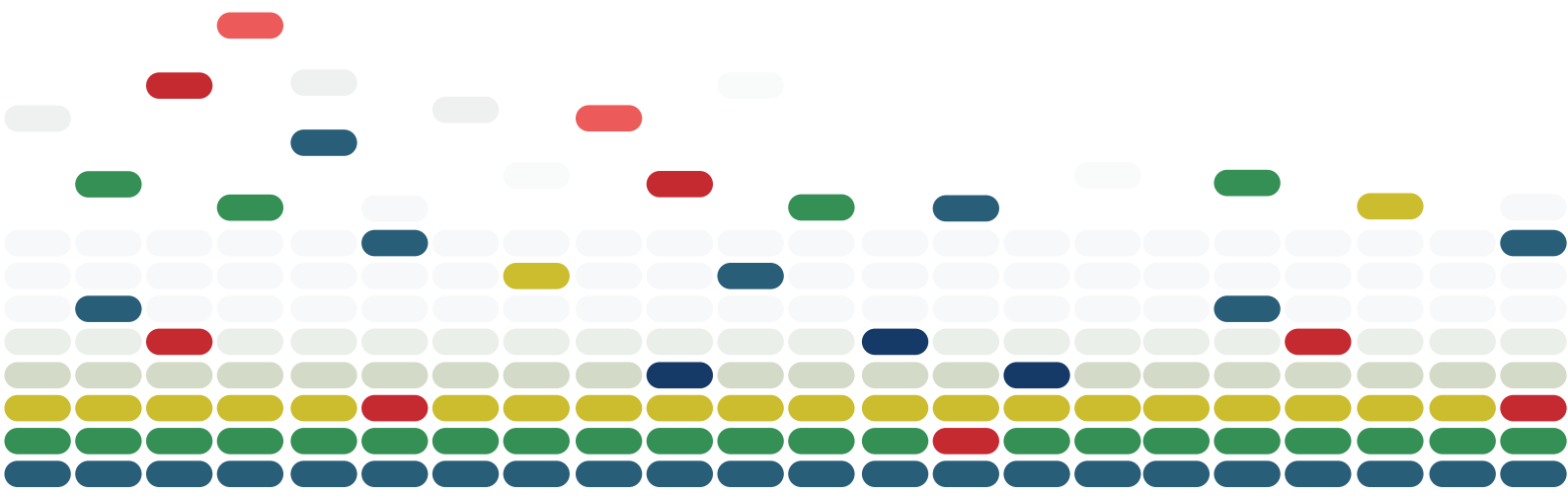
Despite having many options for hypertension and cardiometabolic syndrome treatment, control is achieved in a minority of patients. **Adherence**, not only to drug therapy but also to lifestyle change is poor and this is the main reason of the global failure in prevention of end organ damage.

In this conference we are going to discuss all aspects of hypertension and other CV risk factors, starting from prehypertension and other early metabolic derangements because **early diagnosis and intervention** is crucial. **New diagnostic procedures** will also be elaborated.

Importance of **lifestyle change, proper blood pressure measurements** with the focus on newly developed methods will be part of our conference.

As we are at the **new dawn of drug and intervention therapy** for patients with hypertension, cardiovascular risk factors and especially the cardiometabolic syndrome, as well as for kidney patients and those with heart failure, important sessions will focus on these new aspects.

**Nurses, pharmacists, social workers, dieticians, and other allied professionals** are essential and should participate in this fight for wellness in healthy and populations at risk. All these together with the physicians should cooperate for maximal success in fighting the development of disease.



**New technologies, both diagnostic and therapeutic**, like **Digital technology** are essential for diagnosis and optimal treatment and those will be discussed thoroughly.

This is the year of **new ESH guidelines** on the management of hypertension. Several round table sessions will be devoted to discussions of this desirable awaited document. However, we will discuss also the **controversial parts**, about future potential **missing topics** and new **issues which should be precisely defined**.

As we did last year, this year we will organize several **“hands-on”** workshops, in which experts will guide younger colleagues on many important practical aspects of end organ evaluation.

**„Meet the expert”** sessions were very well attended last year and during all coffee breaks burning items of cardiorenal and metabolic continuum will be discussed.

The purpose of our meeting is to discuss in depth new mechanisms of cardiovascular and renal damage, novel **methods** of diagnosis, leading to new **therapeutic** approaches.

We cordially invite you to this conference with distinguished speakers coming from all continents (apart Antarctica).

You will enjoy with us the beauty of hypertension and cardiometabolic disease, but also, friendship and our common commitment to improve lives of our patients.



## CHAIRMEN

Professor  
**Reuven Zimlichman**



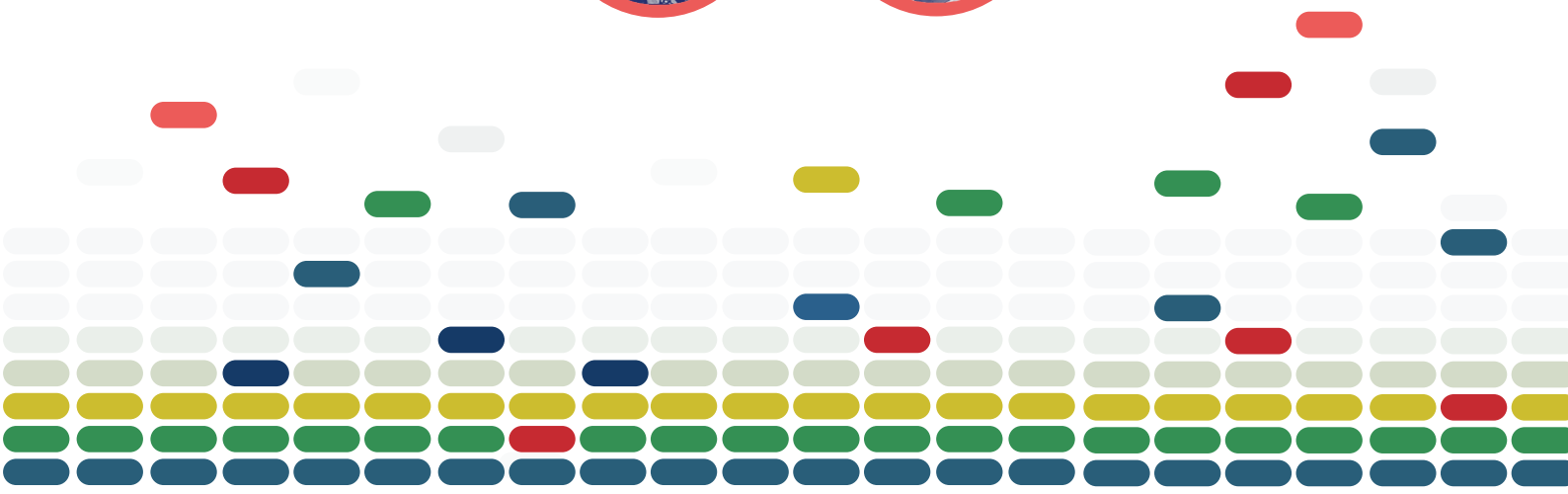
Professor  
**Bojan Jelakovic**

## HONORARY CHAIRMEN




















Professor  
**Stevo Julius**

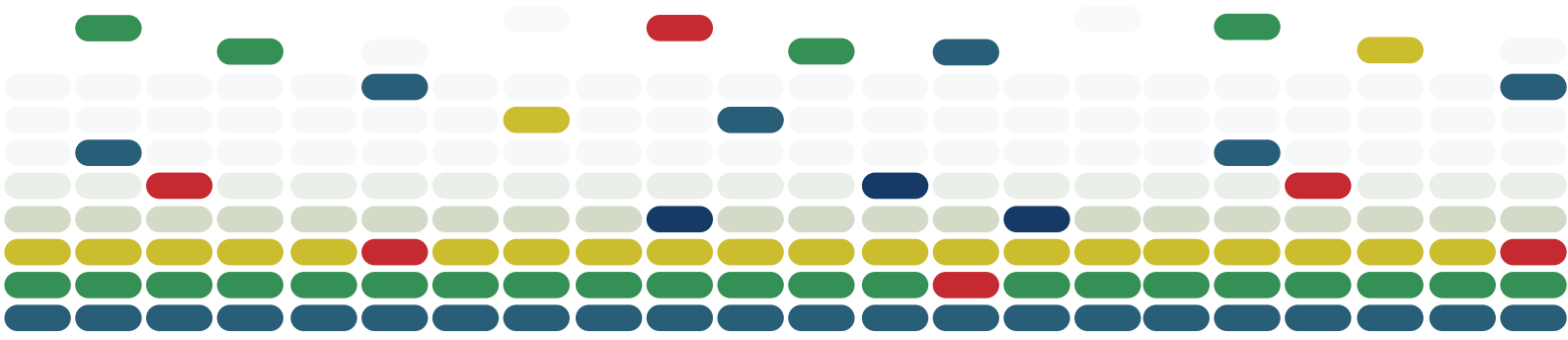


Professor  
**Giuseppe Mancia**



## WORKSHOPS “HANDS-ON”

-  Echo ultrasound in hypertension and cardiometabolic disease
-  Heart ultrasound in hypertension – The first and second look alike
-  Holter ECG
-  Ambulatory blood pressure monitoring
-  Central blood pressure measurements (and interpretation)
-  Arterial stiffness – office and 24-hour monitoring; PWV and CAVI
-  Ankle-brachial index
-  Fundoscopy using smartphones.
-  Laser mediated dilatation.
-  Kidney ultrasound and doppler *Including contrast enhanced ultrasound*
-  OSA *Methodology and practical approach*
-  Carotid artery doppler
-  Detection and determination of dementia in everyday work
-  Mind-body stress reducing intervention.
-  How to prescribe physical activity
-  How to prescribe supplements and food additives
-  Global risk tools (cardiovascular and renal)
-  Smoking cessation program and harm reduction
-  Electrocardiogram - interpretation



# TOPICS TO BE PRESENTED AND DISCUSSED

## *Blood pressure measurements*

- Reproducibility of WUCH and MUCH
- Night-time HBPM
- Advantages and shortcomings of different devices (non-invasive finger beat-to-beat, wrist-cuff, hybrid manual auscultatory...)
- Is there any room for non-attended blood pressure measurements?
- Blood pressure variability
- Blood pressure measurements for patients undergoing haemodialysis.

## *Hypertension beyond cardiovascular system*

- Inflammatory diseases, chronic infections, and hypertension
- NASH and hypertension
- COPD and hypertension
- Depression and psychosocial factors
- Oncohyperetensiology – it is time to educate oncologists
- Glaucoma and hypertension
- Air pollution, noise, and climate changes – environmental hypertensiology
- Gut microbiota – foe or friend?

## *Cardiology*

- LVH and Hypertensive Cardiomyopathy
- Coronary artery disease
- Diastolic heart failure
- Optimal treatment of LVH regression
- Evaluation of Cardiac damage in the hypertensive patient
- Novelties in Cardiovascular disease diagnosis and treatment.

## *Special hypertension phenotypes*

- Isolated high time hypertension – evaluation and therapy
- Orthostatic and supine hypertension
- Transition period from adolescents to adulthood
- Young adults – how to treat them (where is the evidence)?
- Young adults - How to determine global risk?
- Isolated diastolic hypertension – to treat or not to treat? One entity or several subtypes?
- Biological age – could it be clinical useful?
- Sex/gender differences – how important it is in every day clinical work?
- Could obesity be considered as a secondary form of hypertension?

## *New diagnostic options*

- Kidney biomarkers
- Cardiac enzymes
- miRNAs
- How to determine salt sensitivity
- Could we rely on 24-hour central blood pressure measurements?
- Which new biomarkers are optimal for prediction of pre-eclampsia?
- Albuminuria – important “small” factors with significant impact on the result

## *Pharmacists and nurses*

- Opportunistic screening for hypertension
- Education on adherence, life style...
- Role in the follow up.
- How to organize a network – pharmacist-nurse-GP-hypertension specialist

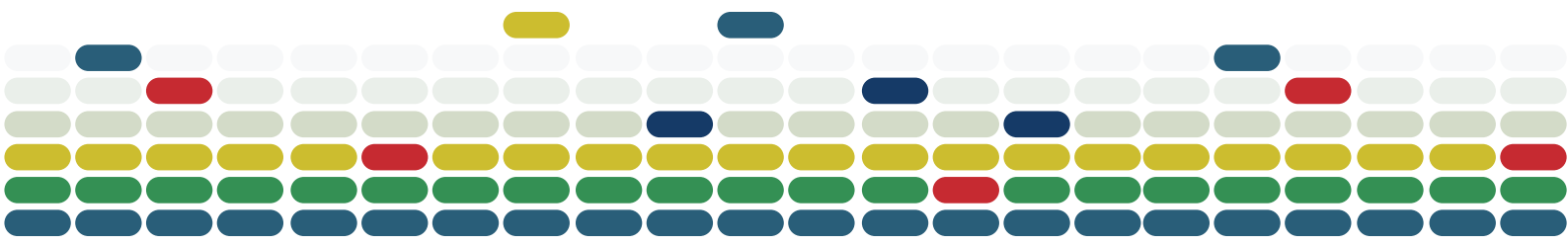


## Treatment – recommendation and novelties

- Could we tailor antihypertensive therapy based on HBPM? What is true clinical (practical) value of HBPM?
- When to use nitrates in hypertensive patient?
- ACE inhibitors or sartans? Which class to prefer? Or when?
- Are sartans slowing dementia?
- ARNi in hypertension – what is the difference between Japan and Europe?
- Shall we consider sequential nephron blockade more frequently?
- What is the new evidence which upgraded beta blockers?
- How to follow and treat hypertensive patients whom BP was achieved?
- How to treat hypertensive patients in stage 1? Do we have enough evidence?
- Treatment of octogenarians? Is the indapamide (the only) drug of choice?
- Is it important which drug should be used for hypertension treatment in acute stroke?
- Could statins/PCSK9 inhibitors be used for secondary prevention after haemorrhagic stroke?
- Drug(s) of choice in ISHY
- Can we use urapidil and eplerenone in pregnancy?
- Could thiazide like diuretics be used when eGFR is below 25 ml/min?
- NOAC's and chronic kidney disease
- Optimal treatment of hypertension after kidney transplantation
- How to delay the progression of chronic kidney disease?
- Could obesity be considered as a secondary form of hypertension?
- Atherosclerotic renovascular hypertension – update on diagnosis and treatment
- When to use intervention in hypertensive patient with fibromuscular dysplasia
- Is resistant hypertension only indication for renal denervation? Cost? Feasibility?
- New drugs – new promises?
- Shall we treat asymptomatic hyperuricemia? Is uric acid an independent cardiovascular risk factor or not?

## Adherence and clinical inertia

- Which method should be used for detection of non-adherence in routine clinical work?
- How to manage non-adherence?
- How to manage clinical inertia?
- How to increase patient's empowerment?
- Artificial intelligence and smartphone applications



## ABSTRACT SUBMISSION

Abstract submission will be open **until August 10th, 2023**. Until further notice, please submit your abstract via the following email: [prehyp2023@prehyp.com](mailto:prehyp2023@prehyp.com)

The Committee will review all submitted abstracts. Notification regarding abstract acceptance and scheduling will be sent to the submitting author.

Please note, if your abstract is accepted for oral presentation, the presenting author will be permitted a maximum of 1 oral presentation in the program.

## REGISTRATION FEE

	FULL ATTENDANCE		VIRTUAL ATTENDANCE	
	Until September 10, 2023	From September 10, 2023 and on-site	Until September 10, 2023	From September 10, 2023
<b>Participant</b>	<b>€500,00</b>	<b>€600,00</b>	<b>€200,00</b>	<b>€250,00</b>
<b>Regional participant</b>	<b>€300,00</b>	<b>€350,00</b>	<b>€100,00</b>	<b>€150,00</b>
<b>Participant with accepted abstract</b>	<b>€150,00</b>	<b>€200,00</b>	<b>€80,00</b>	<b>€120,00</b>
<b>Younger than 35</b>	<b>€150,00</b>	<b>€200,00</b>	<b>€80,00</b>	<b>€120,00</b>
<b>General practitioner</b>	<b>€90,00</b>	<b>€120,00</b>	<b>€60,00</b>	<b>€80,00</b>
<b>Nurses</b>	<b>€50,00</b>	<b>€70,00</b>	<b>€40,00</b>	<b>€60,00</b>
<b>Medical students</b>	<b>Free</b>	<b>Free</b>	<b>Free</b>	<b>Free</b>

For group rates please contact **Congress secretariat**

**Congress Diner** (Optional) - **€65,00**



## — VENUE and LOCATION

We are excited to welcome you to Zagreb, the capital city of Croatia and a hub of culture, history, and innovation. Zagreb is a city that seamlessly blends the old and the new, with charming medieval architecture, world-class museums, and a vibrant food and nightlife scene.

As you explore our city, we invite you to discover Zagreb's rich history and cultural heritage, from the iconic Zagreb Cathedral to the stunning St. Mark's Church. You'll also find plenty of opportunities to enjoy Zagreb's vibrant arts and music scene, with regular concerts, festivals, and exhibitions throughout the year.

You should consider also touring Croatia, outside of Zagreb enjoying beautiful nature, landscapes, food, music and people.

## — HOTEL ACCOMMODATION PRICE

Deluxe room single occupancy	<b>145.00 EUR*</b>
Deluxe room - double occupancy	<b>155.00 EUR*</b>
	*per night

## — REGISTRATION AND ADDITIONAL INFORMATION

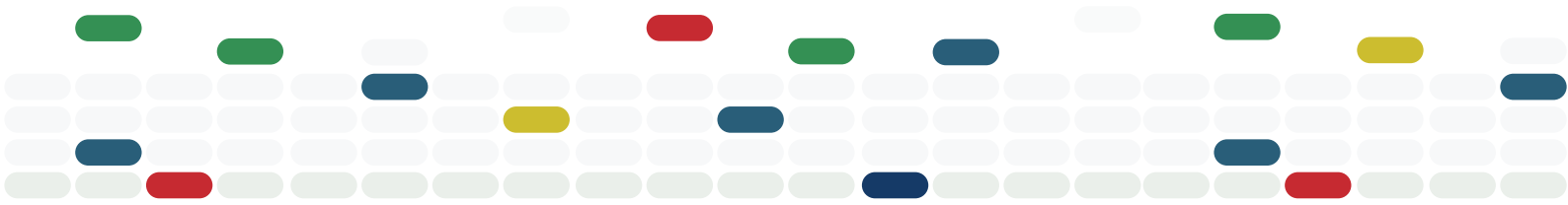
Please contact us on [prehyp2023@prehyp.com](mailto:prehyp2023@prehyp.com)

## — TECHNICAL ORGANIZER

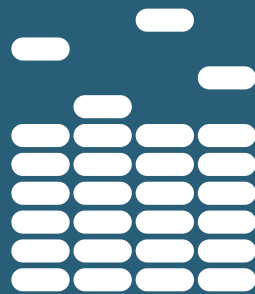


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