



32<sup>nd</sup> European Society of Hypertension Meeting  
16<sup>th</sup> ESH Post Congress Satellite Symposium:  
2023 ESH Hypertension Guidelines  
and Hot Topics in Cardiovascular Diseases

14-17  
SEP  
2023

AKS HINITSÁ Bay  
Porto Heli

## **32<sup>nd</sup> European Society of Hypertension Meeting**

**16<sup>th</sup> ESH Post Congress Satellite Symposium :**

**2023 ESH Hypertension Guidelines  
and Hot Topics in Cardiovascular Diseases**

**Porto Heli September 14-17, 2023**

**Organized by**

**Working Group “Hypertension and Heart”  
European Society of Hypertension**

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Congress Secretariat : Mideast International Tours  
T: 00302112118841, E: [gkritisotaki@mideast.gr](mailto:gkritisotaki@mideast.gr) , [etsoutsi@mideast.gr](mailto:etsoutsi@mideast.gr)



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## Welcome Letter

Cardiovascular Disease continue to be the leading cause of death worldwide.

During the past years with the prevention and effective treatment we have succeeded in not only significantly reducing morbidity and mortality, but also increasing life expectancy. However, residual risk exist, and space for improvement exist.

During our three days meeting, Opinion Leaders and Experts from Europe and Greece, will share their knowledge and will discuss the Key Messages from the 2023 Hypertension Guidelines and Hot Topics from all areas of Cardiovascular diseases plus important case studies.

We will have the opportunity to contribute to the highest level of Cardiovascular Science going through a very high Scientific Programme, and all together with the Local and International speakers, we will address the most important Cardiovascular Risk Factors, and hot topics in all Cardiovascular Medicine such as Hypertension, Heart Failure, Coronary Heart Disease, Stroke, Atrial Fibrillation, Pulmonary Embolism, etc., as well as recent published guidelines.

You are invited in this high Scientific event, and we look forward to welcoming you in the 16<sup>th</sup> ESH Post Congress Satellite Symposium in Porto Heli.

*President of the Meeting*

*Athanasios J. Manolis*

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## PRELIMINARY PROGRAMME

Thursday, September 15, 2023 – Afternoon

### Case Studies

**Chairpersons: M. Kallistratos (GR), M. Doumas (GR)**

- 14.00-14.45 N. Papaioanou (GR)**  
Hypertension and Diabetes: which target, which drug?
- 14.45-15.30 M. Kallistratos (GR)**  
Resistant Hypertension
- 15.30-16.00** *Coffee Break*
- 16.00-16.45 N. Kouremenos (GR)**  
Hypertension and Coronary Heart Disease
- 16.45-17.30 M. Doumas (GR)**  
Hyperaldosteronism
- 17.30-18.15 M. Kallistratos (GR)**  
Renal artery stenosis
- 18.15-18.45 M. Koutsaki (GR)**  
Perioperative hypertension
- 18.45-19.00** General Discussion with all Presenters

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**Friday September 15, 2023 – Morning**

08.30-09.00 Registration

09.00-09.15 Opening President  
**A. J. Manolis (GR)**

**Session I 2023 Hypertension Guidelines: Prevalence and Classification**

**Chairpersons: A. Pittaras (GR), M. Doumas (GR)**

09.15 a.m. **V. Katsi (GR)**  
Prevalence of Hypertension and other risk factors in Greece

09.30 a.m. **C. Grassos (GR) ONLINE**  
How to measure blood pressure: old and new technologies

09.45 a.m. **A. Kollias (GR)**  
Clinic vs Home vs ABPM

10.00 a.m. **E. Triantafyllidi (GR)**  
The importance of risk stratification

10.15 a.m. **Discussants: N. Kouremenos (GR), N. Papaioannou (GR)**

**10.30 a.m. Coffee break**

**Session II 2023 Hypertension Guidelines: Hypertension Organ Damage**

**Chairpersons: A. Coca (SP), A. Manolis (GR)**

11.00 a.m. **E. Agabiti Rosei (IT)**  
Hypertensive Heart Disease

11.20 a.m. **D. Vlachakos (GR) ONLINE**  
Microalbuminuria and CKD

11.40 p.m. **A. Pittaras (GR)**  
Heart Failure

12.00 p.m. **M. Kallistratos (GR)**  
Hypertension and Arrhythmias

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- 12.20 p.m. **A. Coca (SP)**  
Stroke
- 12.40 p.m. **Discussion**
- 01.00 p.m. Sponsored Lecture TBA**
- 01.30 p.m. Lunch**

**Friday, September 15, 2023 – Afternoon**

**Session III – 2023 Hypertension Guidelines: Treatment**

**Chairpersons: E. Agabiti Rosei (IT), A. Coca (SP)**

- 03.00 p.m. **A. Papakostandinou (GR)**  
The importance of life style changes
- 03.20 p.m. **A. Kollias (GR)**  
Monotherapy or combination therapy as first step?
- 03.40 p.m. **G. Mancia (IT) ON LINE**  
 $\beta$ -blockers: where do we stand now?
- 04.00 p.m. **D. Papadopoulos (GR)**  
Which add-on therapy?
- 04.20 p.m. **M. Doumas (GR)**  
Resistant hypertension
- 04.40 p.m. **Discussion**
- 05.00 p.m. Coffee Break**

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## Session IV – 2023 Hypertension Guidelines and Co-morbidities: Treatment

**Chairpersons: H. Triantafyllidi (GR), M. Marketou (GR)**

- 05.30 p.m. **K. Tsioufis (GR) ON LINE**  
2023 ESH Guidelines: Renal Denervation, where we stand?
- 05.50 p.m. **V. Katsi (GR)**  
Pregnancy
- 06.10 p.m. **M. Marketou (GR)**  
Atrial Fibrillation
- 06.30 p.m. **Sponsored Lecture: Bio**  
**Chairperson: A. Manolis (GR)**  
**G. Gianakoulas (GR)**  
Trepstinil: First drug approved for patients with pulmonary hypertension and interstitial lung disease: When and how to use
- 07.00 p.m. End of the day**

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**Saturday, September 16, 2023 – Morning**

**Session V – Hot topics in Cardiovascular Disease I**

Chairpersons: **A. Papakostandimou (GR), S. Papaioanou (GR)**

- 08.30 a.m. **E. Chatziagellaki (GR)**  
Obesity: What we need to know and new-anti-obesity drugs
- 08.50 a.m. **J. Parisis (GR)**  
Uric acid and CV risk: which target, which drug?
- 09.10 a.m. **K. Kifnidis (GR)**  
My patient cholesterol is still high despite treatment: what's next?
- 09.30 a.m. **C. Grassos (GR) ONLINE**  
SGLT-2 in the treatment of CV disease
- 09.50 a.m. **M. Kallistratos (GR)**  
How and when to use SGLT-2 in CV disease: A case study
- 10.10 a.m. **Discussion**
- 10.30 a.m. *Coffee break*

**Session VI Hot topics in Cardiovascular Disease II: Chronic Coronary Syndromes**

Chairpersons: **J. Parisis (GR), K. Kifnidis (GR)**

- 11.00 a.m. **J. Palios (GR)**  
Diagnostic approach: The role of stress echo, CT, MRI
- 11.30 a.m. **L. Poulimenos (GR)**  
Is time to reconsider our beliefs towards PCI in the post-ISCHEMIA era?
- 12.00 p.m. **K. Toutouzas (GR) ONLINE**  
Microvascular angina: definition, diagnostic approach and treatment
- 12.30 p.m. **A. Manolis (Greece)**  
Managing angina and ischemia: Medical treatment works !!

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13.00 p.m. **Sponsored Lecture: MENARINI**

**Chairperson: A. Manolis (GR)**

**M. Kallistratos (GR)**

An update in the treatment of hypertension

13.30 p.m. ***Lunch***

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**Saturday, September 16, 2023 – Afternoon**

**Session VII Hot Topics in Cardiovascular Disease III**

Chairpersons: **L. Poulimenos GR, T. Mesiskli (GR)**

- 03.00 p.m. **S. Adamopoulos (GR)**  
2023 Update ESC heart failure guidelines
- 03.20 a.m. **G. Gianakoulas (GR)**  
An update in the diagnostic approach and treatment of pulmonary hypertension
- 03.40 p.m. **D. Tsiachris (GR)**  
Antiarrhythmic drugs in atrial fibrillation
- 04.00 p.m. **T. Mesiskli (GR)**  
The role of DOAC in atrial fibrillation
- 04.20 p.m. **S. Papaioanou (GR)**  
New ESC guidelines for acute coronary syndromes
- 04.40 p.m. **T. Zamfir (Greece)**  
Cardio-oncology: what we need to know
- 05.00 p.m. **Sponsored Lecture TBA**
- 05.30 p.m. **Take home messages**
- 06.00 p.m. **Concluding remarks**

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