

## Annual Working Group Report Form

**Year/time period of report: 2023**

**Name of Working Group:** Working Group on Hypertension and the Brain

**Name of Working Group Section:** NA

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### Composition of Working Group

#### Chair:

Name: Dagmara Hering

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Year of appointment/term: 2022

#### Vice-Chair:

Christina Sierra

Email: [csierra@clinic.cat](mailto:csierra@clinic.cat)

Year of appointment/term: 2018

#### Secretary:

Efstathios Manios

Email: [stmanios@med.uoa.gr](mailto:stmanios@med.uoa.gr)

Year of appointment: 2022

### Working Group Members

Current number of members: 96

New members approved this year: 5

- Lorenzo Carnevale, Italy, [lorenzo.carnevale@neuromed.it](mailto:lorenzo.carnevale@neuromed.it)
  - Eugenia Gkaliagkousi, Greece, [egkaliagkousi@auth.gr](mailto:egkaliagkousi@auth.gr)
  - Gulnoz Khamidullaeva, Uzbekistan, [gulnoz0566@mail.ru](mailto:gulnoz0566@mail.ru)
  - Guzal Abdullaeva, Uzbekistan, [guzal-abdullaeva@bk.ru](mailto:guzal-abdullaeva@bk.ru)
  - Khafiza Yusupova, Uzbekistan, [hafiza.yusupov@gmail.com](mailto:hafiza.yusupov@gmail.com)
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### Activities of the year

Publications on behalf of the Working Group

Published this year: 2023

1. Yaneva-Sirakova T, Coca A, Sierra C, Cunha P, Hering D.  
Predictive value of new cardiovascular tools for stroke risk reclassification.  
ESH Working Group on Hypertension and Brain.  
Blood Press. 2023 Dec;32(1):2237129

2. Yaneva-Sirakova T, Petrov I, Traykov L, Coca A, Cunha PG, Gasecki D, Farukh B, Kotsis V, Vicario A, Manios E, Sierra C, Hering D.  
Twenty-four-hour ambulatory blood pressure monitoring – from silent to whispering brain damage  
ESH Working Group on Hypertension and Brain.  
Blood Press. 2023 Dec; 32(1):2208228

In preparation:

1. Hypertension and Brain Damage. Second Edition of the Book, 2024 Springer-Verlag, Editor Antonio Coca
2. Blood pressure management in post-stroke patients  
Consensus article from the European Society of Hypertension Working Group on Hypertension and Brain and European Stroke Organization
3. Cognitive consequences in hypertensive patients  
Consensus update. Heart-Brain Federal Network of Argentine Federation of Cardiology (HBFN-FAC) and Working Group Hypertension and Brain of European Society of Hypertension (WGHB-ESH)
4. The crosstalk between vasculature and the brain – review article

Meetings organized this year:

**Participation at the ESH Annual Meeting, Milan, Italy, June 22-26, 2023**

ESH WG Main Session

Chairpersons: P. Guimarães Cunha (Minho, PORTUGAL), D. Hering (Gdansk, POLAND)

**Friday, June 23**

16.00-16.15 Blood pressure management for secondary stroke prevention

E. Manios, Greece

16.15-16.30 Risk factors management to reduce the global burden of cognitive dysfunction

D. Hering, Poland

16.30-16.45 Blood pressure management in cerebral hyperperfusion syndrome

D. Gasecki, Poland

16.45-17.00 General Discussion

Joint Session ESH WG Hypertension and Brain – European Stroke Organization

Clinical Consensus in STROKE and COGNITIVE decline management

Chairpersons: D. Hering (Gdansk, POLAND), P. Kelly (Dublin, IRELAND)

**Sunday, June 25**

15.00-15.15 Blood pressure targets in patients with ischemic stroke or transient ischemic attack

Webb, United Kingdom

15.15-15.30 Blood pressure variability and the risk of dementia

C. Tzourio, France

15.30-15.45 Blood pressure treatment targets of patients with cognitive decline/dementia

P. Guimarães Cunha, Portugal

15.45-16.00 General Discussion

ESH WG Hypertension and Brain – General Assembly Business Meeting

**Saturday, June 24, 2023**

## **Participation to the ESH Annual Meeting 2024 planned**

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### **Scientific projects**

Ongoing:

1) CHSP-SML Study: The impact of Central Hemodynamic biomarkers in acute ischemic stroke prognosis and outcome at short, medium and long term. The goal is to analyze the different phenotypes of CBP during stroke, its evolution in the acute, sub-acute and chronic post-stroke evaluations, correlating these findings with cardiovascular and neurological outcomes. Recruitment started in 2019, but activity was stopped during the pandemic.

2) CEREBRO Project – A longitudinal cohort, followed to evaluate the prevalence of cognitive dysfunction in hypertensives and correlate different measures of central and peripheral arterial function and brain structure with cognitive decline. Centres in Latin America and Europe have signaled interest. It has started recruitment in 2019.

### **Educational projects**

Completed this year: /

Ongoing: /

In planning for next year: /

### **Collaborations with other WGs/Scientific Societies:**

#### **Collaboration with the Newly elected Members in Tashkent, Uzbekistan**

**Uzbekistan Society of Cardiology, Prof. Gulnoz Khamidullaeva, Prof. Guzal Abdullaeva**

"Preventive Cardiology: from Primary Prevention to Cardiac Rehabilitation", 23-24 October 2023 in Tashkent, Uzbekistan.

#### **Active participation, Speaker Dagmara Hering, Poland, Chairman of the ESH WG**

**Plenary Session:** How to effectively treat hypertension and multiple risk factors

**Satellite Session:** Telmisartan/Amlodipine single-pill combination therapy: Benefits Beyond long-term Blood Pressure Control

**Round Table:** Combined antihypertensive therapy – Protection of target organs

**Mentorship, Dagmara Hering**, November 2023, feedback on the abstract of the dissertation of the applicant of the Laboratory of Hypertension and Molecular Genetic Research of the Republican Specialized Scientific and Practical Medical Center of Cardiology, Tashkent, Uzbekistan

Yusupova Hafiza Furkat qizi: “Clinical efficacy of combination antihypertensive therapy with the inclusion of nitrendipine in patients with essential hypertension and cognitive impairment”

Submitted for the degree of Doctor of Philosophy in specialty 14.00.06 “Cardiology,

**Bulgarian Society of Cardiology on stroke and dementia prevention,  
President Arman Postadzhiyan**

**Filled by: Dagmara Hering**

**Date: 09/01/2024**

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**Appendix:**

List of Officers and Members

History of the ESH WG

Rules and Regulations of the ESH WG

E-mail address of the Working Group on Hypertension and the Brain  
[eshwgbrain@gmail.com](mailto:eshwgbrain@gmail.com)

## **CURRENT NUCLEUS OFFICERS 2023-2025** (Elected on November 24<sup>th</sup>, 2022)

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Secretary

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List of WG members 2023

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## **ESH Working Group on Hypertension and the Brain**

1. In 2012 Prof. Stéphane Laurent (Paris, France) proposed to start a new Working Group within the ESH: the Working Group on Hypertension and the Brain;
2. The activity of this ESH WG would have as purpose a coordinated effort to improve results on the fight against stroke and cognitive decline, through the lowering of high blood pressure in primary prevention, as well as in more interaction between hypertension specialists and neurologists in BP management after stroke.

### **Presidents:**

- 2012 - Stéphane Laurent (Paris, France)
- 2014 - António Coca (Barcelona, Spain)
- 2016 - Dariusz Gąsecki (Gdansk, Poland)
- 2018 - Pedro Guimarães Cunha (Guimarães, Portugal)
- 2022- Dagmara Hering (Gdansk, Poland)

The new WG planned to connect ESH Excellence Centers and national Societies of Hypertension. All members of ESH Excellence Centers were asked to contact neurologists of their hospital, or nearby hospitals, and sensitize them to the objectives of the WG, thus creating an informal network of hypertension specialists and neurologists in numerous centers and countries.

The ESH Working Group should develop and implement collaborative recommendations, and promote scientific meetings or joint sessions with the purpose of debating and disseminating knowledge in the field, including:

- Guidelines, position papers, ESH Newsletters
  - a) Recommendations addressed to the writing committee of the 2013 ESH-ESC Guidelines
  - b) Position paper, reviews on hypertension and stroke (Journal of Hypertension, 2018)
  - c) Position paper, reviews on hypertension and cognitive decline (in preparation)
- Implementation of Guidelines
  1. WG sessions at regular meetings of the ESH
  2. Joint ESH-ESC (European Stroke Conference) sessions at ESC and ESH meetings (Barcelona, 2018)
  3. Joint Session with the Portuguese Society of Hypertension (2016, 2017)
  4. Joint Session with the Polish Society of Hypertension (2016)
  5. Joint Session at the ESC Meeting (2018, Athens)
  6. Joint Session with the Portuguese Society of Internal Medicine (2019)

## **Teaching course of ESH Working Group “Hypertension and the Brain”**

ESH, 8 June 2018, Barcelona, 15:00-16:00

- 15.00 – 15.15: Hypertension and brain damage - Dariusz Gasecki
- 15.15 – 15.30: Hypertension and stroke subtypes - Dagmara Hering
- 15.30 – 15.45: Management of high BP in acute ischemic stroke – Pedro Guimarães Cunha
- 15.45 – 16.00: Management of high BP in acute hemorrhagic stroke – Efstathios Manios

### **The Book**

1. Hypertension and the Brain Damage. Coca A. (ed), Springer 2016

### **The ESH - Newsletters**

1. Hypertension and stroke subtypes: A causative role or simply association? (2016)
2. Blood pressure targets in acute intracerebral hemorrhage. 2017
3. Effects of antihypertensive treatment in Cognitive Decline (Submitted, 2019)

### **ESH - Position Papers**

Blood pressure in acute ischemic stroke: challenges in trial interpretation and clinical management: position of the ESH Working Group on Hypertension and the Brain  
J Hypertension 2018, 36:1212-1221.

### **Joint Research Projects**

The WG has recently decided to promote joint multicentric research projects, and is currently developing two research protocols in different domains: Cognitive decline in hypertensives and central hemodynamic profile in subjects with stroke.

**Currently, the WG includes 96 members from 26 countries in 4 continents.**

## **Working Group on “Hypertension and the Brain” Rules and Regulations**

### **Article 1.**

The working group (WG HT & Brain) is established as a working group of the European Society of Hypertension (ESH) according to the by-laws of the ESH. The internal governance of the WG is regulated by ESH Council-approved Rules and Regulations.

### **Article 2.**

The WG encourages research, teaching, and communication of knowledge, and participates in education focused on the effects of high blood pressure and associated cardiovascular risk factors on the brain.

Specific objectives include:

- To promote, organize and/or co-ordinate research on this subject
- To gather and exchange information regarding research and related activities within the working group
- To contribute to the organization, preparation and delivery of the scientific program of the annual ESH Congress and to support and participate in other ESH scientific meetings and symposia
- To organize and participate in educational activities within the ESH
- To organize teaching workshops on suitable topics related to the brain
- To contribute to the organization, preparation and delivery of joint sessions with other relevant national or international societies in scientific meetings
- To promote and organize education on this subject
- To contribute to task forces for the development and implementation of ESH guidelines and joint guidelines with sister societies
- To establish appropriate recommendations for the ESH Council regarding the subject matter of the WG
- To develop position papers and consensus documents on hypertension and the brain in collaboration with sister societies
- To contribute to the content of the ESH website

### **Article 3.**

The Nucleus consists of:

- Officers: Chair, Vice-Chair, immediate Past-Chair, Secretary, and four officers.
- Ex-officio members: the Nucleus may nominate ex-officio members to carry out specific tasks

The Chair is elected for a non-renewable period of 2 years. The Vice-Chair automatically becomes the Chair for the following 2 years. A person may not be re-elected to these posts.

The Chair automatically becomes Past-Chair for the following 2 years, after his/her term of office has expired.

The Secretary, the Vice-Chair and the four officers are elected for 2 years, renewable for a further 2 years. After these 4-years, a person may not be re-elected to these posts during the following 4 years.

The ex-officio members are appointed for 2 years, renewable for a further 2 years.

**Article 4.**

The Secretary, with the agreement of the Chair, is responsible for preparing an annual report on the activities of the WG for the ESH Council and the membership, to be presented and approved at the Annual General Assembly.

**Article 5.**

The members of the WG Nucleus will elect the Officers (Chair, Vice-Chair, and Secretary). In order to guarantee continuity, the position of Vice-Chair will only be open to an Officer who has been a member of the Nucleus for at least 2-years.

**Article 6.**

The Nucleus will consist of members with a proven record in the field of hypertension and the brain. Potential members should apply to the Chair by submitting a brief (one page) curriculum vitae including relevant references related to the subject of the working group. The Chair will ratify the application, but may ask for advice from the other Officers if deemed appropriate. If an application is rejected there is no obligation to provide reasons to the applicant.

**Article 7.**

The Nucleus will meet at least once a year at the annual ESH Congress. The Nucleus may meet in conjunction with other events and hold conference calls when required.

**Article 8.**

The General Assembly will be held once a year during the annual ESH Congress. The agenda of the General Assembly will be drawn up by the Chair.