

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

**May 31, 2024**

**Estrel Hotel, Berlin, Germany**

**8:30 AM – 12:00 PM CET**

### **PRESENT**

G. Grassi, President

T. Weber, Secretary

A. Januszewicz, Vice-President

R. Kreutz, Immediate Past President

M. Doumas, Officer-at-Large

J. Polonia, ESH Treasurer

J. Danser

C. Delles

G. Mancia

A. Persu

M. Burnier

J. Brguljan

M. Brunström

R. de Pinho

L. Halvorsen

Z. Jarai

E. Rodilla

A. Pathak

K. Tsioufis

### **Other participants**

M. Elgner, ESH Coordinator

R. Lynch, ESH Secretariat

M. Massaro – AIM

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

The ESH President, G. Grassi, welcomed all members to the ESH Council meeting. The President presented a paper written by him that will be published in the J Hypertens "Thirty-five years of the European Society of Hypertension: from the past to future".

## **2. APOLOGIES (T. Weber)**

T. Weber informed the Council that there were no apologies.

## **3. APPROVAL OF MINUTES – ESH SCIENTIFIC COUNCIL MEETING ON JANUARY 27, 2024 (T. Weber)**

The minutes of the Scientific Council Meeting held on January 27, 2024, in Berlin, Germany, 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.

## **4. TREASURER'S REPORTS**

### **4.a ESH Financial Report (J. Polonia)**

J. Polonia, ESH Treasurer, presented the audited figures (May 2024) of the ESH for the fiscal year ending December 31, 2023. All figures were presented in Swiss Francs.

- Net assets at beginning of period = 1,994,190.35 (in 2022: 1,996,357)
- Profit/loss: Net result for 2022 = -2,189.60 (in 2022: -2,166.97)
- Net assets at end of period = 1,992,000.75 (in 2022: 1,994,190.35)
- Total income = 298,510 (in 2022: 284,910)
- Total expenditures = 300,699 (in 2022: 287,077)

There is no big difference in the results of 2022 compared to 2023. A good balance between income and expenditure was achieved.

One of the expenses was highlighted in particular: the invoice from the publisher Wolters Kluwer for the publication of the 2023 ESH Guidelines (CHF 50,027). As the number of pages included in the contract was far exceeded, an additional payment had to be made.

Overall, the situation remains stable.

### **4.b FESH Financial Report (M. Burnier)**

M. Burnier, Treasurer of the ESH Foundation, presented the audited balance sheet of the FESH on December 31, 2023. All figures were presented in Swiss Francs.

- Current assets in 2023 = 687,456.91 (in 2022: 562,830.94)
- Net result for 2022 = - 183,271.62 (in 2022: 37,812.16)

The financial situation remains stable.

The transfer by ESH of 100,000 EUR to FESH for the Summer School was approved by all the Council members.

**4.c Declaration on trade with derivatives (J. Polonia, M. Burnier)**

Ornitag sent M. Burnier a sample of a resolution in connection with the FMIA. In Switzerland, all corporate bodies are obliged to set out appropriate regulations for derivatives trading processes. Or to state in writing that they do not currently trade in derivatives, which ESH actually does not. ESH and FESH need to sign a resolution on that matter. All Council members agreed on signing the resolution.

**5. ESH BUSINESS MATTERS****5.a Reminder new Office Bearers, Elected Members, Executive Officers (T. Weber)**

T. Weber presented the new proposed ESH Scientific Council. All positions need to be approved during the General Assembly.



### 5.a Reminder new Office Bearers, Elected Members & Executive Officers (T. Weber) – official approval of new positions during General Assembly in Berlin

Elected Council Members (n=11) voting rights	
<b>Office Bearers</b>	
T. Weber (President) - <b>NEW</b>	J. Polonia (Treasurer) - <b>REMAINS</b>
A. Januszewicz (Vice-President) - <b>REMAINS</b>	M. Dumas (Officer at Large + EC Coordinator) - <b>REMAINS</b>
C. Delles (Secretary) - <b>NEW</b>	G. Grassi (Immediate Past President) - <b>NEW</b>
<b>Other elected Members/Officers</b>	
J. Danser - <b>NEW</b>	
L. Halvorsen - <b>REMAINS</b>	
A. Pathak - <b>REMAINS</b>	
A. Persu (WG Coordinator) - <b>REMAINS</b>	
E. Rodilla - <b>REMAINS</b>	

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### 5.a Reminder new Office Bearers, Elected Members & Executive Officers (T. Weber)

Executive Officers (n=6) & Ex-Officio Members (n=2) No voting rights	
<b>Executive Officers</b>	
J. Brguljan – Coordinator, ESH Summer Schools - <b>REMAINS</b>	
M. Brunström – Executive Officer for Evidence Synthesis in Clinical Research - <b>REMAINS</b>	
R. de Pinho – Coordinator, ESH GP Network - <b>REMAINS</b>	
R. Kreutz – Executive Officer for Conference Planning - <b>NEW</b>	
G. Mancía – Chair, ESH Educational Committee & President, ESH Foundation - <b>REMAINS</b>	
K. Tsioufis – Executive Officer for International Clinical and Research Collaborations - <b>REMAINS</b>	
<b>Ex-Officio Members</b>	
M. Burnier – Treasurer, ESH Foundation - <b>REMAINS</b>	
Z. Jarai – Representative, Presidents of ESH Affiliated & Associated National Societies - <b>REMAINS</b>	

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## 5.b Membership Status 2024 (T. Weber)

T. Weber provided some important numbers on ESH membership:

**Total number of ESH members = 2,385** (May 15, 2024)

**New members** (from July 1, 2023 – May 15, 2024) = **121**

- **84** from European countries

- **37** from non-European countries (Africa, Asia, Middle East, Oceania, North and South America)

- **5** were participants in the ESH 2023 Summer School

**Paid/renewed 2024 memberships fees** (May 30, 2024) = **344**

- Standard fees paid (Euro 100,00) = **318**

- Reduced fees paid (Euro 50,00) = **26**

- ESH Scientific Council members/other ESH Committee members who have paid = **15**

- **2023** membership fees paid in 2024 = **40** (**39** standard – **1** reduced)

New members attending ESH 2024 in Berlin have been invited to pick up their membership certificate at the ESH booth. A. Januszewicz, who is responsible in the Council for the approval of new members, will hand out the certificates.

## 5.c New Postal Address for ESH and FESH (T. Weber)

The agent providing the domicile for both ESH and FESH in Zug, Switzerland has changed its name. The street/city remains the same. The change is the following:

### Previously

c/o Hausheer & Partner Rechtsanwälte  
Bahnhofstrasse 10  
6301 Zug, Switzerland

### New

c/o Urs Hausheer  
lege artis zug - lawyers and notaries  
Bahnhofstrasse 10  
6300 Zug, Switzerland

Whenever contracts are concluded in the name of ESH or FESH, the new address must be used.

REMINDER: all contracts in the name of ESH and FESH have to be signed by TWO authorized (per commercial register) Council members = President, Secretary, Immediate Past President, Treasurer.

## 6. ESH 2024 Clinical Practice Guidelines – Update (R. Kreutz, G. Mancía)

R. Kreutz presented the ESH 2024 Clinical Practice Guidelines:

- The paper was supposed to be published on Saturday, June 1<sup>st</sup>. But the submission was too late and furthermore there had been some diplomatic challenges. ESH had to wait until the ESC had published their Guidelines.
- The CPGs have been endorsed by the European Federation of Internal Medicine (EFIM), European Renal Association (ERA) and International Society of Hypertension (ISH).

- ESH established a new relationship with EFIM in 2023.
- ESH aimed for publication of full ESH 2023 GLs in EJIM; declined by Wolters Kluwer since no dual publication was possible.
- R. Kreutz presented ESH 2023 GLs at EFIM Annual Meeting in March 2024.
- There is a joint session with EFIM during the ESH Annual Meeting in Berlin.
- EFIM/EJIM proposed to publish 2024 CPGs and to provide endorsement.
- ESH should create alliances outside cardiology: good way to defend from cannibalism by ESC.

#### **CPGs - Costs**

- a. After submission to EJIM, ESH obtained agreement from Phil Daly/WK to publish the Figures and Tables from the full GLs.
- b. Publishing Open Access Creative Commons License CC-BY-NC-ND.
- c. Medical Illustrator - \$4800
- d. Copyright of MASTERplan - \$3363.75

#### **Next Steps**

- a. Dissemination
- b. Pocket version MASTERplan
- c. Translations

T. Weber commented that when the contract with the Journal of Hypertension is renewed in 2026, a separate contract for the Guidelines needs to be concluded.

#### **7. JOINT GUIDELINES WITH EUROPEAN SOCIETY OF VASCULAR MEDICINE (G. Grassi)**

ESH received a proposal from the European Society of Vascular Medicine to produce a joint document: ***Diagnosis and Management of hypertension in patients with lower limb Peripheral Artery Disease (PAD)***.

The paper will be published in Blood Pressure.

A taskforce will be set up under the leadership of R. Kreutz. The following Council members might join the taskforce: G. Mancia, T. Weber, G. Grassi, M. Brunström, J. Brguljan, M. Burnier.

#### **8. UPDATE ON BLOOD PRESSURE BY THE EDITOR-IN-CHIEF (M. Burnier)**

M. Burnier was asked to give a brief update on Blood Pressure.

The 2024 CPGs should have been published in Blood Pressure as previously discussed. M. Burnier fought hard for the publication. They already looked for a translator to also provide the CPGs in other languages. The publication would have helped BP a lot to improve its Impact Factor.

ESH should seriously rethink their relationship with the Blood Pressure Journal and should become more engaged in the journal. BP has provided some good opportunities for ESH, such as the publication of the ESH Clinical Updates & News or it has helped authors to publish without costs.

The views on BP tripled within the last 3 years since it became open access.

ESH Working Groups should be encouraged to publish in the journal, also the Young Investigators.

M. Burnier indicated that he needs help from the ESH Council in finding good reviewers for the papers since at the moment he is doing the majority of reviews. This can be Council members or other fellows or even the Young Investigators.

#### **9. ESH GP NETWORK – UPDATE (R. de Pinho)**

R. de Pinho reported briefly on some important points following the survey carried out in November 2023 among the ESH affiliated National Societies:

- There are more than one sub-society in many countries.
- Difference in treating hypertension in different countries.
- CPGs should be implemented in all countries.
- Through collaboration with WONCA try to implement CPGs.

#### **10. ESH EXCELLENCE CENTRES PROGRAM & HYPERTENSION SPECIALIST PROGRAM (C. Delles, M. Doumas)**

##### **10.a ESH Excellence Centres Program (C. Delles)**

C. Delles reported on the status of the Excellence Centres:

- Total number of Excellence Centres = 210 (May 15, 2024)
- - E.C.s in Europe = **193**
  - European countries = **36**
  - Associated E.C.s Outside Europe = **17**
  - Countries Outside Europe = **9** in **4** continents (Asia, Middle East, Oceania, South America)
- New E.C.s approved
  - 2023 = **3**
  - 2024 = **4**
- Status of Excellence Centres
  - In good standing (Leads) = **154**
  - Unpaid membership fees (Leads) = **38**
  - Not ESH members (Leads) = **18**
- An official logo (3 versions) has been created for the E.C.s to use on their websites/letterhead, etc.
- Meeting with E.C.s is programmed during the Annual Meeting. Approx. 50 E.C. representatives will attend. Each new E.C. will give a short presentation on their centre.
- Planned activities: webinars with case presentations are planned. A list of possible cases was shown.
- Blood Pressure Clinics: Work in Progress - the approval process is being revised and will be updated.

##### **10.b ESH Hypertension Specialist Program (M. Doumas)**

M. Doumas reported on the status of the ESH European Hypertension Specialist Program.

- Total number of Hypertension Specialists (EHS) = **646** (May 20, 2024)
  - EHS in Europe = **608**
  - European countries = **36**

- EHS Outside Europe = **38**
- Countries Outside Europe = **38** in **5** continents (Asia, Middle East, Oceania, North & South America)
- New EHS approved
  - 2023 = **4**
  - 2024 = **13**
- Status of EHS (May 20, 2024)
  - In good standing = **166**
  - Unpaid membership fees = **480**

#### **10. d ESH Hypertension Centres & Specialists: Challenges**

- Application process: incomplete applications
- Leadership changes
- Blood Pressure Clinics
- Reaccreditation, Quality Control, Liability

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

##### **11.a Changes in WG leadership/elections**

A. Persu reported there are 15 Working Groups and elections (app. half of WGs) for new leadership will take place during the WG meetings at the Annual Meeting.  
The Annual Reports are well established and this initiative will be continued also with the new chairs.

##### **11.b Update on WG publications and projects**

An overview of the most important WG publications and scientific projects was presented by A. Persu:

###### *WG on Hypertension and the Kidney*

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

###### **(R. Boulestreau e)**

Early results of the prospective multidisciplinary HAMA cohort: description of the first 302 patients and external validation of the cohort

###### ➤ **Submitted J Hypertens**

Malignant Hypertension: A Systemic Cardiovascular Disease: JACC Review Topic of the Week.

Boulestreau R, Śpiewak M, Januszewicz A, Kreutz R, Guzik TJ, Januszewicz M, Muiesan ML, Persu A, Sarafidis P, Volpe M, Zaleska-Żmijewska A, van den Born BH, Messerli FH.

J Am Coll Cardiol. 2024 Apr 30;83(17):1688-1701. doi: 10.1016/j.jacc.2024.02.037.

###### *WG on Hypertension and the Kidney*

###### **Screening and management of hypertensive patients with CKD referred to Hypertension Excellence centers among 27 countries.**

Jean-Michel Halimi, Pantelis Sarafidis, ...Alexandre Persu, Reinhold Kreutz, Liffert Vogt

With support of AstraZeneca

Now published

J Hypertens. 2024 May 14. doi: 10.1097/HJH.0000000000003756. Online ahead of print.

PMID: 38747416

WG on Diabetes and Metabolic Risk Factors

**Assessment & Management of Obese Hypertensive Patients in ESH Excellence Centers. A survey from the ESH Working Group on Diabetes and Metabolic Risk Factors.**

Christina Antza<sup>1</sup>, Guido Grassi<sup>2,3</sup>, Thomas Weber<sup>4</sup>, Alexandre Persu<sup>5</sup>, Jens Jordan<sup>6,7</sup>, Peter Nilsson<sup>8</sup>, Josep Redon<sup>9</sup>, Stella Stabouli<sup>10</sup>, Reinhold Kreutz<sup>11</sup>, Vasilios Kotsis<sup>1</sup>

Now published.

*Blood Press.* 2024 Dec;33(1):2317256. doi: 10.1080/08037051.2024.2317256. Epub 2024 Feb 26. PMID: 38407195

WG on Small Arteries

**Mechanisms of microvascular inflammation and potential therapeutic targets**

Responsible lead author(s) Name(s):

Agostino Virdis, Francisco Rios, Damiano Rizzoni, Rhian Touyz, Tomasz Guzik, Francesco Paneni, Kimon Stamatelopoulos,

Ignatios Ikonomidis, Eugenia Gkaliagkous, Konstantinos Stellos, Guido Grassi, Jacek Wolf

Contact person and email address: Agostino Virdis, [agostino.virdis@unipi.it](mailto:agostino.virdis@unipi.it)

Now published.

*Hypertension* . 2024 Jun;81(6):1218-1232.

doi: 10.1161/HYPERTENSIONAHA.123.22483. Epub 2024 Mar 21.

WG on Hypertension in Women

**Management of hypertensive disorders in pregnancy: a Position Statement of the European Society of Hypertension Working Group 'Hypertension in Women'.**

Thomopoulos C, Hitij JB, De Backer T, Gkaliagkousi E, Kreutz R, Lopez-Sublet M, Marketou M, Mihailidou AS, Olszanecka A, Pechère-Bertschi A, Pérez MP, Persu A, Piani F, Socrates T, Stolarz-Skrzypek K, Cífková R.

Now published.

*J Hypertens.* 2024 Apr 12. doi: 10.1097/HJH.0000000000003739. Online ahead of print. PMID: 38690949

WG on Hypertension in Older Adults

**Twelve hot key questions in the management of Hypertension in patients 80+.**

A practical guide for clinicians, based on and their answers with the help of the 2023 ESH Guidelines ESH WG on Hypertension in older adults

G. Bahat , J. Bogaerts, M. Camafort, D. Dallmeier, T. De Backer, G. Desideri , , A. Olszanecka, A. Persu , A. Protogerou, M. Rajzer, H. Ribeiro, J. Sheppard, A. Virdis , A. Ungar , T. Weber , A. Benetos  
Submission foreseen in the next days.

**11.c Validation of WG Position Papers**

The WG on BP Monitoring and CV Variability has recently published a paper on:



## 11.c WG BP Monitoring and CV Variability

Position paper

**Recommendations for the assessment and management of exaggerated BP response to standing and orthostatic hypertension: position paper of the European Society of Hypertension Working Group on Blood Pressure Monitoring and Cardiovascular Variability.**

Tentative Authors: P Palatini, F Saladini, A Kollias, R Asmar, G Parati, G Stergiou, G Grassi, R Kreutz, G Mancia, J Jordan, I Biaggioni, A de la Sierra.

- Rationale (epidemiology, association with adverse outcomes)
- Method of BP measurement (body position before standing up, arm position, timing and number of BP measurements)
- Focus on orthostatic systolic BP (evidence for increased risk compared to diastolic BP)
- Definition of exaggerated systolic BP response to standing (ERTS)
- Definition of orthostatic hypertension (OHT)
- General recommendations in subjects with ERTS
- Management in: Subjects with normal sitting BP
  - Subjects with high-normal sitting BP
  - Subjects with high sitting BP
- Pharmacological treatment choices
- Gaps in evidence and future research

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Before the paper was published, a letter was sent by P. Palatini to the Council.

## 11.c WG BP Monitoring and CV Variability

Position paper

Dear ESH Council Members,

In the latest ESH Guidelines a new hypertensive phenotype, **orthostatic hypertension (OHT)** has been included. In the last few years evidence has been accumulating that OHT is associated with an increased risk of **adverse outcomes** both in young and older individuals. However, **methodological heterogeneity** in the assessment of standing BP and the lack of universally accepted **definitions** of OHT made it difficult to establish its actual clinical and prognostic value.

At the last meeting of the Working Group on Blood Pressure Monitoring and Cardiovascular Variability, in Milan, the WG Members felt that improving the diagnostic testing of the BP response to standing (RTS) and providing a more rational approach to the patient with OHT would be of help to prevent or reduce the harmful effects of OHT.

The objectives of this **expert consensus** document are 1) To review the available evidence on the association between OHT and adverse outcomes, 2) To provide a methodological benchmark for a uniform evaluation of RTS, 3) To discuss the criteria to be used for a harmonized definition of exaggerated RTS and OHT, and 4) To provide recommendations for the assessment and management of the subject with OHT.

Attached please find the outline of the document and the list of the proposed authors. **Needless to say we welcome any other author you may consider suitable for this paper.** The target Journal for the article would be the Journal of Hypertension.

Looking forward to your reply, with best regards,

Paolo Palatini, Chairman, on behalf of the other Members of the Working Group.

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Concerns about the approval of position papers and consistency with ESH Guidelines were raised by R. Kreutz. They cannot contradict ESH Guidelines unless there are new findings.

A discussion aroused about asking the WGs to always add a statement to indicate that certain paragraphs might differ from the current ESH Guidelines.

Also, the terminology for papers has to be re-defined:

- Consensus Paper = other groups, societies
- Position Paper = for ESH WGs

- The word “recommendation” shall be deleted.

An Email to the WGs shall be sent by A. Persu to clarify the terminology and the statement issue.

#### **11.d Future ESH meetings: WG perspective**

There is a need to standardize and harmonize collaboration between the WG Council/Organizing Committee/ESH Coordinator/AIM.

- Who makes the call for WG Scientific Meetings/proposals for main meetings?
- When?
- To whom proposals should be sent? Format/Template? Deadline?
- Communication with WGs about proposals accepted/amended/rejected?
- Finalization/fine tuning?
- Structure/duration/time schedule of Friday meetings?
- Possibility to waive registration fees for invited lecturers to Friday scientific meeting?

The above items will be discussed during the debriefing meeting on Monday.

#### **12. ESH YOUNG FELLOWS PROGRAM – Update (J. Danser)**

The current group consists of 16 YI participants of the 2022 and 2023 ESH Summer Schools, representing Belgium, Denmark, France, Germany, Greece (2x), Hungary, Italy, Poland, Portugal, Serbia, Slovenia, The Netherlands, Turkey, UK and China.

There is a meeting (online) of the 16-person core group once a month starting from October 30, 2023 to work on ideas/contributions for the ESH 2024 meeting and to start their own activities beyond the ESH 2024 meeting

They have formed a board consisting of: Christina Antza (Greece), Diana Ferrão (Portugal), Costantino Mancusi (Italy), Ryan McNally (UK), Yusuf Sener (Turkey), Janis Casper (Germany), Ariadni Menti (Greece) and Eszter Horvath (Hungary).

#### **Activities at ESH 2024**

- Best oral and best poster award sessions (YI are members of judging committee)
- YI from 6 countries will present 6 clinical cases in 2 sessions, and they have been invited to publish each case in *J Hypertens*
- YI act as poster/oral session chairs throughout the entire meeting
- social evening for all YI on Saturday night (20.00-23.00), organised by Janis Casper (Estrel Waterfront Biergarten)
- YI scientific session on Sunday night (18.45-20.45, Room III, Estrel Congress Center), organised by Yusuf Şener
- Congress Run on Monday at 07.30 AM organised by Valentin Maisons
- ESH Young Fellows Session: Insights from Young Fellows, June 2, 2024 – 18:45-20:45

#### **Ideas beyond ESH 2024:**

- YI Journal Club – Diana Ferrão
- Novel YI members after ESH Summer School in Nice: replace/expand?
- Post-graduate course on hypertension (online) – Diana Ferrão
- Writing Editorials (together with senior specialists) - Yusuf Şener

- Survey on BP measurement technique – Costantino Mancuso
- Writing 6 clinical case reports in *J Hypertens*
- Prepare for ESH 2025 in Milan

### 13. ESH ANNUAL MEETINGS

#### 13.a 2024 ESH Annual Meeting, Berlin (R. Kreutz, M. Massaro)

M. Massaro provided figures updated May 28, 2024.

##### Registrations

- 1178 total registrations (23/05)
- 240 Faculty
- Top 10 registrations by country: Italy 146, Portugal 139, Germany 116, France 106, Poland 95, Greece 93, Romania 65, Algeria 50, China 44, Czech Republic 44
- Registration by continents: Europe (EU) 1132, Asia (Far East) 206, Europe (Non-EU) 147, Africa 89, Asia-Middle East 112, North America 37, South America 36, Australia & Oceania 18

##### Meeting

- 4 Congress days
- 7 Meeting rooms
- 85 Congress sessions
- 125 Oral presentations
- 754 E-Posters

##### Sponsors

- Diamond – Servier
- Gold – AstraZeneca, Menarini, Merck
- New sponsors in 2024 – Novo Nordisk, Bayer (returned), Axelife
- More digital related sponsorship

##### Plenary Sessions

- 3 Plenary sessions

##### Sponsored Sessions

- 11 mini symposia
- 2 satellite symposia

##### Abstracts

- 960 Abstracts received at first deadline
- 127 Late Breakers
- 1087 total received:
  - 103 rejected abstracts
  - 105 withdrawn abstracts
- 879 total in programme

##### Social Programme

- Friday May 31 - Opening Ceremony & Welcome Cocktail, Estrel Congress Centre
- Sunday June 2 – Presidential Dinner, Humboldt Carré

##### Website & digital promotion

- 32 email blasts of which 10 sponsored
- 27 posts on FB & X
- 2 ADV on FB
- 761 followers on FB
- 1690 followers on X

Preliminary final budget

- Total income - €1.621.955,00
- Expenditures - €1.498.806,97
- Total Expenses - €1.698.806,97
- Final result - €76.851,97

M. Massaro commented when the final numbers come in, they hope to reach break-even.

**13.b 2024 ESH Awards** (T. Weber)

T. Weber informed that the below awards will be conveyed to the recipients during the ESH Awards Ceremony on Sunday June 2, 2024:

- Björn Folkow Award and Lecture | Awardee = Jan Danser
- Alberto Zanchetti Life Achievement Award | Awardee = Renata Cifková
- ESH Honorary Membership | Awardee = Margus Viigimaa
- Paul Milliez Award (together with French Society) | Awardee = Michel Burnier
- New SOMNOmedics Young Investigators Award (€ 5,000) | Awardee = Konstantinos Kyriakoulis (Institute of George Stergiou)
- Three best oral and three best poster presentations for 2024. The recipients will be selected on Saturday June 1, 2024.

**13.c 2025 ESH Annual Meeting, Milan** (G. Mancina, M. Massaro)

M. Massaro reported the 2025 congress in Milan will take place from May 23-26, 2025. It will be held at the Allianz MiCo Milan Convention Center in the new North Wing.

She presented three versions of the proposed graphics for the 2025 meeting. For the first time, the graphic layout will be chosen by congress participants. Delegates will be invited to visit the ESH 2025 booth, to take the «save the date» gadget and vote the preferred graphic layout.

*Congress Venue:* Allianz MiCo – North Wing – Gate 6

10 new rooms (Sky, Aqua and Ocean) that range from 150 to 1,100 seats with an infinite possibility of combinations, as well as 9 Suites and 9 Meeting Rooms of different sizes.

*Faculty Hotel:* NH Collection City Life

Eight minutes walking distance from the congress venue

*Website & Promotion:* the official congress website [www.eshannualmeetings.eu](http://www.eshannualmeetings.eu) is active and constantly updated.

As in the past, the Annual Meeting will be promoted on social media with a special focus on X and FB, and email blasts to the mailing list.

**BREAK**

## 14. ESH SUMMER SCHOOLS

### 14.a Summer School in France 2024 – Update (A. Pathak, J. Brguljan)

The Summer School 2024 will take place from September 15 to 20 at the Club Med Opio en Provence in France.

- a. 65 young fellows from 35 countries will participate in the 2024 Summer School.
- b. The program has been finalized and invitations to speakers and faculty will be sent out.
- c. Budget (sponsorship finalized for 65,000 EUR, waiting for an extra 10-30,000 EUR). Budget of 140,000 EUR forecast, expected costs for ESH:
  - Worse case scenario 75,000 EUR (-25% vs 2023 budget)
  - Best case scenario 45,000 EUR (-55% vs 2023 budget)

### 14.b Summer Schools in Sweden - Update (M. Brunström, J. Brguljan)

M. Brunström reported on the status of the organization of the Summer School in Sweden on a date to be decided in September 2025. Two possible locations have been selected: Marstrand (Gothenburg) or Sigtuna (Stockholm). A local sponsor: AstraZeneca has already agreed to support the Summer School.

### 14.c Future Summer School Host Countries

- 2026 – The Netherlands
- 2027 – Applications from Greece and Belgium have been received

## 15. EDUCATIONAL PROJECT INDIA/ASIA (G. Grassi)

G. Grassi reported on a proposal received from the India Hypertension Academy, which is interested in conducting, in collaboration with ESH experts, an initiative to educate the cardio DMs and DNBs on becoming trainers on hypertensive heart disease. More details will come at the next Council meeting.

LATAM Hypertension Societies

- Good relationships with the LATAM societies due to A. Coca's initiative in the Council
- E. Rodilla is happy to take over relationships with these societies.

## 16. ESH RESEARCH PROJECTS

### 16.a ESH ABPM Covid-19 Study – Final Update (A. Januszewicz)

The study was carried out to determine the impact of coronavirus disease 2019 (Covid-19) pandemic on BP control assessed by ABPM in patients with treated hypertension.

- The study was carried out in the years 2020, 2023, 2024.
- 2622 ABPMs were collected from 1811 patients (50.5% men).
- 33 centres from Europe and Israel
- The study indicates the negative impact of COVID-19 pandemic on BP control.
- *“Ambulatory blood pressure monitoring in treated patients with hypertension in the COVID-19 pandemic – The study of the European Society of Hypertension (ESH ABPM COVID-19 Study)”* was published in 2023.

- *“The impact of the COVID-19 pandemic on blood pressure control in patients with treated hypertension – results of the European Society of Hypertension Study (ESH ABPM COVID-19 Study)” - Accepted 2024.*
- *“The impact of the COVID-19 pandemic on office and 24-hour blood pressure phenotypes (ESH ABPM COVID-19 STUDY) – In preparation 2024.*

#### **16.b Situation of the National Board Certification as a Hypertension Specialist in Europe – Update** (Z. Jarai, A. Januszewicz)

The goal of this project is to analyze the current situation of Hypertension Specialist programs in the Member states.

- 27 National Societies replied.
- 30% of the National Societies have a hypertension specialist program.
- 70% of the National Societies do not have a hypertension specialist program.

#### **16.c Hypertension and Post-Traumatic Stress disorder in Ukrainian refugees** (A. Persu)

A. Persu reported on three papers related to the Hypertension and Post-traumatic Stress disorder in Ukrainian refugees.

- Shalimova A, Stoenoiu MS, Cubala WJ, Burnier M, Persu A, Narkiewicz K.  
Published protocol.  
Front Cardiovasc Med. 2024 Jan 11;10:1324367. doi: 10.3389/fcvm.2023.1324367.  
eCollection 2023.PMID: 38274316
- Shalimova A, Stoenoiu MS, Manolache N-G, Cubala WJ, Burnier M, Narkiewicz K, Persu A .  
Research letter.  
In revision.
- Shalimova A, Stoenoiu MS, Cubala WJ, Burnier M, Persu A, Wilgusz M, Narkiewicz K  
Abstract submitted for ISH.

#### **16.d ESH AstraZeneca cooperation project** (R. Kreutz, L. Halvorsen)

R. Kreutz reported on an ESH-AZ cooperation project. There is an ongoing grant of € 100,000 for different initiatives on CKD. He hopes that the cooperation will be continued. L. Halvorsen will be the contact person for AZ for the project, together with R. Kreutz.

AZ is an important partner for ESH and they will have 40 participants at the meeting in Berlin.

#### **17. ESH CLINICAL UPDATE** (A. Pathak)

A. Pathak commented on the ESH News published in 2024 in Blood Pressure *“Why were the 2023 Guidelines of the European Society of Hypertension not developed as Joint Guidelines together with the European Society of Cardiology”*.

He proposed an update discussing the ESC vs ESH Guidelines. He also proposed involving WGs and Young Fellows.

## 18. ESH SATELLITE MEETINGS & ENDORSED MEETINGS (T. Weber)

### 18.a ESH Satellite Meetings/Symposia 2024

- No new applications for 2024
- Resolution/process for meeting endorsement (Council meeting June 2023):  
Timing:
  - Endorsement will be discussed only at official ESH Council meetings (3 times a year)
  - Exceptions can be made by President and Secretary, e.g.; if the meeting is traditionally endorsed by ESH.
- Who is responsible: only the ESH Council can decide on meeting endorsements during the official ESH Council meetings + in urgent cases/traditions, the ESH President and Secretary may decide on the endorsement.

### 18.b ESH Endorsed Meetings & Webinar 2024 (T. Weber)

New applications for 2024/2025:

#### Online learning 2024

**MedEA – Medical Education Academy** (*global medical education provider dedicated to planning, implementing, and promoting medical education programs worldwide*).

They are launching the BLENDED LEARNING JOURNEY ON CARDIOVASCULAR DISEASE AND HYPERTENSION 2024.

Suggestion: endorsement questionable?

Decision: no endorsement

#### New webinar application 2024

October 2024 – 3 webinars in cooperation with Gedeon Richter (Z. Jarai, R. Kreutz)

***Diagnostic and therapeutic approaches in hypertension – impact of 2023-2024 ESH Guidelines.***

Suggestion: endorsement

Decision: approved

#### New applications for 2025

April 4-5, 2025 in Lisbon, Portugal

***Hypertension Cardio Course***

Supported by Servier

Suggestion: endorsement

Decision: approved

## 19. ANY OTHER ISSUES (G. Grassi, T. Weber)

### 19.a Participation of former ESH Council members in future Council meetings (G. Grassi)

G. Grassi commented that due to several factors and the financial situation, it's not feasible to invite former ESH Council members to future Council meetings.

### 19.b ESH National Society Association requests

ESH has been approached by the AMPAC (*Asociación Mexicana para la Prevención de la Aterosclerosis y sus Complicaciones*) and the Syrian Society with requests to become associated National Societies.

AMPAC provided all required documents (in Spanish):

- Letter of intent to ESH Secretary
- Copy of the Constitution of AMPAC
- By-laws
- List of Officers and members of the Council
- AMPAC activities

The Council decided to confirm the application. E. Rodilla volunteered to check all documents again to give final green light.

### 20. DATES FOR FUTURE COUNCIL MEETINGS (T. Weber)

#### 20.a Monday, June 3, 2024 – Berlin, Germany

Council Meeting to debrief the 2024 ESH Annual Meeting  
2:45-5:00/13:00 PM | Hotel Estrel Berlin, Paris Room

#### 20.b Saturday, November 9, 2024 – Vienna, Austria

8:30 AM-12:30 PM Council Meeting  
2:30 PM-05:00 PM Programme Committee Meeting for ESH 2025

#### 20.c January 2025 – Milan, Italy

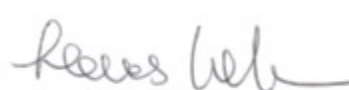
8:00 AM-12:30 PM Programme Committee meeting for ESH 2025  
2:30 PM-5:00 PM Council meeting

### 21. CLOSURE OF THE MEETING

The President closed the meeting thanking all Council members for the successful meeting and for the wonderful experience over the last 2 years.



**Guido Grassi**  
ESH President



**Thomas Weber**  
ESH Secretary