

**Minutes of the ESH General Assembly
ESH 2025 Annual Meeting
Allianz MiCo, Milan, Italy
Sunday, May 25, 2025 – 11:15 AM – 12:00 PM CEST**

MODERATORS

T. Weber, ESH President
C. Delles, ESH Secretary

AGENDA

1. Opening | President's Welcome (T. Weber)
2. President's Report (T. Weber)
3. Brief Report on ESH Activities (C. Delles)
4. ESH Treasurer's Report | ESH Foundation Financial Report (J. Polonia, M. Burnier)
5. Amendment to the ESH By-Laws (C. Delles)
6. Election of new Office Bearers & Farewell of outgoing Office Bearers (T. Weber)
Changes among the Elected Council Members (T. Weber)
7. Association and affiliation requests by various hypertension societies (C. Delles)
8. Approval of new members | June 2024 – May 2025 (C. Delles)
9. Any other business (C. Delles)
10. Closing (T. Weber)

1. OPENING OF THE MEETING | PRESIDENT'S WELCOME

ESH President, T. Weber, opened the General Assembly on Sunday, May 25, 2025, at 11:45 AM CEST. He welcomed the audience and thanked them all for their attendance.

2. PRESIDENT'S REPORT

T. Weber shared some important ESH matters with the members:

a) ESH Membership

Total number of ESH members = 2,583 (as of May 15, 2025)

New members (from June 4, 2024 to May 15, 2025) = **99**

74 from European countries

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

Paid and renewed 2025 membership fees (as of May 15, 2025) = **269**

Standard fees paid (€ 100.00 per calendar year) = 259

Reduced fees paid (€ 50.00 per calendar year) = 10

All new members attending the Milan congress were invited to pick up their membership certificate at the ESH booth.

b) ESH Working Groups

T. Weber reported on the current 15 ESH Working Groups. Elections to appoint new Chairs, Vice-Chairs or Secretaries will take place during or after the 2025 Milan congress in several of the Working Groups.

He noted some of the Working Groups are particularly active, with many papers published over the past year.

He announced the upcoming establishment of a new Working Group dedicated to General Practitioners. Further details, including the official title and scope will be shared shortly.

He thanked A. Persu for his excellent work in coordinating of all Working Group activities.

b) 2023 ESH Guidelines and related publications

T. Weber reminded the audience about the success of the 2023 ESH Guidelines and the 2024 Clinical Practice Guidelines. There have been numerous related publications in different journals.

The unfortunate situation of having two separate guidelines published in 2023, one by the ESH and one by the ESC, is something ESH would like to avoid in the future. Discussions with ESC are already taking place to find common ground.

A review paper highlighting the similarities between the two guidelines will be published shortly in “Nature Reviews Cardiology”.

3. ESH ACTIVITIES

C. Delles reported on selected ESH activities over the past year and for the upcoming year.

a) ESH Hypertension Summer Schools 2024 and 2025

The Hypertension Summer School remains one of the most significant educational initiatives of the ESH. The 2024 edition took place from September 15–20 at Club Med Opio en Provence, France. It welcomed 64 participants from 35 countries. Special thanks were extended to the local organizer Atul Pathak and the Summer School coordinator, Jana Brguljan for an exceptionally successful edition. Notably, 60% of the costs were covered through sponsorships secured by A. Pathak.

The ESH Hypertension Summer School 2025 will take place from September 14–19 in Särö, close to Gothenburg, Sweden. 59 participants from 34 countries have already registered. This year’s local organizer Mattias Brunström, with Jana Brguljan and the Swedish local committee will create a completely new structure that focuses on smaller groups on specific topics.

b) ESH Meetings and Events 2024/2025

C. Delles briefly reported on some selected meetings and events:

Satellite Meetings and Symposia 2025

- 11th Pre-ESH Satellite Symposium: *“Difficult to Control Hypertension and Related Comorbidities”*, March 14–15, Athens, Greece (organized by K. Tsioufis)
- European Hypertension Forum: April 24–26, Gdańsk, Poland (organized by K. Narkiewicz & M. Burnier)
- Post-ESH Satellite Symposium: *“Last ESH Guidelines and BP Positioning in Other Guidelines”*, September 19–20, Porto Heli, Greece (organized by A. Manolis)
- Post-ESH Satellite Symposium: *“Environmental Factors in Hypertension”*, October 10–11, Krakow, Poland (organized by M. Rajzer)

ESH Webinars: July 2024 – May 2025

Webinars in cooperation with Servier

- *ESH **MASTER**plan for Hypertension Management – the Essentials*, July 25, 2025 (two sessions, same content)
- *Master the **MASTER**plan - Regional Class Asia*, May 17, 2025

Webinars in cooperation with Gedeon Richter Hungary

- Webinar 1 | November 26, 2024 - *Key Points of the Hypertension Guidelines – The ESH **Master**plan for hypertension*
- Webinar 2 | December 10, 2024 - *Managing Hypertensive Patients in Clinical Practice – Update on the management of hypertension and cardiac disease*

Webinar in cooperation with AstraZeneca

- *ESH MASTERplan for hypertension management in CKD*, April 29, 2025 (two sessions, same content)

Endorsed Meetings, Workshops & Courses 2025

- Annual meeting of the Netherlands Society of Hypertension - "*50 Years of Hypertension and Medicine*", February 7, 2025, Zeist, The Netherlands
- Heart Masters Talk Show, February 21, Dubai (organized by Servier)
- Hypertension-Cardio Course 2025, April 4–5, Lisbon, Portugal (organized by Servier)
- 9th Hypertension School of the Hellenic Society of Hypertension, April 10–13, 2025, Athens, Greece
- BEATS "*Beta Blockers Evidence and Practices*", April 25, 2025, Qatar
- 3rd International Congress on Hypertension in Children and Adolescents (ICHCA), May 8–10, 2025, Warsaw, Poland
- *Master the **MASTER**plan Regional Class*, June 18, 2025, São Paulo (organized by Servier)
- *Hypertension a Common Link in the Cardiovascular-Kidney-Metabolic Syndrome*, September 6, 2025, Warsaw, Poland

C. Delles extended thanks to all organizers and industry partners for the excellence of these events.

c) ESH Excellence Centres and Hypertension Specialists

An overview of current figures was reported:

Excellence Centres

Total number of Excellence Centres (ECs) = 215 (as of May 21, 2025)

ECs in Europe = 200

European countries = 35

Associated ECs outside Europe: 15

Countries outside Europe = 9 in 4 continents (Asia, Middle East, Oceania, South America)

Newly approved ECs:

2024 = 4

2025 = 6

Status of Excellence Centers:

Number of EC Leads = 310

Leads In good standing = 80

Leads unpaid membership = 230

Leads not ESH members = 19

C. Delles reminded the audience that all leaders of Excellence Centres must be ESH members in good standing. If this is not the case, the Excellence Centre will not be listed in the Directory on the ESH website.

He thanked Michael Doumas for his hard work for the Excellence Centres during the past year and mentioned there will be some new activities in the upcoming months involving the ECs.

ESH Hypertension Specialists

Total number of Hypertension Specialists (EHS) = 615 (as of May 15, 2025)

EHS in Europe = 585

European countries = 34

EHS outside Europe = 30

Countries outside Europe = 15 in 6 continents (Asia, Middle East, Oceania, North Africa, North & South America)

Newly approved EHS:

2024 = 7

2025 = 6

Status of EHS (May 15, 2025):

EHS in good standing = 162

EHS unpaid membership fees = 4

It was emphasized that holding ESH membership in good standing is a prerequisite for applying for ESH Hypertension Specialist status.

4. TREASURER'S REPORTS

a) ESH Financial Report

J. Polonia, ESH Treasurer, presented a comparison of the audited figures of the ESH for the fiscal years ending on December 31, 2024, and December 31, 2023. All figures were presented in Swiss Francs (CHF).

- Net assets at beginning of period = 1,992,000.75 (in 2023: 1,994,190.35)
- Profit/loss: Net result for 2024 = 141,870.88 (in 2023: -2,189.60)
- Net assets at end of period = 2,133,871.64 (in 2023: 1,992,000.75)
- Total income = 417,697.78 (in 2023: 298,676.84)
- Total expenditures = 275,826.90 (in 2023: 300,866.44)

Compared to 2023, the 2024 income is higher due to the strong financial outcome of the ESH 2024 Annual Meeting in Berlin.

The expenses for services increased but mainly due to the contribution to FESH. Without this contribution, the expenses would be lower by around CHF 17,000.

There were also lower costs for "operating expenses" and there was a financial income of CHF 66,000 versus a loss of CHF 102,000 in the previous year.

Stable and favourable currency exchanges for EUR/CHF and USD/CHF, as well as the purchase of CHF at

higher rates helped.

ESH, also received interest on EUR monies that are invested in time deposits.

Overall, ESH finances remain stable.

b) ESH Foundation (FESH) Financial Report

M. Burnier, FESH Treasurer, presented a comparison of the audited figures of the ESH for the fiscal years ending on December 31, 2024, and December 31, 2023. All figures were presented in Swiss Francs (CHF).

- Current assets in 2024 = 914,033.73 (in 2023: 687,456.91)
- Net result for 2024 = 103,629.16 (in 2023: -183,271.62)

Positive outcomes were attributed to new research projects in 2024 (e.g., with AstraZeneca) providing new income for the Foundation which will handle the expenses of the project.

M. Burnier emphasized the excellent result of the Summer School in France, 60% of the costs were covered by external funding/sponsorship.

Webinars and other seminars also produced good revenue.

Lower administrative expenses in 2024 and the favourable exchange rate also had a positive impact on the Foundation's good results.

These results turned the overall balance from negative to positive, so the financial situation of the foundation is stable again.

C. Delles asked the audience for comments or questions on both financial statements. No comments or questions were raised.

He asked the members present and entitled to vote if they had taken note of the audited reports and if the annual financial statements presented were unanimously approved. There were no objections, thus the Scientific Council was declared discharged.

5. AMENDMENTS TO THE ESH BY-LAWS

C. Delles reported that there have been various discussions within the ESH Council on how to maintain the good reputation and excellence of the Society. It was agreed that a modern society needs change. However, as the discussions are not yet complete, only two minor amendments to the By-Laws have been proposed:

1) The ESH considers it important that the younger generation is also represented on the Council. Thus, it was proposed to introduce the position of *Young Investigator Representative* among the Office Bearers of the ESH Council.

2) It was decided to remove the position of *Officer-at-Large*.

C. Delles asked the audience for their approval. The proposals were approved unanimously.

6. ELECTION OF NEW OFFICE BEARERS & FAREWELL OF OUTGOING OFFICE BEARERS | CHANGES AMONG THE ELECTED COUNCIL MEMBERS

T. Weber thanked the outgoing Treasurer J. Polonia for his valued contribution to the work of the ESH Council as a regular Council member from 2017 to 2019 and subsequently as Treasurer from 2019 to 2025. A certificate of merit was awarded to J. Polonia.

As the position of Treasurer will be vacant, the ESH Council proposed **Jan Danser** as the new candidate for the position of **Treasurer**. He is already an elected member of the ESH Council and responsible for the coordination of the Young Investigators Program.

As previously mentioned, the new position of **Representative of the Young Investigators** will be established. The ESH Council proposed **Diana Ferrão** as its candidate for this position. D. Ferrão has been an active member of the ESH Young Investigators nucleus for several years.

T. Weber asked for the approval of the proposed candidates. Both nominations were unanimously approved.

An overview of the ESH Council members eligible to vote was shown to the audience.

7. ASSOCIATION AND AFFILIATION REQUESTS BY NATIONAL HYPERTENSION SOCIETIES

A list of all currently affiliated (n=36) and associated (n=14) National Hypertension Societies was presented to the audience. The societies are involved in various ESH projects, including the Summer School.

C. Delles reported on three new applications submitted by national societies to be affiliated or associated with ESH. An overview of the requests was shown:

- Iraqi Hypertension League - association request
- Jordan Cardiac Society – association request
- Georgian Society of Arterial Hypertension and Vascular Research – affiliation request

All three societies submitted the required documents and are very active in the fight against hypertension in their regions. The documents have already been reviewed and approved by the ESH Council.

The ESH Council therefore proposes that all three be included in the ESH Affiliation or Association Program.

C. Delles asked the audience for their approval. No objections were raised.

8. APPROVAL OF NEW ESH MEMBERS (June 2024 - May 2025)

C. Delles presented a list of all the new applications for ESH membership received between June 2024 and May 2025. 106 new membership applications were received.

According to the ESH By-Laws, all new members must be officially approved by the ESH General Assembly. All new members were unanimously approved by the General Assembly.

9. ANY OTHER BUSINESS

C. Delles asked the audience if there were any outstanding questions. The following issues were raised:

Relationship with ESC

The ESH Council shall try to clarify the situation with ongoing discussions and aim to harmonize efforts, as well as advocate to co-develop guidelines.

Amendments to the By-Laws

Members expressed concern about the lack of timely notification for the changes to the By-Laws.

C. Delles apologized and assured better communication moving forward.

Abolition of Advisors

The elimination of the fixed advisor positions in the Council (e.g., for relationships with other countries outside Europe, such as Latin America or Middle East) a few years ago was questioned by one involved individual. It's clear that relations with other countries are important for a scientific society. Although the Council should be the only decision maker, one individual proposed the reintroduction of advisory roles.

T. Weber commented that both he and C. Delles are open to any ideas on this matter.

Milan as venue for the ESH Annual Meeting

It was argued that the decision to abandon Milan as a set venue for the ESH Annual Meeting every other year should be made by the General Assembly and not by the ESH Council.

C. Delles pointed out that Milan is not categorically excluded as a future venue for the congress.

The Council decided not to hold the 2027 Annual Meeting in Milan due to the ESC congress being held in Milan in the same year. Another venue for 2027 has been selected. Further strategic discussion on how to deal with Milan as a venue for future ESH meetings are planned. It was agreed that Milan has always been very attractive to scientists.

Comments on the current Milan Meeting

It was reported that the General Practitioners-focused session was well attended. GPs are very motivated and would like to be more involved in ESH projects. Calls were made for greater GP involvement at future meetings, including Gdańsk. This also applies to Young Investigators, with the new position of a YI representative on the Council, this should be secured.

Gdańsk Meeting 2026

K. Narkiewicz reported strong planning efforts are underway for the ESH meeting in Gdańsk, they are aiming to double participation and sponsorship. He invited colleagues to contribute to the event's success. This would also strengthen ESH's standing vis-à-vis ESC.

T. Weber reiterated the importance of member input and thanked all participants for their contributions.

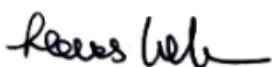
10. CLOSING REMARKS

T. Weber expressed appreciation to members, the ESH Council, Working Groups, and the entire team for their collaboration and support over the last year. It has been a very good and fruitful relationship.

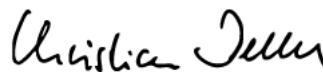
T. Weber officially closed the meeting.

Wels, Austria, June 14, 2025

Manchester, U.K., June 15, 2025



Thomas Weber
ESH President



Christian Delles
ESH Secretary