

## Annual Working Group Report Form

**Year/time period of report: 2025**

**Name of Working Group:** Hypertension in Older Adults

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### Composition of Working Group

#### **Chair**

Athanase Benetos

Email: [a.benetos@chru-nancy.fr](mailto:a.benetos@chru-nancy.fr)

Year of appointment: 2022/2023

#### **Vice-Chair**

James Sheppard

Email: [james.sheppard@phc.ox.ac.uk](mailto:james.sheppard@phc.ox.ac.uk)

Year of appointment: 2024

#### **Secretary**

Heloisa Ribeiro

Email: [heloisaribeiro.17@gmail.com](mailto:heloisaribeiro.17@gmail.com)

Year of appointment: 2023

### **Working Group Members**

Current number of members: 22

New members approved this year: 2

Sekib Sokolovic, Bosnia and Herzegovina, sekib@yahoo.com

Amela Kabaklic, Slovenia, amelakabaklic@gmail.com

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### **Activities of the year**

Publications on behalf of the Working Group

In preparation:

Management of Hypertension in older persons – what do the 2023/2024 ESH, 2024 ESC, and 2025 AHA/ACC guidelines teach us?

## 1 - WG internal meetings:

- 22<sup>nd</sup> May, Hybrid in Milan

During this meeting, new partner proposals were evaluated. The responsibility for the ongoing articles and the group's strategic plan for the current year was discussed.

- 11<sup>th</sup> December, Online

At this meeting, the progress of the ongoing articles was discussed. The relevance and interest of publishing the survey results from the centers of excellence were considered, raising the possibility of a publication including results from Portugal and Poland. A publication based on the content of the next WG session at the congress was proposed, and the possibility of conducting a multicenter observational study was discussed.

First discussion on the proposal of A. Benetos for an epidemiological study coordinated by the WG on the impact of frailty on arterial stiffness and blood pressure variability.

## 2 - Scientific sessions organized by the WG

- **ESH Annual Meeting (23rd May)**

**34<sup>th</sup> EUROPEAN MEETING**  
on Hypertension and Cardiovascular Protection  
MAY 23-26, 2025 - MILAN

	13:15-14:15	Aria 2
	<b>ESH Working Group on Hypertension in Older Adults HOW DOES A NON-GERIATRICIAN ASSESS FRAILTY AND FUNCTIONAL CAPACITIES IN OLDER PATIENTS TO ADAPT ANTIHYPERTENSIVE TREATMENT?</b>	
	Chairs: A. Benetos (Nancy, FRANCE), T. de Backer (Brussels, BELGIUM)	
13:15-13:27	Assessing frailty in older patients: Moving from the concept to the clinical practice G. Rivasi (Florence, ITALY)	
13:27-13:35	Presentation of a clinical case: an 84 y.o. woman at first appointment A. Kearney-Schwartz (Nancy, FRANCE)	
13:35-13:50	Advantages and limitations of three commonly used screening tools of frailty and functional capacities (CFS, FRIED, WHO- ICOPE) D. Dallmeier (Ulm, GERMANY)	
13:50-14:00	How to use the results of frailty screening to adapt the treatment of the 84 yo woman A. Benetos (Nancy, FRANCE)	
14:00-14:15	General discussion	

- **EUGMS/ESH joint session during the 21<sup>st</sup> EuGMS, Reykjavik, 24-26th September 2025**



**ESH JOINT SYMPOSIUM "COORDINATED ACTION BETWEEN GPs, GERIATRICIANS AND HYPERTENSION SPECIALISTS IN ORDER TO PROPOSE THE MOST ADAPTED ANTIHYPERTENSIVE TREATMENT IN OLDER ADULTS?"**

⌚ 25 September 2025 ⌚ 17:00 - 18:15

📍 Kaldalón (1st floor)

Chair: Reinhold Kreutz, Maria Nikolaou

**Lectures:**

**How to adapt treatment in old patients according to the frailty level: The ESH guidelines** >  
 ⌚ 17:00 - 17:20  
 Heloisa Ribeiro

**Round table: Difficulties, challenges and opportunities** >  
 ⌚ 17:20 - 18:00  
 Gulistan Bahat, Rosalinde Poortvliet, Thomas Weber

- **Open ESH/EuGMS joint Webinar, 3<sup>rd</sup> December 2025**

 **Invitation to a Joint Open Webinar**

The EuGMS Special Interest Groups on **Frailty and Resilience**, and on **Cardiovascular Medicine** are delighted to invite you to a **joint open meeting** to be held on **3 December 2025**, from **16:00 to 17:00 CET**.

 We are honoured to welcome Prof. Dr. Athanase Benetos, who will present and discuss the recently published results of the RETREAT-FRAIL trial in the *New England Journal of Medicine*.

**Reduction of Antihypertensive Treatment in Nursing Home Residents**  
*N Engl J Med* 2025;393:1990-2000. DOI: 10.1056/NEJMoa250815

During this session, we will explore the key findings and lessons learned from the trial, focusing on their implications for the management of arterial hypertension in frail patients, and on important considerations for designing future studies in this field.

**Co-Chairs SIG Frailty and Resilience:**  
 Prof. Dr. Dhanya Dallmeier, Ph.D. and Assoc. Prof. Dr. Ellen Freiburger  
**Co-Chair SIG Cardiovascular Medicine:**  
 Prof. Dr. Francesco Mattace-Raso, and Prof. Dr. Andrea Ungar, Ph.D.

This Webinar is in collaboration with the  European Society of Hypertension

**SCAN the code to join the Webinar!** 



### 3- Proposals submitted for the 2026 ESH meeting

**Title:** Specific questions on BP management in older patients with severe neurocognitive disorders (dementia)

**Chairs:** James Sheppard; Athanase Benetos;

**Lecture 1:** Sarcopenia, hypertension and dementia - early signs, diagnosis and

prevention

Speaker: Avshalom Leibowitz

Lecture 2: Hypertension, syncope and falls in older patients with dementia

Speaker: Andrea Ungar

Lecture 3: Management of blood pressure in older patients with dementia: the role of arterial stiffness

Speaker: Athanase Protogerou

Lecture 4: Tailoring Antihypertensive Strategies in patients with neurocognitive disorders: From guidelines to clinical practice

Speaker: Gülistan Bahat

#### 4 - Scientific projects

- Ongoing: Manuscript on the “Management of Hypertension in older persons – what do the 2023/2024 ESH, 2024 ESC, and 2025 AHA/ACC guidelines teach us?” in preparation to be submitted by the end of January 2026
- In planning for next year:
  - Specific questions on BP management in older patients with severe neurocognitive disorders (dementia); Multicenter observational study (ongoing design)
  - Epidemiological study coordinated by the WG on the impact of frailty on arterial stiffness and blood pressure variability. (feasibility of the project under evaluation)

**Filled by (full name): Athanase Benetos (Chair) and Heloisa Ribeiro (Secretary)**

**Date:** 31/12/2025

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#### Appendix:

##### List of current WG members

Name	First Name	Country	Email
Avshalom	Leibowitz	Israel	Avshalom.Leibowitz@sheba.health.gov.il
Bahat	Gulistan	Turkey	gbahatozturk@yahoo.com
Benetos	Athanase	France	<a href="mailto:a.benetos@chru-nancy.fr">a.benetos@chru-nancy.fr</a>

Bogaerts	Jonathan	Netherlands	J.M.K.Bogaerts@lumc.nl
Camafort	Miguel	Spain	miguel.camafort@gmail.com
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de Backer	Tine	Belgium	Tine.DeBacker@UGent.be
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Kim	Kwang-il	Korea	kikim907@snu.ac.kr
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Ribeiro	Heloisa	Portugal	heloisaribeiro.17@gmail.com
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Sener	Yusuf Ziya	Turkiye	yzsener@yahoo.com.tr
Sheppard	James	UK	james.sheppard@phc.ox.ac.uk
Unger	Andrea	Italy	andrea.ungar@unifi.it
Virdis	Agostino	Italy	agostino.virdis@unipi.it

### Short history of WG

This group has been created by the ESH at the end of June 2022 as part of the Working group in Special Populations and became an independent WG in 2023. The WG members have been proposed by the chair (AB) and validated by WG members and ESH.

### Terms of reference

Available online – see WG Report 2024