

Annual Working Group Report Form

Year/time period of report: 2025

Name of Working Group: Hypertension in Older Adults

Composition of Working Group

Chair

Athanase Benetos

Email: a.benetos@chru-nancy.fr

Year of appointment: 2022/2023

Vice-Chair

James Sheppard

Email: james.sheppard@phc.ox.ac.uk

Year of appointment: 2024

Secretary

Heloisa Ribeiro

Email: 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

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:

- 22nd 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.

- 11th 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)**

34th EUROPEAN MEETING on Hypertension and Cardiovascular Protection MAY 23-26, 2025 - MILAN

13:15-14:15

[Aria 2](#)

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?

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 21st 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, 3rd 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*.

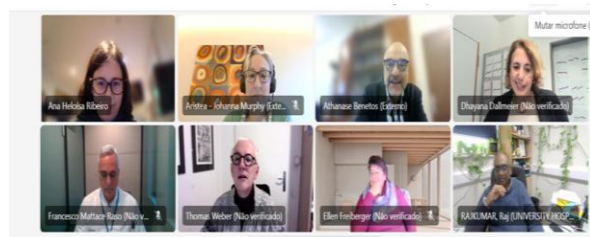
Reduction of Antihypertensive Treatment in Nursing Home Residents
N Engl J Med 2025;393:1990-2000. DOI: 10.1056/NEJMoa250815

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. Dhayana Dallmeier, Ph.D. and
Assoc. Prof. Dr. Ellen Freiberger
Co-Chairs 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

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.benetos@chru-nancy.fr |

| | | | |
|----------------------|----------------|---------------------------|-----------------------------------|
| Bogaerts | Jonathan | Netherlands | J.M.K.Bogaerts@lumc.nl |
| Camafort | Miguel | Spain | miguel.camafort@gmail.com |
| Dallmeier Rojas | Dhayana Dala | Germany | ddallmei@bu.edu |
| de Backer | Tine | Belgium | Tine.DeBacker@UGent.be |
| Desideri | Giovambattista | Italy | giovambattista.desideri@univaq.it |
| Gasowski | Jerzy | Poland | jerzy.gasowski@uj.edu.pl |
| Kabaklic | Amela | Slovenia | amelakabaklic@gmail.com |
| Kearney- schwartz | Anna | France | a.kearney-schwartz@chru-nancy.fr |
| Kenny | Rose Anne | Ireland | rkenny@tcd.ie |
| Kim | Kwang-il | Korea | kikim907@snu.ac.kr |
| Olszanecka | Agnieszka | Poland | agnieszka.olszanecka@uj.edu.pl |
| Protogerou | Athanase | Greece | aprotog@med.uoa.gr |
| Rajzer | Marek | Poland | rajzer37@interia.pl |
| Ribeiro | Heloisa | Portugal | heloisaribeiro.17@gmail.com |
| Sokolovic | Sekib | Bosnia and Herzegovina | sekib@yahoo.com |
| 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