



European Society of Hypertension

**6th Official pre-ESH Congress
Satellite Symposium**



**DIFFICULT TO CONTROL
HYPERTENSION
& RELATED
COMORBIDITIES**



Hellenic Society
of Hypertension



ESH Working Group
Interventional treatment
of Hypertension



University of Athens
School of Medicine



Hellenic Cardiological Society
Working Group
Arterial Hypertension

29-30 MARCH 2019

Benaki Museum **Amphitheater**

138 Piraeus Street, **ATHENS**

Chairman: **C. Tsioufis**

Co-chairman: **R.E. Schmieder**

www.eshonline.org/meetingsevents/annual-meeting/

www.ypertash.gr

Editorial

Dear Colleagues,

We are really very happy to welcome you again in Athens for joining us in the **6th Official pre-ESH International Congress Satellite Symposium**, entitled **“Update on Difficult to Control Hypertension and Related Comorbidities”**, on **29-30 March, 2019**.

Despite lifestyle and pharmacological interventions, hypertensives still today suffer from uncontrolled high blood pressure. Difficult to control or resistant hypertension is also more common among patients with other comorbidities like chronic kidney disease, atherosclerotic cardiovascular disease and diabetes mellitus. These phenotypes of hypertensive patients are related with augmented cardiovascular risk and integrated management is warranted.

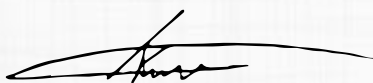
For the medical community taking care of hypertensive patients (Cardiologists, Internists, Nephrologists, General Practitioners) this Symposium aims to provide a forum of exchanging current knowledge and sharing clinical experience for the management of difficult to control hypertension. The Symposium aims to propose an updated scaffold for best therapeutic strategies in high-risk hypertensives.

The Symposium's sessions including round tables, debates and lively discussions have two main scopes: First to help physicians to understand the complex pathophysiology of hypertensive disease and to ensure successful implementation of antihypertensive management. Particularly this year there are dedicated sessions and work-shops focusing on the new hypertension guidelines with the participation of world-known experts. Participants after completion of the Symposium will be able to transform into clinical practice the medical knowledge shared in the meeting, leading to better hypertension care. Finally, with the active participation of the leaders of the ESH Working Groups and the ESH Excellence Centers the new ESH research projects will be presented and the current clinical experience will be exchanged.

Having the above in mind, we are excited to share with you the final scientific program and the knowledge of international experts as a foretaste of the main meeting of the ESH in Milan 21-24 June 2019

Participate, learn and share your experience in this 6th Official pre-ESH Congress Satellite Symposium.

Prof. Costas Tsioufis



**Chairman of the Symposium
ESH - President**

Prof. Roland E. Schmieder



Co-Chairman of the Symposium

SCIENTIFIC PROGRAM

UPDATE ON THE DIFFICULT TO CONTROL HYPERTENSION AND RELATED COMORBIDITIES

Friday, March 29, 2019

13.30-14.00 Registrations-Coffee

14.00-15.00 **WORKSHOP I: HYPERTENSION AND DIABETES MELLITUS**

Chairmen: **D. Mikhailidis (UK), N. Tentolouris (GR), I. Zarifis (GR)**

14.02-14.10 Overview of the recent major diabetes mellitus studies

N. Katsiki (GR)

14.11-14.17 Effects of SGLT2 inhibitors on blood pressure levels

E. Andrikou (GR)

14.18-14.24 Effects of GLP-1 receptor agonists on blood pressure levels

D. Konstantinidis (GR)

14.25-14.31 Blood pressure variability in diabetes mellitus

N. Vogiatzakis (GR)

14.32-14.45 Panelists: **F. Stylianou (CY), D. Gourlis (GR), D. Dimulescu (RO), I. Leontsinis (GR)**

14.45-14.59 **Discussion with the audience**

15.00-16.00 **WORKSHOP II: BETTER IMPLEMENTATION OF GUIDELINES, LESS COMPLICATIONS OF HYPERTENSION**

Part I: Stratification of Cardiovascular risk in hypertension

Chairmen: **M. de Carvalho Rodrigues (PT), M. Dorobantu (RO), P. Agathangelou (CY)**

15.01-15.09 How to correctly assess total cardiovascular risk in hypertension

D. Gaita (RO)

15.10-15.18 Blood pressure pattern and risk for cardiovascular and renal events: we have forgotten the diastolic blood pressure

M. de Carvalho Rodrigues (PT)

15.19-15.27 White coat hypertension/masked hypertension

V. Kotsis (GR)

15.28-15.36 What is the incremental value of hyperuricemia

C. Borghi (IT)

15.37-15.50 Panelists: **I. Papadakis (GR), E. Andreadis, (GR) D. Chatzis (GR), T. Kovacs (HU)**

15.50-15.59 **Discussion with the audience**

16.00-17.00 **Part II: Heart, Kidney and Hypertension: The dos and the don'ts in a hypertensive patient with:**

Chairmen: **D. Petras (GR), P. van de Borne (BE), D. Vlahakos (GR)**

16.01-16.09 Diabetic or non-diabetic nephropathy

M. Burnier (CH)

16.10-16.18 Kidney transplantation

S. Marinaki (GR)

16.19-16.27 Heart failure with preserved ejection fraction

A. Kasiakogias (GR)

16.28-16.36 Chronic stable coronary artery disease

H. Grassos (GR)

16.37-16.50 Panelists: **R. Kalaitzidis (GR), M. Sonikian (GR), I. Liataakis (GR), L. Poulimenos (GR)**

Friday, 29 March, 2019

- 16.50-16.59 **Discussion with the audience**
- 17.00-17.30 **SATELLITE LECTURE (SPONSORED BY WINMEDICA)** p. 10
- 17.30-18.00 Coffee Break
- 18.00-19.00 **Part III: 4 challenging cases in the management of hypertension**
Chairmen: **D. Lovic (RS), D. Papadopoulos (GR), R.E. Schmieder (DE)**
- 18.01-18.09 Supine hypertension in patients with postural hypotension
J. Jordan (DE)
- 18.10-18.18 Labile hypertension
G. Grassi (IT)
- 18.19-18.27 Spurious hypertension
A. Protogerou (GR)
- 18.28-18.36 Blood pressure changes at high altitude
P.A. Modesti (IT)
- 18.37-18.50 Panelists: **N. Magkas (GR), M. Pikilidou (GR), V. Stojanov (RS), M. Kallistratos (GR)**
- 18.50-18.59 **Discussion with the audience**
- 19.00-19.30 **SATELLITE LECTURE (SPONSORED BY MSD)** p. 10
- 19.30-20.45 **Part IV: Hypertension and cerebrovascular disease: The dos and the don'ts in a hypertensive patient with:**
Chairmen: **A. Hatzitolios (GR), Th. Makris (GR), P. Zebekakis (GR)**
- 19.31-19.39 Acute ischemic stroke
P. Guimarães Cunha (PT)
- 19.40-19.48 Transient ischemic attack
C. Savopoulos (GR)
- 19.49-20.07 Acute intracerebral haemorrhage
E. Manios (GR)
- 20.08-20.16 Cognitive dysfunction and dementia
A. Coca (ES)
- 20.17-20.25 Hypertension and dysautonomia
Y. Sharabi (IL)
- 20.26-20.35 Panelists: **A. Pittaras (GR), E. Koromboki (GR), S. Sideris (GR), F. Lagiou (GR), S. Sokolovic (BA)**
- 20.35-20.45 **Discussion with the audience**
- 20.45 **END OF THE FIRST DAY MEETING**

Saturday, March 30, 2019

08.45-09.00 **WELCOME ADDRESS**

09.00-11.00 **SPECIFIC SESSION: MANAGEMENT OF HYPERTENSION IN CLINICAL PRACTICE ACCORDING TO THE NEW EUROPEAN HYPERTENSION GUIDELINES***

Chairmen: **G. Mancia (IT), C. Tsioufis (GR)**

How to make the diagnosis of hypertension

K. Narkiewicz (PL)

Blood pressure measurement. Which technique and which method to use?

G. Parati (IT)

When to initiate antihypertensive drugs

R.E. Schmieder (DE)

The concept of blood pressure treatment target range

G. Mancia (IT)

How to achieve blood pressure targets

C. Tsioufis (GR)

How to treat resistant hypertension

A. Januszewicz (PL)

How to manage concomitant cardiovascular disease risk

R. Kreutz (DE)

Panelists: **E. Agabiti-Rosei (IT), A. Coca (ES)**

Discussion with the audience

** This Session is supported by a non restricted educational grant by Sanofi*

11.00-11.30 **Coffee Break**

11.30-12.45 **ROUND TABLE I: THE DOS AND THE DON'TS IN THE MANAGEMENT OF A HYPERTENSIVE PATIENT...**

Chairmen: **D. Clement (BE), G. Filippatos (GR), G. Stergiou (GR)**

11.31-11.39 In drug-induced hypertension

M. Azizi (FR)

11.40-11.48 In the diagnostic algorithm for primary aldosteronism

G.P. Rossi (IT)

11.49-11.57 In the very elderly

A. Benetos (FR)

11.58-12.06 With stage I hypertension

C. Thomopoulos (GR)

12.07-12.19 Panelists: **R. Zimlichman (IL), T. Albassam (SA), E. Sanidas (GR), A. Kollias (GR)**

12.19-12.45 **Discussion with the audience**

12.45-13.15 **SATELLITE LECTURE (SPONSORED BY BAYER/ELPEN)** p. 10

13.15-13.45 **SATELLITE LECTURE (SPONSORED BY SERVIER)** p. 10

13.45-14.30 **Lunch Break**

Saturday, March 30, 2019

14.30-15.30 **ROUND TABLE II: THE DOS AND THE DON'TS IN THE MANAGEMENT OF A HYPERTENSIVE PATIENT**

Chairmen: **I. Boletis (GR), D. Tousoulis (GR), M. Viigimaa (EE)**

14.31-14.39 With left ventricular hypertrophy

E. Agabiti-Rosei (IT)

14.40-14.48 With fibromuscular dysplasia

A. Persu (BE)

14.49-14.57 On haemodialysis

R. Kalaitzidis (GR)

14.58-15.06 With aortic dilatation

K. Filis (GR)

15.07-15.20 Panelists: **M. Marketou (GR), D. Petras (GR), B. Jelakovic (HR), K. Aggeli (GR)**

15.20-15.30 **Discussion with the audience**

15.30-16.30 **ROUND TABLE III: HYPERTENSION AND THE FEMALE SEX**

Chairmen: **S. Douma (GR), E. Iliodromitis (GR), I. Goudevenos (GR)**

15.31-15.39 A 15 years old girl measures high blood pressure values

S. Stabouli (GR)

15.40-15.48 A 42-year old hypertensive female is prepared for in vitro fertilization

E. Gkaliagkousi (GR)

15.49-15.57 An obese 35-year old female with prosthetic aortic valve became pregnant and the blood pressure starts to rise

J. Brguljan (SI)

15.58-16.06 A 28-year old female complains for high blood pressure 3 days after delivery

R. Cifkova (CZ)

16.07-16.20 Panelists: **S. Filipova (SK), C. Geladari (GR), M. Papavassiliou (GR), V. Katsi (GR)**

16.20-16.30 **Discussion with the audience**

16.30-16.50 Coffee Break

16.50-18.00 **ROUND TABLE IV: BRIEF OVERVIEW ON THE INTERVENTIONAL THERAPIES FOR HYPERTENSION**

Chairmen: **I. Kallikazaros (GR), F. Mahfoud (DE), C. Stefanadis (GR)**

16.52-17.00 Renal denervation: The interventionalist perspective

F. Mahfoud (DE)

17.01-17.09 Renal denervation: The hypertensionist perspective

M. Doulas (GR)

17.10-17.18 Arteriovenous fistula

M. Lobo (UK)

17.19-17.27 Stenting for renal artery stenosis

J. Kadziela (PL)

17.28-17.34 Bilateral sphenopalatine ganglion blockade

H. Triantafyllidis (GR)

17.35-17.49 Panelists: **A. Ziakas (GR), K. Dimitriadis (GR), G. Latsios (GR), A. Androulakis (GR), T. Weber (AT)**

17.49-17.55 **Discussion with the audience**

17.55 **END OF SYMPOSIUM - CLOSING REMARKS**

C. Tsioufis (GR)

Saturday, March 30, 2019

18.00-20.30 SESSION DEDICATED TO ESH RESEARCH PROJECTS*:

Connecting the dots between ESH Working Groups and ESH Excellence Centres research activities

18.00-18.03 Brief introduction
C. Tsioufis (GR)

1st ESH RESEARCH PROJECT: BLOOD PRESSURE CONTROL IN EUROPE

Chairmen: G. Mancia (IT), E. Agabiti-Rosei (IT), B. Jelakovicz (HR), C. Tsioufis (GR)

18.04-18.10 Current status
B. Jelakovic (HR)

18.11-18.16 The Greek experience
A. Triantafyllou (GR)

18.17-19.00 Discussion: **All the leaders of the ESH WGs* and the ESH Excellence Centres****

2nd ESH RESEARCH PROJECT: EMERGENCY HYPERTENSION

Chairmen: M. Azizi (FR), K. Narkiewicz (PL), C. Tsioufis (GR)

19.00-19.06 Emergency hypertension. What are the missing data?
M.L. Muiesan (IT)

19.07-19.13 The French experience
R. Boulestreau (FR), M. Azizi (FR)

19.14-19.20 The Greek experience
K. Dimitriadis (GR), C. Fragoulis (GR)

19.21-19.50 Discussion: **All the leaders of the ESH WGs* and the ESH Excellence Centres****

3rd ESH RESEARCH PROJECT: ESH APP

Chairmen: R. Kreutz (DE), G. Parati (IT), C. Tsioufis (GR)

19.51-19.57 Current status
G. Parati (IT)

19.58-20.08 The Greek experience
D. Konstantinidis (GR), D. Soulis (GR), T. Papaioannou (GR)

20.09-20.30 Discussion: **All the leaders of the ESH WGs* and the ESH Excellence Centres****

** This Session is supported by a non restricted educational grant by Servier*

*Representatives (Chairmen) of 10 ESH Working Groups

WG ON BLOOD PRESSURE IN CHILDREN AND ADOLESCENTS: Stella Stabouli (Greece)

WG ON BLOOD PRESSURE MONITORING AND CARDIOVASCULAR VARIABILITY: George Stergiou (Greece)

WG ON ENDOTHELINS AND ENDOTHELIAL FACTORS: Gian Paolo Rossi (Italy)

WG ON HYPERTENSION AND THE BRAIN: Pedro Guimarães Cunha (Portugal)

WG ON HYPERTENSION AND CARDIOVASCULAR RISK ASSESSMENT IN SUBJECTS LIVING IN OR EMIGRATING FROM LOW RESOURCE SETTINGS: Pietro Amedeo Modesti (Italy)

WG ON HYPERTENSION AND THE KIDNEY: Alexandre Persu (Belgium)

WG ON HYPERTENSION AND SEXUAL DYSFUNCTION: Margus Viigimaa (Estonia)

WG ON HYPERTENSION AND THE HEART: Enrico Agabiti-Rosei (Italy)

WG ON INTERVENTIONAL TREATMENT OF HYPERTENSION: Roland E. Schmieder (Germany)

WG ON OBESITY DIABETES AND THE HIGH RISK PATIENT: Vasilios Kotsis (Greece)

**Representatives of ESH Excellence Centers

AUSTRIAN

T. Weber

BELGIUM

A. Persu

P. van De Borne

BOSNIA & HERZEGOVINA

S. Sokolovic

CYPRUS

F. Stylianou

CZECH REPUBLIC

R. Cifkova

CROATIA

B. Jelakovic

ESTONIA

M. Viigimaa

FRANCE

M. Azizi

R. Boulestreau

GERMANY

R. Kreutz

F. Mahfoud

R.E. Schmieder

HUNGARY

T. Kovacs

GREECE

E. Andreadis

S. Douma

M. Doulmas

H. Grassos

A. Hatzitolios

R. Kalaitzidis

E. Kallistratos

V. Kotsis

Th. Makris

E. Manios

M. Marketou

I. Papadakis

D. Papadopoulos

G. Stergiou

C. Thomopoulos

H. Triantafyllidi

C. Tsioufis

P. Zebekakis

ISRAEL

R. Zimlichman

ITALY

E. Agabiti-Rosei

C. Borghi

G. Grassi

G. Mancina

P.A. Modesti

M.L. Muiesan

G. Parati

G.P. Rossi

POLAND

A. Januszewicz

K. Narkiewicz

PORTUGAL

M. de Carvalho Rodrigues

P. Guimarães Cunha

ROMANIA

D. Dimulescu

M. Dorobantu

SERBIA

D. Lovic

V. Stojanov

SLOVAKIA

S. Filipova

SLOVENIAN

J. Brguljan

SPAIN

A. Coca

UNITED KINGDOM

M. Lobo

SATELLITE LECTURES

Friday, 29 March, 2019

- 17.00-17.30 SATELLITE LECTURE (SPONSORED BY WINMEDICA)** p. 5
Διαφορές και ομοιότητες των διουρητικών της αγκύλης στην υπέρταση και στην καρδιακή ανεπάρκεια: Εμπειρία με την τορασεμίδα
Πρόεδρος: Π. Ζεμπεκάκης
Ομιλητής: Χ. Γράσσο
- 19.00-19.30 SATELLITE LECTURE (SPONSORED BY MSD)** p. 5
Θεραπευτική Αντιμετώπιση της Δυσλιπιδαιμίας στην Καθημερινή Κλινική Πράξη: Παρουσίαση Περιστατικού
Πρόεδρος: Κ. Τσιούφης
Ομιλητής: Ε. Καλλίστρατος

Saturday, March 30, 2019

- 12.45-13.15 SATELLITE LECTURE (SPONSORED BY BAYER/ELPEN)** p. 6
Τι μάθαμε και τι μένει να μάθουμε ακόμη από τα νεότερα από του στόματος αντιπηκτικά
Πρόεδρος: Κ. Τσιούφης
Ομιλητής: Α. Πουλημένος
- 13.15-13.45 SATELLITE LECTURE (SPONSORED BY SERVIER)** p. 6
Εξελίσσοντας τη θεραπευτική αντιμετώπιση της Υπέρτασης: Συνδυασμοί για όλους τους ασθενείς;
Πρόεδρος: Κ. Τσιούφης
Ομιλητής: Μ. Δούμας

FACULTY

Enrico Agabiti-Rosei	Efstathios Iliodromitis	Gianfranco Parati
Petros Agathangelou	Andrzej Januszewicz	Alexandre Persu
Konstantina Aggeli	Bojan Jelakovic	Dimitrios Petras
Tawfik Albassam	Jens Jordan	Maria Pikilidou
Emmanouil Andreadis	Jacek Kadziela	Andreas Pittaras
Eirini Andrikou	Rigas Kalaitzidis	Leonidas Poulimenos
Aris Androulakis	Manolis Kallistratos	Athanasios Protogerou
Michel Azizi	Alexandros Kasiakogias	Gian Paolo Rossi
Athanasios Benetos	Vicky Katsi	Elias Sanidas
Ioannis Boletis	Niki Katsiki	Christos Savopoulos
Claudio Borghi	Anastasios Kollias	Roland E. Schmieder
Romain Boulestreau	Dimitris Konstantinidis	Yehonatan Sharabi
Jana Brguljan	Eleni Koromboki	Skevos Sideris
Michel Burnier	Vasilios Kotsis	Sekib Sokolovic
Dimitrios Chatzis	Tibor Kovacs	Makro Sonikian
Renata Cifkova	Reinhold Kreutz	Dimitris Soulis
Denis Clement	Fotini Lagiou	Stella Stabouli
Emmanuel De Carvalho Rodrigues	Georgios Latsios	Christodoulos Stefanadis
Antonio Coca	Ioannis Leontsinis	George Stergiou
Kyriakos Dimitriadis	Ioannis Liatakis	Vesna Stojanov
Doina Dimulescu	Melvin Lobo	Filippos Stylianou
Maria Dorobantu	Dragan Lovic	Nikolaos Tentolouris
Stella Douma	Nikolaos Magkas	Costas Thomopoulos
Michael Dumas	Felix Mahfoud	Dimitrios Tousoulis
Slavomira Filipova	Thomas Makris	Helena Triantafillidi
Gerasimos Filippatos	Giuseppe Mancina	Areti Triantafyllou
Konstantinos Filis	Efstathios Manios	Costas Tsioufis
Christos Fragoulis	Smaragdi Marinaki	Philippe van de Borne
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Eugenia Gkaliagkousi	Dimitri Mikhailidis	Dimitris Vlahakos
Chara Geladari	Pietro Amedeo Modesti	Nikolaos Vogiatzakis
Ioannis Goudevenos	Maria Lorenza Muiesan	Thomas Weber
Dimitrios Gourlis	Krzysztof Narkiewicz	Ioannis Zarifis
Guido Grassi	Ioannis Papadakis	Pantelis Zebekakis
Haris Grassos	Dimitris Papadopoulos	Antonios Ziakas
Pedro Guimarães Cunha	Theodoros Papaioannou	Reuven Zimlichman
Apostolos Hatzitolios	Maria Papavassiliou	

GENERAL INFORMATION

6th Official pre-ESH International Congress Satellite Symposium

Update on Difficult to Control Hypertension and Related Comorbidities

Chairman: **C. Tsioufis**

Co-Chairman: **R.E. Schmieder**

Venue location & Dates

The official pre-ESH International Congress Satellite Symposium will be held from Friday, March 29th to Saturday, March 30rd 2019 in Athens, at BENAKI MUSEUM (138 Piraeus str., 118 54 Athens, Greece, <http://www.benaki.gr>)

During the Symposium there will be
FREE PARKING right next to Museum
for all the participants



Registration - Certificate of attendance

The registration fee for the Greek participants is 50,00 €. The registration fee for the faculty and non Greek participants is 200,00 €. All registered participants are entitled to receive a Certificate of Attendance.

The Certificate will be issued only upon display of participant badge, which will be issued by the Symposium secretariat and only upon satisfactory attendance.

Official Language

The official language of the course is English.

Live Streaming will be provided in specific sessions at www.livemedia.gr

Exhibition

The Symposium will be accompanied by a major exhibition where pharmaceutical and/or equipment/device industries will display relevant products and therapeutic developments.

Organizing Bureau - Secretariat

Congress World, Single Member Private Company

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