



European Society of Hypertension

**5<sup>th</sup>** Official pre-ESH International  
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

## 23-24 MARCH 2018

Benaki Museum **Amphitheater**

138 Piraeus Street, **ATHENS**

Chairman: **C. Tsioufis**

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

## Editorial

Dear Colleagues,

We are really very happy to welcome you again in Athens for joining us in the **5th Official pre-ESH International Congress Satellite Symposium**, entitled **“Update on Difficult to Control Hypertension and Related Comorbidities”**, on **23-24 March, 2018**.

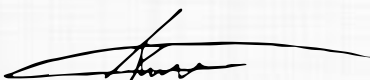
Approximately 10-15% of treated hypertensives suffer from uncontrolled high blood pressure despite prescription of multidrug therapy. Difficult to control or resistant hypertension is also more common among patients with other comorbidities like chronic kidney disease, atherosclerotic cardiovascular disease, diabetes mellitus and sleep apnea syndrome.

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's sessions including round tables, debates and lively discussions have a double scope: First to help physicians to understand the complex pathophysiology and the difficulties in establishing the diagnosis of difficult to control or resistant hypertension and secondly to ensure a successful integration of therapeutic strategies for patients presenting with difficult to control hypertension. Additionally there is a workshop on hypertension and Stroke with special emphasis on current therapeutic new options.

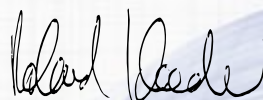
Having the above in mind, we are excited to share with you the final scientific program and the knowledge of international experts as a foretaste of the main meeting of the ESH 2018.

**Prof. Costas Tsioufis**



**Chairman of the Symposium  
ESH-President**

**Prof. Roland E. Schmieder**



**Co-Chairman of the Symposium**



# SCIENTIFIC PROGRAM

## WORKSHOP: HOW TO PREVENT AND MANAGE HYPERTENSIVE COMPLICATIONS (STROKE, HEART DISEASE, KIDNEY DYSFUNCTION)

**Friday, March 23, 2018**

14.30-15.00 Registrations-Coffee

### 15.00-16.00 **ROUND TABLE I**

*Difficult everyday scenarios in hypertensive patients: General aspects*

*Chairmen: P. Agathagelou (CY), D. Clement (BE), M. Papavasiliou (GR)*

A 38-year-old hypertensive female with well controlled hypertension under ACEI is now pregnant

**M. Pikilidou (GR)**

A basketball athlete 28 years old complains for headache and his blood pressure is found high (150/85 mmHg)

**C. Grassos (GR)**

A 50-year-old female with depression and increased body weight measures high blood pressure (160/95 mmHg) at home

**V. Katsi (GR)**

An 82-year-old male with Parkinson disease complains for high blood pressure and dizziness

**K. Dimitriadis (GR)**

*Panelists: P. Stougiannos (GR), Ath. Triantafyllou (GR), F. Lagiou (GR), E. Andriku (GR)*

### 16.00-17.00 **ROUND TABLE II**

*Difficult everyday scenarios in hypertensive patients: A clinical update on stroke prevention and management*

*Chairmen: F. Stylianou (CY), T. Makris (GR), P. Zebekakis (GR)*

A 70-year-old hypertensive female with high bleeding risk and paroxysmal atrial fibrillation

**A. Kordalis (GR)**

A 65-year-old hypertensive male with paroxysmal atrial fibrillation admitted for NSTEMI

**M. Kallistratos (GR)**

An asymptomatic 73-year-old male with hypertension, dyslipidemia and unilateral 70% carotid stenosis

**C. Savopoulos (GR)**

A 55-year-old patient presented with ischemic stroke and uncontrolled hypertension

**E. Koromboki (GR)**

*Panelists: D. Chatzis (GR), E. Fragoulis (GR), G. Latsios (GR), S. Sideris (GR)*

### 17.00-17.15 **LECTURE**

Increased BP Variability: an additional risk factor and a new therapeutic target?

*Chairman: A. Hatzitolios (GR)*

*Speaker: G. Parati (IT)*

### 17.15-17.45 **SATELLITE LECTURE (MSD)**

*Chairman: TBA*

*Speaker: TBA*

## Friday, March 23, 2018

17.45-18.00 Coffee break

### 18.00-19.00 **ROUND TABLE III**

***Difficult everyday scenarios in hypertensive patients: A clinical update on cardiovascular prevention and management***

Chairmen: **M. Dorobantu (RO), I. Zarifis (GR), S. Erdine (TR)**

A 44-year-old diabetic hypertensive patient complains for atypical thoracic pain

**M. Marketou (GR)**

A 72-year-old hypertensive man diagnosed with an abdominal aorta aneurysm (51 mm)

**K. Filis (GR)**

A 68-year-old hypertensive male admitted for acute pulmonary edema and high blood pressure

**D. Lovic (RS)**

A 74-year-old hypertensive patient with a history of stable coronary artery disease and psoriasis

**D. Papadopoulos (GR)**

Panelists: **K. Aznaouridis (GR), D. Gourlis (GR), U. Papazachou (GR), S. Filipova (SK)**

### 19.00-19.30 **SATELLITE LECTURE**

Chairman: **TBA**

Speaker: **TBA**

### 19.30-20.30 **ROUND TABLE IV**

***Difficult everyday scenarios in hypertensive patients: A clinical update on kidney prevention and management***

Chairmen: **B. Jelakovic (HR), D. Lovic (RS), A. Pittaras (GR)**

A 36-year-old hypertensive male with polycystic kidney disease reports high blood pressure

**R. Kalaitzidis (GR)**

A kidney transplanted male with hypertension

**S. Marinaki (GR)**

A 55-year-old non-diabetic hypertensive patient with albuminuria

**B. Jelakovic (HR)**

A 68-year-old diabetic female with newly diagnosed stage II hypertension

**E. Triantafyllidi (GR)**

Panelists: **F. Stylianou (CY), E. Nasothimiou (GR), E. Sanidas (GR), M. Sonikian (GR)**

### 20.30-21.00 **SATELLITE LECTURE**

Chairman: **TBA**

Speaker: **TBA**

## Saturday, March 24, 2018

- 08.30 **WELCOME ADDRESS**  
**C. Tsioufis**, *Chairman (GR)*  
**R.E. Schmieder**, *Co-Chairman (DE)*
- 08.45-10.00 **HOW NOT TO MISS A DIAGNOSIS OF**  
*Chairmen: S. Douma (GR), D. Petras (GR), C. Farsang (HU)*  
Secondary hypertension in an adolescent  
**E. Lurbe (ES)**  
Primary aldosteronism in an obese patient  
**M. Azizi (FR)**  
Renovascular hypertension in an old hypertensive patient  
**J. Polonia (PT)**  
Paraganglioma in a patient with paroxysmal hypertension  
**M. Andreadis (GR)**  
*Panelists: S. Stabouli (GR), C. Geladari (GR), E. Fragoulis (GR), A. Triantafyllou (GR)*
- 10.00-11.15 **ESH MEETS INTERNATIONAL SOCIETY OF HYPERTENSION (ISH), EUROPEAN STROKE ORGANIZATION (ESO) AND HELLENIC SOCIETY OF HYPERTENSION (HSH)**  
*Chairmen: E. Agabiti-Rosei (IT), C. Tsioufis (GR)*  
Hypertension guidelines: From the recently released ACC/AHA to the upcoming European ones  
**G. Mancia (IT)**  
May Measurement Month  
**N. Poulter (UK)**  
Office and out-of-office blood pressure measurement: First things first  
**G. Stergiou (GR)**  
Management of hypertension in ischemic stroke survivors: Do we need to care about the underlying stroke etiology?  
**G. Ntaios (GR)**  
*Panelists: Ath. Manolis (GR), J. Redon (ES)*
- 11.15-11.30 Coffee break
- 11.30-12.20 **DEBATES IN HYPERTENSION (I)**  
*Chairmen: Ath. Manolis (GR), D. Tousoulis (GR)*  
**Diagnosis of hypertension**  
Should be based on office blood pressure measurements  
**J. Redon (ES)**  
Should be based on out of office blood pressure measurements  
**V. Kotsis (GR)**  
**Which is the best intermediate end point in hypertension treatment**  
In favor of left ventricular hypertrophy  
**E. Agabiti Rosei (IT)**  
In favor of microalbuminuria  
**R. Schmieder (DE)**



## Saturday, March 24, 2018

### 12.20-13.10 **DEBATES IN HYPERTENSION (II)**

Chairmen: **G. Mancia (IT)**, **R. Schmieder (DE)**

**Treatment of hypertension in elderly**

Systolic blood pressure should be the main target

**P. Van de Born (BE)**

Pulse pressure should be the main target

**A. Protogerou (GR)**

**Treating hypertension in the lower extremes:**

Always is beneficial

**J. Brguljan (SI)**

Always is harmful

**C. Thomopoulos (GR)**

### 13.10-13.50 **SATELLITTE SYMPOSIUM (SERVIER)**

Chairman: **TBA**

Speakers: **TBA**

### 13.50-14.20 **SATELLITTE LECTURE (ELPEN-BAYER)**

Chairman: **TBA**

Speaker: **TBA**

### 14.20-15.00 Lunch break

### 15.00-16.15 **ROUND TABLE III**

**Hypertension management: General aspects**

Chairmen: **B. Jelakovic (HR)**, **D. Vlachakos (GR)**, **A. Berbari (LB)**

Optimal salt intake in hypertension

**M. Bochud (CH)**

Emerging risk factors: uric acid

**C. Borghi (IT)**

Adherence in clinical trials: does it have an impact on results?

**M. Burnier (CH)**

Financial aspects of hypertension

**K. Athanasakis (GR)**

Panelists: **I. Papadakis (GR)**, **L. Poulimenos (GR)**, **G. Siasos (GR)**, **S. Sokolovic (BA)**

### 16.15-17.15 **ROUND TABLE IV**

**Stroke and hypertension: from the pathophysiology to therapeutic considerations**

Chairmen: **I. Kallikazaros (GR)**, **P. Van de Born (BE)**, **N. Zakopoulos (GR)**

Hemoragic

**E. Manios (GR)**

Lacunar

**K. Vemmos (GR)**

Embolic

**K. Spegos (GR)**

Dementia

**A. Coca (ES)**

Panelists: **A. Androulakis (GR)**, **A. Kasiakogias (GR)**, **K. Toutouzas (GR)**, **D. Tsiachris (GR)**

### 17.15-17.30 Coffee break

**17.30-18.30 DIFFICULT TO TREAT HYPERTENSION: HOT ISSUES IN 8 MINS PRESENTATION**

*Chairmen: C. Farsang (HU), Ant. Manolis (GR), C. Stefanadis (GR)*

Renal denervation: Current status

**M. Doulas (GR)**

Skin and hypertension

**P. Sarafidis (GR)**

Non alcoholic fatty liver disease and hypertension

**N. Katsiki (GR)**

Peripheral arterial disease and hypertension

**D. Mikhailidis (GB)**

Therapeutic algorithm in resistant hypertension

**A. Januszewicz (PL)**

*Panelists: D. Syrseloudis (GR), E. Oikonomou (GR), A. Marinakis (GR), A. Pittaras (GR),*

**D. Konstantinidis (GR)**

**18.30-20.30 SESSION DEDICATED TO ESH EXCELLENCE CENTERS OF THE BALKANS AND MIDDLE EAST: PROMOTING UNITY THROUGH RECOGNITION OF DIVERSITY**

*Chairmen: C. Tsioufis (GR), B. Jelakovic (HR), C. Farsang (HU), A. Berbari (LB)*

**1. Introducing the ESH excellence centers in your country in 5 minutes**

The Bosnia & Herzegovina experience

**S. Sokolovic (BA)**

The Greek experience

**M. Doulas (GR)**

The Croatian experience

**A. Jelakovic (HR)**

The Hungarian experience

**C. Farsang (HU)**

The Israel experience

**R. Zimlichman (IL)**

The Lebanon experience

**E. Nasr (LB)**

The Romania experience

**M. Dorobantu, (RO)**

The Serbia experience

**D. Lovic (RS)**

The Slovakian experience

**S. Filipova (SK)**

The Slovenian experience

**J. Brguljan (SI)**

The Turkish experience

**S. Erdine (TR)**

**2. ESH Research projects**

Collaboration initiatives: From research to meetings and beyond

**C. Tsioufis (GR)**

BP control in Europe

**B. Jelakovic (HR)**

Emergency Hypertension

**C. Fragoulis (GR), K. Dimitriadis (GR)**

ESH App (pilot study)

**D. Konstantinidis (GR)**

**20.30 CLOSING REMARKS**

**C. Tsioufis (GR)**

## GENERAL INFORMATION

### 5th 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 23rd to Saturday, March 24th 2018 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 non Greek participants is 100,00 €. 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.

### 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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