ESH Summer School
14-20 SEPTEMBER 2019
Hotel Dolce Attica Riviera - Brauron (Attica), Greece

Course directors:
Konstantinos Tsioufs (Athens, Greece)
Renata Cífková (Prague, Czech Republic)
ESH SUMMER SCHOOL 2019

SCIENTIFIC PROGRAM

Saturday 14 September 2019

All-day
Arrival of participants at Eleftherios Venizelos Airport. Transfers will be organized to the hotel (20 minutes from the airport by bus)

20.00
Welcome drink followed by dinner (At the Hotel)

Sunday 15 September 2019

08.45-09.00
Welcome to the ESH Summer School
Costas Tsioufis, Renata Cífková

Session I: Epidemiology and definition of hypertension

09.00-09.30
Which numbers for hypertension definition and why?
Josep Redon (Valencia, Spain)

09.30-10.00
Prevalence and incidence of hypertension at large and in specific groups
Claudio Borghi (Bologna, Italy)

10.00-10.15
Student presentation: All-cause mortality and cardiovascular death in blood pressure thresholds recommended by ACC/AHA
Gowsini Joseph (Aalborg, Denmark)

10.15-10.45
Blood pressure measurement: When, how and where?
George Stergiou (Athens, Greece)

10.45-11.15
Hypertension in childhood and adolescence
Empar Lurbe (Valencia, Spain)

11.15-11.45
Coffee break - Poster Discussion

Poster 1
Cuff-free vs. cuff based 24-hour blood pressure measurements
Jakob Tobias Nyvad (Aarhus, Denmark)

Poster 2
Comparison between home and ambulatory morning blood pressure and morning hypertension in their reproducibility and associations with vascular injury
Qian-Hui Guo (Shanghai, China)

Poster 3
Quantitative and qualitative expression of leptin receptor in healthy offspring of hypertensive patients
Maria Velliou (Athens, Greece)
Sunday 15 September 2019

Session II: Pathophysiology of hypertension I

11.45-12.15 Genetics and hypertension
Sandosh Padmanabhan (Glasgow, United Kingdom)

Evija Knoka, Riga, Latvia

12.30-13.00 Environment and hypertension
Harris Grassos (Athens, Greece)

13.00-13.30 Lifestyle and hypertension
Kyriakos Dimitriadis (Athens, Greece)

13.30-14.00 Self-presentation of the students - Group picture

14.00-15.00 Lunch at the hotel

15.00-16.00 Leisure time

Session III: Pathophysiology of hypertension II

16.00-16.30 Sympathetic nervous system and hypertension
Guido Grassi (Milan, Italy)

16.30-16.45 Student presentation: The sympathicovagal balance in young adults with isolated systolic hypertension: The HELIUS Study
Didier Collard (Amsterdam, The Netherlands)

16.45-17.15 The kidney in the pathogenesis of hypertension
Dimitrios Vlachakos (Athens, Greece)

17.15-17.30 Student presentation: Body response to renal water loss explains arterial hypertension and muscle mass loss in 5/6 Nx rats
Johannes J. Kovarik (Vienna, Austria)

17.30-18.00 The endothelium/large arteries stiffness in the pathogenesis of hypertension
Athanasios Protogerou (Athens, Greece)

18.00-18.15 Coffee break - Poster discussion

Poster 4
Characterization of extracellular vesicles isolated from human aortic valve tissue and human carotid atherosclerotic plaque
Fabrizio Buffolo (Torino, Italy)

Poster 5
Screening for obstructive sleep apnea syndrome in hypertensive patients using circulating microRNAs: Concept and pilot results
Jan Novák, Brno (Czech Republic)
Sunday 15 September 2019

18.15-18.45  Sleep apnea and hypertension
Gianfranco Parati (Milan, Italy)

18.45-19.00  Student presentation: ABPM as a predictor of mortality in patients undergoing chronic hemodialysis
Lea Katalinić (Zagreb, Croatia)

19.00-19.30  Prognosis and complications of hypertension
Dragan Lovic (Nis, Serbia)

19.30-20.00  Alumni networking #eshalumni
Reinhold Kreutz

20.00-21.00  Dinner at the hotel

Monday 16 September 2019

Session IV: Clinical studies in hypertension

08.45-09.15  Assessment of cardiovascular risk in hypertension
Michael Doumas (Thessaloniki, Greece)

09.15-10.00  Randomized controlled trials in hypertension: Active comparison (head-to-head) trials. How to read and translate them
Sverre Kjeldsen (Oslo, Norway)

10.00-10.30  Blood pressure lowering trials. How to read and translate them
Costas Thomopoulos (Athens, Greece)

10.30-11.00  Coffee break

11.00-11.15  Student presentation: Electrocardiographic predictors of atrial fibrillation in hypertensive individuals
Arttu Lehtonen (Vaasa, Finland)

11.15-11.30  Student presentation: Right ventricular function and sexual function: Exploring shadows in male and female patients with heart failure
Konstantinos Imprialos (Athens, Greece)

Session V: Clinical pharmacology and practical use of antihypertensive drugs

11.30-12.00  RAS blockers
Reinhold Kreutz (Berlin, Germany)

12.00-12.30  CCBs and beta-blockers
Dimitrios Papadopoulos (Athens, Greece)

12.30-13.00  Diuretics
Pantelis Sarafidis (Thessaloniki, Greece)
Monday 16 September 2019

Session VI: Threshold and targets for treatment

13.00-13.30  Uncomplicated hypertension
Giuseppe Mancia (Milan, Italy)

13.30-13.45  Combination treatment in hypertension: The Dos and Don’ts
Giuseppe Mancia (Milan, Italy)

13.45-15.00  Lunch at the hotel

15.00-16.00  Leisure time

16.00-16.30  Thresholds and targets in patients with overt CVD. The J Curve hypothesis
Athanasios Manolis (Athens, Greece)

16.30-17.00  Thresholds and targets in patients with CKD. The differential effect of proteinuria or diabetes mellitus
Bojan Jelakovic (Zagreb, Croatia)

17.00-17.30  Thresholds and targets in the very-elderly
Krzysztof Narkiewicz (Gdansk, Poland)

17.30-18.00  Coffee break - Poster discussion

Poster 6
Evaluation of urodynamics and concentration function of parenchyma in patients with arterial hypertension and gout
Margarita Gromova, (Moscow, Russian Federation)

Poster 7
Establishing serum reference ranges of antihypertensive drugs
Stine Rognstad (Trondheim, Norway)

Session VII: Treatment options in hypertension

18.00-18.30  Resistant hypertension: A real entity?
Michel Azizi (Paris, France)

18.30-19.00  Renal sympathetic denervation: From great expectations to present reality and back?
Costas Tsioufis (Athens, Greece)

19.00-19.15  Student presentation: Adherence to antihypertensive medication and left ventricular hypertrophy in resistant arterial hypertension
Monika Kamasová (Olomouc, Czech Republic)

19.15-19.45  Alumni networking #eshalumni
Reinhold Kreutz

20.00-21.00  Dinner at the hotel
Tuesday 17 September 2019

Session VIII: Blood pressure phenotypes

08.45-09.15 White-coat and masked hypertension
Vasilios Kotsis (Thessaloniki, Greece)

09.15-09.45 Orthostatic hypertension
Nikos Magkas (Athens, Greece)

09.45-10.00 Student presentation: Orthostatic hypotension in diabetic patients - 10 years’ follow-up
Andrea Komorníková (Bratislava, Slovakia)

10.00-10.45 Hypertension and stroke
Efstathios Manios (Athens, Greece)

10.45-11.00 Student presentation: A retrospective study of cardiovascular risk factors and outcomes of patients with acute stroke, in a tertiary hospital of Cyprus
Ioannou Antreas (Nicosia, Cyprus)

11.00-11.30 Coffee break - Poster discussion

Poster 8
Assessment of correlation between silent brain damages and clinical characteristics in patients with persistent atrial fibrillation and concomitant arterial hypertension
Yuliya Persidskikh (Minsk, Belarus)

Poster 9
Slow breathing training in patients with chronic heart failure
Tomasz Drożdż (Kraków, Poland)

Session IX: Special hypertensive conditions - Part I

11.30-12.00 Hypertension emergencies
Maria Lorenza Muiesan (Brescia, Italy)

12.00-12.30 Peri-operative management of elevated blood pressure
Jana Brгулjan (Ljubljana, Slovenia)

12.30-13.00 Outcome of children born to mothers with hypertension in pregnancy
Stella Stabouli (Thessaloniki, Greece)

13.00-13.15 Student presentation: Individual fatty acids and desaturase activities are associated with cardiometabolic profile in children
Sara Bonafini (Verona, Italy)

13.15-14.00 Lunch at the hotel

14.30 Departure for sightseeing tour: Swimming at Charakas beach, visit of Poseidon Temple (at cape Sounio), Dinner at local Greek restaurant
Wednesday 18 September 2019

Session X: Secondary forms of hypertension

08.45-09.15  Renovascular hypertension
Alexandre Persu (Brussels, Belgium)

09.15-09.45  Renal parenchymal hypertension. Balkan nephropathy
Bojan Jelakovic (Zagreb, Croatia)

09.45-10.30  Endocrine hypertension
Andrzej Januszewicz (Warsaw, Poland)

10.30-11.00  Coffee break - Poster discussion

Poster 10
24 h arterial stiffness in kidney transplant patients
Danilo Radulović (Podgorica, Montenegro)

Poster 11
Arterial stiffness can be modulated by pressure-independent mechanism in hypertension
Luca Faconti (London, United Kingdom)

Poster 12
Daily blood pressure profile and remodeling of carotid arteries in patients with controlled office hypertension in combination with rheumatoid arthritis
Oksana Sirenko (Dnipropetrovsk, Ukraine)

Session XI: Assessment of the hypertensive patient

11.00-11.30  Vascular assessment
Stephane Laurent (Paris, France)

11.30-11.45  Student presentation: The effect of remote ischaemic preconditioning on arterial stiffness in vascular surgery
Teele Kepler (Tartu, Estonia)

11.45-12.00  Student presentation: Arterial stiffness in patients with congenital heart disease
Jan Müller (Munich, Germany)

12.00-12.30  Cardiac assessment
Enrico Agabiti-Rosei (Brescia, Italy)

12.30-12.45  Student presentation: Prevalence of left atrial enlargement in a large sample of patients undergoing an echocardiogram for cardiovascular risk stratification at an ESH excellence center in Italy
Sara Capellini (Brescia, Italy)

12.45-13.15  Renal assessment
Rigas Kalaitzidis (Ioannina, Greece)

Dóra Batta (Budapest, Hungary)
Wednesday 18 September 2019

13.30-14.00  **Cognitive assessment**  
Antonio Coca (Barcelona, Spain)

14.00-15.00  Lunch at the hotel

15.00-16.30  Leisure time

**Session XII: Special hypertensive conditions - Part II**

16.30-16.45  🎓 **Student presentation:** Predictors and co-variables of incident hypertension in midlife: The Hordaland Health Study  
Ester Kringeland (Bergen, Norway)

16.45-17.00  🎓 **Student presentation:** Association between benign gynecological diseases and incident hypertension in the E3N cohort  
Anne-Laure Madika (Lille, France)

17.00-17.30  **Hypertension in pregnancy**  
Renata Cifkova, Prague (Czech Republic)

17.30-18.00  **Hypertension in athletes**  
Dimitris Konstantinidis (Athens, Greece)

18.00-18.30  Coffee break - Poster discussion

**Poster 13**
*Mitochondrial adaptations induced by swimming routine in the myocardium of spontaneously hypertensive rats: role of igf-1 and apelin*  
Alejandra Yeves (La Plata, Argentina)

**Poster 14**
*The association between cyclothymic affective temperament and the age of onset of hypertension*  
Andrea Laszlo (Budapest, Hungary)

**Session XIII: How to…**

18.30-19.00  **How to read the statistics of a scientific paper**  
Demosthenes Panagiotakos (Athens, Greece)

19.00-19.45  **How to write a scientific paper**  
Dimitri P. Mikhailidis (London, United Kingdom)

19.45-20.00  **Alumni networking “#eshalumni”**  
Reinhold Kreutz

20.00-21.00  Dinner at the hotel
**Thursday 19 September 2019**

**Session XIV: TBA**

09.00-10.15  **Multiple Choice Questions test (60 questions)**

The first 3 winners with the highest score of the multiple choice test will be awarded. The award is a full coverage of the participation (Registration-Accommodation-Transportation) to ESH Glasgow meeting 2020 thanks to the kind offer by SERVIER. All the participants will be informed about their MCT score by a personal e-mail.

10.15-10.45  **🎓Student presentation: How to get involved with the ESH BP CON ESH - how to improve BP control in Europe**

Ines Golubić (Zagreb, Croatia)

10.45-11.00  **Poster 15**

*Pulmonary artery vasoreactivity in patients with chronic thromboembolic pulmonary hypertension after balloon pulmonary angioplasty*

Sergey Yarovoy (Moscow, Russian Federation)

11.00-11.30  **Closing Remarks**

Costas Tsioufis, Renata Cifková

11.30-13.00  **Leisure time**

13.00-14.00  **Lunch at the hotel**

14.00-20.00  **Leisure time**

20.00  **Dinner at the hotel**

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**Friday 20 September 2019**

**Departures from the hotel to the airport (All day)**
FACULTY

Agabiti-Rosei Enrico Komorníková Andrea Rognstad Stine
Azizi Michel Konstantinidis Dimitris Sarafidis Pantelis
Batta Dóra Kotsis Vasilios Sirenko Oksana
Bonafini Sara Kovarik J. Johannes Stabouli Stella
Borghi Claudio Kreutz Reinhold Stergiou George
Bruguljan Jana Kringeland Ester Thomopoulos Costas
Buffolo Fabrizio Laszlo Andrea Tsioufis Costas
Capellini Sara Laurent Stephane Velliou Maria
Cífková Renata Lehtonen Arttu Vlachakos Dimitrios
Coca Antonio Lovic Dragan Yarovoy Sergey
Collard Didier Lurbe Empar Yeves Alejandra
Dimitriadis Kyriakos Madika Anne-Laure
Doumas Michael Magkas Nikos
Drożdż Tomasz Mancia Giuseppe
Faconti Luca Manios Efstathios
Golubić Ines Manolis Athanasios
Grassi Guido Mikhailidis P. Dimitri
Grassos Harris Muiesan Maria Lorenza
Gowsini Joseph Müller Jan
Gromova Margarita Narkiewicz Krzysztof
Guo Qian-Hui Novák Jan
Imprialos Konstantinos Nyvad Jakob Tobias
Ioannou Antreas Padmanabhan Sandosh
Januszewicz Andrzej Panagiotakos Demosthenes
Jelaković Bojan Papadopoulos Dimitrios
Kalaitzidis Rigas Parati Gianfranco
Kamasová Monika Persidskikh Yuliya
Katalinić Lea Persu Alexandre
Kepler Teele Protogerou Athanasios
Kjeldsen Sverre Radulović Danilo
Knoka Evija Redon Josep
European Society of Hypertension

1989-2019

Edited by
Konstantinos Tsioufis
Reinhold Kreutz
Krzysztof Narkiewicz
Giuseppe Mancia