



European
Society of
Hypertension

www.eshonline.org

ESH Summer School

14-20 SEPTEMBER 2019

Hotel Dolce Attica Riviera - Brauron (Attica), Greece

Course directors:

Konstantinos Tsioufis (Athens, Greece)
Renata Cífková (Prague, Czech Republic)

Final Program

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 Cifková

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*)

Session II: Pathophysiology of hypertension I

- 11.45-12.15** **Genetics and hypertension**
Sandosh Padmanabhan (Glasgow, United Kingdom)
- 12.15-12.30**  **Student presentation:** *The association between microRNA-126, microRNA-145 and microRNA-155 expression and coronary plaque vulnerability*
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**

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**
Efsthios 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 Brguljan (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**

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, Monte Negro)





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 (Ionannina, Greece)
- 13.15-13.30  **Student presentation: Integrated central blood pressure-aortic stiffness risk categories and cardiovascular mortality in end-stage renal disease**
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 Cífková

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**

Friday 20 September 2019

Departures from the hotel to the airport (All day)

FACULTY

Agabiti-Rosei Enrico

Azizi Michel

Batta Dóra

Bonafini Sara

Borghi Claudio

Brguljan Jana

Buffolo Fabrizio

Capellini Sara

Cífková Renata

Coca Antonio

Collard Didier

Dimitriadis Kyriakos

Doumas Michael

Drożdż Tomasz

Faconti Luca

Golubić Ines

Grassi Guido

Grassos Harris

Gowsini Joseph

Gromova Margarita

Guo Qian-Hui

Imprialos Konstantinos

Ioannou Antreas

Januszewicz Andrzej

Jelakovic Bojan

Kalaitzidis Rigas

Kamasová Monika

Katalinić Lea

Kepler Teele

Kjeldsen Sverre

Knoka Evija

Komorníková Andrea

Konstantinidis Dimitris

Kotsis Vasilios

Kovarik J. Johannes

Kreutz Reinhold

Kringeland Ester

Laszlo Andrea

Laurent Stephane

Lehtonen Arttu

Lovic Dragan

Lurbe Empar

Madika Anne-Laure

Magkas Nikos

Mancia Giuseppe

Manios Efstathios

Manolis Athanasios

Mikhailidis P. Dimitri

Muesan Maria Lorenza

Müller Jan

Narkiewicz Krzysztof

Novák Jan

Nyvad Jakob Tobias

Padmanabhan Sandosh

Panagiotakos Demosthenes

Papadopoulos Dimitrios

Parati Gianfranco

Persidskikh Yuliya

Persu Alexandre

Protogerou Athanasios

Radulović Danilo

Redon Josep

Rognstad Stine

Sarafidis Pantelis

Sirenko Oksana

Stabouli Stella

Stergiou George

Thomopoulos Costas

Tsioufis Costas

Velliou Maria

Vlachakos Dimitrios

Yarovoy Sergey

Yeves Alejandra

2020 SAVE THE DATE

JOINT MEETING **ESH-ISH**

May 29 - June 1, 2020

Scottish Event Campus
Glasgow, United Kingdom



32nd European Meeting

on  **Hypertension**
and  **Cardiovascular**
Protection

June 17-22, 2022
Athens, Greece
Megaron Athens International
Conference Centre (MAICC)





European
Society of
Hypertension



1989-2019

Edited by
Konstantinos Tsioufis
Reinhold Kreutz
Krzysztof Narkiewicz
Giuseppe Mancia