



European  
Society of  
Hypertension

11<sup>th</sup> Official pre-ESH Congress  
Satellite Symposium



# DIFFICULT TO CONTROL HYPERTENSION & RELATED COMORBIDITIES

Scientific Program



Hellenic Society  
of Hypertension



ESH Working Group  
Interventional treatment  
of Hypertension



University of Athens  
School of Medicine



Hellenic Cardiological Society  
Working Group  
Arterial Hypertension



Institute for Study, Research  
Education & Therapy of Vascular,  
Heart, Brain, Kidney, Nephrologies



1st Department of Cardiology,  
University of Athens,  
Hippocratio Hospital



Cardiology Department,  
General Hospital of Athens  
"LAIKO"

Focused sessions on Renal Denervation  
and ESH Research projects with the  
participation of ESH WGs  
and Excellence Centers

[www.acardio-ekpa.gr](http://www.acardio-ekpa.gr)  
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**DROMENA**  
MEETINGS & EVENTS

# 14-15 March 2025

Benaki Museum **Amphitheater**

138 Piraeus Street, **ATHENS**



## **Chairman**

**K. Tsioufis (GR)**

## **Co-chairman**

**R.E. Schmieder (DE)**

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**C. Thomopoulos (GR)**

## Editorial

Dear Colleagues,

We are really very happy to welcome you again in Athens at the **11th Official pre-ESH International Congress Satellite Symposium**, entitled **“Update on difficult to Control Hypertension and Related Comorbidities”**, on **14 - 15 March 2025** at the Benaki Museum Amphitheater (Piraeus Street).

We are looking forward to your participation to the meeting that continues to maintain in its own distinct characteristics: interactive with short duration of presentations and assignment of one panelist per speaker, dedicated sessions to pharmacotherapy and renal denervation for management of uncontrolled hypertension in light of the recently released ESH and ESC Hypertension guidelines and session dedicated to ESH Research Projects with active involvement of leaders of ESH Excellence Centers.

Participants who are taking care of hypertensive patients (Cardiologists, Internists, Nephrologists, and General Practitioners) after completion of the Symposium will be able to transform into clinical practice the medical knowledge shared in the meeting, leading to better hypertension management.

Participate, learn and live the experience of the 11th Official pre-ESH Congress Satellite Symposium in Athens 14 - 15 March 2025.

With warm regards,

Kostas Tsioufis



Chairman of the Symposium  
President of ESH (2017-2019)

Roland E. Schmieder



Co-Chairman of the Symposium

Thomas Weber



President of ESH (2024-2026)

# FINAL SCIENTIFIC PROGRAM

UPDATE ON DIFFICULT TO CONTROL HYPERTENSION AND RELATED COMORBIDITIES

**Friday March 14, 2025**

**09.00-10.00 WORKSHOP I: *Effects of lifestyle on blood pressure levels. How much consumption is too much, how little is little*** (5 mins / presentation)

**Coordinators:** D. Konstantinidis (GR), T. Makris (GR), D. Papadopoulos (GR)

Coffee

**C. Georgakopoulos (GR)**

Tea

**A. Lazarou (GR)**

Salt

**I. Tsoumpou (GR)**

Chocolate

**G. Gomos (GR)**

Alcohol

**D. Paraskevopoulou (GR)**

Potassium

**K. Papadomarkaki (GR)**

Vitamines

**I. Zamanis (GR)**

Stress

**V. Katsi (GR)**

Short lecture A summary of the Lifestyle management of hypertension: International Society of Hypertension position paper

**E. Sanidas (GR)**

*Panelists:* M. Divani (GR), E. Siafi (GR), N. Kakouri (GR), M. Sagris (GR), N. Pirpiris (GR),

**A. Apostolos (GR), I. Klogeri (GR), M. Kariori (GR)**

**10.00-10.45 WORKSHOP II: *Understanding better the effects of exercise and diet on blood pressure levels***  
(7 mins / presentation)

**Coordinators:** A. Pittaras (GR), G. Marinos (GR)

Aerobic, anaerobic exercise or combining resistance and endurance training...

**A. Pittaras (GR)**

Mediterranean or Dash diet

**C. Filippou (GR)**

Intermittent diet

**C. Grassos (GR)**

Dietary Fiber to Improve Blood Pressure Control

**I. Andrikou (GR)**

*Panelists:* D. Chatzis (GR), A. Angelis (GR), D. Gourlis (GR), E. Kallistratos (GR)

### 10.45-11.30 **WORKSHOP III: Understanding better the role of omics in hypertension** (7 mins / presentation)

Chairpersons: **E. Korompoki, (GR)** **A. Protogerou (GR)**

Genomics / Transcriptomics

**A. Miliou (GR)**

Proteomics

**D. Polyzos (GR)**

Metabolomics

**P. Theofilis (GR)**

mRNA

**M. Marketou (GR)**

Panelists: **M. Stathouloupoulou (GR)**, **N. Karaminas (GR)**, **K. Ntalekou (GR)**, **N. Stamataki (GR)**

### 11.30-12.15 **ROUND TABLE I: Modern approach of hypertension** (5 mins / presentation)

Chairpersons: **I. Ikonomidis (GR)**, **E. Oikonomou (GR)**, **D. Farmakis (GR)**

AI, machine learning, and ChatGPT in hypertension

**P. Tsioufis (GR)**

Potential role of the skin in hypertension risk

**A. Damianaki (GR)**

Eye and hypertension. From pathophysiology to therapeutic considerations

**A. Triantafyllou (GR)**

Atrial fibrillation screening in hypertension

**K. Kyriakoulis (GR)**

Onco-hypertension

**E. Manta (GR)**

Gastric microbiome and hypertension

**K. Mavromoustakou (GR)**

Questions from the fellows: **A. Vakka (GR)**, **C. Kaskoutis (GR)**, **M. Botis (GR)**, **K. Platanias (GR)**

### 12.15-13.00 **ROUND TABLE II: Cardiac Imaging in hypertension** (5 mins / presentation)

Chairpersons: **K. Aggeli (GR)**, **M. Marketou (GR)**

Echocardiography for hypertensive heart disease: identifying subtle findings of disease progression

**D. Konstantinidis (GR)**

The role of cardiac MRI in hypertension: when to perform, what does it offer

**A. Kasiakogias (GR)**

Masqueraders of hypertensive heart disease: Red flags from imaging

**I. Liatakis (GR)**

Non-invasive assessment of coronary artery disease: when to refer and which modality?

**A. Antonopoulos (GR)**

Panelists: **I. Ntalakouras (GR)**, **E. Andrikou (GR)**, **I. Kachrimanidis (GR)**, **K. Giannakopoulos (GR)**

### 13.00-14.00 **LUNCH BREAK**

### **14.00-14.45 ROUND TABLE III: Hypertension in autoimmune rheumatic disorders** (10 mins / presentation)

*Chairpersons:* **E. Gkaliagkousi (GR), G. Lazaros (GR)**

Cardiovascular risk in autoimmune rheumatic disorders: the role of hypertension

**D. Terentes-Printzios (GR)**

Hypertension and antirheumatic treatment

**A. Lazaridis (GR)**

Pharmaceutical management of hypertension in autoimmune rheumatic disorders

**E. Gkaliagkousi (GR)**

*Panelists:* **K. Stavropoulos (GR), L. Poulimenos (GR), A. Argyris (GR), I. Leontsinis (GR)**

### **14.45-15.30 ROUND TABLE IV: Management of Hypertension 2025. Key topics to be addressed**

(8 mins / presentation)

*Chairpersons:* **A. Kollias (GR), C. Thomopoulos (GR)**

New insights into blood pressure variability

**L. Sorodoc (RO)**

The management of elevated blood pressure in the acute care setting: A scientific statement from the American heart association

**C. Fragoulis (GR)**

Pregnancy. An ideal period to identify women at risk for chronic hypertension

**M. Charakida (GR)**

Atherosclerosis and hypertension. The egg-chicken approach

**V. Kotsis (GR)**

*Panelists:* **M. Poikilidou (GR), E. Fragoulis (GR), M. Kallistratos (GR), G. Latsios (GR)**

### **15.30-16.15 ROUND TABLE V: Update on Stroke and Hypertension management** (8 mins / presentation)

*Chairpersons:* **E. Manios (GR), C. Savopoulos (GR)**

Impact of prehospital blood pressure reduction on outcome in acute stroke patients

**E. Manios (GR)**

HTN, CKD and risk of dementia

**R. Kalaitzidis (GR)**

Influence of time to achieve target systolic blood pressure on outcome after acute intracerebral hemorrhage

**C. Savopoulos (GR)**

Blood pressure management for secondary stroke prevention: Is there a J-curve phenomenon?

**A. Protogerou (GR)**

*Panelists:* **K. Grigoriou (GR), V. Katsi (GR)**

### **16.15-16.45 COFFEE BREAK**

### **16.45-17.45 ROUND TABLE VI: Update in managing of specific ambulatory BP phenotypes/specific populations**

(8 mins / presentation)

*Chairpersons:* **G. Stergiou (GR), G. Parati (IT), E. Manios (GR)**

Nocturnal hypertension

**G. Parati (IT)**

Older individuals

**A. Kollias (GR)**

Pregnant women

**C. Thomopoulos (GR)**

*Panelists:* **C. Grassos (GR), E. Skliros (GR), A. Laina (GR)**

### 17.45-18.45 **ROUND TABLE VII: Hot topics in HTN** (10 mins / presentation)

*Chairpersons:* **A. Januszewicz (PL), A. Manolis (GR)**

Impact of ageing on blood pressure and heart rate variability

**A. Persu (BE)**

Key research on risk factors and comorbidities in hypertension: Insights for 2025

**J. Brguljan (SI)**

The potential merits of rapid and early control of blood pressure

**A. Sharp (UK)**

Management of childhood hypertension. An update

**S. Stabouli (GR)**

*Questions from the fellows:* **N. Argyriou (GR), G. Koutsopoulos (GR), A. Papastamatis (GR)**

### 18.45-19.30 **PODIUM DISCUSSION: Similarities and differences in the ESH and ESC HTN Guidelines**

(8 mins / presentation)

*Coordinators:* **R. Kreutz (DE), G. Mancia (IT), R.E. Schmieder (DE)**

Treatment thresholds and targets

**T. Weber (AT)**

How to achieve the BP targets

**M. Doumas (GR)**

Treatment of resistant HTN

**M. Azizi (FR)**

*Panelists:* **E. Agabiti-Rosei (IT), G. Parati (IT), C. Thomopoulos (GR), J. Brguljan (SI), A. Manolis (GR),**

**K. Narkiewicz (PL)**

### 19.30-20.00 **OPENING CEREMONY**

*Honorary lecture*

*Chairpersons:* **K. Tsioufis (GR), R.E. Schmieder (DE)**

Potential of real life research for hypertension

**G. Mancia (IT)**

## 09.00-10.00 **SESSION I: Hypertension and heart failure with preserved ejection fraction: An update**

(8 mins / presentation)

**Chairs:** E. Agabiti-Rosei (IT), M. Camafort (ES), C. Vlachopoulos (GR)

Diagnosing HFpEF in the hypertensive patient: The earlier the better

**I. Leontsinis (GR)**

Patient phenotyping in HFpEF: A key step for tailored therapy

**S. Masi (IT)**

Hypertension therapy in HFpEF: From treatment targets to drug selection

**M. Camafort (ES)**

The new world of medical management in HFpEF

**A. Kasiakogias (GR)**

**Panelists:** M. Marketou (GR), M. Drakopoulou (GR), D. Konstantinidis (GR), C. Chrysochoou (GR)

## 10.00-10.45 **SESSION II: Incorporating European RDN Guidelines in the clinical practice. A case based discussion**

(8 mins / presentation)

**Chairpersons:** G. Mancia (IT), F. Ribichini (IT)

What the European guidelines recommend for RDN

**M. Azizi (FR)**

Renal denervation for resistant hypertension patients

**K. Tsioufis (GR)**

Renal denervation in high cardiovascular risk patients

**L. Lauder (CH)**

**Panelists:** A. Sharp (UK), R.E. Schmieder (DE), M. Doumas (GR), T. Weber (AT)

## 10.45-11.05 **COFFEE BREAK**

## 11.05-12.00 **SESSION III: Implementing the RDN guidelines** (8 mins / presentation)

**Chairpersons:** A. Sharp (UK), M. Azizi (FR)

Building and working across a multi-disciplinary team

**F. Ribichini (IT)**

Setting up an RDN center

**M. Lange (DE)**

Taking patient preference into consideration. How to talk to patients about RDN

**J. Weil (DE)**

Physicians' perspectives on recent guidelines

**K. Dimitriadis (GR)**

**Panelists:** S. Masi (IT), M. Camafort (ES), L. Sorodoc (RO), D. Lovic (RS)

## 12.00-13.00 **RDN HOT TOPICS** (8 mins / presentation)

**Chairpersons:** G. Parati (IT), J. Weil (DE)

The challenge to define BP response

**R.E. Schmieder (DE)**

Predictors of BP response post RDN - the most challenging question

**D. Konstantinidis (GR)**

Pharmacotherapy changes post RDN procedure

**L. Lauder (CH)**

**Panelists:** E. Triantafyllou (GR), C. Grassos (GR), D. Papadopoulos (GR), A. Protogerou (GR)

## 13.00-14.00 **LUNCH BREAK**

### 14.00-15.00 **PODIUM DISCUSSION** *Renal denervation pleiotropy: A never-ending saga* (6 mins / presentation)

*Chairpersons:* **M. Azizi (FR)**, **J. Weil (DE)**, **K. Narkiewicz (PL)**

RDN and metabolic disorders: From glucose to lipids

**D. Kannenkeril (DE)**

RDN and heart failure: From preserved to reduced phenotype

**P. Iliakis (GR)**

RDN and the arrhythmias: From the atria to the ventricles

**D. Tsiachris (GR)**

RDN and microcirculation: From coronaries to the periphery

**K. Dimitriadis (GR)**

RDN and renal dysfunction. From mild CKD to ESRD

**R.E. Schmieder (DE)**

RDN and cerebral circulation. From primary to secondary prevention of stroke

**E. Dolan (IE)**

RDN and stress. From anxiety to depression

**F. Tatakis (GR)**

RDN for Sleep Apnea Syndrome

**K. Stavropoulos (GR)**

### 15.00-16.00 **SESSION IV: Nephroprotective treatment options in a hypertensive patient** (8 mins / presentation)

*Chairmen:* **M. Doulas (GR)**, **D. Petras (GR)**, **L. Vogt (NL)**

BP control: What should we do for nephroprotection?

**R.E. Schmieder (DE)**

Deficits in CKD screening and management in European patients with hypertension - A challenging opportunity for the ESH Excellence Centre Network

**R. Kreutz (DE)**

The forgotten pathway to treat: Sympathetic nervous system

**A. Januszewicz (PL)**

Update on the evidence to apply RDN for nephroprotection

**K. Tsioufis (GR)**

RDN is safe to be used in patients with CKD stage 3-5

**D. Kannenkeril (DE)**

*Panelist:* **R. Kalaitzidis (GR)**, **M. Poikilidou (GR)**, **L.V. Halvorsen (NO)**

### 16.00-17.00 **SESSION V: How to create solid evidence for treating patients: Real World Evidence from the Balkan**

**RDN forum** (8 mins / presentation)

*Chairs:* **J. Brguljan (SI)**, **K. Tsioufis (GR)**, **K. Dimitriadis (GR)**

The Greek experience

**S. Soulaïdopoulos (GR)**

The Bulgarian experience

**A. Postadzhylyan (BG)**

The Serbian experience

**D. Lovic (RS)**

The Croatian experience

**B. Jelakovic (HR)**

*The view of interventional Cardiologists:* **N. Kafkas (GR)**, **K. Kalogeras (GR)**, **G. Latsios (GR)**,

**A. Papanikolaou (GR)**, **L. Poulimenos (GR)**, **E. Sanidas (GR)**, **A. Synetos (GR)**, **G. Triantis (GR)**,

**S. Vaina (GR)**

### 17.00-17.30 **COFFEE BREAK**

### 17.30-18.30 **3 SHORT LECTURES: New horizons for the treatment of HTN** (8 mins / presentation)

*Chairperson:* **R. Kreutz (DE), M. Camafort (ES), M. Doumas (GR)**

Angiotensinogen as a new treatment target: risks and benefits

**J. Danser (NL)**

Denervation of renal nerves is just the beginning

**A. Sharp (UK)**

Research into uromodulin: Translating basic science to clinical practice

**C. Delles (UK)**

### 18.30-19.15 **SESSION DEDICATED TO ESH RESEARCH PROJECTS (ESH WGS AND EXCELLENCE CENTERS INITIATIVES). THIS SESSION IS SUPPORTED BY SERVIER**

*Chairpersons:* **T. Weber (AT), A. Persu (BE), K. Tsioufis (GR)**

ABPM during and after COVID-19 pandemic

**A. Januszewicz (PL)**

Emergency hypertension registry

**C. Fragoulis (GR)**

Malignant hypertension (HAMA) registry

**R. Boulestreau (FR)**

MASTER study

**G. Parati (IT)**

Hypertension, PTSD and anxiety in Ukrainian refugees

**A. Persu (BE)**

FEIRI study- imaging and biomarkers

**A. Persu (BE)**

Insights from the HECMOS 1 and 2 snapshots

**I. Leontsinis (GR)**

The Hevro project

**P. Iliakis (GR), M. Kouremeti (GR), S. Drogaris (GR)**

### 19.15 **CLOSING REMARKS**

**K. Tsioufis (GR), R.E. Schmieder (DE)**

## FACULTY

|                        |                          |                            |
|------------------------|--------------------------|----------------------------|
| Agabiti-Rosei E. (IT)  | Kallistratos E. (GR)     | Parati G. (IT)             |
| Aggeli K. (GR)         | Kannenkeril D. (DE)      | Persu A. (BE)              |
| Andrikou E. (GR)       | Karaminas N. (GR)        | Petras D. (GR)             |
| Andrikou I. (GR)       | Kariori M. (GR)          | Poikilidou M. (GR)         |
| Angelis A. (GR)        | Kasiakogias A. (GR)      | Pirpiris N. (GR)           |
| Antonopoulos A. (GR)   | Kaskoutis C. (GR)        | Pittaras A. (GR)           |
| Apostolos A. (GR)      | Katsi V. (GR)            | Platanias K. (GR)          |
| Argyriou N. (GR)       | Kollias A. (GR)          | Poikilidou M. (GR)         |
| Argyris A. (GR)        | Konstantinidis D. (GR)   | Polyzos D. (GR)            |
| Azizi M. (FR)          | Korompoki E. (GR)        | Postadzhlyan A. (BG)       |
| Botis M. (GR)          | Kotsis V. (GR)           | Poulimenos L. (GR)         |
| Boulestreau R. (FR)    | Kouremeti M. (GR)        | Protogerou A. (GR)         |
| Brguljan J. (SI)       | Koutsopoulos G. (GR)     | Ribichini F. (IT)          |
| Camafort M. (ES)       | Kreutz R. (DE)           | Sagris M. (GR)             |
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| Chrysochoou C. (GR)    | Lange M. (DE)            | Schmieder R.E. (DE)        |
| Damianaki A. (GR)      | Latsios G. (GR)          | Sharp A. (UK)              |
| Danser J. (NL)         | Lauder L. (CH)           | Siafi E. (GR)              |
| Delles C. (UK)         | Lazaridis A. (GR)        | Skliros E. (GR)            |
| Dimitriadis K. (GR)    | Lazaros G. (GR)          | Sorodoc L. (RO)            |
| Divani M. (GR)         | Lazarou A. (GR)          | Soulaidopoulos S. (GR)     |
| Dolan E. (IE)          | Leontsinis I. (GR)       | Stabouli S. (GR)           |
| Doumas M. (GR)         | Liatakis I. (GR)         | Stamataki N. (GR)          |
| Drakopoulou M. (GR)    | Lovic D. (RS)            | Stathouloupoulou M. (GR)   |
| Drogaris S. (GR)       | Makris T. (GR)           | Stavropoulos K. (GR)       |
| Farmakis D. (GR)       | Mancia G. (IT)           | Stergiou G. (GR)           |
| Filippou C. (GR)       | Manios E. (GR)           | Synetos A. (GR)            |
| Fragoulis C. (GR)      | Manolis A. (GR)          | Tatakis F. (GR)            |
| Fragoulis E. (GR)      | Manta E. (GR)            | Terentes-Printzios D. (GR) |
| Georgakopoulos C. (GR) | Marinos G. (GR)          | Theofilis P. (GR)          |
| Giannakopoulos K. (GR) | Marketou M. (GR)         | Thomopoulos C. (GR)        |
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| Gompos G. (GR)         | Mavromoustakou K. (GR)   | Triantis G. (GR)           |
| Gourlis D. (GR)        | Miliou A. (GR)           | Tsiachris D. (GR)          |
| Grassos C. (GR)        | Narkiewicz K. (PL)       | Tsioufis K. (GR)           |
| Grigoriou K. (GR)      | Ntalakouras I. (GR)      | Tsioufis P. (GR)           |
| Halvorsen L.V. (NO)    | Ntalekou K. (GR)         | Tsoumpou I. (GR)           |
| Iliakis P. (GR)        | Ikonomidis I. (GR)       | Vakka A. (GR)              |
| Januszewicz A. (PL)    | Oikonomou E. (GR)        | Vaina S. (GR)              |
| Jelakovic B. (HR)      | Papadomarkaki K. (GR)    | Vlachopoulos C. (GR)       |
| Kachrimanidis I. (GR)  | Papadopoulos D. (GR)     | Vogt L. (NL)               |
| Kafkas N. (GR)         | Papakonstantinou P. (GR) | Weber T. (AT)              |
| Kakouri N. (GR)        | Papanikolaou A. (GR)     | Weil J. (DE)               |
| Kalaitzidis R. (GR)    | Papastamatis A. (GR)     | Zamanis I. (GR)            |
| Kalogeras K. (GR)      | Paraskevopoulou D. (GR)  |                            |

## GENERAL INFORMATION

### **11th Official pre-ESH International Congress Satellite Symposium**

Update on Difficult to Control Hypertension and Related Comorbidities

Chairman: **K. Tsioufis**

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

#### **Venue location & Dates**

The official pre-ESH International Congress Satellite Symposium will be held from Friday, March 14th to Saturday, March 15th 2025 in Athens, at BENAKI MUSEUM (138 Piraeus str., 118 54 Athens, Greece, <http://www.benaki.gr>)

#### **Registration - Certificate of Attendance**

The registration fee for all 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**

<https://projector-web.gr/dromena/en/11th-pre-esh>

#### **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**

##### **Dromena Meetings & Events**

22 Feidippidou st 11527 Athens-Greece

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## ΦΑΡΜΑΚΕΥΤΙΚΑ ΠΡΟΪΟΝΤΑ ΓΙΑ ΤΑ ΟΠΟΙΑ ΑΠΑΙΤΕΙΤΑΙ ΙΑΤΡΙΚΗ ΣΥΝΤΑΓΗ

Για τις συνταγογραφικές πληροφορίες  
συμβουλευτείτε την ΠΧΠ σκανάροντας  
τον QR κωδικό



Αναφέρετε κάθε εικαζόμενη/πιθανολογούμενη  
ανεπιθύμητη ενέργεια απευθείας στον ΕΟΦ,  
σύμφωνα με το εθνικό σύστημα αναφοράς  
ανεπιθύμητων ενεργειών.

