

Minutes of the Meeting of the ESH Scientific Council

Paris, June 10, 2016

Present:

E. Agabiti Rosei, President
M. Azizi, Vice President
C. Tsioufis, Secretary
M. Burnier, Treasurer
B. Jelakovic, Officer at Large
A. Dominiczak, Immediate Past- President

ESH Council members:

P. van de Borne
T. Kahan
R. Kreutz
B. Williams
G. Grassi

Executive officers

G. Mancia
G. Parati
D. Clement
A. Coca

Apologies:

I. Chazova

1. PRESIDENT'S WELCOME

The meeting was opened by the ESH president E. Agabiti-Rosei, who conveyed the apologies of I. Chazova.

2. MINUTES OF PARIS SCIENTIFIC COUNCIL MEETING, FEBRUARY 27, 2016

The document was distributed to all council members before the meeting, by the ESH Secretary C. Tsioufis and the council unanimously accepted the minutes.

3. TREASURER'S REPORT

The financial results on the 31st of December 2015 are presented by the treasurer. The net results for the year 2015 are - 110'421.31 CHF after transferring 250'000.- CHF to the Foundation. This includes the fact that the subscription fees have not yet been transferred by the ISH. The total assets at the end of the year 2015 are of 1'494'339.50 CHF.

These results have been audited by PWC and are accepted unanimously by the council of ESH on the 10th of December 2016.

4. ESH FOUNDATION (BRIEF REPORT)

The treasurer also presented the financial results of the Foundation of ESH. The total assets of the Foundation are of 577'164.35 CHF and the results of the year 2015 were positive at 145'260.87 CHF.

5. FUTURE ESH MEETINGS

(a) 2016 ESH MEETING, PARIS

M. Massaro presented a brief overview of the statistics for the 2016 meeting in Paris. The number of total abstracts received was 1434, from 52 countries. M. Massaro mentioned that an abstract book will be published online at the end of August, 2016. The total number of faculty members invited in 2016 ESH meeting reached 299. The 2016 ESH meeting hosted 1 educational session (FERRER), 1 satellite symposium (SERVIER), 6 how-to sessions (AXELIFE, BPLAB, CVRx, iHEALTH, SMT TECHNOLOGIES, SOMNOMEDICS) and 13 minisymposia (DAIICHI SANKYO, FUKUDA DENSHI, MEDTRONIC, MENARINI (N.2), MENARINI/DAIICHI, OMRON EU, OMRON JAPAN, QUANTUM, ReCOR DIAGNOSTIC, SERVIER (n.2), SERVIER). In 2016, the number of participants in the meeting was 2.712. The participation was decreased by 30% as in 2015 ESH meeting the participants were 3.506. Concerning the financial data of the meeting, the expenses amounted to 2.243.400,00 euros and the incomes to 2.115.2170,00 euros, a difference of 128.130,00 euros.

(b) 2017 ESH MEETING, MILAN

(c) 2018 ESH MEETING, BARCELONA

(d) 2019 ESH MEETING, MILAN

(e) 2020 ESH/ISH MEETING, GLASGOW

A. Dominczak suggested that the date of the 2020 ESH/ISH meeting in Glasgow, should be transferred in late May, in order not to coincide with the 2020 Euro Cup

6. ESH EDUCATIONAL ACTIVITIES

a) CURRENT STATUS ON THE RELATIONSHIP WITH ESC (JOINT SESSIONS, DOCUMENT WITH EACVI – ESC)

E. Agabiti-Rosei, presented to the ESH Council the 2018 Contract with ESC, concerning the Guidelines for the Management of Hypertension. C. Tsioufis summarized the key differences between 2013 and 2018. B. Williams and A. Coca who are members of the Hypertension Council of ESC reported that that council was not informed on the contract. According to the new contract, ESC will have more members in the task force and more reviewers; the GIs will be considered ESC's property and will be owned by ESC (copyright, translation copyright, distribution). It was decided that the GDLs should be owned by both societies and be published simultaneously. The council decided first to negotiate with the ESH concerning the terms of the contract. However if an agreement isn't reached then the ESH will publish its own guidelines.

(b) ESH DOCUMENTS/STATEMENTS REAPPRAISAL OF GUIDELINES

G. Mancia suggested a short list of 4-5 topics that will be discussed in document entitled "Position Paper".

(c) EDUCATIONAL MEETING IN PARIS/ PORTO-HELI

Further discussion on research projects will take place in Porto-Heli with those members of the council and educational committee will be there according to the kind offer by Athanasios Manolis.

(d) EDUCATIONAL PROJECTS WITH HYPERTENSION SOCIETY OF INDIA, UACME, CHL

E. Agabiti-Rosei and C. Tsioufis presented to the ESH Council the collaboration with Centrix, one of India's leading medical and healthcare communications companies. Centrix is formed to provide educational programs to practicing Physicians and consumers and patients through Continuing Medical Education (CME), Virtual Workshops and Certificate Programs. The Council discussed the proposal of Centrix for the organization of a joint "HYPERTENSION Summit" on 4th August, 2016 in Zurich, Switzerland. C. Tsioufis and E. Agabiti-Rosei informed the Council that Centrix agreed to provide a fee of 2000 euros to ESH.

(e) MASTER COURSES

E. Agabiti Rosei and G. Mancia presented the master courses for 2016-2017:

1. ESH Practical Intensive Course on Hypertension and CV risk (Gedeon richter) May 20-21, St Petersburg
2. ESH Educational Master Course (Menarini), Sept 30-Oct 1, Marrakech
3. ESH Educational Master Course (Menarini) Oct 14-15, Cairo
4. Master Course on Hypertension and diabetes fields (SERVIER) Oct 2016, Gulf counties
5. Master Course on Hypertension and diabetes fields (SERVIER) March 2017, Gulf counties
6. Master Course "Caucasian Project" (Servier), Caucasian Countries

(f) OMRON ACADEMY PROJECT

A. Dominiczak informed the council that the final confirmation from OMRON Academy, on how the procedures will proceed, is expected. She also reported that the negotiations are in progress.

(g) CONTRACT WITH SPRINGER VERLAG

E. Agabiti-Rosei reported that the book of A. Coca has been published, while the books of C. Tsioufis, G. Mancia as well as the books of the other members are still being processed.

(h) SUMMER SCHOOL IN SIRMIONE

E. Agabiti-Rosei informed the council that a draft version of the Summer School in Sirmione has been published and that the preparations are going.

(i) ESH LATAM SUMMER SCHOOL IN GUATEMALA

A. Coca reported that he has proceeded with the preparations for the organization of the ESH Summer School in Guatemala

7. RESEARCH PROJECTS

a) APPLICATION TO EU PROJECTS

b) ATRIAL FIBRILLATION PROJECT

E. Agabiti-Rosei informed the Council concerning the progress of the Atrial Fibrillation project, stressing the important role of the ESH excellence centers and of B. Jelakovic who is in charge of the Excellence Centres programme.

c) BP CONTROLS IN EUROPEAN COUNTRIES

E. Agabiti-Rosei and G. Mancia pointed out the significance of a registry for the BP control in Europe.

d) ARTEMIS/ESH App /MASTER

G. Parati presented the new ESH App and informed the council on the progress of the ARTEMIS and MASTER projects

e) BIOMED ALLIANCE-CONNETICOIN TO EU (BRIEF REPORT)

Regarding connection to EU, D.Clement summarized the following issues:

1. UEMS.

The collaboration with UEMS is running fine: hypertension is part of the group and well recognized. As Thematic Federation I get invited to many meetings on diverse topics. I have presented at the last meeting in November the problem of “hypertension not treated to goal pressure” which evidently falls in the middle of the activities of practicing specialists, members of UEMS. My hope is that we could incorporate UEMS in the activities of our expert centers who will be invited to answer our questionnaire (see ESH project ad hoc).

I ‘ll try to write on the topic of insufficient BP control with UEMS. An overview. It will be important that the link ESH-UEMS could clearly come out there. All help is welcome here!! Is J. Hypertension the journal we can publish such a paper? Please reflect at suggestions.

I hoped at the UEMS spring meeting to record BP on the people present. Unfortunately that meeting was cancelled because of the terrorist attacks in Brussels. To be done next year.

2. The Alliance for Biomedical research.

I represented ESH at the last meeting of this Alliance, which was at Schiphol Airport again at the time of Terrorists attacks with all my complex trip troubles as a consequence... There is a new president (Pr. Colm O’Morain) over there replacing Karin Sipido. Karin had excellent plans and ideas to simplify administration and get the decisions quicker but could not realize them as wished, largely because the reluctance of the well known complex EU administration. As a result there is no

increase in funding of projects; that number remains deseperating low: about 3% of the projects get presently any substantial funding.

There will be a meeting of the group in September (probably in Brussels) to focus on that problem and giving plans how to work on that issue.

The question came on the weeks before the Paris meeting whether ESH has a need (or benefit to take) continuing to pay the high cost of membership (5000 Euro per year). I and several others suggested to pay it for this year, to try to be present at the September meeting and see how it goes. In case there is no clear advance to be expected, the conclusion is not to continue to pay it next year. Of course, in case there is progress and the scientists of ESH are feeling that the membership is worthwhile, we still can continue; in any way, there cannot be a "routine" payment anymore.

2. The Alliance for Chronic disease (ECDA).

This Alliance provides us with a wealth of information on all political actual and future movements, decisions and plans of the EU as political decision makers; we should remember that the power is in hands of the politicians ... To illustrate the importance of this group: about 12 scientific societies have decided to join the ECDA, they appoint one of often two staff members to actively participate and come to the meetings (and pay for it); some societies like ESC even rented an apartment in Brussels close to the Parliament and hire a full time secretary to run the EU contacts! We are one of the founding groups in ECDA. There are four half day meetings a year of this group with all info at the meeting and a substantial report afterwards. This group has the power to contact the highest levels of politicians by all typical means for ex. to send an open letter to the EU Parliament, to organize meetings with the EU Commissioner, to write to the EU president and head of the Parliament etc. The group also publishes papers on the different issues of the participants (for ex. I issued a paper on the salt problem) written on the way to talk to non-physicians, political people of all levels.

The Alliance will organize in spring next year a high level meeting on chronic disease with all groups interested in chronic disease (including Hypertension). Members of ESH wanting to assist are most welcome.

3. Personal contacts with high-level EU representatives.

As a consequence of the many contacts organized at the ECDA, I have been able to get involved in many personal conversations. From these, it is clear that the issue on salt control is coming up again and this is presently the only good successful way to get progress. I could talk to the Commissioner of Health (Dr. Med. Andriukaitis) on the salt problem and he opened the way to several people in his department on this issue which is leading to new horizons; information on the actual state of affairs was

given and also an invitation to come to their office (in Luxemburg) to see on how to further progress; I shall activate this in order to get it done in fall this year.

In the same context, I have been able to record blood pressure in the halls of the EU Parliament in Brussels. This is done presently three times; with a staff of 10 people we record BP on almost 500 people passing by in a half day; most remarkably, the regular finding of BP above 140/90 mmHg is confirmed in about 25% of the subjects!! Such a session has a very strong public relation function besides obviously the medical information given by brochures etc.

Unfortunately, this spring, although everything was ready to go, we were not allowed to enter the Parliament to realize it because of the very strict new safety rules. There is hope to get it done in September. In the past, we enlarged that session with a small symposium on hypertension for politicians working at EU. This costs more (trips of the speakers) but can be envisaged in case there is interest to do so. Such actions are extremely important, together with personal contacts with members of the parliament (MEP) to keep awareness on hypertension high. However, the actual interest of EU is largely focused on other topics like safety, finances in general and presently obviously the Brexit major issue!

Conclusions: There is a lot to be done at EU and we already obtained quite a bit at the level of information and actions. The membership to ECDA has helped me substantially in this endeavour. The actual context of politics is not strongly focused at health in general but we should meanwhile activate our personal contacts (for ex. inviting EU people at our meetings to give a talk) , recording BP sessions at EU meetings and meeting with them face to face. It always goes very slowly, much slower than in research but I still believe in it, the power is there, the future is with us!

8. NOMINATION FOR NEW COUNCIL MEMBERS

E. Agabiti-Rosei and C. Tsioufis announced the new council members, prof. Empar Lurbe and prof. Murielle Bochud who replaced prof. J. Rendon and prof. M. Burnier, respectively. The council decided the election of the new council members to be held by the ESH General Assembly.

Concerning the election for the new representative of the President of ESH National Affiliated Societies, C. Tsioufis presented the results of the electronical vote. The three candidates were Maria Dorobantu (Romania), Dragan Lovic (Serbia) and Sekib Sokolovic (Bosnia-Herzegovina). According to the final results 22 out of 31 Presidents of the ESH National Affiliated Societies participated in the election and Dragan Lovic was elected as Representative of the Presidents of ESH National Affiliated Societies, with 11 votes. Maria Dorobantu had 10 votes while Sekib Sokolovic had 1. The council welcomed the new Representative of the Presidents of ESH National Affiliated Societies.

9. ESH WEB PORTAL

C. Tsioufis presented the statistics of the ESC website for 2016 as well as for 2014 and 2015. According to data the number of visitors and page visits has increased in 2016 compared to the two previous years. In 2016, the registered users amounted to 9.729 and the ESH members to 1.558. The new members for 2015-2016 are 154 from 61 countries (103 new members from 33 European countries and 51 new members from 28 non-European countries), the European Hypertension Specialists are 1056 from 47 countries and the re-accredited Hypertension Specialists are 194 from 41 countries. The number of ESH Excellence Centres has reached 189. The e-Learning Programme –has 448 registered users, while 171 users have completed the programme. C. Tsioufis also presented to the council the names of the new ESH members.

Moreover he talked about the “ESH Newsletters” section, edited by himself and Dr. Alex Kasiakogi, and presented the topics of April and May 2016. He also reminded the council that every 2 or 3 months a different member is responsible to continue the project.

10. WORKING GROUPS –BRIEF UPDATE

G. Parati proceeded to a brief-update concerning the ESH Working Groups.

11. EUROPEAN HYPERTENSION SPECIALIST PROGRAMME (BRIEF UPDATE)

M. Azizi briefly presented an overview of the European Hypertension Specialist Programme.

12. ESH SCIENTIFIC NEWSLETTERS

P. Van de Borne presented the following newsletters “Update on Treatment of Hypertension in Patients with COPD,” by Csaba Farsang, Krzysztof Narkiewicz and colleagues, “Update on Treatment of High Blood Pressure in the Elderly”, by Sverre Kjeldsen and colleagues

13. ESH ENDORSEMENTS

P. Van de Borne informed the council on the endorsement of the following meetings:

1. 3rd India Risk Factor Symposium Goa, India October 2-3, 2015
2. Arterial Stiffness and Early Vascular Aging, 4th edition, Braga, Portugal, November 18-19, 2015
3. Lithuanian Forum on Hypertension, Vilnius, November 20-21, 2015
4. International Symposium on the Complexity of the Management of Hypertension and its Comorbidities, Barcelona, Spain, November 26-28, 2015
5. First National Meeting on Fibromuscular Dysplasia, Brussels, Belgium, December 12, 2015

14. ESH CENTERS OF EXCELLENCE (BRIEF UPDATE)

B. Jelakovic presented a brief report on the ESH Excellence Centers programme that includes 184 centers. He also presented the new centers applications for 2016 and a list of the 14 approved centers for 2016.

- **New centers applications:**

1. All Wales Therapeutics & Toxicology Centre (U.K)
2. Hypertension Center, Department of Nephrology, University Hospital of Ioannina (Greece)
3. Univ. Klinikum LKH Graz/Kardiologie (Austria)
4. Clinic for Nephrology and Internal Medicine (Germany)

- **Approved centers:**

1. Centar za Hipertenziju, Sarajevo, (Bosnia-Herzegovina)
2. Centro Ipertensione Arteriosa - Ospedale di Assisi (Italy)
3. Hypertension Center, Terni University Hospital (Italy)
4. Medicina Generale Indirizzata alla Malattia Ipertensiva, AOUI Verona (Italy)
5. Ambulatorio Ipertensione, Ospedale Niguarda, Dip De Gasperis e Università di Milano Bicocca (Italy)
6. Centro per la diagnosi e cura dell'Ipertensione Arteriosa IRCCS AOU San Martino (Italy)
7. Hypertension Unit-Hospital del Mar, Barcelona (Spain)
8. Hypertension Clinic, Nephrology Department, Reina Sofia University Hospital, Cordoba (Spain)
9. Dobney Hypertension Centre (Australia)
10. University Hospital "St. Anna", Sofia (Bulgaria)
11. Hypertension Center, Department of Cardiology, University Hospital Bern (Switzerland)
12. Cardiology Dept. of Heraklion University Hospital, Heraklion (Greece)
13. Hypertension Unit, Department of Internal Medicine, University Hospital of Heraklion (Greece)
14. Hypertension Center, Department of Nephrology, University Hospital of Ioannina (Greece)

Finally he mentioned the main activities of the ESH Excellence Centers, including ESH FA Survey, a survey on fibromuscular dysplasia, MASTER study and a questionnaire on hypertensive emergency.

15. DATES AND VENUES FOR THE FUTURE ESC SCIENTIFIC COUNCIL MEETING

E. Agabiti-Rosei announced that the future ESH scientific council meeting will be held on October, 28-29, in Athens, Greece.

16. ANY OTHER BUSINESS AND CLOSURE

E. Agabiti-Rosei thanked all the ESH scientific council members who participated in the meeting.

Prof. Enrico Agabiti-Rosei
ESH President



Prof. Costas Tsioufis
ESH Secretary

