

**Minutes of the Meeting of the ESH Scientific Council  
Bologna, November 3, 2018**

**Present**

K. Tsioufis, President  
E. Lurbe, Vice President  
R. Kreutz, Secretary  
E. Agabiti Rosei, Immediate Past President  
B. Jelakovic, Officer at Large

**ESH Council members**

A. Januszewicz  
T. Kahan  
J. Polonia  
P. Van de Borne

**Executive officers**

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

**Ex-officio members**

C. Borghi  
D. Lovic

**Further Participants**

M. Massaro, AIM  
R. Lynch

**Apologies**

M. Azizi  
M. Bochud  
M. Burnier  
A. Manolis  
B. Williams

## 1. PRESIDENT'S WELCOME

The meeting was opened by the ESH President K. Tsioufis who welcomed the Council members to the meeting and thanked C. Borghi for hosting the meeting in Bologna.

He pointed out the importance of this meeting and the need to address ways to improve the visibility of the Society.

He conveyed the apologies of M. Azizi, M. Bochud, M. Burnier, A. Manolis and B. Williams. The President pointed out that it is the duty of Council members to attend the Council meetings and dates of upcoming meetings should be saved in advance.

## 2. MINUTES OF BARCELONA SCIENTIFIC COUNCIL MEETING, JUNE 8, 2018

The minutes were accepted unanimously by the Council. The minutes are available on the ESH website in the Council Area where Council members may consult them.

## 3. TREASURER'S REPORT

R. Kreutz informed the Council that M. Bochud, ESH Treasurer has requested, due to her heavy work load, to step down as Treasurer of the Society. M. Burnier, ESH Foundation Treasurer and past ESH Treasurer has taken over M. Bochud's duties from June 2018 up to date.

J. Polonia was candidated as the new Treasurer. No objections were raised by the Council, his nomination will be officially confirmed during the General Assembly in June. J. Polonia thanked the Council. He will work with M. Burnier during this transition period.

R. Kreutz conveyed M. Burnier's apologies for not being able to attend the Council Meeting, because of an acute illness and presented on his behalf the unaudited financial reports for both ESH and the ESH Foundation at 30.09.18.

European Society of Hypertension, 6300 Zug			
Income and Expenditures as per 30.09.2018 (provisional, not audited)			
	30.09.2018 (CHF)	31.12.2017 (CHF)	
<b>Net assets at beginning of period</b>	<b>2'039'409</b>	<b>1'548'932</b>	
<b>INCOME</b>			<b>EXPENDITURE</b>
<b>Meeting income</b>			Allowance to the FESH
Meeting Milan	0 0.0%	1'206'488 73.9%	360'450 325.7%
General Meeting income	10'718 9.7%	197'338 11.5%	0 0.0%
<b>Total Meeting income</b>	<b>10'718 9.7%</b>	<b>1'403'826 73.0%</b>	
<b>Subscriptions</b>			<b>Expenses</b>
Subscriptions	237 0.2%	382 0.0%	Bank charges/Safekeeping fees
Subscriptions/donations Organisations	97'024 87.7%	0 0.0%	18'545 16.8%
<b>Total Subscriptions</b>	<b>97'261 87.9%</b>	<b>382 0.0%</b>	Gain/Loss on Securities
<b>Other income</b>			12'703 11.5%
Dividend/Interest securities	255 0.2%	248 0.0%	Administration costs
Gain/Loss on securities	0 0.0%	41'357 2.4%	11'974 10.8%
Exchange difference	0 0.0%	80'949 5.1%	Legal- and Professional fees
Royalties received	0 0.0%	117'951 6.9%	65'324 59.0%
Extraordinary income	2'439 2.2%	2'277 0.1%	Website expenses
<b>Total Other income</b>	<b>2'695 2.4%</b>	<b>248'782 14.5%</b>	4'302 3.9%
<b>Total INCOME</b>	<b>110'674 100.0%</b>	<b>1'712'990 100.0%</b>	General Meeting costs
			2'717 2.5%
			Donations
			37'159 33.6%
			Tax payments
			0 0.0%
			<b>General expenses</b>
			<b>158'750 143.4%</b>
			Meeting Milan
			0 0.0%
			Awards granted
			0 0.0%
			Exchange difference
			15'403 13.9%
			<b>Total Expenses</b>
			<b>174'153 157.4%</b>
			<b>Total EXPENDITURE</b>
			<b>534'603 483.0%</b>
			<b>1'222'513 71.4%</b>
			<b>Profit / Loss</b>
			<b>-423'929 -383.0%</b>
			<b>Net assets at end of period</b>
			<b>1'615'479</b>
			<b>2'039'409</b>

Foundation of the ESH, 6300 Zug			
Income and Expenditure as per 30.09.2018 (provisional, not audited)			
	30.09.2018 (CHF)	31.12.2017 (CHF)	
<b>Net assets at beginning of period</b>	<b>268'285</b>	<b>344'022</b>	
<b>INCOME</b>			
Allowance to the FESH	360'450 93.2%	0 0.0%	
<b>Other income</b>			
Contribution to Educational Meeting	0	5'851 23.0%	
Subscriptions of organisations	25'193 6.5%	6'490 25.5%	
Dividend/Interest Securities	929 0.2%	902 3.5%	
General Meeting income	0 0.0%	2'324 9.1%	
Exchange difference	0 0.0%	9'924 38.9%	
<b>Total Other income</b>	<b>386'572 100.0%</b>	<b>25'480 100.0%</b>	
<b>Total INCOME</b>	<b>386'572 100.0%</b>	<b>25'480 100.0%</b>	
			<b>EXPENDITURE</b>
			<b>General expenses</b>
			Bank charges/Safekeeping fees
			680 0.2%
			435 1.7%
			Loss on Securities
			1'509 0.4%
			1'525 6.0%
			Exchange difference
			24'333 6.3%
			0 0.0%
			Administration costs
			4'472 1.2%
			21'024 82.5%
			Legal- and Professional fees
			3'731 1.0%
			3'888 15.3%
			<b>Total General expenses</b>
			<b>34'725 9.0%</b>
			<b>26'871 105.4%</b>
			<b>Meeting expenses</b>
			Summerschool, Administration
			5'998 1.6%
			261 1.0%
			Summerschool, Travel
			8'943 2.3%
			14'190 55.7%
			Summerschool, Accommodation
			95'379 24.7%
			48'053 188.5%
			Summerschool, Faculty Members
			23'615 6.1%
			0 0.0%
			<b>Summer School expenses</b>
			<b>133'835 34.6%</b>
			<b>62'504 245.2%</b>
			<b>Educ. Meeting, Accomodation</b>
			0 0.0%
			11'851 46.5%
			General Meeting costs
			2'470 0.6%
			0 0.0%
			<b>Total Meeting expenses</b>
			<b>136'305 35.3%</b>
			<b>74'355 291.7%</b>
			<b>Total EXPENDITURE</b>
			<b>171'031 44.2%</b>
			<b>101'227 397.1%</b>
			<b>Profit / Loss</b>
			<b>215'541 55.8%</b>
			<b>-75'737 -297.1%</b>
			<b>Net assets at end of period</b>
			<b>483'827</b>
			<b>268'285</b>

T. Kahan enquired about how the Society is investing its assets. R. Kreutz said he did not have this information and will ask for a written report from the Treasurer on the strategy for 2019.

No new request was made to transfer funds to the FESH. A more detailed report will be presented at the next Council meeting in March 2019.

#### 4. STATUS ESH BY-LAWS

The By-laws were approved during the General Assembly in June 2018. K. Tsioufis thanked R. Kreutz and E. Lurbe for the excellent work done in updating the By-laws. The official version of the By-laws is currently being registered in the Canton of Zug, Switzerland, and will be circulated to all members and published on the ESH website\*.

#### 5. COUNCIL MEMBERS

R. Kreutz summarized that the ESH Scientific Council is formed of 11 elected members (including office bearers), by non-voting ex-officio members and by non-voting Executive officers.

##### a) END OF TERM MEMBERS

###### Regular members

Members leaving the Council in June 2019:

1. P. Van de Borne
2. E. Agabiti Rosei
3. M. Bochud (personal request)

Change in office bearers in June 2019:

1. K. Tsioufis will end term as President
2. E. Agabiti Rosei will end term as immediate Past President

Those Council members finishing first 4-year term should be re-elected during the General Assembly.

\*Addendum to the Council Meeting Minutes by the Secretary R. Kreutz on November 12, 2018.

The updated By-laws of the ESH were registered at the Handelsregisteramt Zug, Switzerland on November 9, 2018.

**b) NOMINATION NEW MEMBERS**

A call for applications and nominations of new members for ESH Council.

An announcement will be posted on the ESH website informing ESH members that 2 positions on the Scientific Council will become available at the next Scientific Meeting to be held in Milan, 21-24 June 2019.

Decisions on the criteria for selection of possible candidates will be made during the Council meeting in March.

In an open discussion, the following ideas to make serving on the Council more appealing were discussed:

- Geographical representation
- Increasing the number of female council members
- Balancing and broaden the spectrum of medical specialities including diabetology, neurology (stroke specialist).
- Making roles within the Council flexible, including the possibility to rotate between assignments, e.g. from Hypertension Specialist Programme to co-ordinator of working groups or vice versa
- Ex-officio members and Executive-officers shall in general serve for a two-year term with the option to renew the appointment for two more years.
- Involving young ESH members, e.g. one Executive-officer from the Young Hypertension Forum

**6. ESH RESEARCH PROJECTS**

**a) ESH BP Control Study**

B. Jelakovic updated the Council on the status of the BP Control Study. 100 Excellence Centres are taking part in the study. The website is ready and registration through ESH website is necessary to access the eCRF. Shipment of the devices to the first group of Excellence Centres has begun and will progressively extend to the other Centres, delivery of all devices should be completed by end November.

A national coordinator, ideally an ESH Council member or alternatively a young fellow, should be nominated as the national contact person for the project in each country.

The following Council members were proposed to serve on the Scientific Steering Committee:

B. Jelakovic, K. Tsioufis, E. Agabiti Rosei, G. Manica, R. Kreutz, J. Polonia, A. Januszewicz.

The following Council members were proposed to serve on the Safety Committee:

E. Lurbe, A. Coca, D. Lovic.

A list of Excellence Centres participating in the study will be posted on the ESH website.

**b) ESH APP Pilot Study**

K. Tsioufis confirmed the study, which will be carried out in 6 European countries: Belgium, Croatia, Germany, Greece, Poland and Serbia. Greece has obtained approvals, notwithstanding problems encountered with the Privacy Policy.

c) **ESH Emergency BP Project**

K. Tsioufis gave a brief overview of the ESH registry of hypertensive URGenCies and Emergencies (ESH-URGEM).

**7. YOUNG ESH MEMBERS AND ACTIVITIES**

a) **ESH YOUNG INVESTIGATORS FORUM**

J. Polonia summarized briefly the status of this initiative up to date.

Due to the scarce response to the first letter sent to the National Society Presidents, a second invitation will be sent out to the National Society Presidents and Secretaries, and to the list of recent Summer School participants provided by R. Cifkova.

A session for the Young Investigators Forum will be included in the next Annual Meeting programme. The session will be held on Friday 21 June. The names of candidates should be sent to G. Mancia before the end of the year.

b) **HYPERTENSION SUMMER SCHOOL 2019**

The Council discussed whether participants from outside Europe should be accepted. The members agreed that a careful selection from certain geographical areas could be made, for example from Latin American countries. With the growing interest from non-European countries, local Summer Schools could be organized in other geographical areas (India etc.). The 2019 Spring Summer School in China will be funded by the Chinese Hypertension League.

A discussion followed on how to innovate the structure of the Summer School making the meeting more interactive. The following ideas were suggested:

- Selection of participants and enrolment of participants from European National Societies is crucial and should be executed early in advance by the organizing committee.
- Participants are invited to comment on a paper provided in advance
- Add a “How to present a paper session”
- Faculty members should stay as long as possible, ideally for the entire period of the event
- Faculty members should interact more (also after hours) with participants
- Follow up with participants, possibly by mentorship of faculty members for selected participants after the Summer School
- Involve local speakers
- Follow up with National Societies who do not send participants

The Council approved R. Cifkova’s request of €1500 as compensation for work carried out for the Summer School by her secretary.

K. Tsioufis confirmed the dates of the 2019 Summer School, which will be held 14-20 September in Athens, Greece.

D. Lovic confirmed the dates of the 2020 Summer School, which will be held 13-18 September in Belgrade, Serbia.

## 8. WORLD HYPERTENSION DAY, MAY 17, 2019

Ideas on how to promote the ESH World Hypertension Day campaign were discussed:

- In 2019 ESH will celebrate 30 years of excellence in hypertension (1989-2019) - Link/combine WHD activities to Annual Meeting
- “Think Hypertension First” – motto to promote ESH’s WHD campaign
- Create awareness around the importance of controlling hypertension
- Emphasize (correct) Blood Pressure measurement
- Include a simple questionnaire on Blood Pressure in the ESH App
- Use material from new ESC/ESH Guidelines
- Use of social media

## 9. 2016 ESH GUIDELINES IN CHILDREN AND ADOLESCENTS: IMPLEMENTATION ACROSS EUROPE

E. Lurbe gave an overview of the guidelines and the planned activities for the implementation of the guidelines in Europe. To this end, a questionnaire has been created and will be sent out to the Presidents of the National Societies of Hypertension.

## 10. ESH ANNUAL MEETINGS

### a) ESH 2018 ANNUAL MEETING IN BARCELONA, FINAL REPORT

M. Massaro provided an overview of the 2018 Meeting. The total number of participants, 2648 was slightly higher than in 2017 with a total income of €1.977.529,44. The number of free registrations were reduced.

FINAL BALANCE	
Sponsorship incomes	€ 823.375,00
Registrations	€ 1.154.154,44
Expenditures	€ 1.616.871,06
Minimum Guaranteed ESH	€ 100.000,00
Minimum Guaranteed LOC	€ 100.000,00
<b>FINAL PROFIT (to be shared 50%)</b>	<b>€ 160.658,38</b>

ESH income from the meeting is €180.329,19 (€100.000 min. guaranteed + 80.329,19). Of the 1145 abstracts received, 1136 were accepted: 1015 Abstracts and 121 Late-breaker Abstracts. 190 were not included in the Abstract book due to non-payment of registration fee and 24 were withdrawn by the Authors. The final cost for the online publication of 922 Abstracts was €8.369,42.

282 Faculty members were invited from 53 countries worldwide. The meeting hosted 1 Sponsored Lecture (Menarini Group), 2 Satellite Symposia (Servier, Merck KGaA), 1 Hands-on Session (Somnomedics) and 10 Minisymposia (CVRx, Ferrer (2), Medtronic, Menarini Group (2), Omron Healthcare Europe, ReCOR Medical, Servier (2)).

A discussion on how to maintain income and attract participants and sponsors to the meeting was opened:

- Increase number of registrations to balance decrease of Industry sponsors
- Introduce sliding scale registration fees for low income countries (50, 30 registrants)
- Lower individual registration fees
- Lower Industry registration fees
- Invite generic drug companies
- Lower registration fees for local physicians

A report on the ESH Annual Meeting 2018, written by R. Kreutz, was published on the ESH website with feedback from all ESH Working Group leaders. In addition, a report will be published in the European Heart Journal, by invitation of the ESC after the Barcelona congress.

**b) ESH 2019 ANNUAL MEETING IN MILAN**

M. Massaro gave an overview of the preparations for the 2019 ESH meeting in Milan:

- Servier will support ESH leadership costs with a contribution of €40,000.
- The abstract book will be published before the meeting.
- The streaming sessions with Asia and Latin American sponsors will be repeated.
- A one-off grant of €10.000, made available by AIM, dedicated to Alberto Zanchetti to be assigned to a young researcher.
- The Council agreed that all awards do not have to be given every year.
- The Award Committee for 2019 will be nominated during the next Council meeting in Milan.
- Posters will be positioned on First floor.
- A saving of €50.000 will be made by eliminating level 0 at the congress venue in Milan.
- Confirmed sponsors: Servier, Menarini, Somnomedics, Merck KGaA, I.E.M., Wisepress.
- Pending sponsors: Omron, Medtronic, Novacor, Microlife.
- It was suggested to contact more generic and nutraceutical companies.

**c) ESH/ISH JOINT MEETING 2020 IN GLASGOW (29 MAY – 1 JUNE)**

The contract for the ESH/ISH Joint Meeting in 2020 was signed in Beijing during the ISH Annual Meeting. Preparations are well underway and promotion blast will start in 2019.

**d) ESH ANNUAL MEETING STANDARD OPERATING PROCEDURES**

R. Kreutz and M. Massaro presented the ESH Annual Meeting operating procedures to be followed for the organization of future Annual Meetings. The purpose of this summary is to provide essential information to the organizing committee about ESH “society sessions, activities” and the ESH representatives involved in those activities.

**ESH ANNUAL MEETING OPERATIONAL PROCEDURES (R. Kreutz, M. Massaro)**

		FRIDAY June 21	SATURDAY June 22	SUNDAY June 23	MONDAY June 24
morning	08:00	ESH COUNCIL MEETING in the Hotel	Meeting with president of national societies (2)	Meeting with president of national societies (2)	Meeting with president of national societies (2)
	08:30		Meeting (3) WG Coordinators	General Assembly (5)	Immediate transition encouraged
	09:00				
	09:30		NEW ESH Members (6)	CLOSING CEREMONY (8) (define podium)	
	10:00				
	10:30		clear room 15 minutes before	clear room 15 minutes before	
	11:00				
	11:30				
	12:00				
	12:30				
	13:00				
	afternoon		13:30	OPENING CEREMONY + WELCOME COCKTAIL (1)	ESH Excellence Centre (4)
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00					
17:30					
18:00					
18:30					
19:00					
<b>ESH members chairing this session / activity</b>					
1.	On podium: ESH President, Annual Meeting President/Honorary President, ESH secretary				
2.	ESH President, Vice-President, Secretary and available Council Members				
3.	WG Coordinator of Council, ESH President, Vice-President, Secretary				
4.	ESH Excellence Centre Coordinator, President, Vice-President, Secretary				
5.	On podium: ESH President, Immediate Past President (Moderator), Vice-President, Treasurer, ESH secretary				
6.	ESH Vice President and Secretary				
7.	On podium all members of Award Committee: ESH President, Secretary, and at least 3 additional Council Members assigned each year (e.g. Annual Congress President and others)				
8.	On podium: ESH President, Annual Meeting President/Honorary President, Meeting President of the next Annual Meeting				

**e) ESH RULES AND ENDORSEMENTS OF THE PRE- AND POST- SATELLITE SYMPOSIA AND INDUSTRY SUPPORTED SYMPOSIA**

T. Kahan informed the Council that a draft document regulating the endorsement of pre- and post- satellite symposia and industry supported symposia will be circulated within the end of the year.

**11. CURRENT STATUS ON RELATIONSHIPS WITH OTHER SCIENTIFIC SOCIETIES**

**a) ESC/ESH GUIDELINES**

G. Mancia confirmed the overall feedback on the Guidelines is positive. The Guidelines are published in the Journal of Hypertension and the European Journal of Hypertension. The procedure followed for the development of the guidelines was not optimal, too many reviews, timelines too short and only ESC guideline recommendations were followed. ESH should establish its own recommendations for writing guideline Guidelines. The possibility of translation of the Guidelines was discussed and confirmed.

**b) JOINT SESSIONS ESH/ESC AT ESH AND ESC 2019 MEETINGS**

K. Tsioufis informed the Council that a proposal for the joint ESC/ESH session at the ESC meeting in Paris in 2019 has been submitted.



## 12. ESH POSITION PAPERS

### a) NUTRACEUTICAL

The first draft of the manuscript is almost complete. C. Borghi informed he is still waiting for the contribution on one of the chapters.

T. Kahan and E. Lurbe were nominated as reviewers of the paper.

C. Borghi reported that Servier and Menarini will enter the market for Nutraceuticals for hypertension.

This publication is the first publication on Nutraceuticals by an important scientific society.

### b) Management of Supin Hypertension in Patients with Neurogenic Orthostatic Hypotension: J. Jordan et al.

## 13. NEWSLETTERS

The Uric Acid and Hypertension Newsletter has been accepted for publication in the Journal of Hypertension.

The ESH Working Groups will contribute with Newsletters on new topics.

## 14. ENDORSEMENTS

P. Van de Borne reported there has been an increase in the request for meeting endorsements. Eight meeting and one book endorsements have been granted in 2018.

He pointed out that strict follow up on Industry endorsements assuring payment of requested endorsement fee should be implemented. Payments not always made in the past.

## 15. REPORT BY THE EDITOR JOURNAL OF HYPERTENSION

G. Mancia reported the need to speed up the time from submission to acceptance and from acceptance to publication. The new Editorial Board will be announced within mid-November.

He reiterated the need for more involvement by ISH and added that Associated Editors should be made responsible for the entire editorial process of the submitted papers.

## 16. ANY OTHER ISSUES (All)

### a) Relations with EU

D. Clement updated the Council on the relations with the EU.

After many years of hard work by the ESH, a group named “Thematic Federation of Hypertension” has been set up within the UEMS. This group is a relatively small nucleus of people interested in high blood pressure, usually meeting at the same time as the general assembly of the UEMS in Brussels.

The timely publication of a paper in The Lancet in September, coinciding with a high-level meeting of the United Nations, may have been influential in the attention given by the media to the paper, and consequently by the United Nations, which highlighted the importance of chronic diseases, including hypertension, evidencing a decrease in salt as a possible approach to hypertension control. However, it also emerged that the implementation of these concepts on hypertension are in the hands of the medical world and the national authorities of the different European Countries.

Therefore, in view of the upcoming EU elections next spring, it's time to visit the Members of the European Parliament (MEP) again, emphasizing the importance of their influence on the

national authorities to take action on the control of Hypertension and of salt intake.

\* See appendix for full text and further information by D. Clement.

b) **Antihypertensive Drugs and Cancer**

Following the EMA review on impurities in sartan medicines, and recent publications associating use of Hydrochlorthiazid with skin cancer and ACE-inhibitors with lung cancer R. Kreutz presented a brief overview on these topics. He indicated the need for an ESH Working Group on Drug Safety -Adherence and the need to provide information on the website and suggested a position paper on these topics providing a critical review and recommendations.

c) K. Tsioufis informed the Council members that, in occasion of the 30 years of ESH, he would like to prepare a brochure on the history of ESH (1989-2019). The brochure will be ready for the Milan meeting.

A photographer was engaged to take photos of the Council members.

**17. DATES FOR FUTURE MEETINGS**

a) Milan – Saturday March 2<sup>nd</sup>, 2019

b) Milan – Friday, June 21<sup>st</sup>, 2019

**18. CLOSURE OF MEETING**

K. Tsioufis thanked the ESH Council members for such an intense and productive meeting. He thanked C. Borghi and M. Massaro for the excellent organization of the meeting and wished all members a safe trip home.

R. Kreutz announced that the agenda and slides presented during the meeting will be circulated among the Council members.



**Konstantinos Tsioufis**  
ESH President



**Reinhold Kreutz**  
ESH Secretary

## Appendix

### **Report on ESH collaboration with UEMS, EU**

#### **A. Contact with UEMS**

UEMS is the European organization officially representing physicians-specialists at the EU community and in many countries, at national authorities; UEMS also is the entity granting accreditation points. Realizing the important impact of UEMS, ESH has tried to set up a solid connection with UEMS; this was very difficult in the beginning but has improved the last few years. We have been able to set up a group within UEMS named “Thematic Federation of Hypertension”. This is a relatively small nucleus of people interested in high blood pressure, meeting at least once at the time of the general assembly of UEMS in Brussels.

To raise awareness of the specialists attending this meeting, we have organized the last three years a blood pressure measurement session during which blood pressure is recorded in all physicians who agree ; to everyone’s surprise came out at each session that systolic blood pressure was at or above 140 mm Hg in at least 45% of the cases; some are aware of it but often not caring about being too high, others total ignorant of it. Still, this caused step by step a real increase in awareness as we get demands from several sides to continue measurements with reflections on possible collaboration in between specialists (for ex. endocrinology, maybe general internal medicine and nephrology). Our hope is that by increasing awareness toward hypertension, physicians will also provide better care of their hypertensive patients and improve control of hypertension in the population.

#### **B. Contact with EU**

In recent years, the interest of EU to Health affairs was limited. All attention largely went to other issues like Brexit and Security. A major change has come from a recent paper published in The Lancet in September, highlighting the big importance of chronic diseases; among them hypertension was clearly listed including salt as a possible approach to control hypertension. This is in line with the WHO advices suggesting to decrease salt to 5 gr a day or lower.

The Lancet paper was most likely intentionally published in the second part of September just before the so-called high-level meeting of the United Nations. That meeting is held in parallel with the political meeting of UN and is considered of very high importance by many countries. As a result, the conclusions of the Lancet paper were largely taken over by the High-Level meeting where again hypertension and salt are mentioned. This has been noticed by the press and immediately all sorts of messages were published by the social media, in most cases Tweets.

However, it was also clearly mentioned in the text of the High-Level meeting that **implementation of these concepts on hypertension is in hands of the medical world and the national authorities** of the different European Countries!!!

That means that time is ripening to visit again with Members of the European Parliament (MEP) as we did in the past and stimulate them to exercise all their influence on the national authorities to take action on the control of Hypertension and of salt intake.

Also, the period of the year is very fruitful to talk with MEP’s on Hypertension and its control. The chances to get them really in action are much higher than before as there are EU elections in spring next year and an action on hypertension is a very attractive topic for them, especially for the MEP’s working in the domain of Health.

This is the reason with Denis Clement strongly suggested everyone around the table to go and visit the national MEP's who will present themselves as a candidate to renew their function in the Parliament.

The list of members of the EU can be found clicking on:

<http://www.europarl.europa.eu/meps/en/search/table>

(on this site you will find all MEPs classified by country, Parties and if you click on their photo, you will find their role in the parliament.)

Therefore, **Denis keeps insisting to contact the MEP's.** Realise they have the real power in hands to stimulate the countries to act on hypertension and on salt control in food. Remember them to the very high prevalence of hypertension in the EU population and worldwide, to the devastating complications such as a stroke with the immense costs linked to it, to the still poor control on high blood pressure at short and even longer term. They also need to get focused on hypertension research. Realise that by focusing on the high impact of hypertension on health in general, the chances to get hypertension projects granted by EU, likely will become much higher than to-day.