

## Minutes of the Meeting of the ESH Scientific Council

October 29, 2022  
Hotel Warszawa, Warsaw, Poland  
9:00 AM – 1:45 PM CEST

### PRESENT

#### ESH-Council members and officers

G. Grassi, President  
A. Januszewicz, Secretary  
E. Lurbe, Vice President (virtual)  
R. Kreutz, Immediate Past President

E. Agabiti Rosei	G. Mancia
C. Borghi (virtual)	A. Manolis
J. Brguljan	G. Parati
M. Burnier (virtual)	A. Pathak
A. Coca (virtual until 10:00 AM)	A. Persu
J. Danser	J. Polonia (virtual)
C. Delles	K. Tsioufis
M. Doumas	P. Van de Borne (virtual)
Z. Jarai	T. Weber
T. Kahan (virtual)	

#### Other participants

M. Calderai - AIM  
M. Elgner – ESH Coordinator  
R. Lynch – ESH Secretariat  
M. Massaro - AIM

#### Apologies

D. Lovic

### 1. PRESIDENT’S WELCOME

The ESH President, G. Grassi, welcomed all members (present and virtual) to the ESH Council meeting. The three new Council members elected in Athens, C. Delles, M. Doumas and A. Pathak, were especially welcomed and asked to introduce themselves briefly.

### 2. APPROVAL OF MINUTES – ESH SCIENTIFIC COUNCIL ZOOM MEETING ON JUNE 17, 2022

(A. Januszewicz)

The minutes of the Zoom Council Meeting held on June 17, 2022 in Athens, Greece, were accepted unanimously by the Council and are available on the ESH website in the Council Area where they can be consulted by the Council members.

### **3. TREASURER'S REPORTS**

#### **3.a ESH Financial Report (J. Polonia)**

J. Polonia presented the interim financial statement of the ESH at September 30, 2022. All figures were presented in Swiss Francs.

Net assets at beginning of period = 1,996,357

Net assets at end of period (Sept 2022) = 1,717,995

→ decrease/loss = 278,363 (total income = 120,523 vs. total expenditures incl. allowance to FESH for Summer School = 398,886)

The topic of increased exchange differences compared to 2021 was discussed later. ESH has lost 99,553 CHF on exchange differences due to the weak EUR compared to CHF. The EUR has increased slightly over the last couple of months. As ESH is obliged, for legal reasons (ESH is registered in Switzerland) to settle the accounts in CHF, although 99 % of transfers are made in EUR and almost all ESH/FESH assets are in EUR, there will always be exchange rate differences to be taken as a "virtual loss". This will always have a negative impact on the profit and loss statement(s).

Ornitag suggested to discuss within the Council whether some of the EUR could be changed into CHF, as there is currently not much hope that the EUR will gain significantly and sustainably against CHF in the near future. No decision has been made on this issue.

The overall situation continues to be stable.

#### **3.b FESH Financial Report (M. Burnier)**

M. Burnier presented the interim financial statement of the FESH at September 30, 2022. All figures were presented in Swiss Francs.

Net assets at beginning of period = 508,269

Net assets at end of period (Sept 2022) = 549,225

→ profit = 40,956 (total income = 264,071 vs. total expenditures = 223,115)

The allowance from the Athens meeting in the amount of € 98,000 has already been transferred from ESH to FESH. Together with further sponsorship from Servier amounting to € 20,000, it was used to finance this year's Summer School. There was also support from Servier for the below Adherence project in the amount of € 100,000 and around € 40,000 for the Program Committee Meeting in early 2022.

With expenses under full control, the overall situation/balance sheet is positive.

### **4. ESH BUSINESS MATTERS**

#### **4.a Journal of Hypertension – Status of new contract (R. Kreutz)**

R. Kreutz reported on the status of the new contract with the publisher of the Journal of Hypertension, Wolters Kluwer (WK). The re-negotiation process is still ongoing. ISH is also still re-negotiating. There is a very good collaboration with ISH on this matter as both societies have the same goals.

There are still some crucial points that need to be discussed by the Guidelines Task Force, e.g.:

- Veto right by ESH:
  - Against appointment of another Society (in case ISH quits the cooperation) using the JH as their official journal
  - Against appointment of a new Editor if ESH disagrees
- Handling of subscriptions and payments directly by the publisher and not a service ESH is providing for the publisher
- Free accessible status for 250 pages per year is approved, but should be without termination (WK guarantees free access for at least 1 year)
- Online color figures are all ok; ESH will also ask for at least 1 color figure in each official ESH paper among the 250 pages
- ESH will still aim to finalize the contract in 2022, although it seems likely that there could be a delay.

It was discussed whether or not to give up the collaboration with the Journal and find another partner (e.g., Springer, MDPI). However, it was concluded that ESH is committed to stick to the Journal of Hypertension and to try to negotiate.

R. Kreutz, in collaboration with ISH, will send a letter to Wolters Kluwer outlining ESH's position and what needs to be changed.

#### **4.b GP Network (R. Kreutz)**

R. Kreutz reported again on the Society's plans to build a General Practitioners (GP) Network based on the existing ESH Excellence Center Network. GPs need to be more involved in ESH projects, e.g., support the implementation of ESH Guidelines in clinical practice, involve GPs in educational activities, to support “real-world-research” at GP level.

A discussion arose about the possible challenges in setting up such a network as the situation of the GPs is very different in the European countries. Nevertheless, it was unanimously decided to start this project.

The goal should be to establish a nucleus under the leadership of Rosa Maria de Pinho before the 2023 Meeting in Milan. This nucleus could then meet for the first time in Milan.

A letter will be drafted to R.M. de Pinho officially entrusting her with the leadership of the GP project and appointing her as an Executive Officer of the ESH Council.

M. Doumas will support R. Kreutz with the project.

#### **4.c ESH Organizational Structure (G. Grassi, R. Kreutz)**

G. Grassi provided an overview of the current organizational structure of the ESH Council. In total, there are 11 Elected Council Members (voting rights), 9 Executive Officers (no voting rights, assigned to special ESH tasks) and 3 Ex-Officio Members (no voting rights; task according to ESH By-laws). Overall, there are only two women in this group. The term of E. Lurbe as ESH Vice-President will end in June 2023. From that time on, there will only be one woman on the Council. This situation needs to be changed.

In general, the ESH Council needs to “refresh” and needs to adapt to new topics and tasks.

It was suggested to implement 2 new committees:

#### ESH Presidential Board

- Includes all ESH Past President
- This ensured that the experience/knowledge of these colleagues won't be lost
- Will be consulted whenever guidance is needed
- Will be invited to a separate meeting (possibly together with Advisory Board) at each ESH Annual Meeting

#### ESH Advisory Board

- Consulting ESH Members → selected from current Executive Officers
- The current Executive Officers J. Brguljan (Summer Schools), J. Danser (Young Fellows) and G. Mancia (Educational Committee) remain in the Council
- A meeting between ESH Council and the Advisory Board shall take place during each ESH Annual Meeting
- Selected members of the Advisory Board will be invited to the Council Meeting on demand

The proposal to implement the 2 new committees was unanimously approved. A corresponding amendment to the ESH By-Laws should be presented and approved at the next General Assembly.

#### **4.d Corporate Membership** (G. Grassi, R. Kreutz)

G. Grassi reminded the Council that we have a Corporate Membership category in the By-Laws although it has never been actively offered/performed.

The question was raised as to whether this category should be retained and what the fee for it might be

A. Pathak volunteered to do some research in this matter, e.g., how other societies handle this, since it would be a good way for the society to gain money. The difficulty might be to find the right balance between the needs of the Corporate Members and the goals of ESH.

A. Pathak will present the results of his research at the next Council Meeting in Milan.

#### **5. 2023 ESH HYPERTENSION GUIDELINES** (G. Mancia, R. Kreutz)

R. Kreutz provided a brief update on the progress of this important project. A timeline was shown to the Council members. Several drafts have already been received. The first review phase will start in December.

#### **6. ESH EXCELLENCE CENTRES PROGRAM & HYPERTENSION SPECIALIST PROGRAM** (T. Weber)

##### **6.a ESH Excellence Centres**

T. Weber presented 1 newly approved Excellence Centres:

- IEU Medical Point Hospital, Izmir, Turkey - Prof. Istemihan Tengiz

Furthermore, he reported on the very well attended Excellence Center Meeting held in Athens on June 19, 2022. Topics at this meeting were the various EC research projects (e.g., surveys) in 2021 and 2022 and the newly appointed ECs (certificates were presented). Future needs and expectations were also discussed.

A core group of volunteers was formed to review the existing rules and regulations for ESH Excellence Centers.

### **6.b+c ESH Hypertension Specialist Program and Fellows from India**

T. Weber reported over 600 new applications for ESH Hypertension Specialist status since July 2022. Due to this mass, all other applications are hidden within and might be overlooked. It was decided to split the application section on the website and create a separate section for the Indian applications.

The problem with the Indian applications is that they do not comply with ESH regulations: no individual applications/CVs (applications are done by Indian agency), same publication list for all, no endorsement letter by the Indian Hypertension Society.

A discussion was raised on whether or not to implement special rules and criteria for the Indians. One suggestion was to introduce 2 categories: Clinical Specialist and Hypertension Expert. However, it was concluded that the criteria for becoming an ESH Hypertension Specialist must be equal for all applicants. Mass applications are not allowed. ESH needs to stick to its policy to talk to individuals rather than companies.

T. Weber will review the criteria for ESH Hypertension Specialists with C. Delles and M. Doumas and present an update at the next Council meeting in January 2023.

## **7. ESH WORKING GROUP ACTIVITIES (A. Persu)**

### **7.a Last changes in WG structure and leadership**

A. Persu already reported on some changes in the structure and leadership of the WG at the last Council meeting in Athens. Since then, there have been further changes or elections in some WGs. The changes are as follows:

#### WG on Device-based Treatment of Hypertension

##### **Chair**

Previous = Roland Schmieder

New = Kyriakos Dimitriadis

##### **Vice-Chair**

New = Joachim Weil

#### WG on Hypertension and the Kidney

##### **Vice-Chair**

Previous = Jean-Michel Halimi

New = Liffert Vogt

#### WG on Hypertension and the Brain

Ongoing voting process – will be executed in November 2022

The new chair of the WG will be Dagmara Hering, former secretary of the WG.

#### WG on Small Arteries

##### **Chair**

New = Agostino Viridis

**Vice-Chair**

Still ongoing voting process

**7.b Update on WG publications and projects**

A. Persu reported on some **ongoing projects**:

WG on Lifestyle, CV Pharmacotherapy and Adherence (in cooperation with SIHA and FESH)  
Patient Perspective on Treatment in Hypertension: Preliminary Results of an ESH Survey in 5 Countries

WG on Hypertension and the Kidney

“HAMA” (a cohort of patients with malignant hypertension followed in France) lead by R. Boulestreau

→ this has already been submitted to the Journal of Hypertension and is currently in revision

The following important **new projects** were introduced:

WG on Hypertension in Children and Adolescents

Survey on the transition of hypertensive youth from pediatric to adult care units among the Excellence Centers (E. Lurbe, S. Stabouli).

→ Survey was conducted in July 2022

→ The results will be analyzed shortly

WG on Diabetes and Metabolic Risk Factors

Survey on management of obese hypertensive patients in ESH Excellence Centers (C. Antza, V. Kotsis).

→ The survey will be circulated soon.

A short report about **ongoing position papers** followed:

Published in Journal of Hypertension

**Diagnosis and management of hypertension in patients with Cushing’s syndrome: a position statement and consensus of the Working Group on Endocrine Hypertension of the European Society of Hypertension**

Lead authors: Martin Reincke, Francesco Fallo

In press at Journal of Hypertension:

**BLOOD PRESSURE VARIABILITY: methodological and pathophysiological aspects, clinical relevance and practical indications. A position paper by the ESH Working Group on Blood Pressure Monitoring and Cardiovascular Variability**

Lead authors: Gianfranco Parati, George Stergiou, Gregorz Bilo

In final phase:

**2022 Recommendations for Validation of Non-invasive Arterial Pulse Wave Velocity Measurement Devices**

Update of Wilkinson et al., *Artery Research* 2010; 4:34-40; 2010

WG on Large Arteries (also endorsed by Artery, COST Action VascAgeNet, others pending)

Responsible lead authors: B. Spronck, E. Bianchini, R.M. Bruno, D. Terentes Printzios

Suggested target Journals: Journal of Hypertension + Artery Research

T. Weber pointed out that a publication in Blood Pressure might also be possible. A. Manolis mentioned that the Journal of Internal Medicine might also be interested.

In preparation:

**Recommendations for the use of pulse wave velocity in clinical practice**

WG on Large Arteries (also endorsed by Artery/ ESC Council HTN - pending)

Responsible lead authors: T. Weber, B. Spronck, R.M. Bruno, A. Protogerou, C. Vlachopoulos

Suggested target Journals: Journal of Hypertension + Artery Research

A joint submission of the 2 papers was discussed.

**7.c WG proposals and schedule for ESH 2023 Meeting**

The following WGs have already submitted a proposal for the 2023 ESH Meeting in Milan:

- Blood Pressure Monitoring and CV Variability
- Hypertension and the Kidney
- Hypertension and the Heart
- Endocrine Hypertension
- Diabetes and Metabolic Risk Factors
- Large Arteries
- Hypertension in Children and Adolescents
- Device-based Treatment of Hypertension

Deadline for the submission is November 11, 2022.

**8. ESH YOUNG FELLOWS PROGRAM (J. Danser)**

J. Danser reported that a core group of Young Fellows was established after the Summer School in Serbia. The core group currently consists of 9 people but could be expanded with additional volunteers from 2019 and 2022 Summer School.

A first brainstorming meeting was already held on October 21. Some ideas were collected for the upcoming ESH 2023 in Milan, e.g., with the aim at having 2-3 Young Fellow sessions at the meeting.

Ideas for sessions:

- “Introductory Session”: inviting a Senior Fellow to speak about his/her journey in the field of hypertension
- In general, the idea of having classic oral presenter sessions (e.g., 8 talks in 2 hours) seemed less attractive: they like more interaction
- Quizzes as icebreakers to get to know each other (might be part of the first YF session → team up in random groups to discuss a topic)

Other ideas:

- Lunch meetings with a senior fellow to have the chance to meet in a casual setting and ask as many questions as possible (requires a lot of work beforehand!)
- Co-chairing of scientific sessions (oral and poster, ideally 1:1 with a senior person)

As next steps it was decided that the core group should meet regularly to work on the session. They have to form their own board (chair, secretary, maybe 2 more), so that J. Danser and J. Brguljan can work with 3-4 people instead of the current 9 people.

The sessions for the Milan meeting should be developed autonomously. J. Danser and J. Brguljan are only there for consultation when needed.

Furthermore, an email will be sent to all 2019 Summer School participants in order to gather more participants for the Young Fellows group.

A discussion followed on the possibility of financial support, e.g., YF travel grants.

## **9. ESH SUMMER SCHOOL**

### **9.a Summer School 2022 – Resume (J. Brguljan)**

J. Brguljan gave a short report on this year's Summer School that was held on September 18-23 at Hotel Izvor in Arandjelovac, Serbia. 56 participants from 31 countries attended the courses. The group was very homogeneous and diverse representing different medical specialties, e.g., nephrology, cardiology, pediatrics, internal medicine.

48 E-Poster presentations were given by the students. In the end, 3 winners were selected for the ESH Summer School Award 2022:

Bodil Hornstrup, Denmark

Abstract title: Dietary sodium restriction reduces nocturnal blood pressure in treatment resistant hypertensive patients

Ivana Miljkovic, Serbia

Abstract title: Arterial hypertension and inflammation in acute coronary syndrome

Yuling Yu, China

Abstract title: Two-Year Responses of Office and Ambulatory Blood Pressure to First Occupational Lead Exposure

The financial situation was quite stable although the original budget of € 100,000 was exceeded by € 17,000. This amount was fortunately compensated by a sponsorship from Servier in the amount of EUR 20,000.

In addition, after the Summer School, a survey was conducted among the participants to get feedback on the quality and structure of the lectures, the duration of the course days, the venue, and the things that went well and that need to be improved for the next edition of the Summer School.

The general feedback was good. Students would like to experience more live lectures, discuss more clinical cases, and have shorter course days so they can spend more time in interacting with the Seniors Fellows.

### **9.b Summer School 2023 – Outlook (G. Parati, J. Brguljan, M. Massaro)**

G. Parati outlined that the main issue of next year's Summer School is to find the optimal balance between the school quality and the need to reduce costs.

A discussion on the below points followed:

- Dates: Sept 15-20 (Fr-Wed) or Sept 16-21 (Sat-Thu) are under consideration
- Speakers:
  - 10-12 speakers



- focus on local speakers to save travel costs
- Speakers to cover 2-3 topics, rather than just 1
- Speakers should stay at least 2 nights
  
- Meeting mode: in-presence mode is preferred (virtual mode in exceptional cases only)
- Number of participants/students: maintain the number of around 60 students (max. 2 participants per country)
- Budget:
  - Ideally € 100,000 should be kept
  - Possibly shift Talal Zein Award money (€ 3,000) to Summer School
  - Accommodation costs can also be reduced by offering shared rooms to students
  - National Societies might be asked for additional financial support
  - Support from local companies
- Venue:
  - Possible venues: Lake Maggiore, Tuscany, Seaside near Trieste, Liguria → quotes will be requested by AIM
  - Locations with long distances to airports should be avoided to reduce transfer costs

An update report on all above matters will be presented at the next Council meeting in January 2023.

## 10. ESH RESEARCH PROJECTS

### 10.a ESH ABPM Covid-19 Study | Update (A. Januszewicz, T. Weber)

A. Januszewicz, also on behalf of T. Weber, presented an update on the ESH ABPM Covid-19 study.

On September 25, 2022 was the deadline for data submission. The result is as follows:

- Group 1: 704 ABPMs = 1,408 repeated
- Group 2: 949 ABPMs = 1,898 repeated
- Total number = 3,306 ABPMs

A timeline was presented for the next steps:

- October 2022: data base preparation by statisticians
- November 2022: Steering Committee meeting and statistical analysis of data
- December 2022: preparation of 1<sup>st</sup> draft of manuscript

The ESH ABPM Covid-10 Study protocol article will be submitted to Blood Pressure.

Abstracts will also be prepared for the ESH 2023 Milan Meeting and the ACC 2023 Meeting.

### 10.b “Exposure to Trauma and Hypertension in Ukrainian Refugees” - Update (A. Persu, M. Burnier)

A. Persu gave an update on the project to investigate the impact of war-related trauma exposure on the development and progression of arterial hypertension and cardiovascular diseases in Ukrainian refugees.

Currently the funding of the project is being discussed. The project was selected for a final round of evaluation. There will be a panel interview in mid-November.

A pilot is already in progress.

#### **10.c OMRON Academy (A. Januszewicz)**

A. Januszewicz reported on the last online meeting with OMRON. The following topics were discussed:

- Update of OMRON Academy online platform: with the support / review of the expert from ESH (the contact person will be discussed at the ESH Council Meeting and will be then submitted to OMRON)

It was proposed that A. Persu takes over this task. The Council agreed to this. He will be connected with the respective contacts persons at OMRON by M. Elgner.

- ESH 2023 European Guidelines - after official release be included as a part of the OMRON Academy
- ESH ABPM COVID-19 Study: W. Wojciechowska & A. Januszewicz (accepted by the Steering Committee members) will create podcast / video presenting the main results of the Study
- Meeting of K. Herberigs with R. Kreutz at DHL Congress in Berlin, Germany in December 2022

#### **10.d HyperChildNET Calculators (E. Lurbe)**

E. Lurbe briefly presented an update on the matter of HyperChildNET Calculators. As a result of the work carried out in HyperChildNET, two Blood Pressure Calculators, namely a Paediatric office blood pressure calculator and a Paediatric 24-h ambulatory blood pressure calculator have been created. They are freely available for any clinical professional in Europe and beyond.

The links to both calculators can be found on the ESH website.

#### **10.e Situation of the National Board Certification as a Hypertension Specialist in Europe (A. Januszewicz, Z. Jarai)**

A. Januszewicz, supported by Z. Jarai, presented a new project to the Council. The idea was developed at the 2022 ESH Meeting in Athens during the morning sessions with the Presidents of the National Hypertension Societies. On this occasion, the local situation of National Board Certification as a Hypertension Specialist was discussed.

The conclusion was that the situation varies from country to country and is different even in the same geographical regions of Europe.

The next steps will be:

- To create a task force with proposed members: G. Grassi, R. Kreutz, A. Januszewicz, Z. Jarai, A. Mastalerz-Migas, R.M de Pinho, P. Van de Borne, T. Weber, M. Elgner
- To prepare a questionnaire based on several questions (proposal on next slide)
- Based on the questionnaire (accepted by task force members) - to make a detailed survey in each European country - asking the first Presidents of National Hypertension Societies for participation and also ESH Council Members.
- Obtained data would be the subject of manuscript preparation
- Task force members will work on specialization program on European level

The new project was agreed to by the Council.

## 11. ESH CLINICAL UPDATE AND NEWS

G. Grassi reported that another contribution by Jens Jordan on "Orthostatic Hypertension" is in preparation for this year. This would be the 3rd issue for this year.

G. Grassi pointed out that he would have to find a successor for his position as editor, as he now has other duties as ESH president. He has already talked to A. Pathak and asked him to take over this task. A. Pathak agreed.

## 12. ESH ANNUAL MEETINGS

### 12.a 2022 ESH Annual Meeting, June 17-20, 2022, Athens (M. Massaro, K. Tsioufis)

K. Tsioufis reported about the great success of the meeting. Participation and sessions were very good. The hybrid mode was very well accepted.

Afterwards, M. Massaro presented the final figures of the meeting in Athens.

The below numbers were presented:

- 7 parallel rooms for 4 congress days
- 126 scientific sessions & 126 hours of live transmission
- 116 oral presentations & 779 E-posters
- 23 sponsoring companies
- 106 represented countries
- Total congress registrations = 3,414 (1,608 in-person, 1,806 virtual)
- Faculty = 362 (235 in-person, 127 virtual)
- Greek registrations (AIM and AFEA) = 807 (523 in-person, 284 virtual)

The top 10 countries in terms of registrations were shown - **in-person attendance**:

1. Greece
2. Portugal
3. France
4. Poland
5. Tunisia
6. Lithuania
7. Italy
8. Egypt
9. Spain
10. Czech Republic

The top 10 countries in terms of registrations were shown - **virtual attendance**:

1. India
2. Greece
3. Portugal
4. Romania
5. Spain
6. Argentina
7. Philippines
8. Myanmar
9. France
10. Russia

Sponsors:

Platinum – Servier

Gold – Menarini, Merck

Silver – Medtronic, Omron Healthcare Europe

Bronze – Ferrer, Recor Medical, Sanofi

Supporters = 15 companies

The scientific program consisted of:

18 Breakfast Workshop

6 Plenary Sessions

11 Workshops

14 Joint Sessions (WHL, WHO, CHL, KSH, ERA, LASH, HFA, ISH, ESC, Artery Soc, ACC + many more)

27 Oral Sessions

12 Working Groups

6 How-To Sessions

5 Meet-The-Experts

3 Teaching Seminars

7 Clinical Case Sessions

933 abstracts were received. This resulted in 116 oral presentations and 779 e-poster presentations.

Finally, the financial results were presented to the Council members. The final result was € 90,571.62.

**12.b 2023 ESH Annual Meeting, June 23-26, 2023, Milan** (G. Mancina, M. Massaro)

M. Massaro presented a brief update of the planning for the 2023 Milan Meeting.

COMMITTEES:

**ESH 2023 Chairmen:** G. Mancina, G. Grassi

**Local Organizing Committee:** G. Mancina, G. Grassi, E. Agabiti Rosei, G. Corrao, C. Cuspidi, C. Giannattasio, M.L. Muiesan, G. Parati

**ESH Annual Meeting Task Force:**

G. Grassi – ESH President

R. Kreutz – 2024 ESH Meeting Chairman

A. Januszewicz – ESH Secretary

A. Persu – Coordinator Working Group Activities

T. Weber – Coordinator, ESH Excellence Centres Programme

J. Danser – Coordinator, ESH Young Fellows Programme

K. Tsioufis – 2022 ESH Meeting Chairman

The Scientific Committee was also shown to the Council.

**Key Dates 2022:**

3 October Abstract Submission Opening

End of October Letter to referees

Beginning of November Deadline for proposals from the Scientific committee

5/7 December Meeting for programme (first draft)

19/21 December Invitation “Save Date” to Keynote Speakers

**Key Dates 2023:**

8 January	First Deadline for Abstract Submission
16/20 January	Preparatory Meeting
27 January	Abstract Submission close
28 January	ESH Programme Committee Meeting (Milan)
30 January/3 Feb	Abstracts to referees for evaluation and score
10 February	Deadline for referees
20 February	Late Breakers Opening
21/24 February	Meeting for Abstract selection
Beginning of March	Finalization of the scientific programme
March	Letters to abstracts authors - Invitation letters to Speakers
19 March	Late Breakers Close & Deadline Regular Registration
20-24 March	Selection of late breakers
End-March	Letters to late breakers authors
13 April	AIFA submission

**Program & Fees:**

A brief draft of the program and an overview of the participation fees was shown.

**Faculty Hotel:**

The NH Collection City Life hotel was selected as hotel for the faculty. It is only 3 walking minutes away from the congress venue.

**Special Initiatives:**

(1)

The Italian Society of Hypertension (SIIA) would be glad to organize the “Blood Pressure Measuring Initiative for ESH Participants 2023”, which will be available during the entire duration of the event in a dedicated spot (one silent room).

(2)

In order to strengthen the social media activity, generate more discussion around the congress topics and increase the engagement of the young community, we propose to open a call to become ESH Annual testimonial. This will help in the promotion and spreading the word about the congress activities. And of course, it will involve selected testimonials to expand the ESH community.

AIM could open a call through email blast, to be sent to young participants who attended the last 2 years editions, asking them to apply by sending their CV and selection will be made by ESH appointed council members.

It will be a necessary requirement for applicants to be active on the major social media platforms (Twitter, Facebook, and LinkedIn). In addition to sharing posts published by the official ESH\_Annual account, their task will be to suggest new scientific contents and findings to be shared with the community.

→ J. Danser pointed out that it would be fantastic to include this year's Summer School participants for Initiative 2. He will discuss this with the Young Fellows core group at their next meeting in December.

**Sponsoring:**

A current list of companies, that have been contacted by AIM regarding the sponsoring of the Milan meeting was shown. The following companies are interested so far:

<b>Astra Zeneca</b>
<b>Attoquant Diagnostics</b>
<b>Curespec</b>
<b>InBody</b>
<b>Medtronic</b>
<b>Menarini Group</b>
<b>Merck KGaA</b>
<b>Omron Healthcare Europe</b>
<b>Oxford University Press</b>
<b>ReCor Medical</b>
<b>Sanofi</b>
<b>Servier</b>
<b>Wisepress</b>

R. Kreutz mentioned that, with the support of P. Sarafidis (previous Chair of the WG on HTN and the Kidney), he has been in contact with Astra Zeneca encouraging them to financially support the Milan meeting. In return, ESH will endorse the “Disease State Awareness Campaign” that Astra Zeneca is launching in due course.

#### **Program Committee Meeting:**

The timelines for the Program Committee Meeting were presented to the audience:

Friday, January 27, 2023: Arrivals & Dinner

Saturday, January 28, 2023:

8.00 – 12.30 Programme Committee Meeting  
Break

14.00 – 18.00 ESH Council Meeting (hybrid)

#### **12.b ESH Awards 2023 (A. Januszewicz)**

The ESH Awards Committee 2023 consists of the following Council members: G. Grassi, A. Januszewicz, R. Kreutz, E. Lurbe, G. Mancia.

The following ESH Awards should be conveyed in 2023:

Peter A. van Zwieten Award (5,000 €)

Honorary Membership

Alberto Zanchetti Life Achievement Award (3,000 €)

Björn Folkow Award and Lecture (3,000 €)

Talal Zein Award(s) (3,000 €)

Servier Research Grant in Hypertension (30,000 €) → needs to be officially requested from Servier

Paul A. Milliez Award (French Society of Hypertension to select awardee)

A question was raised about the origin of the Paul A. Milliez Award and its connection to ESH. A. Pathak explained that this award was established by A. Zanchetti in honor of the work of his friend P. Milliez. Thus, this award is in fact an ESH award. Currently, no award money is associated. However, this, as well as the idea of opening the award not only to French awardees as in the past, can be discussed with the French Society of Hypertension. A. Pathak in his role as President of the French Hypertension Society will take care of this matter.

There was also a renewed discussion of reallocating some of the award money to support the Summer School. The Talal Zein Award money (3,000 €) could be reallocated to the Summer School. M. Burnier was asked to clarify with the lawyers whether the award money (5,000 €) of the Peter A. van Zwieten Award could also be legally used for the Summer School.

#### **12.c 2024 ESH Annual Meeting, May 30 – June 3, 2024, Berlin (R. Kreutz, M. Massaro)**

AIM GROUP is in touch with the ESTREL hotel to finalise the contract for meeting spaces and bedrooms.

A meeting in Berlin (between AIM and the local agency Diaplan) has been provisionally scheduled during the DHL congress, which will take place on December 1-3, 2022 at the ESTREL.

#### **12.d Bid for 2026 Annual Meeting (A. Januszewicz)**

Currently, the documents for the call for proposals to host the ESH Annual Meeting in 2026 are being finalized by M. Elgner. Once finalized, they will be sent to the Presidents of all ESH affiliated National Hypertension Societies, and the call will be posted on the ESH website and Twitter.

The deadline for applications is April 30, 2023, and a committee including the President, Vice President, Secretary, Treasurer, and Education Committee Chair will decide on the top 3 applications. The 3 applicant countries will be asked to give a short 10-minute presentation at the Milan 2023 Meeting. After that, the final decision will be made.

### **13. ESH SATELLITE MEETINGS & ENDORSED MEETINGS (A. Januszewicz)**

A. Januszewicz reported on the current status of ESH Satellite Meetings and Endorsed Meetings for 2023.

#### ESH Satellite Meetings (AFTER ESH 2022 Annual Meeting in Athens)

##### already approved:

May 11-13, 2023 in Gdansk, Poland: organized by K. Narkiewicz  
European Hypertension Forum

##### New proposal by M. Rajzer:

April 21, 2023 in the Jagiellonian University in Krakow, Poland  
Topic: Environmental Context of Hypertension

→ It was pointed out that it is important for the planning of the Milan Meeting to get the programs of the above meetings as soon as possible.

New proposal by A. Manolis:

September 15-16, 2023 in Greece  
ESH 2023 Post Congress Satellite Symposium

→ Since this date might collide with the possible date of the Summer School 2023, it was decided that this meeting be postponed. G. Parati and A. Manolis will be in direct contact regarding this matter.

New proposal by A. Januszewicz, G. Grassi and R. Kreutz:

October 2023 in Berlin, Germany  
Satellite Symposium on Hypertension and the Kidney

K. Tsioufis reported on his plans to hold again the 9th Pre-ESH Satellite Symposium on “Difficult to control Hypertension and related Comorbidities” on March 31-April 1, 2023 possibly in Greece. This meeting didn't take place this year because of the collision with the ESH 2022 in Athens.

All above mentioned Satellite meetings were endorsed by the Council.

ESH Endorsed Meetings

E. Agabiti Rosei proposed a repeated cooperation with Menarini on 2 webinars to take place on January 24 and February 21, 2023. The topic will be: Hypertension in special conditions and comorbidities - new insights in the therapeutic approach.

Furthermore, J. Brguljan, B. Jelakovic, and G. Grassi proposed a “Hypertension-Cardio Course” supported by Servier. This meeting will take place on February 24-25, 2023 in Bled, Slovenia. This is also a repeated meeting.

A. Manolis afterwards suggested 2 new collaborations around the release the 2023 ESH Hypertension Guidelines.

(1) Collaboration with Menarini - 3 meetings in/for:

- a) Middle East and Africa (taking place in Dubai)
- b) Mexico and Central America (taking place in Cancún)
- c) Asia Pacific (taking place in Vietnam or Thailand)

(2) Collaboration with Berlin Chemie

- a) Key Messages from the new ESH Hypertension Guidelines (end of June after ESH 2023 meeting)
- b) New ESH Hypertension Guidelines in Eastern European Countries

The above-mentioned proposals were endorsed by the Council.

**14. ANY OTHER ISSUES (A. Januszewicz)**

On behalf of M. Burnier, A. Januszewicz asked the Council members if ESH may already decide on an allowance to the FESH in the amount of 100,000 € for the support of the Summer School 2023. It was decided to wait for the first draft budget for the next Summer School from AIM. After that, the amount of the allowance will be determined.



## 15. DATES FOR FUTURE COUNCIL MEETINGS (A. Januszewicz)

A. Januszewicz reported on the 3 upcoming Council meetings and asked everyone to save the dates:

(1) January 28, 2023, Milan – approximately 14:00 – 18:00

In conjunction with the Program Committee Meeting.

It was decided that only the members of the Program Committee will attend this meeting in person.

These participants are:

G. Grassi (President), R. Kreutz (Immediate Past President + President of ESH 2024 Meeting), A. Januszewicz (Secretary), G. Mancia (President of the ESH 2023 Meeting), A. Persu (Working Group Coordinator), T. Weber (HTN Specialist Program & Excellence Center Coordinator), J. Danser (Young Fellows Program Coordinator)

All other Council members will attend this meeting virtually.

(2) Council Meeting on Friday, June 23, 2023, Milan

In conjunction with the ESH 2023 Annual Meeting

(3) Fall Council Meeting 2023 – tbd

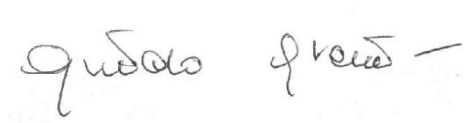
A. Januszewicz asked the participants for proposals to be sent to him and G. Grassi.

G. Grassi pointed out that travel expenses from Council members' homes to the airport (and back) to attend Council meetings will be covered by ESH for this Council meeting in Warsaw for the last time. For future meetings, the costs are to be paid by the participants themselves. This does not apply to the ESH Coordinator and the ESH Secretariat.

## 16. CLOSURE OF THE MEETING

The President thanked all Council members for this successful meeting and the fruitful discussions. Special thanks were expressed to A. Januszewicz and the AIM team for the excellent organization of the meeting.

He closed the meeting and wished everyone a safe and good trip home.



**Guido Grassi**  
ESH President



**Andrzej Januszewicz**  
ESH Secretary