

Minutes of the Meeting of the ESH Scientific Council

June 23, 2023

NH Collection CityLife, Milan, Italy

8:30 PM – 12:30 PM CET

PRESENT

ESH-Council members and officers

G. Grassi, President

A. Januszewicz, Secretary

J. Polonia, Treasurer

R. Kreutz, Immediate Past President

T. Weber, Officer at Large/EC Coordinator

E. Agabiti Rosei

D. Lovic

J. Brguljan

G. Mancia

A. Coca

A. Manolis

J. Danser

A. Persu

C. Delles

K. Tsioufis

R. de Pinho

P. Van de Borne

M. Dumas

Z. Jarai

T. Kahan

Other participants

M. Elgner – ESH Coordinator

R. Lynch – ESH Secretariat

M. Massaro – AIM

Apologies

E. Lurbe, Vice-President

1. PRESIDENT'S WELCOME

The ESH President, G. Grassi, welcomed all members to the ESH Council meeting. He passed on E. Lurbe's message and wished her all the best for a quick recovery.

2. APPROVAL OF MINUTES – ESH SCIENTIFIC COUNCIL ZOOM MEETING ON JANUARY 28, 2023

(A. Januszewicz)

The minutes of the hybrid Zoom Council Meeting held on January 28, 2023, in Milan, Italy, 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 ESH balance sheet on December 31, 2022. All figures were presented in Swiss Francs. The exchange rate between CHF and EUR this year is more favorable. There was a slight loss in 2022 compared to 2021. A slide with the data is available on the ESH website in the Council Area.

- Net assets at beginning of period = 1,996,357.32
- Profit/loss: Net result for 2022 = -2,166.97
- Net assets at end of period = 1,994,190.35
- Total income = 284,910
- Total expenditures = 287,077

Additional data for 2023 (not audited):

- EUR 30,000 was received for a research grant from Servier.
- EUR 54,187 was received from Sanofi as contribution to the ESH 2023 Symposium. The money is expected to be accredited to the ESH account in the next two/three weeks.
- Membership fees are still incoming.

The overall situation continues to be stable.

3.b FESH Financial Report (M. Burnier)

M. Burnier presented the audited balance sheet of the FESH on December 31, 2022. All figures were presented in Swiss Francs.

The financial situation is stable.

- Current assets in 2022 = 562,830.94
- Net result for 2022 = 37,812.16

The Summer School expenses in 2022 were 114.600 CHF. Funding for the Summer School is limited to a fixed amount of € 100.000. However, with support from pharma, a sum of around € 120.000 was reached.

4. ESH BUSINESS MATTERS

4.a Change in ESH Office Bearers (G. Grassi)

1. E. Lurbe's term as ESH Vice-President terminates, the position of Vice-President will become vacant.
A. Januszewicz was proposed as a candidate for this position.
2. In the case the Council accepts this nomination, the position of ESH Secretary will become vacant.
T. Weber was proposed as a candidate for this position.
3. In the case the Council accepts this nomination, the position of Officer-at-Large will become vacant.
M. Doumas was proposed as candidate for this position.

Council members were asked for their approval of the above proposed candidates.
The above candidates were approved unanimously by all Council members.

G. Grassi thanked both A. Januszewicz and T. Weber for the excellent work they have done during their term in their current positions.

4.b Election of new ESH Council Members (A. Januszewicz)

The terms of E. Lurbe and T. Kahan as elected Council members expires in June, two positions will remain to be filled to reach the number of 11 elected members as specified in the ESH By Laws.

The below candidates were proposed:

1. Enrique Rodilla (his CV was sent to all Council members in April)
to succeed E. Lurbe as the Spanish representative.
2. Lene Halvorsen, Norway (her CV was sent to all Council members in April)
to succeed T. Kahan as the Scandinavian representative.

Council members were asked for their approval of the new candidates.
The above candidates were approved unanimously by all Council members.

4.c Update of ESH By Laws (A. Januszewicz)

1. The elimination of the "Cross-Society" representation between ESH and ISH has led to the following change:

15.e Ex-Officio Members

Ex-Officio non-voting members of the ESH Scientific Council are:

- One ESH member designated by the International Society of Hypertension.
This point will be deleted from the ESH By Laws.
- One ESH member representing FESH.
- One ESH member representing the affiliated and associated National Hypertension Societies.

2. The paragraph on possible Executive Officer positions needs to be updated as follows:

15.f Executive Officers

The ESH Scientific Council may appoint Executive Officers with specific responsibilities in areas that are regarded by the ESH Scientific Council to require expert attention and decisions on a continuous basis. They can be selected from among the ESH Scientific Council members of regular ESH members on account of experience and competence. Executive Officers selected from regular ESH members may be invited by the ESH President to attend the ESH Scientific Council meeting or a portion of the meeting. Areas to be considered for Executive Officer appointments are:

- Coordination of Working Group Activities
- ESH Summer Schools
- Educational activities of the Society
- Research and communication activities of the Society
- Liaison with other (non-European) International Hypertension Societies or Scientific Bodies.
- Young Fellows
- General Practitioners Network
- eHealth Technologies

ESH will continue to have 2 Ex-officio officers: Michel Burnier (FESH treasurer) and Zoltan Jarai (Representative of National Hypertension Societies).

3. Establishment of the Presidential and Advisory Board must also be included in the By-Laws (resolution from the Council Meeting on October 29, 2022, Warsaw):

15.g Presidential and Advisory Board

After ESH Presidents have completed their respective two-year terms as President and Immediate Past President, they become members of the ESH Presidential Board. The Presidential Board is consulted whenever guidance is needed. A separate meeting between the ESH Office Bearers and Presidential Board shall be held once-a-year, e.g.: at each ESH Annual Meeting.

By decision of the Council, outgoing Council Members or Executive Officers might become members of the ESH Advisory Board to support the Society in specific matters. Selected members of the Advisory Board will be invited to ESH Council Meetings on demand. A separate meeting between ESH Office Bearers and Advisory Board shall be held once-a-year, e.g.: at each ESH Annual Meeting.

The presented amendments were unanimously accepted by all Council members.

4.d ESH Membership Renewals - Update (R. Kreutz, R. Lynch)

Following the Council meeting in January 2023, all ESH members were invited by email to renew their membership by paying the new membership fees (€100 for standard membership, €50 reduced fee) online via the ESH website.

The numbers at today's date are as follows:

- Total number of ESH members after database clean-up = 3,282
- Paid/renewed memberships = 359 (337 standard fee, 22 reduced fee)
- Council members who have paid their dues = 13

ESH approved 88 member applications between July 2022 and May 2023. New members who are present in Milan have been invited by email to pick up their membership certificate at the ESH booth. A. Januszewicz, who is responsible on the Council for the approval of new members, will hand out the certificates.

A Membership Committee was founded to approve new ESH members. The Committee members are A. Januszewicz, Z. Jarai and P. Van de Borne.

The first task of the Membership Committee is the renewal of the online membership application form/criteria for ESH membership.

4.e Russian and Belarus participation in the ESH 2024 Annual Meeting in Berlin (G. Grassi)

The ESH and ISH withdrew their endorsement of the XVIII All Russian Congress held in March 2022 and suspended temporarily affiliations with the Russian Society of Hypertension and the Russian Antihypertensive League. A joint official statement was drawn up clearly stating that both Societies do not endorse or support any scientific meetings held in Russia or co-organised by the Russian Society of Hypertension, Russian Antihypertensive League or other learned Society from Russia.

Following an open discussion on how to handle the abstract submissions of Russian colleagues for the ESH 2024 Berlin meeting, the below points were brought up:

AIM reported in the number of Russian and Belarus abstracts for the ESH 2023 Milan meeting:

77 abstracts from Russia

2 abstracts from Belarus

21 registrations → online participation

After an extensive discussion to find a solution for 2024, two possible decisions on the position to take was put to the vote:

- a. Russian abstracts to be accepted
- b. Abstracts from corresponding Russian authors and presenters will not be considered

The results of the voting were:

- a. Accept abstracts = 10 participants
- b. No consideration of abstracts = 7 participants

A statement needs to be drafted on the above conclusion before the start of the abstract submissions for the Berlin meeting in September.

4.f Fees and process for ESH meeting endorsement (G. Grassi, A. Januszewicz, AIM)

ESH and AIM are receiving requests for meeting endorsement by ESH on a regular basis. There are different types of requests:

Category 1 – sponsor initiated – with fee:

- Streaming of an ESH session during the onsite Annual Meeting (e.g.: Merck Web TV 2029)
Current fee €2,500.
- ESH endorsement of an onsite event (e.g.: Master Courses)
Current fee €2,000.

- ESH endorsement of a webinar (e.g.: Menarini 2023 webinars)
Current fee €1,000.

Category 2 – ISH or other societies – no fee:

- ESH endorsement of an international congress of another scientific society (e.g.: ISH, ERA, ESC).
- ESH endorsement of national congresses or other national hypertension societies.
- ESH endorsement for other events related to hypertension.
- ESH endorsement of satellite meetings.

The following items regarding resolution and process for meeting endorsement were discussed:

- Timing:
 - Endorsement will be discussed only at official ESH Council meetings (3 times a year).
 - Exceptions can be made by the President and Secretary, e.g.: if the meeting is traditionally endorsed by ESH.
- Responsibility:
 - Only the ESH Council can decide on meeting endorsements during the official ESH Council meetings + urgent case/traditions, the ESH President and Secretary may decide on the endorsement.

After a short discussion, the following new fees were proposed and unanimously agreed upon:

- Live streaming - € 7,000 - € 8,000
- Onsite events - € 5,000
- Webinars - € 5,000

4.g ESH Corporate Membership - Update (A. Pathak)

A. Pathak gave a brief update (see slide presentation available on the ESH website in the Council area) on corporate weaknesses, opportunities, strengths, and benefits to the Council.

If ESH decides to have corporate members, we need to offer them benefits that go beyond what we traditionally do, we need to THINK BIG! It's not only about education, research, supporting the annual meeting but offering new ideas and initiatives: create Hypertension Health.

Tasks for 2023:

- Define strategy for Corporate Membership.
- Prepare package: Gold, Silver, Associate Membership?
- Define our targets – start with easy approach.
- Define the pricing of memberships (10 companies - €1,500/year).

4.h ESH GP Network (Rosa de Pinho)

R. de Pinho gave an overview of the GP Network since its establishment:

- The first virtual meeting was held on March 28, 2023.
- Paper ready to publish: Hypertension management: focus on general practitioners.
- Obtain data from European countries and develop practice guidelines for GPs.
- Stimulate research activities among GPs.
- Establish collaboration with National Societies.
- Next meeting June 24, 2023 during the Milan meeting.

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

G. Mancia and R. Kreutz thanked all those involved in the new Guidelines (GL) for their collaboration. The presentation of the Guidelines will take place in the afternoon of June 24 at the ESH 2023 Annual Meeting in Milan and will be discussed during 3 GLs related sessions.

16:15-17:45 – Saturday, June 24

ESH 2023 Guidelines – General Aspects

Chairpersons: Prof. J. Brguljan (Ljubljana, Slovenia), Prof. G. Grassi (Milan, Italy), Prof. S. Laurent (Paris, France)

13:00-14:30 – Sunday, June 25

Round Table on 2023 Hypertension Guidelines; Comments and criticism from Scientific Societies

Chairpersons: Prof. B. Williams (London, United Kingdom), Prof. J. Polonia (Matosinhos, Portugal)

11:30-13:00 – Monday, June 26

ESH 2023 Guidelines – Specific Conditions

Chairpersons: Prof. E. Agabiti Rosei (Brescia, Italy), Prof. R.M. De Pinho (Lisbon, Portugal), Prof. A.M. Heagerty (Manchester, United Kingdom)

The publication of the GLs will follow the below timeline:

- The full paper (online version, proof) will appear on June 24, 2023 in the Journal of Hypertension.
- The final publication will be available in the August issue of the Journal of Hypertension.
- Publication of the Executive Summary in Blood Pressure is planned for October 2023.
- The full paper will be published in the European Journal of Internal Medicine in December 2023.

Dissemination strategy:

- Press Release will be issued on June 25, 2023.
- ESH LinkedIn – created by R. Kreutz
- GL flyer with QR Code available at the ESH booth
- A. Manolis informed Council members that the company CCM is interested in buying the rights to distribute the GLs in Arab countries. They also would like to translate the pocket GLs into Arabic; they will cover all costs. A formal request for approval will be sent.

ESH and ISH officials will meet with the publisher of the Journal of Hypertension during ESH 2023 meeting to discuss some crucial points of the publication.

6. ESH EXCELLENCE CENTRES PROGRAM (T. Weber, C. Delles, M. Doumas)

T. Weber thanked M. Doumas and C. Delles for their collaboration and help with the ESH Excellence Centres.

Two new applications have been approved, both from France.

T. Weber reported on the EC ongoing questionnaires:

- a. *Practices of Hypertensive Youth from Pediatric to Adult Health Care Among ESH Excellence Centres* – WG on Hypertension in Children and Adolescents - an abstract on Transition will be presented at ESH 2023.

- b. *Diagnosis and Treatment of Hypertensive Urgencies and Emergencies* – an abstract will be present at ESH 2023.
 - c. *CKD Screening and Management* – good response rate. The survey results are currently being evaluated by J.M. Halimi.
 - d. *Approach to Obese Hypertensive Patients* – good response rate. Evaluation of the results after the Milan meeting. WG on Diabetes and Metabolic Risk Factors – circulated in May & June (reminder) 2023.
 - e. A survey to Identify the *Current Practices on Treatment of Hypertension in Adults ≥75 Years Across Different Specialties in Europe* – WG on Hypertension in Older Adults – will be circulated in June & September (reminder) 2023.
- T. Weber reminded Council members of the EC meeting to be held on Sunday, June 25, 2023 at 15:30 in the Yellow Hall 3.
 - An email invitation was sent out to all the EC heads. Around 50 participants are expected.
 - An email was sent out to all EC heads reminding them that:
 - a) membership and b) payment of annual feesare a prerequisite for the maintenance of the ESH Excellence Centre status.
 - Restructuring of the ECs is underway.
 - ECs should be added to hospital platforms.
 - What can be offered to EC?
 - Include National Societies?
 - Include EC representatives in the EC core group?
 - Publish final EC criteria updates in the Journal of Hypertension?

7. ESH WORKING GROUP ACTIVITIES (A. Persu)

7.a Ongoing changes in WG structure and leadership

A. Persu reported on some changes in the structure and leadership of the WGs since the last Council meeting in Milan in January 2023 and some changes that will be done until the next ESH Annual meeting 2024 in Berlin.

WG on Diabetes and Metabolic Risk Factors

Vasilios Kotsis = Chair since 2019 → Christina Antza will become Chair in 2024 and a new Vice-Chair has to be elected

WG on Endocrine Hypertension

Aleksander Prejbisz was elected as Chair during the WG meeting in June. Elections for Vice-Chair will take place after the Milan meeting.

WG on Hypertension and Cardiovascular Disease in Special Populations

Section: Hypertension in Women

There might be some upcoming elections since Costas Thomopoulos' is Chair of the WG since 2021. According to the WG rules and regulations, the terms of a WG chair terminates after 2 years.

Section: Hypertension in subjects living in or emigrating from low resource settings

Since the title for this WG section is quite long, a shorter version might be discussed. A proposal would be: WG in Hypertension in Migrants. The chairmanship of Pietro Amedeo Modesti also needs to be discussed, since his term ends in 2023.

WG on Hypertension and the Heart

There need to be elections since the terms of the Chair (Enrico Agabiti Rosei) and the Vice-Chair (Konstantinos Tsioufis) terminate in 2023.

An update on the results of the elections will be presented at the next Council meeting.

7.b Update on WG publications and projects

WG on Blood Pressure Monitoring and CV Variability

Position Papers:

1. *Requirements for design and function of blood pressure measuring devices used for the management of hypertension.*

“Report of a Consensus meeting held at the ESH 2022 meeting In Athens.”

J Hypertens. 2023 June 12. Online ahead of print

2. *ESH recommendations for the validation of cuffless blood pressure measuring devices.*

“A major project to which we worked for almost 2 years.”

J Hypertens. 2023 June 12. Online ahead of print

Satellite Symposia to ESH 2023 Meeting:

1. *Nocturnal blood pressure: methodological aspects, pathophysiological mechanisms and clinical implications.*

Organizer: G. Parati – San Luca Hospital, Milan (Italy) – June 22nd, 2023

2. *Hot topics in the automated BP measurement era*

Organizer: P. Palatini – San Daniele del Friuli (Italy) – September 9th, 2023

Activities during ESH 2023 Meeting:

1. Six hot questions on Blood Pressure Measurement in Clinical Practice
2. Breakfast Session: Telemedicine in the Management of Hypertension: New Perspectives and Challenges.
3. Meet-the-Expert session: Blood Pressure Variability
4. Topical Workshop: New Approaches to Blood Pressure Monitoring

WG on Hypertension and the Brain

2 ESH Clinical Updates & News editions:

1. *Predictive value of new cardiovascular tools for stroke risk reclassification.*

T. Yaneva-Sirakova, A. Coca, C. Sierra, P. Cunha, D. Hering

On behalf of the ESH WG on Hypertension and the Brain

2. *Twenty-four-hour blood pressure monitoring - from silent to whispering brain damage*

T. Yaneva-Sirakova, I. Petrov, L. Traykov, A. Coca, P. Cunha, D. Gasecki, B. Farukh, V. Kotsis, A.

Vicario, E. Manios, C. Sierra, , D. Hering

On behalf of the ESH WG on Hypertension and the Brain

Position paper and Textbook:

1. *Blood Pressure Management in Post-Stroke Patients: Consensus Article from the European Society of Hypertension Working Group on Hypertension and the Brain.* In collaboration with European Stroke Organization (ESO).

Lead author(s): D. Hering et al.

Target journal: Journal of Hypertension

Expected month/year of submission to Journal: October 2023

2. Textbook: *ESH WG Hypertension and the Brain*

Publisher: Springer-Verlag

Editor: A. Coca

Second Edition: in preparation

WG on Hypertension and the Heart

1. ESH Webinar 2023 on *Hypertension in special conditions and comorbidities: new insights in the therapeutic approach* – held January 24 and February 21, 2023.
2. ESH 2023 Meeting in Milan – joint session with the Heart Failure Association of ESC, June 25.
3. In preparation – State-of-the-Art Review on *Hypertensive Heart Disease in the Elderly* – in collaboration with the WG on Hypertension and CV Diseases in Special Populations, section Hypertension in Older Adults.
4. E. Agabiti-Rosei and K. Tsioufis have collaborated on behalf of ESH in the joint scientific statement of HFA and EHRA of the ESC titled *Patient Phenotype in Heart Failure with Preserved Ejection Fraction to Guide Therapeutic Decision Making* (in press).
5. In planning – *Registry of Hypertensive Patients with HFpEF*.

WG on Hypertension and the Kidney

Project:

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

1. *Revisiting malignant hypertension: rationale and design of the HAMA cohort*, on behalf of the ESH WG Hypertension and the kidney.

Authors: R. Boulestreau^{1,2,3}, JM. Halimi¹³, P. Gosse¹

Published: *J Hypertens* 2023 Mar 1;41(3):453-458

2. *Early results of the prospective multidisciplinary HAMA cohort: description of the first 302 patients and external validation of the cohort*.
Advanced draft.

Position paper:

Atherosclerotic Renovascular Disease: a clinical practice document by the European Renal Best Practice (ERBP) board of the European Renal Association (ERA) and the WG on Hypertension and the Kidney of the European Society of Hypertension (ESH).

Sarafidis PA, et al.

Nephrol Dial Transplant. 2023 May 18. Online ahead of print.

Survey:

Management of CKD patients in the ESH HT Excellence Centres.

JM. Halimi, P. Sarafidis, A. Persu, R. Kreutz

Supported by AstraZeneca

Analysis in progress

WG on Diabetes and Metabolic Risk Factors

Survey:

Survey on management of obese hypertensive patients in ESH Excellence Centres.

V. Kotsis, C. Antza

Analysis will be carried out shortly

Expression of interest R. Sarzani (Ancona, Italy) to contribute to the WG

WG on Large Arteries

Position paper:

2023 Recommendations for the Validation of Non-invasive Arterial Pulse Wave Velocity Measurement Devices for Use in Hypertension and Cardiovascular Prevention and Disease

Corresponding Authors: B. Spronck (The Netherlands), RM Bruno (France)

To be submitted soon.

WG on Small Arteries

Position paper:

The importance of microvascular inflammation in ageing and age-related diseases

Has just been accepted by Journal of Hypertension

WG on Hypertension in Children and Adolescents

Survey Results will be presented at Milan Meeting 2023:

“Survey on the transition of hypertensive youth from pediatric to adult care units” a survey among ESH Excellence Centres

Oral Session Monday June 26, S. Stabouli

WG on Hypertension and CVD in Special Populations

Section Hypertension in Older Adults

Survey:

Survey to identify current practices on treatment of hypertension in adults ≥ 75 years across different specialties in Europe.

Benetos et al.

Will be diffused shortly.

Section Hypertension in Women

Position paper:

Topic: hypertensive disorders in pregnancy

Target Journal: Journal of Hypertension

Expected month/year of submission to journal: 07/2023

Lead authors: C. Thomopoulos, J. Brguljan-Hitij, R. Cifkova

WG on Lifestyle, Cardiovascular Pharmacotherapy and Adherence

Sessions at Milan Meeting 2023:

1. Oral Session – Adherence to Treatment – Sunday June 25

Patients Perspectives on Treatment Adherence in Hypertension: Results of an ESH Survey in Poland.

M. Burnier

2. Late Breakers – Oral Session 3 – Monday June 26

Frequency of Medical Out-Patient Visits and Use of Home Blood Pressure Monitoring in Hypertensive Patients in Five European Countries.

M. Burnier

New Working Group Members

There has been a large number of applications by Korean fellows to join some of the ESH Working Groups. Most of them have been accepted.

7.c Handling of WG position papers by J. Hypertension / Blood Pressure

All requests for publications/consensus papers by WGs should be sent to the WG Coordinator using the online form (<https://bit.ly/460msyA>) for approval by the ESH Council. A. Persu will draft a message to all WG chairs to remind them of the procedures for the publication.

8. ESH YOUNG FELLOWS PROGRAM – Update (J. Danser)

- J. Danser reported that bi-monthly discussions have been held with the Young Investigator (YI) board via Teams.
- YI have been invited as speakers, e.g.: on “Selecting Trials” and “Hypertension and Oncology” to chair sessions (breakfast and topical workshop sessions) and to present clinical cases.
- J. Ménard will give a talk about his career during the opening ceremony, and there will be a separate reception with him afterwards where YI can meet him in person. The team has made this known to their colleagues and around 4-50 people are expected (largely from the Summer School group).
- Most talks will be given by YI abstract submitters and many of them have received travel awards. The German Hypertension Society provided 10 additional travel grants for German YI.
- The majority of the posters will now be presented as ePosters, chaired by YI and an established investigator (thanks to G. Parati).
- The YI team has presented itself in the journal Blood Pressure (thanks to M. Burnier).
- Some members of the current team will remain involved, new people might be selected from the upcoming Hypertension Summer School attendees; therefore, we can create a new team that could help with ESH 2024 in Berlin.
- Progress with social media remains somewhat unclear: limited response from Valentina Vantaggioli, AIM.

9. ESH SUMMER SCHOOL (G. Parati, J. Brguljan, M. Massaro)

- Date: 24-29 September 2023
- Venue: Villa Cagnola, Gazzada Schianno (Varese) Italy
- Cost: €70,00/night

9.a Situation Applications

48 participants from 31 European countries and 3 non-European countries. Again, this year, there are no candidates from Spain.

9.b Program - Program at a glance

Day 1	Afternoon Evening	Student arrivals Meeting introduction Welcome reception
Day 2	Full day	Scientific Sessions and Poster Presentations
Day 3	Full day	Scientific Sessions, Workshops and Poster Presentations
Day 4	Full day	Scientific Sessions, Workshops and Poster Presentations
Day 5	Full day	Scientific Sessions, Workshops and Poster Presentations
Day 6	Morning	Scientific Sessions Closing remarks Student departures

- 2023 program aimed at favoring more active participation of attendees.
- Important space will be given to short oral presentations by participants.
- Important space will be given to the new ESH Guidelines.
- Novel educational activity – 3 highly interactive educational tracks in the form of “hands on” teaching courses.
- The participants will be divided into 3 groups which will rotate to attend the 3 “hands on” courses over the 3 School days. The courses will include clinical case discussions.
- Preference will be given to local experts, given the budget restrictions.
- Social activities are planned: visit to private art collection hosted in Villa Cagnola; visit to Santa Caterina del Sasso Hermitage, monastery built in the XIII century, dinner on Lake Maggiore shore.

9.c Budget – Villa Cagnola

- The final budget details not available until availability of invited speakers is finalized (travel, accommodation).
- Confirmed budget allowance of € 120,000 will not be exceeded.
- Thanks to the 2023 ESH Summer School local director, additional support by industrial sponsors has been secured.

Rules for Summer Schools (G. Grassi):

- Summer Schools are the main ESH educational activity. Speakers should only consist of ESH Council Members and Officers as well as WG Chairs/Vice-Chairs, or other WG experts.
- No other non-ESH experts should be invited.
- Involvement of local faculty is encouraged, however, ESH experts should be preferred for main topics.
- Case presentations by participants are encouraged to stimulate discussion and active participation by the students. Chairs of these sessions should be well known international experts.
- Each faculty members should be appointed at least 2 tasks in the program (lecture plus chair or moderator clinical cases, etc.).
- Budget: to be decided by the Council one year in advance of the Summer School. Fundraising by the local organizers is also encouraged.

9.d Future Summer Schools host countries (A. Januszewicz)

2024 – France → A. Pathak reported that the Summer School will be organized by the French Society and the final decision will be made by the end of August 2023. If finally decided, they will come up with a first draft of the program and budget soon.

2025 – Sweden

2026 – The Netherlands

10. ESH RESEARCH PROJECTS (A. Januszewicz)

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

- Patients from 32 Excellence Centres from Europe & Israel.
- 3384 ABPMs were collected from 1692 patients (50.5% male).

- Group 1 – 759 patients.
- Group 2 – 933 patients.
- First draft of the manuscript is ready.
- Conclusion: the results of the study indicate a negative impact of the COVID-19 pandemic on BP control both in the office and in ABPM.

10.b Situation of the National Board Certification as a Hypertension Specialist in Europe - Update (Z. Jarai, A. Januszewicz)

Outline of steps to develop the project:

- Task force created.
- January-February 2023: questionnaire preparation based on several questions.
- February 2023: based on the questionnaire, presidents of National Hypertension Societies were asked to participate followed by ESH Council Members.
- Obtained date will be subject to manuscript preparation.
- The questionnaire was sent to 32 presidents of National Societies:
 - 19 countries responded
 - 5 countries have a specialty programme (Croatia, Hungary, Poland, Turkey, United Kingdom)
 - 4 countries plan to implement a hypertension specialist program in the near future (Bulgaria, Italy, Lithuania, Switzerland)

10.c Exposure to Trauma and Hypertension in Ukrainian Refugees – Update (A. Persu, M. Burnier)

- Data from WHO: one in five (22%) people who have experienced war or other conflict in the previous 10 years, will suffer from depression, anxiety, post-traumatic stress disorder, bipolar disorder, etc.
- Applying these estimates to Ukraine, WHO expects that approximately 9.6 million people in Ukraine may have a mental health condition.

WAR-SCAR – Hypertension and Post-Traumatic Stress Disorder in Ukrainian refugees:

- *The impact of war-induced stress on the development and progression of arterial hypertension and cardiovascular disease in Ukrainian female refugees (WAR-SCAR)*
- International cooperation with research teams from 4 countries: Belgium, Poland, Switzerland, Ukraine
- Official start of project implementation: 01.03.2023
- Project duration: 24 months until 28.02.2025
- Two sessions during ESH 2023: Oral Session, Saturday June 24 and Breakfast Session, Sunday June 25.

Leads for project: K. Narkiewicz, A. Persu, M. Burnier

10.d OMRON Academy (A. Persu)

A. Persu reported the revision of the OMRON slides in collaboration with ML. Lopez-Sublet, J. Huart and P. Delmotte has been completed with the exception of the new ESH Guidelines.

10.e ESH-AstraZeneca cooperation project (R. Kreutz, A. Persu)

R. Kreutz gave an overview of the ESH-AZ cooperation project.

AstraZeneca has provided an educational grant in the amount of €100,000 (€50,000 has already been received) for a joint project consisting of the following work packages:

Work-package 1: Education and Awareness

- Review and feedback of key materials in current Disease State Awareness (DSA) Campaign “Pressure is on”. Update, revise and endorse alongside ERA and PCDE. To be carried out first half 2023.
- P. Sarafidis and R. Kreutz checked content and submitted the results to AZ.
- Use this material as educational and awareness resource for members. To be carried out second half 2023.

Work-package 2: Gap-analysis in ESH Excellence Centres (ECs) referral network

- Conduct baseline survey in ECs on the status of CKD screening and management in patients who are referred to ECs for specialized care. To be carried out first half 2023.
- The survey has been conducted and is currently under evaluation by JM Halimi, Chair ESH WG on HTN and the Kidney).
- Presentation and publication of baseline results in second half 2023.

Work-package 3: Create recommendations and targets to improve quality of care (QoC)

- Identify key areas for improvement in the primary care referral network of ESH ECs.
- Data will provide update and highlight clinical recommendations for the advancement of care in CKD.
- Create recommendations call to action for identification and intervention of CKD in the primary care referral network of ESH ECs. To be carried out second half 2023.
- Identify QoC targets for both ECs and physicians in the referral network and conduct 6-, 12- and 18-months follow up surveys to assess changes in clinical practice. To be carried out first half 2024.
- Presentation and publication of follow up results in first half 2024.

10.f Mission 70 / 26 (R. de Pinho)

R. de Pinho briefly presented the Portuguese Society of Hypertension project Mission 70 / 26 study to improve the control of hypertension.

- Supported by an unrestricted grant from Servier.
- Portuguese primary care database: 53% of HT patients, with follow up have HT <140/90mmHg.
- Aim to improve 70% control by 2026 through:
 - announced at annual HTN congress (Feb. 2023)
 - disclosed in many interviews (social media)
 - creation of App where professionals can enroll if they are interested in participating in the mission.
 - community activities
 - teaching and training health professions
 - creation of monetary prize, open to health professionals.

10.g ESH Glaucoma Hypertension Study (G-HT) (A. Persu, A. Januszewicz)

A. Persu informed the Council members about this important study carried out by Z. Zhang (PI), Leuven, to replicate and expand the findings on glaucoma and 24 BP variability in a large multicentre cohort.

General Population

- 24 ABPM with/without glaucoma at baseline + follow up:
 - to investigate the cross-sectional association of BPV and glaucoma
 - to investigate the longitudinal association of BPV with glaucoma incidence

- **Patient cohort**

Glaucoma patients (normotension) with 24 ABPM at baseline and glaucoma progression at follow up:

- to investigate association of 24h BPV and glaucoma progression

Glaucoma patients (hypertension) with 24h ABPM at baseline and glaucoma progression at follow up:

- to investigate the BP treatment target needed to prevent glaucoma progression

Current participants

- Belgium (A. Persu)
- Germany (R. Kreutz)
- Italy (A. Virdis)
- Poland (A. Januszewicz)

11. ESH INVOLVEMENT IN EUROPEAN ALLIANCES (P. Van de Borne)

Considering there is new interest in CV, P. Van de Borne asked Council members if it would be opportune to remain with ECDA or switch to one of the other European alliances:

1. **ECDA** (European Chronic Disease Alliance).

Cost of Associate membership: €1,000/year (ESH is currently an Associate member)

Cost of Full membership: €3,000 + €300 (VAT excl.) contribution to cover operating costs

2. **EACH** (European Alliance for Cardiovascular Health)

No fee is required to join. The activities of the Alliance are supported by voluntary contribution of all partners.

3. **EHN** (European Heart Network)

The Council agreed to change to full membership with ECDA and join EACH.

12. ESH CLINICAL UPDATE & NEWS (A. Pathak)

A. Pathak suggested ESH Clinical Update & News should follow the below criteria:

- Quarterly issues
- Concise and practical review of novel facts
- Change in methodology:
 - Papers promoting WG – all papers will be officially sent through the Blood Pressure classical pathway, with M. Burnier as EIC and 2 reviewers will systematically be assigned (GE and RMB)
 - Classical review process – paper with guidelines for authors.

Three new papers are available up to June 2023:

When Blood Pressure Increases with Standing: Consensus Definition for Diagnosing Orthostatic Hypertension

Authors: Jens Jordan, Italo Biaggioni, Guido Grassi, Artur Fedorowski & Kazuomi Kario

Published: January 3, 2023

Overcoming barriers to implement exercise in the management of hypertensive patients

Author: V.A. Cornelissen

Published: May 4, 2023

Twenty-four-hour ambulatory blood pressure monitoring from silent to whispering brain damage

Authors: Teodora Yaneva-Sirakova, Ivo Petrov, Latchezar Traykov, Antonio Coca, Pedro G. Cunha, Dariusz Gasecki, Bushra Farukh, Vasilios Kotsis, Augusto Vicario, Efstathios Manios, Cristina Sierra & Dagmara Hering

on behalf of the ESH Working Group on Hypertension and the Brain

Published: May 20, 2023

Two new papers in the pipeline for 2023:

WG Hypertension and the Brain

Predictive value of new cardiovascular tools for stroke risk reclassification

WG on Device - based treatment of HTN

Update after RDN recent trials

A. Pathak asked the Council members to already send him proposals for publications in 2024.

13. ESH ANNUAL MEETINGS

13.a 2023 ESH Annual Meeting, Milan – Update (G. Mancia, M. Massaro)

M. Massaro presented an update on the 2023 Milan Meeting.

- Congress sessions: 102
- Oral presentations: 161
- ePosters: 676
- Total registrations: 2111
 - In-Person registrations: 1719
 - Virtual registrations: 392
- Faculty: 255
 - In-Person: 232
 - Virtual: 23
- Top 3 countries: Italy, Portugal, Greece
- Sponsors:
 - Diamond – Servier
 - Gold – AstraZeneca, Menarini, Merck
 - Silver – Medtronic, Omron Healthcare Europe
 - Bronze – Recor Medical, Sanofi, Viatrix
- 13 Sponsored sessions
- 3 sessions on new Guidelines
- Total Abstracts: 958
 - Received at first deadline: 800
 - Late Breakers: 158
- Rejected abstracts: 70
- Withdrawn abstracts: 51
- Oral presentations included in the programme: 161
- ePosters included in the programme: 676
- Abstracts: top 3 countries – Italy, Greece, Russia
- ePosters: 9 ePoster totems
- Awards: will be presented during the Plenary Session 2 on Sunday June 25
- ESH 2023 - Hybrid meeting

- Green meeting: eco-friendly practices to reduce the environmental impact of the congress have been implemented.
- Social Programme:
 - Opening Ceremony & Welcome Cocktail – Friday June 23
 - Presidential Dinner – Grand Hotel Villa Torretta – Sunday June 25
- Website & digital promotion:
 - Twitter: 1,300 followers (+169 since ESH2022) - @ESH_Annual / @ESHypertension
 - Facebook: 668 followers (+42 since ESH2022) - @ESHAnnualMeetings

13.b Tasks for Council Members in Milan (R. Kreutz)

R. Kreutz informed Council members of the mandatory and voluntary tasks during the meeting:

Mandatory attendance

12:30-13:00 – Sunday, June 25

ESH General Assembly

16:15-17:45 – Sunday, June 25

ESH Awards Ceremony

Voluntary attendance

15:30-16:00 – Sunday, June 25

Excellence Centre Meeting

11:00-12:00 – June 24 & 25,

New Members – 2 designated days at ESH Booth to pick up their Certificates

13.c 2023 ESH Awards (A. Januszewicz)

A Januszewicz informed the following ESH Awards will be conveyed at the Awards Ceremony on Sunday June 25:

Award	Awardee
Björn Folkow Award and Lecture	Michel Burnier
Alberto Zanchetti Life Achievement Award	Roland Schmieder
Peter A. van Zwieten Award	Jorie Versmissen
ESH Honorary Membership	Enrico Agabiti Rosei

The Servier Research Grant in Hypertension 2023 will be awarded to the following project:

Name	Firstname	Institute	Senior Researcher/Supporter	Project Title
Algharably	Engi	Institute of Clinical Pharmacology and Toxicology, Charité – Universitätsmedizin Berlin, Germany	Reinhold Kreutz	How does paracetamol increase blood pressure? A pragmatic clinical study with mechanistic metabolomic analysis

The Paul Milliez Award will not be conveyed in 2023.

13.d 2024 ESH Annual Meeting, Berlin (R. Kreutz, M. Massaro)

M. Massaro gave a brief update on the progress of the organization:

- Date: May 30 – June 3, 2024
- Venue: Estrel Congress Center, Berlin
- Format: Hybrid (tbc)

- Preliminary key dates:
 - September 4, 2023: abstract submission opens
 - November 17, 2023: first deadline abstract submission
 - December 1, 2023: final deadline abstract submission
 - January 27, 2024: ESH 2024 Programme Committee Meeting
 - February 5, 2024: Late-breakers submission opens
 - March 1, 2024: deadline late-breakers submission
- Faculty accommodation: Estrel Hotel
- Sponsors:
 - Sponsorship opportunities circulated among potential sponsors during ESH 2023 (f2f meetings)
 - Official presentation on June 26 after the ESH 2023 debriefing
 - Site visit in July 2023 to be confirmed
- Organizing and Scientific Secretariat – AIM Group International (Rome, Italy)
- Local Support – DIAPLAN (Overath, Germany)

13.e Bid for 2026 ESH Annual Meeting - Update (R. Kreutz)

R. Kreutz updated Council members on the status of the bids for the 2026 ESH meeting.

- Three suitable applications to host the 2026 ESH Annual meeting have been received from:
 - Latvia (and Baltic States)
 - Poland
 - Turkey
- The 2023 ESH Bid Committee (President, Immediate Past President, Vice President, Treasurer, WG Coordinator, EC Coordinator and Educational Committee Chair) will meet in Milan on Saturday, June 24 to evaluate all proposals, listen to the presentations of the potential host countries, and after the meeting, select the winner.
- The winner will be announced during the ESH General Assembly on Sunday, June 25.

14. ESH SATELLITE MEETINGS & ENDORSED MEETINGS (A. Januszewicz)

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

14.a ESH Satellite Meetings/Symposia 2023

Already approved at last Council meeting in January 2023 and upcoming:
September 8, 2023, San Daniele del Friuli, Italy: organized by Paolo Palatini
Hot topics in the automated BP measurement era.

September 14-16, 2023, Porto Heli, Greece: organized by A. Manolis
ESH 2023 Post Symposium on the release of the 2023 Hypertension Guidelines

14.b Endorsed Meetings 2023/2024

New applications for 2023:

October 19-22, 2023, Zagreb, Croatia: organized by B. Jelakovic, R. Zimlichman (already approved by ESH President)

International Congress on Prehypertension, Hypertension and Cardiometabolic Syndrome

New applications for 2024:

May 9-11, 2024, Krakow, Poland: organized by P. Gajewski

*McMaster International Review Course in Internal Medicine (MIRCIM)
Session on ESH 2023 Guidelines*

The new date for the meeting of the WG on Diabetes and Metabolic Risk Factors needs to be found because of an overlap with the Summer School date 2023.

15. ANY OTHER ISSUES (A. Januszewicz)

G. Parati asked for volunteers to chair the Poster sessions.
No other issues were raised by the participants.

16. DATES FOR FUTURE COUNCIL MEETINGS (A. Januszewicz)

16.a Fall Council Meeting on Saturday, October 28, 2023, Budapest, Hungary

8.30 AM-1:00 PM | Budapest Marriott Hotel

16.b Council Meeting on Saturday, January 27, 2024, Berlin

In conjunction with the ESH 2024 Program Committee Meeting
Afternoon – only members of the Congress Program Committee will attend in presence – all other Council members will attend online.

16.c Friday, May 31, 2024, Berlin, Germany

Council Meeting in conjunction with the 2024 ESH Annual Meeting
8:30 AM-12:30 PM | Hotel Estrel Berlin

16.d Travel arrangements for Council Meetings (A. Januszewicz)

A. Januszewicz reminded Council members that the following travel arrangements for ESH Council Members will be organized by AIM:

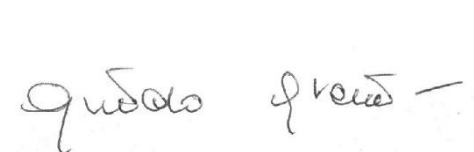
- Flights to the meeting venue and return
- Transfers from venue airport to faculty hotel and return
- Accommodation
- Meals

NOT organized and not refunded:

- Transfer from Council members' homes to airport and return

17. CLOSURE OF THE MEETING

The President closed the meeting thanking all Council members for the successful meeting and fruitful discussions and wished all participants a good meeting.



Guido Grassi
ESH President



Andrzej Januszewicz
ESH Secretary