

Minutes of the Meeting of the ESH Scientific Council

January 27, 2024

Titanic Hotel, Berlin, Germany + virtual

2:00 – 6:00 PM CET

PRESENT

G. Grassi, President

T. Weber, Secretary

A. Januszewicz, Vice-President

R. Kreutz, Immediate Past President

M. Doumas, Officer-at-Large

J. Polonia, ESH Treasurer

J. Danser

C. Delles

G. Mancia

A. Persu

Other participants

M. Elgner, ESH Coordinator

M. Massaro – AIM

VIRTUAL

M. Burnier

J. Brguljan

M. Brunström

R. de Pinho

L. Halvorsen

Z. Jarai

E. Rodilla

A. Pathak

K. Tsioufis

APOLOGIES

None

1. PRESIDENT'S WELCOME

The ESH President, G. Grassi, welcomed all members to the ESH Council meeting, virtual and in presence.

2. APOLOGIES (T. Weber)

T. Weber informed the Council that there are no apologies.

3. APPROVAL OF MINUTES – ESH SCIENTIFIC COUNCIL MEETING ON OCTOBER 28, 2023 (T. Weber)

The minutes of the Scientific Council Meeting held on October 28, 2023, in Budapest, Hungary, 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.

4. TREASURER'S REPORTS

4.a ESH Financial Report (J. Polonia)

Ornitag has received a letter from the current ESH auditor, BRISE Treuhand GmbH, informing about organizational changes within the group. Since this is just an organizational change within the group, the same person will take care of the audit 2023 as was the case for 2022.

However, since this is a change of the audit company, the formal approval of the new auditor, SMART Audit AG, must be made during the next General Assembly in June 2024 for both ESH and FESH.

Ornitag recommended to accept SMART Audit AG as auditor due to the experience they had with them for the audit 2022, but also because they will provide the documentation necessary for the commercial register (including all other changes that may be resolved at the General Assembly) and will pay the costs for the transaction.

The Council unanimously approved the change of the auditing company. The resolution will be formally approved by the members during the upcoming General Assembly.

J. Polonia reported that he was in contact with Phil Daly, Senior Lead Publisher of the Journal of Hypertension, about the expected royalties for the journal. P. Daly could not give him an approximate figure at the moment. Therefore, J. Polonia used the amount from the previous year, rounded down to USD 100,000, which unfortunately is not as much as last year, as the USD has fallen sharply against the CHF (CHF 0.84 for 1 USD).

In addition, he reminded the Council that around USD 120,000 was charged for royalties for 2022, but this was based on a tax form that was valid for the previous year. "Only" around USD 100,000 was transferred. The missing 20,000 is now effective for 2023. Therefore, there is only a projected income of CHF 63K.

Following the royalties report, J. Polonia presented the ESH interim balance sheet as of December 31, 2023. All figures were presented in Swiss Francs.

The income and expenditures were shown to the audience in comparison to the situation at the end of 2022.

In summary:

- Net assets at beginning of period = 1,994,190.35
- Profit/loss: -5,111.42
- Net assets at end of period = 1,989,078.93
- Total income = 263,267
- Total expenditures = 268,378

The balance between profit and loss is even. The meeting in Milan brought in a good amount, more than in the previous year. The allowance to FESH to pay for the summer school has yet to be made.

A new cost category was added to the balance sheet = expenses for the GP Network Group.

The overall situation continues to be stable.

M. Burnier raised a discussion about the level of administrative costs of around CHF 57,000, which are mainly charged by Ornitag. He proposed to meet with Ornitag to find ways to reduce the costs by taking over some tasks from them, e.g. bank transfers (with double signature). The Council was in favor of this. M. Burnier will report back at the next Council meeting in June.

4.b FESH Financial Report (M. Burnier)

M. Burnier presented the interim profit and loss statement as of December 31, 2023. All figures were presented in Swiss Francs.

Total assets: 687,456.91 = slight increase compared to 2022

Net result on December 31, 2023 = -311.32

The allowance (€ 100,000) from ESH has not yet been received by the FESH. This transfer still needs to be done to pay for the Summer School. Also, the Summer School in Italy 2023 brought a small benefit due the high amount of sponsorship raised by G. Parati.

Furthermore, there was some income from WG research projects, mainly from the WG on Lifestyle, CV Pharmacotherapy and Adherence, but also from the WG on BPM and CVV.

The financial situation remains stable.

A. Pathak raised the question of whether, if the summer school in France generates a profit due to sponsorship, this can be used for educational projects for young researchers.

M. Burnier stated that all profits must be returned to the FESH. If the sponsorship money is not purposive, it could be used for projects for young researchers approved by the Council.

5. ESH BUSINESS MATTERS

5.a Proposals for new Office Bearers & Elected Members (G. Grassi)

As an introduction to the topic, G. Grassi presented the status quo of the ESH Council organigram.

STATUS QUO – ESH COUNCIL

Elected Council members (n=11): Office Bearers + Council Members

Office Bearers

- Guido Grassi – President
- Andrzej Januszewicz – Vice President
- Thomas Weber – Secretary
- Jorge Polonia – Treasurer
- Michalis Doumas – Officer-at-Large; Coordinator, ESH EC Program
- Reinhold Kreutz – Immediate Past President

Council Members

- Christian Delles – Coordinator, ESH EC Program
- Lene Halvorsen
- Atul Pathak – Editor, ESH Clinical Update & News
- Alexandre Persu – Coordinator, Working Group Activities
- Enrique Rodilla

Other ESH Council Representatives (n = 8)

Executive Officers

- Jana Brguljan – Coordinator, ESH Summer Schools
- Mattias Brunström - Executive Officer for Evidence Synthesis in Clinical Research
- Jan Danser – Corrdinator, ESH Young Fellows Program
- Rosa de Pinho – Coordinator, ESH GP Network
- Giuseppe Mancia – Chair, ESH Educational Committee & President, ESH Foundation
- Konstantinos Tsioufis - Executive Officer for International Clinical and Research Collaborations

Ex-Officio Members

- Michel Burnier – Treasurer, ESH Foundation
- Zoltan Jarai – Representative, Presidents of ESH Affiliated & Associated National Societies

The following terms of ESH Office Bearers will terminate with the ESH 2024 Meeting in Berlin:

- Guido Grassi, ESH President → will become ESH Immediate Past President for another 2 years.
- Reinhold Kreutz, Immediate Past President → will leave the Council and his position as elected member.

Thus, a new President needs to be elected. This position needs to be selected from the Elected (voting) Council Members. The proposal would be:

- Thomas Weber, currently Secretary

The Council unanimously approved this candidate.

When Thomas Weber becomes President, the position of ESH Secretary will be vacant. The proposal for a new Secretary would be:

- Christian Delles, currently Coordinator of ESH Excellence Centres

The Council unanimously approved this proposal.

Due to the fact that R. Kreutz is leaving the Council and his position as Office Bearer, which will be filled by C. Delles as the new Secretary, he will become an Office Bearer (see organigram). Thus, one position among the Elected Council members that are eligible to vote (n=11) will become vacant.

The proposal for a new Elected Member would be:

Jan Danser, currently Executive Officer and Coordinator of ESH Young Fellows Program → will remain YF Coordinator.

The Council unanimously approved this candidate.

All proposals need to be officially confirmed during the upcoming General Assembly in June 2024 in Berlin.

5.b Proposals for new Executive Officers (T. Weber)

The ESH would like to keep R. Kreutz on the Council as he has done a lot for the society, particularly in the area of conference planning. T. Weber therefore proposed that he be appointed as Executive Officer for Conference Planning.

The Council members were asked for their approval. The proposal was unanimously accepted by all Council members. R. Kreutz thanked the Council for the trust placed in him and said that he was looking forward to this new task.

5.c Use of ESH logo for industry matters (T. Weber)

T. Weber presented two recently received applications from companies to use the ESH logo.

Servier

ESH was approached by Servier for endorsement of their recent report "Unlocking the potential of therapeutic adherence as a priority for a forward-looking approach to healthcare policies". The report was very well written and a well-structured document in line with the ESH strategy and guidelines. It will be distributed by Servier to demonstrate its commitment to improving adherence in a number of ways.

The ESH is already working closely with Servier in this area through the Working Group on Lifestyle, Cardiovascular Pharmacotherapy and Adherence.

ESH has made several suggestions to Servier for changes to the report, which we hope will be implemented.

T. Weber proposed to approve the report if all amendments are accepted. This was approved by the Council.

M. Burnier added that Servier has supported the adherence project of the ESH Working Group on Lifestyle, Cardiovascular Pharmacotherapy and Adherence with a large amount of money. Therefore, they should not be charged for any endorsement.

Medtronic

ESH was approached by Medtronic requesting permission to use the ESH logo on several advertisements for their Symplicity™ Blood Pressure Procedure.

T. Weber explained that approval to use the ESH logo should only be granted if the following 3 criteria are met:

- ESH will consider the use of its logo for initiatives that promote excellence in research, teaching and patient care.
- Initiatives applying to use the ESH logo must be consistent with the aims and mission of the ESH.
- The use of the ESH logo as an indication of ESH support implies that the supported initiative is based on scientific evidence.

ESH should maintain its impartiality and avoid any perceived bias towards specific manufacturers or products.

The Council unanimously decided not to grant permission for the use of the ESH logo for the Medtronic campaign.

5.d ESH interaction with ESC (T. Weber, K. Tsioufis)

ESH has been invited by ESC to contribute to its congress, which will take place in London at the beginning of September. An official joint session is to be planned.

The proposed title of the session is "Hypertension Treatment". The session is to be chaired by T. Weber.

Proposed speakers are:

J. Danser - What can we expect from drug treatment?

K. Tsioufis - What do we expect from the RDN?

The Council raised no objections.

5.e Scientific cooperation with industry (T. Weber, C. Delles)

T. Weber showed a request from Riomavix, which is seeking a research collaboration. C. Delles reported that this was just an example to illustrate that ESH could have someone on the Council responsible for reviewing these types of requests. At the very least there should be some sort of guidance/procedure on the website and contact details of a responsible person.

T. Weber pointed out that this was definitely something to work on in the near future. Perhaps the new ESH Secretary could take on this task.

6. ESH 2023 Guidelines – Update

6.a 2023 ESH Hypertension Guidelines (G. Mancia, R. Kreutz)

R. Kreutz presented the status quo of the 2023 ESH Hypertension Guidelines:

- Final version in print in December issue of J Hypertens. 2023 Dec 1;41(12):1874-2071
- Citations in Google Scholar = 238 on Tuesday, January 23
- Current contract with publisher Wolters Kluwer Health
 - ESH has to pay for the number of pages that exceeded the limitations stated in the contract (USD 30,030)

ESH has already received some letters on certain aspects of the guidelines. These have been forwarded to the authors of the relevant section to respond. However, it is likely that further comments will be received. The matter was discussed by the GLs Steering Committee and the idea was born to set up a forum on the GLs to officially respond to letters or editorials. R. Kreutz sent a letter to Phil Daly on January 23, 2024 (cc G. Grassi, G. Mancia). They received a positive response. So, short commentaries can be published in the Journal of Hypertension.

The aim was also to publish the GLs in Eur J Int Med. However, the publisher Elsevier is still hesitating due to unknown reasons. According to the contract with the Journal of Hypertension, ESH has the right to publish the GLs in another journal two months after the original publication in the JH. Elsevier therefore only has to check with the JH.

T. Weber also mentioned that some national societies have already asked for permission to use or translate sections of the 2023 GLs. R. Kreutz pointed out that this can already be requested on the Wolters Kluwer homepage.

6.b 2024 ESH Clinical Practice Guidelines (R. Kreutz)

The work on the ESH Clinical Practice Guidelines is in progress:

- Publication planned for Blood Pressure - plus other Journal ?
- Timelines: Material should be available End of March
- Authors:
Steering Committee Members of the full 2023 ESH Guidelines plus all current Council members and officers plus Nucleus of GP-Network
- Selection of topics from Full Guidelines – draft in February – input requested
- There may be support for the graphics from a company called Mudskipper, that is currently involved in ESH – AZ educational project on CKD Awareness

The Practice GLs should be an illustration-based document (figures and tables) with short plain language summary (PLS) and infographics. R. de Pinho pointed out that the GP Nucleus will do a draft and send it to the Council to get an impression on the length of the CPG.

6.c. Collaboration with other societies (T. Weber)

ESH was approached by Jill Belch, Immediate Past President, Board Member and Co-Chair of the Guideline Committee of the European Society of Vascular Medicine. She asked if ESH would be interested in preparing a joint Guideline/Consensus Document on the diagnosis and management of hypertension in peripheral arterial disease.

The Council members have been asked by email about their opinion on this cooperation. All colleagues were in favour.

The idea would be to have a co-publication in Blood Pressure: Highlight FMD, SCAD of coronary arteries and cervical arteries, rare causes of renovascular HTN, arterial stiffness

7. ESH GP NETWORK – UPDATE (R. de Pinho)

7.a Practical Guidelines

See topic 6.b

7.b Survey to European countries

R. de Pinho reported that in November 2023, a survey was conducted among the ESH affiliated National Hypertension Societies. 25 of them responded. The aim was to find out what orientations GPs are following when treating their hypertensive patients in each country and thus develop strategies that help GPs to implement the ESH guidelines correctly.

The results of the survey were presented briefly.

7.c New members: GP nucleus

R. de Pinho emphasized that the current GP Network nucleus consists of only one representative per country. This strategy will also be maintained in the future.

8. ESH EXCELLENCE CENTRES PROGRAM & HYPERTENSION SPECIALIST PROGRAM (C. Delles, M. Doumas)

C. Delles reported on their initiative to “clean up” the list of Excellence Centers. Emails were sent to Excellence Center heads that haven’t paid their membership fees or are not members at all. Some centers were asked to re-apply. The overall reaction to this email campaign was good.

M. Doumas pointed out that the approval of new Excellence Centers and re-applied Excellence Centers is also going well. However, it sometimes takes quite a lot of time since the software on the ESH website needs to be updated. He asked T. Weber for approval to handle the update together with Robyn Lynch/Infomedica. T. Weber approved this since it is worth working on it on the long run. The costs for the update/modification are € 4,500.

Some numbers are presented:

Total ECs: 198

- ECs in good standing (head of EC is an ESH member): 126

- ECs not in good standing (head of EC is not an ESH member): 72

New centres approved 2019-2021: 14

Pending 2019-2021: 10

New centres approved 2022-2023: 8

Pending 2022-2023: 14 (4 from Sep 2023)

M. Delles briefly mentioned some activities and research projects within the EC group. Currently, webinars with case presentations are planned to strengthen the collaboration and communication between the EC and to better involve them in ESH activities. Involvement of the ESH Working Groups is also being sought. A list of possible cases was shown. Some of these cases could be part of some sessions at the ESH Congress 2024. The remaining cases will be used for the EC webinars.

The ESH Blood Pressure Centers remain untouched.

C. Delles and M. Doumas now reported on the status quo of the ESH European Hypertension Specialist Program.

Total number of Specialists: 916

- ESH Members: 630

- ESH Non-members: 286

- ESH Members in good standing (members that have paid their dues): 219

Approved specialists from 2019-2021: 21

Pending 2019-2021: 0

Approved specialists from 2022-2023: 25

Pending 2022-2023: 4

The challenge remains that many colleagues applying for Hypertension Specialist status are not ESH members/non-payers. The total number of non-payers is 339 (total number of Hypertension Specialists = 632). Among the non-payers are also some past presidents/council members. They will receive a personalized reminder and not an automated email from the system.

M. Dumas raised the question about the requirements for becoming a Hypertension Specialist, since many of the applications are incomplete with missing documents. The overall opinion of the Council was that we have to be strict and apply the same requirements to everyone, also with regard to legal consequences.

9. ESH WORKING GROUP ACTIVITIES (A. Persu)

9.a Ongoing changes in WG structure and leadership

A. Persu reported on the current structure and leadership of the Working Groups since the last Council meeting in October 2023. Most WGs have elected their board. Some elections need to take place in 2024, mainly for the boards of the former WG sections of the WG on Hypertension and Cardiovascular Disease in Special Populations (WG on HT in low-resource settings, WG on HT in older adults) and within the newly established WG on Environment in HT.

A positive trend is that half of the WGs have female chairs or vice-chairs.

The standing is quite good.

9.b Update on WG publications and projects

An overview of the most important WG publications and scientific projects was presented by A. Persu.

WG on BP Monitoring and CV Variability

A. Persu received a letter by P. Palatini asking to publish the following paper:

“Recommendations for the assessment and management of exaggerated BP response to standing and orthostatic hypertension: position paper of the European Society of Hypertension Working Group on Blood Pressure Monitoring and Cardiovascular Variability”

Tentative Authors: P Palatini, F Saladini, A Kollias, R Asmar, G Parati, G Stergiou, G Grassi, R Kreutz, G Mancia, J Jordan, I Biaggioni, A de la Sierra.

Council agrees to this proposal.

G. Grassi indicated that ESH is not obliged to publish all papers in the Journal of Hypertension. Due to the fact that we have already been charged by pages for publishing the 2023 GLs, the possibility of publishing in Blood Pressure should always be considered.

WG on Hypertension and the Kidney

Paper that resulted from a survey among ESH ECs

“Screening and management of hypertensive patients with CKD referred to Hypertension Excellence centers among 27 countries”

Authors: Jean-Michel Halimi, Pantelis Sarafidis, Alexandre Persu, Reinhold Kreutz, Liffert Vogt
With support from Astra-Zeneca
Submitted J Hypertens 12/2023

WG on Diabetes and Metabolic Risk Factors

Paper that resulted from a survey among ESH ECs

“Assessment & Management of Obese Hypertensive Patients in ESH Excellence Centers. A survey from the ESH Working Group on Diabetes and Metabolic Risk Factors”

Authors: Christina Antza¹, Guido Grassi^{2,3}, Thomas Weber⁴, Alexandre Persu⁵, Jens Jordan^{6,7}, Peter Nilsson⁸, Josep Redon⁹, Stella Stabouli¹⁰, Reinhold Kreutz¹¹, Vasilios Kotsis¹

Submitted to Blood Pressure

New WG on Environment in Hypertension

A. Persu asked the Council members whether ESH could launch an awareness campaign for the newly established Working Group on Environment in Hypertension. It was agreed that advertising for the WG should be placed on the landing page of the ESH website and on social media. There may also be an advertisement in an upcoming issue of ESH Clinical Updates & News in Blood Pressure.

9.c WG contribution to the 2024 ESH Meeting

The timetable for the 2024 ESH Meeting provides 15 meeting slots of 60 min on Friday, May 31 in the afternoon for the Working Groups. There will always be 5 parallel sessions. This was very well accepted by the WGs.

Furthermore, R. Kreutz mentioned that there will be two parallel morning sessions on Saturday and on Sunday. He has invited the WG on BP Measurement to possibly use these slots. The WG already made a proposal.

The two remaining slots could be given to the ESH Young Investigators or the Excellence Centers for their meetings. C. Delles and J. Danser should get back to R. Kreutz about this offer.

Almost half of the WGs need a business meeting as there are some elections. M. Massaro pointed out that AIM will find a suitable room that can be used for the WGs on a rotating basis.

BREAK

10. ESH YOUNG INVESTIGATORS PROGRAM – Update (J. Danser)

The current group consists of 16 YI participants of the 2022 and 2023 ESH Summer Schools, representing Belgium, Denmark, France, Germany, Greece (2x), Hungary, Italy, Poland, Portugal, Serbia, Slovenia, The Netherlands, Turkey, UK and China.

There is a meeting of the 16-person core group once a month starting from October 30, 2023 to work on ideas/contributions for the ESH 2024 meeting and to start their own activities beyond the ESH 2024 meeting

They have formed a board consisting of: Christina Antza (Greece), Diana Ferrão (Portugal), Costantino Mancusi (Italy), Ryan McNally (UK), Yusuf Sener (Turkey), Janis Casper (Germany), Ariadni Menti (Greece) and Eszter Horvath (Hungary).

The ESH YI group's new ideas for the 2024 meeting were discussed during the program committee meeting in the morning. Most of the ideas are feasible.

There are also some ideas that go beyond the 2024 meeting:

- YI Journal Club – Diana Ferrão
- post-graduate course on hypertension (online) – Diana Ferrão
- writing Editorials (together with senior specialists) – Yusuf Sener
- survey on BP measurement technique – Costantino Mancusi

The group will continue to work on these ideas.

A. Pathak suggested to also involve them in the program planning for the Summer School 2024 in France. J. Danser will discuss this at their next YI meeting and ask the YIs to reach out to A. Pathak on this matter.

11. ESH ANNUAL MEETINGS

11.a 2024 ESH Awards (T. Weber)

T. Weber informed that the following ESH Awards will be conveyed in 2024 in Berlin:

- Björn Folkow Award and Lecture
- Alberto Zanchetti Life Achievement Award
- ESH Honorary Membership

The Paul Milliez Award nominee has already been selected by the French Society of Hypertension in 2023.

The award will go to Michel Burnier in 2024.

The official call for awards nominations will be sent to all Council members and ESH members in early February 2024. The ESH Awards Committee (G. Grassi, R. Kreutz, T. Weber, A. Januszewicz, G. Mancía) will then select the awardees.

J. Danser asked the Council whether there was a possibility of reinstalling the poster awards. The general opinion was positive. A discussion about the evaluation procedure was raised.

A pre-selection should be made according to the quality of the posters: 15-20 best posters. These should then all be in the same poster session on Saturday. Then the best three will be selected and invited to the official ESH Award Ceremony on Sunday. They will receive a certificate and the amount of € 500. Ideally, a sponsor for this should be found. If not, the ESH/FESH might pay for it.

C. Delles suggested to also have an award for the best three oral presentations, selected among the best scores. The selection will be done in the same way as with the poster awards. Participants must be under 40 years of age.

The evaluation committee (1-2 senior, 1-2 YI) for these two awards will be determined by J. Danser. The committee needs to attend the poster session and the oral presentations on Saturday.

Late breakers will not be included in the evaluation.

11.d 2025 ESH Annual Meeting, Milan (M. Massaro)

M. Massaro just mentioned that the 2025 congress in Milan will take place on May 23-26, 2025. It will again be held at the MiCo Milan Convention Center.

12. ESH SUMMER SCHOOLS

12.a Summer School 2023 in Italy – Final budget (J. Brguljan, M. Massaro)

The Summer School 2023 took place from September 24 to 29 at Villa Cagnola in Gazzada Schianno close to Milan, Italy.

M. Massaro presented the final result for the 2023 Summer School. There was a positive result of € 9,767.58 due to additional sponsorship raised by G. Parati.

12.b Summer Schools in France 2024 - Update (A. Pathak)

A. Pathak reported about the status of the organization of the upcoming Summer School in France on September 15 – 20, 2024. A suitable and affordable location has already been selected – Club Med Opio en Provence. Logistically the venue is ideal since it is only 30 minutes by car to the airport and 45 minutes to the main train station in Nice. The Club Med is surrounded by great nature, has a wide variety of meeting spaces and rooms, and several restaurants. There are also a lot of sports facilities (swimming pools, golf course, tennis). And the “all-inclusive” mode helps to avoid hidden costs. For the organisation they will keep all financial regulations in mind. The search for sponsors is already in progress.

The first meeting of the planning committee, which will draw up the scientific program, will be held on January 29.

The call for candidate nominations will be sent to all ESH affiliated and associated National Hypertension Societies in early February. A maximum of two candidates per country can be nominated.

12.c Summer Schools in Sweden 2025 - Outlook (M. Brunström)

M. Brunström reported that they have already formed a working group for the organization of the summer school in Sweden. Its members are: Thomas Kahan, Mattias Brunström, Jonas Spaak (President of the Swedish Society), Ingar Timberg (Treasurer), Sara Bergstrand, Louise Ziegler, Karin Rådholm.

A possible date in September has yet to be determined.

At the moment two possible locations are being considered: Marstrand (Gothenburg) or Sigtuna (Stockholm). There are advantages and disadvantages to both cities. Gothenburg is probably cheaper than Stockholm, while Stockholm is easier to reach than Gothenburg.

It will definitely be expensive and they are already looking for sponsors. AstraZeneca has already agreed to sponsor the school.

M. Burnier raised the matter of exploring the possibility of skipping VAT. If FESH handles the payment directly then there is no VAT payment. M. Brunström will discuss this within their working group.

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

Only one new edition was published since the last Council meeting:

Mission 70/26 Project: improving blood pressure control in Portugal

Heloisa Ribeiro, Rosa de Pinho, Luís Bronze, Pedro Damião and Fernando Martos Gonçalves on behalf of the Portuguese society of Hypertension
Published December 2023

A. Pathak reported that Rosa Maria Bruno is not available as a reviewer for ESH Clinical Updates and News at the moment due to maternity leave. He will now take on this task along with Georg Ehret.

Several proposals for future issues were discussed (e.g. paper on nutraceutical impacts on BP by the Lifestyle WG). There will be an update at the next Council meeting.

14. ESH SATELLITE MEETINGS & ENDORSED MEETINGS 2024 (T. Weber)

T. Weber reported on the current status of ESH Satellite Meetings, Endorsed Meetings and Endorsed Webinars.

14.a ESH Satellite Meetings/Symposia 2024

New applications received for 2024 since the last Council meeting:

October 11-12, 2024 in Krakow, Poland

Highlights of environmental factors in hypertension

Working Group on Environment in Hypertension - Satellite Symposium to the ESH 2024 Meeting in Berlin

Organized by Marek Rajzer

The application was confirmed by the Council.

14.b Endorsed Meetings 2024

New applications for 2024:

May 23 – 25, 2024 in Sorrento, Italy

FemDIP 2024

12th International DIP & FemTech Symposium on Innovative Perinatal Medicine: Improving Global Maternal Offspring Health

DIP is a leading Symposium in the field of Maternal and Fetal Medicine, presenting data and management protocols to ensure the optimal outcome of pregnancies complicated by diabetes, hypertension and metabolic syndrome.

This application for endorsement was confirmed by the Council members.

February 9, 2024 in Milan, Italy

“AUXOsleep – clinical update sleep” in partnership with Istituto Auxologico di Milano
National meeting

The application for endorsement was declined due to the fact that this is just a national meeting.

14.c Endorsed Webinars 2024

New applications for 2024:

February 20 + March 19, 2024

“ESH 2023 Guidelines on the management of Hypertension: what is new, what is confirmed”

In cooperation with Menarini

February 28 + March 13, 2024

Educational Webinar Series on the **implications of the 2023 ESH Guidelines for the Management of Arterial Hypertension in clinical practice.**

Webinar 1 | Updates on resistant hypertension from novel lifestyle interventions to new drugs and interventional therapies

Webinar 2 | Hypertension treatment challenges and options in comorbidities

In cooperation with Recor Medical

Both applications were unanimously confirmed.

15. ANY OTHER ISSUES (T. Weber)

ESH was approached by the Iraqi Hypertension Society with a request to become an associated National Society.

The ESH Association Requirements are:

- Letter of Application for ESH Association addressed to the ESH Secretary and signed by the current President with the agreement of the National Board
- Copy of Constitution and By-laws
- List of Officers and Members
- List of Programmes and Activities

Except for the letter of intent signed by the President of the society, all requirements are fulfilled.

A. Pathak mentioned his own experiences with the Iraqi Society which are very good. They are very engaged and keen to educate and train their people. Also, the webinars are good.

The proposal to accept the Iraqi Society as an ESH Associated National Hypertension Society was unanimously confirmed. The official approval must be made by the General Assembly in June in Berlin.

16. DATES FOR FUTURE COUNCIL MEETINGS (T. Weber)

16.a Council Meeting on Friday, May 31, 2024, Berlin, Germany

Council Meeting in conjunction with the 2024 ESH Annual Meeting

8:30 AM-12:30/13:00 PM | Hotel Estrel Berlin

16.b Fall Council Meeting 2024

T. Weber reported that the fall Council meeting will take place in Austria, ideally in Vienna due to the good infrastructure for travelling. More information will follow.

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 safe travels home.



Guido Grassi
ESH President



Thomas Weber
ESH Secretary