

2024

ESH SUMMER SCHOOL

COMMITTEE

Atul **PATHAK**
Marilucy **LOPEZ SUBLET**
Dominique **GUERROT**
Jana **BRGULJAN HITIJ**
Michel **AZIZI**
Alexandre **PERSU**
Michel **BURNIER**

OPIO, NICE
CÔTE D'AZUR, **FRANCE**

15/20 SEPT.

FINAL PROGRAM



ESH HYPERTENSION SUMMER SCHOOL 2024

September **15TH / 20TH, 2024**
Club Med, Opio, France

COURSE DIRECTORS:

A Pathak,
M Lopez- Sublet,
D Guerrot,
J Brguljan

SCIENTIFIC COMMITTEE:

M Azizi,
M Burnier,
A Persu



DAY 1 - SUNDAY, SEPTEMBER 15TH, 2024

Morning
and afternoon

ARRIVAL OF HYPERTENSION SUMMER SCHOOL STUDENTS,
Club Med Opio, France

17:00-19:50
Room Grasse
& Opio

PART I - MEETING INTRODUCTION

17:00-17:40

- Objectives, **Atul Pathak, Monaco**
- Teaching modality and methodology: the importance of interactive sessions, **Jana Brguljan, Slovenia**
- Program Outline, **Thomas Weber, Austria**
- ESH Organization: the importance of a Hypertension Summer School, **Dominique Guerrot, France**
- Faculty and delegates presentation, **Marilucy Lopez-Sublet, France**

17:40-18:10

- Guideline ESC 2024, **Gianfranco Parati, Italy**

18:10-19:10

- Guideline ESH 2024, **Thomas Weber, Austria**

19:10-19:40

- ESH Young fellow program and Working Groups: an opportunity to get directly involved in ESH life, **Alexandre Persu, Belgium & Jan Danser, Netherlands**

19:40-19:50

- Welcome Reception with ESH President and Course Organizers, **Thomas Weber, Austria**

19:50-20:40

ICE BREAKING SESSION!

Tournoi de pétanque, apéro Pastis, Welcome in Provence!!!

20:45

DINNER

DAY 2 - MONDAY, SEPTEMBER 16TH, 2024

08:00-09:00
Room Antibes

PART II - GUIDELINES IN HYPERTENSION

Chairs: Michel Azizi, France & Reinhold Kreutz, Germany

- How to manage ESH, ESC, ISH and other guidelines?
Giuseppe Mancia, Italy (by videoconference)
- Discussion

09:00-10:10
Room Antibes

PART III - HYPERTENSIVE EMERGENCIES

Chairs: Alexandre Persu, Belgium & Christian Delles, England

- 09:00-09:20 ▪ Pathophysiology of Malignant hypertension / Hypertension MOD: what's in a word? **Sébastien Rubin, France**
- 09:20-09:40 ▪ Management of BP in hypertensive emergencies and acute stroke,
Romain Boulestreau, France
- 09:40-10:00 ▪ Management of thrombotic microangiopathy: update and therapeutic perspectives, **Dominique Guerrot, France**
- 10:00-10:10 ▪ Discussion, **All faculties**

5 min short break

10:15-11:35
Room Antibes

PART IV - HYPERTENSION AND THE HEART

Chairs: Reinhold Kreutz, Germany & Jan Danser, Netherlands

- 10:15-10:35 ▪ Hypertension and LVH and hypertrophic cardiomyopathy, **Dragan Lovic, Serbia**
- 10:35-10:55 ▪ Hypertension and Atrial Fibrillation, **Pierre Lantelme, France**
- 10:55-11:15 ▪ Hypertension in HFpEF and in patients with CAD, **Atul Pathak, Monaco**
- 11:15-11:35 ▪ Discussion, **All faculties**

11:35-11:45 Refreshing Break (beverages only)

11:45-12:45
Room Antibes

STUDENT'S ORAL PRESENTATIONS: MY RESEARCH PROJECT IN 180 SECONDS

Discussants: Dominique Guerrot, France, Jan Danser, Netherlands & Dragan Lovic, Serbia

- 3 min presentation, 2 min discussion

12:45-14:00 Light Lunch & Leisure

DAY 2 - MONDAY, SEPTEMBER 16TH, 2024

14:00-16:00 MINICOURSES - HANDS-ON WORKSHOPS

Room I - PRACTICAL COURSE: Patient Physician Communication
Mimosas 7 Atul Pathak, Monaco, Michel Burnier, Switzerland & Marilucy Lopez-Sublet, France

Room II - CRITICAL APPRAISAL OF A RESEARCH PAPER: How to write? How to read,
Chateauneuf how to write a review? New statistical methods...
Mattias Brunström, Sweden & Anthony Heagerty, England

Room III - Everything You Always Wanted to Know About the RENIN ANGIOTENSIN
Valbonne 2 ALDOSTERONE SYSTEM but Are Afraid to Ask
Jan Danser, Netherlands & Michel Azizi, France

16:00-16:30 Coffee break

16:30-18:30 PART V - HYPERTENSION IN WOMEN
Room Antibes Chairs: Renata Cifkova, Czechia & Anthony Heagerty, England

- 16:30-16:50 ▪ Place of metanalyses in women hypertension, **Costas Thomopoulos, Greece**
- 16:50-17:10 ▪ Epidemiology of hypertensive disorders in pregnancy, **Jacques Blacher, France**
- 17:10-17:30 ▪ Definition and management of hypertensive disorders in pregnancy: from pathophysiology to clinical practice – Position paper ESH working group, **Renata Cifkova, Czechia**
- 17:30-17:50 ▪ Biomarkers in pregnancy, **Marilucy Lopez-Sublet, France**
- 17:50-18:15 ▪ Low percentage of women included in clinical trials, **Jana Brguljan, Slovenia**
- 18:15-18:30 ▪ Discussion, **All faculties**

5 min short break

18:35- 19:50 STUDENT'S DIGITAL POSTER PRESENTATIONS
Room Antibes Discussants: Renata Cifkova, Czechia & Pierre Lantelme, France
& Anthony Heagerty, England

- 3 min presentation, 2 min discussion

20:20 DINNER

DAY 3 - TUESDAY, SEPTEMBER 17TH, 2024

07:00-07:45 **THE ESH SUMMER SCHOOL RUN**

08:30-10:00 **PART VI - HYPERTENSION IN SPECIAL POPULATIONS**
Room Antibes Chairs: Jana Brguljan, Slovenia & Anthony Heagerty, England

- 08:30-08:45 ▪ Hypertension in black population, **Christian Delles, England**
- 08:45-09:00 ▪ Hypertension in obese patients, **Beatrice Duly-Bouhanick, France**
- Place of GLP1A and dual and triple agonists and of bariatric surgery, **Beatrice Duly-Bouhanick, France**
- 09:00-09:15 ▪ What does guidelines teach us about hypertension management in elderly? **Giuseppe Mancia, Italy** (by videoconference)
- 09:15- 09:30 ▪ Hypertension in migrants and populations exposed to war, **Alexandre Persu, Belgium**
- 09:30-10:00 ▪ Discussion, **All faculties**

10:00-10:30 Coffee break

10:30-12:20 **PART VII - INNOVATION IN DRUGS AND DEVICES**
Room Antibes Chairs: Atul Pathak, Monaco & Christian Delles, England

- 10:30-10:45 ▪ Si RNA, **Jan Danser, Netherlands**
- 10:45-11:00 ▪ Endothelin Receptor Antagonists, **Reinhold Kreutz, Germany**
- 11:00-11:15 ▪ Aldosterone Synthase Inhibitors and new MRA, **Michel Azizi, France**
- 11:15-11:30 ▪ Renal denervation, **Atul Pathak, Monaco**
- 11:30-12:00 ▪ Lifestyle in hypertension: level of evidence of interventions, **Theodora Bejan-Angoulvant, France**
- 12:00-12:20 ▪ Discussion, **All faculties**

12:20-13:15 **STUDENT'S ORAL PRESENTATIONS: MY RESEARCH PROJECT IN 180 SECONDS**
Room Antibes Discussants: Mattias Brunström Sweden, Christian Delles, England & Jana Brguljan, Slovenia

- 3 min presentation, 2 min discussion

13:15-14:30 Lunch & Leisure

14:30-15:30 **ESH PRACTICAL GUIDELINES BY STUDENTS**
Room Antibes Chairs: Reinhold Kreutz, Germany, Beatrice Duly-Bouhanick, France & Guido Grassi, Italy

- 3 min presentation, 2 min discussion

15:30-22:00 **SOCIAL EVENT**

DAY 4 - WEDNESDAY, SEPTEMBER 18TH, 2024

08:30-10:00 **PART VIII - HYPERTENSION AND THE KIDNEY: TRIBUTE TO GEORGE BAKRIS**
Room Antibes Chairs: Emmanuelle Vidal-Petiot, France & Michel Burnier, Switzerland

- 08:30-08:45 • Fibromuscular dysplasia + Atherosclerotic renal artery stenosis, **Alexandre Persu, Belgium**
- 08:45-09:00 • Hypertension in polycystic kidney disease, **Dominique Guerrot, France**
- 09:00-09:15 • Management of hypertension in dialysis, **Michel Burnier, Switzerland**
- 09:15- 09:30 • New nephroprotective strategies and their impact on CV outcomes, **Vincent Esnault, France**
- 09:30-10:00 • Discussion, **All faculties**

5 min short break

10:05-11:20 **PART IX - HYPERTENSION AND SPECIAL CONDITIONS**
Room Antibes Chairs: Bernard Levy, France & Guido Grassi, Italy

- 10:05-10:20 • Hypertension and sport, **Veronique Cornelissen, Belgium**
- 10:20-10:35 • Hypertension in young patients, **Philippe Sosner, France**
- 10:35-10:50 • Hypertension and sleep apnea, **Krzysztof Narkiewicz, Poland**
- 10:50-11:05 • Hypertension in non-adherent patients, **Michel Burnier, Switzerland**
- 11:05-11:20 • Discussion, **All faculties**

11:20-11:40 Coffee Break

11:40-12:45 **STUDENTS DIGITAL POSTER PRESENTATIONS**
Room Antibes Chairs : Philippe Sosner, France, Vincent Esnault, France & Krzysztof Narkiewicz, Poland

- 3 min presentation, 2 min discussion

12:45-14:00 Lunch & Leisure

14:00-16:00 **MINICOURSES - HANDS-ON WORKSHOPS**

Room
Mimosa 7

I - PRACTICAL COURSE ON BP MEASUREMENT AND MONITORING IN HYPERTENSION
Alexandre Persu, Belgium & Guido Grassi, Italy

Room
Chateaneuf

II - PRACTICAL COURSE: How to manage electrolytes disturbances in hypertension
Emmanuelle Vidal-Petiot, France & Vincent Esnault, France

Room
Valbonne 2

III - PRACTICAL COURSE: LIFESTYLE IN HYPERTENSION
Philippe Sosner, France & Rosa Maria Bruno, France

10 min short break

DAY 4 - WEDNESDAY, SEPTEMBER 18TH, 2024

16:10-17:40
Room Antibes

PART X - HYPERTENSION AND ARTERIAL STIFFNESS: TRIBUTE TO MICHEL SAFAR

Chairs: Pierre Boutouyrie, France & Bernard Levy, France

- 16:10-16:25
 - From micro to macrocirculation in hypertension: the basis of a pathophysiology, **Bernard Levy, France**
- 16:25-16:40
 - Pulse pressure amplification, target organ damage and cardiovascular mortality, **Rosa Maria Bruno, France**
- 16:40-16:55
 - Evolution of techniques to assess vascular: structure and function, **Pierre Boutouyrie, France**
- 16:55-17:10
 - Clinical impact of vascular measurements in young hypertensive patients, **Rosa Maria Bruno, France**
- 17:10-17:25
 - Pharmacology of arterial stiffness: history of drug research and future therapeutic options, **Pierre Boutouyrie, France**
- 17:25-17:40
 - Discussion, **All faculties**

GROUP PHOTO

20:00

DINNER WITH «SPECIAL GUEST»

DAY 5 - THURSDAY, SEPTEMBER 19TH, 2024

08:30-09:30 **PART XI - TRIALS IN HYPERTENSION**
Room Antibes Chairs: Mattias Brunström, Sweden & Sverre Kjeldsen, Norway

- 08:30-08:50 • Pitfalls of outcome trials in hypertension, **Sverre Kjeldsen, Norway**
- 08:50-09:10 • New type of trials in hypertension and new technologies in the management of clinical trials, **Michel Burnier, Switzerland**
- 09:10-09:30 • Discussion, **All faculties**

10 min short break

09:40-11:30 **PART XII - ENDOCRINE HYPERTENSION**
Room Antibes Chairs: Emmanuelle Vidal-Petiot, France & Andrzej Januszewicz, Poland

- 09:40-10:10 • Primary aldosteronism, **Laurence Amar, France**
- 10:10-10:30 • Cushing's syndrome, **Emmanuelle Vidal-Petiot, France**
- 10:30-10:50 • Pheochromocytoma and paraganglioma, **Laurence Amar, France**
- 10:50-11:20 • How to manage an adrenal incidentaloma in a hypertensive patient?
Andrzej Januszewicz, Poland
- 11:20-11:30 • Discussion, **All faculties**

11:30-11:50 Coffee Break

11:50-12:50 **STUDENT'S ORAL PRESENTATIONS: MY RESEARCH PROJECT IN 180 SECONDS**
Room Antibes Emmanuel Vidal Petiot, France, Andrzej Januszewicz, Poland & Laurence Amar, France

- 3 min presentation, 2 min discussion

12:50-14:00 Lunch & Leisure

14:00-14:30 **Take home messages from the ESH Summer School 2024 Sessions by Students**
Room Antibes Chairs: Marilucy Lopez-Sublet, France, Dominique Guerrot, France & Jana Brguljan, Slovenia

14:30-16:30 **MINICOURSES - HANDS-ON WORKSHOPS**

Room
Mimosa 7

PART I - HYPERTENSION AND ARTERIAL STIFFNESS: How to measure Arterial Stiffness, PWV, Central BP
Jiar Topouchian, France, Pierre Boutouyrie, France & Rosa Maria Bruno, France

Room
Chateaufeur

PART II - RENAL DUPLEX ULTRASOUND
François Silhol, France & Magda Januszewicz, Poland

Room
Valbonne 2

PART III- CAREERS:

- « I want to work in a University Hospital » **Emmanuelle Vidal-Petiot, France**
- « I want to work in a Start Up » **Giorgio Gobbi (Recor Medical)**
- « I want to work in the Device industry » **Dennis Wormuth (Medtronic)**
- « I want to work in the Pharma industry », **Ricardo Shanti Moreno (Servier France)**

16:30-16:40 Refreshing Break (beverages only)

DAY 5 - THURSDAY, SEPTEMBER 19TH, 2024

16:40-18:30
Room Antibes

PART XIII - THE FUTURE AND PROSPECTS IN HYPERTENSION PANEL DISCUSSION

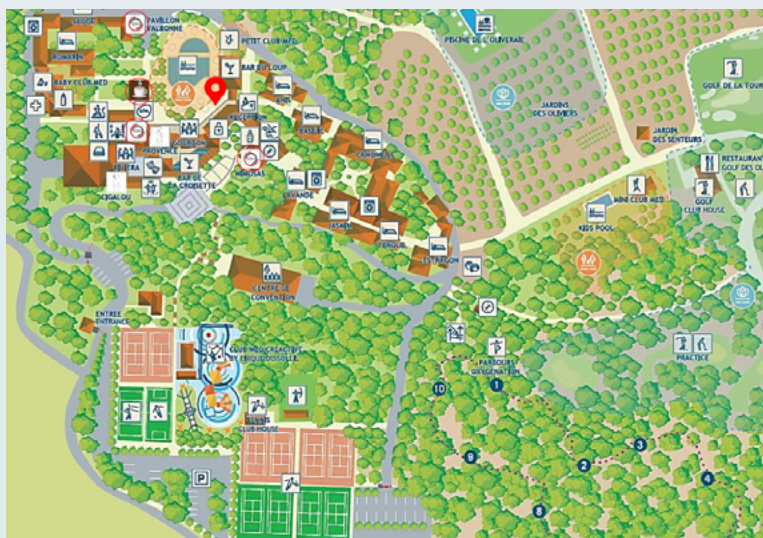
Chairs: Jana Brguljan, Slovenia & Marilucy Lopez-Sublet, France

- 16:40-17:00 • The place of new antihypertensive drugs in the future, **Laurence Amar, France**
- 17:00-17:30 • New hypertensive patients and new ecosystems for better management, **Michel Burnier, Switzerland**
- 17:30-17:45 • Legacy for the next generation of hypertension caregivers, **Jean-Jacques Mourad, France**
- 17:45-18:25 • Panel discussion, **Reinhold Kreutz, Germany, Michel Burnier, Switzerland, Jean-Jacques Mourad, France, Jana Brguljan, Slovenia, Marilucy Lopez-Sublet, France & Laurence Amar, France**
- 18:25-18:30 • Summer school closing, **Jana Brguljan, Slovenia & Marilucy Lopez-Sublet, France**

20:00 **DINNER**

DAY 6 - FRIDAY, SEPTEMBER 20TH, 2024

END OF SUMMER SCHOOL AND DEPARTURE OF ALL PARTICIPANTS



-  ESH meeting Rooms
-  Lunch & dinner
-  Break Time
-  Reception

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2024



ESH SUMMER SCHOOL



**WE MEET AT ESH IN MILAN, ITALY
FROM 23RD - 26TH MAY 2025**

ORGANIZATION

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