

**Minutes of the Meeting of the ESH Scientific Council**

**November 9, 2024**

**Andaz Hotel, Vienna, Austria**

**9:00 AM – 12:15 PM CET**

**Part 1**

**PRESENT**

T. Weber, President

C. Delles, Secretary

A. Januszewicz, Vice-President

M. Doumas, Officer-at-Large

J. Brguljan

M. Brunström

J. Danser

L. Halvorsen

Z. Jarai

A. Pathak

A. Persu

E. Rodilla

K. Tsioufis

**Other participants**

M. Elgner, ESH Coordinator

M. Massaro, AIM

**Online participants**

M. Burnier, Treasurer FESH

G. Grassi, Immediate Past President

G. Mancia, President, FESH; Chair, ESH Educational Committee

R. Lynch, ESH Secretariat

## **1. PRESIDENT'S WELCOME (T. Weber)**

The ESH President, T. Weber, welcomed all members to the ESH Council meeting. He informed the participants that this Council Meeting will be structured differently, it will be divided into two sessions: the morning session will follow the standard agenda while the afternoon session will be spent discussing future challenges and opportunities for ESH - Focus on "ESH 2035".

## **2. APOLOGIES (C. Delles)**

C. Delles apologized on behalf of the Council members R. de Pinho, R. Kreutz and J. Polonia who, due to previous commitments, are unable to attend the meeting.

## **3. APPROVAL OF MINUTES – ESH SCIENTIFIC COUNCIL MEETING ON MAY 31, 2024 (C. Delles, T. Weber)**

The minutes of the Council Meeting held on May 31, 2024, in Berlin, Germany, during the ESH Annual Meeting, were sent out to all Council members for eventual comments and approval.

C. Delles brought to the attention of the Council members an objection raised by G. Grassi, Immediate Past President, specifically to Point 5a, page 3 of the minutes. According to G. Grassi there are two points that need to be clarified:

- The first, the definition of the new position of Executive Officer (R. Kreutz) for Conference Planning is too generic and specific objectives and tasks need to be defined for this position.
- The second, the temporal timeline for this position should also be defined.

### EXPLANATION / ACTION

1. The minutes of previous meetings are just written recordings of what was discussed. In this sense, changes can be made only if the recording is incorrect. Furthermore, all positions in the Council were approved during the General Assembly.
2. However, we fully agree with G. Grassi that all positions in the Council have to be defined clearly (objectives, duration).
3. A detailed discussion will follow in the afternoon session of the Vienna meeting.

C. Delles proposed that the minutes be accepted as an accurate document. The Council had no objections to the proposal.

## **4. TREASURER'S REPORTS**

### **4.a ESH Financial Report (M. Burnier on behalf of J. Polonia)**

M. Burnier on behalf of the ESH Treasurer, J. Polonia, presented the audited figures (May 2024) of the ESH for the fiscal year ending December 31, 2023. All figures were presented in Swiss Francs.

- Net assets at beginning of period = 1,994,190.35 (in 2022: 1,996,357)
- Profit/loss: Net result for 2023 = -2,189.60 (in 2022: -2,166.97)
- Net assets at end of period = 1,992,000.75 (in 2022: 1,994,190.35)
- Total income 2023 = 298,510 (in 2022: 284,911)
- Total expenditures 2023 = 300,699 (in 2022: 287,078)

In the following, the interim profit and loss statement as of September 30, 2024 was presented:

- Net proceeds from services 2024: 170,771.61 (in 2023: 268,582.34)
- Total Expenditures 2024: 108,866 (in 2023: 166,620)

The statement for the 2024 period is not final. It was highlighted that less membership fees have been paid compared to 2023.

**ORNITAG** has reported that since the final amount of royalties has not been received from Wolters Kluwer, accruals of CHF 75,000 have been booked for the first 3 quarters, based on last year's figure of roughly CHF 100.000.

**ORNITAG** also reported the good move to buy CHF earlier this year at a much lower exchange rate than at the today's rate. It is the first time in years that ESH can show a (unrealized) profit in FX exchange. Also, we have received interest on EUR monies that are invested in time deposits.

- Earnings before interest and taxes 2024: 62,085.34 (in 2023: 101,962.20)
- Results before taxes 2024: 117,318.62 (in 2023: 61.40)
- Net result for the year 2024: 109,390.02 (in 2023: -2189.60)

Overall, the situation remains stable.

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

M. Burnier, Treasurer of the ESH Foundation, presented the unaudited interim profit and loss statement for the period ending September 30, 2024. All figures were presented in Swiss Francs.

- Net result for 2024 = 8,998.93 (in 2023: -183,271.62)

The financial situation remains stable.

- M. Burnier reminded the Council that the transfer of 100,000 EUR by ESH for the Summer Schools has not been received by FESH for the last two years.
- T. Weber replied that as soon as the final budget from the Berlin meeting is available the amount to be transferred to FESH will be decided.
- M. Burnier requested the final financial budget of the 2024 Summer School. A. Pathak replied that the Summer School budget will be discussed at Point 13.1 of the agenda.

The following comments were made:

- The amount from the Membership fees is not indicated on the slides.
- How to approach the problem of unpaid membership fees?
- There are no promotional activities to encourage young people to become members.
- Should National Societies members automatically become ESH members?
- Add to list for discussion during the afternoon session – create a Task Force?

## **5. ESH BUSINESS MATTERS**

### **5.a Office Bearers, Elected Members, Executive Officers (C. Delles)**

C. Delles presented the current ESH Scientific Council. The position of Treasurer will become vacant as J. Polonia's term on the Council will finish at the ESH Annual Meeting in Milan 2025.

He thanked J. Polonia for his excellent work during his term as Treasurer. Traditionally one of the elected Council members should come forward and propose themselves for the position. This also means that the position of one elected member will remain vacant and a new voting member will need to be elected and a proposal should be received by the next Council meeting in Milan.

T. Weber informed the Council members that the next Council Meeting will be a full in-person meeting where this matter will be discussed in detail.

M. Burnier informed the Council that he wrote a vademecum on the role of treasurer before J. Polonia was appointed, where the tasks of the treasurer are all explained in detail. He also mentioned that the treasurer can rely on the excellent support of ORNITAG and that he is also very happy to support and help the new treasurer if needed.

C. Delles thanked M. Burnier and asked that J. Polonia continued in his role as Treasurer for the next few months. T. Weber noted that the election of the new treasurer will take place at the ESH 2025 meeting in Milan.



## 5.a Office Bearers, Elected Council Members & Executive Officers

(C. Delles)

<b>Elected Council Members (n=11)</b> voting rights	
<b>Office Bearers</b>	
T. Weber (President)	J. Polonia (Treasurer)
A. Januszewicz (Vice-President)	M. Doumas (Officer at Large + EC Coordinator)
C. Delles (Secretary)	G. Grassi (Immediate Past President)
<b>Other elected Members/Officers</b>	
J. Danser (Young Fellows Coordinator)	
L. Halvorsen	
A. Pathak (Editor, ESH Clinical Updates & News)	
A. Persu (WG Coordinator)	
E. Rodilla	

## 5.a Office Bearers, Elected Council Members & Executive Officers

(C. Delles)

### Executive Officers (n=6) & Ex-Officio Members (n=2)

No voting rights

#### Executive Officers

J. Brguljan – Coordinator, ESH Summer Schools  
 M. Brunström - Executive Officer for Evidence Synthesis in Clinical Research  
 R. de Pinho – Coordinator, ESH GP Network  
 R. Kreutz – Executive Officer for Conference Planning  
 G. Mancia – Chair, ESH Educational Committee & President, ESH Foundation  
 K. Tsioufis - Executive Officer for International Clinical and Research Collaborations

#### Ex-Officio Members

M. Burnier – Treasurer, ESH Foundation  
 Z. Jarai – Representative, Presidents of ESH Affiliated & Associated National Societies

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## 5.b Membership Status 2024 (C. Delles)

C. Delles provided some important numbers on ESH membership:

**Total number of ESH members = 2,292** (October 31, 2024)

**New members** (from May 16, 2024, to October 31, 2024) = **36**

- **28** from European countries
- **8** from non-European countries (Africa, Asia, Middle East, Oceania, North and South America)
- **10** were participants in the ESH 2024 Summer School

**Paid/renewed 2024 memberships fees** (October 31, 2024) = **363** (May 15 = 344)

- Standard fees paid (Euro 100,00) = **344** (May 15 = 318)
- Reduced fees paid (Euro 50,00) = **25** (May 15 = 26)
- ESH Scientific Council members/other ESH Committee members who have paid = **18** (May 15 = 15)
- **2023** membership fees paid in 2024 = **41** (**40** standard – **1** reduced)

Different suggestions were made by some of the Council members on how to get members to pay their annual membership fees.

## 5.c Any other topics (C. Delles)

### Council Members

C. Delles confirmed that some of the positions and duration of the term of office are not clear and new positions, such as that of the Executive Officer for conference planning, need to be defined. This will be discussed during the afternoon session. It must be very clear what the Executive Officers and ex-Officio Officers roles are within the Council.

He also pointed out the importance of consulting and following the rules and procedures established in the ESH By-laws regarding Council members. A discussion will follow during the afternoon session on how to maintain expertise and at the same time replace positions.

T. Weber mentioned that according to the By-laws, the maximum term of Council members is 8 years.

### **Membership**

Brainstorming on how to solve the problem of unpaid membership fees and the creation of a Membership Task Force during the afternoon session.

## **6. GUIDELINES - Update (T. Weber)**

T. Weber commented that during their Annual Meeting in London, ESC presented the ESC Guidelines on the management of elevated blood pressure and hypertension. It's important to mention this as the elevated categories are quite different from those of ESH. The question is how should ESH react, firstly to the guidelines and secondly to the bigger picture? ESH certainly does not want to be absorbed by ESC (as happened in the USA; the hypertension society was absorbed by AHA).

In response, no single big paper will be published, however, several smaller papers are planned. The possibility of joint guidelines next time was discussed. Possible first step: joint paper in Nature Cardiology led by Felix Mahfoud.

- An editorial on Risk Assessment by S. Kjeldsen will be published shortly in Blood Pressure and another paper on Orthostatic Hypertension by P. Palatini will be published shortly in Hypertension News. M. Doumas is writing another paper that is expected in December
- Just for information, M. Burnier reported that the ESC 2024 Guidelines have around 500,000 views. He commented that this is far from the number of views of the ESH guidelines
- He also pointed out that the Clinical Practice Guidelines in the Journal of Internal Medicine have had very few views
- The ESH full text guidelines in the Journal of Hypertension have approximately 134,000 views
- ESH Council member as representative on the ESC Council on Hypertension? This will be discussed further in the afternoon session

## **7. JOURNALS (& Publications)**

### **7.a Update on Blood Pressure (M. Burnier)**

M. Burnier gave a short report on the journal:

- BP is the only hypertension journal with an increase in the Impact Factor in 2023: 2.3
- More papers from Europe especially Scandinavia have been received
- The problem of late acceptance of submitted papers is due to lack of reviewers
- Short papers and editorials are free to publish
- Physicians should check with their university if they have an agreement with the Journal as there is no fee to submit a paper. Also reduced fees for young members
- Approx. 300,000 viewers every trimester
- There is no defined contract with Taylor and Francis, they are willing to make Blood Pressure an official journal. A meeting with them will be organized shortly
- Check if there is an exclusivity clause with Wolters Kluwers for the Journal of Hypertension

### **7. b ESH Clinical Update and News (A. Pathak)**

A. Pathak reported briefly:

- Full till January
- Invite Working Groups and young members to submit papers

### 7.c Position Papers/consensus documents (C. Delles)

C. Delles reported:

- Proposal for a position paper by R. Boulestreau, R. Kreutz, A. Januszewicz to be published in the first half of 2025 on Malignant Hypertension → ESH Council in favor
- Proposal for a consensus document on Evidence Grading by M. Brunström to be published/presented in May/ESH meeting → ESH Council in favor

### 8. ESH GP NETWORK – Update (E. Rodilla on behalf of R. de Pinho)

E. Rodilla, on behalf of R. de Pinho, gave an update on the ESH GP Network:

#### New members:

- There are two new members: S. Poggenburg (Austria) and A. Stomby (Sweden) as well as two new proposed members: L. Nogueira (Portugal) and M. Pikkenaa (Sweden).
- As the number of members increases, we are thinking that the GP ESH nucleus could become a GP ESH Working Group - GPs are an important target for the Society.

#### Activities:

- Practical Guidelines are being translated into different languages and they should be published in the different countries in the local languages
- Too early to judge the success or failure of the Practical Guidelines
- Proposal to write papers on the following topics:
  - **Results of the Survey carried out by EH on GP Societies and Guidelines:** 25 EU country | responded.
  - **Practical guidelines uniting GP and HT societies** – experience of Spanish Society: there are 3 different societies, they don't collaborate, in 2018 there were 4 different guidelines for 3 different societies. The Spanish Society of Hypertension combined them and next week a position paper of all the societies will be published.
  - **Importance of implementing practical guidelines within GP associations.**

#### ESH Milan Meeting, May 23-26, 2025: Proposal for GP sessions

- **Round table session:** GP involvement in HT control  
Chair: R. Kreutz (Germany), Rosa de Pinho (Portugal)  
Lecture 1: Practical guidelines uniting GP and HT societies (E. Rodilla)  
Lecture 2: Time needed to treat (TNT) in the treatment of HT (M. Johansson)  
Lecture 3: Team based care and task shifting (M. Pikkemaat)
- **Proposal Mini Lecture:** Artificial Intelligence (AI) in Primary Care: how to prepare a new era in HT Care (L. Nogueira)

## 9. ESH EXCELLENCE CENTRES – UPDATE (C. Delles, M. Doumas)

M. Doumas reported on the status of the Excellence Centres:

- Total number of Excellence Centres = **212** (October 31, 2024)
- - E.C.s in Europe = **194**
  - European countries = **25**
  - Associated E.C.s Outside Europe = **18**
  - Countries Outside Europe = **9** in **4** continents (Asia, Middle East, Oceania, South America)
- New E.C.s approved
  - 2023 = **2**
  - 2024 = **2**
- Status of Excellence Centres
  - In good standing (Leads) = **155**
  - Unpaid membership fees (Leads) = **39**
  - Not ESH members (Leads) = **18**
- Big problem of unpaid membership fees / non-membership.
- How to solve this problem. After 3 years if leaders do not comply the E.C. is no longer considered an ESH E.C.?
- Reminders sent out.
- Write/call presidents of the National Societies.
- Propose to National Societies to nominate a Council member to check the status of their members.
- Add date/validity to E.C. Certificate
- Many incomplete applications.

## 9. ESH HYPERTENSION SPECIALISTS – UPDATE (C. Delles, M. Doumas)

M. Doumas reported on the status of the ESH European Hypertension Specialist Program.

- Total number of Hypertension Specialists (EHS) = **651** (October 31, 2024)
  - EHS in Europe = **613**
  - European countries = **33**
  - EHS Outside Europe = **38**
  - Countries Outside Europe = **17** in **6** continents (Asia, Middle East, Oceania, North & South America).
- New EHS approved
  - 2023 = **4**
  - 2024 = **18**
- Status of EHS (October 31, 2024)
  - In good standing = **184**
  - Unpaid membership fees = **467**
- Big problem of unpaid membership fees
- Add date/validity to EHS Diploma
- When you pay membership fee you get renewal of EHS status?



- Incomplete applications

### **COFFEE BREAK**

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

### **10.a Changes in WG leadership/elections**

A. Persu reported there are 15 Working Groups and approximately half of them have elected a new leadership.

Some decisions by the Council were necessary:

- WG on Diabetes and Metabolic Risk Factors:
  - The term of V. Kotsis as Chair has terminated already.
  - But there had still been no change in chairmanship yet.
  - According to the WG rules, after 2 years, the Vice-Chair becomes the new Chair. So, Christina Antza should be the new Chair of the WG.
  - Ana Jelakovic was already elected as Vice-Chair.

To Do: A. Persu to thank V. Kotsis for his leadership of the WG; welcome C. Antza as new Chair
- WG on HT in Children and Adolescents:
  - The term of S. Stabouli as Chair and D. Drozd as Vice-Chair have terminated already.
  - There had been no elections so far.

Council decision: A. Persu to diplomatically remind them to do the elections for a new Vice-Chair and D. Drozd to become the new Chair.
- WG on Hypertension in Low Resource Settings:
  - The new Chair, G. Parati, and the new Vice-Chair, B.-J. van den Born proposed a new name for the WG = Hypertension and Cardiovascular Risk in Low Resource Settings

Council decision: new name approved
- WG on Environment in Hypertension:
  - The Chair, M. Rajzer, proposed to officially elect Wiktoria Wojciechowska as the Vice-Chair of the WG, since she is more than active in the WG from the beginning on.

Council decision: W. Wojciechowska as Vice-Chair officially approved

### **10.b Update on WG publications and projects**

A. Persu presented WG publication proposals and scientific projects:

#### WG on Small Arteries – new proposal

#### **Position paper: Management of hypertensive patients with autoimmune rheumatic disorders**

(A. Viridis, E. Gkaliagkousi)

Submission to the Journal is expected January 2025

The proposal for the new position paper was approved by the Council.

#### WG on Blood Pressure monitoring – new proposal

#### **Position Paper: Blood pressure measurement in public spaces (kiosk): Systematic Review and Consensus Statement by the ESH Working Group on Blood Pressure Monitoring and Cardiovascular Variability**

George S. STERGIU, Konstantinos G. KYRIAKOULIS, Anastasios KOLLIAS, Richard MCMANUS, Ariadni MENTI, Gianfranco PARATI, Alta SCHUTTE, Jiguang WANG, Kei ASAYAMA, Roland ASMAR, Grzegorz BILO, Niamh CHAPMAN, Takeshi FUJIWARA, Geoffrey HEAD, Nadia KAHN, Kazuomi KARIO, Yan LI, Efsthios MANIOS, Dimitrios MARIGLIS, Anastasia S. MIHAILIDOU, Paul MUNTNER, Martin MYERS, Teemu NIIRANEN, Takayoshi OHKUBO, Stefano OMBONI, Athanasios PROTOGEROU, Francesca SALADINI, James SHARMAN, Daichi SHIMBO, Alejandro DE LA SIERRA, Paolo PALATINI

The paper will be submitted shortly to the Journal of Hypertension.  
The proposal for the new position paper was approved by the Council.

WG on Hypertension and the Kidney - Project

**"HAMA"** (a cohort of patients with malignant hypertension followed in France)

(R. Boulestreau et al.)

Early results of the prospective multidisciplinary HAMA cohort: description of the first 302 patients and external validation of the cohort

Published in J Hypertens 2024 Oct 1. PMID: 39351849

**Malignant Hypertension: A Systemic Cardiovascular Disease: JACC Review Topic of the Week.**

(R. Boulestreau et al.)

Published in J Am Coll Cardiol. 2024 Apr 30;83(17):1688-1701. doi: 10.1016/j.jacc.2024.02.037.

WG on Hypertension in Older Adults

**Review: Mechanisms of microvascular inflammation and potential therapeutic targets**

(G. Bahat et al.)

Twelve hot key questions in the management of Hypertension in patients 80+.

A practical guide for clinicians, based on and their answers with the help of the 2023 ESH Guidelines

Published in the J Hypertens. 2024 Nov 1;42(11):1837-1847.

WG on Environment in Hypertension

**Meeting: Symposium of the European Society of Hypertension Working Group on Environment in Hypertension and the Krakow Hypertension Conference**

The second edition of the meeting was held in October 2024.

**10.c WG proposal for ESH Milan Meeting 2025**

A. Persu presented the list of WGs who have sent a proposal for their meeting at the next Annual Meeting. The 60-minute meetings (length to be confirmed) should continue to be held on the first day of the meeting.

## 10.c Upcoming ESH meeting: WG proposals

Working Group	WG proposal received
Blood Pressure Monitoring and Cardiovascular Variability	X
Hypertension and the Brain	
Hypertension and the Heart	X
Hypertension and the Kidney	X
Endocrine Hypertension	
Diabetes and Metabolic Risk Factors	X
Large Arteries	X
Small Arteries	X
Hypertension in Children and Adolescents	X
Hypertension in Women	
Hypertension in Older Adults	X
Hypertension in low resource settings	
Lifestyle, Cardiovascular Pharmacotherapy and Adherence	X
Device-based Treatment of Hypertension	X
Environment in Hypertension	X

As of 8th November 2024

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### 10.c Upcoming ESH meetings: WG perspective

There is a need to standardize and harmonize collaboration between the WG Council/Organizing Committee/ESH Coordinator/AIM.

- Who makes the call for WG Scientific Meetings/proposals for main meetings?
- When?
- To whom should the proposals be sent? Format? Deadlines?
- Communication with WGs about proposals accepted/amended/rejected?
- Structure/duration/time schedule of Friday meetings?
- Possibility to waive registration fees for invited lecturers to Friday scientific meeting?
- Communication with WGs about proposals accepted/amended/rejected?
- Finalization/fine tuning?

### 11. ESH YOUNG FELLOWS PROGRAM - Update (J. Danser, J. Brguljan)

The current group consists of 19 YI participants of the ESH Summer Schools (7-8 from the 2024 Summer School joined the program) representing Austria, Czech Republic, Finland, France, Germany, Greece (2x), Hungary, Italy, Poland, Portugal, Serbia, Slovenia, Slovakia, The Netherlands (x2), Turkey, UK and China.

There is a meeting (online) of the 19-person core group once a month starting from October 30, 2023, to work on ideas/contributions for the ESH 2025 meeting and to start their own activities beyond the ESH 2025 meeting.

They have formed a board consisting of: Christina Antza (Greece), Diana Ferrão (Portugal), Costantino Mancusi (Italy), Ryan McNally (UK), Yusuf Şener (Turkey), Janis Casper (Germany), Ariadni Menti (Greece) and Eszter Horvath (Hungary), and Justina Motiejunaite (S.S. 2024) (France).

### **ESH 2025 in Milan:**

- Best oral and best poster award sessions (YI in judging committee).
- 6 clinical cases presented in 2 sessions.
- YI act as poster/oral session chairs throughout the entire meeting.
- Social evening for all YI.
- YI session on the same day that all WGs meet.
- Congress Run?
- Future ideas discussed on October 30<sup>th</sup>: e.g.: as at ISH, a “speed mentoring lunchtime networking activity” (where a mentor meets with 3-4 young scientists/students to discuss their urgent questions).

### **Ideas beyond ESH 2025:**

- YI Journal Club – Diana Ferrão
- Post-graduate course on hypertension (online) – Diana Ferrão
- Writing Editorials (together with senior specialists) - Yusuf Şener
- Survey on BP measurement technique – Costantino Mancusi
- Writing clinical case reports in *J Hypertens* – 2 are ready to be submitted.
- YI attend the Council meetings.

## **12. ESH ANNUAL MEETINGS**

### **12.a 2024 ESH Annual Meeting, Berlin: final data (R. Kreutz, M. Massaro)**

M. Massaro provided the final figures from the meeting.

#### Registrations

- 2014 total registrations, of which  
1647 paying delegates\*  
\*1083 sponsored participants  
564 individual
- +200 Faculty
- Top 10 registrations by country: Italy, Portugal, Germany, France, Poland, Greece, Romania, Algeria, China, Czech Republic.
- Registration by continents: Europe (EU) 1132, Asia (Far East) 206, Europe (Non-EU) 147, Africa 89, Asia-Middle East 112, North America 37, South America 36, Australia & Oceania 18

#### Sponsors

- Diamond – Servier
- Gold – AstraZeneca, Menarini, Merck
- Silver – Bayer, Medtronic, Omron Healthcare Europe
- Bronze – Novo Nordisk, Recor Medical, Sanofi
- Supporters 2024 – Axelife, Curespec, custo med GmbH, KRKA, Novacor, Sky Labs, SOMNOmedics, Spacelabs Healthcare, Wisepress
- All sponsors have been contacted for the 2025 meeting and quite a few preliminary confirmations have been received. The major sponsors have confirmed the same investment as per the 2024 meeting.

#### Sessions

- 3 Morning Sessions

- 3 Plenary Sessions
- 4 Joint Sessions
- 21 Oral Sessions
- 15 Working Groups
- 3 Clinical Case Sessions
- 1 Hands-on Workshop
- 3 E-Poster Session
- 2 DHL Sessions

#### Abstracts

- 1087 total abstracts received:
  - 103 rejected abstracts
  - 105 withdrawn abstracts
- 960 Abstracts received at first deadline
- 127 Late Breakers
- 879 total in programme
- 125 Oral presentations in the programme:
  - 4 No-show
- 754 E-Posters in the programme:
  - 132 No-show

#### Website & digital promotion

- 32 email blasts of which 10 sponsored
- 27 posts on FB & X
- 2 ADV on FB
- 761 followers on FB
- 1690 followers on X
- Participants' survey

#### Final budget

M. Massaro commented that Berlin was very expensive. The venue itself was very expensive; however, they did not include in the rental fee some services such as internet connection and furniture.

- Total income: €1.631.273,98
- Expenditures: €1.503.093,07
- Total Expenses including ESH Minimum Guarantee of € 200.000 = € 1.703.093,07
- Final result: **-€71.819,09**
- Less paying participants than budgeted
- ESH/AIM will share the loss
- AIM will take on the majority of the loss (approx. €40.000,00)
- **Final revenue to ESH: €175,000.00**
- Less profit but not a loss (M. Burnier)
- More net profit for ESH because the profit is not shared with LOC (T. Weber)

- 1) The Council needs to approve the proposal of how the loss/profits are to be shared.  
The Council agreed unanimously.
- 2) G. Mancia commented that in the past ESH shared the profit with the local organizers/ESH Foundation. This will be discussed in further detail during the afternoon session.  
The Council agreed unanimously to support FESH with €100,000.00

### **12.b 2025 ESH Annual Meeting, Milan (G. Mancia, G. Grassi, M. Massaro)**

M. Massaro reported the 2025 congress in Milan will take place from May 23-26, 2025. The meeting will be held at the Allianz MiCo Milan Convention Center in the new North Wing.

She presented the version of the proposed graphics for the 2025 meeting chosen by the Berlin 2024 congress participants.

Key dates:

December 13, 2024 – abstract submission deadline

January 10, 2025 – abstract submission extended deadline

February 21, 2025 – late-breakers opening

February 28, 2025 – late-breakers deadline

March 3, 2025 – registration early fee deadline

*Congress Venue:* Allianz MiCo – North Wing – Gate 6

10 new rooms (Sky, Aqua and Ocean) that range from 150 to 1,100 seats with an infinite possibility of combinations, as well as 9 Suites and 9 Meeting Rooms of different sizes.

*Faculty Hotel:* NH Collection City Life

Eight minutes walking distance from the congress venue

*Sponsors:* Preliminary confirmations have already been received for 2025. A new Sponsor, “Mineralys Therapeutics (USA)”, is a clinical-stage biopharmaceutical company focused on developing medicines to target hypertension, CKD and other diseases driven by dysregulated aldosterone.

*Website & Promotion:* the official congress website [www.eshannualmeetings.eu](http://www.eshannualmeetings.eu) is active and constantly updated.

As in the past, the Annual Meeting will be promoted on social media with a special focus on X and FB, and email blasts to the mailing list. A new account on LinkedIn has been opened.

Some Council members brought up the question of the dates for future meetings. ESH members associate June with the ESH meeting, therefore, it should always be programmed for June.

M. Massaro confirmed that future meetings are programmed well in advance, however, she explained that due to other events already programmed, the MiCo was not available in June.

G. Grassi confirmed they are working on the programme and a good number of proposals have been received. A conference call will be organized in December with T. Weber and C. Delles to finalize the programme. The final programme should be ready in February 2025.

### **12.c 2025 ESH Awards (C. Delles)**

C. Delles informed the Council that an email will be sent out shortly for a Call for Nominations and asked the members to start thinking about possible candidates.

The following ESH awards will be conveyed:

- Björn Folkow Award and Lecture
- Alberto Zanchetti Life Achievement Award
- ESH Honorary Membership
- Peter A. van Zwieten Award
- Paul Milliez Award (together with the French Society)

Furthermore, two grants sponsored by industry will be awarded:

- Servier Research Grant in Hypertension, 30,000 € (decision = end of December)
- SOMNOmedics Young Investigators Award, 5,000 € (decision = end of November)

Awards for the three best oral and three best poster presentations will be conveyed. The recipients will be selected during the sessions on Saturday, May 24, 2025.

The ESH Awards Committee consists of the following members: President, Secretary, Immediate Past President, Vice-President, Chair of Educational Committee.

#### **12.d ESH Satellite Meetings/Symposia, Endorsed Meetings 2025 (C. Delles)**

C. Delles presented the Satellite Symposia held prior to and following the Annual Meeting:

- **11<sup>th</sup> Pre-ESH 2025 Satellite Symposium on “Difficult to Control Hypertension & Related Comorbidities”** to be held March 14-15, 2025, in Athens (Greece), organized by K. Tsioufis.
- **European Hypertension Forum** to be held April 24-26, 2025, in Gdansk (Poland), organized by K. Narkiewicz & M. Burnier.
- **Post-ESH 2025 Satellite Symposium on “Highlights of Environmental Factors in Hypertension”** (final title tbc) to be held October 10-11, 2025, in Krakow (Poland), organized by M. Rajzer on behalf of the ESH WG on Environment in Hypertension.

T. Weber confirmed these are ESH meetings and therefore endorsement is not required. He thanked the organizers for the excellent work in organizing the symposia.

Meetings organized by industry need to be endorsed and must present the programme and the proposed speakers for approval.

M. Burnier reminded the Council that when a meeting outside the ESH meeting is endorsed, a fee of 5,000 € is to be paid (*attention: amount corrected – M. Burnier said 2,000 € which is not correct*). There had been a meeting endorsement (e.g. Turkish Society meeting) recently where the fee has not been paid. T. Weber pointed out there are no fees for National Society meetings.

**The following 2025 meetings have been endorsed:**

- **Annual Meeting of the Netherlands Society of Hypertension “50 Years of Hypertension and Medicine” (50<sup>th</sup> Anniversary of the NSH)** will be held February 7, 2025, in Zeist (The Netherlands).
- **3<sup>rd</sup> International Congress on Hypertension in Children and Adolescents** will be held May 8-10, 2025, in Warsaw (Poland), organized by M. Litwin (supported by A. Januszewicz).

Application:

- **First World Adherence Day** (campaigns) will be held March 27, 2025  
Will be discussed further on in the programme.

#### **12.e 2026 ESH Annual Meeting, Gdansk (A. Januszewicz, M. Massaro)**

C. Delles gave a quick update on the 2026 meeting:

- The meeting will be held May 28-31, 2026, in Gdansk (Poland). It will start on Thursday and finish on Sunday.

- A number of supporters have already confirmed.
- A preliminary scientific/organizing committee has been formed.
- Preliminary timetable.
- A number of benefits for the meeting participants have been offered by the city of Gdansk.
- Venue: Amber Expo – it's some distance from the city, however, a special train from the main train station in Gdansk directly to the Amber Expo will be provided by the city.

#### **12.f 2027 and 2028 ESH (/ISH?) Meetings (C. Delles)**

For time reasons, C. Delles skipped discussing the 2027 meeting and moved directly to the 2028 meeting as it would be the year of a joint meeting with ISH. It's not clear whether there will be a joint meeting or not, however, the ISH President has approached ESH confirming they would be interested in a joint meeting in Europe. If ESH decides on the joint meeting, a proposal should be sent to ISH within December 2024.

T. Weber asked the Council if they agree to the joint ESH/ISH meeting. The proposal was accepted unanimously by the Council.

T. Weber will send an email to G. Stergiou confirming ESH's agreement to the joint meeting and will then organize a Zoom call with ISH to discuss in detail what is needed.

T. Weber asked those who would like to host the meeting in their country to prepare and send him and C. Delles a proposal/short letter of intent by the end of next week, the best proposal will be sent to ISH.

- J. Danser would be happy to host the meeting in the Netherlands in Rotterdam.
- A. Pathak would like to consider hosting the meeting in Paris.
- M. Burnier proposed Basel as host city.

### **13. EDUCATIONAL ACTIVITIES**

#### **13.1 Summer Schools**

##### **a. Summer School 2024 France – Update (A. Pathak, J. Brguljan)**

J. Brguljan thanked A. Pathak for the excellent organization of the 2024 Summer School held at the Club Med Opio en Provence (France) which was a great success. She gave a brief rundown of the meeting:

- 65 young fellows from 35 countries participated in the 2024 Summer School.
- The new program format was appreciated by the participants and the faculty.
- The Social activities were also a great success.
- A booklet of the Summer School was put together and will be available on the ESH website.
- A survey was sent to all the Summer School participants to gather their feedback. Overall, the feedback was positive.
- J. Brguljan commented that for future Summer Schools the participants selected by the National Societies should be slightly older, and more hypertension orientated. This should be included in the letter sent to the National Societies.



A. Pathak summarized the financial situation:

- 105,000 € was received from sponsorship.  
Final Budget: 176,000 €
- Due to a misunderstanding, the funding from AZ could not be approved as the deadline for submitting the enquiry had already passed. The amount will be held for next year's Summer School in Sweden.
- For compliance reasons, 10,000 € from Medtronic will be paid to K. Tsioufis for his meeting in Athens in March 2025.
- M. Burnier pointed out that for future Summer Schools, expenses (hotel, etc.) should be paid in advance directly by FESH to avoid paying taxes.

#### Discussion

- Should participants coming from Argentina, China, Israel, and Lebanon pay a participation fee?
- T. Weber commented that due to the good relations with all these countries, and that the cost for their participation is not so high, no fee should be charged.
- M. Burnier reminded the Council that last year it was decided to keep the number of participants to 50, also the extra cost for the non-EU participants is not modest.
- A suggestion could be to ask for a partial contribution for housing.

M. Burnier suggested organizing local Summer Schools e.g., in South America and Asia, as kind of a franchise concept. J. Brguljan will prepare a proposal.

#### **b. Summer School 2025 Sweden - Outlook** (M. Brunström, J. Brguljan)

M. Brunström reported the organizing committee has been formed and date of the Summer School in Sweden has been decided, September 14-19, 2025. The S.S. will be held in Särö (Gothenburg). Local sponsors AstraZeneca and Bayer will support the Summer School.

#### **c. Future Summer School Host Countries** (J. Brguljan)

- 2026 – The Netherlands
- 2027 – Spain

### **13.2 Webinars** (C. Delles)

Educational activities are very important, and discussions following the great success of the case presentations in Berlin, it was agreed that ESH must provide content for their members. This could be done through webinars presenting case presentations, scientific updates, updates by the Excellence Centres.

C. Delles proposed pilot monthly activities on different topics starting early 2025 for 6 months. Involve Working Groups, short presentations not more than 40 minutes, on a defined day each month.

### **13.2 Webinars sponsored by industry** (C. Delles)

#### 2024

A. Januszewicz reported there are two webinars in 2024 in collaboration with Gedeon Richter Hungary.

The first webinar is programmed for November 25, 2024, at 18:00 (CET): The ESH MASTERplan for hypertension management.

The second webinar will take place on December 10, 2024, at 18:00 (CET): Update on the management of hypertension and cardiac diseases.

#### 2025

M. Massaro mentioned that Menarini will again sponsor 2 webinars in Feb/Mar 2025. Preliminary information will follow shortly.

C. Delles reported a webinar (with 2 slots on one day) is planned in cooperation with AstraZeneca in January 2025 (dates tbd) on CKD management.

#### **14. DATES OF FUTURE COUNCIL MEETINGS (C. Delles)**

- Saturday, February 8, 2025, Milan (Italy) in conjunction with the Programme Committee Meeting for ESH 2025. This is an in-person meeting.
- Friday, May 23, 2025, Milan (Italy): 08:30 AM-12:30 AM in conjunction with the 2025 ESH Milan Meeting.
- Autumn Council Meeting, November 2025 – date and venue tbd.
- Format of future meetings.

#### **15. RESEARCH PROJECTS – Short Summary**

##### **15.a ESH ABPM Covid-19 Study – Final Update (A. Januszewicz)**

- 2 publications – the first published in 2024 in the Journal of Hypertension:  
*The Impact of the COVID-19 pandemic on blood pressure control in patients with treated hypertension-results of the European Society of Hypertension Study (ESH ABPM COVID-19 Study).*
- The second was published in the European Journal of Internal Medicine:  
*The impact of the COVID-19 Pandemic on hypertension phenotypes (ESH ABPM COVID-19 Study).*
- Another paper is being prepared focusing on a group of patients with resistant hypertension.
- Continue registry for 5 years or more on the data for ABPM and link this project to some environmental effects in collaboration with the ESH WG on Environment Hypertension.

##### **15.b Exposure to Trauma and Hypertension in Ukrainian refugees (A. Persu, M. Burnier)**

- Shalimova A, Stoenoiu MS, Cubala WJ, Burnier M, Persu A, Narkiewicz K.  
Published protocol.  
Front Cardiovasc Med. 2024 Jan 11;10:1324367. doi: 10.3389/fcvm.2023.1324367.  
eCollection 2023.PMID: 38274316
- Shalimova A, Stoenoiu MS, Manolache N-G, Cubala WJ, Burnier M, Narkiewicz K, Persu A .  
Research letter.  
In revision.
- Shalimova A, Stoenoiu MS, Cubala WJ, Burnier M, Persu A, Wilgusz M, Narkiewicz K  
Abstract submitted for ISH.

### **15.c ESH AstraZeneca cooperation project (L. Halvorsen)**

**CKD QoC Improvement Initiative for patients with hypertension: part 1 (previous grant €100,000)**  
ESH-AZ cooperation project.

L. Halvorsen gave a short summary on the project so far.

- a. A survey among the ESH Excellence Centres was carried out identified an unacceptable clinical gap in CKD screening, especially a deficit in measuring albuminuria and use of nephroprotective drugs.
  - a. The results were published in the Journal of Hypertension
  - b. The results were presented at the ESH 2024 Annual Congress in Berlin
- b. Infographic: the Council approved the ESH logo on the infographic

We will apply for a new grant for 2025/2026 in the amount of €150,000. Contract with ESH/FESH.

### **16.d ESH-Servier project on Adherence in Hypertension (M. Burnier)**

M. Burnier presented the ESH-Servier project on Adherence:

#### **Project N. 1: Patient Perspectives on Treatment Adherence in Hypertension: AN ESH SURVEY IN FIVE COUNTRIES**

- ESH Working Group on Lifestyle, Cardiovascular Therapy and Adherence in collaboration with the Senior International Health Association (SIHA) and Servier International.
- Research grant from Servier: 150,000 € over 3 years.
- Survey objectives / Study organized in two phases.
- Methods: Data collection for part 1, Inclusion criteria, Analysis
- Recruitment of patients at the end of April 2022: around 600 patients enrolled in the 5 major countries (Spain, Italy, Germany, France, U.K.).
- Extension of the project: Inclusion of addition countries (Poland, Romania, Czech Republic, Algeria)
- Output: 2 oral presentations at the Annual ESH meeting (2 published abstracts); several presentations of the data at national and local meetings; one major paper in circulation and ready to be submitted; additional papers in discussion based on new analysis (new multivariate analyses).
- For the first project Servier funded €100,000 (not all spent) and are now ready to support a second project.

#### **Research project N. 2.**

- Major objective: To help physicians identifying patients at risk of poor adherence.
- Needs
- Detection of high-risk patients
- Pharmacists' involvement / Example of questionnaire used in Colorado by pharmacists.
- There are discussions underway between the Working Group and Servier – Objective another 3-year project.
- Servier are ready to invest 50,000 €/year to develop this project.
- Servier has a worldwide project on adherence, any Servier affiliate in any country has to work on adherence.

- The next meeting in Gdansk will be entirely dedicated to adherence and medical inertia.
- Financial benefits for the Society? Yes, funding for 1<sup>st</sup> project 100,000 € - only approx. 10,000€ has been spent. Therefore, approx. 90,000 € financial benefit for FESH.
- T. Weber thanked M. Burnier for the important presentation and informed the Council that ESH has received an education grant from Servier for 15,000 € which should cover the cost of the Council meeting.

**Adherence Day, March 27, 2025** – C. Delles commented that it would be wise for ESH to part of this initiative.

- M. Burnier mentioned that he has represented ESH twice in Brussels. There is a big movement within the EU to support adherence. He was invited attended the Cross Action on Adherence programme, it's the biggest Cross Action programme by the EU on adherence. Around 300 people attended. He also represented ESH at the WHO meeting in Geneva to support programmes on adherence and to engage ESH in these programmes.
- Organize ESH initiatives to promote adherence.

#### **16. ANY OTHER COMPETENT BUSINESS (Delles)**

No other business matters to be discussed.

#### **17. CLOSURE OF THE MORNING MEETING**

The President closed the morning meeting thanking all Council members for the successful meeting and was looking forward to the afternoon discussions with those remaining in Vienna.

*LUNCH BREAK*

#### **Minutes of the afternoon Meeting of the ESH Scientific Council**

**November 9, 2024**

**Andaz Hotel, Vienna, Austria**

**1:15 – 3:00 PM CET**

The afternoon part of the ESH Council Meeting was dedicated to a lively discussion to define the key issues for the future of the Society. It was decided to establish 5 Task Forces (TFs) to deal with the most burning topics. The TFs will be composed exclusively of Council members who volunteer to participate. The first results of the TF discussions shall be presented during the next Council meeting in Milan in early February 2025.

The most important topics and their corresponding sub-topics for the Society are as follows:

#### **ESH Council Members**

- By-Laws (ESH Foundation to be included)
- Representation of other societies, e.g. ESC
- Terms/duration of Council members
- Defining the roles of Council members
- ESH employees
- Young Investigators

#### **ESH Annual Conferences**

- What is a local organizer?

- Role of AIM – financial risk
- Task list and assigned persons
- Venue/city

#### **Scientific activities**

- Interesting topics / “moonshot”
- Grants, e.g. EU
- Journals and publications

#### **Membership**

- Individual membership
- Corporate membership
- Benefits
- Fees

#### **Educational activities**

- Webinars
- ESH Summer School / Franchise
- Endorsements
- Guidelines

There were also some sub-topics that were defined as cross-cutting issues that must be considered by all TFs:

- Young Investigators
- National Societies
- Collaboration with industry
- How to be attractive to the industry?
- How to negotiate with the industry?

After defining the Task Forces, Council members declared to volunteer in one or more of the TFs as follows:

**ESH Council Members:** C. Delles, T. Weber, E. Rodilla, L. Halvorsen, A. Pathak, M. Burnier

**ESH Annual Conferences:** R. Kreutz, G. Mancia, J. Danser, K. Tsioufis, A. Persu

**Scientific activities:** A. Januszewicz, J. Brguljan, K. Tsioufis, M. Dumas, A. Pathak, A. Persu, M. Brunström

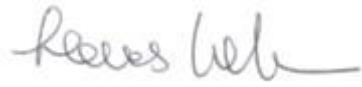
**Membership:** L. Halvorsen, Z. Jarai, J. Danser, A. Pathak

**Educational activities:** J. Brguljan, A. Januszewicz, M. Burnier, Z. Jarai, E. Rodilla, M. Dumas, M. Brunström

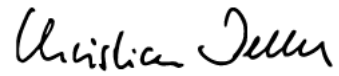
The person first named in the list will be the leader of the group. Council members that weren't able to participate in the Council meeting will be asked by email to volunteer for the Task Forces.

The TFs are to organize themselves in terms of online meetings. Since first results are to be presented during the February 2025 Council meeting, the TFs were asked to have a first online meeting as soon as possible.

T. Weber thanked everyone for the good and fruitful discussion and closed the afternoon part of the Council meeting in Vienna.



**Thomas Weber**  
ESH President



**Christian Delles**  
ESH Secretary