

**List of Officers and Members**  
**History of the ESH WG**  
**Rules and Regulations of the ESH WG**  
**Annual Working Group Report Form**  
(To be submitted to ESH WG Coordinator before December 31, 2024)

**Year/time period of report:** 2024  
**Name of Working Group:** Hypertension and the Brain  
**Name of Working Group Section** (if applicable): NA

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### **Composition of Working Group**

**Chair:**

Name: Dagmara Hering  
Email: [hering@gumed.edu.pl](mailto:hering@gumed.edu.pl)  
Year of appointment: 2022

**Vice-Chair:**

Efstathios Manios  
Email: [stmanios@med.uoa.gr](mailto:stmanios@med.uoa.gr)  
Year of appointment: 2024

**Secretary:**

Teodora Yaneva  
Email: [teodora.yaneva@gmail.com](mailto:teodora.yaneva@gmail.com)  
Year of appointment: 2024

### **Working Group Members**

Current number of members: 102

New members approved this year: 3

**Anastasia Malliora (Greece)** Email: [anamalliora@yahoo.gr](mailto:anamalliora@yahoo.gr)

**Ivo Pertov (Bulgaria)** Email: [petrovivo@hotmail.com](mailto:petrovivo@hotmail.com)

**Latchezar Traykov (Bulgaria)** Email: [traykov\\_l@yahoo.fr](mailto:traykov_l@yahoo.fr)

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### **Activities of the year**

Publications on behalf of the Working Group

Published this year:

**1. Hypertension and Brain Damage. Second Edition of the Book, 2024 Springer-Verlag, Editor Antonio Coca**

- Reviews evidence and guidelines concerning the management of hypertension in the context of stroke
- Provides detailed information on pathophysiology
- Discusses the results of trials on stroke prevention in hypertensive patients

This book consists of 20 chapters with Co-Author of the ESH WG on Hypertension and Brain and ESH Members, Experts in the field including past President of the ESH WG on Hypertension and Brain and the ESH

**2. Yaneva-Sirakova T, Petrov I, Traykov L, Marchev S, Hering D. Vascular-brain interaction. Neurosonology and Cerebral Hemodynamics.2024; 20(2): 157-69.**

In preparation:

1. Blood pressure management in post-stroke patients Consensus article from the European Society of Hypertension Working Group on Hypertension and Brain and European Stroke Organization

**Activities of the year**

- **Participation at the 33<sup>rd</sup> ESH Annual Meeting Berlin, Germany, May 31-June 3, 2024**

**ESH WG Main Session**

**Chairpersons: P. Cunha (Minho, PORTUGAL), D. Hering (Gdansk, POLAND)**

**Hypertension and cognition – how to prevent and detect?**

1. Cardiometabolic Disease and Brain Damage – **A. Malliora (Greece)**
2. Detection and prevention of cognitive impairment in hypertension – **P. Cunha (Portugal)**
3. Imaging techniques for detection and diagnosis of brain damage – **D. Gasecki (Poland)**
4. Discussion.

**ESH Mini Lectures**

1. How to prevent dementia in hypertensive patients – **D. Hering (POLAND)**
2. The Advanced neuroimaging in hypertension: translational tools to map the pattern of cerebral injury. – **L. Carnevale (ITALY)**

**Poster sessions:**

1. Inuzuka S, Costa Th, ... **Coca A**, Barroso W. Non-invasive central blood pressure and intracranial waveform assessment in hypertensive patients. Journal of Hypertension. 2024; 42(Suppl 1): e94.
2. Camafort M, Suarez A, Benitez C... **Coca A**. Phenotypic characteristics of patients with increased arterial stiffness in a hypertension unit. Journal of Hypertension. 2024; 42(Suppl 1): e42.
3. Athanasopoulou E, Karachalias F, Yofoglou L, Kanatas P, Weber Th, Danninger K, Blacher J, **Manios E**, Protogerou A, Argyris A. 24-hour isolated aortic systolic hypertension and hypertension mediated organ damage: data from the SAFAR study. Journal of Hypertension. 2024; 42(Suppl 1): e201-2.
4. Kaminski K, Kowalczyk K, Kwarciany M, Narkiewicz K, Karaszewski B, **Gasecki D**. Peripheral arterial stiffness predicts independently functional outcome after ischemic stroke. Journal of Hypertension. 2024; 42(Suppl): e300.
5. **Farukh B**, Faconti L, McNally R, Chowienczyk Ph. Impaired beta-adrenergic vasodilator function in hypertensive patients with symptoms of depression. Journal of Hypertension. 2024; 42: e94.

**- Participation in the XVIII National Congress of Bulgarian Society of Cardiology, Plovdiv, Bulgaria, October 10-13, 2024**

**Session: The heart and the brain: a joint session of the Bulgarian Society of Cardiology, Bulgarian Hypertension League and ESH WG on Hypertension and Brain damage**

**Chairpersons: A. Postadzhiyan (BULGARIA), D. Hering (Gdansk, POLAND)**

1. "The Heart of the problem" – **A. Coca (Spain)**
2. "The Brain of the problem" – **T. Yaneva (Bulgaria)**
3. "Precision medicine for cerebrovascular protection" – **P. Cunha (Portugal)**
4. Discussion

**Session: Acute cerebrovascular incidents: cardio-neurologic team**

**Lecture: Protocol for hemodynamic assessment and support -T. Yaneva (Bulgaria)**

**Session: Joint session with The Working Group on Hypertension**

1. How to select patients for renal denervation? **A. Postadzhiyan (Bulgaria)**

2. Renal denervation beyond hypertension – **D. Hering (Poland)**

3. Renal denervation and pulmonary vein isolation – **I. Petrov (Bulgaria)**

- **ESH Practical Intensive Course on Hypertension and Cardiovascular Risk, Samarkand, Uzbekistan, October 18-19, 2024**

Numerous Sessions with the participation of the **ESH WG on Hypertension and Brain nucleus members**

**Gulnoz Khamidullaeva (Uzbekistan), Abdullaeva Guzal Jaloliddinovna (Uzbekistan), Arman Postadzhiyan (Bulgaria), Dagmara Hering (Poland)**

- **Planned participation at the 34<sup>th</sup> ESH Annual Meeting Milan 2025**

WG scientific meeting; main program

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### **Scientific projects**

Ongoing:

1) CHSP-SML Study: The impact of Central Hemodynamic biomarkers in acute ischemic stroke prognosis and outcome at short, medium and long term. The goal is to analyze the different phenotypes of CBP during stroke, its evolution in the acute, sub-acute and chronic post-stroke evaluations, correlating these findings with cardiovascular and neurological outcomes. Recruitment started in 2019, but activity was stopped during the pandemic.

2) CEREBRO Project – A longitudinal cohort, followed to evaluate the prevalence of cognitive dysfunction in hypertensives and correlate different measures of central and peripheral arterial function and brain structure with cognitive decline. Centres in Latin America and Europe have signaled interest. It has started recruitment in 2019.

### **Collaborations with other WGs/Scientific Societies:**

- 1. Bulgarian Society of Cardiology – Joint meeting at the National Cardiology Congress, Plovdiv 2024**
- 2. Bulgarian Hypertension League**
- 3. Uzbekistan Society of Cardiology**

**Filled by (full name): Dagmara Hering**

**Date: 31/12/24**

**Appendix:**

List of Officers and Members

History of the ESH WG

Rules and Regulations of the ESH WG

E-mail address of the Working Group on Hypertension and the Brain  
[eshwgbrain@gmail.com](mailto:eshwgbrain@gmail.com)

## **CURRENT NUCLEUS OFFICERS 2023-2025**

(Elected on November 24<sup>th</sup>, 2022, and June 3<sup>th</sup> 2024)

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and Diabetology  
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## **ESH Working Group on Hypertension and the Brain**

1. In 2012 Prof. Stéphane Laurent (Paris, France) proposed to start a new Working Group within the ESH: the **Working Group on Hypertension and the Brain**;
2. The activity of this ESH WG would have as purpose a coordinated effort to improve results on the fight against stroke and cognitive decline, through the lowering of high blood pressure in primary prevention, as well as in more interaction between hypertension specialists and neurologists in BP management after stroke.

<b>Presidents:</b> 2012	Stéphane Laurent (Paris, France)
2014	António Coca (Barcelona, Spain)
2016	Dariusz Gąsecki (Gdansk, Poland)
2018	Pedro Guimarães Cunha (Guimarães, Portugal)
2022	Dagmara Hering (Gdansk, Poland)

The new WG planned to connect ESH Excellence Centers and national Societies of Hypertension. All members of ESH Excellence Centers were asked to contact neurologists of their hospital, or nearby hospitals, and sensitize them to the objectives of the WG, thus creating an informal network of hypertension specialists and neurologists in numerous centers and countries.

The ESH Working Group should develop and implement collaborative recommendations, and promote scientific meetings or joint sessions with the purpose of debating and disseminating knowledge in the field, including:

- Guidelines, position papers, ESH Newsletters
  - a) Recommendations addressed to the writing committee of the 2013 ESH-ESC Guidelines
  - b) Position paper, reviews on hypertension and stroke (Journal of Hypertension, 2018)
  - c) Position paper, reviews on hypertension and cognitive decline (in preparation)
- Implementation of Guidelines
  1. WG sessions at regular meetings of the ESH

2. Joint ESH-ESC (European Stroke Conference) sessions at ESC and ESH meetings (Barcelona, 2018)
3. Joint Session with the Portuguese Society of Hypertension (2016, 2017)
4. Joint Session with the Polish Society of Hypertension (2016)
5. Joint Session at the ESC Meeting (2018, Athens)
6. Joint Session with the Portuguese Society of Internal Medicine (2019)
7. Joint Session with the European Stroke Organization (2023)
8. Joint Session with the Bulgarian Society of Cardiology and Bulgarian Hypertension League (2024)

## **Teaching course of ESH Working Group "Hypertension and the Brain"**

### **The Book**

1. Hypertension and the Brain Damage. Coca A. (ed), Springer 2016
2. Hypertension and the Brain Damage. Coca A. (ed), Springer 2024

### **The ESH - Newsletters:**

1. Hypertension and stroke subtypes: A causative role or simply association? (2016).
2. Blood pressure targets in acute intracerebral haemorrhage (2017).
3. Effects of antihypertensive treatment in Cognitive Decline (2019).
4. Predictive value of new cardiovascular tools for stroke risk classification (2023).
5. Twenty-four-hour ambulatory blood pressure monitoring—from silent to whispering brain damage (2023).

**ESH - Position Papers:**

Blood pressure in acute ischemic stroke: challenges in trial interpretation and clinical management: position of the ESH Working Group on Hypertension and the Brain  
J Hypertension 2018, 36:1212-1221.

**Joint Research Projects**

The WG has recently decided to promote joint multicentric research projects, and is currently developing two research protocols in different domains: Cognitive decline in hypertensives and central hemodynamic profile in subjects with stroke.

Currently, the WG includes 102 members from 26 countries in 4 continents.

# **Working Group on “Hypertension and the Brain”**

## **Rules and Regulations**

### **Article 1.**

The working group (WG HT & Brain) is established as a working group of the European Society of Hypertension (ESH) according to the by-laws of the ESH. The internal governance of the WG is regulated by ESH Council-approved Rules and Regulations.

### **Article 2.**

The WG encourages research, teaching, and communication of knowledge, and participates in education focused on the effects of high blood pressure and associated cardiovascular risk factors on the brain.

Specific objectives include:

- To promote, organize and/or co-ordinate research on this subject
- To gather and exchange information regarding research and related activities within the working group
- To contribute to the organization, preparation and delivery of the scientific program of the annual ESH Congress and to support and participate in other ESH scientific meetings and symposia
- To organize and participate in educational activities within the ESH
- To organize teaching workshops on suitable topics related to the brain
- To contribute to the organization, preparation and delivery of joint sessions with other relevant national or international societies in scientific meetings
- To promote and organize education on this subject
- To contribute to task forces for the development and implementation of ESH guidelines and joint guidelines with sister societies
- To establish appropriate recommendations for the ESH Council regarding the subject matter of the WG
- To develop position papers and consensus documents on hypertension and the brain in collaboration with sister societies
- To contribute to the content of the ESH website

### **Article 3.**

The Nucleus consists of:

- Officers: Chair, Vice-Chair, immediate Past-Chair, Secretary, and four officers.

- Ex-officio members: the Nucleus may nominate ex-officio members to carry out specific tasks

The Chair is elected for a non-renewable period of 2 years. The Vice-Chair automatically becomes the Chair for the following 2 years. A person may not be re-elected to these posts.

The Chair automatically becomes Past-Chair for the following 2 years, after his/her term of office has expired.

The Secretary, the Vice-Chair and the four officers are elected for 2 years, renewable for a further 2 years. After these 4-years, a person may not be re-elected to these posts during the following 4 years.

The ex-officio members are appointed for 2 years, renewable for a further 2 years.

#### **Article 4.**

The Secretary, with the agreement of the Chair, is responsible for preparing an annual report on the activities of the WG for the ESH Council and the membership, to be presented and approved at the Annual General Assembly.

#### **Article 5.**

The members of the WG Nucleus will elect the Officers (Chair, Vice-Chair, and Secretary). In order to guarantee continuity, the position of Vice-Chair will only be open to an Officer who has been a member of the Nucleus for at least 2-years.

#### **Article 6.**

The Nucleus will consist of members with a proven record in the field of hypertension and the brain. Potential members should apply to the Chair by submitting a brief (one page) curriculum vitae including relevant references related to the subject of the working group. The Chair will ratify the application, but may ask for advice from the other Officers if deemed appropriate. If an application is rejected there is no obligation to provide reasons to the applicant.

#### **Article 7.**

The Nucleus will meet at least once a year at the annual ESH Congress. The Nucleus may meet in conjunction with other events and hold conference calls when required.

#### **Article 8.**

The General Assembly will be held once a year during the annual ESH Congress. The agenda of the General Assembly will be drawn up by the Chair.