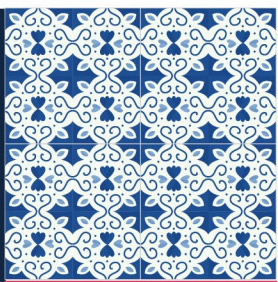




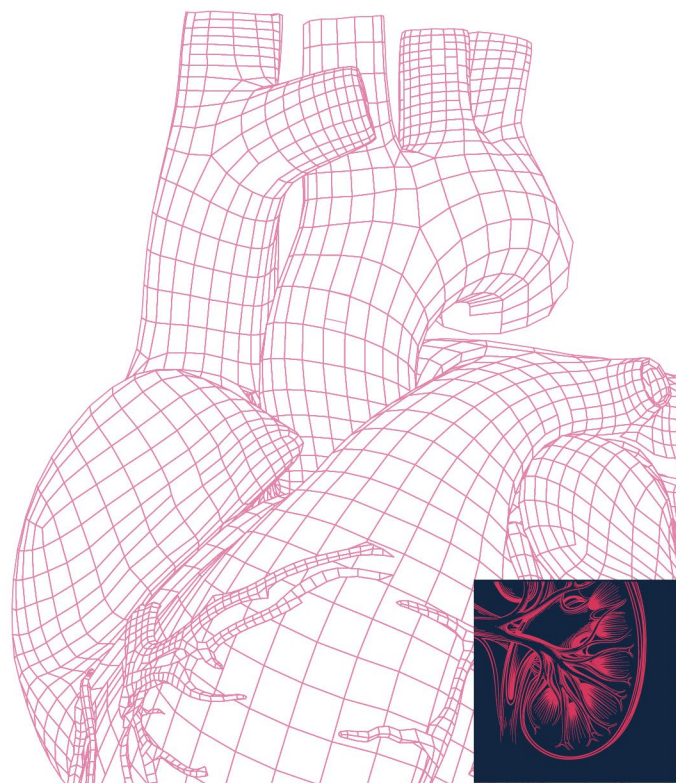
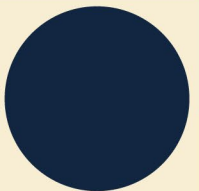
ESH Hypertension-Cardio Course **2025**

ESH Master Plan to control Hypertension

4-5 April 2025
Lisbon Marriott Hotel - Lisbon, Portugal

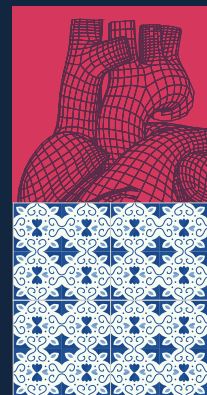


SCIENTIFIC PROGRAM



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EVENTS.**



ESH Hypertension-Cardio Course **2025**

SCIENTIFIC BOARD

Thomas WEBER (Austria)

Reinhold KREUTZ (Germany)

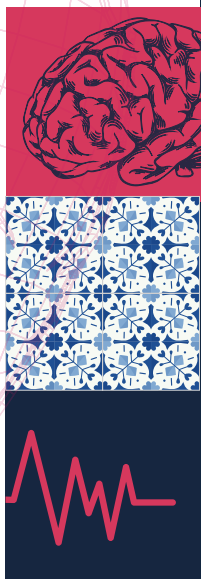
Rosa de PINHO (Portugal)

Fernando Martos GONÇALVES (Portugal)

Leopoldo PÉREZ DE ISLA (Spain)

Jana BRGULJAN (Slovenia)

Diana WONG RAMOS (Portugal)



ESH Hypertension-Cardio Course **2025**

SCIENTIFIC PROGRAM

4TH APRIL 2025

14:00-15:00 Registration

15:00-15:15 **New York Room**

Welcome and introduction

Fernando Martos GONÇALVES (Portugal), President of the Portuguese Society of HT
Thomas WEBER (Austria), President of the European Society of HT
Rosa DE PINHO (Portugal), Past President of the Portuguese Society of HT

15:15-16:00 **New York Room**

Plenary Session: UPDATE ON HT GUIDELINES: ESH MASTERPLAN

Reinhold KREUTZ (Germany)
Atul PATHAK (Monaco)

16:00-16:10 Going to break-out rooms

16:10-16:55 **Interactive Workshops: MASTER THE MASTERPLAN**



**GREEN
GROUP**

Casablanca Room

Measure BP/Diagnose and Assess Patient:

CV risk assessment and management

Moderators: Leopoldo PEREZ DE ISLA (Spain), Simina CRISAN (Romania)

Clinical Cases:

- Measure BP/Diagnose: Brigita CELAR (Slovenia)
- Diagnose and Assess CV risk: Jonathan dos SANTOS (Portugal)



**BLUE
GROUP**

New York Room

Select Therapy:

Older HT patients with multimorbidity

Moderators: Reinhold KREUTZ (Germany), Heloísa RIBEIRO (Portugal)

Clinical Cases:

- HT patient with multimorbidity: Francisca ABECASIS (Portugal)
- Older HT patient: Egle KAZAKAUSKAITE (Lithuania)



**YELLOW
GROUP 1**

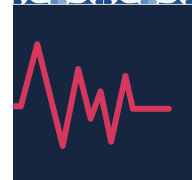
Geneve Room

Evaluate Response (1):

To change behavior and improve adherence

Moderators: Michel BURNIER (Switzerland), Vitória CUNHA (Portugal)

Clinical Cases: Marko LAZIĆ (Serbia)



Friday | 4th April

ESH Hypertension-Cardio Course **2025**

SCIENTIFIC PROGRAM



Berlin Room

Evaluate Response (2):

To change behavior and improve adherence

Moderators: Atul PATHAK (Monaco), Dinko LUPI (Croatia)

Clinical Cases: Ioana SUS (Romania)

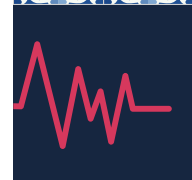
16:55-17:25 **Break & Networking**

17:25-18:15 **New York Room**

Round Table: IMPLEMENTING GUIDELINES INTO PRACTICE: NATIONAL INITIATIVES TO IMPROVE BP CONTROL

Moderators: Jana BRGULJAN (Slovenia), Theodora BENEDEK (Romania)

Panelists: Fernando Martos GONÇALVES (Portugal), Enrique RODILLA (Spain),
Anna VACHULOVA (Slovakia), Peter LETAVAY (Slovakia), Thomas DIETERLE (Switzerland),
Bojan JELAKOVIC (Croatia)



Friday | 4th April



ESH Hypertension-Cardio Course **2025**

SCIENTIFIC PROGRAM

5TH APRIL 2025

09:00-09:20 **New York Room**
**State of Art Lecture: THE PRESENT AND THE FUTURE OF DIGITAL /
HEALTH CARE / AI**

Moderator: Luís MARTINS (Portugal)

Speaker: Lima NOGUEIRA (Portugal)

09:20-10:30 **New York Room**
Plenary Session: CV RISK ASSESSMENT

Moderators: Thomas WEBER (Austria), Fernando GONÇALVES (Portugal)

- **Difficulties in CV risk assesement in practice** Ana Maria BALAHURA (Romania)
- **Arteries** Thomas WEBER (Austria)
- **From Veins to Arteries – From Arteries to Veins**
Leopoldo PÉREZ DE ISLA (Spain), Joaquin de HARO MIRALLES (Spain)

10:30-11:00 **Break & Networking**

11:00-11:45 **Interactive Workshops: MASTER THE MASTERPLAN**



**GREEN
GROUP**

New York Room

Select Therapy:

Older HT patients with multimorbidity

Moderators: Reinhold KREUTZ (Germany), Anna VACHULOVA (Slovakia)

Clinical Cases:

- HT patient with multimorbidity: Filipe CABRAL (Portugal)
- Older HT patient: Milorad TEŠIĆ (Serbia)



**BLUE
GROUP 1**

Geneve Room

Evaluate Response (1):

To change behavior and improve adherence

Moderators: Michel BURNIER (Switzerland), Vitória CUNHA (Portugal)

Clinical Cases: Jerneja CUJES (Slovenia)



Saturday | 5th April

ESH Hypertension-Cardio Course **2025**

SCIENTIFIC PROGRAM



Berlin Room

Evaluate **R**esponse (2):

To change behavior and improve adherence

Moderators: Joana MONTEIRO (Portugal), Dinko LUPI (Croatia)

Clinical Cases: Adriana ŠIMKOVÁ (Slovakia)



Casablanca Room

Measure BP/Diagnose and **A**ssess Patient:

CV risk assessment and management

Moderators: Leopoldo PÉREZ DE ISLA (Spain), Rusudan AGLADZE (Georgia)

Clinical Cases:

- Measure BP/Diagnose: Ana TORNADA (Portugal)
- Diagnose and Assess CV risk: Ruxandra DRAGOI GALRINHO (Romania)

11:45 - 11:55

Break & Networking

11:55 - 12:40

Interactive Workshops: **MASTER THE MASTERPLAN**



Geneve Room

Evaluate **R**esponse (1):

To change behavior and improve adherence

Moderators: Michel BURNIER (Switzerland), Vitória CUNHA (Portugal)

Clinical Cases: Branislav CRNOMARKOVIĆ (Serbia)



Berlin Room

Evaluate **R**esponse (2):

To change behavior and improve adherence

Moderators: Joana MONTEIRO (Portugal), Dinko LUPI (Croatia)

Clinical Cases: Laura BENCHEA (Romania)



Casablanca Room

Measure BP/Diagnose and **A**ssess Patient:

CV risk assessment and management

Moderators: Leopoldo PÉREZ DE ISLA (Spain), Milan DOBRIĆ (Serbia)

Clinical Cases:

- Measure BP/Diagnose: Vasco VARELA (Portugal)
- Diagnose and Assess CV risk: Luís Nogueira SILVA (Portugal)



Saturday | 5th April

ESH Hypertension-Cardio Course **2025**

SCIENTIFIC PROGRAM



**YELLOW
GROUP**

New York Room

Select Therapy:

Older HT patients with multimorbidity

Moderators: Reinhold KREUTZ (Germany), Heloísa RIBEIRO (Portugal)

Clinical Cases:

- HT patient with multimorbidity: Mehriban ISGANDAR (Azerbaijan)
- Older HT patient: Indre AUGUSTE (Lithuania)

12:40-13:40 Lunch & Networking

13:40-14:00

New York Room

Plenary Session: THE MOST IMPORTANT MESSAGES FROM RECENT HYPERTENSION GUIDELINES

Moderator: Thomas WEBER (Austria)

Speaker: Luís BRONZE (Portugal)

14:00-14:40

New York Room

Round Table: TEAM BASED CARE IN HYPERTENSION MANAGEMENT

Moderators: Rosa DE PINHO (Portugal), Enrique RODILLA (Spain)

Panelists: Rita LEAL (Portugal), Ema PAULINO (Portugal)

14:40-15:20

New York Room

Round Table: HOW TO STRENGTHEN PATIENT ENGAGEMENT AND IMPROVE ADHERENCE?

Moderator: Michel BURNIER (Switzerland)

Panelists: Vitória CUNHA (Portugal), Anna SZYNDLER (Poland), Ilija SRDANOVIĆ (Serbia), Diana WONG RAMOS (Portugal)

15:20-15:30

New York Room

Conclusion and closing

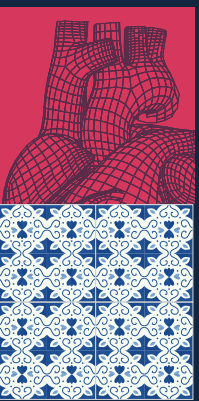
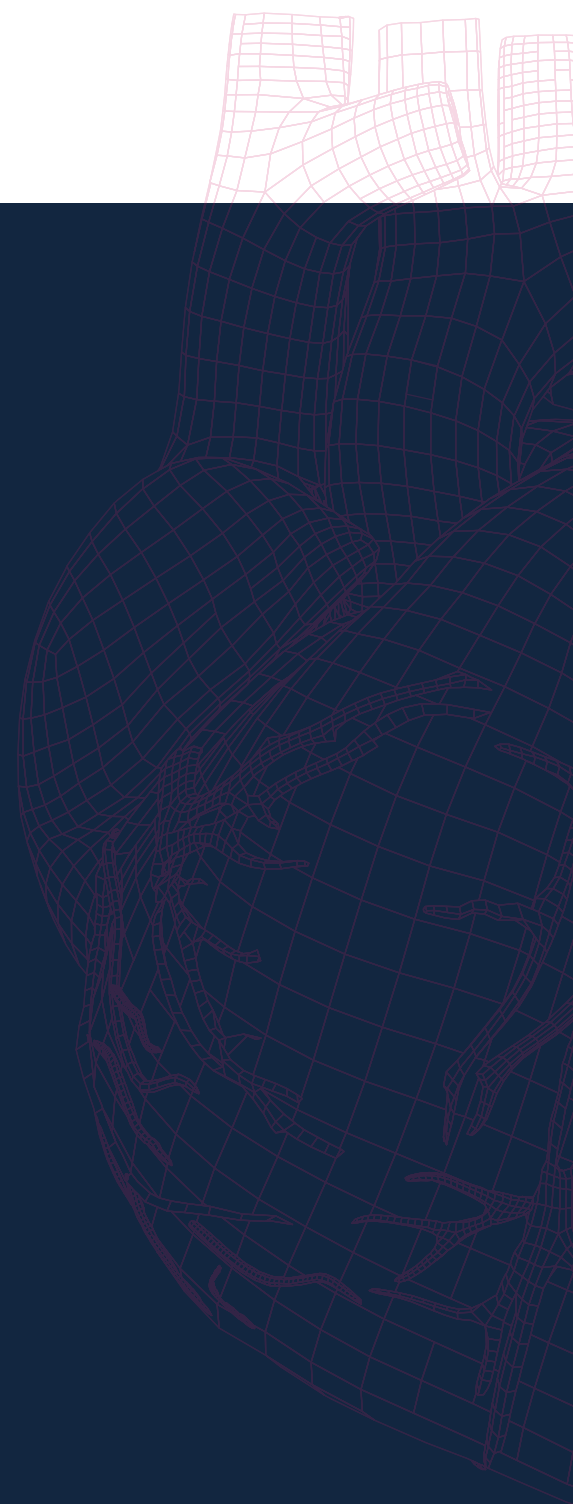
15:20-15:30

Break-Out Meetings by Country



Saturday | 5th April





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ESH Master Plan to control Hypertension