



**B** Universitat de Barcelona

Under the auspices of



**European  
Society of  
Hypertension**

International Symposium on  
**the Complexity of the Management  
of Hypertension and its Comorbidities**

organized by

Cátedra de Medicina Interna  
UB-SEMI-MENARINI  
School of Medicine,  
University of Barcelona

Barcelona (Spain)

**26<sup>th</sup>-28<sup>th</sup> November 2015**

promoted by



FONDAZIONE  
INTERNAZIONALE  
MENARINI



*The effects of high blood pressure on the structure and function of all arteries lead to subclinical damage in most organs of the human body. Of particular importance are abnormalities in the heart, brain, kidneys and the large elastic arteries which, after years of silent disease, may erupt as clinical fatal or non-fatal events such as stroke, coronary artery disease, heart failure, chronic kidney disease and peripheral artery disease.*

*These complications remain the most frequent cause of death and morbidity worldwide, including developed Countries, and underdeveloped and developing Countries. The high prevalence of hypertension and other associated traditional cardiovascular risk factors, such as central obesity, dyslipidemia, hyperglycemia, sedentarism and metabolic syndrome, may be explained by the interaction of environmental factors with a specific and complex genetic predisposition. Epigenetics are probably more important than genes in emerging Countries, where the incidence of these traditional cardiovascular risk factors is increasing dramatically.*

*Hopefully, the burden of these factors can be reduced and corrected by optimizing available treatments, possibly with the exception of obesity, thus permitting a significant reduction in cardiovascular events. As a first step, silent structural and functional alterations of small and large arteries may be prevented and reversed by appropriate treatments.*

*Therefore, the introduction of life style measures focused on reducing weight gain over time, reducing salt and alcohol intake, and reducing excess carbohydrate and saturated fat intake in the general population are crucial first steps in avoiding the transition from health to disease. In addition, the correct use of the vast arsenal of pharmacological antihypertensive treatments is the most effective way of reducing cardiovascular mortality and morbidity worldwide. The best results in terms of the efficacy of therapy can only be obtained with correct stratification of the global cardiovascular risk, the early detection of cardiovascular risk factors, early diagnosis of the process and early treatment. This is a very complex task as reflected by the title of this Symposium: "The complexity of the management of hypertension and its comorbidities".*

*The aim of this International Symposium is to update general practitioners and specialists (cardiologists, internists, nephrologists, endocrinologists, neurologists) on the most recent advances in the effects and mechanisms by which cardiometabolic risk factors induce organ damage: early vascular aging, the transition from hypertension to heart failure, how the brain is affected, the interaction of cardiovascular risk factors in kidney damage, the best treatments for preventing organ damage and cardiovascular events and, finally, how to tackle hypertension and comorbidities in low-resource Countries.*

**Prof. Antonio Coca**  
**President of the Meeting**



## President of the Meeting

**Prof. Antonio Coca**

Head of the Hypertension and Vascular Risk Unit Hospital Clinic  
and Professor of Medicine, University of Barcelona

## Scientific Secretariat

**AIM Group International - AIM Education srl**

Via G. Ripamonti 129

20141 Milan (Italy)

Phone: +39 02 566011 - Fax: +39 02 70048585

E-mail: [cme@aimgroup.eu](mailto:cme@aimgroup.eu)

[www.aimeducation.it](http://www.aimeducation.it)

## Promoted by

**Fondazione Internazionale Menarini**

Centro Direzionale Milanofiori

20089 Rozzano (Milan, Italy)

Edificio L - Strada 6

Phone: +39 02 55308110

Fax: +39 02 55305739

E-mail: [milan@fondazione-menarini.it](mailto:milan@fondazione-menarini.it)

<http://www.fondazione-menarini.it>

## Organizing Secretariat



**AIM Group International - Milan Office**

Via G. Ripamonti 129

20141 Milan (Italy)

Phone: +39 02 566011 - Fax: +39 02 70048590

[www.aimgroupinternational.com](http://www.aimgroupinternational.com)

Thursday, 26<sup>th</sup> November 2015

Afternoon

*Opening ceremony*

- 18.30 **Welcome**  
*A. Coca (President of the Meeting), F. Cardellach (Dean), A. Casini (Fondazione Internazionale Menarini)*
- 19.00 **Inaugural Lecture: Hypertension treatment: past, present and future**  
*A. Zanchetti (Milan, Italy)*

Friday, 27<sup>th</sup> November 2015

Morning

● **SESSION I**

**The large and small artery alterations in Hypertension**

**Chairpersons: A.M. Heagerty (Manchester, U.K.), M. Viigimaa (Tallinn, Estonia)**

- 09.00 *E. Agabiti Rosei (Brescia, Italy)*  
Small arteries disease in hypertension target organs: what's new
- 09.30 *P. Boutouyrie (Paris, France)*  
The impact of hypertensive large arteries damage in cardiovascular disease
- 10.00 *L. Van Bortel (Ghent, Belgium)*  
How can antihypertensive treatment modify arterial structural damage
- 10.30 *Discussants: M. Dorobantu (Bucharest, Romania), A. Manolis (Athens, Greece)*  
Panel Discussion
- 11.00 *Coffee break*

● **SESSION II**

**The transition from Hypertension to Heart Failure**

**Chairpersons: M. Camafort (Barcelona, Spain), B. Jelakowich (Zagreb, Croatia)**

- 11.30 *G. de Simone (Naples, Italy)*  
Defining left ventricular hypertrophy: why is it so difficult?
- 12.00 *J. Díez (Pamplona, Spain)*  
From left ventricular hypertrophy to heart failure: new advances
- 12.30 *F. Perez-Villa (Barcelona, Spain)*  
Management of heart failure with preserved systolic function
- 13.00 *Discussants: D. Lovic (Nis, Serbia), T. Kahan (Stockholm, Sweden)*  
Panel Discussion
- 13.30 *Lunch*

● **SESSION III**

**Hypertension and the Brain**

**Chairpersons: A. Chamorro (Barcelona, Spain), K. Narckiewicz (Gdansk, Poland)**

- 14.30 *D. Gasecki (Gdansk, Poland)*  
How to manage blood pressure in the acute phase of stroke
- 15.00 *C. Sierra (Barcelona, Spain)*  
Hypertension and cognitive decline
- 15.30 *A. Vicario (Buenos Aires, Argentina)*  
How to assess cognitive decline in routine clinical practice
- 16.00 *Discussants: P. Cunha (Guimaraes, Portugal), C. Farsang (Budapest, Hungary)*  
Panel Discussion
- 16.30 *Coffee break*

Friday, 27<sup>th</sup> November 2015

Afternoon

● **SESSION IV**

**Hypertension and the Kidney**

**Chairpersons: J.M. Campistol (Barcelona, Spain), J. Galcerán (Barcelona, Spain)**

- 17.00 *J. Segura (Madrid, Spain)*  
Impact of chronic kidney disease in cardiovascular disease
- 17.30 *M. Burnier (Lausanne, Switzerland)*  
Renal protection in the diabetic patient
- 18.30 *J. Redón (Valencia, Spain)*  
Obesity and the kidney
- 19.00 *Discussants: D.I. Molina de Salazar (Manizales, Colombia), J.Z. Parra Carrillo (Guadalajara, México)*  
Panel Discussion

Saturday, 28<sup>th</sup> November 2015

Morning

● **SESSION V**

**Optimizing Hypertension treatment: The great challenges**

**Chairpersons: A. López Soto (Barcelona, Spain), W.K. Sebba Barroso Souza (Goiás, Brazil)**

- 09.00 *M. Doménech (Barcelona, Spain)*  
The diet in prevention and treatment of cardiovascular disease
- 09.30 *G. Mancia (Milan, Italy)*  
How to improve adherence and persistence with treatment
- 10.00 *K. Tsioufis (Athens, Greece)*  
What is new in interventional therapy for resistant hypertension?
- 10.30 *Discussants: M. Azizi (Paris, France), R. Schmieder (Erlangen, Germany)*  
Panel Discussion
- 11.00 *Coffee break*

● **SESSION VI**

**How to face Hypertension in low-resource Countries**

**Chairpersons: A. Coca (Barcelona, Spain), R. Sanchez (Buenos Aires, Argentina)**

- 11.30 *P. López-Jaramillo (Bucaramanga, Colombia)*  
Epidemiology of cardiovascular risk factors in Latin America
- 12.00 *L. Alcocer (México DF, México)*  
How to face the inequities in low-resource Countries
- 12.30 *G. Parati (Milan, Italy)*  
How to improve research in Latin America
- 13.00 *Discussants: A. Bryce Moncloa (Lima, Peru), R. Cifkova (Prague, Czech Republic)*  
Panel Discussion
- 13.30 *A. Coca (Barcelona, Spain)*  
Closing Remarks



# General Information

## Meeting venue

The venues for the Meeting will be:

**On 26<sup>th</sup> November 2015** *Paraninfo - University of Barcelona, School of Medicine - Carrer de Casanova 143, 08036 Barcelona*

**On 27<sup>th</sup>-28<sup>th</sup> November 2015** *CCIB Congress Center - Plaça de Willy Brandt, 11-14, 08019 Barcelona*

## Secretariat during the Meeting

The Secretariat will be open at the following times:

Thursday, 26<sup>th</sup> November, from 5.00 p.m. to 8.00 p.m.

Friday, 27<sup>th</sup> November, from 8.00 a.m. to 7.30 p.m.

Saturday, 28<sup>th</sup> November, from 8.00 a.m. to 2.15 p.m.

## Official language

The official language of the Meeting will be English.

Simultaneous translation English/Spanish/English will be provided.

## Registration

The Meeting is free to attend.

Local attendees could register on [www.hypertensionandcomorbidities2015.com](http://www.hypertensionandcomorbidities2015.com)

## Technical facilities

Facilities will be available for computer presentations and overhead projections.

A business center with PC (Powerpoint for Windows) will be available for check and preview of presentations. It is essential that speakers take their presentation to the business center at least one hour before the session starts.

## Lunches and coffee breaks

Lunches and coffee breaks will be served in the Meeting area.

## Abstracts book

Participants will receive the Abstract book at the Meeting.

# General Information

## EBAC Accreditation



The **“International Symposium on: The Complexity of the Management of Hypertension and its Comorbidities”** (Ref. 00003728), is accredited by the European Board for Accreditation In Cardiology for **11 CME credits**.

EBAC works according to the quality standards of the European Accreditation Council for Continuing Medical Education (EACCME), which is an institution of the European Union of Medical Specialists (UEMS).

# List of Chairmen, Speakers, Discussants and President of the Meeting

## **Enrico Rosei Agabiti**

Director Clinica Medica Generale, Director Department of Clinical and Experimental Sciences University of Brescia ,Director Department of Medicine Azienda Spedali Civili di Brescia, Italy

## **Luis Alcocer**

Instituto Mexicano de Salud Cardiovascular (General Director), Interamerican Society of Hypertension (Vice-president), México DF, México

## **Michel Azizi**

Professor of Vascular Medicine, Hypertension Unit and Clinical Investigation Center, Hôpital Européen Georges Pompidou, Paris, France

## **Pierre Boutouyrie**

Pharmacologie, HEGP, APHP, Université Paris Descartes-Sorbonne PARIS CITE, INSERM U970, PARIS, France

## **Alfonso Bryce Moncloa**

Clínica el Golf Lima , Peru

## **Michel Burnier**

Head of Nephrology of the University Hospital of Lausanne, Switzerland

## **Miguel Camafort**

Cardiovascular and Hypertension Unit, Hospital Clinic, University of Barcelona, Spain

## **Josep María Campistol**

Director of the Institute of Nephrology, Hospital Clínic, University of Barcelona, Spain

## **Francesc Cardellach**

Dean of the Faculty of Medicine, University of Barcelona, Spain

## **Alessandro Casini**

President of Fondazione Internazionale Menarini, Florence, Italy

## **Angel Chamorro**

Director, Comprehensive Stroke Center Hospital Clinic, Barcelona, Spain

## **Renata Cifkova**

Head, Center for Cardiovascular Prevention, Thomayer Hospital, Prague, Czech Republic

## **Antonio Coca**

Head of the Hypertension and Vascular Risk Unit Hospital Clinic and Professor of Medicine, University of Barcelona, Spain

# List of Chairmen, Speakers, Discussants and President of the Meeting

## **Pedro Cunha**

Center for the Research and Treatment of Arterial Hypertension and Cardiovascular Risk, Serviço de Medicina Interna do Hospital de Guimarães, Centro Hospitalar do Alto Ave, Life and Health Science Research Institute (ICVS), University of Minho, Guimares, Portugal

## **Giovanni de Simone**

Hypertension Research Center, Federico II University of Naples, Italy

## **Javier Díez**

Professor of Medicine, School of Medicine, Scientific Director, Center for Applied Medical Research Head, Program of Cardiovascular Diseases, Center for Applied Medical Research and University Clinic, University of Navarra, Pamplona, Spain

## **Mónica Doménech**

Fellow of Cardiovascular and Hypertension Unit, Hospital Clinic, University of Barcelona, Spain

## **Maria Dorobantu**

University of Medicine and Pharmacy Carol Davila Bucharest, Romania

## **Csaba Farsang**

St. Imre University Teaching Hospital Budapest, Hungary

## **Josep Galcerán**

Head of Department of Nephrology, Fundació Althaia, Universitat Internacional de Catalunya, Barcelona, Spain

## **Dariusz Gasecki**

Dept. of Adult Neurology, Medical University of Gdańsk, Poland

## **Anthony Michael Heagerty**

Professor of Medicine, Associate Director, Institute of Cardiovascular Sciences, The University of Manchester, U.K.

## **Bojan Jelakowich**

School of Medicine University of Zagreb, University Hospital Centre Zagreb, Croatia

## **Thomas Kahan**

Professor of Medicine, Karolinska Institutet, Department of Clinical Science, Danderyd Hospital, Stockholm, Sweden

## **Alfonso López Soto**

Professor of Medicine, University of Barcelona, Department of Internal Medicine and Geriatric Medicine. Hospital Clinic of Barcelona, Spain

# List of Chairmen, Speakers, Discussants and President of the Meeting

## **Patricio López-Jaramillo**

Research Director, Dirección de Investigaciones FOSCAL and Medical School, Universidad de Santander UDES, Bucaramanga, Colombia

## **Dragan Lovic**

Clinic for Internal disease InterMedica, Cardiology department, Hypertensive Centre Nis, Serbia

## **Giuseppe Mancia**

Emeritus Professor, University of Milano-Bicocca, Milan, Italy

## **Athanasios Manolis**

Director Cardiology Department, Asklepeion Hospital, Athens, Greece

## **Dora Inés Molina de Salazar**

Professor Titular Caldas University and Director Clinical Research IPS, Medicos Internistas de Caldas Manizales, Caldas, Colombia

## **Krzysztof Narkiewicz**

Head of the Department of Hypertension and Diabetology, Medical University of Gdansk, Poland

## **Gianfranco Parati**

Professor of Cardiovascular Medicine; Chair in Cardiovascular Medicine; School of Specialization in Cardiovascular Medicine (Director) and in Emergency and Urgent Medicine; Dept of Health Sciences, University of Milano-Bicocca; Head, Cardiology Unit and Dept of Cardiovascular, Neural and Metabolic Sciences, S.Luca Hospital, IRCCS Istituto Auxologico Italiano, Milan, Italy

## **José Zacarías Parra Carrillo**

Nefrólogo-Especialista Clínico en Hipertensión Arterial Hospital Civil Dr. Juan I. Menchaca Universidad de Guadalajara, México

## **Félix Perez-Villa**

Chief of the Heart Failure Unit the Hospital Clínic, Barcelona

## **Josep Redón**

Professor of Medicine at the University of Valencia and Scientific Director of the Institute for Health Research INCLIVA, Valencia, Spain

## **Ramiro Sanchez**

Head of Hypertension and Metabolic Unit Favaloro Foundation, and Past President of the Latin America Society of Hypertension, Buenos Aires, Argentina

# List of Chairmen, Speakers, Discussants and President of the Meeting

## **Ronald Schmieder**

Professor of Internal Medicine, Nephrology and Hypertension, Head of the Clinical Research Centre and Department of Nephrology and Hypertension, University Hospital Erlangen, Germany

## **Weimar Kunz Sebba Barroso Souza**

Professor Adjunto de Cardiologia. FM-UFG Cardiologista da Liga de Hipertensão Arterial. HC-UFG Universidad de Goias, Brasil

## **Julián Segura**

Hypertension Unit, Department of Nephrology. Hospital 12 de Octubre, Instituto de Investigación Hospital 12 de Octubre (i+12), Madrid, Spain

## **Cristina Sierra**

Hypertension and Vascular Risk Unit, Internal Medicine Department, Hospital Clinic of Barcelona, University of Barcelona, Spain

## **Kostas Tsioufis**

First cardiology Clinic, University of Athens, Hippokration Hospital, Athens, Greece

## **Luc Van Bortel**

Professor of Clinical Pharmacology at the Heymans Institute of Pharmacology Ghent University, Belgium

## **Augusto Vicario**

Cardiologist Heart and Brain Unit Cardiovascular Institute of Buenos Aires, Argentina

## **Margus Viigimaa**

Professor of Cardiovascular Medicine, North Estonia Medical Centre, Tallinn University of Technology, Estonia

## **Alberto Zanchetti**

Scientific Director of the Istituto Auxologico Italiano, Milan, and Emeritus Professor of Internal Medicine at the University of Milan, Italy



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