

**2020 Meeting of the Working Group on Obesity, Diabetes and
the High-Risk Patient of the European Society of Hypertension
30/04 -03/05 2020, Blue Lagoon Princess, Chalkidiki, Hotel,Greece**

Thursday 30 April

10.00-12.00 REGISTRATIONS

12.00-13.00 ROUND TABLE

Chairman: **Kotsis V.** (Thessaloniki, Greece)

-**Early vascular ageing, Antza C.** (Thessaloniki, Greece)

- **SGLT2 inhibitors effect on blood pressure, Filippatos T.** (Heraklion Crete, Greece)

Commentator: Tentzeris I. (Greece), Mantelos D. (Tripoli)

13.00-14:00 CLINICAL TRIALS UPDATE

Chairman: **Doumas M** (Thessaloniki, Greece)

-**Risk factors control beyond hypertension to reduce cardiovascular risk, Lovic D.** (Nis, Serbia)

-**"An old dog doing new tricks! The role of the lipoprotein transport system in the regulation of white and brown adipose tissue energy metabolism"**Kypreos K. (Patra, Greece)

Commentators: **Papadakis I.** (Heraklion, Greece), **Ioakimidis Ch.** (Thessaloniki, Greece)

14:00-17:00 LUNCH BREAK

17.00-17.30 LECTURES

Chairman: **Kotsis V.** (Thessaloniki, Greece)

-**Obesity and chronic kidney disease Jelaković B.** (Zagreb, Croatia)

-**Hypotension, CVD and lessons from space research Jordan J.** (Germany)

Commentators: **Kakaletsis N.** (Serres, Greece), **Kakafika A.** (Thessaloniki, Greece)

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17:30-18:30 New investigators present on Diabetes Chair: Siani A

10 min for each speaker younger than 35 years

18.30-19.00 LECTURES Genetics in hypertension

Chair: Kotsis V. (Thessaloniki, Greece)

-Genetic and molecular aspects of hypertension A.F. Dominiczak (UK)

**-Uromodulin pathway for the blood pressure regulation and hypertension. S.
Padmanabhan (UK)**

19:30-20:30 sponsored Satellite Symposium

Friday May 1

10.00-11.00 ANTIHYPERTENSIVE TREATMENT

Chairmen: Kotsis V. (Thessaloniki, Greece)

-Resistant hypertension. Redon J. (Valencia, Spain)

**-ESH versus USA guidelines on hypertension in children and adolescents, Lurbe
E. (Valencia, Spain)**

**-Anemia: a challenging therapeutic target in CV protection, Kaiafa G.
(Thessaloniki, Greece)**

**Commentators: Dimopoulos C. (Thessaloniki, Greece), Kotronis G. (Thessaloniki
Greece), Katsi V. (Athens, Greece), Kasakiogas A (Athens, Greece)**

11:00-13.00 ROUND TABLE: TREATMENT OF DIABETES MELLITUS

**Chairman: Papazoglou D. (Alexandroupolis, Greece), Tentolouris N (Athens,
Greece)**

**-Optimal treatment of diabetes mellitus in pregnancy, Goulis D. (Thessaloniki,
Greece)**

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-Diabetes treatment to prevent chronic kidney disease, Tsapas A. (Thessaloniki, Greece)

-DDP 4 or SGLT- 2? What is the evidence for CV protection? Papanas N. (Alexandroupolis, Greece)

-GLP1 in obesity and type2 diabetes patients, where we stand? Hatziagelaki E. (Athens, Greece)

-What we learn from the last year clinical trials in T2D Nilsson P (Malmo, Sweden)

Commentators: **Skoutas D.** (Thessaloniki, Greece), **Anagnostis P.** (Thessaloniki, Greece), **Siani A.** (Greece), **Gourlis D** (Athens, Greece)

13.00-14:00 sponsored Satellite Symposium

14.00-17.00 LUNCH BREAK

17:00-18:00 ROUND TABLE: SMOKING, OBESITY

Chairman: **Savopoulos C.** (Thessaloniki, Greece)

-e-Smoking and CV disease. Is there a connection? Kontakiotis T. (Thessaloniki, Greece)

-Sleep apnea and CV risk, Pataka A. (Thessaloniki, Greece)

-Infections of the respiratory system. How can they interfere with CVD?

Commentators: **Zervos N.** (Grevena, Greece), **Apostolopoulou M.** (Thessaloniki, Greece), **H Grassos** (Athens, Greece), **Kallistratos M**, **Makris T**

18.00-19:00 sponsored Satellite Symposium

19.00-20:00 ROUND TABLE: HOW TO TREAT?

Chairmen: **Milionis H.** (Ioannina, Greece), **Zafeiriou D.** (Thessaloniki, Greece)

-A 70 years old hypertensive patient after acute stroke, Makaritsis K. (Larissa, Greece)

-«Non-stenotic carotid atherosclerosis and stroke risk', Ntaios G. (Larissa, Greece)

-Hypertension and the brain in childhood Stabouli S. (Thessaloniki, Greece)

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Commentators: **Pittaras A.** (Athens, Greece), **Zarifis I.** (Thessaloniki, Greece)

**20.00-21.00 2019 GUIDELINES FOR THE MANAGEMENT OF
HYPERTENSION**

Chairman: **Zebekakis P.** (Thessaloniki, Greece), **Manolis A.** (Greece)

-Guidelines for the management of hypertension **Mancia G** (Milan, Italy)

**-ESH WG on obesity: Practice guidelines on the management of obesity induced
hypertension and diabetes** **V Kotsis** (Thessaloniki, Greece)

21.00-21.30 sponsored Satellite lecture

Saturday May 2

**10.00-11.00 ROUND TABLE: HOW TO TREAT OBESITY
COMORBIDITIES**

Chairmen: **Dalekos G.** (Larissa, Greece)

-A patient with obesity, diabetes and fatty liver **Micic D.** (Belgrade, Serbia)

-A patient with obesity, diabetes and dyslipidemia **Elisaf M** (Ioannina, Greece)

-A patient with obesity, diabetes and increased arterial stiffness **T. Weber** (Graz, Austria)

Commentators: **Poikilidou M.** (Thessaloniki, Greece), **Markoglou N.** (Thessaloniki, Greece), **Andreadis E** (Athens, Greece)

11.00-12.00 ROUND TABLE: HOW TO TREAT ATRIAL FIBRILLATION

Chairman: **Karvounis C.** (Thessaloniki, Greece), **Vassilikos V** (Thessaloniki, Greece)

-Inflammation and thrombosis, **Skendros P.** (Alexandroupolis, Greece)

-How to treat a patient with atrial fibrillation, CAD and stroke. **Dimitriadis K.** (Athens, Greece)

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-Beat-to-beat P-wave morphology as a predictor of paroxysmal atrial fibrillation.
Chouvarda I (Thessaloniki, Greece)

-e-medicine. Where we stand? Aletras A (Thessaloniki, Greece)

Commentators: **Stafylas P.** (Thessaloniki, Greece), Triantafylou A (Thessaloniki, Greece, Chatzis D (Athens, Greece) **Ziakas A** (Thessaloniki, Greece)

12.00-13.00 ROUND TABLE: HOW TO TREAT HYPERTENSION

Chairman: **Stergiou G** (Athens, Greece) **Hatzitolios A.** (Thessaloniki, Greece)

-A patient with masked uncontrolled hypertension, Parati G. (Milan, Italy

-Renal denervation. Where new studies are driving to? Tsioufis K. (Athens, Greece)

-Lessons from metanalysis of RCTs on Hypertension Thomopoulos C (Athens, Greece)

Commentators: Kollias A (Athens, Greece), Marketou M (Crete, Greece), Triantafilidi H

13.00-14:00 sponsored Satellite Symposium

14.00-17.00 LUNCH BREAK

17.00-18.00 ROUND TABLE: HOW TO TREAT?

Chairman: Athyros V (Thessaloniki, Greece)

-A 80 years old patient with Type 2 diabetes and CKD Trakatelli C. (Thessaloniki, Greece)

-A patient with secondary hypertension, Gkaliagkousi E. (Thessaloniki, Greece)

-A patient with stage 2 hypertension and sexual dysfunction Doumas M. (Thessaloniki, Greece)

- A patient with atrial fibrillation and CKD Kreutz R. (Germany)

Commentators: Panagos Ch. (Volos, Greece), Papavasiliou M, Geladari C

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**18.00-19.00 ROUND TABLE HYPERTENSIVE AND DIABETIC
NEPHROPATHY**

Chairman: **Boletis I** (Athens), **Pasadakis** (Alexandroupolis, Greece)

-Obesity and kidney disease Vlachakos D. (Athens, Greece)

-Diabetic Nephropathy Sarafidis P (Thessaloniki, Greece)

-Treatment of hyperphosphatemia and CV outcomes Haffner D

Commentators: **Papoulidou F.** (Kavala, Greece), **Papadopoulou D**
(Thessaloniki), **Miari F** (Kavala, Greece)

19.00-20.00 ROUND TABLE HYPERTENSION

Chair: **Stabouli S, Papagianni K**

-Isolated nocturnal and daytime hypertension in Children Elke Wuhl
(Heidelberg, Germany)

-The role of ABPM in the diagnosis of hypertension J. Brguljan (Slovenia)

-SNS in heart failure G Grassi (Milan, Italy)

20.00-20.30 MEDICINE IN REAL LIFE (Greek session)

**-Education of patients in the prevention of the cardiovascular disease:
Discussion for the role of press**

Kotsis V. (Thessaloniki, Greece), **Karagiannis A.** (Thessaloniki, Greece),
Anastasiadis K (Thessaloniki, Greece), **Dardavesis T** (Thessaloniki, Greece),
Papaioannou N (Thessaloniki, Greece)

21:00 CLOSING CEREMONY

**2020 Meeting of the Working Group on Obesity, Diabetes and
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FACULTY

- **Prof. Karvounis Charalambos**, *Professor of Cardiology, First Cardiology Department, AHEPA Hospital, Aristotle University, Thessaloniki (Greece)*
- **Prof. Dimitrios G. Goulis**, MD, PhD, *Associate Professor in Reproductive Endocrinology, Medical School, Aristotle University of Thessaloniki, Unit of Reproductive Endocrinology, First Department of Obstetrics & Gynecology, Papageorgiou General Hospital, (Thessaloniki, Greece)*
- **Dr. Antza Christina**, MSc(Res), PhD, *Resident at 3rd Department of Internal Medicine, Papageorgiou Hospital, Aristotle University of Thessaloniki, (Greece)*
- **Prof. Makaritsis Konstantinos P.**, MD, PhD, *Associate Professor of Internal Medicine, University of Thessaly Medical School Department of Medicine, University Hospital of Larissa, (Larissa, Greece)*
- **Prof. Stabouli Stella**, *Associate Professor Pediatric Nephrology, 1st Department of Pediatrics, Aristotle University (Thessaloniki, Greece)*
- **Prof. Milionis Haralampos**, MD, PhD, *Professor of Internal Medicine School of Medicine, University of Ioannina, (Greece)*
- **Prof. Dalekos George**, MD, PhD, *Professor of Medicine, Vice President, Institute of Internal Medicine and Hepatology, Head Department of Medicine and Research Laboratory of Internal Medicine, University Hospital of Larissa, Larissa, (Greece)*
- **Prof. Zebekakis Pantelis**, *Professor of Internal Medicine, Chairman of First Department of Internal Medicine, AHEPA University Hospital of Thessaloniki, (Greece)*
- **Prof. Tsapas Apostolos**, MD, PhD, MSc, *Professor of Medicine, Director of the Second Medical Department, Aristotle University Thessaloniki, (Greece)*
- **Prof. Pataka Athanasia**, *Assistant Professor of Respiratory Medicine, Aristotle University of Thessaloniki, Respiratory Failure Unit, G. Papanikolaou Hospital, Thessaloniki, (Greece)*
- **Prof. Zafeiriou Dimitrios**, MD, PhD, *Professor in Child Neurology and Developmental Paediatrics Chair, 1st Department of Pediatrics "Hippokratio" General Hospital, Aristotle University, Thessaloniki, (Greece)*

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- **Prof. Hatziagelaki Erifili**, Associate Professor of Internal Medicine & Metabolic Diseases, 2nd Dept. of Internal Medicine, Research Institute & Diabetes Center, University Hospital "Attikon", Medical School, National and Kapodistrian University of Athens, (Greece)
- **Prof. Papazoglou Dimitrios**, Professor of Internal Medicine, Medical School, Democritus University of Thrace, Director of Second Department of Internal Medicine, University Hospital of Alexandroupolis, (Greece)
- **Prof. Trakatelli Christina**, MD, PhD, Assistant Professor of Internal Medicine, 3rd Department of Internal Medicine, Aristotle University, Thessaloniki, (Greece)
- **Prof. Hatzitolios Apostolos I.**, MD, PhD, FESH, Professor of Internal Medicine, Head of First Propedeutic Department of Internal Medicine, AHEPA Hospital, Medical School, Aristotle University of Thessaloniki, Vice-president of Internal Medicine Society of Greece, Vice-president of Hellenic Professional Union of Internists, (Thessaloniki, Greece)
- **Prof. Savopoulos Christos G.**, Professor of Internal Medicine, 1st Medical Propedeutic Department of Internal Medicine, Stroke Unit, Aristotles University of Thessaloniki, AHEPA University Hospital, (Thessaloniki, Greece)
- **Prof. Athanasios J. Manolis**, Director, Department of Cardiology, "Asklepeion" General Hospital, Athens, (Greece)
- **Prof. Gkaliagkousi Eugenia**, PhD King's College of London, Assistant Professor in Internal Medicine, Aristotle University of Thessaloniki, (Greece)
- **Prof. Filippatos Theodosios**, MD, MSc, PhD, Assistant Professor of Internal Medicine, Department of Internal Medicine, University Hospital of Heraklion, (Greece)
- **Prof. Dr. Kreutz Reinhold**, Institute of Clinical Pharmacology and Toxicology, Charité - University Medicine Berlin, President of European Society of Hypertension, (Berlin, Germany)
- **Prof. Kaiafa Georgia**, Assistant Professor of Hematology, 1st Propedeutic Dept. of Internal Medicine, Aristotle University of Thessaloniki, AHEPA University Hospital, (Thessaloniki, Greece)
- **Prof. Kypreos Kyriakos**, Professor of Pharmacology, Chairman of Pharmacology Laboratory, University of Patras, School of Health Sciences, Department of Medicine, Pharmacology Laboratory Panepistimioupolis, (Patra, Greece)
- **Academician Professor Micic Dragan**, Secretary, Department of Medical Sciences, Serbian Academy of Science and Arts, (Belgrade, Serbia)

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- **Prof. Peter M. Nilsson**, *Lund University, (Malmö, Sweden)*
- **Prof. Lurbe Empar**, *EMD PhD FAHA, Head of Pediatrics, University General Hospital Consortium of Valencia, University of Valencia, CIBEROBN, Carlos III Health Institute, Vice President of European Society of Hypertension, (Valencia, Spain)*
- **Prof. Redon Jose**, *University Clinic Hospital of Valencia, University of Valencia, CIBEROBN, Carlos III Health Institute (Valencia, Spain)*
- **Prof. Jelakovic Bojan**, *Department of Nephrology, Hypertension, Dialysis and Transplantation, School of Medicine University of Zagreb, Officer-at-large, European Society of Hypertension Excellence Centres Programme, (Zagreb, Croatia)*
- **Prof. Lovic Dragan**, *FESC, FACP, Clinic for Internal disease Intermedica, Cardiology department, Hypertensive Centre (Nis, Serbia)*
- **Prof. Parati Gianfranco**, *MD, FESC, Professor of Cardiovascular Medicine, Department of Medicine and Surgery, University of Milano-Bicocca, Scientific Director and Head of Department of Cardiovascular Neural and Metabolic Sciences, San Luca Hospital, Istituto Auxologico Italiano, IRCCS, (Milan, Italy)*
- **Prof. Tsioufis Konstantinos**, *MD, FESC, FACC, Professor of Cardiology, National and Kapodistrian University of Athens, Greece, ex-President of Hellenic society of Cardiology, ex-President of European Society of Hypertension*
- **Dr. Tentzeris Ioannis**
- **Dr. Mantelos Dionysios**, *MD, PhD Physician, Internal Medicine Specialist Educated in primary prevention and therapy of cardiometabolic disease. Member of Hellenic Atherosclerosis Society. (Tripolis, Arcadia Greece)*
- **Dr. Papadakis Ioannis**, *Cardiologist, (Heraklion, Greece)*
- **Dr. Ioakimidis Charalampos**, *General Doctor, (Thessaloniki, Greece)*
- **Dr. Kakaletsis Nikolaos**, *Internist MD, MSc, PhD Candidate Medical School, Aristotle University of Thessaloniki*
- **Dr. Kakafika Anna**, *Internist, (Thessaloniki, Greece)*
- **Dr. Dislian Valentina**, *General Doctor, (Xanthi, Greece)*
- **Dr. Delivoria Chrysanthi**, *Pathologist, (Thessaloniki, Greece)*
- **Dr. Dimopoulos Charilaos**, *(Thessaloniki, Greece)*
- **Dr. Kotronis Georgios**, *Internist, Scientific Associate, 2nd Propaedeutic Department of Internal Medicine, Ippokrateio General Hospital, (Thessaloniki Greece)*
- **Dr. Skoutas Dimitrios**, *MD, PhD Internal Medicine Physician -Specialist in Diabetes Mellitus, Scientific Director < Sarafianos> Private Hospital, Head*

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of Pathological Sector of Rehabilitation Center <Anagennisi> (Thessaloniki, Greece)

- **Dr. Anagnostis Panagiotis**, PhD, MSc, FRSPH, Endocrinologist, Division of Endocrinology, Police Medical Centre of Thessaloniki, Research Fellow, Unit of Reproductive Endocrinology, First Department of Obstetrics and Gynecology, Medical School, Aristotle University of Thessaloniki, (Greece)
- **Dr. Siani Alexandra**, MD, M.Sc., Director of Department of Internal Medicine and Diabetic Clinic, General Hospital of Athens "Elpis", (Athens, Greece)
- **Dr. Zervos Nikolaos**, Internal Medicine Clinic, General Hospital of Grevena. (Grevena, Greece)
- **Prof. Apostolopoulou Martha**, Pathologist, (Thessaloniki, Greece)
- **Prof. Ntaios Georgios**, Assistant Professor of Internal Medicine, Department of Internal Medicine, University of Thessaly. Secretary General, Hellenic Stroke Organization. (Greece)
- **Dr. Zerakis Nikolaos**, General Doctor, (Thessaloniki, Greece)
- **Prof. Giannakoulas Georgios**, Assistant Professor of Cardiology AUTH, 1st University Cardiology Clinic, AHEPA Hospital, (Thessaloniki, Greece)
- **Dr. Koskinas Konstantinos**, Cardiologist, (Thessaloniki, Greece)
- **Dr. Mpoufidou Amalia**, Cardiologist, (Thessaloniki, Greece)
- **Dr. Sfikas Georgios**, Pathologist, (Thessaloniki, Greece)
- **Prof. Doumas Michael**, Associate Professor, Internal Medicine Aristotle University, (Thessaloniki, Greece)
- **Dr. Panagos Christos**, Pathologist, (Volos, Greece)
- **Dr. Lisitska Katerina**, Nephrologist, (Thessaloniki, Greece)
- **Dr. Kalaitzidis Rigas**, Nephrologist, (Ioannina, Greece)
- **Prof. Kontakiotis Theodoros**, Professor of Pulmonology, Aristotle University of Thessaloniki, Head of the Pulmonary-Tuberculosis Department "G. Papanikolaou" General Hospital, (Thessaloniki, Greece)
- **Prof. Karagiannis Asterios**, Professor of Internal Medicine, Head of the 2nd Propedeutic Department of Internal Medicine, President of the Medical School, Aristotle University of Thessaloniki, (Greece)
- **Prof. Vlachakos Dimitrios**, Ph.D., Professor of Medicine and Nephrology, National Kapodistrian Athens University Medical School Director, Renal Unit, ATTIKON University Hospital, (Athens, Greece)
- **Prof. Papanas Nikos, Professor Internal Medicine-Diabetes, Alexandroupolis, Greece**
- **Kyriakos Dimitriadis**, Consultant Cardiologist ,Cardiology Department Hippokration Hospital (Athens, Greece)
- **Panagos Ch.** MD MEMBER OF ESH, (Volos, Greece)
- **Katsi Vasiliki**, Cardiologist, MD PhD, ESH Specislist Hippocratio Athens Hospital (Athens, Greece)