




Organizer:
Working Group on Obesity, Diabetes and the High Risk Patient
EUROPEAN SOCIETY OF HYPERTENSION



**2019 Meeting of the
Working Group on
Obesity, Diabetes and the
High Risk Patient
EUROPEAN SOCIETY OF HYPERTENSION**

**02-05 May 2019 - Chalkidiki, Greece
Blue Lagoon Princess Hotel**

For further information please visit
Site: www.obesitydiabeteswg.eu
Or send an e-mail to: obdiabwg@medcongress.gr



MED CONGRESS

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Dear friends,

We welcome you to the 2019 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient of the European Society of Hypertension, in Chalkidiki, Greece.

Chalkidiki is the perfect place to get together, explore the new horizons in our specialty, and expand our knowledge. Every year we ask ourselves 'Can we make it better?', and we believe that this year we have reached new heights. In addition to the usual suspects, we have recruited in the organizing team new blood. Specialists in Obesity, Diabetes and Hypertension, will present up to-date knowledge about diagnosis – prevention and treatment.

We shall be able to convey new and established fact, but, above all, a way of approaching clinical problems which will allow all of us to come back from this experience enriched. There will be also round tables and various interesting lectures. Everyone who will participate, will get 1 out of 6 credits so they can claim to become specialists in hypertension from the ESH.

Take the opportunity to participate in 2019 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension, discuss with experts in a friendly environment and enjoy the Greek Nature in a beautiful seaside setting.

Best regards,

Prof. VASILIOS KOTSIS

Chairman of the Working Group on Obesity,
Diabetes and the High Risk Patient of the European Society of Hypertension

THURSDAY MAY 2

10.00-12.00 REGISTRATIONS

12.00-13.00 ROUND TABLE

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

A new score to measure early vascular ageing from ABPM

Antza C. (Thessaloniki, Greece)

Mechanisms of blood pressure reduction with sodium-glucose co-transporter 2 (SGLT2) inhibitors

Filippatos T. (Heraklion Crete, Greece)

13.00-14:00 CLINICAL TRIALS UPDATE

Chairman: *Douma S.* (Thessaloniki, Greece)

From individual to global risk factors-beyond hypertension

Lovic D. (Nis, Serbia)

Lipids and lipoproteins in obesity and fatty liver disease: Novel in sights and future perspectives *Kypreos K.* (Patra, Greece)

14:00-15:00 LUNCH BREAK

15.00-17.30 LECTURES

Chairman: *Karagiannis A.* (Thessaloniki, Greece)

Association between obesity and chronic kidney disease

Jelaković B. (Zagreb, Croatia)

Statin associated diabetes mellitus

Athyros V. (Thessaloniki, Greece)

Space research and new knowledge in cardiovascular diseases

Jordan J. (Germany)

17:30-18:00 ΘΕΡΑΠΕΥΤΙΚΑ ΠΡΩΤΟΚΟΛΛΑ ΣΤΑΤΙΝΩΝ. ΕΦΑΡΜΟΓΗ ΣΤΗΝ ΠΡΑΞΗ

Προεδρείο: *Κώτσης Β., Τσιούφης Κ.*

Ομιλητής: *Φιλιππάτος Θ.*

FRIDAY MAY 3

09.00-10.00 **ANTIHYPERTENSIVE TREATMENT**

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

Refractory hypertension: diagnosis and treatment

Redon J. (Valencia, Spain)

Drug combinations in the treatment of hypertension

Kotsis V. (Thessaloniki, Greece)

Early life programming and hypertension in adult life

Lurbe E. (Valencia, Spain)

10:00-12.00 **ROUND TABLE: TREATMENT OF DIABETES MELLITUS**

Chairman: *Papazoglou D.* (Alexandroupolis, Greece)

Optimal treatment of gestational diabetes mellitus

Goulis D. (Thessaloniki, Greece)

Diabetes treatment in patients with chronic kidney disease

Tsapas A. (Thessaloniki, Greece)

ESH WG on obesity Practice Guidelines for the management of obesity and diabetes

Nilsson P. (Malmö, Sweden)

Which should be the second drug after metformin in T2D mellitus (DDP 4, SGLT- 2 or GLP1)?

Papanas N. (Alexandroupolis, Greece)

Studies of drugs for type2 diabetes that influence cardiovascular risk

Hatziagelaki E. (Athens, Greece)

Anemia: a challenging therapeutic target in diabetic patients

Kaiafa G. (Thessaloniki, Greece)

12.00-13:00 **ASTRAZENECA sponsored Satellite Symposium**

13.00-14:00 **ELPEN sponsored Satellite Symposium**

14.00-15.00 **LUNCH BREAK**

15:00-16:00 **ROUND TABLE: SMOKING, OBESITY**

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

Chronic Bronchitis, smoking and CV disease. Is there a connection?

Kontakiotis T. (Thessaloniki, Greece)

Management of sleep apnea induced hypertension

Pataka A. (Thessaloniki, Greece)

16.00-17.00 **ROUND TABLE: HOW TO TREAT?**
Chairmen: *Milionis H., Zafeiriou D.* (Thessaloniki, Greece)

A 70 years old hypertensive patient after acute stroke

Makaritsis K. (Larissa, Greece)

A patient with hypertension and vascular dementia

Milionis H. (Ioannina, Greece)

Effect of hypertension on the brain in childhood

Stabouli S. (Thessaloniki, Greece)

17.00-17.30 **2019 GUIDELINES FOR THE MANAGEMENT OF HYPERTENSION**
Chairman: *Zebekakis P.* (Thessaloniki, Greece),
Lecturer: *Manolis A.* (Greece)

17.30-18.30 **MSD-VIANEX sponsored Satellite Symposium**

SATURDAY MAY 4

09.00-10.00 **ROUND TABLE: HOW TO TREAT OBESITY INDUCED LIVER DISEASE**
Chairmen: *Ntalekos G.* (Larissa, Greece), *Hatzitolios A.* (Thessaloniki, Greece)

A patient with obesity, diabetes and elevated transaminase

Micic D. (Belgrade, Serbia)

A patient with obesity, NFLD and dyslipidemia

Mikhailidis D. (London, UK & Thessaloniki, Greece)

10.00-11.00 **ROUND TABLE: HOW TO TREAT ATRIAL FIBRILLATION**
Chairman: *Karvounis C.* (Thessaloniki, Greece)

The role of neutrophils in thrombosis *Skendros P.* (Alexandroupolis, Greece)

Antithrombotic therapy in an 80 years old patient with atrial fibrillation *Tselepis A.* (Ioannina, Greece)

Differences between NOACS *Doundoulakis G.* (Thessaloniki, Greece)

11.00-12.00 **ROUND TABLE: HOW TO TREAT HYPERTENSION**
Chairman: *Kotsis V.* (Thessaloniki, Greece)

A patient with masked uncontrolled hypertension

Parati G. (Milan, Italy)

A 40 years old patient with pregnancy and hypertension

Cifková R. (Czech-Republic)

Renal denervation. Where new studies are driving to?

Tsioufis K. (Athens, Greece)

12.00-13:00 **BOEHRINGER sponsored Satellite Symposium**

13.00-14:00 **VIANEX sponsored Satellite Symposium**

14.00-15.00 **LUNCH BREAK**

15.00-16.00 **ROUND TABLE: HOW TO TREAT?**

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

A 70 years old patient with Type 2 diabetes and hyperlipidemia

Trakatelli C. (Thessaloniki, Greece)

A patient with statin intolerance *Katsiki N.* (Thessaloniki, Greece)

A patient with secondary hypertension

Gkaliagkousi E. (Thessaloniki, Greece)

A patient with atrial fibrillation and previous bleeding

Kreutz R. (Germany)

16.00-17.00 **ROUND TABLE HYPERTENSIVE AND DIABETES NEPHROPATHY**

Chairman: Stefanidis I. (Larissa, Greece)

Cardio-renal syndrome *Doumas M.* (Thessaloniki, Greece)

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

17.00-18.00 **MEDICINE IN REAL LIFE** (Greek session)

Pharma industries and the future of the socioeconomic status in Greece *Pappas A.* (Athens, Greece)

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

Kotsis V. (Thessaloniki, Greece), *Karagiannis A.* (Thessaloniki, Greece)

Discussion PANEL TO BE DIFENED

18:00

CLOSING CEREMONY

FACULTY

- *Dr. Antza Christina, MSc(Res), PhD c, Resident at 3rd Department of Internal Medicine, Papageorgiou Hospital, PhD candidate, Aristotle University of Thessaloniki, (Greece)*
- *Prof. Athanasios J. Manolis, Director, Department of Cardiology, "Asklepeion" General Hospital, Athens, (Greece)*
- *Prof. Athyros Vasilios G., MD, Professor in Internal Medicine*
- *Prof. Cifková Renata, Secretary, ESH Educational Activities Committee*
- *Dr. Doundoulakis Ioannis, MSc(Res), Research assistant at 1st Cardiology Department of AHEPA, (Greece)*
- *Prof. Douma Stella, Professor of Internal Medicine of Aristotle University of Thessaloniki, Director of 3rd Department of Internal Medicine, Papageorgiou Hospital*
- *Prof. Filippatos Theodosios, MD, MSc, PhD, Assistant Professor of Internal Medicine, Department of Internal Medicine, University Hospital of Heraklion, (Greece)*
- *Prof. Gkaliagkousi Eugenia, PhD King's College of London, Assistant Professor in Internal Medicine, Aristotle University of Thessaloniki, (Greece)*
- *Prof. Goulis G. Dimitrios, 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)*
- *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. 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. 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. Kaiafa Georgia, Assistant Professor of Hematology, 1st Propedeutic Dept. of Internal Medicine, Aristotle University of Thessaloniki, AHEPA University Hospital,*

(Thessaloniki, Greece)

- **Karvounis Charalambos**, Professor of Cardiology, First Cardiology Department, AHEPA Hospital, Aristotle University, Thessaloniki (Greece) • **Dr. Katsiki Niki**, MSc, PhD, MD, FRSPH, Member of the Executive Board of the Hellenic Atherosclerosis Society, Academic Fellow, Lipids and Obesity Outpatient Clinic, Diabetes Center, Division of Endocrinology and Metabolism, First Department of Internal Medicine, AHEPA University Hospital, Aristotle University, Thessaloniki, Greece
- **Prof. Dr. Kreutz Reinhold**, Institute of Clinical Pharmacology and Toxicology, Charité - University Medicine Berlin, Secretary of European Society of Hypertension, (Berlin, Germany)
- **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)
- **Prof. Lovic Dragan**, FESC, FACP, Clinic for Internal disease Intermedica, Cardiology department, Hypertensive Centre (Nis, Serbia)
- **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. 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. Mikhailidis Dimitrios**, BSc, MSc, MD, FCPP, FCP, FRSPH, FFPM, FRCP, FRCPath, Department of Clinical Biochemistry, Royal Free Hospital Campus, University College London Medical School, University College London (UCL), Pond Street, (London, UK)
- **Academician Professor Micic Dragan**, Secretary, Department of Medical Sciences, Serbian Academy of Science and Arts, (Belgrade, Serbia)
- **Prof. Milionis Haralampos**, MD, PhD, Professor of Internal Medicine School of Medicine, University of Ioannina, (Greece)
- **Prof. Nilsson M. Peter**, Lund University, (Malmo, Sweden)
- **Prof. Ntalekos 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)
- **Pappas Apostolos**, Biologist B. Sc., Marketing Manager Cardiovasculars/Metabolics, ELPEN Pharmaceuticals Inc

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- **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. 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. Pataka Athanasia**, Assistant Professor of Respiratory Medicine, Aristotle University of Thessaloniki, Respiratory Failure Unit, G. Papanikolaou Hospital, Thessaloniki, (Greece)
- **Prof. Redon Jose**, University Clinic Hospital of Valencia, University of Valencia, CIBEROBn, Carlos III Health Institute (Valencia, Spain)
- **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)
- **Siani Alexandra**, Athens Greece
- **Prof. Stabouli Stella**, Assistant Professor in Pediatrics, 1st Department of Pediatrics, Aristotle University (Thessaloniki, Greece)
- **Prof. Trakatelli Christina**, MD, PhD, Assistant Professor of Internal Medicine, 3rd Department of Internal Medicine, Aristotle University, Thessaloniki, (Greece)
- **Prof. Tsapas Apostolos**, MD, PhD, MSc, Assistant Professor of Medicine, Director of the Second Medical Department, Aristotle University Thessaloniki, (Greece)
- **Dr. Tselepis Alexandros**, MD, PhD, Professor of Biochemistry-Clinical Chemistry, Atherothrombosis Research Centre / Department of Chemistry, University of Ioannina (Greece)
- **Prof. Tsioufis Konstantinos**, MD, FESC, FACC, Professor of cardiology, National and Kapodistrian University of Athens, Greece, President of Hellenic society of Cardiology, President of European Society of Hypertension
- **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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Certificate of attendance will be given to the participants that will attend more than 60% of the scientific program