

# ESH BLOOD PRESSURE MONITORING **2019 UPDATE:** THEORY AND PRACTICE

## EUROPEAN SOCIETY OF HYPERTENSION WORKING GROUP ON BLOOD PRESSURE MONITORING & CARDIOVASCULAR VARIABILITY

**Friday, 21 June 2019, 13:00-17:00**

Red Hall 1

MiCo Milano Congressi,  
Milan, Italy

### ORGANIZING COMMITTEE

George Stergiou *Athens, Greece*  
Paolo Palatini *Padova, Italy*  
Eoin O'Brien *Dublin, Ireland*  
Giuseppe Mancia *Milan, Italy*  
Gianfranco Parati *Milan, Italy*

Since 2017 the **ESH Working Group on Blood Pressure Monitoring and Cardiovascular Variability** is organizing Teaching Courses on *Blood Pressure Monitoring* during the ESH Meetings.

For ESH 2019 we have organized an **'ESH Blood Pressure Monitoring 2019 Update'** session, which includes 9 practical talks presenting key concepts on blood pressure monitoring methods and also addressing important issues which currently are in discussion

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### SCIENTIFIC COMMITTEE

Kei Asayama	<i>Tokyo, Japan</i>	Richard McManus	<i>Oxford, UK</i>
Roland Asmar	<i>Paris, France</i>	Anastasia Mihailidou	<i>Sydney, Australia</i>
Grzegorz Bilo	<i>Milan, Italy</i>	Teemu Niiranen	<i>Turku, Finland</i>
Alejandro de la Sierra	<i>Barcelona, Spain</i>	Eoin O'Brien	<i>Dublin, Ireland</i>
Eamon Dolan	<i>Dublin, Ireland</i>	Takayoshi Ohkubo	<i>Tokyo, Japan</i>
Jan Filipovsky	<i>Pilsen, Czech Republic</i>	Stefano Omboni	<i>Varese, Italy</i>
Geoff Head	<i>Melbourne, Australia</i>	Paolo Palatini	<i>Padova, Italy</i>
Kazuomi Kario	<i>Tochigi, Japan</i>	Gianfranco Parati	<i>Milan, Italy</i>
Anastasios Kollias	<i>Athens, Greece</i>	Francesca Saladini	<i>Padova, Italy</i>
Vasilis Kotsis	<i>Athens, Greece</i>	George Stergiou	<i>Athens, Greece</i>
Giuseppe Mancia	<i>Milan, Italy</i>	Jirar Topouchian	<i>Paris, France</i>
Efstathios Manios	<i>Athens, Greece</i>	Jiguang Wang	<i>Shanghai, China</i>

# PROGRAMME

13:00-13:05	WELCOME AND OBJECTIVES	<i>G. Stergiou, P. Palatini, G. Mancia</i>
<b>SESSION 1 – Chairpersons: E. Dolan, A. Mihailidou</b>		
13:05-13:20	Methods for office blood pressure evaluation: auscultatory, automated and unattended	<i>R. Asmar</i>
13:20-13:35	How to evaluate blood pressure in the obese?	<i>P. Palatini</i>
13:35-13:50	Accuracy of electronic blood pressure measuring devices: Which procedure and which devices?	<i>G. Stergiou</i>
13:50-14:05	INVITED DISCUSSANTS	<i>J. Filipovsky, V. Kotsis, G. Bilo</i>
14:05-14:15	OPEN DISCUSSION	
<b>SESSION 2 – Chairpersons: T. Niiranen, J. Wang</b>		
14:15-14:30	Should white coat hypertension be left untreated?	<i>T. Ohkubo</i>
14:30-14:45	How to suspect and manage masked hypertension?	<i>A. de la Sierra</i>
14:45-15:00	Ambulatory or home blood pressure for the management of hypertension?	<i>R. McManus</i>
15:00-15:15	INVITED DISCUSSANTS	<i>K. Asayama, F. Saladini, J. Topouchian</i>
15:15-15:30	OPEN DISCUSSION	
15:30-15:45	COFFEE BREAK	
<b>SESSION 3 – Chairpersons: G. Head, K. Kario</b>		
15:45-16:00	Can home blood pressure monitoring diagnose nocturnal hypertension and non-dippers?	<i>A. Kollias</i>
16:00-16:15	How to assess and use blood pressure variability in clinical practice?	<i>G. Parati</i>
16:15-16:30	How can new technologies be implemented in ambulatory, home and office blood pressure measurement?	<i>E. O'Brien</i>
16:30-16:45	INVITED DISCUSSANTS	<i>K. Asayama, E. Manios, S. Omboni</i>
16:45-16:55	OPEN DISCUSSION	
16:55-17:00	CONCLUSIONS	<i>G. Parati, E. O'Brien</i>