



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



**2020 Meeting of the
Working Group on
Obesity, Diabetes and the
High Risk Patient
EUROPEAN SOCIETY OF HYPERTENSION**

**08-11/10/2020 - Chalkidiki, Greece
Blue Lagoon Princess Hotel**

For further information please visit
Site: www.obesitydiabeteswg.eu - www.eshonline.org
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Dear friends,

We welcome you to the 2020 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 2020 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 OCTOBER 8

12.00-16.00 REGISTRATIONS

17.00-18:00 CLINICAL TRIALS UPDATE

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

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

Early vascular ageing

Antza C. (Thessaloniki, Greece)

SGLT2 inhibitors effect on blood pressure

Filippatos T. (Heraklion Crete, 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), *Kalyvinos A.* (Drama, Greece), *Lazaridis A.* (Thessaloniki, Greece), *Sfikas G.* (Thessaloniki, Greece)

18:00-18:30 NEW INVESTIGATORS PRESENT ON DIABETES

Chairman: *Siani A.* (Athens, Greece)

Epidemiology of Diabetes Mellitus

Bougiouka P.M.

New data in type 1 Diabetes Mellitus treatment

Sakkas D.

New data in type 2 Diabetes Mellitus treatment

Ganotopoulou A.

Commentators: *Zografou I.* (Thessaloniki, Greece) *Natsis M.* (Thessaloniki, Greece) *Koletsos N.* (Thessaloniki, Greece),

18.30-19.00 LECTURES GENETICS IN HYPERTENSION

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

Uromodulin pathway for the blood pressure regulation and hypertension

Padmanabhan S. (UK)

FRIDAY OCTOBER 9

10.00-11.00 **HYPERTENSION**

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)

Cardiometabolic health outcomes among offspring of hypertensive pregnancies *Stabouli S.* (Thessaloniki, Greece)

Anemia and stroke: Where do we stand?
Kaiafa G. (Thessaloniki, Greece)

Commentators: *Kotronis G.* (Thessaloniki Greece) , *Katsi V.* (Athens, Greece)

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

Chairman: *Goulis D*

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

Commentator: *Kourtoglou G.* (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), *Siani A.* (Athens, Greece), *Goulis D.* (Athens, Greece), *Siomos K.* (Thessaloniki, Greece), *Mikoudi K.* (Thessaloniki, Greece)

13.00-14:00 **SATELLITE LECTURE/ΔΡΥΦΟΡΙΚΗ ΔΙΑΛΕΞΗ ASTRA-ZENECA**



14.00-14.45 **SATELLITE LECTURE/ΔΡΥΦΟΡΙΚΗ ΔΙΑΛΕΞΗ PMI SCIENCE**



14.45-17.00 **LUNCH BREAK**

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

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?

Vlachakis D. (Thessaloniki, Greece)

Commentators: *Zervos N.* (Grevena, Greece) , *Apostolopoulou M.*
(Thessaloniki, Greece), *Karlafti E.* (Thessaloniki, Greece)

18:00-19:00 **SATELLITE LECTURE/ΔΡΟΥΦΟΡΙΚΗ ΔΙΑΛΕΞΗ Pfizer infections**

19:00-20:00 **ROUND TABLE: HOW TO TREAT?**

Chairmen: *Kotsis V, Trama D*

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

Blood pressure and executive function in children and adolescents
Chrysaidou K. (Thessaloniki, Greece)

Commentators: *Anyfanti P.* (Thessaloniki, Greece), *Vasilakou D.*
(Thessaloniki, Greece), *Vasileiou A.* (Thessaloniki, Greece)

20:00-20:20 **2019 GUIDELINES FOR THE MANAGEMENT OF HYPERTENSION**

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

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

20:30-21:00 **SATELLITE LECTURE/ΔΡΟΥΦΟΡΙΚΗ ΔΙΑΛΕΞΗ SERVIER HELLAS**



SATURDAY OCTOBER 10

09.00-09.30 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 increased arterial stiffness

Weber T. (Graz, Austria)

Commentators: *Poikilidou M.* (Thessaloniki, Greece), *Markoglou N.* (Thessaloniki, Greece), *Bellou A.* (Volos, Greece)

09.30-10.30 ROUND TABLE: HOW TO TREAT ATRIAL FIBRILLATION

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

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

How to treat a patient with atrial fibrillation, CAD and stroke

Dimitriadis K. (Athens, Greece)

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

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

Commentators: *Chatzis D.* (Athens, Greece), *Almpanis G.* (Agrinio, Greece)

10:30-11:30 SPONSORED SATELLITE SYMPOSIUM WINMEDICA

11.30-12.30 ROUND TABLE: HOW TO TREAT HYPERTENSION

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

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

Renal denervation. Experience from everyday praxis with cases *Ziakas A.* (Thessaloniki, Greece)

Lessons from metanalysis of RCTs on Hypertension

Thomopoulos C. (Athens, Greece)

Commentators: *Marketou M.* (Crete, Greece)

12.30-13:30 SPONSORED SATELLITE SYMPOSIUM BOEHRINGER

13:30-14:45 **SPONSORED SATELLITE SYMPOSIUM VIANEX**

14:45-17.00 **LUNCH BREAK**

17.00-18.00 **ROUND TABLE: HOW TO TREAT?**

Chairman: *Kotsis V*

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: *Geladari C.* (Athens, Greece), *Sarigianni M.*
(Thessaloniki, Greece)

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

Chairman: *Boletis I.* (Athens, Greece), *Passadakis*
(Alexandroupolis, Greece)

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

Current knowledge on treatment of Diabetic Kidney Disease
Sarafidis P. (Thessaloniki, Greece)

**The FGF23-Klotho machinery axis in CKD: cardiovascular
consequences in children**
Haffner D. (Hannover, Germany)

Commentators: *Miari F.* (Kavala, Greece)

19.00-19.30 **ROUND TABLE HYPERTENSION**

Chairmen: *Stabouli S.* (Thessaloniki, Greece), *Papagianni A.*
(Thessaloniki, Greece), *Tramma D.* (Thessaloniki, Greece)

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

Sleep disorders and obesity *Antza C* (Thessaloniki, Greece)

Renovascular hypertension *Persu A.*, (Brussels, Belgium)
Commentators

19.30-20.30 **MEDICINE IN REAL LIFE (Greek session)**

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

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

Journalists: **Litou M., Pitsiakidis N., Varvara F., Fotopoulou A., Mrouka N.**

SATELLITE LECTURES

Friday October 8th

- 13:00-14:00 **English version/ΑΝΤΙΜΕΤΩΠΙΖΟΝΤΑΣ ΤΟ ΚΑΡΔΙΟΝΕΦΡΟΜΕΤΑΒΟΛΙΚΟ ΦΑΣΜΑ ΣΤΟΝ ΑΣΘΕΝΗ ΜΕ ΣΔΤ2 ΑΠΟ ΤΗΝ ΑΡΧΗ ΜΕΧΡΙ ΤΟ ΤΕΛΟΣ ΑΠΟ ΤΗΝ DECLARE ΣΤΗ ΔΑΡΑ-ΗΦ**
Chairman / Προεδρείο: **Kotsis V. / Κώτσης Β.**
Lecturer / Ομιλητής: **Raptis A. / Ράπτης Α.**
Commentator / Σχολιαστής: **Savopoulos C. / Σαβόπουλος Χ.**
- 14:00-14:45 **RISK REDUCTION IN CARDIOVASCULAR DISEASE IN SMOKERS**
Chairman / Προεδρείο: **Kotsis V. / Κώτσης Β.**
Lecturer / Ομιλητής: **Zimlichman R.**
- 18:00-19:00 **CEFTAROLINE: A NEW GENERATION CEPHALOSPORIN FOR THE TREATMENT OF CSSTIS AND CAP / ΚΕΦΤΑΡΟΛΙΝΗ: ΜΙΑ ΚΕΦΑΛΟΣΠΟΡΙΝΗ ΝΕΑΣ ΓΕΝΙΑΣ ΓΙΑ ΤΗΝ ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΩΝ CSSTIS ΚΑΙ CAP**
Chairman / Προεδρείο: **Kotsis V. / Κώτσης Β.**
Lecturer / Ομιλητής: **Karapiperis G. / Καραπιέρης Γ.**
- 20:30-21:00 **CURRENT MANAGEMENT OF PATIENTS WITH DYSLIPIDEMIA / ΣΥΓΧΡΟΝΗ ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΩΝ ΑΣΘΕΝΩΝ ΜΕ ΔΥΣΛΙΠΙΔΑΙΜΙΑ**
Chairman / Προεδρείο: **Kotsis V. / Κώτσης Β.**
Lecturer / Ομιλητής: **Papanas N. / Παπάνας Ν.**

Saturday October 10

10:30-11:30 SPONSORED SATELLITE SYMPOSIUM WINMEDICA

13:00-14:00 THE NEW ERA IN TREATMENT OF DIABETES TYPE 2 PATIENTS. FROM HBA1C, TO CARDIOVASCULAR DEATH REDUCTION, THROUGH THE CARDIORENAL EFFECTS OF EMPAGLIFLOZIN / Η ΝΕΑ ΕΠΟΧΗ ΣΤΗΝ ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΩΝ ΑΤΟΜΩΝ ΜΕ ΔΙΑΒΗΤΗ ΤΥΠΟΥ 2. ΑΠΟ ΤΗ ΜΕΙΩΣΗ ΤΗΣ ΓΛΥΚΟΖΥΛΙΩΜΕΝΗΣ, ΣΤΗ ΜΕΙΩΣΗ ΤΗΣ ΚΑΡΔΙΑΓΓΕΙΑΚΗΣ ΘΝΗΣΙΜΟΤΗΤΑΣ ΜΕ ΟΧΗΜΑ ΤΙΣ ΚΑΡΔΙΟΝΕΦΡΙΚΕΣ ΕΠΙΔΡΑΣΕΙΣ ΤΗΣ ΕΜΠΑΓΛΙΦΛΟΖΙΝΗΣ
Chairman / Προεδρείο: *Kotsis V. / Κώτσης Β.*
Lecturer / Ομιλήτρια: *Katsiki N. / Κατσίκη Ν.*

14:00-15:15 THE DEVELOPMENT OF CARDIOVASCULAR DISEASE CAN BE REVERSIBLE WITH EARLY INTERVENTION IN DYSLIPIDEMIA: THE ROLE OF COMBINATION THERAPY / ΑΝΑΣΤΡΕΦΟΝΤΑΣ ΤΗΝ ΕΞΕΛΙΞΗ ΤΗΣ ΚΑΡΔΙΑΓΓΕΙΑΚΗΣ ΝΟΣΟΥ ΜΕ ΤΗΝ ΕΓΚΑΙΡΗ ΠΑΡΕΜΒΑΣΗ ΣΤΗ ΔΥΣΛΙΠΙΔΑΙΜΙΑ: Ο ΡΟΛΟΣ ΤΗΣ ΣΥΝΔΥΑΣΜΕΝΗΣ ΑΓΩΓΗ
Clinical Cases are presented and discussed / Εισηγούνται και συζητούν κλινικά περιστατικά:
Chairman - Lecturer / Συντονιστής – Ομιλητής: *Kotsis V. / Κώτσης Β.*
Lecturer / Ομιλητής: *Giannakoulas G. / Γιαννακούλας Γ.*
Lecturer / Ομιλητής: *Skoutas D. / Σκούτας Δ.*

FACULTY

Prof. Apostolopoulou Martha, Specialist in Internal Medicine, (Thessaloniki, Greece)

Prof. Athyros Vasilios, MD, Emeritus Professor in Internal Medicine

Prof. Boletis Ioannis, Professor of Internal Medicine and Nephrology (Athens, Greece)

Prof. Chouvarda Ioanna, Assistant Professor in Medical Informatics Lab of Computing, Medical Informatics and Biomedical Imaging Technologies, Aristotle University of Thessaloniki, (Greece)

Prof. Dalekos George, Professor of Medicine, Vice President, Institute of Internal Medicine and Hepatology, Head Department of Medicine and Research, Laboratory of Internal Medicine, National Expertise Center of Greece in Autoimmune Liver Diseases, General University Hospital of Larissa, (Greece)

Prof. Doulas Michael, Associate Professor, Internal Medicine, Aristotle University, (Thessaloniki, Greece)

Prof. Filippatos Theodosios, MD, MSc, PhD, Assistant Professor of Internal Medicine, Department of Internal Medicine, University Hospital of Heraklion, (Greece)

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totle University of Thessaloniki, (Greece)

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*Prof. **Jordan Jens**, Director Institute of Aerospace Medicine, German Aerospace Center, (Cologne, Germany)*

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2020 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient

Prof. Manolis Athanasios, Director, Department of Cardiology, "Asklepeion" General Hospital, Athens, (Greece)

Academician Professor Micic Dragan, Secretary, Department of Medical Sciences, Serbian Academy of Science and Arts, (Belgrade, Serbia)

Prof. Nilsson Peter, MD, PhD, Professor of Clinical Cardiovascular Research, Lund University, (Malmo, Sweden)

Prof. Ntaios Georgios, Assistant Professor of Internal Medicine, Department of Internal Medicine, University of Thessaly. Secretary General, Hellenic Stroke Organization, (Greece)

Prof. Padmanabhan Sandosh, Professor of Cardiovascular Genomics and Therapeutics, BHF Glasgow Cardiovascular Research Centre, Institute of Cardiovascular and Medical Sciences, 126 University Place, University of Glasgow, (UK)

Prof. Papagianni Aikaterini, Professor of Nephrology, Director, Department of Nephrology, Aristotle University of Thessaloniki General Hospital "Hippokratio", (Thessaloniki, Greece)

Prof. Papanas Nikos, Professor Internal Medicine-Diabetes, Alexandroupolis, Greece

Prof. Passadakis, Dean of Faculty of Health Sciences, Democritus University of Thrace, Professor of Nephrology, Division of Nephrology, University Hospital of Alexandroupolis, (Greece)

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Prof. Redon Jose, University Clinic Hospital of Valencia, University of Valencia, CIBERO3n, Carlos III Health Institute (Valencia, Spain)

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Dr. Skoutas Dimitrios, MD, PhD, Internal Medicine Physician -Specialist in Diabetes Mellitus, Scientific Director «Sarafianos», Private Hospital, Head of Pathological Sector of Rehabilitation Center «Anagennisi», (Thessaloniki, Greece)

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Gialafos Elias, MD, PhD, Cardiologist, (Athens, Greece)

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Kalyvinos Avgoustinos, GM/FD Director of Paranesti Health Center, (Drama, Greece)
Katsiki Niki,

Karapiperis Dimitrios, MD, Colonel, Greek Army, Infectious Diseases Specialist, Head of Infectious Diseases Department, 424 General Military Teaching Hospital of Thessaloniki, (Thessaloniki, Greece)

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