



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



# **2018 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient**

## **EUROPEAN SOCIETY OF HYPERTENSION**

**28-30 April 2018 - Chalkidiki, Greece**  
**Blue Lagoon Princess Hotel**

For further information please visit  
Site: [www.obesitydiabeteswg.eu](http://www.obesitydiabeteswg.eu)  
Or send an e-mail to: [obdiabwg@medcongress.gr](mailto:obdiabwg@medcongress.gr)



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Dear Colleagues,

On behalf of the European Society of Hypertension Working Group on Obesity, Diabetes and the High-Risk Patients and the Hellenic Society for Medical Education, it is our pleasure and privilege to welcome you to the Satellite Symposium to be held in Chalkidiki, April 28-30, 2018.

This Symposium is devoted to the understanding of blood pressure mechanisms in obesity, management of the related factors (hyperlipidemia and diabetes) and finally management of obesity induced increased total cardiovascular risk. Chalkidiki and Greece provides a unique opportunity to gather with colleagues from around the world and Europe in an exciting environment.

Our goal is to favor discussion and exchange between ESH working group, European specialists in the field of Obesity and Diabetes and specialists from our country, in order to better implement the management and treatment of hypertension, dyslipidemia and diabetes reducing total CV risk.

Your valuable participation would be highly appreciated. We sincerely hope that you will enjoy this meeting in Chalkidiki, Greece.

Best regards  
**Vasilios Kotsis**

President of the ESH WG on obesity, diabetes and the high-risk patient

## SATURDAY APRIL 28

16.00-17.00 REGISTRATIONS

17.00-18.30 ROUND TABLE

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

**How to measure early vascular ageing from ABPM**

**Antza X.** (*Thessaloniki, Greece*)

**Aspirin in patients with cardiovascular risk. When?**

**Grassos X.** (*Athens, Greece*)

**Clinical trials update: blood pressure control in the Balkan countries**

**Lovic D.** (*Nis, Serbia*)

18.30-19.30 LECTURES

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

**Statin associated diabetes mellitus**

**Elisaf M.** (*Ioannina, Greece*)

**Obstructive sleep apnea and hypertension**

**Narkiewicz K.** (*Gransk, Poland*)

19.30-20.30 Boehringer sponsored Satellite Symposium

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

Lecturer: **Bakatselos S.** (*Greece*)

20.30-21.30 BEST TREATMENT OF HARMFUL DISEASES IN THE DAILY CLINICAL PRACTICE

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

**Combining proven therapeutic choices for the optimal management of hypertension**

**Doumas M.** (*Greece*)

**Hypertension and co-morbidities: analysis of clinical cases**

**Limperopoulos E.** (*Greece*)

*Sponsorship by Servier*

## SUNDAY APRIL 29

### 10.00-10.45 ANTIHYPERTENSIVE TREATMENT

Chairman: Nilsson P. (Malmo, Sweden)

**Refractory hypertension: diagnosis and treatment**

*Redon J. (Valencia, Spain)*

**Association between obesity, prehypertension and chronic kidney disease**

*Jelakovic B. (Zagreb, Croatia)*

### 10.45-12.00 ROUND TABLE: TREATMENT OF DIABETES MELLITUS

Chairman: *Chatziagelaki E. (Athens, Greece)*

**Optimal treatment of gestational diabetes mellitus**

*Prof. Goulis D. (Thessaloniki, Greece)*

**Pathophysiology of type 2 Diabetes in Obesity**

*Finer N. (UK)*

**Guidelines for the management of diabetes**

*Nilsson P. (Malmo, Sweden)*

**Which is the second drug after metformin in diabetes. DDP 4 or SGLT- 2?**

*Papanas N. (Alexandroupolis, Greece)*

### 12.00-13.00 AZILSARTAN: WHY A NEW ANGIOTENSIN II ANTAGONIST IS USEFUL IN CLINICAL PRACTICE?

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

Sponsorship by Vianex

### 13.00-14.00 ROUND TABLE: HOW TO TREAT?

Chairman: *Van de Borne P. (Belgium)*

**A patient with dyslipidemia and increased liver transaminases**

*Athyros V. (Thessaloniki, Greece)*

**Adolescent with white coat hypertension**

*Stabouli S. (Thessaloniki, Greece)*

**A patient with ischemic stroke and statin intolerance**

*Tziomalos K. (Thessaloniki, Greece)*

**What's new and clinically relevant about the pharmacology of**

**NOACs** *Kreutz R. (Germany)*

14.00-17.00 LUNCH BREAK

17.00-17.45 ROUND TABLE: SMOKING, OBESITY

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

**Quit Smoking: Can improve CV disease?**

*Kontakiotis T. (Thessaloniki, Greece)*

**Guidelines for the management of obesity**

*Toplak H. (Graz, Austria)*

17.45-18.30 ROUND TABLE: HOW TO TREAT?

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

**A 75-year-old patient with heart failure and anemia**

*Kaiafa G. (Thessaloniki, Greece)*

**A 65-year-old patient with hypertension and increased arterial stiffness**

*Van de Borne P. (Belgium)*

**A 70 years old hypertensive during and after acute stroke**

*Makaritsis K. (Larissa, Greece)*

18.30-19.00 GUIDELINES FOR HYPERTENSION TREATMENT IN CHILDREN AND ADOLESCENTS

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

Lecturer: *Lurbe E. (Valencia, Spain)*

19.00-19.30 NEW PRACTICE GUIDELINES FOR THE MANAGEMENT OF HYPERTENSION, DIABETES AND DYSLIPIDEMIA IN OBESE PATIENTS FROM THE EUROPEAN SOCIETY HYPERTENSION (ESH) WG ON OBESITY, DIABETES AND THE HIGH-RISK PATIENT AND THE EUROPEAN ASSOCIATION FOR THE STUDY OF OBESITY (EASO)

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

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

19.30-20.30 MSD & Vianex sponsored Satellite Symposium

## MONDAY APRIL 30

10.00-11.00 LECTURES

Chairmen: *Athyros V. (Thessaloniki, Greece)*, *Tsioufis K. (Athens, Greece)*

**Hypertension and the brain** *Coca A. (Barcelona, Spain)*

**Secondary hypertension**

**Gkaliagkousi E.** (Thessaloniki, Greece)

**11.00-12.00 LECTURES**

Chairman: **Elisaf M.** (Ioannina, Greece)

**Drug combinations in the treatment of hypertension**

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

**How to treat: A 70-year-old patient with peripheral artery disease and hyperlipidemia, Michailidis D.** (London, UK)

**12.00-13.00 Astra-Zeneca sponsored Satellite Symposium**

Chairman: **Chatziagelaki E.** (Athens, Greece)

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

**13.00-14.00 Industry sponsored Satellite Symposium**

**14.00-17.00 LUNCH BREAK**

**17.00-18.00 LECTURES**

Chairman: **Goulis D.** (Thessaloniki, Greece)

**Obesity and Diabetes**

**Micic D.** (Belgrade, Serbia)

**Treatment of diabetes in obesity**

**Chatziagelaki E.** (Athens, Greece)

**18.00-19.30 HOW WE TREAT A PATIENT, WITH HEART FAILURE WITH REDUCED EF AND RESERVED EF**

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

Lecturer: **Papadopoulos C.** (Thessaloniki, Greece)

**19.30-20.00 ANTICOAGULANT THERAPY IN HIGH RISK PATIENTS WITH ATRIAL FIBRILLATION**

Lecturer: **Chatzis D.** (Athens, Greece)

**20:00-20:30 PHARMA INDUSTRY: A LOOK TO THE FUTURE**

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

Lecturer: **Pappas A.** (Thessaloniki, Greece)