



AGE AND GENDER FACTORS IN HYPERTENSION



Dubrovnik, Croatia

April 21, Friday



14:00-14:15

Welcome Addresses B.Jelaković, G.Grassi



14:15-15:15

MAIN LECTURES (30 min)

Reappraisal of the European guidelines (G.Mancia)
Hypertension in the elderly: the ESH/ESC Guidelines position. (E. Agabiti Rosei)

15:15-15:45 Coffee Break

15:45- 17:30 1ST SESSION

- *PATHOPHYSIOLOGICAL ASPECTS (15 min+15 min discussion)*

Chairpersons: G. Grassi, S. Julius, M. Laganović

1. Hypertension and genders: similarities and differences (J. Redon)
 2. Blood pressure regulation and gender in hypertension (G. Grassi)
 3. Uric acid, age and gender (C.Borghi)
 4. Arterial stiffness in children and adolescents (S.Stabouli)
 5. Guidelines on treatment of hypertension in children and adolescents (E.Lurbe)
 6. Telomers and life span (P. Nilsson)
- Discussion

17:30-18:15 2nd SESSION

- *DEBATE (45 min)*

Moderator: G. Mancia

- A case for less intensive BP Control in the elderly: It matters to achieve target blood pressure early and sustained below 140/90 mmHg (S. Kjeldsen)
- Maybe more aggressive treatment targets in the young hypertensive patients - should we "normalize" their blood pressure such as recommended in the earlier hypertension guidelines? (P.Palatini)
- Rebuttal
- Summary elderly - potential difference compared to young people (S.Kjeldsen)
- Summary young people - potential difference compared to elderly (P.Palatini)

April 22, Saturday

9:00-10:45 3rd SESSION

– HYPERTENSION IN THE ELDERLY: CLINICAL ASPECTS (15 min+15 min discussion)

Chairpersons: A. Coca, D. Miličić, D. Lović

- 1. Isolated systolic hypertension (D.Lović)**
 - 2. Brain and aging (A.Coca)**
 - 3. Target organ damage - heart failure (D.Miličić)**
 - 4. Does J-curve exists in chronic kidney disease ? (R.Pontremoli)**
 - 5. Kidney function and aging (B.Jelaković)**
- Discussion**

10:45-13:00 4th SESSION

– HYPERTENSION IN WOMEN: CLINICAL ASPECTS (15 min+15 min discussion)

Chairpersons: A. Zanchetti, J. Brguljan, C. Farsang

- 1. Pregnancy induced hypertension (McCarthy)**
 - 2. Menopause and hypertension (J.Brguljan)**
 - 3. Target organ damage (M.Muiesan)**
 - 4. Does aging affect hypertension/gender relationships? (C.Farsang)**
 - 5. Hypertension and ischaemic heart disease in women (M.Dorobantu)**
- Discussion**
- 6. Contribution by recent meta-analyses to guidelines reappraisal (A.Zanchetti) (30 min)**

13:00-13:45 Lunch

13:45-15:30 5th SESSION

– SPECIAL ISSUES

Chairpersons: S. Laurent, V. Kostis, A. Manolis

- 1. Hypertension in young and old ages: similarities and differences (S. Julius)**
 - 2. Atrial fibrillation, age and gender (A. Manolis)**
 - 3. Low birth weight and early vascular aging (M.Laganović)**
 - 4. Central blood pressure, age and gender (S.Laurent)**
 - 5. Obesity and early vascular aging (V.Kostis)**
 - 6. Sexual function, aging and cardiovascular risk (M.Doumas)**
- Discussion**

15:30-16:00 Coffee Break

16:00-17:45 6th SESSION

– THERAPETIC ASPECTS

Chairpersons: R. Cifkova, D. Počanić, C.Tsioufus

- 1. Hypertension in the elderly: which drug(s) (D.Počanić)**
 - 2. Hypertension in women: which drug(s) (R.Cifkova)**
 - 3. How to improve blood pressure control in the elderly (M.Burnier)**
 - 4. How to improve blood pressure control in women (C.Tsioufus)**
 - 5. Life style changes -focus on physical activity (A.Pittaras)**
 - 6. Salt intake - important in elderly ? (D.Clement)**
- Discussion**

Concluding remarks

B. Jelaković, G.Grassi