

Report on the 2nd International Congress of Hypertension in Children and Adolescents (ICHCA)

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For those working closely in childhood and adolescent hypertension, this congress should be on your bucket list of meetings to attend in 2020!

Growing evidence indicates the importance of identifying and managing childhood and adolescent hypertension, since early vascular aging and related cardiovascular disease originates as early as infancy. Along with the recent advances in paediatric hypertension, with reference to 2016 and 2017 evidence-based hypertension guidelines,^{1,2} the International Congress of Hypertension in Children and Adolescents (ICHCA) showcases cutting-edge research on the key contributors and implications of high blood pressure in children from developing and developed countries.

The Congress Committee, Professors Brian Rayner (South Africa), Mieczysław Litwin (Poland), Empar Lurbe (Spain), and Daniel Feig (USA), hosted the second successful congress in the sprawling capital of Poland on 24–26 May 2019. The 2019 ICHCA meeting involved an outstanding faculty from fifteen countries amongst others, Prof Joseph Flynn (USA), Prof Krzysztof Narkiewicz (Poland), Prof Tomas Seeman (Czech Republic), Prof Janusz Feber (Canada), Prof Paolo Palatini (Italy), and Prof Elke Wühl (Germany). The scientific programme captured numerous themes amongst others the epidemiology and pathogenesis, target organ damage, risk profiling, secondary causes and treatment guidelines/updates of paediatric and adolescent hypertension.

Some interesting topics included the links of early life stress or childhood adversity with oxidative stress promoting pro-inflammatory phenotypes in children with subsequent cardiovascular risk in adulthood (by Jennifer Pollock, USA); renal compromise in terms of salt intake and ethnic-specific physiological phenotypes (by Prof Brian Rayner, South Africa, and Prof Stella Stabouli, Greece); echocardiographic interpretations and target organ damage in childhood hypertension (Prof Elaine Urbina, USA); and how to apply fuzzy logic to predict blood high pressure in children (Prof Janusz Feber, Canada). The congress also included a small selection of e-Posters and short scientific communications from peer-reviewed abstracts and young investigators.

The third ICHCA meeting will be hosted in Warsaw, Poland in 2020. The exact dates are being discussed and will be announced by the end of 2019.



References:

1. Lurbe E, Agabiti-Rosei E, Cruickshank JK, Dominiczak A, Erdine S, Hirth A, et al. 2016 European Society of Hypertension guidelines for the management of high blood pressure in children and adolescents. *J Hypertens.* 2016;34(10):1887-920.
2. Flynn JT, Kaelber DC, Baker-Smith CM, et al. Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents. *Pediatrics.* 2017;140(3):e20171904

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