

# PARTNER EVENTS AND NEWS

## ESH 2024 – 33<sup>rd</sup> EUROPEAN MEETING ON HYPERTENSION AND CARDIOVASCULAR PROTECTION



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#### INTRODUCTION

We attended with enthusiasm the 33<sup>rd</sup> European Meeting on Hypertension and Cardiovascular Protection (ESH 2024), held this year in Berlin, Germany at the Estrel Congress Centre May 31-June 3, 2024. ESH 2024 with its 85 scientific sessions and more than 2,000 participants from more than 100 different countries (several countries outside Europe) was a prestigious conference promoting education and innovation and offering a comprehensive platform to explore the latest advancements, research findings and clinical perspectives in hypertension and cardiovascular medicine. Importantly, the meeting was supported by a broad international faculty including many new and young members.

The scientific program included two main session pathways, the first focusing on the 2024 ESH Clinical Practice Guidelines for Hypertension Management and the second on Hypertension and Cardiorenal Diseases. Many investigators (including our research team) had the opportunity to present their research work in oral and poster sessions, and all conference abstracts are available in a supplement issue of the *Journal of Hypertension* (<https://journals.lww.com/jhypertension/toc/2024/05001>).

This issue highlights the main key points of the meeting that caught our attention and are

presented below in three sections: (A) Scientific sessions and research highlights, (B) Innovations, and (C) Personal highlights.

#### A. SCIENTIFIC SESSIONS AND RESEARCH HIGHLIGHTS

##### *ESH 2024 Clinical Practice Guidelines*

The ESH 2023 Guidelines for the management of arterial hypertension was published last year and is an extensive document and a valuable source of updated knowledge and detailed information in nearly 200 pages and with more than 1,700 references. The ESH 2024 Clinical Practice Guidelines were presented during the 2024 ESH meeting in Berlin and aimed to summarize and provide a novel concise hands-on version of the 2023 Guidelines highlighting the “ESH MASTERplan” for the management of hypertension. The official document is available online at <https://www.eshonline.org/spotlights/2024-esh-clinical-practice-guidelines/>.

The ESH 2024 Clinical Practice Guidelines session was a pivotal part of the scientific program where experts presented the rationale and essential points emphasizing the critical information that healthcare professionals need to know for clinical practice. The components of the ESH MASTERplan for the management of hypertension are: Measure BP-Diagnose, Assess Patient, Select Therapy, and

Evaluate Response. An open discussion session followed, allowing for an engaging and meaningful conversation. This interactive format ensured the dissemination of the key messages of the practice guidelines rendering the session very informative and practical.

### *Clinical Cases*

The ESH 2024 meeting included an interesting session on challenging clinical cases that provided valuable insights into the practical application of current research and clinical guidelines. Highlights included two cases of secondary hypertension, one attributed to polyarteritis nodosa and the other to middle aortic syndrome. Each presentation offered in-depth analysis and discussion, highlighting the importance of personalized patient care.

### *Future of BP measurement – Cuffless devices*

The current status and future potential of BP measurement using novel cuffless technologies and devices has been one of the most challenging topics discussed in the context of the ESH Working Group on Blood Pressure Monitoring and Cardiovascular Variability round tables. Indeed, in the era of artificial intelligence implementation and big data analysis the field of cuffless BP monitoring is the most popular and exciting research topic regarding the future development of BP monitoring.

### *ESH Awards*

A special session was dedicated to the ESH awards, celebrating outstanding contributions in the field of hypertension and cardiovascular medicine. The Honorary Professor of Nephrology and Hypertension Michel Burnier received the Paul Milliez Award, the Alberto Zanchetti Life Achievement Award was given to Professor Renata Cífková, the ESH Honorary Membership was granted to Professor Margus Viigimaa and the Björn Folkow Award to Jan Danser, Professor of Pharmacology. Professor Danser gave an exciting lecture including insights into the novel upcoming antihypertensive treatment regimens which constitute a fascinating and promising field for future basic and clinical research and application.

## **B. INNOVATIONS**

### *ESH Young Investigators (YI)*

The YI group had a very active role in the organization of the ESH 2024 meeting. Under the supervision of Professor Jan Danser and Professor Jana Brguljan the YI group contributed considerably to various activities during the ESH meeting. They organized a scientific session with interesting topics, including artificial intelligence in hypertension, novel drugs for hypertension treatment, and cuffless blood pressure measurement technologies. They also hosted a social evening event offering the opportunity to young attendees to socialize and communicate with each other and with senior ESH members. To promote a healthy lifestyle, they also organized a run in Berlin during the last day of the ESH congress. This year, YI members had the opportunity to act as co-chairpersons in poster sessions, enhancing their experience and abilities to coordinate such events. Furthermore, they participated in the judging of the poster awards, gaining valuable experience by evaluating new ideas, identifying pros and cons of research work, and sharing opinions with experts.

### *Opening session*

The opening session of the ESH 2024 congress was a memorable event, featuring a performance by the Music Barenboim-Said Akademie. This wonderful musical presentation set a positive and engaging tone on the opening of the congress giving the opportunity to multicultural musicians to perform.



Poster of the ESH Congress run.

## C. PERSONAL HIGHLIGHTS

The 2024 ESH meeting was uniquely memorable for us – the authors of this article. The first author, Dr Ariadni Menti was for the first time actively involved in the ESH YI group contributing to the organization of the ESH 2024 congress. She had the opportunity to participate in the judging process for posters and co-chaired a poster session and was honoured to be selected as a new ESH member. Moreover, the second author, Dr Konstantinos Kyriakoulis was deeply honoured to be selected as the winner of the SOMNOmedics Young Investigators Award 2024 for the research project proposal entitled “Nighttime blood pressure variability assessed using ambulatory and home monitors in patients with hypertension and prediabetes/diabetes type 2: Association, agreement, and relationship with preclinical target-organ damage”.

After our tremendous experience in the ESH 2024, we are sincerely looking forward to the next ESH 2025 in Milan, Italy!!!

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Our personal ESH highlights: Above: ESH vice President Professor Andrzej Januszewicz and new ESH member Dr Ariadni Menti.

Below: ESH 2024 Meeting Chair Professor Reinhold Kreutz, Dr Konstantinos Kyriakoulis (awardee), and Mrs Tinta Visser (SOMNOmedics).



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**CORRECTION:** in the December 2023 issue of Hypertension News, on page 2, 'neuropeptide receptor 1' should have read: 'natriuretic peptide receptor 1'.