

Title:

Hypertension and cardiovascular (CV) ageing – Bridging basic research and clinical science

Prior to seminar:

Participants are selected by the organizing committee based on curriculum vitae and application

Participants are asked to prepare a 7 min talk about their research, which has to be forwarded to the organizers 1 month in advance. One of the organizers prepares a 3 min evaluation to be followed by a 5 min discussion.

Participants and organizers are asked to forward a portrait picture and 10-20 lines summarizing their background and research interest. This information will be assembled in a book and send to the participants and organizers at least 1 month before the seminar in order to prepare ideas for possible research networking in advance.

General rules about lectures

As the concept of this seminar is to create research networks between young and senior researchers within as well as in-between the Nordic Countries all lectures should be interactive with room for questions and if relevant group assignments.

Announcement:

Through the Journals and websites of National Societies of Hypertension as well as Cardiology

Sponsor:

The joint Committee of the Nordic Medical Research Councils (NOS-M) and DaCRA

Economic guarantee:

Department of Internal Medicine, Glostrup Hospital

Location:

Hotel Frederiksdal, Frederiksdalsvej 360, 2800 Kgs. Lyngby, Denmark

Preliminary program:

Wednesday May 13th:

- 09.00 *Registration and coffee*
- 09.30 Concept (interaction leading to research network) and content of seminar (HI, MHO)
- I) Hypertension and cardiovascular ageing (Wednesday)
 - II) Subclinical CV damage and risk calculation (Thursday)
 - III) Secondary hypertension (Friday)
 - IV) Clinical trials, guidelines and daily practice (Friday)
 - VI) Conclusions (Friday)
- 09.40 Short presentation of participants (20 min) (Hans Ibsen)
- Hypertension and CV ageing (10 min) (Michael H. Olsen)
 - Early vascular ageing (concept, factors of influence) (15 min) (Peter Nilsson)
- 10.25 *Ultra-short break*
- 10.30 Genetics of ageing (30 min) (Kaare Christensen)
- Genetics of hypertension and CV disease (15 min) (*Børge Nordestgaard*)
 - Genetics of hypertension and CV disease (15 min) (Olle Melander)
 - Molecular research in ageing (20 min) (Anders Olsen)
 - Discussion (20 min)
- 12.10 *Lunch*
- 13.10 Physiological research in hypertension and CV ageing
- Sympathetic nervous system (15 min) (Sverre E. Kjeldsen)
 - Kidney (15 min) (Boye L. Jensen)
 - Renin Angiotensin Aldosterone system (15 min) (Frej Fyhrquist)
 - Vascular (15 min) (*Christian Aalkjær*)
 - Discussion (20 min)
- 14.30 *Ultra short break*
- 14.35 Blood pressure measurements in hypertension
- Definition of white coat and masked hypertension (15 min) (Lia Bang)
 - Prognostic importance of ambulatory vs. office blood pressure (IDACO) (15 min) (Tine Hansen)
 - Home blood pressure measurements (15 min) (Ilkka Kantola)
- 15.35 *Ultra short break*

- 15.40 Development and treatment of essential hypertension
 Epidemiologi (15 min) (Torben Jørgensen)
 Pathogenesis and insulin resistance in hypertension (15 min)
 (Jørgen Jeppesen)
 How can we do better? (15 min) (Lars Lindholm)
 Discussion (10 min)
- 16.35 *Coffee break*
- 16.45 Basic research from 7 participants 7 x (7+3+5) min (parallel session)
- 16.45 Clinical research from 7 participants 7 x (7+3+5) min (parallel session)
- 18.30 *End*
- 19.30 *Dinner*

Thursday May 14th:

- 08.30 Gender differences in hypertension (15 min) (Karin Manhem)
 Prediabetes and diabetes in hypertension (15 min) (Ingrid Toft)
- 09.00 *Ultra short break*
- 09.05 Evaluation of Cardiac damage in hypertension
 Myocardial fibrosis (15 min) (Thomas Kahan)
 LV hypertrophy and left atrial size (15 min) (Eva Gerdts)
 Systolic LV function (15 min) (*Kristian Wachtell*)
 Diastolic LV function (15 min) (*Jacob Møller*)
 Regional LV function (15 min) (*Jens Berning*)
 Discussion (20 min)
- 10.40 *Coffee break*
- 10.55 Evaluation of microvascular damage in hypertension and CV ageing
 Retinal vessels (15 min) (*Michael Larsen*)
 Forearm blood flow, resistance arteries (15 min) (Kent L.Christensen)
 Diabetic microcirculation (15 min) (Majid Kalani)
 Albuminuria in diabetes (15 min) (Per Løgstrup Poulsen)
 Albuminuria in hypertension (15 min) (Hans Ibsen)
 Discussion (20 min)

12.30-16.45 *Lunch at the lake and canoe sailing*

- 16.45 Basic research from 7 participants 7 x (7+3+5) min (parallel session)
16.45 Clinical research from 7 participants 7 x (7+3+5) min (parallel session)
18.30 *End*
19.30 *Dinner*

Friday May 15th:

- 08.30 Evaluation of macrovascular damage in hypertension and CV ageing
Compliance and pulse wave reflection (15 min) (?)
Pulse wave velocity and AAI (15 min) (Tine W. Hansen)
Augmentation index and central BP (15 min) (Marie Frimodt-Møller)
IMT and atherosclerotic plaques (15 min) (Michael H. Olsen)
Discussion (10 min)
- 09.40 *Short break*
- 09.50 Risk calculations and clinical implications
Pre-card and HeartScore (15 min) (*Torben Jørgensen?*)
New risk markers (15 min) (Michael H. Olsen)
Discussion (10 min)
- Secondary hypertension
Nephrogen hypertension (15 min) (Ingrid Os)
Renal artery stenosis (15 min) (Ulrik Andersen)
Hyperaldosteronism (15 min) (Per Løgstrup Poulsen)
- 11.15 *Coffee break*
- 11.35 Guidelines (10 min) (SEK)
- 11.45 Non-pharmacological antihypertensive treatment (15 min) (Antti Jula)
- 12.00 Clinical trials in relation to guidelines and daily practice
Special anti-hypertensive drug groups (15 min) (Hans Ibsen)
Evidence for treating low risk and very old patients (15 min) (Rune Mo)
Lower BP in patients with CV disease (15 min) (Thomas Kahan)
Discussion (15 min)
- 13.00 Oral and written evaluation
- 13.30 *Lunch*

Organizing committee:

Denmark: Professor Hans Ibsen (HI)

Department of Internal Medicine, Holbæk Hospital

(President of the Danish Society of Hypertension)

Associated professor Michael Hecht Olsen (MHO)

The Cardiovascular Research Unit, Cardiology Section

Department of Internal Medicine, Glostrup University Hospital

(Council Member of the European Society of Hypertension)

Professor Boye L. Jensen (BLJ)

Inst. of Medical Biol. – Physiol. and Pharmacology, University of Southern Denmark

Associated professor Kent Lodberg Christensen (KLC)

Department of Internal Medicine, Århus University Hospital

Norway: Professor Sverre E. Kjeldsen (SEK)

Department of Cardiology, Ullevaal University Hospital, Oslo

(Past President of the European Society of Hypertension)

Professor Eva Gerds (EG)

Institute of Medicine, University of Bergen and

Haukeland University Hospital, Bergen

(President of the Norwegian Society of Hypertension)

Professor Ingrid Os (IO)

Department of Nephrology, Ullevaal University Hospital, Oslo

Chief physician, Dr.med. Rune Mo (RM)

Department of Cardiology, St. Olavs Hospital University Hospital, Trondheim

(Secretary of the Norwegian Society of Hypertension)

Professor Ingrid Toft (IT),
Department of Nephrology, Tromsø University Hospital
(Vice-President of the Norwegian Society of Hypertension)

Sweden: Professor Lars Lindholm (LL)
Department of Public Health and Clinical Medicine, Umeå University
(President of the International Society of Hypertension)

Professor Thomas Kahan (TK)
Department of Internal Medicine, Karolinska Institute, Stockholm
(President of the Swedish Society of Hypertension)

Associated Professor Peter Nilsson (PN)
Institute for Clinical Science, Malmö University Hospital
(Council Member of the European Society of Hypertension)

Chief physician Karin Manhem, Göteborg University Hospital (KM)
(mail: karin.manhem@hjl.gu.se)

Finland: Associated Professor Ilkka Kantola (IK)
Department of Medicine, Turku University Hospital

Associated Professor Antti Jula (AJ)
Public Health Institute, Turku

Professor Frej Fyhrquist (FF)
Helsinki University Central Hospital, Helsinki