

Dear PhD students and hypertension experts,

We are delighted to welcome you to the Nordic-Baltic PhD meeting, which will be held in October 7th to 9th, 2025, at Rovaniemi, Finland. This meeting brings together PhD students and experienced hypertension experts across the Nordic and Baltic regions to foster collaboration and share research insights.

The venue of the meeting will be in Ounasvaara, Rovaniemi, which is renowned for its stunning natural beauty. Located in the heart of Lapland, it provides a perfect backdrop for stimulating discussions and innovative ideas.

Program includes the scientific sessions with lectures related to hypertension. PhD students are encouraged to present abstracts as posters or oral presentations. Organizers will provide participation certificate for PhD students to apply study credits thereafter at their own university.

Alongside with the scientific content, program include cultural and recreational afternoon activities, excellent Finnish food and flavors without forgetting the traditional Finnish sauna experience.

Accommodation will be arranged in a very Finnish cozy style, in cottages in the top of Ounasvaara (Ounasvaara Lakituvat Chalets) housing 6 persons each. Lecturers will receive separate instructions regarding the accommodation.

Please register by January 31, 2025 at: <https://shorturl.at/RakNT> We encourage PhD students to send your abstracts at the end of May.

We warmly welcome you to Rovaniemi!

Nordic-Baltic PhD Meeting 2025 Organizing Committee

Daniel Gordin

Maria Hagnäs

Teemu Niiranen

President

Vice President

Past President

## DAY 1 - October 7, 2025

**14.30-15.15 Check-in at Ounasvaara Lakituvat Chalets**

**15.30 Welcome, Sky Hotel Ounasvaara**

**Maria Hagnäs, Rovaniemi**

### **Session 1: Hypertension Review - Chair: Michael Hecht Olsen, Odense**

15.35 Epidemiology of Hypertension in the Nordic Countries / Teemu Niiranen, Turku

15.50 Differences in European hypertension guidelines / Mattias Brunström, Umeå

16.10 Antihypertensive medications - past, present, and future / Sverre Kjeldsen, Oslo

### **Session 2: Hypertension in primary care - Chair: Maria Hagnäs, Rovaniemi**

16.30 Collaboration between primary care and specialized hypertension centers / Lene Halvorsen, Oslo

16.50 Hypertension registries for improving care? / Thomas Kahan, Stockholm

17.10 Sustainable hypertension care / Peter Nilsson, Malmö

17.30-19.00 Extracurricular activities

19.00- Dinner at Sky Hotel



## **DAY 2 - October 8, 2025**

### **9.00 Panel Discussion About the New European Hypertension Guidelines / Daniel Gordin, Helsinki**

#### **Session 3: Obesity in hypertension - Chair: Jonas Spaak, Stockholm**

9.30 Obesity and hypertension / Kent Lodberg Christensen, Aarhus

9.50 Is BMI as an obesity indicator the best predictor for CVD / Marius Miglinas, Vilnius

10.10 Risk stratification for hypertension – drugs, surgery, or lifestyle? / Michael Hecht Olsen, Copenhagen

10.30-11.00 Coffee break & exhibition

#### **Session 4: Cardiorenal disease and hypertension - Chair: Mattias Brunström, Umeå**

11.00 Antihypertensive effects of “new” cardiorenal drugs / Daniel Gordin, Helsinki

11.20 How do these drugs protect the kidneys? Hans-Peter Marti, Bergen

11.40 Renovascular hypertension / Mark Reinhard, Aarhus

12.00-13.00 Lunch & exhibition

#### **Session 5: Three-minute pitch competition - Chair: Daniel Gordin, Helsinki**

13.00-15.00 Three-minutes pitch competition of own research by all participants (with snacks)

15.00-15.15 Break

15.15-17.00 Detailed presentation, feedback and discussion in smaller groups

17.00- Extracurricular activities

19.00- Transition to venue, dinner, sauna and recreational program

## DAY 3 - October 9, 2025

### Session 6: Diagnostics - Chair: Teemu Niiranen, Turku

9.00 Office, home, and ambulatory blood pressure in diagnosing hypertension / Tine Willum Hansen, Copenhagen

9.20 Is there a role for arterial stiffness measurements or wearables in clinical practice / Jonas Spaak, Stockholm

9.40 Diagnosing vascular disease in hypertensive patients - when and how? / Anders Gottsäter, Malmö

### Session 7: Aldosterone in hypertension - Chair: Peter Nilsson, Malmö

10.10 Diagnosing primary hyperaldosteronism / Pasi Nevalainen, Tampere

10.30 Aldosterone antagonists in hypertension care / Ilkka Kantola, Turku

10.50 Inhibition of aldosterone synthase - a novel treatment option? /

Annika Lindroos, Turku

11.10 Adjourn & Check-out from rooms

11.30 Lunch



Changes in the program may occur.