

ESH Advanced Course on Hypertension

March 7-14, 2009

Courmayeur, Italy

Course Directors: Giuseppe Mancia, Milan, Italy
Renata Cifkova, Prague, Czech Republic

Who should attend?

Certified European Hypertension Specialists or those who wish to improve their knowledge in clinical hypertension and apply for European Hypertension Specialists in the near future.

Topics to be covered

- Large clinical trials
- ESH guidelines
- Epidemiology
- Genetics
- ABPM and home BP readings
- Kidney in hypertension
- Renovascular hypertension
- Diabetic nephropathy
- Hypertension in pregnancy
- Endocrine hypertension
- Obstructive sleep apnea
- Brain and hypertension
- Resistant hypertension
- Hypertension and coronary heart disease
- Heart and hypertension
- Hypertension and diabetes
- Hypertension in the elderly
- Blood pressure and exercise
- Small arteries, peripheral vascular resistance, and autoregulation in hypertension
- Microcirculation in hypertension
- Hypertensive emergencies
- New antihypertensive agents

“How to” sessions:

- How to assess arterial stiffness
- How to assess sympathetic nervous activity
- How to assess an echo and carotid ultrasound
- How to assess endothelial function in humans
- How to assess arterial distensibility

Case presentations

One per day, presented by the participants

Daily schedule

08:00-10:00 lectures
16:00-16:30 coffee break, light refreshment
16:30-18:30 lectures ("How to" sessions)
18:30-19:00 coffee break
19:00-20:00 lecture

Some details about the place

Courmayeur is a fashionable winter resort on the Italian side of Mt Blanc. The place is an excellent starting point for downhill skiing, mountaineering, and hiking.

Nearest airport: Milan Malpensa or Torino (transfers provided).

Expenses

Covered by ESH: Accommodation and travel expenses of the faculty

Covered by national hypertension societies: Accommodation incl. half board, transfers, hostesses (prices applicable for the 2008 course: **Euro 1,580 + 20% VAT**), plus travel expenses for fellows.

Transfers from and to the nearest airport will be arranged (the expenses will be included in the total sum).

Deadline for application: December 1, 2008

Where to send the application

Dr Renata Cífková
Department of Preventive Cardiology
Inst.Clin.Exp.Medicine
Václavská 1958/9
140 21 Prague 4
Czech Republic

Phone: +420-2-617-11-399

Fax: +420-2-617-10-666

e-mail: recf@medicon.cz

Each application must be supported by a national hypertension society in Europe, and must include the participant's CV in English including a list of publications.