

ESH Advanced Course on Hypertension

February 12-19, 2012

St. Moritz, Switzerland

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
15:30-16:00 coffee break, light refreshment
16:00-18:00 lectures (“How to” sessions)
18:00-18:15 coffee break
18:15-19:00 case presentation
19:00-20:00 lecture

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 2011 course: Euro 1,550 (single room), Euro 1,440 (one person in a double room), 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: November 15, 2011

Some details about the place

St. Moritz is a fashionable winter resort in the Engadine Valley, Switzerland. The place is an excellent starting point for downhill skiing, cross-country skiing, and all other kinds of winter sports. It is a wonderful resort also for non-skiers.

The Reine Victoria Hotel provides suitable conference facilities, is conveniently located near the Signal cable car, and has its own well-equipped wellness center.

Nearest airport: Milan Malpensa (transfers provided).

Where to send the application

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