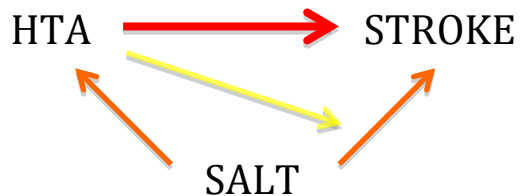


# PORTUGUESE EVOLVING CONCEPTS ON HYPERTENSION

## Hypertension, Salt and Stroke

Oporto, 2-3 of December 2016



**CHAIRMEN OF THE COURSE : Mesquita Bastos (PT) and Stephane Laurent (France)**

### DAY 1 – MORNING

Chairmen : **Mesquita Bastos (Portugal) and Michel Burnier (Switzerland)**

09.00 – 09.15 Overture

09.15 – 09.35 - Stroke in the context of the cardiovascular disease in Portugal.  
Health policy challenges (20 min)

***Prof Luis Martins (Portugal)***

09.35 – 09.55 Salt intake and cardiovascular disease in Portugal. Sources of salt and measurements of intake (20 min)

***Prof Jorge Polónia (Portugal)***

09.55 – 10.45 Epidemiology of salt, hypertension and stroke. Salt intake in Europe and in the world, epidemiology of hypertension and stroke, experiences in salt reduction at the national level,

***Prof MacGregor (United Kingdom)***

10.45 – 11.15 – Coffee break

11.45 – 13.00 – Discussion and practical questions with televote

**DAY 1- AFTERNOON**

Chairmen : **J Polónia (Portugal) and Antonio Coca (Spain)**

14.30 – 15.15 - Salt intake, BP and kidney damage: role of the autonomic nervous system and RAAS

***Prof Michel BURNIER (Switzerland)***

15.15 – 16.00 - Salt intake, BP and brain damage: role of the large and small arteries

***Prof Stephane LAURENT (France)***

16.00 – 16.30 – Coffee break

16.30 – 18.00 - Discussion and practical questions with televote

**DAY 2- MORNING**

Chairmen : **Luis Martins (Portugal) and S Laurent (France)**

09.00 – 09.45 - Global cardiovascular prevention: Global approach, lifestyle changes, and antihypertensive treatment in the reduction in incident hypertension and cardiovascular complications: focus on salt reduction.

***Prof Enrico AGABITI-ROSEI (Italy)***

09.45 – 10.30 - Pathophysiology of ischemic stroke

***Prof. Dariusz Gasecki (Poland)***

10.30 – 11.00 – Coffee break

11.00 – 11.45 – Stroke and hypertension: treatment of hypertension during acute stroke and post-stroke. ***Prof Antonio COCA (Spain)***

11.45 – 13.00 – Discussion and practical questions with televote

13.00 – 13.45 – **Mesquita Bastos (PT) and Stephane Laurent (France)**  
Final Conclusions

**DAY 2 AFTERNOON**

**To be announced**