

ESH Summer school 2017 in retrospect

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According to a tradition that began in 1995, The European Society of Hypertension organized, in partnership with The Romanian Society of Hypertension, the 2017 ESH Summer School. It is for the first time that The Summer School was hosted by Romania. The location was the picturesque village of Snagov, which accommodated 61 speakers and 69 participants from 38 countries, between the 9th and the 15th of September.

The Course Directors were Prof. Maria Dorobantu (President of the ESC Working group of Microcirculation and Coronary Pathophysiology, President of The Romanian Society of Hypertension, Bucharest) and Prof. Renata Cifkova (Head, Department of Preventive Cardiology, Thomayer Teaching Hospital, Prague, CZ). The Romanian delegation was the most numerous, comprising six delegates.

The Summer School started with a lovely cruise through the history of the antihypertensive therapy conducted by Prof. Zanchetti, followed by a glimpse into the future, as Prof. Anna Dominiczak offered us a snapshot of what can be done in cardiovascular genetics.

Prof. Giuseppe Mancina showed us a reappraisal of the guidelines and on the particularities of the hyper-

tensive patient, while Prof. Enrico Agabiti Rosei updated us on detection, prevention and regression of organ damage. The isolated systolic hypertension in the youth was detailed by Prof. Empar Lurbe. Prof. Antonio Coca explained the pathophysiology of brain damage in hypertension. Prof. Gianfranco Parati provided an overview on how, where and when to measure blood pressure in our current practice for optimal results. Obstructive sleep apnoea and its place in hypertension treatment was presented by Prof. Krzysztof Narkiewicz.

The practical aspects on how to design and conduct a clinical trial were detailed by Prof. Sverre E.



Fig. 1. 2017 ESH Summer School hosted in Snagov, Romania

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Fig. 2. Group Photo of The 2017 ESH Summer School, with the fellows and some of the speakers: Prof. Renata Cifkova, Prof. Giuseppe Mancia, Prof. Maria Doroban u, Prof. Alberto Zanchetti, Prof. Enrico Agabiti-Rosei, Prof. Empar Lurbe, Prof. Peter M Nilsson, Prof. Krzysztof Narkiewicz.

Kjeldsen and Prof. Cristian Baicus. There was also a session on managing hypertension in the elderly by Prof. Sverre E. Kjeldsen.

The renal pathology and hypertension were very debated subjects, starting with renal artery stenosis overviewed by A.H. van den Meiracker, followed by hypertension in chronic kidney disease presented by Prof Michel Burnier and ending with the endemic (Balkan) nephropathy presented by Prof. Bojan Jelaković.

Another largely discussed topic was the autonomic control of the cardiovascular system (Prof. Guido Grassi) and the RAAS and its effect on the cardiovascular system (Prof. Thomas Unger). An overview on pheochromocytoma followed, presented by Joanna Matrozova. Drug adherence in hypertension was addressed by Prof Michel Burnier. Prof. Peter M Nilsson enlightened us on early vascular ageing and the mechanisms of hypertension in diabetes. A whole debate ensued

over the issue of salt and hypertension in the light of older dogmas and newer studies conducted by Prof. Thomas Unger. The next subjected to be discussed was that of large arteries and hypertension by Pierre Boutouyrie and of microcirculation and hypertension by Prof. Harry Struijker Boudier.

The non-pharmacologic treatment in hypertension was overviewed by Cornelia Bala, while the epidemiology of arterial hypertension across Europe was presented by our host, Prof. Maria Dorobantu. Hypertension as a main risk factor for cardiovascular disease was addressed by Prof. Crina Sinescu. Another interesting topic was that of uric acid in hypertension explained by Prof. Claudio Borghi. Prof. Csaba Farsang challenged us in hypertensive emergency management. Hypertension and atrial fibrillation were referred to by Prof. Athanasios J. Manolis. The closing talk was given

by our other course director, Prof. Renata Cífkova, on hypertension in pregnancy.

The fellows were also invited to actively participate with questions, which became the starting point for lively discussions, as well as with oral and poster presentations. The programme was very well designed in that the oral presentations of the fellows were paired with similar topic presentations by the speakers, which completed the theoretical part with a more practical view on those particular subjects.

It was for the first time that the Summer School included hands-on workshops on practical skills and investigations. These included a Doppler Ultrasound workshop focused on carotid intima-media thickness

and plaques exploration, presented by Prof. Roxana Darabont, a workshop on the echocardiographic assessment in hypertension, hosted by Prof. Doina Dimulescu and one on the non-invasive hemodynamic measurement in hypertension, performed by Assist. Prof. Oana Tautu.

The leisure part of the Summer School was not neglected, as one afternoon was dedicated to visiting the City of Bucharest, with a highlight on the Palace of the Parliament, the heaviest building in the world, and sampling some of the Romanian cuisine and music later in the evening. The Summer School ended with the Gala Dinner, hosted in the Snagov Palace, a former royal palace.