



# The 2019 Conference of the Romanian Society of Hypertension

## “New perspectives on the management of patients with arterial hypertension”

### A conference report

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In 2019 the Romanian Society of Hypertension-RSH continued the tradition to organize, between its biennial congresses, national conferences during which the participants are given the opportunity to meet and discuss new strategies for hypertension global assessment and control. This year's conference was held on November 2<sup>nd</sup> in Bucharest and was chaired by Prof. Doina Dimulescu, president of RSH and Assoc. Prof. Roxana Oana Darabont, president-elect of RSH.

The scientific program included lectures and case presentation involving 16 speakers from medical universities and hospitals in Romania covering a spectrum of specialties involved in the comprehensive care of patients with hypertension: cardiology,

internal medicine, diabetes- metabolism, and bariatric/metabolic surgery. Over 300 doctors from various medical branches such as general practitioners, internists, cardiologists, or nephrologists attended this one-day conference sought to offer an interdisciplinary view on what was new in offering better integrated care to patients affected by arterial hypertension.

The day started with the “**Guidelines reconciliation**” session, which was dedicated to discussions around the hypertension guidelines recently released by international societies in the field. The presenters covered topics on global risk assessment in hypertensive patients (Assoc. Prof. Elisabeta Bădilă, Bucharest), cerebrovascular disease and hypertension (Assoc. Prof. Sorin Tuță, Bucharest) and hypertension in pregnancy (Assoc. Prof. Roxana Oana Darabont, Bucharest). Both presenters and attendees who participated in the discussions agreed that knowledge of and adherence to guidelines represented important tools for increased quality of care and were able to offer more organ-specific protection for patients with hypertension.

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The second session offered an interdisciplinary view of hypertension from the perspective of the complex relationship between obesity, diabetes and hypertension (Assoc. Prof. Cornelia Bala, Cluj-Napoca) and of the importance of the early diagnosis and treatment of sleep apnea syndromes in patients with hypertension (Prof. Daniel Lighezan, Timișoara). A very interesting presentation on the role and place of obesity surgery in the management of arterial hypertension was presented by Prof. Cătălin Copăescu and Dr. Bogdan Smeu, Bucharest. During the discussions, an intense debate regarding eligibility criteria for bariatric surgery in hypertensive patients, as well as need of long-term interdisciplinary follow-up to avoid weight regain and nutritional imbalances took place between speakers and audience.

A well-received session was the session entitled **“Difficult decisions in the practical management of hypertension”**. The speakers presented updated recommendations regarding targets for blood pressure control (Prof. Doina Dimulescu, Bucharest), the clinical problems represented by the association of

arterial hypertension and postural hypotension (Prof. Eduard Apetrei, Bucharest) and an algorithm for the diagnosis of secondary hypertension (Prof. Maria Dorobanțu and Dr. Oana Gheorghe-Fronea, Bucharest).

The hypertension-mediated organ damage represents an important target for evaluation and control in hypertension. The session **“Cardiac complications of hypertension”** gathered together three hot topics regarding the role of imaging techniques for the diagnosis and evaluation of heart failure (Prof. Bogdan Popescu, Bucharest), the pathogenesis of heart failure with preserved ejection fraction, a common phenotype of heart failure in patients with hypertension with challenges regarding early diagnosis and treatment options (Prof. Gheorghe Dan, Bucharest) and the newest data on the association between hypertension and atrial fibrillation (Prof. Dragol Vinereanu, Bucharest).

The integration between clinical situations and theoretical considerations is of utmost importance. The session **“Difficult clinical scenarios patients with hypertension”** raised the interest of all doctors in the audience by presenting a case of hypertensive

emergency and another case of secondary hypertension (Dr. Ana Maria Balahura and Dr. Irina Calangea, Bucharest) followed by comments based on current recommendations and guidelines applicable to the presented cases (Dr. Ana Maria Vintilă and Dr. Cătălina Andrei, Bucharest). The discussion from the audience raised questions and offered solutions regarding the challenges represented by hypertensive patients in different clinical conditions and settings.

Corporate-sponsored symposia were also included in the scientific program and offered

opportunities for discussions between speakers and attendees regarding new and effective treatment options for hypertensive patients.

The 2019 Conference of the Romanian Society of Hypertension was a one-day scientific event meant to raise the awareness of all health care providers regarding the public health issue represented by arterial hypertension and its severe consequences. Effective solutions can be implemented and applied to the large numbers of individuals affected by hypertension and this can be done by a structured multi-disciplinary approach.