

## 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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