

## **ESH Advanced Course on Hypertension**

March 7-14, 2009

*Courmayeur, Italy*

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  
16:00-16:30 coffee break, light refreshment  
16:30-18:30 lectures ("How to" sessions)  
18:30-19:00 coffee break  
19:00-20:00 lecture

## **Some details about the place**

Courmayeur is a fashionable winter resort on the Italian side of Mt Blanc. The place is an excellent starting point for downhill skiing, mountaineering, and hiking.

**Nearest airport:** Milan Malpensa or Torino (transfers provided).

## **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 2008 course: **Euro 1,580 + 20% VAT**), 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:** December 1, 2008

## **Where to send the application**

Dr Renata Cífková  
Department of Preventive Cardiology  
Inst.Clin.Exp.Medicine  
Václavská 1958/9  
140 21 Prague 4  
Czech Republic

Phone: +420-2-617-11-399

Fax: +420-2-617-10-666

e-mail: [recf@medicon.cz](mailto:recf@medicon.cz)

Each application must be supported by a national hypertension society in Europe, and must include the participant's CV in English including a list of publications.