



# Clinical Care of Obesity and Hypertension

Tuesday 8 May 2018

The Royal College of Physicians

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Organised by The European Association for the Study of Obesity  
and the International Society of Hypertension.

**Reserve your free place at [eu.eventscloud.com/easo-ish](http://eu.eventscloud.com/easo-ish)**

This event is supported by an unrestricted educational  
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**FREE TO ATTEND**  
**Register Now!**

# Join us to discuss the Clinical Care of Obesity and Hypertension

We are delighted to invite you to attend a free meeting to explore the relationship between Obesity and Hypertension, including clinical care management of patients with heart disease, chronic kidney disease, diabetes, new therapies and how to effectively treat metabolic health.

Taking place at The Royal College of Physicians on Tuesday 8th May 2018, The European Association for the Study of Obesity and the International Society of Hypertension will come together to explore the latest developments and techniques in the treatment of cardiovascular disease and its emerging correlation with Obesity. Our invited faculty will deliver this thought-provoking, intense and informative programme including a mix of keynote presentations to discuss how the information and topics can be applied to everyday practice.

## Who are The European Association for the Study of Obesity (EASO)?

Established in 1986, EASO is a federation of professional membership associations from 32 European countries. It is the voice of the European obesity community, representing scientists, health care practitioners, physicians, public health experts and patients. EASO is in official relations with the World Health Organisation (WHO) Regional Office for Europe and is a founding member of the EU Platform on Diet, Physical Activity and Health.

## Who are the International Society of Hypertension (ISH)?

Established in 1966, the International Society of Hypertension (ISH) is committed to promoting and encouraging the advancement of scientific research and knowledge and its application to the prevention and management of heart disease and stroke in hypertension and related cardiovascular diseases around the world.

## What will I learn?

By attending this one-day meeting, you will acquire new knowledge and understanding about:

- The impact of treating obesity on blood pressure control
- Congestive effects and treatment in Obesity and Hypertension

- Physical activity prescription for hypertensive patients with obesity
- Vascular dysfunction in obesity induced hypertension
- Cardiovascular adaptation to obesity and hypertension
- SGLT2 I effects on weight and Hypertension
- Obesity and Hypertension, Mechanism and Interactions

## Who should attend?

The content is aimed at Specialist Registrars who are concerned with obesity, cardiology, diabetes and high blood pressure. General practitioners with an interest in these areas are also very welcome to attend.

## What will it cost?

EASO and ISH are pleased to be able to offer attendance at this meeting free of charge and we advise you to register now to avoid disappointment.

We do hope you can join us and we look forward to sharing this stimulating programme with you, that has been scheduled to support clinical education and awareness during May Measurement Month (1 – 31 May) and European Obesity Day (19th May).

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# Meeting Programme

Tuesday 8 May 2018



09:30-10:00 Registration and Morning Coffee

## Session 1

Chairs Professor Neil Poulter, Imperial College London, UK  
Dr Dror Dicker, Tel Aviv University, Israel

10:00-10:15 **Welcome and Opening Remarks**  
Professor Neil Poulter, Imperial College London, UK  
Dr Dror Dicker, Tel Aviv University, Israel

10:15-10:40 **Obesity and Hypertension Syndemic: Mechanisms and Interactions**  
Dr Dror Dicker, Tel Aviv University, Israel

10:40-11:05 **The Determinants of Hypertensive Heart Disease in Patients with Obesity**  
Professor Giovanni de Simone, University of Naples, Italy

11:05-11:30 **Chronic Heart Failure (CHF) and Treatment in Obesity and Hypertension**  
Professor Dr Jens Jordan, University of Berlin, Germany

11:30-11:55 **Cardio-metabolic effects of Sleep Disturbances: Implications for Obesity and Hypertension**  
Professor Francesco Cappuccio, University of Warwick, UK

11:55-12:20 **Obesity, Hypertension and Chronic Kidney Disease**  
Professor Bojan Jelaković, University of Zagreb, Croatia



12:20-13:15 Healthy Lunch

## Session 2

Chairs Professor Francesco Cappuccio, University of Warwick, UK  
Professor Luca Busetto, University of Padova, Italy

13:15-13:40 **Metabolic Surgery and the effect on Hypertension, Diabetes and Obesity**  
Professor Luca Busetto, University of Padova, Italy

13:40-14:05 **Anti-Hypertension Medication and their effect on Obesity (Influence of Obesity on the Selection and Dosage of Antihypertensive Medication)**  
Professor Guido Grassi, University of Milano-Bicocca, Italy

14:05-14:30 **Diet, Obesity and Hypertension – which diet and to whom?**  
Dr Ellen Govers, Dutch Knowledge Centre for Dietitians on Overweight and Obesity, The Netherlands

14:30-14:55 **Physical activity, Obesity and Hypertension – which activity and to whom?**  
Professor Jean-Michel Oppert, University Pierre et Marie Curie, France



14:55-15:15 Healthy Coffee and Tea Break

## Session 3

Chairs Professor Vasilios Kotsis Aristotle University of Thessaloniki, Greece  
Professor Volkan Yumuk, University of Istanbul, Turkey

15:15-15:40 **SGLT2 I and GLP1-A's effects on Weight and Hypertension – What have we learned from the recent CVD Trials on Diabetes?**  
Professor Neil Poulter, Imperial College London, UK

15:40-16:05 **Hypertension Clinics: An opportunity to treat Metabolic Health beyond Blood Pressure**  
Professor Claudio Borghi, University of Bologna, Italy

16:05-16:30 **Summary and discussion on a mutual position paper on Hypertension and Obesity**  
Professor Vasilios Kotsis Aristotle University of Thessaloniki, Greece



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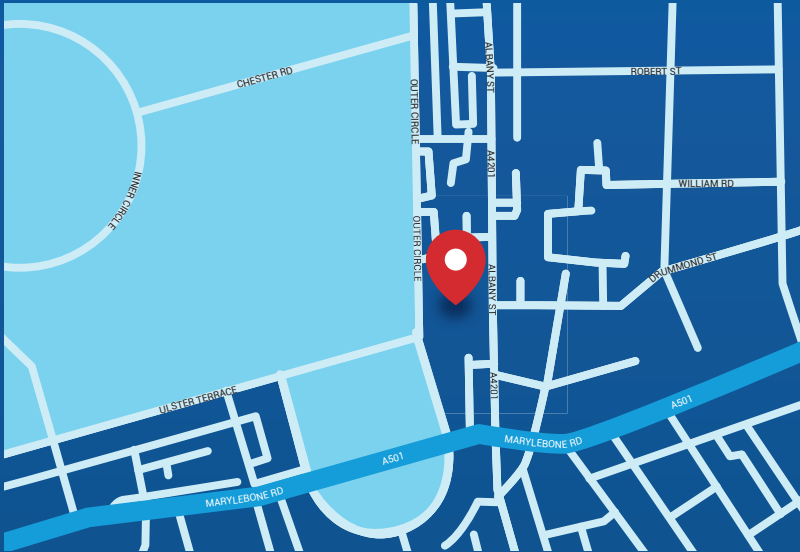
Clinical Care of Obesity and Hypertension

# General Information

The meeting is open to medical professionals who are responsible for managing obesity, cardiology, diabetes and high blood pressure in a clinical setting. General practitioners with an interest in these areas are also very welcome to attend.

Attendance is offered free of charge, but you must pre-register to reserve your place.

Lunch and refreshments will be included in your registration.



## Location

This meeting will be held at the Royal College of Physicians (RCP) in Regent's Park, London.

Royal College of Physicians  
11 St Andrews Place  
Regent's Park  
London, UK  
NW1 4LE

Located in North London, the RCP has excellent public transport links to the rest of London. With three well connected underground stations only minutes' walk away (Great Portland Street, Warren Street and Regents Park), and easily accessible for Kings Cross, Euston and Paddington stations.

## By public transport

The nearest underground stations are only a 4-minute walk each. Great Portland Street on the Hammer-smith & City, Circle and Metropolitan lines, and Regents Park Station on the Bakerloo line. The venue is also just an 8-minute walk from Warren Street Station (Northern and Victoria lines). If you are travelling by train, the nearest stations are Euston (11 minutes); Marylebone (20 minutes); King's Cross and St Pancras International (25 minutes).

## Parking

On-street parking near the RCP is available, but very limited and you are encouraged to travel by public transport.

## To confirm your attendance

Reserve your free place at [eu.eventscloud.com/easo-ish](https://eu.eventscloud.com/easo-ish)