

The 5th Congress of the Romanian Society of Hypertension in retrospective

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Already become a tradition, Romanian Society of Hypertension (RSH), organised between October 11th – October 13th its biennial congress, in the historical town of Bucharest.

Arrived at its fifth edition, RSH congress hosted a large national (80 speakers) and international (27 guests) attendance, and for the first time attended guests from abroad (105 participants from Portugal).

During the 3 days of the event, the main topic of this congress - ARTERIAL HYPERTENSION – A DYNAMIC CONCEPT, was exhaustively debated during 28 scientific sessions and 12 industry-generated symposia, with the intent to provide to the attendance with all the progress that has been made regarding pathogeny, diagnosis and treatment of hypertension.

Over seven-hundred participants (both doctors of different specialities and nurses) attended the congress in three plenary halls with simultaneous sessions.

One of the high-lights sessions of this congress was dedicated to the New 2018 ESC-ESH Guidelines for the management of arterial hypertension. It was a unique opportunity for Romanian doctors and nurses to learn about the new guideline

recommendation straight from the Guideline Task Force members: Professor Giuseppe Mancia, Professor Michel Bournier, Professor Costas Tsioufis).

State-of-the Art Sessions provided the audience with a “festin of science”, consisting in lectures by Professor Stephane Laurent - Arterial stiffness and early vascular ageing: from bench to bedside, Professor Giuseppe Mancia - Dynamic assessment of sympathetic function in hypertension: results and perspectives and Professor Maria Dorobantu - The Long and Winding Road of Hypertension to Heart Failure revealed by Biomarkers.

Other high-light sessions of the congress were represented by the Joint sessions with ESC-WG 6, with Hungarian and Portuguese Societies of Hypertension, with Romanian Society of Cardiology and with Romanian Academy of Medical Sciences.

Main topics of high-light sessions included: arterial hypertension and coronary microcirculation, the salt consumption: a taste culture or a cultivated taste, economic aspects in the global cardiovascular risk assessment, when young age is not a guarantee for health, hypertension at medical crossroads, focus on arrhythmias in hypertension, hard to treat hypertension, challenges in hypertension, J-curve phenomenon in different pathologies (coronary heart disease, chronic kidney disease, cerebrovascular disease).

Under the motto “Scientific rigour, free thinking and philosophical understanding”, the 5th RSH

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Figure 1. RSH desk - Certificate of attendance awarding to participants



Figure 2. Professor Giuseppe Mancia's lecture during New 2018 ESC-ESH Guidelines for the management of arterial hypertension Session



Figure 3. Professor Stephane Laurent's lecture during State-of-the-Art Session.



Figure 4. Awarding ceremony. Dr. Alexandru Ion, winner of the 3rd RSH prize



Figure 5. Romania's 100 anniversary logo.

congress continued to represent a springboard for the launch of young researchers in the field of hypertension. The Young Hypertensinologist session provided a unique opportunity for young PhD students to unravel the results of their latest research in the field of hypertension. More, not only young doctors but both medical student and residents were invited to present the results of their research in the specially dedicated sessions. Before the congress the scientific committee received over 40 abstracts from which, 5 were chosen to be presented in the Oral presentation Session and 25 to be presented in the two Poster' Sessions of the congress.

The best 3 presented abstracts were awarded as follows:

- 1st Prize (consisting in complete support from RSH for attending 2019 ESH meeting in Milan) to Dr. Ileana Branza for the work "Optimized

model to increase the compliance to treatment of the hypertensive patient in GP office".

- 2nd Prize (consisting in Partial support (registration fee) from RSH for attending 2019 ESH Meeting in Milan) to Dr. Oana Mocan for the work "The genetic polymorphism of angiotensin m235t in relationship to dyslipidemia, carotid atheromatosis, and left ventricular hypertrophy in patients with systemic arterial hypertension".
- 3rd Prize (consisting in partial support (transport costs) from RSH for attending 2019 ESH Meeting in Milan) to Dr. Aexandru Ion for the work "Blood presure recovery - a marker of haemodynamic instability improvement in patients with intermediary - high risk pulmonary embolism".

All three winners were invited by Professor Maria Dorobantu - JHR's Editor-in-Chief, to publish their research as original articles, in the up-coming issues of the Journal of Hypertension Research.

The whole event was organised by RSH under the auspices of Carol Davila University of Medicine and Pharmacy, the ESC, the ESH, the Romanian Academy of Medical Sciences, and was endorsed with 15 CME credits by Romanian Colleage of Phisicians.

Also, the whole event took place under the sign of the Romania's 100 anniversary.