

**Prof. Grzegorz Bilo, MD, PhD**

Motivation Letter - Candidacy for Nucleus Member (Liaison Officer), ESC Council on Hypertension Election 2024

Throughout my professional career I have been a member of the scientific community actively contributing to the research on arterial hypertension and cardiovascular prevention. Initially this involved work in the European Society of Hypertension and the Italian Society Hypertension. Some time after the European Society of Cardiology established the Council on Hypertension, I became its member. This has allowed me to expand my network of scientific collaborations and to familiarise myself with the principles and values of the Society while maintaining links with other scientific organisations in the field.

My main areas of previous research in hypertension have included methods of blood pressure measurement and monitoring and their clinical applications (with particular reference to blood pressure variability), and the effects of exposure to high-altitude hypoxia on blood pressure. More recently, my interests have expanded to include the application of new technologies in hypertension, particularly with the aim of improving adherence to treatment.

I am applying for the position in the Nucleus of the ESC Council on Hypertension because I believe I can make a significant contribution to the Council's goals. Scientific societies such as the ESC play a fundamental role in providing a framework for the research community. I believe that within such a framework, it is of paramount importance to maintain a high level of collaboration between the Council and other bodies of the ESC as well with other affiliated organisations that share the same interests in promoting scientific progress and improving public health.

Having considered this, I believe that I could make a relevant contribution to the work of the Council, allowing it to expand its activities and to gain an even stronger voice in the field of arterial hypertension. Should I be elected to the Nucleus, I would be happy to take on the role of Liaison Officer.

I am aware of the responsibilities of such a role, and I sincerely hope to be able to contribute to the continued growth of the Council in the years to come. It would be a great honour for me if the members of the Council were to bestow this role upon me.

Milan, 30<sup>th</sup> March, 2024

## Curriculum Vitae

**Name:** Grzegorz Bilo

**Address:** via Pompeo Marchesi 64, 20153 Milan, Italy

**Date of birth:** 18th Dec 1974

**Status:** Married

**Nationality:** Polish

**Education:** Primary – 1989

Secondary – 1993

University - Medical Faculty of the Jagiellonian University in Krakow 1993-1999

Graduated with honours June 1999

Postgraduate – Doctoral studies (Dottorato di Ricerca) in Experimental and Clinical

Hypertension, University of Milano-Bicocca, Milan, Italy – 2002-2005; doctor title obtained after discussion of dissertation: “Blood pressure variability: methodological aspects and clinical relevance” 20.12.2005

Specialization in internal medicine - 2007

**Posts held:** Assistant, I Cardiac Dept., Jagiellonian University, Krakow – 1999-2002 and 2005-2006

Medical doctor and researcher: Istituto Auxologico Italiano, Milan, Italy – from 07.2007

Assistant Professor in Cardiovascular Medicine: University of Milano-Bicocca, Milan, Italy – 2016-2019

Associate Professor in Cardiovascular Medicine: University of Milano-Bicocca, Milan, Italy – 2019-present

Head of Centre of Hypertension and Cardiometabolic Prevention, San Luca Hospital, Istituto Auxologico Italiano, IRCCS, Milan, Italy – 2021-present

**Training:** Clinical training (1 month) – University of Wuerzburg, Germany – 1998

Clinical training (3 months) – University of Rochester, Rochester, NY, USA – 1998

Hypertension Summer School, European Society of Hypertension; Gdansk, Poland – 2001

Advanced Course on Hypertension, European Society of Hypertension; St. Moritz, Switzerland – 2011

Daiichi Sankyo Hypertension Masterclass, Tokyo, Japan - 2014

**Scientific activity:**

*Member of:* Italian Society of Hypertension, European Society of Cardiology (ESC) Council on Hypertension, European Society of Hypertension (ESH) and ESH Working Group on Blood Pressure Measurement, European Society of Preventive Cardiology

*Reviewer:* Journal of Hypertension, Hypertension, Circulation, Journal of Human Hypertension, American Journal of Cardiology, Nephron, Hypertension Research, BMC Cardiovascular Disorders, PLOS ONE, Nutrition, Metabolism and Cardiovascular Diseases, International Journal of Cardiology, Kardiologia Polska, Scientific Reports and others

*Associate Editor:* Blood Pressure Monitoring Journal

*Editorial Board:* Journal of Hypertension, Medicina, Journal of Clinical Hypertension

*Major ongoing research projects:*

Principal Investigator “InTake Care: development and validation of an innovative, personalized digital health solution for medication adherence support in cardiovascular prevention.”, Italian Ministry of Health Grant RF-2021-12374708; Co-investigator “Health Extended Alliance for Innovative Therapies, Advanced Lab-research, and Integrated Approaches of Precision Medicine (HEAL ITALIA)”, Italian Ministry of University and Research and EU

Co-investigator “MUSA - Multilayered Urban Sustainability Action”, Italian Ministry of University and Research and EU

High Altitude Cardiovascular Research – Latina America Population Study (HIGHCARE-LAPS) – Scientific Board and Executive Coordination

*Major past research projects:*

HEARTFAID (European VI Framework Program); “Clinical utility of blood pressure telemonitoring” (Polish Ministry of Science grant); ONTARGET ABPM substudy (ABPM Core Laboratory); SURGE study (data management and analysis); TALENT study (ABPM Core Laboratory); INGENIOUS HyperCare network of excellence (VI FP). Organization of high altitude research expeditions including High Altitude Cardiovascular Research (HIGHCARE) and High Altitude Cardiovascular Research in the Andes (HIGHCARE-ANDES) projects.

Local Principal Investigator: GARFIELD Registry, MASTER Clinical Trial, REVERENT Clinical Trial

Member of writing panel of guidelines/position statements of European Society of Hypertension on blood pressure monitoring and blood pressure variability.

**Research interests:**

Hypertension: blood pressure measurement and monitoring, blood pressure variability;  
Cardiovascular pathophysiology: autonomic nervous system; cardiovascular effects of high altitude hypoxia

**Awards:** ESH Jiri Widimsky Award – 2006; awarded moderated poster at ESC 2009 Congress

Honorary Membership of the Polish Society of Hypertension 2022

**Publications:** >180 publications

**Citations (Scopus):** 9478

**H-index (Scopus):** 45

**30/03/2024**

A handwritten signature in black ink, appearing to read "Andrzej Z. L.", written in a cursive style.

## Grzegorz Bilo

### Selected Publications:

1. **Bilo G**, Giglio A, Styczkiewicz K, Caldara G, Maronati A, Kawecka-Jaszcz K, Mancia G, Parati G. A new method for assessing 24 hour blood pressure variability after excluding the contribution of nocturnal blood pressure fall. *J Hypertens* 2007;25:2058-2066.
2. Parati G, **Bilo G**, Faini A, Bilo B, Revera M, Giuliano A, Lombardi C, Caldara G, Gregorini F, Styczkiewicz K, Zambon A, Piperno A, Modesti PA, Agostoni P, Mancia G. Changes in 24 hour ambulatory blood pressure and effects of angiotensin II receptor blockade during acute and prolonged high altitude exposure. A randomized clinical trial. *Eur Heart J*. 2014;35:3113-21.
3. **Bilo G**, Villafuerte FC, Faini A, Anza-Ramírez C, Revera M, Giuliano A, Caravita S, Gregorini F, Lombardi C, Salvioni E, Macarlapu JL, Ossoli D, Landaveri L, Lang M, Agostoni P, Sosa JM, Mancia G, Parati G. Ambulatory blood pressure in untreated and treated hypertensive patients at high altitude. The HIGHCARE-Andes Study. *Hypertension*. 2015;65:1266-72.
4. **Bilo G**, Dolan E, O'Brien E, Facchetti R, Soranna D, Zambon A, Mancia G, Parati G. The impact of systolic and diastolic blood pressure variability on mortality is age dependent: Data from the Dublin Outcome Study. *Eur J Prev Cardiol*. 2019 Sep 11:2047487319872572. doi: 10.1177/2047487319872572.
5. Parati G, Stergiou GS, **Bilo G**, Kollias A, Pengo M, Ochoa JE, Agarwal R, Asayama K, Asmar R, Burnier M, De La Sierra A, Giannattasio C, Gosse P, Head G, Hoshida S, Imai Y, Kario K, Li Y, Manios E, Mant J, McManus RJ, Mengden T, Mihailidou AS, Muntner P, Myers M, Niiranen T, Ntineri A, O'Brien E, Octavio JA, Ohkubo T, Omboni S, Padfield P, Palatini P, Pellegrini D, Postel-Vinay N, Ramirez AJ, Sharman JE, Shennan A, Silva E, Topouchian J, Torlasco C, Wang JG, Weber MA, Whelton PK, White WB, Mancia G; Working Group on Blood Pressure Monitoring and Cardiovascular Variability of the European Society of Hypertension. Home blood pressure monitoring: methodology, clinical relevance and practical application: a 2021 position paper by the Working Group on Blood Pressure Monitoring and Cardiovascular Variability of the European Society of Hypertension. *J Hypertens*. 2021 Sep 1;39(9):1742-1767. doi: 10.1097/HJH.0000000000002922.