

# **ANNUAL SCIENTIFIC REPORT 2002 - 2003**

## **ESC WORKING GROUP ON**

### **HYPERTENSION AND THE HEART (#20)**

#### **1.Objectives**

This Working Group is focusing at the study on the relationship between the heart and High Blood Pressure. This relationship is to be approached in two directions: the heart as suffering from the consequences of high blood pressure but also the other direction investigating the heart as part of the causes leading to high blood pressure.

Several new aspects of blood pressure definition are being investigated: systolic versus diastolic hypertension, borderline and mild hypertension, ambulatory hypertension and the different aspects of blood pressure profiles such as day/night blood pressure, white coat hypertension, reversed hypertension...

The group is extremely interested in the newer means to treat hypertension: in this respect both non pharmacological as drug treatment are being approached. Newer drugs, newer drug combinations and combinations of drugs at mini doses are being explored.

Finally there is a large interest in what can be done to prevent hypertension: this starts by investigating the prevalence of high blood pressure in different populations to grasp the amplitude of the problem. Such lends the hand toward the actual prevention. This has to begin by making the population and its health care providers aware of the problem. Hypertension is the typical entity that can remain entirely asymptomatic up to the day problems occur.

Controlling food ingredients (salt, calories) can be very helpful to prevent blood pressure to increase. Also life style factors become more and more accepted as entities playing a role in the genesis of hypertension on top of genetic factors. However, focus last years has been directed toward seeing blood pressure as a part of the global risk profile and not only as a stand alone entity.

For the general population, the advice should be to know the existence of the risk factors, their important role and the do everything to control them. Wherever possible, every individual should know what his personal blood pressure is and draw the essential conclusions of such finding.

#### **2. Sessions at the yearly ESC meeting (Berlin 2002)**

The WG has been very successful with many extremely well attended sessions in Berlin. In many cases, rooms were too small to accommodate the very large groups of cardiologists interested in the presentations of the WG.

The WG has organised:

- 3 symposia
- 1 main session
- 1 highlight session
- 1 focus session
- 3 abstract sessions

The past chairman (the late L.Hansson) has delivered the Denolin lecture.  
The WG participated in at least 8 satellites.

### **3. Activities outside the Berlin meeting**

The nucleus and other invited members have met at different occasions to talk over scientific aspects, organisation and practical aspects (Ghent, Belgium in November 22-23, 2002; Monza, Italy in February 28, 2003 and Ameglia Italy on July 17, 2003).

Two symposia have been organised under the auspices of the WG group: “Mechanisms of Hypertension: what comes first?” in Ghent Belgium by D.L.Clement on November 23, 2002; “Risk factors and hypertension” by E.Agabiti-Rosei in Brescia, June 18, 2003.

### **4. Membership of the WG**

This has increased by four members at the Berlin session and will be stimulated very much in the coming months, to renew both the nucleus and the actively involved physicians.

### **5. Registries**

Several members of the WG are working at the approach of the population to get closer information to prevalence numbers of hypertension and blood pressure profiles in their countries. In different countries, active collaboration was granted to the ESC survey on the follow up of treatment of hypertension (Euro-Aspire).

### **6. Study Groups**

Besides the large number of publications by the members of the WG, the international study from which the protocol was running under the auspices of the ESC and results presented at the ESC has been published:

Prognostic value of Ambulatory Blood Pressure recordings in patients with treated hypertension. D.L.Clement, M.De Buyzere et al. (2003): New England Journal of Medicine: 348: 2407-2415.

Several members of the group have collaborated in the redaction of the new guidelines on hypertension published in J.Hypertension: 2003: 21: 1011-1053.

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