

3 in 1 Combinations: A New Frontier in Hypertension Management

A Novartis-sponsored Satellite Symposium

Sunday 30 August 2009 • 12.45–13.30

Room Warsaw, Zone 4 • Fira Gran Via, Barcelona, Spain

Programme

- 12.45–12.48** **Welcome and Opening Remarks**
Rainer Düsing
University of Bonn, Germany
- 12.48–13.00** **Renin-angiotensin-aldosterone System Blockade as
Foundation Therapy**
Matthew Weir
University of Maryland School of Medicine, USA
- 13.00–13.12** **Benefits of Single-Pill Combinations**
Björn Dahlöf
Göteborg University, Sweden
- 13.12–13.24** **Beyond Dual Therapy: What Next?**
Michael Weber
SUNY Downstate College of Medicine, USA
- 13.24–13.29** **Discussion**
- 13.29–13.30** **Closing Remarks**
Matthew Weir
University of Maryland School of Medicine, USA

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Dear Colleagues,

We are pleased to invite you to attend our satellite symposium entitled, *3 in 1 Combinations: A New Frontier in Hypertension Management*. This symposium will be held on Sunday 30 August 2009 from 12.45 to 13.30 in Room Warsaw, Zone 4 of the Fira Gran Via, Barcelona, Spain, during the ESC Congress 2009.

High blood pressure (BP) is the single most important contributor to cardiovascular (CV) disease and the number one cause of death worldwide. Approximately 70% of people with high BP who receive treatment do not reach BP goal. In addition, most patients with hypertension require more than two agents to achieve BP goals.

Given the central role of the renin-angiotensin-aldosterone system (RAAS) in CV disease progression and BP modulation, RAAS blockers represent a strong foundation on which to base combination antihypertensive therapy. Both calcium channel blockers (CCBs) and thiazide diuretics have complementary mechanisms of action to RAAS blockers, making them ideal components for RAAS blocker-based combinations. For patients who do not achieve BP goals on dual-mechanism therapy, the use of a RAAS blocker, a CCB, and a thiazide diuretic represents an attractive 'triple combination' due to the wealth of supporting BP efficacy and CV protection data with these individual drug classes.

Unfortunately, the use of multiple agents in free combinations may adversely impact treatment adherence, which in turn might hinder improvements in BP control. Combining multiple agents into a single pill should help to simplify treatment regimens for patients, thereby reducing the impact of multiple treatments on adherence and optimising BP control.

In this session we will discuss the benefits of effective RAAS blocker-based antihypertensive combinations and highlight the utility of single-pill combinations with dual and triple components to help achieve BP control.

We look forward to welcoming you to Barcelona and hope that you will be able to join us for this informative and thought-provoking session.

Sincerely,



Matthew Weir
University of Maryland School of Medicine
Baltimore, USA



Rainer Düsing
University of Bonn
Germany

Come and visit us
at the Novartis booth
H99, Zone 3

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