



Scientific Programme

Southern African Hypertension Society Biennial Congress - Hypertension Beyond Blood Pressure Management

16 - 18 September 2022, Sandton (Gauteng)

14 Clinical & 2 Ethics CEU's

International Faculty: Prof Neil Poulter (UK), Prof Claudio Borghi (Italy), Prof Alta Schutte (Australia) & Local Key Opinion Leaders

Date & Time	Topic	Proposed Speakers Chair	Time (min) incl. 5min Q&A	Venue
Friday, 16 September 2022				
08:00 - 09:20	Arrival and Registration			
09:20 - 11:00	Plenary Session 1: Guidelines and Controversial Issues	Prof Nash Ranjith / Dr Martin Mpe	100	Pandora 1&2
09:20 - 09:30	Opening and Welcome	Prof Nash Ranjith	10	
09:30 - 10:00	Gaps between evidence and guideline recommendations for hypertension diagnosis and targets	Prof Claudio Borghi	30	
10:00 - 10:30	How to measure blood pressure in the light of new technologies	Prof Alta Schutte	30	
10:30 - 11:00	Non-adherence as a cardiovascular risk factor and how to detect and improve adherence	Prof Brian Rayner	30	
11:00 - 11:30	Tea and Coffee Break & Poster Presentations	SAHS Adjudicators		Aurora-Exhibition Hall/ Conference Foyer
11:30 - 13:00	Plenary Session 2: Innovative Approaches to improve Treatment and Control	Chair: Prof Claudio Borghi / Prof Erika Jones	90	Pandora 1&2
11:30 - 12:00	What's new in the hypertension guidelines	Prof Neil Poulter	30	
12:00 - 12:15	May Measurement Month South Africa	Prof Angela Woodiwiss	15	
12:15 - 12:35	Population based approaches to reduce BP	Prof Alta Schutte	20	
12:35 - 13:00	Managing Hypertension: Importance of lifestyle changes in conjunction with medication	Prof Neil Poulter	25	
13:00 - 14:00	Lunch and "Meet the Experts"	Prof Claudio Borghi / Prof Alta Schutte		Aurora-Exhibition Hall/ Conference Foyer
14:00 - 15:30	Plenary Session 3: Hypertension and co-morbidities	Chair: Dr Rajen Moodley / Dr Meagan Dudley	90	Pandora 1&2
14:00 - 14:20	Facing the challenge of lowering blood pressure and cholesterol in the same patient	Prof Claudio Borghi	20	
14:20 - 14:40	Patient with hypertension and heart failure	Prof Nqoba Tsabedze	20	
14:40 - 15:00	Chronic kidney disease: Hypertension management and treatment targets	Prof Erika Jones	20	
15:00 - 15:20	Recent diabetic trials on SGLT2 inhibitor effects related to cardiovascular risk and heart failure and renal protection	Prof Nash Ranjith	20	
15:20 - 15:30	Q & A Session	All	10	
15:30 - 16:00	Tea and Coffee Break & Poster Presentations	SAHS Adjudicators		Aurora-Exhibition Hall/ Conference Foyer
16:00 - 17:00	Plenary Session 4: Hypertension and Infectious Diseases	Chair: Prof Brian Rayner / Dr Lebo Gafane-Matemane	60	Pandora 1&2
16:00 - 16:20	HIV and cardiovascular risk in South Africans	Prof Carina Mels	20	
16:20 - 16:40	Drug treatment of hypertension and adverse effects in the hypertensive HIV patient	Dr Martin Mpe	20	
16:40 - 17:00	Hypertension and COVID	Prof Nqoba Tzabedze	20	
17:00 - 18:00	Plenary Session 5: Gender and Special Populations	Chair: Prof Neil Poulter / Prof Ruan Kruger	60	Pandora 1&2
17:00 - 17:20	Gender related issues in hypertension	Dr Vernice Peterson	20	
17:20 - 17:40	Hypertension in pregnancy - How to implement the guidelines	Prof Erika Jones	20	
17:40 - 18:00	Hypertension- oncology A new clinical problem	Dr Rajen Moodley	20	
19:00	Faculty Dinner			The Capital on Park Restaurant



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Saturday, 17 September 2022				
07:30 - 08:35	Breakfast			
08:35 - 10:15	Plenary Session 6: Hands-on Hypertension	Chair: Prof Ranjith / Prof Brian Rayner / SAHS Adjudicators	100	Pandora 1&2
08:35 - 09:15	Debate: Heart rate an independent risk factor in heart disease	Prof Claudio Borghi Dr Martin Mpe	40	
09:15 - 10:15	Oral Presentations: (Basic, Clinical and Population)	SAHS Adjudicators	60	
08:35 - 10:15	Nurses / Doctors Parallel Session 1	Chair: Prof Erika Jones	100	Pandora 3
08:35 - 09:00	How to diagnose hypertension - Current criteria, tips and tricks	Dr Rajen Moodley	25	
09:00 - 09:25	Lifestyle Interventions & Patient counselling	Prof Ruan Kruger	25	
09:25 - 09:45	The nutrition source - salt and sodium	Dr Lisa Ware (TBC)	20	
09:45 - 10:15	Devices validation and calibration	Prof Alta Schutte	30	
10:15 - 10:45	Tea and Coffee Break & Poster Presentations	SAHS Adjudicators		Aurora - Exhibition Hall/ Conference Foyer
10:45 - 12:00	Plenary Session 7	Chair: Dr Martin Mpe / Prof Angela Woodiwiss	75	Pandora 1&2
10:45 - 11:10	How to stratify CV risk / Resistant HPT	Prof Claudio Borghi	25	
11:10 - 11:35	Mechanisms of how intense BP lowering is beneficial in high risk populations	Prof Gavin Norton	25	
11:35 - 12:00	Systolic vs Diastolic BP as predictors of CV risk	Prof Neil Poulter	25	
10:45 - 12:00	Nurses/ Doctors Parallel Session 2	Chair: Prof Carina Mels	75	Pandora 3
10:45 - 11:00	Side effects of commonly used anti-hypertensive drugs. What to look for?	Dr Meagan Dudley	15	
11:00 - 11:15	The importance of BP control (basic) & HPT definitions - When to refer?	Prof Alta Schutte	15	
11:15 - 12:00	Mental health for the cardiovascular patient and medical personnel	Dr Karishma Lowton	45	
12:00 - 13:00	Lunch			Aurora-Exhibition Hall/ Conference Foyer
13:00 - 14:30	Plenary Session 8: Device Therapy for Hypertension	Chair: Prof Brian Rayner / Prof Nqoba Tsabedze / SAHS Adjudicators	90	Pandora 1&2
13:00 - 13:30	Renal denervation - Review of the latest data	Dr Riaz Dawood	30	
13:30 - 14:00	Device therapy for acute stroke management	Prof Girish Modi	30	
14:00 - 14:30	Hypertension and acute coronary syndrome focus on cardiac intervention	Dr Tony Dalby	30	
14:30 - 15:00	Tea and Coffee Break & Poster Presentations	SAHS Adjudicators		Aurora-Exhibition Hall/ Conference Foyer
15:00 - 16:50	Plenary Session 9: Hypertension in Special Populations	Chair: Gavin Norton / Dr Vernice Peterson / SAHS Adjudicators	130	Pandora 1&2
15:00 - 15:20	Early vascular aging in the young	Prof Ruan Kruger	20	
15:20 - 15:45	Practical approach to a young hypertensive	Prof Neil Poulter	25	
15:45 - 16:10	Pathogenesis of hypertension in Africa	Prof Angela Woodiwiss	25	
16:10 - 17:10	Oral Presentations: (Basic, Clinical and Population)	SAHS Adjudicators	60	
17:10 - 17:40	SAHS AGM 2022	SAHS members		Pandora 1&2
19:00	Congress Dinner	Prof Ranjith Welcome & Open Awards: Dr Mpe Prof Brian Rayner - Vote of thanks		



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Sunday, 18 September 2022				
07:00 - 08:40	Breakfast			The Capital on Park Restaurant
08:50 - 10:00	Plenary Session 10	Chair: Angela Woodiwiss / Prof Ruan Kruger	70	Pandora 1&2
08:50 - 09:10	A practical approach to syncope	Prof Girish Modi	20	
09:10 - 09:30	The heart and hypertension	Prof Gavin Norton	20	
09:30 - 10:00	Next Gen Spring School Winner presentations	Dr Bridget Vermeulen, Ms Novnkululeko Navise, Ms Nonhlanhla Mthembu	30	
10:00 - 10:30	Tea and Coffee Break			Aurora-Exhibition Hall/ Conference Foyer
10:30 - 12:05	Plenary Session 11: Hypertension and Relevant Clinical Problems	Chair: Carina Mels / Prof Alta Schutte	85	Pandora 1&2
10:30 - 10:50	Should white coat hypertension be left untreated?	Prof Brian Rayner	20	
10:50 - 11:10	Hypertension in the very elderly [epidemiological aspects and treatment]	Prof Nqoba Tsabedze	20	
11:10 - 11:55	Informed consent in clinical studies	Dr Rajendra Bhimma (TBC)	45	
11:55 - 12:05	Closing Address and depart	Prof Nash Ranjith		Pandora 1&2