



## 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
<b>Friday, 16 September 2022</b>				
<b>08:00 - 09:20</b>	<b>Arrival and Registration</b>			
<b>09:20 - 11:00</b>	<b>Plenary Session 1: Guidelines and Controversial Issues</b>	<b>Prof Nash Ranjith / Dr Martin Mpe</b>	<b>100</b>	<b>Pandora 1&amp;2</b>
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	
<b>11:00 - 11:30</b>	<b>Tea and Coffee Break &amp; Poster Presentations</b>			<b>Aurora-Exhibition Hall/ Conference Foyer</b>
<b>11:30 - 13:00</b>	<b>Plenary Session 2: Innovative Approaches to improve Treatment and Control</b>	<b>Chair: Prof Claudio Borghi/Prof Erika Jones</b>	<b>90</b>	<b>Pandora 1&amp;2</b>
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	
<b>13:00 - 14:00</b>	<b>Lunch and "Meet the Experts"</b>	Prof Claudio Borghi / Prof Alta Schutte		<b>Aurora-Exhibition Hall/ Conference Foyer</b>
<b>14:00 - 15:30</b>	<b>Plenary Session 3: Hypertension and co-morbidities</b>	<b>Chair: Dr Rajen Moodley/ Dr Meagan Dudley</b>	<b>90</b>	<b>Pandora 1&amp;2</b>
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	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	
<b>15:30 - 16:00</b>	<b>Tea and Coffee Break &amp; Poster Presentations</b>			<b>Aurora-Exhibition Hall/ Conference Foyer</b>
<b>16:00 - 17:00</b>	<b>Plenary 4: Hypertension and Infectious Diseases</b>	<b>Chair: Prof Brian Rayner/ Dr Lebo Gafane-Mateman</b>	<b>60</b>	<b>Pandora 1&amp;2</b>
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 Tsabedze	20	
<b>17:00 - 18:00</b>	<b>Plenary 5: Gender and Special Populations</b>	<b>Chair: Prof Neil Poulter/Prof Ruan Kruger</b>	<b>60</b>	<b>Pandora 1&amp;2</b>
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	
<b>19:00</b>	<b>Faculty Dinner</b>			<b>The Capital on Park Restaurant</b>



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<b>Saturday, 17 September 2022</b>				
<b>07:30 - 08:35</b>	<b>Breakfast</b>			
<b>08:35 - 10:15</b>	<b>Plenary Session 6: Hands-on Hypertension</b>	<b>Chair: Prof Ranjith/ Prof Brian Rayner/Adjudicators</b>	<b>100</b>	<b>Pandora 1&amp;2</b>
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)		60	
<b>08:35 - 10:15</b>	<b>Nurses / Doctors Parallel Session 1</b>	<b>Chair: Prof Erika Jones</b>	<b>100</b>	<b>Pandora 3</b>
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	
<b>10:15 - 10:45</b>	<b>Tea and Coffee Break &amp; Poster Presentations</b>			<b>Aurora - Exhibition Hall/ Conference Foyer</b>
<b>10:45 - 12:00</b>	<b>Plenary Session 7</b>	<b>Chair: Dr Martin Mpe/ Prof Angela Woodiwiss</b>	<b>75</b>	<b>Pandora 1&amp;2</b>
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	
<b>10:45 - 12:00</b>	<b>Nurses/ Doctors Parallel Session 2</b>	<b>Chair: Prof Carina Mels</b>	<b>75</b>	<b>Pandora 3</b>
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 -	Prof Alta Schutte	15	
11:15 - 12:00	Mental health for the cardiovascular patient and medical	Dr Karishma Lowton	45	
<b>12:00 - 13:00</b>	<b>Lunch</b>			<b>Aurora-Exhibition Hall/ Conference Foyer</b>
<b>13:00 - 14:30</b>	<b>Plenary Session 8: Device Therapy for Hypertension</b>	<b>Chair: Prof Brian Rayner / Prof Nqoba Tsabedze / SAHS Ad</b>	<b>90</b>	<b>Pandora 1&amp;2</b>
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	
<b>14:30 - 15:00</b>	<b>Tea and Coffee Break &amp; Poster Presentations</b>			<b>Aurora-Exhibition Hall/ Conference Foyer</b>
<b>15:00 - 16:50</b>	<b>Plenary Session 9: Hypertension in Special Populations</b>	<b>Chair: Gavin Norton/Dr Vernice Peterson /SAHS Adjudicator</b>	<b>130</b>	<b>Pandora 1&amp;2</b>
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	
<b>17:10 - 17:40</b>	<b>SAHS AGM 2022</b>	SAHS members		<b>Pandora 1&amp;2</b>
<b>19:00</b>	<b>Congress Dinner</b>	Prof Ranjith Welcome & Open Awards: Dr Mpe   Prof Brian Rayner- Vote of thanks		



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<b>Sunday, 18 September 2022</b>				
<b>07:00 - 08:40</b>	<b>Breakfast</b>			<b>The Capital on Park Restaurant</b>
<b>08:50 - 10:00</b>	<b>Plenary Sesssion 10</b>	<b>Chair: Angela Woodiwiss/Prof Ruan Kruger/Adjudicators</b>	<b>70</b>	<b>Pandora 1&amp;2</b>
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	30	
<b>10:00 - 10:30</b>	<b>Tea and Coffee Break</b>			<b>Aurora-Exhibition Hall/ Conference Foyer</b>
<b>10:30 - 12:05</b>	<b>Plenary Session 11: Hypertension and Relevant Clinical Problems</b>	<b>Chair: Carina Mels/Prof Alta Schutte</b>	<b>85</b>	<b>Pandora 1&amp;2</b>
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	
<b>11:55 - 12:05</b>	<b>Closing Address and depart</b>	Prof Nash Ranjith		<b>Pandora 1&amp;2</b>