

**Southern African Hypertension Society Biennial Congress 2022**  
**Hypertension Beyond Blood Pressure Management**  
**16 - 18 September 2022, Johannesburg**  
**Provisional Programme (Subject to change)**

**14 Clinical & 2 Ethics CEU's**

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

Date & Time	Topic	Proposed Speakers	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</b> <b>Guidelines and Controversial Issues</b>	<b>Chair: Local/International alternated per session</b>	<b>Main Venue</b>
09:20 - 09:30	Opening and Welcome	Nash Ranjith	
09:30 - 10:00	What's new in the hypertension guidelines	Neil Poulter	
10:00 - 10:30	Gaps between evidence and guideline recommendations for hypertension diagnosis and targets	Claudio Borghi	
10:30 - 11:00	How to measure blood pressure in the light of new technologies	Alta Schutte	
<b>11:00 - 11:30</b>	<b>Tea and Coffee Break &amp; Poster /Oral Presentation</b>		
<b>11:30 - 13:00</b>	<b>Plenary Session 2</b> <b>Innovative Approaches to improve Treatment and Control</b>		<b>Main Venue</b>
11:30 - 12:00	Screening and Awareness Globally and within the African Continent	Neil Poulter	
12:00 - 12:15	May Measurement Month South Africa	Angela Woodiwiss	
12:15 - 12:35	Non- adherence as a cardiovascular risk factor and how to detect and improve adherence	Brian Rayner	
12:30 - 13:00	Population based approaches to reduce BP	Alta Schutte	
<b>13:00 - 14:00</b>	<b>Lunch</b>		<b>Exhibition Hall</b>
<b>14:00 - 15:30</b>	<b>Plenary Session 3</b> <b>Hypertension and co-morbidities</b>	<b>Chair:</b>	<b>Main Venue</b>
14:00 - 14:20	Facing the challenge of lowering blood pressure and cholesterol in the same patient		
14:20 - 14:40	Patient with hypertension and heart failure		
14:40 - 15:00	Chronic kidney disease: Hypertension management and treatment targets	Erika Jones	
15:00 - 15:20	Recent diabetic trials on SGLT2 inhibitor effects related to cardiovascular risk and hypertension	Nash Ranjith	
15:20 - 15:30	Q & A Session	All	
<b>15:30 - 16:00</b>	<b>Tea and Coffee Break &amp; Poster/Oral Presentation</b>		
<b>16:00 - 17:00</b>	<b>Plenary 4</b> <b>Hypertension and Infectious Diseases</b>	<b>Chair:</b>	<b>Main Venue</b>
16:00 - 16:20	Hypertension in the HIV patient from pathophysiology to clinical relevance		
16:20 - 16:40	Drug treatment of hypertension and adverse effects in the hypertensive HIV patient	Martin Mpe	
16:40 - 17:00	Hypertension and COVID	Nqoba Tzabedze	
<b>17:00 - 18:00</b>	<b>Gender and Special Populations</b>	<b>Chair:</b>	<b>Main Venue</b>
17:00 - 17:20	Gender related issues in hypertension	International Speaker	
17:20 - 17:40	Hypertension in pregnancy- How to implement the guidelines		
17:40 - 18:00	Hypertension- oncology A new clinical problem		
<b>19:00</b>	<b>Faculty Dinner</b>		

<b>Saturday, 17 September 2022</b>			
<b>07:30 - 08:45</b>	<b>Breakfast</b>		
<b>08:45 - 10:15</b>	<b>Plenary Session 5: Hands-on Hypertension</b>	<b>Chair:</b>	<b>Main Venue</b>
08:45 - 09:25	Debate: Heart Rate an independent risk factor in heart disease		
09:25 - 10:15	Oral Presentations: (Basic, Clinical and Population)	Oral Presentation	
<b>08:45 - 10:15</b>	<b>Nurses / Doctors Parallel Session 1</b>	<b>Chair:</b>	<b>Venue 2</b>
08:45 - 09:05	How to diagnose hypertension - Current criteria, tips and tricks	Rajen Moodley	
09:05 - 09:25	Lifestyle Interventions & Patient counselling	Martin Mpe	
09:25 - 09:45	The Nutrition Source - Salt and Sodium	Erika Jones	
09:45 - 10:15	Case studies	Nqoba Tzabedze	
<b>10:15 - 10:45</b>	<b>Tea and Coffee Break &amp; Poster Viewing</b>		<b>Exhibition Hall</b>
<b>10:45 - 12:00</b>	<b>Plenary Session 6:</b>	<b>Chair:</b>	<b>Main Venue</b>

10:45- 11:10	How to stratify CV risk / Resistant HPT		
11:10 - 11:35	Mechanisms why intense BP lowering is beneficial in high risk populations	Gavin Norton	
11:35 - 12:00	Systolic vs Diastolic BP as Predictors of CV Risk		
<b>10:45 - 12:00</b>	<b>Nurses/ Doctors Parallel Session 2</b>	<b>Chair:</b>	<b>Venue 2</b>
10:45 - 11:00	Side effects of commonly used anti-hypertensive drugs-What to look for?		
11:00 - 11:15	The importance of BP control and Hypertension definitions - When to refer?	Alta Schutte	
11:15 - 12:00	Ethics		
<b>12:00 - 13:00</b>	<b>Lunch</b>		
<b>13:00 - 14:30</b>	<b>Plenary Session 7 - Device Therapy for Hypertension</b>	<b>Chair:</b>	<b>Main Venue</b>
13:00 - 13:30	Renal denervation - Review of the latest data	International Speaker	
13:30 - 14:00	Device therapy for acute stroke management		
14:00 - 14:30	Hypertension and acute coronary syndrome- focus on cardiac intervention		
<b>14:30 - 15:00</b>	<b>Tea and Coffee Break &amp; Poster Viewing</b>		<b>Exhibition Hall</b>
<b>15:00 - 17:00</b>	<b>Plenary Session 8: Hypertension in the Young</b>	<b>Chair:</b>	<b>Main Venue</b>
15:00 - 15:20	Early vascular aging in the young	Ruan Kruger	
15:20 - 15:40	Guidelines on hypertension in children and adolescents: The impact		
15:40 - 16:00	Practical approach to a young hypertensive		
16:00 - 16:20	Primary Prevention		
16:20 - 16:40	Isolated systolic hypertension in the young – is it spurious or requires treatment?	Brian Rayner	
<b>17:00 - 18:00</b>	<b>SAHS AGM 2022</b>		
<b>19:00</b>	<b>Congress Dinner</b>		
<b>Sunday, 18 September 2022</b>			
<b>07:00 - 08:50</b>	<b>Breakfast</b>		
09:00 - 10:00	<b>Plenary Session 9</b>	<b>Chair:</b>	<b>Main Venue</b>
09:00 - 09:30	A practical approach to syncope		
09:30 - 10:00	Next Gen Spring School Winner presentations (6min talk + 4min Q&A)		
<b>10:00 - 10:30</b>	<b>Tea and Coffee Break</b>		
<b>10:30 - 12:30</b>	<b>Plenary Session 10 - Hypertension and Relevant Clinical Problems</b>	<b>Chair:</b>	
10:30 - 10:50	Should white coat hypertension be left untreated?		
10:50 - 11:10	How to suspect and manage masked hypertension		
11:10 - 11:30	Hypertension in the very elderly [epidemiological aspects and treatment]		
11:30 - 11:50	Cognitive decline and neuro complications of hypertension		
11:50 - 12:35	Ethics		
<b>12:35</b>	<b>Closing Address and depart</b>		