



BIENNIAL CONGRESS

SOUTHERN AFRICAN HYPERTENSION SOCIETY

16 - 18 August 2024
Sandton | Gauteng



Controlling Hypertension in Southern Africa: The New Frontier



PROVISIONAL SCIENTIFIC PROGRAMME

Valid as of 2 May 2024

Friday, 16 August		
Time	Topic	Venue & Session Sponsors
07:30 - 09:00	Arrival & Registration	
09:15 - 11:00	Plenary Session 1: GUIDELINE UPDATES FOR HYPERTENSION	Pandora
09:15 - 09:25	Opening & Welcome	
09:20 - 09:30	Tribute to Prof Gavin Norton	
09:30 - 10:00	Overview of New ESH Guidelines for Hypertension	
10:00 - 10:30	Impact of Single Pill Combinations and Simplified Guidelines in Hypertension	
10:30 - 11:00	Treatment of Hypertension in SSA	
11:00 - 11:30	Tea & Coffee Break	Aurora Exhibition Hall
11:00 - 11:30	POSTER PRESENTATIONS	Comet
11:30 - 13:10	Plenary Session 2: HYPERTENSION, THE HEART and KIDNEY	Pandora
11:30 - 11:50	Cardiorenal Syndrome - Epidemiology and Mechanisms	
11:50 - 12:10	The Heart Failure Challenge - A Practical Approach to Heart Failure Treatment in Africa	
12:10 - 12:30	Improving Cardio Renal Outcome in CKD with and without Type 2 Diabetes	
12:30 - 12:50	Hypertension and Heart Failure: A Dangerous Crossroad	
12:50 - 13:10	The place of Thiazide, Thiazide-like and Loop Diuretics for Hypertension in CKD	
13:10 - 14:00	Lunch	Aurora Exhibition Hall
14:00 - 15:30	Plenary Session 3: IMPLEMENTING CHANGES IN AFRICA	Pandora
14:00 - 14:25	Salt Reduction and Increase in Potassium Intake - Is Salt Substitutes an Option?	
14:25 - 14:50	DASH Diet and Weight Reduction for Hypertension - In the African Setting	
14:50 - 15:10	Insights from MMM in South Africa	
15:10 - 15:30	Pharmacogenetics of Hypertension - Past, Present and Future with Focus on Africa	
15:30 - 16:00	Tea & Coffee Break	Aurora Exhibition Hall
15:30 - 16:00	POSTER PRESENTATIONS	Comet
16:00 - 17:00	Plenary Session 4: WOMEN AND HYPERTENSION	Pandora
16:00 - 16:30	BP Control in Pregnancy before , during and after	
16:30 - 17:00	Hypertension in African Woman - Special Aspects	
17:00 - 18:00	Plenary Session 5: CANCER, CVD and HYPERTENSION	Pandora
17:00 - 17:20	Cancer Drugs and Cardiovascular Side Effects: Why do they occur?	
17:20 - 17:40	Hypertension and Cancer Drugs	
17:40 - 18:00	CV Risk after Surviving Cancer Social Risk Factors	
19:00	Faculty Dinner	The Capital on Park Restaurant
Saturday, 17 August		
Time	Topic	Venue & Session Sponsors
07:30 - 08:30	Breakfast	
08:30 - 10:15	Plenary Session 6: RESEARCH IN SOUTH AFRICA	Pandora
08:30 - 09:05	Debate: Beta - Adrenergic Blocking Drugs in Hypertension in Africa Pro or Con	
09:05 - 10:15	ORAL PRESENTATINS: (Basic, Clinical and Population)	
08:30 - 10:15	Nurses Doctors Parallel Session 1 HYPERTENSION MANAGEMENT IN PRIMARY CARE	Pandora 1
08:30 - 09:00	Early Detection and Improving Awareness of Hypertension	
09:00 - 09:25	Traditional and Emerging Risk Factors in the African Continent	
09:25 - 09:50	Treatment Adherence and Inertia Barriers and Targets in Hypertension Management in the African Setting	
09:50 - 10:15	Role of Community Health Workers, Pharmacists and Nurses	
10:15 - 10:45	Tea & Coffee Break	Aurora Exhibition Hall
10:15 - 10:45	POSTER PRESENTATIONS	Comet
10:45 - 12:00	Plenary Session 7: STROKE & HYPERTENSION	Pandora
10:45 - 11:10	BP Management After an Acute Stroke	



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Time	Topic	Venue & Session Sponsors
11:10 - 11:35	Stroke and Bleeding Risk in Atrial Fibrillation: Walking the Tight Rope in Africa	
11:35 - 12:00	Acute Management of Ischaemic Stroke: LYTIC Therapy vs Thrombectomy	
10:45 - 12:00	Nurses Doctors Parallel Session 2: BP MANAGEMENT	Pandora 1
10:45 - 11:10	Blood Pressure Targets: The Target BP in Africa should be 1. < 140/90 or 20/10 decrease OR 2. < 130/80 in Africa	
11:10 - 11:30	Common and less common Side Effects of Anti Hypertensive Medications and the Management of HT	
11:30 - 12:00	The Conventional vs New Technology in BP Measurement (Choose) a. Role of Unattended Blood Pressure Management b. Role of Orthostatic Measurements c. How to Measure BP in The Very Obese d. Role of Wrist BP Measurements e. Out of Office Blood Pressure f. Role of ABPM in Stratifying Risk (Variation, Night time BP, Dipping) g. Blood Pressure Measurements in Atrial Fibrillation	
12:00 - 13:00	Lunch	Aurora Exhibition Hall
13:00 - 14:30	Plenary Session 8: PATHOGENESIS OF HYPERTENSION IN SOUTHERN AFRICA	Pandora
13:00 - 13:20	Is the Pathogenesis of Hypertension Different in the African Population?	
13:20 - 13:50	Hypertension and Obesity: A Bidirectional Liaison	
13:50 - 14:10	Arterial Stiffness and Early Vascular Aging	
14:10 - 14:30	Inflammation and Oxidative Stress in Vascular Biology	
14:30 - 15:00	Tea & Coffee Break	Aurora Exhibition Hall
14:30 - 15:00	POSTER PRESENTATIONS	Comet
15:00 - 17:30	Plenary Session 9: HYPERTENSION IN HIGH-RISK POPULATIONS	Pandora
15:00 - 15:20	When Hypertension and Dyslipidaemia Co – Exist: How to Decrease Cardiovascular Risk	
15:20 - 15:40	Diabetes and Hypertension – The Ugly Twins	
15:40 - 16:05	Managing BP Variability, Masked Uncontrolled Hypertension and Nocturnal Hypertension	
16:05 - 16:20	Hypertension Patients with Coronary Artery Disease. What Should the Preferred Combinations be?	
16:20 - 16:40	Challenges in Management of Older, Frail Patients with Hypertension	
16:40 - 17:30	ORAL PRESENTATIONS: (Basic, Clinical and Population)	Pandora
17:30 - 18:00	SAHS AGM 2024	
19:00	CONGRESS DINNER & AWARD EVENING	Pandora
Sunday, 18 August		
Time	Topic	Venue & Session Sponsors
07:00 - 08:20	Breakfast	The Capital on Park Restaurant
08:20 - 10:00	Plenary Session 10: THE FUTURE OF HT MANAGEMENT	Pandora
08:20 - 09:10	Debate: Digital Health in Hypertension Management - Utile or Futile in the African setting?	
09:10 - 09:40	Renal Denervation - Recent Developments and is their a Role in the African Setting?	
09:40 - 10:00	Biomarkers in Hypertension	
10:00 - 10:30	Tea and Coffee Break	Aurora Exhibition Hall
10:30 - 12:45	Plenary Session 11: THE FUTURE OF HT MANAGEMENT (CONT.)	Pandora
10:30 - 11:00	Latest Evidence on Long Term BP Elevation and Risk of Cognitive Decline and Dementia	
11:00 - 11:30	Assessing the Heart in a Hypertensive Emergency	
11:30 - 12:30	Ethics	
12:30 - 12:45	Closing Address and depart	Pandora

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