

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 7 March 2023

Friday, 16 August

Time	Topic	Time (min) Incl. 5min Q&A	Venue & Session Sponsors
08:00 - 09:15	Arrival & Registration		
09:15 - 11:00	Plenary Session 1: GUIDELINE UPDATES FOR HYPERTENSION	105	Pandora
09:15 - 09:25	Opening & Welcome	10	
09:25 - 09:30	Tribute to Prof Gavin Norton	5	
09:30 - 10:00	Overview of New ESC Guidelines for Hypertension	30	
10:00 - 10:30	Take Home Messages from ESH and ESC Guidelines for Africa	30	
10:30 - 11:00	Should SAHS Update the 2014 Guideline or Adopt the ISH 2020/WHO 2021 Guidelines?	30	
11:00 - 11:30	Tea & Coffee Break		Aurora Exhibition Hall
11:00 - 11:30	POSTER PRESENTATIONS	30	Comet
11:30 - 13:10	Plenary Session 2: HYPERTENSION, THE HEART and KIDNEY	100	Pandora
11:30 - 11:50	Cardiorenal Syndrome - Epidemiology and Mechanisms	20	
11:50 - 12:10	The Heart Failure Challenge - A Practical Approach to Heart Failure Treatment in Africa	20	
12:10 - 12:30	Improving Cardio Renal Outcome in CKD with and without Type 2 Diabetes	20	
12:30 - 12:50	The place of Thiazide, Thiazide-like and Loop Diuretics for Hypertension in CKD	20	
12:50 - 13:10	Hypertension and Heart Failure: A Dangerous Crossroad	20	
13:10 - 14:00	Lunch		Aurora Exhibition Hall
14:00 - 15:30	Plenary Session 3: IMPLEMENTING CHANGES IN AFRICA	90	Pandora
14:00 - 14:25	Salt Reduction and Increase in Potassium Intake - Is Salt Substitutes an Option?	25	
14:25 - 14:50	DASH Diet and Weight Reduction for Hypertension - In the African Setting	25	
14:50 - 15:10	New Therapies for Hypertension e.g. Aldosterone Synthase Inhibitors, Endothelin Inhibitors, siRNAs a Novel Long Term Therapeutics - ? Their Role in Africa.	20	
15:10 - 15:30	Pharmacogenetics of Hypertension - Past, Present and Future with Focus on Africa	20	
15:30 - 16:00	Tea & Coffee Break		Aurora Exhibition Hall
15:30 - 16:00	POSTER PRESENTATIONS	30	Comet
16:00 - 17:00	Plenary Session 4: WOMEN AND HYPERTENSION	60	Pandora
16:00 - 16:20	Impact of BP Control in Pregnancy on Maternal and Fetal Outcomes	20	
16:20 - 16:40	Planning Pregnancy in Women with Hypertension	20	
16:40 - 17:00	Hypertension in African Woman - Special Aspects	20	
17:00 - 18:00	Plenary Session 5: CANCER, CVD and HYPERTENSION	60	Pandora
17:00 - 17:20	Cancer Drugs and Cardiovascular Side Effects: Why do they occur?	20	
17:20 - 17:40	Hypertension and Cancer Drugs	20	
17:40 - 18:00	CV Risk after Surviving Cancer Social Risk Factors	20	
19:00	Faculty Dinner		The Capital on Park Restaurant

Saturday, 17 August

07:30 - 08:30	Breakfast		
08:30 - 10:15	Plenary Session 6: RESEARCH IN SOUTH AFRICA	45	Pandora
08:30 - 09:05	Debate: Beta - Adrenergic Blocking Drugs in Hypertension in Africa Pro or Con	35	
09:05 - 10:15	ORAL PRESENTATIONS: (Basic, Clinical and Population)	70	
08:30 - 10:15	Nurses Doctors Parallel Session 1 HYPERTENSION MANAGEMENT IN PRIMARY CARE	105	Pandora 1
08:30 - 09:00	Early Detection and Improving Awareness of Hypertension	30	
09:00 - 09:25	Impact of Single Pill Combinations and Simplified Guidelines in Hypertension	25	
09:25 - 09:45	Treatment Adherence and Inertia Barriers and Targets in Hypertension Management in the African Setting	20	
09:45 - 10:15	Team-based Care in HT Management - Role of Community Health Workers, Pharmacists and Nurses	30	
10:15 - 10:45	Tea & Coffee Break		Aurora Exhibition Hall

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Date & Time	Topic	Time (min) Incl. 5min Q&A	Venue & Session Sponsors
10:15 - 10:45	POSTER PRESENTATIONS	30	Comet
10:45 - 12:00	Plenary Session 7: STROKE & HYPERTENSION	75	Pandora
10:45 - 11:10	BP Management After an Acute Stroke	25	
11:10 - 11:35	Stroke and Bleeding Risk in Atrial Fibrillation: Walking the Tight Rope in Africa	25	
11:35 - 12:00	Acute Management of Ischaemic Stroke: LYTIC Therapy VS Thrombectomy	25	
10:45 - 12:00	Nurses Doctors Parallel Session 2: BP MANAGEMENT	70	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	20	
11:10 - 11:30	Common Side Effects of Anti Hypertensive Medications and the Management of HT	20	
11:30 - 12:00	The Conventional vs New Technology in BP Measurement 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, Nighttime BP, Dipping) g. Blood Pressure Measurements in Atrial Fibrillation	30	
12:00 - 13:00	Lunch		Aurora Exhibition Hall
13:00 - 14:30	Plenary Session 8: PATHOGENESIS OF HYPERTENSION IN SOUTHERN AFRICA	90	Pandora
13:00 - 13:20	Is the Pathogenesis of Hypertension Different in the African Population?	20	
13:20 - 13:50	Hypertension and Obesity: A Bidirectional Liaison	30	
13:50 - 14:10	Arterial Stiffness and Early Vascular Aging	20	
14:10 - 14:30	Inflammation and Oxidative Stress in Vascular Biology	20	
14:30 - 15:00	Tea & Coffee Break		Aurora Exhibition Hall
14:30 - 15:00	POSTER PRESENTATIONS	30	Comet
15:00 - 16:40	Plenary Session 9: HYPERTENSION IN HIGH-RISK POPULATIONS	100	Pandora
15:00 - 15:20	When Hypertension and Dyslipidaemia Co – Exist: How to Decrease Cardiovascular Risk	20	
15:20 - 15:40	Diabetes and Hypertension – The Ugly Twins	20	
15:40 - 16:00	Managing BP Variability, Masked Uncontrolled Hypertension and Nocturnal Hypertension	20	
16:00 - 16:20	Hypertension Patients with Coronary Artery Disease. What Should the Preferred Combinations be?	20	
16:20 - 16:40	Challenges in Management of Older, Frail Patients with Hypertension	20	
16:40 - 17:30	ORAL PRESENTATIONS: (Basic, Clinical and Population)	30	Pandora
17:30 - 18:00	SAHS AGM 2024		
19:00	CONGRESS DINNER & AWARD EVENING		Pandora

Sunday, 18 August

07:00 - 08:20	Breakfast		The Capital on Park Restaurant
08:20 - 10:00	Plenary Session 10: THE FUTURE OF HT MANAGEMENT	100	Pandora
08:20 - 09:10	Debate: Digital Health in Hypertension Management - Utile or Futile in the African setting?	50	
09:10 - 09:40	Renal Denervation - Recent Developments and is their a role in the African Setting?	30	
09:40 - 10:00	Biomarkers in Hypertension	20	
10:00 - 10:30	Tea and Coffee Break		Aurora Exhibition Hall
10:30 - 12:30	Plenary Session 11: THE FUTURE OF HT MANAGEMENT (CONT.)	105	Pandora
10:30 - 11:00	Latest Evidence on Long Term BP Elevation and Risk of Cognitive Decline and Dementia	30	
11:00 - 11:30	Assessing the Heart in a Hypertensive Emergency	30	
11:30 - 12:15	Ethics	45	
12:15 - 12:30	Closing Address and depart		Pandora

CLICK TO REGISTER

CALL FOR ABSTRACTS

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