The Egyptian Hypertension Society
The 14th Annual Scientific Meeting

Hypertension & CV Risk
From Science To Practice

April 7-9, 2010
Fairmont Heliopolis Hotel

Chairpersons of the Meeting
Prof. Ahmed Magdy       Prof. Hany AbdelRazik
Prof. Hany Ragy
Professors of Cardiology – National Heart Institute

President of the Society
Prof. M. Mohsen Ibrahim
Professors of Cardiology - Cairo University

ACCREDITED BY
EBAC for 18 CME credit hours
The CME Facilitator: The International Health Academy
And By
The EGYBAC For 23 CME credit hours
Dear Colleague,

The 14th annual meeting of the Egyptian Hypertension Society (Hypertension & Cardio-Vascular Risk From Science To Practice), April 7-9th, 2010 in Cairo is a unique regional and international event in the ever growing field of cardio-vascular medicine in management, prevention, research innovation and understanding.

The most up to date development as well as the gold standard and evidence base medicine in this field will be discussed and simplified in a modern approach by Egyptian professors and by international experts and scientists who shared in steering and shaping the science and practice of hypertension and cardio-vascular medicine in the world.

Your participation as a speaker, chairman and attendee will definitely contribute to the success and impact of this meeting.

Chairpersons of the Meeting

Ahmed Magdy, MD, FACC, FSCAI
Hany AbdelRazik, MD
Hany Ragy, MD, FSCAI

Professors of Cardiology – National Heart Institute
Dear Colleague,

The Egyptian Hypertension Society annual scientific meeting represents the most important scientific event in the field of hypertension in our Middle Eastern region.

Hypertension is a very dynamic subject; a lot of progress has been made in the past year in areas of basic science and patient's care. Results of recent drug trials and meta analysis were released and a number of new guidelines, European and American, are on the horizon. New markers of future hypertension risk have been identified, the increasing importance of diet as a risk factor and as a therapeutic target have been established. New diagnostic tools were introduced in order to assess subclinical organ damage. Finally, advances in drug therapy include new pharmacologic groups and new agents in old groups.

Our meeting will try to cover some of these exciting new areas. We are privileged to have a distinguished international faculty. On behalf of the Egyptian Hypertension Society, I am inviting you to contribute to this scientific event and participate in our annual meeting. The organizing committee has prepared, beside its excellent scientific program, a number of attractive social events.

Looking forward to seeing you in Cairo in April 2010.

President of the Egyptian Hypertension Society

M. Mohsen Ibrahim, MD
Prof. of Cardiology- Cairo University
DIRECTOR OF THE SCIENTIFIC PROGRAM

Prof. Ahmed Magdy

ORGANIZING COMMITTEE (Alphabetical Order)

Prof. Abdel Moniem Ibrahim
Prof. Ashraf Reda
Prof. Mohamed Helmy
Prof. Mohamed Seleem
Prof. Omar Awwad
Prof. Sahar Gamal
Prof. Sameh Shahin
Prof. Wafaa El-Aroussy

SECRETARY OF THE CONFERENCE (Alphabetical Order)

Mrs. Fathia Al-Said
Mrs. Rehab Mohamed

ORGANIZING OFFICE IN CHARGE

EGY Congress for international conferences & affairs:
Email: egy.congress@yahoo.com - fathiaalsaid@link.net - ehs@link.net
Cellular: +2010-1773104 Telephone: (+202) 2794-8877
Fax: (+202) 2794-8879 Website: www.ehs-egypt.net
CME ACCREDITATION

- The Meeting is awarded 18 CME Credits by EBAC (the European Board of Accreditation in Cardiology). CME Reviewer: The International Health Academy
- This Meeting has been accredited by the Egyptian Board for Accreditation in Cardiology (EGYBAC) For 23 CME credits.

INTERNATIONAL FACULTY

1. Giuseppe Mancia
   Head Internal Medicine (San Gerardo Hospital, Monza), Past-Chairman Clinical Medicine University of Milan-Bicocca. Past-President of the International Society of Hypertension (ISH), the European Society of Hypertension (ESH), the European Society of Clinical Investigation and the Italian Society of Hypertension (SIIA). Past-Chairman WG Hypertension of the European Society of Cardiology (ESC). Chairman of the Committee for the ESH/ESC Guidelines on Hypertension (2003 and 2007). Chairman of the WHO/ISH Liason Committee on Hypertension

2. Mark Pohl
   Chairman of Nephrology Department, Head of Hypertension unit, Cleveland Clinic Foundation. Board Member of the American Society of Hypertension

3. Renata Cifkova
   Prof of Cardio-vascular Medicine, Head Department of Preventive Cardiology, Institute of Clinical Experimental Medicine, Prague, Czech Republic. Committee for the ESH/ESC Guidelines on Hypertension

4. Roland Asmar
   Medical Director of the “centre de Medicine Cardiovasculaire”. President of the “International Society of Vascular Health”. President of the French-Lebanese Medical Association “AMFL”. Past Medical Director of the Cardiovascular Institute, Paris. Past president of the WG on BP of the French Society of Hypertension. Past president of the “French spoken network of hypertension”. Member of several boards of International Scientific Societies and journals.
Anthony Heagarty
Professor of Cardio-vascular Medicine, Head of Hypertension Unit, Manchester University, UK. President of the International Society of Hypertension. Member of several boards of International Scientific Societies and journals.

MIDDLE EASTERN FACULTY

1. Jafar Al-Said, M.B. CHb. MD. FASN
Nephrology and Internal Medicine Consultant
Bahrain Specialist Hospital

2. Dr. Tawfik Albassam
Consultant in internal medicine
Clinical Hypertension Specialist
King Fahd Hospital Jeddah

NEW APPROACH, NEW SESSIONS

1. Interactive sessions
2. Meet the experts morning sessions, solving complex issues
3. Clinical Case scenario by experts and discussion
4. How to sessions
5. Vascular Damage from angiogenesis to HTN
6. Save the Organs sessions
7. Arterial Stiffness, early vascular disease evaluation
8. Risk factor intervention
9. Problems in HTN management sessions
10. Highlight session by Egyptian and international speakers on latest development and news in hypertension, CV Risk
11. Clearing dilemma in CV issues
12. Imaging session

In addition to Scientific Sessions that Attracted High Attendance in previous meetings that includes: Contest of best cases, plenary sessions, debates, state of the art lectures, CME primary physician education, nursing and public education.

VENUE

The Cairo Fairmont, one of the most elegant Hotels in Cairo. It is located near Cairo airport.

A block of rooms has been reserved for the conference attendees at a reduced rate. Please register and reserve early to make use of the reduced rate.

LANGUAGE

The official language of the meeting is English. No simultaneous translation is available.
The official carrier is *Egypt Air*. A special discounted fair will be arranged for group reservations. Flights to and from Egypt are usually fully booked this time of the year. Early reservation is advised.
Wednesday 7th April, 2010
Hall A

8:30 – 9:30
Case Presentation Contest
Each case will be presented in 12 min followed by 8 min discussion

Chair
Mohsen Ibrahim, Hany Abdel Razek, Tony Heagarty,

8:30 – 8:50
Case Presentation
Mohamed Seleem (NHI)

8:50 – 9:10
Case Presentation
Hussein Heshmat(Cairo)

9:10 – 9:30
Case Presentation
Reda AboulAta(NHI)

9:30 – 10:30
Challenging Issues in Hypertension

Chairperson
Ahmed Nassar, Mohamed ElBaz, Gamal AboulNasr

9:30 – 9:50
What the hypertension specialist should know about headaches
Hussien Rizk

9:50 – 10:10
Peri-operative management of hypertension
Khairy Abdel-Dayem

10:10 - 10:30
Interplay between hypertension and atrial fibrillation
Sameh Shahin
10:30 – 11:30
Plenary Session
From Clinical Trials to Practice

Chairperson  
Mohamed Eid Fawzy, Ali Ramzy, Wagdy Galal

10:30 – 10:55  
How did clinical trials affect practice?  
Tony Heagarty

10:55-11:15  
CV prevention in developing countries  
M. Mohsen Ibrahim

11:15-11:30  
The evolution of modern hypertension treatment  
Hany Ragi

11:30-12:00  
Coffee Break

12:00 – 13:00  
Save the Organs I, From Hypertension to Heart Failure

Chairperson  
Basem Sobhy, Mohamed Awad Taher, Adel Zaki, Mohamed Amin

12:00-12:20  
Left ventricular hypertrophy regression updates  
Ramzy El-Mawardy

12:20-12:40  
Remodeling post MI: more understanding  
Mohsen Ibrahim

12:40-13:00  
New steps towards protection and control in high risk hypertension (sponsored by Sanofi-Aventis)  
Ahmed Magdy
Wednesday 7th April, 2010  
Hall A

13:00-14:00  
APEX Olmisartan Symposium

Chairpersons: Ahmed Magdy, Omar Awwad, Mohsin Ibrahim

The integrated triad, evidence from clinical trials  
Tony Heagarty  
Hussein Risk

Discussion

14:00-15:00  
Vascular Damage, Arterial Stiffness in Clinical Practice

Chairperson  
Adel Imam, Kahiry Abdel Dayem, Nashwa El-Hagrasy

14:00-14:20  
EVA "Early Vascular Aging" syndrome: lessons for the management of Hypertension  
Roland Asmar

14:20-14:35  
BP variability related CV risk factor  
Abdelmoniem Ibrahim

14:35-14:55  
"similarities and differences among the different methods for arterial evaluation"  
Roland Asmar

Discussion

14:55-15:00

Wednesday 7th April, 2010  
Hall A

15:00-15:45  
GLAXO Symposium  
CV Care from Treatment to Prevention
Chairpersons:
15:00-15:30  Tight blood pressure control  
                 Ramez Guindy
15:30-15:45  Discussion

15:45-16:00  Coffee Break

16:00 – 17:30  
Two Sides of the Truth  
(3 Controversies)

Chairperson  Sherif El-Tobgy, Hossam Kandil, Sameh Allam

16:30-16:45  Should fixed-dose combination therapy not monotherapy be recommended as initial therapy in HTN  
                    (Pro)  
                    Ramez Guindy

16:45-17:00  No, monotherapy should be recommended as initial therapy in HTN  
                    (Con)  
                    Roland Asmar

17:00-17:15  There is now evidence for J-curve in hypertension management  
                        Marc Phol

17:15-17:30  No the evidence is not convincing and data are not enough for J-curve in hypertension management  
                        Ayman AboulMagd

17:30-17:45  We Shall not use B-Blockers as first line treatment in HTN?  
                        Tony Heagerty

17:45-18:00  We shall we continue using B-Blockers as first line treatment in HTN?  
                        Mohamed Oraby

17:30  
Adjourn & Lunch  
Wednesday 7th April, 2010  
Hall B

12:00-13:00  
Save the Organs II: Update on Renal Aspects of HTN
Chairperson: Amin Fouad, Omar El-Khashab, Dawlat Belal

12:00-12:15
Albuminuria, proteinuria and renal insufficiency as CV risk factors in type II diabetes
Tarek ElShabony

12:15-12:30
Reno-vascular hypertension, ischemic nephropathy
Marc Pohl

12:30-12:45
Nephro-protection by intensified BP control: prognostic approach and therapeutic evidence
Maher Fouad

12:45-13:00
Hypertension and CV risk in chronic kidney disease
Hany Edward

Wednesday 7th April, 2010
Hall B

14:00-15:00
Back to Basics: Session I
Secondary Hypertension

Chair: Fouad El-Nawawi, Taher Elkadi, Tarek Zaki

14:00-14:12
How to investigate for secondary hypertension (12:0 min)
Hamdy Soliman

14:12-14:24
Catecholamine induced hypertension? (12:0 min)
Said Khaled

14:24-14:36
Hyper-aldosteronism: should we check on it in all hypertensive patients? (12:0 min)
Ahmed El-Hawary

14:36-14:48
Aortic coarctation profile and implications (12:0 min)
Maged El-Abbadi

14:48-15:00
Drug induced hypertension (12:0 min)
Nasser Taha

Wednesday 7th April, 2010
Hall B
### Problems in Hypertension Management: Session I

**Chair**  
*Amal Ayoub, Ahmed AbdelMoniem, Maiy Hamdy ElSayed*

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>16:30-16:50</td>
<td>Adherence : the forgotten risk factor</td>
<td>Tawfik Albassam</td>
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<tr>
<td>16:50-17:10</td>
<td>Treatment of HTN in children, adolescents</td>
<td>Eman Sharaf</td>
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<tr>
<td>17:10-17:30</td>
<td>Elderly patients with HTN</td>
<td>Omar Awwad</td>
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<tr>
<td>17:30-17:50</td>
<td>Tight BP management in diabetics</td>
<td>Mohamed Zaki</td>
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<tr>
<td>17:50-18:05</td>
<td>Problems of anti-hypertension drug therapy in pregnancy</td>
<td>Gamela M Nasr</td>
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Thursday 8th April, 2010
Hall A

8:30 – 9:30
Case Presentation Contest
Each case will be presented in 12 min followed by 8 min discussion

Chairperson: Hany Ragy, Hussein Risk, Roland Asmar,

8:30 – 8:50  Case Presentation  Sameh Salama (Cairo)
8:50 – 9:10  Case Presentation  Tarek El-Kholy (NHI)
9:10 – 9:30  Case Presentation  Hamdy Soliman (NHI)

Thursday 8th April, 2010

9:30 – 10:30
Emerging Issues and Concepts

Chairperson: Ali A. EIAbd, Khaled Sorour, Ahmed Yehia,

9:30-9:50  Sexual dysfunction and HTN, Diagnostic, treatment  Omar Awwad
9:50-10:10  The Hypertension Specialist/ Setting up a BP Clinic  Tony Heagarty

10:10-10:30  White coat & masked HTN  G. Mancia

Thursday 8th April, 2010
Hall A

10:30 – 11:30
Plenary Session: Hypertension at the Interface

Chairperson: Ezz ElSawy, Said Shalaby, Wagdy Ayad
10:30 – 10:45  CV risk factors in Egyptians, focus on salt  Hussien Rizk
Guidelines of hypertension management revisited  G. Mancia
10:45 – 11:10

11:10-11:25  Prehypertension a new target of therapy  Soliman Gharib
11:25-11:30  Discussion

11:30-12:15  Bayer Symposium
Chairperson  Hany Ragy, Hossan Kandil, Ramez Guindy
Long acting Nifidpine for hypertension management; benefits and limitations  G. Mancia
Discussion

12:15-12:45  Coffee Break

Thursday 8th April, 2010
Hall A

12:45-13:45  Pfizer Symposium
Global CV Risk Management Symposium
Chairpersons: Ahmed Magdy, Hany Ragy, M.Mohsen Ibrahim

12:45- 13:10  Facts Between LDL-C Reduction and CV Protection  Hussein Rezk
Step Ahead of managing CV Events. The Need to Treat Multiple Risk Factors in Hypertensive Patients  Mohamed Khatab
13:10-13:35

13:35-13:45  Discussion
Thursday 8th April, 2010
Hall A
13:45-15:00

Problems in HTN Management: Session II

Chairpersons  Ashraf Reda, Ikram Sadek, Samir Abdel Kader,

13:45-14:05  Blood pressure measurements. Which method to which patient?  Roland Asmar

14:05-14:25  Acute pressure syndrome  Ahmed Magdy

14:25-14:40  HTN in woman, should they be treated differently  Renata Cifkova

14:40-15:00  Management options for refractory hypertension  Marc Pohl

Thursday 8th April, 2010
Hall A
15:00-16:00

Novartis Symposium

Chairpersons  Hossam Kandil- M. Mohsen Ibrahim

15:00-15:30  ARBs and Calcium Channel Blockers, Guidelines and Practice  Adel El-Etriby

15:30-15:45  Discussion

Thursday 8th April, 2010
Hall A
16:00-17:00

Diabetes, Obesity, Cardio-metabolic Risk
The session is followed by 10 minutes discussion

Chairperson  Ahmed Rozza, Mokhtar Gomaa, Sherif Hafez

16:00-16:20  Cardio-metabolic risk  Mohsen Ibrahim
16:20-16:35  Relevance of glycemic control  
Hany Abdel Razek  
Obesity, and CV risk: a role for adipose tissue inflammation?  
Tony Heagarty  

16:35-16:55  Discussion  

Thursday 8th April, 2010  
Hall A  

17:00-17:00  Discussion  

17:00-18:00  Risk factors intervention in daily practice  
Chairperson  
Ahmed Abdel Latief Ramadan, Ahmed Abdel Rahman, Medhat ElAshmawy,  

17:00-17:20  Causes and remedies of poor control of hypertension in populations  
Renata Cifkova  

17:20-17:35  Role of statins in hypertension?  
Ashraf Reda  

17:35-17:50  The role of anti-platelets in primary prevention, old and new facts?  
Ihab Attia  

17:50-18:05  Hyperuricemia is it a Cardiovascular risk?  
Jafar Alasid  

18:05  Adjourn & Lunch
### Thursday 8th April, 2010
#### Hall B

**11:30-12:30**

**Two Sides of the Truth**  
(Controversies in Hypertension)

**Chairperson**
*Fayez Fayek, Osama Sanad, Raouf Mahran,*

<table>
<thead>
<tr>
<th>Time</th>
<th>Discussion</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>11:30-11:45</td>
<td>Anti-hypertensive treatment should begin with diuretics</td>
<td><em>Ayman saleh</em></td>
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<tr>
<td></td>
<td><em>(Pro)</em></td>
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<tr>
<td>11:45-12:00</td>
<td>No, Anti-hypertensive treatment should not begin with diuretics</td>
<td><em>Magdy Rashwan</em></td>
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<td><em>(Con)</em></td>
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<td>12:00-12:15</td>
<td>ACEI are a better choice than ARBS in anti-hypertensive treatment</td>
<td><em>Gamal AboulNasr</em></td>
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<tr>
<td>12:15-12:30</td>
<td>No, ARBS are a better choice than ACEI as anti-hypertensive treatment</td>
<td><em>Mahmoud Hassanein</em></td>
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### Thursday 8th April, 2010
#### Hall B

**13:45-15:00**

**How- To Session II: Diagnostic Procedures**
Chair  Aziz Madkour, Abdullah Abo Hashem, AbdelFatah Ferer, Wafaa El-Aroussy

13:45-14:00 Assess LV diastolic function and CV outcome during anti-hypertensive treatment  Ayman AbdelHyie

14:00-14:15 Imaging Myocardial Ischemia in HTN  Adel Allam

14:15-14:30 Emerging new imaging modalities, to assess hypertensive patients  Hany Fouad

14:30-14:45 Markers to predict hypertension  Abdel Moniem Ibrahim

Thursday 8th April, 2010
Hall B

16:00-17:00  
Save the Organs: Brain as a Target of HTN  
The session is followed by 10 minutes discussion

Chair  Ahmed Magdy, Omar Awwad, Mustafa Nawwar,

16:00-16:15 Epidemiology of stroke  Renata Cifkova

16:15-16:30 Basis of cerebral circulation, implications for drug therapy  Nabil farag

16:30-16:45 Guidelines of BP management in pt with acute stroke (neurology perspectives)  Sherif Hamdy

16:45-17:05 BP management after stroke  Sherif Mokhtar
Thursday 8th April, 2010
Hall C

10:00-11:30
Nursing Session I

Chairpersons: Reda ElEsawi, Samia El-Kadi, Wael El-Kilany

10:00-10:15  Methods and devices of blood pressure measurement  
             Ahmed Shawky

10:15-10:30  Types of drugs used in hypertension  
             Tarek ElKholy
             Tarek Khairy A.

10:30-10:45  Complications of hypertension  
             Dayem

10:45-11:00  Side effects of drugs used in hypertension  
             Sameh Emil

11:00-11:15  Management of hypertensive emergency  
             Khaled ElTohamy

11:15-11:30  Discussion

11:30-13:00
Original Contribution( Abstracts): Session
The session is followed by 10 minutes discussion

Chairpersons:  Hany AbdelRazek, Omar Awwad, Wafa El-Aroussy
Thursday 8th April, 2010
Hall C

15:00-16:00
Public Awareness: Session I
Each Lecture is followed by 5 minutes discussion

Chairpersons:
Ahmed Magdy, Hany Abdel Razek, Samia El-

16:00-16:20  Risk factors for atherosclerotic heart disease  A. Latif Ramadan
16:20-16:40  Smoking cessation, is it possible?  Hany Ragi
16:40-17:00  CV disease prevention  Mohsen Ibrahim
Friday 9th April, 2010
Hall A

9:00-10:00
Case Presentation Contest
Each case will be presented in 12 min followed by 8 min discussion

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<th>Participant</th>
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<tr>
<td>9:00-9:20</td>
<td>Case Presentation</td>
<td>Mohamed Helmy (NHI)</td>
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<tr>
<td>9:20-9:40</td>
<td>Case Presentation</td>
<td>Iman Sharaf (Cairo)</td>
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<tr>
<td>9:40-10:00</td>
<td>Case Presentation</td>
<td>Mohamed (Palestine)</td>
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10:00-10:40
Plenary Lectures: Concepts and Evidence in Hypertension

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<tr>
<td>10:00-10:20</td>
<td>Guidelines of CV risk reduction in diabetics</td>
<td>Yehia Kishk</td>
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<tr>
<td>10:20-10:40</td>
<td>Heart failure with preserved ejection fraction</td>
<td>Fathy Maklady</td>
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Friday 9th April, 2010
Hall A

10:45 – 12:00
Challenging Case Scenarios, How I treat?
The session is followed by 15 minutes discussion

Chairperson  Mark Pohl, Mohsin Ibrahim, Salwa Roshdi, Renata Cifgova

10:45-11:00  Chronic hypertension, renal impairment creatinine 4.0, BP 200/100 on beta-blockers, attacks of flash pulmonary edema  

Hossam Kandil

11:00-11:15  Interscapular pain, unequal pulse, BP 180/95  

Husein Heshmat

11:15-11:30  Systolic hypertension 170/90, angina FC II/IV, previous stroke, bouts of postural hypotension  

Adel El-Etriby

11:30-11:45  Pre-eclampsia, female 40 yrs, twin pregnancy 30 weeks, BP 160/100, creatinine 1.9 mg Isolated  

Hisham AboulEinen

12:00 – 13:00
Friday Prayers

Friday 9th April, 2010
Hall A

13:00- 14:00
Prospective in Hypertension

Chairperson  Tarek Zaki, Amr Hassan, Helmy Bakr, Wafaei Aboul Einen
Friday 9th April, 2010
Hall A
14:00 – 15:00
EHS Meeting Overview, What Have we Learnt?

<table>
<thead>
<tr>
<th>Chairpersons</th>
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<tr>
<td>14:00-14:10 Hypertension and CV risk</td>
<td>Ihab AbdelFatah</td>
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<tr>
<td>14:10-14:20 Hypertension and stroke</td>
<td>Mohamed Helmy</td>
</tr>
<tr>
<td>14:20-14:30 Hypertension and kidney disease organ damage</td>
<td>Pohl Marc</td>
</tr>
<tr>
<td>14:50-15:00 Hypertension and heart failure</td>
<td>Basem Sobhy</td>
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<tr>
<td>15:10-15:20 Approach to HTN Management in Pregnancy</td>
<td>Renata Cifgova</td>
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<tr>
<td>15:20-15:30 Controversies in drug therapy</td>
<td>Mohamed Seleem</td>
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Adjourn & Lunch