



**EHS**

Egyptian Hypertension Society



# **The Summer Meeting of The Egyptian Hypertension Society**

**21<sup>st</sup>– 23<sup>rd</sup> July 2010**

**El Hekma Club - Ras El-Bar**



**Chairman of the Meeting**

**Soliman Ghareeb, MD**

**Prof. of Cardiology- Cairo University**

**President of the Society**

**M. Mohsen Ibrahim, MD**

**Prof. of Cardiology- Cairo University**

## **Scientific Program**

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***Scientific Program***

## WELCOME ADDRESS

Dear Colleague,

The Egyptian Hypertension Society will organize its 2010 summer meeting in the beautiful costal city of Ras El-Bar on 21<sup>st</sup>-23<sup>rd</sup> July 2010.

Hypertension control still has lots of opportunities for improvement. This meeting will discuss a variety of important issues such as the new in clinical hypertension, prevention and treatment of hypertension, hypertension and other diseases (diabetes, depression and alzheimer), the reality about the effectiveness of herbal treatment and hypertension in special groups.

The first day of the meeting is a one-day training course on how to measure blood pressure accurately. Trainees will get a certificate of passing the course endorsed from the Egyptian Hypertension Society

We will do our best so that you will not only to enjoy the nice city of Ras El-Bar but also the rich scientific contents of the meeting.

We are looking forward to seeing you.



*Chairman of the Meeting*

**Soliman Ghareeb, MD**  
Prof. of Cardiology- Cairo University



*President of the Society*

**M. Mohsen Ibrahim, MD**  
Prof. of Cardiology- Cairo University

## ORGANIZING COMMITTEE

### Chairman of the Conference

Soliman Ghareeb, MD *Cairo University*

### President of the Society

M. Mohsen Ibrahim, MD *Cairo University*

### Members (Alphabetically)

Ahmed Mahrous *Cairo University*

Hytham Soliman Gharieb *Cairo University*

Mohamed Abdel Maguid *Cairo University*

Waleed Ammar *Cairo University*

## MAIN TOPICS

- How to measure BP accurately.
- What's new in clinical hypertension?
- Hypertension in special groups.
- Herbal treatment.
- Herbal treatment of hypertension: fact or fiction?
- Management of hypertension.
- Resistant hypertension.

## ORGANIZING OFFICE IN CHARGE

### *EGY Congress for International Conferences & Affairs*

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## SECRETARIAT

### ***Mrs. Fathia El-Said***

The Egyptian Hypertension Society  
1 El-Diwan Street, Garden City, Cairo.

### ***Mrs. Rehab Mohamed***

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E-mail: [ehs@link.net](mailto:ehs@link.net).

## WEDNESDAY, 21<sup>ST</sup> JULY 2010

10:00-11:00 Registration

### Measuring Blood Pressure

Chairmen:

|             |                                |   |
|-------------|--------------------------------|---|
| 11:00-11:15 | Welcome                        | - Head of Pharmacy<br>Syndicate, <b>Damietta</b><br>Head of Medical Syndicate in<br><b>Damietta</b> |
| 11:15-12:00 | How to measure BP correctly    | Soliman Ghareeb, <b>MD</b>  |
| 12:00-12:45 | Training & interactive session | Dr. Mohamed Abdel Maguid<br>Dr. Ahmed Mahrous<br>Dr. Hytham Soliman                                 |
| 12:45-13:15 | Coffee break                   |   |
| 13:15-14:30 | Certificates                   |   |
| 14:30-15:00 | Closing remarks                | Ashraf Mahmoud Talaat, MD<br>Abdo ElBardaweil, MD   |

**COFFEE BREAK**

## THURSDAY, 22<sup>ND</sup> JULY 2010

8:00-9:00 Registration

9:00-9:20 Opening Remarks

**Soliman Ghareeb , MD**  
**Mohsen Ibrahim, MD**

### Session I

**9:00-11:10**

**Chairmen: Mohsen Ibrahim, MD; Soliman Ghareeb, MD, Mokhtar Gomaa, MD**

9:20-9:50 What is new in clinical hypertension **M. Mohsen Ibrahim, MD**

9:50-10:05 Pre-hypertension how to manage **Fathy Maklady, MD**

10:05-10:20 Hypertension in elderly **Mohamed Wafaie , MD**

10:20-10:35 Role of myocardial perfusion image in hypertension **Adel Allam, MD**

10:35-10:50 Hypertension and diabetes: is there a link **Sameh Samir, MD**

10:50-11:10 Discussion

11:10-11:30 Break

### Session II

**11:30-13:00**

**Chairmen: Ahmed El Hawary , MD; Omar Awwad, MD; Hossam ElHosary, MD**

11:30-11:45 Resistant hypertension **Omar Awwad, MD**

11:45-12:00 Effect of cola, ginkgo biloba on blood pressure **Hussein Heshmat, MD**

12:00-12:15 Herbal treatment of hypertension fact or fiction **Waleed Ammar, MD**

12:15-12:30 Case presentation secondary **Hisham Boshra, MD**

12:30-12:45 Systolic ,diastolic, & pulse pressure concept in management of hypertension **Abdel Moniem Ibrahim, MD**

12:45-13:00 Depression, Alzheimer, and hypertension Is there a relation? **Hisham Salah , MD**

13:00-13:30 Break

### **Session III**

**13:00-14:30**

Chairmen: **Fathy Maklady, MD; Mohamed Wafaei, MD**

|             |                                    |                          |
|-------------|------------------------------------|--------------------------|
| 13:30-13:45 | CASE I: Hypertension and pregnancy | <b>Dr. Ahmed Hasan</b>   |
| 13:45-14:00 | White coat hypertension            | <b>Dr. Ahmed Shehata</b> |
| 14:00-14:15 | Case: secondary hypertension       | <b>Dr. Amir Anwar</b>    |
| 14:15-14:30 | Discussion                         |                          |

### **Symposium**

**14:30-15:30**

Chairmen: **Mohsen Ibrahim, MD; Nasser Taha, MD**

|             |   |                            |
|-------------|---|----------------------------|
| 14:30-15:30 | Statins therapy in dyslipidemic and non dyslipidemic cardiac patients | <b>Soliman Ghareeb, MD</b> |
|-------------|---|----------------------------|

## FRIDAY, 23<sup>RD</sup> JULY 2010

### Session IV

9:00-10:00

Chairmen: **Khaled El Khashab, MD; Ahmed Roza, MD; Khaled Baraka, MD**

|             |  |                          |
|-------------|--|--------------------------|
| 9:00-9:15   | ACEI & insulin sensitivity: metabolic effects in HTN, DM, & HF       | <b>Dr. Yasser Yazid</b>  |
| 9:15-9:30   | Case Presentation  | <b>Mohamed Oraby, MD</b> |
| 9:30-9:45   | Nocturnal dipping: significance in diabetics, hypertension & stroke, | <b>Sameh Shaheen, MD</b> |
| 9:45-10:00  | Therapeutic strategies to uncomplicated HTN                          | <b>Atef El Bahry, MD</b> |
| 10:00-10:15 | Break  |                          |

### Session V

10:15-12:50

Chairmen: **M. Mohsen Ibrahim, MD; Essam Baligh, MD; Wael El Naggar, MD; Farouk Radwan, MD**

|             |  |                              |
|-------------|--|------------------------------|
| 10:15-10:30 | Risk assessment of hypertensive patients | <b>Azza Farrag, MD</b>       |
| 10:30-10:45 | CASE II resistant hypertension           | <b>Dr. Abdallah El Asry</b>  |
| 10:45-11:00 | CASE III : HTN- in young adult           | <b>Dr. Karim El Helaly</b>   |
| 11:00-11:15 | CASE IV : renal HTN                      | <b>Dr. Haytham Soliman</b>   |
| 11:15-11:45 | Open discussion                          |                              |
| 11:45-12:30 | Summary of the meeting                   | <b>Omar Awwad, MD</b>        |
| 12:30-12:50 | CLOSING REMARKS                          | <b>M. Mohsen Ibrahim, MD</b> |