



HYPERTENSION 2008

The 12th Annual Scientific Meeting of
Egyptian Hypertension Society
Jointly With the
Regional Meeting of the World Hypertension League

April 8th -11th, 2008

Cairo, Fairmont Heliopolis Hotel

Scientific Program

Under the Patronage of
Minister of Health and Population
Dr. Hatem El-Gabaly

Honorary Presidents
President of Cairo University
Prof. Dr. Aly Abdel Rahman

Dean Faculty of Medicine- Cairo University
Prof. Dr. Ahmed Sameh Farid

Chairman of the Meeting

Hossam Kandil , MD
Prof. of Cardiology- Cairo University

President of the Society

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

Welcome Address

Dear Colleague,

The Egyptian Hypertension Society is organizing its 12th Annual Scientific Meeting in Cairo during the period 8-11 April 2008. The world hypertension league will hold a regional meeting on April 8, 2008

On behalf of the Egyptian Hypertension Society and the Organizing Committee, I have the pleasure to invite you to share with us this important meeting. During the last years, the field of hypertension management has witnessed remarkable advancement that affected and decreased morbidity and mortality rates.

The 12th Annual Scientific Meeting will focus on clinical hypertension, diagnosis and management. Besides, the meeting will tackle the clinical problems which confront physicians in their daily activities.

Experts from Egypt, United States, Arab Countries and several European Countries will chair and contribute in the different scientific sessions of the meeting.

This year, we will have a hypertension contest at the end of the day. This contest will include some of the participants who will be randomly selected throughout the activities of the day. Those who will be selected will be invited to compete in front of the audience in a contest consisting of MCQs relating to hypertension escalating in difficulty. Audience will be asked to participate by voting through the audience response system. Valuable Prizes will be offered to those who will be able to reach required levels set by organizers of this contest.

I am sure it will be a great opportunity to be updated in clinical hypertension, have fun, meet with world leaders in hypertension and even win grand prizes. I am looking forward to welcoming you in Cairo.

Sincerely,

Chairman of the Meeting

President of the Society

Hossam Kandil, MD

Prof. of Cardiology- Cairo University

M. Mohsen Ibrahim, MD

Prof. of Cardiology- Cairo University

ORGANIZING COMMITTEE

Scientific Program Director

Hossam kandil, MD

Cairo University

Members (Alphabetically)

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Cairo University

Ahmed El-Hawary, MD

Suez Canal University

Ashraf Badawi, MD

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Alexandria University

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Cairo University

Wafaa El Aroussy, MD

Cairo University

SECRETARIAT

Mrs. Rehab Mohamed

The Egyptian Hypertension Society

1 El-Diwan Street, Garden City, Cairo.

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CONGRESS ORGANIZATION

Mrs. Fathia El-Said

010/1773104

E-mail: fathiaalsaid@link.net

BEST CLINICAL CASE IN HYPERTENSION AWARDS

The best clinical case presented in the breakfast sessions by young investigators competing from 6 different Egyptian universities will be awarded, together with certificate of recognition during the Gala Dinner. Prof. Mokhtar Gomaa, Al Azhar University, will address the winners.

INTERNATIONAL FACULTY

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Lars H. Lindholm, MD

Current President
International Society of Hypertension (ISH)
SWEDEN

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American University of Beirut
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President Deputy of Arab Union of Pharmacology
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Rashid Hospital
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Hisham Abul Enien, MD

Hossam Kandil, MD

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Magdy Rashwan, MD

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Mohamed Abdel Wahab, MD

Mohamed Awad Taher, MD

Mohamed Hamed, MD

Mohamed Sadaka, MD

Mohamed Sobhy, MD

Mokhtar Gomaa, MD

Nasser Taha, MD

Cairo University

Cairo University

National Heart Institute

Suez Canal University

National Heart Institute

Alexandria University

Military Academy

Banha University

Banha University

Cairo University

Cairo University

Cairo University

Alexandria University

Ain Shams University

Cairo University

Ain Shams University

Cairo University

Cairo University

Cairo University

Alexandria University

Alexandria University

Ain Shams University

Ain Shams University

Military Academy

Alexandria University

Alexandria University

Al-Azhar University

Menia University

FACULTY (Alphabetically)

Abdel Moaty El-Kaiey, MD	<i>Cairo University</i>
Abdel Moniem Ibrahim, MD	<i>Cairo University</i>
Adel El-Etriby, MD	<i>Ain Shams University</i>
Adel Zaki, MD	<i>Cairo University</i>
Ahmed Abdellatif Ramadan, MD	<i>Al-Azhar University</i>
Ahmed El-Hawary, MD	<i>Suez Canal University</i>
Ahmed Fathy, MD	<i>Zagazieg University</i>
Ahmed Magdy, MD	<i>National Heart Institute</i>
Aly Ahmed Al-Abd, MD	<i>Ain Shams University</i>
Aly Ramzy, MD	<i>Ain Shams University</i>
Ashraf Reda, MD	<i>Menofia University</i>
Atef El-Bahry, MD	<i>Port Said University</i>
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Omar Awwad, MD	<i>Ain Shams University</i>
Omar El-Khashab, MD	<i>Cairo University</i>
Osama Sanad, MD	<i>Banha University</i>
Ramez Guindy, MD	<i>Ain Shams University</i>
Ramzy El-Mawardy, MD	<i>Ain Shams University</i>
Said Khaled, MD	<i>Ain Shams University</i>
Sameh Bakhoun, MD	<i>Cairo University</i>
Sameh Emil, MD	<i>Military Hospitals</i>
Sameh Shahien, MD	<i>Ain Shams University</i>
Samir Rafla, MD	<i>Alexandria University</i>
Sherif El-Tobgy, MD	<i>Cairo University</i>
Sherif Mokhtar, MD	<i>Cairo University</i>
Soliman Gharieb, MD	<i>Cairo University</i>
Wafaa El-Aroussy, MD	<i>Cairo University</i>
Wafaie Abo El-Enin, MD	<i>Zagazieg University</i>
Wagdy Ayad, MD	<i>Alexandria University</i>
Wagdy Galal, MD	<i>Ain Shams University</i>
Yehia Kishk, MD	<i>Assuit University</i>
Zeinab Ashour, MD	<i>Cairo University</i>

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.

CARRIER

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.

ACKNOWLEDGMENT

The organizing committee appreciates the generous assistance from the drug industry.

Special tribute goes to:

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Regional Meeting of the WHL

"Hypertension Updates: From Population to Individual Strategies"

TUESDAY, 8th APRIL 2008

8:00-9:00	Registration	
9:00-9:05	Welcome address	<i>M. Mohsen Ibrahim, MD President- EHS</i>
9:05-9:15	About WHL	<i>Arun Chockalingam, MD Secretary General- WHL</i>
9:15-9:25	Introductory remarks	<i>Lisheng Liu, MD President- WHL</i>

9:30 – 12:45

Session I: International Faculty Presentations

CHAIRPERSONS: ADEL ZAKI, MD- HOSS AM KANDIL, MD

9:30-9:50	Canadian Hypertension Education Program: Updated guidelines for 2008	<i>Arun Chockalingam, MD- Canada</i>
9:50-10:10	Control of hypertension in Canada	<i>George Fodor, MD- Canada</i>
10:10-10:30	WHL's connectivity through WHL Newsletter and website	<i>Joerg Poetzsch, MD- Germany</i>
10:30-10:45	BREAK	
10:45-11:05	Lifestyle in hypertension and cardiovascular disease prevention and management- why it is so important	<i>Lawrence Beilin, MD- Australia</i>
11:05-11:25	Stroke prevention	<i>Lisheng Liu, MD- China</i>
11:25-11:45	New onset diabetes in the course of antihypertensive therapy - clinical implications	<i>Michael Alderman, MD- UK</i>
11:45-12:05	ESC/ESH and WHO/ISH guidelines 2007 - which are the differences?	<i>Lars Lindholm, MD-Sweden</i>
12:05-12:20	Discussion	
12:20-12:45	COFFEE BREAK	

12:45-14:00

Session II: Round Table Discussion

Do We Need Special Guidelines for Developing Countries

MODERATOR: ARUN CHOCKALINGAM, MD

12:45-13:10	Introduction, background and new concepts: minimal vs optimal care in the management of hypertension	<i>M. Mohsen Ibrahim, MD</i>
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Discussants: Lisheng Liu, MD; Michael Alderman, MD; Ghaidda Kaddaha, MD; Charles Jazra, MD & Hussien Rizk, MD

14:00-15:00 LUNCH BREAK

15:00-17:15

Session III: Regional Faculty Presentations

CHAIRPERSONS: MOKHTAR GOMAA, MD & OMAR AWAAD, MD

15:00-15:25	The burden of the diabetic heart	<i>Ghaida Kaddaha, MD- UAE</i>
15:25-15:50	Goals of hypertension management in clinical practice	<i>Adel Barbari, MD- Lebanon</i>
15:50-16:15	Cardiovascular risk during chronic kidney disease	<i>M. Adel Kheder, MD- Tunis</i>
16:15-16:40	Hypertension and stroke: is atrial fibrillation innocent?"	<i>Charles Jazra, MD- Lebanon</i>
16:40-17:05	High blood pressure in old age: double jeopardy	<i>Hussien Rizk, MD- Egypt</i>
17:05-17:30	Impacts of environmental biomarkers on health	<i>Badiaa Lyoussi, MD- Morocco</i>
17:05-17:15	Discussion	
19:00-21:00	MEETING- THE WHL BOARD OF DIRECTORS	

WEDNESDAY – APRIL 9, 2008

7.30-4.00 Registration

8:00 – 9:30
HALL (SEATS MAX. 50 PERSONS)
Breakfast Seminar-1
CHALLENGING CLINICAL CASES IN HYPERTENSION

MODERATORS: RAMZY EL-MAWARDY, MD; LARS LANDHOLM, MD & KHALED SOROUR, MD

8:00-8:45 Case from Assuit University *Fatma El-Naggar, MD*
8:45-9:30 Case from Suez Canal University *Gamela Mohamed Nasr, MD*

(Breakfast will be served during the seminar)

9:30-11:30
HALL: MAIN
SYMPOSIUM-1

CHAIRMEN: ADEL ZAKI, MD & WAGDY GALAL, MD

09:30-09:45 Is hypertension a preventable disease?
Gamal Abo El Nasr, MD
09:45-10:00 Pre-hypertension and borderline hypertension
Sameh Emil, MD
10:00-10:15 Global CV protection in hypertensive patients
Ramez Gindy, MD
10.15-10:30 Antihypertensive strategy in certain hypertensive conditions
Omar Awwad, MD
10:30-10:45 Heart failure among hypertensive Egyptians. Does Hypertension play a role?
Wafaa El-Aroussy, MD
10:45-11:00 Discussion

PLENARY LECTURE-1

11:00-11:30 How common is hypertension and what do we really do about it?
Lars Landholm, MD

11:30-12:00 Break

12:00 – 13:30
Hall: Main
SYMPOSIUM-2

CHAIRMEN: MOKHTAR GOMMA, MD; MOHAMMED AL-NOAMI, MD & AHMED NASSAR, MD

12:00-12:15 Hypertension in the very elderly: prognostic significance and therapeutic implications
Adel Berbari, MD
12:15-12:30 Spironolactone and resistant hypertension
M. Adel Kheder, MD
12:30-12:45 Benefit beyond blood pressure control in secondary prevention of stroke
Charles Jazra, MD
12:45-13:00 Statins, CKD and hypertension
Ashraf Reda, MD

PLENARY LECTURE-2

13:00-13:30 Should we say good-night to beta blockers as first choice drugs in primary hypertension?
Lars Landholm, MD

12:00 – 13:15
Hall: B
SYMPOSIUM-3

CHAIRMEN: KHAIRY ABD EL-DAYEM, MD & SOLIMAN GHARIEB, MD

12:00-12:15 How to assess and prevent cardiovascular fibrosis?
Abdel-Moniem Ibrahim, MD
12:15-12:30 Prevention of AF in hypertension
Sameh Shahien, MD

- 12:30-12:45 How to advise an obese hypertensive patient to loose weight
Hisham Abol Enien, MD
- 12:45-13:00 Anti-obesity medications and hypertension
Atef El-Bahry, MD
- 13:00-13:15 How to prescribe an exercise program to a hypertensive patient
Yehia Kishk, MD

13:30-14:00
Hall: Main
Hotline session

MODERATORS: M. MOHSEN IBRAHIM, MD; LARS LANDHOLM MD, & HOSSAM KANDIL, MD

- 13:30-13:50 Late-breaking trials in Hypertension: HYVET TRIAL
Hussien Rizk, MD
- 13:50-14:00 Discussion

14:00-14:30
HALL: MAIN
OPENING CEREMONY

- ✓ **National Anthem**
- ✓ **Opening Address** *Hossam Kandil, MD*
- ✓ **Chairman of the Egyptian Hypertension Society** *M. Mohsen Ibrahim, MD*
- ✓ **Chairman of the Egyptian Society of Cardiology** *Aly Ramzy, MD*

14:30 – 15:30
HALL: MAIN
DRUG SYMPOSIUM I (NOVARTIS)
NEW FRONTIERS IN CARDIOVASCULAR DISEASE MANAGEMENT

CHAIRMEN: HOSSAM KANDIL, MD & OMAR AWAAD, MD

- 14:30 - 14:35 Opening & Introduction
- 14:35 - 14:55 Evaluating the Role of ARBs in Cardiovascular Disease Management
Mohamed Sobhy, MD
- 14:55- 15:25 Exploring A Rational CCB/ARB Combination: Amlodipine & Valsartan
Ihab Attia, MD
- 15:25 - 15:30 Q&A / Closing

15:30-16:30
HYPERTENSION CONTEST-1
HALL: MAIN
SPONSORED BY SERVIER
TEST YOUR KNOWLAGE IN HYPERTENSION
SEE WHO WILL WIN THE GRAND PRIZE

MODERATORS: M. MOHSEN IBRAHIM, MD & HOSSAM KANDIL, MD

16:30 LUNCH

THURSDAY – APRIL 10, 2008

7.30-4.00 Registration

**8:00 – 9:30
HALL (SEATS MAX. 50 PERSONS)
BREAKFAST SEMINAR-2
CHALLENGING CLINICAL CASES IN HYPERTENSION**

**CHAIRMEN: MOKHTAR GOMAA, MD; PAUL WHELTON, MD &
ZEINAB ASHOUR, MD**

8:00-8:30 Case from Ain Shams University Mohammed Abd El-Wahab, MD
8:30-8:45 Discussion
8:45-9:15 Case from Cairo University Kareem Said, MD
9:15-9:30 Discussion

(Breakfast will be served during the seminar)

**9:30-11:30
HALL: MAIN
SYMPOSIUM- 4**

**CHAIRMEN: ABD EL-MATE EL-KAE, MD; EZZ EL-SAWY, MD &
SOLIMAN GHARIEB**

09:30-09:45 Diet and cardiovascular disease
Ram B Singh, MD
09:45-10:00 How to prescribe a healthy diet for a hypertensive patient
Wafaie Abo El-Anen, MD
10:00-10:15 Salt and hypertension
Ahmad El Hawary, MD
10.15-10:30 Antihypertensive medications: safety during pregnancy and lactation
Aziz Madkour, MD

10:30-10:45 Western guidelines, are they suitable for our Egyptian patients
Fathy Maklady, MD
10:45-11:00 Guidelines for hypertension management: differences between East and West
Ram B Singh, MD

PLENARY LECTURE-3

11:00-11:30 Visceral obesity, diagnosis and risks
M. Mohsen Ibrahim, MD
11:30-12:00 Break

**12:00 – 13:00
HALL: MAIN
DRUG SYMPOSIUM II (PFIZER)
STEP AHEAD FOR CARDIOVASCULAR PROTECTION**

CHAIRMEN: HUSSIEN RIZK, MD; OMAR AWAAD, MD & SAMEH SHAHIN, MD

12:00-12:30 Moving beyond BP control
Ramzi El-Mawardy, MD
12:30-1:00 It is not just LDL reduction
Mohammed Awad Taher, MD

**13:00 – 14:00
HALL: MAIN
DRUG SYMPOSIUM III (SANOFI-AVENTIS)
RECENT ADVANCES IN HYPERTENSION MANAGEMENT**

**CHAIRMEN : HOSSAM KANDIL, MD; ADEL EL ETRIBY, MD &
EZZ ELSAWY, MD**

13:00-13:25 Management of hypertension in high risk patients, lessons from guidelines
Gamal Abou El Nasr, MD
13:25-13:30 Discussion
13:30-13:55 Value of tight blood pressure control,.....the evidence
Mohamed Sobhy, MD
13:55-14:00 Discussion

14:00-15:30

HALL: MAIN

SYMPOSIUM-5 (DIABETES AND HYPERTENSION)

**CHAIRMEN: FOUAD EL-NAWAWY, MD; KHAIRY ABD EL-DAYEM, MD &
WAGDY AYAD, MD**

- 14:00-14:20 Elderly hypertensive diabetic with CKD. Therapeutic challenge
Omar El-Khashab, MD
- 14:20-14:40 Combination therapy in management of diabetic hypertensives
Ibrahim El-Ibrashy, MD
- 14:40-15:00 Challenge of management of diabetes in the Gulf
Ghaida Kaddaha, MD

PLENARY LECTURE-4

- 15:00-15:30 Cigarette Smoking and Cardiovascular Disease: Global Trends,
Pathogenesis and Effect of Smoking Cessation?
Paul Whelton, MD

14:00 – 15:00

Hall: B

SYMPOSIUM-6

**CHAIRMEN: M. MOHSEN IBRAHIM, MD; OSAMA SANAD, MD &
WAFAlE ABO EL-ENIN, MD**

- 14:00-14:15 Consultation because of severe hypertension in a patient undergoing
non-cardiac surgery?
Nasser Taha, MD
- 14:15-14:30 Hypertension, LVH and sudden Cardiac death
Sherif Mokhtar, MD
- 14:30-14:45 Recent advances in assessment of diastolic dysfunction in hypertensive
patient
Ahmad Abd El-latef Ramadan, MD
- 14:45-15:00 Cost effectiveness of ambulatory BP monitoring in management of
hypertension
Said Khaled, MD

15:00-16:00

HYPERTENSION CONTEST-2

HALL: MAIN

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TEST YOUR KNOWLEDGE IN HYPERTENSION

SEE WHO WILL WIN THE GRAND PRIZ

MODERATOR: HUSSIEN RIZK, MD & HOSSAM KANDIL, MD

16:30 LUNCH AND ADJOURN

FRIDAY – April 11, 2008

9:00 – 10:30

HALL (SEATS MAX. 100 PERSONS)

BREAKFAST SEMINAR-3

CHALLENGING CLINICAL CASES IN HYPERTENSION

**MODERATORS: MOHAMED SOBHY, MD; ANTHONY HEAGRETY, MD &
HUSSIEN RIZK, MD**

9:00-9:30 Case from Alexandria University Mohamed Sadaka, MD
9:30-9:45 Discussion

9:45-10:15 Case from Zagazeg University Ahmed Fathy, MD
10:15-10:30 Discussion

(Breakfast will be served during the seminar)

10:30-12:00

HALL: MAIN

PANEL DISCUSSION

STROKE AND HYPERTENSION

MODERATORS: ANTHONY HEAGRETY, MD & HOSSAM KANDIL, MD

**PANELISTS: MOHAMED SOBHY, MD; ABEL EL ETRIBY, MD;
AHMED MAGDY, MD; HANY RAGY, MD & HAZEM KHAMIS, MD**

10:30-10:40 Elderly hypertensive male, presenting with acute stroke and severe hypertension. What to do?
Ahmed Magdy, MD

10:40-10:50 Hypertensive elderly female with asymptomatic severe left carotid artery stenosis. What to do?
Hany Ragy, MD

10:50-11:00 Hypertensive elderly male with left main coronary artery disease and severe symptomatic bilateral carotid stenosis. What to do?
Mohamed Sobhy, MD

11:00-11:10 Severe symptomatic calcific carotid stenosis in an elderly hypertensive male. What to do?
Hazem Khamis, MD

11:10-11:20 Prevention of stroke.
Adel El-Etriby, MD

11:20-11:30 Discussion

PLENARY LECTURE-5

11:30-12:00 Are there pressure independent advantages of some classes of antihypertensive drugs?
Anthony Heagerty, MD

12:00-13:15

BREAK & PRAYER

13:30-15:00

HALL: MAIN

SYMPOSIUM-7: SECONDARY HYPERTENSION

**CHAIRMEN: SOLIMAN GHARIEB, MD; FATHY MAKLADY, MD &
HANY ABD EL-RAZEK, MD**

13:30-13:45 Cost-effective approach to diagnosis of endocrine hypertension
Samir Rafala, MD

13:45-14:00 Value of MSCT in coarctation of aorta
Khaled Sorour, MD

14:00-14:15 Oral contraceptives and hypertension
Ibtehad Hamdy, MD

14:15-14:30 Cost-effective approach to cardiovascular Imaging in hypertension
Magdy Rashwan, MD

PLENARY LECTURE-6

14:30-15:00 Headache and hypertension: practical approach to diagnosis and management
Hussien Rizk, MD

15:30-16:30
HYPERTENSION CONTEST-3
HALL: MAIN
SPONSORED BY SANOFIAVENTIS
TEST YOUR KNOWLAGE IN HYPERTENSION
SEE WHO WILL WIN THE GRAND PRIZE

MODERATOR: OMAR AWAAD, MD & HOSSAM KANDIL, MD

16:30 LUNCH AND ADJOURN