

PRELIMINARY TIMETABLE



ESH Gdansk 2026

INNOVATIONS IN CARDIOMETABOLIC MANAGEMENT

Timetable subject to change. All timings are expressed in CEST (Central European Summer Time)

LEGEND

 INNOVATION TRACK	 BASIC RESEARCH TRACK	 HANDS-ON SESSION
 CLINICAL TRACK	 SPONSORED SESSION	

THURSDAY, MAY 28

	BLUE ROOM	RED ROOM	YELLOW ROOM	PURPLE ROOM	GREEN ROOM
10:00-10:15	ESH 2026 WELCOME SESSION				
10:15-10:30	BREAK				
10:30-11:30	New Frontiers in Blood Pressure Assessment	Adherence and Treatment Patterns: Clinical and Lifestyle Perspectives	Childhood Hypertension and Adult Target Organ Damage: Breaking the Link	From Fat to Pressure: Decoding the Obesity-Hypertension Link	Innovations in Large Artery Function and Structure: From Mechanisms to Cardiometabolic Management
12:00-13:15	LUNCH		Assembly of the WGs (12:00-12:30) Assembly of the Excellence Centers (12:30-13:00)		
13:15-14:15	Sponsored Symposium	Managing Blood Pressure in Patients with Dementia: Balancing Risks and Benefits	SkyLabs Symposium	Renal Denervation: Expanding Horizons in Hypertension Management	Cardiac Damage in CKM Syndrome: Mechanisms and Prevention
14:15-14:45	BREAK				
14:45-15:45	Novel Mechanisms and Therapeutic Targets in CKD	Endocrine Hypertension: From Guidelines to Individualized Management	Hypertension and Environmental Pollution: Identifying the Most Vulnerable Groups	Microvascular Aging in Hypertension: From Mechanisms to Organ Damage	Managing Hypertension and Cardiovascular Risk in Low-Resource Setting
14:45-16:15	BREAK				
16:15-17:15		SESSION OF THE YOUNG INVESTIGATORS GROUP Hypertension in 2035	Team-based Hypertension Management at the Primary Care Setting	Women and Blood Pressure: Lifelong Challenges and Opportunities	Advances in Understanding and Preventing Cardiometabolic Cerebrovascular Disease
17:15-17:45	BREAK				
17:45-19:15	OPENING CEREMONY				
19:30	GET TOGETHER				

FRIDAY, MAY 29

	BLUE ROOM	RED ROOM	YELLOW ROOM	PURPLE ROOM	GREEN ROOM	ORANGE ROOM	MEET-THE-EXPERT HUB	PATIENT JOURNEY
08:00-09:15	ORIGINAL ABSTRACTS 1	CLINICAL CASES 1	ORIGINAL ABSTRACTS 2	ORIGINAL ABSTRACTS 3	ORIGINAL ABSTRACTS 4			
09:15-09:30	BREAK							
09:30-10:30	Hope, hype, and scope of novel technologies	Hypertension in CKM: Phenotypes in key organs	Aldosterone: novel insights from basic research	How to communicate CV risk and therapy		HANDS-ON SESSION 1 Renal Ultrasound in Primary and Secondary Hypertension (Basics) (08:30-10:00)		
10:30-10:45	BREAK						Aktiia (10.00-10.45)	
10:45-11:30		Lilly Mini-symposium	Servier Mini-symposium	EGIS Mini-symposium	Gedeon Richter Mini-symposium	Sanofi Mini-symposium		
11:30-11:45	BREAK						Menarini Group Meet the Expert (11:30-11:50)	
11:45-13:00	Cardiometabolic Innovation Beyond Hypertension. keynote lectures & Bjorn Folkow Award	Doctor, Can I...? Practical answers to real-world hypertension dilemmas (part 1) <i>Joint Session with the Polish Society of Hypertension</i>						
13:00-13:45	Assembly of the National Societies (12:55-13:20)	LUNCH					Boehringer Ingelheim (12:45-13:30)	
13:45-14:45			Servier Symposium (13.45-14.30)		Merck Symposium			
14:45-15:00	BREAK						Medtronic Meet the Expert (14:45-15:05)	
15:00-16:00	Novel tools and solutions for improving hypertension care. <i>Joint Session with ISH</i>	Obesity and hypertension: a new framework for integrated cardiometabolic care. <i>Joint Session with EASO</i>	The mysteries of the microbiome	The Early Roots of Cardiovascular Disease: Why Childhood Matters	Menarini Group Mini-symposium (15:00-15:45)	HANDS-ON SESSION 2 Eyes and Hypertension		
16:00-16:15	BREAK						Menarini Group Meet the Expert (16:00-16:20)	AstraZeneca Patient Journey Symposium (15:30-17:00)
16:15-17:30	Clinical trials - Hot line	ORIGINAL ABSTRACTS 5 BEST Original abstracts	ORIGINAL ABSTRACTS 6	ORIGINAL ABSTRACTS 7	ORIGINAL ABSTRACTS 8	HANDS-ON SESSION 3 Small Arteries and Hypertension (16:15-17:15)		
17:15-17:30	BREAK							
17:30-18:45	E-Poster session							

SATURDAY, MAY 30

	BLUE ROOM	RED ROOM	YELLOW ROOM	PURPLE ROOM	GREEN ROOM	ORANGE ROOM	MEET-THE-EXPERT HUB	PATIENT JOURNEY
08:00-09:15	ORIGINAL ABSTRACTS 9	CLINICAL CASES 2	ORIGINAL ABSTRACTS 10	ORIGINAL ABSTRACTS 11	ORIGINAL ABSTRACTS 12	HANDS-ON SESSION 4 Large arteries (08:30-10:00)		
09:15-09:30	BREAK							
09:30-10:30	Innovations in medication adherence	Sleep disruption and cardio-cerebral-metabolic risk (EFIM)	Salt, inflammation and the skin	Smarter trial design to accelerate clinical science	Hypertensive Heart Disease or Something Else?			
10:30-10:45	BREAK							
10:45-11:30		Aktiia Mini-symposium	Servier Mini-symposium	Mineralys Mini-symposium	Gedeon Richter Mini-symposium	Novo Nordisk Mini-symposium		
11:30-11:45	BREAK						Menarini Group Meet the Expert (11:30-11:50)	
11:45-12:45	Cardiometabolic Innovation Beyond Hypertension keynote lectures	Doctor, Can I...? Practical answers to real-world hypertension dilemmas (part 2)						
12:45-13:30	ESH General Assembly (12:40-13:20)	LUNCH					Servier Meet the Expert (12:50-13:10)	
13:30-14:30		Boehringer Ingelheim Symposium	KRKA Symposium					
14:30-14:45	BREAK						Menarini Group Meet the Expert (14:30-14:50)	
14:45-16:00	Lipids, glucose and immunization in the era of innovation	Adoption of Hypertension Guidelines: What works in my country/setting	The Immune System in Hypertension: Driver, Amplifier, or Bystander?	Optimal BP target in people 80 years and beyond (Pro/Con Debate) <i>Joint Session with EuGMS</i>	Medtronic Mini-symposium (14:45-15:30)	HANDS-ON SESSION 5 Heart imaging (14:45-15:45)		
16:00-16:15	BREAK						Servier Meet the Expert (16:00-16:20)	AstraZeneca Patient Journey Symposium (15:30-17:00)
16:15-17:30	Clinical trials - Hot line	ORIGINAL ABSTRACTS 13	ORIGINAL ABSTRACTS 14	ORIGINAL ABSTRACTS 15	ORIGINAL ABSTRACTS 16	HANDS-ON SESSION 6 Sympathetic nervous system (16:15-17:15)		
17:30-17:45	BREAK							
17:45-19:00	E-Poster session & Best Posters Session							

SUNDAY, MAY 31

	BLUE ROOM	RED ROOM	YELLOW ROOM	PURPLE ROOM	GREEN ROOM	ORANGE ROOM
08:30-09:45	ORIGINAL ABSTRACTS 17	CLINICAL CASES 3	ORIGINAL ABSTRACTS 18	ORIGINAL ABSTRACTS 19	ORIGINAL ABSTRACTS 20	HANDS-ON SESSION 7 Carotid ultrasound (08:30-10:00)
09:45-10:00	BREAK					
10:00-11:00	From early coronary events to lifelong risk: rethinking cardiovascular disease in young women <i>Joint Session with ESC</i>	Pro-Con Session on basic assessment of patients with hypertension: Debate 1: Risk prediction for all? Debate 2: Renin Aldosterone Ratio Analysis for all?			Bausch Mini-symposium (10:00-10:45)	PRO.MED Mini-symposium (10:00-10:45)
11:00-11:15	BREAK					
11:15-12:15	Hypertension in space	Navigating Practical Management Issues in Hypertension and CKD <i>Joint Session with ERA</i>				
12:15-12:30	BREAK					
12:30-13:45	THE BEST OF ESH 2026 and Presentation of the awards for the best original presentations					
13:45	LUNCH					