

PRELIMINARY TIMETABLE



ESH **Gdańsk** 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		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 Learning Room*
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)		Expert Insight Session (09:30-10:00)
10:30-10:45	BREAK			EGIS Mini-symposium (10:15-11:00)			Hilo by Aktia Technical Hub (10:00-10:45)	
10:45-11:30		Lilly Mini-symposium	Servier 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>					Bausch Meet the Expert (12:10-12:30)	
13:00-13:45	LUNCH			Assembly of the National Societies (13:00-13:45)			Boehringer Ingelheim Technical Hub (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		Expert Insight Session (15:30-16:00)
16:00-16:15	BREAK						Menarini Group Meet the Expert (16:00-16:20)	
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)		
17:30-17:45	BREAK						Servier Meet the Expert (17:30-17:50)	
17:45-19:00	E-Poster session							

* This activity is provided by Nexus Healthcare Education and supported by an independent educational grant from AstraZeneca.

SATURDAY, MAY 30

	BLUE ROOM	RED ROOM	YELLOW ROOM	PURPLE ROOM	GREEN ROOM	ORANGE ROOM	MEET-THE-EXPERT HUB	PATIENT JOURNEY Learning Room*
08:00-09:15	ORIGINAL ABSTRACTS 9	CLINICAL CASES 2	ORIGINAL ABSTRACTS 10	ORIGINAL ABSTRACTS 11	ORIGINAL ABSTRACTS 12			
09:15-09:30	BREAK						AstraZeneca Meet the Expert (09:15-09:35)	
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? <i>Session organized by Club 30 of the Polish Cardiac Society</i>			Expert Insight Session (10:15-10:45)
10:30-10:45	BREAK							
10:45-11:30	Novo Nordisk Mini-symposium	Hilo by Aktia Mini-symposium	Servier Mini-symposium	Mineralys Mini-symposium	Gedeon Richter 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 (12:50-13:25)	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 (14:45-15:45)	How to adopt hypertension guidelines into clinical practice: What works in my county	The Immune System in Hypertension: Driver, Amplifier, or Bystander? (14:45-15:45)	Pro/Con Debate Optimal BP target in people 80 years and beyond <i>Joint Session with EuGMS</i> (14:45-15:45)	Medtronic Mini-symposium (14:45-15:30)	HANDS-ON SESSION 5: Heart imaging (14:45-15:45)		Expert Insight Session (15:30-16:00)
16:00-16:15	BREAK						Servier Meet the Expert (16:00-16:20)	
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							

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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					