



LEGEND

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| 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 | Satellite Symposium supported by Sky Labs Cuffless Blood Pressure Monitoring: from validation to real clinical practice | 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 | ORAL SESSION Clinical Studies | CLINICAL CASES Focus on Secondary Hypertension | ORAL SESSION Device-based Treatment | ORAL SESSION Lifestyle and Obesity | ORAL SESSION Drivers of Cardiovascular Risk | | | |
| 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 | | | Expert Insight Session (09:30-10:00) |
| 10:30-10:45 | BREAK | | | | | | | |
| 10:45-11:30 | | Mini-symposium supported by Lilly Incretin-based therapies: a breakthrough in the treatment of type 2 diabetes? | Mini-symposium supported by Servier Simplify to Amplify: Building the Winning Treatment Plan in Hypertension | | Mini-symposium supported by EGIS Uric Acid in the Spotlight: From Risk Marker to Therapeutic Target (10.15-11.00) | | | Technical Hub supported by Hilo by Aktia A hands-on session with real devices and clinical reports to prepare you for cuffless BP monitoring in practice (10.00-10.45) |
| 11:30-11:45 | BREAK | | | | | | | |
| 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> | | | | | Meet the Expert supported by Menarini Group Targeting Sympathetic overdrive in hypertension: the choice of the right molecule (11:30-11:50) | |
| 13:00-13:45 | LUNCH | | | Assembly of the National Societies (13:00-13:45) | | | Meet the Expert supported by Bausch Hypertension Across the Obesity-Dyslipidemia Continuum: Implications for Treatment Outcomes (12:10-12:30) | |
| 13:45-14:45 | | | Symposium supported by Servier Treat-to-BeneTt with Quadruple Therapy: A New Dimension in the Hypertension Puzzle (13.45-14.30) | | Symposium supported by Merck Individualising Antihypertensive Therapy: The Role of Beta-Blockers Across Cardiovascular and Systemic Comorbidities | | Technical Hub supported by Boehringer Ingelheim uACR testing in hypertension: Practical integration for proactive protection (12:45-13:30) | |
| 14:45-15:00 | BREAK | | | | | | | |
| 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 | Mini-symposium supported by Menarini Group Navigating complexity in hypertension management: from pharmacology to patient proNle (15.00-15.45) | HANDS-ON SESSION Eyes and Hypertension | Meet the Expert supported by Medtronic Meet the RDN Expert – Interactive Discussion (14:45-15:05) | Expert Insight Session (15:30-16:00) |
| 16:00-16:15 | BREAK | | | | | | | |
| 16:15-17:30 | Clinical trials - Hot line | ORAL SESSION BEST Original abstracts | ORAL SESSION Hypertension in Older Adults | ORAL SESSION Blood Pressure Phenotypes | ORAL SESSION Hemodynamics and Organ Damage | HANDS-ON SESSION Small Arteries and Hypertension (16.15-17.15) | | |
| 17:30-17:45 | BREAK | | | | | | | |
| 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 | ORAL SESSION Blood Pressure Monitoring | CLINICAL CASES Focus on other clinical entities than secondary hypertension | ORAL SESSION Real-World Evidence | ORAL SESSION Clinical Innovations | ORAL SESSION Clinical Predictors of Cardiovascular Risk | HANDS-ON SESSION Large Arteries in Hypertension (Fundamentals and Practice) (08:30-10:00) | | |
| 09:15-09:30 | BREAK | | | | | | | |
| 09:30-10:30 | Innovations in medication adherence | Sleep disruption and cardio-cerebral-metabolic risk <i>Joint Session with EFIM</i> | 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 | Mini-symposium supported by Novo Nordisk What Obesity Can Learn from Hypertension? | Mini-symposium supported by Hilo by Aktia Still skeptical about cuffless BP monitoring? An evidence-based session built on the experience of over 200,000 Hilo patients | Mini-symposium supported by Servier Managing the Complex Hypertensive Patients in a Multi-morbid World: Round Table Discussion | Mini-symposium supported by Mineralys Targeting Dysregulated Aldosterone in Hypertension and Cardio-Renal-Metabolic Syndrome | Mini-symposium supported by Gedeon Richter Effective Treatment Strategies: Stroke Prevention in AF with Hypertension and Diabetes | | | |
| 11:30-11:45 | BREAK | | | | | | | |
| 11:45-12:45 | Cardiometabolic Innovation Beyond Hypertension keynote lectures | Doctor, Can I...? Practical answers to real-world hypertension dilemmas (part 2) | | | | | Meet the Expert supported by Menarini Group From cardiovascular risk to cardiovascular prevention in comorbid hypertension: navigating the cardiovascular continuum (11:30-11:50) | |
| 12:45-13:30 | ESH General Assembly (12:50-13:25) | LUNCH | | | | | | |
| 13:30-14:30 | | Symposium supported by Boehringer Ingelheim Beyond hypertension: Is albuminuria the missing marker of CV risk? | Symposium supported by KRKA The impact of single-pill combinations in hypertension management: novel insights | | | | | |
| 14:30-14:45 | BREAK | | | | | | | |
| 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 (14:45-15:45)</i> | Mini-symposium supported by Medtronic Breaking barriers: tackling uncontrolled and resistant hypertension. The Simplicity™ blood pressure procedure (14:45-15:30) | HANDS-ON SESSION Echocardiography in Hypertension (Fundamentals and Practice) (14:45-15:45) | Meet the Expert supported by AstraZeneca Rethinking the role of aldosterone in hypertension and cardio-kidney disease (09:15-09:35) | |
| 16:00-16:15 | BREAK | | | | | | | |
| 16:15-17:30 | Clinical trials - Hot line | ORAL SESSION Global and Environmental Determinants of Blood Pressure | ORAL SESSION Secondary Hypertension | ORAL SESSION Early-Life Hypertension | ORAL SESSION Vascular Dysfunction and Remodeling | HANDS-ON SESSION Sympathetic Nervous System (SNS) and Hypertension (16:15-17:15) | Meet the Expert supported by Servier From wearables to AI in Hypertension (12:50-13:10) | |
| 17:30-17:45 | BREAK | | | | | | | |
| 17:45-19:00 | E-Poster session & Best Posters Session | | | | | | | |

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

SUNDAY, MAY 31

| | BLUE ROOM | RED ROOM | YELLOW ROOM | PURPLE ROOM | GREEN ROOM | ORANGE ROOM |
|-------------|--|---|---|---|--|---|
| 08:30-09:45 | ORAL SESSION Hypertension in Women | CLINICAL CASES Clinical-Pathological Conference (CPC) In Cooperation with Hypertension, An American Heart Association Journal (AHA) | ORAL SESSION Kidney in Hypertension | ORAL SESSION Resistant Hypertension | ORAL SESSION Molecular Mechanisms HANDS | HANDS-ON SESSION Ultrasound of Carotid Arteries — Practical USG Workshops (Hands-on). From Anatomical Basics to Clinical Practice <i>Session organized by Club 30 of the Polish Cardiac Society (08:30-10:00)</i> |
| 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? | Mini-symposium supported by Polish Lipid Association Beyond Blood Pressure: A Multirisk, Multimorbidity Strategy for Cardiovascular Prevention - Visions for 2026 and Beyond (10:00-10:45) | Mini-symposium supported by Bausch Therapeutic Inertia: The Enemy of Success (10:00-10:45) | | Mini-symposium supported by PRO.MED Why and when hypertension experts and cardiologists should discuss patient's liver. Case studies debate (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 | | | | | |