

2nd Gulf Hypertension Conference



27-28 January 2016

Dubai International Convention & Exhibition Centre



Book and
pay before
3 December 2015
and save up to
US\$110

What's new?

- Highlights from 2015 European Annual Hypertension and Cardiovascular meeting
- Local gulf HTN guideline presentation and discussion
- Updated local and international research data including sprint trial outcome

Tel: +971 (0) 4 336 7334 | ahcongress@informa.com | www.ahcongress.com

Provided by:



Leading congress supporter:



Supporting bodies:



Organised by:



Dear Healthcare Professional,

It is my pleasure to present you with the final programme for the 2nd Gulf Hypertension Conference, taking place on the 27th-28th January 2016 at the Dubai World Trade Center as part of the Arab Health congress.

The 2nd Gulf Hypertension Conference will join the world's largest CME accredited multi-track medical congress. Furthermore, it is one of a handful of events in the region to offer Continuing Medical Education (CME) to attending medical professionals via its scientific exchange.

This 2-day in-depth programme is designed to provide the audience with a unique opportunity to keep up-to-date with the latest guidelines in the field of hypertension, with highlights from the region, the USA as well as Europe. In addition, a host of regional and international hypertension experts will present relevant case studies on cardiovascular risk factors, hypertension in special populations and new advances in hypertension management.

We look forward to welcoming you to the 2nd Gulf Hypertension Conference in January.

Yours sincerely,

Dr Jafar Al Said, Conference Chair, 2nd Gulf Hypertension Conference, Arab Health Congress 2016

Dr George Thomas, Activity Director, 2nd Gulf Hypertension Conference, Arab Health Congress 2016

P.S. Contact our team directly to learn more about our group discounts and early bird rates. Call **+971 (0) 4 336 7334** or email **ahcongress@informa.com**

Key topics:

- Hypertension in developing countries
- Prescribing lifestyle modification for hypertension patients
- Hypertension and the kidney
- Hypertension and target organ damage
- Aortic valve disease and BP control

Who should attend?

- General Practitioners
- Emergency Physicians
- Cardiologists
- Nephrologists
- Anaesthesiologists
- Family Physicians
- ICU Physicians

Benefits of attending:

- Review current hypertension guidelines
- Compare home and ambulatory versus office BP measurements
- Prescribe lifestyle modifications to hypertensive patients
- Analyse the effect of carotid artery disease on target organ damage
- Evaluate the prevalence of hypertension in teenagers

The Arab Health Congress 2016 Features 20 Conferences

For more information about other conferences visit: www.ahcongress.com

Accreditation statement

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council of Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for the maximum of 16.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from the activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.



2nd Gulf Hypertension Conference

Day one: Wednesday 27th January

07:15 Registration

07:45 **Opening remarks by Conference Chair:**
Dr. Jafar Al-Said, Chair of Internal Medicine Department,
Consultant Nephrology and Internal Medicine, Bahrain
Specialist Hospital, Manama, Bahrain

SESSION 1: INTRODUCTION AND GUIDELINES

Moderators: Dr. Giuseppe Mancia, Dr. Abdulla Shehab

08:00 **Highlights from 2015 ESH meeting in Milan**
Dr. Giuseppe Mancia, Professor Emeritus, University of
Milano-Bicocca, President of ESH Foundation/Chairman,
ESH Education Board, President of Fondazione "Ricerca a
Innovazione su Ipertensione e Protezione Cardiovascolare,
Director Center of Epidemiology and Clinical Trials, IRCCS
Istituto Auxologico Italiano, Director Hypertension Center,
Istituto Clinico Universitario, Verano Brianza (Policlinico
di Monza) Chairman Consulta Italian Scientific Societies for
Cardiovascular Prevention, Monza, Italy

08:30 **Hypertension in developing countries**
Dr. Jafar Al-Said, Chair of Internal Medicine Department,
Consultant Nephrology and Internal Medicine, Bahrain
Specialist Hospital, Manama, Bahrain

09:00 **Guidelines; what do we really know?**
Dr. Thomas Behrenbeck, CEO, EKA Medical Group-
Jakarta, Consultant of Cardiovascular Diseases and Internal
Medicine, Mayo Clinic, Rochester, MN, USA

09:30 **Updated Gulf hypertension guidelines**
Dr. Abdulla Shehab, Professor and Consultant of
Cardiovascular Medicine, Chair of CME/CPD, FMHS, Chair
of Arab Board Examination Committee for Internal Medicine
and Cardiology Fellowship, United Arab Emirates University,
Abu Dhabi, UAE

10:00 Coffee break

SESSION 2: MEASUREMENTS AND MANAGEMENT OF BLOOD PRESSURE

Moderators: Dr. Adel Barbari, Dr. George Thomas.

10:30 **Home and ambulatory versus office BP**
Dr. Giuseppe Mancia, Professor Emeritus, University of
Milano-Bicocca, President of ESH Foundation/Chairman,
ESH Education Board, President of Fondazione "Ricerca a
Innovazione su Ipertensione e Protezione Cardiovascolare,
Director Center of Epidemiology and Clinical Trials, IRCCS
Istituto Auxologico Italiano, Director Hypertension Center,
Istituto Clinico Universitario, Verano Brianza (Policlinico
di Monza) Chairman Consulta Italian Scientific Societies for
Cardiovascular Prevention, Monza, Italy

11:00 **Central arterial indices (pulse wave augmentation index,
velocity, subendo cardiac viability index)**
Dr. Adel Barbari, Professor Internal Medicine/Physiology,
Medical Center and Board of Director,
World Hypertension League, Beirut, Lebanon

11:30 **Simplified HTN management for GPs**
Dr. Nikolaos Tzemos, Consultant Physician, Heart & Vascular
Institute, Cleveland Clinic Abu Dhabi, Abu Dhabi, UAE

12:00 **The SPRINT trial: Implications for hypertension management**
Dr. George Thomas, Head of Hypertension Center,
Cleveland Clinic, Cleveland, OH, USA

12:30 Exhibition visit and lunch break

SESSION 3: UPDATES ON HYPERTENSION

Moderator: Dr. Bader Almustafa

13:30 **Interactive case presentation**
Dr. Abdulla Shehab, Professor and Consultant of
Cardiovascular Medicine, Chair of CME/CPD, FMHS, Chair
of Arab Board Examination Committee for Internal Medicine
and Cardiology Fellowship, United Arab Emirates University,
Abu Dhabi, UAE

14:00 **Literature review: The most important 10 articles in
Hypertension over the past 10 years**
Dr. George Thomas, Head of Hypertension Center,
Cleveland Clinic, Cleveland, OH, USA

14:30 **How to prescribe lifestyle modification for hypertensive
patients**
Dr. Bader Almustafa, Senior Consultant of Family Medicine
and Chronic care, Clinical Hypertension Specialist, Qatif
Primary Health Care, General Secretary of the Saudi
Hypertension Society, BoD Member and ME Rep. World
Hypertension League (WHL), Qatif, Saudi Arabia

15:00 **Local HTN data from Bahrain**
Dr. Rashid Abdulla, Consultant Cardiologist, Head of the
Cardiology Department, Salmaniya Medical Complex,
Manama, Bahrain

15:30 Coffee break

SESSION 4: TARGET ORGAN DAMAGE

Moderators: Dr. Habib Tarief, Dr. Thomas Behrenbeck

16:00 **LVH as a target organ damage: Diagnosis and
management**
Dr. Athanasios Manolis, Director Cardiology Department,
Asklepeion Hospital, Athens, Greece, Adj. Clinical Professor of
Medicine, Emory University, Atlanta, GA, USA, Adj. Assistant
Professor of Hypertension, Boston University, MA, USA

16:30 **Management of aortic aneurysm among hypertensive
patients**
Dr. Habib Tarief, Director of the Cardiology Department,
Consultant Cardiothoracic & Vascular Surgeon Mohammad
Bin Khalifa Salman Al Khalifa Cardiac Center, Manama,
Bahrain

17:00 **Management of stable coronary artery disease and the
recommended BP control: Emphasis on evidence-based
practice**
Dr. Thomas Behrenbeck, CEO, EKA Medical Group - Jakarta,
Consultant of Cardiovascular Diseases and Internal Medicine,
Mayo Clinic, Rochester, MN, USA

17:30 **When to refer for CABG - what is the best evidence-based
BP control?**
Dr. Habib Tarief, Director of the Cardiology Department,
Consultant Cardiothoracic & Vascular Surgeon, Mohammad Bin
Khalifa Salman Al Khalifa Cardiac Center, Manama, Bahrain

18:00 End of day one

2nd Gulf Hypertension Conference

Day two: Thursday 28th January

07:30 Registration

SESSION 5: HYPERTENSION AND THE KIDNEYS

Moderators: Dr. Mona Alrukhaimi, Dr. George Thomas

- 08:00 Hypertension and the kidneys**
Dr. Mona Alrukhaimi, Consultant Physician and Nephrologist, Professor of Medicine, President of EMAN (Emirates Medical Association Nephrology Society), ISN council, ISN Chair Middle East Region, Chair, KDIGO Implementation Task Force ME and Africa, Director of Alrukhaimi Polyclinic, Dubai Medical College, Dubai, UAE
- 08:30 Cardiorenal syndrome: Kidney, heart and aorta interaction**
Dr. Adel Berbari, Professor Internal Medicine / Physiology, Medical Center & Board of Director in World Hypertension League, Beirut, Lebanon
- 09:00 Cardiovascular risk factor screening and management among advanced kidney disease patients**
Dr. Amer Ardati, Cardiologist, University of Illinois and Health Sciences System, Chicago, IL, USA
- 09:30 Central and peripheral blood pressure in chronic kidney disease patients**
Dr. Jafar Al-Said, Chair of Internal Medicine Department, Consultant Nephrology and Internal Medicine, Bahrain Specialist Hospital, Manama, Bahrain

10:00 Coffee break

SESSION 6: CARDIOVASCULAR RISK FACTORS AND SECONDARY HYPERTENSION

Moderators: Dr. Athanasios Manolis, Dr. Jafar Al-Said

- 10:30 Serum uric acid and the risk of cardiovascular and renal disease**
Dr. Athanasios Manolis, Director Cardiology Department, Asklepeion Hospital, Athens, Greece, Adj. Clinical Professor of Medicine, Emory University, Atlanta, GA, USA, Adj. Assistant Professor of Hypertension, Boston University, MA, USA
- 11:00 Aortic valve disease and blood pressure control**
Dr. Husam Noor, Consultant Interventional Cardiologist, Director of the Cardiac Labs, Mohammad Bin Khalifa Salman Al Khalifa Cardiac Center Cardiology, Manama, Bahrain
- 11:30 Secondary hypertension**
Dr. George Thomas, Head of Hypertension Center, Cleveland Clinic, Cleveland, OH, USA
- 12:00 Carotid artery disease as target organ damage**
Dr. Husam Noor, Consultant Interventional Cardiologist, Director of the Cardiac Labs, Mohammad Bin Khalifa Salman Al Khalifa Cardiac Center, Manama, Bahrain

12:30 Exhibition visit and lunch break

SESSION 7: HYPERTENSION DIAGNOSIS AND MANAGEMENT

Moderators: Dr. Yousef Boobes, Dr. Husam Noor

- 13:30 BP variability**
Dr. Giuseppe Mancia, Professor Emeritus, University of Milano-Bicocca, President of ESH Foundation/Chairman, ESH Education Board, President Ofundation "Ricerca a Innovazione su Lpensione e Protezione Cardiovascolare, Director Center of Epidemiology and Clinical Trials, IRCCS Istituto Auxologico Italiano, Director Hypertension Center, Istituto Clinico Universitario, Verano Brianza (Policlinico di Monza) Chairman Consulta Italian Scientific Societies for Cardiovascular Prevention, Monza, Italy
- 14:00 Hypertension during pregnancy**
Dr. Yousef Boobes, Senior Consultant Nephrologist, Tawam Hospital, Abu Dhabi, UAE
- 14:30 Challenges in diagnosing the true resistant hypertensive cases**
Dr. Abdulla Shehab, Professor and Consultant of Cardiovascular Medicine, Chair of CME/CPD, FMHS, Chair of Arab Board Examination Committee for Internal Medicine and Cardiology Fellowship, United Arab Emirates University, Al Ain, UAE
- 15:00 The world hypertension league and the efforts for managing hypertension**
Dr. Abdulla Shehab, Professor and Consultant of Cardiovascular Medicine, Chair of CME/CPD, FMHS, Chair of Arab Board Examination Committee for Internal Medicine and Cardiology Fellowship, United Arab Emirates University, Abu Dhabi, UAE

15:30 Coffee break

SESSION 8: HYPERTENSION AND CV RISK FACTORS AMONG CERTAIN POPULATION

Moderators: Dr. Rashid Abdulla, Dr. Tawfik Albassam

- 16:00 Hypertension management in patients with solid organ transplantation patients**
Dr. Yousef Boobes, Senior Consultant Nephrologist, Tawam Hospital, Al Ain, UAE
- 16:30 Obesity as a cardiovascular risk factor**
Dr. Tawfik Albassam, Consultant in Internal Medicine, Clinical Hypertension Specialist, Board member of Saudi Hypertension Management Society (SHMS), King Fahad General Hospital, Dammam, Saudi Arabia
- 17:00 Pulmonary hypertension**
Dr. Waleed Sultan, Specialist, Cardiology, Bahrain Specialist Hospital, Manama, Bahrain
- 17:30 Hypertensive prevalence among teenagers**
Dr. Jafar Al-Said, Chair of Internal Medicine Department, Consultant Nephrology and Internal Medicine, Bahrain Specialist Hospital, Manama, Bahrain
- 18:00 Conclusion and summary**
Dr. Jafar Al-Said, Chair of Internal Medicine Department, Consultant Nephrology and Internal Medicine, Bahrain Specialist Hospital, Manama, Bahrain
- 18:30 Close of conference**



Chairman:

Dr. Jafar Al-Said, Chair of Internal Medicine Department, Consultant Nephrology and Internal Medicine, **Bahrain Specialist Hospital, Manama, Bahrain**

Activity Director:

Dr. George Thomas, Head of Hypertension Center, **Cleveland Clinic, Cleveland, OH, USA**

Speaker faculty:

Dr. Abdulla Shehab, Professor and Consultant of Cardiovascular Medicine, Chair of CME/CPD, FMHS, Chair of Arab Board Examination Committee for Internal Medicine and Cardiology Fellowship, **United Arab Emirates University, Abu Dhabi, UAE**

Dr. Adel Berbari, Professor Internal Medicine / Physiology, Medical Center and Board of Director, **World Hypertension League, Beirut, Lebanon**

Dr. Athanasios Manolis, Director Cardiology Department, **Asklepeion Hospital, Athens, Greece**, Adj. Clinical Professor of Medicine, **Emory University, Atlanta, GA, USA**, Adj. Assistant Professor of Hypertension, **Boston University, MA, USA**

Dr. Amer Ardati, Cardiologist, **University of Illinois Hospital & Health Sciences System, Chicago, IL, USA**

Dr. Bader Almustafa, Senior Consultant of Family Medicine and Chronic care, Clinical Hypertension Specialist, **Qatif Primary Health Care**, General Secretary of the Saudi Hypertension Society, BoD Member and ME Rep. **World Hypertension League (WHL), Qatif, Saudi Arabia**

Dr. Giuseppe Mancia, Professor Emeritus, **University of Milano-Bicocca**, President of ESH Foundation/Chairman, ESH Education Board, President of Fondazione "Ricerca e Innovazione su Ipertensione e Protezione Cardiovascolare, Director Center of Epidemiology and Clinical Trials, **IRCCS Istituto Auxologico Italiano**, Director Hypertension Center, **Istituto Clinico Universitario, Verano Brianza (Policlinico di Monza)** Chairman Consulta Italian Scientific Societies for Cardiovascular Prevention, **Monza, Italy**

Dr. Habib Tareif, Director of the Cardiology Department, Consultant Cardiothoracic & Vascular Surgeon, **Mohammad Bin Khalifa Salman Al Khalifa Cardiac Center, Manama, Bahrain**

Dr. Husam Noor, Consultant Interventional Cardiologist, Director of the Cardiac Labs, **Mohammad Bin Khalifa Salman Al Khalifa Cardiac Center, Manama, Bahrain**

Dr. Mona Alrukhaimi, Consultant Physician and Nephrologist, Professor of Medicine, President of EMAN (Emirates Medical Association Nephrology Society), ISN council, ISN Chair Middle East Region, Chair KDIGO Implementation Task Force ME and Africa, Director of Alrukhaimi Polyclinic, **Dubai Medical College, Dubai, UAE**

Dr. Nikolaos Tzemos, Consultant Physician, Heart & Vascular Institute, **Cleveland Clinic Abu Dhabi, Abu Dhabi, UAE**

Dr. Rashid Abdulla, Consultant Cardiologist, Head of the Cardiology Department, **Salmaniya Medical Complex, Manama, Bahrain**

Dr. Tawfik Albassam, Consultant in Internal Medicine, Clinical Hypertension Specialist, Board member of Saudi Hypertension Management Society (SHMS), **King Fahad General Hospital, Jeddah, Saudi Arabia**

Dr. Thomas Behrenbeck, CEO, **EKA Medical Group- Jakarta**, Consultant of Cardiovascular Diseases and Internal Medicine, **Mayo Clinic, Rochester, MN, USA**

Dr. Waleed Sultan, Specialist, Cardiology, **Bahrain Specialist Hospital, Manama, Bahrain**

Dr. Yousef Boobes, Senior Consultant Nephrologist, **Tawam Hospital, Abu Dhabi, UAE**

Faculty Disclosure Statement

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution for all faculty conflicts of interest. Faculty declaring a relevant interest will be identified in the activity syllabus.

2nd Gulf Hypertension Conference

27-28th January 2016

Delegate booking form. Please complete and fax back to **+971 (0) 4 336 7334**

Conference	Book and pay before 3 December 2015		Book and pay before 20 January 2016		Book and pay on-site	
	AED	USD	AED	USD	AED	USD
☐ Hypertension 1 day	800	220	900	245	1,100	300
☐ Hypertension 2 days	1,450	395	1,600	435	1,850	505

Delegate details:

DELEGATE 1	Mr/Ms/Dr/Other:		First Name:		Surname:	
	Degree (eg. MD, PhD, DO, RN):					
	Speciality:					
	Job Title:		Email:			
	Tel:		Fax:		Mobile:	

DELEGATE 2	Mr/Ms/Dr/Other:		First Name:		Surname:	
	Degree (eg. MD, PhD, DO, RN):					
	Speciality:					
	Job Title:		Email:			
	Tel:		Fax:		Mobile:	

DELEGATE 3	Mr/Ms/Dr/Other:		First Name:		Surname:	
	Degree (eg. MD, PhD, DO, RN):					
	Speciality:					
	Job Title:		Email:			
	Tel:		Fax:		Mobile:	

Company details:

Company/Hospital:					
Address:		Email:			
Postcode:		Country:			
Tel:		Fax:			
No. of employees on your site:	1000+ ☐ 500-999 ☐ 250-499 ☐ 50-249 ☐ 0-49 ☐				
Nature of your company's business:					
☐ YES, I would like to receive information about future events & services via email (Enter email address)					

To assist us with future correspondence, please supply the following details:

Name of Department Head:					
Department:		Mobile:		Email:	
Name of Training Manager:					
Department:		Mobile:		Email:	
Name of Booking Contact (if different from above):					
Department:		Mobile:		Email:	



Dubai International Convention & Exhibition Centre

You can RSVP online at
www.ahcongress.com using your
priority booking code: **HYP16CB**

5 WAYS TO REGISTER:

- +971 (0) 4 336 7334
- +971 (0) 4 336 4021
- ahcongress@informa.com
- www.ahcongress.com
- Informa Exhibitions,
P.O. Box 9428, Dubai, UAE

Please tick (✓) if you would like to pay by:

- ☐ Credit card ☐ Cash ☐ Cheque
☐ Bank transfer ☐ Bank draft

A confirmation letter and invoice will be sent upon receipt of your registration. Please note that full payment must be received prior to the event. **Only those delegates whose fees have been paid in full will be admitted to the event.** You can pay by company cheque in Dirhams or US\$. Please note that all US\$ cheques and bank drafts should be drawn on a New York bank and an extra amount of US\$6 per payment should be added to cover bank clearing charges. All payments should be in favour of Informa Middle East Limited Dubai Branch.

Cheque payment made payable to Informa Middle East Limited Dubai Branch and send to P.O. Box 9428, Dubai, UAE (Please note: Informa Middle East Limited Dubai Branch will not cover any transfer charges. Please add US\$30 extra)

Cash payment can be made at the Informa Exhibitions Floor 19, Sheikh Rashid Tower, Dubai Trade Centre

Tel: +971 (0) 4 336 7334
Office hours: Sunday – Thursday
09:00 – 17:30

Travel and accommodation

- ☐ Yes, please contact me to book travel and accommodation

Cancellation

If you are unable to attend, a substitute delegate will be welcome in your place. If this is not suitable, a 50% service charge will be payable. Registrations cancelled less than 14 days before the event will not be refunded.

Hotel and accommodation details

Please contact: Hospitality department
Tel: +971 (0) 4 407 2693
Fax: +971 (0) 4 407 2517
Email: hospitality@informa.com

Due to unforeseen circumstances, the programme may change and Informa Exhibitions reserves the right to alter the venue and/or speakers.