

World Congress on Hypertension and Cardiovascular Diseases

November 21-22, 2018 | Paris, France

The trendy word of the year is "New": 2018 arterial hypertension guidelines



Ersin Akpınar

Cukurova University, Turkey

Sustained high blood pressure (BP) is a leading risk factor for developing heart disease, stroke, and renal disease. Globally, over 1 billion people have hypertension. As populations age and adopt more sedentary lifestyles, the worldwide prevalence of hypertension will continue to rise towards 1.5 billion by 2025. The positive association between BP and cardiovascular disease (CVD) risk has been well established. Classification of BP levels into categories supports clinical decision making, public health surveillance, and public and private programmatic activities.

As substantial progress has been made in understanding the epidemiology, pathophysiology, and risk associated with hypertension, and a wealth of evidence exists to demonstrate that lowering blood pressure (BP) can substantially reduce premature morbidity and mortality, a great number of guidelines have been issued in recent years by the European Society of Cardiology (ESC) and by the European Society of Hypertension (ESH), as well as by other societies and organisations. Because of the impact on clinical practice, quality criteria for the development of guidelines have been established in order to make all decisions transparent to the users in 2018 The Task Force for the management of arterial hypertension of the European Society of Cardiology (ESC) and the European Society of Hypertension (ESH) Guidelines for the management of arterial hypertension.

A number of proven, highly effective, and well-tolerated lifestyle and drug treatment strategies can achieve this reduction in BP. Despite this, BP control rates remain poor worldwide and are far from satisfactory across Europe. Consequently, hypertension remains the major preventable cause of CVD and all-cause death globally and in our continent

What is new and what has changed in New 2018 Arterial Hypertension Guidelines? will be the main theme of this session.

Biography

Ersin Akpınar completed his specialty training in family medicine at Adana Numune Research and Training Hospital. He started working at Cukurova University Medical Faculty Department of Family Medicine in January 2000 and was appointed as a full clinical professor of family medicine in 2013. He studied at The Universite Libre de Bruxelles in Brussels between 2004-2005 at the Department of Family Medicine, at the University of Illinois at Chicago in 2005, The United States Department of Medical Education for a period of two months fellowship in Clinical Decision Making fellowship, in Akademisches Lehrkrankenhaus der Universität Duisburg-Essen Sankt Clemens Hospitale Sterkrade in 2010, Germany for the project of The Research and residency education needs for improving the quality of gastrointestinal diseases care in family medicine and at the University of Michigan Department of Learning Health Science in United States at 2014 for a period of three months fellowship in Relevance and usability of high technologic patient simulators for clinical decision making and better clinical skills in undergraduate medical education curriculum fellowship. The main areas of interest in primary care of acute and chronic diseases, hypertension, cardiovascular risk analysis, sexuality, and sexual dysfunctions, medical education, learning models, the electronic patient record programs, social media, digital health and innovation. He still works on many university-funded research projects.

ersin.akpinar@gmail.com

Notes: