



The 2023 Digital Learning Journey on Hypertension

OVERVIEW

According to the WHO data, hypertension remains the first cause of death worldwide. In addition, considering the ageing of population, but also the development of countries in emerging area from Asia and Africa, the prevalence of high blood pressure is dramatically increasing. Hypertension Guidelines strongly support blood pressure reduction aimed to reach values lower than 130-80 mmHg by the utilization of the combination therapy. Unfortunately, the most relevant aspect related to a non-effective antihypertensive treatment is the lack of compliance. One of the possibilities to overcome this important limitation is the utilization of single pill combinations. More options are now available, and it is crucial to discuss possible differences in their therapeutic effectiveness. Moreover, a modern therapeutic strategy, in addition to blood pressure reduction, should include a pathophysiological approach targeting to consider all different hypertension-related alterations, including genetic determinants of the disease and its complications or gender differences, important aspects leading to personalized medicine. Finally, since hypertension is often associated to important cardiovascular diseases, it is necessary to tailor treatment according to the specific associated pathological conditions. In addition to classical complications including coronary artery disease or heart failure, it is now important to consider emerging aspects such as cognitive disorders and dementia

LEARNING OBJECTIVES

- Discuss the most recent evidence addressing the relevant factors limiting the efficacy of therapeutic intervention in patients with cardiovascular disease
- Identify the rational and clinical advantage to use single pill combinations as first choice therapeutic strategy in hypertensive patients
- Describe novel evidence concerning the genetic and epigenetic of cardiovascular disease and use this approach for personalized medicine, if the possibility exists
- Illustrate the pathophysiology of hypertension-related clinical complications, including coronary artery disease or mental disorders and the specific therapeutic approach
- Identify which the main mechanisms promoting the transition from hypertension to heart failure are

TARGET AUDIENCE

Cardiologists, Internal Medicine Specialists, GPs

E-LEARNING ACTIVITIES

Virtual Animated Conversations (2 Episodes): Conversations on medication compliance

LAUNCH Episode 1: 12 April 2023 - Episode 2: 19 May 2023

Online course: Choice of pharmacology for BP control - the importance of the multidisciplinary approach in patients' management

LAUNCH: 10 July 2023

Online course: Hypertension management and emerging hot topics

LAUNCH: 18 December 2023

LANGUAGE

English. The Virtual Animated Conversations will have voice over into Spanish

MEDICAL ADVISOR

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