



The 2023 Digital Learning Journey on Hypertension

EPISODE 2

VIRTUAL ANIMATED CONVERSATION LAUNCH: 19 May 2023

Patients with hypertension suffering from obstructive sleep apnea

OVERVIEW

Sleep apnea can directly increase cardiovascular risk by the activation of the sympathetic nervous system, but also indirectly be recognized as a promoter of increased blood pressure values. It is well documented that sleep apnea is one of the most frequent causes of resistant hypertension, a clinical condition characterized by a very high cardiovascular risk. Thus, it is crucial to discuss the diagnostic procedure to identify this clinical condition and the best therapeutic options.

LEARNING OBJECTIVES

- Illustrate how sleep apnea can increase cardiovascular risk
- Identify the mechanisms involved in sleep apnea inducing hypertension
- Discuss the clinical approach to identify sleep apnea and the possible therapeutic options

TARGET AUDIENCE

Cardiologists, internal medicine specialists, GPs

LANGUAGE

English with Spanish voice over



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For registration
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