



The 2025 Learning Journey in Cardiovascular Disease & Hypertension: A Patient-Centred Educational Experience

GENERAL OVERVIEW

According to latest statistical report, over 75% of the population aged at least 40 years has elevated Blood Pressure (BP) levels (and more than 80% among those aged >59 years). Furthermore, only 60% of patients achieve good BP control, and despite the decreasing cardiovascular (CV) morbidity, BP is still a leading cause of death in Western countries, affecting nearly 230 of every 100.000 individuals.

Hypertension is one of the leading risk factors for ischemic heart disease, stroke, heart failure, and renal dysfunction. Thus, management of hypertension should be targeted not only for BP control but also for the reduction of overall cardiovascular and renal morbidity and mortality; hence in these settings, risk stratification and multidisciplinary approach aiming to a patient-tailored treatment strategy represent the keys to clinical success.

As outlined in the latest guidelines, CV risk stratification needs to be refined beyond risk models available, which don't include non-traditional CV disease risk modifiers, such as hormonal alterations, pregnancy complications, socio-economic deprivation, auto-immune inflammatory diseases, and mental illness.

Consequently, an appropriate therapeutic strategy, in addition to BP reduction, should include a pathophysiological multidisciplinary approach to carefully assess individual CV risk and to implement a care and support plan considering the specific needs of each patient. In addition, patient education still represents the cornerstone to improve adherence to treatment.

LEARNING OBJECTIVES

- 1 Recognize the need for CV risk stratification in every hypertensive patient**
- 2 Understand the relevance of a comprehensive multidisciplinary approach to hypertensive patient**
- 3 Assess current indications to beta-blockers, and correctly identify the need for up-titration.**
- 4 Identify non-traditional CV risk modifiers affecting BP management**
- 5 Discover diagnostic and therapeutic pathways for patients with hormonal impairment due to gender transition or reproductive assistance**
- 6 Assess impact of comorbidities on clinical outcomes of hypertensive patients**

TARGET AUDIENCE

Cardiologists, endocrinologists, gynecologists, internal medicine specialists, general practitioners

EDUCATIONAL ACTIVITIES

LIVE WEBINAR

Heart rate, hypertension and high cardiovascular risk: the key role of multidisciplinary approach in patients' management

LAUNCH DATE: Friday, **30 May 2025** from 13:30 to 14:30 CEST

ONLINE COURSE

The multidisciplinary approach in cardio care and comorbidities management

LAUNCH DATE: Thursday, **4 September 2025**

LANGUAGE

All activities will be in English with simultaneous translation into Russian and Spanish



MEDICAL ADVISOR

Emiliano Angeloni

Cardiovascular Pathophysiology and Imaging
Heart and Great Vessels Surgery
Valle Giulia Clinic
Rome, Italy

CME ACCREDITATION

The live webinar and the on-line course will be submitted for CME accreditation from the European Accreditation Council of Continuing Medical Education (EACCME)

Senior Program Manager: Annamaria Nesticò
annamaria.nestico@scientificseminars.com

Scientific Seminars International Foundation
education@scientificseminars.com



This educational program is made possible thanks to an independent educational grant received from Merck Healthcare KGaA, Darmstadt, Germany.