

Dear PhD students and hypertension experts,

We are delighted to welcome you to the Nordic-Baltic PhD meeting, which will be held in October 7th to 9th, 2025, at Rovaniemi, Finland. This meeting brings together PhD students and experienced hypertension experts across the Nordic and Baltic regions to foster collaboration and share research insights.

The venue of the meeting will be in Ounasvaara, Rovaniemi, which is renowned for its stunning natural beauty. Located in the heart of Lapland, it provides a perfect backdrop for stimulating discussions and innovative ideas.

Program includes the scientific sessions with lectures related to hypertension. PhD students are encouraged to present abstracts as posters or oral presentations. Organizers will provide participation certificate for PhD students to apply study credits thereafter at their own university.

Alongside with the scientific content, program include cultural and recreational afternoon activities, excellent Finnish food and flavors without forgetting the traditional Finnish sauna experience.

Accommodation will be arranged in a very Finnish cozy style, in cottages in the top of Ounasvaara (Ounasvaara Lakituvat Chalets) housing 6 persons each. Lecturers will receive separate instructions regarding the accommodation.

The registration is open: <https://shorturl.at/RakNT> We encourage PhD students to send your abstracts at the end of May.

We warmly welcome you to Rovaniemi!

Nordic-Baltic PhD Meeting 2025 Organizing Committee

Daniel Gordin

President

Maria Hagnäs

Vice President

Teemu Niiranen

Past President

DAY 1 - October 7, 2025

14.30-15.15 Check-in at Ounasvaara Lakituvat Chalets

15.30 Welcome, Sky Hotel Ounasvaara

Maria Hagnäs, Rovaniemi

Session 1: Hypertension Review - Chair: Michael Hecht Olsen, Odense

15.35 Epidemiology of Hypertension in the Nordic Countries / Teemu Niiranen, Turku

15.50 Differences in European hypertension guidelines / Mattias Brunström, Umeå

16.10 Antihypertensive medications - past, present, and future / Sverre Kjeldsen, Oslo

Session 2: Hypertension in primary care - Chair: Maria Hagnäs, Rovaniemi

16.30 Collaboration between primary care and specialized hypertension centers / Lene Halvorsen, Oslo

16.50 Hypertension registries for improving care? / Thomas Kahan, Stockholm

17.10 Sustainable hypertension care / Peter Nilsson, Malmö

17.30-19.00 Extracurricular activities

19.00- Dinner at Sky Hotel



DAY 2 - October 8, 2025

9.00 Panel Discussion About the New European Hypertension Guidelines / Daniel Gordin, Helsinki

Session 3: Obesity in hypertension - Chair: Jonas Spaak, Stockholm

9.30 Obesity and hypertension / Kent Lodberg Christensen, Aarhus

9.50 Is BMI as an obesity indicator the best predictor for CVD / Marius Miglinas, Vilnius

10.10 Risk stratification for hypertension – drugs, surgery, or lifestyle? / Michael Hecht Olsen, Copenhagen

10.30-11.00 Coffee break & exhibition

Session 4: Cardiorenal disease and hypertension - Chair: Mattias Brunström, Umeå

11.00 Antihypertensive effects of “new” cardiorenal drugs / Daniel Gordin, Helsinki

11.20 How do these drugs protect the kidneys? Hans-Peter Marti, Bergen

11.40 Renovascular hypertension / Mark Reinhard, Aarhus

12.00-13.00 Lunch & exhibition

Session 5: Three-minute pitch competition - Chair: Daniel Gordin, Helsinki

13.00-15.00 Three-minutes pitch competition of own research by all participants (with snacks)

15.00-15.15 Break

15.15-17.00 Detailed presentation, feedback and discussion in smaller groups

17.00- Extracurricular activities

19.00- Transition to venue, dinner, sauna and recreational program

DAY 3 - October 9, 2025

Session 6: Diagnostics - Chair: Teemu Niiranen, Turku

9.00 Office, home, and ambulatory blood pressure in diagnosing hypertension / Tine Willum Hansen, Copenhagen

9.20 Is there a role for arterial stiffness measurements or wearables in clinical practice / Jonas Spaak, Stockholm

9.40 Diagnosing vascular disease in hypertensive patients - when and how? / Anders Gottsäter, Malmö

Session 7: Aldosterone in hypertension - Chair: Peter Nilsson, Malmö

10.10 Diagnosing primary hyperaldosteronism / Pasi Nevalainen, Tampere

10.30 Aldosterone antagonists in hypertension care / Ilkka Kantola, Turku

10.50 Inhibition of aldosterone synthase - a novel treatment option? /

Annika Lindroos, Turku

11.10 Adjourn & Check-out from rooms

11.30 Lunch



Changes in the program may occur.