

Nordic-Baltic region PhD meeting 7.-9. October 2025

Sky Hotel Ounasvaara, Rovaniemi

October 7, 2025

14.00- Coffee/tea served in the lobby

14.45-15.00 Welcome, Auditorium

Maria Hagnäs, President of Finnish Hypertension Society

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

15.00-15.20 Epidemiology of Hypertension in the Nordic Countries / Teemu Niiranen, Turku

15.20-15.40 Differences in European hypertension guidelines / Mattias Brunström, Umeå

15.40-16.00 Antihypertensive medications - past, present, and future / Sverre Kjeldsen, Oslo

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

16.10-16.30 Collaboration between primary care and specialized hypertension centers / Lene Halvorsen, Oslo

16.30-16.50 Hypertension registries for improving care? / Thomas Kahan, Stockholm

16.50-17.10 Sustainable hypertension care / Peter Nilsson, Malmö

17.10-17.30 Transition (by foot) to Ounasvaara Chalets Lakituvat

17.30-19.30 Leisure time

19.30- Dinner at the restaurant Sky Kitchen & View



October 8, 2025

8.30-9.15 Even lower blood pressure goals for antihypertensive treatment are evidence-based, feasible and clinically useful. Chairs: Thomas Kahan, Stockholm and Sverre Kjeldsen, Oslo

Pro - Michael Hecht Olsen, Odense (10 min)

Con- Peter Nilsson, Malmö (10 min)

Panel discussion - (20 min)

Summary (5 min) - Thomas Kahan and Sverre Kjeldsen

Break 9.15-9.30

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

9.30-9.50 Obesity and hypertension / Kent Lodberg Christensen, Aarhus

9.50-10.10 Is BMI as an obesity indicator the best predictor for CVD / Marius Miglinas, Vilnius

10.10-10.30 Risk stratification for hypertension – drugs, surgery, or lifestyle? / Michael Hecht Olsen, Copenhagen

10.30-11.00 Coffee served in the Lobby & exhibition (Kuksa)

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

11.00-11.20 Is there a role for arterial stiffness measurements or wearables in clinical practice / Jonas Spaak, Stockholm

11.20-11.40 How do these drugs protect the kidneys? Hans-Peter Marti, Bergen

11.40-12.00 Renovascular hypertension / Mark Reinhard, Aarhus

12.00-13.00 Lunch at the restaurant Sky Kitchen & View and exhibition (Kuksa)

Session 5: Oral presentation in small groups

13.00-15.00 Seita, Kaamos, Auditorium, and three separate rooms

All lecturers and participants are divided into groups. Detailed group division will be informed during the event.

15.00-15.15 Overview of the day and instructions, *Auditorium*

15.15-18.00 Guided program

19.15- Transition to dinner venue Lähteentien pirtti

October 9, 2025

Session 6: Diagnostics - Chair: Teemu Niiranen, Turku

9.00-9.20 Office, home, and ambulatory blood pressure in diagnosing hypertension / Tine Willum Hansen, Copenhagen

9.20-9.40 Antihypertensive effects of “new” cardiorenal drugs / Daniel Gordin, Helsinki

9.40-10.00 Diagnosing vascular disease in hypertensive patients - when and how? / Anders Gottsäter, Malmö

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

10.10-10.30 Diagnosing primary hyperaldosteronism/ Pasi Nevalainen, Tampere

10.30-10.50 Aldosterone antagonists in hypertension care / Ilkka Kantola, Turku

10.50-11.10 Inhibition of aldosterone synthase - a novel treatment option? / Annika Lindroos, Turku

11.10 Adjourn & Check-out

11.30 Lunch at the restaurant Sky Kitchen & View

Changes to the program are possible