



HYPERTENSION: CHINA AND EUROPE TOGETHER TO PREVENT, CONTRAST AND TREAT

A joint school in Beijing to obtain global directives for the diagnosis and treatment of Hypertension, with an unrestricted grant by Fondazione Internazionale Menarini

The **1st European Society of Hypertension and Chinese Hypertension League Spring School** was held in Beijing, March 27-28, 2018. For two days, a faculty of clinicians from Europe, China and all the world shared their knowledge of Hypertension.

Hypertension is still one of the first cause of mortality worldwide. The aim of the European Society of Hypertension is working hard to reduce consistently the burden of diseases related to high blood tension values. In this activity the European Society of Hypertension is collaborating with several continental societies in order to share experiences strengthening the knowledge on Hypertension, in particular with the Chinese Hypertension League.

“Our aim is to bring together similarities and differences between the European world and the Chinese world – **Prof. Enrico Agabiti Rosei**, Immediate Past President of the European Society of Hypertension (ESH) and President of the 1st European Society of Hypertension and Chinese Hypertension League Spring School, said - and to have general indications which may be useful to doctors in a world where globalization, immigration and socio-economic differences can impose differences in the management of arterial hypertension. We are trying to have a broad and unified vision, in order to achieve global directives for the treatment of hypertension”.

“In the past fifty years - **Prof. Zhao-su Wu**, Immediate Past President of Chinese Hypertension League, said - Hypertension have increased in the population of China because of economic development, modernization, urbanization, pollution. We have to work together. For the past years, several decades, we have collaborated very closely with our international friends and colleagues, in particular with European Countries, United States and Canada, to do scientific research, which are very fruitful”.

“China and Europe have good relationship in the research work and in the management of Hypertension”, **Prof. Yu-Quing Zhang**, Co-chair of this *joint-collaboration*, said.

The European Society of Hypertension and the Chinese Hypertension League had the important aim to give young and less young doctors the opportunity to learn something new, that can make the difference in their daily practices, preventing Hypertension, treating the disease and reducing patients' morbidity and mortality.



In the last year there has been an increasing interest in exploring the relationship between high blood pressure hypertension and cognitive decline of dementia. “There is a clear relationship between hypertension and cognitive decline, all kind of dementia, so vascular dementia but also Alzheimer disease”, **Prof. Antonio Coca Payeras**, said. “Alzheimer and other kinds of genetical dementia could be prevented treating properly hypertension in the middle age and then trying to avoid, or at least to delay, the progression of cognitive decline to dementia in the elderly”.

Before the sessions started, a minute of silence was held in honor of **Prof. Alberto Zanchetti**, Past President of **European Society of Hypertension**, who passed away. According to a study published in the **European Journal of Clinical Investigation**, Prof. Zanchetti was among the top six most influential Italian scientists in the world.