

Program – Nordic-Baltic PhD Meeting 7.-9.10.2025, Rovaniemi

DAY 1 - October 7, 2025

14.30-15.30 Check-in at Ounasvaara Lakituvat

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

15.30 Welcome / Maria Hagnäs, Finland

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 Sauna & Dinner

DAY 3 - October 9, 2025

Session 7: 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 8: 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 / Maria Hagnäs, Rovaniemi

11.30 Lunch