

The 9th International Conference on Prehypertension, Hypertension and the Cardio Metabolic Syndrome in Zagreb

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The 9th International Conference on Prehypertension, Hypertension & the Cardio Metabolic Syndrome held in Zagreb, Croatia, October 18-22, 2023, patronized by the Croatian Academy of Sciences and Arts, emerged as an excellent platform that brought together leading researchers, clinicians, and practitioners from different medical specialties dealing with these leading morbidities of our time. Colleagues from 39 countries all over the world took part (300 on-site and more than 3000 on-zoom attendees). Participants have had the opportunity to listen to state-of-the-art lectures, engage in discussion with prominent experts from the field of cardiovascular, metabolic and kidney diseases, and partake in workshops regarding prevention, diagnosis, and management of prehypertension, hypertension, and metabolic disorders using novel and innovative techniques. Younger healthcare professionals have shown particular interest in a number of hands-on sessions, such as ultrasound, blood pressure measurement, arterial stiffness, lifestyle, and many others, held by renowned clinicians and distinguished international professors.

One of the hallmarks of this conference was the diversity of topics covered, catering to the varied interests of the attendees, particularly considering the involvement of associated healthcare professionals including pharmacists, nutritionists, nurses, psychologists, and social workers in all aspects of the conference. From the underlying mechanisms of prehypertension to holistic therapeutic interventions for hypertension and the intricate relationship between cardio-metabolic syndrome and other systemic diseases, the scientific program was both comprehensive and dynamic. Special sessions were devoted to obstacles related to the prevention and

management of cardiovascular and metabolic diseases, including adherence, the use of „alternative“ medicine, and patient-related factors including individual, socio-economic, and cultural differences within populations, highlighting the need for a holistic approach to healthcare which considers the broad determinants of cardiovascular health. Vibrant meet-the-expert sessions allowed participants to deepen their understanding of specific subfields, creating a collaborative atmosphere and providing multidisciplinary insight into various topics.

Particular attention was given to the new European Society of Hypertension guidelines on the management of hypertension. Roundtables with guideline authors have given a valuable overview of the new recommendations, as well as constructive debates regarding controversial issues, problems, and issues not addressed or fully covered by the guidelines.

Presenters, including seasoned researchers to young scholars, have had an opportunity to display their work in oral presentation sessions, giving an opportunity to the attendees to review the latest research and to engage in one-on-one interactions with the investigators.

The diverse and extensive program has illuminated the current state of prehypertension, hypertension, and cardio-metabolic diseases and has also shown the ongoing progress, current obstacles, and future directions. Chairmen of the Conference, Professors Reven Zimlichmann and Bojan Jelaković concluded this well-organized and diverse conference with messages reinforcing the need for a holistic and multidisciplinary commitment to the management of cardiovascular health.

