



top A CME program
IN HYPERTENSION 2019

8th & 9th June 2019
ITC, Royal Bengal



"**TOP in Hypertension 2019**" was held at Kolkata, India under the banner of CME Foundation of India in collaboration World Hypertension League.

The CME was designed to get all the Cardiologist, Nephrologists and General Physician on one platform for exchanging their views and sharing their clinical experiences with others about the challenges in the management of Hypertension, CKD and its complication. Well known Cardiologist, Nephrologists and General Physician were invited to share their knowledge and Experience.

The Introductory speech was given by CME Foundation of India. He emphasized the main role played by CME Foundation of India and how important it is to spread the knowledge known to select few to the practicing Doctors at large.

The CME was attended by **548** Doctors all round India.

Date: **08th – 09th June 2019.**

Venue: **Kolkata, West Bengal, India.**





COURSE DIRECTOR

Dr. C. Venkata S. Ram

M.D., M.A.C.P., F.A.C.C., F.A.S.H.

Senior consultant, Apollo Hospitals Director, Apollo Institute of Blood Pressure Management and Director, Blood Pressure Clinics, Apollo Group of Hospitals and Director, Texas Blood Pressure Institute, Dallas, Texas, USA Vice-President, American Society of Hypertension and past chairman, board of governors, American Society of Hypertension. Awarded PADMASHRI in 2013 for hypertension and preventive cardiology.



INTERNATIONAL FACULTY

Dr. Giuseppe Mancia

**CHAIR, ESH EDUCATIONAL COMMITTEE,
ESH FOUNDATION, ITALY.**

SCIENTIFIC SOCIETIES/TASK FORCES/COMMITTEES. GM has served as President of the International Society of Hypertension (ISH), the European Society of Hypertension (ESH), the Italian Society of Hypertension and the European Society of Clinical Investigation. Chairman of the Working Group on Hypertension and the Heart of the European Society of Cardiology, He has co-chaired the Task Force on the ESH-ESC hypertension guidelines from 2013 to 2018, and has been the Chairman, Honorary Chairman or Organizer of various ESH and ISH Meetings



CO-DIRECTOR

Dr. G. S. Wander

**MD DM (Cardiology)
Professor and Chief Cardiologist
Hero DMC Heart Institute, Ludhiana**

Dr. GS Wander has **29+ years** of experience in cardiology and is one of the first few cardiologists in North India to start cardiac specialized services in the region

He has published **106 papers** of which many are published in foreign reposes like The Lancet, Nature Genetics, Journal of American College of Cardiology, American Journal of Cardiology, British Heart Journal and Japanese Heart Journal



CO-DIRECTOR

Dr. Rajeev Agarwala

MD, DM (Cardiology)

Dr. Rajeev Agarwala is a leading Cardiologist in Meerut, with over 20 years' experience. He practices at Jaswant Rai Speciality Hospital, of which he is one of the Founding Members.

Dr. Agarwala has undergone advanced and rigorous training in Invasive Cardiology at G B Pant Hospital, New Delhi, and has vast experience having started his practice in early 1990 and introduced modern Cardiology to Western Uttar Pradesh. He is well versed in the art and science of Dynamic Electrocardiography, Colour Doppler Echocardiography, Catheterisation, Angiography, Pacemaker Implantation, Coronary Angioplasty and Balloon Valvotomy.

TOPICS

Day 1	8th June 2019 (Saturday)	2.00 pm to 7.20 pm
Venue: Kolkata Target Audience: Physicians		
Time	Topic	Speaker
2.00-2.10pm	Welcome, greetings, Scope of TOP 2019	Dr. C. Venkata S. Ram
2.10-2.20pm	Greetings from the European society of hypertension	Dr. G. Mancia, Milan, Italy
2.20-2.40pm	Chronic disease burden imposed by hypertension	Dr. G. Mancia
Master Session I		
2.40-3.00pm	Multifactorial basis for vascular diseases	Dr. G. S. Wander
3.00-3.20pm	Diagnostic work up for Hypertension	Dr. C. K. Ponde
3.20-3.40pm	Management of Hypertension in patients with Cardiovascular disease	Dr. Santanu Guha
3.40 - 4.00pm	Refinements in ARB therapy for CVD: Evolution in Pharmacological Technology 2019	Dr. Arup Das Biswas
4.00-4.30pm	Panel Discussion- Q and A Audience participation	
Coffee/Tea break		
Master Session II		
Chairperson Dr. Soura Mukhopadhyay, Dr. Sekhar Chakraborty, Dr. D. P. Sinha, Dr. Jyotirmoy Pal, Dr. Dipankar Ghosh Dastidar		
5.00-5.20pm	Blood pressure → LVH → CHF continuum	Dr. Saumitra Ray
5.20-5.40pm	Blood pressure → CKD → ESRD continuum	Dr. Prashant Bendre
5.40-6.00pm	Inflammation, calcium deposition & atherosclerosis	Dr. Rajeev Agarwala
6.00-6.20pm	Blood pressure and Heart rate variability: Prognosis	Dr. Suvro Banerjee
6.20-6.50pm	Medical Ethics: A narrative	Dr. Santanu Sen
6.50-7.20pm	Panel discussion-Q and A Audience participation	

Day 2

9th June 2019 (Sunday)

9.00 am to 1.00 pm

Time	Topic	Speaker
	Master Session III	Chairperson Dr. Biswajit Majumder, Dr. P. K. Deb, Dr. Raja Ray, Dr. Soumitra Ghosh, Dr. Debasis Mitra
9.00-9.20am	Hyperlipidemia treatment for vascular protection	Dr. S. N. Narasingan
9.20-9.40am	Pathogenetic role of Renin-Angiotensin-Aldosterone system	Dr. C. Venkata S. Ram
9.40-10.00am	Initial combination therapy for Hypertension: Selected options	Dr. G. Mancia
10.00-10.20am	Treatment of hypertension in patients with diabetes	Dr. Anjan Lal Dutta
10.20-10.50am	Panel Discussion, Q and A, Audience participation	
	Coffee/Tea break	
	Master Session IV	Chairperson Dr. P. S. Karmakar, Dr. B. P. Pandey, Dr. P. P. Barua, Dr. Dilip Kumar, Dr. P P Mukherjee
11.20-11.40am	Guideline based treatment of hypertension	Dr. C. Venkata S. Ram
11.40-12.00noon	Importance of medication adherence & lifestyle changes	Dr. Devanu Ghosh Roy
12.00-12.45pm	Panel Discussion, Q and A, Audience participation	
12.45-01.00pm	Concluding remarks and way forward	Dr. C. Venkata S. Ram Dr. G. Mancia



Summary of TOP in Hypertension CME

- The CME was conducted at Kolkata, India. It was aimed to bring together the well-known Cardiologist, Nephrologists and General Physician across India in order to discuss various clinical aspects and challenges in the management of severe HT, CKD and its complications.
- In this CME, Different topics related to Hypertension and CKD such as Chronic disease burden imposed by hypertension, Multifactorial basis for vascular disease, Diagnostic work up for Hypertension , Management of Hypertension in patients with Cardiovascular disease, Refinements in ARB therapy for CVD: Evolution in Pharmacological Technology 2019, Inflammation, Calcium deposition and atherosclerosis, Blood pressure and Heart rate variability: Prognosis, Medical Ethics: A narrative, Hyperlipidemia treatment for vascular protection, Pathogenetic role of Renin-Angiotension-Aldosterone system, Initial combination therapy for Hypertension: Selected options, Treatment of hypertension in diabetes, Guideline based treatment of hypertension and Importance of medication adherence and lifestyle changes were discussed in this event.
- Different cases were explained to the audience and the whole case was open for discussion. Audience actively participated in the discussion regarding the management of HT, CKD and its management. It was a very interactive session and the delegates thoroughly enjoyed it.
- Participants were keen to share their experience and knowledge and they also provided their critiques and recommendations on the event.

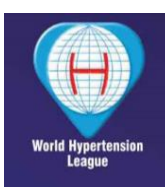
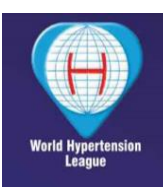


Photo-snaps





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