



Udruženje  
Internista Srbije



**NOVEL APPROACHES**  
**IN HYPERTENSION**  
**MANAGEMENT**  
**GUIDELINES**  
**AND CASES**

Metropol Palace Hotel  
Belgrade

**12-14**  
**September**  
**2025**







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## **NOVEL APPROACHES IN HYPERTENSION MANAGEMENT GUIDELINES AND CASES**

**Metropol Palace Hotel, Belgrade**

### **SCIENTIFIC PROGRAM**

#### **12 September Friday**

- 14:00–15:00 Registration & Welcome Coffee
- 15:00–16:00 Introduction of the Course – Dr. Cengiz Ermiş – Prof. Dr. Dragan Lovic
- 16:00–16:30 **Coffee Break**
- 16:30–17:30 Guidelines and Real-World Practices in Hypertension – Dr. Necla Özer
- Overview Global Hypertension Guidelines: Evolving Standards in Blood Pressure Management
  - Classification and thresholds for diagnosis
  - Initial treatment recommendations
  - Comparative Analysis of Guideline Recommendations
  - Current Trends and Updates in Guideline Revisions
- 17:30–18:30 From Theory to Practice: Challenges in Implementing Hypertension Guidelines in Special Populations”  
Prof. Dr. Dragan Lovic
- Hypertension Management in Special Populations
    - Elderly patients with isolated systolic hypertension
    - Patients with diabetes, CKD, or cardiovascular comorbidities
    - Hypertension in pregnancy: diagnosis and treatment principles
  - Real-World Practice vs. Clinical Guidelines

#### **13 September Saturday**

- 09:00–10:00 “Treatment-Resistant Hypertension: Clinical Challenges and Modern Solutions”  
Dr. Cengiz Ermiş – Prof. Dr. Dragan Lovic
- Recognizing treatment resistance early: who, when, and how
  - Mechanisms and underlying causes of resistance
  - Tailoring pharmacological and non-pharmacological interventions
  - Innovative approaches: device-based therapies and emerging drugs
- 10:00–10:15 **Coffee Break**
- 10:15–11:15 Initial and Stepwise Therapy in Hypertension – Dr. Oğuz Abdullah Uyaroğlu – Prof. Dr. Katarina Paunovic
- Lifestyle interventions
- First-line antihypertensive agents
  - When and how to intensify treatment
  - Treatment resistance: recognition and management
- 11:15–11:30 **Coffee Break**
- 11:30–12:15 Rationale for RAAS Blockade – Dr. Oğuz Abdullah Uyaroğlu
- Mechanism and clinical relevance of RAAS
  - Benefits beyond blood pressure control
  - Patient groups who benefit most





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## **NOVEL APPROACHES**

# **IN HYPERTENSION MANAGEMENT GUIDELINES AND CASES**

**Metropol Palace Hotel, Belgrade**

- 12:15–13:00 Hypertension and Cardiovascular Risk: Rational Pharmacotherapy – Dr. Necla Özer  
ACEi, ARBs, CCBs, Diuretics, Beta-blockers
- Drug combinations: efficacy and safety
  - Matching therapy to comorbid risk
- 14:00–15:30 Case-Based Approach: Choosing the Right Therapy – Dr. Cengiz Ermiş
- Monotherapy vs combination
  - Comorbidities, age and drug selection
  - Case presentations and discussion
- 15:30–16:15 Poster Session – Prof. Dr. Katarina Paunovic
- Poster – 1 | Presenter 1  
Poster – 2 | Presenter 2  
Poster – 3 | Presenter 3  
Poster – 4 | Presenter 4

## **14 September Sunday**

- 09:00–10:30 “Difficult-to-Control Hypertension: A Multidisciplinary Perspective” – Prof. Dr. Katarina Paunovic
- Secondary hypertension: when to suspect and how to investigate
  - Adherence issues: behavioral and psychosocial aspects
  - Role of nephrology, endocrinology, and cardiology in complex cases
  - Panel discussion: diagnostic and therapeutic dilemmas in real-life patients
- 10:30–11:00 **Coffee Break**
- 11:00–12:30 Personalized Medicine and Future Directions in Hypertension Management  
Speakers: Dr. Oğuz Abdullah Uyaroğlu – Prof. Dr. Katarina Paunovic
- The Role of Biomarkers and Genetic Profiling in Hypertension Treatment
  - Digital Health and Remote Monitoring in Hypertension Care
  - Stratifying Risk and Individualizing Targets
  - Emerging Therapies and Research Directions
- 12:30–13:00 **Coffee Break**
- 13:00–14:00 Wrap-up of the Symposium – Dr. Cengiz Ermiş – Dr. Necla Özer – Dr. Oğuz Abdullah Uyaroğlu