The New European Guidelines on Hypertension, presented at the ESH meeting in Barcelona, 9 June 2018

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At the recent meeting of the European Society of Hypertension (ESH) in Barcelona, the new (2018) hypertension guidelines were presented by a large group of present and former members of the ESH Council. The auditorium - which seats 1,700 – was packed. Since there was 'standing room only' the organisers had arranged for the presentations and slides to be shown in another auditorium as well. Taking photos of the slides was not forbidden, and many in the audience did so. The presentations and slides were also 'live-streamed' and could easily be followed on the ESH website (www.eshonline.org). Needless to say, people could also take screen shots of the slides from the comfort of their homes, and I am convinced that many did so.

Since the presentations and slides were put in the 'public domain' and since there is a considerable interest to discuss them, we have asked two ISH members for comments (see overleaf). They didn't attend the meeting in Barcelona but could follow the presentations online. In this issue of Hypertension News, we have, however, not included any of the many slides and tables which were shown.

To me, these new recommendations are balanced, more realistic, and more conservative than the recent American ones, which some of us have had some concerns about¹; e.g. hypertension is once again defined as blood pressure of 140/90 mm Hg and above. Finally, and to my delight, the European guidelines have downgraded the beta-blockers as first treatment of hypertension in most patients². The full presentation of these new guidelines, which have been extensively reviewed, will appear on 25 August at the meeting of the European Society of Cardiology (ESC). The guidelines will be simultaneously published by ESC and ESH. We are eagerly looking forward to reading them!

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REFERENCES

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