

# HYPERTENSION Berlin 2008

June 14 - 19, 2008, ICC Berlin, Germany



18th Scientific Meeting European Society of Hypertension  
22nd Scientific Meeting International Society of Hypertension  
In co-operation with the German Hypertension League

## Recognizing the symptoms: Hypertension can be detected early

*Berlin - Early-morning dizziness and headaches may be signs of undiagnosed hypertension, as shown by a survey among German GP patients conducted as part a large-scale study of the treatment of hypertension in Germany. The results refute an opinion widely held among doctors, namely that the patients themselves only seldom realize that they have hypertension.*

„Hypertension experts and many doctors see high blood pressure as a silent killer,“ states Dr. med. Martin Middeke from the Hypertension Center in Munich. The reason for this is that the special risk lies in the fact that patients do not suffer any pain or discomfort from high blood pressure. Consequently, the condition remains undetected until it leads to a heart attack or a stroke. „This is indeed often the case,“ adds Middeke. „Our study shows, however, that high blood pressure can have symptoms in almost half of those affected and therefore does not have to remain ‚silent‘“. Hypertension sufferers report headaches and dizziness in the early hours of the morning far more than do patients with normal blood pressure. The higher a patient's blood pressure is, the more likely he/she is to report these symptoms. This applies to untreated and treated hypertension patients. Hence, headaches and dizziness may also indicate that high blood pressure has not yet been properly regulated. Women and persons with concomitant diseases develop symptoms more often than others. Tiredness was incidentally reported less by hypertension sufferers than by healthy people. This is possibly another indication that many people with high blood pressure often feel healthy.

Hypertension caused few symptoms in the older participants in the study. Middeke puts this down to the special feature of hypertension disease in the elderly - in this age group it is in many cases only the upper, systolic value that is significantly elevated, while the lower value is normal. And often patients have become accustomed to the elevated values over a period of many years. All the same, treatment is still definitely indicated for isolated systolic hypertension in the elderly as well. „People who suffer dizziness and headaches in the morning should take the symptoms seriously and be sure to have their blood pressure checked,“ advises Middeke.

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### Congress President

Prof. Dr. Detlev Ganten  
Charité Universitätsmedizin  
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### ESH Co-Chair

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Prof. Dr. Martin Paul

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Prof. Dr. Karl-Heinz Rahn

#### Scientific Program

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**Tax Number**  
30/139/05157

**Sales Tax Identity Number**  
DE 136 751 024

**Court Jurisdiction Berlin**  
HRA 36955 B

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[www.hypertension2008.com](http://www.hypertension2008.com)

## Official Press Conferences (during the Congress)

Time: Monday, 16 th June 2008; 12.30 - 13.30

Place: Room 43, ICC Berlin, Germany, (Language: German)

Time: Tuesday, 17 th June 2008; 12.30 - 13.30

Place: Room 43, ICC Berlin, Germany, (Language: English)

Time: Wednesday, 18 th June 2008 ; 12.30 - 13.30

Place: Room 43, ICC Berlin, Germany, (Language: English)

Time: Thursday, 19 th June 2008 ; 12.30 - 13.30

Place: Room 43, ICC Berlin, Germany, (Language: German)

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