UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

## Arteral Hypertension: From Essential To Secondary One

**2425-5-H4101D363**

### Aims

Aims of the course is to discuss all the aspect of hypertension starting from essential form till resistant and secondary form passing through hypertensive emergency and urgency.

### Contents

- Essential Hypertension
- Resistant hypertension
- Secondary hypertension
- Hypertensive emergency and urgency
- Gender and arterial hypertension

### Detailed program

- Essential Hypertension: physiopatology, diagnostic criteria, therapy.
- Resistant hypertension: definition, diagnosys, pharmacological and non-pharmacological therapies.
- Secondary hypertension: hyperaldosteronism and pheocromocytoma, diagnosys and therapies.
- Hypertensive emergency and urgency: definition, epidemiology, specific pharmacological therapies.
- Gender and arterial hypertension with particular attentio to pregnancy hypertensive disorder and to the subsequent increased risk to develop chronic arteriosa hypertensione. In particular, to analyze and evaluate with a medical and scientific approch and in a gender based view with the aim to improv not only the knowledge on aspect determining gener differences but also the appropriateness of medical intervention in order to give higher attention on anamnestic, instrumental and laboratory data in relatioship to patients gender.

## Prerequisites

To have followed the primary and secondary hypertension lessons at the third year (PMC1).

## Teaching form

- 2 hours of didattic teaching with on-site lessons on the aspect seen above.
- 6 hours of on-site interactive teaching on the specific topic with attendance of the hypertension outpatients unit of the Niguarda Hospital.

All the activities are on-site.

## Textbook and teaching resource

2023 ESH/ESC guidelines on arterial hypertension (pubblication DOI: 10.1097/HJH.0000000000003480).

## Semester

Second semester.

## Assessment method

Attendance and Interview on the topics covered during the lessons.

## Office hours

After e-mail contact.
alessandro.maloberti@unimib.it

## Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION