

Scientific Program

WORKSHOP 1

Friday, February 13th, 2026

Ruby Ballroom, Sheraton Grand Gandaria City, Jakarta

Connecting the Heart, Brain, and Kidney: Case-Based Management of Hypertensive Complications

Chair: Oryza Gryagus Prabu, MD

TIME	TOPIC	SPEAKER
08.00 - 08.30	Registration	
08.30 - 09.00	Pre Test	
09.00 - 09.30	Hypertensive Heart Disease with HFpEF: How To Optimize Therapy?	Paskariatne Probodewi, MD
09.30 - 10.00	Acute Hypertensive Stroke: Timing and Target of BP Control	Abdul Wahid, MD
10.00 - 10.15	Discussion	
10.15 - 10.45	Coffee Break	
10.45 - 11.15	Hypertensive CKD with Proteinuria: Role of RAAS Blockade and SGLT2i	Wachid Putranto, MD
11.15 - 11.30	Q&A	
11:30 - 13:00	FRIDAY PRAYING & LUNCH	
13.00 - 13.30	How to Optimize Outcome in Stroke Patients with Chronic Hypertension	David Pangeran, MD
13.30 - 14.00	Multidisciplinary Roundtable: Balancing Risks and Benefits in Hypertension Treatment Targets	Dimas Septiar, MD
14.00 - 14.30	Round Table Discussion	
14.30 - 15.00	Closing	

Scientific Program

WORKSHOP 2

Friday, February 13th, 2026

Saphire Ballroom, Sheraton Grand Gandaria City, Jakarta

Workshop of Hypertension by OMRON ACADEMY

Chair: Rarsari Soearso, MD

TIME	TOPIC	SPEAKER
08.00 - 08.30	Registration	
08.30 - 09.00	Pre Test	
09.00 - 09.30	How To Do The Right Diagnosis of Hypertension?	Rarsari Soearso, MD
09.30 - 10.00	Tips and Trick on Screening for Complications of Hypertension	Eka Harmeiwaty, MD
10.00 - 10.30	Coffee Break	
10.30 - 11.00	Current Recommendation of Hypertension Management From Acute to Chronic Settings	Dian Yaniarti, MD
11.00 - 11.30	Hypertension Management in Special Populations Specific to the Capabilities and Resources of Low and Middle-Income Health Systems	Tities Indra, MD
11.30 - 13.00	FRIDAY PRAYING & LUNCH	
13.00 - 14.00	Hands On Session: BP Measurement and Monitoring (ABPM - HBPM)	
14.00 - 14.30	Discussion	
14.30 - 15.00	Post Test	
15.00 - 15.15	Closing	

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Saturday, February 14th, 2026

Sheraton Grand Gandaria City, Jakarta

07.00 - 08.00 **REGISTRATION**

MORNING TALKS

BALLROOM 2

Hypertension Among The Community: Nowadays

Chair: *Adre Mayza, MD*

08.00 - 08.10 Future Burden Beyond Hypertension
Yulia Sofiatin, MD, PhD

08.10 - 08.20 The Impact of Hypertension Guidelines on Life
Expectancy: Translating Science into Practice
Erwinanto, MD

08.20 - 08.30 Discussion

PLENARY SESSION 1

BALLROOM 2

How to Manage Hypertension in East Asian View Vs South East Asian View

Chair: *Prof Wiguno Prodjosudjadi, MD, PhD*

08.30 - 09.00 Asia's Hypertension Landscape: From Cultural Factors
to Clinical Solutions
Prof Yuda Turana, MD, PhD

09.00 - 09.30 Integrating Studies from Asian population to
International Hypertension Guideline for Community-
Based Hypertension Management?
Prof Narsingh Verma, MD, PhD
(Indian Society of Hypertension)

09.30 - 10.00 **OPENING CEREMONY**

BALLROOM 2

10.00 - 10.30 **COFFEE BREAK**

10.30 - 11.30 **YOUNG INVESTIGATOR AWARD**

BALLROOM 1

10.30 - 12.30 **MODERATED POSTER PRESENTATION**

Foyer of
BALLROOM 1

Scientific Program

SYMPOSIUM 1

BALLROOM 1

Protecting the Cardio-Kidney-Metabolic Universe: Guardianship of the Galaxy

Chair: Frits R. W. Suling, MD

10.30 - 10.45 Single Pill Combination Effects in Stroke Secondary Prevention

Prof Syahrul Gazali, MD, PhD

10.45 - 11.00 CKM Series: Breaking the Vicious Cycle of CKD, T2D, and HF

Afiatin, MD, PhD

11.00 - 11.15 Cardiovascular Series: The Double Strike Against Hypertension

Bagus Andi Pramono, MD

11.15 - 11.30 Discussion

SYMPOSIUM 2

BALLROOM 3

The New Era of HMOD Prevention

Chair: Prof Yuda Turana, MD, PhD

10.30 - 10.45 Cracking the Code of HMOD

Eka Musridharta, MD

10.45 - 11.00 Managing the Double Trouble: Hypertension and Atrial Fibrillation in Clinical Practice

Prof Yoga Yuniadi, MD, PhD

11.00 - 11.15 Adaptive Hypertension Management: Flexible Use of Single-Pill Combinations Across the Patient Pathway

Nyoman Paramita Ayu, MD

11.15 - 11.30 Discussion

11.30 - 12.30 **Trigger Quiz – Preliminary Round**

BALLROOM 1

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LUNCH SYMPOSIUM 1

BALLROOM 2

Silent Risks, Loud Warnings: Navigating the Dual Burden of Hypertension and Diabetes

Chair: *Eka Harmeiwaty, MD*

11.30 - 11.50 Three Mechanisms, One Solution: Unlocking Better Blood Pressure Control

Siska Suridanda Dany, MD

11.50 - 12.10 Timeless or Time's Up? Rethinking Sulfonylureas in the Modern Diabetes Algorithm

Roy Panusunan Sibarani, MD

12.10 - 12.30 Discussion

LUNCH SYMPOSIUM 2

BALLROOM 3

Medical Treatment of Hypertension Related Cardio Renal Syndrome

Chair: *Amanda Tiksnadi, MD, PhD*

11.30 - 11.45 Beyond Glucose: Unlocking Kidney and Heart Protection in Diabetes and Heart Failure

Ria Bandiara, MD

11.45 - 12.00 Slowing the Beat to Save the Heart: Beta-Blockade in Hypertension and Heart Failure

Rossana Barack, MD

12.00 - 12.15 Managing Hyperkalemia: Enabling Comprehensive RAASi Use in Hypertensive Patients

Pranawa Martosuwignyo, MD

12.10 - 12.30 Discussion

12.30 - 13.30 LUNCH

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SYMPOSIUM 3

BALLROOM 2

Future Cardiovascular Care: Metabolism, Screening and Therapy

Chair: Prof Syahrul Gazali, MD, PhD

13.30 - 13.45 From Hemodynamics to Metabolism: New Pathways in Hypertension and CVD

Prof Bambang Purwanto, MD, PhD

13.45 - 14.00 From Heart Rate to Vascular Tone: Integrated Control in Hypertension

Prof Antonia Anna Lukito, MD, PhD

14.00 - 14.15 The Kynurenine/Tryptophan Ratio: A Hidden Pathway in Cardiovascular Risk

Estu Rudiktyo, MD, PhD

14.15 - 14.30 Discussion

SYMPOSIUM 4

BALLROOM 3

Closing the Gap Between Guidelines and Real World Blood Pressure Control

Chair: Adrianus Kosasih, MD

13.30 - 13.45 Cardio-Kidney-Metabolic Prevention in elevated BP: What Guidelines Now Recommended

Bambang Widyantoro, MD, PhD

13.45 - 14.00 Rethinking Hypertension: Why ARBs Are Changing the Game

Prof Rahmat Hidayat, MD, PhD

14.00 - 14.15 Blood Pressure Control Triad: The Hidden Power of a Calcium Blocker

Tunggul D. Situmorang, MD

14.15 - 14.30 Discussion

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SYMPOSIUM 5

BALLROOM 2

JOINT SYMPOSIUM

Hypertension and Beyond: Cardio-Renal-Endocrine Convergence in Asia-Pacific

Chair: Arieska Ann Soenarta, MD

14.30 - 14.45 Albuminuria First: Reframing Risk Stratification and Treatment Strategy in Asia-Pacific Region

Prof Teo Boon Wee, MD, PhD

(The Asian-Pacific Society of Hypertension)

14.45 - 15.00 The Metabolic Triple Alliance to Reduce Blood Pressure and Protect Organs: Focus in Asia-Pacific Region

Prof Anuj Maheshwari, MD, PhD

(Indian Society of Hypertension)

15.00 - 15.15 Genomics and Epigenetics Perspective of Hypertension in Asia: Precision Medicine is on the Horizon?

Anwar Santoso, MD, PhD

15.15 - 15.30 Discussion

SYMPOSIUM 6

BALLROOM 3

ASCVD and Secondary Hypertension: When to Aware, How to Manage

Chair: Aryatama Nurhasyim, MD

14.30 - 14.45 Clinical Spectrum of Chronic Coronary Syndrome: When to Suspect and Initiate Treatment

Badai Bhatara Tiksnadi, MD

14.45 - 15.00 Renovascular Hypertension: Mechanism and How to Manage

Artaria Tjempakasari, MD

15.00 - 15.15 Avoiding Ischemic Reperfusion VS Hypoperfusion Injury in Managing Stroke due to Large Artery Atherosclerosis

Dinda Diafiri, MD

15.15 - 15.30 Discussion

15.30 - 15.45 **WRAP UP**

BALLROOM 2

15.45 - 16.00 **CLOSING**

BALLROOM 2

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Sunday, February 15th, 2026

Sheraton Grand Gandaria City, Jakarta

DEBATE SESSION

BALLROOM 2

How Low Can You Go for Lowering Hypertension in Elderly

Chair: *Freddy Sitorus, MD*

08.00 - 08.05 Case Presentation
Anandhara Indriani, MD

08.05 - 08.30 Debate

Panelists: *Lisda Amalia, MD, PhD*
Zulkhair Ali, MD, PhD
Prof Saifur Rohman, MD, PhD

PLENARY SESSION 2

BALLROOM 2

Chair: *Prof Teguh Ranakusuma, MD, PhD*

08.30 - 09.00 Transforming Hypertension Diagnosis and Management
in the Era of Artificial Intelligence
Daniel Tjen, MD

09.00 - 09.30 Hypertension 360°: From Grading to Organ Protection
via Mechanism-Based Therapy
Prof Jiguang Wang, MD, PhD
(HOPE Asia Network)

09.30 - 10.00 **InaSH AWARD**

BALLROOM 2

10.00 - 10.30 COFFEE BREAK

10.30 - 11.30 **Trigger Quiz - Final Round**

BALLROOM 1

Scientific Program

SYMPOSIUM 7

BALLROOM 1

JOINT SYMPOSIUM APSH (The Asian-Pacific Society of Hypertension) and InaSH

Aldosterone in Hypertension

Chair: Prof Jose Roesma, MD, PhD

10.30 - 10.45 Screening for Hyperaldosteronism in kidney disease: A difficult problem

Prof Teo Boon Wee, MD (APSH)

10.45 - 11.00 Volume Salt Sensitivity in Aldosterone: Why Asia is Different?

Ni Made Hustrini, MD

11.00 - 11.15 Primary Aldosterone Screen in Patients with Hypertension

Prof Jiguang Wang, MD, PhD (APSH)

11.15 - 11.30 Discussion

SYMPOSIUM 8

BALLROOM 3

Advancing Cardiometabolic Health: What Should Be the Proper Drug?

Chair: Celly Anantaria, MD

10.30 - 10.45 Cerebral Small Vessel Disease in Hypertensive Patient with Obesity

Ekawati Dani Yulianti, MD

10.45 - 11.00 From Burden to Breakthrough: Bridging the Gap of Obesity and Cardiometabolic Health

Tri Juli Tarigan, MD

11.00 - 11.15 Semaglutide in the Hands of Clinicians: Evidence, Experience, and Expertise

I Made Putra Swi Antara, MD

11.15 - 11.30 Discussion

LUNCH SYMPOSIUM 3

BALLROOM 2

Metabolic Rescue in Acute Stroke

Chair: Zulkhair Ali, MD, PhD

11.30 - 11.50 The Role of Labetalol on Hypertensive Crisis in Stroke

Mursyid Bustami, MD, PhD

11.50 - 12.10 Update Neuroprotectant on Cascade Ischemic Injury

Prof Al Rasyid, MD, PhD

12.10 - 12.30 Discussion

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LUNCH SYMPOSIUM 4

BALLROOM 3

Hypertension Management Challenges among Varied Communities

Chair: *Djoko Wibisono, MD*

11.30 - 11.45 How to Optimize Blood Pressure Monitoring: How to Measure?

Farizal Rizky, MD

11.45 - 12.00 Pediatric Hypertension: The Importance of Prevention and Early Diagnosis

Olfy Lelya, MD

12.00 - 12.15 Hypertension Profile Indonesian Patient in Threatening Kidney Disease

Maruhum Bonar Marbun, MD, PhD

12.15 - 12.30 Discussion

12.30 - 13.30 **LUNCH**

SYMPOSIUM 9

BALLROOM 2

Overly-Treated Hypertension: Is It Risk-Free?

Chair: *Dr Santoso Karo Karo, MD*

Co Chair: *Oryza Gryagus Prabu, MD*

13.30 - 13.45 Potential Adverse Outcome of Blood Pressure Lowering: Is It Possible, Harmful, and Managable?

Celly Anantaria, MD

13.45 - 14.00 Orthostatic Hypotension in Hypertension: Risk and Treatment Strategies

Cep Juli, MD

14.00 - 14.15 Is It Better to Over-Treated or Under-Treated Hypertension in Chronic Kidney Disease?

Pringgodigdo Nugroho, MD

14.15 - 14.30 Discussion

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SYMPOSIUM 10

BALLROOM 3

Detecting the Invisible: Identifying Subclinical Organ Damage of Hypertension in Community

Chair: *Prof Suhardjono, MD, PhD*

13.30 - 13.45 Mild cognitive impairment in hypertension: More devastating than it seems

Amanda Tiksnadi, MD, PhD

13.45 - 14.00 Bidirectional Detrimental Association of Hypertension and Atrial fibrillation, and How to Treat

BRM Ario Soeryo Kuncoro, MD

14.00 - 14.15 Spectrum of Subtle Signs Towards Renovascular Complications of Hypertension in Community

Djoko Wibisono, MD

14.15 - 14.30 Discussion

14.30 - 14.45 **WRAP UP**

14.30 - 15.00 **LAUNCHING InaSH PRACTICAL GUIDE BOOK**

15.00 - 15.30 **CLOSING CEREMONY**