1. Preliminary Program

**November 15th**

9h00 – Post-Graduate Course/Opening Ceremony

9h. Measuring Central Blood Pressure (Prof. Pierre Boutouyrie)
   1) Validation of devices.
   2) Measurement protocol, Valid Measurements and Clinical Significance.
   3) Research opportunities

10h30. Coffee Break

10h45. New perspectives in cardiovascular disease treatment and prevention (Prof. Stephane Laurent)
   1) Arterial Stiffness as a therapeutic target;
   2) New drugs under development / developed for cardiovascular disease prevention;
   3) Super Normal vs Early Vascular Aging;
   4) Research opportunities.

12h15 Research Projects – presentation and discussion with the faculty

13h. Lunch

14h – 18h. Practical component of the Course (Hands on practice in PWV/Central Blood Pressure and Carotid Evaluation - 4h00 of practice for each technique)

16h. Coffee Break

**November 16th**

9h. Non-Hemodynamic components of vascular Aging (Prof. Peter Nilsson)
   1) Large artery changes in Diabetes Mellitus
   2) Large Artery changes in Metabolic Syndrome and Obesity;
   3) Clinical practical implications;
   4) Research opportunities.

10h30. Coffee Break

10h45. Impact of Arterial Aging on Early and Late Stages of Brain Damage. (Prof. Angelo Scuteri)
   1) Cognitive Decline and dementia – the role of arterial aging;
   2) Structural brain changes and arterial aging;
   3) Early detection of Cognitive decline in hypertensive patients;
   4) Research opportunities

12h15. Central Hemodynamics and Cognitive Function (Prof. Pedro Guimarães Cunha)

13h. Lunch

14h – 18h. Practical component of the Course (Hands on practice in PWV/Central Blood Pressure and Carotid Evaluation - 4h00 of practice for each technique)

16h. Coffee Break

**November 17th**

9h. Arterial Stiffness and Early Vascular Aging in the Iberian Peninsula
   1) The Guimarães/Vizela Study. Prof. Pedro Guimarães Cunha (University of Minho, Portugal)

10h30. Coffee Break

10h45. Arterial Stiffness and Early Vascular Aging in the Iberian Peninsula

12h. Evaluation and Final Remarks

13h. Lunch