



## Curriculum Vitae

Personal information **Jan Staessen**

Work experience

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Jan Albert Hendrik STAESSEN  
Leuven, 23 June 1949

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Jan A. Staessen is Emeritus Professor of Medicine at the University of Leuven and former Head of Clinic at the University Hospitals Leuven. In addition, Dr Staessen is Emeritus Professor of Genetic Epidemiology at the Department of Epidemiology, Maastricht University, Maastricht, The Netherlands.

Dr Staessen was the principal investigator of influential clinical trials, published in top-ranking journals, such as the Systolic Hypertension in Europe Trial (Syst-Eur – Lancet 1997), the Ambulatory Blood Pressure Monitoring and Treatment of Hypertension Trial (APTH – JAMA 1997) and the Treatment of Hypertension Based on Home or Office blood Pressure Trial (THOP – JAMA 2004). He chaired the Data Safety and Monitoring Board of major clinical trials, including the Systolic Hypertension in China Trial (Syst-China), the Hypertension in the Very Elderly Trial (HYVET – NEJM 2008), and the Randomized Olmesartan and Diabetes Microalbuminuria Prevention Study (ROADMAP – NEJM 2011). He was the scientific coordinator of the Ouabain and Adducin for Specific Intervention on Sodium in Hypertension Trial (OASIS-HT), which tested a pharmacogenomic approach to the treatment of hypertension. He organized the Newer vs. Older Antihypertensive Agents in African Hypertensive patients (NOAAH) trial, which was running at six clinical sites in sub-Saharan Africa and was successfully completed and published in 2013.

Dr Staessen is a member of several professional societies, including the International Society of Hypertension, the European Society of Hypertension,

the European Society of Cardiology, the American Society of Hypertension, and the American Heart Association. He is the past chairperson of the European Hypertension Society Working Group on Blood Pressure Monitoring and is an International Fellow of the Council for High Blood Pressure Research of the American Heart Association. In 2007, Dr Staessen received the title of *Doctor Honoris Causa* from the Jagiellonian University, Kraków, Poland, one of the oldest and most prestigious universities in Europe. He is Honorary Professor at the Universidad de la República, Montevideo, Uruguay and at Hospital Italiano, affiliated with the University of Buenos Aires, Argentina. He is visiting professor at Lu He Hospital affiliated with the Capital Medical University, Beijing, China, and at the Shanghai Institute of Hypertension affiliated with Shanghai Jiao Tong University School of Medicine. He is honorary member of the Czech, Polish and Spanish Societies of Hypertension, China. He received numerous national and international awards, including the Schwarz-Pharma Research Grant on Hypertension and other Cardiovascular Diseases in Post-Menopausal Women (1995), the Bayer Award (1999) in recognition of the achievements of the Systolic Hypertension in Europe Trial, the AstraZeneca Prize awarded by the International Society of Hypertension (2004), the Willem Birkenhäger Award from the Dutch Society of Hypertension (2006), the International Cooperation Prize 2008, awarded by the Great Wall International Cardiology Congress and the European Society of Hypertension, the Tigerstedt Award from the Finnish Society of Hypertension (2015), and the International Society of Hypertension Lifetime Award (2021). He is honorary member of the Czech, Polish and Spanish Societies of Hypertension.

Dr Staessen's current research interests focus on the population science, clinical genetics, the clinical application of "omics" biomarkers, environmental medicine, and the treatment of cardiovascular disease, in particular resistant hypertension. In 1985, he initiated the still ongoing FLEMish Study on ENvironment Genes and Health Outcomes (FLEMENGHO), which served as a template for other population studies across Europe (EPOGH and SKIPOGH), in China (JingNing Population Study), and more recently in Montevideo, Uruguay (GEFA-HT-UY) and Lugbe (Abuja), Nigeria (NIPREGH). In 1998, Dr Staessen started the European Network on Genes in Hypertension (EPOGH). He was on the Steering Committee of the European Network of Excellence INGENIOUS HYPERCARE and large-scale European research projects, such as HYPERGENES and EU-MASCARA. He was among the lead participants of HOMAGE, an FP7 European project and the H2020 ERA-CVD project, PROACT, which aimed to develop proteomic markers predictive of acute coronary syndrome and revealing the underlying pathophysiological

processes.

Dr Staessen set up several international research consortia. IDACO (International Database on Ambulatory blood pressure monitoring in relation to Cardiovascular Outcome) and IDHOCO (International Database of HOME blood pressure in relation to Cardiovascular Outcome) focus on the clinical applicability of ambulatory blood pressure monitoring or the self-measured blood pressure at home in risk stratification, using data from prospective population studies. IDCARS (International Database of Central Arterial properties for Risk Stratification) is addressing the use of peripheral versus central blood pressure in predicting adverse cardiovascular outcomes. In 2011, Dr Staessen received a European Research Council Advanced Researcher grant for population-based research on left ventricular diastolic dysfunction (EPLORE). In 2012, Dr Staessen started the European Network Coordinating research on REnal denervation (ENCOREd). He coordinated the PREMATurity as predictor of children's Cardiovascular-renal Health (PREMATCH) study, which is a case-control study comparing the health of 11-year old children born either with extremely low birth weight or at term. In 2016, Dr Staessen received a Proof-of-Concept grant from the European Research Council in support of uPROPHET, a study with focus on urinary proteomics for the prediction of heart transplantation outcomes.

On 23 December 2019, Dr Staessen founded the non-for-profit Research Institute Alliance for the Promotion of Preventive Medicine (registration number at the Crossroads Bank of Belgian Enterprises, 739849385; acronym, APPREMED; URL, [www.appremed.org](http://www.appremed.org)). The mission of APPREMED is the development of new strategies to prevent chronic age-related disorders in people, who do not yet have any symptoms, but who based on their clinical characteristics and biomarkers (e.g., the urinary proteome), have a high risk of developing target organ damage and thus becoming a “patient”. The focus of APPREMED is therefore on primary prevention. The proceeds of APPREMED will not be commercially exploited, but will be transferred to patients and to scientific organizations, which are authorized to draft guidelines for the diagnosis, prevention, and the treatment of chronic age-related diseases.

## Education and training

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See previous section

## Additional information

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### Publications

Dr Staessen serves on the editorial board of several top-ranking medical

journals. He is an Associate Editor of Hypertension, Hypertension Research, and Guest Editor of Circulation. He serves on the Editorial Board of the American Journal of Hypertension, the Journal of Clinical Hypertension, the official Journal of the American Society of Hypertension, the Circulation Journal, the official journal of the Japanese College of Cardiology, and Arterial Hypertension, the official journal of the Polish Society of Hypertension. He is Academic Consultant to The Lancet.

Dr Staessen published over 1400 papers in peer-reviewed journals, over 210 as first author and over 530 as second last or last author. Currently, his citation index (excluding own citations) is 36,241 (average number of citations per publication, 41.39) and his H-index is 138 (Scopus – 20230126).

#### Projects

See previous section

#### Memberships

See previous section

#### Other Relevant Information