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### **PO-08: EFFECTS OF ACUTE DIETARY NITRATE SUPPLEMENTATION ON AORTIC WAVE REFLECTION IN YOUNG ADULTS**

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vs.  $0.33 \pm 0.09$ ,  $p > 0.05$ ). Preliminary data in pooled Caucasian ( $n=3$ ) human umbilical vein endothelial cells (HUVECs) demonstrates greater eSRAGE mRNA (qRT-PCR) than AA HUVECs, but similar full-length RAGE mRNA.

**Conclusion:** These preliminary data suggest that higher sRAGE in Caucasian compared with AA adolescents is likely not from higher eSRAGE but a combination of cleavage from non-MMP9 sheddases and alternative splicing of RAGE.

#### PO-08

##### EFFECTS OF ACUTE DIETARY NITRATE SUPPLEMENTATION ON AORTIC WAVE REFLECTION IN YOUNG ADULTS

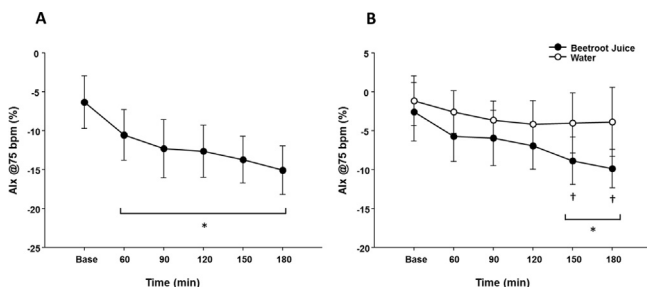
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**Objective:** Evidence suggests that dietary nitrate supplementation (i.e. beetroot juice) decreases measures of peripheral blood pressure. However, the effects of acute dietary nitrates on central aortic pressures are unclear. Thus, the objective of this study was to investigate the effects of beetroot juice consumption on central aortic pressures and indices of aortic wave reflection.

**Methods:** 13 healthy, normotensive, non-smoking, untrained young adults ( $25 \pm 1$  year) consumed 500ml of beetroot juice (BR). High-fidelity radial arterial pressure waveforms using applanation tonometry and venous blood samples were taken at baseline, 60, 90, 120, 150 and 180 minutes post BR consumption (Study 1). Indices of aortic wave reflection (Augmentation Index; Alx and Alx normalized for heart rate; Alx@75bpm) were analyzed using the generated central aortic blood pressure waveforms (SphygmoCor). To control for the potential confound of fluid ingestion on blood pressure, 7 of the subjects came back for an additional study visit which consisted of drinking 500ml of water (Study 2; control trial). Applanation tonometry measurements were performed at the same time points as Study 1.

**Results: Study 1:** Central systolic pressures were reduced after 90 min following BR ( $\sim 3$ -4mmHg;  $P < 0.05$ ). Additionally, Alx and Alx@75bpm were reduced at all-time points following BR ( $P < 0.05$ ; Figure 1). **Study 2:** Compared to the control trial, Alx was lower at all-time points following BR ( $P < 0.05$ ). However, Alx@75bpm was only reduced relative to the control condition at 150 and 180 min post consumption ( $P < 0.05$ ; Figure 2).

**Conclusion:** Our data provide evidence that in addition to the beneficial effects on peripheral blood pressures, acute dietary nitrate supplementation (via beetroot juice) also decreases central aortic pressures and wave reflection in young healthy adults. These effects on central aortic hemodynamics appear to be greatest 2.5-3 hours after BR consumption and are likely mediated by an increase in NO bioavailability via nitrate-nitrite-NO pathways.



**Figure 1** Beetroot juice ( $n=13$ ) lowered Alx@75bpm over three hours (A; Study 1). When compared to water (control trial;  $n=7$ ), BR decreased Alx@75bpm at 150 and 180 minutes post consumption (B; Study 2). \*  $P < 0.05$  vs Baseline. †  $P < 0.05$  vs control.

#### PO-09

##### SPIRONOLACTONE AS ADD-ON THERAPY TO CHLORTHALIDONE IMPROVES ENDOTHELIAL FUNCTION, ARTERIAL STIFFNESS AND INSULIN RESISTANCE IN EUROPEAN AND AFRICAN AMERICAN PATIENTS WITH ESSENTIAL HYPERTENSION – A DOUBLE-BLIND PLACEBO-CONTROLLED RANDOMIZED STUDY

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Diuretics have been shown to have a neutral effect on cardiovascular (CV) biomarkers like arterial stiffness and endothelial function despite their

blood pressure (BP) lowering effect. Thiazide diuretics generally have harmful effects on glucose metabolism, however, the effect of mineralocorticoid receptor antagonists on insulin resistance in essential hypertension (eHTN) is only partially elucidated. We hypothesized that chlorthalidone (CHT) in combination with spironolactone (SPL) results in better arterial compliance than CHT therapy alone through additional improvement of glucose metabolism parameters.

**Methods:** This double-blind placebo-controlled randomized single center study aimed to identify SPL add-on therapy to CHT treatment alone on CV risk markers such as BP, 24-h ambulatory blood pressure monitoring (24-H ABPM), aortic BP (aBP), augmentation index (Alx), pulse wave velocity (cfPWV), flow-mediated dilation (FMD), fasting glucose, plasma insulin levels and insulin sensitivity (by homeostasis model assessment: HOMA-IR). A total of 34 patients (21.7% male, 40% white) were randomized to either CHT 25 mg + Placebo or CHT 25 mg + SPL 25 mg once daily. At baseline and after 3 months office BP, 24-H ABPM, markers of arterial stiffness, FMD, fasting glucose, plasma insulin levels and HOMA-IR.

**Results:** The study showed statistically significant improvements after three months in patients treated with CHT+ SPL in clinic BP, 24-hour ABPM, FMD, markers of arterial stiffness, and glucose metabolism. In detail, clinic SBP ( $131.5 \pm 14.6$  to  $119.1 \pm 14.3$  mmHg ( $P = 0.034$ ), aortic SBP ( $122 \pm 13$  vs  $113 \pm 13.7$  mm Hg,  $p = 0.048$ ), 24-H ABPM SBP ( $151.5 \pm 15.1$  to  $131.7 \pm 10.4$  mm Hg,  $p = 0.0049$ , 24-H ABPM DBP  $83.2 \pm 6.1$  to  $74 \pm 9.3$  mm Hg,  $p = 0.032$ , 24-H ABPM. Fasting plasma glucose, plasma insulin levels decreased and insulin sensitivity (by homeostasis model assessment: HOMA-IR) improved with SPL as compared to CHT alone ( $p < 0.001$ ), Alx ( $28 \pm 9$  versus  $25.4 \pm 6.9$  %) and cfPWV ( $9 \pm 2$  vs  $7.5 \pm 1.8$  m/s) in the CHT+SPL group. Endothelial function improved significantly in the CHT+SPL group as compared to the control group ( $5.5 \pm 1.7$  to  $8.8 \pm 2.7$  ( $p = 0.004$ )).

**Conclusion:** These results suggest that SPL as add-on therapy to CHT improves BP, markers of arterial compliance, and glucose metabolism in patients with eHTN, while CHT only therapy may have unfavorable effects. Treatment with SPL additional to CHT may represent a novel approach to improve unfavorable metabolic disturbances and CV risk markers.

#### PO-10

##### A MULTI-MODALITY 4D SYSTEM FOR ANALYSIS OF THE AORTIC MORPHOLOGY AND FUNCTION FROM MR OR CT

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**Objective:** Develop an integrated system for multi-modality 4D (3D+time) aortic data analysis including data construction, interactive pre-segmentation, accurate multi-surface segmentation and refinement, and quantitative index measurement. Provide a graphical user interface (GUI) with intuitive data visualization and workflow control. Test the capabilities of the system on MR and CT data.

**Methods:** 4D image with isotropic 3D voxels is constructed from DICOM images of a study. Candy-cane and LVOT MR data are fused together to benefit from their combined information. Lumen pre-segmentation is achieved by a few mouse clicks with instant feedback. Lumen (and outer wall for CT) surfaces are segmented in 3D by optimal graph search with embedded geometric constraints that guarantees to be global optimum. The result is refined using approximate clues instead of tediously redrawing individual contours. Quantitative indices – cross-sectional area, eccentricity and distensibility, centerline curvature and motion, wall thickness and calcification volume – are computed from complete 4D aortic surfaces. Due to its modularized design, each component can be independently fine-tuned for performance or extended to handle new modality or imaging protocol. The developed system provides simultaneous visualization of image, volume and surface data. The segmentation and quantitative analysis are guided by GUI with clear instructions and examples.

**Results:** Preliminary evaluation of segmentation accuracy on 20 dataset (10 MR, 10 CT) showed good absolute surface positioning errors (MR:  $1.5 \pm 1.4$ mm, CT:  $0.4 \pm 0.6$ mm). The user only needs to specify two aortic end points and several points inside the lumen on one 3D image. The computational time is approximately 20 seconds for 2.5GB 10-phase CT data or 500MB 20-phase MR data.

**Conclusion:** We develop a multi-modality 4D aorta analysis system with user-friendly interface and powerful segmentation and refinement tools. Various novel quantitative indices are computed from the complete 4D aortic surfaces, thus enabling comprehensive analysis of aortic physiology and morphology.