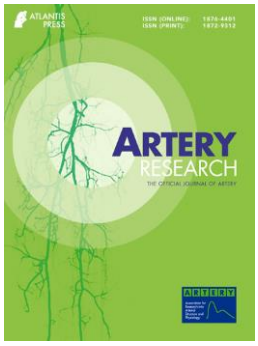

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6.3: ASSESSING VENTRICULAR-VASCULAR INTERACTIONS IN OVERWEIGHT ADOLESCENTS

L.P. Koopman, C. Slorach, W. Hui, T. Sarkola, E.T. Jaeggi, C. Manlhiot, N. Chahal, B.W. McCrindle, L. Mertens, T.J. Bradley

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pressure (p-$R^2 = 0.066$, $p < 0.001$), independently of gender (p-$R^2 = 0.048$, $p < 0.001$) triglyceride (p-$R^2 = 0.044$, $p < 0.001$), whereas CS is associated with MBP (p-$R^2 = 0.093$, $p < 0.001$) and age (p-$R^2 = 0.043$, $p < 0.001$). CV drugs were associated with ASI (RAAS antagonists decreasing, calcium antagonists increasing), but not with CS.
Conclusion: ASI and CS are weakly correlated. Pressure and age, usually strong determinants of CS were modestly associated with ASI which appeared more sensitive to metabolic factors and drug treatments. Both techniques measure differently arterial stiffness and are not exchangeable.

6.3
ASSESSING VENTRICULAR-VASCULAR INTERACTIONS IN OVERWEIGHT ADOLESCENTS

L. P. Koopman, C. Slorach, W. Hui, T. Sarkola, E. T. Jaeggi, C. Manlhiot, N. Chahal, B. W. McCrindle, L. Mertens, T. J. Bradley *
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Introduction: Overweight is associated with changes in vascular and myocardial structure and function. This study compared non-invasively determined ventricular-vascular interactions in overweight adolescents with healthy controls.
Methods: Ventricular assessment included M-mode, B-mode, pulse and tissue Doppler echocardiography. Vascular assessment included carotid ultrasound, brachial artery reactivity, applanation tonometry and echo-Doppler assessment of the biophysical properties of the aorta. Ventricular-arterial coupling assessed as the ratio between arterial elastance (Ea) and end-systolic ventricular elastance (Ees), was calculated using SBP, DBP, echo-derived stroke volume and the ratio between aortic pre-ejection time and total systolic time. Between groups comparisons were performed using parametric methods with p-values>0.05 considered significant.
Results: Twenty-one overweight (BMI $\geq 85^{th}$ percentile) adolescents (4 females; median age 14.6 years) and 27 healthy controls (4 females; median age 14.2 years) were studied. Resting heart rate, peripheral and centrally derived SBP, CIMT, aortic PWV, and radial augmentation index were higher in overweight adolescents compared with controls; carotid and aortic distensibility were lower; and flow-mediated endothelial dependent vasodilation was similar. LV mass was higher and diastolic parameters suggested abnormal relaxation in overweight adolescents. Ea was similar, but Ees and the ventricular-arterial coupling ratio Ea/Ees were both reduced in overweight adolescents.
Conclusion: Increased arterial stiffness, LV mass and abnormal ventricular relaxation in association with elevated resting heart rate and systolic blood pressure are already present in overweight adolescents. Lower end-systolic ventricular elastance may suggest an adaptive response of the ventricular-arterial coupling.

6.4
SIMULTANEOUS MEASUREMENT OF WALL SHEAR RATE AND ARTERIAL DISTENSION IN FMD STUDIES BY MEANS OF A MULTIGATE DOPPLER SPECTRAL APPROACH

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Flow-mediated dilation (FMD) estimates endothelial function under the assumption that post-ischemic dilation represents a nitric-oxide mediated response to increase in wall shear stress, i.e. wall shear rate (WSR) times blood viscosity. Implementation of WSR measurements would expand the informative value of this technique.
Aim of the study was to provide preliminary clinical evaluation of a new ULtrasound Advanced Open Platform (ULA-OP, University of Florence) capable to record simultaneously arterial diameter and WSR based on a Multigate Spectral Doppler approach (Tortoli et al, UMB 2006).
Methods: The response of brachial artery diameter (FMD) and WSR to different forearm occlusion times was assessed by ULA-OP in twelve volunteers (age 25–29) undergoing two sequential exams (3 and 5-min occlusion) 30 min apart each other in random order. Time variant arterial distension curves and WSR were obtained at baseline and during post-ischemic reflow.
Results: Mean percent changes observed in peak WSR (far wall) and diameter (FMD) after 3 and 5 min ischemia are below reported in Table, together with the corresponding time lags between peak WSR and peak diameter (D). The post-ischemic WSR peaks always preceded peak diameter increase.

	FMD (%)	Δ Peak WSR (%)	Time to peak D (s)
3 min occlusion	6.14 ± 3.5	80 ± 28	41 ± 10
5 min occlusion	7.13 ± 3.1	101 ± 31	35 ± 9

Conclusions: WSR and D can be simultaneously measured during FMD studies by ultrasound. Compared to the standard 5-min occlusion, the post-ischemic response to a 3-min occlusion appears slightly delayed and lower, for both diameter and shear.Simultaneous recording of WSR and arterial distension may expand knowledge of the mechanisms regulating vascular responses to hemorheologic changes.

6.5
HEMOGLOBIN A1C IS ASSOCIATED WITH PULSE WAVE VELOCITY IN NEVER-TREATED HYPERTENSIVES: THE IMPACT OF THE AMERICAN DIABETES ASSOCIATION 2010 POSITION STATEMENT DEFINITIONS

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Introduction: Hypertension is associated with increased arterial stiffness. Arterial stiffness, which is a predictor of cardiovascular risk, has been shown to correlate with glycemic control in diabetics. However, it is unclear what is the impact of the recent American Diabetes Association (ADA) 2010 position statement definitions for hemoglobin A1c (HbA1c) on the prediction of arterial stiffness.
Methods: We enrolled 1225 consecutive essential hypertensives (mean age 52.9 ± 11.7 years, 728 males, 86 diabetics). Arterial stiffness was determined with carotid-femoral pulse wave velocity (PWV) using the Complior® device. HbA1c was measured in venous blood samples.
Results: In multivariable regression analysis, HbA1c exhibited significant positive association with PWV, which was independent of age, gender, mean blood pressure, smoking, body-mass index, blood glucose, LDL and CRP ($p < 0.001$, adjusted R2 of model = 0.418). In further analyses we employed dichotomous outcome variable (PWV $\geq$50th percentile [7.8 m/s]). Subjects were divided into 3 groups according to HbA1c levels, based on ADA definitions (Normal group: HbA1c<5.7, Pre-diabetes group: 5.7≤HbA1c≤6.4, Diabetes group: HbA1c≥6.5). In multivariable logistic regression models adjusting for the abovementioned confounders, compared to subjects in the normal group, both the subjects in the pre-diabetes and diabetes group had a significantly elevated odds risk of PWV≥50th percentile (OR = 1.653, 95% CI:1.215–2.249, $p = 0.001$ and OR = 6.518, 95% CI:1.742–24.381, $p = 0.005$, respectively).
Conclusion: Higher HbA1c is an independent predictor of increased arterial stiffness in never-treated essential hypertensives. Furthermore, our findings support the significance of the cut-off points of the ADA definitions, as they are able to predict increased arterial stiffness and eventually increased cardiovascular risk.

6.6
COMPARING THE EFFECTS OF NEBIVOLOL VERSUS METOPROLOL SUCCINATE ON CENTRAL HAEMODYNAMICS, FUNCTIONAL-STRUCTURAL CHANGES OF ARTERIES, AND LEFT VENTRICULAR WALL THICKNESS: THE NEMENDAS STUDY

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Aims: The vasodilating β-blockers (BB) have several advantages over conventional cardioselective BB atenolol in the treatment of hypertension. However, metoprolol (MET) is the most widely used cardioselective BB in Northern and Eastern European countries. The aim of the present study was to investigate the long-term effects of nebivolol (NEB) and MET on central haemodynamics, structural and functional changes of arteries, and left ventricular wall thickness.
Methods: We conducted a randomized, double-blind study in 80 hypertensive patients, who received either nebivolol 5 mg or metoprolol succinate