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### **P10.06: RESPONSES OF THE AMBULATORY ARTERIAL STIFFNESS INDEX AND OTHER MEASURES OF ARTERIAL FUNCTION TO ANTIHYPERTENSIVE DRUGS**

Y. Jin, L. Thijs, T. Richart, Y. Li, E. Doland, J.G. Wang, A. Protogerou, E. O'Brien, J.A. Staessen, M.E. Safar

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**Patients and methods:** 378 elderly hypertensive patients > 60 years (mean age  $70.4 \pm 6.3$  years) treated with at least one antihypertensive agent and presenting with SMC but without dementia were prospectively recruited and underwent a combination of neuropsychological tests, a brain magnetic resonance imaging with semi-quantification of White Matter Hyperintensities (WMH), carotid echotracking, brachial endothelial function and ambulatory blood pressure (BP) assessments.

**Results:** None of the 3 composite scores (Memory score, verbal fluency, visual memory capacity) was found associated with BP levels. On the other hand, age and gender-adjusted analyses showed a significant and positive association between memory score and calcium channel blockers (CCBs) use (users:  $+0.14 \pm 0.09$  versus non-users:  $-0.12 \pm 0.06$ ,  $p = 0.016$ ). Multivariate analyses also revealed that CCBs use was significantly associated with a better memory score, independently from age, male gender, WMH and carotid wall cross-sectional area, all of which were associated with worse memory scores.

**Conclusions:** In elderly hypertensive treated patients with SMC, CCBs use was associated with better memory performances independently of BP level and macro and microvascular alterations, suggesting a specific neuroprotective effect of this pharmacological class. Interventional controlled trials are required to confirm the specific protective effect of CCBs on cognitive decline.

#### P10.06

##### RESPONSES OF THE AMBULATORY ARTERIAL STIFFNESS INDEX AND OTHER MEASURES OF ARTERIAL FUNCTION TO ANTIHYPERTENSIVE DRUGS

Y. Jin<sup>1</sup>, L. Thijs<sup>1</sup>, T. Richart<sup>1,2</sup>, Y. Li<sup>3</sup>, E. Doland<sup>4</sup>, J. G. Wang<sup>3</sup>, A. Protogerou<sup>5</sup>, E. O'Brien<sup>6</sup>, J. A. Staessen<sup>1,2</sup>, M. E. Safar<sup>7</sup>

<sup>1</sup>University of Leuven, Leuven, Belgium

<sup>2</sup>Maastricht University, Maastricht, Netherlands

<sup>3</sup>Shanghai Institute of Hypertension, Shanghai, China

<sup>4</sup>Addenbrooke's hospital, Cambridge, United Kingdom

<sup>5</sup>National and Kapodistrian University of Athens, Athens, Greece

<sup>6</sup>University College Dublin, Dublin, Ireland

<sup>7</sup>Paris-Descartes University, Paris, France

**Objective:** We used antihypertensive drugs as pharmacologic tools to clarify the physiologic meaning of the ambulatory arterial stiffness index (AASI) in comparison to pulse pressures (PP), the arterio-ventricular coupling index (AVCI), and aortic pulse wave velocity (aPWV).

**Methods:** After a 4-week placebo period, 94 and 107 patients with uncomplicated hypertension were randomly assigned to treatment for one year with atenolol 50 mg/d (AT) or perindopril/indapamide 2/0.6 mg/d (PER/IND). From the individual readings in each patient's 24-hour ambulatory BP recording, we determined 24-hour systolic and diastolic BP. We computed PP as the difference between 24-hour systolic and diastolic BP, AASI as unity minus the regression slope of diastolic on systolic BP, and AVCI as  $(T/\tau)/(1+2T/3\tau)$ , where T is the heart period in seconds and  $\tau$  is the decay time of aortic BP during diastole.

**Results:** Compared to PER/IND, in patients on AT, systolic BP and PP decreased less and AVCI lengthened more ( $P \leq 0.009$ ), whereas the changes in AASI and aPWV did not differ between the two treatment groups ( $P \geq 0.25$ ). In patients with the metabolic syndrome (NCEP-ATPIII criteria), AT and PER/IND lowered systolic BP similarly, but AT lowered diastolic BP more than PER/IND. Conversely, in patients without the metabolic syndrome, PER/IND lowered systolic BP more than AT, but diastolic BP to a similar extent.

**Conclusions:** On antihypertensive drugs with a different hemodynamic profile, AASI and aPWV behaved similarly. The metabolic syndrome seems to modulate the impact of antihypertensive drugs on systolic BP and PP.

#### P10.07

##### PERINDOPRIL THERAPY IMPROVES ENDOTHELIAL FUNCTION AND ARTERIAL STIFFNESS IN HEART FAILURE WITH PRESERVED SYSTOLIC FUNCTION

Y. Osmolovskaya<sup>1</sup>, V. Mareev<sup>2</sup>, T. Balakhonova<sup>1</sup>, A. Glechan<sup>1</sup>

<sup>1</sup>Russian Cardiology Research and Production Complex, Moscow, Russian Federation

<sup>2</sup>MV Lomonosov Moscow State University, Moscow, Russian Federation

**Background:** Number of heart failure patients with preserved systolic function increases with every year, vascular load is one of the leading determinants in ventriculo-vascular coupling and ventricular function.

**Aim:** to assess endothelial function by photoplethysmography and arterial stiffness on perindopril therapy in HF patients with preserved systolic function.

**Methods:** 50 patients with exertional dyspnoe were included in the study, I-II NYHA, EF>45%, etiology of HF - hypertension, aged  $62.3(\pm 8.4)$ , female 56%, BMI  $29.9 \text{ kg/m}^2$ . Arterial stiffness was measured by applanation tonometry (Sphygmocor): carotid-femoral PWV and MAP, central pulse pressure (PP), aortic augmentation index (AIX); endothelial function was assessed by photoplethysmography using low arm occlusion, clinical status with MQLHF and 6-minutes walk-test (6MWT) at baseline and in 12-months. All patients were on perindopril therapy, start dose 4mg, mean dose 8 mg.

**Results:** 12-months therapy resulted in improvement of endothelial function, decreasing of arterial stiffness, clinical improvement. PWV decreased from 10 (8,6;11,9) to 8,8(8,1;11) ( $p=0,05$ ); endothelial function improved from  $1,25[1,09;1,52]$  to  $1,42[1,2;1,64]$  ( $p<0,05$ ), parameters of central hemodynamics changed: MAP from 105,5 (97,5;115,5) to 102(97;106) mmHg; CSBP from 145(132;152) to 130(122;138)mmHg; CDBP from 85 (79;93) to 80 (79;87)mmHg; AIX from 29,5[24,5;34,5] to 28[22;32]. Clinical status: NYHA FC from 2(1;2) to 1(1;1), MQLHF from 39,5(27;47) to 32 (24;39), 6MWT from 390(375;420) to 460(450;470).

**Conclusions:** 12-months perindopril therapy improved endothelial function, led to reduction of arterial stiffness and resulted in improvement of clinical status of diastolic HF patients, that suggests that perindopril should be considered therapeutically useful in diastolic HF treatment.

#### P10.08

##### THE BRACHIAL ARTERY ENDOTHELIAL FUNCTION UNDER THE INFLUENCE OF VASOACTIVE ANTIHYPERTENSIVE TREATMENT

O. Fedorishina, K. Protasov, A. Dzizinsky

Advanced Medical Training Institute, Irkutsk, Russian Federation

**Objective:** To investigate and compare the endothelium-dependent vasorelaxation dynamics when administering beta-blockers carvedilol, nebivolol and calcium antagonist amlodipine to patients with essential arterial hypertension (AH)

**Methods:** Ninety patients with 1-2 grades AH aged 30-55 years were studied. All patients were randomized to receive carvedilol (n=45), nebivolol (n=25) and amlodipine (n=25) in initial daily doses of 25, 5 and 5 mg respectively. In two weeks if office BP level of 140/90 mmHg was not attained the dose of medicine was doubled. In four weeks in cases of uncontrolled AH the indapamide 1.5 mg was added. The length of administering period was 8 weeks. Endothelial function (EF) was evaluated with the help of flow mediated dilation (FMD) test. The ambulatory BP monitoring (ABPM) was held.

**Results:** An average daily dose of carvedilol, nebivolol and amlodipine amounted to  $31.4 \pm 16.2$ ,  $5.7 \pm 2.4$  and  $6.4 \pm 2.6$  mg. Mean 24-h systolic and diastolic BP significantly decreased in all groups. We also observed that the degree of brachial artery FMD reliably increased by +5.5%, +1.6% and +4.6% under the influence of carvedilol, nebivolol and amlodipine respectively. At the same time the share of patients with full recovering of EF (brachial artery FMD >10%) increased significantly only in carvedilol group – from 4.5% to 27.3% ( $p_{\chi^2} = 0.004$ ).

**Conclusion:** In hypertensive patients the brachial artery endothelial function significantly increased under the influence of vasoactive antihypertensive drugs carvedilol, nebivolol and amlodipine. The greatest effect on brachial artery flow mediated dilation was observed in carvedilol group.

#### P10.09

##### HETEROGENEOUS REACTIONS OF FOREARM LARGE ARTERIES AND RESISTANCE VESSELS TO VERAPAMIL TREATMENT

D. Matisona, A. Vitols, V. Dzerve, I. Kukulis

Research Institute of Cardiology, University of Latvia, Riga, Latvia

**Objective:** Calcium channel blockers possesses vasodilating action but there is no evidence to our knowledge about vasodilating effect on different arterial vessels. The aim of this investigation was to ascertain the reactions of large arteries and precapillary resistance vessels during treatment with sustained-released Verapamil (Flamon-240 SR, Mepha Ltd).

**Design and methods:** 30 essential hypertensives (WHO II) aged between 40-65 yrs received 2 months' treatment with Flamon-240 SR 1-2 tablets daily. Blood pressure was determined auscultatory. Cardiac output (CO) and systemic vascular resistance (SVR) were derived from