



## Artery Research

ISSN (Online): 1876-4401

ISSN (Print): 1872-9312

Journal Home Page: <https://www.atlantis-press.com/journals/artres>

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### **P1.34: A HYPERTENSIVE RESPONSE TO EXERCISE INDEPENDENTLY PREDICTS CARDIOVASCULAR EVENTS AND MORTALITY: A SYSTEMATIC REVIEW AND META-ANALYSIS**

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**To cite this article:** M.G. Schultz, P. Otahal, V.J. Cleland, L. Blizzard, T.H. Marwick, J.E. Sharman (2012) P1.34: A HYPERTENSIVE RESPONSE TO EXERCISE INDEPENDENTLY PREDICTS CARDIOVASCULAR EVENTS AND MORTALITY: A SYSTEMATIC REVIEW AND META-ANALYSIS, Artery Research6:4, 160–160, DOI:

<https://doi.org/10.1016/j.artres.2012.09.071>

**To link to this article:** <https://doi.org/10.1016/j.artres.2012.09.071>

Published online: 21 December 2019

## P1.31

## INCREASED VASCULAR AGE IN TREATED HYPERTENSIVE PATIENTS WITH ELEVATED AUGMENTATION INDEX

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**Objective:** To identify clinical and vascular parameters associated with increased augmentation index (Aix) in treated hypertensive patients.

**Methods:** Hypertensive patients, aged 30–74 years, were evaluated using high-resolution ultrasonography for brachial flow-mediated dilation (FMD), EndoPat 2000 for peripheral arterial tonometry and Sphygmocor to obtain central hemodynamic parameters. Vascular age was calculated after estimating Framingham risk score. Patients (n=177) were distributed into three equal groups (n=59 each) according to Aix values: 1st tertile (T1) Aix<28%, 2nd tertile (T2) Aix 28–37%, 3rd tertile (T3) Aix>37%.

**Results:** The mean age was not different among the groups (55±11 vs 57±10 vs 58±8 years). T3 group presented significant increase in brachial SBP (139±17 vs 145±17 vs 151±22 mmHg, p=0.006), aortic SBP (126±16 vs 138±17 vs 148±24 mmHg, p<0.001), and aortic pulse pressure (41±10 vs 49±14 vs 60±21 mmHg, p<0.001). Aix obtained by EndoPat (14±13 vs 30±19 vs 30±18 %, p<0.001) and vascular age (71±16 vs 77±13 vs 78±12 years, p=0.019) were significantly greater in T2 and T3 comparing to T1. There was no significant differences in endothelial function evaluated by brachial FMD (7.5±5.1 vs 8.9±5.5 vs 9.2±6.7 %) and through reactive hyperemia index by EndoPat (1.9±0.5 vs 2.2±0.7 vs 1.9±0.4 units). Aix was not correlated to age, but was significantly correlated to vascular age (r=0.22, p=0.005), brachial SBP (r=0.21, p=0.006) and to aortic SBP (r=0.40, p<0.001).

**Conclusion:** In this population of treated hypertension, increased vascular stiffness characterized by an elevated augmentation index was associated to increased vascular age but not with worse endothelial function.

## P1.32

## GENDER DIFFERENCES RELATED TO INCREASED VASCULAR AGE IN HYPERTENSIVE PATIENTS

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**Objective:** To characterize gender differences in clinical and vascular parameters in treated hypertensive patients with increased vascular age.

**Methods:** Hypertensive patients, both genders, aged 30–74 years, were included. Brachial flow-mediated dilation (FMD) and carotid-femoral pulse wave velocity (cfPWV) were evaluated, cfPWV was normalized by mean BP (cfPWV-N). Vascular age was calculated according to Framingham Heart Study. The median of vascular age was 76 years, and subjects were divided into four groups: women with lower vascular age (LVA, <76 years, n=50) or higher vascular age (HVA, ≥76 years, n=82), men with LVA (n=26) or HVA (n=27).

**Results:** LVA men presented greater systolic BP (143±15 vs 132±16 mmHg, p<0.01) compared to LVA women, but no difference between gender was observed in HVA groups (154±15 vs 152±17 mmHg) and diastolic BP was similar in LVA (88±10 vs 88±13 mmHg) and in HVA (89±10 vs 92±14 mmHg) groups. Men with HVA presented greater cfPWV (12±2 vs 10±2 m/s, p<0.05), cfPWV-N (11±2 vs 9±2 m/s, p<0.05) compared to HVA women. FMD was significantly reduced in women when compared LVA and HVA groups (11±7 vs 6±5 %, p=0.003), but no significant difference was noted in men due to reduced values even in LVA group (8±5 vs 6±5 %, p=0.766).

**Conclusion:** In this population of treated hypertensive patients, endothelial dysfunction developed earlier in men than in women, and vascular stiffness was more exacerbated in men with higher vascular age, showing more premature and advanced vascular disease in this gender.

## P1.33

## PREDICTORS OF ARTERIAL MARKERS IN METABOLIC SYNDROME PATIENTS: ARTERIAL HYPERTENSION AND GENDER OUTBID DYSLIPIDEMIA

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**Background and aim:** Metabolic syndrome (MetS) patients are at increased cardiovascular risk, but the exact mediation of the risk remains a matter

of controversy. Various clusters of the metabolic syndrome components and other risk factors, such as advanced glycation end-products (AGE) and glycated hemoglobin (HbA1c), are considered, but large-scale studies are lacking. Therefore we aimed to investigate predictive value of MetS components and other factors on the arterial markers as a surrogate endpoint of cardiovascular risk.

**Methods:** A cross-sectional study of 3168 MetS subjects (aged 55±5, 69% women) was carried out by assessing various traditional and nontraditional cardiovascular risk factors and variety of arterial markers: intima media thickness (IMT), carotid, radial-femoral and aortic stiffness, ankle-brachial stiffness index (CAVI), endothelial function in brachial artery, finger and skin.

**Results:** The most common determinants of arterial markers by multiple linear and logistic regression analysis (p<0.05) were arterial hypertension (AH) and gender. Significant predictors of endothelial function in microcirculation predominantly were AH and glycemia-related parameters: AGE and HbA1c in finger, and fasting glucose in skin. In the brachial artery, endothelial function was predicted by age, AH and gender. Gender, AH, obesity markers, and glucose abnormalities were significant predictors of IMT and various arterial stiffness parameters. However, typical dyslipidemia remained a significant predictor of only 2 out of 14 arterial parameters assessed, namely, of IMT and CAVI.

**Conclusion:** Our study suggests that gender and hypertension, but not dyslipidemia, are the most common determinants of the variability of arterial parameters in subjects with MetS.

## P1.34

## A HYPERTENSIVE RESPONSE TO EXERCISE INDEPENDENTLY PREDICTS CARDIOVASCULAR EVENTS AND MORTALITY: A SYSTEMATIC REVIEW AND META-ANALYSIS

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**Background:** The prognostic relevance of a hypertensive response to exercise (HRE) is ill-defined in individuals undergoing exercise stress testing. The aim of this study was to conduct a systematic review and meta-analysis of published literature to determine the value of exercise BP (independent of office BP) for predicting cardiovascular (CV) events and mortality.

**Methods:** Online databases were searched for published longitudinal studies reporting exercise BP and CV event and mortality rates. Twelve longitudinal studies were identified for review with a total of 46,314 individuals free of significant coronary artery disease with total CV event and mortality rates recorded over a mean follow-up of 15.2 ± 4.0 years.

**Results:** After adjustment for age, office BP and CV risk factors, an HRE at moderate exercise intensity carried a 36% increased rate of CV events and mortality (95% CI: 1.02-1.83, p=0.039) compared to those with no HRE. Additionally, per 10 mmHg increase in exercise systolic BP at moderate intensity, there was a 4% increase in CV events and mortality, independent of office BP, age and CV risk factors (95% CI: 1.01-1.07, p=0.018). Systolic BP at maximal workload was not significantly associated with increased rate of CV outcomes, whether analysed as a categorical (HR=1.49, 95% CI: 0.90-2.46, p=0.118) or continuous (HR=1.01, 95% CI: 0.98-1.04, p=0.528) variable.

**Conclusion:** An HRE at moderate exercise intensity during exercise stress testing is an independent risk factor for CV events and mortality. This highlights the need to determine underlying pathophysiological mechanisms and appropriate management of patients with exercise hypertension.

## P1.35

## BLOOD PRESSURE VARIABILITY ASSOCIATES WITH CAROTID INTIMA-MEDIA THICKNESS BUT NOT CAROTID DISTENSIBILITY AND PULSE WAVE VELOCITY IN 1125 PARTICIPANTS

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**Background:** Controversy exists regarding the prognostic relevance of blood pressure variability. Recent evidence suggests that variability is involved in the development of atherosclerosis. We therefore investigated