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### **P3.18: COMPARISON OF STRUCTURAL AND FUNCTIONAL CAROTID AND AORTIC CHANGES IN DIABETES MELLITUS AND HYPERTENSION**

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performance and peripheral vascular parameters associate with adherence to the Med-Diet in men with erectile disorder.

**Methods:** 150 ED patients (54±12 years) underwent cardiac ultrasound examination. E' / E' ratio and LV mass index (LVMI) were obtained to assess diastolic performance and myocardial strain respectively. Carotid-femoral pulse wave velocity (PWV) was used to evaluate central arterial stiffness and augmentation index (Alx) as a measure of wave reflections. Dietary habits were evaluated through a special diet score (Med-Diet score, range 0-55). Higher values indicate greater adherence to this pattern. ED severity was assessed by an international questionnaire, the SHIM-5 score.

**Results:** Population was divided into tertiles according to Med-Diet score (high >30, intermediate: 25-30 and low ≤ 25) with no significant differences in main risk factors between them. Low Med-Diet score patients had significantly higher LVMI and E'/E' compared to intermediate and high score population. Regarding vascular performance, both PWV and Alx were inversely correlated to the Med-Diet score subgroups as well as ED severity ( $r = -0.245$ ,  $P = 0.005$ ). Associations remained significant in multivariate analysis after adjustment for age, blood pressure and lipid profile.

**Conclusion:** Low adherence to the Mediterranean type of diet charges unfavourably cardiac structure and diastolic performance as well as peripheral and central vascular physiology. Our data may clinically assist ED patients in preventing further cardiovascular damage by adopting healthier dietary habits.

### P3.16

#### CENTRAL ARTERIAL STIFFNESS AND SYSTEMIC VASCULAR RESISTANCE INFLUENCE ON LEFT VENTRICULAR GEOMETRY AND DIASTOLIC FUNCTION IN ESSENTIAL HYPERTENSION

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**Purpose:** Vascular resistance remains a key determinant of arterial hypertension and target organ damage alters morbidity of the disease. Our aim is to investigate physiology and clinical relevance of the left ventricular and systemic vascular interaction in essential hypertension patients.

**Methods:** 112 participants enrolled the study. Systolic (SBP) and diastolic blood pressure (DBP) as well as pulse pressure (PP) assessed the blood pressure load. Based on 2D echocardiography, left ventricular mass index (LVMI) and Doppler E' / E' ratio determinate ventricular geometry and diastolic performance respectively. Pulse wave velocity (PWV) was measured as determinant of central arterial stiffness and systemic vascular resistance (SVR) was calculated by the ratio of the mitral regurgitation velocity jet to the time velocity integral on the left ventricular outflow tract. We used standard Pearson correlations and bivariate regression analyses on matched pairs of surrogate variables.

**Results:** Participants demographics included mean age of 53 years old (27–74), BMI of 32 kg/m<sup>2</sup> (23–44), SBP of 142 mm Hg (137–172), and DBP of 84 mm Hg (60–110). Bivariate- $r$  values for the chosen models are shown in Table. SVR was strongly correlated with both LVMI, E'/E' and PWV (all  $P < 0.001$ ). All associations remained significant in logistic regression models after adjustment for age and BP.

**Conclusions:** LV geometry and diastolic performance are unfavorably influenced by both central arterial stiffness and systemic vascular resistance in primary hypertension. Our data reveal clinical information and interesting pathophysiology background in addition to standard BP components (SAP, DAP) in essential hypertension patients.

### P3.17

#### THE EFFECTS OF ALPHA 1-ADRENOCEPTOR-BLOCKADE BY DOXAZOSIN AND ANGIOTENSIN CONVERTING ENZYME-INHIBITION BY RAMIPRIL ON CENTRAL AND BRACHIAL BLOOD PRESSURE AND VASCULAR REACTIVITY IN MILD-TO-MODERATE HYPERTENSION: THE DOXAZOSIN RAMIPRIL STUDY

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**Objectives:** To study whether inhibition of the renin-angiotensin-aldosterone system has effects on vascular function beyond blood pressure (BP) reduction alone.

**Methods:** Mild-to-moderate hypertensive patients (age 54±12 years, 34% women) were randomized double-blind to ramipril (10 mg od, n=33) or doxazosin (8 mg od, n=28) for 12 weeks. Central BP, pulse wave velocity (PWV), and augmentation index (Alx) were assessed by applanation tonometry (SphygmoCor, AtCor Medical). Endothelial function was studied by forearm post-ischemic flow mediated vasodilatation (FMD) and pulse wave analysis with beta 2-adrenoceptor-agonist stimulation, and by skin microcirculation iontophoresis (acetylcholine and sodium nitroprusside).

**Results:** Baseline central and brachial BP were 140/89 and 148/89 mmHg, carotid and brachial pulse pressures 51 and 60 mmHg, carotid-femoral and carotid-radial PWV 8.8 and 8.9 m/s, and Alx 30.1%. Treatment induced reductions (means±SEM) in central and brachial BP (-7.9±1.1/-6.6±1.1 and -6.0±1.0/-6.8±1.1%; all  $P < 0.001$ ) with greater reductions in central BP (all  $P < 0.05$ ), carotid/brachial pulse pressure ratio (-4.7±1.7%;  $P < 0.01$ ), carotid-radial PWV (-2.9±2.0%;  $P < 0.05$ ), and Alx (-15.9±4.5%;  $P < 0.01$ ), but did not affect carotid-femoral PWV or carotid-femoral/carotid-radial PWV ratios. Ramipril induced greater changes than doxazosin in central and brachial systolic BP (-9.8±1.4 vs -5.4±1.6 and -7.9±1.3 vs -3.8±1.4%; all  $P < 0.05$ ) but central/brachial BP ratio reductions were similar. All endothelial function indices suggested normal endothelial function (eg FMD 5.5±4.1%, reflection index 0.79±0.06) with no treatment effects.

**Conclusions:** Angiotensin converting enzyme-inhibition and alpha 1-adrenoceptor-blockade similarly reduce central BP more than brachial BP and improve indices of aortic stiffness. Evidence of endothelial dysfunction might require more advanced stages of hypertensive disease.

### P3.18

#### COMPARISON OF STRUCTURAL AND FUNCTIONAL CAROTID AND AORTIC CHANGES IN DIABETES MELLITUS AND HYPERTENSION

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**Background:** It is known that age, blood pressure and diabetes mellitus are determinants of arterial stiffness. There are no studies comparing impact of hypertension and diabetes on structural and functional carotid and aortic changes.

**Aim:** The aim of the study was to evaluate structural and functional carotid and aortic changes in patients with diabetes without hypertension and patients with hypertension without diabetes.

**Materials and methods:** The study group consisted of 64 subjects without manifest cardiovascular disease (43 M and 21 F), mean age 54±10.4 years. Control group consisted of 40 healthy subjects. Patients were divided into two groups: group A with diabetes without hypertension (n=32), group B with hypertension without diabetes (n=32). From carotid arteries – ultrasound – IMT and from carotid arteries – high-resolution echo-tracking (eT) local arterial stiffness parameters were evaluated:  $\beta$ -beta,  $\epsilon$  – epsilon, AI- augmentation index, PWV  $\beta$ -one-point pulse wave velocity; also aortic stiffness parameters: aortic distensibility,  $\beta$  – aortic stiffness and aortic pressure strain elastic modulus  $\epsilon$  were calculated.

**Results:** In group A and group B mean values of IMT, eT and aortic stiffness indices were statistically significantly higher than in control group.

There was no significant differences in mean values of IMT, eT and aortic stiffness indices between two groups.

**Conclusions:** Impact of diabetes and hypertension on structural and functional carotid and aortic changes is equal.

### P3.19

#### ASSESSMENT OF CARDIOVASCULAR RISK IN HYPERTENSIVES WITH WHITE COAT EFFECT VS. PATIENTS WITH MASKED UNCONTROLLED HYPERTENSION

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**Background:** According to current ESH guidelines cardiovascular risk assessment is recommended in vast majority of patients with hypertension. However the groups of patients exist where risk assessment may be challenging.

**Aim:** The aim of our analysis was to compare risk factors, and target organ damage profiles in two groups of hypertensive patients with discrepant results in office vs. ambulatory blood pressure values.