PO-26: THE IMPLICATIONS OF POOR SLEEP QUALITY ON ARTERIAL HEALTH IN PERSONS WITH MULTIPLE SCLEROSIS

B. Shafer, S. Ranadive, T. Baynard, R. Motl, B. Fernhall

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Results: There were significant sex differences in brachial SBP, brachial DBP, aortic DBP and aortic MAP with higher values in males. However, there were no statistically significant sex differences in wave separation variables or aortic SBP during acute inflammation. Acute inflammation decreased brachial DBP, aortic SBP, and aortic MAP in both females and males. Reflected pulse pressure approached a decline in the entire cohort (p < 0.05).

Conclusions: The results suggest that blood pressure, forward and reflected pulse wave pressure exhibited similar responses in males and females during acute inflammation.

PO-25
LEFT VENTRICULAR END-SYSTOLIC ELASTANCE (ECAVI) ESTIMATED WITH CAVI
H. Yoshikawa a, N. Yamasaki a, K. Kobashi a, A. Takaku b, Y. Obata c, H. Shigemi a, T. Hamada c, K. Okafuji c, K. Shigemi a
aUniversity of Fukui, Fukui, Japan
bUniversity of Fukui Hospital, Fukui, Japan
cFukui-ken Sai-seikai Hospital, Fukui, Japan

Objective: Left ventricular end-systolic elastance (Ecavi) was estimated using the parameters measured for calculating cardio-ankle vascular index (CAVI). Mean arterial pressure (Pm) was assumed to be equal to Pes for the calculation of CAVI(2) in this study. Ees/Ea was assumed as the balance of stiffness between the end-systolic left ventricle and aorta. Left ventricular end-systolic elastance estimated with CAVI was defined as CAVI × Ees/Ea.

Results: The population showed the same results as the healthy group recruited in the user’s manual of the vascular screening system (Fig. 1); namely, normal range of CAVI was between 6.3 and 8.7. CAVI was higher in males than in females, and CAVI was slightly increased in the high aged group. Mean and standard deviation of Ecavi were 9.3 and 4.5, respectively, in all age groups, and in both males and females (Fig. 2).

Conclusion: The original left ventricular end-systolic elastance (Ees) could be estimated as Ecavi, representing CAVI × Ees/Ea, using a non-invasive vascular screening system.

References:

Figure. 1 Average of CAVI in Healthy Group.

PO-26
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B. Shafer c, S. Ranadive a, T. Baynard a, R. Mott b, B. Fernhall a
aUniversity of Illinois at Urbana-Champaign, Urbana, IL, USA
bFraternal Order of Eagles Diabetes Research Center, Carver College of Medicine, University of Iowa, Iowa City, IA, USA
cUniversity of Illinois at Chicago, Chicago, IL, USA

Objective: Multiple sclerosis (MS) is a chronic, autoimmune disease that is associated with increased risk of cardiovascular disease (CVD) when compared to the general population. Approximately 47% of patients with MS have reported poor sleep quality. Evidence supports an association between poor sleep and increased CVD risk. Augmentation index (AIx) is a marker of arterial health. The purpose was to examine the association between sleep quality and arterial health in patients with MS.

Methods: Thirty two patients with MS (Age: Mean ± SD = 47.6 ± 10.6 yrs) and 32 matched controls (47.6 ± 11.3 yrs) were administered the Pittsburgh Sleep Quality Index (PSQI) to assess self-reported sleep quality. Subjects having a global score >5 were classified as “poor sleepers.”

Results: Poor sleep quality has a negative effect on arterial health overall and in those with MS. Additionally, those with MS who report poor sleep quality have an amplified negative arterial outcome compared to patients with MS with good sleep quality and healthy controls.

PO-27
HIGHER CENTRAL AUGMENTATION PRESSURE/INDEX IS ASSOCIATED WITH TENSION-TYPE HEADACHE BUT NOT MIGRAINE IN MIDDLE-AGED/OLDER OBESE HUMANS
Grazi Kalil a,b, Ana Recobre c, William G. Haynes c, M. Bridget Zimmerman , Gary L. Pierce a

aDepartment of Health and Human Physiology, University of Iowa, Iowa City, IA, USA
bDepartment of Internal Medicine, Division of Endocrinology and Metabolism, University of Iowa, Iowa City, IA, USA
cDepartment of Neurology, University of Iowa, Iowa City, IA, USA

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