P1.24: ASSESSMENT OF RISK FACTORS IN CHRONIC AIRWAYS DISEASE EVALUATION (ARCADE)

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Conclusions: This is the first study to evaluate the progression of the systemic components of COPD over the medium to longer term. The results to date confirm previous findings of elevated PWV and increased CV risk factors. The longitudinal assessments will inform the understanding of the rate and cause of arterial stiffness and other systemic components in COPD, and may guide therapeutic interventions.

P1.25
IN OLDER ADULTS, SEDENTARY TIME IS ASSOCIATED WITH INCREASED BRACHIAL PULSE PRESSURE INDEPENDENT OF PHYSICAL ACTIVITY LEVELS AND AGE
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Background: Sedentary behaviour leads to increased blood pressure (BP), and regular physical activity reduces BP. However, the extent to which elevated BP associated with sedentary behaviour can be offset by regular physical activity is unknown, and was the aim of this study.

Methods: Study participants (n=637, aged 66.3±7.6 years; 49% male) were from the Tasmanian Older Adult Cohort Study, which was a randomly selected community sample of older men and women aged 50-79 years. Average time spent per day in sedentary behaviour (e.g. sitting/lying) and physical activity (light, moderate and vigorous intensity) was determined by accelerometers (worn over 1 week). Brachial BP was measured by automated oscillometry.

Results: The average activity levels per day were: sedentary (58±4.9 min), light (227±72 min), moderate (32.2±25 min) and vigorous (1.4±4 min) intensity. Participants in the highest tertile of sedentary time had the highest pulse pressure (PP; p=0.014) and highest prevalence of isolated systolic hypertension (p<0.001). Sedentary time was significantly associated with PP (r=0.110; p=0.005). This association remained significant on multiple regression analysis after adjustment for physical activity levels, sex, body mass index and presence of diabetes (β=0.158; p=0.005). Age was also associated with PP and this was both independent of, and partially mediated by, sedentary time.

Conclusions: The amount of time spent sedentary is independently associated with increased PP in older adults and could be one reason why PP increases with age. This suggests decreasing sedentary behaviour in older people could help to achieve better BP control, regardless of the level of physical activity.

P1.26
AORTIC PULSE VELOCITY VELOCITY IN OBSESE CHILDREN AND ADOLESCENTS
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The global childhood obesity epidemic threatens future health due to a rise in cardiovascular disease. There is a need for identifying subclinical organ damage (SOD) markers when evaluating cardiovascular risk in the young since hard end points does not/rarely exist among adolescents. Aortic pulse wave velocity (aPWV) is an established marker of SOD in adults. Furthermore, studies on adults have shown that obesity is correlated with a higher aPWV. It is uncertain whether this relationship is manifest already in the young since high aPWV is regarded as a measure of chronic change to the vasculature. The present study assesses aPWV in a cross-sectional survey where 100 obese children and adolescents, median age 12.7 years (range 10.1 to 18.9) are compared with 50 healthy gender and age matched individuals, median 12.9 years (10.3 to 17.9). Mean aPWV (SD; 95% CI) were in the obese group 4.52 m/s (0.53; 4.42 to 4.62) and in the control group 4.32 m/s (0.50; 4.17 to 4.47). Preliminary