P34: DETERMINANTS OF PERIPHERAL WAVE REFLECTION IN A LARGE TREATED HYPERTENSIVE POPULATION

Luiz Bortolotto, Eva Kosa, Nadja Mendes, Valeria Costa-Hong

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blood volume ejected by the ventricle into the aorta up to time of peak pressure and blood flow into the aorta (corresponding to the rate of ventricular ejection) up to this point. Increased flow and volume accounted for 20.1 mmHg (52%) of the 39.0 mmHg difference in PP between the upper and lower tertiles of the hypertensive subjects 1.

References

Poster Session I — Hypertension II
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DETERMINANTS OF PERIPHERAL WAVE REFLECTION IN A LARGE TREATED HYPERTENSIVE POPULATION
Lutz Bortolotto 1, Eva Kosa 2, Nadžja Mendes 2, Valeria Costa-Hong 2
1Hypertension Unity, InCor (Heart Institute), Hospital das CLinicas FMUSP, Brazil
2Hypertension Unity, InCor (Heart Institute), Hospital das CLinicas FMUSP, Brazil

Objective: To evaluate the determinants of the peripheral wave reflection measured by the second derivative of the fingertip photoplethysmogram (SDPTG) among known cardiovascular (CV) risk factors in a large treated hypertensive population.

Population and Methods: We studied prospectively 316 hypertensive patients under treatment (154 male, mean age 54 yrs) by SDPTG automatically recorded from the second digit of the right hand (Fukuda FCP-3166®). The SDPTG waveform consisted of a, b, c and d waves in systole and e wave in diastole. The heights of the a, b, c and waves were measured from the baseline, and d/a and b/a ratio were calculated. Augmentation index (AI) was defined as the ratio of the height of the late systolic peak to that of the early systolic peak; SDPTG aging index (AGI) was calculated as (b-c-d-e)/a. The CV risk factors analyzed were systolic (SBP) and diastolic (DBP) blood pressure, heart rate (HR), left ventricular mass index (LVMI), creatinine, glycemia, cholesterol, triglycerides and body mass index (BMI).

Results: In the multivariate analysis the most significative associations were: AGI: age (+, p<0.001) and SBP (+, p<0.05); b/a: age (+, p<0.001), SBP(+, p<0.01) and HR(-, p<0.01); d/a: BP (-, p<0.01), AI:SBP (+, p<0.001), HR (-, p<0.001) and BMI(-, p<0.01). When compared according BP control (-140/90 mmHg), AI, b/a and d/a ratio were significantly higher in the patients whose BP was not controlled.

Conclusion: In treated hypertensives, changes in vascular wave reflection and stiffness were influenced by age, HR, and blood pressure control, most importantly SBP.

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ARTERIAL STIFFNESS AND CHRONIC STRESS: ROLE OF GENDER — RIGIDITÀ ARTERIOSA E STRESS CRONICO: RUOLO DEL GENERE
Rachele Gherardini 1,2
1AOP, Pisa, Italy
2Department of Clinical and Experimental Medicine, University of Pisa, Pisa, Italy

Aim: Evaluate whether exposure to chronic stress is associated with early vascular aging in hypertensive patients and possible gender differences in this relationship.

Methods: Patients who recruited in a Hypertension outpatient clinic during a visit for the evaluation of subclinical organ damage. Aortic stiffness was measured as carotid-femoral pulse wave velocity (PWV) by applanation tonometry; common carotid intima-media thickness (IMT) and distensibility were evaluated by automated analysis of carotid ultrasound clips. Chronic stress was assessed using three different standardized scales: Perceived Stress Score 4 (PSS4), Depression Anxiety Stress Scale (DASS) and Chronic Stress Burden (CSB).

Results: Data from 125 patients (age 56.7 ± 12.5years) were analyzed. No significant differences were found between men and women in terms of PWV [8.90 (1.9) vs 8.55 (1.8) m/s, p = 0.14], carotid distensibility [22.34 ± 8.79 vs 21.17±8.74 kPa⁻¹, p = 0.545] and IMT (0.74 ± 0.12 vs 0.70 ± 0.13 mm, p = 0.132). Women presented significantly higher scores of PSS4 (7(3)) vs 5(3), p = 0.007) and CSB (1.42 ± 1.24 vs 0.59 ± 0.85, p = 0.004). In the linear multiple regression analysis, CSB was correlated with PWV in the general population (β = 0.37, p = 0.050) being responsible for 4% of the variance of PWV, without significant gender differences. Among the components of CBS, difficulties in relationships with someone close to the participant were associated with increased PWV only in women (p = 0.01). In a multiple regression model, this variable tended to be an independent predictor of PWV (β = 0.37, p = 0.057), responsible for 7% of the PWV variance.

Conclusions: In hypertensive patients, chronic stress burden is associated with greater arterial stiffness; in particular, stress related to difficulties in relationships seems to be associated with greater vascular stiffness only in women.

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PULSE WAVE VELOCITY (PWV) RESPONSES TO 3 MONTHS OF YOGA POSES AND RESPIRATORY CONTROL (UJJAAYI PRANAYAMA) IN HYPERTENSIVE POST MENOPAUSE WOMEN: RANDOMIZED CLINICAL TRIAL
Claúdia Fetter 1, Bruna Eibel 1, Liliana Boll 1, Eduardo Barbosa 1, Maria Claudia Irigoyen 2
1Instituto de Cardiologia/Fundação Universitária de Cardiologia, (ARDI Group), Porto Alegre, RS, Brazil
2Universidade de São Paulo (USP), São Paulo, SP, Brazil

Background: Non-pharmacological management of hypertension includes regular exercises. Yoga has been pointed as effective on treatment of hypertension. Its many aspects like yoga poses (asanas), respiratory control (pranayamas), meditation and others have not yet been assessed separately to understand its effects on cardiovascular issues. Thus, this study aims to partially clear the effects of yoga poses including exclusive muscle contraction known as bandhas (pelvic floor, core and throat), a specific respiratory technique ujjayi pranayama, whose translation is victory breath and active control group composed of stretching exercises on PWV.

Methods: Randomized trial assessing carotid femoral pulse wave velocity (cfPWV) by Compiler®. Hypertensive post menopause women (HPMW) non-obese and non-smokers randomized in 4 groups (1- yoga poses + ujjayi); 2- yoga poses, 3- stretching exercises + ujjayi, 4- stretching exercises) attending 60 minutes assisted video classes twice a week (24 sessions). Data are presented as mean± standard error (SE). Generalized estimation equation (GEE) was used to data analysis, p < 0.05.

Results: 24 women recruited, randomized, 15 concluded study (1- n=3; 2- n=6; 3- n=4; 4- n=2). Group 1 showed cfPWV at 10, 0.8 ± 0.9 mmHg; 2- 8.9 ± 0.29 mm/s; 3- 7.7 ± 0.53 m/s; 4- 8.8 ± 0.24 m/s at baseline. Post intervention presented 1- -1.8 ± 0.31 m/s p = 0.00; 2- -0.43 ± 0.25 m/s p = 0.08; 3- -1.4 ± 0.27 mmHg p = 0.00; 4- 1.4 ± 0.99 mmHg p = 0.16.

Conclusion: The present study has demonstrated an effect of respiratory control ujjayi pranayama on cfPWV after 3 months in HPMW.

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PULSE WAVE VELOCITY: DEPENDENCE ON CONTEMPORANEOUS AND HISTORICAL BLOOD PRESSURE COMPONENTS
Louise Keen, Marina Cecelja, Phil Chowienczyk
Kings College London, UK

Background: Arterial stiffness as measured by PWV along the aorta is an important determinant of cardiovascular risk. PWV is known to be dependent on contemporaneous blood pressure (BP) but its dependence on long-term history has not been established. Previous work has shown that PWV is partially clear the effects of yoga poses including exclusive muscle contraction known as bandhas (pelvic floor, core and throat), a specific respiratory technique ujjayi pranayama, whose translation is victory breath and active control group composed of stretching exercises on PWV.

Methods: Randomized trial assessing carotid femoral pulse wave velocity (cfPWV) by Compiler®. Hypertensive post menopause women (HPMW) non-obese and non-smokers randomized in 4 groups (1- yoga poses + ujjayi); 2- yoga poses, 3- stretching exercises + ujjayi, 4- stretching exercises) attending 60 minutes assisted video classes twice a week (24 sessions). Data are presented as mean± standard error (SE). Generalized estimation equation (GEE) was used to data analysis, p < 0.05.

Results: 24 women recruited, randomized, 15 concluded study (1- n=3; 2- n=6; 3- n=4; 4- n=2). Group 1 showed cfPWV at 10, 0.8 ± 0.9 mmHg; 2- 8.9 ± 0.29 mm/s; 3- 7.7 ± 0.53 m/s; 4- 8.8 ± 0.24 m/s at baseline. Post intervention presented 1- -1.8 ± 0.31 m/s p = 0.00; 2- -0.43 ± 0.25 m/s p = 0.08; 3- -1.4 ± 0.27 mmHg p = 0.00; 4- 1.4 ± 0.99 mmHg p = 0.16.

Conclusion: The present study has demonstrated an effect of respiratory control ujjayi pranayama on cfPWV after 3 months in HPMW.