P4.3: PHYSICAL ACTIVITY IS ASSOCIATED WITH LOWER ARTERIAL STIFFNESS IN OLDER ADULTS: RESULTS OF THE SAPALDIA 3 COHORT STUDY

Simon Endes*, Emmanuel Schaffner, Seraina Caviezel, Julia Dratva, Christine S. Autenrieth, Miriam Wanner, Brian Martin, Daiana Stolz, Marco Pons, Alexander Turk, Robert Bettschart, Christian Schindler, Nino Künzli, Nicole Probst-Hensch, Arno Schmidt-Truck


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Methods: From the outpatient hypertensive cohort (N = 773) two groups were chosen — (1) white coat effect patients “WCHT” with systolic office blood pressure (OSBP) > 140 mmHg, and 24-hour systolic blood pressure < 130 mmHg with normal 24-hour SBP > 130 mmHg “MHTN”. Anthropometric measurements, together with basic cardiovascular risk factors and target organ damage assessment were performed.

Results: In univariate analyses age, weight, BMI, waist circumference, as well as biochemical markers (total cholesterol, HDL, LDL-C, triglycerides, glucose levels) were comparable between the groups (P > 0.05, for all comparisons). MHTN patients presented with more pronounced target organ damage markers (eGFR, LVH, IMT) except for cPWV (11.4 vs. 9.6 m/s for WCHT vs. MHTN, respectively; P < 0.001). Nevertheless, the multivariate analysis adjusted to the levels of OSBP, HR and age showed marked attenuation of the observed PWV difference (P = 0.84 for the model).

Conclusion: Single time office pulse wave velocity measurement in white coat effect presenting patients may not be a sufficient tool for the accurate assessment of subclinical damage. Thus sequential PWV measurement or other methods should be considered in this group of patients.

P3.21 ASSOCIATIONS OF INSULIN-LIKE GROWTH FACTOR AND ITS BINDING PROTEIN-2 AND 3 WITH BLOOD PRESSURE AND ARTERIAL STRUCTURE AND FUNCTION IN HYPERTENSIVE PERIMENOPAUSAL WOMEN
Agnieszka Olzanecka 1, Kalina Kawecka-Jaszcz, Danuta Czarnecka Jagiellonian University Medical College, Ist Department of Cardiology, Interventional Electrocardiology and Hypertension, Krakow, Poland

IGFs and their binding proteins are increasingly recognized as important in understanding the pathogenesis of cardiovascular disease. During the transition from premenopause to postmenopause, many women experience weight gain, hence we hypothesized that circulating growth hormones can play a role in the pathogenesis of hypertension and subclinical organ damage in perimenopausal women. The study included 152 women with newly diagnosed, never treated hypertension and 40 normotensive age-matched controls (mean age 51.73 ± 1.82 years). In all subjects 24-hr ABPM, carotid ultrasound with measurement of intima-media thickness (IMT), and carotid-femoral pulse wave velocity (PWV) measurement (Sphygmocor) were performed. Serum levels of IGF-I, IGFBP-2 and IGFBP-3 and were measured using an immunochromat assay.

Results: Postmenopausal women (n = 91) did not differ from premenopausal (n = 99) in respect to mean arterial pressure (normotensive 85.2 ± 5.5 vs 84.4 ± 4.9 mmHg; hypertensive 99.5 ± 5.9 vs 98.8 ± 5.3 mmHg). Hypertensive women had significantly lower IGFBP-2 level than normotensive (162.8 ± 83 vs 273 ± 101 ug/l, P < 0.001), groups did not differ in IGF and IGFBP3 concentration. IGFBP2 was the independent predictor of blood pressure in the examined group. In multivariate regression analysis after adjustment to age and BMI — IGFBP2 remained significantly negatively correlated to BP (β = -0.33, P = 0.001). Odds ratio for hypertension per SD decrease in IGFBP2 was 3.43 (95% CI 1.65–7.13). IGFBP2 was independently of BP related with PWV (β = -0.22, P = 0.05) but not with IMT (β = -0.14, P = 0.22).

Conclusions: In perimenopausal women decreased IGFBP2 level may play a role in the blood pressure regulation. Further longitudinal studies are needed to elucidate the cardioprotective role of IGFBP2.

P4.1 ARTERIAL STIFFNESS IN INFLAMMATORY BOWEL DISEASE: A SYSTEMATIC REVIEW
Luca Zanoli 1,2, Stefania Rastelli 1, Jean-Philippe Empana 1, Pierre Boutouyrie 2, Stephane Laurent 2, Pietro Castellino 1
1University of Catania, Catania, Italy
2HEGP, AP-HP, INSERM U970, Paris, France

Background: Arterial stiffness is increased with chronic inflammatory disorders. The reduction of inflammation by immunomodulatory therapy is associated with a restoration of arterial function.

Objectives: To determine whether carotid-femoral pulse wave velocity (cf-PWV) is increased in subjects with inflammatory bowel disease (IBD).

Data sources. A systematic literature search for arterial stiffness in IBD was performed using PubMed and Google Scholar databases (last accessed on 11 June 2015). The search terms were “arterial stiffness,” “vascular stiffness” or “pulse wave velocity” in combination with “-inflammatory bowel disease,” “inflammatory bowel diseases,” “Crohn’s disease” or “ulcerative colitis.”

Study eligibility criteria. Inclusion criteria included peer-reviewed publications reporting original data; a minimum of 10 subjects tested; and cf-PWV measured via validated devices.

Participants. Adults with IBD.

Methods: Publications with titles or abstracts appearing to meet the inclusion criteria were selected for detailed review. These articles were reviewed by two authors according to PRISMA 2009 guidelines.

Results: A total of 9 cross-sectional studies met the inclusion criteria (234 patients with Crohn’s disease (CD), 342 with ulcerative colitis (UC) and 435 control patients). One study only included patients with UC. Arterial stiffness was significantly increased in subjects with IBD in 8 studies and slightly but not significantly increased in subjects with IBD in one study.

Conclusions: Current cross-sectional studies suggest that arterial stiffness is increased in IBD subjects. Longitudinal studies are required to confirm preliminary data showing a reversibility of arterial stiffening by anti-TNF-alpha therapy. Systematic review registration number: CRD42015017364.

P4.2 CORONARY RISK IN RELATION TO GENETIC VARIATION IN MEOX2 AND TCF15 IN A FLEMISH POPULATION
Wen-Yang Yang 1, Thibault Petit 1, Lutgard Thijs 1, Zhen-Yu Zhang 1, Lotte Jacobs 1, Azusa Hara 2, Fang-Fei Wei 1, Erika Salvi 2, Lorena Citterio 2, Yu-Mei Gu 1, Judith Knez 1, Nicholas Caumenweghs 1, Matteo Barcella 2, Cristina Barlassina 3, Paolo Manuta 1, Tatiana Kuznetsova 4, 5, Daniele Cusi 6, Peter Verhamme 7, Aernout Luttun 1, Jan Staessen 1, 4, 6
1University of Leuven, Leuven, Belgium
2University of Milan, Milan, Italy
3University Vita-Salute Raffaele, Milan, Italy
4Maasdricht University, Maastricht, The Netherlands
5Maasdricht University, Maastricht, The Netherlands

Aims: In mice, MEOX2/TCF15 heterodimers are highly expressed in heart endothelial cells and are involved in the transcriptional regulation of lipid transport. We investigated whether coronary heart disease (CHD) in humans is associated with variation in these genes.

Methods and results: In 2027 participants enrolled in the Flemish Study on Environment, Genes and Health Outcomes (51.0% women; mean age 43.6 years), we genotyped SNPs in MEOX2 and TCF15, measured baseline cardiovascular risk factors, and recorded CHD incidence. Over 15.2 years (median), CHD occurred in 106 participants. For SNPs, we contrasted minor-allele heterozygotes and homozygotes (variant) vs. major-allele homozygotes (reference) and for haplotypes carriers vs. non-carriers. Sex- and age-standardised CHD rates were higher in MEOX2 rs10777, rs12056299, rs7877043, rs4532497, rs1050290 variants, in MEOX2 GTCGGC haplotype carriers (prevalence, 16.5%), but lower in MEOX2 rs6990506 variants (P < 0.04, adjusted for multiple testing). In multivariable-adjusted analyses, the corresponding hazard ratios were > 1.50 (P < 0.049), 1.77 (P = 0.0054) and 0.62 (P = 0.025), respectively. None of four TCF15 SNPs was associated with coronary risk (P ≥ 0.29). However, CHD risk associated with MEOX2 rs4532497 was confined to TCF15 rs12624577 variant allele carriers (P for interaction = 0.011). The MEOX2 GTCGGC haplotype significantly improved the prediction of CHD and beyond traditional risk factors and was associated with similar population-attributable risk as smoking (18.7% vs. 16.2%).

Conclusions: In randomly recruited Flemish, genetic variation in MEOX2, but not TCF15, is a strong predictor of CHD. Further experimental studies should elucidate the underlying molecular mechanisms.

P4.3 PHYSICAL ACTIVITY IS ASSOCIATED WITH LOWER ARTERIAL STIFFNESS IN OLDER ADULTS: RESULTS OF THE SAPALDIA 3 COHORT STUDY
Simon Endes 1, 2, Emmanuel Schaffner 3, 4, Seraina Caviezel 1, 2, Julia Dratva 1, 2, Christine S. Autenrieth 1, 4, Miriam Wanner 1, Brian Martin 4, Daiana Stolz 5, Marco Pons 6, Alexander Turk 7, Hensch 2, 3, Arno Schmidt-Trucksa¨ss 1
1University of Basel, Basel, Switzerland
2Swiss Tropical and Public Health Institute, Basel, Switzerland
3University of Basel, Basel, Switzerland
4Physical Activity and Health Working Unit, Institute of Social and Preventive Medicine, University of Zurich, Zurich, Switzerland

Background: The association between physical activity and arterial stiffness remains uncertain. In the SAPALDIA 3 study in older Swiss citizens, arterial stiffness was measured using a validated pulse wave velocity (PWV) method.

Methods: A total of 9,791 participants, 51% female, mean age 77 years, were included in the study. Arterial stiffness was measured using the carotid-femoral PWV (cPWV) method. The association between physical activity and arterial stiffness was tested using linear regression analysis, adjusted for age, gender, and other covariates.

Results: In the adjusted analysis, the mean cPWV was 8.0 ± 2.9 cm/s. Physical activity was positively associated with arterial stiffness (β = 0.02, P < 0.01). The association was stronger in women (β = 0.03, P < 0.01) than in men (β = 0.01, P < 0.05).

Conclusions: Physical activity is positively associated with arterial stiffness in older adults. These findings suggest that physical activity may have a protective effect on arterial stiffness and cardiovascular health.
Abstracts

P.4.4
INHIBITION OF ARTERIAL CALCIFICATION BY MATRIX GLA PROTEIN AS DETERMINANT OF RENAL FUNCTION IN THE GENERAL POPULATION

Fangfei Wei 1,2, Nadja E. A. Drummens 1, Lotgarde Thijs 1, Lotte Jacobs 1, Marjo H. J. Knappen 1, Thibaut Petit 1, Wenyi Yang 1, Zhenyu Zhang 1, Elena Zheleznyak 4, Natalya Kulikova 4, Maria Lorenza Muiesan 3, Giuseppe Mule` 3, Elena Zhlebnjak 1, Anna Konradi 4, Viktoria Korneva 4, Yulia Kotovskaya 4.

Background: Carboxylation of matrix Gla protein (MGP), a vitamin K dependent protein, activates the protein to a powerful inhibitor of arterial calcification. Circulating dephosphorylated and uncarboxylated MGP (dp-ucMGP) and total uncarboxylated MGP (t-ucMGP) are associated with macrovascular disease. The association with microcirculatory disease remains unknown.

Methods: In 1174 randomly recruited Flemish (51.4% women; mean age, 38.2 years), we studied the estimated glomerular filtration rate (eGFR) and microalbuminuria, as prototypes of microcirculatory traits, in relation to dp-ucMGP and t-ucMGP. In multivariable linear and logistic regressions, we expressed effect sizes for a doubling of the biomarkers, while accounted for anthropometric characteristics, lifestyle, risk factors and use of medications.

Results: Among all participants, geometric means of dp-ucMGP and t-ucMGP were 3.68 mg/L and 45.2 mg/L, respectively. In relation to dp-ucMGP (figure), eGFR decreased by 1.57 mL/min/1.73 m2 (p = 0.015), while the risk of renal dysfunction (eGFR <60 mL/min/1.73 m2) increased by 19% (p = 0.022) with a 43% trend in the same direction (p = 0.069) for microalbuminuria (albumin-to-creatinine ratio ≥3.5 mg/mmol in women and ≥2.5 mg/mmol in men). In relation to t-ucMGP (figure), eGFR increased by 1.89 mL/min/1.73 m2 (p = 0.041) with no changes in the risks of renal dysfunction or microalbuminuria (p=0.12).

Conclusion: In the general population, eGFR is inversely correlated with dp-ucMGP, a marker of vitamin K deficiency, whereas the opposite is the case for t-ucMGP, a marker of prevalent arterial calcification.

P.4.5
VASUCAL HEALTH ASSESSMENT OF THE HYPERTENSIVE PATIENTS (VASOTENS) REGISTRY: RATIONAL, DESIGN AND METHODS OF AN INTERNATIONAL REGISTRY FOR AMBULATORY BLOOD PRESSURE AND ARTERIAL STIFFNESS TELEMONITORING

Stefano Omboni 1,2, Igor N. Posokhov 1,3, Gianfranco Parati 1, Anatoli Rogozha 1, Alberto Avolio 1, Ernesto Cardona Muñoz 6, Lorenzo Ghidoni 2, Vladimir Gorbonov 6, Elena Grigorieva 4, Alexandra Konradi 1, Viktoria Korneva 4, Yulia Kotovskaya 4, Natalya Kulikova 4, Maria Lorenza Muiesan 3, Giuseppe Mule` 3, Elena Zhlebnjak 1, Anna Konradi 4, Viktoria Korneva 4, Yulia Kotovskaya 4.

Background: Ambulatory (A) blood pressure (BP), central BP and pulse wave velocity (PVW) are parameters recommended by hypertension guidelines for estimating BP control and vascular impairment. Recent advances in technology made available devices allowing combined non-invasive estimation of these parameters over the 24-h during ABPM. However, at present, there is limited evidence on the usefulness of such an approach for routine hypertension management.

Objective: We recently launched an investigator-initiated, international, multicenter, observational, prospective study aiming at: i) evaluating non-invasive 24-h ABP and arterial stiffness estimates (through 24-h pulse wave analysis, PWA) in hypertensive subjects; ii) assessing the changes in estimates following treatment; iii) weighing the impact of 24-h PWA on target organ damage and cardiovascular prognosis; iv) assessing the relationship between arterial stiffness, BP absolute level and variability, and prognosis.

Methods: Approximately 2000 subjects, referred to 20 hypertension clinics for routine diagnostic evaluation and follow-up of hypertension, will be recruited. Data collection will include ABPM, performed with a device allowing simultaneous non-invasive assessment of BP and arterial stiffness (BP Lab), and clinical data (including cardiovascular outcomes). A web-based telemedicine platform will be used for data collection. Subjects will visit the centers at 6-12 month intervals. First follow-up results are expected to be available in the next 2-years.

Conclusions: The results of the VASOTENS Registry will help defining the normalcy thresholds for current and future indices derived from 24-h PWA, according to outcome data. They will also provide supporting evidence for the inclusion of such evaluation in recommendations on hypertension management.

P.4.6
GREATER CAROTID CIRCUMFERENTIAL WALL STRESS IS ASSOCIATED WITH INCIDENT CARDIOVASCULAR DISEASE IN INDIVIDUALS WITH TYPE 2 DIABETES – THE HOORN STUDY

Veronica Onete 1,2, Ronald Henry 1,3, Miranda Schram 1, Jacqueline Dekker 2, Giel Nijpels 1,2, Coen Stehouwer 1,2.

1MUMC (CARIM), Maastricht, The Netherlands; 2UMC (EMGO), Amsterdam, The Netherlands.

Background: Arterial remodeling is an adaptive phenomenon aimed at maintaining circumferential wall stress (CWS) within operating limits. It is characterized by widening of the inter-adventitial diameter (IAD) and increases in intima-media thickness (IMT). This process is maladaptive when exceeding normalcy thresholds for current and future indices derived from 24-h PWA, according to outcome data. They will also provide supporting evidence for the inclusion of such evaluation in recommendations on hypertension management.

Introduction: Arterial remodeling is an adaptive phenomenon aimed at maintaining circumferential wall stress (CWS) within operating limits. It is characterized by widening of the inter-adventitial diameter (IAD) and increases in intima-media thickness (IMT). This process is maladaptive when exceeding normalcy thresholds for current and future indices derived from 24-h PWA, according to outcome data. They will also provide supporting evidence for the inclusion of such evaluation in recommendations on hypertension management.