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### **P76: CAROTID THERMAL HETEROGENEITY AND DYSLIPIDEMIA: THE HEAT IS ON**

Iosif Koutagiar, Charalambos Vlachopoulos, Dimitrios Terentes-Printzios, Ioannis Skoumas, Evangelia Sigala, Vasiliki Gardikioti, Stavroula Pantou, Angeliki Rigatou, Nikolaos Ioakeimidis, Christos Georgakopoulos, Nikitas-Alexandros Skliros, Georgios Benetos, Spiros Galanakis, Dimitrios Tousoulis

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## P73

#### AORTIC BUT NOT PERIPHERAL PULSE WAVE VELOCITY IS IMPROVED AFTER HEART RATE TARGETED AEROBIC PHYSICAL TRAINING IN METABOLIC SYNDROME SUBJECTS

Ieva Slivovskaja, Jurate Balsyte, Ligita Ryliskyte, Jolita Badariene, Rokas Navickas, Aleksandras Laucevicus  
 Vilnius University, Faculty of Medicine, State Research Institute Centre For Innovative Medicine, Vilnius, Lithuania

**Objective:** To evaluate the response of aortic and peripheral arterial stiffness parameters to heart rate (HR) targeted exercise training in metabolic syndrome (MS) subjects.

**Methods:** This cohort study included 170 individuals with MS (mean age  $53.3 \pm 6.9$  years, 55% women). The subjects were recruited using a 1:1 random sampling method and divided into intervention aerobic physical training (aPT) and control groups. Intervention group subjects participated in a 2-month duration HR targeted aPT programme. Subjects in both groups were investigated at baseline and after 2 months. Arterial stiffness parameters, such as aortic carotid–femoral pulse wave velocity (cfPWV), peripheral carotid-radial pulse wave velocity (crPWV) and aortic augmentation index, mean blood pressure in the aorta (MBP) were evaluated.

**Results:** After 2 months of aPT aortic stiffness decreased indicated by the reduction of cfPWV by 0.54 m/s (6.33 %, p0.05). Using a regression tree method the highest improvement of arterial wall after aPT was achieved when initial cfPWV was  $>10.1$  m/s ( $-2.31 \pm 1.15$  m/s) and cut-off value for positive effect was 8.6 m/s.

**Conclusions:** After 2 months of aPT arterial stiffness improved only in reduction of cfPWV and MBP. Therefore, it would be reasonable to measure cfPWV rather than crPWV in order to evaluate the aPT effect on arterial wall function in MS patients.

## P74

#### SLEEP QUALITY IS ASSOCIATED WITH CEREBROVASCULAR FUNCTION IN INDIVIDUALS WITH MULTIPLE SCLEROSIS

Georgios Grigoriadis<sup>1</sup>, Alexander J. Rosenberg<sup>2</sup>, Sang Ouk Wee<sup>3</sup>, Elizabeth C. Schroeder<sup>2</sup>, Garrett Griffith<sup>2</sup>, Tracy Baynard<sup>2</sup>

<sup>1</sup>University of Illinois at Chicago, Chicago, IL, USA

<sup>2</sup>University of Illinois at Chicago, Chicago, IL, USA

<sup>3</sup>California State University, San Bernardino, San Bernardino, CA, USA

**Introduction:** Individuals with multiple sclerosis (MS) exhibit impaired cerebrovascular function and have poor sleep quality. In the general population, poor sleep contributes to cerebrovascular dysfunction and is related to cardiovascular disease (CVD). Improving sleep quality may have beneficial effects in preventing CVD; however, the relationship between sleep quality and cerebrovascular function in MS has not been examined.

**Purpose:** To examine the effect of sleep quality on cerebrovascular function in individuals with MS.

**Methods:** Sixteen individuals with MS had sleep quality assessed with the Pittsburgh Sleep Quality Index. Individuals were categorized as having poor sleep quality (n = 6, score  $>5$ ) or good sleep quality (n = 10, score  $\leq 5$ ). Cerebrovascular function was assessed via transcranial Doppler ultrasound with the following hemodynamic outcomes: mean middle cerebral artery velocity (mMCAv), pulsatility index (PI), and resistance index (RI). An automated blood pressure cuff was used to measure baseline blood pressure (systolic, diastolic, mean (SBP, DBP, MAP)) and heart rate in a seated position. End-tidal CO<sub>2</sub> (EtCO<sub>2</sub>) was measured by gas capnography.

**Results:** Those with poor sleep quality had greater PI and RI, and lower mMCAv compared to those with good sleep quality (p $<0.05$ , table 1). No group differences were seen for weight, height, BMI, CO<sub>2</sub>, or hemodynamic variables.

**Conclusion:** Our results suggest that individuals with MS with poor sleep quality have worsened indicators of cerebrovascular function. Therefore, sleep quality may be related to the elevated CVD risk in individual with MS, and it should be assessed in future studies evaluating cerebrovascular function in MS, including intervention studies.

## Poster Session I – Pathophysiology

## P75

#### DIFFERENTIAL ELASTIN DEGRADATION AND MICROMECHANICAL PROPERTIES IN ASCENDING AORTIC ANEURYSM GROUPS: STATISTICAL MODELLING

Ya Hua Chim<sup>1</sup>, Hannah Davies<sup>2</sup>, Francesco Diaz De la O<sup>3</sup>, Mark Field<sup>4</sup>, Jill Madine<sup>2</sup>, Riaz Akhtar<sup>1</sup>

<sup>1</sup>School of Engineering, University of Liverpool, Liverpool, UK

<sup>2</sup>Institute of Integrative Biology, University of Liverpool, Liverpool, UK

<sup>3</sup>Institute for Risk and Uncertainty, University of Liverpool, Liverpool, UK

<sup>4</sup>Department of Cardiac Surgery, Liverpool Heart and Chest Hospital, Liverpool, UK

**Background:** Elastin microstructure is an important factor in aortic aneurysms. However, it is unclear whether elastin microstructure varies in different ascending aneurysm aetiologies, and how this relates to micromechanical behaviour. Objective to combine in vitro experimentation and statistical modelling to distinguish between ascending aortic aneurysm groups; bicuspid aortic valve with associated aneurysm (BAV) and idiopathic degenerative aneurysm (DA). The role of micromechanical and biochemical properties as risk factors was explored.

**Methods:** Aortic biopsies were taken from patients undergoing BAV or DA aneurysmal repair (n = 30). Oscillatory nanoindentation was applied to the medial layer [1]. The same tissues were chemically or enzymatically digested and measured for collagen, elastin and glycosaminoglycan (GAG) levels using hydroxyproline, fastin elastin kit and 1-9 dimethylmethylene blue respectively. Elastic fibre numbers and length were measured from Verhoeff-Van Gieson stained images. All measured data and patient clinical characteristics were analysed using least absolute shrinkage and selection operator (LASSO) regression.

**Results:** Micromechanical properties of BAV tissue was found to be significantly higher than DA tissue (p < 0.001). Similarly, this significant trend was also noted for GAG (p = 0.004) and collagen levels (p = 0.02). Although elastin levels were not significant, an increase in the number of long fibres was observed in BAV tissue (p = 0.02).

**Conclusions:** LASSO regression showed that micromechanical and elastin properties were unique predictors for BAV, whereas age, gender, collagen and preoperative aortic diameter were unique for DA. Our statistical approach is the first to show that ascending aortic aneurysm groups can be distinguished using novel in vitro measurements.

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## P76

#### CAROTID THERMAL HETEROGENEITY AND DYSLIPIDEMIA: THE HEAT IS ON

Iosif Koutagiari, Charalambos Vlachopoulos, Dimitrios Terentes-Printzios, Ioannis Skoumas, Evangelia Sigala, Vasiliki Gardikioti, Stavroula Pantou, Angeliki Rigatou, Nikolaos Ioakeimidis, Christos Georgakopoulos, Nikitas-Alexandros Skliros, Georgios Benetos, Spiros Galanakis, Dimitrios Tousoulis  
 Hippokrateion Hospital, Medical School University of Athens, Athens, Greece

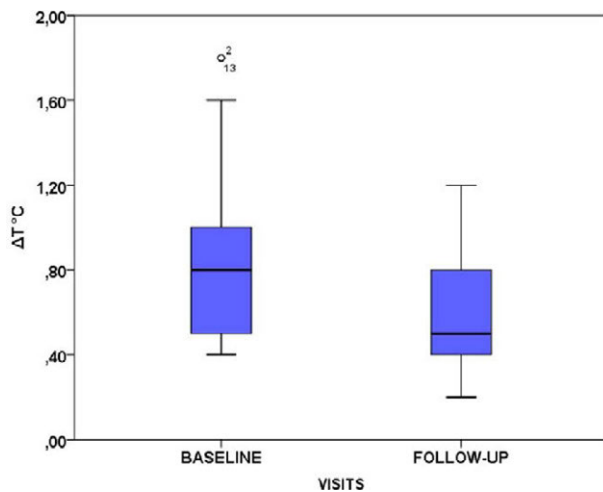
**Background:** Microwave Radiometry (MWR) is a new validated method, which allows evaluation of thermal heterogeneity of carotid arteries and is associated with inflammation. Purpose: The aim of this pilot study was to determine if thermal heterogeneity in the carotid arteries is associated with aortic elastic properties in patients with dyslipidemia and whether treatment for dyslipidemia affects thermal heterogeneity.

**Method:** Twenty-nine patients with dyslipidemia (mean age  $42 \pm 13$  years, range 22–75, 19 men) without known cardiovascular disease, underwent assessment of carotid thermal heterogeneity (temperature difference- $\Delta T$ ) using MWR. Mean common carotid intima-media thickness (CIMT) was also assessed. Twenty-one patients were treated for 6 months with statin or/and ezetimibe and thermal heterogeneity was assessed after treatment.

**Results:** There was a positive correlation between  $\Delta T$  and CIMT (r = 0.474, p = 0.009). In multivariate regression analysis, after adjustment for potential confounders such as age, sex, mean blood pressure and body-mass index, CIMT showed a positive correlation with  $\Delta T$  in carotid arteries (Adjusted R<sup>2</sup> = 0.258, p = 0.048). Thermal heterogeneity after 6 months

of treatment was reduced statistically significant ( $0.88 \pm 0.42$  to  $0.58 \pm 0.29$  °C,  $p = 0.021$ ) (Image).

**Conclusion:** In a group of patients with dyslipidemia thermal heterogeneity in the carotid arteries was positively associated with carotid subclinical atherosclerosis. Moreover, dyslipidemia treatment reduced thermal heterogeneity after a short-term period, implying a beneficial effect of treatment on thermal heterogeneity.



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#### TARGETED LIPIDOMICS OF ARTERIAL STIFFNESS AND HEMODYNAMICS IN ATHEROSCLEROSIS

Kaido Paapstel, Jaak Kals, Jaan Eha, Kaspar Tootsi, Aigar Ottas, Anneli Piir, Mihkel Zilmer  
University of Tartu, Tartu, Estonia

**Objectives:** This study examined relationships between lipidomic profile, arterial function and hemodynamics in coronary artery disease (CAD) patients, peripheral arterial disease (PAD) patients and healthy controls.

**Methods:** We studied 52 patients with CAD, 32 patients with PAD, and 40 apparently healthy controls. Serum levels of 40 acylcarnitines, 76 phosphatidylcholines (PC) and 14 lysophosphatidylcholines (lysoPC) were determined with the AbsoluteIDQ™ p180 kit (BIOCRATES). Arterial applanation tonometry (Sphygmocor, Atcor Medical) was used for pulse wave analysis and carotid-femoral pulse wave velocity (cf-PWV) assessments.

**Results:** 1) Acylcarnitine profile (CAD patients vs healthy subjects): elevated levels of C16:1, C18:1, C3-DC(C4-OH), PC aa C40:6, Met-50/Met were observed in the CAD group compared to the healthy controls. Cf-PWV showed positive correlations with C14, C16:1, (C2 + C3)/C0, C2/C0 and the CPT-1 ratio for the CAD group. Moreover, PCA-derived factor 3 (acylcarnitines) proved to be an independent determinant of cf-PWV for these patients. 2) PC and lysoPC profiles (CAD patients vs PAD patients vs healthy subjects): decreased serum levels of several PC and lysoPC species (PC aa C28:1, PC aa C30:0, PC aa C32:2, PC ae C30:0, PC ae C34:2, lysoPC a C18:2) were observed for both patient groups in comparison to the healthy controls. Further, a considerable number of PCs and lysoPCs were inversely related to either cf-PWV, heart rate, asymmetric dimethylarginine (ADMA) or ADMA/arginine only for patients.

**Conclusions:** In addition to classical lipid-related cardiovascular risk markers, intermediates of lipid metabolism may serve as novel indicators for altered vascular function and hemodynamics.

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#### PRESSURE-INDEPENDENT ROLE OF THE AUTONOMIC NERVOUS SYSTEM IN THE REGULATION OF ARTERIAL STIFFNESS IN SUBJECTS WITH ESSENTIAL HYPERTENSION

Luca Faconti, Bushra Farukh, Philip J. Chowienzyk  
King's College London, UK

**Objective:** To test if arterial stiffness (AS) can be modulated by the autonomic nervous system (ANS) independently of blood pressure (BP) in hypertensive patients.

**Material and methods:** AS was measured by carotid-femoral pulse wave velocity (cfPWV) using the SphygmoCor device (AtCor Medical, Australia). Mean arterial pressure (MAP) was obtained by pulse-wave analysis of the radial artery and ANS activity was estimated by heart rate variability (HRV) as log-ratio of low-frequency/high-frequency heart rate components (Schiller Medilog AR12plus, United States) in hypertensive subjects ( $n = 43$ , 17 female, mean  $\pm$  SD age  $45 \pm 13$  years, brachial BP  $145 \pm 17/87 \pm 10$  mmHg) at rest. All measurements were subsequently repeated during supervised device-guided paced breathing (DGB) and reduction of cardiac pre-load by lower limb venous occlusion (LVO). These interventions, which are known to decrease and increase sympathetic activity, were performed in random order.

**Results:** DGB reduced HRV by 0.14 [0.07, 0.20] (Mean [95% confidence intervals]) and LVO increased HRV by 0.13 [0.08, 0.18] (both  $P < 0.05$ ). DGB reduced cfPWV by 1.3 [0.9, 1.6] m/s alongside with a reduction in MAP of 6.6 [5.1, 8.1] mmHg (both  $P < 0.01$ ). By contrast, LVO increased cfPWV by 1.0 [0.6, 1.4] m/s ( $P < 0.01$ ), despite a fall in MAP of 1.5 [0.2, 2.7] mmHg ( $P < 0.05$ ). The difference between effects of DGB and LVO on cfPWV was significant whether adjusted or unadjusted for change in MAP ( $P < 0.05$ ).

**Conclusion:** Despite BP-lowering effects, DGB and LVO had opposite effects on HRV and cfPWV. This suggest that the autonomic nervous system has a pressure-independent role in the regulation of AS in hypertension.

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#### AORTIC VISCOELASTIC PROPERTIES AND ALTERED ELECTROMECHANICAL CARDIO-AORTIC CONNECTION IN PATIENTS WITH CARDIAC AMYLOIDOSIS

Lucia Salvi<sup>1</sup>, Paolo Salvi<sup>2</sup>, Andrea Grillo<sup>2</sup>, Stefano Pertini<sup>1</sup>, Gianfranco Parati<sup>3</sup>

<sup>1</sup>Department of Internal Medicine, IRCCS Policlinico San Matteo Foundation University of Pavia, Pavia, Italy

<sup>2</sup>Department of Cardiovascular Neural and Metabolic Sciences, Istituto Auxologico, Italiano, Italy

<sup>3</sup>Department of Cardiovascular Neural and Metabolic Sciences, Istituto Auxologico, Italiano, Italy

**Background:** Cardiac amyloidosis (CA) is an infiltrative disorder caused by deposition of amyloid fibrils in the myocardial extracellular matrix. A wide scientific literature regarding amyloid heart disease is available, but no data about aortic viscoelastic properties. This studio has the aims to start filling this gap.

**Methods:** 129 outpatients attending the Pavia Amyloid Center were enrolled, 66 of them affected by cardiac amyloidosis. Arterial applanation tonometry (PulsePen, DiaTecne, Milan, Italy) was performed to calculate carotid-to-femoral pulse wave velocity (PWV) as index of aortic stiffness. Carotid pressure wave was calibrated with oscillometric brachial blood pressure (BP) to obtain central BP, pulse pressure amplification (PPA) and augmentation index (Aix). Tonometric data were related to biochemical parameters, clinical data and treatment. Populations with and without cardiac involvement (NCA) were compared.

**Results:** There is no difference in Carotid-femoral PWV in the two groups ( $p = 0,749$ ), PPA was significantly reduced in CA subjects ( $p = 0,0010$ ). CA subjects had lower both peripheral pressure values and central ones. No significant differences in central pulse pressure ( $p = 0,684$ ), and Aix ( $p = 0,1518$ ) were found Heart rate is significantly higher in CA ( $p = 0,0010$ ). In these patients, isovolumic contraction time is prolonged ( $p = 0.0120$ ), and the ejective period is reduced ( $p < 0.0001$ ).

**Conclusions:** Amyloid cardiopathy strongly impairs cardiac function without significantly alteration in aortic function. In other words, in CA there is an altered electromechanical cardio-aortic connection, with preserved aortic properties. Significantly reduced central and peripheral pressure values could be caused by the inability of the heart to develop a proper post load.

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#### ANALYSIS OF ENDOTHELIAL FUNCTION IN MALE STUDENTS IN SOUTHERN BRAZIL: THE ROLE OF PHYSICAL ACTIVITY

Marcos Paulo Camboim<sup>1</sup>, Bruna Eibel<sup>1</sup>, Lucia Pallanda<sup>2</sup>, Salvador Neto<sup>3</sup>, Gustavo Waclawovsky<sup>3</sup>, Vitor Kunrath<sup>3</sup>

<sup>1</sup>Institute of Cardiology/University Foundation of Cardiology of Rio Grande do Sul (IC/FUC), Porto Alegre, Brasil