Arterial Stiffness: The reality facts from the practice

Introduction and Problem: Theoretically, arterial stiffness is one of the major signs of arterial calcifications associated with arterial hypertension. Researchers have reported that arterial stiffness is related to vascular age, more important than biological age. The purpose of this study is to describe our experience in understanding the clinical importance of arterial stiffness in relation to blood pressure and cardiovascular risk factors.

Methodology & Theoretical approach: An inter and intra observation study using all parameters relevant to arterial stiffness change was utilized during participant observation, patient demographics and cardiovascular risk factors, peripheral blood pressure, central blood pressure, pulse and pulse pressure, hemodynamics and all significant arterial stiffness parameters. All measurements were made on apparatus Agedio. About 220 subjects were screened.

Results: Our preliminary results have shown that the blood pressure was the major cause of the arterial stiffness values and variability of the vascular aging. Other risk factors had a certain influence, but not as the major determinants. The antihypertensive treatment had a significant impact on decreasing the arterial stiffness measures and indexes.

Conclusion & Significance: The arterial stiffness data obtained from this study are not constant parameter, rather are the reflection of changeable values depending on the blood pressure measures and treatment options. These recommendations should help in better understanding of aging process and vascular arteriosclerosis.

Biography

Sekib Sokolovic is Professor of Internal Medicine at Medical Faculty of Sarajevo and Director of the Excellence Center in Hypertension in the Clinic for heart, blood pressure and rheumatic diseases at University Clinical Center Sarajevo, Bosnia and Herzegovina. As European Hypertension Specialist, his major interests are arterial hypertension and provide expertise in arterial stiffness, evaluation improving the health and wellbeing of hypertensive patients. He is Fellow of the European Society of Cardiology and national Director in cardiology training and education on behalf of the National Cardiac Society. He serves as the pioneer in the arterial stiffness, also for vitamin D and arterial calcifications in his country and he is internationally recognized speaker in this field.

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