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CME

Impaired Resting Myocardial Annular Velocities Are Independently Associated With Mental Stress–Induced Ischemia in Coronary Heart Disease

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CME Objective for This Article: After reading this article the reader should understand: 1) the prevalence

and clinical importance of mental stress induced ischemia as well as previously established demographic characteristics associated with its occurrence; 2) the generally accepted criteria for detection of mental stress induced ischemia; and 3) the relationship between annular myocardial velocities and the development of mental stress induced ischemia.

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OBJECTIVES The aim of this study was to investigate the association between resting myocardial function as assessed by tissue Doppler myocardial velocities and the propensity to develop mental stress–induced ischemia (MSIMI).

BACKGROUND Tissue Doppler myocardial velocities detect preclinical cardiac dysfunction and clinical outcomes in a range of conditions. However, little is known about the interrelationship between myocardial velocities and the propensity to develop MSIMI compared with exercise stress–induced myocardial ischemia.

METHODS Resting annular myocardial tissue Doppler velocities were obtained in 225 patients with known coronary heart disease who were subjected to both conventional exercise stress testing as well as a battery of 3 mental stress tests. Diastolic early (e') and late (a') as well as systolic (s') velocities were obtained, and the eas index, an integrated measure of myocardial velocities, was calculated as $e'/(a' \times s')$. MSIMI was defined as: 1) the development or worsening of regional wall motion abnormality; 2) a reduction in left ventricular ejection fraction $\geq 8\%$; and/or 3) ischemic ST-segment changes during 1 or more of the 3 mental stress tests.

RESULTS A total of 98 of 225 patients (43.7%) exhibited MSIMI. Patients developing MSIMI had significantly lower s' (7.0 \pm 1.7 vs. 7.5 \pm 1.2, p = 0.016) and a' (8.9 \pm 1.8 vs. 10.0 \pm 1.9, p < 0.001) at baseline, whereas e' did not differ (6.5 \pm 1.7 vs. 6.5 \pm 1.8, p = 0.85). Furthermore, the eas index was significantly higher (0.11 \pm 0.04 vs. 0.09 \pm 0.03, p < 0.0001). The eas index remained significantly associated with the propensity to develop MSIMI (odds ratio per 0.05-U increase: 1.85; 95% confidence interval: 1.21 to 2.82; p = 0.004) after adjustment for resting left ventricular ejection fraction, resting wall motion index score, sex, and social circumstances of living. There was no association between resting eas index and exercise stress–induced myocardial ischemia.

CONCLUSIONS MSIMI but not exercise stress-induced myocardial ischemia is independently associated with resting abnormalities in myocardial systolic and late diastolic velocities as well as the integrated measure of the eas index in patients with known coronary artery disease. (Responses of Myocardial Ischemia to Escitalo-pram Treatment [REMIT]; NCT00574847) (J Am Coll Cardiol Img 2014;7:351–61) © 2014 by the American College of Cardiology Foundation

ental stress-induced myocardial ischemia (MSIMI) is prevalent in patients with coronary artery disease (CAD) (1,2) and portends adverse outcome independently of traditional risk factors in this population (3). Several studies have demonstrated distinct physiological alterations coupling mental stress to cardiovascular changes, such as dynamic reductions in coronary blood flow demonstrated during mental stress in patients with CAD (4,5) and exaggerated catecholaminergic response during mental stress with increased systemic vascular resistance, opposite of the pattern seen during exercise (6). Recently, treatment with escitalopram has been demonstrated to reduce the rate of MSIMI in patients with CAD in the REMIT (Responses of Myocardial Ischemia to Escitalopram Treatment) trial (7).

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