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Beta stiffness index in euthyroid subjects: The role of free thyroxin

A rterial stiffness is an important prognostic factor for cardiovascular mortality in patients with blood hypertension and in the general population. Recent studies showed that disorders of thyroid gland are associated with an increased aortic stiffness, although results are not univocal. The effects of free thyroxin on vascular physiology at common carotid level are less studied. Our study aimed to test the association between free thyroxin and thyrotropin and beta stiffness index at common carotid level in a cohort of euthyroid patients. This study included 5385 euthyroid patients (2964 women) aged 14-102 years. Stepwise regression analysis was used to test the association between thyroid hormones and beta stiffness index, the latter as dependent variable. We found that beta stiffness index had a direct and positive association with free thyroxin level, after adjusting for the confounder's age, systolic and diastolic blood pressure, body mass index, triglycerides and smoke. Our results suggested that higher level of free thyroxin, even in euthyroid subjects, could have a detrimental effect of arterial stiffness at common carotid level. Further longitudinal studies are required to understand the meaning of this association.

Biography

Dr. Delitala is currently joining the Internal Medicine Unit at Azienda-Ospedaliero- University of Sassari as attending physician. His research focuses on the effect of subclinical thyroid diseases and their effect on the cardiovascular system. Other area of interest is autoimmune diabetes and factors associated with insulin dependence.

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