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RESEARCH ARTICLE

NON-INVASIVE PREDICTORS OF CORONARY ARTERY DISEASE SEVERITY.

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Abstract

Background: -Coronary artery disease (CAD) is a worldwide health problem. Using non-invasive evaluation of severity of CAD has many limitations and remains a challenging issue in current cardiology practice. Recently, carotid intimal medial thickness (CIMT), plasma leptin level and two-dimensional strain speckle tracking echocardiography have got importance in this regard.

Aim: -Investigating whether carotid intimal medial thickness, two-dimensional strain speckle tracking echocardiography and plasma leptin level could be used as predictors of CAD severity denoted by Gensini score.

Methods:- one hundred -forty one (141) coronary artery patients underwent coronary angiography and echocardiography in our hospital after two weeks of acute attack, are examined for carotid intima media thickness (CIMT) testing via B-mode ultrasound, plasma leptin levels measured by ELISA and strain imaging derived from 2D speckle tracking analysis. They are assessed according to Gensini score as mild (< 20 n = 105) or severe (≥ 20 n = 36). All patients have normal ejection fraction.

Results: -CIMT and leptin levels were significantly higher in severe compared to mild CAD patients, and were positively correlated with the severity of CAD. GLS was significantly lower in severe CAD patients and inversely correlated with the severity of CAD. CIMT, leptin levels and GLS were good predictors of severity of CAD assessed by coronary angiography and scored by Gensini score with cut off points ($>0.97\text{mm}$, $>13\text{ ng/mL}$ and > -17), sensitivity and specificity (91.7, 94.4, 77.8- 90.5, 93.3, 79) respectively.

Conclusion: -CIMT, leptin levels and GLS could be useful non-invasive predictors of the severity of CAD.

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Introduction:-

According to WHO 7.4 million deaths are attributed to coronary artery disease representing 13.2% of all global deaths in 2012 (WHO, 2014). Severe coronary disease is more common in patients with acute coronary syndrome or stable coronary disease than generally perceived, simple and low-cost tools may help in the selection of the most appropriate therapeutic approach (D'Ascenzo et al, 2012).

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Carotid intima-media thickness (CIMT) is a simple and inexpensive tool to assess the cumulative effect of atherosclerotic risk factors. CIMT will help clinicians in effective identification of the vulnerable patient (**Limbu et al., 2015**). Increased intimal-media thickness is a non-invasive marker of arterial wall alteration, which can easily be assessed in the carotid arteries. In addition to CIMT measurement as a predictive value of future vascular events, the presence of plaques or stenosis in the carotid artery tree increases drastically the risk for cardiovascular events (**Ludwig et al., 2003**).

Speckle tracking echocardiography is a relatively new method for evaluating and measuring global and regional strain: longitudinal, circumferential, radial and transverse; the precise indices of ventricular function (**Liszka et al., 2014**). **Reant et al. (2008)** reported that, two-dimensional strain speckle tracking is a reliable method for detection of myocardial contraction abnormalities under both baseline and ischemic conditions. It is a non-invasive diagnostic tool to identify the high-risk coronary artery disease patients who are suspected to have coronary artery disease without regional wall motion abnormality at rest (**Rostamzadeh et al., 2015**).

Leptin, an adipose tissue-derived hormone, plays a central role in regulating human energy homeostasis. The role of leptin in regulating blood pressure, activating the sympathetic nervous system, platelet aggregation, arterial thrombosis, angiogenesis, and inflammatory vascular responses suggesting its close relationship with the development of coronary heart disease (**Chai et al., 2014**). Leptin receptors have been also identified in various peripheral tissues, including in the cardiovascular system and in human coronary arteries. It seems to have both vasodilatory and vasoconstrictory actions (**Hasan-Ali et al., 2011**). Serum leptin levels are reported to be associated with various cardiovascular risks, including stroke, chronic heart failure, acute myocardial infarction, coronary heart disease, and left cardiac hypertrophy (**Nalini et al., 2015**). However, some investigators emphasized a potential protective role of leptin in coronary artery disease (**Hasan-Ali et al., 2011**).

The aim of this study is to assess the relation of carotid intimal medial thickness, plasma leptin level and two-dimensional strain speckle tracking to coronary artery disease severity and whether they could be used as predictors of CAD severity.

Method:-

Study population:-

The study included one hundred -forty one (141) patients of acute coronary syndrome who underwent coronary angiography in Zagazig- University hospitals after two weeks of acute attack with no history or ECG changes denoting old myocardial infarction. **Patients were excluded if** they had abnormal myocardial repolarization, bundle branch block, ventricular pacing, prosthetic valve, myocarditis, infiltrative disorder of the left ventricle, poor echogenic window, valvular heart disease, cardiomyopathy, pericardial heart disease, congenital heart disease, acute myocardial infarction, percutaneous coronary intervention, coronary artery bypass graftor arrhythmias that alter the atrial depolarization and the late ventricular filling phase.

Echocardiographic evaluation:-

Echocardiographic evaluation was done using the commercially available equipment, the digital ultrasound system (GE healthcare) with a 2- to 3-MHz transducer. M-mode, 2- dimensional and Doppler echocardiographic assessment was performed for all patients. Examinations were done with the patient in left semi- lateral position. For the SI study, high frame rate 2-dimensional images were recorded from 3 standard LV apical views (2-, 3- and 4-chamber views of the LV). In each view, images from 3 consecutive cardiac cycles were recorded and stored on magneto-optical disks for offline analysis. The operator traced the LV endocardium manually, and then it was tracked by the software automatically. The LV wall was divided into 6 segments in each view. Both global and regional longitudinal strains were obtained: global strain values (GLS) were calculated by averaging all segmental peaks systolic strain values in a 17 segment model.

Carotid intimal-medial thickness measurement:-

Measurement of carotid CIMT was done on USG B mode 7.5 MHZ probe (HP 5500 andover, Massachusetts). The left and right common carotid arteries were examined by the same sonographer who was blinded to the clinical data of the patients with a Vivid Logiq 7 (GE) device with a 7.5 MHz linear array transducer. Patients were examined in the supine position, with the head turned 45° from the side being scanned. For the common carotid artery measurement, 10 mm of the common carotid artery segment after the bulbous was determined. On a longitudinal, two-dimensional ultrasound image of the carotid artery, the anterior (near) and posterior (far) walls of the carotid artery

are displayed as two bright white lines separated by a hypoechogenic space. The distance between the leading edge of the first bright line of the far wall and the leading edge of the second bright line indicates the intima-media thickness. CIMT measurements were made from four different points 1 cm distance from each other and their mean value was calculated. The mean and maximum CIMT values for both the right and left carotid arteries and the overall maximum and mean values were determined. The intimal-medial thickness on both (right and left) sides was calculated and an average of the two values was also taken (CIMT).

Plasma leptin:-

The venous samples were collected into collection tubes containing EDTA; plasma was obtained after centrifugation at 3000 rpm and was stored at -80°C for the subsequent analysis of the leptin. Plasma concentrations of leptin were measured by sandwich enzyme-linked immunosorbent assay (ELISA) kits.

Coronary angiography:-

All patients underwent coronary angiography from multiple projections and recorded on cine film. Severity of the lesion: the coronary artery narrowing was visually estimated and expressed as percentage of luminal diameter stenosis. Patients with $\geq 70\%$ narrowing in LAD, circumflex artery or right coronary artery or their major branches and $\geq 50\%$ in left main coronary were classified as having significant angiographic coronary artery disease. The severity of CAD was evaluated by Gensini score namely mild atherosclerosis (Gensini score <20) and severe atherosclerosis (Gensini score ≥ 20) according to Oishi et al. (2000).

Other Measurements:-

Age, sex, smoking, family history and medical history were collected by self-report questionnaire. Smoking was defined as current tobacco use. Diabetes, hypertension and dyslipidemia were defined as self-report of, fasting glucose ≥ 126 , Blood pressure $> 140/90$ mmHg, TC >200 mg/dL, HDL < 40 mg/dL, LDL > 150 mg/dL, or taking medications for either disease.

Statistical Analysis:-

The data were coded, entered and checked to SPSS file using SPSS version 12-computer package.

Results:-

Table (1): shows the Sociodemographic data of the study population. They have mean age \pm SD of 52.2 years \pm 7.59 years with 37 years range. The higher percentage of them was males 78.7%, smokers 59.6%. The clinical data revealed higher percentage of being non-diabetic 66%, non-hypertensive 57.4%, non-dyslipidemic 68.1% with negative family history 97.9% and negative left ventricular hypertrophy (LVH) 85.1%.

Table 1:- characteristics of the studied group:

Sociodemographic data of the patients			
Age	Mean \pm SD Range	52.2 \pm 7.59 37	
		Frequency (N=141)	Percent
Sex	Male	111	78.7
	Female	30	21.3
	Smoker	84	59.6
	Non	57	40.4
Clinical data			
	Diabetic	48	34
	Non	93	66
	Hypertensive	60	42.6
	Non	81	57.4
	Positive family history	3	2.1
	Negative family history	138	97.9
	Positive dyslipidemia	45	31.9
	Negative dyslipidemia	96	68.1
	Positive LVH	21	14.9
	Negative	120	85.1

Table 2:- Shows higher percentage of mild CAD 74.5% and sever CAD 25.5%.

Table 2:-comparison of the studied group regarding grades of Gensini score:

Mild <20	105	74.5
Sever ≥20	36	25.5

Table 3:- Shows comparison of mild CAD and sever CAD patients as regard patients characteristics and clinical data; mild group were significantly higher in age compared to sever group. Sever group were significantly higher in being male, smokers, diabetic, hypertensive, dyslipidemic, with negative family history. Both groups were insignificantly different as regard left ventricular hypertrophy.

Table 3:-Comparison between the grades of Gensini score regarding patient characteristics and clinical data:

	Mild (N=105)		Sever (N=36)		t-test	p-value
AGE (mean± SD)	54±7.2		48±7.3		3.91	<0.001**
	Mild (N=105)	%	Sever (N=36)	%	X ²	p-value
Male (n=111)	78	74.3	33	91.7	4.84	0.03*
Female (n=30)	27	25.7	3	8.3		
Smoker (n=84)	57	45.7	27	75	4.78	0.03*
Non (n=57)	48	54.3	9	25		
Diabetic (n=48)	30	28.6	18	50	5.48	0.02*
Not (n=93)	75	71.4	18	50		
Hypertensive (n=60)	36	34.3	24	66.7	11.5	0.001**
Not (n=81)	69	65.7	12	33.3		
Positive family history (n=3)	3	2.9	0	0	1.05	0.31
Negative family history (n=138)	102	97.1	36	100		
Positive dyslipidemia (n=45)	21	20	24	66.7	26.87	< 0.001***
Negative dyslipidemia (n=96)	84	80	12	33.3		
Positive LVH (n=21)	13	12.4	8	22.2	2.05	0.15
Negative LVH (n=120)	92	87.6	28	77.8		NS

*Significance <0.05 **Significance <0.01

***significance <0.001

NS not significant

Table 4:- Shows the comparison of mild CAD patients and sever CAD patients as regard the three diagnostic tools. It reveals significantly higher CIMT in sever group (1.5 mm) compared to mild group (1.05 mm), higher plasma leptin levels (14.4 ng/mL) in sever group compared to (9 ng/mL) in mild group and significantly lower global longitudinal shortening in sever group (-13.2) compared to mild group (-17.4)

Table 4:-Comparison between grades of Gensini score regarding common carotid medial intimal thickness (CCMIT), leptin and GLS:

	Mild (N=105) Median (Minimum-maximum)	Sever (N=36) Median (Minimum-maximum)	Test	p-value
CIMIT	1.05 mm (0.35-2.1)	1.5mm (0.65-1.9)	MW 3.01	0.003 ^{\$\$}
Leptin	9ng/mL (4-26 ng/mL)	14.5 ng/mL (7-27 ng/mL)	MW 4.31	<0.001 ^{\$\$\$}
GLS	-17.4 (-20.8 -- -5.3)	-13.2 (-18.1 -- -10.3)	t 8.19	<0.001 ^{***}

*significance for t- test^{\$}significance for MW test

Table 5:- Shows correlation of Gensini score to the diagnostic tools; it revealed positive correlation to CIMT, serum leptin levels and GLS.

Table 5:- Pearson's correlation between Gensini score and the used diagnostic tools.

Variables	GENSINI SCORE	
	R –value	p-value
CIMT	0.63	<0.001***
Leptin	0.53	<0.001***
GLS	0.60	<0.001***

****Significance <0.01**

*****significance<0.001**

Figure 1:-Scatter plot showing the association between CIMT and Gensini score

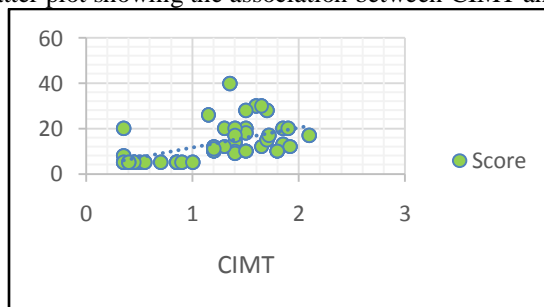


Figure2:- Scatter plot showing the association between leptin and Gensini score

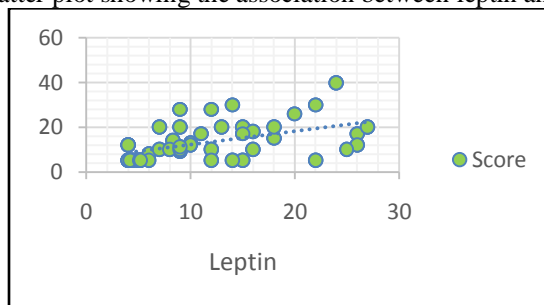


Figure 3:-Scatter plot showing the association between GLS and Gensini score

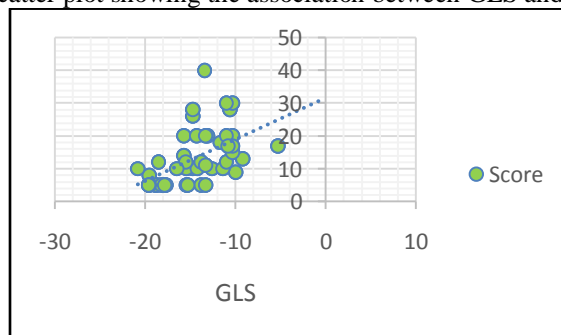
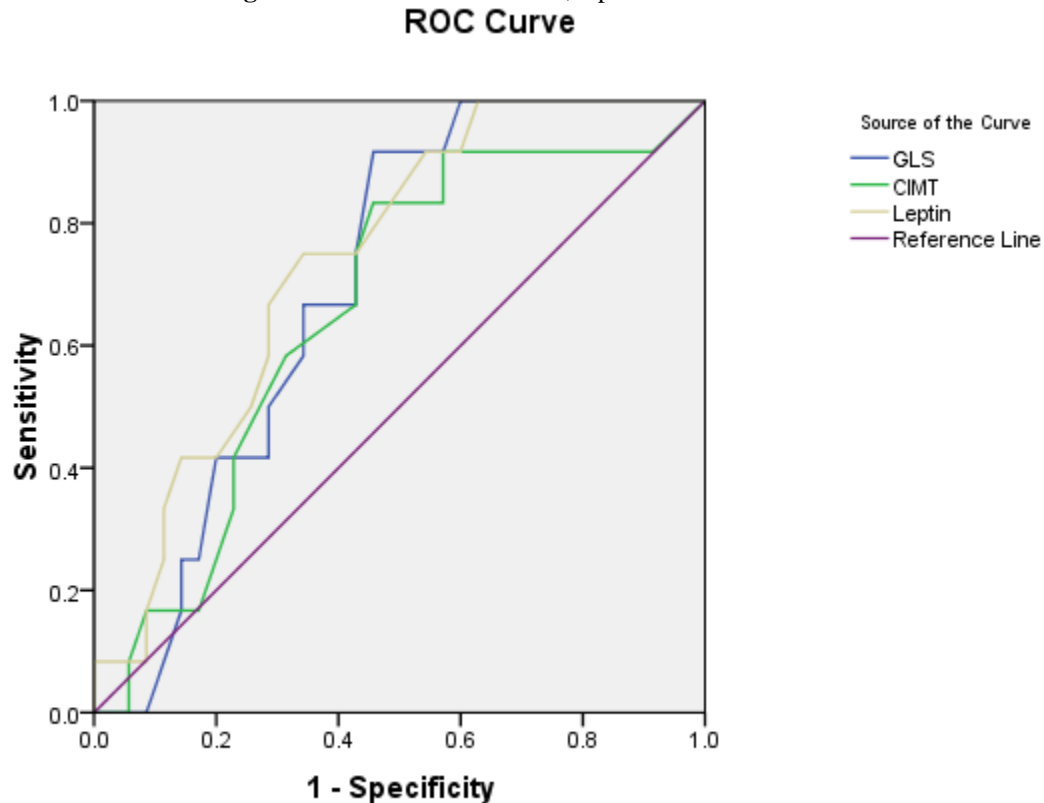


Figure 4:-ROC curve for CMIT, leptin and GLS**Table 7:-Reliability data of GLS, CMT and leptin as a predictor for lesions diagnosed by Gensini score:**

Variables	Cut off	AUC	PPV	NPV	P-value	95% CI	sensitivity	specificity	Accuracy
CMT	>0.97	0.701	76.7	96.9	<0.001***	0.62 - 0.79	91.7	90.5	90.8
Leptin	> 13	0.740	82.9	98	<0.001***	0.66 - 0.82	94.4	93.3	93.6
GLS	> -17	0.661	56	91.2	0.004**	0.56 - 0.76	77.8	79	78.7

Discussion:-

The present study showed significantly higher percentages of smoker, diabetic, dyslipidemic patients in severCAD patients than those of mild CAD according to Gensini score. These results are in line with **Tomizawa et al. (2015)** who reported that distribution and severity of CAD between patients with hypertension, diabetes mellitus and dyslipidemia is more significant than those without disease, diabetes and dyslipidemia were related to obstructive CAD. Moreover, serum lipoprotein (a) level was an independent predictor for the severity of CAD assessed by Gensini score in patients with diabetes (**Chen et al., 2015**)

In diabetic patients, advanced glycation end-products could promote mineralization of microvascular pericytes, which results in both intimal and medial calcification (**Madhavan et al., 2014**), lipoprotein (a) promotes atherosclerosis by increased lipoprotein (a)-associated cholesterol entrapment in the arterial intima, inflammation mediation, carrying of proinflammatory oxidized phospholipids, impairing fibrinolysis and enhancing coagulation (**Gouni-Berthold and Berthold 2011.**)

The results of the present study showed significant increased carotid intima-medial thickness in sever CAD compared to mild CAD patients and it was positively correlated to grade of Gensini score. These results are in agreement with **Tarzamni et al. (2006)** who found a significant correlation between CMT and advancing CAD and **Timo'teet al. (2013)** who showed that CMT is significantly higher in patients with CAD than patients without

CAD. While **Sosnowski et al.(2007)** reported that femoral IMT enables better assessment of coronary artery atherosclerosis than CIMT.

However, increased CIMT is related to generalized atherosclerosis of all vascular beds especially the coronaries (**Bots et al., 1997**) and CIMT measurement is increasingly used as a surrogate marker for subclinical atherosclerosis because of its ability to predict future clinical cardiovascular endpoints (**Iwakiri et al., 2012**). This is in accordance to our results which showed high sensitivity and specificity of CIMT as predictors of severity of CAD.

The present study demonstrated significant increase in serum leptin levels in sever CAD than mild CAD patients with positive correlation between serum leptin levels and severity of CAD and serum leptin levels showed high sensitivity and specificity as predictors of severity of CAD. **Tsai et al. (2016)** found that serum leptin levels correlated positively with the number of stenotic coronary arteries (i.e. severity, extent). Leptin levels were higher in patients with coronary atherosclerosis than controls, and high serum leptin level was an independent factor for severity and pattern of coronary atherosclerosis. Also, **Khafaji et al,(2012)** demonstrated that serum leptin level may be a predictor of the degree of coronary atherosclerosis.

However, **Simiti et al.(2016)** suggested a protective role of leptin in CAD patients with overweight and mild obesity. While leptin deleterious effects to cardiovascular health maybe due to increase oxidative stress leading to decreases in the bioavailability of nitric oxide or promotion of neo-intimal growth in mice (**Cooke and Oka 2002**), stimulation of migration and proliferation of vascular smooth muscle cells (**Li et al., 2005**) or synthesis and secretion of endothelin-1 (**Quehenberger et al., 2002**). Moreover, leptin stimulates lipoprotein lipase secretion in macrophages and increases accumulation of cholesterol esters in foam cells, especially at high glucose concentrations (**Maingrete and Renier 2003**), promotes hepatic HDL and decreases plasma HDL level in mice (**Lundåsen et al., 2003**).

The present study revealed significant decrease in GLS in sever CAD compared to mild CAD patients and inverse correlation between GLS and Gensini score grading of the patients, GLS was found to be a good sensitive and specific predictor of CAD severity. This is in accordance to **Biering-Sørensen et al (2014)** who reported that global longitudinal peak systolic strain assessed at rest is an independent predictor of significant CAD and the risk of multivessel disease increases with decreasing GLS. There is a reverse linear correlation between global longitudinal peak systolic strain (GLPSS) and the SYNTAX score (SS) in patients undergoing coronary angiography (**Vrethos et al., 2016**).

When CAD patients are at rest the myocardial systolic peak strain rate, the coronary blood-supply in segments of which the stenosis is more than at 70%, is much lower than that of other normal segments (**Liang et al., 2006**). Sever impairment of the longitudinal systolic function may be related to myocardial fiber arrangement and perfusion characteristics (**Xie et al., 2015**). As most branches of coronary blood vessels are deep in the myocardium, the heart exerts oppression on these vessels when it contracts, and deep coronary blood flow is much more influenced, causing significant increase in the resistance of blood flow to the subendocardial myocardium (**Palekar et al., 2015**). Left ventricular longitudinal motion is produced by the contraction of the longitudinal myocardial fibers under the endocardium. Thus, the endocardial myocardium is the most vulnerable part when coronary blood flow decreases (**Snider et al., 2014**).

Limitations:-

As the current study included a small number of patients, the result should be interpreted cautiously.

Conclusion:-

CIMT and serum leptin levels were significantly higher in sever CAD, positively correlated to the severity of CAD while GLS significantly decreased and inversely correlated with the severity of CAD. CIMT, serum leptin levels and GLS were good predictors of CAD severity.

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