

## Arterial stiffness evaluation in patients with irritable bowel syndrome: Role of antihypertensive drugs and statins

To the Editor,

We are very pleased to read with great interest to the article by Durakoğlugil et al (1). They investigated heart rate variability, carotid intima-media thickness, and carotid-femoral pulse wave velocity (cf-PWV) as a measure of arterial stiffness in patients with irritable bowel syndrome in the recent study titled "The effect of irritable bowel syndrome on carotid intima-media thickness, pulse wave velocity and heart rate variability" and published in *Anatol J Cardiol* 2014; 14: 525-30 (1). They found that cf-PWV values were similar between patients with irritable bowel syndrome and controls. This is a well-written study. However, I want to pay attention to the antihypertensive drugs used by patients that can affect arterial stiffness.

Arterial stiffness is a complex process associated with confounding factors. Cecelja et al. (2) published a systematic review that showed that the contribution of cardiovascular risk factors other than age and blood pressure to aortic stiffness measured by cf-PWV is small or insignificant, and that age and blood pressure consistently showed an independent association with aortic stiffness. It has also been shown that some antihypertensive drugs such as angiotensin-converting enzyme inhibitors, calcium channel blockers, and spironolactone reduce arterial stiffness (3-5). In addition to angiotensin-converting enzyme inhibitors,  $\beta$ -blockers and aliskiren as direct renin inhibitors reduce arterial stiffness (5). Recent meta-analysis showed that angiotensin receptor blocker treatment also improves arterial stiffness (6).

In the study by Durakoğlugil et al. (1), there is no information regarding the antihypertensive drugs used. Similarly, statins also reduce arterial stiffness, but there is also no data regarding their use. From this aspect, antihypertensive drugs and statins should be considered in aortic stiffness evaluation. It would be helpful if the authors provided this information.

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