

Deficiency in Nitric Oxide Bioactivity in Epicardial Coronary Arteries of Cigarette Smokers

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Objectives. This study sought to examine nitric oxide-mediated regulation of epicardial coronary arterial tone in cigarette smokers.

Background. Cigarette smoking is a major risk factor for coronary artery disease and is highly prevalent in patients with coronary spastic angina. Long-term exposure to cigarette smoking has been recently reported to suppress endothelium-dependent arterial relaxation in vivo humans.

Methods. Responses of epicardial coronary artery diameter to single or combined infusion of acetylcholine and N^G -monomethyl-L-arginine (L-NMMA) into the left main coronary artery were examined in 11 current smokers and 17 nonsmokers using quantitative coronary angiography.

Results. Acetylcholine dilated one-third of the proximal segments and most of the distal segments of coronary arteries in nonsmokers, whereas it constricted most of the proximal and distal segments in smokers. L-NMMA decreased the basal diam-

eter of coronary arteries in nonsmokers but had minimal effect on the basal diameter in smokers. L-NMMA abolished the dilator response to acetylcholine in the coronary arteries of nonsmokers but had minimal effect on the constrictor response to acetylcholine in the arteries of smokers. The dilator response to nitroglycerin was significantly increased in the coronary arteries of smokers compared with in those of nonsmokers. The constrictor response to L-NMMA at rest was significantly correlated with the dilator response to nitroglycerin and with the diameter changes to acetylcholine in both smokers and nonsmokers.

Conclusions. Nitric oxide bioactivity at rest and at acetylcholine-stimulated conditions in smokers was decreased, leading to the supersensitivity of the artery to the dilator effect of nitroglycerin as well as the constrictor effect of acetylcholine in smokers. Cigarette smoking affects nitric oxide-mediated regulation of coronary artery tone.

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Risk factors for coronary artery disease have been shown (1-4) to be associated with an impairment of endothelium-dependent vasodilation and an increase in coronary artery tone. Cigarette smoking is a major risk factor for coronary artery disease and atherosclerosis (5-10), and we have recently demonstrated (11) that cigarette smoke extract inactivates endothelium-derived nitric oxide and increases arterial tone in the isolated porcine coronary arteries. Recently, long-term cigarette exposure has been reported (12) to suppress endothelium-dependent dilation of coronary arteries in vivo humans, but nitric oxide-mediated regulation of coronary artery tone remains undetermined in smokers.

Nitric oxide is an important dilator that is synthesized by the endothelial cells using the amino acid L-arginine as a substrate

in a process catalyzed by the enzyme nitric oxide synthase (13-15). Analogues of L-arginine, such as N^G -monomethyl-L-arginine (L-NMMA), competitively inhibit nitric oxide production and have been widely used to examine the nitric oxide pathway in animals and humans (4,16-19). The constitutive nitric oxide synthase in the arterial endothelium continuously generates nitric oxide, which has been shown to maintain basal vascular tone in animals and humans (4,16-19). Moncada et al. (19) showed that removal of basal nitric oxide-mediated vasodilation in the vascular system leads to supersensitivity to an exogenous nitrovasodilator in experimental animals. Lefroy et al. (18) further confirmed this phenomenon in coronary arteries of in vivo humans. Thus, a deficiency or decrease in the endogenous nitrovasodilator system could lead to increased basal arterial tone and an enhanced dilator response to nitroglycerin. Nitric oxide release from vascular endothelium is also stimulated by several agonists acting on different endothelial surface receptors and using distinct intracellular signal transduction pathways (20-23). We have shown (24,25) that intracoronary injection of acetylcholine, one of the agonists, induces coronary spasm in patients with coronary spastic angina. The arterial response to acetylcholine is determined by the balance between the dilator action of endothelium-derived substances, including nitric oxide, and the direct constrictor

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Abbreviations and Acronyms

ECG = electrocardiogram
L-NMMA = *N*^G-monomethyl-L-arginine

action of acetylcholine on smooth muscle (1-4,20-28). Quyyumi et al. (4,28) recently showed that the response of the arterial diameter to intracoronary injection of acetylcholine after L-NMMA infusion was comparable in subjects showing coronary dilation to acetylcholine and those showing coronary constriction to acetylcholine. These results from previous reports suggest that nitric oxide may be the most important determinant of the response of the coronary artery tone to acetylcholine. Cigarette smoking is highly prevalent in the Japanese versus the U.S. population, although the incidence of coronary artery disease is paradoxically lower in the Japanese than the U.S. population (5-9,29-31). The prevalence of smoking history is also higher in Japanese patients and white premenopausal women with coronary spastic angina and normal results on coronary angiograms (32,33). This epidemiologic evidence suggests that smoking may impair the dilator response to acetylcholine and cause coronary spasm through the mechanism independent of its promoting effect of atherosclerosis. The present study thus examined nitric oxide-mediated regulation of coronary artery tone in cigarette smokers versus nonsmokers.

Methods

Study patients. The study included 11 current smokers (mean age 61 years, range 46 to 75; 7 men, 4 women) and 17 life-long nonsmokers (mean age 60 years, range 43 to 78; 11 men, 6 women), all of whom underwent diagnostic cardiac catheterization for evaluation of atypical chest pain. All current smokers had smoked at least 20 cigarettes/day for >10 years. The smokers and nonsmokers included in the study had angiographically normal coronary arteries and had no other coronary risk factors, such as hypercholesterolemia (≥ 240 mg/dl), hypertension ($\geq 140/90$ mm Hg or antihypertensive medication), diabetes mellitus, low high density lipoprotein cholesterol levels (< 35 mg/dl) and a family history of premature coronary artery disease, except for advancing age. Clinical characteristics of the study patients are shown in Table 1. No study subject had a clinical history suggestive of variant angina, and all showed coronary artery spasm after the intracoronary injection of acetylcholine. All medications were withdrawn at least 3 days before the study. No study subject had a previous myocardial infarction, congestive heart failure, valvular heart disease, left ventricular hypertrophy or other serious diseases. Written informed consent was obtained from all patients before the study. The study was approved by the ethics committee at our institution.

Cigarette smoke is reported to contain various chemicals, such as nicotine, nitric oxide-derived free radicals, carbon

Table 1. Clinical Characteristics of Study Patients and Baseline Coronary Artery Diameters

	Smokers (n = 11)	Nonsmokers (n = 17)	p Value
Age (yr)	61 \pm 8	60 \pm 9	NS
Female/male	4/7	6/11	NS
Total serum cholesterol (mg/dl)	182 \pm 22	177 \pm 27	NS
LDL cholesterol (mg/dl)	99 \pm 33	109 \pm 25	NS
HDL cholesterol (mg/dl)	50 \pm 11	59 \pm 15	NS
Mean arterial pressure (mm Hg)	98 \pm 20	103 \pm 11	NS
Hypercholesterolemia	0	0	
Hypertension	0	0	
Diabetes mellitus	0	0	
Baseline coronary artery diameter (mm)			
LAD			
Proximal segment	2.9 \pm 0.5	3.1 \pm 0.6	NS
Distal segment	1.7 \pm 0.4	1.9 \pm 0.3	NS
LCx			
Proximal segment	2.8 \pm 0.4	3.0 \pm 0.4	NS
Distal segment	1.7 \pm 0.5	1.8 \pm 0.5	NS

Data presented are mean value \pm SD or number of patients. HDL = high density lipoprotein; LAD = left anterior descending coronary artery; LCx = left circumflex coronary artery; LDL = low density lipoprotein.

monoxide and large amounts of oxygen free radicals (34-36), which directly or indirectly cause short-term effects on coronary artery tone and hemodynamic variables (11,37,38). In the present study, because we aimed to determine the intrinsic functional integrity of coronary arteries, smokers refrained from cigarette smoking for at least 2 days before the study to avoid the possible effects of the vasoactive substances contained in cigarette smoke.

Quantitative coronary angiography. Coronary angiographic studies were performed with the Judkins technique using contrast material (Ioxaglate, Guerbet S.A.) in the morning when the patients were fasting. Coronary angiograms were taken in the right and left anterior oblique positions with adequate angulations to allow clear visualization of the left main and right coronary arteries, respectively, during the study period. Focal spot, patient and height of the image tube were kept constant during the angiographic study. When acetylcholine was injected into the coronary artery, a tripolar electrode catheter (USCI) was placed in the right ventricular apex through the right femoral vein and was connected to a temporary pacemaker set at a rate of 50 beats/min. Measurement of the lumen diameter of the coronary artery was performed quantitatively with the use of the computer-assisted coronary angiographic analysis system by two observers (M.O., S.S.) with no knowledge of the study protocol. End-diastolic cine films most clearly visualizing the coronary segments were videodigitized and stored in a cardiac image analysis system (Cardio 500, Kontron Instruments). Automated contour detection was performed by the geometric edge differentiation technique; this technique has been described and validated elsewhere (3,25,39). A Judkins catheter was used to calibrate the arterial diameter (in mm). The left anterior descending and left circumflex coronary artery trunk was divided into

Table 2. Systemic Hemodynamic Variables

	Baseline	ACh (50 µg)	L-NMMA		ACh (50 µg) + L-NMMA (50 µmol/min)	Nitroglycerin
			25 µmol/min	50 µmol/min		
Heart rate (beats/min)						
Smoker	69 ± 17	71 ± 16	67 ± 15	69 ± 15	66 ± 16	70 ± 18
Nonsmoker	72 ± 10	73 ± 9	72 ± 9	68 ± 8	65 ± 6	77 ± 13
Mean blood pressure (mm Hg)						
Smoker	98 ± 20	98 ± 15	103 ± 14	104 ± 20	104 ± 19	90 ± 17*
Nonsmoker	103 ± 11	103 ± 16	103 ± 12	109 ± 12	109 ± 11	91 ± 14*

*p < 0.01 versus baseline. Data presented are mean value ± SD. ACh = acetylcholine; L-NMMA = N^G-monomethyl-L-arginine.

proximal and distal segments of equal lengths. The luminal diameter at the center of each segment was measured, and special care was taken to measure the diameter at the same site for each study condition with use of anatomic references. Coronary segments ~10 mm long were measured at three points, and the diameters measured were averaged within each segment. The arterial diameters at proximal and distal segments in both the left anterior descending and left circumflex coronary arteries were evaluated before and after each intracoronary injection. Analysis of intraobserver and interobserver variability for measurement of coronary artery diameter showed high reproducibility (r = 0.99, SEE = 0.05 mm, p < 0.001; r = 0.99, SEE = 0.04 mm, p < 0.001, respectively). A 12-lead electrocardiogram (ECG) and arterial pressure were continuously monitored during the study period.

Study protocols. After measurements of heart rate and blood pressure, baseline angiography of the left main and right coronary arteries was performed. Then, incremental doses of acetylcholine were directly injected into the left main coronary artery (50 and 100 µg) and subsequently into the right coronary artery (50 µg). The method of injecting acetylcholine has been reported in detail elsewhere (1-4,24,25). Hemodynamic measurements and coronary angiography were repeated at each of the acetylcholine injections. Fifteen minutes after completion of the intracoronary injection of acetylcholine, the systemic hemodynamic variables and angiographic coronary artery diameter had returned to baseline levels, and control angiography of the left main coronary artery was performed. Thereafter, incremental doses of L-NMMA (25 and 50 µmol/min, each for 4 min) were infused into the left main coronary artery. L-NMMA infusion was performed at a rate of 2 ml/min, and measurement of systemic hemodynamic variables and coronary angiography were repeated during the last 30 s of each infusion. Subsequently, L-NMMA (50 µmol/min) was infused for an additional 5 min into the left main coronary artery, and at the last 1 min of the L-NMMA infusion, 50 µg of acetylcholine was simultaneously injected into the left main coronary artery in the same manner as before the L-NMMA infusion, and measurement of systemic hemodynamic variables and coronary angiography were performed at the end of the combined infusion of L-NMMA and acetylcholine. After an additional 15 min, an intravenous bolus injection of nitroglycerin (250 µg) was given, and 2 min thereafter coronary

angiography was performed in all study patients in multiple projections. The response of the coronary artery diameter to the drugs was expressed as the percent change in the baseline coronary diameter.

Drugs. L-NMMA was obtained from Wako Chemicals (Osaka, Japan) and was dissolved in physiologic saline and then sterilely filtered before use. All drug solutions were kept at 37°C.

Statistical analysis. Data are expressed as mean value ± SE, unless otherwise indicated. For comparison of the dose-response of the coronary lumen diameters to L-NMMA between smokers and nonsmokers, two-way analysis of variance for repeated measures, followed by the Bonferroni multiple comparison test, was used. Serial changes in coronary diameters in response to L-NMMA and changes in systemic hemodynamic variables were compared using one-way analysis of variance. Differences between two mean values were compared by the paired or unpaired Student *t* test. Correlations between percent changes in coronary diameters in response to L-NMMA versus nitroglycerin and acetylcholine were examined using linear regression analysis; p < 0.05 was considered statistically significant.

Results

Baseline variables. As shown in Tables 1 and 2, baseline heart rate, mean blood pressure and coronary artery diameters were not significantly different between smokers and nonsmokers.

Response to acetylcholine. Acetylcholine injection at the 50-µg dose dilated only 2 (9%) of 22 distal segments of the coronary arteries (left anterior descending coronary artery plus left circumflex coronary artery) in smokers but constricted all the remaining proximal and distal coronary segments in smokers. In contrast, the 50-µg dose of acetylcholine dilated 10 (29%) of 34 proximal segments and 26 (76%) of 34 distal segments of the coronary arteries in nonsmokers and constricted the remaining coronary segments in nonsmokers. As a whole, the coronary arteries of the nonsmokers showed no significant alteration in diameter at the proximal segments but showed significant dilation at the distal segments (p < 0.05 vs. baseline) (Fig. 1). In contrast, the coronary arteries of smokers showed significant constriction at both segments (both p <

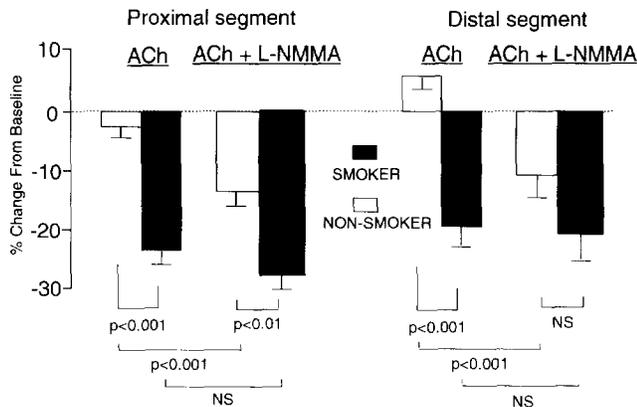


Figure 1. Percent changes (mean ± SE) in lumen diameters from baseline values in proximal and distal segments in response to intracoronary injection of acetylcholine (ACh) alone (50 µg) and combined infusion of acetylcholine (50 µg) and L-NMMA (50 µmol/min over 4 min) in coronary arteries of smokers and nonsmokers.

0.01 vs. respective baseline values), as shown in Figure 1. Figure 1 shows a significantly greater constriction of the coronary arteries in response to acetylcholine injection either at the proximal or distal segments in smokers than in nonsmokers. In any coronary arteries of the study subjects, acetylcholine injection up to 100 µg did not induce coronary spasm, defined as total or subtotal occlusion of the epicardial coronary arteries associated with signs of myocardial ischemia, such as chest pain and ischemic ST segment changes on the ECG.

Response of coronary diameter to L-NMMA. L-NMMA infusion decreased the basal coronary diameter in both the proximal and distal segments of coronary arteries in nonsmokers (Fig. 2). In contrast, L-NMMA infusion showed minimal effect on the basal coronary diameter either at the proximal or distal segments in smokers. The simultaneous infusion of L-NMMA with acetylcholine converted the dilator response to

Figure 2. Percent changes (mean ± SE) in lumen diameters from baseline values after intracoronary injection of L-NMMA at rest in coronary arteries of smokers and nonsmokers. The p values for comparison of the two curves by two-way analysis of variance for repeated measures are shown. Control = change from baseline values in coronary diameters just before L-NMMA infusion. *p < 0.01 versus respective control values.

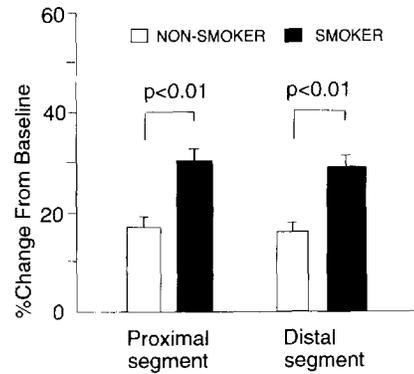
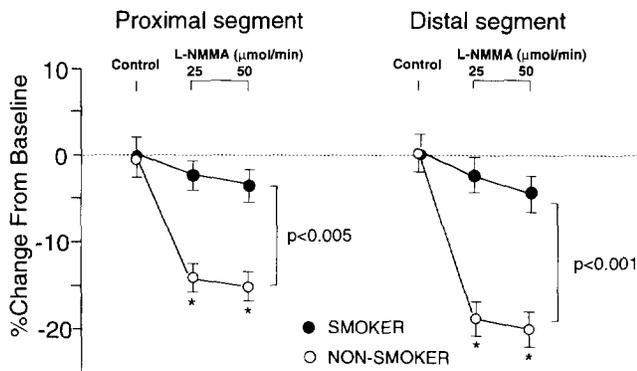


Figure 3. Percent change (mean ± SEM) from baseline values in coronary artery lumen diameters at proximal and distal segments in response to nitroglycerin in smokers and nonsmokers.

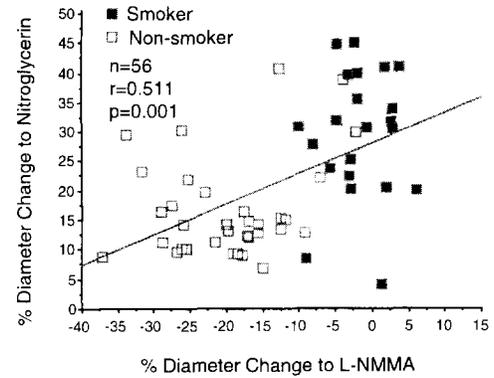
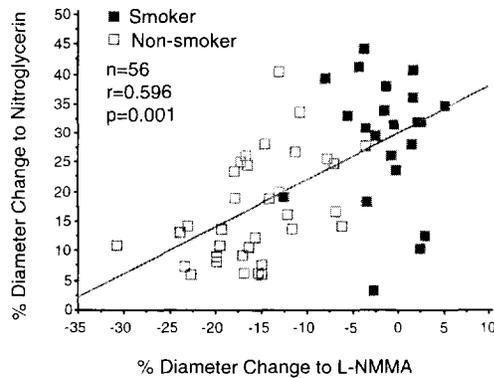
50 µg of acetylcholine to constriction in 30 (83%) of the 36 coronary segments and enhanced the constrictor response to acetylcholine in the remaining 32 coronary segments in nonsmokers (Fig. 1). In contrast, the simultaneous infusion of L-NMMA had no significant effect on the constrictor response to 50 µg of acetylcholine in the coronary arteries either at the proximal or distal segments in smokers. However, the constrictor response of the coronary artery diameter to acetylcholine injection with L-NMMA was still much greater at the proximal segments in smokers than in nonsmokers (Fig. 1). The intracoronary infusion of L-NMMA showed no appreciable effects on heart rate and mean blood pressure in both groups (Table 2).

Response to nitroglycerin. Nitroglycerin increased the coronary diameter of all segments in both smokers and nonsmokers. The percent increase in coronary diameter after nitroglycerin was significantly greater in smokers at both segments than in nonsmokers (Fig. 3).

Correlation between percent change in coronary lumen diameter in response to L-NMMA at rest versus nitroglycerin and acetylcholine. There was a significant positive correlation between the percent change in coronary diameters from baseline in response to L-NMMA at rest versus nitroglycerin in smokers and nonsmokers (Fig. 4). Also, there was a significant inverse correlation between the percent change in coronary diameters from baseline in response to L-NMMA at rest versus acetylcholine in both groups (Fig. 5). These effects indicate that the dilator response of the coronary artery to nitroglycerin and the constrictor response to acetylcholine are both related to the endogenous release of nitric oxide from the artery in smokers and nonsmokers.

Discussion

The present study showed that the coronary artery diameter response to L-NMMA infusion at rest and at intracoronary injection of acetylcholine was reduced in cigarette smokers compared with nonsmokers, and the vasodilator response to nitroglycerin was enhanced in cigarette smokers as compared



with nonsmokers. Furthermore, the present results showed that there was a significant positive correlation between percent changes in coronary diameter from baseline in response to L-NMMA at rest versus nitroglycerin. These results indicate that the basal and stimulated release of nitric oxide was decreased, leading to supersensitivity of the coronary arteries to the vasodilator effect of exogenous nitric oxide in smokers. Acetylcholine did not dilate but constricted both segments of coronary arteries in most smokers, whereas it dilated one-third of the proximal and most of the distal segments and constricted the remaining coronary segments in nonsmokers, with a lower magnitude of constriction than in smokers. Furthermore, the present results showed that there was a significant inverse correlation between diameter responses to acetylcholine and to L-NMMA. Thus, the enhanced constrictor response to acetylcholine in smokers may be at least partly explained by decreased nitric oxide bioactivity during acetylcholine stimulation. The supersensitivity of smooth muscle to the constrictor effect of acetylcholine and the reduced release of other endothelium-derived relaxing factors, such as hyperpolarizing factor and prostacyclin, may also contribute to the enhanced constrictor response to acetylcholine in smokers because the constrictor response of the proximal coronary segments to acetylcholine with L-NMMA was still greater in smokers than in nonsmokers. It is also possible that increases of endogenous

Figure 4. Correlation between percent changes from baseline values in lumen diameters in response to 25 $\mu\text{mol}/\text{min}$ of L-NMMA at rest versus nitroglycerin in the proximal (left) and distal segments (right) of coronary arteries of smokers and nonsmokers.

vasoconstrictors, such as endothelins or endothelium-dependent constricting factors, may participate in the alteration of the coronary reactivity.

Previous studies. Recent reports (12,40) have shown that flow-mediated endothelium-dependent dilation of coronary and peripheral arteries was impaired in smokers, a phenomenon that is compatible with our results; however, one report (12) showed that the dilator response of the coronary arteries to nitroglycerin was decreased in smokers, which contrasts with the present results. However, most of the cigarette smokers studied in that report (12) had hypercholesterolemia (mean serum cholesterol level 231 ± 23 mg/dl) and coronary lumen irregularities, whereas all the smokers in the present study had normocholesterolemia (182 ± 22 mg/dl) and normal coronary angiographic findings. Therefore, it is possible that atheroscle-

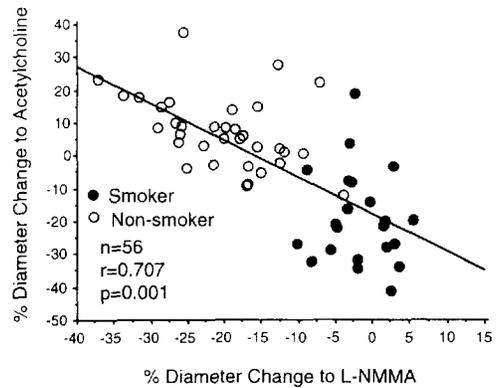
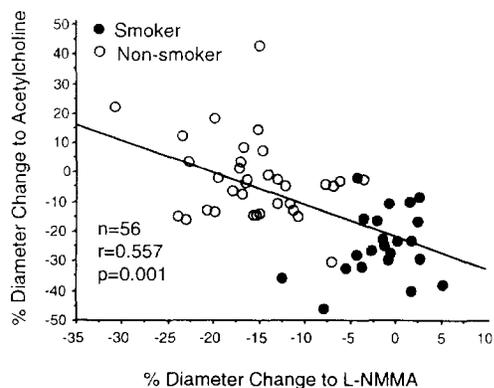


Figure 5. Correlation between percent changes from baseline values in coronary lumen diameters in response to 25 $\mu\text{mol}/\text{min}$ of L-NMMA at rest versus acetylcholine (50 μg) in proximal (left) and distal segments (right) of coronary arteries in smokers and nonsmokers.

rotic changes in coronary arteries might be highly developed in the smokers in the previous report compared with those in the present study. The possible development of coronary atherosclerosis in the previous report may have caused a lack of supersensitive dilator response to nitroglycerin because the dilator response to nitroglycerin is reported (41) to be also impaired in atherosclerotic coronary arteries in humans *in vivo*. Furthermore, cigarette smoke is known to contain various chemicals, such as nicotine, nitric oxide-derived free radicals and other large amounts of oxygen free radicals (34-36), that directly or indirectly cause coronary constriction and dilation (11,37,38). These acute effects of cigarette smoking on coronary artery tone may complicate the interpretation of the intrinsic integrity of coronary endothelium and smooth muscle functions. In the present study, we aimed to determine the intrinsic integrity of coronary vascular functions so that smoking was ceased >2 days before the study in the smokers to avoid the possible influence of the vasoactive substances contained in cigarette smoke. However, it remains unknown whether abrupt withdrawal may affect coronary reactivity.

Cigarette smoking as a risk factor for coronary artery disease and coronary artery spasm. Several studies have identified cigarette smoking as a primary risk factor for coronary artery disease and atherosclerosis (5-10). Because nitric oxide has been shown (42,43) to inhibit the several processes involved in the development of the atherosclerosis, cigarette smoking could promote the atherosclerotic process by decrease in nitric oxide bioactivity, as shown in the present study. However, it is unknown why the prevalence of coronary artery disease is low in the Japanese population where cigarette smoking is highly prevalent compared with the U.S. population (5,6,8,9,29-31). It is well known that hypercholesterolemia acts synergistically with cigarette smoking to increase the risk of coronary artery disease (44,45). It is thus possible that low rate of hypercholesterolemia in the Japanese population may result in a lower prevalence of coronary artery disease in Japanese smokers compared with smokers in the U.S. population (6,8,9,30,31). Cigarette smoking is also a risk factor for coronary spastic angina in Japanese patients and white premenopausal women (32,33). The precise mechanisms by which coronary spasm occurs remain unclear, but the present results indicate the possibility that the deficiency in nitric oxide bioactivity associated with cigarette smoking may contribute to the genesis of coronary spasm.

Possible mechanisms. The precise mechanism of the suppressive effect of cigarette smoking on nitric oxide bioactivity also remained undetermined in the present study. Several basic experiments have shown that tobacco smoke is capable of inducing endothelial toxicity (46,47). We and others have demonstrated (11,34-37,48,49) that free radicals such as superoxide anions, contained in cigarette smoke, degrade nitric oxide released from endothelium and impair endothelial function. In fact, natural antioxidants such as vitamins E and C and beta-carotene, present in the plasma, are reported (50,51) to be decreased in smokers. Therefore, it should be determined

whether the intake of these antioxidants improves nitric oxide bioactivity in the coronary arteries of cigarette smokers.

Summary. The present study shows that 1) L-NMMA decreased the basal diameter of coronary arteries in nonsmokers, whereas it had minimal effect on the basal diameter in smokers; 2) acetylcholine dilated one-third of proximal segments and most of distal segments of coronary arteries in nonsmokers, whereas it constricted most of the proximal and distal segments in smokers; 3) L-NMMA abolished the dilator response to acetylcholine and enhanced the constrictor response to acetylcholine in coronary arteries of nonsmokers, whereas it had minimal effect on the constrictor response to acetylcholine in the arteries of smokers; 4) the dilator response to nitroglycerin was significantly increased in the arteries of smokers compared with in those of nonsmokers; 5) the constrictor response to L-NMMA at rest was significantly correlated with the dilator response to nitroglycerin and with the diameter changes in response to acetylcholine in both smokers and nonsmokers.

Conclusions. There is a deficiency in both basal and stimulated nitric oxide bioactivity in the coronary arteries of cigarette smokers, leading to the supersensitivity of the arteries to the dilator effect of nitroglycerin as well as the constrictor effect of acetylcholine. Thus, cigarette smoking causes the impairment of nitric oxide-mediated regulation of coronary artery tone.

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