

Does sex influence near-infrared spectroscopy-derived indicators of vascular reactivity and the response of acute dietary capsaicin

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Abstract

Introduction: Endothelial dysfunction precedes cardiovascular disease development, is associated with deficiencies in nitric oxide (NO), and may be sex-specific. Although, it is unknown if Capsaicin, an agonist for transient receptor potential vanilloid channel (TRPV<sub>1</sub>), alters endothelial function in a sex-dependent manner, as assessed via near-infrared spectroscopy (NIRS)-derived measures of tissue oxygen saturation, the state of reperfusion. Purpose: Therefore, this study sought to determine if there was sex-specificity in the effect of capsaicin on NIRS-derived vascular responsiveness, estimated via reperfusion rates, in the forearm and thigh. Methods: In a blinded crossover design, the reperfusion rates of 45 young males (M: n=25) and females (F: n=20) were assessed after acute ingestion of placebo or capsaicin. Urine samples were assayed for nitrate/nitrite (NO<sub>x</sub>) concentrations and antioxidant capacity. Results: In the placebo condition, females had greater reperfusion rates in both the forearm (M: 0.24 vs F: 0.98±0.46 %/sec; p=0.002, d=1.50) and quadriceps (M: 0.86±0.31 vs. 1.17±0.43 %/sec p=0.010, d=0.85). There was a significant interaction of sex\*treatment for NO<sub>x</sub> concentrations, where males increased (M: placebo 21.13±2.83µM, capsaicin 23.82±3.34µM), while females decreased (F: placebo 22.78±4.40 µM, capsaicin 14.43±0.01 µM; p=0.037, <sup>2</sup>