

# Supernormal vascular aging

Previous studies have analysed the epidemic characteristics of supernormal [vascular](#) aging (SUPERNOVA), and found that SUPERNOVA were significantly associated with lower risk of [cardiovascular disease](#). However, the influencing factors of SUPERNOVA are still unclear. The aim of this study was to investigate the characteristics and influencing factors of SUPERNOVA.

A total of 42 196 participants of the Kailuan Study were enrolled in the study. SUPERNOVA was defined as the lowest 2.5% of the age-quintile brachial-ankle pulse wave velocity (baPWV), early vascular aging was defined as the highest 2.5% of the age-quintile baPWV. Multivariable logistic regression analysis was applied to investigate the influencing factors of SUPERNOVA.

The population with [Supernormal vascular aging](#) was mostly women, nonsmokers, nondrinkers, and those with higher [education](#). They had lower levels of cardiovascular disease risk factors and healthier lifestyles. The results of logistics regression showed that the influencing factors of SUPERNOVA include age, sex, hypertension, diabetes, resting heart rate, hypersensitive C-reactive protein, and uric acid. However, the effects of these factors were different across age groups. Tao et al. also observed that in addition to the unalterable factors (age and sex), only resting heart rate above 80 bpm (OR = 0.396, 95% CI: 0.231-0.681) and [SBP](#) (OR = 0.945, 95% CI: 0.932-0.958) were significantly associated with odds of SUPERNOVA in participants without cardiovascular risk factors.

This study investigated the characteristics of the population with SUPERNOVA and the factors influencing it, which provided a basis for different populations to take preventive measures to slow down the process of vascular aging <sup>1)</sup>.

<sup>1)</sup>

Tao B, Li Y, Wang C, Luo X, Chen S, Wang G, Yang P, Hou L, Cui L, Wu S. Influencing factors of supernormal vascular aging in Chinese population. J Hypertens. 2021 Dec 7. doi: 10.1097/HJH.0000000000003023. Epub ahead of print. PMID: 34879388.

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