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Chest, Prepublished online July 7, 2011;
DOI 10.1378/chest.11-0258

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<http://chestjournal.chestpubs.org/content/early/2011/07/06/chest.11-0258>

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A M E R I C A N C O L L E G E O F



P H Y S I C I A N S[®]

How does this advance the field?

To our knowledge no study has examined associations of pericardial fat with pulmonary function. We extend the literature by demonstrating an inverse association between pericardial fat and lung function, although not independent of VAT, and that pericardial fat is associated with a restrictive lung pattern rather than obstruction.

What are the clinical implications?

Respiratory health has been linked to obesity. Importantly, cardiac adiposity may have similar paracrine and mechanical effects on neighboring anatomic structures such as the heart and lungs. The findings reported in this study suggest a pathway through which obesity alters lung function.

Abstract Text Count: 237

Manuscript Text Count: 2,487

Pericardial fat is associated with impaired lung function and a restrictive lung pattern in adults: The Jackson Heart Study.

Running Title: Cardiac adiposity and lung function.

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This work was performed at Jackson State University and the University of Mississippi Medical Center

This work was supported by National Institutes of Health: National Heart Lung & Blood Institute and National Center on Minority Health and Health Disparities [Contracts N01-HC-95170, N01-HC-95171, and N01-HC-95172].

DISCLOSURES

Dr. Hickson has no conflicts of interest to disclose. Dr. Liu has no conflicts of interest to disclose. Dr. Bidulescu has no conflicts of interest to disclose. Dr. Burchfiel has no conflicts of interest to disclose. Dr. Taylor has no conflicts of interest to disclose. Dr. Petrini has no conflicts of interest to disclose.

ABSTRACT

Background: Impaired lung function has been linked to obesity and systemic inflammation. Pericardial fat has been shown to be associated with anomalies in cardiac structure, function and atherosclerosis. We hypothesized that pericardial fat may have a similar role in the impairment of lung function.

Methods: Cross-sectional associations of pericardial fat volumes, quantified by multi-detector computed tomography, with forced expiratory volume in one second (FEV₁) and vital capacity (FVC), assessed by spirometry, were investigated in 1,293 participants (54.5±10.8 years; 66.4% women) in the Jackson Heart Study. We also examined whether these associations were independent of visceral adipose tissue (VAT).

Results: Pericardial fat was associated with impaired lung function after multivariable adjustment, but these associations generally did not remain after adjustment for VAT. An exception was the FEV₁/FVC ratio. Higher pericardial fat volumes were associated with higher odds of a restrictive lung pattern and lower odds of airway obstruction. Participants in the highest quartile had the highest odds of a restrictive lung pattern (odds ratio: 1.85, 95% confidence interval: 1.22, 2.79, compared with quartile 1), even after adjustment for VAT. The odds of obstruction decreased across increasing quartiles of pericardial fat. These relationships were generally graded, suggesting dose-response trends.

Conclusion: Pericardial fat is generally associated with lower lung function and independently associated with a restrictive lung pattern in middle-aged and elderly adults. Further research is needed to fully understand the mechanisms through which pericardial fat contributes to pulmonary anomalies.

ABBREVIATIONS

AT = Adipose tissue

ATS = American Thoracic Society

BMI = Body mass index

CI = Confidence interval

CRP = C-reactive protein

CT = Computed tomography

CVD = Cardiovascular disease

FEV₁ = Forced expiratory volume in 1 second

FVC = Forced vital capacity

JHS = Jackson Heart Study

LLN = Lower limit of normal

LV = Left ventricular

OR = Odds ratio

PASP = Pulmonary artery systolic pressure

RV = Right ventricular

SAS = Statistical Analysis Software

SAT = Subcutaneous adipose tissue

VAT = Visceral adipose tissue

WC = Waist circumference

INTRODUCTION

Pericardial fat is an active endocrine organ found in the thoracic cavity¹ that has paracrine and mechanical effects on neighboring anatomic structures. Pericardial fat has been shown to be associated with cardiac anomalies in left (LV) and right (RV) ventricular structure and function²⁻³ and coronary and aortic atherosclerosis⁴⁻⁵, although many of these associations were not independent of abdominal fat. Given the close proximity of pericardial fat to the pulmonary outflow tract and lungs, pericardial fat may have similar effects on the lungs. First, epicardial fat deposits⁶ and pulmonary artery constriction⁷ have been shown to increase RV end-diastolic pressure. Pericardial fat may compress the pulmonary artery, thereby increasing RV pressure and impairing lung function. Pericardial fat may also compress the vasculature of the lungs and contribute to pulmonary fibrotic processes and lung function impairment. Last, pericardial fat correlates with systemic inflammatory and oxidative stress biomarkers⁸ that have been shown to be associated with impaired lung function⁹.

The purpose of the present study was to examine the cross-sectional associations of pericardial fat, abdominal fat, and lung function as measured by spirometry. We hypothesized that higher pericardial fat volumes would be associated with impaired lung function, independent of visceral fat.

METHODS AND MATERIALS

Study Population

The Jackson Heart Study (JHS) is a large, population-based observational study evaluating the etiology of cardiovascular, renal and respiratory diseases. The study design and recruitment protocol have been described previously¹⁰⁻¹¹. A total of 5,301 participants underwent

clinical examinations (2000-2004), including spirometry, provided blood specimens, and completed medical and health histories. Of these participants, 1,414 (26.7%) participants underwent multi-detector computed tomography (CT) scanning (2007-2009). Participants were excluded for the following reasons: spirometry did not meet American Thoracic Society (ATS) recommendations¹² for acceptability of each maneuver and test repeatability (n = 72), inadequate pericardial fat volumes (n = 3), missing adiposity measures (n = 20) and an incomplete covariate profile (n = 26), leaving 1,293 participants for analysis. The study protocol (project approval # 1998-6004) was approved by the institutional review boards of the three JHS institutions (Jackson State University, Tougaloo College and the University Mississippi Medical Center) and informed consent was obtained from all participants.

Multi-Detector Computed Tomography (CT) Scanning

Continuous scout images of cardiac and abdominal fat were undertaken by multi-detector CT (GE Healthcare Lightspeed 16 Pro, Milwaukee, Wisconsin) performed at the Jackson Medical Mall and assessed at the Wake Forest University CT Reading Center. Based on standard protocol¹³, an average of 52 2.5 mm thick slices were taken for cardiac gated CT scans of the coronary arteries in the supine position. The Volume Analysis software tool (GE Healthcare, Waukesha, WI) was used to discern fat from the remainder of the heart with a threshold of -190 to -30 Hounsfield units. The pericardium was manually traced and pericardial fat was defined by any adipose tissue (AT) located in the pericardial sac²⁻⁴. Inter-reader reproducibility was assessed by 2 independent readers measuring pericardial fat on a subset of 60 randomly selected scans. The inter-class correlation coefficient for pericardial fat was 0.96. Quantification of visceral (VAT) and subcutaneous (SAT) AT has been described previously³⁻⁴.

Spirometry

Computerized spirometry was performed in accord to ATS guidelines¹² and measured using a dry rolling seal spirometer (Occupational Marketing, Houston, TX). To adjust for age, age² and height, we used published race- and sex-specific prediction equations for forced expiratory volume in 1 second (FEV₁) and vital capacity (FVC)¹⁴. A restrictive lung pattern was defined as a FEV₁/FVC ratio greater than the LLN with either a normal or below the lower limit of normal (LLN) FEV₁ and FVC % predicted¹⁵. Obstruction was defined as a FEV₁/FVC ratio less than the LLN with either a normal or below the LLN FEV₁ and FVC % predicted¹⁵.

Covariates

Body mass index (BMI; kg/m²) was calculated as weight divided by height. Waist circumference (WC) was measured at the level of the umbilicus and rounded to the nearest centimeter. Cigarette smoking status was categorized as current, former, and never smoker and pack-years of smoking (for former and current smokers) was defined as the number of years of smoking times the average number of cigarettes smoked per day divided by 20. Physical activity was defined as a summary score of the intensity, frequency, and duration of activities associated with active living, including transportation and leisure time activities¹⁶. Respiratory medications used within two weeks of the baseline clinic visit were categorized as belonging to at least 1 of 8 classes¹⁷.

Current asthma was defined as either (1) an affirmative response to the questions: “Have you ever had asthma?”, “Has it been confirmed by a doctor?”, and “Do you still have asthma?” or (2) actual asthma medication use¹⁷. Former asthma was defined as a negative response to the question, “Do you still have asthma?” Self-reported lung disease was defined as an affirmative response to the question: “Has a physician or doctor ever told you that you have lung disease such as emphysema or chronic bronchitis?”

C-reactive protein (CRP) was obtained in duplicate by immunoturbidimetric CRP-Latex assay (Kamiya Biomedical Company, Seattle, Washington) using a Hitachi 911 analyzer (Roche Diagnostics, Indianapolis, Indiana). Diabetes was defined as a fasting serum glucose ≥ 126 mg/dl or use of insulin or oral hypoglycemic medications within two weeks of the clinic examination. Prevalent cardiovascular disease (CVD) was defined as a history of a physician-diagnosed myocardial infarction, stroke, or coronary revascularization or evidence of a myocardial infarction by electrocardiogram by an expert panel of three cardiologists.

Statistical Analysis

The distribution of all adiposity measures were standardized to a mean of 0 and a standard deviation (SD) of 1. Age-adjusted Pearson correlation coefficients were computed to assess the association between pericardial fat, abdominal fat and FEV₁ and FVC % predicted and FEV₁/FVC ratio. Multivariable linear and logistic regression models were used to estimate the associations between pericardial fat and lung function and pattern. Models were generated in stages: Model 1 adjusted for sex, education, cigarette smoking status, pack-years of smoking, physical activity and respiratory medication use (multivariable adjusted) and Model 2 further adjusted for VAT. Two-way interactions between adiposity measures and sex with respect to the three lung function outcomes were formally tested by adding product terms in multivariable adjusted models. Since no statistically significant interactions with adiposity measures (in separate models) were observed in multivariable-adjusted models ($P_s > 0.10$), subsequent analyses were pooled and adjusted for sex.

In secondary analyses, the multivariable models (Model 1) were (1) adjusted for CRP and examined excluding (2) ever smokers and (3) prevalent diabetes and CVD. We examined these associations in participants with a stable BMI (<5% increase) from Exam I to Exam II in

sensitivity analyses. All statistical analyses were conducted in the Statistical Analysis Software (SAS) Version 9.2 (SAS Institute, Inc, Cary, NC).

RESULTS

Our sample consisted of 858 women and 435 men, with a mean age of 54.5 ± 10.8 years. Men had larger pericardial fat volumes than women (66.9 ± 28.3 versus 79.2 ± 35.1 ; **Table 1**) as well as lower unadjusted mean % predicted and ratio values. Pericardial fat was most strongly correlated with VAT, followed by waist circumference, BMI and SAT in women and men (**Table 2**).

Adiposity was correlated with the lung function measures, with the exception of VAT and FEV₁/FVC ratio (**Table 3**). Among women, the negative correlations ranged from -0.12 to -0.19 (FEV₁ % predicted), -0.18 to -0.24 (FVC % predicted), and the positive correlations ranged from 0.06 to 0.12 (FEV₁/FVC ratio). Similar correlations were observed among men.

All adiposity measures were inversely associated with FEV₁ and FVC % predicted and positively associated with FEV₁/FVC ratio (except for VAT) in multivariable adjusted models (Table 4). The mean difference in FEV₁ and FVC % predicted per SD increase in VAT, SAT, WC and BMI was significantly lower (greater reduction) than the mean difference per SD increase of pericardial fat ($P_s < 0.05$). The mean difference in FEV₁/FVC ratio per SD increase in SAT and BMI was significantly higher than the mean difference per SD of pericardial fat ($P_s < 0.05$). The significant association between pericardial fat and FEV₁/FVC ratio only persisted after controls for VAT.

Pericardial fat was positively associated with the odds of a restrictive lung pattern: participants in the highest quartile had the highest odds of a restrictive pattern (odds ratio (OR):

1.85, 95% confidence interval (CI): 1.22, 2.79, compared with quartile 1), even after adjustment for VAT (Figure 1). The odds of obstruction decreased across increasing quartiles of pericardial fat; participants in the highest quartile had the lowest odds of obstruction (OR: 0.37, 95% CI: 0.15, 0.92). These relationships were generally graded, suggesting dose-response trends.

Adjustment for CRP did not attenuate the associations between pericardial fat and FVC % predicted or the FEV₁/FVC ratio (Table 5). In multivariable models excluding ever-smokers, pericardial fat was associated with lung function (except FEV₁ % predicted). Similarly, pericardial fat was associated with lung function (except FEV₁ % predicted) in analyses excluding prevalent type 2 diabetes and CVD. Slight sex differences were observed between pericardial fat and FEV₁ % predicted in models excluding ever smokers and prevalent diabetes and CVD (Online Supplement Table 1). Additional adjustment for self-reported physician-diagnosed asthma and lung disease or restricting these analyses to participants with a stable BMI did not materially alter these associations (results not shown).

DISCUSSION

This is the first study, to our knowledge, to investigate associations between pericardial fat abdominal fat, and lung function and pattern among middle-aged and elderly adults in the general population with standardized spirometry. In both women and men, greater pericardial fat volumes were associated with lower FEV₁ and FVC % predicted values and a higher FEV₁/FVC ratio. After further adjustment for VAT and CRP, in separate models, higher pericardial fat volumes were associated with a lower FVC % predicted (in models adjusted for CRP) and a higher FEV₁/FVC ratio. In multivariable models excluding ever-smokers and prevalent type 2 diabetes and CVD, pericardial fat was generally inversely associated with FVC % predicted and

positively associated with FEV₁/FVC ratio. Greater pericardial fat volumes were also associated with higher odds of a restrictive lung pattern and lower odds of obstruction, even after controlling for VAT. These results indicate that pericardial fat may not be a better correlate of impaired lung function than the systemic effects of VAT or other generalized adiposity measures, but suggest that pericardial fat is associated with a restrictive lung pattern rather than airway obstruction, independent of VAT.

Comparison to previous studies

There are no existing studies in which to directly contrast the findings with pericardial fat. Recent studies have found that abdominal obesity is associated with impaired lung function¹⁸⁻¹⁹ and a restrictive lung pattern²⁰. The findings we observed with abdominal adiposity are consistent with previous epidemiological studies exploring associations of fat distribution and overall adiposity with respiratory function in children²¹ and adults^{18-19,22-23}.

Potential mechanisms

Pericardial fat may mechanistically influence pulmonary function and a restrictive lung pattern through compression of the pulmonary artery. RV diastolic pressure has been shown to be positively associated with epicardial fat in humans⁶ and in anaesthetized dogs, constriction of the pulmonary artery increased RV diastolic pressure⁷. Pericardial fat, may indeed, compress the pulmonary artery thereby increasing pulmonary artery systolic pressure (PASP) and contributing to a restrictive lung pattern. A study of obese subjects undergoing autopsy demonstrated a higher frequency of pulmonary edema and pulmonary hypertensive changes, including venous hypertension and capillary hemangiomatosis, than healthy age-matched controls²⁴. PASP has

been shown to be associated with lower FEV₁ and FVC, though this association was not independent of age and systemic circulation²⁵. Future analyses are warranted to determine whether pericardial fat is associated with PASP and lung function impairment.

Pericardial fat may also reduce lung function and contribute to a restrictive lung pattern through the development of pulmonary fibrotic diseases^{24,26}. Idiopathic pulmonary fibrosis is the pathological scarring of lung tissue in response to microscopic injury, which results in the loss of lung contractility and a restrictive lung pattern. This hypoxic vasoconstriction may lead to the obliteration of the vasculature and pulmonary hypertension²⁷. A recent review of respiratory disorders, including pulmonary fibrosis, documented a number of pulmonary vascular abnormalities within these conditions²⁶. Vessel compression, for example, may lead to fibrous organization of vessels²⁸. Therefore, future research should investigate whether pericardial fat may contribute to pulmonary vascular abnormalities and a restrictive lung pattern.

Pericardial fat shares the same blood supply as the lungs and may exert a locally adverse effect on lung function through the expression of inflammatory biomarkers. Cardiac adiposity biopsies from coronary artery bypass grafting patients demonstrated that epicardial fat is a source of chronic inflammatory biomarkers²⁹. Recent epidemiological studies have demonstrated that pericardial fat is correlated with inflammatory and oxidative stress biomarkers⁸. The present data extends the literature by providing the first population-based evidence that pericardial fat is associated with lung function, generally independent of CRP, suggesting that pericardial fat may exert deleterious effects on the lungs through local inflammatory processes. Additional work is needed to understand the secretion of these cytokines directly into the lumen of pulmonary arteries and the effects on the alveolar-capillary network of the lungs.

We cannot dismiss the possibility that obstruction is masked by obesity³⁰ through reduction of FVC or rule out the influence of sitting during spirometry. In a sample of obese men, obesity similarly reduced FEV₁ and FVC (percent predicted) and resulted in normal FEV₁/FVC ratio and static lung volumes³¹. However, the FEV₁/FVC ratio has been shown to decrease with increasing BMI in overweight ($25 \leq \text{BMI} < 30 \text{ kg/m}^2$) and obese ($\text{BMI} \geq 30 \text{ kg/m}^2$)³² and morbidly obese ($\text{BMI} \geq 40 \text{ kg/m}^2$) individuals³³. No significant effect modification of BMI on the association between pericardial fat and lung function was observed ($P_s > 0.10$) in the present study and stratification by BMI category did not materially change the associations among normal weight, overweight, and obese participants (results not shown). Moreover, participants performed spirometry in the seated position. In a study among obese individuals, small but statistically significant differences have been observed in FVC in seated spirometry³⁴.

Study strengths include a comprehensive and highly reproducible volumetric, rather than thickness, technique for pericardial fat and VAT quantification, the large sample size with wide ranges in age and BMI (although 64% of the sample population was classified as obese), which reduces the risk of ascertainment bias, and adjustment for a large panel of potential confounders. The current study is specific for African Americans and may not be generalizable to other racial or less obese populations. The cross-sectional design precludes determination of causal pathways between pericardial fat and lung function. In this study, we were unable to classify airway restriction according to ATS guidelines, and misclassification of pericardial fat may be due to combined measurement of AT in the pericardium. Additional limitations include the absence of lung volumes and carbon monoxide diffusing capacity to more appropriately classify COPD, especially in obese persons.

Pericardial fat shares the same traits as VAT³⁵. Our novel results suggest that pericardial fat volumes are inversely associated the lung function, although not independent of VAT, and are associated with higher odds of a restrictive pattern of lung function. Impaired lung function has been linked to increased cardiovascular risk³⁶⁻³⁷ and pericardial fat may be an important mediator between impaired pulmonary function and CVD mortality.

How does this advance the field? 60 words or less

To our knowledge no study has examined associations of pericardial fat with pulmonary function. We extend the literature by demonstrating an inverse association between pericardial fat and lung function, although not independent of VAT, and that pericardial fat is associated with a restrictive lung pattern rather than obstruction.

What are the clinic implications? 60 words or less

Respiratory health has been linked to obesity. Importantly, cardiac adiposity may have similar paracrine and mechanical effects on neighboring anatomic structures such as the heart and lungs. The findings reported in this study suggest a pathway through which obesity alters lung function.

ACKNOWLEDGEMENTS

The authors would like to give a sincere thanks to the Jackson Heart Study participants, staff, and interns for their long-term commitment to the study. The findings and conclusions in this report are those of the authors and do not necessarily represent the views of the National Institutes of Health (NIH) or the National Institute for Occupational Safety and Health (NIOSH). This work was supported by National Institutes of Health: National Heart, Lung, & Blood Institute and

National Center on Minority Health and Health Disparities [Contracts N01-HC-95170, N01-HC-95171, and N01-HC-95172].

Dr. Hickson had full access to all the data in the study and takes responsibility for the integrity of the data and the accuracy of the data analysis. Study concept and design: Drs. Hickson, Liu, and Bidulescu. Acquisition of data: Drs. Liu and Taylor. Analysis and interpretation of data: Drs. Hickson and Burchfiel. Drafting of the manuscript: Dr. Hickson. Critical revision of the manuscript for important intellectual content: Drs, Liu, Bidulescu, Burchfiel, Taylor and Petrini. Statistical analysis: Dr. Hickson. Obtained funding: Drs. Liu and Taylor. Study supervision: Dr. Petrini.

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FIGURE LEGENDS

Figure 1: Fully-adjusted odds of a restrictive lung pattern (upper panel) and airway obstruction (lower panel) among participants in the Jackson Heart Study. A restrictive lung pattern was defined as a FEV₁/FVC ratio greater than the LLN with either a normal or below the lower limit of normal (LLN) FEV₁ and FVC % predicted. Obstruction was defined as a FEV₁/FVC ratio less than the LLN with either a normal or below the LLN FEV₁ and FVC % predicted. The fully-adjusted model includes education, cigarette smoking status, pack-years of cigarette smoking, physical activity, respiratory medication use and visceral adipose tissue volume.

Table 1. Selected baseline characteristics by sex among Jackson Heart Study participants who have valued multi-detector computed tomography and acceptable spirometry. Data represent mean (SD) or percents (n)

Characteristic	Women (n = 858)	Men (n = 435)
Age, years	55.1 (10.9)	53.3 (10.7)
Pericardial fat, cm ³	66.9 (28.3)	79.2 (35.1)
Visceral adipose tissue, cm ³	790.6 (360.6)	850.4 (397.4)
Subcutaneous adipose tissue, cm ³	2636.0 (945.8)	1724.1 (808.0)
Waist circumference, cm	100.7 (15.3)	102.8 (12.8)
Body mass index, kg/m ²	32.6 (6.9)	29.8 (4.9)
Total body weight, kg	87.5 (19.3)	94.5 (17.5)
FEV ₁ % Predicted	94.0 (17.5)	91.6 (16.2)
FVC % Predicted	92.1 (16.3)	90.7 (14.7)
FEV ₁ /FVC ratio	81.6 (8.9)	80.1 (8.5)
Restrictive lung pattern, %	8.9 (76)	8.5 (37)
Obstruction, %	5.0 (43)	7.8 (34)
Current Asthma [†] , %	7.0 (60)	3.3 (14)
Former Asthma [†] , %	3.0 (26)	4.9 (21)
Lung Disease, %	7.7 (66)	5.1 (22)
<High school diploma, %	10.8 (93)	12.0 (52)
Current smoker, %	7.3 (63)	12.9 (56)
Former smoker, %	14.6 (125)	25.3 (110)
Pack-years of smoking	4.3 (12.1)	9.3 (17.0)
Physical activity score	2.1 (0.8)	2.2 (0.8)
Respiratory Medication Use, %	7.1 (61)	2.8 (12)
C reactive protein ^{*,†} , mg/dl	1.4	1.2
Diabetes [†] , %	15.5 (131)	13.3 (57)
Cardiovascular disease [†] , %	6.3 (54)	7.4 (32)

Abbreviations: FEV₁ = Forced expiratory volume in 1 second; FVC = Forced vital capacity

*Geometric mean

[†]Missing values: Asthma: n = 1,287; C reactive protein: n = 1,273; Diabetes: n = 1,275; Cardiovascular disease: n = 1,285

Table 2. Correlation coefficients between indicators of adiposity by sex among Jackson Heart Study participants who have valued multi-detector computed tomography and acceptable spirometry. The upper portion is for women and the lower portion is for men.

	Pericardial fat	VAT	SAT	WC	BMI
Pericardial fat	1.0	0.667	0.299	0.495	0.404
VAT	0.770	1.0	0.420	0.675	0.570
SAT	0.407	0.391	1.0	0.753	0.826
WC	0.532	0.574	0.876	1.0	0.858
BMI	0.448	0.492	0.847	0.891	1.0

Abbreviations: VAT = Visceral adipose tissue; SAT = Subcutaneous adipose tissue; WC = Waist circumference; BMI = Body mass index. * All P s<0.001.

Table 3. Age-adjusted Pearson correlation coefficients between cardiac and visceral adiposity and obesity and lung function by sex among Jackson Heart Study participants who have valued multi-detector computed tomography and acceptable spirometry.

Adiposity measure	FEV ₁ % Predicted	FVC % Predicted	FEV ₁ /FVC Ratio
Women			
Pericardial fat, cm ³	-0.12 ^{***}	-0.20 ^{***}	0.12 ^{***}
Visceral adipose tissue, cm ³	-0.18 ^{***}	-0.22 ^{***}	0.06
Subcutaneous adipose tissue, cm ³	-0.17 ^{***}	-0.23 ^{***}	0.08 ^{**}
Waist circumference, cm	-0.19 ^{***}	-0.24 ^{***}	0.08 [*]
Body mass index, kg/m ²	-0.13 ^{***}	-0.18 ^{***}	0.08 [*]
Men			
Pericardial fat, cm ³	-0.14 ^{***}	-0.21 ^{***}	0.11 [*]
Visceral adipose tissue, cm ³	-0.17 ^{***}	-0.21 ^{***}	0.06
Subcutaneous adipose tissue, cm ³	-0.21 ^{***}	-0.31 ^{***}	0.13 ^{**}
Waist circumference, cm	-0.20 ^{***}	-0.29 ^{***}	0.12 [*]
Body mass index, kg/m ²	-0.10 [*]	-0.21 ^{***}	0.17 ^{***}

† p<0.10, * p<0.05, ** p<0.01, *** p<0.001

Table 4. Standardized multivariable adjusted mean differences in lung function per standard deviation of adiposity and obesity among Jackson Heart Study participants who have valued multi-detector computed tomography and acceptable spirometry.

	MV adjusted	p-value	MV adjusted + VAT	p-value	p-value for sex interaction
FEV ₁ % Predicted					
Pericardial fat, cm ³	-1.03±0.47	0.029	0.67±0.63	0.289	0.272
VAT [†] , cm ³	-2.11±0.47	<0.001	-----	-----	0.676
SAT, cm ³	-3.02±0.46	<0.001	-2.61±0.50	<0.001	0.662
WC, cm	-2.88±0.46	<0.001	-2.58±0.59	<0.001	0.860
BMI, kg/m ²	-1.91±0.46	<0.001	-1.11±0.55	0.043	0.563
FVC % Predicted					
Pericardial fat, cm ³	-2.29±0.44	<0.001	-0.75±0.58	0.198	0.249
VAT [†] , cm ³	-2.80±0.43	<0.001	-----	-----	0.618
SAT, cm ³	-3.94±0.42	<0.001	-3.38±0.46	<0.001	0.342
WC, cm	-3.72±0.42	<0.001	-3.27±0.54	<0.001	0.486
BMI, kg/m ²	-2.87±0.43	<0.001	-1.95±0.51	<0.001	0.790
FEV ₁ /FVC ratio					
Pericardial fat, cm ³	0.85±0.25	<0.001	1.10±0.33	<0.001	0.836
VAT [†] , cm ³	0.35±0.24	0.150	-----	-----	0.807
SAT, cm ³	1.12±0.24	<0.001	1.18±0.26	<0.001	0.659
WC, cm	0.89±0.24	<0.001	1.11±0.31	<0.001	0.655
BMI, kg/m ²	1.19±0.24	<0.001	1.42±0.28	<0.001	0.186

Abbreviations: FEV₁ = Forced expiratory volume in 1 second; FVC = Forced vital capacity; VAT = Visceral adipose tissue; SAT = Subcutaneous adipose tissue; WC = Waist circumference; BMI = Body mass index.

*MV adjustment includes sex, education, cigarette smoking status, pack-years of smoking, respiratory medication use, and physical activity.

†Models considering VAT as the independent variable were not further adjusted for VAT in Model 2.

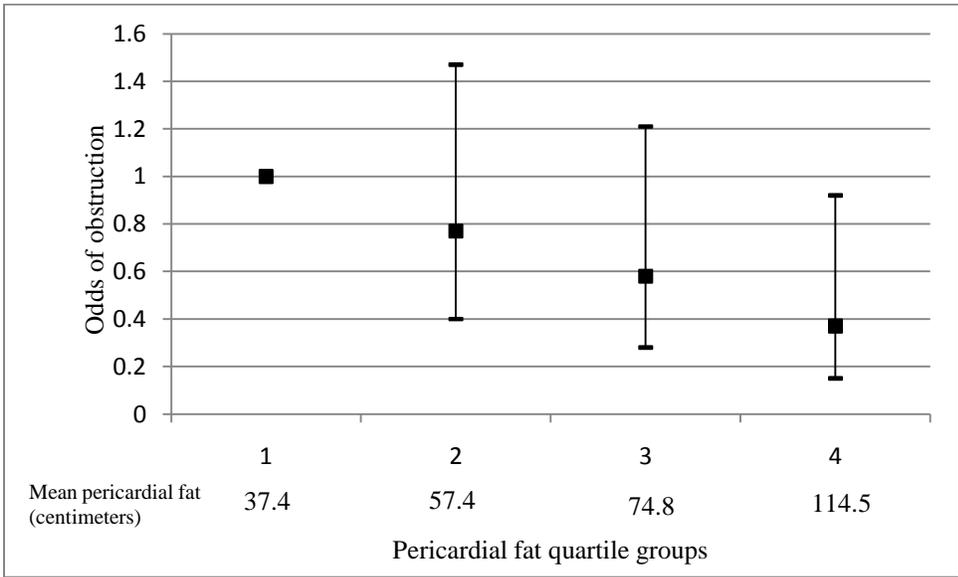
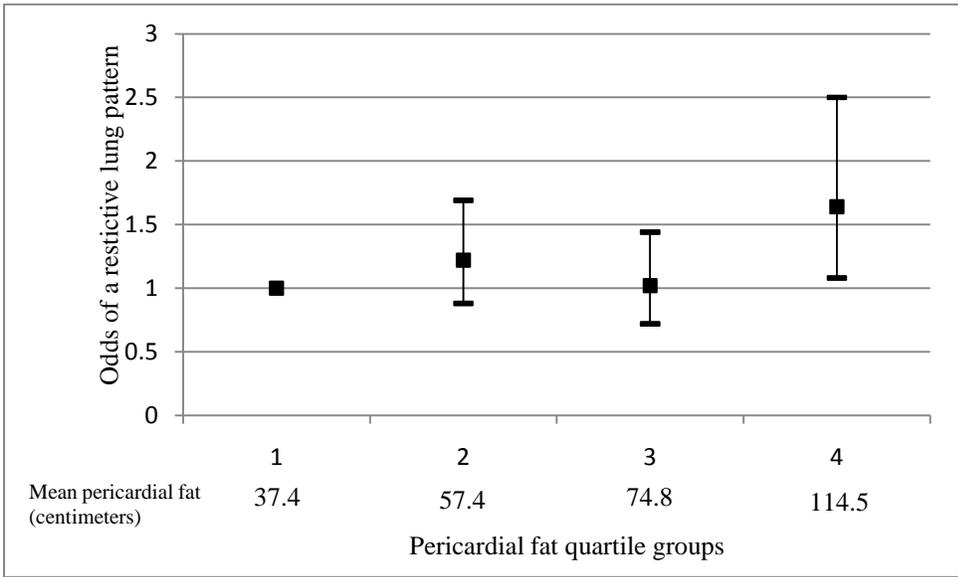
Table 5. Standardized mean differences in lung function per standard deviation increase in pericardial fat in multivariable adjusted models among Jackson Heart Study participants who have valued multi-detector computed tomography and acceptable spirometry.

	MV adjusted	p-value	p-value for sex interaction
CRP Adjustment* (n = 1,273)			
FEV ₁ % predicted	-0.54±0.49	0.265	0.320
FVC % predicted	-1.78±0.45	<0.001	0.293
FEV ₁ /FVC ratio	0.81±0.25	0.001	0.808
Excluding Ever-smokers** (n = 939)			
FEV ₁ % predicted	-1.02±0.59	0.083	0.659
FVC % predicted	-2.25±0.54	<0.001	0.295
FEV ₁ /FVC ratio	0.79±0.31	0.011	0.828
Excluding T2D & CVD* (n = 1,064)			
FEV ₁ % predicted	-0.83±0.53	0.116	0.066
FVC % predicted	-1.89±0.49	<0.001	0.062
FEV ₁ /FVC ratio	0.68±0.28	0.015	0.870

Abbreviations: CRP = C reactive protein; FEV₁ = Forced expiratory volume in 1 second; FVC = Forced vital capacity; T2D = Type 2 diabetes; CVD = Cardiovascular disease

*Multivariable adjusted model (Model 1) includes sex, education, cigarette smoking status, pack-years of smoking, respiratory medication use, and physical activity.

**Multivariable adjusted model (Model 1) includes sex, education, respiratory medication use, and physical activity.



Online Supplement Table 1. Sex-specific standardized mean differences in lung function per standard deviation increase in pericardial fat in multivariable adjusted models*.

	Women		Men	
CRP Adjustment (n = 1,273)				
FEV ₁ % predicted	-0.95±0.65	0.141	-1.08±0.83	0.195
FVC % predicted	-2.05±0.59	<0.001	-2.21±0.71	0.002
FEV ₁ to FVC ratio	1.150.33	<0.001	1.04±0.40	0.009
Excluding Ever-smokers (n = 939)				
FEV ₁ % predicted	-1.61±0.72	0.026	-1.59±1.05	0.130
FVC % predicted	-2.53±0.67	<0.001	-3.28±0.89	<0.001
FEV ₁ to FVC ratio	1.07±0.38	0.005	1.35±0.50	0.008
Excluding T2D & CVD (n = 1,064)				
FEV ₁ % predicted	-1.03±0.69	0.138	-1.97±0.83	0.018
FVC % predicted	-2.03±0.64	0.001	-2.98±0.78	<0.001
FEV ₁ to FVC ratio	1.07±0.37	0.004	0.92±0.41	0.025

Abbreviations: CRP = C reactive protein; FEV₁ = Forced expiratory volume in 1 second; FVC = Forced vital capacity; T2D = Type 2 diabetes; CVD = Cardiovascular disease

*Multivariable adjusted model (Model 1) includes age, education, cigarette smoking status, pack-years of smoking, respiratory medication use, and physical activity.

Pericardial fat is associated with impaired lung function and a restrictive lung pattern in adults: The Jackson Heart Study

DeMarc A. Hickson, Jiankang Liu, Aurelian Bidulescu, Cecil M. Burchfiel, Herman A. Taylor and Marcy F. Petrini
Chest; Prepublished online July 7, 2011;
DOI 10.1378/chest.11-0258

This information is current as of August 15, 2011

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