Dynamic Cerebral Autoregulation during Passive Heat Stress in Humans

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Running Title: Dynamic cerebral autoregulation and hyperthermia
Abstract

This study tested the hypothesis that passive heating impairs cerebral autoregulation. Transfer function analyses of resting arterial blood pressure and middle cerebral artery blood velocity (MCAV\textsubscript{mean}), as well as MCAV\textsubscript{mean} and blood pressure responses to rapid deflation of previously inflated thigh cuffs, were examined in 9 healthy subjects under normothermic and passive heat stress (increase core temperature 1.1±0.2 °C, P<0.001) conditions. Passive heating reduced MCAV\textsubscript{mean} (Δ8±8 cm·s\textsuperscript{-1}, P=0.01), while blood pressure was maintained (Δ-1±4 mmHg, P=0.36). Coherence was decreased in the very low frequency range during heat stress (0.57±0.13 to 0.26±0.10, P=0.001) but was >0.5 and similar between NT and HS in the low (0.07–0.20 Hz, P=0.40) and high (0.20–0.35 Hz, P=0.12) frequency ranges. Transfer gain was reduced during heat stress in the very low (0.88±0.38 to 0.59±0.19 cm·s\textsuperscript{-1}·mm Hg\textsuperscript{-1}, P=0.02) frequency range but was unaffected in the low and high frequency ranges. The magnitude of the decrease in blood pressure (normothermia: 20±4, heat stress: 19±6 mmHg, P=0.88) and MCAV\textsubscript{mean} (13±4 to 12±6 cm·s\textsuperscript{-1}, P=0.59) in response to cuff deflation was not affected by the thermal condition. Similarly, the rate of regulation of cerebrovascular conductance (CBVC) after cuff release (0.44 ± 0.22 to 0.38 ± 0.13 ΔCBVC units·s\textsuperscript{-1}, P = 0.16) and the time for MCAV\textsubscript{mean} to recover to pre-cuff deflation baseline (10.0±7.9 to 8.7±4.9 s, P=0.77) were not affected by heat stress. Counter to the proposed hypothesis, similar rate of regulation responses suggest that heat stress does not impair the ability to control cerebral perfusion after a rapid reduction in perfusion pressure, while reduced transfer function gain and coherence in the very low frequency range during heat stress suggest that dynamic
cerebral autoregulation is improved during spontaneous oscillations in blood pressure within this range.

**Keywords:** Brain blood flow, heating, transfer function, blood pressure
Introduction

The maintenance of cerebral perfusion is critical for preserving cerebral function (26, 38). Cerebral blood flow is typically maintained relatively constant over a wide range of perfusion pressures, a phenomenon known as cerebral autoregulation (26, 28). Heat stress results in a range of thermoregulatory and cardiovascular adjustments in order to maintain internal temperature and blood pressure within safe limits (18, 30). The effect of heat stress on the cerebral circulation, however, has not been extensively examined. Heat stress induced hyperthermia decreases cerebral perfusion in the resting human (40, 41), which is not entirely accounted for by concurrent reductions in arterial carbon dioxide tension (40). Furthermore, orthostatic stress caused a greater reduction in cerebral perfusion that was accompanied by a larger increase in cerebral vascular resistance when individuals were heat stressed (40), which is suggestive of impaired static cerebrovascular autoregulation. Consistent with this observation, heat stress causes profound reductions in orthostatic tolerance (2, 17, 20, 35, 41). Despite observations of reduced steady state cerebral perfusion and possibly static cerebral autoregulation (40) during heat stress, little is known regarding the effects of heat stress on dynamic cerebrovascular autoregulation, which assesses both the overall effectiveness of autoregulation as well as the latency between changes in perfusion pressure and corresponding changes in cerebral perfusion (26, 37, 38).

Work by Doering and colleagues reported an increase in a dynamic cerebral autoregulation index to a brief hypotensive challenge in heat stressed humans (12). However, the heat stress imposed in that study was mild (i.e., ~0.4 °C increase in internal
It may be that when subjects are exposed to a more severe heat stress (i.e., following prolonged exercise in the heat, exposure to hot climatic conditions, etc), dynamic cerebral autoregulation is impaired, which may contribute to heat-related syncope when individuals are upright. Therefore the aim of this study was to test the hypothesis that passive heat stress reduces dynamic cerebral autoregulation. This aim was achieved by assessing dynamic cerebral autoregulation using 2 methods, specifically, 1) examining the relationship between spontaneous changes in arterial blood pressure (MAP) and associated changes in cerebral blood velocity using transfer function analyses, and 2) evaluating the relationship between changes in cerebral blood velocity relative to blood pressure in response to a brief hypotensive challenge (rapid deflation of previously inflated bilateral thigh cuffs).
Methods

Subjects
Nine (4 males and 5 females) subjects participated in this study. The subjects’ mean ± SD age, height and weight were 34 ± 7 yrs, 175 ± 9 cm and 77 ± 14 kg, respectively. All subjects were healthy and free from cardiovascular, cerebrovascular and metabolic diseases. The phase of the menstrual cycle of the female subjects was not controlled. Subjects refrained from alcohol and exercise 24 h and caffeine 12 h prior to the study. Study procedures were approved by the Institutional Review Boards of University of Texas Southwestern Medical Center and Presbyterian Hospital of Dallas. Institutional approved written informed consent was obtained from all participants prior to enrolling in the study. The data from the present study were collected simultaneously with data previously reported that assessed the effect of heat stress on cerebral CO₂ responsiveness (21). However, blood pressure and cerebral blood velocity data for this protocol were collected separately from the data obtained during manipulations in arterial CO₂ performed in the cited study (see Experimental Protocol section below).

Instrumentation and Measurements
Each subject was dressed in a water perfused tube-lined suit (Med-Eng, Ottawa, Canada) that covered the entire body except the head, face, hands, feet, and one forearm. The water perfused suit permitted the control of skin and core temperature by changing the temperature of the water perfusing the suit. Uninflated large pressure cuffs (Aspen Laboratory, Englewood, CO) were placed underneath the suit around the upper thigh of each leg. Core temperature was measured from an ingestible pill telemetry system (HQ
Inc, Palmetto, FL). The pill was ingested immediately upon arrival at the laboratory, which was ~2 hours prior to the onset of heat stress data collection. Mean skin temperature was measured via the weighted average of six thermocouples attached to the skin (36). Heart rate was obtained from an electrocardiogram (HP Patient Monitor, Agilent, Santa Clara, CA) interfaced with a cardiotachometer (CWE, Ardmore, PA). Continuous beat-by-beat arterial blood pressure was recorded from a finger using the Penaz method (Finometer, Finapres Medical Systems, Amsterdam, Netherlands). Intermittent arterial blood pressure was also measured by auscultation of the brachial artery via electrosphygmomanometry (SunTech, Raleigh, NC). Skin blood flux was measured via laser-Doppler flowmetry using an integrating flow probe (MoorLAB Laser Doppler Perfusion Monitor, Moor Instruments, Wilmington, DE) attached to the forearm not covered by the water perfused suit. Cutaneous vascular conductance was indexed from the ratio of laser Doppler flux to mean arterial blood pressure (MAP). Middle cerebral artery blood velocity (MCA $V_{mean}$) was continuously measured using transcranial Doppler ultrasonography. A 2-MHz Doppler probe (Multiflow, DWL Elektronische Systeme, Singen, Germany) was adjusted over the temporal window until an optimal signal was identified. The probe was then fixed using a mold constructed of polyvinylsiloxane impression medium and held in place using a headband strap to prevent subtle movements of the Doppler probe. Cerebrovascular conductance (CBVC) was estimated from the ratio of MCA $V_{mean}$ to MAP. Subjects were instrumented with a 2 way valve attached to a mouthpiece from which $P_{ETCO2}$ was continuously measured (VitalCap Capnograph Monitor, Oridion, Needham, MA).
Experimental Protocol

Experiments were performed in a temperature controlled laboratory (26 ± 1 ºC) in the morning or early afternoon at least 2 h postprandial. After instrumentation, subjects rested for ~30 min in the supine position under normothermic conditions. Water at 34 ºC was perfused through the suit during this period. After this resting period, 6 min of quiet baseline data were collected during spontaneous respiration, followed by arm cuff measures of arterial blood pressure. The thigh cuffs were then rapidly inflated to a preset suprasystolic pressure (minimum of 40 mm Hg above previously obtained systolic blood pressures) and maintained for 5 min. At the end of the occlusion period, both cuffs were rapidly deflated and data were subsequently collected for 5 minutes. This leg cuff inflation/deflation maneuver was then repeated. Prior to each leg cuff inflation maneuver, the water-perfused suit distal to the thigh cuff was removed to reduce the possibility of injuring ischemic skin during the heating procedure. Thereafter, as part of separate study to address an unrelated question (21), subjects breathed 5% CO₂ for 5 min and hyperventilated for 30 s in order to transiently manipulate arterial CO₂ levels. Subjects were then exposed to a heat stress by perfusing 50 ºC water through the suit for a duration (~45-60 min) sufficient to increase core temperature ~1.0 ºC. Once subjects had reached this target core temperature, the temperature of the water perfusing the suit was gradually lowered to ~44 ºC to limit further increases in core temperature during the ensuing data collection periods. The aforementioned baseline data collection period and the two bilateral leg cuff maneuvers were then repeated. For both thermal conditions, manipulation of arterial CO₂ levels (21) was always performed after the baseline and leg cuff inflation/deflation data were collected.
Data Analysis

Data were sampled at 200 Hz via a data-acquisition system (Biopac System, Santa Barbara, CA) and analyzed using a statistical software package (SigmaStat 3.11, Chicago, IL). Data from the last 60 s of each baseline period were averaged for steady state statistical analyses. Respiratory rate was calculated from breath by breath measures of end tidal carbon dioxide ($P_{ETCO2}$) data. The MCA $V_{mean}$, MAP, $P_{ETCO2}$ and respiratory rate responses during baseline normothermia and heat stress were compared between thermal conditions using paired T-tests. Where any of these or other data sets did not conform to a normal distribution, a Wilcoxon sign ranks test was used instead of a paired T-test. All values are reported as means ± SD. P values of < 0.05 were considered statistically significant.

Transfer Function and Spectral Analysis

Beat-to-beat MAP and MCA $V_{mean}$ were obtained by integrating analog signals within each cardiac cycle and were then linearly interpolated and resampled at 2 Hz for spectral analysis (42). These values were linearly interpolated and resampled at 2 Hz to convert the unequally spaced beat-to-beat time series to a uniformly spaced time series for spectral and transfer function analyses. The resampling frequency was determined via the spectral analysis of pressure and velocity signals and based on the Nyquist theorem (29). For transfer function estimation, the cross-spectrum between changes in MAP and MCA $V_{mean}$ was estimated and then divided by the autospectrum of arterial blood pressure. The frequency range evaluated was 0-0.5 Hz. Transfer function gain and phase were calculated as previously described (42). The transfer gain and phase reflect the relative
amplitude and the time relationship between the changes in MAP and MCA \( V_{\text{mean}} \), respectively, over a specified frequency range. In particular, transfer estimates of gain reflect the relative amplitude between the changes in the input and output signals of the system, with a high gain reflecting reduced autoregulation. Transfer estimates of phase describe the temporal shift required to align the input signal (blood pressure) with the output signal (MCA \( V_{\text{mean}} \)). For a working autoregulation output will lead input, whereas for less effective autoregulation this phase difference will be reduced (4, 42). Furthermore, the coherence function was calculated to assess the linear relationship between these two variables. A coherence approaching 1 in a specific frequency range suggests a linear relationship between two signals within that frequency range, whereas a coherence approximating 0 may indicate a nonlinear relationship, severe extraneous noise in the signals, or simply no relationship between signals. The spectral power of MAP and MCA \( V_{\text{mean}} \), as well as mean values of transfer function gain, phase and coherence were calculated in the very low (0.02 to 0.07 Hz), low (0.07 to 0.20 Hz) and high (0.20 to 0.35 Hz) frequency ranges. These ranges were specifically chosen to reflect the different characteristics of the dynamic pressure-flow relationship, as previously identified by transfer function analysis, specifically, 1) a low-frequency component (<0.07 Hz) with a low coherence, 2) an intermediate frequency component (0.07–0.20 Hz) characterized by increasing coherence, increasing gain, and decreasing phase and 3) a high-frequency component (>0.20 Hz) with a high coherence, relatively large gain and minimal phase lead (42). Transfer function gain, phase and coherence within each frequency range during normothermia and heat stress were statistically compared using paired T-tests.
Transfer function analyses were performed with commercially available software (DADiSP, DSP Development, Cambridge, MA).

**Bilateral Leg Cuff Deflation**

For the bilateral leg cuff inflation-deflation maneuvers, the beat-to-beat MCA $V_{\text{mean}}$ and MAP responses were analyzed using the technique previously reported (1, 23). Control values of MAP and CBVC were calculated from their means during the 4 s period immediately before cuff release, and all subsequent MAP and CBVC data after cuff release were expressed as a ratio of their concomitant control values. During the 1-3.5s period after cuff release, the rate of change, or the rate of regulation (RoR), in CBVC is directly related to cerebral autoregulation (1). The RoR is therefore an index of cerebral autoregulation and was calculated as follows:

$$\text{RoR} = \frac{\Delta \text{CBVC}/\Delta T}{\Delta \text{MAP}}$$

Where $\Delta \text{CBVC}/\Delta T$ is the slope of the linear regression between CBVC and time (T) and $\Delta \text{MAP}$ was calculated by subtracting pre-cuff release MAP from the average MAP after cuff release within the evaluated time window. The RoR values for both trials within each thermal condition were averaged.

In addition, the time to the nadir and the time to recovery of the MAP and MCA $V_{\text{mean}}$ responses to the bilateral leg cuff inflation-deflation maneuvers were analyzed using a previously published approach (16). A section of 15 s data before cuff deflation was averaged to represent the pre-cuff deflation baseline data. Beat-to-beat MAP and MCA $V_{\text{mean}}$ data were sampled from the immediate onset of cuff deflation for ~120 s. The time
to reach the nadir of the MAP and MCA $V_{\text{mean}}$ responses following the cuff deflation ($T_1$), as well as the time to recover ($T_2$) from the nadir to 90% of the difference between the value at $T_1$ and baseline were identified. The $T_1$ and $T_2$ times for both trials within each thermal condition were averaged. For both the RoR and the $T_1$ and $T_2$ analyses, responses between thermal conditions were evaluated via paired T-tests.
Results

Thermoregulatory, cardiovascular and cerebral responses to passive heat stress

Passive heat stress caused typical thermoregulatory and cardiovascular responses (see Table 1). The group average (± SD) increase in core and mean skin temperature was 1.1 ± 0.2 and 3.7 ± 0.6 °C, respectively (both P < 0.001). Heart rate increased (39 ± 12 beats·min⁻¹, P < 0.001) while MAP was well maintained (-1 ± 4 mm Hg, P = 0.36). Forearm cutaneous vascular conductance increased ~4 fold (2.01 ± 0.42 au·mm Hg⁻¹, P < 0.001). Heat stress decreased MCA V_mean (8 ± 8 cm·s⁻¹, P = 0.01), whilst P_ETCO2 (-3 ± 4 mm Hg, P = 0.07) and respiratory rate were not significantly affected (+3 ± 4 breaths·min⁻¹, P = 0.06).

Time Series and Autospectra

The group-averaged autospectra of beat-to-beat MAP and MCA V_mean are displayed in Figure 1. The autospectra of arterial pressure demonstrated similar characteristics in normothermia and heat stress conditions within all frequency components. The high-frequency peak in the group-averaged spectra in Figure 1 is blurred as a result of the average processing of individual spectra with different respiratory rates. The spectral power of MAP in the very low frequency range was lower during heat stress (7.95 ± 2.06 vs 2.90 ± 2.29 mm Hg²·Hz, P = 0.01), while spectral power of this variable was unchanged by heating in the low (2.91 ± 1.33 vs 2.29 ± 1.64 mm Hg²·Hz, P > 0.05) and high (0.52 ± 0.56 vs 0.69 ± 0.68 mm Hg²·Hz, P > 0.05) frequency ranges. The autospectra of MCA V_mean was decreased by heat stress within the very low (9.78 ± 8.67 vs 3.02 ± 1.09 (cm·s⁻¹)²·Hz, P = 0.02) and low (4.29 ± 2.77 vs 2.77 ± 1.19 (cm·s⁻¹)²·Hz, P
= 0.05) frequency ranges. Conversely, the spectral power within the high frequency range tended to be increased by heat stress (0.78 ± 0.80 vs 1.49 ± 1.86 (cm·s⁻¹)²·Hz, P = 0.08).

**Transfer Function Analysis**

The estimates of transfer gain, phase and coherence functions are shown in Figure 2. In both the low (0.64 ± 0.19 vs 0.59 ± 0.10, P = 0.40) and high (0.63 ± 0.19 vs 0.72 ± 0.14, P = 0.12) frequency ranges coherence was >0.5 and similar in both normothermia and heat stress conditions, respectively, suggesting that changes in velocity are relatively linearly related to the changes in blood pressure. In contrast, in the very low frequency range (<0.07 Hz) coherence was greater than 0.5 during normothermia but was less than 0.5 during heat stress (0.57 ± 0.13 vs 0.26 ± 0.10, respectively, P < 0.001). Transfer gain was reduced by heat stress in the very low frequency range (NT: 0.88 ± 0.38 vs HS: 0.59 ± 0.19, cm·s⁻¹·mm Hg⁻¹, P = 0.02) but was unchanged in the low (NT: 1.04 ± 0.31 vs HS: 1.01 ± 0.24, cm·s⁻¹·mm Hg⁻¹, P = 0.67) and high frequency (NT: 1.05 ± 0.38 vs HS: 1.24 ± 0.40, cm·s⁻¹·mm Hg⁻¹, P = 0.32) ranges during heat stress. Phase was similar during normothermia and heat stress in the very low (0.92 ± 0.58 vs 0.71 ± 0.46, respectively, P = 0.37) and high (-0.10 ± 0.20 vs 0.12 ± 0.71, respectively, P = 0.14) frequency ranges, whereas, in the low frequency range, phase was significantly increased by heat stress (0.55 ± 0.31 vs 0.82 ± 0.17, P = 0.01),

**Cuff Inflation-Deflation**

Blood pressure and MCA V_mean responses to cuff inflation-deflation during normothermia and heat stress are presented in Table 2. Blood pressure and MCA V_mean decreased in
response to cuff deflation with no difference in the magnitude of the decrease between normothermia and heat stress conditions (both \( P > 0.05 \), see Table 2). The RoR was not affected by heat stress (\( P = 0.16 \), see Figure 3). For both thermal conditions, MCA \( V_{\text{mean}} \) decreased to its nadir (\( T_1 \)) 2-3 seconds earlier than blood pressure \( T_1 \) (see Table 4). Interestingly, \( T_1 \) for MCA \( V_{\text{mean}} \) was slightly shorter during heat stress (\( P = 0.05 \)). MCA \( V_{\text{mean}} \) recovered to pre cuff deflation baseline (e.g. \( T_2 \)) faster than blood pressure for both thermal conditions, while \( T_2 \) for MCA \( V_{\text{mean}} \) was not affected by heat stress (\( P = 0.77 \), see Table 4). The time for blood pressure to decrease to its nadir (\( T_1 \)) tended to be slightly shorter during heat stress (\( P = 0.07 \)), while \( T_2 \) was similar between thermal conditions (\( P = 0.65 \), see Table 4). For the 15 s immediately after \( T_2 \), MCA \( V_{\text{mean}} \) exceeded pre-cuff occlusion baseline under normothermic conditions, while during heat stress MCA \( V_{\text{mean}} \) was maintained at pre-cuff occlusion baseline (NT: \( 2.60 \pm 3.67 \) vs HS: \( -1.55 \pm 2.54 \) cm.sec\(^{-1}\), \( P = 0.02 \), see Figure 4A).
Discussion

The aim of this study was to test the hypothesis that passive heat stress reduces cerebral autoregulation evaluated using 2 methods of dynamic cerebral autoregulation, that is, transfer function analyses and the RoR analyses. The main findings of this study are that heat stress reduced transfer function gain and coherence in the very low frequency range, did not change transfer function gain and coherence within the low and high frequency ranges, and did not affect the RoR or the recovery time of the MCA $V_{\text{mean}}$ in response to thigh cuff deflation. Taken together, these findings indicate that, counter to the proposed hypothesis, heat stress does not impair dynamic cerebrovascular autoregulation.

The observed transfer function gain suggest that the ability of the cerebral vasculature to attenuate changes in MCA $V_{\text{mean}}$ in the face of spontaneous changes in blood pressure, within the low and high frequency ranges, are unaffected by heat stress. In contrast, in the very low frequency range, transfer function gain was reduced during heat stress indicating that smaller changes in MCA $V_{\text{mean}}$ occurred for the same change in blood pressure, e.g. possibly of improved dynamic autoregulation within this frequency range. However, coherence within the very low frequency range was greatly reduced by heat stress thereby reducing the confidence of this gain calculation (see discussion below). Similarly, heat stress did not affect transfer estimates of phase in the very low and high frequencies, while phase was increased in the low frequency range, in contrast to our proposed hypothesis. This latter observation could be interpreted as an improvement in dynamic cerebral autoregulation, similar to an increase in gain in the very low frequency range. Data suggestive of improved dynamic autoregulation with heat stress was
unexpected and the mechanism(s) leading to these responses are unknown. Recent research has reported that sympathetic blockade impairs dynamic cerebral autoregulation, as evidenced by increases in transfer function gain and reductions in transfer function phase (43) and reductions in the cerebral RoR (23). In contrast, passive heat stress causes pronounced elevations in sympathetic activity (7-9, 11, 31-33). Therefore, heat-stress induced increases in sympathetic activity, assuming such occurs in the cerebral circulation during heat stress as recently proposed (40), could have contributed to indices of improved cerebrovascular autoregulation. In addition, previous studies have reported improved dynamic cerebral autoregulation (increases in transfer function phase) during hypocapnia in normothermic subjects (3, 13). Although relatively small, heat stress induced decrease in $P_{ETCO2}$ in the present study could have contributed to improved dynamic cerebral autoregulation within the specified frequency ranges. It is unclear why these observations only occurred in selective frequency ranges (i.e., reduced gain in the very low frequency range and increased phase in the low frequency range). Overall, these observations, coupled with the absence of changes in transfer function gain and phase in other frequency ranges, suggest that, at the very least, heat stress does not impair cerebrovascular autoregulation.

In the very low frequency range, estimates of coherence were lower during heat stress relative to normothermia. There are conflicting approaches to the interpretation and application of coherence values. Coherence is proposed to provide an estimate of the statistical reliability of the transfer function estimate of gain and phase (4), with a value of 0.5 typically used as the lower threshold to accept transfer function estimates of gain
and phase (26). Alternatively, it has also been put forward that coherence reflects the strength of the linear relationship between arterial blood pressure and MCA $V_{\text{mean}}$ and thus is itself an indicator of dynamic cerebral autoregulation (e.g., for an effective autoregulation, changes in MCA $V_{\text{mean}}$, in the face of changes in blood pressure, are buffered and result in a lower coherence value) (4, 14). Thus, a lower coherence value during heat stress within the very low frequency range (0.57 to 0.26) in the present study may suggest improved autoregulation with heat stress, consistent with the transfer gain and phase data within some frequency ranges. It has been recently suggested, however, that univariate coherence values should not be used to reject spectral estimates of gain and phase or be used as an indicator of the extent of autoregulation because they do not take into account a potentially increasing number of covariates and the intrinsic nonlinearity of dynamic cerebral autoregulation (27). This limitation could also be applied to transfer estimates of gain, which also assume linearity, in the very low frequency range. It has also been proposed, from studies of renal autoregulation in rats, that non-stationarity (a change in a system’s dynamic characteristics over time) should be considered when analyzing autoregulatory systems (5, 44). The transfer function analyses employed in the present study, and by numerous others, calculates time-invariant estimates of gain and coherence, which assumes that the system’s dynamic characteristics are stationary. To date, no study has examined the contribution of non-stationarity to cerebral autoregulation in humans and despite all data being collected under stable steady-state conditions in the present study, the assumption of stationarity is a potential limitation.
Reductions in spectral power of blood pressure in the very low frequency range during heat stress are consistent with previous data from our laboratory (6, 7). Other groups have proposed that reductions in oscillations of blood pressure reflect a decrease in sympathetic modulation of vasomotor tone (22, 24, 25). In contrast to this proposal, however, we and others have clearly shown that heat stress causes pronounced elevations in sympathetic nerve activity (7-9, 11, 31-33) and that reductions in spectral power of blood pressure during heat stress are not due to a reduced oscillation of sympathetic nerve activity (7). The uncoupling between sympathetic nerve activity and blood pressure variability during heat stress could reflect heat stress induced increases in vascular capacitance within the cutaneous circulation that could buffer the magnitude of fluctuations in blood pressure (6) and/or reductions in post-synaptic adrenergic responsiveness (10, 39). The reduction in blood pressure variability with heat stress could in fact reduce the ‘demand’ of dynamic cerebral autoregulation during hyperthermia and thus contribute to a lack of deterioration in dynamic cerebral autoregulation evident with heating in the present study. Similarly, a reduction in cerebral blood velocity spectral power in the very low frequency range indicates a reduction in cerebral blood velocity variability and is, at the very least, in agreement with no changes in dynamic cerebral autoregulation with heat stress.

The thigh cuff inflation-deflation maneuver has been used to assess dynamic cerebral autoregulation in response to very rapid and pronounced reductions in perfusion pressure (1, 12, 16, 23). Following thigh cuff deflation, the magnitude of the reduction in arterial blood pressure and MCA $V_{\text{mean}}$ was not different between thermal conditions. Moreover,
the RoR and timing of the reduction in these variables ($T_1$), as well as the timing of their recovery ($T_2$), were not appreciably changed by heat stress. Findings from the leg cuff procedure are in contrast to prior findings by Doering et al. (12), who used a similar procedure to evaluate dynamic cerebral autoregulation during mild heat stress. These investigators reported that heat stress improved dynamic cerebrovascular autoregulation. However, there are some key differences between the present study and that of Doering et al. Foremost was that the heat stress imposed (body water immersion) in the study of Doering et al. was relatively mild (~0.4 °C increase in internal temperature) and typical responses used to further evaluate the magnitude of the heat stress (i.e., mean skin temperature, heart rate, skin blood flow, or sweat rate) were not reported. In contrast, in the present study a more severe heat stress was imposed resulting in pronounced elevations in these variables (see Table 1) including an average increase in core temperature of 1.1 °C. Similar to the conflicting findings of the present study and that of Doering et al., when assessing dynamic cerebral autoregulation in normothermic subjects during LBNP, we have previously reported a reduction in dynamic autoregulation via increases in transfer function gain (44), whereas others reported no change using the thigh cuff deflation technique (16). Thus, the transfer function analysis and thigh cuff deflation techniques may not always produce comparable findings.

Methodological Considerations

Orthostatic tolerance is profoundly reduced under heat stress, relative to normothermic, conditions (2, 17, 20, 35, 41). We have previously shown greater decreases in cerebral
perfusion and vascular conductance during orthostatic stress in hyperthermic individuals (40), suggestive of impaired static cerebrovascular autoregulation. In the present study, dynamic cerebral autoregulation was examined with subjects in the supine position (e.g. no orthostatic stress). Should dynamic cerebral autoregulation have been assessed during the combination of heat and orthostatic stress, when cerebral perfusion can be severely compromised, then decrements in dynamic autoregulation may have been evident. However, such data are challenging to obtain given the duration necessary to obtain the data for the evaluated analyses, coupled with substantially reduced orthostatic tolerance when subjects are heat stressed. That said, the thigh-cuff release maneuver could be viewed as mimicking the initial reduction in cerebral perfusion that is encountered during the onset of orthostatic stress, with the present findings suggesting unaltered cerebrovascular autoregulation in heat stressed subjects. Furthermore, the hyperthermic stress imposed on subjects in the present study was moderate, given an increase in internal temperature of ~1.1 °C. Should the heat stress have been greater then perhaps reductions in dynamic cerebral autoregulation may have occurred.

Transcranial Doppler measures of MCA $V_{\text{mean}}$ were used to reflect changes in cerebral blood flow. This assumption is only valid if the diameter of the insonated vessel (i.e., the middle cerebral artery) remains constant. Direct and indirect measurements of middle cerebral artery diameters in humans have shown that these diameters do not change during a variety of stimuli, including hypoxia, known to affect cerebral blood flow (15, 34). Therefore, it is likely that alterations in MCA $V_{\text{mean}}$ reflect changes in cerebral blood flow in the present study.
In the present study, absolute transfer function estimates of gain were analyzed (e.g., expressed as cm·s\(^{-1}\) per mm Hg), while in some studies normalized transfer function estimates of gain (e.g., expressed as % cm·s\(^{-1}\) per mm Hg) are calculated (4, 13). The argument to normalize MCA \(V_{\text{mean}}\) data is that differences in baseline MCA \(V_{\text{mean}}\) could influence the estimate of transfer function gain due to potential “errors” in equating MCA \(V_{\text{mean}}\) to cerebral blood flow given possible differences in the vessel diameter as well as the angle of insonation between subjects. This is in contrast to the present protocol in which the position of the Doppler probe did not change, nor is it thought that vessel diameter changes, between thermal conditions. Therefore, absolute changes in MCA \(V_{\text{mean}}\) more directly track changes in cerebral blood flow with the present pre/post design, relative to between subject comparisons. It is for this reason that absolute MCA \(V_{\text{mean}}\) was selected in estimating transfer function gain in, despite cerebral perfusion decreasing by heat stress. Nevertheless, when MCA \(V_{\text{mean}}\) data were normalized between thermal conditions, transfer gain remains unaltered in the low and high frequency ranges (low; 1.53 ± 0.41 to 1.73 ± 0.38 %·mm Hg\(^{-1}\), \(P = 0.063\) and high frequency; 1.55 ± 0.55 to 2.06 ± 0.37 %·mm Hg\(^{-1}\), \(P = 0.061\)); although there was a tendency for an increase in these gain values by heat stress. In contrast, normalization of the gain data in the very low frequency range removed statistical significance (1.27 ± 0.50 to 1.02 ± 0.29 %·mm Hg\(^{-1}\), \(P = 0.123\)). When taken together, and despite our contention that normalization of the aforementioned data is less suitable, normalized transfer gain data do not support the hypothesis that dynamic cerebral autoregulation is impaired during heat stress.
Changes in basal cerebral vascular resistance, and subsequent alterations in myogenic vascular tone, per se, may modulate cerebral autoregulation (19). Therefore, changes in cerebral autoregulation between conditions with differing basal levels of cerebral vascular resistance (e.g. transfer gain and phase in the present study) could be partly explained by a ‘passive’ mechanism through adjustments in baseline vascular characteristics, alongside or even instead of the differences in ‘active’ vascular mechanisms (19).

**Perspectives and Significance**

The maintenance of cerebral perfusion through local vascular regulation (i.e., cerebral autoregulation) is critical in order to avoid precipitous reductions in cerebral blood flow. Heat stress results in reductions in steady-state cerebral blood flow but the effect of heat stress on dynamic cerebral autoregulation has not been thoroughly examined. We have shown that transfer function estimates of gain, coherence and phase between spontaneous changes in blood pressure and corresponding MCA $V_{\text{mean}}$ were not diminished, but maybe even improved in certain frequency ranges during heat stress. Furthermore, data derived via the leg cuff release technique also suggest that heat stress does not alter dynamic cerebrovascular autoregulation. Taken together, a preserved dynamic cerebral autoregulation during heat stress would serve to attenuate reductions in cerebral blood flow during decreases in blood pressure and thus help protect heat-stressed individuals from further compromised cerebral perfusion.
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References


Table 1. Thermoregulatory, cardiovascular, respiratory and cerebrovascular responses during normothermia and heat stress

<table>
<thead>
<tr>
<th>Condition</th>
<th>Normothermia</th>
<th>Heat stress</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core temperature (°C)</td>
<td>36.9 ± 0.3</td>
<td>38.0 ± 0.3</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Mean skin temperature (°C)</td>
<td>34.8 ± 0.5</td>
<td>38.5 ± 0.4</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Heart rate (beats·min⁻¹)</td>
<td>56 ± 9</td>
<td>95 ± 15</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Blood pressure (mm Hg)</td>
<td>91 ± 6</td>
<td>89 ± 6</td>
<td>0.36</td>
</tr>
<tr>
<td>MCA V_mean (cm·s⁻¹)</td>
<td>69 ± 14</td>
<td>60 ± 13</td>
<td>0.01</td>
</tr>
<tr>
<td>Forearm CVC (au·mm Hg⁻³)</td>
<td>0.65 ± 0.68</td>
<td>2.32 ± 0.86</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Respiratory rate (breaths·min⁻¹)</td>
<td>14 ± 4</td>
<td>17 ± 5</td>
<td>0.06</td>
</tr>
<tr>
<td>End-Tidal CO₂ (mm Hg)</td>
<td>42 ± 1</td>
<td>39 ± 1</td>
<td>0.07</td>
</tr>
</tbody>
</table>

Values are mean ± SD. CVC: Cutaneous vascular conductance; MCA V_mean: Middle cerebral artery blood velocity.
Table 2. Time to nadir (T₁) and recovery (T₂) for blood pressure and cerebral blood velocity during the leg cuff deflation procedure in normothermia and heat stress.

<table>
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<tr>
<th>Condition</th>
<th>Normothermia</th>
<th>Heat Stress</th>
<th>P Value</th>
</tr>
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<tbody>
<tr>
<td><strong>Blood Pressure</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T₁ (s)</td>
<td>4.75 ± 2.1</td>
<td>3.92 ± 2.12</td>
<td>0.07</td>
</tr>
<tr>
<td>T₂ (s)</td>
<td>20.24 ± 2.07</td>
<td>19.57 ± 3.96</td>
<td>0.65</td>
</tr>
<tr>
<td>Delta BP (mm Hg)</td>
<td>20 ± 4</td>
<td>19 ± 6</td>
<td>0.88</td>
</tr>
<tr>
<td>% BP change</td>
<td>21 ± 4</td>
<td>22 ± 7</td>
<td>0.66</td>
</tr>
<tr>
<td><strong>MCAV&lt;sub&gt;mean&lt;/sub&gt;</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T₁ (s)</td>
<td>1.97 ± 1.15</td>
<td>1.33 ± 0.73</td>
<td>0.05</td>
</tr>
<tr>
<td>T₂ (s)</td>
<td>9.99 ± 7.92</td>
<td>8.74 ± 4.88</td>
<td>0.77</td>
</tr>
<tr>
<td>Delta MCAV&lt;sub&gt;mean&lt;/sub&gt; (cm·s&lt;sup&gt;−1&lt;/sup&gt;)</td>
<td>13 ± 4</td>
<td>12 ± 6</td>
<td>0.59</td>
</tr>
<tr>
<td>% MCAV&lt;sub&gt;mean&lt;/sub&gt; change</td>
<td>20 ± 6</td>
<td>19 ± 7</td>
<td>0.69</td>
</tr>
</tbody>
</table>

Values are mean ± SD. MCAV<sub>mean</sub>: Middle cerebral artery blood velocity. BP: Mean arterial blood pressure. Delta values represent the change in the indicated value from baseline to T₁.
Figure Legends

Figure 1. Group averaged autospectra of beat-to-beat changes in mean arterial blood pressure (MAP, Panel A) and middle cerebral artery blood velocity (MCAV\textsubscript{mean}, Panel B) during normothermia (solid line) and heat stress (dashed line). The dotted line represents the SEM for the heat stress data, normothermia SEM data were omitted for clarity. The vertical dashed lines represent the cutoffs for the very low (0.07 Hz), low (0.20 Hz) and high (0.35 Hz) frequency ranges. The numbers at the top of each frequency band indicate the P values of the comparisons between normothermia and heat stress.

Figure 2. Group averaged transfer function gain (Panel A), phase (Panel B) and coherence function (Panel C) between changes in mean arterial blood pressure and middle cerebral artery cerebral blood velocity during normothermia (solid line) and heat stress (dashed line). The dotted line represents the SEM for the heat stress data, normothermia SEM data were omitted for clarity. The vertical dashed lines represent the cutoffs for the very low (0.07 Hz), low (0.20 Hz) and high (0.35 Hz) frequency ranges. The numbers at the top of each frequency band indicate the P values of the comparisons between normothermia and heat stress.

Figure 3. The rate of regulation (RoR) of cerebrovascular conductance (CBVC) for each subject and the group averages (black squares with SEM error bars) during normothermia and heat stress.
Figure 4. Group-averaged decreases in mean middle cerebral artery blood velocity ($V_{\text{mean}}$ Panel A), mean arterial blood pressure (Panel B) and cerebral vascular conductance (CBVC, Panel C) during leg cuff deflation under normothermia (NT) and heat stress (HS) conditions. *$P < 0.05$ vs heat stress.
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