Ms. Lake

Ms. Lake was created with a renin secreting tumor (1000 GU/Min vs. 290 normally). Table salt was kicked up to 260 mEq/Day from a normal of 180.

Ms. Lake is healthy but has headaches.

Load Ms. Lake (MS\_LAKE.ICS) using the **File / Load Initial Conditions** main menu selection.

Is Ms. Lake OK? In her thumbnail sketch on the  Charts panel, she complains of headaches, but that is not very informative.

Check Ms. Lake’s blood pressure, heart rate, temperature and respiration using the  Monitor panel.

Normal values were taken from Norm Subject.

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| **Variable** | **Ms. Lake** | **N. Subject** | **Units** |
| Blood Pressure | 162/112 | 120 / 81 | mmHg |
| Heart Rate | 74 | 73 | Beats / Min |
| Temperature | 98.5 | 98.8 | degree F |
| Respiration Rate | 12 | 12 | Breaths / Min |

Ms. Lake is presenting with a fairly high blood pressure.

Blood Chemistry

Its time for some blood chemistry. Go to the  Blood And Urine Samples panel. Get venous blood gases. Click Take Sample Now in the Venous Blood Gases box. Is there evidence of an acid/base disturbance?

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| **Variable** | **Ms. Lake** | **N. Subject** | **Units** |
| pCO2 | 54 | 42 | mmHg |
| pH | 7.42 | 7.40 | pH Units |
| [H+] | 38 | 40 | pMol/L |
| [HCO3-] | 43 | 28 | mEq/L |

Check blood electrolytes. Click Take Sample Now in the Venous Blood Sample box. Are the blood electrolytes normal?

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| **Variable** | **Ms. Lake** | **N. Subject** | **Units** |
| [Na+] | 145 | 145 | mEq/L |
| [K+] | 4.0 | 4.4 | mEq/L |
| [Cl-] | 93 | 108 | mEq/L |
| [BUN] | 18 | 13 | mG/dL |
| [Protein] | 7.2 | 6.9 | G/dL |
| Osmolarity | 302 | 292 | mOsm/L |
| Hematocrit | 48 | 44 | % |

The plasma [K+] value is a bit worrisome. We may return to this matter later.

Invasive Studies

Use the **View / Basic Physiology** and **Nephron Details** main menu selections to install the basic physiology and nephron toolbar buttons.

Several clinical studies indicate that most patients with hypertension present with elevated arterial pressure and elevated vascular resistance but normal cardiac output.

Go to  Pressure and record mean arterial pressure. Then go to  Flow and record cardiac output. Finally, go to  Conductance and record total peripheral resistance.

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| **Variable** | **Ms. Lake** | **N. Subject** | **Units** |
| Mean Arterial Pressure | 132 | 97 | mmHg |
| Cardiac Output | 6121 | 5360 | mL/Min |
| Peripheral Resistance | 0.022 | 0.018 | mmHg/  (mL/Min) |

What are the percent changes in pressure, flow and resistance?

Pressure change is \_\_36.1\_\_\_\_ %.

Cardiac output change is \_\_14.2\_\_\_\_ %.

Peripheral resistance change is \_\_22.2\_\_\_\_ %.

Ms. Lake seems pretty typical.

Sodium Balance

We may learn something from Ms. Lake's sodium balance. Go to the  Diet panel and note Ms. Lake's daily sodium intake. Then go to the  Urine panel and note Ms. Lake's rate of Na+ excretion.

Na+ \_\_0.184\_\_\_\_ mEq/Min x 1440 = \_\_264.96\_\_\_\_ mEq/Day

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| **Variable** | **Ms. Lake** | **N. Subject** | **Units** |
| Na+ Intake | 260 | 180 | mEq/Day |
| Na+ Output | 264.96 | 180 | mEq/Day |

Two questions must be answered.

1. Is Ms. Lake in sodium balance?
2. Is Ms. Lake on a high, normal or low sodium diet?

Increased extracellular Na+ mass may be contributing to Ms. Lake's hypertension. Go to  Na+ and note the Na+ mass.

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| **Variable** | **Ms. Lake** | **N. Subject** | **Units** |
| ECFV Na+ Mass | 1853 | 2150 | mEq |

What is a reasonable diagnosis at this point?

Hormones In The Blood

An examination of some blood hormones may be beneficial. Go to  Blood Chemistry and examine the relevant concentrations.

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| **Variable** | **Ms. Lake** | **N. Subject** | **Units** |
| [AngII] | 74 | 20 | mEq/Day |
| Renin | 7.4 | 2.0 | GU |
| [Aldo] | 336 | 330 | pMol/L |
| [ADH] | 3.6 | 2.0 | pG/mL |
| [ANP] | 21 | 20 | pMol/L |

Considering that Ms. Lake is taking a fairly salt rich diet, her concentrations for renin and angiotensin are very, very high.

What is a reasonable diagnosis now?

Renin vs. Salt

A decreased salt intake stimulates renal renin secretion. This increases plasma renin and angiotensin levels. Increased angiotensin decreases renal blood flow and increases sodium reabsorption, helping to conserve sodium and maintain sodium balance. Increased angiotensin also produces peripheral vasoconstriction which helps to maintain arterial pressure.

An increased sodium intake inhibits renin secretion which promotes renal sodium excretion and peripheral vasodilation.

This reciprocal relationship between sodium intake and renin is plotted below for Norm Subject. It is roughly a hyperbola.



Plot Ms. Lake's data on this graph.

Thus, Ms. Lake's plasma renin activity is inappropriately high for the amount of sodium in her diet.

Therapy

To lower Ms. Lake's blood pressure, we might consider decreased sodium intake, blocking the formation of angiotensin or both.

First, lowered sodium intake. Go to  Diet and slide table salt down to 40 mMol/Day. Go to  Monitor to monitor blood pressure changes. Advance the solution 1 week.

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| **Variable** | **Day 1** | **Day 8** | **Units** |
| Blood Pressure | 162/112 | 151 /118 | mmHg |

In addition to blood pressure, check on changes in plasma renin activity, plasma angiotensin concentration and extracellular sodium mass.

It appears that decreased sodium intake decreased extracellular sodium mass while also stimulating more renin secretion. The net result was little change in blood pressure. Note the narrowing of pulse pressure. What caused that?

Next we'll block angiotensin formation. Click **Restart** to reestablish Ms. Lake's initial conditions. Then go to  Blockers and slide AII converting enzyme inhibition up to 70%. Again, go to  Monitor to monitor blood pressure changes. Advance the solution 1 week.

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| **Variable** | **Day 1** | **Day 8** | **Units** |
| Blood Pressure | 162/112 | 141/93 | mmHg |

In addition to blood pressure, check on changes in plasma renin activity, plasma angiotensin concentration and extracellular sodium mass. Note that we've now uncoupled plasma renin activity and angiotensin concentration.

Finally, we'll lower sodium intake and block angiotensin formation. Click **Restart** to reestablish Ms. Lake's initial conditions. Go to  Diet and slide table salt down to 40 mMol/Day. Then go to  Blockers and slide AII converting enzyme inhibition up to 70%. Again, go to  Monitor to monitor blood pressure changes. Advance the solution 1 week.

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| **Variable** | **Day 1** | **Day 8** | **Units** |
| Blood Pressure | 162/112 | 129/88 | mmHg |

This is more like it. Ms. Lake's hypertension is under pretty good (but not perfect) control. Isn't it? Check out the relevant variables and make a final assessment.

References

Might put a Laragh reference to renin vs. salt here.