Asymmetric dimethylarginine (ADMA) a novel cardiovascular risk factor – evidence from epidemiological and prospective clinical trials

Andrzej Szuba, Maciej Podgórski

Chair and Clinic of Internal and Occupational Diseases and Arterial Hypertension in Wroclaw, Pasteura 4, PL 50-367 Wroclaw, Poland

Correspondence: Andrzej Szuba; e-mail: szubad@yahoo.com

Abstract:
There is a growing clinical evidence to support the hypothesis that asymmetric dimethylarginine (ADMA), an endogenous inhibitor of nitric oxide synthase is a new independent cardiovascular risk factor. ADMA mediates endothelial dysfunction in lipid disorders, coronary artery disease, chronic heart failure, diabetes mellitus and hypertension. The aim of this review was to summarize the latest evidence from epidemiological and prospective clinical trials and to emphasize the role of ADMA as a cardiovascular risk factor.

Key words: endothelial dysfunction, nitric oxide, nitric oxide synthase