

## **Baroreflex control of sympathetic vasomotor activity and resting arterial pressure at high altitude: insight from Lowlanders and Sherpa**

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## KEY POINTS SUMMARY

- Hypoxia, a potent activator of the sympathetic nervous system, is known to increase muscle sympathetic nerve activity (MSNA) to the peripheral vasculature of native Lowlanders during sustained high altitude (HA) exposure.
- We show that the arterial baroreflex control of MSNA functions normally in healthy Lowlanders at HA, and that upward baroreflex resetting permits chronic activation of basal sympathetic vasomotor activity under this condition.
- The baroreflex MSNA operating point and resting sympathetic vasomotor outflow both are lower for highland Sherpa compared with acclimatizing Lowlanders; these lower levels may represent beneficial hypoxic adaptation in Sherpa.
- Acute hyperoxia at HA had minimal effect on baroreflex control of MSNA in Lowlanders and Sherpa, raising the possibility that mechanisms other than peripheral chemoreflex activation contribute to vascular sympathetic baroreflex resetting and sympathoexcitation.
- These findings provide better understanding of sympathetic nervous system activation and control of blood pressure during the physiological stress of sustained HA hypoxia.

## ABSTRACT

Exposure to high altitude (HA) is characterized by heightened muscle sympathetic neural activity (MSNA); however, the effect on arterial baroreflex control of MSNA is unknown. Furthermore, arterial baroreflex control at HA may be influenced by genotypic and phenotypic differences between lowland and highland natives. Fourteen Lowlanders (10 male) and 9 male Sherpa underwent haemodynamic and sympathetic neural assessment at low altitude (Lowlanders, LA; 344m, Sherpa, KT; 1400m) and following gradual ascent to 5050m. Beat-by-beat haemodynamics (photoplethysmography) and MSNA (microneurography) were recorded lying supine. Indices of vascular sympathetic baroreflex function were determined from the relationship of diastolic blood pressure (DBP) and corresponding MSNA at rest (i.e. DBP 'operating pressure' and MSNA 'operating point'), and during a modified Oxford baroreflex test (i.e. 'gain'). Operating pressure and gain were unchanged for Lowlanders during HA exposure; however, the operating point was reset upwards ( $48 \pm 16$  vs  $22 \pm 12$  bursts $\cdot 100\text{HB}^{-1}$ ,  $P=0.001$ ). Compared to Lowlanders at 5050m, Sherpa had similar gain and operating pressure, but operating point was lower ( $30 \pm 13$  bursts $\cdot 100\text{HB}^{-1}$   $P=0.02$ ); MSNA burst frequency was lower for Sherpa ( $22 \pm 11$  versus  $30 \pm 9$  bursts $\cdot \text{min}^{-1}$   $P = 0.03$ ). Breathing 100% oxygen did not alter vascular sympathetic baroreflex function for either group at HA. For Lowlanders, upward baroreflex resetting promotes heightened sympathetic vasoconstrictor activity and maintains blood pressure stability, at least during early HA exposure; mechanisms other than peripheral chemoreflex activation could be involved. Sherpa adaptation appears to favour lower sympathetic vasoconstrictor activity than Lowlanders for blood pressure homeostasis.

## 1 INTRODUCTION

2 The sympathetic nervous system is the ubiquitous controller of the cardiovascular  
3 system in humans, and thus plays a pivotal role in arterial pressure homeostasis  
4 (Guyenet, 2006). High altitude (HA) hypoxia is a major physiological stressor that is  
5 accompanied by a profound activation of muscle sympathetic nerve activity (MSNA),  
6 which is markedly greater than that observed during acute exposure to a similar  
7 hypoxic stimulus (Duplain *et al.*, 1999; Lundby *et al.*, 2017). Notably,  
8 sympathoexcitation is maintained for the duration of HA exposure, despite  
9 normalisation of resting arterial oxygen content to near sea-level values (Hansen &  
10 Sander, 2003; Lundby *et al.*, 2017). Furthermore, sympathetic activation is not  
11 reversed whilst breathing 100% oxygen, and persists for up to 3 days following  
12 descent to low altitude (Hansen & Sander, 2003; Mitchell *et al.*, 2018). These data  
13 suggest a form of neural “remodelling” associated with prolonged hypoxia.

14 Several studies have characterised MSNA and arterial pressure responses to  
15 sustained HA exposure in healthy Lowlanders (Hansen & Sander, 2003; Lundby *et*  
16 *al.*, 2017; Fisher *et al.*, 2018). Despite a greater probability of a burst of sympathetic  
17 vasoconstrictor activity at rest (i.e. 50% as opposed to 25%), any accompanying  
18 change in arterial pressure is relatively modest, at least for exposures lasting to 10-  
19 50 days. These observations imply chronic resetting of the neural vasoconstrictor  
20 reflexes which attempt to maintain blood pressure, presumably to balance local  
21 vasodilator mechanisms and secure haemodynamic stability. However, the arterial  
22 baroreflex control of sympathetic vasoconstrictor activity has never been investigated  
23 at HA.

24 Relatively little is known regarding the consequences of lifelong HA hypoxia  
25 on sympathetic activity and blood pressure regulation. A single microneurographic

1 study found similar basal MSNA, but lower arterial pressure, for Bolivian highlanders  
2 compared to well-acclimatised Lowlanders (Lundby *et al.*, 2017); arterial baroreflex  
3 function was not tested. This suggests sustained sympathetic activation may be an  
4 evolutionary adaptation for those living permanently under HA hypoxia. However,  
5 distinct differences in physiological adaptation are known to exist between natives of  
6 the South American Andes, Himalaya plateau and Ethiopian highlands (Beall, 2006,  
7 2007; Erzurum *et al.*, 2007), with the suggestion that the Sherpa (Himalayan)  
8 adaptation represents the most effective phenotype for chronic hypoxia (Gilbert-  
9 Kawai *et al.*, 2014; Horscroft *et al.*, 2017). However, due to a lack of  
10 microneurographic data for highlanders, other than Bolivians, it is unclear whether  
11 differences in the patterns of adaptation extends to sympathetic nervous system  
12 control of the cardiovascular system and arterial pressure homeostasis.

13 Therefore, the aims of this study were (1) to examine baroreflex regulation  
14 (resetting and gain) in healthy Lowlanders at 5050m, following 10 to 20 days of  
15 acclimatization and, (2) to compare arterial baroreflex function between acclimatizing  
16 Lowlanders and HA native Sherpa. Based upon previous reports for acute hypoxia  
17 (Halliwill & Minson, 2002; Halliwill *et al.*, 2003; Steinback *et al.*, 2009; Querido *et al.*,  
18 2011), we hypothesized that the 'operating pressure' (i.e. diastolic blood pressure)  
19 and 'operating point' (i.e. MSNA burst incidence) of the vascular sympathetic  
20 baroreflex would shift to higher values, during HA acclimatisation, with no change in  
21 reflex 'gain' (i.e. slope). We further hypothesized that Sherpa, who cope extremely  
22 well with chronic hypoxia, would have lower arterial pressure and lower MSNA  
23 operating point, compared with Lowlanders.

## 24 **METHODS**

### 25 **Ethical Approval**

1 All testing procedures had Institutional Review Board approval from the University of  
2 British Columbia (H16-01297/H16-01028), University of Alberta, and Nepal Health  
3 Research Council. All participants were informed, using the native language, of the  
4 purpose and the risks involved with each procedure, and provided oral and written  
5 informed consent, in compliance with the latest revision of the *Declaration of*  
6 *Helsinki*, except for registration in a database.

## 7 **Participants**

8 Fourteen Lowlanders (twelve male; mean  $\pm$  SD: age,  $27 \pm 6$  yrs; height,  $1.77 \pm 0.8$   
9 m; weight,  $72.2 \pm 10.1$  kg) and nine male Sherpa (age,  $33 \pm 12$  yrs; height,  $1.68 \pm$   
10  $0.07$  m; weight,  $65.3 \pm 10.3$  kg) participated. All Sherpa were natives of the Khumbu  
11 valley ( $> 3440$  metres). None of the participants had any history or symptoms of  
12 cardiovascular, respiratory, metabolic and neurological disease, and were not taking  
13 any prescription or over-the-counter medication during the time of participation. Five  
14 Sherpa were self-reported smokers (1-5 cigarettes per day). None of the Lowlanders  
15 experienced clinical acute mountain sickness (AMS) at the time of testing, as  
16 assessed by the Lake Louise questionnaire (LLQ score  $\leq 3$ ); however, one was  
17 tested 2 days following an intramuscular injection of dexamethasone (half-life, 3  
18 hours). All participants abstained from caffeine and vigorous exercise for 12 hours  
19 prior to all testing session and arrived at the laboratory a minimum of 2 hours after a  
20 light meal.

21

22

## 23 **Experimental design**

1 This experiment was carried out within the framework of the 2016 UBC Nepal  
2 Expedition to the Ev-K2-CNR Research Facility (Willie *et al.*, 2018). Participants for  
3 the present study were also recruited for a number of other investigations. Therefore,  
4 care was taken to ensure that no overlap existed between any of the studies, and the  
5 present study addressed its own distinct *a priori* research question. Data collected  
6 during the testing sessions described in the following paragraph, but with separate *a*  
7 *priori* analyses, are presented elsewhere (Busch *et al.*, 2017).

8 All participants underwent two testing sessions. Pre-expedition, low altitude  
9 (LA), testing of Lowlanders was conducted at 344m (Kelowna, Canada, barometric  
10 pressure,  $758 \pm 8$ mmHg). Pre-expedition testing of Sherpa was conducted at 1400m  
11 (Kathmandu [KT], Nepal; barometric pressure,  $652 \pm 3$ mmHg); this was performed a  
12 minimum of 4 days following descent from their resident altitude. All of the HA testing  
13 was performed at 5050 m (barometric pressure,  $431 \pm 44$ mmHg). These tests  
14 followed a gradual trek (i.e. 9 or 10 days), starting at 2860m with rest days at both  
15 3400m and 4240m. Sherpa were studied on days 1-4 at 5050m (i.e. 10-14 days  
16 above 2860m), and Lowlanders were studied on days 1-10 (i.e. 10-20 days).

## 17 **Measurements**

### 18 ***Haemodynamics***

19 Heart rate (HR) and beat-by-beat blood pressure (BP) were continuously recorded  
20 using Lead II electrocardiogram and finger photoplethysmography (Finometer Pro,  
21 Finapres Medical Systems BV, Amsterdam, Netherlands). Mean arterial pressure  
22 (MAP), and systolic (SBP) and diastolic (DBP) blood pressures, were calculated from  
23 the arterial pressure waveform, which was calibrated against manual brachial artery  
24 pressure measurements. Cardiac output (CO) was estimated using the Model Flow  
25 algorithm and used to estimate total peripheral resistance ( $TPR = MAP/CO$ ).



1 Peripheral capillary oxygen saturation (SpO<sub>2</sub>) was determined using finger pulse  
2 oximetry (Nellcor, Medtronics, USA).

### 3 ***Muscle sympathetic nerve activity***

4 Multi-unit MSNA was recorded from the peroneal (common fibular) nerve via  
5 microneurography (JPM/CDS) as previously described (Steinback & Shoemaker,  
6 2012; Usselman *et al.*, 2015). MSNA signal was confirmed by pulse-synchronous  
7 activity that responded to end-expiratory apnea but not to startle stimuli or skin  
8 stroking (Delius *et al.*, 1972a, 1972b). Nerve signals were amplified (1000x pre-  
9 amplifier and 100x variable gain isolated amplifier), band pass filtered (700-2,000Hz)  
10 rectified (model 662C-3; Iowa University Bioengineering; USA) and integrated (decay  
11 constant 0.1s).

## 12 **Experimental protocol**

### 13 *Basal sympathetic neural activity*

14 Following arrival at the laboratory, subjects rested in the supine position and an  
15 antecubital venous cannula was inserted for subsequent drug administration.  
16 Following instrumentation, acquisition of an acceptable MSNA signal and a period of  
17 stabilisation, 10 minutes of baseline data were recorded.

### 18 *Arterial baroreflex function*

19 Vascular sympathetic and cardiovagal baroreflex function was determined from the  
20 MSNA and R-R Interval (RRI) responses during arterial pressure perturbations  
21 induced by a single modified Oxford baroreflex test (Rudas *et al.*, 1999) during  
22 ambient air breathing. Briefly, the modified Oxford test involved bolus injection of  
23 sodium nitroprusside (SNP), followed 90 seconds later by phenylephrine (PE). Prior  
24 to experimental testing, bolus doses of SNP and PE that evoked ~15mmHg  
25 perturbations above and below resting BP were determined for each individual. The

1 same relative dose ( $\mu\text{g}\cdot\text{kg}^{-1}$ ) was administered at LA and HA for a given individual.  
2 Doses of vasoactive drugs administered and resultant blood pressure changes are  
3 shown in Table 1.

#### 4 *Arterial baroreflex-peripheral chemoreflex interaction*

5 At LA, a modified Oxford test was also performed whilst breathing a gas mixture  
6 containing 11% oxygen (equivalent to 5050m), to increase peripheral chemoreceptor  
7 drive (acute hypoxia, AH). At both LA and HA, a single modified Oxford test was also  
8 performed whilst participants breathed 100% oxygen (LA + 100% O<sub>2</sub>, HA + 100%  
9 O<sub>2</sub>), to acutely eliminate peripheral chemoreceptor drive. Participants breathed each  
10 of the gas mixtures for a minimum of 5 minutes; as soon as a new steady state SpO<sub>2</sub>  
11 was achieved, the modified Oxford test was performed. No attempt was made to  
12 control ventilation or end tidal CO<sub>2</sub> during manipulation of peripheral chemoreceptor  
13 drive. At least 20 minutes separated the modified Oxford tests. The order of trials at  
14 LA were not randomized as persistent alterations in MSNA and vascular sympathetic  
15 baroreflex function have been shown following acute hypoxia stimulus (Querido *et*  
16 *al.*, 2011).

#### 17 **Data analyses**

18 All haemodynamic data were sampled at 1KHz using a commercial data acquisition  
19 software (LabChart Pro v 8.3.1, AD Instruments, Sydney, Australia) and stored for  
20 offline analysis. The raw MSNA signal was sampled at 10 KHz. Multi-unit bursts of  
21 MSNA were identified using a semi-automated detection algorithm (Chart Pro 8.3.1)  
22 and confirmed by a trained observer (SAB/CDS). To account for vascular  
23 sympathetic baroreflex latency, MSNA data were shifted backwards (Average;  $1.32 \pm$   
24  $0.07\text{s}$ ) so that the peak of each sympathetic burst coincided with the diastolic period  
25 that initiated it (Usselman *et al.*, 2015). Burst amplitude data were normalised by

1 assigning a value of 100 to the largest burst observed during baseline and calibrating  
2 all other bursts against this value. Resting MSNA was quantified as burst frequency  
3 (burst·min<sup>-1</sup>), burst incidence (burst·100HB<sup>-1</sup>), mean burst amplitude (a.u) and total  
4 activity (mean burst amplitude x burst frequency [au·min<sup>-1</sup>]).

5         Vascular sympathetic baroreflex gain was estimated from the relationship  
6 between DBP and MSNA burst probability during a modified Oxford test. DBP was  
7 used because MSNA correlates more closely with DBP than SBP (Sundlof & Wallin,  
8 1978). All DBP values were assigned to a 3 mmHg bin to reduce the statistical  
9 impact of respiratory related oscillations (Eckberg & Eckberg, 1982). The percentage  
10 of cardiac cycles associated with a burst of MSNA (ranging from 0-100%) was  
11 calculated for each DBP bin to give values of burst probability (Usselman *et al.*,  
12 2015). Non-linear saturation and threshold regions, if present, were excluded  
13 through visual inspection of data points by agreement of two observers (LLS/JPM).  
14 The slope of the linear relationship was determined by weighted linear regression  
15 analysis, and this value provided an index of vascular sympathetic baroreflex gain.  
16 Only slopes with (i) at least five data points and (ii)  $R \geq 0.5$  were included in the group  
17 mean data (Hart *et al.*, 2011; Taylor *et al.*, 2015). Vascular sympathetic baroreflex  
18 gain for rising and falling pressures were not determined independently. The  
19 vascular sympathetic baroreflex operating point was taken as the average values for  
20 DBP and MSNA burst incidence during the resting period immediately prior to the  
21 modified Oxford test.

22         Cardiovagal baroreflex gain was estimated from the relationship between SBP  
23 and RRI during each modified Oxford test. SBP was used as it correlates more  
24 closely with RRI than DBP (Sundlof & Wallin, 1978). Values were averaged over  
25 3mmHg SBP bins. Baroreflex delays were accounted for by associating SBP values  
26 with either the concurrent heartbeat (when resting RRI >800msec) or subsequent

1 heartbeat (when resting RRI <800msec) (Eckberg & Eckberg, 1982). Saturation and  
2 threshold regions were excluded through visual inspection of data (LLS/JPM).  
3 Slopes were determined by weighted linear regression analysis and only slopes with  
4 at least five data points and  $R \geq 0.8$  were included in the group mean data. To  
5 minimize the potential effects of hysteresis, we restricted data analysis to the rising  
6 arm of SBP during the modified Oxford test (Hunt & Farquhar, 2005). The  
7 cardiovascular baroreflex operating point was taken as the average value for SBP and  
8 RRI during the resting period immediately prior to the modified Oxford test.

### 9 **Statistical analyses**

10 The effects of HA acclimatization in Lowlanders were assessed using paired t-tests,  
11 whereas differences between Lowlanders and Sherpa at HA and Sherpa at HA and  
12 Lowlanders at LA were assessed using independent t-tests. The effects of  
13 manipulating peripheral chemoreceptor drive on baroreflex function at LA (AH, LA +  
14 100% O<sub>2</sub>) and HA (HA + 100% O<sub>2</sub>) were assessed using paired t-tests. Multiple t-  
15 tests were chosen to maximize the number of subjects included in statistical  
16 analyses. *A priori* alpha was adjusted, using the experiment-wise error rate, to  
17 correct for multiple comparisons (Busch *et al.*, 2017). All statistical analyses were  
18 performed using Prism 7.03 (GraphPad software, USA) and statistical significance  
19 was set at  $P < 0.05$  *a priori*. Group data are reported as means ( $\pm$  SD).

20

## 21 **RESULTS**

### 22 ***Resting haemodynamics, basal sympathetic neural activity, and arterial*** 23 ***baroreflex function***

24 Examples of MSNA and haemodynamic data recorded in one Lowlander and one  
25 Sherpa, under each of the experimental conditions, are presented in Figure 1. In

1 Lowlanders (n=14), SpO<sub>2</sub> was decreased and HR was increased with HA  
2 acclimatization, whereas CO, TPR, and MAP were similar compared to LA. All  
3 parameters of MSNA were greater in Lowlanders at HA compared to LA (Table 2).

4         Due to technically challenging conditions during pre-expedition testing at KT,  
5 resting sympathetic neural activity could only be obtained in 4 out of 9 Sherpa, and 1  
6 of these 4 Sherpa was not re-tested at HA (Table 2). At HA, Sherpa (n=8) and  
7 Lowlanders had a similar SpO<sub>2</sub> and resting haemodynamics; however, Sherpa  
8 exhibited significantly lower MSNA burst frequency than Lowlanders, with no  
9 difference in mean burst amplitude. Compared to Lowlanders at LA, Sherpa had  
10 lower SpO<sub>2</sub> and higher HR, but similar CO, TPR and MAP. Sherpa exhibited  
11 significantly greater MSNA burst frequency, and mean burst amplitude, versus  
12 Lowlanders at LA.

13         Data from ten Lowlanders were included in the comparisons of sympathetic  
14 and cardiovagal baroreflex function, as baroreflex slopes for four participants did not  
15 fulfil the inclusion criteria. HA acclimatization had no effect on the baroreflex diastolic  
16 operating pressure for Lowlanders, but the MSNA operating point (burst incidence)  
17 was increased compared to LA. Vascular sympathetic baroreflex gain (i.e. slope)  
18 was not different at LA and HA (Figure 2). HA acclimatization resulted in a downward  
19 shift of the cardiovagal baroreflex, reflected by a reduction in RRI, with no change in  
20 prevailing SBP; this was accompanied by a reduction in reflex gain (Figure 3).

21         Modified Oxford tests were performed successfully in 7 out of 8 Sherpa  
22 investigated at HA; no baroreceptor tests were performed in KT. At HA, the diastolic  
23 operating pressure for Sherpa was similar to that of Lowlanders, but the MSNA  
24 operating point was lower for Sherpa. There was no difference in vascular  
25 sympathetic baroreflex gain (Figure 2). Furthermore, when compared to Lowlanders  
26 at LA, operating pressure, operating point and vascular sympathetic baroreflex gain

1 for Sherpa were similar. The cardiovagal baroreflex gain in Sherpa was similar to  
2 that for Lowlanders at HA, but less than that of Lowlanders at LA. The cardiovagal  
3 baroreflex operating SBP was similar for Sherpa, compared to Lowlanders at both  
4 HA and LA, whereas RRI was similar to Lowlanders at HA, but lower than that at LA  
5 (Figure 3). In Sherpa, cardiovagal baroreflex gain was similar to that of Lowlanders  
6 at HA, but less than that of Lowlanders at LA.

### 7 ***Arterial baroreflex-peripheral chemoreflex interaction at low altitude***

8 Due to the loss of MSNA signals in three participants, the data analyses for arterial  
9 baroreflex-peripheral chemoreflex interactions at LA are for eleven Lowlanders  
10 (Table 3). AH reduced SpO<sub>2</sub>, increased HR, MAP and CO, and decreased TPR.  
11 MSNA burst frequency was unchanged, but total MSNA was increased, due to an  
12 augmented burst amplitude. Vascular sympathetic baroreflex gain was reduced  
13 during AH, with no change in baroreflex diastolic operating pressure, or the MSNA  
14 operating point. Administration of 100% oxygen at LA had no effect on baseline  
15 haemodynamics, MSNA burst frequency, burst amplitude, or indices of vascular  
16 sympathetic and cardiovagal baroreflex function.

1 ***Arterial baroreflex-peripheral chemoreflex interaction at high altitude***

2 As a result of MSNA signal losses, these comparisons were performed for nine  
3 Lowlanders and four Sherpa (Table 4). For Lowlanders exposed to 100% O<sub>2</sub>, SpO<sub>2</sub>  
4 and MAP increased, and HR decreased, with no effect on any other baseline  
5 haemodynamics or MSNA. Vascular sympathetic baroreflex function gain was also  
6 unchanged. There was no change in cardiovagal baroreflex gain. For Sherpa  
7 breathing 100% oxygen, SpO<sub>2</sub> increased and HR decreased with no effect on other  
8 baseline haemodynamics. MSNA burst frequency, burst incidence, total activity and  
9 total MSNA were unchanged; however, mean burst amplitude decreased. Vascular  
10 sympathetic baroreflex gain was unchanged. Breathing 100% oxygen reduced RRI,  
11 with no change in cardiovagal baroreflex gain.

12

13 **DISCUSSION**

14 Principal novel findings are as follows: (1) Baroreflex control of MSNA is preserved in  
15 Lowlanders following 10-20 days at HA; (2) The operating point of the vascular  
16 sympathetic baroreflex is upwardly reset with no change in operating DBP for  
17 Lowlanders at HA; (3) Sherpa have lower basal MSNA burst frequency compared to  
18 Lowlanders at HA, but similar resting blood pressure; (4) Sherpa have similar  
19 vascular sympathetic baroreflex gain, but a lower operating point when compared  
20 with Lowlanders at HA. Finally, (5) eliminating peripheral chemoreceptor drive at HA  
21 did not influence the vascular sympathetic baroreflex operating point or gain for both  
22 Lowlanders and Sherpa. Taken together, these findings provide important new  
23 insight into reflex control of the vasoconstrictor drive and blood pressure at HA, and  
24 highlight a novel adaptation in Sherpa.

25 **Sympathoexcitation at high altitude**

1           Following 10-20 days of HA exposure, we observed an almost three-fold  
2 increase in MSNA burst frequency for Lowlanders at 5050m; this is consistent with  
3 previous microneurographic studies at HA (Hansen & Sander, 2003; Lundby et al.,  
4 2017). Furthermore, for the first time, we demonstrate that the basal MSNA burst  
5 frequency of Sherpa is lower than that of Lowlanders at this altitude, despite similar  
6 peripheral oxygen saturation in both groups. Our observation for Sherpa contrasts  
7 with that of the only previous study of highlanders (Lundby *et al.*, 2017), which found  
8 that Bolivian Aymara had basal MSNA that was comparable with Lowlanders after 10  
9 and 50 days of HA exposure. Although many factors may influence basal  
10 sympathetic outflow, the present study raises the importance of ethnicity. The  
11 divergent pathways of physiological adaptation observed in geographically distinct  
12 HA populations might extend to sympathetic nervous system activation, whereby  
13 adaptation in Sherpa appears to favour lower basal sympathetic activity. However,  
14 we also found that basal MSNA for Sherpa at HA was higher than that for  
15 Lowlanders at LA. Furthermore, for three Sherpa studied 4 days following descent to  
16 1440m, basal MSNA burst frequencies were approximately 30% lower than those  
17 observed when they were re-tested at 5050m. Taken together these findings suggest  
18 that hypoxia remains a significant physiological stressor for Sherpa despite  
19 generations of adaptation and lifelong exposure.

20           Remarkably, resting MAP for Lowlanders was similar at LA and HA, despite  
21 the significantly elevated basal MSNA at 5050m. Moreover, Sherpa and Lowlanders  
22 exhibited similar MAP at 5050m, even though Sherpa had markedly less basal  
23 MSNA. This may reflect differences in the release of vasoactive substances and  
24 vascular sensitivity to these factors. It is possible that  $\alpha$  adrenergic receptor  
25 sensitivity is reduced in Lowlanders during prolonged HA hypoxia, meaning that they  
26 require more MSNA to produce the same vascular response. That the same dose of



1 phenylephrine administered during the modified Oxford test elicited a smaller pressor  
2 response for lowlanders at HA than at LA, supports this notion. Furthermore, Sherpa  
3 may possess a greater vascular responsiveness to sympathetic vasoconstrictor  
4 drive, meaning that the vascular effect of a burst of neural activity is greater.  
5 However, characterisation of a dose-response relationship to vasoactive substances  
6 would be required to confirm these possibilities.

### 7 **Arterial baroreflex function at high altitude**

8 Our data indicate an upward resetting of the vascular sympathetic baroreflex  
9 in Lowlanders at 5050m. This occurred without a change in the ability of the reflex to  
10 increase or decrease MSNA in response to a baroreceptor challenge i.e. the gain  
11 was unchanged. Furthermore, the ability of the baroreflex to regulate MSNA in  
12 Sherpa and Lowlanders is similar, but the likelihood of a burst of MSNA at a given  
13 diastolic pressure is lower for Sherpa. Vascular sympathetic baroreflex function at  
14 HA had not been assessed prior to this study. Previous reports of heightened MSNA  
15 burst incidence (Hansen & Sander, 2003; Lundby *et al.*, 2017; Fisher *et al.*, 2018)  
16 indirectly support an upward resetting of the vascular sympathetic baroreflex  
17 operating point for Lowlanders exposed to chronic HA hypoxia. However, in contrast  
18 to this study, previous studies found an increase in resting MAP accompanied higher  
19 MSNA burst incidence (Hansen & Sander, 2003; Lundby *et al.*, 2017; Fisher *et al.*,  
20 2018). This may be due to methodological differences across studies in relation to  
21 the ascent profile, physical activity levels whilst at altitude, and the final elevation  
22 achieved. In addition, a temporal relationship may exist between elevated  
23 sympathetic vasomotor activity and MAP in Lowlanders. Arterial baroreflex resetting  
24 and heightened sympathetic outflow initially may be homeostatic during early  
25 acclimatisation; however, over time other cardiovascular changes and alterations in  
26 constricting and dilating factors acting on the vasculature (Calbet *et al.*, 2014; Bruno

1 *et al.*, 2016) could contribute to elevated MAP at HA. We suggest that future studies  
2 at HA should incorporate serial measurements of arterial baroreflex control of MSNA  
3 and other factors that modulate arterial pressure.

4         The secondary effects of increased ventilation at HA may complicate the  
5 effects of hypoxia on baroreflex control of the heart (Angell James & De Burgh Daly,  
6 1969; Eckberg *et al.*, 1980). Nevertheless, we determined how the cardiovagal  
7 component of the arterial baroreflex was affected in this study. At HA, cardiovagal  
8 baroreflex gain was similar for Lowlanders and Sherpa, but we observed that the  
9 gain for Lowlanders was reduced compared with at LA. Interestingly, acute  
10 hyperoxia at 5050m did not reverse this reduction in gain for Lowlanders. Taken  
11 together, our data suggest that altitude acclimatization has differential effects on the  
12 responsiveness of the vascular sympathetic and cardiovagal limbs of the arterial  
13 baroreflex.

#### 14 **Vascular sympathetic baroreflex-peripheral chemoreflex interactions**

15         For Lowlanders exposed to AH, there was no change in basal MSNA burst  
16 frequency, although there was a modest increase in mean burst amplitude and thus  
17 a modest increase in total activity. This implies that MSNA burst frequency and  
18 amplitude can be regulated independently of each other, as previously suggested  
19 (Kienbaum *et al.*, 2001; Salmanpour *et al.*, 2011; Steinback & Shoemaker, 2012).  
20 Furthermore, the operating point of the vascular sympathetic baroreflex was not  
21 significantly different during AH, while the gain was reduced. These findings for AH  
22 contrast with those for HA, and suggest different mechanisms contribute to activation  
23 of central sympathetic outflow during acute and chronic hypoxic exposure. Vascular  
24 sympathetic baroreflex resetting in Lowlanders at 5050m was not reversed during  
25 acute administration of 100% oxygen. Furthermore, MSNA burst frequency was not

1 reduced, a finding that is consistent with previous studies that attempted to reduce  
2 peripheral chemoreflex drive at HA (Hansen & Sander, 2003; Fisher *et al.*, 2018).  
3 Therefore, mechanisms other than the peripheral chemoreflex likely play a role in  
4 vascular sympathetic baroreflex resetting at HA. Interestingly, the peripheral  
5 chemoreflex may be more important in mediating HA sympathoexcitation in Sherpa.  
6 Although the vascular sympathetic baroreflex operating point was not changed  
7 during 100% oxygen administration, we observed a reduction in mean burst  
8 amplitude and total activity. This possibility, however, requires further investigation.

### 9 **Experimental Considerations**

10 This is the first study to record sympathetic neural discharges from Sherpa at  
11 HA. However, technically challenging conditions in Kathmandu limited the study to  
12 only four participants at a lower elevation. Furthermore, around half of Sherpa were  
13 light to moderate smokers and it is reported that tobacco smoking leads to increased  
14 basal MSNA and attenuates vascular sympathetic baroreflex sensitivity. However,  
15 smoking status was not a significant covariate for any indices in this study.  
16 Compared with Lowlanders, Sherpa were naive to the microneurographic technique,  
17 and may have experienced some anxiety during testing. Thus, we cannot rule out an  
18 overestimation of resting MSNA for Sherpa. Ascent to 5050m was gradual, to  
19 facilitate acclimatization. However, it was not possible for groups of participants to  
20 arrive on separate days to minimize any confounding effects of the varying time  
21 course of acclimatization once at 5050m. While we acknowledge that a difference  
22 between day 10 and day 20 may have influenced our results, our analysis indicates  
23 that test day was not a significant covariate. We did not assess vascular sympathetic  
24 baroreflex gain to rising and falling pressure independently and we acknowledge that  
25 this fails to take baroreflex hysteresis into account (Rudas *et al.*, 1999). A change in

1 baseline MSNA may have influenced responsiveness of the vascular sympathetic  
2 baroreflex to both rising and falling pressures in an equal but opposite manner (Hart  
3 *et al.*, 2011).

4 The mechanisms by which sustained HA acclimatization produce baroreflex  
5 resetting and chronic sympathoexcitation require elucidation. Our findings suggest  
6 factors other than the peripheral chemoreflex play a role. We acknowledge that  
7 relative hypovolemia (Ryan *et al.*, 2014), systemic inflammation and oxidative stress  
8 (Lewis *et al.*, 2014), erythropoietin production (Oshima *et al.*, 2018), and changes in  
9 intracranial pressure (Schmidt *et al.*, 2018), all might influence sympathetic outflow in  
10 HA hypoxia. Furthermore, sympathetic activation in response to elevated pulmonary  
11 artery pressure has been shown in experimental animals (Moore *et al.*, 2011).

## 12 **CONCLUSIONS**

13 We demonstrate highly effective arterial baroreflex control of sympathetic vasomotor  
14 activity in healthy humans during sustained hypoxia. Chronic resetting of the  
15 vascular sympathetic baroreflex supports elevated vasoconstrictor drive in  
16 Lowlanders during early acclimatisation to HA, but without an increase in resting  
17 arterial pressure. Sherpa, by comparison, have a lower vascular sympathetic  
18 baroreflex operating point and lower vasoconstrictor drive, but similar vascular  
19 resistance and arterial pressure. For Lowlanders, vascular sympathetic baroreflex  
20 resetting and heightened sympathetic activity may protect against orthostatic  
21 hypotension at high altitude. In contrast, Sherpa may have adapted to high altitude to  
22 require lower sympathetic outflow for homeostatic control of blood pressure. Such a  
23 difference may represent another example of a beneficial hypoxic adaptation in this  
24 highland population.

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## **ADDITIONAL INFORMATION**

### **Competing Interests**

None

### **Author Contributions**

Testing was conducted at the Centre for Heart, Lung and Vascular Health, University of British Columbia, Kelowna, Canada, and Ev-K2-CNR Research Facility, Khumbu Valley, Nepal. JPM, CDS, MS and PNA contributed to conception and design of the work. LLS, JPM, CDS, MS, SAB contributed to acquisition and analysis of the data. LLS, JPM, MS, CDS, PNA, and SJO contributed to the interpretation of the data and writing and critical revision of the manuscript. All authors approved the final version of the manuscript and agree to be accountable for all aspects of the work. All persons included as an author qualify for authorship, and all those who qualify for authorship are listed.

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## **Authors Translational Perspectives**

Sustained activation of the sympathetic nervous system and reduced vascular sympathetic baroreflex responsiveness are features of several disease states involving chronic systemic hypoxemia. Together, chronic sympathetic nervous system activation and reduced vascular sympathetic baroreflex responsiveness facilitate elevated arterial pressure and hemodynamic instability in these populations. Our data demonstrate that sustained HA hypoxia, a model of chronic systemic hypoxemia independent of co-morbidity, is accompanied by sustained chronic sympathoexcitation. Notably, however, vascular sympathetic baroreflex responsiveness is preserved. Chronic resetting of vascular sympathetic baroreflex, and hence sympathoexcitation, at HA are important for blood pressure homeostasis in acclimatized lowlanders and well-adapted Sherpa. Furthermore, mechanisms acting independently of the peripheral chemoreflex appear to be involved in HA sympathoexcitation. This raises an intriguing possibility that these mechanisms could overlap with those that activate the sympathetic nervous system in disease states.

# FIGURES

Figure 1.

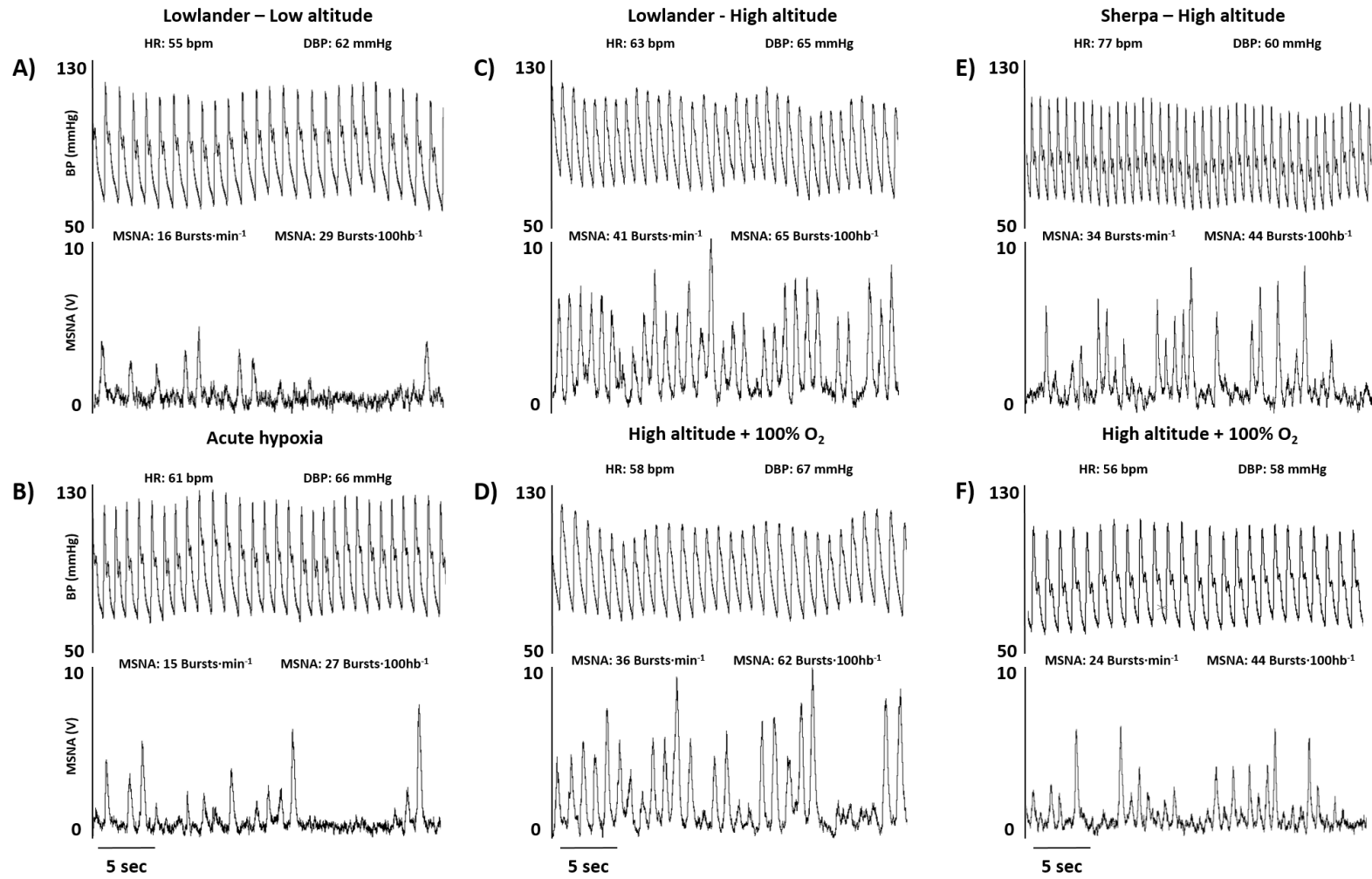


Figure 2.

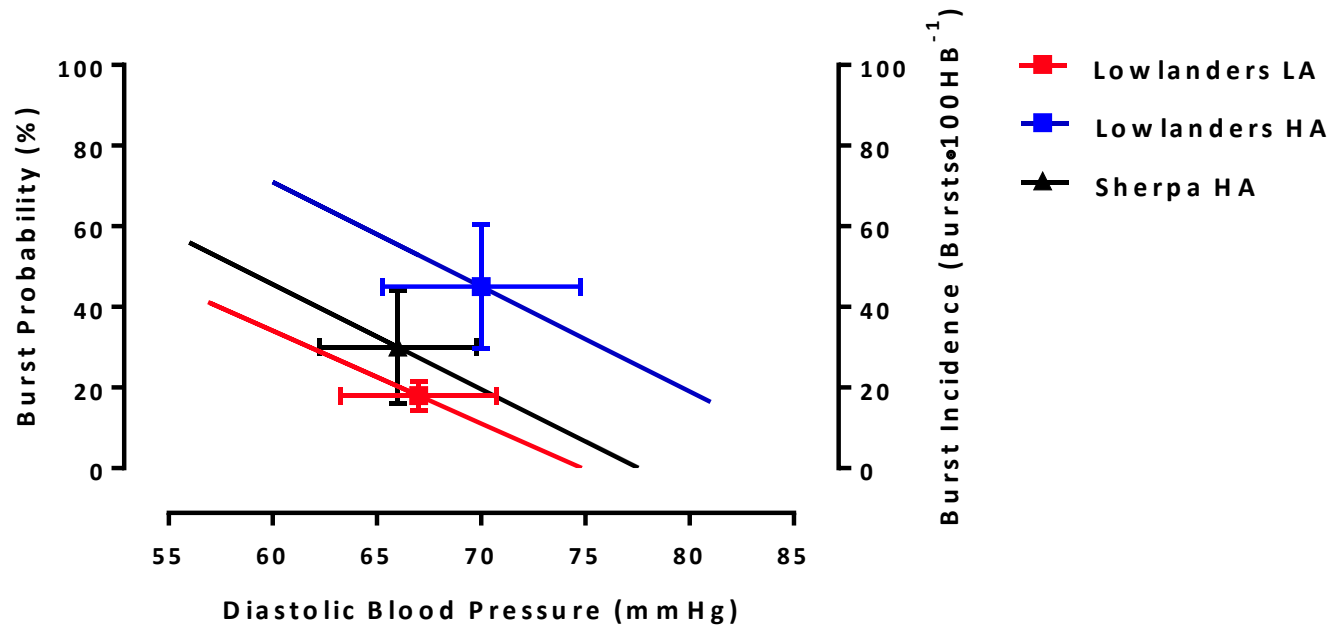
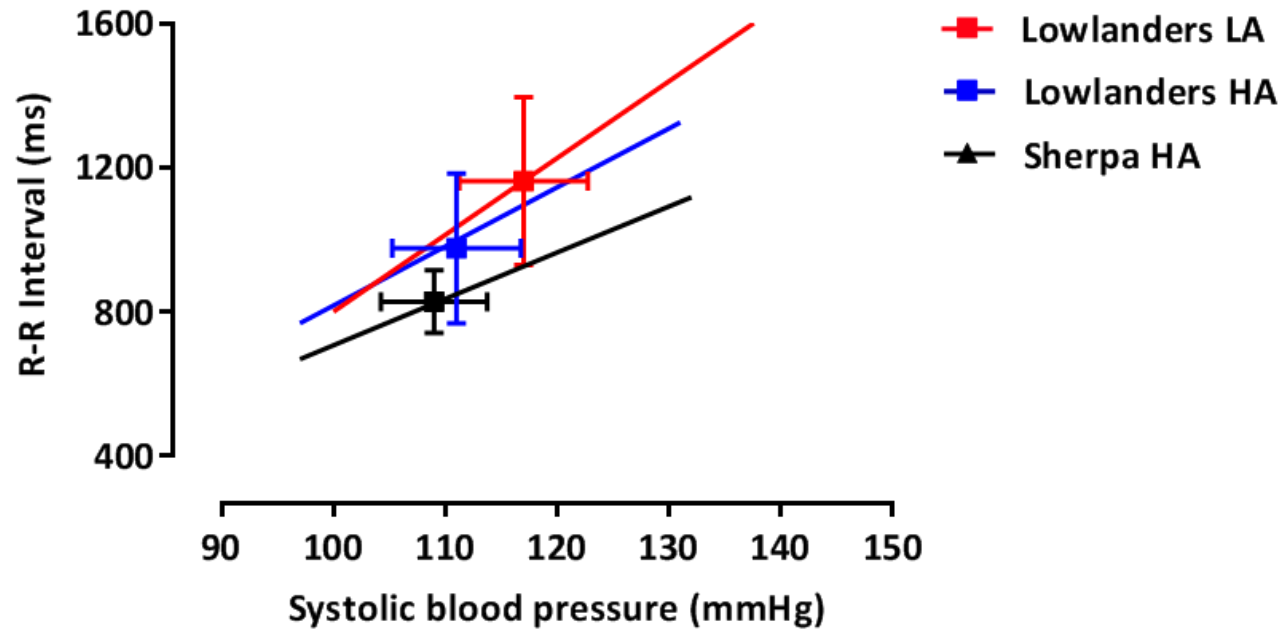


Figure 3.



	Lowlanders			Sherpa	
	LA (n=14)	HA (n=14)	<i>P</i> Value	HA (n=8)	<i>P</i> Value
SNP dose ( $\mu\text{g}\cdot\text{kg}^{-1}$ )	1.71 $\pm$ 0.53	1.72 $\pm$ 0.39	-	1.60 $\pm$ 0.40	-
PE dose ( $\mu\text{g}\cdot\text{kg}^{-1}$ )	2.27 $\pm$ 0.21	2.29 $\pm$ 0.24	-	2.10 $\pm$ 0.20	-
SNP blood pressure decrease (mmHg)	15 $\pm$ 6	15 $\pm$ 6	0.78	14 $\pm$ 4	0.9
PE blood pressure increase (mmHg)	19 $\pm$ 9	11 $\pm$ 3	<b>0.02</b>	15 $\pm$ 4	0.15
Total blood pressure changes (mmHg)	35 $\pm$ 11	26 $\pm$ 8	<b>0.02</b>	28 $\pm$ 6	0.15

**Table 1.** Doses of Sodium nitroprusside (SNP) and Phenylephrine (PE) administered in Lowlanders at 344m (LA) and 5050m (HA) and Sherpa at HA and the resultant blood pressure changes.

	Lowlanders			Sherpa			
	LA (n=14)	HA (n=14)	P Value	KT (n=4)	HA (n=8)	HA vs Lowlanders HA	HA vs Lowlanders LA
<b>Haemodynamic variables</b>							
SpO <sub>2</sub> (%)	98 ± 1	82 ± 3	<b>0.001</b>	96 ± 1	81 ± 4	0.6	<b>0.001</b>
Heart rate (bpm)	54 ± 10	64 ± 13	<b>0.006</b>	63 ± 7	73 ± 7	0.16	<b>0.002</b>
Mean arterial pressure (mmHg)	84 ± 8	85 ± 10	0.84	92 ± 3	84 ± 9	0.84	0.9
Cardiac output (L·min <sup>-1</sup> )	5.2 ± 1.0 <sup>♦</sup>	5.2 ± 1.2 <sup>♦</sup>	0.46	4.9 ± 1.2	5.8 ± 1.7	0.42	0.41
Total Peripheral Resistance (mmHg·L·min <sup>-1</sup> )	16.7 ± 3.3 <sup>♦</sup>	17.5 ± 3.9 <sup>♦</sup>	0.94	19.8 ± 4.9	16.3 ± 6.8	0.73	0.9
<b>Muscle sympathetic Nerve Activity</b>							
Burst frequency (bursts·min <sup>-1</sup> )	11 ± 5	30 ± 9	<b>0.001</b>	11 ± 2	22 ± 11	<b>0.05</b>	<b>0.003</b>
Burst incidence (bursts·100HB <sup>-1</sup> )	22 ± 12	48 ± 16	<b>0.001</b>	18 ± 6	30 ± 13	<b>0.02</b>	0.16
Mean burst amplitude (a.u)	43 ± 8	50 ± 5	<b>0.02</b>	49 ± 7	53 ± 4	0.2	<b>0.003</b>
Total activity (a.u·min <sup>-1</sup> )	461 ± 194	1508 ± 548	<b>0.001</b>	521 ± 140	1168 ± 540	0.2	<b>0.002</b>

**Table 2.** Haemodynamic and basal MSNA variables at 344m (LA), 1400m (KT) and 5050m (HA). Data are presented as mean (± SD). <sup>♦</sup> Cardiac Output and Total Peripheral Resistance for Lowlanders, n = 10. Note: No intragroup comparison for Sherpa, HA versus KT, as only 3 were tested at both altitudes.

Lowlanders					
	LA (n=11)	AH (n=11)	P Value	LA + 100% O <sub>2</sub> (n=9)	# P Value
<b>Haemodynamic variables</b>					
SpO <sub>2</sub> (%)	98 ± 1	84 ± 4	<b>0.001</b>		
Heart Rate (bpm)	53 ± 10	68 ± 15	<b>0.001</b>	56 ± 11	0.55
Mean Arterial Pressure (mmHg)	84 ± 7	89 ± 5	<b>0.05</b>	88 ± 5	0.09
Cardiac Output (L·min <sup>-1</sup> )	5.1 ± 1.0 <sup>♦</sup>	6.7 ± 1.8 <sup>♦</sup>	<b>0.002</b>	5.7 ± 0.9	0.27
Total Peripheral Resistance (mmHg·L·min <sup>-1</sup> )	16.8 ± 3.5 <sup>♦</sup>	14.2 ± 3.7 <sup>♦</sup>	<b>0.01</b>	15.9 ± 2.7	0.67
<b>Muscle sympathetic Nerve Activity</b>					
Burst frequency (bursts·min <sup>-1</sup> )	11 ± 4	13 ± 6	0.43	11 ± 6	0.9
Mean burst amplitude (a.u)	40 ± 7	52 ± 13	<b>0.01</b>	46 ± 14	0.06
Total activity (AU·min <sup>-1</sup> )	502 ± 183	789 ± 489	<b>0.06</b>	549 ± 305	0.49
<b>Baroreflex Function</b>					
Vascular sympathetic baroreflex gain (%·mmHg <sup>-1</sup> )	-2.7 ± 1.0	-1.9 ± 0.6	<b>0.02</b>	-2.3 ± 0.9	0.35
Diastolic operating pressure (mmHg)	67 ± 7	70 ± 4	0.09	70 ± 9	0.14
Burst incidence operating point (bursts·100HB <sup>-1</sup> )	20 ± 6	19 ± 8	0.68	20 ± 9	0.77
Cardiovagal baroreflex gain (ms·mmHg <sup>-1</sup> )	21.2 ± 8.4	23.5 ± 16.2	0.51	27.2 ± 17.4	0.24
Systolic operating pressure (mmHg)	117 ± 10	123 ± 7	0.12	121 ± 10	0.32
R-R Interval operating point (ms)	1164 ± 226	933 ± 248	<b>0.001</b>	1177 ± 245	0.78

**Table 3.** Manipulation of peripheral chemoreceptor drive in Lowlanders at 344m (LA). Data are presented as mean (± SD). <sup>♦</sup>Cardiac Output and Total Peripheral Resistance, n=10. #Intragroup comparison for 9 participants, LA versus LA + 100 % O<sub>2</sub>.



	Lowlanders			Sherpa		
	HA (n=9)	HA + 100% O <sub>2</sub> (n=9)	P Value	HA (n=4)	HA + 100% O <sub>2</sub> (n=4)	P Value
<b>Haemodynamic variables</b>						
SpO <sub>2</sub> (%)	82 ± 4	97 ± 2	<b>0.001</b>	82 ± 5	99 ± 1	<b>0.008</b>
Heart rate (bpm)	70 ± 12	61 ± 8	<b>0.01</b>	74 ± 6	62 ± 5	<b>0.02</b>
Mean arterial pressure (mmHg)	88 ± 9	93 ± 9	<b>0.008</b>	78 ± 8	79 ± 11	0.79
Cardiac output (L·min <sup>-1</sup> )	5.4 ± 1.0	5.2 ± 1.0	0.60	6.2 ± 1.7	5.7 ± 1.8	0.34
Total Peripheral Resistance (mmHg·L·min <sup>-1</sup> )	17.1 ± 3.7	18.3 ± 4.1	0.26	14.4 ± 7.4	16.5 ± 10.7	0.26
<b>Muscle sympathetic Nerve Activity</b>						
Burst frequency (bursts·min <sup>-1</sup> )	30 ± 10	27 ± 11	0.35	22 ± 8	17 ± 6	0.14
Mean burst amplitude (a.u)	50 ± 5	46 ± 13	0.36	53 ± 5	46 ± 6	<b>0.01</b>
Total activity (a.u·min <sup>-1</sup> )	1495 ± 614	1289 ± 729	0.18	1158 ± 330	786 ± 250	0.08
<b>Baroreflex Function</b>						
Vascular sympathetic baroreflex gain (%·mmHg <sup>-1</sup> )	-2.6 ± 1.2	-2.5 ± 1.0	0.16	-2.8 ± 1.2	-3.0 ± 1.3	0.69
Diastolic operating pressure (mmHg)	72 ± 9	74 ± 10	0.06	63 ± 8	65 ± 12	0.34
Burst incidence operating point (bursts·100HB <sup>-1</sup> )	44 ± 16	45 ± 16	0.62	29 ± 10	29 ± 12	0.93
Cardiovagal baroreflex gain (ms·mmHg <sup>-1</sup> )	21.5 ± 5.5	21.2 ± 11.4	0.92	13.2 ± 3.5	18.4 ± 9.1	0.20
Systolic operating pressure (mmHg)	113 ± 11	119 ± 9	<b>0.01</b>	103 ± 7	111 ± 12	0.10
R-R interval operating point (ms)	882 ± 129	994 ± 139	<b>0.006</b>	790 ± 64	960 ± 80	<b>0.04</b>

**Table 4.** Manipulation of peripheral chemoreceptor drive in Lowlanders and Sherpa at 5050m (HA). Data are presented as mean (± SD).

## 1 LEGENDS

2 **Figure 1.** Example recordings of muscle sympathetic nerve activity (MSNA) and  
3 blood pressure (BP) from one representative Lowlander (aged 29 years) at A) Low  
4 altitude, B) during acute hypoxia, C) following 8 days at high altitude, D) during 100%  
5 oxygen breathing at high altitude and from one representative Sherpa (aged 26  
6 years) E) following 3 days at high altitude and F) during 100% oxygen breathing at  
7 high altitude.

8 **Figure 2.** Vascular sympathetic baroreflex function: group average regressions  
9 between MSNA burst probability and DBP in Lowlanders (n=10) at 344m (LA) and  
10 5050m (HA) and in Sherpa at HA (n=7). The operating points are indicated by  
11 symbols and error bars (mean  $\pm$  SD). MSNA operating point was significantly  
12 elevated in Lowlanders at HA, relative to Lowlanders at LA. MSNA operating point  
13 was lower in Sherpa relative to Lowlanders at HA, and similar to Lowlanders at LA.  
14 Operating DBP were similar. This indicated an upward resetting of the vascular  
15 sympathetic baroreflex following ascent to HA in Lowlanders. The slopes of the  
16 relationships were similar in Lowlanders at LA and HA ( $-2.3 \pm 0.7$  vs  $-2.6 \pm 1.2$ ;  
17  $P=0.33$ ) and similar in Sherpa at HA ( $-2.6 \pm 0.9$ ) compared to Lowlanders at both HA  
18 ( $P=0.98$ ) and LA ( $P=0.99$ ). This indicated no differences in vascular sympathetic  
19 baroreflex gain.

20 **Figure 3.** Cardiovagal baroreflex function: group average regressions between RRI  
21 and SBP in Lowlanders (n=10) at 344m (LA) and 5050m (HA) and in native Sherpa  
22 at HA (n=7). The operating points are indicated by symbols and error bars (mean  $\pm$   
23 SD). RRI significantly decreased in Lowlanders at HA, relative to Lowlanders at LA,  
24 but was similar in Sherpa relative to Lowlanders at HA. Operating SBP were similar.  
25 This indicated a downward (RRI) resetting of the cardiovagal baroreflex in

1 Lowlanders following ascent to HA. The slope of the relationship, was less steep in  
2 Lowlanders at HA ( $16.2 \pm 8.2$ ) versus LA ( $20.6 \pm 5.0$ ;  $P=0.007$ ), indicating a reduction  
3 in cardiovagal baroreflex gain following ascent to HA in Lowlanders. The slope of the  
4 relationship between SBP and RRI was similar in Sherpa at HA ( $12.9 \pm 5.4$ ;  $P=0.60$ )  
5 relative to Lowlanders at HA; indicating no differences in reflex gain. Compared to  
6 Lowlanders at LA, operating SBP was similar, but RRI was significantly smaller in  
7 Sherpa at HA, and the slope of the relationship was less steep ( $P=0.01$ )

8 **Table 1.** Doses of Sodium nitroprusside (SNP) and Phenylephrine (PE) administered  
9 in Lowlanders at 344m (LA) and 5050m (HA) and Sherpa at HA and the resultant  
10 blood pressure changes.

11 **Table 2.** Haemodynamic and basal MSNA variables at 344m (LA), 1400m (KT) and  
12 5050m (HA). Data are presented as mean ( $\pm$  SD). \*Cardiac Output and Total  
13 Peripheral Resistance for Lowlanders,  $n = 10$ . Note: No intragroup comparisons for  
14 Sherpa, HA *versus* KT, as only 3 were tested at both altitudes.

15 **Table 3.** Manipulation of peripheral chemoreceptor drive in Lowlanders at 344m  
16 (LA). Data are presented as mean ( $\pm$  SD). \*Cardiac Output and Total Peripheral  
17 Resistance,  $n=10$ . #Intragroup comparison for 9 lowlanders, LA *versus* LA + 100 %  
18 O<sub>2</sub>.

19 **Table 4.** Manipulation of peripheral chemoreceptor drive in Lowlanders and Sherpa  
20 at 5050m (HA). Data are presented as mean ( $\pm$  SD).

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