



Schweizerische Arbeitsgruppe für Pulmonale Hypertonie SAPH
Groupe Suisse sur l'Hypertension Pulmonaire GSHP
Gruppo Svizzero sull'Iptensione Polmonare GSIP
Swiss Group for Pulmonary Hypertension SGPH

Symposium Romand d'HTAP – Genève 20 septembre 2012

Cœur gauche et HT(A)P

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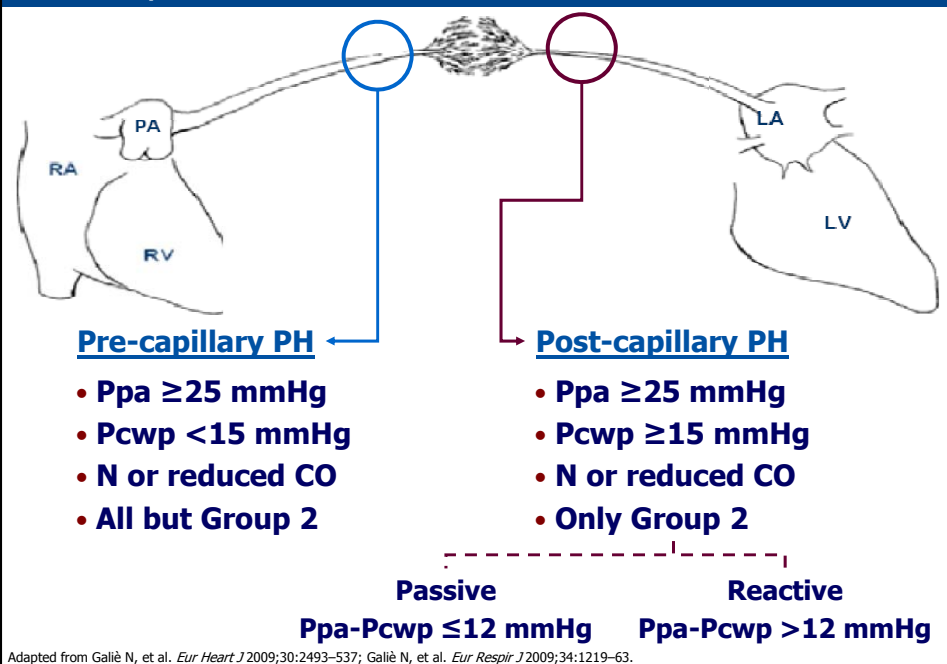
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Pulmonary hypertension in left heart diseases

- **Definition, causes and scope of the problem**
- **What are the main drivers of PH in LHD and how to define 'out-of-proportion PH?'**
- **Treatment of PH in LHD: what we know and what we should do**

Haemodynamic classification of PH



Left-sided heart diseases leading to PH

Left ventricular systolic dysfunction

- Ischemic
- Non ischemic \rightarrow Familial/idiopathic dilated CM
- Valvular/volume overload (regurgitation or stenosis)

Left ventricular diastolic dysfunction

- Restrictive, constrictive CM
- Hypertensive, hypertrophic CM
- Diastolic dysfunction of the elderly?

Reduced left atrial compliance

Oudiz R. *Clin Chest Med* 2007;28:233–41.

Prevalence of PH in left heart diseases

Increases with disease severity¹

- Up to 60% in LV dysfunction
- Most of all severe mitral valve disease
- Up to 65% symptomatic aortic stenosis

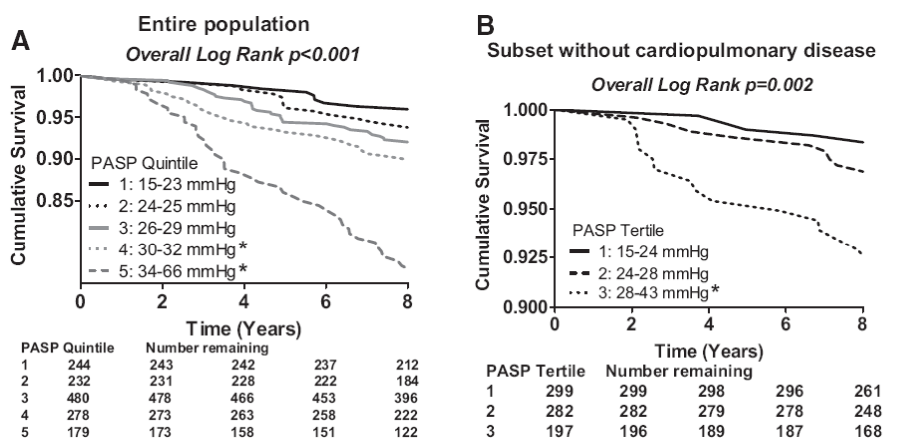
HF with preserved ejection fraction (HF-pEF)

- Up to 44% of all HF patients have preserved EF¹
- HF-pEF is frequent in patients with metabolic syndrome (MS)^{2,3}
- Echo-derived studies suggest that sPAP is increased up to 47 + 17 mmHg^{4,5}

1. Galisè N, et al. *Eur Heart J* 2009;30:2493–537. 2. Wong CY, et al. *Am J Cardiol* 2005;96:1686–91. 3. de las Fuentes L, et al. *Eur Heart J* 2007;28:553–9. 4. Klapholz M, et al. *J Am Coll Cardiol* 2004;43:1432–8. 5. Neuman Y, et al. *Int J Cardiol* 2008;127:174–8.

Age-associated increases in PAPs in a population study

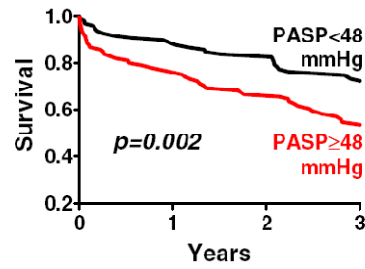
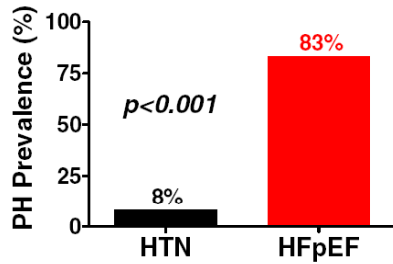
- Random sample of Olmsted county survey
- N=2,042 with 1,413 (69%) having measurable TR jets
- Predictive factors of increased PAPs were age, ↑ PP and E/e'



Adapted from Lam C. *Circulation* 2009;119:2663–70.

Pulmonary hypertension in HF with preserved EF

- Community-based study
- N=244 HF-pEF followed by echocardiography
- PH defined as PAPs >35 mmHg from TRV

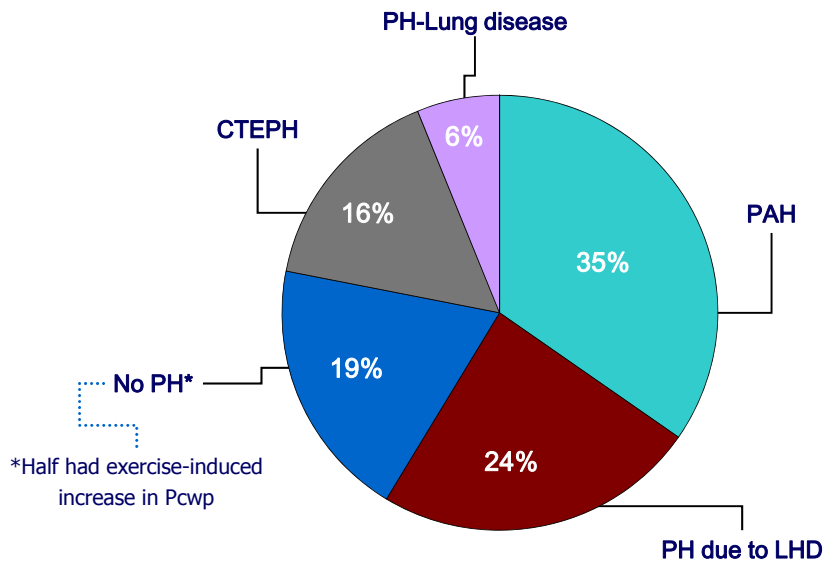


	0	1	2	3
PASP < 48 mmHg	98	86	80	44
PASP ≥ 48 mmHg	105	78	67	38

Adapted from Lam C, et al. *J Am Coll Cardiol* 2009;53:1119-26.

Distribution of the diagnosis @ Erasme

N=196 patients assessed for PH (2006-2009)



Adapted from Vachiery JL. *Pulmonary Hypertension Yearbook 2009*, Benelux edition, pp 39-50.

Pulmonary hypertension in left heart diseases

- Definition, causes and scope of the problem
- **What are the main drivers of PH in LHD and how to define 'out-of-proportion PH'?**
- Treatment of PH in LHD: what we know and what we should do

What drives PH in left heart diseases?

- In the linear model, resistance is the key determinant of the pulmonary circulation.

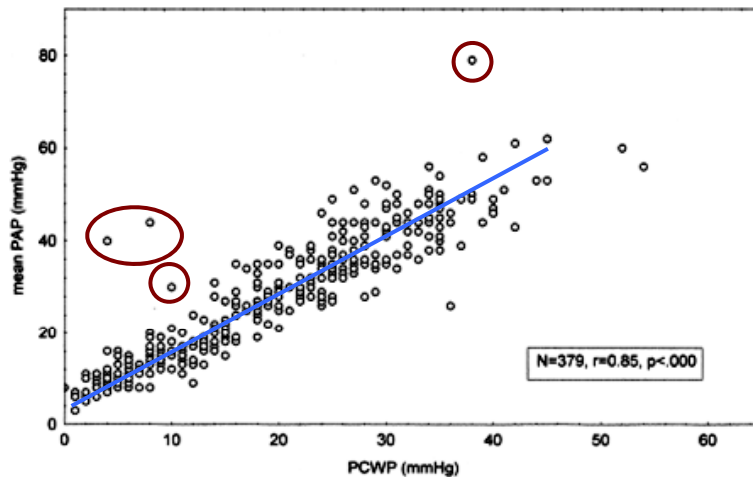
$$\text{PVR} = (\text{Ppa} - \text{left atrial pressure}) / \text{Q}$$

$$\text{Ppa} = (\text{PVR} \times \text{Q}) + \text{left atrial pressure}$$

Increased left side filling pressure drives pulmonary hypertension in LHD

Is the mechanism of PH purely passive?

In heart failure, an increased P_{cwp} accounts for the development of pulmonary hypertension...



...in most but not all cases

Ghio S, et al. *J Am Coll Cardiol* 2001;37:183-8.

What determines the reactive component of PH?

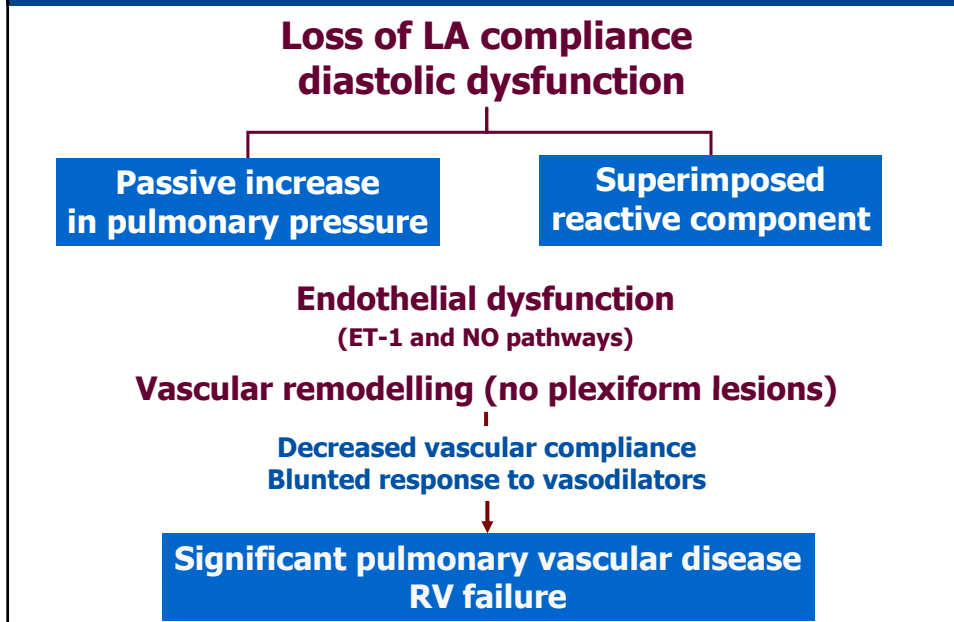
- Local and systemic effects of neurohumoral activation (angiotensin II, cytokines)
- Endothelial dysfunction plays a major role in the loss of local control of pulmonary vascular tone

NO-dependent vasodilation is impaired and ET-1 activity is enhanced in PH due to heart failure

- ET-1 blood level increases in PH, correlates with haemodynamic changes
- Phenotypic changes in ET receptors (A/B), promoting vasoconstriction and vascular growth

Porter TR, et al. *J Am Coll Cardiol* 1993;22:1418-24; Ben Driss A, et al. *Circulation* 2000;101:2764-70; Moraes DL, et al. *Circulation* 2000;102:1718-23.

Mechanism of pulmonary hypertension in Group 2 is led by increased LA filling pressure



CHEST

Original Research

PULMONARY HYPERTENSION

Association of the Metabolic Syndrome
With Pulmonary Venous Hypertension

N=122 patients referred for PH (9/2004 to 12/2005)

Prevalence of MS in both PAH and PH-LVD

Compare haemodynamic and clinical characteristics

n=39 PAH

31.9%

n=28 PH-LVD

23%

n=23 no PH

18.9%

6 valvular diseases (excluded)

22 preserved ejection fraction

Robbins IM, et al. *Chest* 2009;136:31-6.

Clinical characteristics

	PAH n=35	PH-LHD n=17	P-value
Female gender, %	83	77	0.711
Age, yr	47.9 ± 14.1	55.7 ± 12.1	0.077
Body mass index (kg/m ²)	29.2 ± 8.4	36.8 ± 9.1	0.003
Body mass index >30 (kg/m ²)	31	77	0.002
WHO FC, % class 3 or 4	77	71	0.735
Anorexigen use, %	20	41	0.181
Diabetes mellitus, %	20	59	0.005
Hypertension, %	54	94	0.004
Hyperlipidaemia, %	17	47	0.043
Coronary artery disease, %	3	35	0.003
Left atrial dilatation, %	10	77	0.001

70.6% of PH-LHD had >3 features of the MS (>90% had at least one) vs only **20.0%** of PAH (P<0.001; OR, 9.6; 95% CI, 2.5 to 36.4)

Robbins IM, et al. *Chest* 2009;136:31–6.

Haemodynamic characteristics

	PAH n=35	PH-LHD n=17	P-value
Heart rate (beats/min)	81 ± 14	68 ± 10	0.003
mPAP (mmHg)	53 ± 10	45 ± 17	0.041
PCWP (mmHg)	10 ± 4	20 ± 6	<0.001
Cardiac index (l/min/m ²)	2.4 ± 1.1	3.0 ± 1.7	0.010
PVR (units)	10.8 ± 4.7	4.4 ± 2.9	<0.001
PAPd-PCWP (mmHg)	26 ± 9	12 ± 9	<0.001

All had increased PVR
Diastolic gradient was found elevated in both group
No report on the number of disproportionate PH in LHD group

Robbins IM, et al. *Chest* 2009;136:31–6.

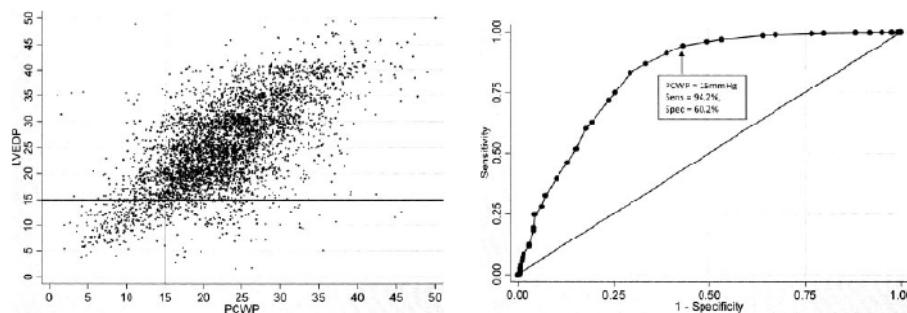
Misclassification of Pulmonary Hypertension Due to Reliance on Pulmonary Capillary Wedge Pressure Rather Than Left Ventricular End-Diastolic Pressure



Scott D. Halpern, MD, PhD; and Darren B. Taichman, MD, PhD, FCCP

N=11,000 (single center) – >90% with right and left cath

**14.8% diagnosed as PAH – 53.8% reclassified if LVEDP used vs PCWP
PCWP underestimated LVEDP by 2.9 mmHg**



Adapted from Halpern SD and Taichman DB. *Chest* 2009;136:37-43.

What is 'out-of-proportion' PH in LHD?

- **Confusion created by an heterogenous terminology**
 - Proportionate (to P_{cwp}) or passive PH
 - Reactive PH
 - Out of proportion
 - Unresponsive
 - Fixed or irreversible PH
- **Three specific clinical situations to be addressed in PH due to LHD**
 - High P_{cwp} – low/normal PVR
 - High P_{cwp} – elevated PVR
 - Low P_{cwp} – elevated PVR

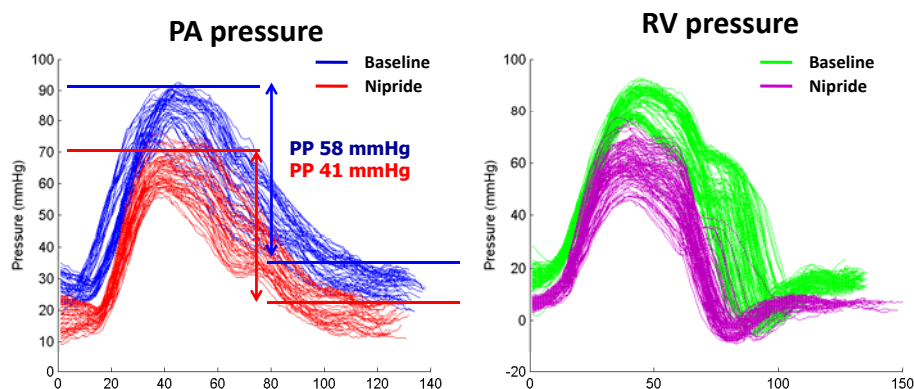
Which variable better reflects pulmonary vasculopathy ?

What are the characteristics of such variable ?

- **Should reflect active changes of the pulmonary circulation – pulmonary vascular disease**
- **Must be less dependent (or the least dependent) on changes of PCWP**
- **Should be less influenced by blood flow and stroke volume**
- **Should reflect changes in compliance, and take into account the distensibility of the PAs**

Effect of NPS on PAP in severe PH due to HF-pEF

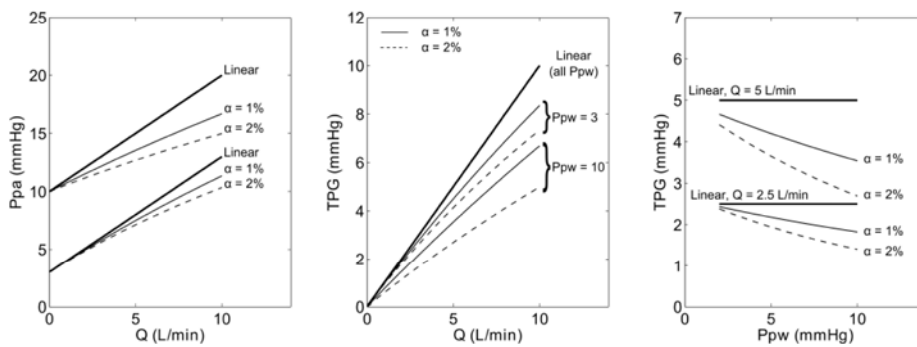
All measured PA and RV pressures



- **NPS decreased pulse pressure, through a larger change in PAPs**
- **PAPd was less sensitive to change, but was proportional to a drop in PcwP by 10 mmHg.**
- **TPG appears to be affected by changes in pressure and flow**

TPG: a variable under influence !

- Pulmonary arteries are distensible, with $\alpha = 1-2\%$ per mmHg
- Distensibility influences Ppa at higher pressures

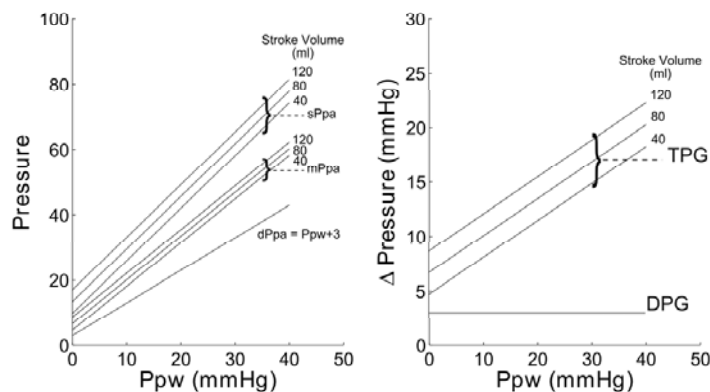


TPG is influenced by CO, PCWP and distensibility

R Naeije, JL Vachiery, P Yerly, R Vanderpool. ERJ Express. August 30, 2012 doi: 10.1183/09031936.00074312

DPG: better to detect pulmonary vasculopathy ?

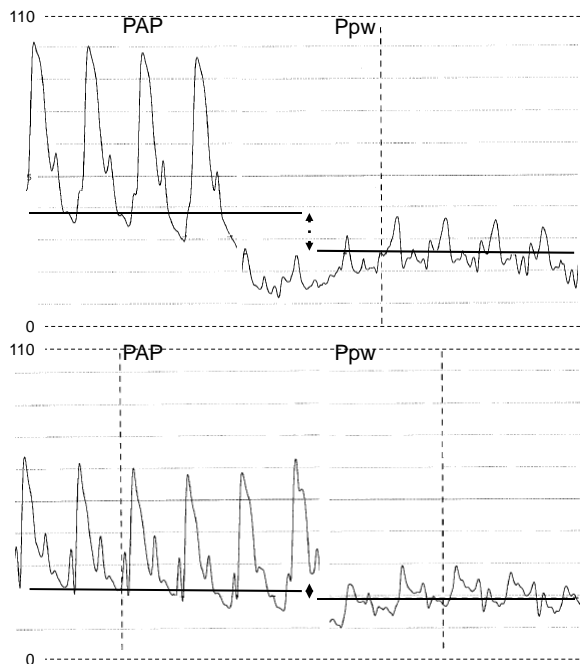
- Effect of PCWP on pulmonary pressures at different SV
- Example of a 1:1 transmission of PCWP to diastolic PAP



DPG is not influenced by SV at any given level of SV

R Naeije, JL Vachiery, P Yerly, R Vanderpool. ERJ Express. August 30, 2012 doi: 10.1183/09031936.00074312

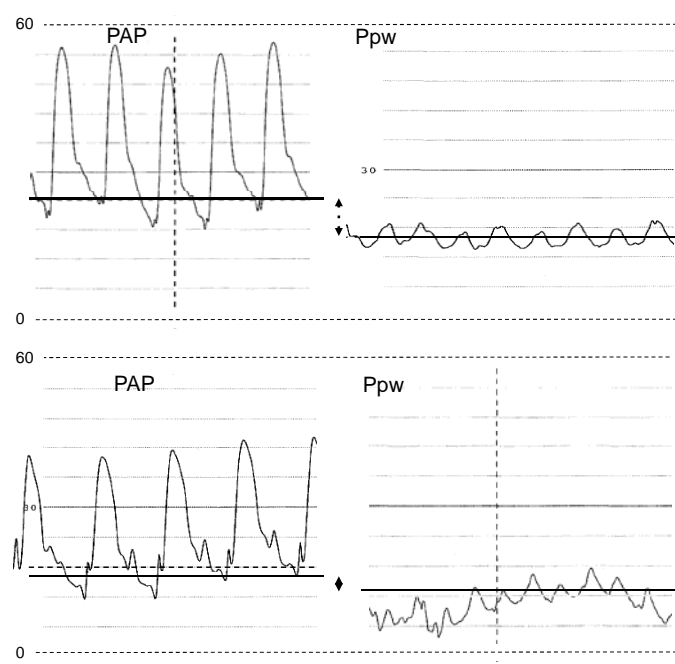
Normalization of DPG, but not TPG, under NPS in HF



Baseline
 PAP: 101 / 41 - 61 mmHg
 Ppw: 28 mmHg
 CO: 4.5 L/min
TPG : 33 mmHg
DPG : 13 mmHg
 PVR : 7.33 Wood units

NPS 170 ng / l
 PAP: 69 / 24 - 39 mmHg
 Ppw: 21 mmHg
CO : 6.06 L/min
TPG : 18 mmHg
DPG : 3 mmHg
 PVR : 2.72 Wood units

Normalization of DPG, but not TPG, under NPS in HF



Baseline
 PAP: 56 /24- 35 mmHg
 Ppw: 16 mmHg
 CO: 4.9 L/min
TPG : 19 mmHg
DPG : 8 mmHg
 PVR : 3.9 Wood units

NPS 40 ng / l
 PAP: 44 /18- 27 mmHg
 Ppw: 13 mmHg
 CO: 5.1 L/min
TPG : 14 mmHg
DPG : 5 mmHg
 PVR : 2.74 Wood units

Detecting vasoreactivity in Group 2 PH?

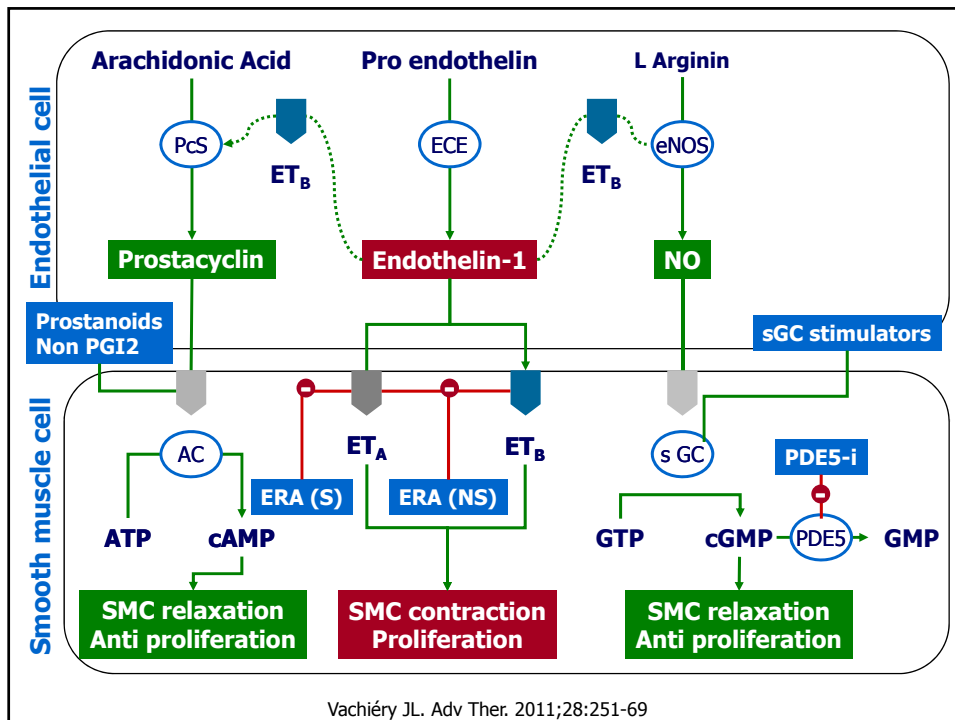
Agent	Route	Dosage	Side effects
Nitrates	Sublingual	0.8–5 mg	Hypotension, headache
	Oral	5 mg	
	IV	2–10 ng/kg/min	
Sodium nitroprusside	IV	1 µg/kg/min	Hypotention
Inhaled NO	Face mask	20–80 ppm	Increased left filling pressures
Prostaglandin E1	IV	0.01–0.3 µg/kg/min	Hypotension, flushing, nausea, jaw pain
Epoprostenol	IV	2 – 8 ng/kg/min	
Milrinone	IV	0.375-0.75 µg/kg/min	Hypotension
Dobutamine	IV	4–10 µg/kg/min	Tachycardia
Nesiritide	IV	2 µg/kg bolus and 0.01 µg/kg/min infusion	Hypotension

Maybe useful in some situations (pre transplant) but no set guidelines

Adapted from Natale ME and Pina IL. *Curr Opin Cardiol* 2003; 18:136–40.

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PAH therapies in heart failure

A good rationale and encouraging initial results...

Prostaglandins and prostacyclin derivatives

- Improved haemodynamics during short term administration of iloprost¹, PGE₁^{2,3} and PGI₂⁴
- Epoprostenol improves exercise tolerance in patients with moderate to severe HF⁵

Endothelin-1 receptor antagonists

- Acute studies supporting a favourable role of ET-1 blockade in HF, with nonselective (bosentan^{6,7}) or ET_A selective (darusentan⁸, sitaxentan^{9,10}) drugs

1. Braun S, et al. *Int J Cardiol* 2007;115:67-72; 2. Dzau VJ, et al. *Heart Fail* 1986;2:6-13; 3. von Scheidt W, et al. *J Heart Lung Transplant* 2006;25:1070-6; 4. Kieler-Jensen N, et al. *J Heart Lung Transplant* 1993;12:179-84; 5. Sueta CA, et al. *Am J Cardiol* 1995;75:34-9; 6. Mulder P, et al. *Circulation* 2000;102:491-3; 7. Bauersachs J, et al. *Cardiovasc Res* 2000;47:142-9; 8. Kiowski W, et al. *Lancet* 1995;346:732-6; 9. Spiekler LE, et al. *J Am Coll Cardiol* 2000;35:1745-52; 10. Sütsch G, et al. *Circulation* 1998;98:2262-8.

PAH therapies in heart failure

...and (very) depressing long-term effects

Drug/trial	Patients	Design	Primary Endpoint	Results
Epoprostenol Califf, Shah FIRST ^{1,2}	N=471 Severe HF	1:1, event-driven 4 ng/kg/min (mean)	Survival	Early termination (trend to decreased survival)
Bosentan Packer REACH-1 ³	N=174 Severe HF	2:1, 26 weeks 500 mg BID	Change in clinical state	Early termination
Kalra ENABLE ⁴	N=1,613 Severe HF	1:1, 18 months 125 mg BID	Mortality + hosp	No effect
Darusentan Lüscher HEAT ⁵	N=179 NYHA III	3:1, 3 weeks 30, 100, 300 mg	Haemod (Pcwp/CO)	Increased CO No change Pcwp
Anand EARTH ⁶	N=642 NYHA II-IV	5:1, 6 months 10, 25, 50, 100, 300 mg	LV changes (MRI) + events	No effect

1. Califf RM, et al. *Am Heart J* 1997;134:44-54; 2. Shah MR, et al. *Am Heart J* 2001;141:908-14. 3. Packer M, et al. *J Card Fail* 2005;11:12-20; 4. Kalra PR, et al. *Int J Cardiol* 2002;85:195-7. 5. Lüscher TF, et al. *Circulation* 2002;106:2666-72. 6. Anand I, et al. *Lancet* 2004;364:347-54.

PDE5 inhibitors in heart failure: studies in PH

Significant acute effects of single doses of sildenafil (25–100 mg)

Reversibility of PH in pre-transplant setting¹⁻³
Haemodynamic variables at rest^{4,5} and exercise⁵
Exercise capacity (peak VO₂)^{4,5}

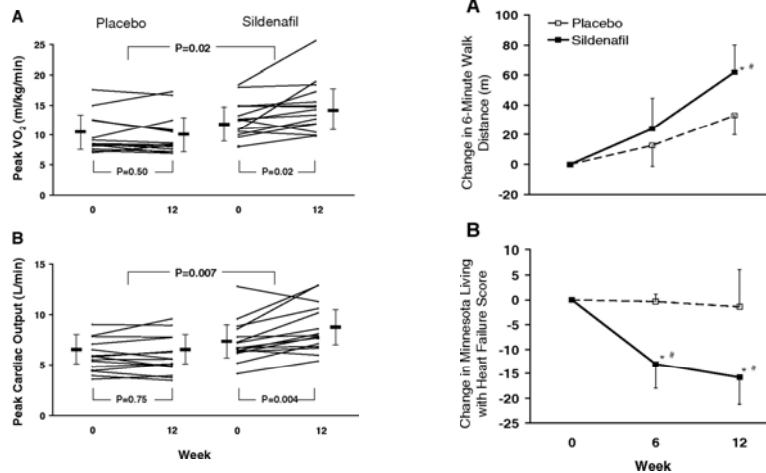
Chronic use of sildenafil in “systolic” HF to treat erectile dysfunction appears to be safe⁴

2 monocentric placebo-controlled studies

- 1. Improvement (HD, exercise tolerance) sustained >12 W, change in PVR driven by CO (25–75 mg TID)⁶**
- 2. Sustained at 6 months (exercise) with sildenafil 50 mg TID⁷**

1. Gomez-Sanchez M, et al. *Eur J Heart Fail* 2004;6:615-17; 2. Jabbour A, et al. *Eur J Heart Fail* 2007;9:674-77; 3. Lepore JJ, et al. *Chest* 2005;127:1647-53; 4. Bocchi EA, et al. *Circulation* 2002;106:1097-103; 5. Lewis GD, et al. *Circulation* 2007;115:59-66; 6. Lewis GD, et al. *Circulation* 2007;116:1555-62; 7. Guazzi M, et al. *J Am Coll Cardiol* 2007;50:2136-44.

Sildenafil Improves Exercise Capacity in Systolic Heart Failure and "Secondary" Pulmonary Hypertension



PVR decreased by 20% (p=0.02), mainly driven by an improvement in CO (no change in Ppa)

Lewis et al *Circulation*. 2007;116:1555

Heart Failure

Pulmonary Hypertension in Heart Failure With Preserved Ejection Fraction

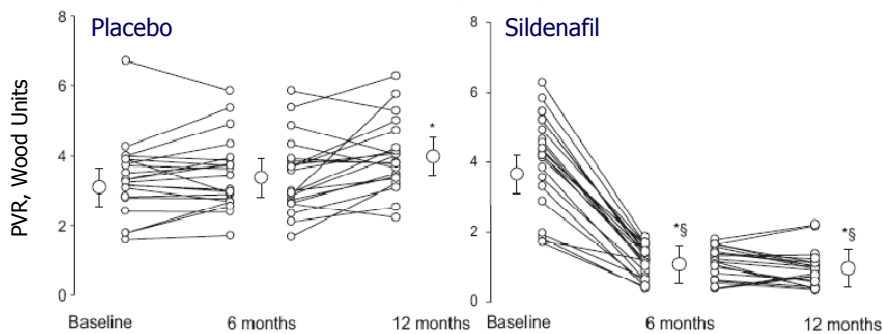
A Target of Phosphodiesterase-5 Inhibition in a 1-Year Study

- Single center, randomisation sildenafil 50 mg tid vs placebo
- Patients screened for HF-pEF and RVSP ≥40 mmHg (N=94)
- 75 eligible – N=44 included

	Placebo (n=22)	Sildenafil (n=22)
Age, y (range)	73 (53–79)	72 (62–81)
Male sex, n	18	17
BMI, kg/m ²	30.2 ± 8.9	31.8 ± 11.5
RAP, mmHg	23.1 ± 5.5	23.0 ± 4.6
mPAP, mmHg	36.8 ± 5.1	39.0 ± 5.0
PCWP, mmHg	21.9 ± 2.0	22.0 ± 2.5
PAPd-Pcwp, mmHg	~8	~10
TPG, mmHg	14.5 ± 2.3	16.2 ± 1.6
PVR, WU	3.27 ± 0.9 3	3.88 ± 1.38
CI, l/min/m ²	2.33 ± 0.64	2.39 ± 0.59

Guazzi M, et al. *Circulation* 2011;124:164–74.

Long-term effects of sildenafil on PH in HF-pEF



@ 12 mo	Placebo	Sildenafil
mPAP, mmHg	39.6 ± 4.7	20.8 ± 3.3 ^{††}
PCWP, mmHg	21.9 ± 2.0	17.8 ± 1.9 ^{††}
TPG, mmHg	17.9 ± 1.7	3.3 ± 1.8^{††}
PVR, WU	3.96 ± 1.03[*]	1.00 ± 0.56^{††}
CI, l/min/m ²	2.32 ± 0.56	2.51 ± 0.51 ^{††}
PAPd-PCWP	~11 mmHg	~0 mmHg

* [†]P<0.01 vs baseline; ^{††}P<0.01 vs corresponding placebo value

Adapted from Guazzi M, et al. *Circulation* 2011;124:164-74.

IPAH vs Group 2 PH – Things to consider

The group of patients with LHD/HF is more heterogenous

- Older subjects, male predominance
- More comorbidities (metabolic syndrome)*
- Polymedication (higher risk of side effects)

No large RCT has been performed so far in PH due to HF

- Similar pattern was observed, ie short term positive results based on good rationale, but unconfirmed long term
- PH has not been an inclusion criterion in large trials, with the exception of PDE5-i monocentric trials

A better definition of PH in LHD is desirable

- Definition of « disproportionate PH » based on transpulmonary gradient is arbitrary and the wording may be misleading
- « Pulmonary vascular disease », based on the diastolic (PAPd-Pcwp) gradient may help identifying the right target

*Robbins IM, et al. *Chest* 2009;136:31-6; Guazzi M et al. *Circulation* 2011;124:164-74.

Ongoing Phase II trials in PH in heart failure

Drug	N	Centers	Start	End	Duration	Primary endpoint	Secondary endpoints
HF due to systolic dysfunction							
Riociguat LEPHT (BAY63-2521)	201	111	Recruitment completed		16 W	Mean PAP	Adverse events, PK, PVR, NT-pro BNP
HF with preserved ejection fraction							
Sildenafil (RELAX)	120	15	01/2009	?	12 W	Peak VO ₂	PVR, BNP, AE
Riociguat DILATE (BAY63-2521)	48	7	07/2010	8/2012	16 W	Mean PAP	Adverse events, PK, PVR, NT-pro BNP

**What should be the endpoint in a Phase III trial ?
Clinical worsening ?**

Data obtained using search terms on <http://www.clinicaltrials.gov>. Accessed April 12th, 2012.

Table 31 Recommendations for PH due to left heart disease

Statement	Class ^a	Level ^b
The optimal treatment of the underlying left heart disease is recommended in patients with PH due to left heart disease	I	C
Patients with 'out of proportion' PH due to left heart disease (Table 3) should be enrolled in RCTs targeting PH specific drugs	IIa	C
Increased left-sided filling pressures may be estimated by Doppler echocardiography	IIb	C
Invasive measurements of PWP or LV end-diastolic pressure may be required to confirm the diagnosis of PH due to left heart disease	IIb	C
RHC may be considered in patients with echocardiographic signs suggesting severe PH in patients with left heart disease	IIb	C
The use of PAH specific drug therapy is not recommended in patients with PH due to left heart disease	III	C

^aClass of recommendation.

^bLevel of evidence.

Galiè N, et al. Eur Heart J 2009;30:2493–537.

PH and RV dysfunction play a critical role in left heart diseases

- **Increased RV afterload is a major determinant of exercise intolerance in heart failure¹**
- **PH and RV dysfunction have a significant impact on morbidity and mortality in HF and valvular heart diseases²⁻⁴**
- **Endothelial dysregulation plays a role in the development of severe pulmonary hypertension (ET-1, NO and PGI₂ pathways)^{5,6}**

1. Butler J, et al. *J Am Coll Cardiol* 1999;34:1802-6; 2. Stobierska-Dzierzek B, et al. *J Am Coll Cardiol* 2001;38:923-31 3. Ghio S, et al. *J Am Coll Cardiol* 2001;37:183-8; 4. Ben-Dor I, et al. *Am J Cardiol* 2011;107:1046-1051; 4. Goldstone A, et al. *Am J Cardiol* 2011;107:755-760; 5. Ben Driss A, et al. *Circulation* 2000;101:2764-70; 6. Moraes DL, et al. *Circulation* 2000;102:1718-23.

Ongoing Phase III trials in PAH

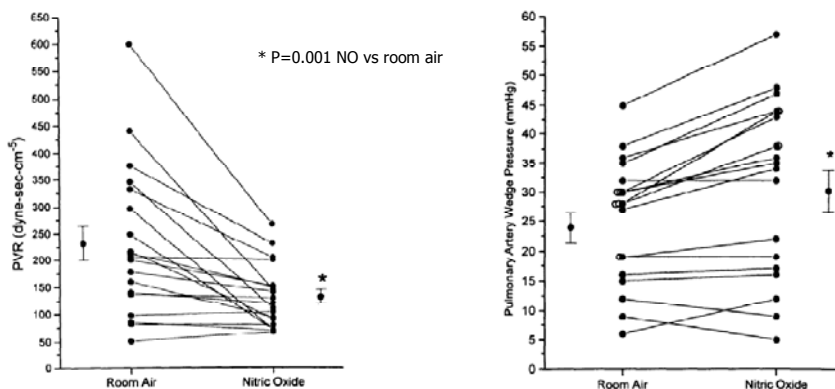
Drug	N	Centers	Start	End	Duration	Primary endpoint	Secondary endpoints
UT15 C Freedom C ²	313	73	Results available 24th August 2011 (press release)		16 W	6MWD	TTCW, Borg, DF index, Symptoms, WHO FC, NT-pro-BNP, QOL
Imatinib IMPRES (QT1571)	200	91	Results available presented at ERS Amsterdam 2011		24 W	6MWD	TTCW, haemodynamics, Borg, PK (DDI)
Macitentan Seraphin (ACT-064992)	742	153	Recruitment completed Results 2012		Event-driven	TTCW	6MWD, WHO FC, time to death or hospitalization for PAH
Riociguat PATENT (BAY63-2521)	462	173	Recruitment completed		12 W	6MWD	TTCW, PVR, NT-pro BNP, WHO FC, Borg, QOL
Selexipag GRIPHON (ACT-293987)	670 (1170)	139	12/2009	8/2013	Event-driven	TTCW	6MWD, Borg, other secondary & exploratory efficacy endpoints in patients with PAH

Data obtained using search terms on <http://www.clinicaltrials.gov>. Accessed April 12th, 2012.

Cardiovascular Effects of Inhaled Nitric Oxide in Patients With Left Ventricular Dysfunction

Evan Loh, MD; Jonathon S. Stamler, MD; Joshua M. Hare, MD;
Joseph Loscalzo, MD, PhD; Wilson S. Colucci, MD

- **N=19 with HF stable on therapy**
- **Invasive haemodynamics (base – NO 80 ppm)**



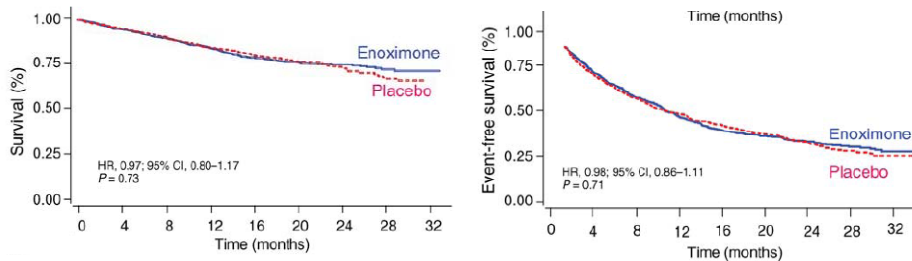
Change in PVR was accounted for by the combination of an increase in PCWP and a decrease in CO with no effect on mPAP!

Adapted from Loh E, et al. *Circulation* 1994;90:2780-5.

PDE-3 inhibition in Heart Failure

- **Very good rationale, as strong as for the use of targeted therapy in Group II pulmonary hypertension**
- **3 drugs tested in RCTs milrinone¹, vesnarinone² and enoximone³⁻⁴**

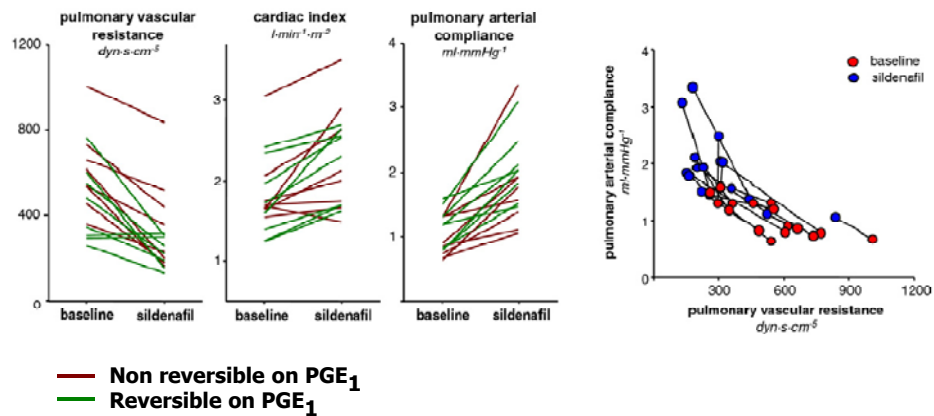
The ESSENTIAL trial ⁴ (n=1854)



1. Packer M et al. *N Engl J Med* 1991;325:1468-1475. 2. Cohn JN et al. *N Engl J Med* 1998; 339 :1810-1816. 3. Uretsky et al. *Circulation* 1990;82:774-780. 4. Metra M et al. *Eur Heart J* 2009 30, 3015-3026

Acute effects of sildenafil on PH in HF

N=22 with PVR >200 vs 24 matched controls
Before and after single dose of sildenafil 40 mg
“Reversibility” testing with PGE₁ in patients
Does sildenafil uncover more reversibility ?



Melenovski V, et al. *J Am Coll Cardiol* 2009;54:595–600.