

Evolving treatment strategy of PAH and CTEPH

Jae Seung Lee

**Department of Pulmonary and Critical Care Medicine
Pulmonary hypertension & Venous thromboembolism center
Asan medical Center, University of Ulsan College of Medicine**



서울아산병원
Asan Medical Center



Center
Pulmonary Hypertension & Venous Thrombosis Center
폐고혈압·정맥혈전센터

25/F IPAH

C. C : recurrent syncope, 10 times

P. M. Hx. : none

Height 155 weight 92 BMI 38

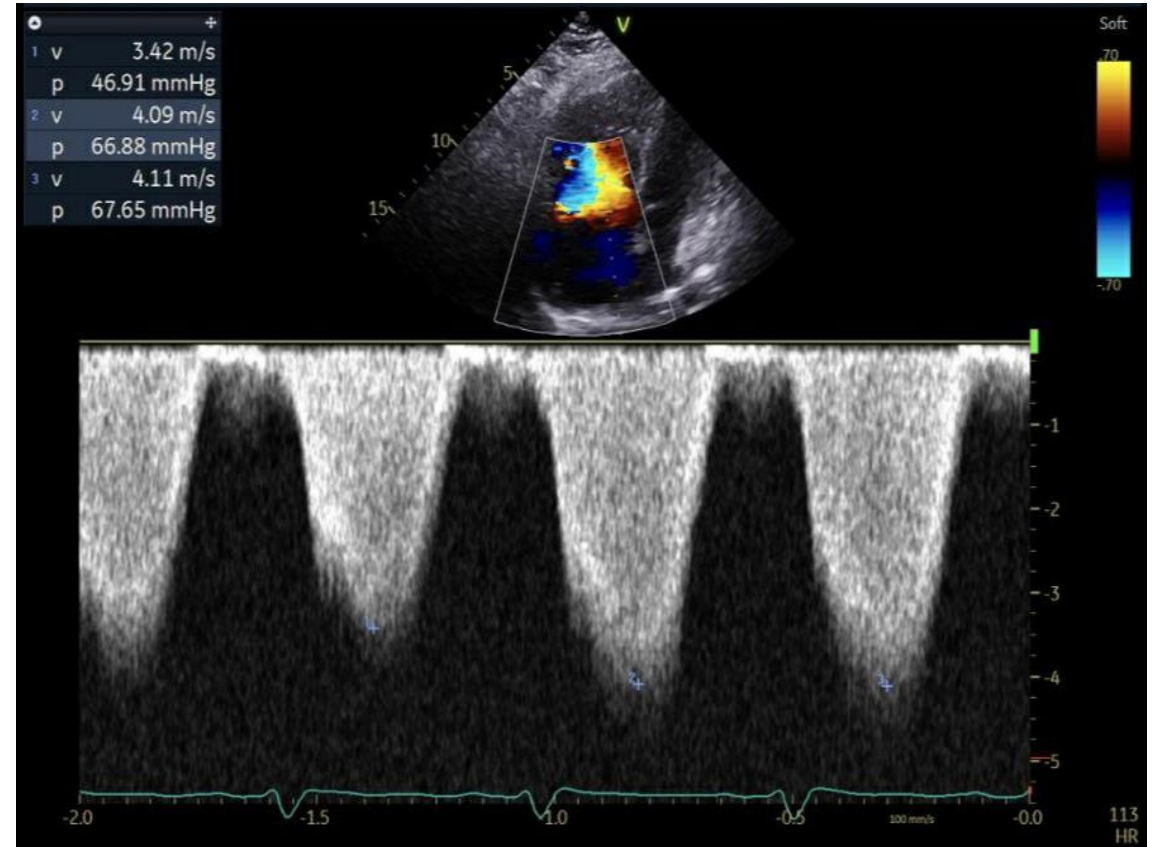
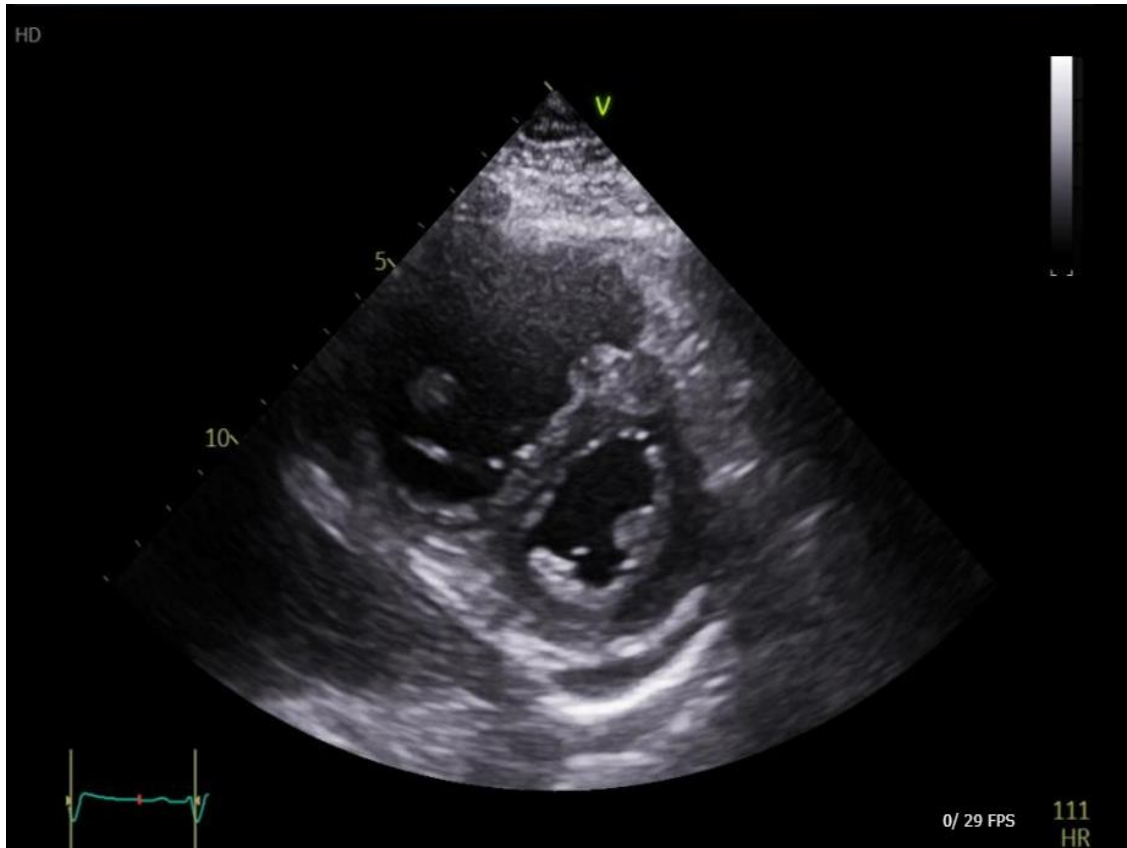
BNP 329 pg/ml



**PFT: FVC 71 %pred. FEV₁ 72 %pred.
DLco 59 %pred.**

6MWT 190m (SpO₂ 94% -> 94%)

Echocardiography



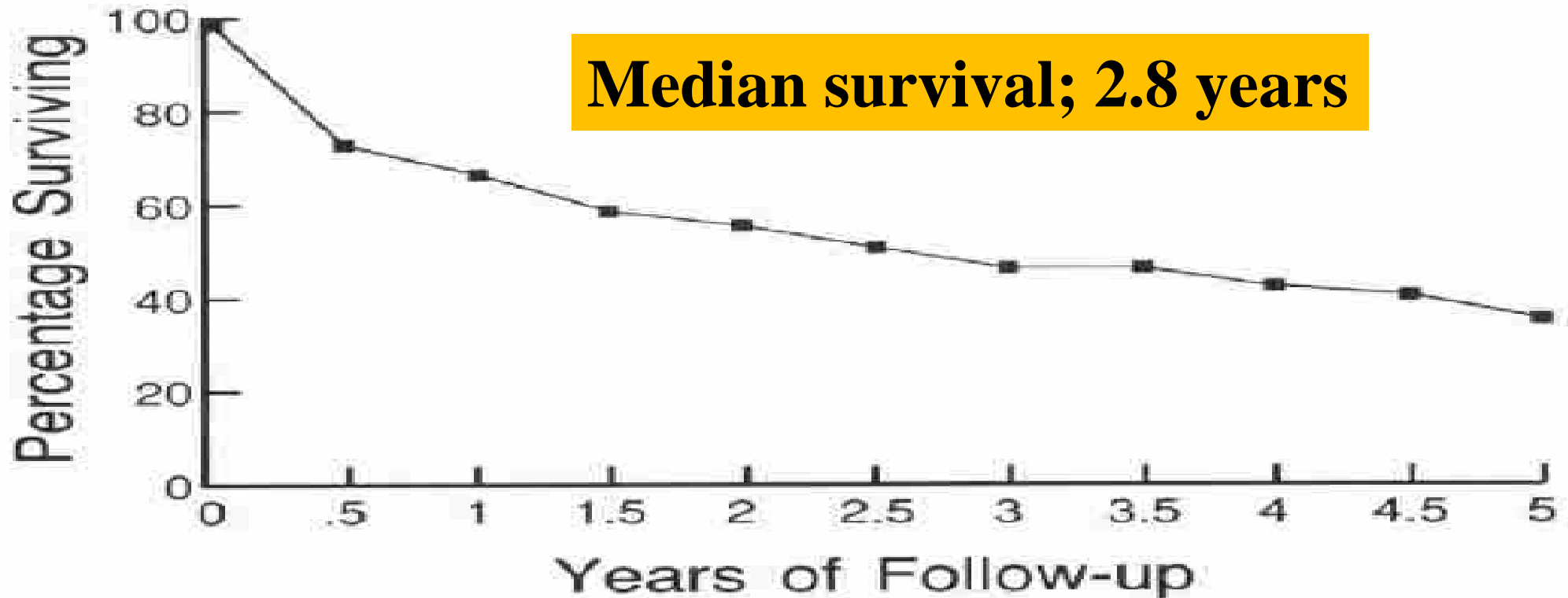
Severe functional TR with severe resting PH and RV dysfunction

25/F IPAH after triple combination treatment (SC treprostinil, macitentan, sildenafil)

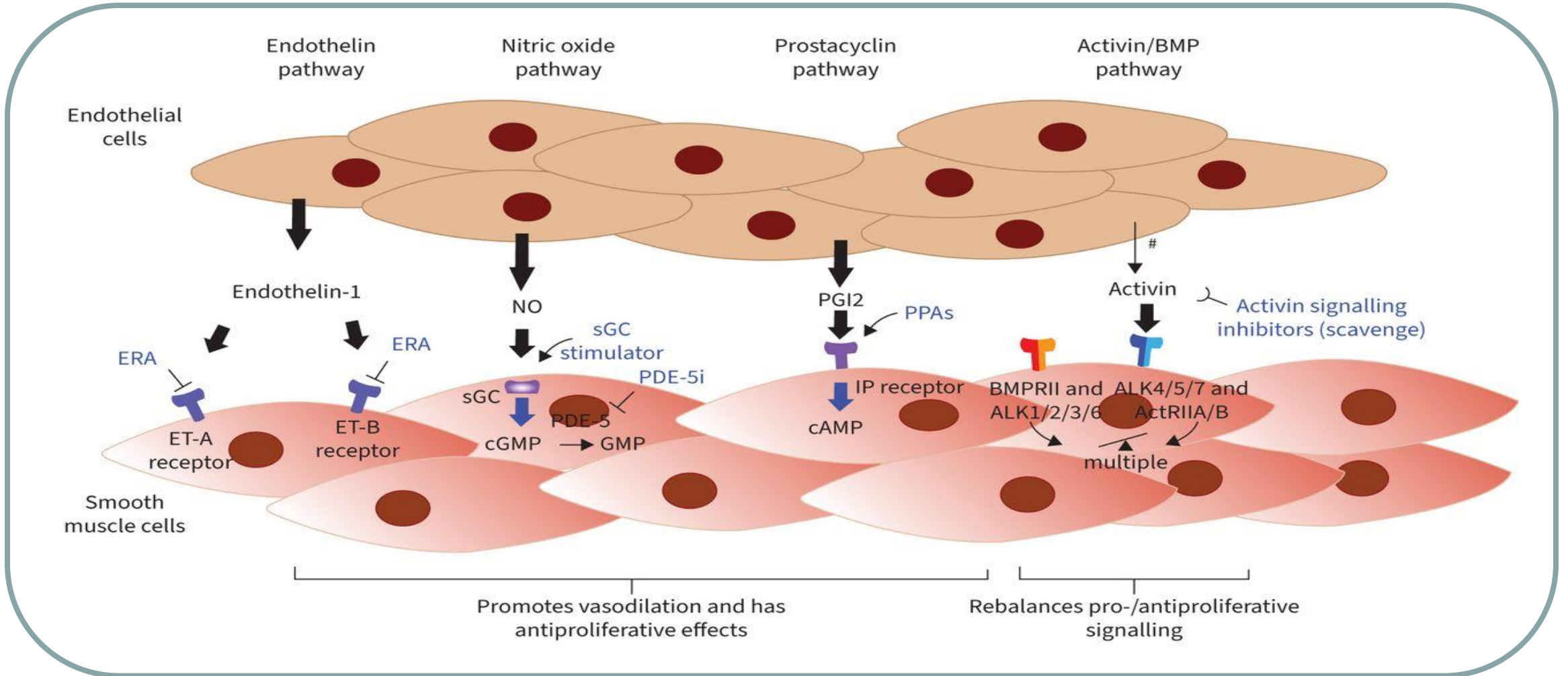
Date	2023.12	2024.09
mRAP	25	13
Mean PAP	61	57
PCWP	14	13
ScvO2 (%)	52	65.7
CO	2.5	4.7
PVR (WU)	18.8	9.3

Survival in patients with IPAH: the era before PAH target agents

➤ NIH registry (1981-1985 to 1988), 194 patients with IPAH

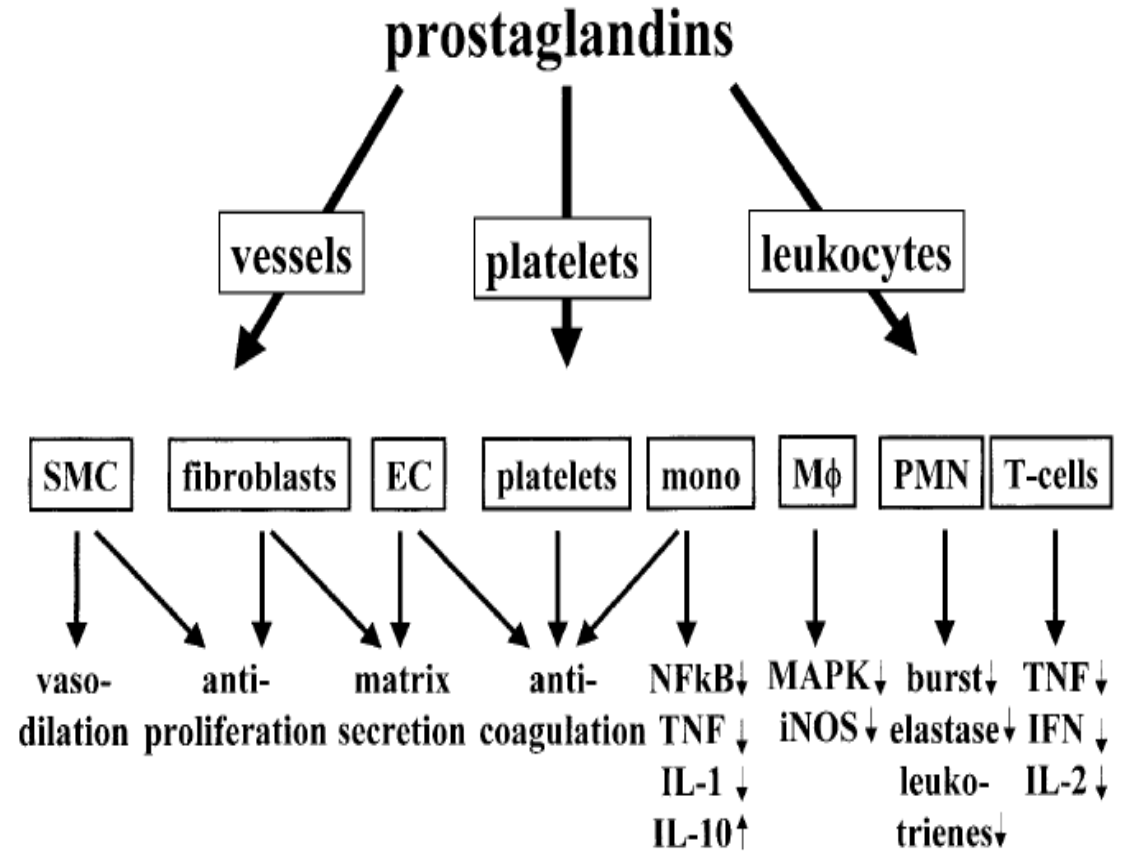


4-pathway drugs for PAH



Pharmacologic properties of prostacyclins

- Potent vasodilator
- Anti-platelet effect
- Anti-proliferative
- Anti-inflammatory
- Inotropic effect



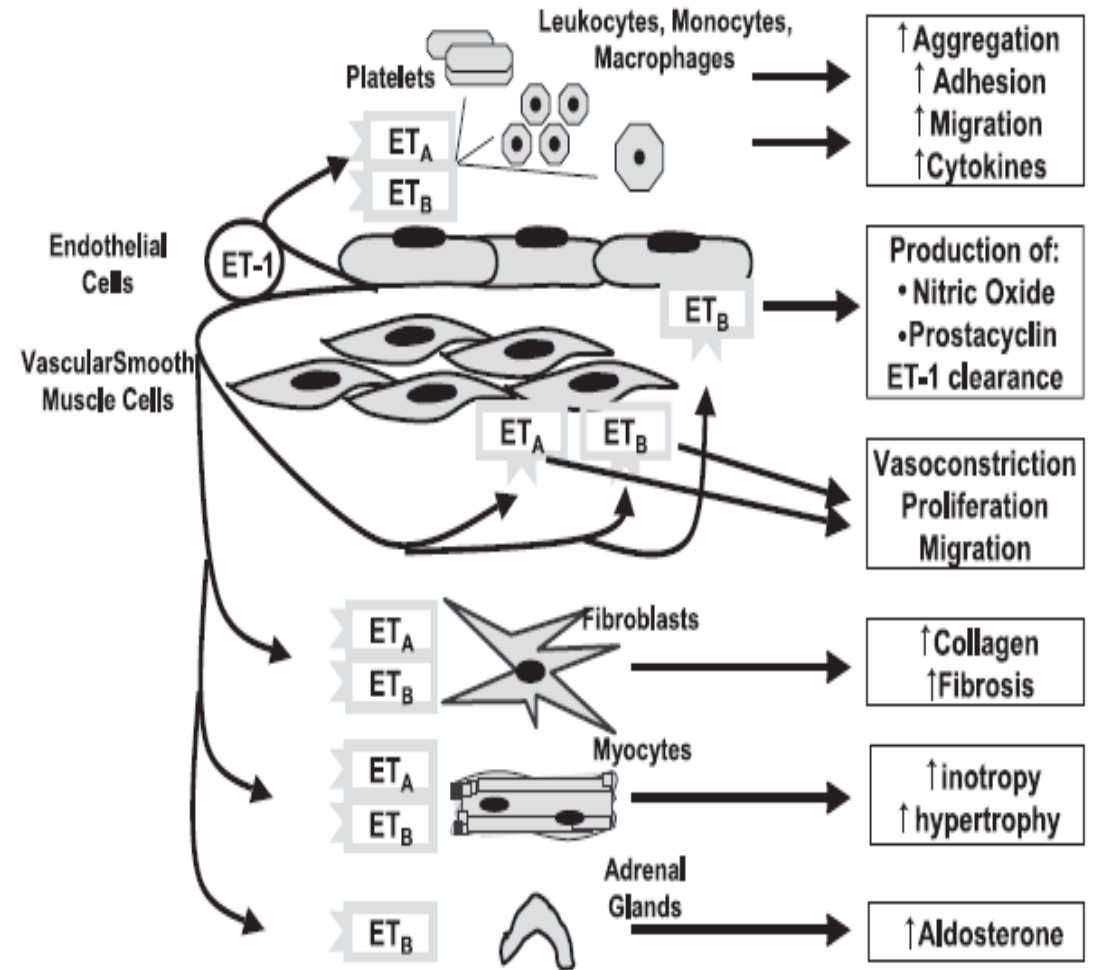
Effects of endothelin

ET_A -mediated effects

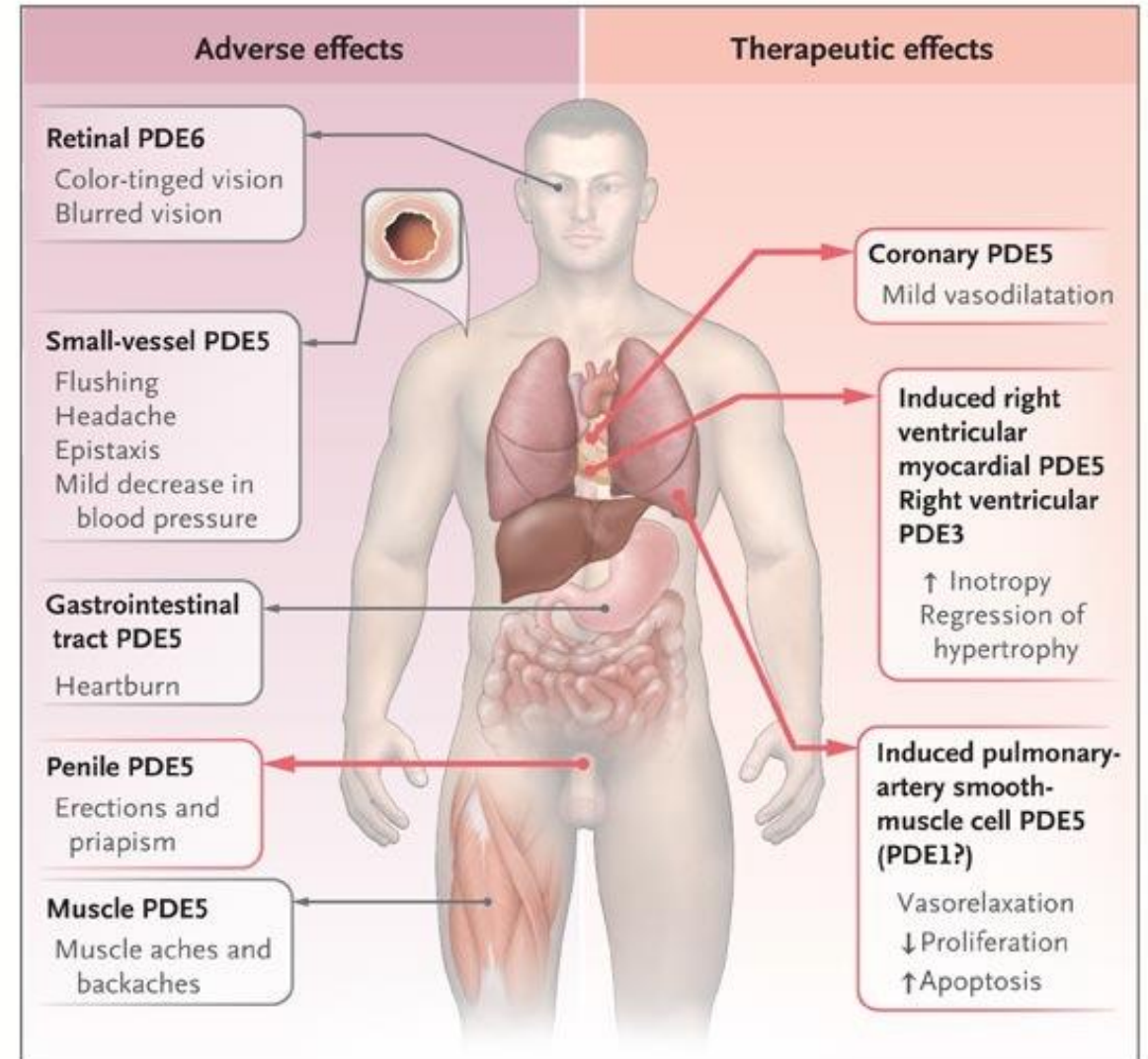
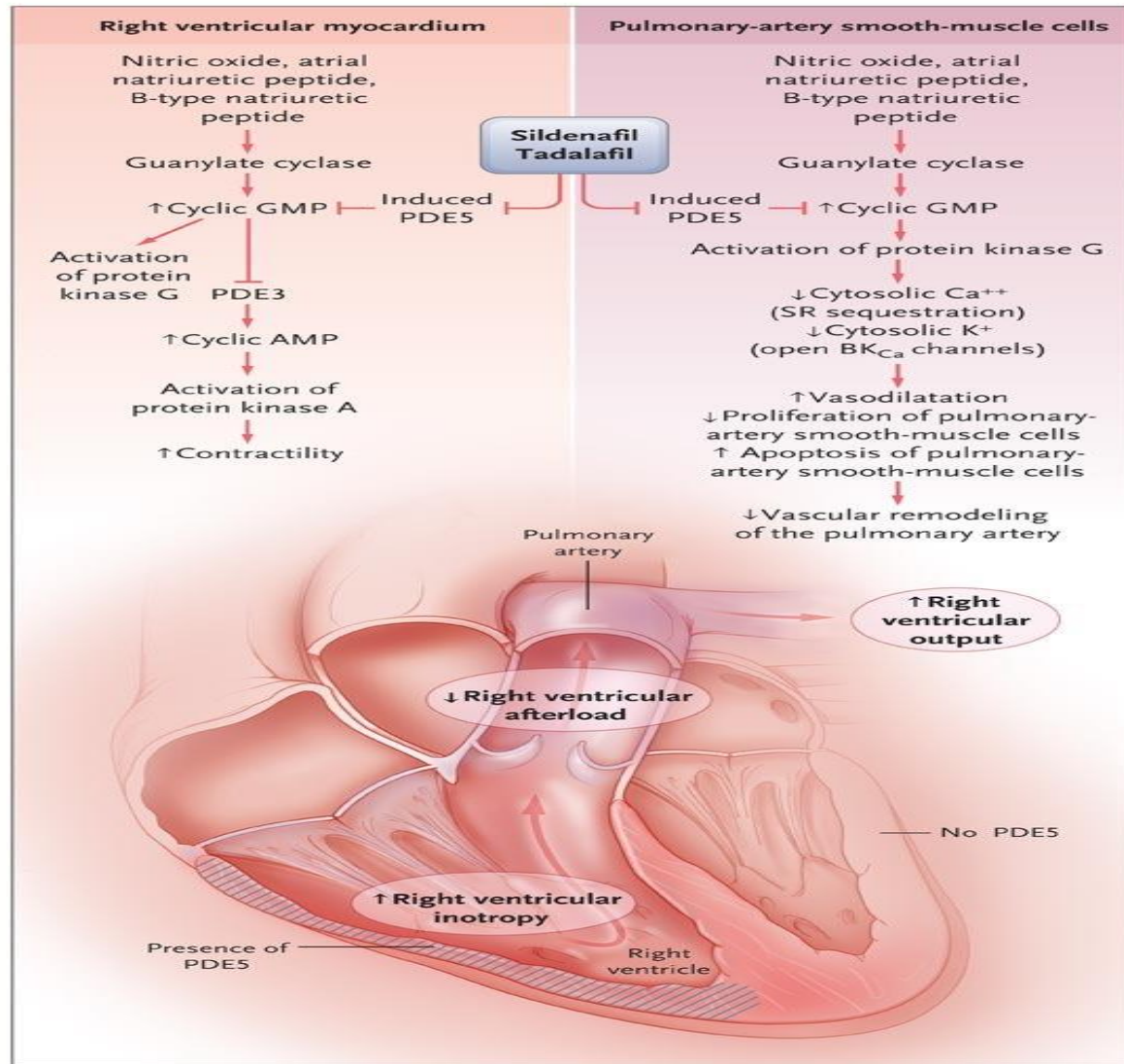
- vasoconstriction
- proliferation, hypertrophy
- cell migration
- fibrosis

ET_B -mediated effect

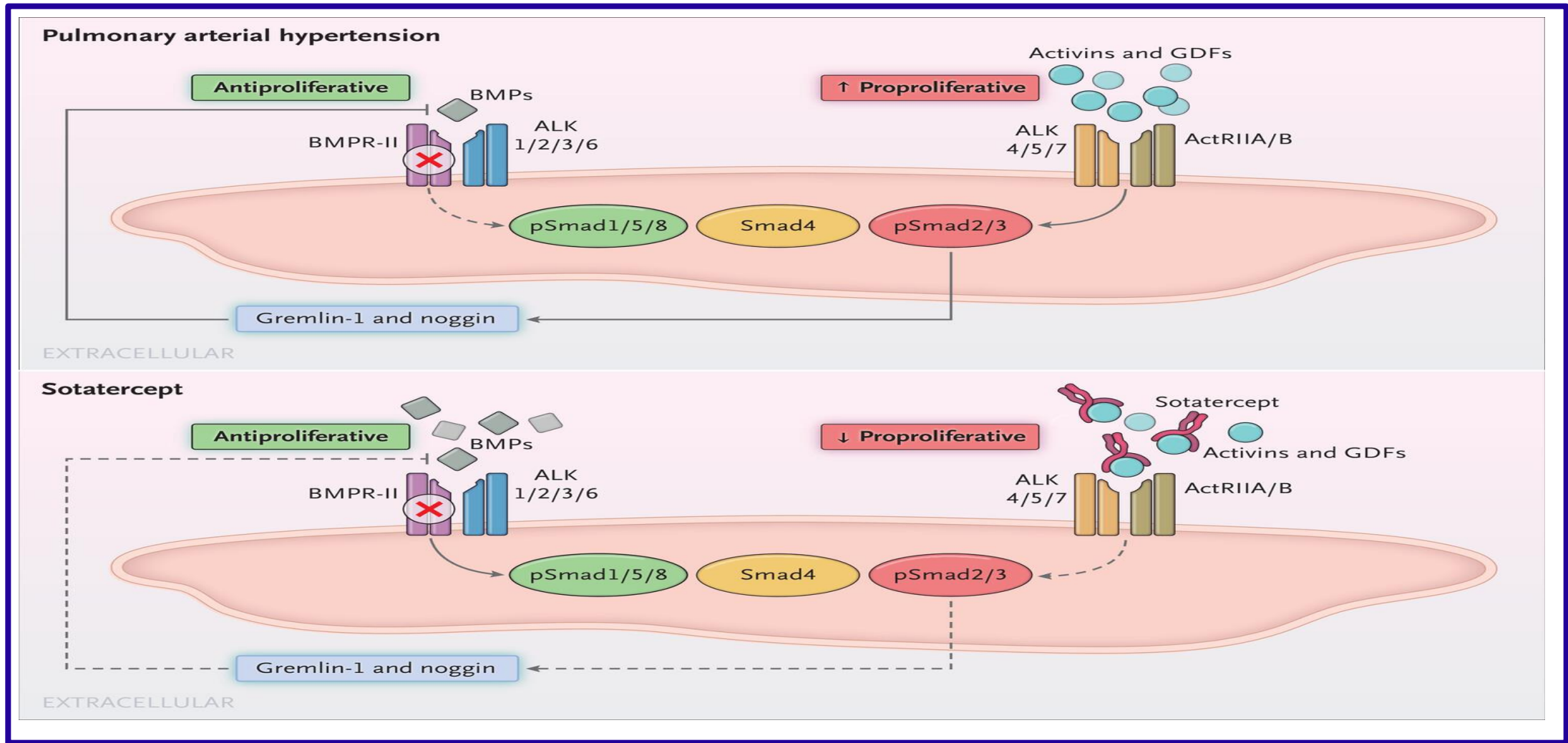
- release of NO and PGI
- ET-1 clearance
- inhibits ET converting enzyme



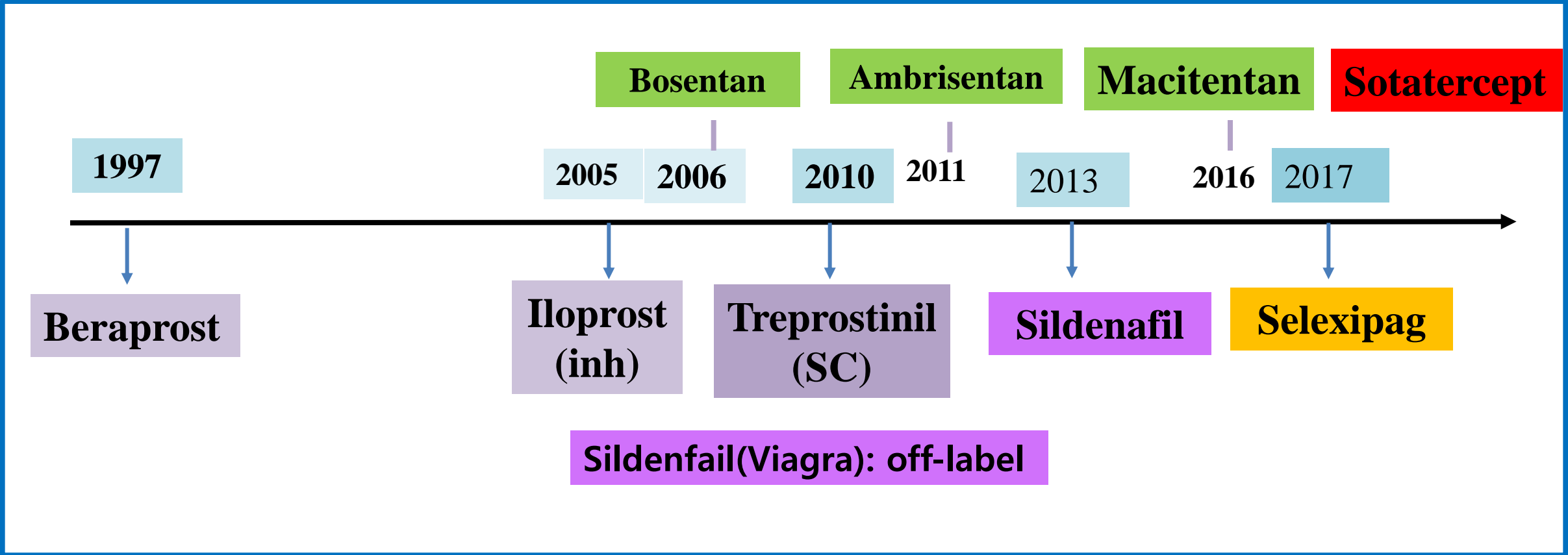
Phosphodiesterase (PDE)-5 Inhibitors for PAH



Sotatercept in Acitivin/BMP pathway



PAH drug approval in South Korea

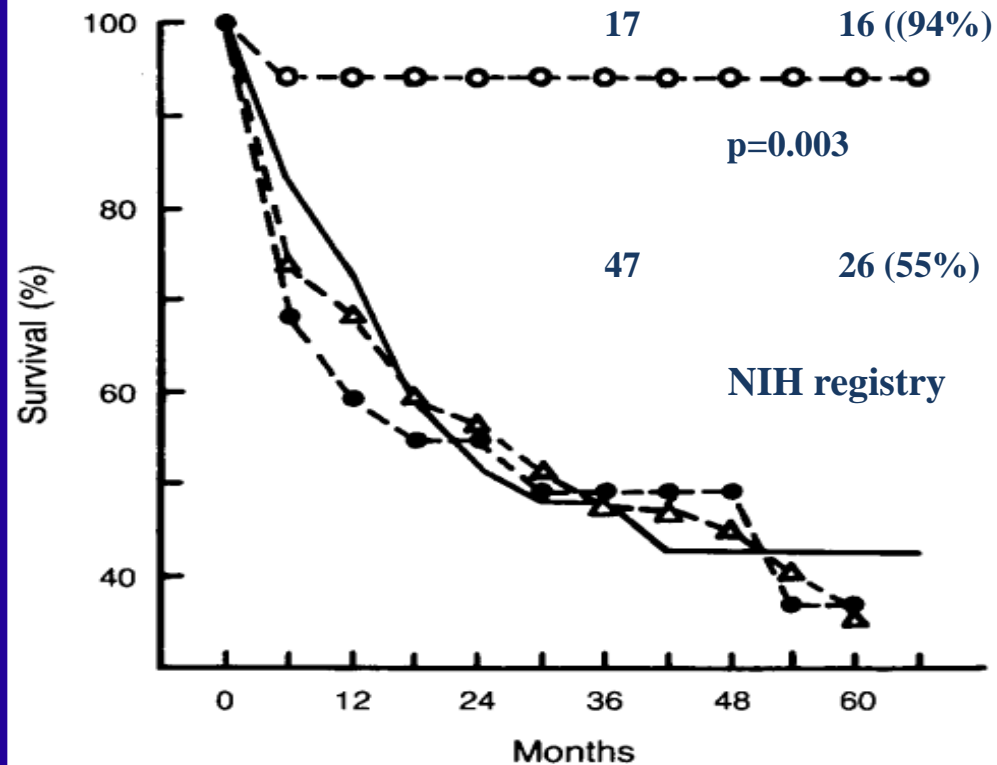


1993 ACCP consensus statement on PPH

- **There is no cure for PPH, nor is there a therapeutic approach** which is uniformly accepted or successful.
- **Anticoagulation therapy**
- **Vasodilators** (nifedipine, diltiazem, prostacycline, PGE1)
- Atrial septostomy
- Lung transplantation; Heart-lung or double lung

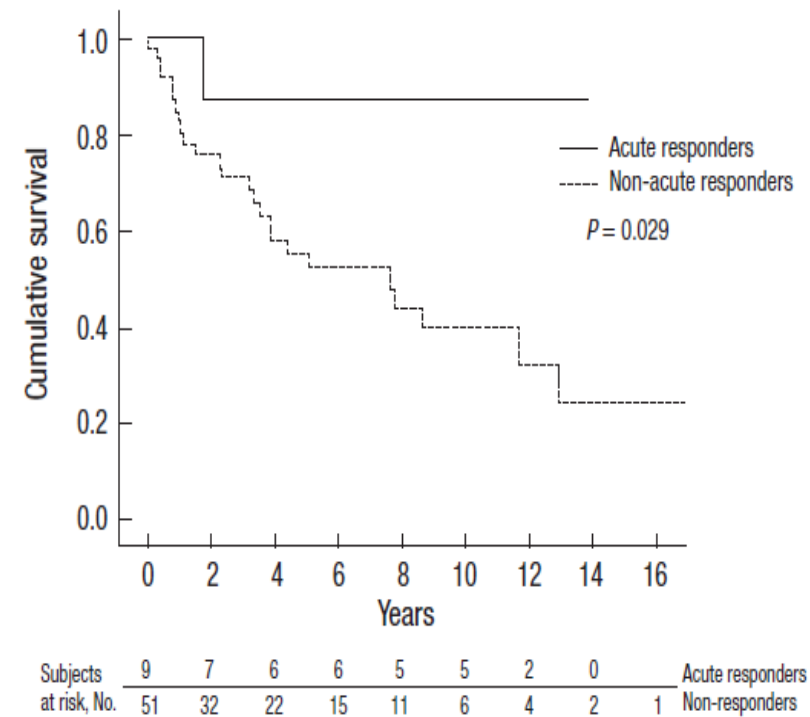
Calcium channel blockers on survival in PPH

64 patients with PPH



Rich et al. N Engl J Med 1992;327:76-81

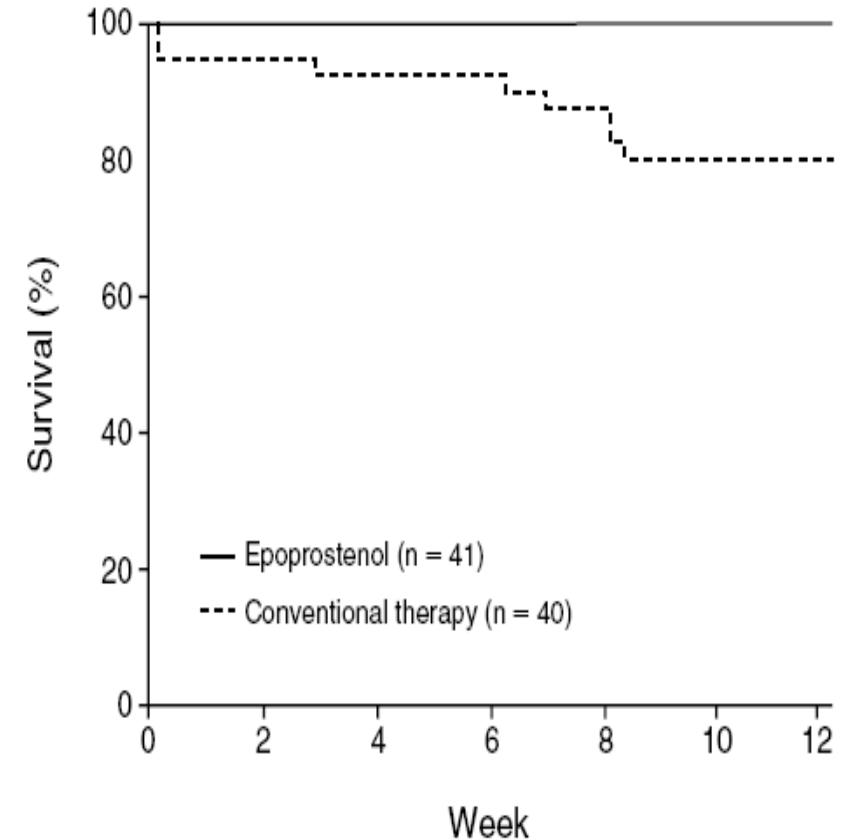
60 patients with PPH in AMC



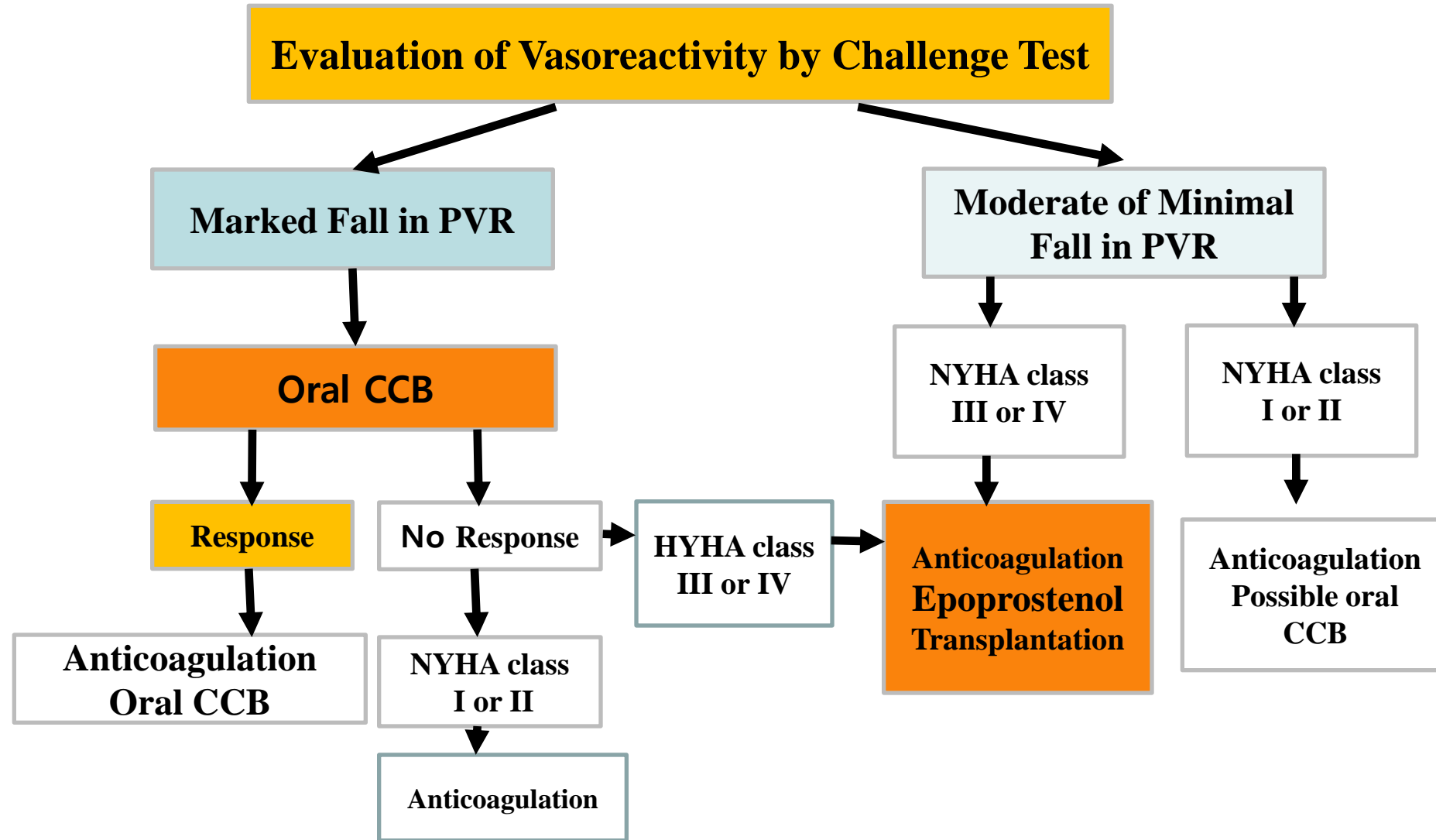
Ahh JH et al. Korean Med Sci 2014; 29: 1665-1671

Epoprostenol

- **“Gold standard” for FC IV PAH**
- **The only PAH therapy with a survival benefit for patients with PAH that has been demonstrated in a single RCT.**

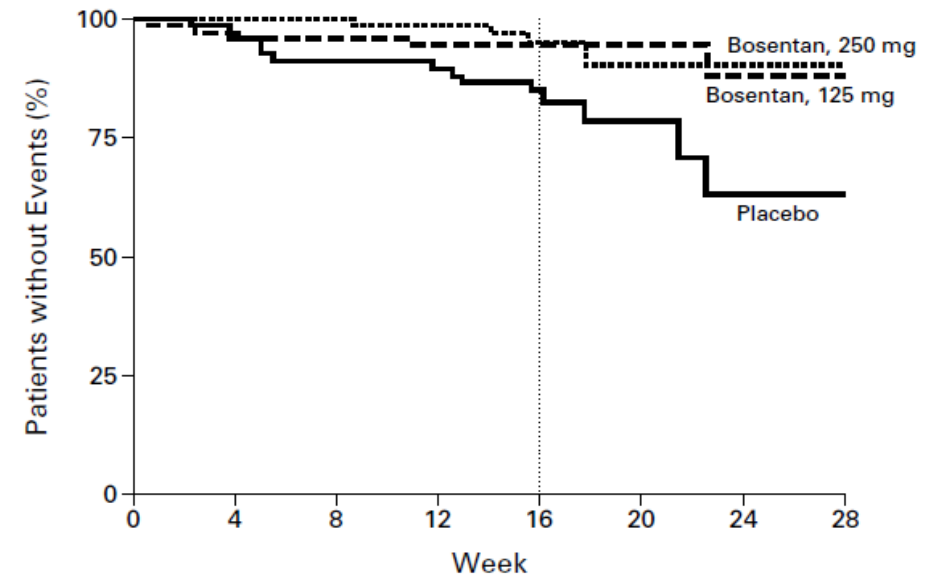
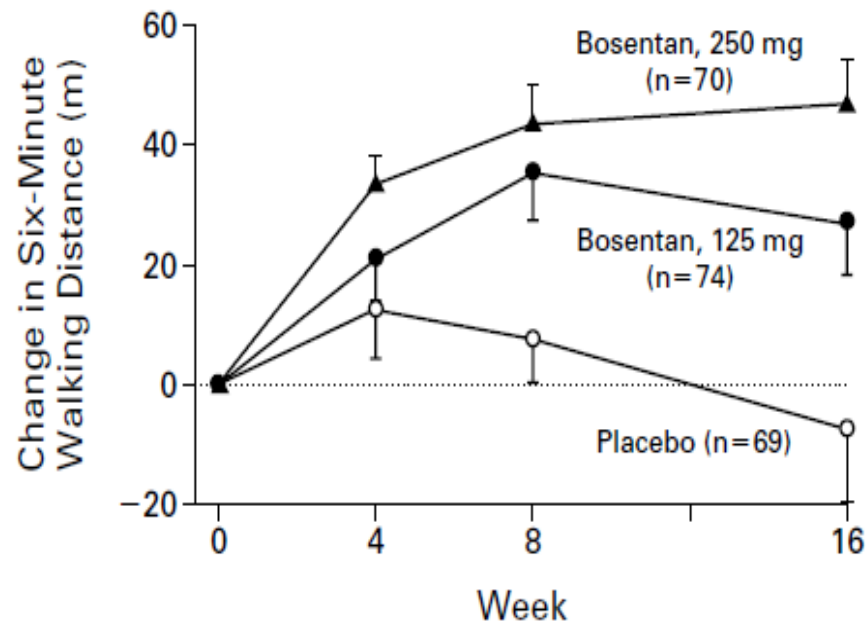


1997 algorithm for the management of PPH



Bosentan for PAH: BEATHE-1 study

- 12 week prospective, randomized, multicenter open trial,
- PAH(PPH, CTD-PAH), **FC III, IV**
- Bosentan improved 6MWD (44m, $P<0.001$), Borg dyspnea index and WHO functional class and **increased the time to clinical worsening**.



No. AT RISK

Placebo	69	68	63	62	48	10	7	3
Bosentan, 125 mg	74	72	71	70	55	18	14	7
Bosentan, 250 mg	70	70	70	68	48	13	11	6

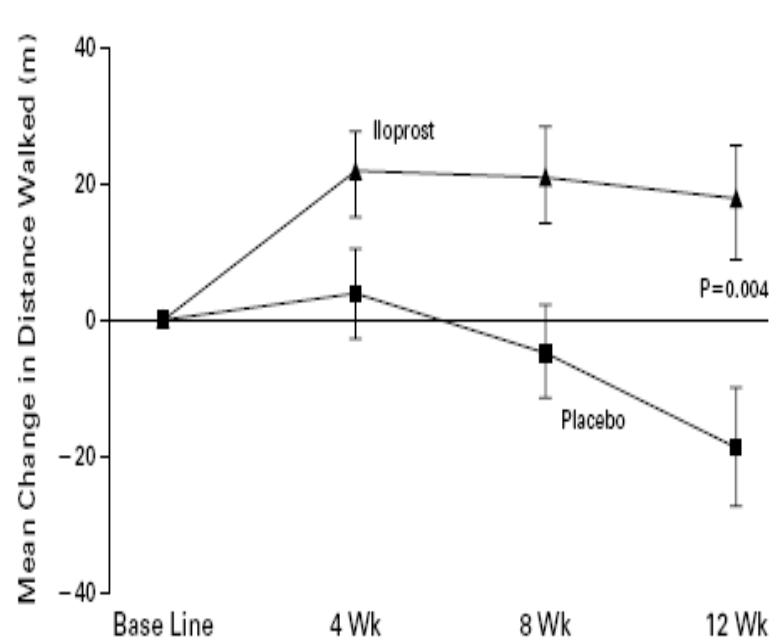
Inhaled iloprost for PAH: AIR study

12 week, double-blind, prospective, randomized, multicenter trial

Inclusion: IPAH (51/51) Drug-PAH (4/5) CTD-PAH (13/22) **CTEPH (33/24)**
FC-III (60/59) FC IV (41/43)

Primary endpoint: **clinical improvement** (NYHA class and 6MWD at least 10%)

Result: iloprost 16.8% vs placebo 4.9%, p=0.007



VARIABLE	ILOPROST GROUP			PLACEBO GROUP		
	PATIENTS WITH PRIMARY PULMONARY	PATIENTS WITH NONPRIMARY PULMONARY HYPERTENSION	ALL PATIENTS	PATIENTS WITH PRIMARY PULMONARY HYPERTENSION	PATIENTS WITH NONPRIMARY PULMONARY HYPERTENSION	ALL PATIENTS
	percentage of patients					
Change in NYHA class						
Improved by 2 classes	1.0*	1.9	0.0	0.0	0.0	0.0
Improved by 1 class	23.8*	22.6	25.0	12.7	7.3	19.1
Unchanged	64.4	66.0	62.5	65.7	69.1	61.7
Worsened	5.9	3.8	8.3	7.8	10.9	4.3
Data missing	1.0	1.9	0.0	0.0	0.0	0.0
Noncompletion of study	4.0	3.8	4.2	13.7	12.7	14.9
Death	1.0	1.9	0.0	3.9	3.6	4.3
Other	3.0†	1.9	4.2	9.8‡	9.1	10.6
Change in 6-minute walk distance						
≥10% increase	37.6§	49.1	25.0	25.5	30.9	19.1
<10% increase to <10% decrease	42.6	37.7	47.9	32.4	20.0	46.8
≥10% decrease	13.9	5.7	22.9	25.5	32.7	17.0
Data missing	5.9	7.5	4.2	16.7	16.4	17.0
Combined end point	16.8¶	20.8	12.5	4.9	5.5	4.3

Continuous SC treprostinil in PAH

Inclusion: PPH (134/136), PH with CTD (41/49) or CHD (58/51)

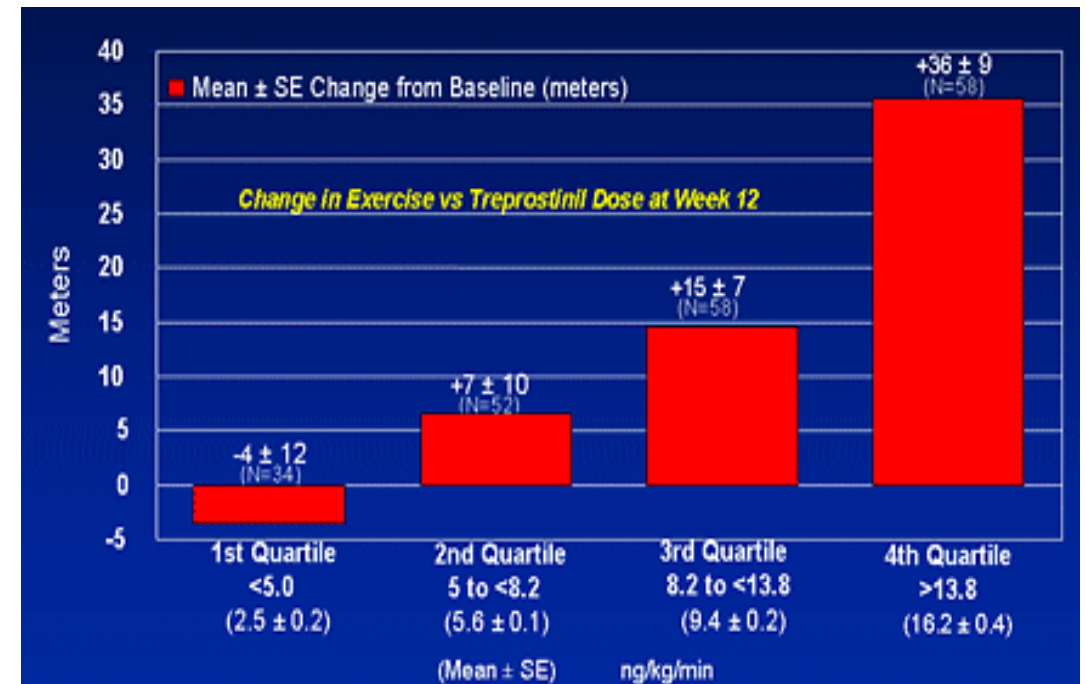
FC II (25/28), III (190/192), IV (18/16)

Design: 12 weeks, double-blind, placebo-controlled multicenter

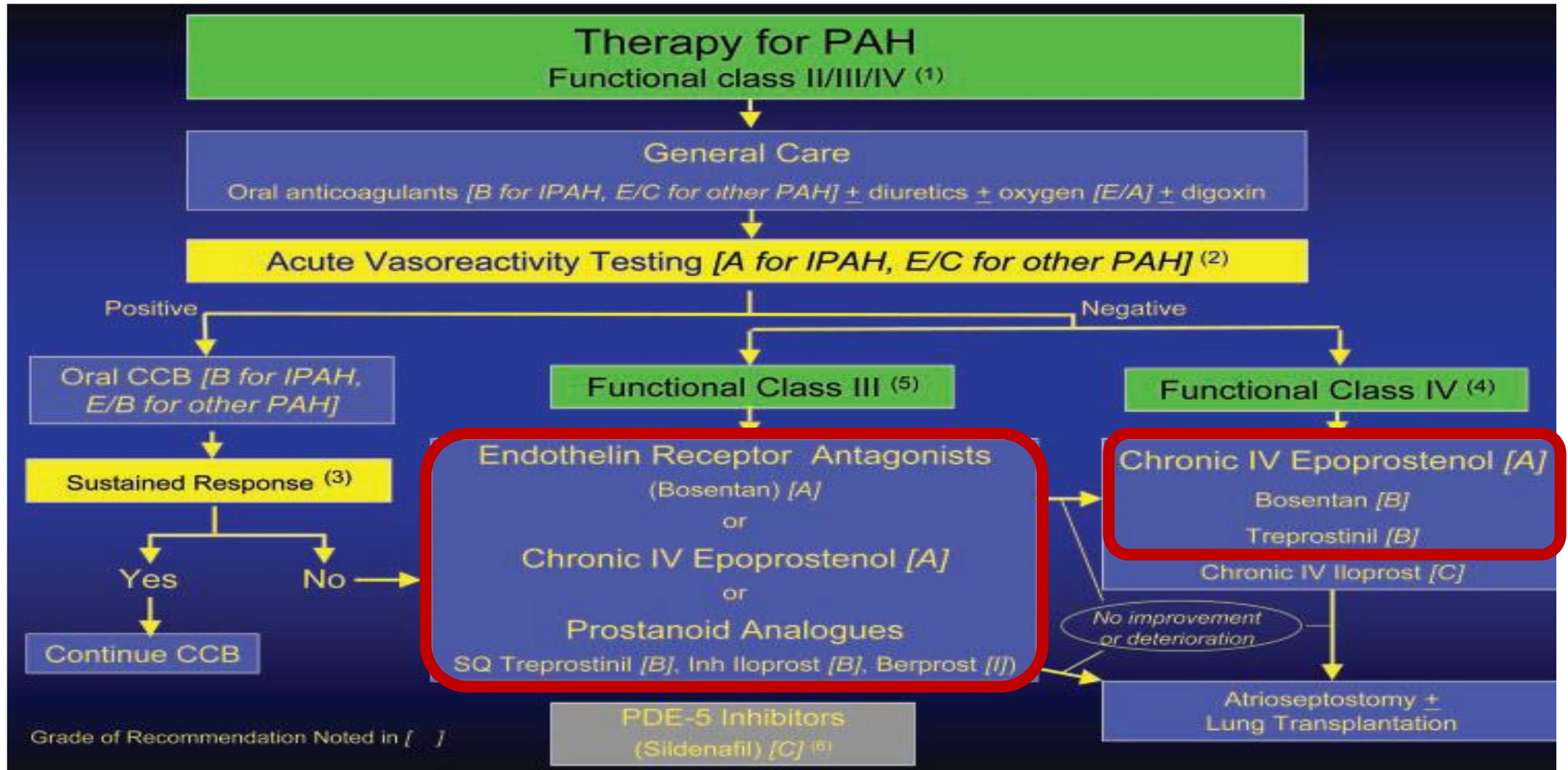
Exercise capacity

; $\Delta 6\text{MWD}$ 16 m ($p=0.006$)

Greater in the sicker
and dose-related.

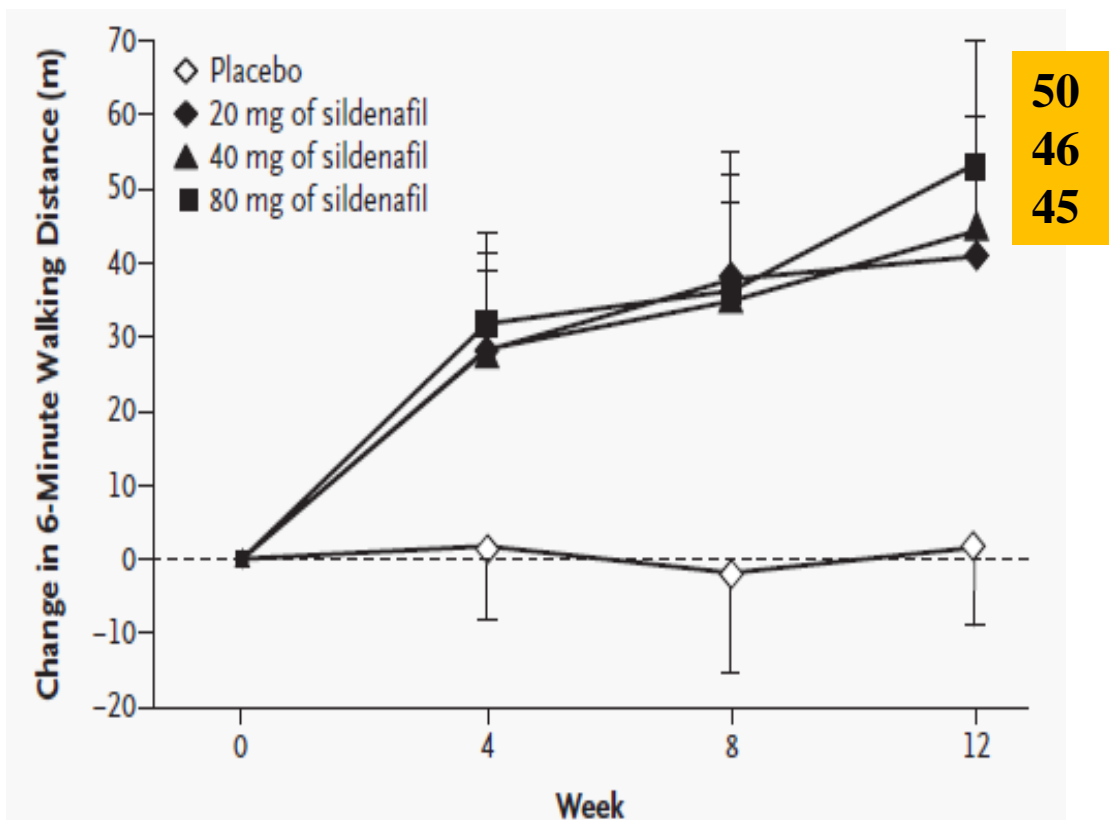


ACCP 2004 guidelines for PAH



Sildenafil for PAH: SUPER study

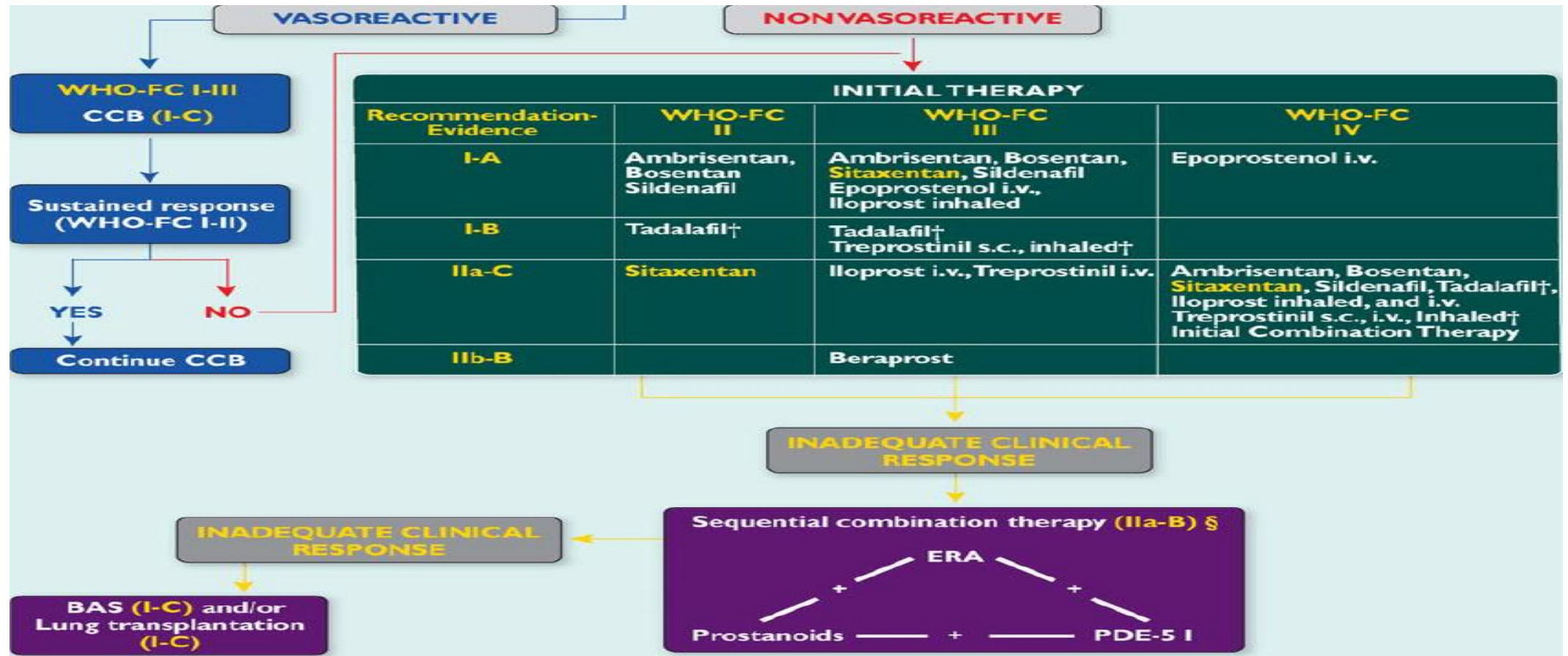
- 12 week, double-blind, prospective, randomized, multicenter trial
- PAH(PPH, CTD-PAH, CHD-PAH), **FC II (39%), III (58%)**



Variable	Placebo (N=65)		Sildenafil					
			20 mg (N=65)	P Value	40 mg (N=63)	P Value	80 mg (N=65)	P Value
Heart rate — beats/minute	-1.3 (-4.1 to 1.4)		-3.7 (-5.9 to -1.4)	0.18	-3.3 (-5.5 to -1.0)	0.27	-4.7 (-7.3 to -2.2)	0.05
Mean pulmonary artery pressure — mm Hg	0.6 (-0.8 to 2.0)		-2.1 (-4.3 to 0.0)	0.04	-2.6 (-4.4 to -0.9)	0.01	-4.7 (-6.7 to -2.8)	<0.001
Cardiac index — liters/min/m ²	-0.02 (-0.17 to 0.13)		0.21 (0.04 to 0.8)	0.06	0.24 (0.05 to 0.42)	0.03	0.37 (0.20 to 0.55)	0.001
Pulmonary vascular resistance — dyn·sec·cm ⁻⁵	49 (-54 to 153)		-122 (-217 to -27)	0.01	-143 (-218 to -69)	0.01	-261 (-365 to -157)	<0.001
Right atrial pressure — mm Hg	0.3 (-0.9 to 1.5)		-0.8 (-1.9 to 0.3)	0.19	-1.1 (-2.4 to 0.2)	0.10	-1.0 (-2.1 to 0.1)	0.11

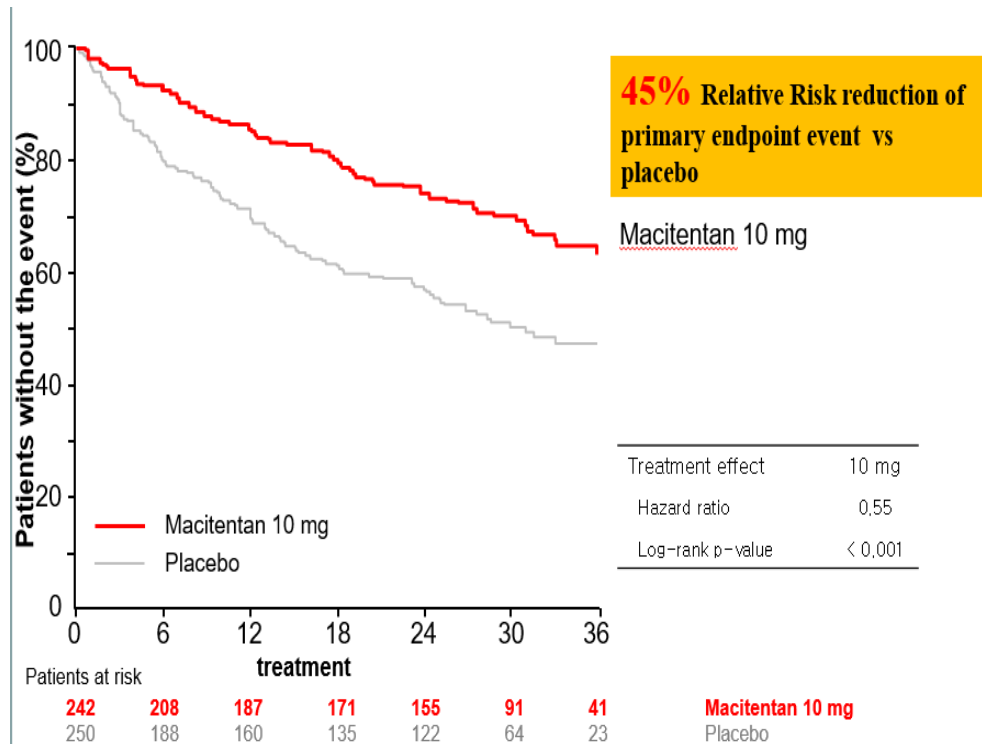
ESC/ERS 2009 guidelines for PH

- PAH target agent for WHO-FC II
 - Sequential combination

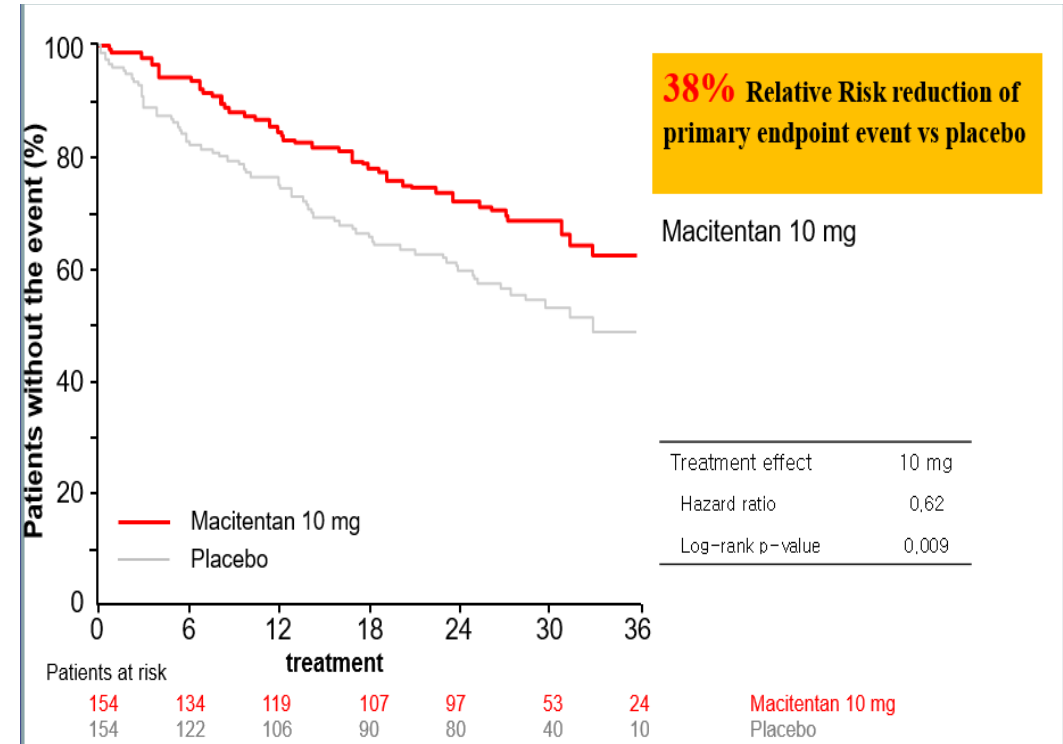


Sequential combination therapy : macitentan to PDE5i

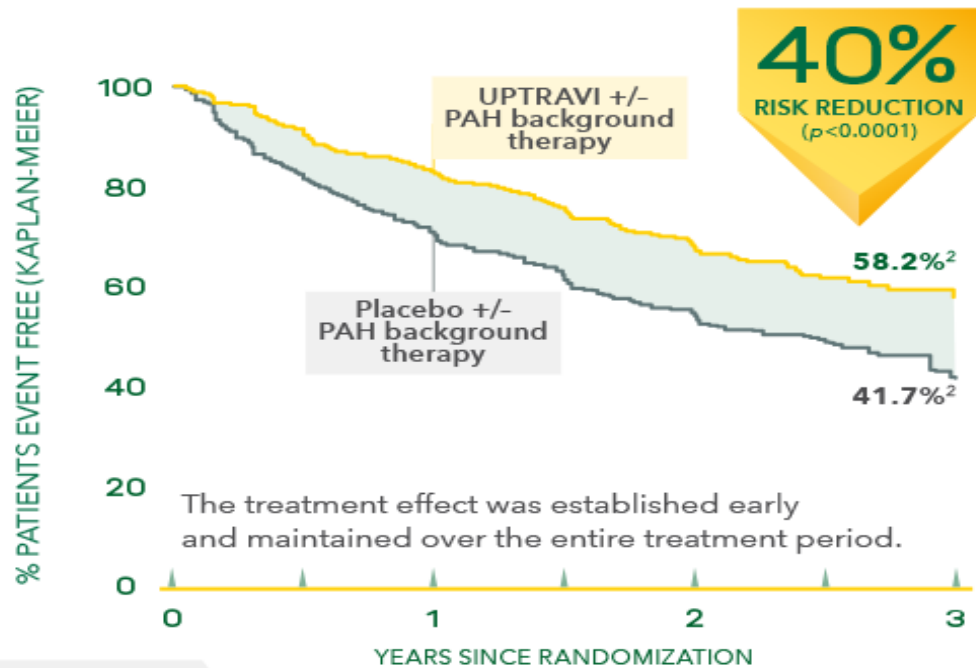
All patients



Patients with background Therapy

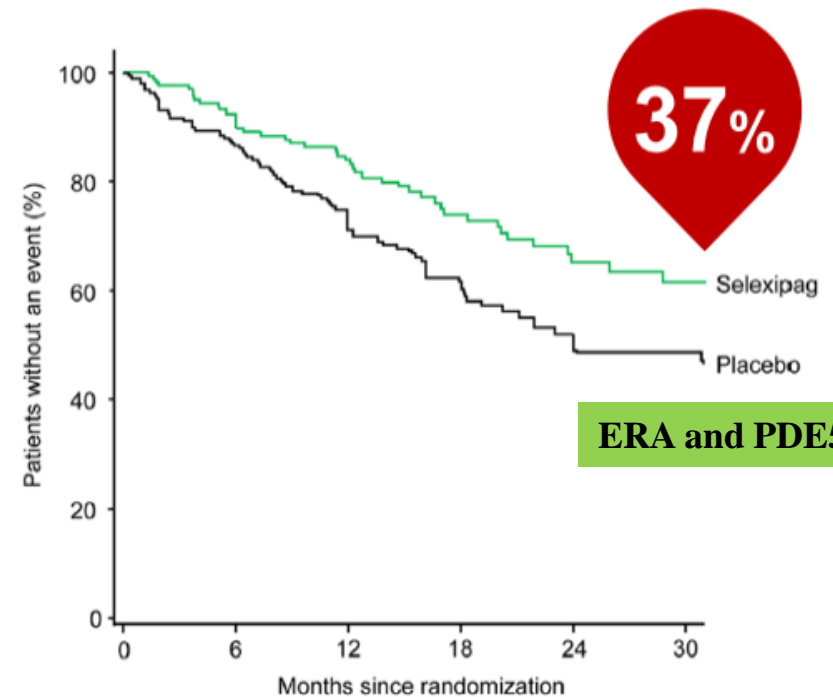


Triple combination therapy: selexipag to ERA and PDE5i



PATIENTS AT RISK

	0	1	2	3			
UPTRAIVI	574	455	361	246	171	101	40
Placebo	582	433	347	220	149	88	28

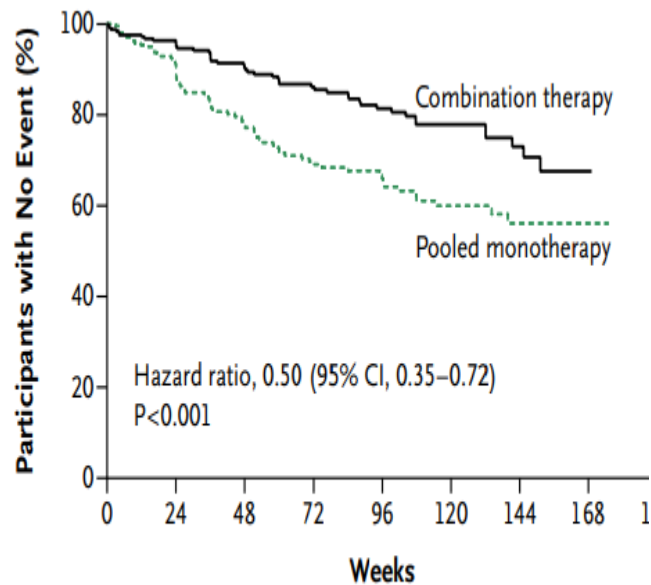


Patients at risk

	0	6	12	18	24	30
Selexipag	179	140	105	70	43	31
Placebo	197	158	119	70	44	27

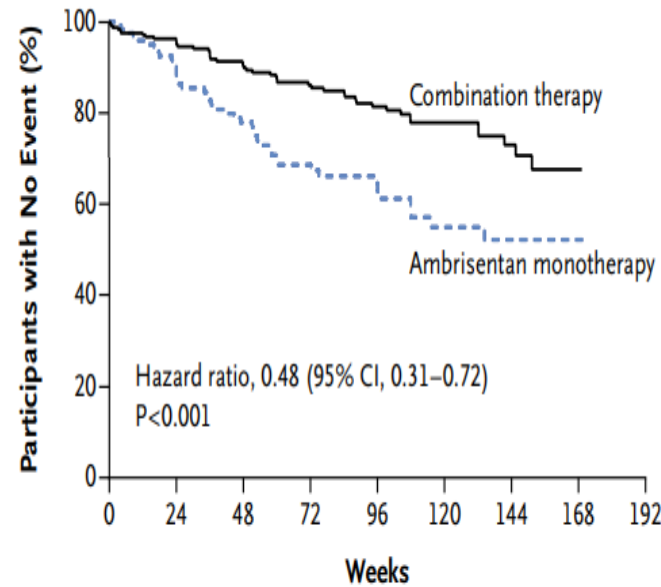
Initial (Upfront) combination therapy: Ambrisentan+Tadalafil

A Combination Therapy vs. Pooled Monotherapy



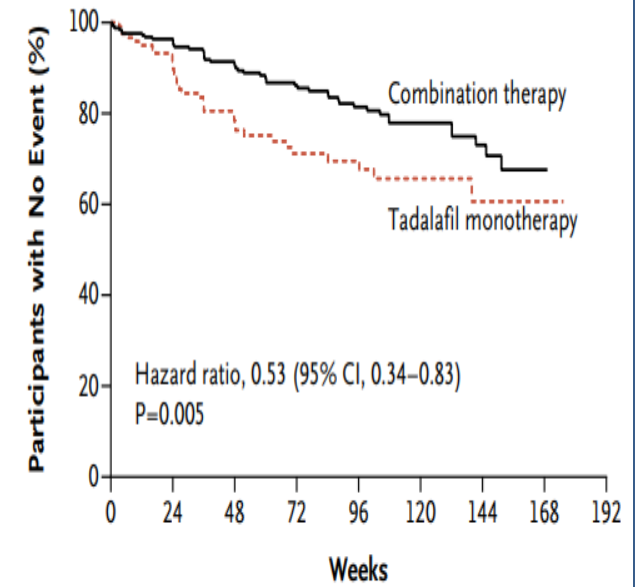
No. at Risk		0	24	48	72	96	120	144	168
Combination therapy	253	229	186	145	106	71	36	4	
Pooled monotherapy	247	209	155	108	77	49	25	5	

B Combination Therapy vs. Ambrisentan Monotherapy



No. at Risk		0	24	48	72	96	120	144	168	192
Combination therapy	253	229	186	145	106	71	36	4		
Ambrisentan monotherapy	126	104	81	57	39	23	14	3		

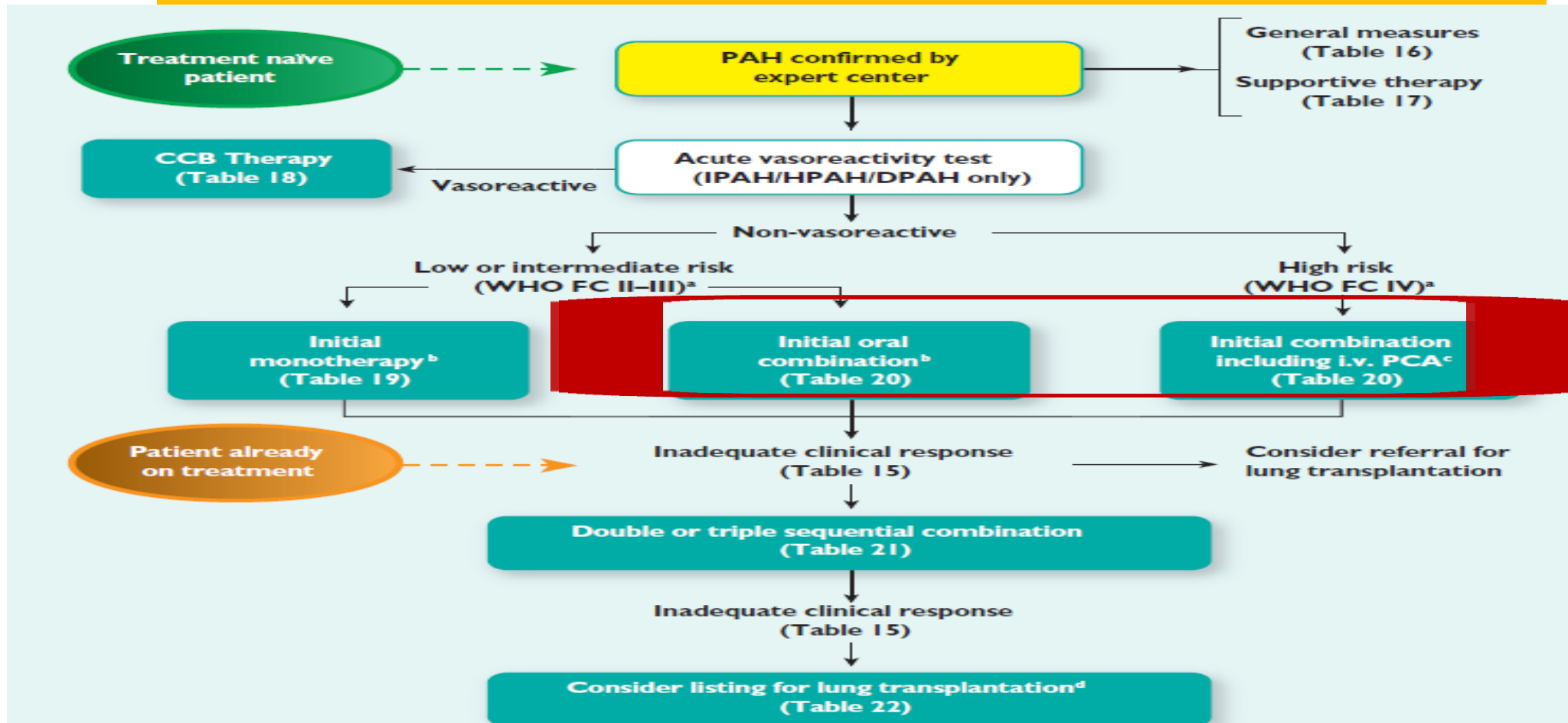
C Combination Therapy vs. Tadalafil Monotherapy



No. at Risk		0	24	48	72	96	120	144	168	192
Combination therapy	253	229	186	145	106	71	36	4		
Tadalafil monotherapy	121	105	74	51	38	26	11	2		

ESC/ERS 2015 guidelines for PH

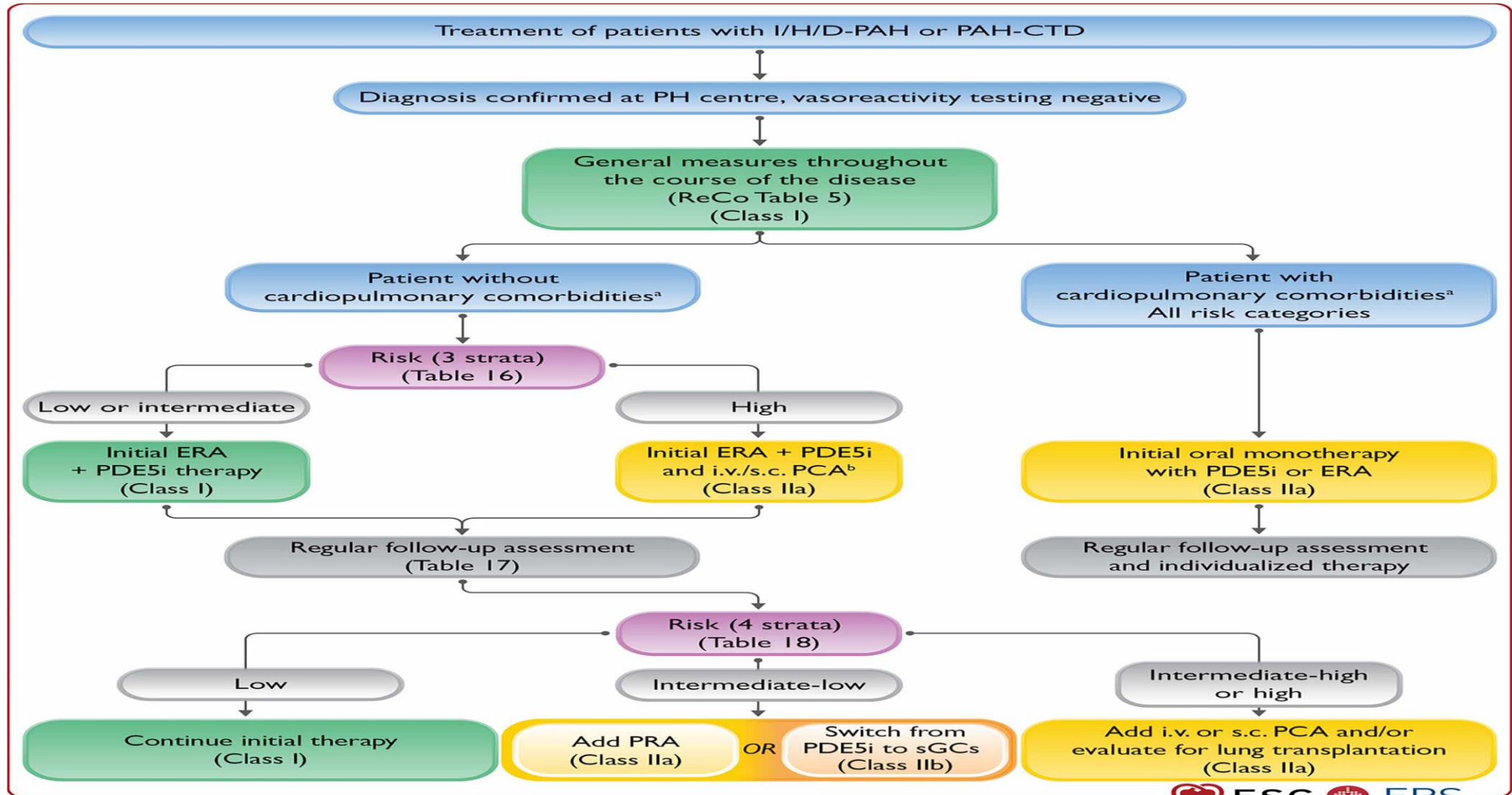
- Initial treatment based on risk stratification
- Initial combination treatment



Risk assessment in PAH

Determinants of prognosis ^a (estimated 1-year mortality)	Low risk <5%	Intermediate risk 5–10%	High risk >10%
Clinical signs of right heart failure	Absent	Absent	Present
Progression of symptoms	No	Slow	Rapid
Syncope	No	Occasional syncope ^b	Repeated syncope ^c
WHO functional class	I, II	III	IV
6MWD	>440 m	165–440 m	<165 m
Cardiopulmonary exercise testing	Peak VO ₂ >15 ml/min/kg (>65% pred.) VE/VCO ₂ slope <36	Peak VO ₂ 11–15 ml/min/kg (35–65% pred.) VE/VCO ₂ slope 36–44.9	Peak VO ₂ <11 ml/min/kg (<35% pred.) VE/VCO ₂ ≥45
NT-proBNP plasma levels	BNP <50 ng/l NT-proBNP <300 ng/ml	BNP 50–300 ng/l NT-proBNP 300–1400 ng/l	BNP >300 ng/l NT-proBNP >1400 ng/l
Imaging (echocardiography, CMR imaging)	RA area <18 cm ² No pericardial effusion	RA area 18–26 cm ² No or minimal, pericardial effusion	RA area >26 cm ² Pericardial effusion
Haemodynamics	RAP <8 mmHg CI ≥2.5 l/min/m ² SvO ₂ >65%	RAP 8–14 mmHg CI 2.0–2.4 l/min/m ² SvO ₂ 60–65%	RAP >14 mmHg CI <2.0 l/min/m ² SvO ₂ <60%

ESC/ERS 2022 guidelines for PH



Refined 4-strata risk assessment during f/u

Determinants of prognosis	Low risk	Intermediate-low risk	Intermediate-high risk	High risk
Points assigned	1	2	3	4
WHO-FC	I or II ^a	-	III	IV
6MWD, m	>440	320–440	165–319	<165
BNP or NT-proBNP, ng/L	<50 <300	50–199 300–649	200–800 650–1100	>800 >1100

Initial combination therapy for patients with idiopathic, heritable, or drug-associated PAH without cardiopulmonary comorbidities


- Initial combination therapy with **ambrisentan and tadalafil** is recommended. (IB)
- Initial combination therapy with **macitentan and tadalafil** is recommended. (IB)
- Initial combination therapy with other ERAs and PDE5i should be considered. (IIaB)
- Initial combination therapy with macitentan, tadalafil, and selexipag is not recommended. (IIIB)

Rationales for upfront triple combination therapy for intermediate risk

- **Minority of patients (about 30-40%) treated with upfront oral combination therapy reach low-risk status**
- **The timing of therapies matter; treatments are more efficacious early.**
- **Delay in PAH targeted therapy do not “catch up” to their earlier treatment.**
- **Clinical worsening that may trigger escalation is associated with increased mortality.**

Initial triple versus dual oral combination therapy in PAH

TRITON: Multicenter, double-blind, randomized, placebo-controlled, phase 3b study


Newly diagnosed, treatment-naïve patients with pulmonary arterial hypertension (PAH)

n = 123

Macitentan
10 mg o.d.

Tadalafil
40 mg o.d.

Selexipag
200-1,600 µg b.i.d.

n = 124

Macitentan
10 mg o.d.

Tadalafil
40 mg o.d.

Placebo
200-1,600 µg b.i.d.

Change from Baseline to Week 26

Initial triple

Initial double

Treatment effect

Primary Endpoint

Pulmonary vascular resistance



-54%

-52%

No difference

Secondary Endpoints (Exploratory Analyses)

6-Minute walk distance



+55 m

+56 m

No difference

NT-proBNP



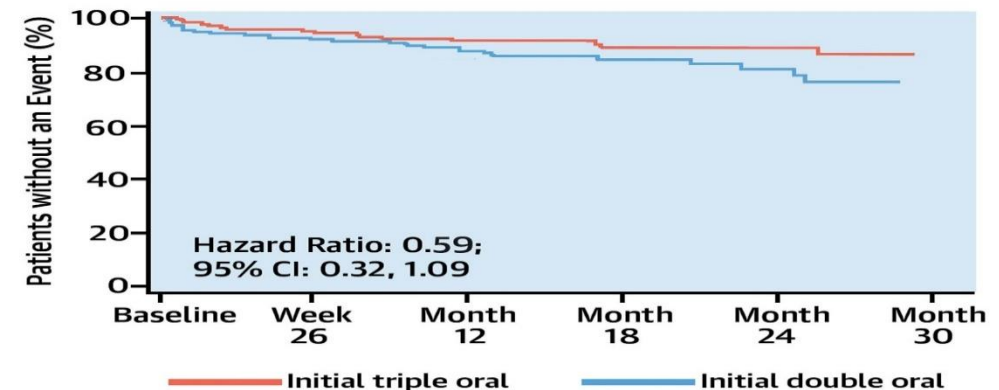
-74%

-75%

Time to First Disease Progression Event

Secondary Endpoints (Exploratory Analyses)

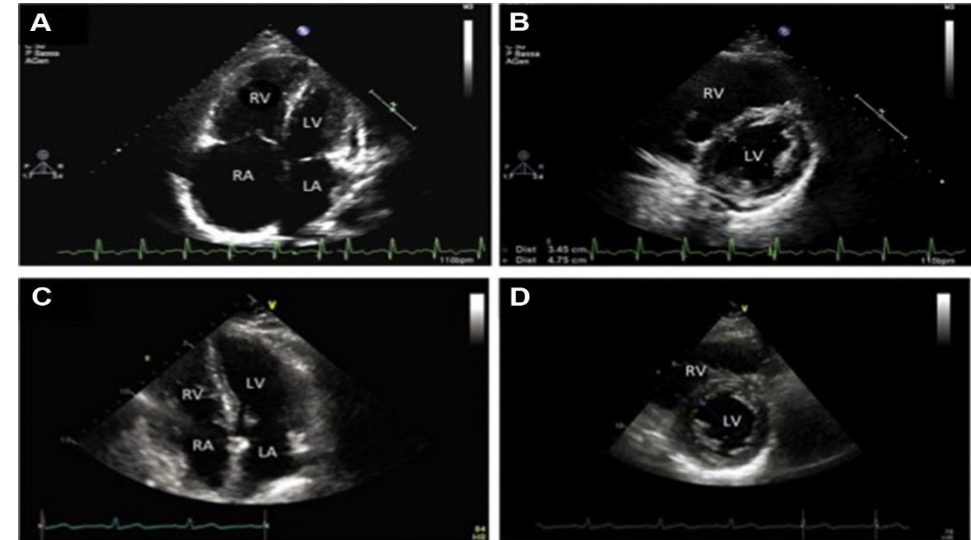
41% reduction in risk of disease progression with **initial triple oral** vs **initial double oral** combination therapy



Right Heart Reverse Remodeling by Upfront Triple Combination Therapy in PAH

21 patients with newly diagnosed high-risk IPAH were treated upfront with a combination of **ambrisentan, tadalafil, and subcutaneous treprostinil**

Variable	Baseline	Follow-Up	Change (%)	P Value
Right-sided atrial area, cm ²	29 ± 3	21 ± 2	-8 (-28)	< .001
RV end-diastolic area, cm ²	28 ± 2	20 ± 3	-8 (-29)	< .001
RV end-systolic area, cm ²	21 ± 2	12 ± 2	-9 (-43)	< .001
Fractional area change, %	27 ± 4	40 ± 5	13 (63)	< .001
LV eccentricity index	1.5 ± 0.1	1.2 ± 0.1	-0.3 (-20)	< .001

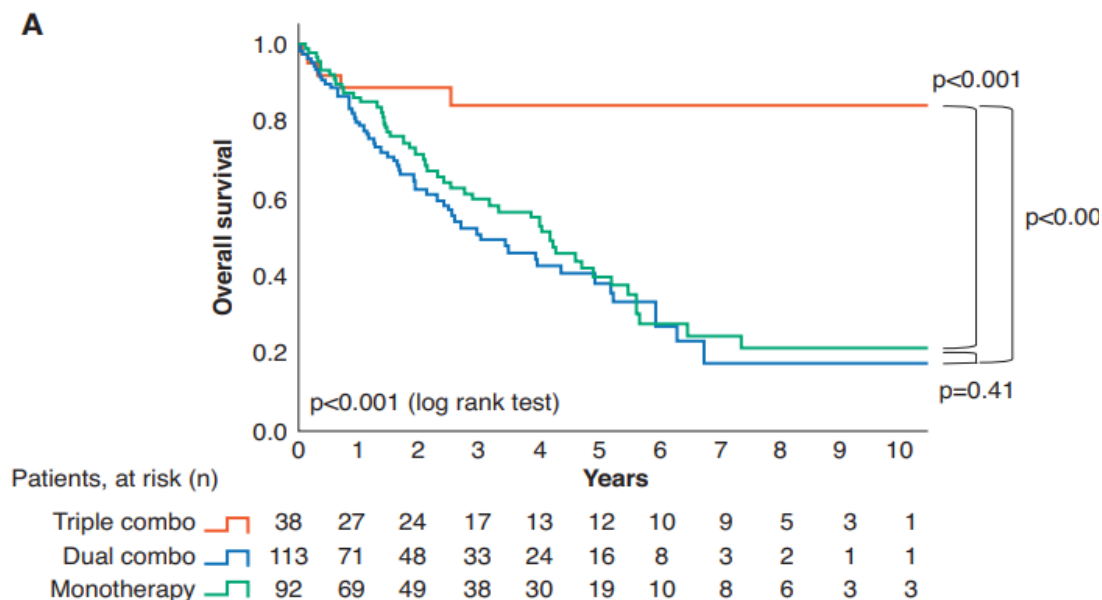


	Baseline	Follow-up
PVR (WU)	17.9	6.1
RVEDA (cm ²)	26	17
RVESA (cm ²)	19	10
LV-EI	1.5	1.1
REVEAL 2.0	11	7

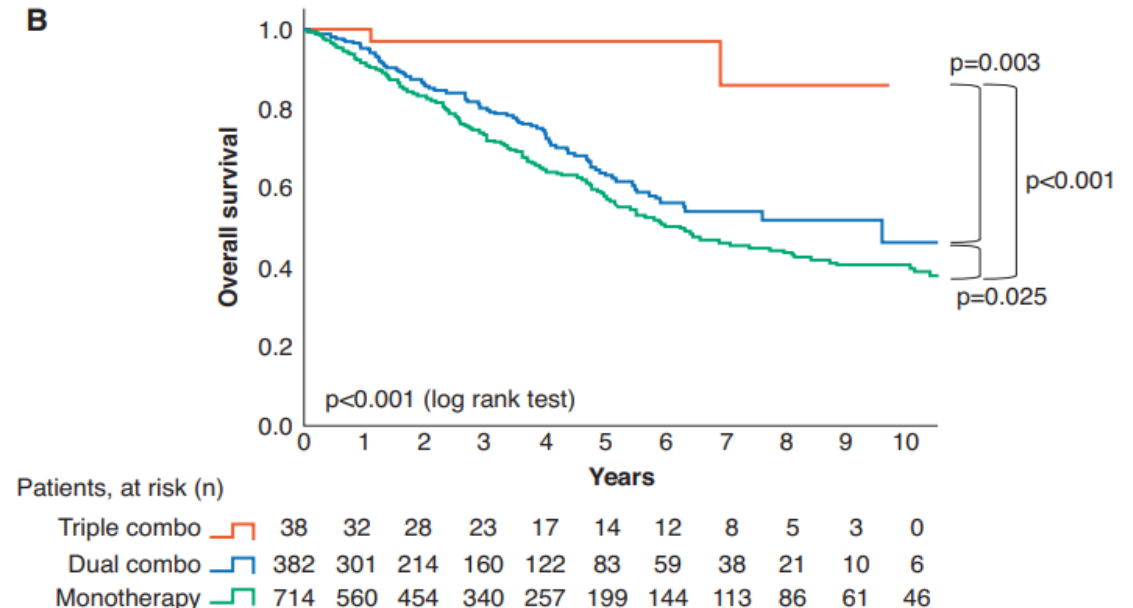
Variable	Baseline	Follow-Up	Change (%)	P Value
RAP, mm Hg	13 ± 3	5 ± 2	-8 (-62)	< .001
mPAP, mm Hg	60 ± 9	42 ± 5	-18 (-30)	< .001
PAWP, mm Hg	8 ± 2	9 ± 3	1 (12)	.545
Cardiac input, L/min/m ²	1.8 ± 0.3	3.5 ± 0.8	1.7 (94)	< .001
PVR, WU	16.4 ± 4.4	5.5 ± 1.3	-10.9 (-69)	< .001
SvO ₂ , %	56 ± 6	70 ± 7	14 (25)	< .001

Initial triple-combination therapy with parenteral prostacyclin

- A retrospective analysis of incident patients with idiopathic, heritable, or anorexigen-induced PAH enrolled in the **French Pulmonary Hypertension Registry**



A) Patients with a high-risk status



(B) patients with an intermediate-risk status

Sotatercept: the PULSAR trial

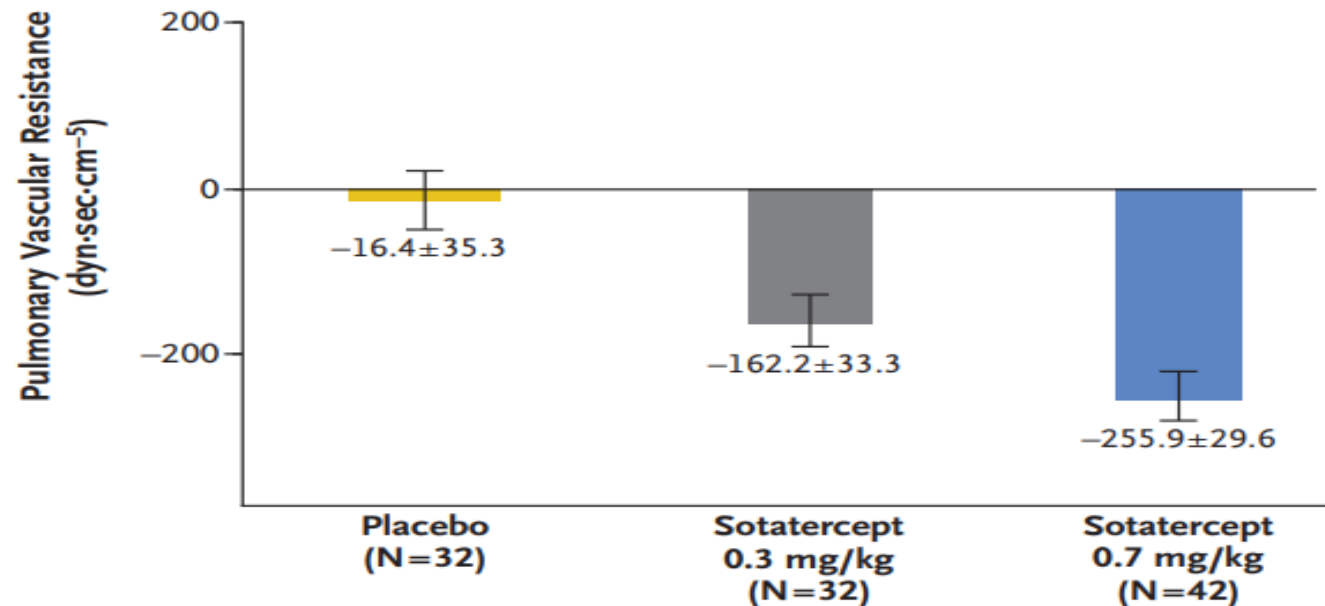
Inclusion(n=106): **IPAH (58%), Heritable (16%), CTD(17%). Drug(7%), CHD (3%)**

FC II (53%), III (47%)

Mono (9%), dual (35%), Triple (56%), IV/SC PCA (37%)

Design: 24 weeks, double-blind, placebo-controlled multicenter

A Change from Baseline to Week 24 in Pulmonary Vascular Resistance



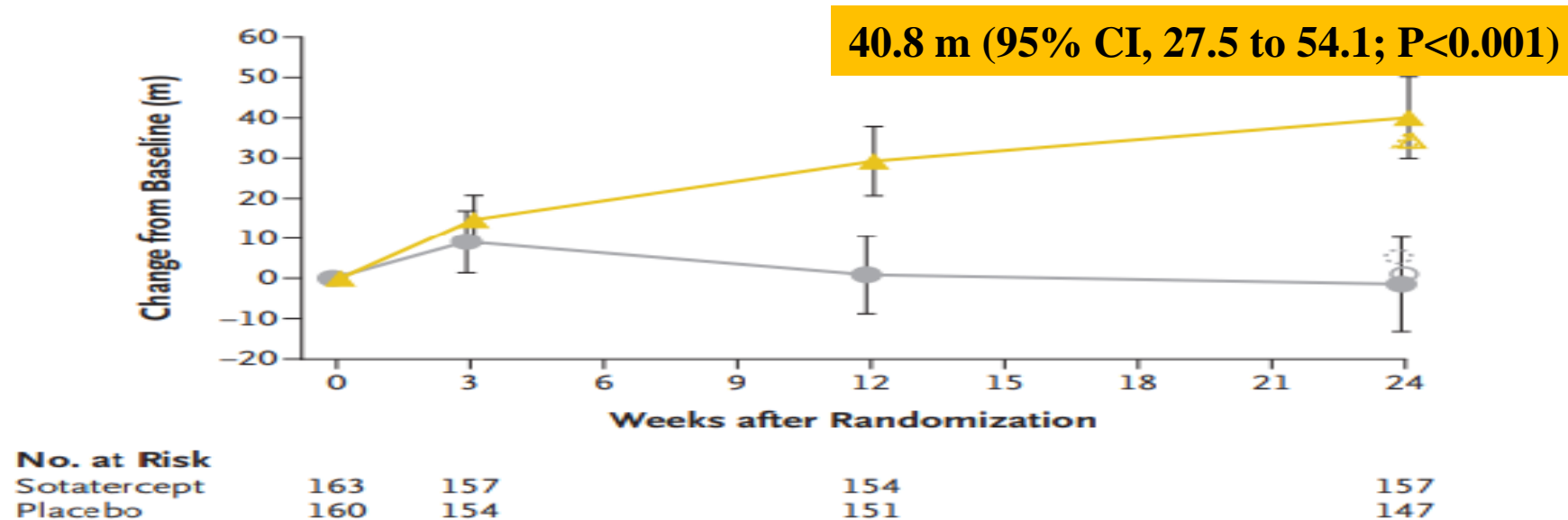
Sotatercept: the STELLAR trial

Inclusion(n=323): **IPAH (58%)**, Heritable (18%), CTD(15%). Drug(3%), CHD (5%)

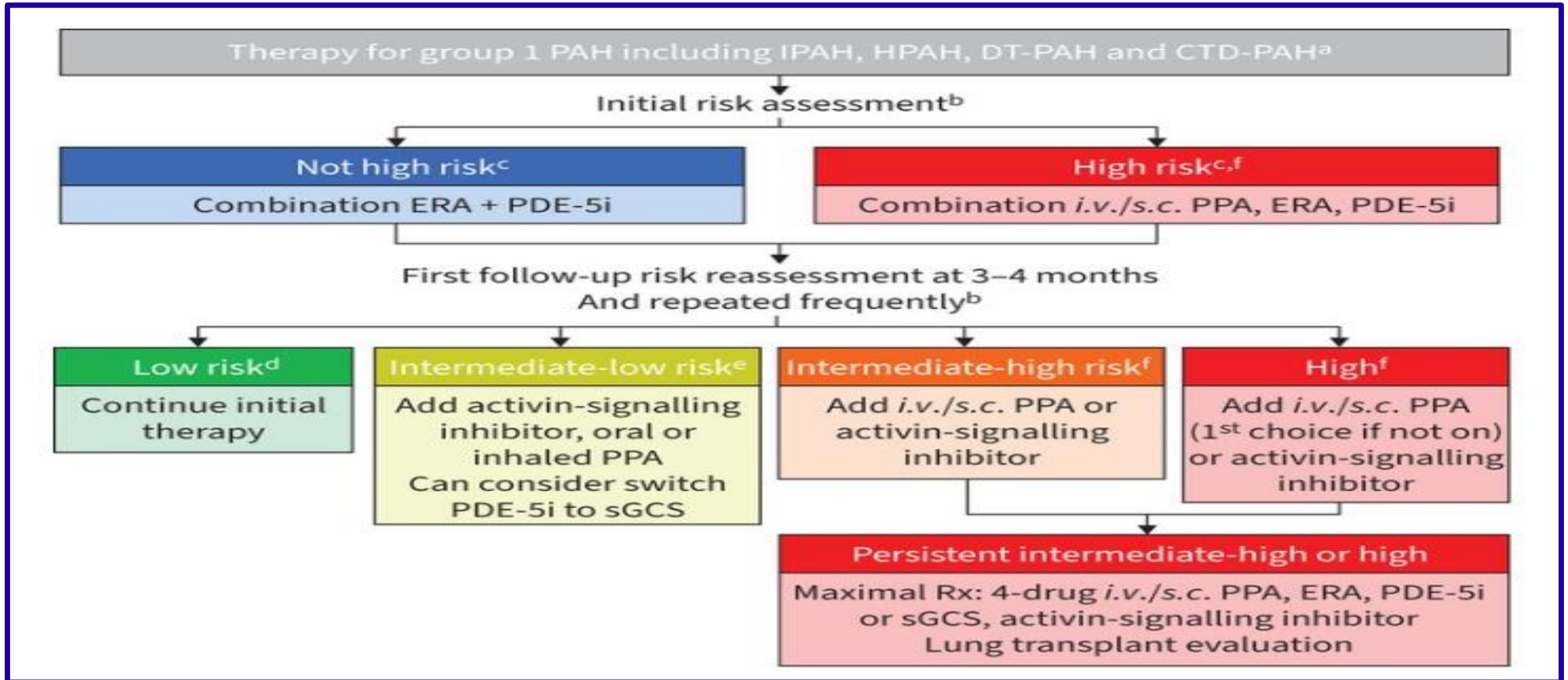
FC II (49%), III (51%)

Mono (4%), dual (34%), **Triple (61%)**, **IV/SC PCA (40%)**

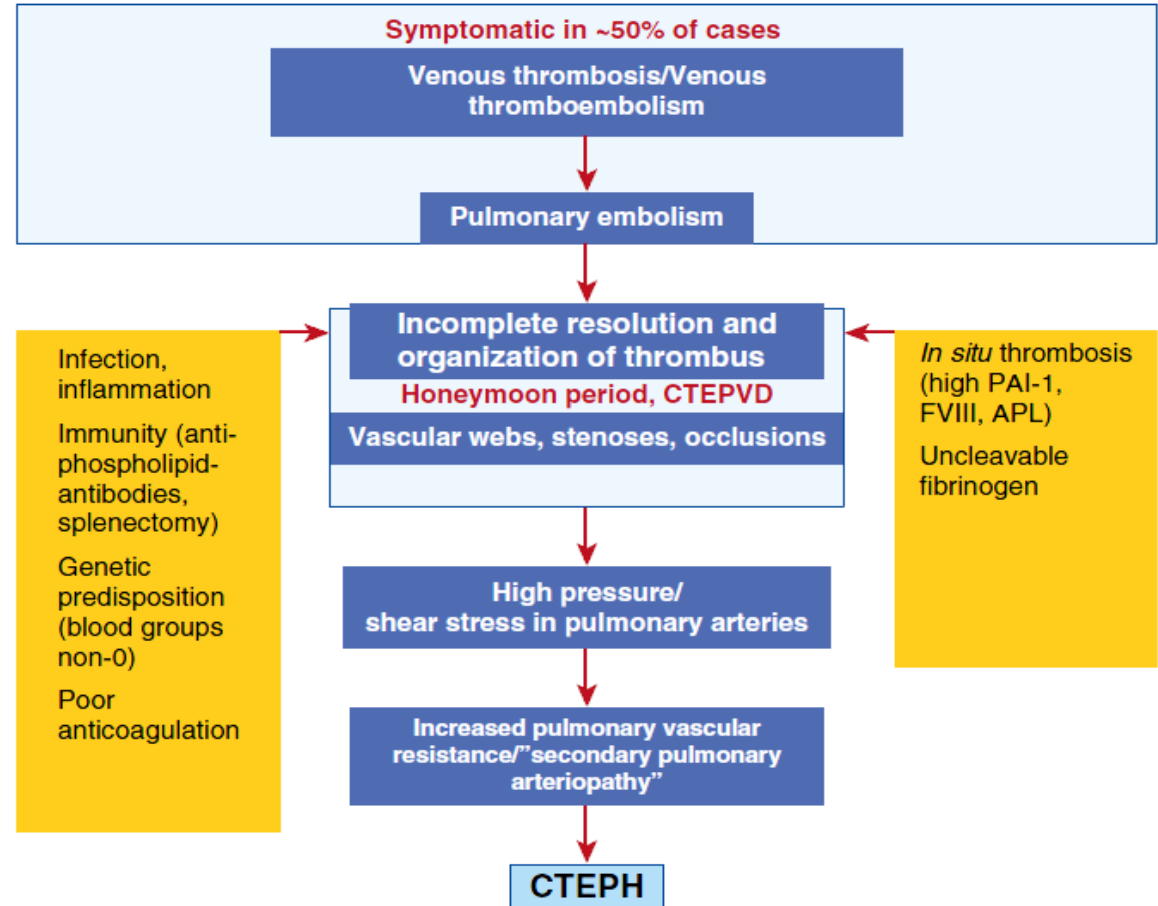
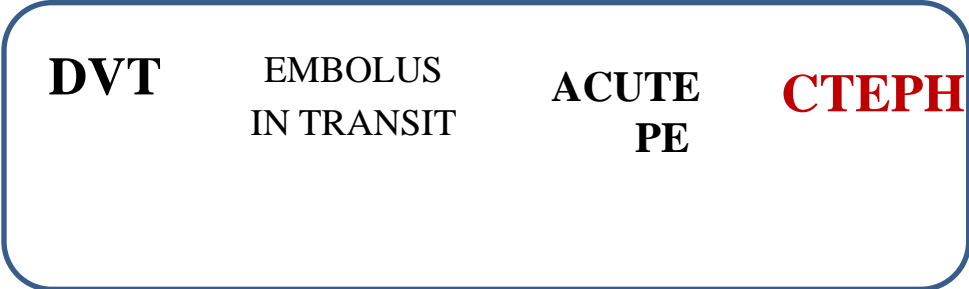
Design: 24 weeks, double-blind, placebo-controlled multicenter



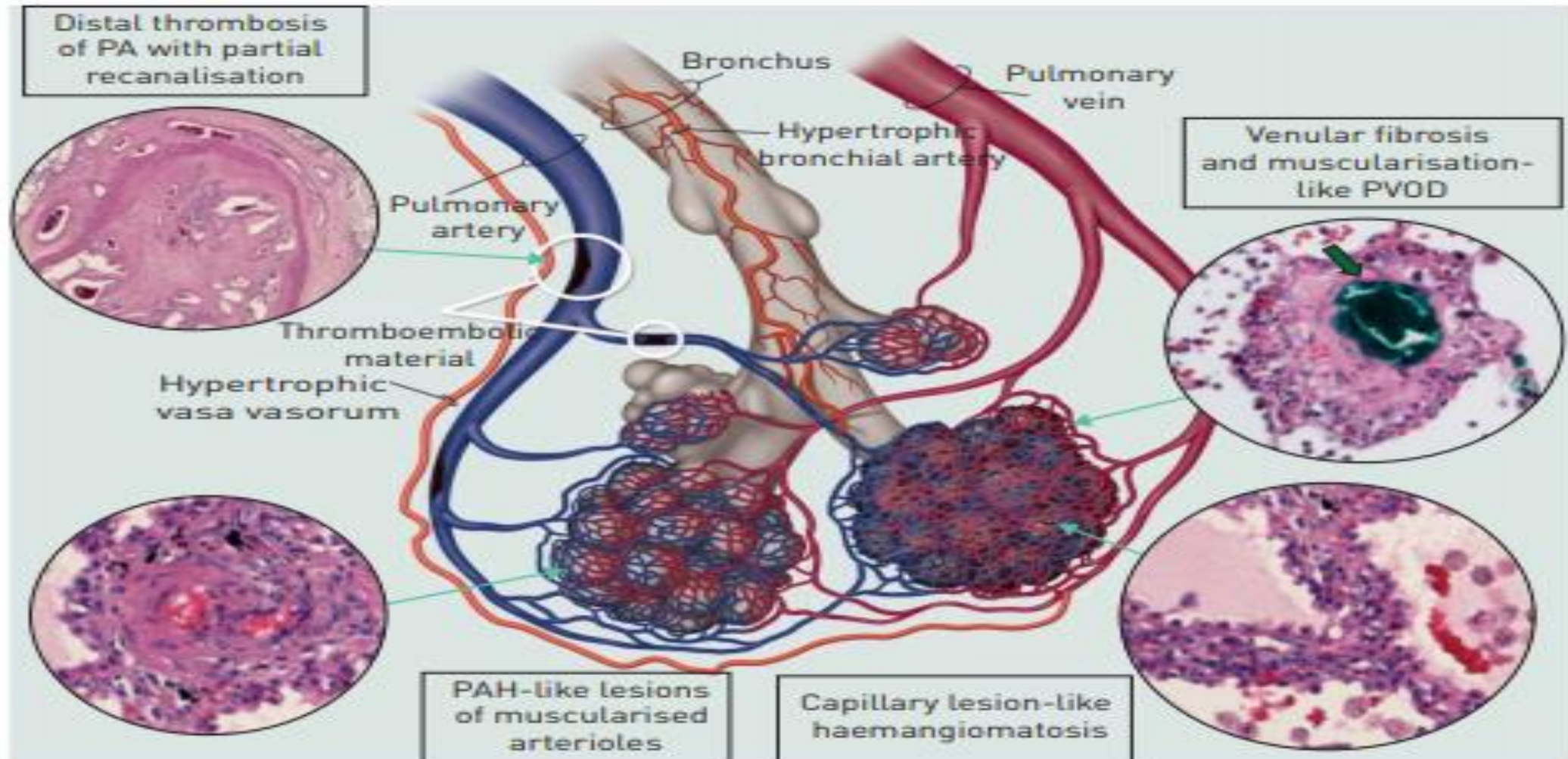
2024 7th World symposium on PH



Chronic thromboembolic pulmonary hypertension (CTEPH)

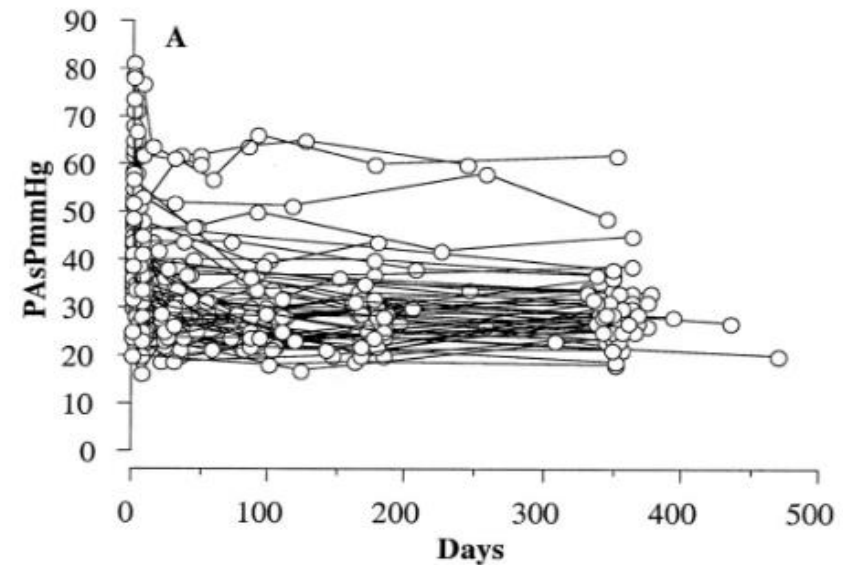
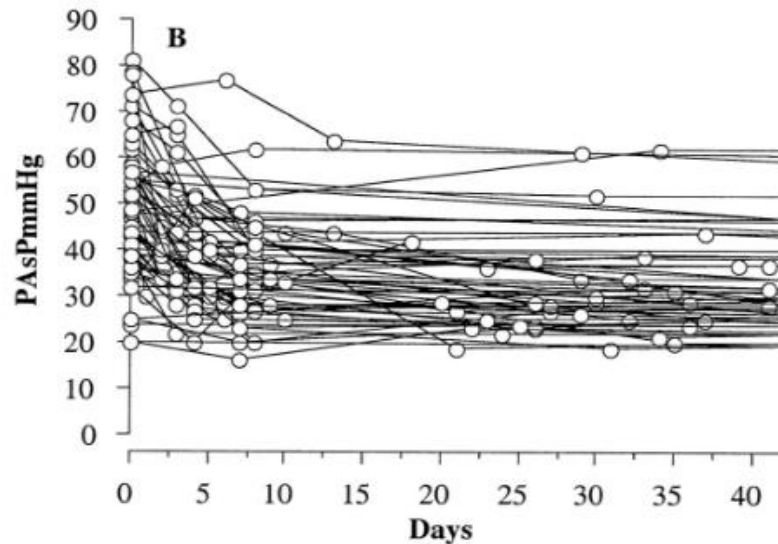


Microvasculopathy in CTEPH



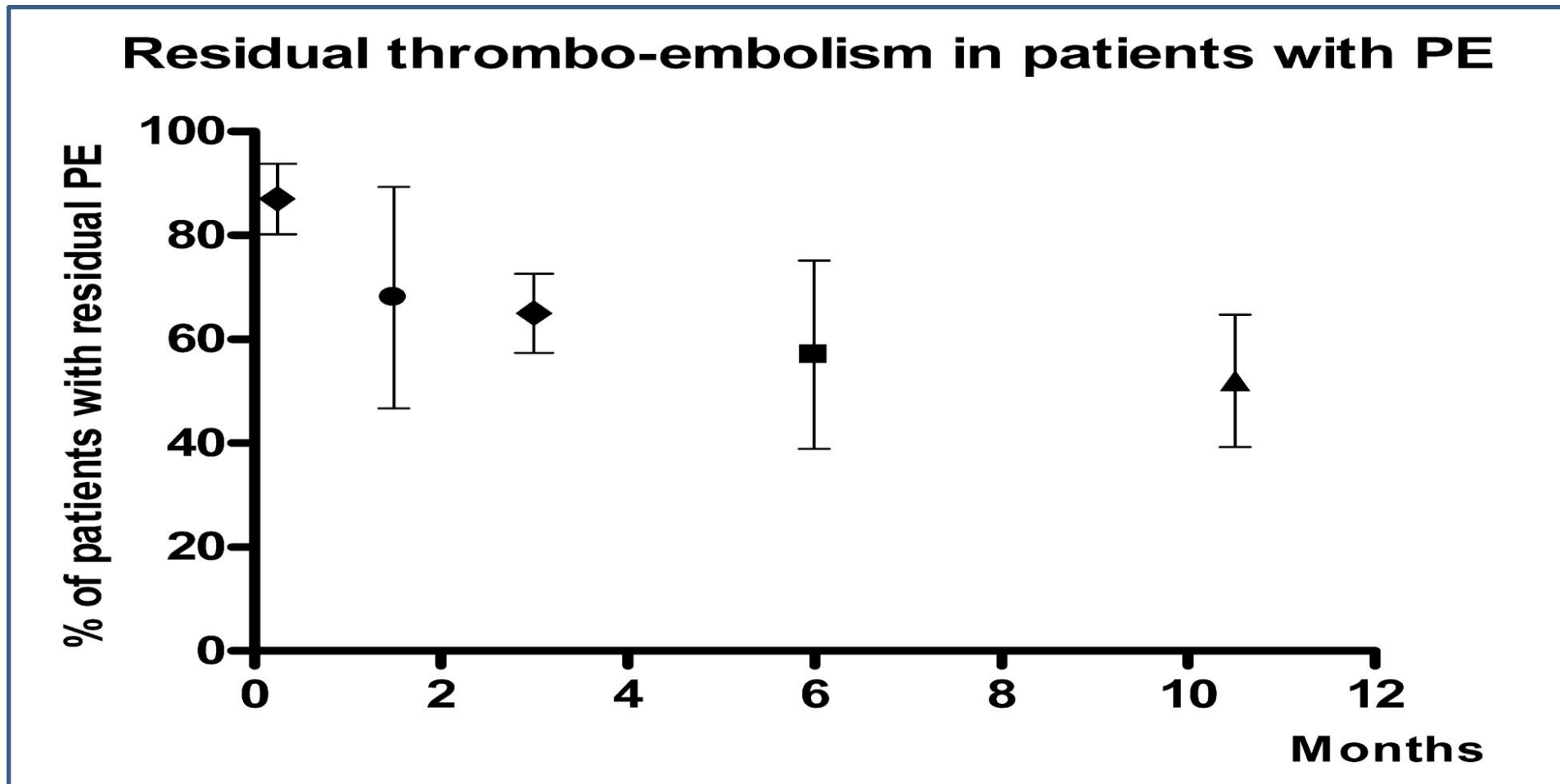
Pulmonary artery systolic pressure after acute PE

Initial dynamic (exponential) phase and a late stable (linear) phase.
The stable phase appeared start 1 month after diagnosis of acute PE.

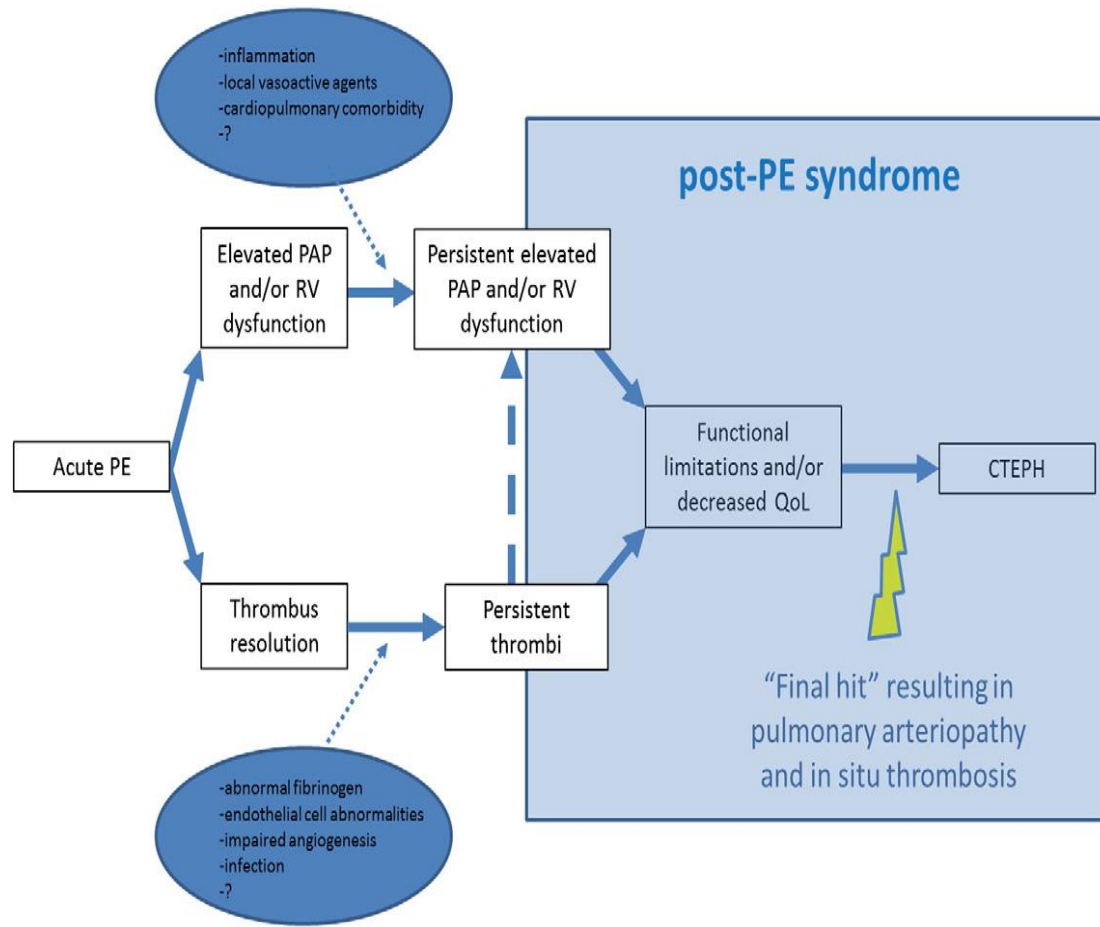


A sPAP of >50 mmHg at the time of diagnosis of acute PE was associated with persistent PH after 1 year.

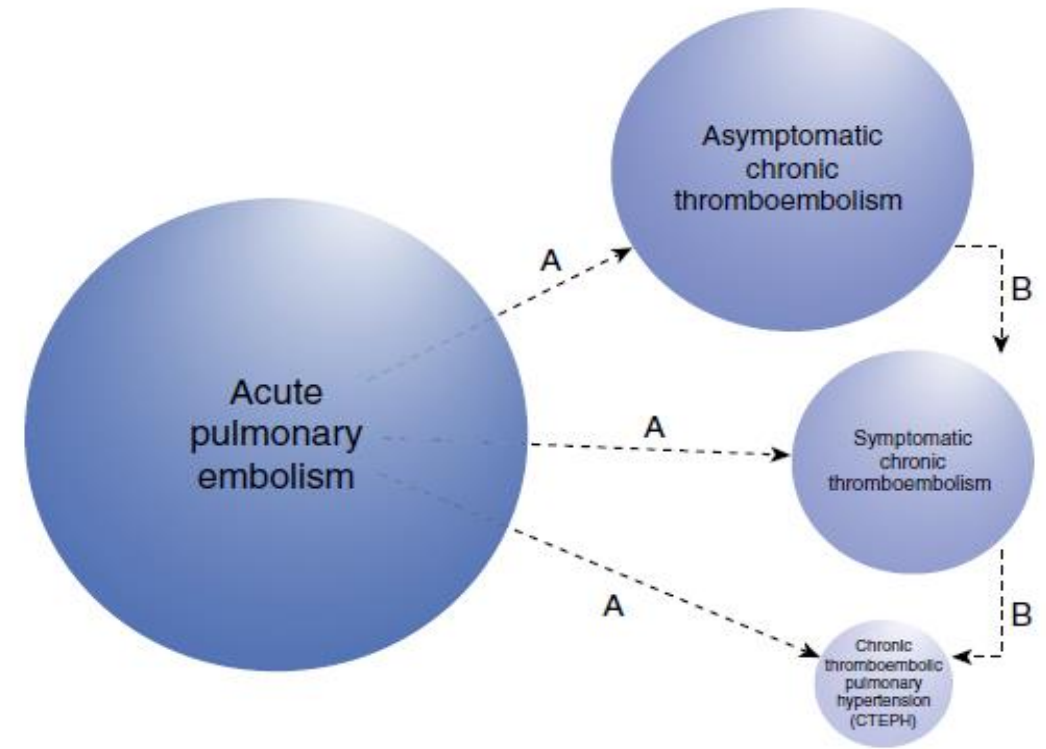
Persistent perfusion defect after Acute PE



The post-PE syndrome, CTEPD and CTEPH



Klok FA, et al. Blood Reviews 28 (2014) 221–226



Kim NH and Simonneau G. Ann Am Thorac Soc 2016;13:S255–258

Case 22/F Acute PE

2022.03.16 acute PTE로 thrombolysis

Family history of VTE: grandfather, father, aunt

Anti-thrombin 47%

SERPINC1 gene sequencing:

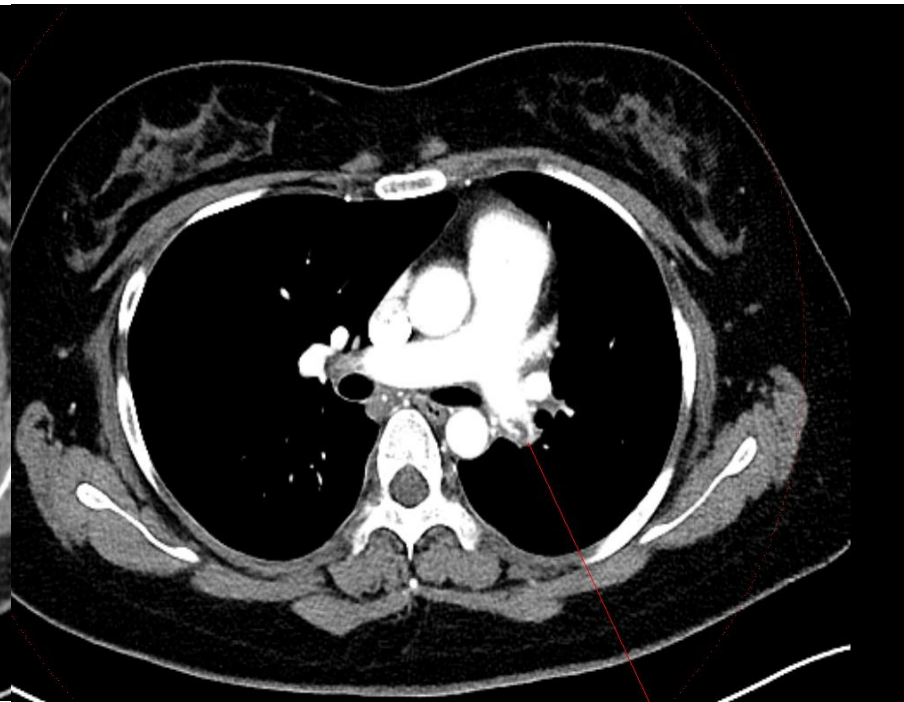
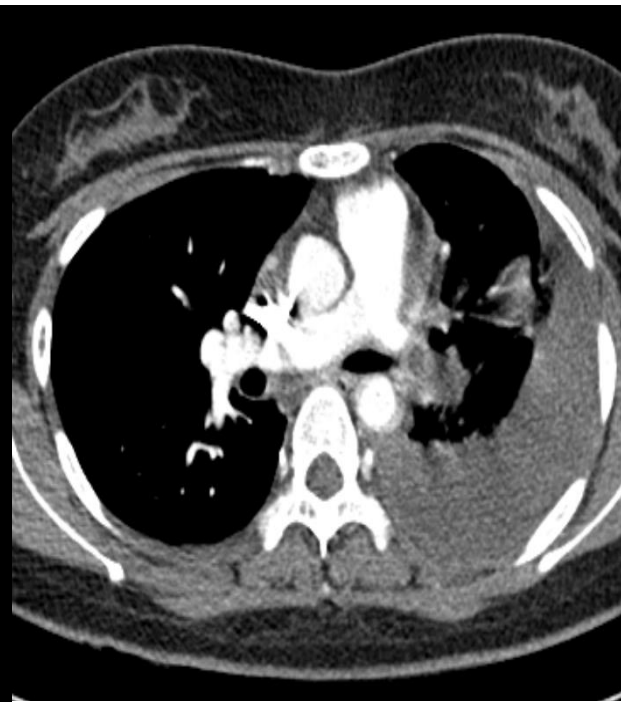
Genetic Variants Observed

Base Change	AA Change	Designation	Pathogenicity
c.409_414delGTATTT	p.Y137_F138del	Heterozygous	Likely pathogenic

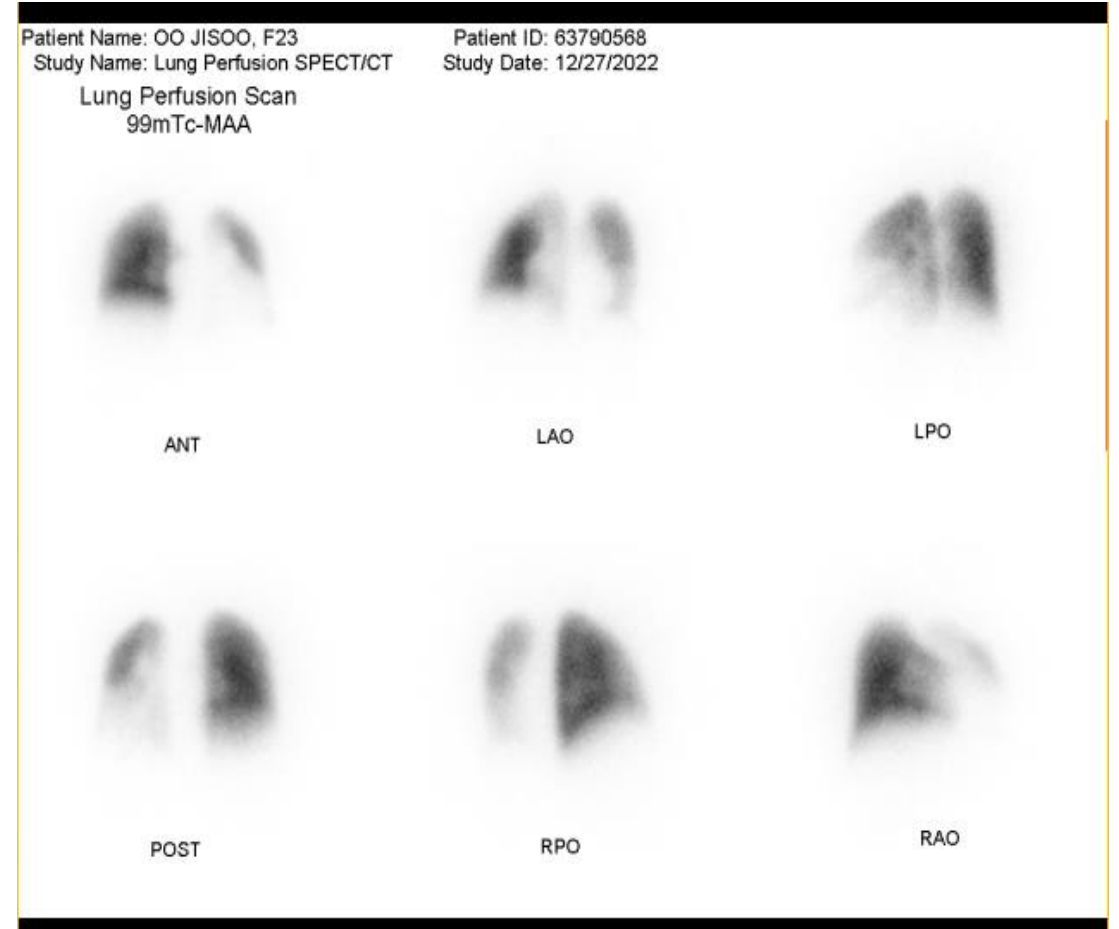
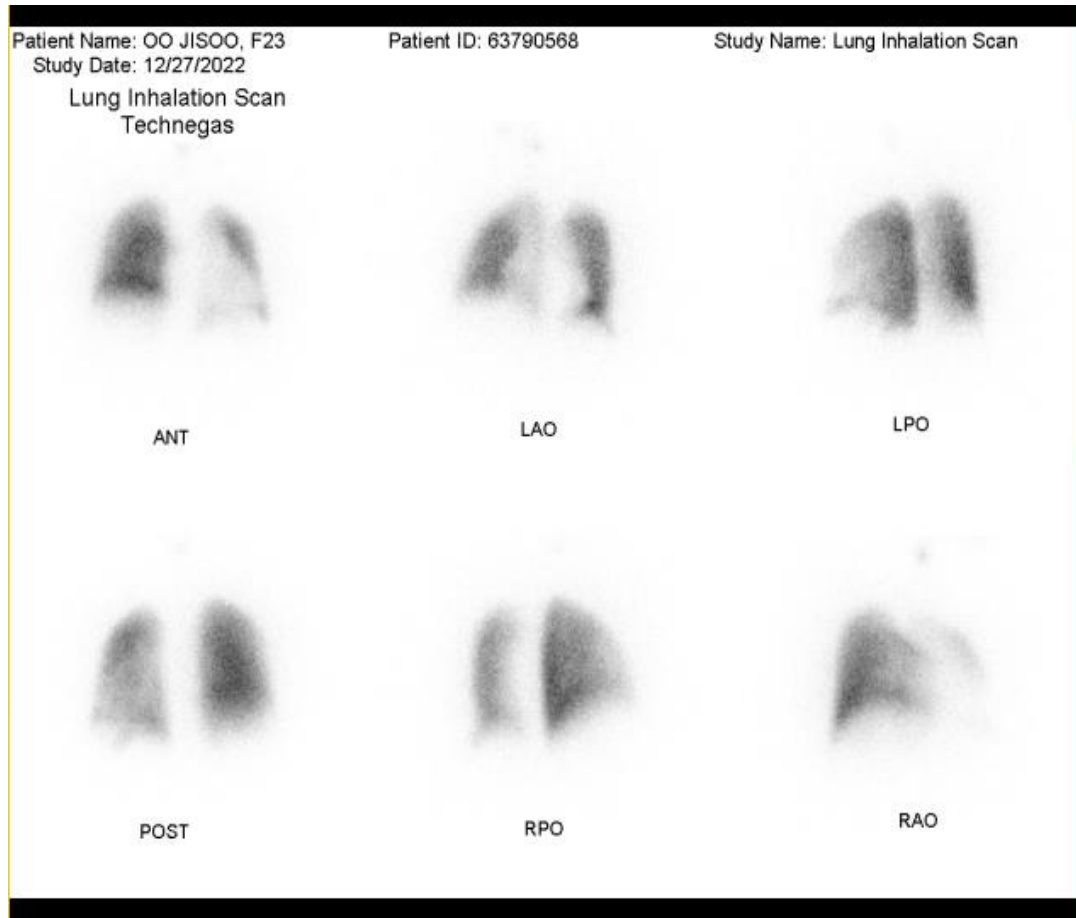
2022.03.16

2022.04.02

2022.11



V/Q scan



Large V/Q mismatched perfusion decrease in LLL and LUL lingular division

Case 22/F CTEPD

Echocardiography (2022.07)

1. **Decreased RV free wall contractility**
2. **No evidence of pulmonary hypertension (TRVmax 2.1m/s)**

PFT

FVC 2.23L (57% pred.)

FEV1 2.02L (61% pred.)

DLco: 51% pred. DL/VA 92% pred.

6MWT: 560m (98 -> 91%)

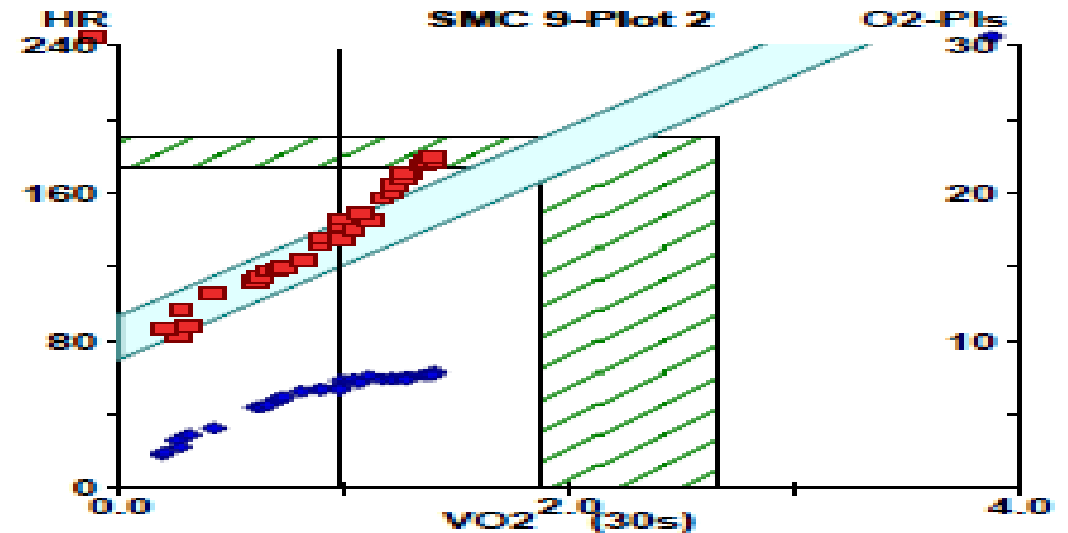
• CPET:

Work 86W (Borg dyspnea scale 9)

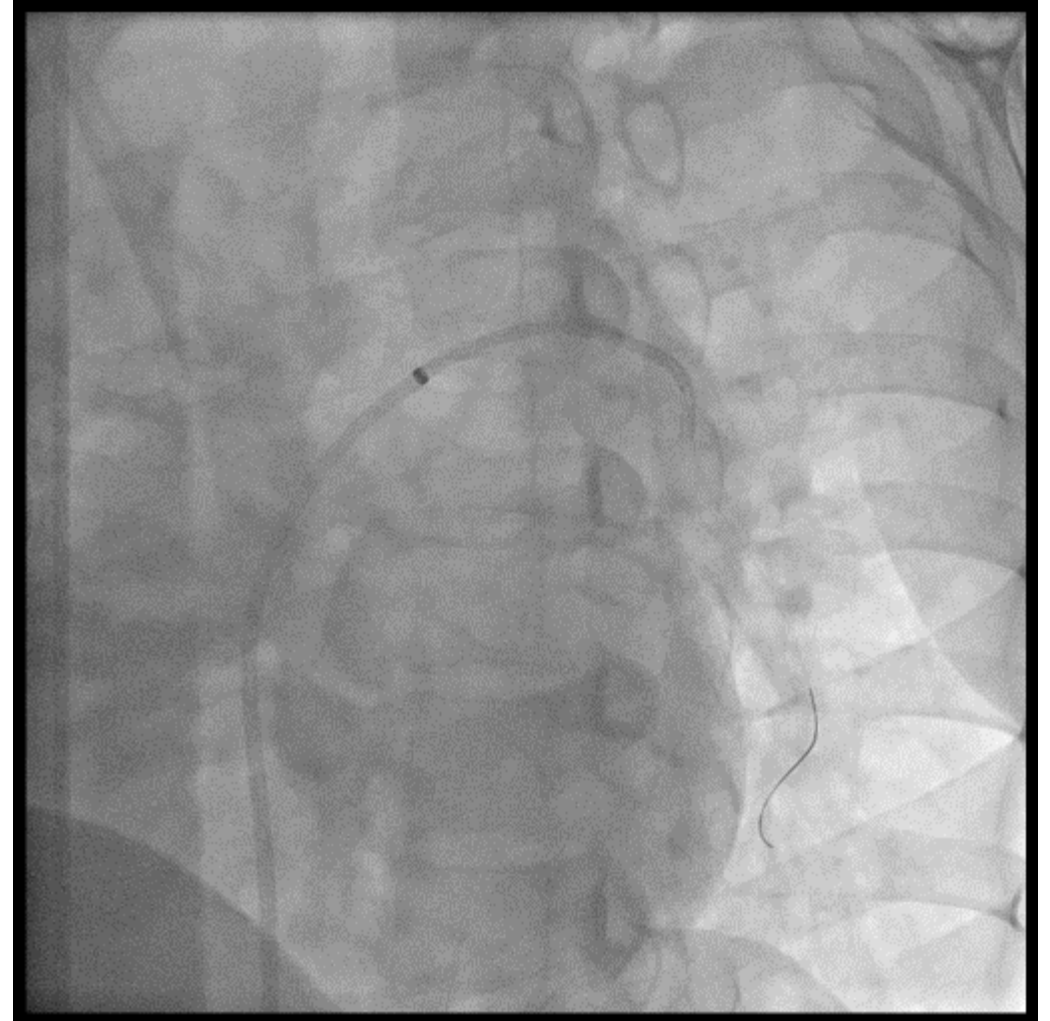
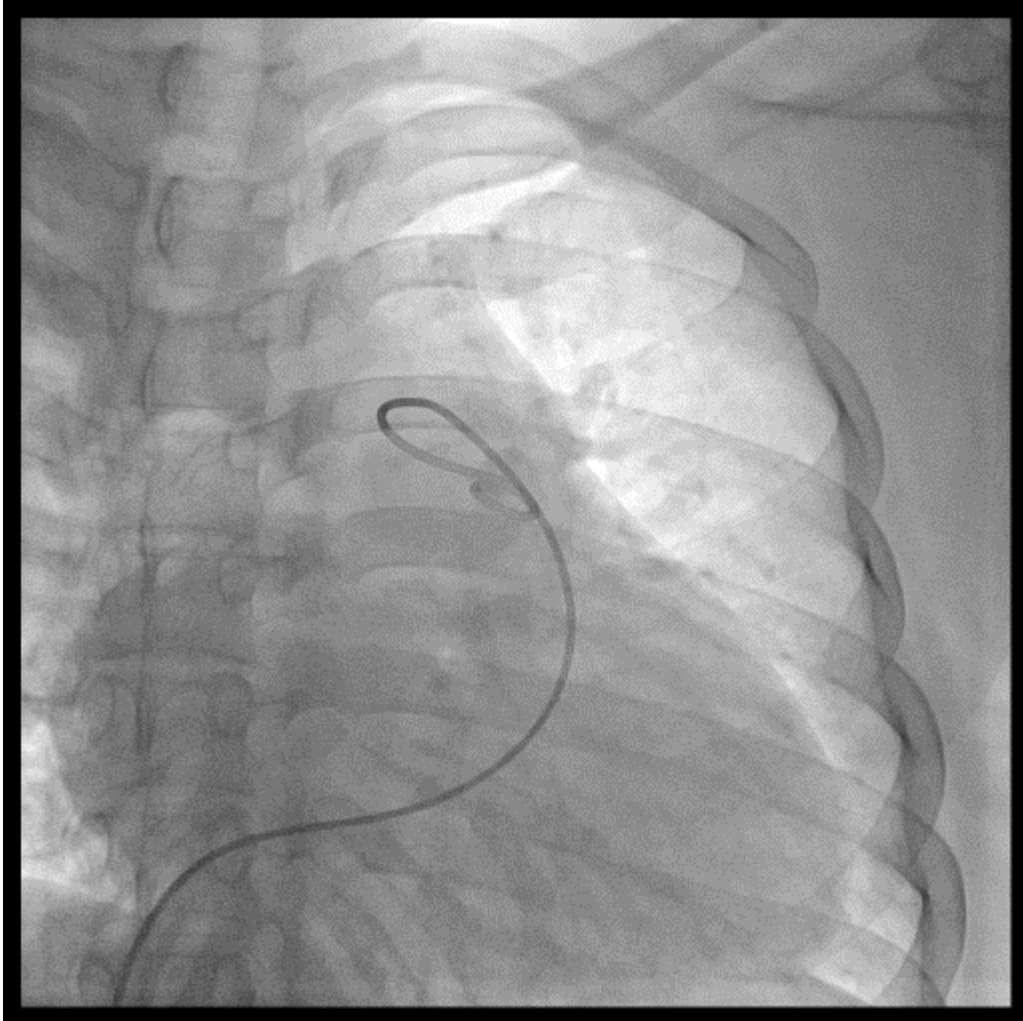
VO₂max 17.8ml/kg/min (54% pred.)

O₂pulse 7.9ml/min (72% pred.)

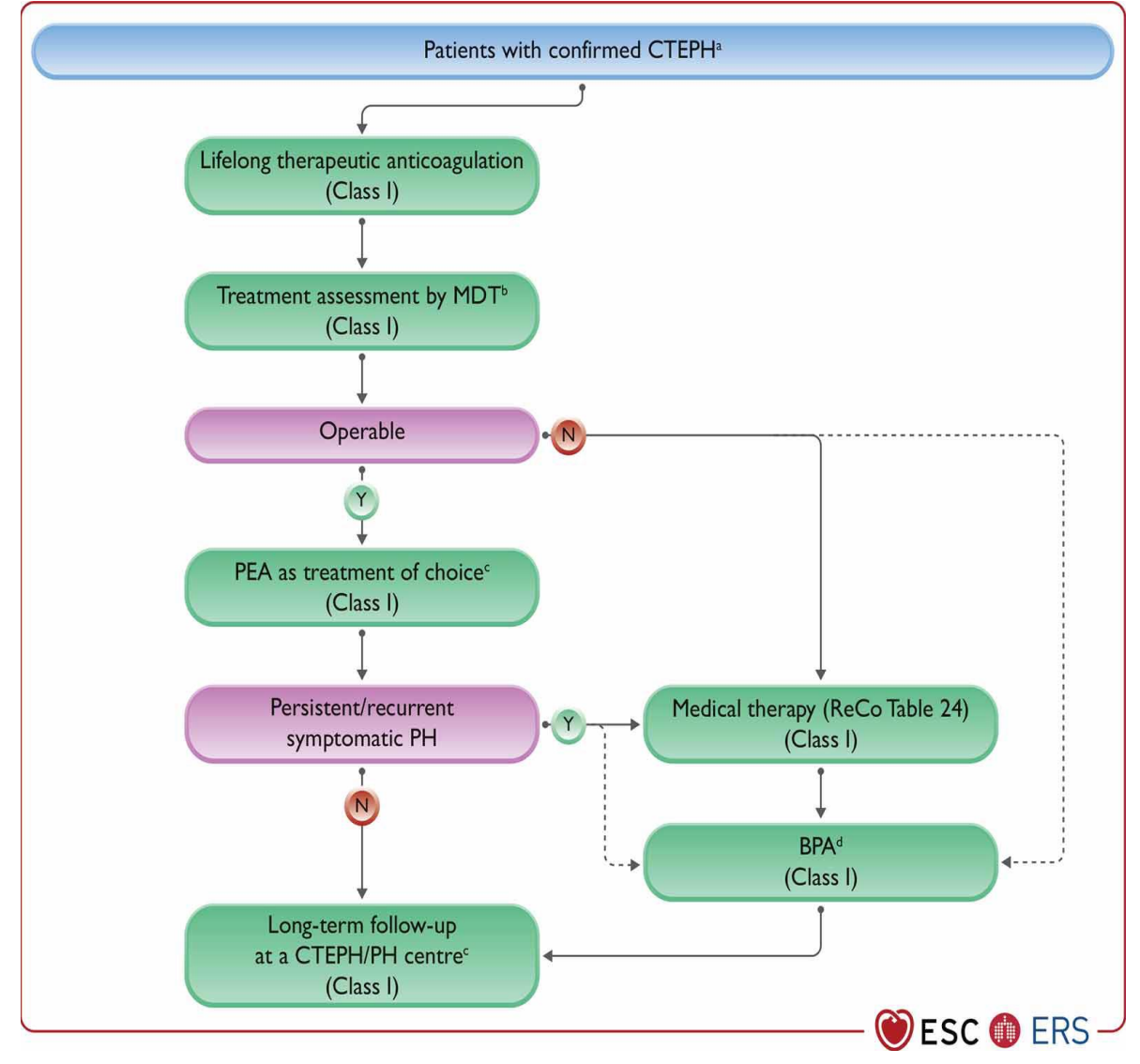
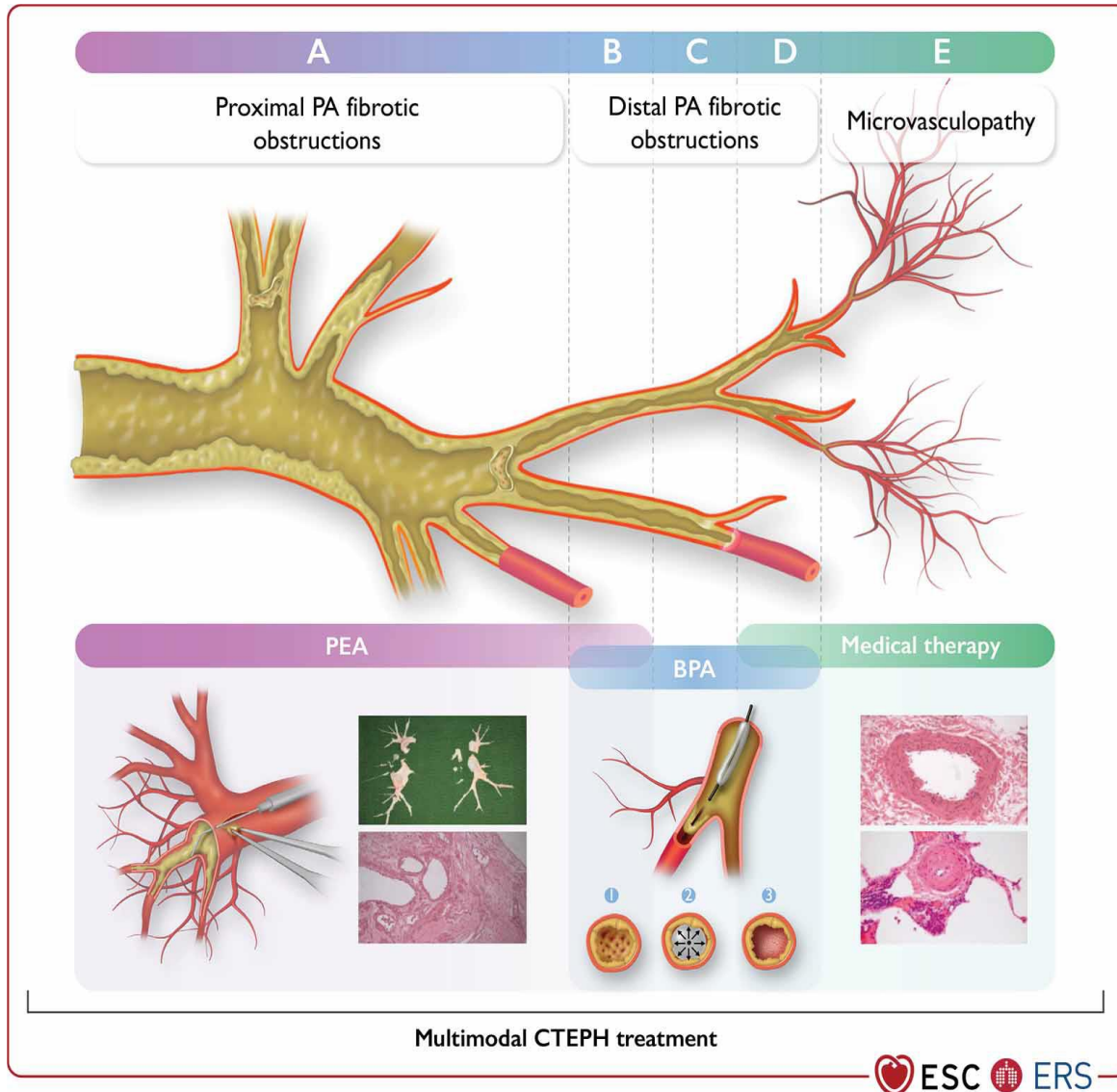
SpO₂ 98 -> 91%



Pulmonary angiography

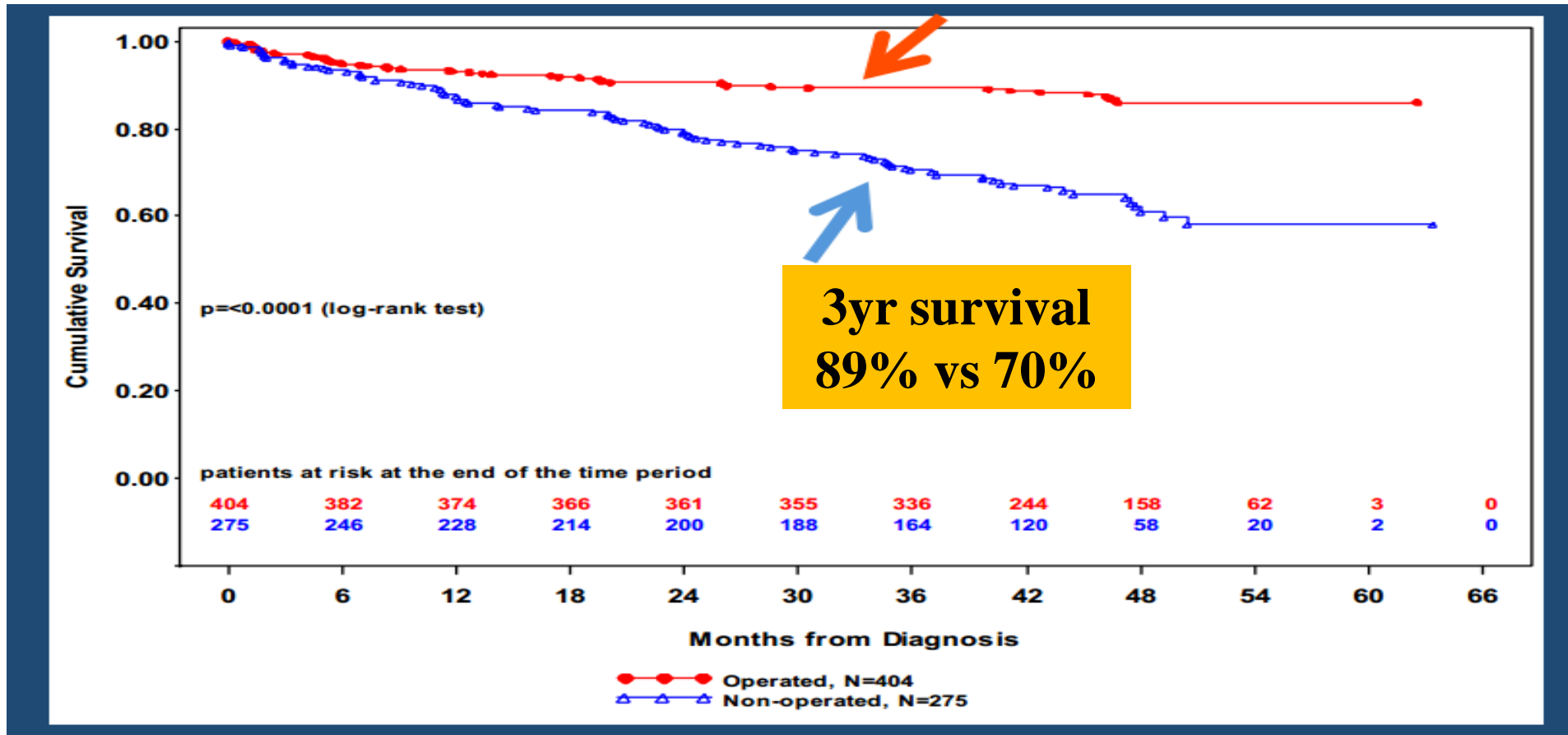


The management options for CTEPH

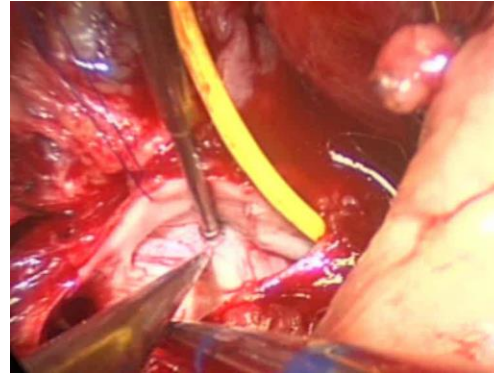


CTEPH: Surgical PH

Results From an International Prospective Registry



Pulmonary endarterectomy (PEA)

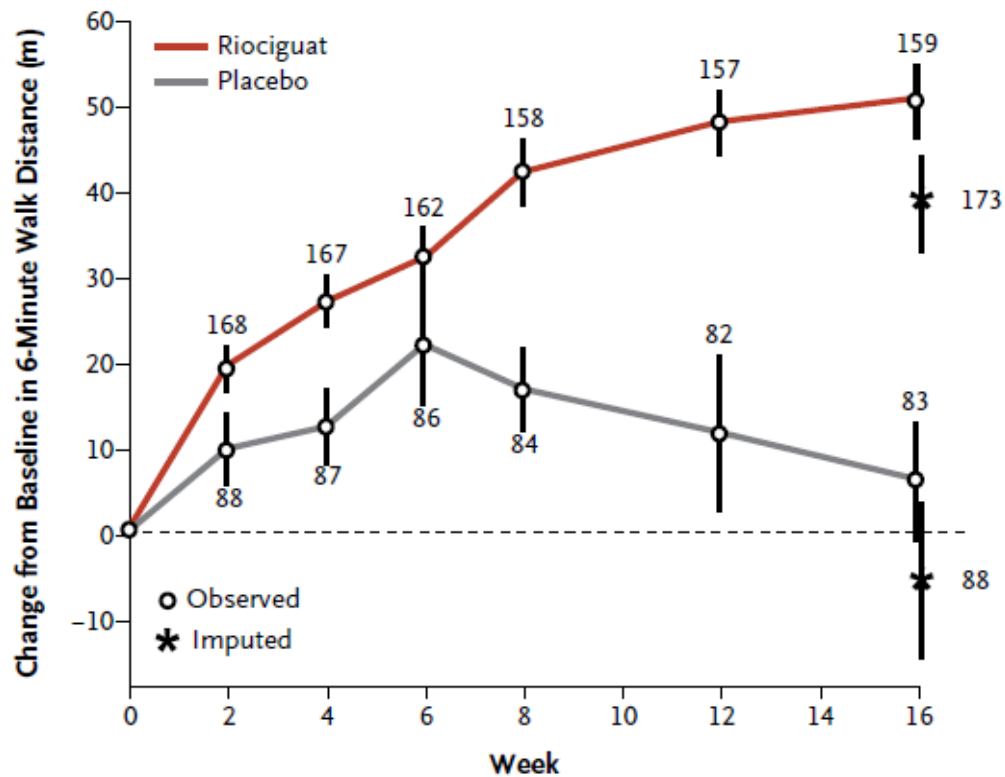


- 정중 흉골절개술
- 인공심폐기 통한 체외순환
- 저체온 (20° C)
- 심장 정지 (20 분)
- 폐동맥의 혈전 제거 및 내막 박리



Riociguat for CTEPH

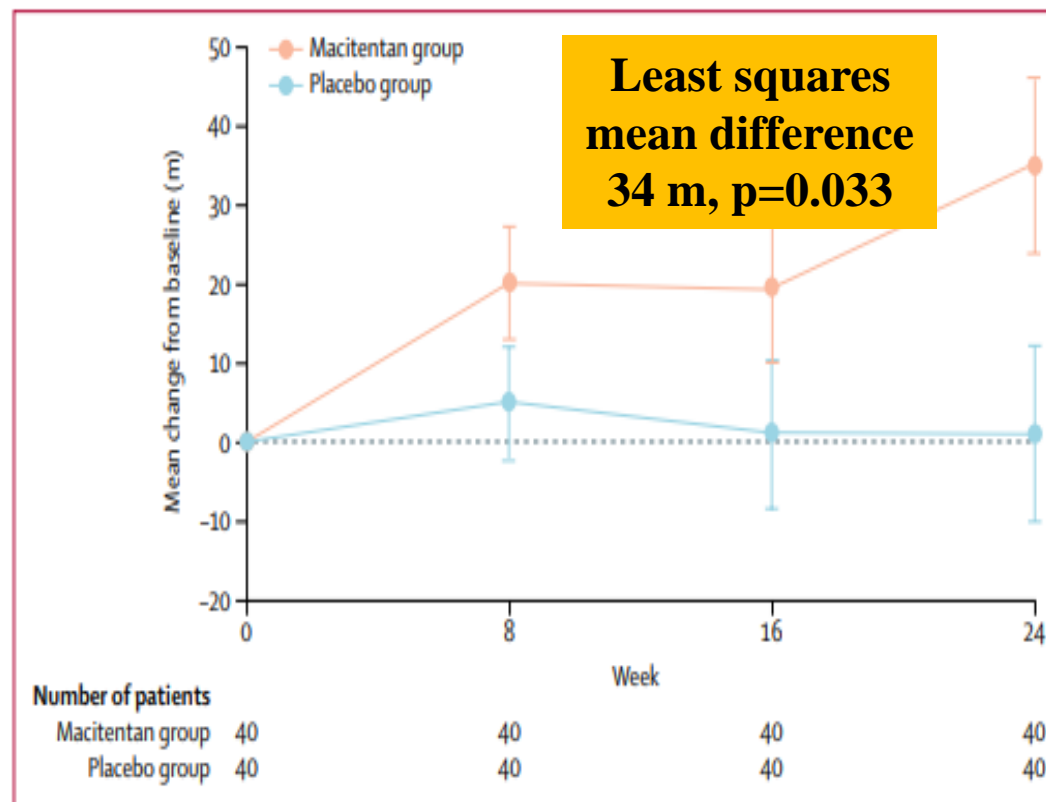
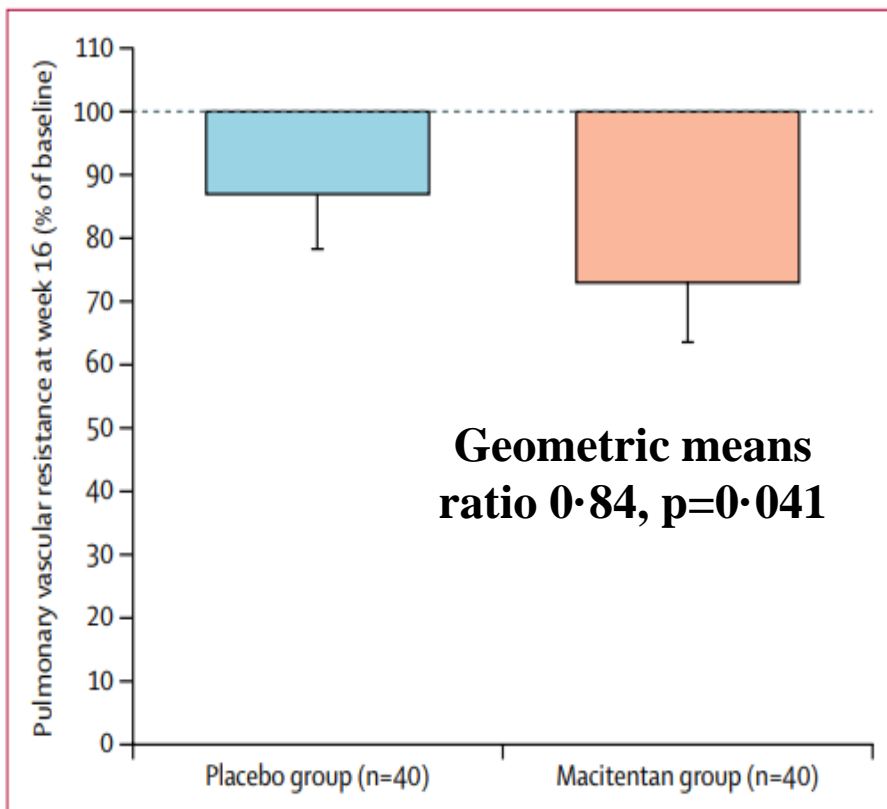
Inclusion: Inoperable (189), Post-PEA (72)



End Point	Placebo		Riociguat		Least Squares Mean Difference (95% CI)	P Value†		
	No. of Patients	Baseline	Change	No. of Patients			Baseline	Change
Primary end point								
6-Min walk distance (m)‡	88	356±75	-6±84	173	342±82	39±79	46 (25 to 67)	<0.001
Secondary end points								
Pulmonary vascular resistance (dyn·sec·cm ⁻⁵)	82	779±401	23±274	151	791±432	-226±248	-246 (-303 to -190)	<0.001
NT-proBNP (pg/ml)	73	1706±2567	76±1447	150	1508±2338	-291±1717	-444 (-843 to -45)	<0.001
WHO functional class§	87	0 patients in class I, 25 (29%) in class II, 60 (69%) in class III, 2 (2%) in class IV	13 patients (15%) moved to lower class (indicating improvement), 68 (78%) stayed in same class, 6 (7%) moved to higher class	173	3 patients (2%) in class I, 55 (32%) in class II, 107 (62%) in class III, 8 (5%) in class IV	57 patients (33%) moved to lower class (indicating improvement), 107 (62%) stayed in same class, 9 (5%) moved to higher class	—	0.003
Borg dyspnea score¶	88	4±2	0.2±2.4	173	4±2	-0.8±2	—	0.004
EQ-5D score**	87	0.66±0.25	-0.08±0.34	172	0.64±0.24	0.06±0.28	0.13 (0.06 to 0.21)	<0.001

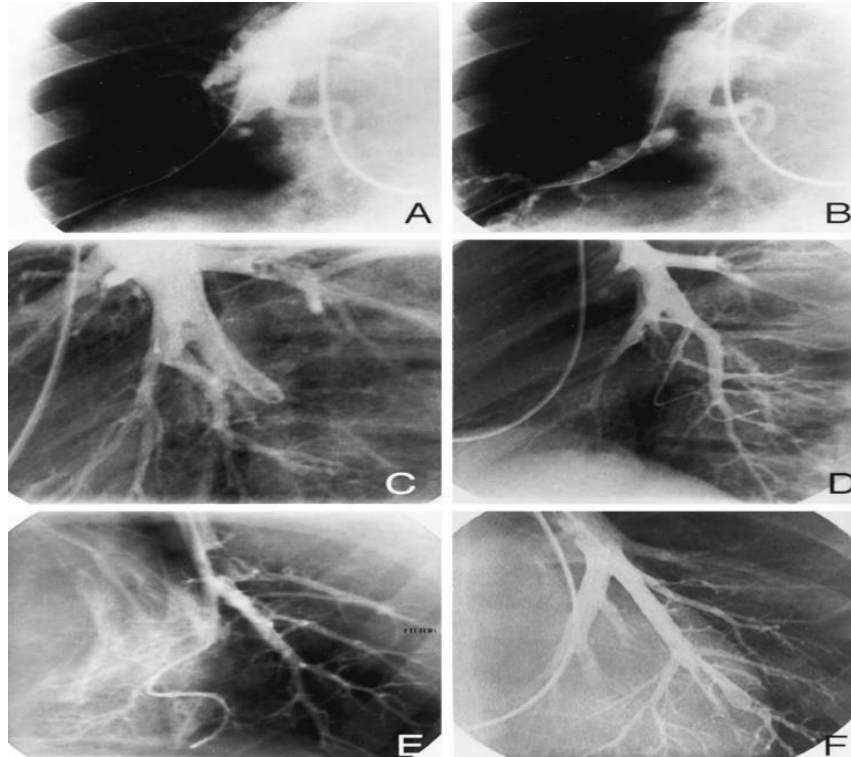
Macitentan for inoperable CTEPH: MERIT-1, phase 2, RCT

Inclusion: Treatment naïve (39%), background PAH medication (61%)
Primary endpoint: PVR

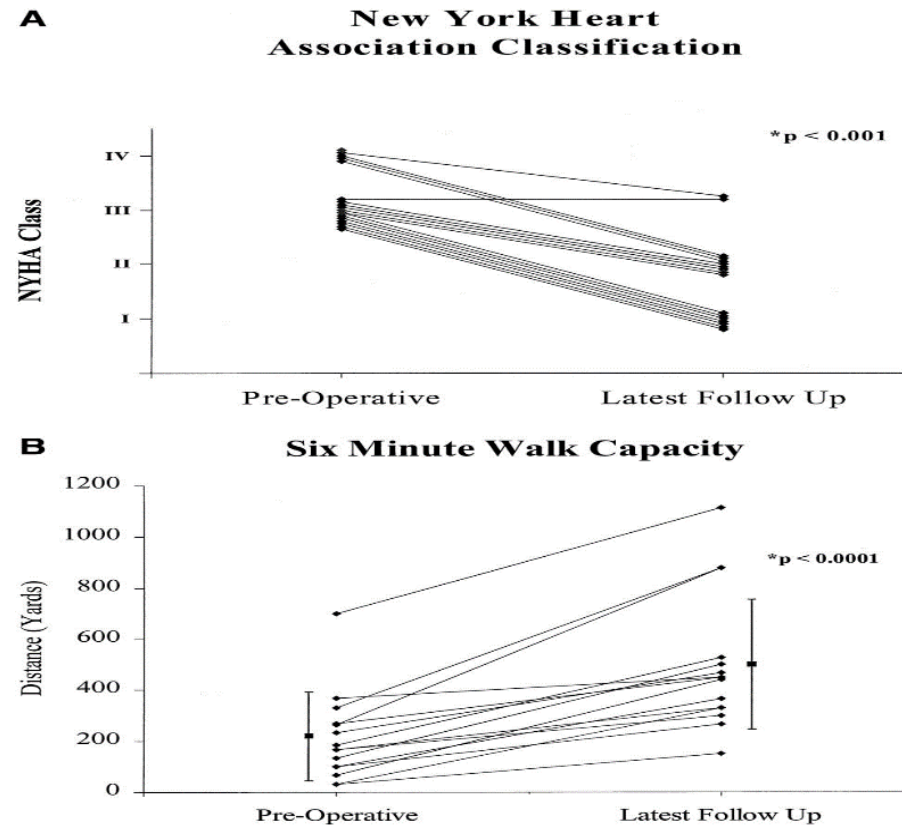


Balloon pulmonary angioplasty (BPA)

➤ 18 patients with CTEPH underwent BPA



Average 36 month follow-up

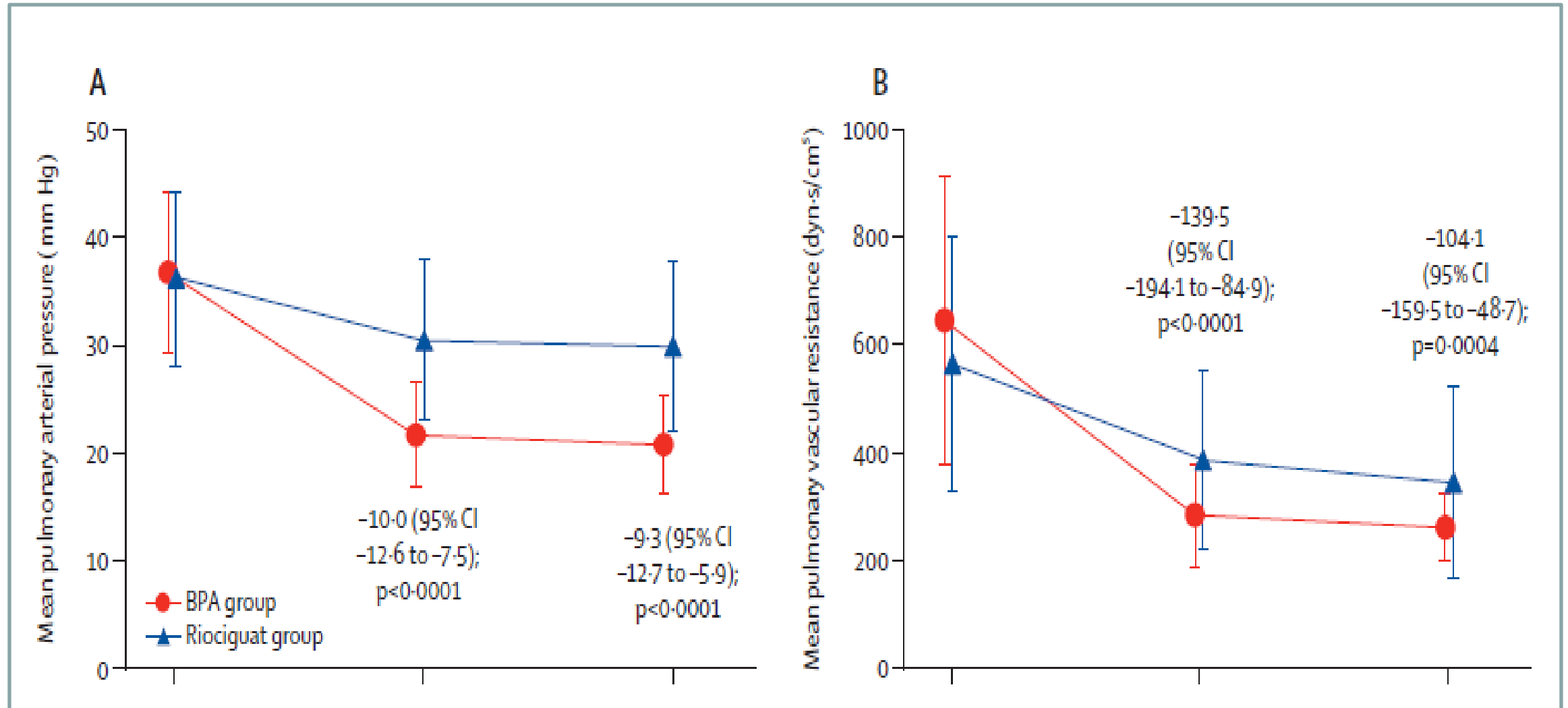


➤ 11 patients developed reperfusion pulmonary edema, 3 patients required mechanical ventilation.
➤ 1 patient died of right heart failure 1 week after BPA.

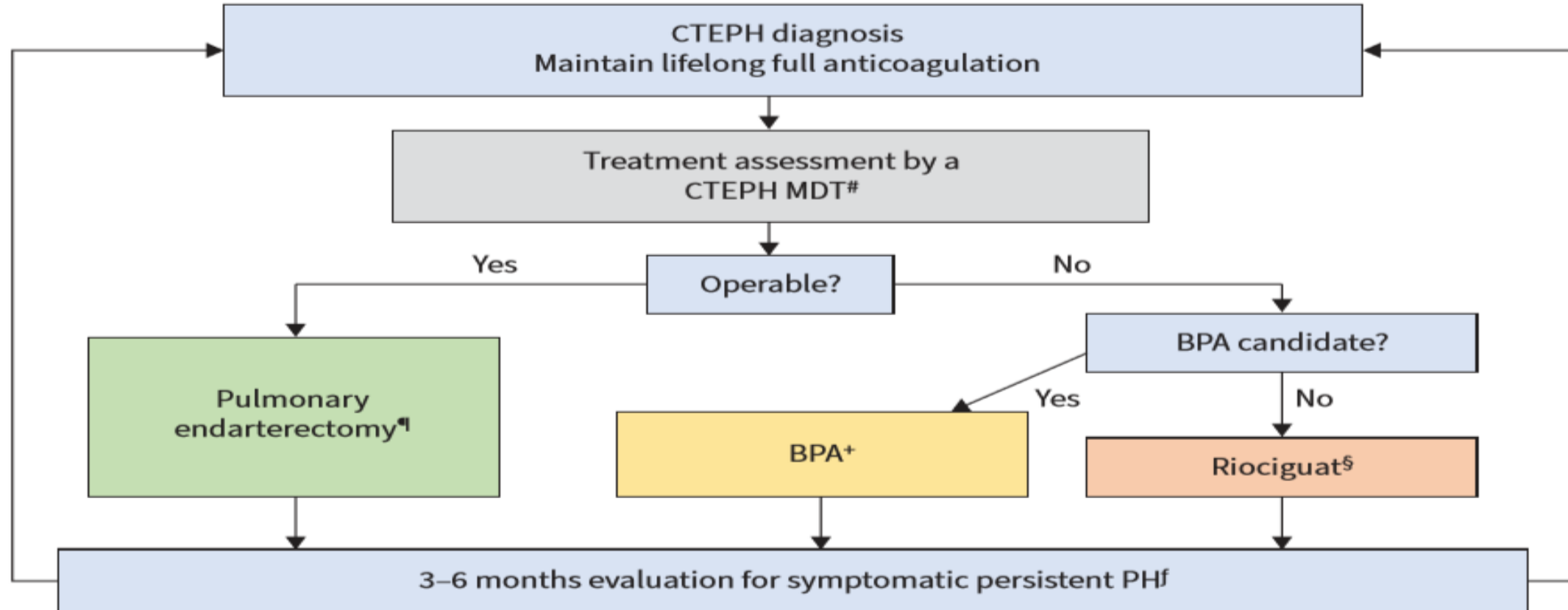
Long-term outcomes of BPA

First Author, Year Published	Subjects (Country)	Procedures (Total)	Procedures/Patient	Long-Term Survival
Feinstein et al, ³⁸ 2001	18 (USA)	47	2.6	89% at 34.2 mo
Mizoguchi et al, ⁴¹ 2012	68 (Japan)	255	3.8	97% at 2.2 ± 1.4 y
Sugimura et al, ³⁹ 2012	12 (Japan)	NA	5	100% at 12 mo
Andreassen et al, ⁴² 2013	20 (Norway)	73	3.7	85% at 51 mo
Yanagisawa et al, ⁷⁰ 2014	70 (Japan)	257	4 (age <65 y) 3 (age ≥65 y)	100% (<65 y) 96.8% (≥65 y) at 12 mo
Shimura et al, ⁴⁷ 2015	110 (Japan)	423	3.8	100% at 1.97 y
Inami et al, ⁴⁵ 2016	170 (Japan)	649	3.8	97.6% at 2.8 y

BPA vs riociguat in operable CTEPH



2024 7th World symposium on PH



CTEPH multidisciplinary team (MDT)

	Requirements
MDT	PEA surgeon + BPA specialist + PH expert + pulmonary vascular radiologist
PEA centre	≥20 surgeries per year with post-operative mortality rate <5%, ECMO support
Expert PEA centre	50 surgeries per year with mortality <3%, capable of treating segmental/ subsegmental disease, ECMO support
BPA centre	≥50 procedures per year with procedure related mortality <3%
Expert BPA centre	>100 procedures per year with mortality <1%, ECMO support
Comprehensive CTEPH centre	Combined PEA + BPA + PH + ECMO expertise available with treatments based on centre MDT

Take home message

- 1. 4-pathway drugs for PAH treatment : Prostacycline, NO, endothelin, activin/BMP pathway**
- 2. Early dual or triple combination therapy for PAH without comorbidities**
- 3. IV/SC prostacyclin pathway agent for “high risk” PAH**
- 4. CTEPH treatment: PEA >> BPA > Riociguat with MDT**