

# Pulmonary hypertension associated with interstitial lung diseases

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# Disclosure of Conflict of Interest

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- None to declare

# Classification of Pulmonary hypertension (PH)

TABLE 2 Updated clinical classification of pulmonary hypertension (PH)

## 1 PAH

- 1.1 Idiopathic PAH
- 1.2 Heritable PAH
- 1.3 Drug- and toxin-induced PAH (table 3)
- 1.4 PAH associated with:
  - 1.4.1 Connective tissue disease
  - 1.4.2 HIV infection
  - 1.4.3 Portal hypertension
  - 1.4.4 Congenital heart disease
  - 1.4.5 Schistosomiasis
- 1.5 PAH long-term responders to calcium channel blockers (table 4)
- 1.6 PAH with overt features of venous/capillaries (PVOD/PCH) involvement (table 5)
- 1.7 Persistent PH of the newborn syndrome

## 2 PH due to left heart disease

- 2.1 PH due to heart failure with preserved LVEF
- 2.2 PH due to heart failure with reduced LVEF
- 2.3 Valvular heart disease
- 2.4 Congenital/acquired cardiovascular conditions leading to post-capillary PH

## 3 PH due to lung diseases and/or hypoxia

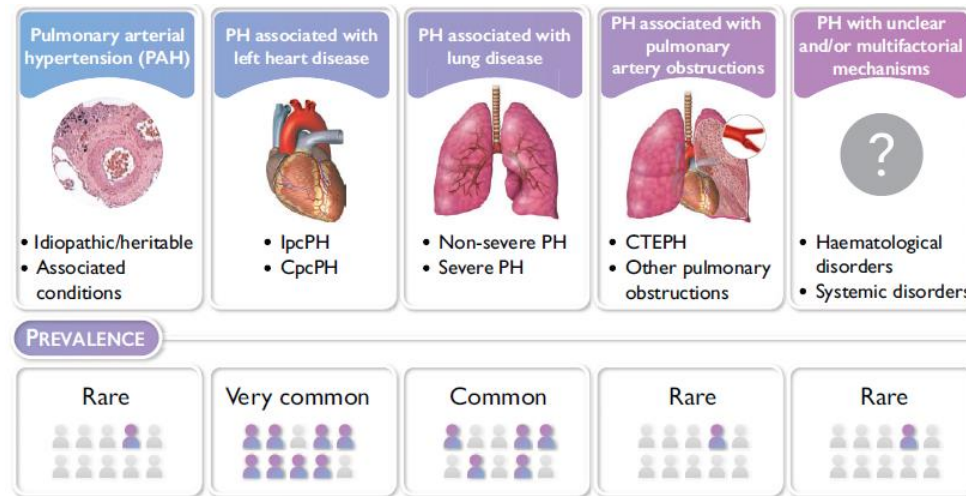
- 3.1 Obstructive lung disease
- 3.2 Restrictive lung disease
- 3.3 Other lung disease with mixed restrictive/obstructive pattern
- 3.4 Hypoxia without lung disease
- 3.5 Developmental lung disorders

## 4 PH due to pulmonary artery obstructions (table 6)

- 4.1 Chronic thromboembolic PH
- 4.2 Other pulmonary artery obstructions

## 5 PH with unclear and/or multifactorial mechanisms (table 7)

- 5.1 Haematological disorders
- 5.2 Systemic and metabolic disorders
- 5.3 Others
- 5.4 Complex congenital heart disease



## 3 PH due to lung diseases and/or hypoxia

- 3.1 Obstructive lung disease
- 3.2 Restrictive lung disease
- 3.3 Other lung disease with mixed restrictive/obstructive pattern
- 3.4 Hypoxia without lung disease
- 3.5 Developmental lung disorders

- Nomenclature: \_\_\_\_-PH

ERJ 2019 53: 1801913

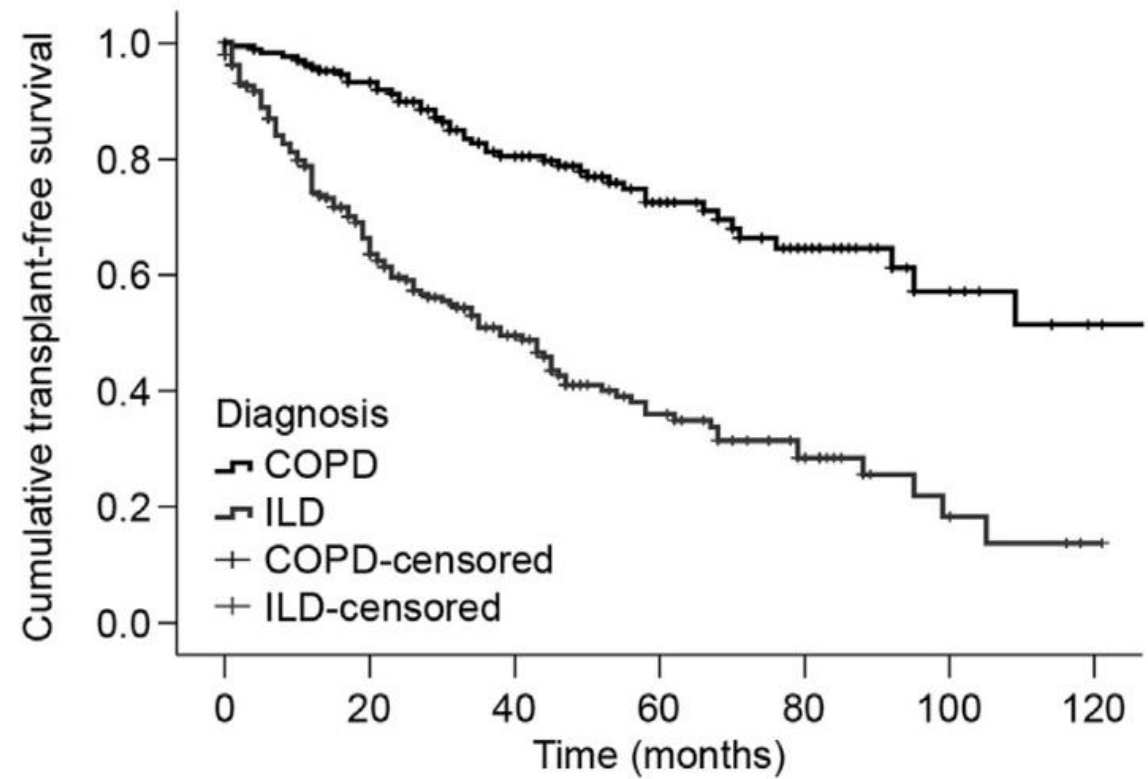
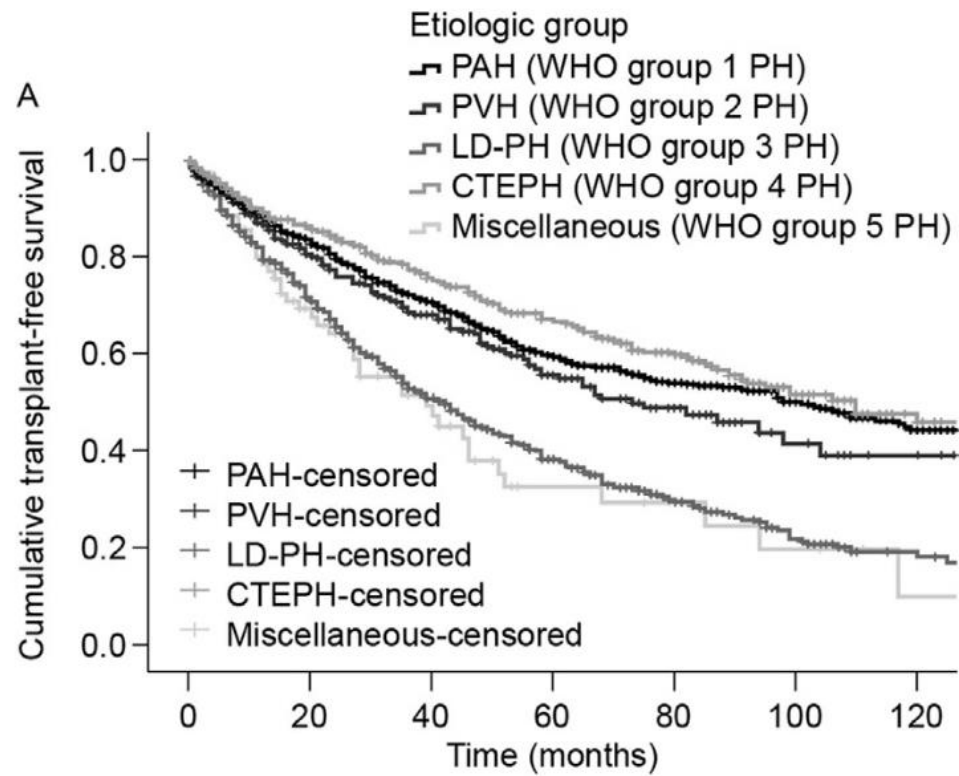
# PH in ILDs

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- Early stage: 14%
  - advanced: 50%
  - terminal: 80%
- 
- Decreased exercise / functional capacity
  - Oxygen requirement
  - Increased risk of hospitalization
  - High mortality (median survival time 0.7 yrs)

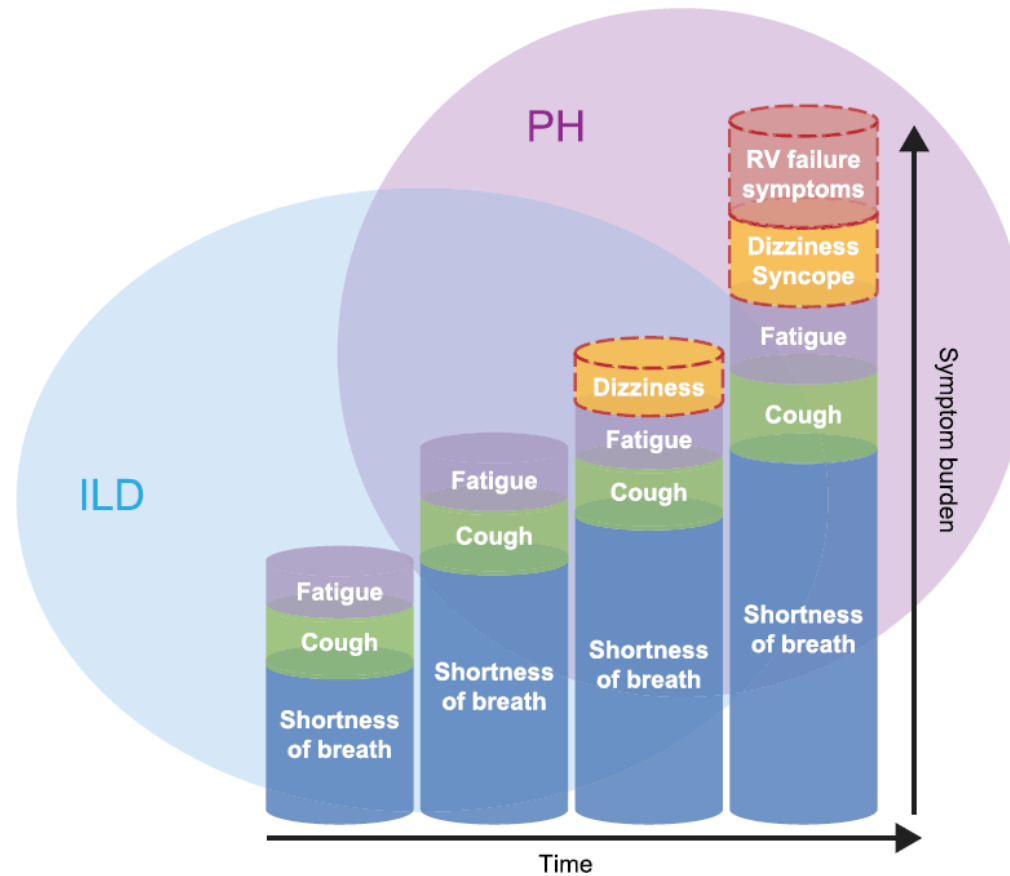
*Pulmonary Circulation. 2022;12:e12127*

# PH in ILDs



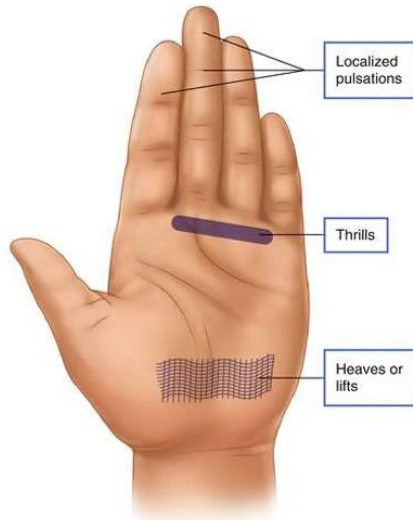
*J Heart Lung Transplant 2017;36:957-967*

# Overlap in symptoms



*Pulmonary Circulation. 2022;12:e12127*

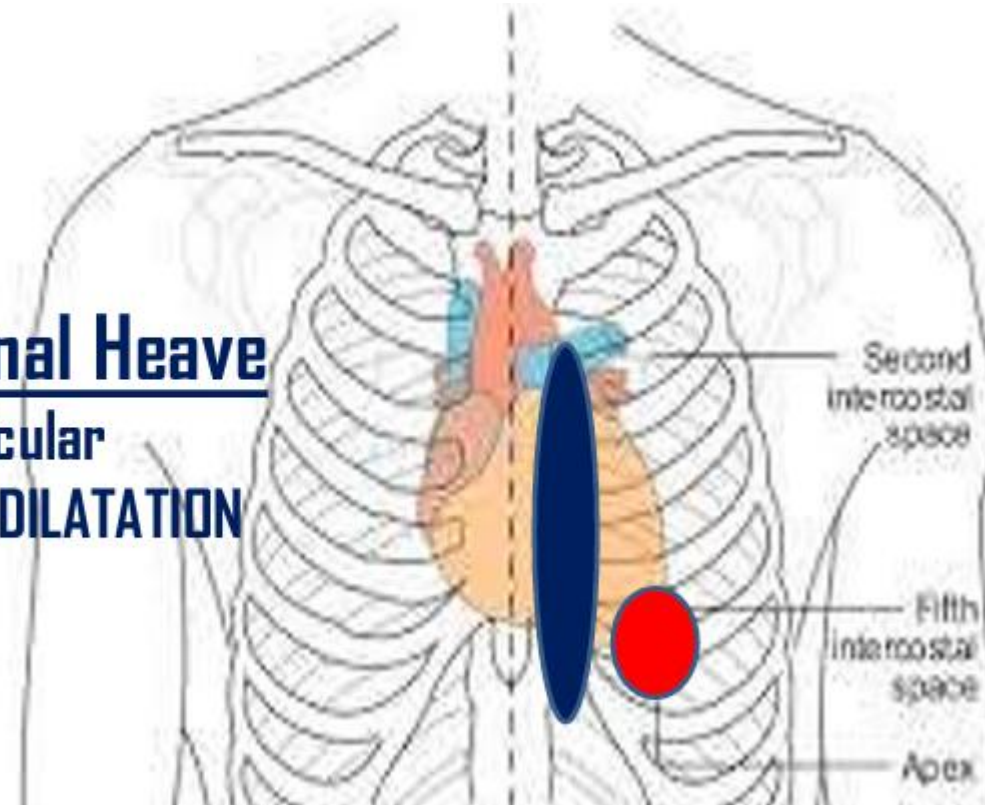
# Physical examination



## Left parasternal Heave

\* For Right Ventricular  
**HYPERTROPHY or DILATATION**

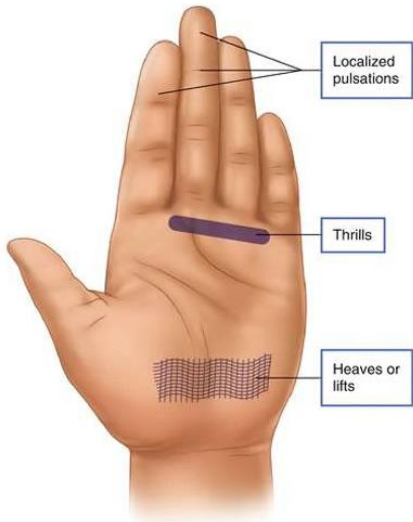
\* Pulmonary HTN



<https://doctor2019.jumedicine.com/wp-content/uploads/sites/10/2022/06/Precordiumupdated.pdf>

# Physical examination

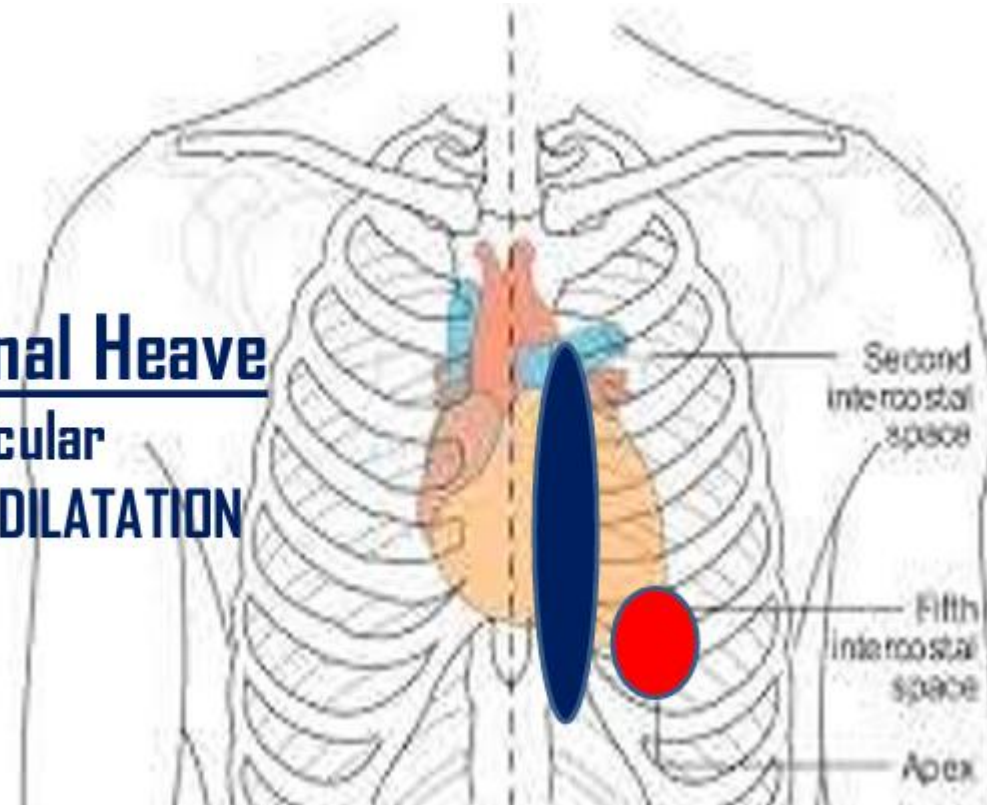
- Jugular venous distention
- Hepatomegaly
- Lower extremity edema



## Left parasternal Heave

\* For Right Ventricular  
**HYPERTROPHY or DILATATION**

\* Pulmonary HTN



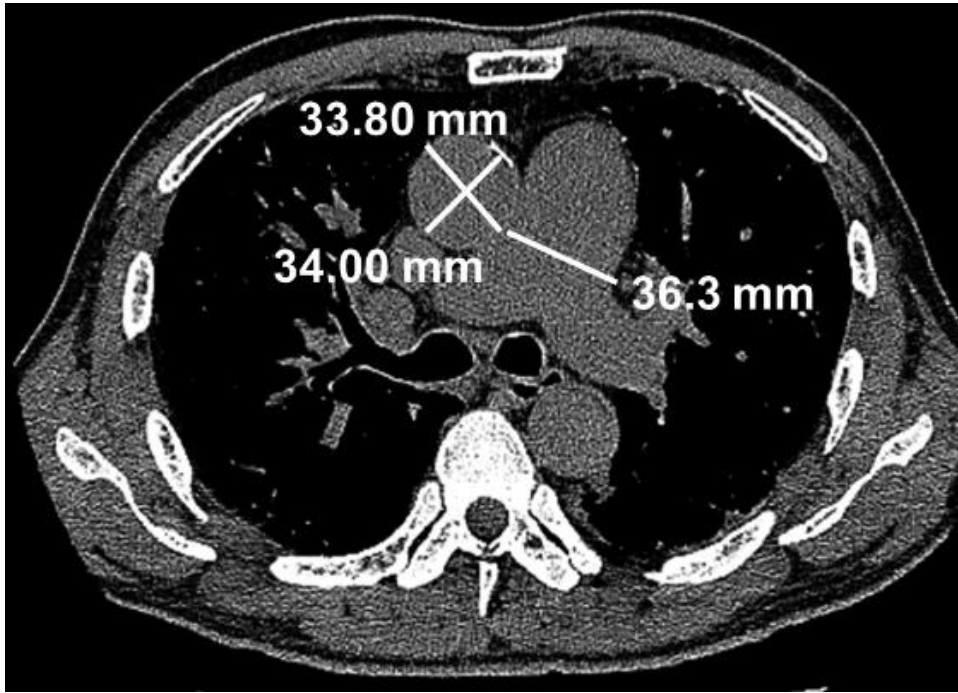
<https://doctor2019.jumedicine.com/wp-content/uploads/sites/10/2022/06/Precordiumupdated.pdf>

# High index of suspicion

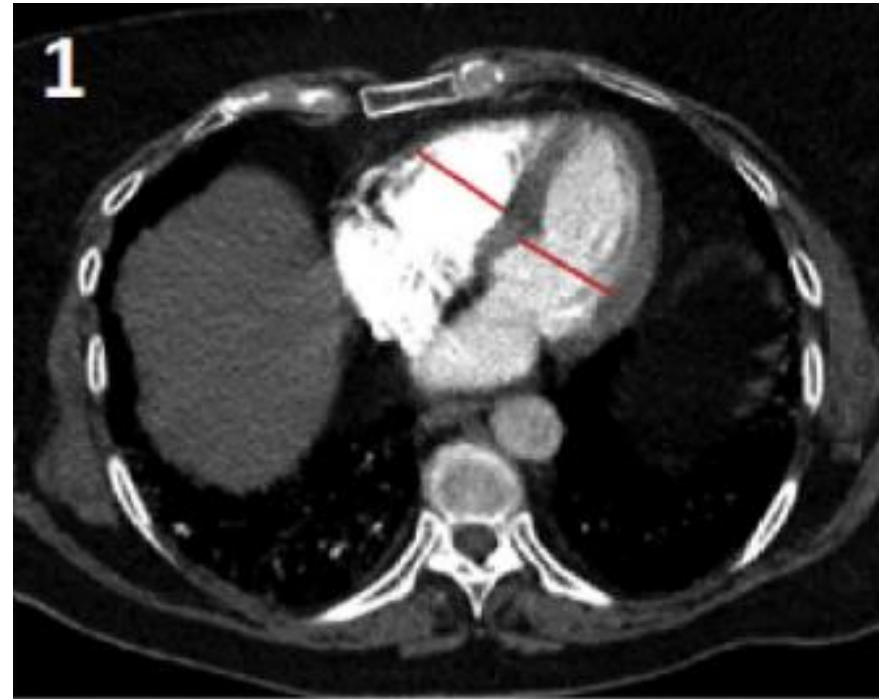
Test	Finding
PFTs	<ul style="list-style-type: none"><li>• DLCO &lt; 30% or worsening DLCO in the setting of preserved lung volumes</li></ul>
6MWT	<ul style="list-style-type: none"><li>• Marked or worsening exertional desaturation</li><li>• Severely reduced or worsening 6MWT distance</li><li>• Impaired (decreased) heart rate recovery after exercise (&lt; 13)</li></ul>
CT scanning	<ul style="list-style-type: none"><li>• Increased PA:A ratio (&gt; 0.9)</li><li>• RV:LV ratio &gt; 1</li></ul>
Echocardiography	<ul style="list-style-type: none"><li>• RVSP elevation &gt; 45</li><li>• RV dilation</li><li>• Reduced TAPSE</li><li>• RVOT diameter &gt; 3.4 cm</li><li>• Reduced RV fractional area change</li><li>• Reduced RV ejection fraction on 3-D echocardiography</li></ul>
Laboratory testing	<ul style="list-style-type: none"><li>• Elevated BNP</li></ul>

*Chest* 2020; 158: 1651-1664

# Early recognition of patients at risk of PH

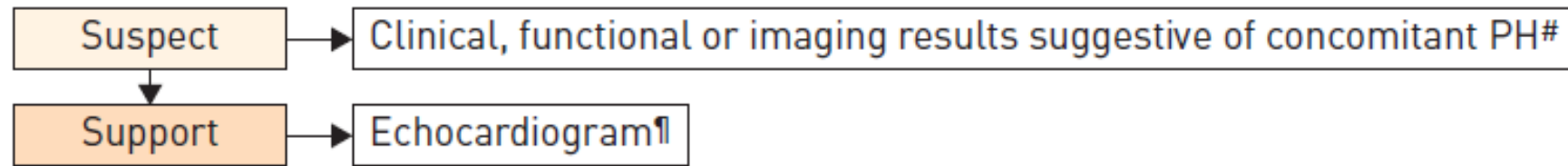


Pulmonary artery : Aorta > 0.9



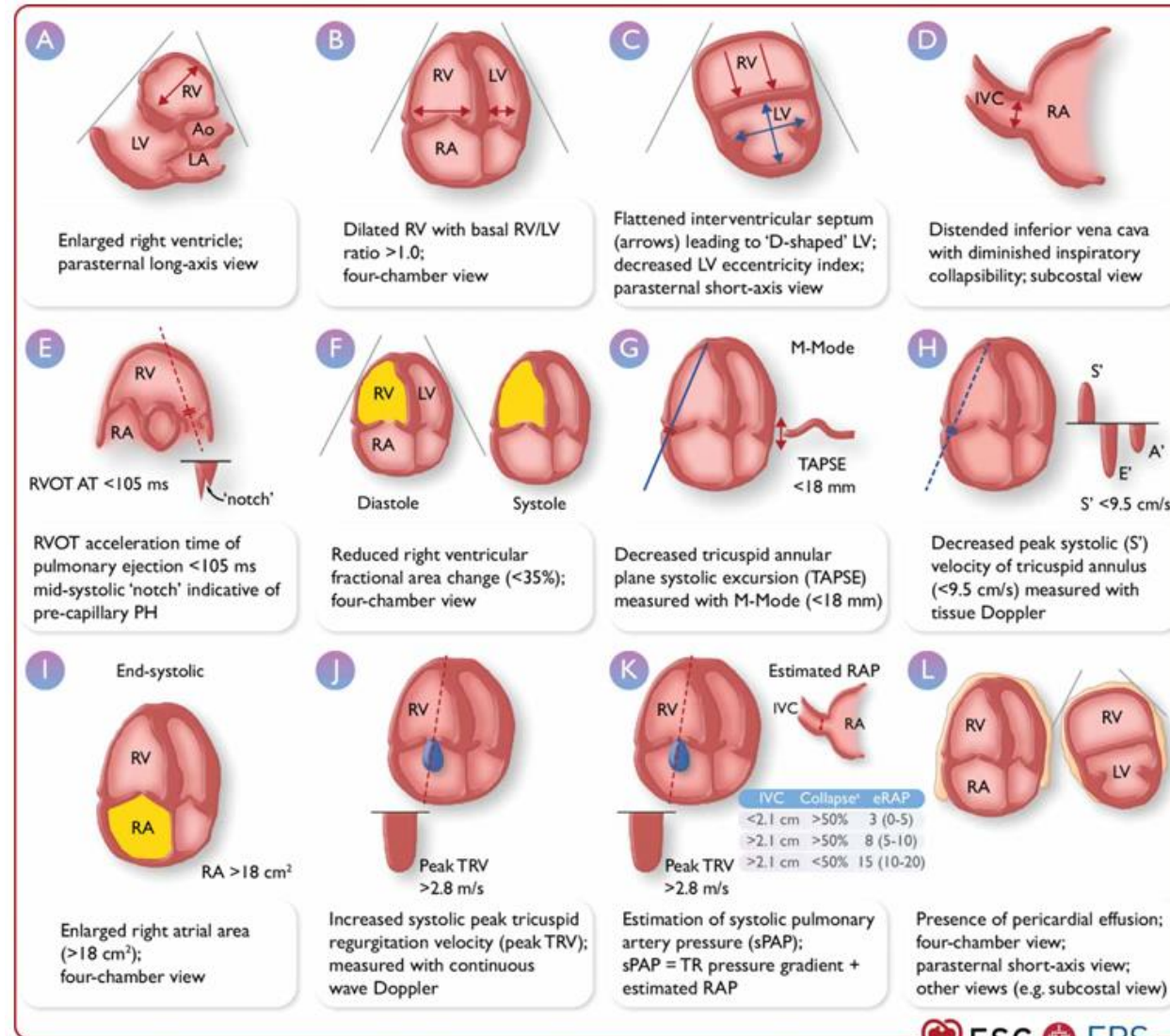
RV : LV > 1.0

# Evaluation of PH

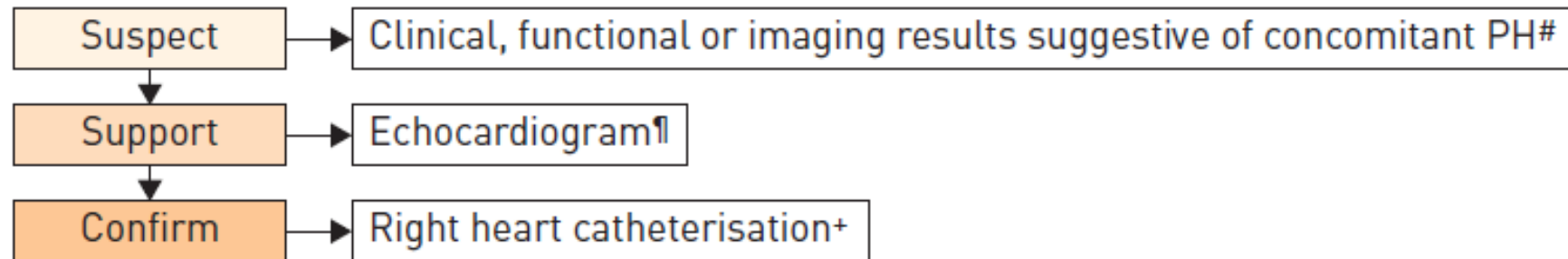


*Eur Respir J* 2019; 53: 1801914

# Echocardiography



# Evaluation of PH



*Eur Respir J* 2019; 53: 1801914

# Hemodynamic definitions: 6<sup>th</sup> WSPH\*

\* World symposium on pulmonary hypertension

- mPAP >20mmHg
  - Cardiac output ↑
  - L-R shunt
  - Pulmonary arterial wedge pressure ↑
  - Left heart disease
  - Hyperviscosity

+ ***Pulmonary vascular resistance (PVR) ≥ 3 Wood Unit (WU)***

- $$PVR = \frac{(mPAP - PAWP)}{\text{cardiac output}}$$

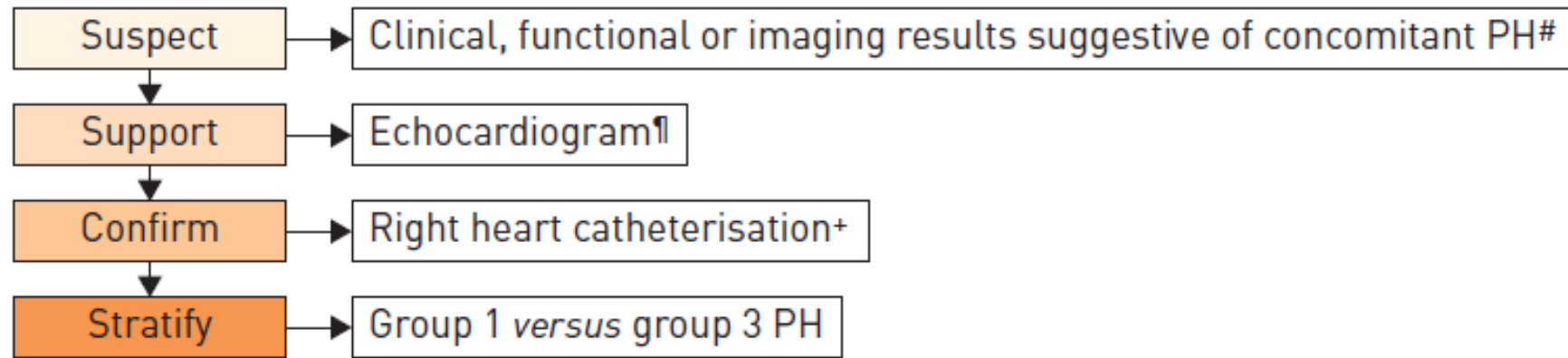
# Hemodynamic profile of PH

Definitions	Characteristics	Clinical groups <sup>#</sup>
Pre-capillary PH	mPAP >20 mmHg PAWP ≤15 mmHg PVR ≥3 WU	1, 3, 4 and 5
Isolated post-capillary PH (IpcPH)	mPAP >20 mmHg PAWP >15 mmHg PVR <3 WU	2 and 5
Combined pre- and post-capillary PH (CpcPH)	mPAP >20 mmHg PAWP >15 mmHg PVR ≥3 WU	2 and 5

→ No clear guidance on how discriminate between groups

*Eur Respir J* 2019; 53: 1801913

# Evaluation of PH



*Eur Respir J* 2019; 53: 1801914

# Diagnosis of ILD-PH

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- Right heart catheterization
  - mPAP >20 mmHg
  - Pulmonary artery occlusion pressure  $\leq$ 15 mmHg
  - Pulmonary vascular resistance  $\geq$ 3 WU
- + Underlying lung diseases
- Under stable conditions! Not during acute exacerbation

# Group 1 versus group 3 pulmonary hypertension

Criteria favouring group 1 (PAH)	Testing	Criteria favouring group 3 (PH due to lung disease)
<b>Extent of lung disease</b>		
Normal or mildly impaired: <ul style="list-style-type: none"> <li>• FEV<sub>1</sub> &gt;60% pred (COPD)</li> <li>• FVC &gt;70% pred (IPF)</li> <li>• Low diffusion capacity in relation to obstructive/restrictive changes</li> </ul>	Pulmonary function testing	Moderate to very severely impaired: <ul style="list-style-type: none"> <li>• FEV<sub>1</sub> &lt;60% pred (COPD)</li> <li>• FVC &lt;70% pred (IPF)</li> <li>• Diffusion capacity “corresponds” to obstructive/restrictive changes</li> </ul>
Absence of or only modest airway or parenchymal abnormalities	High-resolution CT scan <sup>†</sup>	Characteristic airway and/or parenchymal abnormalities
<b>Haemodynamic profile</b>		
Moderate-to-severe PH	Right heart catheterisation Echocardiogram	Mild-to-moderate PH
<b>Ancillary testing</b>		
Present	Further PAH risk factors (e.g. HIV, connective tissue disease, BMP2 mutations, etc.)	Absent
Features of exhausted circulatory reserve: <ul style="list-style-type: none"> <li>• Preserved breathing reserve</li> <li>• Reduced oxygen pulse</li> <li>• Low CO/V<sub>O<sub>2</sub></sub> slope</li> <li>• Mixed venous oxygen saturation at lower limit</li> <li>• No change or decrease in P<sub>aCO<sub>2</sub></sub> during exercise</li> </ul>	Cardiopulmonary exercise test <sup>+</sup>  (P <sub>aCO<sub>2</sub></sub> particularly relevant in COPD)	Features of exhausted ventilatory reserve: <ul style="list-style-type: none"> <li>• Reduced breathing reserve</li> <li>• Normal oxygen pulse</li> <li>• Normal CO/V<sub>O<sub>2</sub></sub> slope</li> <li>• Mixed venous oxygen saturation above lower limit</li> <li>• Increase in P<sub>aCO<sub>2</sub></sub> during exercise</li> </ul>
Predominant haemodynamic profile		Predominant obstructive/restrictive profile

Eur Respir J 2019; 53: 1801913

# Severity assessment

<b>Severe PH</b>	<b>non-severe PH</b>
PVR >5 WU	PVR ≤5 WU
<10% in advanced ILD	Common in advanced COPD

# 2022 ESC/ERS guideline

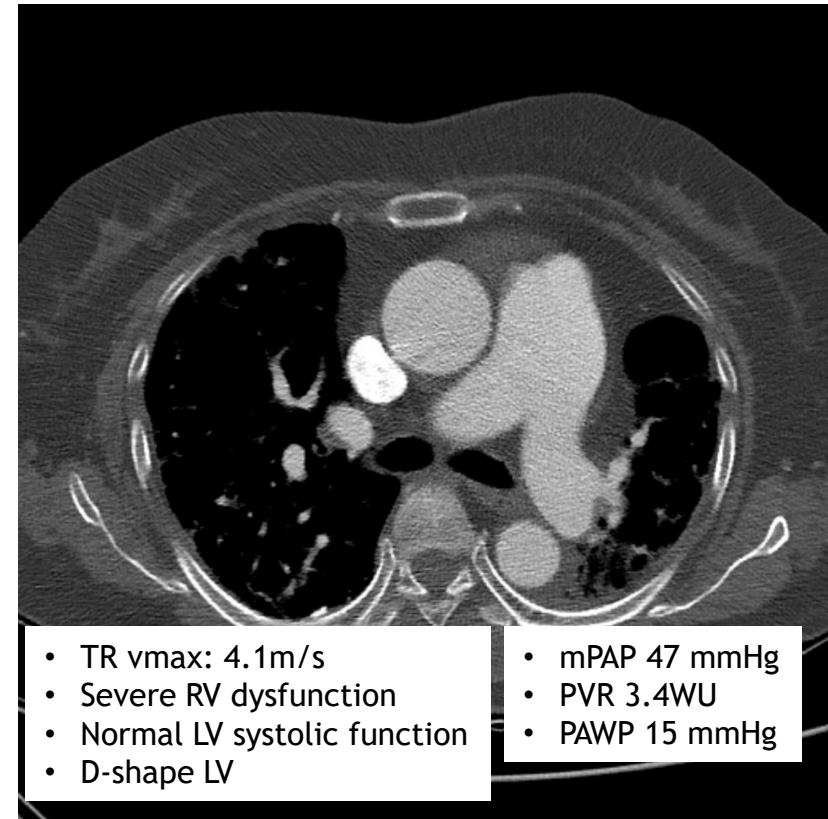
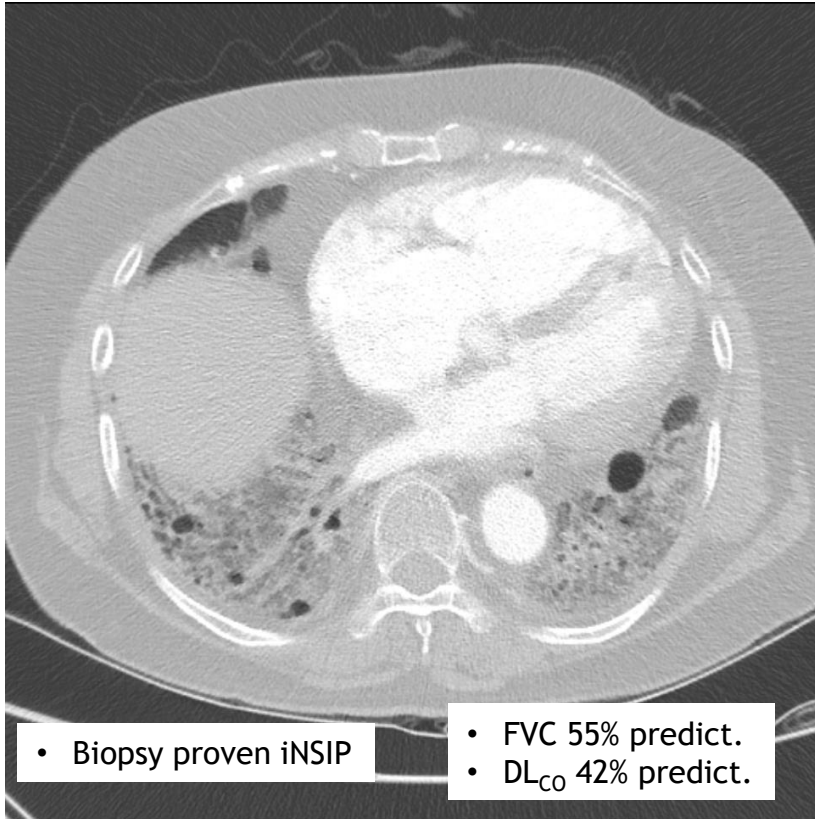
Pulmonary hypertension associated with lung disease and/or hypoxia – Recommendation Table 23				
R	Echocardiography is recommended for the non-invasive diagnostic assessment of suspected PH in patients with lung disease	I	If PH is suspected in patients with lung disease, it is recommended that echocardiography <sup>d</sup> be performed and the results interpreted in conjunction with ABG, PFTs including DLCO, and CT imaging	I
R	Optimal treatment of the underlying lung disease, including long-term O <sub>2</sub> therapy in patients with chronic hypoxaemia, is recommended in patients with PH due to lung diseases	I	In patients with lung disease and suspected PH, it is recommended to optimize treatment of the underlying lung disease and, where indicated, hypoxaemia, sleep-disordered breathing, and/or alveolar hypoventilation	I
R	Referral to an expert centre is recommended in patients with echocardiographic signs of severe PH and/or severe right ventricular dysfunction	I	In patients with lung disease and suspected severe PH, or where there is uncertainty regarding the treatment of PH, referral to a PH centre is recommended <sup>e</sup>	I
N			In patients with lung disease and severe PH, an individualized approach to treatment is recommended	I
N			It is recommended to refer eligible patients with lung disease and PH for LTx evaluation	I

# 2022 ESC/ERS guideline

Pulmonary hypertension associated with lung disease and/or hypoxia – Recommendation Table 23				
R	RHC is not recommended for suspected PH in patients with lung disease, unless therapeutic consequences are to be expected (e.g. LTx, alternative diagnoses such as PAH or CTEPH, and potential enrolment in a clinical trial)	III	In patients with lung disease and suspected PH, RHC is recommended if the results are expected to aid management decisions	I

- Indication for RHC
  - Assessment for surgical treatment (e.g. lung transplantation)
  - Suspected PAH or CTEPH
  - Consideration of therapeutic interventions

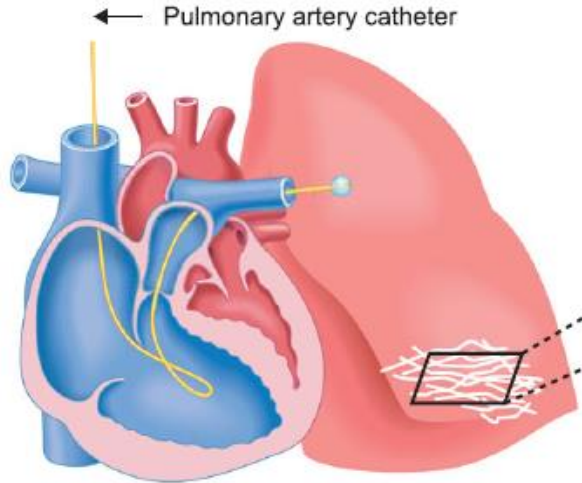
# Case (60/F)



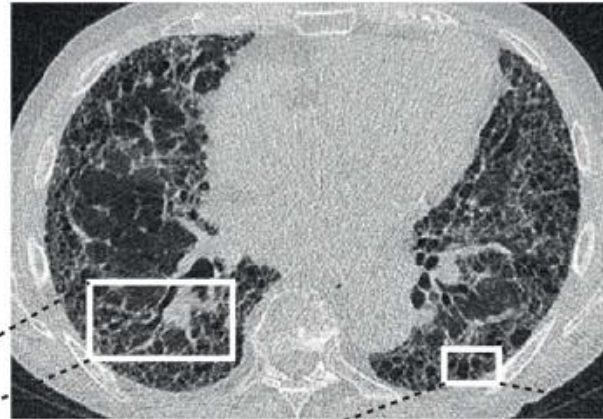
# Pulmonary vasculopathy and lung fibrosis

## PH due to interstitial lung disease

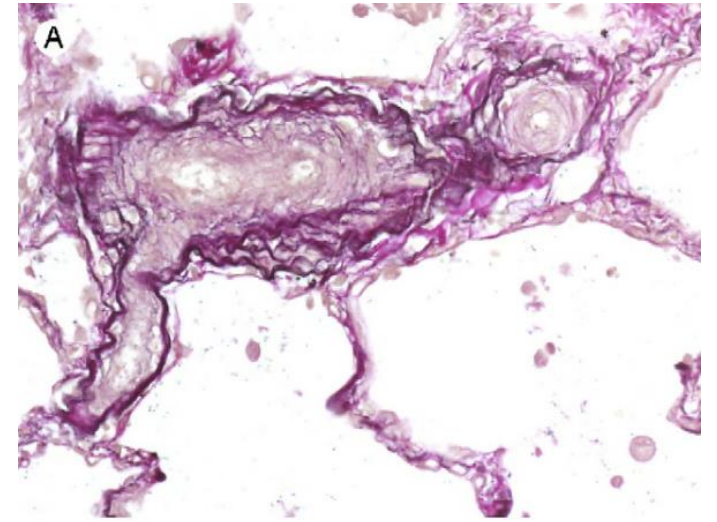
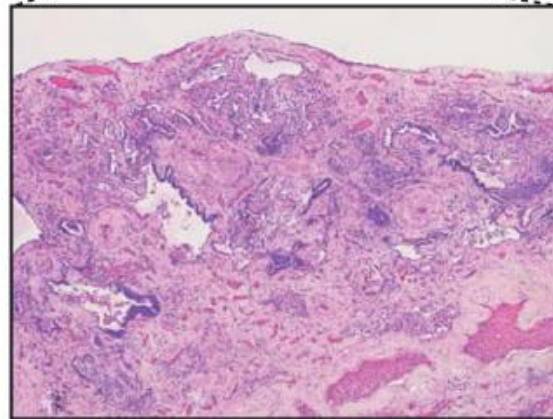
RV dilatation and maladaptation due to elevated pulmonary vascular resistance and pressure defined by right heart catheter measurement



Fibrotic lung disease on HRCT

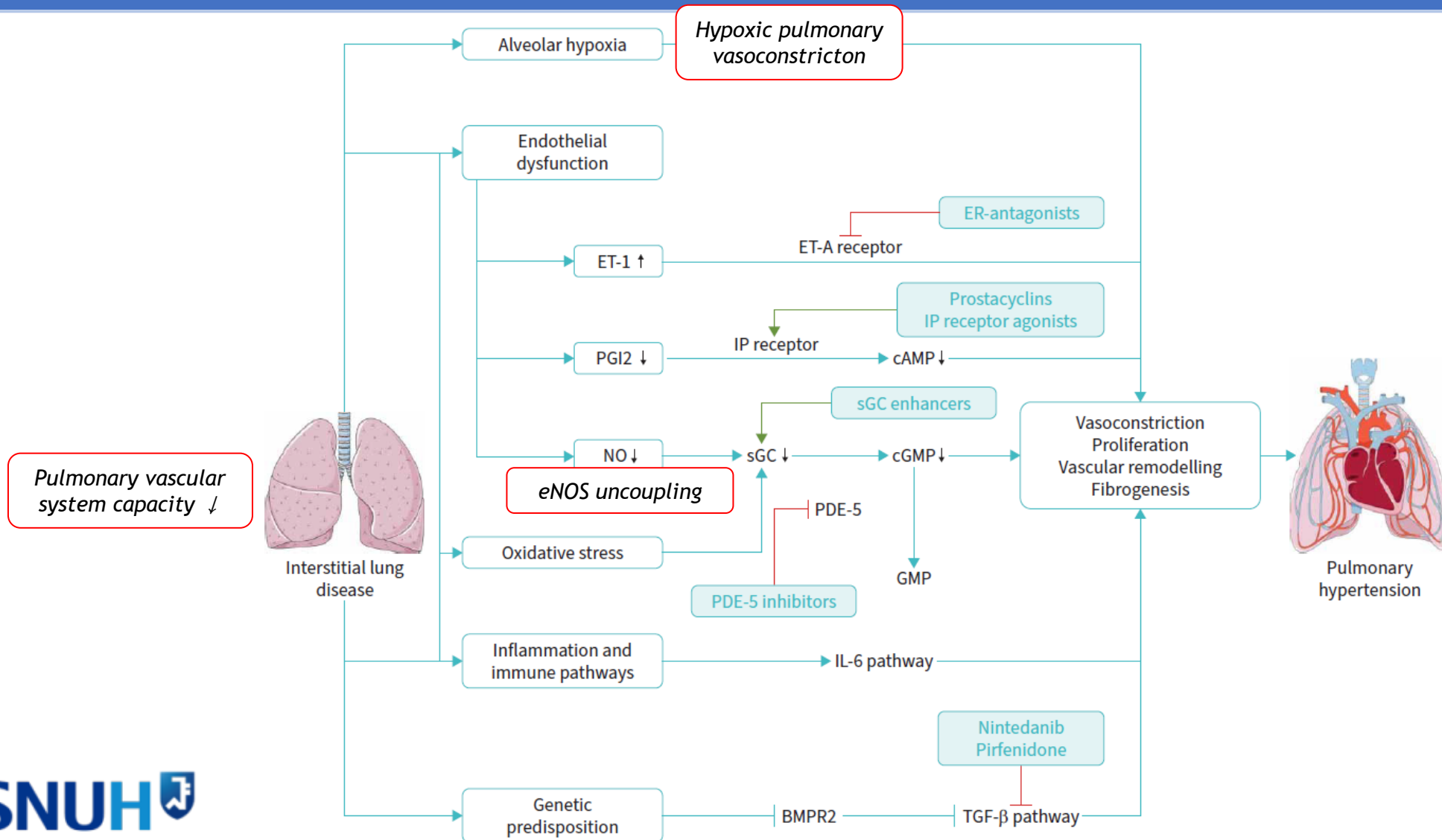


Characteristic histopathological finding of both lung parenchymal fibrosis and vascular remodeling



*Pulmonary Circulation*. 2022;12:e12127  
*Human Pathology* (2007) 38, 60 - 65

# Pathophysiology, shared mechanism



ERJ Open Res 2022; 8: 00272-2022



대한결핵 및 호흡기학회  
The Korean Academy of  
Tuberculosis and Respiratory Diseases

# Treatment

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- Group 3 PH
  - Treat the underlying lung diseases
  - Long-term oxygen therapy
  - Pulmonary rehabilitation
  - Associated comorbidities
    - Thromboembolic disease
    - Sleep disorder
  - **Pulmonary vasodilators ?**

# Treatment

## • Against

- V/Q mismatch
- Pulmonary edema

## • For

- Supplementary O<sub>2</sub>
- PVR ↓ & C.O ↑ → oxygen delivery ↑

Inhaled treprostinil may be considered in patients with PH associated with ILD <sup>734</sup>			<b>IIb</b>	<b>B</b>
The use of ambrisentan is not recommended in patients with PH associated with IPF <sup>740</sup>			<b>III</b>	<b>B</b>
The use of riociguat is not recommended in patients with PH associated with IIP <sup>181</sup>			<b>III</b>	<b>B</b>
The use of PAH medication is not recommended in patients with lung disease and non-severe PH <sup>e</sup>			<b>III</b>	<b>C</b>
PDE5is may be considered in patients with severe PH associated with ILD (individual decision-making in PH centres)	Very low	Conditional	<b>IIb</b>	<b>C</b>
The use of PDE5is in patients with ILD and non-severe PH is not recommended	Very low	Conditional	<b>III</b>	<b>C</b>

2022 ESC/ERS Guidelines

# Clinical trials - PDE5i

## • STEP-IPF

- IPF with
- $DL_{CO} < 35\%$
- 6-min walking distance  $\geq 50m$
- Resting  $SpO_2 \geq 92\%$

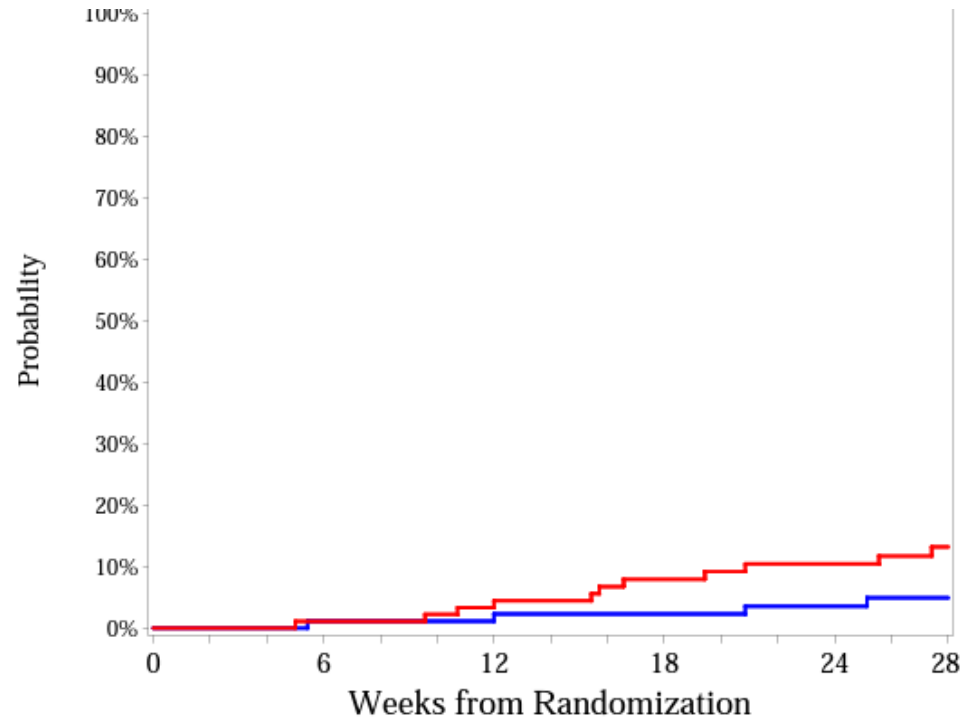
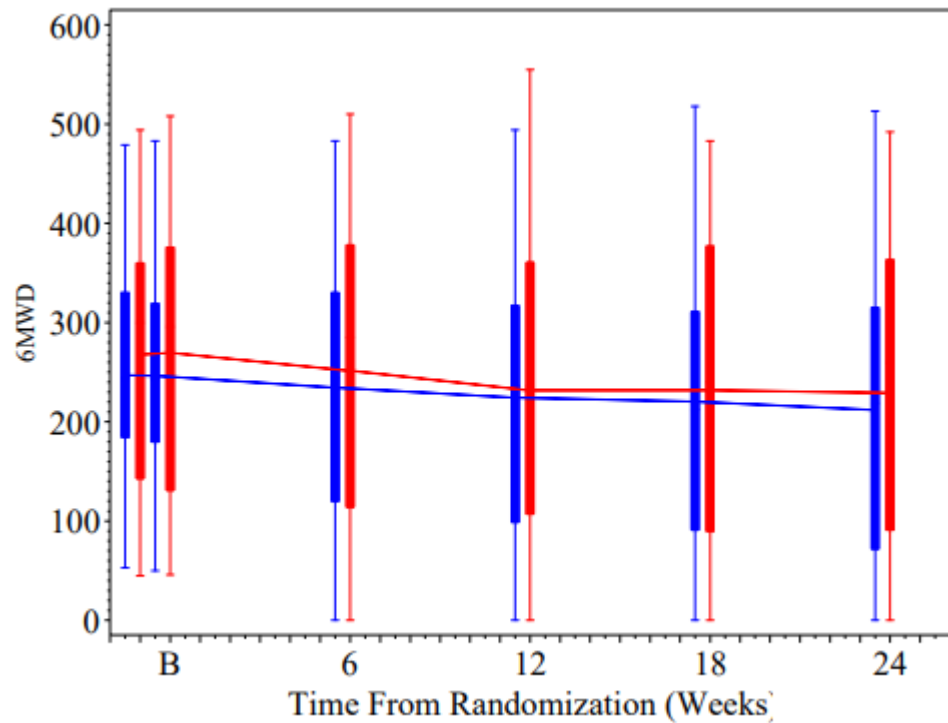
sildenafil 20mg tid



Period #1 - 12 wks  
Period #2 - 12 wks

- Primary outcome
  - Improvement of  $>20\%$  in 6mwt
- Secondary outcomes
  - Change in 6mwd
  - Degree of dyspnea
  - Quality of life

# Clinical trials - PDE5i



# Clinical trials - PDE5i + antifibrotics

- INSTAGE

- IPF with  $DL_{CO} \leq 35\%$

nintedanib  
150mg bid  
+- sildenafil  
20mg tid

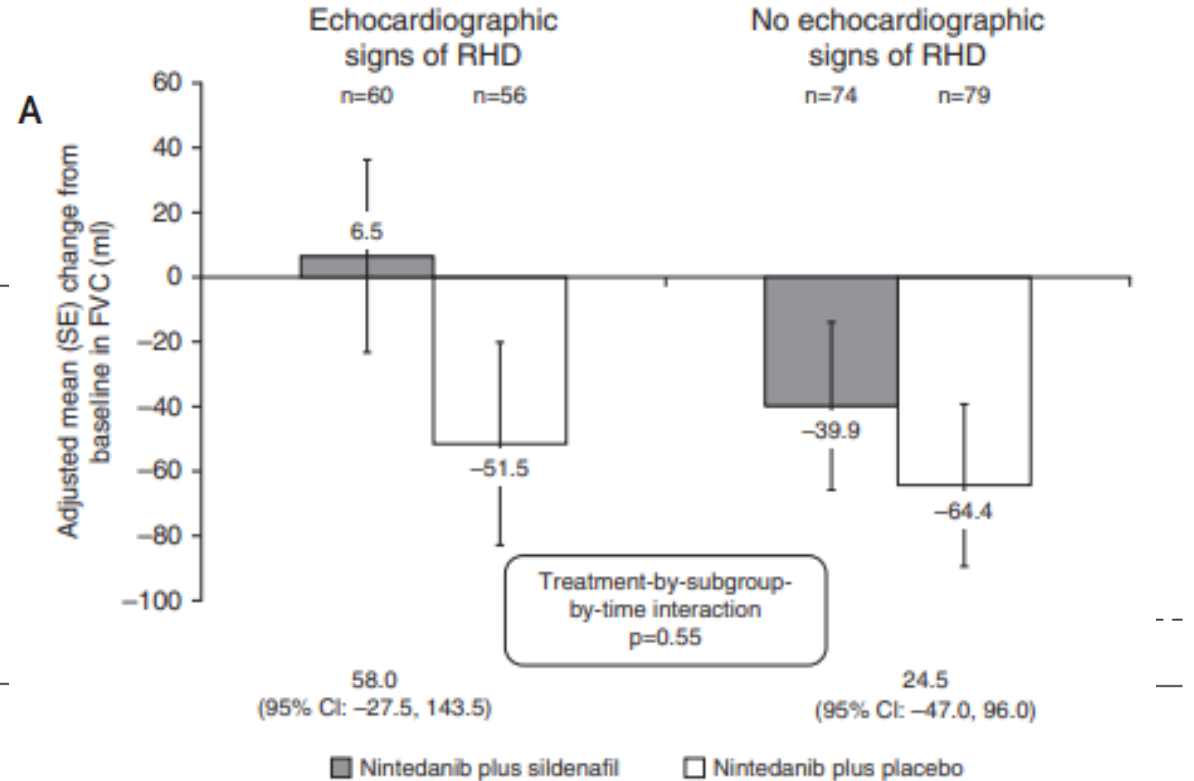
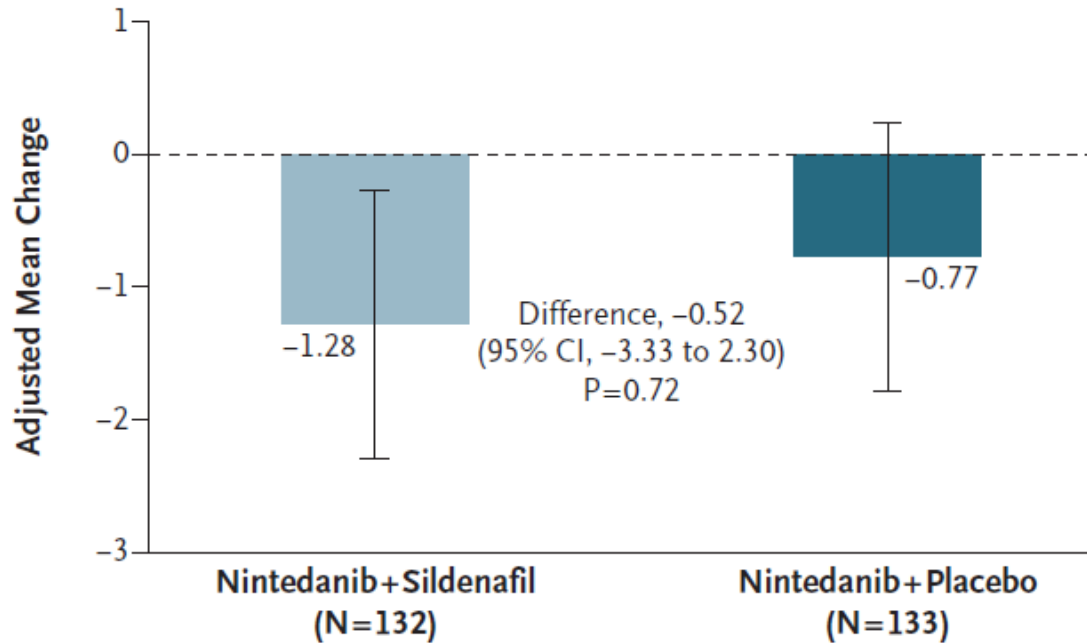


24 wks

- Primary outcome
  - SGRQ total score at 12 wk
- Secondary outcomes
  - SGRQ at 24 wk
  - UCSD-SOBQ
  - Serious adverse event

# Clinical trials - PDE5i + antifibrotics

A Change in SGRQ Total Score at Week 12



+ absolute decline of FVC >5% or death : HR 0.56 (0.38 - 0.82)

# Clinical trials - PDE5i + antifibrotics

- IPF with  $DL_{CO} \leq 40\%$  and at risk PH

\*  $mPAP \geq 20\text{mmHg}$  and  $pcwp \leq 15\text{mmHg}$   
or high probability of PH on echoCG

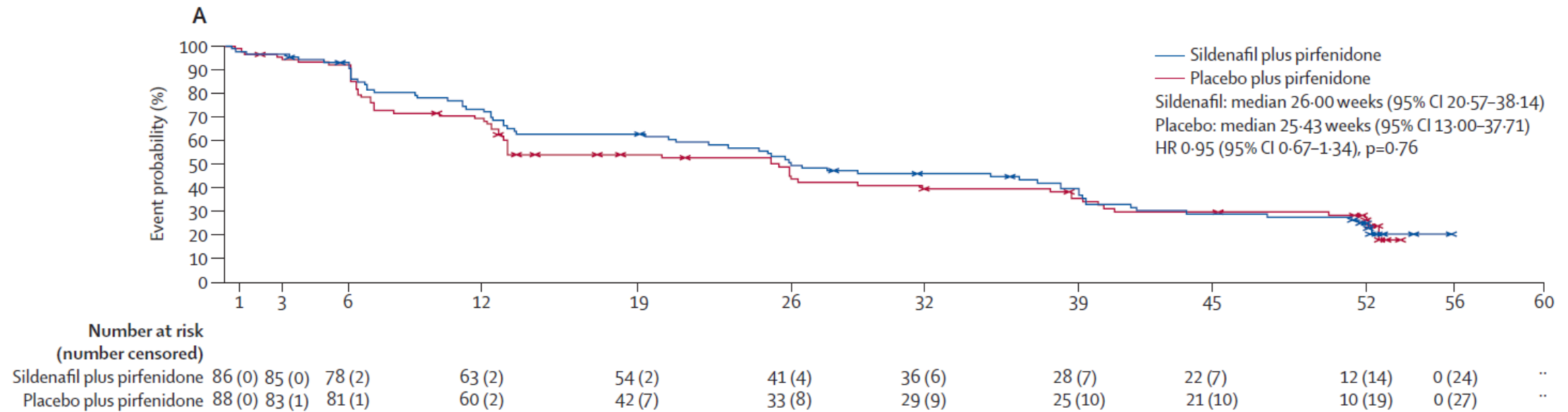
pirfenidone  
801mg tid  
+- sildenafil  
20mg tid



52 wks

- Primary outcome
  - Disease progression
    - Decline in 6mwt
    - + respiratory-related adm.
    - + all-cause mortality
- Secondary outcomes
  - Individual components
  - Echocardiography parameter
  - PFT
  - SGRQ, UCSD-SOBQ

# Clinical trials - PDE5i + antifibrotics



# Clinical trial - ERA

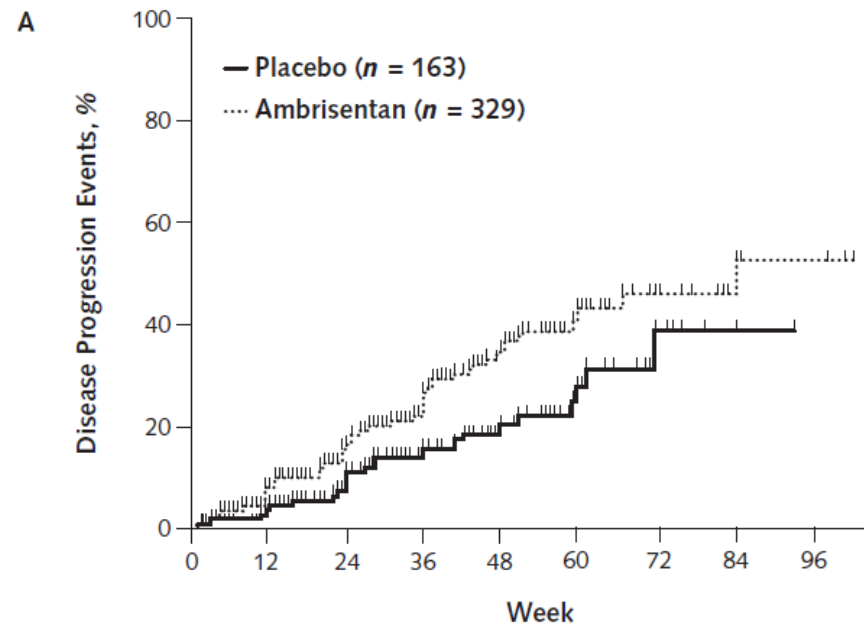
- ARTEMIS-IPF

- IPF with minimal honeycombing

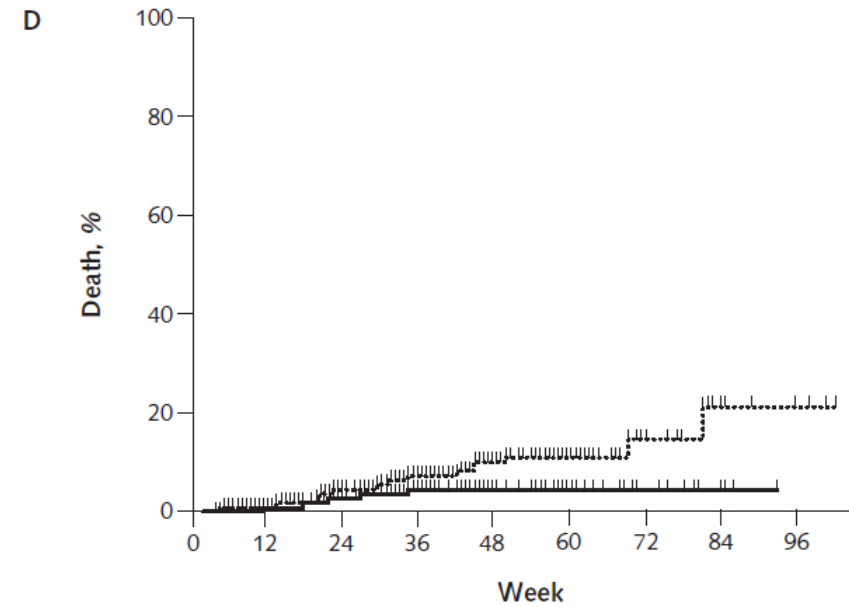
Ambrisentan  
10mg qd  
→  
16 wks

- Primary outcome
  - IPF progression
    - All-cause death
    - Respiratory-related adm
    - Lung function decline
- Secondary outcomes
  - Change in FVC, DL<sub>CO</sub>, 6mwt

# Clinical trial - ERA



Patients, $n$								
Placebo	143	110	76	47	27	8	4	0
Ambrisentan	271	204	140	81	42	15	8	3



Patients, $n$								
Placebo	145	115	85	56	31	11	5	0
Ambrisentan	278	228	168	110	58	23	10	4

*Ann Intern Med.* 2013;158:641-649

# Clinical trial - ERA

- BPHIT

- IIP with RHC confirmed PH

*\* mPAP  $\geq$  25mmHg and pcwp  $\leq$  15mmHg*

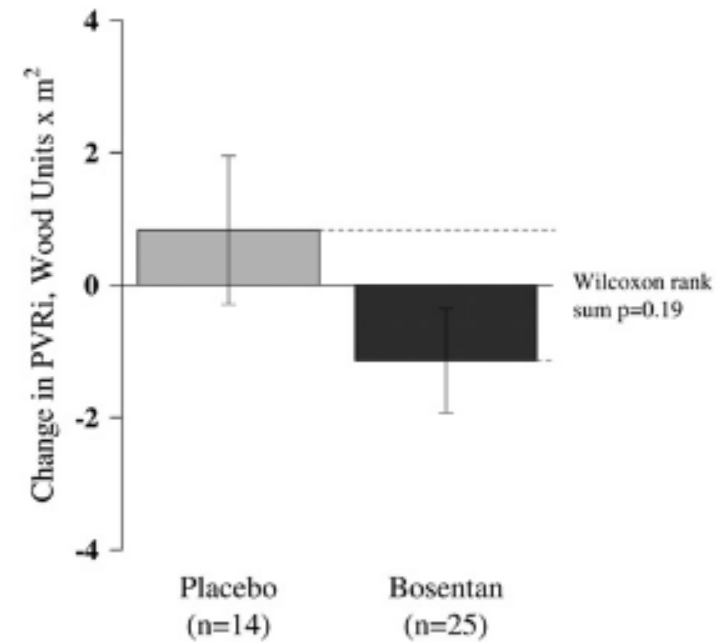
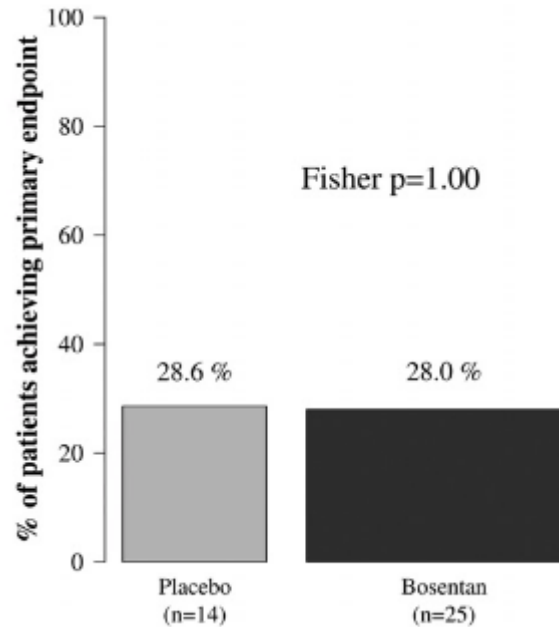
Bosentan 125mg bid



16 wks

- Primary outcome
  - Decrease in PVRi  $\geq$ 20%
- Secondary outcomes
  - mPAP, RA pressure, absol. PVRi
  - 6mwt
  - Quality of life
  - Lung functions
  - O<sub>2</sub> saturation, BNP

# Clinical trial - ERA



- $$PVRi = \frac{(mPAP - LApr)}{\text{cardiac index}}$$

# Clinical trials - guanylate cyclase stimulator

- RISE-IIP

- PH-IIP confirmed by RHC
- FVC  $\geq 45\%$
- 6-min walking distance  $\geq 150\text{m}$
- sBP  $\geq 95\text{mmHg}$

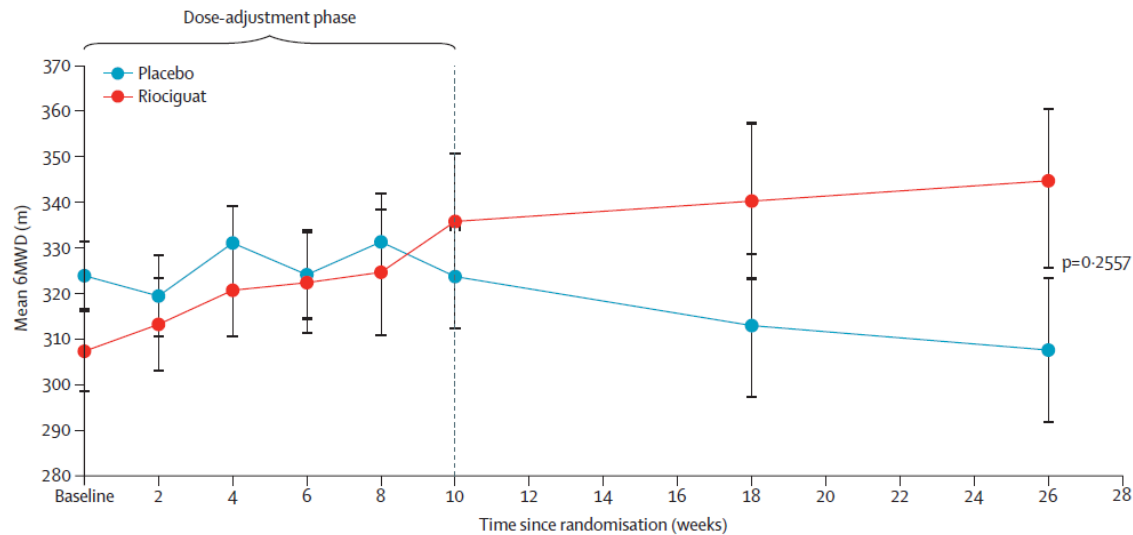
riociguat 0.5-2.5 mg tid



Main study- 26 wks  
Open-label extension

- Primary outcome
  - Mean change in 6mwd
- Secondary outcomes
  - Clinical worsening
    - All-cause mortality
    - Hospital admission
  - $>15\%$  decrease in 6mwd

# Clinical trials - guanylate cyclase stimulator



	Main phase		Long-term extension phase*	
	Riociguat up to 2.5 mg (n=73)	Placebo (n=74)	Riociguat up to 2.5 mg (n=32)	Former placebo (n=38)
Any AE	65 (89%)	64 (86%)	29 (91%)	34 (89%)
Study drug-related AEs	29 (40%)	28 (38%)	12 (38%)	18 (47%)
AEs leading to study drug discontinuation	11 (15%)	3 (4%)	1 (3%)	4 (11%)
Any SAE	27 (37%)	17 (23%)	12 (38%)	21 (55%)
Study drug-related SAEs	5 (7%)	4 (5%)	3 (9%)	5 (13%)
SAEs leading to study drug discontinuation	10 (14%)	1 (1%)	1 (3%)	2 (5%)
Deaths	8 (11%)	3 (4%)	1 (3%)	8 (21%)

Data are n (%). AE=adverse event. SAE=serious adverse event. \*Both groups received riociguat up to 2.5 mg three times daily. †riociguat and immediately started the safety follow-up phase. The length of the safety follow-up ranged from 30 to 120 days.

Number of patients	Baseline	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Placebo	74	73	66	60	53	50	..	..	..	40	..	..	..	38	..
Riociguat	73	69	64	57	48	43	..	..	..	34	..	..	..	31	..
Mean (SD) absolute 6MWD, m															
Placebo	324 (66)	320 (77)	331 (68)	324 (77)	332 (78)	324 (81)	..	..	..	313 (100)	..	..	..	308 (98)	..
Riociguat	307 (80)	313 (87)	321 (81)	323 (86)	325 (97)	336 (99)	..	..	..	340 (101)	..	..	..	345 (107)	..

Lancet Respir Med 2019;7: 780-90

# Clinical trial - summary

## *Ambrisentan*

- Disease progression ↑
- Respiratory hospitalization ↑

## *Bosentan*

- Hemodynamics →
- Functional capacity / sx →

## *Riociguat*

- Serious adverse events ↑
- Death ↑
- 6mwt →

## *Sildenafil*

- 6mwt →
- Quality of life ↑
- PaO<sub>2</sub> ↑
- DL<sub>CO</sub> ↑

## *Sildenafil + nintedanib*

- Functional capacity / sx →
- Death and/or decline in FVC < 5% ↓

~~Endothelin receptor antagonists~~

~~Soluble guanylate stimulator~~

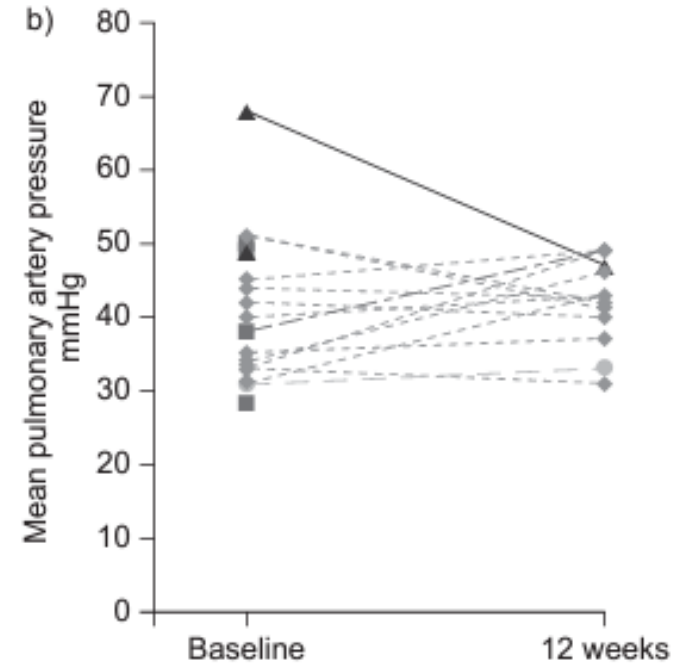
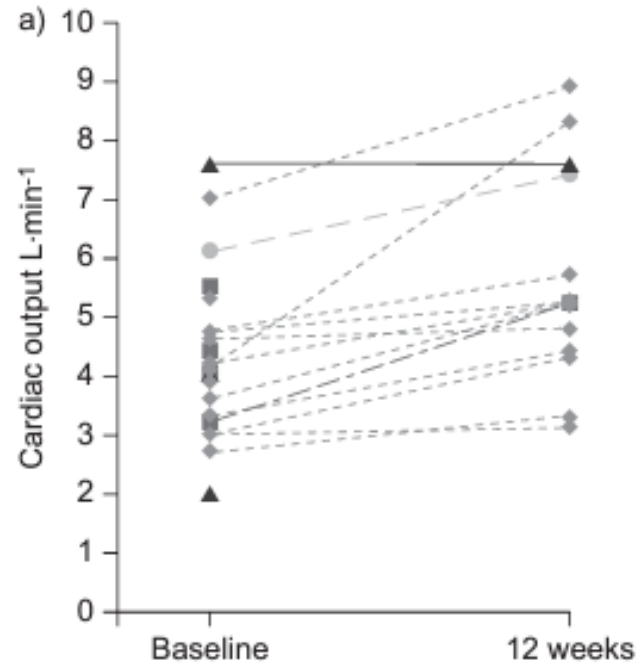
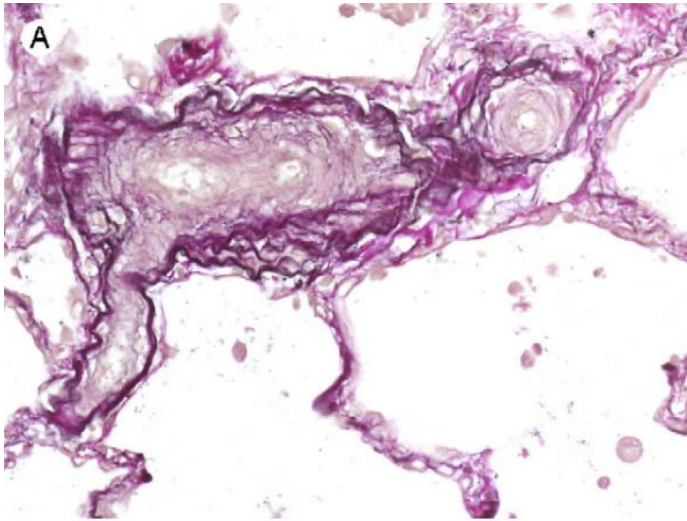
Phosphodiesterase 5 inhibitor

→ Unlikely to be harmful, may be beneficial

# Worsening of V-Q mismatching ?

Parameter	Mean change from baseline to week 26 (SD)			
	Riociguat (n=73)	n	Placebo (n=74)	n
PCO <sub>2</sub> , mm Hg	0.1 (7.0)	33	0.4 (3.9)	38
PaO <sub>2</sub> , mm Hg	-0.5 (21.0)	33	-10.4 (24.9)	38
SaO <sub>2</sub> , %	1.1 (10.2)	33	-4.0 (6.0)	37
SpO <sub>2</sub> , %*	-5.7 (6.9)	29	-5.7 (7.1)	34
FVC, % predicted	-1.3 (9.5)	33	-2.1 (6.0)	37
FEV <sub>1</sub> , % predicted	-1.8 (8.7)	33	-2.6 (6.3)	37

# Pulmonary venous fibrosis ?



# The optimal endpoint ?

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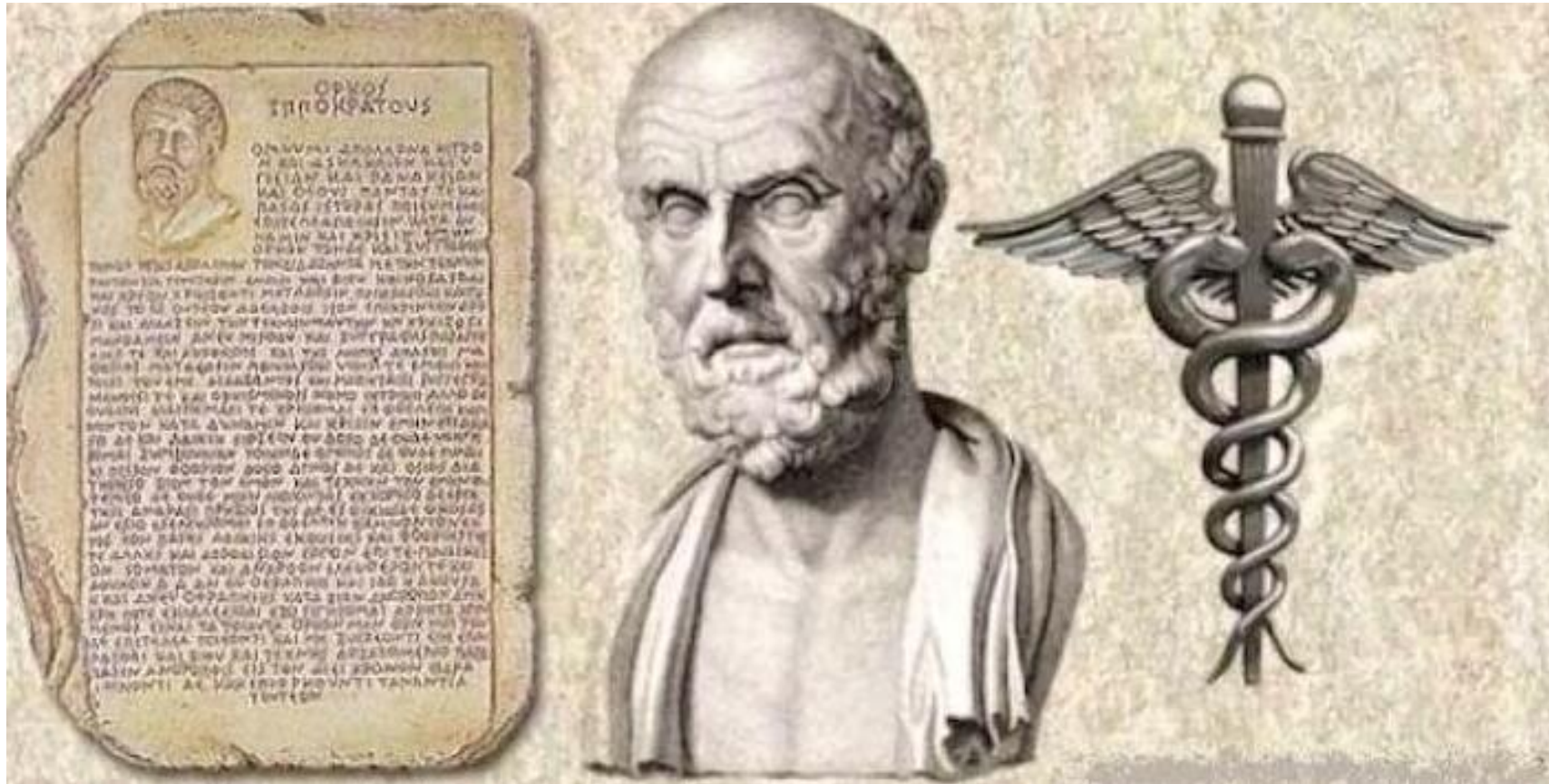
Hemodynamic parameter

Functional / emotional

Survival - all-cause, PH-related

Composite outcomes

# Do no harm



# Is effective treatment an impossible dream ?

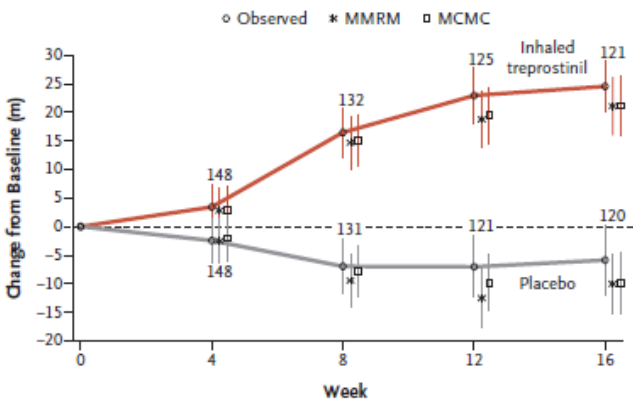
- INCREASE study

- ILDs confirmed by RHC
- FVC <70%
- 6-min walking distance  $\geq 100\text{m}$

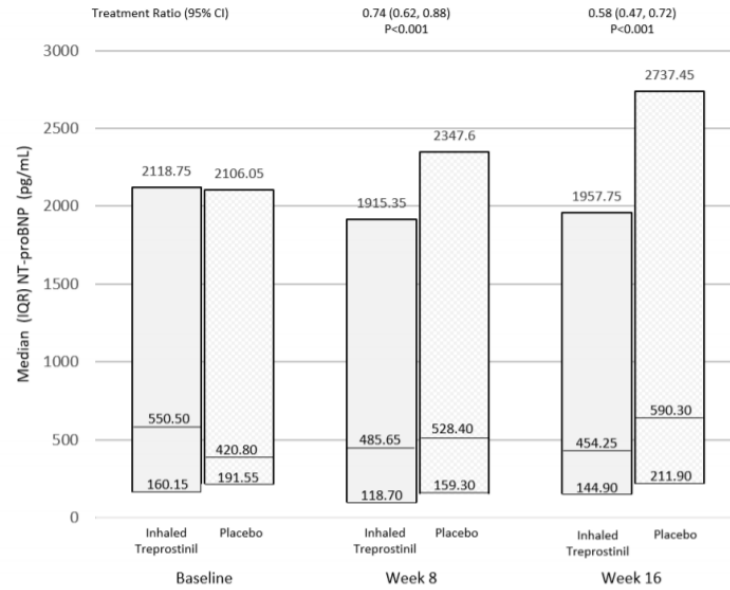
Inhaled treprostinil  
9 times(6ug/breath)  
q 6 hrs  
→  
16 wks

- Primary outcome
  - Change in 6mwd
- Secondary outcomes
  - Clinical worsening
    - All-cause mortality
    - Hospital admission
    - >15% decrease in 6mwd
  - Change in NT-proBNP

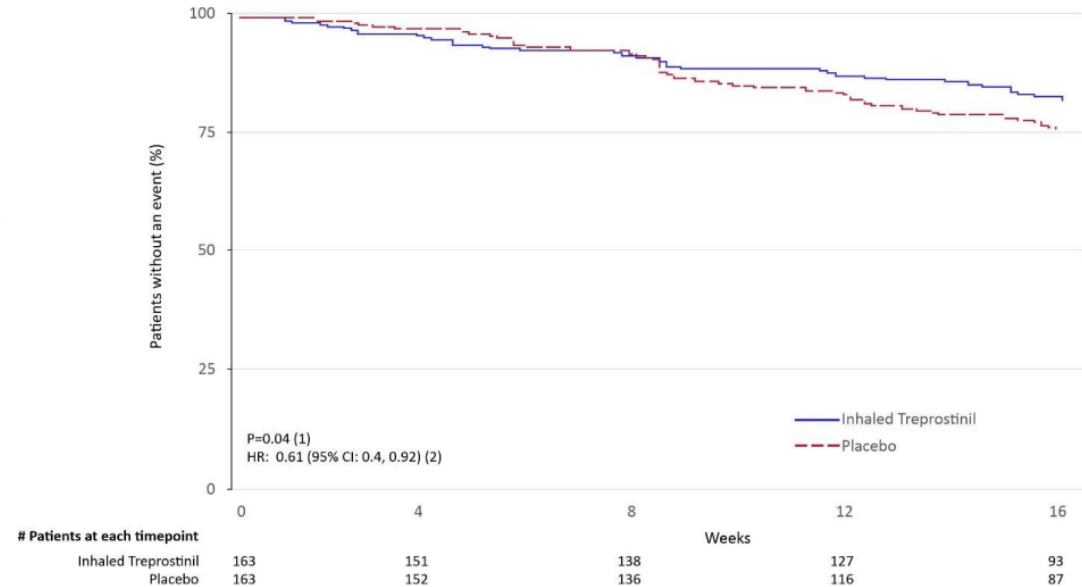
# Prevention of deterioration



Improvements in exercise capacity

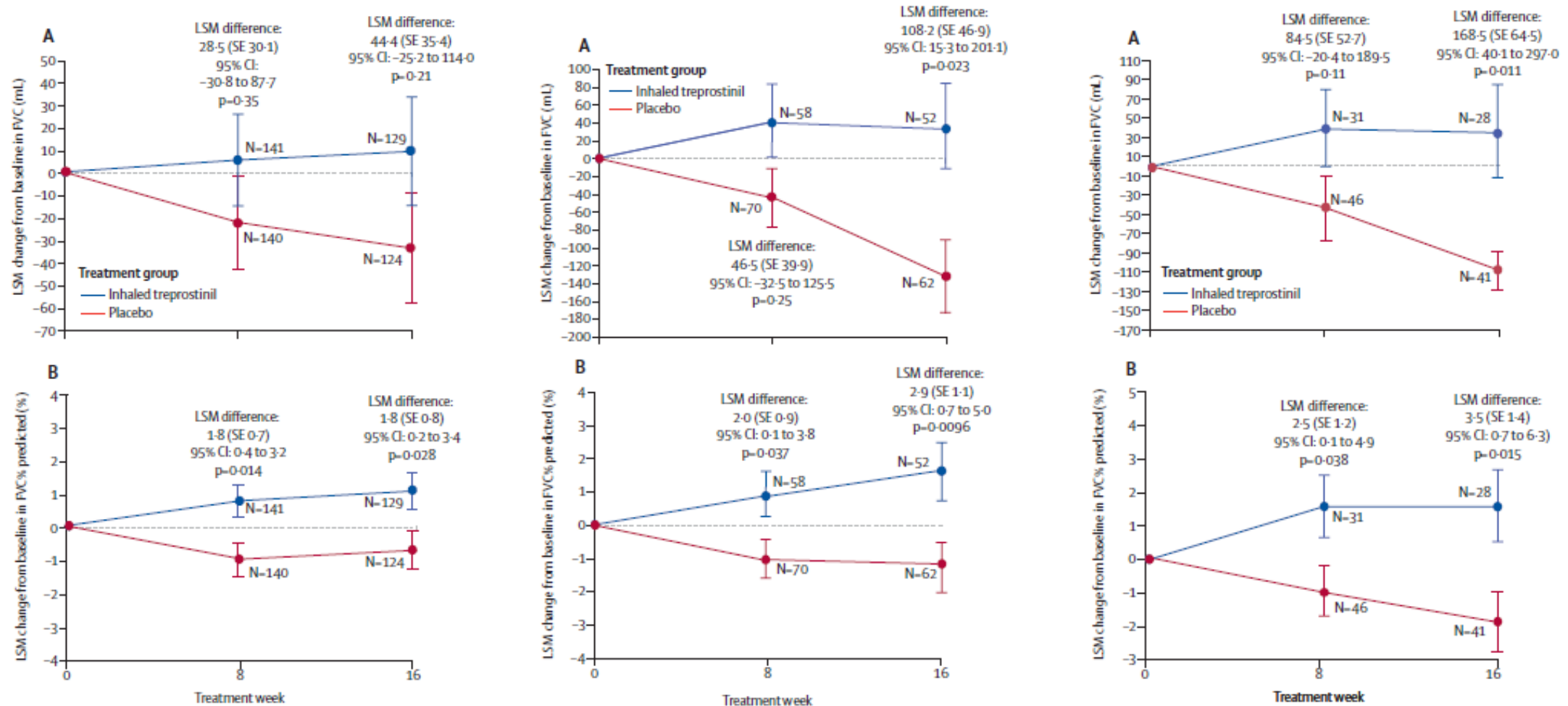


Reductions in NT-proBNP



Lower risk of clinical worsening

# Prevention of deterioration



Overall population

Subgroup - IIP

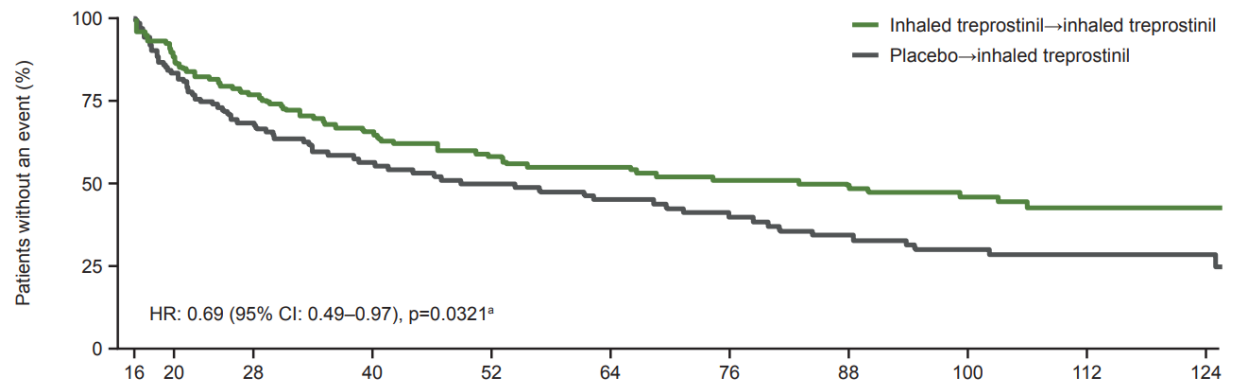
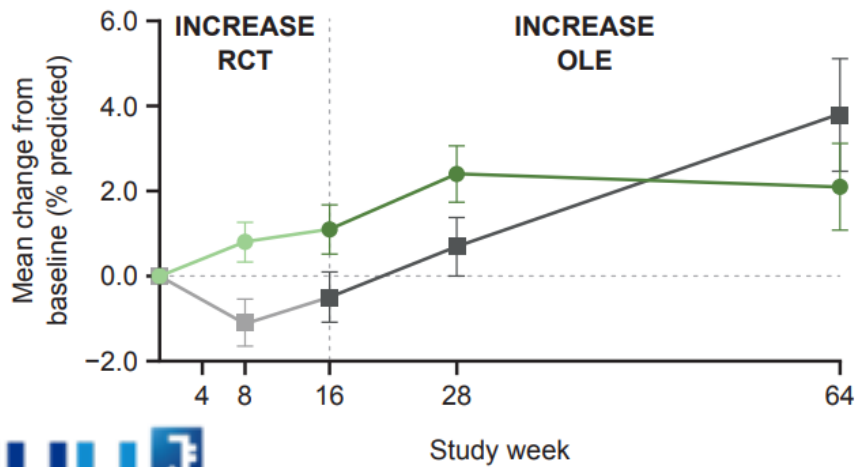
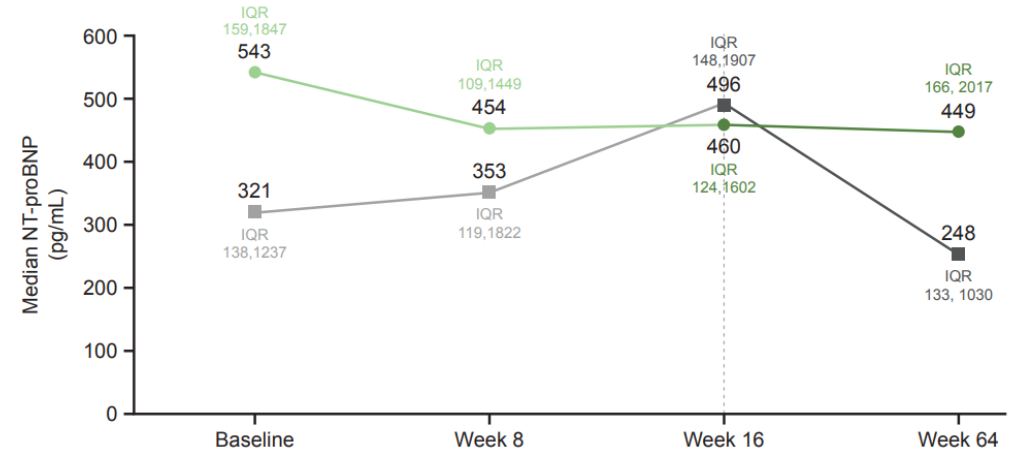
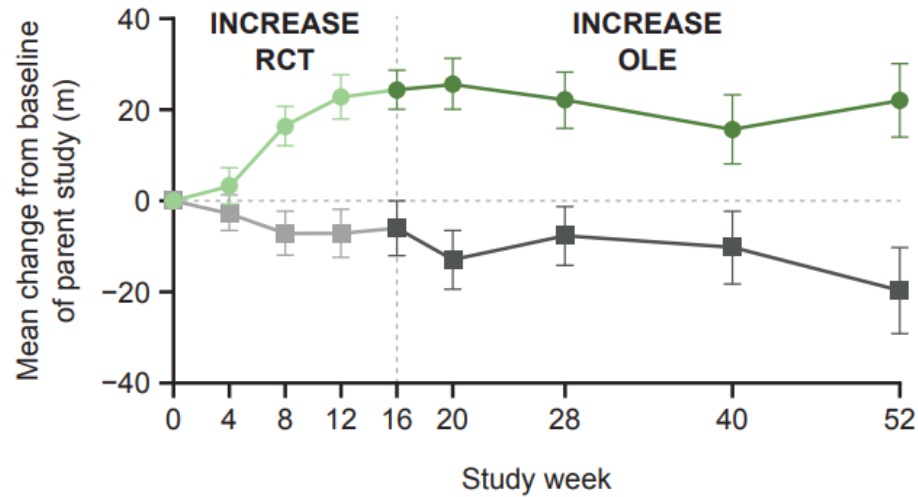
Subgroup - IPF

# Greater treatment effect in higher PVR & BNP

	Inhaled treprostinil (n)	Placebo (n)	Placebo-corrected difference in week-16 FVC, mL	p value
<b>Pulmonary vascular resistance, Wood units</b>				
<5.275	64	75	-1.6 (47.9; -95.9 to 92.8)	0.97
≥5.275	65	49	112.5 (52.6; 9.0 to 215.9)	0.033
<b>NT-proBNP, pg/mL</b>				
<503.85	62	75	19.9 (53.7; -86.3 to 126.1)	0.71
≥503.85	63	47	94.4 (47.4; 0.7 to 188.2)	0.048

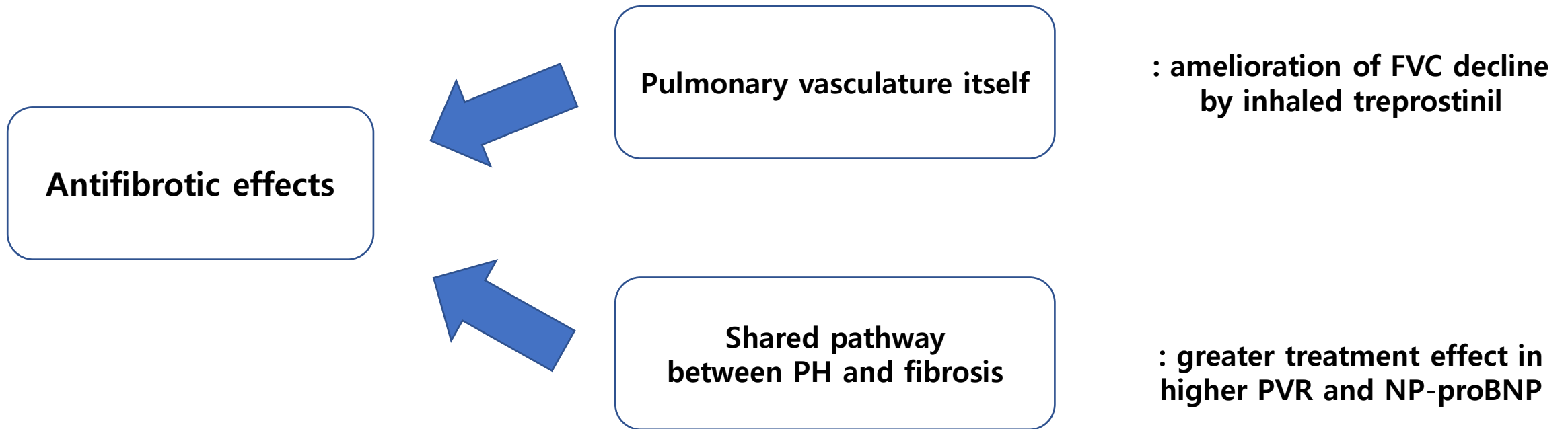
*Lancet respire med* 2021; 9(11):1266-1274

# Open label extension study

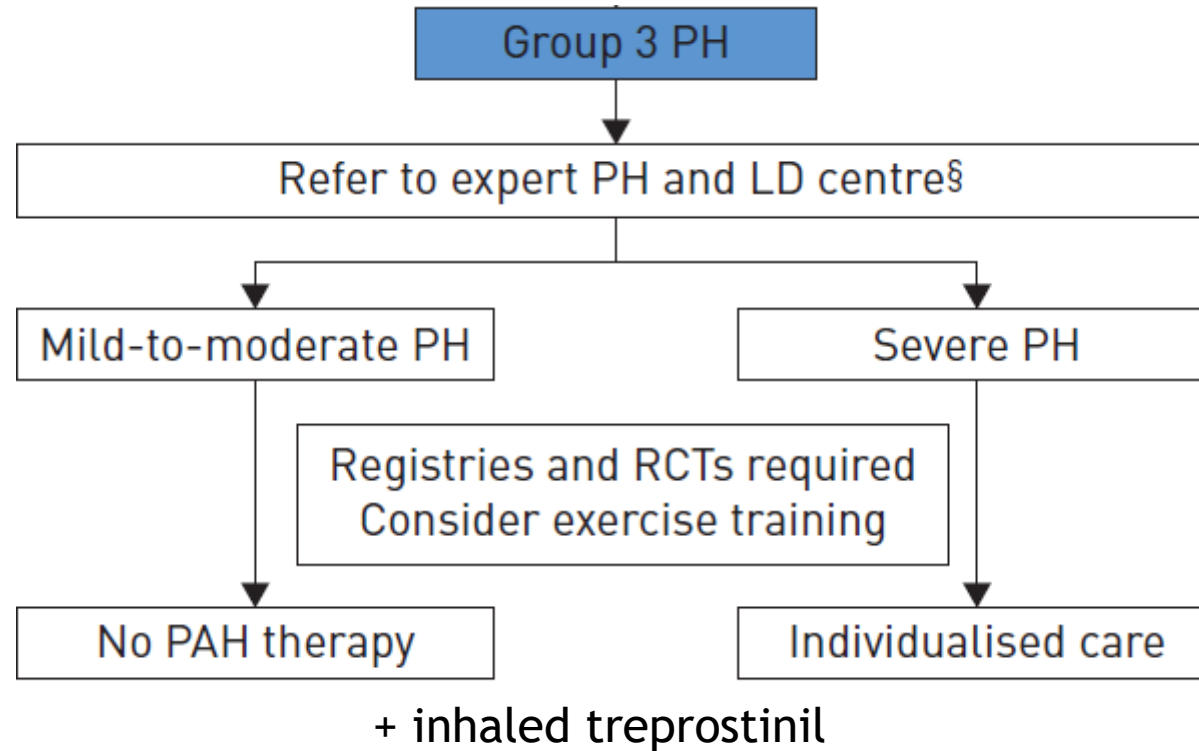


# Inhaled treprostinil

- Greater deposition of drug at the site of disease
  - Improvement of V-Q matching
- Fewer systemic side-effects



# Treatment strategy



*Eur Respir J* 2019; 53: 1801914

# Summary

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- Incompletely understood, under-recognised clinical entity
- Associated with significant mortality and morbidity
- Diagnostic dilemma
  - mPAP >20mmHg, PAWP ≤15mmHg, PVR ≥3WU + significant lung diseases
    - PAH with concomitant lung disease vs. PH due to lung disease
  - physiological testing, CT, and clinical context
- An area of great unmet medical need
  - Feasible option in severe PH, PDE5i (sildenafil)
  - The first therapeutic option, prostacyclin analogue (treprostinil)



# Thank you for your attention

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