Structural Heart Disease Interventions

An Update

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Metro Health - University of Michigan

Conflict of Interest Disclosure

• None

Objective

Review the latest updates in diagnosis, work-up and indications for contemporary percutaneous (nonsurgical) management of structural heart conditions:

- Severe aortic stenosis
- Stroke-risk reduction nonvalvular atrial fibrillation
- Stroke and presence of patent foramen ovale
- Severe mitral valve regurgitation

AORTIC STENOSIS

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Aortic Stenosis: Which patients are at elevated risk?

- Aortic sclerosis (<2% of cases progress to clinical aortic stenosis each year)
- Atherosclerotic disease
- Smoking
- Hypertension, hyperlipidemia
- Advanced age
- Congenital aortic valves abnormalities
- Genetic factors may predispose to abnormal tissue calcification
- Rheumatic fever
- Rare causes: Williams syndrome, SLE, radiation therapy

Should clinicians image patients who have elevated risk?

- Most asymptomatic patients don't need to be screened
- Study patients with a heart murmur or ejection click if
 - □Valvular or structural heart disease is suspected
 - □Such patients experience changes in clinical status
 - They have a new murmur and conditions that increase risk
 - There is any doubt about symptom status
- Women with suspected aortic stenosis should be evaluated before pregnancy

How should clinicians evaluate patients for aortic stenosis?

- Transthoracic echocardiography
 - Noninvasive
 - Relatively inexpensive
- Provides information about
 - Stenosis severity
 - Cardiac function
 - Presence and severity of valve abnormalities

CLINICAL BOTTOM LINE: Screening...

Risk factors

- Advanced age
- Atherosclerotic disease
- History of rheumatic heart disease
- Screen only if symptoms or signs suggest valvular heart disease
 - Cardiac murmur
 - Ejection click

Use transthoracic echocardiography

What symptoms or conditions should prompt clinicians to consider aortic stenosis?

- ➤ 3 cardinal symptoms
 - Angina
 - Dyspnea
 - □Presyncope or syncope
- >Once these occur, risk of death increases
 - □From <1% per year to 2% per month
 - □75% of symptomatic patients die within 3 years unless they receive a valve replacement

What laboratory tests and imaging studies should clinicians use to evaluate patients with suspected aortic stenosis?

- Echocardiography
- Retrograde catheterization of the heart to image the aortic valve and measure left ventricular pressure
 - Not recommended if noninvasive methods are adequate
- Hemodynamic criteria that indicate severe stenosis
 - Doppler velocity >4 m/s
 - Aortic valve area <1 cm² (<0.6 cm²/m² indexed to BSA)
 - Mean gradient >40 mm Hg

Echocardiography:

severe aortic stenosis, heavily calcified leaflets, restricted valve opening



Transcatheter aortic valve replacement (TAVR): Preintervention cardiac CT and valve deployment



What nondrug therapies should clinicians recommend?

- Moderate-to-severe or severe aortic stenosis
 - Avoid strenuous physical activity
 - Avoid sports that demand high muscular effort

What medications should clinicians use for treatment?

- Definitive management requires mechanical intervention
- No drug reverses aortic stenosis
- Prescribe appropriate medical therapy for associated risk factors or concurrent disease
 - Coronary artery disease
 - Atrial fibrillation
 - Diabetes mellitus
 - Heart failure
 - Hypertension (start at low dose and gradually titrate up)
 - Hyperlipidemia

When should patients be considered for valve replacement?

- When symptoms develop
 - Death rate after symptoms start is ≥2%/month
 - Delay risks sudden death
- When asymptomatic patients have severe stenosis
 - Risk for watchful waiting usually outweighs the risk for intervention
 - ACC/AHA guidelines recommend valve replacement for patients with very severe stenosis and low surgical risk
 - ACC/AHA guidelines recommend valve replacement for all patients with severe stenosis and LV dysfunction

Which patients should have surgical aortic valve replacement (SAVR)?

- Traditional, definitive, time-tested therapy
- Increasing use of bioprosthetic valves instead of mechanical valves
- Full sternotomy is the most common approach
- Partial sternotomy and mini-thoracotomy approaches are increasingly popular
- Surgical mortality is <3% overall; <2% in low-risk patients</p>
- Common reasons for wanting to avoid SAVR: advanced age; severe comorbidities; frailty

Minimally invasive aortic valve replacement via partial upper sternotomy



Which patients should have transcatheter aortic valve replacement (TAVR)?

Became available in 2011

- Equal or superior to SAVR in high-risk and intermediate-risk patients
- Usefulness in lower-risk patients proven in recent trials
- Well-suited for patient with advanced age, extra-cardiac comorbidities, or anatomical factors that would complicate an open surgical approach
- Transfemoral approach is the default
- Promising long-term data becoming available



Potential Advantages of TAVR

- Less Invasive, lower risk of bleeding
- Shorter Length of Stay and Recovery
- Similar rates of mortality and stroke (based on High/Intermediate risk trials)



Who Benefits from TAVR in 2019?

Choice of TAVR Versus Surgical AVR in the Patient With Severe Symptomatic AS (Modified)





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Concerns about TAVR in Low Risk Pts

- Paravalvular leak and pacemaker risk
- Valve Performance and Longevity
- Anatomic Considerations (i.e. Bicuspid AoV etc.)
- Young pts likely to need multiple AVRs

Device Evolution

- New generation devices are safer and more effective
- Less pacemaker and paravalvular leak
- Smaller profile and sheath size



Figure 1. Saplen valve (A); Saplen XT valve (B); Saplen 3 valve (C); Centera valve (Edwards Lifesciences) (D).



Original Article

Transcatheter Aortic-Valve Replacement with a Balloon-Expandable Valve in Low-Risk Patients

N Engl J Med Volume 380(18):1695-1705 May 2, 2019



Study Overview

- In a randomized trial, 1000 patients with severe aortic stenosis who were at low risk for death with surgery were assigned to undergo transcatheter aortic-valve replacement with a balloon-expandable valve or surgical aorticvalve replacement.
- At 1 year, the rate of death, stroke, or rehospitalization was significantly lower in the TAVR group.



Conclusions

 Among patients with severe aortic stenosis who were at low surgical risk, the rate of the composite of death, stroke, or rehospitalization at 1 year was significantly lower with TAVR than with surgery.



Original Article Transcatheter Aortic-Valve Replacement with a Self-Expanding Valve in Low-Risk Patients

N Engl J Med Volume 380(18):1706-1715 May 2, 2019



Study Overview

- In a randomized trial, 1468 patients with severe aortic stenosis who were at low risk for death with surgery were assigned to either transcatheter aortic-valve replacement with a self-expanding valve or surgical aortic-valve replacement.
- At 2 years, TAVR was noninferior to surgery with respect to death or disabling stroke.





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/ FDA expands indication for several transcatheter heart valves to patients at low risk for death or major complications associated with open-heart surgery

FDA NEWS RELEASE

FDA expands indication for several transcatheter heart valves to patients at low risk for death or major complications associated with open-heart surgery

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For Immediate Release: August 16, 2019

Press Announcements

The U.S. Food and Drug Administration today approved an expanded indication for several transcatheter heart valves to include patients with severe aortic valve stenosis (a narrowing of the heart's aortic valve that restricts blood flow to aorta, the body's main artery) who are at low risk for death or major complications associated with open-heart surgery to replace the damaged valves. These transcatheter valves – Sapien 3, Sapien 3 Illtra. CoreValve Evolut R and CoreValve Evolut PRO – were previously indicated only for

Content current as of: 08/16/2019

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Who Should Get Surgery Over TAVR? 2011 to 2019



Who Should Get Surgery Over TAVR?

• Risk stratification for TAVR is becoming obsolete

 Both cardiac surgeons and interventional cardiologists say the question has flipped

 25 percent of patients will be better suited for surgery for various reasons, but 75 percent of aortic valve replacements will move to TAVR in the next few years

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Rationale for LAA occlusion

- 60% of atrial thrombi in valvular AF LAA
- in NVAF >90% of thrombi were located in the LAA.
- LAA found to be the dominant source of thrombus in patients with NVAF
- reduces the risk of AF-induced stroke in such a range that it outweighs the possible risk on procedural complications.

LAA OCCLUSION FOR STROKE PREVENTION IN AF



LAA FUNCTION AND THROMBUS FORMATION

- Normal contraction of the LAA during SR and adequate blood flow within the LAA lower the risk for thrombi
- Thrombus formation reduced contractility and stasis ensue.
- AF -decrease in LAA contractility and function, manifest as a decrease in Doppler velocities and dilation of the LAA.
- Significant LV dysfunction and elevated LV EDP -LAA thrombus formation in the absence of AF.

LAA OCCLUSION FOR STROKE PREVENTION IN AF

Indications for percutaneous LAA closure

- Patients with AF at high stroke risk with high risk (or recurrence) of bleeding under (N)OAC due to
- Uncontrolled, severe hypertension
- Coagulopathies—low platelet counts, MDS
- Inherited bleeding disorder— vWD, haemophilia
- Severe hepatic or renal dysfunction—eg, alcoholic liver disease,cirrhosis

LAA OCCLUSION FOR STROKE PREVENTION IN AF


Contraindications for percutaneous LAA closure

- Low risk for stroke CHA(2)DS2-(VASc)=0
- VHD(eg, MS)
- Other indications for long-term or lifelong OAC—mechanical prosthetic valve, PTE and DVT ,thrombi in the LA or LV
- Contraindications for transseptal LA thrombus or tumour, active infection, uncooperative patient,(presence of ASD/PFO closure device) a thrombus in the LAA

LAA OCCLUSION FOR STROKE PREVENTION IN AF

Watchman device

- approved by FDA in 2015 for nonvalvular AF patients at risk for stroke without contraindication to anticoagulation.
- Watchman Left Atrial Appendage System for Embolic Protection in Patients With Atrial Fibrillation (PROTECT-AF) trial -trial to examine the efficacy of the Watchman device.
- self-expanding nitinol frame covered with a porous filtering PET (polyethylene terephthalate) membrane.

LAA OCCLUSION FOR STROKE PREVENTION IN AF

Watchman Device



Watchman Device

WATCHMAN Device



Watchman Device





LA Angiogram

TEE Image



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Amplatzer Amulet Device



- PROTECT AF (WATCHMAN Left Atrial Appendage System for Embolic Protection in Patients With Atrial Fibrillation) -Watchman device was equivalent to warfarin for preventing stroke in atrial fibrillation, but had a high rate of complications.
- PREVAIL (Evaluation of the WATCHMAN LAA Closure Device in Patients with Atrial Fibrillation Versus Long Term Warfarin Therapy), complication rate was low.

LAA OCCLUSION FOR STROKE PREVENTION IN AF

 PREVAIL and PROTECT AF are prospective randomized clinical trials with patients randomized 2:1 to LAAC or

warfarin; together, they enrolled 1,114 patients for 4,343 patient-years.

 These 5-year outcomes of the PREVAIL trial, combined with the 5-year outcomes of the PROTECT AF trial-Watchman provides stroke prevention in NVAF comparable to warfarin,with additional reductions in major bleeding, particularly hemorrhagic stroke, and mortality.

LAA OCCLUSION FOR STROKE PREVENTION IN AF

Non-valvular atrial fibrillation with increased thromboembolic risk (CHA2DS2-VASc >2)



^{* 2012} focused update to the European Society of Cardiology recommendation (8)

^{# 2014} American Heart Association/American College of Cardiology/Heart Rhythm Society recommendation (7)

^{\$} European Heart Rhythm Association/European Association of Percutaneous Cardiovascular Interventions expert consensus statement on catheter-based left atrial appendage occlusion (13) ? Debated



 LAA Occlusion is an option for patients with AF and high bleeding risk as well as high stroke risk

 Class IIB indication in 2019 focused update of ACC/AHA/HRS Atrial Fibrillation guidelines

• More centers and better safety in last few years

PATENT FORAMEN OVALE CLOSURE IN 2019

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- PFO is associated with cryptogenic stroke (stroke of unclear etiology)
- PFO is present in 20-25% of the adult population,

• 40% of adults with cryptogenic stroke have a PFO.

Cryptogenic stroke¹

- Ca. 25% (10-40%) of patients with ischemic stroke have no probable cause found after standard workup (TTE, 24-hour Holter monitoring, MRI or CT of of the infarct in the brain / neck and brain arteries, blood work).
- Embolic strokes of undetermined source (nonlacunar brain infarcts without substantial proximal arterial stenosis or major cardioembolic sources) represent 80 to 90% of all cryptogenic ischemic strokes.
- Occult, low-burden, paroxysmal atrial fibrillation is increasingly recognized as a source of cryptogenic stroke, especially in older patients (>60 y. of age).
- Low risk of recurrence with aspirine: 1-2% per year.

Cryptogenic stroke (CS) is a diagnosis of exclusion

Conventional classification:

Atherosclerotic

Small arterial occlusion

Cardioembolic

Other causes

Cryptogenic

Potential etiologies of CS:

Paroxysmal atrial fibrillation

Aortic arch atheromas

Inherited thrombophilias

Patent foramen ovale

Patent foramen ovale (PFO)

- Persistent opening between the atrial septum primum and secundum at the level of the fossa ovalis
- Prevalence: 27.3%¹
- Mean size ca. 5 mm
- Larger shunt size:
 atrial septal aneurym
 - atrial septal aneurym
 - prominent valvula Eustachii





PFO and stroke

NEJM 1988¹

- 60 adults < 55 years with ischemic stroke and normal cardiac exam
- PFO prevalence
 - controls: 10%
 - stroke with identif. cause:

21%

- stroke with risk factor: 40%
- stroke without identif. cause: 54%



Echocardiographic Assessment of a Patent Foramen Ovale



PFO closure and stroke: 1992-2016

Circulation 1992¹

- Case series of 36 patients with presumed paradoxical embolism (strokes, TIAs, systemic arterial emboli, brain abscesses)
- Transcatheter closure can be accomplished with little morbidity

Clinical trials

- CLOSURE: N Engl J Med. 2012;366:991-9
- PC: N Engl J Med.
 2013;368:1083-91
- RESPECT: N Engl J Med. 2013;368:1092-10

None of the trials showed superiority of PFO closure vs. medical therapy in the prevention of recurrent vascular events.

PFO and stroke

RoPE score 2013¹

- Age, cortical infarct, nonsmoker, first event, no diabetes nor hypertension
- Score 10: 29 y. old with cortical infarction and no CV risk factor
- Score 0: 70 y. old smoker with hypertension, diabetes, prior stroke and no cortical infraction

ROPE Score	PFO %	Attrib. Risk	Recurr. Rate @2y
0-3	23	0	20 (12-28)
4	35	38	12 (6-18)
6	47	62	8 (4-12)
8	67	84	6 (2-10)
9-10	73	88	2 (0-4)

PFO and stroke – what have learned so far

- Paradoxical embolism can lead to stroke but is usually a diagnosis of presumption
- There are "incidental" PFOs and there are "dangerous" PFOs
- 2014 AHA stroke prevention guidelines: For patients with a cryptogenic ischemic stroke or TIA and a PFO without evidence for DVT, available data do not support a benefit for PFO closure (Class III; Level of Evidence A).
- Study design matters: identification of "dangerous" PFOs, length of f/u, not all devices are performing equally well



PFO closure and stroke – a new era begins (2017)





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Free Full Text | @Audio | @ Comment Patent Foramen Ovale after Cryptos

Assessing the Evidence for Closure A. Farb, N.G. Ibrahim, and B.D. Zuckern

Patent Foramen Ovale Closure or Antic vs. Antiplatelets after Stroke J.-L. Mas and Others CME Q Comments

Long-Term Outcomes of Patent Foram Closure or Medical Therapy after Strok J.L. Saver and Others

Patent Foramen Ovale Closure or Antig Therapy for Cryptogenic Stroke L. Sandergaard and Others



	RESPECT ext. f/u (n=980; 46 y.)	CLOSE (n=664; 43y.)	REDUCE (n=664; 45 y.)
Design	 Event driven 1:1 rand. Device vs. medical therapy 	 900 pts. 1:1:1 Antiplatelet vs. OAC vs. device 	 N=664 2:1 Device + ASA vs. antiplatelet
Follow-up	• 5.9 y (IQR 4.2-8y)	• 5 +/- 2 y.	• 3.2 y (IQR 2.2-4.8)
Primary endpoint	StrokeAll-cause mortality	Stroke	StrokeBrain infraction
Device	AmplatzerASA for 6 mo.	11 diff. devices	HELEX or GSOPlus antiplat. tx.
Inclusion criteria	 18-60 y. of age CS* (270 days prior) 	 16-60 y. of age CS* (6 months prior) 	 18-59 CS* (180 days prior)
Outcome	 Closure superior HR 0.55 (0.31-0.999) 	 Closure superior to antiplatelet HR 0.04 (0-0.27) 	 Closure superior (stroke prevention) HR 0.23 (0.09-0.62)

Percutaneous closure of a Patent Foramen Ovale



Patent Foramen Ovale Closure Devices



(A) The Gore Cardioform septal Occluder. (B) The AMPLATZER PFO Occluder

• The data from REDUCE suggests that, for every 28 closed patients, one stroke is avoided at 2 years

 In both REDUCE and CLOSE trials, PFO closure was associated with a higher risk of atrial fibrillation, which was believed to be primarily due to the closure procedure itself (i.e., self-limited).

- CLOSE and REDUCE were likely positive because of stricter enrollment criteria, leading to the inclusion of subjects whose presenting stroke was secondary to PFO rather than another etiology
- In summary, PFO closure is of moderate benefit compared to antiplatelet therapy alone in the prevention of recurrent ischemic stroke in adults up to 60 years of age.
- It remains unknown how PFO closure compares to systemic anticoagulation (e.g., with novel oral anticoagulants) for the prevention of recurrent ischemic stroke.

Suggested algorithm for CS and PFO



PERCUTANEOUS MITRAL VALVE INTERVENTIONS (REPAIR): CURRENT INDICATIONS AND FUTURE PERSPECTIVES

Metro Health - University of Michigan

Mitral Valve

- Mitral valve regurgitation (MR) is the commonest valvular abnormality encountered among adult patients with cardiac valvular disease and conveys significant morbidity and mortality
- The mitral value is a complex anatomical structure and etiology for regurgitation is classified as either *primary* or *secondary* MR



Normal mitral

Primary mitral requrgitation due to Primary mitral regurgitation due to

Functional mitral

Primary Mitral Regurgitation

• Medical therapy has a limited to no role

• Surgical therapy is the treatment of choice

 MV repair is the preferred mode of therapy considering the lower operative mortality, superior long-term survival, and fewer valve related complications from bleeding and endocarditis compared to valve replacement

Primary Mitral Regurgitation

 Based on the 2017 update to 2014 AHA/ACC valvular guidelines, decision regarding candidacy for intervention in chronic *primary* MR is dependent on disease severity, symptom status, LV size and function, rest or exercise pulmonary hypertension, new onset atrial fibrillation, likelihood for successful repair and patient preference

Secondary Mitral Regurgitation

- Optimal pharmacologic therapy (GDMT) is recommended in the management of HFrEF and severe MR
- Cardiac resynchronization therapy(CRT) among selected patients with LV dysfunction and dyssynchrony
- In general, neither MV replacement nor repair has been shown to improve survival in the treatment of severe *functional* MR, only symptoms
Mitra Clip- Percutaneous Mitral Valve Repair

 MitraClip placement in a specific group of patients with disproportionately severe *functional* MR was shown to improve outcomes including survival

 Guidelines are yet to be updated to reflect recent data on use of percutaneous MV therapies such as the MitraClip in functional MR

Mitra Clip- Percutaneous Mitral Valve Repair

- MitraClip is a cobalt chromium clip with two arms and works by grasping and approximating edges of the anterior and posterior valvular leaflet segments in patients with severe MR.
- MitraClip received initial CE-Mark approval in Europe in 2008 and was approved by the FDA in 2013 for use in *primary* MR and 2019 for use in *functional* MR.





Original Article

Transcatheter Mitral-Valve Repair in Patients with Heart Failure

COAPT Trial

N Engl J Med Volume 379(24):2307-2318 December 13, 2018



Conclusions

- Among patients with heart failure and moderate-to-severe or severe secondary mitral regurgitation who remained symptomatic despite the use of maximal doses of guidelinedirected medical therapy, transcatheter mitral-valve repair resulted in a lower rate of hospitalization for heart failure and lower all-cause mortality within 24 months of follow-up than medical therapy alone.
- The rate of freedom from device-related complications exceeded a prespecified safety threshold.



Original Article

Percutaneous Repair or Medical Treatment for Secondary Mitral Regurgitation

MITRA FR trial

N Engl J Med Volume 379(24):2297-2306 December 13, 2018



Conclusions

 Among patients with severe secondary mitral regurgitation, the rate of death or unplanned hospitalization for heart failure at 1 year did not differ significantly between patients who underwent percutaneous mitral-valve repair in addition to receiving medical therapy and those who received medical therapy alone.





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FDA NEWS RELEASE

FDA approves new indication for valve repair device to treat certain heart failure patients with mitral regurgitation

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For Immediate Release: March 14, 2019

Press Announcements

The U.S. Food and Drug Administration today approved a new indication for a heart valve repair device that is intended to reduce moderate-to-severe or severe mitral regurgitation, a leakage of blood backward through the mitral valve into the heart's left atrium that can cause heart failure symptoms such as shortness of breath, fatigue and swelling in the legs. When first approved in 2013, the MitraClip Clip Delivery System (MitraClip) was indicated Metro Health – University of Michigan Health

Content current as of: 03/14/2019

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Summary: Mitral Regurgitation in 2019

• Primary MR : Surgery, repair when possible

- Secondary MR :
- 1. GDMT
- 2. CRT D (if indicated)
- 3. Revascularization (if needed)
- 4. Mitral Clip in selected patients

Thank you

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