

## MHIF Research Highlights: APRIL 2020

### RESEARCH HIGHLIGHTS IN THE NEWS

**Dr. Steven Bradley** was interviewed for Twin Cities Public Television's (TPT) *Coronavirus – An Almanac Special* on April 17

Follow MHIF on social media or visit [tpt.org/Almanac/](http://tpt.org/Almanac/) to see the full episode



**Dr. Santiago Garcia** was interviewed by Health News Daily and quoted in a story published in *U.S. News & World Report*

*Is COVID-19 Causing More People to Suffer Heart Attacks at Home?*



*Interested in MHIF Updates During COVID-19?*

Visit [mplsheart.org/coronavirus/](http://mplsheart.org/coronavirus/)

### MHIF FEATURE:

**HemoLung** Emergency Use of ECCO2R  
Dr. Saavedra-Romero

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**MHIF Research Tiger Team** ready to support HemoLung with 24/7 onsite research coverage!

**Carina Benson, Jake Jensen, Andrew Nauertz, Alyssa Taffe, Lisa Tindell, Kari Williams**

**HOPE**  
DISCOVERED HERE™

**Minneapolis Heart Institute Foundation**  
Creating a world without heart and vascular disease

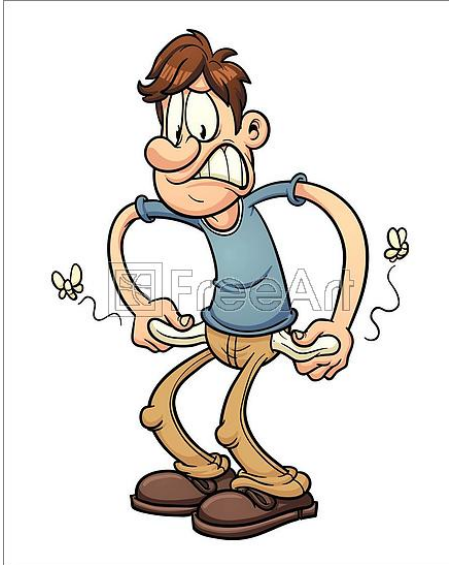
# Vascular brachytherapy, the rise of the Phoenix

Michael Megaly, MD, MS

April 20<sup>th</sup>, 2020



Still no disclosures!!



## Objectives

1- What is recurrent (resistant) in-stent restenosis?

2- Vascular brachytherapy; mechanism, outcomes, and current use

3- Future directives

## In-stent restenosis (ISR)





**Not only important for interventional cardiologists**

Major limitation

Understand options of treatment

# Restenosis

-  **Lumen diameter reduction after PCI**
-  **Angiographic diagnosis**

**Target lesion revascularization (TLR)**  
(revascularization of the same lesion)

- **1-Angiography driven (ISR >70%) or Ischemia driven (symptoms or stress test)**
- **2-TVR (target vessel revascularization) is revascularization of the same vessel.**



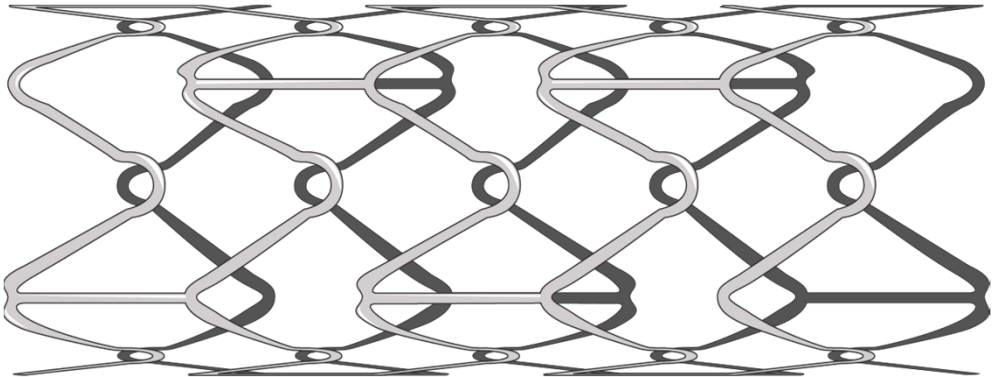
**Pre-stent era  
(32%-55%)**



Stoker 2012 Circ Int  
Stone 2004 NEJM  
Stettler 2007 Lancet  
Dangas 2010 JACC

**BMS**

17-44 % (2-5 years)

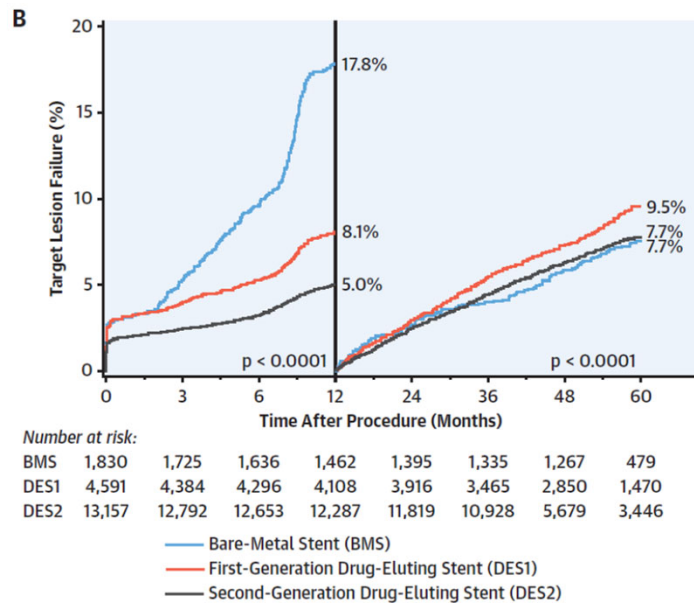


Stoker 2012 Circ Int  
Stone 2004 NEJM  
Stettler 2007 Lancet  
Dangas 2010 JACC

## DES

ISR up to 20%  
TLR 2-6% at 1 year (and increasing)

10% of PCI in NCDR are for ISR



Madhavan 2020 JACC  
Mousa 2018, Abstract ACC

**Is it bad?**

Recurrence of angina symptoms

Acute coronary syndrome (10%)

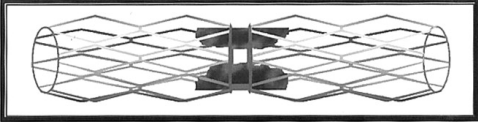
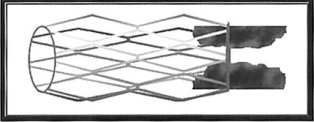
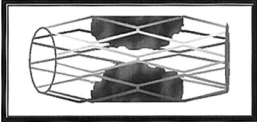
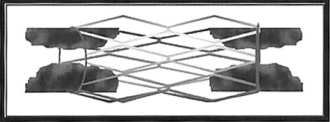
Independently associated with 4-year **mortality** (Cassese 2015, EHJ) 10,004 patients

**Patterns**

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***ISR Pattern I: Focal***

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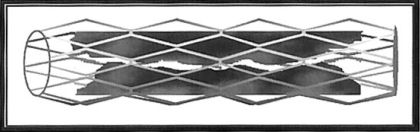
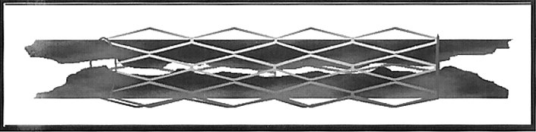
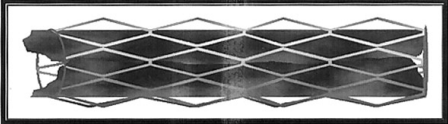
 <p><b><i>Type IA: Articulation or Gap</i></b></p>	 <p><b><i>Type IB: Margin</i></b></p>
 <p><b><i>Type IC: Focal Body</i></b></p>	 <p><b><i>Type ID: Multifocal</i></b></p>

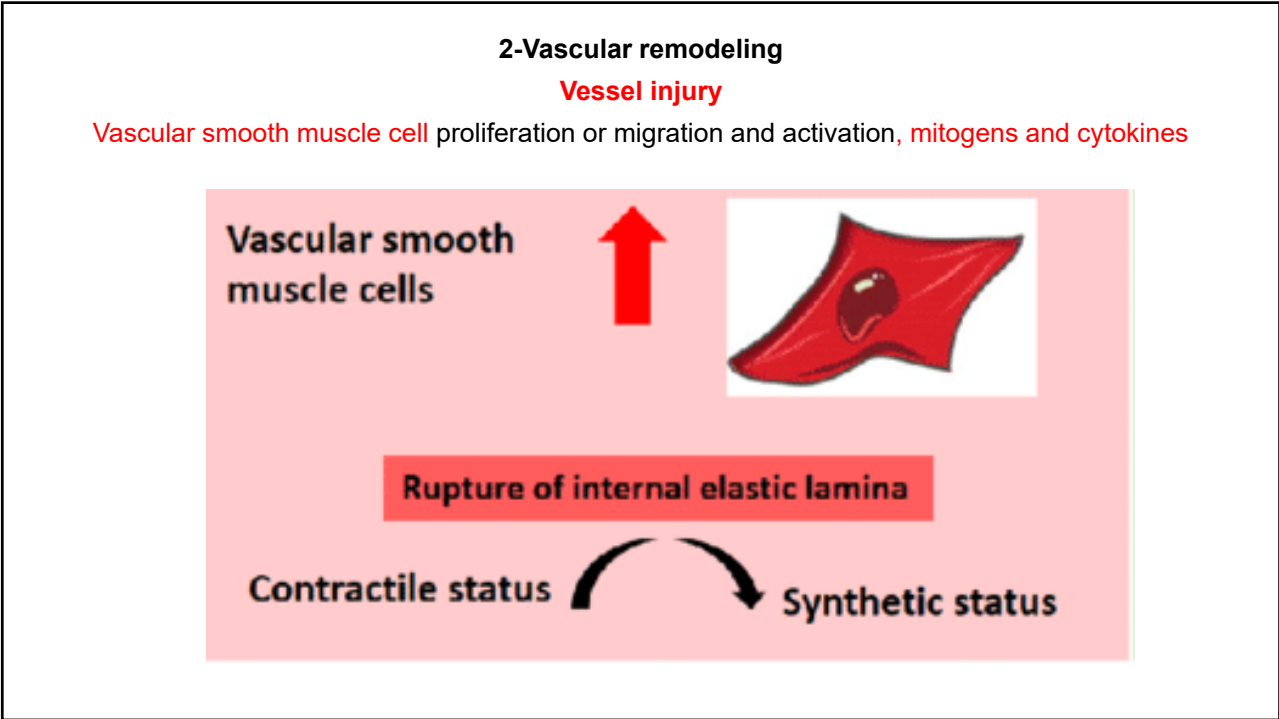
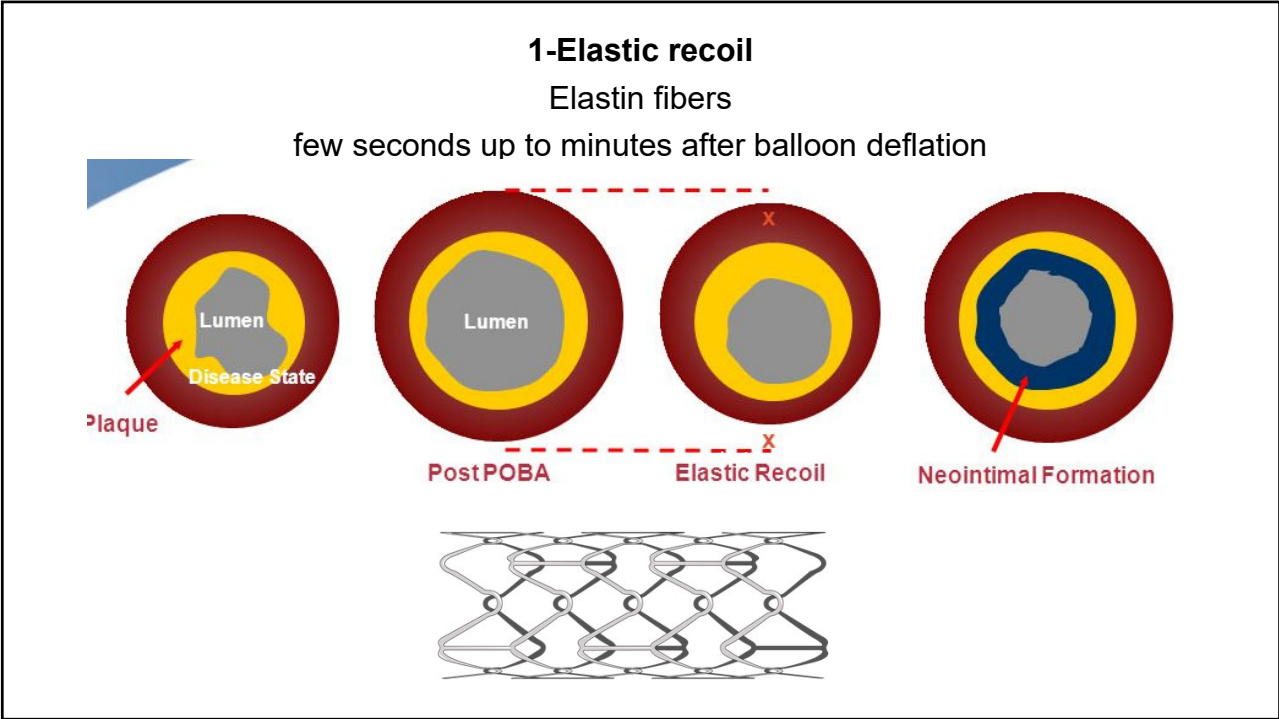
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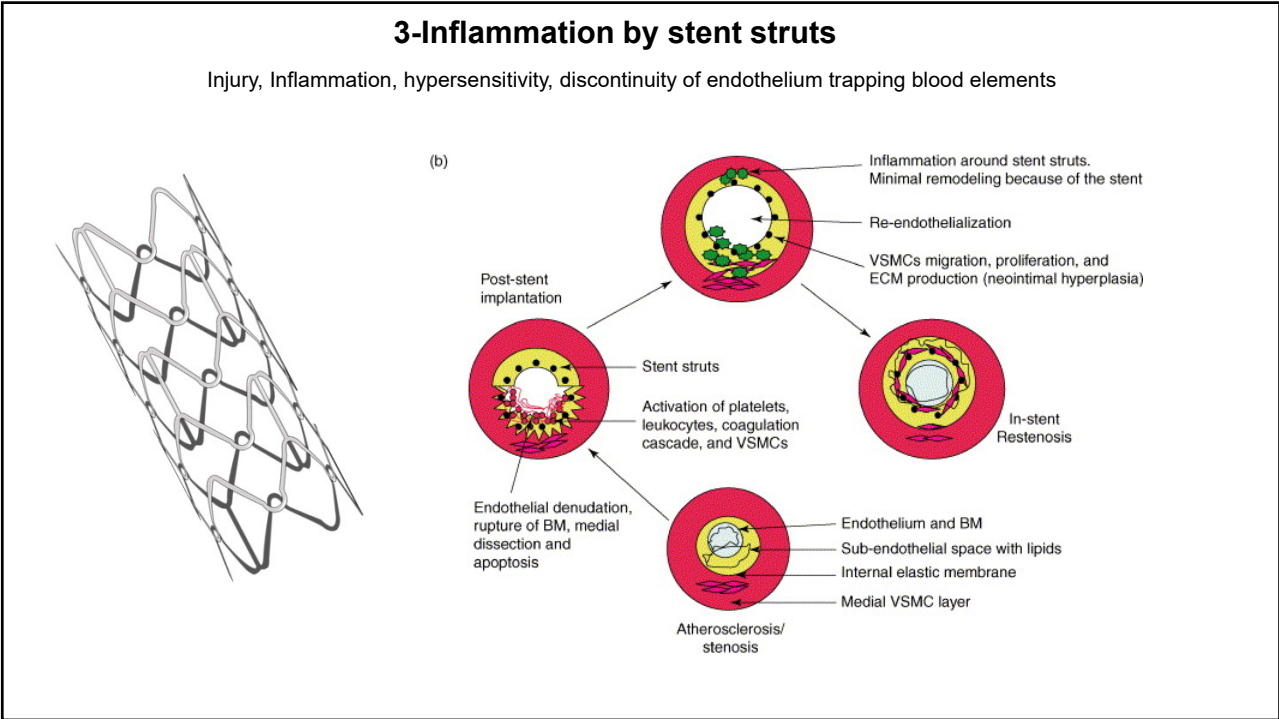
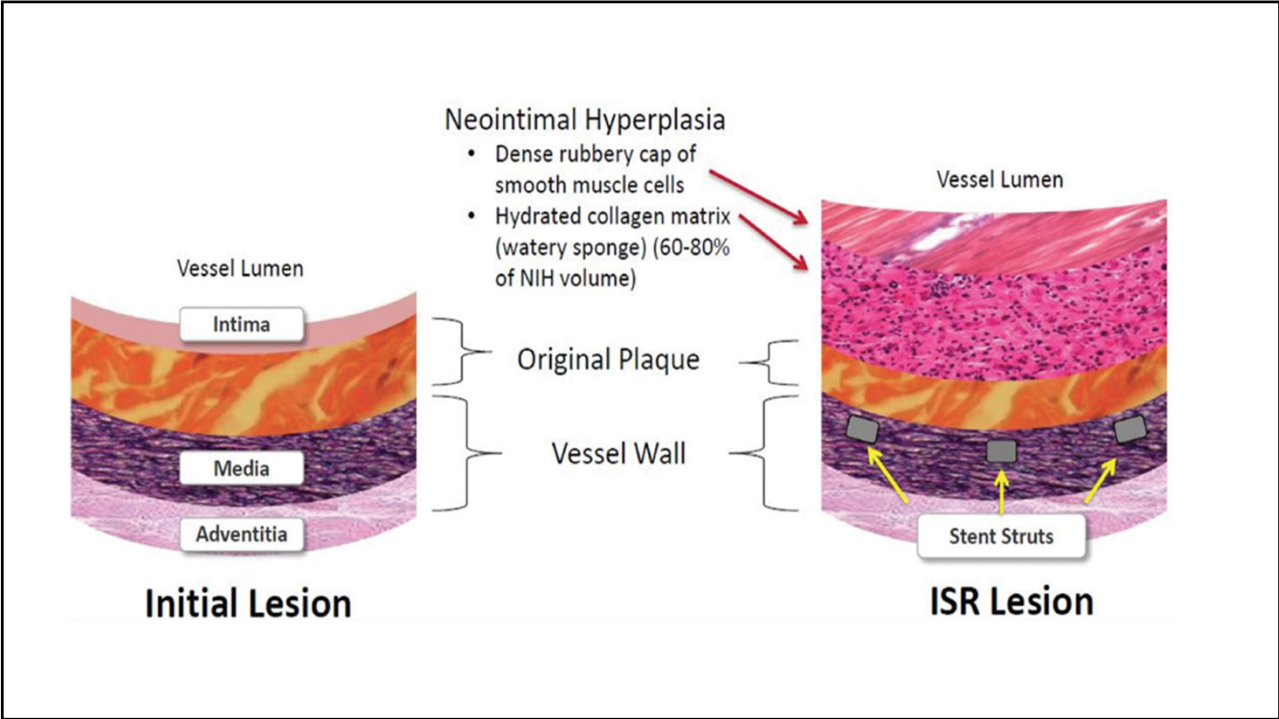
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***ISR Patterns II, III, IV: Diffuse***

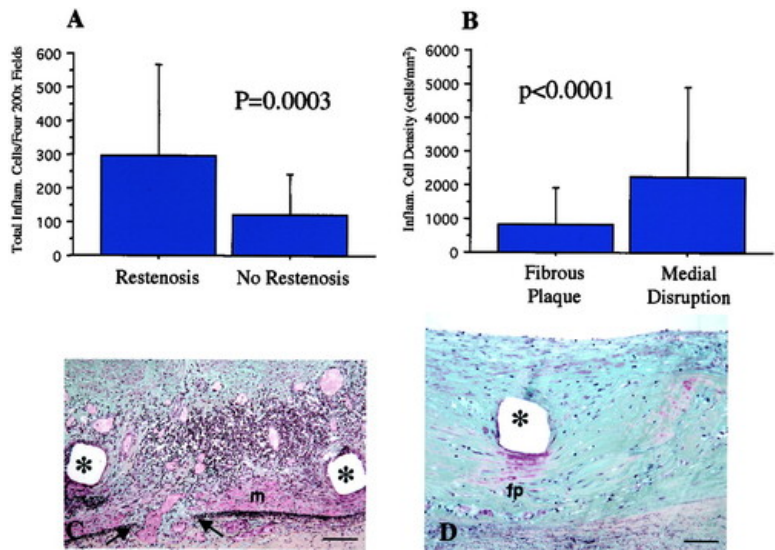
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 <p><b><i>ISR Pattern II: Intra-stent</i></b></p>	 <p><b><i>ISR Pattern III: Proliferative</i></b></p>
 <p><b><i>ISR Pattern IV: Total Occlusion</i></b></p>	





**116 stented lesions** (at least 90 days) → postmortem detailed histological analysis  
Greater accumulation of **inflammatory cells (2.4-fold increase)** in restenosis lesions



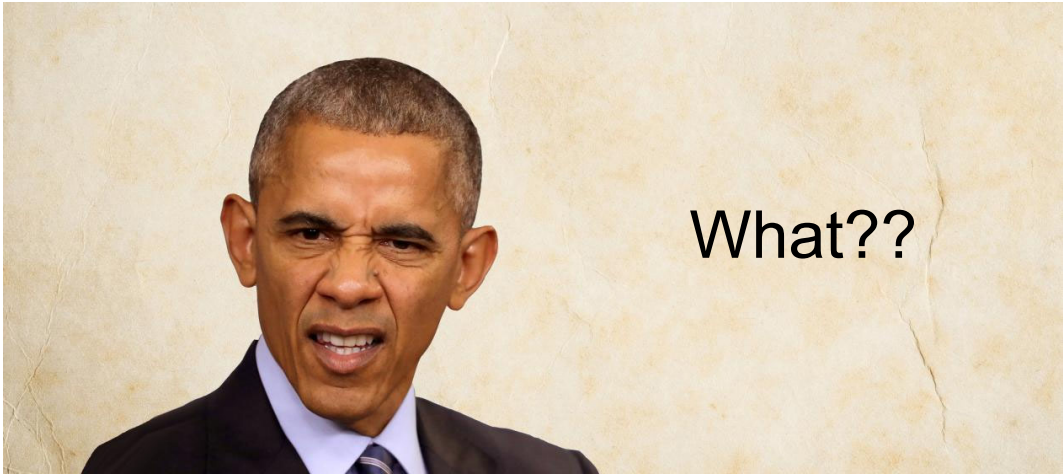
Farb 2002, Circulation



**What else?**



# 4-Neoatherosclerosis

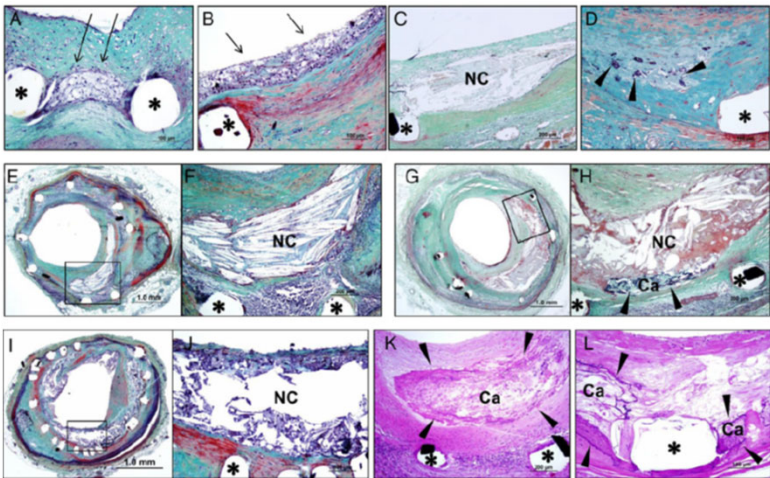


**Atherosclerotic lesions** affecting the **neointima**

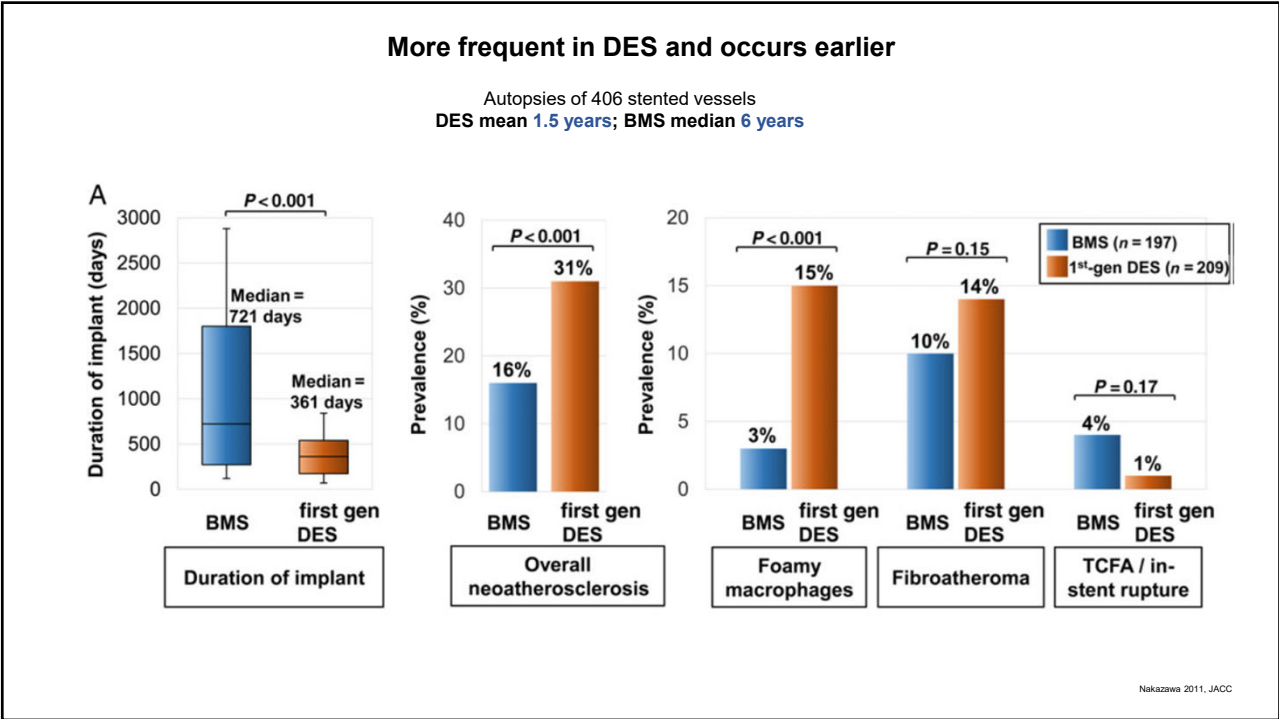
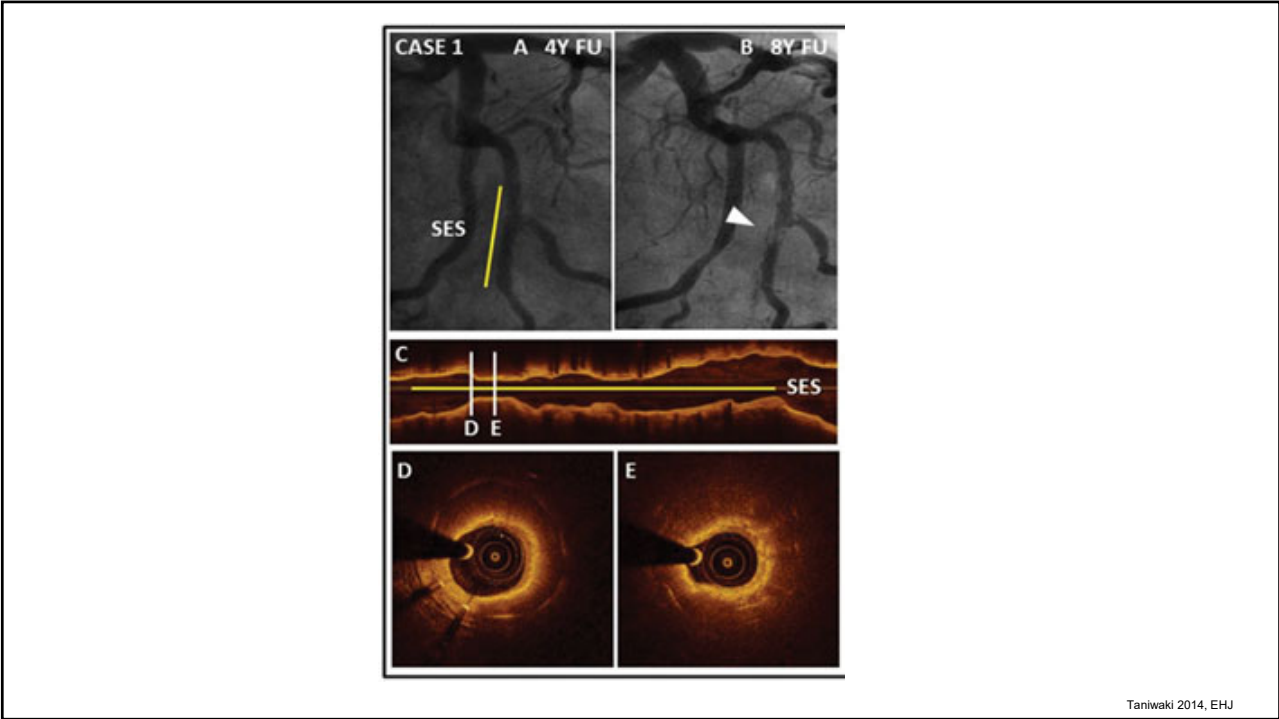
Can be **calcific**

Can occur at anytime (**earlier in DES**)

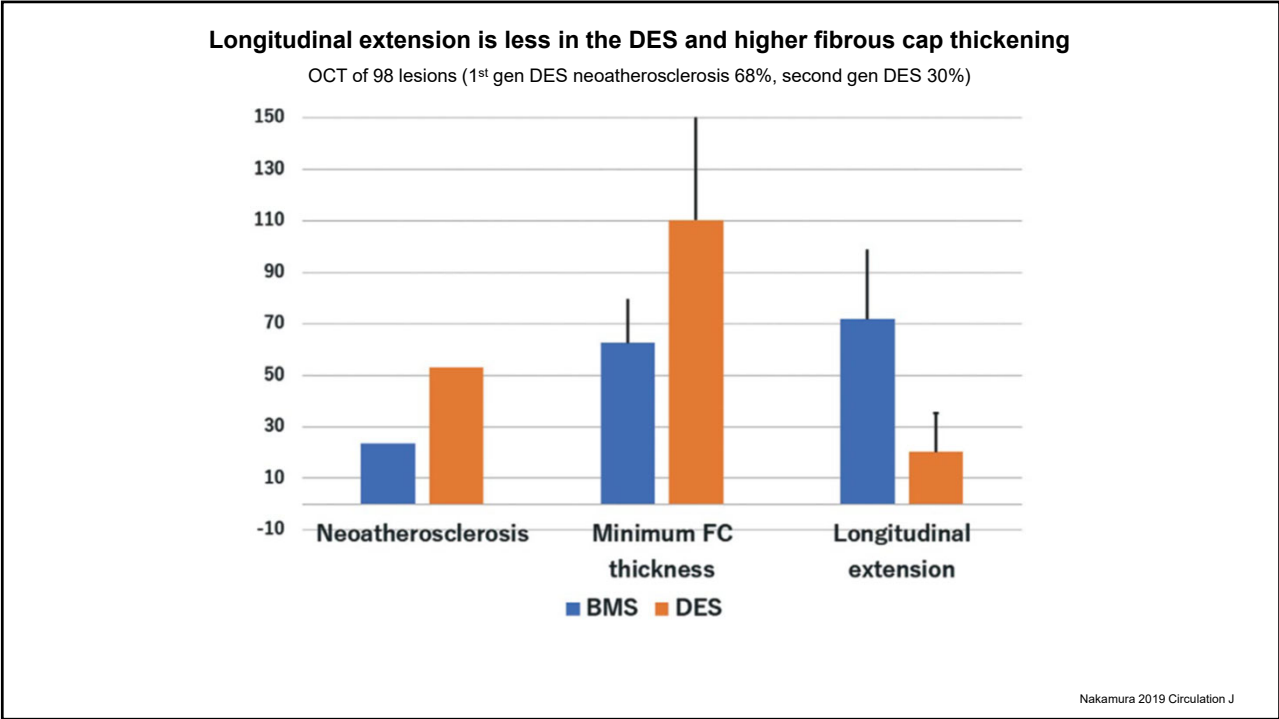
Correlated with late stent thrombosis



(Nakamura 2016 Circ Intv.)







### Patients

Diabetes (IGF-1 induced neointimal hyperplasia)

Hemodialysis

Certain polymorphisms



### Lesions

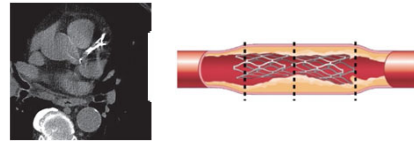
Inhomogeneous distribution of the drug  
calcification, tortuosity

Underlying unstable lesion

Stent deployment problems (malapposition,  
underexpansion, edge dissection)

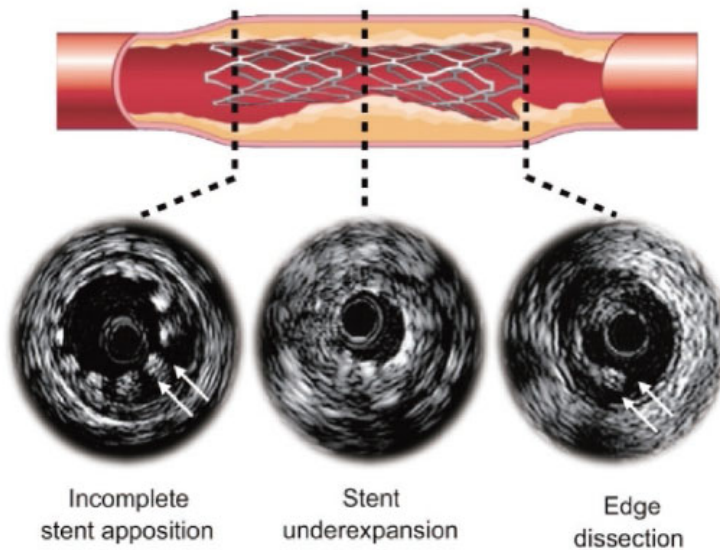
Long stents (>32 mm) Small stents (< 3 mm)

Stent fracture



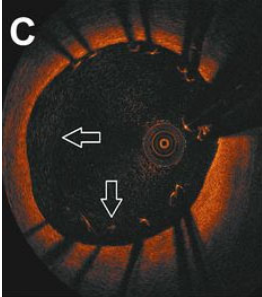
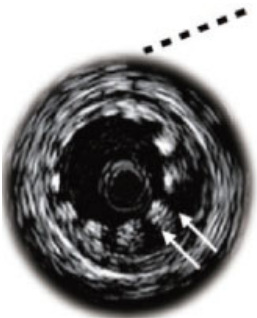
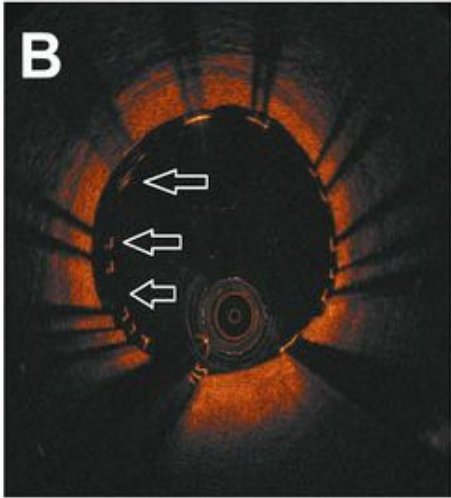
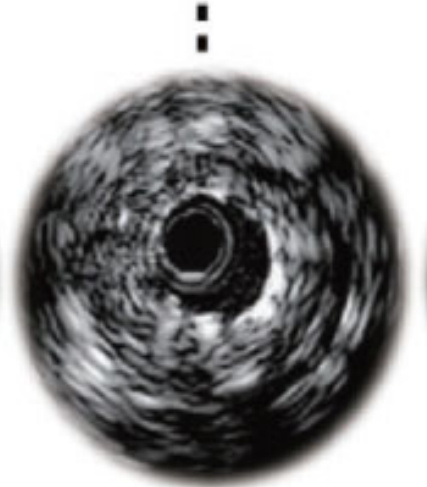
Alina 2014, A.J.C.  
Stone 2010, JACC  
Costa 2010, JACC: IM  
Nakazawa 2011, JACC  
Nishiwaki 2009, JACC

### Stent deployment problems



### Stent under expansion

Minimum lumen area <90% of the average reference lumen area

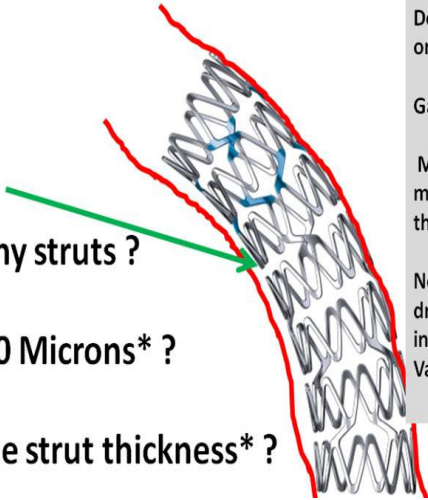


### Mal-apposition

How many struts ?

200 Microns\* ?

One strut thickness\* ?



Detected by IVUS/OCT only

Gaps > 200 microns

Mal-apposition has more concern with DES than BMS.

Non contact zones lack drug delivery resulting in inhomogenous neo Vascularisation.

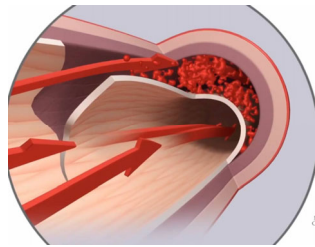
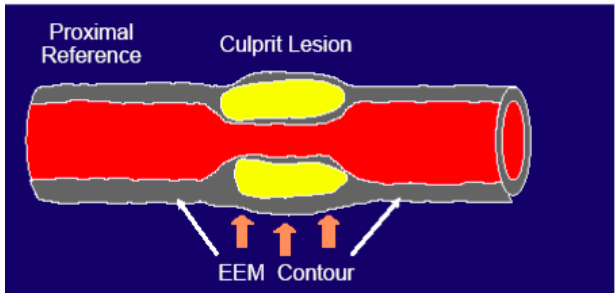
### Late stent malapposition

1-Positive remodeling of the vessel

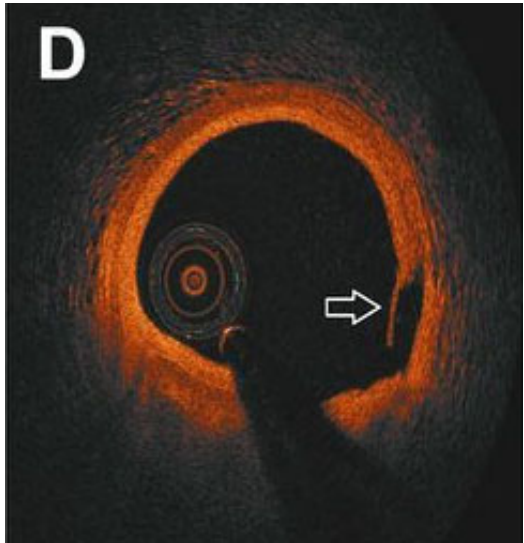
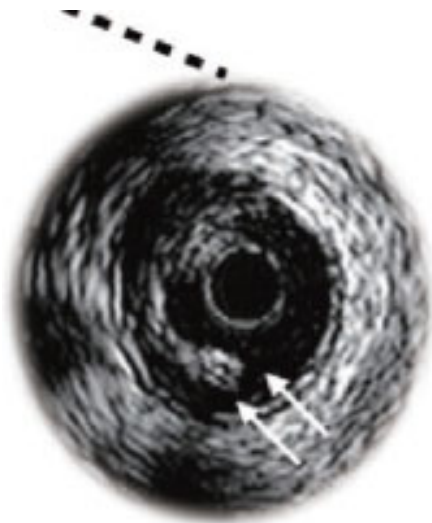
2-Dissolution of the thrombus or partial regression of atherosclerotic plaque

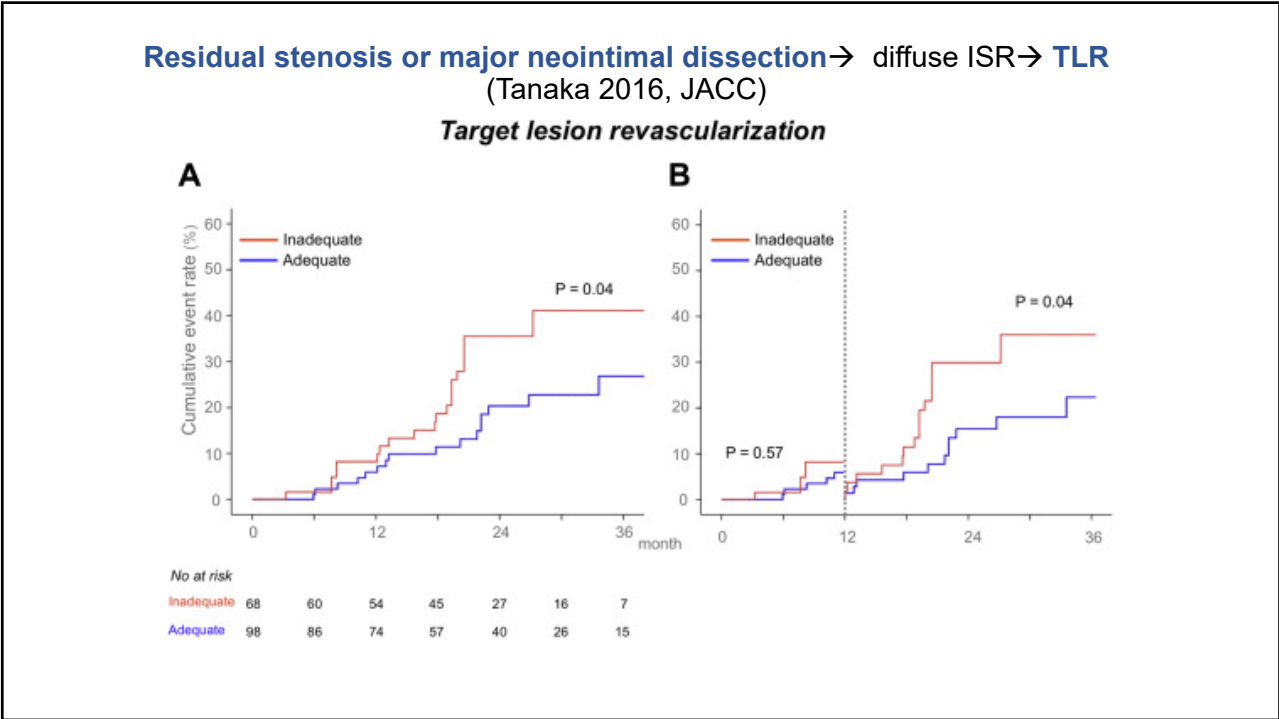
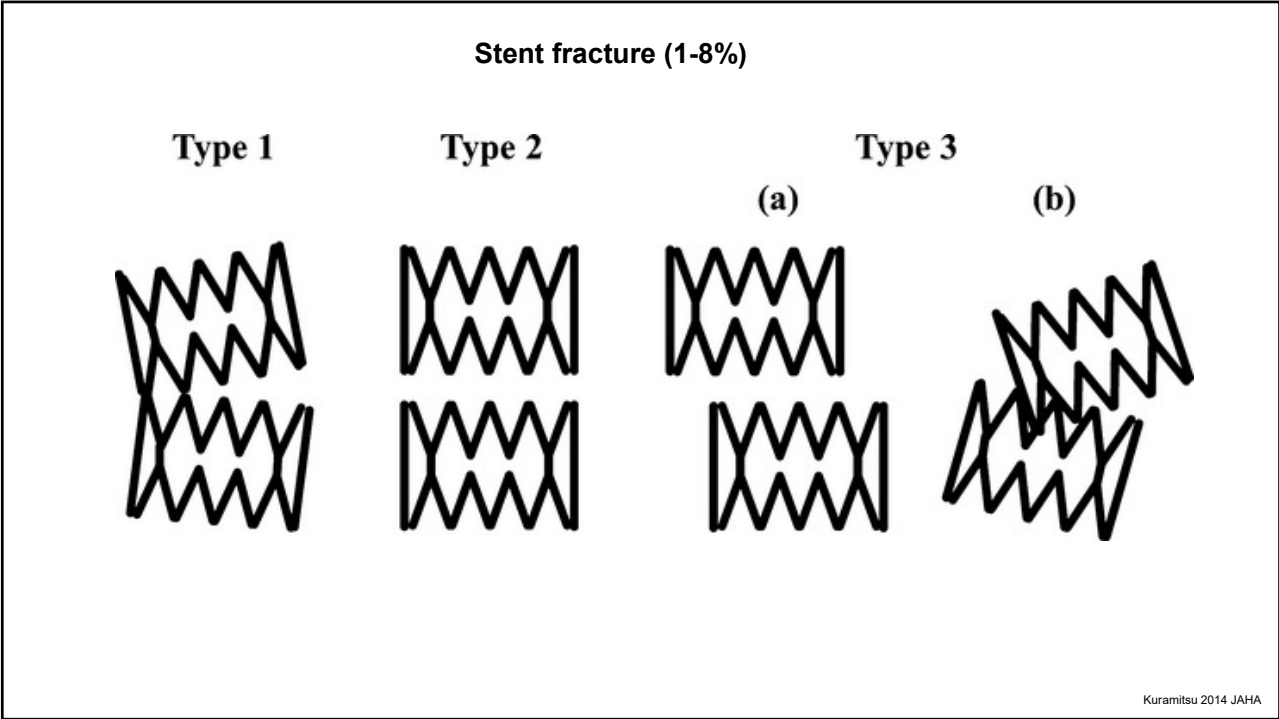
**SCAD**

3-Chronic stent recoil.



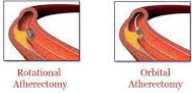
### Edge dissection



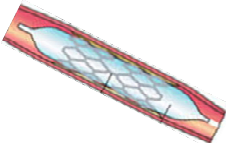


### Prevention

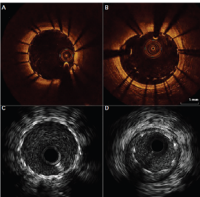
**1-Good lesion preparation**



**2-Post-dilation**



**3-Using intravascular Imaging**



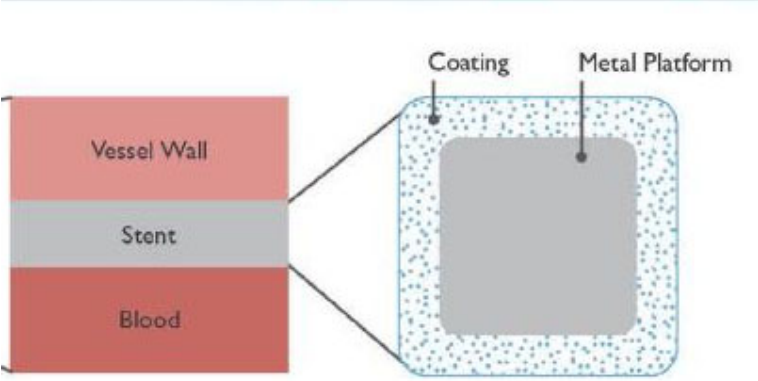
### Drug-eluting stents

1- **platform** (e.g., thin-strut cobalt chromium vs. thick-strut stainless steel)

2- **polymer** (thinner and/or biodegradable and/or its absence)

3- **drug** (biolimus and zotarolimus).

TLF in newer generation stent is about 5% first year, 12% over 5 years

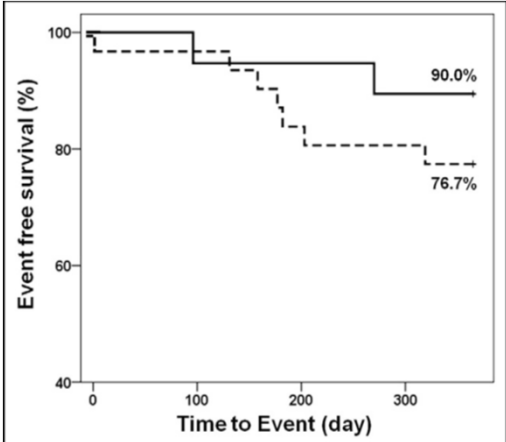
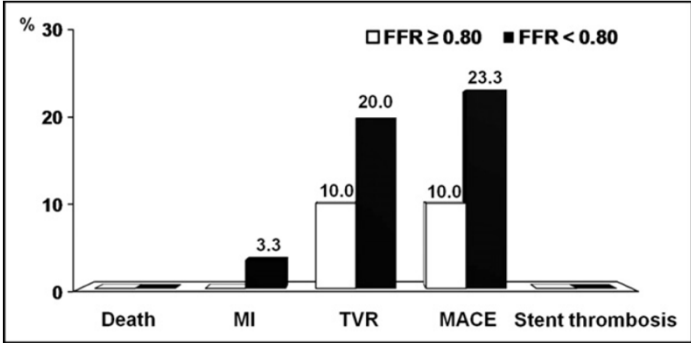


Lee 2014, AJC  
Brener 2013, AHJ  
Harjai 2013  
Kedhi 2010  
Madhavan 2020 JACC



**What about treatment?**

**FFR cut-off 0.80 is validated to guide treatment**



Nam 2011, AJC

**Guidelines for Treatment of ISR**



Balloon angioplasty, BMS, DES



DES, DCB



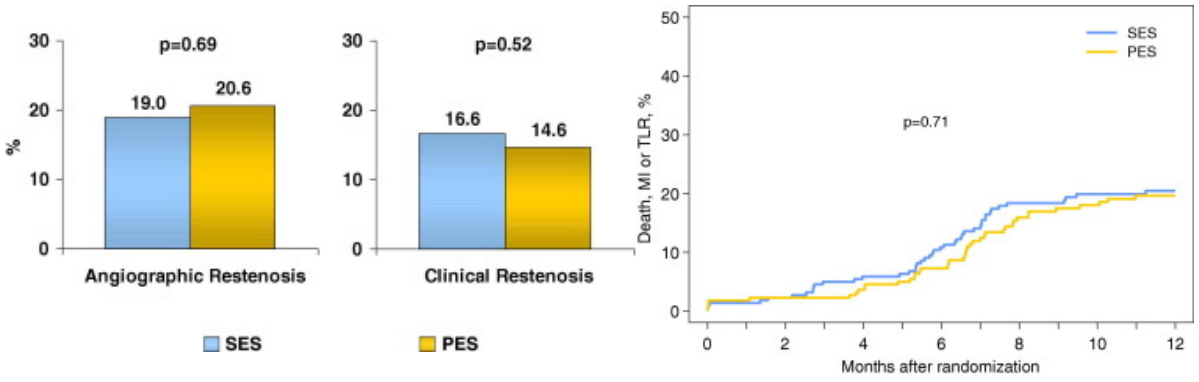
Guidelines recommendations mostly apply to the treatment for first episode of ISR



Treatment of DES ISR is not clear like BMS ISR (Drug failed one already)

### ISAR-DESIRE 2 DES for SES-ISR

450 patients  
Clinical follow-up at one year





### Garg et al. 2007 CCI

116 patients

**TABLE IV. Twelve-Month Major Cardiac Adverse Event Rate**

	Different DES	Same DES	P Value
Number of patients	43	40	
Q-wave myocardial infarction	0	3 (7.7%)	0.240
Death	3 (7.5%)	1 (2.7%)	0.616
TVR	11 (26.8%)	12 (30.8%)	0.697
TLR	6 (15.0%)	7 (17.9%)	0.724
MACE-TVR	14 (32.6%)	14 (35.0%)	0.814
MACE-TLR	9 (21.4%)	9 (22.5%)	0.907
Stent thrombosis	0	1 (2.5%)	0.482

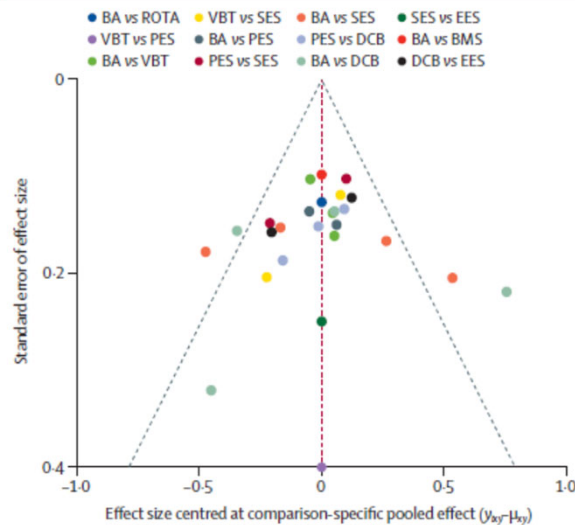
TVR, target vessel revascularization; TLR, target lesion revascularization; MACE, major adverse cardiac events.

### Siontis 2015, Lancet Largest network meta-analysis to date

**First line**  
DES (EES)  
DCB



BA, VBT, ROTA, and BMS are inferior

The study **did not include resistant ISR**



# Resistant (recurrent) in-stent restenosis

**Recurrent (resistant) ISR**

-  1-more than one episode of ISR.
-  2-last layer of stenting is DES.

**Table. Waksman In-Stent Restenosis Classification**

Type	Definition		Treatment Options
I	Mechanical	Underexpansion (Type I A)	High-pressure balloon
		Stent fracture (Type I B)	DES
II	Biologic	Intimal hyperplasia (Type II A)	Balloon, DCB, DES, and VBT
		Neoatherosclerosis, noncalcified (Type II B)	DCB and DES
		Neoatherosclerosis, calcified (Type II C)	Scoring balloon, ELCA, and RA
III	Mixed pattern: Combined mechanical and biologic etiology		High-pressure balloon with DCB, DES, or VBT
IV	Chronic total occlusion		DCB or DES, VBT for multiple layers, CABG as needed
V	>2 layers of stent		Balloon, DCB, VBT, and CABG

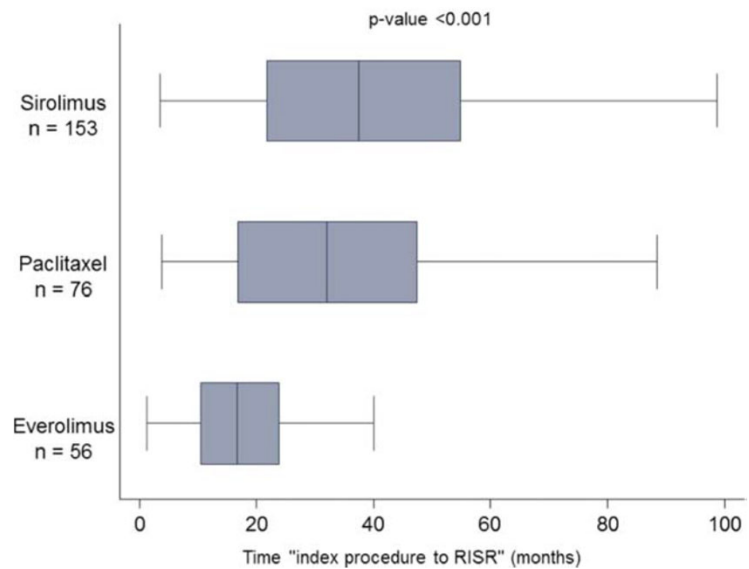
CABG indicates coronary artery bypass graft; DCB, drug-coated balloon; DES, drug-eluting stent; ELCA, excimer laser coronary atherectomy; RA, rotational atherectomy; and VBT, vascular brachytherapy.

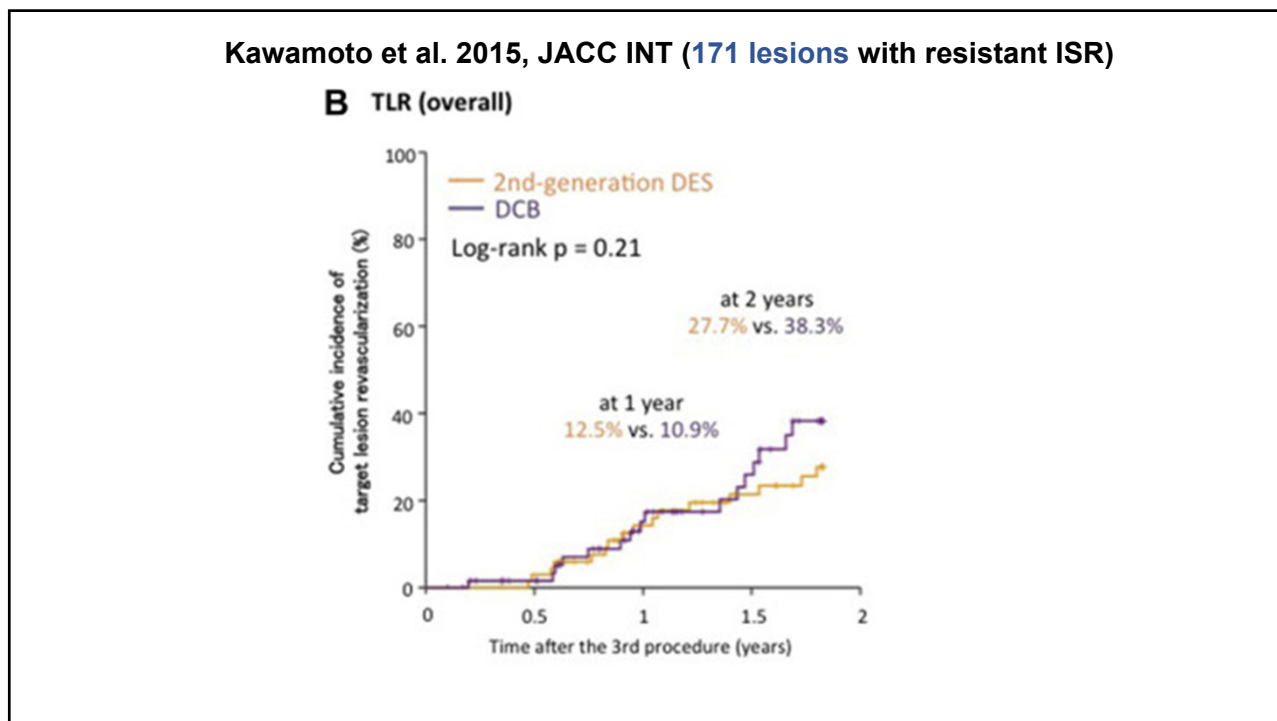
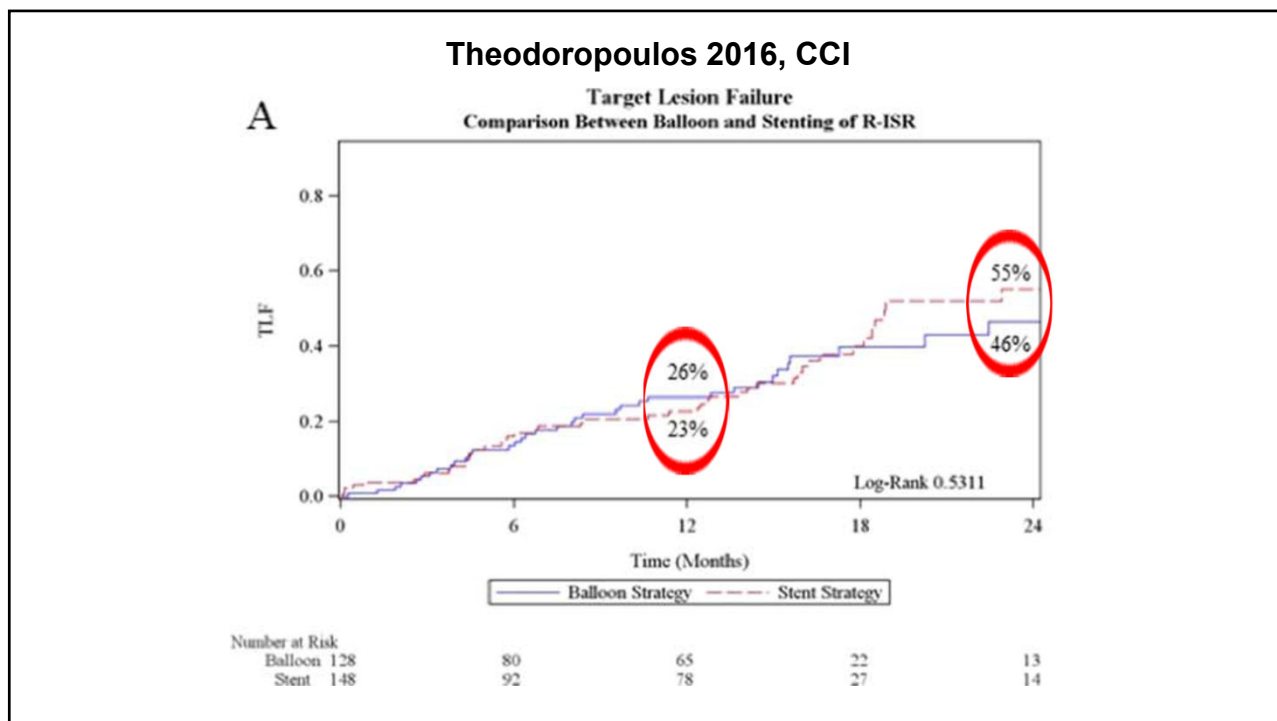
Waksman 2019 Circ Int.

**Theodoropoulos et al. 2016, CCI**

19,982 patients (PCI with DES)

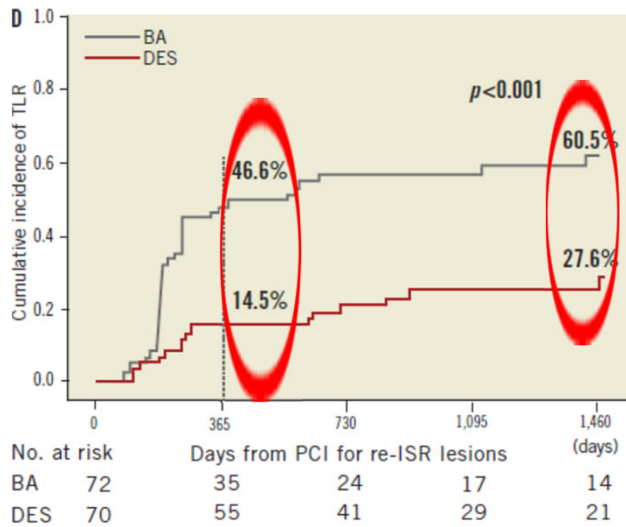
10.8% ISR  
1.4% resistant ISR



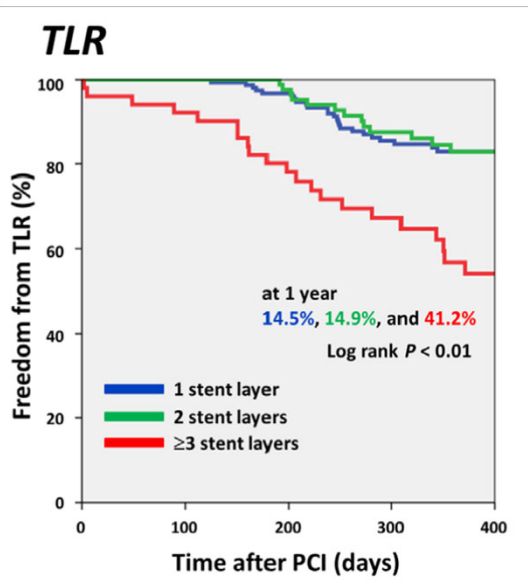


**Kubo et al. 2013 EuroIntervention**

**142 patients** with resistant ISR (2 layers)- **4 years**  
 Compared BA vs. DES



**Yabushita et al. 2018, Circ Int. (304 patients)**



## Conclusion of these numbers?

1-highly complex lesions

2- high incidence TLR

27% in 2 years (the least complex subset)

41% in one year (the most complex subset with 3 layers of stents).



## Why does it happen?

1- More **metal layers**-→ more difficult to expand

2- **Inflammatory** responses to drugs/polymers/struts

3-**Drug resistance**

# Intracoronary vascular brachytherapy (VBT)

## Ionizing radiation

**1-Reduces neointimal growth**  
a-reduces vascular smooth muscle proliferation  
b-reduces adventitial fibrosis and vessel remodeling  
c-Interrupting the cell cycle and causing apoptosis

**2-Reduces inflammation**  
a-reduces leukocyte chemotaxis and cytokine induction  
b-reduces matrix secretion by macrophages  
c-reduces proinflammatory cells

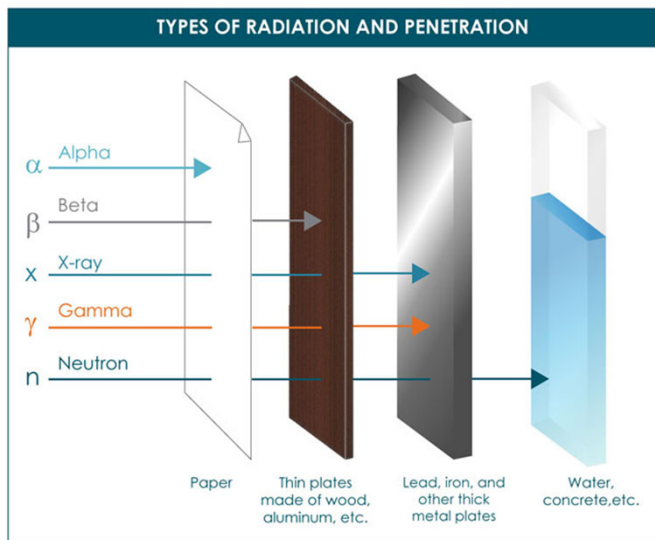
The diagram illustrates the interaction of ionizing radiation with DNA. A vertical black line represents the nucleotide chain, with a blue and yellow double helix structure. A red wavy line representing a gamma ray ( $\gamma$ -ray) is shown interacting with the DNA. Two interaction points are shown: 1. Direct effect: A red wavy line points to a nucleotide where an electron ( $e^-$ ) is ejected, leaving a positive charge (+). 2. Indirect effect: A red wavy line points to a nucleotide where a hydroxyl radical ( $OH\cdot$ ) is formed from water ( $H_2O$ ), which then interacts with the DNA to create a positive charge (+). Scale bars at the bottom indicate 1 nm and 2 nm.

Waksman 1997 Circulation  
Kuchulakanti 2005 CRM

### Intravascular radiation

**Gamma (Iridium Ir 192)**

**Beta (stronium-90/yttrium-90 isotope)**



### Human studies

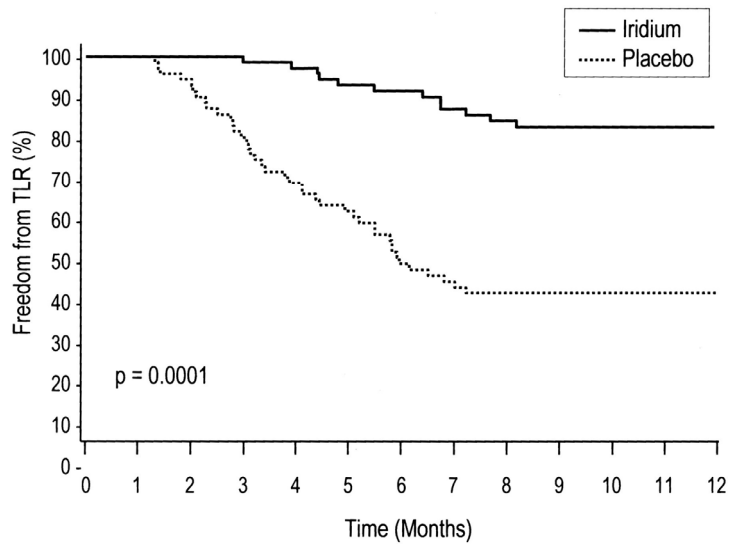
**Safety**

Single arm studies  
 Silber 2000. Z Kardiolo  
 Coen 2000 Cardio. Rad. Med.

**RCTs (BMS ISR)**

Waksman 2000 Circulation (15 Gy)  
 Leon 2001 NEJM

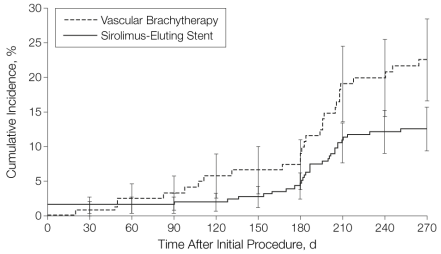
Approval for BMS ISR



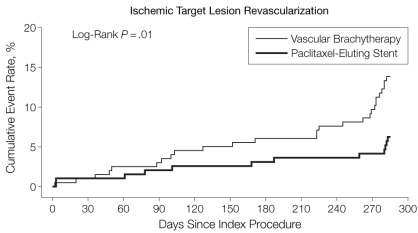


**Drug-eluting stents were superior in BMS ISR**

Holmes 2006 JAMA  
Stone 2006 JAMA



No. at Risk		0	30	60	90	120	150	180	210	240	270
Sirolimus-Eluting Stent		259	255	255	255	254	252	250	245	227	222
Vascular Brachytherapy		125	125	123	119	118	115	114	111	94	92



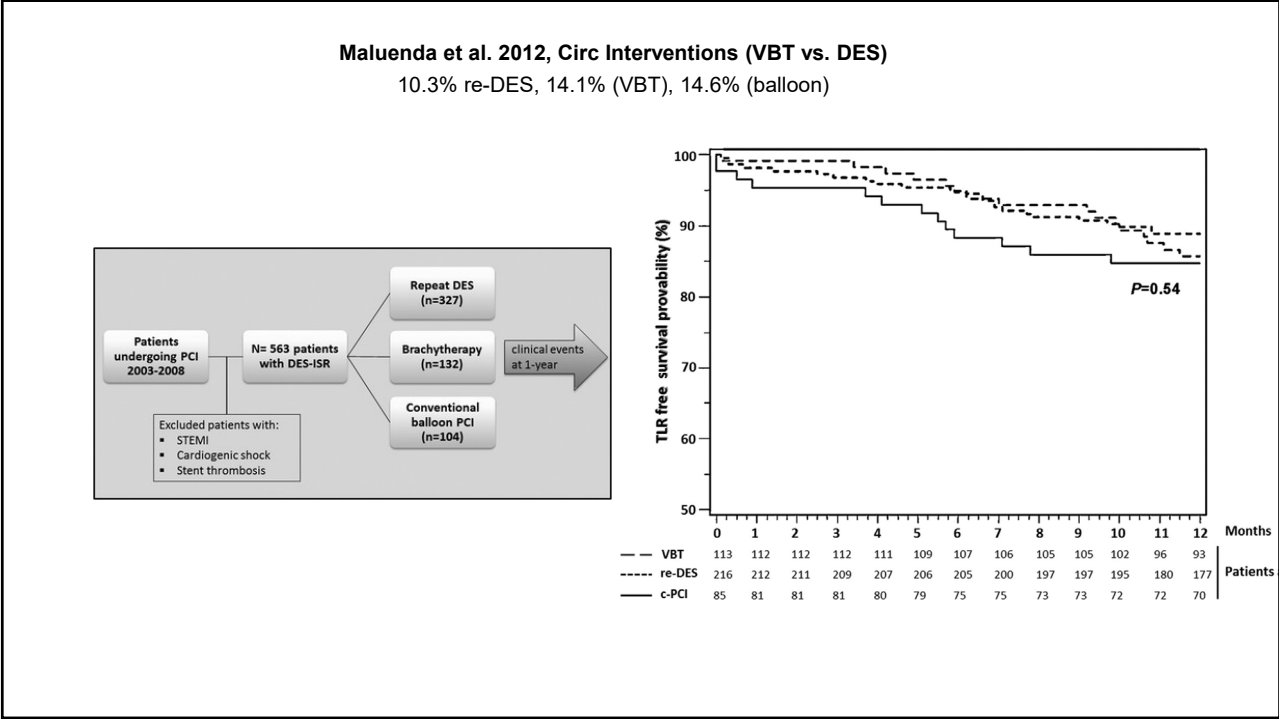
No. at Risk		0	30	60	90	120	150	180	210	240	270	300
Vascular Brachytherapy		201	200	197	194	192	188	186	182	182	179	
Paclitaxel-Eluting Stent		195	195	192	192	190	188	186	185	184	184	

Death of the phoenix



## VBT in DES ISR

- **Torguson 2006, AJC (VBT vs. DES)**  
TLR was similar between both at 8 months (10% vs 18%, p was nonsignificant)
  
- **Bonello 2008, J Int Card**  
TLR 11% at one year



Resistant DES-ISR

Re-DES is challenging and unlikely to be successful

**VBT**

- No additional layers of metal or polymers
- No encroachment on an already narrowed lumen
- less inflammation
- Avoid drug resistance



### Negi et al. 2016 JACC

Medstar, Washington  
186 patients (283 lesions) (2004-2012)

Number of previous ISR episodes	
1-2	4
3-4	63
>4	25
Unknown	8
Previous DES information	
First generation	64
Second generation	36

	30 Days	6 Months	1 Year	2 Years	3 Years
TLR	1 (0.5)	6 (3.3)	22 (12.1)	31 (17.2)	30 (19.4)
Surgical TLR	0	0	0	3 (1.6)	5 (2.8)
TVR	3 (1.6)	13 (7.1)	35 (19.1)	54 (30)	55 (30.5)
Surgical TVR	0	0	0	3 (1.6)	5 (2.8)
MI	0	1 (0.5)	3 (1.5)	10 (5.6)	11 (6.7)
LST	0	0	1 (0.5)	1 (0.5)	1 (0.5)
Death	1 (0.5)	7 (3.8)	10 (5.4)	18 (9.8)	23 (13.2)

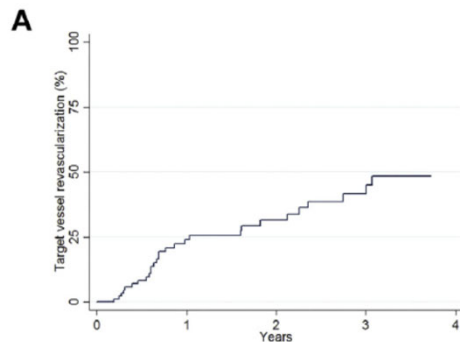
### Mangione et al. 2017 AJC

Brigham and Women's hospital, Boston  
101 patients (101 lesions) (2009-2015)

Previous stent layers	2 (2 - 3)
1	1 (1%)
2	60 (60%)
3	29 (28%)
4	8 (8%)
5	3 (3%)

Prior drug eluting stent	101 (100%)
1 <sup>st</sup> generation only	5 (5%)
2 <sup>nd</sup> generation only	19 (19%)
1 <sup>st</sup> and 2 <sup>nd</sup> generation	16 (16%)
Unknown	61 (60%)

Variable	Event rates at 1 year	Event rates at 2 years	Event rates at 3 years
Target vessel revascularization	24%	32%	42%
Non-fatal myocardial infarction	0%	3.5%	6%
Non-target vessel revascularization	12%	14%	22%
Death	8.5%	12%	16%



### Mangione et al. 2017 AJC

Restenosis pattern

- Focal 35 (35%)
- Diffuse 54 (53%)
- Proliferative 12 (12%)

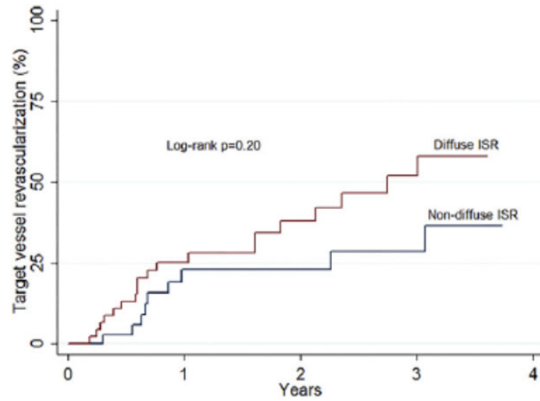


Table 4  
Adjusted model for target vessel revascularization

	HR	95% CI	p Value
Female sex	2.37	1.02 – 5.52	<b>0.04</b>
Previous stroke/transient ischemic attack	2.40	0.55 – 10.48	0.24
Previous myocardial infarction	0.49	0.20 – 1.20	0.17
Left internal mammary artery treated	3.95	0.88 – 17.90	0.07
Diffuse in-stent restenosis	<b>2.95</b>	<b>1.21 – 7.17</b>	<b>0.01</b>
Hypertension	0.14	0.02 – 1.35	0.09

p < 0.05 are indicated in bold.

### Meraj at al. 2020 CCI

Northwell Hospital, NY  
290 patients (290 lesions) (2011-2016)

Number of previous ISR procedures<sup>a</sup>

1	160 (61.33%)
2	70 (26.8%)
3	24 (9.2%)
4	3 (1.1%)
5	3 (1.1%)
6	1 (0.4%)

Events on follow up	1-year(n = 290)	2-year (n = 285)
Instant restenosis	36 (12.4%)	42 (14.7%)
Stroke <sup>a</sup>	1 (0.3%)	1 (0.3%)
All-cause mortality	5 (1.7%)	6 (2.1%)
Myocardial infarction	10 (3.4%)	11 (3.9%)

### Varghese et al. 2018 Circ Int.

Mount Sinai, NY  
 Only study to have a control arm  
 Resistant ISR with at least 2 layers of stents (2011-2015)

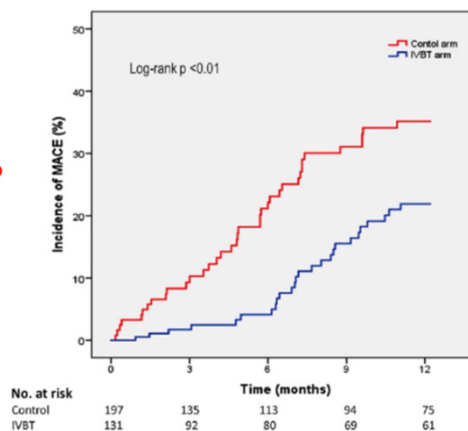
197 patients/lesions in VBT group/131 in control group

Propensity matched analysis (91 patients/lesions in each group)

No. of prior procedures of same lesion			
2-3	51 (26)	49 (37)	0.249
4-5	104 (53)	74 (56)	0.074
>5	6 (3)	1 (1)	0.168
Unknown	36 (18)	7 (5)	0.415
No. of stent layers			
2	147 (75)	111 (85)	0.253
3	47 (24)	17 (13)	0.285
>3	3 (2)	3 (2)	0.059
Last stent diameter*	3.0±0.4	3.0±0.4	0.143
Last stent length*	22.7±7.5	21.8±6.7	0.127
Last DES generation*			
First gen	23 (14)	19 (15)	0.030
Second gen	148 (86)	112 (85)	0.030
Time since last DES restenosis, d	465±367	508±310	0.127

### Varghese 2018 Circ Int.

Variable	Total Study Population			Propensity-Matched Cohort			
	IVBT (n=197)	Control (n=131)	P Value	IVBT (n=91)	Control (n=91)	Hazard Ratio (95% CI)	P Value
TLR	21 (10.7)	29 (22.1)	0.07	11(12.1)	22 (24.2)	0.48 (0.23-1.00)	0.05
TVR	30 (15.2)	30 (22.9)	0.33	16 (17.6)	23 (25.3)	0.69 (0.36-1.33)	0.27
MI	6 (3.0)	9 (6.9)	0.13	1 (1.1)	6 (6.6)	0.14 (0.02-1.22)	0.08
ST	2 (1.0)	2 (1.5)	0.93	1 (1.1)	1 (1.1)	1.16 (0.07-19.07)	0.92
Death	2 (1.0)	6 (4.6)	0.09	1 (1.1)	4 (4.4)	0.14 (0.01-1.53)	0.14
MI/death	8 (4.1)	12 (9.2)	0.10	2 (2.2)	8 (8.8)	0.16 (0.03-0.86)	0.03
TVR/MI/death	35 (17.8)	38 (29.0)	0.09	17 (18.7)	29 (31.9)	0.51 (0.27-0.94)	0.03
MACE	26 (13.2)	37 (28.2)	0.01	12 (13.2)	28 (30.8)	0.37 (0.18-0.73)	<0.01

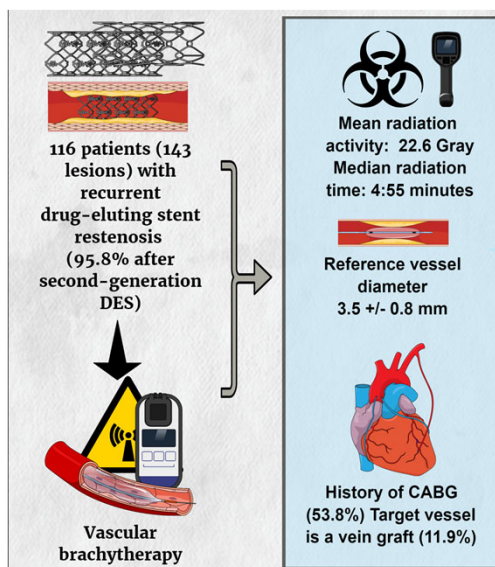


## Our results

### Outcomes of intravascular brachytherapy for recurrent drug-eluting in-stent restenosis

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Evangelia Vemmou MD<sup>1</sup> | Ilias Nikolakopoulos MD<sup>1</sup> | Laura Willson MD<sup>3</sup> |  
David J. Monyak MD<sup>3</sup> | Patsa Sullivan MD<sup>3</sup> | Larissa Stanberry PhD<sup>1</sup> |  
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Jay Traverse MD<sup>1</sup> | Yale Wang MD<sup>1</sup> | Santiago Garcia MD<sup>1</sup>  |  
Anil Poulose MD<sup>1</sup> | Martin Nicholas Burke MD<sup>1</sup> | Emmanouil S. Brilakis MD, PhD<sup>1</sup> 

2014-2018

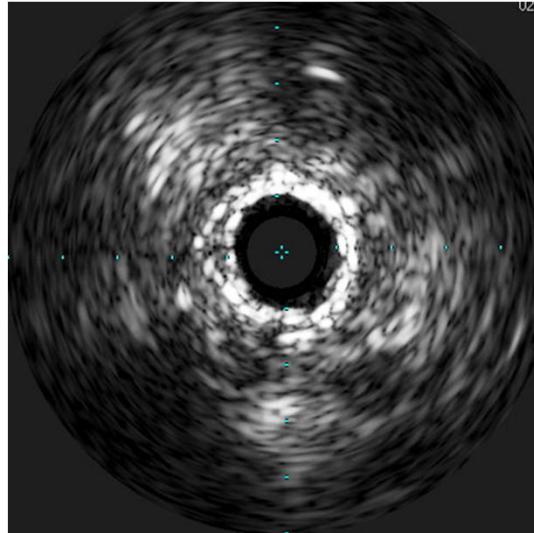




Clinical presentation	
Stable angina	67 (46.9%)
Cardiomyopathy	3 (2.1%)
Unstable angina	47 (32.0%)
NSTEMI	25 (17.5%)
STEMI	1 (0.7%)

Restenosis pattern on the initial angiogram	
Focal	52 (36.4%)
Diffuse	71 (49.7%)
Proliferative	5 (3.5%)
Chronic total occlusion	12 (8.4%)

Last DES type	
Second-generation	137 (95.8%)
Unknown	6 (4.2%)
Previous stent layers	
1	24 (16.8%)
2	66 (46.2%)
3 or more	53 (37%)
Total ISR episodes	
2	16 (11.2%)
3	60 (42%)
4 or more	67 (46.9%)



IVUS use (29%)

	N = 143	Kaplan Meier estimates		
		1 year	2 years	3 years
Target lesion revascularization	46 (32.2%)	27 (18.9%)	42 (29.4%)	44 (30.8%)
Target lesion revascularization (PCI)	43 (30%)	25 (17.5%)	40 (27.9%)	42 (29.4%)
Target lesion revascularization (surgical)	3 (2.1%)	2 (1.4%)	2 (1.4%)	2 (1.4%)
Redo brachytherapy	4 (2.8%)	3 (2.1%)	4 (2.8%)	4 (2.8%)
Target lesion myocardial infarction	16 (11.2%)	8 (5.6%)	15 (10.5%)	15 (10.5%)
Stent thrombosis	3 (2.1%)	3 (2.1%)	3 (2.1%)	3 (2.1%)
Target lesion unstable angina	27 (18.9%)	15 (10.5%)	23 (16.1%)	23 (16.1%)
Target lesion cardiac death	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Target lesion failure	51 (35.7%)	30 (20.1%)	47 (32.9%)	49 (34.3%)

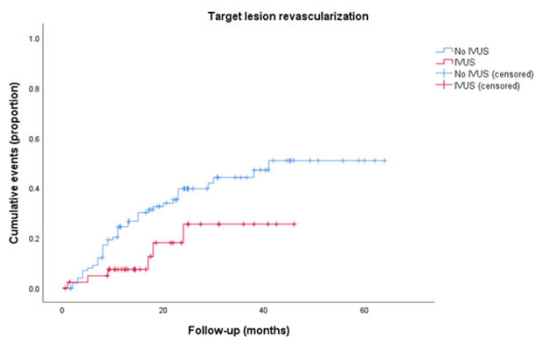


### A little reminder

1-highly complex lesions

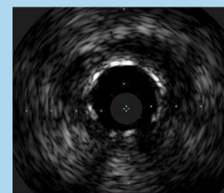
2- high incidence TLR  
27% in 2 years (the least complex subset)

41% in one year (the most complex subset with 3 layers of stents).



Numbers at risk	20 months	40 months	60 months
No IVUS 101	51	16	3
IVUS 42	14	3	0

Log rank p=0.038



Using IVUS was associated with lower risk of target lesion revascularization 14.3% vs. 39.6% (log-rank p= 0.038)

**Independent predictors of Target lesion failure**



**Initial presentation with acute coronary syndrome  
(HR 2.04 (95% CI 1.16-3.59), p=0.019)**

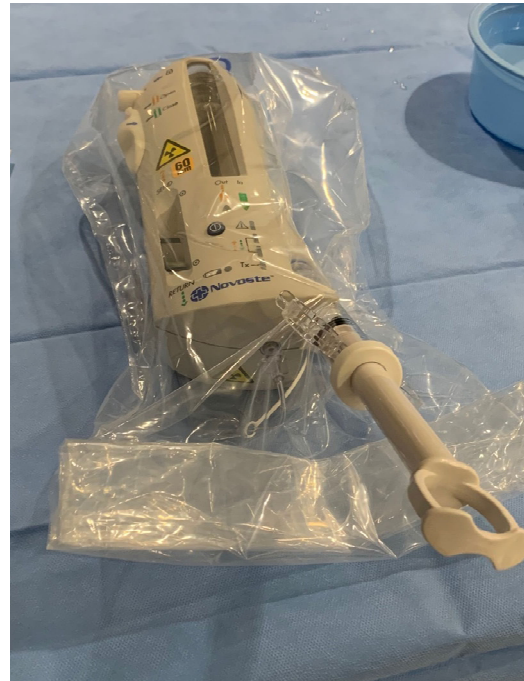
**The procedure**

**Novoste Beta-Cath 3.5F System**

**Beta radiation**  
strontium-90/yttrium-90 isotope  
(less penetration- safer)

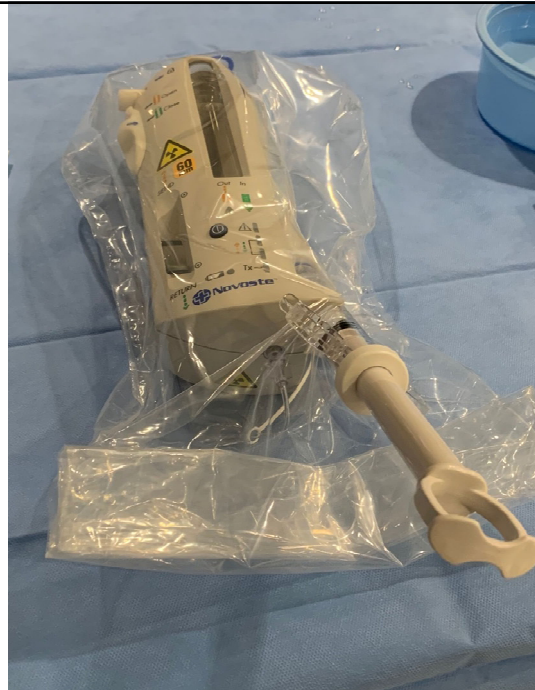
**Energies up to 2.27 Mev**  
**Radioactive half-life of 28.8 years.**

**Source lengths of 40 and 60 mm**



**Amount of radiation delivered**  
**18.4 or 23 Gy** at a depth of 2 mm from the  
center of the source

**Dwell (treatment time)**  
**Up to 5 minutes**  
determined by both the source length and  
vessel diameter.

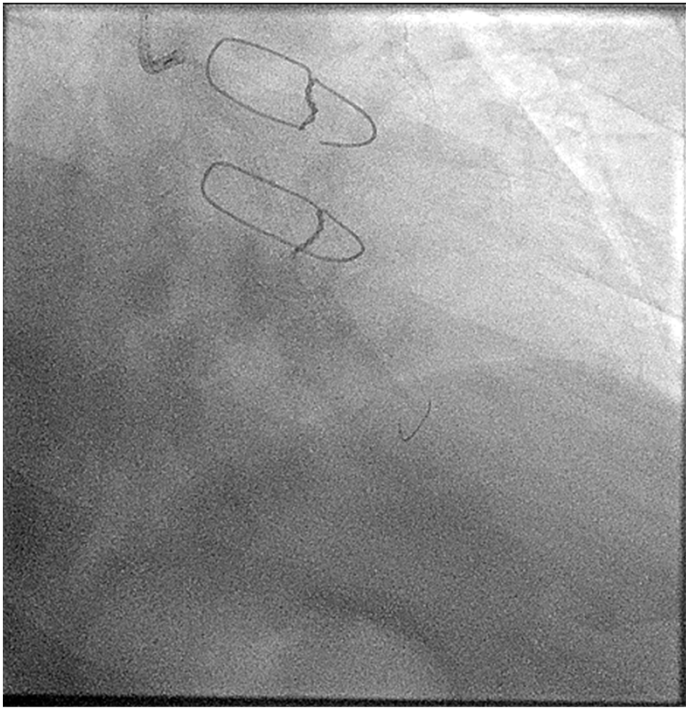
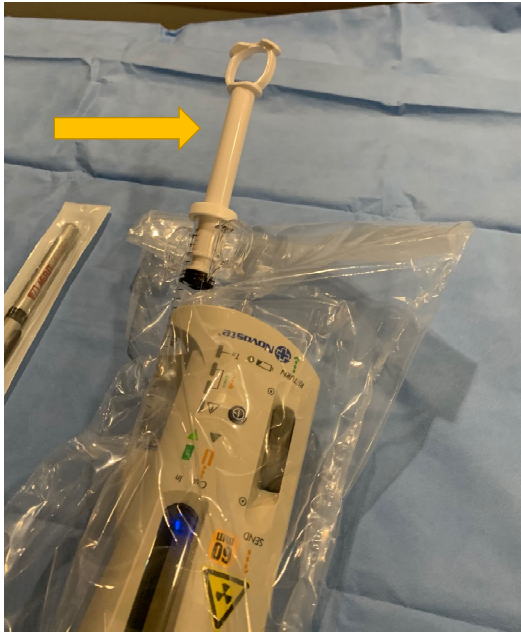




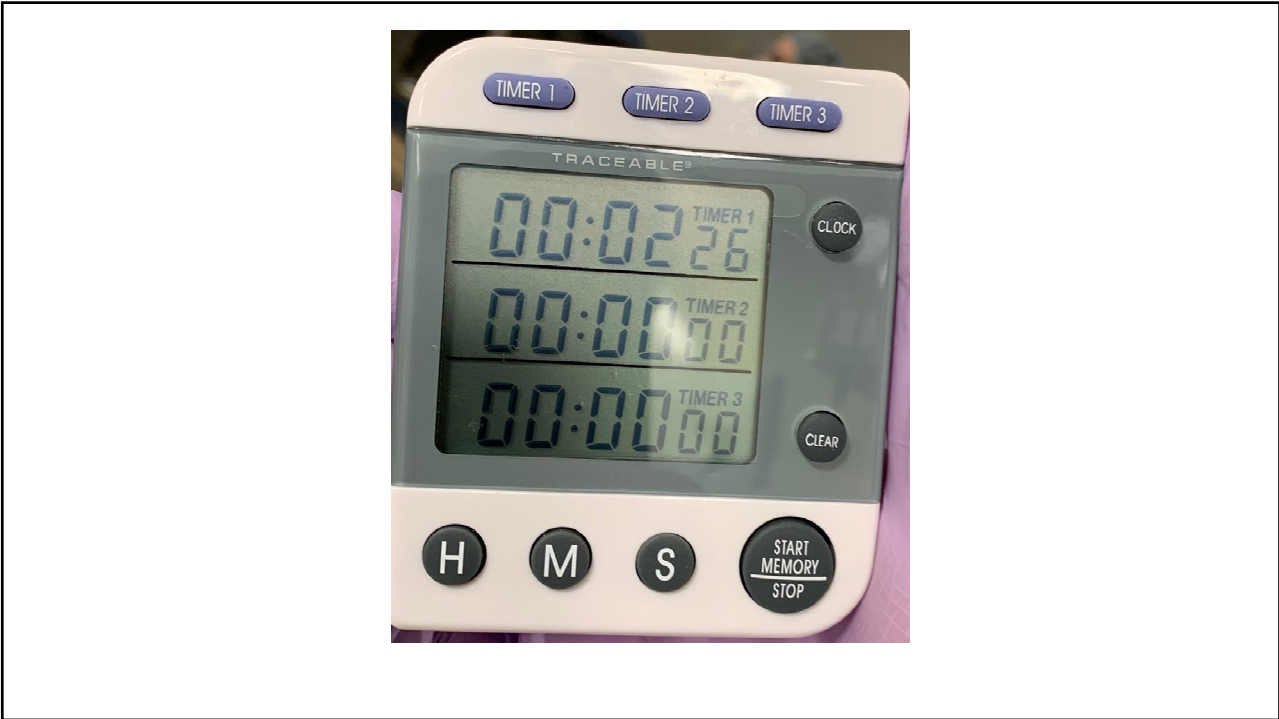
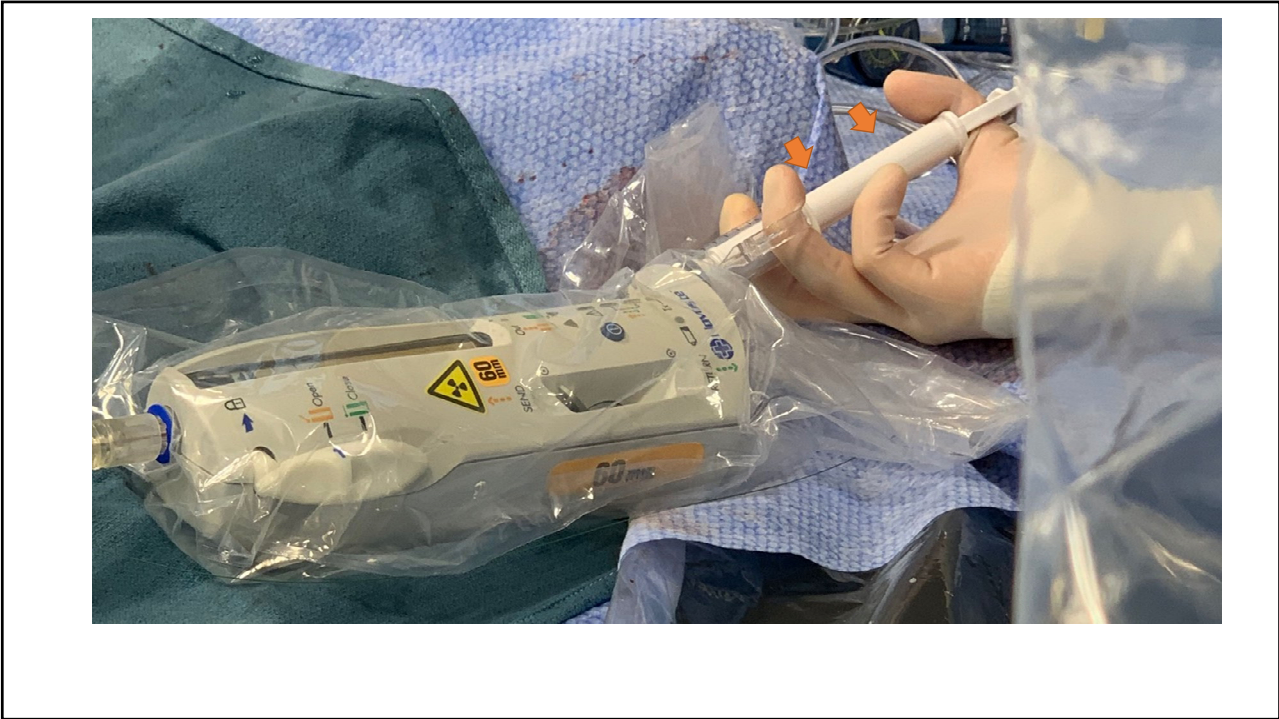
**Connect to the catheter**



Active seeds are pushed in and then back through a train by hydraulic pressure



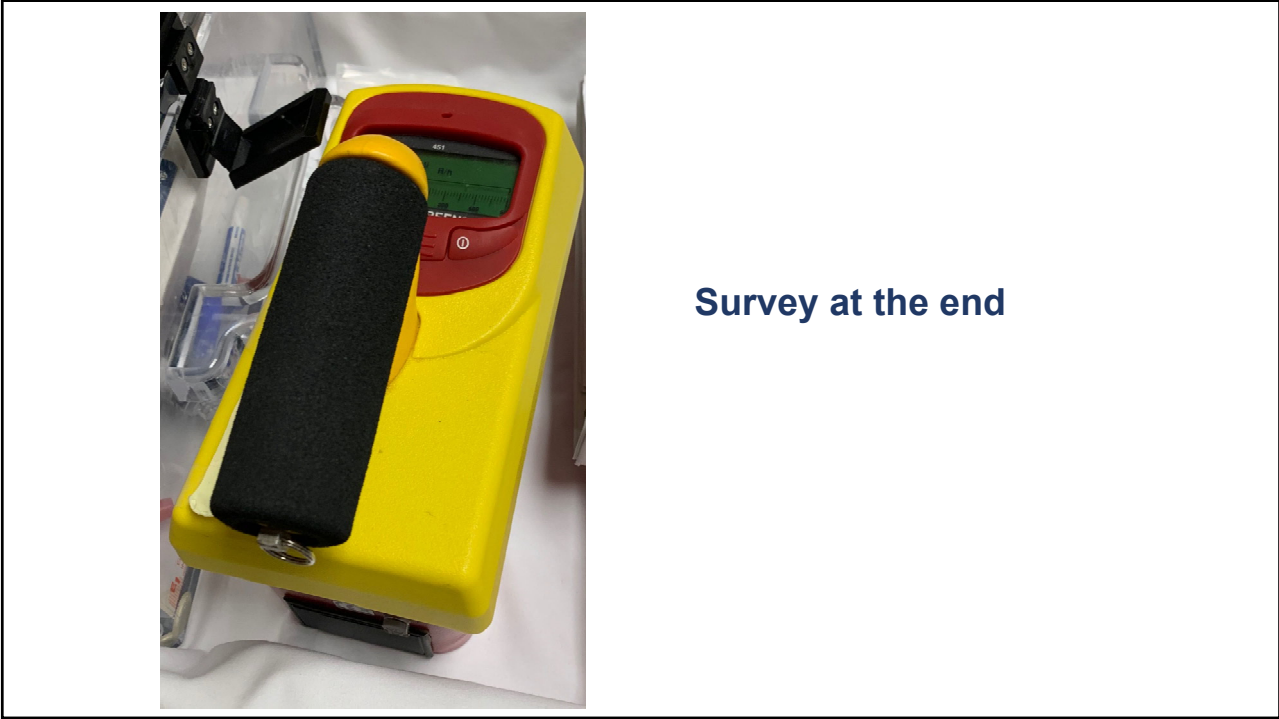
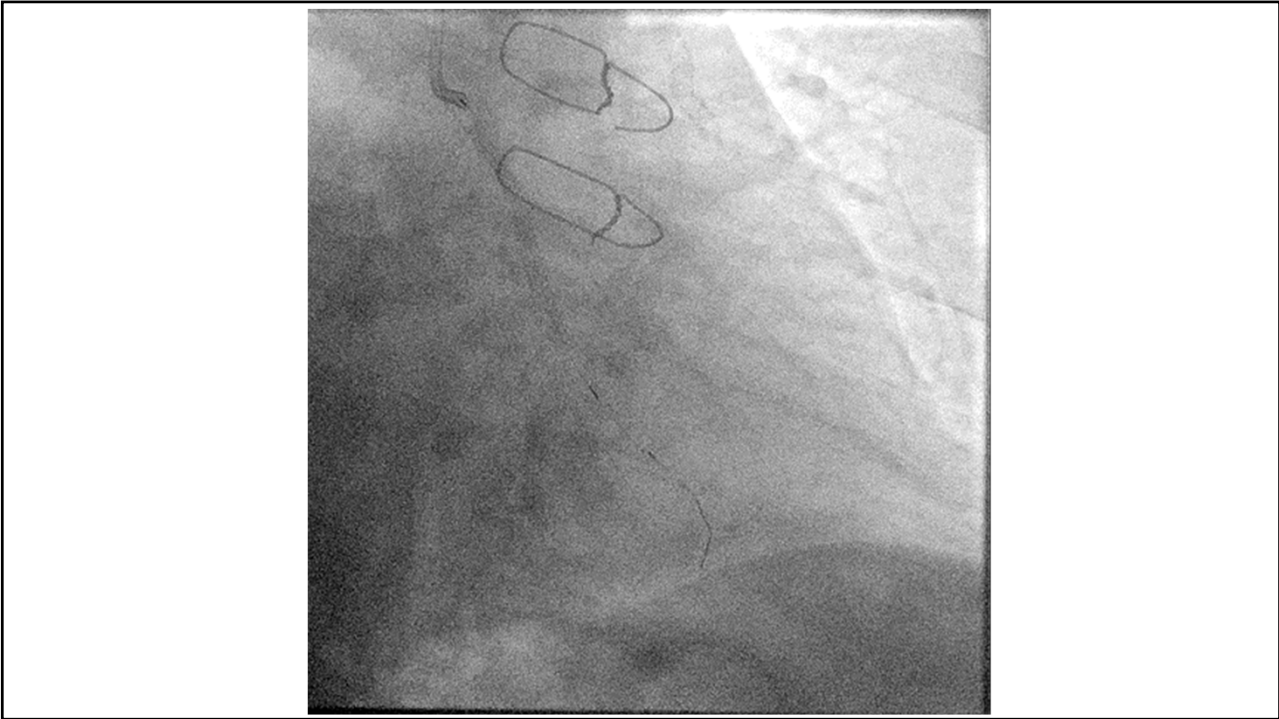






**Seed retraction**





**Survey at the end**

## VBT concerns and are they addressed currently

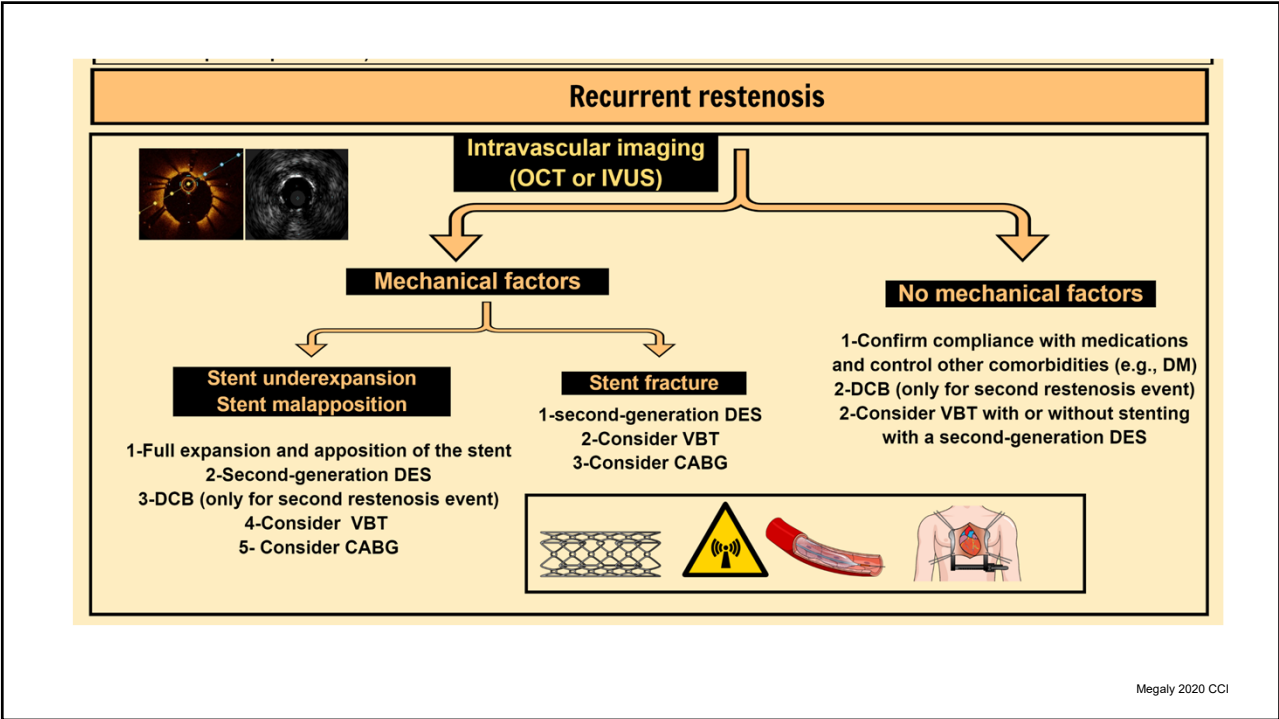
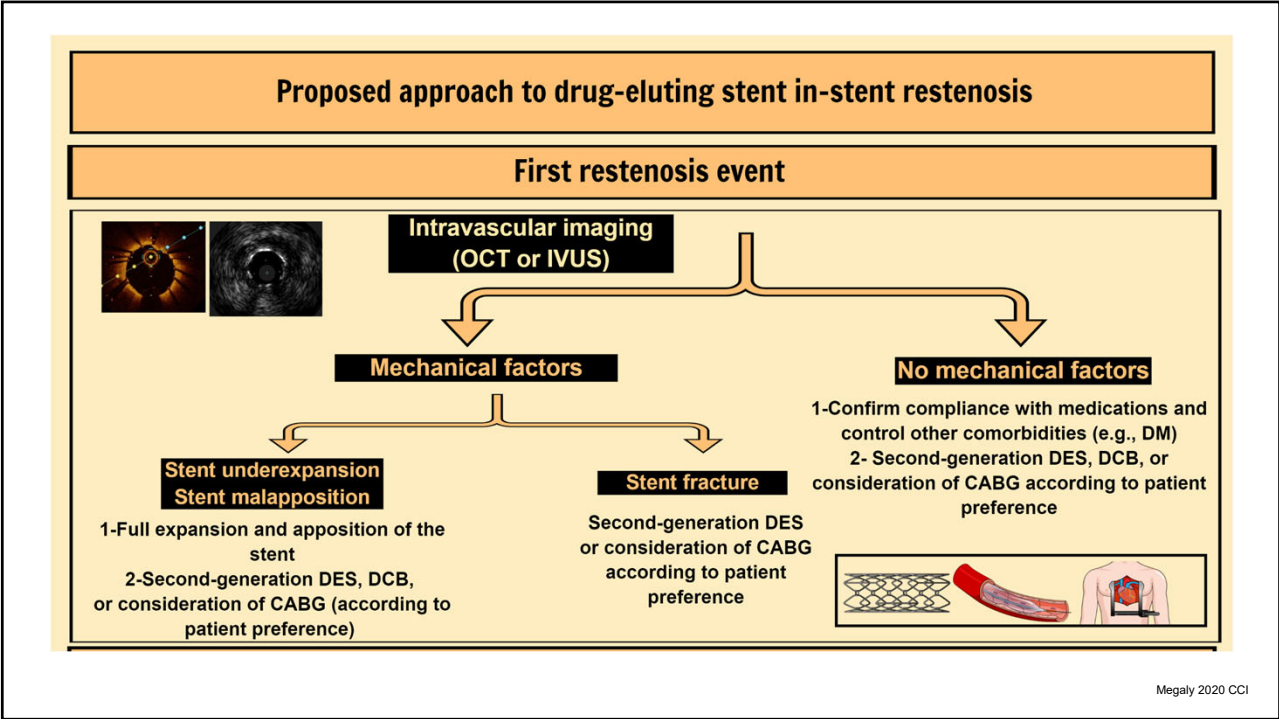
**1-Edge restenosis (geographic mismatch)  
Radiating proximal and distal to the lesion**

**2- Late stent thrombosis especially with concurrent stent placement.  
No stenting, Newer antiplatelet agents**

**3-Late catch up phenomenon between 6 and 60 months**

Stone 2006 JAMA  
Holmes 2006 JAMA  
Waksman 2004 Circulation

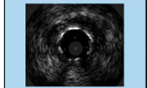
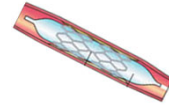




## Take home



1. Prevention of ISR is the best treatment.

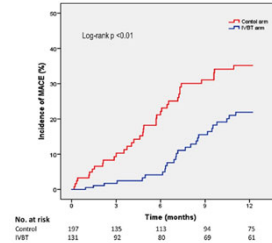


2. First step in evaluation of ISR is **intravascular imaging**

Using IVUS was associated with lower risk of target lesion revascularization 14.3% vs. 39.6% (log-rank p= 0.038)



3. **Vascular brachytherapy** for resistant DES ISR TLR in complex subset of lesions is **30% at 3 years**



# Thank you



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<http://www.youtube.com/c/CathEdLearningInterventionalCardiology>

**Cath Ed**  
By Michael Megaly