



• *Πνευμονική Υπερταση και Ρευματικά Νοσήματα*

- *Στέλλα Μπρίλη*
- *Α! Πανεπιστημιακή Καρδιολογική
Κλινική*
- *Ιπποκράτειο Νοσοκομείο Αθηνών*

Pathogenesis of PAH

RISK FACTORS AND ASSOCIATED CONDITIONS

CTD
CHD
Portal hypertension
HIV
Drugs and toxins
Pregnancy

SUSCEPTIBILITY

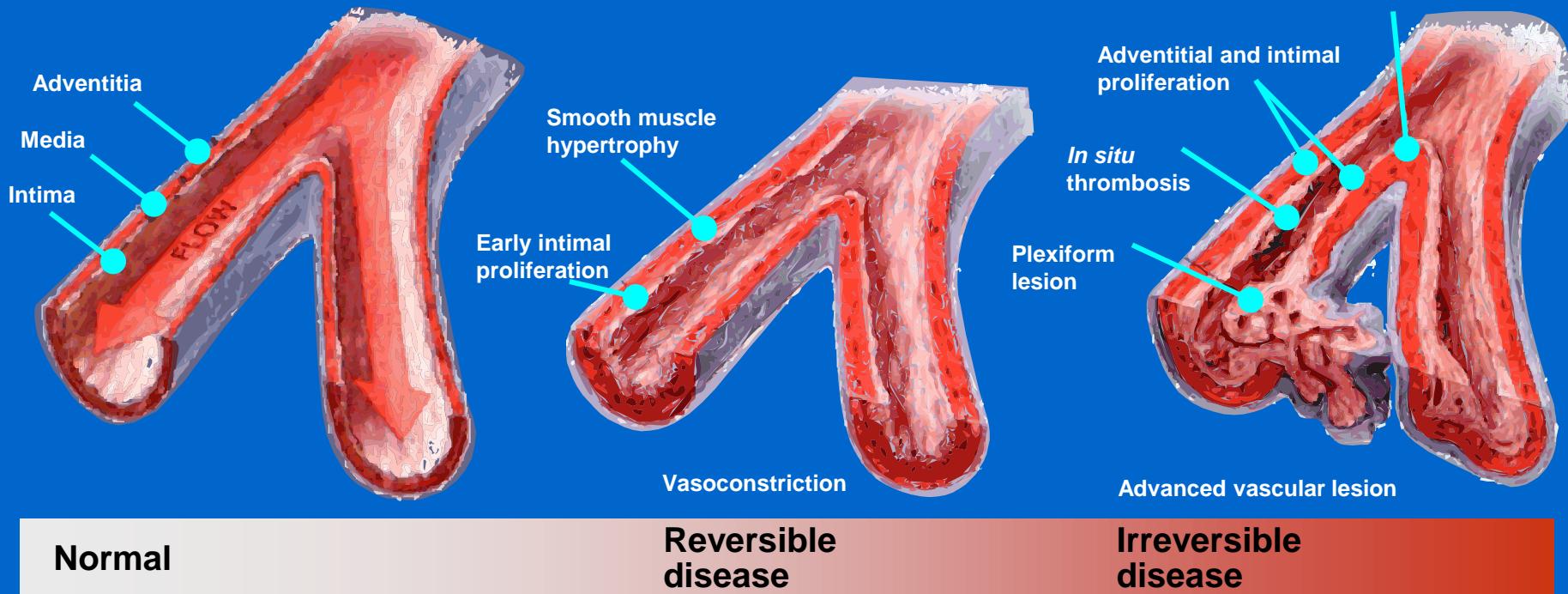
BMPR2 mutation
Other genetic factors

VASCULAR INJURY

Endothelial dysfunction

↓ NO synthase
↓ PGI₂ production
↑ Thromboxane production
↑ ET-1 production

DISEASE PROGRESSION



BMPR2 = bone morphogenetic protein type 2 receptor; CHD = congenital heart disease; CTD = connective tissue disease; ET = endothelin; HIV = human immunodeficiency virus; NO = nitric oxide; PAH = pulmonary arterial hypertension; PGI₂ = prostacyclin

Adapted from Gaine S. JAMA 2000;284:3160–8.

• Κλινική ταξινόμηση πνευμονικής υπέρτασης
• 4ο Παγκόσμιο Συμπόσιο, Dana Point California 2008

1. Πνευμονική αρτηριακή υπέρταση (ΠΑΥ)

- Ιδιοπαθής
- Κληρονομούμενη
- Προκαλούμενη από φάρμακα και τοξίνες
- Σχετιζόμενη με:
 - Συγγενείς καρδιοπάθειες
 - Νοσήματα του συνδετικού ιστού
 - Πιολαία Υπέρταση
 - HIV
 - Σχιστοσωμίαση
 - Χρόνια αιμολοθυτική αναιμία
- Εμμένουσα ΠΥ του νεογνού
1' Πνευμονική φλεβοαποφρακτική νόσος και/ή πνευμονική τριχοειδική αιμαγγειωμάτωση

2. Σχετιζόμενη με αριστερή καρδιακή νόσο

- Συστολική δυσλειτουργία
- Διαστολική δυσλειτουργία
- Βαλβιδοπάθειες

3. Αναπνευστικές νόσοι και/ή υποξαιμία

- ΧΑΠ
- Διάμεσες πνευμονοπάθειες
- Άλλες πνευμονοπάθειες μικτού περιοριστικού και αποφρακτικού τόπου
- Σύνδρομο υπνικής άπνοιας
- Παθήσεις με κυψελιδικό υποαερισμό
- Χρόνια παραμονή σε μεγάλο υψόμετρο
- Διαταραχές της ανάπτυξης

4. Χρόνια θρομβοεμβολική νόσος

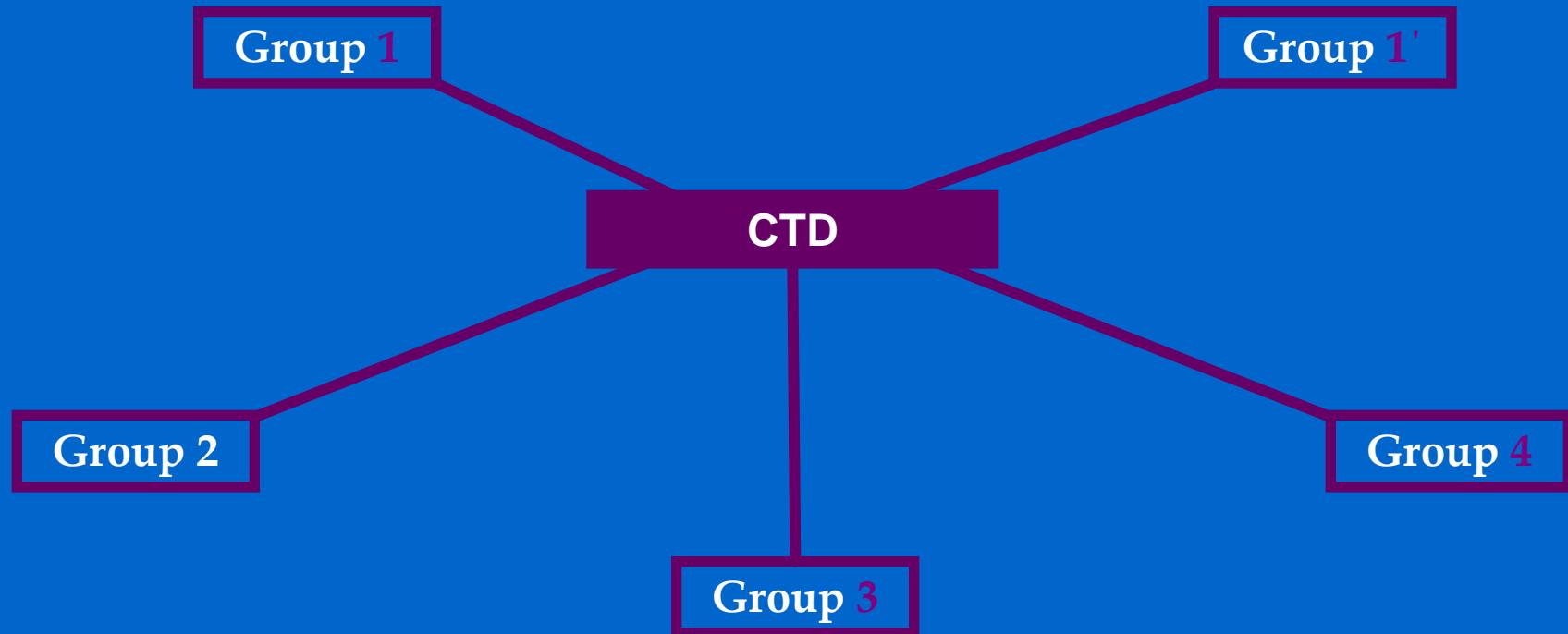
5. Πνευμονική υπέρταση ασαφούς ή πολυπαραγοντικής αιτιολογίας

- Αιματολογικές διαταραχές (μυελοϋπερπλαστικά σύνδρομα, οπληνεκτομή)
- Συστηματικές διαταραχές (π.χ. σαρκοειδωση)
- Μεταβολικές διαταραχές
- Άλλα (αποφρακτικοί όγκοι, ίνωση μεσοθωρακίου, XNA υπό αιμοκάθαρση)

• Μοναδικά χαρακτηριστικά της ΠΑΥ σχετιζόμενης με CTD

➤ Μοναδικός φαινότυπος της ΠΑΥ σχετιζόμενης με ΝΣΙ

- ❖ αλληλοεπικάλυψη με αριστερή καρδιακή νόσο, αναπνευστικές νόσους, πνευμονική φλεβοαποφρακτική νόσο που δικαιολογεί την υψηλή θνησιμότητα και τη μη ανταπόκριση των ασθενών με ΝΣΙ στις ειδικές θεραπείες για την ΠΑΥ

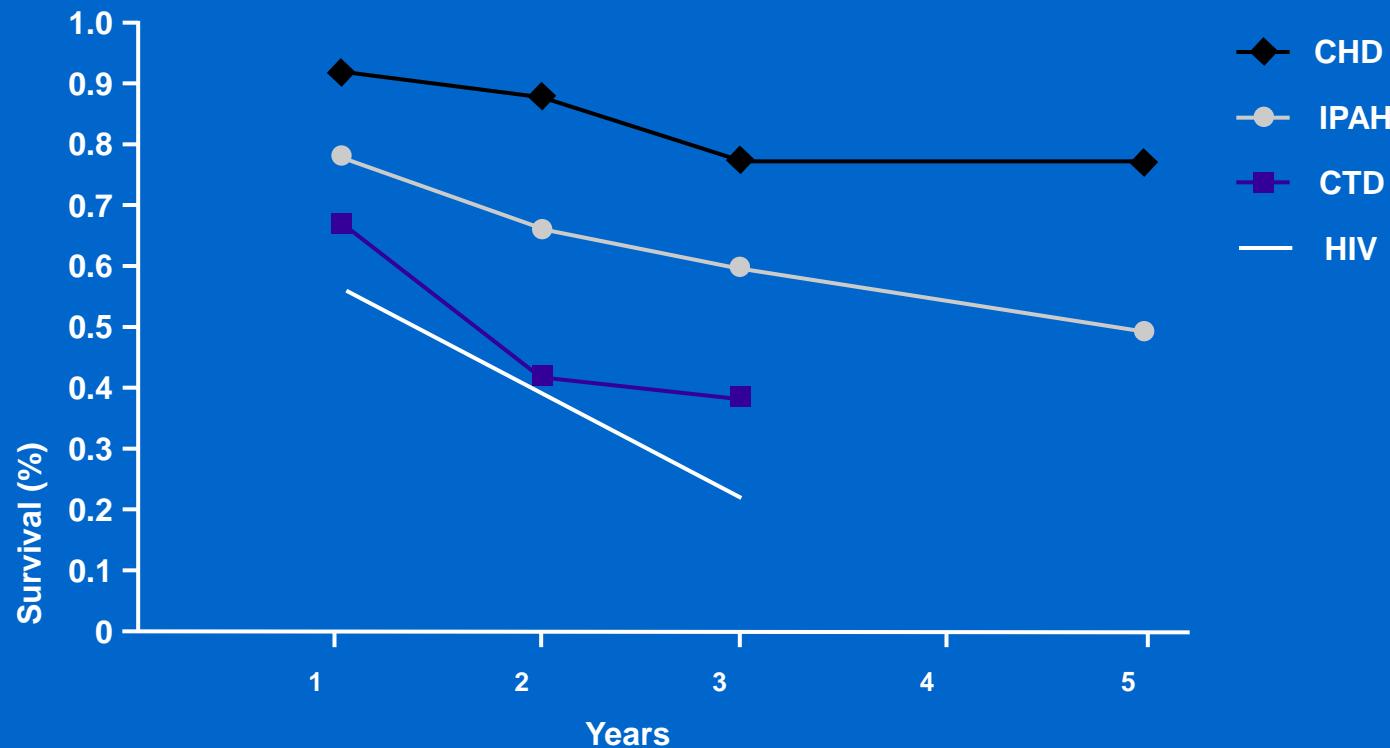


➤ Πτωχότερη ανταπόκριση της δεξιάς κοιλίας στις αυξημένες πιέσεις σε ασθενείς με ΝΣΙ σε σχέση με τους ασθενείς με ιδιοπαθή ΠΑΥ

Νοσήματα κολλαγόνου και πνευμονική υπέρταση

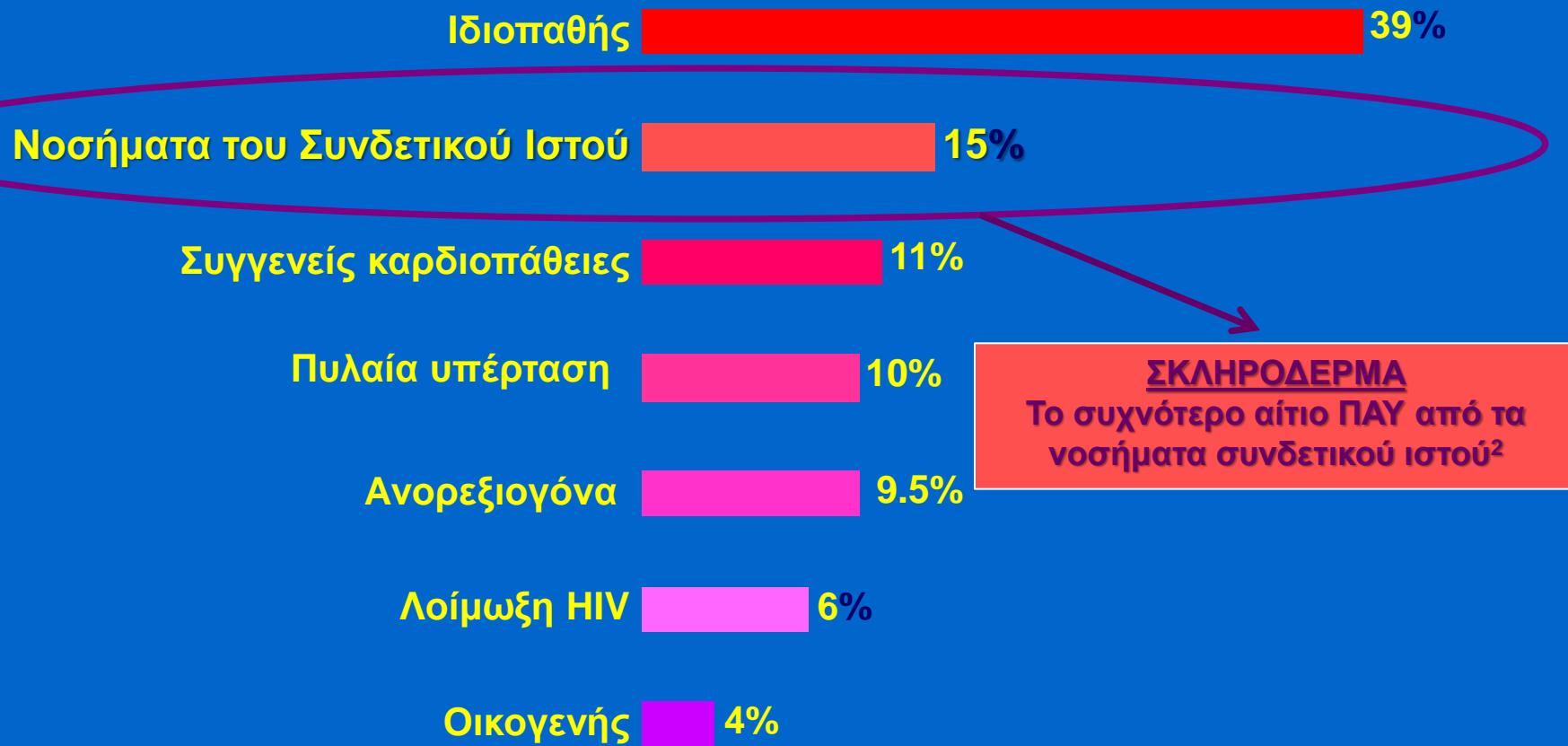
- *Η ΡΑΗ έχει συσχετισθεί με κάθε γνωστή μορφή κολλαγονώσεως*
- Κοινά ιστολογικά χαρακτηριστικά με την ιδιοπαθή
- Η πνευμονική συμμετοχή στις κολλαγονώσεις ποικίλλει
- Τα επίπεδα της ΕΤ-1 είναι αυξημένα
 - ακόμα και χωρίς πνευμονική υπέρταση

PAH: survival based on aetiology



McLaughlin VV, et al. *Chest* 2004;126 (Suppl 1):78–92.

- Νοσήματα συνδετικού ιστού: Η 2^η συχνότερη αιτία εμφάνισης ΠΑΥ^{1,2}

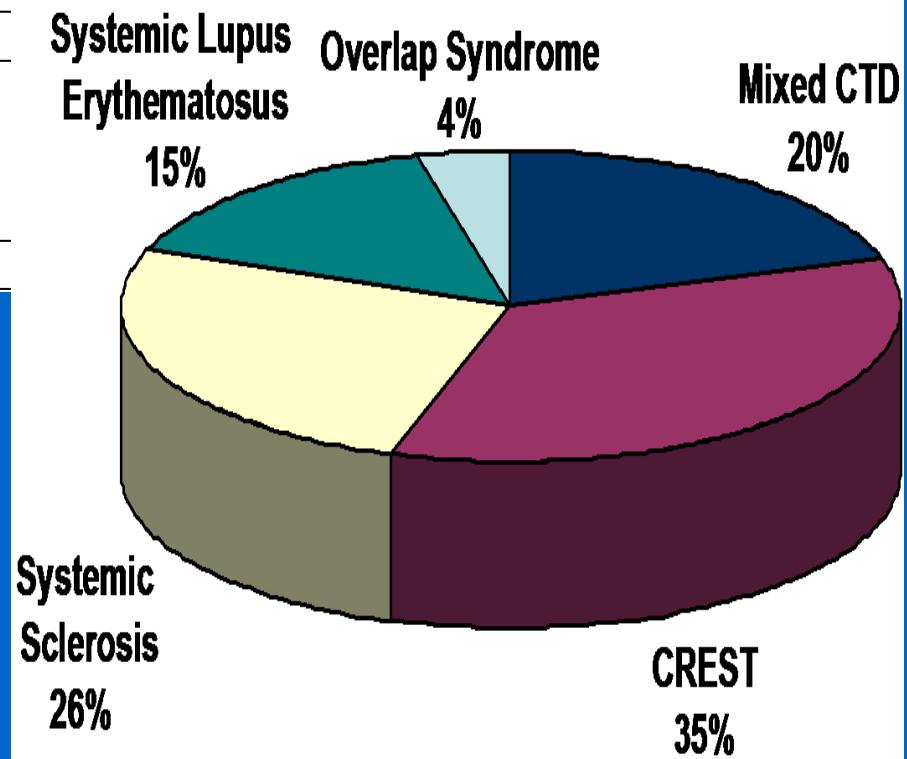


1.Humbert et al. Am J Respir Crit Care Med 2006; 173; 1023-1030

2.Dimitroulas et al. Current Pharmaceutical Design 2012; 18;1457-1464

• Δημογραφικά χαρακτηριστικά ασθενών
 • κατά την έναρξη

	ARIES-E N=383
Female	302 (78.9%)
Male	81(21.1%)
Age	51.1 (SD 15.1)
Idiopathic PAH	241 (62.9%)
PAH-CTD	124 (32.4%)
PAH-Anorexigen	6 (1.6%)
PAH-HIV	11 (2.9%)
WHO FC	
I	12 (3.1%)
II	163 (42.6%)
III	178 (46.5%)
IV	30 (7.8%)
6-Minute Walk Distance (metres)	347 (SD 85.39)



Oudiz RZ et al. J Am Coll Cardiol 2009;54(21):1971-1981

- Οι ασθενείς με ΠΑΥ σχετιζόμενη με CTD είναι
- μεγαλύτερης ηλικίας σε σχέση με τους ασθενείς άλλων τύπων ΠΑΥ

Table 1—Demographic and Baseline Characteristics of Patients Meeting Traditional Hemodynamic Criteria in the REVEAL Registry by World Health Organization Group I Diagnosis at Enrollment

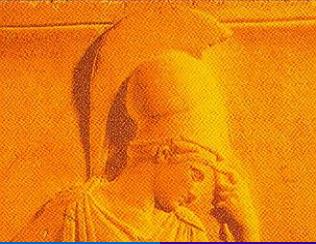
Characteristic	All Patients ^a	IPAH	All Patients With APAH ^b	APAH Subgroup ^c			
				CHD	CVD/ CTD	Portal HT	Drugs/Toxins
Patients, No. (%)	2,525 (100)	1,166 (46.2)	1,280 (50.7)	250 (19.5)	639 (49.9)	136 (10.6)	134 (10.5)
Age at diagnosis, mean ± SD, y	53.0 ± 14.0	53.1 ± 14.5	53.4 ± 13.4	45.5 ± 13.1	57.7 ± 15.0	53.3 ± 9.6	49.5 ± 10.6
Age at diagnosis, mean ± SD, y	50.1 ± 14.4	49.9 ± 14.8	50.7 ± 13.8	41.6 ± 13.3	55.5 ± 13.4	51.0 ± 9.5	46.0 ± 10.0
65-74, No. (%)	2,098 (83.1)	971 (83.3)	1,054 (82.3)	236 (94.4)	—	124 (91.2)	129 (96.3)
65-74, No. (%)	324 (12.8)	138 (11.8)	181 (14.1)	11 (4.4)	135 (21.1)	11 (8.1)	5 (3.7)
75+, No. (%)	103 (4.1)	57 (4.9)	45 (3.5)	3 (1.2)	37 (5.8)	1 (0.7)	0 (0.0)
Female, No. (%)	2,007 (79.5)	936 (80.3)	1,014 (79.2)	184 (73.6)	576 (90.1)	68 (50.0)	113 (84.3)
Time from diagnosis to enrollment, mo							
Mean ± SD	35.6 ± 37.9	38.0 ± 40.4	32.7 ± 34.9	46.6 ± 50.3	26.9 ± 27.3	27.5 ± 31.1	42.6 ± 32.7
Median (IQR)	24.9 (8.0, 50.9)	26.7 (8.3, 53.8)	23.1 (7.8, 46.7)	33.8 (16.2, 59.8)	18.1 (6.4, 40.2)	17.1 (5.7, 36.7)	39.5 (12.9, 65.7)
Newly diagnosed, No. (%)	357 (14.1)	177 (15.2)	170 (13.3)	20 (8.0)	94 (14.7)	22 (16.2)	15 (11.2)
Previously diagnosed, No. (%)	2,168 (85.9)	989 (84.8)	1,110 (86.7)	230 (92.0)	545 (85.3)	114 (83.8)	119 (88.8)
Functional class at enrollment, ^d No. (%)							
I	175 (7.6)	89 (8.3)	80 (6.9)	13 (5.7)	32 (5.7)	14 (11.4)	10 (7.8)
II	846 (36.7)	391 (36.4)	423 (36.6)	87 (38.3)	182 (32.2)	50 (40.7)	60 (46.5)
III	1,153 (50.0)	534 (49.7)	584 (50.5)	117 (51.5)	311 (54.9)	54 (43.9)	55 (42.6)
IV	130 (5.6)	60 (5.6)	69 (6.0)	10 (4.4)	41 (7.2)	5 (4.1)	4 (3.1)
6MWD at enrollment, ^e mean ± SD, m	366 ± 126	374 ± 129	356 ± 123	382 ± 121	322 ± 120	397 ± 115	410 ± 95
No.	2,034	921	1,050	210	518	105	122
P value ^f	<.001						



Pulmonary hypertension in systemic sclerosis and systemic lupus erythematosus

TABLE 1 Prevalence of systemic sclerosis-associated pulmonary arterial hypertension

Prevalence	Diagnostic threshold
Echocardiogram based	
43%	$P_{pa,sys} \geq 35 \text{ mmHg}$
35%	$P_{pa,sys} > 30 \text{ mmHg}$
59%	$P_{pa,sys} \geq 40 \text{ mmHg}$
16%	$P_{pa,sys} > 40 \text{ mmHg}$
26.7%	$P_{pa,sys} \geq 40 \text{ mmHg}$
21% limited, 26% diffuse	$P_{pa,sys} > 30 \text{ mmHg}$ or $> 35 \text{ mmHg}$
Right heart catheterisation based	
2.93 per million*	$\bar{P}_{pa} \geq 25 \text{ mmHg}$ at rest with $P_{pcw} < 15 \text{ mmHg}$
5%	$\bar{P}_{pa} > 25 \text{ mmHg}$ at rest with $P_{pcw} \leq 15 \text{ mmHg}$
7%	$\bar{P}_{pa} > 32 \text{ mmHg}$
16%	$\bar{P}_{pa} \geq \text{mmHg}$ at rest with $P_{pcw} \leq 12 \text{ mmHg}$
29%	$\bar{P}_{pa} \geq 20 \text{ mmHg}$ or $P_{pa,sys} \geq 35 \text{ mmHg}$
12%	$\bar{P}_{pa} > 25 \text{ mmHg}$
7.85%†	$\bar{P}_{pa} \geq 25 \text{ mmHg}$ at rest or $\geq 30 \text{ mmHg}$ during exercise, with $P_{pcw} < 15 \text{ mmHg}$

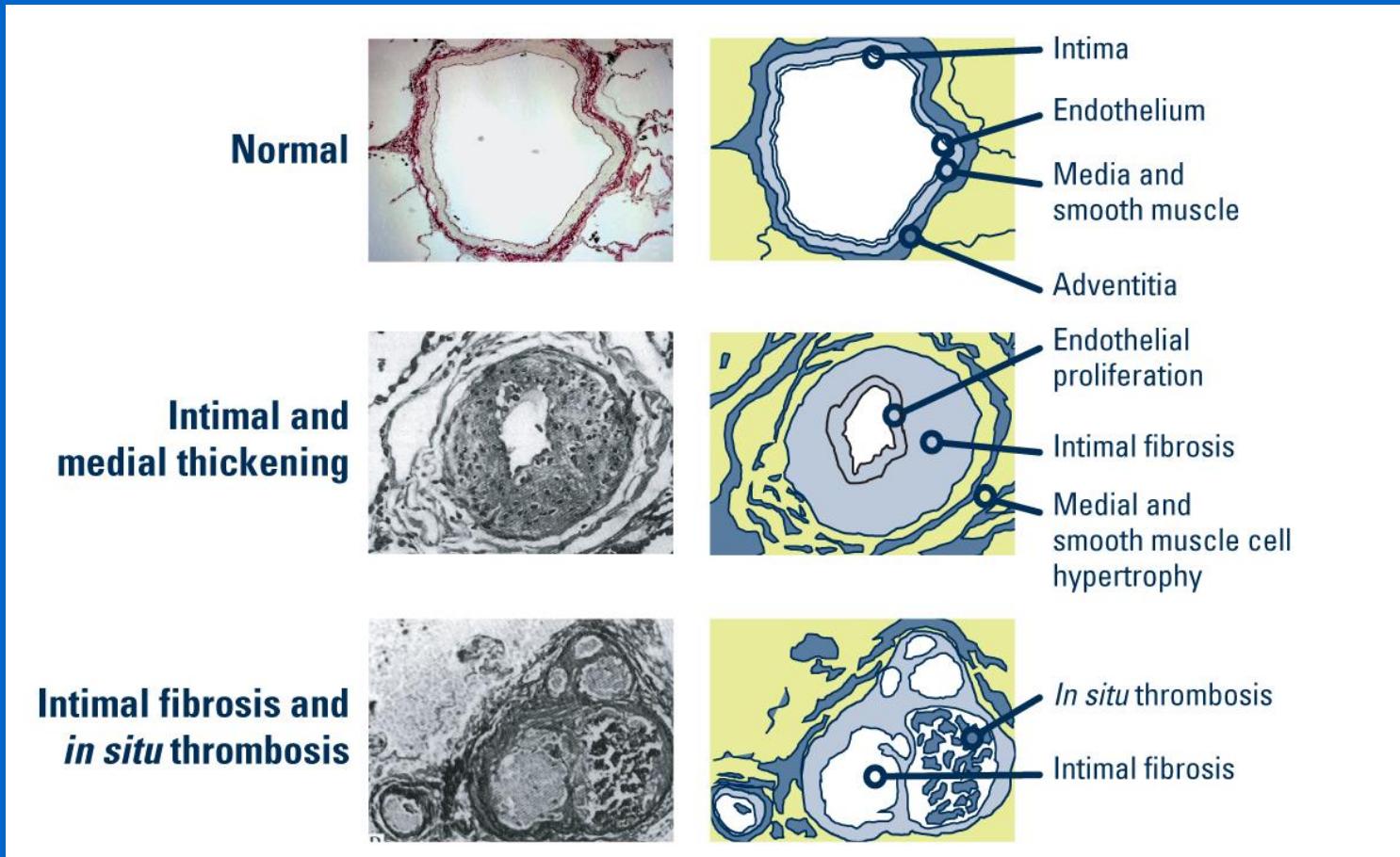


What is Systemic Sclerosis?

- Chronic autoimmune connective tissue disease characterised by excessive collagen deposition in the skin and internal organs such as the gastrointestinal tract, kidney, heart and lung
- Symptoms may be caused by vascular dysfunction, inflammation and progressive fibrosis which lead to occlusion of the microvasculature

What is Systemic Sclerosis?

The nature of the vascular dysfunction in SSc:





PAH in Systemic Sclerosis

- Systemic sclerosis (SSc); also known as scleroderma
- Pulmonary Arterial Hypertension (PAH) occurs in approximately one in seven scleroderma patients
- Pulmonary complications, namely PAH and pulmonary fibrosis, are a common cause of death in SSc patients
- Symptoms such as breathlessness, fatigue on exercise and syncope are common to other respiratory or cardiac complaints
- PAH should be considered in the daily management of SSc patients and screening is the key to establishing early diagnosis
- International guidelines recommend screening by Doppler echocardiography annually and/or in the presence of unexplained breathlessness⁵

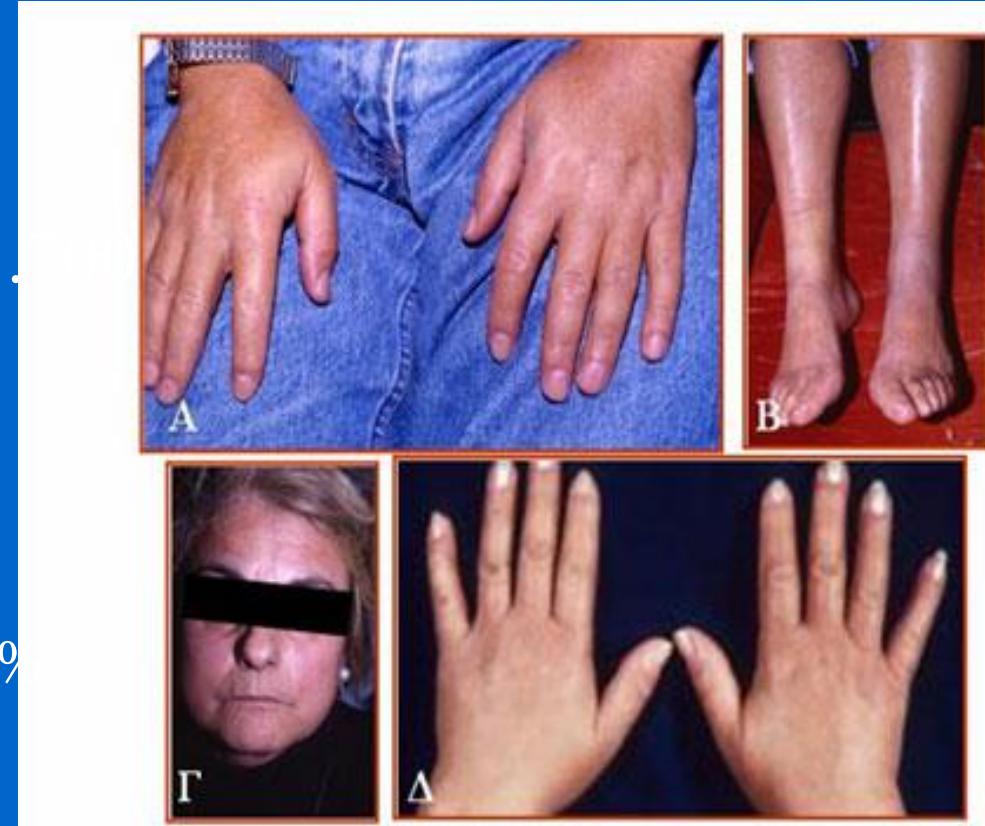
1. Hachulla E et al. *Ann Rheum Dis* 2004
2. Steen V et al. *Ann Rheum Dis* 2007
3. Runo JR et al. *Lancet* 2003
4. McGoon M et al. *Chest* 2004
5. Galie et al. *Eur Heart J* 2004

- Νοσήματα κολλαγόνου και πνευμονική υπέρταση

- Στην Ελλάδα

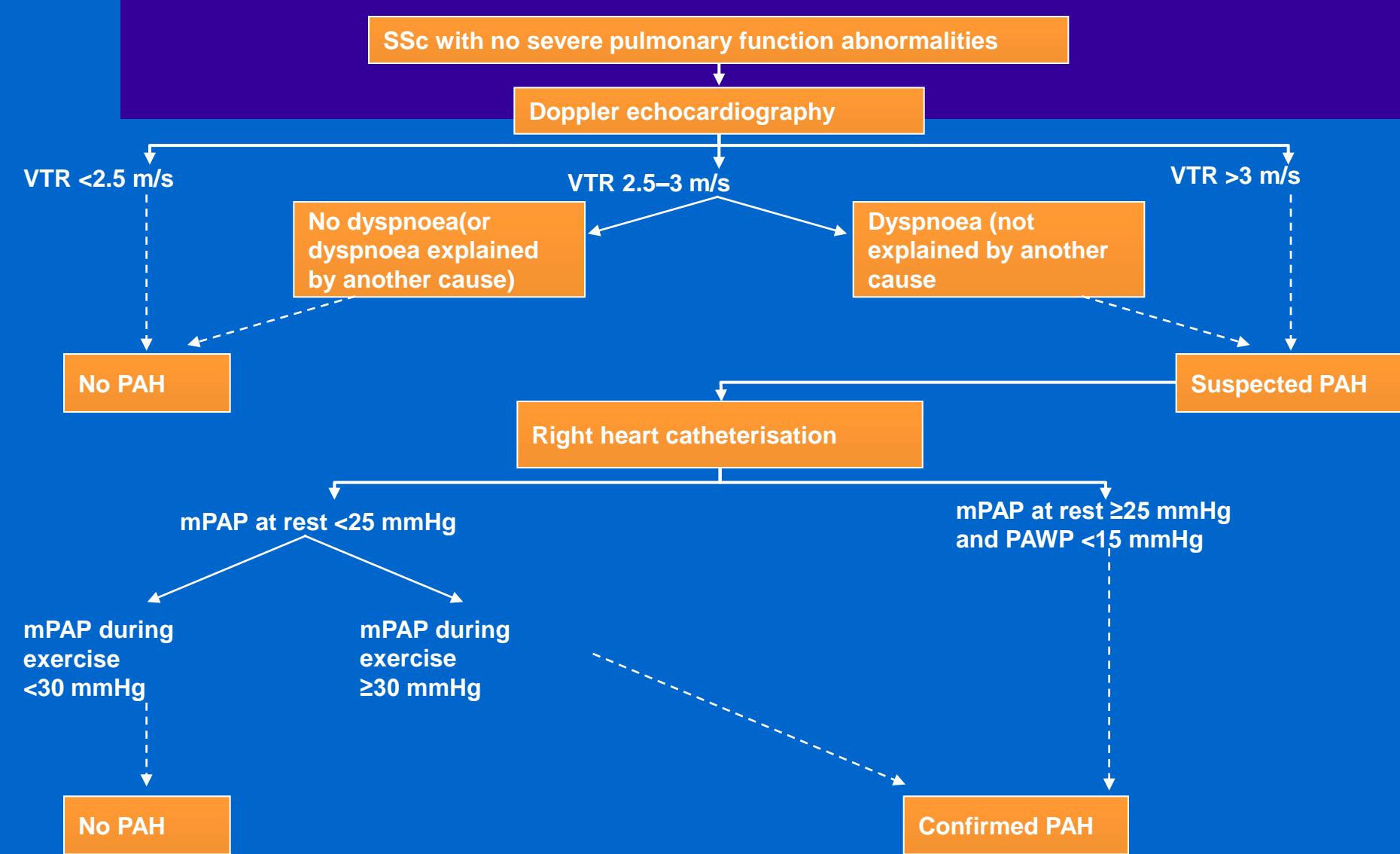
- επιπλασμός σκληροδέρματος: 1.
- επίπτωση: 120 νέα περιστατικά/έτος

- ΡΑΗ σε σκληρόδερμα: ~30%



Συστηματική σκλήρυνση. Α, Β: Διάχυτο δερματικό σκληρόδερμα
Γ: Περιορισμένο δερματικό σκληρόδερμα. Δ: "Αλλωτοειδής" διόγκωση δακτύλων.

Screening algorithm for PAH in SSc



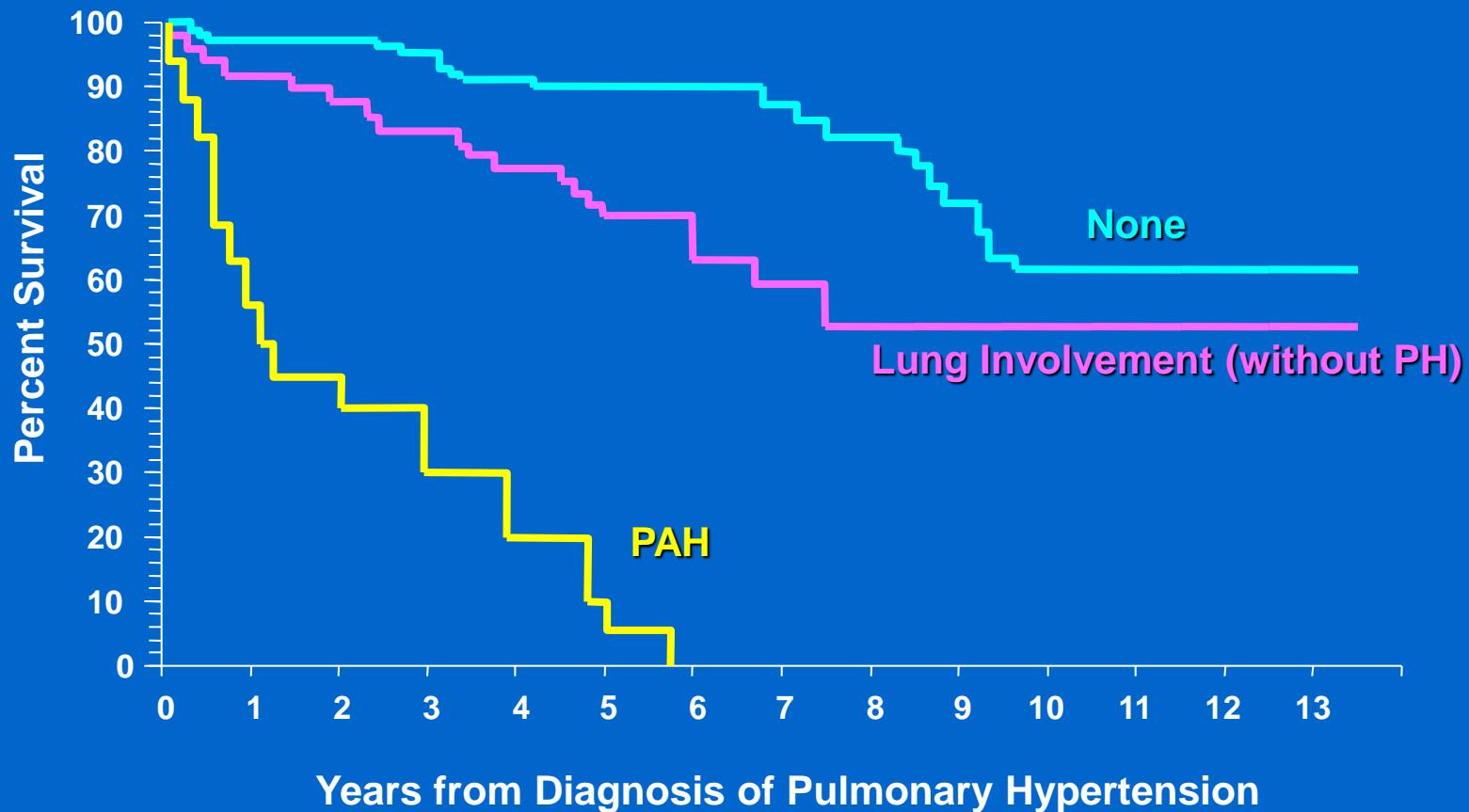
- ΠΑΥ: Μία από τις κύριες αιτίες
- θνησιμότητας στους ασθενείς με σκληρόδερμα

TABLE 2. Causes of death observed in the total population

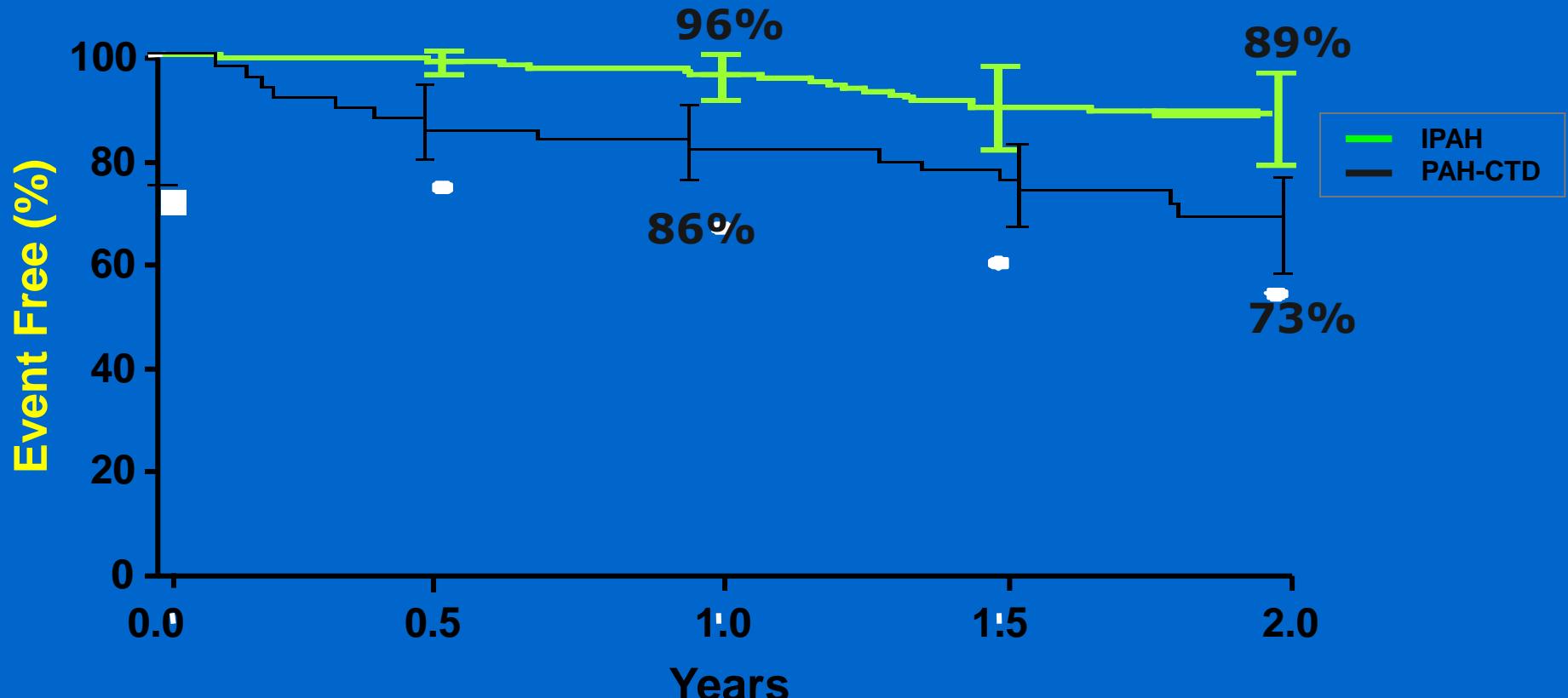
Causes of death, n (%)	All patients (n=546)
Total number of deaths	47 (8.6)
Scleroderma-related causes of death	24 (4.4)
PAH	17
Pulmonary fibrosis	2
Gastrointestinal	2
Renal crisis	3
Non-scleroderma-related causes of death	23 (4.2)
Cancer	8
Infection	4
Cardiovascular or cerebrovascular atherosclerosis	2
Other cause	2
Unknown cause	7

- Survival Estimates in Scleroderma By

Organ Involvement



Η PAH-CTD έχει χειρότερη πρόγνωση από την ιδιοπαθή ακόμα και υπό θεραπεία



In the long-term follow-up of the pivotal trials for bosentan, patients with PAH-CTD had worse long-term survival compared with patients with idiopathic PAH (73% vs. 89%, respectively)



- *Pulmonary Arterial Hypertension in Systemic Lupus Erythematosus: Current Status and Future Direction*

	IPAH	CTD	SLE-aPAH	SSc-aPAH
Total # of patients	1251	641	110	399
Patients newly diagnosed at enrollment (%)	14	15	14	16
Age (years)	50.1 ± 17.5	57.1 ± 13.7	45.5 ± 11.9	61.8 ± 11.1
Sex, (#)				
Female	987	578	104	353
Male	264	63	6	46
Race (%)				
White	74.8	71.8	37.4	83.9
African-American	11.7	16.5	31.8	10.9
Hispanic	8.3	7.5	17.8	3.6
Other	5.2	4.2	13.1	1.6
Raynaud phenomenon (%)	1.4	26.5	13.6	32.6
Renal insufficiency (%)	3.9	6.9	4.6	8.7
Time between diagnostic RHC and enrollment (months)	41.1 ± 44.1	27.2 ± 29.9	34.4 ± 39.1	24.2 ± 24.1
BNP (pg/mL)	245.6 ± 427.2	432.8 ± 789.1	263.8 ± 338.8	552.2 ± 977.8
DLCO (%)	63.6 ± 22.1	44.9 ± 18	53.3 ± 19.5	41.2 ± 16.3
Immunosuppressive therapy (%)	1.3	11.9	22	6.8
Alive at 1 year (%)	93	86	94	82



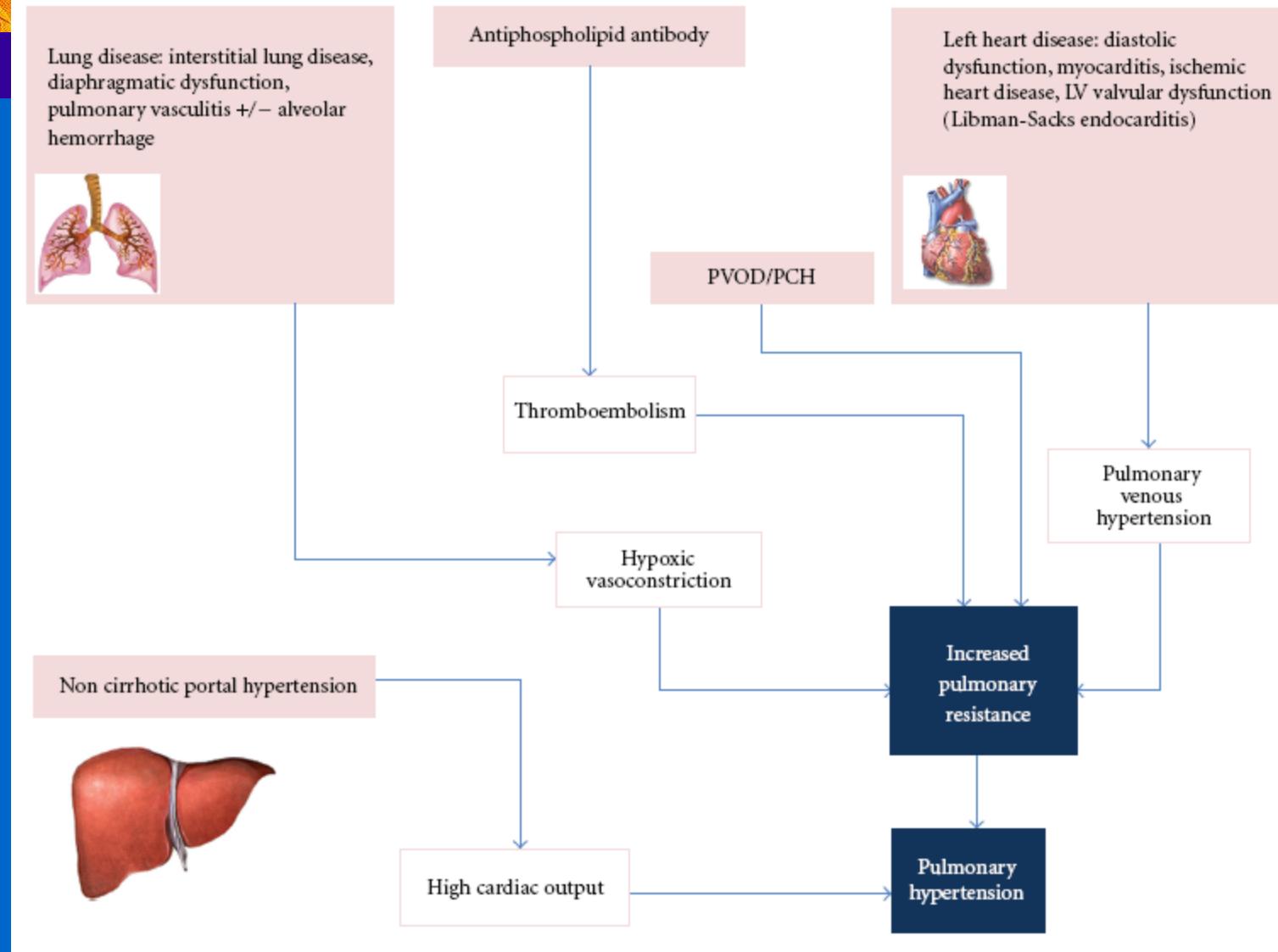
Pulmonary hypertension in systemic sclerosis and systemic lupus erythematosus

TABLE 5

Prevalence of systemic lupus erythematosus associated-pulmonary arterial hypertension

Prevalence	Diagnostic threshold	Ref.
Echocardiogram based		
2.8%	RVSP >45 mmHg	[77]
4.9%	$P_{pa,sys} >30$ mmHg	[78]
9%	Clinical findings*	[80]
10%	$P_{pa} >55$ mmHg	[81]
11%	$P_{pa,sys} >30$ mmHg and $\tilde{P}_{pa} >20$ mmHg	[82]
13%	$P_{pa,sys} \geq 35$ mmHg	[85]
14%	RVSP >30 mmHg	[83]
14%	$P_{pa,sys} >30$ mmHg	[86]
14%	RVSP ≥ 40 mmHg	[84]
Right heart catheterisation based		
0.005%	$\tilde{P}_{pa} >40$ mmHg	[76]
5%	$\tilde{P}_{pa} >30$ mmHg	[77]
9.3%	$\tilde{P}_{pa} >40$ mmHg	[79]

Pulmonary Arterial Hypertension in Systemic Lupus Erythematosus: Current Status and Future Directions



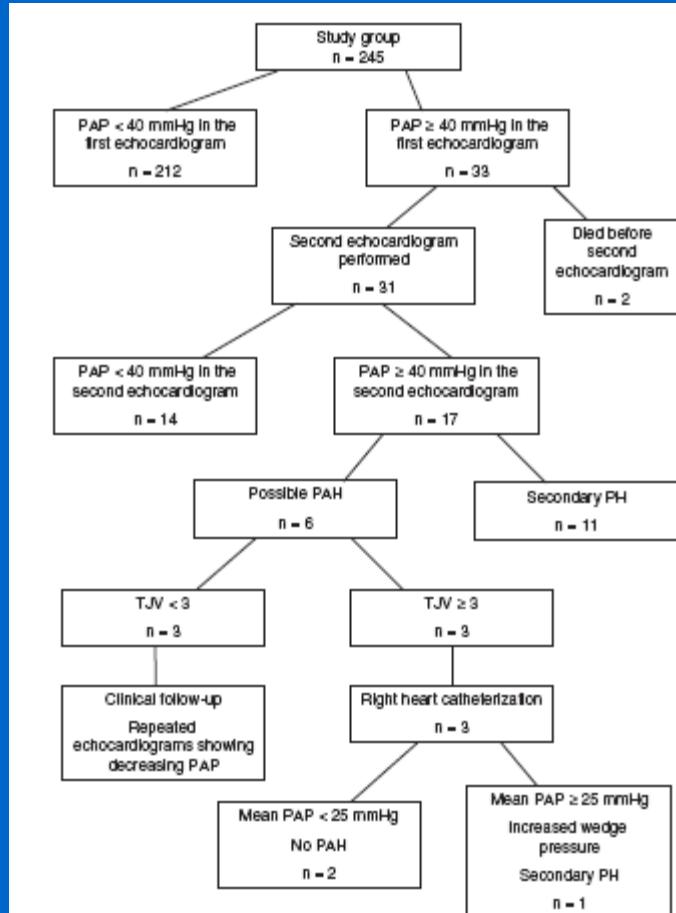


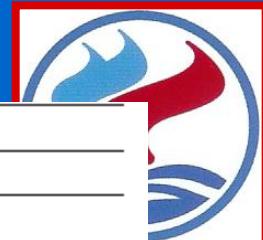
- *Pulmonary Arterial Hypertension in Systemic Lupus Erythematosus: Current Status and Future Direction*

- (i) Female gender
- (ii) Isolated reduction in diffusion
- (iii) Raynaud phenomenon §
- (iv) Serositis §
- (v) Renal disease
- (vi) Digital gangrene
- (vii) Cutaneous vasculitis/livedo reticularis
- (viii) Rheumatoid factor
- (ix) Anti-U1 RNP §
- (x) Anticardiolipin antibodies §
- (xi) Antiendothelial cell antibodies



Pulmonary hypertension in systemic lupus erythematosus: prevalence, predictors and diagnostic strategy





Studies	Drug/design	Patients and baseline characteristics		Outcome
Intensive Immunosuppressive therapy (IIT) trials				
Miyamichi-Yamamoto et al. [19]	IIT: IV cyclophosphamide + oral glucocorticoids + vasodilator therapy (VT)	(i) 8 patients with SLE-aPAH (ii) MPAP = 39.5 ± 9.2 (iii) PVR = 8.75 ± 5.43 (iv) NYHA FC = I, II, III (v) 6MWD = 442 ± 54		IIT: (i) Significantly decreased MPAP (ii) Tended to decrease PVR (iii) Normalized hemodynamics in a few patients.
	Observational cohort study from a single center with historical control	(vi) Age = 42 ± 8		IIT + VT improved the pulmonary hemodynamics and long-term prognosis of patients with CTD-aPAH.
Jais et al. [20]				
	IIT: IV cyclophosphamide + glucocorticoids \pm VT	Rx with IIT	Rx with IIT + VT	(i) SLE-aPAH patients with less severe disease may respond to treatment with IIT. (ii) For patients with more severe disease, VT should be started, possibly in combination with IIT.
	Retrospective, uncontrolled study	N = 13 MPAP PVR NYHA FC 6MWD Age	9 48 ± 12 8.6 ± 3.5 II, III 347 \pm 80 31 ± 10	4 58 ± 10 14.3 ± 1.3 III, IV 381 ± 71 38 ± 9
Sanchez et al. [21]				
	IV cyclophosphamide \pm glucocorticoids	(i) 13 patients with SLE-aPAH (ii) MPAP (avg.) = 54 (iii) PVR (avg.) = 19 (iv) NYHA FC = II, III		(i) Of the responders [R] 62% had SLE. (ii) R's had a significantly improved 6MWD and hemodynamic parameters. (iii) R's had a better survival than non responders [NR].



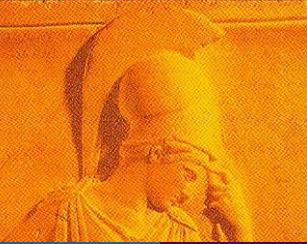
Rubin et al. [24]	Bosentan	(i) 16 patients with SLE (ii) MPAP = 55 ± 16 (iii) PVR = 12.68 ± 8.48 (iv) NYHA FC = III, IV (v) 6MWD = 330 ± 74 (vi) Age = 49 ± 16	Statistically significant improvement in exercise capacity, NYHA FC and increase in time to clinical worsening.
	Double-blind placebo-controlled trial	Subcutaneous, inhaled, and intravenous prostanooids	
Oudiz et al. [25]	Subcutaneous treprostinil	(i) 25 patients with SLE (ii) MPAP = 52 ± 2 (iii) NYHA FC = II, III, IV (iv) 6MWD = 280 ± 13 (v) Age = 54 ± 2	Improved exercise capacity, dyspnea fatigue symptoms, hemodynamics and trend toward improved quality of life.
	Double-blind placebo-controlled trial	Inhaled Iloprost	
Olschewski et al. [26]	Randomized placebo-controlled trial	(i) 35 patients with CTD (ii) MPAP = 52.8 ± 11.5 (iii) PVR = 12.86 ± 4.88 (iv) NYHA FC = III, IV (v) 6MWD = 332 ± 93 (vi) Age = 51 ± 13	(i) Statistically significant benefit in combined endpoint of 10% improvement in 6MWD and FC improvement and absence of clinical deterioration. (ii) No subgroup analysis done for SLE.
	Intravenous epoprostenol	(i) 6 patients with SLE (ii) MPAP = 57 ± 9 (iii) PVR = 14 ± 7 (iv) NYHA FC = III, IV (v) Age = 26–35	
Robbins et al. [27]	Case series		Dramatic improvement in FC and marked improvement in hemodynamics.



Pulmonary hypertension in systemic lupus erythematosus: prevalence, predictors and diagnostic strategy

Take-home messages

- PH, and particularly PAH, is not a major clinical problem in patients with SLE.
- Screening echocardiograms of asymptomatic lupus patients without a clinical suspicion of PH is not recommended.
- Two consecutive PAP values ≥ 40 mm Hg estimated by echocardiogram are the best initial procedure to decide further testing for the diagnosis of PH.



A 25 year old female presented with shortness of breath on exertion and chest pain since the last five months. She referred that during the last month she has been deteriorating with shortness of breath and arrhythmias even at the mildest exertion. On physical examination it was revealed that she had a photosensitive rash of the face and trunk. A normal S1, a loud S2 and a systolic murmur at the lower left sternal border were heard at auscultation.



MI: 1.6
S4 1.8/3.6
05 OCT 86
09:57:05
PROC 8/8/E/FA
Hewlett-Packard

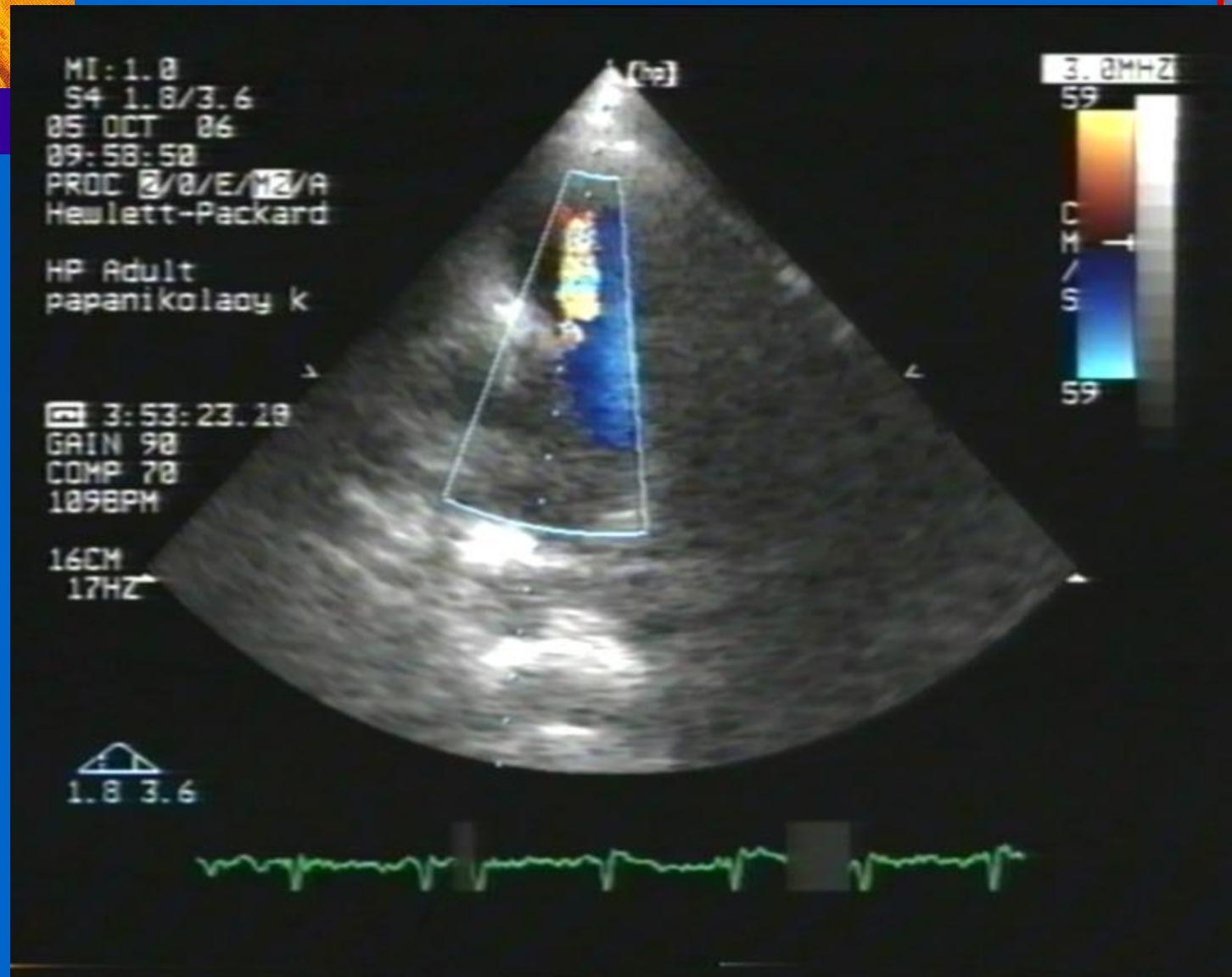
HP Adult
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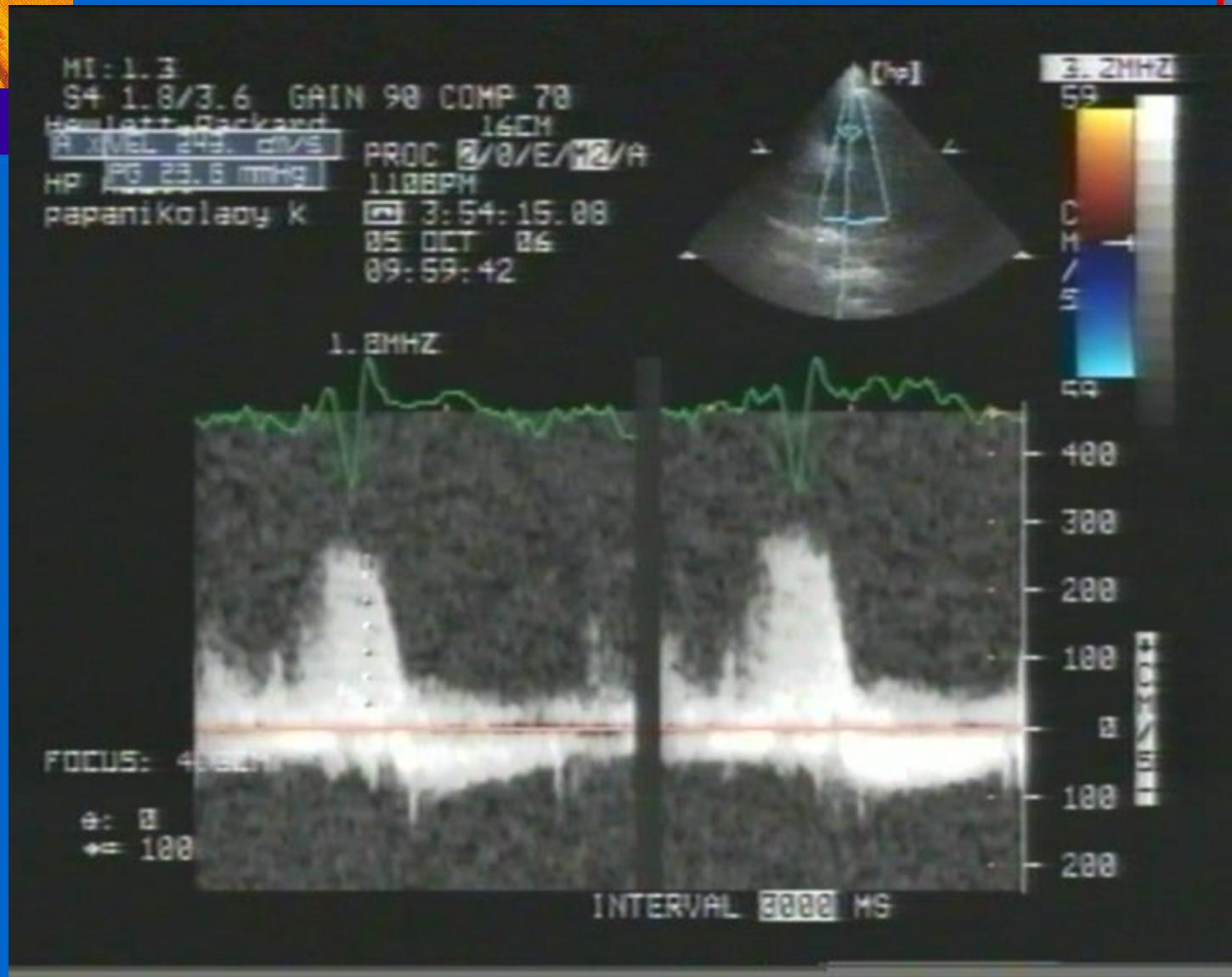
3:51:51.19
GAIN 98
COMP 78
107BPM

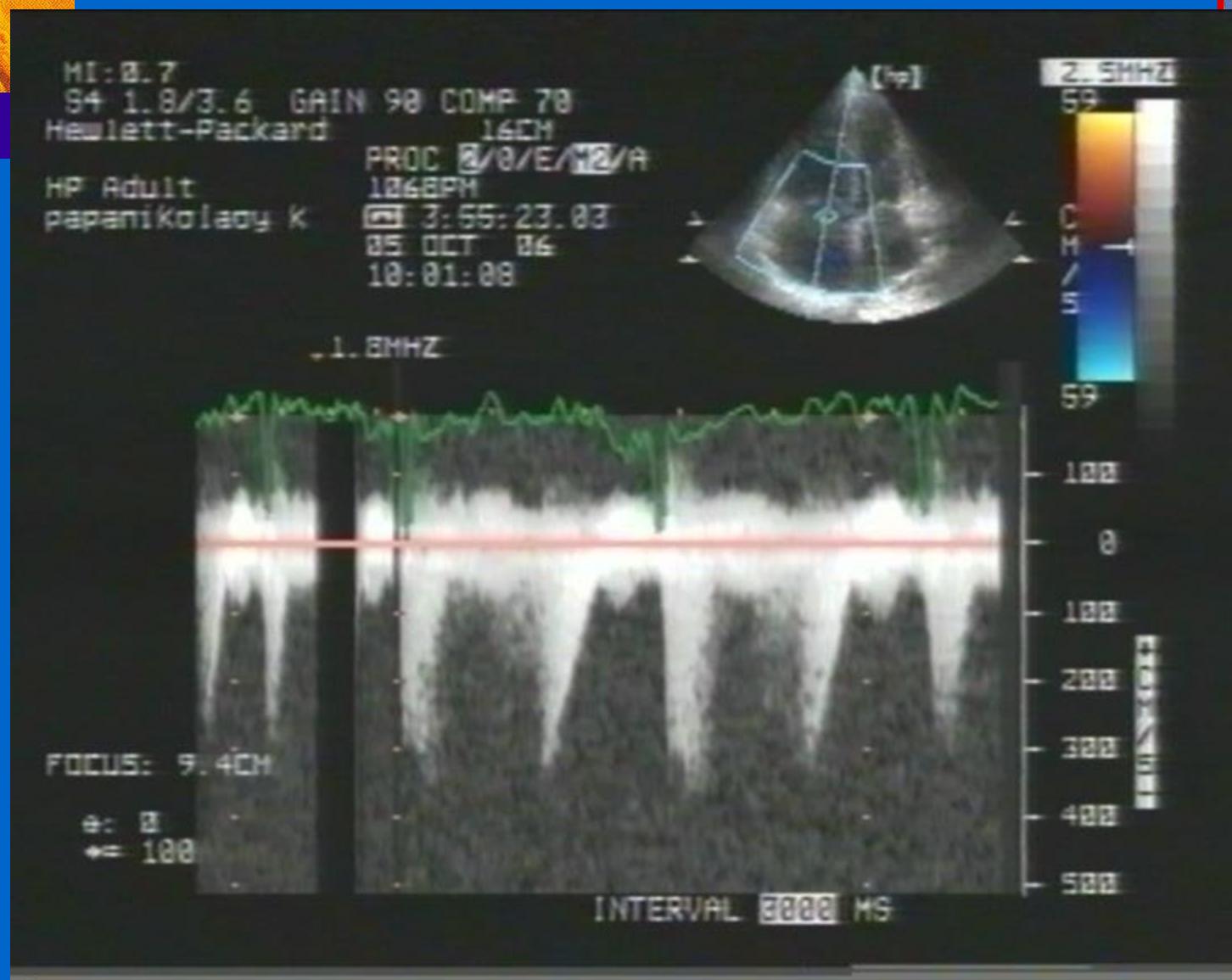
16CM ~
25HZ

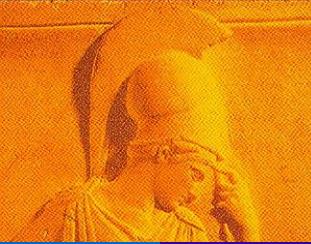
1.8 3.6









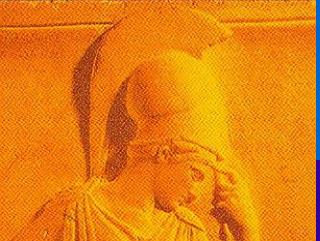


- Right heart catheterization before treatment
- RA: 5 mmHg
- RV: 80/5 mmHg
- PA: 80/40 mmHg
- O₂ consumption: 200 ml O₂/min/m²
- CO: 3L/min
- PVR: 1394 dyn_xsec_xcm⁻⁵
- PAR: 1315 dyn_xsec_xcm⁻⁵
- SVR: 1880 dyn_xsec_xcm⁻⁵



-normal V/Q scan

- normal pulmonary function tests but a mild decrease of DLCO 73% of predicted
- normal renal function
- normal thyroid tests
- negative tests for anti-phospholipid syndrome
- negative screening test for HIV infection
- mild hypochromic microcytic anaemia
- ANA (+) (1:1280)
- Anti -dsDNA (+)
- Low complement (C3/C4)



Treatment

The patient was put on Bosentan, coumadin as well as on methylprednisolone 32 mgr with gradual tapering and on cyclophosphamide 1 gr IV/q month x 6.



Right heart catheterization after treatment

RA: 4 mmHg

RV: 74/4 mmHg

PA: 74/31 mmHg

O₂ Consumption: 223 ml O₂/min/m²

Καρδιακή Παροχή: 4,9 L/min

PVR: 791 dyn×sec×cm⁻⁵

PAR: 694 dyn×sec×cm⁻⁵

SVR: 1336 dyn×sec×cm⁻⁵



MI: 1.6
S4
25 SEP 87
11:41:87
PROC 8/8/E/F3
Hewlett-Packard

HP Adult
PAPANIKOLAOY

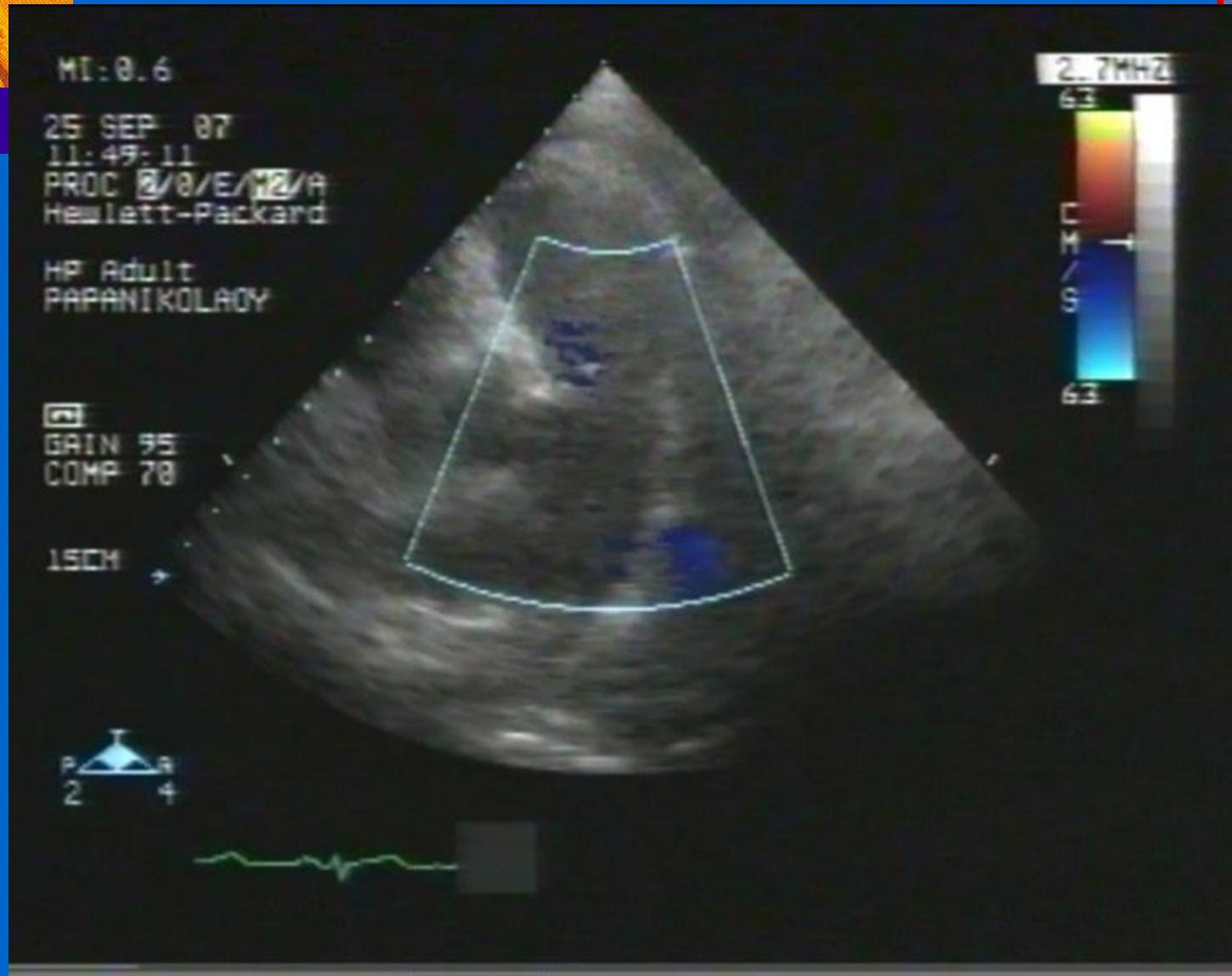
1:28:29.00
GAIN 78
COMP 78
96BPM

15CM
65HZ

P R
2 4

A [L]







TTS-1.4

54

BAIN 92 COMP 70

Hewlett-Packard

15CM

HP Adult

PROC 8/8/E/F3

PAPANIKOLAOY

100BPM

1:23:00.11

25 SEP 87

11:47:05

1.8MHZ

GATE: 7.60

LEN: 0.350M

#:

%:

DELAY1 0 MS

EVERY 5 BEATS

40

80

120

80

120



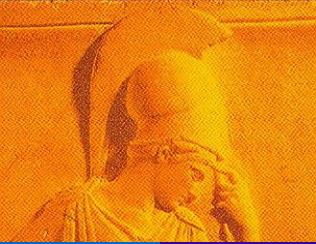
MI: 1.6
S4: 1.8/3.6
12 OCT 87
13: 52: 56
PROC S/V/E/FR
Hewlett-Packard

HP Adult
PAPANIKOLAOY

■ 6: 48: 44.05
GAIN: 73
COMP: 78

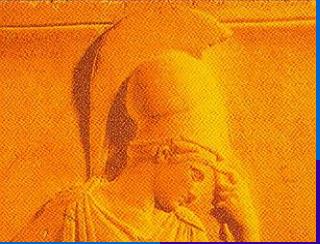
17CM

1.8 3.6



The 6-minute work increased to over 600 m and the O₂ Sat reached 96%.

The patient has no complains or restrictions.



—Thank you