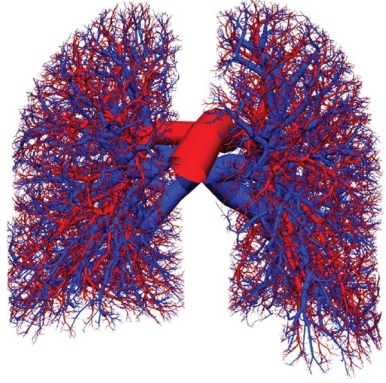


**Pulmonary Vascular Disease Program**  
**Brigham and Women's Hospital**  
**Harvard Medical School**

# Assessment and Treatment of Pulmonary Hypertension

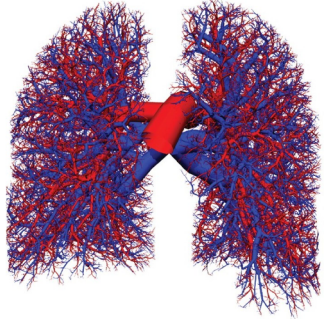
Aaron B. Waxman, MD, PhD  
Executive Director, Center for Pulmonary Heart Diseases  
Director, Pulmonary Vascular Disease Program  
Brigham and Women's Hospital Heart and Vascular Center  
Harvard Medical School



# Pulmonary Vascular Disease Program

## Brigham and Women's Hospital Harvard Medical School

- Disclosures
- Clinical Trial Steering Committees
  - Delivery Trial – United Therapeutics and Medtronic - PI
  - INCREASE Trial – United Therapeutics - PI
  - PERFECT Trial – United Therapeutics - PI
  - Sotatercept Trial – Acceleron
  - ASPIRE Trial – Aria CV - PI



# Pulmonary Vascular Disease Program

## Brigham and Women's Hospital

## Harvard Medical School

- Learning Objectives
  - Updates on Pulmonary Hypertension definition and approach to diagnosis
  - Therapeutic options
  - Selection of appropriate combinations of PAH therapy based on empirical data
  - Expanding the treatment horizon

# Diagnosis of PAH

- Signs and symptoms may be subtle and nonspecific
- Clinical suspicion is based on symptoms, risk factors, and medical and family history
- The most common symptoms include exertional dyspnea, fatigue, weakness, lightheadedness/syncope, and chest pain
- At more advanced disease stages, there may be signs and symptoms of cardiovascular abnormalities
- Diagnostic and screening tools to confirm PH are shown here

## Key Diagnostic Tools

- Electrocardiography (ECG)
- Pulmonary function tests (PFT)
- Cardiopulmonary exercise testing (CPET)
- Ventilation/perfusion (V/Q) lung scanning
- Chest computed tomography (CT)
- Echocardiography
- Right heart catheterization (RHC)
- N-terminal pro B-type natriuretic peptide (NTProBNP)/BNP for risk assessment

# Hemodynamic Definitions of PH

## 5<sup>th</sup> WSPH<sup>1</sup>

**PH**

mPAP  $\geq$ 25 mm Hg at rest during RHC

**Pre-capillary PH**

mPAP  $\geq$ 25 mm Hg  
PAWP  $\leq$ 15 mm Hg  
PVR  $>$ 3 WU

## 6<sup>th</sup> WSPH<sup>2</sup>

**PH**

mPAP  $>$ 20 mm Hg

**Pre-capillary PH**

mPAP  $>$ 20 mm Hg  
PAWP  $\leq$ 15 mm Hg  
PVR  $\geq$ 3 WU

mPAP: mean pulmonary arterial pressure; PAWP: pulmonary arterial wedge pressure; PVR: pulmonary vascular resistance; RHC: right heart catheterization; WU: Wood Units. **Pre-capillary PH is included in clinical groups 1, 3, 4 and 5.**<sup>2</sup>

# Hemodynamic Definitions of PH

Definitions	Characteristics	Clinical Groups <sup>a</sup>
Isolated post-capillary PH (IpcPH)	mPAP >20 mm Hg PAWP >15 mm Hg PVR <3 WU	2 and 5
Combined pre- and post-capillary PH (CpcPH)	mPAP >20 mm Hg PAWP >15 mm Hg PVR $\geq$ 3 WU	2 and 5

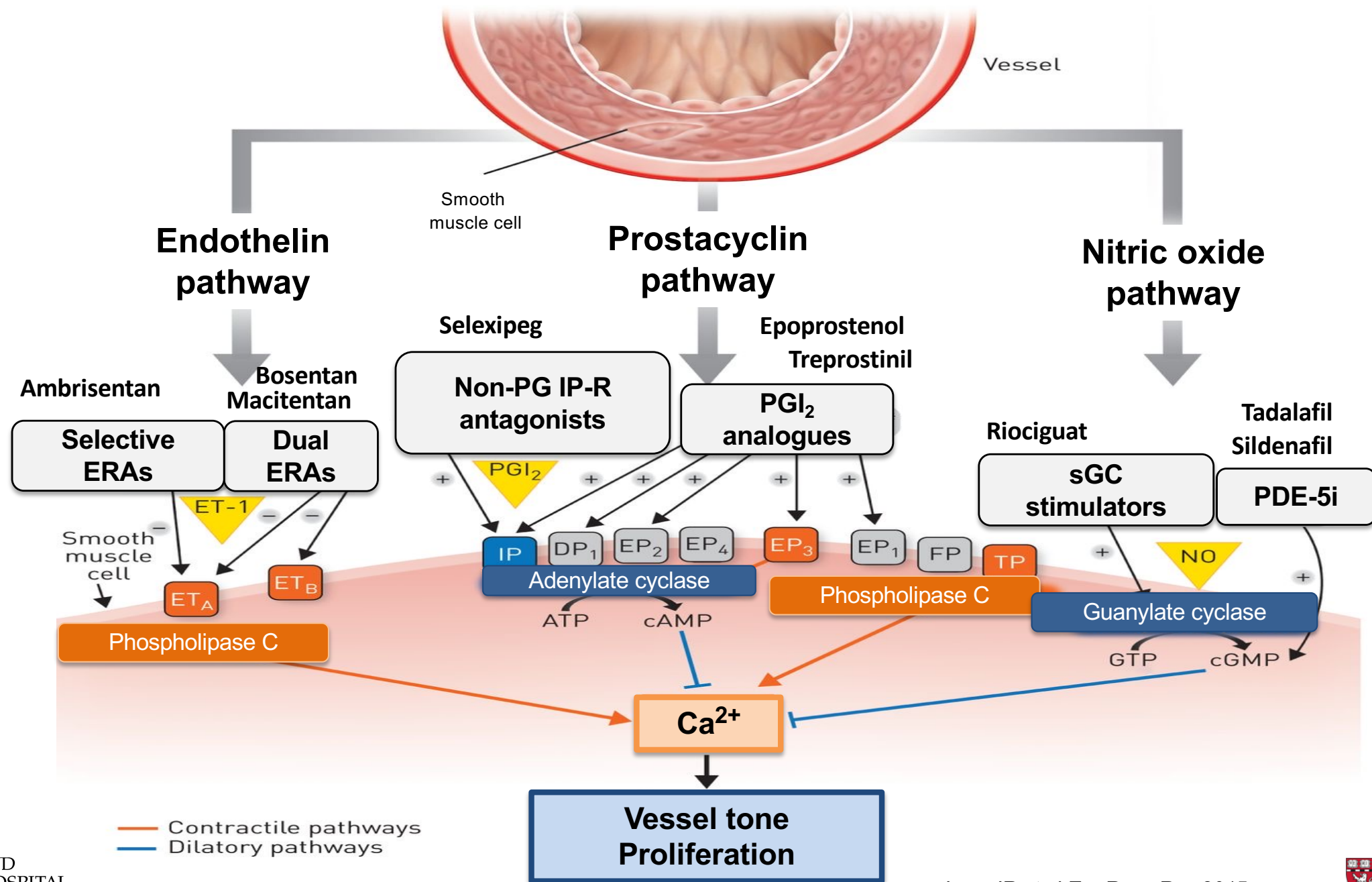
<sup>a</sup>Group 1: PAH; group 2: PH due to left heart disease; group 3: PH due to lung diseases and/or hypoxia; group 4: PH due to pulmonary artery obstructions; group 5: PH with unclear and/or multifactorial mechanisms.

# Treatment Algorithm

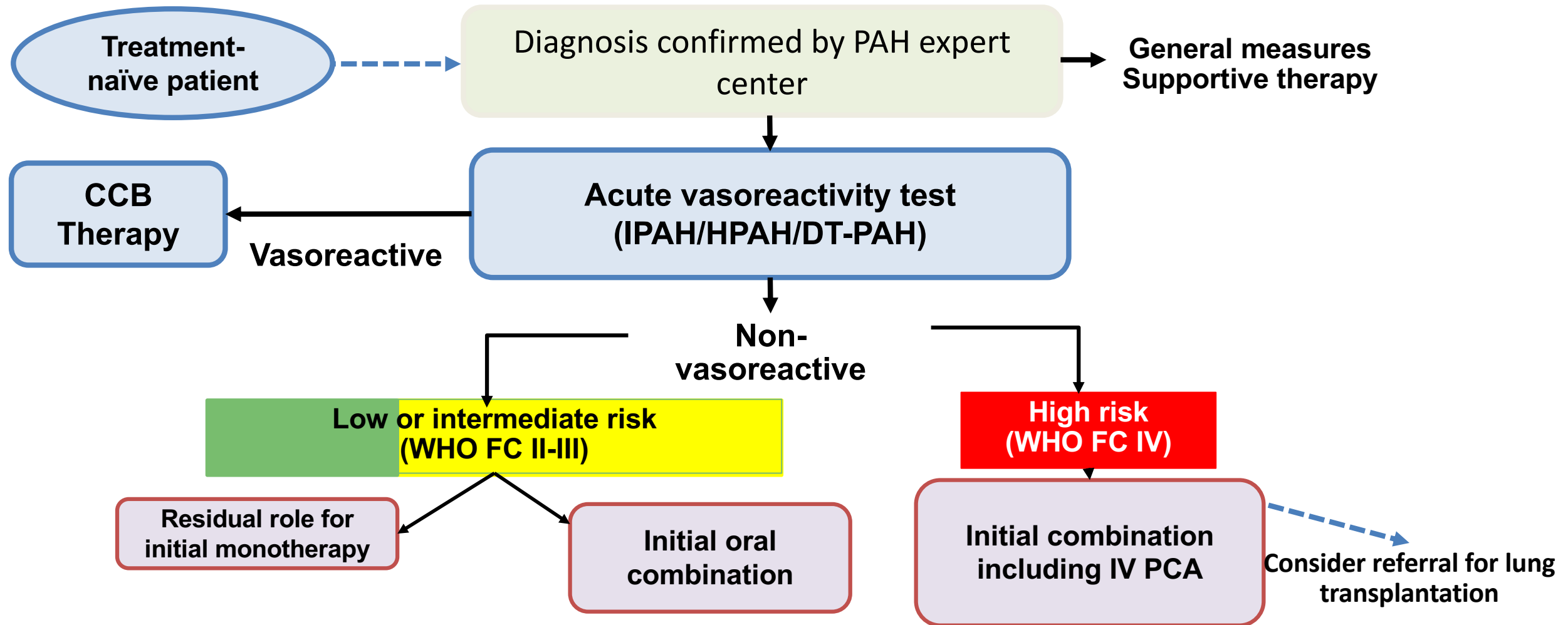
General Measures	Supportive Therapy
<ul style="list-style-type: none"><li>• Avoid pregnancy</li><li>• Influenza and pneumococcal immunization</li><li>• Psychological counseling</li><li>• Supervised exercise training</li><li>• Supplemented oxygen</li><li>• Regional anesthesia preferred over general anesthesia</li></ul>	<ul style="list-style-type: none"><li>• Diuretics</li><li>• Long-term oxygen therapy</li><li>• Anticoagulant therapy</li><li>• Iron deficiency correction</li><li>• Use of ACEi, AT1-antagonists, <math>\beta</math>-blockers, ivabradine only if specifically indicated</li><li>• Treatment of arrhythmias</li></ul>

Note: **Oral anticoagulant therapy is not recommended in associated forms of PAH, while in IPAH, HPAH and DT-PAH the data on efficacy is more conflicting.** The decision about anticoagulation has to be made on a case-by-case basis after an individual risk–benefit analysis.

# Current Therapeutic Targets in PAH

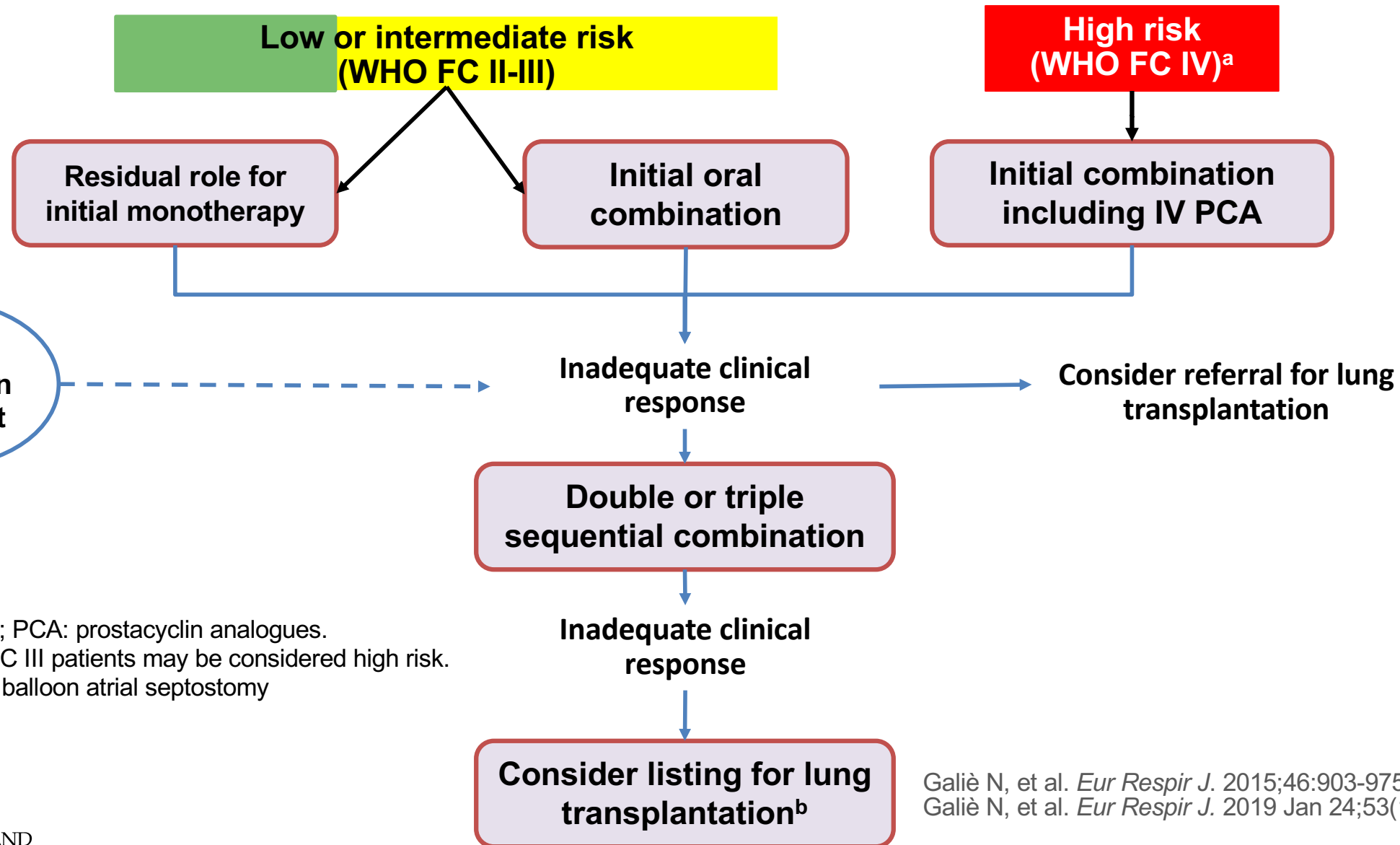


# Treatment Algorithm for Initial PAH-Specific Therapy



IV: intravenous; PCA: prostacyclin analogues.

# Treatment Algorithm for Initial PAH-Specific Therapy



IV: intravenous; PCA: prostacyclin analogues.

<sup>a</sup>Some WHO-FC III patients may be considered high risk.

<sup>b</sup>Consider also balloon atrial septostomy

Galiè N, et al. *Eur Respir J.* 2015;46:903-975.

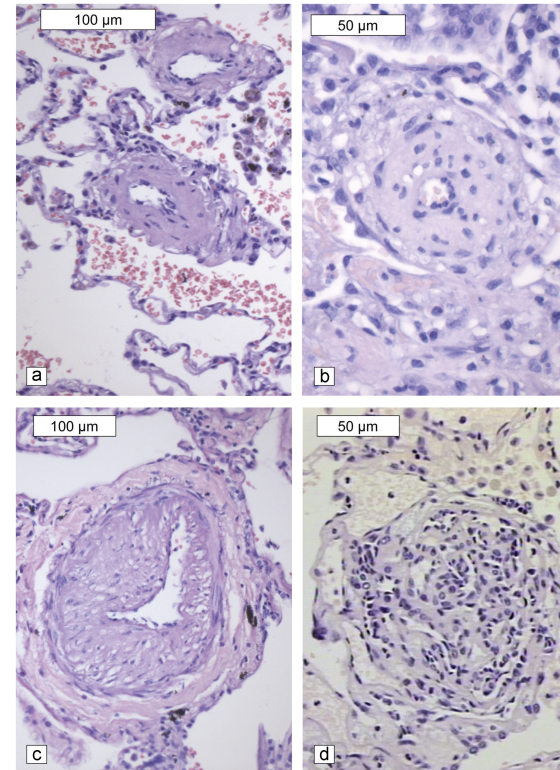
Galiè N, et al. *Eur Respir J.* 2019 Jan 24;53(1). pii: 1801889.

# Expected Adverse Effects of PAH-Specific Therapies

- Most PAH medications have class-related adverse effects, often due to vasodilatory properties of the medications
  - ERAs
    - Edema
  - PDE-5 inhibitors
    - Flushing, headache
  - Prostacyclins
    - Headache, flushing, jaw pain, nausea
  - Riociguat (sGC inhibitor)
    - Flushing, headache
  - Selexipag (IP receptor agonist)
    - Headache, flushing, nausea
- In addition, PAH medications are often up-titrated on the basis of tolerability

# Group 3 PH - Statement of the Problem

- WHO Group-3PH is frequently encountered and adversely affects patients' quality of life and survival.
- Pulmonary vascular remodeling is a component of advanced lung disease and probably reflects the inflammatory nature of the disease

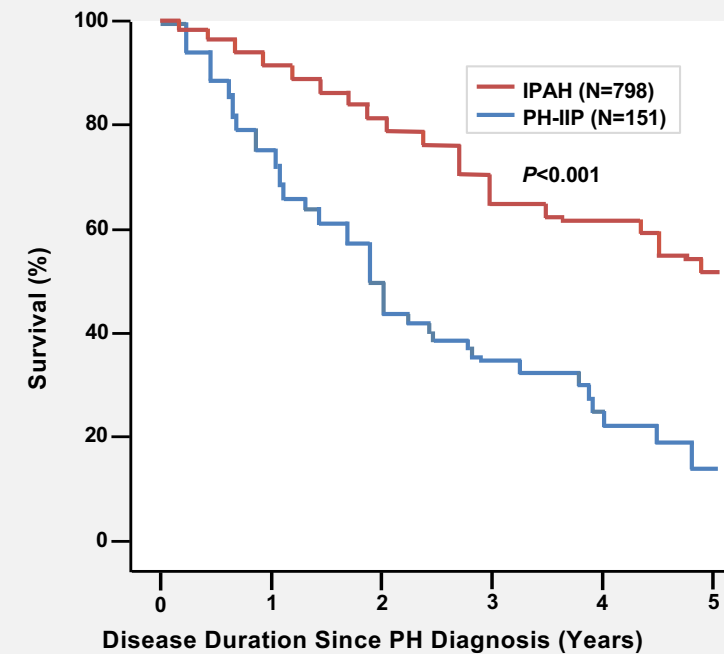


The Journal of Heart and Lung Transplantation 2013; 32:347-354

# Pulmonary Hypertension due to Interstitial Lung Disease (PH-ILD)

- Interstitial lung disease (ILD) encompasses a heterogeneous group of parenchymal lung diseases.
- PH-ILD is associated with poor prognosis, worsened functional status, decreased quality of life, increased need for supplemental oxygen, and markedly reduced survival.<sup>1,2</sup>

Kaplan-Meier Survival Estimates in Patients with PH Associated with Chronic Fibrosing Idiopathic Interstitial Pneumonias and Idiopathic PAH – Data from the COMPERA Registry<sup>3</sup>



# INCREASE – Study Design and Inclusion Criteria

Phase 3, multicenter, randomized (1:1), double-blind, placebo-controlled, 16-week, parallel-group (inhaled treprostinil / placebo) study (NCT02630316)

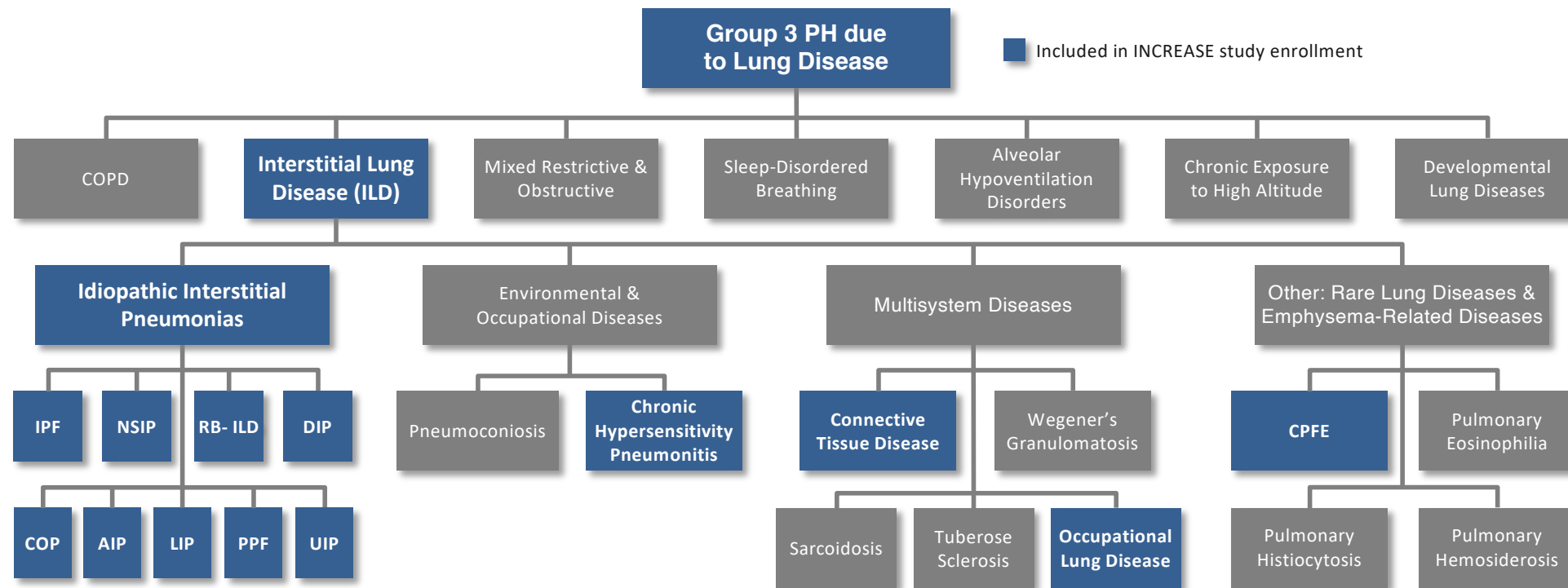
## Key Inclusion Criteria

- Confirmed diagnosis of Group 3 PH based on CT within 6 months prior to randomization and demonstrated evidence of diffuse parenchymal lung disease. Subjects had any form of ILD or CPFE
- Right heart catheterization within 1 year prior to randomization with the following documented parameters:
  - **PVR >3 WU and**
  - **PCWP ≤15 mmHg and**
  - **mPAP ≥25 mmHg**
- Baseline 6MWD ≥100 m
- Subjects on a chronic medication for underlying lung disease (i.e., pirfenidone, nintedanib, etc.) were on a stable and optimized dose for ≥30 days prior to randomization
- Subjects with Group 3 connective tissue disease had a Baseline forced vital capacity <70%

## Key Exclusion Criteria

- Diagnosis of PAH or PH for reasons other than Group 3 PH-ILD
- Use of any PAH-approved therapy, within 60 days of randomization (or during the study)
- Evidence of clinically significant left-sided heart disease as defined by:
  - **PCWP >15 mmHg**
  - **Left ventricular ejection fraction <40%**
- Receiving >10 L/min of oxygen supplementation by any mode of delivery at rest at Baseline
- Initiation of pulmonary rehabilitation within 12 weeks prior to randomization
- Acute pulmonary embolism within 90 days of randomization

# INCREASE Eligible Study Population



AIP: Acute interstitial pneumonitis; COP: Cryptogenic organizing pneumonia; CPFE: Combined pulmonary fibrosis and emphysema; DIP: Desquamative interstitial pneumonia; IPF: Idiopathic Pulmonary Fibrosis; LIP: Lymphoid Interstitial pneumonia; NSIP: Nonspecific interstitial pneumonia; PPF: Pleuroparenchymal fibroelastosis; RB-ILD: Respiratory bronchiolitis-associated interstitial lung disease; UIP: Unclassifiable interstitial pneumonia.  
 1. Simonneau G, et al. J Am Coll Cardiol. 2013;62(25):D34-41. 2. Bourke SJ. Postgrad Med J. 2006;82:494-499. 3. "Interstitial Lung Disease" www.erswhitebook.com – accessed December 2015.

# Study Assessments

## Primary Endpoint

- Change in 6MWD measured at peak exposure from Baseline to Week 16
  - 6-minute walk test (6MWT) performed at peak plasma treprostinil exposure
    - Between 10 to 60 minutes after most recent dose of study drug

## Secondary Endpoints

- Change in NT-proBNP from Baseline to Week 16
- Time to clinical worsening - time of randomization until study discontinuation
  - Hospitalization due to a cardiopulmonary indication,
  - Decrease in 6MWD >15% from Baseline directly related to disease under study at 2 consecutive visits and at least 24 hours apart,
  - Death (all causes),
  - Or lung transplantation
- Change in Peak 6MWD at Week 12
- Change in Trough 6MWD at Week 15
  - ≥4 hours after the most recent study drug dose and ≥24 hours prior to Week 16 6MWT

6MWD: six-minute walk distance; 6MWT: six-minute walk test; NT-proBNP: N-terminal pro-brain natriuretic peptide.

N Engl J Med. 2021 384:325-334

# Study Assessments

## Exploratory Endpoints

- Change in Quality of Life (SGRQ)
- Change in peak distance saturation product (DSP)
- Change in peak 6MWD from Baseline to Weeks 4 and 8
- Optional evaluation of change in biomarkers and whole genome sequence at Baseline

## Additional Safety Endpoints

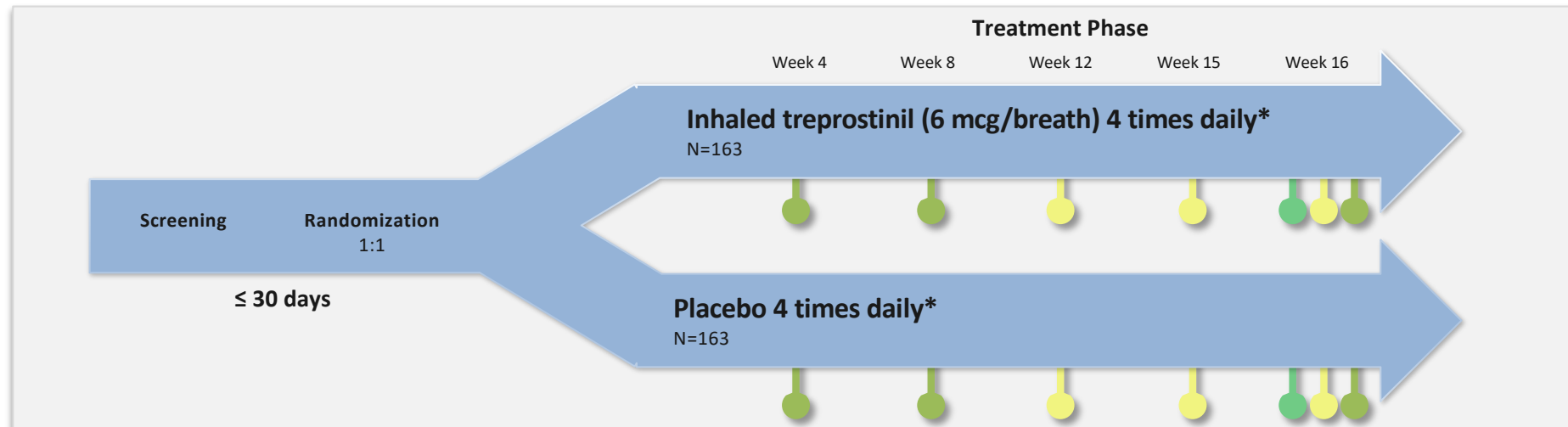
- Adverse events (AEs)
- Supplemental Oxygenation Requirements
- Pulse oximetry
- Changes in pulmonary function tests (PFTs)
- Clinical laboratory parameters
- Vital signs
- Electrocardiograms (ECG)
- Exacerbations of underlying lung disease
  - Defined as an acute, clinically significant, respiratory deterioration characterized by evidence of new widespread alveolar abnormality

SGRQ: St. George's Respiratory Questionnaire.

N Engl J Med. 2021 384:325-334

# INCREASE – Study Procedures

## Timeline of Study Endpoint Assessments



\* All subjects initiated study drug at a dose of 3 breaths (18 mcg) 4 times daily (during waking hours). Dose escalations (additional 1 breath 4 times daily) could occur up to every 3 days, with a target dose of 9 breaths (54 mcg) 4 times daily and a maximum dose of 12 breaths (72 mcg) 4 times daily, as clinically tolerated.

- Primary endpoint measure - 6MWD at peak exposure from Baseline to Week 16
- Secondary endpoint measures - Change in peak 6MWD Baseline to Week 12; Change in plasma concentration NT-proBNP Baseline to Week 16; Change in trough 6MWD from Baseline to Week 15.
- Exploratory endpoint measures

6MWD: six-minute walk distance; NT-proBNP: N-terminal pro-brain natriuretic peptide.

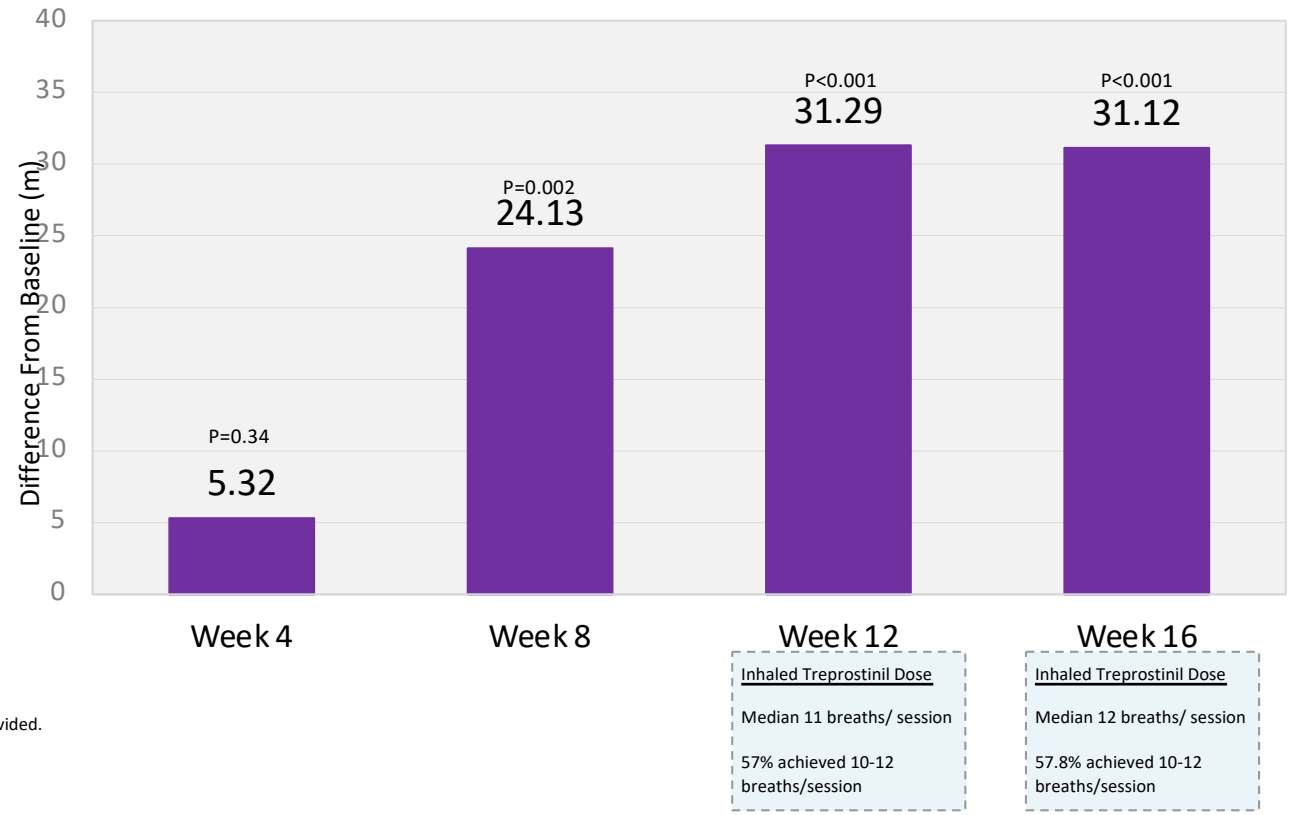
N Engl J Med. 2021 384:325-334

# Baseline Characteristics

- A total of 326 patients were enrolled in the study.
- The most common PH-ILD etiologies included:
  - Idiopathic interstitial pneumonia (45%)
  - Idiopathic pulmonary fibrosis (28%)
- 14% of patients were on single background therapy with pirfenidone and 9% on nintedanib
- The median dose of inhaled treprostinil achieved at Week 8 and Week 16 were 10 and 12 breaths per session, respectively.

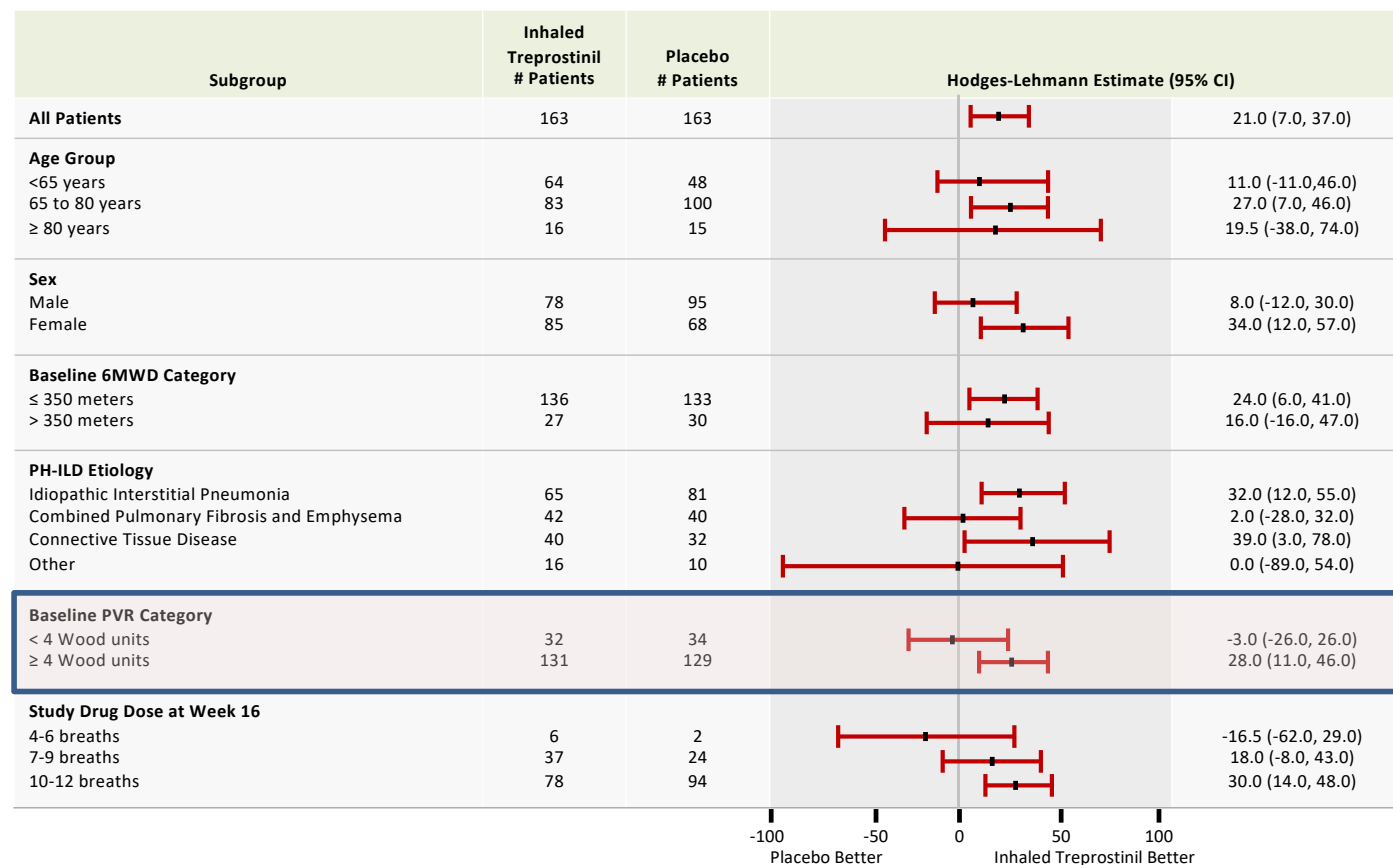
# 6MWD Results Through Week 16

**At Week 16, inhaled treprostinil patients had a placebo-corrected difference from Baseline in peak 6MWD of 31.12 meters (95% CI: 16.85, 45.39; P<0.001).**



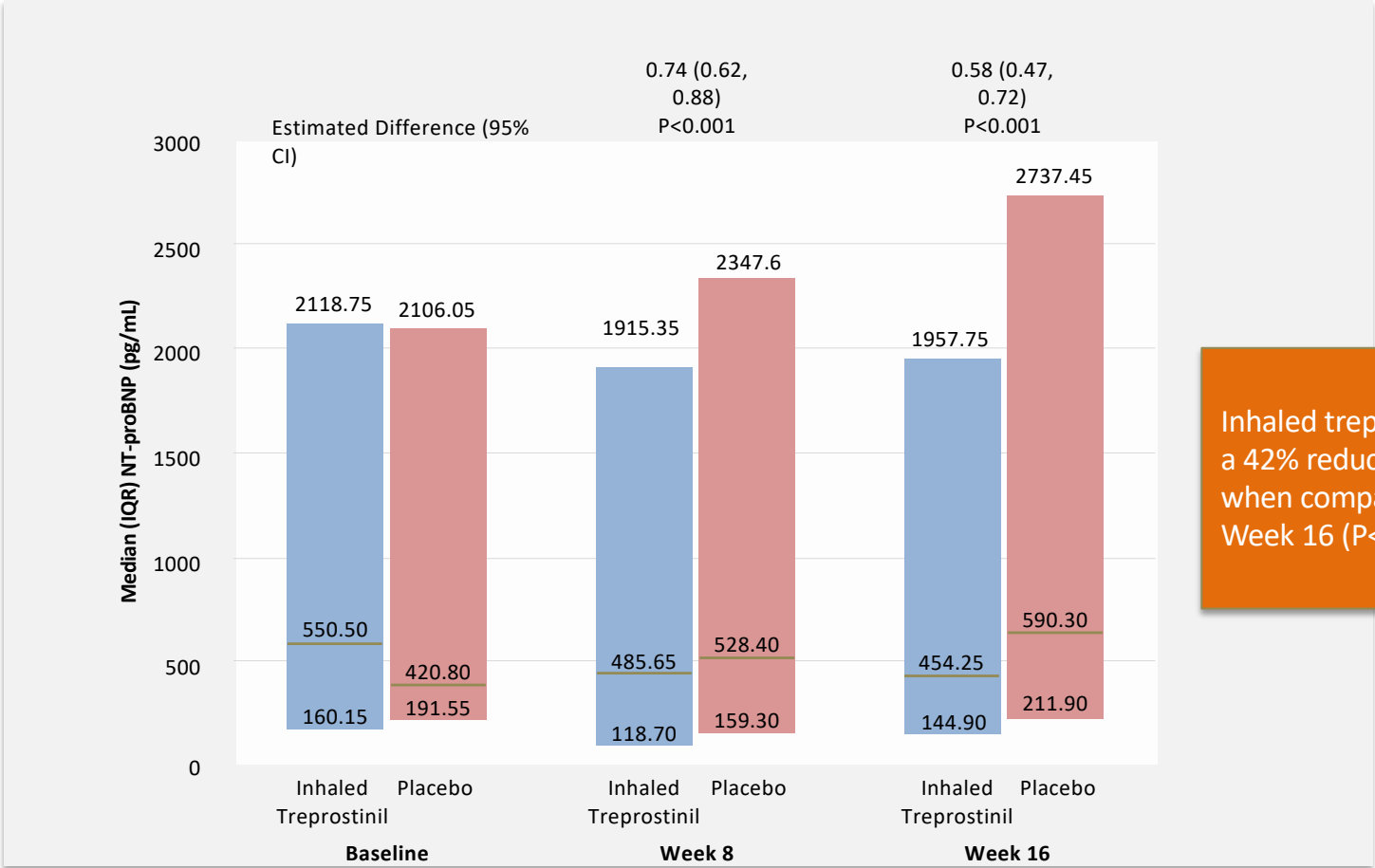
Mixed Model Repeated Measurement treatment effect is provided. 6MWD, 6-Minute Walk Distance; m, meter.

# Subgroup Analyses of Peak 6MWD at Week 16



6MWD, 6-minute walk distance; CI, confidence interval; H-L, Hodges-Lehmann; ILD, interstitial lung disease; LOCF, last observation carried forward; PH, pulmonary hypertension; PVR, pulmonary vascular resistance

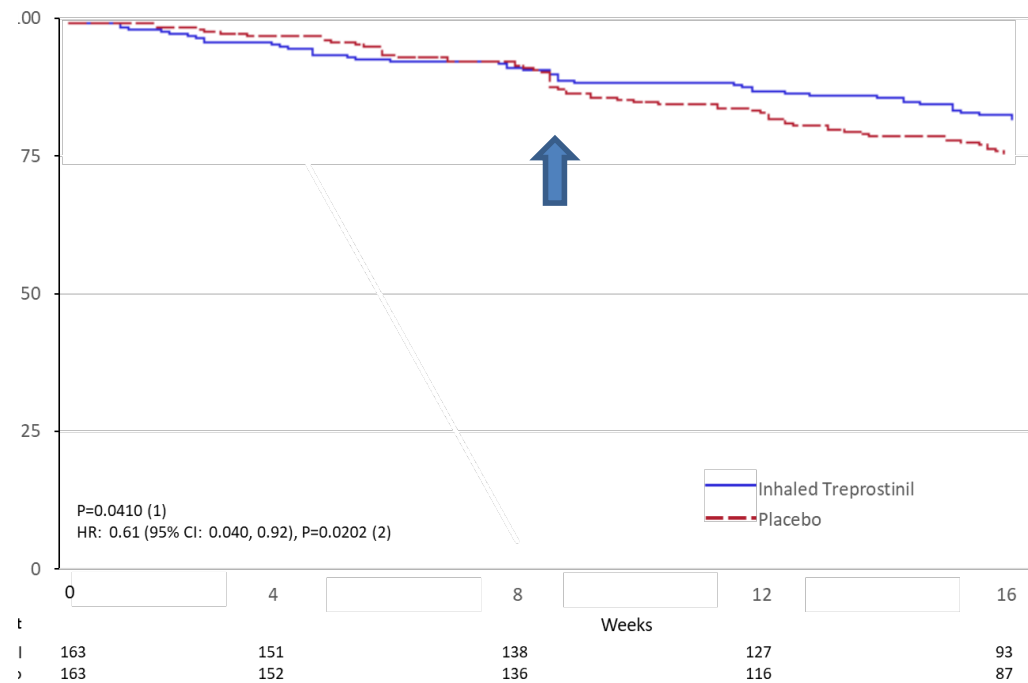
# NT-proBNP Results by Study Visit



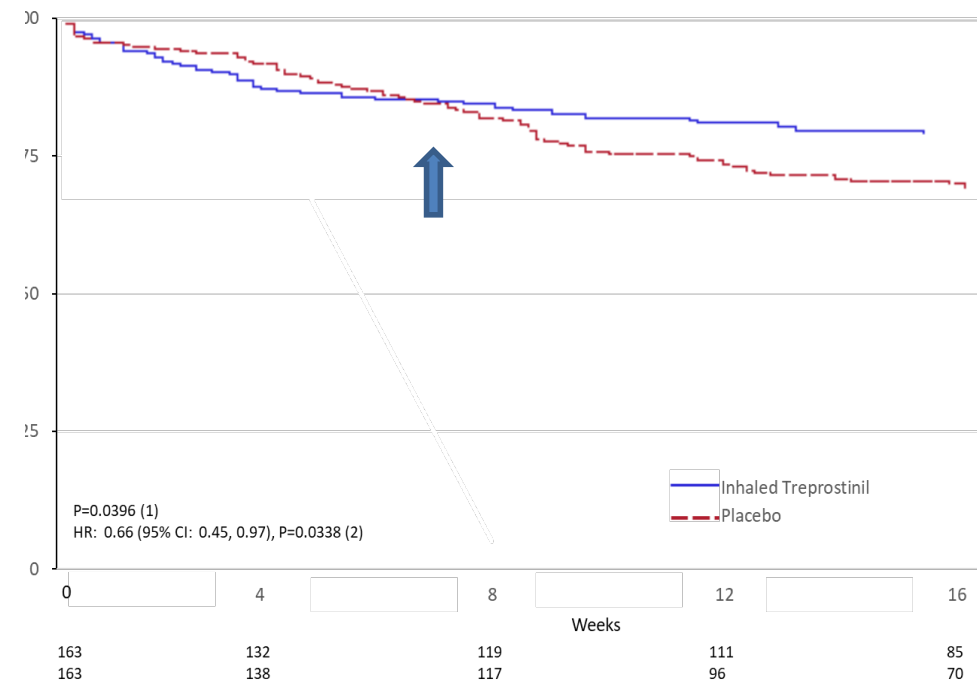
Inhaled treprostinil resulted in a 42% reduction in NT-proBNP when compared to placebo at Week 16 (P<0.001)

CI, confidence interval; LS Mean, least squares mean; NT-proBNP, N-terminal pro-brain natriuretic peptide. LS Mean, p-values, estimated difference, and associated 95% CIs were from the mixed model repeated measurement with the change from baseline in log-transformed NT-proBNP as the dependent variable; treatment, week, treatment by week interaction as the fixed effects; and log-transformed baseline NT-proBNP as the covariate. An unstructured variance/covariance structure shared across treatment groups was used to model the within-subject errors.

## Time to Exacerbation of Underlying Lung Disease



## Time to Clinical Worsening Events

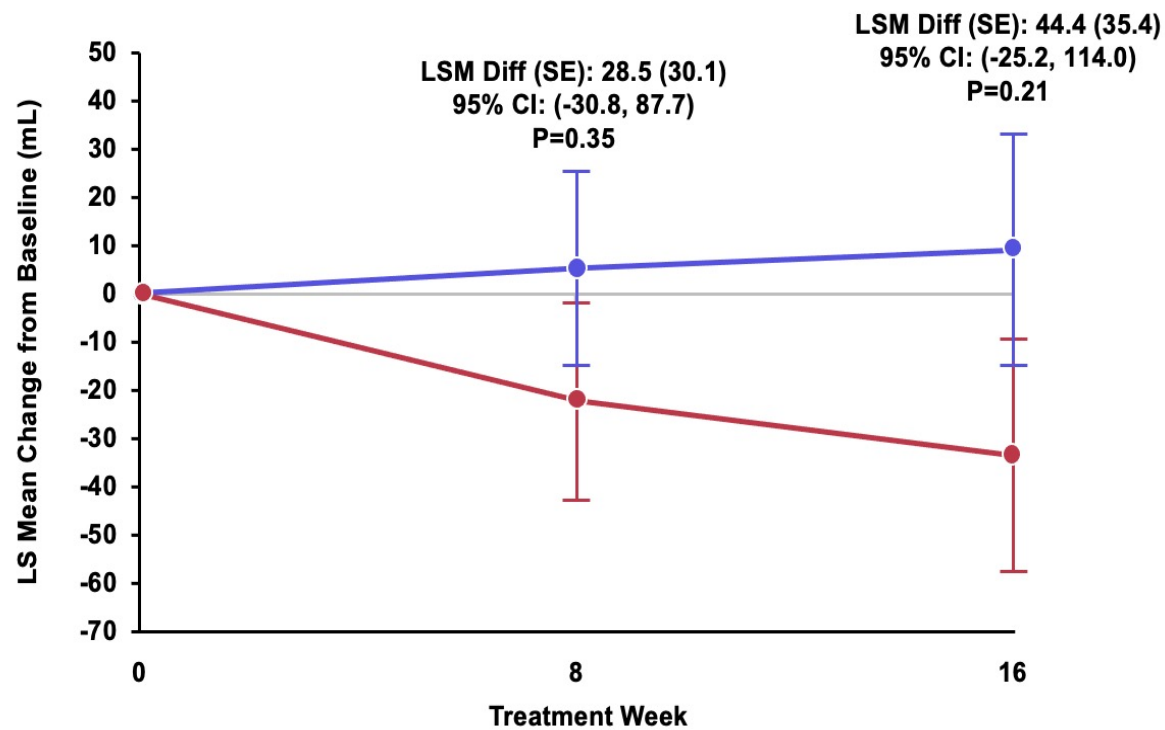


Exacerbation: acute, clinically significant, respiratory deterioration characterized by evidence of new widespread alveolar abnormality

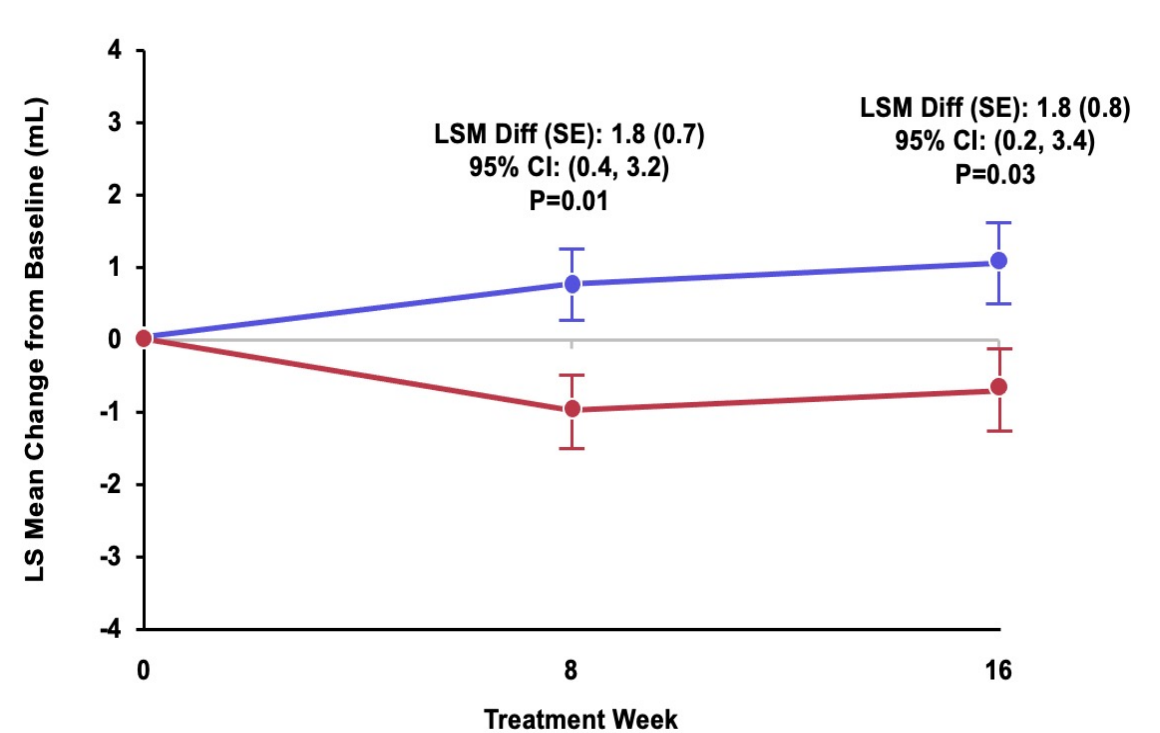
TTCW: death, need for and/or worsening-related listing for lung and/or heart transplant, need to initiate an approved PAH SOC rescue therapy, PAH-specific hospitalization, or functional deterioration (worsened WHO Functional Class AND 15% decrease in 6MWD)

FVC improved with inhaled treprostinil by 28.47 mL and 44.40 mL at Weeks 8 and 16, respectively, when compared to placebo

LS mean change in FVC (mL) by week for overall ITT population

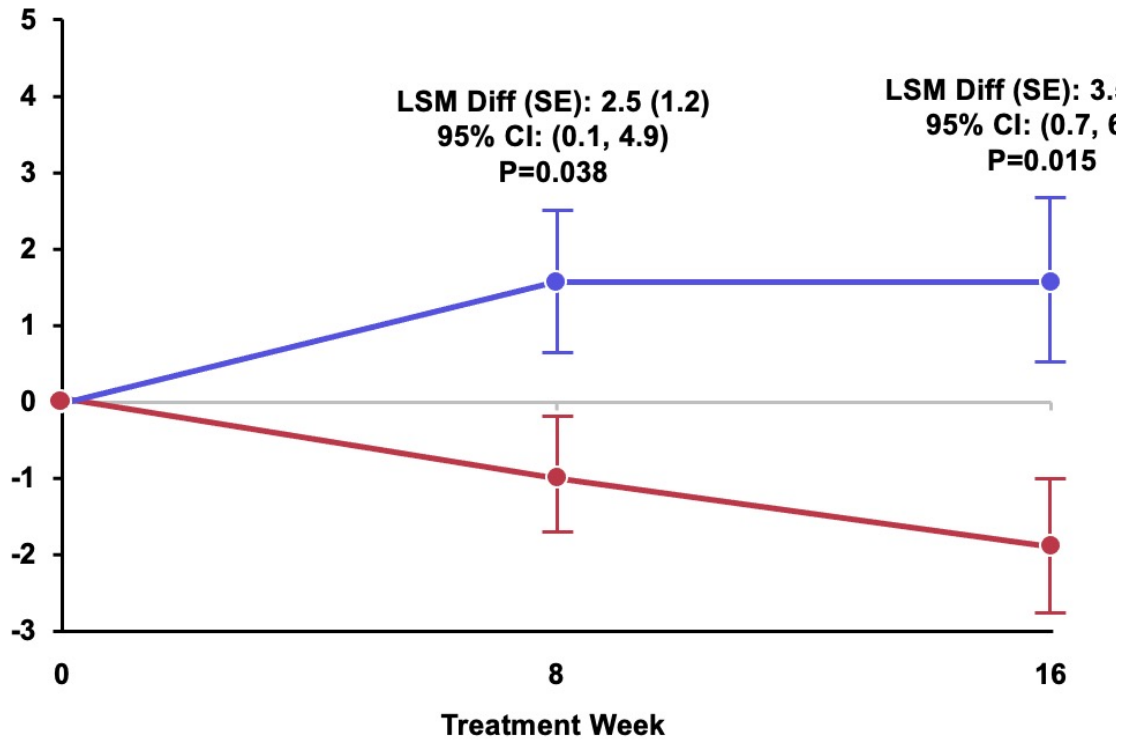


LS mean change in FVC % predicted by week for overall ITT population

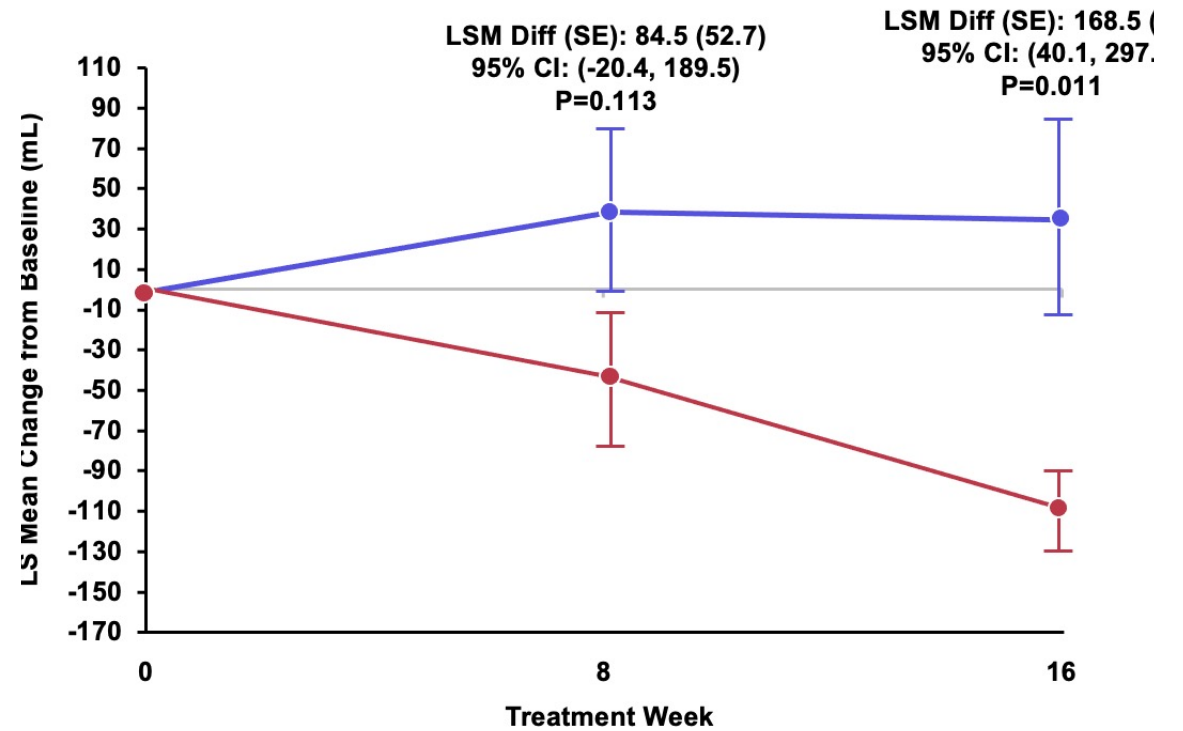


For patients with IPF FVC improvements of 84.52 mL and 168.52 mL (N=92, p=0.0108) at Weeks 8 and 16

LS mean change in FVC (mL) by week for subset of patients with IPF



LS mean change in FVC % predicted by week for subset of patients with IPF



# Conclusions

- INCREASE is the largest and most comprehensive study of this patient group to date.
- Patients experienced significant improvements in exercise capacity (6MWD) as early as 8 weeks, with effects sustained throughout the 16-week treatment period.
- Patients demonstrated improvements in other clinically meaningful outcomes, including improvements in NT-proBNP and decreased risk of clinical worsening and exacerbation of underlying lung disease.
- Treatment with inhaled treprostinil was well tolerated.

# Conclusions

- Findings of a significant placebo-corrected difference in:
  - FVC
  - Significantly fewer exacerbations
  - Patients on inhaled treprostinil had a favorable impact on the course of the underlying lung disease
- Along with preclinical evidence\* demonstrating the antifibrotic activity of treprostinil this suggests that inhaled treprostinil may offer a treatment option for patients with ILD.
- Results support an additional treatment avenue and might herald a shift in the clinical management of patients with ILD.

\*Sci Rep. 2018;8(1):1087; Pulm Circ. 2019;9(4):2045894019881954The  
Lancet Respir Med. 2021 Jun 29:S2213-2600

# Conclusions

- PH exhibits a complex pathogenesis
- Improved outcomes, but long way to go
- Clear rationale for combination therapy
- Clear benefit to treating patients with interstitial lung disease and pulmonary hypertension
- Room for additional therapeutic targets



# Pulmonary Vascular Disease Program

Brigham and Women's Hospital  
Harvard Medical School

- David Systrom, MD
- Barbara Cockrill, MD
- Elizabeth Gay, MD
- Paul Yu, MD
- Brad Maron, MD
- Jane Leopold, MD
- Hari Mallidi, MD
- Will Oldham, MD, PhD
- Farbod Rahaghi, MD, PhD
- Brad Wertheim, MD
- Eileen Harder, MD
- Katherine Rose Clapham, MD
- Charlie Lee, PA-C
- Karina Shuttie, PA-C
- Stephanie Perella, PA-C
- Julie Tracy, MS
- Katie Lewine, MS
- Olivia Vayer
- Rachel Vercillo
- Diana Acuna
- Ruth Marrero