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# Update on Antiplatelet Therapy in Cardiovascular Disease

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Chief, Division of Cardiovascular Medicine  
Stanford University School of Medicine



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# Update on Antiplatelet Therapy in Cardiovascular Disease: Interventionalist viewpoint, focus on ACS

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# Disclosure Statement of Financial Interest

Within the past 12 months, I or my spouse/partner have had a financial interest/arrangement or affiliation with the organization(s) listed below.

## **Affiliation/Financial Relationship**

- Grant/Research Support
- Grant/Scientific Advisory Board
- Executive Physician Council

## **Company**

- Edwards Lifesciences, Abbott
- Medtronic, Abbott
- Boston Scientific Corp





# PCI Without Aspirin

No ASA given w/i 24 hrs prior PCI in 4,640 (7.1%) of 65,175 pts.

**Propensity-matched in-hospital outcomes in 4,008 pt pairs:**

## Imbalances

### ↑ ASA use

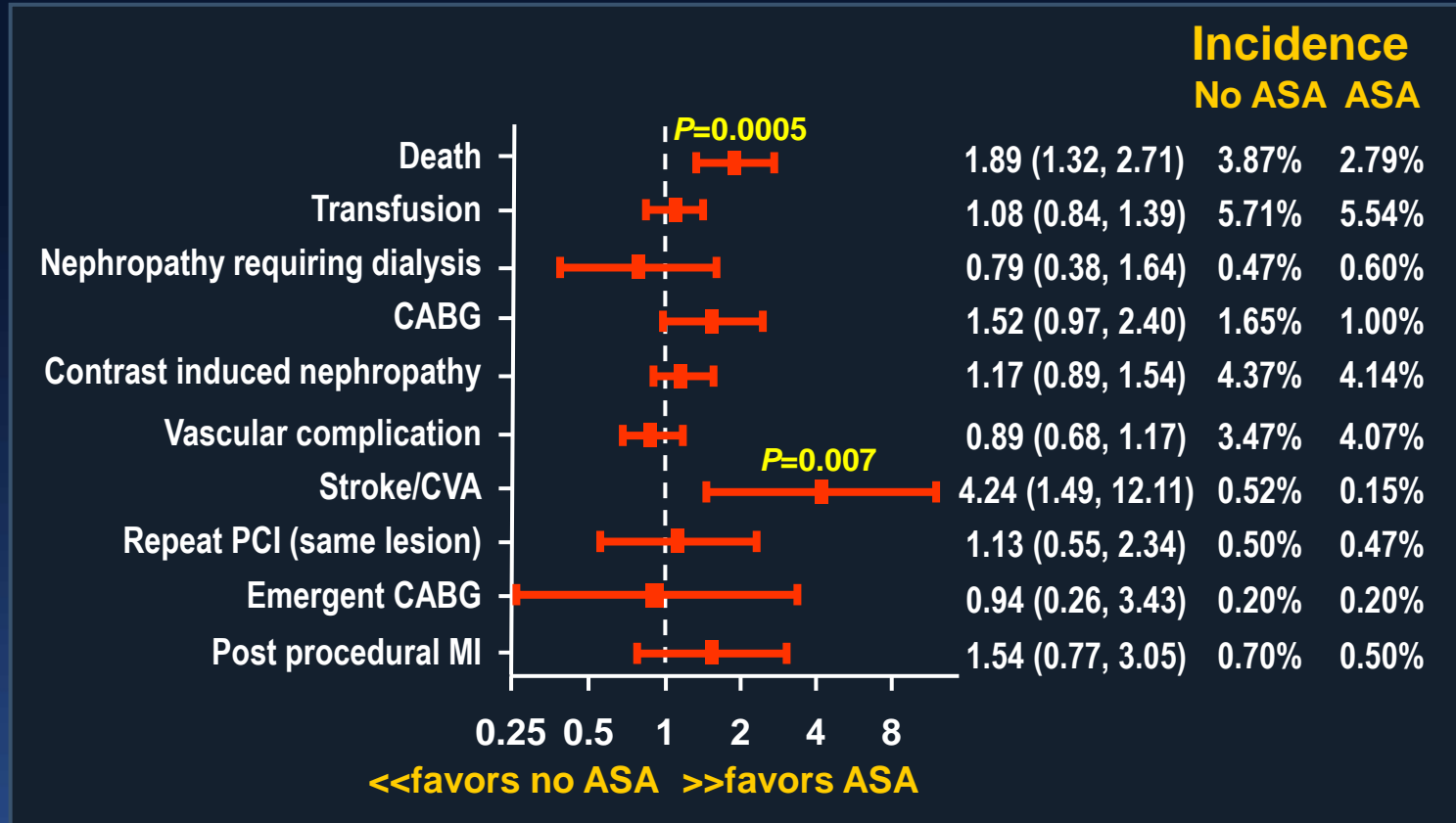
- Prior PCI

### ↑ No ASA use

- Prior GI bleed
- STEMI
- Shock or post arrest
- Prasugrel or ticagrelor

Only 10.7%

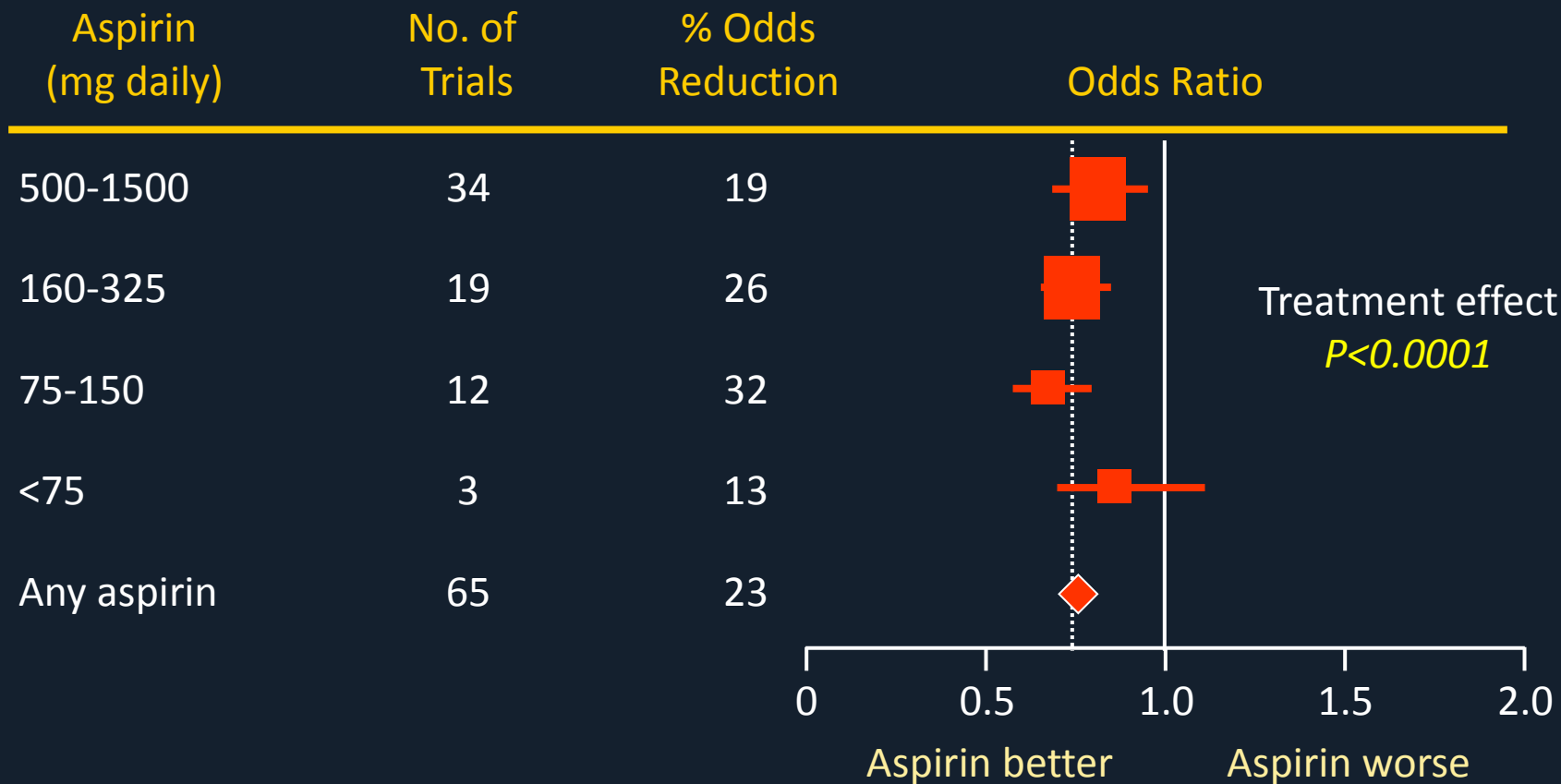
contraindication



**No difference in CIN between the groups (falsification endpoint)**

**Increase in mortality was robust in sensitivity analyses**

# Efficacy of Aspirin at Various Doses in Reducing Vascular Events (Death from Vascular Causes, MI, or Stroke) in High-risk Patients

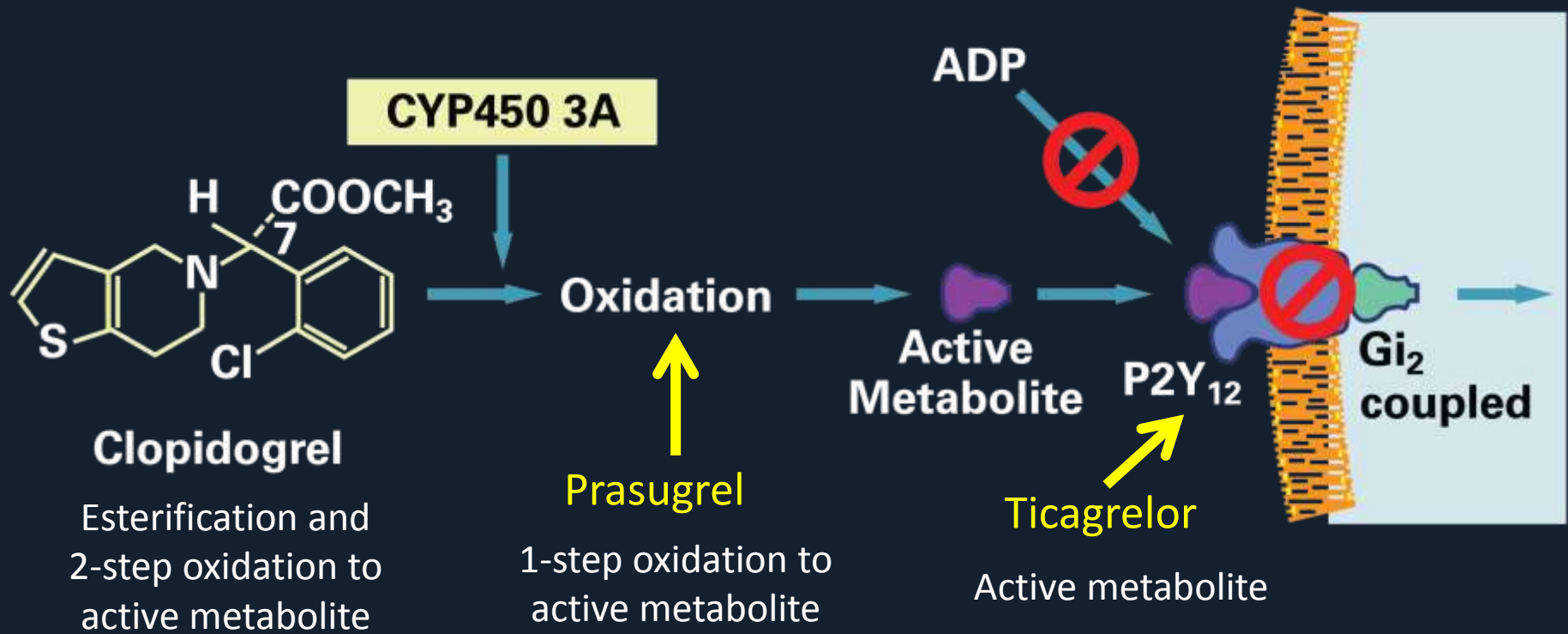


# CURE:

## Major Bleeding by ASA Dose

ASA Dose	Placebo + ASA	Clopidogrel + ASA
<100 mg	2.0%	2.6%
100 – 200 mg	2.3%	3.5%
>200 mg	4.0%	4.9%

# The therapeutic target for thienopyridines and CPTPs is the platelet P2Y<sub>12</sub> receptor





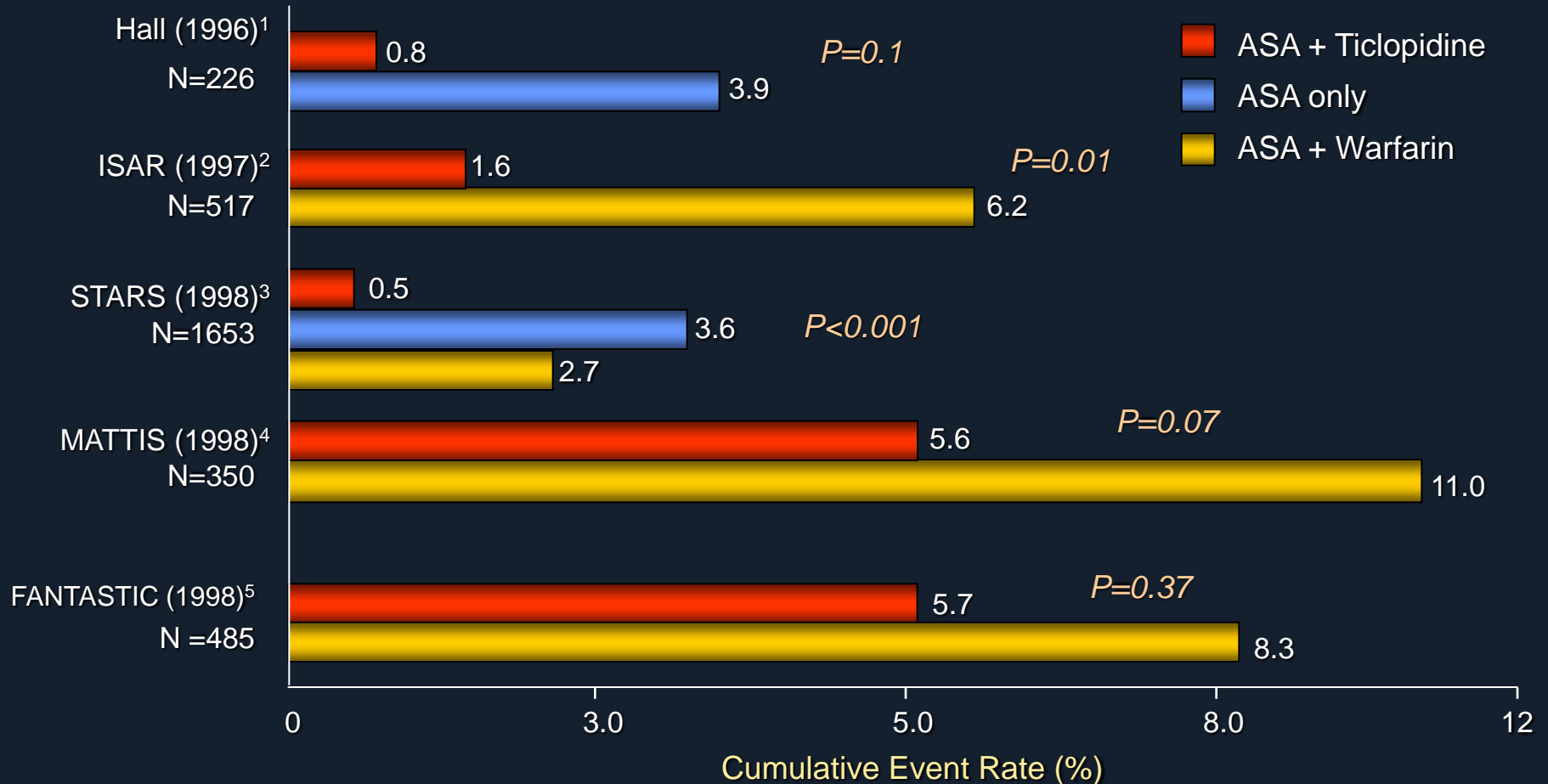
# P2Y<sub>12</sub> Receptor Antagonists

Agent	Class	IPA (20 $\mu$ M ADP) mean	Time to peak onset	Reversibility (d/c before CABG)
Ticlopidine 250 mg bid	thienopyridine (pro-drug)	25%	48 hrs	non reversible 5 days
Clopidogrel 300 mg LD	thienopyridine (pro-drug)	30% - 40%	12 hrs	non reversible 5 days
Clopidogrel 600 mg LD		35% - 50%	6 hrs	
Clopidogrel 75 mg qd		30% - 35%	-	
Clopidogrel 150 mg qd		45% - 50%	-	
Prasugrel 60 mg LD*	thienopyridine (pro-drug)	80%	1-2 hrs	non reversible 7 days
Prasugrel 10 mg qd*		60%	-	
Prasugrel 5 mg qd*		40%	-	
Ticagrelor 180 mg LD*	cyclo-pentyl- triazolo- pyrimidine*	80%	1-2 hrs	reversible
Ticagrelor 90 mg bid*		70%	-	2-5 days

\*Less affected by genetic polymorphisms and drug interactions (e.g. PPIs)

\*\*not a pro-drug

# Efficacy of Thienopyridines in Reducing Coronary Events after Stenting – 5 RCTs



1 Hall P, et al. Circulation. 1996;93:215-222.

2 Schömig A, et al. N Engl J Med. 1996;335:1084-1089.

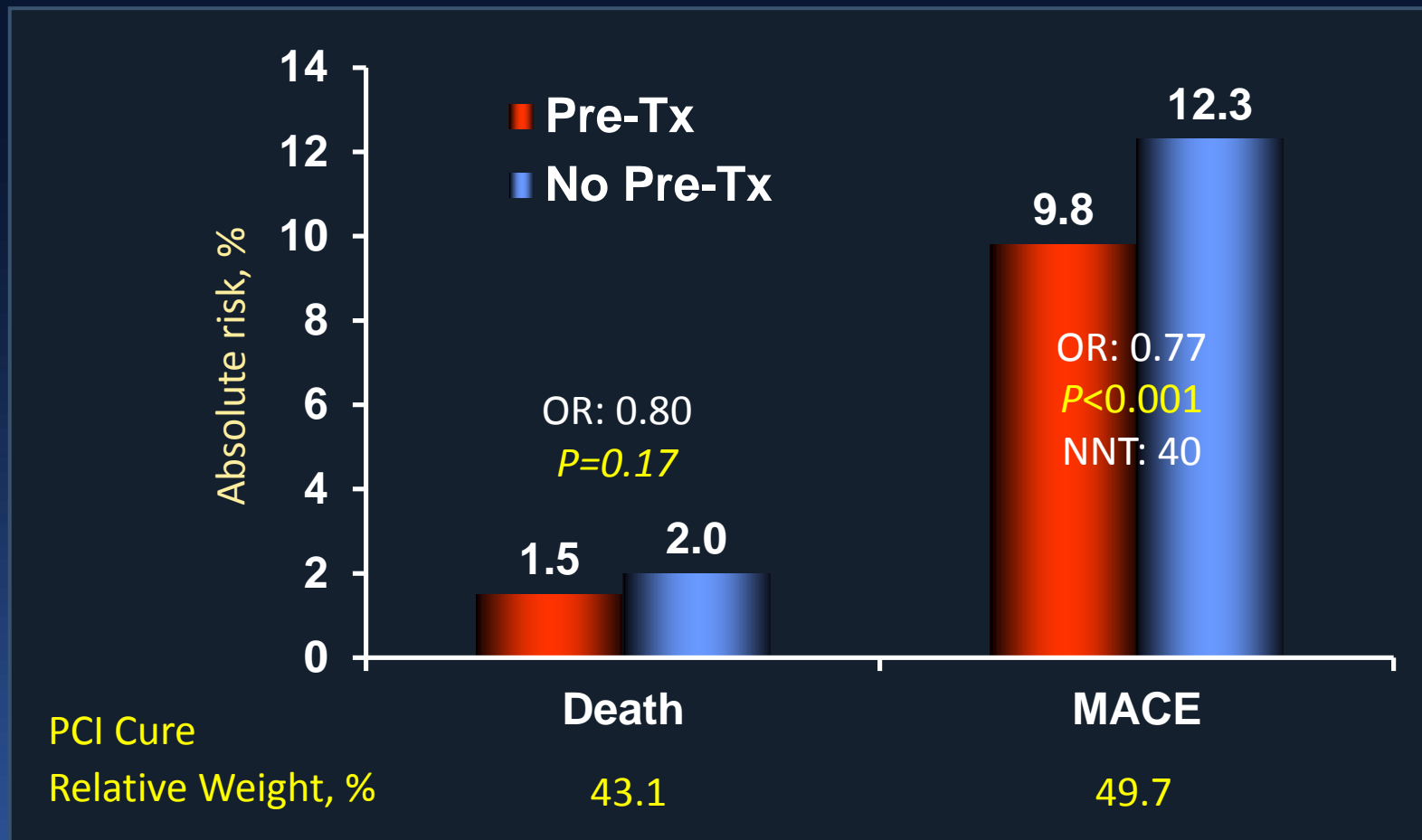
3 Leon M, et al. N Engl J Med. 1998;339:1665-71.

4 Urban P, et al. Circulation. 1998 98:2126-2132.

5 Bertrand M, et al. Circulation. 1998;98:1597-1603.

# Clopidogrel Pre-treatment in PCI:

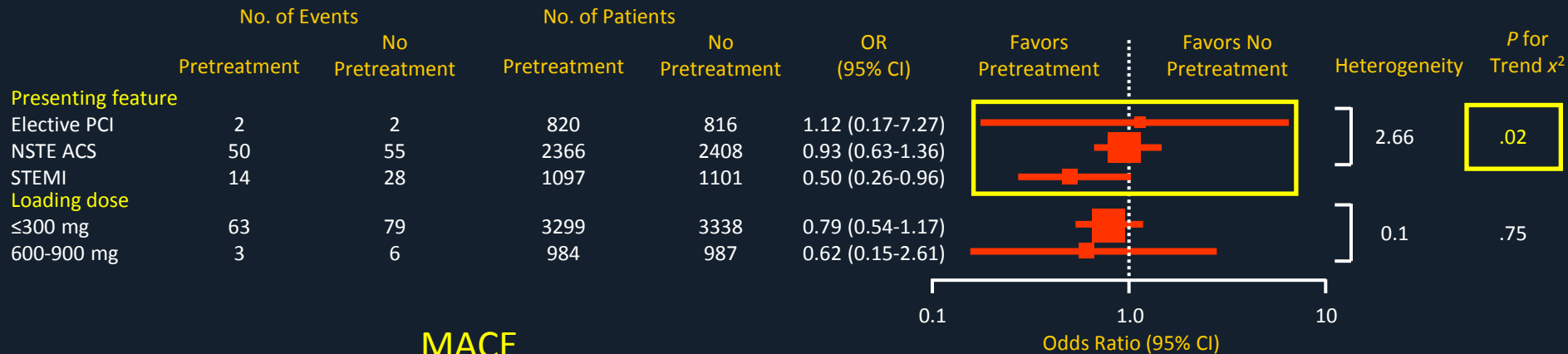
Meta-analysis of 8,608 pts in 7 RCTs undergoing PCI, including NSTEMI, STEMI, and elective PCI



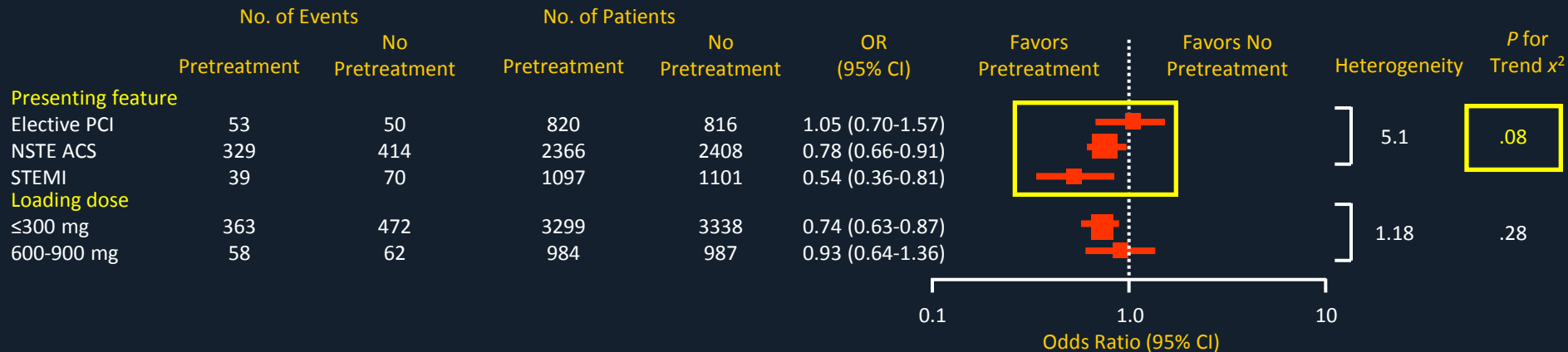
# Clopidogrel Pre-treatment in PCI:

Meta-analysis of 8,608 pts in 7 RCTs undergoing PCI, including NSTEMI, STEMI, and elective PCI

## All-cause Mortality

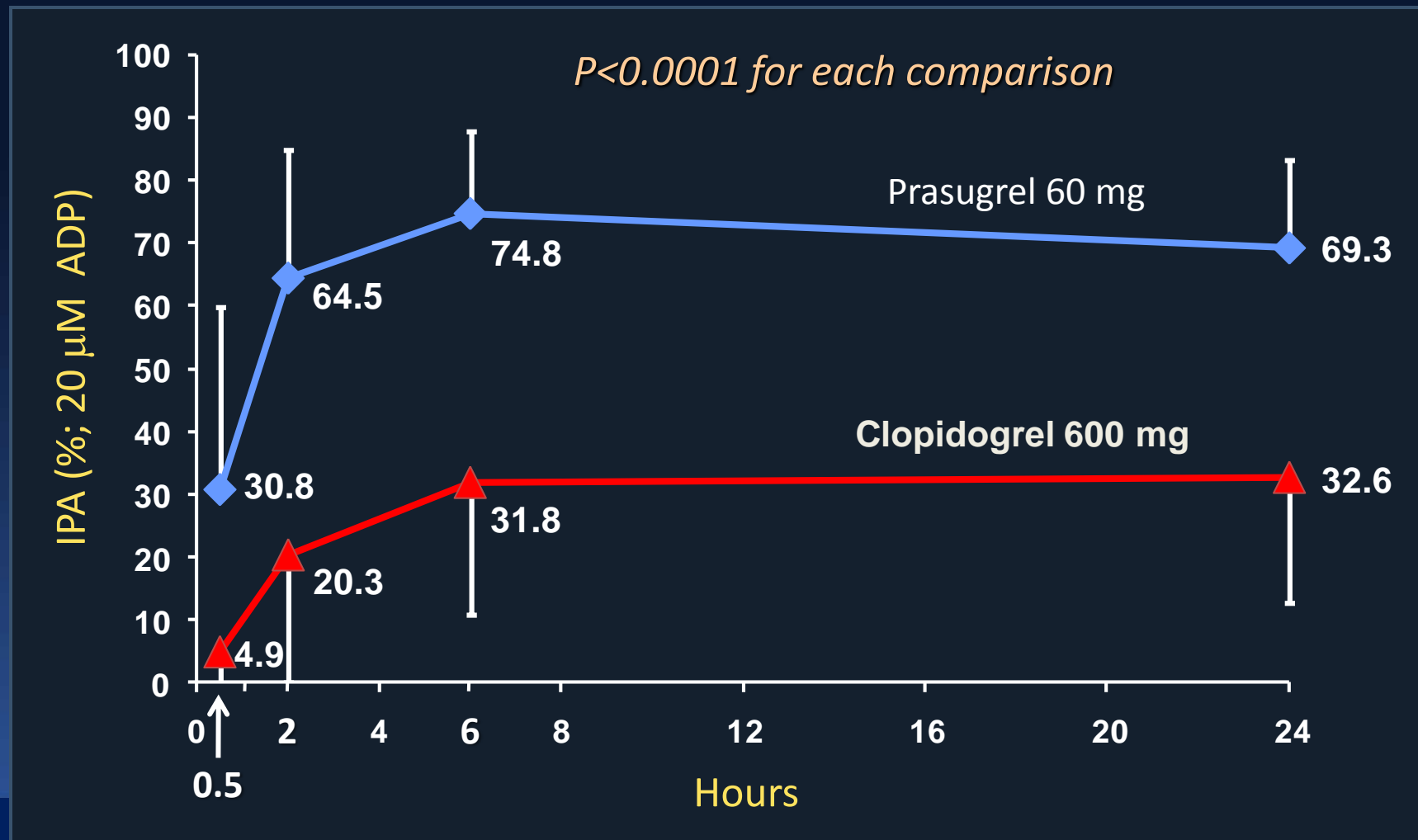


## MACE



# PRINCIPLE – TIMI 44: Acute phase

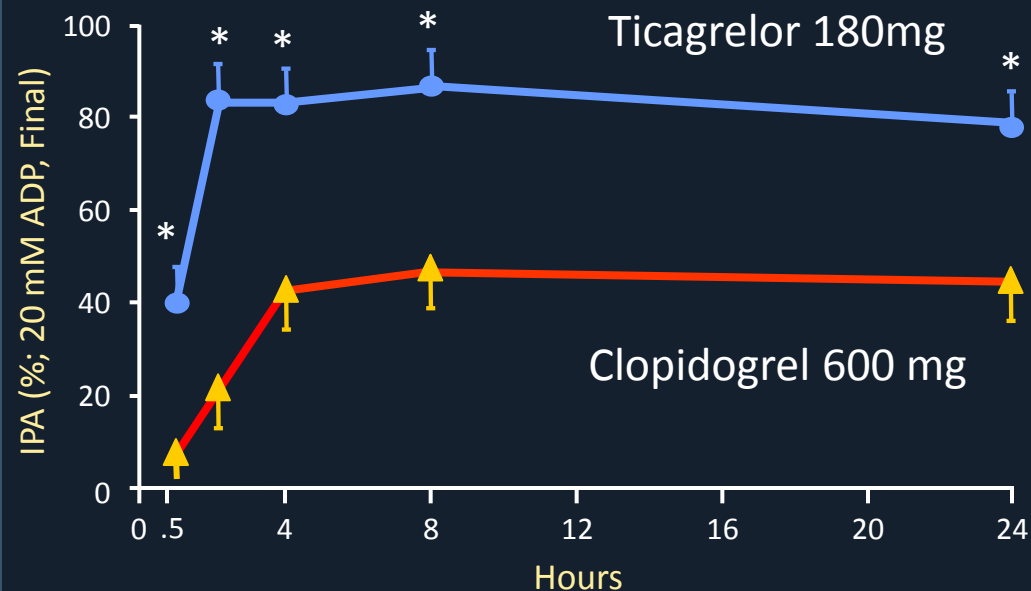
201 pts undergoing elective PCI randomized to a loading dose of 600 mg clopidogrel vs. 60 mg prasugrel



# Clopidogrel vs. Ticagrelor

## ONSET/OFFSET Study

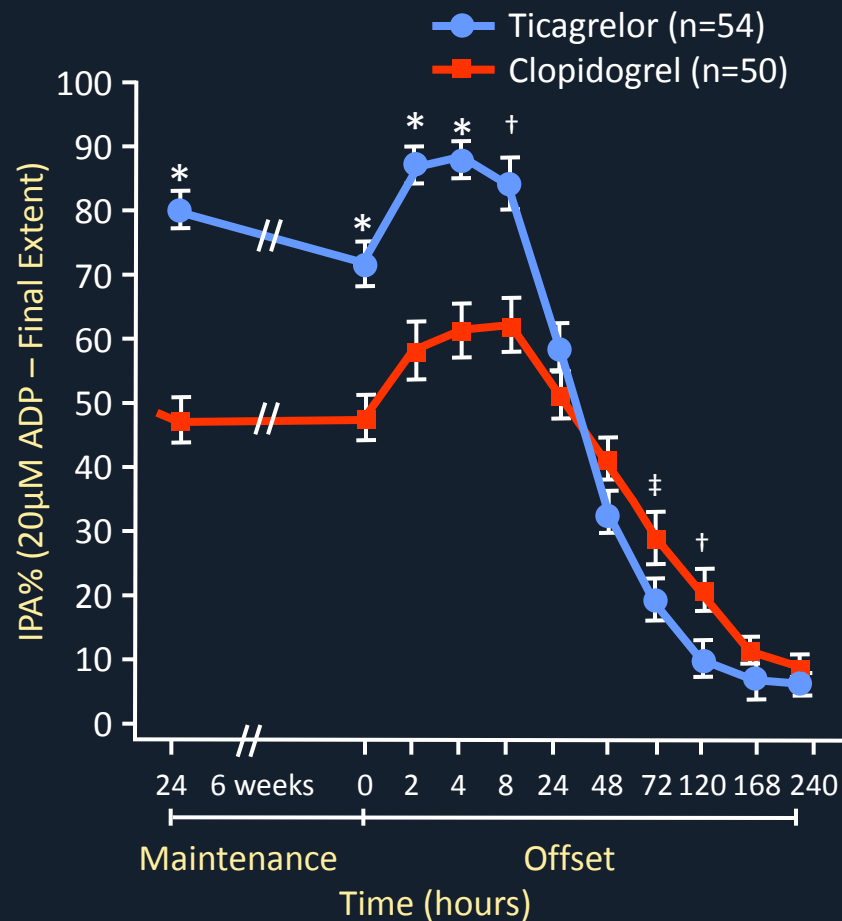
### Loading



Ticagrelor vs clopidogrel.

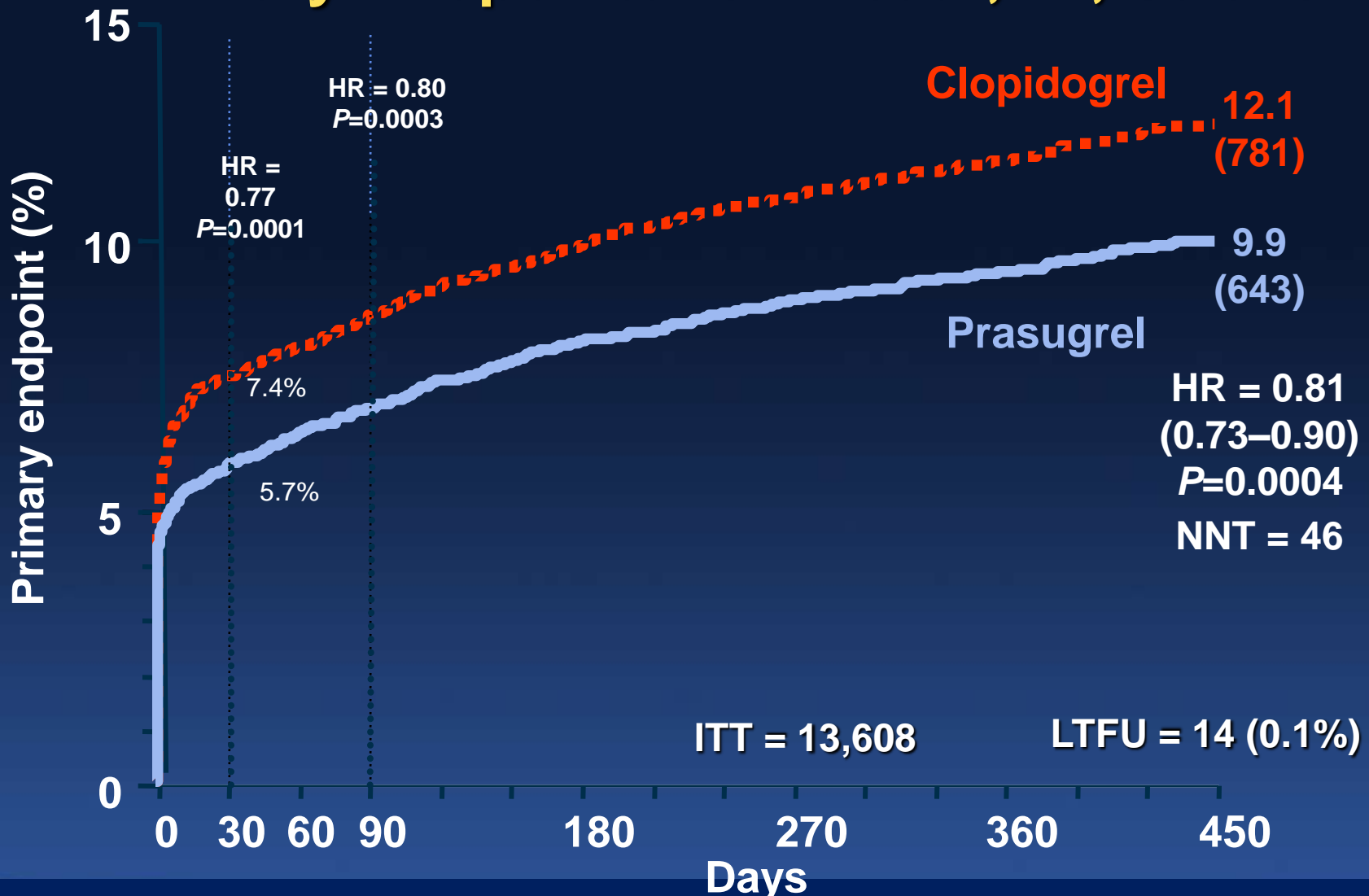
\*  $P < 0.0001$ ; †  $P < 0.005$ ; ‡,  $P < 0.05$

### Maintenance and Offset



# TRITON-TIMI 38

## Primary Endpoints: CV Death, MI, Stroke



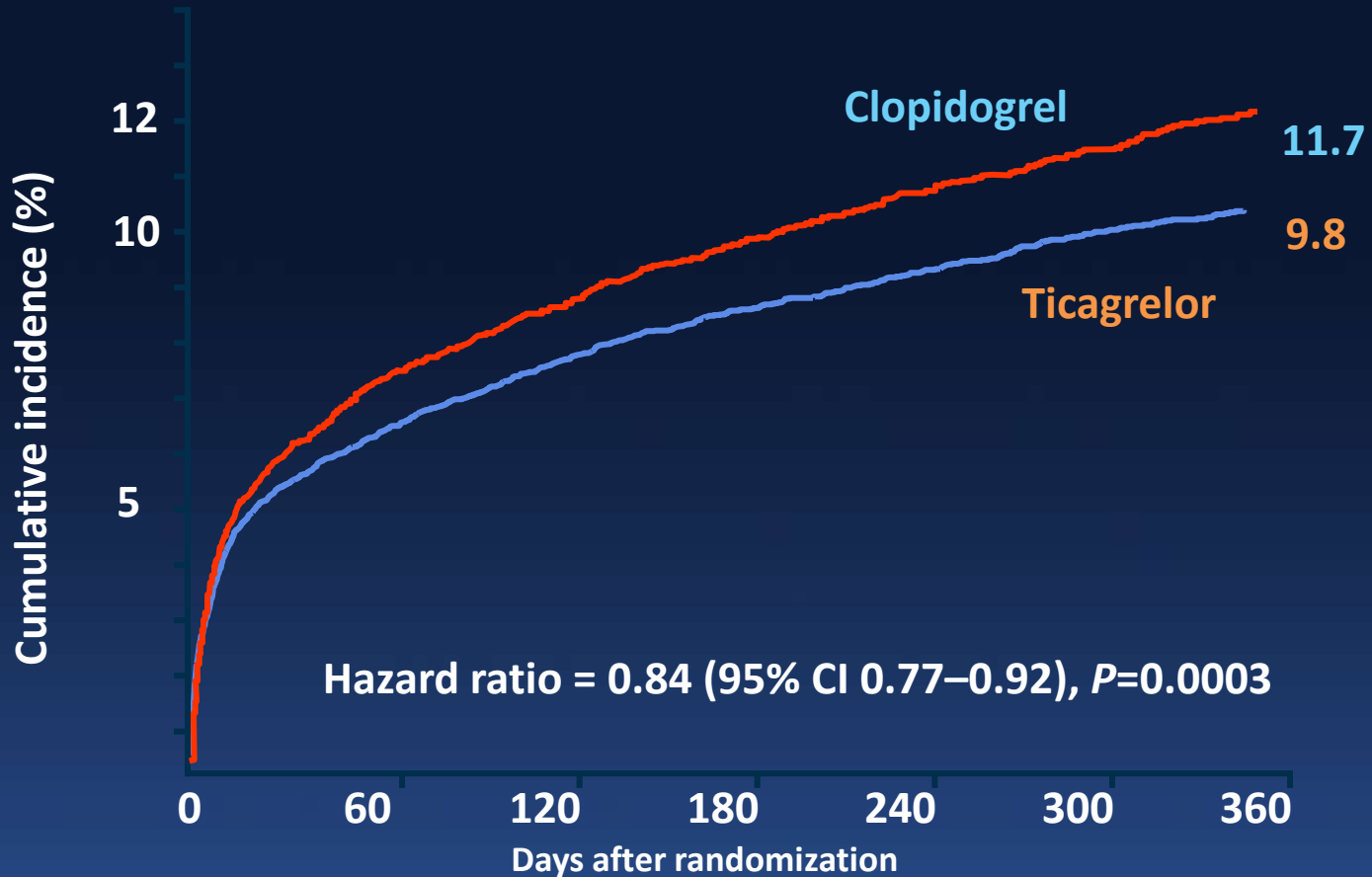
CV = cardiovascular; MI = myocardial infarction; HR = hazard ratio.

Wiviott SD et al. *N Engl J Med.* 2007;357:2001-2015.

Slide courtesy of Dr. Elliott Antman

# Ticagrelor vs. Clopidogrel

## Endpoints: CV Death, MI, or Stroke



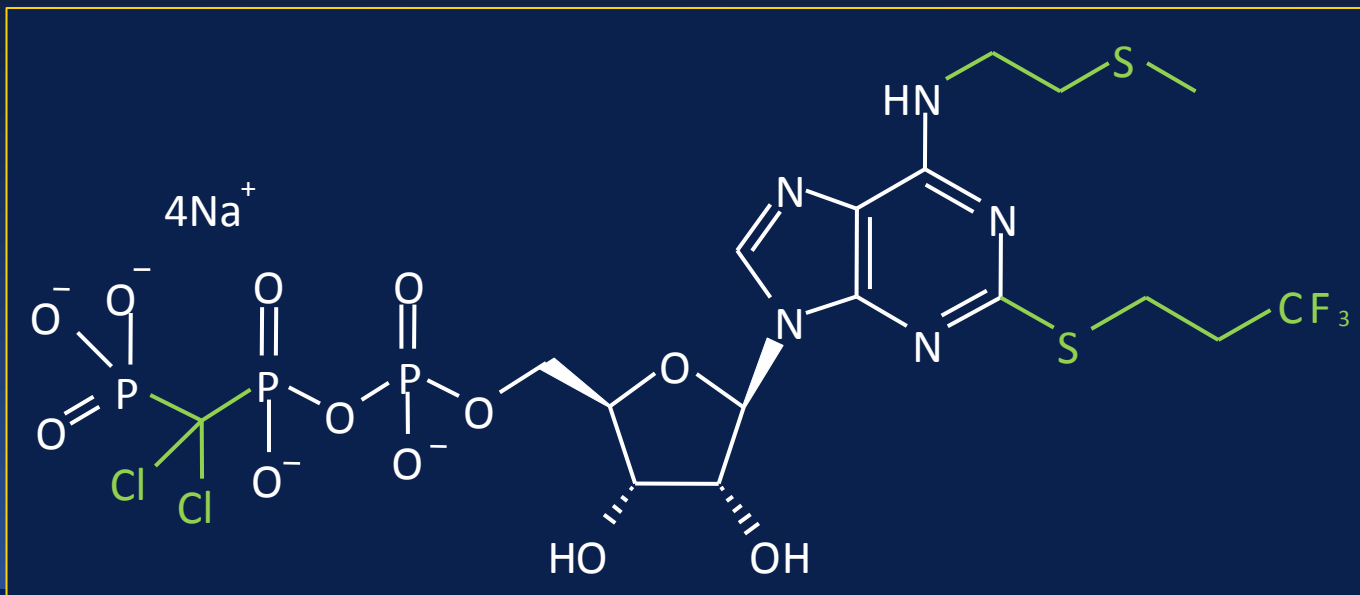
No. at Risk

Ticagrelor	9333	8628	8460	8219	6743	5161	4147
Clopidogrel	9291	8521	8362	8124	6743	5096	4047



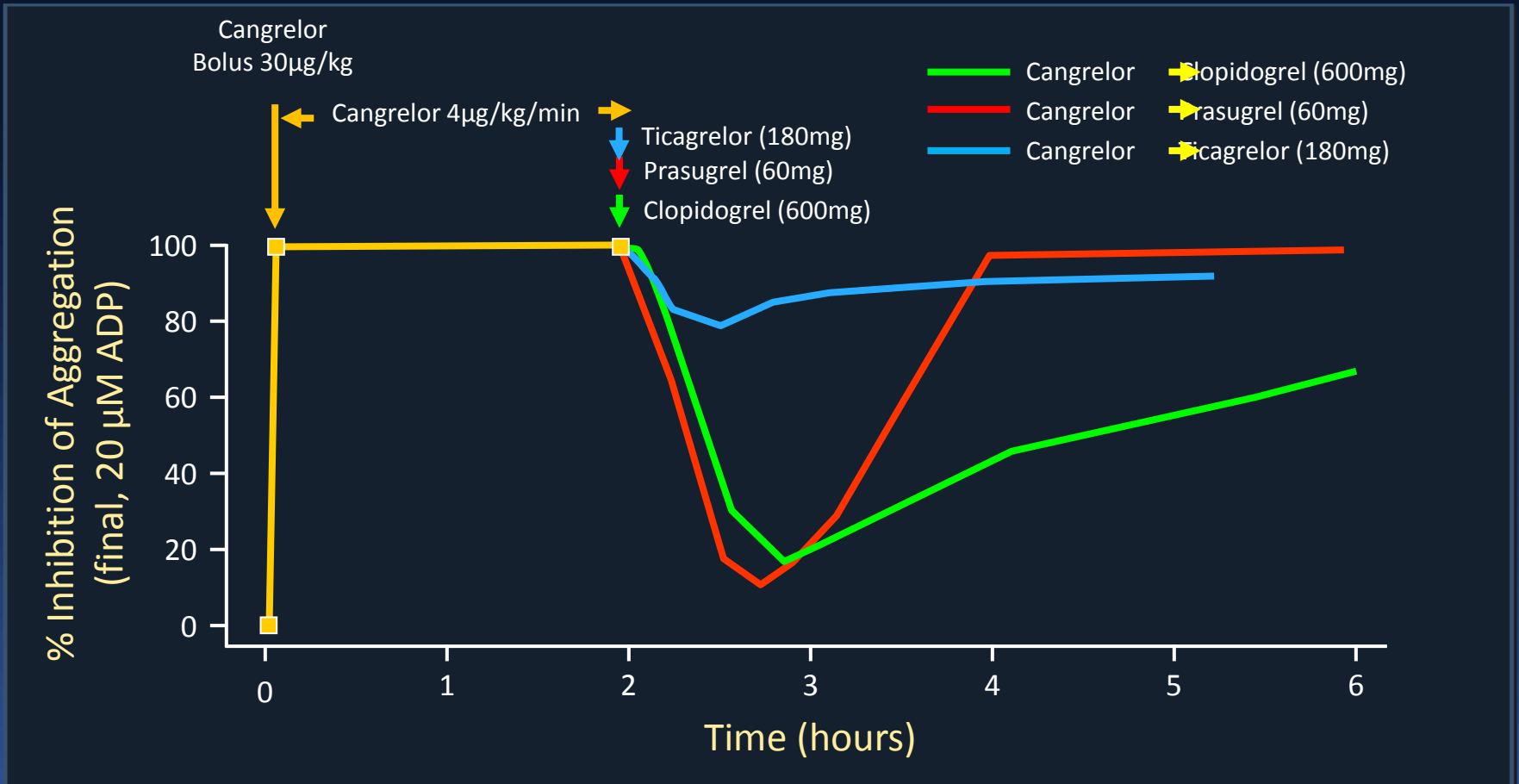
# Cangrelor

- Direct P2Y<sub>12</sub> receptor antagonist (non thienopyridine)
  - ATP analogue; MW=800 Daltons
  - Parenteral administration
    - T<sub>1/2</sub> = 3 to 6 minutes
    - Offset = 60 minutes



# Transition: Cangrelor to Oral P2Y<sub>12</sub> Inhibitors

Platelet aggregation response to 20  $\mu$ M ADP as measured by light transmittance aggregometry during the transition from cangrelor to clopidogrel, prasugrel, or ticagrelor



# CHAMPION PHOENIX

## Death/ MI/ IDR/ Stent Thrombosis within 48h



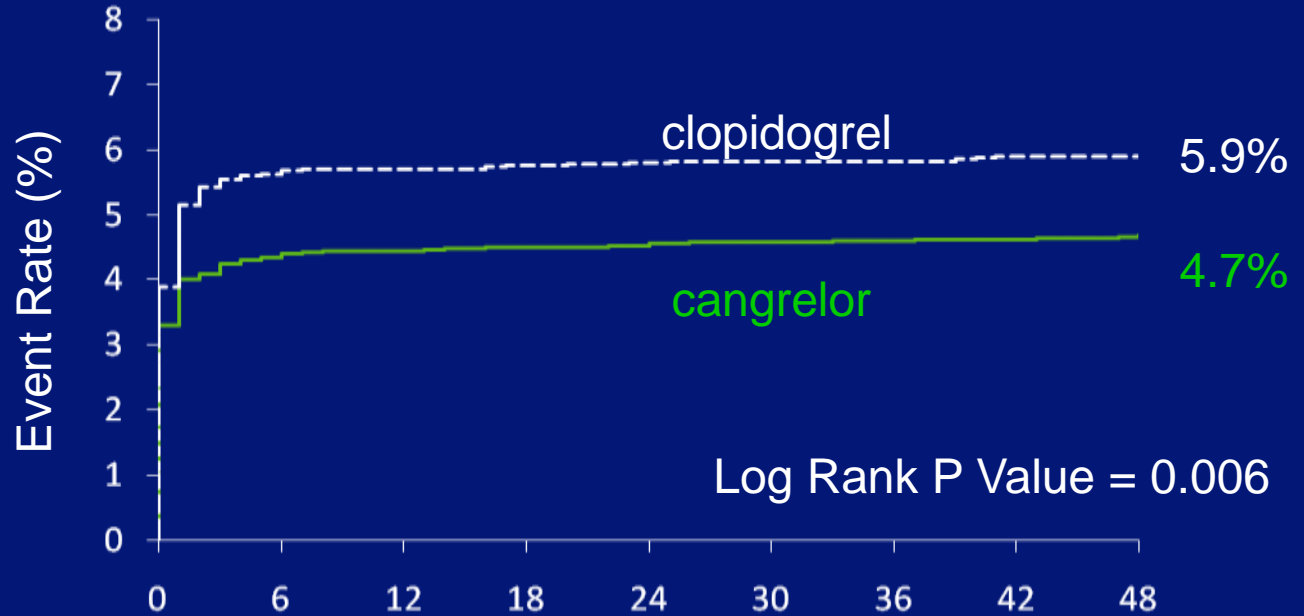
### CHAMPION PHOENIX

N = 10,900 MITT

SA/ NSTEMI-ACS/ STEMI

Patients requiring PCI<sup>1</sup>

P2Y<sub>12</sub> inhibitor naïve



Patient at Risk

Hours from Randomization

Cangrelor:	5472	5233	5229	5225	5223	5221	5220	5217	5213
Clopidogrel:	5470	5162	5159	5155	5152	5151	5151	5147	5147

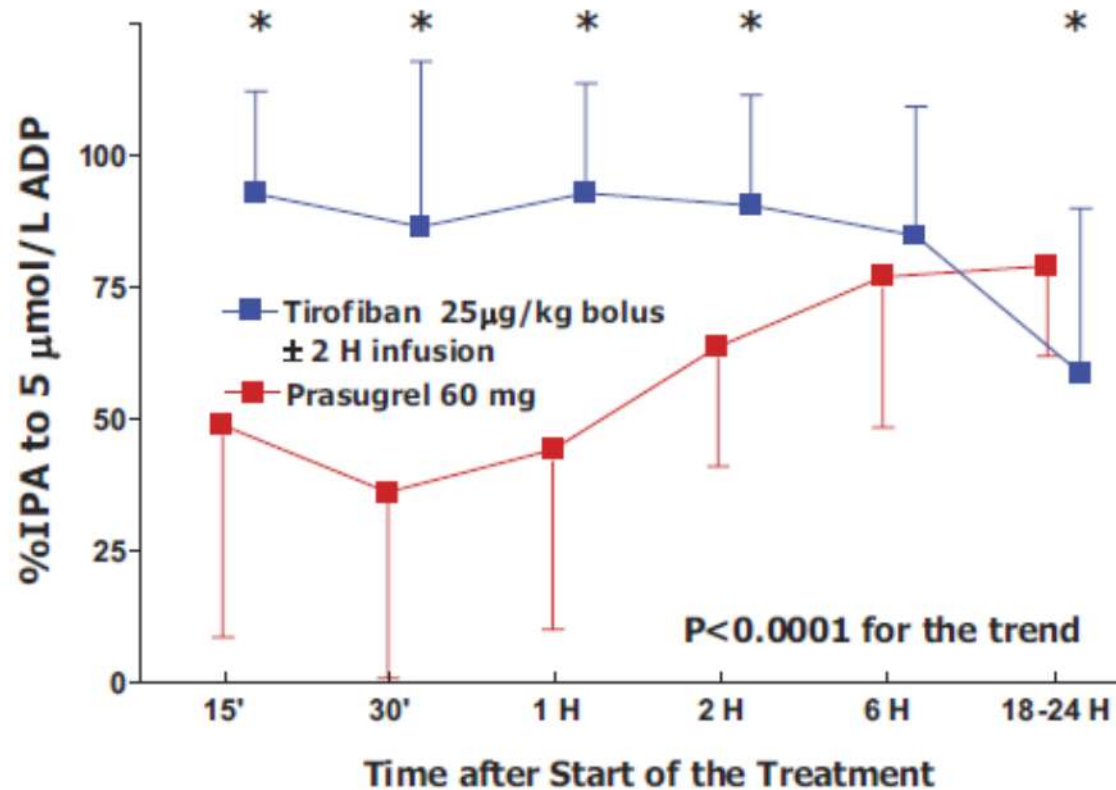
# ESC STEMI Guidelines 2017

## Periprocedural and post-procedural antithrombotic therapy<sup>a</sup> in patients undergoing primary percutaneous coronary intervention

Recommendations	Class <sup>b</sup>	Level <sup>c</sup>
<b>Antiplatelet therapy</b>		
GP IIb/IIIa inhibitors should be considered for bailout if there is evidence of no-reflow or a thrombotic complication.	<b>IIa</b>	<b>C</b>
Cangrelor may be considered in patients who have not received P2Y <sub>12</sub> receptor inhibitors. <sup>192–194</sup>	<b>IIb</b>	<b>A</b>

# Tirofiban versus Prasugrel in STEMI

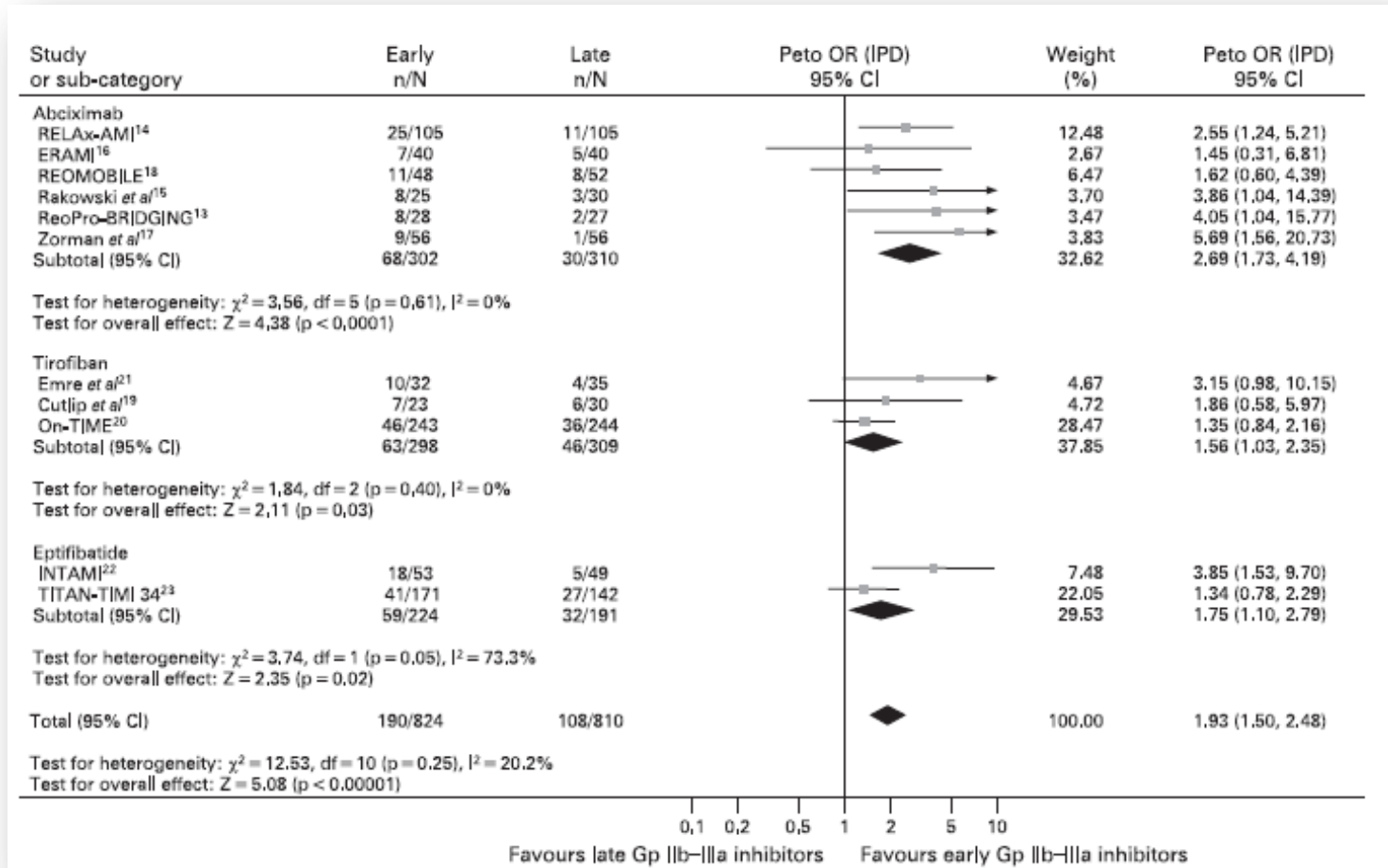
## The FABULOS PRO Trial



**Figure 3.** Kinetics of Platelet Inhibition Over Time After 5 μmol/l ADP

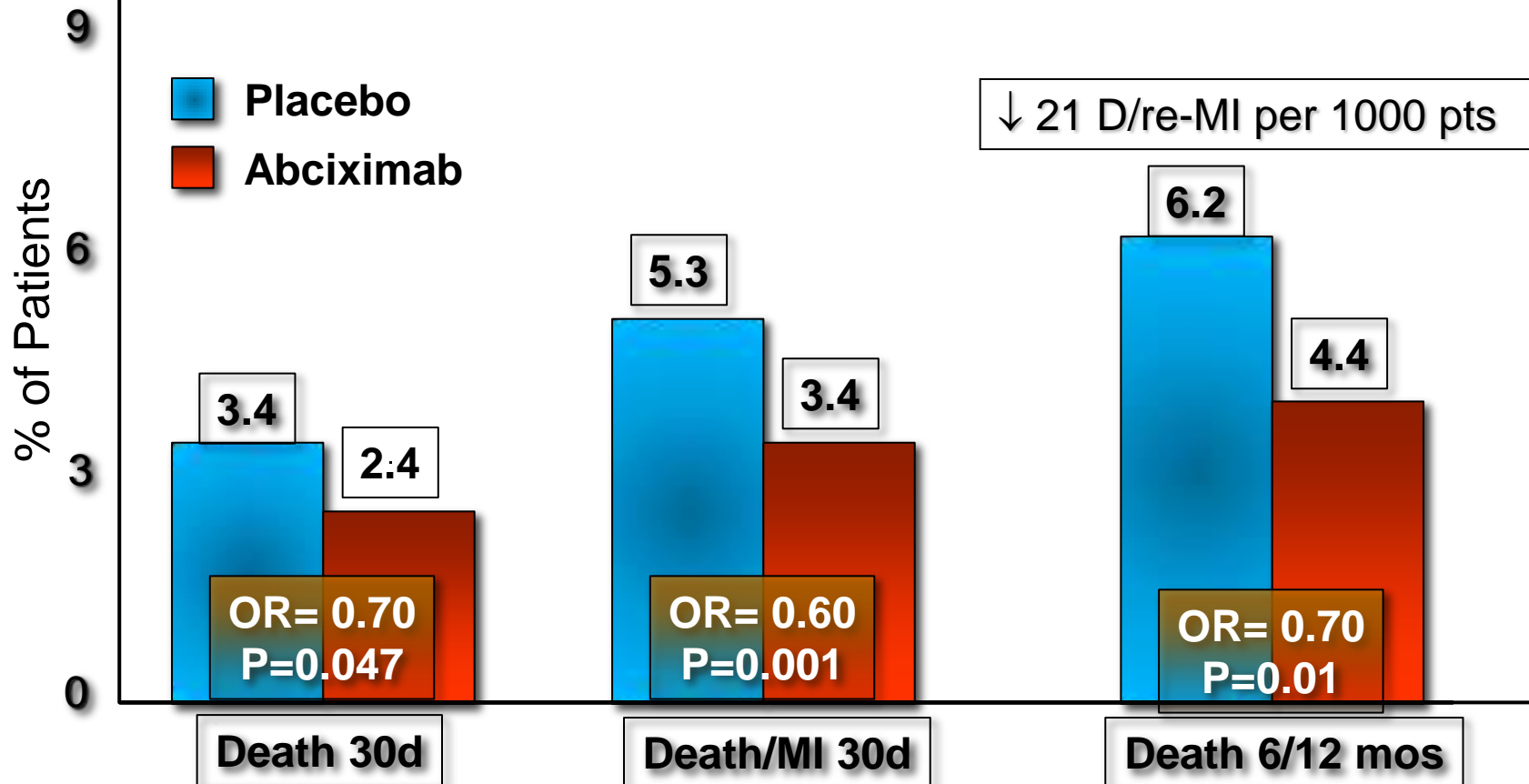
# GPI's and pre-PCI TIMI flow in STEMI

Flusso TIMI 3 pre-PCI - 23% vs. 13.3%,  $p < 0.001$



# GP IIb/IIIa inhibitors in primary PCI

Meta-analysis of 8 RCT including 3949 pts



# Impact of GPI in contemporary PCI for ACS

## The National Cardiovascular Data Registry CathPCI Registry

**TABLE 2** Unadjusted and Risk-Adjusted In-Hospital Out comes

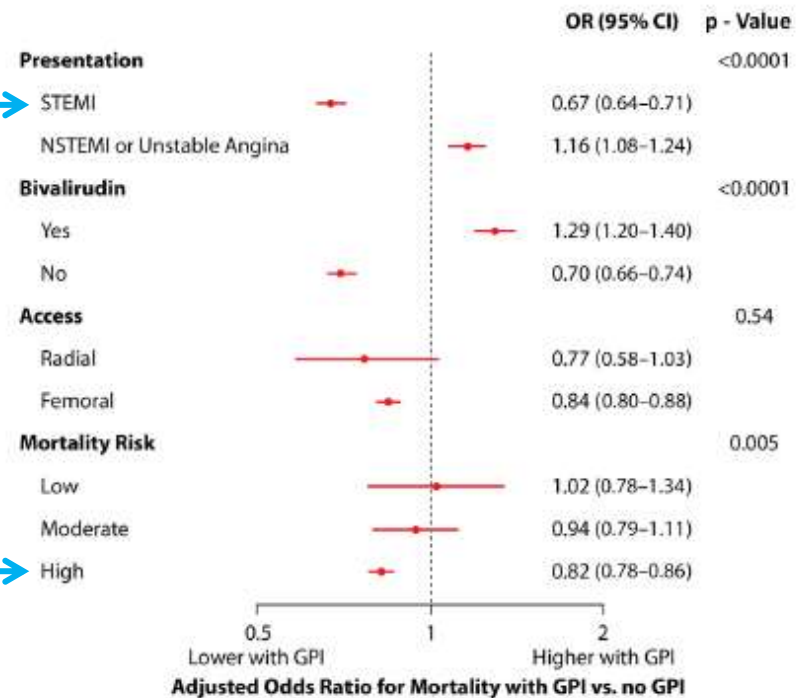
Outcome	GPI (n = 326,283)	No GPI (n = 644,582)	Unadjusted OR	95% CI	p Value	Adjusted OR	95% CI	p Value
Mortality	7,817 (2.4)	8,886 (1.4)	1.76	1.70-1.81	<0.001	0.83	0.79-0.88	<0.001
Major bleeding within 72 h	12,069 (3.7)	9,457 (1.5)	2.58	2.51-2.65	<0.001	1.56	1.51-1.61	<0.001

Values are n (%) unless otherwise indicated.

CI – confidence interval; GPI – glycoprotein IIb/IIIa inhibitor; OR – odds ratio.

**970,865 patients included**  
**326,283 receiving GPI (33.6%)**

**FIGURE 1** Subgroup Analysis: In-Hospital Mortality





# How to optimise GPI use

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- **Patient selection**
- **Drug choice**
- **Timing of administration**
- **Bleeding reducing strategies**

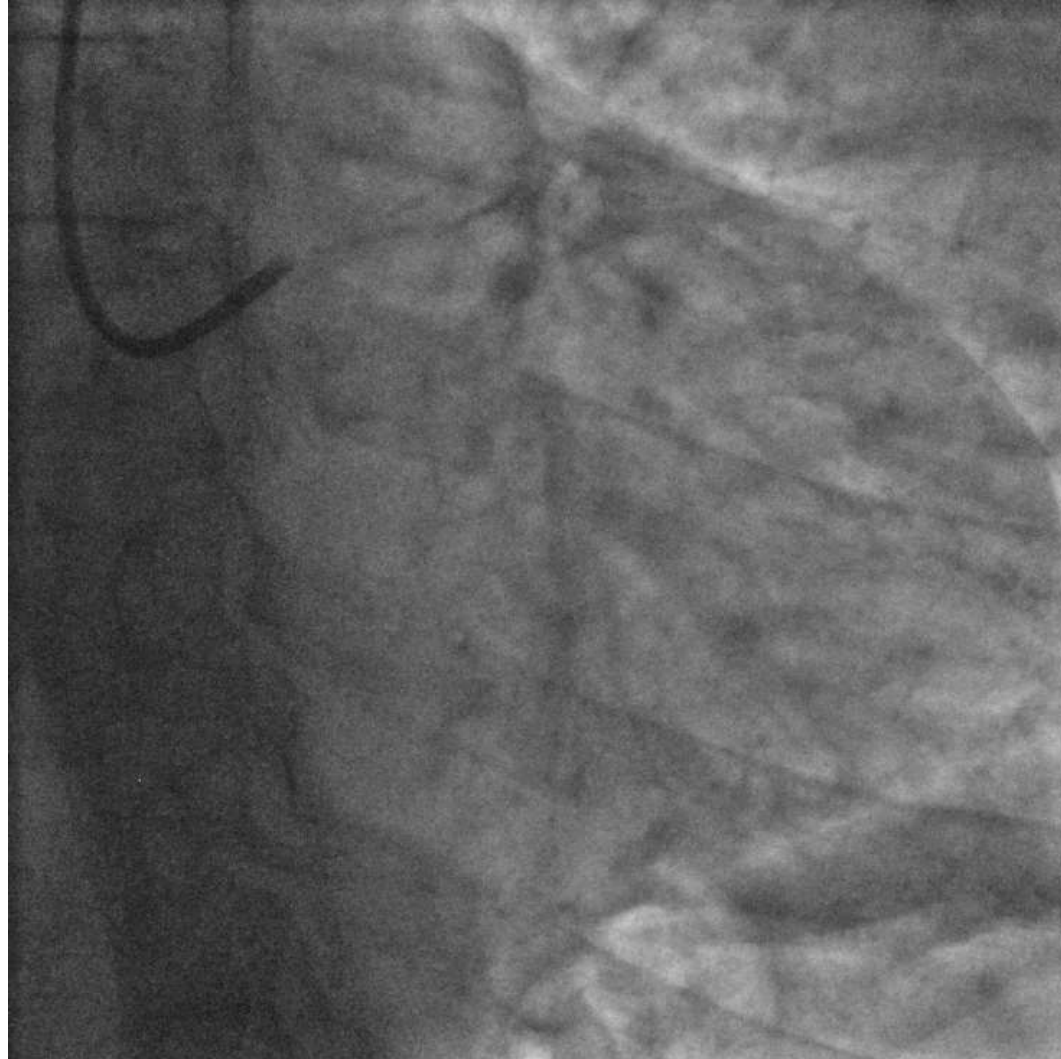
# How to optimise GPI use

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- **Patient selection**
- Drug choice
- Timing of administration
- Bleeding reducing strategies

# 68 yrs old patient, anterior STEMI, Killip IV

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**Male, 81 yr, posterolater STEMI, Killip 1  
PA 150/90 mmHG, 3 h from symptoms onset**

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# Patient-oriented choice of GPI use

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- Higher ischemic risk
- Younger patients
- Early presenters
- High risk of stent thrombosis
- Large thrombus burden at angiogram
- Severe multivessel disease
- Cardiogenic shock
- High-risk patients transferred from spokes (consider upstream)

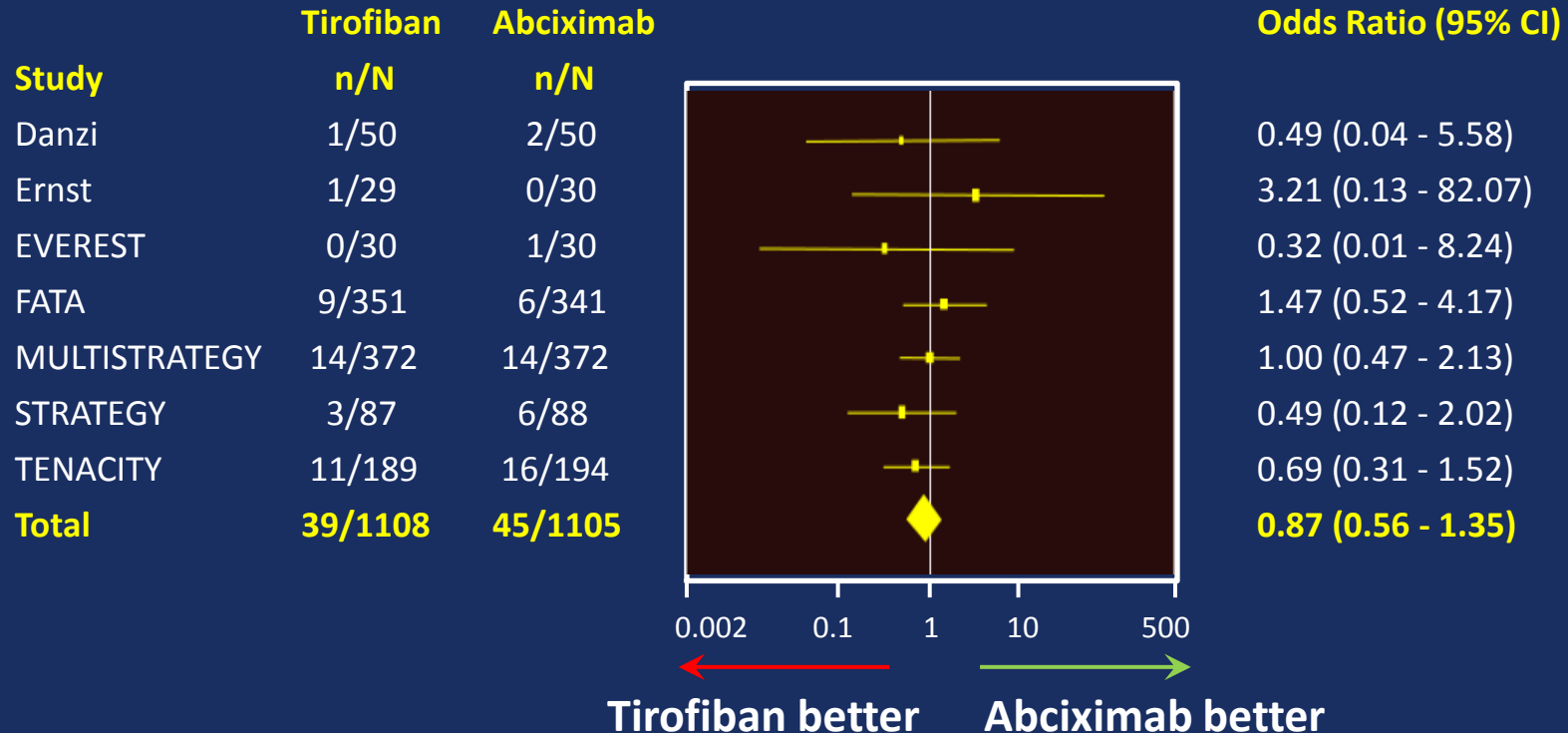
# How to optimise GPI use

---

- Patient selection
- **Drug choice**
- Timing of administration
- Bleeding reducing strategies

# Meta-Analysis: HDB Tirofiban vs. Abciximab 30-Day Death or Myocardial Infarction

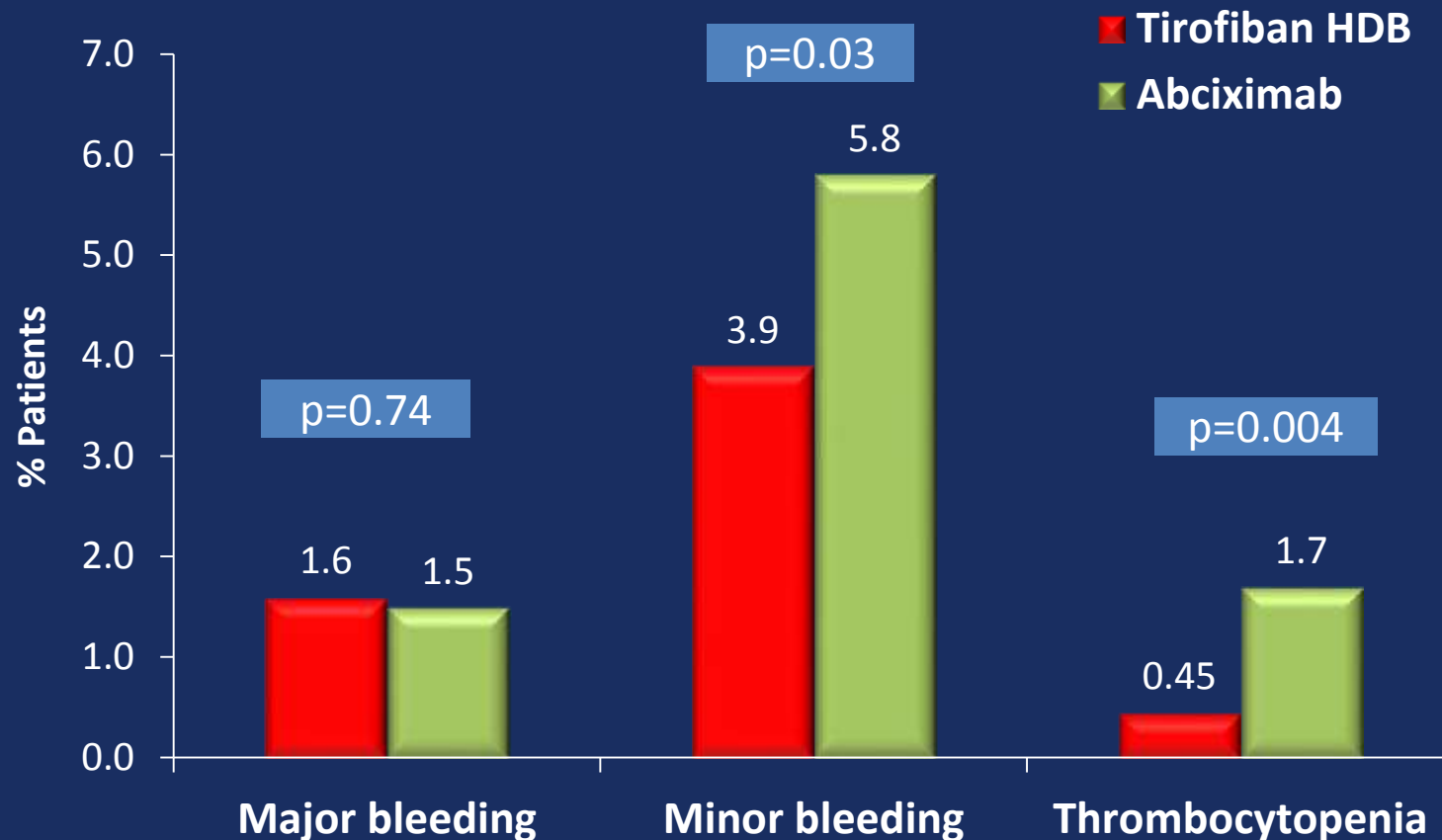
## Tirofiban 25 µg/kg bolus regimen



Heterogeneity:  $\text{Tau}^2=0.00$ ,  $\text{Chi}^2=5.63$ ,  $\text{df}=7$  ( $p=0.58$ ),  $I^2=0\%$

Test for overall effect:  $Z=1.61$  ( $p=0.11$ )

# Meta-Analysis: Safety of HDB Tirofiban vs. Abciximab in ACS





# How to optimise GPI use

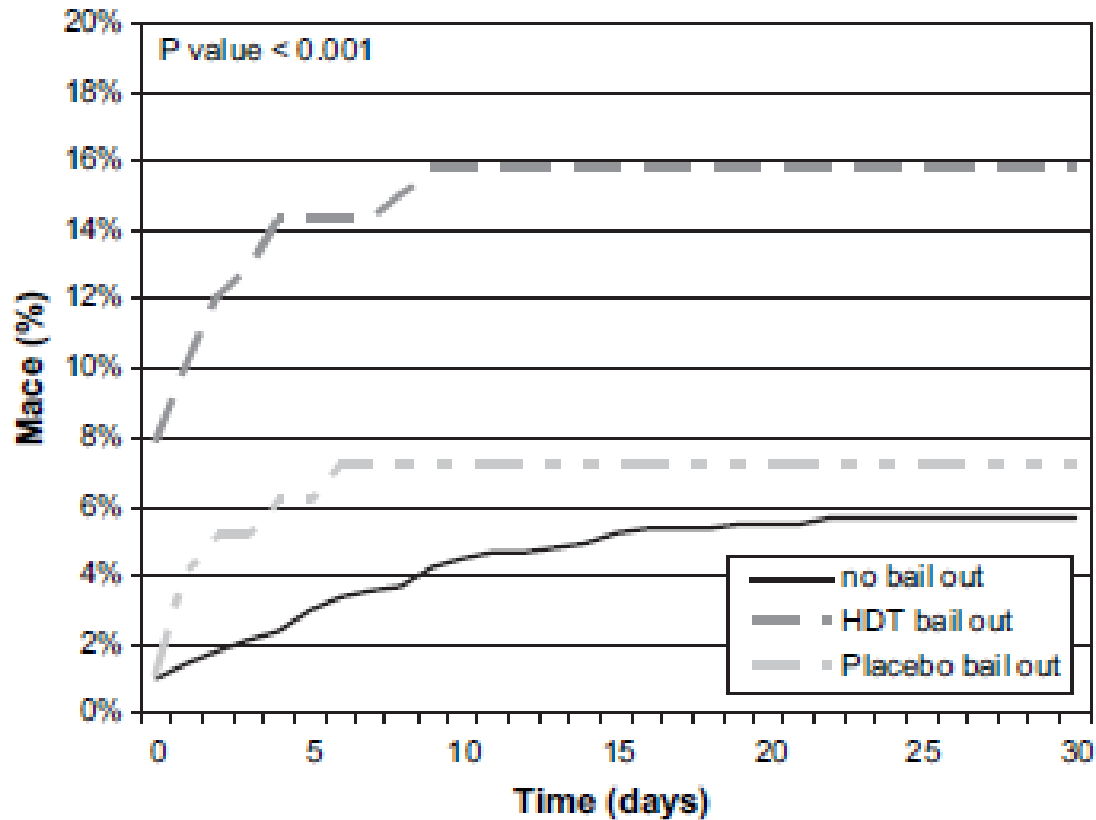
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- Patient selection
- Drug choice
- **Timing of administration**
- Bleeding reducing strategies

# High-dose-tirofiban bail-out vs placebo bail-out

## *On-TIME 2 study*

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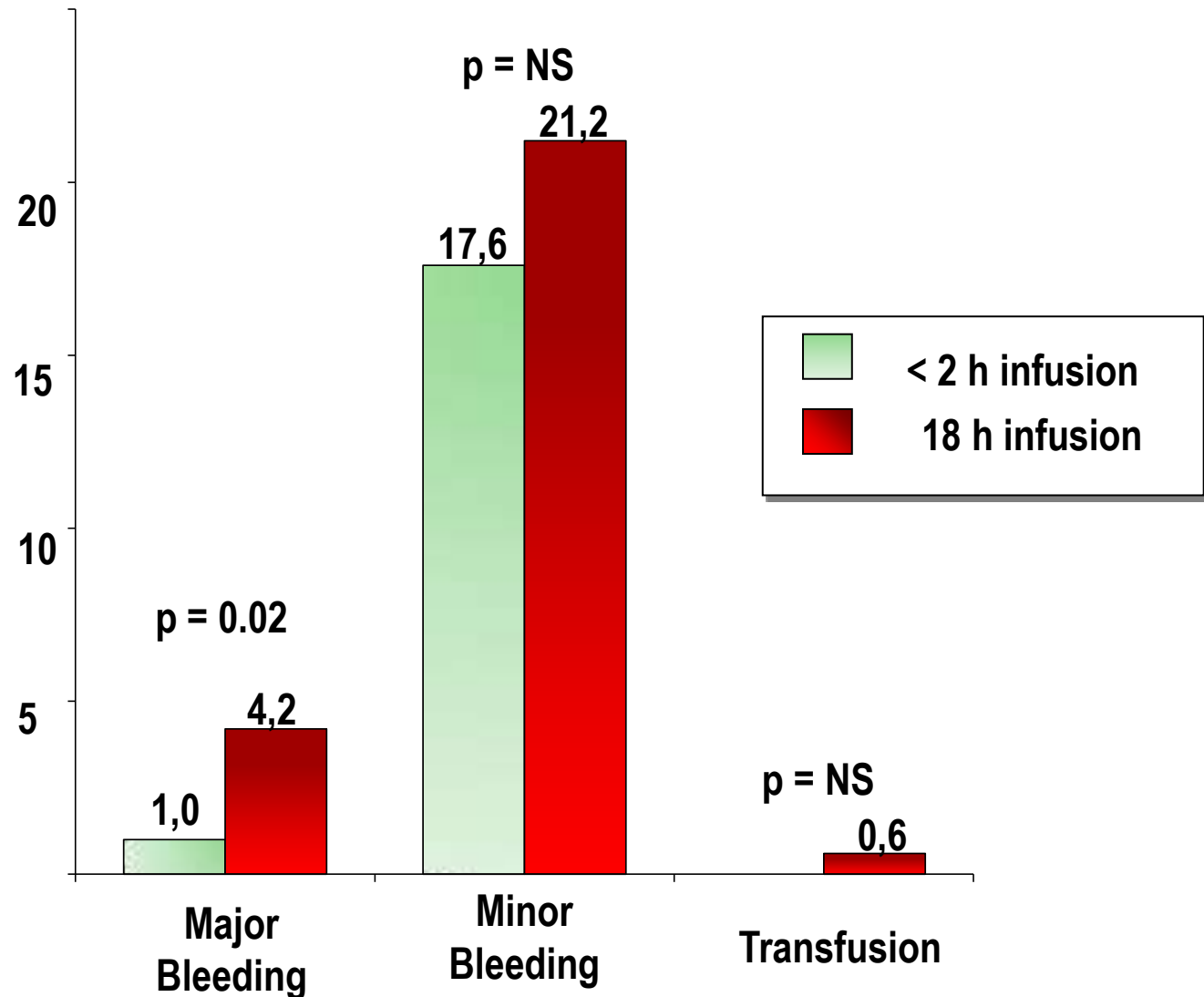
# How to optimise GPI use

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- Patient selection
- Drug choice
- Timing of administration
- **Bleeding reducing strategies**

# BRIEF PCI

## *GPI infusion duration and bleeding complications*



# ***GPI strategy optimization in 2018***

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- **Carefully select patients**
- **Use radial access**
- **Carefully dose heparin**
- **Use GPI's provisionally after sheath insertion and coronary angiography**
- **Do NOT wait for bailout use**
- **Prefer reversible GPI's such as Tirofiban and administer high-bolus followed by short infusion**

# **GPI's are still the best solution**

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**YES**

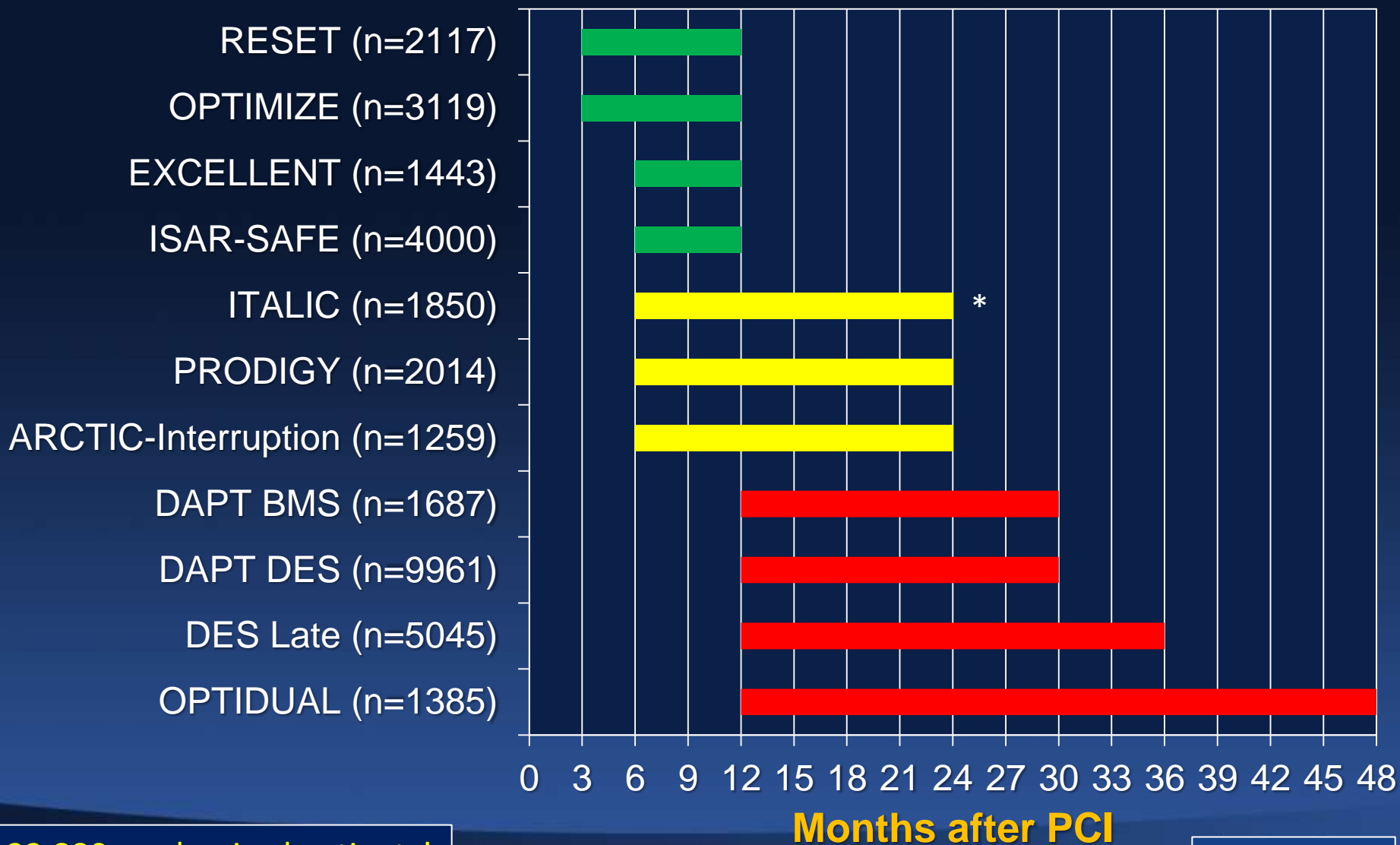


**In STEMI at high thrombotic risk**

**In all settings for bailout use in case of procedural complications**

# 11 RCTs of DAPT Duration after Stenting

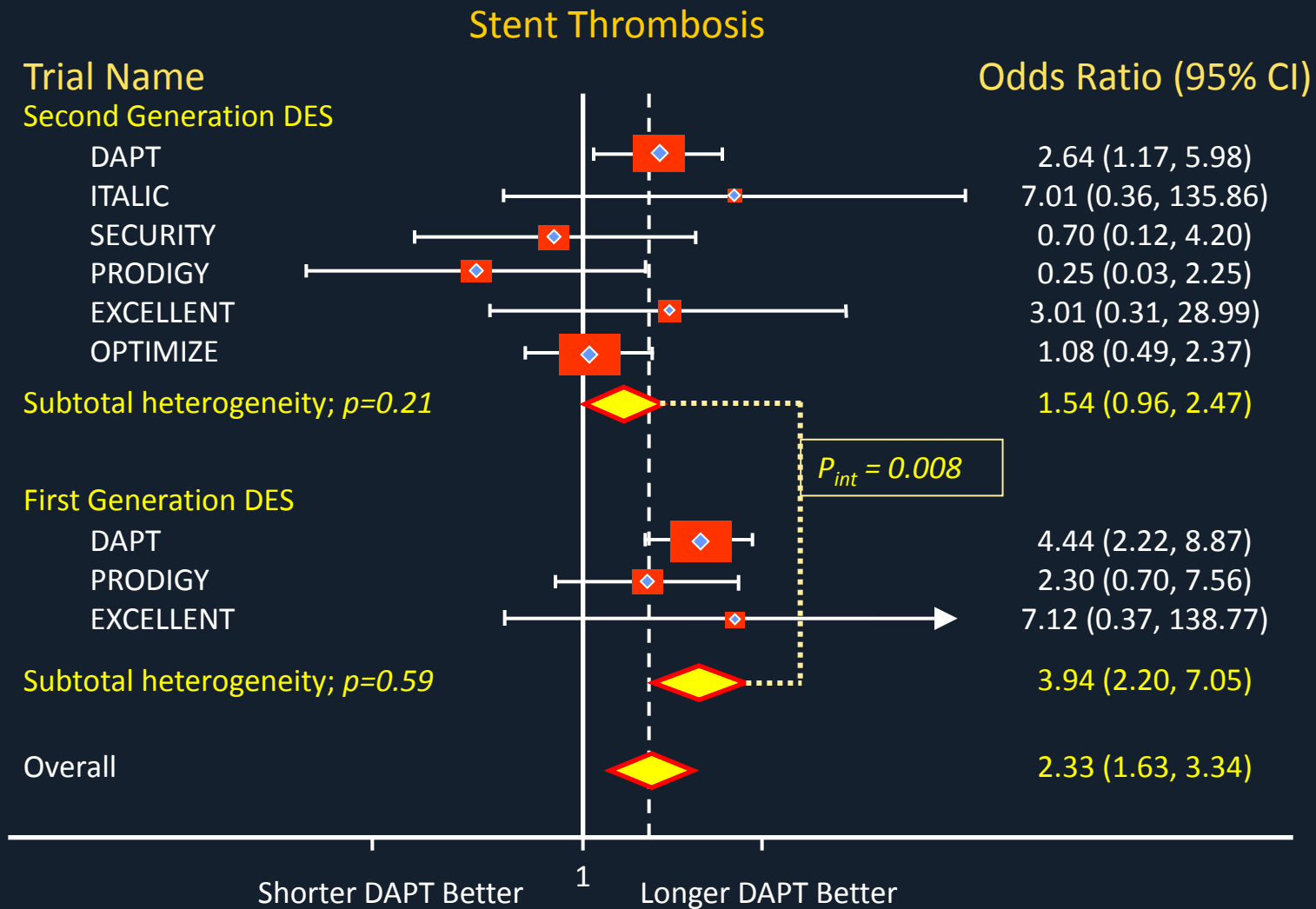
Timing of aspirin only vs. DAPT



33,880 randomized patients!

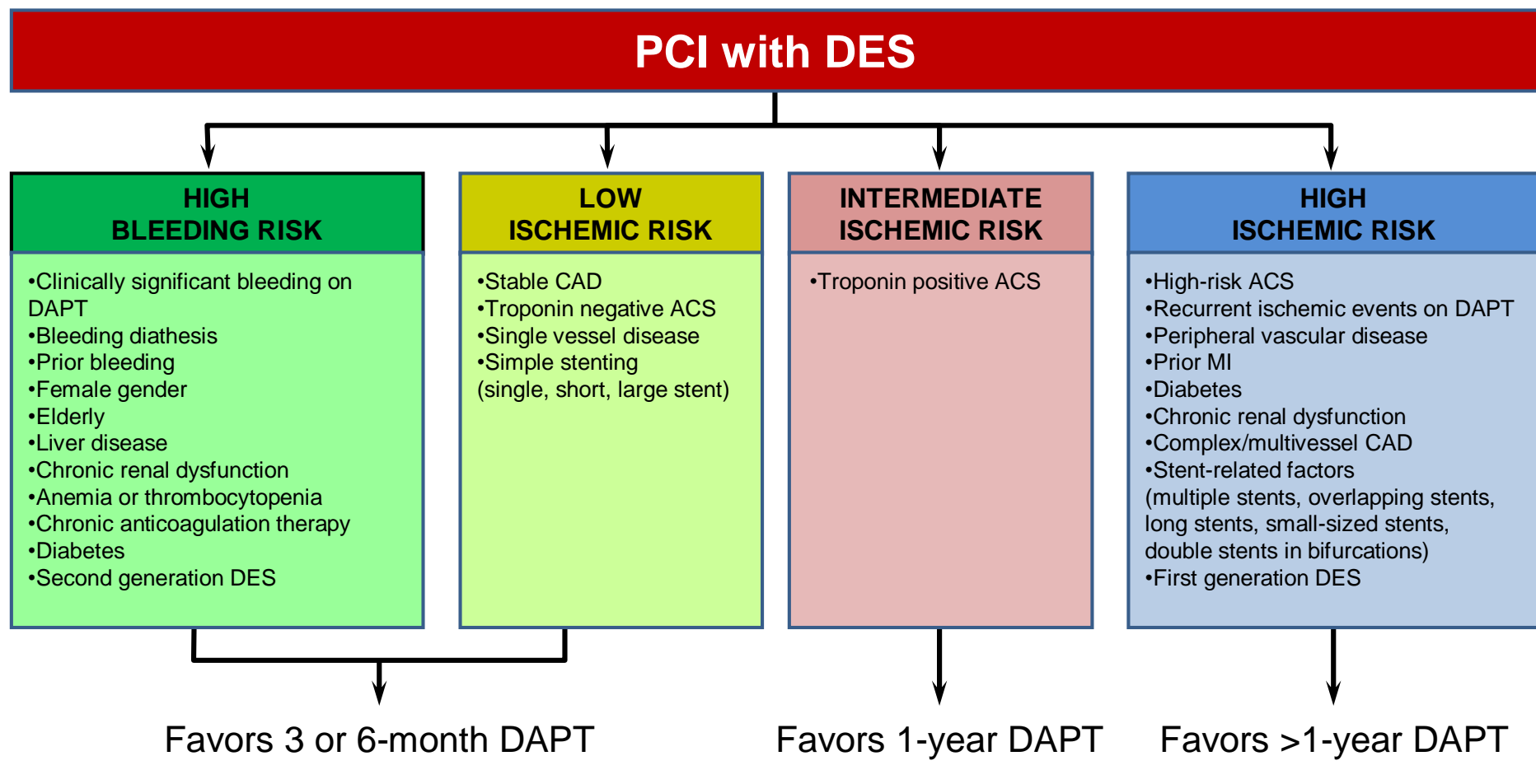
\*Primary endpoint at 12 months

# Extended Duration DAPT After DES: Second vs. First Generation DES





# DAPT Duration: Factors to be weighed



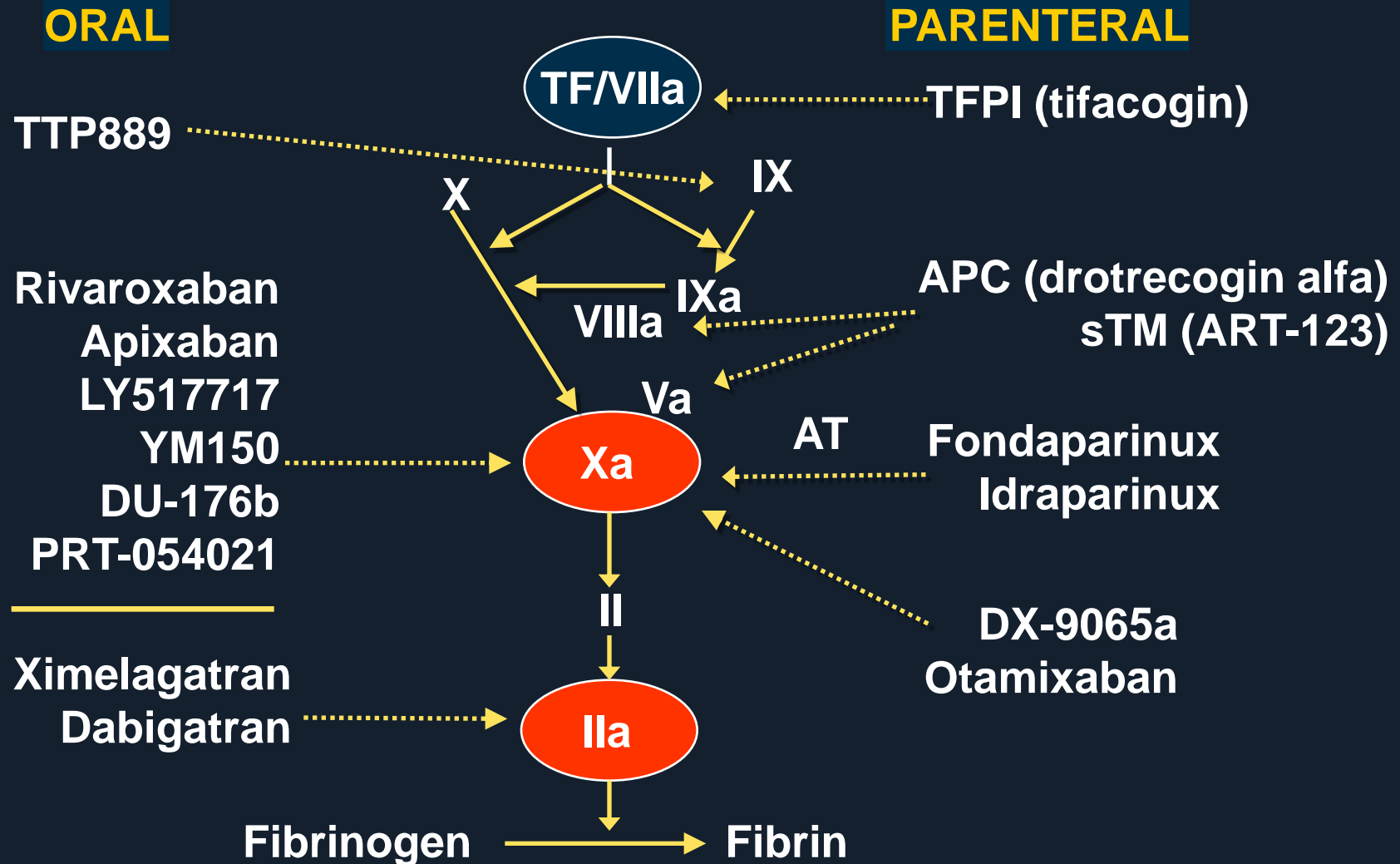
When assessing ischemic risk, clinical presentation (ACS vs stable CAD) and disease/PCI complexity are two of the most important factors to consider



# Conclusions: Antiplatelet Agents in PCI

- **Aspirin to everyone:** 324 mg load (chewed), then 75-100 mg/day indefinitely
- **IV GPI bolus (IV Cangrelor):** consider in STEMI (+ ticagrelor) and NSTEMI (withhold oral agent) ± high-risk non-pre-loaded stable CAD
- **Ticagrelor:** for most ACS pts (preload in STEMI, and in NSTEMI) > prasugrel or clopidogrel
- **Clopidogrel:** for most pts w/stable CAD, preloaded or post-PCI; **consider cangrelor (GPI bolus)** in complex PCI pts not preloaded
- **DAPT duration after DES: 1 month – indefinite** Individualize according to the relative risks of bleeding vs. ischemia

# New Antithrombin Targets



# PK/PD of 5 Novel Oral Agents

	Dabigatran	Apixaban	Rivaroxaban	Edoxaban (DU-176b)	Betrixaban (PRT054021)
Target	Ila (thrombin)	Xa	Xa	Xa	Xa
Hrs to Cmax	2	1-3	2-4	1-2	NR
CYP Metabolism	None	15%	32%	NR	None
Half-Life	12-14h	8-15h	9-13h	8-10h	19-20h
Renal Elimination	80%	33%	33%	35%	<5%

CYP = cytochrome P450; NR = not reported

*Ruff CR and Giugliano RP. Hot Topics in Cardiology 2010;4:7-14*

*Ericksson BI et al. Clin Pharmacokinet 2009; 48: 1-22*

*Ruff CR et al. Am Heart J 2010; 160:635-41*

# Incidence of Atrial Fibrillation in ACS Patients

2 % to 21% of ACS Patients <sup>1</sup>

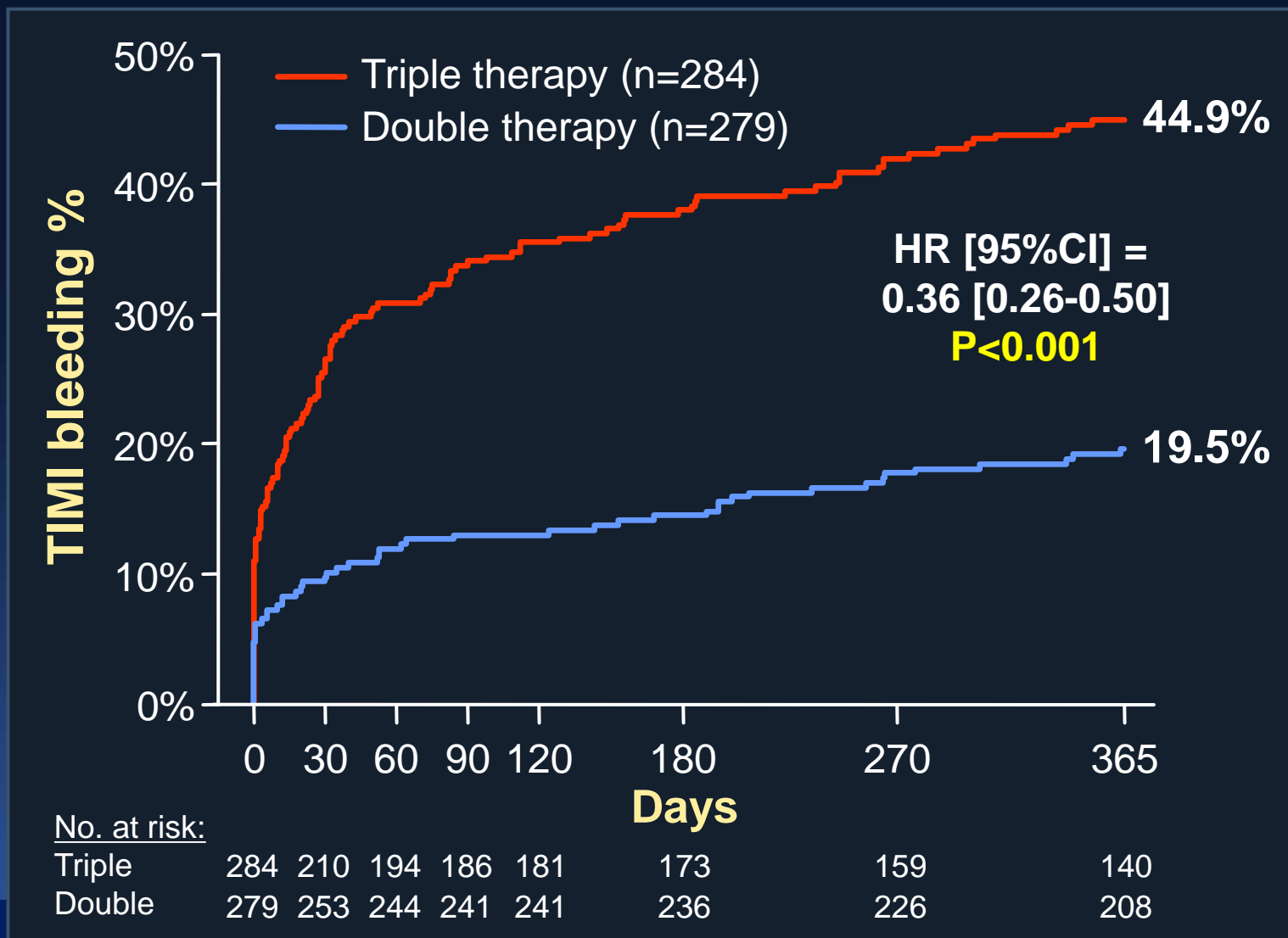


**Acute  
Coronary  
Syndrome**

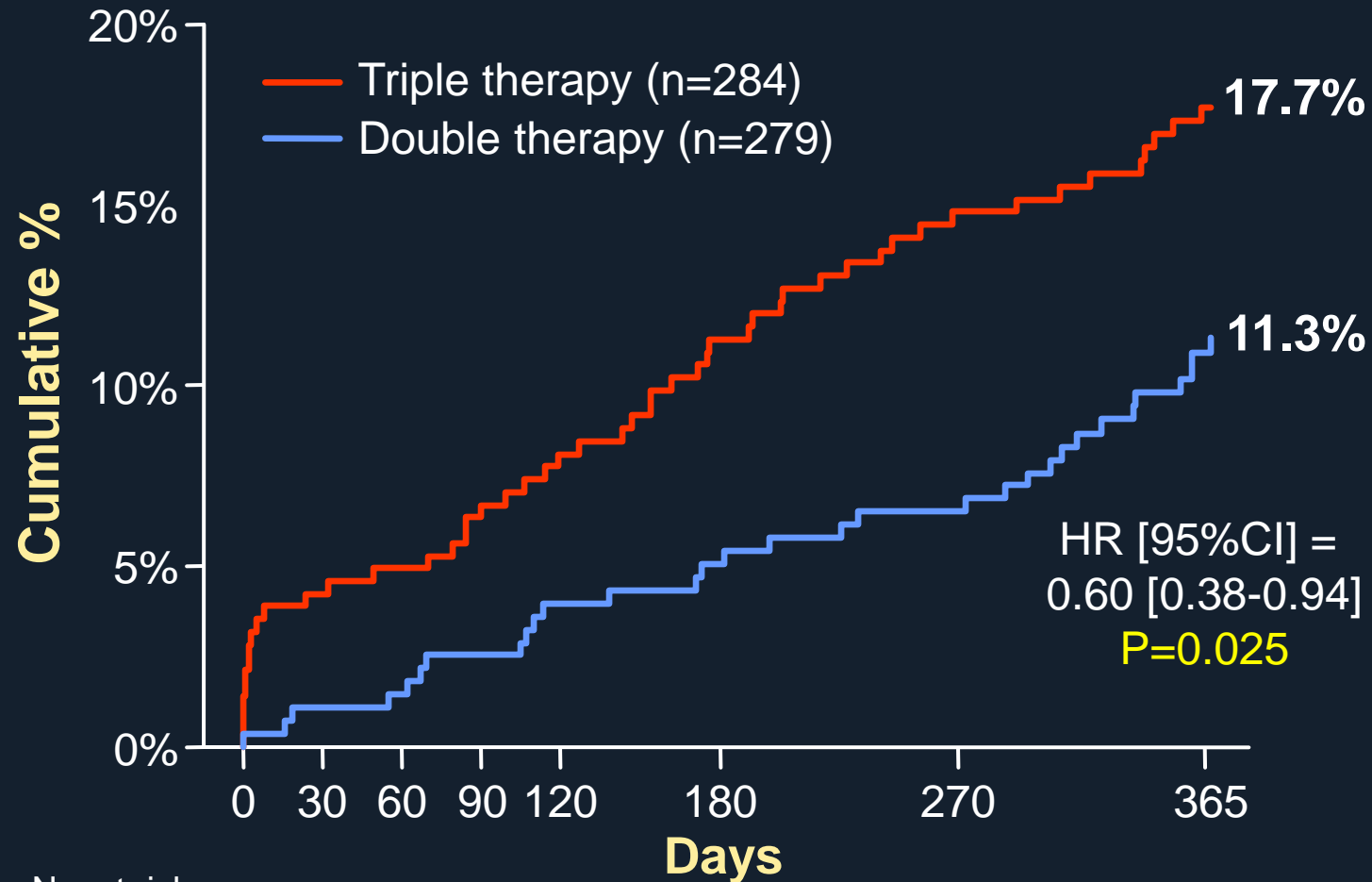
**ACS  
+  
Afib**

**Atrial  
Fibrillation**

# WOEST Primary Endpoint: TIMI Major, Minor or Minimal Bleeding



# WOEST Secondary Endpoint: Death, stroke, MI, ST, or TVR

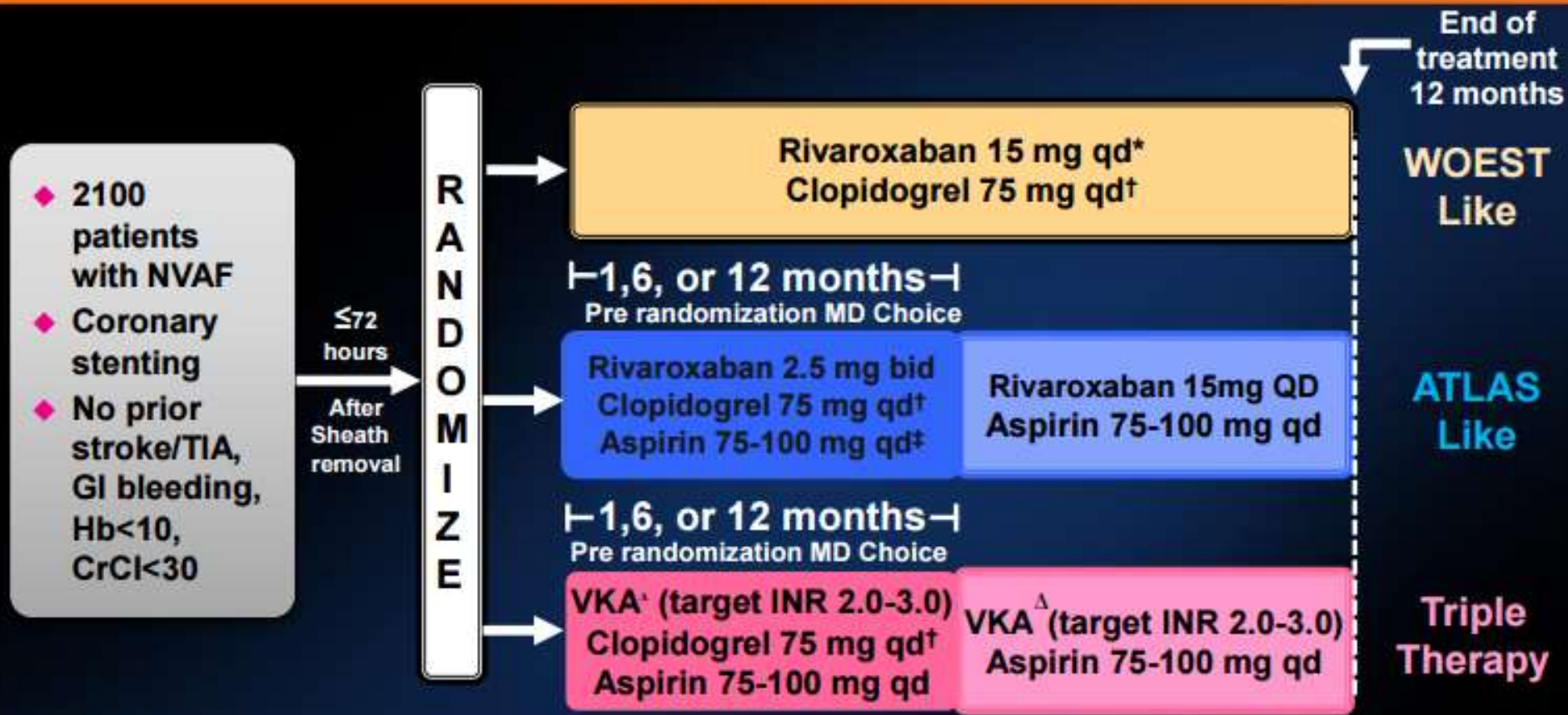


No. at risk:

Triple	284	272	270	266	261	252	242	223
Double	279	276	273	270	266	263	258	234



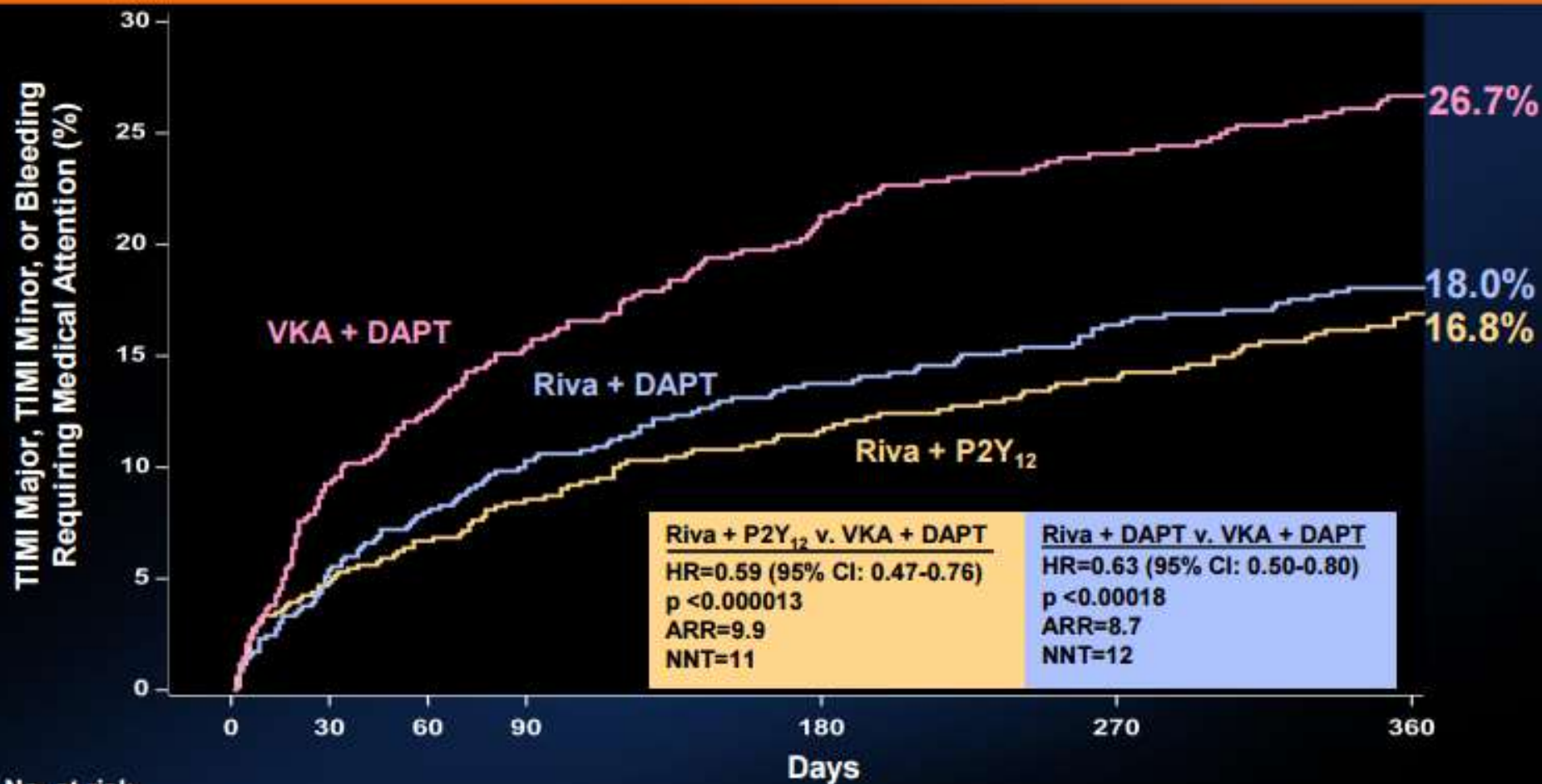
# Patients With Atrial Fibrillation Undergoing Coronary Stent Placement: PIONEER AF-PCI



- **Primary endpoint: TIMI major + minor + bleeding requiring medical attention**
- **Secondary endpoint: CV death, MI, and stroke** (Ischemic, Hemorrhagic, or Uncertain Origin)

\*Rivaroxaban dosed at 10 mg once daily in patients with CrCl of 30 to <50 mL/min.  
 †Alternative P2Y<sub>12</sub> inhibitors: 10 mg once-daily prasugrel or 90 mg twice-daily ticagrelor.  
 ‡Low-dose aspirin (75-100 mg/d). Δ Open label VKA

# Kaplan-Meier Estimates of First Occurrence of Clinically Significant Bleeding Events



No. at risk

	0	30	60	90	180	270	360
<b>Riva + P2Y<sub>12</sub></b>	696	628	606	585	543	500	389
<b>VKA + DAPT</b>	696	598	558	529	463	408	309
<b>VKA + DAPT</b>	697	593	555	521	461	426	329

Treatment-emergent period: period starting after the first study drug administration following randomization and ending 2 days after stop of study drug.

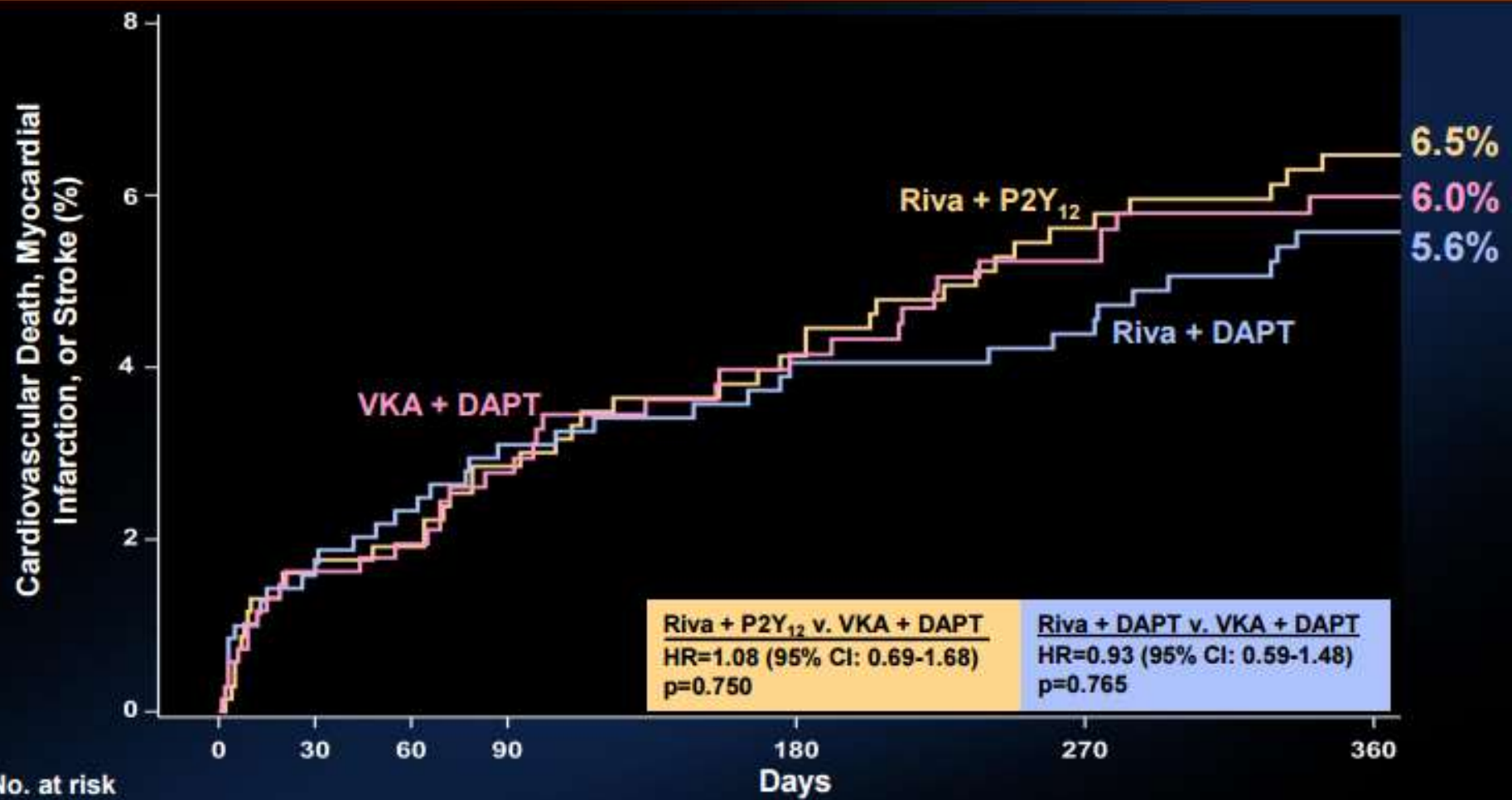
Clinically significant bleeding is the composite of TIMI major, TIMI minor, and BRMA.

Hazard ratios as compared to the VKA group are based on the (stratified, only for Overall, 2.5 mg BID/15 mg QD comparing VKA) Cox proportional hazards model.

Log-Rank P-values as compared to VKA group are based on the (stratified, only for Overall, 2.5 mg BID/15 mg QD comparing VKA) two-sided log rank test.



# Kaplan-Meier Estimates of First Occurrence of CV Death, MI or Stroke



No. at risk	0	30	60	90	180	270	360
<b>Riva + P2Y<sub>12</sub></b>	<b>694</b>	<b>648</b>	<b>633</b>	<b>621</b>	<b>590</b>	<b>562</b>	<b>430</b>
<b>Riva + DAPT</b>	<b>704</b>	<b>662</b>	<b>640</b>	<b>628</b>	<b>596</b>	<b>570</b>	<b>457</b>
<b>VKA + DAPT</b>	<b>695</b>	<b>635</b>	<b>607</b>	<b>579</b>	<b>543</b>	<b>514</b>	<b>408</b>

Treatment-emergent period: period starting after the first study drug administration following randomization and ending 2 days after stop of study drug.  
 Composite of adverse CV events is composite of CV death, MI, and stroke.  
 Hazard ratios as compared to VKA group are based on the (stratified, only for the Overall, 2.5 mg BID/15 mg QD comparing VKA) Cox proportional hazards model.  
 Log-Rank P-values as compared to the VKA group are based on the (stratified, only for Overall, 2.5 mg BID/15 mg QD comparing VKA) two-sided log rank test.  
 6 Subjects were excluded from all efficacy analyses because of violations in Good Clinical Practice guidelines



# RE-DUAL PCI™

Study in NVAF patients undergoing PCI

## STUDY TITLE

A prospective Randomised, open label, blinded endpoint (PROBE) study to Evaluate **DUAL** antithrombotic therapy with dabigatran etexilate (110mg b.i.d. and 150mg b.i.d.) plus clopidogrel or ticagrelor vs. triple therapy strategy with warfarin (INR 2.0 – 3.0) plus clopidogrel or ticagrelor with aspirin in patients with non valvular atrial fibrillation (NVAF) that have undergone a percutaneous coronary intervention (PCI) with stenting. (RE-DUAL PCI)

## D110 plus a P2Y12 inhibitor is:

Non-inferior with respect to the combined thrombotic event rate (TE: death + MI + stroke/SE)

AND

Non-inferior\* with respect to clinically relevant bleeding relative to a triple combination of warfarin plus a P2Y12 inhibitor (clopidogrel or ticagrelor) plus ASA

## STUDY HYPOTHESES

## D150 plus a P2Y12 inhibitor is:

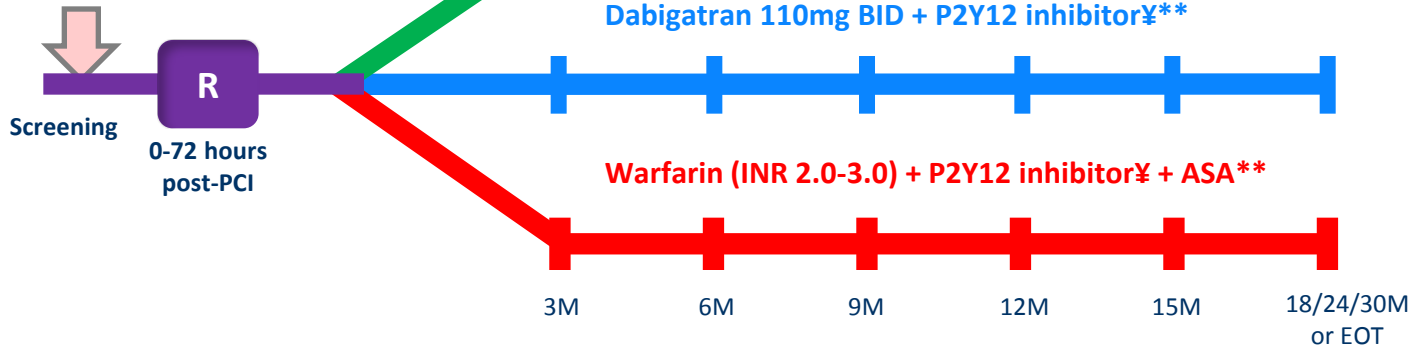
Non-inferior with respect to the combined thrombotic event rate (TE: death + MI + stroke/SE)

AND

Non-inferior\* with respect to clinically relevant bleeding relative to a triple combination of warfarin plus a P2Y12 inhibitor (clopidogrel or ticagrelor) plus ASA

## Worldwide Event Driven Trial

Paroxysmal, persistent or permanent AF (PCI with stenting [BMS or DES] elective or ACS)



n = 2500

## 1° End Point

Time to first clinically relevant bleeding rate (ISTH Major)

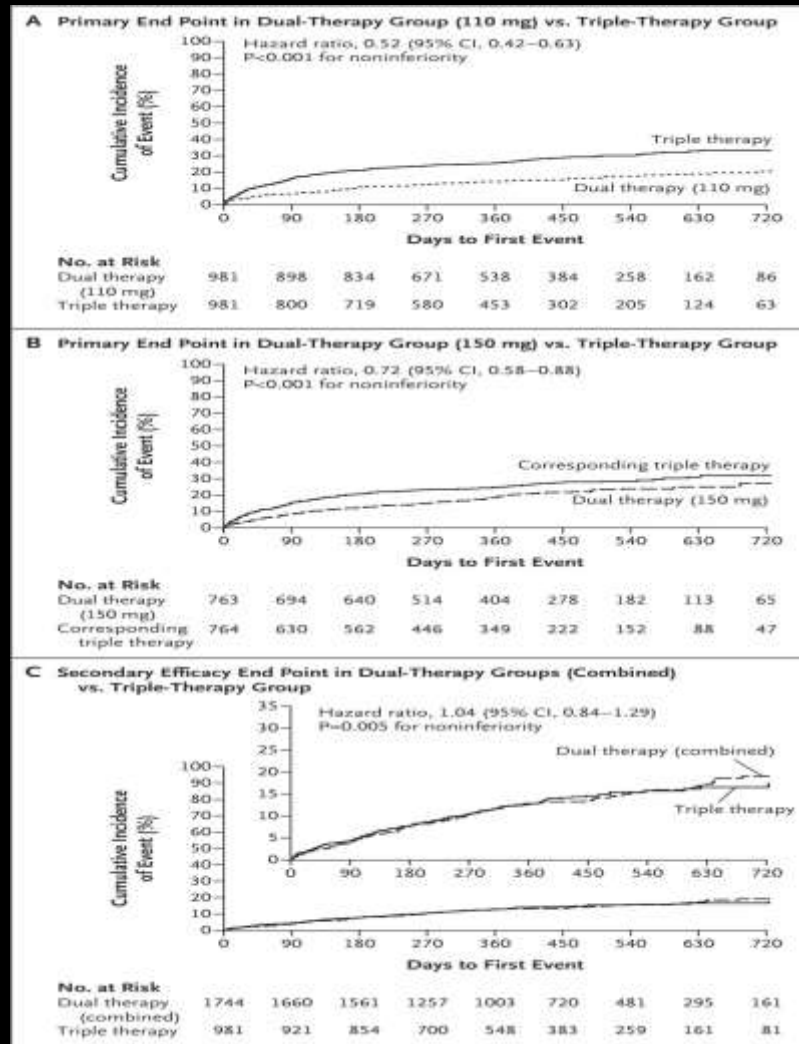
\* After establishing non-inferiority of the D110 and D150 DAT regimens, testing for superiority will be conducted

\* ASA is discontinued immediately after a successful procedure in patients randomized to receive dabigatran

\* ASA will be discontinued in the warfarin arm. BMS: Discontinuation of ASA at month 1 ; DES: discontinuation of ASA at month 3

‡ P2Y12 inhibitor (either Clopidogrel or Ticagrelor). The P2Y12 inhibitor can be discontinued after month 12 of follow up at the discretion of the physician

# Primary End Point and Secondary Efficacy End Point.



Cannon CP et al. N Engl J Med  
;377:1513-1524



The NEW ENGLAND  
JOURNAL of MEDICINE

## Efficacy End Points.

Table 3. Efficacy End Points.\*

End Point	Dual Therapy with Dabigatran (Combined) vs. Triple Therapy with Warfarin				Dual Therapy with Dabigatran (110 mg) vs. Triple Therapy with Warfarin				Dual Therapy with Dabigatran (150 mg) vs. Triple Therapy with Warfarin			
	Combined Dual- Therapy Groups (N=1744)	Triple- Therapy Group (N=981)	Hazard Ratio (95% CI)	P Value†	110-mg Dual- Therapy Group (N=981)	Triple- Therapy Group (N=981)	Hazard Ratio (95% CI)	P Value†	150-mg Dual- Therapy Group (N=763)	Corresponding Triple-Therapy Group (N=764)	Hazard Ratio (95% CI)	P Value†
	no. (%)				no. (%)				no. (%)			
Composite efficacy end point: thromboembolic events, death, or unplanned revas- cularization	239 (13.7)	131 (13.4)	1.04 (0.84–1.29)	0.74 (0.005 for noninferiority)	149 (15.2)	131 (13.4)	1.13 (0.90–1.43)	0.30	90 (11.8)	98 (12.8)	0.89 (0.67–1.19)	0.44
Thromboembolic events or death	168 (9.6)	83 (8.5)	1.17 (0.90–1.53)	0.25 (0.11 for noninferiority)	108 (11.0)	83 (8.5)	1.30 (0.98–1.73)	0.07	60 (7.9)	60 (7.9)	0.97 (0.68–1.39)	0.88
Death					55 (5.6)	48 (4.9)	1.12 (0.76–1.65)	0.56	30 (3.9)	35 (4.6)	0.83 (0.51–1.34)	0.44
Myocardial infarction					44 (4.5)	29 (3.0)	1.51 (0.94–2.41)	0.09	26 (3.4)	22 (2.9)	1.16 (0.66–2.04)	0.61
Stroke					17 (1.7)	13 (1.3)	1.30 (0.63–2.67)	0.48	9 (1.2)	8 (1.0)	1.09 (0.42–2.83)	0.85
Definite stent thrombosis					15 (1.5)	8 (0.8)	1.86 (0.79–4.40)	0.15	7 (0.9)	7 (0.9)	0.99 (0.35–2.81)	0.98

\* Thromboembolic events were myocardial infarction, stroke, or systemic embolism. Unplanned revascularization was percutaneous coronary intervention or coronary-artery bypass grafting. Comparisons between the 110-mg dual-therapy group and the triple-therapy group and between the combined dual-therapy groups and the triple-therapy group were stratified according to age group (nonelderly or elderly [ $<80$  or  $\geq 80$  years of age;  $<70$  or  $\geq 70$  years of age in Japan]). Comparisons between the 150-mg dual-therapy group and the corresponding triple-therapy group were unstratified. All end points other than the composite efficacy end point and the combined end point of thromboembolic events or death were considered to be descriptive.

† P values for noninferiority were calculated at a one-sided alpha level of 0.025 and are provided only if a noninferiority margin was prespecified. All other P values are for superiority and were calculated at a two-sided alpha level of 0.05; these P values are provided for descriptive purposes only.



# The AUGUSTUS Trial

## Apixaban Versus Warfarin in Patients with AF + ACS or PCI:

### Inclusion

- AF (prior, persistent, or >6 hrs duration)
- Physician decision that oral anticoag is indicated
- ACS or PCI with planned P2Y12 inhibitor for 6 months

**Randomize**  
**n =4,600**  
**Patients**

### Exclusion

- Contraindication to DAPT
- Other reason for warfarin (prosthetic valve, mod/sev MS)

**Apixaban 5mg bid**  
**(or with adjustment)**

**Warfarin (INR 2-3)**

*P2Y12 inhibitor for all patients x 6 months*  
*Aspirin for all on the day of ACS or PCI*  
*Aspirin versus placebo after randomization*

**ASA**

**placebo**

**ASA**

**placebo**

**Primary outcome: major/clinically relevant bleeding (through 6 months)**

**Secondary objective: Death, MI, stroke, stent thrombosis**

# Triple Therapy Considerations 2017

- Assess ischemic and bleeding risks using validated risk predictors (e.g., CHA2DS2-VASc, HAS-BLED)
- Keep 3ple therapy duration as short as possible; for example, use max 2 weeks (this is the highest incidence of subacute ST)
  - Dual therapy only (oral anticoagulant plus clopidogrel) may be considered in select patients
- Consider target INR 2.0–2.5 when warfarin is used
- Clopidogrel is the P2Y<sub>12</sub> inhibitor of choice
- Use low dose (≤100 mg daily) aspirin
- Complex switching drugs/dosages have the handicap of nonadherence and medication errors...
- PPI Rx should be used in patients with a history of GI bleeding and are reasonable to use in patients with increased risk of GI bleeding; liberal H2B in all others.