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# Predicting future left anterior descending artery events from non-culprit lesions: insights from the Lipid-Rich Plaque study

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## Aims

The left anterior descending (LAD) artery is the most frequently affected site by coronary artery disease. The prospective Lipid Rich Plaque (LRP) study, which enrolled patients undergoing imaging of non-culprits followed over 2 years, reported the successful identification of coronary segments at risk of future events based on near-infrared spectroscopy-intravascular ultrasound (NIRS-IVUS) lipid signals. We aimed to characterize the plaque events involving the LAD vs. non-LAD segments.

## Methods and results

LRP enrolled 1563 patients from 2014 to 2016. All adjudicated plaque events defined by the composite of cardiac death, cardiac arrest, non-fatal myocardial infarction, acute coronary syndrome, revascularization by coronary bypass or percutaneous coronary intervention, and rehospitalization for angina with >20% stenosis progression and reported as non-culprit lesion-related major adverse cardiac events (NC-MACE) were classified by NIRS-IVUS maxLCBI<sub>4mm</sub> (maximum 4-mm Lipid Core Burden Index)  $\leq 400$  or  $>400$  and association with high-risk-plaque characteristics, plaque burden  $\geq 70\%$ , and minimum lumen area (MLA)  $\leq 4 \text{ mm}^2$ . Fifty-seven events were recorded with more lipid-rich plaques in the LAD vs. left circumflex and right coronary artery; 12.5% vs. 10.4% vs. 11.3%,  $P = 0.097$ . Unequivocally, a maxLCBI<sub>4mm</sub>  $>400$  in the LAD was more predictive of NC-MACE [hazard ratio (HR) 4.32, 95% confidence interval (CI) (1.93–9.69);  $P = 0.0004$ ] vs. [HR 2.56, 95% CI (1.06–6.17);  $P = 0.0354$ ] in non-LAD segments. MLA  $\leq 4 \text{ mm}^2$  within the maxLCBI<sub>4mm</sub> was significantly higher in the LAD (34.1% vs. 25.9% vs. 13.7%,  $P < 0.001$ ).

## Conclusion

Non-culprit lipid-rich segments in the LAD were more frequently associated with plaque-level events. LAD NIRS-IVUS screening may help identify patients requiring intensive surveillance and medical treatment.

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**Plaque Level Event Location (WARE segments)**

Segment	PQ(44)	CABG(13)	ACS(18)	Non fatal MI(8)	ProgrAng(5)
LAD Prox(32)	11	8	8	4	1
LAD Mid(16)	9	0	4	3	0
LAD Distal(2)	1	0	1	0	0
LCX Prox(11)	9	1	1	0	0
LCX Mid(8)	6	1	0	0	1
OM 1(3)	1	0	1	1	0
RCA Prox(7)	3	2	1	0	1
RCA Mid(7)	3	0	2	0	2
RCA Distal(2)	1	1	0	0	0

**Summary Statistics:**

Plaque Type	Count	Mean max LCB	PB (%)	MLA (mm <sup>2</sup> )
PQ(44)	44	301.91	53.34%	5.55
CABG(13)	13	376.38	58.68%	5.37
ACS(18)	18	328.11	54.78%	6.14
Non fatal MI(8)	8	393.13	57.67%	6.46
ProgrAng(5)	5	295.2	56.59%	7.22

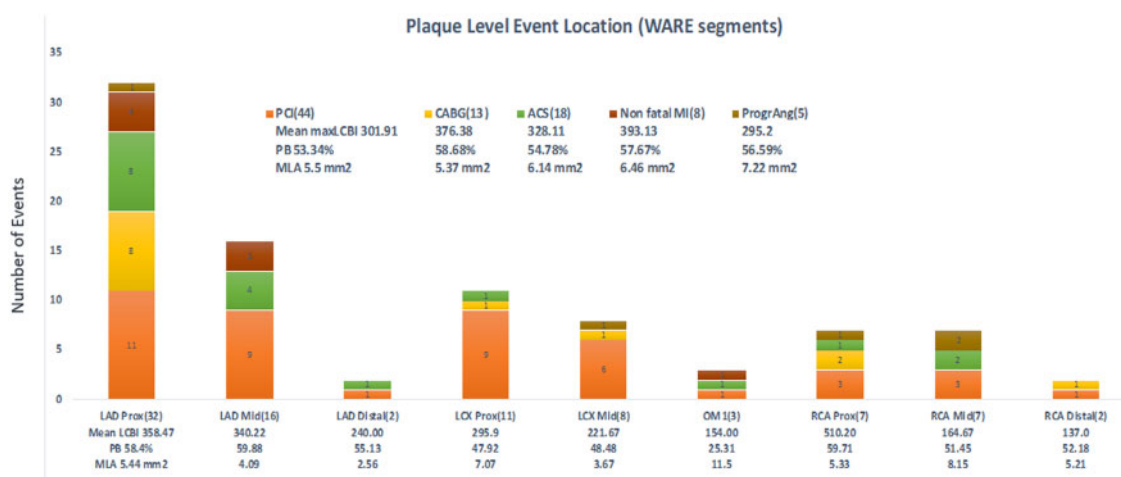
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### Table 1 Baseline characteristics

Characteristic	Overall (N = 1269)	Non-LAD and maxLCBI <sub>4 mm</sub> ≤400 (N = 380)	Non-LAD and maxLCBI <sub>4 mm</sub> >400 (N = 245)	LAD and maxLCBI <sub>4 mm</sub> ≤400 (N = 391)	LAD and maxLCBI <sub>4 mm</sub> >400 (N = 253)	P-value
Age (years), mean ± SD	64 ± 10	65 ± 10	64 ± 11	64 ± 10	63 ± 11	0.572
Male, n (%)	882 (69.5)	279 (73.4)	158 (64.5)	273 (69.8)	172 (68)	0.114
Diabetes mellitus, n (%)	464 (36.7)	115 (30.3)	108 (44.3)	133 (34)	108 (43.4)	<0.001
Diabetes requiring insulin, n (%)	162 (13.1)	33 (8.8)	48 (19.9)	43 (11.3)	38 (15.6)	<0.001
History of smoking, n (%)	685 (54.9)	197 (52.4)	118 (49.6)	220 (57.1)	150 (60.5)	0.056
Current smoker, n (%)	282 (22.6)	80 (21.3)	54 (22.7)	84 (21.8)	64 (25.8)	0.579
Hypertension, n (%)	1018 (80.5)	306 (80.7)	199 (81.6)	311 (79.7)	202 (80.2)	0.951
Family history of CAD, n (%)	636 (56.1)	180 (53.7)	125 (58.1)	204 (57.1)	127 (56.2)	0.733
Prior MI, n (%)	294 (23.5)	94 (25.1)	59 (24.6)	85 (21.9)	56 (22.5)	0.705
Prior PCI, n (%)	567 (44.8)	185 (48.7)	114 (47.1)	160 (40.9)	108 (42.9)	0.133
Presentation with ACS, n (%)	214 (16.9)	51 (13.4)	43 (17.6)	66 (16.9)	54 (21.3)	0.075
Chronic renal insufficiency, n (%)	101 (8)	27 (7.1)	27 (11.1)	26 (6.7)	21 (8.3)	0.204
Hyperlipidaemia, n (%)	1011 (80.3)	307 (81.6)	185 (76.4)	314 (80.5)	205 (81.7)	0.389
PCI during index, n (%)	1110 (87.5)	347 (91.6)	210 (85.7)	336 (85.9)	217 (85.8)	0.046
≥50 mm of eligible vessel, n (%)	1135 (89.4)	340 (89.5)	222 (90.6)	335 (85.7)	238 (94.1)	0.008
Imaged vessel length (mm), mean ± SD	97.893 ± 43.379	91.646 ± 40.813	107.192 ± 44.211	88.924 ± 40.565	112.132 ± 45.308	<0.001
MaxLCBI <sub>4 mm</sub> , mean ± SD	359.638 ± 174.884	254.524 ± 111.531	535.539 ± 103.798	254.606 ± 107.756	509.498 ± 142.746	<0.001
Avg LCBI <sub>4 mm</sub> , <sup>a</sup> mean ± SD	220.577 ± 135.204	149.365 ± 87.701	327.623 ± 131.745	162.869 ± 89.522	313.059 ± 136.611	<0.001
Ware segment per patient, mean ± SD	4.533 ± 1.735	4.355 ± 1.69	4.914 ± 1.808	4.148 ± 1.639	5.024 ± 1.695	<0.001

ACS, acute coronary syndrome; CAD, coronary artery disease; LAD, left anterior descending; LCBI, lipid core burden index; MI, myocardial infarction; PCI, percutaneous coronary intervention; SD, standard deviation.

<sup>a</sup>Average maxLCBI<sub>4 mm</sub> across all Ware segments per patient.

**Figure 1** Number of events in each of the coronary vessel locations. The number in brackets is the number of plaque-level events. ACS, acute coronary syndrome (in green); CABG, coronary artery bypass graft (in yellow); LAD, left anterior descending; LCBI, Lipid Core Burden Index (the number represents the mean of  $\max\text{LCBI}_{4\text{mm}}$ ); LCX, left circumflex; MI, myocardial infarction (in dark red); MLA, minimum lumen area; OM, obtuse marginal; PB, plaque burden; PCI, percutaneous coronary intervention (in orange); ProgrAng, progressive angina (in brown); Prox, proximal; RCA, right coronary artery. \*Ware segment may be associated with multiple event types.



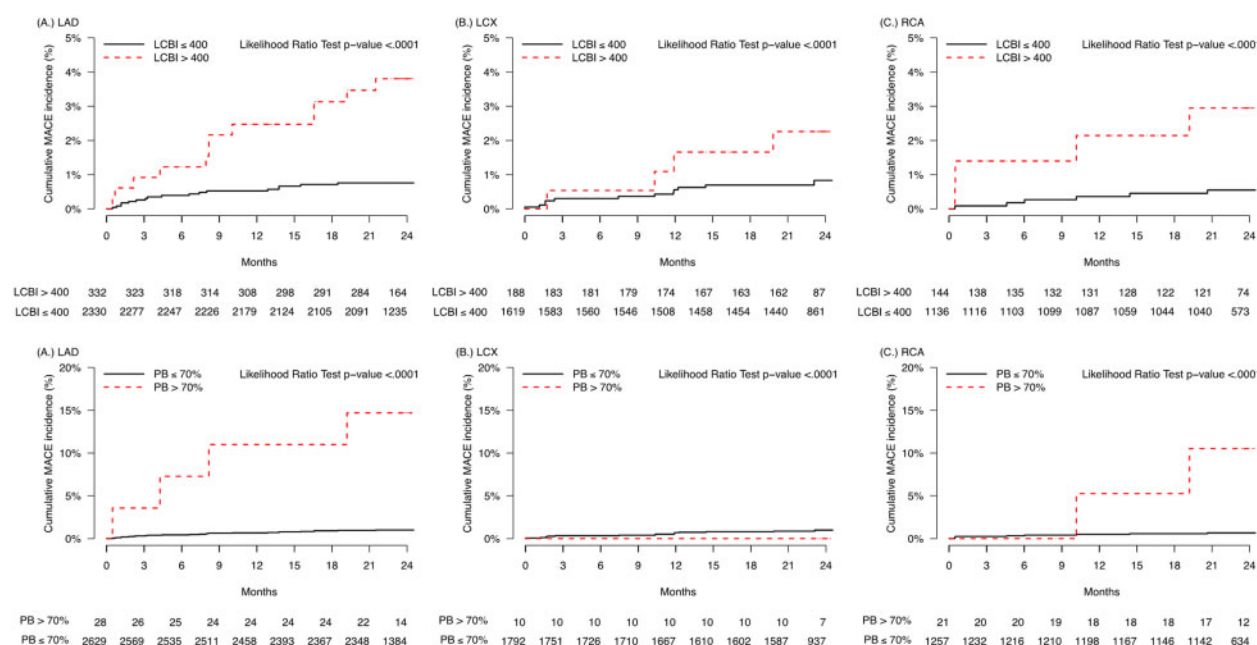
**Table 2** Distribution of 57 plaque-level events by clinical event type and their angiographic location

Vessel	Any event	PCI <sup>a</sup>	CABG	ACS	Non-fatal MI	Progressive angina
LAD	29/57 (50.9%)	21/43 (48.8%)	8/13 (61.5%)	13/18 (72.2%)	7/8 (87.5%)	1/5 (20%)
LCX	18/57 (31.6%)	15/43 (34.9%)	2/13 (15.4%)	2/18 (11.1%)	1/8 (12.5%)	1/5 (20%)
RCA	10/57 (17.5%)	7/43 (16.3%)	3/13 (23.1%)	3/18 (16.7%)	0/8 (0.0%)	3/5 (60%)

Plaque events may be associated with multiple event types.

ACS, acute coronary syndrome; CABG, coronary artery bypass graft; LAD, left anterior descending; LCX, left circumflex; MI, myocardial infarction; OM, obtuse marginal; PCI, percutaneous coronary intervention; RCA, right coronary artery.

<sup>a</sup>Single OM1 not included in PCI count in comparison with Figure 1.



**Figure 2** (Top row, A-C) Kaplan-Meier curves for patients with maxLCBI<sub>4mm</sub> >400 or not in the (A) LAD, (B) LCX, and (C) RCA; (Bottom row, A-C) Kaplan-Meier curves for patients with plaque burden ≥70% or not in the (A) LAD, (B) LCX, and (C) RCA. LAD, left anterior descending; LCBI, Lipid Core Burden Index; LCX, left circumflex; MACE, major adverse cardiac events; PB, plaque burden; RCA, right coronary artery.

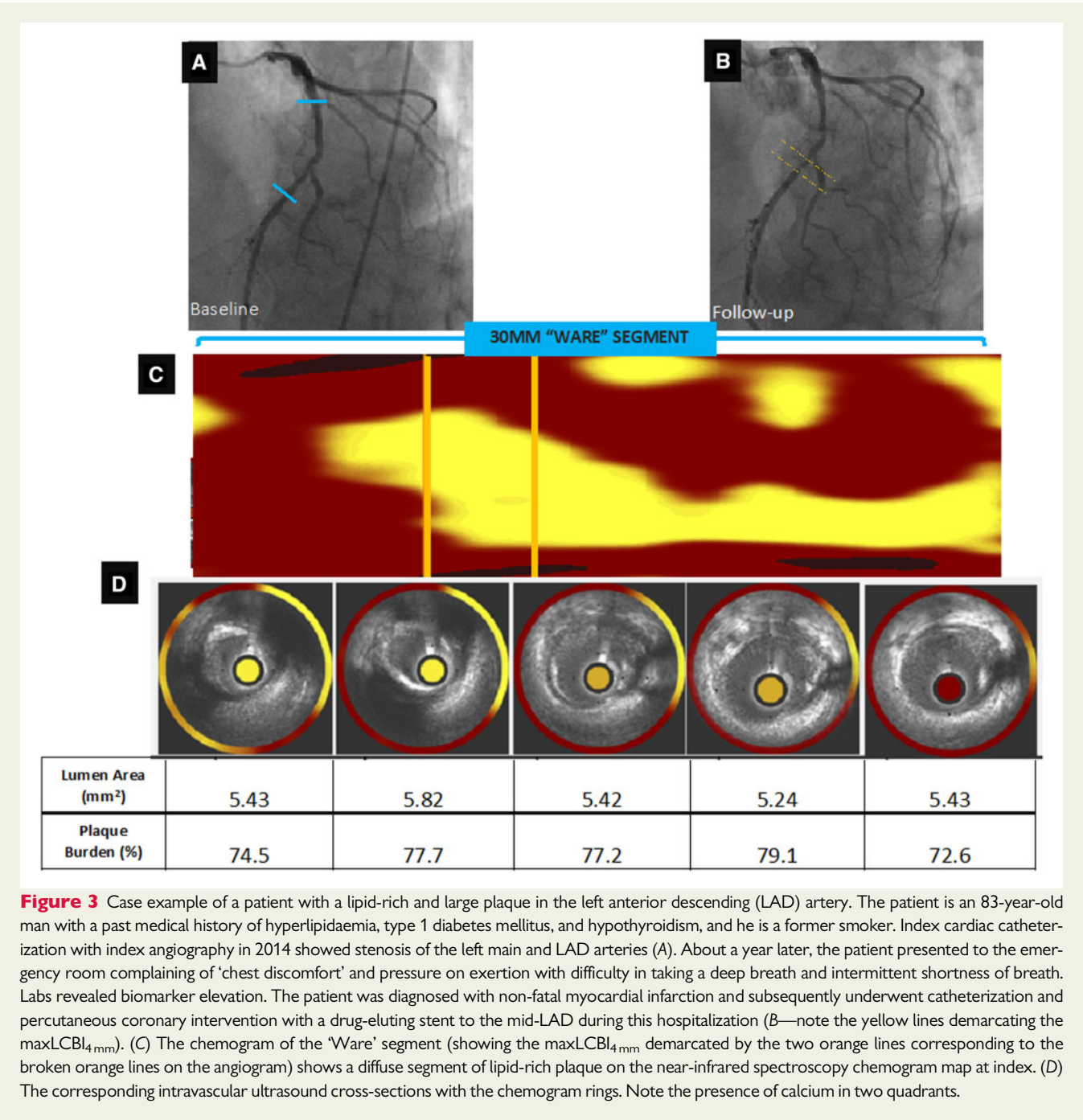
within the vessel wall in these areas.<sup>8</sup> Particularly in the proximal segment of the LAD, the plaque is mostly located opposite to the takeoff of the LCX, sparing the carina, which makes them eccentric plaques in this location. IVUS imaging studies have also confirmed the same pattern of distribution of these lipid-rich and large PB plaques.<sup>9,10</sup> For example, in the PROSPECT ABSORB study,<sup>11</sup> which included patients with large PB detected by IVUS, most treated lesions were located in the two most proximal segments in the coronary vessel, and approximately one-third were located in each of the three major coronary vessels. In the LRP study, by protocol, all obstructive lesions were treated at the index procedure; 47% of the PCIs at baseline were in the LAD, 26% in the LCX, and 25% in the RCA. Even though most of the index PCIs took place in the LAD, revascularizations during follow-up were also performed most frequently in the LAD.

There have been some natural history studies using non-invasive imaging such as computed tomography angiography (CTA) exploring whether the vessel location is associated with major coronary events.

In a CTA study involving 1127 patients, Min *et al.*<sup>12</sup> found that the proximal LAD and number of diseased vessels were predictors of all-cause mortality at 1 year. Similarly, Pundziute *et al.*<sup>13</sup> reported that patients with coronary lesions in the LAD had a greater risk of coronary events (i.e., cardiac death, non-fatal MI, unstable angina requiring hospitalization, and revascularization) in both univariate and multivariate analyses. In line with LRP study observations, the plaque characteristics observed in CTA studies that conferred high risk to future cardiac events included the presence of low-attenuation plaques (i.e., lipid-rich plaque) and the degree of obstruction. Nakanishi *et al.*<sup>14</sup> reported that the number of low-attenuation plaques in the LAD was an independent predictor of ACS.

## Limitations

Despite being the largest-ever natural history study using IVUS imaging, the number of plaque-level events in the LRP study was relatively small. Second, this study was carried out as a *post hoc* analysis from



the parent study and was not powered for vessel-level comparison of the relationship between the maxLCBI<sub>4mm</sub> and non-culprit events. Further studies will be required to evaluate the correlation of NIRS-IVUS maxLCBI<sub>4mm</sub> >400 with other plaque-event predictors on an epicardial vessel level.

Conclusions

In the LRP study, plaque-level events were commonly found in the LAD location, especially in untreated lipid-rich plaques within the first

2 years. Non-culprit segments in the LAD with maxLCBI<sub>4mm</sub> values >400 were more frequently associated with plaque-level events than the lipid-rich segments in the other epicardial vessels. Because most events occurred in the LAD, screening of this vessel with NIRS-IVUS may help identify patients requiring intensive medical treatment and closer follow-up.

Supplementary data

Supplementary data are available at *European Heart Journal - Cardiovascular Imaging* online.





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