An Aspirin a Day to Keep the Clots Away
Can Aspirin Prevent Recurrent Thrombosis in Extended Treatment for Venous Thromboembolism?

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Patients presenting with deep vein thrombosis (DVT) in the absence of any identifiable risk factors are said to have an unprovoked or idiopathic DVT. Recurrent events are much more common in these patients (10% versus ≤ 3% at 1 year) compared with patients with a DVT provoked by a reversible risk factor, and such events represent a major healthcare problem. Three months of anticoagulation is sufficient to decrease the risk of recurrent thrombosis related to the initial DVT. However, once therapy is discontinued, the risk for recurrence rises dramatically. It has been suggested that 30% to 50% of patients experience a recurrence at 10 years. Factors associated with a higher likelihood of recurrence are male sex, elevated D dimer, incomplete resolution of DVT, body mass index ≥30, and post-thrombotic syndrome. In fact, a number of tools have been developed to determine the risk of recurrence after DVT.

In the current management paradigm, patients with unprovoked DVT are evaluated for long-term anticoagulation after initial treatment with 3 to 6 months of anticoagulation. The risks of major bleeding during prolonged therapy are periodically weighed against the benefits of continuing anticoagulation in high-risk patients. Data supporting this approach come from 4 studies demonstrating a decrease in recurrent venous thromboembolism (VTE) by 90% with extended conventional dose vitamin K antagonists (VKA) therapy. Major bleeding occurs in 20 per 1000 patients, and as of yet no validated prediction tool exists to predict risk–benefit ratio of extended therapy. Factors associated with an increased risk of bleeding include advanced age >75 years, history of gastrointestinal bleeding, noncardioembolic stroke, renal or hepatic disease, concomitant antiplatelet usage, and poor control of anticoagulation. In the interest of diminishing the bleeding risk while conferring protection against recurrent venous thromboembolism several approaches have been taken: subtherapeutic anticoagulation with VKA, new oral anticoagulant agents, and aspirin.

Two trials randomized patients after completing fully VKA anticoagulation (3–6 months) to either placebo or subtherapeutic VKA therapy (target international normalized ratio of 1.5–1.9). Patients receiving indefinite sub therapeutic anticoagulation had a 62% to 64% relative risk reduction of recurrent VTE. Although low-intensity VKA was more effective than placebo, it was less efficacious than full-dose VKA. Use of a lower international normalized ratio target did not decrease the number of clinically important bleeding events, dampening overall enthusiasm for this approach.

New oral anticoagulants (NOACs) which do not require monitoring nor dosage adjustment have emerged as a convenient alternative for long-term prevention of recurrent VTE. To date, 3 trials have evaluated NOACs against placebo for an additional 12 months of therapy beyond initial anticoagulation. In a pooled meta-analysis of the data, NOACs decreased the risk of recurrent VTE or VTE-related death by 84% with a number needed to treat of 17 compared with placebo. However, bleeding remained a significant source of morbidity with a higher risk of major or clinically relevant bleeding (4.6% versus 2.0%; odds ratio, 2.69; 95% confidence interval, 1.25–5.77) in the NOAC group and a number needed to harm of 39. One trial has evaluated dabigatran compared with warfarin for the extended treatment of VTE. In this trial, patients were randomized to either dabigatran 150 mg twice daily or warfarin (with a goal international normalized ratio of 2.0–3.0) for 12 months after completion of acute anticoagulation. The primary end point of symptomatic DVT, fatal pulmonary embolism, and all-cause mortality was similar between the 2 groups. A lesser risk of major bleeding (5.6% versus 10.2%, P<0.001) was offset by the increased incidence of acute coronary syndrome in the dabigatran group (0.9% versus 0.2%, P=0.02). The expense and lack of any commonly available reversal agents represent drawbacks to the use of NOACs.

Despite universal availability, inexpensive cost, and well-established drug safety profile, the use of aspirin previously has not been extensively studied outside of the orthopedic surgery population for the treatment or prevention of VTE. Practically, aspirin may represent a convenient intermediate therapy between no treatment and indefinite anticoagulation, balancing the risk of bleeding with the benefit of preventing recurrent thrombosis in a moderate risk population. Two trials recently were completed to address this question: the Warfarin and Aspirin (WARFASA) study and the Aspirin to Prevent Recurrent Venous Thromboembolism (ASPIRE) study. In both trials, aspirin was compared against placebo after completion of a minimum of 6 weeks of anticoagulation in patients with unprovoked VTE. Patients were treated with 100 mg of aspirin or placebo for 2 to 4 years. In both trials a decrease in recurrent VTE was demonstrated with a low risk of major bleeding. However, neither study was powered to...
The pathophysiology of recurrent unprovoked DVT may be different than primary DVT. How? It is likely the vein wall is damaged with the initial thrombus insult, even in those who fully lyse their DVT. Although direct tissue histopathologic examples are rare, post-DVT vein wall changes are exemplified physiologically by valve reflux and thickened and noncompliant vein walls, which together culminate in post-thrombotic syndrome. Thus, the endothelium that is regenerated after the thrombus has cleared may be more likely to thrombose. Intriguingly then, the current clinical data suggest the platelet may be more central to recurrent DVT than primary DVT.

How to take this information and make current recommendations? We suggest that for patients who have unprovoked (idiopathic) VTE and are at high risk for recurrence and would normally need long-term or life-long anticoagulation, they remain on either oral VKA or 1 of the NOACs and not undergo aspirin therapy (Figure). On the other hand, for patients with unprovoked VTE and moderate risk for recurrence, the use of 1 aspirin per day rather than nothing would be indicated. For those patients with an unprovoked VTE and low risk for recurrence, no further therapy is indicated. For patients with a provoked VTE, a total of 3 months of anticoagulation is indicated. Many questions remain and are not answered from the current data, including the following:

1. Is there an optimal length of aspirin therapy in patients with unprovoked VTE and a moderate risk for recurrence?
2. Should aspirin be used in those patients with unprovoked VTE and low risk for recurrence?
3. For patients with a provoked VTE who normally would not need long-term anticoagulation (a patient with a first episode of VTE and a cause which has reversed such as VTE associated with surgery or with the use of oral
contraceptives), is taking 1 aspirin per day at the end of a full course of anticoagulation beneficial?
4. Will other medications such as statins synergize with aspirin to reduce the incidence of recurrent VTE?
5. Will the more potent antiplatelet theinopyridines be more or less effective than aspirin?
6. Because patients with cancer represented only a small proportion of patients and patients with coronary artery disease were excluded, what are the recommendations in these groups of patients?
7. Finally, will the current data on only a little >1200 patients hold up in day to day clinical use?

As is the case with all good studies, more questions remain to be answered and are the seeds for future studies.

Disclosures

None.

References


KEY WORDS: Editorials | aspirin | clinical trial | embolism | prevention | thrombosis
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Circulation. 2014;130:1031-1033; originally published online August 25, 2014; doi: 10.1161/CIRCULATIONAHA.114.012235

Circulation is published by the American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231
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Print ISSN: 0009-7322. Online ISSN: 1524-4539

The online version of this article, along with updated information and services, is located on the World Wide Web at:
http://circ.ahajournals.org/content/130/13/1031

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