Recent Advances in Pulmonary Hypertension

Advances in Therapeutic Interventions for Patients With Pulmonary Arterial Hypertension

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Pulmonary arterial hypertension (PAH) is a disease characterized by progressive remodeling of the distal pulmonary arteries, resulting in the loss of vascular cross-sectional area and elevated pulmonary vascular resistance (PVR).1 Without intervention, PAH is usually progressive, leading to right heart failure and death. Since the first reported studies of calcium channel blockers >30 years ago,2,3 we have witnessed major advances in the therapeutic armamentarium available to treat this devastating condition. The development of drugs that specifically target pathways involved in disease pathogenesis has led to improvements in the quality of life and clinical outcomes in patients with PAH. At present, there are 10 drugs approved for PAH by regulatory authorities worldwide. This review will focus on recent advances in pharmacological therapy in adult PAH, including our current treatment approaches and potential future strategies.

Definition of Pulmonary Arterial Hypertension
PAH is an uncommon disease with an estimated prevalence of 15 to 50 per million population.4,5 Under the current clinical classification (Table 1),6 PAH consists of different etiologies leading to precapillary pulmonary hypertension (PH), which is defined by an end-expiratory mean pulmonary artery pressure (PAP) ≥25 mm Hg, pulmonary artery wedge pressure ≤15 mm Hg, and PVR >3 Wood units at rest.7 PAH is termed idiopathic (IPAH) when no causative factors are identified, but it can also be heritable, induced by drugs or toxins, or associated with conditions such as connective tissue disease, congenital heart disease, portal hypertension, and HIV infection. These conditions have been classified under PAH because they share common pathological changes in the small pulmonary arteries, and a similar therapeutic approach, as well.

Pathomechanisms and Treatment Targets

Endothelial Dysfunction – the Target of Current Therapies
Endothelial dysfunction leading to an imbalance of vasodilator and vasoconstrictor mediators is an important aspect of PAH pathogenesis. These pathways also exert, to a variable degree, effects on vascular remodeling and coagulation homeostasis. The elucidation of molecules involved in the regulation of pulmonary vasomotion has led to the development of currently approved PAH therapies, which all target one of the following key pathways: (1) prostacyclin (PGI2), (2) nitric oxide (NO), and (3) endothelin-1 (ET-1) pathways (Figure 1). PAH is characterized by sustained reduction in vasodilator mediators (such as PGL and NO), whereas vasoconstrictors (such as ET-1) are upregulated.8–10

Pulmonary Vascular Remodeling in PAH
From a pathological perspective, reduction in vascular luminal area results from a combination of arterial remodeling, inappropriate vasoconstriction, and in situ thrombosis.11,12 It has become apparent that arterial remodeling is perhaps the chief contributor to elevated PVR. All 3 layers of the arterial wall are involved, and typical arterial lesions in PAH consist of neointima formation and intimal fibrosis, medial hyperplasia of pulmonary artery smooth muscle cells (PASMC), and adventitial fibrosis accompanied by a variable degree of perivascular inflammation.13 Complex (or plexiform) lesions are the pathological hallmark of severe PAH and consist of exuberant expansion of endothelial cells, some of which display cancerlike features of monoclonal proliferation.14 It is increasingly recognized that patients with PAH may not exhibit pure arterial involvement, but also display venular remodeling: this observation is particularly frequent in systemic sclerosis–associated PAH.15

Vascular remodeling in PAH is a complex and multifactorial process, but recent advances have identified several key genetic, cellular, and molecular abnormalities. Pulmonary vascular cells in remodeled arteries display a hyperproliferative and antiapoptotic phenotype, and factors such as excessive growth factor stimulation, alterations of bone morphogenetic proteins (BMPs)/transforming growth factor β signaling pathway, transcription factor abnormalities, and mitochondrial dysfunction all promote cell survival and proliferation.16 Perivascular inflammation is frequently encountered in pathological specimens, supporting its role in PAH pathogenesis and vascular remodeling.17 Abnormal ion...
channel function and disrupted intracellular calcium homeostasis not only result in sustained vasoconstriction, but also induce PASMC proliferation. Finally, both qualitative and quantitative changes in endothelial progenitor cell population may contribute to disordered angiogenesis, although their exact role in PAH pathogenesis remains obscure.

Genetic Susceptibility in PAH

Genetic background is increasingly recognized as an important predisposing factor in PAH and has provided significant insights into disease pathogenesis. The most common mutations involve genes encoding for the transforming growth factor β superfamily signaling pathways, of which mutations in bone morphogenetic protein receptor 2 (BMPR-2) account for ≈75% of all heritable PAH cases. Other less common mutations of the transforming growth factor β superfamily include activin receptor–like kinase 1 (ALK-1) and endoglin (ENG), which are associated with PAH in the setting of hereditary hemorrhagic telangiectasia. Disease penetrance of BMPR-2 mutation carriers is ≈20%, suggesting that other genetic/epigenetic abnormalities or appropriate environmental triggers contribute to PAH development. The importance of BMPR-II pathway in PAH pathogenesis is further underscored by the finding that BMPR-II expression is also reduced in the lungs of PAH patients who do not carry BMPR-2 mutations. Although the precise mechanisms of how BMPR-II dysfunction leads to pulmonary vascular remodeling are still largely unknown, intact BMPR-II signaling appears important in antagonizing the growth-promoting response of PASMC to mitogenic stimuli such as platelet-derived growth factor (PDGF), and provides protection of pulmonary endothelial cells from apoptosis.

More recently, novel mutations have been identified such as those involving the potassium channel KCNK3. KCNK3 is expressed in PASMC and is important in the regulation of resting membrane potential and, hence, pulmonary vascular tone. It has been postulated that ion channels such as KCNK3 may also play a role in cellular proliferation and vascular remodeling.

**Basic Measures and Conventional Therapy**

**Exercise Rehabilitation**

Exercise limitation is a debilitating symptom in PAH and is due to the inability of the right ventricle to augment cardiac output through a restricted pulmonary circulation. Patients should be encouraged to stay active, but avoid overstrenuous exertion beyond physical limits. Deconditioning and skeletal muscle dysfunction are common in PAH, and recent randomized controlled trials (RCTs) support supervised rehabilitation in improving exercise capacity and quality of life. The optimal mode, intensity, and duration of exercise training are not clearly defined at present. The impact of cardiopulmonary rehabilitation on long-term outcomes is also unclear.

**Oxygen Therapy**

Hypoxemia in PAH can occur at rest, during exercise, and during sleep. Oxygen should be prescribed to maintain Pao2 above 60 mmHg. Sleep-disordered breathing is common in precapillary PH and has been reported to occur in up to two-thirds of patients with PH and associated right heart failure. A recent small short-term randomized crossover trial of nocturnal oxygen therapy in PAH patients with sleep-related oxygen desaturation (but without daytime hypoxemia) demonstrated a small but significant treatment effect in 6-minute walk distance (6MWD) and right ventricular function. Patients should avoid travel to >1500 m without supplemental oxygen and the need for in-flight oxygen needs to be assessed before air travel.

**Anticoagulation**

Previous small observational studies from the era of conventional therapy support a survival benefit of anticoagulation in IPAH, and this survival benefit has been recently suggested by a European Registry (COMPERA) study involving 1283 patients in the modern management era. However, improvement in survival was restricted to IPAH but not other forms of associated PAH (such as systemic sclerosis). Despite the lack of RCT data, anticoagulation is recommended in PAH with vitamin K antagonist aiming for an international normalized ratio of 1.5 to 2.5, unless contraindicated. Because the evidence for anticoagulation in other forms of PAH is even weaker, careful risk-benefit assessment is warranted, especially in patients with systemic sclerosis who have a higher risk of bleeding. Anticoagulation is also warranted to minimize catheter-related thrombosis in those receiving continuous intravenous prostanooid therapy. In the absence of efficacy and safety data, it is premature to consider new oral anticoagulants (such as rivaroxaban) in PAH, and a recent RCT does not support the use of aspirin.

**Calcium Channel Blockers**

A small subset (<10%) of patients with IPAH display favorable long-term response to high-dose calcium channel blockade. These patients can be identified by the presence of predefined hemodynamic response during acute vasoreactivity testing. Criteria for acute vasoreactivity are currently defined by a reduction in mean PAP ≥10 mmHg to achieve an absolute value of mean PAP <40 mmHg with an increased or unchanged cardiac output. Vasoreactivity testing should only be performed with short-acting pulmonary vasodilators, and inhaled NO is currently the agent of choice based on established experience and evidence. Slow up titration but...
high-maintenance dosages of calcium channel blockers are required (typically diltiazem, 240–720 mg; nifedipine, 120–240 mg). Patients who do not achieve sustained hemodynamic response and New York Heart Association (NYHA) functional class (FC) I to II status require other PAH therapy.

Other Basic Measures
Judicious use of diuretics remains indispensable to provide symptomatic relief via reduction of right ventricular preload and improvement in left ventricular filling. Supraventricular arrhythmias are poorly tolerated in severe PAH and their management is often difficult. Early electric cardioversion should be considered, and antiarrhythmic drugs such as amiodarone can be used to maintain sinus rhythm. Digoxin is useful for rate control, but drugs with negative inotropic properties should be avoided. Referral to an electrophysiologist should be considered, particularly in the setting of atrial flutter where ablation has a high success rate of preventing recurrence.

The mortality rate associated with pregnancy in PAH is high and has been reported at 17% to 56%. Therefore, pregnancy should generally be avoided and early termination recommended for those who become pregnant. In selected cases, pregnancy might be feasible for those who achieve near-normalization of hemodynamics during therapy. Patients choosing to continue pregnancy should be managed within a multidisciplinary team in an expert PH center. ET-1 receptor antagonists and warfarin cannot be used during pregnancy owing to teratogenicity. Progesterone-based hormone contraception is preferred over estrogens because of the theoretical increased risk of thromboembolism. The ET-1 receptor antagonist bosentan induces cytochrome P450 activity and reduces the efficacy of hormonal contraceptives, and additional modes of contraception are required.

Approved PAH Therapies

Prostacyclin Pathway
Endogenous PGI₂ is produced mainly by endothelial cells from arachidonic acid via prostacyclin synthase and preferentially binds to prostaglandin I₂ (IP) receptors with downstream effect recommended for those who become pregnant. In selected cases, pregnancy might be feasible for those who achieve near-normalization of hemodynamics during therapy. Patients choosing to continue pregnancy should be managed within a multidisciplinary team in an expert PH center. ET-1 receptor antagonists and warfarin cannot be used during pregnancy owing to teratogenicity. Progesterone-based hormone contraception is preferred over estrogens because of the theoretical increased risk of thromboembolism. The ET-1 receptor antagonist bosentan induces cytochrome P450 activity and reduces the efficacy of hormonal contraceptives, and additional modes of contraception are required.

Figure 1. Established vasomotor pathways targeted by current and emerging therapies in PAH. The 3 major pathways (endothelin-1, nitric oxide, and prostacyclin) involved in the regulation of pulmonary vasomotor tone are shown. These pathways represent the targets of all currently approved PAH therapies. Endothelial dysfunction results in decreased production of endogenous vasodilatory mediators (nitric oxide and prostacyclin) and the upregulation of endothelin-1, which promotes vasoconstriction and smooth muscle cell proliferation. The endothelin-1 pathway can be blocked by either selective or nonselective endothelin-1 receptor antagonists; the nitric oxide pathway can be manipulated by direct administration of exogenous nitric oxide, inhibition of phosphodiesterase type-5, or stimulation of soluble guanylate cyclase; and the prostacyclin pathway can be enhanced by the administration of prostanoid analogues or nonprostanoid IP receptor agonists. ET indicates endothelin; ETA, endothelin type A; IP, prostaglandin I₂; NO, nitric oxide; PAH, pulmonary arterial hypertension; PDE-5, phosphodiesterase type 5; and sGC, soluble guanylate cyclase.
RCTs. Inhaled iloprost has a short half-life (approximately 25 minutes) and must therefore be given at least 6 times/d to achieve clinical efficacy. In the multicenter AIR study, which included patients with IPAH, connective tissue disorder-PAH, and inoperable chronic thromboembolic PH, treatment response (defined as FC improvement together with at least 10% increase in 6MWD) was displayed in 17% of iloprost-treated patients versus 5% of placebo at the end of 12 weeks.

**Iloprost**

Iloprost can be delivered via both inhaled and IV routes, although the inhaled route has only been formally tested in RCTs. Inhaled iloprost has a short half-life ($t_{1/2}=25$ minutes) and must therefore be given at least 6 times/d to achieve clinical efficacy. In the multicenter AIR study, which included patients with IPAH, connective tissue disorder-PAH, and inoperable chronic thromboembolic PH, treatment response (defined as FC improvement together with at least 10% increase in 6MWD) was displayed in 17% of iloprost-treated patients versus 5% of placebo at the end of 12 weeks.

**Treprostinil**

Treprostinil has greater chemical stability and longer half-life than epoprostenol. Its pharmacokinetic characteristics enable administration via the IV, subcutaneous (SC), inhaled, and oral routes. Continuous SC treprostinil avoids the practical difficulties and complications associated with indwelling central venous catheters. However, some patients may experience severe infusion site pain requiring discontinuation. The clinical efficacy of SC treprostinil was examined in a large RCT involving 470 patients with IPAH, connective tissue disease-PAH, and congenital heart disease-PAH. SC treprostinil improved exercise capacity as measured by 6MWD and treatment response appeared dose dependent.

Patients can be safely transitioned from IV epoprostenol therapy to both SC or IV treprostinil. IV treprostinil has been associated with an increased risk of catheter-related blood stream infection, possibly attributed to the neutral pH of its diluent solution. Because of the risks associated with chronic indwelling central venous catheters, IV treprostinil should be reserved for patients who are intolerant of the SC route, or in whom these risks are considered warranted. IV treprostinil requires greater equivalent dosages than IV epoprostenol and, hence, higher related expense.

Oral treprostinil (an extended release formulation) has been assessed in 1 RCT in treatment-naïve patients (Oral Treprostinil as Monotherapy for the Treatment of Pulmonary Arterial Hypertension [FREEDOM-M]) and 2 combination therapy RCTs (Oral Treprostinil in Combination with an ERA and/or PDE-5I for Treatment of PAH [FREEDOM-C and FREEDOM-C2]). In the 12-week FREEDOM-M study, oral treprostinil significantly improved 6MWD in comparison with placebo (+23 m in comparison with baseline, $P=0.0125$) but had no effect on clinical worsening. The average dose achieved was 3.4 mg orally, corresponding to the equivalence of low-dose parenteral therapy at $=10$ to 30 ng·kg$^{-1}$·min$^{-1}$. However, both combination therapy trials (FREEDOM-C and FREEDOM-C2), where background therapy with nonprostanoids was allowed, failed to meet their primary end point in 6MWD.

**Beraprost**

Beraprost is an orally active prostanoid and is only licensed for use in Japan and South Korea. Despite the initial demonstration of improvement in 6MWD and symptoms in a short-term trial, the beneficial effects of beraprost were not sustained in a longer-term 12-month study.

**Endothelin Pathway**

ET-1, released predominantly from endothelial cells, is one of the most potent vasoconstrictors known in biology and exerts its effects on 2 distinct receptor subtypes, ETA and ETB receptors. ETA receptor is localized to PASMC, whereas ETB receptor is found predominantly on the endothelium but is also present on PASMC. Smooth muscle constriction and proliferation are mediated by both ETA and ETB receptor isoforms. But ETB receptor is involved in the local clearance of ET-1 and can induce vasodilation via the release of NO and PGI$_2$, from endothelial cells. In addition to promoting pulmonary artery endothelial cells and PASMC proliferation, ET-1 also induces fibroblast activation, contraction, and synthesis of the extracellular matrix.
Ambrisentan

Ambrisentan is a selective ETA receptor antagonist and was evaluated in the Ambrisentan in Pulmonary Arterial Hypertension, Randomized, Double-Blind, Placebo-Controlled, Multicenter, Efficacy Study 1 and 2 (ARIES-1 and ARIES-2) RCTs with demonstration of improvements in 6MWD and NYHA FC. Risk of liver injury related to ambrisentan is low, and there is also a reduced potential for drug-drug interaction compared with bosentan. Peripheral edema is a common side effect of ambrisentan therapy. Despite the theoretical mechanistic advantage of selective ETA receptor blockade (because of the role played by ETB receptor in local ET-1 clearance), clinical efficacy appears broadly similar between bosentan and ambrisentan.

Macitentan

Macitentan is a dual ET-1 receptor antagonist with modification of the structure of bosentan to achieve high lipophilicity, increased receptor affinity, and prolonged receptor binding. As a result, macitentan has enhanced tissue penetration with sustained antagonism against ET-1 receptors. Macitentan was evaluated in the recent phase III Study with an Endothelin Receptor Antagonist in Pulmonary Arterial Hypertension to Improve Clinical Outcome (SERAPHIN) trial, a morbidity and mortality, event-driven, placebo-controlled trial that represented a significant departure from the traditional short-term 6MWD end point characteristic of earlier PAH trials. The primary end point was time from the initiation of treatment to the first clinical event, which was the composite of all-cause mortality, transplantation, atrial septostomy, initiation of parenteral prostanooids, or clinical worsening of PAH defined by the presence of all 3 criteria: (1) ≥15% decline in 6MWD, (2) worsening symptoms of right heart failure or increase in NYHA FC, and (3) the need for new PAH therapy excluding oral diuretics. Clinical worsening of PAH was adjudicated by an independent review committee. In this study, 742 PAH patients were randomly assigned to macitentan at 3 mg daily, 10 mg daily, or placebo with an average exposure duration of ~100 weeks. Almost all patients were in NYHA FC II to III (52% FC II and 46% FC III), and 64% of patients were on background therapy.

Kaplan-Meier estimates for the first PAH-related clinical event showed a significant treatment effect favoring macitentan at a daily dose of 3 mg versus placebo (hazard ratio, 0.70; P = 0.01) and macitentan at a daily dose of 10 mg versus placebo (hazard ratio, 0.55; P < 0.001). This positive treatment effect was preserved irrespective of the presence of background therapy. The primary end point was driven mainly by worsening of PAH, and all-cause mortality as the first event was not significantly different between macitentan and placebo (on all-cause mortality the hazard ratio was 0.64 up to the end of treatment and 0.77 up to the end of the study for macitentan 10 mg versus placebo). Liver function abnormalities and peripheral edema were similar across all treatment groups, but the macitentan-treated group was associated with a higher incidence of anemia.

The SERAPHIN trial is pivotal, because it was the first study to adopt robust and clinically relevant end points that reflect PAH disease progression. Furthermore, the long-term nature of the study will provide invaluable information regarding the natural history and survival of PAH in the current management era without the inherent biases associated with data from open-label studies or registries.

Sitaxentan

Sitaxentan, a selective ETA receptor antagonist, was withdrawn from the market in 2010 because of an increasing number of deaths attributed to acute liver toxicity.

Nitric Oxide-cGMP Pathway

A key feature of endothelial dysfunction is reduced NO production and bioavailability in endothelial cells. NO is produced from L-arginine via the enzymatic action of nitric oxide synthase (NOS) and activates soluble guanylate cyclase (sGC), which then catalyzes the formation of the second messenger cyclic guanine monophosphate (cGMP), resulting in smooth muscle relaxation. NO is also an inhibitor of smooth muscle proliferation and platelet activation. This pathway can be manipulated via direct administration of NO, inhibition of phosphodiesterase-5 (PDE-5) (the enzyme responsible for cGMP degradation) or stimulation of sGC.

Sildenafil

The intracellular degradation of cGMP is regulated by PDEs, and PDE-5 plays a key role in the regulation of smooth muscle tone in the pulmonary vascular bed and the corpus cavernosum. Sildenafil and tadalafil are reversible competitive inhibitors of the catalytic domain of PDE-5 involved in the hydrolysis of cGMP.

Sildenafil was the first PDE-5 inhibitor approved for the treatment of PAH and its efficacy was demonstrated in the Sildenafil Use in Pulmonary Arterial Hypertension (SUPER-1) RCT that enrolled 278 patients in NYHA FC II to III to receive either placebo or sildenafil at 20 mg, 40 mg, and 80 mg 3 times daily for 12 weeks. All 3 doses were associated with similar treatment effects in 6MWD, and sildenafil is licensed for PAH at a dose of 20 mg 3 times a day. The open-label extension study (SUPER-2) demonstrated that the majority (60%) of patients improved or maintained their functional status at 3 years of treatment at the unapproved dose of 80 mg 3 times a day.
Tadalafil
Tadalafil is structurally distinct in comparison with sildenafil, which accounts for its different pharmacokinetic properties and longer half-life. Tadalafil was assessed in the Tadalafil in the Treatment of Pulmonary Arterial Hypertension (PHIRST-1) RCT where 405 patients (NYHA FC II–III) were randomly assigned to 2.5 mg, 10 mg, 20 mg, or 40 mg daily of tadalafil for 16 weeks. Tadalafil increased 6MWD in a dose-dependent manner but only the 40-mg dose met the pre-specified level of statistical significance with an overall treatment effect of 33 m. Background therapy with bosentan was present in 53% of study subjects, but statistically significant improvement in 6MWD was not achieved in the combination therapy subgroup.

Riociguat
sGC is the key catalytic enzyme involved in generation of the signaling molecule cGMP. Compounds acting on sGC are termed stimulators or activators depending on whether they target sGC in its NO-sensitive reduced state or NO-insensitive oxidized state, respectively. Riociguat is a sGC stimulator and stabilizes sGC in its active configuration at low levels of NO availability but is also capable of cGMP production even in the absence of NO. This is important because PAH patients display deficiency in endothelial NOS and, hence, NO production. The combined effect of riociguat and NO is more pronounced than either compound alone.

Riociguat has been studied in the phase III Pulmonary Arterial Hypertension Soluble Guanylate Cyclase–Stimulator Trial 1 (PATENT-1) RCT. This was a 12-week double-blind, placebo-controlled trial that enrolled 443 symptomatic PAH patients assigned in a 2:4:1 ratio to placebo, riociguat titrated to maximum dose of 2.5 mg 3 times/d, and riociguat titrated to 1.5 mg 3 times/d, respectively. The 1.5-mg group was exploratory and was not included in the primary efficacy analysis of the trial. The traditional 6MWD was used as the primary end point, and secondary end points included PVR, N-terminal pro-brain natriuretic peptide, NYHA FC, and time to clinical worsening. Background therapy with either an ET-1 receptor antagonist or prostanoid was allowed, and nearly all patients were in NYHA FC II to III. At 12 weeks, riociguat increased 6MWD in comparison with placebo with a mean treatment effect of +36 m (95% confidence interval, 20–52 m). The primary end point in 6MWD was achieved in both treatment-naive and combination-therapy groups. The secondary end point of pulmonary hemodynamics, NYHA FC, and time to clinical worsening also favored the riociguat-treated group. Riociguat was well tolerated, and the most serious adverse effects were hypotension, syncope, and bleeding (including hemoptysis). Similar efficacy and safety of riociguat were also demonstrated in the companion trial on inoperable chronic thromboembolic PH (Chronic Thromboembolic Pulmonary Hypertension Soluble Guanylate Cyclase–Stimulator Trial 1 [CHEST-1]).

Potential therapeutic synergy between PDE-5 inhibitors and sGC stimulators has been proposed based on the observation that cGMP can activate PDE-5 as a normal regulatory feedback loop. The combined use of sildenafil and riociguat was explored in the PATENT-PLUS study, but this was associated with higher rates of discontinuation due to systemic hypotension without evidence of clinical benefit in comparison with sildenafil alone. With riociguat, the concurrent use of PDE-5 inhibitors is not recommended.

New Agents Targeting Established Vasodilatory Pathways
Nonprostanoid IP Receptor Agonists
Selexipag is an orally available nonprostanoid diphenylpyrazine derivative and acts on the human prostaglandin I2 (IP) receptor. Unlike prostacyclin analogues, it has high specificity for the IP receptor and, hence, reduced theoretical side effects related to activation of other prostanoid receptors that mediate unwanted side effects. The active metabolite of selexipag has a prolonged half-life in comparison with prostanoid analogues and permits twice daily dosing.

The efficacy of selexipag has been evaluated in a multicenter phase II RCT involving 43 patients with PAH in NYHA FC II to III on background therapy with either an ET-1 receptor antagonist or sildenafil or both. The primary end point was hemodynamic as assessed by PVR at 17 weeks. Selexipag led to a significant treatment effect of 30.3% reduction in PVR in comparison with placebo (P=0.0045). 6MWD was not significantly different between the groups but favored selexipag with an improvement of 25 m from baseline. Treatment appeared well tolerated, and 63.6% of selexipag-treated patients achieved a final optimal dose of 600 mg twice daily or higher. These encouraging findings prompted the recently completed Prostacyclin (PGI2) Receptor Agonist In Pulmonary Arterial Hypertension (GRIPHON) study, a phase III double-blind, placebo-controlled, event-driven, morbidity and mortality trial that enrolled 1156 PAH patients. Selexipag decreased the risk of a morbidity/mortality event versus placebo by 43% (P<0.0001) and patients were treated for up to 4.3 years. The full results of this study are expected to be available by the end of 2014.

Nitrite-NO Pathway
Although inhaled NO is already in clinical use for acute vasodilator testing and is licensed for the treatment of persistent PH in the newborn, domiciliary use in PAH has been hampered by the need for complex delivery systems and the availability of effective oral therapies.

Apart from the classical L-arginine-NOS-NO pathway, NO can also be generated via an alternative NOS-independent pathway involving the anion nitrite (NO2–). NO2– can be converted to NO in the lung by multiple enzymes with NO2– reductase activity such as xanthine oxidoreductase, aldehyde reductase, and deoxyhemoglobin. In an ovine model of hypoxia-induced pulmonary vasoconstriction, inhaled NO2– resulted in potent pulmonary vasodilatation without an effect on systemic blood pressure. Treatment with inhaled nitrite in monocrotaline- and hypoxia-induced rodent models can also prevent and reverse PH. NO2– is chemically more stable than NO and has a half-life of 30 minutes, which has implications for potential clinical translation because intermittent dosing is possible. The acute hemodynamic effect of inhaled nitrite is currently being investigated in human PAH (NCT01431313).
Inhibition of Cyclic Nucleotides Metabolism

The cyclic nucleotides (cGMP and cAMP) regulate vasomotor tone and vascular smooth muscle proliferation. In addition to degradation via PDEs, intracellular cyclic nucleotides levels are also regulated by an active efflux transport system. Multidrug resistance–associated protein 4 (MRP4), a member of the ATP-binding cassette transporter family, mediates the cellular efflux of cyclic nucleotides, and the transport of other endogenous metabolites and drugs, as well.91

Recently, MRP4 was found to be overexpressed in the pulmonary arteries from PAH patients and also in mice exposed to hypoxia. Administration of a MRP4 inhibitor (MK571) reversed hypoxia-induced PH in mice. In contrast, MRP4 knockout mice are protected from hypoxia-induced...
pulmonary vascular remodeling and also display reduced inflammatory cell recruitment to pulmonary arteries. Taken together, inhibition of MRP4 might represent an interesting target for human PAH.

**Novel Pathways in PAH**

Recent advances in our understanding of the molecular and cellular basis that govern pulmonary vasomotor tone and vascular remodeling have provided translational opportunities for novel therapeutic targets in PAH (Figure 3).

**Tyrosine Kinase Inhibition**

The pro-proliferative and antiapoptotic phenotype characteristic of PAH vasculopathy has led to interest in the role of growth factors in this disease. PDGF appears to be a key player in this regard. PDGF-A and PDGF-B are upregulated in animal models of PAH and in remodeled arteries of human PAH. Furthermore, both pulmonary endothelial cells and PASMCs from PAH patients display enhanced proliferation and survival in response to PDGF stimulation in comparison with controls. Other growth factors implicated in the pathogenesis of PAH include fibroblast growth factors, epidermal growth factors, and vascular endothelial growth factors. These growth factors all act via transmembrane receptor tyrosine kinases with resultant downstream activation of complex signaling networks that mediate a diverse range of cellular functions, including differentiation, migration, growth, and apoptosis.

The importance of growth factors in pulmonary vascular remodeling suggests that tyrosine kinase inhibition is a potentially rewarding antiproliferative strategy in PAH. Tyrosine kinase inhibitors (TKIs) have revolutionized the management of numerous oncological conditions, and the enhanced proliferative but suppressed apoptotic phenotype of pulmonary vascular lesions displays numerous parallels with cancer.

**Imatinib**

Imatinib is a nonspecific TKI with activity against the bcr-abl fusion protein (responsible for Philadelphia chromosome positive chronic myeloid leukemia), PDGFR, and c-kit. Prompted by the encouraging results of a small phase II study where imatinib improved pulmonary hemodynamics in a subgroup of patients with severe disease (defined as PVR >1000 dyn·s·cm⁻⁵), the phase III Imatinib in Pulmonary Arterial Hypertension Randomized Efficacy Study (IMPRES) RCT was subsequently conducted. In this study, 103 PAH patients were randomly assigned to imatinib, and 99 patients were subsequently switched to nilotinib without the occurrence of PAH. It is possible that inhibition of Src kinase may influence pulmonary vascular tone, and it has recently been demonstrated that Src is involved in the control of the potassium channel KNCK3 and resting membrane potential in PASM. Targeting growth factors remains an attractive and biologically rational therapeutic strategy in PAH, but a better understanding of the interaction between the pathobiology of PAH and growth factors will be required to facilitate the development of new drugs that specifically block PAH pathways without unwanted side effects.

**Serotonin System**

The appetite-suppressive drugs (aminorex, dexfenfluramine, benfluorex) are indirect serotonergic agonists and serotonin transporter substrates, and the outbreak of PAH induced by these drugs implicated involvement of the serotonin system in PAH pathogenesis. Serotonin causes pulmonary artery vasoconstriction and induces PASMC proliferation. In IPAH, platelet storage of serotonin is depleted, peripheral blood serotonin levels are elevated, pulmonary endothelial cells secrete more serotonin, and PASMCs demonstrate enhanced serotonin transporter expression and proliferate more in response to serotonin stimulation. A phase II study of terguride, a 5-HT-2 receptor antagonist, has been completed.
Overall, terguride was not associated with any improvements in either hemodynamics or exercise capacity. De novo synthesis of serotonin from tryptophan is catalyzed by tryptophan hydroxylase-1 (TPH-1). Overexpression of the TPH-1 gene is found in remodeled arteries of IPAH patients\textsuperscript{112} and hypoxia-induced PH is attenuated in TPH\textsuperscript{−/−} mice.\textsuperscript{113} Inhibition of TPH-1 is a potential target against the serotonin system in PAH.

**Vasoactive Intestinal Peptide**

Vasoactive intestinal peptide is a 28 amino acid originally discovered in the gut that mediates smooth muscle relaxation via activation of adenylate cyclase and generation of cAMP. Despite initial reports of hemodynamic and functional improvements in small uncontrolled studies,\textsuperscript{114} a phase II RCT of inhaled vasoactive intestinal peptide in 56 PAH patients was unable to demonstrate any beneficial effects both in hemodynamics or exercise capacity.\textsuperscript{115} No further trials of vasoactive intestinal peptide in PAH are currently ongoing.

**Rhoa/Rho-kinase Signaling Pathway**

Rho-kinase (ROCK) is the downstream effector of the small GTPase RhoA and mediates a diverse range of cellular functions including cell migration, smooth muscle contraction, cytokinesis, and gene expression.\textsuperscript{116} In the pulmonary arteries of PAH, the Rhoa/ROCK signaling pathway is activated and ROCK can lead to smooth muscle hypercontractility by suppressing myosin phosphatase activity which controls Ca\textsuperscript{2+} sensitivity of myofilaments.\textsuperscript{117} In addition, the effect of serotonin on PASMC proliferation is, in part, mediated through increased Rhoa/ROCK activity.\textsuperscript{118}

Fasudil is a potent specific ROCK inhibitor and acute IV administration leads to a 17% reduction in PVR in a small observation study involving 9 patients with severe PAH.\textsuperscript{119} A long-acting oral formulation of fasudil was recently tested in a small pilot RCT in Japan involving 23 PAH patients over 12 weeks.\textsuperscript{120} No significant differences in pulmonary hemodynamics and 6MWD were seen between the 2 groups at the end of 12 weeks. Pulmonary edema and pleural effusions occurred in 1 patient treated with fasudil resulting in death, and a causal relationship with the drug could not be excluded.

**Statins**

The cholesterol-independent pleiotropic properties of statins include antiproliferative, anti-inflammatory, and antithrombotic effects. In addition, statins indirectly block the posttranslational isoprenylation and activation of Rho and Ras small GTPases,\textsuperscript{121} increase endothelial NO production,\textsuperscript{122} and also enhance the expression of BMPR-II in experimental PH.\textsuperscript{123}

Statin therapy for PAH has been evaluated in 2 RCTs to date. In the Simvastatin for Pulmonary Hypertension Trial (SiPHT trial),\textsuperscript{124} simvastatin therapy was associated with a small but significant reduction in right ventricular mass at 6 months, but this effect was not sustained at 12 months. No differences in exercise capacity or hemodynamics were observed in comparison with placebo. The Aspirin and Simvastatin for Pulmonary Arterial Hypertension (ASA-STAT) trial\textsuperscript{145} used a 2×2 factorial design to assess the efficacy of aspirin and simvastatin in PAH. The trial was stopped early after recruitment of 65 subjects when interim analysis suggested futility in reaching the primary end point of 6MWD for simvastatin.

**Apelin**

Apelin is an endogenous peptide with vasodilator effects on the pulmonary vasculature and its vasodilator property is, in part, related to the regulation of endothelial NOS levels.\textsuperscript{125} Importantly, apelin has been identified as a key downstream target of BMPR-II signaling. Apelin expression is controlled by BMPR-II signaling mediated by a complex between β-catenin and peroxisome proliferator–activated receptor gamma.\textsuperscript{126} Early-phase trials of apelin are underway in PAH (NCT01457170).

**Inflammation in PAH**

A link between inflammation and PAH pathogenesis can be supported by numerous observations including (1) histological evidence of infiltration of perivascular inflammatory cells in remodeled arteries, (2) the presence of autoantibodies against fibroblast, smooth muscle, and endothelial cells in a significant proportion of IPAH patients,\textsuperscript{127,128} (3) a close link between autoimmune diseases, HIV, and schistosomiasis infection in PAH, and (4) elevated serum levels of proinflammatory cytokines (such as interleukin-1β, interleukin-6), and chemokines (such as regulated on activation, normal T cell expressed and secreted, monocyte chemotactic protein-1, fractalkine) in PAH.\textsuperscript{129-131} Recently, fully developed perivascular tertiary lymphoid follicles have been identified in IPAH lungs and are connected to remodeled vessels via stromal networks, suggesting that local adaptive immune response might be relevant in pathogenesis.\textsuperscript{132} Macrophage migration-inhibitory factor is a cytokine that simulates the release of proinflammatory mediators and administration of recombinant macrophage migration-inhibitory factor induces release of interleukin-6 and monocyte chemoattractant protein-1 from cultured human pulmonary endothelial cells. Macrophage migration-inhibitory factor is elevated in serum from PAH patients and CD-74 (receptor for macrophage migration-inhibitory factor) is highly expressed in endothelial cells from remodeled pulmonary arteries.\textsuperscript{133}

Anti-inflammatory therapies have been explored predominantly in connective tissue disorder-PAH, and small case series have reported the clinical response to immunosuppression by using a combination of cyclophosphamide with glucocorticoids. However, beneficial effects appear restricted to PAH associated with lupus and mixed connective tissue disorders but not in systemic sclerosis–associated PAH.\textsuperscript{134} A phase II study investigating B-cell depletion with rituximab (monoclonal antibody against CD20) in scleroderma-PAH is underway (NCT01086540).

**Mitochondrial Abnormalities**

Mitochondrial abnormalities with a metabolic switch favoring cytosolic glycolysis rather than normal mitochondrial aerobic metabolism have been demonstrated in PAH. This switch to glycolysis for ATP synthesis, called the Warburg effect, was originally described in cancer cells. Although dependence on
glycolysis was initially thought to be a secondary effect of mitochondrial damage in cancer cells, there is evidence to support that enhanced glycolysis supports the metabolic requirements for cellular proliferation and confers resistance to apoptosis. PAH patients have increased lung fluorine-18–labeled 2-fluoro-2-deoxyglucose uptake in positron emission tomography, and hyperproliferative pulmonary artery fibroblasts isolated from IPAH patients exhibit upregulated glycolytic gene expression.

This metabolic abnormality can be partially corrected by the agent dichloroacetate, which inhibits pyruvate dehydrogenase kinase, the enzyme that phosphorylates and inactivates pyruvate dehydrogenase. Restitution of pyruvate dehydrogenase activity enables the irreversible oxidation of pyruvate to acetyl-CoA, which can then enter the Krebs cycle to initiate normal mitochondrial aerobic metabolism. Dichloroacetate has also been shown to reverse vascular remodeling in animal models of PH by increasing the mitochondria-dependent apoptosis/proliferation ratio and upregulating Kv1.5 in smooth muscle cells. A phase I open-label trial is currently investigating dichloroacetate in PAH (NCT01083524).

Restoration of BMPR-II Signaling Axis
Germline mutations in BMPR2 are the most common genetic cause of PAH and the finding that BMPR-II function is also reduced in sporadic PAH has led to intense interest in manipulating and restoring BMPR-II function as a therapeutic target in PAH. Current evidence suggests that activation of the BMPR-II pathway functions as a protective system for pulmonary vascular remodeling, counteracting the proliferative effects of other stimuli.

BMPR2 Gene Transfer
A recent study showed that gene transfer of BMPR2 using adenovirus vector ameliorated both hypoxia and monocrotaline models of PH in rats. Furthermore, transforming growth factor β-induced endothelial-to-mesenchymal transition in human pulmonary microvascular endothelial cells was partially attenuated by restoration of BMPR-II signaling. The clinical translation of gene therapy will depend on ongoing advances in vector technology that can deliver long-lasting transgene expression.

Ataluren
Mutations in the BMPR2 gene include missense mutations, nonsense mutations, splice defects, deletions, and duplications, of which nonsense mutations account for approximately half of all mutations. Nonsense mutations result in the generation of premature stop codons and nonsense transcripts, which are recognized and degraded via the nonsense-mediated mRNA decay pathway. Ataluren is a drug already in phase III clinical trials in cystic fibrosis that interacts with ribosomes to enable the readthrough of premature stop codons. A recent in vitro study showed that treatment with ataluren can restore BMPR-II expression in peripheral blood and lung vascular cells from patients carrying nonsense BMPR-2 mutations.

Antagomirs
Micro-RNAs (miR) are small noncoding RNA molecules that regulate gene expression at the posttranscriptional level. It has been identified that the miR-17/92 cluster (mainly miR-20a) negatively regulates BMPR-II expression through an interleukin-6–dependent STAT3 pathway. A novel class of chemically engineered oligonucleotides termed antagomirs can lead to the silencing of miR. In the hypoxia-induced mouse model of PH, treatment with the antagomir directed against miR-20a enhanced the expression BMPR-II in lung tissues and attenuated pulmonary vascular remodeling.

Tacrolimus
With the use of the transcriptional high-throughput luciferase reporter assay, the calcineurin-inhibitor FK506 (tacrolimus) was recently found to be a candidate compound that can upregulate BMPR-II signaling. Normal signal transduction involves BMPR-II forming a heterodimer complex with sister type-1 BMP receptors. In the presence of ligand binding, BMPR-II phosphorylates the intracellular domain of type-1 receptors, leading to activation of cytosolic Smads signaling cascade. FKBP12 is a molecule that interacts with type-1 BMP receptors and blocks its activation by occupying the phosphorylation site at its glycine-serine–rich region. FK506 binds to and removes FKBP12 from type-1 BMP receptors, restoring normal signaling. Low-dose FK506 also reverses both monocrotaline-induced and hypoxia/Sugen–induced rat models of PH.

Modulation of Intracellular Calcium
The increase in free cytosolic Ca2+ not only leads to PASMC contraction, but also enhances proliferation via stimulation of Ca2+-dependent gene transcription. Free cytosolic Ca2+ is regulated in PASMC by voltage-dependent influx pathways (such as L- and T-type Ca2+ channels) or voltage-independent receptor- and stored-operated Ca2+ pathways (such as transient receptor potential channels and Orai channels). Cytosolic Ca2+ homeostasis is also modulated by the sarcoplasmic reticulum Ca2+-ATPase2a (SERCA2a) which sequesters Ca2+ back into the sarcoplasmic reticulum/endoplasmic reticulum.

Kv channels, which control membrane potential and hence voltage-dependent Ca2+ influx, are downregulated in PASMC from IPAH patients, whereas store-operated Ca2+ channels (transient receptor potential channels and Orai channels) are upregulated. More recently, SERCA2a protein expression was found to be downregulated in IPAH pulmonary arteries, and gene transfer of SERCA2a using aerosolized adeno-associated virus serotype 1 reversed pulmonary artery remodeling in monocrotaline-treated rats. Manipulation of Ca2+ signaling pathways (other than the currently used voltage-dependent Ca2+ channels blockers) is another potential therapeutic target in PAH.

Progenitor Cell Therapies
Endothelial progenitor cells (EPCs) are bone marrow–derived progenitor cells believed to be involved in vascular homeostasis, and they can circulate, proliferate, and differentiate into mature endothelial cells at sites of vascular injury. Circulating EPCs appear both qualitatively and quantitatively altered in PAH, but their exact role in pathogenesis remains unclear. A human study of autologous transplantation of ex
vivo cultured EPCs has been performed in 31 PAH patients. The EPC-treated group displayed a significant beneficial treatment effect of +42.5 m (P<0.001) in 6MWD at 12 weeks.154 Since this initial proof-of-concept study, no further human trials in adults have been reported.

An alternative stem cell type, mesenchymal stem cells, has potential advantages over EPCs given its greater ability to expand in culture and is considered immunologically privileged to allow allogeneic transplantation.155 Mesenchymal stem cell transplantation in humans have not been reported to date. An improved understanding of the homing, engraftment, and paracrine effects of stem cells in injured pulmonary vessels are needed for therapeutic application to progress.

### Table 2. Characteristics of Phase III RCTs with Patients Exposed to Sequential Combination Therapy of Approved PAH Drugs

<table>
<thead>
<tr>
<th>Drug Tested</th>
<th>Etiology</th>
<th>Background Therapy (%)</th>
<th>Monotherapy Arm</th>
<th>No. of Subjects</th>
<th>Duration</th>
<th>End Points</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhaled iloprost (STEP)</td>
<td>IPAH, APAH</td>
<td>Bosentan (70%) or Sildenafil (30%)</td>
<td>No</td>
<td>235</td>
<td>12 wk</td>
<td>6MWD</td>
<td>Primary end point met and efficacy demonstrated improvement in 6MWD or FC.</td>
</tr>
<tr>
<td>Inhaled iloprost (COMBI)</td>
<td>IPAH, APAH</td>
<td>Bosentan (70%) or Sildenafil (30%)</td>
<td>No</td>
<td>40</td>
<td>12 wk</td>
<td>6MWD</td>
<td>All primary and secondary end points were not met. Trial was stopped early after interim analysis revealed low likelihood of reaching primary end point.</td>
</tr>
<tr>
<td>Inhaled Treprostini (TRIUMPH–1)</td>
<td>IPAH, APAH</td>
<td>Bosentan (70%) or Sildenafil (30%)</td>
<td>No</td>
<td>6MWD</td>
<td>12 wk</td>
<td>TCCW, PVR, FC, QoL</td>
<td>Primary end point met. No difference in TCCW but QoL improved in treprostini group.</td>
</tr>
<tr>
<td>Oral Treprostini (FREEDOM-C)</td>
<td>IPAH, APAH</td>
<td>ERA (30%) or PDE-5i (25%) or both (45%)</td>
<td>No</td>
<td>350</td>
<td>16 wk</td>
<td>TCCW, QoL</td>
<td>Primary end point met. No significant differences in all secondary end points.</td>
</tr>
<tr>
<td>Oral Treprostini (FREEDOM-C2)</td>
<td>IPAH, APAH</td>
<td>ERA (17%) or PDE-5i (43%) or both (40%)</td>
<td>No</td>
<td>310</td>
<td>16 wk</td>
<td>TCCW, FC, NT-proBNP, QoL</td>
<td>Primary end point met for entire study cohort, but subgroup on background therapy did not demonstrate improvement in 6MWD or FC.</td>
</tr>
<tr>
<td>Tadalafil (PHIRST)</td>
<td>IPAH, APAH</td>
<td>Bosentan (70%) or Sildenafil (30%)</td>
<td>Yes</td>
<td>216 (405)*</td>
<td>16 wk</td>
<td>TCCW, PVR, QoL</td>
<td>Primary end point met and efficacy demonstrated improvement in 6MWD or FC.</td>
</tr>
<tr>
<td>Sildenafil (PACES)</td>
<td>IPAH, APAH</td>
<td>Epoprostenol (87%)</td>
<td>No</td>
<td>267</td>
<td>16 wk</td>
<td>TCCW, PVR, QoL</td>
<td>Primary end point met together with delayed TCCW, improvement in hemodynamics and QoL.</td>
</tr>
<tr>
<td>Riociguat (PATENT-1)</td>
<td>IPAH, APAH</td>
<td>ERA (13%) or prostanoid (87%)</td>
<td>Yes</td>
<td>222 (443)*</td>
<td>12 wk</td>
<td>TCCW, FC, NT-proBNP, QoL</td>
<td>Primary end point met and efficacy demonstrated in prespecified subgroup on background therapy. Improved TCCW, FC, and PVR.</td>
</tr>
<tr>
<td>Macitentan (SERAPHIN)</td>
<td>IPAH, APAH</td>
<td>PDE-5i (92%) or nonparenteral prostanoid (8%)</td>
<td>Yes</td>
<td>471 (742)*</td>
<td>Median exposure 115 wk</td>
<td>Composite End point (Mortality and Morbidity)</td>
<td>Primary end point met and efficacy demonstrated in prespecified subgroup on background therapy. Liver function abnormalities not significantly different in treatment groups.</td>
</tr>
</tbody>
</table>

APAH indicates associated pulmonary arterial hypertension; ERA, endothelin receptor antagonist; FC, functional class; IPAH, idiopathic pulmonary arterial hypertension; 6MWD, 6-minute walk distance; NT-proBNP, N-terminal pro-brain natriuretic peptide; PAH, pulmonary arterial hypertension; PDE-5i, phosphodiesterase type 5 inhibitor; PVR, pulmonary vascular resistance; QoL, quality of life; RCT, randomized controlled trial; and TTCW, time to clinical worsening.

*Trial total.

### Neurohormonal Activation

Similar to congestive cardiac failure, PAH is characterized by neurohormonal activation as evidenced by increased sympathetic nerve traffic158 and upregulation of the renin-angiotensin-aldosterone system. Plasma levels of renin, angiotensin I, and angiotensin II are increased in PAH and appear to correlate with worse prognosis.159 β-Blockers, angiotensin-converting enzyme inhibitors, angiotensin II receptor blockers, and aldosterone antagonists have all been demonstrated to confer beneficial hemodynamic effects in animal models of PH.160–164 In clinical practice, aldosterone antagonists are already widely prescribed in the treatment of right ventricular failure. In contrast, there are no data to support the use of β-blockers in PAH, and extreme caution is advocated owing to reports of symptom worsening with β-blocker administration.165,166
Current Therapeutic Paradigm in Clinical Practice

The therapeutic approach in PAH has undergone significant evolution with the availability of multiple classes of drugs targeting different pathogenic pathways. It has also become apparent that therapeutic response with a single agent in patients with advanced disease in NYHA FC III/IV is frequently unsatisfactory. Therefore, the current treatment paradigm has shifted to an increasingly proactive approach, with emphasis on early disease intervention and the use of combination therapy. The use of combination therapy to achieve predefined treatment goals has emerged as a major theme to improve long-term outcomes in PAH.

Early Disease Detection

Symptoms are often nonspecific in early PAH, and exercise intolerance is often attributed to comorbid obesity, mild airflow limitation, or musculoskeletal disease. Specific populations at high risk for developing PAH (such as patients with systemic sclerosis and carriers of BMPR-2 mutation) offer the opportunity for systematic screening and early disease intervention. There is compelling evidence supporting the superior survival of patients diagnosed in NYHA FC I to II in comparison with higher FC. A case-control study in the systemic sclerosis population has shown that patients diagnosed through a screening program in comparison with routine practice displayed lower NYHA FC, milder hemodynamic impairment, and better long-term survival. An evidence-based screening algorithm for the early detection of PAH in systemic sclerosis (DETECT study) has recently been developed to guide referral for right heart catheterization based on the results of non-invasive evaluation.

Sequential Combination Therapy

Combination therapy with agents targeting different pathways is supported by a strong biological rationale and is an increasingly used strategy in PAH. The North American REVEAL registry indicated that 52% of patients were already on combination therapy in 2006 to 2007, and the prevalence of combination therapy in current clinical practice is likely to be even higher. However, the primary end point of combination therapy RCTs has not consistently been met, but a growing body of data is being accumulated supporting the beneficial effects of combination therapy (Table 2).87,88,92,93,96,172–176 The PACES trial demonstrated that the addition of sildenafil to background IV epoprostenol therapy improved 6MWD and delayed time to clinical worsening, but this treatment sequence does not often correspond to clinical practice because oral therapy is usually initiated first. The 2 recently completed RCTs of macitentan (SERAPHIN trial)72 and riociguat (PATENT-1 trial)92 have substantially contributed to the evidence base of combination therapy. In both of these RCTs, at least 50% of enrolled subjects were on background therapy with predominantly oral PAH agents. The addition of macitentan 10 mg daily to background therapy with either a PDE-5 inhibitor or nonparenteral prostanooid was associated with hazard ratio reduction versus placebo of 0.62 (95% confidence interval, 0.43–0.89) for the composite morbidity and mortality primary end point. Similarly, riociguat improved 6MWD by 34 m (95% confidence interval, 11–56 m) in comparison with placebo in patients pretreated with either an ET-1 receptor antagonist or nonintravenous prostanooid. With the increasing number of approved PAH drugs, it remains unknown whether specific drug combinations provide superior efficacy, and no head-to-head data comparing different drug combinations are available.

Satisfactory treatment response not only implies disease stability but also the attainment of predefined treatment goals that places the patient into a better prognostic category. A number of invasive, and noninvasive parameters, as well, can be used to determine treatment response and the need to escalate therapy with additional PAH drugs (Table 3). Treatment goals are based on parameters that confer prognostic significance,
and the use of multiple parameters enhances the prediction of prognosis. The use of goal-directed sequential combination therapy has been shown to provide improved long-term results with better survival rates and reduction in the need for lung transplantation in comparison with historical controls. However, it is apparent that many patients will fall within a gray zone with clinical characteristics that do not necessarily place them into either a good or poor prognostic category; the best therapeutic strategy can be difficult to determine in this situation. The use of sequential combination therapy together with treat-to-target strategy have been incorporated into the current evidence-based treatment algorithm in PAH (Figure 4).

**Upfront Combination Therapy**
In contrast to sequential combination therapy, only 1 published RCT has evaluated the use of upfront or initial combination therapy in PAH. BREATHE-2 was a small study of 33 PAH patients who were randomly assigned to upfront combination therapy with epoprostenol plus bosentan or epoprostenol...
alone. The primary end point of hemodynamic improvement was not met, although there was a trend toward a greater reduction in PVR in the combination therapy group. No significant differences in FC or 6MWD were observed, although this study was not powered to address these clinical end points.

The results of the Ambrisentan and Tadalafil in Patients with Pulmonary Arterial Hypertension (AMBITION) RCT have recently been released. In AMBITION, an upfront combination strategy with the combination of ambrisentan and tadalafil was compared with either ambrisentan or tadalafil alone, as first-line therapy in PAH. The combination of ambrisentan 10 mg and tadalafil 40 mg reduced the risk of clinical failure by 50 percent compared to the pooled ambrisentan and tadalafil monotherapy arm (hazard ratio = 0.50 (0.35 to 0.72); p=0.0002). The combination was also statistically significant versus the individual ambrisentan and tadalafil monotherapy groups for the primary endpoint (p<0.01). Rates of serious adverse events and events leading to discontinuation were similar across treatment arms. This study provides support for the emerging paradigm of upfront combination therapy and full results are expected to be published soon.181

A pilot observational study of upfront triple combination therapy with epoprostenol, bosentan, and sildenafil in patients with severe PAH who present in NYHA FC III/IV together with severe hemodynamic impairment was recently reported.182 Severe hemodynamic impairment was defined as either a cardiac index <2.0 L·min−1·m−2 or mean right atrial pressure >20 mm Hg or PVR >1000 dyn·s·cm−5. At a median follow-up of 39 months, 18 of 19 patients had sustained clinical improvement and remained in NYHA FC III/II. 6MWD increased dramatically from 227 to 514 m (P<0.01) and PVR declined from 1718 to 492 dyn·s·cm−5 (P<0.01). Despite the observational nature of this study, it provides preliminary proof of concept for the adoption of an aggressive upfront combination strategy in patients who have very severe PAH for whom prognosis has traditionally been extremely poor (Figure 5).

Nonmedical Therapies

Lung Transplantation

Lung transplantation remains a destination therapy for a significant number of patients despite targeted PAH therapy. Because of limited organ availability and the high mortality rates of PAH patients awaiting transplantation, eligible patients for whom first-line treatment strategies have failed should be referred early for transplantation assessment. Double-lung transplantation is the preferred option for PAH, but heart-lung transplantation remains necessary for some patients in the context of complex Eisenmenger physiology and is also adopted by some centers for patients with refractory right heart failure.184

Atrial Septostomy and Potts Shunt

Balloon atrial septostomy refers to the artificial creation of a right-to-left shunt to decompress the right ventricle.185 This procedure can be accomplished percutaneously with careful graded balloon dilation and can improve peripheral oxygen delivery despite a fall in systemic arterial saturation because of a compensatory rise in cardiac output.186 This procedure has a high periprocedural mortality in patients with markedly elevated right atrial pressure187 and should only be considered as a palliative therapy or bridge to transplantation in centers with experience in this procedure.

An alternative method of right ventricular decompression is via the creation of an anastomosis between the descending aorta and left pulmonary artery or Potts shunt. In the setting of suprasystemic PAP, a theoretical advantage of Potts shunt over septostomy is the sparing of the cerebral and coronary circulation from deoxygenated blood. A small case series of adults with NYHA FC IV PAH demonstrated the feasibility of the creation of Potts shunt via a minimally invasive percutaneous approach.188 The safety and efficacy of this innovative technique require further study.

Pulmonary Artery Denervation

Borrowing the concept of renal artery denervation in the treatment of refractory systemic hypertension, pulmonary artery denervation is a novel nonmedical therapy for PAH and the presumed mechanism of action is via the abolishment of sympathetic nerve supply to the pulmonary circulation. In a first-in-human single-center study, 13 patients underwent pulmonary artery denervation with the use of a dedicated radiofrequency ablation catheter resulting in significant reduction of mean PAP (from 55±5 mm Hg to 36±5 mm Hg, P<0.01) and improvement in 6MWD (from 324±21 m to 491±38 m, P<0.006).189 These preliminary results require further confirmation, and the negative findings of the recent Renal Denervation in Patients With Uncontrolled Hypertension (SYMPLECTICITY HTN-3)190 trial of renal denervation for resistant hypertension serves as a cautionary reminder that device-based therapies must also be subject to rigorous evaluation before adoption into clinical practice.

Conclusions

The past decade has witnessed major therapeutic advances in the treatment of PAH. Although current pharmacological agents have undoubtedly revolutionized the treatment landscape of this devastating condition, PAH remains a disease without a cure. By elucidating novel mechanisms and new signaling pathways in the pathobiology of PAH, one can expect to see further progress toward a cure in the exciting times ahead.

Disclosures

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