Massimo Volpe, MD, FAHA, FESC,

Faculty of Medicine, University of Rome “Sapienza”
Chair and Division of Cardiology, Department of Clinical and Molecular Sciences,
Sant’Andrea Hospital of Rome, Italy
e-mail: massimo.volpe@uniroma1.it
Current Issues on Resistant Hypertension

- Relatively Low Prevalence in HT population (lower in general population)
- Not Uniform Diagnostic Criteria by International Guidelines
- Different Diagnostic Approaches (Clinic BP or ABPM)
- Different Professional Figures involved in the clinical management (HT Specialist, Cardiologist, Nephrologist, GP, others)
- Various Pharmacological Options (combination strategies)
- New Non-Pharmacological Strategies (Carotid Stimulation or RDN)
True Resistant Hypertension or Challenging Hypertension?

The gap between perceived and attained BP control in the daily clinical practice

In what percentage of hypertensive patients do you achieve the recommended BP goals?

A sample of 203 cardiologists operating in outpatient clinics and randomly selected amongst members of the largest Italian Outpatient Cardiologist Association (ARCA) were interviewed by e-mail, in April-May 2007.

BP Stratification in Hypertensive Patients enrolled in Hypertension Surveys in Italy

Figure 1a

Systolic BP levels in Patients included in Hypertension Surveys performed in Italy between 1997-2012

First Assessment (1997-2005) (n=52,715) ¹

Second Assessment (2005-2012) (n=158,876) ²


Epidemiology of Resistant Hypertension in Italy

<table>
<thead>
<tr>
<th>Popolazione Italia (35-75 anni)</th>
<th>Uomini</th>
<th>Donne</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>32.060.564</td>
<td>16.399.633</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Popolazione ipertesa (PB ≥ 140/90 mmHg)</th>
<th>BP (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uomini</td>
<td>53%</td>
</tr>
<tr>
<td>Donne</td>
<td>45%</td>
</tr>
</tbody>
</table>

| Popolazione totale "ipertesi" | 15.642.366 |

| Popolazione affetta da ipertensione secondaria | 10%    | 1.564.237 |

| Popolazione totale "ipertesi" candidabile al trattamento | 14.078.129 |

| Popolazione ipertesa non trattata | 43%    | 6.053.596 |
| Popolazione ipertesa trattata     | 57%    | 8.024.534 |

| Popolazione ipertesa trattata sotto controllo | 37%    | 2.969.077 |
| Popolazione ipertesa trattata NON sotto controllo | 63%    | 5.055.456 |

**1° scenario**

| Popolazione ipertesa NON controllata & resistente (terapia ≥ 3 farmaci) di grado 2-3 | 5,7%   | 288.101 |
| Popolazione target (candidabile alla RDN) - terapia ≥ 3 farmaci                      | 50%    | 144.081 |

Impatto % (RDN vs popolazione ipertesa) - terapia ≥ 3 farmaci: 0,92%

**2° scenario**

| Popolazione ipertesa NON controllata & resistente (terapia ≥ 4 farmaci) di grado 2-3 | 2,6%   | 132.958 |
| Popolazione target - terapia ≥ 4 farmaci (candidabile alla RDN)                      | 50%    | 66.479  |

Impatto % (RDN vs popolazione ipertesa) - terapia ≥ 4 farmaci: 0,42%
Classification of Adults with Hypertension in the United States

NHANES survey

Prevalence (%)

Among All Hypertensive Adults

- Untreated Uncontrolled: 30.7%
- Treated Uncontrolled (≤2 drugs): 40.8%
- Treated Uncontrolled (≥3 drugs): 19.6%
- Treated Controlled (≥4 drugs): 8.9%

Among Treated Hypertensive Adults

- Treated Controlled (≤3 drugs): 58.9%
- Treated Uncontrolled (≥3 drugs) or Controlled (≥4 drugs): 28.3%
- Treated Uncontrolled: 12.8%

Persel SD. Hypertension 2011;57:1076-1080
Clinical Features of 8295 Patients With Resistant Hypertension Classified on the Basis of 24-hour ABPM:

Prevalence of Resistant Hypertension

The CARDIORISC-MAPAPRES project has been promoted by the Spanish Society of Hypertension with the support of an educational grant from Lacer Spain.

More than 1000 investigators (primary care physicians and referral units) have participated by including patients with suspected hypertension or previously diagnosed hypertensive patients on pharmacological treatment. The present analysis was performed in a cohort of 68045 patients.

All the investigators were supplied by an automated ABPM monitor (SpaceLabs 90207). Data obtained were transferred to a central database along with a case report form also common from all the participants.

### Not Uniform Definitions of Resistant Hypertension

<table>
<thead>
<tr>
<th>United States</th>
<th>Europe</th>
</tr>
</thead>
</table>
| **JNC 7 (2003)**<sup>1</sup>  
Failure to reach BP goal (<140/90 mmHg or <130/80 mmHg in high-risk patients) in patients who are adhering to full doses of an appropriate 3-drug regimen that includes a diuretic. | **AHA (2008)**<sup>2</sup>  
BP that remains above goal (≥140/90 mmHg or ≥130/80 mmHg in high-risk patients) despite concurrent use of 3 antihypertensive agents of different classes (ideally one of which is a diuretic, and all agents are optimized) | **ESH (2007)**<sup>3</sup>  
BP ≥140/90 mmHg (or ≥130/80 mmHg in high-risk patients) despite treatment with at least 3 drugs (including a diuretic) in adequate doses and after exclusion of spurious hypertension such as isolated office hypertension and failure to use large cuffs on large arms | **BHS (2011)**<sup>4</sup>  
Someone whose BP is not controlled to <140/90 mmHg, despite optimal or best-tolerated doses of third-line treatment. |

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Patients’ characteristics at baseline

- 1097 patients treated as of June 26, 2013
- 86% with SBP ≥140 mmHg
- 66% of patients treated according to ESC Consensus paper on Renal Denervation
  - SBP ≥ 160 mm Hg (≥ 150 mmHg Diabetes II), 3+ meds, including diuretic
- 13% with BP ≥180/100 mmHg

Co-Morbidities Include:
- Diabetes II 38.2%
- Renal Disease 30.1%
- Sleep Apnea 16.9%
- Hx of Cardiac Disease 49%
- Heart Failure 9.2%
- Atrial Fibrillation 12.6%
- LVH 15.9%
**Blood Pressure levels and Antihypertensive Tx at baseline**

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline BP (mm Hg)</td>
<td>164/89 ± 24/16</td>
</tr>
<tr>
<td>Number of classes anti-HTN meds (mean)</td>
<td>4.39 ± 1.33</td>
</tr>
<tr>
<td>Diuretic (%)</td>
<td>76%</td>
</tr>
<tr>
<td>Aldosterone blocker (%)</td>
<td>21%</td>
</tr>
<tr>
<td>ACE (%)</td>
<td>34%</td>
</tr>
<tr>
<td>ARB (%)</td>
<td>65%</td>
</tr>
<tr>
<td>Beta-Blocker (%)</td>
<td>77%</td>
</tr>
<tr>
<td>Calcium Channel Blocker (%)</td>
<td>75%</td>
</tr>
<tr>
<td>Alpha adrenergic Blocker (%)</td>
<td>34%</td>
</tr>
<tr>
<td>Vasodilator (%)</td>
<td>14%</td>
</tr>
<tr>
<td>Direct Renin Inhibitor (%)</td>
<td>7%</td>
</tr>
</tbody>
</table>
Stratification of total CV risk in categories of low, moderate, high and very high risk according to SBP and DBP and prevalence of RFs, asymptomatic OD, diabetes, CKD stage or symptomatic CVD.

<table>
<thead>
<tr>
<th>Blood Pressure (mmHg)</th>
<th>Other risk factors, asymptomatic organ damage or disease</th>
<th>No other RF</th>
<th>1-2 RF</th>
<th>≥3 RF</th>
<th>OD, CKD stage 3 or Diabetes</th>
<th>Symptomatic CVD, CKD stage ≥4 or diabetes with OD/RFs</th>
</tr>
</thead>
<tbody>
<tr>
<td>High-normal SBP 130–139 or DBP 85–89</td>
<td>Low Risk</td>
<td>Moderate Risk</td>
<td>High Risk</td>
<td>Very High Risk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 1 HT SBP 140–159 or DBP 90–99</td>
<td>Low Risk</td>
<td>Moderate Risk</td>
<td>High Risk</td>
<td>Very High Risk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 2 HT SBP 160–179 or DBP 100–109</td>
<td>Moderate Risk</td>
<td>High Risk</td>
<td>Very High Risk</td>
<td>Very High Risk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 3 HT SBP ≥180 or DBP ≥110</td>
<td>High Risk</td>
<td>Very High Risk</td>
<td>Very High Risk</td>
<td>Very High Risk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Subjects with a high normal office but a raised out-of-office BP (masked hypertension) have a CV risk in the hypertension range. Subjects with a high office BP but normal out-of-office BP (white-coat hypertension), particularly if there is no diabetes, OD, CVD or CKD, have lower risk than sustained hypertension for the same office BP.

<table>
<thead>
<tr>
<th>Other risk factors, asymptomatic organ damage or disease</th>
<th>Blood pressure (mmHg)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>High normal SBP 130-139 or DBP 85-89 (n=71)</td>
<td>Grade 1 HT SBP 140-159 or DBP 90-99 (n=292)</td>
</tr>
<tr>
<td>No other RF</td>
<td>0.0%</td>
<td>5.6%</td>
</tr>
<tr>
<td>1-2 RF</td>
<td>93.8%</td>
<td>51.9%</td>
</tr>
<tr>
<td>≥ 3 RF</td>
<td>6.3%</td>
<td>42.6%</td>
</tr>
<tr>
<td>OD, CKD stage 3 or diabetes</td>
<td>71.8%</td>
<td>72.9%</td>
</tr>
<tr>
<td>Symptomatic CVD, CKD stage ≥ 4 or diabetes with OD/RFs</td>
<td>54.9%</td>
<td>62.7%</td>
</tr>
</tbody>
</table>
Not All Refractory Hypertension is True Treatment-Resistant Hypertension

- Not all patients who fail to respond to antihypertensive therapy have true treatment-resistant hypertension
- Long-term outcomes vary substantially among the various subtypes of refractory hypertension
- Optimal treatment modalities and approach to management vary among subtypes

<table>
<thead>
<tr>
<th>Secondary Hypertension&lt;sup&gt;1&lt;/sup&gt;</th>
<th>Pseudoresistance&lt;sup&gt;1,2&lt;/sup&gt;</th>
<th>Masked Hypertension&lt;sup&gt;2&lt;/sup&gt;</th>
<th>White coat hypertension&lt;sup&gt;2&lt;/sup&gt;</th>
<th>True treatment-resistant hypertension*&lt;sup&gt;3&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension elicited or exacerbated by other drugs or diseases</td>
<td>Apparent hypertension due to lack of adherence, poor BP measurement technique</td>
<td>Clinic BP &lt;140/90 mm Hg; daytime BP &gt;135 or &gt;85 mm Hg</td>
<td>Clinic BP ≥140 or ≥90 mm Hg; daytime BP &lt;135/85 mm Hg</td>
<td>BP ≥140/90 mm Hg despite adequate doses of ≥3 drugs (including diuretic) after exclusion of spurious hypertension</td>
</tr>
</tbody>
</table>

White-Coat Hypertension

Home BP: 160/90 mmHg
Clinic BP: 164/93 mmHg
24-hour BP: 120/72 mmHg
Day-time BP: 128/78 mmHg
Night-time BP: 105/62 mmHg

Tx1: Losartan/HCTZ 100/25 mg h 8:00 AM
Tx2: amlodipine 5 mg h 20:00
E: centro.ipertensione@ospedalesantandrea.it
Out-of-Office Uncontrolled Hypertension

Home BP: 130/70 mmHg
Clinic BP: 150/85 mmHg
24-hour BP: 136/71 mmHg
Day-time BP: 129/69 mmHg
Night-time BP: 152/75 mmHg

Tx 1: Atenolol 50 mg h 8:00 AM, ramipril/HCTZ 5/25 mg h 8:00 AM

Tx 2: Nifedipine SR 30 mg h 12:00

E: centro.ipertensione@ospedalesantandrea.it
True Resistant Hypertension in patients with multiple drug intolerance: Before Renal Denervation

Home BP: 180/100 mmHg
Clinic BP: 198/112 mmHg
24-hour BP: 203/125 mmHg
Day-time BP: 201/125 mmHg
Night-time BP: 208/127 mmHg

Tx: Labetalol 200 mg ½ cp BID, Furosemide 500 mg 1/4 cp h 8:00 AM, Doxazosin 4 mg 1 cp BID
True Resistant Hypertension in patients with multiple drug intolerance: Effect of Renal Denervation at 1-month

Tx: Labetalol 200 mg ½ cp BID, Furosemide 500 mg 1/4 cp h 8:00 AM, Doxazosin 4 mg 1 cp BID

Home BP: 150/100 mmHg
Clinic BP: 169/102 mmHg
24-hour BP: 177/107 mmHg
Day-time BP: 178/109 mmHg
Night-time BP: 174/101 mmHg

AFTER RDN PROCEDURE (1 month)
BP >140/90 mmHg in hypertensive patients receiving at least 3 antihypertensive drugs, including a diuretic, at adequate (full) doses

Check any discrepancies among office, home and 24-hour ambulatory BP measurements

Check patient’s adherence to antihypertensive drug prescriptions

Check patient’s assumption of any interfering drug or substance

Identify and treat possible causes of secondary hypertension and any concomitant condition that may persistently keep BP levels elevated *

Optimize and titrate pharmacologic and non-pharmacologic therapies

Refer patient to Hypertension Center

Normal home and high clinic and ambulatory BP levels
Office-Resistant Hypertension

Normal home and ambulatory and high clinic BP levels:
Pseudo-Resistant Hypertension

All BP above limits
Is resistant hypertension really resistant?

Causes of Pseudo-Resistant Hypertension

- Heavily calcified or arteriosclerotic arteries that are difficult to compress (in elderly persons)
- Improper blood pressure measurement
- White-coat effect
- Poor patient’s adherence
  - Side effects of medication
  - Complicated dosing schedules
  - Poor relations between doctor and patient
  - Inadequate patient education
  - Memory or psychiatric problems
  - Costs of medication
- Related to antihypertensive medication
  - Inadequate doses
  - Inappropriate combinations
- Physician inertia (failure to change or increase dose regimens when not at goal)

Factors Contributing to Resistant Hypertension

• Drug-induced
  – Nonsteroidal anti-inflammatory drugs (including cyclo-oxygenase-2 inhibitors)
  – Sympathomimetics (decongestants, anorectics)
  – Cocaine, amphetamines, other illicit drugs
  – Oral contraceptive hormones
  – Adrenal steroid hormones
  – Erythropoietin
  – Cyclosporine and tacrolimus
  – Licorice (included in some chewing tobacco)
  – Over-the-counter dietary and herbal supplements (e.g., ginseng, yohimbine, ma huang, bitter orange)

• Excess alcohol intake

• Volume overload
  – Excess sodium intake
  – Volume retention from kidney disease
  – Inadequate diuretic therapy

• Associated conditions
  – Obesity
  – Diabetes mellitus
  – Older age

• Identifiable causes of hypertension
  – Renal parenchymal disease
  – Renovascular disease
  – Primary aldosteronism
  – Obstructive sleep apnea
  – Pheochromocytoma
  – Cushing’s syndrome
  – Thyroid diseases
  – Aortic coarctation
  – Intracranial tumors

An Approach to Achieve BP Goal in Resistant Hypertension

Initiate Treatment for Hypertension

(if systolic BP ≥ 20 mmHg above goal)

START RAS Based Combination therapy
(including thiazide diuretic* or CCB)

Recheck within 3-4 weeks

if BP Still Not at Goal (140/90, general population, 130/80 mm Hg diabetes, CKD)
and agents used are at maximal tolerated dose

Evaluate with Home or 24 hour ambulatory Blood Pressure
and eliminate exogenous substances that raise pressure as well as secondary causes

Negative

Consider adding vasodilating β blocker** or Aldosterone Receptor Blocker if obese or has sleep apnea

Positive

Consider altering timing of medication-
if non-dipper dose at bedtime or after dinner
If adding meds, consider vasodilating β blocker**
Or Aldosterone Receptor Blocker if obese or has sleep apnea

Recheck within 3-4 weeks

If BP Still Not at Goal

Refer to Clinical Hypertension Specialist

Change from baseline in seated cuff systolic (SeSBP) and diastolic (SeDBP) blood pressure levels with different combination therapies based on olmesartan/amlodipine/HCTZ.
**Treatment strategies and choice of drugs in patients with resistant hypertension**

<table>
<thead>
<tr>
<th>Recommendations</th>
<th>Class</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>In resistant hypertensive patients it is recommended that physicians check whether the drugs included in the existing multiple drug regimen have any BP lowering effect, and withdraw them if their effect is absent or minimal.</td>
<td>I</td>
<td>C</td>
</tr>
<tr>
<td><strong>Mineralocorticoid receptor antagonists, amiloride, and the alpha-1-blocker doxazosin should be considered</strong>, if no contraindication exists.</td>
<td>IIa</td>
<td>B</td>
</tr>
<tr>
<td>In case of ineffectiveness of drug treatment invasive procedures such as renal denervation and baroreceptor stimulation may be considered.</td>
<td>IIb</td>
<td>C</td>
</tr>
<tr>
<td>Until more evidence is available on the long-term efficacy and safety of renal denervation and baroreceptor stimulation, <strong>it is recommended that these procedures remain in the hands of experienced operators and diagnosis and follow-up restricted to hypertension centers.</strong></td>
<td>I</td>
<td>C</td>
</tr>
<tr>
<td>It is recommended that the invasive approaches are considered only for truly resistant hypertensive patients, with clinic values ≥160 mmHg SBP or ≥110 mmHg DBP and with BP elevation confirmed by ABPM.</td>
<td>I</td>
<td>C</td>
</tr>
</tbody>
</table>

Potential Upcoming Options for Treating Resistant Hypertension

- **Pharmacological Options**
  - Aldosterone Synthase Inhibitors
  - NEP inhibitors (Omapatrilat- compassionate use)
  - New Aldosterone Antagonists (Eplerenone, others)
  - Clonidine Extended Release
  - Endothelin Antagonists

- **Non-pharmacological Options**
  - Renal Artery Denervation
  - Carotid Baroreflex Stimulation
How to manage difficult-to-treat patients with resistant hypertension?

Denervazione delle arterie renali nel trattamento dell’ipertensione arteriosa resistente: definizione della patologia, selezione dei pazienti e descrizione della procedura

Documento di Indirizzo 2012 della Società Italiana dell’Ipertensione Arteriosa (SIIA)

Massimo Volpe¹, Enrico Agabiti-Rosei², Ettore Ambrosioni³, Santina Cottone⁴, Cesare Cuspidi⁵, Claudio Borghi³, Nicola De Luca⁶, Francesco Fallo⁷, Claudio Ferri⁸, Giuseppe Mancia⁹, Alberto Morganti⁹, Maria Lorenza Muijesan¹⁰, Riccardo Sarzani¹¹, Leonardo Sechi¹², Giuliano Tocci¹, Agostino Virdis¹³

Ipertensione Prev Cardiovasc 2013; in press
Current Issues on Renal Denervation in Resistant Hypertension

1. Eligible candidates (BP thresholds, Therapeutic Regimen, Out-of-Office measure of BP)

2. Predictors of test success

3. Measures to estimate effectiveness of the renal nerve ablation procedure

4. Efficacy measures

5. Effect on hard outcomes in hypertension

6. Clinical codification of the specific procedure for reimbursement

7. Cost/benefit

Volpe M, 2014
Medtronic Announces U.S. Renal Denervation Pivotal Trial Fails to Meet Primary Efficacy Endpoint While Meeting Primary Safety Endpoint (1/2)

• MINNEAPOLIS - January 9, 2014 - Medtronic, Inc. (NYSE: MDT) today announced that its U.S. pivotal trial in renal denervation for treatment-resistant hypertension, SYMPLICITY HTN-3, failed to meet its primary efficacy endpoint. The trial met its primary safety endpoint, and the trial's Data Safety Monitoring Board (DSMB) concluded that there were no safety concerns in the study.

• In light of the product's demonstrated safety profile, including the SYMPLICITY HTN-3 findings, no specific action is currently indicated for patients who have had the renal denervation procedure with the SYMPLICITY system. Patients should consult with their physician regarding any questions they may have about their treatment.

• Based on these clinical trial findings, Medtronic intends to formulate a panel of independent advisors made up of physicians and researchers who will be asked to make recommendations about the future of the global hypertension clinical trial program, as well as provide advice on continued physician and patient access to the Symplicity technology in countries with regulatory approvals.
Pending this panel review, the company intends to:

1. Suspend enrolment in the three countries where renal denervation hypertension trials are being conducted for regulatory approvals (SYMPLICITY HTN-4 in the U.S., HTN-Japan and HTN-India).

2. Begin informing clinical trial sites and investigators, global regulatory bodies, and customers of these findings and decisions.

3. Continue to ensure patient access to the SYMPHOMATIC technology at the discretion of their physicians in markets where it is approved.

4. Continue the Global SYMPHOMATIC post-market surveillance registry and renal denervation studies evaluating other non-hypertension indications.
Conclusive Remarks

• Diagnosis of Resistant Hypertension should be certified by Excellence Hypertension Centers after comprehensive medical history evaluation and full BP profile assessment.

• Triple combination therapy with HCTZ and long-lasting and well-tolerated RAS blockers plus dihydropyridinic CCBs should be applied to improve BP control.

• If BP goals are not achieved after 4-6 weeks, either beta-blockers (especially if CAD or CHF) or upstream (renin inhibitors) or downstream (antialdosterone) modulation or others should be considered.

• Drugs with proven efficacy (reduced CV mortality and sustained antihypertensive effect) and tolerability, that can be administered once daily, should be always preferred.

• Current studies on RDN have been halted, including SYMPLICITY-HTN3 and ENLIGHT-HTN4.
Thank you for Your Attention!

E: massimo.volpe@uniroma1.it
How to improve BP control in daily clinical practice of hypertension?

**POSITION PAPER**

Strategie per migliorare il controllo della pressione arteriosa in Italia: dalla stratificazione del rischio cardiovascolare globale alla terapia di combinazione

Documento di Indirizzo 2012
della Società Italiana dell’Ipertensione Arteriosa (SIIA)

Massimo Volpe¹, Ettore Ambrosioni², Claudio Borghi², Santina Cottone³, Cesare Cuspidi⁴, Nicola De Luca⁵, Francesco Fallo⁶, Claudio Ferri⁷, Alberto Morganti⁸, Maria Lorenza Muièsan⁹, Riccardo Sarzani¹⁰, Leonardo Sechi¹¹, Agostino Virdi¹², Giuliano Tocci¹, Enrico Agabiti-Rosei¹³, Bruno Trimarco⁶, Alessandro Filippi¹⁴, Giuseppe Mancia⁴

Ipertensione Prev Cardiovasc 2013; in press
Uncontrolled Hypertension

Home BP: 150/70 mmHg
Clinic BP: 156/68 mmHg
24-hour BP: 164/80 mmHg
Day-time BP: 161/81 mmHg
Night-time BP: 171/78 mmHg

Tx1: Irbesartan/HCTZ 300/25 mg h 8:00 AM
Tx2: Lercanidpine 20 mg h 22:00 PM

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