

**Resolution of Asymptomatic Myocardial Ischemia in Patients with
Type 2 Diabetes Mellitus in the DIAD Study.**

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Abstract

Objective: To assess whether the prevalence of inducible myocardial ischemia increases over time in patients with type 2 diabetes.

Research design and methods: Participants enrolled in the Detection of Ischemia in Asymptomatic Diabetics (DIAD) study underwent repeat adenosine-stress myocardial perfusion imaging 3 years after initial evaluation. Patients with intervening cardiac events, revascularization or unable/unwilling to repeat imaging were excluded.

Results: Of the initial 522 DIAD patients, 358 had repeat stress imaging (DIAD-2) of whom 71 (20%) had ischemia at enrollment (DIAD-1). Of 287 patients with *normal* DIAD-1 studies, 259 (90%) remained normal in DIAD-2, while 28 (10%) developed new ischemia in DIAD-2. Of the 71 patients with *abnormal* DIAD-1 studies, 56 (79%) demonstrated resolution of ischemia, while 15 (21%) remained abnormal. During this 3-year interval, medical treatment was intensified, with more patients using statins, aspirin and ACE inhibitors than at baseline. Patients with resolution of ischemia had significantly greater increases in these medications than patients who developed new ischemia ($p=.04$).

Conclusion: Thus, the majority of asymptomatic patients with type 2 diabetes, demonstrated resolution of ischemia upon repeat stress imaging after 3 years. This resolution was associated with more intensive treatment of cardiovascular risk factors.

The Detection of Ischemia in Asymptomatic Diabetics (DIAD) study was designed to assess the prevalence of silent myocardial ischemia and the 5-year cardiac event rate in asymptomatic patients with type 2 diabetes mellitus (T2DM). We have previously reported that inducible ischemia was detected in 22% of patients and could not be predicted by either traditional or novel risk factors for coronary artery disease (CAD), but was associated with cardiac autonomic dysfunction (1). Since T2DM is a powerful risk factor for CAD progression (2), we hypothesized that the prevalence of ischemia would increase over time. Thus, the DIAD-2 study was designed to reassess the prevalence of inducible ischemia after 3 years.

Methods

Inclusion and exclusion criteria for the DIAD study have been published previously (1). In brief, patients eligible for the DIAD study had T2DM, a normal resting electrocardiogram (ECG), and no symptoms, signs or prior history of CAD. A total of 1,123 patients were enrolled from diabetes clinics between July 2000 and August 2002. Of these, 561 patients were randomized to adenosine-stress single photon emission computerized tomography (SPECT) myocardial perfusion imaging with Tc-99m-sestamibi. Of these randomized patients 522 underwent imaging and 113 (22%) had evidence of inducible ischemia (1). These results will be referred to as DIAD-1. Importantly, ischemia detected in DIAD-1 was treated at the discretion of the patients' primary care giver.

According to protocol, all patients initially randomized to stress imaging were invited to have repeat imaging after 3 years (with a window of up to 6 months)

of their DIAD-1 imaging, unless major intervening cardiac events (death, non-fatal myocardial infarction) or revascularization had occurred. A total of 162 patients did not undergo repeat imaging because of intervening death (n= 10), nonfatal myocardial infarction (n= 2), coronary bypass surgery (n= 9), percutaneous coronary intervention (n= 6), new severe co-morbidities that made stress imaging unfeasible (n= 10), patient refusal (n= 87), loss to follow-up (n=17) or logistic issues resulting from Hurricane Katrina at our New Orleans site (n=21). Two additional patients had not interpretable imaging studies. Thus, a total of 164 patients were not included because they lacked acceptable paired stress imaging studies.

The remaining 358 patients will be referred to as the DIAD-2 cohort.. Seventy-one (20%) had ischemia on DIAD-1 stress imaging, similar to the overall 22% prevalence of ischemia observed in 522 DIAD-1 patients.

Vasodilator stress SPECT myocardial perfusion imaging

ECG-gated adenosine-technetium-99m-sestamibi SPECT imaging was performed in an identical manner to DIAD-1 (1). No attenuation correction was applied to images. Vasodilator stress was performed by intravenous infusion of adenosine (140 mcg/kg/min) (3) to ensure comparable stress in all patients. Simultaneous low-level treadmill exercise (Bruce stage 1) was performed by 255 (71%) patients during DIAD-2 and by 205 (57%) patients in DIAD-1 (p=NS). During adenosine infusion a 12-lead ECG, heart rate and blood pressure were recorded each minute.

Image Analysis

Unprocessed ECG-gated SPECT images were sent to the Yale University Radionuclide Core Laboratory for processing and quantitative analysis using WLCQ software (4). Myocardial perfusion defects were quantified and expressed as a percentage of the left ventricle relative to a normal database. Left ventricular ejection fraction was derived from ECG-gated images (5). To assess reproducibility of quantification in the DIAD population all abnormal DIAD-2 studies and a random selection of normal DIAD-2 studies, totaling 130 in all, were processed independently on two separate occasions.

The same panel of expert readers (AEI, GVH and FJW) that interpreted the DIAD-1 images in 2002 interpreted the DIAD-2 images in 2006. The readers were blinded to the patient's identity and adenosine ECG responses, and had no access to the DIAD-1 images or their interpretations. All DIAD-2 images were read by consensus, based on visual analysis and defect quantification. DIAD-2 images were reviewed in random order and mixed with 20 non-DIAD studies, unknown to the panel, in order to prevent interpretation bias. Image quality was scored subjectively as excellent, good, poor or not interpretable. Images were interpreted as normal or abnormal. Images with obvious or probable diaphragmatic or breast attenuation artifacts were scored as normal. Myocardial perfusion abnormalities were described as reversible (ischemia), fixed (scar) or mixed (scar plus ischemia). The size of visually identified myocardial perfusion abnormalities was additionally categorized on the basis of computer quantification as small (0 to <5 % of left ventricle), moderate (≥ 5 and <10 %), or large ($\geq 10\%$) (1,4). This computer

analysis incorporates both the extent and severity of perfusion abnormalities. Images revealing increased radiotracer lung uptake, transient ischemic left ventricular dilation after stress, and resting left ventricular dysfunction (ejection fraction < 45 %) without associated perfusion defects were categorized as non-perfusion abnormalities. Flat or downsloping ST-segment depression ≥ 1 mm at 80 ms after the J-point in two or more leads on the ECG during adenosine infusion was also interpreted as an abnormal test result (6).

In addition to the consensus interpretation by the expert readers, paired DIAD-1 and DIAD-2 images were analyzed based on computerized quantification. The reproducibility of computer quantification of defect size was established previously to be within 3% of the left ventricle (7). Thus, studies with a stress defect size $\leq 3\%$ were considered normal, and studies with larger stress defects were deemed abnormal. All DIAD-1 and DIAD-2 SPECT images, identified as having attenuation artifacts by the panel readers, were categorized for this quantitative analysis as normal, regardless of computerized defect size. The separate interpretations of DIAD-1 and DIAD-2 studies by the panel were compared to the paired computerized quantitative image analysis.

Analysis

All data were imported into Statistical Analysis Software for analysis (8). Differences between subjects undergoing and not undergoing repeat imaging were assessed using t-tests and chi-square analysis. McNemar's test was used to compare changes in medications from baseline to 36 months. Reproducibility of defect quantification

was evaluated by Bland-Altman analysis (9).

Based on the interpretation of DIAD-1 and DIAD-2 images, patients were categorized as: normal – normal (NL-NL), normal-abnormal (NL-ABN), abnormal- abnormal (ABN-ABN) and abnormal-normal (ABN-NL). The ABN-NL category suggested *resolution of ischemia*, whereas the category NL-ABN indicated development of *new ischemia*.

To determine whether changes of medical therapy occurred during the course of the study, the use of preventive cardiac medications (statins, aspirin and angiotensin-converting enzyme [ACE] inhibitors) was analyzed. First, the number of patients on these medication at the time of DIAD-1 imaging (baseline) and at each 6-month time point including the time of DIAD-2 imaging (36 months) were determined, using mixed modeling procedures. Second, the mean duration of exposure to statin, aspirin or ACE inhibitors, alone and in combination, during the 3-year interval was calculated and assessed with analysis of variance using linear contrasts to determine differences between those with resolution of ischemia and new ischemia. Third, the total months of exposure to drugs were summed, e.g. a patient taking statin, aspirin and ACE inhibitor for 36 months would have a total exposure of 108 drug-months. Finally, factors associated with the development of new ischemia in the 287 patients with normal imaging at baseline were assessed with bivariate measures followed by multivariate relative risk regression.

Results

Table 1 shows baseline demographics, characteristics and original myocardial perfusion imaging findings for the 522 DIAD patients who underwent initial

imaging as well as for the 358 patients with and 164 patients without repeat imaging. Patients who had repeat imaging were less often African-American, had lower HbA1C, less peripheral neuropathy, erectile dysfunction and diabetic retinopathy, and were less likely taking oral hypoglycemic medication, particularly sulfonylureas. However, the prevalence of ischemia at initial imaging was similar in the DIAD-2 cohort (20%) and the total DIAD-1 cohort of 522 patients (22%). In addition, the prevalence of ischemia at initial imaging in the 164 patients who did not have repeat imaging was similar (26%) to that in the 358 patients with repeat imaging (20%, $p=0.12$).

DIAD-2 myocardial perfusion imaging

DIAD-2 image quality was deemed good to excellent in 319 (89%) and poor in 39 (11%) patients. The expert readers identified seven attenuation artifacts that they interpreted as normal, whereas during DIAD-1 imaging 16 artifacts were identified in the same cohort of patients. Table 2 shows the results of the interpretation of DIAD-2 images by the panel of expert readers as well as by computerized quantitative analysis. The readers interpreted 43 (12%) of 358 DIAD-2 studies as abnormal, which was significantly less ($p= 0.008$) than the prevalence of ischemia in DIAD-1, i.e. 71 of 358 (20%).

Of the 43 abnormal DIAD-2 SPECT studies, 24 demonstrated regional myocardial perfusion abnormalities and 19 were non-perfusion abnormalities. Amongst the 43 patients with abnormal results, 15 were also abnormal in DIAD-1, while the other 28 were new abnormalities. Figure 1 shows the changes in stress-inducible myocardial ischemia over time. Table 2 also shows

categorizations of paired imaging findings. Of 287 normal studies in DIAD-1, 259 (90%) remained normal in DIAD-2, whereas 28 studies (10%) showed evidence of new inducible myocardial ischemia. Of the 71 abnormal studies in DIAD-1, 15 (21%) remained abnormal while 56 studies (79%) became normal and had apparent resolution of inducible ischemia. Of the 71 abnormal DIAD-1 studies, 54 demonstrated regional perfusion abnormalities, of which 43 (80%) normalized in DIAD-2. Resolution occurred in 11 of 16 studies (69%) with moderate/large defects and in 32 of 38 studies (84%) with small defects. Of 17 DIAD-1 studies with non-perfusion abnormalities (mainly ischemic ECG ST segment changes during adenosine infusion), 13 (76%) resolved.

Analysis based on computer quantification (Table 2) showed very similar results and categorization as those by the panel.

Bland-Altman analysis of 43 abnormal and 87 normal DIAD-2 studies showed excellent reproducibility ($r=0.98$, $y=0.97x+0.05$) of computer quantification over the entire range of perfusion abnormalities. The mean difference and standard deviation (SD) were -0.02% and 0.52% of the left ventricle, respectively. The 95% limit of agreement for defect size was $\pm 1\%$ (2 SD).

Medical therapy and inducible ischemia

Over the 3-years after initial stress imaging, there was a significant increase in the use of cardiac medication by the DIAD patients. At the time of DIAD-1 imaging, only 151 (42%) patients were on aspirin, 136 (38%) on statins and 120 (34%) on ACE inhibitors. Thirty-six months later, at the time of DIAD-2 imaging, the use of these medications increased to 248 (69%, $p<0.0001$

compared with baseline), 212 (59%, $p<0.0001$) and 149 (42%, $p=0.002$) patients, respectively.

Medication use was analyzed according to the results of repeat imaging studies

Aspirin use increased in all patients, however, those with resolution of ischemia (ABN-NL) were significantly more often on aspirin during follow-up ($p=0.04$). Statin use also increased over time, but no statistical differences were apparent between groups. The use of ACE inhibitors remained about the same overtime, with patients categorized as ABN-ABN having consistently low usage. Combined time of exposure to cardiac medications (aspirin, statin and ACE) over the intervening 36 months was greater in patients with resolution of ischemia than in those with new ischemia (59 ± 31 vs. 45 ± 28 total drug-months, $p=0.04$).

Patients with new ischemia had a significantly higher ($p=0.005$) incidence of peripheral vascular disease than those with resolution, but otherwise demographic and clinical variables, including conventional risk factors, were similar. In multivariate analyses, peripheral vascular disease (RR=3.4; 95% CI 1.45, 8.11; $p=0.005$) and elevated LDL-C levels (RR=2.37; 95% CI 0.82, 6.9; $p=0.11$) were associated with risk of new ischemia.

Discussion

This study is the first to evaluate changes in inducible myocardial ischemia over time in patients with T2DM without symptomatic or known CAD. The most striking and unexpected finding of this study is that inducible ischemia resolved in 79% of patients who had perfusion abnormalities at the start of the DIAD study and who underwent repeat imaging 3 years later. This was unanticipated since

T2DM is an important aggravating risk factor for CAD and CAD progression (2). Although new ischemia occurred as well, it developed in a relatively small proportion (10%) of patients.

The observed resolution of ischemia on SPECT imaging was associated with intensification of treatment with cardiac medications. At the time of repeat imaging a significantly greater number of patients were on statins, aspirin and ACE inhibitors than at the beginning of the DIAD study. More aggressive treatment of cardiac risk factors might have been driven by increasingly stringent practice guidelines impacting on the care of patients with T2DM (10). However, the DIAD study was not designed as a treatment trial and the association of resolution of ischemia and intensification of medical treatment does not prove a causal relationship between the two. Although this observation should be interpreted with caution, it is of interest in view of previous studies that have shown the beneficial effect of aggressive lipid-lowering treatment on myocardial perfusion imaging abnormalities. Schwartz et al showed that 48% of dyslipidemic patients improved myocardial perfusion abnormalities after 6 months of treatment with pravastatin (11). Similarly, Sdringola et al observed marked decreases in the size and severity of myocardial perfusion abnormalities, as well as in cardiac events after intensive lifestyle changes and pharmacologic antilipid treatment (12).

Myocardial ischemia in patients with diabetes

Stress-induced myocardial perfusion defects in patients with diabetes may be caused by obstructive epicardial coronary artery disease, microvascular disease or

endothelial dysfunction. In DIAD-1 most myocardial perfusion abnormalities were relatively small and only 40% were moderate/large in size (1). It is therefore conceivable that microvascular disease was partly responsible for the previously observed abnormalities. Statins have pleiotropic effects beyond lipid-lowering and may improve endothelial dysfunction and stabilize atherosclerotic plaques through anti-inflammatory actions (13,14). Similarly, aspirin and ACE inhibitors may also have direct beneficial effects on vascular remodeling (15-17). Although small myocardial perfusion abnormalities might also be due to microvascular disease, endothelial dysfunction or in some instances unrecognized imaging artifacts, moderate and large perfusion abnormalities are most often caused by obstructive CAD. They are of great clinical concern because they are associated with a high incidence of future cardiac events and often trigger invasive evaluation (18). Thus, the observed improvement of moderate or large perfusion abnormalities is a significant finding in this study. Moreover, ECG changes during adenosine infusion, another manifestation of ischemia with prognostic significance in symptomatic patients with CAD (6, 19), resolved in some patients as well. Although these findings are consistent with the conclusion that inducible ischemia improved over time, they do not address whether there was in fact regression of coronary atherosclerosis, improvement in collateral flow or endothelial dysfunction. Serial coronary angiography or intracoronary ultrasonography would be needed to make this assessment and were not required elements of the DIAD protocol.

Limitations

Not all DIAD-1 patients randomized to SPECT imaging underwent repeat imaging. Patients who had cardiac events or coronary revascularizations were excluded from DIAD-2 imaging. There were additional patients who did not have repeat imaging for a variety of reasons. Although the patients without repeat imaging had a similar prevalence of ischemia at baseline, they were at higher cardiovascular risk from a clinical perspective. Because of this selection bias, the overall prevalence of progression of ischemia may have been underestimated in our study.

Nonetheless, the current observations are of clinical interest in suggesting that ischemia can be improved by optimizing medical therapy in a substantial number of patients with T2DM.

Potential limitations of stress myocardial perfusion imaging should also be considered in interpreting our findings. Exercise myocardial perfusion imaging with SPECT is generally highly reproducible in stable patients with CAD (20,21), but variations in the amount of exercise can impact on the results. However, one would expect a high level of reproducibility in DIAD, because all patients underwent pharmacologic stress with adenosine and a similar number of patients performed additional low-level exercise in DIAD-2 as in DIAD-1. Inter- and intra-observer variability in the processing or interpretation of SPECT images might also impact on the reproducibility of findings (22). The DIAD-2 images were interpreted separately 3-4 years after the DIAD-1 images, raising the possibility that the interpretative approach of the readers might have changed over time. Paired computer analysis of DIAD-1 and DIAD-2 studies (table 2) showed excellent

concordance with the expert panel interpretation and thus provided substantial support for the lower prevalence of inducible ischemia on follow-up studies.

Clinical implications

Unexpected resolution of ischemia occurred in the majority of patients with T2DM without symptomatic CAD, potentially due to more aggressive medical treatment of cardiovascular risk factors. This analysis highlights the importance of studying whether a strategy of screening for inducible ischemia impacts on clinical outcomes in such patients. It is unclear whether the observed resolution of ischemia and associated intensification of medical treatment were causally related to initial screening. The ongoing 5-year follow-up of all 1,123 DIAD patients will help to address this issue. The results will be of particular interest in view of recent randomized trials which showed that optimized medical therapy resulted in similar outcomes to coronary revascularization in stable CAD (COURAGE) and after acute myocardial infarction (INSPIRE) (23,24). The ongoing BARI 2D trial which randomized asymptomatic or mildly symptomatic patients with diabetes to intensive medical treatment with or without coronary revascularization will also provide guidance in terms of how best to manage these patients (25). These clinical studies will hopefully provide data that will help to formulate evidence-based guidelines for the evaluation and management of the large number of patients with T2DM and asymptomatic CAD.

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Appendix

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Table 1. Baseline characteristics of the original DIAD-1 cohort and patients with (DIAD-2) and without repeat adenosine Tc-99m Sestamibi SPECT imaging.

	Original Adenosine SPECT [DIAD-1] (n=522)	Repeat Adenosine SPECT [DIAD-2] (n=358)	No Repeat Adenosine SPECT (n=164)	P	
Demographics					
Age – years (mean±SD)	60.7±6.8	60.6±6.7	60.9±6.9	.67	
Sex - no. (%)					
Male	277 (53%)	196 (56%)	81 (49%)	.25	
Female	245 (47%)	162 (44%)	83 (51%)		
Race - no. (%)				<.0001	
White	419 (80%)	305 (85%)	114 (70%)		
Black	79 (15%)	36 (10%)	43 (26%)		
Other	24 (5%)	17 (5%)	7 (4%)		
Body mass index – kg/m ² (M±SD)	31.1±6.6	31.0±6.4	31.1±6.9	.99	
Diabetes duration – years (mean±SD)	8.2±7.1	8.0±7.0	8.6±7.3	.36	
HbA1C - % (M±SD)	7.1±1.5	7.0±1.4	7.4±1.7	.005	
Treatment - no. (%)				.04	
Insulin	52 (10%)	35 (10%)	17 (10%)		
Insulin + oral agent	67 (12%)	46 (13%)	21 (13%)		
Diet only	77 (15%)	64 (18%)	13 (8%)		
Oral agent	326 (63%)	213 (59%)	113 (69%)		
Metformin	286 (55%)	190 (53%)	96 (59%)		.24
Sulfonylurea	207 (40%)	126 (35%)	81 (49%)	.002	
Thiazolidinedione	106 (20%)	75 (21%)	31 (19%)	.59	
Peripheral neuropathy symptoms/signs- no. (%)				.03	
Numbness	163 (31%)	101 (28%)	62 (38%)		
Pain	51 (10%)	32 (9%)	19 (12%)		.34
Tingling	141 (27%)	92 (26%)	49 (30%)		.32
Absent vibration	145 (28%)	90 (25%)	55 (34%)		.05
Absent sensation	59 (11%)	36 (10%)	23 (14%)		.18
Absent reflex	161 (31%)	116 (32%)	45 (27%)	.25	
Autonomic neuropathy symptoms - no. (%)				.40	
Bloating	85 (16%)	55 (15%)	30 (18%)		
Dizziness	89 (17%)	54 (15%)	35 (21%)		.08
Erectile dysfunction	134 (48%)	87 (44%)	81 (58%)	.03	
Abnormal Valsalva ratio	99 (19%)	60 (17%)	39 (24%)	.06	

Peripheral vascular disease	47 (9%)	29 (8%)	18 (11%)	.29
Smoking - no. (%)				
Never/Past	471 (90%)	327 (91%)	144 (88%)	
Current	51 (10%)	31 (9%)	20 (12%)	.33
Lipid treatment - no. (%)	242 (47%)	169 (47%)	73 (45%)	.57
LDL – mg/dL (M±SD)	113±32	114±31	111±34	.36
Triglycerides - mg/dL (M±SD)	170±118	169±115	173±125	.74
HTN treatment - no. (%)	291 (56%)	193 (54%)	98 (60%)	.21
Systolic BP mmHg (M±SD)	131±17	132±17	131±17	.57
Diastolic BP mmHg (M±SD)	79±8	79±9	78±8	.16
Aspirin use	229 (44%)	151 (42%)	78 (48%)	.25
Family history CAD - no. (%)	110 (21%)	70 (20%)	40 (24%)	.21
Retinopathy – no. (%)	73 (14%)	41 (11%)	32 (20%)	<.0001
Albuminuria – no. (%)	112 (22%)	70 (20%)	42 (26%)	.10
Adenosine Tc-99m SPECT Imaging Results (DIAD-1)				
Normal	409 (78%)	287 (80%)	122 (74%)	.12
Abnormal	113 (22%)	71 (20%)	42 (26%)	
Perfusion Abnormalities	83 (16%)	54 (15%)	29 (17%)	
-Small Defects	50 (10%)	38 (11%)	12 (7%)	
- Moderate/Large Defects	33 (6%)	16 (4%)	17 (10%)	
Non-Perfusion Abnormalities	30 (6%)	17 (5%)	13 (9%)	
- Abnormal ECG	21 (4%)	11 (3%)	10 (7%)	
- Transient Ischemic Dilation	4 (1%)	4 (1%)	0 (0%)	
- Left Ventricular Dysfunction	5 (1%)	2 (1%)	3 (2%)	

HTN, hypertension; LDL, low-density lipoprotein cholesterol; SPECT, single photon emission computed tomography.

Table 2. Results of repeat adenosine Tc-99m Sestamibi SPECT Imaging

DIAD-2 Adenosine SPECT	Blinded Panel Read (n=358)	Computer Quantification (n=358)
Normal	315 (88%)	321 (90%)
Abnormal	43 (12%)	36 (10%)
Regional Perfusion Abnormalities	24 (7%)*	18 (5%)
• Small	11 (3%)**	4 (1%)
• Moderate /Large	13 (4%***	14 (4%)
Non Perfusion Abnormalities	19 (5%)#	
• Positive ECG	15 (4%)##	
• Transient Dilation	2 (0.5%)###	
• LV Dysfunction	2 (0.5%)####	
DIAD-1 vs. DIAD-2		
Categorization	259 (72%)	274 (77%)
	28 (8%)	25 (7%)
	15 (4%)	12 (3%)
• Normal - Normal	56 (16%)	47 (13%)
• Normal - Abnormal		
• Abnormal - Abnormal		
• Abnormal - Normal		

LV=left ventricular

* 18 new, ** 9 new; *** 9 new; # 12 new, ## 9 new, ### 2 new, #### 1 new abnormality in DIAD-2 analysis.

Legend to Figure 1.

Changes in stress-induced myocardial ischemia in the DIAD study over time. At enrollment into the study (DIAD-1) the prevalence of ischemia in 358 patients was 20%. At repeat stress imaging 3 year later (DIAD-2) only 12% of patients had inducible myocardial ischemia. This was due to resolution of ischemia in 79% of 71 patients who initially had abnormal studies, whereas 10% of 287 patients with initially normal studies developed new ischemia.

Figure 1

