



# Lipid-lowering treatment in peripheral artery disease

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Peripheral artery disease (PAD) is characterized by increased cardiovascular (CV) risk, limb morbidity and all-cause mortality. According to the current guidelines (2016) of the American Heart Association/American College of Cardiology on the management of PAD patients, statin therapy is recommended for PAD patients in order to treat dyslipidemia and reduce CV risk. The present narrative review discusses the use of statins and other lipid-lowering drugs such as ezetimibe, fibrates, niacin, anacetrapib and proprotein convertase subtilisin/kexin type 9 (PCSK9) inhibitors in PAD patients in terms of both CV and limb outcomes. The clinical implications of hypolipidemic drug therapy in special patient populations including those with metabolic syndrome, non-alcoholic fatty liver disease, chronic kidney disease and type 2 diabetes mellitus, which may frequently co-exist with PAD, are also considered.

## Addresses

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## Introduction

Peripheral artery disease (PAD) represents a coronary heart disease (CHD) equivalent as recognized by the 2001 National Cholesterol Education Program Adult Treatment Panel III [1]. In this context, PAD is characterized by increased cardiovascular (CV) morbidity and mortality as well as total mortality [2,3<sup>•</sup>]. The most common risk factors for PAD are advanced age, type 2 diabetes mellitus (T2DM) and smoking, followed by

dyslipidemia and hypertension [4]. Of note, dyslipidemia is frequently underdiagnosed and undertreated in PAD patients [5,6]. Apart from CHD, PAD has been associated with non-cardiac vascular diseases such as stroke, abdominal aortic aneurysms (AAA), carotid disease and atherosclerotic renal artery stenosis [7–10]. Links between PAD and metabolic diseases, including the metabolic syndrome (MetS) and non-alcoholic fatty liver disease (NAFLD), as well as chronic kidney disease (CKD) have also been reported [11–14]. These disorders may further increase CV risk [15–18].

According to the current guidelines (2016) of the American Heart Association (AHA)/the American College of Cardiology (ACC) on the management of PAD patients [19<sup>•</sup>], several drugs may be used to improve CV risk factors and reduce CV risk in these patients including antiplatelet, antihypertensive and hypolipidemic agents.

The present narrative review discusses the use of lipid-lowering drugs in PAD patients in terms of both CV and lower extremity outcomes. The use of these drugs in special patient populations such as those with MetS, NAFLD, CKD, and T2DM is also considered.

## Statins

Statins remain the first-line lipid-lowering therapy to treat PAD patients as recommended by the current AHA/ACC guidelines [19<sup>•</sup>]. Statins may beneficially affect not only the quantity but also the quality of LDL-C, as they have been reported to reduce the number of small dense LDL (sdLDL) particles [20,21]. Furthermore, statins can improve HDL functionality [22]. The clinical significance of these lipid abnormalities has been discussed elsewhere [23<sup>•</sup>,24]. Apart from improvements in the lipid profile, statins exert pleiotropic properties including plaque stabilization, regression of atheroma and anti-inflammatory effects, thus minimizing CV risk in PAD patients [25<sup>•</sup>,26].

## Statins in PAD patients

Statins were shown to decrease CV and limb morbidity as well as all-cause death in a cohort study of 1107 patients with intermittent claudication [27]. In patients with critical limb ischemia (CLI), statins reduced total mortality and CV events and increased amputation-free survival [28,29]. Similar benefits were observed in the First-Line Treatments in Patients With Critical Limb Ischemia (CRITISCH) registry following statin treatment; increased amputation-free survival was seen in several

populations of statin-treated patients including those with T2DM, CKD and older than 75 years as well as those undergoing endovascular therapy or bypass revascularization [30<sup>\*</sup>]. Statin therapy also decreased total mortality in PAD patients with atrial fibrillation [31]. Furthermore, statin users had reduced CV mortality and fewer lower-extremity amputations in a nationwide database of PAD patients with T2DM [32]. Similarly, in the REACH registry, statin therapy was associated with lower rate of limb outcomes such as worsening symptoms, amputations and revascularization [33]. Improved limb salvage at one year was also observed in PAD patients undergoing endovascular or surgical interventions who were treated with a statin preoperatively [34]. Similar benefits were observed in those administered a statin postoperatively [35]. Furthermore, in patients with both above-knee and below-knee amputations, statins decreased one-year mortality [36]. However, there are studies not reporting reductions in amputation rate following statin treatment in PAD patients [37].

Achievement of LDL-C < 70 mg/dl at a short-term follow-up period (mean duration 4.8 months) after endovascular intervention for PAD was associated with reduced all-cause mortality and CV morbidity [38<sup>\*</sup>]. Apart from lowering CV risk, attaining LDL-C targets in PAD patients can also improve limb symptoms [39]. Of note, high-intensity statin use (i.e. atorvastatin 40–80 mg or rosuvastatin 20–40 mg) was related to fewer CV events and improved survival compared with low-moderate statin therapy in patients with symptomatic PAD, despite similar LDL-C levels [40<sup>\*</sup>].

Statin therapy is recommended in PAD patients undergoing endovascular interventions as they can reduce revascularization rates and postoperative CV events [37]. Lower restenosis rates have been reported in statin-treated patients undergoing stent implantation in the femoropopliteal arteries [41]. Overall, statins may improve perioperative and long-term morbidity and mortality rates as well as infrainguinal bypass graft patency rates, graft restenosis and amputation incidence in PAD patients [42<sup>\*</sup>,43]. Statins may also prolong pain-free walking time or distance and improve quality of life in PAD patients [37,44,45].

PAD patients are suboptimally treated with statins, although statin therapy is indicated in these high-risk individuals [46–48]. In this context, PAD patients (as well as those with ischemic stroke and DM) were less likely to receive statin therapy compared with CHD patients [49]. Admission to a vascular surgery department can increase prescription of statins at discharge [50,51]. Furthermore, PAD patients involved in a guideline-recommended risk-reduction educational program that promoted the use of drugs reducing CV risk such as statins, were reported to have fewer CV and limb events

at the end of the seven-year follow-up period [52]. These findings strongly support the need to intensify the implementation of current guidelines, and especially statin use, in PAD patients.

### Statin therapy in PAD patients with comorbidities

CKD is frequently present in PAD patients, leading to increased limb and CV morbidity and mortality as well as worse outcomes following endovascular or surgical interventions [53,54]. Statins may improve renal function in different patient populations including those with CHD, MetS, T2DM, CKD, and PAD [55<sup>\*</sup>,56–59]; these conditions often coexist. Statins have also been shown to decrease the risk of vascular events in patients with advanced CKD [60] and the risk of contrast-induced acute kidney injury (CI-AKI), an important side effect of contrast media administration [61<sup>\*</sup>,62]. CI-AKI has been linked to increased CV and renal morbidity, total mortality and prolonged hospitalization [63].

Statin therapy is beneficial in several patient populations including those with MetS, NAFLD, and T2DM. In these patients, statins can not only improve lipids but also decrease CV risk [64,65<sup>\*</sup>,66]. In T2DM patients, statins may also reduce the risk for diabetic complications [67], whereas in NAFLD patients they can improve hepatic biochemical and histological features [15,17,65<sup>\*</sup>]. Therefore, in PAD patients with these cardiometabolic comorbidities, statins may exert several beneficial effects and should be administered.

PAD patients are more likely to develop AAA [68,69]. Therefore, current AHA/ACC guidelines recommend performing a screening duplex ultrasound for AAA in patients with symptomatic PAD [19<sup>\*</sup>]. Statins have been shown to lower CV mortality and slow AAA growth in patients with AAA but further evidence is needed to establish these associations as there are conflict reports [70,71].

Despite several beneficial effects, statins may increase the risk for new-onset diabetes (NOD) [72], especially in individuals at risk of developing T2DM such as women, obese, older (>70 years), of Asian ethnicity and those with prediabetes or MetS [73,74]. The statin-related risk for NOD depends on statin type and dose as well as duration of therapy [75]. Several molecular mechanisms have been proposed to explain the diabetogenic effect of statins [76]. There is a need to establish whether PAD patients are more prone to NOD development because in these patients several risk factors for NOD may coexist including older age, prediabetes, and MetS.

### Ezetimibe

Ezetimibe has been reported to improve the lipid profile and exert anti-atherogenic, antioxidant, and anti-inflammatory properties, thus further reducing CV risk [77<sup>\*</sup>].

Ezetimibe may also improve LDL quality by decreasing sdLDL particles [78], thus representing an attractive therapeutic option for patients with mixed dyslipidemia such as those with T2DM, MetS, or NAFLD [67,79–81]. Ezetimibe may be used as monotherapy in statin intolerant patients [82].

In patients with acute coronary syndrome as well as in those with advanced CKD, the combination of simvastatin plus ezetimibe was shown to significantly decrease the rate of CV events compared with simvastatin monotherapy in the Improved Reduction of Outcomes: Vytorin Efficacy International Trial (IMPROVE-IT) [83] and compared with placebo in the Study of Heart and Renal Protection (SHARP) [60], respectively. Of note, 5.5% of patients in the IMPROVE-IT trial had PAD. These findings strongly support the use of ezetimibe in such high-risk patients in order to achieve maximum CV benefit. Furthermore, based on the results of the IMPROVE-IT trial, the American Diabetes Association current (2017) guidelines recommend the use of ezetimibe plus statin combination in T2DM patients with LDL-C levels > 50 mg/dl after an acute coronary syndrome [84].

The effects of ezetimibe on PAD progression remain controversial; previous studies in PAD patients reported no benefit in terms of local atherosclerosis (vessel wall, lumen and volumes) and exercise performance following ezetimibe treatment when compared with statin monotherapy despite effective LDL lowering and improvements in the ankle-brachial index [85–87].

### Fibrates

Fibrates are useful drugs to treat mixed (atherogenic) dyslipidemia as they target not only TG metabolism but also increase HDL-C and decrease small dense LDL particles [88]. Therefore, fibrates may be considered in patients with T2DM, MetS or NAFLD who frequently have atherogenic dyslipidemia [89,90]. Especially, in T2DM patients, fenofibrate was shown to reduce CV events in those with elevated TG and low HDL-C levels as reported in the Action to Control Cardiovascular Risk in Diabetes (ACCORD) Lipid trial [91] and the ACCORDION [92], whereas in the Fenofibrate Intervention and Event Lowering in Diabetes (FIELD) study, fenofibrate was found to decrease the rate of total CV events and non-fatal myocardial infarction as well as microvascular complications, including nephropathy, in T2DM patients [93]. Furthermore, fenofibrate treatment was associated with a lower risk of amputation in T2DM patients in the FIELD study [94], thus highlighting its potential protective role also in PAD patients. Interestingly, a previous meta-analysis found that fibrates significantly reduced albuminuria as well as CV morbidity and mortality in CKD patients [95]. These benefits may be of clinical importance in fibrate-treated PAD patients. However,

fibrates may raise serum creatinine levels by up to 30%, leading to an acute reduction in estimated glomerular filtration rate (eGFR), possibly due to an increase in the production of creatinine or vasodilatory prostaglandins, thus not causing true kidney dysfunction [96]. This effect can be reversible and may mask an underlying renal benefit [95].

In PAD patients, fibrates may be considered in patients with low HDL and elevated TG levels to treat atherogenic dyslipidemia as suggested by previous guidelines [97]. Furthermore, in the Lower Extremity Arterial Disease Event Reduction (LEADER) trial [98] bezafibrate significantly reduced CHD morbidity in elderly men with PAD. More research is needed to elucidate the effects of fibrates on PAD outcomes.

### Niacin

Niacin can increase HDL-C levels but this benefit was not related to reduced CV risk [99] as reported in the Atherothrombosis Intervention in Metabolic Syndrome with Low HDL/High Triglycerides: Impact on Global Health Outcomes (AIM-HIGH) trial [100] and the Heart Protection Study 2-Treatment of HDL to Reduce the Incidence of Vascular Events (HPS2-THRIVE) [101]. Due to these negative results in terms of CV risk as well as niacin-induced serious adverse events (gastrointestinal, musculoskeletal, and skin-related), niacin was withdrawn from the EU market [102].

Limited data exist on the use of niacin in PAD patients. In the Cholesterol Lowering Atherosclerosis Study (CLAS), colestipol plus niacin led to TG decreases and HDL-C increases, along with LDL-C reductions; these lipid improvements were associated with a slower atherosclerosis progression in femoral arteries [103]. However, in the Effect of Lipid Modification on Peripheral Artery Disease after Endovascular Intervention Trial (ELIMIT), no changes were observed in vessel wall, lumen and volumes of the femoral arteries following niacin therapy (combined with ezetimibe and simvastatin) in PAD patients [86]. Furthermore, in such patients, no benefits were recorded in terms of treadmill walking time and claudication onset time after niacin treatment [104]. Of note, coagulation factors were significantly decreased in niacin-treated PAD patients as reported in the Arterial Disease Multiple Intervention Trial (ADMIT) [105]. Niacin was also shown to promote recovery of limb function and revascularization in mice with peripheral ischemia [106].

### Cholesteryl ester transfer protein (CETP) inhibitors

CETP inhibitors were developed as HDL-C-raising drugs [107]. However, torcetrapib was associated with increased CV morbidity and mortality probably due to off-target effects in the Investigation of Lipid Level

Management to Understand its Impact in Atherosclerotic Events (ILLUMINATE) trial [108], whereas dalcetrapib and evacetrapib had neutral CV effects in the dal-OUTCOMES study [109] and the Assessment of Clinical Effects of Cholesteryl Ester Transfer Protein Inhibition with Evacetrapib in Patients at a High Risk for Vascular Outcomes (ACCELERATE) trial [110], respectively, leading to discontinuation of their development [111–113]. In contrast, anacetrapib is the only CETP inhibitor that was reported to significantly decrease the incidence of major coronary events in patients with CV disease in the recently published phase 3 Randomized Evaluation of the Effects of Anacetrapib through Lipid Modification (REVEAL) trial [114]. Of note, approximately 8% of these patients had PAD. However, anacetrapib was found to slightly increase blood pressure (by 0.7/0.3 mmHg for systolic/diastolic blood pressure) and to accumulate in adipose tissue [114]. Significantly more patients had estimated glomerular filtration rate <60 ml/min/1.73 m<sup>2</sup> in the anacetrapib group compared with placebo (11.5 versus 10.6%;  $p = 0.04$ ) [114]. It should be noted that anacetrapib is not available in the market yet and the manufacturing company decided against filing for approval of the drug [115].

### Proprotein convertase subtilisin/kexin type 9 (PCSK9) inhibitors

PCSK9 inhibitors are a novel class of lipid-lowering drugs administered subcutaneously every two weeks or once a month [116,117]. These drugs have been reported to significantly reduce LDL-C up to 73% when co-administered with a statin  $\pm$  ezetimibe as well as improve other lipid parameters including lipoprotein (a) [118]. There are two PCSK9 inhibitors approved by both the Food and Drug Administration (FDA) and the European Medicine Agency (EMA): evolocumab and alirocumab. Previous analyses reported potential CV benefits following treatment with these drugs [119,120]. Furthermore, evolocumab was shown to significantly reduce CV morbidity in patients with CV disease and baseline LDL-C  $\geq 70$  mg/dl (1.8 mmol/l) treated with a statin and/or ezetimibe in the Further Cardiovascular Outcomes Research with PCSK9 Inhibition in Subjects with Elevated Risk (FOURIER) trial [121]. Of note, 13.2% of the patients had symptomatic PAD. Furthermore, evolocumab did not affect glucose metabolism and exerted its CV benefits to a similar extent in patients with and without T2DM [122]. The results of the ongoing randomized, placebo-controlled, double-blind CV outcome clinical trial with alirocumab [the Evaluation of Cardiovascular Outcomes After an Acute Coronary Syndrome During Treatment With Alirocumab (ODYSSEY OUTCOMES) trial] will further elucidate the effects of PCSK9 inhibitors on CV risk [123]. With regard to safety, adverse events were tolerable and minimal following treatment with PCSK9 inhibitors, although currently available data are limited in terms of both absolute numbers and follow-up time [124]. A recent

meta-analysis did not find an increased rate of musculoskeletal and neurocognitive side effects with PCSK9 inhibitors [125]. Further trials are needed to establish the safety of these drugs as well as their efficacy in special patient populations such as those with PAD, CKD, MetS and NAFLD.

Interestingly, PCSK9 inhibitors can significantly decrease lipoprotein (a) [Lp(a)] levels [126]. Elevated Lp(a) concentrations have been associated with increased CV risk [127] as well as with the presence of AAA [128,129]. As PAD patients have a higher prevalence of AAA than the general population (as discussed above), the use of drugs may minimize the risk for developing AAA by lowering Lp(a) levels. This may represent an attractive therapeutic option.

### Conclusions

Statin therapy is recommended for PAD patients in order to treat dyslipidemia and reduce CV risk. Statins may also improve limb morbidity and outcomes after vascular interventions, pain-free walking distance and quality of life, as well as decrease all-cause mortality in these patients. Furthermore, statins exert beneficial pleiotropic effects in patients with T2DM, MetS, NAFLD, and CKD. These metabolic disorders may frequently co-exist with PAD, thus highlighting the clinical implications of statin treatment in these high-risk patients. Ezetimibe may be used in combination with statins, especially in patients with mixed dyslipidemia. Fibrates can also be used with statins but some degree of caution is required. Further research is needed to elucidate the efficacy and safety of other lipid-lowering drugs such as anacetrapib and PCSK9 inhibitors in PAD patients.

### Conflict of interest statement

This review was written independently; no company or institution supported the authors financially or by providing a professional writer. NK has given talks, attended conferences and participated in trials sponsored by Amgen, Angelini, Astra Zeneca, Boehringer Ingelheim, Elpen, Galenica, MSD, Novartis, Novo Nordisk, Sanofi and Win Medica. ADG has nothing to declare. VGA has given talks, attended conferences and participated in trials sponsored by MSD, Angelini, Sanofi, and Amgen. DPM has given talks and attended conferences sponsored by MSD, AstraZeneca and Libytec.

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