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Ohio Cardiovascular Health Collaborative

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Cardi-OH ECHO Hypertension

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Disclosure Statements

The following planners, speakers, moderators, and/or panelists of the CME activity have financial relationships with commercial interests to disclose:

- Adam T. Perzynski, PhD reports being co-founder of Global Health Metrics LLC, a Cleveland-based software company and royalty agreements for forthcoming books with Springer publishing and Taylor Francis publishing.
- Siran M. Koroukian, PhD reports ownership interests in American Renal Associates, and Research Investigator subcontract support from Celgene Corporation.
- George L. Bakris, MD reports partial salary from Bayer as FIDELIO PI, partial salary from Janssen as CREDENCE Steering Committee, partial salary from Vascular Dynamics as Calm-2 Steering Committee, and receiving honorarium as a consultant to Merck, NovoNordisk.
- Luke J. Laffin, MD reports being a member of the Hypertension Committee for the CALM-2 Trial of endovascular baroreceptor amplification (EVBA) procedure from Vascular Dynamics.
- These financial relationships are outside the presented work.

All other planners, speakers, moderators, and/or panelists of the CME activity have no financial relationships with commercial interests to disclose.

Diagnosis and Evaluation of Secondary Hypertension

Sheru K. Kansal, MD

Nephrology and Hypertension

University Hospitals of Cleveland

Assistant Professor of Medicine

Case Western Reserve University

Objectives

- Define “secondary hypertension”.
- List the three most common causes of secondary hypertension.
- Describe the diagnostic evaluation of a patient with suspected renal disease or primary aldosteronism as a cause for hypertension.

Epidemiology

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TYPE	PREVALENCE
ESSENTIAL HTN	90-95%
SECONDARY	
PRIMARY RENAL DISEASE - **CKD** - Urinary tract obstruction (ie Page Kidney) - Renin producing tumor - Liddle's	3-6%
RENOVASCULAR DISEASE	0.5-4.0%
MEDS	
OBSTRUCTIVE SLEEP APNEA	
ENDOCRINE - **PRIMARY HYPERALDOSTERONSIM** - HYPER/HYPO-TSH - PHEOCHROMOYTOMA - CONGENITAL ADRENAL HYPERPLASIA	1-15%

Chronic Kidney Disease & Hypertension

- CKD patients 80-85% have HTN
  - Prevalence of HTN increase as CKD gets worse
- Pathogenesis
  - Na retention – degree of extracellular volume expansion may NOT lead to edema
  - Increase renin-angiotensin activity
  - Increased activity of sympathetic system
- Diuretics
  - Chlorthaldione has half life twice that of HCTZ
  - Use loop when GFR < 30
    - Lasix should be bid at least d/t short half life

Chronic Kidney Disease & Hypertension- Treatment

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Proteinuric CKD

First line - ACEi or ARB

- Blocks renin-angiotensin axis
- Reduces proteinuria
- Slows progression of CKD
- Combo ACEi/ARB (or ARB/DRI) can reduce proteinuria more so than mono therapy but not generally recommended
  - In DM combo does not improve renal outcomes and increase risk of AKI, hospitalization, and hyperK
  - Does not provide additive effect on BP
- Second line – diuretics
  - Enhances anti-HTN and anti-proteinuric effect of ACEi/ARB

Nonproteinuric CKD

First line

- No specific benefit to any particular drug class
- If edematous – start with diuretic

Renovascular Hypertension

- Pathogenesis of HTN similar to that in CKD
  - Na retention
  - Activation of renin-angiotensin system

- Etiology
  - ASD > 2/3 of cases
  - FMD the rest

Whom to Re-Vascularize

- FMD revascularization improves BP in 60-80%
- ASD revascularization improves BP < 50%
  - Patients with large vessel ASD likely have small vessel ASD
  - Several RCT's have found no benefit of revascularization compared to medical therapy
    - ASTRAL
    - CORAL
  - Selection bias in RCT's
    - Observational studies have generally shown benefit to revascularization
  - Criteria for revascularization in ASD
    - Progressive ischemic CKD
    - Failure of optimal medical therapy (or intolerance)
    - Short duration of HTN
    - Recurrent flash pulm edema or refractory CHF

Diagnosis

- Patient selection is critical
  - Diagnostic testing for RVD is not indicated unless patient meets criteria for revascularization
    - Optimize medications before proceeding w/ evaluation
      - ACEi/ARB +/- diuretics most likely to be effective
      - May result in rising sCr but that in of itself does not warrant discontinuation

- Specific testing
  - Duplex – Cheap and non-invasive but technically difficult and operator dependent
  - CTA – Good sensitivity and specificity but requires dye load
  - MRA – Good sensitivity and specificity. May or may not require gadolinium
  - Captopril renogram – Reasonable specificity but poor sensistivities – misses a lot of patients that would respond to revascularization
  - Plasma renin – Poor sensitivity and specificity

Obstructive Sleep Apnea

- Patients with OSA more likely to have HTN than non-OSA
  - 50% of OSA patients have HTN
- Patients with resistant HTN often have OSA
  - 75% of resistant HTN patients have OSA
- Treatment of OSA results in improvement in BP
  - Effect of CPAP is minor but significant (2-3mmHg)
  - Those with excessive daytime sleepiness or very severe OSA tend to have more pronounced improvement in BP
  - Most trials have looked at CPAP but other devices do seem to help

Drug-Induced Hypertension: Prescription Medications

- Steroids
- Estrogens
- NSAIDS
- Phenylpropanolamines
- Cyclosporine/tacrolimus
- Erythropoietin
- Sibutramine
- Methylphenidate
- Ergotamine
- Ketamine
- Desflurane
- Carbamazepine
- Bromocryptine
- Metoclopramide
- Antidepressants
  - Venlafaxine
- Buspirone
- Clonidine

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Primary Hyperaldosteronism

- Rarer cause of secondary HTN but concerns re “sub-clinical” PH
  - Variable prevalence noted in literature anywhere from 4-13% in primary care and up to 30% in referral centers
  - Aldactone added as second line therapy in JNC 8 guidelines
- Classic triad
  - HTN
  - HypoK
  - Metabolic alkalosis
- HypoK not consistent
  - Renal K wasting requires high sodium intake and elevated aldosterone levels
  - Diuretic induced hypoK may represent PH

Diagnosis

- Serum aldosterone and renin
  - Renin should be suppressed with high aldosterone level
  - Criteria
    - ALDO/RENIN > 20 + ALDO > 25 is diagnostic
    - Levels are dependent on sodium intake and posture and may vary minute to minute
    - RENIN < 1.0 raises concern for suppressed renin
      - ACEi/ARB and diuretics lead to elevated renin levels – suppressed renin in these settings very suggestive of PH
- Salt loading 24hr
  - High sodium intake will suppress normal aldosterone secretion
  - Measure Na and aldo on high salt diet → if Na > 200 and aldo > 12 then PH

Treatment

Medical therapy

- Mineralcorticoid agonists
  - Dose titrated to normokalemia
  - Aldactone
    - Long-acting
    - Numerous AE
    - Inexpensive
  - Inspra
    - Short-acting
    - Less side effects
    - Expensive
- BP will improve over weeks so de-escalate meds slowly
- Expect increase in sCr after initiation

Surgical therapy

- Unilateral disease in 30-40%
- Adrenal vein sampling - Indicated in all pts considering surgery and are surgical candidates except
  - Age < 40 and unilateral adenoma
  - Adrenal carcinoma or large adenoma > 5cm
- De-escalate meds immediately after surgery
  - Stop MRA
  - Stop all hyperK inducing meds

PH Outcomes

Surgery versus Medical therapy

- Historical data suggest patients with PH have more CVD than non-PH independent of BP
  - Adrenalectomy for those eligible has been treatment of choice
- Recent data suggest if renin unsuppressed that outcomes similar to general population

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Thank you!

Questions/Discussion