

Assessment of βeta blocker interruption one Year after an uncomplicated myocardial infarction on Safety and Symptomatic cardiac events requiring hospitalization

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Pr Johanne SILVAIN - August 30th, 2024

*In memoriam of Jean-Philippe Collet who actively participated in the trial as investigator
and Steering Committee member*

Disclosures

Pr Johanne SILVAIN declares the following financial relationship, all outside the scope of this trial.

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Proctoring : Abbott Medical

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Background

- The historical benefit of treatment with β -blocker (β B) after a myocardial infarction (MI) is being questioned in our era of modern reperfusion strategies.

- The safety of the interruption of chronic β B treatment is unknown.

Hypothesis

- β B interruption among patients with a history of MI , preserved LVEF (>40%), would be clinically safe and improve patients' quality of life (QoL).

Methods

- Academic, multicenter, open label, randomized, non-inferiority trial conducted at 49 sites in France.



Study Organization

Academic Research Organization

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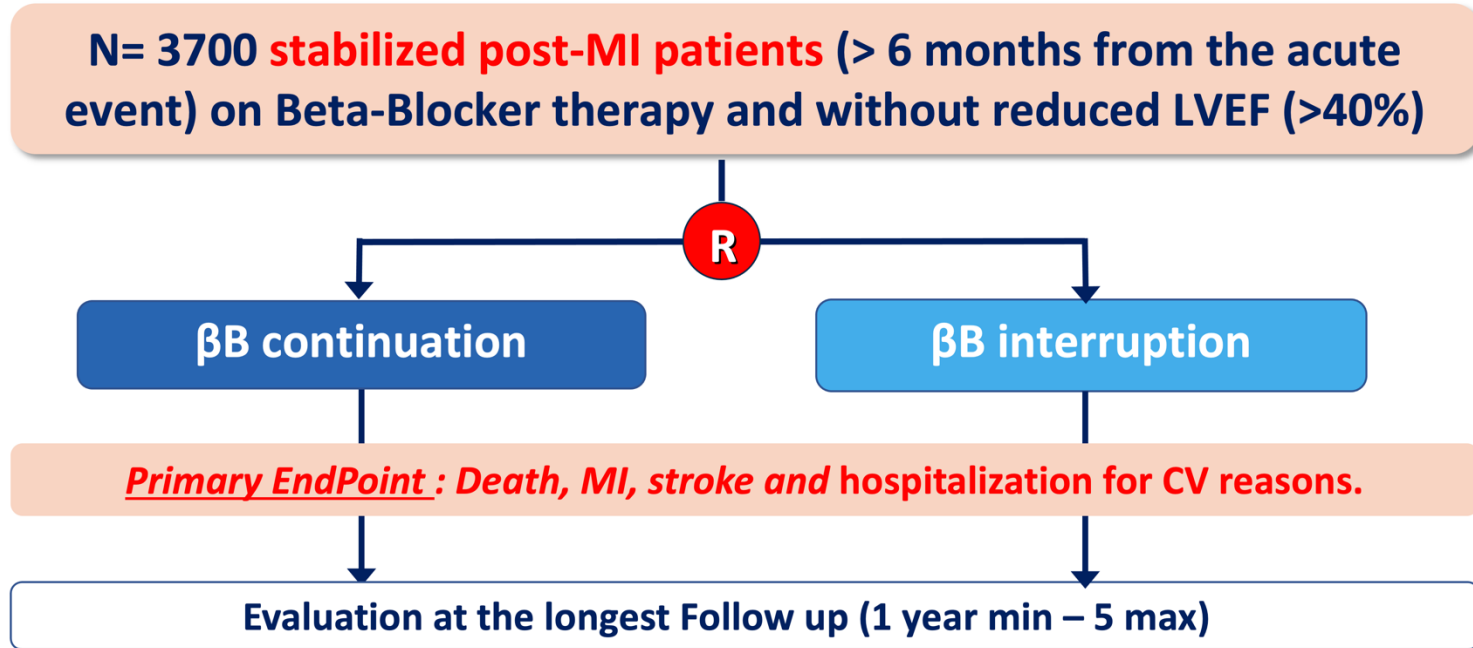
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Study Design



NCT03498066 - EUDRACT No: 2017-003903-23

Inclusion Criteria

1. Patients \geq 18 years of age
2. Current treatment with β B
3. Prior acute MI \geq 6 months before randomization

Exclusion Criteria

1. Recent ACS (<6 months)
2. Altered LVEF <40%
3. Other primary indication for β B
 - Uncontrolled high blood pressure (HBP)
 - Prior episode of heart failure in the past 2 years
 - Persistent angina or ischemia
 - Prior episode of ventricular or supraventricular arrhythmia in the past year

Outcomes

Primary end point : Death, MI, stroke, or hospitalization for cardiovascular (CV) reasons

Main secondary end point : Change in QoL as measured by the European Quality of Life–5 Dimensions (EQ5D) questionnaire

Other secondary end points :

- Death, MI, stroke
- Death, MI, stroke, or hospitalization for heart failure
- Blood pressure and heart rate control

Clinical endpoints were evaluated at 6 months, 12 months and every year until the longest follow-up (minimum, 1 year).

Analysis Plan and Power



- 80% power to test the non-inferiority hypothesis for a prespecified margin of **3% in absolute risk difference** assuming overall event rate of 12%
- Sample size 3700 participants
- **Non-inferiority study** based on concordance of conclusions made in both ITT and PP populations , two-sided test with $\alpha=0.05$, log-binomial regression model using multiple imputation

Key Baseline Characteristics

	βB INTERRUPTION N = 1846	βB CONTINUATION N = 1852
Age — yr	63.5 ± 11.2	63.5 ± 10.9
Male sex — no. (%)	1530 (82.9)	1531 (82.6)
Hypertension — no. (%)	786 (42.6)	805 (43.4)
Diabetes — no. (%)	372 (20.1)	375 (20.2)
Past medical history		
ST-segment elevation MI — no. (%)	1168 (63.3)	1162 (62.7%)
Median duration between MI and randomization (IQR)— yr	2.9 (1.2—6.2)	2.8 (1.1—6.6)
Revascularization for the MI event — no. (%)	1755 (95.1)	1757 (94.8)
Health status at baseline		
Median LVEF at randomization (IQR) — %	60 (52—60)	60 (52—60)
Patients with LVEF between 40 to 50% — no. (%)	430 (23.3)	435 (23.5)
Residual angina — no. (%)	21 (1.1)	30 (1.6)
Median Heart Rate (IQR)— BPM	63 (57—71)	63 (57—71)
Median systolic blood pressure (IQR)— mm Hg	132 (121—144)	131 (121—144)
Median diastolic blood pressure (IQR) — mm Hg	77 (70—83)	77 (70—83)
LDL cholesterol - Median (IQR) - mg/dl	70 (56—91)	73 (56—95)

Follow up

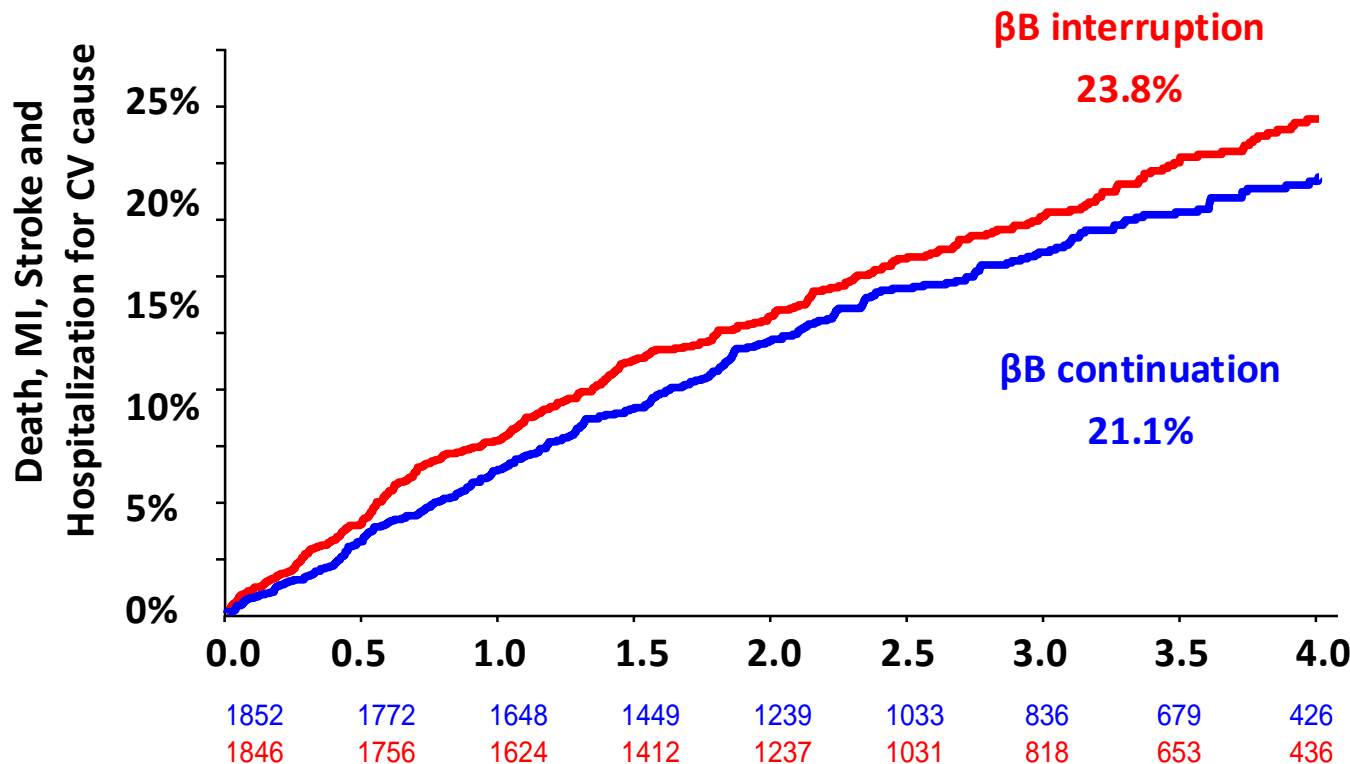


- Randomization between **August 28, 2018**, and **September 12, 2022**; scheduled recruitment continued during the coronavirus disease 2019 pandemic and lockdown in France.
- Patients were followed for a **median of 3.0 years** (interquartile range, 2.0 to 4.0) up to 5 years (minimum one year).
- **Low rate of cross over (5.7%)** from one strategy to the other (209 patients) and was more frequent in the interruption group (158 patients [**8.6%**]) than in the continuation group (51 patients [**2.8%**]).



Primary Results

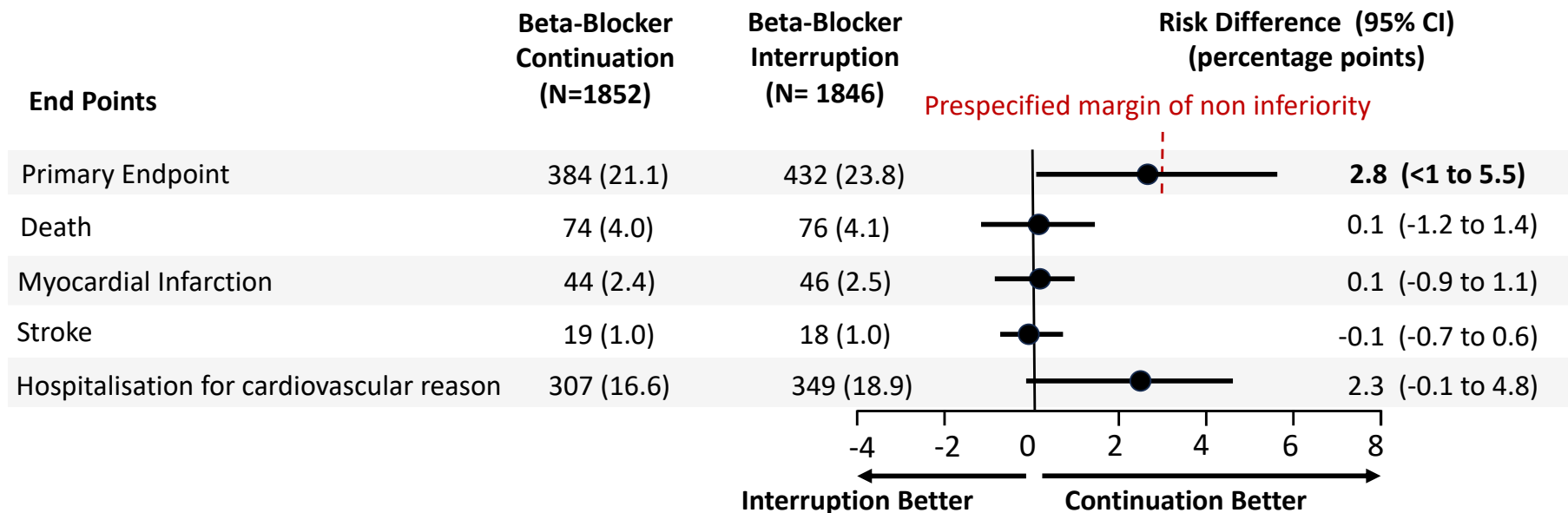
Primary Outcome



ITT
HR 1.16
(95% CI) 1.01 to 1.33
p = 0.44 for non-inferiority

Per Protocol
HR 1.06
(95% CI) 0.92 to 1.22
p = 0.09 for non-inferiority

Primary Outcome Components

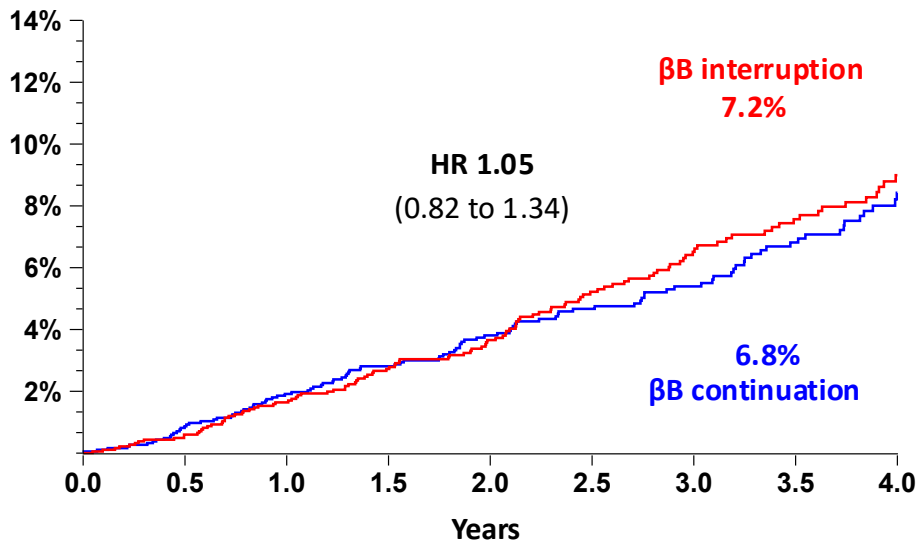


Interruption of β B treatment was **NOT non-inferior** to a strategy of β B continuation

Secondary Outcomes

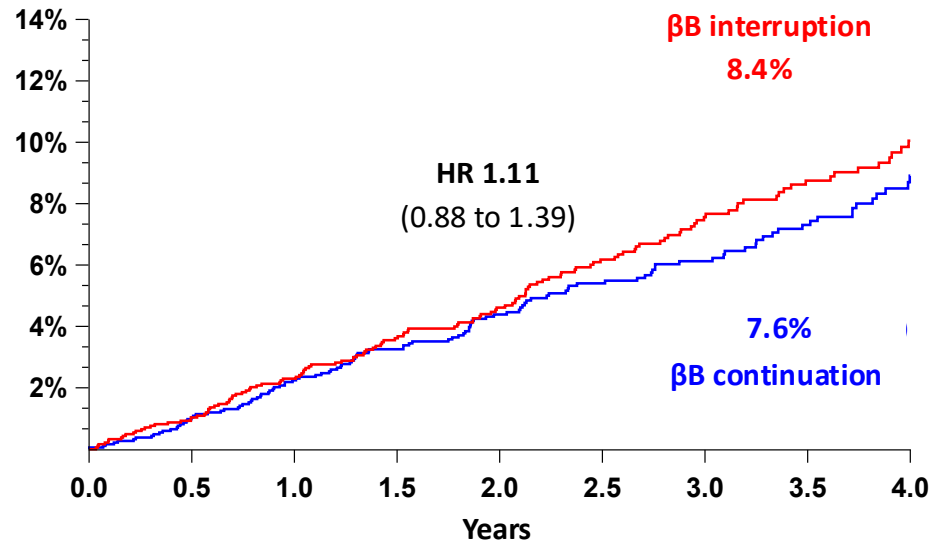


Death, MI, Stroke



1852	1817	1724	1541	1344	1127	909	723	429
1846	1821	1729	1545	1360	1141	899	715	441

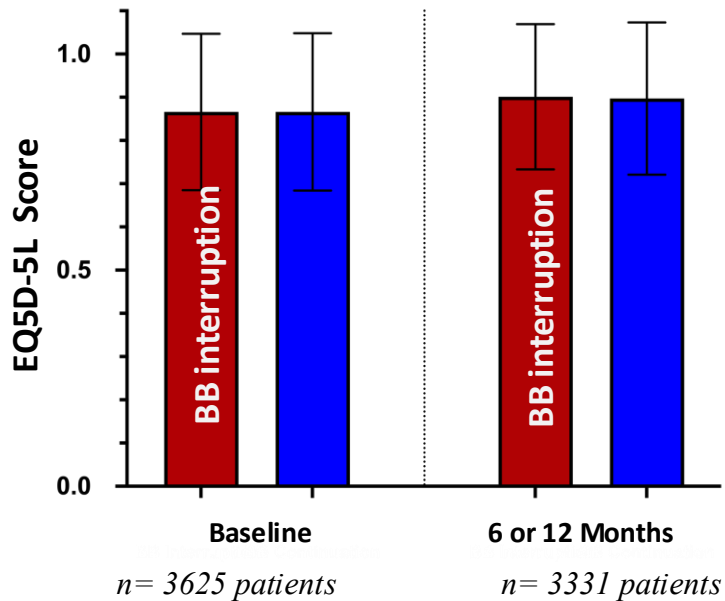
Death, MI, Stroke and Hospitalization for Heart Failure



1852	1814	1718	1533	1334	1117	902	720	429
1846	1813	1717	1530	1344	1125	888	706	440

Quality of Life

Mean Difference between groups
(95% CI) 0.002 (-0.008 to 0.012)



No improvement of Quality of Life

Hospitalization

End points — no. (%)

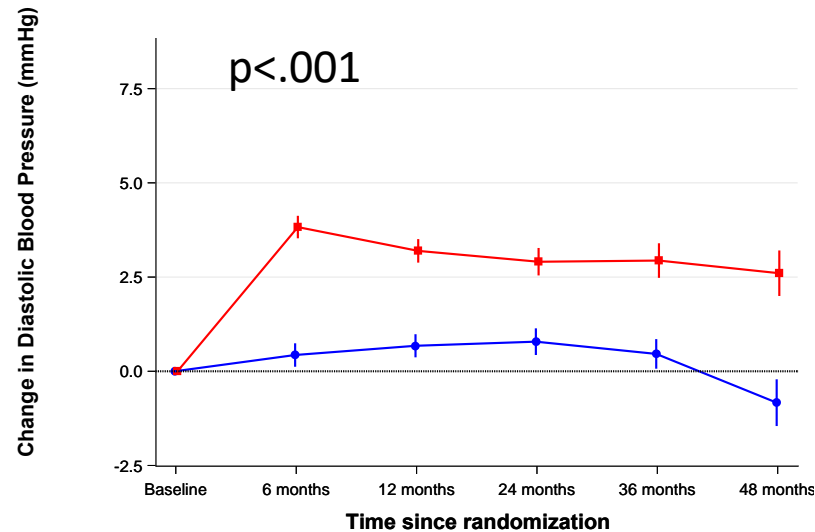
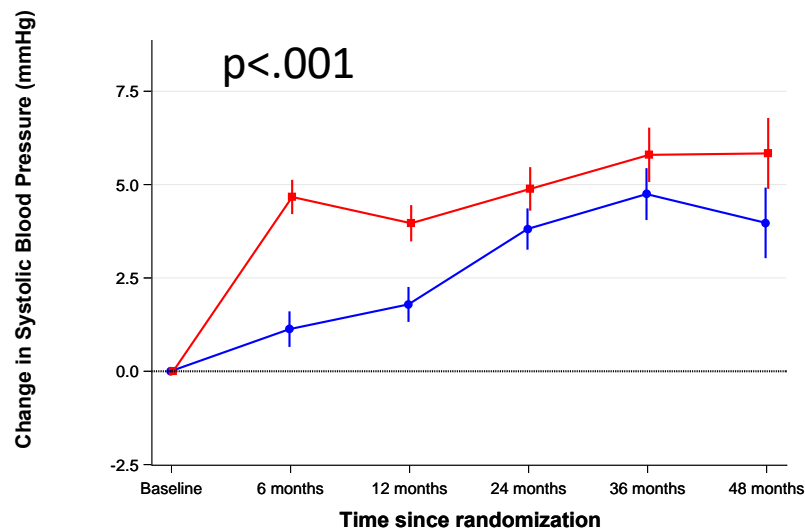
	β B interruption N = 1846	β B continuation N = 1852
Hospitalization for cardiovascular reason	349 (18.9%)	307 (16.6%)
Coronary-related reasons		
Angina/ischemia	67 (3.6)	55 (3.0)
Angiography	146 (7.9)	117 (6.3)
Percutaneous coronary intervention	90 (4.9)	84 (4.5)
Coronary artery bypass graft surgery	4 (0.2)	4 (0.2)

Higher rate of coronary-related reasons



Secondary Results

Effect of β B interruption on Blood Pressure



No. with Data

β -blocker continuation	1813	1323	1414	1072	727	413
β -blocker interruption	1810	1413	1441	1067	719	408

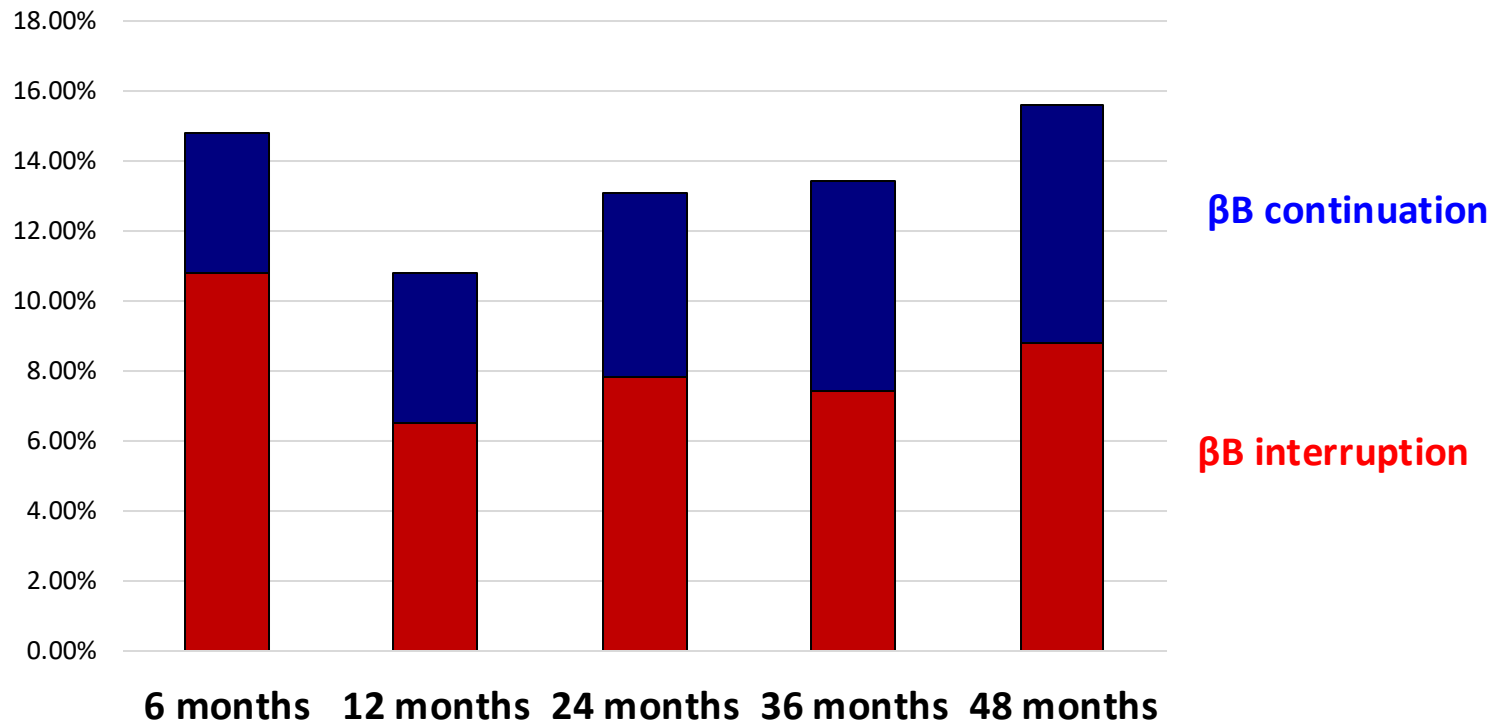
No. with Data

β -blocker continuation	1814	1321	1413	1072	726	412
β -blocker interruption	1810	1413	1440	1068	719	408

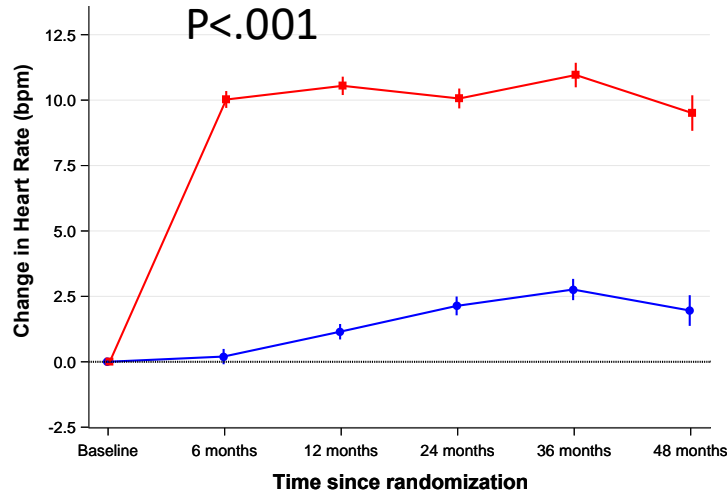
β B interruption group at 6 months resulted in an increase of :
+ 3.7 mmHg Systolic Blood Pressure [2.6, 4.8 mmHg]; p<.001
+ 3.9 mmHg Diastolic Blood Pressure [3.0, 4.0 mmHg]; p<.001

Any increase of antihypertensive therapy

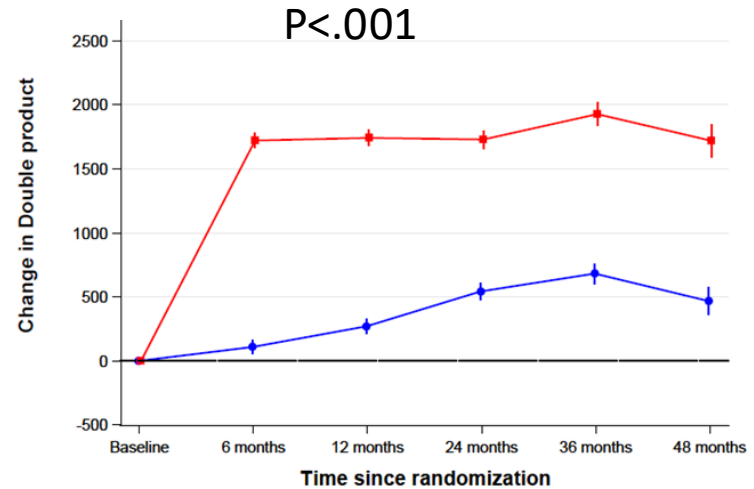
Increase in dose and/or addition of drug



Effect of β B interruption on Heart Rate control



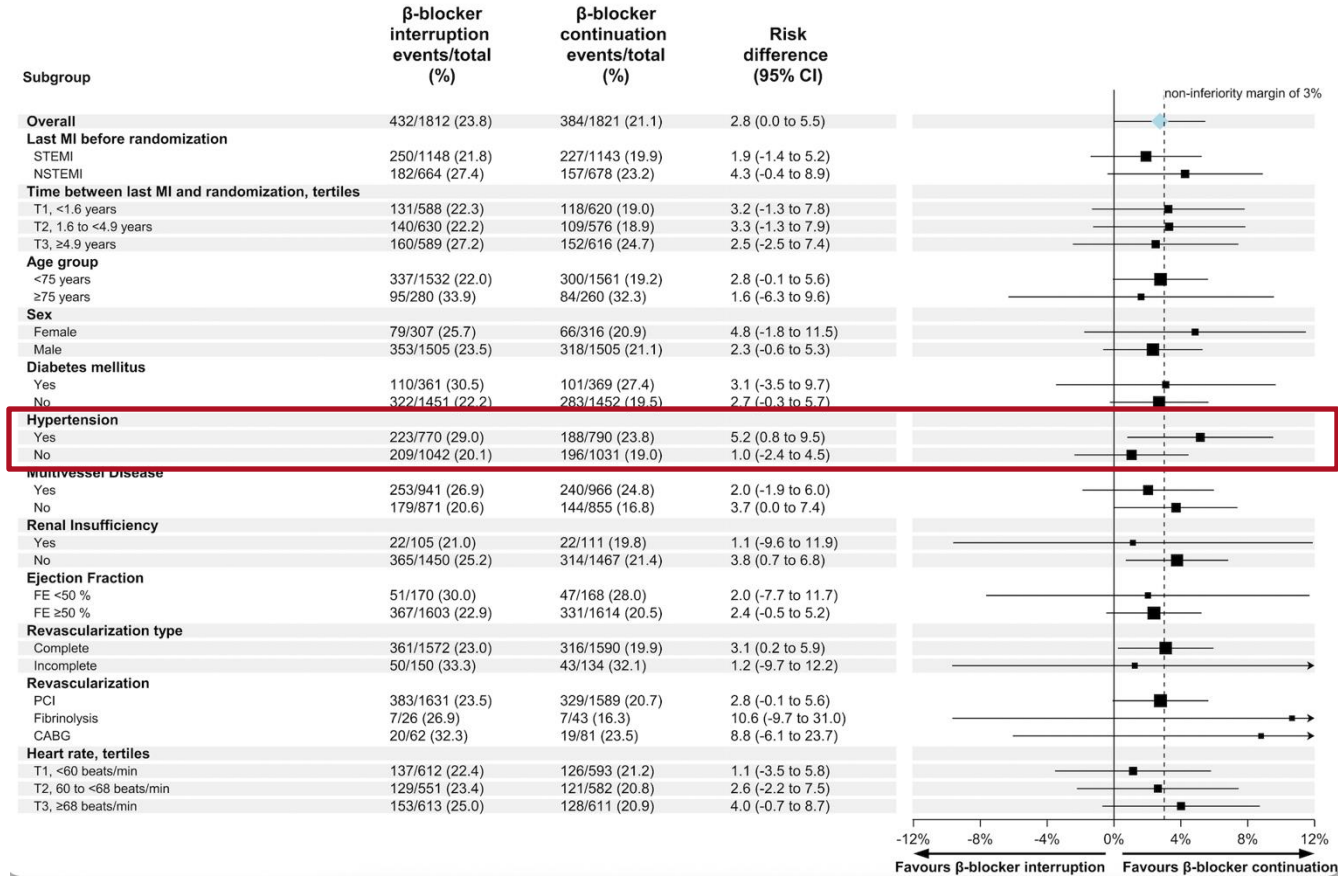
No. with Data		Baseline	6 months	12 months	24 months	36 months	48 months
β -blocker continuation	1815	1312	1402	1040	708	394	
β -blocker interruption	1808	1409	1415	1046	679	394	



No. with Data		Baseline	6 months	12 months	24 months	36 months	48 months
β -blocker continuation	1789	1280	1369	1019	689	387	
β -blocker interruption	1791	1379	1391	1026	673	382	

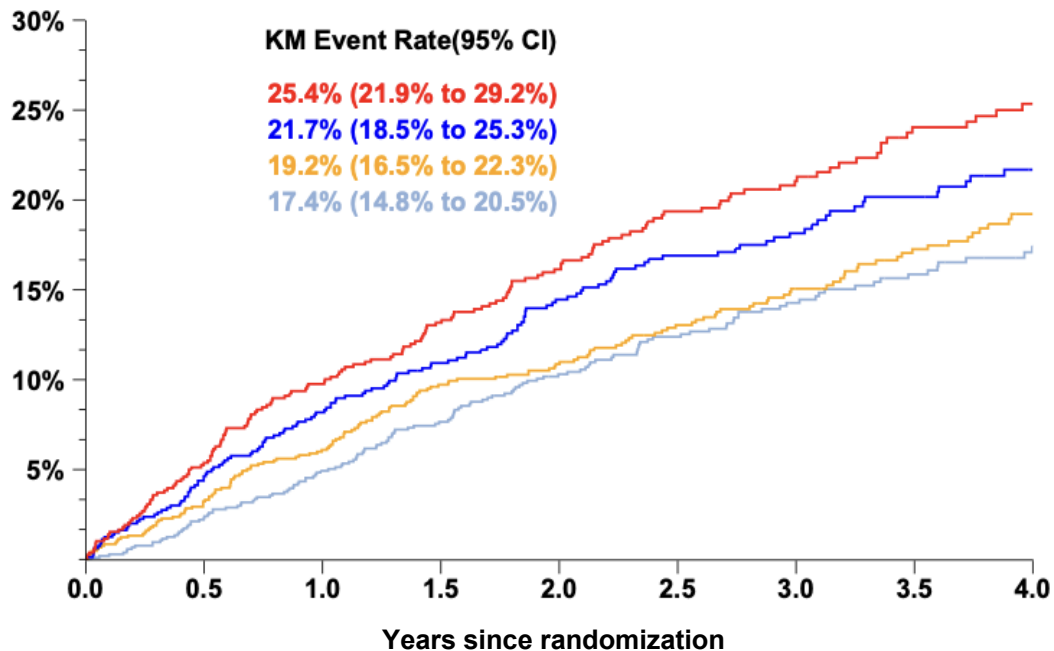
β B interruption group at 6 months resulted in an increase of :
+ 9.8 bpm Resting Heart Rate [9.1, 10.6 bpm] , P<.001
+1616 Double Product (SBP x HR)[1484, 1749], P<.001

Prespecified Subgroup



43% of the population had hypertension at baseline

Primary Endpoint in Hypertensive (HBP) patients



adjHR 1.18
95%CI 1.01 to 1.36
P=0.03

adjHR 1.05
95%CI 0.86 to 1.28
P=.64

No. at Risk

No HBP β -blocker continuation	1047	1013	947	837	711	591	482	388	235
No HBP β -blocker interruption	1060	1019	948	831	725	604	491	392	243
HBP β -blocker continuation	805	759	701	612	528	442	354	291	191
HBP β -blocker interruption	786	737	676	581	512	427	327	261	193

A study of the ACTION Group

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Limitations of the trial



- **Prospective randomized open blinded end-point (PROBE)** study design
=> all events were adjudicated in a blinded fashion.
- **Hospitalization for Cardio-Vascular reason** is a soft endpoint but important in the life of patients.
- **The 3% absolute risk margin of non-inferiority** can be discussed

Key Messages

- ABYSS did not demonstrate the safety of **β B interruption in MI patients with preserved LVEF** , a strategy that led to a higher rate of hospitalizations especially in hypertensive patients.
- **β B interruption** did not improve patient's quality of life and **increased Blood Pressure, resting Heart Rate**

Thanks to all 259 investigators !



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ORIGINAL ARTICLE

Beta-Blocker Interruption or Continuation after Myocardial Infarction

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