

Istituto Superiore di Sanità
III Convegno

PREVENIRE LE COMPLICANZE DEL DIABETE DALLA RICERCA DI BASE ALL'ASSISTENZA

Roma, 16 febbraio 2009

Applicazioni cliniche della ricerca in retinopatia diabetica

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FROM BENCH TO BEDSIDE



Ovvero ...

la storia di quattro storie
finite in modo inatteso
e di una che non si sa
ancora come finirà ...

Storia n° 1 - Somatostatina



GH/IGF-I Axis and DR

1952: Sheehan syndrome (post-partum pituitary apoplexy) observed to revert PDR

1950-70: Pituitary ablation effective in arresting progression of PDR

1960-70: Growth hormone levels increased in diabetes

1980-90: Insulin-like growth factor-I (IGF-1) increased in vitreous of eyes with PDR

1980-90: Somatostatin may slow florid PDR

1990- : Role of GH and IGF-1 in angiogenesis

THE HOUSSAY PHENOMENON IN MAN

Recovery from Retinopathy in a Case of Diabetes With Simmonds' Disease

Jacob E. Poulsen, M.D. GENTOFTE, DENMARK

In a rare but instructive combination of endocrine disorders, nature has made the Houssay experiment in the human being. This has been observed in a small number of cases of diabetes, when damage to the pituitary gland by disease has caused loss of pituitary function with resultant modification of the diabetes. The changes in the ocular complications of diabetes observed in the following case are of special interests.

almost all the hospitals in Copenhagen. From 1936 to 1939, she was admitted 11 times to Steno Memorial Hospital, on each occasion with ketosis and often with infectious complications.

CASE REPORT

A female patient, born in 1915, had diabetes which began in 1924. During childhood and early youth it was very difficult to keep her diabetes under control; she was careless and uncooperative in regard to treatment. She had coma at least 20 times and was admitted to

IGFs in DR

- Elevated vitreous levels of IGF-I and -II found in patients with diabetic retinopathy^{1,2}
- IGF-I actions in the retina
 - Induce leakage across blood retinal barrier³
 - Stimulate neovascularization⁴
 - Stimulate contraction of Müller cells⁵
 - Upregulate VEGF expression in retinal pigment epithelial cells
- Inhibition of IGF-I receptor function inhibits neovascularization⁶

1. Grant et al. *Diabetes*. 1986;35:416.; 2. Burgos et al. *Diabetes Care*. 2000;23:80.

3. Hussain et al. *Diabetes*. 1995;44:1209. ; 4. Castellon et al. *Exp Eye Res*. 2002;74:523.

5. Guidry et al. *Diabetes*. 2004;53:2428.; 6. Smith et al. *Nat Med*. 1999;5:1390.

IGF-I concentrations in Vitreous (Grant et al., 1986)

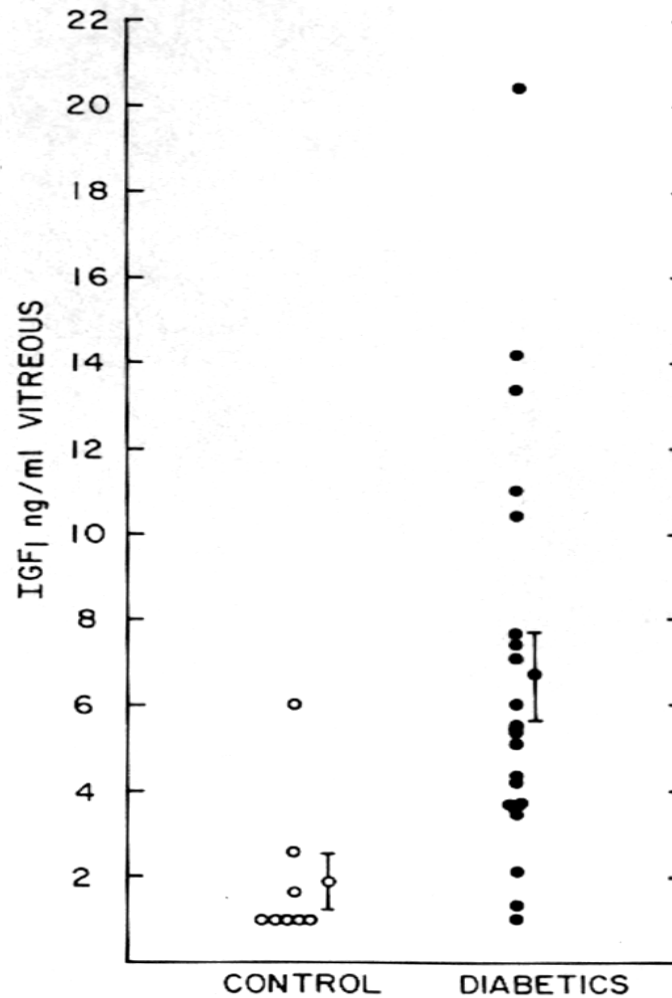
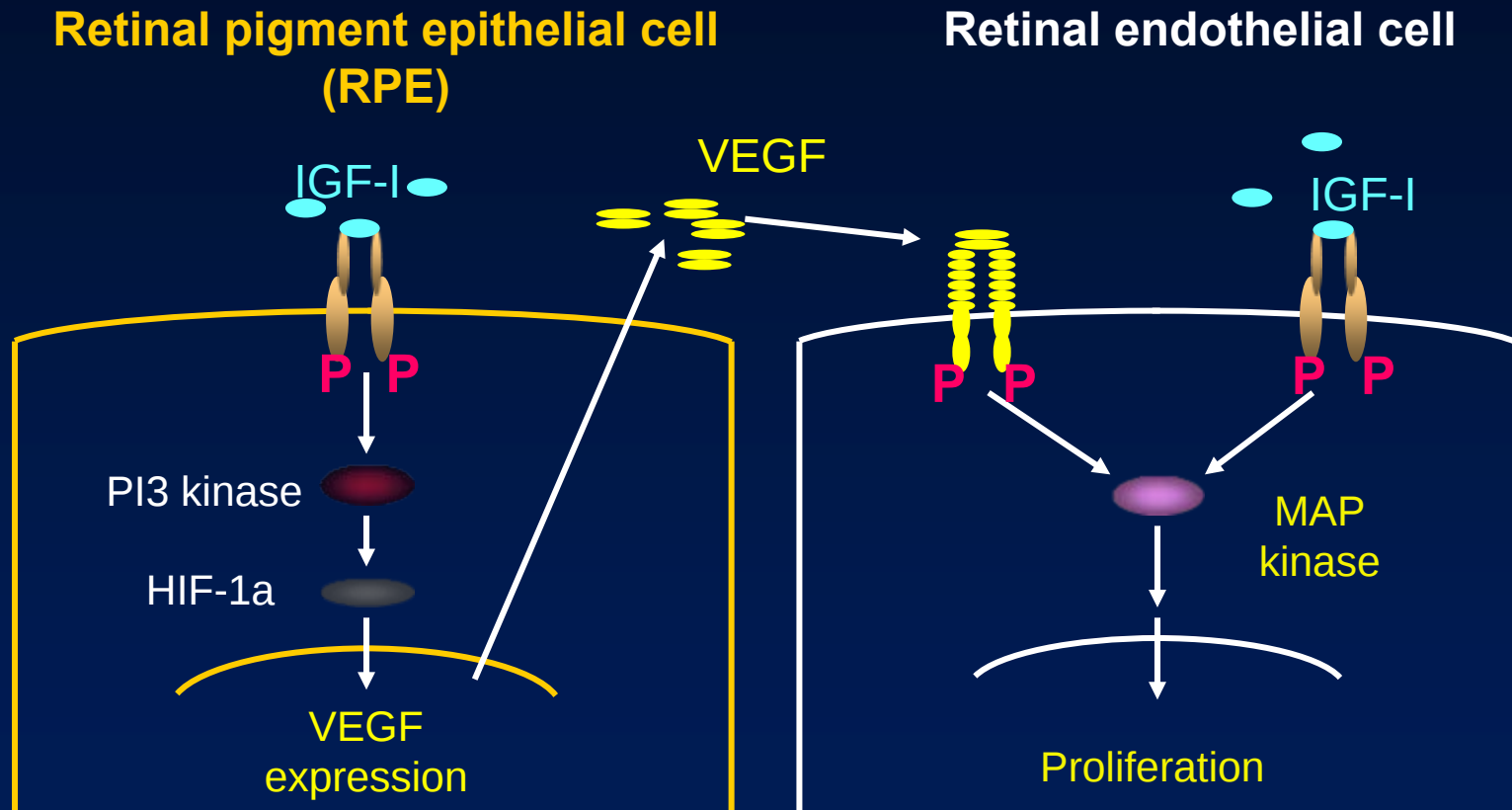


FIGURE 1. IGF-I concentrations in vitreous are shown for control and diabetic subjects. The mean concentration of IGF-I in vitreous from controls is 2.7 ± 0.96 versus 6.3 ± 0.13 ng/ml in diabetic subjects with neovascularization.

GH and IGF-I involvement in PDR: *in vitro* data

- Receptors for IGF-I on mammalian retinal microvascular cells
- IGF-I induces release of plasminogen activator and increases DNA synthesis in retinal endothelium
- GH can stimulate proliferation of human retinal endothelial cells (HREC)
- Somatostatin receptors present on HREC
- Octreotide inhibits endothelial cell proliferation stimulated by IGF-I or b-FGF

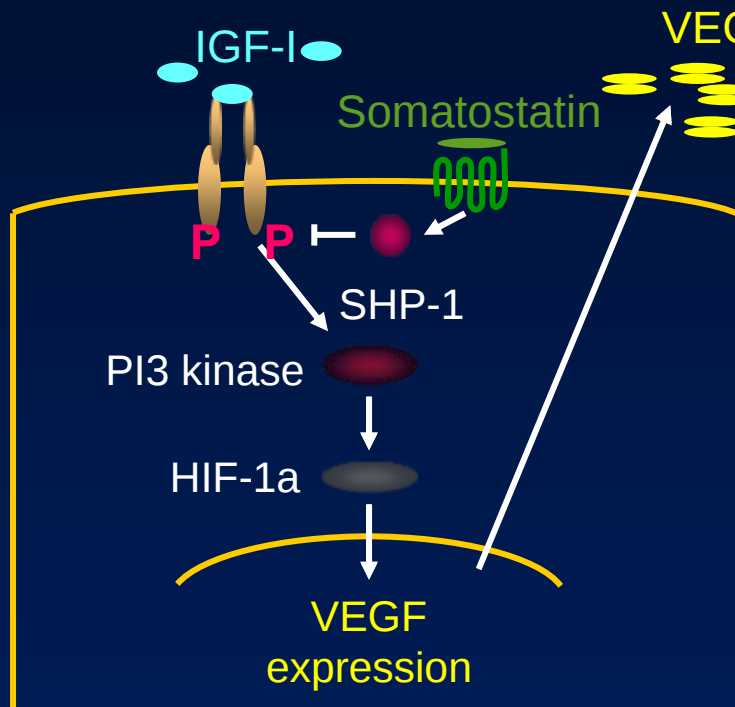
Stimulation of Endothelial Proliferation by IGF and VEGF



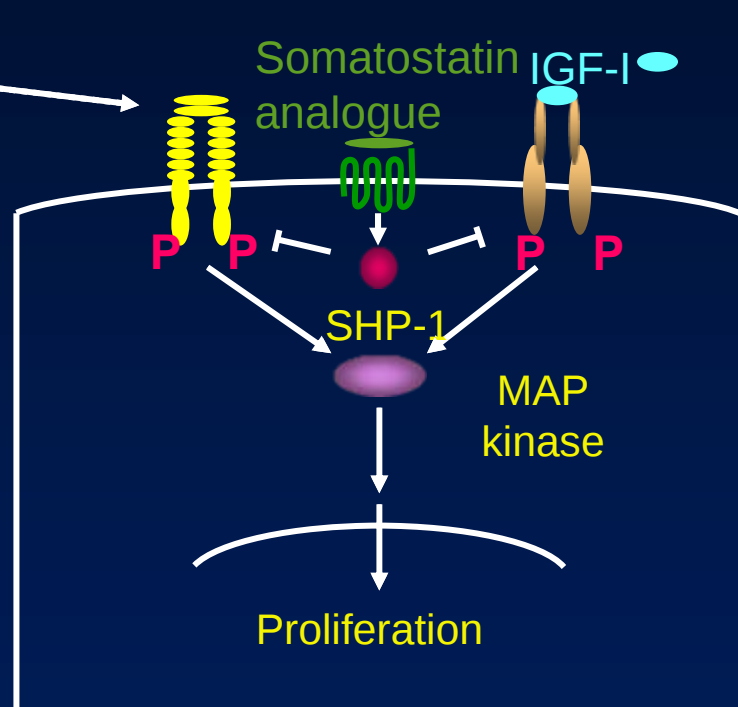
- IGF-I stimulates VEGF production by RPE cells
- IGF-I and VEGF promote neovascularization by endothelial cell proliferation

Proposed Model for Local Inhibition of Neovascularization by Somatostatin/ Somatostatin Analogues

Retinal pigment epithelial cell (RPE)



Retinal endothelial cell

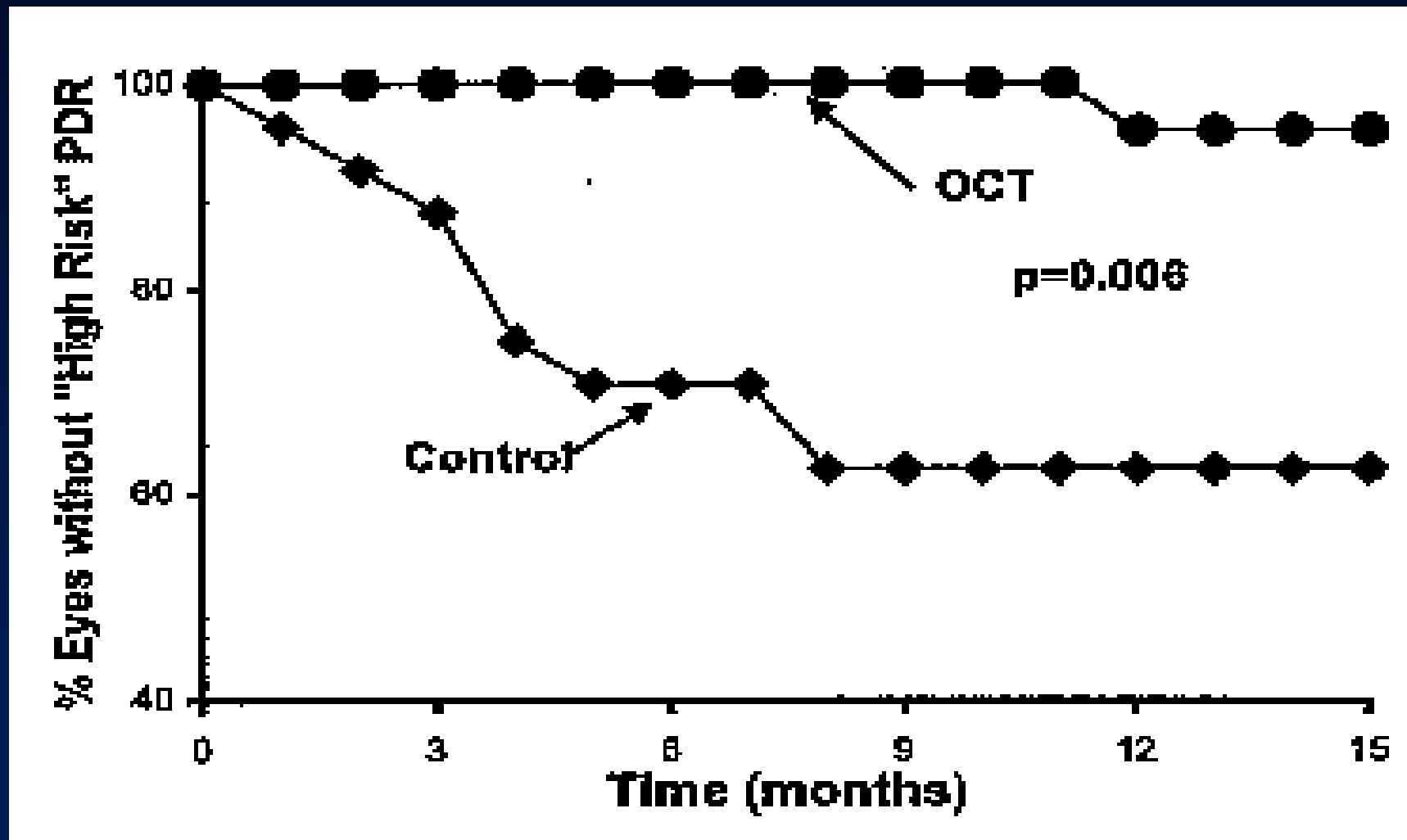


- Somatostatin blocks IGF-I receptor activity and VEGF expression in RPE cells, possibly by activation of SHP-1 tyrosine phosphatase
- Somatostatin blocks IGF-I and VEGF stimulation of endothelial proliferation, possibly by activation of SHP-1

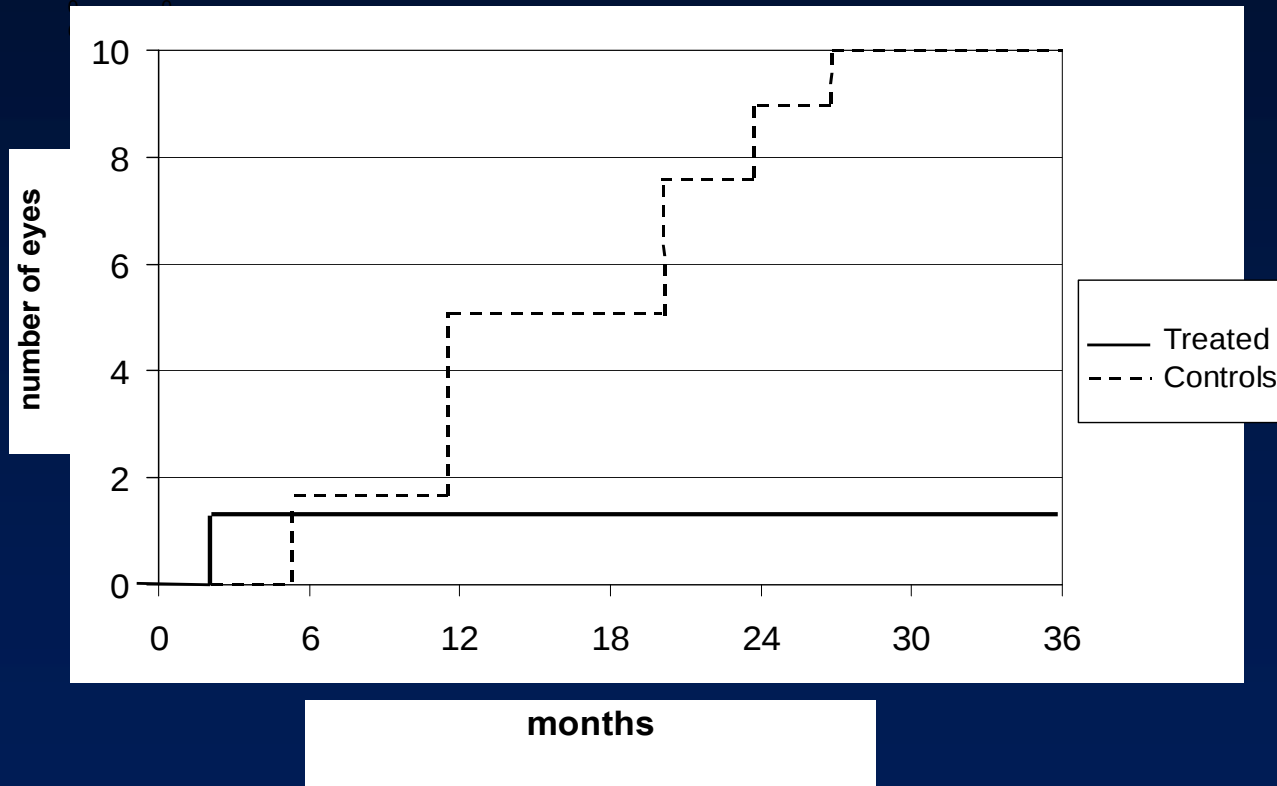
Treins et al. *Mol Endocrinol*. Epub before print. Smith et al. *Nat Med*. 1999;5:1390-1395.

Sall et al. *Exp Eye Res*. 2004;79:465-476. Baldysiak-Figiel et al. *J Endocrinol* 2004;180:417-24.

Octreotide Reduces Progression to High-Risk PDR



Octreotide Reduces Risk of Vitreous Hemorrhage in Patients with Prior Laser Photocoagulation



Octreotide - Phase III Studies

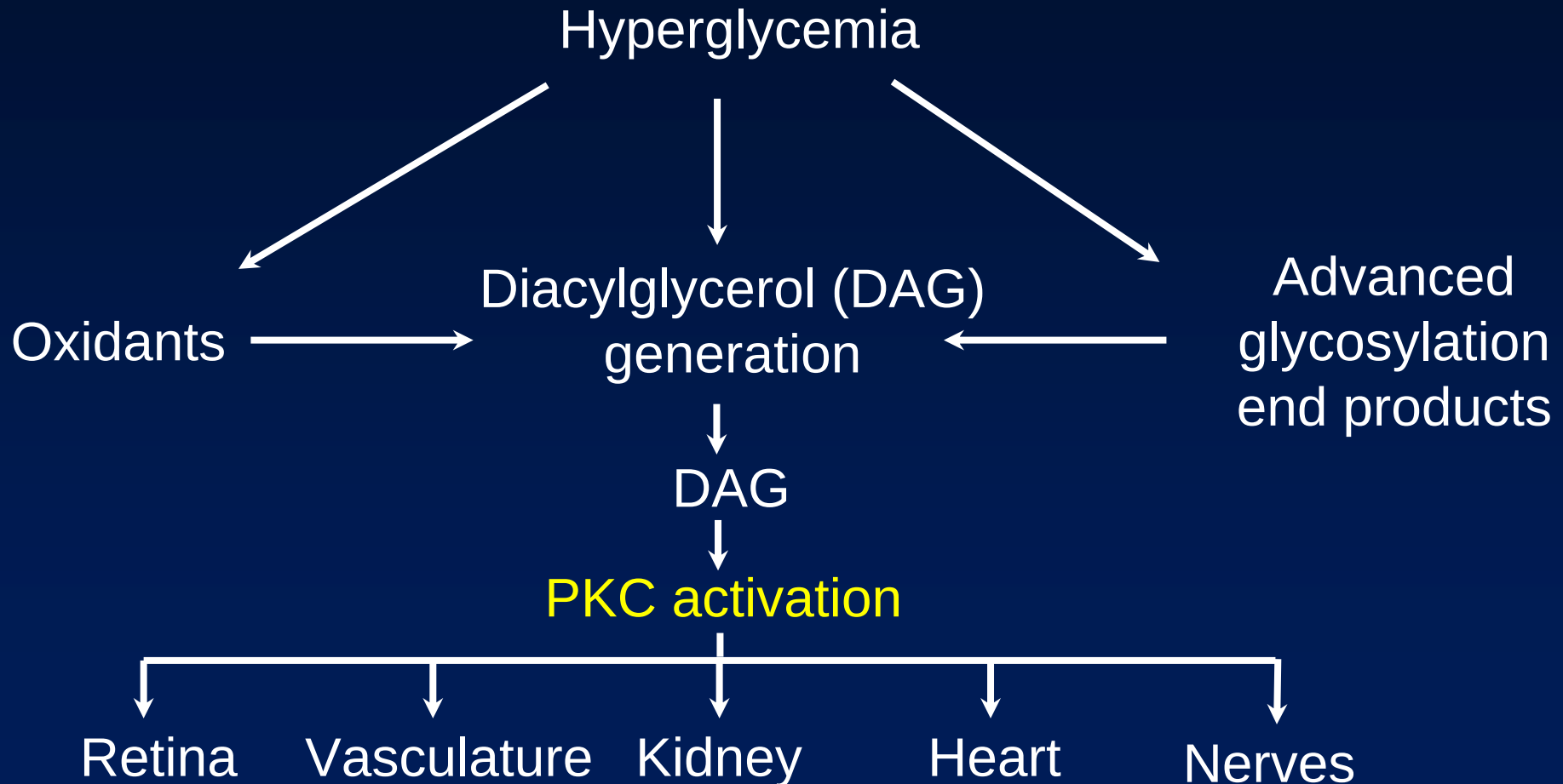
- Study 802
European; 3 arms
Sandostatin LAR 20 and 30 mg, Placebo
- Study 804
American; 2 arms
Sandostatin LAR 30 mg, Placebo

Status: completed

Storia n° 2 - Ruboxistaurina



Diabetes-Induced Activation of PKC

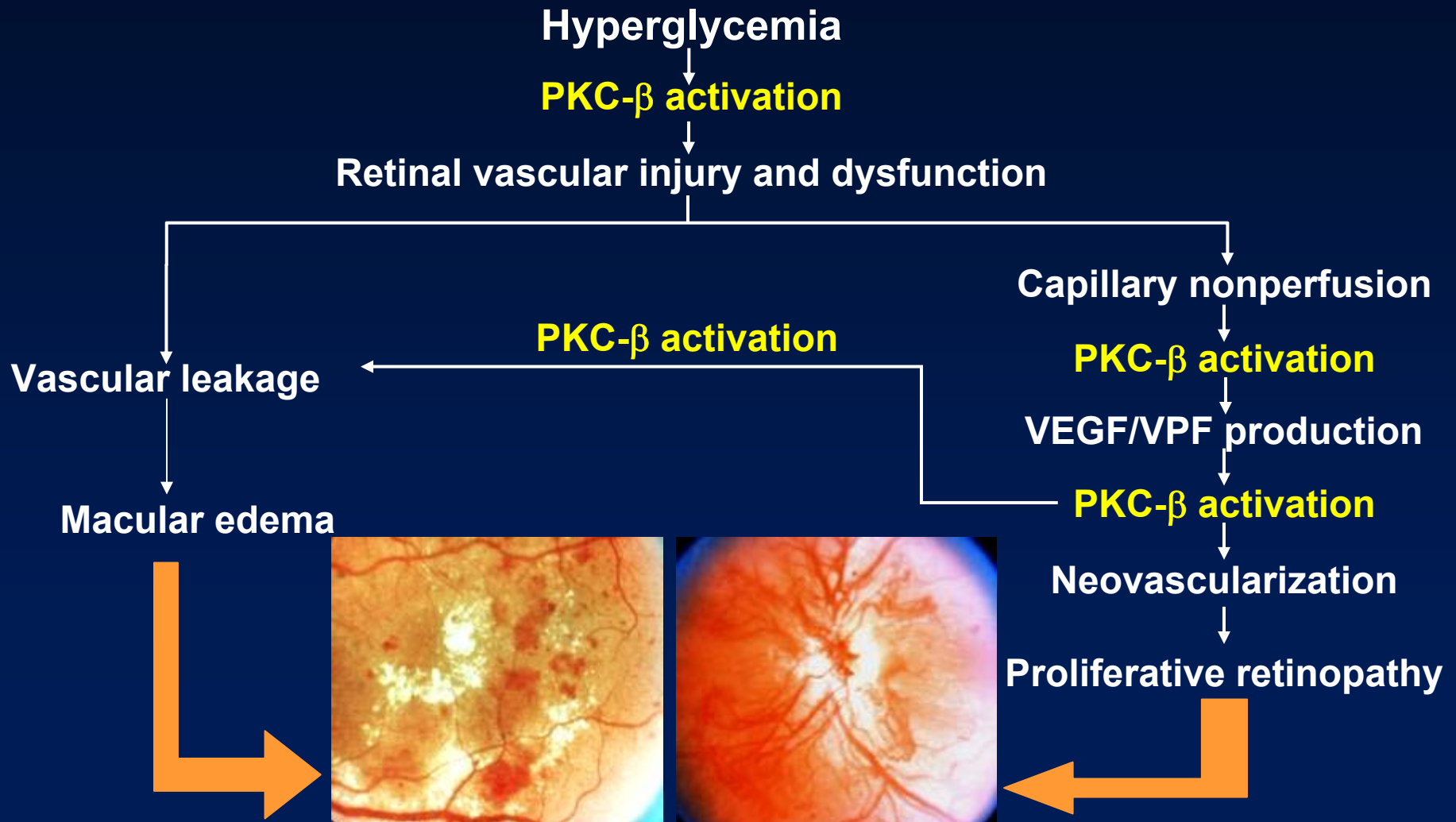


PKC Activation in the Vasculature

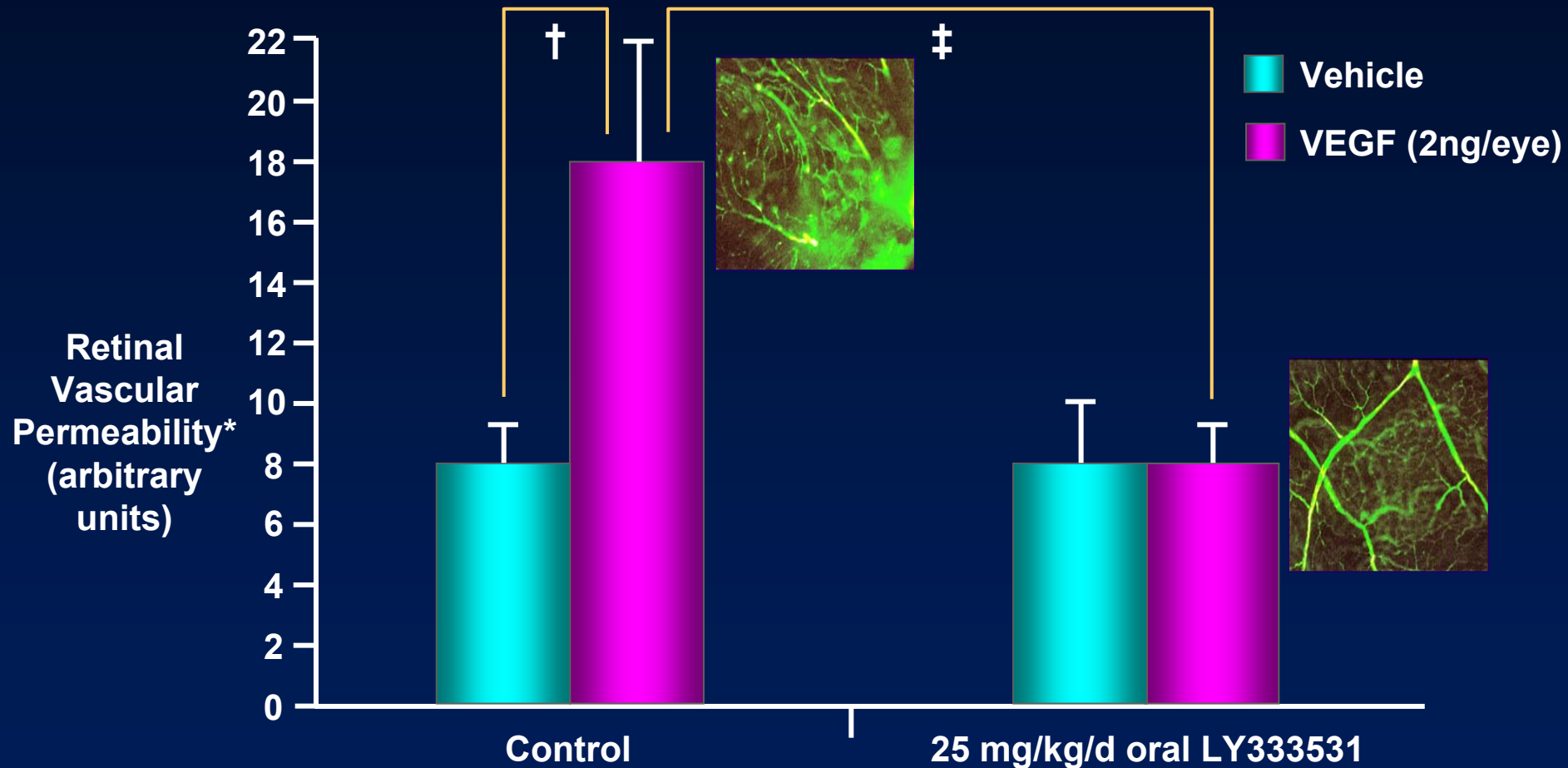
Increases:

- Basement matrix protein synthesis
- Activation of leukocytes
- Endothelial cell activation and proliferation
- Endothelial permeability
- Smooth muscle cell contraction
- Cytokine activation, TGF- β and VEGF, endothelin
- Angiogenesis

PKC- β in Diabetic Retinopathy



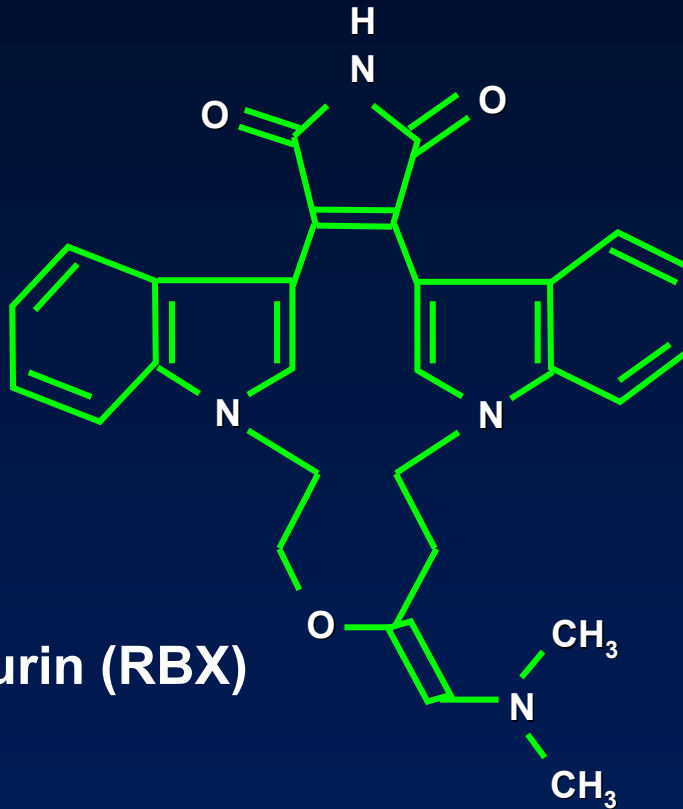
PKC- β Inhibition and Retinal Permeability



*Measured by vitreous fluorescein leakage. † $P = .015$. ‡ $P = .043$.

Reproduced with permission from Aiello LP et al. *Diabetes*. 1997;46:1473-1480.

PKC- β Inhibitor



Ruboxistaurin (RBX)

Highly PKC selective
Highly β isoform selective
Orally bioavailable

Reduces retinal NV
Reduces DM-induced perm
Normalizes retinal blood flow

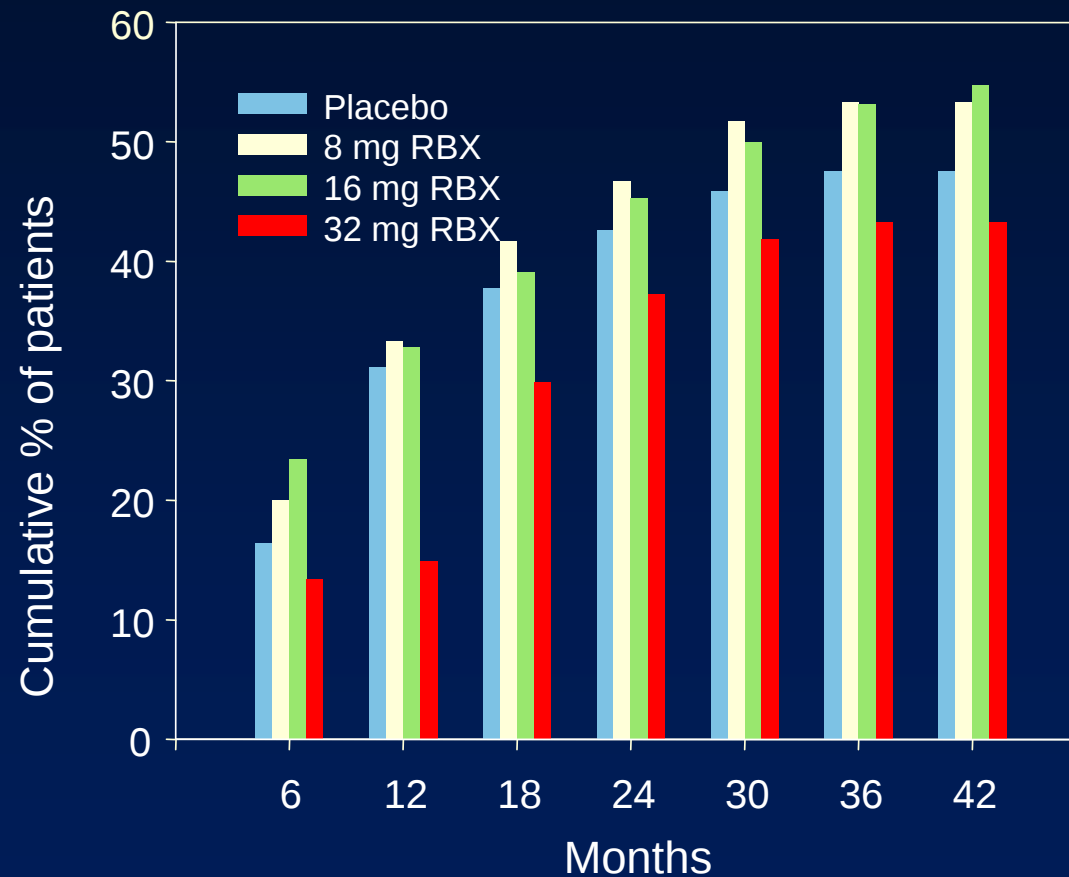
PKC- β Inhibition and DR trials

TRIAL	ACTION	INDICATION	STATUS
PKC- β inhibition	<u>Oral</u>	RBF & MCT	Phase Ib
DRS n=252	8, 16, 32 mg <u>Once</u>	NPDR Progression & Laser (CSMO)	Phase II/III
DME n=686	<u>Daily</u>	Diabetic ME Progression & Laser (CSMO)	Phase II/III
MBCM n=680	<u>32 mg v</u> <u>placebo</u>	DM ME NPDR	Phase III

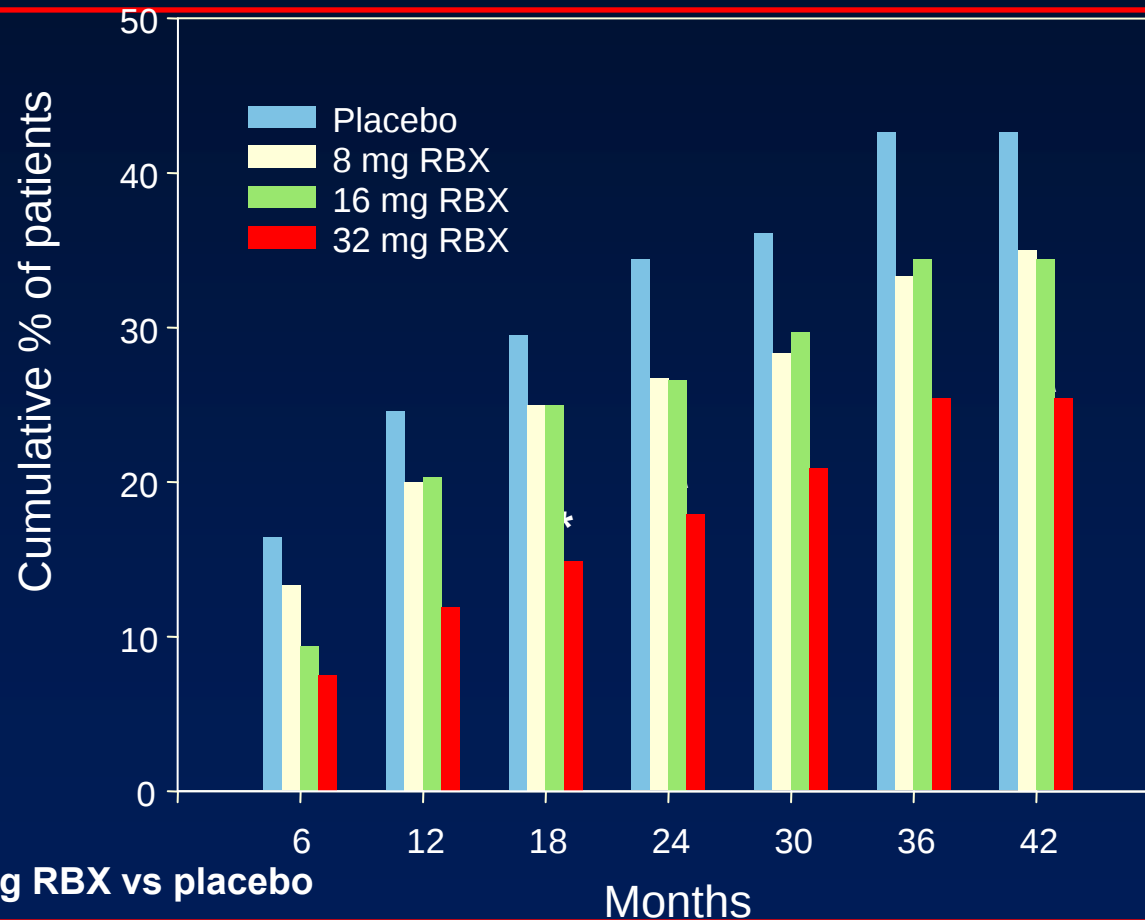
PKC- β Inhibition and DR trials

TRIAL	ACTION	INDICATION	STATUS
PKC- β inhibition	<u>Oral</u>	RBF & MCT	Phase Ib Completed
DRS n=252	8, 16, 32 mg <u>Once</u>	NPDR Progression & Laser (CSMO)	Phase II/III Completed April 2002
DME n=686	<u>Daily</u>	Diabetic ME Progression & Laser (CSMO)	Phase II/III Completed Sept 2002
MBCM n=680	32 mg v <u>placebo</u>	DM ME NPDR	Phase III

Progression of Diabetic Retinopathy or Photocoagulation



Moderate Visual Loss (decrease of ≥ 15 letters)



PKC- β Inhibition and DR trials

TRIAL	ACTION	INDICATION	STATUS
PKC- β inhibition	<u>Oral</u>	RBF & MCT	Phase Ib Completed
DRS n=252	8, 16, 32 mg <u>Once</u>	NPDR Progression & Laser (CSMO)	Phase II/III Completed April 2002
DME n=686	<u>Daily</u>	Diabetic ME Progression & Laser (CSMO)	Phase II/III Completed Sept 2002
MBCM n=680	<u>32 mg v placebo</u>	DM ME NPDR	Phase III Completed 2005

Phase 3 DR Study

Trial Results

- Treatment with ruboxistaurin:
 - Demonstrated an effect ($p = 0.038$) on the study outcome of moderate visual loss



Reduction...
in sustained
moderate visual
loss in eyes with
diabetic macular
edema at
baseline
($p=0.017$)

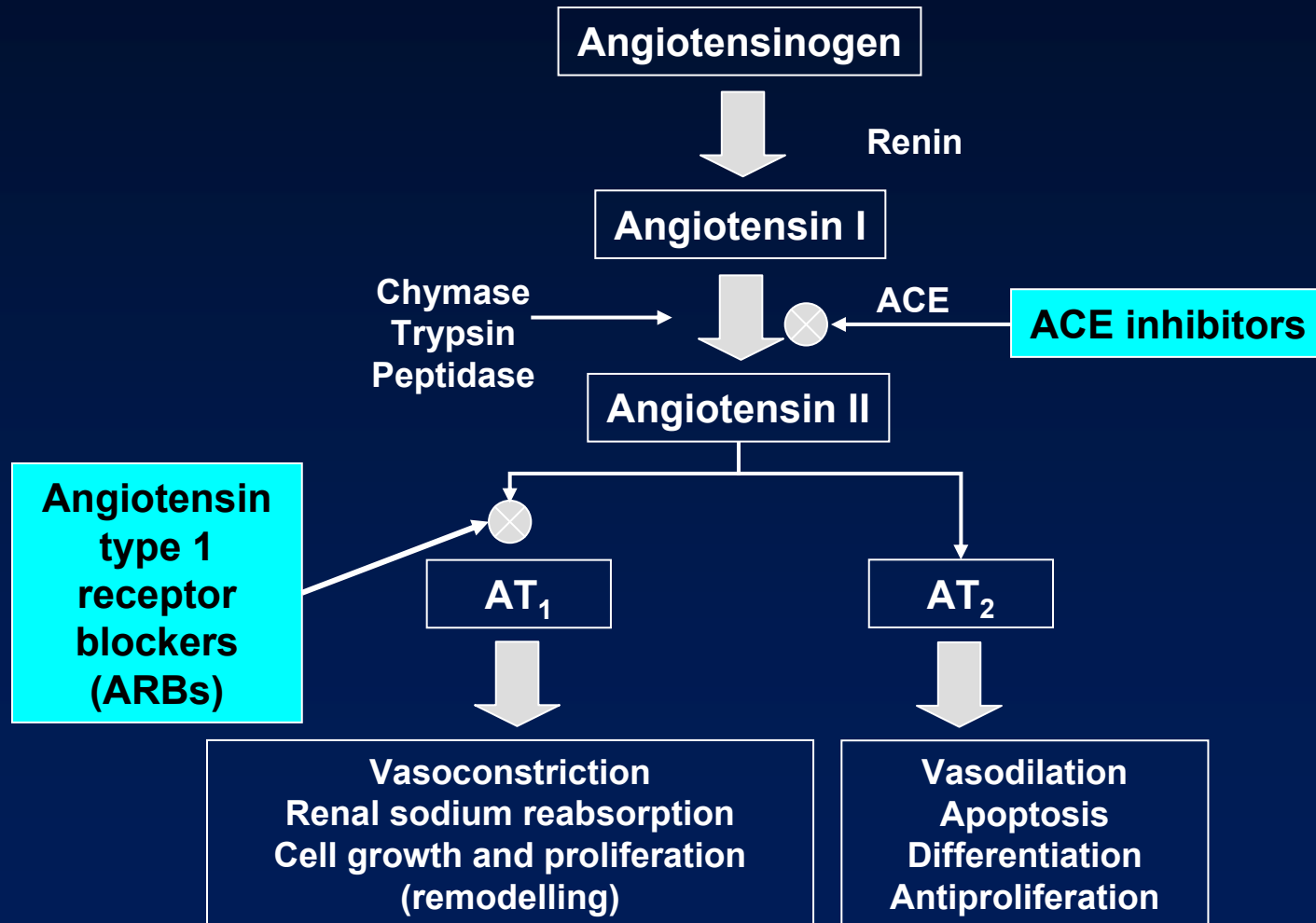


Reduction...
in sustained
moderate visual
loss in eyes with
more severe
diabetic
retinopathy
(level 53) at
baseline
($p=0.024$)

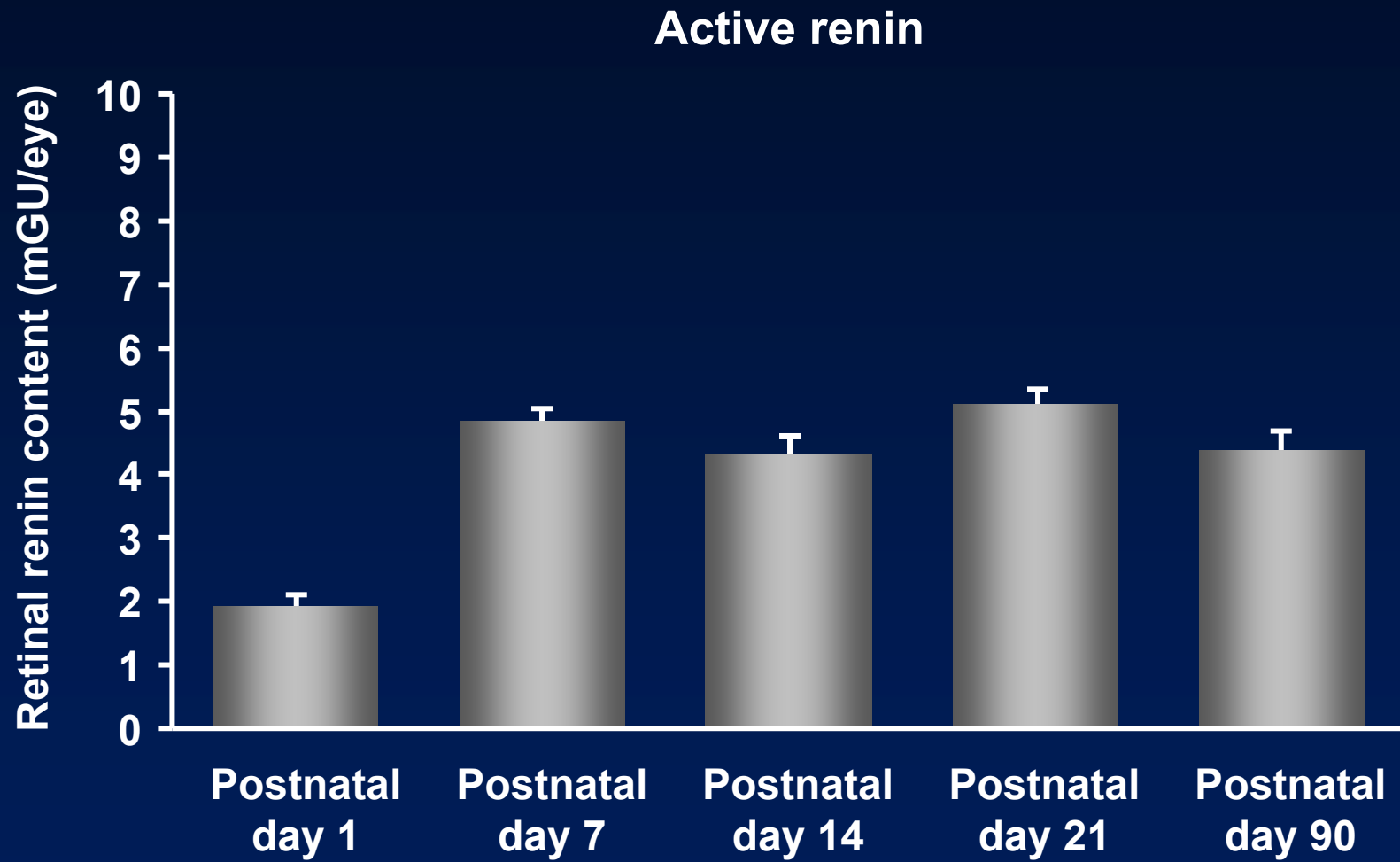
Storia n° 3 – Il sistema renina-angiotensina



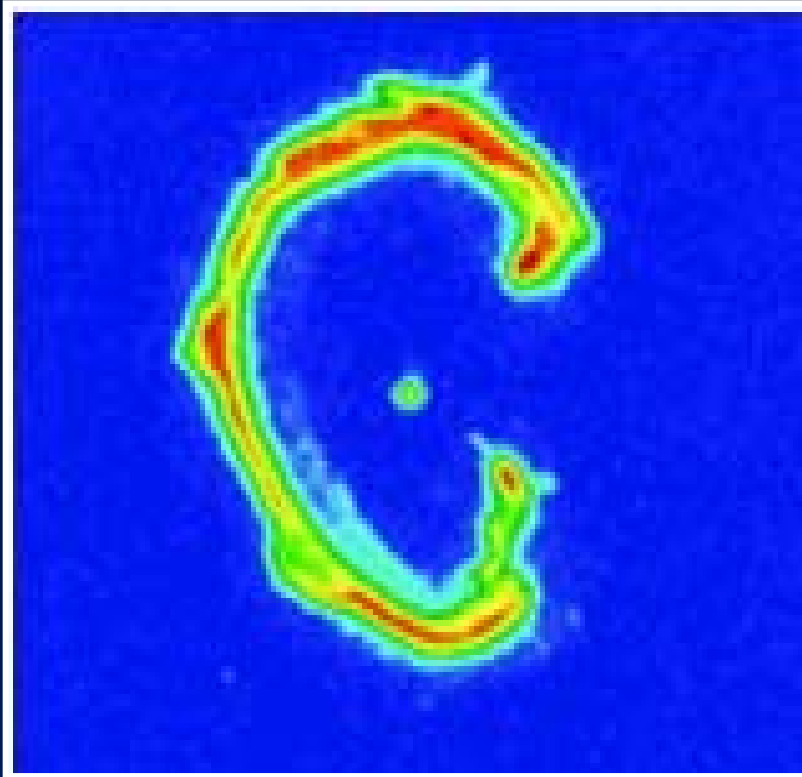
The renin–angiotensin system (RAS)



The retinal RAS: renin levels in rat retina

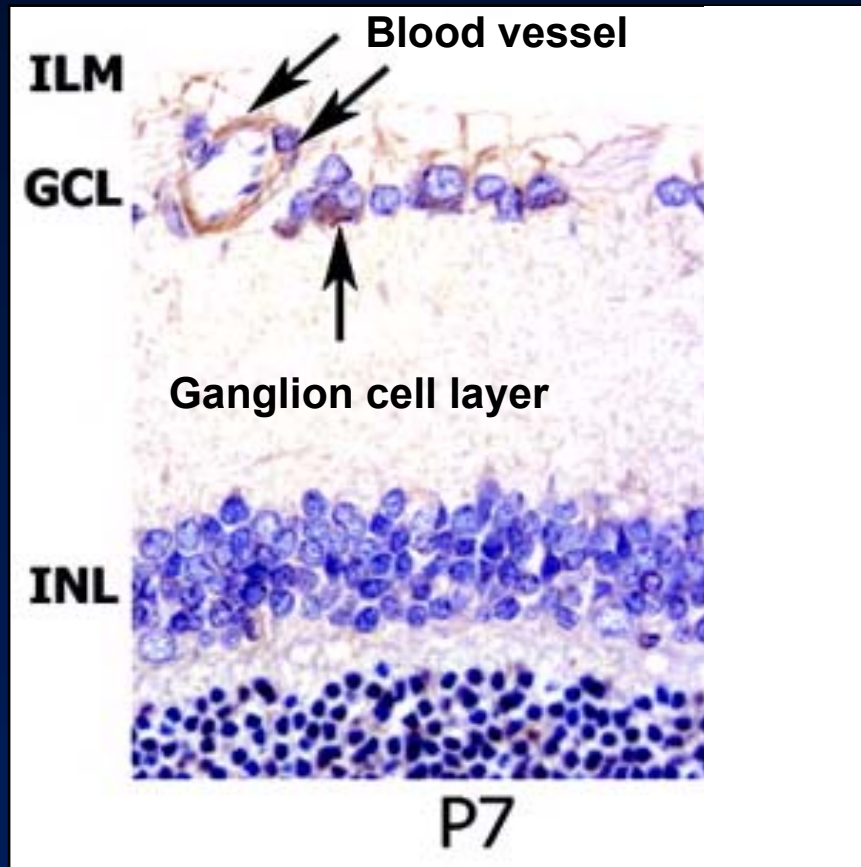


The retinal RAS: ACE levels in rat retina



Representative computer-generated colour autoradiograph of specific ACE radioligand binding in retina of Sprague-Dawley rat
Shown is high (red), moderate (yellow and green) and low (blue) ACE binding

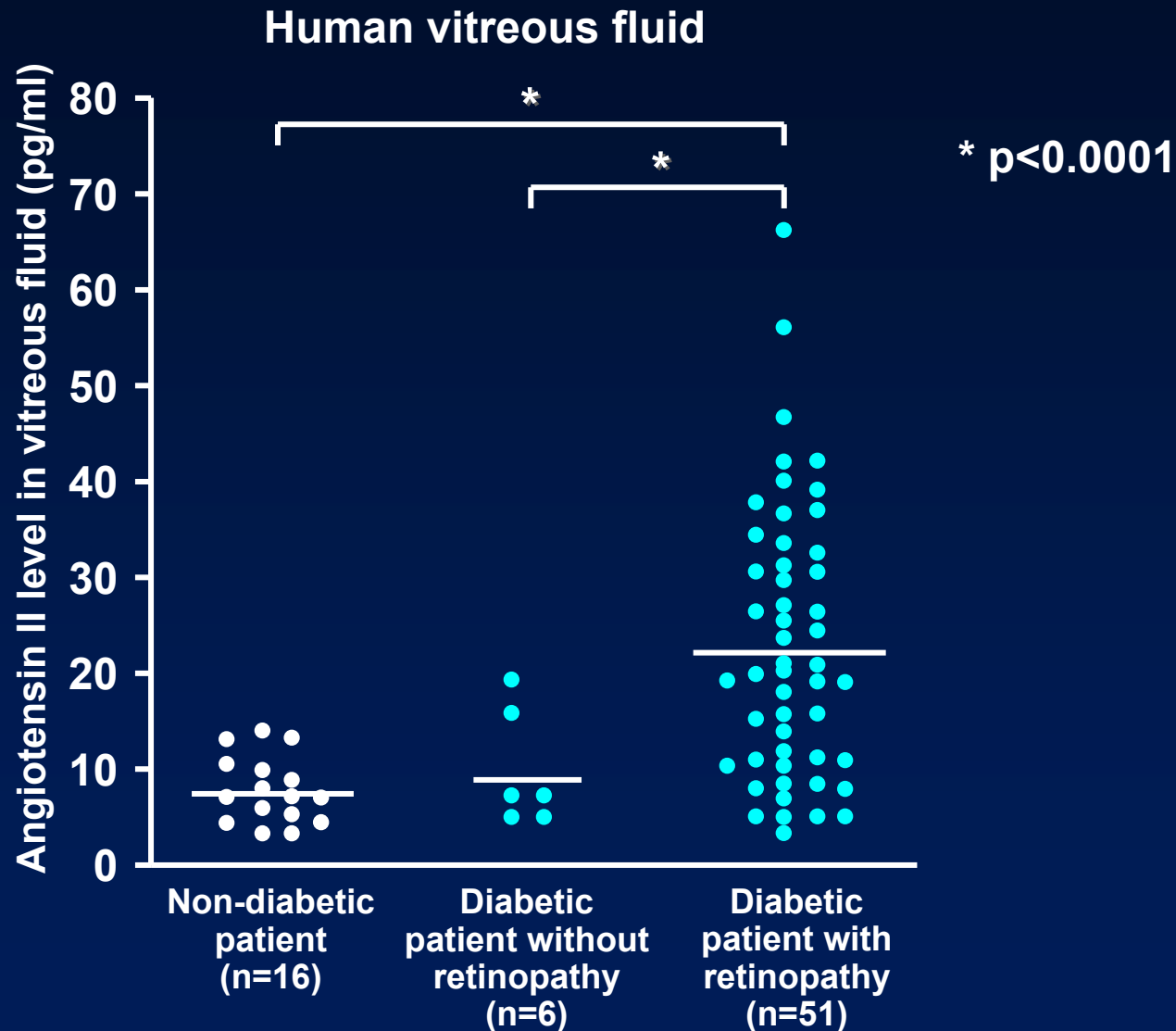
The retinal RAS: AT₁-receptor distribution in rat retina



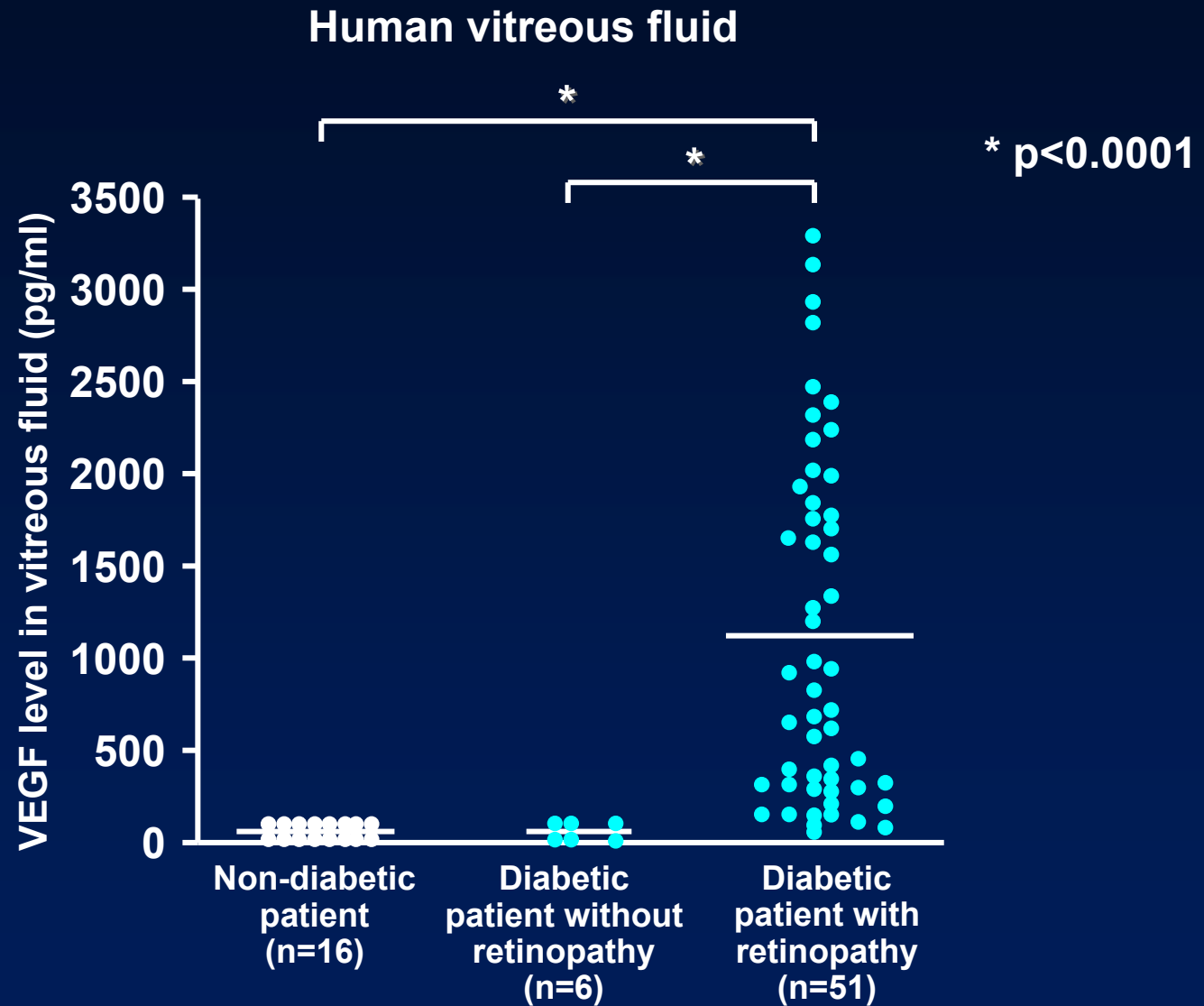
AT₁ receptor immunolabelling in Sprague-Dawley rat retinas at postnatal day (P) 7

Immunolabelling was observed in hyaloid vessels (double arrows), blood vessels in the inner limiting membrane and ganglion cell layer, and cells in the ganglion cell layer (single arrows)

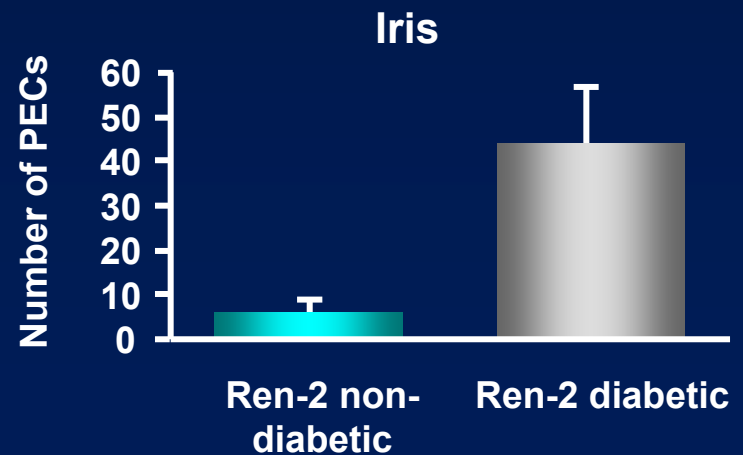
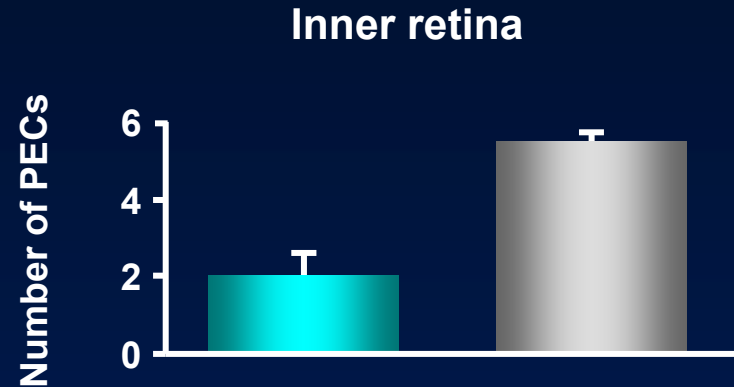
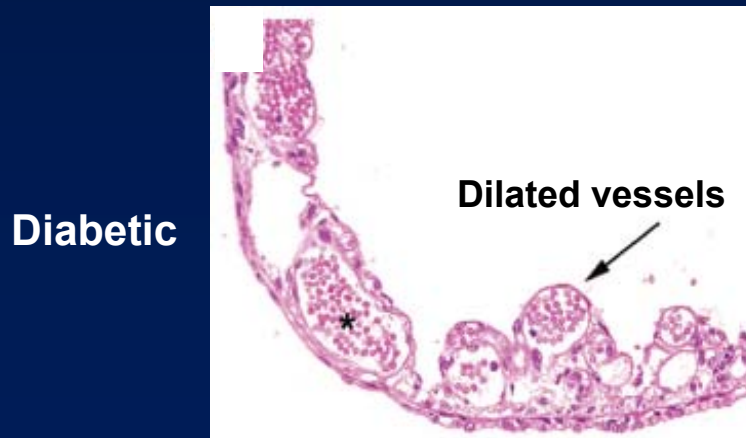
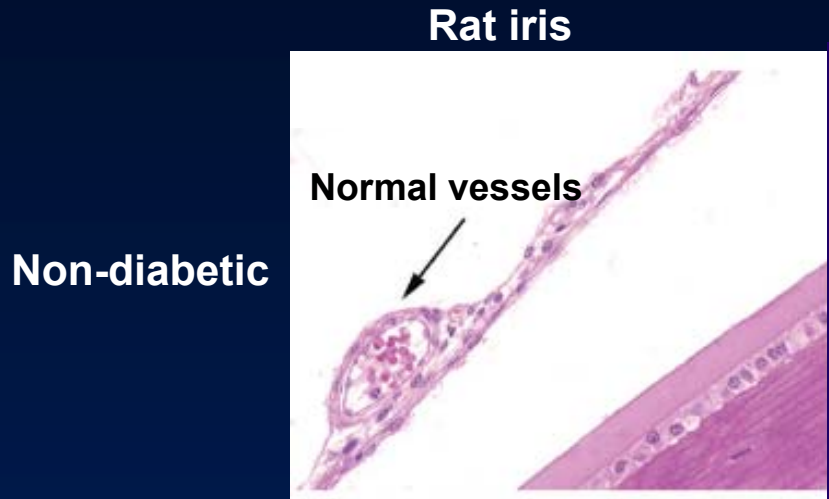
The retinal RAS is activated in diabetes: vitreous angiotensin II levels



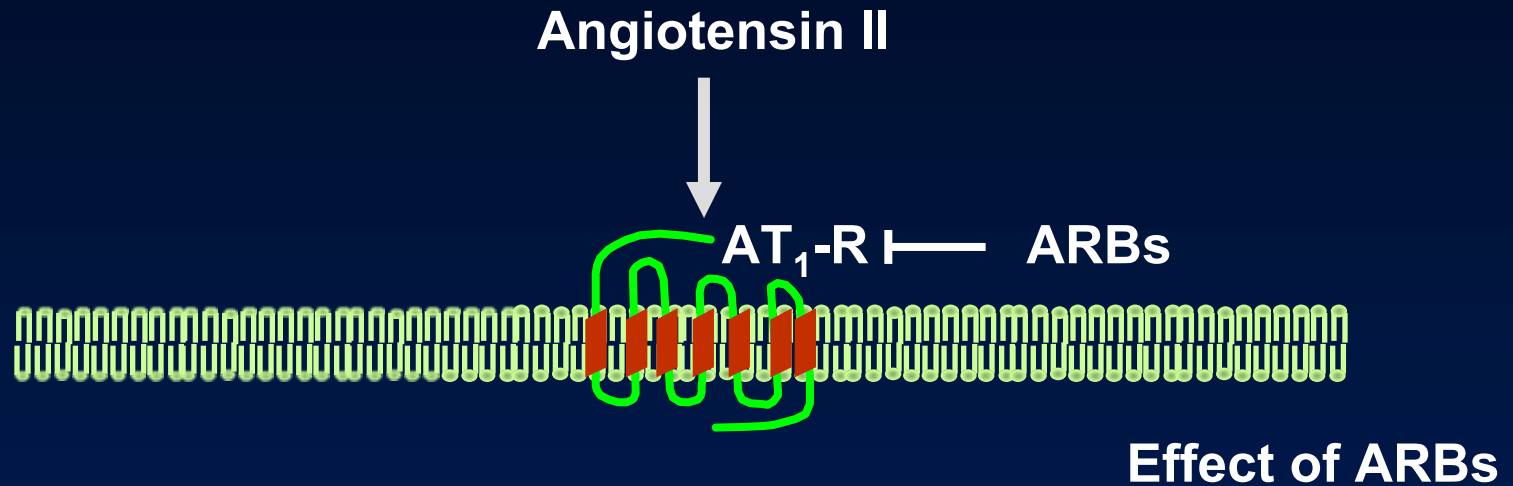
The retinal RAS is activated in diabetic retinopathy: vitreous VEGF levels



The RAS influences ocular endothelial cell proliferation in diabetes



Molecular effects of angiotensin receptor blockers on retinal vascular cells and tissue



Retinal endothelial cells:

VEGF-R2



Retinal pericytes:

VEGF



RAGE and ROS



Retina *in vivo*:

VEGF



VEGF-R2



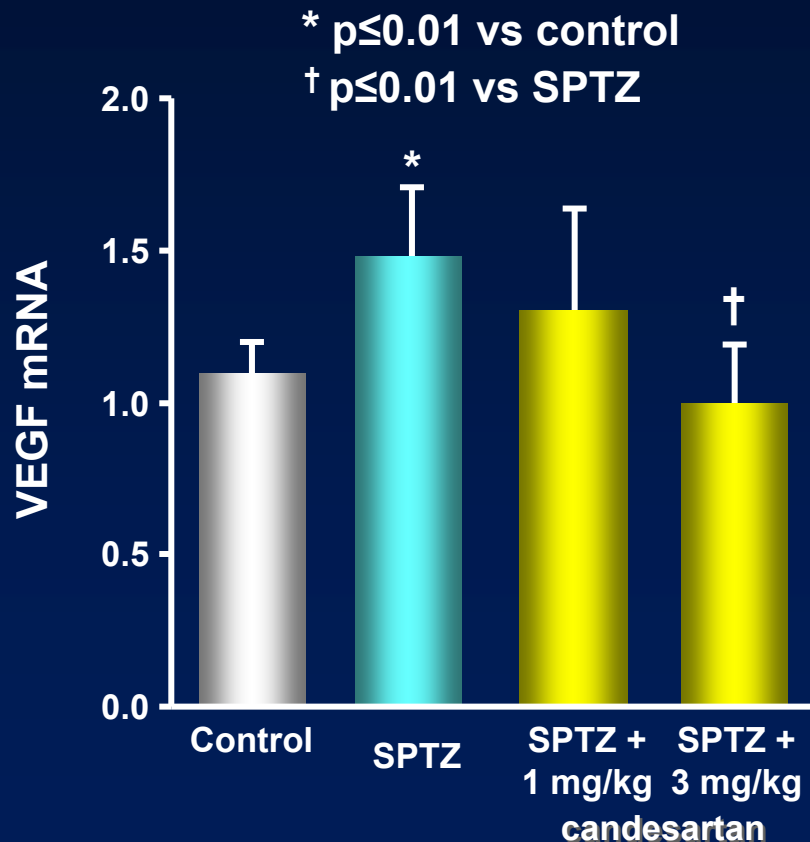
DAG



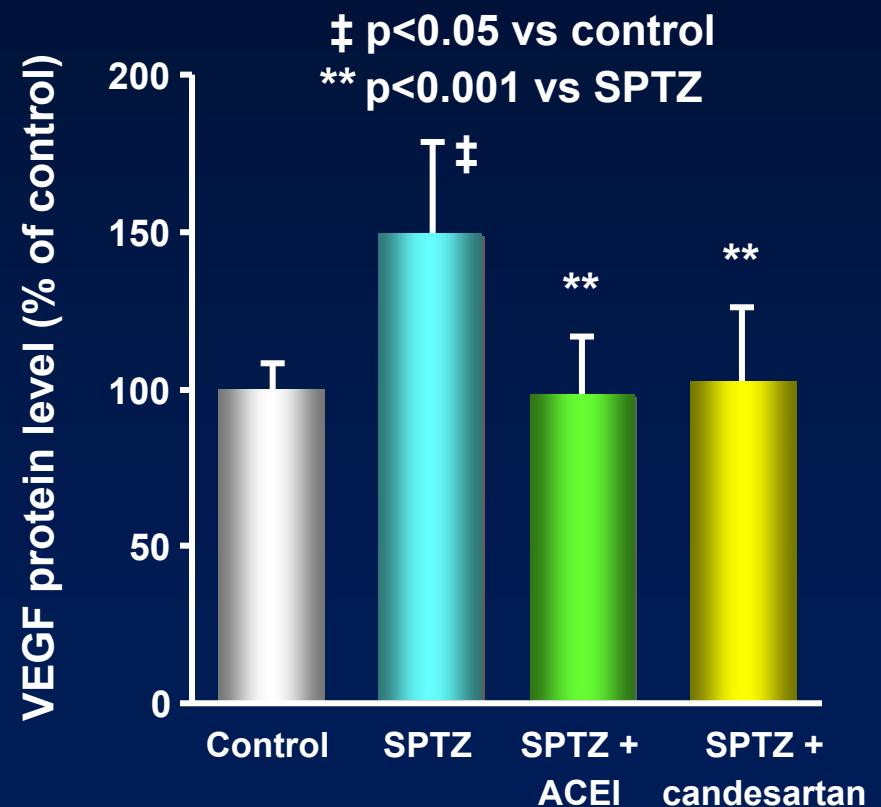
Impact of RAS blockade

Effect of candesartan on VEGF expression

Diabetic stroke-prone spontaneously hypertensive rats (SHRSP) with streptozocin-induced diabetes¹



Streptozocin-treated (SPTZ) mice²

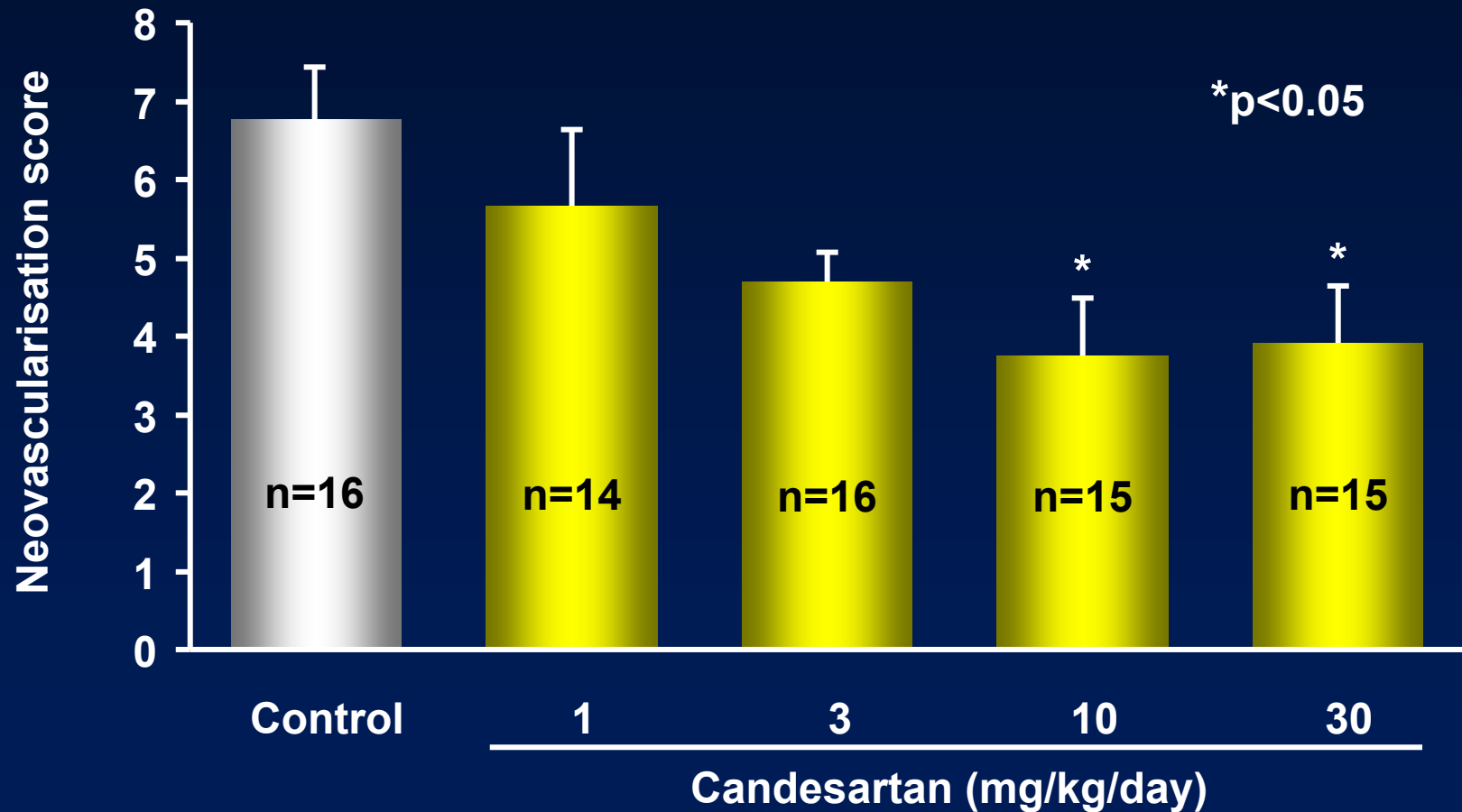


1. Nagisa Y, et al. *Diabetologia* 2001; **43**: 883–888.

2. Ebrahimian TG, et al. *Arterioscler Thromb Vasc Biol* 2005; **25**: 65–70.

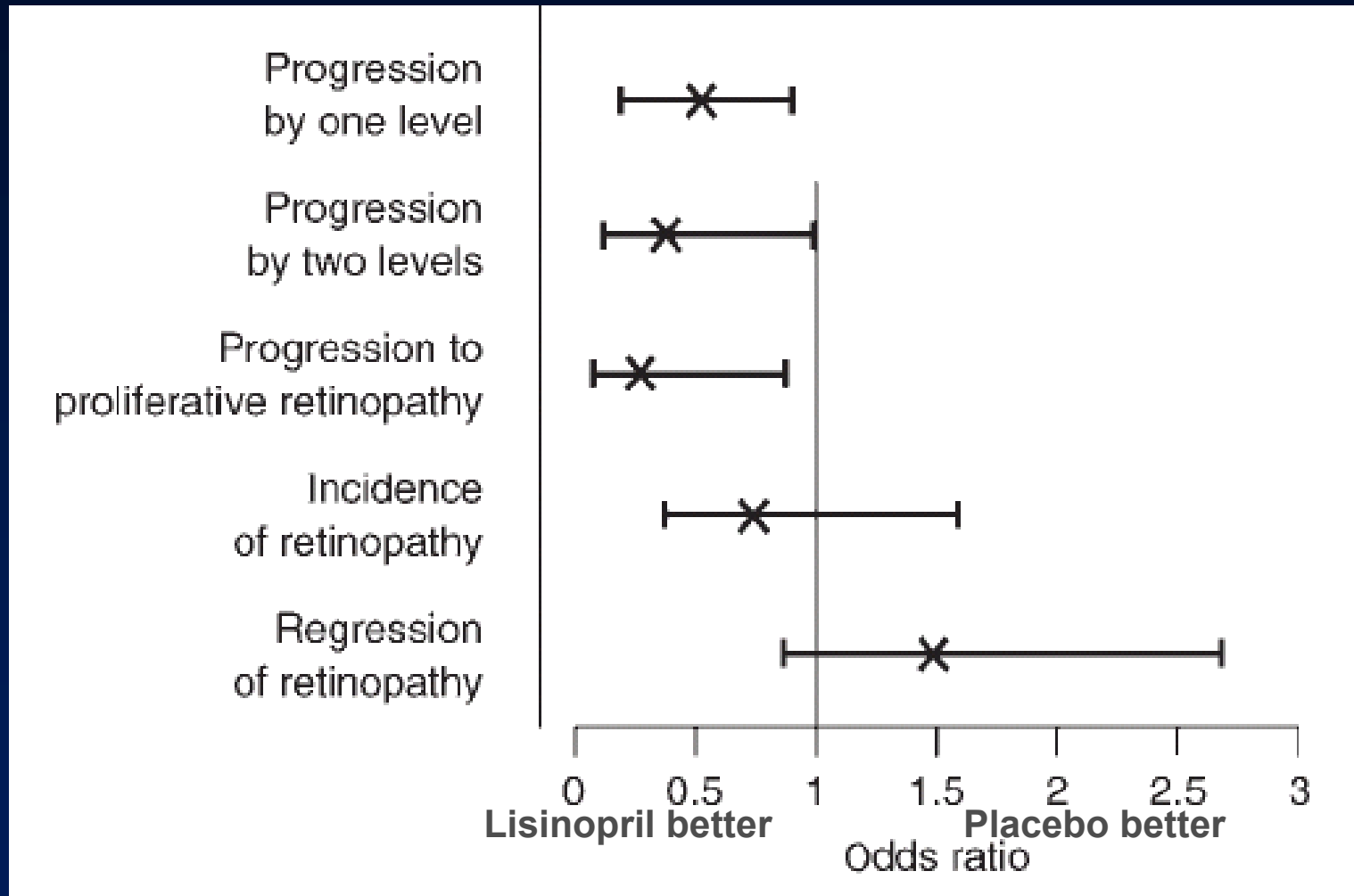
Impact of RAS blockade

Effect of candesartan on hypoxia-induced neovascularisation in mice



EUCLID

Incidence, progression and regression of diabetic retinopathy in patients with type 1 diabetes



Treatment by lisinopril:

(EUCLID, Lancet 351, 28-31, 1998)

- Reduces by 50% the risk of 1-step progression of DR on the EURODIAB scale (O.R. = 0.50; 95% CI = 0.28-0.89; $p < 0.02$)
- Reduces by 80% the risk of progression to proliferative RD (O.R. = 0.20; 95% CI = 0.04-0.91; $p < 0.04$)

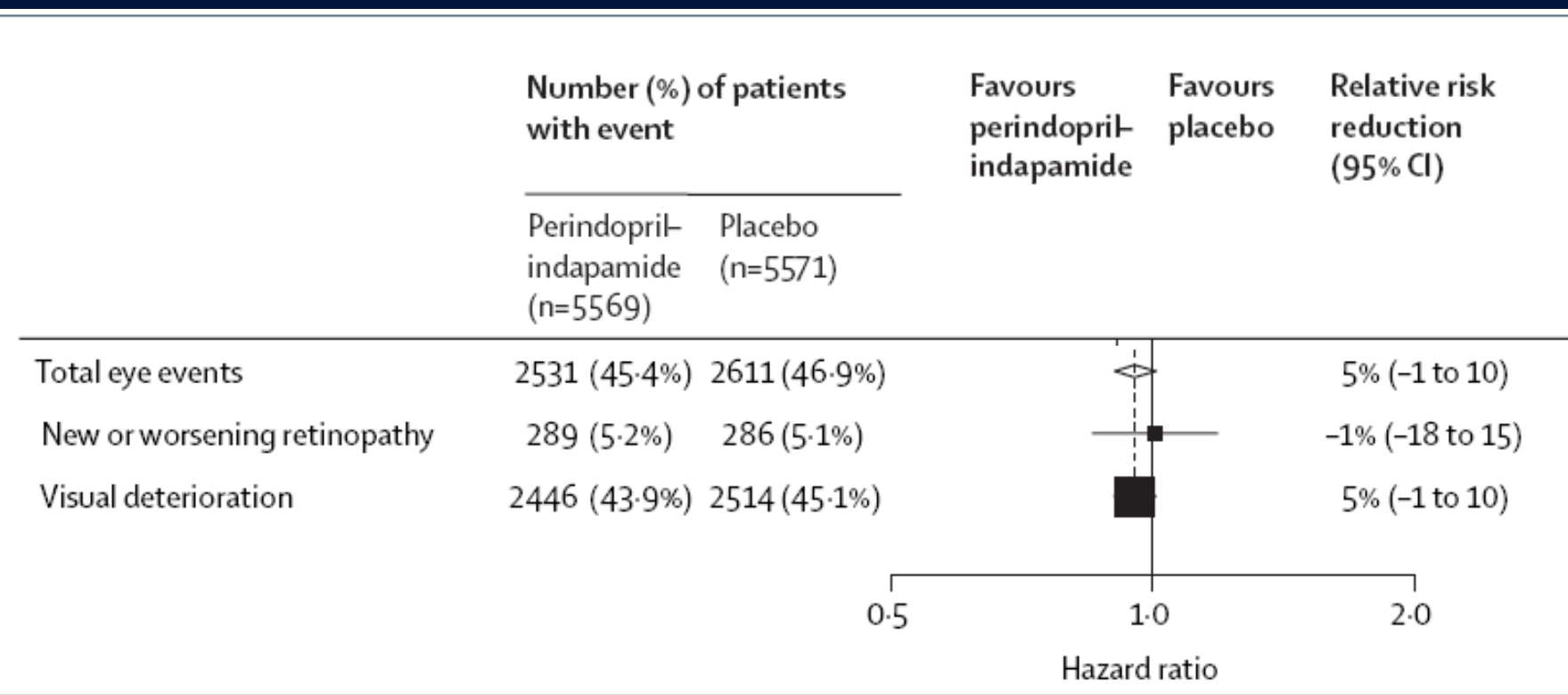
(for a decrease of 3 mmHg in systolic BP)

Effects of a fixed combination of perindopril and indapamide ➡

on macrovascular and microvascular outcomes in patients with type 2 diabetes mellitus (the ADVANCE trial): a randomised controlled trial

ADVANCE Collaborative Group*

www.thelancet.com Published online September 2, 2007 DOI:10.1016/S0140-6736(07)61303-8



DIRECT

Diabetic RETinopathy Candesartan Trials

DIRECT - Programme of investigator initiated and led studies

Three randomised placebo-controlled studies on the effects of the ARB candesartan on incidence and progression of diabetic retinopathy

- **DIRECT-Prevent 1**
Type 1 diabetes without diabetic retinopathy
- **DIRECT-Protect 1**
Type 1 diabetes with mild-to-moderate diabetic retinopathy
- **DIRECT-Protect 2**
Type 2 diabetes with mild-to-moderate diabetic retinopathy

DIRECT Programme: Inclusion criteria

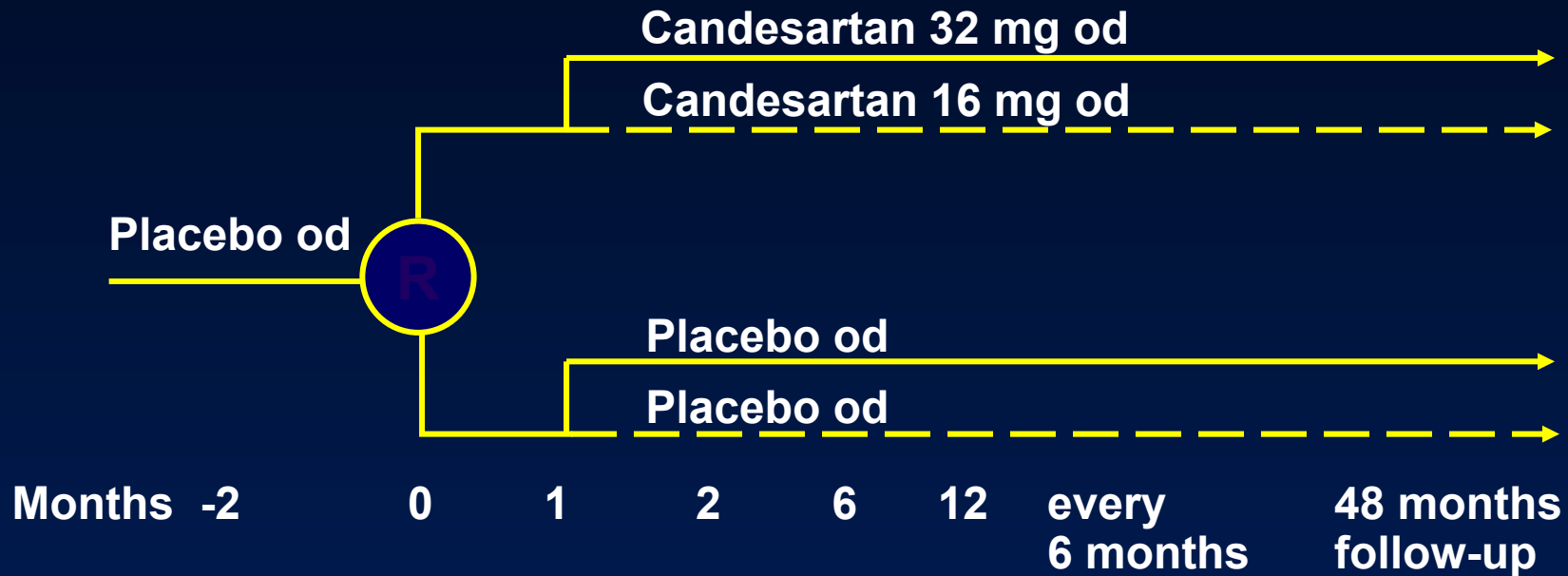
	DIRECT- Prevent 1	DIRECT- Protect 1	DIRECT- Protect 2
Number of patients	1421	1905	1905
Age (years)	18-50	18-55	37-75
Diabetes duration (years)	1-15	1-20	1-20
Microalbuminuria	No	No	No
Blood pressure (mmHg)	SBP $\leq$130 DBP $\leq$85	SBP $\leq$130 DBP $\leq$85	No HTN treatment SBP $\leq$130 DBP $\leq$85 HTN treatment SBP $\leq$160 DBP $\leq$90
Retinal grading level (ETDRS scale)	10/10	$\geq$20/10 up to $\leq$47/47	$\geq$20/10 up to $\leq$47/47

DIRECT Programme



309 centres in 30 countries

DIRECT Programme: Individual study designs



Investigations:

Retinal photographs	annually
Urinary albumin excretion rate	annually
Blood pressure	six monthly
Adverse events	six monthly

Effect of candesartan on prevention (DIRECT-Prevent 1) and progression (DIRECT-Protect 1) of retinopathy in type 1 diabetes: randomised, placebo-controlled trials



*Nish Chaturvedi, Massimo Porta, Ronald Klein, Trevor Orchard, John Fuller, Hans Henrik Parving, Rudy Bilous, Anne Katrin Sjølie, for the DIRECT Programme Study Group**

Summary

Background Results of previous studies suggest that renin-angiotensin system blockers might reduce the burden of diabetic retinopathy. We therefore designed the DIabetic RETinopathy Candesartan Trials (DIRECT) Programme to assess whether candesartan could reduce the incidence and progression of retinopathy in type 1 diabetes.

Published Online
September 26, 2008
DOI:10.1016/S0140-
6736(08)61412-9

Effect of candesartan on progression and regression of retinopathy in type 2 diabetes (DIRECT-Protect 2): a randomised placebo-controlled trial



*Anne Katrin Sjølie, Ronald Klein, Massimo Porta, Trevor Orchard, John Fuller, Hans Henrik Parving, Rudy Bilous, Nish Chaturvedi, for the DIRECT Programme Study Group**

Summary

Background Diabetic retinopathy remains a leading cause of visual loss in people of working age. We examined whether candesartan treatment could slow the progression and, secondly, induce regression of retinopathy in people with type 2 diabetes.

Published Online
September 26, 2008
DOI:10.1016/S0140-
6736(08)61411-7

DIRECT Programme: Outcome measures

- The primary endpoint is
 - 2-step change in ETDRS level for incidence
 - 3-step change in ETDRS level for progression
- Secondary endpoints include
 - regression of retinopathy (3-step or 2-step sustained)
- Change in overall retinopathy severity

ETDRS retinopathy scale (based on 7-field stereo photographs)

Levels and severity on the Early Treatment of Diabetic Retinopathy Study scale used for the DIRECT Programme

Level	Severity
10	DR absent
20	MA only
35	Mild NPDR
43	Moderate NPDR
47	Moderately severe NPDR
53	Severe NPDR
61, 65, 71, 75, 81	Proliferative DR

DR	Diabetic retinopathy
MA	Microaneurysms
NPDR	Non-proliferative diabetic retinopathy

Diabetic retinopathy

Microaneurysms only

Level 20



Right eye

Level 20

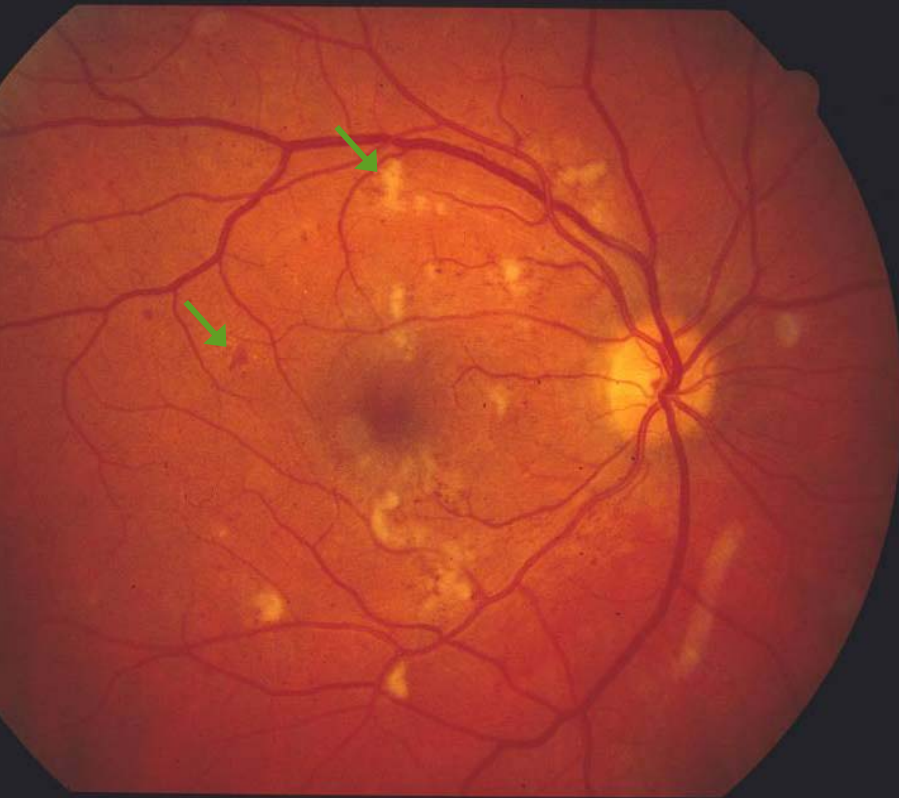


Left eye

Diabetic retinopathy

3-step change

Level 35



Right eye

Level 43



Left eye

DIRECT-Prevent 1

Effect of candesartan on incidence of retinopathy in type 1 diabetic patients

È vitale puntare sul numero giusto ...
... 2-step o 3-step progression?



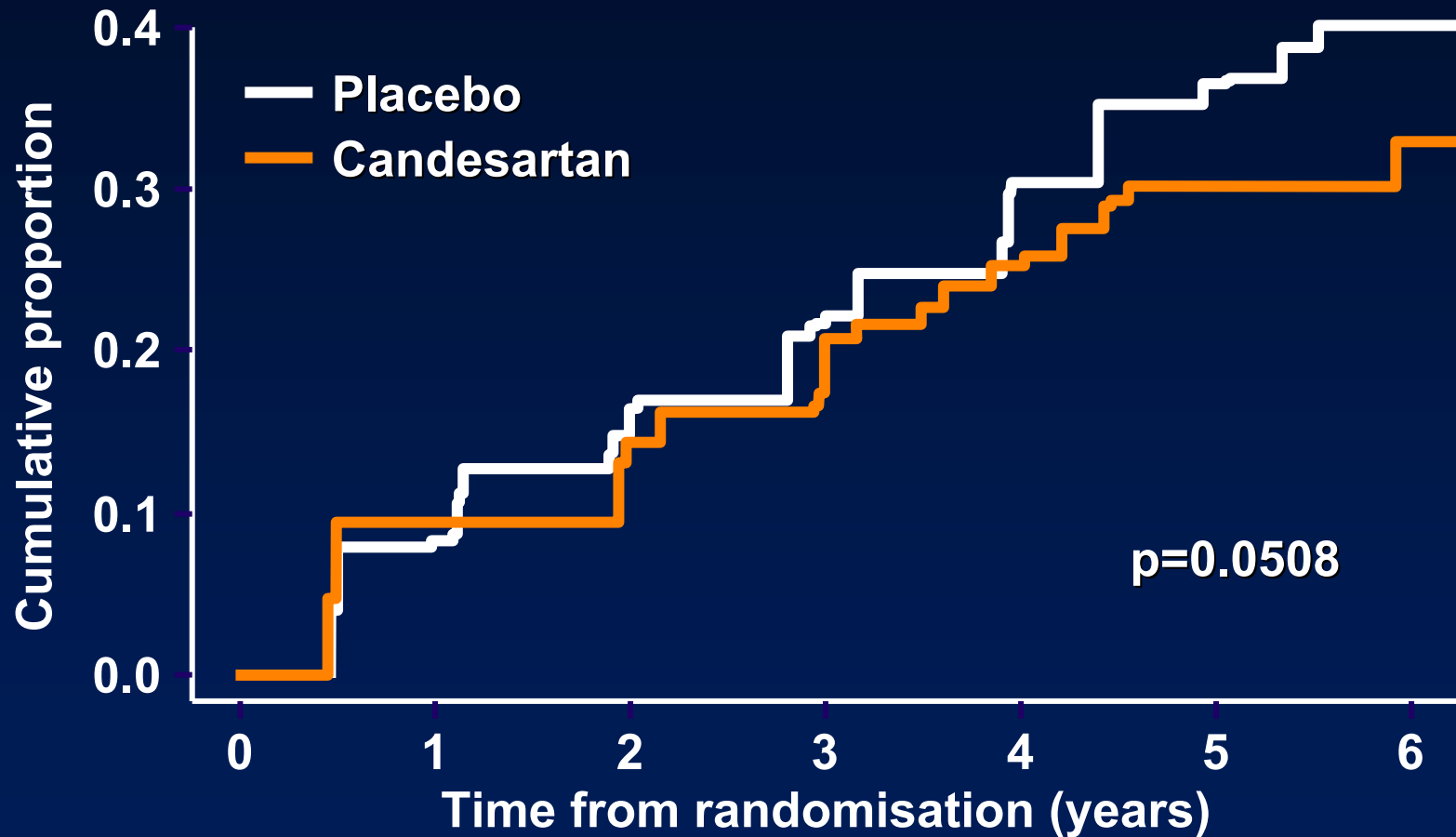
			0			
PASSE	1	2	3	MANQUE		
	4	5	6			
	7	8	9			
	10	11	12			
PAIR	13	14	15	IMPAIR		
	16	17	18			
	19	20	21			
	22	23	24			
◆	25	26	27	◆		
	28	29	30			
	31	32	33			
	34	35	36			
12 ^P	12 ^M	12 ^D			12 ^D	12 ^M 12 ^P

DIRECT Programme: Outcome measures

- The primary endpoint is
 - 2-step change in ETDRS level for incidence
 - 3-step change in ETDRS level for progression
- Secondary endpoints include
 - regression of retinopathy (3-step or 2-step sustained)
- Change in overall retinopathy severity

DIRECT-Prevent 1: Retinopathy incidence

2-step change



No at risk

Placebo

710

644

585

518

347

87

0

Candesartan

711

633

573

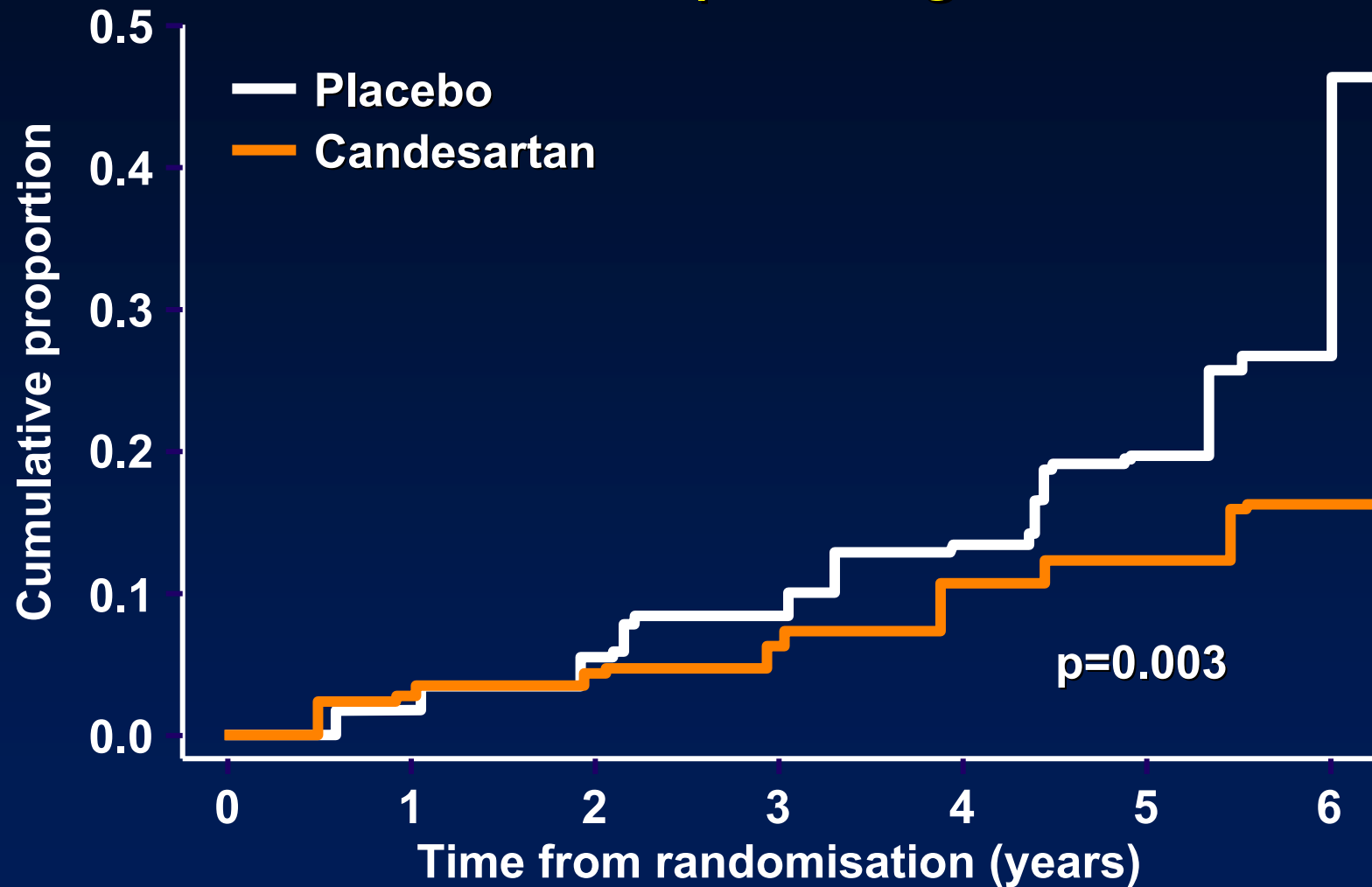
524

356

92

1

DIRECT-Prevent 1: Retinopathy incidence 3-step change



No at risk

Placebo

710

663

630

587

419

109

1

Candesartan

711

651

615

587

422

108

1

DIRECT-Prevent 1: Hazard ratios for retinopathy incidence (candesartan vs placebo)

2-step change

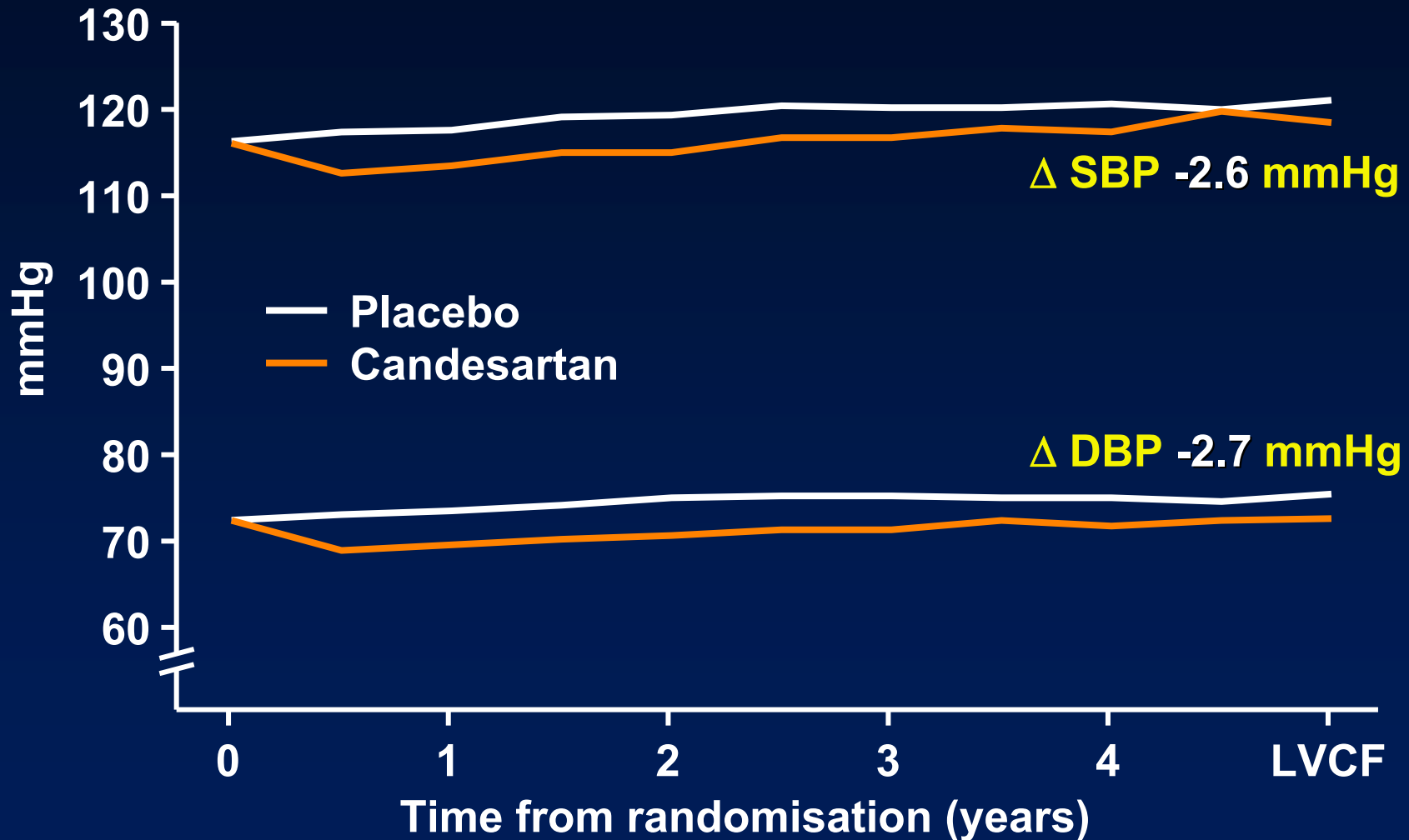
	HR	95% CI	
		Lower	Upper
Unadjusted	0.82	0.67	1.00
Adjusted*	0.88	0.72	1.07

3-step change

	HR	95% CI	
		Lower	Upper
Unadjusted	0.65	0.48	0.87
Adjusted*	0.71	0.53	0.95

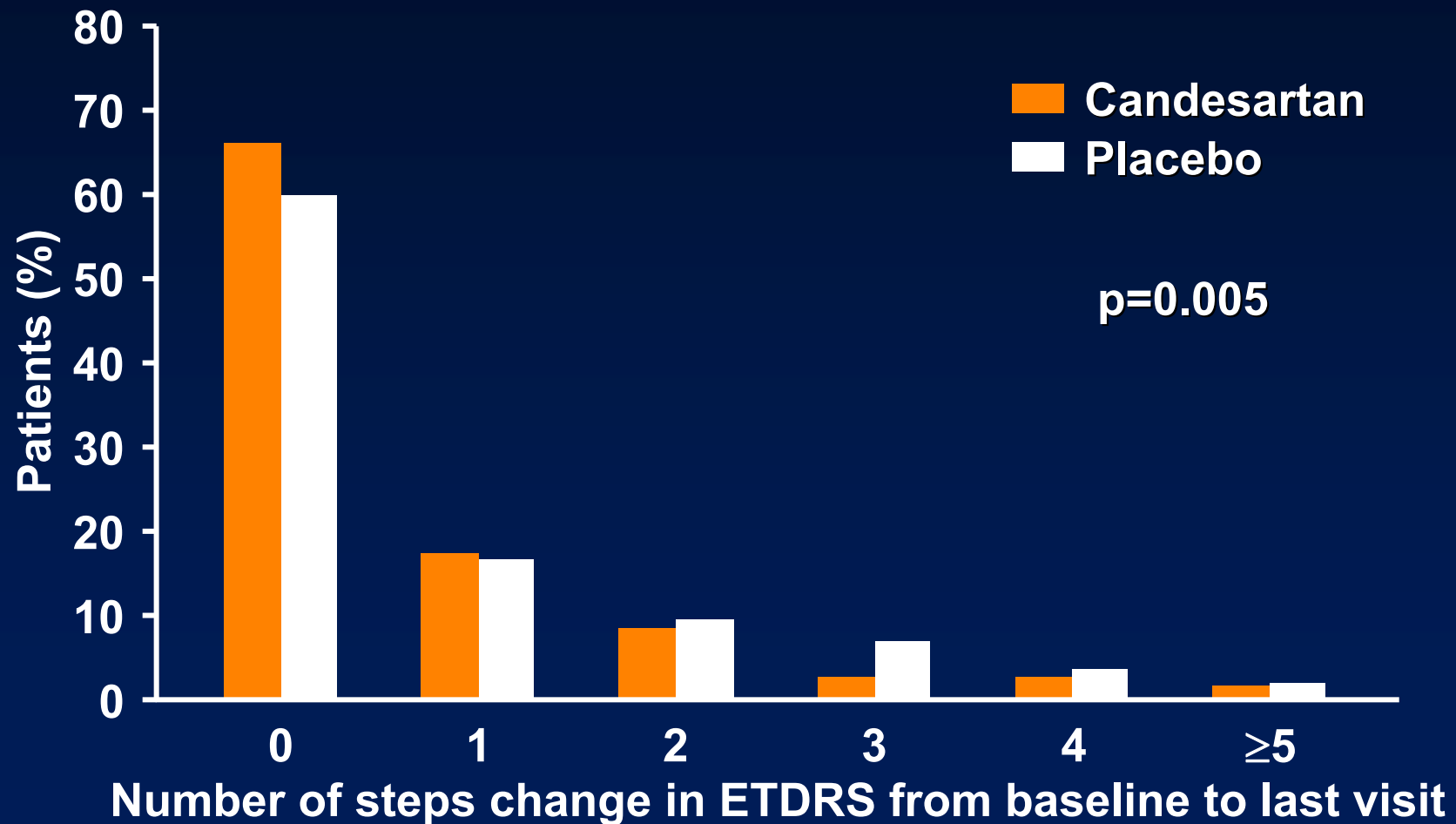
* Pre-specified adjustment for baseline diabetes duration, HbA_{1c} and SBP

DIRECT-Prevent 1: Systolic and diastolic blood pressure



LVCF = Last Value Carried Forward

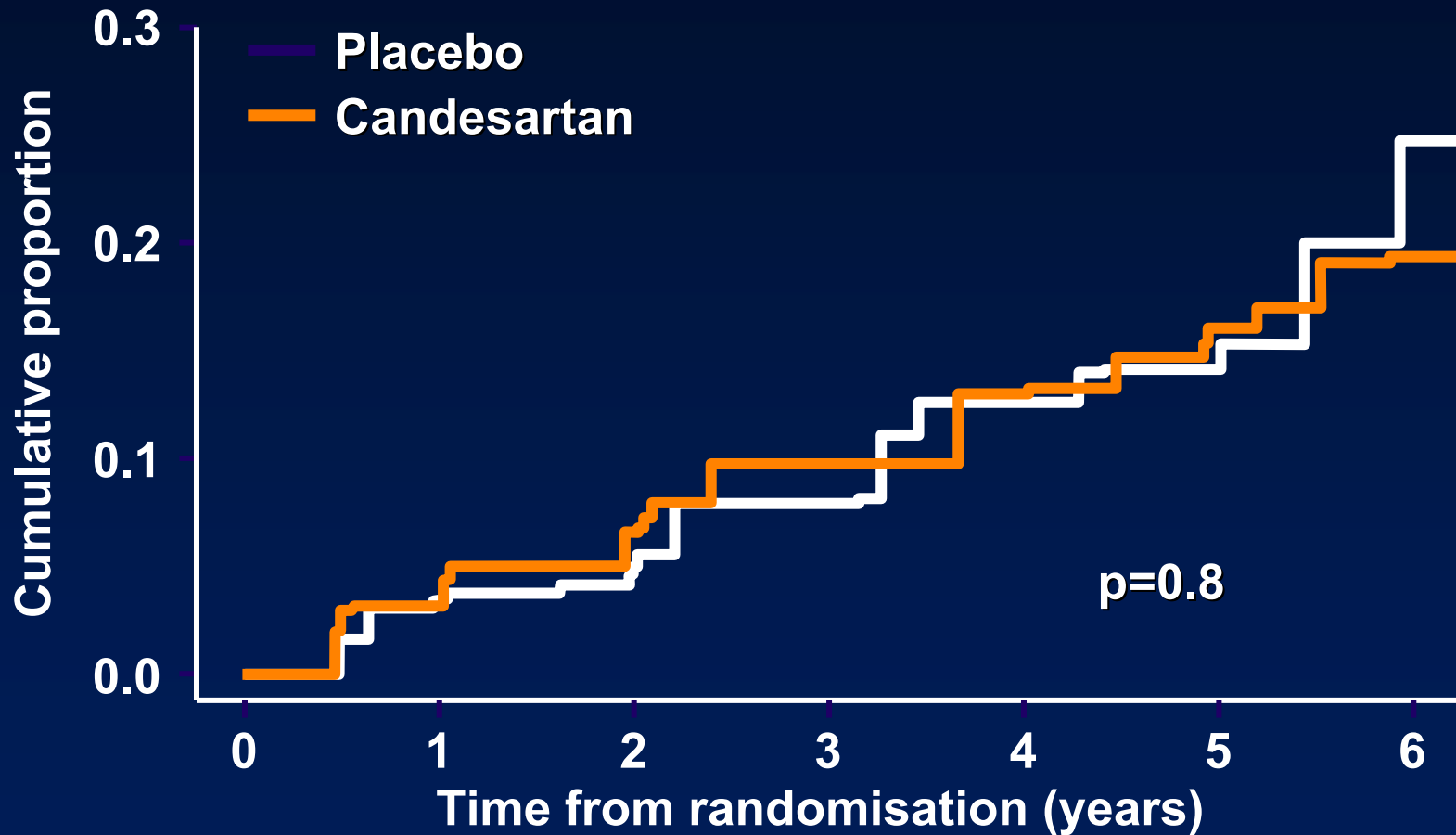
DIRECT-Prevent 1: Change in ETDRS level



DIRECT-Protect 1

Effect of candesartan on progression of retinopathy in type 1 diabetic patients

DIRECT-Protect 1: Retinopathy progression 3-step change



No at risk

Placebo 954

Candesartan 951

875

863

820

814

770

767

612

626

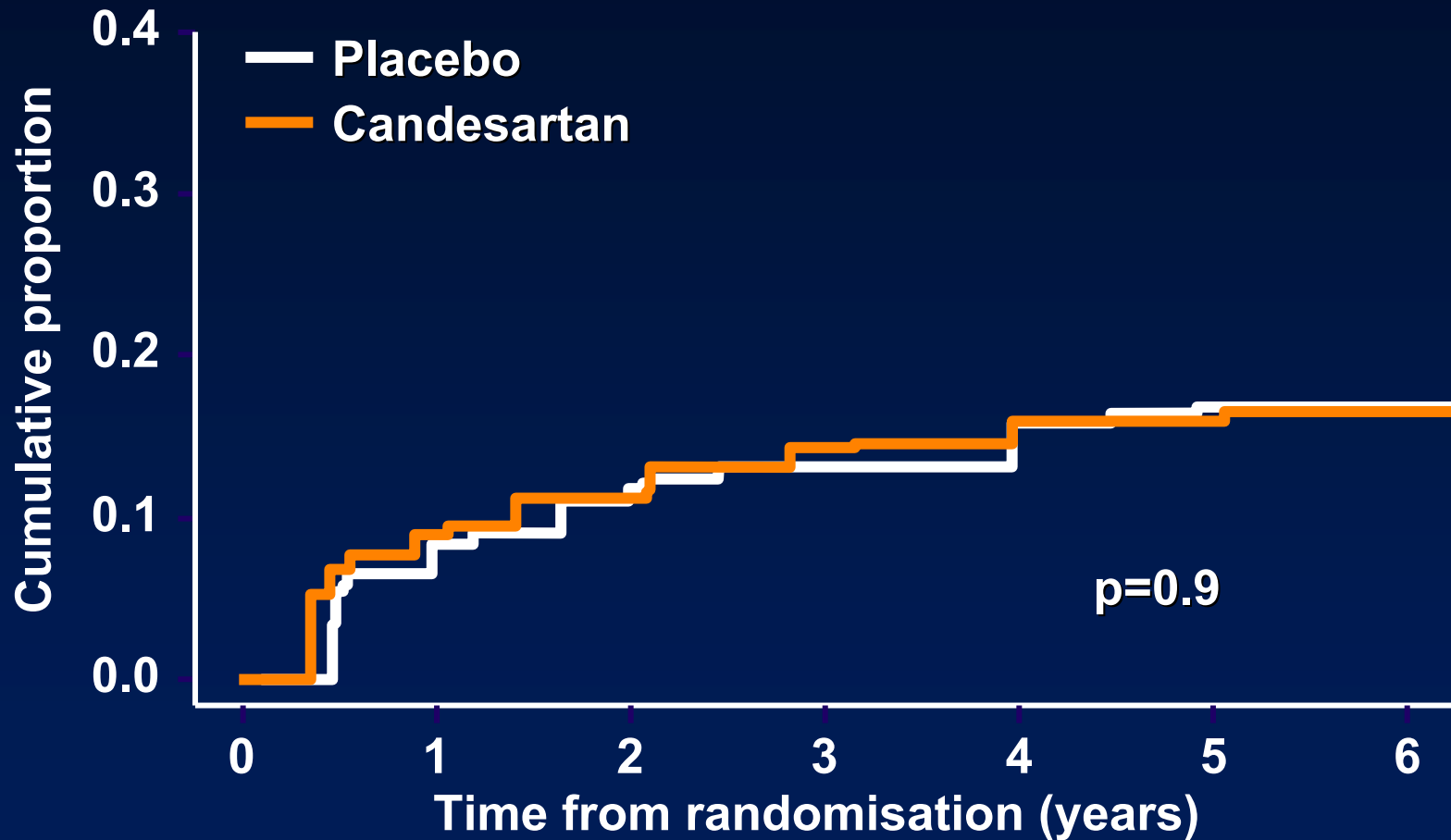
188

195

4

5

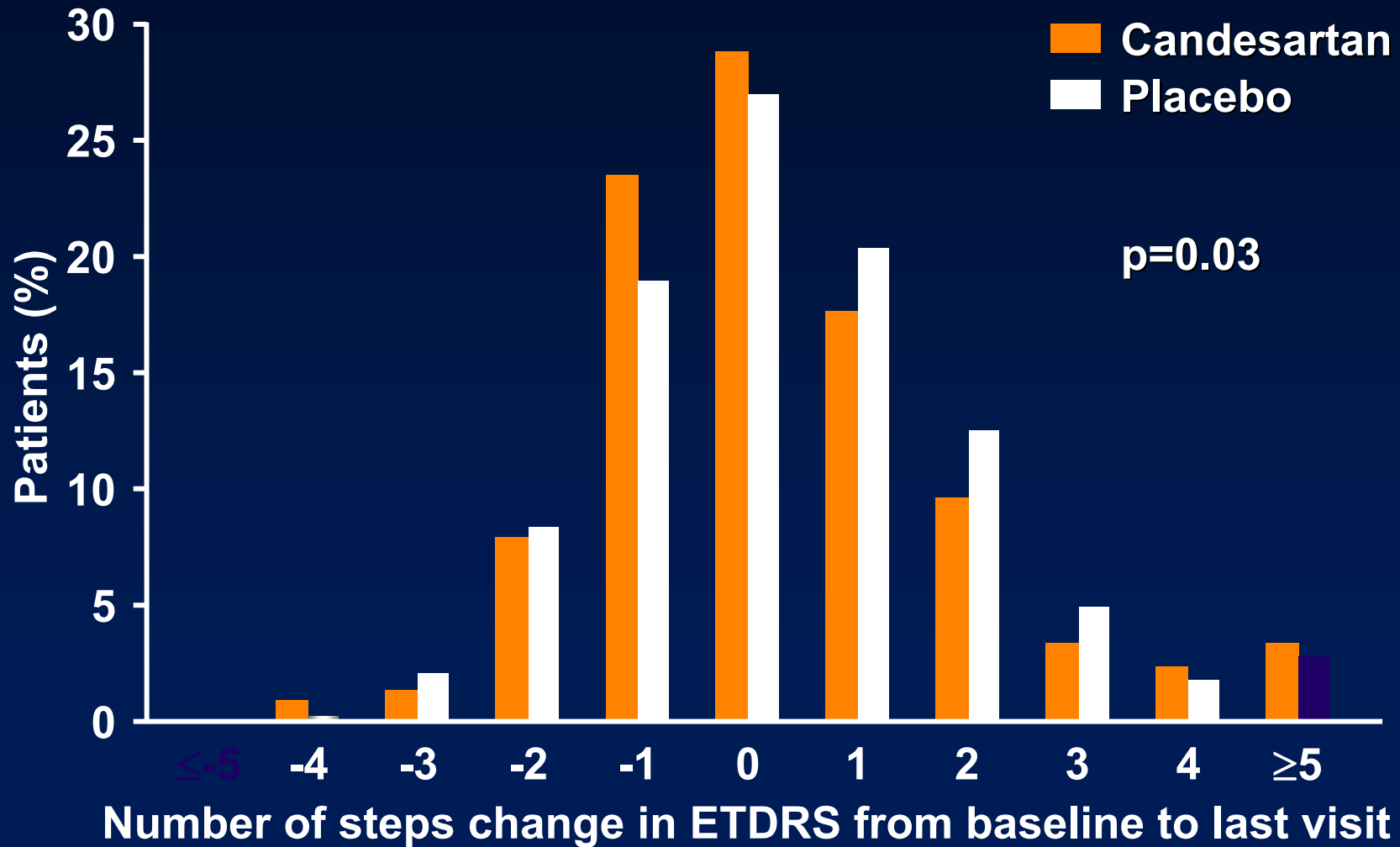
DIRECT-Protect 1: Retinopathy regression



No at risk

Placebo	954	840	772	713	559	167	5
Candesartan	951	820	773	728	591	187	5

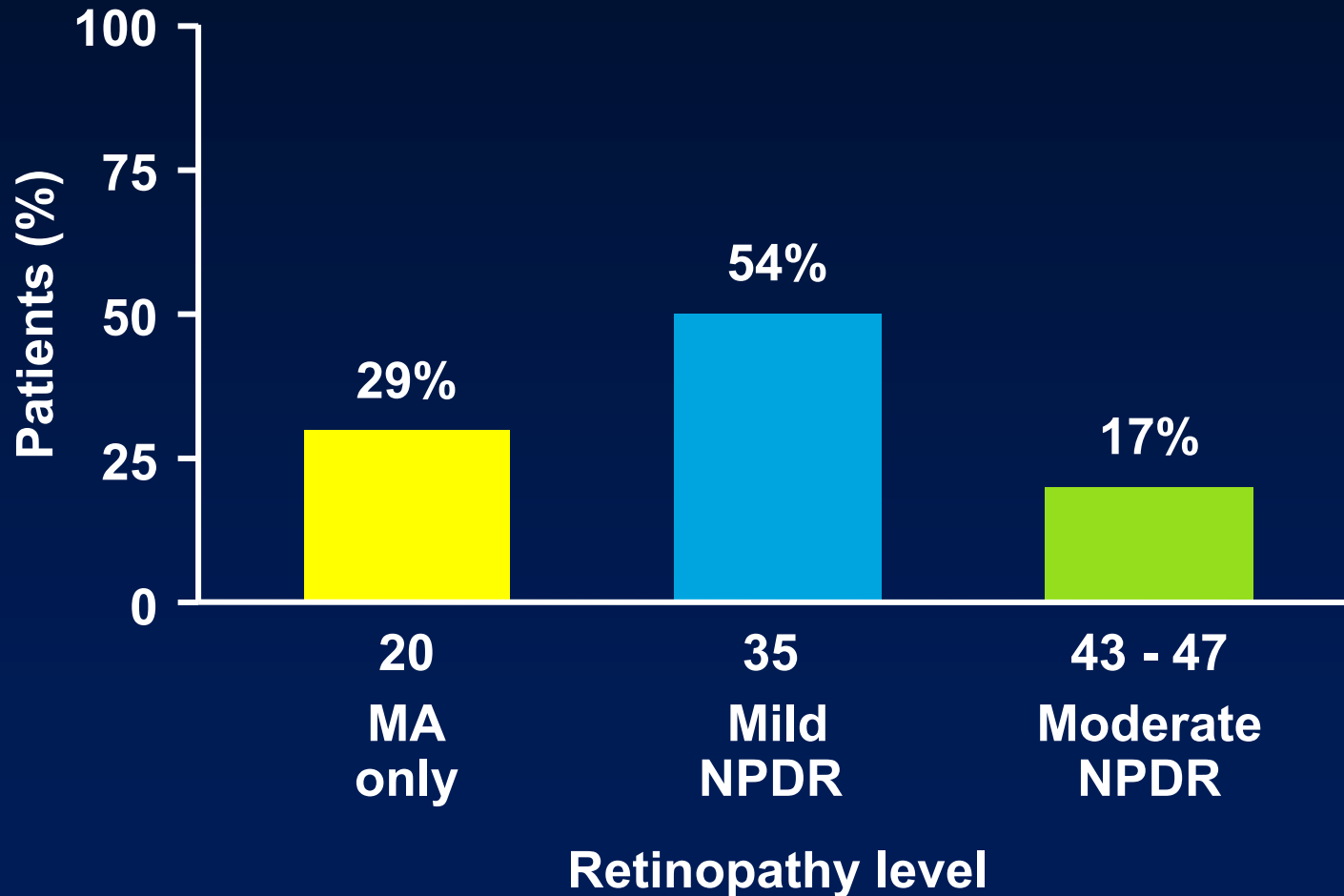
DIRECT-Protect 1: Change in ETDRS level



DIRECT-Protect 2

Effect of candesartan on progression of retinopathy in type 2 diabetic patients

DIRECT-Protect 2: Retinopathy levels at baseline (worst eye)



È vitale puntare sul numero giusto ...
... DR progression o regression?

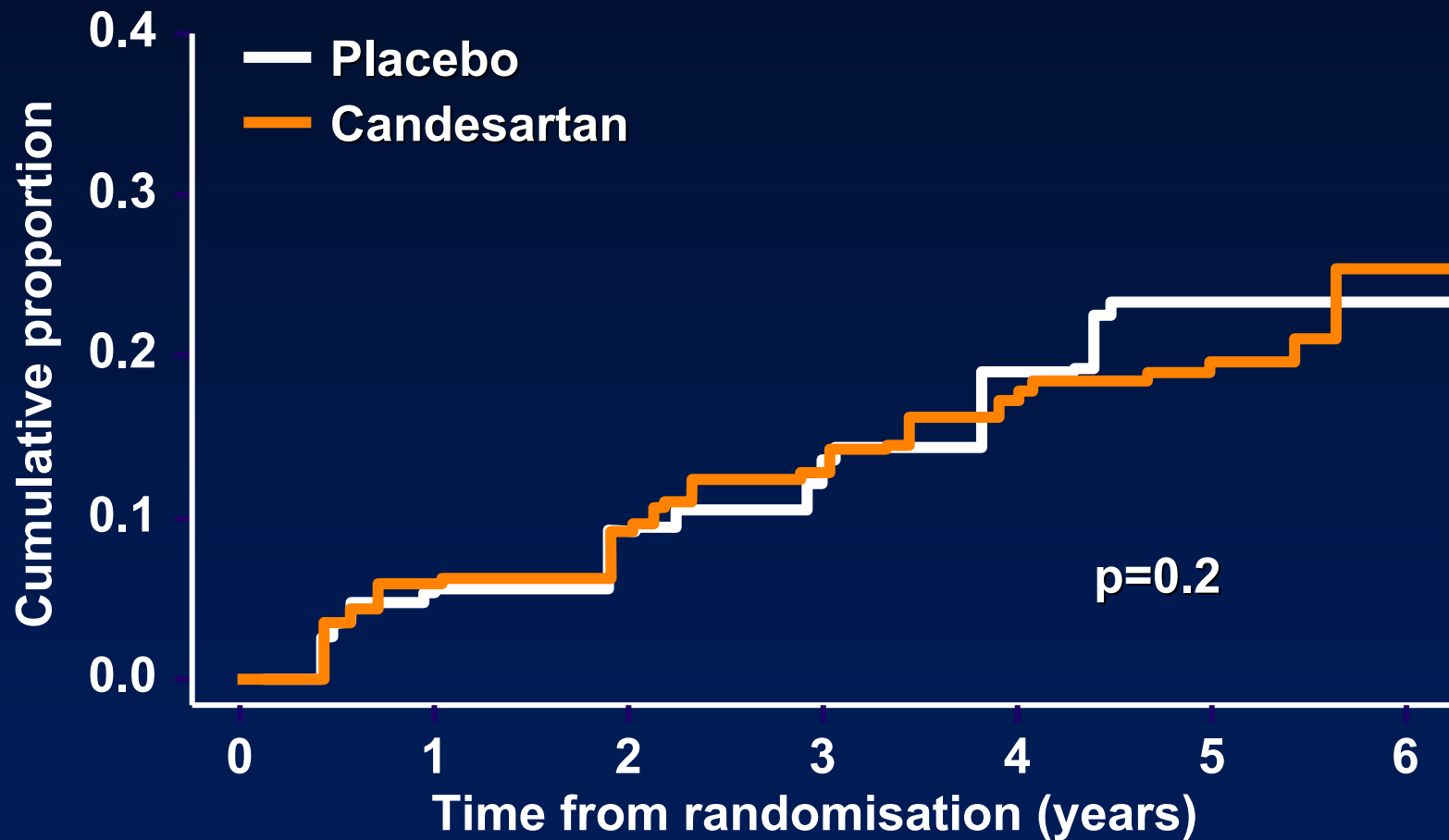


			0			
PASSE	1	2	3	MANQUE		
	4	5	6			
	7	8	9			
	10	11	12			
PAIR	13	14	15	IMPAIR		
	16	17	18			
	19	20	21			
	22	23	24			
◆	25	26	27	◆		
	28	29	30			
	31	32	33			
	34	35	36			
12 ^P	12 ^M	12 ^D			12 ^D	12 ^M 12 ^P

DIRECT Programme: Outcome measures

- The primary endpoint is
 - 2-step change in ETDRS level for incidence
 - 3-step change in ETDRS level for **progression**
- Secondary endpoints include
 - **regression** of retinopathy (3-step or 2-step sustained)
- Change in overall retinopathy severity

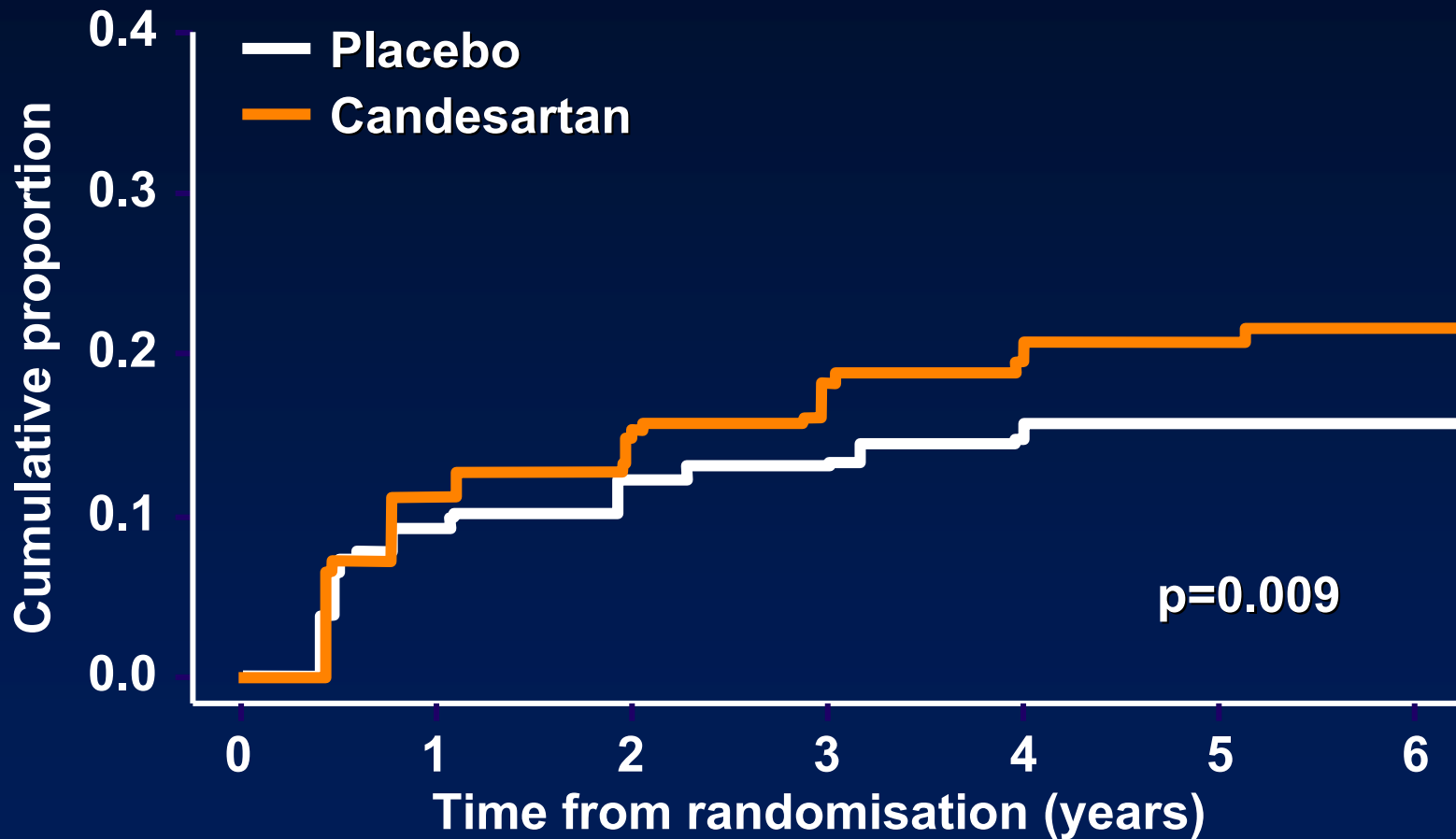
DIRECT-Protect 2: Retinopathy progression 3-step change



No at risk

Placebo	954	845	794	737	513	112	3
Candesartan	951	848	807	737	540	123	0

DIRECT-Protect 2: Retinopathy regression



No at risk

Placebo	954	812	760	713	510	93	1
Candesartan	951	811	755	692	492	100	0

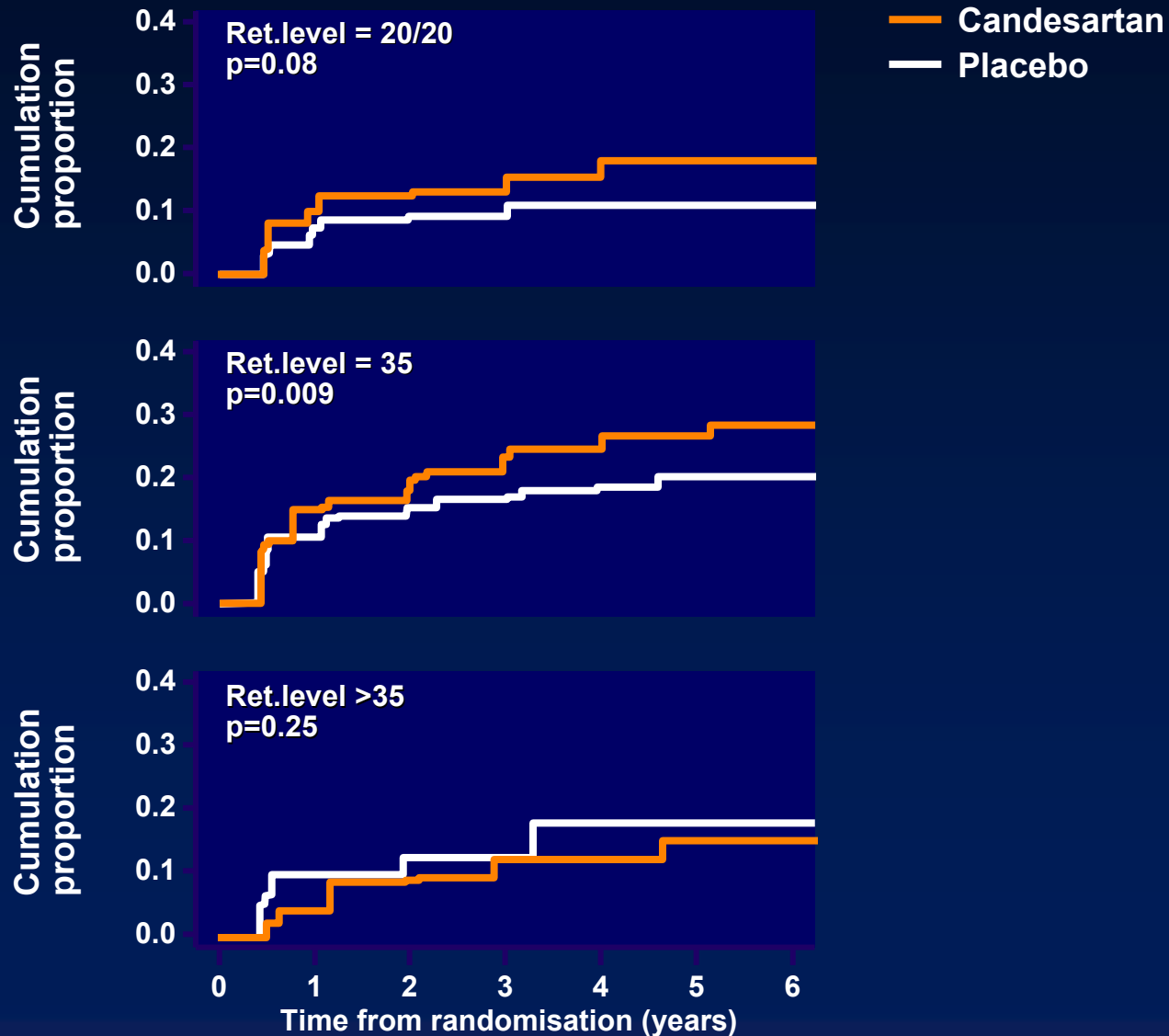
DIRECT-Protect 2: Hazard ratios for retinopathy regression (candesartan vs placebo)

	HR	95% CI	
		Lower	Upper
Unadjusted	1.34	1.08	1.68
Adjusted*	1.38	1.11	1.73
Adjusted**	1.33	1.06	1.67

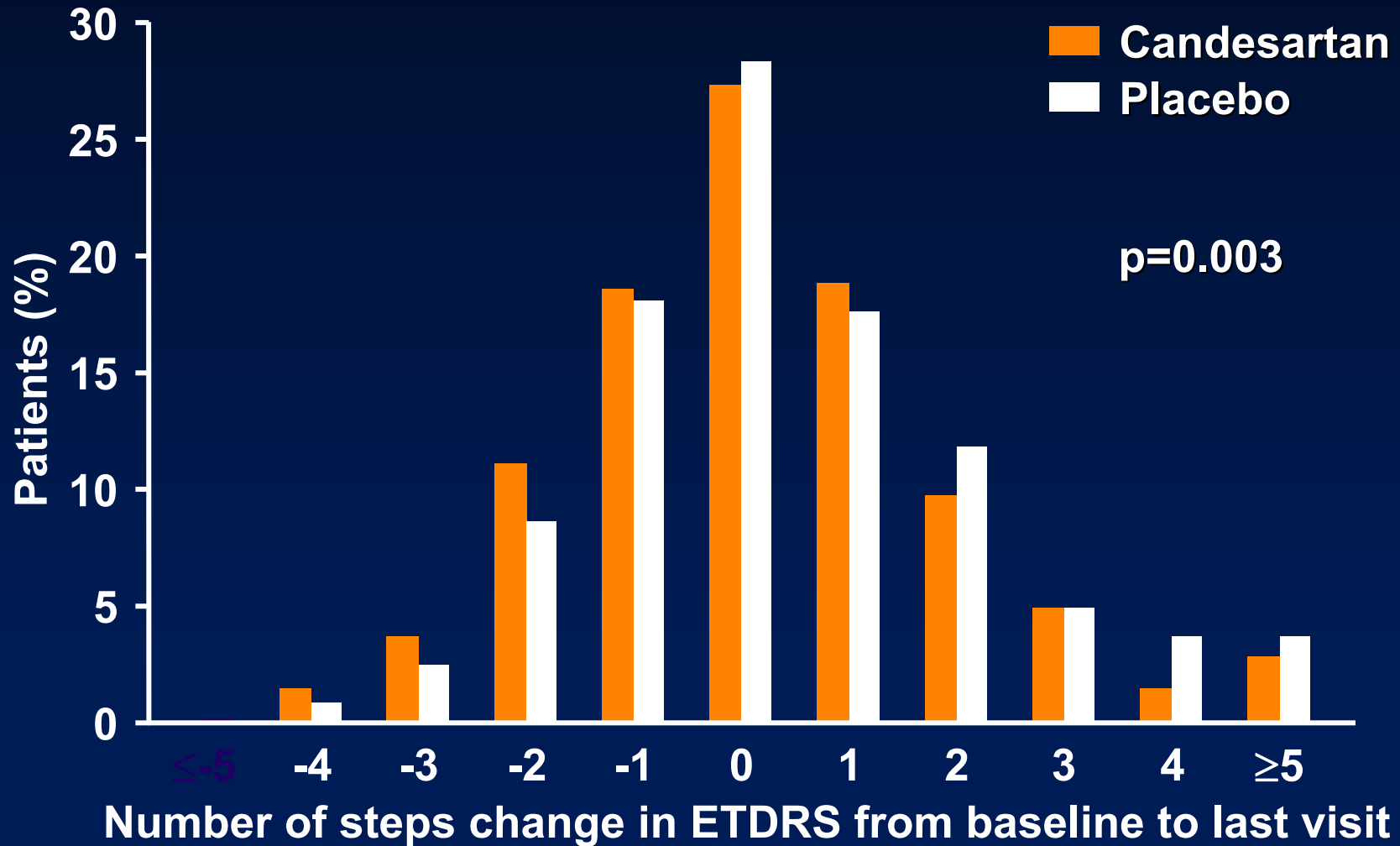
* Pre-specified adjustment for baseline level of retinopathy, diabetes duration, HbA_{1c}, UAER, SBP and antihypertensive treatment

** Pre-specified adjustment for baseline level of retinopathy, diabetes duration, HbA_{1c}, UAER, antihypertensive treatment and SBP during study

DIRECT-Protect 2: Regression of DR by baseline level



DIRECT-Protect 2: Change in ETDRS level



È vitale puntare sul numero giusto ...
... change in overall DR severity?

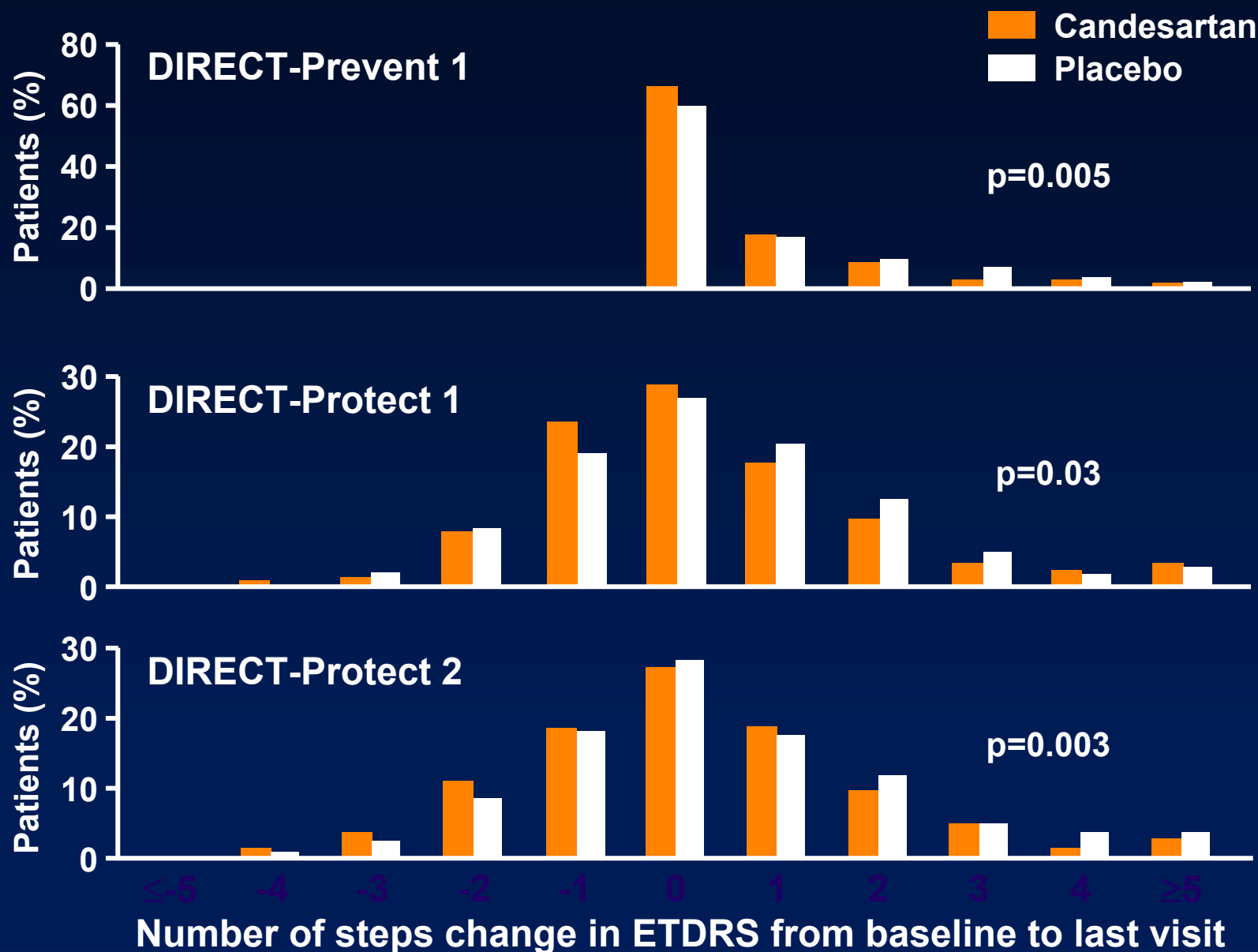


			0														
PASSE				1	2	3				MANQUE							
				4	5	6											
				7	8	9											
				10	11	12											
PAIR				13	14	15				IMPAIR							
				16	17	18											
				19	20	21											
				22	23	24											
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				28	29	30											
				31	32	33											
				34	35	36											
12 ^P			12 ^M			12 ^D			12 ^D			12 ^M			12 ^P		

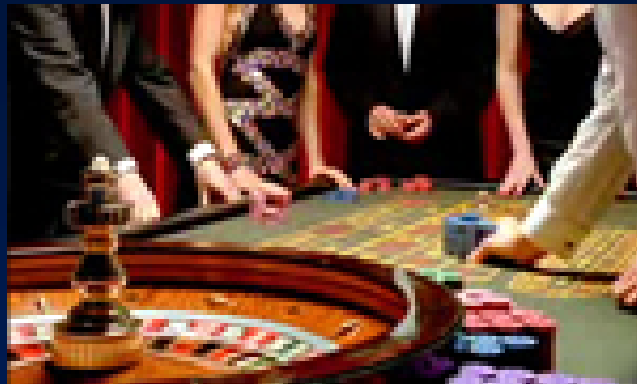
DIRECT Programme: Outcome measures

- The primary endpoint is
 - 2-step change in ETDRS level for incidence
 - 3-step change in ETDRS level for progression
- Secondary endpoints include
 - regression of retinopathy (3-step or 2-step sustained)
- Change in overall retinopathy severity

DIRECT: Change in ETDRS level

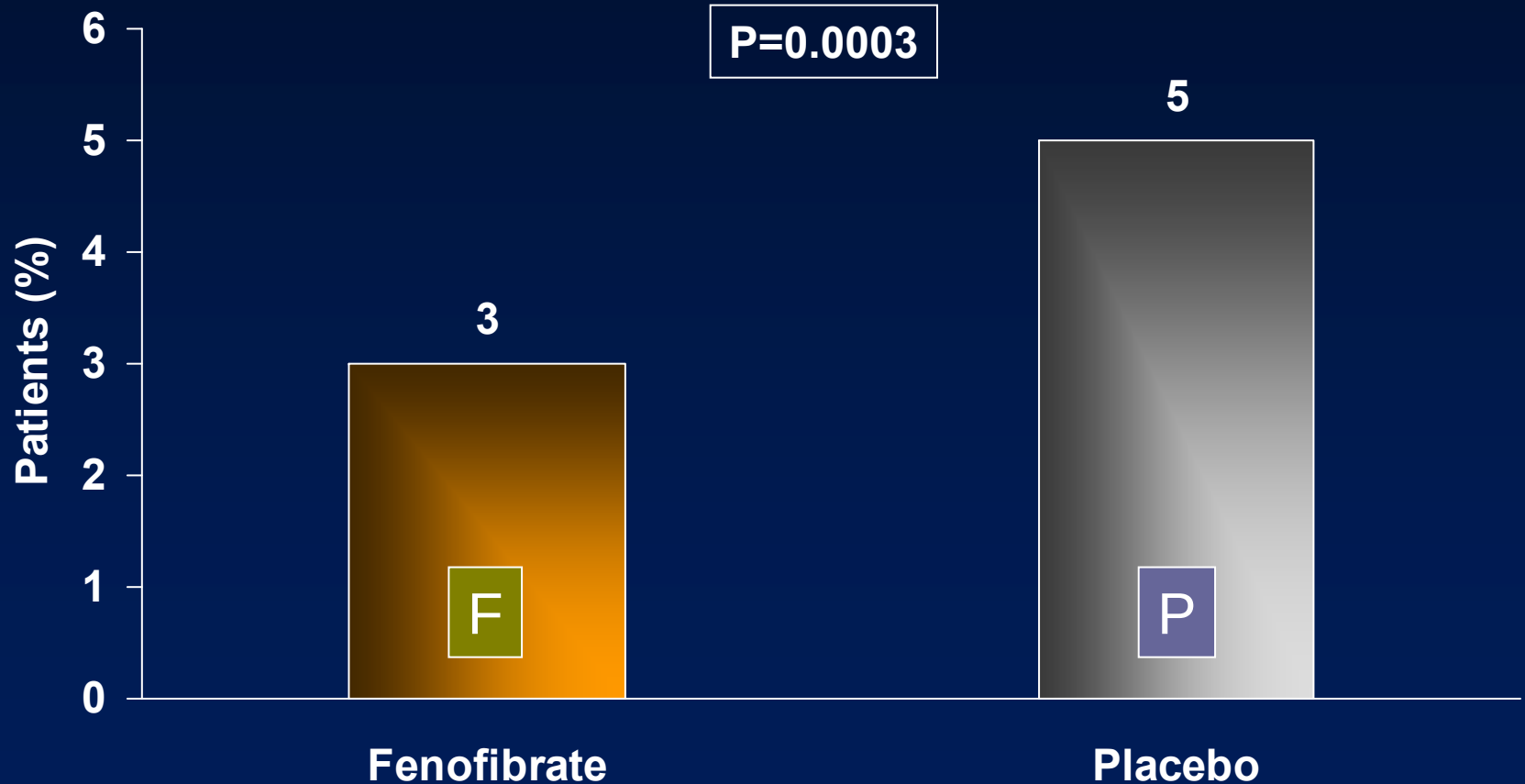


Storia n° 4 – Il fenofibrato



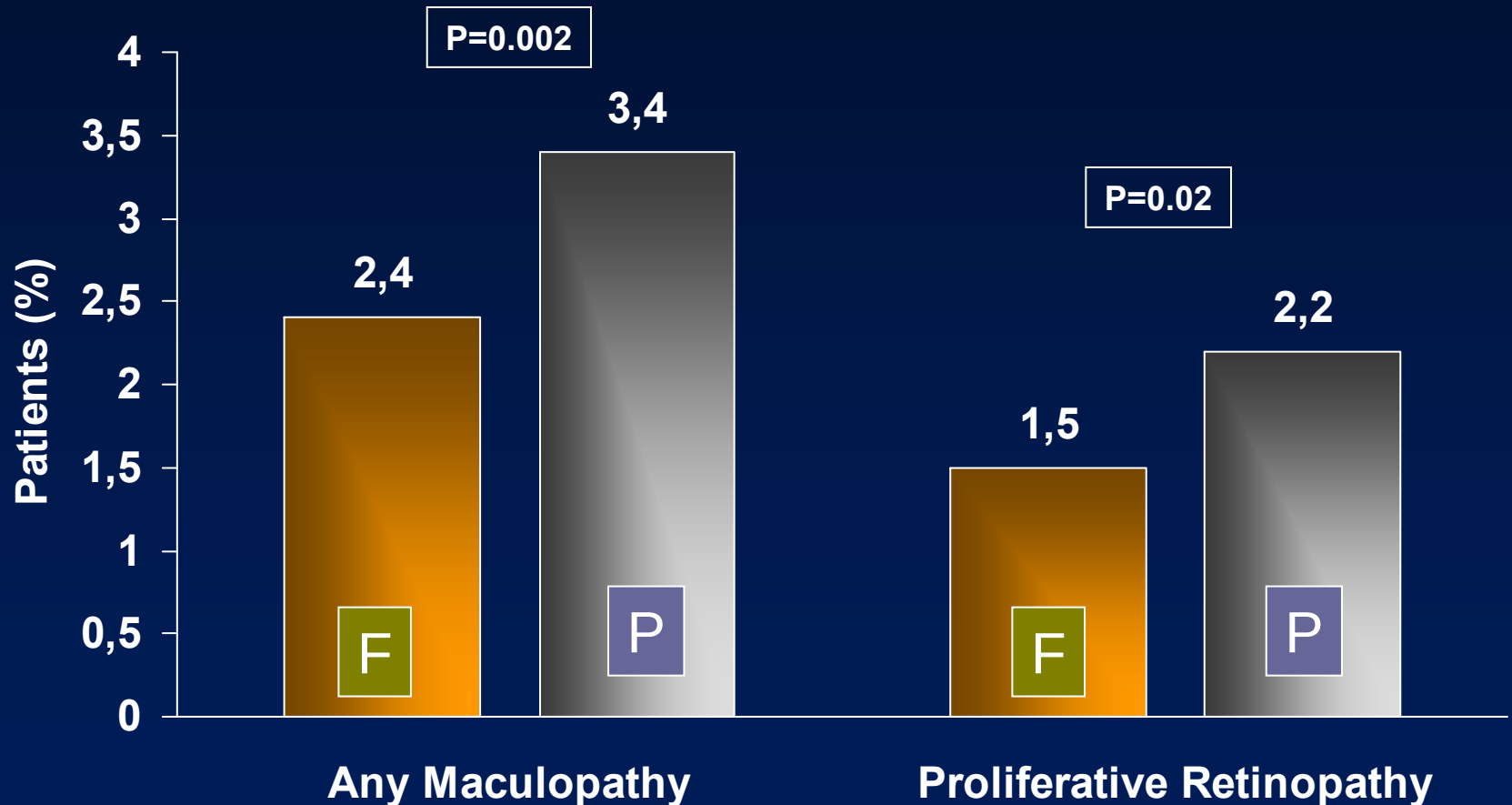
Retinopathy in the FIELD Trial

Overall Study: Laser Treatment for Retinopathy



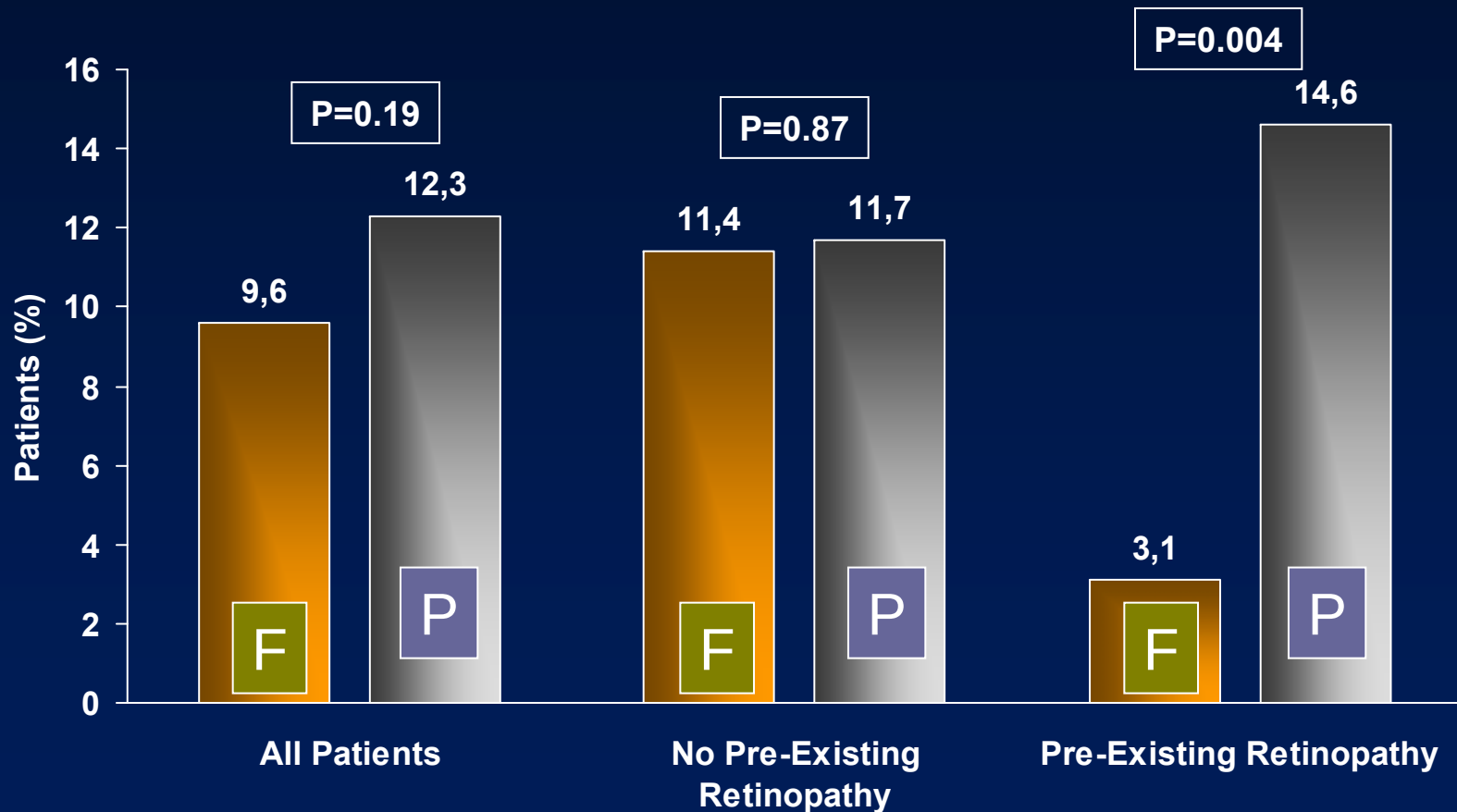
Retinopathy in the FIELD Trial

Overall Study: First Laser Treatment Events



Retinopathy in the FIELD Trial

Ophthalmology Substudy: 2-Step Progression of Retinopathy



Retinopathy in the FIELD Trial

In diabetic patients, 5 years of treatment with fenofibrate:

- Reduced the need for laser treatment for diabetic retinopathy
- Reduced 2-step progression of retinopathy grade in patients with but not without pre-existing retinopathy
- Did not reduce fasting glucose, A1c or blood pressure²

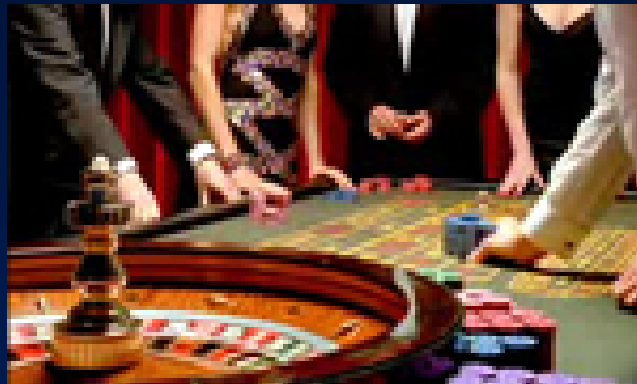
Keech et al. Lancet 2007; DOI:10.1016/S0140-6736(07)61607-9

È vitale puntare sul numero giusto!

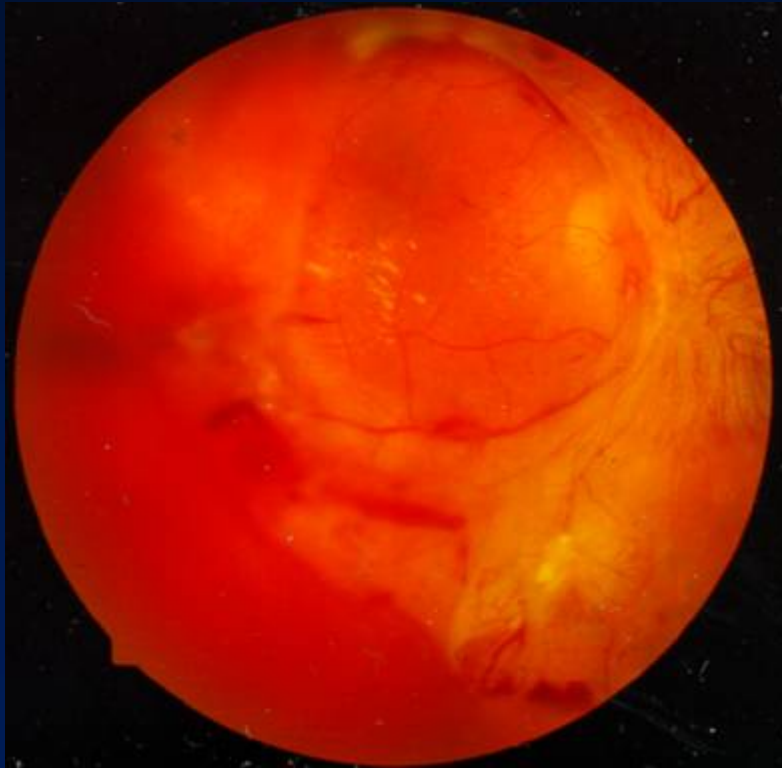


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PASSE		1	2	3	MANQUE	
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PAIR		13	14	15	IMPAIR	
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		28	29	30		
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		34	35	36		
12 ^P	12 ^M	12 ^D			12 ^D	12 ^M 12 ^P

Epilogo ...



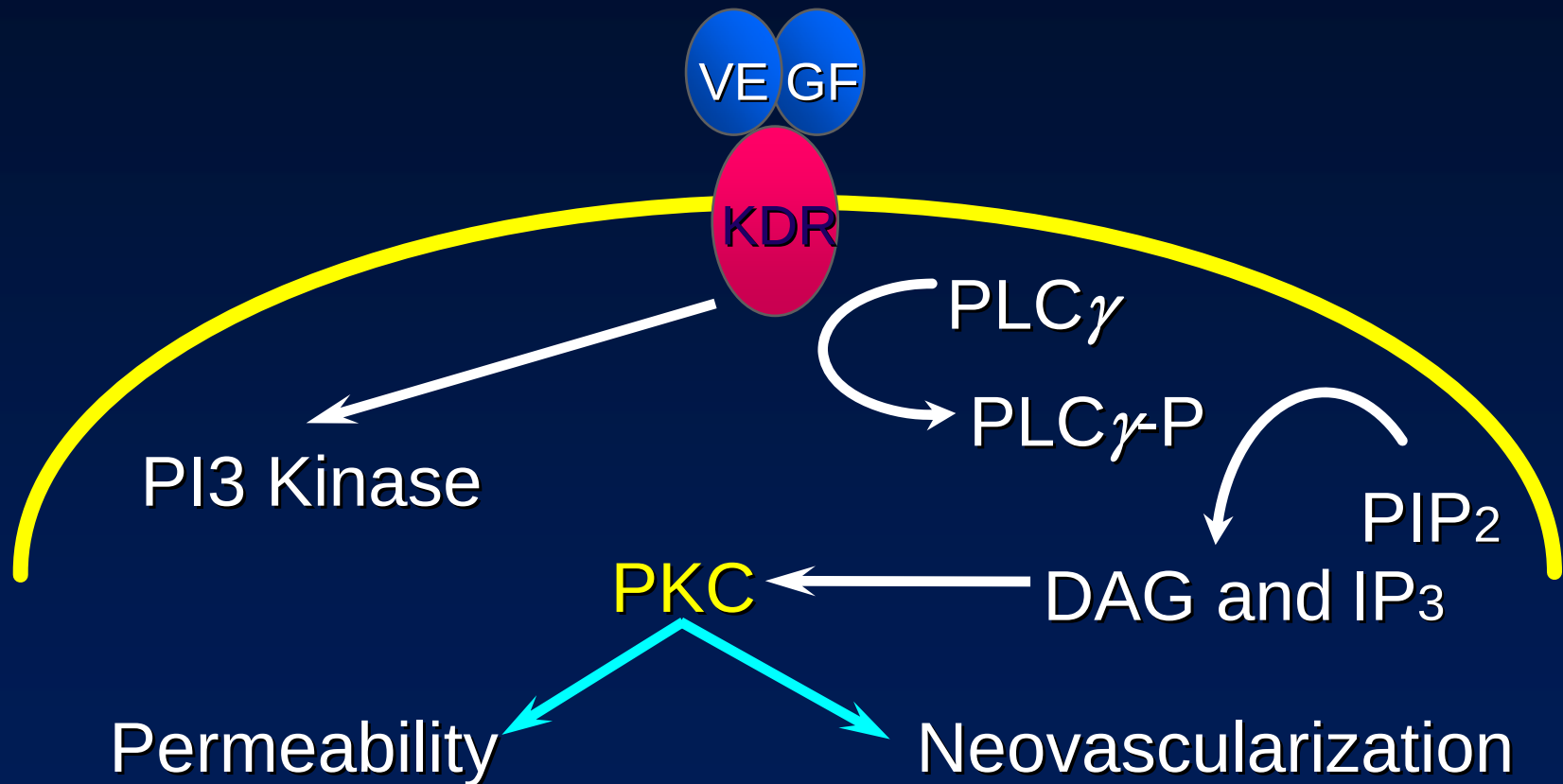
Growth Factor Mediation in Diabetic Retinopathy



**VEGF, GH,
IGF, FGF,
HGF, PDGF,
TGF, Ang,
ATII, and
many
more...**

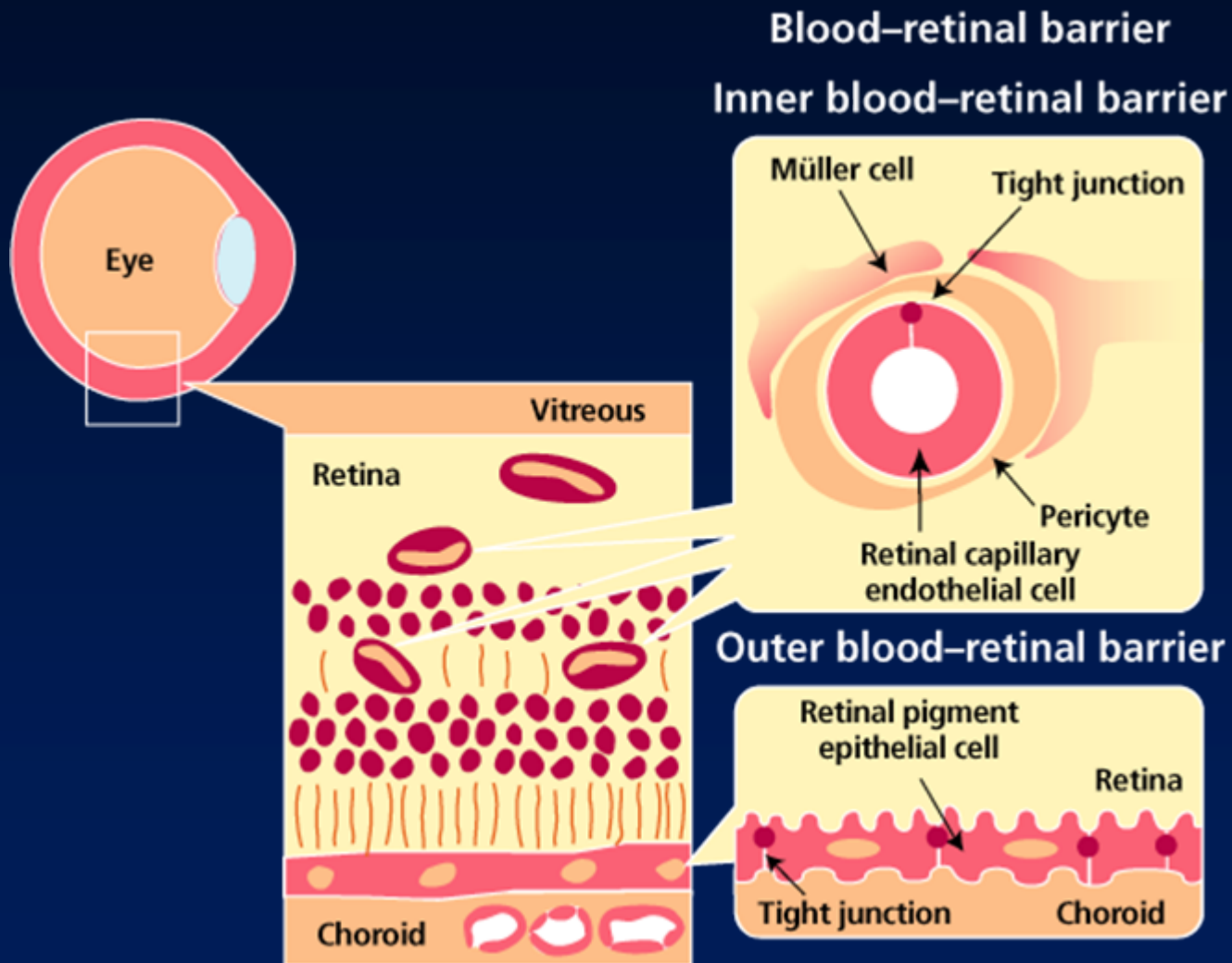
Ang = angiopoietin; ATII = angiotensin II; FGF = fibroblast growth factor;
GH = growth hormone; HGF = hepatic growth factor; IGF = insulin-like growth factor;
PDGF = platelet-derived growth factor; TGF = transforming growth factor;
VEGF = vascular endothelial growth factor.

Mechanism of VEGF Action

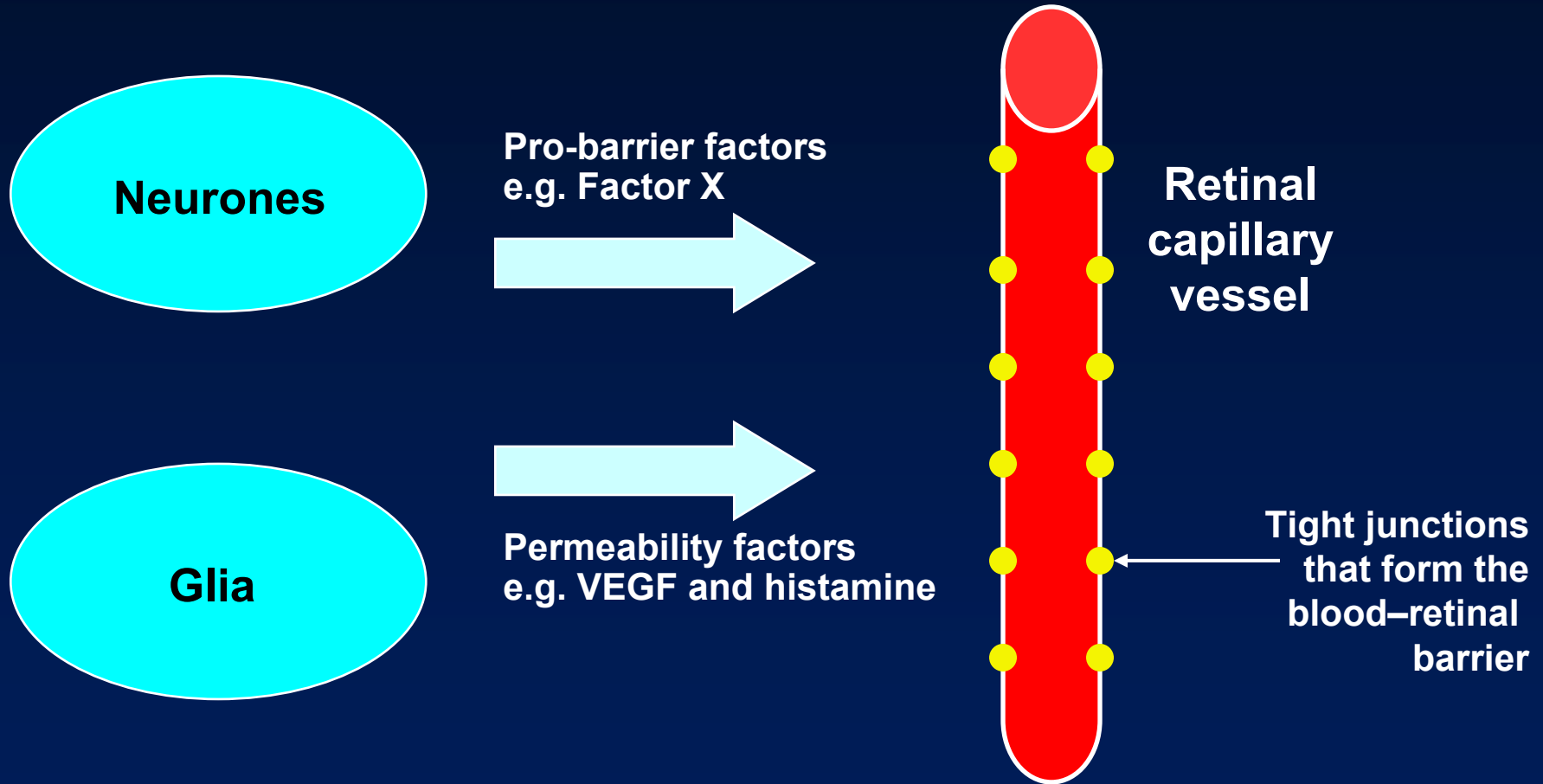


DAG = diacylglycerol; IP3 = inositol 1,4,5-trisphosphate; KDR = kinase insert domain receptor;
PI3 = phosphatidylinositol 3-kinase; PLC γ = phospholipase C- γ ; PIP₂ = phosphatidylinositol 4, 5 biphosphate.
Xia P et al. *J Clin Invest.* 1996;98:2018-2026.

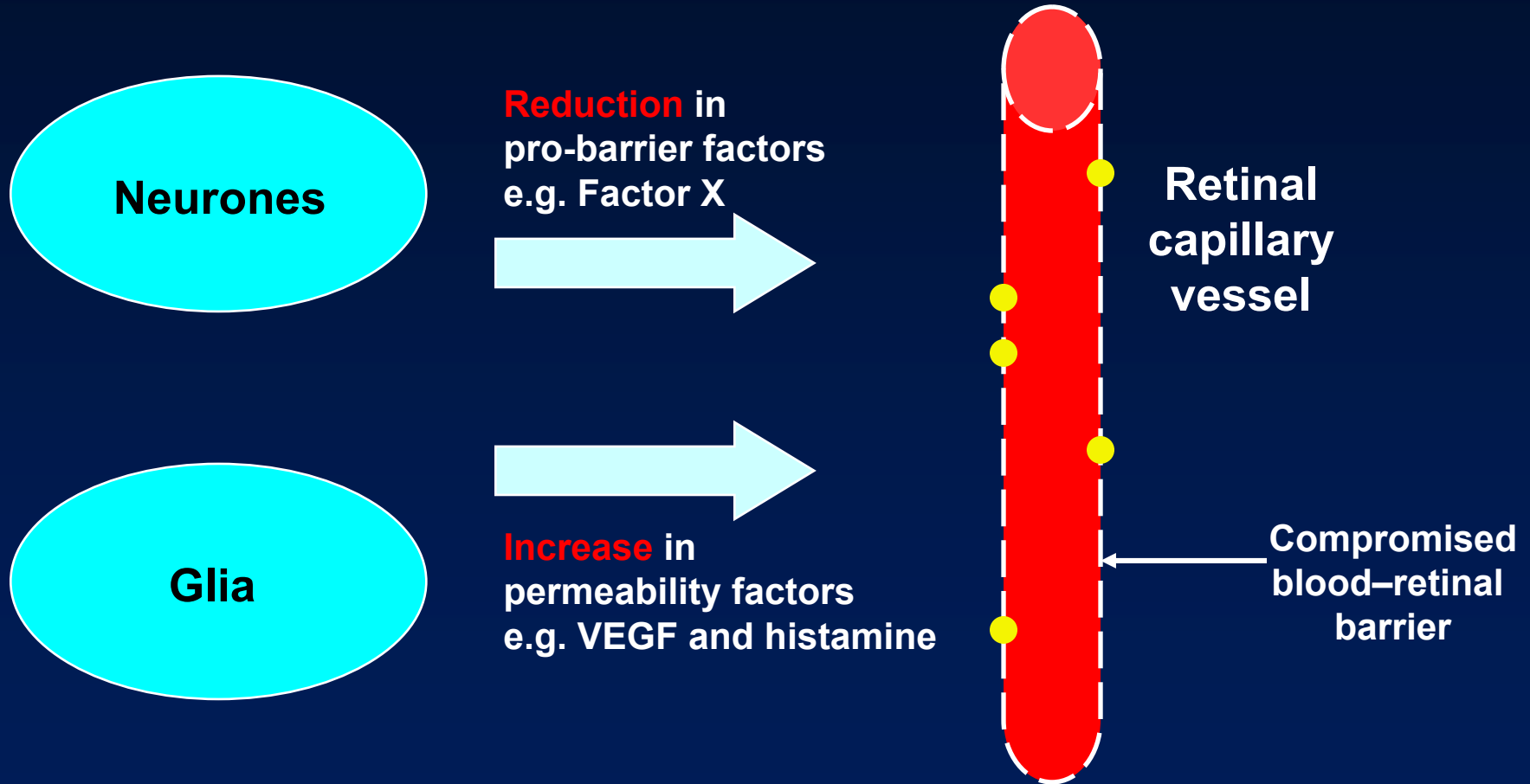
Blood–retinal barrier



Blood–retinal barrier

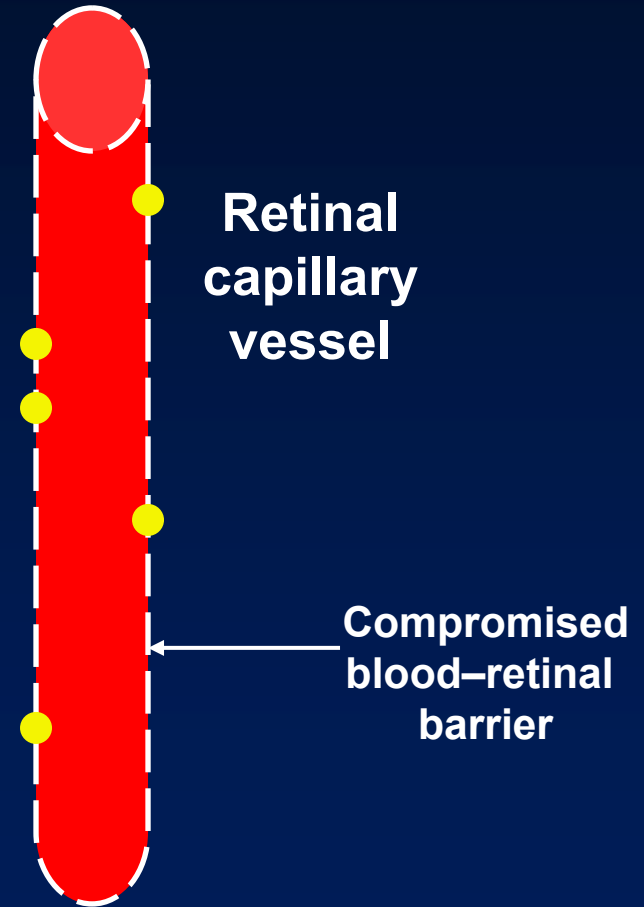


Blood–retinal barrier in diabetes

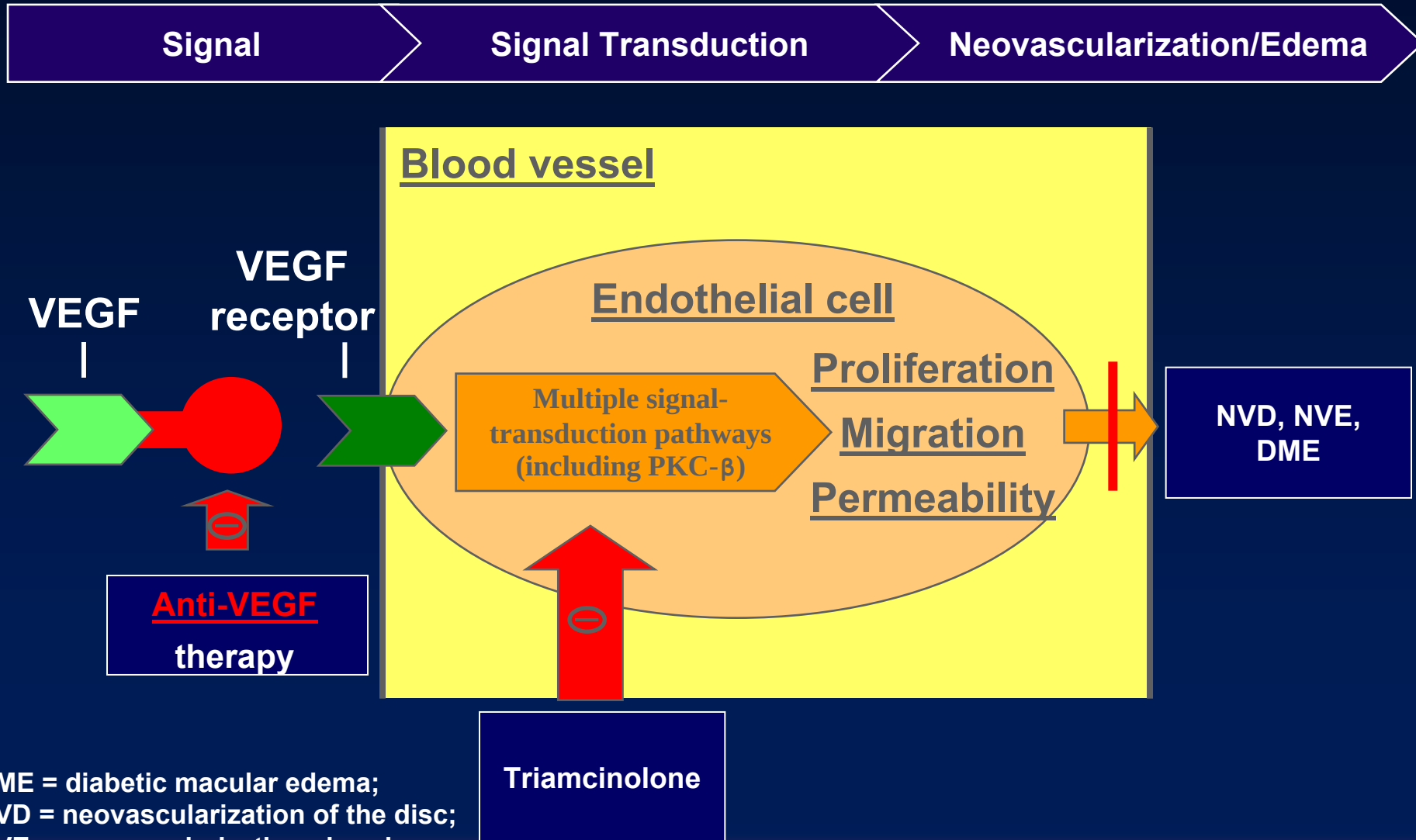


VEGF: key player in diabetic retinopathy

- VEGF also disrupts the expression of proteins maintaining the tight junctions of the blood–retinal barrier
- As a result, vascular permeability increases



Inhibition of Angiogenesis/Permeability



Agents for intra-vitreous use

Agent	Action	Indication
Pegaptanib sodium	Intravitreal aptamer VEGF inhibitor	DME
Ranibizumab	Intravitreal humanized anti-VEGF antibody fragment	DME
Bevacizumab	Anti-VEGF antibody	DME
Triamcinolone acetonide	Intravitreal steroid injection	DME

**Grazie per l'attenzione e ...
buona fortuna a tutti!**



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PASSE	1	2	3	MANQUE		
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	7	8	9			
	10	11	12			
PAIR	13	14	15	IMPAIR		
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◆	25	26	27	◆		
	28	29	30			
	31	32	33			
	34	35	36			
12 ^P	12 ^M	12 ^D			12 ^D	12 ^M 12 ^P