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Randomized controlled trial protocol to investigate the antiplatelet therapy e<u>ffect</u> on extracellular vesicles in acute myocardial infarction (AFFECT EV)

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1 Abstract

2 Activated platelets contribute to thrombosis and inflammation by the release of extracellular 3 vesicles (EVs) exposing P-selectin, phosphatidylserine (PS) and fibrinogen. P2Y12 receptor antagonists are routinely administered to inhibit platelet activation in patients after acute 4 5 myocardial infarction (AMI), being a combined anti-thrombotic and anti-inflammatory therapy. The more potent P2Y12 antagonist ticagrelor improves cardiovascular outcome in 6 patients after AMI compared to the less potent clopidogrel, suggesting that greater inhibition 7 of platelet aggregation (IPA) is associated with better prognosis. The effect of ticagrelor and 8 9 clopidogrel on the release of EVs from platelets and other P2Y12-exposing cells is unknown. 10 This study compares the effects of ticagrelor and clopidogrel on (i) the concentrations of EVs 11 from activated platelets (primary end-point), (ii) the concentrations of EVs exposing fibrinogen, exposing PS, from leukocytes and from endothelial cells (secondary end-points) 12 13 and (iii) the procoagulant activity of plasma EVs (tertiary end-points) in 60 consecutive AMI patients. After the percutaneous coronary intervention, patients will be randomized to 14 antiplatelet therapy with ticagrelor (study group) or clopidogrel (control group). Blood will be 15 collected from patients at randomisation, 48 hours after randomisation, and 6 months 16 17 following the index hospitalization. In addition, 30 age- and gender-matched healthy 18 volunteers will be enrolled in the study to investigate the physiological concentrations and procoagulant activity of EVs using recently standardized protocols and EV-dedicated flow 19 cytometry. Concentrations of EVs will be determined by flow cytometry. Procoagulant 20 21 activity of EVs will be determined by fibrin generation test. The compliance and response to antiplatelet therapy will be assessed by impedance aggregometry. We expect that plasma from 22 23 patients treated with ticagrelor (i) contains lower concentrations of EVs from activated platelets, exposing fibrinogen, exposing PS, from leukocytes and from endothelial cells, and 24 (ii) has lower procoagulant activity, when compared to patients treated with clopidogrel. 25

AFFECT EV may identify a new mechanism of action of ticagrelor, as well as create a basis
 for future studies to investigate whether lower EV concentrations are associated with
 improved clinical outcomes in patients treated with P2Y12 antagonists.
 Keywords: extracellular vesicles, platelets, ADP receptors, P2Y12 antagonists, ticagrelor

5

6 Introduction

Activation and aggregation of platelets on a ruptured or erosed atherosclerotic plaque
leads to acute myocardial infarction (AMI) [1]. During AMI, activated platelets release
proinflammatory mediators and bind to leukocytes, leading to leukocyte activation [1]. In
addition, activated platelets release fragments of their outer cell membrane, called plateletderived extracellular vesicles (EVs) [2]. A transmission electron microscope image of EVs
from human plasma is shown in Figure 1.

Platelet EVs are nanoparticles surrounded by a phospholipid membrane which
contains platelet-derived proteins [3]. The presence of glycoprotein IIb/IIIa (CD41/CD61)
enables to establish the cellular origin of EVs released from platelets or megakaryocytes
among other EVs present in blood [4]. If EVs expose the glycoprotein IIb/IIIa along with Pselectin (CD62P) and/or phosphatidylserine (PS), or if EVs expose fibrinogen, such EVs are
released from activated platelets and/ or platelet-rich thrombi [5,6].

Platelet EVs exposing P-selectin, PS and/ or fibrinogen are likely involved in
inflammation and thrombosis [7-10], and potentially contribute to the development and
progression of atherosclerosis [10-12]. P-selectin mediates binding of platelets and platelet
EVs to monocytes via P-selectin glycoprotein ligand-1 on the monocyte, which leads to
monocyte activation, cytokine release and exposure of tissue factor (TF) [7]. PS along with
other negatively charged phospholipids binds clotting factors in the presence of calcium ions,
thereby propagating thrombin generation [8]. Fibrinogen binds both to the CD11b/CD18

- receptor (Mac-1) on monocytes, thereby activating monocytes, and to activated glycoprotein
 IIb/IIIa, thereby enabling platelet crosslinking and aggregation [9].
- 3 Results of the Canakinumab Anti-inflammatory Thrombosis Outcomes (CANTOS) study showed that inhibition of the interleukin-1ß pathway decreases the rate of recurrent 4 cardiovascular events in patients after AMI, compared to placebo [13]. CANTOS proved that 5 6 atherosclerosis is an ongoing inflammatory disease, indicating the need for treatment 7 strategies that reduce inflammation and improve cardiovascular outcome. At present, patients after AMI receive a multitude of drugs, of which the anti-inflammatory effects are not or 8 9 incompletely known. Drugs routinely administered after AMI include antagonists of the 10 P2Y12 receptor for adenosine diphosphate (ADP), such as ticagrelor and clopidogrel, which prevent recurrent cardiovascular events in patients after AMI [14]. Ticagrelor inhibits platelet 11 activation more than clopidogrel, being a more potent antiplatelet drug [15]. Since activated 12 platelets contribute both to inflammation and thrombosis, P2Y12 receptor antagonists offer an 13 opportunity for a combined anti-inflammatory and anti-thrombotic strategy after AMI. 14

The P2Y12 receptor is exposed on platelets [16], leukocytes [17,18] and vascular 15 endothelial cells [19,20]. Binding of ticagrelor or clopidogrel to platelet P2Y12 receptors 16 17 increases the intracellular concentration of cyclic adenosine monophosphate, thereby making 18 platelets less sensitive to activation by other agonists [16]. If platelets are less sensitive to activation, they are expected to expose and release less proinflammatory mediators, such as P-19 selectin and CD40 ligand (CD40L), and to release less EVs. Because the more potent 20 21 antiplatelet drug ticagrelor improves the cardiovascular outcome of patients after AMI compared to the less potent clopidogrel, greater inhibition of platelet aggregation (IPA) seems 22 23 associated with better prognosis [21]. However, both ticagrelor and clopidogrel decrease the exposure of P-selectin, and concentrations of soluble P-selectin and CD40L to a similar 24 25 extent, both in patients with AMI and in healthy individuals administered endotoxin [22-25].

Reliable analysis of platelet P-selectin can only be performed in freshly collected whole 1 2 blood, i.e. within 15 minutes following blood collection [26]. Soluble P-selectin and CD40L, 3 in turn, can be released also from cells other than platelets [26,27]. Therefore, measurement of P-selectin exposure on platelets and soluble platelet-derived molecules do not reflect the 4 extent of platelet activation in vivo. 5 6 Because platelet EVs are platelet-specific and can be analysed in biorepositories, platelet EVs are advantageous over other available biomarkers of platelet activation [28,29]. 7 Both ticagrelor and clopidogrel inhibit the release of platelet EVs [30,31], but the effects of 8 9 ticagrelor and clopidogrel on EVs have never been compared in a randomized clinical study. 10 We hypothesize that plasma from patients treated with ticagrelor (i) contains lower 11 concentrations of EVs from activated platelets, exposing fibrinogen, exposing PS, from leukocytes and endothelial cells, and (ii) has lower procoagulant activity, when compared to 12 patients treated with clopidogrel. We aim to compare the effects of ticagrelor and clopidogrel 13 on plasma concentrations of different EV subtypes and plasma EV procoagulant activity in 14 patients with AMI. 15

16

17 Methods

18 Study design

This is a prospective, single-centre, randomised, investigator-blinded, parallel group
design study conducted at the 1st Chair and Department of Cardiology, Medical University of
Warsaw, Poland in collaboration with the Vesicle Observation Centre, and Laboratory of
Experimental Clinical Chemistry, Amsterdam University Medical Centres, The Netherlands.
The duration of this study is expected to be 12 months.

24 Selection of participants

The study inclusion and exclusion criteria are listed in Table 1. Patients will be 1 enrolled by the principal investigator among those who were admitted to 1st Chair and 2 Department of Cardiology, Medical University of Warsaw due to the first ST-segment 3 elevation acute myocardial infarction (STEMI) or non-STEMI (NSTEMI), and then 4 5 underwent percutaneous coronary intervention (PCI) with stent implantation. Since the 6 majority of patients with STEMI is pre-treated with clopidogrel prior to hospital admission, 7 initially all patients will be administered a loading dose of clopidogrel (600 mg) to obtain a homogenous patient group. Since the reported concentrations of EVs in plasma of healthy 8 9 volunteers differ between studies [28], 30 age- and gender-matched healthy volunteers will be 10 enrolled in the study to investigate the physiological concentrations and procoagulant activity 11 of EVs using recently standardized protocols and EV-dedicated flow cytometry [29,32,33], confirming the results of previous studies [34-36]. The principal investigator will describe all 12 13 study procedures and all patients and healthy volunteers will provide written informed consent. 14

15 Randomisation and blinding

Following written informed consent, patients who meet all inclusion criteria and do 16 not meet any of the exclusion criteria will be included and randomised. Block randomisation 17 18 with fixed block size of size 8 without stratification will be carried out using sealed envelope system in a 1:1 ratio either to replace clopidogrel with ticagrelor (study group) or to continue 19 the treatment with clopidogrel (control group). Study drugs will be administered based on the 20 21 randomisation list. Both randomisation and administration of the drugs will be conducted by an independent operator (K.P.), not involved in sample collection and analysis. During the 22 23 clinical trial participants will be identified solely by an individual randomisation number. All collected samples will be coded with a unique number and analysed in one block by an 24 25 operator blinded to patient- and treatment-related data (A.G).

1 Treatment arms

2 All drugs will be administered orally. Patients randomised to switch to ticagrelor will receive a loading dose of ticagrelor (180 mg), followed by a maintenance dose (90 mg twice 3 daily) [14]. Patients randomised to clopidogrel will continue the treatment with a maintenance 4 5 dose of clopidogrel (75 mg once daily) [14]. At hospital discharge, patients (i) will receive 6 either ticagrelor or clopidogrel for 6 months of treatment and (ii) will be advised to contact 7 the principal investigator in case of recurrent thrombotic event or bleeding. Patients who experience a recurrent thrombotic or bleeding event will be admitted to 1st Chair and 8 9 Department of Cardiology for thorough examination, assessment and monitoring. In case of 10 suspected or confirmed non-responsiveness to the initial P2Y12 antagonist, patients will 11 switch to another P2Y12 antagonist. At 6 months, all patients will be invited for the follow-up visit. At the follow-up visit, compliance will be checked by counting of tablets, and ticagrelor 12 13 will be recommended for the remaining 6 months of double antiplatelet therapy (altogether 12 months of treatment, as recommended by the guidelines of European Society of Cardiology) 14 [14]. Patients who choose to switch to clopidogrel at the follow-up visit due to financial 15 constraints or other reasons will be prescribed clopidogrel. 16

17 Trial schedule

The trial schedule is presented in Figure 2. Venous blood will be collected from fasting patients (i) 24 hours after administration of clopidogrel (randomisation), (ii) 48 hours following randomisation to ticagrelor or clopidogrel group (matching the length of the hospital stay of patients with AMI), and (iii) 6 months following the index hospitalization (follow-up visit). Venous blood will also once be collected from 30 gender- and age-matched fasting healthy volunteers.

Blood will be collected and processed according to the recently standardized protocol
for collection, handling and storage of human plasma for analysis of EVs [29]. Briefly, blood

will be collected using a 19-gauge needle to 10 ml plastic tube containing citrate (final 1 2 concentration 0.109 mol/L). The tourniquet will be removed promptly after the venepuncture. 3 The first 2.5 mL of collected blood will be discarded to avoid pre-activation of platelets. To remove cells, blood will be centrifuged twice using a Rotina 380 R centrifuge equipped with 4 a swing-out rotor and a radius of 155 mm (Hettich Zentrifugen, Tuttlingen, Germany). The 5 6 centrifugation parameters will be 2,500 g for 15 minutes at 20°C, acceleration speed 1, no 7 brake. After the first centrifugation, plasma will be transferred to a new 5 ml plastic tube, leaving ~1 cm plasma above the buffy layer. After the second centrifugation, cell- and 8 platelet-free plasma (PFP) will be collected and transferred carefully to a new 5 ml plastic 9 10 tube, leaving ~100 μ L at the bottom of the old tube. PFP will be mixed with a pipet and 250 11 µl aliquots will be made in 1.5-ml tubes. PFP will be stored in -80°C freezer until analysed. Prior to the analysis, frozen samples will be transported on dry ice to the Vesicle Observation 12 Centre, Amsterdam University Medical Centres, The Netherlands. Since EV concentrations 13 are affected by numerous pre-analytical variables, such as diameter of a needle, type of tube 14 (plastic/ glass), type of system (free flow/ vacuum), use of tourniquet (released promptly/ kept 15 during the collection), blood will be collected and processed only by operators who 16 17 underwent an appropriate training with subsequent quality check of the samples in LEKC, 18 Amsterdam UMC (C.E., M.B.).

Analyses will compare (i) the concentrations of EVs from activated platelets, exposing fibrinogen, exposing PS, from leukocytes and endothelial cells, and (ii) the procoagulant activity of plasma EVs between patients treated with ticagrelor and clopidogrel at 48 hours and at 6 months. In addition, IPA will be assessed in all patients at randomisation, 48 hours and 6 months to check the compliance and the response to ASA and P2Y12 antagonists. Data regarding demographic characteristics, co-morbidities and concomitant pharmacotherapy will

1 be collected, and thorough clinical examination will be conducted during the index

2 hospitalization and at the follow-up visit.

3 Concomitant medications

If not administered prior to hospital admission, patients will receive a loading dose of
aspirin (300 mg) prior to PCI. Unfractionated heparin will be administered during PCI in the
dosage left at the discretion of the interventional cardiologist. At hospital discharge, all
patients will receive treatment with ASA 75 mg once daily (as part of the prescribed double
antiplatelet therapy) and atorvastatin at least 10 mg once daily.

9 Analytical methods

10 <u>Concentration and composition of EVs</u>

Concentrations of different EV subtypes, defined as a number of EVs (exceeding the 11 detection limit) per ml plasma, will be determined by EV-dedicated flow cytometry (A60 12 Micro, Apogee Flow Systems, UK) according to the recent guidelines [32,33]. EVs released 13 from different cells will be defined as following events: activated platelets: CD61⁺/ P-14 selectin⁺; fibrinogen-exposing EVs: CD61⁺/fibrinogen⁺; PS-exposing EVs: PS⁺; leukocytes: 15 CD45⁺; endothelial cells: CD31⁺/CD146⁺. Scatter detectors will be calibrated with Rosetta 16 17 Calibration (Exometry, The Netherlands), fluorescence detectors will be calibrated with 18 SPHERO PE Calibration kit (ECFP-F2-5K, Spherotech), Quantum FITC-5 MESF beads (555A, Bangs Laboratories) and Quantum APC MESF beads (823A, Bangs), and the flow 19 rate will be calibrated with TruCount beads (BD Biosciences, Franklin Lakes, NJ, USA). To 20 21 enable data comparison, detection limits of scatter and fluorescence detectors will be quantified in units of nm² and mean equivalent soluble fluorophore (MESF), respectively. 22 Flow-SR will be applied to determine the size and refractive index of particles and improve 23 specificity by enabling label-free differentiation between EVs and lipoprotein particles [37]. 24 Procoagulant activity of EVs 25

1	The procoagulant activity of EVs will be determined as the ability of EVs in platelet-
2	free plasma to generate fibrin, as described previously [30]. Briefly, after pre-incubation for 5
3	min at 37°C, clotting will be initiated by addition of CaCl2. Fibrin formation over 1 hour will
4	be determined by measuring the optical density ($\lambda = 405 \text{ nm}$) in duplicate on a
5	spectrophotometer at 37°C. Because TF is the key initiator of the coagulation [38], and
6	because plasma EVs in patients with AMI expose TF [39], the procoagulant activity of plasma
7	EVs will be evaluated in the absence and presence of antibody against human TF (coagulation
8	factor VII). Recombinant human TF will be used as a positive control, and saline will be used
9	as a negative control.
10	Inhibition of platelet aggregation
11	IPA in response to double antiplatelet therapy (acetylsalicylic acid and P2Y12
12	antagonist) will be assessed by impedance aggregometry (Multiplate Analyzer, Roche
13	Diagnostics) using the ASPI test (arachidonic acid, 0.5 mM) and the ADP high sensitivity test
14	(ADP, 6.5 μ M with addition of prostaglandin E1, 9.4 nM), respectively [41].
15	Endpoints
16	Study end-points refer to two patient groups (ticagrelor vs clopidogrel). The primary
17	endpoint is the concentrations of EVs from activated platelets at 6 months. The secondary
18	endpoints are (i) the concentration of EVs from activated platelets at 48 hours, and (ii) the
19	concentrations of EVs exposing fibrinogen, exposing PS, from leukocytes and endothelial
20	cells at 48 hours and 6 months. The tertiary outcome is the procoagulant activity of the total
21	plasma EVs at 48 hours and 6 months. The study is not powered for mortality and other
22	adverse events.
23	Sample size

Because insufficient data are available to assess the impact of ticagrelor and clopidogrel on the concentrations of platelet EVs and EVs from other types of cells in patients

with AMI, the standard deviation (SD) and mean difference between the two treatment arms 1 2 was estimated based on the preliminary in vitro experiments, which we conducted during 3 preparation for this study [30]. In our experiments, ticagrelor decreased ADP-induced platelet EVs release 3-fold, with the SD \pm 1.0 value of the mean [30]. It was not feasible to investigate 4 5 the effect of clopidogrel on EV release *in vitro* due to the instability of the clopidogrel active metabolite. However, data from the literature show that clopidogrel decreases the release of 6 platelet EVs ex vivo by 2-fold, with SD \pm 1.0 [31]. The required sample size was calculated 7 by a two-sided t test at a significance level of 0.05 with the following assumptions: (i) SD in 8 9 each group ± 1.0 , (ii) mean difference between the groups = 1, (iii) nominal test power = 0.9. 10 Based on this sample size estimation, a total of 46 patients (23 per group) should be enrolled 11 in the trial. Since 5 to 30% of patients in clopidogrel group may have inadequate platelet inhibition [41], requiring to switch to a more potent P2Y12 receptor antagonists in case of 12 13 recurrent thrombotic event, and since the overall rate of switching between P2Y12 antagonists reported in registries ranges from 5% to 50% [42,32], we assumed that up to 30% of patients 14 may be potentially lost to follow-up. Based on this assumption, we estimated that 60 patients 15 (30 per group) should be enrolled in the trial. 16

17 Statistical plan

18 A single statistical analysis will be performed at the end of the study using IBM SPSS 19 Statistics 20. Since the differences between healthy volunteers and controls will be reported descriptively, no statistical matching of healthy volunteers and patients will be performed. 20 21 Intention to treat (ITT) and per protocol populations will be defined. The ITT population will consist of all patients who were randomized and received at least one dose of the study drug, 22 23 regardless of protocol violations. The per protocol population will consist of all patients who were randomized and treated completely in accordance with the study protocol. Categorical 24 variables will be presented as number and percent; continuous variables will be presented as 25

mean and SD or median with inter-quartile range. Data will be displayed graphically for 1 2 visual examination. Shapiro-Wilk test will be used to test for non-Gaussian distribution of 3 continuous variables. No formal statistical testing will be performed on the differences between the two treatment arms among patients with AMI at randomisation. Linear regression 4 5 with EV concentration at randomisation as an addition co-variate will be used to compare the concentrations between the two treatment arms at 48 hours and 6 months. Student's two-sided 6 7 t-test or Mann–Whitney U test will be used to compare the EV procoagulant activity between the two treatment arms at 48 hours and 6 months. No corrections for multiple testing will be 8 9 performed. Pearson or Spearman correlation coefficient will be used to analyse a correlation 10 between IPA and EV concentrations in both study groups, separately in patients responding 11 and not-responding to clopidogrel, according to the impedance aggregometry results. The non-responsiveness to clopidogrel will be defined as platelet aggregation > 46 aggregation 12 13 units in response to 6.5 µM ADP [44]. A p-value below 0.05 will be considered significant. Mortality and other adverse events as well as comparison of EV concentrations and EV 14 procoagulant activity between healthy volunteers and all AMI patients will be reported 15 descriptively. 16

17 Legal considerations

18 The study protocol was approved by the Bioethical Committee Approval of Medical University of Warsaw (approval number: KB/112/2016), and registered in the ClinicalTrials 19 database (NCT02931045). Recording of adverse events will be conducted according to good 20 21 clinical practice, the ethical principles described in the Declaration of Helsinki, the requirements of the European Medicines Agency, and local legal and regulatory requirements. 22 23 Data storage will be performed in accordance with local data protection laws. Competent authorities and sponsor authorised persons may request access to trial documentation in case 24 of an inspection or audit. Direct access to these documents must be guaranteed by the 25

principal investigator. Documentation can be copied during inspection or audit in case the
 identity of the participant have been made unrecognisable.

3

4 Expected results

5 We expect lower concentrations of EVs from activated platelets, exposing fibrinogen, 6 exposing PS, from leukocytes and endothelial cells, as well as lower procoagulant activity of 7 plasma EVs in patients treated with ticagrelor, compared to clopidogrel. Consequently, we 8 expect to identify a new mechanism of action of ticagrelor. If present, this mechanism would 9 create a basis for future studies to investigate whether lower EV concentrations are associated 10 with improved clinical outcomes in patients treated with P2Y12 antagonists.

We expect higher concentrations of all EV subtypes in patients with AMI at randomisation, compared to healthy volunteers, thereby confirming using the results of preceding studies [31-33] using recently standardized protocols and EV-dedicated flow cytometry [28-30].

15

16 **Discussion**

AFFECT EV is the first study which directly compares the effects of ticagrelor and 17 18 clopidogrel on the concentrations and procoagulant activity of EVs in patients with AMI in a randomised and investigator-blinded way. The state-of-the art methods to collect and handle 19 samples and to analyse PEVs will account for the reliability of results. The translational 20 collaboration between the 1st Chair and Department of Cardiology, Medical University of 21 Warsaw, Poland, and the Vesicle Observation Centre, Amsterdam University Medical 22 23 Centres, The Netherlands will further ensure scientifically sound interpretation of data and optimize dissemination of results. 24

1	AFFECT EV is expected to establish whether EVs can be affected by drugs routinely	
2	used in patients after AMI, thereby identifying one of the potential novel mechanisms of	
3	action contributing to a combined anti-thrombotic/ anti-inflammatory benefit of the P2Y12	
4	receptor antagonists. Regarding the exponentially growing interest in EVs during the last	
5	decade [30], determining the effect of the P2Y12 receptor antagonists on EVs may be the first	
6	step to explain the clinical benefits of long-term treatment with P2Y12 antagonists, and may	
7	provide a basis for future studies aimed to associate this effect with clinical outcomes.	
8		
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14		
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16	E. van der Pol is a cofounder and shareholder of Exometry BV. All other authors report no	
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24		

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1 Tables and figures

- 2 Figure 1. Transmission electron microscopy image of extracellular vesicles in human plasma.
- 3 Image courtesy Linda G. Rikkert, Vesicle Observation Centre, Academic Medical Centre of
- 4 the University of Amsterdam.







1 Table 1. Eligibility criteria for the study

Inclusion criteria	Exclusion criteria
 Age > 18 years Informed consent to participate in the study First ST-elevation myocardial infarction (STEMI) or non-STEMI (NSTEMI) Percutaneous coronary intervention (PCI) with stent implantation Administration of the loading dose of clopidogrel (600 mg) prior to PCI 	 Known coagulopathy Active pathological bleeding Known history of bleeding disorder Suspicion of intracranial haemorrhage Need for oral anticoagulation therapy Administration of GPIIb-IIIa antagonists Cardiogenic schock Severe chronic renal failure (eGFR < 30 mL/min) Severe liver insufficiency Infectious disease Autoimmune disease Neoplasm Chronic dyspnea Increased risk of bradycardia Known pregnancy, breast-feeding, or intention to become pregnant during the study period Study drug intolerance Co-administration of ticagrelor or clopidogrel with strong CYP3A4 inhibitors Participation in any previous study with ticagrelor or clopidogrel