

Cardiac Amyloidosis: early diagnosis and novel treatments

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Disclosures

- Pfizer – grant support, speaker, and consultant
- Alnylam – consultant



Objectives

- Review epidemiology and workup of cardiac amyloidosis
- Systemic manifestations
- Common misconceptions
- Examine novel treatment strategies in ATTR amyloidosis



Case

- 70 year old white male
- Symptoms of leg swelling and dyspnea with recent HF admission

2D ECHO MEASUREMENTS

LV Diastolic Diameter Base LX	5.1 cm	3.6-5.4	LVPW Diastolic Thickness	1.4 cm	0.6-1.1
LV Systolic Diameter Base LX	4.3 cm	2.3-4.0	LVOT Diameter	2.1 cm	
LA Systolic Diameter LX	5.6 cm	2.3-3.8	Aorta at Sinuses Diameter	3.4 cm	2.1-3.5
IVS Diastolic Thickness	1.5 cm	0.6-1.1	Ascending Aorta Diameter	4.2 cm	2.1-3.4

AORTIC VALVE DOPPLER

AV Peak Velocity	104 cm/s	LVOT AV Vel Ratio	0.71
AV Peak Gradient	4.3 mmHg		

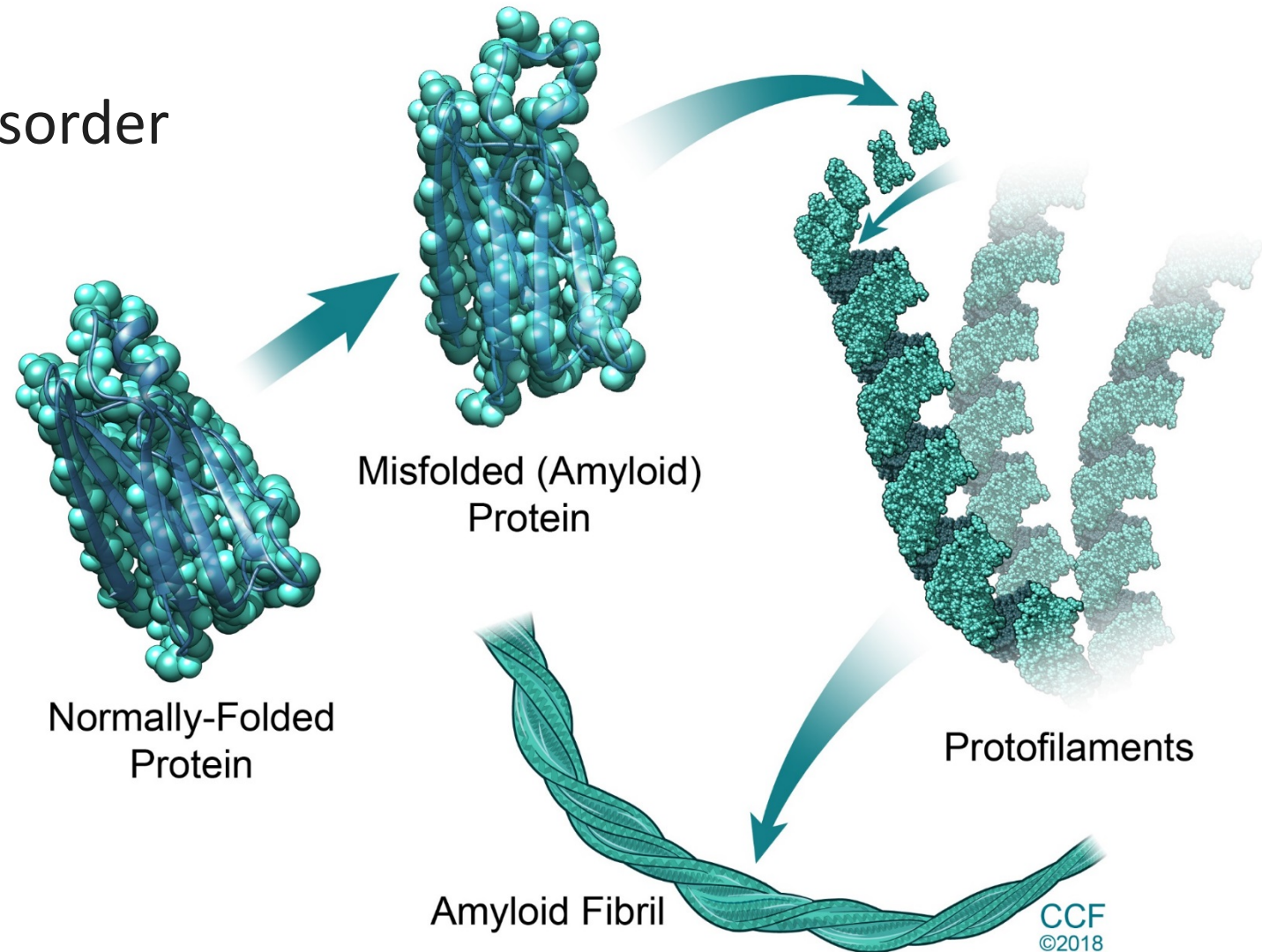
TRICUSPID VALVE DOPPLER

RV Systolic Pressure	32.7 mmHg
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What is amyloidosis?

- Protein misfolding disorder



Over 30 Amyloidogenic Proteins

Table 1 Main protein types causing amyloidosis with the emphasis on cardiovascular system involvement

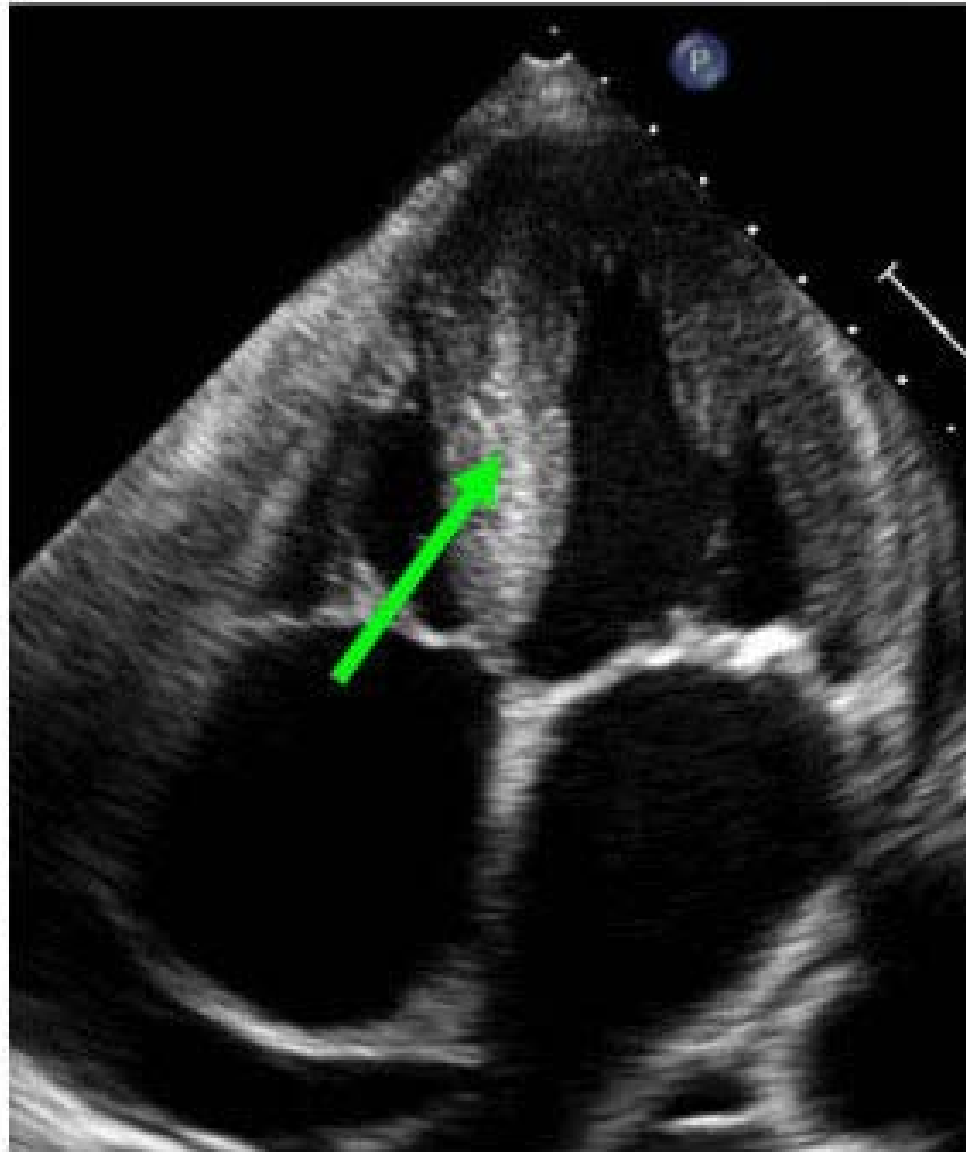
Amyloid protein	Precursor	Distribution	Syndrome
AL	Immunoglobulin light chain	Systemic/localised	Primary/myeloma associated
AH	Immunoglobulin heavy chain	Systemic/localised	Primary/myeloma associated
AA	Serum amyloid A	Systemic	Secondary
Aβ₂ Microglobulin	β₂ Microglobulin	Systemic	Secondary
ATTR	Transthyretin	Systemic	Senile systemic/familial
AANF	Atrial natriuretic factor	Localised	Atrial isolated
AApoA-I	Apolipoprotein A-I	Localised/systemic	Aortic/familial
AApoA-II	Apolipoprotein A-II	Systemic	Familial
Amed	Lactadherin	Localised	Aortic
Agel	Gelsolin	Systemic	Familial
Alys	Lysozyme	Systemic	Familial
Afib	Fibrinogen α chain	Systemic	Familial
Acys	Cystatin C	Systemic	Familial
A β	A β Protein precursor	Localised	Alzheimer's disease, aging
AprP	Prion protein	Localised	Spongiform encephalopathies
Abri	ABri protein precursor	Localised	Familial dementia
Acal	(Pro)calcitonin	Localised	Thyroid tumours derived from C cells
AIAPP	Islet amyloid polypeptide	Localised	Langerhans islets, insulinomas
Apro	Prolactin	Localised	Prolactinomas, pituitary in elderly
Ains	Insulin	Localised	Iatrogenic
Aker	Kerato-epithelin	Localised	Familial, cornea
Alac	Lactoferrin	Localised	Familial, cornea

Proteins involved in the cardiovascular system are in bold.



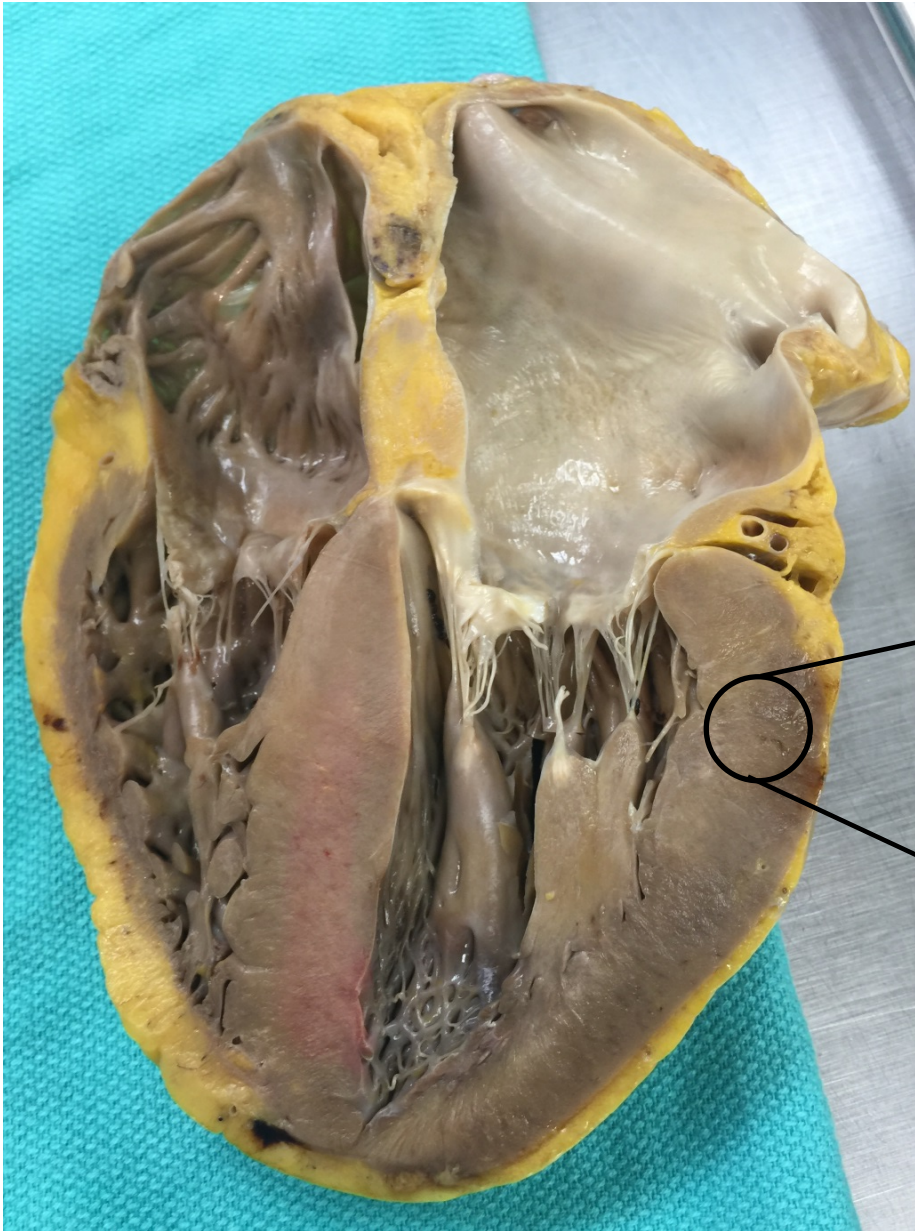


Normal Patient

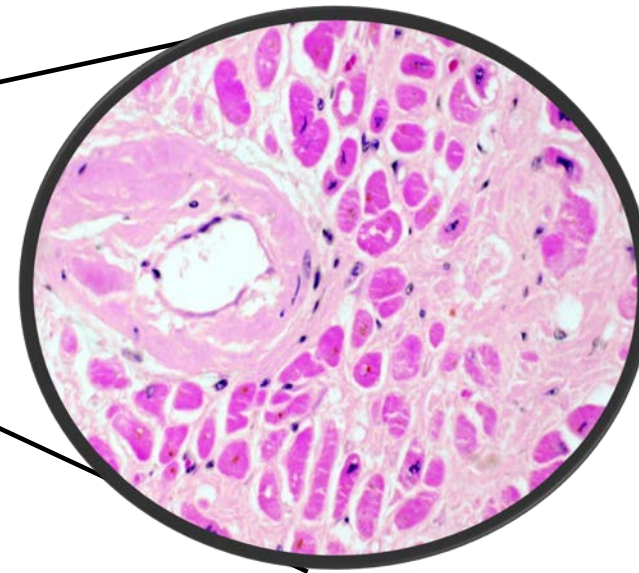


Patient with Amyloid Deposits in Heart

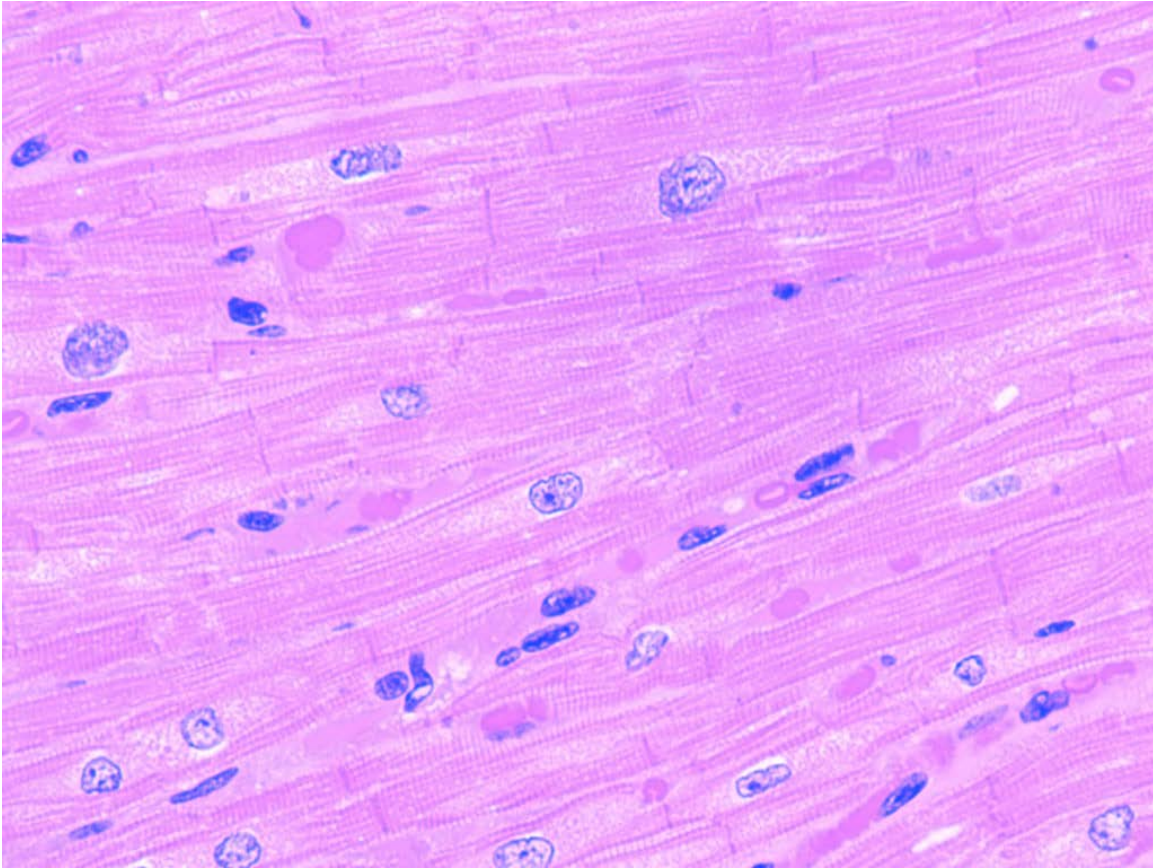
Pathology: Diffuse involvement



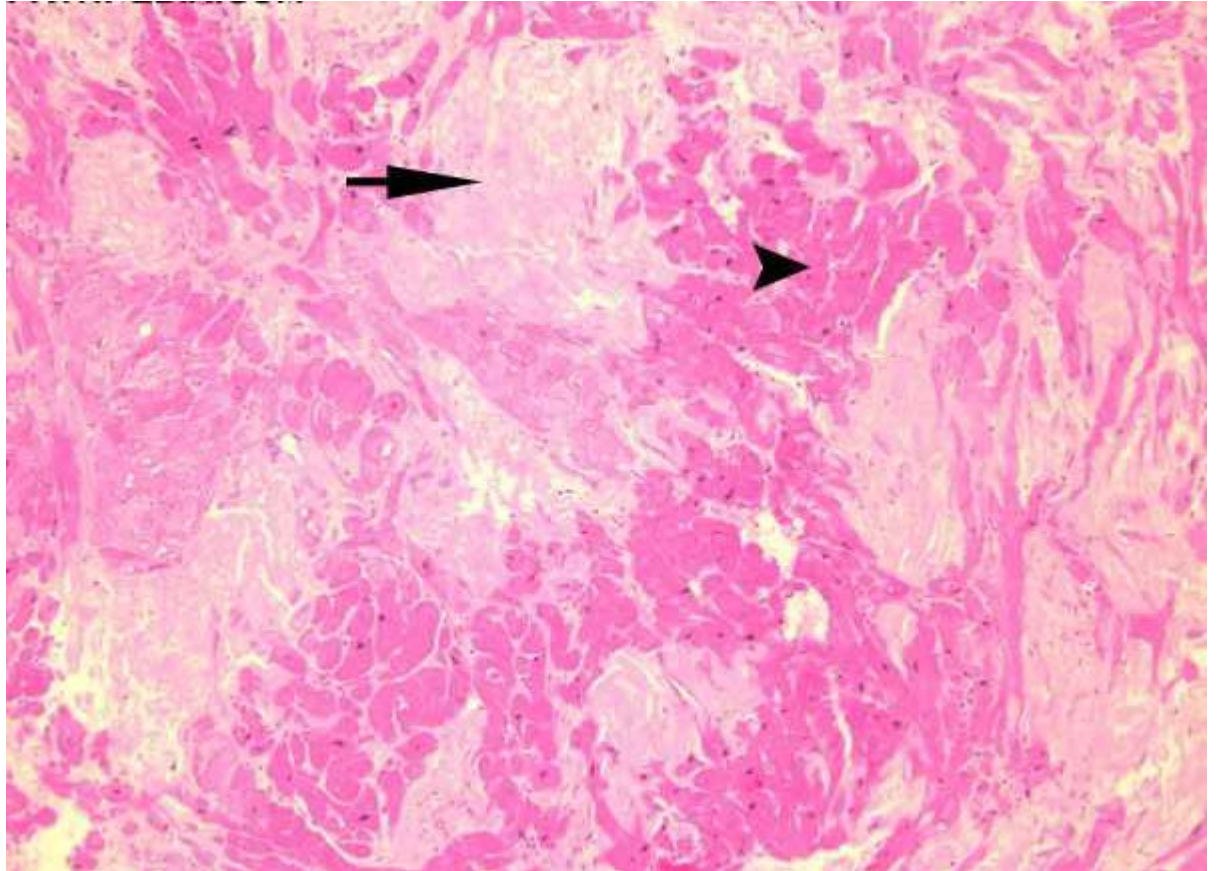
- Increase in LV mass without dilatation
- Atrial infiltration impairing atrial contraction
- Conduction system / valves
- Microvascular ischemia



Normal heart



Cardiac amyloid



HCM



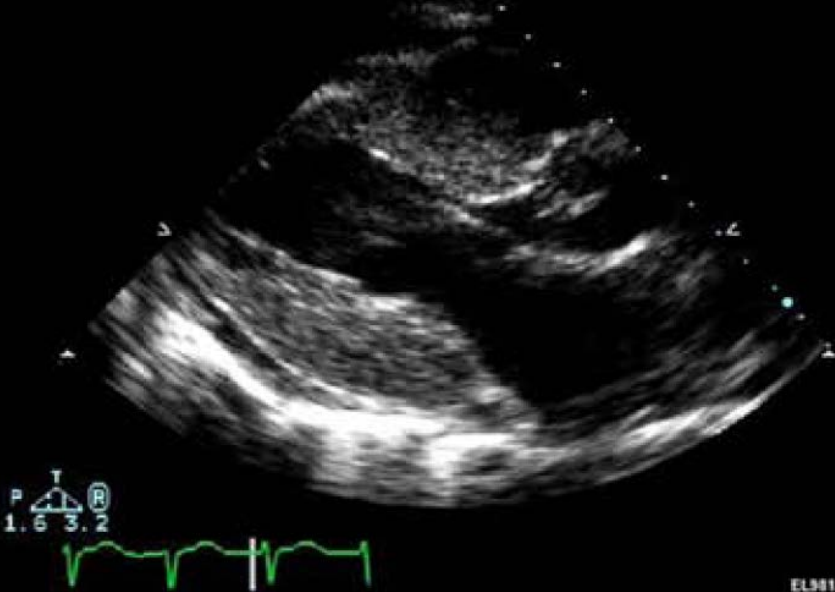
EL981.35.027

Amyloid



EL981.35.005

HTN heart w/ renal failure



EL981.35.001

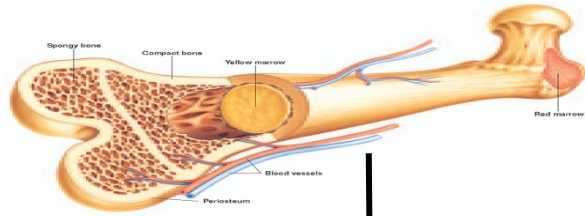
Fabry disease



EL981.35.010

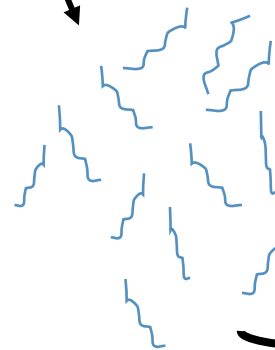
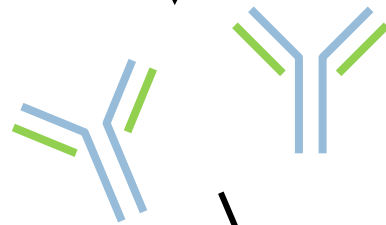
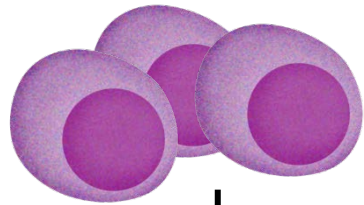


2 Main Types of Systemic Amyloidosis

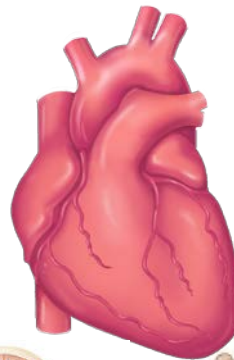


AL

Light chain amyloidosis

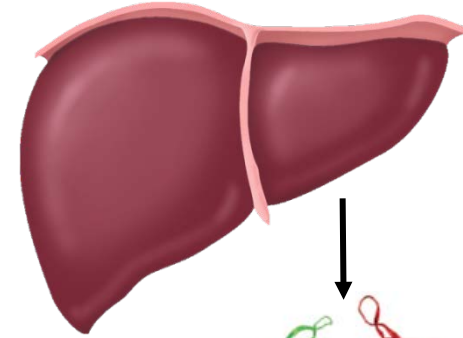


AA < 5%
Isolated atrial (ANF)
Apolipoprotein A1
Other hereditary

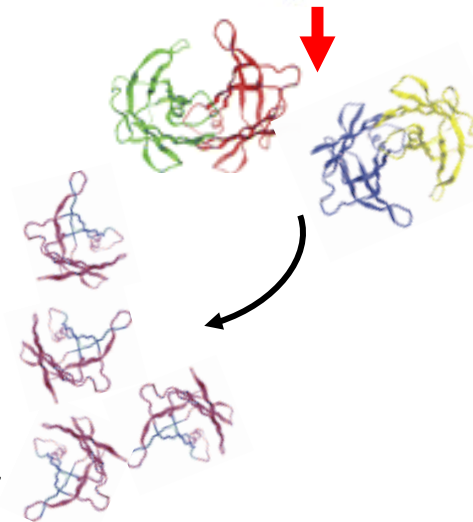
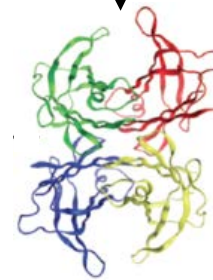


ATTR

Transthyretin amyloidosis



Wild type
or
Mutant



Which type of amyloidosis is this?

AL Amyloidosis



ATTR Amyloidosis

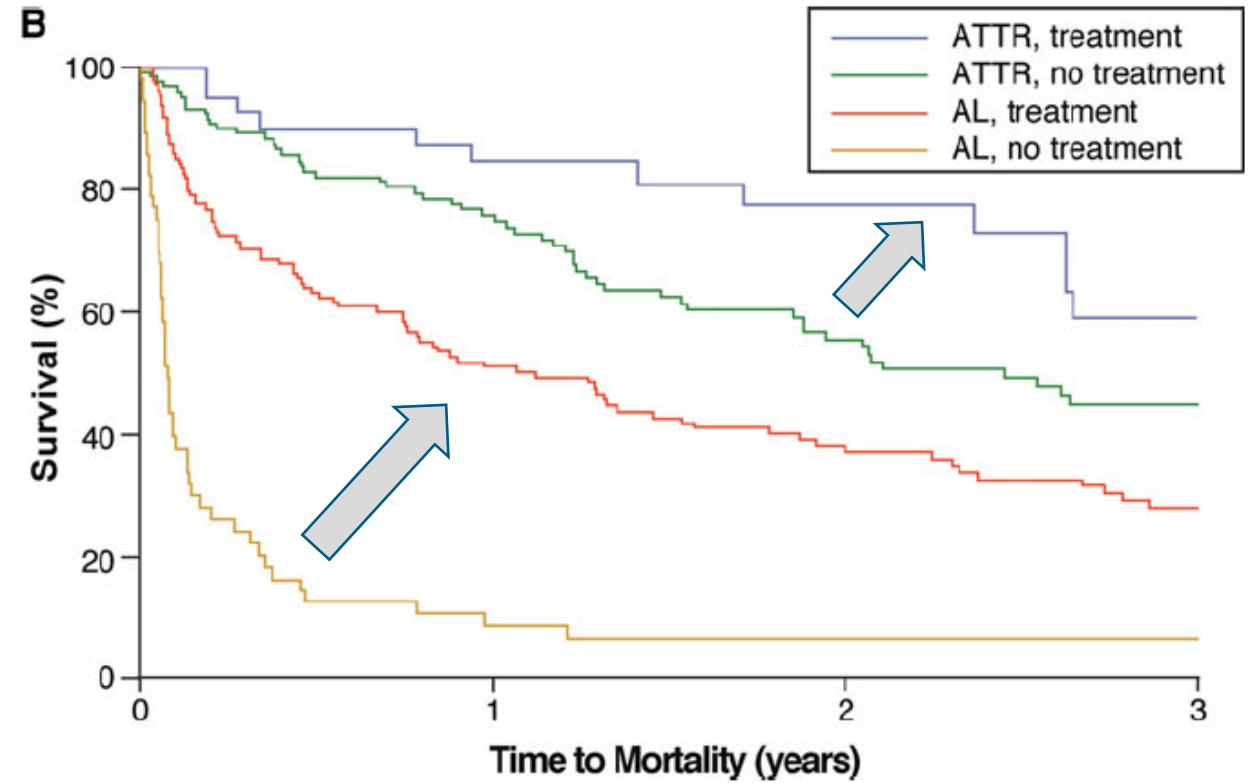
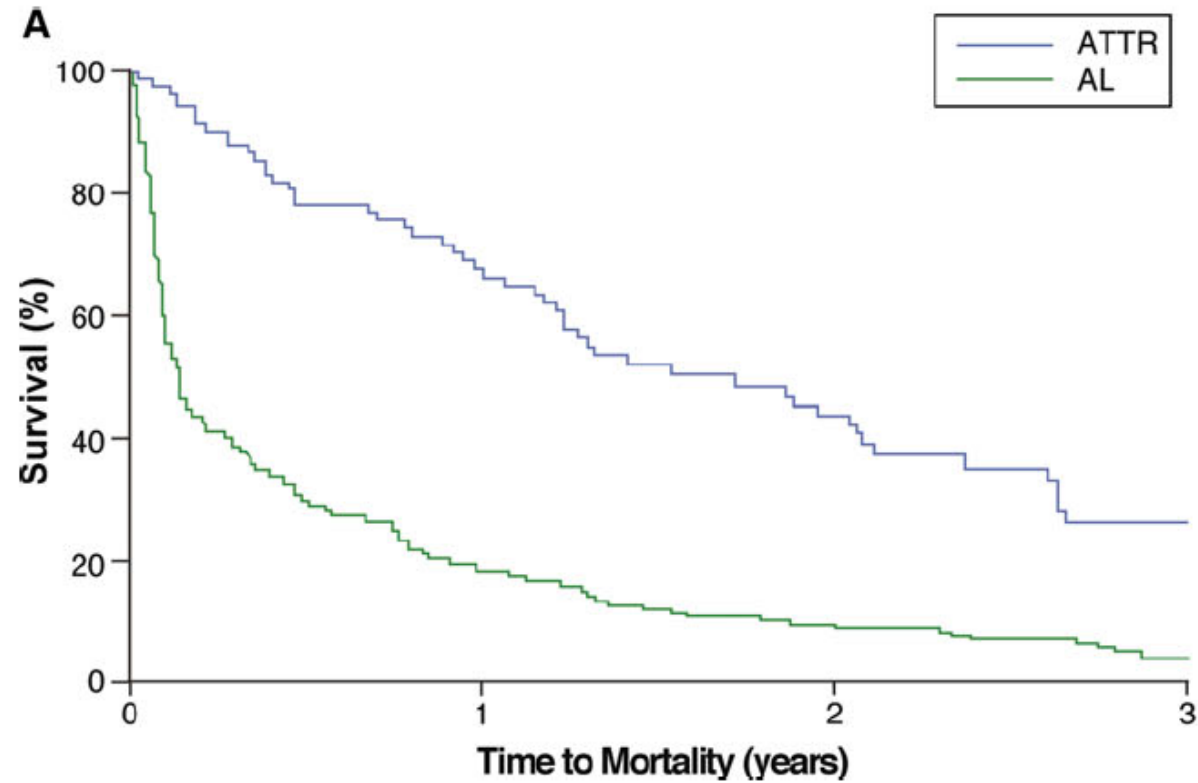


Why do you need to tell the amyloid subtype?

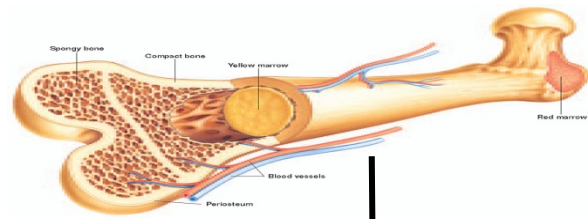
Different treatments
Different prognosis
Genetic component



Prognosis and treatment in amyloidosis

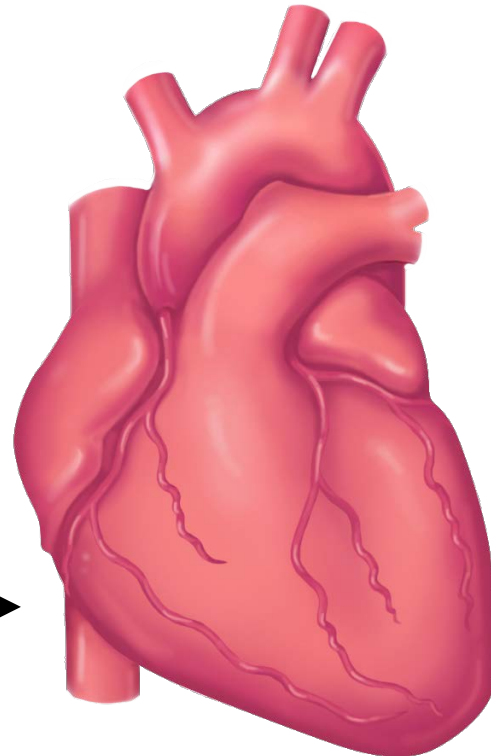
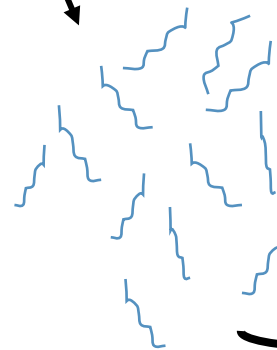
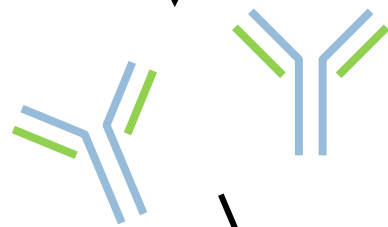
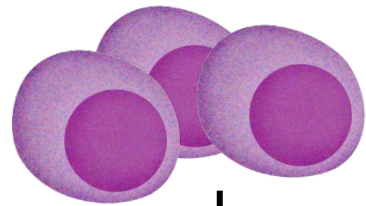


2 Types of Amyloid that Affect the Heart

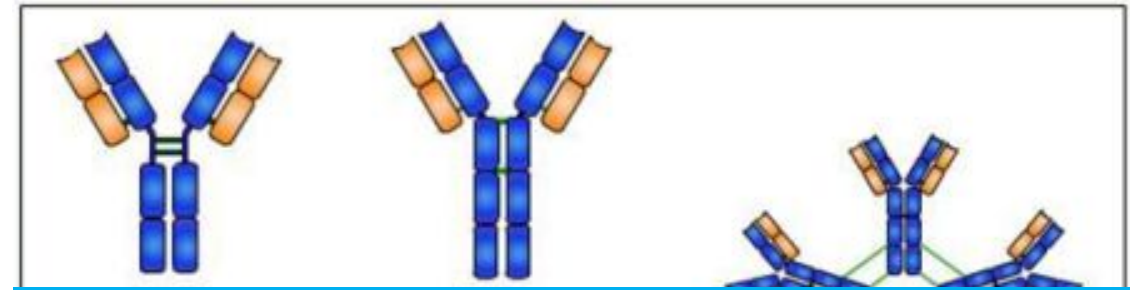
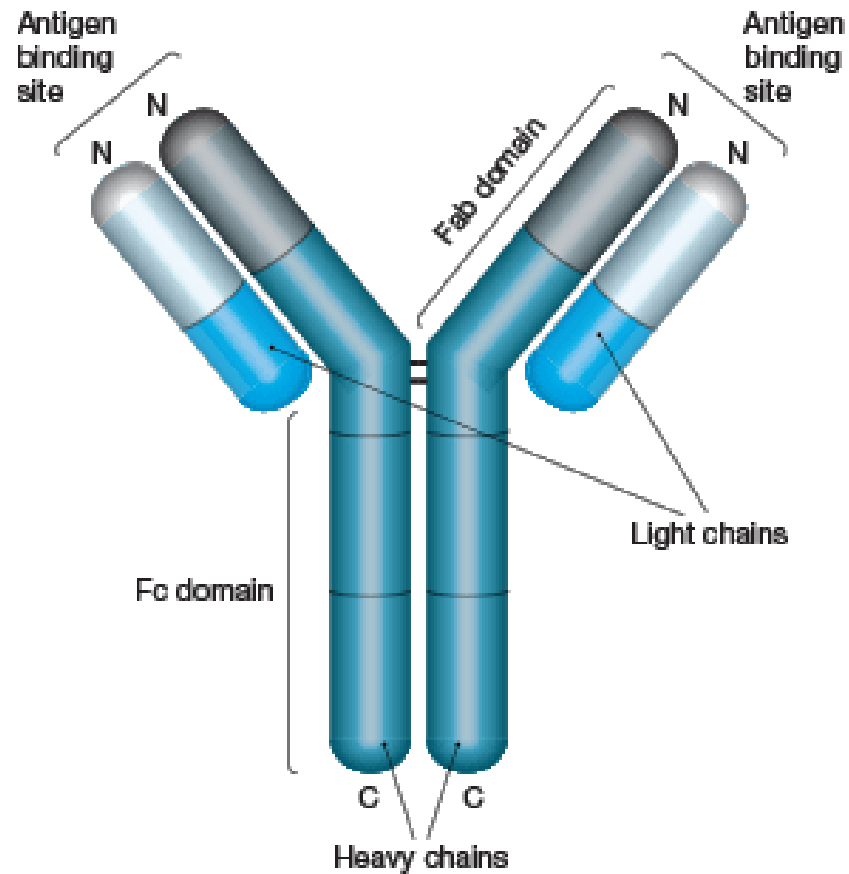


AL

Light chain
amyloidosis



Immunoglobulins i.e. antibodies

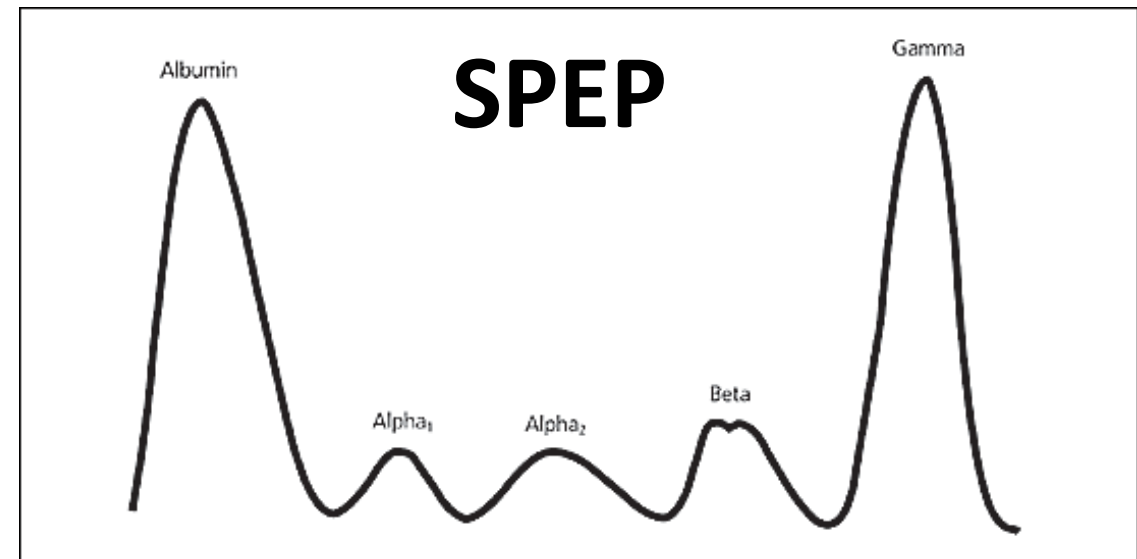


Free kappa+lambda light chains

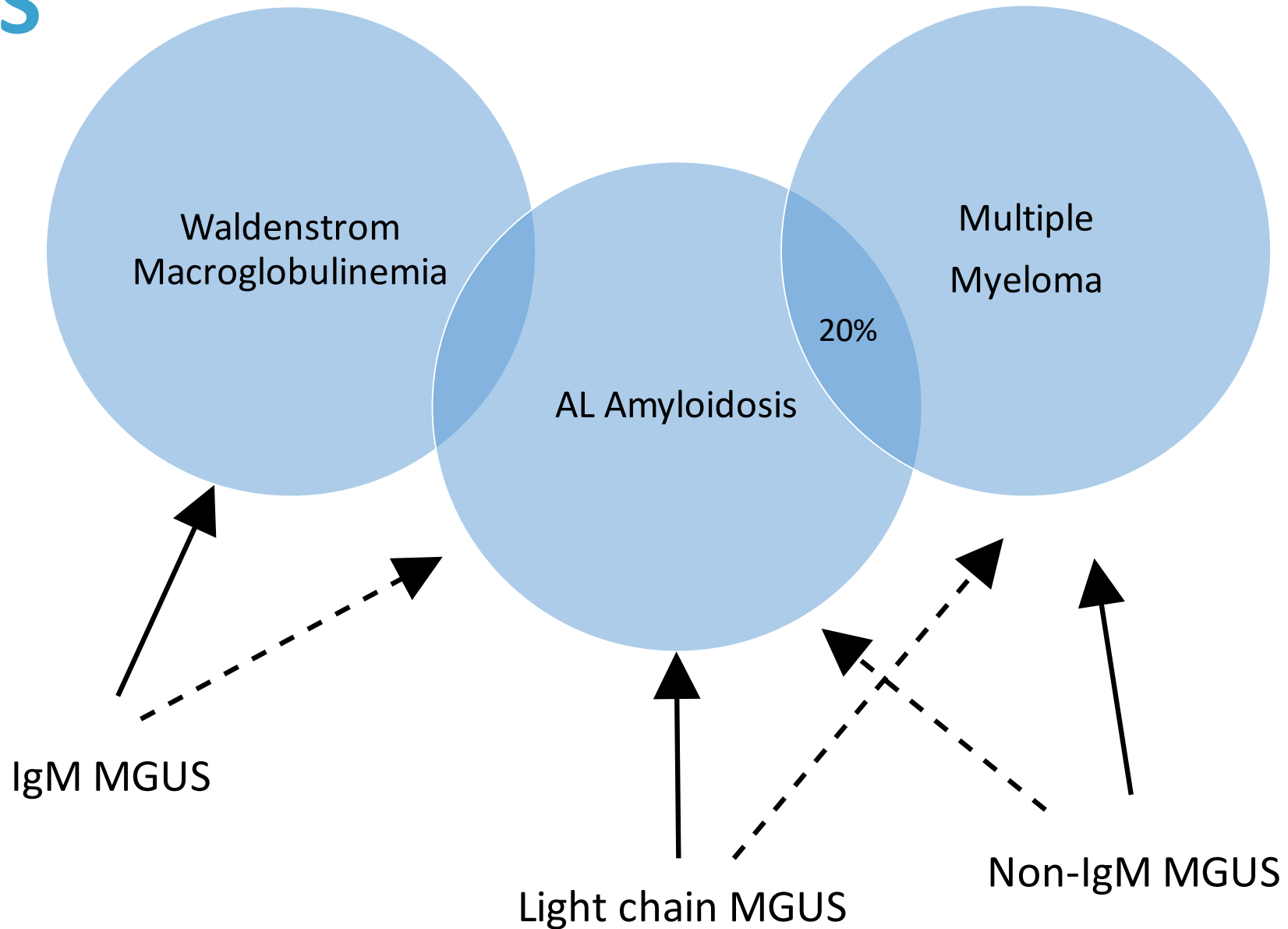
Serum immunofixation

Urine immunofixation

~~SPEP/UPEP~~



MGUS

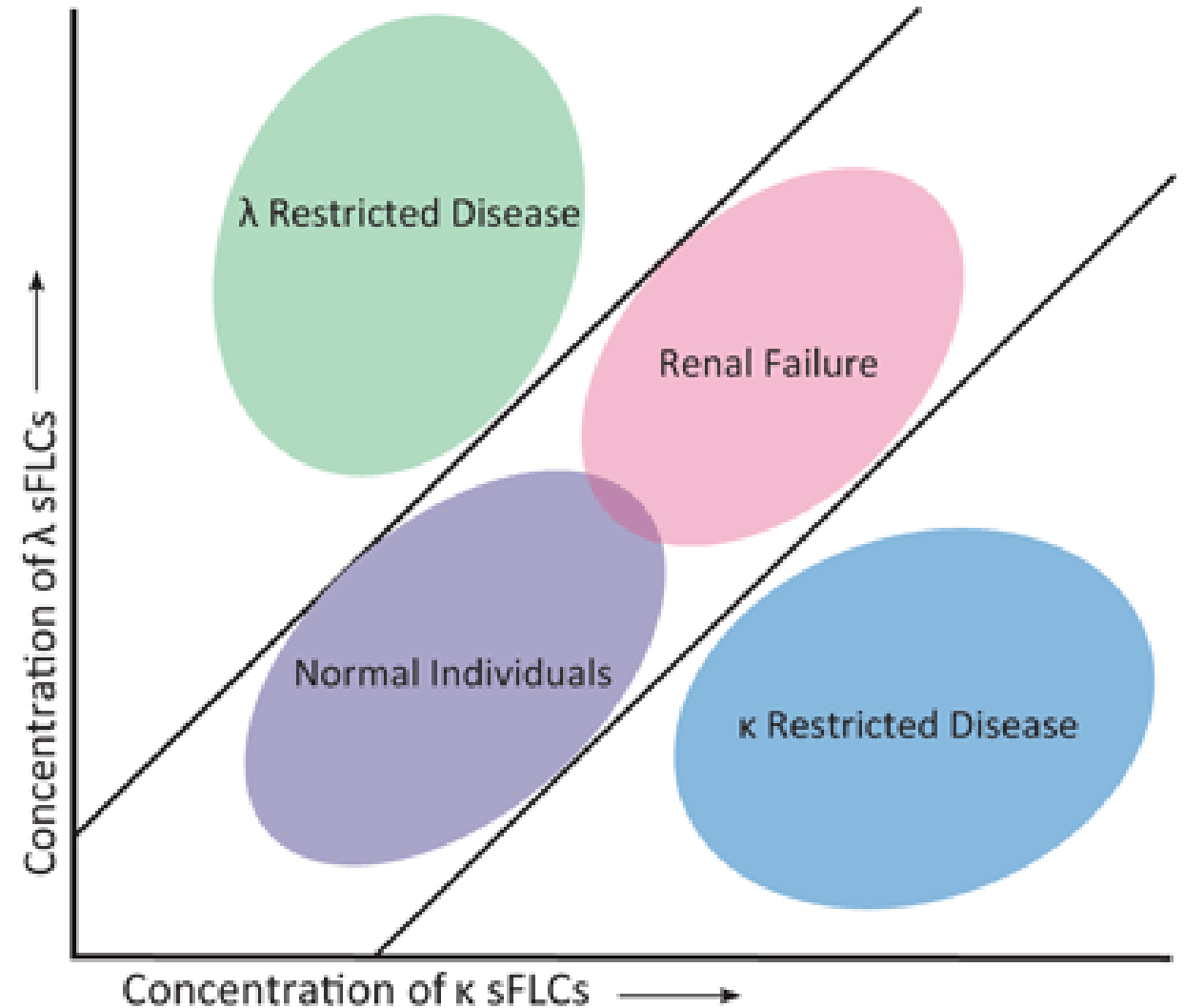
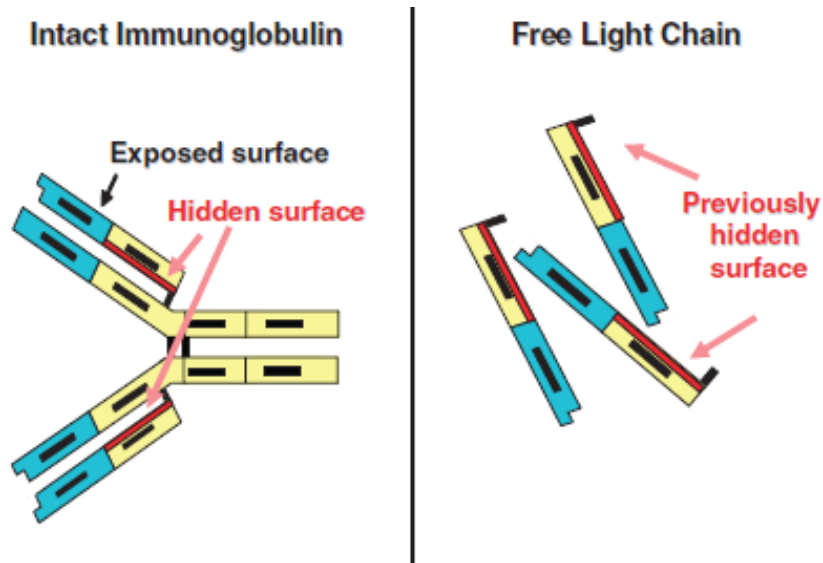


Serum Free-Light Chain Assay

- Useful for Diagnosis, Prognosis, Response

Kappa Free, Serum	3.30 - 19.40 mg/L	34.3 (H)
Lambda Free, Serum	5.7 - 26.3 mg/L	475.0 (H)
K/L Ratio, Serum	0.26 - 1.65	0.07 (L)

Principle



Free kappa+lambda light chains serum
 Serum immunofixation
 Urine immunofixation

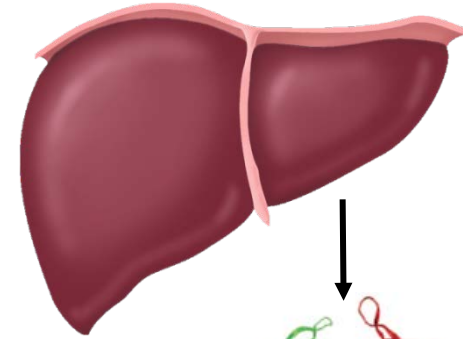
99%



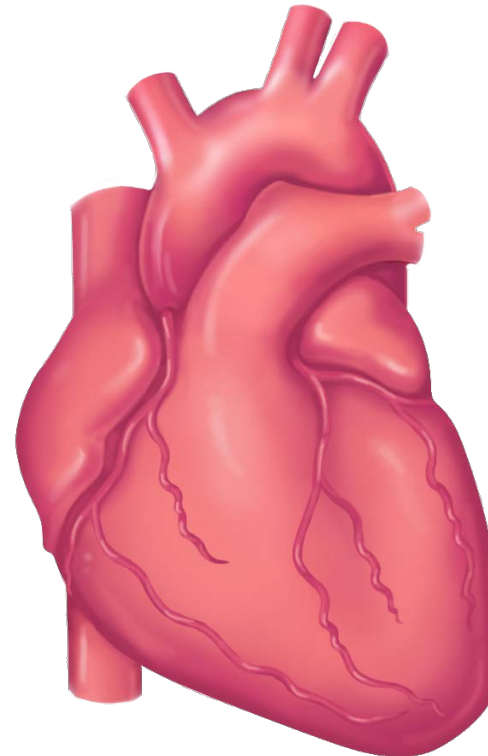
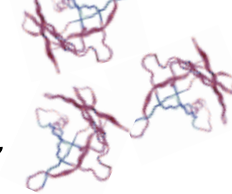
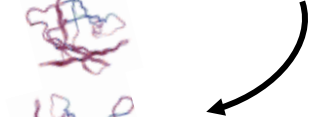
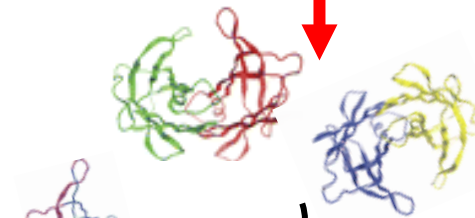
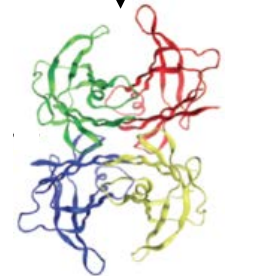
2 Types of Amyloid that Affect the Heart

ATTR

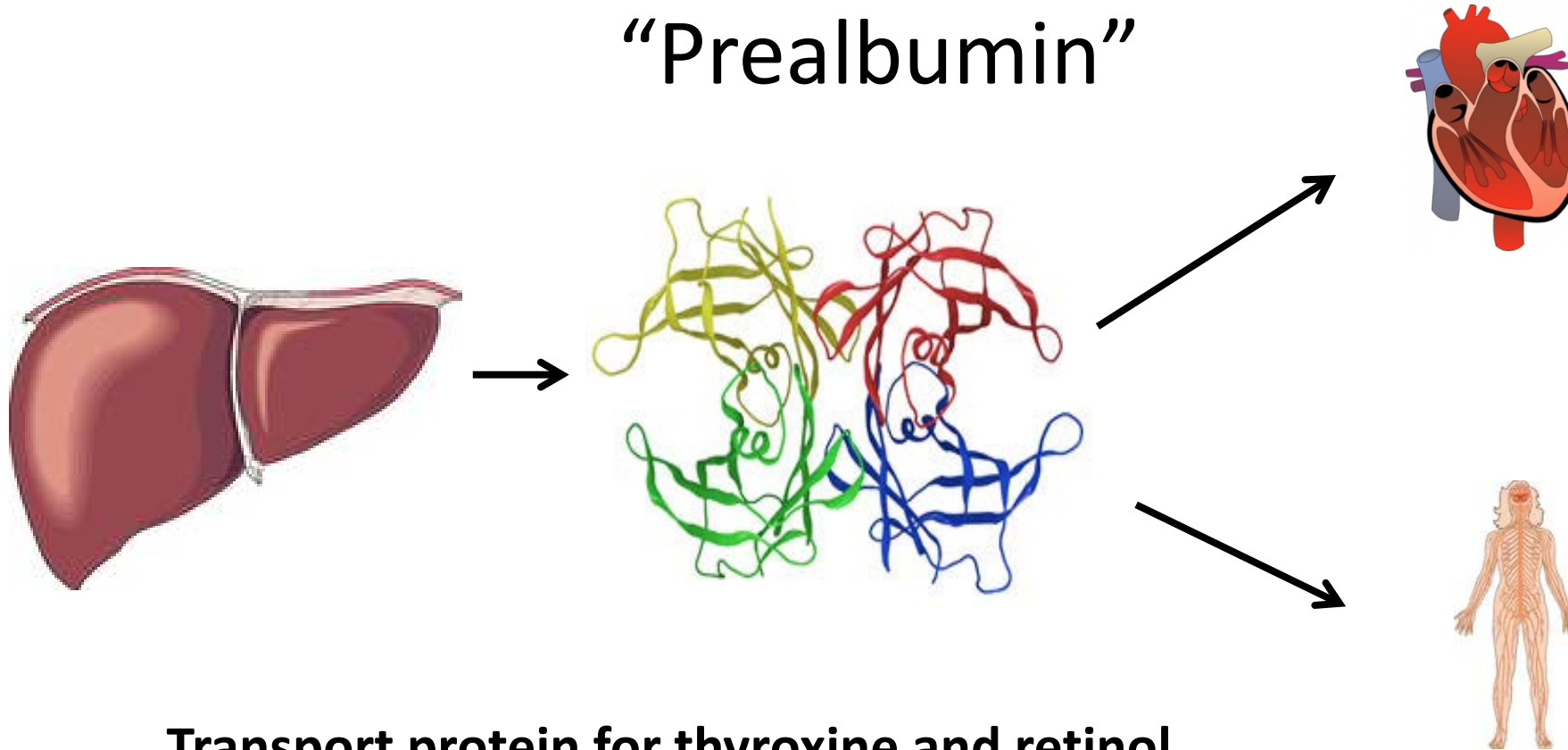
Transthyretin
amyloidosis



Wild type
or
Mutant



Transthyretin (TTR) “Prealbumin”



Transport protein for thyroxine and retinol

Homotetramer: 4 identical monomers 127 amino acids each
> 100 mutations described: single amino acid substitutions



ATTRwt = amyloid transthyretin wild type

“Wild type transthyretin amyloidosis”

~~“Senile systemic amyloidosis” (SSA)~~

~~“Senile cardiac amyloidosis”~~

Median age 73

Bilateral carpal tunnel / spinal stenosis common

Median survival about 4 years

ATTRm = amyloid transthyretin mutant

“Hereditary transthyretin amyloidosis”

“Familial amyloid cardiomyopathy (FAC)

“Familial amyloid polyneuropathy (FAP)

Age of onset different depending upon mutation

Most common mutation V122I seen in 3.5% AA*

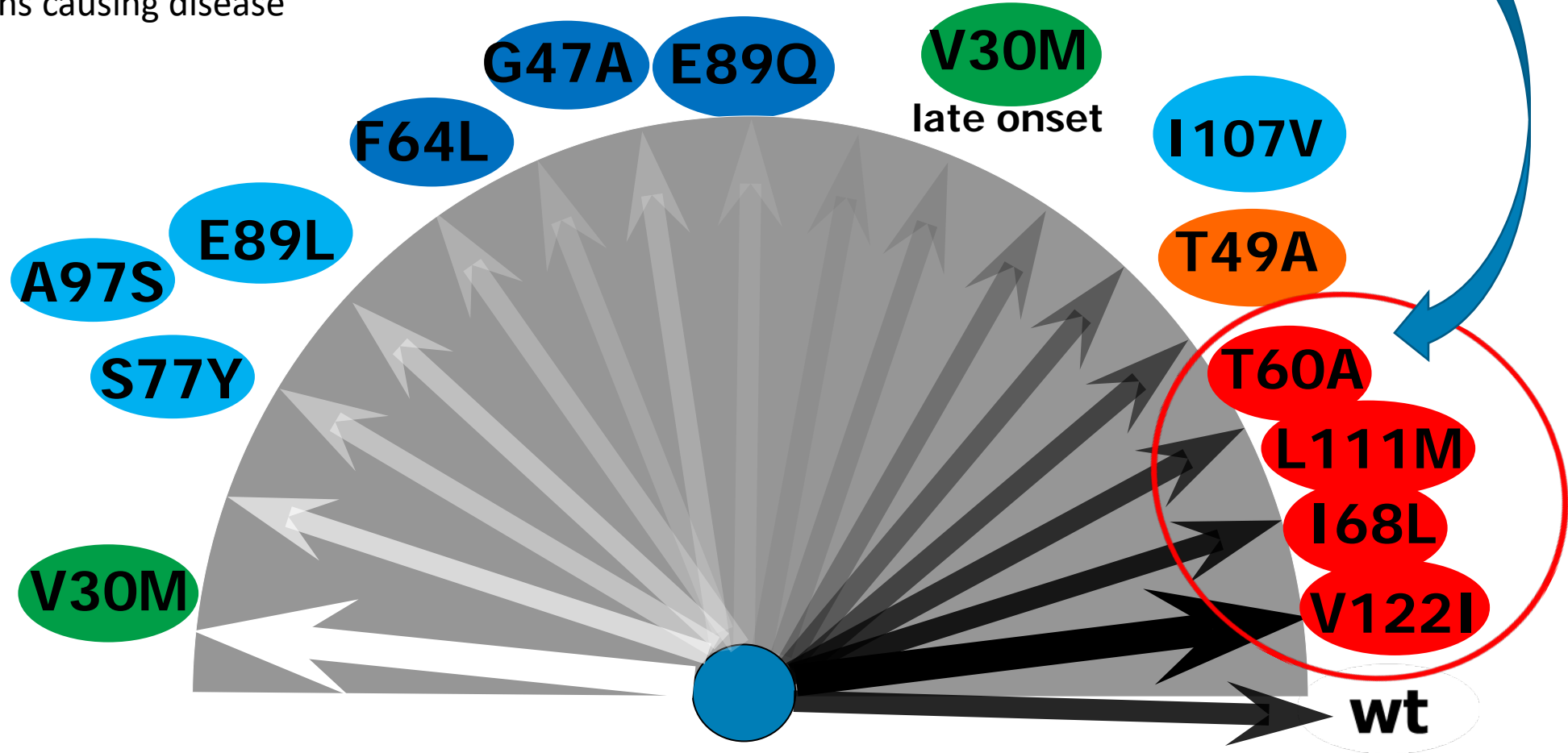
Median survival for V122I mutation 2.5 years

*Quarta, NEJM 2015



Familial Amyloid Cardiomyopathy = FAC

112+ mutations causing disease

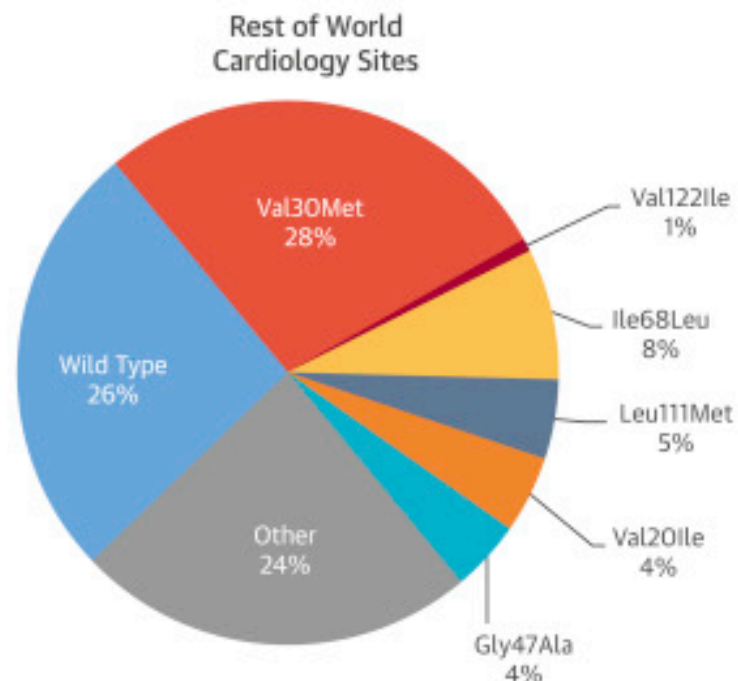
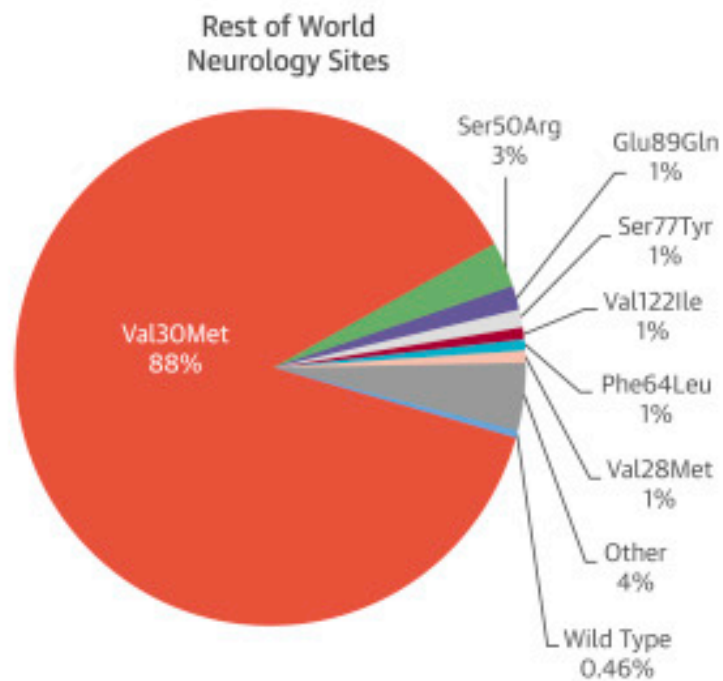
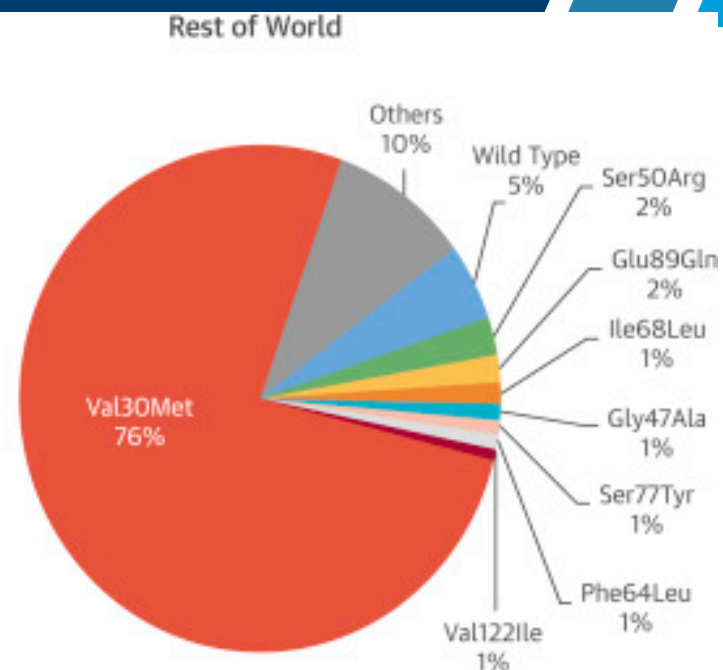
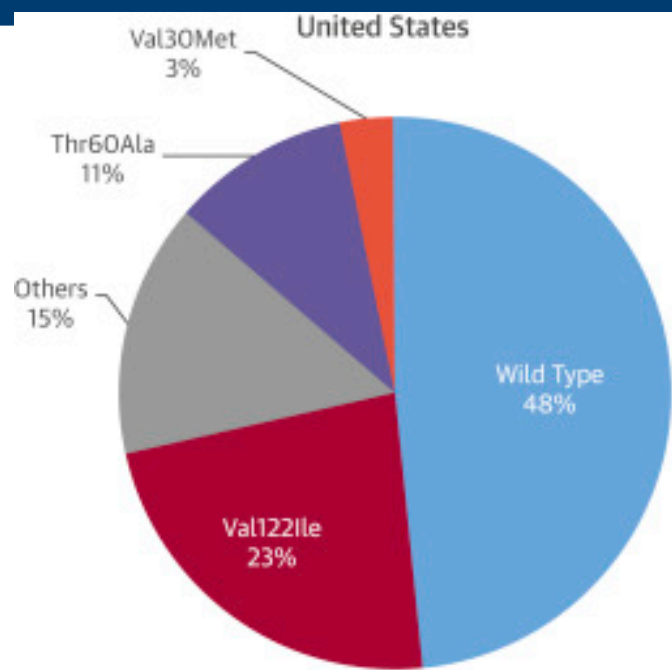


"Neurologic"

Phenotype

"Cardiac"





Variable	AL (n=191)	ATTR (n=169)	P Value
Age, y	64.7±11.0	75.3±8.9	<0.001
Male	116 (61)	136 (81)	<0.001
White	157 (82)	112 (66)	<0.001
Body surface area, m ²	1.92±0.26	2.00±0.24	0.005
Hypertension	90 (47)	108 (64)	0.002
Hyperlipidemia	80 (44)	98 (58)	0.006
Diabetes mellitus	47 (25)	48 (28)	0.472
Smoking	92 (48)	93 (55)	0.197
Atrial fibrillation	65 (34)	93 (55)	<0.001
Anemia	80 (44)	80 (47)	0.525
CAD requiring PCI or CABG	33 (17)	42 (25)	0.091
NYHA class ≥3	122 (64)	104 (61)	0.743
eGFR, mL/min per 1.73 m ²	65.4±26.4	59.9±23.4	0.039
β-Blocker	73 (38)	97 (57)	<0.001
ACEI/ARB	61 (32)	74 (44)	0.022
Antihypertensive	118 (62)	126 (75)	0.013
Diuretic	158 (83)	139 (82)	1.000
Amyloid-specific treatment	135 (71)	44 (26)	<0.001

AL

- Age 40s-70s
- Men = women
- Proteinuria
- Macroglossia, periorbital purpura, petechiae
- Carpal tunnel syndrome
- Orthostatic hypotension!
- GI involvement (diarrhea)

ATTR

- Age 60s-80s
- Men > women
- African Americans (V122I mutation)
- HFpEF
- Low-flow low-gradient AS
- Bilateral carpal tunnel syndrome
- Spinal stenosis
- Peripheral neuropathy (in some variants)

ATTR Amyloidosis

AL Amyloidosis



Non cardiac manifestations

- Polyneuropathy
 - Small fiber neuropathy most common
 - Carpal tunnel syndrome
- Autonomic neuropathy
 - Hypotension, orthostatic hypotension
 - GI motility issues
- Tendon/ligament issues
 - Carpal tunnel syndrome
 - Biceps tendon rupture
 - Trigger finger
 - Spinal stenosis



Tenosynovial and Cardiac Amyloidosis in Patients Undergoing Carpal Tunnel Release



Brett W. Sperry, MD,^{a,b} Bryan A. Reyes, MD,^c Asad Ikram, MBBS,^a Joseph P. Donnelly, MD,^a
Dermot Phelan, MD, PhD,^a Wael A. Jaber, MD,^a David Shapiro, MD,^c Peter J. Evans, MD, PhD,^c Steven Maschke, MD,^c
Scott E. Kilpatrick, MD,^d Carmela D. Tan, MD,^d E. Rene Rodriguez, MD,^d Cecilia Monteiro, MD,^e
W.H. Wilson Tang, MD,^a Jeffery W. Kelly, PhD,^e William H. Seitz, Jr, MD,^c Mazen Hanna, MD^a

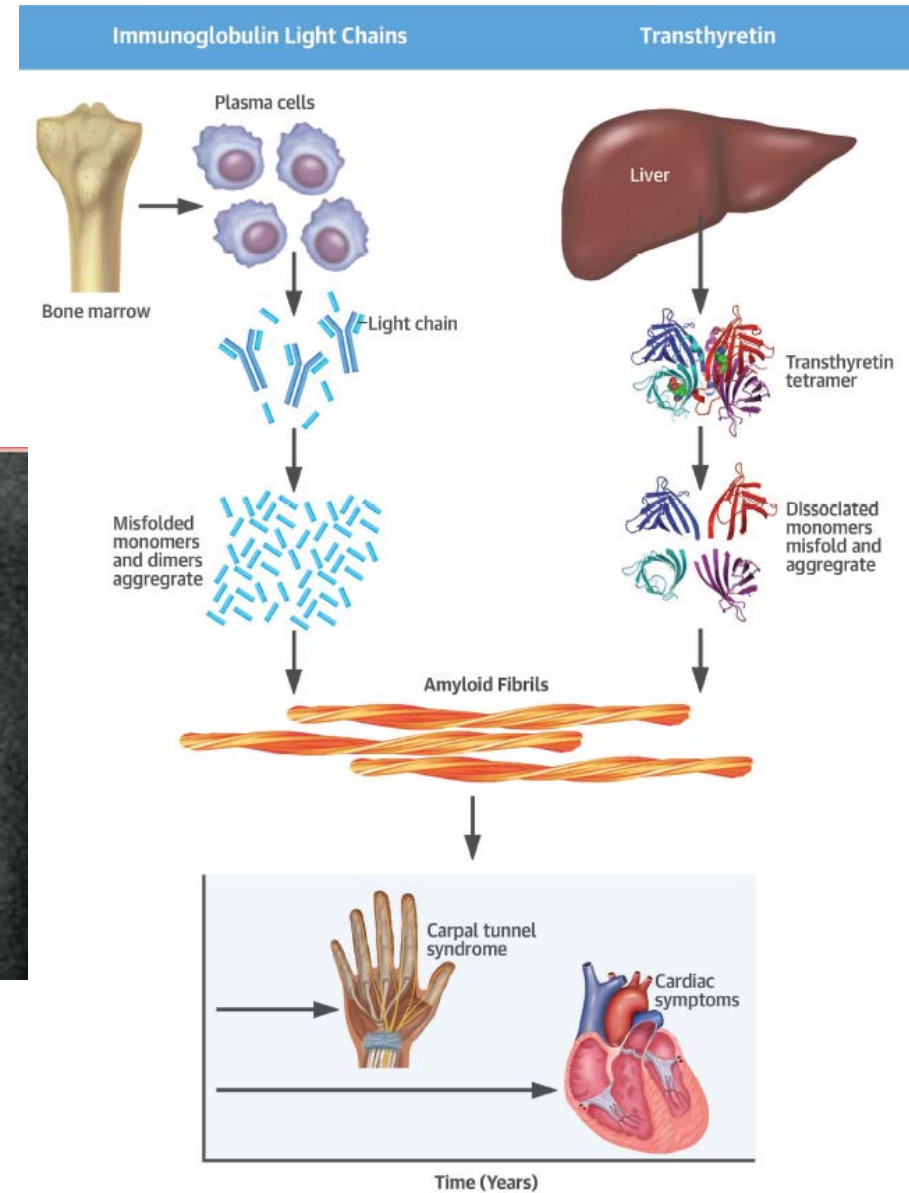
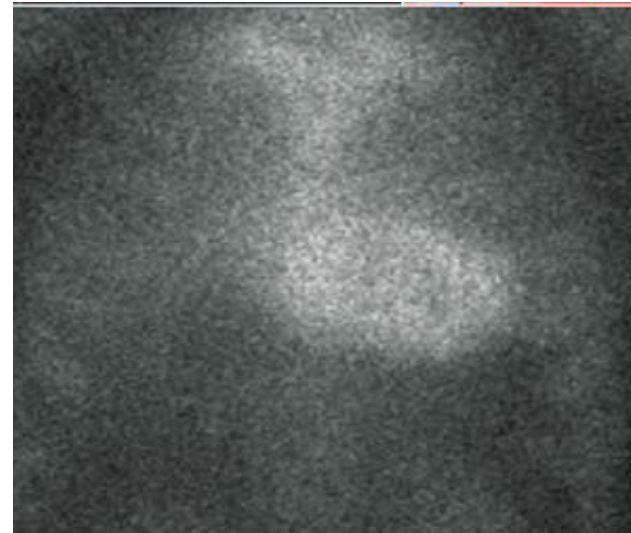
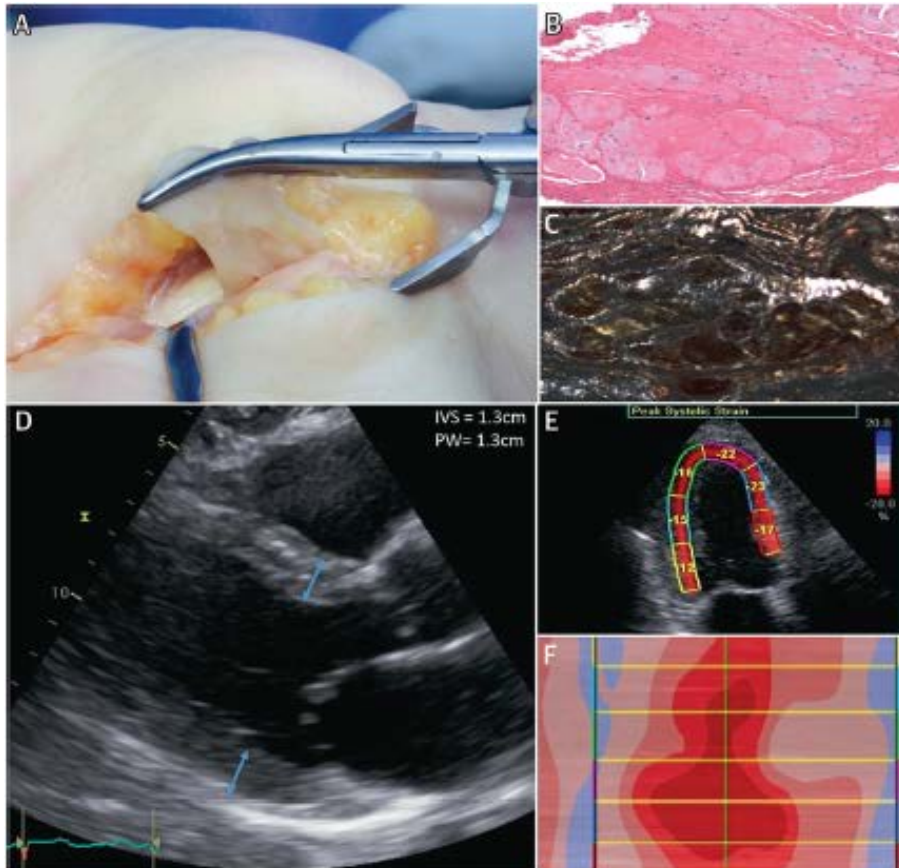
- **98 patients**
- **12% of men \geq 50 and women \geq 60 years old with bilateral carpal tunnel syndrome undergoing carpal tunnel release had amyloid deposits in the wrist**
- **2 had previously unknown cardiac involvement**
- **1 had previously unknown hATTR neuropathy (Leu58His)**
- **1 had Ala81Thr mutation without cardiac or neuropathic involvement**



Tenosynovial and Cardiac Amyloidosis in Patients Undergoing Carpal Tunnel Release



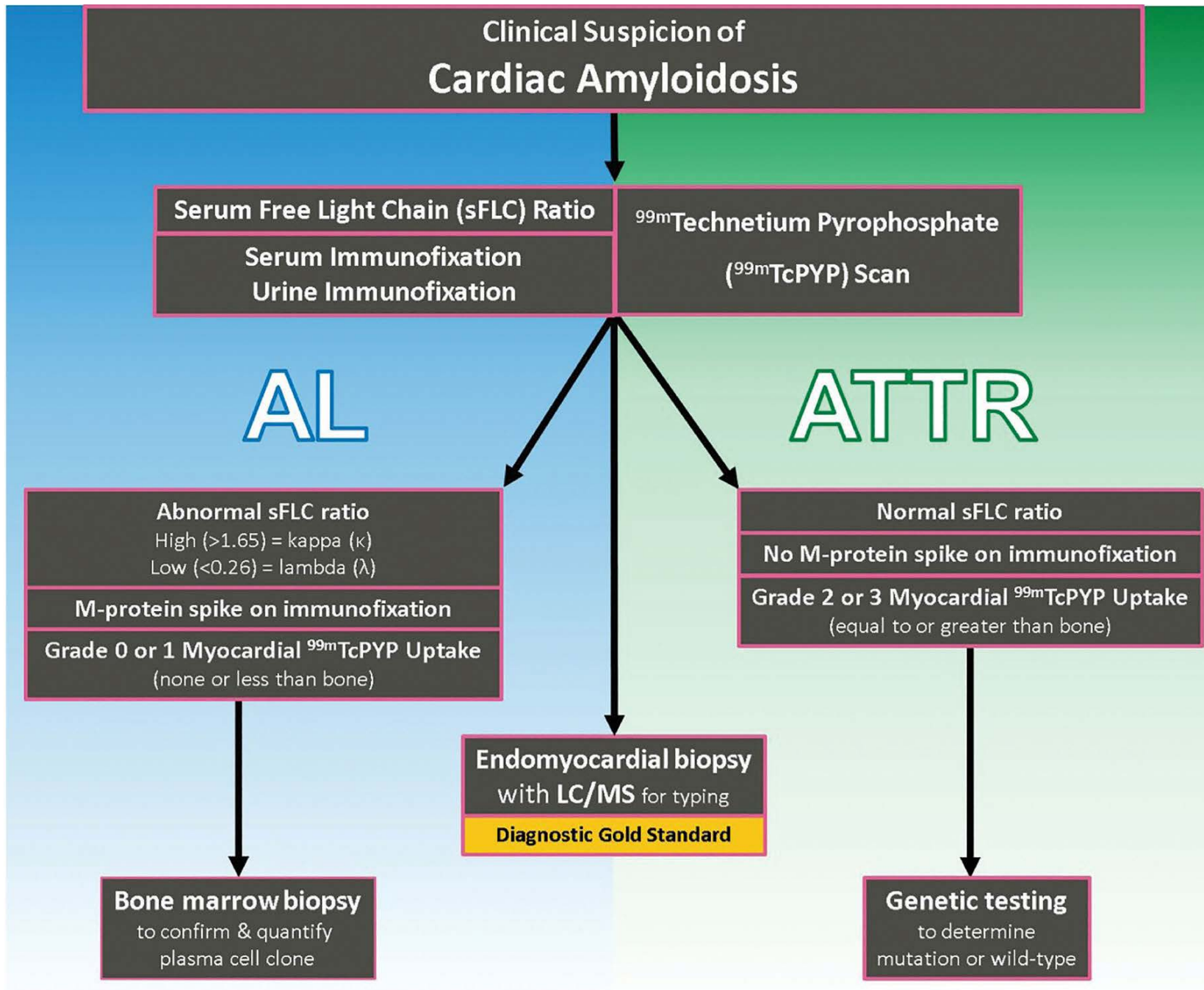
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Non cardiac manifestations

- Renal
 - Proteinuria
 - Nephrotic syndrome
- Gastrointestinal
 - Liver infiltration
 - Autonomic GI neuropathy
 - Direct GI mucosal infiltration





LC/MS = liquid chromatography/mass spectrometry



Red Flags for Cardiac Amyloidosis

Echocardiography:

- Low voltage on ECG and thickening of the septum/posterior wall > 1.2 cm
- Thickening of right ventricle free wall, valves

Intolerance to beta-blockers or ACE inhibitors

Low normal blood pressure in patients with a previous history of hypertension

History of bilateral carpal tunnel syndrome, often requiring surgery

AL	ATTR
HFpEF + nephrotic syndrome	White male age ≥ 60 with HFpEF + history of carpal tunnel syndrome and/or spinal stenosis
Macroglossia and/or periorbital purpura	African American age ≥ 60 with HFpEF without a history of hypertension
Orthostatic hypotension	New diagnosis of hypertrophic cardiomyopathy in an elderly patient
Peripheral neuropathy	New diagnosis of low flow, low gradient aortic stenosis in an elderly patient
MGUS	Family history of ATTRm amyloidosis



Pseudoinfarct pattern, Low voltage *



Echo – wall thickness

A

A

B

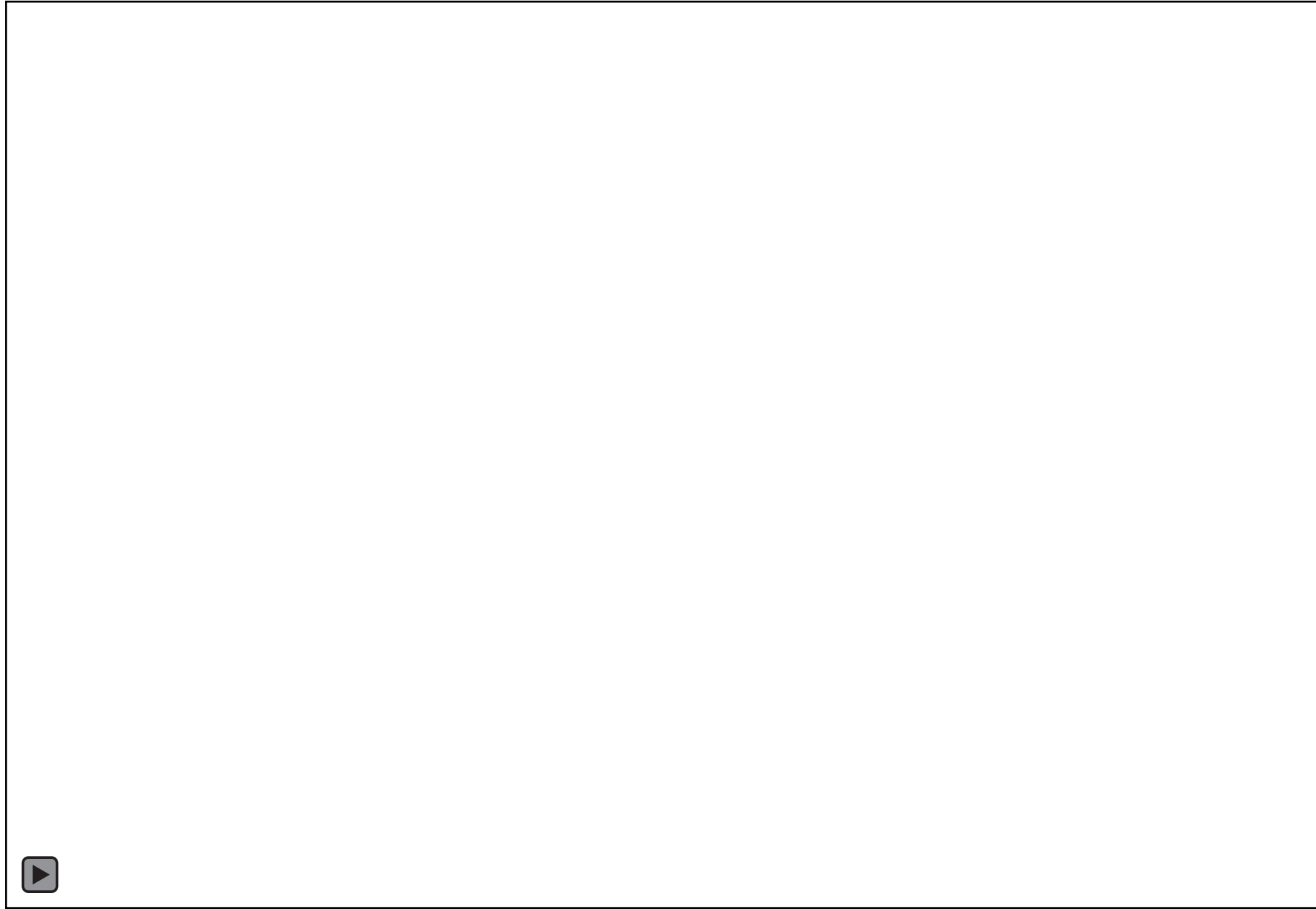
— 26mm
— 20mm

= 14.0mm
= 17.9mm

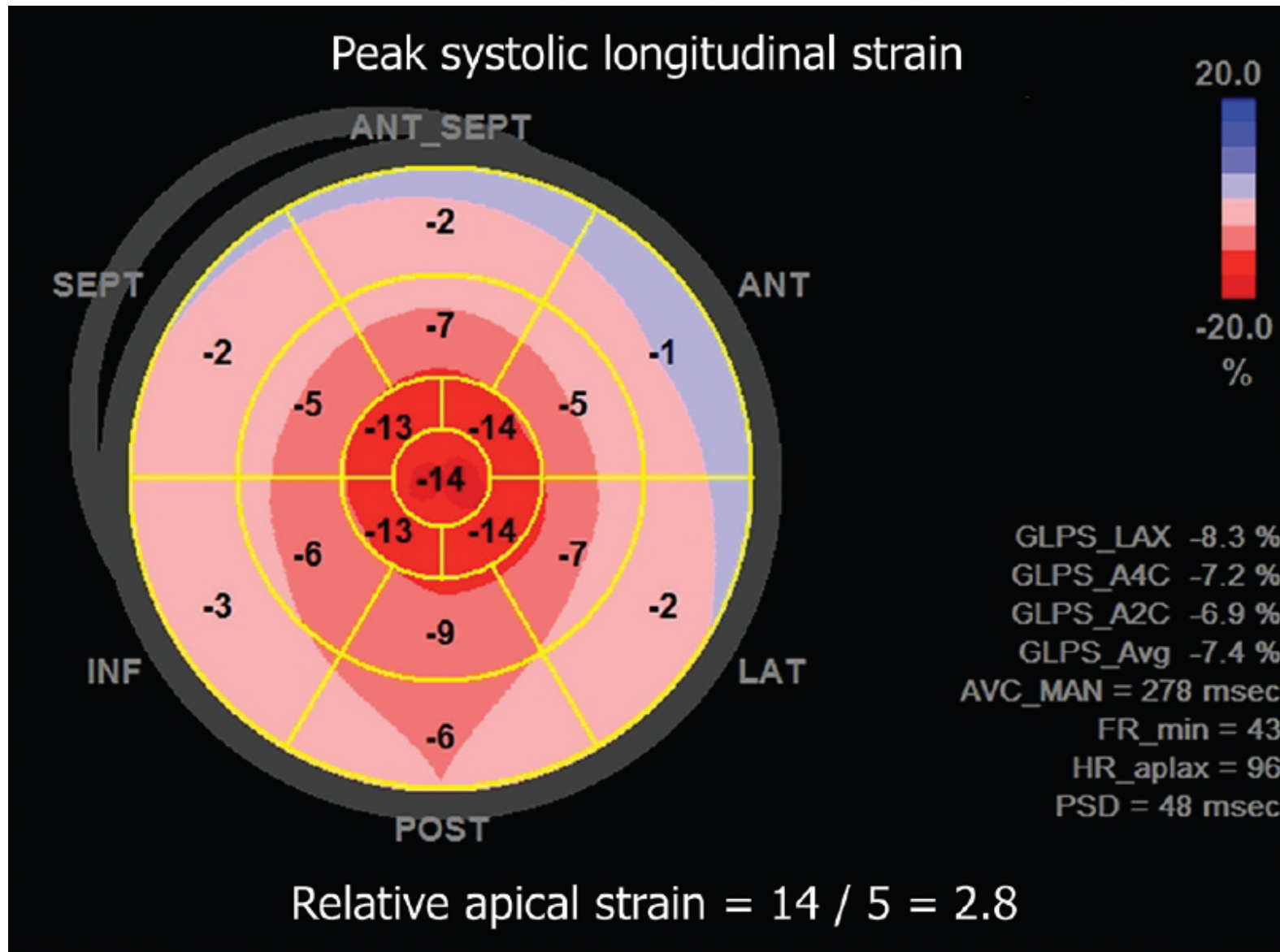
2D ECHO MEASUREMENTS

LV Diastolic Diameter Bas	4.3 cm	3.6-5.4
LVPW Diastolic Thickness	1.9 cm	0.6-1.1
LV Systolic Diameter Base	3 cm	2.3-4.0
Aorta at Sinuses Diameter	3.3 cm	2.1-3.5
LA Systolic Diameter LX	4.9 cm	2.3-3.8
Ascending Aorta Diameter	3.2 cm	2.1-3.4
IVS Diastolic Thickness	1.8 cm	0.6-1.1

Echo



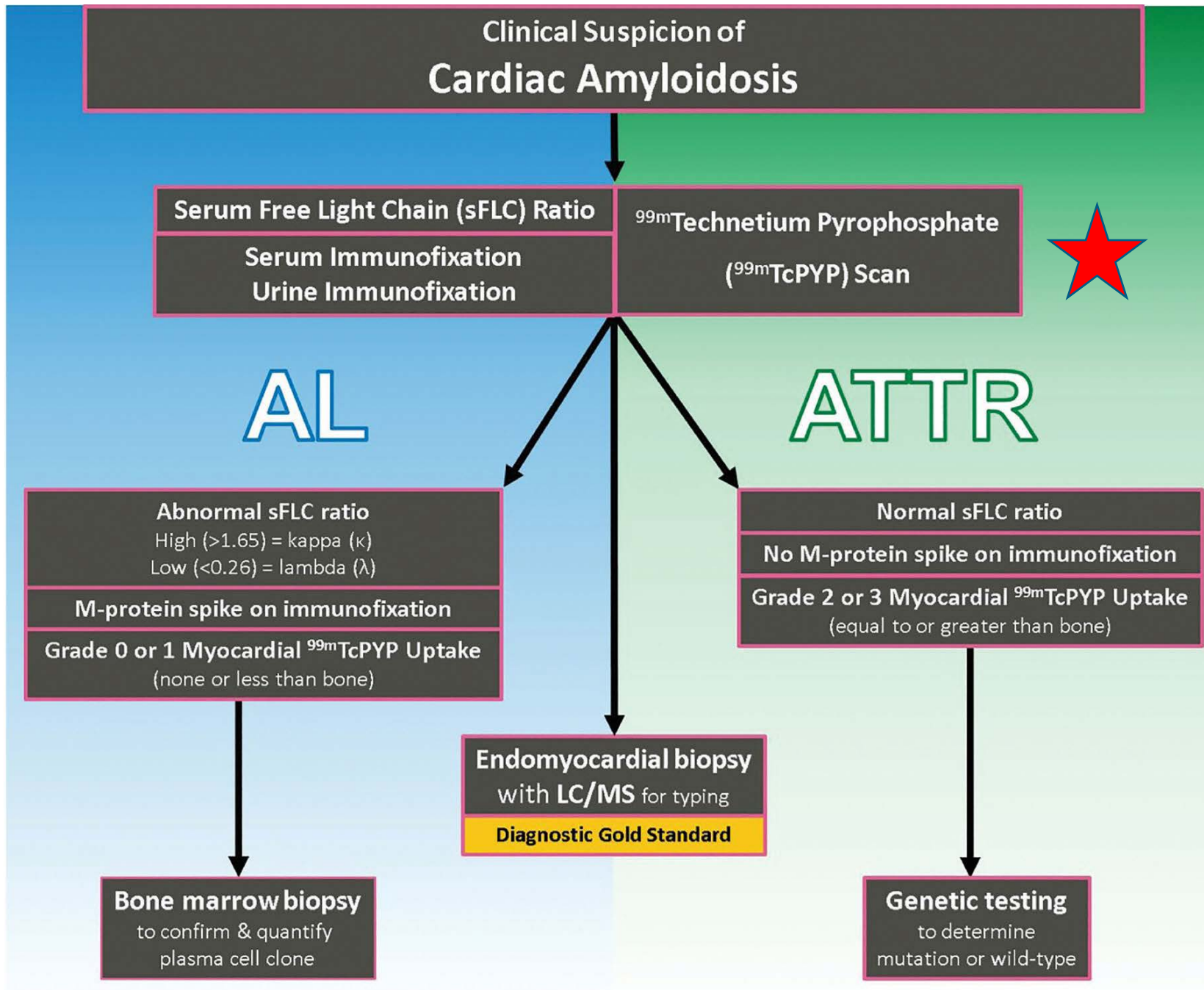
Apical Sparing Pattern: “Relative strain”



$$\frac{\text{Apical}}{\text{Basal + mid}} > 1.0$$

Phelan et al. Heart 2012
Sperry et al. Heart 2016





LC/MS = liquid chromatography/mass spectrometry

^{99m}Techneium-Pyrophosphate Imaging
for Transthyretin Cardiac Amyloidosis

OVERVIEW

The purpose of this document is to identify the critical

diagnosis is confirmed by endomyocardial biopsy and
typing of amyloid fibrils as needed.

“Bone Scintigraphy enables the diagnosis of ATTR to be made reliably without the need for histology in patients who do not have a monoclonal gammopathy.”

EXPERT CONSENSUS RECOMMENDATIONS

ASNC/AHA/ASE/EANM/HFSA/ISA/SCMR/SNMMI EXPERT
CONSENSUS RECOMMENDATIONS FOR MULTIMODALITY IMAGING
IN CARDIAC AMYLOIDOSIS: PART 1 OF 2—EVIDENCE BASE AND
STANDARDIZED METHODS OF IMAGING

EXPERT CONSENSUS RECOMMENDATIONS

ASNC/AHA/ASE/EANM/HFSA/ISA/SCMR/SNMMI EXPERT
CONSENSUS RECOMMENDATIONS FOR MULTIMODALITY IMAGING
IN CARDIAC AMYLOIDOSIS: PART 2 OF 2—DIAGNOSTIC CRITERIA
AND APPROPRIATE UTILIZATION

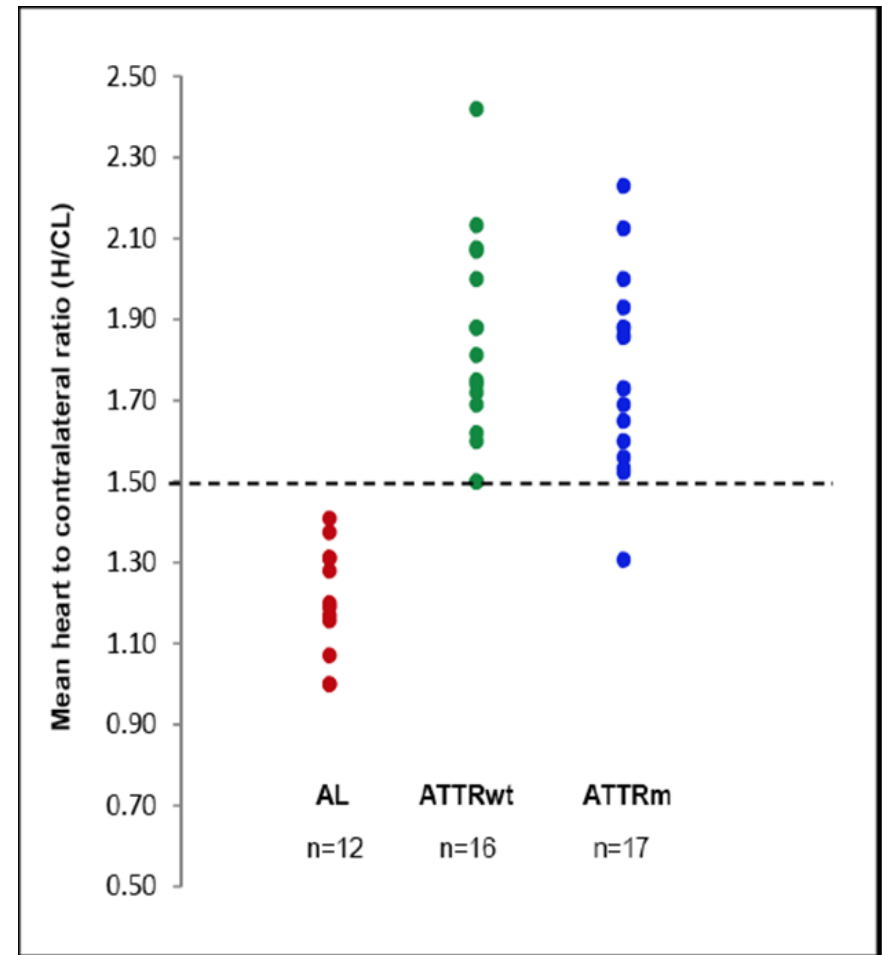
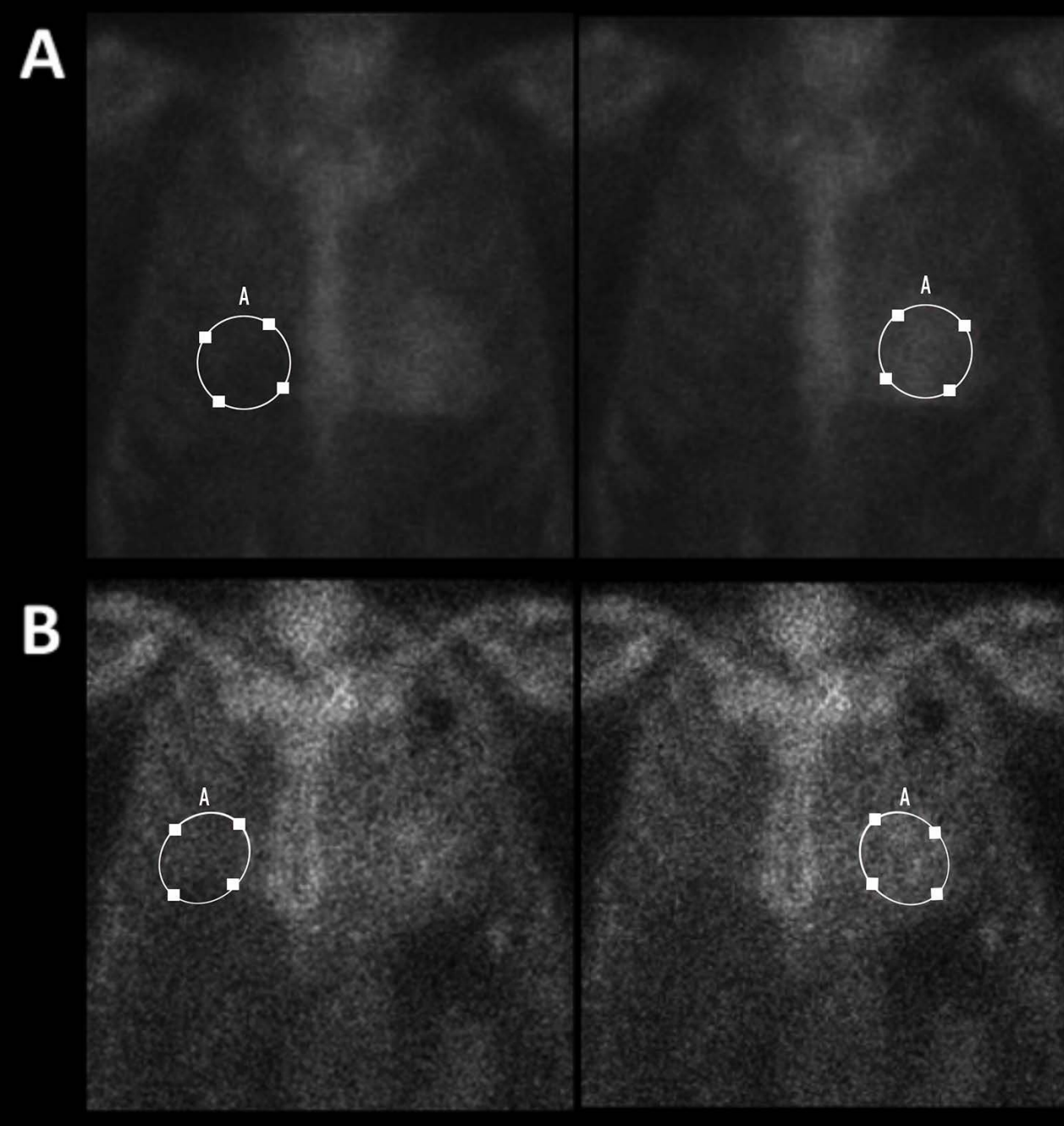
Perugini score

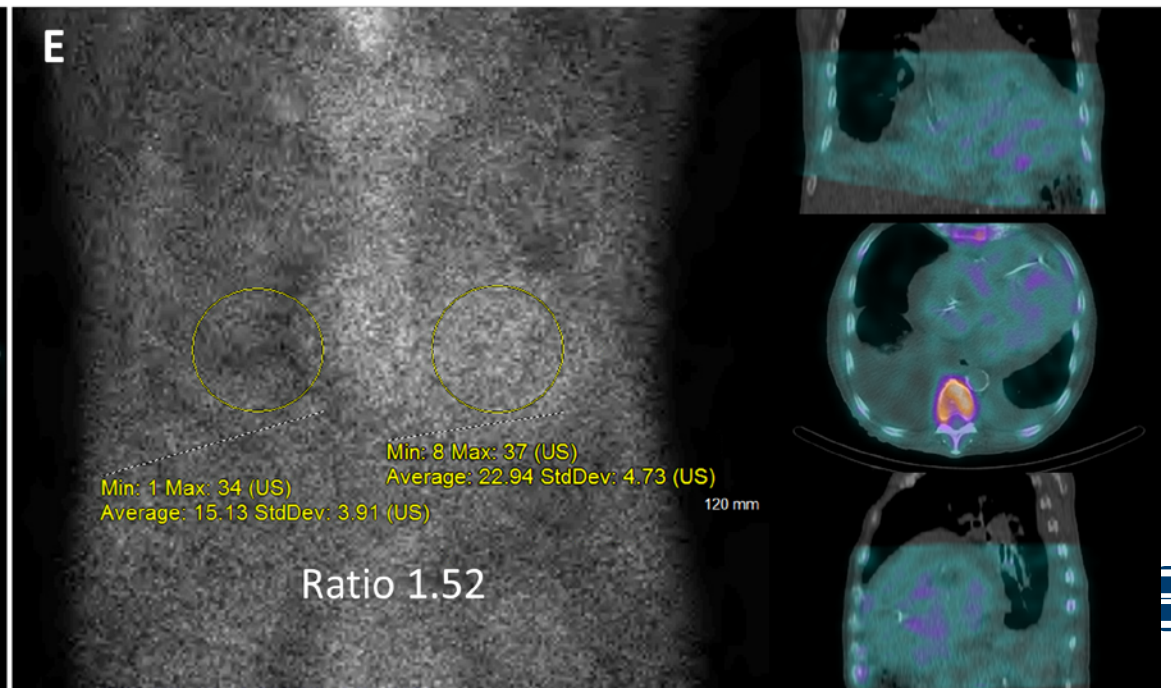
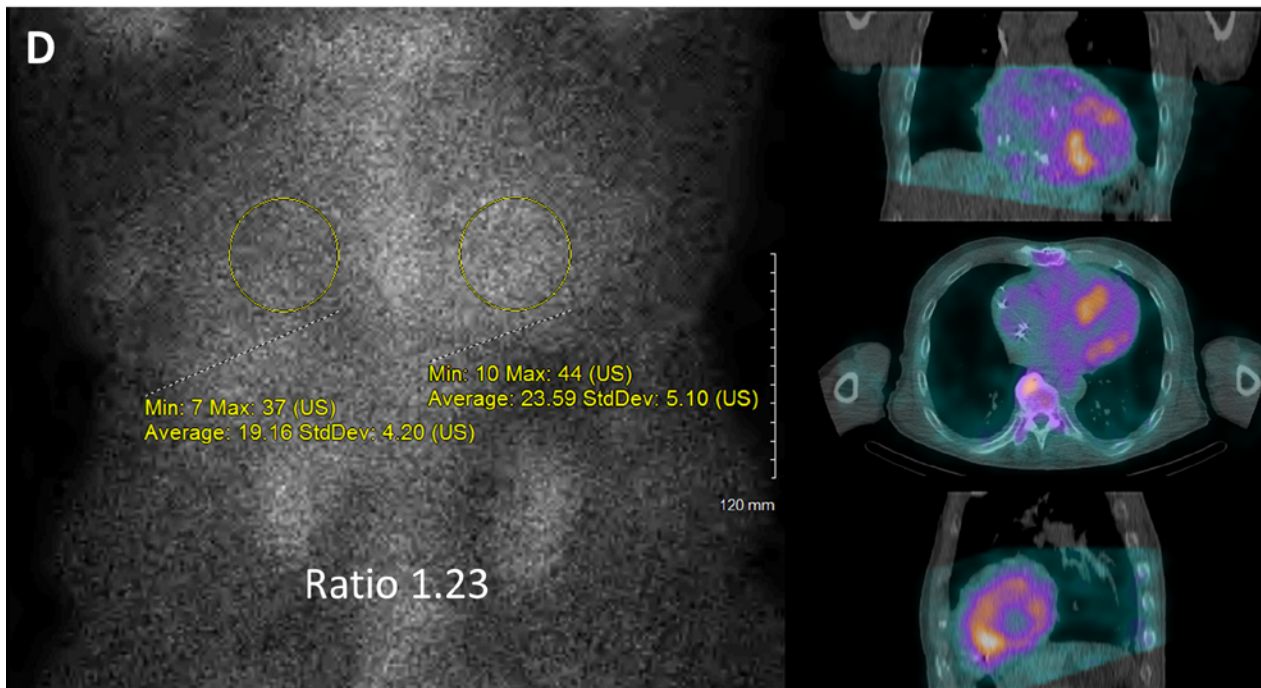
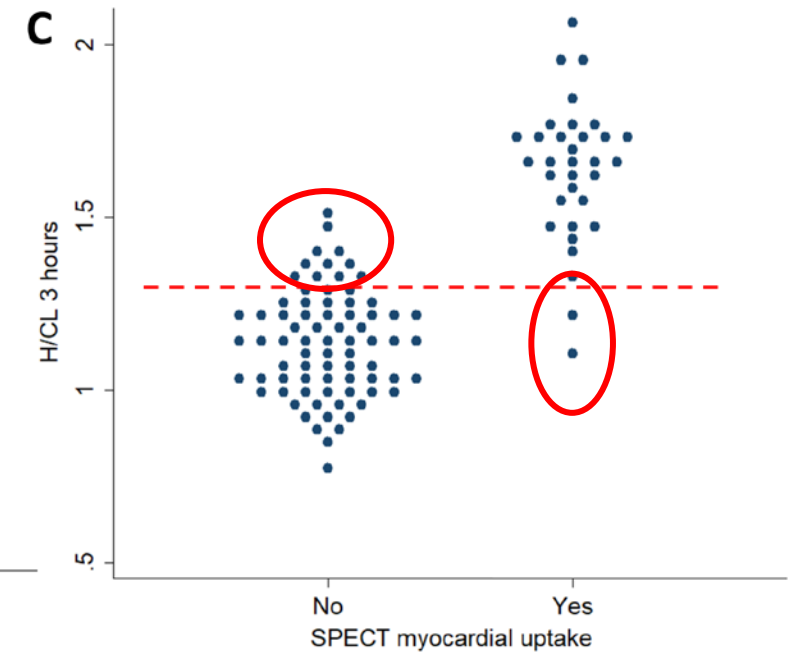
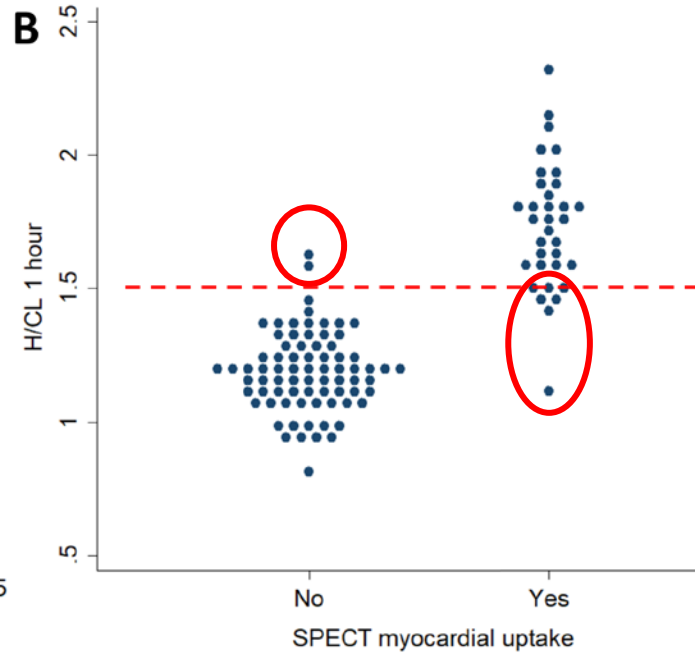
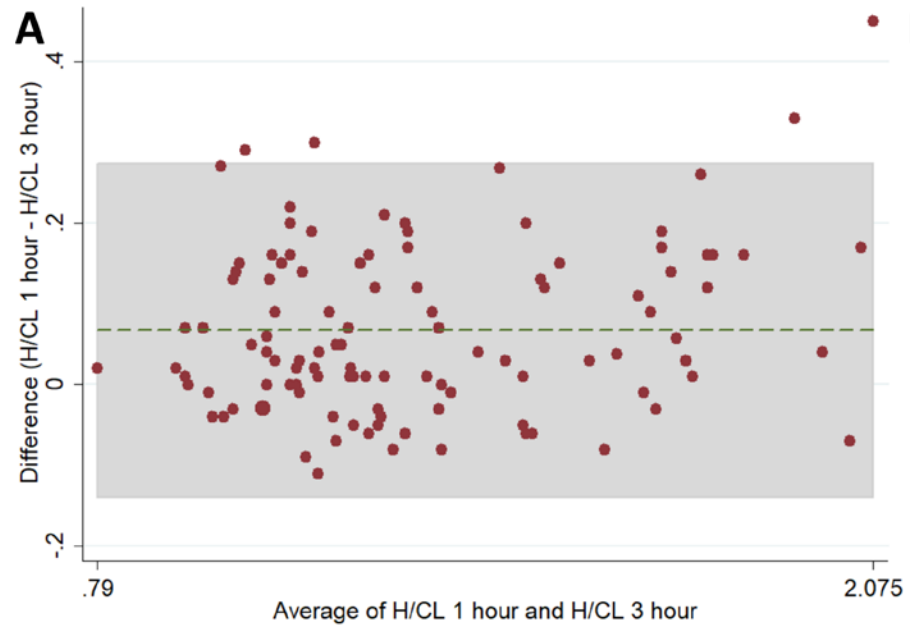
0 – absent uptake - NEGATIVE

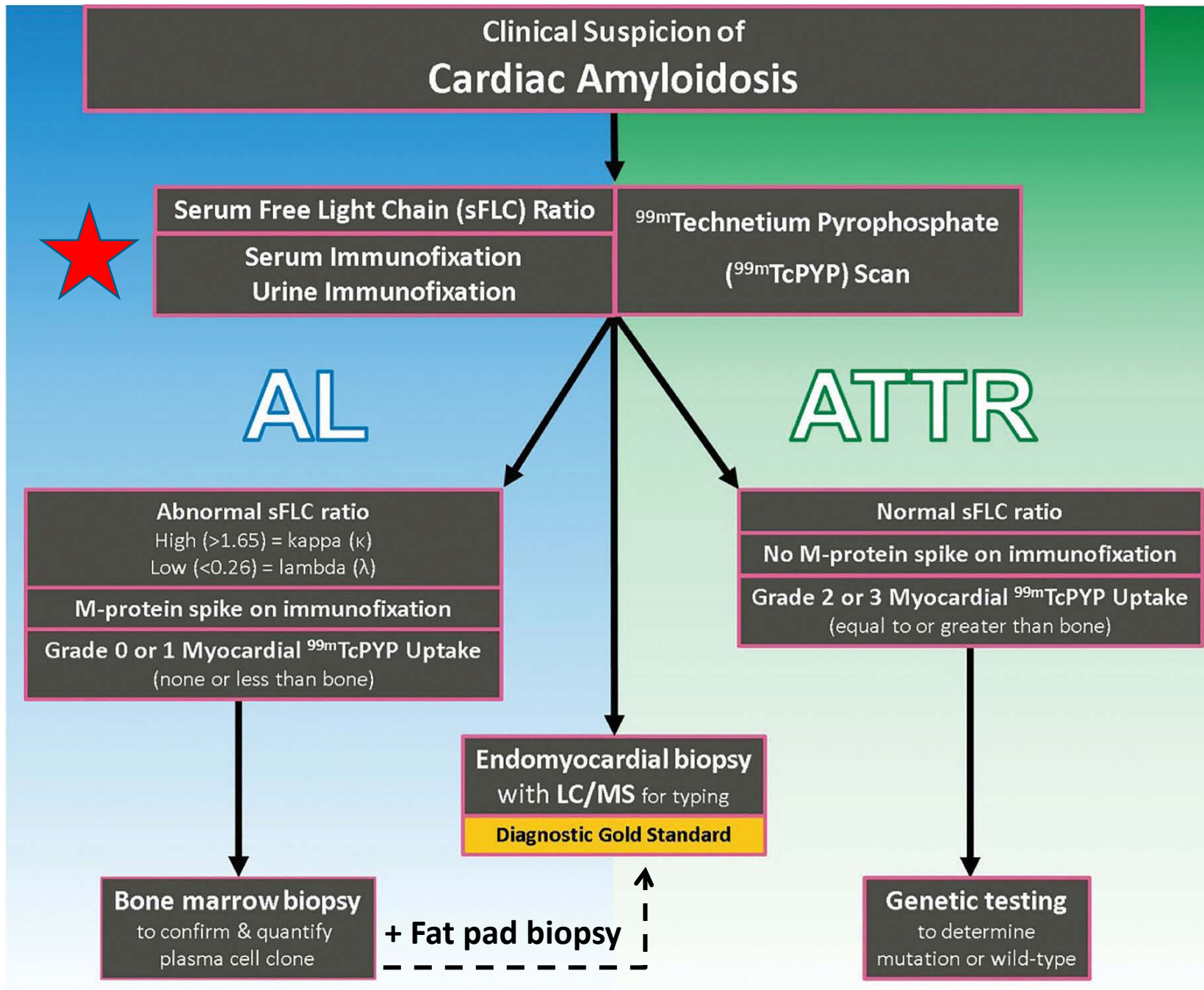
1 – less than rib – INDETERMINATE

2 – equal to rib – LIKELY POSITIVE

3 – greater than rib – POSITIVE

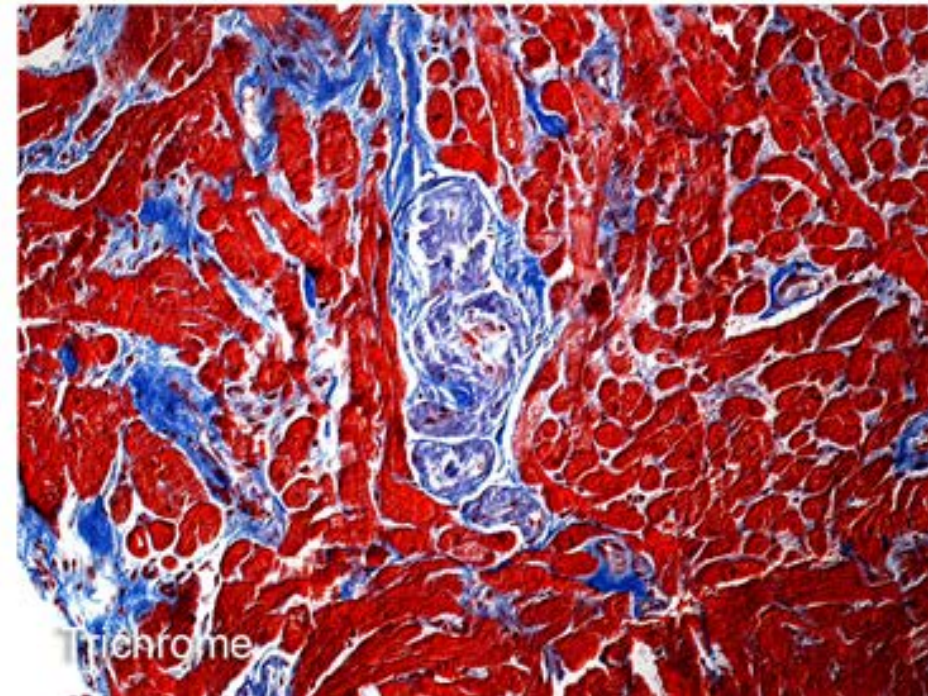
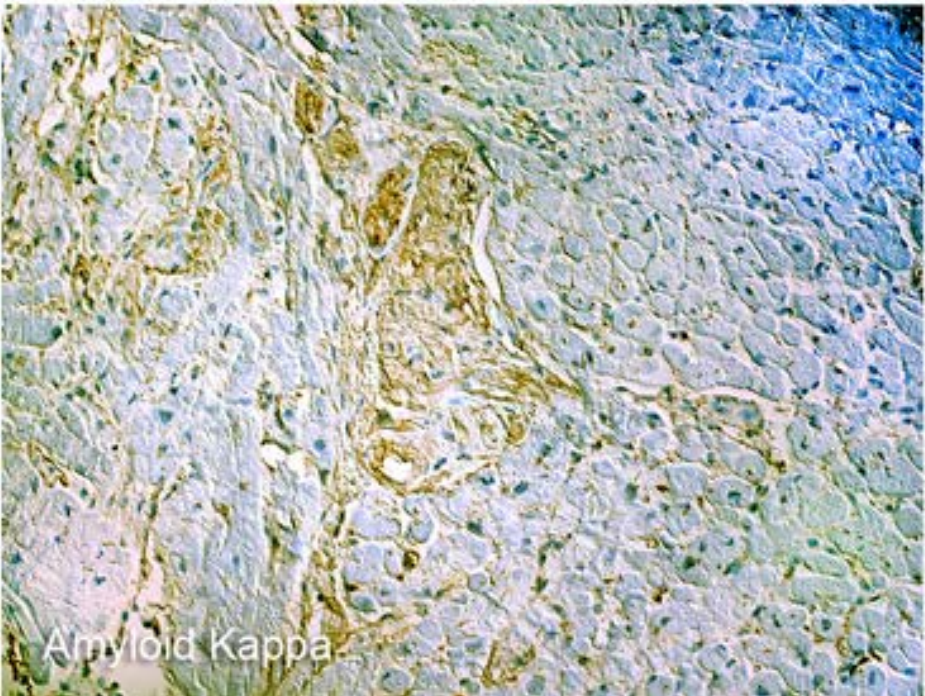
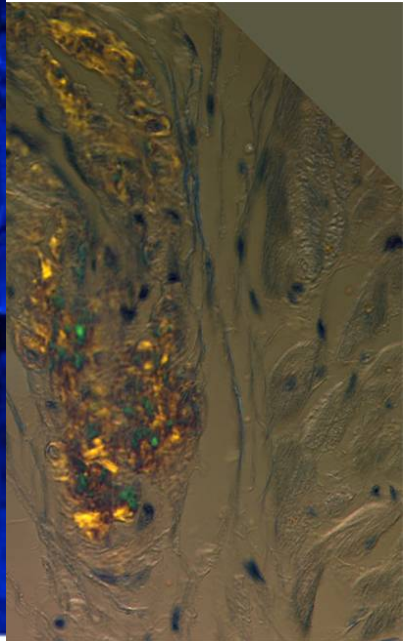
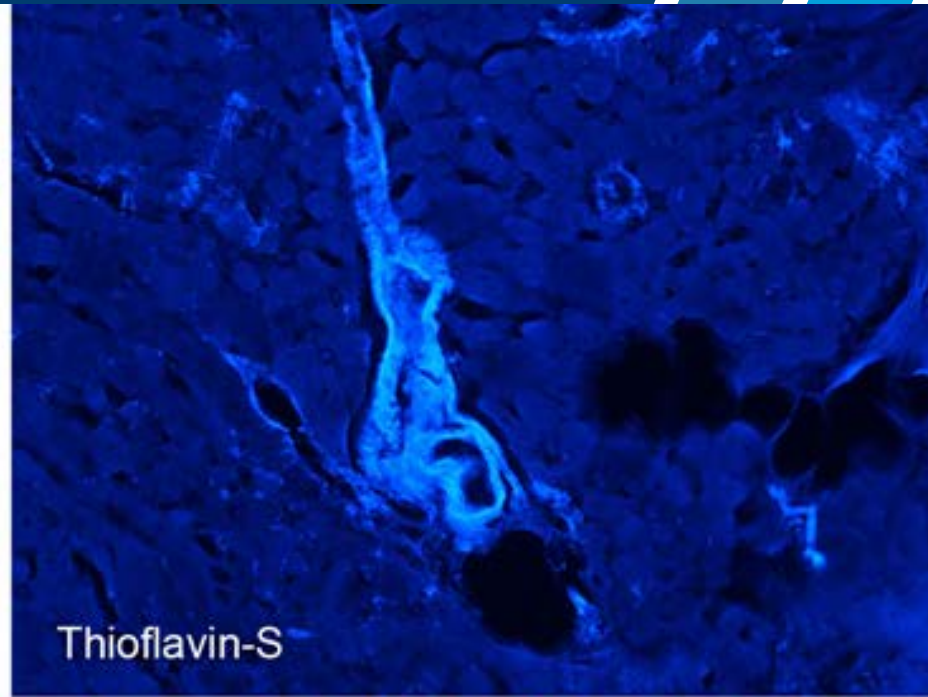
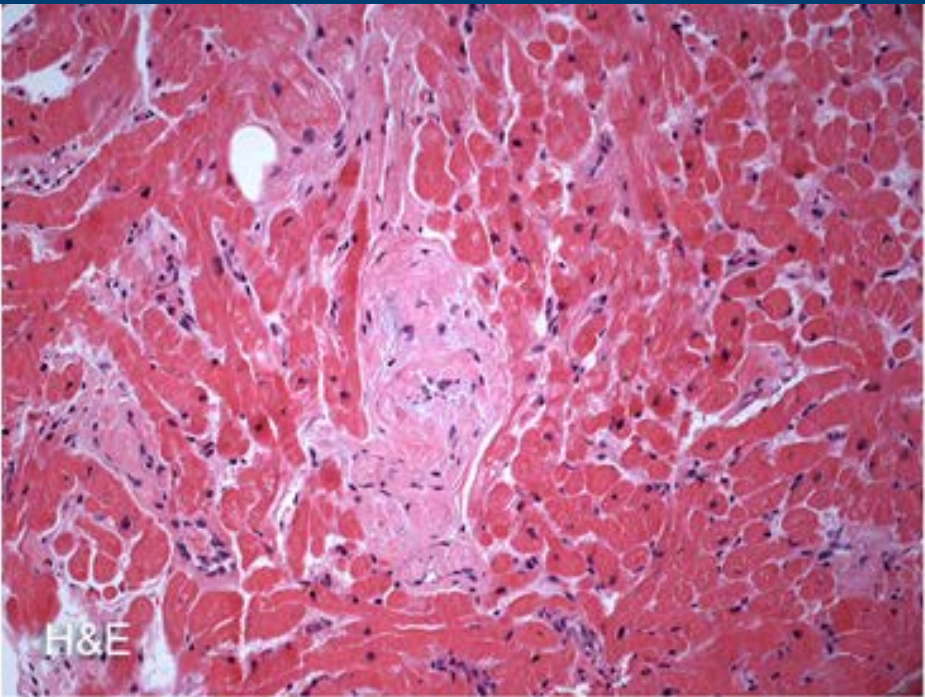
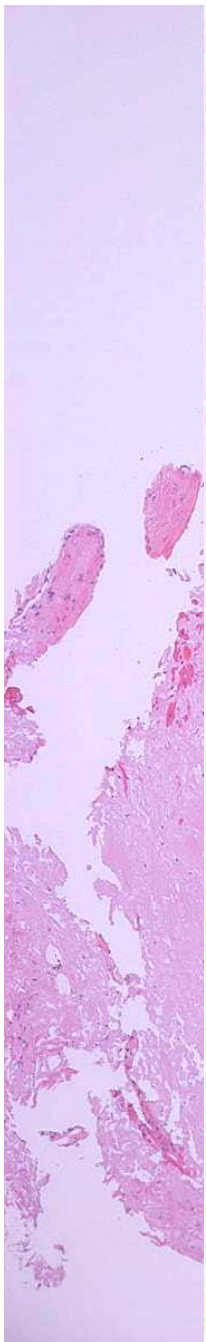






LC/MS = liquid chromatography/mass spectrometry





fringence



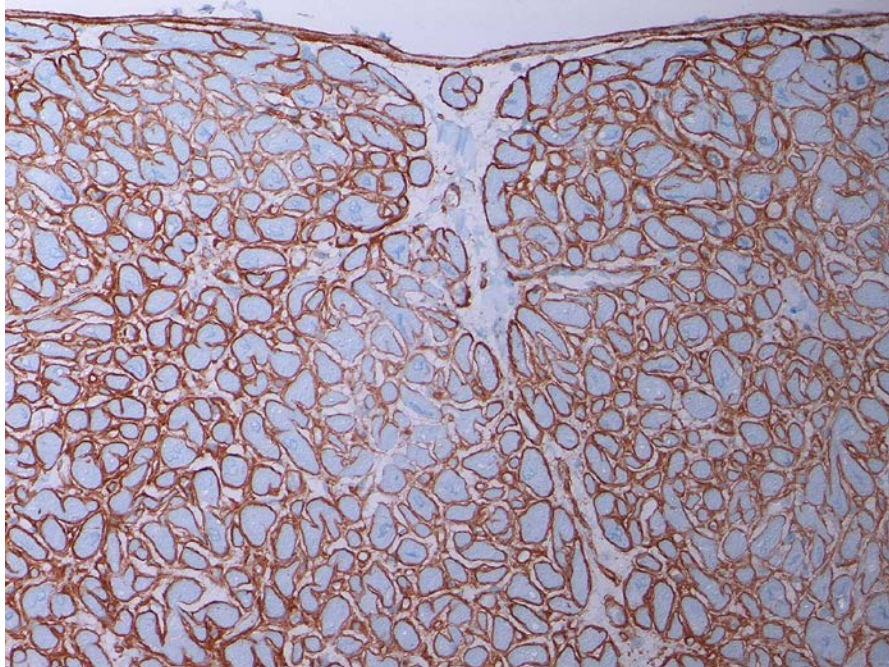
MUST SUBTYPE THE AMYLOID!!

Congo Red only tells you if it is amyloid

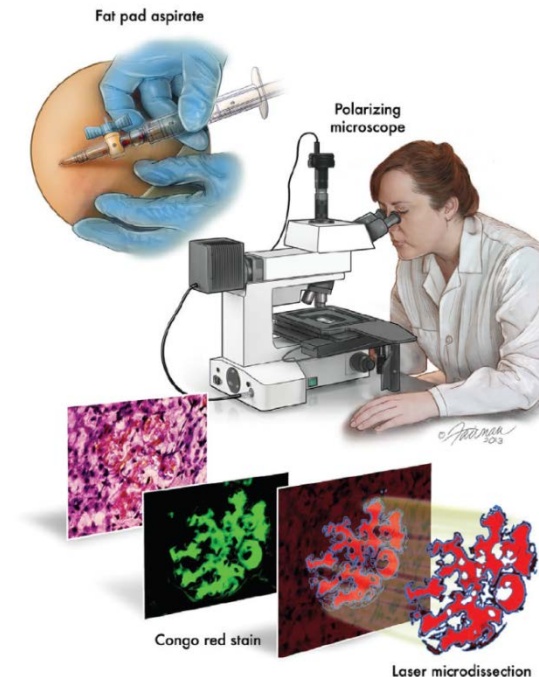
(What type, AL? TTR?, other?)

- Prognosis
- Treatment

Immunofluorescence



Mass Spectrometry



Common misconceptions

- **Rare**

- **13% of patients admitted with HFpEF and septal thickness >12mm**
- **16% of patients undergoing TAVR (22% of men undergoing TAVR)**
- **30% of patients with LFLG AS with EF <50%**
- **12% of men \geq 50 and women \geq 60 years old with bilateral carpal tunnel syndrome undergoing carpal tunnel release**

EIJ (2015) 36, 2585-2594

Castano et al EIJ 2017

Treibel et al Circ Imaging 2016

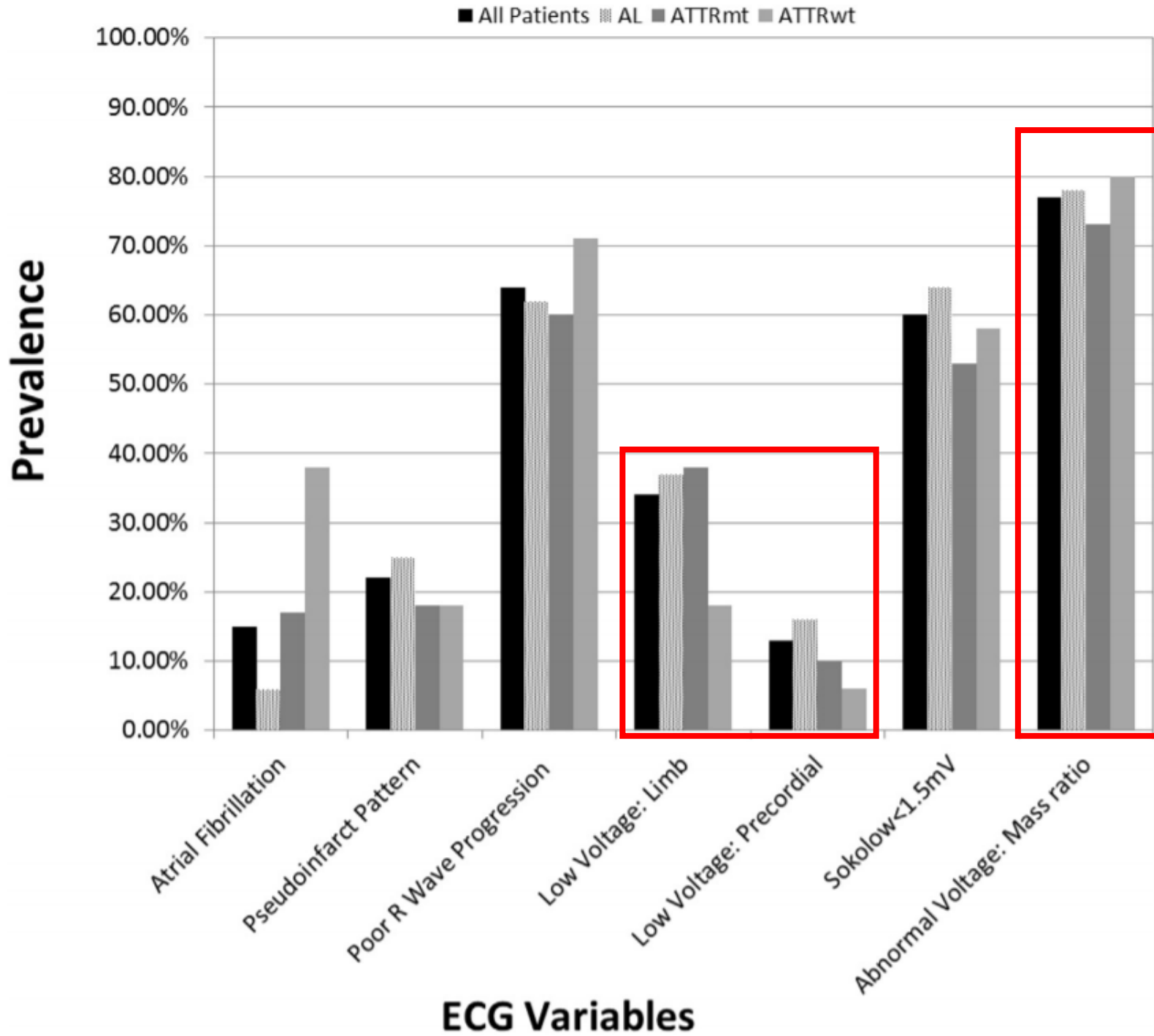
Sperry et al JACC 2018



Common misconceptions

- **Rare**
 - Under-appreciated and under-recognized cause of HFpEF
- **Low voltage on ECG is a good screening test**





Cyrille, Maurer et al. AJC 2014



Common misconceptions

- **Rare**
 - Under-appreciated and under-recognized cause of HFpEF
- **Low voltage on ECG is a good screening test**
 - Many patients with amyloidosis do not meet low voltage criteria
- **Fat pad biopsy has high sensitivity**



Diagnostic sensitivity of fat pad fine needle aspiration in different cardiac amyloidoses

Amyloid type	<i>n</i>	Number positive by Congo red staining	Diagnostic sensitivity (CI)
Systemic AL amyloidosis	216	181	84% (78–88%)
ATTRm	113	51	45% (36–54%)
<i>Val122Ile</i>	69	23	33%
<i>Thr60Ala</i>	21	14	67%
ATTRwt	271	42	15% (11–20%)



Common misconceptions

- **Rare**
 - Under-appreciated and under-recognized cause of HFpEF
- **Low voltage on ECG is a good screening test**
 - Many patients with amyloidosis do not meet low voltage criteria
- **Fat pad biopsy has high sensitivity**
 - 85% for AL, but only 15% for wild type ATTR
- **SPEP is sufficient to exclude AL amyloidosis**
 - Usually NORMAL
- **Cardiac amyloidosis is the great masquerader**
- **Need an invasive and risky endomyocardial biopsy for diagnosis**
 - Not for ATTR. For AL, will need some tissue diagnosis → non cardiac options = bone marrow, fat pad, skin lesion, kidney



Common misconceptions

- **Everyone dies so it is not worth diagnosing**



Treatments

- AL amyloidosis



AL Therapeutic Regimens



The New England Journal of Medicine

**A TRIAL OF THREE REGIMENS FOR PRIMARY AMYLOIDOSIS: COLCHICINE
ALONE, MELPHALAN AND PREDNISONE, AND MELPHALAN, PREDNISONE,
AND COLCHICINE**

ROBERT A. KYLE, M.D., MORIE A. GERTZ, M.D., PHILIP R. GREIPP, M.D., THOMAS E. WITZIG, M.D.,
JOHN A. LUST, M.D., PH.D., MARTHA Q. LACY, M.D., AND TERRY M. THERNEAU, PH.D.

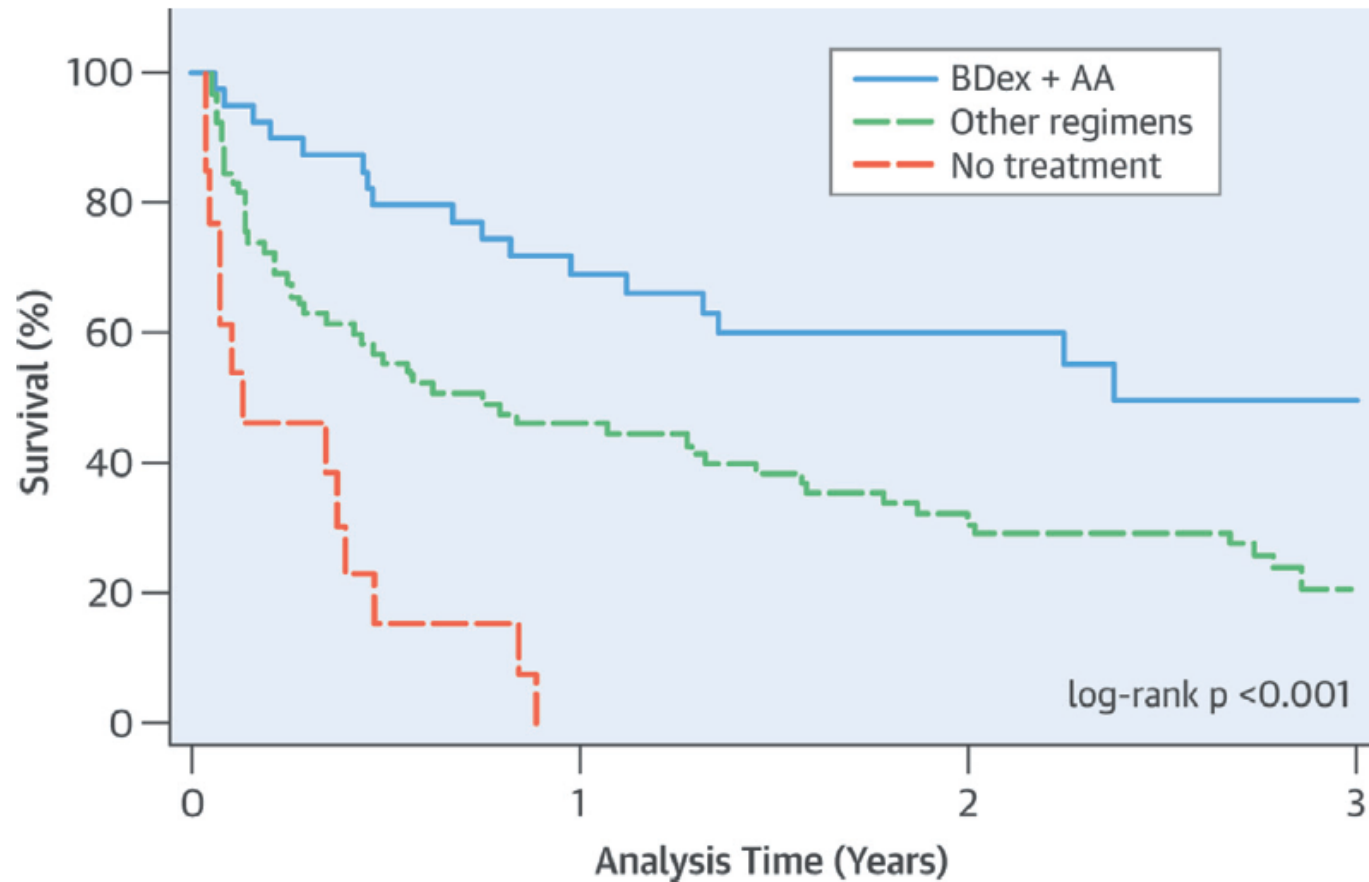


AL Amyloidosis Therapeutic Options

Decreased light chain production					Fibril destabilizers
Steroids	Proteasome Inhibitors	Immunomodulatory Drugs (IMiDs)	Alkylating Agents	Other	Novel Agents
Prednisone	Bortezomib (Velcade)	Lenalidomide (Revlimid)	Melphalan (oral) (Alkeran)	Daratumumab (Darzalex)	CAEL-101 (11-1F4)
Dex	Carfilzomib (Kyprolis)	Thalidomide (Thalomid)	Melphalan (IV) (Transplant)	Isatuximab (SAR650984)	Dezimumab (GSK-8852) (anti-SAP mAB) 
	Ixazomib (Ninlaro)	Pomalidomide (Pomalyst)	Cyclophosphamide (Cytoxan)	Venetoclax (Venclexta)	NE-001 
	Marizomib		Bendamustine (Treanda)		Doxycycline / TUDCA
	Oprozomib				EGCG (Green tea extract)
					Curcumin (Turmeric)



CENTRAL ILLUSTRATION Chemotherapy in AL Amyloidosis With Heart Failure: Kaplan-Meier Survival Estimates



Sperry, B.W. et al. *J Am Coll Cardiol.* 2016;67(25):2941-8.

Kaplan-Meier curve representing the association between treatment regimen and all-cause mortality. There was a significant association between treatment regimen and survival ($p < 0.001$), with the lowest mortality seen in the bortezomib, dexamethasone, and alkylating agent (BDex+AA) cohort.

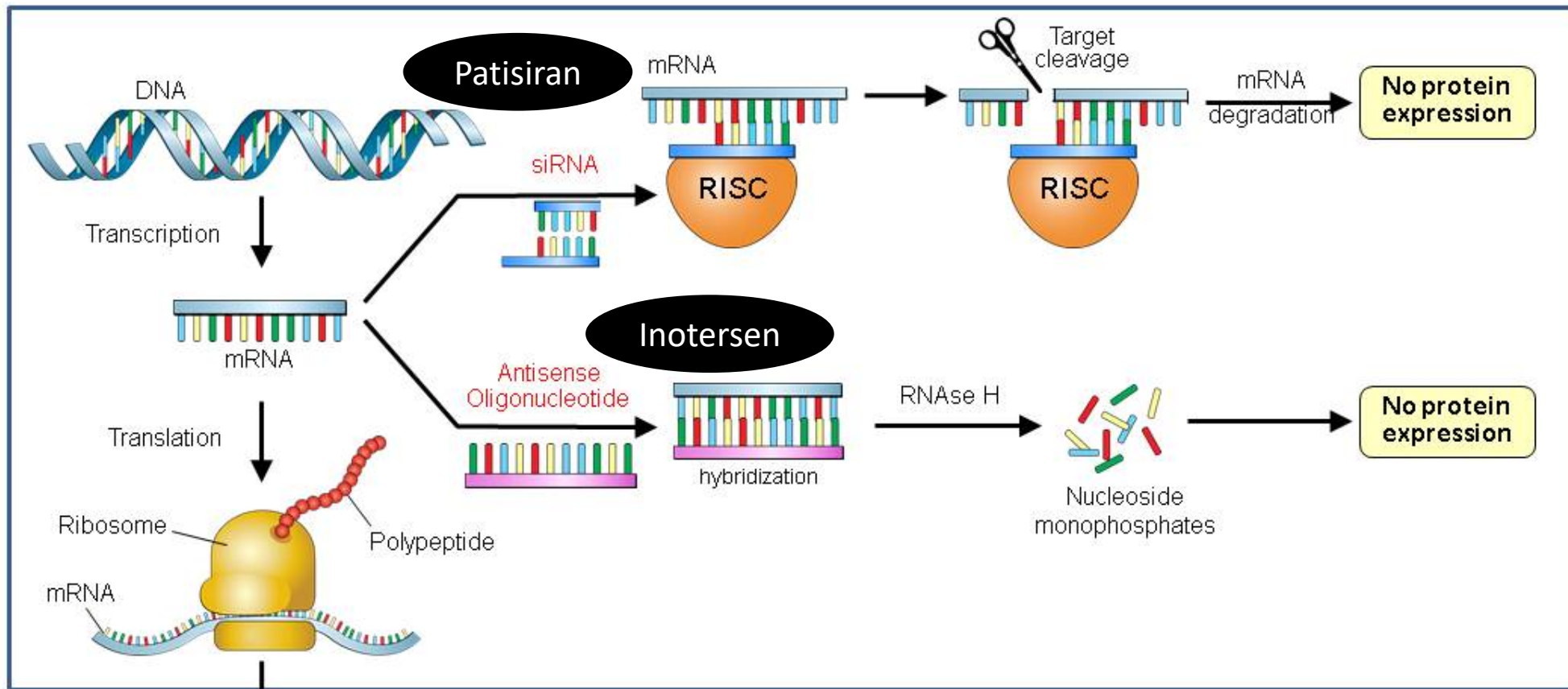


Treatments

- AL cardiac amyloidosis
 - Bortezomib + cyclophosphamide + dexamethasone (CyBorD)
 - Daratumumab
 - CyBorD + daratumumab
 - High dose melphalan + ASCT → considered in patients with less cardiac involvement

- ATTR cardiac amyloidosis





Sperry BW, Tang WHW. *Heart* 2017;103:812–817.

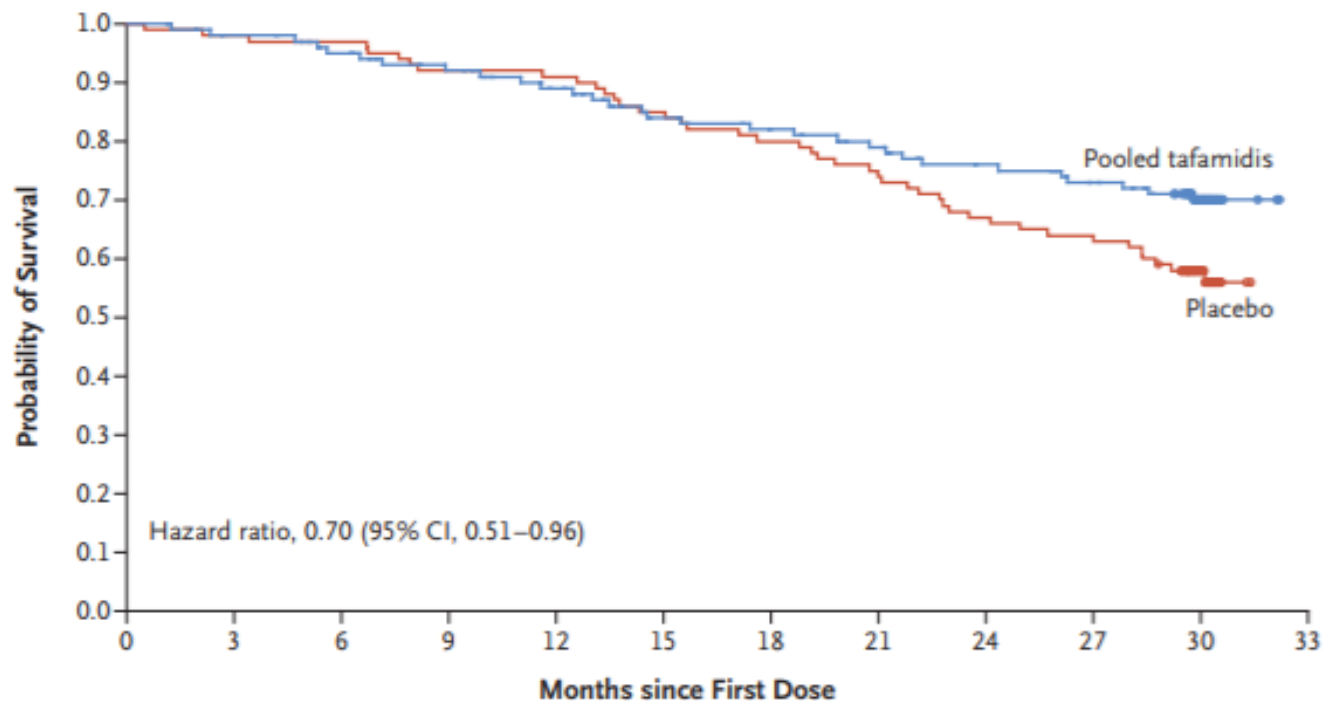
Figure 2: Transthyretin protein production and drug mechanisms of action

The TTR gene is transcribed into mRNA and translated into a protein. The protein folds into monomers which are aggregated into a tetramer. Translation of TTR mRNA can be blocked by using either a small interfering RNA (siRNA) or an antisense oligonucleotide. siRNA is a synthetic double-stranded RNA which uses the RNA-induced silencing complex (RISC) to cleave TTR mRNA. Anti-sense oligonucleotides are short complementary DNA sequences which hybridize with the mRNA which is recognized and cleaved by an RNase. Tafamidis, diflunisal or EGCG work on the folded TTR protein by stabilizing the tetramer and preventing dissociation into monomers which can form fibrils. TUDCA/Doxycycline and anti-SAP antibodies act by allowing re-uptake of deposited fibrils and also preventing some fibril deposition.

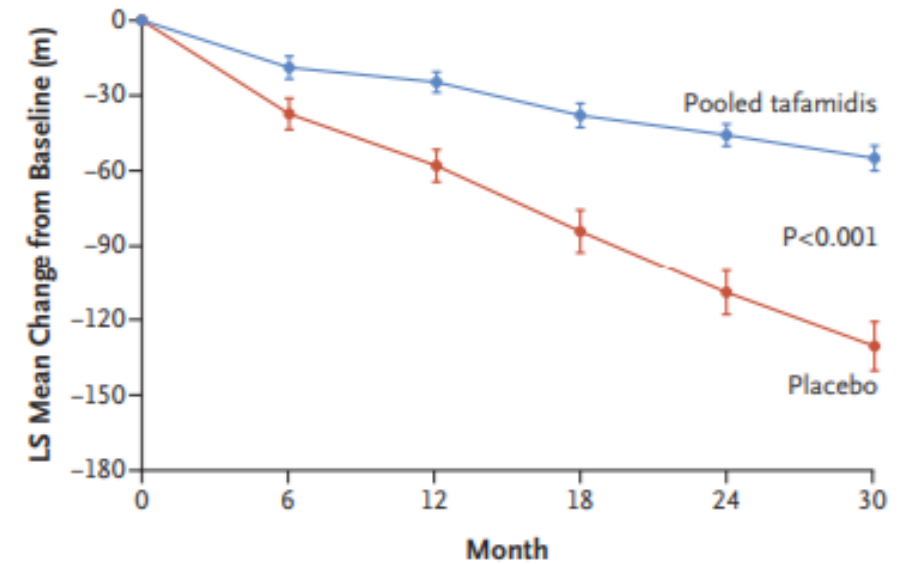


Tafamidis Treatment for Patients with Transthyretin Amyloid Cardiomyopathy

Mathew S. Maurer, M.D., Jeffrey H. Schwartz, Ph.D., Balarama Gundapaneni, M.S., Perry M. Elliott, M.D., Giampaolo Merlini, M.D., Ph.D., Marcia Waddington-Cruz, M.D., Arnt V. Kristen, M.D., Martha Grogan, M.D., Ronald Witteles, M.D., Thibaud Damy, M.D., Ph.D., Brian M. Drachman, M.D., Sanjiv J. Shah, M.D., Mazen Hanna, M.D., Daniel P. Judge, M.D., Alexandra I. Barsdorf, Ph.D., Peter Huber, R.Ph., Terrell A. Patterson, Ph.D., Steven Riley, Pharm.D., Ph.D., Jennifer Schumacher, Ph.D., Michelle Stewart, Ph.D., Marla B. Sultan, M.D., M.B.A., and Claudio Rapezzi, M.D., for the ATTR-ACT Study Investigators*



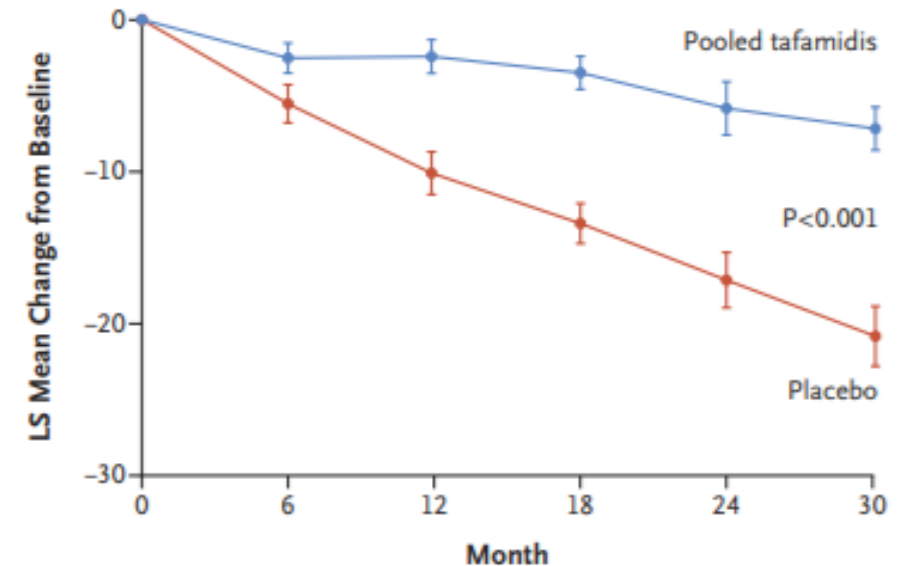
A Change from Baseline in 6-Minute Walk Test



No. of Patients

Tafamidis	264	233	216	193	163	155
Placebo	177	147	136	111	85	70

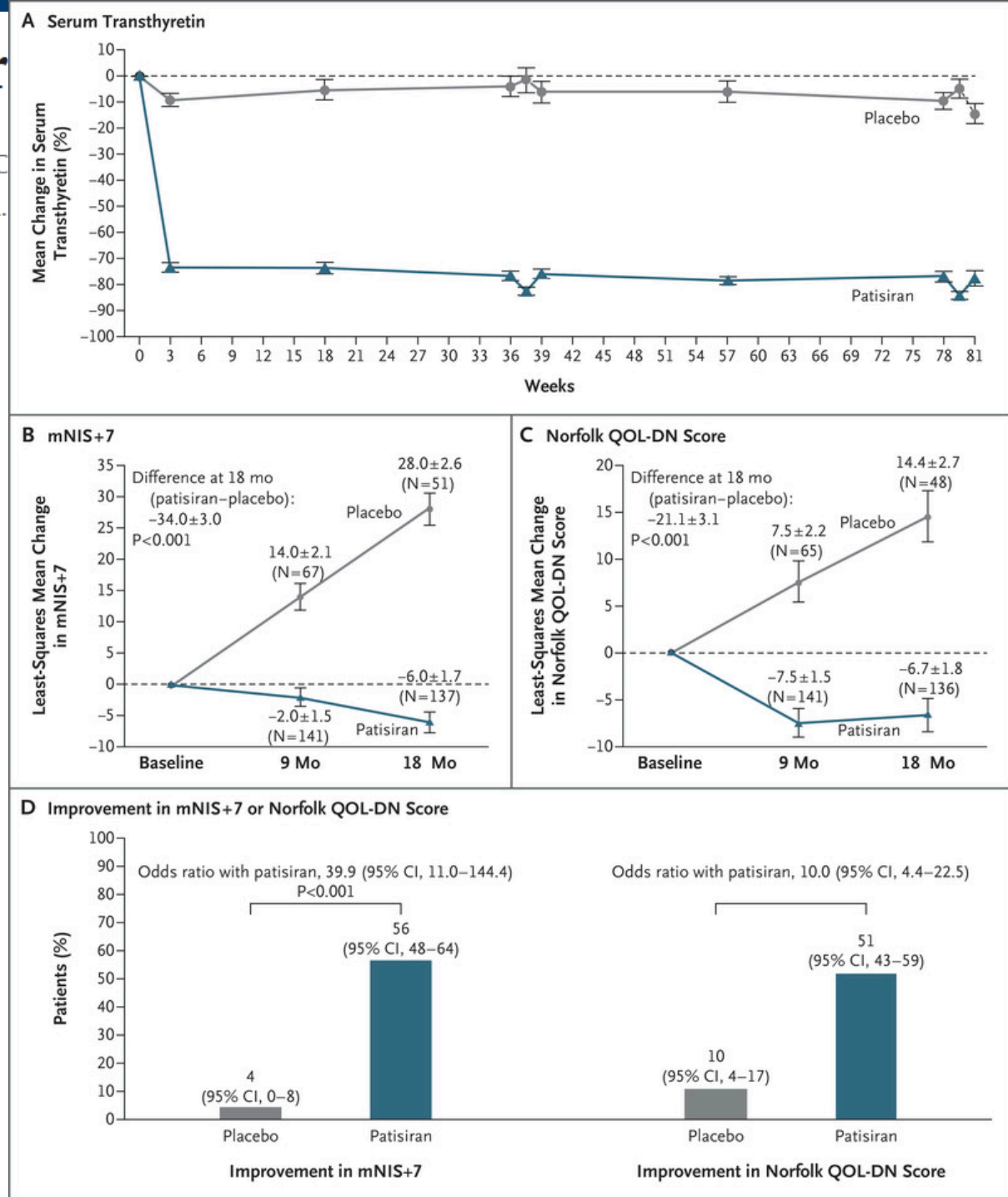
B Change from Baseline in KCCQ-OS



Patisiran, an RNAi Therapeutic, for Her

David Adams, M.D., Ph.D., Alejandra Gonzalez-Duarte, M.D., William D. O'Riordan, M.D., C
Tounev, M.D., Hartmut H. Schmidt, M.D., Teresa Coelho, M.D., John L.

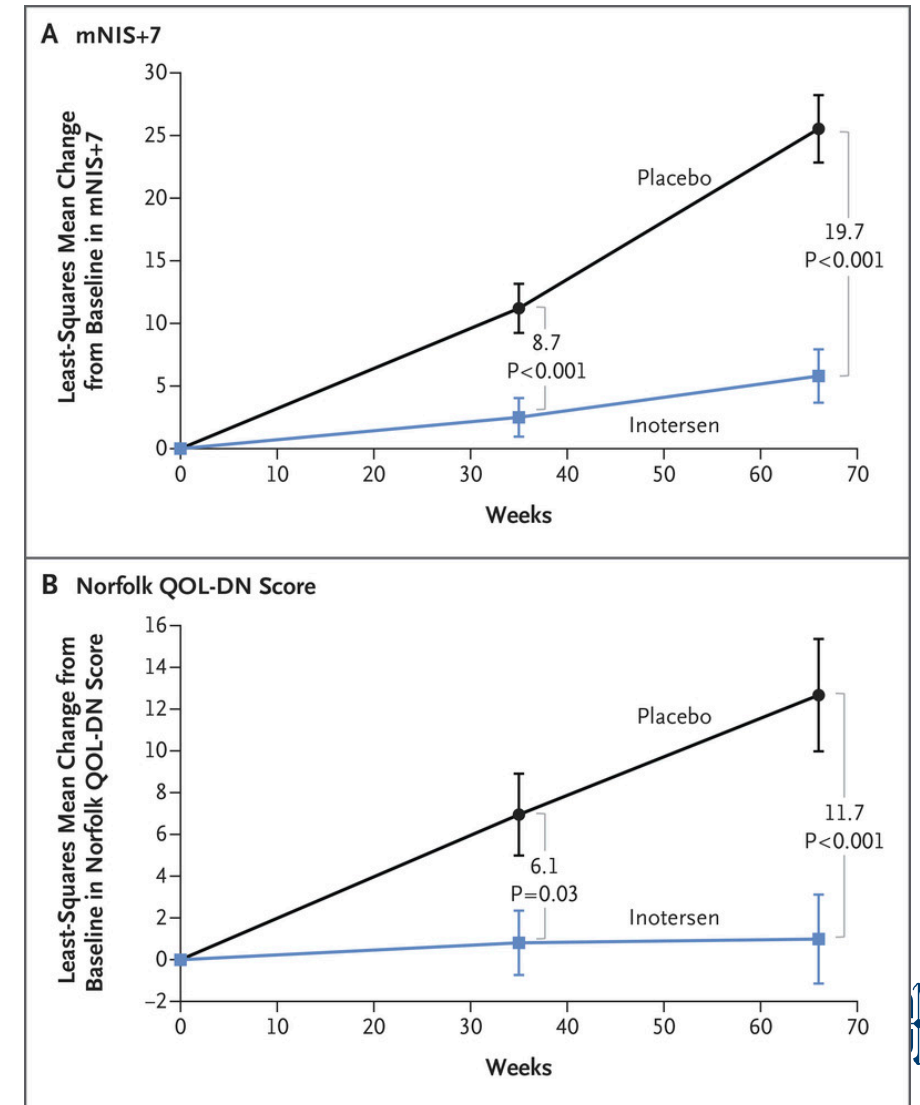
- IV infusion q3 weeks
- 225 patients → 18 month follow up
- Results: difference in mNIS+7 (34 points) and Norfolk QOL-DN (21 points)
- Side effects: infusion reactions in 20% of patients (10% in placebo)



Inotersen Treatment for Patients with Hereditary Transthyretin Amyloidosis

Merrill D. Benson, M.D., Márcia Waddington-Cruz, M.D., Ph.D., John L. Berk, M.D., Michael Polydefkis, M.D., M.H.S., Peter J. Dyck, M.D., Annabel K. Wang, M.D., Violaine Planté-Bordeneuve, M.D., Fabio A. Barroso, M.D., Giampaolo Merlini, M.D., Laura Obici, M.D., Morton Scheinberg, M.D., Thomas H. Brannagan, III, M.D., et al.

- Placebo controlled RCT
- 172 patients
- 15 month follow up
- hATTR with polyneuropathy
- Weekly SQ inotersen
- Results: improved mNIS+7 (19.7 points) and Norfolk QOL-DN (11.7) neuropathy scores
- Side effects: 5 deaths in inotersen group, none in placebo.
 - Glomerulonephritis (3%) and thrombocytopenia (3%)



Treatments

- **AL cardiac amyloidosis**

- Bortezomib + cyclophosphamide + dexamethasone (CyBorD)
- Daratumumab
- CyBorD + Daratumumab
- High dose melphalan + ASCT → considered in patients with less cardiac involvement
- Doxycycline, turmeric/curcumin
- Advanced therapies

- **ATTR cardiac amyloidosis**

- Green tea extract (EGCG 600-800mg/day), doxycycline/TUDCA, turmeric (curcumin)
- Patisiran (IV infusion) or Inotersen (SQ injection) for hATTR neuropathy
- Tafamidis (oral) for wtATTR and hATTR cardiomyopathy
- Clinical trials
- Advanced therapies



Research and Development

- **AG10 (TTR stabilizer)**
- **Patisiran in cardiomyopathy**
- **Vutrisiran in cardiomyopathy**
- **Akcea-TTR-LRx (newer version of inotersen)**



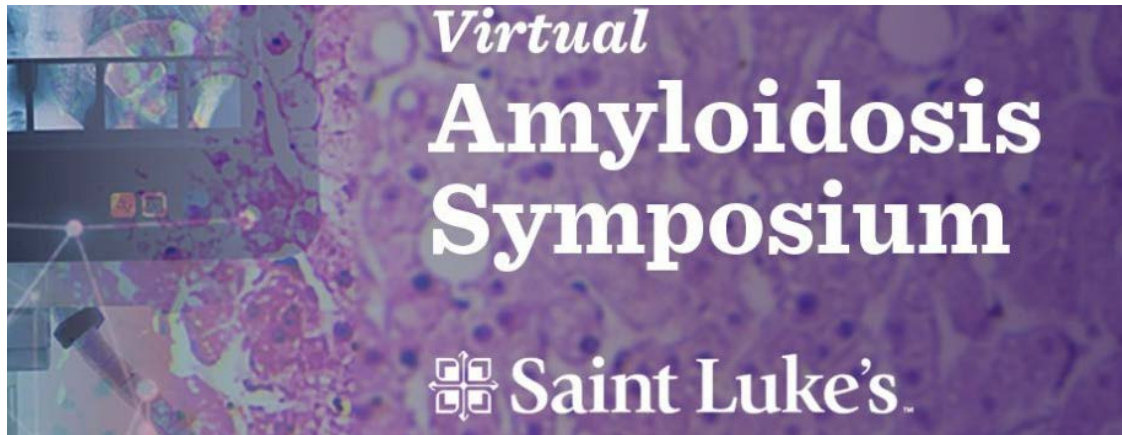
Summary

- High clinical suspicion for amyloidosis in the right situation
- Look for red flags
- Initial workup:
 - Serum studies for AL → free light chains kappa/lambda, serum IFE, urine IFE
 - CV myocardial PYP imaging (ie technetium pyrophosphate) for ATTR
- Don't miss AL amyloidosis! Cardiac / hematologic emergency
- Novel treatment options



Saint Luke's MAHI Amyloidosis Program

- www.saintlukeskc.org/amyloidosis
- amyloid@saintlukeskc.org



THANK YOU

