

**Eplerenone prevents an increase in serum
carboxy-terminal propeptide of procollagen type I after
myocardial infarction complicated by left ventricular
dysfunction and/or heart failure**

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1 **Eplerenone prevents an increase in serum carboxy-terminal propeptide of procollagen**
2 **type I (PICP) after myocardial infarction complicated by left ventricular dysfunction**
3 **and/or heart failure**

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19 *Brief title:* Eplerenone prevents an increase in type I collagen synthesis after myocardial
20 infarction

21 *Disclosures*

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24 Peptides.*=stock options. He holds a patent for site-specific delivery of eplerenone to the myocardium (US
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3 **Abbreviations**

4 CAD Coronary artery disease

5 CV Cardiovascular

6 HF Heart failure

7 MRA Mineralocorticoid receptor antagonist

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10 Word count: 933

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1 In the Eplerenone Post-Acute Myocardial Infarction Heart Failure Efficacy and Survival
2 Study (EPHESUS), eplerenone reduced morbidity and mortality in patients who had an acute
3 myocardial infarction (MI), complicated by systolic dysfunction, HF or diabetes mellitus(1).
4 In a prespecified secondary analysis of EPHESUS, Iraqi *et al.* reported concomitant
5 reductions in the serum concentrations of N-terminal propeptide of type-I (PINP) and type-III
6 (PIIINP) collagen, which may reflect an anti-fibrotic effect of eplerenone (2); however, the
7 carboxy-terminal propeptide of procollagen type I (PICP) was not analyzed in that report.
8 Studies of endomyocardial biopsies suggest that serum PIIINP and PICP (but not PINP
9 fragments), reflect myocardial fibrosis (3) Moreover, PICP originates directly from the
10 synthesis of collagen type-I in a 1:1 ratio, directly reflecting collagen type-I synthesis. On the
11 other hand, PIIINP originates from partially processed procollagen molecules on the surface
12 of collagen type III fibers. Therefore, serum PIIINP may not accurately reflect ongoing
13 collagen type-III synthesis. Furthermore, a net release from the heart into the circulation has
14 only been reported for PICP (and not for PIIINP) (4). Notwithstanding, for no good reason,
15 trials of MRAs have focused more on PIIINP than on PICP.

16 The type of collagen as well as the amount may be an important determinant of its
17 effects on myocardial function. Collagen type-I comprises highly cross-linked, large-diameter
18 fibers that have a major impact on stiffness whereas collagen type-III comprises mainly non-
19 cross-linked, small-diameter, more pliable fibers(3). Whether eplerenone also reduces serum
20 PICP has not been reported thus far.

21 We investigated the effect of eplerenone on serum concentrations of PICP in a
22 substudy of EPHESUS(1). In EPHESUS, 6632 patients were randomized to either eplerenone
23 (up to 50 mg daily) or placebo, in addition to standard care. Compared to placebo, eplerenone
24 reduced the occurrence of all-cause death and the combined endpoint of CV mortality and CV

1 hospitalizations (for all-cause death: 14.4 vs 16.7% (RR 0.85; p=0.008; for CV mortality and
2 CV hospitalizations: 26.7 vs. 30.0% (RR 0.87; p=0.002).

3 In this biomarker substudy of EPHEBUS, PICP was analyzed using an ELISA assay
4 (Quidel, San Diego, CA, USA) at baseline (3-14 days after MI diagnosis) and at 9 months in
5 peripheral blood samples of 227 patients (27% women, 48% randomized to eplerenone).
6 These patients had similar baseline characteristics to those of the full cohort (data not shown).
7 A detailed account of the methods of this biomarker substudy has been previously published
8 (2). The number of patients included in this specific substudy was lower than the original
9 biomarker substudy since not all patients had enough sample volume left for the measurement
10 of PICP.

11 Serum PICP at baseline was 99 ng/mL (IQR 77-129) and 97 ng/mL (IQR 77-120) in
12 patients assigned to placebo and eplerenone, respectively; and at nine months 124 ng/mL
13 (IQR 93-152) and 105 ng/mL (IQR 84-134) for placebo and eplerenone, respectively. The
14 between group difference for the change in PICP was -16 ng/mL (95% CI -30 to -3) in favor
15 of eplerenone using an analysis of covariance (ANCOVA) with the treatment and baseline
16 PICP as covariates (**Figure**). Baseline levels of PICP were only modestly correlated with
17 PIIINP and PINP (Spearman Rho of 0.29 and 0.34, respectively). Change in PICP from
18 baseline to nine months was also only modestly correlated with change in PIIINP and PINP
19 (Spearman Rho of 0.36 and 0.44, respectively).

20 After adjustment for eplerenone treatment and baseline PICP levels, a PICP decrease
21 from baseline to month 9 was not significantly associated with all-cause mortality (adj. 1.24,
22 95% CI 0.11-13.69, p=0.86) nor with the composite endpoint of cardiovascular death and
23 cardiovascular mortality (adj HR 1.18, 95% CI 0.49-2.83, p=0.71). However, event rates in
24 this substudy were very low (5 (2%) and 31 (14%) patients experienced all-cause mortality
25 and CV death/CV hospitalization respectively), precluding any definitive conclusions

1 regarding PICP changes and outcome associations. Larger studies need to further assess the
2 prognostic value of changes in PICP and outcome in MI patients.

3 Persistent pro-fibrotic activity after an MI may contribute to a decline in cardiac
4 function and the occurrence of arrhythmias. Limiting excessive fibrosis may be a key
5 mechanism by which eplerenone improved outcomes in the EPHESUS trial. These data
6 suggest that eplerenone might limit the synthesis of collagen type-1 and retard or prevent
7 excessive and potentially deleterious myocardial fibrosis. These beneficial effects may not be
8 limited to patients with MI and/or HF since spironolactone (another MRA) also reduced PICP
9 levels in patients at risk of developing HF in the HOMAGE trial (NCT02556450, results
10 published at the HFSA meeting September 2019), suggesting that MRAs might be useful for
11 HF prevention. In HOMAGE over 70% of the patients had a history of CAD, supporting the
12 role of MRAs in limiting excessive fibrosis in the context of ischemia.

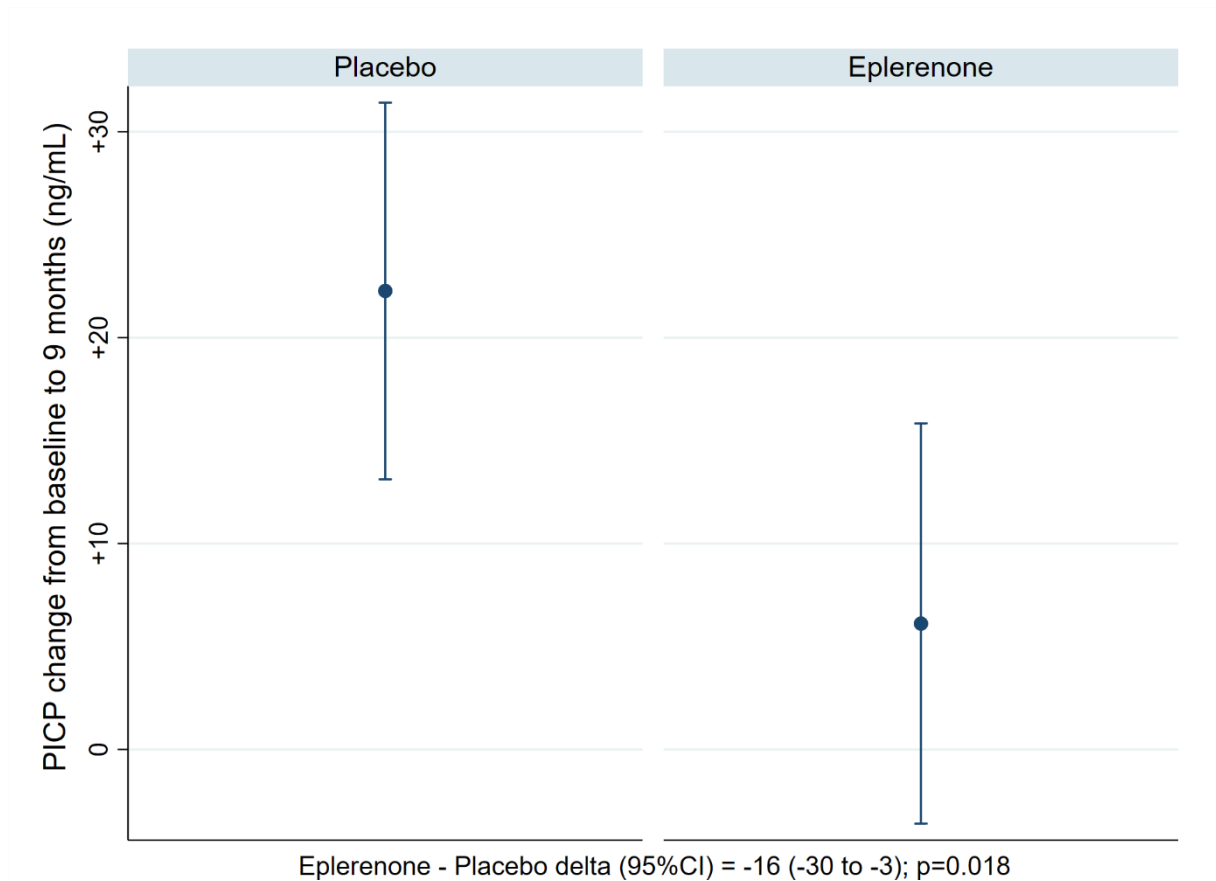
13 It must be noted that for this substudy, PICP measurements were performed in
14 samples that were stored for more than 15 years. Although PINP was stable over a duration of
15 12 months at -80 degrees Celsius(5), data on long-term storage and stability of PICP is
16 lacking. The possibility of degradation of PICP in time and/or skewness of the results can
17 therefore not be excluded. Moreover, a detailed cardiac function characterization (e.g.
18 chamber volumes, diastolic function parameters) was not available; in consequence we cannot
19 ascertain whether the change in PICP levels correlates (or not) with changes in cardiac
20 structure and function.

21 In conclusion, this is the first analysis to suggest a favorable effect of eplerenone on
22 collagen type-1 synthesis which might contribute to its beneficial effects observed in patients
23 after an MI, complicated with systolic dysfunction, HF or diabetes mellitus.

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1 **Figure. PICP change from baseline to month 9.** There was a significant between-group difference
 2 for the change in PICP from baseline to month 9 where PICP increased in the placebo group compared to no
 3 change in PICP in patients treated with eplerenone. In addition to between-group differences, a significant
 4 interaction between study treatment and within-subject PICP change was also observed ($F(1,225) = 4.173$,
 5 $p=0.042$, using mixed ANOVA).

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8 Legend: PICP, carboxy-terminal propeptide of procollagen type I

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