



Safety and tolerability of pharmacologic stress with the selective A_{2A} adenosine receptor agonist regadenoson for the assessment of myocardial ischemia: results from 5780 consecutive patients in a cardiology practice

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Abstract

Objectives This study investigated the safety and tolerability of regadenoson for pharmacologic stress testing in the context of myocardial scintigraphy under routine clinical conditions in a cardiology practice in 5780 consecutive patients.

Background The drug regadenoson was approved in Germany in 2010 for pharmacological stress testing in myocardial scintigraphy for patients who are unable to undergo adequate physical exercise. Previously, only dipyridamole or adenosine were available for diagnostic pharmacological vasodilation, but they were not approved for this indication.

Methods Data on safety and tolerability were prospectively collected from consecutive patients referred for the assessment of myocardial ischemia using myocardial scintigraphy. Data were immediately entered into a dedicated computer program.

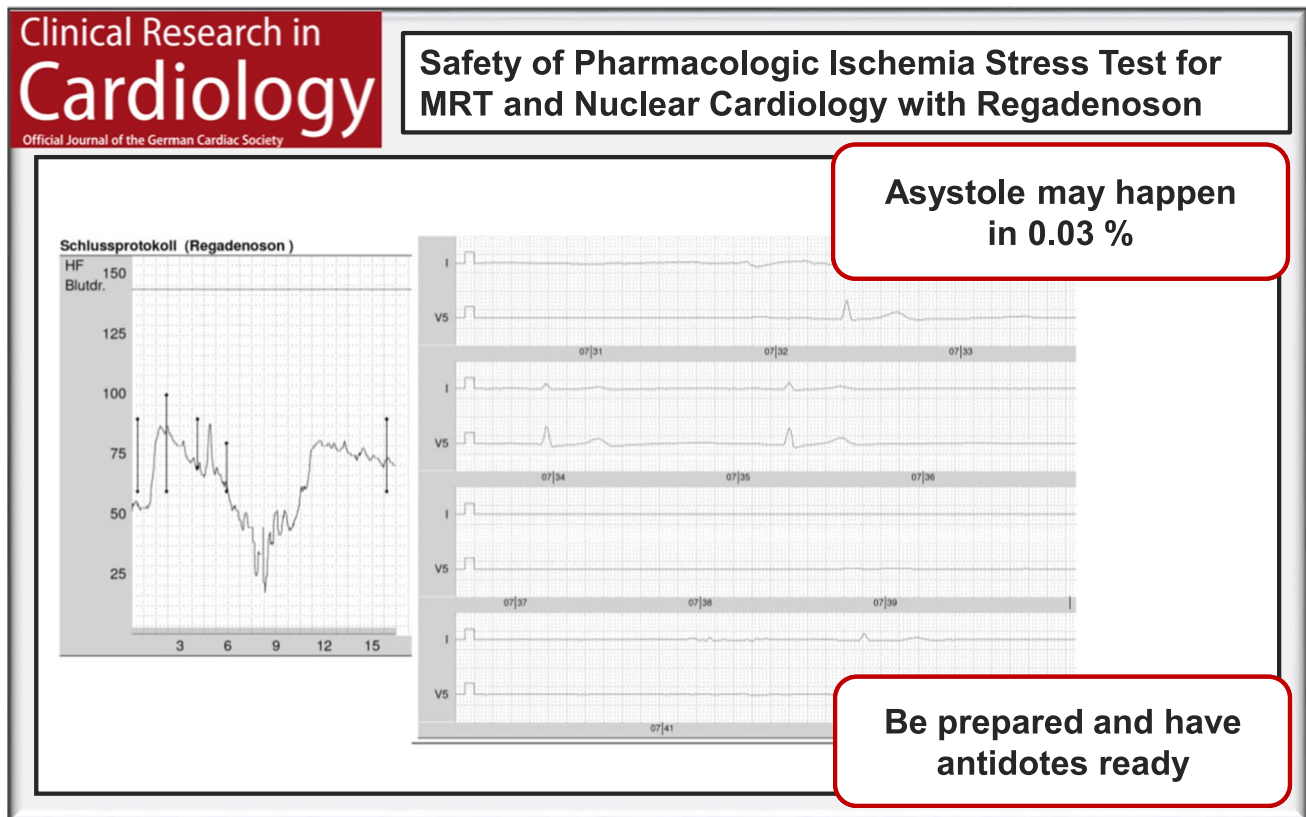
Results After injection of regadenoson, there was a significant mean increase in heart rate from 70.2 ± 12.3 to a maximum of 94.6 ± 17.3 bpm. Systolic blood pressure dropped from 128.9 ± 16.2 to a minimum of 123.3 ± 20.3 mmHg. 86% of patients experienced any adverse effects, with the most frequent being dyspnea (64.2%), followed by headaches (20.7%), a sensation of warmth (20.2%), and numerous other, less frequent sensations. Bronchospasms were not observed, notably not in the 508 patients with COPD/ bronchial asthma. Asystole of > 6 s occurred in 2 patients (0.03%), which were both successfully terminated immediately with theophylline and atropine. There were no fatalities.

Conclusion Overall, regadenoson demonstrated very good tolerability. The development of the selective A_{2A} adenosine receptor agonist regadenoson, compared to classical non-selective adenosine, represents a significant advancement in non-invasive imaging diagnostics of myocardial ischemia, using myocardial scintigraphy and other modalities such as MRI. Since adenosine is contraindicated in patients with bronchial asthma/COPD, regadenoson has become the diagnostic agent of choice in these cases, although it must be considered that very rare instances ($< 0.1\%$) of life-threatening events can occur, necessitating that antidotes such as theophylline and atropine be readily available.

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Graphical Abstract



Keywords Adenosine · Regadenoson · Myocardial ischemia · Stress imaging · Safety

Introduction

Chronic ischemic heart disease, today known as chronic coronary syndrome (CCS), remains the leading cause of death among both men and women also in Germany [1]. Thus, early detection continues to play a central role. Detection can occur either anatomically, through the imaging of coronary arteries, or functionally, via myocardial ischemia diagnostics. The traditional method of non-invasive ischemia diagnostics, the exercise ECG, due to its low sensitivity of 58% and specificity of 62% [2], is not recommended any more or only in exceptional circumstances (recommendation level IIb B) in the current guidelines of the European Society of Cardiology (ESC) but only if imaging methods for ischemia diagnostics are not available [3]. Nr. 3 must be labelled as a reference with the link. Since imaging ischemia diagnostics have a significantly higher diagnostic accuracy, they are clearly preferred (recommendation level I B) [3]. In daily practice, three imaging methods are considered: stress echocardiography, myocardial perfusion scintigraphy (SPECT),

and magnetic resonance imaging (MRI). With an aging population and limited physical mobility, the likelihood of achieving meaningful physical stress decreases, thus increasing the necessity for pharmacologic stress testing. Furthermore, stress imaging with MRI can only be performed using pharmacological stress. According to ESC guidelines, the imaging method that is best available locally and with the greatest local expertise should be preferred (recommendation level I C) [3]. In our cardiology group practice, this is myocardial scintigraphy. For this purpose, both adenosine and regadenoson are available, which are equivalent in their vasodilating properties [4] and consequently in their diagnostic accuracy of ischemia [5–9]. Regadenoson was developed as a selective A_{2A} adenosine receptor agonist to substantially reduce the significant side-effect profile associated with adenosine. This is especially important for use in patients with bronchial asthma/COPD, in whom adenosine is contraindicated [10].

Due to the limited data and case reports available on the safety and tolerability of pharmacologic stress with regadenoson in the routine practice of a cardiology clinic,

we have documented and evaluated this in a prospective study in our practice.

Methods

Study population

The patient cohort was derived from existing clinic patients and referrals. Patients who, due to physical limitations, could not undergo significant physical stress testing were administered regadenoson for pharmacologic stress as part of SPECT ischemia diagnostics. From December 27, 2013, to July 30, 2018, regadenoson was administered to 5780 out of a total of 28,351 patients, which corresponds to 20.4% of the patient cohort. The mean age was 79.1 ± 9.7 years (range 33–95 years). There were 2576 male patients and 3204 female patients. A total of 395 patients (7%) had a prior diagnosis of COPD, and bronchial asthma was known in 113 patients (2%). A first-degree AV block (PQ time > 200 ms) was known in 1051 patients (18.2%).

Procedure

Patients provided written informed consent to anonymously use their data before the commencement of the test. They were instructed to fast for at least 3 h prior to the examination. To avoid potential interactions with regadenoson, patients were advised to abstain from xanthine-containing medications, as well as coffee, black or green tea, energy drinks, or cola beverages for 12 h beforehand. Regadenoson was administered in a standard dose of 400 µg. Shortly after the injection, typically with a noticeable increase in heart rate indicating the onset of action, 99 mTc-Tetrafosmin was administered (average dose approximately 250–300 MBq, weight-adjusted). During the imaging diagnostics using a double-head gamma camera, patients were positioned in a semi-reclining, relaxed posture to reduce possible artifacts of abdominal overlay. Heart rate was continuously monitored, and blood pressure and ECG were monitored at rest, and at 5 and 10 min post-injection. Any symptoms and potential complications were prospectively documented. In the event of severe complications, experienced personnel intervened and provided immediate medical management under the supervision of on-site physicians.

Documentation and statistics

Vital parameters and ECG changes recorded during the examination. Any occurring symptoms or complications were immediately first hand written documented on a prepared sheet of paper reflecting the identical fields of the computer program (Fig. 1). For each patient, one sheet of

paper was used and later manually transferred to the database of the dedicated computer program (Filemaker Pro 16 Advanced®, Fig. 1). Data were analyzed using the Student's *t*-test as means with standard deviation.

Results

Heart rate before and after injection of regadenoson

There was a significant increase in heart rate among the majority of patients (Table 1). Following the administration of regadenoson, there was a maximum increase in heart rate of 24.4 bpm,

Blood pressure before and after injection of regadenoson

The majority of patients experienced a decrease in both systolic and, to a lesser extent, diastolic blood pressure following the injection of regadenoson (Table 2). The average baseline systolic blood pressure was 128.9 ± 16.2 mmHg. The minimum systolic value post-injection of the agent averaged 123.3 ± 20.3 mmHg. Overall, the systolic blood pressure remained 5 mmHg below the baseline systolic value 10 min post-injection.

Tolerability

Out of 5780 patients, 812 (14%) experienced no adverse effects, while the remaining 86% did.

Frequent adverse effects of regadenoson injection

Frequent adverse effects are defined as those occurring with a frequency in double-digit percentages. Overall, frequent side effects occurred in 69% of the patients with several side effects being present in the same patient (Table 3).

Rare adverse effects of regadenoson injection

Rare adverse effects are defined as those occurring in the single-digit percentage range. Overall, rare side effects occurred in 11% of the patients, with several side effects being present in the same patient (Table 4).

Serious complications

Overall, there were serious complications in 6 patients, evenly distributed at 0.03% each (Table 5). These included asystole lasting ≥ 6 –10 s, which occurred in both cases in patients with previously known first-degree AV block, an

Fig. 1 Computer input screen for prospectively collected data using Filemaker Pro 16 Advanced®

Table 1 Heart rate before and after administration of regadenoson

Resting (baseline)	70.2 ± 12.3 beats per minute
Maximum	$94.6 \pm 17.3^*$ beats per minute (vs. rest)
Change from baseline	+24.4 beats per minute
After 10 min	$79.4 \pm 13.2^*$ beats per minute (vs. rest)
Change from maximum	-15.2 beats per minute
Change from baseline after 10 min	+9.2 beats per minute

* $p < 0.001$ according to Student's t -test

intermittent second or third-degree AV block with a pause lasting several seconds (Fig. 2), two patients with symptomatic bradycardia with a heart rate below 40 beats per minute, two patients with symptomatic decline in systolic blood pressure, and two patients with a cerebral seizure. All serious complications were observed within 10 min

Table 2 Heart rate before and after administration of regadenoson

Systolic blood pressure	
Resting (baseline)	128.9 ± 16.2 mmHg
Minimum	123.3 ± 20.3 mmHg* (vs. baseline)
Change from baseline	-5.6 mmHg
After 10 min	123.9 ± 15.5 mmHg* (vs. baseline)
Change from minimum	+0.6 mmHg
Change from baseline	-5 mmHg
Diastolic blood pressure	
Resting (baseline)	73.7 ± 8.1 mmHg
Minimum	69.3 ± 9.0 mmHg* (vs. baseline)
Change from baseline	-4.4 mmHg
After 10 min	70.8 ± 8.0 mmHg* (vs. baseline)
Change from minimum	+1.5 mmHg
Change from baseline	-2.9 mmHg

* $p < 0.001$ according to Student's t -test

Table 3 Frequent adverse effects of regadenoson

Adverse effects	Patient number	Percentage
Dyspnoea or “feeling of increased breathing effort”	3709	64.2%
Headaches	1199	20.7%
Sensation of warmth	1168	20.2%
Thoracic pressure	971	16.8%
Abdominal pressure	935	16.2%

Table 4 Rare adverse effects of regadenoson

Adverse effect	Patient number	Percentage
Dizziness	519	9.0%
Nausea	342	5.9%
Tingling in the legs	266	4.6%
Tightness in the throat	200	3.5%
Weakness	176	3.0%
Cough	173	3.0%
Throat or mouth dryness	116	2.0%
Tingling in the hands	99	1.7%
Palpitations	102	1.7%
Vomiting	39	0.7%
Sweating	43	0.7%

of the injection of regadenoson, and no serious complications occurred after 10 min. These severe and potentially life-threatening complications were immediately countered with intravenously administered theophylline (200 mg slow i.v.) and atropine (in 0.5 mg doses i.v.). No fatal complications occurred.

Discussion

Overall, regadenoson was found to be very well tolerated. Even the serious complications occurring at the per-mille level were promptly resolved with theophylline and atropine. No patient died in relation to the procedure. Similarly, a previous study involving 2104 patients reported no fatalities

[11]. However, the risk of asystole must be considered, albeit rare, even in the absence of a pre-existing AV block [12–17]. In a large meta-analysis of 34 studies, adenosine was associated with a higher-grade AV block in 5.2% of 14,672 patients, whereas only 0.05% of 8285 patients experienced this under regadenoson [18]. Nitroglycerin should be avoided as a “countermeasure” for significant adverse effects [19]. Minor adverse effects might occasionally be mitigated with caffeine [20, 21]. The pre-administration of aminophylline has been suggested to reduce adverse effects [22], but we did not implement this as both caffeine and aminophylline can counteract the vasodilatory effects of regadenoson. Accordingly, we advise patients to refrain from consuming coffee before the examination and to discuss the use of “respiratory medications” with us in advance.

Among the group of patients with serious complications, there were no cases of bronchial asthma or COPD, and conversely, regadenoson did not induce bronchospasm in any patient in our series. Our findings are consistent with other studies where no clinically relevant decrease in FEV1 (Forced Expiratory Volume) was observed in patients with COPD [23–26] or bronchial asthma [24, 27]. Nevertheless, for safety, regadenoson should be administered with caution to patients with bronchial asthma, as smaller studies have occasionally described “shortness of breath” in this patient group [23, 24, 27].

Furthermore, there were no strokes induced by regadenoson in our series, although they have been observed rarely [28–30] and led to a warning in the form of a “Red Hand Letter” [31]. Additionally, the use of regadenoson is advised against in patients with known hemiplegic migraine [32]. In our study, all serious complications occurred within 10 min of injection, during the interval of strict observation. After this period, no complications arose, allowing the patients to be safely placed under the gamma camera.

Comparison of the mechanisms of action of regadenoson and adenosine

Regadenoson is considered as a clinically relevant improvement of adenosine [33–35]. The following Fig. 3 illustrates the basic mechanisms of action of the two agents. Adenosine

Table 5 Serious complications of regadenoson

Serious complications	Patient number	Percentage
Asystole (≥ 6 bis 10 s) (both patients exhibited a first-degree AV block in the baseline rhythm)	2	0.03%
Intermittent second- or third-degree AV block (with asystoles of 3 and 4 s, respectively)	2	0.03%
Symptomatic bradycardia (< 40 beats per minute)	2	0.03%
Symptomatic blood pressure drop (to approx. 60 mmHg)	2	0.03%
Cerebral seizure	2	0.03%

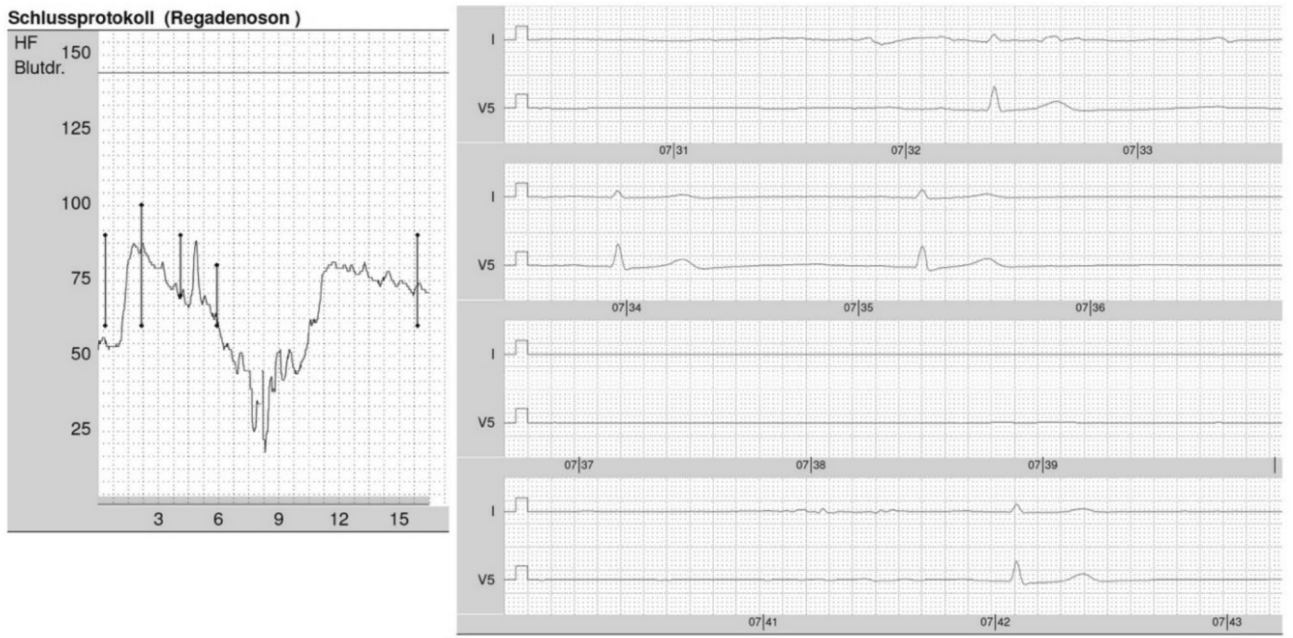


Fig. 2 Short-lasting asystole after injection of regadenoson, which was quickly resolved by administration of theophylline and atropine (see text)

acts directly (and the older agent dipyridamole indirectly) on the A_{2A} receptor. However, adenosine and dipyridamole are non-selective and also activate other adenosine receptor subtypes, leading to frequent clinically significant side effects (e.g., AV-block due to A_1 activation and bronchoconstriction due to A_{2B} and A_3 receptor activation) as well as other less severe but often unpleasant side effects. In contrast, regadenoson selectively targets the A_{2A} receptors, thereby directly achieving the desired coronary dilation for ischemia diagnostics using SPECT and MRI, or fractional flow reserve (FFR), with fewer adverse effects compared to adenosine. In particular, our results confirm the postulated minimal or absent interaction with the A_{2B} and A_3 receptors. However, the AV-blocks we observed, albeit very rarely, suggest a still slight interaction with the A_1 receptor.

Ischemia diagnostics with adenosine

Adenosine non-selectively activates four receptor subtypes, namely A_1 , A_{2A} , A_{2B} , and A_3 (see Fig. 3). Activation of the cardiac and peripheral A_{2A} and A_{2B} adenosine receptors thus causes dilation of the coronary and peripheral arterial vasculature and increases myocardial blood flow. However, the activation of cardiac A_1 receptors mediates negative chronotropic, dromotropic, inotropic, and anti-beta-adrenergic effects, which are undesired. Furthermore, stimulation of A_3 and A_{2B} receptors is responsible for triggering mast cell degranulation and bronchoconstriction [33]. The primary effect desired with adenosine in ischemia diagnostics is the increased myocardial blood flow, which is solely

induced by stimulation of A_{2A} and A_{2B} receptors, although A_{2B} receptors unfortunately also contribute a bronchoconstrictive component.

The image quality of SPECT scans obtained under adenosine stress can be improved by adding a small ergometric load (20–40 W). The main advantage of this combination is reduced uptake of the radiopharmaceutical in the gastrointestinal tract [39].

Ischemia diagnostics with regadenoson

Regadenoson is a selective A_{2A} adenosine receptor agonist and offers a more favorable side-effect profile compared to adenosine [40, 41]. As a selective A_{2A} receptor agonist, regadenoson has a more than 13-fold lower affinity for the A_1 receptor than for the A_{2A} receptor [42]. This accounts for its lack of sensitivity and the reduced negative chronotropic and dromotropic effects compared to adenosine. It is administered as a single bolus injection, has a longer half-life, and achieves a similar peak hyperemic response compared to adenosine [43].

Regadenoson is marketed under the brand name Rapiscan® and has been approved in the EU since 2010. In Germany, the drug has been available since September 2011 and is a prescription medication. Initially, regadenoson was only approved for SPECT myocardial scintigraphy, and the S1 guideline of the German Society for Nuclear Medicine (DGN) cites improved visualization of perfusion in diagnostic myocardial perfusion SPECT as its indication [38]. In the years following, further approvals for other areas in coronary

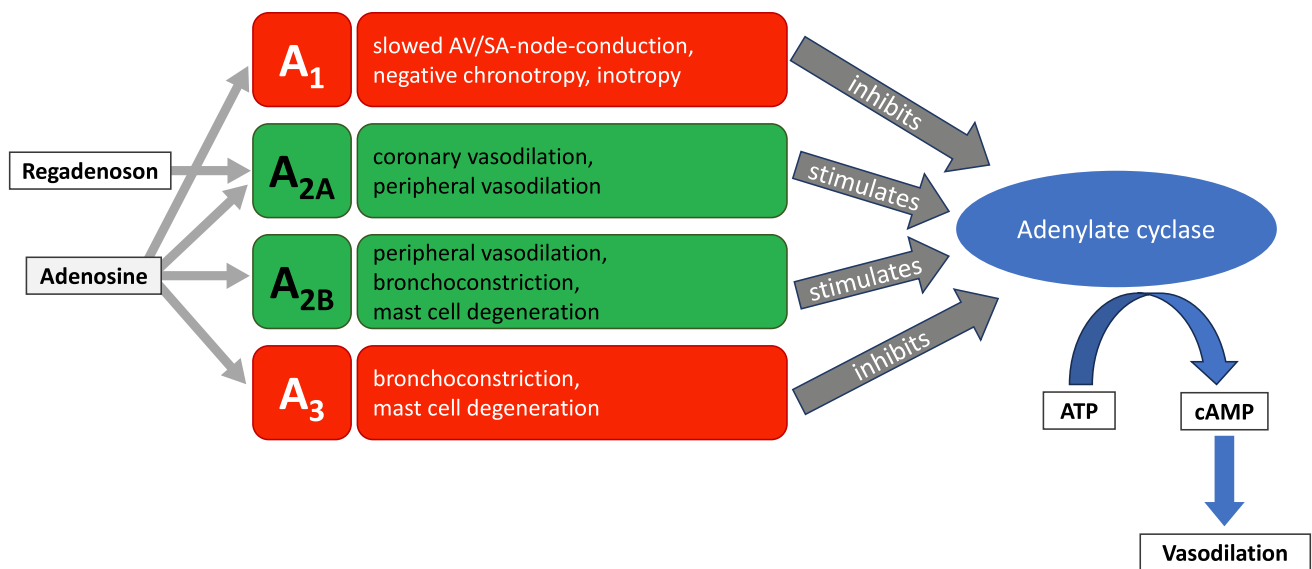


Fig.3 The different subtypes of adenosine receptors, their activating and inhibitory effects, and their differential stimulation by adenosine and regadenoson (modified according to reference[26])

heart disease (CHD) diagnostics have been granted, such as cardiac stress MRI and the invasive determination of fractional flow reserve (FFR). Particularly in stress MRI, regadenoson has rapidly become established, as—compared to adenosine—only one venous access is required instead of two [44, 45]. In contrast to adenosine, underlying diseases such as bronchial asthma or COPD are not contraindicated to the use of regadenoson.

The most frequent adverse effects of regadenoson described in the literature (in more than 10% of patients) include headaches, dizziness, flushing, dyspnea (breathing difficulties), gastrointestinal complaints, and chest pain [46–49]. Regadenoson should not be used in patients with bradycardia unless they have a pacemaker. Other contraindications include acute coronary syndrome, severe hypotension, or decompensated heart failure. Regardless, the outcome of the regadenoson-SPECT has significant prognostic significance [50, 51].

Conclusion

The development of the selective A_{2A} agonist regadenoson represents a significant advance over the traditional non-selective adenosine for pharmacological stress imaging. Since adenosine is contraindicated in patients with bronchial asthma or COPD, regadenoson is now the diagnostic agent of choice in these cases. Nevertheless, one should be aware that still life-threatening side effects can occur in less than one per mille. Therefore, the staff must be specifically

trained and hold antidotes immediately ready for these possibly life-threatening events.

Declarations

Conflict of interest The authors declare no competing interests.

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