



Original article

# Age-related differences in virtual histology-intravascular ultrasound findings in patients with coronary artery disease

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Received 29 September 2009; received in revised form 31 October 2009; accepted 4 November 2009  
Available online 14 January 2010

## KEYWORDS

Coronary artery disease;  
Aging;  
Plaque;  
Intravascular ultrasound

## Summary

**Background:** We assessed the age-related differences in pre-intervention virtual histology-intravascular ultrasound (VH-IVUS) findings at target lesion sites in patients with coronary artery disease.

**Methods:** A total of 553 patients who underwent pre-intervention VH-IVUS imaging were grouped according to age: non-elderly ( $\leq 70$  years,  $n = 429$ ) and elderly ( $> 70$  years,  $n = 124$ ); 191 had stable angina and 362 acute coronary syndrome. VH-IVUS classified the tissue into: fibrotic, fibro-fatty, dense calcium (DC), and necrotic core (NC).

**Results:** Overall, the absolute and percent volumes of DC ( $11.0 \pm 11.0 \text{ mm}^3$  vs.  $9.7 \pm 11.9 \text{ mm}^3$ ,  $P = 0.033$ ;  $11.7 \pm 8.1\%$  vs.  $9.8 \pm 7.2\%$ ,  $P = 0.014$ , respectively) and NC ( $18.5 \pm 17.6 \text{ mm}^3$  vs.  $16.6 \pm 18.9 \text{ mm}^3$ ,  $P = 0.020$ ;  $18.8 \pm 8.8\%$  vs.  $16.5 \pm 9.3\%$ ,  $P = 0.026$ , respectively) were significantly greater in the elderly than in the non-elderly. In stable angina patients, the absolute and percent volumes of DC ( $10.4 \pm 9.9 \text{ mm}^3$  vs.  $7.2 \pm 7.6 \text{ mm}^3$ ,  $P = 0.022$ ;  $13.4 \pm 10.0\%$  vs.  $9.2 \pm 6.5\%$ ,  $P = 0.011$ , respectively) and NC ( $14.8 \pm 11.2 \text{ mm}^3$  vs.  $12.0 \pm 11.9 \text{ mm}^3$ ,  $P = 0.035$ ;  $19.6 \pm 8.8\%$  vs.  $15.5 \pm 8.4\%$ ,  $P = 0.006$ , respectively) were significantly greater in the elderly.

However, in acute coronary syndrome patients, there were no significant differences in absolute and percent volumes of DC ( $11.4 \pm 11.6 \text{ mm}^3$  vs.  $10.9 \pm 13.4 \text{ mm}^3$ ,  $P = 0.8$ ;  $10.7 \pm 6.5\%$  vs.  $10.1 \pm 7.5\%$ ,  $P = 0.5$ , respectively) and NC ( $24.1 \pm 20.3 \text{ mm}^3$  vs.  $23.9 \pm 21.2 \text{ mm}^3$ ,  $P = 0.9$ ;  $22.0 \pm 8.8\%$  vs.  $21.3 \pm 9.6\%$ ,  $P = 0.6$ , respectively) between the elderly and non-elderly groups.

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t Myocardial infarction (OR: 2.56, 95% CI: 1.45–4.12,  $P=0.003$ ), diabetes mellitus (OR: 2.23, 95% CI: 1.30–3.53,  $P=0.009$ ), and high-sensitivity C-reactive protein (OR: 1.44, 95% CI: 1.06–2.45,  $P=0.042$ ), but not age, were independent predictors of percent NC volume >20% in lesion site.

*Conclusions:* Myocardial infarction, diabetes mellitus, and high-sensitivity C-reactive protein, but not age, were associated with NC-rich lesions. Clinical presentation, risk factors, and inflammatory status, but not age, are important factors for plaque components.

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## Introduction

Elderly individuals constitute an increasing segment of the population. Coronary artery disease is highly prevalent and accounts for the majority of morbidity and mortality in elderly people. Elderly patients have more comorbid conditions, including a history of diabetes mellitus, hypertension, atrial fibrillation, stroke or transient ischemic attack, myocardial infarction, and ischemic or nonischemic heart failure and are more likely to present with more complex lesions compared with younger patients [1–16].

Virtual histology-intravascular ultrasound (VH-IVUS) can provide quantitative information on plaque composition; it has been validated in studies of explanted human coronary segments [17]. VH-IVUS characterizes atherosclerotic plaque as fibrotic (FT), fibro-fatty (FF), dense calcium (DC), and necrotic core (NC) [17,18]. Previous grey-scale IVUS studies showed more calcified plaque and more negative remodeling in elderly patients [19–25]. However, few data are available about plaque components in elderly patients [26]. Therefore, the purpose of the present study was to investigate the age-related pre-procedural plaque components assessed by VH-IVUS.

## Methods

### Study population

This study was a retrospective, single-center study. From February 2007 to January 2009, we identified 553 consecutive patients who underwent pre-intervention VH-IVUS. The presence of stable angina was determined by typical effort-induced chest pain which was relieved by resting. The presence of unstable angina was determined by chest pain within the preceding 72 h with or without ST–T wave changes or positive cardiac biochemical markers. The presence of ST-segment elevation myocardial infarction was determined by >30 min of continuous chest pain, a new ST-segment elevation  $\geq 2$  mm on at least two contiguous electrocardiographic leads, and creatine kinase-MB >3 times normal. The presence of non-ST-segment elevation myocardial infarction was diagnosed by chest pain and a positive cardiac biochemical marker without new ST-segment elevation. We excluded patients with subacute or late stent thrombosis, restenosis after stenting, coronary artery bypass graft failure, factors associated with increased risk of bleeding, severe heart failure or cardiogenic shock, important systemic disease, or serum creatinine  $\geq 2.5$  mg/dl,

and patients in whom adequate IVUS images could not be obtained. The protocol was approved by the institutional review board. Hospital records of patients were reviewed to obtain information on clinical demographics.

### Laboratory analysis

Peripheral blood samples were obtained before IVUS study using direct venipuncture. The blood samples were centrifuged, and serum was removed and stored at  $-70^{\circ}\text{C}$  until the assay could be performed. The serum levels of total cholesterol, triglyceride, low-density lipoprotein cholesterol, and high-density lipoprotein cholesterol were measured by standard enzymatic methods. High-sensitivity C-reactive protein was analyzed turbidimetrically with sheep antibodies against human C-reactive protein; this has been validated against the Dade–Behring method [27]. Serum N-terminal pro-B-type natriuretic peptide was measured using an electrochemiluminescence sandwich immunoassay method with an Elecsys 2010 analyzer (Roche Diagnostics, Mannheim, Germany).

### Quantitative coronary angiography (QCA) analysis

Coronary angiogram was analyzed with validated QCA system (Phillips H5000 or Allura DCI program, Philips Medical Systems, Eindhoven, The Netherlands). With the outer diameter of the contrast-filled catheter as the calibration standard, the minimal lumen diameter, reference diameter, and lesion length were measured in diastolic frames from orthogonal projections.

### IVUS imaging and analysis

All pre-percutaneous coronary intervention VH-IVUS examinations were performed after intracoronary administration of 300  $\mu\text{g}$  nitroglycerin. A 20-MHz, 2.9F IVUS imaging catheter (Eagle Eye, Volcano Corp, Rancho Cordova, CA, USA) was advanced >10 mm beyond the lesion; and automated pullback was performed to a point >10 mm proximal to the lesion at a speed of 0.5 mm/s.

Quantitative volumetric grey-scale and VH-IVUS analyses were performed across the entire lesion segment, and cross-sectional analyses were performed at the minimum lumen sites and at the largest NC sites. Grey-scale IVUS analysis was performed according to the American College of Cardiology Clinical Expert Consensus Document on Standards

**Table 1** Baseline characteristics.

	Non-elderly (n = 429)	Elderly (n = 124)	P-value
Age (years)	60 ± 13	76 ± 11	<0.001
Female gender	125 (29)	57 (46)	<0.001
Clinical presentation			0.012
Stable angina	145 (34)	46 (37)	
Unstable angina	157 (37)	59 (48)	
NSTEMI	52 (12)	9 (7)	
STEMI	75 (18)	10 (8)	
Diabetes mellitus	125 (29)	38 (31)	0.7
Hypertension	240 (56)	97 (78)	<0.001
Smoking	172 (40)	29 (33)	0.15
Ejection fraction (%)	63 ± 8	64 ± 8	0.5
White blood cells (10 <sup>3</sup> /mm <sup>3</sup> )	7.7 ± 2.9	8.0 ± 2.3	0.3
Hemoglobin (g/dl)	13.8 ± 1.7	12.8 ± 1.3	<0.001
Platelet count (10 <sup>3</sup> /mm <sup>3</sup> )	239 ± 85	212 ± 66	0.002
Creatinine (mg/dl)	0.85 ± 0.22	0.94 ± 0.62	0.008
NT-pro-BNP (pg/ml)	298 ± 558	586 ± 806	0.12
hs-CRP (mg/dl)	0.45 ± 1.23	0.56 ± 1.72	0.15
Total cholesterol (mg/dl)	180 ± 41	179 ± 47	0.8
Triglyceride (mg/dl)	114 ± 67	102 ± 54	0.072
LDL cholesterol (mg/dl)	115 ± 35	115 ± 42	0.9
HDL cholesterol (mg/dl)	49 ± 19	48 ± 12	0.6
Aspirin	420 (98)	118 (95)	0.4
Clopidogrel	385 (90)	112 (90)	0.9
Cilostazol	123 (29)	40 (32)	0.4
Statin	326 (76)	91 (73)	0.4
Beta-blocker	378 (88)	108 (87)	0.8
ACEI/ARB	365 (85)	100 (81)	0.3

Data are n (%), or mean ± SD. NSTEMI, non-ST-segment elevation myocardial infarction; STEMI, ST-segment elevation myocardial infarction; NT-pro-BNP, N-terminal pro-B-type natriuretic peptide; hs-CRP, high-sensitivity C-reactive protein; LDL, low-density lipoprotein; HDL, high-density lipoprotein; ACEI, angiotensin-converting enzyme inhibitor; ARB, angiotensin receptor blocker.

for Acquisition, Measurement and Reporting of Intravascular Ultrasound Studies [28]. External elastic membrane (EEM) and lumen cross-sectional areas (CSA) were measured. Plaque plus media (P&M) CSA was calculated as EEM

minus lumen CSA; and plaque burden was calculated as P&M divided by EEM CSA. Proximal and distal references were the single slices with the largest lumen and smallest plaque CSAs within 10 mm proximally and distally, but before any large

**Table 2** Coronary angiographic findings.

	Non-elderly (n = 429)	Elderly (n = 124)	P-value
Target artery			0.2
Left main	26 (6)	5 (4)	
LAD	176 (41)	63 (51)	
LCX	77 (18)	17 (14)	
RCA	150 (35)	39 (32)	
Lesion location			0.6
Ostium	17 (4)	4 (3)	
Proximal	180 (42)	47 (38)	
Middle	163 (38)	55 (44)	
Distal	69 (16)	18 (15)	
Multivessel disease	163 (38)	64 (52)	0.007
Reference diameter (mm)	3.17 ± 0.85	3.15 ± 0.72	0.5
Pre-MLD (mm)	1.12 ± 0.32	1.06 ± 0.51	0.2
Lesion length (mm)	16 ± 12	19 ± 8	0.046

Data are n (%), or mean ± SD. LAD, left anterior descending artery; LCX, left circumflex artery; RCA, right coronary artery; MLD, minimal lumen diameter.

**Table 3** Intravascular ultrasound findings.

	Non-elderly (n = 429)	Elderly (n = 124)	P-value
Proximal reference			
EEM CSA (mm <sup>2</sup> )	17.0 ± 6.0	18.1 ± 7.1	0.11
Lumen CSA (mm <sup>2</sup> )	10.7 ± 3.0	11.1 ± 3.1	0.3
P&M CSA (mm <sup>2</sup> )	6.3 ± 3.1	7.0 ± 3.3	0.050
Plaque burden (%)	37 ± 8	39 ± 8	0.042
Minimum lumen site			
EEM CSA (mm <sup>2</sup> )	15.4 ± 5.9	15.0 ± 6.5	0.3
Lumen CSA (mm <sup>2</sup> )	4.5 ± 3.6	4.2 ± 4.0	0.2
P&M CSA (mm <sup>2</sup> )	10.9 ± 4.2	10.8 ± 4.0	0.8
Plaque burden (%)	71 ± 14	72 ± 13	0.3
Largest necrotic core site			
EEM CSA (mm <sup>2</sup> )	15.9 ± 6.3	15.9 ± 7.4	0.9
Lumen CSA (mm <sup>2</sup> )	5.8 ± 4.0	5.5 ± 4.8	0.2
P&M CSA (mm <sup>2</sup> )	10.1 ± 4.0	10.4 ± 3.9	0.3
Plaque burden (%)	64 ± 13	65 ± 11	0.3
Distal reference			
EEM CSA (mm <sup>2</sup> )	13.9 ± 6.6	14.3 ± 6.8	0.4
Lumen CSA (mm <sup>2</sup> )	8.9 ± 5.6	8.9 ± 5.7	0.9
P&M CSA (mm <sup>2</sup> )	5.0 ± 3.1	5.4 ± 2.7	0.2
Plaque burden (%)	36 ± 8	38 ± 7	0.048
IVUS lesion length (mm)	20 ± 12	23 ± 8	0.032
Plaque morphology			0.077
Hypochoic	291 (68)	69 (56)	
Hyperechoic, non-calcified	26 (6)	10 (8)	
Hyperechoic, calcified	99 (23)	38 (31)	
Mixed	13 (3)	7 (6)	
Superficial calcium	236 (55)	81 (65)	0.041
Volumetric analysis			
EEM volume (mm <sup>2</sup> )	301 ± 265	292 ± 231	0.5
Lumen volume (mm <sup>2</sup> )	127 ± 133	126 ± 114	0.9
P&M volume (mm <sup>2</sup> )	174 ± 146	176 ± 123	0.8

Data are n (%), or mean ± SD. EEM, external elastic membrane; CSA, cross-sectional area; P&M: plaque plus media; IVUS, intravascular ultrasound.

side branch. VH-IVUS analysis classified the color-coded tissue into four major components: green (FT); yellow-green (FF); white (DC); and red (NC) [17,18]. VH-IVUS analysis was reported in absolute amounts and as a percentage of plaque area or volume.

### Statistical analysis

The Statistical Package for Social Sciences (SPSS) for Windows, version 15.0 (Chicago, IL, USA) was used for all analyses. Continuous variables were presented as the mean value ± 1 SD; comparisons were conducted by Student's *t*-test or nonparametric Wilcoxon test if normality assumption was violated. Discrete variables were presented as percentages and relative frequencies; comparisons were conducted by chi-square statistics or Fisher's exact test as appropriate. Multivariable analysis was performed to identify independent predictors of percent NC volume >20% in lesion site. A *P*-value < 0.05 was considered statistically significant.

## Results

### Patient characteristics

The baseline characteristics are summarized in Table 1. Elderly patients were more likely to be women and had more unstable angina and hypertension. The hemoglobin level and platelet counts were significantly lower, and creatinine level was significantly higher in the elderly group.

### Coronary angiographic findings

Coronary angiographic findings are summarized in Table 2. There were no significant differences in target artery, lesion location, reference diameter, and minimal lumen diameter. However, multivessel disease was more common and the angiographic lesion length was significantly longer in the elderly group.

## Grey-scale IVUS results

Grey-scale IVUS findings are summarized in Table 3. Plaque burdens at proximal and distal reference sites were significantly greater in the elderly group. However, no significant differences were found in the plaque mass at the minimum lumen and largest NC sites and by volumetric analysis. IVUS lesion length was significantly longer and superficial calcium was observed more frequently in the elderly group.

## Overall VH-IVUS results

At the minimum lumen sites, the absolute and percent areas of DC ( $0.67 \pm 0.62 \text{ mm}^2$  vs.  $0.57 \pm 0.57 \text{ mm}^2$ ,  $P=0.032$ ;  $11.8 \pm 10.9\%$  vs.  $9.9 \pm 9.6\%$ ,  $P=0.039$ , respectively) and NC ( $1.29 \pm 1.17 \text{ mm}^2$  vs.  $1.14 \pm 0.97 \text{ mm}^2$ ,  $P=0.014$ ;  $20.8 \pm 11.8\%$  vs.  $18.1 \pm 11.6\%$ ,  $P=0.023$ , respectively) were significantly greater in the elderly group; conversely, percent FT area was significantly smaller in the elderly group ( $56.6 \pm 15.7\%$  vs.  $60.0 \pm 15.0\%$ ,  $P=0.026$ ). At the largest NC sites, the absolute and percent areas of DC ( $0.94 \pm 0.73 \text{ mm}^2$  vs.  $0.77 \pm 0.65 \text{ mm}^2$ ,  $P=0.012$ ;  $15.2 \pm 10.6\%$  vs.  $12.5 \pm 9.6\%$ ,  $P=0.009$ , respectively) and NC ( $1.77 \pm 1.24 \text{ mm}^2$  vs.  $1.61 \pm 1.13 \text{ mm}^2$ ,  $P=0.018$ ;  $27.2 \pm 11.6\%$  vs.  $24.5 \pm 11.0\%$ ,  $P=0.016$ , respectively) were significantly greater in the elderly group; conversely percent FT area was significantly smaller in the elderly group ( $49.4 \pm 14.6\%$  vs.  $54.3 \pm 13.6\%$ ,  $P=0.001$ ).

At the proximal reference sites, the percent areas of DC ( $7.3 \pm 8.8\%$  vs.  $5.5 \pm 8.0\%$ ,  $P=0.031$ ) and NC ( $12.1 \pm 9.0\%$  vs.  $10.0 \pm 9.0\%$ ,  $P=0.025$ ) were significantly greater in the elderly group. At the distal reference sites, the percent areas of DC ( $12.8 \pm 10.3\%$  vs.  $10.2 \pm 9.2\%$ ,  $P=0.012$ ) and NC ( $13.2 \pm 8.0\%$  vs.  $10.3 \pm 10.6\%$ ,  $P=0.014$ ) were significantly greater in the elderly group; conversely percent FT area ( $56.9 \pm 27.0\%$  vs.  $60.8 \pm 28.3\%$ ,  $P=0.022$ ) was significantly smaller in the elderly group.

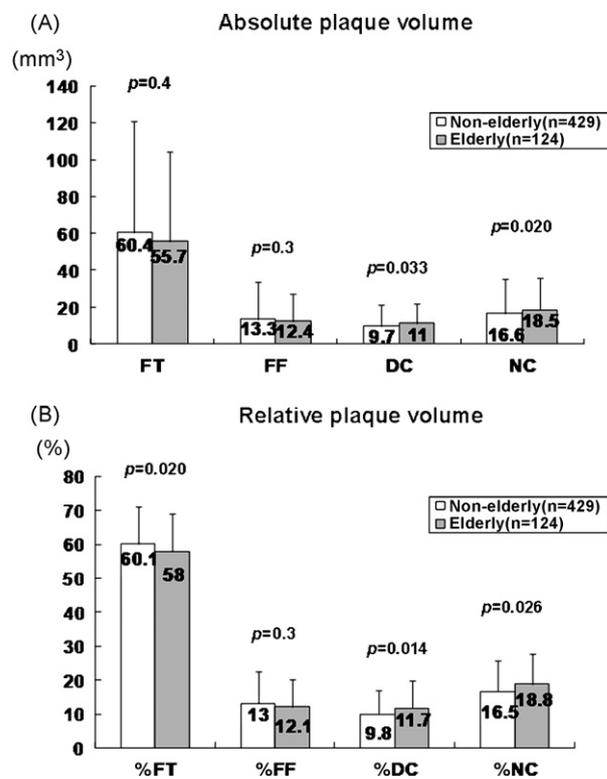
The absolute and percent volumes of DC and NC were significantly greater in the elderly group; conversely absolute FT volume was significantly smaller in elderly group (Fig. 1).

## VH-IVUS results according to the clinical presentation

In patients with stable angina, the absolute and percent volumes of DC and NC were significantly greater in the elderly group (Fig. 2). However, in patients with acute coronary syndrome, there were no significant differences in absolute and percent volumes of DC and NC between the elderly and non-elderly groups (Fig. 3).

## Independent predictors of percent NC volume >20% in lesion site

We performed multivariate analysis to determine independent predictors of percent NC volume >20% in lesion sites. All variables with  $P < 0.2$  in univariate analysis (age, gender, myocardial infarction, diabetes mellitus, high-sensitivity C-reactive protein, and P&M volume) were tested for multivariate analysis. Myocardial infarction (OR: 2.56, 95% CI:



**Figure 1** Overall volumetric absolute (A) and relative (B) plaque components. The absolute and percent volumes of dense calcium (DC) and necrotic core (NC) were significantly greater in the elderly group compared with the non-elderly group. FT, fibrotic; FF, fibro-fatty.

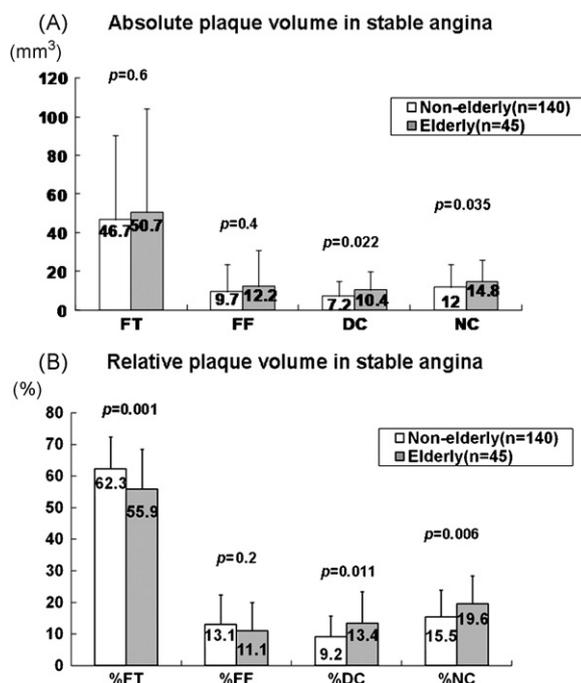
1.45–4.12,  $P=0.003$ ), diabetes mellitus (OR: 2.23, 95% CI: 1.30–3.53,  $P=0.009$ ), and high-sensitivity C-reactive protein (OR: 1.44, 95% CI: 1.06–2.45,  $P=0.042$ ), but not age, were the independent predictors of percent NC volume >20% in lesion sites.

## Discussion

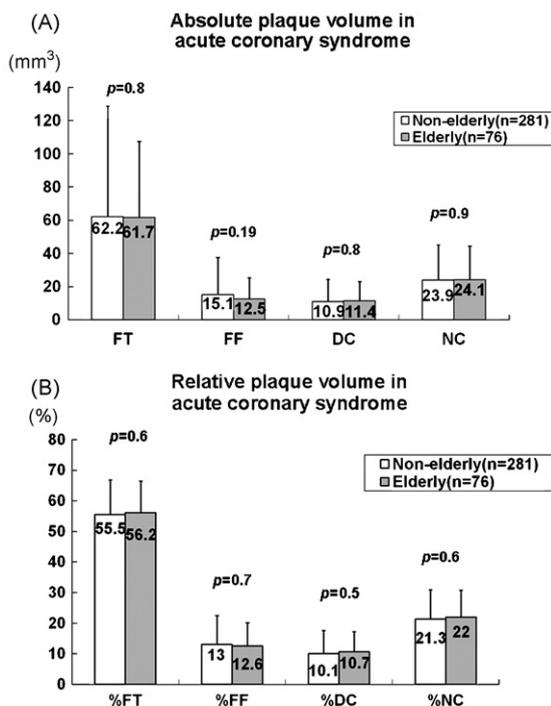
Elderly patients with stable angina have more NC- and DC-containing plaques compared with younger patients with stable angina. However, these differences in plaque components between elderly and non-elderly patients were not observed in acute coronary syndrome patients. Only myocardial infarction, diabetes mellitus, and high-sensitivity C-reactive protein, but not age, were the independent predictors of percent NC volume >20% in lesion site.

Coronary artery disease is highly prevalent and accounts for the majority of mortality in elderly patients. Although the mechanism by which increasing age contributes to mortality is unknown, it has been postulated that the high mortality is precipitated in the elderly patients compared with younger patients by the presence of more comorbid conditions, more severe coronary lesion, and reduced cardiac and overall physiologic reserve in elderly patients [1–16].

As a part of the aging process, coronary arteries are prone to dilation, tortuosity, medial calcification, and endothe-



**Figure 2** The volumetric absolute (A) and relative (B) plaque components in patients with stable angina. In patients with stable angina, the absolute and percent volumes of dense calcium (DC) and necrotic core (NC) were significantly greater in the elderly group compared with the non-elderly group. FT, fibrotic; FF, fibro-fatty.



**Figure 3** The volumetric absolute (A) and relative (B) plaque components in patients with acute coronary syndrome. In patients with acute coronary syndrome, there were no significant differences in absolute and percent volumes of dense calcium (DC) and necrotic core (NC) between the elderly and non-elderly groups. FT, fibrotic; FF, fibro-fatty.

lial dysfunction [29–32]. Previous grey-scale IVUS studies have demonstrated more calcified plaque and more negative remodeling in elderly patients [19–25]. In the present study, plaque burdens at reference segments were significantly greater and lesion length was significantly longer and superficial calcium was observed more frequently in the elderly group compared with the younger group.

VH-IVUS can provide detailed qualitative and quantitative information about plaque composition and it can identify four specific plaque components. In the present study, in the overall coronary artery disease population, the DC and NC components were significantly greater in the elderly group; conversely absolute FT volume was significantly smaller in the elderly group compared with the younger group. In patients with stable angina, the DC and NC components were significantly greater in the elderly group, however, in patients with acute coronary syndrome, there were no significant differences in plaque components between elderly and non-elderly patients. Several studies have demonstrated the differences in coronary plaque components assessed by VH-IVUS between patients with stable angina and those with acute coronary syndrome [18,33,34]. Rodriguez-Granillo et al. [18] reported that VH-IVUS identified thin-cap fibroatheroma as a more prevalent finding in acute coronary syndrome patients than in stable angina patients. Hong et al. [33] reported that the NC components were greater and the FT and FF components were less in acute coronary syndrome patients compared with stable angina patients. Missel et al. [34] reported that the percentage of NC and its ratio to DC in diseased coronary segments are associated with a high-risk acute coronary syndrome presentation. The present study showed that myocardial infarction, diabetes mellitus, and high-sensitivity C-reactive protein were independent predictors of NC-rich lesion, however age was not. Our results suggest that clinical presentation, risk factors, and inflammatory status, but not age, are important factors for determining plaque components.

### Study limitations

First, this was a retrospective single-center study. The results of this study should be verified by further prospective investigation. Second, IVUS and VH-IVUS imaging were performed at the discretion of the individual operators leading to potential selection bias. Third, heavily calcified plaques may induce an artifact regarding the codification of plaques by VH-IVUS resulting in an increase in NC content. Fourth, we excluded the patients with serious conditions like increased risk of bleeding, severe heart failure, cardiogenic shock, important systemic disease, or renal dysfunction. Thus, the present study might not represent the whole spectrum of patients with coronary artery disease.

### Conclusions

The present study demonstrates that myocardial infarction, diabetes mellitus, and high-sensitivity C-reactive protein, but not age, were associated with NC-rich lesions. Our results suggest that clinical presentation, risk factors, and inflammatory status, but not age, are important factors for

determining plaque components. Therefore, age is not an important factor for determining plaque components.

## Acknowledgments

This study was supported by a grant of the Korea Healthcare Technology R&D Project (A084869), Ministry for Health, Welfare & Family Affairs, Republic of Korea, and the Cardiovascular Research Foundation, Asia.

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