

# THERAPY FOR ALPHA-1 ANTITRYPSIN DEFICIENCY: THE EVIDENCE FOR EFFICACY

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## Chairperson

Noel Gerard McElvaney<sup>1</sup>

## Speakers

Emer Reeves,<sup>2</sup> David Parr,<sup>3</sup> Niels Seersholm,<sup>4</sup> Kenneth R. Chapman<sup>5</sup>

1. Department of Medicine, Royal College of Surgeons in Ireland, Dublin, Ireland

2. Beaumont Hospital, Royal College of Surgeons in Ireland, Dublin, Ireland

3. University Hospitals Coventry and Warwickshire, Coventry, UK

4. Gentofte Hospital, Hellerup, Denmark

5. University of Toronto, Toronto, Ontario, Canada

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## MEETING SUMMARY

Prof McElvaney opened the symposium with a brief overview of the disease history and available treatments to date for alpha-1 antitrypsin deficiency (AATD). He then introduced Dr Reeves, who gave a description of the physiological function of alpha-1 proteinase inhibitor ( $\alpha$ 1-PI), specifically its effect on neutrophil function in AATD. Dr Parr then discussed the limitations of using forced expiratory volume (FEV<sub>1</sub>) to observe lung disease progression, and the development and use of measurements of lung density as an alternative. Dr Seersholm followed with a comprehensive overview of recent clinical studies demonstrating the efficacy of  $\alpha$ 1-PI augmentation therapy. Dr Chapman gave the final presentation that expanded on this by describing the findings of the randomised, placebo-controlled trial of augmentation therapy in  $\alpha$ 1-PI deficiency (RAPID) study. The meeting objectives were to present the current treatment landscape for AATD-associated emphysema and the role of  $\alpha$ 1-PI therapy within this.

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### Welcome and Introduction

Professor Noel Gerard McElvaney

AATD was first described in 1963.<sup>1</sup> Subsequent studies linked AATD to both familial emphysema<sup>2,3</sup>

and liver disease,<sup>4</sup> and also demonstrated a relationship between  $\alpha$ 1-PI and neutrophil elastase.<sup>5</sup> The first  $\alpha$ 1-PI therapy, Prolastin®, received FDA approval in the USA in 1987 and received approval in European countries in 1989. The efficacy

endpoint of lung density for  $\alpha$ 1-PI augmentation therapy was first suggested in 1999 by a Danish/Dutch trial<sup>6</sup> that showed a trend toward the slowing of lung density decline in AATD patients receiving  $\alpha$ 1-PI augmentation therapy versus placebo. In part as a result of this finding, a statement was published by the American Thoracic Society (ATS) and European Respiratory Society (ERS) in 2003 regarding the standards for diagnosis of AATD.<sup>7</sup> In 2003, Zemaira®, the first second-generation  $\alpha$ 1-PI product, was granted FDA approval in the USA. Second-generation  $\alpha$ 1-PI products are highly purified ( $\geq$ 90%  $\alpha$ 1-PI), with lower infusion volumes and shorter infusion times than their first-generation counterparts.

In 2009, the use of computed tomography (CT) densitometry was encouraged further by the publication of the EXAcerbations and Computed Tomography scan as Lung End-points (EXACTLE) trial, which demonstrated a trend toward slowing of emphysema progression.<sup>8</sup> The RAPID study has since demonstrated the clinical efficacy of the second-generation  $\alpha$ 1-PI therapy Respreeza® in patients with AATD-associated emphysema.<sup>9</sup> Respreeza has now received EU market authorisation.

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## Anti-Inflammatory Properties of $\alpha$ 1-PI Augmentation Therapy

Doctor Emer Reeves

$\alpha$ 1-PI is an acute phase protein predominantly synthesised by hepatocytes. As the main inhibitor of various neutrophil-derived serum proteases, such as proteinase 3, cathepsin G, and neutrophil elastase, its key role is to maintain a protease/antiprotease balance in the airways.<sup>10</sup>

AATD is the only clearly identified genetic risk factor for chronic obstructive pulmonary disease (COPD). The most common allele variant, Z, is produced by a single amino acid substitution in the *SERPINA1* gene that leads to polymer formation and protein retention in the liver, thus reducing concentrations of circulating Z-AAT to approximately 10%.<sup>10</sup>

As the main source of the proteolytic burden, neutrophils are of great importance in the pathogenesis of AATD.  $\alpha$ 1-PI also regulates neutrophil function and plays a vital role in neutrophil adherence, chemotaxis, degranulation, apoptosis, and associated changes in neutrophil

properties in AATD individuals. In addition, neutrophil adherence is activated by leukotriene B4 (LTB4) signalling via BLT-1 receptors.

Confocal microscopy has shown  $\alpha$ 1-PI bound to the outer membrane of neutrophils,<sup>11</sup> with significantly higher levels associated with the outer membrane of MM (normal control) neutrophils versus ZZ neutrophils, and significantly increased levels associated with the outer membrane of neutrophils in an AATD patient who had received a liver transplant.<sup>11</sup>

### The Effect of $\alpha$ 1-PI on Neutrophil Adherence, Chemotaxis, and Degranulation

$\alpha$ 1-PI has been shown to reduce neutrophil adherence and also exhibit an inhibitory effect on LTB4 response in MM and ZZ genotype neutrophils.<sup>12</sup> Furthermore, it was shown that levels of  $\alpha$ 1-PI associated with the outer membrane of ZZ neutrophils were lower, but significantly increased following therapy.<sup>12,13</sup>

Increased neutrophil elastase activity was also observed on neutrophils isolated from ZZ individuals with or without COPD. It is possible that neutrophil elastase could trigger the synthesis of LTB4, as these individuals also exhibited higher plasma LTB4 levels.<sup>12</sup> However, augmentation therapy significantly decreased neutrophil elastase activity and lowered plasma LTB4 concentrations.<sup>12</sup>

An increase in neutrophil chemotaxis was observed in patients with AATD who underwent bronchoalveolar lavage.<sup>14</sup> Tumour necrosis factor alpha (TNF $\alpha$ ), a factor associated with COPD which causes degranulation of neutrophils,<sup>15,16</sup> has also been found in significantly higher levels on the membranes of ZZ neutrophils compared with those of MM neutrophils.<sup>17</sup> AATD patients receiving  $\alpha$ 1-PI augmentation therapy exhibited significantly lower levels of TNF $\alpha$ .<sup>17</sup>

### Q&A session

**Do you think the effects you are seeing are dose-related?**

Dr Reeves: A dose effect was found using *in vitro* experiments, where doses of up to 27.5  $\mu$ mol/L effectively inhibited neutrophil response to IL-8, TNF $\alpha$ , and LTB4. It is difficult to confirm if these effects were inhibited altogether. Certain concentrations of IL-8 will overcome 27.5  $\mu$ mol/L  $\alpha$ 1-PI, which is important to allow the neutrophil to transmigrate and kill bacteria.

## The Relevance of CT Lung Density for Assessing Emphysema in AATD

Doctor David Parr

FEV<sub>1</sub> has been the gold standard surrogate measure for emphysema, although there are various limitations to this method. A study conducted with several hundred patients over several years found very little FEV<sub>1</sub> decline in patients with both mild and severe disease.<sup>18</sup> Despite the large number of patients, the measure showed broad variability and was not a sensitive measure of disease progression. In order to achieve sufficient power, 494 subjects per arm would be required to detect a treatment effect over 3 years if FEV<sub>1</sub> was used as an outcome measure.<sup>19</sup>

So-called 'modern definitions' of emphysema have come to recognise dilatation of lung air spaces and destruction of the walls,<sup>20</sup> along with the importance of excluding conditions that have obvious fibrosis, although this can be difficult to distinguish from emphysema.<sup>21</sup> More recently, the principles of design-based stereology recognise the importance of measuring lung dimensions in inflation.<sup>22</sup> Panlobular and centrilobular emphysema, which present the same basic structure seen in histopathological images of the lungs, can be distinguished using CT scans. In CT imaging, each pixel in the images relates to a volume of lung tissue, hence the term voxel is used, and each voxel has a value which is a measure of the density of the corresponding volume of lung tissue. Voxel distribution histograms can therefore be used to generate densitometric indices, while the percentile point method for monitoring over time has been used more recently due to its superior sensitivity.<sup>23</sup> These methods are of great importance in quantifying emphysema and may also help to inform patients about the extent and progress of their disease. Emphysema distribution can also influence where treatment effects are seen. For example, Prolastin-treated patients showed the greatest reduction in loss of lung mass in the basal region of the lung when compared with the placebo group, although this was not statistically significant.<sup>23</sup>

The changes in lung size and dimensions that occur when breathing may affect precise measurements of lung volume. Assuming that lung mass is preserved whilst breathing, a linear volume-density relationship can be shown and the density measurements of CT scans can be adjusted

according to changes in lung volume.<sup>24</sup> If volume is standardised (constant) then we can calculate the density change, which should indicate a change in lung mass.<sup>24</sup>

The Alpha-1 Detection and Programme for Treatment (ADAPT UK registry) programme measured changes in lung volume and compared this with changes in lung density over a 2-year period. A linear relationship was found between the two, the results of which indicated a loss of lung mass in the patients<sup>25</sup> - a relationship also demonstrated by the EXACTLE trial data, which show a reduction in lung mass when using Prolastin.<sup>8</sup>

As CT directly correlates with the histopathological gold standard for emphysema assessment when scanning at full inspiration, as well as with lung function, we now know that CT is a clinically relevant outcome measure. CT lung density reduction has proven to be linked to lung mass reduction and a deterioration in clinical measures, even though these studies are not powered to demonstrate a treatment effect using physiological outcomes.

### Q&A session

One of the concerns with CT has been radiation dose. Would you like to comment on that?

Dr Parr: The protocols developed have reduced the radiation dose further while maintaining good reproducibility, even at low doses. However, errors in densitometric analysis may arise in patients with a large body mass index when very low dose protocols are used. With increasing use of CT in clinical practice, there has been concern regarding inappropriate use of imaging for diagnosis and the associated radiation risks, but the radiation dose of densitometric scans is significantly lower than that of diagnostic imaging.

Where do you see the advances in CT over the next number of years in this area?

It is likely that more studies will combine inspiratory and expiratory images, which will allow mapping and registering of different parts of the image together, even when there is movement. Further improvements in magnetic resonance imaging may well displace CT as the gold standard measure of emphysema.

## Efficacy of $\alpha$ 1-PI Augmentation Therapy - a Review of Evidence

Doctor Niels Seersholm

It was first shown in 1987 that weekly doses of  $\alpha$ 1-PI augmentation therapy can significantly increase  $\alpha$ 1-PI plasma levels.<sup>26</sup> Despite the inability to do large-scale, long-term studies based on lung function, the  $\alpha$ 1-PI treatment was approved in several countries following this study.<sup>25-28</sup>

A decade later, a Danish/German registry study followed up on these findings by observing FEV<sub>1</sub> decline over time in patients who were treated with  $\alpha$ 1-PI augmentation therapy.<sup>29</sup> German patients who were treated with augmentation therapy exhibited a significantly slower rate in FEV<sub>1</sub> decline compared with the non-treated Danish patients ( $p < 0.04$ ).<sup>29</sup>

These findings were subsequently echoed by a larger American registry study of 1,129 patients who had never, always, or partly received augmentation therapy.<sup>18</sup> THE ATS/ERS guidelines published as a result of the aforementioned studies advised that augmentation therapy should be used for patients with FEV<sub>1</sub> between 30% and 65% of that predicted.<sup>7</sup>

A year later, a placebo-controlled, parallel, double-blind Danish/Dutch study of  $\alpha$ 1-PI versus placebo<sup>6</sup> reported that pulmonary function tests showed a faster rate of FEV<sub>1</sub> decline in the active treatment group compared with placebo. However, CT scan results did show a slower change in lung density and a trend toward benefit in the active treatment group ( $p < 0.07$ ).<sup>6</sup> It was clear from this study that power calculations based on annual decline in FEV<sub>1</sub> are not feasible due to the large number of patients required for this method.<sup>6</sup> CT lung density scans may better facilitate future randomised controlled trials as lower numbers of patients are needed to power the analyses.<sup>6</sup>

The role of CT densitometry was further investigated a decade later in the EXACTLE trial.<sup>8</sup> Similarly to the Danish/Dutch study, the trial revealed a reduced rate of lung density loss in the treatment arm versus placebo ( $p < 0.07$ ). No effect on lung function, quality of life, or mortality was observed, indicating again that CT densitometry is a more sensitive outcome measure than physiology and health status.<sup>8</sup>

## The RAPID Trial: Evidence for the Efficacy of $\alpha$ 1-PI Augmentation Therapy

Doctor Kenneth R. Chapman

For the RAPID study, 180 patients were randomised in a double-blind fashion and treated with either 60 mg/kg per week of a highly purified  $\alpha$ 1-PI (Respreeza) or placebo over the course of 2 years. Patients were well-matched for baseline characteristics and CT scans were performed at baseline, 3, 12, 21, and 24 months. A higher withdrawal rate was seen in the placebo group due to slightly higher rates in death, adverse events, and withdrawn consent.<sup>9</sup>

The RAPID trial is the first adequately powered, randomised clinical trial that has been able to demonstrate statistically significant efficacy of  $\alpha$ 1-PI in slowing emphysema progression. The main outcome of the RAPID trial was that  $\alpha$ 1-PI therapy slowed the progression of emphysema as measured by CT lung density, which is a more sensitive measure of disease progression in AATD-associated emphysema than conventional lung function parameters. Over a 2-year period, the difference in annual rate of decline in adjusted CT scan lung density was 0.74 g/L in favour of  $\alpha$ 1-PI when measured at full inspiration (total lung capacity [TLC]; **Figure 1**). The change in lung density was significantly different between treated and placebo groups ( $p = 0.033$ , two-sided test).<sup>9</sup>

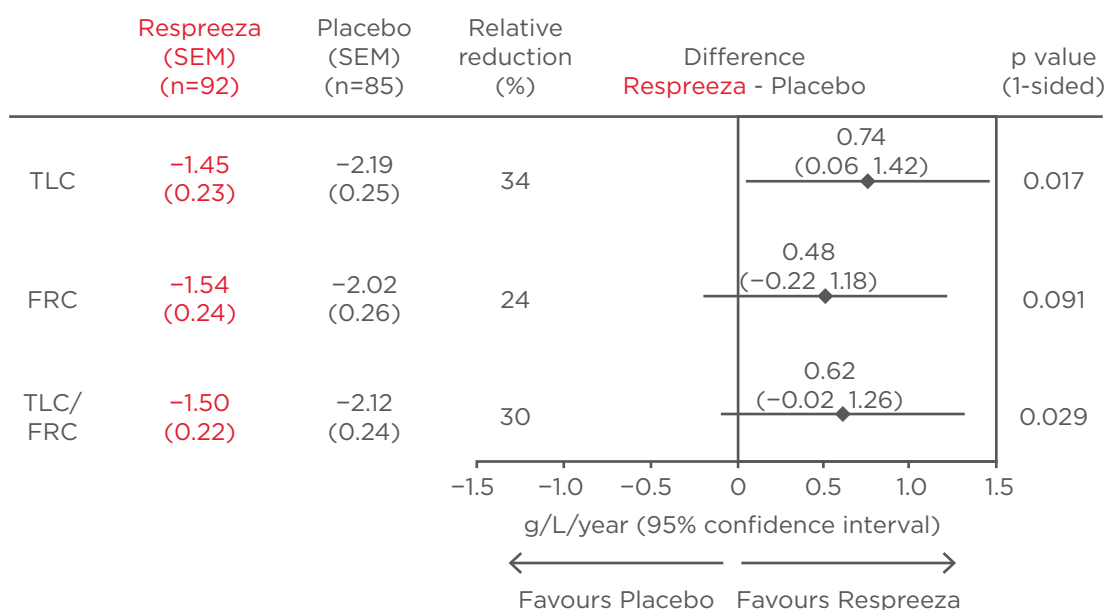
The reduced decline in lung density, i.e. slower rate of lung tissue destruction, under treatment with Respreeza is expected to extend the time towards terminal respiratory function (i.e. death, lung transplantation, or severe respiratory dysfunction). Results from the RAPID trial were extrapolated over time to calculate the time until a terminal lung density of approximately 20 g/L would be achieved. This limit of 20 g/L was the average level of lung density of five RAPID trial patients who exited the study due to death, lung transplantation, or severe respiratory dysfunction.<sup>9</sup> Results from the RAPID trial suggest that the time to predicted terminal respiratory function is 12 years in placebo subjects, but is increased by approximately 6-18 years in Respreeza-treated patients (**Figure 2**).<sup>9</sup>

The RAPID trial was not large or long enough to assess differences in traditional lung function outcomes. Although no statistically significant differences between the augmented and non-augmented groups were observed in terms of FEV<sub>1</sub> or diffusing capacity of lung for carbon monoxide

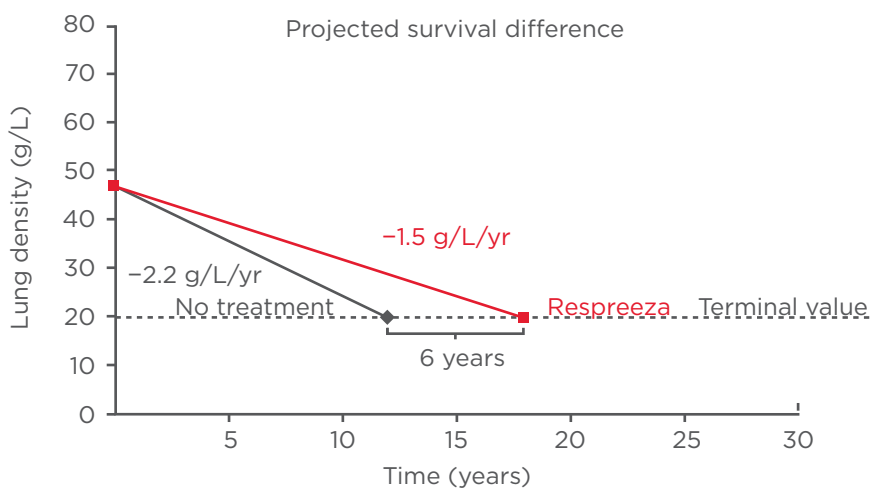
(DLCO), statistically significant cross-sectional correlations were found between CT scan density and DLCO and FEV<sub>1</sub> as a percentage of predicted and St George's Respiratory Questionnaire activity scores both at the beginning and the end of the study, respectively.<sup>9</sup>

Patients who completed the 2-year treatment and observation period of the RAPID trial outside the USA were invited to participate in the RAPID Extension trial for an additional 2 years. All participants in the RAPID Extension trial received Respreeza at 60 mg/kg body weight per week, including those who were on placebo during the

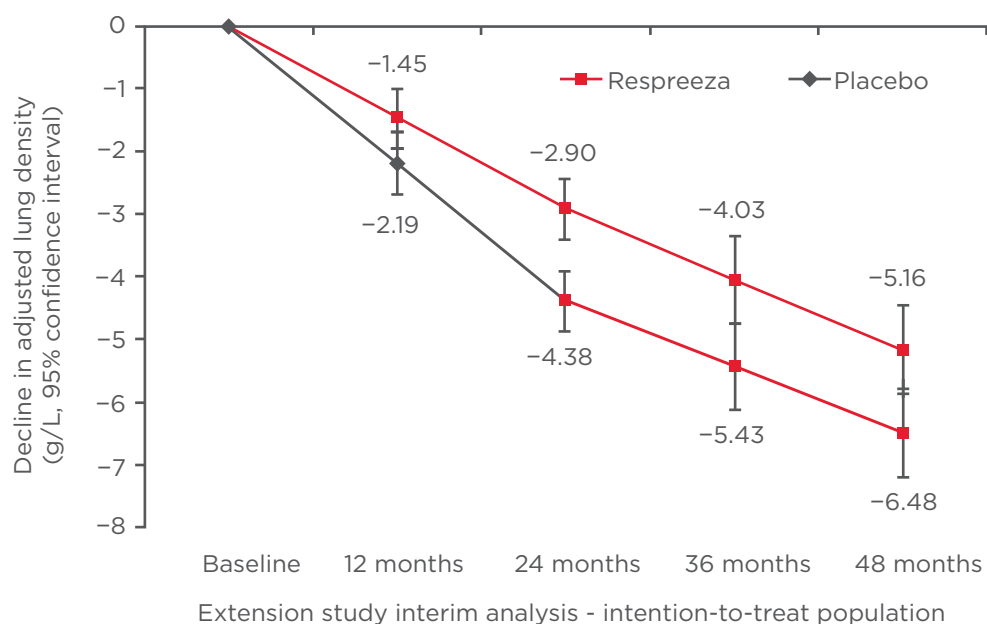
RAPID trial. The results presented below (Figure 3) are based upon the 97 patients who, as of December 2013, had completed both the RAPID and RAPID Extension trial. Patients in the Early-Start cohort maintained a therapeutic effect across 4 years of treatment, whereas patients in the Delayed-Start cohort showed a clear inflection in the slope of decline, i.e. a slower rate of lung density decline after switching to Respreeza. Initial lung density loss in the Delayed-Start cohort during placebo treatment from Months 0-24 was not regained. The results support the conclusion of a disease-modifying effect of Respreeza.



**Figure 1: Primary outcome measure in the RAPID trial: difference in annual rate of decline of adjusted P15 (intention-to-treat population, physiologic adjustment).<sup>9</sup>**  
 FRC: functional residual capacity; SEM: standard error of the mean; TLC: total lung capacity.



**Figure 2: Potential life extension projected using RAPID study data.<sup>9</sup>**



**Figure 3: Decline in adjusted lung density over time (change from baseline).<sup>9</sup>**

When considering whether further trials are required, it is not only important to consider the reproducibility of available data, but also the time required for patient recruitment and for the study to be carried out. For example, patient recruitment for the RAPID study took 7 years, along with the 2 years taken to conduct the trial. These results are very consistent with both the Danish/Dutch<sup>8</sup> and EXACTLE<sup>6</sup> trials in terms of decline in lung density (P15 decline TLC, g/L per year) as measured by CT scanning.<sup>9</sup>

### Q&A session

#### When would you start augmentation therapy in a patient with AATD?

Dr Chapman stated that traditional measures of lung function are used as guides and that he would not wait for a further loss of FEV<sub>1</sub> to initiate therapy if the patient's FEV<sub>1</sub> at the time of diagnosis was below the predicted value. Dr Chapman then wondered whether a CT scan should also be performed, and if therapy might be initiated if emphysema were present radiologically while FEV<sub>1</sub> was relatively normal. Dr Chapman's viewpoint was that the presence of emphysema on a CT scan suggests that the patient has suffered from the loss of lung parenchyma, and that he would want to initiate therapy if coverage could be obtained.

Dr Seersholm then expressed his disapproval of the rule that the FEV<sub>1</sub> should be between 30% and

65% of that predicted, stating that augmentation therapy should be initiated when deterioration/holes in the lungs are shown by CT scan. He then stated the importance of defining the emphysema from the scan.

#### How do you think considerations of reimbursement influence the decision to initiate therapy?

Dr Chapman commented that the costs of augmentation therapy are similar to those of blood products for haemophilia treatment, but due to the immediate danger surrounding these bleeding events, the need for these products seems more apparent. The loss of lung function resulting in death or transplantation is so gradual that the need for therapy can be underestimated.

#### In the data shown by Dr Chapman, the higher values in the nadir level and $\alpha$ 1-PI concentration seem to be matched with a better response. What are your thoughts on changing the current recommended dose of 60 mg/kg per week?

Dr Chapman recognised that an increase in dose will increase the cost, although this could be offset if a better result is seen. A dose of 120 mg/kg per week is currently under study. The investigation of other delivery schemes or schedules may be necessary, such as self-administration or more frequent and smaller doses to achieve the same serum level. However, Dr Chapman stated that more research is required before a decision is made on this.

## How close did you get to a normal non-alpha rate of CT scan density decline in the RAPID trial?

Dr Parr stated that in future studies there will be a need to individualise and monitor the doses for patients. He mentioned that CT densitometry may not be the best method for this purpose, although using a biomarker may prove difficult in practice.

## How do exacerbations and infections affect CT lung density measurements?

Dr Parr commented that most of the studies have a strict protocol with a window between any event

and imaging, and as a consequence most of the exacerbations would not have been close to the timing of the CT scan. However, he stated that other factors have been known to affect CT lung density in observational studies, i.e. the development of pulmonary oedema brought on by a cardiac event or the development of pneumonia. Dr Parr then stressed the importance of contextualising any diagnostic test with the clinical situation and patient's medical history in order to avoid errors. This principle should be adopted when using CT as a tool to measure rather than diagnose.

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