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# Myocardial hibernation: a noninvasive physician's point of view

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**In a large subset of patients with coronary artery disease and left ventricular (LV) dysfunction, LV performance is reduced on the basis of regionally ischemic or hibernating myocardium rather than irreversibly infarcted myocardium. The detection of reversibly dysfunctional myocardium is clinically relevant, as regional and global LV function in such patients may improve substantially after revascularization. Noninvasive imaging methods to assess myocardial metabolic activity, membrane integrity, and inotropic reserve are ideally suited for this assessment. Among these are the unique potential of nuclear cardiology techniques to distinguish viable regions on the basis of perfusion, cell membrane integrity, and metabolic activity and the ability of dobutamine echocardiography to assess regional inotropic reserve. Contrast-enhanced magnetic resonance imaging has also emerged as important method for viability assessment. Patients with LV dysfunction and extensive regions of hibernating myocardium appear to have the potential not only for improved left ventricular function after revascularization, but also for improved symptoms and improved survival. Thus, assessing myocardial viability may provide important information regarding the selection of patients with LV dysfunction for myocardial revascularization procedures.**

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The incidence and clinical significance of left ventricular (LV) dysfunction have increased dramatically in the past several decades. Coronary artery disease (CAD) is in large part responsible for the rise in morbidity and mortality related to LV dysfunction, as CAD is now the leading cause of impaired LV function and heart failure in the developed countries of the world<sup>1</sup>. Moreover, the mortality rate of patients with LV dysfunction caused by CAD is significantly greater than that of patients with LV dysfunction stemming from non-ischemic etiologies<sup>2,3</sup>.

Conversely, patients with CAD and LV dysfunction have significantly greater mortality rates compared to patients with preserved LV function, as LV function remains among the most important determinants of long-term prognosis in patients with ischemic heart disease<sup>4-7</sup>. Thus, among patients with LV dysfunction, those with CAD have the worst outcome, and among patients with CAD, those with LV dysfunction have the worse outcome.

This has important diagnostic and therapeutic implications. First, it is critically important to identify those patients with symptomatic heart failure (as well as those with asymptomatic LV dysfunction) who have CAD, as these patients require ag-

gressive secondary prevention strategies<sup>8</sup>. In addition, a large subset of patients with CAD and LV dysfunction should be considered candidates for myocardial revascularization procedures. These procedures are associated with high periprocedural morbidity and mortality in patients with LV dysfunction, many of whom have already undergone a previous bypass operation. However, this is the same population that ultimately may benefit the most from revascularization.

Proper selection of patients for revascularization includes selection of those with the potential for clinical improvement or survival benefit in whom the risks of revascularization procedures are justified. Thus, diagnostic testing has a role to identify those patients with LV dysfunction who have underlying CAD, and also to identify those with established CAD who are suitable candidates for myocardial revascularization.

The role of noninvasive testing to identify the presence and magnitude of inducible myocardial ischemia is well established, as patients with LV dysfunction and inducible ischemia (especially in the setting of multi-vessel CAD) clearly represent a high risk group in whom survival and quality of life is enhanced by revascularization. During the

past decade, noninvasive imaging to determine the presence and magnitude of dysfunctional but viable myocardium has also become an important component of the evaluation of patients with depressed LV function. It is now apparent that LV dysfunction stemming from CAD is not always an irreversible process related to previous myocardial infarction, as LV function may improve substantially in many patients, and may even normalize, after myocardial revascularization<sup>9-15</sup>. The percentage of patients with LV dysfunction who manifest a substantial improvement in LV function after myocardial revascularization varies among reported series, related in part to patient selection factors and adequacy of the myocardial revascularization procedures. This percentage, however, is not inconsequential as it has been estimated that 25 to 40% of patients with chronic CAD and LV dysfunction undergoing revascularization have the potential for significant improvement in LV function<sup>15-19</sup>. The available evidence indicates that this improvement in LV function also translates into improved survival<sup>20-26</sup>, although this concept has not yet been tested prospectively in a randomized clinical trial.

### **Myocardial hibernation versus repetitive myocardial stunning**

The mechanism for the improvement in LV systolic function following successful revascularization remains a matter of debate, as the underlying processes responsible for reversible contractile dysfunction are often difficult to ascertain in patients, and the development of animal models of chronic reversible dysfunction has been disappointing to date. Restoration of blood flow to chronically underperfused myocardium may lead to the functional recovery of hibernating myocardium<sup>9-12</sup>, whereas revascularization of myocardium with adequate perfusion at rest but with recurrent ischemic episodes during stress may successfully reverse persistent contractile dysfunction caused by repetitive stunning<sup>27-32</sup>.

It has been argued on one extreme that myocardial hibernation simply does not occur and that the clinical scenario of chronic ischemic reversible contractile dysfunction is caused solely by repetitive stunning<sup>31,32</sup>. Arguments raised in favor of this hypothesis are, first, the inability to reproduce the clinical situation adequately with experimental animal models and, second, the suggestion that resting regional blood flow is in the normal range in most patients in whom regional function improves after revascularization. The first argument may be countered by the observation that animal models of hibernation have not been successful because the underlying disease responsible for hibernation, namely chronic diffuse atherosclerotic disease with concomitant diffuse endothelial dysfunction, does not occur in animals and has not been reproduced in the laboratory. The second argument may be countered by the over-

whelming evidence that resting regional myocardial blood flow is *not* normal in the majority of patients with reversible contractile dysfunction reported in the majority of studies, and only a few studies have reported normal blood flow in dysfunctional myocardial territories<sup>33</sup>. Moreover, in the patients in whom blood flow was reported in the normal range, the blood flow in the dysfunctional myocardial territories was significantly reduced relative to the flow in the normally contracting territories of the same patients<sup>33</sup>. Finally, numerous studies using positron emission tomography (PET) and single photon emission computed tomography (SPECT) have provided convincing evidence of reduced regional perfusion in patients with LV dysfunction in whom perfusion improves or normalizes after revascularization.

The terms "hibernation" and "stunning" represent uniquely different pathophysiologic processes with distinct definitions, but in clinical circumstances the boundaries between stunning and hibernation are often indistinct. It is likely that both hibernation and repetitive stunning do occur clinically and contribute to ischemic LV dysfunction. Moreover, it is likely that both processes occur in the same patient and even coexist in the same myocardial region. Given the critical balance between reduced perfusion, reduced function, and reduced coronary flow reserve in the hibernating myocardium, some myocardial regions that are hibernating at rest may develop ischemia during exercise with a subsequent process of postischemic stunning superimposed on the baseline hibernating state.

Thus, the clarity with which chronic LV dysfunction can be defined as hibernation, repetitive stunning, or a combination of the two processes is limited. On the other hand, regardless of the definition, it is clear from multiple clinical series that there is an important subset of patients with chronic CAD, regional LV dysfunction, and reduced regional blood flow who manifest substantial improvement in myocardial perfusion and LV function after myocardial revascularization.

### **Role of noninvasive imaging**

Several noninvasive imaging methods have evolved during the past decade to identify physiologic markers of myocardial viability in patients with regional and global contractile dysfunction<sup>13,15,33-35</sup>. These include principally PET imaging to assess myocardial metabolic activity, SPECT imaging with thallium-201 or technetium-99m sestamibi to assess myocardial perfusion and membrane integrity, and dobutamine echocardiography to assess myocardial contractile reserve. In the absence of definitive trials comparing all three methods in a large series of patients undergoing revascularization, uncertainties persist regarding the relative accuracies of each method in predicting recovery of LV function and regarding whether some patient subsets are better evaluated by a particular test. However, the

rapidly expanding literature that has evolved in the past decade has helped to clarify the role of these methods in identifying viable myocardium and in selecting patients with LV dysfunction for revascularization.

In the 1980's, at a time when the limitations of standard planar thallium imaging and two-dimensional echocardiography for viability assessment were quite apparent, PET became established as an exceptional method for demonstrating viable myocardium in patients with impaired LV function, by demonstrating preserved metabolic activity in regions with contractile dysfunction<sup>36-40</sup>. Using <sup>18</sup>F-fluorodeoxyglucose as a marker of myocardial glucose utilization in dysfunctional myocardium, PET achieved positive and negative diagnostic accuracies in the range of 85% for predicting recovery of regional function after revascularization, and PET imaging achieved a position as the noninvasive gold standard for viability assessment.

However, access to PET technology and radiotracers remained limited in the 1990's, and during that decade modifications in myocardial perfusion imaging and echocardiographic techniques achieved results that approached the predictive accuracies of PET. SPECT imaging emerged as a method in which localization and quantification of perfusion defects was enhanced compared to planar imaging, and viability-specific imaging protocols resulted in improved detection of dysfunctional but viable myocardium. These protocols include stress-redistribution-reinjection and rest-redistribution imaging with thallium-201<sup>41-44</sup> and rest imaging with technetium-99m sestamibi<sup>44-49</sup>, particularly with nitrate enhancement<sup>49-54</sup>. Similarly, low-dose dobutamine stress echocardiography has emerged as a method to elicit inotropic reserve, which is a characteristic feature of myocardium that is stunned and/or hibernating, with excellent clinical results<sup>55-59</sup>. The cumulative evidence suggests that SPECT protocols have higher sensitivity but lower specificity than echocardiography in predicting recovery of function, whereas the demonstration of contractile reserve by dobutamine echocardiography is highly specific in predicting recovery of function after revascularization<sup>15,60</sup>. In terms of enhanced survival after revascularization, SPECT and dobutamine echocardiography appear to have similar potential, with results that are roughly equivalent to those achieved with PET<sup>20-26,61</sup>.

### The emerging role of magnetic resonance imaging

In the past few years, viability-specific protocols have been developed for cardiac magnetic resonance imaging (MRI). These protocols have enormous potential and have generated tremendous excitement.

First, cardiac MRI provides enhanced image resolution, improved endocardial border delineation, and the potential for accurate quantitation of regional and global LV function. Thus, one would anticipate that cardiac

MRI performed during low-dose dobutamine administration would identify dysfunctional myocardium with contractile reserve with an accuracy that is at least equivalent to that of echocardiography. The potential of dobutamine cardiac MRI has been demonstrated in a few small series<sup>62-65</sup>, but the experience to date is too limited in patients with LV dysfunction in terms of predicting recovery of function or enhanced survival after revascularization to permit definitive comparisons with the large database that is now available for dobutamine echocardiography.

Second, contrast-enhanced MRI has emerged as a powerful tool for viability assessment. It has been well demonstrated that standard gadolinium-based MRI contrast agents have delayed washout and are retained in irreversibly damaged myocardium, whether acutely necrotic or chronically fibrotic, compared to viable myocardium<sup>66,67</sup>. Thus, late contrast enhancement is a means of identifying *nonviable* myocardium, with an excellent correlation with thallium-201 SPECT imaging and dobutamine echocardiography<sup>68</sup>. In addition, MRI provides improved spatial resolution that permits, for the first time, noninvasive delineation of the transmural extent of viable versus nonviable tissue and the identification of even small subendocardial infarcts that are undetected by SPECT or echocardiography<sup>69,70</sup>. It has been demonstrated that the transmural extent of contrast-enhanced myocardium in dysfunctional territories may be used to predict the likelihood of recovery of regional and global LV function after revascularization<sup>71</sup>.

Perfusion imaging with cardiac MRI is currently limited to first pass imaging with gadolinium, an agent with rapid washout rates from normal myocardium and viable but ischemic myocardium. Nonetheless, modeling of contrast wash-in and wash-out rates may provide semiquantitative information regarding relative regional perfusion<sup>72,73</sup>. It is anticipated that the future development of specific MRI myocardial perfusion agents that are retained in the myocardium (like sestamibi) or exhibit delayed, differential wash-out (like thallium) will result in protocols that evaluate regional subendocardial ischemia.

Thus, MRI has the potential to assume a role in the comprehensive evaluation of regional function, contractile reserve, perfusion, and viability in patients with LV dysfunction. Whether these MRI protocols will achieve sufficient ease and efficiency for routine testing, with results that are as definitive, accurate, and cost-effective as the current and future SPECT and echocardiographic methods, will require extensive evaluation. In the interim, it is clear that the identification of viable myocardium will continue to play a pivotal role in clinical decision making in patients with LV dysfunction, and for the foreseeable future nuclear cardiology and echocardiographic techniques will continue to be called upon for evaluating the hibernating myocardium.

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