

# Meta-Analysis of Oral Anticoagulant Monotherapy as an Antithrombotic Strategy in Patients With Stable Coronary Artery Disease and Nonvalvular Atrial Fibrillation



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**Guidelines recommend oral anticoagulant (OAC) monotherapy without antiplatelet therapy (APT) in patients with nonvalvular atrial fibrillation (AF) with stable coronary artery disease (CAD) of >1 year after myocardial infarction or percutaneous coronary intervention. More evidences are required for the safety and efficacy of OAC monotherapy compared with OAC plus APT. PubMed, EMBASE, and Cochrane Database of Systematic Reviews were systematically searched up to February 2019. Nonrandomized studies and randomized clinical trials comparing OAC monotherapy with OAC plus single APT (SAPT) for patients with stable CAD and nonvalvular AF. The primary end point was major adverse cardiovascular events (composite of ischemic or thrombotic events) and secondary outcomes included major bleeding, stroke, all-cause death, and net adverse events (composite of ischemic, thrombotic, or bleeding events). From 6 trials, 8,855 patients were included. There was no significant difference in major adverse cardiovascular event in patients with AF treated using OAC plus SAPT compared with those treated with OAC monotherapy (hazard ratio [HR] 1.09; 95% confidence interval [CI] 0.92 to 1.29). OAC plus SAPT was associated with a significantly higher risk of major bleeding compared with OAC monotherapy (HR 1.61; 95% CI 1.38 to 1.87), as well as in terms of net adverse event (HR 1.21; 95% CI 1.02 to 1.43). There were no significant differences in rates of stroke and all-cause death. In conclusion, in this meta-analysis, OAC monotherapy and OAC plus SAPT treatment showed similar effectiveness, but OAC monotherapy was significantly associated with a lower risk of bleeding compared with OAC plus SAPT in patients with nonvalvular AF and stable CAD. © 2019 Elsevier Inc. All rights reserved. (Am J Cardiol 2019;124:879–885)**

Coronary artery disease (CAD) is accompanied in 1/3 of patients with atrial fibrillation (AF).<sup>1</sup> The oral anticoagulant (OAC) and antiplatelet therapy (APT) are essential treatment for AF patients with CAD who have undergone percutaneous coronary intervention (PCI).<sup>2,3</sup> Particularly in AF patients with stable CAD for >1 year after the acute coronary events or PCI, either OAC monotherapy or combined

OAC with single antiplatelet therapy (SAPT) is recommended according to their risk of future coronary events.<sup>4–6</sup> Although several observational and prospective registries have evaluated the optimal treatment for patients with stable CAD and AF,<sup>7–10</sup> there are limited data from randomized controlled trials (RCTs) regarding the use of OAC monotherapy. The result of OAC-ALONE trial remains inconclusive due to being underpowered.<sup>11</sup> We thus conducted a systematic review and performed a meta-analysis to compare the efficacy and safety of OAC monotherapy and OAC plus SAPT in AF patients with stable CAD.

## Methods

We performed electronic searches of PubMed, EMBASE, and the Cochrane Database of Systematic Reviews to identify studies that included specific keywords relevant to this topic. We added manual search results, including references cited in electronically searched articles, recent reviews, editorials, and meta-analyses. We did not apply any restrictions regarding the language, study period, or sample size. A description of the detailed study methods including search strategy is included in the online supplement.

The inclusion criteria for studies in this meta-analysis were as follows: (1) the study should be published before

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Funding: None.

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See page 884 for disclosure information.

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February 2019; (2) clinical end points should be clearly reported; (3) the study should include stable CAD (defined as 1 year after any myocardial infarction [MI] or PCI) patients with AF; (4) a comparison of outcomes between OAC monotherapy and OAC plus SAPT should be presented. Two investigators (SRL and TMR) independently screened titles and abstracts from the search results, removed duplicates, investigated full articles, and determined if they should be included in the analysis. The primary end point was a major adverse cardiovascular event (MACE, a composite of ischemic or thrombotic events) and secondary outcomes included major bleeding, stroke or systemic thromboembolism, all-cause death, and net adverse events (NAEs, a composite of ischemic, thrombotic, or bleeding events).

We acquired the data for analysis and the description of study characteristics using a standardized extraction form. We assessed the quality of eligible studies using the Cochrane Collaboration's tool for assessing the risk of bias, the Newcastle-Ottawa scale, and the strengthening the reporting of observational studies in epidemiology (STROBE) checklist.

We applied random-effect models to analyze primary and secondary end points and pooled hazard ratios (HRs) are presented with 95% confidence intervals (CIs) as statistical summaries. Heterogeneity between studies was quantified using  $I^2$  statistics. Publication bias was assessed qualitatively using funnel plot asymmetry and quantitatively using Egger's and Begg's tests.

Subgroup analyses were used to assess differential effects between various subgroups. Two-sided  $p$  values  $<0.05$  were considered to statistically significant. We followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA; eTable 1 in the online supplement) and the Meta-analysis of Observational Studies in Epidemiology (MOOSE) guidelines.

## Results

Figure 1 presents an overview of the search and selection process used in this meta-analysis. A total of 8,855 patients with stable CAD and nonvalvular AF were included in the 6 studies. A summary of important study characteristics can be found in Table 1 and eTable 4 in the online supplement. Only recent publications included direct oral anticoagulant (DOAC) users (27%, 40.6%, and 24.8% of total study population).<sup>9–11</sup> Patients with DOAC accounted for 8.6% of total of 8,855 pooled patients, irrespective of whether they were prescribed OAC monotherapy or OAC plus SAPT. Both aspirin and clopidogrel were included as SAPT therapies. The definitions of major bleeding in included studies were largely consistent with the International Society on Thrombosis and Hemostasis major bleeding criteria.

Risk of bias of each study was assessed using the Cochrane Collaboration's tool for RCT, and the Newcastle-Ottawa scale for nonrandomized studies (eTables 2 and 3 in the online supplement). The bias risk of both RCT and nonrandomized studies was low, providing high methodologic quality of this meta-analysis.

In our main analysis, we observed no significant heterogeneity for the all end points. In this population of patients with stable CAD and nonvalvular AF, OAC plus SAPT was associated with an increased risk of major bleeding (pooled HR 1.61; 95% CI 1.38 to 1.87), whereas there was no significant difference in MACE compared with OAC monotherapy (pooled HR 1.09; 95% CI 0.92 to 1.29; Figure 2). Funnel plots, along with the Egger's and the Begg's test, showed no significant publication bias for MACE. Although some asymmetry was observed for major bleeding, the result remained consistent after trim-and-fill method (eFigure 1 in the online supplement).

There was no significant difference in rates of all-cause death (pooled HR 1.07; 95% CI 0.91 to 1.27) and stroke

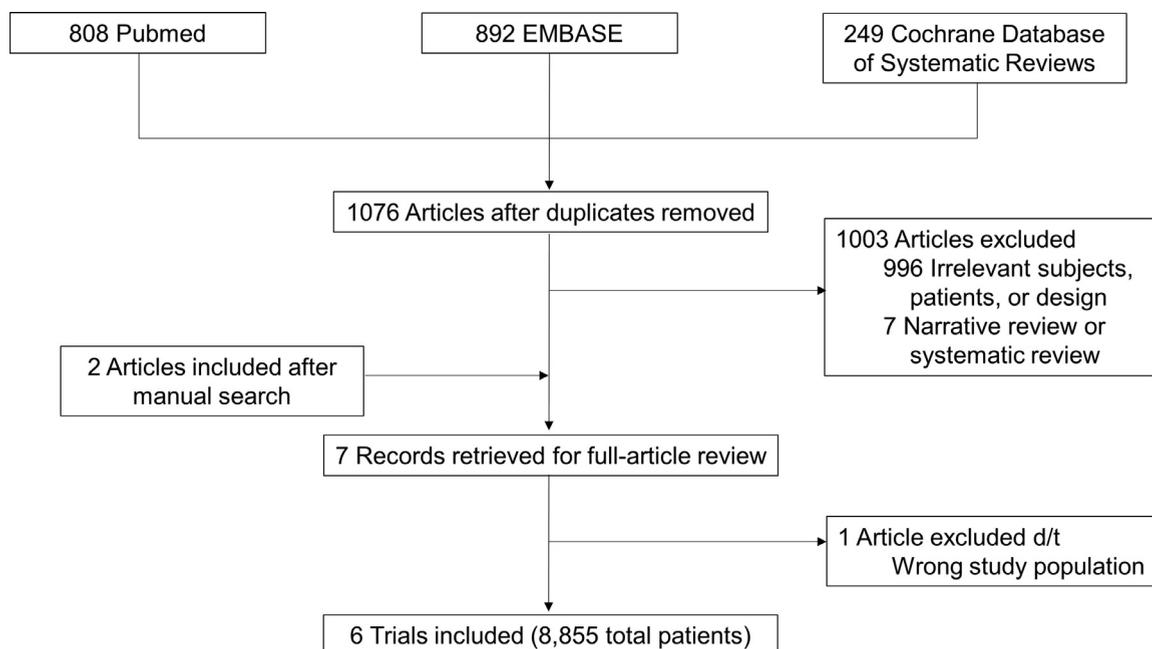


Figure 1. Study flow.

Table 1  
Characteristics of studies selected for analysis

First author of study	Study period	Study design	Number of patients		Demographics of overall population				
			OAC alone	OAC + APT	Mean age (Years)	Male	MI	Type of stent	
Lamberts (2014) (aspirin)	2002-2011	Observational registry	950	1471	73.4	66.1%	78.8%	NR	
Lamberts (2014) (clopidogrel)	2002-2011	Observational registry	950	322	73.0	64.2%	74.3%	NR	
Hamon (2014)	2010-2011	Prospective cohort	119	342	NR	NR	NR	NR	
Lemesle (2017)	2003-2004	Prospective cohort	1481	866	73.2	71.2%	54.8%	NR	
Fischer (2018)	2010-2015	Observational registry	172	434	76.0	68.9%	45.3%	BMS or DES	
Patti (2018)	2012-2016	Observational registry	710	348	74.1	78.6%	68.3%	BMS or DES	
Matsumura-Nakano (2018)	2013-2016	Randomized trial	344	346	75.1	85.2%	38.6%	BMS or DES	

APT = antiplatelet therapy; BMS = bare-metal stent; DES = drug-eluting stent; DOAC = direct oral anticoagulant; MI = myocardial infarction; NR = not reported; OAC = oral anticoagulant; VKA = vitamin K antagonist.

(pooled HR 0.99; 95% CI 0.70 to 1.40). Compared with OAC monotherapy, OAC plus SAPT showed significantly worse outcomes in NAE (pooled HR 1.21; 95% CI 1.02 to 1.43; Figure 3).

In general, consistent findings were observed in various subgroup analyses (Figure 4). The subgroup analyses did not reveal any significant heterogeneity in various subgroups. OAC plus SAPT tended to show higher risk of MACE than OAC monotherapy in the subgroup that >60% of total population had previous history of MI (HR 1.35; 95% CI 0.96 to 1.88). Results were consistent in the subgroup by the stent type mainly used in the studies (BMS or DES). OAC plus SAPT tended to show higher risk of bleeding than OAC monotherapy regardless of the subgroup by VKA only versus VKA/DOAC.

### Discussion

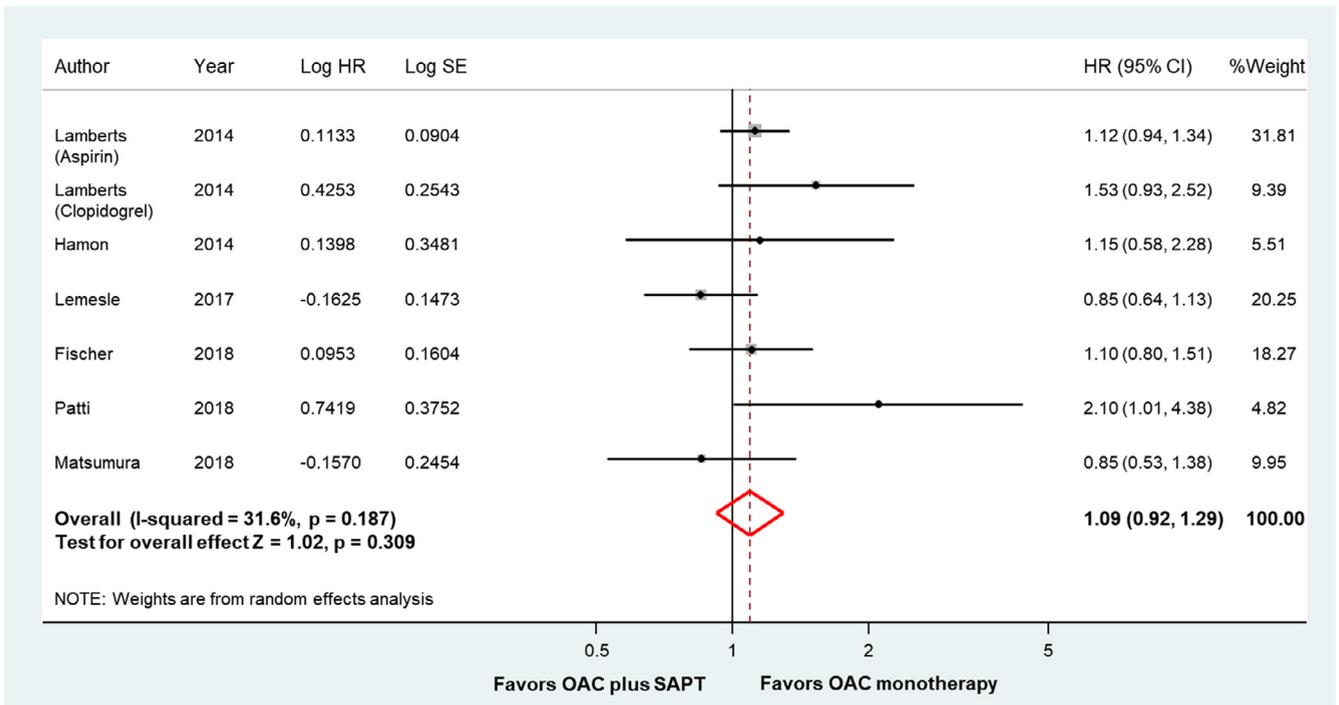
Our principal findings are as follows: (1) the pooled HR for major bleeding and NAE were significantly higher in the OAC plus SAPT group, whereas there were no significant differences in MACE, stroke, and death; (2) in general, consistent findings were observed in various subgroup analyses, including BMS and DES studies; (3) OAC monotherapy showed more benefit for MACE in the subgroup with higher proportion of previous MI patients; (4) in the studies after the introduction of DOACs, OAC monotherapy was generally safer and had comparable MACE to that of OAC plus SAPT. This meta-analysis is the first to include data from the OAC-ALONE study, which is the first RCT evaluating safety and efficacy of OAC monotherapy and OAC plus SAPT.<sup>11</sup>

A substantial proportion of patients with AF have concomitant CAD and are at risk of acute coronary events requiring PCI at some point in their lives.<sup>1,12</sup> Irrespective of APT regimens used, omission of OAC is regarded as inadequate for stroke prevention in patients with AF; however, the co-morbidities of CAD and concomitant use of APT lead to underutilization of OAC, often due to concerns about the risk of bleeding.<sup>13-16</sup> A recent report that primary prevention through aspirin is harmful in terms of bleeding without any benefit evokes a need to review the current medical practice of using APT routinely.<sup>17</sup> Also, many physicians have misconception that APT is more mandatorily considered in AF patients with CAD; therefore, OAC is largely underused in these patients or alternatively, such patients receive unnecessary treatment, which can substantially increase the risk of bleeding.<sup>18</sup>

Although guidelines generally recommend OAC monotherapy for AF patients with stable CAD, the evidence that stands for the use of OAC monotherapy has been limited.<sup>5,6,19</sup> A Danish nationwide registry study demonstrated that compared with other antithrombotic regimen, VKA plus SAPT was not more beneficial for prevention of thromboembolism; however, it significantly increased the risk of bleeding compared with VKA monotherapy.<sup>18</sup> Subsequent prospective studies reported that VKA alone resulted in no difference in MACE, but led to a decreased risk of bleeding compared with VKA plus SAPT.<sup>7,8</sup>

In the PREFER-in-AF and PREFER-in-AF Prolongation registries, OAC monotherapy significantly

**(A) Major adverse cardiovascular events**



**(B) Major bleeding**

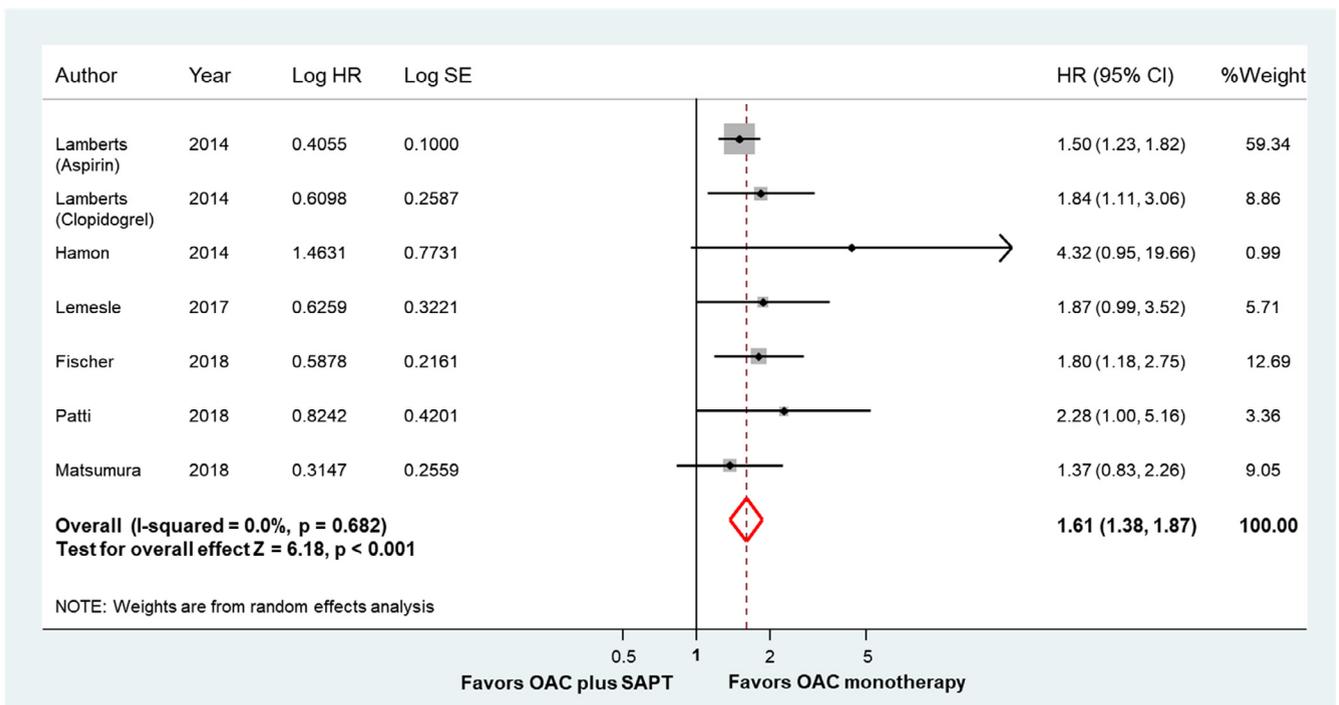
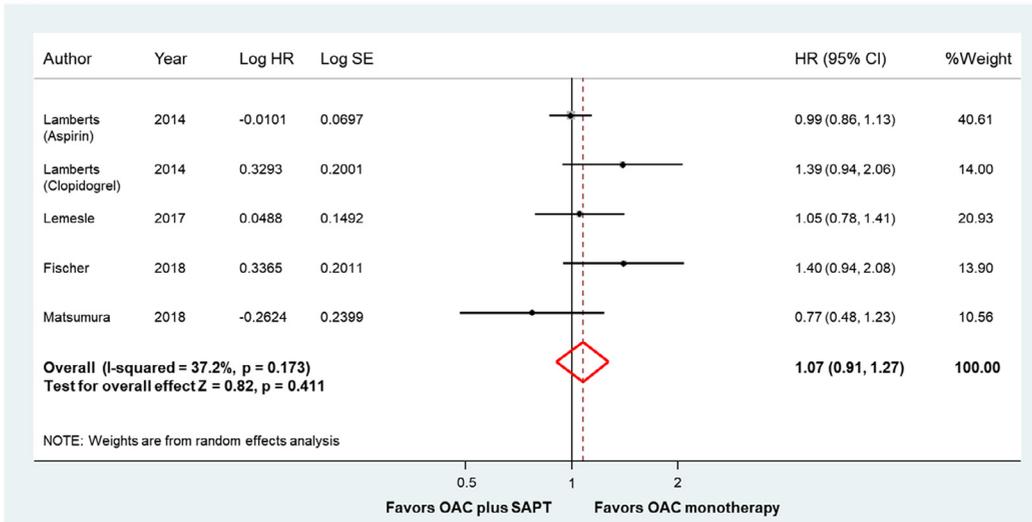


Figure 2. Pooled hazard ratio of MACE and major bleeding comparing OAC monotherapy versus OAC plus SAPT. (A) Major adverse cardiovascular events. (B) Major bleeding. MACE = major adverse cardiovascular events; OAC = oral anticoagulant; SAPT = single antiplatelet therapy.

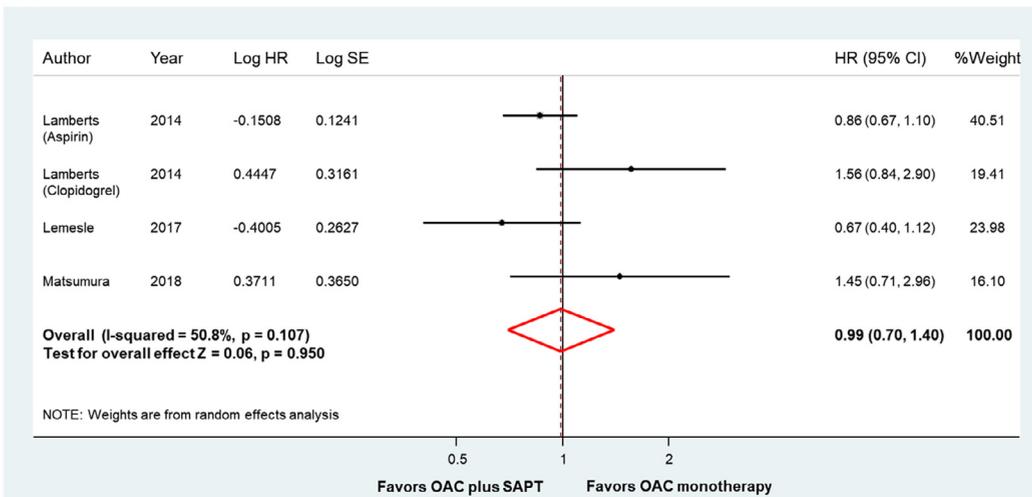
reduced both ACS and major bleeding, leading to a clear net clinical benefit.<sup>10</sup> The benefits of OAC monotherapy in ACS indicate that the OAC plus SAPT group may be at an increased risk of both thromboembolic and bleeding events, which is consistent with the result of the subgroup analysis

in this meta-analysis. Notably, in the OAC plus SAPT group, the use of antithrombotic agents is likely to be interrupted by the bleeding events, which may increase the incidence of MACE in high risk patients. Furthermore, because most evidence to date is from nonrandomized studies,

**(A) All-cause death**



**(B) Stroke**



**(C) Net adverse events**

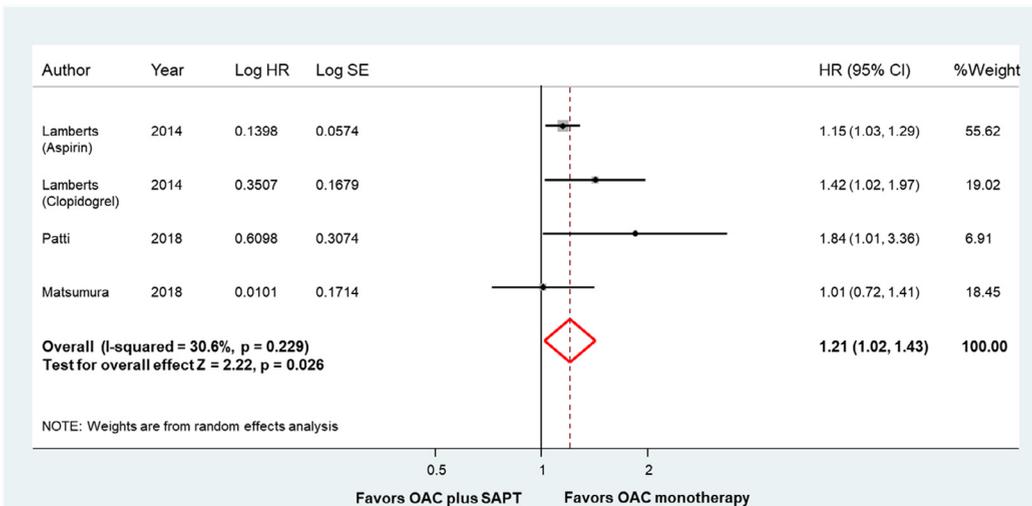


Figure 3. Pooled hazard ratio of all-cause death, stroke, and net adverse events comparing OAC monotherapy versus OAC plus SAPT. (A) All-cause death. (B) Stroke. (C) Net adverse events. OAC = oral anticoagulant; SAPT = single antiplatelet therapy.

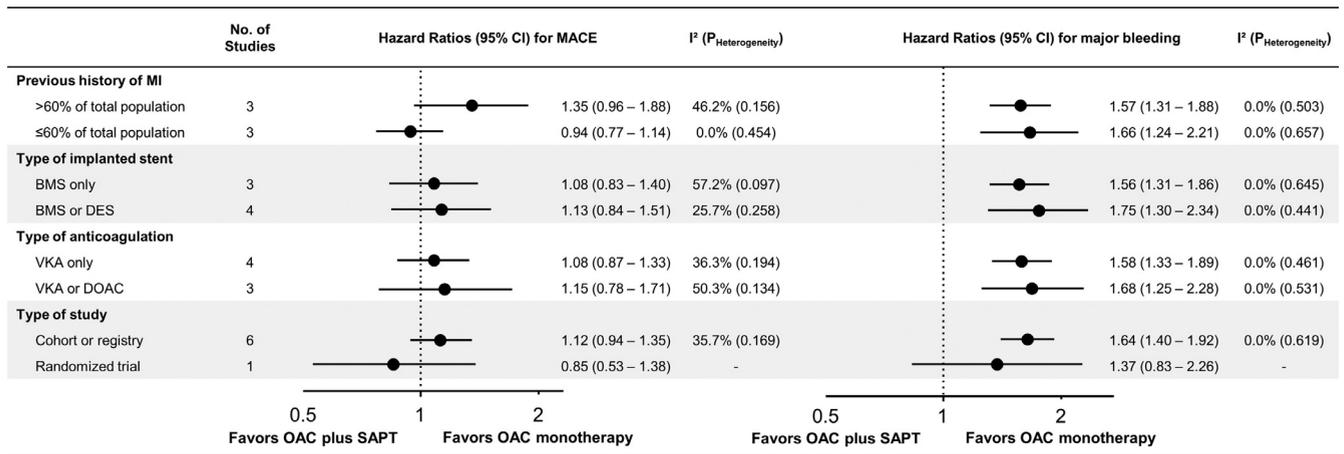


Figure 4. Subgroup analyses for MACE and major bleeding. MACE = major adverse cardiovascular events.

unmeasured confounders such as physician's discretion cannot be ignored. It is possible that the assignment to either OAC monotherapy or OAC plus SAPT group was affected by the individual bleeding risk.

Following these cohort studies, the first RCT comparing OAC versus OAC plus SAPT in AF patients with stable CAD was performed,<sup>11</sup> but the patient enrollment was prematurely terminated due to slow enrollment and the number of study patients was smaller than originally planned. The significance of noninferiority of OAC monotherapy compared with OAC plus SAPT was not achieved for the primary composite outcome (all-cause death + MI + stroke/systemic embolism), whereas was established for the secondary composite outcome (primary composite outcome + major bleeding; HR 0.99; 95% CI 0.71 to 1.39;  $p = 0.016$  for noninferiority). Although the study was underpowered and inconclusive, the findings were consistent with previous cohort studies, demonstrating that OAC plus SAPT had no significant benefit compared with OAC monotherapy.

In our meta-analysis, OAC plus SAPT treatment was significantly associated with an increased risk of major bleeding as well as NAE, without a significant reduction in cardiac and cerebral ischemic events compared with OAC monotherapy. Our findings are largely consistent with previous studies.

Prescription of DOACs for stroke prevention has been rapidly increasing in patients with nonvalvular AF, because their introduction, as an effective, safe, and convenient alternative to VKA.<sup>1,14,20</sup> In this study, a large portion of OAC treatment was performed using VKA, and only recent studies have included patients treated with DOAC or DOAC plus SAPT.<sup>9–11</sup> In the subgroup analysis, the results were consistent for both VKA and VKA/DOAC studies. At the time of the systematic search for the present meta-analysis, we found no clinical trials directly comparing the use of DOAC monotherapy with DOAC plus SAPT in AF patients with stable CAD. Although 2 randomized clinical trials are undergoing with DOACs (NCT 02642419 and NCT 03718559),<sup>21</sup> more evidence are required given the recent report that worse efficacy may be seen in DOAC compared with VKA.<sup>22</sup> Real-world cohort studies are also warranted

to analyze the various factors that affect the practical use of DOAC, such as the dosing regimen, adherence or compliance issue, and the fluctuation of renal function.

This study has several limitations. First, the treatment quality of VKA, represented as time in therapeutic range, was not thoroughly evaluated in all studies included in this analysis. Second, some studies in this meta-analysis reported the mean CHA<sub>2</sub>DS<sub>2</sub>-VASc score (4.7 to 4.9<sup>8</sup>, 4.7<sup>9</sup>, and 4.6<sup>11</sup>) and HAS-BLED score (3.1<sup>9</sup>) of the total study population, but the reporting methods for CHA<sub>2</sub>DS<sub>2</sub>-VASc and HAS-BLED scores varied between the studies. Therefore, we could not explore whether significant interactions exist among subgroups stratified by these scores. Third, we could not analyze whether there was a particular clinical subgroup in which OAC plus SAPT treatment may be beneficial. The procedural characteristics were not available for most of the studies included, thus limiting the scope of this analysis. Lastly, because many of included studies were performed in the VKA era,<sup>7,8,18</sup> further studies are required, particularly those including DOACs as the OAC therapy used. In addition, subsequent studies should include comparisons with new antiplatelet drugs that have not been adequately addressed in previous studies.

In conclusion, OAC monotherapy and OAC plus SAPT treatment showed similar effectiveness, but OAC monotherapy was significantly associated with a lower risk of bleeding compared with OAC plus SAPT in patients with nonvalvular AF and stable CAD.

## Disclosures

SRL, TMR, DYK: none; EKC: research grant from Daiichi-Sankyo, BMS/Pfizer, and Biosense Webster; SO: research grant from Bayer Korea, BMS Korea, Boehringer-Ingelheim Korea, Daiichi Sankyo Korea, Pfizer Korea. No fees are received personally; GYHL: consultant for Bayer/Janssen, BMS/Pfizer, Medtronic, Boehringer Ingelheim, Novartis, Verseen and Daiichi-Sankyo. Speaker for Bayer, BMS/Pfizer, Medtronic, Boehringer Ingelheim, and Daiichi-Sankyo. No fees are received personally.

## Supplementary materials

Supplementary material associated with this article can be found in the online version at <https://doi.org/10.1016/j.amjcard.2019.05.072>.

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