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A Fib or Fact? Arrhythmia Prevention With SGLT2 Inhibitors

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Before we begin...

The author did not identify any guidelines that comment on treatment with antihyperglycemic medications for preventing atrial fibrillation in diabetic patients

All sources are primary or secondary literature

Assessing Quality of Evidence

- Strength of Recommendation Taxonomy (SORT)
 - Level of Evidence (1-3)

TABLE 2			
Assessing Quality of Evidence			
Study quality	Diagnosis	Treatment/prevention/screening	Prognosis
Level 1: good-quality, patient-oriented evidence	Validated clinical decision rule	Systematic review/ meta-analysis or RCTs with consistent findings	Systematic review/meta-analysis of good-quality cohort studies
	Systematic review/meta-analysis of high-quality studies	High-quality individual RCT†	Prospective cohort study with good follow-up
	High-quality diagnostic cohort study*	All-or-none study‡	
Level 2: limited-quality patient-oriented evidence	Unvalidated clinical decision rule	Systematic review/ meta-analysis of lower qual- ity clinical trials or of studies with inconsistent findings	Systematic review/meta-analysis of lower quality cohort studies or with inconsistent results
	Systematic review/meta-analysis of lower quality studies or stud- ies with inconsistent findings	Lower quality clinical trial	Retrospective cohort study or prospective cohort study with poor follow-up
	Lower quality diagnostic cohort study or diagnostic case-control study	Cohort study Case-control study	Case-control study Case series
Level 3: other evidence	Consensus guidelines, extrapolations from bench research, usual practice, opinion, disease-oriented evidence (intermediate or physiologic outcomes only), or case series for studies of diagnosis, treatment, prevention, or screening		
RCT = randomized controlled trial.			
*—High-quality diagnostic cohort study: cohort design, adequate size, adequate spectrum of patients, blinding, and a consistent, well-defined reference standard.			
†—High-quality RCT: allocation concealed, blinding if possible, intention-to-treat analysis, adequate statistical power, adequate follow-up (greater than 80 percent).			
‡—In an all-or-none study, the treatment causes a dramatic change in outcomes, such as antibiotics for meningitis or surgery for appendicitis, which precludes study in a controlled trial.			



Describe the relationship between diabetes mellitus and atrial fibrillation



Discuss evidence related to the association with SGLT2 inhibitors and atrial fibrillation development in diabetic patients

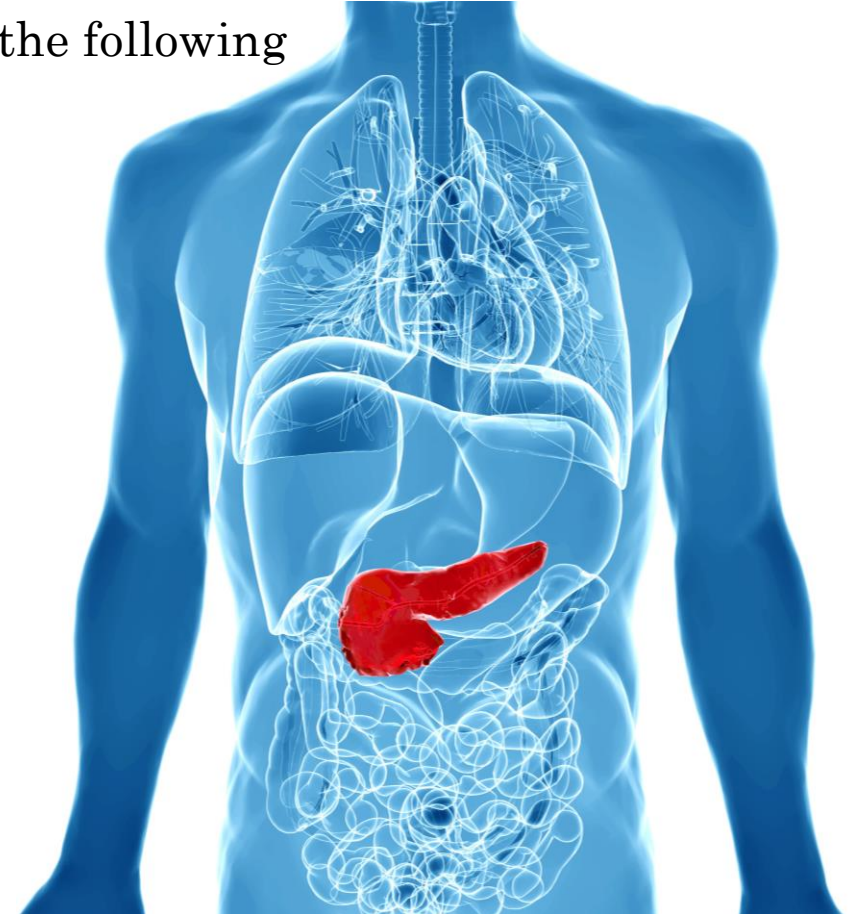


Identify comparative data between SGLT2 inhibitors in relation to atrial fibrillation prevention

Objectives

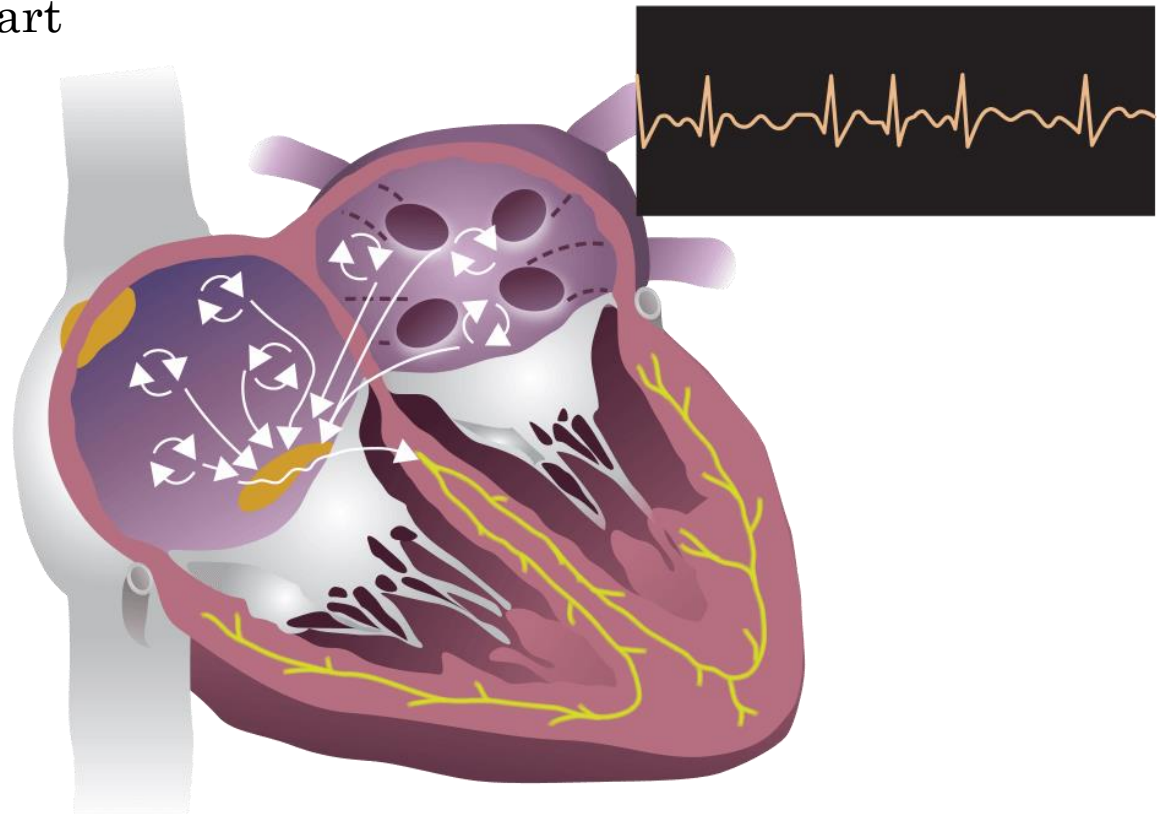
Diabetes Mellitus (DM)

- Metabolic disorder caused by defects in one or both of the following
 - Insulin secretion
 - Insulin action (sensitivity)
- Types
 - Type 1: absolute insulin deficiency from the pancreas
 - Type 2 (T2DM): relative insulin deficiency
 - Beta-cell dysfunction
 - Insulin resistance
- DM is associated with
 - Eye and kidney disease
 - Cardiovascular (CV) events
 - Congestive heart failure (CHF)
 - Atherosclerotic disease

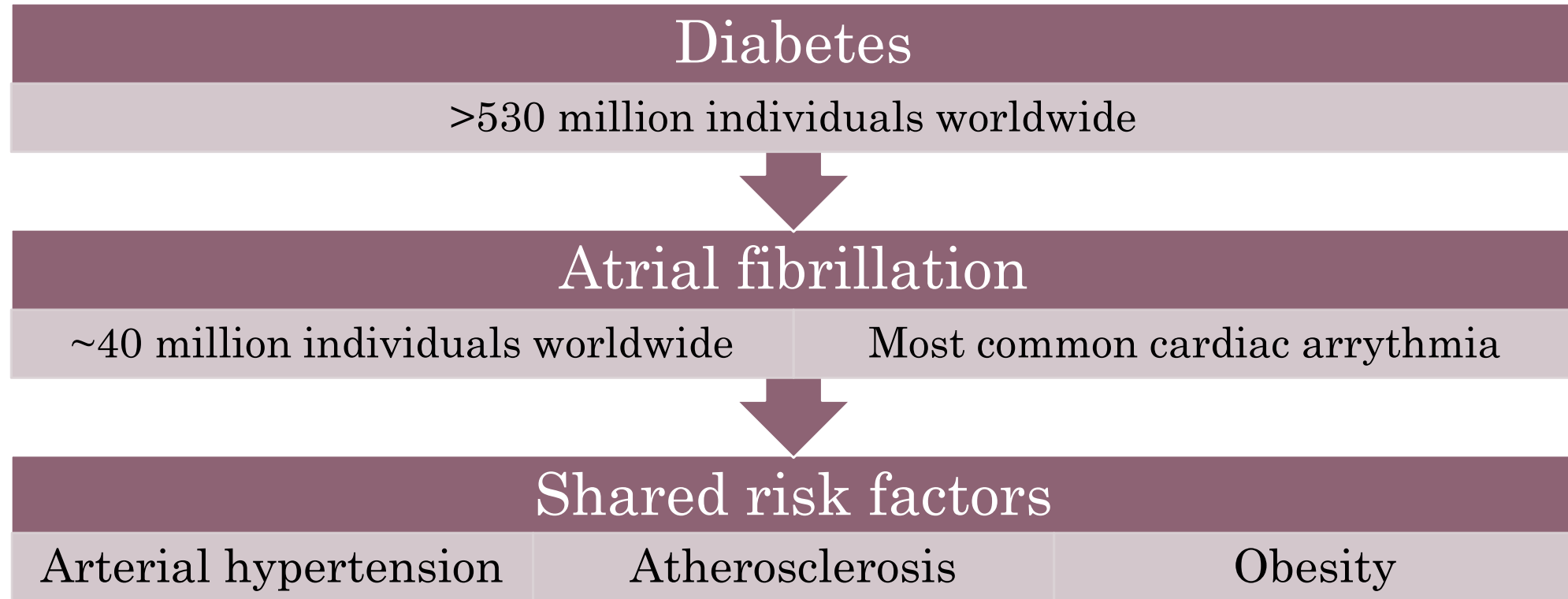


Atrial Fibrillation (AFib)

- Abnormality in the electrical conductivity of the heart leading to an irregular heart rhythm
 - Extremely rapid and disorganized atrial activation
 - Decreased atrial contraction synchronization thus decreasing cardiac output
- General causes
 - Myocardial ischemia or infarction
 - Cardiac remodeling
- Increases risk of stroke

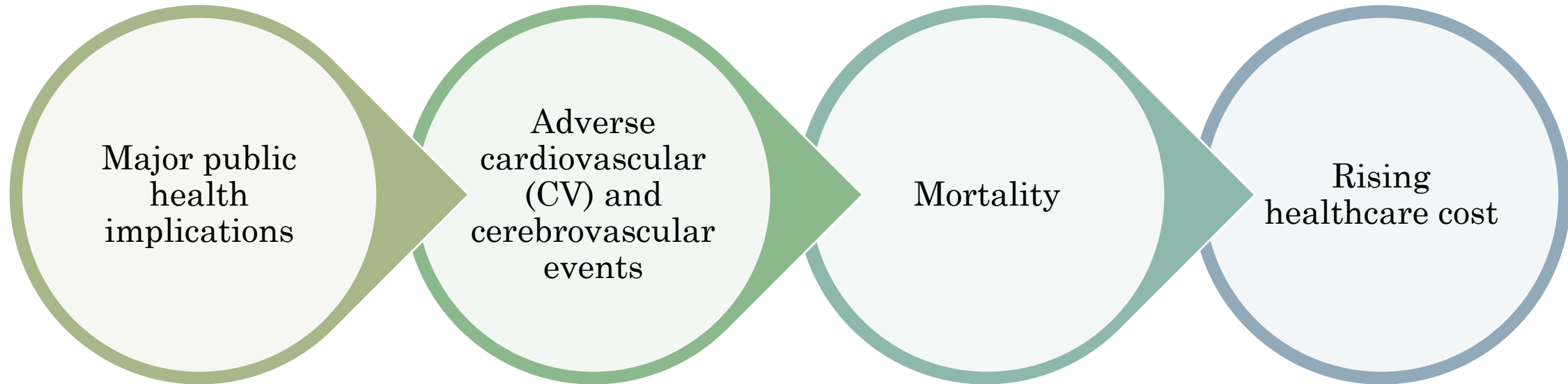


Epidemiology



Is there an association
between DM and AFib?

Why is a DM-AFib association important to identify?



Independent risk factors for atrial fibrillation: The Framingham Heart Study (1994)

Objective

- Identify independent risk factors for atrial fibrillation

Methods

- Population-based cohort
- n=4731 (2090 men, 2641 woman) with no history of AFib
- 38-year follow-up

Results

- 562 participants developed AFib (264 male, 298 female)
- Risk factors for developing AFib: diabetes, hypertension, heart failure, and valve disease

Conclusion

- First study to suggest and independent association between DM and an increased occurrence of atrial fibrillation

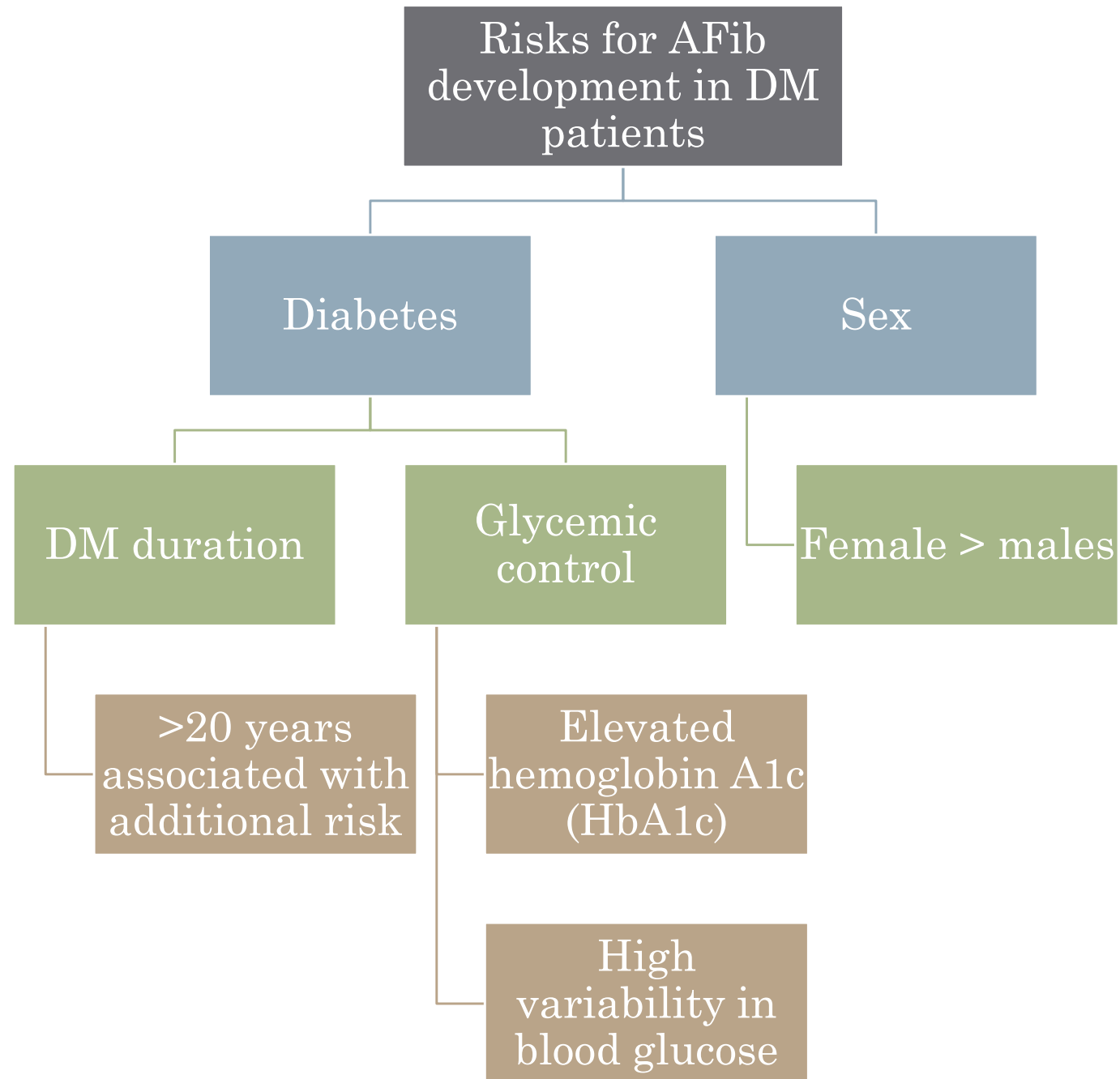
DM-AFib Relationship

No direct causal relationship between DM
and AFib



Strengthened association of DM as an
independent determinant for AFib
development

- Regardless of DM type (1, 2, and pre-diabetes)



Diagnostic Complications

Symptoms

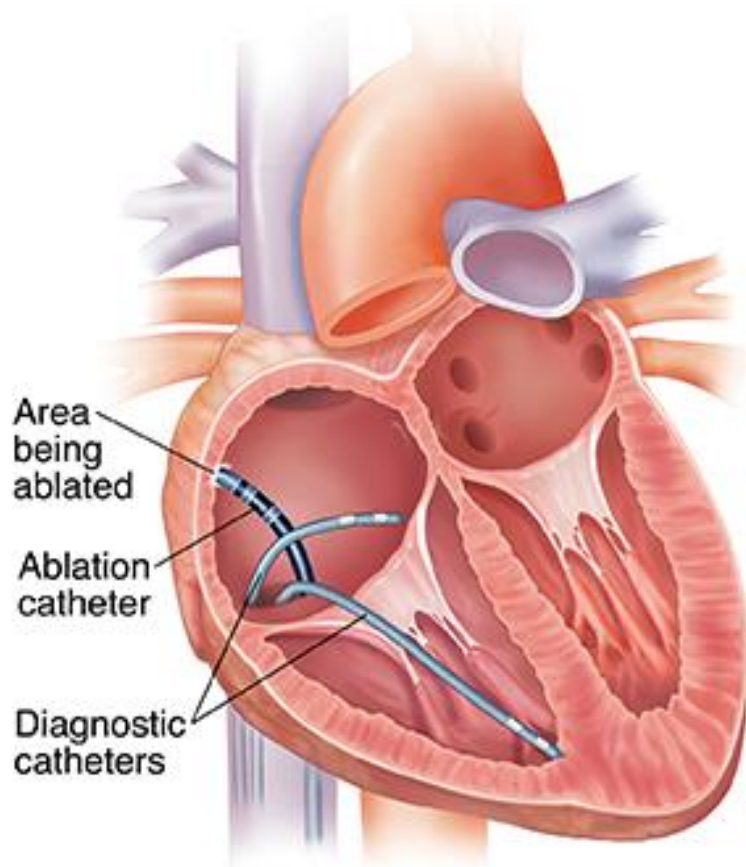
- DM associated neuropathy can mask subjective symptoms of AFib
 - Delaying diagnosis and treatment

Purposed pathology

- DM associated neuropathy blunts the sensitivity of cardiac nerves
- Abnormal central processing of afferent pain messages

Should patients with DM be screened for AFib?

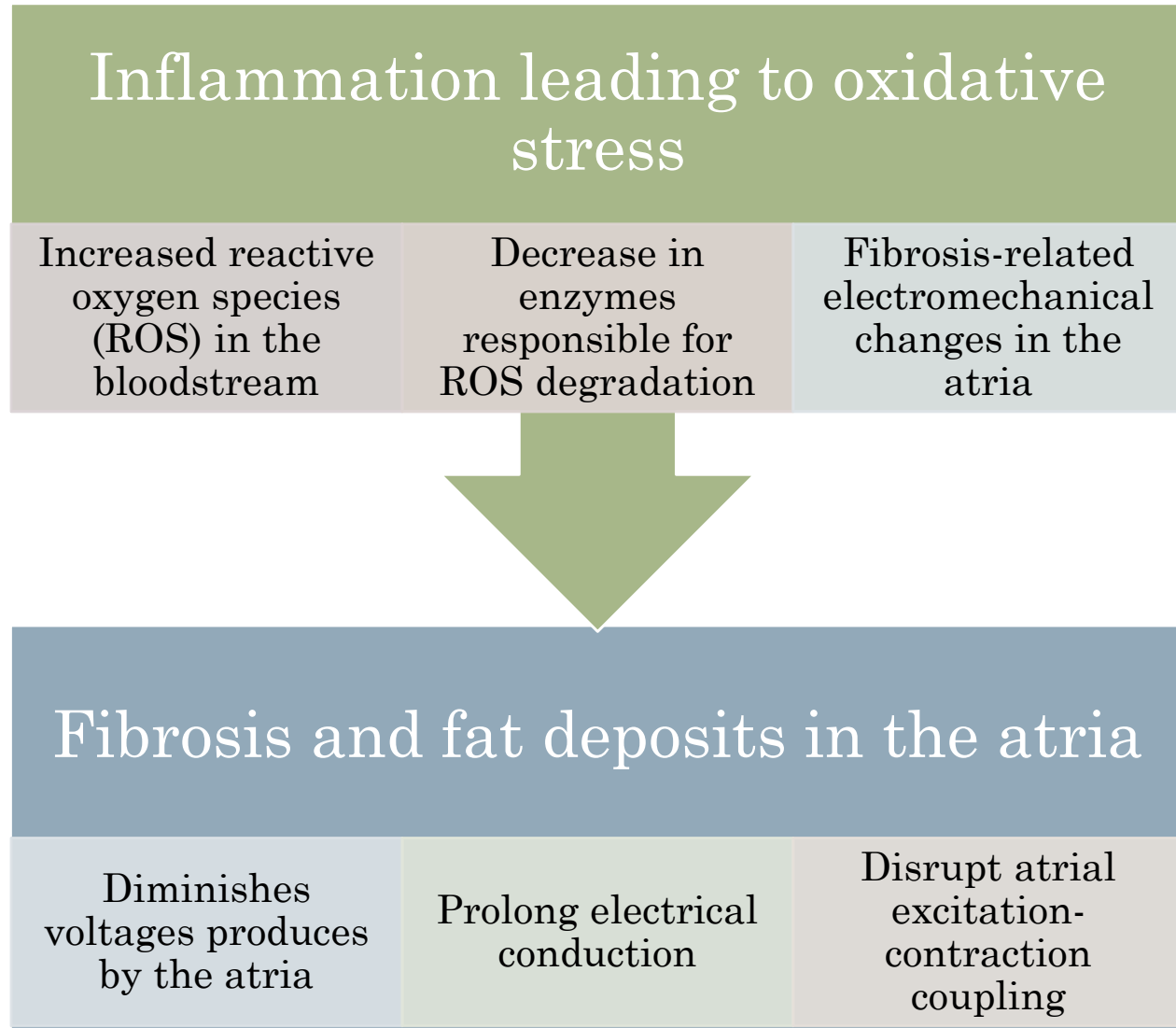
Treatment Complications: Catheter Ablation for AFib



- No significant difference in peri-procedural complications, safety, or efficacy has been shown
- Arrhythmia-free survival rates are significantly lower in DM patients
- Factors that improve peri-procedural outcomes and reduce arrhythmic recurrence
 - Younger age
 - Aggressive lifestyle modification (i.e., weight loss, glycemic control)

Pathophysiology

Electromechanical Remodeling



Structural remodeling

Dilation and fibrosis

- Diffuse fibrosis is initiated by the production of advanced glycation end products
 - Upregulating connective tissues growth factor
- Stiffening cardiac muscle promotes diastolic dysfunction of the left ventricle (LV) and left atrium
 - Increasing LV filling pressure and left atrium dilation

LV hypertrophy

- Risk factor and modifier of AFib
- Associated with DM and abnormal glucose tolerance

Autonomic Remodeling

DM associations

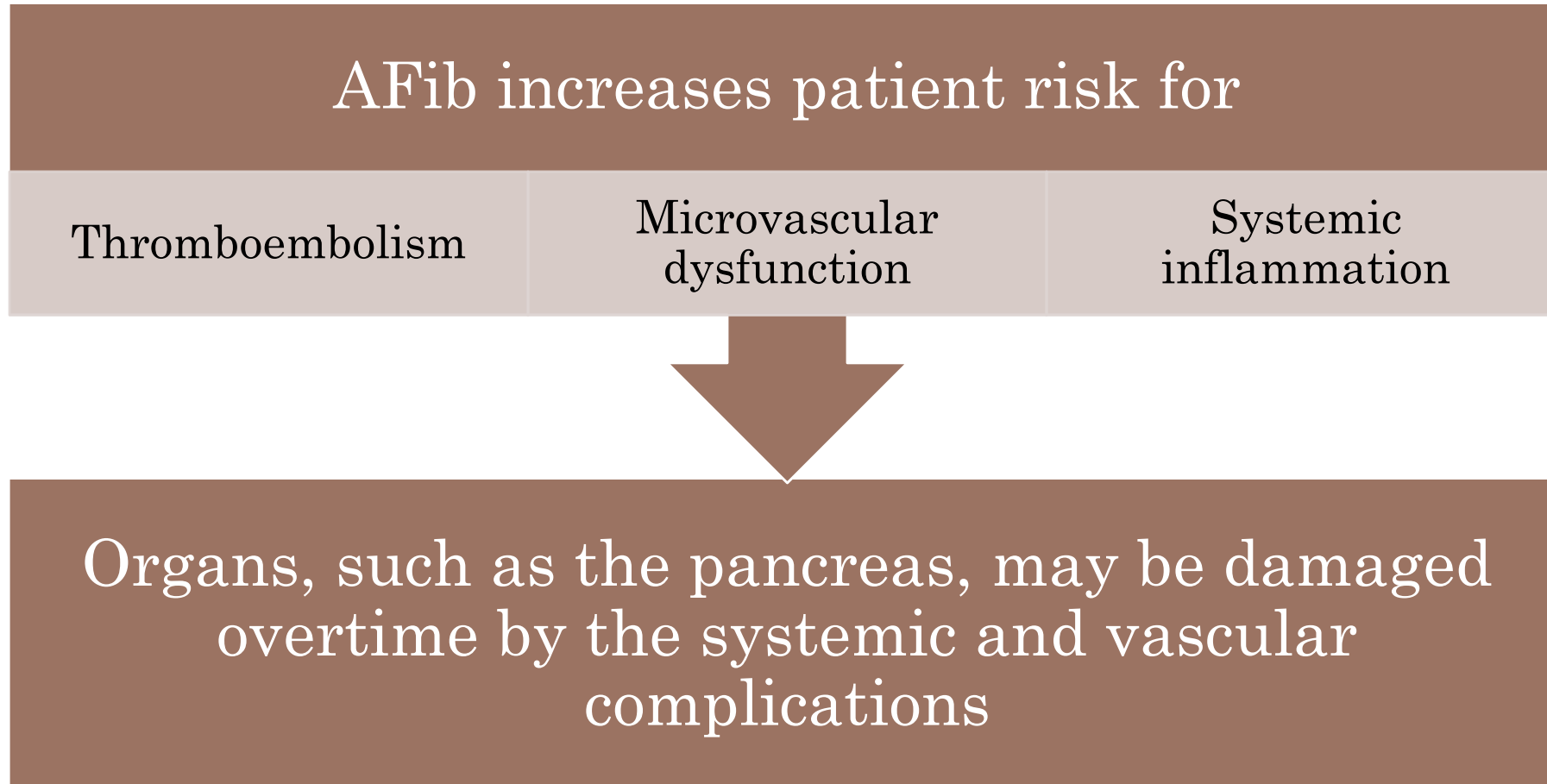
- Increased sympathetic
- Decreased parasympathetic activity of the cardiac muscle



Decreased effective refractory period

Does AFib lead to DM?

Potential Role of AFib in DM Development



Audience Question #1

- True or False
 - The theorized relationship between diabetes and atrial fibrillation includes cardiac remodeling, inflammation, and autonomic dysfunction?

Audience Question #1

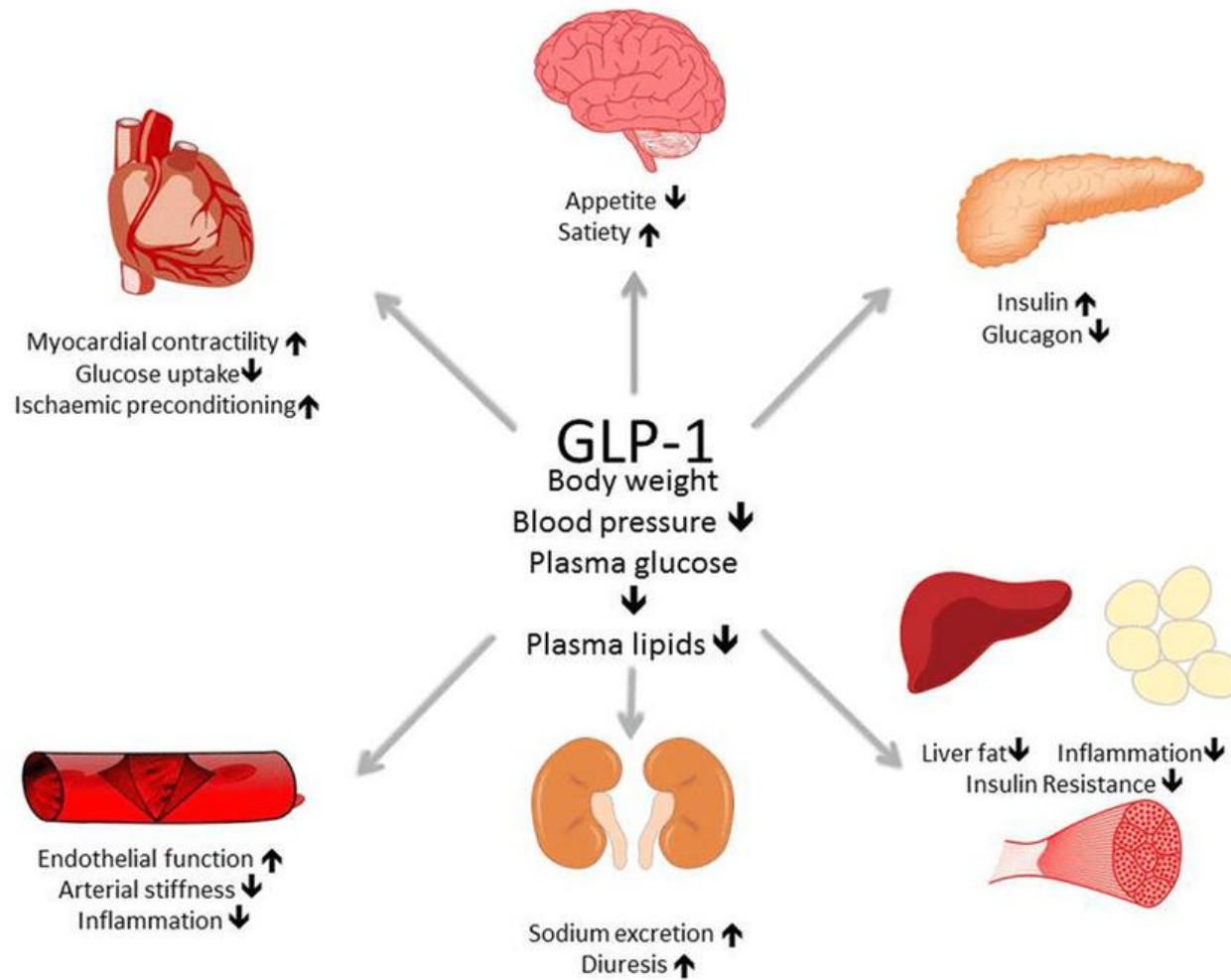
- True or False
 - The theorized relationship between diabetes and atrial fibrillation includes cardiac remodeling, pericardial fat accumulation, inflammation, and autonomic dysfunction?

True

Do all antihyperglycemic medications reduce AFib occurrence in DM patients?

Glucose-Like Peptide-1 Receptor Agonist (GLP-1 RA)

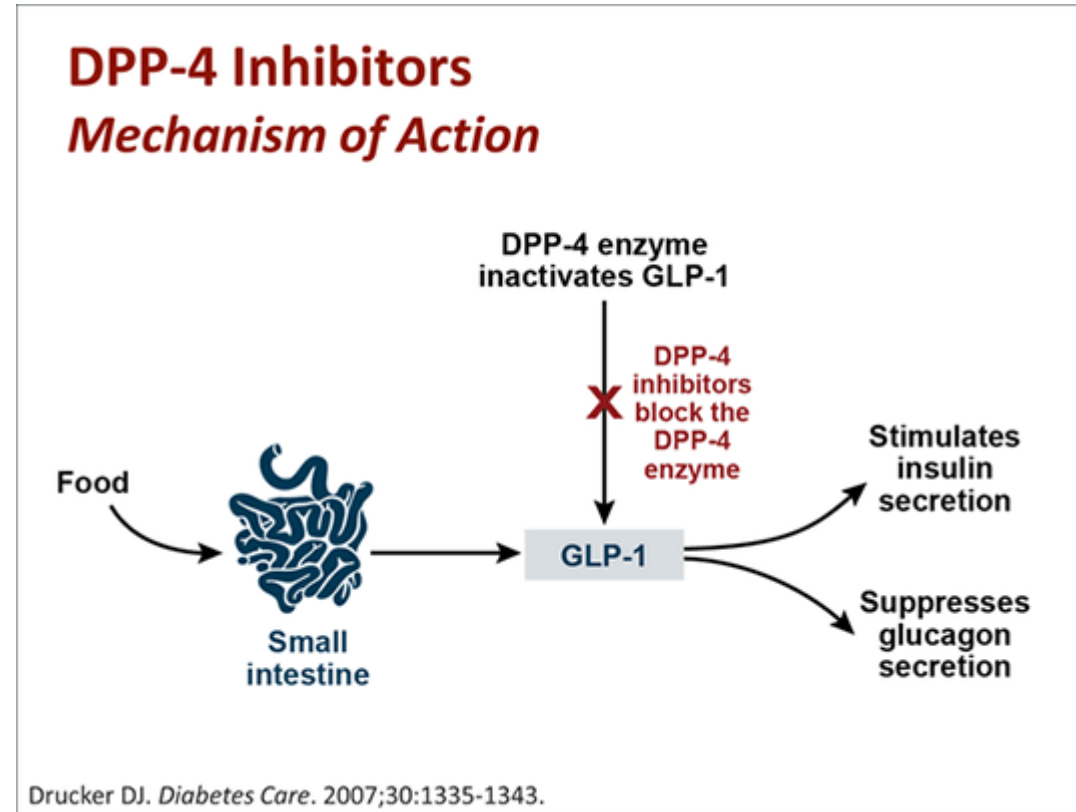
- Agonist of human glucagon-like peptide-1 receptor
- Augment glucose dependent insulin secretion
- Slow gastric emptying



Dipeptidyl Peptidase 4 (DPP- 4) Inhibitor

Inhibits DPP-4 enzyme, increase incretin levels

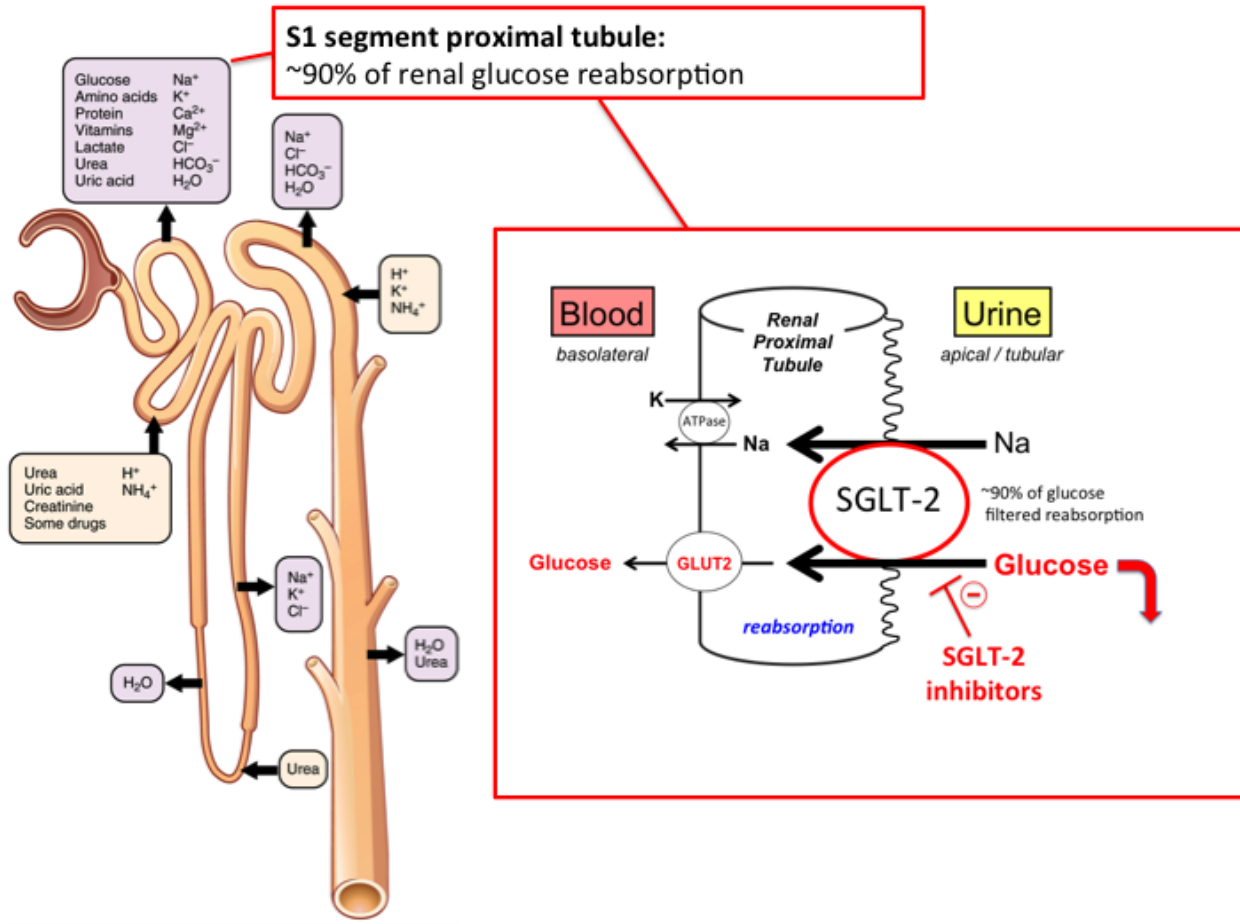
- Incretin hormones (GLP-1) and glucose-dependent insulinotropic polypeptide (GIP) regulate glucose homeostasis
- Increase insulin secretion and decreasing glucagon secretion



Sodium-Glucose Cotransporter 2 Inhibitor (SGLT2i)

Inhibit SGLT2 in proximal renal tubules

- Reducing:
 - Reabsorption of filtered glucose
 - Renal threshold for glucose
 - Reducing plasma glucose concentrations
- Increasing
 - Urinary glucose excretion
- Dapagliflozin (Farxiga) & empagliflozin (Jardiance)
 - Reduces sodium reabsorption
 - Increasing sodium deliver to distal tubule



The risk of incident atrial fibrillation in patients with type 2 diabetes treated with sodium glucose cotransporter-2 inhibitors, glucagon-like peptide-1 receptor agonists, and dipeptidyl peptidase-4 inhibitors: a nationwide cohort study (2022)

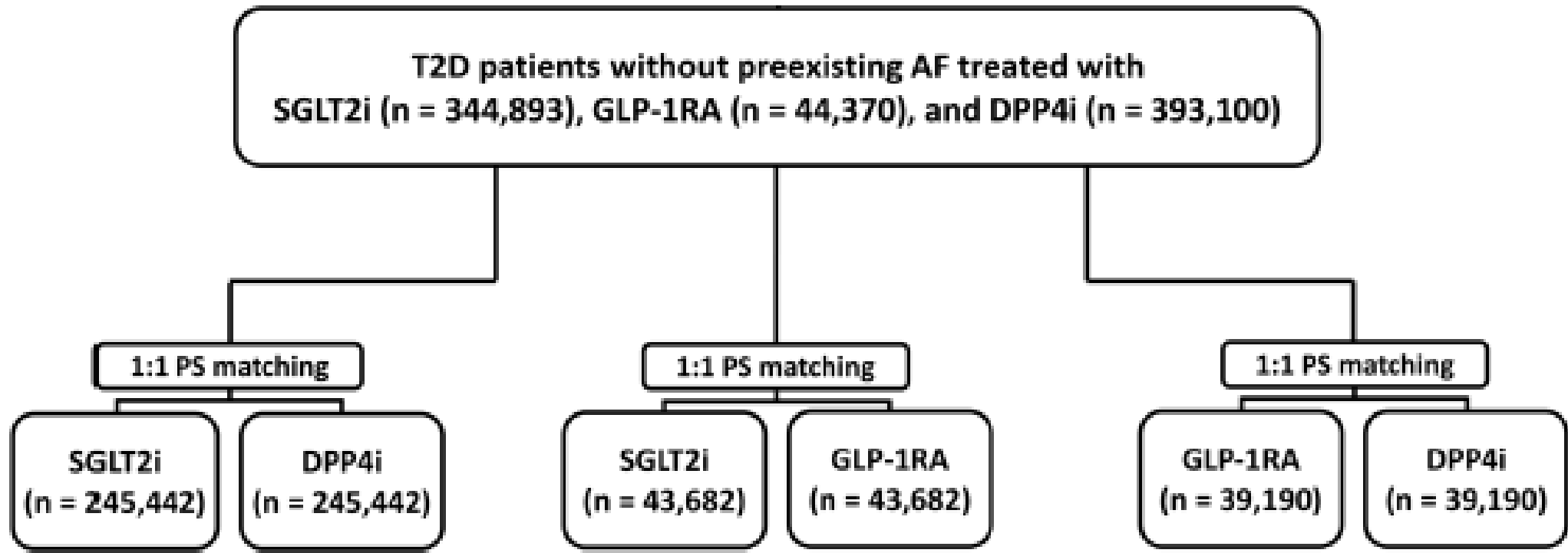
Objective

- Evaluate risk of new-onset AFib associated with SGLT2i, glucagon-like peptide-1 receptor agonists (GLP-1RA), and dipeptidyl peptidase-4 inhibitors (DPP4i)

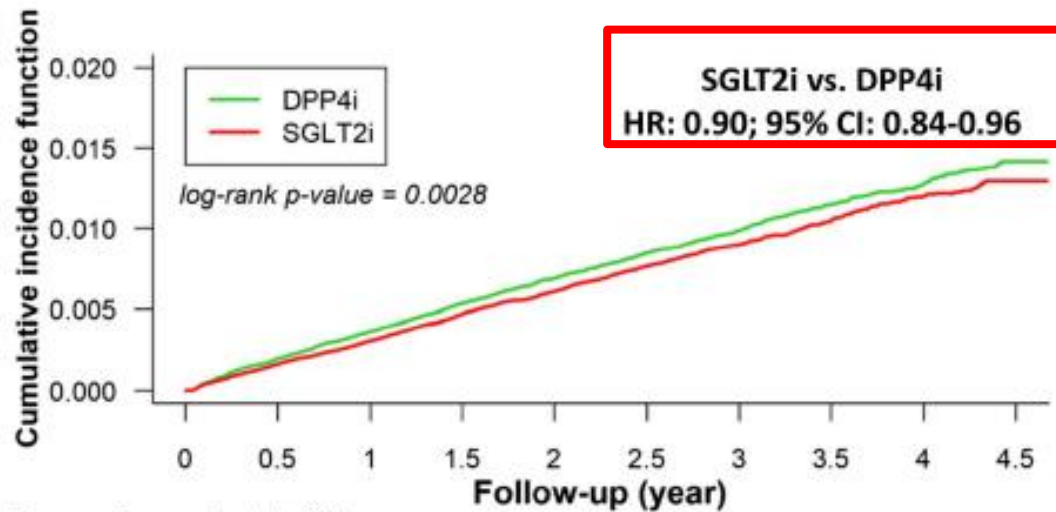
Methods

- Nationwide retrospective cohort study: May 2016 - Dec. 2019
- Observation period: initiation of medication to first occurrence of
 - AFib
 - Death
 - Discontinuation of therapy
 - End of study period (December 31, 2020)

Study population

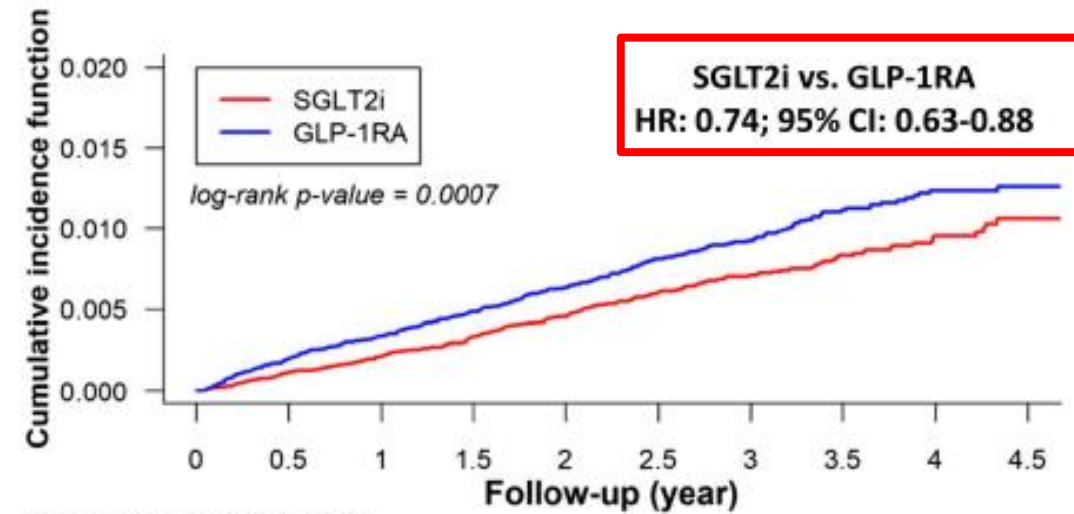


Results



Percentage at risk (%):

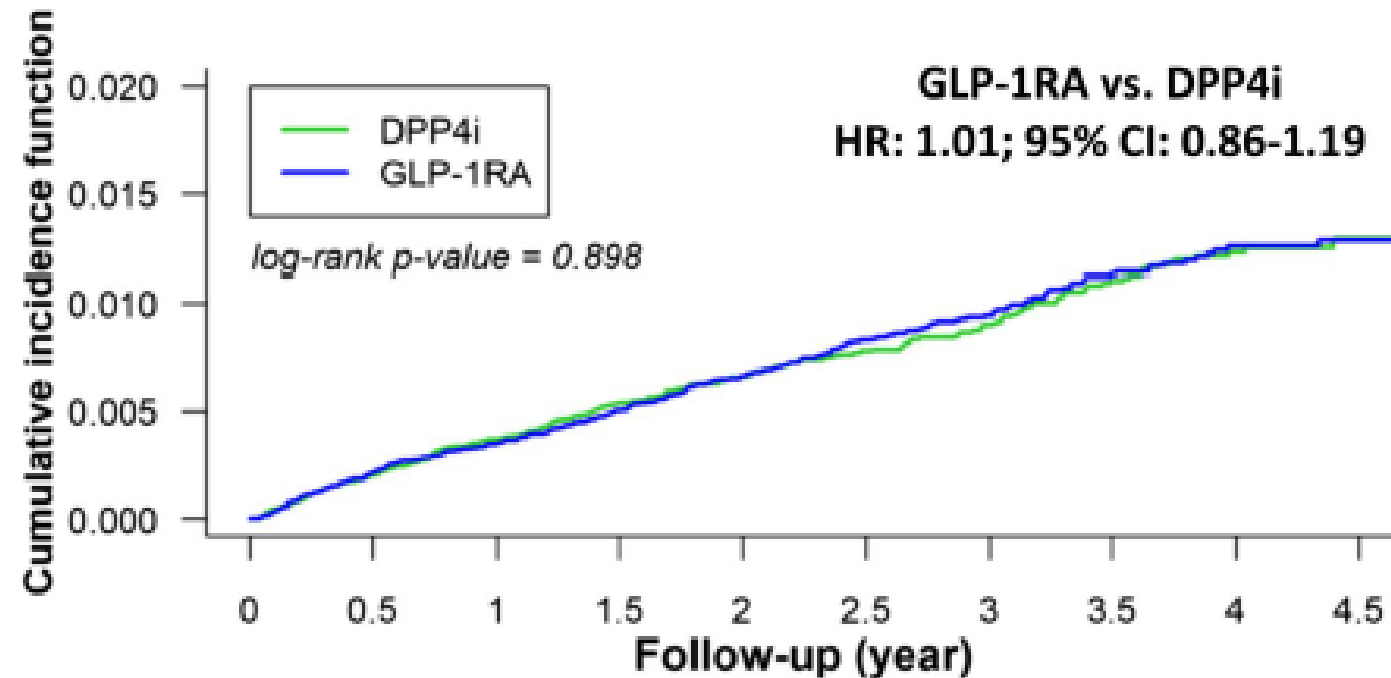
SGLT2i	100	86.2	74.5	60.3	47.3	35.6	26.4	17.8	9.4	1.8
DPP4i	100	86.6	73.3	59.5	46.1	35.5	25.4	16.9	8.9	2.2



Percentage at risk (%):

GLP-1RA	100	88.6	79.1	65.9	53.3	41.5	30.2	21.3	13.8	6.9
SGLT2i	100	88.7	79.5	66.0	53.9	41.3	30.8	22.6	14.2	3.0

Results



Percentage at risk (%):

GLP-1RA	100	89.6	80.8	68.0	55.3	43.3	31.9	22.6	14.7	7.5
DPP4i	100	89.2	79.5	66.6	54.2	42.5	31.4	22.7	14.7	3.6

The risk of incident atrial fibrillation in patients with type 2 diabetes treated with sodium glucose cotransporter-2 inhibitors, glucagon-like peptide-1 receptor agonists, and dipeptidyl peptidase-4 inhibitors: a nationwide cohort study (2022)

Results

- Treatment with SGLT2i
 - Dapagliflozin n=179,004 (51.9%)
 - Empagliflozin n=144,058 (41.8%)
 - Canagliflozin n=21,762 (6.3%)

Conclusion

- SGLT2i treatment was associated with lower risk of AFib compared to DPP4i or GLP-1RA irrespective of underlying comorbidities
- No difference in AFib risk between DPP4i and GLP-1RA

LOE: 1

Antihyperglycemic AFib Risk

Medications with no
association of worsening
AFib occurrence

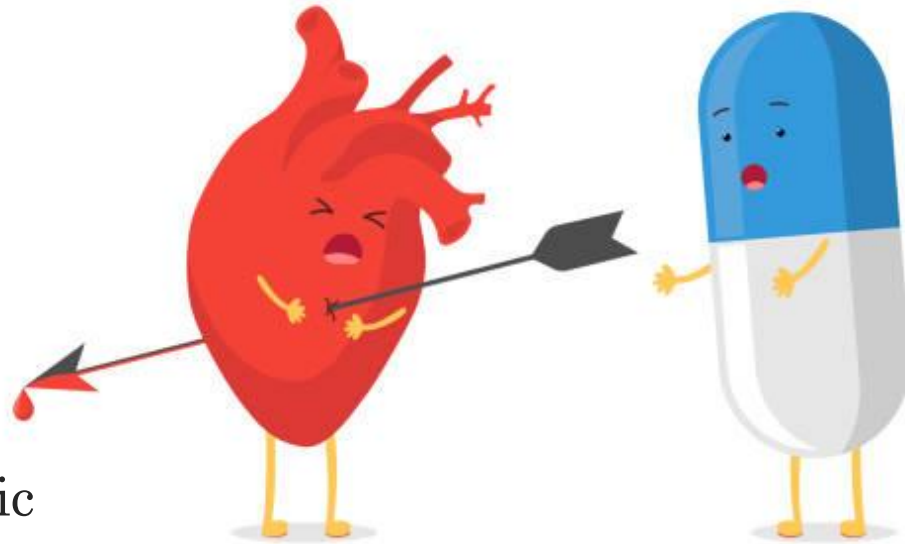
- DPP4i
- GLP-1RA
- TZDs

Medications with
potential risk reduction
for AFib

- Metformin
- SGLT2i

Antihyperglycemics With Increased Risk for AFib

- Potential negative association
 - Insulin
 - Sulfonylureas
- Speculated cause
 - Hypoglycemia
 - Glycemic fluctuations
 - Stimulation of the sympathetic nervous system



istockphoto.com

Papazoglou, A.S., et al. Cardiovasc Diabetol 21, 39 (2022).

Chan, YH., et al. Cardiovasc Diabetol 21, 118 (2022).

Do SGLT2i reduce
AFib occurrence?

Opposing Data



DAPA-HF

- Dapagliflozin did not significantly reduce risk of new-onset AFib compared to patients with HF and HFrEF

Dapagliflozin Effect on Cardiovascular Events-Thrombosis in Myocardial Infarction (DECLARE-TIMI 58) (2019)

Objective

- Study the efficacy and safety of SGLT2 inhibitor dapagliflozin compared to placebo

Patient population

- T2DM patients with either
 - Multiple risk factors for atherosclerotic cardiovascular disease (ASCVD)
 - Known ASCVD

Conclusion

- Patient with T2DM and previous myocardial infarction (MI) are at a high risk for major adverse cardiovascular events (MACE)
- Dapagliflozin
 - Reduced relative risk of MACE by 16%
 - Absolute risk reduction 2.6%
- No effects were seen in patients without a history of MI

Effect of Dapagliflozin on Atrial Fibrillation in Patients with Type 2 Diabetes Mellitus: Insight from the DECLARE-TIMI 58 Trial (2020)

Objective

- Explore the effect of dapagliflozin on the first and total number of AFib/atrial flutter (AFL) events in patients with and without prevalent AFib/AFL

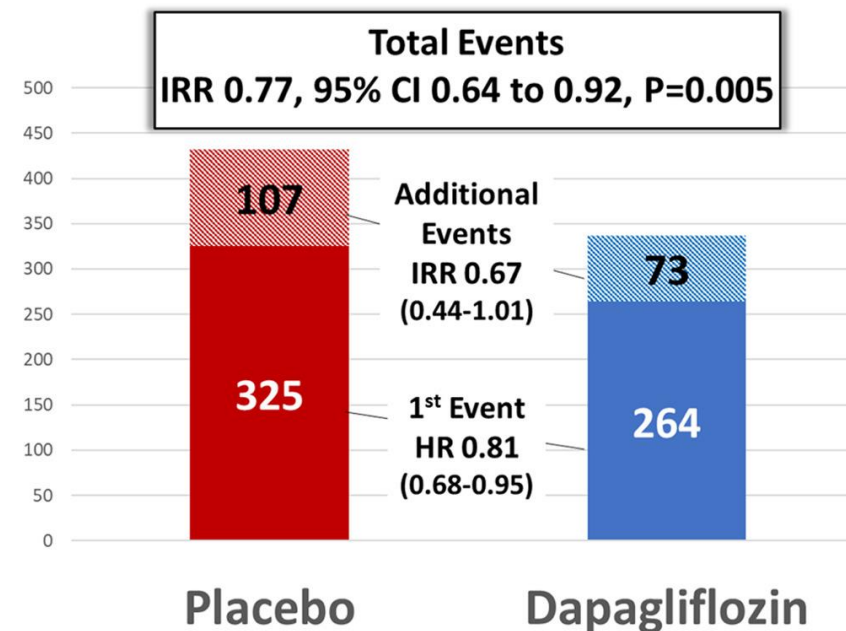
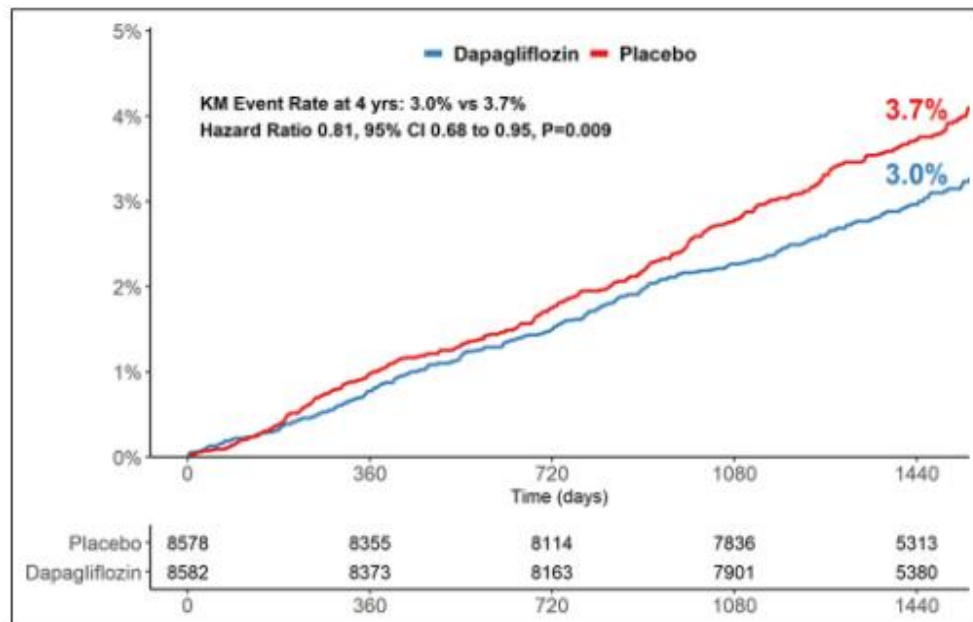
Methods

- Placebo n= 8578; dapagliflozin n= 8582
- AFib/AFL events identified by safety database
- History of AFib/AFL reported by local investigators
 - History of AFib/AFL in placebo (3.8%) and dapagliflozin (3.1%)
- Baseline ECG were not mandated by the study protocol, therefore not available

Effect of Dapagliflozin on Atrial Fibrillation in Patients with Type 2 Diabetes Mellitus: Insight from the DECLARE-TIMI 58 Trial (2020)

Results

- 769 AFib/AFL events occurred in 589 patients
- Mean follow-up 4.2 years



Effect of Dapagliflozin on Atrial Fibrillation in Patients with Type 2 Diabetes Mellitus: Insight from the DECLARE-TIMI 58 Trial (2020)

Conclusion

- Dapagliflozin decreased incidence of AFib/AFL events in high-risk patients with T2DM
- Effects consistent regardless of the patient's history of AFib, ASCVD, or CHF

Limitations

- ECGs not collected
- AFib/AFL events not confirmed
- AFib/AFL were not prespecified outcomes of the original trial

SGLT2 inhibitors and atrial fibrillation in type 2 diabetes: a systematic review with meta-analysis (2020)

Objective

- Pool data from all placebo-controlled RCT trials that evaluate AFib outcomes of SGLT2i

Methods

- 16 randomized controlled trials
- 38,355 patients with T2DM

Results

- SGLT2 inhibitors significantly reduced AFib compared to placebo (RR: 0.76; 95% CI 0.65-0.90; p=0.001)

Conclusion

- SGLT2i may confer AFib reduction benefits in T2DM patients
- Effects may be attributed to decreasing HbA1c, body weight, blood pressure, and occurrence of CHF

LOE: 1

SGLT2i

Significant reduction
in AFib incidence with
SGLT2i therapy >2
years

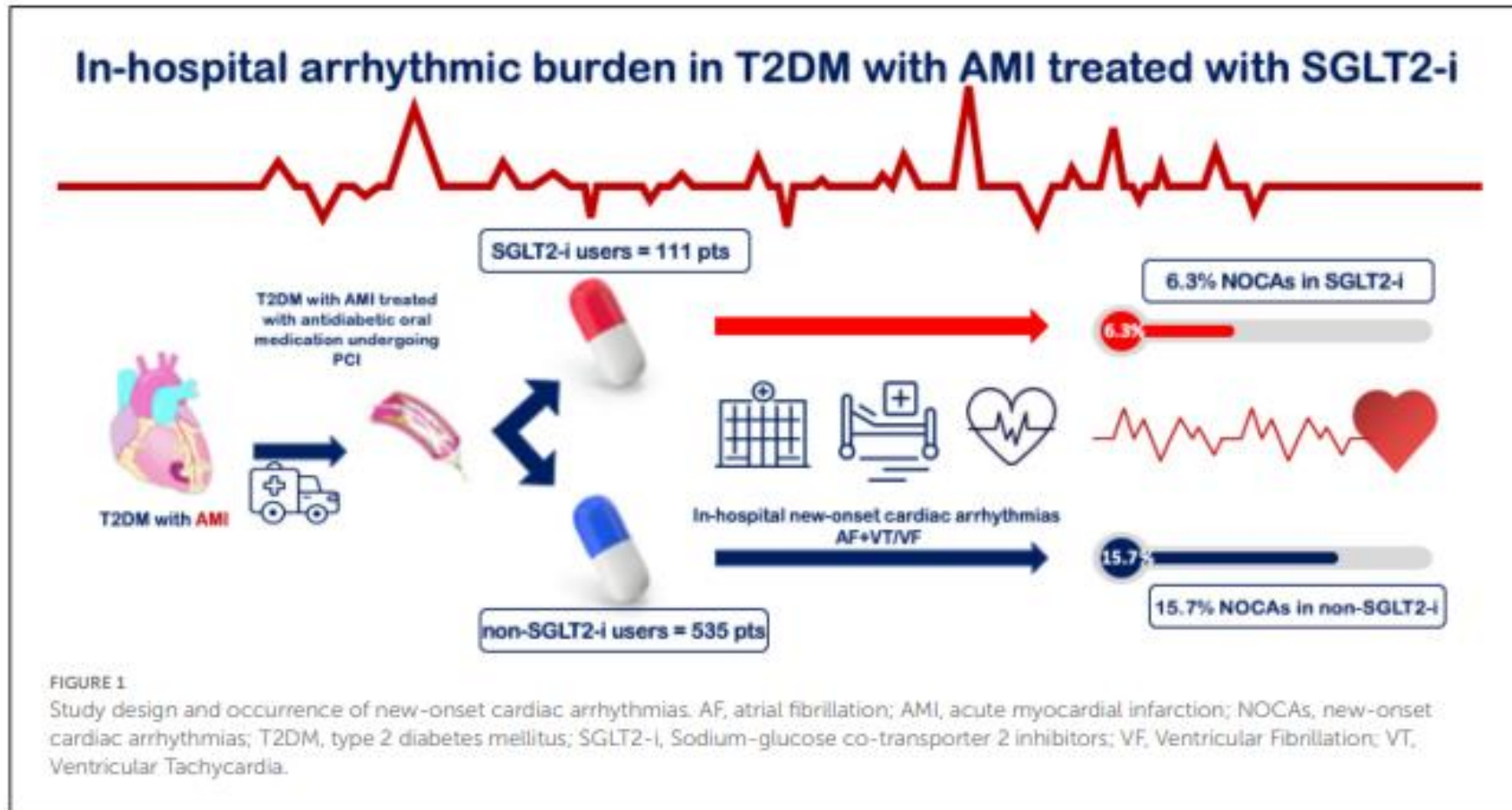
Effects are consistent
regardless of

- Age
- HbA1c
- Blood pressure
- Body weight

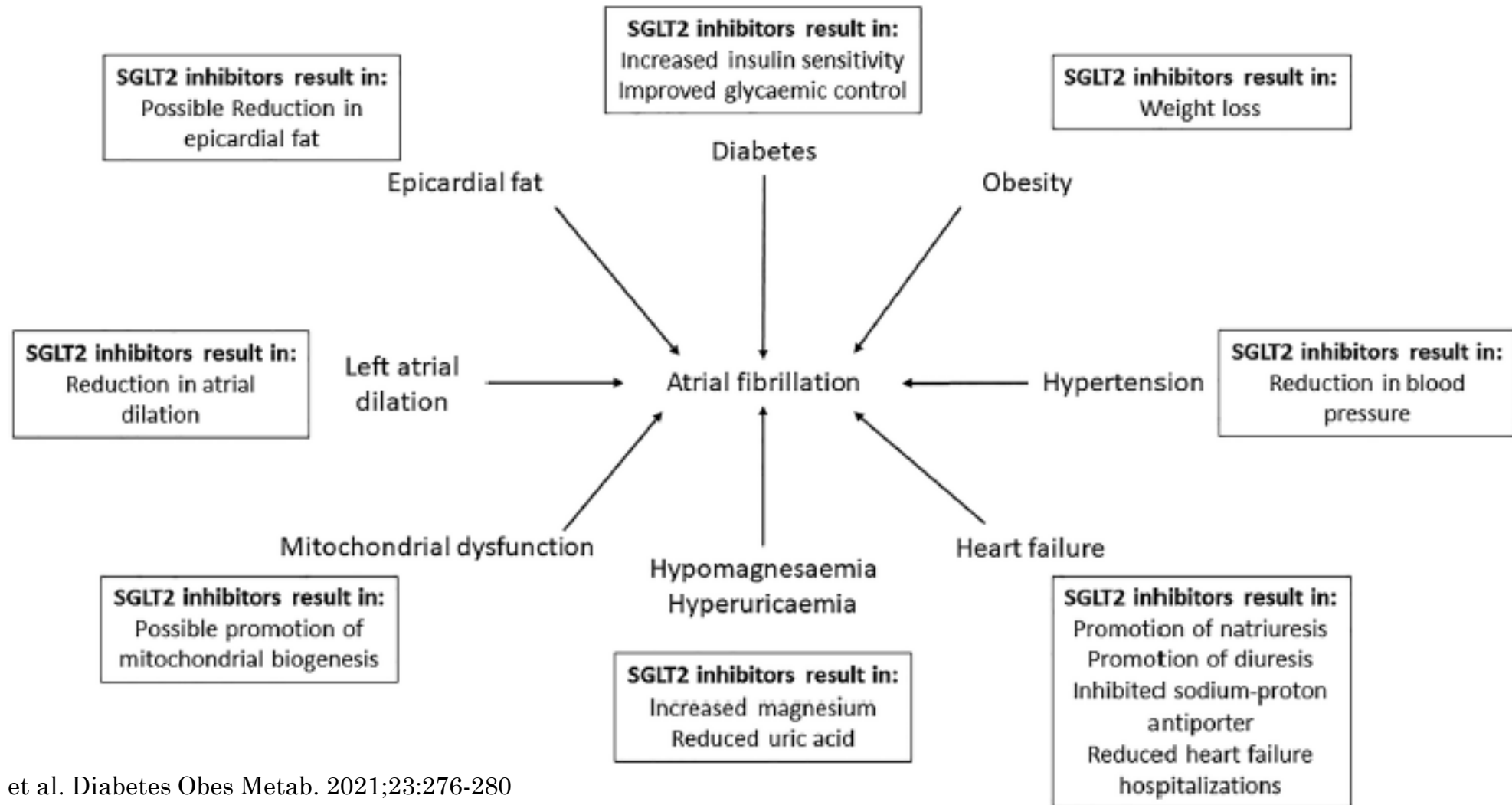
Decreased rates of

- Heart failure related hospitalization
- CV death
- All cause mortality in younger patients

In-hospital arrhythmic burden reduction in diabetic patients with acute myocardial infarction treated with SGLT2-inhibitors: Insights from the SGLT2-I AMI PROTECT study (2022)







Potential Mechanism of SGLT2i



Are all SGLT-2
inhibitors equally
effective?

The risk of incident atrial fibrillation in patients with type 2 diabetes treated with sodium glucose cotransporter-2 inhibitors, glucagon-like peptide-1 receptor agonists, and dipeptidyl peptidase-4 inhibitors: a nationwide cohort study (2022)

- Subgroup analysis

	SGLT2i Rate Per 100-Pt-yr	DPP4i Rate Per 100-Pt-yr		HR	95% CI	P value interaction
Overall	0.30	0.34		0.90	[0.84-0.96]	
Different SGLT2i						
Empagliflozin	0.34	0.34		0.99	[0.91-1.09]	0.02
Dapagliflozin	0.28	0.34		0.83	[0.76-0.90]	
Canagliflozin	0.32	0.34		0.90	[0.69-1.17]	

SGLT2 inhibitors and atrial fibrillation in type 2 diabetes: a systematic review with meta-analysis (2020)

- Dapagliflozin associated with significant reduction in AFib risk
- Canagliflozin and empagliflozin showed no evident effect

Dapagliflozin	RR: 0.73; 95% CI 0.60-0.89	P = 0.02
Canagliflozin	RR: 0.84; 95% CI 0.62-1.13	P=0.24
Empagliflozin	RR: 0.91; 95 CI 0.32-2.56	P = 0.6

- Rates of urinary tract infections was higher in the dapagliflozin group than the other two SGLT2i

Audience Question #2

- Based on the literature presented, all of the following are insulin-independent mechanisms that theoretically support the use of SGLT-2 inhibitors in preventing development of arrhythmias over other antihyperglycemic therapies, except:
- A. Reduced epicardial adipose tissue
- B. Reduction in atrial dilation
- C. Reducing pericarditis
- D. Increasing serum magnesium

Audience Question #2

- Based on the literature presented, all of the following are insulin-independent mechanisms that theoretically support the use of SGLT-2 inhibitors in preventing development of arrhythmias over other antihyperglycemic therapies, except:
- A. Reduced epicardial adipose tissue
- B. Reduction in atrial dilation
- **C. Reducing pericarditis**
- D. Increasing serum magnesium

Audience Question #3

- Based on the evidence reviewed, which of the following factors was associated with the most atrial fibrillation protection in patients with diabetes taking a SGLT2 inhibitor?
- A. Duration of use
- B. Hemoglobin A1c
- C. Body weight
- D. Systolic blood pressure

Audience Question #3

- Based on the evidence reviewed, which of the following factors was associated with the most atrial fibrillation protection in patients with diabetes taking a SGLT-2 inhibitor?
- **A. Duration of use**
- B. Hemoglobin A1c
- C. Body weight
- D. Systolic blood pressure

Future Considerations

Further data on
SGLT2i in new AFib

- Large RCT

SGLT2i in recurrent
AFib

Screening in DM
patients

- Especially high CV risk

Identify HbA1c goals

Biomarkers other
than HbA1c

DM is an independent determinant for AFib development

- Regardless of DM type (1, 2, and pre-diabetes)

Pathology include electromechanical, structural, and autonomic remodeling

Summary

In patients with T2DM, treatment with SGLT2i have shown a potential to reduce AFib development

Additional large RCT are needed to further validate this finding

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