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Comparative differences in the atherosclerotic disease burden between the epicardial coronary arteries: quantitative plaque analysis on coronary computed tomography angiography

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Aims

Anatomic series commonly report the extent and severity of coronary artery disease (CAD), regardless of location. The aim of this study was to evaluate differences in atherosclerotic plaque burden and composition across the major epicardial coronary arteries.

Methods and results

A total of 1271 patients (age 60 ± 9 years; 57% men) with suspected CAD prospectively underwent coronary computed tomography angiography (CCTA). Atherosclerotic plaque volume was quantified with categorization by composition (necrotic core, fibrofatty, fibrous, and calcified) based on Hounsfield Unit density. Per-vessel measures

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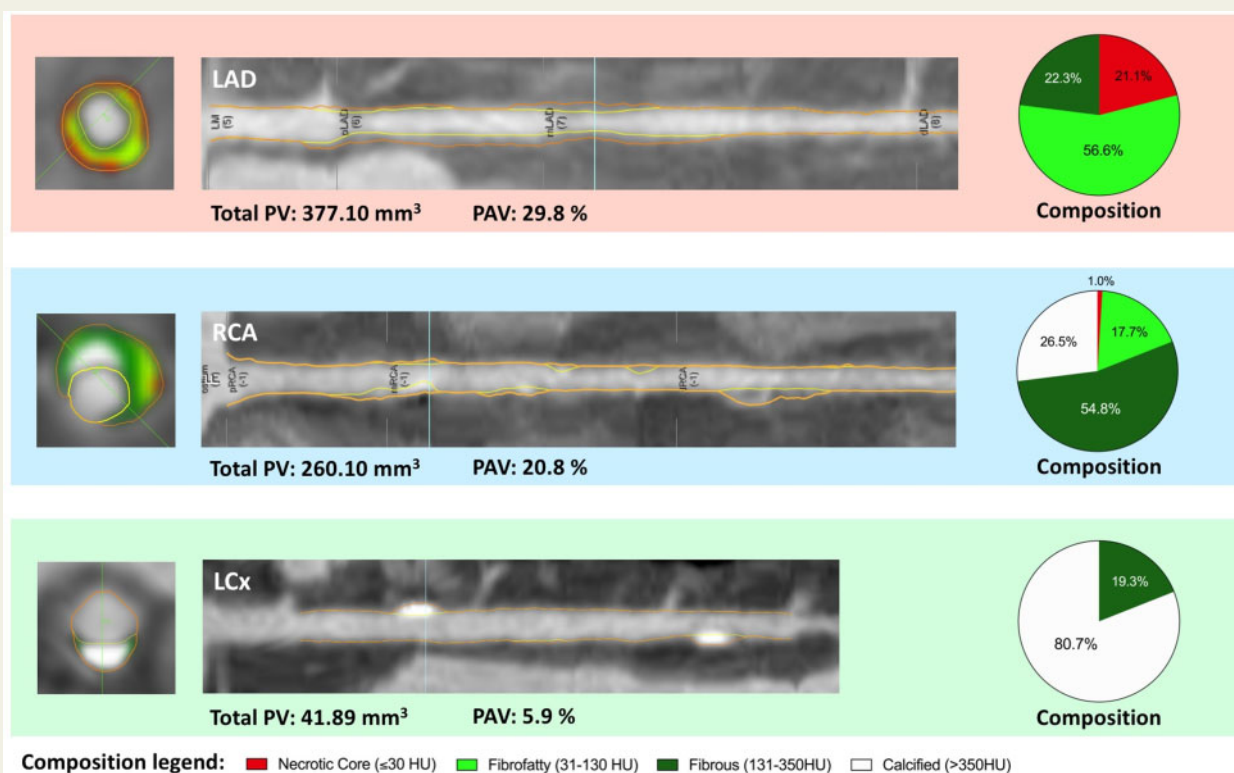
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were compared using generalized estimating equation models. On CCTA, total plaque volume was lowest in the LCx ($10.0 \pm 29.4 \text{ mm}^3$), followed by the RCA ($32.8 \pm 82.7 \text{ mm}^3$; $P < 0.001$), and LAD ($58.6 \pm 83.3 \text{ mm}^3$; $P < 0.001$), even when correcting for vessel length or volume. The prevalence of ≥ 2 high-risk plaque features, such as positive remodelling or spotty calcification, occurred less in the LCx (3.8%) when compared with the LAD (21.4%) or RCA (10.9%, $P < 0.001$). In the LCx, the most stenotic lesion was categorized as largely calcified more often than in the RCA and LAD (55.3% vs. 39.4% vs. 32.7%; $P < 0.001$). Median diameter stenosis was also lowest in the LCx (16.2%) and highest in the LAD (21.3%; $P < 0.001$) and located more distal along the LCx when compared with the RCA and LAD ($P < 0.001$).

Conclusion

Atherosclerotic plaque, irrespective of vessel volume, varied across the epicardial coronary arteries; with a significantly lower burden and different compositions in the LCx when compared with the LAD and RCA. These volumetric and compositional findings support a diverse milieu for atherosclerotic plaque development and may contribute to a varied acute coronary risk between the major epicardial coronary arteries.

Graphical Abstract



Keywords

coronary computed tomography angiography • coronary artery disease • coronary artery plaque composition

Introduction

Atherosclerotic plaque imaging has rapidly advanced from initial studies using invasive techniques, such as intra-vascular ultrasound or optical coherence tomography^{1,2} to more recent advancements using coronary computed tomography angiography (CCTA) as a non-invasive alternative for qualitative and quantitative measurement of atherosclerosis.³⁻⁵ Within the field of anatomic imaging, there has

been extensive research establishing the prognostic significance and therapeutic benefit from intervention based on the severity and location of obstructive coronary artery disease (CAD).⁶⁻⁹ Specifically, prior invasive angiographic data revealed that the left circumflex (LCx) coronary artery is more often observed with single when compared with multivessel CAD when compared with that in the left anterior descending (LAD) or right coronary artery (RCA).¹⁰ Moreover, among patients with STEMI, the location of a culprit lesion

Table 1 Baseline clinical characteristics of the 1271 enrolled patients

	Descriptive statistics (N = 1271)
Age, mean \pm SD (years)	60.3 \pm 9.3
Male sex (%)	724 (57.0)
BMI, mean \pm SD (kg/m ²)	25.3 \pm 3.3
ASCVD risk score, median (IQR) (%)	9.3 (4.4–17.6)
Chest pain history (%)	
Asymptomatic ^a	182 (14.3)
Non-cardiac chest pain	115 (9.1)
Atypical chest pain	907 (71.8)
Typical angina	48 (3.8)
CAD risk factors (%)	
Diabetes mellitus	251 (19.8)
Hypertension	655 (51.8)
Hyperlipidaemia	474 (37.5)
Family history of CAD	363 (28.6)
Current smoker	232 (18.4)
Medications (%)	
Aspirin	452 (36.2)
β -Blockers	332 (26.6)
Calcium channel blockers	261 (21.0)
Diuretics	111 (8.9)
RAAS inhibitors	350 (28.1)
Statins	474 (38.9)

^aAsymptomatics in this registry met clinical indications for CCTA and often were referred for pre-operative risk evaluation, prior stress testing, or had a history of non-cardiac atherosclerosis.

ASCVD risk score, atherosclerotic cardiovascular disease risk score; BMI, body mass index; CAD, coronary artery disease; RAAS inhibitors, renin-angiotensin-aldosterone system inhibitors.

volume was smallest in the LCx (10.0 \pm 29.4 mm³), followed by the RCA (32.8 \pm 82.7 mm³; $P < 0.001$), and LAD (58.6 \pm 83.3 mm³; $P < 0.001$). After correcting for vessel volume, the LCx remained the vessel with the smallest percent atheroma volume (PAV 2.0 \pm 5.2%), compared with the LAD (6.4 \pm 8.1%; $P < 0.001$) and the RCA (2.8 \pm 6.3%; $P < 0.001$). For all compositional subtypes, the LAD contained the highest plaque volume, followed by the RCA and lastly the LCx. Furthermore, the number of lesions differed significantly among the coronary arteries, with the LCx containing fewer lesions (0.42 \pm 0.77 per artery; $P < 0.001$) and fewer HRP lesions (0.04 \pm 0.20 per artery; $P < 0.001$). The prevalence of ≥ 2 HRP features was significantly lower in the LCx (3.8%) when compared with the LAD (21.4%) and RCA (10.9%, $P < 0.001$). The same was noted for the individual HRP features, such as spotty calcification ($P < 0.001$) or positive remodelling ($P < 0.001$).

Atherosclerotic plaque composition on CCTA

The prevalence of plaque across the different coronary arteries is presented in Figure 1A. The prevalence of any plaque was the lowest in the

LCx (29.8%), followed by the RCA (39.8%; $P < 0.001$) and LAD (69.8%; $P < 0.001$). Similarly, the presence of low-density plaque (combining necrotic core and fibrofatty plaque) was lowest in the LCx, followed by RCA and LAD (20.9%, 34.2%, and 64.4%, respectively, $P < 0.001$).

Moreover, both necrotic core (LCx 0.7%; RCA 1.7%; LAD 2.3%, $P < 0.001$) and fibrofatty plaque (LCx 10.3%; RCA 16.6%; LAD 18.9%, $P < 0.001$) comprised the smallest proportion of the total plaque volume in the LCx (Figure 1B). The mean proportion of calcified plaque was highest in the LCx (39.4%) when compared with the RCA (31.3%) and LAD (31.2%) ($P < 0.001$), whereas proportions of fibrous plaque were similar in all three vessels.

Comparisons of atherosclerotic plaque using regression modelling

To consider the within patient clustering of vessels, we compared plaque compositional subtypes using a GEE logit model (Table 3). The multivariate model included the atherosclerotic cardiovascular disease risk score and vessel length as covariates. The adjusted odds of any plaque classified as necrotic core was 3.5- and 2.8-fold higher in the LAD ($P < 0.001$) and RCA ($P < 0.001$) vs. the LCx. Fibrofatty plaque was also significantly more likely to be present in the LAD (OR 4.1; $P < 0.001$) and RCA (OR 2.3; $P < 0.001$) than in the LCx; while the presence of any fibrous or calcified plaque was similar across the coronary arteries.

In a GEE linear model, the ratio of necrotic core to total vessel plaque volume was nearly two-fold higher in the LAD (ratio: 1.8; $P = 0.001$) and RCA (ratio: 1.7; $P = 0.004$) than in the LCx. Similar observations were made for the ratio of fibrofatty plaque (ratio LAD vs. LCx: 1.8; ratio RCA vs. LCx: 1.6; $P < 0.001$ for both). However, the ratio of calcified plaque to total vessel plaque volume was significantly lower in the LAD (ratio 0.8; $P < 0.001$) and RCA (ratio 0.8; $P < 0.001$) than in the LCx; all comparisons were adjusted for the atherosclerotic cardiovascular disease risk score and statin use. Proportions of fibrous plaque did not differ significantly between the coronary arteries.

Comparisons of CCTA characteristics in the most stenotic lesion

In the LCx, the most stenotic lesion was categorized as largely calcified more so than in the RCA and LAD (55.8% vs. 39.4% vs. 32.7%, respectively; $P < 0.001$; see Figure 2A). Diameter stenosis was also lowest in the LCx [16.2% (IQR 9.4–25.1%)], followed by the RCA [19.3% (IQR 10.5–28.4%); $P = 0.017$], and the LAD [21.3% (IQR 12.5–31.4%); $P < 0.001$; see Figure 2B]. Distance from the ostium to the most severe stenosis was similar in the LCx and RCA [33.6 mm (IQR 22.4–47.3 mm) vs. 33.8 mm (IQR 21.1–64.2 mm); $P = 0.260$] and was shorter in the LAD [28.5 mm (IQR 18.0–38.6 mm); $P < 0.001$]. As such, the most stenotic lesion was more often located more distal in the LCx, occurring at 34.4% of the length of the vessel (as measured from the ostium), when compared with 21.8% for the RCA ($P < 0.001$) and 17.0% for the LAD ($P < 0.001$).

Discussion

While there is abundant evidence regarding the prevalence and risk associated with various stenosis and plaque findings on CCTA, there

Table 2 Comparison of atherosclerotic plaque volume and composition between the major epicardial coronary arteries

Vessel analysis	Mean ± SD or %			P-value		
	LAD (N = 1271)	RCA (N = 1271)	LCx (N = 1271)	Overall ^a	LCx vs. LAD ^b	LCx vs. RCA ^b
Vessel length (mm)	169.0 ± 57.8	154.1 ± 51.5	98.5 ± 43.8	<0.001	<0.001	<0.001
Vessel volume (mm ³)	900.4 ± 401.2	1042.5 ± 604.0	476.3 ± 305.9	<0.001	<0.001	<0.001
Lumen volume (mm ³)	841.7 ± 381.6	1009.8 ± 586.8	466.3 ± 301.3	<0.001	<0.001	<0.001
Plaque volume (mm ³)	58.6 ± 83.3	32.8 ± 82.7	10.0 ± 29.4	<0.001	<0.001	<0.001
Necrotic core (≤30 HU)	1.6 ± 5.3	0.6 ± 3.3	0.1 ± 1.2	<0.001	<0.001	<0.001
Fibrofatty (31–130 HU)	12.0 ± 24.2	5.8 ± 18.3	1.1 ± 5.2	<0.001	<0.001	<0.001
Fibrous (131–350 HU)	25.3 ± 36.8	15.8 ± 40.9	4.7 ± 14.6	<0.001	<0.001	<0.001
Calcified (>350 HU)	19.7 ± 41.2	10.7 ± 37.4	4.1 ± 14.4	<0.001	<0.001	<0.001
PAV (%)	6.4 ± 8.1	2.8 ± 6.3	2.0 ± 5.2	<0.001	<0.001	<0.001
Number of lesions per vessel	1.10 ± 0.99	0.72 ± 1.15	0.42 ± 0.77	<0.001	<0.001	<0.001
≥2 HRP features (%)	21.3	10.9	3.8	<0.001		
Low-attenuation plaque (%)	15.1	7.2	1.8	<0.001		
Spotty calcification (%)	13.8	6.3	2.9	<0.001		
Positive remodelling (%)	56.1	33.0	22.7	<0.001		
Napkin-ring sign (%)	0.5	0.2	0.0	0.002		
Number of HRP lesions per vessel	0.21 ± 0.43	0.11 ± 0.37	0.04 ± 0.20	<0.001	<0.001	<0.001

HRP, high-risk plaque; HU, Hounsfield Units; LAD, left anterior descending; LCx, left circumflex; PAV, percent atheroma volume; RCA, right coronary artery.

^aFriedman test.

^bWilcoxon signed-rank test.

has been little attention to differences in the burden and composition of atherosclerotic plaque between the major epicardial coronary arteries. Our results revealed that the LCx contained a lower burden of plaque, even when correcting for vessel volume ($P < 0.001$). Compared with the other coronary arteries, the LCx also showed a different compositional structure of plaque, containing a larger proportion of calcified plaque along with smaller proportions of low-density plaque. Moreover, low-density plaque, which is often associated with higher risk for future coronary events, was less often present in the LCx when compared with the LAD and RCA. These findings have implications for disease detection and support the variable findings reported for ischaemia provocation across the epicardial coronary tree. Importantly, the occurrence of more distal disease that is more calcified with a lower plaque burden and fewer high-risk plaque features is congruent with more stable atherosclerosis and a reduced likelihood for future ischaemic events.

Jeopardized myocardium and risk across the epicardial coronary arteries

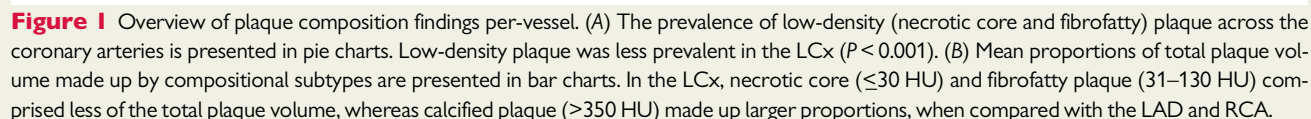
Risk assessment of patients based on angiographic findings have been previously reported. Several risk scores, such as the Duke CAD prognostic index⁶ or SYNTAX score,²⁶ uniquely identify risk associated with an LAD stenosis, especially in a proximal location. This higher risk status relates to the sizeable proportion of jeopardized myocardium subtended by the LAD.²⁷ Additionally, the prevalence of culprit lesions when examined in STEMI series is notably less in the LCx. Additional research findings also reveal that lateral electrocardiographic leads or LCx stress imaging vascular territory

abnormalities have a significantly lower diagnostic accuracy; albeit also impacted upon by suboptimal localization and visualization.

The evidence is far from robust and for most of the analyses ranking disease burden and risk, the LCx has historically been the focus of fewer and smaller patient series. Several studies including patients with suspected CAD have shown a lower prevalence of significant stenosis in the LCx.^{28,29} The absence of coronary stenosis occurs more often in the LCx (44%) when compared with the LAD (14%); in addition, a more severe stenosis ($\geq 50\%$) is more often observed in the LAD when compared with the RCA and LCx.²⁸ In addition, Kang et al.²⁹ examined patients with significant stenosis on invasive coronary angiography, revealing the lowest prevalence of obstructive CAD in the LCx. These data support the improved survival reported for patients with one-vessel obstructive CAD in the LCx when compared with that of patients with isolated obstructive CAD in the LAD or RCA.³⁰

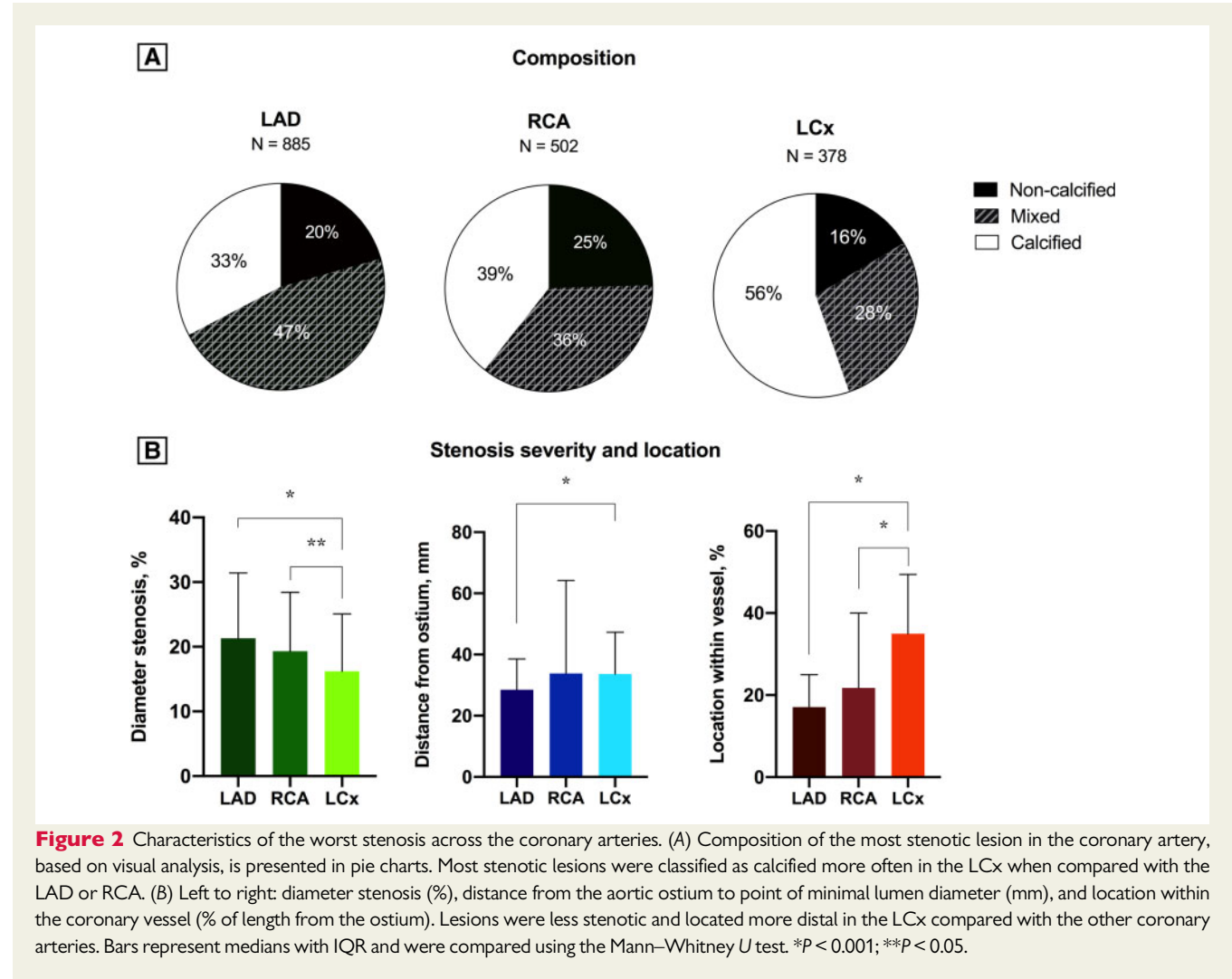
Potential mechanisms influencing atherosclerotic plaque between the epicardial coronary arteries

Our analysis reveals a lower burden of atherosclerosis in the LCx on CCTA, suggesting the possibility of a more stable and less turbulent atherosclerotic milieu in that vessel. These data are supported by prior evidence noting higher fractional flow reserve measures in the LCx when compared with the LAD, despite equivalent percent stenosis.³¹ It is purported that local haemodynamic forces play an important role in the development of atherosclerosis in the coronary arteries.^{32,33} Wall shear stress, the drag force of circulating blood onto the endothelial surface of the artery, is not uniformly distributed across the coronary arteries, with areas of low wall shear stress



	Adjusted odds ratio (aOR) and 95% confidence interval (CI)			
	LAD vs. LCx		RCA vs. LCx	
	aOR of any plaque (95% CI) ^a	P-value	aOR of any plaque (95% CI) ^a	P-value
Necrotic core	3.5 (2.6–4.6)	<0.001	2.8 (2.0–3.9)	<0.001
Fibrofatty	4.1 (2.8–6.0)	<0.001	2.3 (1.6–3.3)	<0.001
Calcified	1.2 (0.8–1.9)	0.379	0.8 (0.5–1.2)	0.280
	Ratio of composition type volume/total per-vessel plaque volume			
	LAD vs. LCx		RCA vs. LCx	
	Ratio (95% CI) ^b	P-value	Ratio (95% CI) ^b	P-value
Necrotic core	1.8 (1.3–2.6)	0.001	1.7 (1.2–2.4)	0.004
Fibrofatty	1.8 (1.5–2.2)	<0.001	1.6 (1.2–2.0)	<0.001
Calcified	0.8 (0.7–0.9)	<0.001	0.8 (0.6–0.9)	<0.001

^b Calculated from a linear GEE-model, adjusted for atherosclerotic cardiovascular disease risk score, and stain use. Ratios were calculated by dividing the proportions of compositional subtypes, in two vessels. E.g. the ratio for necrotic core in the LAD vs. LCx = ([necrotic core volume/plaque volume]_{LAD} / [necrotic core volume/plaque volume]_{LCx}).



located at the main bifurcation of the left coronary artery and its proximal segments,^{34–36} especially when the bifurcation angle is more obtuse.³⁷ The strong correlation between low wall shear stress and atherogenesis has been confirmed,^{38–40} potentially explaining our observed differences in atherosclerotic burden between the different coronary arteries.

Additionally, Wasilewski et al.⁴¹ hypothesized that the squeezing of the septal perforators of the LAD during systole could result in retrograde flow in the LAD segment proximal to the septal perforators, leading to disrupted flow and consequently to the formation of atherosclerosis. Although these studies are not definitive, they mirror our observed findings of a lower burden and severity of coronary atherosclerosis in the LCx when compared with the LAD and RCA.

Study limitations

The current study has several limitations. The design was that of an observational registry, which lends itself to selection and other biases. Furthermore, plaque quantification software used herein is semi-

automated, requires tracing of centrelines in the coronary arteries, and is time consuming. Side branches, especially the obtuse marginal side branches of the LCx, were often tortuous and therefore more complex to trace by hand to their full length. This may lead to variable measurement issues across the coronary arteries.

Conclusions

Our findings revealed that atherosclerotic burden differs among the coronary arteries, with the LCx being the vessel with the lowest plaque burden. Moreover, varied admixtures were noted with more calcified plaque in the LCx when compared with the LAD and RCA, potentially suggesting more stabilized CAD. In addition, low-density plaque (necrotic core and fibrofatty plaque) was more prevalent in the LAD and RCA (when compared with the LCx). This research provides further insight into the possible explanation for the uneven distribution of observed culprit lesions among the coronary arteries and the varied prognosis reported in the literature.

Supplementary data

Supplementary data are available at *European Heart Journal - Cardiovascular Imaging* online.

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Data availability

The data underlying this article cannot be shared publicly due to the patients' privacy. Data may be available upon reasonable request to the corresponding author, pending investigator approval of the study hypothesis and presence of an institutional data use agreement.

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Conflict of interest: K.C. is a non-compensated medical advisory board member of Heartflow Inc. J.K.M. has equity interest and is an employee of Cleerly, Inc. H.S. serves on the scientific advisory board of Phillips, has equity interest in Covanos, Inc., and has research grants from Medtronic, Abbott Vascular, and Phillips. L.J.S. serves on the scientific advisory board for Covanos, Inc. All other authors report no conflict of interest.

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