

# **DME IN 2015: KEY DEVELOPMENTS IN PATIENT CARE**

## **Moderator**

### **Neil M. Bressler, MD**

Professor of Ophthalmology;  
Chief, Retina Division  
The Wilmer Eye Institute  
Johns Hopkins University School  
of Medicine  
Baltimore, USA

## **Panelist**

### **Anat Loewenstein, MD, MHA**

Chair, Department of Ophthalmology  
Tel Aviv Medical Center;  
Professor of Ophthalmology;  
Incumbent, Sydney A. Fox Chair  
in Ophthalmology  
Tel Aviv University  
Tel Aviv, Israel

## Program Goals

- Review key new data released during 2015 on the use of anti-VEGF therapy for DME
- Discuss implications of these data for clinical practice and recommendations for managing patients with DME

# Managing the Patient With No Clinical Signs and Symptoms of DME

## Presentation

- Symptoms: none
- Clinical exam: normal
- Visual acuity: 20/20
- OCT: small cysts



## Recommendation

- Treatment: none
- Plan: observe for signs of progression



Consider treatment if:

- Decreased visual acuity
- Increased retinal thickening
- Increased cysts

# Managing the Patient With Mild Visual Impairment Due to CME

## Presentation

- Clinical exam: retinal thickening, no proliferative retinopathy
- Visual acuity: 20/40

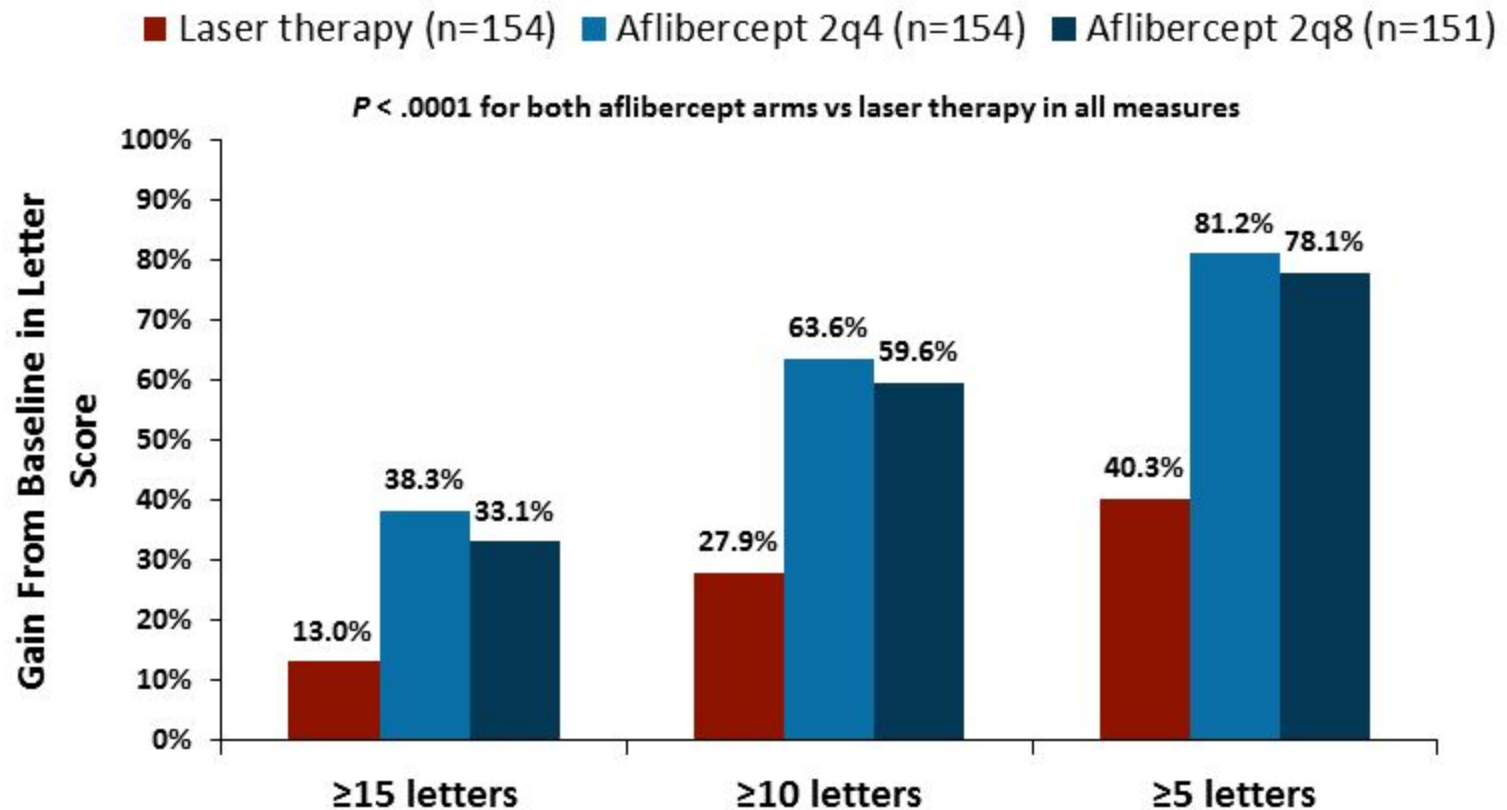


## Recommendations

- Treatment: anti-VEGF agent
- Consider laser therapy during follow-up if necessary

# Anti-VEGF vs Laser Therapy: Improvements in Visual Acuity

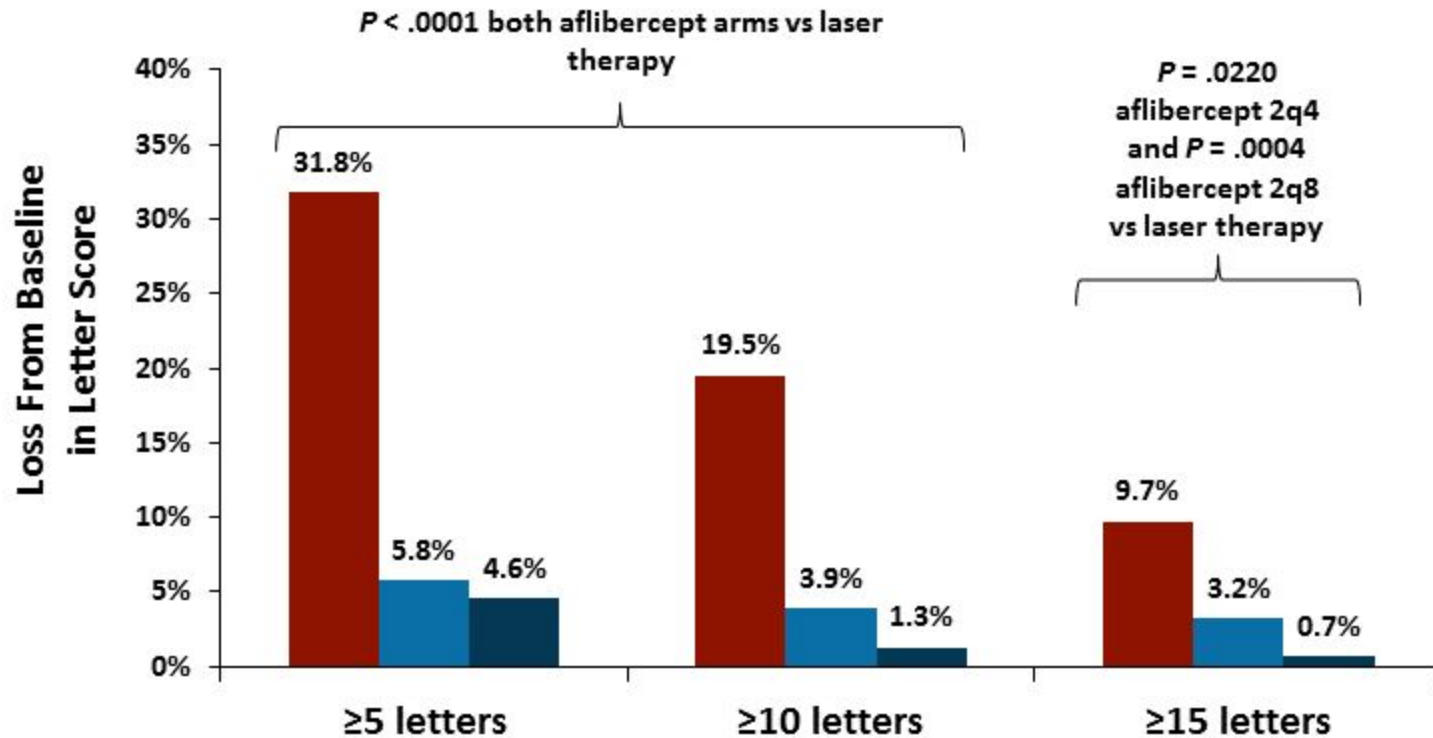
## VISTA 100-Week Results



# Anti-VEGF vs Laser Therapy: Declines in Visual Acuity

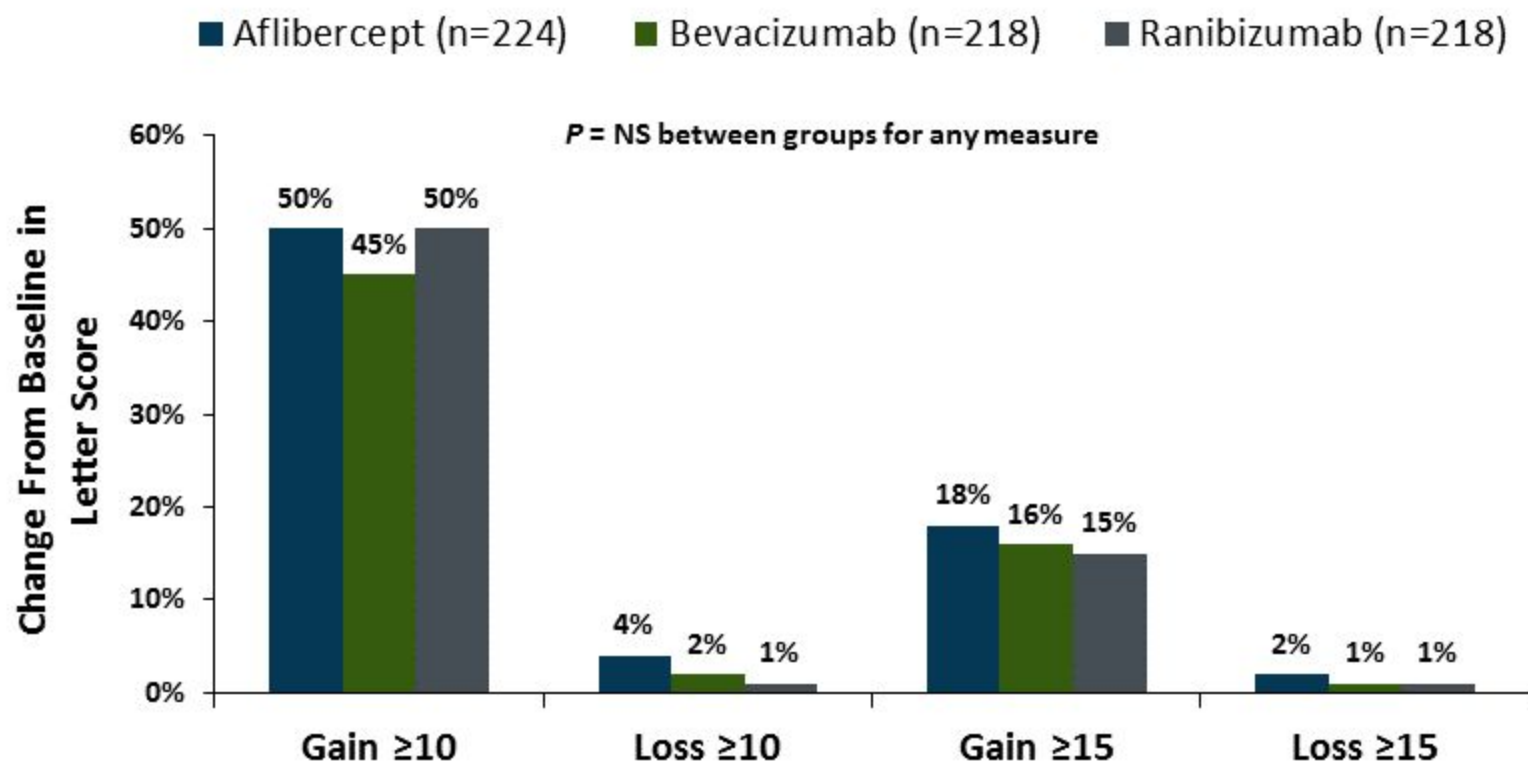
## VISTA 100-Week Results

■ Laser therapy (n=154) ■ Afibercept 2q4 (n=154) ■ Afibercept 2q8 (n=151)



# Selecting an Anti-VEGF Therapy for Mild Visual Impairment

## Protocol T 52-Week Results



Patients with baseline visual acuity letter score 78-69, equivalent to approximately 20/32 to 20/40

# Protocol T: Systemic Adverse Events

<b>APTC Events<sup>[b]</sup></b>	<b>Aflibercept (n=224)</b>	<b>Bevacizumab (n=218)</b>	<b>Ranibizumab (n=218)</b>
Nonfatal MI	2%	<1%	1%
Nonfatal stroke	0	2%	2%
Vascular death	<1%	2%	1%
Any APTC event	3%	4%	5%

<b>Prespecified Events<sup>[a]</sup></b>			
Death (any cause)	1%	2%	2%
Hospitalization	21%	18%	22%
SAEs	26%	21%	25%
Gastrointestinal	20%	18%	17%
Kidney events	13%	11%	11%
Hypertension events	12%	7%	12%

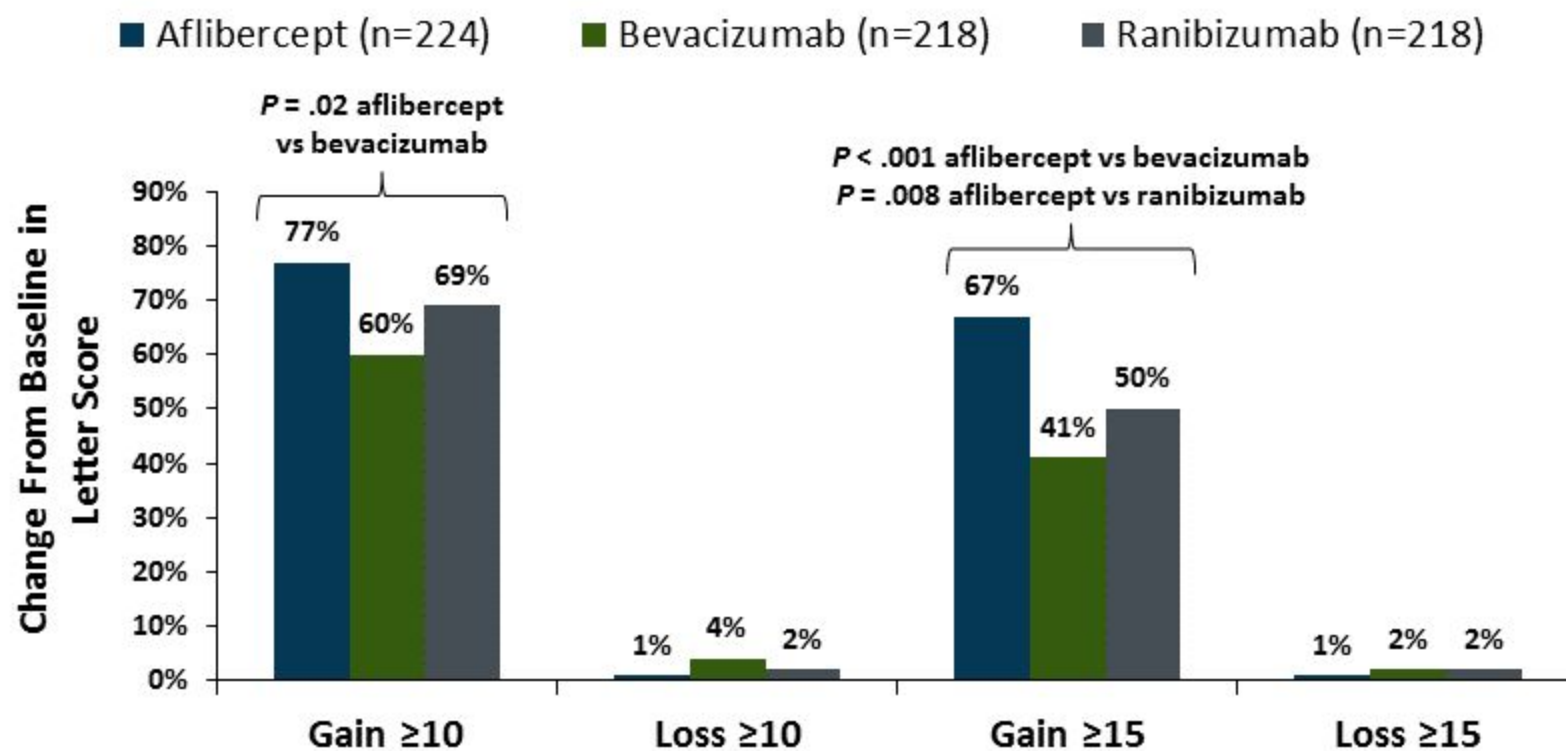
a. Diabetic Retinopathy Clinical Research Network. *N Engl J Med*. 2015;372:1193-1203.

b. Antiplatelet Trialists' Collaboration. *BMJ*. 1994;308:81-106.



# Selecting an Anti-VEGF Therapy for Moderate Visual Impairment

## Protocol T 52-Week Results



Patients with baseline visual acuity letter score <69, equivalent to approximately 20/50 or worse

# Managing the Patient With Mild or Moderate Visual Impairment Due to DME

## Treatment

- 3 injections of anti-VEGF therapy



## Outcomes

- OCT: normal
- Visual acuity: 20/20

## Next steps:

- Withhold injections
- Monitor monthly
- Resume if/when retina thickens



# Managing the Patient With Minimal Improvement After Anti-VEGF Therapy

## Treatment

- 5 injections of anti-VEGF therapy



## Outcomes

- OCT: improved, but not normal
- Visual acuity: improved but not 20/20

### Next steps:

- Continue injections for as long as improvement continues
- Target maximum improvement, not number of injections



# Defining Response to Anti-VEGF Therapy: DRCR Algorithm

## Improvement

- **OCT:** > 10% decrease in central subfield thickness
- **Visual acuity:**  $\geq 5$  letter gain (unless 20/20 or better)

## No further improvement

- **OCT:** < 10% decrease in central subfield thickness
- **Visual acuity:** < 5 letter gain since the most recent injection; unlikely that additional treatment would provide further benefit

## Success

- **OCT:** central subfield thickness < 250  $\mu\text{m}$
- **Visual acuity:** 20/20 or better

## Failure

- Worsening despite treatment
- Serious side effects associated with treatment precluding additional treatment

# Managing the Patient With No Improvement After Anti-VEGF Therapy

## Treatment

- 6 injections of anti-VEGF therapy



## Outcomes

- OCT: not normal
- Visual acuity: not improved

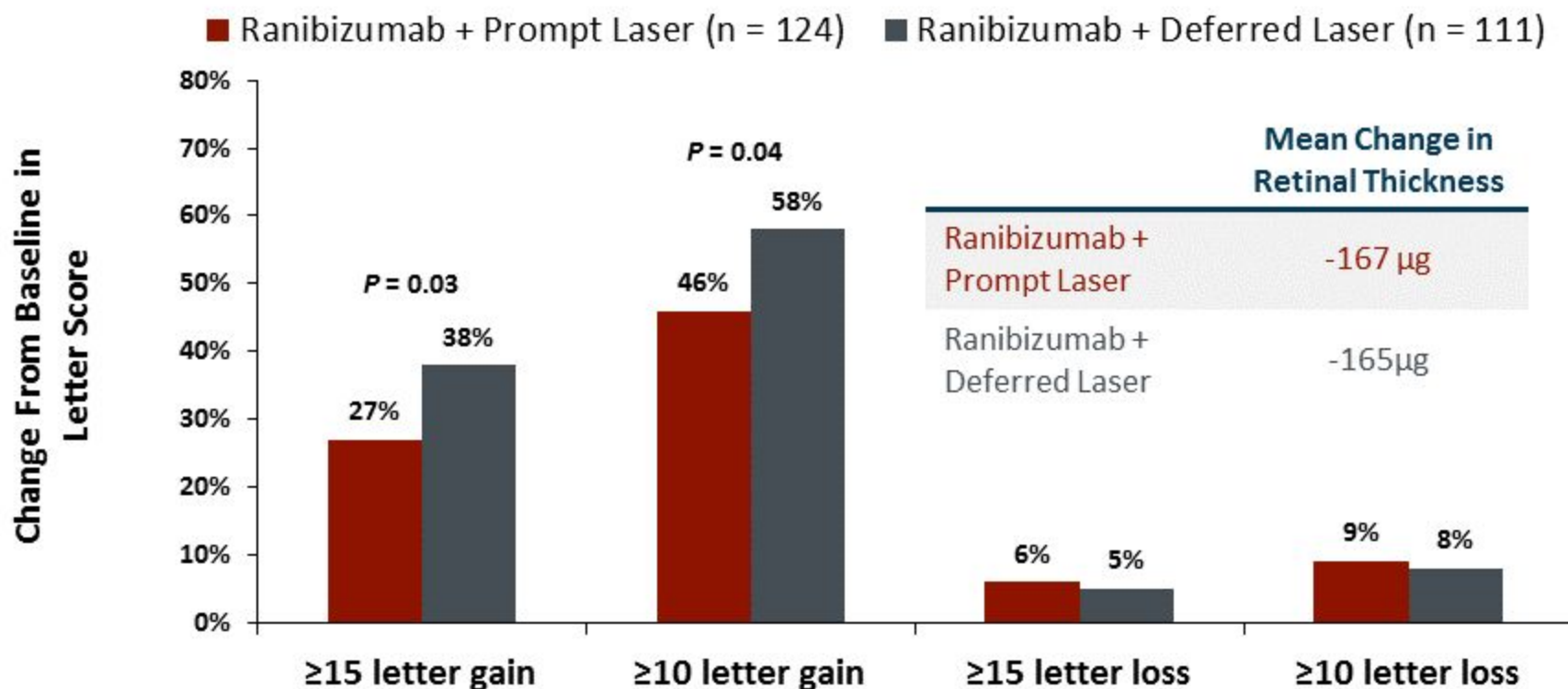
### Next steps:

- Consider adding focal/grid laser
- Target thickened areas, micro-aneurysms



# Delayed Use of Focal/Grid Laser Therapy After Anti-VEGF Therapy

## Protocol I 5-Year Results



Prompt laser therapy given 7-10 days after initial ranibizumab injection. Deferred laser therapy delayed for at least 24 weeks, and only given if the eye was not improving from injection alone and there was clinically significant macular edema

# Managing the Patient With No Improvement After Anti-VEGF Therapy and Laser Therapy

## Treatment

- 6 injections of anti-VEGF therapy
- Focal laser therapy



## Outcomes

- OCT: not normal
- Visual acuity: not improved, but nor worsening
- ***Pseudophakic***



## Next steps:

- Consider use of corticosteroids for persistent edema

## Managing the Patient With No Improvement After Anti-VEGF Therapy and Laser Therapy (cont)

### Treatment

- 6 injections of anti-VEGF therapy
- Focal laser therapy



### Outcomes

- OCT: not normal
- Visual acuity: not improved, but nor worsening
- *Phakic*

### Next steps:

- Consider corticosteroids cautiously because of risk for cataract and permanent vision loss with worsening edema





# PRP vs Anti-VEGF Therapy for Proliferative Diabetic Retinopathy and DME

## Protocol S 2-Year Results

Visual Acuity	Ranibizumab (n=160)	PRP (n=168)	P value
Letter score at 2 years, mean	78.7	76.2	
Change from baseline to 2 years, mean	2.8	0.2	.11
AUC, mean	4.5	-0.3	< .001

Central Subfield Thickness	Ranibizumab (n=149)	PRP (n=161)	P value
At 2 years, mean	210 $\mu\text{m}$	243 $\mu\text{m}$	
Change from baseline to 2 years, mean	-47 $\mu\text{m}$	-3 $\mu\text{m}$	< .001

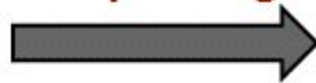
Changes in Diabetic Retinopathy	Ranibizumab (n=191)	PRP (n=203)	P value
Retinal detachment	6%	10%	.08
Vitreous hemorrhage	27%	34%	.09
Vitrectomy	4%	15%	< .001

# Managing the Patient With Proliferative Diabetic Retinopathy and DME

## Treatment

- 6 injections of anti-VEGF therapy

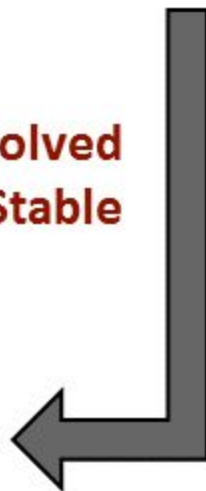
Edema  
Improving



- Continue anti-VEGF therapy

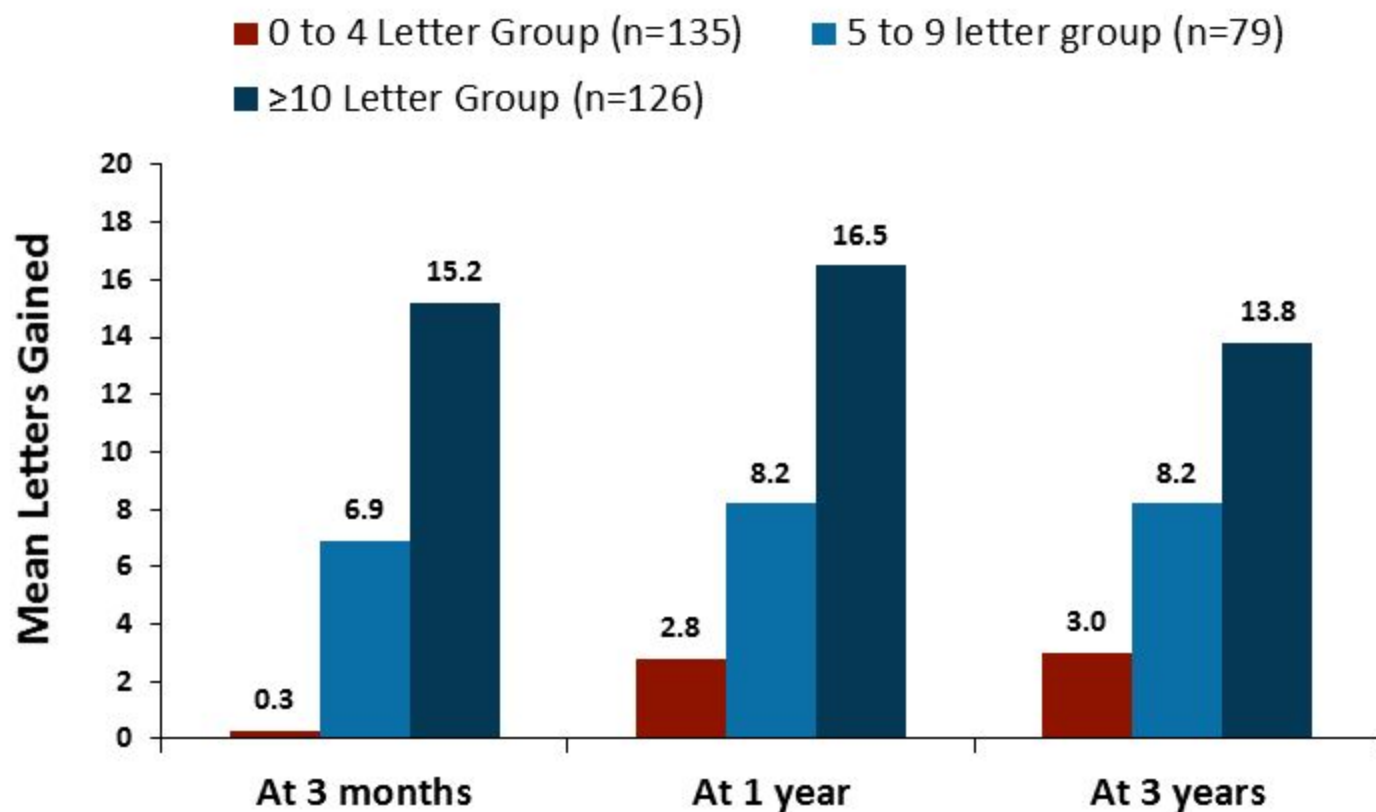
Edema Resolved  
Proliferation Stable

- Observe regularly
- Resume anti-VEGF therapy with evidence of proliferation or edema



# Predicting Response to Anti-VEGF Therapy

## Post Hoc Analysis of Protocol I



## Conclusions

- Data presented and published in 2015 offer new insight into optimal use of anti-VEGF therapy in DME
- New evidence for improved selection of anti-VEGF therapy for patients with mild and moderate visual impairment
- New guidance on the number of anti-VEGF therapy injections needed to see improvement and how to address nonresponding cases
- New approaches for patients with proliferative diabetic retinopathy

# Abbreviations

APTC = Antiplatelet Trialists' Collaboration

AAO= American Academy of Ophthalmology

DME = diabetic macular edema

DRCR = Diabetic Retinopathy Clinical Research Network

MI = myocardial infarction

OCT = optical coherence tomography

PRP = panretinal photocoagulation

SAE = serious adverse event

VEGF = vascular endothelial growth factor