

Multi-modality imaging in aortic stenosis: an EACVI clinical consensus document

Marc R. Dweck ^{1*}, Krithika Loganath¹, Rong Bing ¹, Thomas A. Treibel^{2,3}, Gerry P. McCann ^{4,5}, David E. Newby¹, Jonathon Leipsic⁶, Chiara Fraccaro⁷, Pasquale Paolisso ^{8,9}, Bernard Cosyns¹⁰, Gilbert Habib ¹¹, João Cavalcante¹², Erwan Donal ¹³, Patrizio Lancellotti ^{14,15}, Marie-Annick Clavel ^{16,17}, Catherine M. Otto¹⁸, and Phillipe Pibarot¹⁶

¹Centre for Cardiovascular Science, University of Edinburgh, Chancellors Building, Little France Crescent, Edinburgh, EH16 4SB, UK; ²Barts Heart Centre, Bart's Health NHS Trust, W Smithfield, EC1A 7BE, London, UK; ³University College London Institute of Cardiovascular Science, 62 Huntley St, WC1E 6DD, London, UK; ⁴Department of Cardiovascular Sciences, University of Leicester, University Rd, Leicester LE1 7RH, UK; ⁵The NIHR Leicester Biomedical Research Centre, Glenfield Hospital, Groby Road, Leicester, LE3 9QP, UK; ⁶Centre for Cardiovascular Innovation, St Paul's and Vancouver General Hospital, 1081 Burrard St Room 166, Vancouver, British Columbia V6Z 1Y6, Canada; ⁷Department of Cardiac, Thoracic and Vascular Science and Public Health, Via Giustiniani, 2 - 35128, Padua, Italy; ⁸Cardiovascular Center Aalst, OLV Clinic, Moorselbaan 164, 9300 Aalst, Belgium; ⁹Department of Advanced Biomedical Sciences, University of Naples, Federico II, 80125 Naples, Italy; ¹⁰Department of Cardiology, Universitair Ziekenhuis Brussel, Laarbeeklaan 101, 1090 Jette, Belgium; ¹¹Cardiology Department, Hôpital La Timone, 264 Rue Saint-Pierre, 13005 Marseille, France; ¹²Allina Health Minneapolis Heart Institute, Abbott Northwestern Hospital, 800 E 28th St, Minneapolis, MN 55407, USA; ¹³Cardiology and CIC, Université Rennes, 2 Rue Henri Le Guilloux, 35033 Rennes, France; ¹⁴GIGA Cardiovascular Sciences, Department of Cardiology, University of Liège Hospital, CHU Sart Tilman, Liège, Belgium; ¹⁵Gruppo Villa Maria Care and Research, Corso Giuseppe Garibaldi, 11, 48022 Lugo RA, Italy; ¹⁶Institut Universitaire de Cardiologie et de Pneumologie de Québec/Québec Heart and Lung Institute, 2725 Ch Ste-Foy, Québec, QC G1V 4G5, Canada; ¹⁷Faculté de Médecine—Département de Médecine, Université Laval, Ferdinand Vandry Pavillon, 1050 Av. de la Médecine, Québec City, Québec G1V 0A6, Canada; and ¹⁸Division of Cardiology, Department of Medicine, University of Washington School of Medicine, 4333 Brooklyn Ave NE Box 359458, Seattle, WA 98195-9458, USA

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In this EACVI clinical scientific update, we will explore the current use of multi-modality imaging in the diagnosis, risk stratification, and follow-up of patients with aortic stenosis, with a particular focus on recent developments and future directions. Echocardiography is and will likely remain the key method of diagnosis and surveillance of aortic stenosis providing detailed assessments of valve haemodynamics and the cardiac remodelling response. Computed tomography (CT) is already widely used in the planning of transcatheter aortic valve implantation. We anticipate its increased use as an anatomical adjudicator to clarify disease severity in patients with discordant echocardiographic measurements. CT calcium scoring is currently used for this purpose; however, contrast CT techniques are emerging that allow identification of both calcific and fibrotic valve thickening. Additionally, improved assessments of myocardial decompensation with echocardiography, cardiac magnetic resonance, and CT will become more commonplace in our routine assessment of aortic stenosis. Underpinning all of this will be widespread application of artificial intelligence. In combination, we believe this new era of multi-modality imaging in aortic stenosis will improve the diagnosis, follow-up, and timing of intervention in aortic stenosis as well as potentially accelerate the development of the novel pharmacological treatments required for this disease.

Keywords

aortic stenosis • cardiac magnetic resonance • cardiac computed tomography • echocardiography • positron emission tomography

Introduction

Aortic stenosis (AS) affects 12.4% of adults over the age of 75 years,¹ already accounting for substantial global morbidity and premature mortality, that is likely to increase with an aging population. Yet, the pathology of AS remains poorly understood, and there is no effective medical therapy capable of slowing disease progression.

Non-invasive imaging, in combination with clinical assessment, has played a central role in the assessment and management of AS for many decades. In particular, echocardiography remains the reference standard; however, other imaging modalities are now increasingly being used, providing complementary information that is improving our understanding of the underlying biology and helping to guide clinical decision-making. This consensus document seeks to complement

* Corresponding author. E-mail: Marc.Dweck@ed.ac.uk

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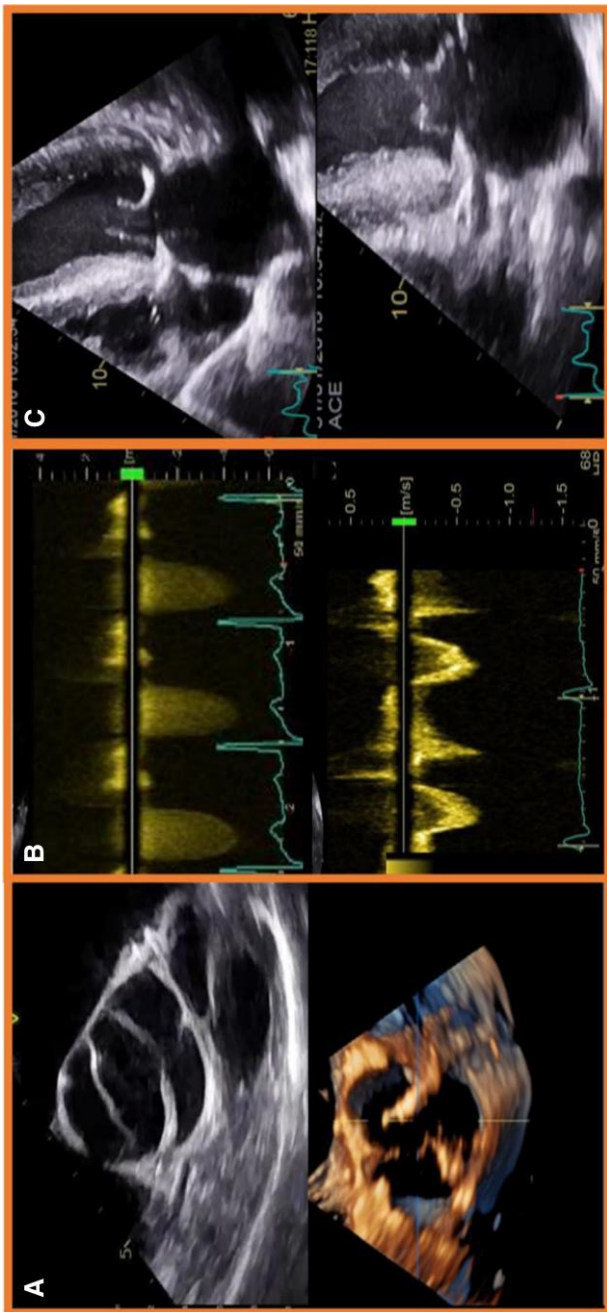


Figure 1 Valvular and myocardial assessments by echocardiography. Echocardiography has the ability to assess the valve morphology and haemodynamics as well as myocardial remodelling and function. (A) Bicuspid aortic valve (top) and 3D echocardiography assessment of a stenotic aortic valve (bottom). (B) Measurement of peak velocities through the valve (top) and LVOT (bottom). (C) Assessment of myocardial structure and function on cine imaging.

Table 1 Echocardiographic parameters of severe and very severe AS

	Non-severe AS	Discordant AS (with low flow defined as SVI < 35 mL/m ²)	Severe AS	Very severe AS
Peak jet velocity (m/s)	<4.0	3.0–4.0	≥4.0	≥5.0
Mean gradient (mmHg)	<40	20–40	≥40	≥60
AVA (cm ²)	>1.0	≤1.0	≤1.0	<0.6
Indexed AVA (cm ² /m ²)	>0.6	≤0.6	≤0.6	<0.4

Patients may have discordant echocardiographic assessments where the above parameters do not agree on the true severity of AS. Most commonly, this is encountered in patients with an AVA $< 1.0 \text{ cm}^2$ and a peak velocity of $< 4.0 \text{ m/s}$.
AVA, aortic valve area; AS, aortic stenosis.

risk.²² This can help guide decision-making in these higher-risk patients, where TAVI would be preferable to surgical aortic valve replacement (AVR). However, recent data assessing the performance of the above guideline measures against to the calculated projected aortic valve area (AVA_{proj}) from the True or Pseudo Severe Aortic Stenosis (TOPAS) study demonstrated that AVA_{proj} was superior to the AVA and haemodynamic measures at distinguishing true severe AS from pseudo-severe AS and at predicting mortality in medically managed patients.²³ A multi-modality approach is useful in patients where clinical ambiguity remains.

Assessments of pressure recovery can also be useful, particularly in smaller patients with an ascending aorta diameter of less than 30 mm. Using pressure recovery to adjust the aortic valve area helps to reclassify patients with discordant echocardiography from severe to moderate AS with corresponding improvements in prognosis observed.^{16,24} The final alternative that is being increasingly used in patients with discordant echocardiography and that is recommended in the European Society of Cardiology (ESC) guidelines is CT calcium scoring (section Computed tomography). *Figure 7* demonstrates a systematic approach to assessing these discordant patients (section Computed tomography).²⁵

Assessment of the myocardium

Besides grading AS severity, echocardiography is useful in assessing the structure and function of the left ventricle (Figure 1) as well as the other cardiac chambers. Left ventricular wall thickness is routinely measured on parasternal long-axis views and used to both derive left ventricular mass measurements and track progression of the hypertrophic response. However, at present, the ejection fraction remains the only left ventricular measurement recommended by the guidelines to guide clinical decision-making and the timing of aortic valve replacement.

Deterioration of left ventricular ejection fraction generally occurs late in the course of the disease and is often preceded by the development of left ventricular diastolic dysfunction. Indeed, left ventricular ejection fraction underestimates systolic dysfunction in the presence of concentric remodelling or hypertrophy and may thus lack sensitivity in patients with AS. Recent observational studies and UK National Institute for Health and Care Excellence (NICE) guidelines²⁴ suggest applying a higher cut-off ejection fraction (<55%) to improve its sensitivity in detecting subclinical left ventricular systolic dysfunction.

Quality and standardization of echocardiographic examination and reporting

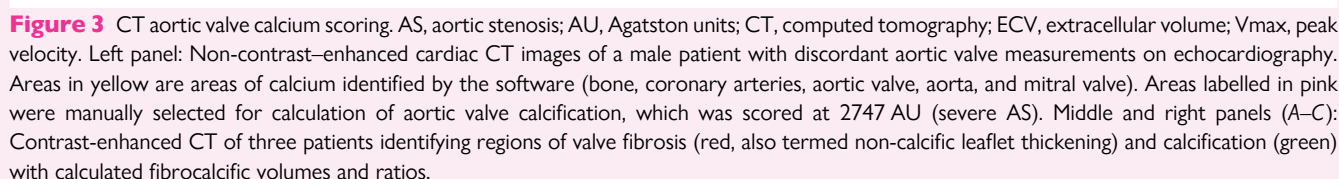
Echocardiography should be performed in patients with AS, according to European Association of Cardiovascular Imaging expert advice for image acquisition and analysis.²⁵ A multi-parameter integrative

Table 2 Essential echocardiographic parameters to report in patients with AS

Aortic valve morphology	
Aortic valve phenotype	Bicuspid Trileaflet
Severity of valve calcification (mild, moderate, or severe)	
AS severity	
Peak aortic jet velocity ($V_{\max}$)	
Mean gradient (mean PG)	
Aortic valve area	
DVI	
Grade of AS severity	Mild Moderate Severe Very severe
Discordant (inconclusive on resting TTE)	
Assessment of structure and function of the left ventricle and other cardiac structures	
LV volumes (EDVi and ESVi) and wall thickness measurements	
Qualitative LV hypertrophy assessment (mild, moderate, or severe)	
Degree of LV diastolic dysfunction	
LV ejection fraction (3D or 2D biplane method)	
Stroke volume index (low flow < 35 mL/m ²)	
LV global longitudinal strain	
Other echocardiographic data	
Indexed left atrial volume	
Aorta dimensions	Sinus of Valsalva Sinotubular junction Ascending aorta
Estimated systolic pulmonary arterial pressure	
Degree of right ventricular dysfunction	
Severity of any valvular regurgitation or other valve lesions	

AS, aortic stenosis; LV, left ventricular; EDVi, indexed end-diastolic volume; ESVi, indexed end-systolic volume.

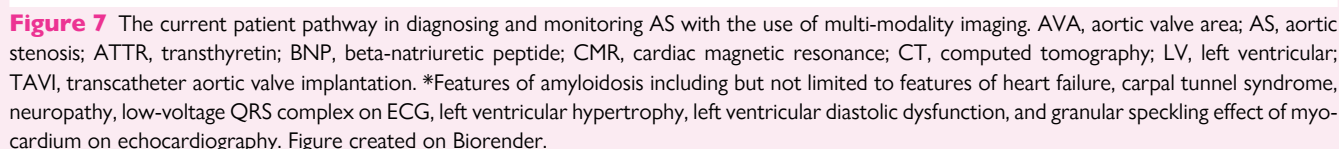
approach should be used to grade the severity of AS and of concomitant aortic regurgitation if any. The echocardiography report should include the parameters outlined in *Table 2*.



Contrast-enhanced CT angiography holds promise in refining anatomic assessments of AS severity, with advantages over non-contrast approaches. These include high spatial resolution and improved anatomical definition, which facilitates assessment of the valve in a uniform *en face* view and differentiation of valve pathology from that in adjacent structures. Importantly, both non-calcific and calcific leaflet thickening can be quantified, a major potential advantage over CT aortic valve calcium scoring (Figure 3). Various cohorts have attempted to derive thresholds and correct for variations in contrast load surrounding the

Contrast-enhanced CT can also provide advanced assessment of the myocardium, including the measurement of extracellular volume and global longitudinal strain. These demonstrate good agreement with CMR and echocardiographic measurements, respectively, may highlight dual pathology of AS and cardiac amyloidosis⁵² and correlate with adverse outcomes.^{53–55} Importantly, these myocardial CT approaches require delayed imaging or retrospective image acquisition across the full cardiac cycle, involving additional radiation exposure. More research is required to validate these emerging CT methods.

The ability of CMR to characterize the aortic valve, the myocardium, and the aorta make it an attractive imaging modality in AS (Figure 5). The major limitations of CMR compared to echocardiography include its lack of portability, length of scan, and relative expense, although rapid image acquisition protocols have already improved the latter two issues.⁵⁶



expense and radiation exposure), this technique is increasingly being used as an endpoint in clinical trials assessing the ability of potential novel treatments to reduce valve calcification activity.⁹⁸

Echocardiography remains the mainstay of diagnosis and monitoring in patients with AS. It provides vital information on the valve and myocardium and is both widely available and cost-effective. In many patients, no further imaging is required. However, in certain patient groups, additional imaging approaches can improve patient assessment and should be given due consideration. An integrated approach, facilitated by a dedicated Heart Valve Team⁹⁹ is proposed in *Figure 7*.

In patients with discordant echocardiography, additional imaging using either CT calcium scoring or stress echocardiography in patients

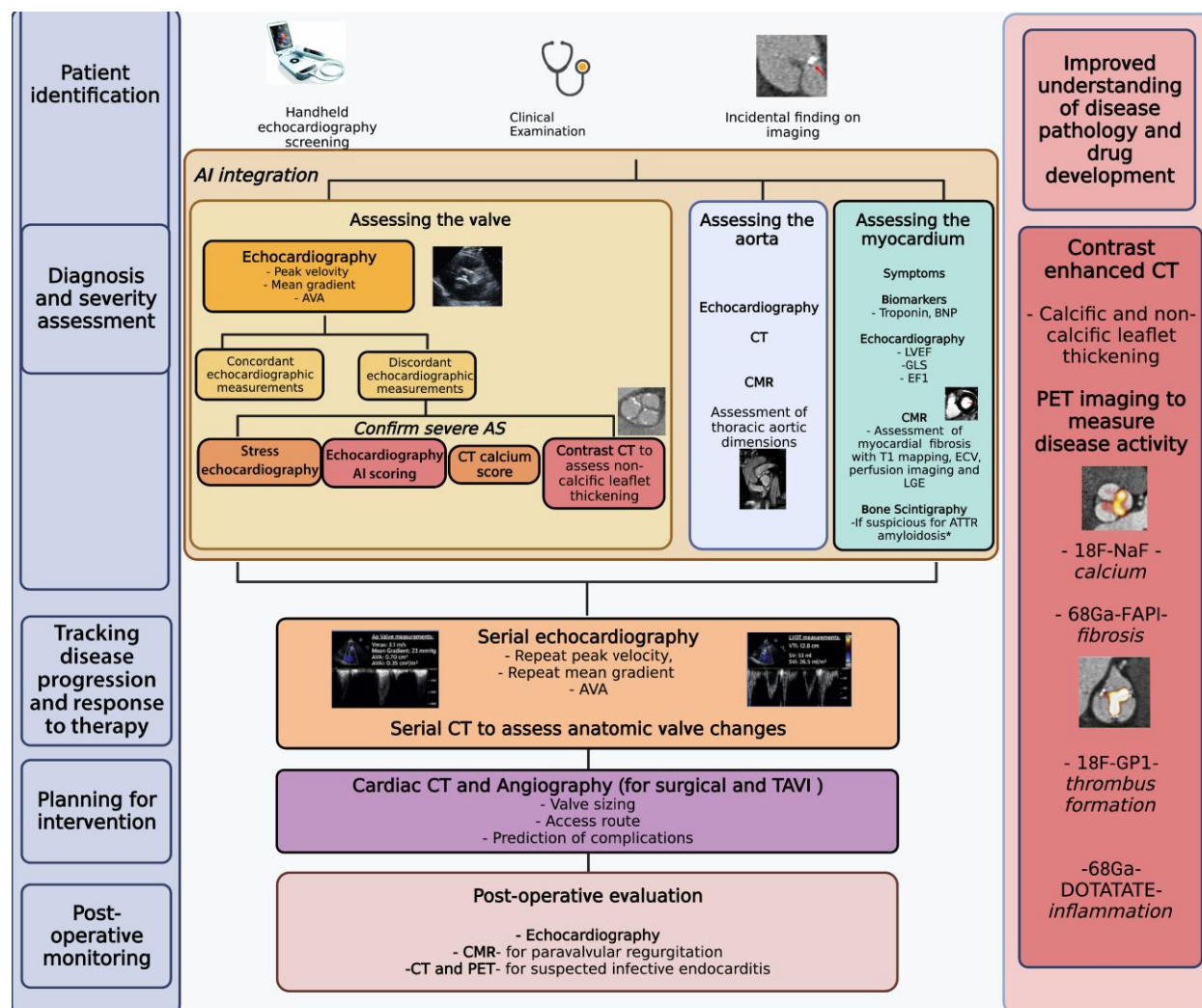


Figure 8 Potential future patient pathway in patients with AS. ^{18}F -NaF, ^{18}F -sodium fluoride; ^{68}Ga -FAPI, ^{68}Ga -labelled fibroblast activation protein inhibitor; AI, artificial intelligence; ATTR, transthyretin; AVA, aortic valve area; BNP, beta-natriuretic peptide; CMR, cardiac magnetic resonance; CT, computed tomography; ECV, extracellular volume; LGE, late gadolinium enhancement; LV, left ventricle; LVEF, left ventricular ejection fraction; GLS, global longitudinal strain; EF1, first-phase ejection fraction; PET, positron emission tomography; TAVI, transcatheter aortic valve implantation. *Features of amyloidosis including but not limited to features of heart failure, carpal tunnel syndrome, neuropathy, low-voltage QRS complex on ECG, left ventricular hypertrophy, left ventricular diastolic dysfunction, and granular speckling effect of myocardium on echocardiography. Figure created on Biorender.

with a low-flow state helps clarify AS severity and aids decision-making. In patients with suspected aortopathy, CT or CMR should be used to provide a comprehensive assessment of the thoracic aorta. In patients with suspected concomitant amyloidosis, CMR or bone scintigraphy (both with exclusion of light chain disease) is recommended in the latest ESC guidelines. Similarly in patients with left ventricular systolic dysfunction, CMR can clarify whether the impairment is due to the valve disease (and might therefore improve following aortic valve replacement) or other irreversible process including myocardial infarction. This can help decision-making around the need for valve intervention. Finally, in those patients being considered for valve intervention, CT angiography is now routinely used to assess the suitability and access options for the majority of patients prior to TAVI.

The future of multi-modality imaging in AS

Novel multi-modality imaging approaches provide the opportunity to phenotype patients with AS in exquisite detail. The challenge will be to harness this powerful information in order to improve patient assessment, treatment, and outcomes in a cost-effective manner. There are several areas where these new approaches may have an impact.

Initial diagnosis/screening

Early identification of patients with AS is important. Traditionally, AS is identified as an incidental finding upon stethoscope auscultation. However, this strategy is limited by the diagnostic accuracy of

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