

Overview

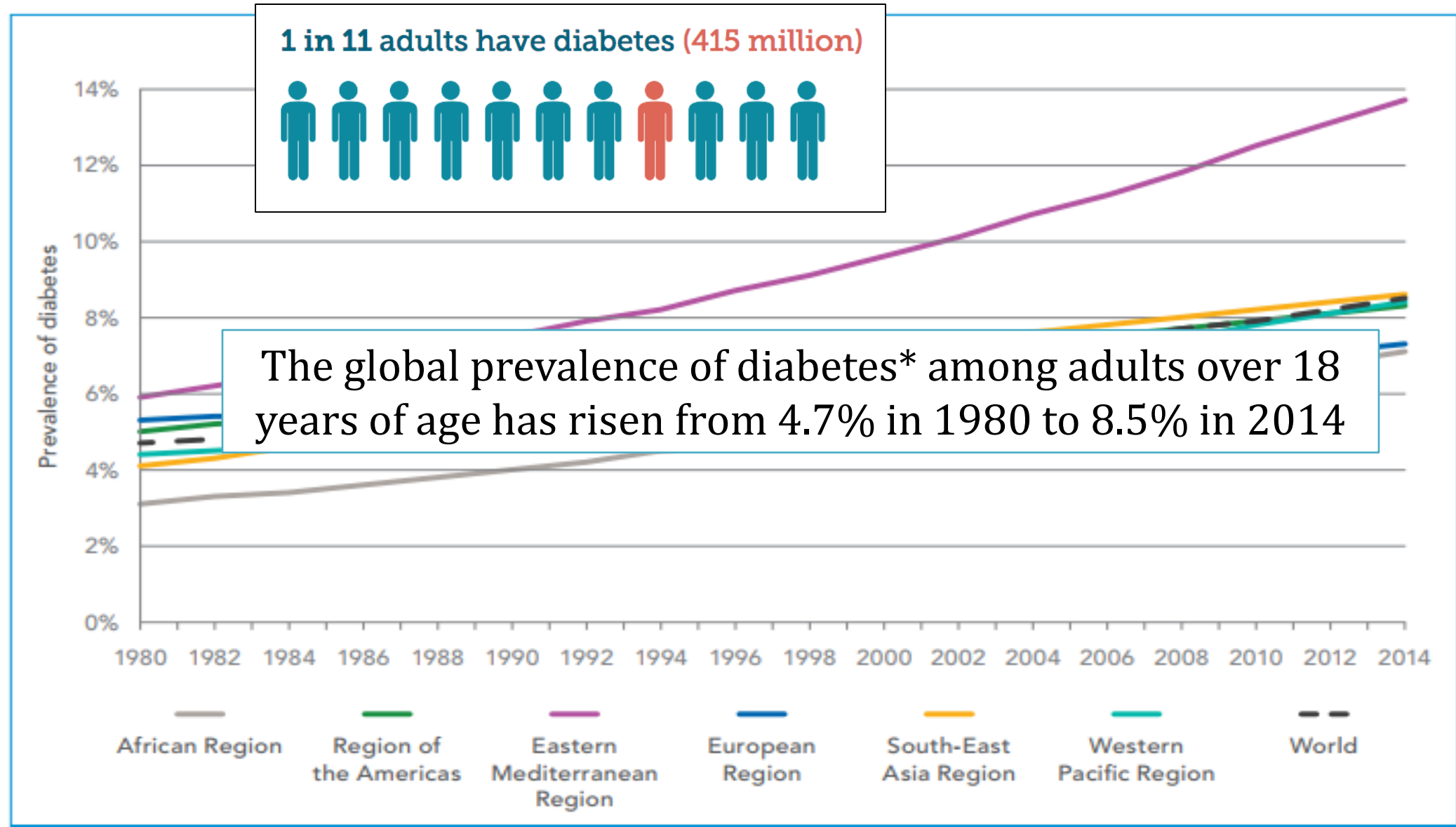
- Introduction
- Pathophysiology of Diabetic Nephropathy (DN)
- Current Standard of Approach to Diabetic Nephropathy
- Novel Therapeutic Modalities
- Newer Drugs in DN treatment

Introduction

Diabetes Mellitus

- The global prevalence of diabetes has risen from 4.7% (108 million) in 1980 to 8.5%(422 million) in 2014

TRENDS IN PREVALENCE OF DIABETES, 1980–2014, BY WHO REGION



Diabetes Mellitus

- The global prevalence of diabetes has risen from 4.7% (108 million) in 1980 to 8.5%(422 million) in 2014
- Most patients are affected with Type 2 DM
 - Epidemic for several decades
 - Associated with many complications
- Diabetic kidney disease (DKD) is a leading complication of diabetes
 - lead to serious consequences, including kidney failure and cardiovascular morbidity and mortality

CKD and Diabetes

- Diabetes accounted for approximately 45% of patients with end-stage renal disease (ESRD)
- Prevalence of diabetic nephropathy (DN)
 - Rising dramatically, with concomitant increases in associated mortality and cardiovascular complications
- DN is clinically characterized by
 - Proteinuria (mostly albuminuria),
 - Elevated serum creatinine levels, and
 - Decreased eGFR

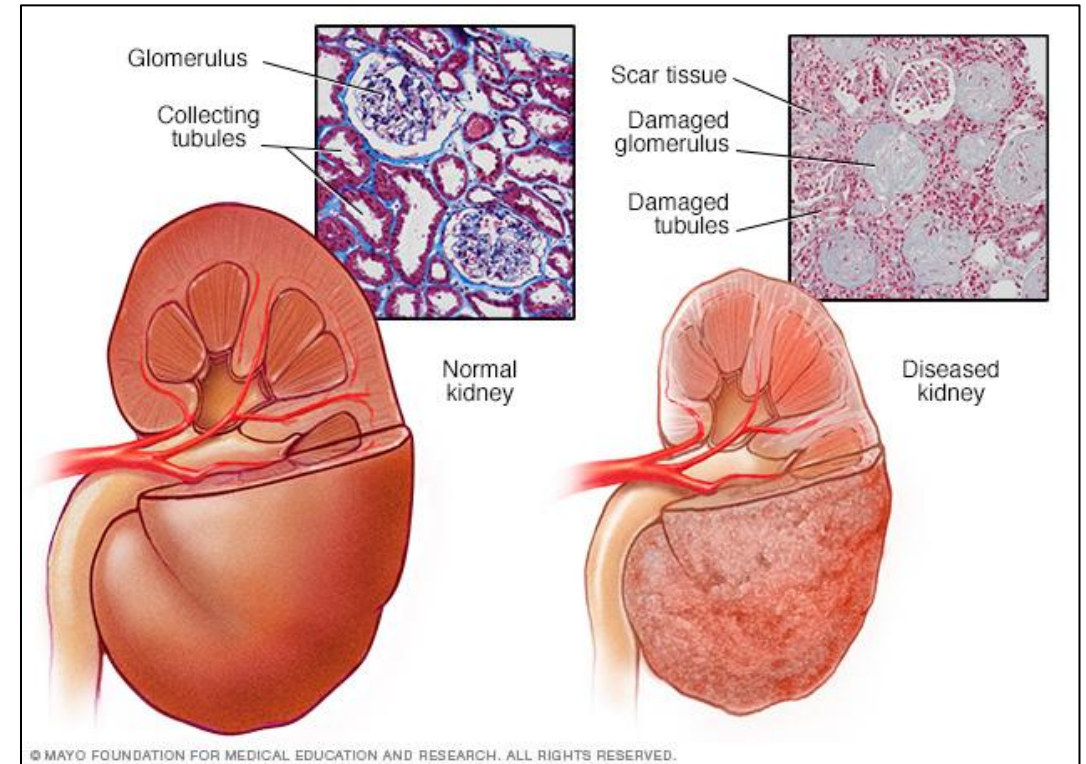
• **AMERICAN DIABETES ASSOCIATION 2018**

• Collins AJ et al, *Am J Kidney Dis.* 2015 Jan; 63(1 Suppl):A7.

• Afkarian M et al, *J Am Soc Nephrol.* 2016 Feb; 24(2):302-8.

Diabetic Nephropathy

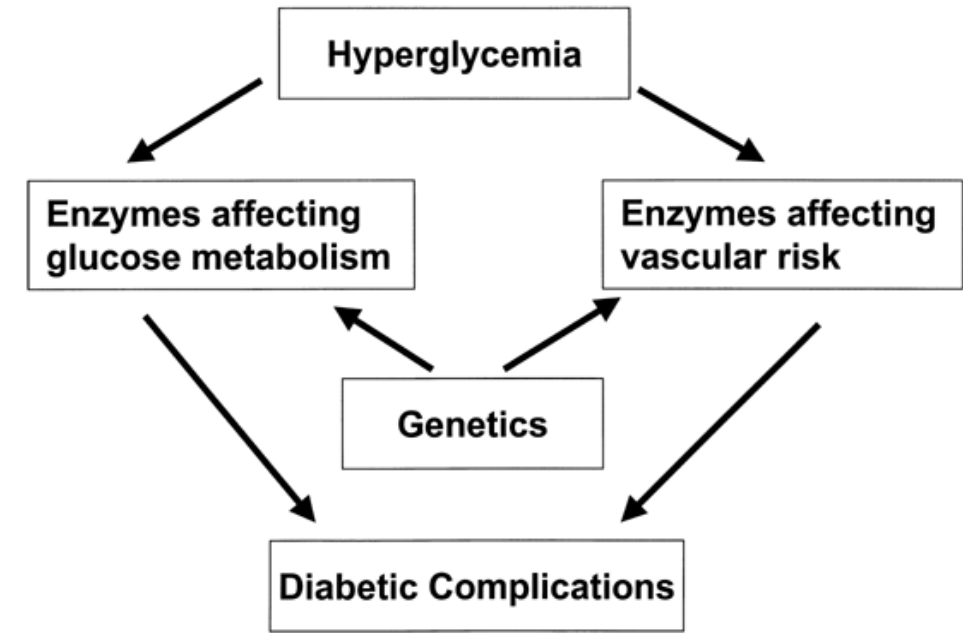
- Affects approx. one-third of individuals with diabetes mellitus
- DN increases
 - Overall 10-year mortality
 - By 6 folds compared to healthy age matched non-diabetic

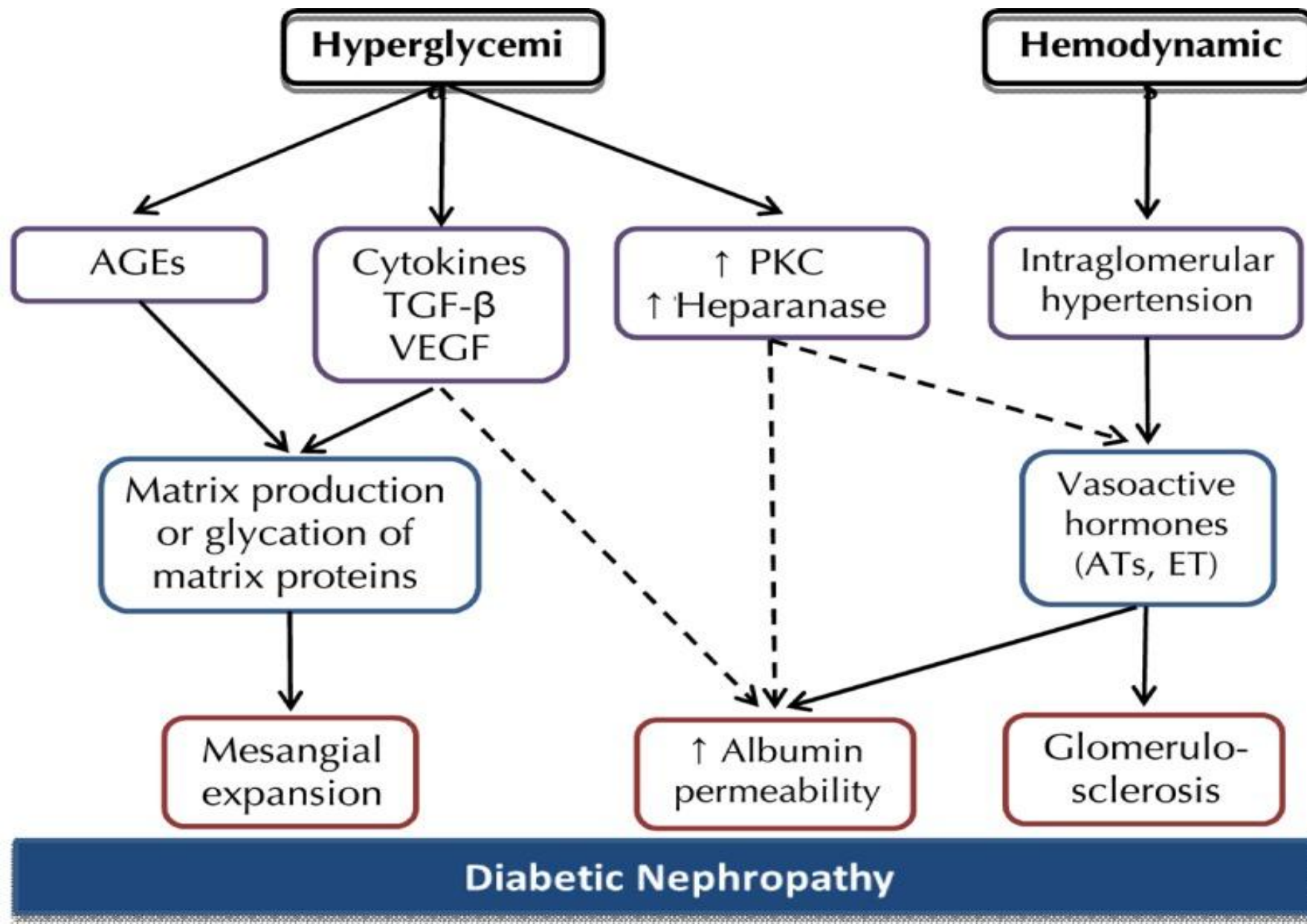


Diabetic Nephropathy

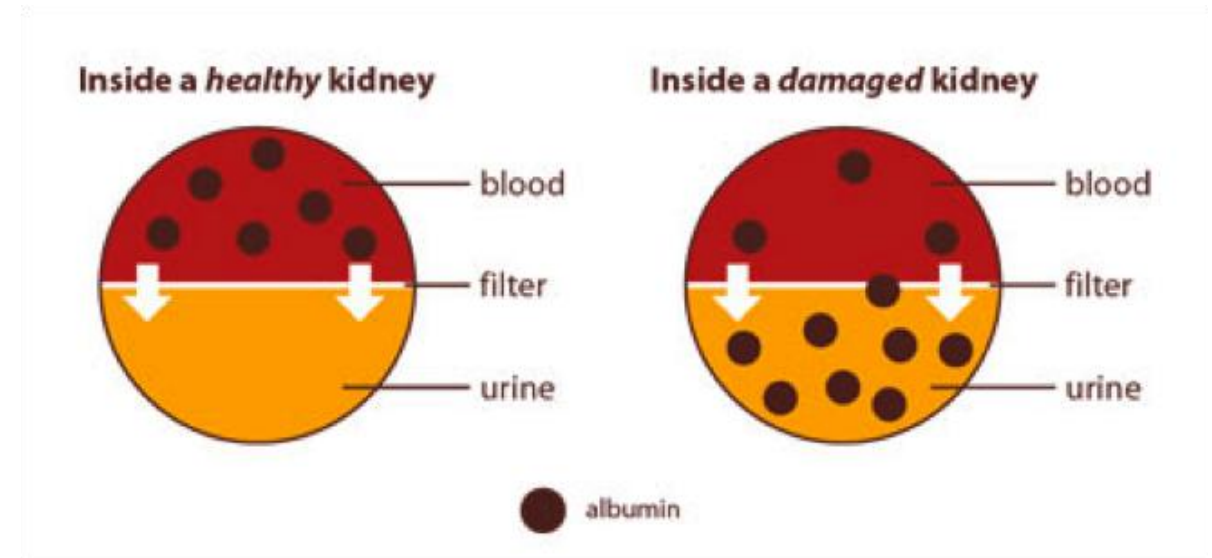
Etiology :

- Diabetic Nephropathy occurs
 - As a result of interaction between both genetic & environmental factors.
 - Hyperglycemia, hypertension, and genetic predisposition are the major risk factors.
 - The aggravating hyperglycemia - high risk factor
 - Development of microvascular complications





Pathophysiology of DN

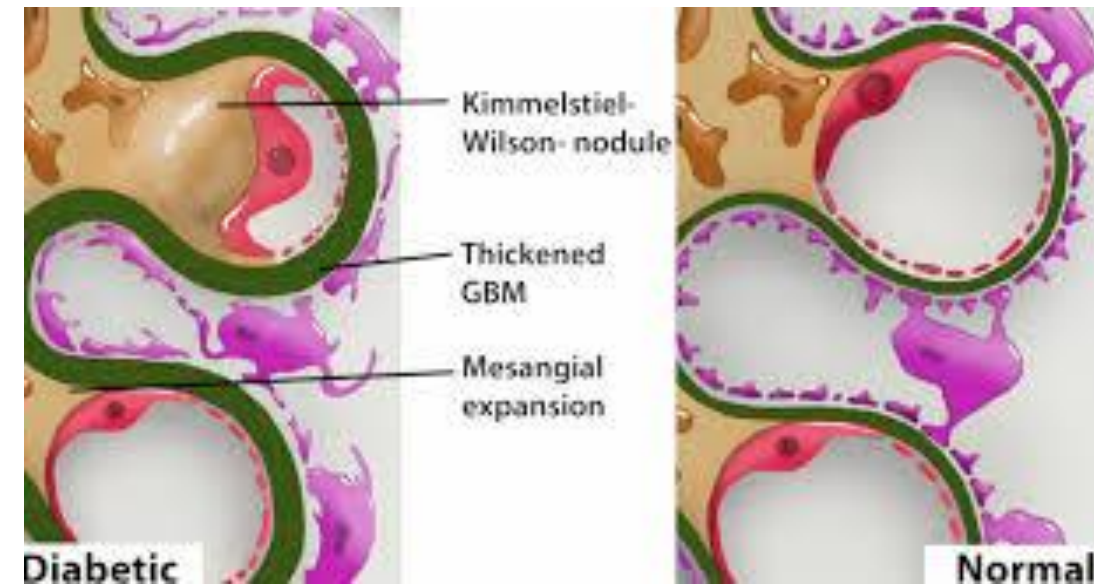


- Diabetic nephropathy is a clinical syndrome characterized by the following:
 - Persistent albuminuria (>300 mg/d or >200 μ g/min)
 - Confirmed on at least 2 occasions 3-6 months apart
 - Progressive decline in the glomerular filtration rate (GFR)
 - Elevated arterial blood pressure

Pathophysiology of DN

3 major histological changes in the glomeruli

- Mesangial expansion - induced by hyperglycemia
- Thickening of the glomerular basement membrane
- Glomerular sclerosis – due to intraglomerular hypertension



Recent evidence shows:

- DN comprises a heavy inflammatory element triggered by metabolic disorders, protein overload & hemodynamic abnormalities

Diagnosis of diabetic nephropathy



- DN - usually a clinical diagnosis
 - Based on albuminuria and/or reduced eGFR
- Typical presentation of DN
 - long-standing duration of diabetes, retinopathy, albuminuria without hematuria, and gradually progressive kidney disease
- The pathologic changes in DN are:
 - Mesangial expansion, Diffuse glomerular basement membrane thickening
 - Diffuse glomerulosclerosis, Nodular glomerulosclerosis
 - Afferent & efferent arteriolar hyaline sclerosis
 - Interstitial mononuclear cell infiltrate &
 - Interstitial fibrosis together with tubular atrophy

• AMERICAN DIABETES ASSOCIATION 2018

•Usama A.A. Sharaf El Din et al, J Adv Res. 2017 Jul; 8(4): 363–373.

Current Standard of Approach to Diabetic Nephropathy

- Glycemic optimization
- Blood pressure control
 - Renin-angiotensin system
- Lipid Lowering Therapy



Glycemic optimization

- Glycemic control plays
 - most momentous role in management of DN
- Several studies have indicated
 - Close relationship been established between poor glycemic control & microvascular complications, including DN.



Glycemic optimization

- Study - EDIC (Epidemiology of Diabetes Interventions and Complications- Cohort)
 - Type 1 diabetics
 - Clearly demonstrated - early intensive diabetic control-
 - 44% reduction in developing CKD with eGFR lower than 60 ml/min/1.73m²

Glycemic optimization

- Study- UK Prospective Diabetes Study (UKPDS)
 - 3,867 Patients (newly diagnosed)
 - Conventional Group HbA1c 7.9%
- For type 2 diabetics the risk in the intensive group was
 - 12% lower for any diabetes-related endpoint;
 - 10% lower for any diabetes-related death &
 - 6% lower for all-cause mortality

Glycemic optimization

- Study- ADVANCE (Action in Diabetes and Vascular Disease: Preterax and Diamicron Modified Release Controlled Evaluation) trial
 - 11,140 patients
- Demonstrated the value of tight glycaemic control
 - Reduction of albuminuria
 - 9% & 30% for micro- & macro-albuminuria, respectively
 - 65% risk reduction of ESRD

Glycemic optimization



- The American Association of Clinical Endocrinologists recommends
 - HbA1c target of <6.5%
- American Diabetes Association
 - Goal of HbA1c <7%
- To achieve balance between the risk of hypoglycemia and the clear benefit of renoprotection

Approved treatment Modalities to prevent or withhold progression of DN.

Drug class	On-target action	Remarks
•Metformin	Blood sugar ↓	↓ dose by 50% if GFR<60 mL/min, stop if GFR<30
•Pioglitazone	Blood sugar ↓	Salt and water retention, osteopenia, BW↑
•GLP-1 agonists	Blood sugar ↓	Nausea, vomiting, stop if GFR<30
•DPP-4 inhibitors	Blood sugar ↓	Hypoglycemia less likely, dose adjustment with CKD progression except Linagliptin
•SGLT2 inhibitors	Blood sugar ↓	stop if GFR<30

Sharaf El Din UAA et al, J Adv Res. 2017 Jul;8(4):363-373.

Blood pressure control



Blood pressure control

- Hypertension an independent, modifiable variable
 - Predisposes individuals to the development and acceleration of micro- and macro-vascular problems
 - Various attempts to optimize RAAS inactivation
- Several trials have been conducted to validate the efficacy of following drug groups
 - Angiotensin converting enzyme inhibitors (ACEI) or Angiotensin II type 1
 - receptor blockers (ARBs) alone
 - Combined use of ACEI and ARBs
 - Renin inhibitors
 - Aldosterone inhibitors
 - Angiotensin II type 2 receptor enhancement

Blood pressure control

- UKPDS showed for every 10 mmHg reduction in SBP, there was a decrease in
 - All DM-related complications by 12%
 - Death by 15%
- Echoed in the RENAAL (*Reduction of Endpoints in NIDDM with the Angiotensin II Antagonist Losartan*) trial
 - 1,513 type 2 DM patients with confirmed DN & hypertension
 - Risk of ESRD or death was raised by 6.7% for each 10 mmHg increase in baseline SBP

Renin-angiotensin-aldosterone Axis Blockade

- Type 2 DM-
 - ACEi or ARB is superior to using other anti-hypertensive agents
 - Provide other renoprotective benefits, (MARVAL -*Micro-Albuminuria Reduction with Valsartan study*)
- Type 1 DM –
 - Study- meta-analysis of 698 non-hypertensive type 1 DM patients with micro-albuminuria
 - Treatment with ACEi restricted development to macro-albuminuria by 60%

Renin-angiotensin-aldosterone Axis Blockade

- Sub-study of the IRMA-2 (*Irbesartan in Patients with Type 2 Diabetes and Microalbuminuria*) trial
 - Reduction in micro-albuminuria by RAS blockade persisted even after treatment withdrawal
- IDNT (*Irbesartan Diabetic Nephropathy Trial*)
 - 1,715 hypertensive type 2 DN patients
 - 33% decrease in the risk of serum creatinine doubling
 - 23% decrease in progression to ESRD

Renin-angiotensin-aldosterone Axis Blockade

Drug	Trial	Notes
Valsartan	<u>MARVAL</u> (Micro-Albuminuria Reduction with Valsartan)	Reduction in BP + micro-albuminuria
Irbesartan	<u>IRMA-2</u> (Irbesartan in Patients with Type 2 Diabetes and Microalbuminuria)	Reduction in micro-albuminuria persisted, even after treatment withdrawal, implies that glomerular structural normalization may be occurring
Irbesartan	<u>IDNT</u> (Irbesartan Diabetic Nephropathy Trial)	GFR decline, 33% and 23% Risk reduction of serum creatinine doubling and progression to ESRD respectively
losartan	<u>RENAAL</u> RENAAL (Reduction of Endpoints in NIDDM with the Angiotensin II Antagonist Losartan)	GFR decline, 50% & 45% decrease in albuminuria & risk for ESRD respectively after 6 months treatment

National Kidney Foundation. Am J Kidney Dis. 2012 Nov; 60(5):850-86.

Aldosterone Antagonism

- Mineralocorticoid receptor antagonist (MRA) -
 - Meta-analyses have demonstrated
 - Supplement of MRA (Spirinolactone, Eplerenone) given with ACEi or ARB produces a decrease in proteinuria
- Likewise beneficial effects observed in administration of nonselective and selective MRA
- But, Several studies, in combination with RAS inhibition showed
 - A greater risk of hyperkalemia

Lipid Lowering Therapy

- Statins - most widely used class of drug for lipid lowering in T2DM cases
 - Reflects the indisputable evidence
- Statins-
 - Lowered mortality & cardiovascular events with early stages of CKD
 - Little or no effects in those on dialysis
 - Had uncertain effects in kidney transplant recipients
 - Effects on stroke and kidney function remain to be elucidated
- The role of lipid-lowering treatments in renoprotection for patients with diabetes, however, is debatable.

Lipid Lowering Therapy

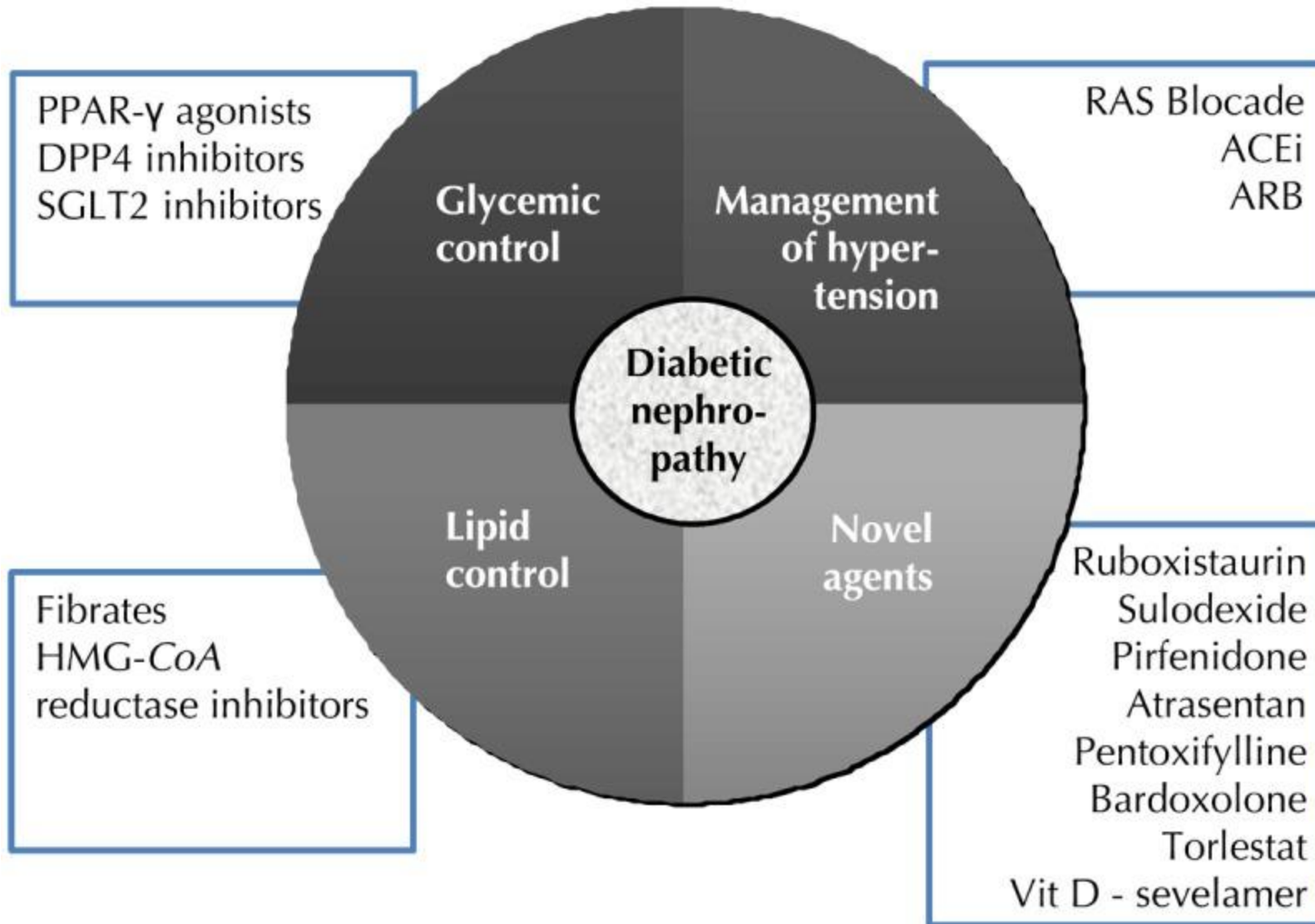
- Studies have shown
 - Atorvastatin
 - Rosuvastatin
 - Simvastatin
 - Significant reduction in urinary albumin excretion
 - Significantly reducing the disease progression



Other Approved treatment Modalities to prevent or withhold progression of DN.

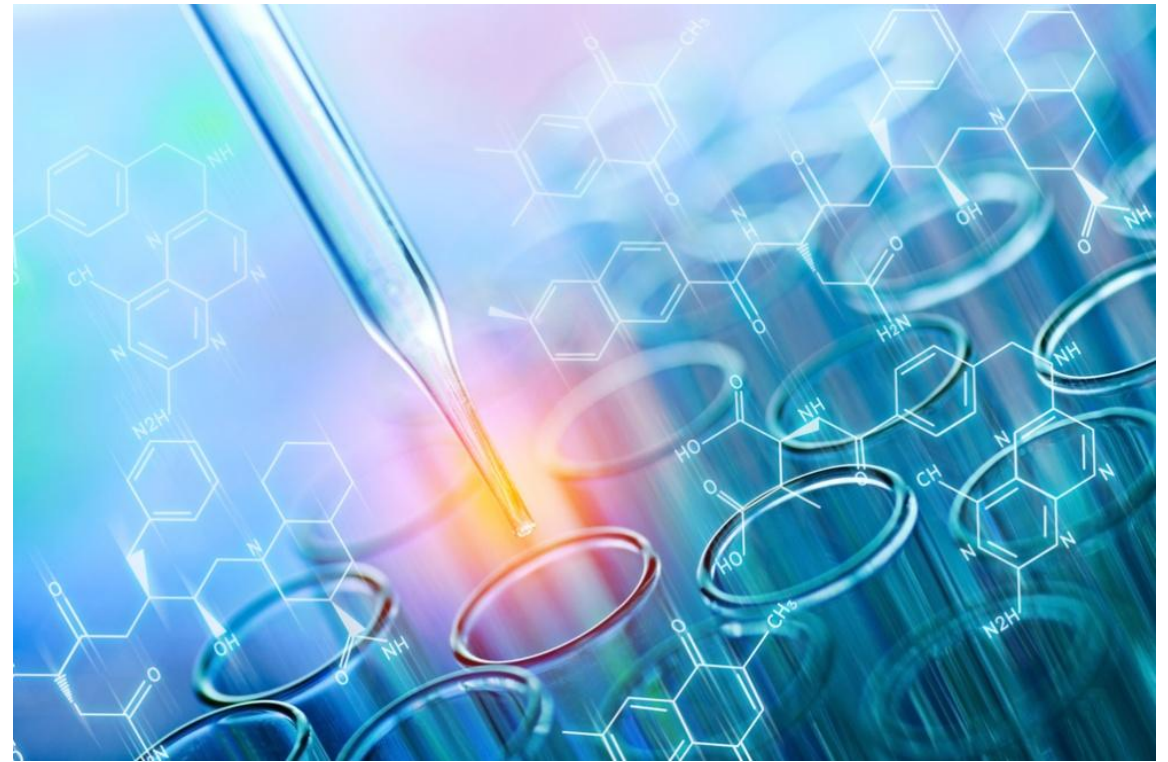
Drug class	On-target action	Remarks
Hypouricemic agents	↓UA	
Phosphate handling		
↓P intake +sevelamer	↓Serum P	
HCO ₃ supplement	Treat acidosis	May↑BP, may ↑edema
Pentoxifylline	RBCs rheology	1200 mg/day
Sarpogrelate	↓thromboxane A ₂	
Paricalcitol	↓PTH	
Statins	↓Serum Cholesterol	No effect on stroke, CKD progression or mortality

Sharaf El Din UAA et al, J Adv Res. 2017 Jul;8(4):363-373.



Key elements in the management of diabetic nephropathy with established and potential novel therapeutic agents

Novel Therapeutic Modalities



New therapeutic agents in diabetic nephropathy beyond conventional RAAS inhibition

Glucose-dependent pathway	
AGEs reduction:	Aminoguanidine, Pyridoxamine
PPAR agonists:	Fenofibrate, Thiazolidinediones
Incretins:	GLP-1 receptor, DPP-4 inhibitor
SGLT2 inhibitor:	Canagliflozin, Dapagliflozin
AMPK activator:	AICAR, Adiponectin, Statins
Vasoactive-pathway	
RAAS system:	Aliskiren, HRP, Spironolactone, Eplerenone
Endothelial antagonism:	Avosentan, Atrasentan
	Glycosaminoglycan, Sulodexide, Paricalcitol
RAAS, renin-angiotensin-aldosterone system; AGE, advanced glycation end product; PPAR, peroxisome proliferator-activated receptor; GLP-1, glucagon-like peptide 1; DPP-4, dipeptidyl peptidase 4; SGLT2, sodium/glucose cotransporter 2; AMPK, adenosine monophosphate-activated protein kinase; AICAR, 5-aminoimidazole-4-carboxamide ribonucleoside; HRP, hand-region peptide; PKC-β, protein kinase C β; GF, growth factor; PDGF, platelet-derived growth factor; TGF-β, transforming growth factor β; CTGF, connective tissue growth factor; TNF-α, tumor necrosis factor α; mTOR, mammalian target of rapamycin.	

Intracellular signalling
PKC- β inhibition: ruboxistaurin
Rho kinase inhibitors: Fasudil
Prosclerotic GFs inhibition
Anti-PDGF, anti-TGF- β , anti-CTGF, pirfenidone
Anti-inflammatory pathway
Adenosine, pentoxifylline (TNF- α inhibition), adiponectin, statins, mTORi
Anti-oxidative pathway
Bardoxolone methyl, N-acetylcysteine, probucol
Others - Glycosaminoglycan, sulodexide, paricalcitol
RAAS, renin-angiotensin-aldosterone system; AGE, advanced glycation end product; PPAR, peroxisome proliferator-activated receptor; GLP-1, glucagon-like peptide 1; DPP-4, dipeptidyl peptidase 4; SGLT2, sodium/glucose cotransporter 2; AMPK, adenosine monophosphate-activated protein kinase; AICAR, 5-aminoimidazole-4-carboxamide ribonucleoside; HRP, hand-region peptide; PKC- β , protein kinase C β ; GF, growth factor; PDGF, platelet-derived growth factor; TGF- β , transforming growth factor β ; CTGF, connective tissue growth factor; TNF- α , tumor necrosis factor α ; mTOR, mammalian target of rapamycin.

Pleiotropic Reno-protective Effects of Anti-diabetic Drugs Beyond Glycaemic Control

- Certain hypoglycemic agents
 - Shows to confer independent renoprotective effects beyond their hypoglycemic action.
 - Like
 - PPAR- γ agonists
 - Incretin- based Agents

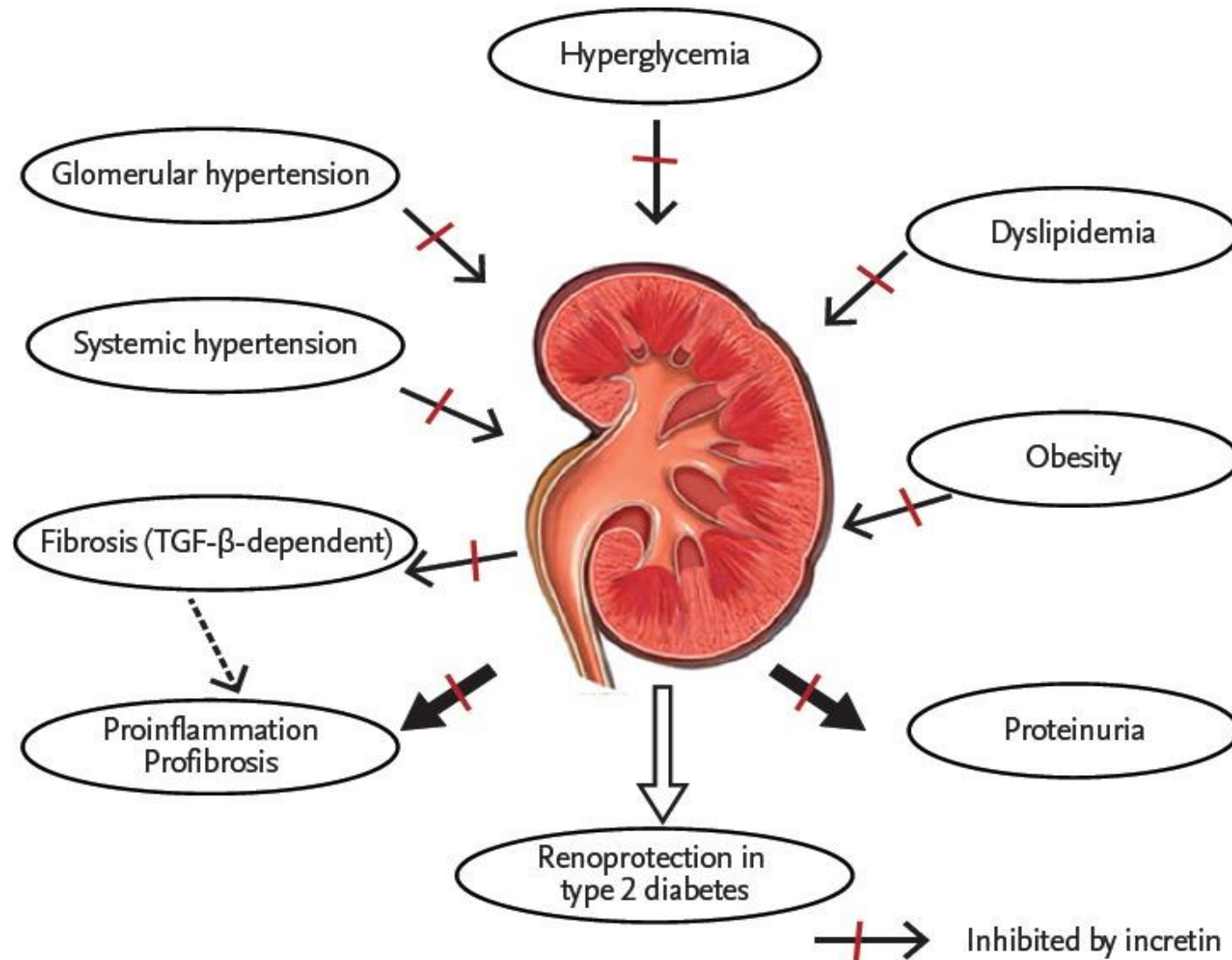
PPAR- γ Agonists

- TZDs- Pioglitazone and Rosiglitazone
 - Varied reports from clinical studies
 - Heightened cardiovascular risks and malignancy
- TZDs are unlikely to be a major player in the therapeutic armamentarium for DN

Incretin- Based Agents

- Incretins secreted into the circulation postprandially
 - Glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide 1 (GLP-1)
 - Exert insulinotropic activity
- Impaired incretin regulation is implied in type 2 diabetes
- GLP-1 exerts antidiabetogenic properties by
 - Stimulating insulin secretion, increasing β -cell mass, inhibiting glucagon secretion, delaying gastric emptying and inducing satiety

Favourable renal outcome achieved by Incretin in diabetic nephropathy



Incretin- Based Agents

- GLP-1 gets rapidly degraded by dipeptidyl peptidase 4 (DPP-4)
- Limitation can be overcome by using
 - DPP-4 resistant GLP-1 receptor agonists &
 - DPP-4 inhibitors.
- Other than glycaemic effects reduce-
 - Blood pressure,
 - Dyslipidemia,
 - Inflammation to a certain degree
 - Risk of hypoglycaemia

Incretin- Based Agents

- Sitagliptin/ Alogliptin/ Saxagliptin
 - Experimental models indicated renoprotective benefits
- Lowered albuminuria in patients with type 2 DM
 - 6 months of sitagliptin or 12 weeks of alogliptin
 - Data from small, uncontrolled studies
- Findings must be interpreted with caution

Incretin- Based Agents

- Four phase III studies, comprising 217 patients with DN on RAS inhibition
 - 24 weeks of linagliptin significantly reduced albuminuria (32% reduction), independent of HbA1c
- Advantages of DPP-4 inhibitors
 - Tolerability
 - Weight neutral benefit
 - Low risk of hypoglycaemia

Incretin- Based Agents

- GLP 1 Agonists- Exenatide, Liraglutide, Dulaglutide
- Exenatide treatment in Type 2 DM
 - Reductions in both albuminuria & urinary levels of TGF- β and type IV collagen
- The anti-fibrotic effect of linagliptin
 - In a type 1 model of DN after 4 weeks of treatment
- Limited clinical evidence of the effect of targeting TGF- β

Vitamin D Receptor Activators



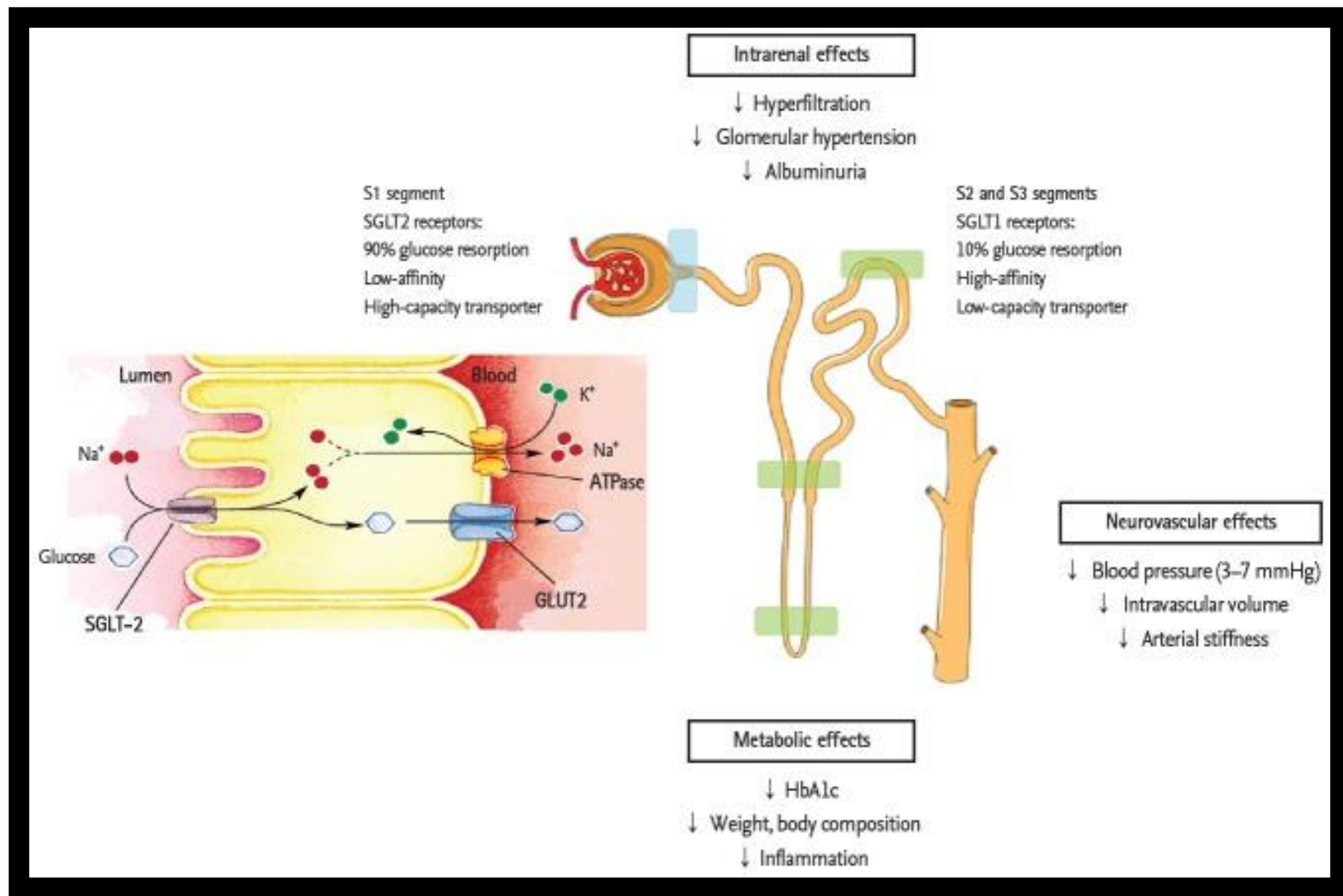
- Anti-inflammatory & anti-proteinuric effects in animal models of DN
- Phase III VITAL *trial in Patients with Type 2 Diabetes*
 - Adjuvant *paricalcitol* at 2 $\mu\text{g/day}$ lowers residual albuminuria in DN
 - Drawbacks-
 - Poor tolerance- 42% of patients needed a reduced dose of paricalcitol,
 - High cost of treatment
- Concrete evidence demonstrating the successful use of VDR activators to retard the progression of DN is still awaited

Sodium-Glucose Co-transporter 2 Inhibition

- Along with aiding glycemic control, SGLT-2 inhibitors
 - Appear to promote an attractive cardiovascular portfolio
- EMPA-REG study, Empagliflozin added to standard care
 - Over 7,000 type 2 diabetics at high cardiovascular risk
 - Reduced the rates of
 - Death from cardiovascular causes (3.7%, vs. 5.9% in the placebo group; 38% RRR)
 - Hospitalization for heart failure (2.7% Vs 4.1%, 35% RRR)
 - Death from any cause (5.7% Vs 8.3%, 32% RRR)

Sodium-Glucose Co-transporter 2 Inhibition

- Renoprotective effect of SGLT2 inhibitors
 - Attributed to a decrease in high glucose-induced inflammatory & fibrotic markers in human proximal tubular cells
- By blocking glucose entry into the cell empagliflozin attenuated
- High glucose-induced-
 - Expression of Toll-like receptor-4, binding of nuclear deoxyribonucleic acid to nuclear factor κ B and activator protein 1, and secretion of collagen IV and interleukin-6



Potential therapeutic effects of sodium/glucose co-transporter 2 (SGLT2) inhibition in diabetic nephropathy

Selective C-C Chemokine Receptor Type 2 Antagonism

- MCP-1 over expression plays an indispensable role in promoting monocyte and macrophage migration and activation
- CCR2 antagonist- CCX140-B is a small molecule
 - Inhibits CCR2 and blocks MCP-1-dependent monocyte activation and chemotaxis
 - Improved glycaemia and albuminuria in animal models

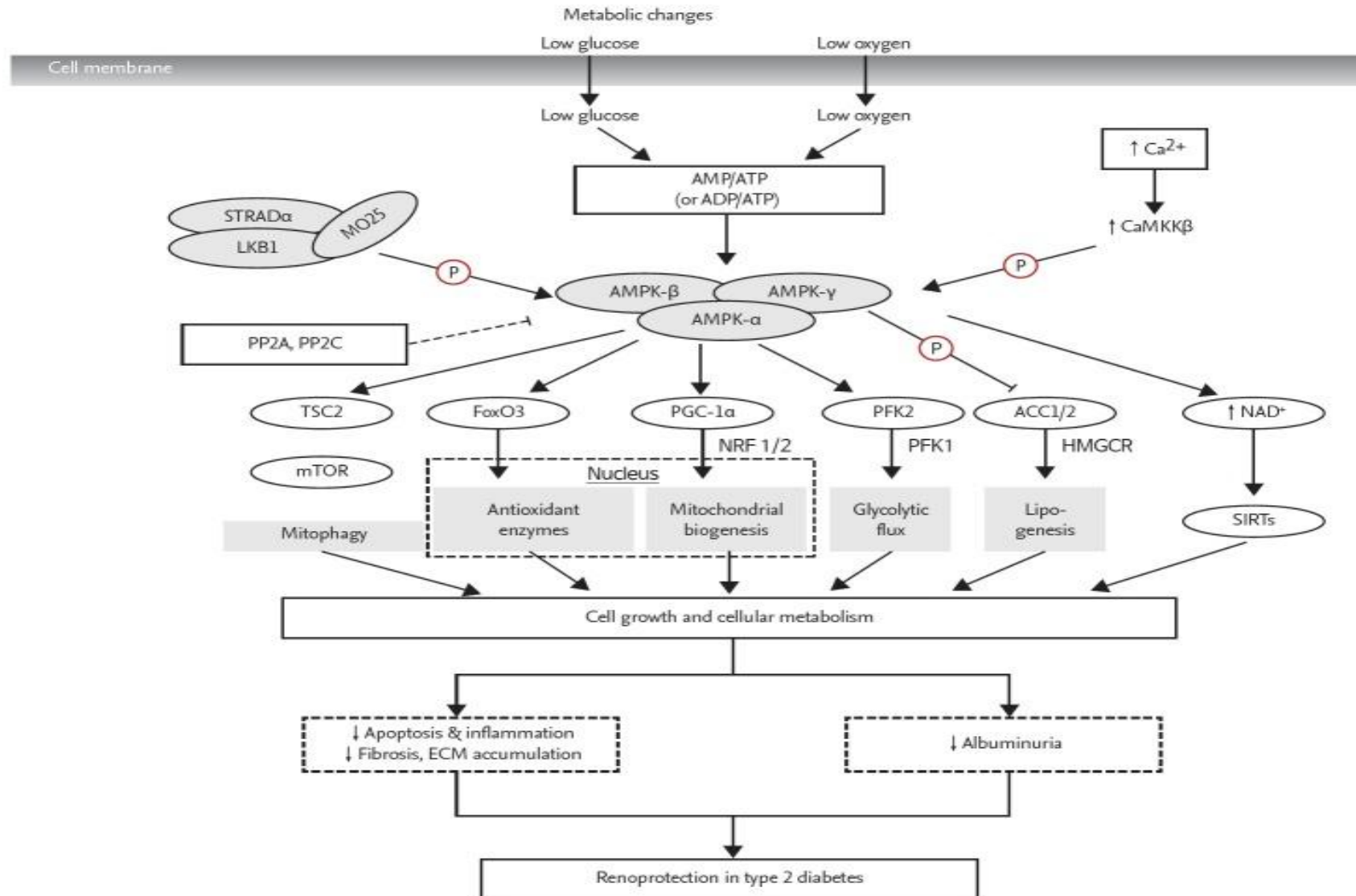
5' Adenosine Monophosphate-activated Protein Kinase Activation

- Evidence of dysregulation of AMPK in relevant tissues
 - Implicated in development of metabolic syndrome and diabetes
- Sirtuin 1 (Sirt1) protein
 - linked to longevity associated with calorie reduction
 - Expression and activity significantly reduced in type 2 diabetic animal models and human kidneys

5' Adenosine Monophosphate-activated Protein Kinase Activat

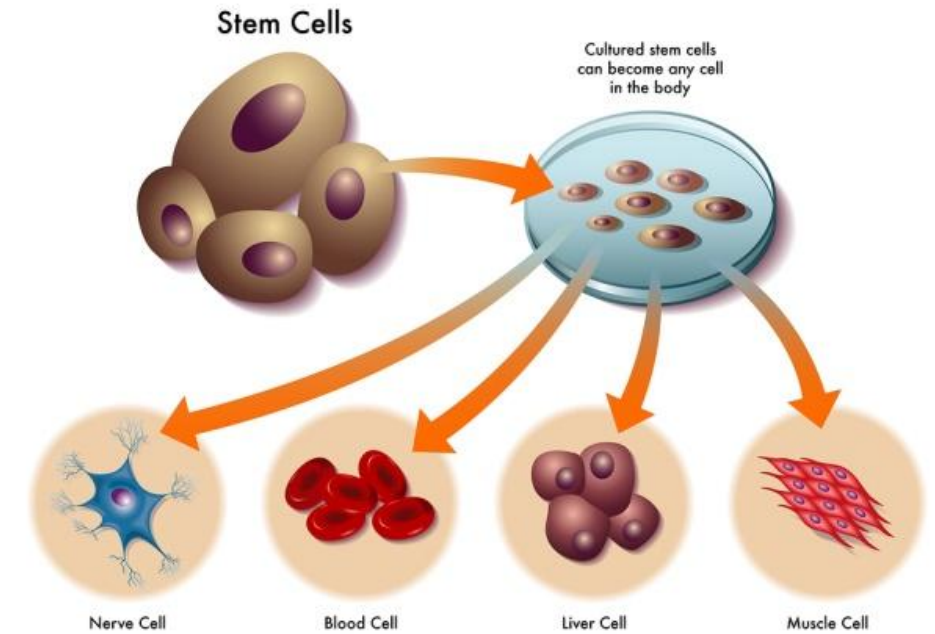
- Conventional activators of AMPK provides
 - Additional Renoprotective effects in addition to their intrinsic activities –
 - 5-aminoimidazole-4-carboxamide ribonucleoside,
 - Metformin,
 - Adiponectin
 - Resveratrol

Proposed Renoprotective mechanisms in diabetic nephropathy (DN) through adenosine monophosphate-activated protein kinase (AMPK) activation.



Stem Cell Therapy

- Multiple preclinical studies
 - Demonstrated - innovative stem cell therapy using mesenchymal stem cells (MSCs)
- Administration of MSCs
 - Prevent renal injury & promote renal recovery.
- MSC transplantation
 - Promising therapeutic strategy to delay DN progression in animal models
 - however, clinical trials should be performed to investigate the safety and efficacy of MSC transplantation in patients with DN



Other Potential therapeutic modalities to prevent or withhold progression of DN

Drug class	On-target action	Remarks
Ruboxistaurin	PKC↓	
Sulodexide		
Atrasentan	Endothelin receptor antagonist	Serious side effects postponed approval
Aldose reductase inhibitors	IC sorbitol↓, IC fructose ↓	No adequate RCTs
Nrf2 activator	ROS↓	
Curcumin	ROS↓	No long term trials
Resveratrol	ROS↓	No clinical trials
Bardoxolone	ROS↓	UAE↑, BP↑, HF↑, mortality↑, nausea, wt loss, muscle spasm
Emapticap Pegol	MCP1↓	I.V administration
CCX140-B	CCR2 antagonist	Oral administration
Exogenous klotho	EMT↓, TGF-β↓	
Low dose IL-17A	MCP1↓	No clinical trials

Summary (1/2)

- Diabetes is the leading cause of chronic kidney disease (CKD)
- Screened regularly for kidney disease
 - key markers- glomerular filtration rate (eGFR) and urine albumin
- Intensive management of blood glucose has shown great promise for people with diabetes, especially for those in the early stages of CKD.

Summary (2/2)

- Agents proven blood pressure lowering and slowing the progression of kidney disease
- Angiotensin-converting enzyme (ACE) inhibitors and Angiotensin receptor blockers (ARBs)
- ACEi and ARBs dual blockade is not recommended
- When estimated glomerular filtration rate is ≥ 60 mL/min/1.73 m², evaluate and manage potential complications of chronic kidney disease.
- Patients should be referred for evaluation for renal replacement treatment if they have an estimated glomerular filtration rate ≤ 30 mL/min/1.73 m².

Thank you