

1 **Comparison of the safety and efficacy of balloon pulmonary angioplasty in chronic**
2 **thromboembolic pulmonary hypertension patients with surgically accessible and**
3 **inaccessible lesions**

4
5
6 Takahiro Nishihara, MD ^{1 5} (ORCID#0000-0003-2732-9212); Hiroto Shimokawahara, MD, PhD ¹
7 (ORCID#0000-0002-8943-9532); Aiko Ogawa, MD, PhD ² (ORCID#0000-0003-2784-752X);
8 Takanori Naito, MD ¹ (ORCID#0000-0001-7347-685X); Dai Une, MD, PhD ³ (ORCID#0000-0002-
9 5637-1113); Takashi Mukai, MD, PhD ⁴; Harutaka Niiya, MD, PhD ⁴; Hiroshi Ito, MD, PhD ⁵; Hiromi
10 Matsubara, MD, PhD ¹ (ORCID#0000-0002-3417-7651)

11
12 ¹Department of Cardiology, National Hospital Organization Okayama Medical Center, Okayama, Japan

13 ²Department of Clinical Science, National Hospital Organization Okayama Medical Center, Okayama, Japan

14 ³Department of Cardiovascular surgery, National Hospital Organization Okayama Medical Center, Okayama,
15 Japan

16 ⁴Department of Radiology, National Hospital Organization Okayama Medical Center, Okayama, Japan

17 ⁵Department of Cardiovascular Medicine, Okayama University Graduate School of Medicine, Dentistry and
18 Pharmaceutical Sciences, Okayama, Japan

19
20 **Address for correspondence:** Hiroto Shimokawahara, MD, PhD.

21 Department of Cardiology and Department of Clinical Science, National Hospital Organization
22 Okayama Medical Center, 1711-1 Tamasu, Kita-ku, Okayama 701-1192, Japan

23 E-mail: hiroto.shimokk@gmail.com

24 Twitter account: @Hs2zK

25 Tel: +81-86-294-9911

26 Fax +81-86-294-9255

27
28 **Running title:** BPA in surgically accessible and inaccessible lesions

29

30 **List of non-standard abbreviations**

31 PEA, pulmonary endarterectomy

32 CTEPH, chronic thromboembolic pulmonary hypertension

33 BPA, balloon pulmonary angioplasty

34 WHO-Fc, World Health Organization functional class

35 SpO₂, percutaneous oxygen saturation

36 6MWD, 6-min walking distance

37 BNP, brain natriuretic peptide

38 RVAI, right ventricular area index

39 mPAP, mean pulmonary artery pressure

40 PVR, pulmonary vascular resistance

41 RHC, right heart catheterization

42

43 **Word count:** 3178 words (**Abstract:** 245words)

44

45 **Abstract**

46 ***Background***

47 Although pulmonary endarterectomy is the treatment of choice for chronic thromboembolic
48 pulmonary hypertension, not all patients are eligible. While balloon pulmonary angioplasty is an
49 alternative for such patients, its efficacy and safety may differ between patients with and without
50 surgically accessible lesions.

51 ***Methods***

52 This study involved 344 patients treated with balloon pulmonary angioplasty who were ineligible for
53 pulmonary endarterectomy. Based on the angiographical lesion location, patients were divided into
54 the surgically accessible (Group 1) and inaccessible (Group 2) groups, and percent changes in
55 hemodynamics and clinical parameters before and after balloon pulmonary angioplasty were
56 investigated. We also conducted survival analyses using Kaplan–Meier analysis.

57 ***Results***

58 While no differences in baseline characteristics were identified between the groups, balloon
59 pulmonary angioplasty significantly improved hemodynamics in both groups, without any difference
60 regarding the incidence of complications. Meanwhile, the percent changes in the mean pulmonary
61 arterial pressure, pulmonary vascular resistance, 6-min walk distance, right ventricular area index on
62 echocardiography, and the achievement rate of World Health Organization functional class I after
63 balloon pulmonary angioplasty were significantly lower in Group 1 than in Group 2. The cumulative
64 survival rates at 1, 5, and 10 years after balloon pulmonary angioplasty were not significantly
65 different between the two groups (Group 1: 92.5%, 86.1%, 84.3%; and Group 2: 96.5%, 92.9%,
66 90.1%, respectively).

67 ***Conclusions***

68 The outcome of balloon pulmonary angioplasty in inoperable patients with surgically accessible
69 proximal lesions was acceptable; however, further investigations are necessary to clarify the optimal
70 treatment for such patients.

71

72

73 **Introduction**

74 Pulmonary endarterectomy (PEA) remains the preferred treatment for patients with chronic
75 thromboembolic pulmonary hypertension (CTEPH),^{1,2} offering the greatest symptomatic and
76 prognostic improvement in those with surgically accessible proximal lesions. Excellent long-term
77 results have been reported by some expert centers^{3,4}; however, PEA is challenging and technically
78 demanding. Hence, not all patients are eligible. While inability to undergo PEA is often attributed to
79 the location of the lesion, patients with advanced age, comorbidities, or poor general condition are
80 considered ineligible irrespective of lesion accessibility due to an unfavorable risk-benefit ratio for
81 PEA.⁵ Furthermore, some patients refuse to undergo PEA owing to its invasiveness.

82 Balloon pulmonary angioplasty (BPA) has emerged as an alternative treatment for patients considered
83 ineligible for PEA.^{6,7} With refinements and major improvements in the safety and efficacy of BPA,⁸⁻¹²
84 the latest CTEPH guidelines recommend BPA for inoperable patients with CTEPH.^{1,2} However,
85 unlike PEA, BPA cannot directly resect large fibrotic thromboembolic material located on proximal
86 lesions. As few studies have compared the efficacy and safety of BPA between patients with
87 surgically accessible proximal and inaccessible distal lesions,^{13,14} the therapeutic efficacy and safety
88 of BPA may be affected by the location of the lesion.

89 We aimed to compare the efficacy and safety of BPA in the world's leading CTEPH referral center
90 between patients with and without surgically accessible proximal lesions, including long-term
91 survival.

92

93 **Materials and methods**

94 *Patient selection*

95 This single-center, retrospective observational study was approved by the Institutional Review Board
96 of the National Hospital Organization Okayama Medical Center (approval number: H29-RINKEN-
97 017). Our study followed the Strengthening the Reporting of Observational Studies in Epidemiology
98 (STROBE) Statement reporting guidelines.¹⁵ We included 344 patients with CTEPH who underwent
99 BPA at our institution between November 2004 and January 2018. Patients deemed eligible for and

100 who underwent PEA were excluded. Written informed consent was obtained from each patient. The
101 diagnosis of CTEPH was previously described.^{8,9}
102 As indicated in Figure 1, patients were divided into the surgically accessible (Group 1: 81 patients,
103 Figure 2A-a) and inaccessible (Group 2: 263 patients, Figure 2B-a) groups based on the location of
104 the fibrotic thromboembolic material. Group 1 included patients deemed ineligible for PEA despite
105 the presence of surgically accessible proximal lesions located at the main or lobar pulmonary arteries
106 and proximal segmental pulmonary arteries; Group 2 included patients without proximal lesions. All
107 patients were diagnosed as inoperable by a multidisciplinary CTEPH team comprising PEA surgeons,
108 cardiologists experienced in the pharmacotherapy of pulmonary hypertension, interventionists
109 experienced in BPA, and radiologists. The final judgment for PEA eligibility was made considering
110 every aspect, including the risk of PEA defined by the presence of comorbidities, patients' age and
111 frailty, severity of hemodynamic impairment, and patients' wishes.

112

113 ***Data collection***

114 Data concerning medical history, medication, and comorbidities were obtained from medical records.
115 World Health Organization functional class (WHO-Fc), percutaneous oxygen saturation (SpO₂) in
116 room air, 6-min walk distance (6MWD), plasma brain natriuretic peptide (BNP) levels,
117 echocardiographic parameters (right ventricular area index [RVAI], fractional area change, and
118 tricuspid annular plane systolic excursion), hemodynamic parameters (mean pulmonary artery
119 pressure [mPAP], pulmonary artery wedge pressure, right atrial pressure, cardiac output estimated by
120 thermo-dilution method, and pulmonary vascular resistance [PVR]) were collected before and at 6
121 months after the final BPA.

122 Information regarding the angiographical lesion types and total number of BPA procedures, treated
123 lesions per patient, procedures with hemoptysis, severe BPA-related lung injuries requiring
124 extracorporeal membrane oxygenation or mechanical ventilation, and procedural characteristics of
125 BPA were also investigated. Additionally, long-term survival from the initial BPA procedure was
126 evaluated. The primary outcome was all-cause death, determined using patients' medical records; the
127 follow-up period ended in July 2021.

128

129 ***BPA procedure***

130 BPA procedures and perioperative management were based on previous reports.^{8,9,12} BPA was
131 performed through either the right internal jugular or right femoral vein. After placing a 9-Fr
132 indwelling sheath (ArrowFlex; Teleflex, Durham, NC), a 6-Fr guiding catheter (Mach 1 peripheral
133 MP; Boston Scientific, Natick, MA) with a 6-Fr long introducer sheath (Bright Tip Sheath Introducer;
134 Cordis/Johnson & Johnson, New Brunswick, NJ) was advanced into the pulmonary artery being
135 treated. First, selective pulmonary angiography was performed to confirm the location and type of
136 each lesion.⁹ Then, a 0.014-inch guidewire (Agosal XS 0.8; Asahi Intec, Tokyo, Japan or Chevalier
137 floppy; Cordis/Johnson & Johnson or Athlete B-pahm; Japan Lifeline, Tokyo, Japan) was passed
138 through the lesion, and a balloon catheter of appropriate diameter (2–4 mm, IKAZUCHI PAD;
139 Kaneka, Osaka, Japan or 5–7 mm, Bandicoot RX; St. Jude Medical, St. Paul, MN or Aviator Plus;
140 Cordis/Johnson & Johnson or 8 mm, Sterling Monorail; Boston Scientific) was selected to dilate the
141 lesion. The balloon size was selected based on angiographic findings and confirmed by intravascular
142 ultrasound (Eagle Eye® Platinum Volcano, San Diego, CA) if necessary. We sequentially dilated the
143 same lesion in stages via two separate BPA procedures: first, a balloon with a smaller diameter than
144 that of the vessel was selected at the initial stage of BPA to reduce the risk of pulmonary vessel
145 injury; then, the lesions were dilated again, if necessary, using the angiographically appropriate
146 balloon size to optimize the lumen diameter.¹² The basic BPA procedure was similar in both groups.

147

148 ***Statistical analysis***

149 Continuous variables are presented as means±standard deviation [SD], or medians with interquartile
150 ranges, depending on the data distribution; categorical variables are presented as numbers and
151 percentage (%). The Mann–Whitney U, Pearson's Chi-squared, or Fisher's exact test was used for
152 comparison between groups for continuous and other categorical variables, as appropriate.
153 Differences between variables measured before and after BPA were evaluated using the paired- t-test
154 or Wilcoxon signed-rank test for each continuous variable. WHO-Fc was expressed as the number of
155 patients in each class, and changes in WHO-Fc were evaluated using Fisher's exact test. Percent

156 changes in each clinical parameter were compared between the two groups and evaluated using the
157 Mann–Whitney U test; survival analyses were conducted using Kaplan–Meier analysis. The
158 difference in the survival rate between the groups was compared using the log-rank test. All analyses
159 were performed with IBM SPSS Statistics 20 (IBM, Armonk, NY); statistical significance was set at
160 $p < 0.05$.

161

162 **Results**

163 *Baseline patient characteristics*

164 The baseline patient characteristics are summarized in Table 1; 344 patients (80 male and 264 female
165 individuals; average age, 63.2 ± 12.5 years) were enrolled. Most patients had severely compromised
166 hemodynamics with a mean PAP > 40 mmHg. Eighty-one patients were considered surgically
167 accessible but inoperable due to patient refusal ($n = 41$), advanced age (> 80 years; $n = 7$), comorbidities
168 ($n = 19$), poor general condition ($n = 8$), and other reasons ($n = 6$) (Group 1, Figure 2A-a); 263 patients
169 were defined as inoperable owing to surgically inaccessible lesions (Group 2, Figure 2B-a). All
170 patients in Groups 1 and 2 underwent BPA (Figure 2A-b and 2B-b); while there was no significant
171 difference in baseline echocardiographic data, hemodynamics, SpO₂, 6MWD, or plasma BNP levels
172 between the two groups, the number of patients with a history of acute pulmonary embolism was
173 significantly higher in Group 1 than in Group 2 (37% vs. 26%; $p = 0.04$). Sixty-five (80.2%) and 225
174 (85.6%) patients in Groups 1 and 2, respectively, underwent follow-up right heart catheterization
175 (RHC) at least 6 months after the final BPA (Figure 1). The percentage of patients taking pulmonary
176 vasodilators before and after BPA did not differ between the two groups. The mean follow-up
177 durations (final BPA to follow-up RHC) for Groups 1 and 2 were 6.5 ± 2.0 and 6.9 ± 3.2 months,
178 respectively.

179

180 *Difference between procedural characteristics and complications in BPA*

181 The angiographical lesion type of treated lesions, procedural characteristics of BPA, and frequency of
182 complications are shown in Table 2. Group 1 had more total occlusions, while Group 2 had more ring-
183 like stenoses. The number of procedures and treated lesions per patient, amount of contrast medium,

184 and radiation exposure time per procedure were similar in both groups. The maximum balloon size
185 used in a series of BPA procedures was larger in Group 1 than in Group 2, while the incidence rate of
186 complications during BPA was not different between the groups.

187

188 ***Change in clinical parameters before and after BPA***

189 Figure 3 shows the changes in clinical parameters from baseline to follow-up. The mean PAP
190 decreased from 38.2 ± 10.8 to 21.4 ± 4.6 mmHg ($p < 0.001$), and from 42.4 ± 11.4 to 21.5 ± 4.7 mmHg
191 ($p < 0.001$) in Groups 1 and 2, respectively. PVR decreased after BPA in both groups (Group 1: from
192 8.0 ± 4.2 to 3.4 ± 1.4 wood units, $p < 0.001$; Group 2: from 9.1 ± 4.6 to 3.4 ± 1.2 wood units, $p < 0.001$). The
193 6MWD improved (Group 1: from 310 ± 112 to 395 ± 100 m, $p < 0.001$; Group 2: from 306 ± 113 to
194 405 ± 110 m, $p < 0.001$), and the RVAI on echocardiography decreased after BPA (Group 1: from
195 13.2 ± 3.1 to 11.5 ± 2.4 cm^2/m^2 , $p < 0.001$; Group 2: from 15.0 ± 3.6 to 11.9 ± 2.8 cm^2/m^2 , $p < 0.001$) in both
196 groups.

197

198 ***Comparing improvements in clinical parameters after BPA between Groups 1 and 2***

199 Figure 4 illustrates the percent changes in clinical parameters from baseline to follow-up in both
200 groups. Percent changes in mPAP (-37.8% vs. -48.9% ; $p = 0.005$), PVR (-51.6% vs. -60.8% ; $p = 0.006$),
201 6MWD ($+13.5\%$ vs. $+28.9\%$; $p = 0.017$), and RVAI (-11.0% vs. -21.4% ; $p = 0.044$), were significantly
202 lower in Group 1 than in Group 2 even with the same number of procedures.

203 Changes in WHO-Fc from baseline to follow-up are shown in Figure 4E. At baseline, WHO-Fc III or
204 IV were predominant in both groups; however, most patients were categorized as WHO-Fc I or II at
205 follow-up. The achievement rate of WHO-Fc I at follow-up was significantly lower in Group 1 than in
206 Group 2 (14% vs. 30% ; $p < 0.05$).

207

208 ***Comparison of long-term survival rates of Groups 1 and 2***

209 Thirty-five (10.2%) patients died during the observation period (median: 6.7 years, interquartile
210 range: 4.6–8.6 years). Five patients in Group 1 and four in Group 2 died within 30 days of the final
211 BPA due to multiple organ failure ($n = 3$), septic shock ($n = 3$), right heart failure ($n = 1$), sudden death

212 (n=1), and cerebral hemorrhage (n=1). Eight patients in Group 1 and 18 in Group 2 died during the
213 observation period because of cancer (n=6), pneumonia (n=4), multiple organ failure (n=3), suicide
214 (n=3), senility (n=2), right heart failure (n=1), acute myocardial infarction (n=1), complication of
215 cardiac surgery (n=1), suffocation (n=1), traffic accident (n=1), sudden death (n=1), cerebral
216 hemorrhage (n=1), and unknown cause (n=1). No significant difference in the cumulative survival rate
217 between the two groups was noted (p=0.10, log-rank test, Figure 5). The cumulative survival rates at
218 1, 5, and 10 years were 92.5%, 86.1%, and 84.3% in Group 1, and 96.5%, 92.9%, and 90.1% in Group
219 2, respectively.

220

221 **Discussion**

222 We compared the efficacy and safety of BPA between inoperable patients with and without surgically
223 accessible proximal lesions, observing that percent changes in the mPAP, PVR, 6MWD, RVAI, and
224 achievement rate of WHO-Fc I after BPA were lower in the surgically accessible than in the
225 inaccessible group even with the same number of procedures and treated lesions per patient. To our
226 knowledge, this is the first study to demonstrate differences in the efficiency of improvements in
227 hemodynamics, exercise capacity, echocardiographic parameters, and symptoms after BPA,
228 depending on lesion location. However, BPA significantly improved hemodynamics, exercise
229 capacity, and symptoms to similar levels in both groups, with no difference in the frequency of
230 complications. The cumulative survival rates after BPA did not differ between the two groups. Thus,
231 BPA was acceptable even in patients with surgically accessible proximal lesions who were ineligible
232 for PEA.

233 PEA is the standard treatment for CTEPH^{1,2}; however, it is challenging and technically demanding.
234 Although lesions may be surgically accessible and suitable for PEA, some patients are ineligible. PEA
235 is an invasive procedure performed under intermittent total circulatory arrest with deep
236 hypothermia^{16,17}; thus, patients with advanced age, comorbidities, or poor general condition are
237 considered ineligible.⁵ Additionally, some eligible patients refuse to undergo the procedure.
238 Previously, 8.7% of patients with surgically accessible proximal lesions refused to undergo PEA¹⁸;
239 here, 41/81 (51%) patients with proximal lesions refused PEA. The high percentage of Japanese

240 patients who refused PEA is similar to the latest registry data, revealing that 77.8% of technically
241 operable Japanese patients with CTEPH refused PEA, compared to their counterparts in Europe
242 (3.7%), America, and other countries (2.5%).¹⁹ We speculated that this may be related to the small
243 number of PEA expert centers (conducting >50 PEAs per year) in Japan,^{5,20} and Japanese patients'
244 preference for less-invasive treatment.

245 The location of lesions suitable for PEA highly depends on the surgeon's skill. Generally, PEA is
246 suitable for proximal lesions in the main, lobar, and segmental pulmonary arteries^{16,17,21}; BPA
247 primarily targets distal lesions in the segmental and subsegmental vasculature, down to small
248 pulmonary arteries 2–5 mm in diameter.²² There is no global consensus on whether segmental
249 pulmonary arteries are suitable for BPA or PEA; in our study, surgically inaccessible lesions were
250 defined as fibrotic thromboembolic material limited to distal segmental or subsegmental pulmonary
251 arteries. Among all patients, 263 (76.5%) were considered surgically inaccessible. The latest registry
252 data showed that 167/820 (20.3%) Caucasian/white and 63/142 (44.3%) Asian patients were
253 diagnosed as technically inoperable.¹⁹ Why a higher percentage of Asian patients—especially
254 Japanese patients—were considered technically inoperable remains unclear. Regarding phenotypic
255 differences of CTEPH between the racial and ethnic groups, female predominance and a low
256 prevalence of acute pulmonary embolism in Japanese patients with CTEPH have been reported.^{19,23}
257 Further studies are necessary to clarify these details.

258 We found that percent changes in mPAP, PVR, Δ MWD, RVAI after BPA, and the achievement rate
259 of WHO-Fc I after BPA, were lower in the surgically accessible than in the inaccessible group,
260 despite using a larger maximum balloon size in the same number of BPA procedures. BPA improves
261 hemodynamics in patients with surgically accessible and inaccessible lesions.^{13,14} Szymon et al.¹⁴
262 reported that improvements in mPAP and PVR after BPA did not differ between the two groups.
263 However, only 16 inoperable patients with surgically accessible lesions were included in that study,
264 and improvements in mPAP and PVR after BPA were significantly lesser than in our study. In
265 contrast, the absolute values in mPAP, PVR, and RVAI after BPA were similar in patients with
266 surgically accessible and inaccessible lesions. The therapeutic efficacy of BPA appears to be
267 sufficient even in patients with surgically accessible lesions in terms of normalization of resting

268 hemodynamics. However, there are no data or consensus on the final therapeutic goals of BPA²;
269 normalization of resting hemodynamics alone may be insufficient to improve the quality of life of
270 patients with CTEPH. Therefore, the differences in the improvement of 6MWD and the achievement
271 rate of WHO-Fc I after BPA between the two groups should not be ignored. The exercise stress tests
272 would be necessary to confirm the equivalence in the therapeutic outcome of BPA between the two
273 groups.

274 It remains unclear why the therapeutic efficiency of BPA varies with the location of the lesion. Based
275 on intravascular ultrasound before and after BPA, we previously reported that lumen enlargement
276 mainly occurs because of overall expansion of the pulmonary artery through the fibrotic
277 thromboembolic material.¹⁰ Recoil of the lesion may more easily occur in proximal lesions rich in
278 fibrotic thromboembolic material than in distal lesions. Furthermore, the maximum balloon size for
279 large proximal pulmonary arteries was limited (up to 10 mm). If larger balloons were available,
280 hemodynamic and symptomatic improvements in patients with proximal lesions may have been
281 greater; however, few bigger balloons are currently commercially available. Additionally, the
282 development of larger balloons may not be the only solution to this problem. It may be necessary to
283 consider other devices to remove thromboembolic material or avoid recoiling of the lesion after BPA,
284 such as debulking devices or stent implantation.²⁴ In our case, without such devices, it is more
285 difficult to obtain an optimal lumen size for proximal than distal lesions.

286 Regarding the angiographical lesion types in this study, the distribution of ring-like stenoses and total
287 occlusions was lower and higher, respectively, in Group 1 than in Group 2. A previous report revealed
288 that the number of successfully recanalized occlusions had an impact on change in hemodynamics
289 after BPA.²⁵ Given the difference in the BPA success rate between total occlusions and ring-like
290 stenoses,⁹ the different distribution of each lesion type in this study may have affected the difference
291 in hemodynamic and symptomatic improvements after BPA between the two groups.

292 We did not directly compare the therapeutic outcomes of BPA and PEA for patients with surgically
293 accessible proximal lesions; thus, few data are available to directly compare the outcomes of PEA and
294 BPA in patients with surgically accessible lesions. D'Armini et al.²⁰ previously demonstrated
295 improvements in hemodynamics and exercise capacity at 1 year after PEA for patients with CTEPH

296 with proximal lesions; the percent changes for mPAP, PVR, and 6MWD were 47.7% (from 44±10 to
297 23±7 mmHg), 72.3% (from 876±392 to 243±115 dyne.s.cm⁻⁵), and 40.4% (from 277±118 to 389±118
298 m), respectively, while those in our study were 37.8%, 51.6%, and 13.5%, respectively. The
299 therapeutic efficacy of BPA for proximal lesions appears to be inferior to that of PEA. However, it is
300 challenging to directly compare these two studies as we could only compare the mean percent changes
301 of each parameter. Additionally, the definition of proximal lesions and patients' characteristics were
302 different in each study. A randomized trial comparing the efficacy and safety of PEA and BPA for
303 proximal lesions is necessary to clarify the optimal treatment option for patients with CTEPH with
304 proximal lesions.

305 The current CTEPH treatment algorithm includes a multidisciplinary approach, combining PEA,
306 BPA, and medical therapies to target the mixed anatomical lesions: proximal, distal, and
307 microvasculopathy.² While there are overlapping indications for each therapy, the outcomes of each
308 treatment are not necessarily equivalent. This study demonstrated that patients with surgically
309 accessible lesions who were ineligible for or refused PEA could be treated with BPA. Given the
310 differences in percent changes in hemodynamics, exercise capacity, and symptoms after BPA
311 depending on the location of the lesion, it would be ideal to treat surgically accessible lesions with
312 PEA if the patients can undergo PEA; particularly, patients who refuse PEA should be persuaded.
313 This study has some limitations; first, it was retrospectively conducted at a single center with a limited
314 number of patients. Second, some patients with surgically accessible proximal lesions in one lung and
315 inaccessible distal lesions in the other were considered to have surgically accessible lesions; thus,
316 some patients with surgically accessible proximal lesions could also have surgically inaccessible
317 distal lesions. Third, this study did not directly compare the therapeutic outcomes of BPA and PEA in
318 patients with surgically accessible proximal lesions. Fourth, the number of all-cause deaths may be
319 insufficient to compare mortality between the groups. Fifth, the number of patients with surgically
320 accessible lesions may have increased if they were evaluated at global PEA expert centers, which
321 have experienced a greater number of PEA; therefore, data generalizability is limited. Sixth, only
322 resting hemodynamic parameters were evaluated. Exercise stress test was not available.

323 In conclusion, patients with CTEPH with surgically accessible proximal lesions who are ineligible for
324 PEA could be safely and effectively treated with BPA. However, improvement efficiency of
325 hemodynamics and the achievement rate of WHO-Fc I were lower in patients with surgically
326 accessible proximal lesions. While BPA is a promising therapeutic option for surgically accessible
327 proximal lesions, further investigations are necessary to clarify the optimal treatment for such
328 patients.

329

330 **Author contributions**

331 Drs. Shimokawahara and Nishihara had full access to all the data in the study and take responsibility
332 for the integrity of the data and the accuracy of the data analysis.

333 Concept and design: Shimokawahara.

334 Acquisition, analysis, or interpretation of data: All authors.

335 Drafting of the manuscript: Shimokawahara.

336 Critical revision of the manuscript for important intellectual content: All authors.

337 Statistical analysis: Drs. Shimokawahara and Nishihara.

338 Obtained funding: No sources of findings.

339 Administrative, technical, or material support: Nishihara, Shimokawahara, Matsubara.

340 Supervision: Shimokawahara and Matsubara.

341

342 **Acknowledgments**

343 We thank Ms. Akiko Ohina, Ms. Mihoko Yoshimori, and Ms. Nozomi Yamamoto for assisting us
344 with data collection.

345

346 **Financial Disclosure Statement**

347 Dr. Nishihara has nothing to disclose. Dr. Shimokawahara received lecture fees from Bayer Yakuhin,
348 Nippon Shinyaku, and Actelion Pharmaceuticals, Japan, and also received research funding from
349 Bayer Yakuhin. Dr. Ogawa received lecture fees from Bayer Yakuhin, Pfizer Japan, Nippon
350 Shinyaku, and Actelion Pharmaceuticals, Japan. Doctors Naito, Une, Mukai, and Niiya have nothing
351 to disclose. Dr. Ito received research funding from Boston Scientific. Dr. Matsubara received lecture
352 fees from Bayer, Nippon Shinyaku, Janssen, Mochida Yakuhin, and Kaneka Medix. Doctors Ogawa
353 and Matsubara are involved in collaborative research with Nippon Shinyaku.

354

- 356 1. Kim NH, Delcroix M, Jais X, et al. Chronic thromboembolic pulmonary hypertension.
357 *Eur Respir J* 2019;53.
- 358 2. Humbert M, Kovacs G, Hoeper MM, et al. 2022 ESC/ERS Guidelines for the
359 diagnosis and treatment of pulmonary hypertension. *Eur Heart J* 2022.
- 360 3. Cannon JE, Su L, Kiely DG, et al. Dynamic Risk Stratification of Patient Long-Term
361 Outcome After Pulmonary Endarterectomy: Results From the United Kingdom
362 National Cohort. *Circulation* 2016;133:1761-71.
- 363 4. Delcroix M, Lang I, Pepke-Zaba J, et al. Long-Term Outcome of Patients With
364 Chronic Thromboembolic Pulmonary Hypertension: Results From an International
365 Prospective Registry. *Circulation* 2016;133:859-71.
- 366 5. Madani M, Mayer E, Fadel E, Jenkins DP. Pulmonary Endarterectomy. Patient
367 Selection, Technical Challenges, and Outcomes. *Ann Am Thorac Soc* 2016;13 Suppl
368 3:S240-7.
- 369 6. Voorburg JA, Cats VM, Buis B, Brusckhe AV. Balloon angioplasty in the treatment
370 of pulmonary hypertension caused by pulmonary embolism. *Chest* 1988;94:1249-53.
- 371 7. Feinstein JA, Goldhaber SZ, Lock JE, Ferndandes SM, Landzberg MJ. Balloon
372 Pulmonary Angioplasty for Treatment of Chronic Thromboembolic Pulmonary
373 Hypertension. *Circulation* 2001;103:10-3.
- 374 8. Mizoguchi H, Ogawa A, Munemasa M, Mikouchi H, Ito H, Matsubara H. Refined
375 balloon pulmonary angioplasty for inoperable patients with chronic thromboembolic
376 pulmonary hypertension. *Circ Cardiovasc Interv* 2012;5:748-55.
- 377 9. Kawakami T, Ogawa A, Miyaji K, et al. Novel Angiographic Classification of Each
378 Vascular Lesion in Chronic Thromboembolic Pulmonary Hypertension Based on
379 Selective Angiogram and Results of Balloon Pulmonary Angioplasty. *Circ Cardiovasc*
380 *Interv* 2016;9:e003318.
- 381 10. Shimokawahara H, Ogawa A, Mizoguchi H, Yagi H, Ikemiyagi H, Matsubara H.
382 Vessel Stretching Is a Cause of Lumen Enlargement Immediately After Balloon
383 Pulmonary Angioplasty: Intravascular Ultrasound Analysis in Patients With Chronic
384 Thromboembolic Pulmonary Hypertension. *Circ Cardiovasc Interv* 2018;11:e006010.
- 385 11. Ejiri K, Ogawa A, Fujii S, Ito H, Matsubara H. Vascular Injury Is a Major Cause of
386 Lung Injury After Balloon Pulmonary Angioplasty in Patients With Chronic
387 Thromboembolic Pulmonary Hypertension. *Circ Cardiovasc Interv* 2018;11:e005884.
- 388 12. Shimokawahara H, Nagayoshi S, Ogawa A, Matsubara H. Continual Improvement in
389 Pressure Gradient at the Lesion After Balloon Pulmonary Angioplasty for Chronic
390 Thromboembolic Pulmonary Hypertension. *Can J Cardiol* 2021;37:1232-9.
- 391 13. Minatsuki S, Kiyosue A, Kodera S, et al. Effectiveness of balloon pulmonary
392 angioplasty in patients with inoperable chronic thromboembolic pulmonary
393 hypertension despite having lesion types suitable for surgical treatment. *J Cardiol*
394 2020;75:182-8.
- 395 14. Darocha S, Araszkievicz A, Kurzyna M, et al. Balloon Pulmonary Angioplasty in
396 Technically Operable and Technically Inoperable Chronic Thromboembolic
397 Pulmonary Hypertension. *Journal of Clinical Medicine* 2021;10:1038.
- 398 15. von Elm E, Altman DG, Egger M, Pocock SJ, Gøtzsche PC, Vandenbroucke JP. The
399 Strengthening the Reporting of Observational Studies in Epidemiology (STROBE)
400 Statement: guidelines for reporting observational studies. *Int J Surg* 2014;12:1495-9.
- 401 16. Jenkins D, Madani M, Fadel E, D'Armini AM, Mayer E. Pulmonary endarterectomy
402 in the management of chronic thromboembolic pulmonary hypertension. *Eur Respir*
403 *Rev* 2017;26.
- 404 17. Madani MM. Pulmonary endarterectomy for chronic thromboembolic pulmonary
405 hypertension: state-of-the-art 2020. *Pulm Circ* 2021;11:20458940211007372.
- 406 18. Pepke-Zaba J, Delcroix M, Lang I, et al. Chronic thromboembolic pulmonary
407 hypertension (CTEPH): results from an international prospective registry. *Circulation*
408 2011;124:1973-81.
- 409 19. Guth S, D'Armini AM, Delcroix M, et al. Current strategies for managing chronic
410 thromboembolic pulmonary hypertension: results of the worldwide prospective
411 CTEPH Registry. *ERJ Open Res* 2021;7.

- 412 20. D'Armini AM, Morsolini M, Mattiucci G, et al. Pulmonary endarterectomy for distal
413 chronic thromboembolic pulmonary hypertension. *J Thorac Cardiovasc Surg*
414 2014;148:1005-11; 12.e1-2; discussion 11-2.
- 415 21. Jenkins D. Pulmonary endarterectomy: the potentially curative treatment for patients
416 with chronic thromboembolic pulmonary hypertension. *Eur Respir Rev* 2015;24:263-
417 71.
- 418 22. Madani M, Ogo T, Simonneau G. The changing landscape of chronic thromboembolic
419 pulmonary hypertension management. *Eur Respir Rev* 2017;26.
- 420 23. Ogawa A, Satoh T, Fukuda T, et al. Balloon Pulmonary Angioplasty for Chronic
421 Thromboembolic Pulmonary Hypertension: Results of a Multicenter Registry. *Circ*
422 *Cardiovasc Qual Outcomes* 2017;10.
- 423 24. Darocha S, Pietura R, Banaszkiwicz M, et al. Balloon Pulmonary Angioplasty with
424 Stent Implantation as a Treatment of Proximal Chronic Thromboembolic Pulmonary
425 Hypertension. *Diagnostics (Basel)* 2020;10.
- 426 25. Gerges C, Friewald R, Gerges M, et al. Efficacy and Safety of Percutaneous
427 Pulmonary Artery Subtotal Occlusion and Chronic Total Occlusion Intervention in
428 Chronic Thromboembolic Pulmonary Hypertension. *Circ Cardiovasc Interv*
429 2021;14:e010243.
- 430

Figure Legends

Figure 1. Study flowchart of participants showing patient enrollment, allocation, and follow-up analysis

BPA, balloon pulmonary angioplasty; CTEPH, chronic thromboembolic pulmonary hypertension

Figure 2. Representative pulmonary angiogram before and after balloon pulmonary angioplasty

(A) Global pulmonary angiogram in a patient with surgically accessible proximal lesions (Group 1).

A-a: pulmonary angiogram before BPA

A-b: pulmonary angiogram after four BPA procedures

(B) Global pulmonary angiogram in a patient with surgically inaccessible distal lesions (Group 2).

B-a: pulmonary angiogram before BPA

B-b: pulmonary angiogram after four BPA procedures

BPA, balloon pulmonary angioplasty

Figure 3. Change in clinical parameters before and after balloon pulmonary angioplasty (BPA) in Groups 1 and 2

(A) The change in mPAP from baseline to follow-up. mPAP significantly decreased at follow-up in Groups 1 (indicated by the solid line with green circle) and 2 (indicated by the dotted line with blue triangle).

(B) The change in PVR from baseline to follow-up. PVR significantly decreased after BPA in both groups.

(C) The change in 6MWD from baseline to follow-up. The 6MWD significantly improved after BPA in both groups.

(D) The change in the RVAI from baseline to follow-up. The RVAI significantly improved after BPA in both groups.

*; $p < 0.05$ compared with the value at baseline

BPA, balloon pulmonary angioplasty; mPAP, mean pulmonary arterial pressure; PVR, pulmonary vascular resistance; 6MWD, 6-min walk distance; RVAI, right ventricular area index

Figure 4. Comparison of percent changes in clinical parameters after BPA in Groups 1 and 2

(A) Percent decrease in mPAP after BPA in Group 1 (indicated by the green squares) and 2 (indicated by the blue squares). The percent decrease in mPAP was significantly smaller in Group 1 than in Group 2.

(B) Percent decrease in PVR after BPA between the two groups. The percent decrease in PVR was significantly smaller in Group 1 than in Group 2.

(C) Percent increase in 6MWD after BPA between the two groups.

The percent increase in 6MWD in Group 1 was significantly lesser than that in Group 2.

(D) Percent decrease in RVAI after BPA between the two groups. The percent decrease in RVAI was significantly smaller in Group 1 than in Group 2.

(E) Change in WHO-Fc at baseline and at follow-up for Groups 1 and 2.

Patients predominantly distributed in WHO-Fc III and IV at baseline improved to WHO-Fc I and II in both groups at follow-up. The percentage of patients who achieved WHO-Fc I at follow-up was lower in Group 1 than in Group 2.

BPA, balloon pulmonary angioplasty; mPAP, mean pulmonary arterial pressure; PVR, pulmonary vascular resistance; 6MWD, 6-min walk distance; RVAI, right ventricular area index; WHO-Fc, World Health Organization functional class

Figure 5. Survival curves for Groups 1 and 2

No significant differences in cumulative survival rates were identified between the two groups. The 1-, 5-, and 10-year cumulative survival rates were 92.5%, 86.1%, and 84.3% in Group 1, and 96.5%, 92.9%, and 90.1% in Group 2, respectively.

BPA, balloon pulmonary angioplasty