2020

EVAPORATE TRIAL

Effect of icosapent ethyl on progression of coronary atherosclerosis in patients with elevated triglycerides on statin therapy

AMERICAN COLLEGE of CARDIOLOGY

Randomized, double-blind, placebo-controlled trial

Objective: To evaluate the effects of icosapent ethyl as an adjunct to diet and statin therapy, in patients with elevated fasting triglyceride (TG) levels on coronary computed tomographic angiography plaque volumes over 18 months.

68 patients

Inclusion criteria: Patients with coronary atherosclerosis as documented by multidetector computed tomography (one or more angiographic stenoses with ≥20% narrowing), on statin therapy, and have persistently elevated TG levels.

icosapent ethyl (N=31)

VS

placebo (N=37)

PRIMARY OUTCOME

Change in low-attenuation plaque (LAP) from baseline mm³

P=0.006

-0.3

+0.9

SECONDARY OUTCOME

Change in total plaque volume %

P=0.002

-9

+11

Change in total non-calcified plaque %

P = 0.0005

-19

+9

Conclusion: Icosapent ethyl demonstrated significant regression of LAP volume on MDCT compared with placebo at 18 months.

Budoff MJ, Bhatt DL, Kinninger A, et al. Effect of icosapent ethyl on progression of coronary atherosclerosis in patients with elevated triglycerides on statin therapy: final results of the EVAPORATE trial. *Eur Heart J* 2020;Aug 29:[Epub ahead of print].