Highlights from the 7th Annual CV Research Symposium
By: Andrew P. Ambrosy, MD, Alan S. Go, MD, Paradi Mirmirani, MD and Matthew D. Solomon, MD, PhD

We started the day with introductory remarks from Dr. Maria Ansari (TPMG CEO & Executive Director-Elect) and Eric S. Au (Regional Director, KPNC Cardiac Service Line) underscoring the importance and value of clinician-investigators and site-based research to improving access, quality, and outcomes for our KPNC members.

Dr. Mikhail Kosiborod (Vice President of Research at Saint Luke’s Health System) gave a spectacular keynote address on the development and expanding role of SGLT2 inhibitors across the spectrum of cardiovascular, renal, and metabolic conditions. Dr. Steve Sidney (Sr. Research Scientist, DOR) next described the past, present, and future of the landmark NIH-funded CARDIA Study which has made numerous invaluable contributions to our understanding of the life course of cardiovascular health including (1) lifestyle determinants, (2) subclinical ASCVD, and (3) clinical ASCVD. Finally, we rounded the morning out with stellar presentations on asymptomatic carotid disease (Drs. Mai Nguyen-Huy and Robert Chang), heart disease in South Asians (Dr. Seema Pursnani), adult congenital heart disease (Drs. Alison Meadows and Jennifer Ting), and implementation science (Drs. Ankeet Bhatt and Justin Slade). Thank you to all in-person and virtual attendees for making this year’s Cardiovascular Research Symposium a resounding success.

In the afternoon, Alan Go, MD, moderated the panel discussion “Getting Started and Exelling in Research at KPNC” which included Paradi Mirmirani, MD (Assistant Medical Director, Clinical Trials Program), Joan Lo, MD (Sr. Research Scientist, DOR), Erica Gunderson, PhD (Sr. Research Scientist, DOR), Carlos Iribarren, MD, PhD (Sr. Research Scientist, DOR), Richard Grant, MD (Sr. Research Scientist, DOR), and Ashok Krishnaswami, MD (Clinician Researcher). In a video recording, Matthew Solomon, MD, PhD (TPMG Physician-Researcher Program) shared opportunities for research through the Delivery Science and Applied Research (DARE) program (www kp.org/dare). DARE aims to support research that can directly impact operations and patient care. Funding mechanisms range from the smaller Targeted Analysis Program, Rapid Analytics Unit, and Community Health grants (all 6-12 month projects) to larger Delivery Science Grants (2-year projects). DARE also offers additional travel and publication support up to $2000. Important information was shared about the regional Clinical Trials Program (CTP) which conducted >345 clinical trials in NCAL last year and supported >180 compassionate use cases. The CTP provides resources for successful implementation of studies including feasibility assessments, and financial, regulatory, quality monitoring and staffing support and tools. The CTP aims to expand to more therapeutic areas by growing and developing subregional research hubs. More information on active clinical trial protocols can be found at https://kpnstudysearch.kaiser.org/ Additional recommendations from the panel included:

- When reaching out to DOR scientists for potential collaborations/partnership, lay the groundwork by writing out the background, rationale, and clinical problem; a focused research question; and proposed methods.
- Studies using currently existing data sets or registries have a greater chance of funding and success.
- Identify mentors who can help you focus your career goals and areas of interest.

Research Update
By: Joan Lo, MD and Nancy Gordon, SCD

Poor quality sleep is linked to excess risks for cardiometabolic complications such as obesity, diabetes, and hypertension, as well as future CVD complications and reduced quality of life and functional status. Lower quality sleep can be characterized based on duration, sleep problems (e.g., insomnia, sleep disordered breathing, fragmented sleep), and associated symptoms (e.g., excessive daytime sleepiness and lower cognitive performance). We analyzed self-reported data from KPNC Member Health Surveys conducted in 2017 and 2020 to provide contemporary information on sleep-related challenges within a community-based sample of older adults aged 65-79 years. Respondent data (N=5074) were weighted to the age-sex-racial composition of the KPNC membership. The weighted sample was over half female, nearly 25% aged 75-59 years, and ethnically diverse (7% Black, 9% Hispanic and 16% Asian or Pacific Islander), with >60% having CVD or a major CVD risk factor. We estimated that approximately 42% of adults had poor or fair sleep quality and 28% got <7 hours of sleep/day. Thirteen percent had frequent insomnia, 9% experienced frequent daytime fatigue, and 8% reported potential sleep apnea symptoms. Frequent insomnia and use of sleep aids were also more common in women, and potential sleep apnea symptoms were more common in men. Furthermore, only 1 in 10 patients had received advice about getting enough sleep from a health care professional. Our findings reveal important opportunities to increase identification of sleep-related problems and highlight the need for effective interventions for sleep-related disorders to improve symptoms and quality of life as well as to potentially lower CVD risk.

Link to Published Manuscript

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NEW CLINICAL TRIAL LAUNCHED

Study Title: Phase 2/3 Adaptive Study of VX-147 in Adults and Adolescents With APOL1-Mediated Proteinuric Kidney Disease

Principal Investigator: Anthony Alvarado

Summary: The purpose of this study is to evaluate the efficacy, safety, tolerability and pharmacokinetics (PK) of VX-147 in participants aged 12 years and older with apolipoprotein L1 (APOL1)-mediated proteinuric kidney disease. Certain people with variants in the APOL1 gene have a higher risk of kidney disease and the study drug VX-147 may effective in treating APOL1-mediated Chronic Kidney Disease (CKD).