

RENAL DENERVATION INSIGHTS FROM ESC/ESH

Understanding Patient Selection for RDN

Renal denervation (RDN) is indicated for use in patients with uncontrolled hypertension.

	No Anti HTN Drugs	1 Drug	2 Drugs	3 Drugs
> 140 mm Hg				
140 - 150 mm Hg		INDICATED FOR USE		
150 - 160 mm Hg				
160+ mm Hg		BEING STUDIED IN ONGOING MEDTRONIC CLINICAL TRIALS		

Clinical Trial Perspective

The SPYRAL HTN Clinical Program is aligned with the [ESC/ESH Guidelines](#)¹ and [ESH Statement](#) on RDN², focusing on patients in the context of clinical studies and taking into account patient preference.

Key Takeaways from the ESH Position Paper² on Renal Denervation

1	Evidence provides biologic proof RDN lowers blood pressure (BP): "Sham subtracted reduction in ambulatory BP provides the clear message that RDN is effective in lowering BP in hypertensive patients without or with 1–3 anti-hypertensive medications."
2	RDN provides clinically meaningful BP reductions: "Although not definitely proven by a prospective outcome trial, we can expect that the 10-mmHg decrease in office BP achieved in RDN trials, if maintained long term, would be associated with a reduction in cardiovascular events by roughly 25%."
3	Evidence shows RDN is safe: "No major adverse events occurred in the three trials in the short term from 30 days to six months post procedure. There was no report of acute renal failure, renal artery dissection or perforation. eGFR remained stable throughout follow-up in the three studies."
4	Emphasis must be placed on individualized treatment and patient preference given the challenges with medication adherence. Discussions with the patient of treatment choice "need to take the patient's preference into account."

¹ Williams B, Mancia G, Spiering W, et al. 2018 ESC/ESH Guidelines for the management of arterial hypertension: The Task Force for the management of arterial hypertension of the European Society of Cardiology (ESC) and the European Society of Hypertension (ESH). *European Heart Journal*, Volume 39, Issue 33, 01 September 2018, Pages 3021–3104, <https://doi.org/10.1093/eurheartj/ehy339>.

² Schmieder RE, Mahfoud F, Azizi M, et al. European Society of Hypertension position paper on renal denervation 2018. *J Hypertension*. 2018 Oct;36(10):2042–2048.