Quality of Life Changes in Patients with Alport Syndrome: Results from the ATHENA Study

James Simon1, Mark Deeg2, Kristen Sanchez2, Jalé Güner2, Oliver Gross3, Bertrand Knebelmann4, Clifford Kashtan5, Michelle Rheault5

1Department of Nephrology and Hypertension, Cleveland Clinic Foundation, Cleveland, OH; 2Regulus Therapeutics Inc; 3University Medical Center Gottingen, Gottingen, Germany; 4Universite Rene Descartes, Paris, France; 5University of Minnesota, Minneapolis

Introduction

Alport Syndrome (AS) is a rare genetic disorder caused by mutations in genes coding for type IV collagen (COL4) α3, α4 and α5 proteins leading to hematuria, renal failure, hearing loss and eye involvement. CKD is associated with progressively worse quality of life (QOL) scores. The presence of a progressive genetic disease can also impact QOL. QOL has not previously been reported in patients with AS. As there is more interest in developing pharmaceutical therapies for Alport syndrome, it will be important to understand the changes in QOL that occur over time in patients with AS in order to understand the impact of any therapeutic intervention on QOL. This study reviewed results of SF-36 QOL surveys in patients with AS who participated in the ATHENA observational study.

Methods

- ATHENA was a prospective international multi-center observational cohort study designed to characterize the progression of renal dysfunction in subjects with AS
- Patients with Alport syndrome were followed up to 24 months with serial collection of kidney function, proteinuria, renal biomarker data
- SF-36 questionnaire completed at baseline and weeks 24, 48, 72, 96 and 120
- Mixed-Effect Model Repeated Measure (MMRM) used to determine impact of variables on SF-36 components
- GFR slope (cc/min/1.73m²/year) derived using linear regression at subject level

Results

Baseline results (Table 1):
- 165 patients enrolled
- Mean age 44.8 years, 66.1% female
- 67.9% with X-linked mutations
- Baseline SF-36 component scores low

Table 2: Changes in SF-36 Scoring from Baseline

<table>
<thead>
<tr>
<th>SF-36 Component</th>
<th>Time (weeks)</th>
<th>Baseline Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bodily Pain</td>
<td>-.02 (0.4)</td>
<td>-.5 (&lt;.0001)</td>
</tr>
<tr>
<td>General Health</td>
<td>-.017 (.033)</td>
<td>-.24 (&lt;.0001)</td>
</tr>
<tr>
<td>Mental Comp</td>
<td>-.02 (.019)</td>
<td>-.4 (&lt;.0001)</td>
</tr>
<tr>
<td>Mental Health</td>
<td>-.02 (.028)</td>
<td>-.4 (&lt;.0001)</td>
</tr>
<tr>
<td>Physical Comp</td>
<td>-.013 (.06)</td>
<td>-.37 (&lt;.0001)</td>
</tr>
<tr>
<td>Physical Function</td>
<td>-.005 (.44)</td>
<td>-.36 (&lt;.0001)</td>
</tr>
<tr>
<td>Role-Emotional</td>
<td>-.027 (.007)</td>
<td>-.48 (&lt;.0001)</td>
</tr>
<tr>
<td>Role-Physical</td>
<td>-.029 (.001)</td>
<td>-.59 (&lt;.0001)</td>
</tr>
<tr>
<td>Social Function</td>
<td>-.020 (.037)</td>
<td>-.51 (&lt;.0001)</td>
</tr>
<tr>
<td>Vitality</td>
<td>-.006 (.483)</td>
<td>-.30 (&lt;.0001)</td>
</tr>
</tbody>
</table>

Discussion

- Patient-centered outcomes increasingly important when designing clinical trials
- QOL scores decrease with GFR in CKD
- Patients with AS have additional factors that impact QOL: Hearing and vision involvement, having rare progressive inherited disease without proven therapy
- The ATHENA trial was first prospective cohort trial to characterize QOL changes over time in patients with AS
- QOL, as measured by SF-36, was low for the study cohort regardless of GFR, comparable to advanced CKD population
- All SF-36 components significantly decreased with time, regardless of baseline GFR or slope of GFR decline
- Higher SF-36 component scores at baseline were associated with larger decreases in scores over time
- Baseline CKD stage, gender and mode of inheritance did not significantly impact QOL scores

Conclusions

- Patients with Alport syndrome have low QOL as measured by SF-36
- QOL scores similar to CKD 3b, 4
- Higher baseline QOL associated with larger decreases over time
- Female gender and mode of inheritance did not impact QOL scores
- Understanding QOL in Alport syndrome is important when planning trials to assess impact of therapy on QOL

References