

# 5-Year Follow-Up Following Simple Versus Complex Stenting of Coronary Artery Bifurcation Lesions

## The Nordic Bifurcation Study

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the Nordic PCI Study Group

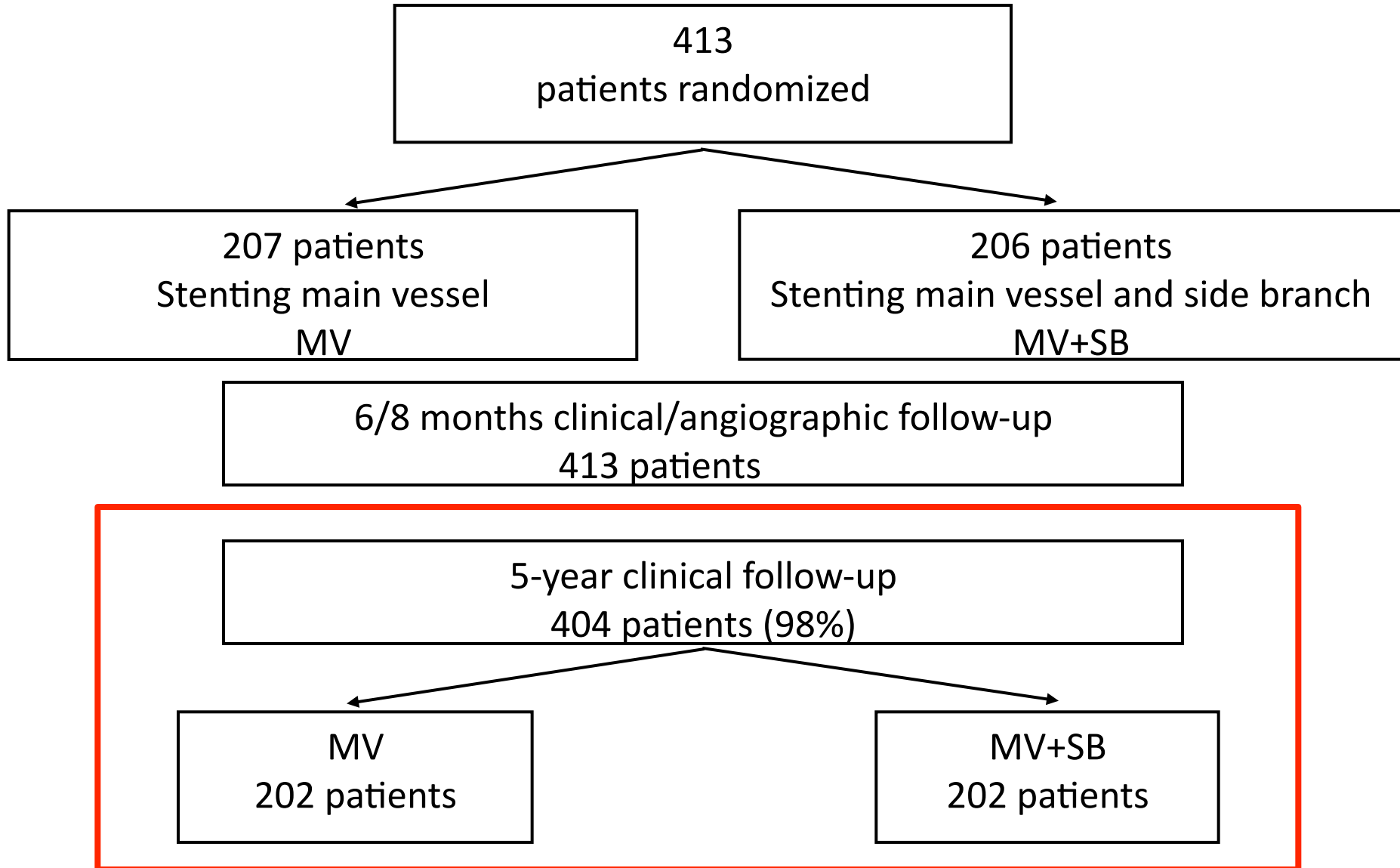
# Purpose

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To compare 5-year results of two stenting strategies in bifurcation lesions using Sirolimus eluting stents:

- I. Stenting main vessel and optional stenting of side branch (MV)
- II. Stenting main vessel and side branch (MV+SB)

# Nordic Bifurcation Study



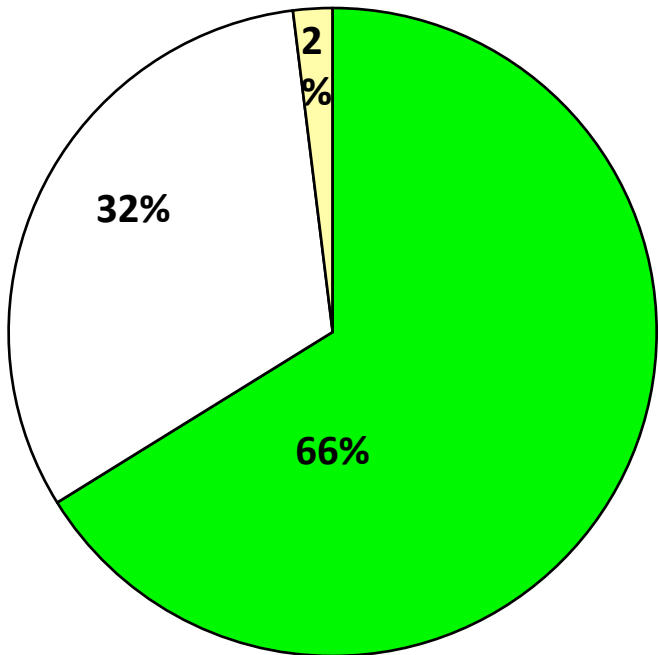
# Baseline demographics

	MV (n=202)	MV+SB (n=202)	P-value
Age (yrs)	63±10	63±10	0.49
Male sex (%)	76	78	0.72
Diabetes (%)	13	12	0.76
Smoker (%)	28	22	0.27
Hypertension (%)	54	58	0.42
Statin Tx (%)	78	72	0.17
Family history (%)	58	54	0.56
History of PCI (%)	25	25	1.00
History of CABG (%)	4	3	0.79

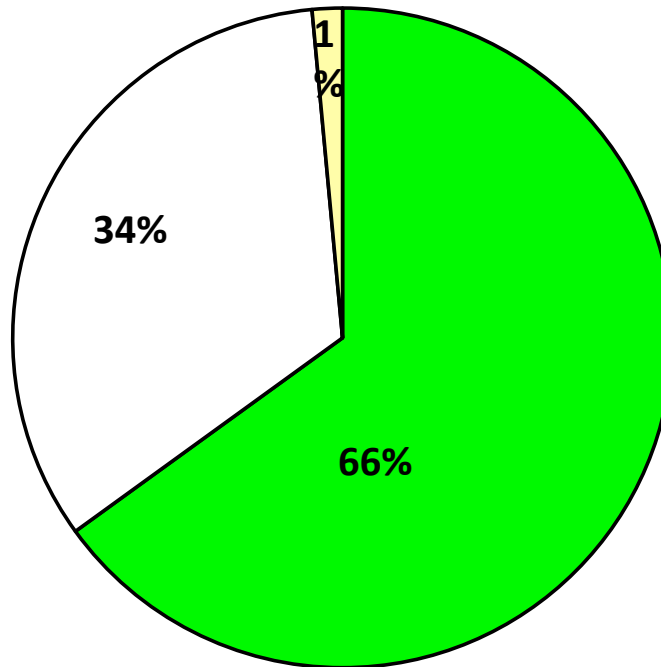
# Indication

Stable AP, unstable AP, silent ischemia

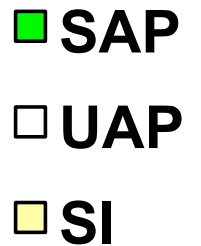
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MV

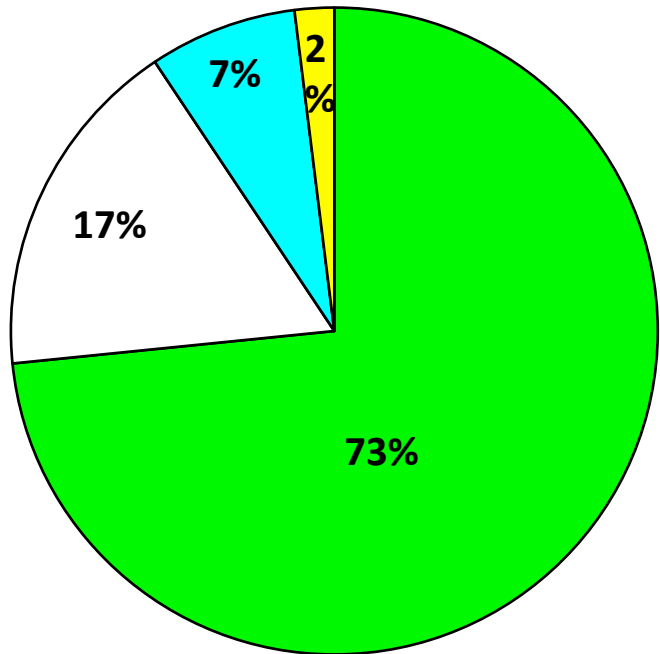


MV+SB

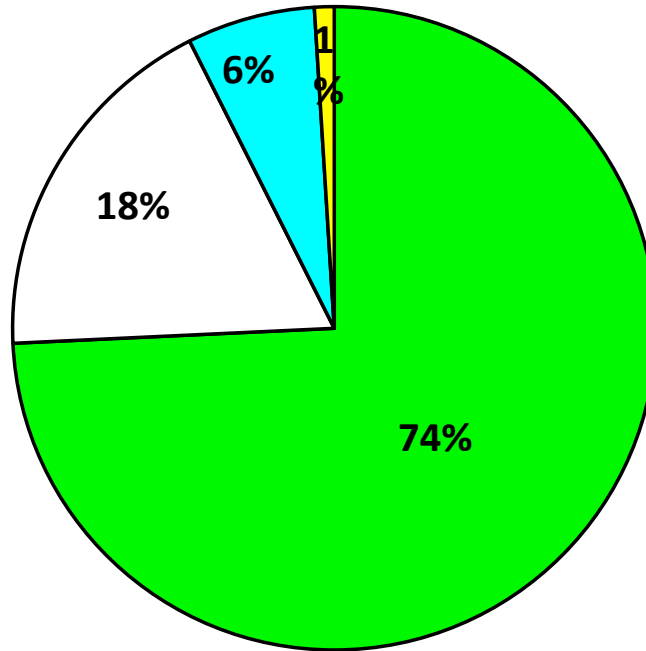


# Vessels treated

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MV



MV+SB

- LAD
- Cx
- RCA
- LM

# Angiography

## Visual assessment

	MV (n=201)	MV+SB (n=196)	P
MV les. length (mm)	17.9±8.2	17.4±7.4	0.44
MV ref. diam. (mm)	3.3±0.4	3.3±0.4	0.89
MV stent length (mm)	23.4±8.6	23.1±8.2	0.77
SB les. length (mm)	6.0±4.9	6.3±4.7	0.47
SB ref. diam. (mm)	2.6±0.6	2.6±0.3	0.97

# Procedural data I

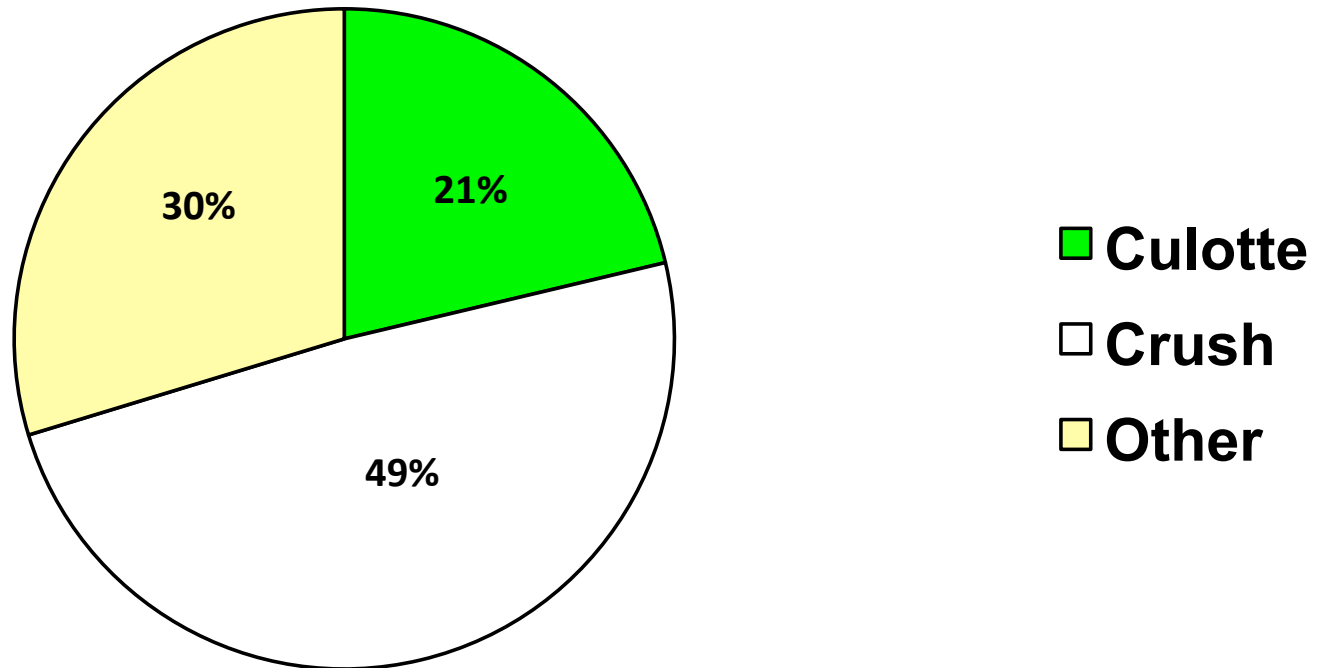
	<b>MV</b>	<b>MV+SB</b>	<b>P</b>
	N=202	N=202	
Procedure time (min)	59±31	75±30	<0.001
Flouro time (min)	19±19	22±13	<0.05
Contrast use (ml)	233±94	284±118	<0.001
MV stented (%)	99	99	0.37
SB stented (%)	4	95	<0.001
Kissing balloon (%)	32	74	<0.001
Procedural success (%)	97	94	0.25



# Procedural data II

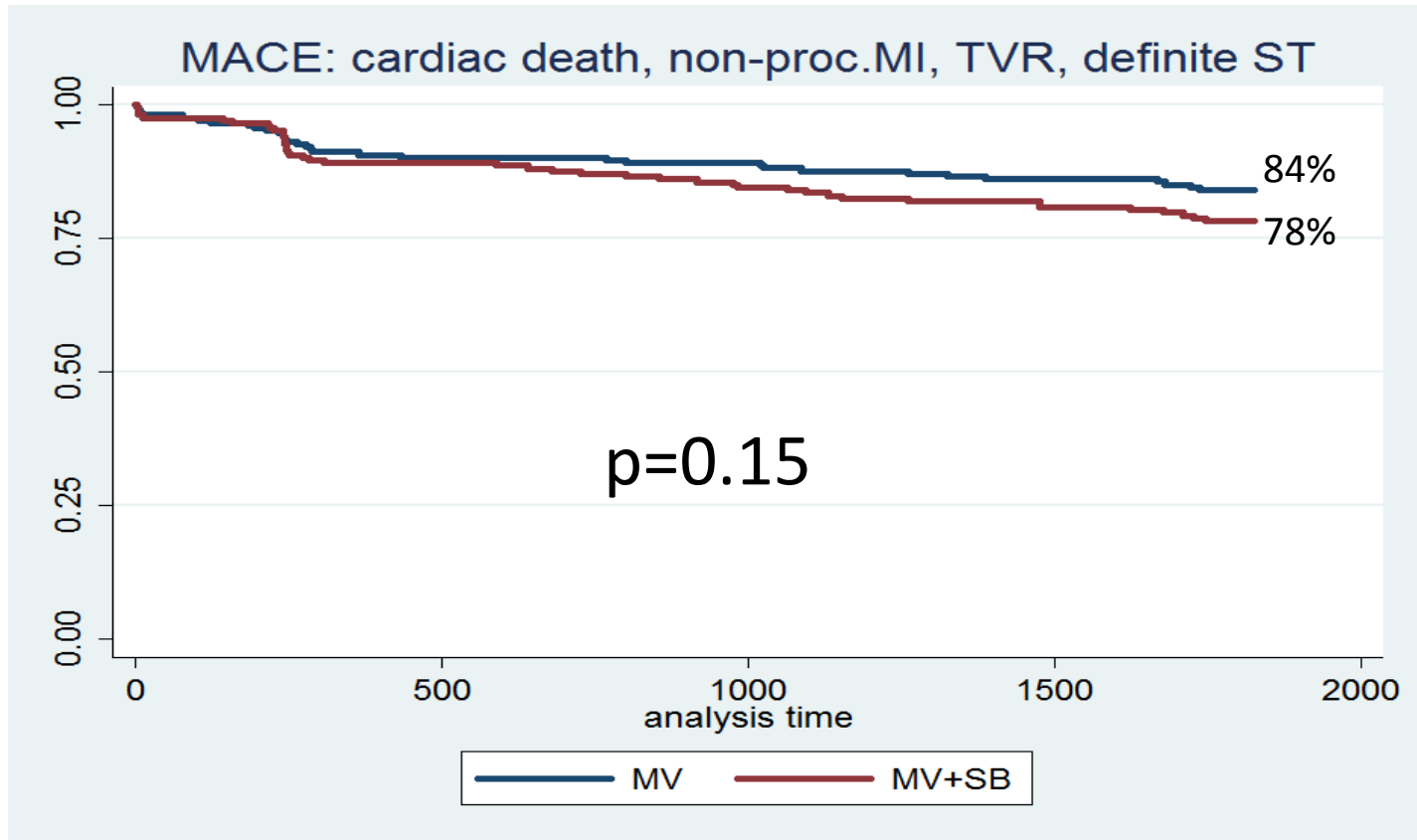
Stent techniques in the MV+SB treatment group

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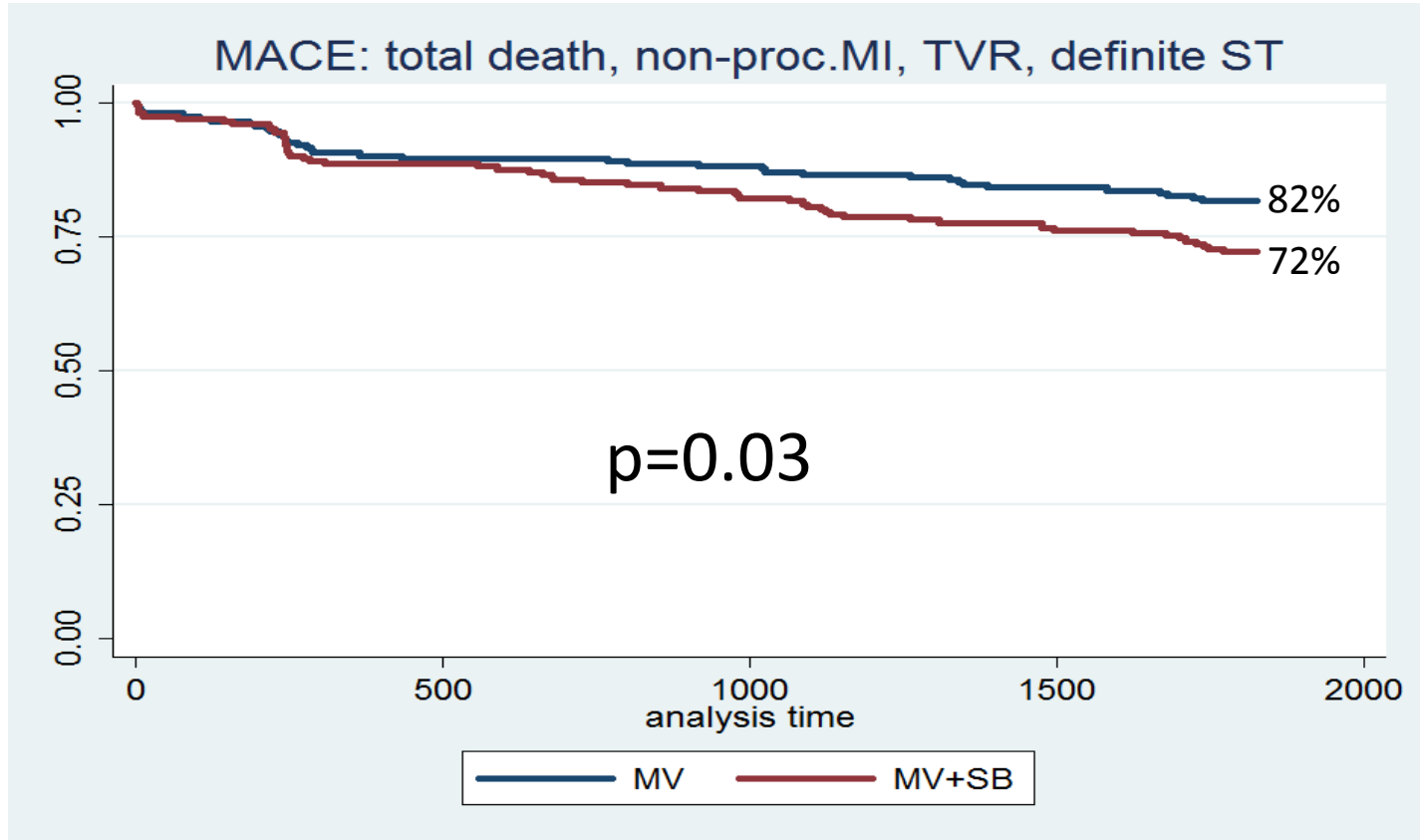


# MACE Free Survival

(Cardiac death, MI, TVR, stent thrombosis)



# Post hoc MACE Free Survival Analysis (Total death, MI, TVR, stent thrombosis)



# Individual Endpoints After 5 years

	MV	MV+SB	P
All cause death (%)	6	10	0.16
Cardiac death (%)	3	4	0.40
Myocardial infarction (%)	4	8	0.09
TLR (%)	11	15	0.24
TVR (%)	13	18	0.14
TVR by CABG	2	4	0.38
Definite stent thrombosis (%)	3	2	0.32

# Conclusion

- At 5-year follow-up in the Nordic Bifurcation Study, the clinical outcomes after simple optional side branch stenting remained at least equal to the more complex strategy of planned stenting of both the main vessel and the side branch
- The simple provisional approach thus remains the recommended bifurcation treatment strategy