## Chronic Kidney Disease and Cerebrovascular Disease

#### Consensus and Guidance From a KDIGO Controversies Conference

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**ABSTRACT:** The global health burden of chronic kidney disease is rapidly rising, and chronic kidney disease is an important risk factor for cerebrovascular disease. Proposed underlying mechanisms for this relationship include shared traditional risk factors such as hypertension and diabetes, uremia-related nontraditional risk factors, such as oxidative stress and abnormal calcium-phosphorus metabolism, and dialysis-specific factors such as cerebral hypoperfusion and changes in cardiac structure. Chronic kidney disease frequently complicates routine stroke risk prediction, diagnosis, management, and prevention. It is also associated with worse stroke severity, outcomes and a high burden of silent cerebrovascular disease, and vascular cognitive impairment. Here, we present a summary of the epidemiology, pathophysiology, diagnosis, and treatment of cerebrovascular disease in chronic kidney disease from the Kidney Disease: Improving Global Outcomes Controversies Conference on central and peripheral arterial disease with a focus on knowledge gaps, areas of controversy, and priorities for research.

Key Words: atrial fibrillation = diagnosis = dialysis = epidemiology = uremia

n February 2020, an international and interdisciplinary Kidney Disease: Improving Global Outcomes (KDIGO) Controversies Conference was held in Dublin, Ireland to discuss central and peripheral arterial disease in chronic kidney disease (CKD). Here we report on the natural history of cerebrovascular disease in CKD, specifically key issues in the epidemiology, pathophysiology, evaluation, treatment/prevention, and complications of stroke in CKD (full conference agenda, scope of work, and discussion questions are available at https://kdigo.org/conferences/centralperipheral-arterial-disease/). Of note, the specific relationship between CKD and hemorrhagic stroke was beyond the remit of this conference and as such is not discussed in this article.

#### EPIDEMIOLOGY OF STROKE IN CKD

From a global perspective, the burden of CKD is on the rise with a prevalence estimate of 9.1% (8.5–9.8) for all CKD stages.<sup>1</sup> It is well established that impaired kidney function is an independent risk factor, above and beyond traditional risk factors, for cardiovascular disease. Kidney function, as determined by the estimated glomerular filtration rate (eGFR), demonstrates an inverse step-wise relationship with incident stroke risk increasing by 3-, 4.1-, 5.4-, and 7.1-fold for CKD stage 3 to 5 and dialysis compared with the general population.<sup>2</sup> Proteinuria itself is an under-recognized risk factor for stroke, independent of blood pressure and diabetes, and coupled with declines in kidney function, substantively elevates stroke

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#### Nonstandard Abbreviations and Acronyms

AF	atrial fibrillation		
ATTACK	Aspirin to Target Arterial Events in		
	Chronic Kidney Disease		
CANVAS	ment Study		
CKD	chronic kidney disease		
CREST-2	Carotid Revascularization and Medi- cal Management for Asymptomatic Carotid Stenosis Trial		
CSPPT	China Stroke Primary Prevention Trial		
СТ	computed tomography		
eGFR	estimated glomerular filtration rate		
ESKD	end-stage kidney disease		
HR	hazard ratio		
ICH	intracerebral hemorrhage		
KDIGO	Kidney Disease: Improving Global Outcomes		
LDL-C	low-density lipoprotein cholesterol		
NASCET	North American Symptomatic Carotid Endarterectomy Trial		
OR	odds ratio		
PCSK9	proprotein convertase subtilisin/kexin type 9		
PROGRESS	Perindopril Protection Against Recur- rent Stroke Study		
REGARDS	Reasons for Geographic and Racial Differences in Stroke		
RR	relative risk		
SBP	systolic blood pressure		
SCI	silent cerebral infarction		
SGLT-2	sodium-glucose cotransporter 2		
SHARP	Study of Heart and Renal Protection		
SPRINT	Systolic Blood Pressure Intervention Trial		
SPS3	Secondary Prevention of Small Sub- cortical Strokes		
TOAST	Trial of ORG 10172 in Acute Stroke Treatment		
TRACK	Treatment of Cardiovascular Dis- ease With Low Dose Rivaroxaban in Advanced Chronic Kidney Disease		

risk.<sup>3</sup> Further, there is a dose-response with higher levels of proteinuria conferring an elevated risk (macroalbuminuria versus microalbuminuria: adjusted relative risk [RR], 2.65 [95% CI, 2.25–3.14] versus RR, 1.58 [95% CI, 1.39–1.80]).<sup>4</sup>

Atrial fibrillation (AF) is common in the CKD population and enhances the risk of stroke.<sup>5</sup> In hemo- and peritoneal dialysis patients, there are 1.5-fold and 1.3fold reported increases in the risk of AF relative to the general population.<sup>6,7</sup> Furthermore, the prevalence of AF in dialysis patients is rising, with a 3-fold increase from 1992 to 2006 in the United States, coinciding with the rising age and comorbidity burden of dialysis patients.<sup>8,9</sup>

Important temporal relationships regarding the timing of dialysis and stroke risk exist. An ischemic stroke in advanced CKD (stage 4 or 5) is associated with an exceedingly high 30-day risk of kidney failure (CKD stage 4: 6.8%, stage 5: 25.7%) or death (CKD stage 4: 22.4%, stage 5: 21.2%).<sup>10</sup> The time of dialysis initiation is a particularly vulnerable period for acute stroke as the 30-day period before and after dialysis initiation is associated with a 3-fold increase in stroke, transient ischemic attack, or recurrent stroke risk.<sup>11</sup> The day after the long interdialytic gap is also associated with greater risk than other days.<sup>12</sup> With regard to dialysis modality, hemodialysis patients appear to be at higher stroke risk compared with peritoneal and kidney transplant patients, although the contribution of inherent differences among patients on each modality cannot be fully accounted for (ie, confounding by treatment indication).<sup>13</sup> Unfortunately, patients with a functioning kidney transplant retain a high incidence of stroke at 5.96/1000 patient-years and a 1-year mortality rate of 42.3% poststroke.<sup>14</sup>

Stroke subtype is intricately linked to mechanism, prognosis, prevention, and risk of recurrence and as such, represents a basic requisite to further improve stroke care. The risk of all classic stroke subtypes (ischemic [large vessel, cardioembolic, small vessel] and hemorrhagic) are universally reported to be elevated in CKD and dialysis.<sup>15</sup> However, epidemiologically, the relative contribution of each stroke subtype across CKD stages and receipt of dialysis remain largely unknown, apart from cardioembolic events which may occur more frequently in CKD.<sup>5</sup> A recent population-based study of 3178 stroke events classified by the TOAST (Trial of ORG 10172 in Acute Stroke Treatment) criteria, reported no significant difference between stroke subtypes in early (median eGFR, 47 mL/min) CKD.<sup>16</sup> Whether stroke subtype is altered with more advanced CKD remains unknown.

#### PATHOPHYSIOLOGY

An overview of proposed pathophysiology pathways to stroke in CKD is outlined in Figure 1. Essentially, it is acknowledged that cerebrovascular disease in this setting is attributable to a combination of synergistic traditional and nontraditional mechanisms.<sup>17</sup> Shared traditional risk factors or mechanisms include hypertension, diabetes, AF, carotid artery disease, heart failure,<sup>18</sup> obesity, and dyslipidemia–all of which are frequently comorbid with CKD and accentuated in its presence. Hypertension, in particular, is present in 67% to 92% of patients with CKD<sup>19</sup> and has recently been shown to markedly confound the association between CKD and stroke when long-term premorbid blood pressure



Figure 1. The interplay of traditional, nontraditional, and dialysis-specific risk factors in the cause stroke in chronic kidney disease (CKD).

BP indicates blood pressure; GFR, glomerular filtration rate; and LVH, left ventricular hypertrophy.

is adjusted for.<sup>20</sup> The current evidence suggests that CKD is associated with a greater propensity to thrombosis, but the clot formed in CKD is structurally and functionally different to clot formed where renal function is normal; this may explain why patients with CKD are at higher risk of thrombosis, but are paradoxically, too, at higher risk of bleeding.<sup>21</sup>

Nontraditional CKD-related risk factors such as chronic inflammation, uremic toxins, reactive oxygen radicals, anemia, and mineral-bone disorder are proposed to contribute to risk by triggering vascular injury and endothelial dysfunction.<sup>17</sup> Uremia can cause protein carbamylation which has proatherosclerotic effects via enhanced dyslpidemia.<sup>22</sup> It can also impair platelet adhesiveness and platelet endothelial interaction, increasing the risk of hemorrhagic stroke.<sup>23</sup> Hyperphosphatemia, arising from CKD-related mineral-bone disorder, causes arterial medial calcification by inducing an osteogenic phenotype change of vascular smooth muscle cells.<sup>24</sup>

The role and relative contribution of nontraditional risk factors above and beyond traditional risk factors for cerebrovascular disease in CKD remains unclear. CKD may in itself be associated with stroke, but it should also be considered as a marker of severity and control of underlying risk factors such as hypertension and diabetes, especially when epidemiological studies do not track A1C, left ventricular hypertrophy, other markers of disease severity over time.

There are also hemodialysis-specific risk factors that appear to influence stroke risk including cerebral hypoperfusion, enhanced arterial stiffness and wide blood pressure variability. Cerebral arterial mean flow velocity has been shown to decline significantly during dialysis<sup>25</sup> and this intradialytic hemodynamic instability causes transient cerebral stunning, leading to cumulative ischemic white matter changes over time.<sup>26</sup> Greater arterial stiffness and blood pressure variability are also predictive of cardiovascular events in hemodialysis patients.<sup>27,28</sup>

#### **RISK PREDICTION TOOLS**

A number of well-known risk prediction tools exist to quantify stroke risk in individuals with AF in the general population including CHADS<sub>2</sub> and CHA<sub>2</sub>DS<sub>2</sub>-VASc.<sup>29,30</sup> The accuracy of these tools or modified versions that incorporate a measure of renal function have been examined in the CKD and dialysis population (see Table 1).

Several issues render their use problematic in this population. First, for the purpose of stroke risk prediction, the addition of CKD as a binary variable (present/absent) is likely to be insufficient since stroke risk progressively increases with worsening renal function alongside bleeding risk.<sup>32</sup> Second, risk factors are dynamic, and renal dysfunction may develop later even if normal initially.<sup>33</sup> Third, there have been methodological flaws in the validation of some of these novel scores such as CHA, DS, -VAK where female sex was substituted with kidney disease.<sup>34</sup> In this study, there was no data on oral anticoagulant use at follow-up which would impact on event rates, no censoring of patients initiated on anticoagulation, and no time-in-therapeutic range monitoring. Fourth, attempts to validates these scores in highly selected trial cohorts have largely excluded those with more advanced kidney disease (ie, eGFR <30 mL/ min per 1.73 m<sup>2</sup>).<sup>35</sup> Overall, scores to predict stroke in patients with AF with CKD, with or without the addition of kidney parameters, demonstrate poor model discrimination or at least little change in their predictive value with the addition of kidney disease (Table 1).<sup>31,35,36</sup> This may be the case because CKD is associated with many comorbidities (ie, heart failure, diabetes and hypertension) which are already accounted for by the current CHA, DS, -VASc score. Furthermore, model discrimination for existing tools appears to worsen with increasing CKD severity and the need for dialysis paradoxically as both AF and stroke risk increase. This raises a number of questions regarding the role of routine use of existing risk scores in advanced CKD/dialysis. The utility of existing tools must be balanced against their inherent inaccuracy in an already high-risk population. As such, there is a need for further research to examine whether prediction improves (1) in existing tools with the addition of kidney- or dialysis-specific variables (above and beyond CKD as a binary variable), (2) in existing tools by redefining prediction factors to be more kidney-specific (eg, hypertension in dialysis patients), and (3) with the development of de novo advanced CKD/dialysis-specific tools. Finally, it is difficult to recommend novel prediction tools when therapy for those with advanced CKD who have been excluded from most of the anticoagulation trials is unclear, and a focus on better renal-specific bleeding risk prediction tools may be more useful in terms of therapeutic decision-making.

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Bleeding and stroke risk are strongly correlated. A number of bleeding risk prediction tools have been proposed, and a Patient-Centered Outcomes Research Institute (PCORI)-systematic review and evidence appraisal identified the HAS-BLED score as the best validated published score to assess bleeding.<sup>37</sup> However, there are limited data in the dialysis population, and like stroke risk, bleeding risk is dynamic and changes with changes in risk factors.<sup>38</sup> The appropriate use of bleeding scores is to draw attention to modifiable bleeding risk factors and to identify patients at high bleeding risk early review and follow-up. This was tested in the mAFA-II (mobile atrial fibrillation application) cluster randomized trial,<sup>39</sup> where integrated care intervention that included the HAS-BLED score resulted in a lower bleeding events (due to mitigation of modifiable bleeding risk factors) and over 12 months, an increase in anticoagulation use, compared with usual care.40

#### DIAGNOSTIC CONSIDERATIONS AND CHALLENGES

There have been concerns regarding the routine use of computed tomography (CT) angiography or CT perfusion imaging in the setting of CKD due to the theoretical risk of contrast-induced nephropathy.<sup>41</sup> This can lead to inertia or undue delay in this time-sensitive treatment pathway for patients with kidney disease.<sup>42</sup> Such concerns appear to be unfounded as results of a recent meta-analysis of 14 studies (5727 CT angiography/CT perfusion imaging and 981 noncontrast CT patients) found that

fable 1.	The Effects of Adding Points for CKD on the Ability of Risk Scores to Predict Ischemic Stroke in AF
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			NRI % (95% CI)	
	Points for CKD	C-index (95% CI)	At 1 y	At 5 y
CHADS <sub>2</sub>	0	0.72 (0.72 to 0.73)		
R-CHADS <sub>2</sub>	1	0.72 (0.72 to 0.72)	0.4 (0.1 to 0.8)	0.4 (0.0 to 0.7)
R <sub>2</sub> -CHADS <sub>2</sub>	2	0.72 (0.71 to 0.72)	-5.3 (-16.1 to 0.6)	0.6 (0.1 to 1.1)
CHA <sub>2</sub> DS <sub>2</sub> -VASc	0	0.71 (0.71 to 0.72)		
R-CHA <sub>2</sub> DS <sub>2</sub> -VASc	1	0.71 (0.71 to 0.72)	0.5 (0.0 to 0.8)	0.4 (0.0 to 0.8)
R <sub>2</sub> -CHA <sub>2</sub> DS <sub>2</sub> -VASc	2	0.71 (0.70 to 0.71)	-4.6 (-5.5 to 3.0)	0.7 (0.2 to 1.3)

AF indicates atrial fibrillation; CKD, chronic kidney disease; and NRI, net reclassification index. Reprinted from Friberg et al<sup>31</sup> with permission. Copyright ©2015, Oxford University Press.

Concerns regarding use of gadolinium in CKD may also lead to under-utilization of brain magnetic resonance imaging. The association of gadolinium-based contrast agents and the rare but debilitating skin condition, nephrogenic systemic fibrosis, in patients with advanced kidney disease was first described in 2007.44 Although more recent evidence suggests that the risk associated with the newer, more stable group II gadolinium-based contrast agent (gadobenate dimeglumine, gadobutrol, gadoterate meglumine, or gadoteridol) is quite low (<0.07%),<sup>45</sup> the key sequences of a stroke-protocol magnetic resonance imaging (diffusion weighted imaging, fluid-attenuated inversion recovery, and gradient echo) do not require its use. The potential risks of gadolinium would, therefore, likely outweigh any potential benefits in this setting. However, in general, patients with kidney disease should not be denied CT angiography/ CT perfusion imaging or gadolinium-free MR imaging as they appear to be safe and allow the opportunity for detailed stroke subtyping with its implicit mechanistic and prognostic insights.46,47

With regard to dialysis-dependent patients, some additional challenges may exist in terms of ascertainment of diagnosis or outcomes. Since these patients have >3fold increased risk of stroke death compared with ageand sex-matched people in the general population,<sup>48</sup> the cause of these events may never be fully ascertained. In addition, strokes may occur during or shortly after the hemodialysis session in over one-third of cases,49 and this may lead to under-recognition and under-diagnosis as the presentation may be initially misdiagnosed. Despite frequent contact with health professionals, dialysis patients have been shown to present a median of 8.5 hours after the onset of symptoms.<sup>50</sup> In a cross-sectional analysis of 148 patients with end-stage kidney disease (ESKD) without a prior diagnosis of stroke or transient ischemic attack, 46 (36.5%) had experienced one or more stroke symptoms.<sup>51</sup> These unreported symptoms were then subsequently associated with a 2- to 3-fold higher odds of cognitive or functional impairment, suggesting that these may have represented clinically significant events.

#### MANAGEMENT OF STROKE IN CKD Patients With CKD Receive Suboptimal Stroke Care

There is clear evidence from both United States and European data that there are inequities in stroke care for

patients with CKD.<sup>52,53</sup> In an analysis of nearly 700000 patients from the Get With The Guidelines-Stroke program cohort, despite higher inpatient mortality rates, each successive strata of CKD was increasingly less likely to receive evidence-based therapies compared with no CKD.52 This included acute stroke therapies such as thrombolysis and antiplatelets, but also preventative treatment such as statin therapy and smoking cessation. Similarly, in a Scottish cohort study, dialysis patients were less frequently admitted to an acute stroke unit (64.6 versus 79.6%; P<0.001), less likely to receive aspirin acutely (75.3 versus 83.2%; P=0.01), and more likely to die (22.9 versus 14.4%; P=0.002) than their non-ESKD counterparts.<sup>53</sup> Stroke units have very clear benefits in the general population with a 28% reduction in death or dependency and a number needed to benefit of only 6.54 The benefits appear to be maintained in the CKD population where admission to a stroke unit was associated with lower risk of death (hazard ratio [HR], 0.68 [0.55–0.84]; P<0.001).53 Concerns regarding aggressive use of evidence-based therapies in CKD may be based on higher risks of adverse outcomes related to therapy, for example higher bleeding risk.55 In addition, premorbid frailty and goals of care may also influence how treatment is started. Patients with CKD are frequently multimorbid and multimorbidity is known to have a multifaceted impact on stroke from cause to treatment and rehabilitation.<sup>56</sup> Further investigations specifically evaluating the net clinical benefit of stroke care and care pathways in individuals with CKD are required.

#### Intravenous Thrombolysis

Irrespective of age or initial stroke severity, intravenous thrombolysis administered within the first 4.5 hours after an ischemic stroke onset is associated with better functional outcomes<sup>57</sup> and more recently, benefits to up to 9 hours have been seen depending on adequate patient selection.<sup>58</sup> This is crucial for the CKD population who often represent an older cohort, prone to large infarcts due to a high prevalence of underlying AF.<sup>59</sup> However, this group also have a greater bleeding diathesis<sup>60</sup> and often, a preexisting cerebrovascular disease burden<sup>61</sup> that may increase the risks of treatment. Most of the randomized controlled trials of thrombolysis either excluded patients with advanced CKD or did not report CKD-specific outcomes so there is limited data on its safety and efficacy in this group.

In a meta-analysis of 7 observational studies (7168 patients), patients with CKD who were treated with intravenous thrombolysis had a higher risk of both symptomatic intracerebral hemorrhage (ICH; OR, 1.56 [1.05–2.33]) and mortality (OR, 1.70 [1.03–2.81]) compared with those treated without CKD.<sup>62</sup> There was no statistically significant difference in terms of functional

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outcomes at 3 months. However, this meta-analysis has several limitations including its lack of individual-participant data, dose or timing details, and high heterogeneity.

In contrast, a post hoc analysis of the ENCHANTED trial (Enhanced Control of Hypertension and Thrombolysis Stroke Study), a multicentre, randomized openlabel blinded trial comparing low dose (0.6 mg/kg) to standard-dose (0.9 mg/kg) alteplase, intravenous thrombolysis-treated patients with CKD had greater risk of mortality but not disability or symptomatic ICH.63 Compared with patients with normal renal function (>90 mL/min per 1.73 m<sup>2</sup>), those with an eGFR <30 mL/min per 1.73 m<sup>2</sup> had a 2-fold increased mortality risk (4.9%) versus 14.6%) and every 10 mL/min per 1.73 m<sup>2</sup> lower eGFR was associated with an adjusted 9% increased odds of death in intravenous thrombolysis-treated patients. There was no difference between low-dose and standard-dose alteplase. However, there was only 103 patients (out of 3310) with an eGFR <30 mL/min per 1.73 m<sup>2</sup>, and the excess mortality in this group appeared to related to higher rates of pneumonia, sepsis, or other nonvascular causes, rather than an excess of symptomatic ICH. Similarly, higher rates of mortality but not symptomatic ICH were reported in dialysis patients treated with intravenous thrombolysis in a large US-based registry study but again, they were a significantly multi-morbid group with higher rates in-hospital complications such as pneumonia and deep vein thrombosis.64

Use of intravenous thrombolysis in CKD or dialysis patients is one of the key inequities in stroke care with delays to treatment<sup>42</sup> and under-treatment reported.<sup>52,53</sup> Although there is clearly a lack of evidence in this area, we would concur with the guidelines that recommend intravenous thrombolysis use in otherwise-eligible patients with CKD without restriction including in hemodialysis patients with a normal activated partial thromboplastin time (Table 2).<sup>65</sup>

It seems unlikely that the large benefits of an acute treatment would be completely nullified in this group and conceivable that outcomes would be worse in the absence of treatment given the high rates of stroke mortality consistently observed in the CKD and dialysis population.<sup>53,68</sup> The studies to date have generally only used those without CKD as the control group. In the absence of randomized controlled trial directly comparing intravenous thrombolysis versus no intravenous thrombolysis in patients with CKD, a meta-analysis of individual-level patient from the previous stroke trial data would help clarify the safety and efficacy of treatment in this group.

#### **Endovascular and Surgical Interventions**

As per the thrombolysis trials, many thrombectomy trials (eg, SWIFT-PRIME [Solitaire FR With the Intention for Thrombectomy as Primary Endovascular Treatment for Acute Ischemic Stroke], REVASCAT [Randomized Trial of Revascularization With Solitaire FR Device Versus Best

## Table 2.Key Recommendations for the Management ofAcute Stroke in CKD Based on Expert Consensus

Acute ischemic stroke					
Acute blood pres- sure targets	We would recommend following the AHA/ASA guidelines with regard to blood pressure targets depending on the eligibility for thrombolysis. The presence of CKD should not modify these targets.				
High-dose aspirin therapy	This should be given if an ICH has been excluded, if the patient is not eligible for thrombolysis, and if there is no other contraindication present.				
IV thrombolysis	A patient with CKD or who is dialysis-dependent should be treated with thrombolytic therapy pro- vided that the aPTT is normal and that there is no other contraindication present. Dose modification for renal function is not recommended.				
Mechanical throm- bectomy	A patient with CKD or who is dialysis-dependent should undergo a mechanical thrombectomy for a large-vessel occlusive stroke if they are otherwise eligible for treatment.				
Decompressive hemicraniectomy	Given the poor prognosis in the general popula- tion, the decision for surgical intervention for malignant hemispheric infarction should be individualized in this setting taking into account the patient's premorbid functional status.				
Admission to an acute stroke unit	It is essential that a patient with an acute ischemic stroke who has CKD or who is dialysis-dependent be admitted to an acute stroke unit.				
Spontaneous ICH					
Acute blood pres- sure targets	Early intensive blood pressure lowering (SBP <140 mm Hg in <1 h) appears to be equally safe and effective in CKD. <sup>66</sup>				
Anticoagulation reversal	Patients with CKD or who are dialysis-dependent should receive reversal agents for vitamin K- and nonvitamin K anatagonists as per the general population. Idarucizumab is safe to use in impaired renal function. <sup>67</sup>				
Surgical evacuation of hematoma	Patients with CKD or who are dialysis-dependent should be undergo surgical evacuation of ICH where indicated if they are otherwise eligible.				
Admission to an acute stroke unit	It is essential that a patient with an acute ischemic stroke who has CKD or who is dialysis-dependent be admitted to an acute stroke unit.				

AHA indicates American Heart Association; aPTT, activated partial thromboplastin time; ASA, American Stroke Association; CKD, chronic kidney disease; ICH, intracerebral hemorrhage; IV, intravenous; and SBP, systolic blood pressure.

Medical Therapy in the Treatment of Acute Stroke due to Anterior Circulation Large Vessel Occlusion Presenting Within 8 Hours of Symptom Onset]) excluded patients with advanced CKD<sup>69,70</sup> and no trial has reported outcomes according to CKD status. From the limited available observational data, there are conflicting reports on the outcomes post-thrombectomy in this group. CKD was not associated with poor functional outcome (defined as modified Rankin Scale score, 3-6; OR, 1.13 [0.99-1.28]; P=0.072) or ICH, but was associated with a higher risk of 90-day mortality (OR, 1.15 [1.01-1.31]; P=0.038) in a prospective analysis of 505 patients presenting with anterior-circulation stroke.<sup>71</sup> In a small study (106 patients; 20.6% CKD prevalence) of posterior-circulation stroke, CKD was associated with a higher risk of ICH post-thrombectomy but not mortality.<sup>72</sup> However, the benefits of mechanical thrombectomy for unselected posterior-circulation stroke in the general population are also less certain.<sup>73</sup> There is not much evidence on outcomes in dialysis patients and theoretically, they may represent a more problematic group given their challenging vascular access and greater tendency to bleed. Reassuringly though, in an analysis of 915 dialysis patients treated with thrombectomy from the Nationwide Inpatient Sample (2005–2010), endovascular treatment was associated with lower in-hospital mortality (OR, 0.5 [0.2–0.9]) and moderate-to-severe disability (OR, 0.3 [0.2–0.5]) compared with the no treatment in dialysis patients.<sup>74</sup> Although there is a need for greater research, we would advocate for its use in an otherwise suitable patient as CKD would also be expected to be associated with worse outcomes in the absence of thrombectomy (Table 2).

With regard to surgical interventions in acute stroke (eg,decompressive hemicraniectomy for malignant cerebral hemispheric infarction and hematoma evacuation for intracerebral hemorrhage) there is no evidence specific to CKD or dialysis patients to support or caution against these interventions. However, given that CKD is present in nearly one-third of patients hospitalized with ICH and is associated with greater likelihood of institutionalization and in-hospital mortality, we would not recommend withholding surgery in an otherwise eligible patient (Table 2).

#### **Dialysis Considerations in the Acute Phase**

There are a number of potential challenges with regard to dialysis in acute brain injury such as stroke. First, an

increase in brain water content with intermittent hemodialysis may lead to further increases in intracranial pressure as subclinical cerebral edema during intermittent hemodialysis has been observed even in stable patients.75 Second, changes in osmolality during hemodialysis from the reverse osmotic shift due to urea<sup>76</sup> or other newly formed brain osmoles<sup>77</sup> may also accentuate intracranial pressure. Third, blood pressure and volume fluctuations also have the potential to extend the penumbra in patients with acute stroke as global cerebral blood flow has been shown to decline acutely by 10% during hemodialysis,78 and intradialytic hypotension has been associated with cerebral ischaemia.<sup>26</sup> Lastly, systemic anticoagulation during hemodialysis may potentiate hemorrhage,79 worsen cerebral edema, and increase the risk of cerebral herniation.80

Unfortunately, there is no evidence in the literature to guide best clinical practice in this scenario but rather only expert opinion-based reviews.<sup>81,82</sup> Our consensus suggestions are summarized in Figure 2 but decisions on modality type, timing, dose, anticoagulation, and other considerations should ultimately be individualized with input from both stroke physicians and nephrologists. These prescription modifications are most relevant to patients with larger infarcts, blood pressure dependent infarcts (eg, in the presence of high-grade intracranial or extracranial stenosis), or ICH, that is, those who are most vulnerable to neurological deterioration from stroke extension or increasing cerebral edema. In such patients, we would preferentially recommend continuous forms of renal replacement therapy as this has



Figure 2. Suggestions for dialysis prescribing in acute stroke.

CVVHD indicates continuous venovenous hemodialysis; ICH, intracerebral hemorrhage; and ICP, intracranial pressure.

been associated with greater intracranial stability compared with standard intermittent hemodialysis and haemofiltration.<sup>83</sup> Changes in osmolality and urea and bicarbonate levels during continuous renal replacement therapy are much less than those during intermittent hemodialysis and hemofiltration. However, the disadvantage is that the circuit must function continuously for continuous renal replacement therapy to be successful and this requires anticoagulation. Regional anticoagulation with citrate (ie, a selective block of the whole hemostatic cascade only in the circuit and not in the patient's blood circulation<sup>84</sup>) is, therefore, indicated in this setting rather than system heparinization, though there is no data on use of citrate in patients with acute stroke. Where possible, delaying dialysis in patients with ICH may be advisable given the heightened risk of worsening cerebral edema and incurring herniation syndromes.<sup>80</sup>

For patients who are stable enough for intermittent hemodialysis, we would recommend consideration of a cooled dialysate as this has been shown to reduce intradialytic hypotension, improve cerebral perfusion, and reduce cerebral ischemia during hemodialysis.<sup>85</sup> Shortening the dialysis sessions may minimize fluctuations in plasma osmolality. The role of osmotherapy with additional mannitol or hypertonic saline in this setting is unclear and should be decided on a case-by-case basis. Peritoneal dialysis may be associated with better intracranial stability than intermittent hemodialysis but large volume, high glucose exchanges should be minimized.<sup>86</sup> In general, we would advocate discontinuing continuous therapies as soon as possible and closely coordinating intermittent hemodialysis or peritoneal dialysis schedules with the relevant therapists in the stroke unit to avoid impeding essential rehabilitation. Ultimately, these are consensus-based suggestions, and high-quality observational and randomized evidence is required.

#### PREVENTATIVE THERAPIES

We have outlined the consensus recommendations of the KDIGO group for the primary and secondary prevention of stroke in CKD in Table 3.

#### **Lifestyle Modifications**

Although specific data on stroke risk reduction in this group is lacking, lifestyle modifications such as salt restriction,<sup>90</sup> weight management,<sup>94</sup> regular exercise,<sup>95</sup> and smoking cessation<sup>96</sup> have been shown to improve intermediate outcomes associated with vascular risk such as blood pressure, lipid profiles, insulin resistance, and proteinuria, and are therefore, strongly encouraged in CKD.

#### **Antiplatelet Therapies**

Unfortunately, patients with moderate-to-severe CKD were excluded from most clinical trials evaluating efficacy

and safety of antiplatelet agents so there is little evidence to inform guidelines in this area, particularly for primary prevention.<sup>87</sup> In a meta-analysis of 3 trials that studied the effect of antiplatelet therapy for primary prevention in CKD, there was no statistically significant reduction in major cardiovascular events including stroke (RR, 0.92 [0.49-1.73], P=0.79) or in mortality (RR, 0.74 [95% CI, 0.55-1.00], P=0.05).<sup>97</sup> However, there was an increase in major bleeding events (RR, 1.98 [95% CI, 1.11-3.52], P=0.02). The ATTACK (Aspirin to Target Arterial Events in Chronic Kidney Disease) trial (URL: https://www. clinicaltrials.gov; Unique identifier: NCT03796156) is an open label, multi-center primary prevention trial of aspirin in CKD currently underway that may help clarify the role (or lack thereof) of aspirin in this setting. There is somewhat better evidence to support the use of antiplatelet therapy in secondary vascular prevention in CKD. In a large Cochrane review of 50 RCTs (27 139 participants), antiplatelet agents reduced the risk of myocardial infarction (RR, 0.87 [95% CI, 0.76-0.99]), but not all-cause mortality (RR, 0.93 [0.8-1.06]), cardiovascular mortality (RR, 0.89 [0.70-1.12]), or specifically stroke (RR, 1.00 [0.58–1.72]).98 However, it is unlikely that the large benefits of aspirin as demonstrated in the general population<sup>99</sup> would be completely nullified in patients with CKD and the guidelines consistently recommend its use for secondary prevention in this setting.87,88,100

#### Anticoagulation

Similar to antiplatelet therapy, anticoagulation tends to be underused in the renal population owing to bleeding or vascular calcification concerns, and uncertain benefit in the dialysis population.<sup>101</sup> However, there is clear, consistent evidence of the efficacy of well-managed warfarin for the prevention of stroke in patients with AF and CKD albeit with a more variable effect on bleeding events.<sup>102,103</sup> Nonvitamin K antagonist oral anticoagulants appear to be superior to warfarin in CKD, as highlighted by a recent meta-analysis of 11 trials where nonvitamin K antagonist oral anticoagulants conferred lower risk of stroke or systemic embolism (RR, 0.79 [0.66-0.93]), hemorrhagic stroke (RR, 0.48 [0.30-0.76]), and all-cause death (RR, 0.88 [0.78-0.99]) compared with warfarin.<sup>104</sup> However, there was no difference in risk of extracranial bleeding and the meta-analysis was limited only to patients with a creatinine clearance >25 mL/min. Reassuringly, reversal agents such as idarucizumab appear to be safe and effective in CKD.67

Anticoagulation use in dialysis patients is more problematic. Multiple meta-analyses do not support a protective effect for warfarin in the prevention of ischemic stroke and suggest that it is associated with increased risk of major bleeding.<sup>103,105</sup> However, these have been based solely on observational cohort studies as there are no trials that have addressed this question. Furthermore,

#### Table 3. Recommendations for the Primary and Secondary Prevention of Stroke in CKD

	Primary Prevention	Secondary Prevention	Source (and strength) of recom- mendation					
Intervention:								
Lifestyle modifications	Smoking cessation, healthy diet, weight restriction, and regular exercise should all actively encouraged.	As per primary prevention.	Expert consensus					
Antiplatelet therapy	There is currently insufficient evidence to support the use of antiplatelet therapy for primary prevention.	Antiplatelet therapy for secondary prevention is uniformly recommended	NICE <sup>87</sup> and KDIGO <sup>88</sup> guidelines					
Anticoagulation	In general, anticoagulation is recommended for the primary prevention of stroke with AF in this group. This is a high-risk group in which risk prediction tools such as $CHA_2DS_2$ -VASc may have limited utility. For those with eGFR >30 mL/min per 1.73 m <sup>2</sup> , first-line treatment should be with a NOAC. For those with eGFR 15–29 mL/min per 1.73 m <sup>2</sup> , the choice of agent should depend on the trajectory of their renal function and should, therefore, be discussed with their nephrologist. For those with an GFR <15 mL/min per 1.73 m <sup>2</sup> , the decision to anticoagulate and the choice of agent should be discussed with their nephrologist.	As per primary prevention but we would advise having an even lower threshold to anticoagu- late. The AHA/ACC <sup>99</sup> recommend using either a apixaban or warfarin in dialysis-dependent patients though long-term safety data on the former is lacking, and there is a risk of vascular calcification with the latter. Consider left atrial appendage occlusion devices in those with additional bleeding concerns as they have been shown to be safe and effective in advanced CKD after the initial periprocedural period.	AHA/ACC <sup>89</sup> guide- lines (LOE IIb)					
Dual blockade (antiplatelet+low-dose DOAC)	There may be a role for dual pathway blockade in patients with CKD (eGFR 30-59 mL/min per 1.73 m <sup>2</sup> ) who have chronic coronary artery or peripheral artery disease and who are thought to be at low risk of bleeding.	There is no evidence to support the use of dual pathway blockade for secondary prevention at this time.	Expert consensus					
Blood pressure control	Tight blood pressure control to <120/80 mm Hg is essential. RAS blockers are the antihypertensive agents of choice.	As per primary prevention.	KDIGO updated 2021 blood pressure guidelines (LOE IIb) <sup>89a</sup>					
Lipid-lowering therapy	As per KDIGO, <sup>so</sup> if >50 y and CKD present, treat with statin or statin/ezetimibe. In dialysis-dependent CKD, do not start statins de novo but continue if already taking.	We would recommend statin therapy for all patients with CKD who have had a stroke event. As per KDIGO guidelines, <sup>90</sup> statins may be continued in dialysis patients who are already taking them but should not be started unless very high LDL-C levels (3.8 mmol/L).	KDIGO <sup>90</sup> guidelines (LOE la for those >50 y and Ila-c for dialysis recommen- dations)					
SGLT-2 inhibitors	We recommend treating all diabetic CKD patients with an $eGFR > 30 mL/min per 1.73 m^2$ with an SGLT-2 inhibitor.	We recommend treating all diabetic CKD patients with an eGFR >30 mL/min per 1.73 m <sup>2</sup> with an SGLT-2 inhibitor.	KDIGO <sup>91</sup> guidelines (LOE la)					
Carotid interventions	We would not recommend carotid revascularization for patients with CKD with asymptomatic disease.	Consider carotid revascularization in nondialysis patients with CKD with symptomatic moderate- severe stenosis, and in very high-risk dialysis patients with symptomatic disease.	Society for Vascular Surgery guidelines <sup>92</sup>					
Dialysis-related interventions	Careful attention to blood pressure and volume control when a patient is first about to start dialysis. Maintain hemoglobin values between 100 and 120 g/L.	As per primary prevention.	KDIGO <sup>93</sup> guidelines (LOE IIc)					

AF indicates atrial fibrillation; ACC, American College of Cardiology; AHA, American Heart Association; ASA, American Stroke Association; CKD, chronic kidney disease; eGFR, estimated glomerular filtration rate; KDIGO, Kidney Disease Improving Global Outcomes; LDL-C, low-density lipoprotein cholesterol; LOE, level of evidence; NICE, National Institute for Health and Clinical Excellence; NOAC, nonvitamin K oral anticoagulant; RAS, renin angiotensin; and SGLT-2, sodium-glucose cotransporter 2.

many of the included studies do not report time in the time-in-therapeutic range which may confound some of the risk estimates. In a Danish registry study of 10 423 warfarin-treated patients with AF, a time-in-therapeutic range <70% was associated with a higher risk of stroke/ thromboembolism (HR, 1.39 [1.20–1.60]) and bleeding (HR, 1.22 [1.05–1.42]) among patients with eGFR of 30 to 59 mL/min per 1.73 m<sup>2</sup>, suggesting that the quality of warfarin monitoring and management may similarly influence the efficacy and safety of warfarin in dialysis patients.<sup>106</sup>

Vitamin K antagonists such as warfarin have also implicated in the progression of vascular calcification in these patients due to inhibition of the enzyme matrix gamma-carboxyglutamate Gla protein that scavenges calcium phosphate in tissues.<sup>107</sup> A recent multi-center trial investigated the impact of vitamin K status on vascular calcification in 132 patients on hemodialysis with AF.<sup>108</sup> Patients were randomized to vitamin K antagonists, rivaroxaban, or rivaroxaban plus vitamin K2 supplementation. Changes in coronary artery, thoracic aorta, and cardiac valve calcium scores and pulse wave velocity, as used to measure vascular calcification progression, were not significantly different among the treatment arms. There was also no difference in all-cause death, stroke, and cardiovascular event rates between the groups. The ongoing trial AVKDIAL (Oral Anticoagulation in Haemodialysis Patients; URL: https://www.clinicaltrials. gov; Unique identifier: NCT02886962) which will compare vitamin K antagonists with no anticoagulation in

dialysis-dependent patients with AF may help definitively answer the question of risk:benefit ratio of warfarin in ESKD.

There are some promising observational data on nonvitamin K antagonist oral anticoagulant use in advanced CKD and dialysis patients. A retrospective cohort study based on United States Renal Data System data compared warfarin versus apixaban in 25523 dialysis patients with AF.<sup>109</sup> Although there was no overall difference in the risks of stroke/systemic embolism between apixaban and warfarin (HR, 0.88 [0.69-1.12]; P=0.29), apixaban was associated with a lower risk of major bleeding (HR, 0.72 [0.59–0.87]; P<0.001). However, standarddose apixaban was associated with lower risks of stroke/ systemic embolism and death when compared with lower-dose apixaban and warfarin. The recently reported ELDERCARE-AF study (Edoxaban Low-Dose for Elder Care Atrial Fibrillation Patients) randomized 984 older (mean age 86) patients to low-dose edoxaban (15 mg daily) or placebo finding a significant reduction in stroke with edoxaban (2.3% versus 6.7%; HR, 0.35 [95% Cl, 0.19–0.61]) and nonsignificant elevation in hemorrhage (3.3% versus 1.8%; HR, 1.87 [95% CI, 0.90-3.89]).<sup>110</sup> A number of individuals in the trial had advanced CKD as the mean creatinine clearance was 36.3 and 84% had an CrCl <50 mL/min. Unfortunately, data on CKD-specific subgroups was not provided in the main study results. The RENAL-AF trial (Renal Hemodialysis Patients Allocated Apixaban Versus Warfarin in Atrial Fibrillation) was unfortunately terminated early due to loss of funding and therefore, only recruited 154 patients with 1-year follow-up.<sup>111</sup> Apixaban resulted in similar rates of bleeding and strokes as warfarin among patients with ESKD on hemodialysis. Time-in-therapeutic range with warfarin was only  $\approx$ 44%. There is clearly a need for further dedicated trials of nonvitamin K antagonist oral anticoagulant versus placebo in dialysis populations.

Left atrial appendage occlusion devices, used to lower the thromboembolic risk in those with absolute or relative contraindications to long-term oral anticoagulation, appeared in one small study be equally effective and with similar procedural safety in CKD.<sup>112</sup> Those with an eGFR <30 mL/min per 1.73 m<sup>2</sup> had a lower overall survival rate but the rate of nonfatal major adverse events during follow-up (stroke, transient ischemic attack, and major bleeding) was not higher among patients with ESKD. However, an important limitation of this analysis was that it was a comparison based on expected event rates. Furthermore, no data is available on postimplantation or long-term antithrombotic regimes, which is relevant given bleeding and thrombosis risks in ESKD.

#### **Dual Blockade of Hemostasis**

A secondary analysis of the COMPASS trial (Cardiovascular Outcomes for People Using Anticoagulation

Strategies) revealed promising results for patients with CKD.113 The COMPASS trial was a double-blind, multicenter trial of 27395 participants randomized to rivaroxaban (2.5 mg twice daily) plus ASA (100 mg daily), rivaroxaban alone (5 mg twice daily), or ASA alone(100 mg daily). The study, unlike many cardiovascular trials, was deliberately enriched with patients with CKD, who accounted for 6276 patients out of 27387 in total. The primary composite outcome of cardiovascular death, myocardial infarction, or stroke was reduced with rivaroxaban plus aspirin in those with CKD (HR, 0.75 [95% CI, 0.60-0.94]). Stroke as an individual end point was particularly reduced with dual blockade therapy (HR, 0.42 [0.25-0.70]; P=0.0007), and there was no excess bleeding reported in those with CKD as compared with those without. However, although the RR of bleeding was similar between groups, the absolute risk for those with CKD would still be higher given their higher bleeding risk at baseline. In addition, those with an eGFR <15 mL/ min per 1.73 m<sup>2</sup> were excluded from the trial, and there was only ≈150 people with an eGFR 15 to 29 mL/min per 1.73 m<sup>2</sup> which may limit some of the generalizability of these results to those with advanced CKD. Patients with a history of stroke in the preceding year were also excluded, and only 5.2% of the included patients with CKD had any prior history of cerebrovascular disease which may also limit our ability to extrapolate these results to secondary stroke prevention settings. Nonetheless, based on this trial, it may be reasonable to consider low-dose rivaroxaban and aspirin for the prevention of stroke in those with an eGFR 30 to 59 mL/ min per 1.73 m<sup>2</sup> and a prior history of coronary artery or peripheral artery disease. The TRACK trial (Treatment of Cardiovascular Disease With Low Dose Rivaroxaban in Advanced Chronic Kidney Disease; URL: https://www. clinicaltrials.gov; Unique identifier: NCT03969953) will further examine the potential role of dual blockade as it will randomize high-risk advanced patients with CKD including those with a history of coronary artery disease, peripheral artery disease, nonhemorrhagic nonlacunar stroke, diabetes, or those ≥65 years, to low-dose rivaroxaban or placebo.

#### Lipid-Lowering Therapy

The efficacy of statin therapy for the primary prevention of stroke in patients with CKD was clearly demonstrated in the landmark SHARP trial (Study of Heart and Renal Protection), in which 9270 patients with CKD without preexisting vascular disease were randomly assigned to placebo or to the combination of simvastatin 20 mg daily plus ezetimibe 10 mg daily.<sup>114</sup> There was a 25% reduction in ischemic stroke in the treatment arm. In metaanalyses of trials of statins in patients with established cardiovascular disease, there was a  $\approx$ 40% reduction in the risk of stroke in patients with CKD as per the general

population.<sup>115,116</sup> High-intensity therapy (eg, atorvastatin 80 mg or rosuvastatin 20 mg once daily) has also been shown to be safe and effective in this group.<sup>117</sup> According to KDIGO guidelines,<sup>88</sup> all patients with CKD over 50 years of age should therefore be started on statin plus/minus ezetimibe therapy. The American College of Cardiology has additionally recommended the addition of PCSK9 (proprotein convertase subtilisin/kexin type 9) inhibitors (or ezetimibe) to maximally tolerated statin therapy in high-risk patients with atherosclerotic cardiovascular disease and CKD where <50% LDL-C (low-density lipoprotein cholesterol) reduction has been achieved with statins, including high-intensity statins.<sup>118</sup>

However, in a meta-analysis of individual-participant data from 28 trials, the efficacy of statins was shown to progressively deteriorate with declining renal function, with little evidence of benefit for dialysis patients in particular.<sup>119</sup> There are multiple proposed reasons for this statin resistance including the heightened role of nontraditional risk factors (eg, mineral and bone abnormalities, uremia), additional lipid abnormalities (eg, lipoproteins rendered highly atherogenic by oxidation or carbamylation), or intracellular cholesterol synthesis activated by inflammatory stress.<sup>120</sup> For this reason, KDIGO guidelines, do not recommend starting statins de novo in dialysis patients.<sup>88</sup>

#### **Antihypertensive Therapy**

There has not been a dedicated blood pressure trial in the CKD population for the prevention of stroke and most of the existing evidence has been derived from post hoc or subgroup analysis. The KDIGO 2021 Clinical Practice Guideline on the Management of Blood Pressure in CKD have recently been published and recommend a blood pressure of <120/80 mm Hg in CKD for both primary and secondary prevention in patients where this level can be feasibly tolerated.<sup>89a</sup> This recommendation has been heavily influenced by subgroup analysis of the SPRINT (Systolic Blood Pressure Intervention Trial) in which targeting a systolic blood pressure (SBP) <120 mmHg compared with <140 mmHg reduced rates of major cardiovascular events and all-cause death in patients with CKD.<sup>121</sup> The risk of stroke was similar in both treatment groups (HR, 0.99 [0.57-1.70]; P=0.96), but the trial was stopped early (median follow-up 3.3 years) so follow-up may have been too short to see a cerebrovascular protective effect. The generalizability of the results may also be limited as people with diabetes, proteinuria >1000 mg/g or prior stroke were excluded. However, specific stroke benefits associated with more intensive BP control have been seen in other trials such as the CSPPT (China Stroke Primary Prevention Trial).<sup>122</sup> In this post hoc analysis of 3230 patients with hypertension with eGFR 30 to 60 mL/min per 1.73 m<sup>2</sup> and proteinuria, a time-averaged SBP of ≤135 mmHg was associated with lower risk of total first stroke compared

with a time-averaged on-treatment SBP of 135 to  $\leq$ 140 mm Hg, (1.7% versus 3.3%; HR, 0.51 [0.26-0.99]).

As acknowledged by another recent KDIGO controversies conference,123 there is little evidence to guide BP target thresholds in a secondary prevention setting, and the previous 2012 BP guidelines did not specifically address this group. A posthoc analysis of the PROG-**RESS** (Perindopril Protection Against Recurrent Stroke Study) showed that perindopril was associated with a 35% reduction in the risk of stroke in patients with CKD with a history of recently symptomatic cerebrovascular disease.<sup>124</sup> Perindopril prevented one stroke or other cardiovascular event among every 11 patients with CKD treated over 5 years, although it was unclear what the achieved blood pressure or level of urine albumin were in either arm of the trial. The SPS3 study (Secondary Prevention of Small Subcortical Strokes) study, in which patients with a history of lacunar stroke were randomized to a lower (<130 mmHg) versus higher (130-149 mmHg) target SBP included 474 patients with CKD.125 Intensive BP control resulted in a statistically nonsignificant reduction in the cardiovascular composite outcome in CKD but with greater risk of kidney function decline.

The ideal BP target in dialysis patients for stroke prevention is even less clear with evidence of a U-shaped associations between change in SBP, all-cause mortality and cardiovascular mortality, whereby postdialytic drops in SBP of up to 30 mmHg are associated with greater survival, but larger decreases of SBP are associated with greater mortality.<sup>126</sup>

While there is clearly a need for dedicated RCTs in CKD and dialysis patients to better establish BP targets for people with and without prior stroke, the best available evidence at present supports the use of RAS inhibitors for recurrent stroke prevention.

#### **Carotid Interventions**

The NASCET (North American Symptomatic Carotid Endarterectomy Trial) was the only large randomized trial of carotid interventions that reported results according to renal function.<sup>127</sup> Surgery was highly effective for patients with CKD with symptomatic high-grade stenosis resulting in a RR reduction of 82.3% (95% CI, 54.5%–93.1%) compared with 50.8% (95% CI, 12.6%–72.3%) for patients without CKD. The number needed to treat by surgery to prevent one ipsilateral stroke within 2 years was only 4 for patients with CKD. Rates of perioperative cardiac complications (myocardial infarction, congestive heart failure, and arrhythmias) were higher in the CKD group though perioperative death rates were similar between groups.

However, the majority of patients with CKD included in the NASCET analysis had CKD stage 3a with a mean eGFR of 49 mL/min per 1.73 m<sup>2</sup>. In an analysis of the Vascular Study Group of New England database, 30-day mortality appears to increase with worsening renal function, from 0.4% in mild CKD to 0.9% in severe CKD (defined as an eGFR <30 mL/min per 1.73 m<sup>2</sup>; P=0.01).<sup>128</sup> However, in a multi-variate regression model, CKD status did not predict 30-day stroke or death, and even in patients with severe CKD, there was an overall 5-year survival rate of 71%, contrasting with the worse outcomes for severe CKD with PVD whose 5-year survival rate was only 21% irrespective of intervention.<sup>129</sup> We would, therefore, agree with guidance from the Society for Vascular Surgery who recommend carotid end-arterectomy for symptomatic patients with CKD with moderate-severe stenosis.<sup>92</sup> However, careful perioperative assessment and management is essential given their higher rate of periprocedural complications.

Unfortunately, the perioperative and long-term outcomes after carotid endarterectomy in dialysis patients appear to be quite poor. In a retrospective analysis of 5142 dialysis patients in the US Renal Disease System-Medicare-matched database, there was a high rate of 30-day complications including stroke, MI, and mortality for both asymptomatic and symptomatic patients (2.7% versus 5.2% [P=0.001], 4.6% versus 5.0% [P=0.69], and 2.6% versus 2.9% [P=0.61], respectively).<sup>130</sup> The overall 3-year survival was also only 46% and 42% in the asymptomatic and symptomatic cohorts, respectively. We would, therefore, recommend carotid intervention in only a select group of high-risk, symptomatic dialysis patients. There is currently insufficient evidence to recommend stenting over carotid endarterectomy in either CKD or dialysis patients. The CREST-2 (Carotid Revascularization and Medical Management for Asymptomatic Carotid Stenosis Trial; URL: https://www.clinicaltrials. gov; Unique identifier: NCT02089217) is an ongoing set of trials, one of which will randomize patients in a 1:1 ratio to endarterectomy versus no endarterectomy and another will randomize patients in a 1:1 ratio to carotid stenting with embolic protection versus no stenting. This will include patients with an eGFR >30 mL/min per 1.73 m<sup>2</sup> and may, therefore, provide further information to inform best clinical practice in this area. However, a dedicated trial of carotid interventions in symptomatic patients with high-grade stenosis who have advanced CKD or who are dialysis-dependent is clearly required.

#### **SGLT-2 Inhibitors**

SGLT-2 (sodium-glucose cotransporter 2) inhibitors appear to have promising vascular benefits in patients with CKD with type 2 diabetes as demonstrated by recent large placebo-controlled outcome trials.<sup>131-133</sup> However, their potential benefit for stroke prevention in the general population or this specific group is less clear. In an analysis of the CANVAS trial (Canagliflozin Cardiovascular Assessment Study) which randomly assigned 10142 participants with type 2 diabetes and high cardiovascular risk to canagliflozin or placebo, there was no significant difference in event rates between groups (HR, 0.87 [95% CI, 0.69–1.09]), though there may have been too few events overall to detect a significant benefit.<sup>134</sup> However, a meta-analysis of 32 trials with 75 540 participants also did not find a class or individual effect for any of the 3 SGLT-2 inhibitors therapy for stroke prevention.<sup>135</sup>

#### **Dialysis-Related Interventions**

It is important for nephrologists to be aware that the period of dialysis initiation is a high-risk time for patients with a particularly high incidence of stroke.<sup>11</sup> The reasons for this excess risk are not entirely clear. It may relate to poor or variable BP and volume control as a similar surge of other BP-related brain pathologies have been observed during this period including posterior reversible encephalopathy syndrome.<sup>136</sup>

There is some evidence that dialysate cooling may be protective against chronic hemodialysis-induced brain injury by achieving better hemodynamic stability and reducing circulatory stress. In a group of 73 hemodialysis patients randomized to 0.5 °C below their core body temperature and followed-up for 1 year, they had better preservation of brain white matter microstructure parameters including fractional anisotropy, axial diffusivity, and radial diffusivity when compared with those who dialyzed 37 °C.<sup>85</sup> However, it is not known if regular use of cooled dialysate would impact incident stroke risk.

Finally, higher hemoglobin targets achieved with erythropoietin-stimulating agents have been associated with increased stroke risk in advanced CKD. The TREAT study (Trial to Reduce Cardiovascular Events With Aranesp Therapy) in anemic nondialysis diabetic CKD patients reported a doubling of stroke risk with erythropoietin-stimulating agent use dosed for a target hemoglobin of 130 g/L, compared with limited erythropoietin-stimulating agent use to maintain Hb ≥90 g/L.<sup>137</sup> Guidelines generally recommend targeting hemoglobin values ranging between 100 and 120 g/L in patients with CKD, individualizing the value in this target range according to the possible comorbidities of the patients.<sup>93</sup>

## MEDICAL COMPLICATIONS AFTER STROKE

There are high rates of medical complications poststroke reported in the general population including urinary tract infections, respiratory infections, pressure sores, and venous thromboembolic events.<sup>138</sup> Such complications appear to be accentuated in patients with kidney disease and significantly contribute to poststroke mortality.<sup>64,139</sup> A particular concern in this group is the development of sarcopenia poststroke which has been associated with reduced mobility, falls, and increasing mortality.<sup>140</sup> It seems likely that the solution to mitigate these complications

in patients with CKD, like the general population, is to encourage more widespread admission to acute stroke units. Organized stroke units specialize in managing poststroke complications and optimize patient outcomes by providing dedicated, multi-disciplinary care.<sup>141</sup>

#### FUNCTIONAL AND NEUROPSYCHIATRIC OUTCOMES AFTER STROKE

CKD is associated with a higher initial stroke severity, risk of neurological deterioration, and greater disability and likelihood of institutionalization at the time of hospital discharge (as defined by a modified Rankin Scale score  $\geq 2$ ).<sup>142,143</sup> It is also associated with both considerable short-term and long-term mortality.<sup>68,144</sup> These associations are consistent across different stroke subtypes,<sup>145,146</sup> race,<sup>147</sup> in populations of varying prevalence of vascular risk factors,<sup>148,149</sup> and even in renal transplant recipients.<sup>14</sup>

CKD is also associated with a significant burden of cognitive impairment and dementia that worsens with declining renal function.<sup>150</sup> In the REGARDS study (Reasons for Geographic and Racial Differences in Stroke), each 10 mL/min per 1.73 m<sup>2</sup> decrease in eGFR<60 mL/min per 1.73 m<sup>2</sup> was associated with an 11% increase in prevalence of cognitive dysfunction.<sup>151</sup> In the hemodialysis population, the prevalence of cognitive impairment may be as high as 70%.<sup>152</sup> Subclinical or symptomatic cerebrovascular disease is thought to play a key role in the cause of cognitive impairment in CKD as it is typically consistent with vascular cognitive impairment<sup>153</sup> and imaging studies in cognitively impaired patients tend to have a greater burden of white matter lesions and lacunar infarcts.<sup>154</sup>

## SUBCLINICAL CEREBROVASCULAR DISEASE

There is a strong association between cerebral small vessel disease and CKD,<sup>155</sup> and this is consistent for each small vessel disease subtype including white matter lesions,<sup>156</sup> silent cerebral infarctions (SCI),<sup>157</sup> perivascular spaces,<sup>158</sup> and cerebral microbleeds.<sup>159</sup> SCI, in particular, appears to be prevalent in as many as 56.5% of clinically, asymptomatic patients with CKD or ESKD from crosssectional analyses.<sup>160,161</sup> Several mechanisms for the association of small vessel disease and CKD have been proposed including their shared anatomic and physiological susceptibility to hypertensive vascular injury,162 their shared vascular risk factors such as hypertension and diabetes,<sup>157</sup> or shared genetic susceptibility<sup>163</sup> which may explain the stronger, more independent associations observed at younger ages.<sup>164</sup> Regardless of their cause, as per the general population, their presence in CKD appears have implications for future stroke risk, cognition, gait, and stability. In a small study of 199 hemodialysis patients, SCI was a powerful independent predictor of cerebrovascular and all-type vascular events (HR for cerebral events, 7.33 [95% CI, 1.27–42.25]; for vascular events, 4.48 [95% CI, 1.09–18.41]).<sup>160</sup> From the Sefuri study, CKD with SCI was associated with vascular cognitive impairment or executive dysfunction.<sup>165</sup> In addition, SCI has been shown to be an independently predict kidney disease progression.<sup>166</sup>

How best to manage SCI in patients with CKD is, therefore, a common and important dilemma for nephrologists and stroke physicians alike. There is no official guidance that pertains specifically to patients with kidney disease, and this is essentially an evidence-free zone. However, the American Heart Association/American Stroke Association have issued a scientific statement with suggestions for the clinical care of patients with silent cerebrovascular disease in the general population.<sup>167</sup> Based on this, we present some modified consensus recommendations from the KDIGO group on its management in CKD in Table 4, taking into account the high prevalence of AF and the preexisting risk factor burden in this patient population. Although there have been no randomized trials of treatment for SCI, we would suggest having a low threshold for treating with antiplatelet

## Table 4.Recommendations for the Management of Sub-<br/>clinical Cerebrovascular Disease in CKD Based on Expert<br/>Consensus

#### Investigations

Assess common vascular risk factors-BP, diabetes, cholesterol, smoking, obesity.

Check pulse for AF, do 12-lead ECG, and consider prolonged Holter monitoring or other extended duration devices.

Consider carotid imaging such as a carotid duplex ultrasound when there is SCI in the carotid territory.

Consider echocardiography to identify potential cardiac sources when there is an embolic-appearing pattern of silent infarction.

Consider CTA when there are large (>1.0 cm) silent hemorrhages to rule out underlying structural lesions, including arteriovenous malformations and tumors.

Management

Consider treating with aspirin and statin therapy in those with SCI if no contraindication.

Target BP control <120/80 mm Hg as per KDIGO guidelines.

It may be reasonable to factor the presence of an embolic pattern of SCI in carotid territory into clinical decision-making around carotid revascularization.

The presence of cerebral microbleeds should not necessitate de-prescribing or avoidance of prescribing antiplatelet or anticoagulant therapy, but caution should be exercised as these patients at increased future risk of both ischemic stroke and ICH. Shared decision-making with a stroke physician may be helpful.

It is reasonable to administer thrombolysis to patients with CKD with acute ischemic stroke and evidence of microbleeds if it is otherwise indicated.

AF indicates atrial fibrillation; BP, blood pressure; CKD, chronic kidney disease; CTA, computed tomography angiography; ICH, intracerebral hemorrhage; KDIGO, Kidney Disease Improving Global Outcomes; and SCI, silent cerebral infarction. or statin therapy since their use in a secondary prevention setting in CKD is consistently recommended in guidelines.<sup>87,88,100,168</sup> Regarding the presence of cerebral microbleed, a recent pooled analysis of individual patientlevel data has shown that in those with recent transient ischemic attack or ischemic stroke, the absolute risk of recurrent ischemic event was consistently substantially higher than that of ICH, regardless of cerebral microbleed number, distribution, and presence of anticoagulant/antiplatelet therapy.<sup>169</sup> However, it is not known how many, if any, patients had CKD within this meta-analysis, making it difficult to uniformly extrapolate these findings to the renal population.

#### CONCLUSIONS

Patients with CKD are clearly a high-risk group with a high burden of both symptomatic and asymptomatic cerebrovascular disease. Further research is needed to better understand the relative contribution of proposed pathophysiological mechanisms which may be aided by more consistent reporting of etiological stroke subtypes in CKD. The safety and efficacy of many acute treatments have not been demonstrated in the CKD population and similarly, much of the evidence that supports current preventative therapies in this group is observational or based on post hoc analyses. This evidence gap is most apparent for those with advanced CKD or dialysis dependency, who are also the group with the greatest risk. Dedicated or enriched trials are required to resolve the inequities in stroke care that are consistently observed in this population.

#### **ARTICLE INFORMATION**

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#### Supplemental Materials

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