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Balloon Pulmonary Angioplasty for Chronic Thromboembolic Pulmonary Hypertension



Results of an International Multicenter Prospective Registry

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ABSTRACT

BACKGROUND Chronic thromboembolic pulmonary hypertension results from mechanical obstruction of major pulmonary artery lumina with fibrotic tissue. Main treatment has been pulmonary endarterectomy, a complex surgical procedure removing vascular obstruction. However, at least 40% of patients are not candidates for pulmonary endarterectomy because of technical inoperability, comorbidities, or limited access to surgery. Balloon pulmonary angioplasty (BPA) has emerged as an interventional treatment for these patients.

OBJECTIVES The International BPA Registry (NCT03245268) was designed to investigate BPA practice across 18 established centers in the United States, Europe, and Japan.

METHODS A total of 500 patients were prospectively and consecutively enrolled between March 2018 and March 2020, with follow-up until March 2022. Of these, 484 patients were included in the analysis set.

RESULTS Regional differences were seen in patient characteristics (fewer patients with prior pulmonary endarterectomy and more elderly women in Japan) and procedural details (less medical pretreatment, more jugular access, more segments and more occlusive lesions treated per session and patient, less conscious sedation, less contrast and less radiation, shorter intervals between BPA sessions in Japan). Female sex, procedure in Europe/United States, pulmonary hypertension medications at any time, and higher baseline pulmonary vascular resistance (PVR), calculated as transpulmonary pressure gradient divided by cardiac output, emerged as independent predictors of complications during BPA. After a median of 5 (Q1-Q3: 3-6) BPA sessions per patient within a median time of 4.9 months (Q1-Q3: 1.7-11.0 months), a 15-mm Hg (38%) decrease in mPAP, a 332 dynes/s/cm⁻⁵ (57%) decrease in PVR, and a 3.2% increase in arterial saturation (medians; P < 0.001) were observed, and there were significant improvements in functional class, 6-minute walk distance, serum levels of N-terminal probrain natriuretic peptide, and Borg dyspnea index. BPA complications occurred in 11.3% of sessions and 33.9% of patients and were mostly hemoptyses. No patient died within 30 days of BPA.



Listen to this manuscript's audio summary by Editor Emeritus Dr Valentin Fuster on www.jacc.org/journal/jacc. **CONCLUSIONS** Our data are in line with previous reports on changes of clinical and hemodynamic parameters and complication rates of BPA. Centers with more experience providing BPAs were more likely to achieve a higher percentage decrease in PVR. (JACC. 2025;85:2270-2284) © 2025 The Authors. Published by Elsevier on behalf of the American College of Cardiology Foundation. This is an open access article under the CC BY-NC-ND license (http://creativecommons.org/licenses/by-nc-nd/4.0/).

hronic thromboembolic pulmonary hypertension (CTEPH) is a subset of pulmonary hypertension (PH) that results from mechanical obstruction of major pulmonary arteries with fibrotic tissue caused by misguided thrombus organization.1 Pulmonary endarterectomy (PEA) restores patency of the pulmonary vascular tree by dissecting and removing the obstructive fibrotic intimal tissue,² thus alleviating right ventricular afterload and leading to excellent long-term survival.³ However, 40% of patients in registries⁴ and probably more outside of registries are not eligible for PEA, for reasons such as technical complexity, comorbidities, and patient preference. Those patients remained without mechanical treatment options until the emergence of balloon pulmonary angioplasty (BPA).

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BPA is performed in a catheterization laboratory following the standards of a classical percutaneous transluminal angioplasty with balloon dilatation of intraluminal obstructions, thus restoring antegrade flow.⁵ In 2001, BPA was attempted with good success but a high complication rate⁶ and was subsequently abandoned until Japanese interventionists brought it back in 2012 in a refined version,⁷⁻⁹ following the principle of a staged approach, initially undersized balloons, and repeated sessions.¹⁰ A multicenter registry of patients undergoing BPA at 7 Japanese institutions demonstrated substantial hemodynamic improvements and a relatively low complication rate.11 Recently, BPA has been further improved technically and customized to patients in Europe and the United States mainly by the use of coronary wires and balloons.¹²⁻¹⁷ In 2022, the European Society of Cardiology/European Respiratory Society guidelines on the diagnosis and treatment of PH¹⁸ upgraded BPA to a Class Ib recommendation in the context of a multimodal treatment approach, including PEA and PH medications. In addition, international expert groups have published consensus documents to standardize BPA to ensure uniformity in patient selection, procedural planning, the technical approach, materials and devices, treatment goals, complications and their management, as well as patient follow-up.^{5,19}

Because BPA has become a recommended component of the treatment for CTEPH^{20,21} but worldwide data are lacking, the International CTEPH Association (ICA) designed a multicenter registry (NCT03245268) to investigate the complication rate of BPA, as well as changes in clinical and hemodynamic parameters after BPA, in CTEPH patients.

ABBREVIATIONS AND ACRONYMS

6MWD = 6-minute walk distance

BPA = balloon pulmonary angioplasty

CTEPH = chronic thromboembolic pulmonary hypertension

DOAC = direct oral anticoagulant

mPAP = mean pulmonary arterial pressure

NT-proBNP = N-terminal probrain natriuretic peptide

PVR = pulmonary vascular

resistance

RHC = right heart catheterization

WHO FC = World Health Organization functional class

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The authors attest they are in compliance with human studies committees and animal welfare regulations of the authors' institutions and Food and Drug Administration guidelines, including patient consent where appropriate. For more information, visit the Author Center.

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METHODS

STUDY DESIGN. The International BPA Registry prospectively collected data on patients scheduled to undergo their first BPA session at 18 specialized centers worldwide in 10 countries between March 2018 and March 2020, with follow-up until March 2022 (list of participating centers in the Supplemental Appendix). In contrast to the New International CTEPH Database that recruited between 2015 and 2016,²² the International BPA Registry recruited 3 years later, ie, at a time at which the BPA learning curve had been completed in the larger out-of-Japan centers. Sites screened and evaluated for possible inclusion all consecutive patients who presented at their hospitals, were diagnosed with CTEPH, and were scheduled to undergo BPA. Patients were diagnosed according to clinical guidelines.¹⁸ Local Institutional Review Boards or independent ethics committees approved the protocol, and written informed consent was obtained from all patients. The study was conducted in accordance with the principles of the Declaration of Helsinki and registered in the clinicaltrials.gov database (NCT03245268). It was led by the International CTEPH Association, whose members are physicians and surgeons who specialize in the treatment of patients with CTEPH. Expert centers participating in the project were selected by the members of the International CTEPH Association Executive Board.

Data on patient characteristics, diagnosis, and treatment approaches were collected at enrollment and during assessments routinely performed for CTEPH patients in clinical practice. Baseline right heart catheterization (RHC) was the last available RHC before the first scheduled BPA session. The frequency and type of assessments at follow-up were determined by the treating physicians, according to the real-world, noninterventional study design, and according to current consensus.²³ Case selection and event reporting were adjudicated within each center by the multidisciplinary team using harmonized unified criteria, without external audit.

This study was conducted in accordance with the STROBE (Strengthening the Reporting of Observational Studies in Epidemiology) guidelines for reporting observational studies.²⁴ The data underlying this paper are the property of the International CTEPH Association.

AIMS. The primary objective of the International BPA registry was to investigate the complication rate of BPA in CTEPH patients. Secondary objectives were to assess change of pulmonary vascular resistance (PVR)

from baseline, to compare patient selection for BPA across regions and sites, to compare BPA-related complications and the changes seen after BPA in patients on and off concomitant PH medications, and to compare BPA techniques across regions and sites.

INCLUSION CRITERIA. To qualify for inclusion, patients had to be diagnosed with CTEPH or chronic thromboembolic pulmonary disease (CTEPD) without PH, confirmed by RHC demonstrating mean pulmonary arterial pressure (mPAP) \geq 25 mm Hg for CTEPH, or <25 mm Hg in combination with exercise limitations for CTEPD without PH, and have abnormal imaging confirming CTEPD as recommended¹⁸ after \geq 3 months of anticoagulation.

Patients had to be naïve to BPA treatment and scheduled to undergo their first BPA session ≥ 1 day after enrollment.

BALLOON PULMONARY ANGIOPLASTY. BPA was performed according to a recent consensus.^{5,7,8} The severity of lung injury was classified on a 4-point scale as: 1) without hypoxemia; 2) mild (supplemental O_2); 3) moderate (noninvasive ventilation); or 4) severe (mechanical ventilation \pm extracorporeal membrane oxygenation). Hemodynamic assessment was performed according to PH guidelines¹⁸ before each BPA session and after the last recorded BPA.

DATA HANDLING. The International CTEPH Association Executive Board acted as the Data Quality Committee and periodically assessed the data to ensure data quality. The raw data set comprised 500 patients (Supplemental Figure 1). No values were imputed for missing data.

"Final BPA" for a given patient was defined as the last procedure recorded in this registry for which the investigator indicated that no further sessions were planned.

Predefined subgroups were CTEPH or CTEPD without PH, geographic region, sex, medical therapy before BPA, and PEA surgery before BPA. Additional analyses were performed by center-adjudicated operability, because patients considered ineligible for surgery can either be technically inoperable because of the distal nature of their lesions, be operable but refuse surgery, or be operable with an unfavorable risk/benefit ratio for surgery.

Based on the inclusion criteria, 10 European patients, 4 U.S. patients, and 2 Japanese patients were classified as having CTEPD without PH. Because of their small numbers, they were not analyzed separately.

STATISTICAL ANALYSIS. Results are expressed as median (Q1-Q3) for continuous variables, or as

absolute numbers and percentages for categorical variables. Subgroups were compared using Student's t-test or 1-way analysis of variance (or their nonparametric alternatives) for continuous variables and the chi-square test for categorical variables. The reported P values are to be interpreted in the exploratory sense.

The reduction in PVR following BPA is illustrated through a heatmap, where percentage reduction in PVR from baseline to after final BPA is presented in 10-percentage-point increments, highlighting the proportion of patients in selected comparator subgroups with that percentage decrease.

Multivariable binary logistic regression identified factors associated with complications. Variables identified as significantly associated with an increased risk of complication in a preliminary univariable analysis were considered for inclusion as covariates in the multivariable model to provide riskadjusted ORs, along with further baseline variables that emerged as appropriate covariates through preliminary stepwise modeling. The final selection of covariates for the multivariable regression took into account their clinical relevance, and was guided by the principle of ensuring at least ten events per adjustment variable.

A Kaplan-Meier analysis of patient survival since the initial BPA procedure was carried out, with the endpoint being either PH-related or all-cause death, as recorded in the registry. Patients not experiencing these events were right-censored at their last recorded follow-up visit or at the point of discontinuation for other reasons. Differences in survival between subgroups were analyzed by the log-rank test.

The recruitment of 500 patients would allow the study to measure the percentage of patients with a binary outcome event (such as death or complication) with a 2-sided 95% CI of approximately $\pm 4.4\%$.

IBM SPSS software version 27 was used.

RESULTS

PATIENT BASELINE CHARACTERISTICS. Of the 500 patients enrolled, 484 patients entered the final analysis (**Table 1**). Two patients with incomplete baseline data, 2 patients not meeting the inclusion criteria, and 12 patients who never underwent BPA were excluded from the analyses, leaving 484 patients who had undergone at least 1 BPA session, 406 of which had completed follow-up until registry closure.

Across the entire cohort, the majority of patients were Caucasian (73.1%), median age was 65 years, and 40.9% were men. The main reason for BPA was technically inoperable CTEPH in 70.7% of patients.

Median mPAP and PVR at baseline were 42 mm Hg and 604 dynes/s/cm⁻⁵, respectively. Median time from diagnosis to first BPA was 5.6 months, and PH medication was initiated in 71.9% of patients before first BPA.

Subgroups by geographical regions. Main demographics were similar between Europe and the United States, with the exception of a higher body mass index in the United States. Time from diagnosis to first BPA was shorter in Japan (median 2.1 months vs 6.8 months in Europe and 7.8 months in the United States). Japanese patients were predominantly women (75.5% vs 53.7% in Europe and 58.0% in the United States). Baseline mPAP and arterial oxygen saturation (SaO₂) were lower in Japan (37 mm Hg vs 46 mm Hg in Europe and 39 mm Hg in the United States, and 91% vs 92% in Europe and 94% in the United States, respectively) (Table 1).

Subgroups by sex. Across the entire cohort, 77.9% of women and 67.2% of men were in World Health Organization functional class (WHO FC) 3 or 4. Except for a mild difference in mean right atrial pressure, baseline hemodynamics were not different between sexes (Supplemental Table 1A).

Subgroups by PH medication before first BPA. PH medication was initiated before the first BPA in 71.9% of patients, with a significantly greater proportion in Europe and the United States than in Japan (77.6% and 76.1% vs 52.0%; P < 0.001), mainly soluble guanylate cyclase stimulator (sGC) given to 75.9% of patients (Table 1). Patients on PH medication before the first BPA were characterized by a longer time from diagnosis to first BPA (7.2 months vs 3.2 months), higher levels of the N-terminal probrain natriuretic peptide (NT-proBNP) (973 pg/mL vs 253 pg/mL) and higher PVR (655 dynes/s/cm⁻⁵ vs 472 dynes/s/cm⁻⁵) than patients who did not receive medical therapy (Supplemental Table 1B).

Subgroups by operability. The proportion of patients undergoing BPA due to inoperability was similar in Japan, Europe, and the United States (71.6% vs 72.1% vs 64.8%). Inoperable patients tended to be younger (age 65 years vs 68 years; P = 0.016). Other baseline characteristics were broadly similar.

PROCEDURAL DETAILS. A total of 2,327 BPA sessions were performed in 484 patients, of whom 459 had more than 1 BPA session and 427 had a final BPA session. At most centers, 2 operators performed a single routine session; the number of operators per site ranged from 1 to 4 (Supplemental Table 2). In Japan, BPA was performed mainly by interventional cardiologists (98.6%), whereas in Europe and the United States, PH physicians were the main operators

| TABLE 1 Patient Characteristics | | | | | |
|---|-------------------------------------|------------------|--------------------------------------|------------------|---------|
| | Whole CohortJapan(N = 484)(n = 102) | | EuropeUnited States(n = 294)(n = 88) | | P Value |
| Age at diagnosis, y | 65 (52-73) | 69 (55-76) | 65 (52-71) | 59 (49-71) | < 0.001 |
| Male | 198 (40.9) | 25 (24.5) | 136 (46.3) | 37 (42.0) | <0.001 |
| Ethnicity | | | | | < 0.001 |
| Caucasian/White | 354 (73.1) | 0 | 282 (95.9) | 72 (81.8) | |
| Black | 13 (2.7) | 1 (1.0) | 6 (2.0) | 6 (6.8) | |
| Asian | 103 (21.3) | 101 (99.0) | 1 (0.3) | 1 (1.1) | |
| Other | 7 (1.4) | 0 | 0 | 7 (8.0) | |
| Not available | 7 (1.4) | 0 | 5 (1.7) | 2 (2.3) | |
| Body mass index, kg/m ² | 26.0 (23.2-29.8) | 23.4 (21.0-27.2) | 26.1 (23.4-29.8) | 28.4 (24.1-34.7) | <0.001 |
| Time from diagnosis to first BPA, mo | 5.6 (2.5-13.7) | 2.1 (0.9-4.3) | 6.8 (3.4-14.2) | 7.8 (2.3-25.4) | < 0.001 |
| mRAP, mm Hg | 6 (4-10) | 4 (2-6) | 7 (5-11) | 7 (4-10) | < 0.001 |
| mPAP, mm Hg | 42 (34-50) | 37 (31-44) | 46 (37-53) | 39 (31-47) | < 0.001 |
| PAWP, mm Hg | 9 (6-12) | 7 (4-10) | 9 (7-12) | 10 (8-13) | <0.001 |
| CO determined by | | | | | <0.001 |
| Fick | 76 (15.7) | 18 (17.6) | 27 (9.2) | 31 (35.6) | |
| Thermodilution | 407 (84.1) | 84 (82.4) | 267 (90.8) | 56 (64.4) | |
| Not indicated | 1 | 0 | 0 | 1 | |
| Cardiac index, L/min/m ² | 2.4 (2.0-2.9) | 2.7 (2.2-3.3) | 2.3 (1.8-2.7) | 2.6 (2.2-2.9) | <0.001 |
| PVR, dynes/s/cm ⁻⁵ | 604 (400-852) | 548 (367-722) | 676 (472-960) | 457 (308-627) | <0.001 |
| Arterial oxygen saturation %, SaO_2 | 92 (88-9)5 | 91 (86-93) | 92 (88-95) | 94 (92-97) | <0.001 |
| Reason for BPA | | | | | 0.004 |
| Inoperable | 342 (70.7) | 73 (71.6) | 212 (72.1) | 57 (64.8) | |
| Operable but refused | 28 (5.8) | 12 (11.8) | 11 (3.7) | 5 (5.7) | |
| Operable but unfavorable | 50 (10.3) | 13 (12.7) | 26 (8.8) | 11 (12.5) | |
| Post-PEA residual defects | 64 (13.2) | 4 (3.9) | 45 (15.3) | 15 (17.0) | |
| Decision for BPA by, ≥ 1 choice possible | | | | | n/a |
| PH physician | 452 (93.4) | 100 (98.0) | 270 (91.8) | 82 (93.2) | |
| Surgeon | 305 (63.0) | 53 (52.0) | 235 (79.9) | 17 (19.3) | |
| Interventional cardiologist | 354 (73.1) | 94 (92.2) | 234 (79.6) | 26 (29.5) | |
| Interventional radiologist | 178 (36.8) | 8 (7.8) | 158 (53.7) | 12 (13.6) | |
| Noninterventional radiologist | 87 (18.0) | 8 (7.8) | 79 (26.9) | 0 | |
| PH medication at baseline | | | | | <0.001 |
| On medication | 320 (66.1) | 44 (43.1) | 213 (72.4) | 63 (71.6) | |
| Drug naive | 164 (33.9) | 58 (56.9) | 81 (27.6) | 25 (28.4) | |
| PH medication initiated before first BPA, ≥1 choice possible | 348 (71.9) | 53 (52.0) | 228 (77.6) | 67 (76.1) | <0.001 |
| sGC, % of patients with PH drugs | 264 (75.9) | 47 (88.7) | 169 (57.5) | 48 (54.5) | |
| PDE5i | 63 (18.1) | 2 (3.8) | 46 (15.6) | 15 (17.0) | |
| ERA | 91 (26.1) | 4 (7.5) | 63 (21.4) | 24 (27.3) | |
| PCA | 19 (5.5) | 3 (5.7) | 8 (2.7) | 8 (9.1) | |
| IP agonist | 2 (0.6) | 0 | 1 (0.3) | 1 (1.1) | |
| Any combination | 91 (26.2) | 7 (13.2) | 59 (20.1) | 25 (28.5) | |
| PH medication initiated after first BPA, ≥1 choice possible | 22 (4.5) | 5 (4.9) | 14 (4.8) | 3 (3.4) | 0.851 |
| sGC, % of patients with PH drugs | 20 (90.9) | 4 (80.0) | 14 (100) | 2 (66.7) | |
| PDE5i | 1 (4.5) | 1 (20.0) | 0 | 0 | |
| ERA | 2 (9.1) | 0 | 2 (14.3) | 0 | |
| PCA | 0 | 0 | 0 | 0 | |
| IP agonist | 1 (4.5) | 0 | 0 | 1 (33.3) | |
| Any combination | 2 (9.1) | 0 | 2 (14.3) | 0 | |

Continued on the next page

| TABLE 1 Continued | | | | | | | | |
|--|---------------------------|--------------------|---------------------|---------------------------|---------|--|--|--|
| | Whole Cohort (N = 484) | Japan (n = 102) | Europe (n = 294) | United States (n = 88) | P Value | | | |
| Patients with at least 1 follow-up after final BPA | 378 (781) | 91 (89.2) | 249 (84.7) | 38 (43.2) | | | | |
| PH medication at last recorded follow-up after final BPA, ≥1 choice possible | | | | | | | | |
| sGC | 165 (43.7) | 16 (17.6) | 133 (53.4) | 16 (42.1) | | | | |
| PDE5i | 39 (10.3) | 2 (2.2) | 32 (12.9) | 5 (13.2) | | | | |
| ERA | 61 (16.1) | 4 (4.4) | 48 (19.3) | 9 (23.7) | | | | |
| PCA | 8 (2.1) | 1 (1.1) | 5 (2.0) | 2 (5.3) | | | | |
| IP agonist | 2 (0.5) | 0 | 1 (0.4) | 1 (2.6) | | | | |
| Any combination | 48 (12.7) | 3 (3.3) | 38 (15.3) | 7 (18.4) | 0.007 | | | |
| No therapy | 156 (41.3) | 71 (78.0) | 70 (28.1) | 15 (39.5) | <0.001ª | | | |

Values are median (Q1-Q3) or n (%). Categorical data is compared using the chi-square test, and continuous data is compared using Student's t-test or analysis of variance, or their nonparametric alternatives. Exploratory *P* values are for the comparison between the 3 regions; P < 0.05 indicates a rejection of the null hypothesis that the variable is distributed similarly in each region. ^a*P* value for "no therapy" vs "any therapy."

BPA = balloon pulmonary angioplasty; CO = cardiac output; ERA = endothelin receptor antagonist; IP agonist = prostacyclin receptor agonist; mPAP = mean pulmonary arterial pressure; mRAP = mean right atrial pressure; PAWP = mean pulmonary arterial wedge pressure; PCA = prostacyclin analogue; PDE5i = phosphodiesterase 5 inhibitor; PEA = pulmonary endarterectomy; PH = pulmonary hypertension; PH medication = treatment with pulmonary hypertension drugs; PVR = pulmonary vascular resistance; sGC = soluble guanylate cyclase stimulator.

(**Table 1**). Femoral access was used in 99.6% and 95.4% of sessions in European and U.S. patients, respectively, whereas in Japan, roughly one-half of the BPAs were from a neck access. In Japan, only local

anesthesia was used, whereas in Europe and the United States, conscious sedation was used in 22.8% and 46.2% of sessions, respectively (Table 2). Routine intravascular imaging use including intravascular

| TABLE 2 Procedural Details, by Geographic Region | | | | | |
|---|------------------|------------------|------------------|------------------|---------|
| | Total Cohort | Japan | Europe | United States | P Value |
| Number of BPA sessions per patient (patients with final BPA, $n = 427$) | 5 (3-6) | 5 (4-6) | 5 (3-6) | 4 (2-6) | 0.055 |
| Time (months) from first BPA to final BPA (patients with final BPA, $n = 427$) | 4.9 (1.7-11.0) | 4.7 (1.4-9.0) | 4.5 (1.9-11.3) | 5.5 (1.7-12.2) | 0.075 |
| Time between consecutive BPA sessions, d | 39 (6-74) | 7 (5-60) | 43 (7-76) | 40 (7-94) | < 0.001 |
| Time (months) from final BPA to follow-up RHC (patients with follow-up RHC after final BPA, $n=319$) | 6.14 (3.61-8.51) | 6.44 (5.78-9.19) | 5.91 (3.35-8.41) | 2.91 (2.71-3.71) | 0.027 |
| Number of segments treated per session (across all sessions: $n = 2,327$) | 3 (2-5) | 5 (3-7) | 3 (2-4) | 3 (2-4) | <0.001 |
| Number of segments treated per patient (patients with final BPA: $n = 427$) | 13 (9-15) | 16 (14-17) | 12 (8-15) | 10 (5-12) | <0.001 |
| Number of occlusive lesions opened per patient (patients with final BPA: $n=427$) | 4 (2-7) | 8 (3-11) | 4 (2-7) | 2 (1-3) | <0.001 |
| Access route (across all sessions: $n = 2,327$) | | | | | < 0.001 |
| Neck | 277 (11.9%) | 254 (49.9%) | 6 (0.4%) | 17 (4.6%) | |
| Groin | 2,050 (88.1%) | 255 (50.1%) | 1,440 (99.6%) | 355 (95.4%) | |
| Anesthesia (across all sessions: $n = 2,327$) | | | | | < 0.001 |
| Local only | 1,821 (78.5%) | 509 (100%) | 1,112 (77.2%) | 200 (53.8%) | |
| Sedation as needed | 421 (18.1%) | 0 | 328 (22.8%) | 93 (25.0%) | |
| Mod-deep sedation | 79 (3.4%) | 0 | 0 | 79 (21.2%) | |
| General anesthesia | 0 | 0 | 0 | 0 | |
| Missing, n | 6 | 0 | 6 | 0 | |
| Intravenous contrast volume per session, mL (across all sessions: $n = 2,327$) | 200 (130-255) | 135 (100-170) | 220 (150-280) | 200 (150-270) | <0.001 |
| Radiation exposure, mSv (across all sessions: $n = 2,327$) | 9.0 (3.2-19.5) | 0.7 (0.2-13.1) | 13.3 (6.3-25.4) | 5.4 (3.0-9.0) | < 0.001 |
| Fluoroscopy time, min (across all sessions: $n = 2,327$) | 37 (26-46) | 44 (34-53) | 35 (25-43) | 53 (37-66) | < 0.001 |
| Length of hospital stay per BPA session, d (across all sessions: $n = 2,327$) | 4 (2-5) | 3 (2-4) | 4 (2-5) | 4 (2-5) | 0.032 |

Values are median (Q1-Q3) or n (%). Exploratory P values are for the comparison between the 2 comparator regions; P < 0.05 indicates a rejection of the null hypothesis that the variable is distributed similarly in each region. Effective dose [mSv] = DAP [Gy/cm²] · 0.25.

 $\mathsf{BPA} = \mathsf{balloon} \ \mathsf{pulmonary} \ \mathsf{angioplasty}; \ \mathsf{Mod-deep} \ \mathsf{sedation} = \mathsf{moderate} \ \mathsf{to} \ \mathsf{deep} \ \mathsf{sedation}; \ \mathsf{RHC} = \mathsf{right} \ \mathsf{heart} \ \mathsf{catheterization}.$

TABLE 3 Exercise Capacity, Biomarkers and Hemodynamics Before BPA, and After the Final BPA Session

| | Pre-BPA | After Final BPA | P Value |
|--|-----------------|------------------|---------|
| Number of patients with a follow-up visit after final BPA | 378 | 378 | |
| WHO FC | | | < 0.001 |
| I | 5 (1.3) | 88 (23.8) | |
| Ш | 89 (23.5) | 212 (57.3) | |
| Ш | 257 (68.0) | 66 (17.8) | |
| IV | 27 (7.1) | 4 (1.1) | |
| Missing, n | 0 | 8 | |
| Change in WHO FC since baseline | | | |
| Improved | | 251 (67.8) | |
| Same | | 110 (29.7) | |
| Worse | | 9 (2.4) | |
| Missing, 丶n丶 | | 8 | |
| 6-min walk distance, m | 356 (269-433) | 410 (348-506) | < 0.001 |
| Increase in 6-min walk distance since baseline, m | | 54 (1-110) | |
| NT-proBNP, pg/mL | 641 (179-1,911) | 157 (70-337) | < 0.001 |
| Decrease in NT-proBNP since baseline, pg/mL | | 329 (33-1,355) | |
| Borg dyspnea index, treated as continuous | 4 (2-5) | 2 (0.5-4) | < 0.001 |
| Decrease in Borg dyspnea index since baseline | | 1 (0-2) | |
| Number of patients with follow-up RHC after final BPA | 319 | 319 | |
| Arterial oxygen saturation, SaO ₂ , % | 92 (88-95) | 95 (92-97) | < 0.001 |
| mRAP, mm Hg | 6 (4-10) | 5 (3-7) | < 0.001 |
| mPAP, mm Hg | 43 (34-50) | 25 (20-31) | < 0.001 |
| Decrease in mPAP since baseline, mm Hg | | 15 (7-23) | |
| % decrease in mPAP since baseline | | 37.9 (20.6-50.0) | |
| PVR, dynes/s/cm ⁻⁵ | 619 (432-872) | 244 (182-357) | < 0.001 |
| Decrease in PVR since baseline, dynes/s/cm ⁻⁵ | | 332 (147-569) | |
| % decrease in PVR since baseline | | 57.0 (37.6-71.4) | |
| PAWP, mm Hg | 9 (6-11) | 9 (7-12) | 0.014 |
| Cardiac index, L/min/m ² | 2.4 (2.0-2.9) | 2.7 (2.4-3.2) | < 0.001 |

Values are median (QI-Q3) or n (%). Data are shown for all patients with a follow-up visit after their "final" BPA. A "final" BPA is where no further BPA sessions are planned or anticipated. 427 of 484 patients in the registry analysis cohort had a BPA session noted as "final"; 378 of these had a follow-up visit after their final BPA, and 319 had a follow-up RHC after their final BPA.

NT-proBNP = N-terminal probrain natriuretic peptide; WHO FC = World Health Organization functional class; other abbreviations as in Table 1.

> ultrasound, optical coherence tomography, or pressure wire was reported by 9 centers (Supplemental Table 2). Time between consecutive BPA sessions was 39 days with no differences by patient subgroups, but significantly shorter intervals in Japan (Table 2).

> The median number of segments treated per session was 5 in Japan and 3 in Europe and the United States, corresponding to 16 segments treated per patient with a final BPA in Japan, 12 segments per patient with a final BPA in Europe, and 10 segments per patient with a final BPA in the United States (all P < 0.001) (Table 2). In 8.5% of sessions, both right and left lung segments were treated in a single session. In Japan, this concerned 22.0% of sessions,

whereas in Europe and the United States, 5.0% and 3.5% of sessions, respectively, involved bilateral BPA in a single session (P < 0.001). Medians of intravenous contrast volume per session were greater in Europe and the United States than in Japan, as was effective radiation dose.

There were no sex-specific differences in procedural details, except that radiation dose and contrast volume were lower in women, regardless of geographic distribution (Supplemental Table 3A). Time from first to final BPA was longer in patients with PH drugs initiated before first BPA than in patients without PH drugs before BPA (Supplemental Table 3B).

All patients were anticoagulated at baseline (36% of sites used vitamin K antagonists [VKA], 57% used direct oral anticoagulants [DOACs], and 7% used heparins). In preparation for a BPA session, anti-coagulation was switched by 50% of sites; of these, 43% switched to low molecular weight heparin, 28% to DOAC, and 29% to no anticoagulation. During BPA, 70% of sites used unfractionated heparin (of these, 60% at an activated coagulation time of 200-250 seconds vs 40% who used 2,000 IU unfractionated heparin as bolus, with additional 1,000 IU/h), and 30% used DOAC only. After completion of BPA, 70% of sites continued to treat their patients with DOAC and 30% with VKA.

CHANGES IN CLINICAL AND HEMODYNAMIC PARAMETERS FOLLOWING BPA. Median follow-up time was 26.3 months from enrollment to censoring or discontinuation. Follow-up was recorded in 378 patients after their final BPA session. A closer analysis of these patients showed that there were no major differences in baseline characteristics compared with patients who had no follow-up visit after their final BPA, with a trend toward more severe WHO functional classes in those with follow-up visits (Supplemental Table 4). Therefore, follow-ups were not likely biased toward those who were better. WHO FC, 6-minute walk distance (6MWD), NT-proBNP, and Borg dyspnea index significantly improved from baseline (P < 0.001) (Table 3). In the majority of patients, PVR decreased by at least 330 dynes/s/cm⁻⁵, and mPAP by at least 15 mm Hg. These changes were similar across geographical regions (Supplemental Figure 2, Table 5).

A follow-up RHC after the final BPA session was recorded in 319 patients. Hemodynamics improved significantly after BPA with a 57% decrease in PVR from baseline (Figure 1, Supplemental Table 5, Central Illustration). Patients with \geq 5 lesions opened were more likely to experience a high percentage decrease in PVR, as were patients with a baseline mPAP \geq 40 mm Hg. Centers with more prior experience of



(A) Arterial oxygen saturation (P < 0.001), (B) mean right atrial pressure (mRAP) (P < 0.001), (C) mean pulmonary arterial pressure (mPAP) (P < 0.001), (D) pulmonary vascular resistance (PVR) (P < 0.001), (E) mean pulmonary arterial wedge pressure (PAWP) (P = 0.014), and (F) cardiac index (P < 0.001) of all patients with a follow-up right heart catheterization after their final balloon pulmonary angioplasty (BPA) (n = 319) were analyzed.

providing BPAs were more likely to achieve a higher percentage decrease in PVR (**Central Illustration**). Overall, 51.7% of patients had a final mPAP \geq 25 mm Hg, and 13.5% (all from Europe or the United States) had a final mPAP \geq 38 mm Hg.

USE OF PH MEDICATIONS. Of 378 patients with at least 1 follow-up visit after final BPA, 58.7% were on PH medications at their last recorded follow-up. In Japan, 78.0% were off PH medications, whereas in Europe, the proportion was 28.1% and in the United States it was 39.5%. PH medications at baseline and at last recorded follow-up after final BPA are illustrated in Supplemental Figure 3A by monotherapy vs combination, and in Supplemental Figure 3B by sGC vs other PH medication. Patients pretreated with sGC had been on medication for a median of 6.6 months before enrollment, and patients

pretreated with other PH medications had been on treatment for a median of 11.6 months before enrollment.

BPA-RELATED COMPLICATIONS. Any complication (thoracic or nonthoracic) occurred in 11.3% of sessions and in 33.9% of patients (**Table 4**). These percentages were markedly lower in Japan compared with Europe and the United States (4.5% vs 14.1% and 9.7% of sessions and 12.7% vs 42.2% and 30.7% of patients, respectively).

Thoracic complications, ie, lung injury most commonly within 3 hours after the start of BPA, predominantly acute hemoptysis, or pulmonary artery dissection, occurred in 9% of sessions and 28.7% of patients. Hemoptysis required balloon tamponade in 2% of sessions and pulmonary artery embolization in 0.6% of sessions (Table 4). No patient required



Key findings



0% in-hospital mortality post-BPA

BPA complications (mostly mild hemoptysis) in 11.3% of sessions and 33.9% of patients

Greater PVR 🛉 after BPA with

- ≥5 lesions opened
- baseline mean pulmonary arterial pressure >40 mmHg
- centers having more prior experience of providing BPAs

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The heatmap shows percentage decrease in pulmonary vascular resistance (PVR) from baseline to after final balloon pulmonary angioplasty (BPA) session, in 20-percentage-point increments, highlighting the proportion of patients in selected comparator subgroups with that percentage decrease. Because the greatest effect derives from opening of type C and D lesions,^{14,32,33} data on successfully opened occlusive lesions were included. The heatmap shows that the modal decrease in PVR after BPA is around the 60%-79% class overall. Patients with \geq 5 lesions opened were more likely to experience a high percentage decrease in PVR (mean 56% decrease in PVR [95% Cl: 50%-61%] vs mean 45% decrease [95% Cl: 41%-50%] for <5 lesions opened), as were patients with a baseline mean pulmonary artery pressure [mPAP] >40 mm Hg (mean 59% decrease in PVR [95% Cl: 55%-62%] vs mean 40% decrease [95% Cl: 34%-45%] for mPAP \leq 40 mm Hg). Centers with more prior experience of providing BPAs (counted in BPA sessions) were more likely to achieve a higher percentage decrease in PVR (mean 52% decrease in PVR [95% Cl: 48%-56%] for \geq 200 previous BPAs vs mean 46% decrease in PVR [95% Cl: 41%-51%] for <200 previous BPAs). Other factors shown in the heatmap were not significantly associated with percentage decrease in PVR. BMI = body mass index.

| TABLE 4 BPA-Related Complications | | | | | | | | |
|--|----------------------------|--------------------------|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|-------------------------|
| | Whole Cohort | | Japan | | Europe | | United States | |
| | Per Session (n = 2,327) | Per Patient (n = 484) | Per Session (n = 509) | Per Patient (n = 102) | Per Session (n = 1,446) | Per Patient (n = 294) | Per Session (n = 372) | Per Patient (n = 88) |
| Any complication (thoracic or nonthoracic) | 263 (11.3) | 164 (33.9) | 23 (4.5) ^a | 13 (12.7) ^b | 204 (14.1) | 124 (42.2) | 36 (9.7) | 27 (30.7) |
| Any thoracic complication, ≥1 choice possible | 210 (9.0) | 139 (28.7) | 23 (4.5) ^a | 13 (12.7) ^b | 159 (11.0) | 103 (35.0) | 28 (7.5) | 23 (26.1) |
| Lung injury | 73 | 56 | 9 | 6 | 59 | 45 | 5 | 5 |
| Hemoptysis | 147 | 98 | 21 | 12 | 102 | 67 | 24 | 17 |
| Pulmonary artery dissection | 9 | 9 | 0 | 0 | 9 | 9 | 0 | 0 |
| Lung injury, early (<3 h) | 55 | | 8 | | 45 | | 2 | |
| Lung injury, late (≥3 h) | 16 | | 1 | | 13 | | 2 | |
| Severity of lung injury | | | | | | | | |
| Without hypoxemia | 21 | | 2 | | 17 | | 2 | |
| Mild | 36 | | 7 | | 27 | | 2 | |
| Moderate | 14 | | 0 | | 14 | | 0 | |
| Severe | 0 | | 0 | | 0 | | 0 | |
| Unknown | 2 | | 0 | | 0 | | 1 | |
| Hemoptysis, acute | 126 | | 21 | | 85 | | 20 | |
| Hemoptysis, delayed | 21 | | 0 | | 17 | | 4 | |
| Management | | | | | | | | |
| No direct intervention | 86 | | 2 | | 65 | | 19 | |
| Local balloon tamponade | 48 | | 8 | | 37 | | 3 | |
| Bronchial artery embolization | 0 | | 0 | | 0 | | 0 | |
| Pulmonary artery embolization | 16 | | 13 | | 3 | | 0 | |
| Any nonthoracic complication (≥1 choice possible) | 69 (3.0) | 52 (10.7) | 0 | 0 | 61 (4.2) | 45 (153) | 8 (2.2) | 7 (8.0) |
| Access site complications | 23 | 20 | 0 | 0 | 21 | 18 | 2 | 2 |
| Contrast-induced nephropathy | 11 | 8 | 0 | 0 | 9 | 6 | 2 | 2 |
| Contrast medium allergy | 11 | 8 | 0 | 0 | 8 | 6 | 3 | 2 |
| Other | 26 | 22 | 0 | 0 | 23 | 19 | 3 | 3 |

Values are n (%) or n. No thrombosis or infectious complications occurred. ^aP < 0.001 for Japan vs Europe/United States per session. ^bP < 0.001 for Japan vs Europe/United States per patient.

Abbreviations as in Table 2.

extracorporeal membrane oxygenation and/or intubation to manage a complication. No patient died of a BPA-related complication.

Nonthoracic complications such as access site complications, contrast-induced nephropathy, and contrast medium reactions occurred in 3.0% of sessions and 10.7% of patients.

Multivariable binary logistic regression was used to identify factors associated with thoracic complication. On risk adjustment, 3 patient-related variables retained their significant association with a greater likelihood of thoracic complications (PH medication at any time) (OR: 3.62 [95% CI: 1.34-9.78]), female sex (OR: 2.24 [95% CI: 1.44-3.51]), and higher baseline PVR (OR: 1.23 [95% CI: 1.02-1.45]). Centers in Japan had a reduced risk compared with those in Europe (OR: 0.28 [95% CI: 0.14-0.54]) or the United States (OR: 0.38 [95% CI: 0.17-0.84]) (Supplemental Figure 4). As a sensitivity analysis, to ensure variation among the 18 centers was fully taken into account, a mixed effects model including center as a random effect was run. No substantive difference in the predictors were found: PH medication at any time (OR: 3.77 [95% CI: 1.38-10.32]), female sex (OR: 2.02 [95% CI: 1.29-3.16]), and baseline PVR (OR: 1.27 [95% CI: 1.06-1.51]).

BPA AFTER PEA. Prior PEA was recorded in 13.8% of patients. Age at diagnosis of these patients was lower than that of patients without prior PEA (56 years vs 66 years). Time from diagnosis to first BPA was longer (28.5 months vs 4.6 months). Baseline functional class and hemodynamics were not different, with the exception that SaO_2 was slightly better in patients with prior PEA (Supplemental Table 1B).



Kaplan-Meier curves for all-cause death (A and C) and pulmonary hypertension (PH)-related death (B and D) in the entire study cohort (A and B) and in patients with prior pulmonary endarterectomy (PEA) (C and D). Panel C shows no significant difference between groups (log rank test; P = 0.983), whereas panel D shows a significant difference between groups (log rank test; P = 0.030). BPA = balloon pulmonary angioplasty.

In patients with and without prior PEA, similar improvements in WHO FC and 6MWD and similar decreases in NT-proBNP and Borg dyspnea index were observed after final BPA. Hemodynamic improvements after final BPA were also broadly similar, except for a slightly greater percent increase in SaO₂ since baseline in patients with no PEA before BPA, and lower final wedge pressure (Supplemental Table 5). At last follow-up after final BPA, 55.7% of patients with no prior PEA vs 78.3% of patients with a prior PEA were on PH medications.

LONG-TERM OUTCOMES. Among 484 patients who underwent BPA, there were 21 all-cause deaths and only 7 PH-related deaths (**Figures 2A and 2B**). Threeyear overall survival since first BPA was 94.1% (**Figure 2A**), with no significant difference for those with prior PEA (log-rank test; P = 0.983) (**Figure 2C**), but patient survival in terms of PH-related death since first BPA was significantly worse in patients with prior PEA (log-rank test; P = 0.030) (**Figure 2D**).

Neither type (sGC vs other PH medication vs none) nor timing of PH medication (before first BPA vs after first BPA vs no medication) could be shown to have an impact on survival subsequent to BPA.

DISCUSSION

The data from the worldwide International BPA Registry demonstrate that following BPA, significant improvements in hemodynamics, SaO₂, WHO FC, 6MWD, NT-proBNP, and Borg dyspnea index were observed, both for BPA as an initial treatment in patients not eligible for PEA, and after prior PEA. These changes may translate into meaningful practical clinical benefits such as improved patient-reported quality of life,^{25,26} less hospitalizations, less oxygen use, and less PH medications.²⁷

Complications occurred in 11.3% of sessions and 33.9% of patients, and were mostly hemoptysis. No patient died within 30 days of BPA. Results are generalizable to broader clinical practice if centers manage their learning curves by proctorship or educational programs,²⁸ with the goal to complete 85 patients²⁸ or 126 sessions,⁷ and if there is a sufficient caseload (number of cases/y).

REGIONAL CHARACTERISTICS. The BPA registry enrolled 500 patients from 18 sites across 3 continents, 484 of which were included in the final analysis set. Expert site selection guaranteed that decisions were made by a multidisciplinary team, and that the BPA learning curve had been completed.¹⁸ Although changes in clinical and hemodynamic parameters following BPA were evident in the whole cohort and complications occurred in all geographical regions, significant differences were observed between Caucasian and Japanese patients despite the correction for center experience. Anthropomorphic differences (more elderly women, milder hemodynamics, and shorter delay between diagnosis and BPA in Japan), but also other aspects (fewer patients with prior PEA, less medical pretreatment, more neck access, more segments and more occlusive lesions treated per session and patient, less conscious sedation, less contrast per session, less radiation in Japan, shorter intervals between BPA sessions), and other patient factors²⁹ may account for this observation.

CHANGES IN HEMODYNAMICS. Hemodynamics were assessed at a median of 6.1 months after final BPA. This practice is related to the gradual improvement in perfusion of ballooned vascular segments.^{30,31} Because the greatest effect derives from opening of type C and D lesions,14,32,33 data on successfully opened occlusive lesions were included in the Central Illustration. Hemodynamic changes following BPA were impressive, with a 57% decrease in PVR from baseline for the whole cohort, an achievement that parallels data from recent randomized controlled trials in Europe and Japan.^{16,34} Final PVRs were 206 dynes/s/cm⁻⁵ in Japan vs 264 dynes/s/cm⁻⁵ in Europe and 266 dynes/s/cm⁻⁵ in the United States, which is similar to immediate postoperative PVR in the first and second European CTEPH registries (256 dynes/s/cm⁻⁵ vs 258 dynes/s/cm⁻⁵ in Pepke-Zaba et al⁴ and Guth et al³⁵). However, direct comparison between PEA and BPA³⁶ was not the goal of this registry. A dedicated randomized controlled comparative effectiveness trial is underway for patients who are suitable for both PEA and BPA (NCT05110066).

Postinterventional PH, defined as mPAP \geq 25 mm Hg,³ was present in 51.7% of patients, which mirrors the 51% of patients with mPAP \geq 25 mm Hg after PEA in the Cambridge series at the 3- to 6-month review.³⁷ This observation may be interpreted in 2 ways: first, one may assume that PEA and BPA both address significant vascular obstruction, and/or second, the definition of PH after mechanical treatments of CTEPH needs a revision that takes into account postinterventional microvascular disease and elevated left ventricular filling pressures.³⁸ In addition, postinterventional assessment should probably include an exercise component.

THE ROLE OF PH DRUGS. One of the criticisms of BPA success is that its results are commonly reported with concomitant medical treatments, which is not a

practice in PEA data reporting. In the BPA registry, 68.6% of patients were on PH drugs at baseline, and 58.7% at the last recorded follow-up after final BPA. As expected, the percent increase in CO from baseline was significantly greater in patients on PH drugs than in those without (16.4% vs 3.7%; P = 0.002), despite equal changes in PVR, highlighting a net impact of BPA on mPAP, rather than on CO.

The data show that while successful BPA should allow for medical therapies to be stopped, the majority of treatments given at baseline were continued. Although PH medications given at any time during the registry did not significantly affect the percent decrease in PVR from baseline (60.1% in patients on sGC vs 51.2% in patients without PH medications), they enhanced the increase in CI. PH-related death since first BPA was not affected by PH medication given at any time (data not shown).

COMPLICATIONS. One of the goals of the refinement of the BPA technique by Japanese interventionists⁷⁻⁹ was the reduction of complications.⁶ Since 2013, Japanese operators have been proctoring in Europe and the United States and have helped establish most centers involved in the BPA registry. As a consequence, complications were reduced since the second CTEPH registry (11.3% vs 12% complications per session³⁵), and 30-day mortality was 0% vs 1.1.%.²² Lung injury occurred in 15.3% of patients in Europe, 5.7% of U.S. patients, and 5.9% of Japanese patients, which constitutes low numbers compared with previous reports.⁵ We recommend that every BPA operator should be familiar with the technique of pulmonary artery embolization using gelatine, which is particularly effective in stopping major hemoptysis.³⁹

Predictors of BPA-related thoracic complications were female sex, PH medications, region outside of Japan and high PVR. Female sex is an accepted risk factor for percutaneous interventional procedure-related adverse outcomes.⁴⁰ One of the reasons that PH medications in the present registry were associated with more rather than less complications¹⁶ may be that they were given to patients with the highest PVR. PVR >560 dynes/s/cm⁻⁵ and mPAP >40 mm Hg have been reported as thresholds increasing the likelihood of BPA-related complications.⁵

LONG-TERM OUTCOME. BPA 3-year survival was 94.1%, which is similar to the Japanese registry (94.5%)¹¹ and the French experience (95.1%),¹² and better than in the Polish multicenter registry (92.4%) that recruited between July 2013 and June 2019.¹³

There were only 7 PH-related deaths, making the estimation of HRs unreliable. Preliminary analysis suggests that predictors of all-cause death for patients undergoing BPA include higher WHO FC, higher NT-proBNP, and a longer time from diagnosis to first BPA. This will be the subject of future more detailed research, eg, in the currently ongoing international TEAM (TrEatment Approach in the Multimodal Era; NCT05629052).

STUDY LIMITATIONS. Because the registry started enrolling in 2018, the PH definition in use at that time, namely a threshold of 25 mm Hg for mPAP, was employed. The case report form included questions on intubation and PEA, but information on complication-related hospitalizations was not collected in the registry.

There was limited availability of follow-up RHCs, which were only recorded in 66.5% of patients because of the COVID-19 pandemic. We cannot make conclusions on drug choices and drug effects. Sequential RHCs were not prespecified; therefore, the magnitude of hemodynamic improvements by treated segments cannot be reported. We cannot exclude that changes seen following BPA were partially caused by medical therapy in those patients who started PH medications after the first BPA. In light of the variation observed in the use of medication after BPA, future research to elucidate optimal medication management strategies should be supported, because clear recommendations are currently not available.

SEX AND GENDER CONSIDERATIONS. In this study, we used the term "sex" to refer to the biological classification of participants as male or female based on physiological and genetic characteristics. We acknowledge that sex is distinct from gender, which encompasses social and cultural roles, behaviors, and identities.

CONCLUSIONS

Despite differences in patients and practice approaches, meaningful changes of PVR were observed from baseline, with 0% 30-day mortality and 94.1% 3-year survival. Complications occurred in 11.3% of sessions, but were classified as mild in the majority of cases. These results were achieved with a multidisciplinary approach that is likely to have influenced treatment selection and outcomes toward patient-centered rather than procedure-centered medicine.

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KEY WORDS balloon pulmonary angioplasty, balloon pulmonary angioplasty outcomes, balloon pulmonary angioplasty-related complication, chronic thromboembolic pulmonary hypertension

APPENDIX For an expanded Methods section as well as supplemental tables and figures, please see the online version of this paper.