Association of Platelet Count and Mean Platelet Volume in Acute ST- Elevated Myocardial Infarction

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Abstract:
Background: Early prediction and quick diagnosis with simple, quick and easily available tool is essential part of early management of acute coronary syndrome e.g. ST segment elevated myocardial infarction. As platelet has a significant role in thrombus formation and larger sized platelets are more active in thrombotic pathogenicity, as such platelet indices can be the early predictor for acute coronary syndrome.

Objective: Aim of this study was to assess the association of platelet count and mean platelet volume (MPV) in acute ST-elevated myocardial infarction.

Methodology: This observational study was conducted at the department of Cardiology of National Institute of Cardiovascular Diseases (NICVD), Dhaka, Bangladesh from November 2019 to October 2020. Total 166 subjects were enrolled in this study. Among them 82 subjects (Group I) had acute ST-elevated myocardial infarction on resting ECG were admitted at CCU of NICVD and without any prior history of anti-platelet drugs intake, another 84 subjects (Group II) were enrolled in this study as control group with normal 12 lead resting ECG with normal Troponin-I.

Results: No significant age difference observed between two groups (p =0.063). Significantly higher smoking and family history of coronary artery disease observed with ST elevated MI subjects (p:0.002 and <0.001 respectively). Associated risk factors like hypertension, diabetes and dyslipidaemia were significantly high (<0.001) in ST-elevated MI patients. No significant difference observed in platelet count between ST elevated MI groups compared with the control (258 X 10⁹/L vs. 267 X10⁹/L). Mean platelet volume (MPV) was found to be higher in group I patients as compared to control (12.20±0.86 vs. 9.26±0.77) and it was significant (p <0.001).

Conclusion: In acute ST-elevated myocardial infarction, higher mean platelet volume (MPV) and lower platelet count may be a useful marker.

Key Wards: ST segment elevated myocardial infarction (STEMI), Platelet Count, Mean Platelet Volume (MPV)

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Introduction

Significant advancements have been made in using biomarkers and electrocardiogram to diagnose STEMI, these methods measure myocardial necrosis, as opposed to the cause and therapeutic target; coronary thrombosis. Since myocardial necrosis follows thrombosis, these diagnostic criteria for acute MI may fail to identify patients before the induction of irreversible myocardial necrosis. Additionally, the current diagnostic methods do not target the differentiation of thrombotic and non-thrombotic causes of MI such as demand ischemia and stress cardiomyopathy, which has varying therapeutic and prognostic implications. While the fourth universal definition of acute MI identifies angiographic confirmation of coronary thrombus as a criterion for the diagnosis of acute MI and differentiating myocardial necrosis caused by thrombotic versus non-thrombotic etiologies.

Acute coronary syndrome (ACS) refers to a group of conditions due to decreased blood flow in the coronary arteries such that part of the heart muscle is unable to function properly as a consequence of platelet rich coronary thrombus formation. Platelets have a major role in the pathogenesis of acute coronary syndrome (ACS). Activated platelets are larger in size, which can be measured by mean platelet volume (MPV). Larger platelets are more adhesive and tend to aggregate more as they contain more dense granules. They are metabolically and enzymatically more active than small platelets and produce more thromboxane A2. Increased platelet volume will increase the tendency for coronary thrombus formation in ACS patients. The activated platelet is the major biological risk factor in the pathogenesis of ACS, so inhibition of this process could play an important role in prevention of ACS.

The diagnostic criteria of ACS are clinical presentation, biochemical markers of acute ischemic injury and electrocardiographic findings. The present cardiac markers are not sufficiently sensitive at an early stage of ACS. That’s why an early and reliable marker is needed for early diagnosis of ACS when patients will attend in cardiac emergency. Platelet parameters especially MPV may be an important marker in early detection of ACS when other markers are not available.

Platelets have a primary function of stopping hemorrhage from vascular endothelium or tissue following an injury. In a pathological spin-off to their apportioned physiological function of plugging endothelial defects, platelet activation in response to plaque disruption, results in occlusive thrombosis, is the paradigm for acute MI. The process of plaque progression and disruption is triggered by inflammatory and immune changes that convert the surface endothelium into a pro-atherothrombotic surface via cell adhesion molecules, primarily P-selectin and E-selectin. Upon damage to the plaque, platelet activation is enhanced through the secretion of storage granules and adhesive ligands, which further promote platelet aggregation. In the event of atherosclerotic plaque disruption, elevated rates of platelet aggregation potentiate the release of larger, more reactive platelets from the bone marrow. The enhanced reactivity of these newly released platelets is attributed to elevated concentrations of active substances within microgranules (e.g., thromboxane A2 and B2, platelet factor 4, P-selectin, platelet derived growth factor), as well as increased expression of adhesive receptors (glycoprotein IIb/IIIa).

Prior studies have demonstrated a significantly higher mean platelet volume (MPV) in patients presenting with ACS. The MPV is a measure of platelet size and activity and the role of platelet activation is fundamental in the development of an acute MI. Thus, we hypothesize that platelet count and MPV could be used as surrogate for platelet consumption and activation and therefore aid in the diagnosis of an acute STEMI, specifically acute thrombotic STEMI. Increase platelet volume will increase the tendency of coronary thrombus formation in acute STEMI. So, platelet count and MPV can be used as an early marker in acute STEMI. There are few studies in abroad regarding this issue but in our country no significant study was done previously. So, this study was done to explore the results in Bangladeshi population at a tertiary care hospital.

Methods

This cross-sectional observational study was carried out from November 2019 to October 2020 in the Department of Cardiology at National Institute of Cardiovascular Diseases (NICVD), Dhaka, Bangladesh. The study protocol was approved by the Ethical Review Committee of NICVD. Informed consent was taken from each patient or near relatives and utmost confidentiality was maintained. Data was collected in an approved data collection form.

On the basis of inclusion and exclusion criteria by purposive sampling method 166 subjects were recruited as study population. In group I 82 patient with acute ST-elevated myocardial infarction admitted in CCU who did not take anti-platelet drugs were included. On the other
hand, in group II 84 patients with chest pain who underwent physical examination with normal ECG and  
normal cardiac biomarker and no prior history of anti-
platelet therapy were included. Apart from that, patients  
with hematological diseases, severe co morbidity (CKD,  
CVD, COPD etc.), valvular heart disease, peripheral  
vascular disease, cardiomyopathies, previous history of  
CABG/ PCI and age below 18 years were excluded.      

From all study subject’s, meticulous history was taken  
and detailed clinical examination was done and recorded  
in predesigned structured questionnaire. Demographic  
data including age, sex and occupation were recorded.  
Conventional risk factors of CAD profile was noted.  
Hemodynamic data; pulse and BP was recorded. 12 lead  
resting ECG was done at a paper speed of 25 mm/s and  
10 mm standardization at admission. Blood was  
collected aseptically for CBC with platelet count and MPV  
with EDTA tube and determined by automated  
Hematology analyzer (Beckman Coulter, Model-DxH 500)  
before getting anti-platelet and anti-thrombotic. Other  
laboratory investigations e.g., RBS, serum creatinine,  
serum electrolytes, and serum troponin were carried out.  
Loading dose of Aspirin 300 mg, Clopidogrel 300 mg  
and Atorvastatin 40 mg were given after collection of blood  
who were diagnosed as acute STEMI.      

Data were analyzed by using SPSS version 20 (Statistical  
package for social science). Quantitative data was  
expressed as mean and standard deviation and  
comparison was done by “student t” test. Qualitative data  
was expressed as frequency and percentage and  
comparison was carried by Chi-square (+2) Test. A two- 
tailed p<0.05 was considered statistically significant.      

**Results**

In between the study groups, no significant gender  
difference was observed. Slight male predominance than  
female observed between two groups. Male, female ratio  
was 1.13. No significant difference observed in  
occupation between two groups. (Table I)  

Incidence of all risk factors were significantly high in group  
I subjects (Table II). In table III presentation of symptoms  
of the subjects were analyzed, and as expected all  
symptoms were significantly high in group I. There was  
no significant difference observed in heart rate between  
the groups but both systolic and diastolic blood pressure  
was significantly high in group I subjects (Table IV).  

In ST-elevated MI group mean platelet count was 258  
X10^9/L and in control group mean platelet count was 267  
X10^9/L. There was no significant difference observed in  
mean platelet count between the groups. In ST-elevated  
MI group mean platelet volume was 12.71 fl. and in control  
group mean platelet volume was 9.26 fl. In ST-elevated  
MI group mean platelet volume was significantly higher  
(<0.001) than control group. (Table V)

**Table I**

<table>
<thead>
<tr>
<th>Demographics</th>
<th>Group I (n=82)</th>
<th>Group II (n=84)</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (mean ±SD)</td>
<td>48±6</td>
<td>47±7</td>
<td>0.063ns</td>
</tr>
<tr>
<td>Gender (n, %)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>37 (22.3)</td>
<td>41 (24.7)</td>
<td>0.634ns</td>
</tr>
<tr>
<td>Male</td>
<td>45 (33.1)</td>
<td>43 (25.9)</td>
<td></td>
</tr>
<tr>
<td>Occupation (n, %)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Housewife</td>
<td>22 (13.3)</td>
<td>32 (19.3)</td>
<td>0.060ns</td>
</tr>
<tr>
<td>Farmer</td>
<td>15 (9.0)</td>
<td>5 (3.0)</td>
<td></td>
</tr>
<tr>
<td>Business</td>
<td>18 (10.8)</td>
<td>15 (9.0)</td>
<td></td>
</tr>
<tr>
<td>Day labor</td>
<td>8 (4.8)</td>
<td>6 (3.6)</td>
<td></td>
</tr>
</tbody>
</table>

**Table II**

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Group I (n=51)</th>
<th>Group II (n=71)</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>50 (30.1)</td>
<td>31 (18.7)</td>
<td>0.002s</td>
</tr>
<tr>
<td>Diabetes</td>
<td>50 (30.1)</td>
<td>28 (16.9)</td>
<td>0.001S</td>
</tr>
<tr>
<td>Hypertension</td>
<td>49 (29.5)</td>
<td>26 (15.7)</td>
<td>0.001S</td>
</tr>
<tr>
<td>Dyslipidaemia</td>
<td>22 (13.3)</td>
<td>5 (3.0)</td>
<td>0.001s</td>
</tr>
<tr>
<td>Family H/O IHD</td>
<td>24 (14.5)</td>
<td>06 (3.6)</td>
<td></td>
</tr>
</tbody>
</table>
Discussion:
This study aimed to compare total platelet count and mean platelets volume in ST-elevated MI cases (Group I) with control cases of normal ECG and normal Troponin-I biomarker (Group II) in our setting.

Acute coronary syndrome is the disease of middle and old age but the disease process usually starts in young age. In our study, overall mean age 46 years and there were no significant differences observed between cases and controls in respect of age. The mean age of the patients with ST elevated MI group was 48±6 years as compared to 55±10.73 years, 66±16 years, 56.59±13.6 years, 63.8 years and 63.4±13.1 years in studies done by Pervin S et al., Ulusoy R E et al. Assiri A S et al, the ENACT study, Euro Heart Survey ACS and SPACE registry respectively is relatively lower than other study groups.

Except mild male predominance, no significant gender difference observed in our study (p - 634) like other studies of Pervin S et al., Ulusoy R E et al. Assiri A S et al, the ENACT study, Euro Heart Survey ACS and SPACE registry respectively is relatively lower than other study groups.

In Birader S B et al., Ahmed H et al., Hassan N A E et al. study, their sample size was also had male predominance. Though occupation is not an established risk factor for MI but it can provide information about lifestyle. In this study, no significant difference (p: 0.060) observed between two groups among different occupation groups.

We found overall 48.8% of study subjects were smoker and all were male and in group I (cases) had significantly higher (30.1%, p: 0.002) smoking history than control which indicates that smoking in an important risk factor in occurrence of MI. No smoking history in females as in our country traditionally female smoking is negligible. Ahmed H. et al. had found 30% smoker in cases, Assiri A S et al. had found 35% smokers in cases group, 29.7% smokers in cases in Manchanda, J. et al. meta-analysis, 46% smokers found with MI in European population observed in the ENACT study is more or less similar with our study.

In our study, significantly high (p <0.001) positive family history of CAD is more (14.5%) in ST-elevated MI groups than control. So, positive family history of CAD is also an important risk factor for coronary artery diseases. Similar result observed in Assiri A S et al. study where 37.7% study subjects of ACS groups than control.
Manchanda, J. et al. meta-analysis Positive family history was also high in acute coronary syndrome groups observed.25

Diabetes, hypertension and dyslipidemia are well established risk factors for coronary artery disease. Pre-existing co-morbidity, we found, significantly high incidence of hypertension, diabetes and dyslipidemia (29.5%, 30.1% and 13.3% respectively) in ST elevated MI group than control group (15.7%, 16.9% and 3.0% respectively). But ethnic variation observed in meta-analysis the ENACT study of European population with MI had Hypertension was 41%, Diabetes 19% and 20% were treated for dyslipidemia. Similar result observed like European population observed in Saudi population differs from our study.19, 21 But different result observed in an Indian meta-analysis, where in ST-elevated MI groups had 17.7% hypertension, 19.4% diabetes probably due to lack of randomization in our study.26

Regarding presenting symptoms, our suspected patients of both groups had chest discomfort, chest pain and shortness of breath. But in group I, that is subjects with MI had significantly high ($p: 0.002, 0.026$ and <0.001 respectively) incidence of chest discomfort, chest pain and shortness of breath than control group indicates these symptoms are more in MI patients and urgent ECG and Troponin I are essential investigations to exclude MI.

In our study, we found no significant difference ($p: 0.239$) observed in heart rate between two groups. But we found significantly high ($p: <0.001$) systolic and diastolic blood pressure in MI groups than control groups, that is relative high blood pressure is significant indicator in occurrence if MI where early ECG and Troponin I biomarker is indicated for confirmation of MI. Al Habib K F et al., Gheissari A et al. also found significant high Systolic blood pressure in MI but Gheissari A et al. found no difference in diastolic blood pressure between two groups.21, 26

The study reveals that the mean (±SD) value of total platelet count was lower in cases than controls without any significant statistical difference ($p: 0.239$). Total platelet count was 258±44 X 10^9/L in ST-elevated MI group and 267±55 X 10^9/L in control groups. Another Bangladeshi study by Pervin S et al. also reports similar findings like ours.17 Saudi study of Assiri AS et al. and Turkish study of Ulusoy, R.E. et al. also found similar observation like our study.11, 18 On the other hand, Cameron H A et al. and Hassan, N.A.E. et al. observed significantly lower platelet count on admission in ST elevated MI subjects than normal control group.27, 24

In our study, we found that ST-elevated MI was associated with higher mean platelet volume (MPV) which was significantly higher ($p: <0.001$) in group I than group II. In our study, MPV was 12.20±0.86 fl and 9.26±0.77 fl respectively. MPV was significantly higher in patients with ST-elevated MI cases compared to control group. These results are consistent with the results of Pervin S et al., Biradar, S.B. et al., Ahmed H et.al., Hassan, N.A.E. et al., Mathur A et al. meta-analysis of Manchanda, J. et al., meta-analysis of Chu S. G. et al. Huczek, Z. et al., Ulusoy, R.E. et al. and Assiri AS et al. They conclude that platelets parameters mainly MPV was raised in ACS compared to controls. So, mean platelet volume is a significant useful predictor of MI.17, 22, 23, 24, 25, 14, 8, 18, 11

In our study, we found no significant difference ($p: 0.239$) in mean platelet count between two groups. In such the prediction of MI is not possible from platelets count. In similar studies of Assiri AS et al., Ulusoy R E et al., Pervin S et al. also found no significant difference in platelets count.11, 18 All these findings lead to the hypothesis that higher mean platelets volumes (MPV) can be significant useful markers in patients with ST-elevated MI patients for early detection.

Conclusion:
In conclusion, larger platelet may contribute to the pre-thrombotic state in acute ischemic syndromes. In this study, mean platelet volume was higher and platelet count was lower in patients with acute coronary syndrome who had ST-elevation than those in control group. Larger platelets are haemostatically more active and hence carry risk for developing coronary thrombosis leading to acute coronary syndrome. Patients with increased mean platelet volume and lower platelet count could be easily identified during routine haematological analysis. It could play an important role in early detection of acute coronary syndrome.

Reference:


