

REVIEW

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Prevailing insights into anastomotic angles of surgically created arteriovenous fistulas: a literature review

Xinyang Li^{1†}, Chong Liu^{1†} and Haidi Hu^{1*}

Abstract

Objective An arteriovenous fistula (AVF) is the most common type of vascular access, given its low infection rate, few complications, good patency potential, and long service life. Although preferred for most patients with chronic kidney disease (CKD), those undergoing dialysis continue to experience AVF surgical failures and complications, with 60% of AVFs failing to mature. The anastomotic angles chosen for AVF creation are usually ones that surgeons find easiest to manually control. At present, many sources have confirmed that variations in anastomotic angle culminate in differing geometric parameters of perianastomotic blood vessels, thus affecting the AVF maturation process.

Methods This publication was intended to highlight the progress achieved with respect to AVF anastomotic angle conventions through collective outcomes of clinical analyses, basic research, computational fluid dynamics (CFD) studies, and VasQ external stent trials. The insights gained may well fuel clinical efforts to implement more durable blood channels in patients with end-stage kidney disease (ESKD). For our purposes, we described anastomotic angles as acute ($< 30^\circ$), intermediate ($30\text{--}70^\circ$), or obtuse ($> 70^\circ$), rather than invoking mathematical standards.

Results In clinical research, two studies support the acute angle, three studies support the intermediate angle, three studies support the obtuse angle. In CFD research, one article supports the acute angle, six articles support the intermediate angle, and one article supports obtuse angles.

Conclusions Our analysis demonstrates an intermediate angle of $30\text{--}70^\circ$ would be an optimal angle for AVF anastomosis, according to the existing research results. VasQ external stent devices have yielded superior AVF maturity and patency by maintaining anastomosed arteries and veins at angles of $40\text{--}50^\circ$, resulting in improved patient outcomes clinically, which supports the use of the device in the clinical practice.

Clinical trial number Not applicable.

Keywords Dialysis, Arteriovenous fistula, Anastomotic angle, Chronic kidney disease

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Introduction

Chronic kidney disease (CKD) has drawn much attention due to an increasing prevalence. End-stage kidney disease (ESKD), being the ultimate outcome, has also become a public health problem worldwide [1]. Hemodialysis is effective in treating ESKD, if there is reliable vascular access in place for blood exchange several times weekly [2]. At present, the primary long-term options for hemodialysis vascular access are arteriovenous fistula (AVF), central vein catheter (CVC), and arteriovenous graft (AVG). The low infection rate of AVF, in addition to its few complications, improved patency, and long service life, have made it the most common choice and the preferred route for many patients with CKD [3].

Typically, AVF creation (Fig. 1) involves an upper arm or forearm, using the patient's own blood vessels to form an arteriovenous (AV) shunt. Arterial blood of sufficient pulsatile flow is thus artificially diverted to superficial veins for easy puncture, while establishing an ideal cardiopulmonary bypass and ensuring conditions for blood purification treatment [4]. Unfortunately, those patients in need of dialysis continue to suffer from AVF surgical failures or complications, with up to 60% of fistulas

failing to mature [5]. Such issues impair or disrupt AVF function, halting vital treatment and imposing burdens of cost and psychological stress [6].

The angle chosen for AVF anastomosis is typically one that a surgeon deems easiest to manually control [7]. Data from a number of sources indicate that variations in AVF anastomotic angles impart differing geometric parameters within perianastomotic blood vessels, which clearly may influence fistula maturation and impact clinical outcomes. However, the optimal AVF anastomotic angle remains a topic of debate in medical circles.

In this publication, we examined advances into AVF anastomotic angle conventions, drawn from findings of clinical analyses, basic research, computational fluid dynamics (CFD) studies, and VasQ external stent trials. Our intent was to provide insights from various vantage points, helping clinicians create more durable vascular access for patients with ESKD. Of note, we described anastomotic angles as acute ($<30^\circ$), intermediate ($30\text{--}70^\circ$), or obtuse ($>70^\circ$), rather than relying on mathematical standards referenced in available reports.

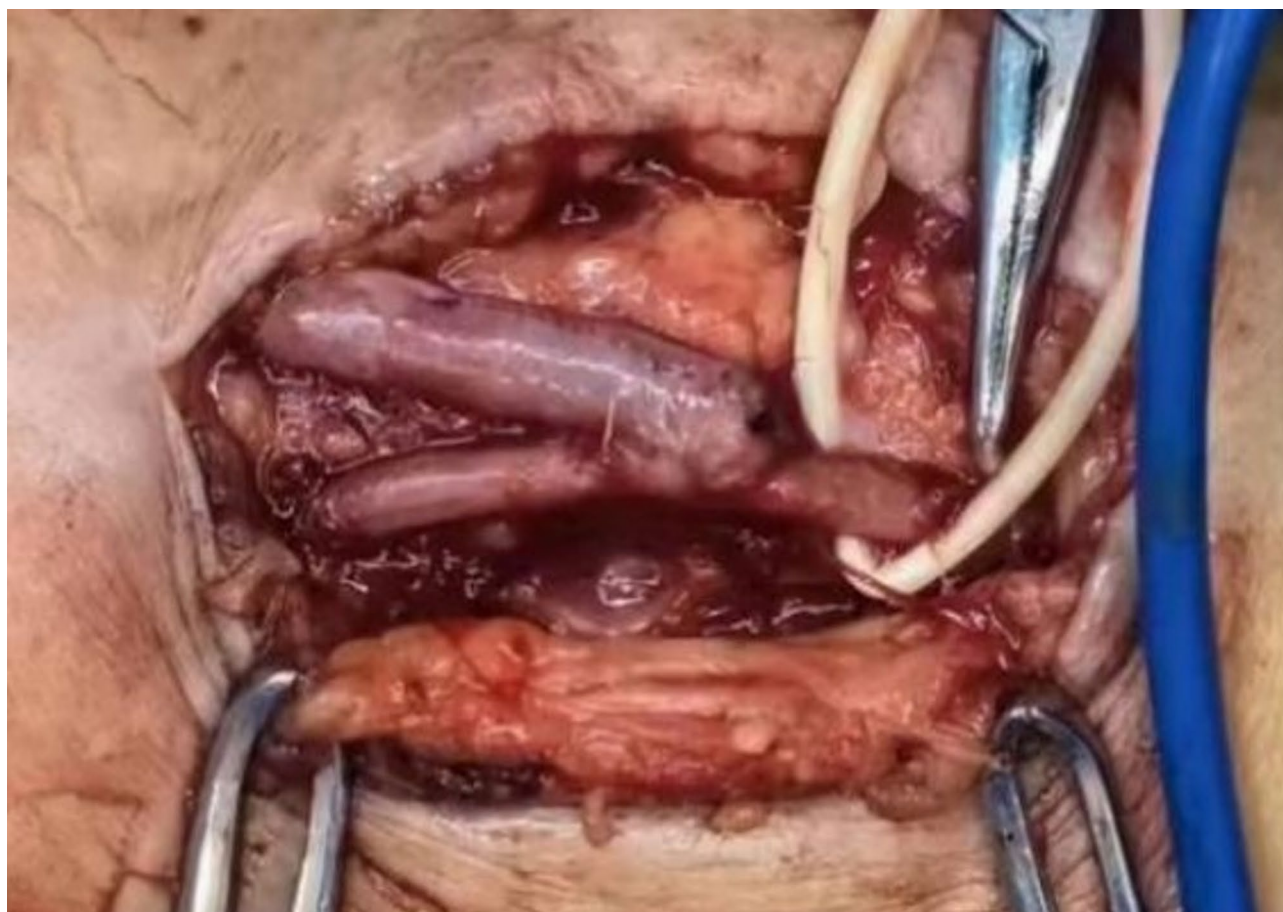


Fig. 1 Arteriovenous fistula (AVF) creation

Table 1 Summary of research perspectives on AVF anastomotic angle

Research type	Acute angle (< 30°)	Intermediate angle (30–70°)	Obtuse angle (> 70°)
Clinical research	2	3	3
CFD research	1	6	1

CFD, computational fluid dynamics; AVF, arteriovenous fistula

Clinical research on AVF anastomotic angle

The angle of AV anastomosis has always been the focus of surgeons during AVF surgery, and it underscores the challenge of such procedures [8], being pivotal in determining operative success and subsequent AVF maturation (Table 1 and 2) [9]. For a period of ~2.5 years, Sadaghianloo et al. [10] conducted a prospective study of 149 patients with radiocephalic (RC-AVF) or brachiocephalic (BC-AVF) AVFs. Ultimately, they found that anastomotic angles $\geq 30^\circ$ (vs. $< 30^\circ$) conferred better clinical outcomes, suggesting that acute RC-AVF anastomotic angles were more likely to result in neointimal hyperplasia and anastomotic stenosis, requiring re-intervention. Such scenarios should rightly be avoided.

During long-term ultrasound monitoring of 14 patients with AVFs, Fiorina et al. [11] discovered that a 90° anastomotic angle corresponded with the fastest rate of anastomotic blood flow (up to 50 cm/s) and potentially played a positive role in AVF maturation. Rezapour et al. [12] have also developed a novel vascular image processing method as a direct and integrated solution for measuring relevant parameters (e.g., anastomotic angle and arterial diameter), without regard to hemodynamics. It was subsequently apparent that an anastomotic angle $\leq 30^\circ$ is preferable for AVF surgery, effectively reducing the surgical failure rate and contributing to AVF maturity

according to Rezapour et al. [12]. However, this is inconsistent with most other studies.

Currently, a three-dimensional vascular model generated via magnetic resonance angiography [13–16] is considered a promising approach to the study of vascular diseases. Unlike direct measurements tied to angiographic techniques, related errors are effectively reduced [17]. Yang et al. [18] have similarly adopted a novel approach to integrate patient-specific AVF contour information into CFD simulations. In analyzing 27 patients with RC-AVFs (for hemodialysis), they determined that an anastomotic angle $> 46.5^\circ$ may lead to blood flow disturbance and more severe vascular stenosis.

End-of-vein to side-of-artery (ETS) anastomosis is one of the most commonly used methods for AVF creation in clinical practice [19], and it is a procedural recommendation within guidelines of the European Society for Vascular Surgery [20]. Xu et al. [21] conducted a 3-year prospective study in 2023 to assess this particular strategy. Results were favorable at both 3 and 12 months postoperatively. In the final comprehensive analysis, anastomotic angle emerged as an independent predictor of primary patency and re-intervention accumulation rates, with 30° – 50° being optimal for anastomotic angles. Sivanesan et al. [22] have studied 25 patients with AVF anastomotic angles averaging 45° . AVF stenosis was categorized, based on three separate stenotic sites, but the relation between patient prognosis and anastomotic angle was not explored.

Another retrospective study by Lee et al. [23] has shown that patients ($n=201$) undergoing RC-AVF surgery achieve significantly better primary and secondary patency rates if an obtuse (vs. acute) anastomotic angle is used, which is in direct contrast with abovementioned study details. This team also used a research-oriented

Table 2 Clinical analyses of AVF anastomotic angle

Reference	Year	Patient total	Method	Recommended angle
1 Sadaghianloo et al.	2015	149	Primary patency at 1 year: 38% for < 0 – 30° , 56% for $\geq 30^\circ$; Secondary patency at 1 year: 58% for < 0 – 30° , 93% for $\geq 30^\circ$; Cumulative rate of juxta-anastomotic procedures at 1 year: 66% for < 0 – 30° , 33% for $\geq 30^\circ$	$\geq 30^\circ$ (intermediate and obtuse)
2 Lee et al.	2016	201	Primary, primary assisted, and secondary patency at 2 years: 45.7%, 76.1% and 89.9% in the classic AVF group and 3.2%, 80.1% and 84.1% in the obtuse AVF group	$> 90^\circ$ (obtuse)
3 Fiorina et al.	2017	14	Ultrasound Vector Flow Imaging: 90° (2/9) with best mean velocity vectors	90° (obtuse)
4 Rezapour et al.	2018	48	AVF maturation at 1 year: 43% for $\leq 30^\circ$; 18% for 30 – 50° ; 23% for 50°	$\leq 30^\circ$ (acute)
5 Yang et al.	2020	27	Hemodynamic parameters at stenotic lesion site	$\leq 46.5^\circ$ (acute and intermediate)
6 Xu et al.	2023	124	Primary patency at 1 year: 83% for 30 – 50° , 58% for 50 – 70° , 65% for 135° ; Secondary patency at 1 year: 90% for 30 – 50° , 84% for 50 – 70° , 84% for 135° ; Cumulative rate of re-intervention at 1 year: 10% for 30 – 50° , 34% for 50 – 70° , 26% for 135°	30° – 50° (intermediate)

AVF, arteriovenous fistula

computer simulation to confirm their finding that an obtuse angle is the best configurations for AVFs, which we will revisit later in our discussion.

He et al. [24] also examined anastomotic angles of upper arm AVFs, which were larger than those of forearm AVFs, showing increases at postsurgical Weeks 1 and 6. However, the three-dimensional structures of forearm AVFs did not significantly change over time. These observations serve as valuable references for surgeons, helping to guide informed decisions.

Shenoy et al. and Bharat et al. [25, 26] both pioneered the piggyback straight-line onlay technique (pSLOT). This procedure calls for isolating the subcutaneous cephalic vein, ligating its distal end, carefully moving the proximal cephalic vein to upper part of radial artery, and anastomosing below-vein and above-artery to create an AVF. The anastomotic angle is adjusted to $<10^\circ$, with an anastomotic diameter >5 mm. Studies show that pSLOT maneuvers stand to prevent type I stenosis of AVFs, reduce closed anastomosis problems, increase maturity rates of internal fistulas, and mitigate long-term complications due to high-flow velocity, thereby effectively improving AVF results [26, 27]. However, these studies are currently limited and outdated.

Most clinical studies to date support the use of intermediate or obtuse angles for AVF anastomosis, taking into account the structure of a patient's blood vessels, the caliber and quality of artery and vein earmarked for AVF creation, the surgeon's technique and expertise, and other factors. There are many evolving operative tactics that rely on optimal anastomotic angles for favorable outcomes. However, the number of cases is skewed (minimum, 14; maximum, 201), so their individual merits are relative. Based on sample size and study method, 30–50° would be best as AVF anastomotic angle. The preponderance of current clinical data (>100 cases) suggests that intermediate or obtuse angles are associated with better clinical outcomes, although a “proper anastomotic angle” is still in need of investigation.

Basic AVF research

Endothelial nitric oxide synthase (eNOS) is a major vasodilatory substance released by vascular endothelial cells [28, 29] that is capable of inhibiting neointimal hyperplasia in patients with AVFs [30, 31]. Activation of eNOS is induced by increased blood flow within vessels [32, 33]. Based on these fundamentals, Bai et al. [34] proceeded to construct an AVF animal model in rats (using carotid artery and jugular vein) in order to study ramifications of eNOS for AVF neointimal proliferation. In doing so, they examined specific anastomotic angles (acute, obtuse, and end-to-end [ETE]), determining that jugular vein neointimal area outflows were significantly larger for the acute-angle group, compared with obtuse-angle or ETE

group members. In conjunction with Fig. 2, the following formula is currently a common formula for anastomotic angle calculation [35]:

$$\text{Anastomotic angle} = 57.3 \cos^{-1} \frac{a \cdot b}{|a| |b|}$$

In simpler terms, these vectors are measured from anastomotic initiation point to a straight-line distance, although precise values of a and b are not yet standardized.

As an example, Northrup et al. [36] defined the linear distances (a and b) as 2 mm in an animal study focused on sildenafil-promoted AVF maturation. Falzon et al. [35] have also studied various geometric structural problems related to AVF using mouse models and incorporating professional inter- and intra-variability analysis. They thus examined factors, such as the impact of angle vector on linear distance of the anastomosed interface, creating AVFs with anastomotic angles close to 90° . The investigators selected three values for linear distance, namely 0.5, 1.0, and 1.5 mm, finding no significant differences among them. Therefore, all three values are valid as reference standards.

Within the existing literature, there are few basic studies of AVF anastomotic angles. More comprehensive and in-depth probes are required to identify an anastomotic angle that aligns with principles of fluid mechanics.

Computational fluid dynamics (CFD)-based AVF research

CFD has become an effective alternative tool for studying vascular physiology, one that features an array of simulation methods, offers noninvasive capabilities, and provides good visibility [37]. Moreover, the fundamental technology has reached a relatively mature stage, enabling one to simulate blood flow and generate high-resolution 3D images within a few hours [38]. CFD has also served as an important means of researching AVF-related elements [39], including AVF fluid dynamics [40], wall shear stress (WSS) [41], oscillatory shear index (OSI) [42], and other pertinent metrics. There have been several studies using various CFD methods to explore the impact of anastomotic angles on AVF viability (Table 3).

Prouse et al. [43] have configured CFD models and have duly contended that anastomotic angles of 60° – 70° provide the best hemodynamic conditions for RC-AVF maturation and long-term patency. In their hands, angles $>90^\circ$ clearly failed to confer hemodynamic advantages. Stella et al. [44] have also observed a lower risk of AVF failure at anastomotic angles of 60° and 70° , which Prouse and colleagues [43] attribute to the fact that within this range, large anastomotic vortices and zones of stagnation arise. Areas of low WSS result, and the extent of vessel walls bearing high OSI levels is diminished at

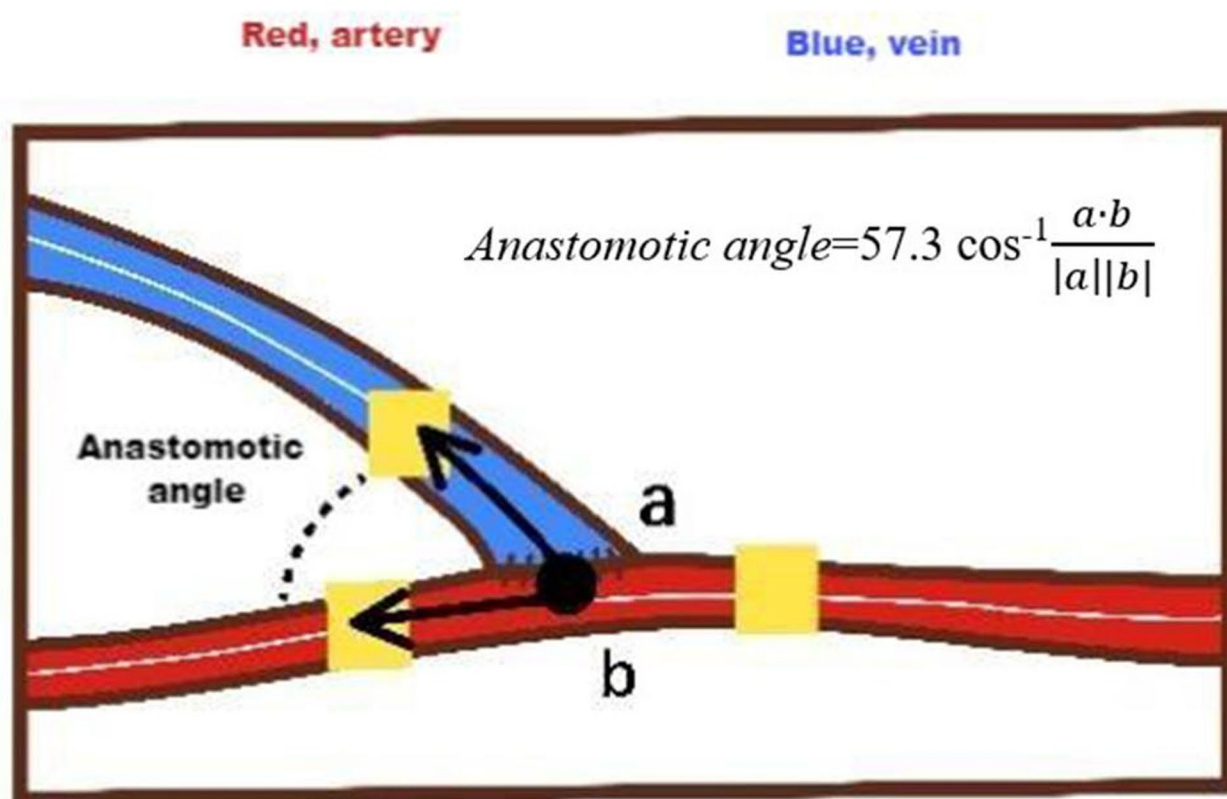


Fig. 2 Common formula for anastomotic angle calculation

Table 3 CFD studies involving AVF anastomotic angle

Reference	Year	Study parameter(s)	Recommended AVF anastomotic angle
1 Van et al.	2010	Pressure drop	45° (intermediate)
2 Ene-Iordache et al.	2013	Velocity vector	30° (intermediate)
3 Hull et al.	2013	Pressure drop, velocity vector, wall shear stress	45° (intermediate)
4 Silva et al.	2015	Wall shear stress, oscillatory shear index, velocity	25 ± 5° (acute)
5 Lee et al.	2016	Wall shear stress, velocity vector	>90° (obtuse)
6 Stella et al.	2019	Wall shear stress, oscillatory shear index, fluctuations in velocity magnitude	60° and 70° (intermediate)
7 Carroll et al.	2019	Flow disturbance, arterial pressure and flow rate, velocity vector	45° (intermediate)
8 Prouse et al.	2020	Velocity fields, wall shear stress distribution, oscillatory shear index	60–70° (intermediate)

CFD, computational fluid dynamics; AVF, arteriovenous fistula

anastomotic sites and initial venous segments. Larger acute angles consequently seem to promote balanced flow. In similar fashion, Cunnane et al. [45] have demonstrated that AVF models endowed with smaller anastomotic angles show lower WSS distributions and are characterized by forceful helical flow, with strong equilibria between helical structures.

Ene-Iordache et al. [46] have addressed the challenge of identifying disturbed AVF flow by creating CFD models. A smaller anastomotic angle of 30° seemed to improve disturbed-flow localization, suggesting that this angle holds potential as a clinical benchmark. Van et al. [47]

have also used CFD experimentation to investigate the impact of anastomotic cross-sectional areas and angle magnitudes on AVF hemodynamics at flow rates of 600–1200 mL/min. They eventually documented an anastomotic angle of 45° as the most stable.

In another effort, Hull et al. [48] engaged CFD methods to validate AVF anastomotic structures, having emphasized that anastomotic angles are highly culpable in intravascular pressure drops. CFD models were constructed for patient groups designated as side-to-side (STS), 45° ETS and 90° ETS to compare parameters in a simulated environment, setting blood-flow velocity at 900 mL/min.

As they observed, STS and 90° ETS configurations exhibited higher venous outflow and tended to reverse arterial outflow. However, the 45° ETS design displayed reduced venous discharge, while averting arterial discharge reversal. In comparing WSS, the observed trend was a higher value for STS vs. 45° ETS, with 90° ETS registering lower still. Silva et al. [49] devised a CFD model as well to comprehensively analyze velocity field, WSS, and OSI, finding that AVF anastomotic angles of $25^\circ \pm 5^\circ$ proved most suitable for clinical applications.

Although the CFD studies summarized above attest to the suitability of a smaller AVF anastomotic angle for clinical application, it is important to note that some scholars may not share this perspective. Carroll et al. [50] have produced a CFD model for vessels 5 mm across, revealing a more overt blood-flow interference by an acute-angle (vs. a smooth-vein loop) anastomosis during the full pulse cycle. In addition, it appeared that gradual venous curvature may promote AVF maturation and better patency of vascular access. Such outcomes imply that any vascular geometry incapable of gradual adaptation to changes in flow direction is likely to incite high levels of flow disturbance. Also, acute-angled structures are apt to generate vortex flow formations, largely manifested as highly disturbed patterns within two transverse vortices. The latter lead to a complex WSS constellation, promoting intimal hyperplasia and AVF stenosis [51]. As mentioned earlier, Lee et al. [23] have established that obtuse anastomotic angles significantly reduce WSS and further promote AVF maturation, based on retrospective clinical analyses using CFD methods.

To conclude, CFD has shown promise as research methodology. Most CFD studies support the assertion that intermediate angles may be more favorable in this setting, although a few studies have differing views. Because AVF stenosis is always localized, it is speculated that its development is at least partly due to a locally altered microhemodynamic environment in the surgical aftermath. With respect to blood flow velocity, the upsurge in intravenous blood flow rate after AVF increases endothelial cell WSS, endothelial cell proliferation, and extracellular matrix deposition, thus resulting in an enlarged vascular lumen that ultimately returns WSS to a physiologic range. More and more studies have shown that as in atherosclerosis, instances of low WSS or WSS heightened by disturbed flow figure prominently in AVF status and evolution [52]. Such considerations have been largely ignored in the past. Increased intraluminal pressure regulates mural thickness through effects on wall tension and the response of vascular smooth muscle cells to mechanical stimulation. Hence, all measures should serve to reduce areas and distributions of low or disturbed-flow WSS as a starting point. Knowing the gap between theoretical findings and clinical practice,

integration of CFD insights and clinical research may be preferential, as opposed to relying solely on CFD research methods.

External support

The recently developed VasQ device (Laminate Medical Technologies, Tel Aviv, Israel) is an external vascular support apparatus constructed of nitinol (nickel-titanium alloy) that aids in AVF creation (Fig. 3). It consists of a stent to wrap around junctional arteries and an external mesh braid to cover initial 25-mm segments of anastomotic veins, neither component having direct contact with circulation [53]. The external support provided maintains an acute angle of $\sim 40\text{--}50^\circ$ between anastomosed artery and vein, impacting patency and blood flow rate (Table 4). The device does not interfere with intravascular blood flow, and its safety has been widely recognized [53, 54].

Reportedly, a relation between VasQ device usage and AVF maturation rates seems to exist. According to Benedetto et al., [55] patients implanted with VasQ devices registered a maturity rate of 100% at 35 days after surgery, far outpacing the control group (77%). These findings are consistent with those of Shahverdyan et al. [56, 57]; and Chemla et al. [53] have shown an AVF maturity benefit in patients with VasQ-assisted (vs. standard) AVFs, not to mention a lower incidence of associated complications. Leonardi et al. [58] have linked VasQ device usage to AVF maturation short-term (< 1 year). In addition, 3 years outcomes of RCAVFs of Shahverdyan et al. [59] confirmed that VasQ occluders seemed to contribute to increasing the generation of functional RCAVFs.

VasQ devices provide patients with more stable arteriovenous geometries. For instance, Bozzetto et al. [60] have proven that angles between arteries and veins remain almost constant, while charting more constant flow patterns in three test subjects (vs. three controls) through postsurgical magnetic resonance imaging (MRI) and CFD studies. There were two complications (venous dilation, 1; stenosis, 1) in the control group only. Overall, VasQ devices do appear to facilitate postoperative AVF patency. A recent retrospective study by Dillavou et al. [54] has illustrated that early placement of VasQ stents may substantially improve postoperative patency, a benefit corroborated by a number of other studies [53, 56, 60]. What's more, the data generated by Palumbo et al. [61] and Benedetto et al. [55] did not reach statistical significance in terms of VasQ device patency rates, and some additional negative outcomes have surfaced as well [57, 62]. Large-scale samplings are needed to shore-up the limited data available thus far. It is noteworthy that VasQ implant locations have generally qualified as BC-AVF and RC-AVF. However, sources elsewhere have refuted the influence of implant location on study results [56, 58].

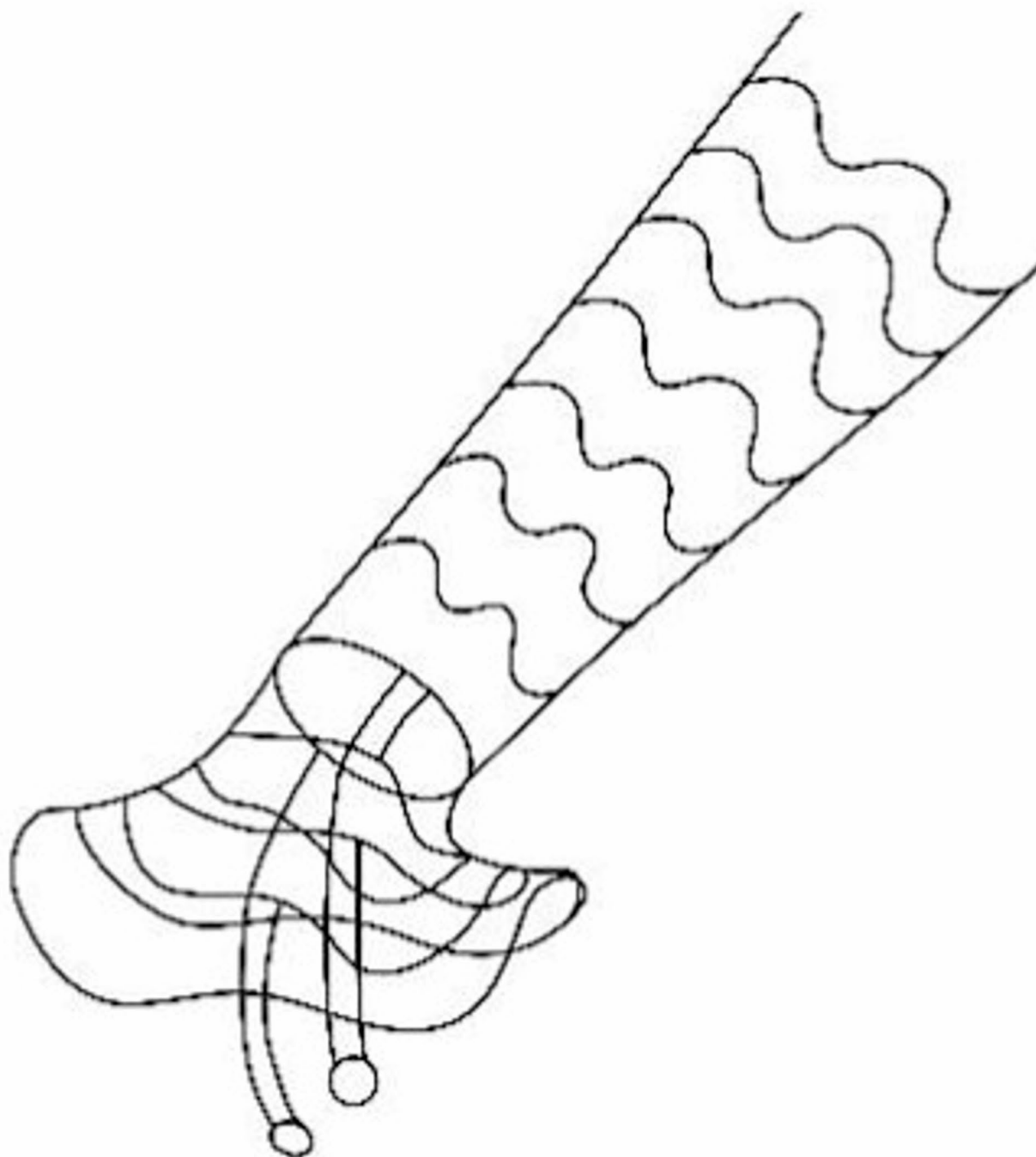


Fig. 3 VasQ device for external AVF support

In summary, the VasQ external stent device is a promising innovation for AVF support, although its technology is considered relatively new. Large-sized research studies are essential to further explore and validate the presumptive effectiveness.

Conclusion

This article provides a comprehensive summary of relevant research progress, highlighting the importance of anastomotic angle in AVF maturation and patency and offering insights gathered through various investigative methodologies. In clinical research, two studies support the acute angle, three studies support the intermediate angle, three studies support the obtuse angle. In CFD

Table 4 VasQ device trials

	Reference	Year	Pa-tient total	Results
1	Karydis et al.	2019	40	Functional patency at 6 months (VasQ vs. controls): 100% vs. 56%
2	Benedetto et al.	2022	49	Maturity rate at 35 days (VasQ vs. controls): 96% vs. 74%
3	Shahverdyan et al.	2023	300	Maturity rate at 3 years (VasQ vs. controls): 95% vs. 89%

research, one article support the acute angle, six articles support the intermediate angle, and one article supports obtuse angles. Therefore, We support an intermediate angle of 30–70° as optimal for AVF anastomotic angles according to the existing research results. Surgeons must exercise judgment and tailor anastomotic angles accordingly, adjusting for individual patient conditions, vessel sizes and shapes, and procedural specifications. VasQ external stent devices seem to enhance the patency of AVFs by maintaining anastomotic angles and have been associated with improved clinical outcomes in patients. A greater number of case studies are warranted in this regard. The angle of AVF is important for certain phases of the vascular access life cycle, including maturation (determining flow and outward remodeling) and maintenance (determining intimal hyperplasia and juxta-anastomotic stenosis). Hence, the distinction between early maturation and later vascular access dysfunction should receive more attention.

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Author contributions

Xinyang Li and Chong Liu generated the figures, with Haidi Hu formulating the research. All authors jointly drafted the manuscript.

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Data availability

No datasets were generated or analysed during the current study.

Declarations

Ethical approval

This paper is a review study and does not involve this content.

Informed consent to participate

This paper is a review study and does not involve this content.

Competing interests

The authors declare no competing interests.

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