Analysis of factors involved in ALT normalization rate

Univariate analysis showed that the ALT normalization rate was significantly higher after treatment in patients with the following features: serum ALT concentration less than 100 IU/l ($P = 0.0001$), BMI less than 25 kg/m^2 ($P = 0.0033$), female sex ($P = 0.0357$), and age 53 years or less ($P = 0.0152$). When these four factors were entered into multivariate analysis, the serum ALT normalization rate was significantly higher when ALT was less than 100 IU/l at the start of phlebotomy ($P = 0.0298$; Table 2). For a BMI of less than 25 kg/m^2, the ALT normalization rate tended to be high ($P = 0.0771$). The sex and age of the patients were not statistically significant factors.

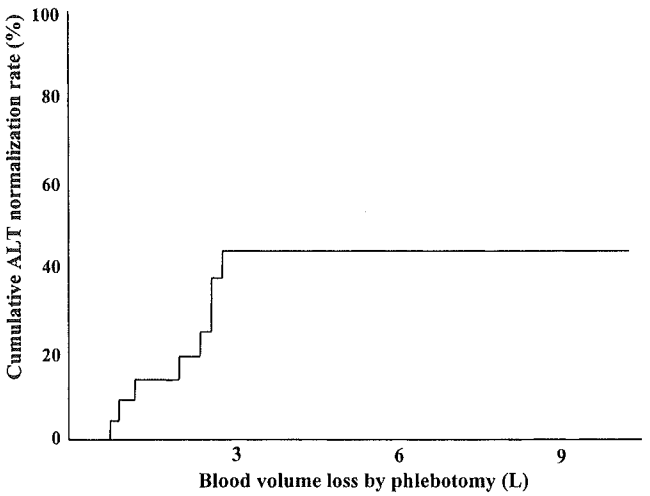

Fig. 1. Cumulative alanine aminotransperase (*ALT*) normalization rate according to blood loss by phlebotomy. The cumulative ALT normalization rate was 43.9% at 3 l and 43.9% at more than 3 l, and was optimal at a blood loss of more than 3 l

Clinicopathological background of nonresponders to phlebotomy

The background of patients who failed to show ALT normalization even after a total phlebotomy volume of more than 5 l was analyzed. All of these seven patients were males, and 85.7% (6/7) had a BMI of 25 kg/m^2 or more. The serum ALT concentration at the start of therapy was 100 IU/l or more in all nonresponders, and the serum ferritin concentration was 500 ng/ml or more in five (71.4%) of the nonresponders. Of five patients from whom liver tissue samples were available for analysis, two showed more than 30% steatosis on histological analysis (Table 3).

Discussion

Iron precipitation in liver tissue has recently received attention as an aggravating factor in HCV infection. The increased iron uptake by HCV-infected hepatocytes is thought to result in excessive intracellular accumulation of iron,[11,12] which leads to the increased production of hydroxyl radicals and cellular damage. Furthermore, it is suggested that the hydroxyl radical affects the genetic mutation of the *p53* gene in hepatocellular carcinoma (HCC) and possibly contributes to carcinogenesis.[13,14] At present, phlebotomy is performed as a treatment for excessive accumulation of iron in hepatic tissue.

In the present study, we analyzed the changes in Hb and serum ferritin concentrations during phlebotomy

Table 2. Multivariate analysis of ALT normalization

Factors	Category	Odds ratio (95% confidence interval)	*P*
ALT	1: ≥100 IU/l	1	0.030
	2: <100 IU/l	11.6 (1.27–105.7)	

Cox proportional-hazard model

Table 3. Baseline data of phlebotomy-resistant patients[a]

Case no.	Age (years)	Sex	BMI (kg/m^2)	Cirrhosis	Steatosis (%)	Hb (g/dl)	ALT (IU/l)	Ferritin (ng/ml)	Complications[b]	Blood loss volume by phlebotomy (l)
1	47	Male	26.1	–	40	14.9	127	143	–	6.0
2	59	Male	25.4	–	5	14.7	131	250	–	6.4
3	31	Male	25.0	–	ND	15.0	191	741	–	7.2
4	32	Male	32.1	–	ND	17.4	255	935	–	8.0
5	56	Male	23.0	–	5	14.9	188	536	–	8.4
6	49	Male	31.5	+	40	16.1	104	822	–	10.8
7	45	Male	25.3	–	5	14.6	171	352	+	20.5

BMI, body mass index; Hb, hemoglobin; ALT, alanine aminotransferase; ND, not done
[a] Phlebotomy-resistant, lack of response to blood volume loss by phlebotomy of more than 5 l
[b] Complications: diabetes mellitus and/or hyperlipidemia

and determined the factors that contributed to the $ALT_{50\%}$ reduction rate and ALT normalization rate. In our analysis of the $ALT_{50\%}$ reduction rate and ALT normalization rate with respect to Hb and ferritin concentrations during phlebotomy therapy, neither parameter changed significantly, probably because of the small number of patients studied. However, significant benefits from the treatment were noted in patients with an Hb of less than 11 g/dl and/or serum ferritin concentrations of less than 10 ng/ml after phlebotomy, as reported previously.[7,15–24] Further studies of a larger number of patients are necessary to confirm these findings.

In the present study, the overall $ALT_{50\%}$ reduction rate was 65.2% and the ALT normalization rate was 34.8%. Multivariate analysis showed that a serum ALT concentration of less than 100 IU/l at the start of phlebotomy therapy was the single factor that significantly and independently contributed to the ALT normalization rate. Even in patients with an ALT of 100 IU/l or more, when an Hb of less than 11 g/dl and/or serum ferritin concentration of less than 10 ng/ml was achieved during therapy, a reasonable decrease in serum ALT concentration was observed, although it was considered that normalization of ALT was more likely to be achieved in those patients with a serum ALT concentration at the start of therapy of less than 100 IU/l.

Analysis of the total volume of blood lost during phlebotomy and the cumulative ALT normalization rate showed that the cumulative ALT normalization value was optimal at a blood loss volume of 31 or more by phlebotomy. This finding indicates that, after the start of phlebotomy therapy, the loss of a critical blood volume by phlebotomy is an important criterion for ALT normalization. Furthermore, patients who failed to show ALT normalization even after a 5-l blood loss with phlebotomy were mostly obese, with a BMI of 25 kg/m^2 or more (85.7% of the nonresponding patients). Because obese patients tend to have a high degree of steatosis in hepatocytes,[25] we believe that patients with fatty liver are not suitable candidates for phlebotomy therapy.

Mild hepatic iron overload was previously reported in some patients with nonalcoholic steatohepatitis (NASH), who showed accelerated hepatic fibrosis as a result of iron overload.[26] On the other hand, Riquelme et al.[27] recently reported that patients with NASH who underwent phlebotomy showed histopathological improvement. Based on the above studies, although no statistical significance of steatosis in relation to response to the therapy was noted in our analysis, further studies are necessary to examine the role of steatosis in hepatocytes in the failure of ALT normalization.

Our study protocol did not include the evaluation of an iron-restricted diet, or the assessment of iron deposition in the pathological specimens. Another limitation of our study was that subject recruitment criteria did not cover serum ferritin or iron concentrations. Resistance to treatment was based on the response to medical treatment with SNMC and UDCA. Further studies of a larger population sample, of patients with defined serum ferritin or iron concentrations, are required to analyze the effect of an iron-restricted diet when combined with phlebotomy and to assess iron deposition in the liver.

In conclusion, we have demonstrated in the present study that phlebotomy therapy improves the $ALT_{50\%}$ reduction rate. Normalization of serum ALT concentration was best achieved in patients with a serum ALT concentration at baseline of less than 100 IU/l. However, even if phlebotomy has shown this beneficial effect, further maintenance therapy is important. While our study focused on the $ALT_{50\%}$ reduction rate and ALT normalization rate, it is necessary to examine the effects of maintenance therapy, including maintenance phlebotomy and restriction of iron intake, in a large number of patients with HCV infection.[7]

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Differences of Hepatocellular Carcinoma Patients with Hepatitis B Virus Genotypes of Ba, Bj or C in Japan

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Key Words
Hepatocellular carcinoma, epidemiology · Subtypes Ba/Bj, hepatitis B · Hepatitis B virus, genotypes B/C

Abstract
Hepatitis B virus (HBV) genotypes B (HBV/B) and C (HBV/C) are prevalent in Asia. Recently HBV/B has been classified into two subtypes, HBV/Ba which is ubiquitously found in Asia, and HBV/Bj which is specific in Japan. In addition, the frequency of positive HBeAg has been reported to be higher in patients with HBV/Ba than those with HBV/Bj. However, little is known about the differences between patients with various genotypes who developed hepatocellular carcinoma (HCC). In 296 serum samples of HCC patients collected from all over Japan, HBV genotypes were determined with the restriction fragment length polymorphism. HBV/A was detected in 1.0%, HBV/Ba in 4.4%, HBV/Bj in 7.4%, and HBV/C in 86.5%. In the Tohoku district and Okinawa, HBV/Ba, HBV/Bj and HBV/C were found in 6.7, 40.0 and 48.9%, compared to 4.0, 1.6 and 93.2% in the other districts in Japan. HBV/Bj patients were more frequently found in the group older than 65 years while HBV/Ba patients were found in all age groups. The frequency of positive HBeAg in HBV/Bj patients was significantly low compared to that in the other patients. More than 60% of the patients with HCC had cirrhosis as the underlying liver diseases. However, in HBV/Ba patients aged 50 years or younger, 80% of them had chronic hepatitis, while 87.5% of those aged older than 50 years had cirrhosis. These data suggest that great differences exist among patients with HCC infected with different genotypes.

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Introduction

In Japan, in more than two thirds of the patients with hepatocellular carcinoma (HCC) the disease is associated with hepatitis C virus (HCV). However, hepatitis B virus (HBV) is the major causative agent of HCC in Asian countries. All strains of HBV isolated from various countries can be classified into 8 HBV genotypes, HBV genotype A (HBV/A) to HBV/H, according to their phylogenetic relationships [1–3]. It has been reported that the clinical and virologic manifestations of patients with chronic HBV infection show significant differences among the different HBV genotypes [4–6]. In addition, specific distributions of HBV genotypes have been demonstrated among areas and countries [4, 7]. In south-east Asian countries, such as Japan, Taiwan, or China, HBV/B and HBV/C are prevalent [5, 7, 8].

In Japanese patients with HCC, the patients with HBV/B are rare and their mean age is high [7, 9]. However, in Taiwanese patients with HCC, a high proportion of younger patients have HBV/B. Until now, it is still unclear why younger Taiwanese patients with HBV/B develop HCC while Japanese patients with HBV/B rarely develop HCC, only in older age.

Recently, we demonstrated that HBV/B strains should be divided into two subtypes, HBV/Ba and HBV/Bj, according to their genetic relationship, and that HBV/Ba is found ubiquitously in Asian countries while HBV/Bj is found only in Japan [10, 11]. It was reported that HBeAg was found more frequently in patients with chronic infection with HBV/Ba than in those with chronic infection with HBV/Bj (32 vs. 9%) [12]. However, it is still unknown whether etiological and virologic differences are found between the HCC patients with HBV/Ba and HBV/Bj. Thus, in the patients with HCC, the difference between the subtypes of HBV/Ba and HBV/Bj might explain the etiological or clinical differences between Japan and Asia where HBV/Bj and HBV/Ba are endemic, respectively.

So, the aim of this study was to investigate the differences in the etiological, virologic and clinical characteristics among Japanese HCC patients with different HBV genotypes, such as HBV/Ba, HBV/Bj or HBV/C.

Patients and Methods

Patients with HCC

Two hundred and ninety-six patients with HCC were consecutively collected from 19 hospitals throughout Japan during January 2001 to December 2002. All the patients were chronically positive for HBsAg, and negative for anti-HDV, anti-HCV and anti-HIV. The diagnosis of HCC was reached clinically with ultrasound, computerized tomography, magnetic resonance imaging, angiography, tumor markers and biopsy if possible. The diagnoses of chronic hepatitis (CH) and liver cirrhosis (LC) were principally done by liver biopsy. However, a proportion of patients with ascites, jaundice or severe thrombocytopenia were diagnosed by ultrasound, computerized tomography and liver function tests. The serum samples and clinical data were collected from these patients with written informed consent. This study was conducted according to the ethical guidelines in our hospitals.

Virologic Assays

In all serum samples, HBsAg (CLIA, Fujirebio, Japan, detection limit 0.13 ng/ml), HBeAg (CLIA, Fujirebio, Japan) and anti-HBe (CLIA) were tested. Serum HBV DNA was detected by nested polymerase chain reaction (PCR) with the primers derived from the S gene. The patients were not enrolled in this study if the serum HBV DNA was not detected by PCR. The HBV genotype was determined by restriction fragment length polymorphism as described previously [13]. In brief, the S gene of HBV DNA was amplified by nested PCR. Then the products were sequentially digested by the restriction enzyme, *Alw*I, *Ear*I, *Hph*I, *Nci*I and *Nla*IV, respectively. The HBV genotype was determined by the size of the digested PCR product which was electrophoresed on agarose gel. When the test results were inconclusive, the sequences of the S region were determined directly, then the genotype was decided by phylogenetic analysis [13, 14]. When patients were found to have HBV/B, the subtypes Ba and Bj were determined by restriction fragment length polymorphism [11]. In brief, at nucleotide position 1838 in the pre-core region, only A was found in patients with HBV/Ba while only G was found in those with HBV/Bj. The restriction enzyme detection system was established targeting the discrimination of this difference in nucleotides with the restriction enzyme, *Spe*I and *Mse*I after the pre-core region was amplified by PCR.

Statistical Analysis

The data were statistically analyzed by Student's t test, nonparametric Mann-Whitney test, and χ^2 test where appropriate. A p value of <0.05 was regarded as statistically significant.

Results

HBV Genotypes and Clinical Findings

Of the 296 patients, 223 were male and 73 were female. The mean age was 55.1 ± 10.8 (range 26–81) years. The clinical findings are shown in table 1. Thirty-five percent of the patients were positive for HBeAg. Regarding the HBV genotypes, 3 patients (1.0%) were HBV/A, 13 (4.4%) HBV/Ba, 22 (7.4%) HBV/Bj, 256 (86.5%) HBV/C, and 2 (0.7%) of mixed genotype (HBV/B and C). The clinical findings by HBV genotype are shown in table 2. There were no significant differences in the mean levels of total bilirubin, AST and ALT among patients with different HBV genotypes. However, the mean ALP level and γ-

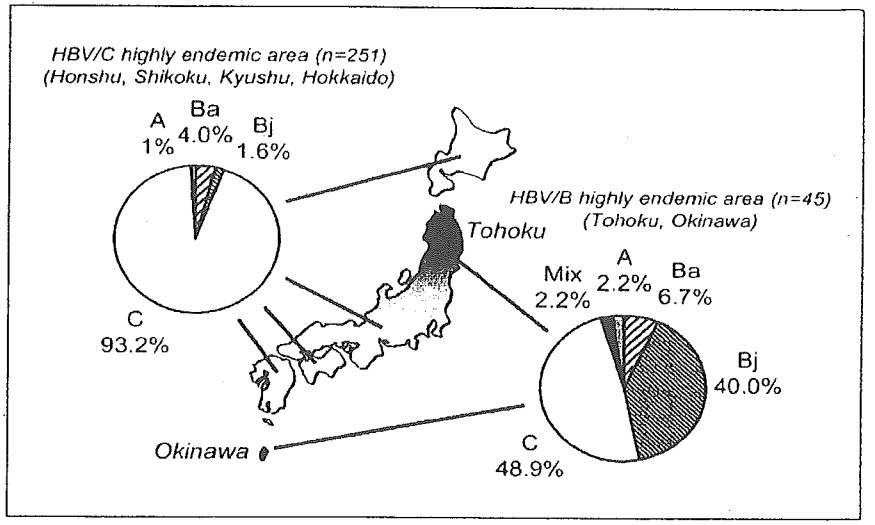

Fig. 1. The geographic distribution of HBV genotypes in Japan. In the Tohoku district, the northern area of mainland Japan, and Okinawa, the most southern islands, 48.9% of HCC patients were HBV/C, 6.7% were HBV/Ba, and 40.0% were HBV/Bj. In contrast, in other parts of Japan, Hokkaido, Honshu, Shikoku and Kyushu, 93.2% were HBV/C, 4.0% were HBV/Ba and 1.6% were HBV/Bj.

Table 1. Characteristics of 296 HBsAg-positive Japanese patients with HCC collected from all over Japan

Male:female	223:73
Age, years	55.1 ± 10.8[a]
Total bilirubin, mg/dl	1.5 ± 1.9
AST, IU/l	78.5 ± 103.9
ALT, IU/l	63.0 ± 69.8
ALP, IU/l	321.1 ± 225.4
γ-GTP, IU/l	108.4 ± 174.4
HBeAg, % positive	35.0
Anti-HBe, % positive	64.8
HBV genotype	
HBV/A	3 (1.0%)
HBV/Ba	13 (4.4%)
HBV/Bj	22 (7.4%)
HBV/C	256 (86.5%)
Mix	2 (0.7%)

[a] Mean ± SD.

Table 2. Clinical findings of the HCC patients with HBV genotypes of Ba, Bj or C

	HBV genotype		
	Ba	Bj	C
Age, years	55.4 ± 12.9	66.6 ± 10.6	54.0 ± 10.7
		p < 0.01	p < 0.01
Total bilirubin, mg/dl	1.0 ± 0.4	1.2 ± 0.7	1.5 ± 2.0
AST, IU/l	173.9 ± 352.6	51.6 ± 42.1	82.6 ± 113.4
ALT, IU/l	102.4 ± 162.9	33.9 ± 16.8	66.5 ± 74.9
ALP, IU/l	147.7 ± 126.6	209.8 ± 95.4	343.9 ± 238.0
		p < 0.05	
γ-GTP, IU/l	78.6 ± 55.9	63.1 ± 45.9	110.5 ± 186.7
			p < 0.05

GTP level of the HBV/C patients was significantly higher than those with HBV/Ba and HBV/Bj, respectively ($p < 0.05$).

Geographic Distribution of HBV Genotypes

The geographic distribution of HBV genotypes was area-specific in Japan (fig. 1). This specific distribution of HCC patients was in accord with that of all the patients including asymptomatic carriers, CH and LC patients, as described previously [7]. Namely, in the Tohoku district, the northern area of the Japanese mainland, and Okinawa, the most southern islands, 22 (48.9%) of HCC patients were HBV/C, 3 (6.7%) were HBV/Ba, and 18 (40.0%) were HBV/Bj. In contrast, in other areas of Japan, Hokkaido, Honshu, Shikoku and Kyushu, 234 (93.2%) were HBV/C, 10 (4.0%) were HBV/Ba, and 4 (1.6%) were HBV/Bj ($p < 0.01$).

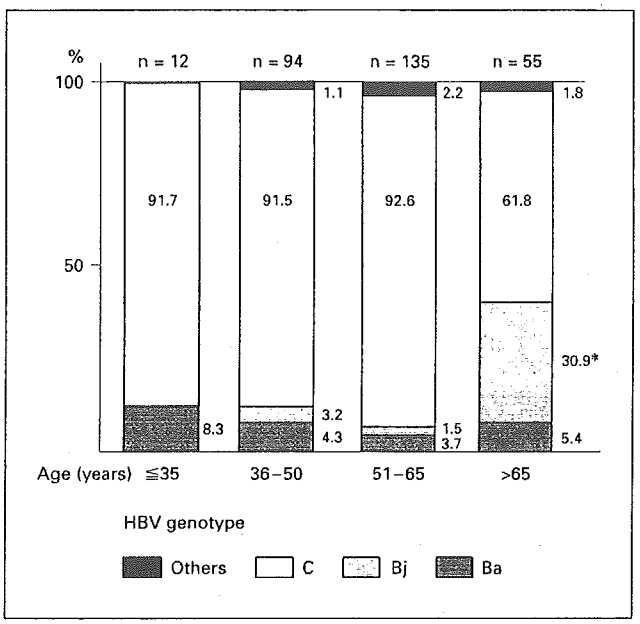

Fig. 2. The distribution of HBV genotypes in each age group. In groups aged 35 years or younger, 36–50 years, and 51–65 years, more than 90% of HCC patients had HBV/C. On the other hand, in the group aged older than 65 years, only 61.8% of patients had HBV/C while 30.9% had HBV/Bj (* $p < 0.01$, group aged older than 65 years vs. other age groups). More patients with HBV/Ba were in the younger aged group, although the number of patients with HBV/Ba was small in all the groups.

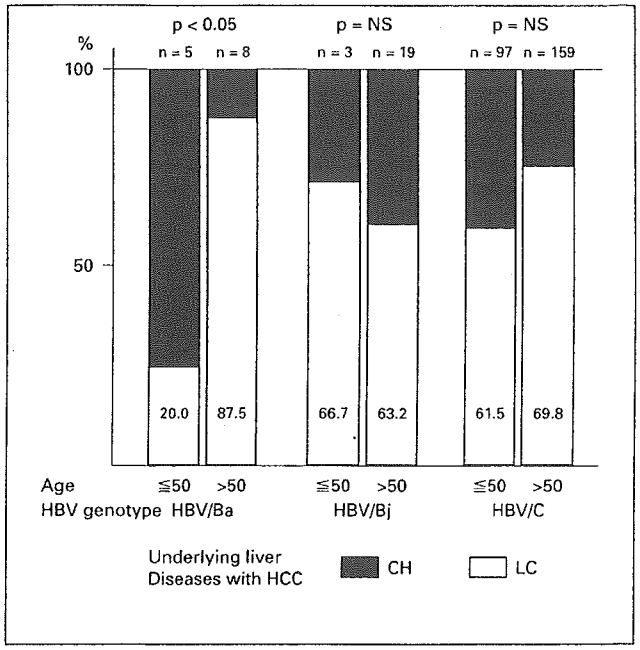

Fig. 4. The underlying liver diseases, chronic hepatitis (CH) or liver cirrhosis (LC), in HCC patients. In patients with HBV/Ba, only 25.0% of the group aged 50 years or younger had LC, while 85.7% of the group aged older than 50 years had LC ($p < 0.01$). However, in patients with HBV/Bj or HBV/C, the ratios of the underlying liver diseases were approximately identical even when compared by age.

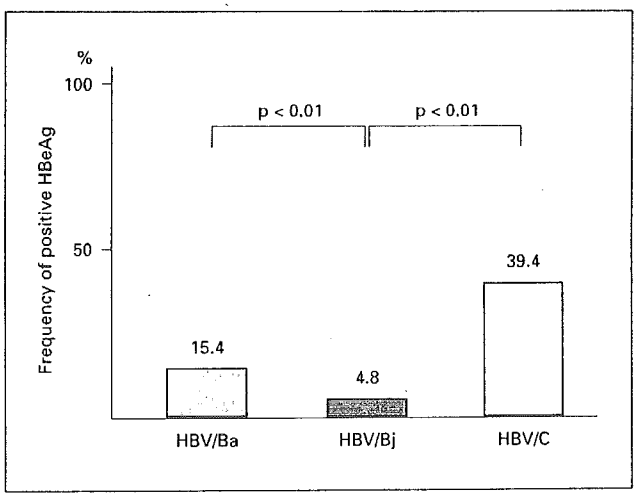

Fig. 3. The frequency of patients with positive HBcAg in each HBV genotype. The frequency of positive HBcAg was 4.8% in patients with HBV/Bj, compared with 39.4% in those with HBV/C (Bj vs. C, $p < 0.01$), and 15.4% in those with HBV/Ba (Bj vs. Ba, $p < 0.01$).

Mean Age and Frequency of Positive HBeAg among Patients with Each Genotype

The mean age of HBV/Bj patients (66.6 ± 10.6 years) was significantly higher than those with HBV/Ba (55.4 ± 12.9 years, $p < 0.01$) and HBV/C (54.0 ± 10.7 years, $p < 0.01$; table 2). The distribution of HBV genotypes in each age group is shown in figure 2. In groups aged 35 years or younger, 36–50 years, and 51–65 years, more than 90% of HCC patients had HBV/C. On the other hand, in the group aged older than 65 years, only 61.8% of the patients had HBV/C while 30.9% had HBV/Bj ($p < 0.01$, group aged older than 65 years vs. other age groups). HBV/Ba tended to be found in the younger age group although the number of patients with HBV/Ba was small in all groups.

The frequency of positive HBeAg was 4.8% in patients with HBV/Bj, compared with 39.4% in those with HBV/C (Bj vs. C, $p < 0.01$), and 15.4% in those with HBV/Ba (Bj vs. Ba, $p < 0.01$; fig. 3).

Underlying Liver Diseases

All HCC patients had underlying chronic liver diseases, such as CH or LC. We compared the underlying liver diseases among those aged 50 years or younger and those aged older than 50 years by HBV genotype (fig. 4). In 13 patients with HBV/Ba, only 1 (20.0%) of the 5 patients aged 50 years or younger had LC, while 7 (87.5%) of the 8 patients aged older than 50 years had LC ($p < 0.05$). However, in patients with HBV/Bj or HBV/C, the ratios of underlying liver diseases were approximately identical even when compared by age.

Discussion

The clinical and virologic features of patients with chronic HBV infection are specific according to their HBV genotypes [4, 15]. However, to date, there has been no report on the relationship between the HBV genotypes of Ba, Bj and C, and the clinical characteristics of HCC patients. We therefore analyzed the relationship between the clinical characteristics of Japanese HCC patients identified throughout Japan, and their HBV genotypes, including the HBV subtypes of Ba and Bj. In this study, we demonstrated that HBV/Ba (4.4%), HBV/Bj (7.4%) and HBV/C (86.5%) were found in Japanese HCC patients, and that there were distinct clinical differences among the three HBV genotypes, in geographic distribution, age distribution, and the frequency of positive HBeAg.

Of the Japanese patients with chronic HBV infection, including asymptomatic carriers, CH, LC and HCC, 1.7% were HBV/A, 12.2% HBV/B, 84.7% HBV/C, 0.4% HBV/D, and the others 1.0%, as reported previously [7]. In this study, we collected 296 serum samples from patients with HCC throughout Japan. In addition, we recently developed a new method for detecting HBV/Ba and HBV/Bj with restriction fragment length polymorphism [11]. Thus, we showed that 1.0% was HBV/A, 4.4% HBV/Ba, 7.4% HBV/Bj, 86.5% HBV/C, and mixed genotype 0.7% in Japanese HCC patients. This prevalence in HCC patients is almost identical to that in all patients with chronic HBV infection [7]. In addition, the geographic distribution of HBV/B and HBV/C in HCC patients is also identical to that in all patients. However, when we analyzed the HBV subtypes of HBV/Ba and HBV/Bj in patients with HBV/B, a high proportion of patients with HBV/Bj is found in the highly endemic HBV/B area, the Tohoku district and Okinawa, while the prevalence of HBV/Ba is approximately identical between the highly endemic HBV/C area, the other areas of Japan, and the highly endemic HBV/B area. Thus, HBV/Bj is specifically distributed in the Tohoku district and Okinawa.

As reported previously, HBV/Ba is ubiquitous in all Asian countries including Japan, although HBV/Bj is specific to Japan and is not found in other countries [11]. In Okinawa, it is reported that a high proportion of patients with chronic HBV infection have HBV/B and a good prognosis compared with patients with HBV/C [16, 17]. In contrast, in Taiwan, close to Japan, a higher proportion of patients aged 50 years or younger with HBV/B have HCC and CH [15]. The underlying liver diseases in those who developed HCC were compared among each HBV genotype group. In the HBV/Ba group, up to 75% of the patients aged 50 years or younger had CH as the underlying liver disease, compared with patients aged over 50 years. On the other hand, in the group with HBV/Bj or HBV/C, more than 60% of the patients had LC regardless of their age. The mean age of the patients with HBV/Ba in Japan is more than 10 years younger than those with HBV/Bj. So, more younger patients with HBV/Ba tend to have CH than the other patients. However, the molecular mechanism is unclear why patients with HBV/Ba develop HCC at a younger age and often have CH.

It is unclear why Japanese patients with HBV/B have a good prognosis while Taiwanese patients with HBV/B often have more advanced liver diseases, such as HCC. The frequency of patients positive for HBeAg in the HBV/Ba and HBV/C groups was higher than in the HBV/Bj group. So, the viral activity of HBV may be higher in patients with HBV/Ba or HBV/C than those with HBV/Bj. Thus, these differences in subtypes of HBV/Ba and Bj could be one of the reasons why the discrepancy in prognosis exists between Japanese and Taiwanese patients with HCC.

The differences in DNA sequences between HBV/Ba and HBV/Bj can be characterized in the core gene [10]. It has been reported that HBV/Ba, not HBV/Bj, recombines with HBV/C in the core gene. The product of the core gene is reported to be a cytotoxic T-cell epitope [18], suggesting that patients with HBV/Ba and HBV/C may be exposed to severe immune responses for destroying hepatocytes compared with those with HBV/Bj. In addition, patients with HBV/Ba more often have core promoter mutations at nucleotide 1762/1764 than those with HBV/Bj [11], which is associated with more advanced liver diseases [6, 19]. Taken together, these facts may indicate a poor prognosis in patients with HBV/Ba compared to those with HBV/Bj.

In the patients with HBV/C, the mean ALP and γ-GTP levels were higher than those with the other genotypes. In this study, there may exist some bias of regarding the tumor size of HCC between patients with HBV/C and the other patients. It is considered that more patients with a rather large size of HCC were found in the patients with HBV/C, resulting in elevation in ALT and γ-GTP levels.

To investigate the hepatocarcinogenesis and risk factors of HCC, it is important to study the differences in host, environmental and viral factors. The various genetic alterations, such as mutations of cancer-associated genes or loss of some chromosomes, are found in the HCC cells [20]. However, the genetic polymorphism varies among populations [21]. The differences in host genomes are still unknown between Japanese and other Asian populations. The association of environmental factors, such as air, water and food contaminated with some chemical agents, and HCC is still unclear, although aflatoxin affects the mutation of p53 in HCC [22]. However, with respect to the viral factors, a survey of the distribution of HBV genotypes or subtypes will be important clues for solving these problems.

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Efficacy of lamivudine for preventing hepatocellular carcinoma in chronic hepatitis B: A multicenter retrospective study of 2795 patients

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Abstract

A retrospective survey of Japanese patients histologically diagnosed with chronic hepatitis B was conducted to determine the effectiveness of lamivudine in preventing hepatocellular carcinoma (HCC). Of the 2795 patients who satisfied criteria for analysis after treatment from any of 30 medical institutions, 657 had received lamivudine and the remaining 2138 had not. A Cox regression model with liver biopsy as the starting point revealed seven factors related to HCC: lamivudine therapy, gender, family clustering of hepatitis B, age at liver biopsy, hepatic fibrosis stage, serum albumin level, and platelet count. In a matched case-controlled study, 377 patients in a lamivudine-treated group and 377 matched patients in a non-treated group were selected based on their propensity scores. The mean follow-up period was 2.7 years in the lamivudine group and 5.3 years in the control group. In the lamivudine group, HCC occurred in four patients (1.1%) with an annual incidence rate of 0.4%/(patient/year), whereas in the control group HCC occurred in 50 patients (13.3%) for a rate of 2.5%/(patient/year). A comparison of the cumulative HCC incidence between the two groups by the Kaplan–Meier method showed a significantly lower incidence of HCC in the lamivudine group ($p < 0.001$). These findings suggest that lamivudine effectively reduces the incidence of HCC in patients with chronic hepatitis B.

Keywords: Chronic hepatitis B; Hepatocellular carcinoma; Anti-viral treatment; Lamivudine

1. Introduction

An estimated 350 million people worldwide are chronically infected with the hepatitis B virus (HBV), most in southeast Asia [1,2]. In this region, infection occurs during infancy, including that through mother–child transmission. Infected persons with HBV are initially asymptomatic, and

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active hepatitis emerges years later. In most patients, seroconversion from hepatitis Be antigen (HBeAg) to antibody to HBeAg (HBeAb) occurs spontaneously with age. At the same time, the virus levels decrease and hepatitis abates. Some patients, however, remain positive for HBeAg, and in those patients the hepatitis virus persists at high levels, resulting in the progression to hepatic cirrhosis, and the onset of hepatocellular carcinoma (HCC) in a high percentage of such patients [3–5]. The number of HBV carriers is decreasing in Japan and some other countries as a result of the prevention of mother–child transmission through the use of HBV vaccines and/or high-potency antibody to hepatitis B surface antigen (HBsAb) human immunoglobulin (HBIG) [6]. Even in these countries, however, only persons born after 1986 are protected by vaccination, and many chronic hepatitis B patients still need treatment. In the past, it was not easy to manage chronic hepatitis B using anti-viral agents such as interferon. In recent years, however, the development of lamivudine, a nucleoside analogue that inhibits reverse transcriptase, has drastically changed the treatment of hepatitis B [7–9]. By virtue of this inhibitory ability, lamivudine was developed as an anti-viral agent against human immuno-deficiency virus (HIV). It was later also found to be effective against HBV because HBV is a member of the Hepadnaviridae family, which utilizes reverse transcriptase in its replication process [10]. Lamivudine was found to inhibit the replication of HBV, reduce hepatitis, and improve liver histological findings in long-term treatment [11]. It is also useful when hepatitis B becomes severe due to acute exacerbation, as well as in the treatment of liver cirrhosis associated with symptoms of hepatic failure, such as ascites and edema [12–16]. However, a number of problems are associated with lamivudine therapy, such as relapse of hepatitis due to the appearance of YMDD mutant viruses and the difficulty of estimating the optimal time to discontinue the treatment [17,18]. In addition, until recently no adequate studies had been conducted to determine whether or not lamivudine inhibits the onset of hepatic cancer, even though it is known to slow the progression of histological changes in the liver. This lack of research is attributable partly to the need for long-term follow-up of a large number of patients and partly to the difficulty of conducting clinical trials. We conducted a multicenter study of a large number of registered patients to evaluate the effects of lamivudine on the course of hepatitis B and the onset of HCC. The data obtained were analyzed in a matched case-controlled study.

2. Materials and methods

2.1. Study design

The Inuyama Hepatitis Study Group designed this multicenter retrospective study to determine whether or not lamivudine is effective in preventing HCC. The subjects were Japanese patients with hepatitis B who were diagnosed with chronic liver disease by liver biopsy after 1980 and were followed up until March 2002. Each patient completed a questionnaire containing 16 items in four categories: background factors: date of birth, sex, family clustering of hepatitis B, and alcohol consumption during follow-up (80 g or more per day as ethanol); examination and test items: date of liver biopsy, grade and stage of histological findings of the liver, hepatitis Be antigen (HBeAg), antibody to HBeAg (HBeAb), albumin, asparate aminotransferase (AST), alanine aminotransferase (ALT), and platelet counts; clinical outcomes: the presence or absence of HCC during the follow-up period and the date of onset if present; lamivudine therapy: the presence or absence of lamivudine therapy during the follow-up period, and the date of initiation and duration of therapy if provided. The study was allowed by the review board of each participating institution. The names, ID numbers, and all other information that would directly identify individual patients were deleted to protect their privacy.

2.2. Patients

The present study included 3022 patients with chronic hepatitis B who underwent liver biopsy at any of 30 medical institutions after 1980. No patient had superinfection with hepatitis C virus and HIV. Two hundred and twenty-seven patients who had not answered the question about lamivudine treatment were excluded from the study. This left a total of 2795 patients for analysis. Among them, 657 patients had received lamivudine therapy and 2138 patients had not.

Histological findings of the liver were scored with respect to the grade of inflammation and stage of hepatic fibrosis according to the New Inuyama Histological Criteria [19] by a pathologist at each institution.

2.3. Lamivudine treatment

The lamivudine treatment group consisted of 657 patients who had received lamivudine therapy (100 mg/day). The median lamivudine treatment period was 18.9 months. Lamivudine therapy was continued until the end of the follow-up period in 45% of the patients.

2.4. Matched case-controlled study

In our analysis of the relationship between lamivudine therapy and hepatic carcinogenicity, the starting point was the day of liver biopsy. However, many patients in the lamivudine group (279 patients or 41.4%) initiated lamivudine therapy more than 2 years after liver biopsy, making them inappropriate subjects for the evaluation of the effects of lamivudine on hepatic carcinogenicity. For this reason, 377 patients who started lamivudine therapy within 2 years after liver biopsy were selected for analysis from the 657 patients in the lamivudine group. The interval from liver biopsy to lamivudine therapy was 5.8 ± 9.0 months, and the treatment

period was 23.1 ± 19.0 months (range 3–96 months). For the control group, seven factors were selected on the basis of the propensity scores from the 2138 patients who had not received lamivudine: age at the time of liver biopsy, gender, family clustering of hepatitis B, stage of hepatic fibrosis, serum albumin level, and platelet count. On that basis, 377 matching patients were selected for the control group [20].

2.5. Statistical analyses

A series of analyses was conducted using the day of liver biopsy as the starting point. Background factors at the time of liver biopsy were compared by the Student's *t*-test (numerical data) or the χ^2 test (categorical data), and differences were regarded as significant if $p < 0.05$ on both sides. Factors related to HCC were analyzed using a Cox regression model. The incidence of HCC was reported as an annual incidence rate (%/(patient/year)).

Because of the large differences in background factors between the lamivudine and control groups, the groups were matched for further analysis of HCC-related factors. For this analysis, all patients who had started lamivudine therapy within 2 years after liver biopsy were selected. The propensity score method was used to select patients from the control group [20]. Matching was done with respect to the HCC-related factors selected using the Cox regression model. After the matching, the incidence of HCC was shown by the Kaplan–Meier method and compared between the groups by the log-rank test. Differences were regarded as significant if $p < 0.05$ on both sides.

3. Results

3.1. Comparison of background factors

Table 1 demonstrates the comparison of background factors at the time of liver biopsy between the lamivudine and control groups. Significant differences were found in the mean age ($p < 0.001$), duration of follow-up ($p < 0.001$), history of IFN therapy ($p < 0.001$), inflammation of the liver ($p < 0.001$), HBeAg ($p < 0.001$), HBeAb ($p = 0.001$), serum albumin level ($p < 0.001$), AST level ($p = 0.011$), and platelet count ($p < 0.001$).

3.2. Evaluation of factors related to hepatic carcinogenicity by univariate analyses

HCC occurred in 31 of the 657 patients (4.7%) in the lamivudine group and in 239 of the 2138 patients (11.2%) in the control group. The mean follow-up periods after liver biopsy were 4.9 and 6.2 years in the lamivudine and control groups, respectively. Thus, the crude incidence of HCC determined was 1.0 and 1.8%/(patient/year) in the lamivudine and control groups, respectively.

Table 2 shows the incidences of HCC in the lamivudine and control groups in an analysis stratified with respect to background factors. In the lamivudine group, HCC did not occur in patients whose histological findings were grade 0 in inflammation and stage 0 in fibrosis, and significant intergroup differences were noted in this respect. No significant differences were observed other than in the histological findings.

3.3. Evaluation of factors related to hepatic carcinogenicity using a multivariate Cox regression model

Factors contributing to the incidence of HCC were analyzed using a Cox regression model (Table 3). The following variables were selected by the forward–backward stepwise selection method: lamivudine therapy (no therapy, $p = 0.002$), gender (male, $p < 0.001$), family history of hepatitis B (present, $p = 0.015$), age at the time of liver biopsy (older than 40 years, $p < 0.001$), stage of liver fibrosis (more than F2, $p < 0.001$), serum albumin level (less than 4.0 g/dL, $p = 0.001$), and platelet count (less than 150,000/μL, $p < 0.001$)). This analysis showed that lamivudine reduces the risk of HCC.

3.4. Evaluation of factors related to hepatic carcinogenicity by a six-factor matched case-controlled study

Matched case-control analyses were performed for six factors (sex, family history of hepatitis B, age at the time of liver biopsy, stage of liver fibrosis, serum albumin level, and platelet count). There were no significant differences in background factors between the groups, as shown in Table 4. The mean follow-up period in the control group (5.3 years) was about twice that in the lamivudine group (2.7 years). In the lamivudine group, HCC occurred in 4 of 377 patients (1.1%), with an annual incidence rate of 0.4%/(patient/year), compared to 50 of 377 patients (13.3%) and 2.5%/(patient/year), respectively, in the control group. A comparison of the cumulative HCC incidence between the two groups by the Kaplan–Meier method showed a significantly lower incidence in the lamivudine group ($p < 0.001$) (Fig. 1).

Next, the background factors were compared between patients with HCC and those without it in the lamivudine and control groups. In the lamivudine group (Table 5), the mean age was significantly higher in patients with HCC than in those without it (55.0 years versus 41.3 years, $p = 0.024$), but there were no significant differences in the other factors. In the control group (Table 6), the mean age was significantly higher in patients with HCC than in those without it (50.6 years versus 40.0 years, $p < 0.001$). Significant differences were also noted in the stage of liver fibrosis ($p < 0.001$), serum albumin level ($p < 0.001$), and platelet count ($p < 0.001$), suggesting that underlying liver disease was more advanced in patients who developed HCC.

Table 1
Comparison of background factors between lamivudine group and control group assessed at the time of liver biopsy

Parameter	Lamivudine group ($n=657$)	Control group ($n=2138$)	p-Value
Gender[a]			
Male	503 (76.6%)	1583 (74.0%)	0.194
Female	154 (23.4%)	555 (26.0%)	
Age (years)[b]	40.9 ± 11.0	37.3 ± 12.4	<0.001
Follow-up period (years)[b]	4.9 ± 4.4	6.2 ± 5.5	<0.001
Family clustering of hepatitis B[a]			
Yes	376 (57.2%)	1085 (50.7%)	0.011
No	242 (36.8%)	924 (43.2%)	
Unknown	39 (5.9%)	129 (6.0%)	
Drinking during the course of the study (>ethanol 80 g/day)			
Yes	69 (10.5%)	359 (16.8%)	<0.001
No	557 (84.8%)	1708 (79.9%)	
Unknown	31 (4.7%)	71 (3.3%)	
IFN therapy[a]			
Yes	269 (40.9%)	812 (38.0%)	<0.001
No	369 (56.2%)	1306 (61.1%)	
Unknown	19 (2.9%)	20 (0.9%)	
Liver histology			
Grade of inflammation[a]			
A0	15 (2.3%)	84 (3.9%)	<0.001
A1	194 (29.5%)	642 (30.0%)	
A2	283 (43.1%)	996 (46.6%)	
A3	142 (21.6%)	389 (18.2%)	
Unknown	23 (3.5%)	27 (1.3%)	
Stage of fibrosis[a]			
F0	12 (1.8%)	49 (2.3%)	0.491
F1	201 (30.6%)	721 (33.7%)	
F2	167 (25.4%)	524 (24.5%)	
F3	171 (26.0%)	491 (23.0%)	
F4	98 (14.9%)	331 (15.5%)	
Unknown	8 (1.2%)	22 (1.0%)	
HBeAg[a]			
+	355 (54.0%)	1272 (59.5%)	<0.001
−	280 (42.6%)	723 (33.8%)	
Unknown	22 (3.3%)	143 (6.7%)	
HBeAb[a]			
+	215 (32.7%)	642 (30.0%)	0.001
−	418 (63.6%)	1330 (62.2%)	
Unknown	24 (3.7%)	166 (7.8%)	
Albumin (g/dL)[b]	4.01 ± 0.49 ($n=629$)	4.14 ± 0.49 ($n=1941$)	<0.001
AST (IU/L)[b]	110.2 ± 131.8 ($n=593$)	94.5 ± 131.5 ($n=2023$)	0.011
ALT (IU/L)[b]	183.4 ± 211.1 ($n=641$)	163.5 ± 234.3 ($n=2022$)	0.056
Platelet count ($\times 1000/mm^3$)[b]	165.4 ± 54.9 ($n=629$)	176.9 ± 59.6 ($n=1931$)	<0.001

[a] Data are expressed as positive numbers (%).
[b] Data are expressed as means ± S.D.

4. Discussion

It is clear that this study has several limitations: it is not prospective, it is not randomized, there is no single regimen of lamivudine, and there is a lack of virological analysis (including that of the HBV genotype and that of YMDD mutations). It would be desirable to conduct a well-designed prospective study using controls. However, because lamivudine has been used in general practice under the insurance system in Japan, it is difficult to conduct a prospective and randomized control study of lamivudine therapy for chronic hepatitis B. In addition, it is ethically unacceptable to leave patients untreated for a long period of time in a control group, because lamivudine has been shown to abate hepatitis and improve histological findings of the liver [12–16].

Table 2
Comparison of the incidence of HCC in relation to each background factor between lamivudine group and control group

Parameter	Category	Group	Total number of patients (number)	No. of patients with HCC (number)	Average follow-up period (year)	Adjusted incidence of HCC (%/year)
Gender	Male	Lamivudine group	503	27	5.0	1.07
		Control group	1583	191	6.4	1.89
	Female	Lamivudine group	154	4	4.3	0.60
		Control group	555	48	5.6	1.54
Age (years)	<30	Lamivudine group	110	2	4.7	0.39
		Control group	642	8	5.9	0.21
	30≦ and <40	Lamivudine group	192	9	5.7	0.82
		Control group	646	52	6.8	1.18
	40≦ and <50	Lamivudine group	206	9	5.3	0.82
		Control group	491	75	6.7	2.28
	50≦	Lamivudine group	149	11	3.3	2.24
		Control group	359	104	5.3	5.47
Duration of lamivudine treatment (years)	<1	Lamivudine group	178	7	5.0	0.79
		Control group	–	–	–	–
	1≦ and <2	Lamivudine group	215	13	4.4	1.37
		Control group	–	–	–	–
	2≦ and <3	Lamivudine group	145	7	4.6	1.05
		Control group	–	–	–	–
	3≦	Lamivudine group	107	4	5.9	0.63
		Control group	–	–	–	–
Family clustering of hepatitis B	No	Lamivudine group	242	10	4.8	0.86
		Control group	924	100	6.4	1.69
	Yes	Lamivudine group	376	20	5.0	1.06
		Control group	1085	128	5.9	2.00
	Unknown	Lamivudine group	39	1	4.4	0.58
		Control group	129	11	8.2	1.04
Drinking during the course of the study (>ethanol 80 g/day)	No	Lamivudine group	557	23	4.8	0.86
		Control group	1708	158	5.8	1.59
	Yes	Lamivudine group	69	7	5.6	1.81
		Control group	359	76	7.8	2.71
	Unknown	Lamivudine group	31	1	3.8	0.85
		Control group	71	5	7.7	0.91
IFN therapy	No	Lamivudine group	369	19	4.2	1.23
		Control group	1306	167	6.0	2.13
	Yes	Lamivudine group	269	12	6.0	0.74
		Control group	812	70	6.5	1.33
	Unknown	Lamivudine group	19	0	2.6	0.00
		Control group	20	2	7.9	1.27
Liver histology Grade of inflammation	A0	Lamivudine group	15	0	9.3	0.00
		Control group	84	8	6.6	1.44
	A1	Lamivudine group	194	4	5.4	0.38
		Control group	642	59	6.4	1.44
	A2	Lamivudine group	283	15	4.9	1.08
		Control group	996	109	6.3	1.74
	A3	Lamivudine group	142	10	3.4	2.07
		Control group	389	52	5.5	2.43
	Unknown	Lamivudine group	23	2	6.1	1.43
		Control group	27	11	8.7	4.68

Table 2 (*Continued*)

Parameter	Category	Group	Total number of patients (number)	No. of patients with HCC (number)	Average follow-up period (year)	Adjusted incidence of HCC (%/year)
Stage of fibrosis	F0	Lamivudine group	12	0	7.2	0.00
		Control group	49	3	5.7	1.07
	F1	Lamivudine group	201	6	6.0	0.50
		Control group	721	29	6.7	0.60
	F2	Lamivudine group	167	8	4.7	1.02
		Control group	524	38	5.8	1.25
	F3	Lamivudine group	171	11	4.0	1.61
		Control group	491	61	6.0	2.07
	F4	Lamivudine group	98	6	3.6	1.70
		Control group	331	99	6.2	4.82
	Unknown	Lamivudine group	8	0	6.7	0.00
		Control group	22	9	8.3	4.93
HBeAg	–	Lamivudine group	280	10	4.2	0.85
		Control group	723	83	6.4	1.79
	+	Lamivudine group	355	19	5.3	1.01
		Control group	1272	134	6.0	1.76
	Unknown	Lamivudine group	22	2	6.2	1.47
		Control group	143	22	7.4	2.08
HBeAb	–	Lamivudine group	418	19	4.9	0.93
		Control group	1330	137	6.0	1.72
	+	Lamivudine group	215	10	4.7	0.99
		Control group	642	75	6.3	1.85
	Unknown	Lamivudine group	24	2	6.1	1.37
		Control group	166	27	7.4	2.20
Albumin (g/dL)	<4.0	Lamivudine group	257	19	4.5	1.64
		Control group	619	113	5.7	3.20
	4.0≦	Lamivudine group	372	9	4.9	0.49
		Control group	1322	90	6.1	1.12
AST (IU/L)	<50	Lamivudine group	187	7	5.7	0.66
		Control group	905	82	6.1	1.49
	50≦ and <100	Lamivudine group	200	14	4.7	1.49
		Control group	572	81	5.9	2.40
	100≦ and <200	Lamivudine group	142	7	5.1	0.97
		Control group	367	31	6.2	1.36
	200≦	Lamivudine group	64	2	4.4	0.71
		Control group	179	15	6.0	1.40
ALT (IU/L)	<50	Lamivudine group	117	5	4.7	0.91
		Control group	570	69	6.1	1.98
	50≦ and <100	Lamivudine group	155	7	4.9	0.92
		Control group	506	60	5.8	2.04
	100≦ and <150	Lamivudine group	109	9	4.7	1.76
		Control group	297	36	5.9	2.05
	150≦	Lamivudine group	260	9	4.8	0.72
		Control group	649	44	6.2	1.09
Platelet count ($\times 1000/mm^3$)	<150	Lamivudine group	254	18	3.8	1.86
		Control group	629	125	5.8	3.43
	150≦	Lamivudine group	375	11	5.3	0.55
		Control group	1302	67	6.1	0.84

Table 3
Estimation of effects of covariates following selection of regressor in Cox regression model

Category	Hazard ratio	95% Confidence interval (CI)	*p*-Value
Lamivudine therapy			
No	1		
Yes	0.49	0.31–0.77	0.002
Gender			
Male	1		
Female	0.42	0.28–0.62	<0.001
Family clustering of hepatitis B			
No	1		
Yes	1.44	1.08–1.94	0.015
Age at liver biopsy			
<40 y.o.	1		
≧40 y.o.	2.09	1.77–2.48	<0.001
Stage of liver fibrosis			
F0 or F1	1		
F2, F3, or F4	1.43	1.24–1.64	<0.001
Serum albumin level			
<4.0 g/dL	1		
≧4.0 g/dL	0.58	0.43–0.79	0.001
Platelet count			
<150 × 1000/μL	1		
≧150 × 1000/μL	0.53	0.38–0.73	<0.001

In the analysis of retrospective studies, great precautions are required in order to eliminate any bias between lamivudine-treated and non-treated groups. To minimize inter-group bias, we conducted with the cooperation of multiple medical institutions and a large number of patients ($n = 2795$). The effect of lamivudine on HCC was ultimately analyzed in a matched case-controlled study. Because the time of liver biopsy was used as the starting point in our analysis, the analytical results were not expected to appropriately reflect lamivudine's effect if the therapy was started a long time after the biopsy. Therefore, from among the 657 patients who received lamivudine therapy, we selected 377 patients who started lamivudine therapy within 2 years after biopsy. For a control group, the same number of patients ($n = 377$) without lamivudine therapy was selected from the 2138 subjects.

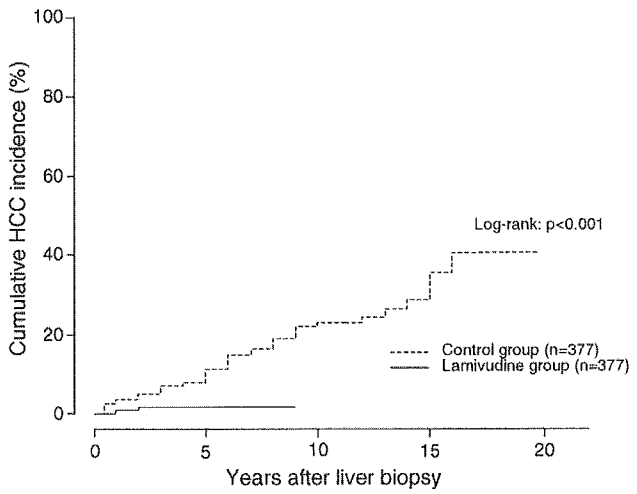

Fig. 1. Comparison of the cumulative HCC incidence between the lamivudine group (solid line) and the control group (broken line) by the Kaplan–Meier method in a case-matched control study. A significant difference was seen between the two groups ($p < 0.001$, log-rank test).

The regimen was not the same in all patients who have been treated by lamivudine. It was transiently discontinued before being recommenced later in some patients, whereas it was uninterrupted throughout the follow-up period in the majority (63%) of subjects in the matched case-controlled study. The duration of lamivudine regimen was not taken into account in the design of our study. Some patients received lamivudine for relatively short periods to improve acute exacerbation of their clinical course in chronic hepatitis B. On the other hand, some patients received lamivudine for the long-term to suppress the development of HCC. In the analysis by a multivariate Cox regression model in all unmatched patients, lamivudine therapy was selected as one of the factors inhibiting the occurrence of HCC. In the matched case-controlled study, the annual occurrence rate of HCC was significantly lower (0.4%/(patient/year)) in the lamivudine group than in the control group (1.8%/(patient/year)), suggesting that lamivudine treatment is effective for inhibiting the occurrence of HCC.

Recently, Liaw et al. conducted a multicenter, centrally randomized, double-blind, placebo-controlled, parallel group study to evaluate the effects of lamivudine on the progression of chronic hepatitis B to hepatic cancer [21]. They randomized 651 patients with histologically confirmed (F3 and F4), compensated hepatic cirrhosis to receive either lamivudine or a placebo at a ratio of 2:1 and continued the treatment for up to 5 years. The study was terminated after a median treatment duration of 32.4 months (range 0–42) owing to a significant difference between the groups in the number of end points reached. The end points were reached by 7.8% of the patients receiving lamivudine and 17.7% of those receiving placebo (hazard ratio for disease progression, 0.45; $p = 0.001$). The Child–Pugh score increased in 3.4% of the patients receiving lamivudine and in 8.8% of those receiving placebo (hazard ratio, 0.45; $p = 0.02$), whereas HCC occurred in 3.9% of those in the lamivudine group and in 7.4% of those in the placebo group (hazard ratio, 0.49: $p = 0.047$). The results of our analysis, which included patients with F0 through F2 hepatic fibrosis, were similar to those of Liaw et al. [21]. Thus, two studies demonstrated that the use of potent anti-viral agents such as lamivudine represents a major advance in the treatment of chronic hepatitis B and slows the progression of severe liver disease to liver cirrhosis as well as HCC.

Both hepatitis B and C are caused by persistent infection with hepatitis viruses, and both have a high probability of resulting in HCC. For this reason, these two diseases have a number of common traits, but some differences have been noted in their relationships with HCC. Among both

Table 4
Comparison of background factors between lamivudine group and control group assessed at the time of liver biopsy (matched case-controlled study)

Parameter	Lamivudine group ($n = 377$)	Control group ($n = 377$)	p-Value
Gender[a]			
Male	276 (73.2%)	273 (72.4%)	0.806
Female	101 (26.8%)	104 (27.6%)	
Age (years)[b]	41.5 ± 12.0	41.4 ± 12.2	0.950
Follow-up period (years)[b]	2.7 ± 2.1	5.3 ± 4.7	<0.001
Family clustering of hepatitis B[a]			
Yes	238 (63.1%)	242 (64.2%)	0.762
No	139 (36.9%)	135 (35.8%)	
Drinking during the course of the study (>ethanol 80 g/day)[a]			
Yes	38 (10.1%)	62 (16.4%)	0.007
No	333 (88.3%)	314 (83.3%)	
Unknown	6 (1.6%)	1 (0.3%)	
IFN therapy[a]			
Yes	129 (34.2%)	143 (37.9%)	0.046
No	236 (62.6%)	231 (61.3%)	
Unknown	12 (3.2%)	3 (0.8%)	
Liver histology			
Grade of inflammation[a]			
A0	6 (1.6%)	18 (4.8%)	0.001
A1	110 (29.2%)	101 (26.8%)	
A2	157 (41.6%)	186 (49.3%)	
A3	98 (26.0%)	72 (19.1%)	
Unknown	6 (1.6%)	0 (0.0%)	
Stage of fibrosis[a]			
F0	7 (1.9%)	6 (1.6%)	0.647
F1	103 (27.3%)	117 (31.0%)	
F2	95 (25.2%)	97 (25.7%)	
F3	107 (28.4%)	90 (23.9%)	
F4	65 (17.2%)	67 (17.8%)	
HBeAg[a]			
+	193 (51.2%)	220 (58.4%)	0.005
–	178 (47.2%)	141 (37.4%)	
Unknown	6 (1.6%)	16 (4.2%)	
HBeAb[a]			
+	126 (33.4%)	121 (32.1%)	0.030
–	245 (65.0%)	237 (62.9%)	
Unknown	6 (1.6%)	19 (5.0%)	
Albumin (g/dL)[b]	4.00 ± 0.51	4.00 ± 0.52	0.989
AST (IU/L)[b]	118.5 ± 155.4	95.5 ± 126.4	0.031
ALT (IU/L)[b]	191.7 ± 234.8	151.5 ± 180.5	0.009
Platelet count ($\times 1000/mm^3$)[b]	161.7 ± 52.7	164.3 ± 59.5	0.523

[a] Data are expressed as positive numbers (%).
[b] Data are expressed as means ± S.D.

hepatitis B patients and hepatitis C patients, HCC occurs mainly in those with advanced hepatic fibrosis, but the incidence of liver cirrhosis as a background of liver disease is lower in patients with B than in those with C. Furthermore, among hepatitis C patients HCC occurs mainly in those 60 years or older, while among hepatitis B patients it occurs mainly in those under 60 [22–24]. Studies on the cumulative incidence of HCC in hepatitis B patients showed that the HCC incidence increases linearly during the initial 12 years, plateaus, and then increases again in the 17th or 18th year [24,25]. In hepatitis C patients, on the other hand, the HCC incidence shows a continuous, linear increase [26,27]. Various findings obtained to date suggest that these clinical differences are related not only to differences in the hepatitis viral infection route and the timing of infection but also to differences in the mechanisms underlying cancer associated with hepatitis B and C. HCV is an RNA virus, and viral genes are not integrated into the host's genes, whereas HBV is a DNA virus with reverse-transcriptase activity. Thus, HBV genes are often integrated into the host's chromosomes

Table 5
Comparison of distribution of background factors between patients who developed HCC and those who did not in the lamivudine group (matched case-controlled study)

Parameter	Patients with HCC ($n=4$)	Patients without HCC ($n=373$)	p-Value
Gender[a]			
Male	3 (75.0%)	273 (73.2%)	1.000[c]
Female	1 (25.0%)	100 (26.8%)	
Age (years)[b]	55.0 ± 19.5 ($n=4$)	41.3 ± 11.9 ($n=373$)	0.024
Follow-up period (years)[b]	1.5 ± 0.6 ($n=4$)	2.7 ± 2.1 ($n=373$)	0.236
Family clustering of hepatitis B[a]			
Yes	2 (50.0%)	236 (63.3%)	0.628[c]
No	2 (50.0%)	137 (36.7%)	
Drinking during the course of the study (>ethanol 80 g/day)[a]			
Yes	1 (25.0%)	37 (9.9%)	0.393[c]
No	3 (75.0%)	330 (88.5%)	
Unknown	0 (0.0%)	6 (1.6%)	
IFN therapy[a]			
Yes	0 (0.0%)	129 (34.6%)	0.387[c]
No	4 (100.0%)	232 (62.2%)	
Unknown	0 (0.0%)	12 (3.2%)	
Liver histology			
Grade of inflammation[a]			
A0	0 (0.0%)	6 (1.6%)	0.458[c]
A1	0 (0.0%)	110 (29.5%)	
A2	3 (75.0%)	154 (41.3%)	
A3	1 (25.0%)	97 (26.0%)	
Unknown	0 (0.0%)	6 (1.6%)	
Stage of fibrosis[a]			
F0	0 (0.0%)	7 (1.9%)	0.918[c]
F1	1 (25.0%)	102 (27.3%)	
F2	1 (25.0%)	94 (25.2%)	
F3	2 (50.0%)	105 (28.2%)	
F4	0 (0.0%)	65 (17.4%)	
HBeAg[a]			
+	3 (75.0%)	190 (50.9%)	0.648[c]
−	1 (25.0%)	177 (47.5%)	
Unknown	0 (0.0%)	6 (1.6%)	
HBeAb[a]			
+	2 (50.0%)	124 (33.2%)	0.632[c]
−	2 (50.0%)	243 (65.1%)	
Unknown	0 (0.0%)	6 (1.6%)	
Albumin (g/dL)[b]	4.23 ± 0.45 ($n=4$)	4.00 ± 0.51 ($n=373$)	0.384
AST (IU/L)[b]	47.0 ± 22.8 ($n=4$)	119.4 ± 156.2 ($n=326$)	0.356
ALT (IU/L)[b]	46.3 ± 24.2 ($n=4$)	193.2 ± 235.5 ($n=372$)	0.213
Platelet count ($\times 1000/mm^3$)[b]	141.0 ± 27.0 ($n=4$)	161.9 ± 52.9 ($n=373$)	0.431

[a] Data are expressed as positive numbers (%).
[b] Data are expressed as means ± S.D.
[c] Fisher's exact test.

and play an important role in hepatic carcinogenesis [28,29]. It is known that the repeat of necrosis and regeneration of liver might accelerate the mutation of oncogenes. In addition, de novo carcinogenesis is thought to be promoted in hepatitis B patients as a result of the increased genetic instability caused by the integration of the HBV genome into the host's chromosomes. When administered to patients with hepatitis B, lamivudine decreases the blood HBV-DNA concentration and markedly improves ALT levels, with consequent improvement of liver histological findings [7,11,13,14]. An early in vitro study showed that lamivudine decreases the amount of free HBV-DNA in hepatocytes but does not affect integrated HBV genes [30]. Therefore, lamivudine is thought to inhibit HCC by abating hepatitis and not by inhibiting viral gene integration. In fact, as shown in the matched case control study, all four patients who developed HCC in the lamivudine group had non-cirrhotic liver disease, whereas 23 (46%) of 50 patients who developed HCC had liver cirrhosis. Due to the small number of patients included, however, further studies are necessary to confirm this finding.

Table 6
Comparison of distribution of background factors between patients who developed HCC and those who did not in the control group (matched case-controlled study)

Parameter	Patients with HCC ($n=50$)	Patients without HCC ($n=327$)	p-Value
Gender[a]			
Male	40 (80.0%)	233 (71.3%)	0.236[c]
Female	10 (20.0%)	94 (28.7%)	
Age (years)[b]	50.6 ± 10.1	40.0 ± 11.9	<0.001
Follow-up period (years)[b]	5.3 ± 4.3	5.2 ± 4.8	0.951
Family clustering of hepatitis B[a]			
Yes	29 (58.0%)	213 (65.1%)	0.345[c]
No	21 (42.0%)	114 (34.9%)	
Drinking during the course of the study (>ethanol 80 g/day)[a]			
Yes	14 (28.0%)	48 (14.7%)	0.050[c]
No	36 (72.0%)	278 (85.0%)	
Unknown	0 (0.0%)	1 (0.3%)	
IFN therapy[a]			
Yes	16 (32.0%)	127 (38.8%)	0.578[c]
No	34 (68.0%)	197 (60.2%)	
Unknown	0 (0.0%)	3 (0.9%)	
Liver histology			
Grade of inflammation[a]			
A0	2 (4.0%)	16 (4.9%)	0.026[c]
A1	6 (12.0%)	95 (29.1%)	
A2	27 (54.0%)	159 (48.6%)	
A3	15 (30.0%)	57 (17.4%)	
Stage of fibrosis[a]			
F0	0 (0.0%)	6 (1.8%)	<0.001[c]
F1	7 (14.0%)	110 (33.6%)	
F2	8 (16.0%)	89 (27.2%)	
F3	12 (24.0%)	78 (23.9%)	
F4	23 (46.0%)	44 (13.5%)	
HBeAg[a]			
+	26 (52.0%)	194 (59.3%)	0.564[c]
−	22 (44.0%)	119 (36.4%)	
Unknown	2 (4.0%)	14 (4.3%)	
HBeAb[a]			
+	20 (40.0%)	101 (30.9%)	0.319[c]
−	27 (54.0%)	210 (64.2%)	
Unknown	3 (6.0%)	16 (4.9%)	
Albumin (g/dL)[b]	3.63 ± 0.59	4.06 ± 0.49	<0.001
AST (IU/L)[b]	96.9 ± 100.8	95.3 ± 130.0	0.934
ALT (IU/L)[b]	132.8 ± 165.5	154.4 ± 182.7	0.431
Platelet count ($\times 1000/mm^3$)[b]	126.8 ± 50.7	170.0 ± 58.7	<0.001

[a] Data are expressed as positive numbers (%).
[b] Data are expressed as means ± S.D.
[c] Fisher's exact test.

Seven HBV genotypes (A–G) have been identified to date, and their distribution shows regional variations [31–36]. In Japan, genotypes C, B, and the other five account for 85, 12, and 3% of hepatitis B patients [36]. The virological differences between HBV genotype B and genotype C might influence not only on the natural course of hepatitis B but also the efficacy by lamivudine. The patients with HBV genotype B are frequently negative for HBeAg, have lower ALT levels and a better prognosis. In contrast, the patients with HBV genotype C tend to remain HBeAg-positive for a longer duration and tend to have elevated ALT levels and more advanced liver disease, such as liver cirrhosis and HCC. This indicates that the analysis of HBV genotypes will be needed in this study.

In conclusion, our multicenter, retrospective, matched case study indicated that lamivudine treatment might suppress the risk of HCC in patients with chronic hepatitis B. However, the study has several limitations, such as the relatively short duration of treatment and the lack of virological analyses (HBV genotype, YMDD mutation, and HBV-DNA volume). To relief these limitations, further long-term observation should be continued to clarify the conclusion.