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Ⅳ. 研究成果の刊行物・別刷

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Original Article

Early decline of hemoglobin can predict progression of hemolytic anemia during pegylated interferon and ribavirin combination therapy in patients with chronic hepatitis C

Naoki Hiramatsu,[1] Nao Kurashige,[1] Tsugiko Oze,[1] Tetsuo Takehara,[1] Shinji Tamura,[1] Akinori Kasahara,[1] Masahide Oshita,[2] Kazuhiro Katayama,[3] Harumasa Yoshihara,[4] Yasuharu Imai,[5] Michio Kato,[6] Sumio Kawata,[7] Hirohito Tsubouchi,[8] Hiromitsu Kumada,[9] Takeshi Okanoue,[10] Shinichi Kakumu[11] and Norio Hayashi[1]

[1]Department of Gastroenterology and Hepatology, Osaka University Graduate School of Medicine, Osaka, [2]Osaka Police Hospital, Osaka, [3]Osaka Kouseinenkin Hospital, Osaka, [4]Osaka Rousai Hospital, Sakai, [5]Ikeda Municipal Hospital, Ikeda, [6]National Hospital Organization Osaka National Hospital, Osaka, [7]Department of Gastroenterology, Yamagata University School of Medicine, Yamagata, [8]Department of Digestive and Lifestyle Related Disease, Kagoshima University Graduate School of Medical and Dental Sciences, Kagoshima, [9]Toranomon Hospital, Tokyo, [10]Molecular Gastroenterology and Hepatology, Graduate School of Medical Science, Kyoto Prefectural University of Medicine, Kyoto and [11]Department of Internal Medicine, Division of Gastroenterology, Aichi Medical University School of Medicine, Aichi, Japan

Aim: Ribavirin, used to treat chronic hepatitis C, can induce hemolytic anemia, forcing the discontinuance of treatment. To establish a predictive measure to help circumvent this, we evaluated the relationship of hemoglobin (Hb) decline with the discontinuance of treatment during the progression of ribavirin-induced anemia.

Methods: One hundred and sixteen patients (71% male) with genotype 1 chronic hepatitis C were treated with pegylated interferon (PegIFN) α-2b and ribavirin. The mean age was 50.6 years and 55% were IFN naïve. A decline of Hb concentration by 2 g/dL at two weeks from the start of the treatment ("2 by 2" standard) was adopted as the predictive factor for the progression of anemia.

Results: By applying the "2 by 2" standard, with $\Delta Hb \geq 2$ g/dL (34%, $n = 39$), treatment was discontinued in 12 cases (31%), three of which (8%) because of severe anemia. For $\Delta Hb < 2$ g/dL (64%, $n = 76$), treatment was discontinued in 11 (14%) cases; none due to severe anemia. Ten percent (4/39) of patients showed the minimum $Hb \leq 8.5$ g/dL in the $\Delta Hb \geq 2$ g/dL group, with none in the $\Delta Hb < 2$ g/dL group ($P = 0.001$). Furthermore, the patients with minimum $Hb \leq 8.5$ g/dL were found only in the "2 by 2" standard-positive and low CL/F (<15) group (4/29, 14%).

Conclusion: Monitoring the Hb decline using the "2 by 2" standard can identify patients who are prone to developing severe anemia. Further prospective studies are needed using ribavirin reduction based on the "2 by 2" standard.

Key words: "2 by 2" standard, chronic hepatitis C, pegylated interferon and ribavirin combination therapy, progression of anemia

INTRODUCTION

THE AIM OF antiviral therapy for hepatitis C virus (HCV) is to obtain a sustained viral response (SVR) and to reduce the occurrence rate of hepatocellular carcinoma or hepatic disease-related mortality.[1,2] The current optimal therapy for patients with chronic hepatitis C is a combination of pegylated interferon (PegIFN) and ribavirin. This combination can significantly improve the SVR rate and is recommended as a standard regimen worldwide.[3–8] However, the SVR rates for the combination therapy of ribavirin with PegIFN for naïve patients with HCV genotype 1 has been reported to be 42–52%,[6,9,10] which means that eradication of HCV is not complete in approximately half of these patients. Recently, long-term treatment[11] and a higher dosage

Correspondence: Dr Naoki Hiramatsu, Department of Gastroenterology and Hepatology, Osaka University Graduate School of Medicine, 2-2 Yamadaoka, Suita City, Osaka 565-0871, Japan. Email: hiramatsu@gh.med.osaka-u.ac.jp
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of drugs[12,13] have been used to try to raise the SVR rate for patients with HCV genotype 1. However, it remains to be established what constitutes satisfactory efficacy. In this study we focused on a treatment strategy to enable the prediction of severe side-effects in order to avoid the need to discontinue treatment and raise the SVR rate by PegIFN and ribavirin combination therapy It is important that ribavirin, the key drug for eradicating HCV, is continued until the end of treatment in order to attain the maximum SVR rate. Hemolytic anemia induced by ribavirin is known as one of the most important adverse effects in the combination therapy of PegIFN and ribavirin.[14–17] To decrease the discontinuance rate of ribavirin due to severe anemia, epoetin alfa has been used for patients with progressing anemia, which can maintain the dose level of ribavirin as well as the quality of life of the patients.[18–20] However, from a cost-effectiveness standpoint, it would be difficult for this treatment strategy to become standard. Also, side-effects other than anemia arising from an overload of ribavirin mainly due to renal dysfunction cannot be avoided by the additional administration of epoetin alfa.

Hemolysis induced by ribavirin has been suggested to be related to a high plasma concentration of ribavirin.[21] The apparent clearance of ribavirin (CL/F), which reflects its plasma concentration at four weeks after the start of combination therapy, has been used as a predictive factor for ribavirin-induced hemolytic anemia before the start of treatment.[22–24] However, the progression of hemolytic anemia occurs due not only to hemolysis, but also impaired hematogenous function. On the other hand, hemoglobin (Hb) dynamics directly reflect the degree of progression of anemia. We have reported that the early decline of Hb correlates with the progression of anemia during IFN and ribavirin combination therapy.[25] It is necessary to verify that a similar early predictor for the progression of anemia can be adopted in PegIFN and ribavirin combination therapy, since PegIFN is known to induce less depression of bone marrow function than usual IFN.

In this study, we evaluated the utility of the early decline of Hb in comparison with the CL/F to predict the progression of anemia in the combination therapy of PegIFN and ribavirin.

METHODS

Patients

THIS STUDY WAS conducted at 12 institutions in Japan. A total of 116 patients with chronic hepatitis C were enrolled and treated with a combination of PegIFN and ribavirin. All patients were anti-hepatitis C virus antibody positive, had HCV-RNA detectable in their serum by the polymerase chain reaction (PCR) method, and showed elevated serum alanine transaminase (ALT) (above the upper limit of the normal), serum Hb concentration ≥12 g/dL, neutrocytes ≥1500/mm^3 and platelets ≥10^5/mm^3 within six months before the treatment. Exclusion criteria were the presence of hepatitis B surface antigen, antihuman immunodeficiency virus antibody and other forms of liver disease (alcoholic liver disease, hepatotoxic drugs, autoimmune hepatitis).

Table 1 Patient characteristics

Age (years)	50.6 ± 10.1 (24–70)
Gender (male/female)	82/34 (male 70.7%)
Body weight (kg)	64.5 ± 11.1
Previous IFN therapy (naïve/ relapser/no responder)	64/38/14
HCV-RNA level (KIU/L) (<500/ 500–850/850<)	18/27/71
ALT (IU/L)	110 ± 60 (33–76)
Crnn (mg/dL)	0.9 ± 0.2
Liver histology	
Fibrosis (F1/F2/F3/unknown)	35/49/31/1
Activity (A1/A2/A3/A4)	15/33/56/12
WBC (/mm^3)	5317 ± 1207
Neutrocytes (/mm^3)	2778 ± 902
Platelets (×10^4/mm^3)	17 4 ± 4.0
RBC (×10^4/mm^3)	459 ± 41
Hemoglobin (g/dL)	14.5 ± 1.2

Data are given as the mean ± SD.
ALT, alanine transaminase; RBC, red blood cells; WBC, white blood cells.

The baseline characteristics of the patients are shown in Table 1. The mean age was 50.6 ± 10.1 years, and 71% (82 patients) were male. All patients had HCV-RNA with genotype 1 and high viral loads (more than 10^5 copies/mL serum by Amplicor-HCV monitor assay). The mean ALT level was 110 ± 60 IU/L. Sixty-four patients (55%) were IFN naïve and the others were undergoing retreatment.

Treatment schedule

All patients were treated with a combination of PegIFN α-2b (Pegintron; Schering-Plough, Kenilworth, NJ, USA) and ribavirin (Rebetol; Schering-Plough) for 48 weeks. PegIFN was administered at a mean of 1.5 μg/kg body weight subcutaneously once a week. Ribavirin was given orally twice a day for the total dose. Dosages of both medications were decided based on the

body weight of the patients: those with a body weight of 40–60 kilograms (kg) were given PegIFN 75 μg/body and ribavirin 600 mg/day, those with a body weight of 60–80 kg were given PegIFN 105 μg/body and ribavirin 800 mg/day, and those with a body weight of 80–100 kg were given PegIFN 135 μg/body and ribavirin 1000 mg/day The PegIFN dose was reduced by 50%, if the neutrocyte count was below 750/mm³ or the platelet (Plt) count was below 8×10^4/mm³. The PegIFN was discontinued if the neutrocyte count was below 500/mm³ or the Plt count was below 5.0×10^4/mm³ The ribavirin dose of 200 mg was reduced when the Hb concentration decreased to less than 10 g/dL and the ribavirin was discontinued when the Hb concentration decreased to less than 8.5 g/dL, in accordance with the drug information for ribavirin. No ferric medicine or erythropoietin to prevent anemia was administered.

Patients with persistently undetectable HCV-RNA six-months after the end of treatment were considered to have achieved SVR.

Blood tests

All patients were examined for serum HCV-RNA level, hematological and biochemical tests just before therapy, at the end of week 2 and every four weeks during the treatment. When the treatment was completed, the patients were assessed every four weeks up to 24 weeks after the end of treatment.

Total ribavirin clearance

Using the method of Kamar *et al.*, CL/F at the start of the treatment was calculated as follows: CL/F (L/h) = $32.3 \times BW \times (1 - 0.0094 \times age) \times (1 - 0.42 \times sex)/Scr$ (BW, body weight; sex = 0 for male and 1 for female; Scr = serum creatinine).[17]

Definition of "severe anemia" leading to the discontinuance of ribavirin

In this study, the "discontinuance of ribavirin due to severe anemia" was defined as follows: discontinuance of ribavirin due to a decrease of Hb to less than 8.5 g/dL or clinical symptoms of anemia associated with a decrease of Hb of more than 3 g/dL from the start of the combination therapy

Statistical analysis

Age, body weight, ribavirin dosage/body weight, white blood cell count, red blood cell count, Hb concentration, Plt, serum ALT levels and serum creatinine are expressed as mean ± SD The SVR rate was evaluated using the intention-to-treat analysis (ITT analysis). The differences in proportions were tested by the χ^2-test and Mantel-Haenszel χ^2-test. A value of $P < 0.05$ (two-tailed) was considered to indicate significance. All calculations were performed by SAS program 9.1 (SAS Institute, Cary, NC, USA).

RESULTS

Frequency and reasons for dose reduction or discontinuance of PegIFN and/or ribavirin

OF THE 116 patients, 92 completed 48 weeks of therapy, but 24 patients (21%) had to discontinue both PegIFN and ribavirin. Thirty-nine patients (34%) completed the entire treatment schedule without reduction or discontinuance of either drug. The ribavirin dose was decreased for 39 patients (34%) and the PegIFN dose was decreased for 33 patients (28%), including 19 patients for whom both drugs had to be reduced. The reasons for discontinuance of both drugs included anemia, thyroid dysfunction, skin eruption and neutropenia, with the major reasons being anemia (17%) and thyroid dysfunction (17%).

Efficacy of the combination therapy with dose reduction or discontinuance of PegIFN and/or ribavirin

The SVR rate was 57% (66/116) for all according to ITT analysis. According to the category of response to previous IFN therapy, the SVR rates were 43% (6/14) in

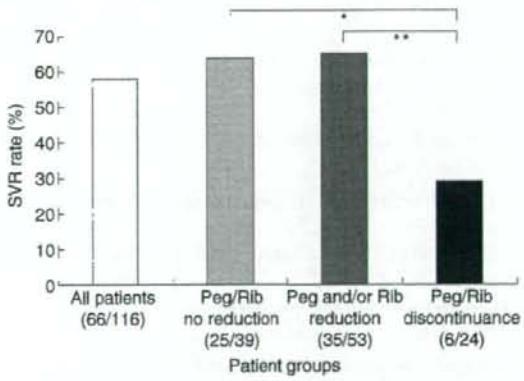

Figure 1 SVR rate due to PegIFN/ribavirin dose reduction or discontinuance. (□), All patients; (▨), patients without dose reduction; (■), patients with dose reduction; (■), patients with drug discontinuance. Significant levels: $*P = 0.003$; $**P = 0.001$.

Table 2 Rate of the ribavirin reduction or discontinuance due to adverse effects according to CL/F level

	No reduction	Dose reduction	Discontinuance	
			All cases	Cases due to severe anemia
$20 \leq CL/F$ ($n = 12$)	67% (8/12)	25% (3/12)	8% (1/12)	0
$15 \leq CL/F < 20$ ($n = 23$)	57% (13/23)	30% (7/23)	13% (3/23)	0
$10 \leq CL/F < 15$ ($n = 39$)	46% (18/39)	31% (12/39)	23% (9/39)	5% (2/39)
$CL/F < 10$ ($n = 42$)	33% (14/42)	40% (17/42)	26% (11/42)	5% (2/42)

$P = 0.031$ (Mantel–Haenszel χ^2-test).

Table 3 Minimum hemoglobin levels during PegIFN/ribavirin combination therapy according to CL/F level

	10 g/dL < Hb	8.5 < Hb ≤ 10 g/dL	Hb ≤ 8.5 g/dL
$20 \leq CL/F$ ($n = 12$)	92% (11/12)	12% (1/12)	0
$15 \leq CL/F < 20$ ($n = 23$)	83% (19/23)	17% (4/23)	0
$10 \leq CL/F < 15$ ($n = 39$)	72% (28/39)	23% (9/39)	5% (2/39)
$CL/F < 10$ ($n = 42$)	50% (21/42)	43% (18/42)	7% (3/42)

$P = 0.009$ (Mantel–Haenszel χ^2-test).

non-responders, 61% (23/38) in relapsers, and 58% (37/64) in naïve patients. The relationship between dose reduction or discontinuance of PegIFN and ribavirin and the SVR rate on ITT analysis is shown in Figure 1. Similar SVR rates were obtained in the groups without dose reduction of PegIFN and ribavirin (64%, 25/39) and with reduction of PegIFN and/or ribavirin (66%, 35/53); in detail, the SVR rate was 79% (11/14) in the group with reduction of only PegIFN, 55% (11/20) with reduction of only ribavirin, and 63% (12/19) with reduction of both PegIFN and ribavirin. In the group where both drugs were discontinued, the SVR rate was 25% (6/24), significantly lower than the group without reduction of both drugs ($P = 0.003$), and the group with reduction of PegIFN and/or ribavirin ($P = 0.001$).

CL/F and dose reduction or discontinuance of ribavirin

CL/F calculated for all patients showed a median of 12.6 L/h (range 4.5–27.9). At the start of the treatment, 36% (42/116) were under 10 L/h, 34% (39/116) were 10–15 L/h, 20% (23/116) were 15–20 L/h and 10% (12/116) were 20 L/h or more.

The rate of dose reduction or discontinuance of ribavirin is shown in Table 2 for different levels of CL/F. The rate of discontinuance of ribavirin in all cases was 8% (1/12) for the $CL/F \geq 20$, 13% (3/23) for the $15 \leq CL/F < 20$, 23% (9/39) for the $10 \leq CL/F < 15$, and 26% (11/42) for the $CL/F < 10$ group. Ribavirin did not have to be discontinued due to severe anemia among patients with $15 \leq CL/F$, but did for the 18% (2/11) of those with $CL/F < 10$ and 22% (2/9) of those with $10 \leq CL/F < 15$. The rate of reduction and discontinuance of ribavirin correlated significantly with the CL/F level.

CL/F and minimum hemoglobin level during treatment

To examine the relationship between anemia and the cessation of ribavirin in further detail, we evaluated the minimum hemoglobin level during treatment. Table 3 presents the different levels in relation to CL/F. The patients with minimum Hb ≤ 8.5 g/dL, the criterion for discontinuance of ribavirin, accounted for 7% (3/42) of the group of $CL/F < 10$, and 5% (2/39) of the group of $10 \leq CL/F < 15$. No patients of the group of $CL/F \geq 15$ showed minimum Hb ≤ 8.5 g/dL.

Early decline of Hb and progression of anemia during combination therapy

Following the initiation of combination therapy, the Hb concentration decreased rapidly until the end of four-weeks. At the end of two weeks, Hb had decreased by 1.1 ± 1.0 g/dL among the patients without dose reduction of ribavirin ($n = 53$), 1.6 ± 1.2 g/dL among those with dose reduction ($n = 39$), and 1.8 ± 1.0 g/dL among

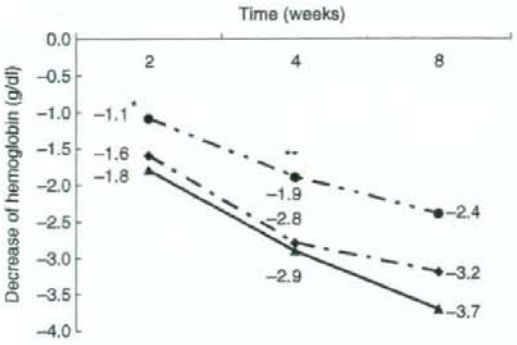

Figure 2 Course of ΔHb in the initial phase. (—···—), No reduction; (—·—·—), reduction; (——), discontinuance. *Significantly different between patients with discontinuance and patients with no reduction ($P = 0.04$). **Significantly different between patients with discontinuance and patients with no reduction ($P = 0.008$), and between patients with discontinuance and patients with reduction ($P = 0.003$).

those who had discontinued ribavirin ($n = 24$). It was significantly different between the patients with no reduction and those with discontinuance of therapy ($P = 0.04$). At the end of four weeks, Hb had decreased by 1.9 ± 1.2 g/dL among the patients without dose reduction of ribavirin, 2.8 ± 1.2 g/dL among those with dose reduction, and 2.9 ± 1.2 g/dL among those who had discontinued ribavirin. Hb decline at the end of four weeks was significantly greater in the patients who had discontinued treatment and those who had reduced it, than in those with no reduction ($P = 0.008$, $P = 0.003$, respectively) (Fig. 2).

In this study, we selected the Hb decrease at the end of two weeks as the predictive factor for anemia progression. This is because the judgment of Hb decrease at the end of four weeks is too late to prevent progression of anemia or to perform appropriate counter-measures, such as the administration of epoetin or reduction of ribavirin. Next, we tried to use two borderlines of ΔHb: ΔHb 2.0 indicates a 2 g/dL Hb decrease at the end of two weeks and ΔHb 1.5 indicates a 1.5 g/dL Hb decrease. When ΔHb 2.0 was adopted, the rate of discontinuance of drugs was 31% (12/39) in the ΔHb ≥ 2.0 and 14% (11/76) in the ΔHb < 2.0. When ΔHb 1.5 was adopted, it was 23% (14/60) in the ΔHb ≥ 1.5 and 16% (9/55) in the ΔHb < 1.5. Comparison of the ΔHb 2.0 and ΔHb 1.5 standards showed the sensitivity to be 52% (12/23) and 61% (14/23), and the specificity to be 71% (65/92) and 50% (46/92), respectively. With respect to discontinuance due to anemia, both ΔHb 2.0 and ΔHb 1.5 gave 100% sensitivity (3/3), and the specificities were 68% (76/112) using ΔHb 2.0 and 49% (55/112) using ΔHb 1.5. We decided to adopt the standard of ΔHb 2 g/dL at the end of two weeks from the start of the pegylated IFN and ribavirin combination therapy as the predictive factor for anemia progression ("2 by 2" standard), which has been taken as a predictive factor for anemia in the IFN and ribavirin combination therapy.[25]

Applying the "2 by 2" standard to PegIFN plus ribavirin combination therapy, the rate of reduction or discontinuance of the ribavirin dose was examined with respect to the Hb decrease level (Table 4). Only one patient was excluded from this study, because the treatment was discontinued on the 11th day. In the group of ΔHb (the decrease in Hb concentration at two weeks from the baseline) ≥ 2 g/dL ($n = 39$), the doses were reduced for 18 patients (46%) and discontinued for 12 (31%), three of whom (8%) had severe anemia. For the group of ΔHb < 2 g/dL (76 patients), the doses were reduced for 21 patients (28%) and discontinued for 11 (14%); none due to severe anemia.

Early decline of Hb and minimum hemoglobin level during treatment

As in the case of ΔHb, we evaluated the minimum hemoglobin level during treatment, as shown in Figure 3. The patients with minimum Hb ≤ 8.5 g/dL accounted for 10% (4/39) of the group of ΔHb ≥ 2 g/dL, and there was no patient with minimum Hb ≤ 8.5 g/dL

Table 4 Rate of the ribavirin reduction or discontinuance due to adverse effects according to Hb decrease levels

	No reduction	Dose reduction	Discontinuance	
			All cases	Cases due to severe anemia
ΔHb < 2 g/dL ($n = 76$)	58% (44/76)	28% (21/76)	14% (11/76)	0
ΔHb ≥ 2 g/dL ($n = 39$)	23% (9/39)	46% (18/39)	31% (12/39)	8% (3/39)

$P = 0.004$ (Mantel-Haenszel χ^2-test).

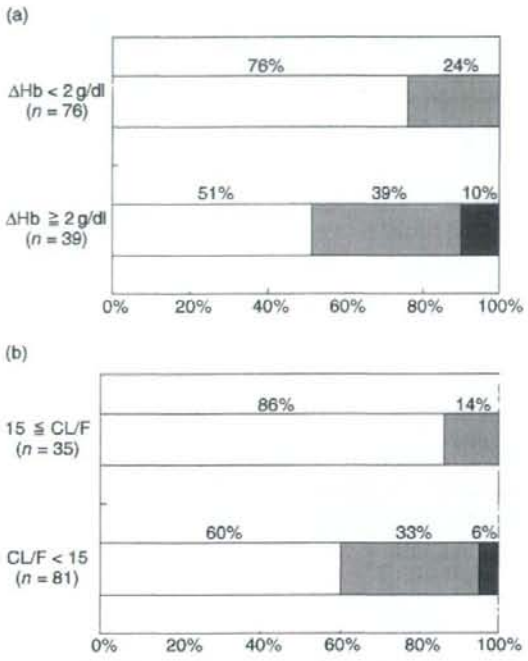

Figure 3 Minimum hemoglobin levels during PegIFN/ribavirin combination therapy. (□), 10 g/dL < minimum Hb; (▩), 8.5 < minimum Hb ≤ 10 g/dL; (■), minimum Hb ≤ 8.5 g/dL. (a) According to the "2 by 2" standard (Hb 2 g/dL decrease at two weeks from the baseline). $P = 0.009$ (Mantel–Haenszel χ^2-test). (b) according to CL/F levels. $P = 0.001$ (Mantel–Haenszel χ^2-test).

in the ΔHb < 2 g/dL group (Fig. 3a). The patients with minimum Hb ≤ 8.5 g/dL accounted for 6% (5/81) of the group of CL/F < 15, and there was no patient with minimum Hb ≤ 8.5 g/dL in the 15 ≤ CL/F group (Fig. 3b). The number of patients with minimum Hb ≤ 8.5 g/dL during PegIFN and ribavirin combination therapy according to "2 by 2" standard and CL/F levels is shown in Table 5. The patients with minimum Hb ≤ 8.5 g/dL were found only in the "2 by 2" standard-positive and low CL/F (<15) group (4/29, 14%).

Table 5 The number of patients with minimum hemoglobin ≤8.5 g/dL during PegIFN/ribavirin combination therapy according to "2 by 2" standard and CL/F levels

	ΔHb < 2 g/dL ($n = 76$)	ΔHb ≥ 2 g/dL ($n = 39$)
CL/F ≥ 15 ($n = 35$)	0/25	0/10
CL/F < 15 ($n = 80$)	0/51	4/29 (14%)

DISCUSSION

PREDICTION OF THE progression of anemia is necessary to decide whether drugs can be continued, with minimization of the disadvantages induced by anemia. Recently, CL/F has been used as a marker of progressing anemia that necessitates discontinuance of treatment. For example, if the patients have a low CL/F level, they should start treatment with a low ribavirin dose. In this study, we attempted to use the CL/F level measurement for our patients. To predict which patients might have to discontinue the treatment, the target range had to be CL/F < 15 because 6% of patients ($n = 5$) in this range showed minimum Hb ≤ 8.5 g/dL, which is the level at which ribavirin should be discontinued. No patients of the CL/F ≥15 group showed minimum Hb ≤ 8.5 g/dL. Our findings showed that 70% of the patients (81/116) with CL/F < 15 should be discriminated from the others (Table 3). In the same manner, using ΔHb as the marker, 34% of the target patients in the ΔHb ≥ 2 g/dL group were identified because 10% in this range showed minimum Hb ≤ 8.5 g/dL. No patients in the ΔHb < 2 g/dL group showed minimum Hb ≤ 8.5 g/dL. Compared to CL/F, ΔHb is considered to be more sensitive and convenient for identifying the high risk patients for whom treatment would need to be discontinued. Furthermore, the application of "2 by 2" standard in the group with low level of CL/F < 15 can be the most sensitive method for this (Table 5), since no patients with progression of anemia were found in the "2 by 2" standard-negative group with CL/F < 15.

In Japan, ribavirin doses are set at 600 mg for <60 kg, 800 mg for 60–80 kg, and 1000 mg for ≥80 kg, which are lower doses than those used in Europe and the USA. In this study, the mean ribavirin level at the start of treatment was 743 mg per day, while the AASLD practice guideline for genotype 1 hepatitis C is a daily dose of 1000 mg for body weight ≤ 75 kg and 1200 mg if >75 kg[26] In Japan, the use of lower doses is why fewer patients treated with PegIFN and ribavirin combination therapy are forced to discontinue the treatment due to severe anemia. Since the "2 by 2" model and/or CL/F can identify the patients who are prone to develop severe anemia, the other patients could be candidates for ribavirin dose-up strategies to raise SVR rates.

A considerable number of patients with chronic hepatitis C are over 60 years old in Japan (mean age is

around 55 years old),[27] although the mean age of this study was 50.6 years old. The number of aged patients with chronic hepatitis C is expected to increase in Europe and the USA, as well as in Japan. In IFN and ribavirin combination therapy, the discontinuance rate due to anemia was significantly higher in aged patients (≥60 years old, 21%) than in younger patients (<60 years old, 9%) ($P < 0.001$).[25] Earlier prediction of anemia is necessary to reduce the ribavirin dose in order to prevent the progression of severe anemia or to start epoetin alfa administration as needed, especially with aged patients. The "2 by 2" standard in PegIFN and ribavirin combination therapy should be a useful and convenient device for predicting the progress of anemia and treatment discontinuance in Europe and the USA, as well as in Japan.

CONCLUSION

IN CONCLUSION, THIS paper has shown that the SVR rate can be raised by preventing the discontinuance of ribavirin in PegIFN and ribavirin combination therapy. What is now needed is a prospective study of whether the early reduction of ribavirin in "2 by 2" standard-positive patients can improve the SVR rates, to ascertain the utility of the "2 by 2" standard in PegIFN and ribavirin combination therapy.

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Original Article

Initial viral response is the most powerful predictor of the emergence of YMDD mutant virus in chronic hepatitis B patients treated with lamivudine

Nao Kurashige,[1] Naoki Hiramatsu,[1] Kazuyoshi Ohkawa,[1] Tsugiko Oze,[1] Yuko Inoue,[1] Mika Kurokawa,[1] Takayuki Yakushijin,[1] Takumi Igura,[1] Shinichi Kiso,[1] Tatsuya Kanto,[1] Tetsuo Takehara,[1] Shinji Tamura,[1] Akinori Kasahara,[1] Masahide Oshita,[2] Taizo Hijioka,[3] Kazuhiro Katayama,[4] Harumasa Yoshihara,[5] Eijirou Hayashi,[6] Yasuharu Imai,[7] Michio Kato[8] and Norio Hayashi[1]

[1]*Osaka University,* [2]*Osaka Police Hospital,* [3]*National Organization Osaka Minami Medical Center,* [4]*Osaka Kouseinenkin Hospital,* [5]*Osaka Rousai Hospital,* [7]*Ikeda City Hospital,* [8]*National Hospital Organization Osaka National Hospital, Osaka, and* [6]*Kinki Central Hospital, Hyogo, Japan*

Aim: Lamivudine (LAM) has been widely used to treat chronic hepatitis B (CHB) patients, but the emergence of a LAM-resistant virus greatly limits its therapeutic efficacy. In this study, we tried to identify factors affecting the emergence of a LAM-resistant virus in CHB patients treated with LAM.

Methods: The subjects were 190 CHB patients in continuous LAM therapy (139 males, mean age 50 years, 87 HBeAg-positive). The mean duration of follow-up was 39 months (range 12–104). The initial viral response (IVR) was defined as HBV DNA < 4.0 logcopies/mL, and the initial biochemical response (IBR) as normalization of alanine aminotransferase (ALT) (<40 IU/L) at 6 months.

Results: IVR was positive in 86% of the patients. The cumulative emergence rates of LAM-resistant virus were 10% at 1 year, 30% at 2 years and 46% at 3 years. In univariate analysis, factors contributing to the emergence of LAM-resistant virus were baseline HBV DNA > 6.5 logcopies/mL ($P = 0.0044$), HBeAg-positivity ($P = 0.0062$), IBR ($P = 0.01$) and IVR ($P < 0.0001$). The cumulative emergence rates of LAM-resistant virus in IVR-positive and -negative patients were 4% and 41% at 1 year, and 41% and 79% at 3 years. In multivariate analysis, only IVR was an independent factor affecting the emergence of LAM-resistant virus ($P < 0.0001$).

Conclusion: IVR is a useful factor for predicting the emergence of LAM-resistant virus in CHB patients treated with LAM. For IVR-negative patients, therapeutic options other than LAM monotherapy should be used because of the high incidence of the emergence of LAM-resistant virus.

Key words: chronic hepatitis B, initial viral response, lamivudine monotherapy, lamivudine-resistant virus

INTRODUCTION

MORE THAN 350 million people are chronically infected with hepatitis B virus (HBV) worldwide.[1] Chronic HBV infection eventually leads to the development of cirrhosis and hepatocellular carcinoma (HCC), and raises the risk of hepatic disease-related death. Nucleos(t)ide analogs are widely used to suppress HBV replication and the progression of HBV-related liver diseases. Lamivudine (LAM), the first approved nucleoside analog for chronic HBV infection, has been shown to suppress viral replication and disease activity.[2] In addition, LAM therapy has recently been reported to reduce the incidence of HCC, the risk of major complications and to improve survival.[3,4] However, the relatively high incidence of LAM resistance is a serious problem in the case of LAM therapy for chronic HBV infection. The emergence of LAM-resistant HBV is linked to the reappearance of active viral replication, followed by the worsening of liver disease.

LAM-resistant HBV is based on point mutation within the YMDD motif of the reverse transcriptase domain of

Correspondence: Dr Naoki Hiramatsu, Department of Gastroenterology and Hepatology, Osaka University Graduate School of Medicine, 2-2 Yamadaoka, Suita City, Osaka 565-0871, Japan. Email: hiramatsu@gh.med.osaka-u.ac.jp
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HBV (YMDD mutation).[5,6] The emergence rates of the mutant virus have been reported to be 24% at 1 year and 70% at 4 years from the start of treatment.[7]

Recent work has shown that newly developed nucleos(t)ide analogs, such as adefovir dipivoxil (ADV) and entecavir (ETV), are also useful agents for controlling patients with chronic HBV infection.[8–11] In particular, the drug-resistant mutant virus has been reported to appear less frequently in cases of treatment with ADV and ETV than with LAM.[12,13] For this reason, LAM has been replaced by ADV and ETV for the treatment of chronic hepatitis B. However, there are still a considerable number of patients with chronic HBV infection who are already on continuous LAM therapy. Thus, further clarification is needed of what factors influence the emergence of the LAM-resistant HBV in LAM treatment for chronic HBV infection.

For a more precise evaluation, we investigated baseline and on-treatment factors affecting the emergence of LAM-resistant mutant virus in patients with chronic hepatitis B treated with LAM.

METHODS

Patients and treatment

THIS STUDY WAS conducted at nine institutions in the Osaka area of Japan (Osaka Police Hospital, Osaka Minami Medical Center, Osaka Kouseinenkin Hospital, Osaka Rousai Hospital, Kinki Central Hospital, Ikeda City Hospital, Osaka National Hospital, Otemae Hospital and Osaka University Hospital). The subjects were 190 consecutive patients with chronic hepatitis B who underwent continuous LAM therapy for more than 12 months. All patients tested positive for hepatitis B surface antigen (HBsAg) or had detectable levels of HBV DNA in their sera by the polymerase chain reaction (PCR)-based method (for 100 patients)[14] or the transcription-mediated amplification (TMA) method (for 90 patients).[15] Exclusion criteria were patients with antihepatitis C antibody, antihuman immunodeficiency virus antibody and other forms of liver diseases (alcoholic liver disease, drug-induced liver disease and autoimmune hepatitis). Forty-one (22%) patients had previously received interferon (IFN)-α therapy for 24 weeks.

All patients were treated with 100 mg of LAM daily After the beginning of the therapy, liver function tests and HBV DNA were measured every other month for the first 6 months and every two months thereafter. HBeAg and anti-HBe were tested every 6 months. In 33 patients (18%), combination therapy with IFN was carried out for the initial 6 months. Three or six megaunits of natural IFN-á were administered daily for the first 2 weeks and three times a week thereafter, followed by LAM monotherapy. The mean follow-up period of the 190 patients was 39 (range 12–104) months. The LAM-resistant YMDD mutant virus was detected by the PCR-enzyme-linked minisequence (ELMA) assay[16] when the virological or biochemical breakthrough was observed. The YMDD mutant virus was found in 86 (45%) patients during follow-up. Fifty-eight of these patients underwent ADV therapy in addition to ongoing LAM treatment and were excluded from the follow-up when ADV administration began. In this study, the initial viral response (IVR) was defined as HBV DNA < 4.0 logcopies/mL, and the initial biochemical response (IBR) as normalization of alanine aminotransferase (ALT) (<40 IU/L) after 6 months of therapy

Table 1 Patient characteristics

Gender (male/female)	139/51
Age (years)	50 ± 11
Chronic hepatitis/liver cirrhosis	113/77
Hepatocellular carcinoma	14 (7%)
AST (IU/L)	122 ± 157
AST (IU/L)	177 ± 236
ALT (≤1/1–2/2–5/>5 × ULN)	22/53/65/50
Platelet (10^4/mm^3)	12.6 ± 5.1
Prothrombin time (%)	71.5 ± 16.6
HBV DNA (logcopies/mL)	6.5 (3.0–7.6<)
HBeAg (positive/negative)	87/103
Combination with interferon	33 (17%)
Duration of treatment (months)	38.9 ± 17.5

ALT, alanine aminotransferase; AST, aspartate aminotransferase; HBeAg, hepatitis B e antigen; HBV, hepatitis B virus; ULM, upper limit normal.

The patients' clinical characteristics are shown in Table 1. There were 139 males and 51 females, ranging in age from 25 to 75 (mean 50) years. Of them, 113 (59%) patients were diagnosed as having chronic hepatitis and the remaining 77 patients (41%) as having cirrhosis according to liver histology and/or the imaging procedure. HCC was developed in 14 (7%) patients. The aspartate aminotransferase (AST) at baseline was 122 ± 157 IU/l, and the ALT at baseline was 177 ± 236 IU/L. Abnormal ALT was observed in 168 (88%) patients. Eighty-seven patients (46%) tested positive for HBeAg. The median HBV DNA at baseline was 6.5 (range 3.0 to 7.6<) logcopies/mL.

HBV testing

HBsAg, hepatitis B e antigen (HBeAg) and antihepatitis B e antibody (anti-HBe) were examined by chemiluminescent immunoassay or enzyme immunoassay.

The HBV DNA level was measured by the PCR-based method (Amplicor HBV monitor; Roche Diagnostics, Tokyo, Japan)[14] or the TMA method (TMA-HPA; Fujirebio, Tokyo, Japan),[15] which have lower detection limits of 2.6 and 3.7 logcopies/mL, respectively. The LAM-resistant YMDD mutant virus was examined by the PCR–ELMA method.[16]

Statistical analysis

Comparisons of categorical and continuous variables between groups were done by the χ^2-test, Student's *t*-test and Mann–Whitney's *U*-test. The cumulative emergence rates of LAM-resistant virus were evaluated with the Kaplan–Meier's curve and the differences between groups were analyzed by the log–rank test. For multivariate analysis to investigate factors affecting the cumulative emergence rate of LAM-resistant virus, Cox proportional hazard regression analysis was carried out. A *P*-value of less than 0.05 (two-tailed) was considered to be statistically significant.

RESULTS

Therapeutic efficacy and the emergence of LAM-resistant mutant virus

AMONG THE 190 patients with chronic hepatitis B who underwent continuous LAM therapy, reduction of HBV DNA to less than 4 logcopies/mL was observed in 86% (163/190) at 6 months, 89% (151/170) at 1 year, 88% (83/94) at 2 years and 89% (48/54) at 3 years of the treatment. Normalization of ALT was achieved by 77% (146/190) at 6 months, 83% (141/170) at 1 year, 81% (76/94) at 2 years and 83% (45/54) at 3 years. Among the 87 HBeAg-positive patients, HBeAg was cleared in 22% (19/86) at 6 months, 26% (21/80) at 1 year, 22% (11/50) at 2 years and 43% (16/37) at 3 years. As for the virological and biochemical response at 6 months of therapy, 163 (86%) of the patients achieved IVR, whereas IBR was seen in 146 (77%) of patients.

When the various patient characteristics were compared between IVR-positive and -negative patients (Table 2), HBV DNA at baseline tended to be lower in patients showing IVR (median 6.5 [range 3.0 to 7.6<] logcopies/mL) than in those who did not show IVR (median 7.3 [range 4.3 to 7.6<] logcopies/mL) ($P < 0.0001$). IVR-negative patients had higher HBeAg positivity at baseline than IVR-positive patients (81% vs 40%, $P = 0.01$). As for the emergence of LAM-resistant mutant virus during follow-up, it was detected more frequently in IVR-negative patients (21/27, 78%) than in IVR-positive patients (65/163, 40%) ($P = 0.002$).

Among the 190 patients examined in this study, the emergence of LAM-resistant YMDD mutant virus occurred in 86 (45%) patients during follow-up. The cumulative probabilities of the emergence of the YMDD mutant virus were 10% at 1 year, 30% at 2 years and 46% at 3 years.

Factors affecting the emergence of LAM-resistant mutant virus

Factors affecting the cumulative probability of the emergence of the YMDD mutant virus were investigated using

Table 2 Comparison of patient characteristics between IVR-positive and -negative patients

	IVR ($n = 163$)	Non-IVR ($n = 27$)	*P*-value
Gender (male/female)	118/45	21/6	NS
Age (years)	50 ± 11	48 ± 12	NS
Chronic hepatitis/liver cirrhosis	91/72	22/5	NS
Hepatocellular carcinoma	13 (8.0%)	1 (4%)	NS
AST (IU/L)	131 ± 167	69 ± 34	NS
ALT (IU/L)	190 ± 252	100 ± 55	NS
ALT (≤1/1–2/2–5/>5 × ULN)	21/43/52/47	1/10/13/3	NS
HBV DNA (logcopies/mL)	6.5 (3.0–7.6<)	7.3 (4.3–7.6<)	<0.0001
HBeAg (positive/negative)	65/98	22/5	0.01
Combination with interferon	27 (17%)	6 (22%)	NS
Emergence of LAM-resistant viruses	65 (40%)	21 (78%)	0.002
Duration of treatment (months)	39.2 ± 17.2	37.3 ± 19.1	NS

ALT, alanine aminotransferase; AST, aspartate aminotransferase; HBeAg, hepatitis B e antigen; HBV, hepatitis B virus; IVR, initial viral response; LAM, lamivudine; NS, not significant; ULN, upper limit normal.

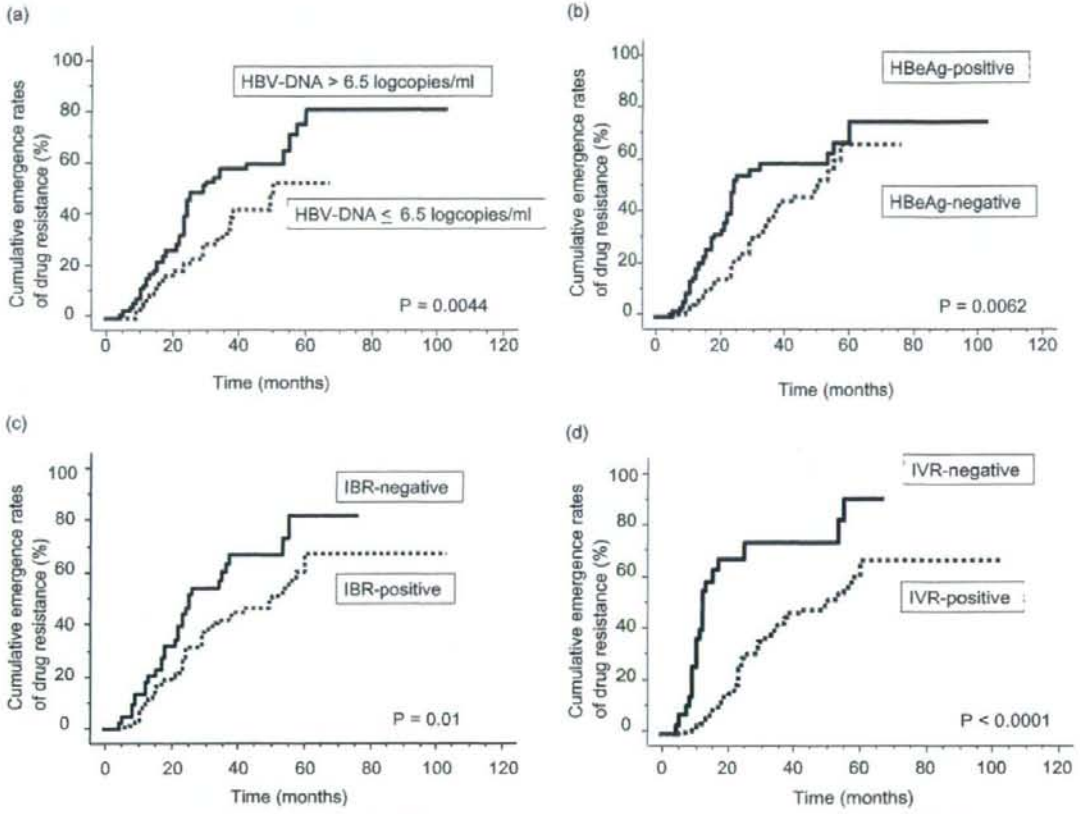

Figure 1 Cumulative emergence rate of lamivudine (LAM)-resistant virus in patients with chronic hepatitis B virus (HBV) infection treated with LAM according to: (a) HBV DNA at baseline; (b) hepatitis B e antigen (HBeAg) status; (c) the presence or absence of initial biochemical response (IBR); and (d) the presence or absence of initial viral response (IVR).

both univariate and multivariate analyses. Nine baseline and on-treatment factors – gender, age, liver disease (chronic hepatitis or cirrhosis), ALT at baseline, HBeAg positivity, HBV DNA at baseline, combination therapy with IFN-α, presence of IBR and presence of IVR – were examined. The cumulative emergence of LAM-resistant virus was significantly higher in patients with baseline HBV DNA > 6.5 logcopies/mL than in those with HBV DNA ≤ 6.5 logcopies/mL ($P = 0.0044$) (Fig. 1a). HBeAg-positive patients revealed a significantly higher emergence rate of the LAM-resistant virus than HBeAg-negative patients ($P = 0.0062$) (Fig. 1b). A significant difference was also seen in the cumulative emergence of the YMDD mutant virus between IBR-positive and -negative patients ($P = 0.01$) (Fig. 1c). Furthermore, the cumulative emergence of LAM-resistant mutant virus was much higher in the IVR-negative patients than in the IVR-positive patients ($P < 0.0001$) (Fig. 1d). The cumulative emergence rates of LAM-resistant virus in the IVR-positive and -negative patients were 4% and 41% at 1 year, 25% and 69% at 2 years, and 41% and 79% at 3 years, respectively. Gender, age, liver disease, ALT at baseline and combination therapy of IFN-α did not show a significant relation with the emergence of the YMDD mutant virus. When factors influencing the higher cumulative emergence of LAM-resistant virus were searched for by multivariate analysis, only the absence of IVR was selected as a significant independent factor ($P < 0.001$) (Table 3), with high HBV DNA, HBeAg positivity and the absence of IBR not being selected.

Table 3 Factors associate with emergence of LAM-resistant virus determined by multivariate analysis

	Hazard ratio	95% confidence interval	*P*-value
Gender			
0: male	1	0.497–1.455	0.55
1: female	1.176		
Age			
0: ≤50	1	0.640–1.700	0.87
1: >50	0.959		
Chronic hepatitis/liver cirrhosis			
0: CH	1	0.656–1.740	0.79
1: LC	0.935		
Pretreatment ALT (IU/L)			
0: ≤200	1	0.605–1.818	0.87
1. >200	0.953		
HBV DNA (logcopies/mL)			
0: ≤6.5	1	0.394–1.125	0.13
1. >6.5	1.502		
HBeAg			
0: negative	1	0.499–1.337	0.42
1. positive	1.225		
Combination therapy with interferon			
0: no	1	0.410–1.303	0.29
1: yes	1.368		
IBR			
0: positive	1	0.483–1.312	0.37
1. negative	1.256		
IVR			
0: positive	1	0.159–0.536	<0.001
1. negative	3.425		

HBeAg, hepatitis B e antigen; HBV, hepatitis B virus; IBR, initial biochemical response; IVR, initial viral response; LAM, lamivudine.

DISCUSSION

IN LAM THERAPY for patients with chronic HBV infection, the emergence of a LAM-resistant YMDD mutant virus is a serious problem, because it inevitably restricts the antiviral efficacy of LAM. To resolve this, detailed studies are needed to identify factors related to the emergence of the YMDD mutant virus. To date, a few investigators have suggested male gender, advanced age, high baseline ALT, the presence of severe acute exacerbation of the liver disease, high baseline HBV DNA and HBeAg-positivity as possible predictors of the emergence of LAM-resistant virus.[7,17,18] Lower body surface area was also reported as a significant factor for virological and biochemical therapeutic effect.[19] In the present study, we studied 190 patients with chronic hepatitis B treated with LAM and investigated baseline and on-treatment factors affecting the emergence of LAM-resistant mutant virus. Univariate analysis revealed that two baseline factors, high HBV DNA and HBeAg positivity, had a relation to the high incidence of the YMDD mutant virus, which is consistent with previous reports.[7,17,18] In addition, two on-treatment factors, IBR and IVR, were found to be correlated with the emergence of LAM resistance. Patients who did not show IVR had a 3.4-fold higher incidence of the emergence of the YMDD mutant virus than those who did show IVR. This agrees with a previous report that the HBV DNA level after 6 months of therapy may be a determinant for subsequent occurrence of a LAM-resistant mutant virus.[20] Multivariate analysis showed that only the absence of IVR was a significant factor contributing to the emergence of LAM-resistant virus. Baseline HBV DNA and HBeAg status were not selected as significant factors by multivariate analysis probably because of the tendency for higher HBV DNA and high frequency of HBeAg positivity in IVR-negative patients compared with IVR-positive patients. It is particularly interesting that the absence of IVR, rather than other baseline and on-treatment factors, was a powerful independent pre-

dictor for the emergence of the YMDD mutant virus in LAM therapy for chronic HBV infection. This means that IVR of an on-treatment factor is very important for good therapeutic effect and the stage for the next therapeutic strategy can thus be set in a new light with this information.

Our results showed that approximately one-seventh of the patients with chronic hepatitis B treated with LAM did not achieve IVR. In the non-IVR patients, the antiviral therapeutic regimen should be amended due to the frequent emergence of LAM-resistant virus. Recently, new nucleos(t)ide analogs have become available for the treatment of chronic HBV infection. ETV has been reported to be more effective for the reduction of HBV DNA and the less frequently induced drug-resistant mutant virus than LAM in "naïve" patients with chronic hepatitis B who had not previously received nucleos(t)ide analog therapy.[10,11] ETV was also effective in patients with chronic HBV infection showing LAM resistance,[21] but the emergence rate of the ETV-resistant virus was considerably higher in LAM-resistant patients than in naïve patients.[13,22] This is because the ETV-resistant HBV strain is established by LAM-resistant YMDD mutation plus additional mutation(s) at the amino acid position(s) 184, 202 and/or 250 within the reverse transcriptase domain of HBV.[22] According to these findings, switching from LAM to ETV may be useful for treating patients who do not achieve IVR on LAM administration. This should be done before the emergence of LAM-resistant YMDD mutant virus so as not to reduce the therapeutic efficacy of ETV. In clinical practice, there are still a number of patients who have already been on continuous LAM therapy, although the current first choice drug for patients with chronic HBV infection is ETV. In our opinion, foregoing patients without IVR or YMDD mutant viruses should be switched from LAM to ETV. The therapeutic efficacy of switching from LAM to ETV in non-IVR patients should be assessed by further study with a larger number of patients.

ADV and tenofovir disoproxil fumarate (TDF) have also been shown to exert antiviral efficacy in patients with chronic HBV infection with less frequent occurrence of drug-resistant mutant virus compared to LAM.[23] In addition, unlike the case of ETV, both ADV and TDF are known to be effective in LAM-refractory patients with chronic hepatitis B, as well as naïve patients.[23] Using ADV and TDF may be helpful for the treatment of non-IVR patients, especially after the establishment of LAM-resistant mutant virus.

In conclusion, our findings indicate that IVR may be a useful factor for predicting the emergence of LAM-resistant mutant virus in patients with chronic HBV infection treated with LAM. For patients who do not achieve IVR, therapeutic options other than LAM monotherapy should be promptly implemented because of the high incidence of the subsequent emergence of the YMDD mutant virus.

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A New Prognostic System for Hepatocellular Carcinoma Including Recurrent Cases

A Study of 861 Patients in a Single Institution

Takashi Toyama, MD, PhD, Naoki Hiramatsu, MD, PhD,† Takayuki Yakushijin, MD, PhD,† Tsugiko Oze, MD,† Fumihiko Nakanishi, MD, PhD,† Masakazu Yasumaru, MD, PhD,† Kiyoshi Mochizuki, MD, PhD,† Tatsuya Kanto, MD, PhD,† Tetsuo Takehara, MD, PhD,† Akinori Kasahara, MD, PhD,‡ and Norio Hayashi, MD, PhD†*

Objective: To manage hepatocellular carcinoma (HCC) patients surviving for a long term, the treatment strategy for recurrent cancer is as important as that for the initial treatment. However, no prognostic scoring system has been available for patients with HCC recurrence. The purpose of this study was to develop a new staging system for deciding the treatment strategy not only for first-time diagnosed patients but also for recurrent patients.

Methods: A total of 861 cases diagnosed at our single institution from 1993 to 2003 were included. Overall survival was the only end point. The Cox model was used for multivariate analyses.

Results: As of August 2004, 344 cases (59%) had died. Overall median survival time was 41 months. For multivariate Cox regression analysis, independent predictive factors of survival were the number of recurrences, the Child-Pugh score, 3 nodules less than 3 cm and none of vascular invasion, and the α-fetoprotein level. A simple scoring system was thus developed, assigning scores (0/1) to the 4 covariates of the final model. Compared with the other scoring systems, the new scoring system has a greater discriminant ability.

Conclusions: We concluded that our scoring system can serve as a new prognostic system that reflects the spread of HCC, treatment response, and liver function. It should be very useful as the only method which can be applied for patients with recurrence.

Key Words: hepatocellular carcinoma, recurrence, staging system, predictive factor, cox regression analysis

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Recently, various nonsurgical treatment modalities for hepatocellular carcinoma (HCC) have been developed and surgical techniques have been also improved.[1,2] However, HCC with cirrhosis remains one of the diseases that is extremely difficult to manage, because survival in HCC is not predominantly based on the biology of the tumor, but also on the underlying hepatic function. Actually, we need consider 2 distinctive features in planning the HCC treatment from other cancers. First, even if HCC can be completely treated, the residual cirrhotic liver displays a high risk of recurrence, including new primary cancers.[3–5] Second, most options for the treatment of HCC lead to a decrease in the reserved hepatic function. In other words, they take the risk of future liver failure in return for HCC treatment. Taken together, the complexity of these factors makes HCC management difficult.

The prognosis of HCC patients is highly variable and hard to predict, which makes it difficult to effectively treat patients or to design good clinical trials. To provide guides for assessing disease severity and making therapeutic decisions, several staging or prognostic scoring systems for HCC have been proposed: the Cancer of the Liver Italian Program (CLIP) score,[6] BCLC staging,[7] and Japan Integrated Staging (JIS) scoring system,[8] which were produced on the basis of prognostic values. These staging systems can be used for assessing the prognosis of HCC patients as well as the efficiency of therapeutic modalities. Although these systems may be useful for predicting the prognosis of HCC patients at the time of the initial treatment,[9–11] there is considerable doubt about whether these systems are suitable for cases of recurrent cancer, because they cannot distinguish HCC diagnosed for the first time from recurrent HCC. In clinical practice, recurrent HCC patients are encountered 2.5 times more frequently in our institution than first-time HCC patients. Because the development of screening and follow-up programs and the improvement of radiologic techniques have facilitated the recognition of HCC at an earlier

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From the *Liver Research Center, Rhode Island Hospital/Brown Medical School, Providence, RI; Departments of †Gastroenterology and Hepatology; and ‡General Medicine, Graduate School of Medicine, Osaka University, Osaka, Japan.
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Reprints: Takashi Toyama, MD, PhD, Liver Research Center, Rhode Island Hospital/Brown Medical School, 55 Claverick Street, Providence, RI 02903 (e-mail: toyama.takashi@gmail.com).