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Hepatology Research 2009; 39: 366–373 doi: 10.1111/j.1872-034X.2008.00464.x

Original Article

Analysis of hepatic genes involved in the metabolism of fatty acids and iron in nonalcoholic fatty liver disease

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Aims: Hepatic steatosis and iron cause oxidative stress, thereby progressing steatosis to steatohepatitis. We quantified the expression of genes involved in the metabolism of fatty acids and iron in patients with nonalcoholic fatty liver disease (NAFLD).

Methods: The levels of transcripts for the following genes were quantified from biopsy specimens of 74 patients with NAFLD: thioredoxin (Trx), fatty acid transport protein 5 (FATP5), sterol regulatory element-binding protein 1c (SREBP1c), fatty acid synthase (FASN), acetyl-coenzyme A carboxylase (ACAC), peroxisome proliferative activated receptor α (PPARα), cytochrome P-450 2E1 (CYP2E1), acyl-coenzyme A dehydrogenase (ACADM), acyl-coenzyme A oxidase (ACOX), microsomal triglyceride transfer protein (MTP), transferrin receptor 1 (TfR1), transferrin receptor 2 (TfR2) and hepcidin. Twelve samples of human liver RNA were used as controls. Histological evaluation followed the methods of Brunt.

Results: The levels of all genes were significantly higher in the NAFLD patients than in controls. The Trx level increased as the stage progressed. The levels of FATP5, SREBP1c, ACAC, PPARα, CYP2E1, ACADM and MTP significantly decreased as the stage and grade progressed ($P < 0.05$). Hepatic iron score (HIS) increased as the stage progressed. The TfR1 level significantly increased as the stage progressed ($P < 0.05$), whereas TfR2 level significantly decreased ($P < 0.05$). The ratio of hepcidin mRNA/ferritin ($P < 0.001$) or hepcidin mRNA/HIS ($P < 0.01$) was significantly lower in NASH patients than simple steatosis patients.

Conclusions: Steatosis-related metabolism is attenuated as NAFLD progresses, whereas iron-related metabolism is exacerbated. Appropriate therapies should be considered on the basis of metabolic changes.

Key words: fatty acids, iron, NAFLD, oxidative stress

Abbreviations
Trx, thioredoxin; FATP5, fatty acid transport protein 5; SREBP1c, sterol regulatory element-binding protein 1c; FASN, fatty acid synthase; ACAC, acetyl-coenzyme A carboxylase; PPARα, peroxisome proliferative activated receptor α; CYP2E1, cytochrome P-450 2E1; ACADM, acyl-coenzyme A dehydrogenase; ACOX, acyl-coenzyme A oxidase; MTP, microsomal triglyceride transfer protein; TfR1, transferrin receptor 1; TfR2, transferrin receptor 2.

INTRODUCTION

NON ALCOHOLIC FATTY liver disease (NAFLD) is a wide-spectrum liver disease, ranging from simple steatosis to steatohepatitis.[1] Owing to the obesity epidemic, NAFLD is now recognized as a leading health problem worldwide.[1] Since NAFLD has been documented to progress to liver failure[2] and/or hepatocellular carcinoma,[3] various therapeutic studies for NAFLD or nonalcoholic steatohepatitis (NASH) have been conducted to date.[4–8] These studies included weight reduction,[4] use of insulin sensitizers,[5] antioxidants,[6] phlebotomy[7] and hepato-protective drugs,[8] albeit with limited success. Although these treatments are aimed at addressing the pathogenesis of NAFLD, they would not always be efficient at every stage of this "wide spectrum" disease.

NASH is thought to develop through a "two-hit theory".[9] The first hit includes insulin resistance, mostly due to obesity.[9] The second hits include oxidative stress, inflammatory cytokines, and bacterial endotoxin.[9] In particular, the accumulation of fatty acids in the liver results in oxidative stress through oxidation of fatty

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Received 22 July 2008; revised 22 September 2008; accepted 1 October 2008.

acids.[10] In addition, hepatic iron load, which also induces oxidative stress, has been reported in some groups of patients with NAFLD.[11] Therefore, hepatic metabolism of fatty acids and iron should be the therapeutic target for NAFLD. However, their roles in the development of NAFLD have not yet been studied

In this study, we quantified the expression of genes involved in hepatic metabolism of fatty acids and iron using liver biopsy specimens from patients with NAFLD, and compared them with liver histology. Based on the results, we explored the role of the metabolism of fatty acids and iron in NAFLD. Our study should improve out understanding of the pathogenesis of NAFLD and contribute to the identification of putative therapeutic pathways.

PATIENTS AND METHODS

Patients

NAFLD PATIENTS WHO underwent liver biopsies in our institute between April 2000 and March 2007 were retrospectively selected according to the following criteria: no excessive alcohol intake (more than 20 g/day), as assessed by interview (on at least three occasions); no history of treatment with steatosis-inducing drugs within the 12 months prior to the study; negative serum hepatitis C virus (HCV) antibody; negative for hepatitis B surface antigen or antibodies to human immunodeficiency virus; and an absence of other forms of chronic liver disease, such as autoimmune liver diseases. Anthropometry and laboratory data were collected from all patients at the time of the liver biopsy. All patients had given written informed consent for the analysis of metabolic genes and liver biopsies before the study. The study protocol conformed to the ethical guidelines of the 1975 Declaration of Helsinki and was approved by the Ethics Committee of the Kyoto Prefectural University of Medicine.

Laboratory determinations

After a 12-h overnight fast, venous blood samples were drawn to determine asparatate aminotransferase (AST), alanine aminotransferase (ALT), albumin, total cholesterol, triglyceride, fasting plasma glucose (FPG), glycosylated haemoglobin (HbA_{1c}), insulin and ferritin levels. These parameters were measured using standard techniques from clinical chemistry laboratories. The index of insulin resistance was calculated only in patients without overt diabetes (fasting plasma glucose >126 mg/dL), according to the homeostasis model assessment (HOMA).

Histological evaluation

Formalin-fixed and paraffin-embedded liver biopsy specimens were stained with hematoxylin–eosin, Masson's trichrome, and Perl's Prussian blue. The stage of hepatic fibrosis was scored according to Brunt[12]: 1, zone 3 fibrosis; 2, zone 3 fibrosis with periportal fibrosis; 3, bridging fibrosis; and 4, cirrhosis. The grade of inflammation was scored as follows[12]: 1, mild; 2, moderate; and 3, severe. We considered the scores of stage and grade of simple steatosis as "0". Steatosis was assessed according to the percentage of hepatocytes containing fat droplets. The degree of iron loading was graded using a Perl's score of 0–4, as described previously.[13]

Quantification of the expression of hepatic genes

Liver specimens were immediately frozen after the biopsy and were stored at −80°C until use. Total RNA was isolated from biopsy specimens using the RNeasy kit (Qiagen, Hilden, Germany). First-strand cDNA was obtained from total RNA using the QuantiTect Reverse Transcription kit (Qiagen). PCR was performed using the Light Cycler 2.0 System (Roche, Mannheim, Germany), and the mRNA levels were normalized to those of β-actin. Comprehensive target genes were as follows: thioredoxin (Trx), fatty acid transport protein 5 (FATP5), sterol regulatory element-binding protein 1c (SREBP1c), fatty acid synthase (FASN), acetyl-coenzyme A carboxylase (ACAC), peroxisome proliferative activated receptor α (PPARα), cytochrome P-450 2E1 (CYP2E1), acyl-coenzyme A dehydrogenase, C4 to C12 straight chain (ACADM), acyl-coenzyme A oxidase (ACOX), microsomal triglyceride transfer protein (MTP), transferrin receptor 1 (TfR1), transferrin receptor 2 (TfR2) and hepcidin. Table 1 summarizes the specific primers for these target genes. Twelve samples of human total liver RNA were obtained from commercial sources (Stratagene, CA, USA; Clontech Laboratories, CA, USA; Ambion, TX, USA; Becton, Dickinson, NJ, USA; Cell Applications, CA, USA), and used as controls.

Statistical analysis

Associations between variables were analyzed using the Spearman's correlation coefficient by rank. Differences between variables were analyzed using the Mann–Whitney U-test or Kruskal–Wallis test. All analyses were performed using SPSS software for Windows, version

Table 1 The specific primers used for the target genes

	Sense primers	Antisense primers
Trx	5′-CTGCTTTTCAGGAAGCCTTG-3′	5′-ACCCACCTTTTGTCCCTTCT-3′
FATP5	5′-ACACACTCGGTGTCCCTTTC-3′	5′-CTACAGGGCCCACTGTCATT-3′
SREBP1c	5′-TGCATTTTCTGACACGCTTC-3′	5′-CCAAGCTGTACAGGCTCTCC-3′
FASN	5′-TTCCGAGATTCCATCCTACG-3′	5′-TGTCATCAAAGGTGCTCTCG-3′
ACAC	5′-GAGAACTGCCCTTTCTGCAC-3′	5′-CCAAGCTCCAGGCTTCATAG-3′
PPARα	5′-GGAAAGCCCACTCTGCCCCCT-3′	5′-AGTCACCGAGGAGGGGCTCGA-3′
CYP2E1	5′-CCCAAAGGATATCGACCTCA-3′	5′-AGGGTGTCCTCCACACACTC-3′
ACADM	5′-TTGAGTTCACCGAACAGCAG-3′	5′-AGGGGGACTGGATATTCACC-3′
ACOX	5′-TGATGCGAATGAGTTTCTGC-3′	5′-AGTGCCACAGCTGAGAGGTT-3′
MTP	5′-CATCTGGCGACCCTATCAGT-3′	5′-GGCCAGCTTTCACAAAAGAG-3′
TfR1	5′-ATGCATTTTGCAGCAGTGAG-3′	5′-TCCAAAAGGCCCTACTCCTT-3′
TfR2	5′-GACCCTGCAGTGGGTGTACT-3′	5′-CAGTCGCTCGTCTCTCTCCT-3′
hepcidin	5′-ACCAGAGCAAGCTCAAGACC-3′	5′-AAACAGAGCCACTGGTCAGG-3′

Note: The role of genes analyzed in lipid and iron metabolisms is as follows: oxidative stress-induced, Trx; uptake of fatty acid, FATP5; synthesis of fatty acid, SREBP1c, FASN, ACAC; oxidation of fatty acid, PPARα, CYP2E1, ACADM, ACOX; secretion of triglyceride, MTP; uptake of transferrin-bound iron, TfR1, TfR2; regulation of iron metabolism, hepcidin.
Trx, thioredoxin; FATP5, fatty acid transport protein 5; SREBP1c, sterol regulatory element-binding protein 1c; FASN, fatty acid synthase; ACAC, acetyl-coenzyme A carboxylase; PPARα, peroxisome proliferative activated receptor α; CYP2E1, cytochrome P-450 2E1; ACADM, acyl-coenzyme A dehydrogenase; ACOX, acyl-coenzyme A oxidase; MTP, microsomal triglyceride transfer protein; TfR1, transferrin receptor 1; TfR2, transferrin receptor 2.

14.0 (SPSS, Chicago, IL, USA). A *P* value of less than 0.05 was considered significant.

RESULTS

The characteristics of patients

TABLES 2 AND 3 summarize the characteristics of patients and the results of liver histology, respectively. Of the 16 diabetic patients, 3 had been treated with metformin, 2 with pioglitazone, 2 with sulfonylurea, and the others had been followed with diet restriction. Serum triglyceride levels were greater in the simple steatosis patients than in the NASH patients. Although the values of HbA_{1c} were comparable in the two groups, those of HOMA-IR [index of insulin resistance (IR)] were significantly higher in the NASH

Table 2 Patients characteristics

	Simple steatosis ($n = 33$)	NASH ($n = 41$)	*P* value
Age	55.4 ± 15.0	61.2 ± 12.7	0.051
BMI (kg /m^2)	27.5 ± 2.4	26.5 ± 4.4	0.748
Sex (male/female)	24/9	25/16	0.208
Diabetes (yes/no)	7/26	9/32	0.584
Plt	21.6 ± 3.9	19.1 ± 6.3	0.006
AST	43.0 ± 21.4	72.9 ± 30.5	0.0002
ALT	62.3 ± 30.8	89.8 ± 50.3	0.006
Alb	4.7 ± 0.3	4.6 ± 0.3	0.023
T-Cho	231.1 ± 50.5	199.9 ± 44.0	0.006
TG	205.0 ± 105.8	140.9 ± 103.2	0.015
FPG	145.1 ± 68.4	116.7 ± 21.5	0.356
HbA_{1c}	6.6 ± 1.8	6.0 ± 0.6	0.533
HOMA-IR	2.9 ± 1.2	4.6 ± 1.8	0.012
ferritin	223.1 ± 106.0	197.7 ± 160.7	0.227

Note: The value is expressed as either mean ± S.D. or the number of patients.
ALT, alanine aminotransferase; AST, asparatate aminotransferase; Alb, albumin; BMI, body mass index; FPG, fasting plasma glucose; HbA_{1c}, glycosylated haemoglobin; HOMA-IR, homeostasis model assessment-index of insulin resistance; T-Cho, total cholesterol; TG, triglyceride.

Table 3 Results of liver biopsy

	Simple steatosis	NASH
Stage: 1/2/3/4		13/13/13/2
Grade: 1/2/3		27/10/4
Iron: 0/1/2/3	11/12/3/1	14/8/6/6
Steatosis:		
<30%	14	18
30%–60%	7	13
60% <	2	10

NASH, nonalcoholic steatohepatitis.

patients than in the simple steatosis patients. Neither significant fibrosis nor inflammation was observed in the biopsy specimens from patients with simple steatosis. Six specimens from simple steatosis patients and seven specimens from NASH patients were not available for iron staining.

Hepatic oxidative stress

We evaluated hepatic oxidative stress by the level of hepatic Trx, since Trx is known to be a redox-sensitive molecule.[14] We have previously reported that serum Trx levels are a marker of NASH.[15] We measured hepatic thioredoxin mRNA, because it would reflect the redox status of the liver more precisely than serum thioredoxin levels. Hepatic thioredoxin consists of both reduced and oxidized forms, whereas serum thioredoxin is an oxidized form. Therefore, hepatic thioredoxin levels do not correlate with serum thioredoxin levels. The Trx level increased in the order of controls, then simple steatosis patients with the highest levels in NASH patients (Table 4). The differences among the groups were significant (Table 4). The Trx level tended to increase as the stage progressed; however, it did not show any association with the grade (Table 5).

Fatty acid metabolism

The levels of transcripts for the genes involved in fatty acid metabolism were increased in the order of controls, then NASH patients with the highest levels in simple steatosis patients (Table 4). The differences among the groups were significant (Table 4). When values were compared between simple steatosis and NASH patients by the Mann–Whitney's test, the difference was significant in FATP5 ($P < 0.01$), ACAC ($P < 0.05$), PPARα ($P < 0.05$), CYP2E1 ($P < 0.05$), ACADM ($P < 0.05$), ACOX ($P < 0.05$), MTP ($P < 0.05$). Levels of all these genes were significantly higher in the simple steatosis patients than the NASH patients. When compared with the liver histology, the levels of FATP5, SREBP1c, ACAC, PPARα, CYP2E1, ACADM and MTP significantly decreased as the stage and grade progressed (Table 5). The level of ACOX tended to decrease as the stage and grade progressed (Table 5). The level of FASN was similarly decreased, although the difference between groups

Table 4 The levels of hepatic gene involved in lipid and iron metabolism

	Control	Simple steatosis	NASH	*P* value
Trx	1.0 ± 1.1	2.3 ± 0.9	2.5 ± 1.0	$P < 0.00001$
FATP5	1.0 ± 0.4	6.1 ± 3.6	4.3 ± 2.5	$P < 0.00001$
SREBP1c	1.0 ± 0.6	73.9 ± 74.3	56.0 ± 85.4	$P < 0.00001$
FASN	1.0 ± 1.0	28.2 ± 26.8	17.8 ± 15.1	$P < 0.00001$
ACAC	1.0 ± 0.8	12.2 ± 5.9	8.7 ± 3.4	$P < 0.00001$
PPARα	1.0 ± 0.8	21.1 ± 11.3	15.5 ± 8.1	$P < 0.00001$
CYP2E1	1.0 ± 0.4	8.0 ± 4.2	6.2 ± 3.2	$P < 0.00001$
ACADM	1.0 ± 0.9	17.8 ± 9.7	13.1 ± 6.1	$P < 0.00001$
ACOX	1.0 ± 0.9	16.6 ± 9.2	12.0 ± 5.7	$P < 0.00001$
MTP	1.0 ± 1.0	10.8 ± 3.8	8.8 ± 3.3	$P < 0.00001$
TfR1	1.0 ± 1.1	10.8 ± 11.3	11.8 ± 10.3	$P < 0.00001$
TfR2	1.0 ± 0.4	7.6 ± 3.6	5.6 ± 2.8	$P < 0.00001$
hepcidin	1.0 ± 0.9	11.2 ± 9.6	5.7 ± 3.9	$P < 0.00001$

Note: The value is expressed as folds to mean control values (mean ± S.D.). The deference between the groups was determined using the Kruskal–Wallis test.

Trx, thioredoxin; FATP5, fatty acid transport protein 5; SREBP1c, sterol regulatory element-binding protein 1c; FASN, fatty acid synthase; ACAC, acetyl-coenzyme A carboxylase; PPARα, peroxisome proliferative activated receptor α; CYP2E1, cytochrome P-450 2E1; ACADM, acyl-coenzyme A dehydrogenase; ACOX, acyl-coenzyme A oxidase; MTP, microsomal triglyceride transfer protein; TfR1, transferrin receptor 1; TfR2, transferrin receptor 2.

Table 5 Correlation of the gene levels with liver histology*

	Stage		Grade	
	r	*P* value	*r*	*P* value
Trx	0.209	0.074	0.132	0.266
FATP5	−0.334	0.004	−0.339	0.003
SREBP1c	−0.264	0.024	−0.283	0.015
FASN	−0.158	0.178	−0.182	0.124
ACAC	−0.264	0.024	−0.313	0.007
PPARα	−0.253	0.031	−0.244	0.038
CYP2E1	−0.264	0.024	−0.293	0.012
ACADM	−0.241	0.040	−0.246	0.036
ACOX	−0.213	0.070	−0.213	0.071
MTP	−0.262	0.025	−0.271	0.020
TfR1	0.227	0.037	0.182	0.089
TfR2	−0.307	0.008	−0.318	0.006
hepcidin	−0.251	0.032	−0.221	0.060

*Using Spearman's test. Trx, thioredoxin; FATP5, fatty acid transport protein 5; SREBP1c, sterol regulatory element-binding protein 1c; FASN, fatty acid synthase; ACAC, acetyl-coenzyme A carboxylase; PPARα, peroxisome proliferative activated receptor α; CYP2E1, cytochrome P-450 2E1; ACADM, acyl-coenzyme A dehydrogenase; ACOX, acyl-coenzyme A oxidase; MTP, microsomal triglyceride transfer protein; TfR1, transferrin receptor 1; TfR2, transferrin receptor 2.

did not reach statistical significance (Table 5). In parallel with these findings, the level of hepatic steatosis decreased as the stage and grade progressed (Fig. 1). None of these genes was independently correlated with hepatic steatosis (not shown).

TfR1 and TfR2

The hepatic iron score (HIS) tended to increase as the stage progressed (Table 6). We examined the levels of TfR1 and TfR2, since the uptake of serum iron by hepatocytes is largely through a transferrin-bound form.[16] The levels of both of these genes were significantly higher in the NAFLD patients than in the controls (Table 4). When values were compared between simple steatosis and NASH using the Mann–Whitney's test, the TfR2 level was significantly ($P < 0.01$) higher in the simple steatosis patients than the NASH patients. The TfR1 level significantly increased as the stage progressed, whereas that of TfR2 significantly decreased as the stage and grade progressed (Table 5). Neither TfR1 nor TfR2 were independently correlated with HIS (not shown).

Table 6 Hepatic iron score and the stage

	Hepatic iron score				
	0	1	2	3	4
Stage 0	11	11	3	0	1
Stage 1	7	1	1	1	0
Stage 2	3	4	3	2	0
Stage 3	4	4	2	2	0
Stage 4	0	0	0	0	1

Note: The value represents the number of patients. Simple steatosis was considered as stage "0". $r = 0.213$, $P = 0.099$, iron score *vs* stage: Spearman's test.

Hepcidin

Hepcidin is known to be secreted from hepatocytes and regulates systemic iron transport.[16] The hepcidin level was significantly different among the controls, the simple steatosis patients and the NASH patients. The value was higher in the simple steatosis patients than in the NASH patients (Table 4). Hepcidin level decreased significantly as the stage progressed (Table 5). Since the ratio of hepcidin to iron load has been reported to evaluate the appropriateness of the hepcidin response to iron overload,[17] we divided hepcidin mRNA levels by serum ferritin levels or HIS. The ratios of hepcidin mRNA/ferritin and hepcidin mNA/HIS were signifi-

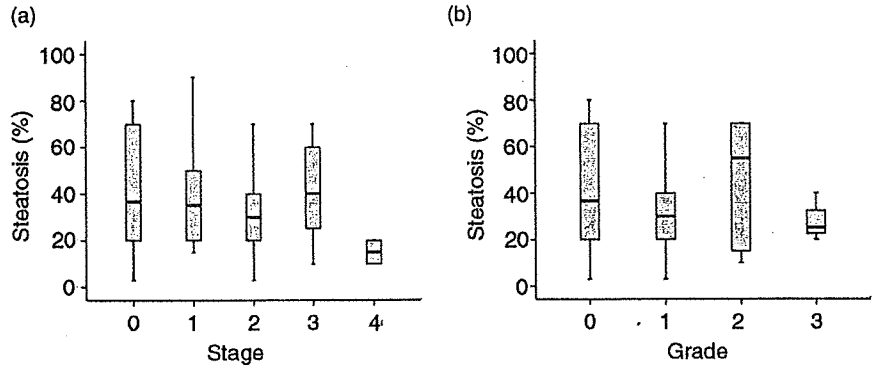

Figure 1 Distributions of the level of hepatic steatosis in association with the stage (a) and grade (b). The level of steatosis decreased as the stage and grade progressed.

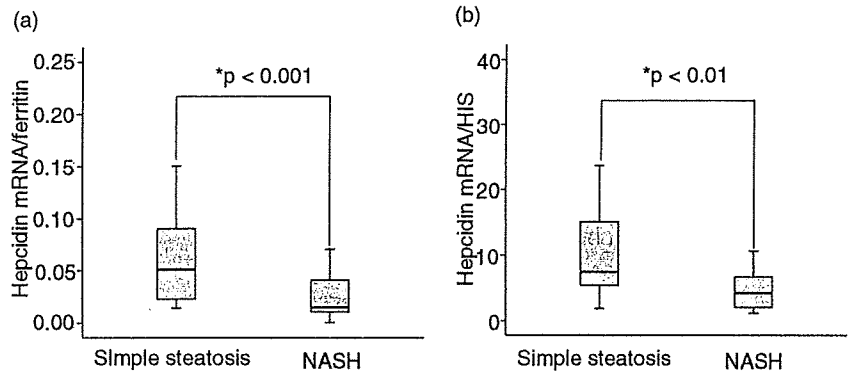

Figure 2 The ratio of hepcidin mRNA levels to serum ferritin levels (a) and that of hepcidin mRNA levels to hepatic iron score (HIS) (b). Hepcidin mRNA levels corrected for iron overload were significantly lower in NASH patients than in simple steatosis patients. *Mann-Whitney U-test.

cantly lower in NASH patients than simple steatosis patients (Fig. 2). The ratio of hepcidin mRNA/ferritin was significantly correlated with stage ($r = -0.523$, $P < 0.00005$) and grade ($r = -0.436$, $P < 0.0005$). The same results were obtained from the ratio of hepcidin mRNA/HIS ($r = -0.424$, $P < 0.01$ vs stage; $r = -0.373$, $P < 0.05$ vs grade). We compared hepcidin mRNA levels with metabolic variables and found that the level of hepcidin was significantly correlated with both total cholesterol ($r = 0.323$, $P < 0.01$) and triglyceride ($r = 0.323$, $P < 0.01$). The ratio of hepcidin mRNA/ferritin was also significantly correlated with total cholesterol ($r = 0.365$, $P < 0.005$).

DISCUSSION

IN THIS STUDY, we investigated the expression levels of hepatic genes that play significant roles in the metabolism of fatty acids and iron. Their roles in hepatocytes include the uptake, synthesis, oxidation, storage and excretion of fatty acids,[10,18,19] the uptake of iron and the regulation of systemic iron transport.[16] We found that the levels of these genes were significantly higher in NAFLD patients than controls. In addition, we found some novel findings. However, none of the individual genes was independently correlated with hepatic steatosis. These results indicated that neither the lack of nor increase in the expression levels of any of these genes plays an independent role in the development of fatty liver.

Insulin resistance is the "first hit" in the development of NASH,[9] which is characterized by an increase in the uptake and synthesis of fatty acids in hepatocytes.[19] Nevertheless, our results showed that the levels of fatty acid-related genes decreased in the later stages despite the presence of insulin resistance. In parallel with these findings, the level of hepatic steatosis also decreased. Considering that fat is the fuel involved in progressive liver injuries,[20] these findings might be associated with "burn-out" NASH.[21] Although the underlying reason for this is unclear, some possibilities should be considered. Because hepatic adenosine 5′-triphosphate (ATP) levels tend to be decreased in fatty liver,[22] hepatic adenosine monophosphate-activated protein kinase (AMPK) should be activated.[23] AMPK is known to activate catabolic pathways and switch off protein, carbohydrate and lipid synthesis, such that cellular energy levels remain unchanged.[23] Thus, activated AMPK in hepatocytes might contribute to the decrease in the expression levels of fatty acid-related genes. Anti-diabetic drugs, which ameliorate liver injuries in patients with NASH, have been reported to activate AMPK.[24] Interestingly, the levels of all the genes involved in fatty acid metabolism were lower in the patients treated with insulin sensitizers than in those treated with other agents or followed with diet restriction. Statistical significance was achieved only in FATP5 ($P < 0.05$, Mann–Whitney's test). However, these results may be difficult to evaluate or apply generally, because the numbers of patients were small.

Hepatic iron load has been documented to be another key player in the progression from steatosis to steatohepatitis.[11] Hepatic iron load has been attributed to the Cys282Tyr mutation in the hemochromatosis gene.[11] This mutation decreases hepatic synthesis of hepcidin, resulting in the facilitation of iron absorption from the duodenum.[16] Our results showed that hepatic iron scores tended to correlate with the histological stage of NAFLD. Furthermore, the ratios of hepcidin mRNA/ferritin and hepcidin mRNA/HIS were significantly lower in NASH patients than in simple steatosis patients. This insufficient production of hepcidin may not be attributed to the genetic mutation, since known mutations of hemochromatosis-associated genes have been reported to be rare among Japanese patients.[25]

Interestingly, the hepcidin level was significantly correlated with the levels of total cholesterol and triglycerides. These findings coincide with those recently reported by Barisani *et al.*,[17] who reported that the hepcidin mRNA/ferritin ratio and the hepcidin mRNA/tissue iron score ratio were significantly lower in the NAFLD group with hepatic iron overload than in the NAFLD group without iron overload,[17] and that the level of hepatic hepcidin mRNA was significantly correlated with lipid parameters.[17] Our findings, in concert with those of Barisani *et al.*, suggest that more severe forms of NAFLD are associated with insufficient hepcidin production, and that lipid metabolism might be involved in hepcidin synthesis. Alternatively, the hepatic levels of TfR1 and TfR2 were significantly higher in NAFLD patients than controls. Therefore, TfR1 and TfR2 would be expected to promote hepatic iron load irrespective of iron absorption from the duodenum.

TfR1 is ubiquitously expressed in the human body,[16] while TfR2 is dominantly expressed in specific organs including the liver.[26] TfR1 has a high affinity with transferrin[27] and its expression is regulated by the iron-responsive element (IRE) in the 3′-untranslated regions of mRNAs.[16] In the NAFLD patients, the TfR1 level increased significantly as the stage progressed. Since ROS stabilize TfR1 mRNA via activation of iron regulatory proteins that interact with IRE,[16] hepatic oxidative stress should upregulate TfR1 in NAFLD.

TfR2 was recently identified as a novel transferrin receptor,[26] although the expression mechanisms have not been fully determined.[28] Similarly, neither the physiological nor pathological role of TfR2 in the liver has been documented. The expression level of TfR2 was higher in NAFLD patients than controls. At present, the association between the level of TfR2 and the pathogenesis of NAFLD remains unknown. Regardless of the role of TfR2, we have reported that the TfR2 level is significantly correlated with that of PPARα.[29] It is of much interest to speculate that PPARα might contribute to the regulation of TfR2, since PPARα may be upregulated in NAFLD by intrinsic PPARα ligands. This hypothesis is under investigation in our institute.

In summary, we investigated the metabolism of fatty acids and iron in the livers of NAFLD patients. Steatosis-related metabolism is attenuated as the disease progresses, whereas iron load-related metabolism is exacerbated. Based on these findings, we hypothesize that anti-lipid synthesis should be considered in the early stages and that iron reduction should be considered in the later stages. The former therapies may thus include body weight reduction and insulin-sensitizing drugs, and the latter therapies may include phlebotomy, iron-restriction diets and/or antioxidants.

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Hepatology Research 2008; 38: 27–36 doi: 10.1111/j.1872-034X.2007.00217.x

Special Report

Guidelines for the antiviral therapy of hepatitis C virus carriers with normal serum aminotransferase based on platelet counts

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Aim: We aimed to identify the candidates for antiviral therapy, among patients who are hepatitis C virus (HCV) carriers with normal serum aminotransferase (ALT), focused on the inhibition of hepatocellular carcinoma (HCC).

Methods: Four hundred and sixty-four HCV carriers with normal serum ALT and 129 HCV carriers with persistently normal ALT (PNALT) and platelet (PLT) counts ≥150 000/μL who received liver biopsies were enrolled. HCV carriers with normal serum ALT were divided into four groups according to their ALT levels (≤30 U/L or 31–40 U/L) and PLT counts (≥150 000/μL or <150 000/μL).

Results: In 129 HCV carriers with PNALT, the rate of progression of fibrosis stage was 0.05/year and no HCC was detected during the follow up for 10 years. Approximately 20% of patients with ALT ≤40 U/L and PLT counts ≥150 000/μL were at stage F2–3; however, approximately 50% of patients with ALT ≤ 40 U/L and PLT counts <150 000/μL were at stage F2–4. An algorithm for the management of HCV carriers with normal serum ALT was advocated based on ALT and PLT counts.

Conclusion: The combination of ALT and PLT counts is useful for evaluating the fibrosis stage in HCV carriers with normal serum ALT. Most patients with PLT counts <150 000/μL are candidates for antiviral therapy, especially those with ALT levels ≥31 U/L when we focus on the inhibition of the development of HCC.

Key words: antiviral therapy, chronic hepatitis C, hepatitis C virus carriers, normal serum aminotransferase, platelet count

INTRODUCTION

HEPATOCELLULAR CARCINOMA (HCC) caused by hepatitis C virus (HCV) infection usually develops in patients with advanced chronic hepatitis (CH) or liver cirrhosis. The antiviral treatment for chronic hepatitis C (CH-C) is useful for inhibiting hepatic inflammation and progression of hepatic fibrosis, and consequently the development of HCC.[1–6]

Serum aminotransferase (ALT) levels are within the normal ranges in 20–40% of patients with chronic HCV infection,[7–11] defining the upper limit of normal serum ALT as ≤40 U/L. Significant hepatic fibrosis (≥F2 by the METAVIR classification) has been demonstrated in 5–30% of such patients.[9,12–16] We reported previously

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Received 6 March 2007; revision 22 May 2007; accepted 14 June 2007.

that HCV carriers with persistently normal ALT (PNALT) had histological features ranging from normal to minimal CH[17,18]; they showed slow progression of liver fibrosis and were at very low risk of developing HCC.[18]

The National Institute of Health Consensus Development Conference reported that HCV carriers with normal serum ALT are candidates for antiviral therapy.[19] A controlled study for the treatment of HCV carriers with PNALT with pegylated interferon alpha and ribavirin (PEG-IFN/Riba) for 48 weeks led to the eradication of HCV RNA in 40% of patients with genotype 1 and high viral load,[20] which is similar to the results of CH-C patients with elevated ALT levels.[21,22] However, it remains controversial whether these patients are candidates for antiviral therapy because of the limited efficacy of treatment, post-treatment flare-up, various side-effects, high cost of treatment, and their good prognoses.

In many Western countries, the upper limits of normal serum ALT are below 40 U/L;[23] however, a recent report from Italy demonstrated that the upper limit in healthy individuals was less than 30 U/L for men and 19 U/L for women.[24] We attempted to draft therapeutic guidelines for the treatment of HCV carriers with normal serum ALT. The biochemical and histological analyses were performed in HCV carriers with serum ALT levels below 40 U/L. These patients were divided into two groups based on ALT levels and then further divided into two subgroups according to their platelet (PLT) counts. We proposed an algorithm for the treatment of HCV carriers with normal serum ALT, taking into consideration the risk of progression to cirrhosis and the development of HCC. The present study demonstrated that the ranges of serum ALT and PLT counts are useful for deciding the indication of antiviral therapy for HCV carriers with normal serum ALT.

METHODS

Eligibility and definition

TWELVE HEPATOLOGISTS BELONGING to the Japanese Study Group of the Standard Antiviral Therapy for Viral Hepatitis, supported by the Ministry of Health, Labour and Welfare of Japan, which was settled on April 2004, participated in the study. Hiromitsu Kumada (Toranomon Hospital, Tokyo, Japan) serves as a chief and Takeshi Okanoue served as a researcher responsible for drafting the guidelines for the treatment of HCV carriers with normal serum ALT. In the present study, we tentatively defined the upper limit of the normal serum ALT as ≤40 U/L.

Patients with hepatitis B virus surface antigen, previous IFN treatment, history of heavy alcohol abuse, antinuclear antibody or antismooth muscle antibody, overt diabetes mellitus, or obesity (body mass index; ≥25 kg/m^2) were excluded from the study.

All of the patients underwent liver biopsy (≥2.0 cm in length) within 6 months prior to antiviral therapy, at which time their serum ALT levels were ≤40 U/L. Informed consent was obtained from every patient prior to liver biopsy and antiviral therapy.

Another study was conducted from January 1990 to August 2004 at Kyoto Prefectural University of Medicine (Kyoto, Japan). HCV carriers with PNALT were defined by serum ALT levels ≤30 U/L on at least three different occasions over a 12-month period and PLT counts ≥150 000/μL as reported previously.[18]

Study design

Among the 580 HCV carriers with normal serum ALT (≤40 U/L), 116 patients were excluded from the study because of insufficient data. Thus, 464 patients who received antiviral therapy from 1995 to 2004 were enrolled in this study (Table 1). Formalin-fixed liver specimens were stained with hematoxylin–eosin, and with Masson's trichrome. The liver specimens ($n = 262$) were also stained with Perls' Prussian blue to study hepatic iron loading. The histological findings were scored according to the classification proposed by Desmet *et al.*[25] and Ishak *et al.*[26] Steatosis was defined as fat droplets in >10% of hepatocytes. The degree of iron loading was assessed using a Perls' score of 0–4+, based on the scoring system of MacSween *et al.*[27]

The serum ALT, blood glucose level, immunoreactive insulin (IRI), serum ferritin, PLT count, serum hyaluronic acid, amount of serum HCV RNA, and the HCV genotype were examined. The homeostasis model assessment–insulin resistance was calculated as follows: plasma fasting glucose (mg/dL) × IRI (ng/mL) ÷ 405. The serum HCV RNA levels were determined using an Amplicor GT HCV monitor (Roche Diagnostic Systems, Tokyo, Japan). HCV genotype 1 (G1) and 2 (G2) were determined by a serologic genotyping assay.[28] G1 and G2 in this assay correspond to genotype 1 (1a, 1b) and 2 (2a, 2b) proposed by Simmonds *et al.*[29]

All the patients received IFN monotherapy or IFN/Riba combination therapy for 12–36 weeks. The average

Table 1 Baseline of hepatitis C virus patients with normal serum aminotransferase (ALT) received antiviral therapy

	ALT ≤ 30 U/L (group A)	ALT 31–40 U/L (group B)	*P*-value
No. patients	255	209	
Age	51.6 ± 13.0	53.5 ± 13.2	0.548*
Sex (male/female)	112/143	117/92	0.01**
BMI (kg/m²)	21.6 ± 2.9	22.8 ± 3.0	<0.001*
HOMA-IR	2.5 ± 3.2	5.2 ± 6.5	0.093*
Genotype: 1/2/others	127/127/1	112/96/1	0.881**
Viral load: low/high	138/117	99/110	0.203**
G1 (low/high)	114/125		
G2 (low/high)	161/62		
Histology			
F stage (0/1/2/3/4)	29/166/48/11/1	22/122/57/6/2	0.169**
Grade (0/1/2/3)	25/187/41/2	7/159/43/0	0.046**
Fatty change† 0–1/2–4	232/23	161/48	0.033**
Iron load‡ 0/1–4	101/15	97/19	0.458**
Ferritin (ng/mL)	83.9 ± 103.7	118.8 ± 135.3	0.006*
PLT count (/μL)	19.2 ± 5.4	18.4 ± 6.1	0.059*
≥150 000/<150 000	204/51	141/68	0.002**
Hyaluronate (ng/mL)	60.8 ± 73.7	69.1 ± 73.0	0.249*
Duration of antiviral therapy (weeks)	25.6 ± 12.0	26.1 ± 12.1	0.297*
Effects of therapy			
SVR/non-SVR	142/113	99/110	0.075**

**P*-values were calculated by Mann–Whitney-*U*-test. ***Fisher-exact-test. †0: no fatty change, 1: ≤10%, 2: 11–33%, 3: 34–66%, 4: ≥67% of hepatocyte; ‡no stain by 400×, 1: few stains by 250×, 2: stains by 100×, 3: stains by 25×, 4: stains by 10×. There were significant differences in sex distribution ($P = 0.01$), BMI ($P = 0.01$), frequency of steatosis ($P = 0.033$), serum ferritin level ($P = 0.006$), grade of hepatic inflammation ($P = 0.046$), incidence of fatty change ($P = 0.033$), serum ferritin level ($P = 0.006$), and the incidence of low PLT counts ($P = 0.002$) between groups A and B. Values are expressed as mean ± SD.
ALT, alanine aminotransferase; BMI, body mass index; HOMA-IR, homeostasis model assessment–insulin resistance; PLT, platelet; SVR, sustained viral responders.

duration of therapy between 1995 and 2003 was 26 weeks for IFN monotherapy and 24 weeks for IFN/Riba combination therapy. In principle, 6–10 MU IFN was administered daily for 2 weeks and three times per week subsequently. The daily dosage of ribavirin was 600–1000 mg depending on body weight. Sustained viral responders (SVR) were defined as patients who were negative for serum HCV RNA 6 months after the completion of antiviral therapy.

All of the patients were divided into two groups (group A: ALT ≤ 30 U/L, group B: 31 U/L ≤ ALT ≤ 40 U/L) which were further divided into two subgroups based on PLT counts: group A-1 and B-1 (PLT counts ≥150 000/μL) and groups A-2 and B-2 (PLT counts <150 000/μL).

One hundred and twenty-nine HCV carriers with PNALT were enrolled to determine their long-term prognosis. These patients showed normal serum ALT levels (≤30 U/L) over a 12-month period on least three different occasions (PLT counts ≥150 000/μL, and body mass index [BMI] <25 kg/m²). Thirty-nine patients received serial liver biopsies. The mean follow-up period of the 129 patients was 7.2 ± 3.2 years on 15 November 2006.

Statistical analyses

Data are expressed as mean ± SD. We compared continuous variables using the Mann–Whitney *U*-test. A frequency analysis and comparison between the groups were performed using the χ^2-test or Fisher's exact test and the Mann–Whitney *U*-test. ANOVA and Tukey's HSD procedure was used to determine the difference between multiple groups. All tests were two-tailed and *P*-values of less than 0.05 were considered significant. All statistical analyses were performed using Statistical Package of Services Solutions software, version 11.0 (SPSS, Chicago, IL, USA).

Table 2 Baseline of hepatitis C virus patients with less than 30 U/L aminotransferase who received antiviral therapy

	PLT ≥ 150 000/μL (group A-1)	PLT < 150 000/μL (group A-2)	*P*-value
No. patients	204	51	
Age	48.4 ± 12.7	58.7 ± 7.5	<0.001*
Sex (male/female)	90/114	22/29	1.000**
BMI (kg/m^2)	21.6 ± 3.0	21.3 ± 2.4	0.514*
HOMA-IR	2.8 ± 3.5	1.2 ± 0.8	0.598*
Genotype: 1/2/others	101/101/2	25/26/0	0.952**
Viral load: low/high	112/92	26/25	0.574**
Histology			
F stage (0/1/2/3/4)	29/142/27/6/0	1/25/21/3/1	<0.001**
Grade (0–1/2,3)	179/25	33/18	<0.001**
Fatty change† 0–1/2–4	188/16	44/7	0.582**
Iron load‡ 0/1–4	82/12	17/3	0.762**
Ferritin (ng/mL)	86.0 ± 112.1	73.9 ± 46.6	0.204*
PLT count (/μL)	21.0 ± 4.4	12.1 ± 2.5	<0.001*
Hyaluronate (ng/mL)	41.8 ± 56.1	112.5 ± 109.9	<0.001*
Duration of antiviral therapy (weeks)	25.7 ± 10.3	27.0 ± 9.9	0.503*
Effects of therapy			
SVR/non-SVR	115/89	27/24	0.66**

**P*-values were calculated by Mann–Whitney-*U*-test. ***Fisher-exact-test. †0: no fatty change, 1: ≤10%, 2: 11–33%, 3: 34–66%, 4: ≥67% of hepatocyte; ‡no stain by 400×, 1: few stains by 250×, 2: stains by 100×, 3: stains by 25×, 4: stains by 10×. There were significant differences in age ($P < 0.001$), distribution of F stage ($P < 0.001$), grade of inflammatory activity ($P < 0.001$), PLT count ($P < 0.001$), and serum-hyaluronic acid ($P < 0.001$) between groups A-1 and A-2. Frequency of F2–4 patients was 16.2% in group A-1 and 51.6% in group A-2. Values are expressed as mean ± SD.

BMI, body mass index; HOMA-IR, homeostasis model assessment-insulin resistance; PLT, platelet counts; SVR, sustained viral responders.

RESULTS

Demographic, clinical, and histological features of 464 HCV carriers with normal serum ALT

THE CHARACTERISTICS OF the 464 HCV carriers with normal serum ALT are shown in Table 1. There were significant differences in sex, frequency of steatosis, serum ferritin levels, BMI, and the incidence of low PLT counts (<150 000/μL) between groups A and B.

There were significant differences in age, fibrosis (F) stage, inflammatory activity, PLT counts, and serum hyaluronate between groups A-1 and A-2 (Table 2). The frequency of stage F2–4 patients was 16.2% in group A-1, and 49.0% in group A-2 (Table 2). In group B, there were significant differences in age, F stage, PLT counts, and serum hyaluronate between groups B-1 and B-2 (Table 3). There were no F4 patients in group A-1 and B-1, and the frequency of F3 patients was very low compared with those in groups A-2 and B-2 (2.6% *vs* 7.6%). The PLT counts decreased in proportion to the progression of liver fibrosis as follows; F0 ($n = 51$); $20.7 \pm 5.2 \times 10^4$/μL, F1 ($n = 288$); $19.8 \pm 5.6 \times 10^4$/μL, F2 ($n = 105$); $16.9 \pm 5.3 \times 10^4$/μL, F3 ($n = 17$); $15.9 \pm 4.6 \times 10^4$/μL, and F4 ($n = 3$); $11.3 \pm 3.8 \times 10^4$/μL.

Of the 464 patients, the frequency of the F0–1 stages was 80.1% and that of the F2–4 stages was 19.9% in patients with PLT counts ≥150 000/μL, and it was 50.4% and 49.6%, respectively, in patients with PLT counts <150 000/μL. In patients with PLT counts $\geq 17.0 \times 10^4$/μL, 80.8% were in stages F0–1 and 19.2% were in stages F2–4, and in patients with PLT counts $< 17.0 \times 10^4$/μL, 60.1% were in stages F0–1 and 39.9% were in stages F2–4.

The SVR rates of IFN therapy were 52.4% in F0–1 patients, 49.5% in F2–4 patients ($P = 0.896$ by Fisher's exact test), and 58.0% and 43.8% ($P = 0.592$) in IFN/Riba therapy, respectively.

In patients with genotype 1b and high viral load, the SVR rate was 12.5%. The SVR rate in genotype 2 patients was 60.4% in the IFN group and 67.7% in the IFN/Riba combination therapy group.

Table 3 Baseline of hepatitis C virus carriers with 31–40 U/L aminotransferase who received antiviral therapy

	PLT ≥ 150 000/μL (group B-1)	PLT < 150 000/μL (group B-2)	*P*-value
No. patients	141	68	
Age	48.2 ± 11.9	57.9 ± 7.5	<0.001*
Sex (male/female)	80/61	37/31	0.751**
BMI (kg/m^2)	22.9 ± 3.1	22.7 ± 2.6	0.08*
HOMA-IR	3.0 ± 2.0	8.2 ± 9.5	0.8.8*
Genotype: 1/2/others	82/58/1	30/38/0	0.095**
Viral load: low/high	64/77	35/33	0.542**
Histology			
F stage (0/1/2/3/4)	17/91/31/2/0	4/30/26/6/2	<0.001**
Grade (0–1/2,3)	116/25	50/18	0.114**
Fatty change† 0–1/2–4	111/30	50/18	0.10**
Iron load‡ 0/1–4	67/12	30/7	0.762**
Ferritin (ng/mL)	114.4 ± 116.1	127.2 ± 167.8	0.869*
PLT count (/μL)	21.5 ± 4.9	12.2 ± 2.1	<0.001*
Hyaluronate (ng/mL)	46.9 ± 35.4	100.7 ± 0.98.1	<0.001*
Administration of IFN (weeks)	26.1 ± 11.9	27.7 ± 11.4	0.983*
Effects of therapy			
SVR/non-SVR	64/77	35/33	0.409**

**P*-values were calculated by Mann–Whitney-*U*-test. **Fisher-exact-test. †0: no fatty change, 1: ≤10%, 2: 11–33%, 3: 34–66%, 4: ≥67% of hepatocyte; ‡no stain by 400×, 1: few stains by 250×, 2: stains by 100×, 3: stains by 25×, 4: stains by 10×. In group B, there were significant differences in age ($P < 0.001$), distribution of F stage ($P < 0.001$), PLT count ($P < 0.001$), and hyaluronic acid ($P < 0.001$) between B-1 and B-2. Frequency of F2–4 was 23.4% in B-1and 50.0% in B-2, respectively. Values are expressed as mean ± SD.
BMI, body mass index; HOMA-IR, homeostasis model assessment-insulin resistance; IFN, interferon; PLT, platelet counts; SVR, sustained viral responders.

Demographic, clinical, and histological features of 129 HCV carriers with PNALT

The demographic and clinical features of the 129 HCV carriers with PNALT who were followed up for 7.2 years are shown in Table 4. Normal liver histology was noted in 17 patients, 102 showed minimal to mild CH, and 10 had moderate CH. Steatosis was seen in 7% and iron loading was noted in 12%.[18]

Of the 78 patients followed longer than 7 years (mean follow-up period; 10.4 ± 3.1 years), 11 (14%) had continuously normal ALT (G-1), 43 (55%) showed a transient elevation of ALT (G-2), and 24 (31%) changed to CH with continuously elevated ALT (G-3).

Thirty-nine patients received repeated liver biopsies (2–4 times). Of the 39 patients, six were in G-1, 17 were in G-2, and 16 were in G-3. The intervals between the first biopsy and the last biopsy in these three groups were 7.1, 7.8, and 7.2 years, respectively. The progression of the F stage was noted in two of six in G-1, six of 17 in G-2, and seven of 16 in G-3. The median rates of fibrosis progression per year for these three groups were 0.05, 0.05, and 0.08 fibrosis unit. HCC was not detected in any patients during the follow-up periods.

Guidelines for the antiviral therapy of HCV carriers with normal serum ALT focused on the inhibition of the development of HCC

Considering the risk of progression to liver cirrhosis and the development of HCC, as well as the expected efficacy and various side-effects of antiviral therapy, an algorithm is needed for the management of HCV carriers with normal serum ALT. The progression rate of liver fibrosis stage was 0.05/year in HCV carriers with PNALT. The annual incidence of HCC in CH-C patients has been reported to be 0.5% at stages F0–F1, 1–2% at stage F2, 3–5% at stage F3, and 7% at stage F4.[4]

In principle, follow up without antiviral treatment is recommended for HCV carriers with PNALT (ALT ≤30 U/L) and PLT counts ≥150 000/μL, particularly in older patients (i.e. >65 years old), because over 90% show normal or minimal liver damage with good prognoses. However, antiviral therapy is not contraindicated for such patients since roughly 40% are infected with HCV genotype 2,[18] which suggests a high rate of SVR to the therapy with PEG-IFN/Riba.

As for the indication of antiviral therapy for HCV carriers with normal serum ALT (≤40 U/L), the PLT

Table 4 Characteristics of 129 HCV carriers with persistently normal ALT who received liver biopsy

	$n = 129$	Follow up over 5 years ($n = 78$)
Follow-up period (years)	7.2 ± 3.2	10.4 ± 3.1
Age (years)	48 (21–77)	45 (29–71)
Male ($n = 24$)	49.8 ± 16.4	42.3 ± 14.9
Female ($n = 105$)	47.2 ± 12.5	46.6 ± 11.6
Sex (male/female)	24/105	10/68
ALT (U/L)	8–30	9–30
Male ($n = 24$)	22.5 ± 5.7	21.1 ± 5.4
Female ($n = 105$)	21.6 ± 4.8	22.3 ± 5.1
PLT ($\times 10^4/\mu L$)	15–31	15–31
Ferritin (ng/mL)	5–225	5–225
Male ($n = 24$)	76.2 ± 53.5	84.6 ± 59.2
Female ($n = 105$)	60.0 ± 43.3	66.6 ± 52.5
HCV genotype	G1 ($n = 58$), G2 ($n = 45$) Mixed and unclassified ($n = 16$)	
BMI (kg/m^2)	16–27	16–27
Male	22.2 ± 1.7	21.9 ± 1.9
Female	21.3 ± 2.2	21.0 ± 2.4

Values are expressed as mean ± SD.
ALT, alanine aminotransferase; BMI, body mass index; HCV, hepatitis C virus; PLT, platelet.

count is a good indicator for discriminating as to whether or not they have minimal to mild fibrosis or moderate to advanced fibrosis. Serum hyaluronate levels were significantly higher in HCV carriers with 31–40 U/L ALT having less than 150 000/μL PLT (Table 3). Advanced hepatic F stage, an elevated ALT level, old age (>65 years old), and sex (male) are important risk factors for the development of HCC.[6,18,30] We advocated an algorithm for such patients (Fig. 1) taking into consideration the risk of the progression to cirrhosis and the development of HCC. Therapy with PEG-IFN/Riba is the first-line treatment; therapy for 48 weeks is recommended for genotype 1 patients with high viral load and 12–24 weeks therapy for genotypes 2 and 1 with low viral load.

DISCUSSION

OUR PREVIOUS STUDY in 129 HCV carriers with PNALT demonstrated a predominance of females, higher frequency of genotype 2, minimal to mild liver histology, and very slow progression of hepatic fibrosis.[18] However, over 30% of these patients advanced to CH-C with elevated ALT levels during the 7-year follow up.

There are many reports concerning the natural course of liver fibrosis in CH-C patients, including those who are HCV carriers with normal serum ALT.[19,31–39] More than half of CH-C patients show progression of F stage from F1 to F2–4 within 10 years, and it was reported that the progression of liver fibrosis in HCV carriers with normal serum ALT was more rapid than was observed in the present study.[23] The main reason for the discrepancy between the report by Puoti *et al.*[23] and our results might be due to the definitions used for the normal range of serum ALT. In our previous study, the patients were HCV carriers with PNALT (ALT ≤ 30 U/L) and PLT counts ≥150 000/μL. On the other hand, the patients in the study by Puoti *et al.* had ALT levels ≤40 U/L, irrespective of PLT counts, in which cirrhotic patients might be included.[23] However, recent studies have demonstrated that normal ALT levels are less than 30 U/L[24] or 25 U/L in men[40] and less than 19 U/L[24] or 22 U/L in women.[40]

The present study demonstrated that the different distribution of hepatic F stage became remarkable when the A and B groups were divided into two subgroups according to their PLT counts. In HCV carriers with ALT levels ≤30 U/L, the frequency of stages F2–3 was 16.2% among those with PLT counts ≥150 000/μL; however, the frequency of stages F2–3 was 49.0% in those with PLT counts <150 000/μL. Conversely, in HCV carriers with ALT levels between 31 and 40 U/L, the frequency of stages F2–4 was 23.4% among those with PLT counts ≥150 000/μL and 50.0% in those with PLT counts <150 000/μL. The PLT count is a useful marker in dis-

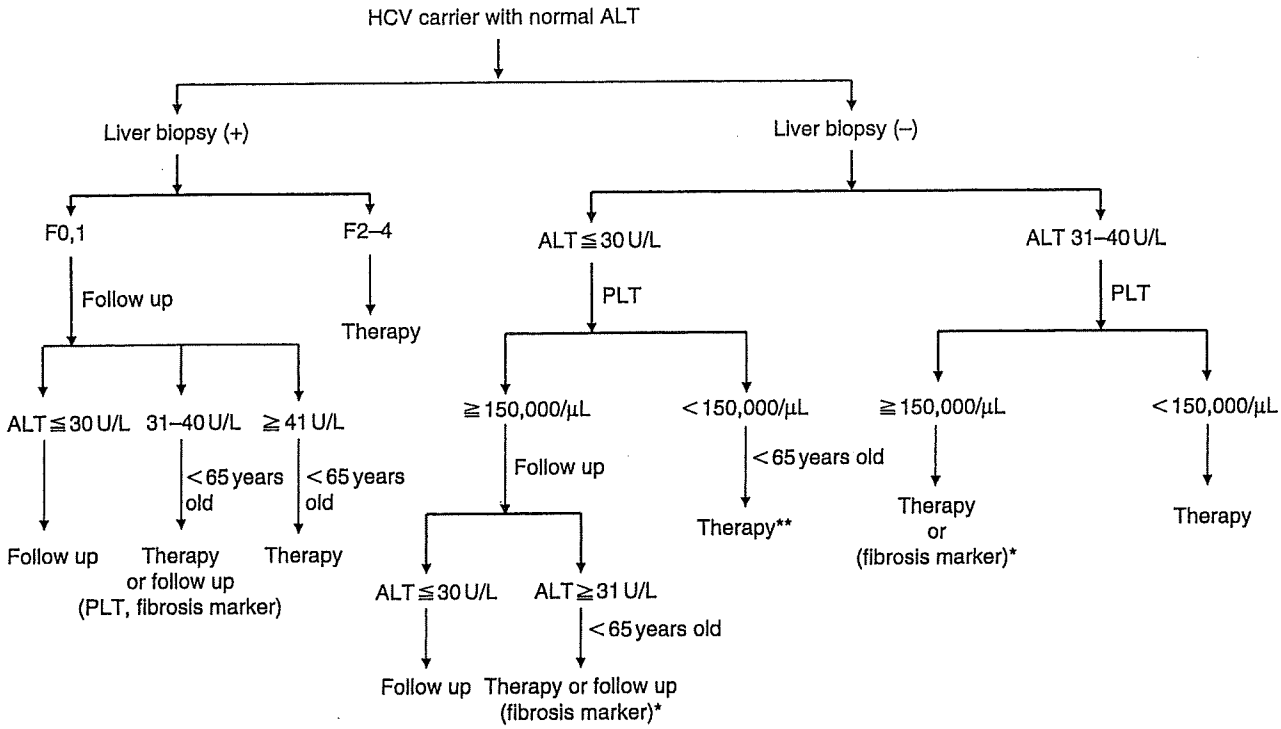

Figure 1 Algorithm for the management of hepatitis C virus (HCV) carriers with normal serum aminotransferase (ALT, ≤40 U/L) focused on the inhibition of the development of hepatocellular carcinoma. In patients who underwent liver biopsy, F0 and F1 patients younger than 65 years are candidates for antiviral therapy, especially those with genotype 2 after the elevation of serum ALT levels. In patients who did not undergo liver biopsy, ALT and platelet (PLT) levels are good indicators for determining candidates for antiviral therapy. Older patients (>65 years) and/or patients having uncontrolled hypertension, diabetes mellitus, or anemia should not be treated with pegylated interferon and ribavirin. Combination therapy with pegylated interferon and ribavirin for 48–72 weeks is recommended for patients with genotype 1 and high viral load, and 12–24 weeks therapy is suggested for patients with genotype 2 and genotype 1 with low viral load. *,**Serum fibrosis markers, such as hyaluronate, might be useful to decide whether patients are candidates for antiviral therapy or not.

criminating between stages F0–1 and F2–4 F in HCV carriers with normal serum ALT (≤40 U/L). In the present study, the mean PLT count in F2 and F3 patients was 16.9 ± 5.3 ($\times 10^4/\mu L$) and 15.9 ± 4.6 ($\times 10^4/\mu L$), respectively. The distribution of the F stage was not significantly different between patients with PLT counts $\geq 15 \times 10^4/\mu L$ versus $< 15 \times 10^4/\mu L$ and $\geq 17 \times 10^4/\mu L$ versus $< 17 \times 10^4/\mu L$.

The SVR rate for genotype 1 patients with high viral load treated with either IFN monotherapy or IFN/Riba were 12.5% and 37.7%, respectively. In genotype 2 patients with high viral load, the SVR rate in the present study was better than the data of Japanese CH-C patients with elevated ALT levels in our previous paper.[6] It was not reasonable to compare the SVR rates between HCV carriers with normal serum ALT and CH-C with elevated ALT in the present study, because the total dosage of IFN and the duration of treatment were significantly different.

The annual incidence of HCC is correlated with the progression of liver fibrosis, that is, the stage of liver disease.[2–4,6] Sustained low serum ALT levels are also associated with a lower incidence of HCC.[2,6,41] PEG-IFN/Riba therapy is expensive and induces various side-effects. The present results indicate that most HCV carriers with normal serum ALT (≤40 U/L) and PLT counts ≥150 000/μL have minimal to mild liver damage, indicating a low risk for the progression to cirrhosis and the development of HCC. This was more remarkable in patients with ALT levels ≤30 U/L and PLT counts ≥150 000/μL. However, nearly half of the patients with PLT count <150 000/μL have F2 or F3 F stages, indicating a certain risk for the progression to cirrhosis and the development of HCC. Fibrosis

progression is associated with age, baseline and follow-up ALT levels, inflammatory activity and steatosis in the initial liver biopsy, and alcohol consumption.[42] The present results indicate that most HCV carriers with PNALT have a good prognosis and a low risk of developing HCC.

Liver biopsy is a useful procedure for identifying the stage of liver fibrosis; however, it is invasive and may sometimes cause complications.[43,44] The error rate of predicting the F stage with this procedure can be estimated to be as high as 20%.[45] Recently introduced biochemical markers, such as FibroTest,[46] and FibroScan,[47–49] are excellent procedures for identifying liver fibrosis stage in CH-C patients.[50] The combined use of FibroScan and FibroTest is useful for accurately estimating moderate to severe liver fibrosis in most patients with CH-C, but not in F0 and F1 patients.[51]

Recently, Alberti proposed an individualized management algorithm for HCV carriers with PNALT with or without liver biopsy in which HCV genotype, patient age, motivation to receive antiviral therapy, and factors influencing side-effects were included.[52] The algorithm using a combination of serum ALT levels and PLT counts in the present study is simple, but it is useful because it focuses mainly on the inhibition of the progression to cirrhosis and the development of HCC.

ACKNOWLEDGMENTS

THIS PROJECT WAS supported in part by a grant-in-aid from the Ministry of Health, Labour and Welfare of Japan. Twelve hepatologists were from the Japanese Study Group of the Standard Antiviral Therapy for Viral Hepatitis (chief: Hiromitsu Kumada, Toranomon Hospital).

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