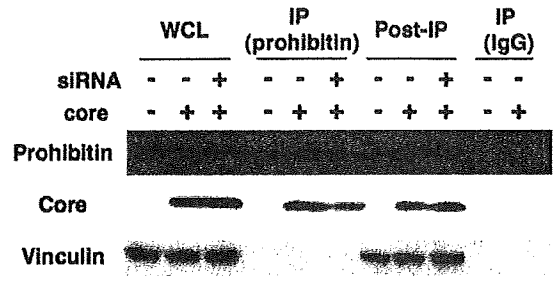

Fig. 4. Interaction of the core protein with prohibitin. Core-expressing and control cells were transfected with or without siRNA against the prohibitin gene, then harvested and lysed in NET-N buffer 3 days after transfection. Whole-cell lysates (WCL) were immunoprecipitated (IP) with an anti-prohibitin antibody or control IgG and immunoblotted with anti-prohibitin or anti-core antibody. Supernatants after the immunoprecipitation were harvested and similarly immunoblotted (Post-IP).

the interaction of prohibitin with the core protein on the function of prohibitin. Prohibitin works as a chaperon of mitochondrial proteins. Nijtmans et al.[21] demonstrated that prohibitin exerts a chaperon function particularly for the stabilization of mitochondrial DNA-encoded proteins. COX is a mitochondrial respiratory complex IV formed by 14 subunits, 10 of which are encoded by nuclear DNA and the rest by mitochondrial DNA.[24] We examined the interaction of prohibitin with subunit II of COX encoded by mitochondrial DNA. As shown in Fig. 5A, the level of COX II coimmunoprecipitated with an anti-prohibitin antibody was decreased in core-expressing cells, although the amount of immunoprecipitated prohibitin was higher than that in control cells. On the other hand, the subunit IV of COX encoded by nuclear DNA was similarly coimmunoprecipitated between core-expressing and control cells. When prohibitin expression was decreased by siRNA transfection, coimmunoprecipitation of COX subunits was similarly decreased with the amount of immunoprecipitation of prohibitin itself being low. We next determined expression levels of COX subunits in the mitochondria in these cells. Expression levels of mitochondrial DNA-encoded subunits I and II in core-expressing cells were decreased, whereas the levels of nuclear DNA-encoded subunits IV and VIb were similar to those in control cells. When transfected with prohibitin-siRNA, expression levels of all of the COX subunits examined were decreased in both core-expressing and control cells, suggesting that protein levels of these subunits are dependent on prohibitin (Fig. 5B, see Supporting Fig. 1 for densitometry). Similar data were observed when blots for COX II and IV were developed together in the same membrane (Supporting Fig. 2). We also determined COX activity in these cells and found that core-expressing cells had a significantly decreased COX activity (about 70% of that in control cells, Fig. 5C). These results suggest that interaction of prohibitin with the core protein is associated with an impaired function of prohibitin as a mitochondrial chaperon, which may trigger disordered assembly and function of mitochondrial respiratory complexes.

Discussion

In the present study we analyzed expression levels of mitochondrial proteins in HepG2 cells expressing the HCV core protein and identified a set of proteins with different expressions. Some of those proteins were related to the mitochondrial respiratory chain (Table 1). Because the core protein was shown to be associated with the induction of oxidative stress,[7-9] the core protein may modulate the expression and function of proteins forming mitochondrial respiratory complexes, which naturally

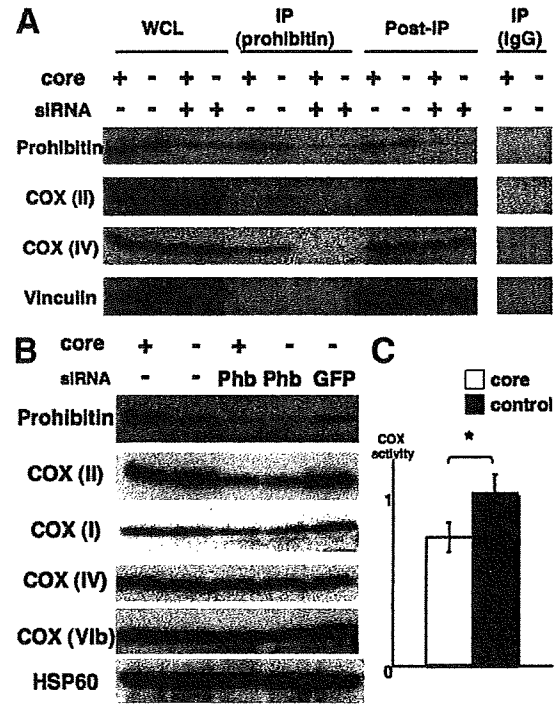

Fig. 5. Effects of core-prohibitin interaction on interaction/expression of COX subunit proteins and COX activity. (A) Whole-cell lysates (WCL) of core-expressing and control cells were subjected to immunoprecipitation with an anti-prohibitin antibody or control IgG, and the interaction of prohibitin with COX subunits was determined by immunoblotting of immunoprecipitated proteins (IP). Supernatants after the immunoprecipitation were harvested and similarly immunoblotted (Post-IP). (B) Cells were transfected with or without siRNA against the prohibitin (Phb) or GFP gene and harvested 3 days after transfection for purification of mitochondria. Purified mitochondria were subjected to SDS-PAGE and immunoblotted with several anti-COX subunits antibodies. The expression levels of HSP60 were also examined as an internal control. (C) COX activity was determined by measuring cytochrome c oxidation. The activity was normalized by taking the average rate of control cells as 1. Data shown are means ± SE (n = 5). $*P < 0.05$.

leads to ROS accumulation. In addition, MnSOD, which plays a key role in protecting cells from oxidative damage, was up-regulated in core-expressing cells, reflecting ROS increase in the cells. Several protein chaperons such as HSP70 and GrpE-like protein co-chaperon were also identified as up-regulated proteins. Because these proteins are known to be important in the mitochondrial protein-import mechanisms, the modulated expression of these proteins may be associated with the different expressions of the identified mitochondrial proteins.

Prohibitin, a mitochondrial protein chaperon, was identified as an up-regulated protein in core-expressing cells. Prohibitin is a ubiquitously expressed and highly conserved protein that was originally determined to play a predominant role in inhibiting cell-cycle progression and cellular proliferation by attenuating DNA synthesis.[20,25] Prohibitin is present in the nucleus and interacts with transcription factors that are important in cell cycle progression. In core-expressing cells used in this study, prohibitin was also detected in the nucleus and its expression level was also higher than that in control Hepswx cells or HepG2 cells (data not shown). The growth rate of core-expressing cells, however, was similar to that of control cells (data not shown). The physiological significance of the high expression level of prohibitin in the nucleus remains to be determined, but it may be related to enhanced apoptosis by Fas ligand, as shown by Ruggieri et al.,[16] because prohibitin interacts with E2F, Rb, and p53 and modulates the transcription activity of these factors and induces apoptosis.[26,27]

Mitochondrial prohibitin acts as a protein chaperon by stabilizing newly synthesized mitochondrial translation products through direct interaction.[21] We examined the interaction between prohibitin and mitochondrially encoded subunit II of COX and found a suppressed interaction between these proteins in core-expressing cells. In addition, there are several studies that showed the association of prohibitin with the assembly of mitochondrial respiratory complex I as well as complex IV (COX).[21,28] Complex I also consists of both nuclear- and mitochondrial-DNA-encoded subunits; therefore, it is probable that the assembly and function of complex I are impaired by the core protein. We attempted to examine the interaction of prohibitin with the mitochondrial DNA-encoded subunit of complex I, but commercially available antibodies against this subunit could not detect the protein itself by immunoblotting (data not shown). With respect to the complex I function, we found a decreased complex I activity in core-expressing cells (H. Miyoshi et al., manuscript in preparation). Other groups have also shown that complex I activity is decreased in the liver of transgenic mice harboring HCV core and envelope genes[9] as well as in cultured cells.[29] From these findings, the interaction between prohibitin and the core protein may impair the function of complex I as well as complex IV, leading to an increase in ROS production. In fact, the suppression of the prohibitin function is shown to result in an increased production of ROS,[30] a phenomenon observed in core-expressing cells used in this study (Miyoshi et al., in prep.) as well as in the liver of core-gene transgenic mice.[7,8] Interestingly, Berger and Yaffe[31] showed that loss of function of prohibitin leads to an altered mitochondrial morphology, that is, the loss of the normal reticular morphology and organized mitochondrial distribution. In hepatocytes from the core-gene transgenic mice, we observed a change in morphology of mitochondria, a disappearance of the double structure of mitochondrial membranes.[2] These changes in mitochondrial morphology are somewhat different, but the dysfunction of prohibitin may be responsible for the morphological abnormality of mitochondria observed in the core-gene transgenic mice.

We concluded that prohibitin overexpression is due to increased stability induced by the interaction with the core protein. In this study we showed that prohibitin might be degraded by proteasome, although we could not detect ubiquitinated forms of prohibitin. If the degradation is mediated by ubiquitin as reported,[23] it is possible that the interaction with the core protein interferes with ubiquitin-binding and protects prohibitin from degradation by proteasome. Some posttranslational protein modifications such as phosphorylation are other possible factors for the stabilization, because prohibitin can be serine-phosphorylated[32]; however, in our examination no serine/threonine/tyrosine phosphorylation of prohibitin was detected in core-expressing cells (data not shown). Thus far, there are no studies showing that prohibitin stabilization leads to a suppressed function as a mitochondrial chaperon. Therefore, this finding is novel and noteworthy because the prohibitin expression level has been considered to be proportional to the chaperon function. Prohibitin is highly expressed in several human tumors.[33,34] In addition, a 2D-PAGE of the hepatoma cell line HCC-M identified prohibitin as a positively regulated protein.[35] In these studies, the mechanism of prohibitin overexpression was not elucidated, but considering that prohibitin is associated with the inhibition of cell proliferation, the function of prohibitin is suppressed by stabilization by some molecules in the tumor, similar to the mechanism we suggest in the current study.

In addition to HepG2 cells constitutively expressing the core protein, increased prohibitin expression levels were also found in livers of core-gene transgenic mice.

The difference in expression levels between the transgenic mice and nontransgenic littermates, however, was a little bit smaller than that in the studies of HepG2 cells. This may be due to the low expression level of the core protein in the transgenic mice compared with that in core-expressing HepG2 cells because the expression level of prohibitin was proportionally increased to that of the core protein as shown in this study (Fig. 2D). Otherwise, there might be some *in vivo* mechanism for suppressing prohibitin expression in mice.

In this study, COX subunit IV as well as II were found to interact with prohibitin (Fig. 5A). Although there are no studies demonstrating that prohibitin also works as chaperon for nuclear DNA-encoded mitochondrial proteins as far as we investigated, knockdown of prohibitin expression by siRNA led to decreases in expression levels of both nuclear (COX IV, VIb) and mitochondrial (COX I, II) DNA-encoded subunits in mitochondria (Fig. 5B and Supporting Figs. 1 and 2). We showed that COX IV interacts with prohibitin (Fig. 4), suggesting that prohibitin also works for stable expression of nuclear DNA-encoded COX IV. Degrees of decrease in COX IV and VIb expression, however, were smaller than those in I and II. Prohibitin might contribute to stabilization of COX IV and VIb by mechanism(s) other than chaperon function. Steglich et al.[36] showed that prohibitin regulates protein degradation by the m-AAA protease in mitochondria. Recently, Da Cruz et al.[37] showed that SLP-2, a member of the stomatin gene family, interacts with prohibitin and regulates the expression of mitochondrial proteins such as COX IV and ND6 of complex I encoded by nuclear DNA by AAA proteases. In view of these findings, COX IV and VIb expression in mitochondria is dependent on prohibitin but other factors may also be involved in the attainment of stable expression of these subunits. The expression levels of COX II and IV in the whole-cell lysates were not so drastic among cell samples (Fig. 5A) compared to those in the mitochondria (Fig. 5B). The reason is not clear, but it is possible that redundant proteins such as improperly folded proteins by lack of chaperons were included in the whole-cell lysates.

In summary, we analyzed mitochondrial proteins in core-expressing HepG2 cells by proteomics analysis and identified prohibitin as an up-regulated protein. The dysfunction of prohibitin induced by the core protein may lead to ROS overproduction in the mitochondrion, which plays a key role in the pathogenesis of chronic hepatitis C. The restoration of prohibitin function might be a therapeutic option for correcting the dysregulated assembly and dysfunction of mitochondrial respiratory chain complexes.

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Original Article

Chronic hepatitis C in patients co-infected with human immunodeficiency virus in Japan: a retrospective multicenter analysis

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Aim: A nationwide survey in Japan revealed that nearly one-fifth of human immunodeficiency virus (HIV)-positive patients are co-infected with hepatitis C virus (HCV). We conducted a study to further analyze the features of liver disease in HIV–HCV co-infected patients.

Methods: We analyzed 297 patients from eight hospitals belonging to the HIV/AIDS Network of Japan.

Results: HCV genotypes 1, 2, 3, 4 and mixed genotypes were detected in 55.2, 13.7, 18.9, 0.9 and 11.3% of patients, respectively, in contrast to the fact that only genotypes 1 and 2 are detected in HCV mono-infected patients in Japan. This is compatible with the transmission of HCV through imported blood products contaminated by HCV. Sixteen of 297 HIV–HCV co-infected patients had advanced liver disease accompanied by ascites, hepatic encephalopathy or hepatocellular carcinoma. The average age of such patients was 41.1 ± 14.0 years, which was much younger than that of HCV mono-infected patients with the same complications. The progression speed of liver disease estimated from the changes in the levels of serum albumin, bilirubin, or platelet was slower in patients who achieved sustained virological response with interferon treatment than in those who did not receive it. The overall sustained virological response rate to interferon treatment was 43.3%.

Conclusions: Our findings suggest that liver disease is more advanced in HIV–HCV co-infected patients than in HCV mono-infected patients, and interferon treatment may retard the progression of liver disease in such patients.

Key words: acquired immunodeficiency syndrome, chronic liver disease, genotype, interferon therapy

INTRODUCTION

THE PROGNOSIS OF human immunodeficiency virus (HIV) infection has markedly improved since the introduction of hyperactive anti-retroviral therapy (HAART).[1,2] Opportunistic infection has been prevented or properly managed, resulting in lower mortality rates. Liver disease, in particular related to hepatitis C virus (HCV) infection, has now become the main cause of mortality among HIV-infected patients on HAART in Western countries.[3,4] A national survey among Japanese HIV-infected patients with coagulation disorders has shown that the mortality rate related to HCV-related liver disease after 1997 was twofold that before 1997.[5] In Japan, therefore, HCV infection may also be a major cause of death in HIV–HCV co-infected patients. However, there has been no extensive analysis of liver disease in HIV–HCV co-infected patients in Japan.

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Interferon (IFN) treatment in combination with ribavirin administration, which is now the first choice for HCV mono-infected patients,[6] is also a standard treatment for chronic hepatitis in HIV–HCV co-infected patients. Eradication of HCV is assumed to improve liver function, and normalization of serum aminotransferase (ALT) levels by IFN treatment may retard the progression of liver disease in HIV–HCV co-infected patients, even if they are on HAART. However, in general, the response rate to IFN treatment is lower in HIV–HCV co-infected patients than in HCV mono-infected patients.[7] The effects of IFN treatment on liver function and prognosis in HIV–HCV co-infected patients in Japan are yet undefined.

In 2004, we conducted a nationwide survey to determine the prevalence of HCV infection in HIV-infected patients by distributing a questionnaire to the hospitals in the HIV/AIDS Network of Japan, which revealed that 935 (19.2%) of 4877 HIV-positive patients were also positive for anti-HCV antibody.[8] In this study, we analyzed the progression of liver diseases and the impact of IFN treatment on the parameters of liver function in HIV–HCV co-infected patients in a multicenter retrospective study.

METHODS

Registry of patients with HIV–HCV co-infection

THE QUESTIONNAIRE REGARDING the current state of HIV–HCV co-infection was sent to the 366 hospitals in the HIV/AIDS Network of Japan in 2004, sponsored by the Japanese Ministry of Health, Labour and Welfare. One hundred seventy-six hospitals (48.1%) responded. The results, already published,[8] showed that HIV–HCV co-infected patients are concentrated in particular hospitals in big cities around Japan. Among these hospitals, we chose three hospitals in the Tokyo metropolitan area, and one each in the Hokkaido, Chubu, Osaka, Chugoku and Kyushu areas. These eight hospitals belong to the HIV/AIDS Network and had more HIV–HCV co-infected patients than other hospitals.

In the study, the following information was obtained from the hospitals regarding each HIV–HCV co-infected patient who visited the hospitals at least once between January and December in 2004: (1) age and sex of HIV-positive patients with anti-HCV; (2) possible transmission routes of HIV; (3) history of habitual alcohol intake; (4) date of the first and last visits; (5) counts of white blood cells, CD4-positive lymphocytes and platelets at the first and last visits; (6) levels of serum albumin and bilirubin at the first and last visits; (7) levels of HIV-RNA and HCV-RNA at the first and last visits; (8) history of IFN treatment with or without ribavirin; (9) history of HAART; and (10) history of jaundice, ascites, hepatic encephalopathy and hepatocellular carcinoma (HCC). The study sheets were completed by the physicians in charge and sent to the Department of Internal Medicine, University of Tokyo.

Ethical issues

The protocol of the current survey was approved by the ethical committee of each institution, and written informed consent was obtained from each patient.

Statistical analysis

The collected data were analyzed using Mann–Whitney's *U*-test whenever appropriate. *P*-values less than 0.05 were regarded as statistically significant.

RESULTS

Clinical backgrounds of registered patients

FROM THE EIGHT hospitals, 297 patients were registered. The number, age, sex, estimated transmission routes and history of habitual alcohol intake are shown in Table 1. Two hundred and ninety (97.6%) were male patients. The mean age of the patients was 37.9 ± 10.3.

HCV genotype was determined in 212 patients. One hundred seventeen (55.2%) patients were infected by genotype 1 HCV. Infection by genotypes 2, 3 or 4 HCV was found in 29 (13.7%), 40 (18.9%) and 2 (0.9%) patients, respectively. Twenty-four (11.3%) patients were infected by HCV of mixed genotypes. In the remaining 85 patients, the genotype was indeterminable or undetermined. The mean ages of patients infected by different HCV genotypes were similar (Table 1).

In 259 (87.2%) of 297 registered patients, HIV was most probably transmitted through the administration of blood products. Other transmission routes were sexual contacts among men who have sex with men (MSM) (4.0%), heterosexual contacts (3.0%) and intravenous drug use (IDU) (0.3%). Habitual alcohol consumption was noted in only one patient with genotype 1 HCV (0.6%).

Outcomes of IFN treatment in HIV–HCV co-infected patients

Serum HCV-RNA levels were available both at the first visit and registry to the study (i.e. the end of observa-

Table 1 Demography, transmission route and HCV genotypes in HIV–HCV co-infected patients

HCV genotype	Number (%)	HCV sub-genotypes	Viral load† (High : Low)	Age	Sex (Male : Female)	Transmission route				
						Transfusion	MSM	Hetero-sexual	IDU	Others
1	117 (55.2)	1a 31, 1b 43, 1a+1b 31, undetermined 12	31:11	38.3 ± 10.4	114:3	102	7	1	0	7
2	29 (13.7)	2a 16, 2b 11, undetermined 2	5:5	39.8 ± 9.5	29:0	24	1	1	0	3
3	40 (18.9)	3a 40	12:2	36.1 ± 8.9	40:0	38	0	0	0	2
4	2 (0.9)	4a 2	2:0	38.5 ± 2.1	2:0	2	0	0	0	0
Mixed	24 (11.3)	2a+3a 6, 1b+3a 3, others 15	11:0	38.7 ± 8.7	24:0	24	0	0	0	0
Others	85	Undetermined 85	6:1	36.2 ± 11.5	81:4	69	4	7	1	4
Total	297		67:19	37.9 ± 10.3	290:7	259 (87.2%)	12 (4.0%)	9 (3.0%)	1 (0.3%)	16 (5.5%)

†Viral loads are available in only a subset of patients. High viral load: more than 1 Meq/mL by branched DNA-probe assay or more than 100 KIU/mL by Amplicor monitor assay.
HCV, hepatitis C virus; HIV, human immunodeficiency virus; IDU, intravenous drug users; MSM, men who have sex with men.

tion) in 158 patients. Of these 158, 60 patients (38.0%) received IFN treatment for HCV, and 35 of these 60 patients did it in combination with ribavirin. Those who did not complete the scheduled treatment were excluded from the current analysis.

As shown in Table 2, 26 (43.3%), 11 (18.4%) and 23 (38.3%) of the treated patients achieved sustained virological response (SVR), end-of-treatment virological response (ETR) and no virological response (NR), respectively. The SVR rate in patients with each genotype is shown in Table 2. The SVR rate in the patients who underwent IFN treatment in combination with ribavirin was 31.4% in total. The SVR rate in patients with each genotype who underwent IFN/ribavirin combination therapy is shown in Table 2.

All of the 26 patients who achieved SVR remained negative for serum HCV-RNA in the further follow-up periods. In contrast, none of the patients with ETR or NR became negative for serum HCV-RNA in the follow-up periods. In five patients who did not receive IFN treatment, HCV-RNA was negative at the end of the observation period, although it was positive at least twice before the registry. The profiles of the five patients are shown in Table 3.

Changes in liver function and associated complications (Table 4)

As mentioned above, the data on liver function and serum HCV-RNA positivity were available both at the first visit and registry (end of observation) in 158 of the 297 registered patients. The mean observation period was 9.5 ± 5.0 and 8.2 ± 8.2 years in the IFN-treated and IFN-untreated patients, respectively. Unfortunately, few, if any, patients underwent liver biopsy, because most HIV–HCV co-infected patients had coagulation disorders.

The annual change in the serum albumin concentration was +0.05 ± 0.42 g/dL in the IFN-treated patients, and −0.80 ± 0.82 g/dL in the non-IFN-treated patients. The annual change in the serum bilirubin concentration was +0.08 ± 0.38 mg/dL in the IFN-treated patients, while it was +0.15 ± 0.15 mg/dL in the non-IFN-treated patients. Among the IFN-treated patients, the serum bilirubin concentration decreased by 0.02 ± 0.08 mg/dL in the patients who achieved SVR, which was significantly larger than that in the non-IFN-treated patients at the end of the observation ($P < 0.05$). The annual changes in platelet counts were +0.06 ± 1.13 ($\times 10^4/\mu l$) in the IFN-treated patients and −0.94 ± 0.95 ($\times 10^4/\mu l$) in the non-IFN-treated patients. The change in platelet

Table 2 Virological response to interferon treatment in HIV–HCV co-infected patients

Genotype	Viral load (High : Low)†	Response			Total
		SVR	ETR	NR	
(a) Response to interferon treatment in total (with or without ribavirin)					
1	9:6	7 (33.3%)	1	13	21
2	5:3	4 (40.0%)	2	4	10
3	5:1	5 (62.5%)	1	2	8
4	1:0	0	1	0	1
Mixed	5:1	2 (33.3%)	3	1	6
Others	6:2	8 (57.1%)	3	3	14
Total	31:13	26 (43.4%)	11	23	60
(b) Response to ribavirin/interferon combination therapy including peginterferon					
1	8:2	2 (15.3%)	0	11	13
2	1:2	1 (25.0%)	0	3	4
3	4:1	4 (66.7%)	1	1	6
4	1:0	0	1	0	1
Mixed	4:1	1 (20.0%)	3	1	5
Others	3:0	3 (50.0%)	1	2	6
Total	21:6	11 (31.4%)	6	18	35

†Viral loads are available in only a subset of patients. High viral load: more than 1 Meq/mL by Branched DNA-probe assay or more than 100 KIU/mL by Amplicor monitor assay.
ETR, end of treatment virological response; NR, no virological response; SVR, sustained virological response.

counts in the patients who achieved SVR was significantly larger than that in the non-IFN-treated patients ($P < 0.05$, Table 4).

No symptoms of hepatic failure (ascites or hepatic encephalopathy) were observed in the 60 IFN-treated patients while they were observed in six of the 98 non-IFN-treated patients. HCC was found in one IFN-treated patient after SVR, while it was found in two non-IFN-treated patients (Table 4).

Impact of HAART on liver function and associated complications (Table 5)

Information on HAART was available in 292 patients. The mean observation periods were 8.4 ± 4.2 years in 234 patients on HAART, and 9.8 ± 6.0 years in 58 patients not on HAART. Changes in the levels of albumin, bilirubin or platelet were similar between the two groups (statistically not significant). The morbidities of hepatic decompensation symptoms (ascites and hepatic encephalopathy) and HCC were not significantly different between the two groups. In total, nine patients had hepatic decompensation and seven had HCC, and the average age of such patients was 41.1 ± 14.0 years, which was much younger than that of HCV mono-infected patients with the same complications.[9]

DISCUSSION

IN THE CURRENT study, the features of liver disease in HIV–HCV co-infected patients in Japan were analyzed. The determination of HCV genotypes revealed that genotype 3 or 4, which is rarely seen in HCV mono-infected patients in Japan,[10] was found in a substantial fraction of HIV-infected patients. In addition, some of these patients were infected with HCV of mixed genotypes. These results are compatible with the fact that HCV is transmitted through imported blood products that were contaminated by HCV, as is the case with HIV infection.[11] Infection by HCV of mixed genotypes may reflect frequent administrations of blood products of different lots.

We evaluated the response rate to IFN treatment in HIV–HCV co-infected patients in Japan. Because the IFN treatment protocol varied between facilities, it was not easy to evaluate the effects of the treatments including IFN in this cohort. However, the regimen of ribavirin/IFN combination therapy was similar between the hospitals: the treatment period was 24 weeks in patients with HCV genotypes 2 and 3, and 48 weeks in those with HCV of other genotypes when either pegylated or standard IFN in combination with ribavirin was used.[12] Therefore, it may be possible to estimate the effect

Table 3 Clinical backgrounds of patients who spontaneously cleared HCV in HIV-infected patients

Patient no.	Age	Sex	Transmission route	Observation period (years)	HCV-RNA (KIU/mL)	HCV genotype	HIV-RNA ($\times10^2$/mL)	WBC (/μL)	CD4+ T cells (/μL)	Platelets ($\times10^4$/mL)	ALT (U/l)	HAART
1	33	M	Transfusion	8.8	290	ND	200 000	4500	5	26.3	21	Yes
2	31	M	MSM	2.3	Positive†	ND	13 000	5760	931	22.7	29	Yes
3	27	M	Transfusion	9.3	>850	3a	180 000	4000	51	10.1	84	Yes
4	53	M	Transfusion	4.5	Positive†	1a	20 000	4800	296	35.4	24	No
5	22	M	Transfusion	7.8	220	ND	990	5500	125	33.1	44	Yes

†Positive: HCV-RNA was positive by qualitative PCR, but was not quantitatively determined.
ALT, aminotransferase; HAART, highly active anti-retroviral therapy; HCV, hepatitis C virus; HIV, human immunodeficiency virus; MSM, men who have sex with men; ND, not determined; WBC, white blood cells.

Table 4 Changes in clinical parameters and IFN treatment in HIV–HCV co-infected patients

	Outcome of IFN treatment	Number	Observation period (years)	⊿Albumin†	⊿Bilirubin‡	⊿Platelet§	Ascites/ encephalopathy	HCC
IFN-treated patients		60	9.5 ± 5.0	0.05 ± 0.42	0.08 ± 0.38*	0.06 ± 1.13	0	1
	SVR	26	9.1 ± 4.4	0.13 ± 0.59	(−) 0.02 ± 0.08*	0.14 ± 0.76*	0	1
	ETR	11	14.6 ± 7.0	(−) 0.07 ± 0.14	0.51 ± 1.04	0.07 ± 1.50	0	0
	NR	23	7.4 ± 2.0	0.01 ± 0.30	0.09 ± 0.30	(−) 0.18 ± 0.32	0	0
Non-IFN-treated patients		98	8.2 ± 8.2	(−) 0.80 ± 0.82	0.15 ± 0.15	(−) 0.94 ± 0.95	6	2
All		158	8.7 ± 4.7	(−) 0.45 ± 2.93	0.13 ± 0.52	(−) 0.59 ± 3.78	6	3

*$P < 0.05$ versus patients without IFN treatment.
†⊿Albumin: changes in albumin concentration (g/dL)/observation period (years).
‡⊿Bilirubin: changes in bilirubin concentration (mg/dL)/observation period (years).
§⊿Platelet: changes in platelet count ($\times10^4$/μL)/observation period (years).
ETR, end of treatment virological response; HCC, hepatocellular carcinoma; HCV, hepatitis C virus; HIV, human immunodeficiency virus; IFN, interferon; NR, no virological response; SVR, sustained virological response.

Table 5 Changes in clinical parameters and HAART in HIV–HCV co-infected patients

	Number	Age	Sex (M : F)	Observation period (years)	⊿Albumin†	⊿Bilirubin‡	⊿Platelet§	IFN	Ascites/ encephalopathy	HCC
HAART (+)	234	37.8 ± 10.4	227:7	8.4 ± 4.2	(−) 0.002 ± 0.18	0.13 ± 0.53	(−) 0.40 ± 3.71	143 (61.1%)	6	5
HAART (−)	58	38.1 ± 10.5	58:0	9.8 ± 6.0	(−) 0.14 ± 0.18	0.03 ± 0.25	(−) 1.40 ± 3.30	30 (51.7%)	3	2

†⊿Albumin: changes in albumin concentration (g/dL)/observation period (years).
‡⊿Bilirubin: changes in bilirubin concentration (mg/dL)/observation period (years).
§⊿Platelet: changes in platelet count ($\times 10^4$/[L)/observation period (years).
HAART, highly active anti-retroviral therapy; HCC, hepatocellular carcinoma; HCV, hepatitis C virus; HIV, human immunodeficiency virus.

of ribavirin/IFN combination therapy in HIV–HCV co-infected patients in this study.

The response rate to ribavirin/IFN combination therapy was 31.4% in total, and 15.3% in patients with HCV genotype 1, which are comparable rates to those achieved in previous studies on HIV–HCV co-infected patients in Western countries.[7] The low response rate in HIV–HCV co-infected patients compared with HCV mono-infected patients[12] may be attributed to several factors: impaired immune response, high HCV loads and viral quasi-species caused by frequent chances of transmission. Of these, high viral loads may be essential, because Table 2 shows that patients with genotype 1 HCV achieved SVR even by IFN monotherapy if their viral loads were low. In the era of IFN monotherapy, patients with favorable conditions were treated first of all: pretreatment viral loads in patients who received IFN monotherapy were lower than those who received PEG-IFN–ribavirin combination therapy. This may be the reason why the efficacy of PEG-IFN–ribavirin combination therapy was lower than that with IFN monotherapy in this study.

The serum bilirubin concentrations and platelet counts were improved in the patients who achieved SVR by IFN treatment. Although the response rate to IFN treatment is lower in HIV–HCV co-infected patients than in HCV mono-infected patients, the overall benefit of IFN treatment on liver function may be similarly expected in the patients who achieved SVR. HAART showed no impact on the liver function in HIV–HCV co-infected patients. Improvement of liver function can be expected only in IFN-treated patients, although there is a possibility that only patients with preserved liver function were able to receive IFN treatment. Given that liver disease is the major life-threatening factor in HIV-infected patients, IFN treatment should be considered in the early stage of HIV–HCV co-infection.

It should be noted that nine patients had hepatic decompensation and seven had HCC, and the average age of such patients was much younger than that of HCV mono-infected patients with the same complications.[9] This finding is compatible with reports from Western countries showing a faster progression of fibrosis[13] and earlier development of HCC.[14] A possibly interesting finding is that five patients (approximately 3% of patients whose serum HCV-RNA level was serially determined) cleared HCV-RNA from the serum without IFN treatment. Previous reports showed that some HIV-infected patients could spontaneously clear HCV-RNA.[15–17] The clearance of HCV among patients with chronic HCV infection is rare, although it has been

reported in Japan.[18] Three of the five patients had high HCV loads and low $CD4^+$ T-lymphocyte counts, which are generally thought to be unfavorable for spontaneous HCV clearance. A difference in immune status of HIV-infected patients from HCV mono-infected patients may be involved in such an observation, although further studies are awaited.

In summary, our study demonstrated that approximately 20% of HIV-infected patients are co-infected with HCV. Some of the HIV–HCV co-infected patients had advanced liver disease such as ascites, encephalopathy or HCC at a younger age than HCV mono-infected patients, suggesting that the progression of liver disease may be more rapid in HIV–HCV co-infected patients than in HCV-mono-infected ones. Treatments with regimens including IFN, which may improve liver function and decrease liver-related death, should be considered in HIV–HCV co-infected patients.

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Association between Changes in Obesity Parameters and Incidence of Chronic Kidney Disease in Japanese Individuals

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Key Words
Chronic kidney disease · Body mass index · Waist circumference · Health screening

Abstract
Obesity increases the risk for chronic kidney disease (CKD). By analyzing data on individuals who underwent general health screening in two consecutive years, we investigated whether changes in body mass index (BMI) or waist circumference (WC) were associated with the appearance or disappearance of the CKD components; micro-/macroalbuminuria (≥30 mg urinary albumin per gram creatinine) and a low estimated glomerular filtration rate (eGFR; <60 ml/min/1.73 m^2). Logistic regression analysis showed that in men with micro-/macroalbuminuria at the first visit, a BMI reduction of ≥0.42 or a WC reduction of ≥3.0 cm over the 1-year period resulted in a significantly reduced incident of micro-/macroalbuminuria at the second visit. On the other hand, a BMI gain of ≥0.33 over 1 year in men without micro-/macroalbuminuria and a low eGFR at the fist visit significantly increased the incident of micro-/macroalbuminuria and a low eGFR, respectively, at the second visit. These findings indicate that lowering the obesity indexes in men with micro-/macroalbuminuria reduced the incidence of this condition at the 1-year follow-up and that, on the contrary, an increase in BMI in men without micro-/macroalbuminuria and a low eGFR at the first examination increased the risk of these conditions during the 1-year follow-up period.

Introduction

Chronic kidney disease (CKD), now recognized as a potential risk factor for cardiovascular disease as well as for end-stage renal disease [1], is a worldwide public health problem [2]. Several cross-sectional and longitudinal epidemiological studies showed that obesity may increase the prevalence and incidence of CKD [3–8] and end-stage renal disease [9], although there might be differences according to gender and ethnicity [9–11]. However, fewer studies have investigated whether changes in obesity indexes, such as body weight, body mass index (BMI), and waist circumference (WC), are associated with changes in CKD status [12–14]. In the current study, we retrospectively analyzed data on individuals who underwent general health screening at our institute for 2 consecutive years and investigated whether changes in obesity indexes were associated with changes in CKD status in these Japanese individuals.

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Subjects and Methods

Study Population

The study was approved by The Ethical Committee of Mitsui Memorial Hospital. At our institution, 3,312 (1,203 women, 2,109 men) individuals underwent general health screening including that on urinary albumin excretion between October 2005 and October 2006 (first visit) and also in the subsequent year (second visit). Among the 3,312 individuals, data on 2,861 (1,114 women, 1,747 men) who reported not taking anti-hypertensive drugs at both visits were used for the present study. The mean ± SD of the interval between the two visits of the enrolled individuals by the study subjects was 355 ± 52 days. Individuals who were taking antihypertensive medications were excluded from the analysis because certain depressor drugs may affect renal function and the extent of proteinuria [15, 16] and because the database did not include information on the class of drugs used. At the time of the health examination, recommendations may have given to overweight or obese subjects to reduce body weight. However, in analyzing data for this study, there was no intention to examine which strategies for weight control, if any, would have an impact on the status of CKD during the follow-up.

In Japan, regular health check-ups for employees are legally mandated; thus, the majority of these subjects did not have serious health problems. In addition, all or most of the costs of the screening are usually paid by the company to which they belong or by each subject. In addition, there are several courses in the heath screening program; however, which to choose is up to each individual, but not to physicians or company one belongs to. Therefore, the study population is not considered to be enriched for certain diseased condition.

Laboratory Analysis

Blood samples were taken from the subjects after an overnight fast. Serum levels of total cholesterol (TC), HDL-cholesterol (HDL-C), and triglycerides (TG) were determined enzymatically. Serum uric acid was measured by the uricase-peroxidase method, hemoglobin A_{1C} was determined using the latex agglutination immunoassay, and creatinine was determined by the enzymatic method. Plasma glucose was measured by the hexokinase method and serum insulin was measured by enzyme immunoassay.

Creatinine and urine albumin were measured by TBA-200FR (Toshiba Medical Systems, Tochigi, Japan) and by Accute (Toshiba Medical Systems), respectively, using commercially available kits, Accuras Auto CRE (Shino-test, Tokyo, Japan) and IATRO U-ALB by turbidimetric immunoassay (Mitsubishi Kagaku Iatron, Tokyo, Japan), respectively. Serum creatinine was calibrated using the following formula: serum creatinine (Jaffe method) = 0.2 + serum creatinine (enzyme method). Glomerular filtration rate (GFR) was estimated by equations of the simplified version of Modification of Diet in Renal Disease (MDRD) [17], where 0.881 is a coefficient for eGFR specific to the Japanese population [18]: estimated GFR (eGFR) for Japanese = 186.3 × (serum creatinine)$^{-1.154}$ × (age)$^{-0.203}$ × 0.881 × 0.742 (for females). eGFR values <60 ml/min/1.73 m^2 were classified as low [19]. For the diagnosis of micro-/macroalbuminuria, spot urine samples were collected and analyzed; micro-/macroalbuminuria was defined to be present when the urinary albumin excretion ratio (UAER), expressed as milligrams per gram creatinine, was ≥30 mg/g. Normoalbuminuria, microalbuminuria, and macroalbuminuria were defined as a UAER of <30, 30–299, and ≥300 mg/g, respectively. Micro-/macroalbuminuria and a low eGFR were considered to be the components of CKD [19]. The difference in BMI and WC between the two visits was designated as ΔBMI and ΔWC, respectively.

Statistical Analysis

Skewed variables (TG, UAER) are presented as median values (interquartile range). Other data are expressed as the mean ± SD unless stated otherwise. Analyses of variance, the Mann-Whitney U test, χ^2 tests, and logistic regression analysis were conducted as appropriate to assess the statistical significance of differences between groups using computer software, Dr. SPSS II (Chicago, Ill., USA). A value of $p < 0.05$ was taken to be statistically significant.

Results

Baseline Characteristics

The mean ± SD age of the individuals enrolled was 52.0 ± 10.1 years at the first visit (table 1). Of the 88 females and 149 males with micro-/macroalbuminuria, 83 and 134, respectively, had microalbuminuria and 5 and 15, respectively, had macroalbuminuria.

Changes in BMI and WC Values between the Two Visits

The mean BMI at the second visit was slightly lower than that at the first visit ($p < 0.001$, by paired t test) in men, but did not differ significantly in women. The mean WC at the second visit was slightly larger than that at the first visit ($p < 0.001$, by paired t test) in women and smaller ($p < 0.001$, by paired t test) in men. In this study, we calculated quartiles of WC or BMI by taking into the entire population. Ranges for each quartile for ΔBMI and ΔWC are shown in table 2. About half of the subjects had a decreased WC value at the second visit. The correlation coefficient between the first-visit BMI and ΔBMI was −0.09 ($p = 0.010$) in women and −0.09 ($p = 0.002$) in men, and that between the first-visit WC and ΔWC was −0.31 in women ($p < 0.001$) and −0.28 ($p < 0.001$) in men.

Changes in the Prevalence of Micro-/Macroalbuminuria and a Low eGFR between the Two Visits

Figure 1 shows the number of subjects with micro-/macroalbuminuria and a low eGFR at the first and second visits. Of those with micro-/macroalbuminuria at the first visit, 34% did not have micro-/macroalbuminuria at the second visit, but 4% of subjects who did not have micro-/macroalbuminuria at the first visit had de-

Table 1. Clinical characteristics and laboratory data

Variables	Women (n = 1,114)		Men (n = 1,747)	
	Visit 1	Visit 2	Visit 1	Visit 2
Age, years	51.3 ± 9.9	52.3 ± 9.9	52.5 ± 10.1	53.4 ± 10.1
Height, cm	157.1 ± 5.7	157.1 ± 7.8	169.7 ± 5.9	169.7 ± 5.9
Weight, kg	52.3 ± 7.7	52.3 ± 7.8	67.8 ± 9.2	67.6 ± 9.3
BMI	21.2 ± 2.9	21.2 ± 2.9	23.5 ± 2.7	23.5 ± 2.8
ΔBMI	–	0.0 ± 0.7	–	−0.1 ± 0.7
WC, cm	76.2 ± 8.6	76.9 ± 8.9	85.3 ± 7.5	85.0 ± 7.4
ΔWC, cm	–	0.7 ± 6.0	–	−0.3 ± 3.8
Systolic BP, mm Hg	116 ± 18	115 ± 18	124 ± 17	124 ± 18
Diastolic BP, mm Hg	72 ± 11	72 ± 11	79 ± 11	79 ± 11
Total cholesterol, mg/dl	217 ± 36	215 ± 34	210 ± 32	207 ± 31
LDL-cholesterol, mg/dl	130 ± 30	127 ± 30	128 ± 32	126 ± 31
HDL-cholesterol, mg/dl	69 ± 14	68 ± 14	56 ± 14	56 ± 13
TG, mg/dl	84 ± 46	84 ± 42	127 ± 80	126 ± 101
TG, median (interquartile range)	74 (55–99)	74 (54–101)	107 (77–152)	102 (74–144)
Uric acid, mg/dl	4.5 ± 0.9	4.5 ± 0.9	6.1 ± 1.2	6.0 ± 1.2
Fasting glucose, mg/dl	90 ± 17	91 ± 14	98 ± 21	99 ± 20
Hemoglobin A_{1C}, %	5.2 ± 0.6	5.2 ± 0.5	5.4 ± 0.8	5.5 ± 0.7
Antidiabetic medication, n (%)	5 (0.4)	9 (0.8)	46 (2.6)	58 (3.3)
Blood urea nitrogen, mg/dl	13.4 ± 3.2	13.6 ± 3.3	14.4 ± 3.5	14.5 ± 3.5
Serum creatinine, mg/dl	0.63 ± 0.09	0.62 ± 0.09	0.86 ± 0.28	0.84 ± 0.30
UAER, median (interquartile range)	7.5 (5.1–12.2)	7.9 (5.4–13.1)	5.2 (3.7–10.0)	5.6 (3.9–10.7)
UAER ≥30 mg/g Cr, n (%)	88 (7.9)	91 (8.2)	149 (8.5)	165 (9.4)
eGFR, ml/min/1.73 m^2	69.5 ± 9.3	70.1 ± 9.2	70.9 ± 10.0	71.8 ± 10.2
Low eGFR, n (%)	155 (13.9)	138 (12.4)	212 (13.1)	201 (11.5)
Current smoker	99 (8.9)	93 (8.3)	581 (33.3)	542 (31.0)

Data are means ± SD, median (interquartile range), n, or percentage. BMI = Body mass index; WC = waist circumference; BP = blood pressure; TG = triglycerides; UAER = urinary albumin excretion rate; eGFR = estimated glomerular filtration rate.

Table 2. Range for each quartile of ΔBMI and ΔWC

	Q1	Q2	Q3	Q4
ΔBMI	−5.33/−0.42 (−0.75)	−0.41/−0.04 (−0.21)	−0.04/0.32 (0.13)	0.33/3.67 (0.62)
ΔWC, cm	−21.0/−3.0 (−5.0)	−2.9/−0.1 (−1.5)	0.0/2.7 (1.0)	2.8/23.0 (5.0)

BMI = Body mass index; WC = waist circumference. Medians are given in parentheses.

veloped micro-/macroalbuminuria at the second visit (fig. 1a, b). Of individuals who had a low eGFR at the first visit, 28% did not have a low eGFR at the second visit, but alternatively, 3% of individuals who did not have a low eGFR at the first visit had a low eGFR at the second visit.

Association between Changes in BMI or WC and Albuminuric Status

Next, we investigated whether decreases in BMI and WC values were associated with changes in CKD status (fig. 2a, b). Logistic regression analysis adjusted for age, systolic blood pressure, HDL- and LDL-cholesterol, fast-

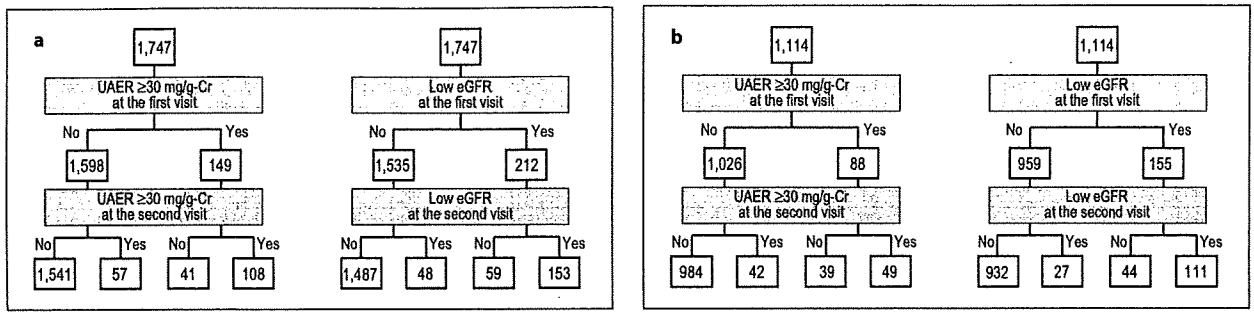

Fig. 1. Flow chart showing the number of men without micro-/macroalbuminuria or a low eGFR at the times of visit 1 and visit 2. **a** Men. **b** Women.

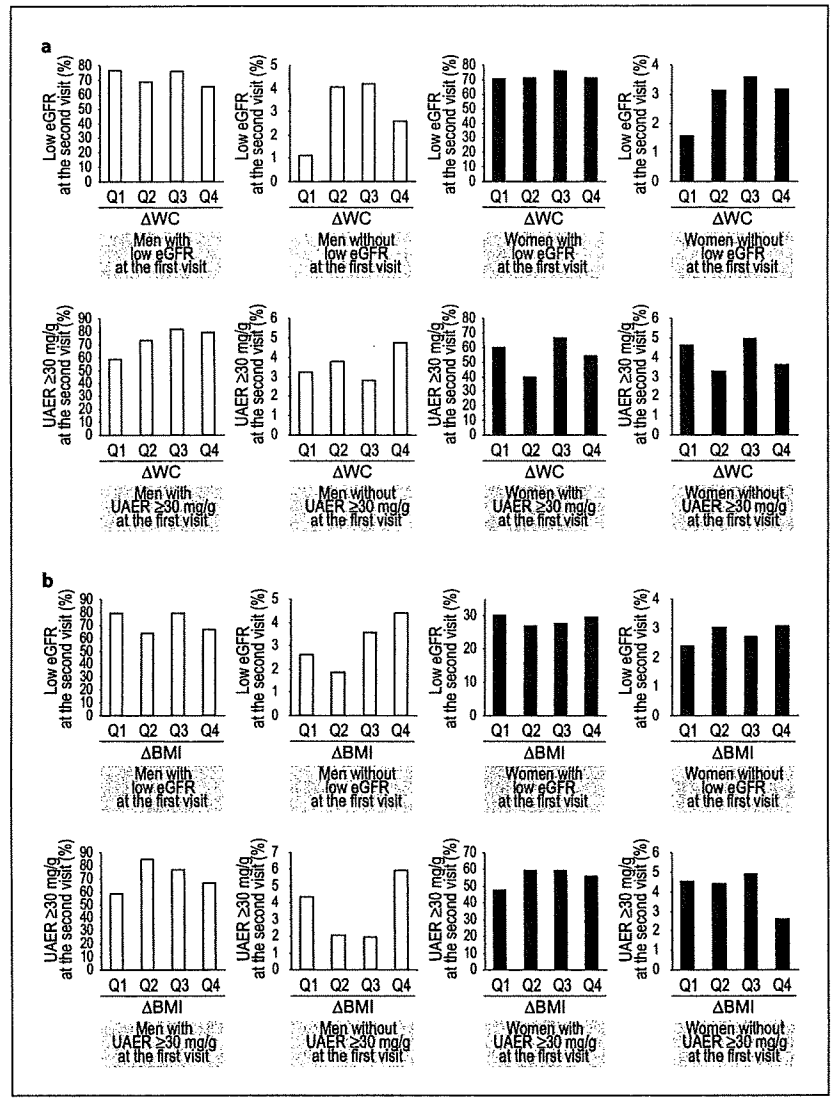

Fig. 2. Prevalence of a low eGFR and elevated levels of albuminuria at visit 2 in subjects with and without a low eGFR or micro-/macroalbuminuria at visit 1 according to quartiles of the difference in waist circumference between visit 1 and visit 2 (ΔWC) (**a**) and the difference in body mass index between the visit 1 and visit 2 (ΔBMI) (**b**).

Table 3. Logistic regression analysis with the lowest Δwaist circumference or Δbody mass index quartile as an independent variable and micro-/macroalbuminuria at the second visit as a dependent variable in individuals with micro-/macroalbuminuria at the first visit

Variables	Age adjusted		Multivariate adjusted*	
	OR (95% CI)	p value	OR (95% CI)	p value
Male (n = 149)				
ΔWC-Q2, Q3, Q4	1.00	-	1.00	-
ΔWC-Q1	0.36 (0.16–0.80)	0.012	0.31 (0.13–0.73)	0.007
Female (n = 88)				
ΔWC-Q2, Q3, Q4	1.00	-	1.00	-
ΔWC-Q1	1.20 (0.41–3.53)	0.735	1.01 (0.33–3.14)	0.987
Male (n = 149)				
ΔBMI-Q2, Q3, Q4	1.00	-	1.00	-
ΔBMI-Q1	0.37 (0.16–0.84)	0.018	0.36 (0.15–0.84)	0.018
Female (n = 88)				
ΔBMI-Q2, Q3, Q4	1.00	-	1.00	-
ΔBMI-Q1	0.51 (0.17–1.54)	0.232	0.52 (0.16–1.74)	0.289

BMI = Body mass index; WC = waist circumference.
* Multivariate adjusted: Adjusted for age, systolic blood pressure, HDL-cholesterol, LDL-cholesterol, fasting plasma glucose, and smoking status.

ing plasma glucose, and smoking status showed that, compared with the higher three ΔBMI quartiles, the lowest ΔBMI quartile (≥0.42 reduction) was associated with a significantly lower risk for micro-/macroalbuminuria at the second visit in men who had micro-/macroalbuminuria at the first visit (table 3). Similarly, compared with the higher three ΔWC quartiles, the lowest ΔWC quartile (≥3.0 cm reduction) was associated with significantly lower risk for micro-/macroalbuminuria at the second visit in men who had micro-/macroalbuminuria at the first visit. In contrast, in women, who had micro-/macroalbuminuria at the first visit, neither a ≥0.42 reduction in BMI nor a ≥3.0-cm reduction in WC significantly reduced the prevalence of micro-/macroalbuminuria at the second visit. Compared with the lower three ΔBMI quartiles, the highest ΔBMI quartile (≥0.33 gain) was associated with a significantly higher risk for micro-/macroalbuminuria at the second visit in men who did not have micro-/macroalbuminuria at the first visit (table 4).

Association between Changes in BMI or WC and a Low eGFR Status

Compared with the lower three quartiles, the highest ΔBMI quartile (≥0.33 gain) was associated with a significantly higher risk for a low eGFR at the second visit in men who did not have a low eGFR at the first visit (tables 5–6). The lowest quartile of either ΔBMI or ΔWC was not associated with reduced risk for a low eGFR at the second visit in those who had a low eGFR at the first visit in either gender.

Discussion

In the current study, we demonstrated that a WC reduction of ≥2.8 cm or a BMI reduction of ≥0.42 over a period of one year in men with micro-/macroalbuminuria at the first visit significantly reduced the risk for micro-/macroalbuminuria at the second visit (OR 0.31, 95% CI 0.13–0.73 and OR 0.36, 95% CI 0.15–0.84, respectively), after multivariate adjustment. On the other hand, a BMI gain of ≥0.33 over one year in men without micro-/macroalbuminuria or a low eGFR at the first visit significantly increased the risk at these conditions at the second visit (OR 2.50, 95% CI 1.44–4.37 and OR 1.94, 95% CI 1.04–3.61, respectively). Neither of these associations reached statistical significance in women. These data collectively suggest that the albuminuric status may be altered when men with micro-/macroalbuminuria have a substantial decrease in WC or BMI, and, in reverse, the

Table 4. Logistic regression analysis with the highest Δwaist circumference or Δbody mass index quartile as an independent variable and micro-/macroalbuminuria at the second visit as a dependent variable in individuals without micro-/macroalbuminuria at the first visit

Variables	Age adjusted		Multivariate adjusted*	
	OR (95% CI)	p value	OR (95% CI)	p value
Male (n = 1,598)				
ΔWC-Q1, Q2, Q3	1.00	-	1.00	-
ΔWC-Q4	1.52 (0.83–2.78)	0.177	1.62 (0.88–2.99)	0.120
Female (n = 1,026)				
ΔWC-Q1, Q2, Q3	1.00	-	1.00	-
ΔWC-Q4	0.87 (0.44–1.69)	0.674	0.87 (0.44–1.70)	0.677
Male (n = 1,598)				
ΔBMI-Q1, Q2, Q3	1.00	-	1.00	-
ΔBMI-Q4	2.41 (1.39–4.19)	0.002	2.50 (1.44–4.37)	0.001
Female (n = 1,026)				
ΔBMI-Q1, Q2, Q3	1.00	-	1.00	-
ΔBMI-Q4	0.57 (0.25–1.31)	0.185	0.60 (0.26–1.37)	0.221

BMI = Body mass index; WC = waist circumference.
* Multivariate adjusted: Adjusted for age, systolic blood pressure, HDL-cholesterol, LDL-cholesterol, fasting plasma glucose, and smoking status.

Table 5. Logistic regression analysis with the lowest Δwaist circumference or Δbody mass index quartile as an independent variable and a low eGFR at the second visit as a dependent variable in individuals with a low eGFR at the first visit

Variables	Age adjusted		Multivariate adjusted*	
	OR (95% CI)	p value	OR (95% CI)	p value
Male (n = 212)				
ΔWC-Q2, Q3, Q4	1.00	-	1.00	-
ΔWC-Q1	1.39 (0.68–2.88)	0.369	1.33 (0.63–2.80)	0.454
Female (n = 155)				
ΔWC-Q2, Q3, Q4	1.00	-	1.00	-
ΔWC-Q1	0.84 (0.38–1.85)	0.664	0.90 (0.39–2.08)	0.808
Male (n = 212)				
ΔBMI-Q2, Q3, Q4	1.00	-	1.00	-
ΔBMI-Q1	1.60 (0.80–3.23)	0.185	1.49 (0.73–3.04)	0.276
Female (n = 155)				
ΔBMI-Q2, Q3, Q4	1.00	-	1.00	-
ΔBMI-Q1	0.73 (0.30–1.81)	0.500	0.91 (0.34–2.38)	0.833

BMI = Body mass index; WC = waist circumference.
* Multivariate adjusted: Adjusted for age, systolic blood pressure, HDL-cholesterol, LDL-cholesterol, fasting plasma glucose, and smoking status.

Table 6. Logistic regression analysis with the highest Δwaist circumference or Δbody mass index quartile as an independent variable and a low eGFR at the second visit as a dependent variable in individuals without a low eGFR at the first visit

Variables	Age adjusted		Multivariate adjusted*	
	OR (95% CI)	p value	OR (95% CI)	p value
Male (n = 1,535)				
ΔWC-Q1, Q2, Q3	1.00	-	1.00	-
ΔWC-Q4	0.84 (0.39–1.83)	0.667	0.88 (0.40–1.91)	0.737
Female (n = 959)				
ΔWC-Q1, Q2, Q3	1.00	-	1.00	-
ΔWC-Q4	1.30 (0.60–2.86)	0.508	1.37 (0.62–3.03)	0.432
Male (n = 1,535)				
ΔBMI-Q1, Q2, Q3	1.00	-	1.00	-
ΔBMI-Q4	1.98 (1.07–3.66)	0.030	1.94 (1.04–3.61)	0.037
Female (n = 959)				
ΔBMI-Q1, Q2, Q3	1.00	-	1.00	-
ΔBMI-Q4	1.22 (0.53–2.83)	0.644	1.23 (0.53–2.89)	0.631

BMI = Body mass index; WC = waist circumference.

* Multivariate adjusted: Adjusted for age, systolic blood pressure, HDL-cholesterol, LDL-cholesterol, fasting plasma glucose, and smoking status.

status of albuminuria or a low eGFR may be altered when men without micro-/macroalbuminuria or a low eGFR, respectively, gain BMI substantially, although such a relationship was not apparent in female subjects. Future studies should be directed toward elucidating whether these observed gender differences were, in part, due to the greater prevalence of other risk factors, such as increased blood pressure, elevated fasting glucose levels, and reduced insulin sensitivity [20, 21], in men than in women.

Several studies have investigated the possible association between the obesity index and CKD. A high BMI has been reported to be associated with CKD [6, 10, 11]. Chou et al. [22] reported that in elder Taiwanese, the waist-hip ratio, body weight and WC, but not BMI, were predictors of a low eGFR, and that among these predictors, the waist-hip ratio may be the best anthropometric index for predicting a low eGFR. Foster et al. [23] showed that the association between obesity with an increased risk of developing stage 3 CKD was not independent, but was confounded by other cardiovascular disease risk factors. These findings suggest that the mode of association between certain obesity index and CKD might differ according to the study design and population studied.

Whether changes in obesity parameters would result in changes in CKD status has also been investigated in several previous studies. Changes in body weight were found to be associated with parallel changes in albuminuria in 6,894 participants of the Prevention of Renal and Vascular End-Stage Disease (PREVEND) study during a 4.2-year follow-up period [12]. In addition, moderate weight loss induced by a hypocaloric and normoproteinic diet in overweight patients with chronic proteinuria resulted in a significant decrease in proteinuria [13]. Furthermore, weight loss induced by an inhibitor of gastrointestinal lipase was associated with the reduction of urinary albumin excretion [14]. Therefore, most, if not all, studies showed that body weight reduction in overweight subjects resulted in a reduction of proteinuria, which was in agreement with the observation in the current study. Compared to the association between changes in obesity parameters and proteinuria, fewer numbers of studies have analyzed the relationship between change in body weight and change in eGFR. In the above-mentioned analysis in the PREVEND study, weight loss or gain did not significantly bring about a change in GFR [12]. Other studies showed that GFR was decreased after weight loss in extremely obese patients, presumably by the mechanisms of amelioration of obesity-associated hyperfiltration [24, 25]. In the current study, BMI gain of ≥0.33 was associated with a significantly higher risk for a low eGFR

at the second visit in men, but not in women, who were free from a low eGFR at the first visit. Taking all these results together, it is suggested that the relationship between weight loss and GFR change may also differ according to the target population. Interestingly, high BMI is known to be associated with better survival in dialysis patients [26] designated as a risk factor paradox [27].

The current study has several limitations. First, we retrospectively analyzed data on individuals who underwent general health screening at our institute in two consecutive years; therefore, individuals who did not visit our institute the following year for unknown reasons were not enrolled in the current study, which may cause some biases. Second, we excluded subjects those who were taking anti-hypertensive agents during either visit. This may have excluded from the study population some hypertensive subjects with proteinuria. Whether or not a body weight change results in a change in CKD status in such hypertensive individuals is nonetheless an important question. However, we do not have data on which class of anti-hypertensive agents had been used, which might affect the development, amelioration or elimination of CKD. Third, we used the MDRD equation for the estimation of GFR, which may result in a certain degree of inaccuracy. In addition, changes in weight will be affected not only by the changes in fat mass, but also those in muscle mass, and eGFR determined by MDRD formula is also highly dependent on muscle mass, as this formula takes only serum creatinine into account. We have to be careful in interpreting the results of the current study, as changes in muscle mass will lead to bias when assessing the association between obesity parameters and eGFR. Fourth, our findings may not be immediately applicable to non-Japanese populations, as the GFR estimated using serum creatinine is again more than slightly affected by muscle mass.

In conclusion, a BMI reduction of $\geq$0.42 or a WC reduction of $\geq$3.0 cm over a 1-year period in men with micro-/macroalbuminuria at the first visit significantly reduced the risk for micro-/macroalbuminuria at the second visit, and a BMI gain of $\geq$0.33 over a period of a year in men without micro-/macroalbuminuria or a low eGFR at the first visit significantly increased the risk for micro-/macroalbuminuria or a low eGFR during the 1-year follow-up. Such associations were not statistically significant in female subjects. Our data indicated that reducing body weight in overweight/obese men with micro-/macroalbuminuria and that maintaining an ideal body weight in non-overweight men without micro-/macroalbuminuria or a low eGFR are both important targets of lifestyle in terms of renoprotection.

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Announcement

The Verband Deutsche Nierenzentren e.V. (Association of German Nephrology Centers) Announces the Bernd Tersteegen Award 2009

Dr. Bernd Tersteegen, the founder of the Verband Deutsche Nierenzentren (DN) e.V., was dedicated to the improvement of outpatient treatment modalities in end-stage renal disease. Specifically, he focused on further technical development of hemodialysis. The Bernd Tersteegen award was established following Dr. Tersteegen's death in 1995. The prize is awarded internationally both for basic and particularly for clinical research related to chronic renal insufficiency and to advances in the treatment of end-stage renal disease.

The annual award of EUR 8,000 is provided by Roche Pharma AG (Grenzach, Germany). The award is usually given to a single applicant but may be shared under certain circumstances. Applicants should be physicians, researchers or engineers who are involved in research in the area of renal failure and renal replacement therapy. Only research papers that have been published in 2008 or 2009 or have not yet been published are suitable for submission. Papers should be written in German or English. Review articles, dissertations, university habilitation works and manuscripts already entered in other competitions may not be submitted.

Five copies of the work must be submitted by July 15, 2009, to the following address:

Verband Deutsche Nierenzentren (DN) e.V.
Priv. Doz. Dr. med. Werner Kleophas, President
Kleine Klotzbahn 23
DE–42105 Wuppertal (Germany)

The members of the prize committee are chosen by the executive board of the DN. The president of the DN serves as chairman of the committee.

In the case in which no work is found suitable for the award, the prize money is carried over to the following year. An appeal is not allowed.

The award will be conferred at the Annual Meeting of the Association of German Nephrology Centers of the DN in Mannheim, Germany, on November 21, 2009. The presence of the award winner at the award ceremony is required. The award winner will be informed in due time.