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Review Article

Guidelines for the treatment of chronic hepatitis and cirrhosis due to hepatitis B virus infection for the fiscal year 2008 in Japan

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In the 2008 guidelines for the treatment of patients with cirrhosis, who are infected with hepatitis B virus (HBV), the main goal is to normalize levels of alanine and aspartate aminotransferases by eliminating HBV or reducing viral loads. In patients with compensated cirrhosis, the clearance of HBV from serum is aimed for by entecavir, as the main resort, for histological improvement toward the prevention of hepatocellular carcinoma (HCC). In patients with decompensated cirrhosis, by contrast, meticulous therapeutic strategies are adopted for the reversal to compensation, toward the eventual goal of decreasing the risk of HCC. For maintaining liver function and preventing HCC, branched chain amino acids and nutrient supplements are applied, in addition to conventional liver supportive therapies. For patients with chronic hepatitis B, separate guidelines are applied to those younger than 35 years and those aged 35 years or older. Even for patients

with chronic hepatitis who are negative for hepatitis e antigen (HBeAg), but who harbor HBV DNA in titers of 7 log copies/mL or more, a "drug-free state" is aimed for by sequential treatment with interferon (IFN) plus entecavir as the first line. For patients with chronic hepatitis B aged 35 years or older, who are HBeAg-negative and carry HBV DNA in titers of less than 7 log copies/mL, long-term IFN for 24–48 weeks is adopted anew. To HBeAg-negative patients who have either or both platelet counts of less than $150 \times 10^3/\text{mm}^3$ and less than 7 log copies of HBV DNA, also, long-term IFN for 24–48 weeks is indicated.

Key words: chronic hepatitis, cirrhosis, hepatitis B virus, hepatocellular carcinoma, interferon, liver supportive therapies, nucleos(t)ide analogs

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INTRODUCTION

SINCE THE FISCAL year 2002, guidelines for the treatment of patients with viral hepatitis have been compiled annually by the Study Group for the Standardization of Treatment of Viral Hepatitis Including Cirrhosis, under the auspice of the Ministry of Health, Labor and Welfare of Japan, supported by enduring efforts of many specialists recruited from all over the nation. Guidelines have been improved every year with many supplementary issues, which had surfaced as our understanding of many facets of viral hepatitis deepened and treatment options widened increasingly with time. For the fiscal year 2008, guidelines have been worked out for a comprehensive standardization of the treatment of chronic hepatitis and cirrhosis due to hepatitis B virus (HBV) and hepatitis C virus (HCV) infections in Japan. These guidelines have been observed by more than 70% of practicing hepatologists treating patients with viral liver disease in Japan. It is hoped that these guidelines will continue being widely accepted and implemented to help as many patients as possible who are suffering from sequelae of persistent hepatitis virus infections.

Here, we relate excerpts of the 2008 guidelines for the treatment of patients with liver disease due to HBV, covering a wide range from those with chronic hepatitis to those with decompensated cirrhosis. The 2008 guidelines for the treatment of liver disease due to HCV are reported in an accompanying paper.

GUIDELINES FOR THE TREATMENT OF PATIENTS WITH CHRONIC HEPATITIS B

PATIENTS WITH CHRONIC hepatitis B can stabilize the activity of liver disease in their natural course, after they have seroconverted from hepatitis B e antigen (HBeAg) to the corresponding antibody (anti-HBe), accompanied by decrease in HBV DNA titers. For that reason, treatment guidelines were constructed separately for the patients younger than 35 years and those aged 35 years or older.

GUIDELINES FOR THE TREATMENT OF PATIENTS WITH CHRONIC HEPATITIS B YOUNGER THAN 35 YEARS

PATIENTS WITH CHRONIC hepatitis B younger than 35 years are treated in accordance with the guidelines summarized in Table 1. Criteria for the treatment eligibility are: (i) serum levels of alanine aminotransferase (ALT) of 31 IU/L or more; and (ii) HBV DNA titers of 5 log copies of more in HBeAg-positive patients and 4 log copies or more in HBeAg-negative patients. In the 2008 guidelines, the indication of treatment is extended to the patients with cirrhosis due to HBV who carry HBV DNA in titers of 3 log copies/mL or more.

In Japan, most HBeAg-positive patients with 7 log copies or more of HBV DNA have been infected with HBV of genotype C by perinatal infection at birth;

Table 1 Guidelines for the treatment of patients with chronic hepatitis B younger than 35 years

Eligibility criteria	ALT	≥31 IU/L
	HBV DNA	HBeAg-positive patients: ≥5 log copies/mL HBeAg-negative patients: ≥4 log copies/mL Patients with cirrhosis: ≥3 log copies/mL
HBV DNA	≥7 log copies/mL	<7 log copies/mL
HBeAg-positive	(1) Long-term IFN for 24–48 weeks (2) Entecavir	(1) Long-term IFN for 24–48 weeks (2) Entecavir
HBeAg-negative	(1) Sequential treatment† (entecavir plus IFN) (2) Entecavir Start with entecavir in HBeAg-negative patients who have platelet counts <15 × 10 ³ /mm ³ and in those with advanced liver disease of stage F2 or higher.	(1) Regular follow up (2) Long-term IFN for 24 weeks

†Sequential treatment: patients who have lost hepatitis B virus (HBV) DNA after treatment with nucleos(t)ide analogs receive combined interferon (IFN) for 4 weeks, and then IFN monotherapy is continued for 20 weeks, and lifted thereafter. ALT, alanine aminotransferase; HBeAg, hepatitis B e antigen.

Table 2 Guidelines for the treatment of patients with chronic hepatitis B aged 35 years or older

Eligibility criteria	ALT HBV DNA	≥31 IU/L HBeAg-positive patients: ≥5 log copies/mL HBeAg-negative patients: ≥4 log copies/mL Patients with cirrhosis: ≥3 log copies/mL
HBV DNA	≥7 log copies/mL	<7 log copies/mL
HBeAg-positive	(1) Entecavir (2) Sequential treatment† (entecavir plus IFN)	(1) Entecavir (2) Long-term IFN for 24–48 weeks
HBeAg-negative	Entecavir	(1) Entecavir (2) Long-term IFN for 24–48 weeks

†Sequential treatment: patients who have lost hepatitis B virus (HBV) DNA after treatment with nucleos(t)ide analog receive combined interferon (IFN) for 4 weeks, and then IFN monotherapy is continued for 20 weeks, and lifted thereafter. ALT, alanine aminotransferase; HBeAg, hepatitis B e antigen.

accordingly, they would be resistant to interferon (IFN) therapy. Should they receive nucleos(t)ide analogs, however, the duration would become inevitably longer, because they start the treatment when younger than 35 years old. Hence, IFN for 24–48 weeks is the first choice in their treatment. The standard treatment of 3 months is favored, which can be extended to the maximum of 6 months. Non-pegylated (standard) IFN- α is recommended to them, because self-injection at home is approved for preparations of IFN- α ; it helps improve their quality of life (QOL). There are many patients who are refractory to IFN and in whom improvement of ALT levels and/or decrease in HBV DNA titers are hardly achievable. Therefore, as another option, monotherapy with entecavir can be applied for the purpose of clearing HBeAg from serum and lowering HBV DNA titers. For HBeAg-positive patients with lower HBV DNA titers (<7 log copies/mL), also, long-term IFN is endorsed as a rule.

There are HBeAg-negative patients in whom ALT levels increase to 31 IU/mL or more repeatedly. In the 2008 guidelines, sequential treatment with IFN and entecavir is introduced as a new arm of therapeutic options for such patients.¹

For HBeAg-negative patients with less than 7 copies/mL of HBV DNA, in general, regular follow up without therapeutic intervention is deemed to suffice for the majority. For those of them in whom ALT levels flare to 31 IU/mL or more time after time, long-term IFN for 24 weeks is indicated. Because liver disease progresses in many HBeAg-negative patients, for those with platelet counts of less than $150 \times 10^3/\text{mm}^3$ or in fibrosis stage F2 or higher, treatment with entecavir is indicated.

GUIDELINES FOR THE TREATMENT OF PATIENTS WITH CHRONIC HEPATITIS B AGED 35 YEARS OR OLDER

TABLE 2 SUMS up treatment modalities for patients with chronic hepatitis B who are aged 35 years or older. HBeAg-positive patients in this age range who carry HBV DNA in titers of 7 log copies/mL or more rarely, if ever, seroconvert to the loss of HBeAg by IFN-based therapies. Hence, entecavir is the first choice in their treatment.^{2,3} Because HBV mutants resistant to entecavir can be elicited by it, sequential treatment with IFN plus entecavir is amended in the 2008 guidelines.¹ In view of low viral loads in patients who possess HBV DNA in titers of less than 7 log copies/mL, entecavir is selected as the first choice, followed by long-term IFN as the second choice of treatment in these patients. HBeAg-negative patients who have high viral loads (≥7 log copies/mL), on the other hand, can normalize ALT levels by monotherapy with entecavir. Therefore, entecavir becomes their first choice, and this is the case even in patients with HBV DNA titers less than 7 copies/mL.

GUIDELINES FOR THE TREATMENT WITH NUCLEOS(T)IDE ANALOGS OF PATIENTS WITH CHRONIC HEPATITIS B WHO ARE RECEIVING LAMIVUDINE

TABLE 3 DETAILS guidelines for the treatment with nucleos(t)ide analogs of patients with chronic hepatitis B who are receiving lamivudine. Because a number of drug-resistant HBV mutants emerge increasingly with time in patients on long-term treatment with lamivudine, the fundamental rule is to switch them to ente-

Table 3 Guidelines for the treatment with nucleos(t)ide analogs in patients with chronic hepatitis who are receiving lamivudine

Lamivudine	Less than 3 years	3 years or longer
HBV DNA		
<1.8 log copies/mL persistently	May be switched to entecavir 0.5 mg daily	Continued on lamivudine
≥1.8 log copies/mL	VBT (-) May be switched to entecavir 0.5 mg daily VBT (+) Adefovir 10 mg daily add-on lamivudine	100 mg daily Adefovir 10 mg daily add-on lamivudine

HBV, hepatitis B virus; VBT, virological breakthrough.

cavir. For this reason, patients are stratified by the duration of lamivudine treatment, less than 3 years and 3 years or more, as well as HBV DNA titers persistently below 1.8 log copies/mL and 1.8 log copies/mL or more, and separate treatment strategies have been worked out for the patients in each category. Because by far the majority of patients with a duration of lamivudine treatment of less than 3 years and HBV DNA titers of less than 1.8 copies/mL possess drug-resistant mutants in low frequencies, they are recommended to switch to entecavir 0.5 mg daily as soon as possible. Likewise, patients who have received lamivudine for 3 years or longer, but in whom drug-resistant mutants have never developed, are recommended to switch to entecavir 0.5 mg daily. By contrast, for patients in whom drug-resistant mutants have emerged already and who have undergone virological breakthroughs,⁴ adefovir 10 mg daily add-on lamivudine is started for the purpose of stabilizing liver function.⁵ In regard of the patients who have received lamivudine for 3 years or longer, those without drug-resistant mutants can stay on lamivudine 100 mg daily.

SUPPLEMENTS TO GUIDELINES FOR THE TREATMENT OF CHRONIC HEPATITIS B (PART I)

FOR THE FISCAL year 2008, the following three items have been added to previous guidelines for the treatment of chronic hepatitis B (Table 4).

1 In the treatment of patients with chronic hepatitis B, IFN is the first resort for those younger than 35 years, toward the eventual goal of gaining a “drug-free state”. For the patients aged 35 years or older, persistently negative HBV DNA is the aim of nucleos(t)ide analogs, with the first choice being entecavir in their primary treatment. On the other hand, for patients with HBV mutants resistant to lamivudine and/or entecavir, combined treatment with adefovir and lamivudine is the principal rule (Table 3).^{6–8}

- 2 Therapeutic responses to antiviral treatment are much different in patients with chronic hepatitis B who are infected with HBV of distinct genotypes. It is recommended therefore to determine HBV genotypes before making a decision on the treatment choice. In particular, the patients infected with HBV of genotype A or B respond to IFN in high rates, even if they are aged 35 years or older. For these reasons, IFN becomes the first choice in their antiviral treatment.
- 3 The duration of IFN treatment is 24 weeks basically. In the patients in whom the efficacy of IFN has been achieved with decrease in HBV DNA titers and normalization of ALT, the treatment duration is better extended to 48 weeks.

Table 4 Supplements to guidelines for the treatment of patients with chronic hepatitis B (part I)

- 1 Treatment of patients with chronic hepatitis B aims at a “drug-free state” by IFN-based therapies in those younger than 35 years, and at persistently negative HBV DNA in those aged 35 years or older, with entecavir as the first choice in the primary therapy. Lamivudine plus adefovir forms the basis for the treatment of HBV mutants resistant to lamivudine or entecavir.
- 2 In view of antiviral response much different in patients infected with HBV of distinct genotypes, it is desired to make treatment choices based on genotypes. In particular, because genotypes A and B respond to IFN with high efficacy, even in patients aged 35 years or older, IFN is recommended as the first treatment choice in these patients.
- 3 The duration of IFN is for 24 weeks basically, but extension to 48 weeks is recommended in patients who respond to IFN with decrease in HBV DNA titers and normalization of ALT levels.

ALT, alanine aminotransferase; HBV, hepatitis B virus; IFN, interferon.

Table 5 Supplements to guidelines for the treatment of patients with chronic hepatitis B (part II)

- Self-injection of IFN at home is recommended to patients, who are eligible to do it, for improving their quality of life.
- Treatment with nucleos(t)ide analogs should be continued in patients in whom cirrhosis or HCC has been cured.
- Antiviral treatment is considered in patients with ALT levels of ≥ 31 IU/L. To patients aged 35 years or older in whom viral replication persists, even to those with normal ALT levels, antiviral treatments are indicated. It is possible, however, to follow for outcomes in patients who are elderly or HBeAg-negative and in whom antiviral treatments are difficult, while they receive liver supportive therapy (e.g. SNMC, UDCA).
- In patients co-infected with HBV and HIV, entecavir cannot be used due to the possibility for emergence of HIV variants resistant to antiretroviral therapies.
- Immunosuppressive and anticancer drugs should be used with utmost caution, even in patients with low HBV DNA titers and normal ALT levels, because they can induce severe liver damage along with elevation in HBV DNA titers.

ALT, alanine aminotransferase; HBeAg, hepatitis B e antigen; HBV, hepatitis B virus; HCC, hepatocellular carcinoma; IFN, interferon; SNMC, stronger neo-minophagen C; UDCA, ursodeoxycholic acid.

SUPPLEMENTS TO GUIDELINES FOR THE TREATMENT OF CHRONIC HEPATITIS B (PART II)

FURTHER, THE FOLLOWING five supplements have been added to the 2008 guidelines (Table 5).

To patients who are eligible, self-injection of IFN at home is recommended, taking into consideration their QOL. Because IFN-based therapies are not recommended for patients in whom HBV has been transmitted by perinatal infection, sequential treatment with IFN plus entecavir serves as another option in their antiviral treatment.

Treatment with nucleos(t)ide analogs should be extended to patients in whom cirrhosis or hepatocellular carcinoma (HCC) has been cured after successful therapies.

Antiviral treatment has to be considered in patients with ALT levels of 31 IU/L or more. Patients aged 35 years or older with normal ALT levels but in whom HBV replication persists, need to be considered for antiviral treatments. Elderly and HBeAg-negative patients, as well as those to whom the administration of antiviral drugs is difficult, can be followed regularly while they

receive liver supportive therapy (e.g. stronger neo-minophagen C,⁹ ursodeoxycholic acid [UDCA]¹⁰).

Patients co-infected with HBV and HIV type 1 cannot receive entecavir due to the possibility of emergence of HIV mutants resistant to antiretroviral drugs.

Even in patients with low HBV DNA titers and normal ALT levels, HBV DNA loads can increase massively to induce severe liver damages in them, while they receive immunosuppressive or anticancer drugs. Hence, utmost caution should be exercised if they are to undergo antiviral treatments.

GUIDELINES FOR THE TREATMENT OF PATIENTS WITH CIRRHOSIS DUE TO HBV

TABLE 6 SUMMARIZES guidelines for the treatment of patients with type B cirrhosis. Patients with compensated or decompensated cirrhosis, who are infected with HBV, receive entecavir for persistent clearance of HBV DNA detectable by the real-time polymerase chain reaction and normalization of aspartate aminotransferase as well as ALT levels. Combined lamivudine plus adefovir therapy are indicated for patients in whom HBV mutants resistant to lamivudine or entecavir have developed. Guidelines for maintaining liver function, for preventing the development of HCC, include liver supportive therapy with glycyrrhizin and UDCA, either alone or in combination. For treatment toward sup-

Table 6 Guidelines for treatment of type B cirrhosis

Principles

Compensated: termination of HBV infection by antiviral treatment with entecavir as the mainstay.

Decompensated: reversal to compensation and prevention of HCC.

Methods

- (1) Eradication of HBV and normalization of ALT/AST (compensated and decompensated cirrhosis).
 - a) Entecavir.
 - b) Combined lamivudine and adefovir (for patients with HBV mutants resistant to lamivudine or entecavir).
- (2) Maintenance of liver function (improvement of ALT/AST and albumin) for preventing HCC.
 - a) Liver supportive therapy such as SNMC or UDCA.
 - b) Branched chain amino acids (Livact).
- (3) Supplementation with nutrients (for stabilizing liver function in decompensated cirrhosis).

ALT, alanine aminotransferase; AST, aspartate aminotransferase; HBV, hepatitis B virus; HCC, hepatocellular carcinoma; SNMC, stronger neo-minophagen C; UDCA, ursodeoxycholic acid.

pressing the development of HCC, branched chain amino acids (BCAA)¹¹ are implemented. Also, nutrient supplements are utilized for stabilizing liver function.

DISCUSSION AND CONCLUSION

THE STUDY GROUP for the Standardization of Treatment of Viral Hepatitis Including Cirrhosis, organized by the Ministry of Health, Labor and Welfare of Japan, has compiled a series of guidelines for the treatment of liver disease due to HBV and HCV ranging from chronic hepatitis to cirrhosis of various severities annually, since the fiscal year 2002. The principal aim of these guidelines is to decrease the incidence of HCC due to hepatitis virus infections in Japan. In accordance with this principle, supplements have been added to previous guidelines for the standardization of treatment of chronic viral liver disease every fiscal year. This article summarizes guidelines for the treatment of liver disease due to HBV. Guidelines for the treatment of liver disease due to HCV for the fiscal year 2008 are reported in the accompanying paper. They are formulated on evidence-based data that have been accumulated by members and cooperators of the study group. It will be necessary to improve these guidelines in the next fiscal year and henceforth, in accordance with many pieces of new evidence that are expected to evolve through enduring efforts and keen insights of members and cooperators of the study group.

In the treatment of chronic hepatitis B, novel therapeutic strategies have continued to evolve in previous guidelines. In guidelines of the fiscal year 2008, diverse new treatment arms are introduced for gaining the eventual goal of the "drug-free state".

The Study Group for the Standardization of Treatment of Viral Hepatitis Including Cirrhosis has been drafted and displayed on the web site (www.jsh.or.jp/medical/index.html [in Japanese]) as well; guidelines for the treatment of a spectrum of liver diseases due to HBV, ranging from chronic hepatitis to cirrhosis of various severities for the fiscal year 2008. In view of the eventual goal of decreasing the incidence of HCC due to HBV infection, supplementation and adjustment are appended to previous guidelines, and new guidelines have been introduced to the treatment of cirrhosis due to HBV infection. As a general rule, antiviral treatments are the mainstay in guidelines for the treatment of chronic hepatitis B. In addition to them, it is necessary to always keep in mind the fundamental concepts of these guidelines. It is our sincere hope that, for the treatment of each patient, readers will conduct their

clinical practice on the basis of these concepts, and then refer to appropriate individual guidelines, when they make decisions regarding treatment strategy, on a case-by-case basis. With respect to guidelines for the treatment of patients with cirrhosis, above all, expected achievable outcomes have to be taken into account in making treatment choices.

We can foretell that there is no end to the treatment of patients with chronic hepatitis and cirrhosis due to HBV, as it will keep evolving and improving in future guidelines. The enduring efforts of doctors and scientists, in pursuit of this goal, will fill in wide social and economic gaps in medical practices being served to the nation, and produce substantial and efficient interest in the medical economy on a national basis. In conducting treatment of patients with liver disease due to HBV infection, according to these guidelines, many new and unforeseen facets may surface that will require further improvements. Hence, it will be necessary to evaluate the therapeutic efficacy of these guidelines, and revise or add necessary supplements to them as required in the future.

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Original Article

A predictive model of response to peginterferon ribavirin in chronic hepatitis C using classification and regression tree analysis

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Aim: Early disappearance of serum hepatitis C virus (HCV) RNA is the prerequisite for achieving sustained virological response (SVR) in peg-interferon (PEG-IFN) plus ribavirin (RBV) therapy for chronic hepatitis C. This study aimed to develop a decision tree model for the pre-treatment prediction of response.

Methods: Genotype 1b chronic hepatitis C treated with PEG-IFN alpha-2b and RBV were studied. Predictive factors of rapid or complete early virological response (RVR/cEVR) were explored in 400 consecutive patients using a recursive partitioning analysis, referred to as classification and regression tree (CART) and validated.

Results: CART analysis identified hepatic steatosis (<30%) as the first predictor of response followed by low-density-lipoprotein cholesterol (LDL-C) (≥ 100 mg/dL), age (<50 and <60 years), blood sugar (<120 mg/dL), and gamma-glutamyltransferase (GGT) (<40 IU/L) and built decision tree

model. The model consisted of seven groups with variable response rates from low (15%) to high (77%). The reproducibility of the model was confirmed by the independent validation group ($r^2 = 0.987$). When reconstructed into three groups, the rate of RVR/cEVR was 16% for low probability group, 46% for intermediate probability group and 75% for high probability group.

Conclusions: A decision tree model that includes hepatic steatosis, LDL-C, age, blood sugar, and GGT may be useful for the prediction of response before PEG-IFN plus RBV therapy, and has the potential to support clinical decisions in selecting patients for therapy and may provide a rationale for treating metabolic factors to improve the efficacy of antiviral therapy.

Key words: data mining, decision tree, HCV, low-density-lipoprotein-cholesterol, steatosis

INTRODUCTION

COMBINATION THERAPY WITH pegylated interferon (PEG-IFN) and ribavirin (RBV) is now recognized as a standard treatment for patients with chronic hepatitis C.¹ However, the rate of sustained virological response (SVR) to 48 weeks of PEG-IFN RBV combina-

tion therapy is only 50% in patients with hepatitis C virus (HCV) genotype 1b and high HCV RNA titer, so called difficult to treat chronic hepatitis C patients.^{2,3} Within this difficult to treat group, the response to treatment sometimes can be highly heterogeneous for cases which are apparently equivalent in HCV RNA titer, making the prediction of response before treatment a difficult task. It has been suggested that early virological response (EVR), defined as either undetectable HCV RNA or a 2 log drop in HCV RNA at week 12, is a reliable means to predict SVR.^{2,4} More recently, it has been suggested that patients with a rapid virological response (RVR: undetectable HCV RNA at week 4) and a complete EVR (cEVR: undetectable HCV RNA at week 12)

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achieve high SVR rates, while patients with a partial EVR (pEVR: 2 log drop in HCV RNA but still detectable at week 12) have lower rates of SVR.⁵ Since PEG-IFN RBV combination therapy is costly and accompanied by potential adverse effects, the ability to predict the possibility of RVR or cEVR before therapy and identifying curable patients may significantly influence the selection of patients for therapy. Moreover, identification of baseline predictors of poor response is particularly important to establish a rationale for identifying therapeutic targets to improve the efficacy of antiviral therapy.

Data mining is a method of predictive analysis which explores tremendous volumes of data to discover hidden patterns and relationships in highly complex datasets and enables the development of predictive models. The classification and regression tree (CART) analysis is a core component of the decision tree tool for data mining and predictive modeling,⁶ is deployed to decision makers in various fields of business, and currently is being used in the area of biomedicine.⁷⁻¹³ The results of CART analysis are presented as a decision tree, which is intuitive and facilitates the allocation of patients into subgroups by following the flow-chart form.¹⁴ CART has been shown to be competitive with other traditional statistical techniques such as logistic regression analysis.¹⁵

In the present study, we used the CART analysis to explore baseline predictors of response to PEG-IFN plus RBV therapy among clinical, biochemical, virological and histological pretreatment variables and to define a pre-treatment algorithm to discriminate chronic hepatitis C patients who are likely to respond to PEG-IFN plus RBV therapy.

MATERIALS AND METHODS

Patients

A TOTAL OF 419 chronic hepatitis C patients were treated with PEG-IFN alpha-2b and RBV at Musashino Red Cross Hospital between December 2001 and December 2007. Among them, 400 patients who fulfilled the following inclusion criteria were enrolled in the present study. (i) infection by genotype 1b (ii) HCV RNA higher than 100 KIU/mL by quantitative PCR (Cobas Amplicor HCV Monitor, Roche Diagnostic systems, CA) which is usually used for the definition of high viral load in Japan (iii) lack of co-infection with hepatitis B virus or human immunodeficiency virus (iv) lack of other causes of liver disease such as autoimmune hepatitis, primary biliary cirrhosis, or alcohol intake of more than 20 g per day, and (v) having completed at

least 12 weeks of therapy with an early virological response that could be evaluated. Patients received PEG-IFN alpha-2b (1.5 microgram/kg) subcutaneously every week and were administered a weight adjusted dose of RBV (600 mg for <60 kg, 800 mg for 60–80 kg, and 1000 mg for >80 kg) which is the recommended dosage in Japan. Data from two third of patients (269 patients) were used for the model building set and the remaining one third of patients (131 patients) were used as a validation set. Consent in writing was obtained from each patient and the study protocol conformed to the ethical guidelines of the 1975 Declaration of Helsinki and was approved by the institutional review committee.

Laboratory tests

Blood samples were obtained before therapy, and at least once every month during therapy and analyzed for hematologic tests, blood chemistries, and HCV RNA. In the present study, RVR and cEVR was defined as undetectable HCV RNA by qualitative PCR with a lower detection limit of 50 IU/mL (Amplicor, Roche Diagnostic systems, CA) at week 4 and 12, respectively. SVR was defined as undetectable HCV RNA at week 24 after the completion of therapy.

Histological examination

For all patients, liver biopsy specimens were obtained before therapy and were evaluated independently by three pathologists who were blinded to the clinical details. If there was a disagreement, the scores assigned by the majority of pathologists were used for the analysis. Fibrosis and activity were scored according to the METAVIR scoring system.¹⁶ Fibrosis was staged on a scale of 0–4: F0 (no fibrosis), F1 (mild fibrosis: portal fibrosis without septa), F2 (moderate fibrosis: few septa), F3 (severe fibrosis: numerous septa without cirrhosis) and F4 (cirrhosis). Activity of necroinflammation was graded on a scale of 0–3: A0 (no activity), A1 (mild activity), A2 (moderate activity) and A3 (severe activity). Percentage of steatosis was quantified by determining the average proportion of hepatocytes affected by steatosis and graded on a scale of 0–3: grade 0 (no steatosis), grade 1 (0–9%), grade 2 (10–29%), and grade 3 (over 30%) as we reported previously.¹⁷

Database for analysis

A pretreatment database of 72 variables was created containing histological findings (grade of fibrosis, activity, and steatosis), laboratory tests including the quantity of HCV RNA by Cobas Amplicor, and clinical information (age, gender, body weight, and body mass index).

The baseline characteristics and test results are listed in Table 1. The overall rate of RVR/cEVR was 43% in the model building set and 48% in the validation set. There were no significant differences in the clinical backgrounds between these two groups. Hepatitis C viral mutations, such as mutations in interferon-sensitivity determining region or core amino acid residues 70 and 91, were not included in the present analysis. The dataset of laboratory tests was based on the digitized records in this hospital. Continuous data was split into categorized data by increment of 10; For example, age was categorized into <30, 30–39, 40–49, 50–59, 60–69, and ≥70.

Statistical analysis

Based on this database, the recursive partitioning analysis algorithm referred to as CART was implemented to define meaningful subgroups of patients with respect to the possibility of achieving RVR/cEVR. The CART belongs to a family of nonparametric regression methods based on binary recursive partitioning of data. The software automatically explore the data to search for optimal split variables, builds a decision tree structure and finally classifies all subjects into particular subgroups that are homogeneous with respect to the outcome of interest.¹⁸ During the CART analysis, first, the entire study population, and thereafter, all newly defined subgroups, were investigated at every step of the analysis to determine which variable at what cut-off point yielded the most significant division into two prognostic subgroups that were as homogeneous as possible with respect to estimates of RVR/cEVR possibilities. This algorithm uses the impurity function (Gini criterion function) for splitting.¹⁹ A restriction was imposed on the tree construction such that terminal subgroups resulting from any given split must have at least 20 patients. The CART procedure stopped when either no additional significant variable was detected or when the sample size was below 20. The resulting final subgroups were most homogeneous with respect to the probability of achieving RVR/cEVR. For this analysis, data mining software Clementine version 12.0 (SPSS Inc, Chicago, IL) was utilized. SPSS 15.0 (SPSS Inc, Chicago, IL) was used for logistic regression analysis.

RESULTS

Factors associated with RVR/cEVR by standard statistical analysis

WE FIRST ANALYZED 72 variables by univariate and multivariate logistic regression analysis to find factors associated with RVR/cEVR (Table 2).

Patients with RVR/cEVR were significantly younger than those without. Among histological findings, grade of steatosis and stage of fibrosis was significantly lower in RVR/cEVR. Among hematologic tests, hemoglobin and hematocrit was significantly higher in RVR/cEVR. Among blood chemistry tests, creatinine and low-density lipoprotein cholesterol (LDL-C) was significantly higher and gamma-glutamyltransferase (GGT), low-density-lipoprotein cholesterol (LDL-C), and blood sugar were significantly lower in RVR/cEVR. The level of HCV RNA was significantly lower in RVR/cEVR. There were no significant differences in other tests.

Multivariate logistic regression analysis was performed on age, fibrosis stage, steatosis, HCV RNA, creatinine, hemoglobin, GGT, LDL-C, and blood sugar: hematocrit was not included since it is closely associated with hemoglobin. On multivariate analysis, age, grade of steatosis, level of HCV RNA, creatinine, hemoglobin, GGT, and LDL-cholesterol remained significant whereas stage of fibrosis, hemoglobin and blood sugar were not.

The CART analysis

The CART analysis was carried out on the model building set of 269 patients using the same variables as logistic regression analysis. Figure 1 shows the resulting decision tree. The CART analysis automatically selected five predictive variables to produce a total of seven subgroups of patients. The grade of steatosis was selected as the variable of initial split with an optimal cut-off of 30%. The possibility of achieving RVR/cEVR was only 18% for patients with hepatic steatosis of 30% or more compared to 47% for patients with hepatic steatosis of less than 30%. Among patients with hepatic steatosis of less than 30%, the level of serum LDL-C, with an optimal cut-off of 100 mg/dL, was selected as the variable of second split. Patients with higher LDL-C level had the higher probability of RVR/cEVR (57% vs. 32%). Among patients with LDL-C of less than 100 mg/dL, age, with an optimal cut-off of 60, was selected as the third variable of split. Younger patients had the higher probability of RVR/cEVR (49% vs. 15%). Among patients younger than 60, the blood sugar, with an optimal cut-off of 120 mg/dL, was selected as the fourth variable of split. Patients with lower blood sugar level had the higher probability of RVR/cEVR (71% vs. 31%). Among patients with hepatic steatosis of less than 30% and LDL-C of 100 mg/dL or more, age, with an optimal cut-off of 50, was selected as the third variable of split, younger being the predictor of higher RVR/cEVR probability (77% vs. 50%). Among patients older than 50,

Table 1 Clinical characteristics of patients

	Model set n = 269	Validation set n = 131	P-value
Sex (M/F)	127/142	55/76	0.325
Age (years)	57.7 ± 10.1	57.6 ± 10.0	0.932
Body weight (kg)	59.6 ± 11.0	57.5 ± 9.5	0.094
Body mass index (kg/m ²)	23.2 ± 3.1	23.3 ± 3.8	0.934
Total protein (g/dL)	7.6 ± 0.5	7.7 ± 0.6	0.558
Albumin (g/dL)	4.2 ± 0.3	4.2 ± 0.3	0.349
Globulin (g/dL)	3.4 ± 0.5	3.4 ± 0.6	0.989
Aspartate aminotransferase (IU/L)	58.1 ± 43.1	55.8 ± 37.5	0.601
Alanine aminotransferase (IU/L)	70.9 ± 49.2	66.4 ± 52.6	0.462
Gamma-glutamyltransferase (IU/L)	49.6 ± 44.0	45.2 ± 34.4	0.33
Lactate dehydrogenase (IU/L)	289.3 ± 112.3	301.5 ± 109.3	0.417
Total bilirubin (mg/dL)	0.71 ± 0.28	0.69 ± 0.23	0.317
Direct bilirubin (mg/dL)	0.23 ± 0.12	0.25 ± 0.10	0.147
Indirect bilirubin (mg/dL)	0.48 ± 0.21	0.44 ± 0.16	0.064
Alkaline phosphatase (IU/L)	290.9 ± 107.6	292.5 ± 107.6	0.917
Leucine aminopeptidase (IU/L)	64.3 ± 14.3	65.5 ± 12.3	0.543
Thymol turbidity test (KU)	7.1 ± 3.4	8.0 ± 3.7	0.062
Zinc sulfate turbidity test (KU)	15.4 ± 4.9	16.3 ± 5.4	0.188
Choline esterase (IU/L)	318.1 ± 81.7	321.1 ± 78.1	0.798
Ammonia (microg/dL)	39.7 ± 20.2	45.0 ± 15.6	0.668
Blood sugar (mg/dL)	125.9 ± 41.1	117.4 ± 47.9	0.081
Glycohemoglobin (%)	5.6 ± 1.6	5.4 ± 1.2	0.797
Total cholesterol (mg/dL)	170.8 ± 33.9	175.6 ± 36.8	0.170
Low-density-lipoprotein-cholesterol (mg/dL)	96.5 ± 25.2	100.9 ± 28.5	0.153
High-density-lipoprotein-cholesterol (mg/dL)	54.2 ± 15.9	55.2 ± 17.4	0.612
Triglyceride (mg/dL)	108.5 ± 47.8	102.8 ± 46.4	0.306
Creatinine (mg/dL)	0.72 ± 0.15	0.74 ± 0.17	0.236
Urea nitrogen (mg/dL)	14.1 ± 3.4	14.9 ± 3.9	0.123
Uric acid (mg/dL)	5.3 ± 1.2	5.2 ± 1.2	0.715
Sodium (mEq/L)	142.2 ± 2.0	142.4 ± 2.0	0.471
Potassium (mEq/L)	4.3 ± 0.3	4.3 ± 0.4	0.578
Chloride (mEq/L)	104.0 ± 2.2	104.0 ± 2.6	0.905
Calcium (mg/dL)	9.1 ± 0.4	9.2 ± 0.4	0.479
Phosphorus (mg/dL)	3.5 ± 0.5	3.5 ± 0.6	0.814
Magnesium (mg/dL)	2.2 ± 0.2	2.3 ± 0.3	0.390
Amylase (IU/L)	178.7 ± 125.8	175.1 ± 133.1	0.118
Creatine kinase (IU/L)	114.9 ± 147.6	119.3 ± 73.7	0.849
Iron (microg/dL)	104.7 ± 53.2	109 ± 37	0.726
Ferritin (ng/mL)	111.3 ± 103.3	59.7 ± 118.5	0.405
C-reactive peptide (mg/dL)	0.2 ± 1.1	0.1 ± 0.1	0.586
Immunoglobulin G (mg/dL)	1849 ± 426	1988 ± 525	0.129
Immunoglobulin M (mg/dL)	141 ± 69	205 ± 106	0.200
Immunoglobulin A (mg/dL)	323 ± 675	291 ± 81	0.784
Triiodothyronine (pg/mL)	2.3 ± 0.3	2.2 ± 0.3	0.358
Thyroxin (ng/dL)	0.9 ± 0.1	0.9 ± 0.1	0.872
Thyroid stimulating hormone (micro IU/mL)	1.8 ± 1.4	1.7 ± 0.7	0.939
White blood cell count (/microl)	5243 ± 1591	5286 ± 1101	0.843
Segmented neutrophils (%)	55.4 ± 10.8	57.0 ± 10.0	0.297
Band neutrophils (%)	1.5 ± 1.6	0.5 ± 0.6	0.250
Eosinophils (%)	2.9 ± 2.3	2.4 ± 1.4	0.127

Table 1 Continued

	Model set n = 269	Validation set n = 131	P-value
Basophiles (%)	0.6 ± 0.4	0.6 ± 0.3	0.727
Lymphocytes (%)	34.6 ± 9.6	34.0 ± 9.3	0.682
Monocytes (%)	6.6 ± 2.2	6.2 ± 2.6	0.149
Red blood cell count (10 ⁴ /microl)	458 ± 43	455 ± 47	0.643
Hemoglobin (g/dL)	14.4 ± 1.5	14.5 ± 1.5	0.618
Hematcrit (%)	42.7 ± 4.0	42.9 ± 4.4	0.717
Reticulocytes (%)	1.4 ± 0.4	1.4 ± 0.4	0.762
Mean corpuscular volume (fL)	93.3 ± 4.5	93.8 ± 5.41	0.466
Mean corpuscular hemoglobin concentration (pg)	31.5 ± 1.9	31.7 ± 2.3	0.583
Mean corpuscular hemoglobin concentration (g/dL)	33.8 ± 0.9	33.7 ± 1.3	0.910
Platelets (10 ⁴ /microl)	16.8 ± 5.4	16.3 ± 4.5	0.480
Prothrombin time (s)	11.7 ± 1.2	11.7 ± 0.9	0.762
Prothrombin time (activity %)	104.6 ± 14.4	102.6 ± 14.8	0.363
Prothrombin time (international normalized ratio)	1.0 ± 0.1	1.0 ± 0.1	0.387
Thrombin time (%)	97.2 ± 31.3	109 ± 31.5	0.231
Activated partial thromboplastin time (s)	29.7 ± 4.4	29.1 ± 2.7	0.260
Hepaplastin test (%)	97.8 ± 20.3	95.4 ± 19.4	0.523
Fibrinogen (%)	237 ± 44	225 ± 45	0.069
Hepatitis C virus RNA (<850/≥850 KIU/mL)	130/139	70/61	0.394
Histological grade of			
Activity (A1/A2/A3)	138/107/24	62/55/14	0.714
Fibrosis (F1/F2/F3/F4)	135/74/57/3	58/40/27/6	0.131
Steatosis (0%/1-9%/10-29%/30%≧)	89/109/37/34	49/45/21/16	0.643
Hepatitis C virus RNA negative at week 12 (yes/no)	116/153	63/68	0.349

the level of GGT, with an optimal cutoff of 40 U/L, were then selected as the fourth level of split, low levels being the predictor of higher RVR/cEVR probability (60% vs. 35%).

All five factors selected as significant variables in the CART analysis were also significantly associated with RVR/cEVR by univariate analysis (Table 2). In addition, steatosis, LDL-C, age and GGT were also independently

Table 2 Factors associated with rapid or complete early virological response by univariate and multivariate logistic regression analysis

Parameter	Category	Univariate			Multivariate		
		Odds	95% CI	P-value	Odds	95% CI	P-value
Age (years)	<50 vs. ≥50	2.65	1.51-4.65	<0.001	2.03	1.04-3.97	0.039
Fibrosis stage	F1-2 vs. F3-4	2.47	1.31-4.66	0.005	1.77	0.85-3.68	0.120
Steatosis (%)	<30 vs. ≥30	4.11	1.64-10.29	0.003	2.88	1.07-7.79	0.037
Hepatitis C virus RNA (KIU/mL)	<850 vs. ≥850	1.97	1.21-3.22	0.007	1.93	1.09-3.43	0.025
Creatinine (mg/dL)	≥0.8 vs. <0.8	3.30	1.96-5.56	<0.001	3.54	1.88-6.67	<0.001
Hemoglobin (g/dL)	≥14.5 vs. <14.5	1.76	1.08-2.87	0.023	1.38	0.74-2.57	0.320
Hematcrit (%)	≥43 vs. <43	1.75	1.07-2.84	0.003			
Gamma-glutamyltransferase (IU/L)	<40 vs. ≥40	2.06	1.26-3.37	0.004	2.45	1.32-4.56	0.005
Low-density-lipid cholesterol (mg/dL)	≥100 vs. <100	2.71	1.61-4.55	<0.001	2.21	1.21-4.06	0.010
Blood sugar (mg/dL)	<120 vs. ≥120	2.00	1.02-3.95	0.045	1.42	0.64-3.13	0.390

CI, confidence interval.

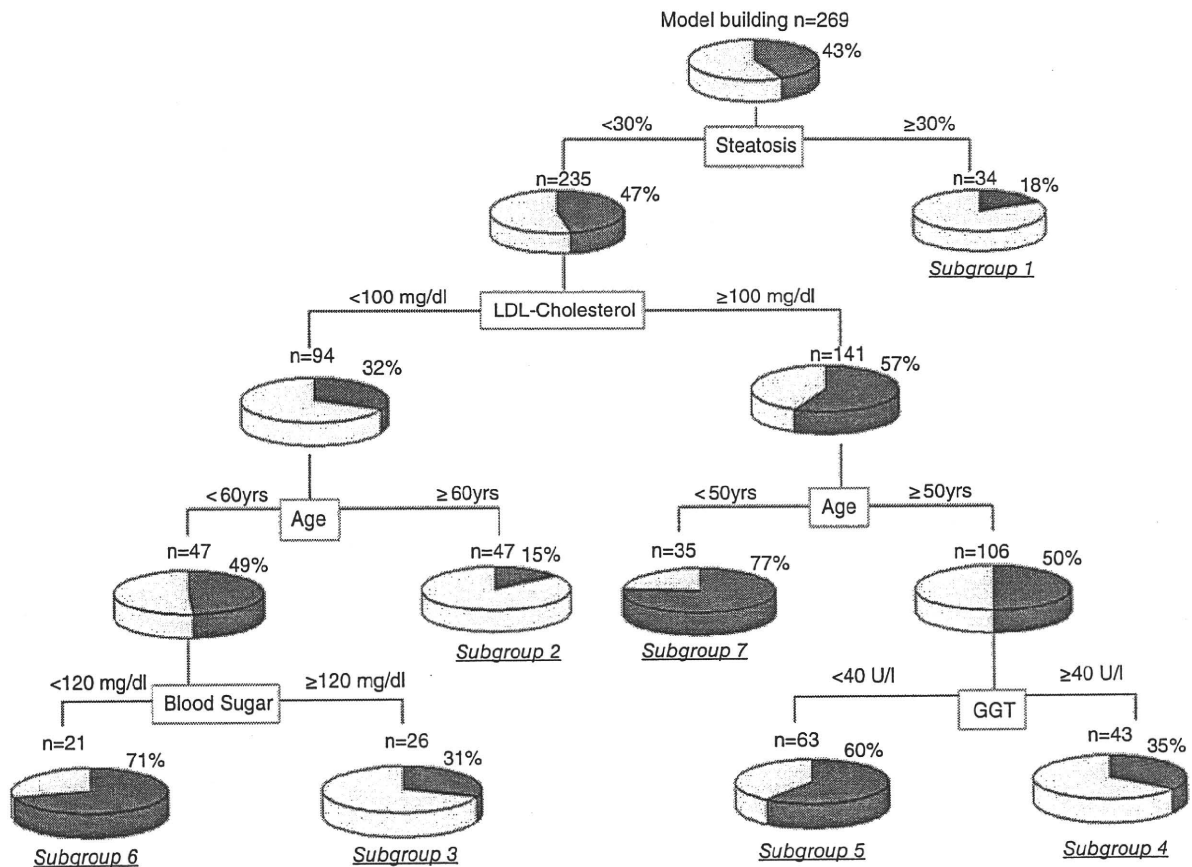


Figure 1 Classification and regression tree analysis. Boxes indicate the factors used for splitting and the cut-off value for the split. Pie charts indicate the rate of RVR/cEVR for each group of patients after splitting. Terminal subgroups of patients discriminated by the analysis are numbered from one to seven. GGT, gamma-glutamyltransferase; LDL, low-density-lipoprotein.

associated with RVR/cEVR by multivariate logistic regression analysis while blood sugar was not (Table 2). On the other hand, HCVRNA and creatinine which were significantly associated with RVR/cEVR by multivariate analysis were not selected as significant variables in CART analysis.

The probabilities of RVR/cEVR for the seven subgroups derived by this process were highly variable. The subgroup whose hepatic steatosis was less than 30%, serum LDL-C was 100 mg/dL or more and of an age less than 50 years (subgroup 7) showed the highest probability of RVR/cEVR (77%), while the subgroup whose hepatic steatosis more than 30% (subgroup 1) and the subgroup whose hepatic steatosis was less than 30% but serum LDL-C was less than 100 mg/dL and of an age

greater than 60 years (subgroup 2) showed the lowest probability of RVR/cEVR (18% and 15%, respectively).

Validation of the CART analysis

The results of the CART analysis were validated with a validation dataset of 131 cases which is independent of the model building dataset. Each patient in the validation set was allocated to subgroups 1–7 using the flow-chart form of the CART tree. The rates of RVR/cEVR were 20% for subgroups 1 and 2, 29% for subgroups 3, 38% for subgroup 4, 59% for subgroup 5, 71% for subgroup 6, and 85% for subgroups 7. The rates of RVR/cEVR for each subgroup of patients were closely correlated between the model building dataset and the validation dataset (Fig. 2).

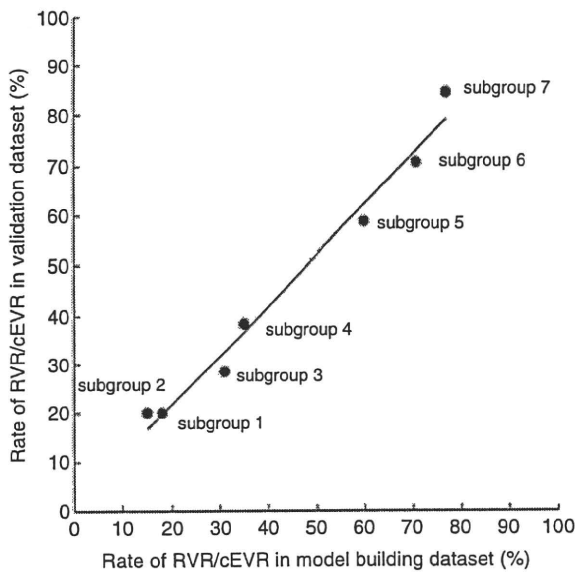


Figure 2 Validation of the classification and regression tree (CART) analysis: Subgroup stratified comparison of the rate of rapid or complete early virological response (RVR/cEVR) between the model building and validation datasets. Each patient in the validation set was allocated to subgroups 1–7 by following the flow-chart form of the CART tree and the rates of RVR/cEVR were calculated. The rate of RVR/cEVR in each subgroup was plotted. The x-axis represents the rate of RVR/cEVR in the model building datasets and the y-axis represents the rate of RVR/cEVR in the validation datasets. The rates of achieving RVR/cEVR in each subgroup of patients closely correlated between the model building dataset and the validation dataset ($r^2 = 0.987$).

Construction of 3 groups according to the probability of RVR/cEVR

If the seven subgroups were reconstructed into three groups according to their rate of RVR/cEVR, the rate of RVR/cEVR was 16% for low probability group (subgroup 1 and 2), 46% for intermediate probability group (subgroup 3, 4, and 5) and 75% for high probability group (subgroup 6 and 7; $P < 0.0001$).

Effect of adherence

Adherence of PEG-IFN and RBV was not included as a variable of analysis since the present study aimed to develop a pre-treatment model for the prediction of response. To analyze the possible effect of adherence on the result of CART analysis, three groups of patients divided by CART (low, intermediate and high probability group) were further stratified according to adherence

of PEG-IFN and RBV. Poor adherence was defined as taking less than 80% planned dose of PEG-IFN or RBV at 12 weeks, and good adherence was defined as taking more than 80% planned dose of both PEG-IFN and RBV at 12 weeks. The result is shown in Figure 3. Among patients with good adherence, the rate of RVR/cEVR was 19% for low probability group, 52% for intermediate probability group and 77% for high probability group. Among poor adherence group, the rate of RVR/cEVR was 13% for low probability group, 41% for intermediate probability group and 73% for high probability group. Collectively, even after adjustment for adherence, 3 groups of patients divided by CART analysis still had low, intermediate and high probability of achieving RVR/cEVR, respectively.

DISCUSSION

IN THE PRESENT study, we performed the CART analysis and built a simple decision tree model for the pre-treatment prediction of response to PEG-IFN plus

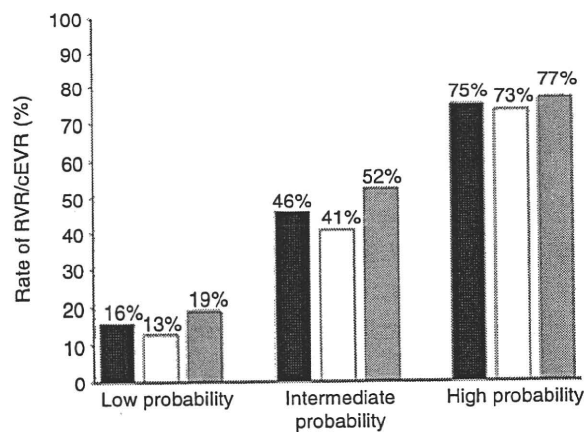


Figure 3 The rate of rapid or complete early virological response (RVR/cEVR) between the classification and regression tree (CART) groups stratified by adherence. The three groups of patients divided by CART (low, intermediate and high probability group) were further stratified according to adherence of peg-interferon (PEG-IFN) plus ribavirin (RBV). Black, white and gray boxes in the bar chart indicate total patients, patients with poor adherence (taking less than 80% planned dose of PEG-IFN or RBV at 12 weeks), and good adherence (taking more than 80% planned dose of both PEG-IFN and RBV at 12 weeks), respectively. Even after adjustment for adherence, 3 groups of patients divided by CART analysis still had low, intermediate and high probability of achieving RVR/cEVR, respectively.

RBV therapy. The analysis highlighted five host variables relevant to response: steatosis, LDL-C, age, blood sugar and GGT. Classification of patients based on these variables identified subgroups of patients with high probabilities of achieving RVR/cEVR among difficult to treat chronic hepatitis C patients. The reproducibility of the model was confirmed by the independent validation datasets. According to the result of the CART, patients were categorized into 3 groups: the rate of RVR/cEVR was 16% for low probability group, 46% for intermediate probability group and 75% for high probability group. The result of the CART analysis could be readily applicable to clinical practice because patients could be allocated to specific subgroups with a defined rate of response simply by following the flow-chart form. Although an early disappearance of serum HCV RNA is the prerequisite for achieving SVR, no reliable baseline predictors of response to PEG-IFN plus RBV therapy are established to date. Thus, this model may have the potential to support decisions in patient selection for PEG-IFN plus RBV therapy or to tailor treatment strategies for individual patients. Moreover, our result may provide a rationale for treating metabolic factors to improve the efficacy of antiviral therapy.

Among variables relevant to the prediction of RVR/cEVR, the grade of hepatic steatosis was selected as the variable of the first split. Previous studies suggested that steatosis induces resistance to IFN and RBV combination therapy^{20,21} along with underlining metabolic factors such as insulin resistance or obesity.²¹⁻²⁴ In the present study, the grade of steatosis correlated positively with BMI and serum glucose level (data not shown) suggesting the etiologic role of metabolic factors. In addition, serum glucose level was selected as a predictor of RVR/cEVR at the fourth level of split. Serum GGT, which is associated with obesity,²⁵ insulin resistance²⁶ and response to IFN therapy,²⁷⁻³⁰ was also selected as a predictor of RVR/cEVR at fourth level of splitting which may emphasize the importance of metabolic factors in therapeutic resistance. These findings raise the possibility that treatment of these metabolic factors may improve the virological response to the PEG-IFN plus RBV therapy. This hypothesis should be examined by a prospective study.

We and others have reported that steatosis, obesity and insulin resistance are associated with the progression of fibrosis,^{17,31-33} which can interfere indirectly with the effect of IFN on hepatocytes. Other possible mechanisms of resistance by steatosis or metabolic factors include dysregulation of adipocytokines³⁴ or oxidative stress which may inhibit intracellular IFN signaling

pathway.³⁵ Despite these findings, the precise mechanism of resistance is not established and further investigation is needed.

Another factor relevant in the prediction of RVR/cEVR was LDL-C. LDL-C was selected as the second factor for splitting by CART, and was an independent predictor of RVR/cEVR by logistic regression analysis. LDL-C recently has attracted attention as a novel predictor of response to IFN or PEG-IFN plus RBV.^{30,36,37} Since *in vitro* study showed that LDL-C receptor acts as a receptor for HCV and LDL-C competitively inhibit the binding of HCV,³⁸ high level of serum LDL-C may inhibit HCV entry to hepatocytes and attenuate replication. LDL-C and its receptor may be a future therapeutic target.

Not all factors selected as significant variables in the CART analysis were also significantly associated with response by standard statistical analysis: blood sugar was associated with response by univariate analysis but not by multivariate logistic regression analysis. On the other hand, HCV RNA and creatinine which were significantly associated with RVR/cEVR by multivariate analysis were not selected as significant variables in CART analysis. These differences may indicate both the unique feature and the limitations of the CART analysis. To note, blood sugar was significantly associated with RVR/cEVR within specialized subgroups of patients defined by the CART analysis: in subgroup of patients with steatosis <30%, LDL-C <100 mg/dL and younger than 60, which indicate the unique feature of the CART analysis that it could visualize significant predictors that specifically apply to selected patients. The limitation is that not all significant factors may be adopted in the decision tree since we applied the rule to stop CART procedure when the sample size was below 20. This rule was applied to avoid the generation of over-fit model which may lack universality. Therefore, it is possible that HCV RNA or creatinine may become a significant variable in the CART analysis if larger number of patients were included in the analysis. Stage of fibrosis was significantly associated with response to therapy by univariate analysis but not by multivariate analysis and not selected as a significant variable in the CART analysis. The possible reason is that advanced fibrosis is associated with older age as a confounding factor.

CART analyses are gaining acceptance in medical research in addition to biomedical field. Recent publications include the prediction of aggressive prostate cancer,⁸ diabetic vascular complications,¹⁹ prognosis of melanoma,^{7,39} response to preoperative radiotherapy for rectal tumor,⁹ prognostic groups in colorectal carcinoma,¹² and outcome after liver failure.¹¹ An advantage

of CART over traditional regression models is that it can identify prognostic subgroups that are useful in clinical practice. Because the results of CART analysis are presented as a decision tree, which is intuitive, they can be readily interpreted by medical professionals without any specific knowledge of statistics. The most important consideration is that five variables used in the decision tree were clinical parameters that are readily available by the usual work-up of patients before therapy. Especially, glucose, GGT and LDL-C are simple biochemical markers that are easily measured at a low cost. Using this model, we can rapidly develop an estimate of the response before treatment, which may facilitate clinical decision making.

In conclusion, we built a pre-treatment model for the prediction of virological response in PEG-IFN plus RBV therapy. Because this decision tree model was made up of simple host factors such as steatosis, LDL-C, age, blood sugar and GGT, it can be easily applied to clinical practice. This model may have the potential to support decisions in patient selection for PEG-IFN plus RBV therapy based on the possibility of response against a potential risk of adverse events or costs, and may provide a rationale for treating metabolic factors to improve the efficacy of antiviral therapy.

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Original Article

Prolonged treatment with pegylated interferon α 2b plus ribavirin improves sustained virological response in chronic hepatitis C genotype 1 patients with late response in a clinical real-life setting in Japan

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Aim: This study was conducted to clarify the factors related to sustained virological response (SVR) to pegylated interferon α 2b (PEG-IFN) plus ribavirin (RBV) combination therapy administered for 48 weeks in patients with chronic hepatitis C virus (CHCV) and to evaluate the usefulness of prolonged treatment in patients with late virological response (LVR).

Methods: Of 2257 patients registered at 68 institutions, those with genotype 1 and high viral load were selected to participate in two studies. Study 1 (standard 48-week group, $n = 1480$) investigated SVR-determining factors in patients who received the treatment for ≤ 52 weeks, whereas study 2 compared SVR rates between patients with LVR who received treatment for either 36–52 weeks (48-week group, $n = 223$) or 60–76 weeks (72-week group, $n = 73$).

Results: In study 1, SVR rate was 44.9%; that in male subjects (50.4%) was significantly ($P < 0.0001$) higher than in female

subjects (36.4%). SVR rate significantly ($P < 0.0001$) decreased with 10-year age increments in both sexes. Multivariate logistic regression analysis revealed that age, F score, platelet count, and HCV load were SVR-related factors. In study 2, SVR rate in the 72-week group (67.1%) was significantly ($P = 0.0020$) higher than in the 48-week group (46.2%).

Conclusions: Patients with CHCV genotype 1 infection should be treated with PEG-IFN plus ribavirin combination therapy as early as possible, and 72 weeks' treatment is recommended in patients with LVR regardless of age.

Key words: chronic hepatitis C virus, elderly patients, pegylated interferon, prolonged treatment, ribavirin

INTRODUCTION

THE TOTAL NUMBER of patients infected with the hepatitis C virus (HCV) is estimated at 170 million worldwide, of whom 1.5–1.7 million are Japanese.

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Treatment of HCV infection began with interferon (IFN) monotherapy before the discovery of HCV in 1989. At that time, responders to treatment were mostly limited to patients with HCV genotypes 2 or 3 infection, which is highly sensitive to IFN. The sustained virological response (SVR: HCV-RNA negative at 24 weeks after end of treatment) to IFN monotherapy in genotype 1 patients known from that time to be difficult to treat was only about 5%. SVR rate has since increased thanks to concomitant administration of the antiviral drug ribavirin (RBV), and with the development of the long-acting