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Pre-treatment prediction of response to pegylated-interferon plus ribavirin for chronic hepatitis C using genetic polymorphism in *IL28B* and viral factors

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Background & Aims: Pegylated interferon and ribavirin (PEG-IFN/RBV) therapy for chronic hepatitis C virus (HCV) genotype 1 infection is effective in 50% of patients. Recent studies revealed an association between the *IL28B* genotype and treatment response. We aimed to develop a model for the pre-treatment prediction of response using host and viral factors.

Methods: Data were collected from 496 patients with HCV genotype 1 treated with PEG-IFN/RBV at five hospitals and universities in Japan. *IL28B* genotype and mutations in the core and IFN sensitivity determining region (ISDR) of HCV were analyzed to predict response to therapy. The decision model was generated by data mining analysis.

Results: The *IL28B* polymorphism correlated with early virological response and predicted null virological response (NVR) (odds ratio = 20.83, p <0.0001) and sustained virological response (SVR) (odds ratio = 7.41, p <0.0001) independent of other covariates. Mutations in the ISDR predicted relapse and SVR independent of *IL28B*. The decision model revealed that patients with the minor *IL28B* allele and low platelet counts had the highest NVR (84%) and lowest SVR (7%), whereas those with the major *IL28B* allele and mutations in the ISDR or high platelet counts had the lowest NVR (0–17%) and highest SVR (61–90%). The model had high reproducibility and predicted SVR with 78% specificity and 70% sensitivity.

Conclusions: The *IL28B* polymorphism and mutations in the ISDR of HCV were significant pre-treatment predictors of response to PEG-IFN/RBV. The decision model, including these host and viral factors may support selection of optimum treatment strategy for individual patients.

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Introduction

Hepatitis C virus (HCV) infection is the leading cause of cirrhosis and hepatocellular carcinoma worldwide [1]. The successful eradication of HCV, defined as a sustained virological response (SVR), is associated with a reduced risk of developing hepatocellular carcinoma. Currently, pegylated interferon (PEG-IFN) plus ribavirin (RBV) is the most effective standard of care for chronic hepatitis C but the rate of SVR is around 50% in patients with HCV genotype 1 [2,3], the most common genotype in Japan, Europe, the United States, and many other countries. Moreover, 20–30% of patients with HCV genotype 1 have a null virological response (NVR) to PEG-IFN/RBV therapy [4]. The most reliable method for predicting the response is to monitor the early decline of serum HCV-RNA levels during treatment [5] but there is no established method for prediction before treatment. Because PEG-IFN/RBV therapy is costly and often accompanied by adverse effects such as flu-like symptoms, depression and hematological abnormalities, pre-treatment predictions of those patients who are unlikely to benefit from this regimen enables ineffective treatment to be avoided.

Recently, it has been reported through a genome-wide association study (GWAS) of patients with genotype 1 HCV that single nucleotide polymorphisms (SNPs) located near the *IL28B* gene are strongly associated with a response to PEG-IFN/RBV therapy in

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Table 1. Baseline characteristics of all patients, and patients assigned to the model building or validation groups.

	All patients n = 496	Model group n = 331	Validation group n = 165
Gender: male	250 (50%)	170 (51%)	80 (48%)
Age (years)	57.1 ± 9.9	56.8 ± 9.7	57.5 ± 10.2
ALT (IU/L)	78.6 ± 60.8	78.1 ± 61.4	79.7 ± 59.6
GGT (IU/L)	59.3 ± 63.6	58.9 ± 62.0	60.2 ± 66.9
Platelets (10^9/L)	154 ± 53	153 ± 52	154 ± 56
Fibrosis: F3-4	121 (24%)	80 (24%)	41 (25%)
HCV-RNA: >600,000 IU/ml	409 (82%)	273 (82%)	136 (82%)
ISDR mutation: ≤1	220 (88%)	290 (88%)	145 (88%)
Core 70 (Arg/Gln or His)	293 (59%)/203 (41%)	197 (60%)/134 (40%)	96 (58%)/69 (42%)
Core 91 (Leu/Met)	299 (60%)/197 (40%)	200 (60%)/131 (40%)	99 (60%)/66 (40%)
IL28B: Minor allele	151 (30%)	101 (31%)	50 (30%)
SVR	194 (39%)	129 (39%)	65 (39%)
Relapse	152 (31%)	103 (31%)	49 (30%)
NVR	150 (30%)	99 (30%)	51 (31%)

ALT, alanine aminotransferase; GGT, gamma-glutamyltransferase; ISDR, interferon sensitivity determining region; Arg, arginine; Gln, glutamine; His, histidine; Leu, leucine; Met, methionine; Minor, heterozygote or homozygote of minor allele; SVR, sustained virological response; NVR, null virological response.

Japanese [6], European [7], and a multi-ethnic population [8,9]. The last three studies focused on the association of SNPs in the *IL28B* region with SVR [7–9] but we found a stronger association with NVR [6]. In addition to these host genetic factors, we have reported that mutations within a stretch of 40 amino acids in the NS5A region of HCV, designated as the IFN sensitivity determining region (ISDR), are closely associated with the virological response to IFN therapy: a lower number of mutations is associated with treatment failure [10–13]. Amino acid substitutions at positions 70 and 91 of the HCV core region (Core70, Core91) also have been reported to be associated with response to PEG-IFN/RBV therapy: glutamine (Gln) or histidine (His) at Core70 and methionine (Met) at Core91 are associated with treatment resistance [4,14]. The importance of substitutions in the HCV core and ISDR was confirmed recently by a Japanese multicenter study [15]. How these viral factors contribute to response to therapy is yet to be determined. For general application in clinical practice, host genetic factors and viral factors should be considered together.

Data mining analysis is a family of non-parametric regression methods for predictive modeling. Software is used to automatically explore the data to search for optimal split variables and to build a decision tree structure [16]. The major advantage of decision tree analysis over logistic regression analysis is that the results of the analysis are presented in the form of flow chart, which can be interpreted intuitively and readily made available for use in clinical practice [17]. The decision tree analysis has been utilized to define prognostic factors in various diseases [18–25]. We have reported recently its usefulness for the prediction of an early virological response (undetectable HCV-RNA within 12 weeks of therapy) to PEG-IFN/RBV therapy in chronic hepatitis C [26].

This study aimed to define the pre-treatment prediction of response to PEG-IFN/RBV therapy through the integrated analysis of host factors, such as the *IL28B* genetic polymorphism and various clinical covariates, as well as viral factors, such as mutations in the HCV core and ISDR and serum HCV-RNA load. In addition, for the general application of these results in clinical practice, decision models for the pre-treatment prediction of response were determined by data mining analysis.

Materials and methods

Patients

This was a multicentre retrospective study supported by the Japanese Ministry of Health, Labor and Welfare. Data were collected from a total of 496 chronic hepatitis C patients who were treated with PEG-IFN alpha and RBV at five hospitals and universities throughout Japan. Of these, 98 patients also were included in the original GWAS analysis [6]. The inclusion criteria in this study were as follows (1) infection by genotype 1b, (2) lack of co-infection with hepatitis B virus or human immunodeficiency virus, (3) lack of other causes of liver disease, such as autoimmune hepatitis, and primary biliary cirrhosis, (4) completion of at least 24 weeks of therapy, (5) adherence of more than 80% to the planned dose of PEG-IFN and RBV for the NVR patients, (6) availability of DNA for the analysis of the genetic polymorphism of *IL28B*, and (7) availability of serum for the determination of mutations in the ISDR and substitutions of Core70 and Core91 of HCV. Patients received PEG-IFN alpha-2a (180 μg) or 2b (1.5 μg/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 daily) which is the recommended dosage in Japan. Written informed consent was obtained from each patient and the study protocol conformed to the ethical guidelines of the Declaration of Helsinki and was approved by the institutional ethics review committee. The baseline characteristics are listed in Table 1. For the data mining analysis, 67% of the patients (331 patients) were assigned randomly to the model building group and 33% (165 patients) to the validation group. There were no significant differences in the clinical backgrounds between these two groups.

Laboratory and histological tests

Blood samples were obtained before therapy and were analyzed for hematologic tests and for blood chemistry and HCV-RNA. Sequences of ISDR and the core region of HCV were determined by direct sequencing after amplification by reverse-transcription and polymerase chain reaction as reported previously [4,11]. Genetic polymorphism in one tagging SNP located near the *IL28B* gene (rs8099917) was determined by the GWAS or DigiTag2 assay [27]. Homozygosity (GG) or heterozygosity (TG) of the minor sequence was defined as having the *IL28B* minor allele, whereas homozygosity for the major sequence (TT) was

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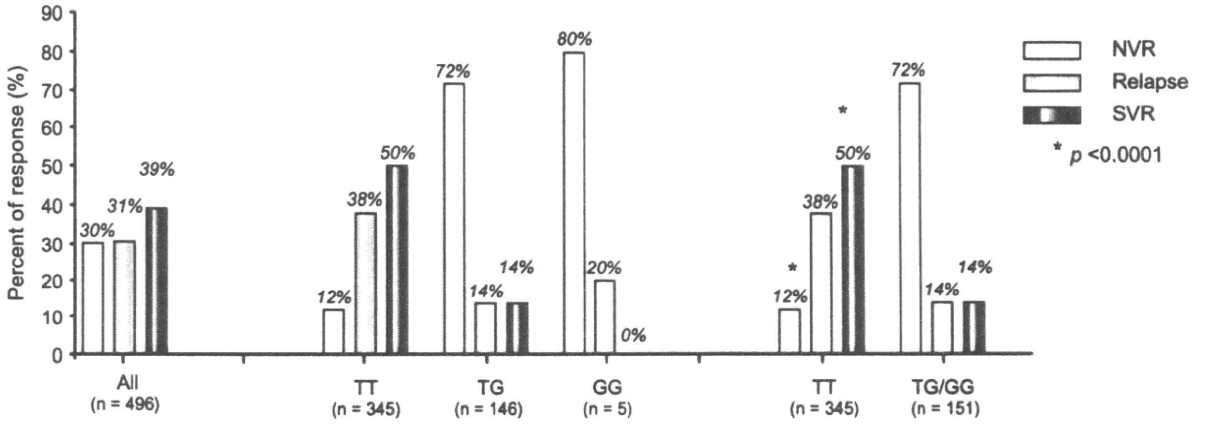

Fig. 1. Association between the IL28B genotype (rs8099917) and treatment response. The rates of response to treatment are shown for each rs8099917 genotype. The rate of null virological response (NVR), relapse, and sustained virological response (SVR) is shown. The *p* values are from Fisher's exact test. The rate of NVR was significantly higher ($p < 0.0001$) and the rate of SVR was significantly lower ($p < 0.0001$) in patients with the *IL28B* minor allele compared to those with the major allele. [This figure appears in colour on the web.]

defined as having the *IL28B* major allele. In this study, NVR was defined as a less than 2 log reduction of HCV-RNA at week 12 and detectable HCV-RNA by qualitative PCR with a lower detection limit of 50 IU/ml (Amplicor, Roche Diagnostic systems, CA) at week 24 during therapy. RVR (rapid virological response) and complete early virological response (cEVR) were defined as undetectable HCV-RNA at 4 weeks and 12 weeks during therapy and SVR was defined as undetectable HCV-RNA 24 weeks after the completion of therapy. Relapse was defined as reappearance of HCV-RNA after the completion of therapy. The stage of liver fibrosis was scored according to the METAVIR scoring system: 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). Percentage of steatosis was quantified in 111 patients by determining the average proportion of hepatocytes affected by steatosis.

Statistical analysis

Associations between pre-treatment variables and treatment response were analyzed by univariate and multivariate logistic regression analysis. Associations between the *IL28B* polymorphism and sequences of HCV were analyzed by Fisher's exact test. SPSS software v.15.0 (SPSS Inc., Chicago, IL) was used for these analyses. For the data mining analysis, IBM-SPSS Modeler version 13.0 (IBM-SPSS Inc., Chicago, IL) software was utilized as reported previously [26]. The patients used for model building were divided into two groups at each step of the analysis based on split variables. Each value of each variable was considered as a potential split. The optimum variables and cut-off values were determined by a statistical search algorithm to generate the most significant division into two prognostic subgroups that were as homogeneous as possible for the probability of SVR. Thereafter, each subgroup was evaluated again and divided further into subgroups. This procedure was repeated until no additional significant variable was detected or the sample size was below 15. To avoid over-fitting, 10-fold cross validation was used in the tree building process. The reproducibility of the resulting model was tested with the data from the validation patients.

Results

Association between the IL28B (rs8099917) genotype and the PEG-IFN/RBV response

The rs8099917 allele frequency was 70% for TT ($n = 345$), 29% for TG ($n = 146$), and 1% for GG ($n = 5$). We defined the *IL28B* major allele as homozygous for the major sequence (TT) and the *IL28B* minor allele as homozygous (GG) or heterozygous (TG) for the minor sequence. The rate of NVR was significantly higher (72% vs. 12%, $p < 0.0001$) and the rate of SVR was significantly lower (14% vs. 50%, $p < 0.0001$) in patients with the *IL28B* minor allele compared to those with the major allele (Fig. 1).

Effect of the IL28B polymorphism, substitutions in the ISDR, Core70, and Core91 of HCV on time-dependent clearance of HCV

Patients were stratified according to their IL28B allele type, the number of mutations in the ISDR, the amino acid substitutions in Core70 and Core91, and the rate of undetectable HCV-RNA at 4, 8, 12, 24, and 48 weeks after the start of therapy was analyzed (Fig. 2A–D). The rate of undetectable HCV-RNA was significantly higher in patients with the IL28B major allele than the minor allele, in patients with two or more mutations in the ISDR compared to none or only one mutation, in patients with arginine (Arg) at Core70 rather than Gln/His, and in patients with leucine (Leu) at Core91 rather than Met. The difference was most significant when stratified by the *IL28B* allele type. The rate of RVR and cEVR was significantly more frequent in patients with the *IL28B* major allele compared with those with the *IL28B* minor allele: 9% vs. 3% for RVR ($p < 0.005$) and 57% vs. 11% for cEVR ($p < 0.0001$). These findings suggest that IL28B has the greatest impact on early virological response to therapy.

Association between substitutions in the ISDR and relapse after the completion of therapy

Patients were stratified according to the *IL28B* allele, number of mutations in the ISDR, and amino acid substitutions of Core70 and Core91, and the rate of relapse was analyzed (Fig. 3A and B). Among patients who achieved cEVR, the rate of relapse was significantly lower in patients with two or more mutations in the ISDR compared to those with only one or no mutations (15% vs. 31%, $p < 0.005$) (Fig. 3 B). On the other hand, the relapse rate was not different between the *IL28B* major and minor alleles within patients who achieved RVR (3% vs. 0%) or cEVR (28% vs. 29%) (Fig. 3A). Amino acid substitutions of Core70 and Core91 were not associated with the rate of relapse (data not shown).

Factors associated with response by multivariate logistic regression analysis

By univariate analysis, the minor allele of *IL28B* ($p < 0.0001$), one or no mutations in the ISDR ($p = 0.03$), high serum level of

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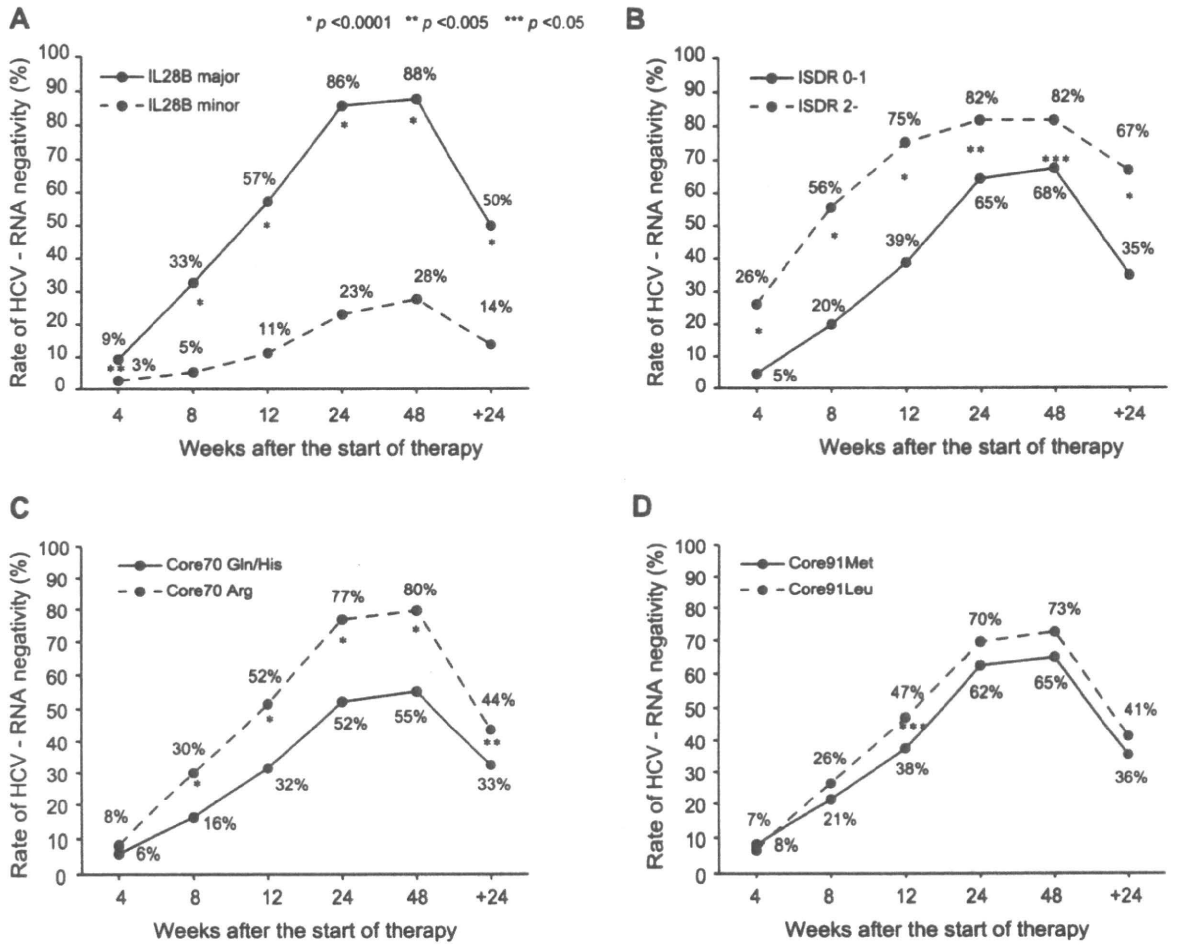

Fig. 2. Effect of *IL28B* mutations in the ISDR, Core70 and Core91 of HCV on time-dependent clearance of HCV. The rate of undetectable HCV-RNA was plotted for serial time points after the start of therapy (4, 8, 12, 24, and 48 weeks) and for 24 weeks after the completion of therapy. Patients were stratified according to (A) the *IL28B* allele (minor allele vs. major allele), (B) the number of mutations in the ISDR (0–1 mutation vs. 2 or more mutations), amino acid substitutions of (C) Core70 (Gln/His vs. Arg), and (D) Core91 (Met vs. Leu). The *p* values are from Fisher's exact test.

HCV-RNA ($p = 0.035$), Gln or His at Core70 ($p < 0.0001$), low platelet counts ($p = 0.009$), and advanced fibrosis ($p = 0.0002$) were associated with NVR. By multivariate analysis, the minor allele of *IL28B* (OR = 20.83, 95%CI = 11.63–37.04, $p < 0.0001$) was associated with NVR independent of other covariates (Table 2). Notably, mutations in the ISDR ($p = 0.707$) and at amino acid Core70 ($p = 0.207$) were not significant in multivariate analysis due to the positive correlation with the *IL28B* polymorphism ($p = 0.004$ for ISDR and $p < 0.0001$ for Core70, Fig. 4).

Genetic polymorphism of *IL28B* also was associated with SVR (OR = 7.41, 95% CI = 4.05–13.57, $p < 0.0001$) independent of other covariates, such as platelet counts, fibrosis, and serum levels of HCV-RNA. Mutation in the ISDR was an independent predictor of SVR (OR = 2.11, 95% CI = 1.06–4.18, $p = 0.033$) but the amino acid at Core70 was not (Table 3).

Factors associated with the IL28B polymorphism

Patients with the *IL28B* minor allele had significantly higher serum level of gamma-glutamyltransferase (GGT) and a higher frequency of hepatic steatosis (Table 4). When the association between the *IL28B* polymorphism and HCV sequences was analyzed, Gln or His at Core70, that is linked to resistance to PEG-IFN and RBV therapy [4,14,15], was significantly more frequent in patients with the minor *IL28B* allele than in those with the major allele (67% vs. 30%, $p < 0.0001$) (Fig. 4). Other HCV sequences with an IFN resistant phenotype also were more prevalent in patients with the minor *IL28B* allele than those with the major allele: Met at Core91 (46% vs. 37%, $p = 0.047$) and one or no mutations in the ISDR (94% vs. 85%, $p = 0.004$) (Fig. 4).

Data mining analysis

Data mining analysis was performed to build a model for the prediction of SVR and the result is shown in Fig. 5. The analysis selected four predictive variables, resulting in six subgroups of patients. Genetic polymorphism of *IL28B* was selected as the best predictor of SVR. Patients with the minor *IL28B* allele had a lower probability of SVR and a higher probability of NVR than those with the major *IL28B* allele (SVR: 14% vs. 50%, NVR: 72% vs.

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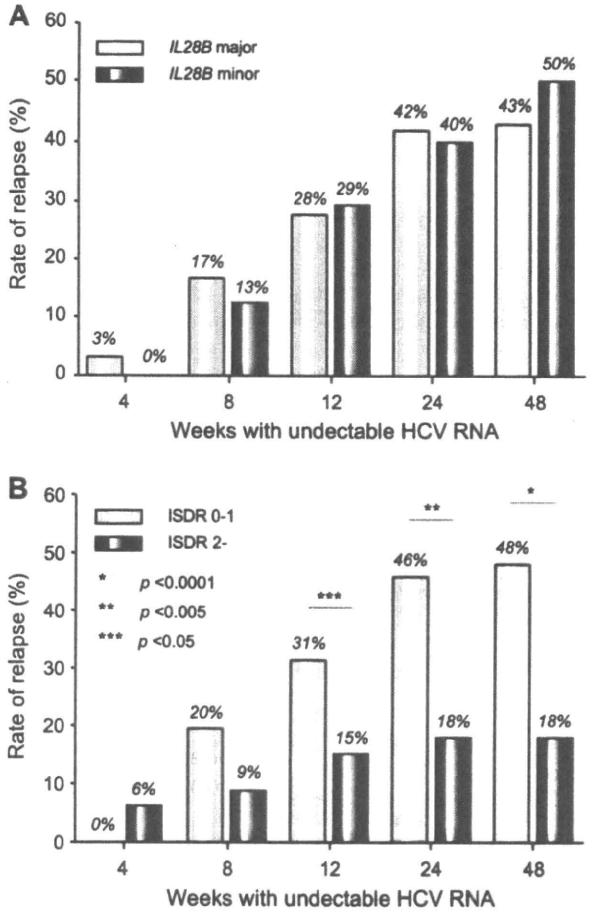

Fig. 3. Association between relapse and the *IL28B* allele or mutations in the ISDR. The rate of relapse was calculated for patients who had undetectable HCV-RNA at serial time points after the start of therapy (4, 8, 12, 24, and 48 weeks). Patients were stratified according to (A) the *IL28B* allele (minor allele vs. major allele) and (B) the number of mutations in the ISDR (0–1 mutation vs. 2 or more mutations). The *p* values are from Fisher's exact test. [This figure appears in colour on the web.]

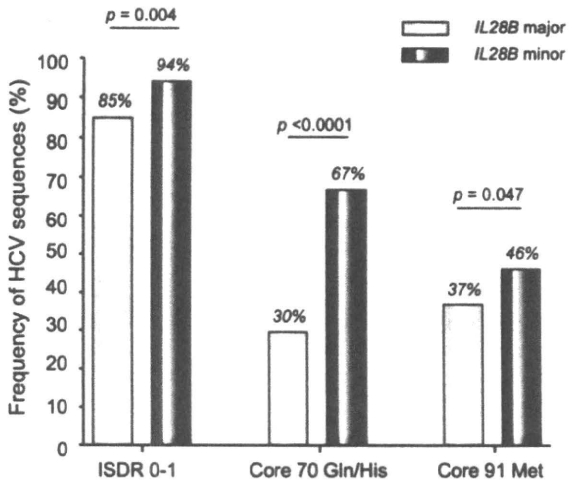

Fig. 4. Associations between the *IL28B* allele and HCV sequences. The prevalence of HCV sequences predicting a resistant phenotype to IFN was higher in patients with the minor *IL28B* allele than those with major allele. (A) 0 or 1 mutation in the ISDR of NS5A, (B) Gln or His at Core70, and (C) Met at Core91. *p* values are from Fisher's exact test. [This figure appears in colour on the web.]

12%). After stratification by the *IL28B* allele, patients with low platelet counts ($<140 \times 10^9$/L) had a lower probability of SVR and higher probability of NVR than those with high platelet counts ($\geq 140 \times 10^9$/L): for the minor *IL28B* allele, SVR was 7% vs. 19%, and NVR was 84% vs. 62%, and for the major *IL28B* allele, SVR was 32% vs. 66% and NVR was 16% vs. 8%. Among patients with the major *IL28B* allele and low platelet counts, those with two or more mutations in the ISDR had a higher probability of SVR and lower probability of relapse than those with one or no mutations in the ISDR (SVR: 75% vs. 27%, and relapse: 8% vs. 57%). Among patients with the major *IL28B* allele and high platelet counts, those with a low HCV-RNA titer (<600,000 IU/ml) had a higher probability of SVR and lower probability of NVR and relapse than those with a high HCV-RNA titer (SVR: 90% vs. 61%, NVR: 0% vs. 10%, and relapse: 10% vs. 29%). The sensitivity and specificity of the decision tree were 78% and 70%, respectively. The area under the receiver operating characteristic (ROC) curve of the model was 0.782 (data not shown). The proportion of patients with advanced fibrosis (F3-4) was 39% (84/217) in patients with low platelet counts ($<140 \times 10^9$/L) compared to 13% (37/279) in those with high platelet counts ($\geq 140 \times 10^9$/L).

Validation of the data mining analysis

The results of the data mining analysis were validated with 165 patients who differed from those used for model building. Each patient was allocated to one of the six subgroups for the validation using the flow-chart form of the decision tree. The rate of SVR and NVR in each subgroup was calculated. The rates of SVR and NVR for each subgroup of patients were closely correlated between the model building and the validation patients ($r^2 = 0.99$ and 0.98) (Fig. 6).

Discussion

The rate of NVR after 48 weeks of PEG-IFN/RBV therapy among patients infected with HCV of genotype 1 is around 20–30%. Previously, there have been no reliable baseline predictors of NVR or SVR. Because more potent therapies, such as protease and polymerase inhibitor of HCV [28,29] and nitazoxanide [30], are in clinical trials and may become available in the near future, a pre-treatment prediction of the likelihood of response may be helpful for patients and physicians, to support clinical decisions about whether to begin the current standard of care or whether to wait for emerging therapies. This study revealed that the *IL28B* polymorphism was the overwhelming predictor of NVR and is independent of host factors and viral sequences reported previously. The *IL28B* encodes a protein also known as IFN-lambda 3, which is thought to suppress the replication of various viruses including HCV [31,32]. The results of the current study and the findings of the GWAS studies [6–9] may provide the rationale for developing diagnostic testing or an IFN-lambda based therapy for chronic hepatitis C in the future.

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Table 2. Factors associated with NVR analyzed by univariate and multivariate logistic regression analysis.

	Univariate			Multivariate		
	Odds ratio	95%CI	*p* value	Odds ratio	95%CI	*p* value
Gender: female	0.98	0.67-1.45	0.938	1.29	0.75-2.23	0.363
Age	1.01	0.97-1.01	0.223	0.99	0.97-1.02	0.679
ALT	1.00	1.00-1.00	0.867	1.00	0.99-1.00	0.580
GGT	1.004	1.00-1.01	0.029	1.00	1.00-1.00	0.715
Platelets	0.95	0.91-0.99	0.009	0.92	0.87-0.98	0.006
Fibrosis: F3-4	2.23	1.46-3.42	0.0002	1.97	1.09-3.57	0.025
HCV-RNA: ≥600,000 IU/ml	1.83	1.05-3.19	0.035	2.49	1.17-5.29	0.018
ISDR mutation: ≤1	2.14	1.08-4.22	0.030	0.96	0.78-1.18	0.707
Core 70 (Gln/His)	3.23	2.16-4.78	<0.0001	1.41	0.83-2.42	0.207
Core 91 (Met)	1.39	0.95-2.06	0.093	1.21	0.72-2.04	0.462
IL28B: Minor allele	19.24	11.87-31.18	<0.0001	20.83	11.63-37.04	<0.0001

ALT, alanine aminotransferase; GGT, gamma-glutamyltransferase; ISDR, interferon sensitivity determining region; Gln, glutamine; His, histidine; Met, methionine; Minor allele, heterozygote or homozygote of minor allele.

Table 3. Factors associated with SVR analyzed by univariate and multivariate logistic regression analysis.

	Univariate			Multivariate		
	Odds ratio	95%CI	*p* value	Odds ratio	95%CI	*p* value
Gender: female	0.81	0.56-1.16	0.253	0.86	0.55-1.35	0.508
Age	0.97	0.95-0.99	0.0003	0.99	0.96-1.01	0.199
ALT	1.00	1.00-1.00	0.337	1.00	1.00-1.01	0.108
GGT	1.00	1.00-1.00	0.273	1.00	1.00-1.00	0.797
Platelets	1.12	1.01-116	<0.0001	1.13	1.08-1.19	<0.0001
Fibrosis: F0-2	2.64	1.65-4.22	<0.0001	1.87	1.07-3.28	0.029
HCV-RNA: <600,000 IU/ml	2.49	1.55-3.98	0.0001	2.75	1.55-4.90	0.001
ISDR mutation: 2≤	3.78	2.14-6.68	<0.0001	2.11	1.06-4.18	0.033
Core 70 (Arg)	1.61	1.11-2.28	0.012	0.84	0.52-1.35	0.470
Core 91 (Leu)	1.28	0.88-1.85	0.185	1.26	0.81-1.96	0.300
IL28B: Major allele	6.21	3.75-10.31	<0.0001	7.41	4.05-13.57	<0.0001

ALT, alanine aminotransferase; GGT, Gamma-glutamyltransferase; ISDR, interferon sensitivity determining region; Arg, arginine; Leu, leucine; Major allele, homozygote of major allele.

Among baseline factors, IL28B was the most significant predictor of NVR and SVR. Moreover, the IL28B allele type was also correlated with early virological response: the rate of RVR and cEVR was significantly high for the IL28B major allele compared to the IL28B minor allele: 9% vs. 3% for RVR and 57% vs. 11% for cEVR (Fig. 2). On the other hand, the relapse rate was not different between the IL28B genotypes within patients who achieved RVR or cEVR (Fig. 3). We believe that optimal therapy should be based on baseline features and a response-guided approach. Our findings suggest that the IL28B genotype is a useful baseline predictor of virological response which should be used for selecting the treatment regimen: whether to treat patients with PEG-IFN and RBV or to wait for more effective future therapy including direct acting antiviral drugs. On the other hand, baseline IL28B genotype might not be suitable for determining the treatment duration in patients who started PEG-IFN/RBV therapy and whose virological response is determined because the IL28B genotype is not useful for the prediction of relapse. The duration of therapy should be personalized based on the virological response. Future studies need to explore whether the combination of baseline IL28B genotype and response-guided approach further improves the optimization of treatment duration.

The SVR rate in patients having the IL28B minor allele was 14% in the present study while it was 23% in Caucasians and 9% in African Americans in a study by McCarthy et al. [33]. On the other hand, the SVR rate in patients having the IL28B minor allele was 28% in genotypes 1/4 compared to 80% in genotypes 2/3 in a study by Rauch et al. [9]. These data imply that the impact of the IL28B polymorphism on response to therapy may be different in terms of race, geographical areas, or HCV genotypes, and that our data need to be validated in future studies including different populations and geographical areas before generalization.

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Table 4. Factors associated with IL28B genotype.

	IL28B major allele n = 345	*IL28B* minor allele n = 151	*p* value
Gender: male	166 (48%)	84 (56%)	0.143
Age (years)	57 ± 10	57 ± 10	0.585
ALT (IU/L)	79 ± 60	78 ± 62	0.842
Platelets (10^9/L)	153 ± 54	155 ± 52	0.761
GGT (IU/L)	51 ± 45	78 ± 91	0.001
Fibrosis: F3-4	76 (22%)	45 (30%)	0.063
Steatosis:			
>10%	16/88 (18%)	13/23 (57%)	0.024
>30%	6/88 (7%)	6/23 (26%)	0.017
HCV-RNA: >600,000 IU/ml	284 (82%)	125 (83%)	1.000

ALT, alanine aminotransferase; GGT, gamma-glutamyltransferase.

Four GWAS studies have shown the association between a genetic polymorphism near the IL28B gene and response to PEG-IFN plus RBV therapy. The SNPs that showed significant association with response were rs12979860 [8] and rs8099917 [6,7,9]. There is a strong linkage-disequilibrium (LD) between these two SNPs as well as several other SNPs near the IL28B gene in Japanese patients [34] but the degree of LD was weaker in Caucasians and Hispanics [8]. Thus, the combination of SNPs is not useful for predicting response in Japanese patients but may improve the predictive value in patients other than Japanese who have weaker LD between SNPs.

Other significant predictors of response independent of IL28B genotype were platelet counts, stage of fibrosis, and HCV RVA load. A previous study reported that platelet count is a predictor of response to therapy [35], and the lower platelet count was related with advanced liver fibrosis in the present study. The association between response to therapy and advanced fibrosis independent of the IL28B polymorphism is consistent with a recent study by Rauch et al. [9].

There is agreement that the viral genotype is significantly associated with the treatment outcome. Moreover, viral factors such as substitutions in the ISDR of the NS5A region [10] or in the amino acid sequence of the HCV core [4] have been studied in relation to the response to IFN treatment. The amino acid Gln or His at Core70 and Met at Core91 are repeatedly reported to be associated with resistance to therapy [4,14,15] in Japanese patients but these data wait to be validated in different populations or other geographical areas. In this study, we confirmed that patients with two or more mutations in the ISDR had a higher rate of undetectable HCV-RNA at each time point during therapy. In addition, the rate of relapse among patients who achieved cEVR was significantly lower in patients with two or more mutations in ISDR compared to those with only one or no mutations (15% vs. 31%, $p < 0.05$). Thus, the ISDR sequence may be used to predict a relapse among patients who achieved virological response during therapy, while the IL28B polymorphism may be used to predict the virological response before therapy. A higher number of mutations in the ISDR are reported to have close association with SVR in Japanese [11–13,15,36] or Asian [37,38] populations but data from Western countries have been controversial [39–42]. A meta-analysis of 1230 patients including 525 patients from Europe has shown that there was a positive correlation between the SVR and the number of mutations in the ISDR in Japanese as well as in European patients [43] but this correlation was more pronounced in Japanese patients. Thus, geographical factors may account for the different impact of ISDR on treatment response, which may be a potential limitation of our study.

To our surprise, these HCV sequences were associated with the IL28B genotype: HCV sequences with an IFN resistant phenotype were more prevalent in patients with the minor *IL28B* allele than those with the major allele. This was an unexpected finding, as we initially thought that host genetics and viral sequences were completely independent. A recent study reported that the IL28B polymorphism (rs12979860) was significantly associated with HCV genotype: the IL28B minor allele was more frequent in HCV genotype 1-infected patients compared to patients infected with HCV genotype 2 or 3 [33]. Again, patients with the IL28B minor allele (IFN resistant genotype) were infected with HCV sequences that are linked to an IFN resistant phenotype. The mechanism for this association is unclear, but may be related to an interaction between the IL28B genotype and HCV sequences in the development of chronic HCV infection as discussed by McCarthy et al., since the *IL28B* polymorphism was associated with the natural clearance of HCV [44]. Alternatively, the HCV sequence within the patient may be selected during the course of chronic infection [45,46]. These hypotheses should be explored through prospective studies of spontaneous HCV clearance or by testing the time-dependent changes in the HCV sequence during the course of chronic infection.

How these host and viral factors can be integrated to predict the response to therapy in future clinical practice is an important question. Because various host and viral factors interact in the same patient, predictive analysis should consider these factors in combination. Using the data mining analysis, we constructed a simple decision tree model for the pre-treatment prediction of SVR and NVR to PEG-IFN/RBV therapy. The classification of patients based on the genetic polymorphism of *IL28B*, mutation in the ISDR, serum levels of HCV-RNA, and platelet counts, identified subgroups of patients who have the lowest probabilities of NVR (0%) with the highest probabilities of SVR (90%) as well as those who have the highest probabilities of NVR (84%) with the lowest probability of SVR (7%). The reproducibility of the model was confirmed by the independent validation based on a second

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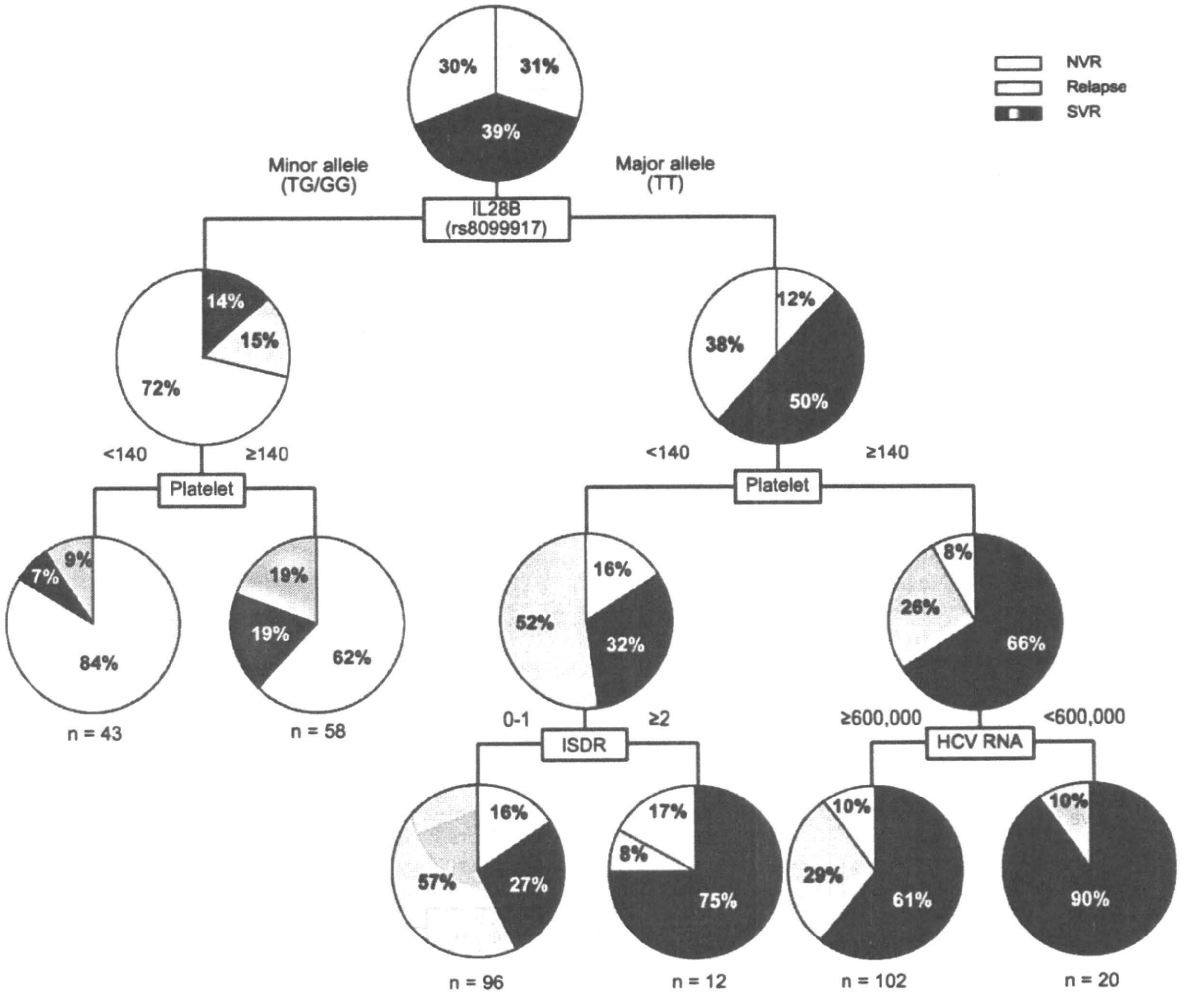

Fig. 5. Decision tree for the prediction of response to therapy. The boxes indicate the factors used for splitting. Pie charts indicate the rate of response for each group of patients after splitting. The rate of null virological response, relapse, and sustained virological response is shown. [This figure appears in colour on the web.]

group of patients. Using this model, we can rapidly develop an estimate of the response before treatment, by simply allocating patients to subgroups by following the flow-chart form, which may facilitate clinical decision making. This is in contrast to the calculating formula, which was constructed by the traditional logistic regression model. This was not widely used in clinical practice as it is abstruse and inconvenient. These results support the evidence based approach of selecting the optimum treatment strategy for individual patients, such as treating patients with a low probability of NVR with current PEG-IFN/RBV combination therapy or advising those with a high probability of NVR to wait for more effective future therapies. Patients with a high probability of relapse may be treated for a longer duration to avoid a relapse. Decisions may be based on the possibility of a response against a potential risk of adverse events and the cost of the therapy, or disease progression while waiting for future therapy.

We have previously reported the predictive model of early virological response to PEG-IFN and RBV in chronic hepatitis C [26]. The top factor selected as significant was the grade of steatosis, followed by serum level of LDL cholesterol, age, GGT, and blood sugar. The mechanism of association between these factors and treatment response was not clear at that time. To our interest, a recent study by Li et al. [47] has shown that high serum level of LDL cholesterol was linked to the IL28B major allele (CC in rs12979860). High serum level of LDL cholesterol was associated with SVR but it was no longer significant when analyzed together with the IL28B genotype in multivariate analysis. Thus, the association between treatment response and LDL cholesterol levels may reflect the underlining link of LDL cholesterol levels to IL28B genotype. Steatosis is reported to be correlated with low lipid levels [48] which suggest that IL28B genotypes may be also associated with steatosis. In fact, there were significant correlations between the IL28B genotype and the presence of steatosis in the present study (Table 4). In addition, the serum level of GGT, another predictive factor in our previous study, was significantly associated with IL28B genotype in the present study

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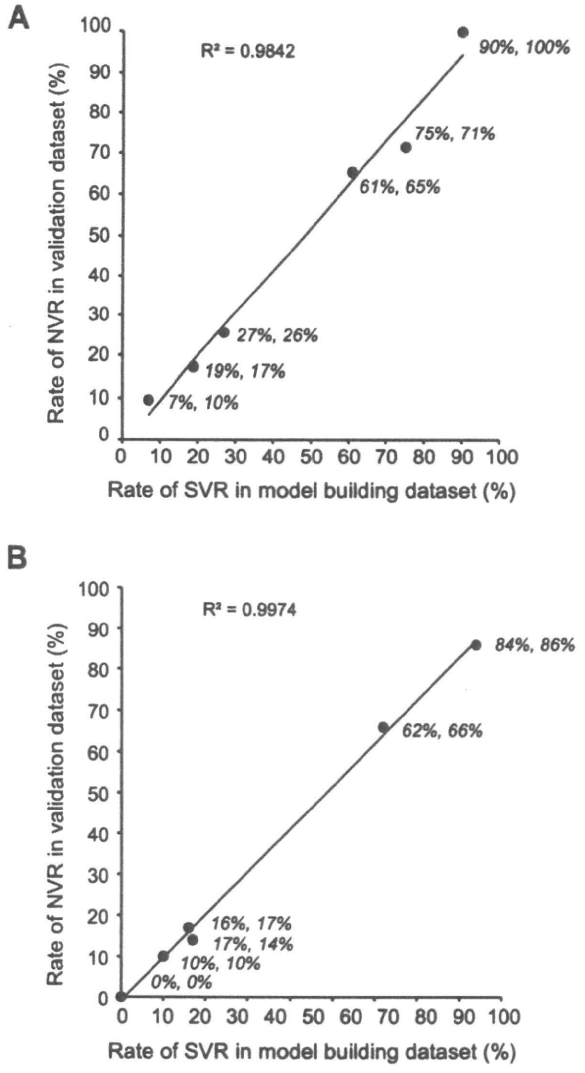

Fig. 6. Validation of the CART analysis. Each patient in the validation group was allocated to one of the six subgroups by following the flow-chart form of the decision tree. The rate of (A) sustained virological response (SVR) and (B) null virological response (NVR) in each subgroup was calculated and plotted. The *X*-axis represents the rate of SVR or NVR in the model building patients and the *Y*-axis represents those in the validation patients. The rate of SVR and NVR in each subgroup of patients is closely correlated between the model building and the validation patients (correlation coefficient: $r^2 = 0.98–0.99$).

(Table 4). The serum level of GGT was significantly associated with NVR when examined independently but was no longer significant when analyzed together with the IL28B genotype. These observations indicate that some of the factors that we have previously identified may be associated with virological response to therapy through the underlining link to the IL28B genotype.

In conclusion, the present study highlighted the impact of the *IL28B* polymorphism and mutation in the ISDR on the pre-treatment prediction of response to PEG-IFN/RBV therapy. A decision model including these host and viral factors has the potential to support selection of the optimum treatment strategy for individual patients, which may enable personalized treatment.

Conflicts of interest

The authors who have taken part in this study declare that they do not have anything to disclose regarding funding or conflict of interest with respect to this manuscript.

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Original Article

Hepatic steatosis in chronic hepatitis C is a significant risk factor for developing hepatocellular carcinoma independent of age, sex, obesity, fibrosis stage and response to interferon therapy

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Aim: Hepatic steatosis is linked to development of hepatocellular carcinoma (HCC) in non-viral liver disease such as non-alcoholic steatohepatitis. The present study aimed to assess whether hepatic steatosis is associated with the development of HCC in chronic hepatitis C.

Methods: We studied a retrospective cohort of 1279 patients with chronic hepatitis C who received interferon (IFN) therapy between 1994 and 2005 at a single regional hospital in Japan. Of these patients, 393 had a sustained virological response (SVR) and 886 had non-SVR to IFN therapy. After IFN therapy, these patients were screened for development of HCC every 6 months. The average period of observation was 4.5 years.

Results: HCC developed in 68 patients. The annual incidence of HCC was 2.73% for patients with a steatosis grade of 10% or greater and 0.69% for patients with a steatosis grade of 0–9%. On multivariate analysis, higher grade of steatosis was a significant risk factor for HCC independent of older age, male sex, higher body mass index (BMI), advanced fibrosis stage and non-SVR to IFN therapy. The adjusted risk ratio of hepatic steatosis was 3.04 (confidence interval 1.82–5.06, $P < 0.0001$), which was higher than that of older age (1.09), male sex (2.12), non-SVR to IFN (2.43) and higher BMI (1.69).

Conclusion: Hepatic steatosis is a significant risk factor for development of HCC in chronic hepatitis C independent of other known risk factors, which suggest the possibility that amelioration of hepatic steatosis may prevent hepatocarcinogenesis.

Key words: hepatocellular carcinoma, interferon, steatosis, virological response.

INTRODUCTION

HEPATOCELLULAR CARCINOMA (HCC) is one of the most common cancers worldwide and its incidence has been increasing. This recent increase in HCC incidence may likely be attributed to the higher prevalence of non-alcoholic fatty liver disease (NAFLD) and hepatitis C virus (HCV) infection.[1]

Non-alcoholic fatty liver disease is characterized by hepatic steatosis with or without inflammation in the absence of excessive alcohol consumption. Several studies have indicated the etiological association between NAFLD and development of HCC.[2–4] Other studies have shown that obesity or diabetes, a common etiology of non-alcoholic hepatic steatosis, is associated with development of HCC.[5–7] Although the mechanism of carcinogenesis in NAFLD has not been determined, an animal model showed that obesity-related hepatic steatosis leads to the development of hepatic

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Table 1 Clinical characteristics of patients

Male, *n* (%)	643 (50%)
Age (years)	54.2 ± 11.9
BMI (kg/m^2)	23.4 ± 3.1
Alcohol consumption ≥20 g/day, *n* (%)	44 (3%)
Diabetes Mellitus, *n* (%)	197 (15%)
AST level (IU/L)	68.9 ± 45.3
ALT level (IU/L)	92.9 ± 75.9
GGT level (IU/L)	41.2 ± 38.2
Platelet count (×10^{10}/L)	16.4 ± 5.2
HCV genotype, *n* (%)	
1b	873 (68.2%)
2a	236 (18.4%)
2b	139 (10.9%)
3	2 (0.2%)
Not determined	29 (2.3%)
Histological findings	
Grade of activity, *n* (%)	
A0	154 (12%)
A1	574 (45%)
A2	441 (34%)
A3	110 (9%)
Stage of fibrosis, *n* (%)	
F0	24 (2%)
F1	591 (46%)
F2	378 (30%)
F3	242 (19%)
F4	44 (3%)
Grade of steatosis, *n* (%)	
0%	384 (30%)
1–9%	543 (42%)
10–29%	215 (17%)
≥30%	137 (11%)
SVR to interferon therapy, *n* (%)	393 (31%)
Development of HCC, *n* (%)	68 (5%)

ALT, alanine aminotransferase; AST, aspartate aminotransferase; BMI, body mass index; GGT, γ-glutamyltransferase; HCC, hepatocellular carcinoma; SVR, sustained virological response.

angiography or tumor biopsy to confirm the diagnosis. Diagnostic criteria of HCC on radiological findings were hyper-vascularity at angiography or hyper-attenuation at triphasic contrast-enhanced computerized tomography or magnetic resonance imaging during the hepatic arterial phase.

Statistical analysis

The SPSS software package ver. 15.0 was used for statistical analysis. Categorical data were analyzed using Fisher's exact test. Continuous variables were compared with Student's *t*-test. The time for the development of HCC was defined as the time from the completion of IFN therapy to the time of diagnosis. Annual incidence of HCC was calculated using the person-years method. Effect of hepatic steatosis on time to development of HCC was analyzed by the Kaplan–Meier method and log–rank test, after stratification by age, sex, BMI, degree of fibrosis and response to IFN therapy, as well as multivariate analysis using Cox proportional hazards regression analysis. A *P*-value of less than 0.05 was considered statistically significant.

RESULTS

Background factors for steatosis

PATIENTS WITH A steatosis grade of 10% or greater were older (53.6 ± 12.6 vs 56.0 ± 9.8, $P = 0.001$), had a higher BMI (23.0 ± 3.0 vs 24.6 ± 3.3, $P < 0.0001$), higher frequency of diabetes (12% vs 24%, $P < 0.0001$), higher serum levels of aspartate aminotransferase (AST) (66 ± 46 vs 75 ± 43, $P = 0.002$), γ-glutamyltransferase (GGT) (37 ± 52 vs 52 ± 33, $P < 0.0001$), total cholesterol (173 ± 32 vs 179 ± 33, $P = 0.005$), triglycerides (123 ± 56 vs 145 ± 68, $P < 0.0001$), and a lower serum level of albumin (4.2 ± 0.3 vs 4.1 ± 0.3, $P = 0.005$) and lower platelet counts (16.6 ± 5.2 vs 15.7 ± 5.1, $P = 0.007$). Histological grade of activity (A2–3: 39% vs 54%, $P < 0.0001$), and stage of fibrosis (F3–4: 18% vs 34%, $P < 0.0001$) were higher. The proportion of non-sustained virological response (SVR) to IFN also was higher (35% vs 19%, $P < 0.0001$). These results indicate that hepatic steatosis in hepatitis C is related to metabolic factors and associated with other risk factors for the development of HCC such as older age, advanced stage of fibrosis, and non-SVR to IFN therapy.

Factors associated with the development of HCC

Hepatocellular carcinoma developed in 68 patients during follow up. An overall annual incidence of HCC development was 1.19% by person-years. The annual incidence of HCC development by person-years was higher in patients with higher grade of steatosis: 0.45% for patients without steatosis, 0.78% for patients with 1–9% of steatosis, 2.30% for patients with 10–29% of steatosis, and 3.56% for patients with 30% of steatosis. The relative risk of hepatic steatosis (grade of ≥10%) for HCC development was 4.39 (95% confidence interval 2.66–7.26, $P < 0.0001$). The difference remained significant, even after stratification for other risk factors such as IFN therapy, stage of fibrosis, age, sex and BMI (Fig. 1). When analyzed by the multivariate Cox proportional hazards regression method, a higher grade of steatosis,

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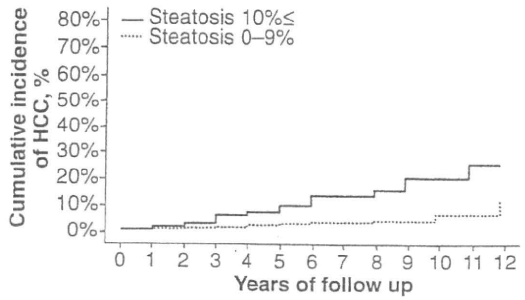
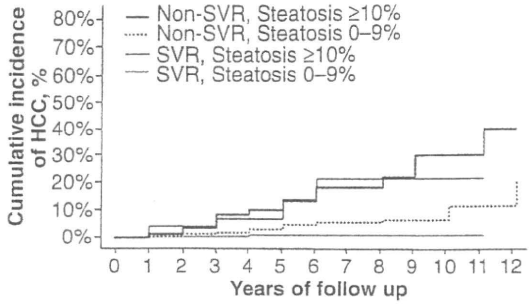
(a) Entire cohort



Number of patients at risk

Steatosis 0–9%	927	824	620	503	320	227	161	117	77	49	27	10	
Steatosis ≥10%	352	271	207	157	113	83	54	48	32	17	9	1	

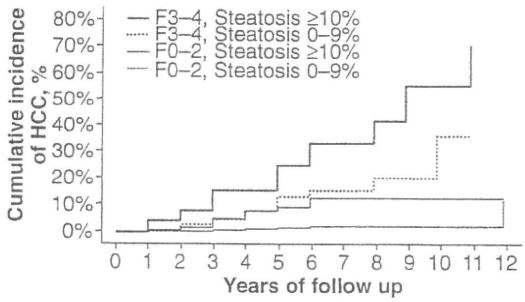
(b) Stratified by response to IFN therapy



Number of patients at risk

SVR													
Steatosis 0–9%	326	254	204	153	81	55	33	21	15	10	5	0	
Steatosis ≥10%	67	50	34	22	14	10	4	4	4	2	2	0	
Non-SVR													
Steatosis 0–9%	601	507	416	350	239	172	128	96	62	39	22	10	
Steatosis ≥10%	285	221	173	135	99	73	50	44	28	15	7	1	

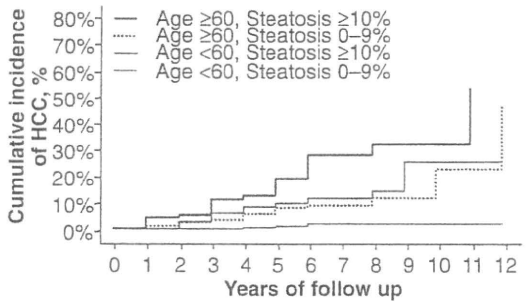
(c) Stratified by stage of fibrosis



Number of patients at risk

F0–2													
Steatosis 0–9%	759	623	509	415	266	188	137	99	64	39	25	10	
Steatosis ≥10%	234	190	146	107	77	55	37	32	19	11	6	1	
F3–4													
Steatosis 0–9%	118	81	61	50	36	28	17	16	13	6	3	0	
Steatosis ≥10%	168	138	111	88	54	39	23	18	13	10	2	0	

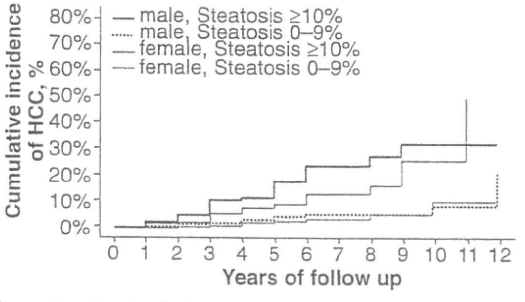
(d) Stratified by age



Number of patients at risk

Age <60													
Steatosis 0–9%	549	457	367	298	188	148	111	83	53	33	19	7	
Steatosis ≥10%	193	154	111	83	61	48	34	31	23	12	6	1	
Age ≥60													
Steatosis 0–9%	378	304	253	205	132	79	50	34	24	16	8	3	
Steatosis ≥10%	159	117	96	74	52	35	20	17	9	5	3	0	

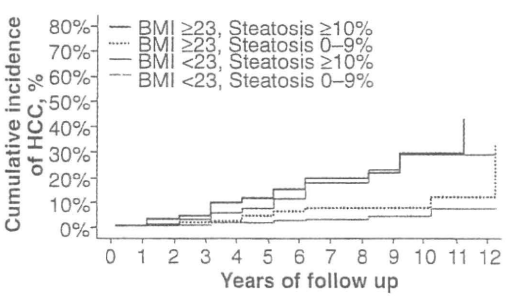
(e) Stratified by gender



Number of patients at risk

Male													
Steatosis 0–9%	470	389	319	265	169	126	90	65	46	30	17	7	
Steatosis ≥10%	173	134	98	73	54	40	21	21	15	8	6	1	
Female													
Steatosis 0–9%	457	372	301	238	151	101	71	52	31	19	10	3	
Steatosis ≥10%	179	137	109	84	59	43	33	27	17	9	3	0	

(f) Stratified by BMI



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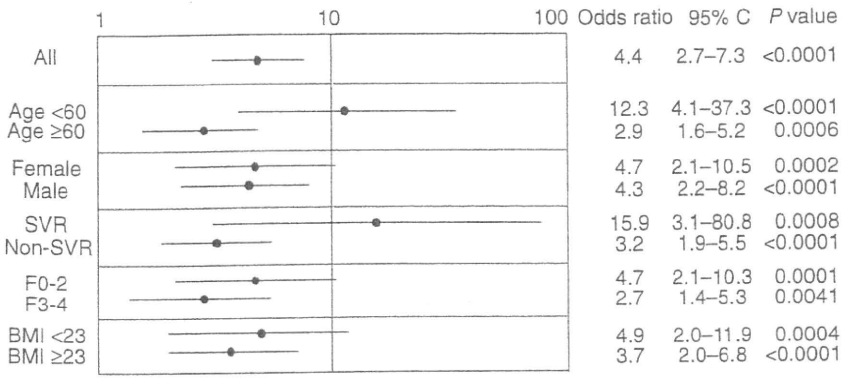

Figure 1 Relative risk differences of hepatocellular carcinoma (HCC) among patients with and without steatosis. The relative risk of hepatic steatosis (grade ≥10%) for HCC development was analyzed, after stratification for other risk factors such as interferon (IFN) therapy, stage of fibrosis, age, sex and body mass index (BMI). SVR, sustained virological response.

older age, male sex, higher BMI, an advanced stage of fibrosis and non-SVR to IFN therapy were independent risk factors associated with the development of HCC (Table 2). The adjusted risk ratio of hepatic steatosis was 3.04 (95% confidence interval 1.82–5.06, $P < 0.0001$). The presence of diabetes and consumption of ethanol were not significant. Figure 2(a) shows the Kaplan–Meier curve of the time to development of HCC in the entire cohort. The cumulative incidence of HCC was significantly higher with hepatic steatosis of 10% or greater. To adjust for other risk factors, patients were stratified according to response to IFN therapy, stage of fibrosis, age, sex and BMI. The difference remained significant, even after stratification for these confounding factors (Fig. 2b–f). Three patients died after the development of HCC. All were over 60 years old, and had significant steatosis. The impact of hepatic steatosis on the survival rate could not be analyzed due to the small number of death.

DISCUSSION

IN THIS STUDY, we have shown that the presence of significant steatosis is an independent risk factor for the development of HCC in chronic hepatitis C. Our study involved the largest number of patients, compared to previous reports, and this enabled us to adjust for other known risk factors for HCC. The impact of steatosis on HCC development remained significant even after adjusting for other risk factors such as older age, male sex, higher BMI, advanced fibrosis and non-SVR to IFN therapy. These findings indicate the need of intensive surveillance for HCC in patients with significant steatosis and provide an argument for therapeutic interventions aimed at reducing steatosis, in order to reduce the risk of HCC.

The association between hepatic steatosis and the development of HCC in chronic hepatitis C has been proposed and the possible mechanism has been discussed.[16] There are several cohort studies on this topic but their results are conflicting. The first report included 20 patients with SVR to IFN, 51 patients with non-SVR to IFN and 90 patients who did not receive IFN therapy.[17] In this cohort of 161 patients, older age, absence of IFN therapy, cirrhosis and steatosis were associated with HCC development. Another study involved 25 patients with HCC and an equal number of patients who did not develop HCC, matched for

Table 2 Multivariate analysis of risk factors for hepatocellular carcinoma

Predictor		Odds ratio (95% CI)	*P*-value
Age	By every 10 years	1.09 (1.05–1.13)	<0.0001
Sex	Male vs female	2.12 (1.28–3.51)	0.004
Stage of fibrosis	F3–4 vs F0–2	4.30 (2.59–7.14)	<0.0001
Grade of steatosis	≥10% vs <10%	3.04 (1.82–5.06)	<0.0001
Response to IFN	Non-SVR vs SVR	2.43 (1.13–5.23)	0.023
Diabetes	Present vs absent	0.75 (0.42–1.33)	0.319
Ethanol consumption (g/day)	≥20 vs <20	0.50 (0.07–3.60)	0.478
BMI (kg/m2)	≥23 vs <23	1.69 (1.02–2.86)	0.043

BMI, body mass index; CI, confidence interval; IFN, interferon; SVR, sustained virological response.

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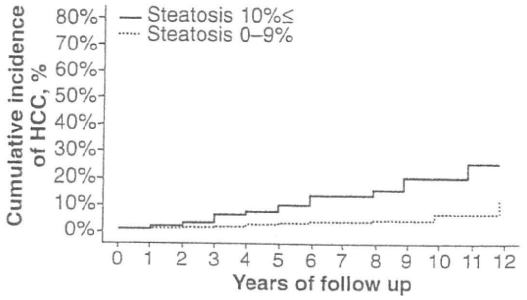
(a)



Number of patients at risk

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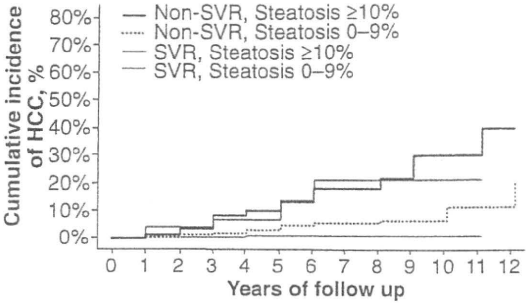
(b)



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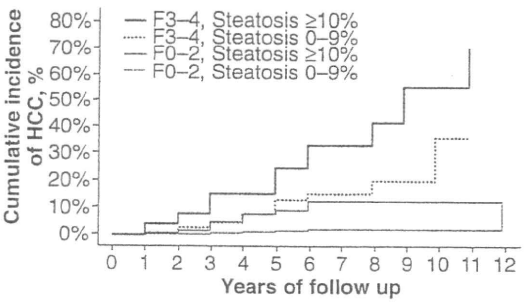

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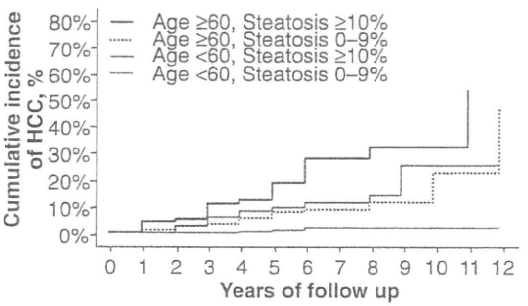

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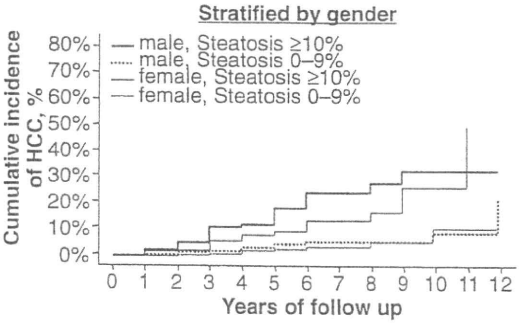

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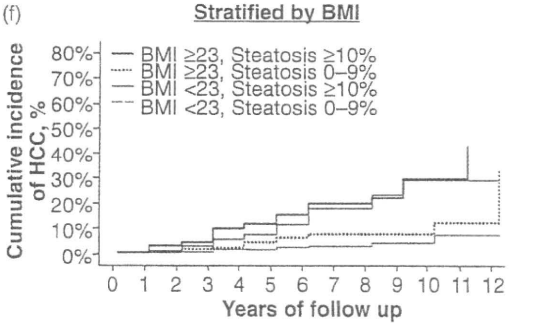
(f)



Number of patients at risk

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Steatosis ≥10%	126	95	70	56	42	28	20	15	12	7	4	1

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Figure 2 Cumulative incidence of hepatocellular carcinoma (HCC) among patients with steatosis (solid line) and without steatosis (dotted line), stratified by other risk factors. The cumulative incidence of HCC was (a) significantly higher in patients with a steatosis grade of 10% or greater ($P < 0.0001$ by the log-rank test), even after (b) stratification by the response to interferon therapy ($P < 0.0001$ for sustained virological response [SVR] and non-SVR by the log-rank test), (c) stratification by the stage of fibrosis ($P < 0.0001$ for F0–2 and $P = 0.0036$ for F3–4 by the log-rank test), (d) stratification by age ($P = 0.0001$ for age ≥60 and $P < 0.0001$ for age <60 by the log-rank test), (e) stratification by sex ($P < 0.0001$ for men and women by the log-rank test), and (f) stratification by body mass index (BMI) ($P < 0.0001$ for BMI ≥23 kg/m^2 and <23 kg/m^2 by the log-rank test). The number of patients at risk is shown below each graph.

age, sex, HCV genotype and stage of fibrosis.[19] In this study, only ALT and albumin were identified as predictors of HCC and steatosis was not. The authors acknowledged the small size of the cohort as a limitation and emphasized the need for larger cohort studies. The third study analyzed explanted liver from cirrhotic patients who underwent liver transplantation and included 32 patients with HCC and 62 patients without HCC.[18] The authors found that older age, higher α-fetoprotein levels and steatosis were significantly associated with HCC. The major advantage of this study was the standardization of fibrosis stage to cirrhosis. On the other hand, a limitation was the retrospective nature of the study; steatosis was evaluated after the diagnosis of HCC, when cirrhosis already was present (fibrosis stage F4). Because steatosis has been reported to decrease once cirrhosis has developed, this study may have underestimated the grade of steatosis present prior to the development of HCC. Thus, we cannot simply apply their findings to a clinical setting where biopsies are usually obtained before the development of cirrhosis and years before the development of HCC. Based on that background, the principal aim of this study was to analyze the association between hepatic steatosis and the development of HCC in chronic hepatitis C patients, adjusting for known risk factors. We found that steatosis was an independent risk factor by the multivariate Cox proportional hazards regression analysis and by the Kaplan–Meier method and log-rank test after stratification by other risk factors. To our surprise, the adjusted risk ratio of hepatic steatosis was higher than that of older age, male sex, non-SVR to IFN and higher BMI.

How steatosis contributes to the development of HCC remains unclear. Several studies including ours,[10] indicated that hepatic steatosis promotes the progression of hepatic fibrosis,[11–15] which potentiates the risk of HCC indirectly. On the other hand, the ob/ob mouse model of NAFLD showed that hepatic neoplasia developed in the absence of advanced fibrosis, supporting the concept that metabolic abnormalities related to obesity initiate the neoplastic process.[8] Leptin, an adipocytokine related to steatosis in chronic hepatitis C,[21] was shown recently to be mitogenic in human liver[22] and thus may be a link between steatosis and HCC development. Otherwise, steatosis may be responsible for increased lipid peroxidation and reactive oxygen species which induce genetic damage.[23–25] Another study showed that mice transgenic for the HCV core gene developed hepatic steatosis early in life and thereafter HCC which indicates that the HCV core protein has a chief role in the development of both steatosis and HCC development.[26] The precise mechanism of the association between steatosis and carcinogenesis needs further investigation.

The higher incidence of HCC in patients with significant steatosis has important clinical implications. The most important question is whether therapeutic interventions aimed at reducing steatosis could reduce the risk of HCC in chronic hepatitis C. Because the adjusted risk ratio of hepatic steatosis was higher than that of older age, male sex, non-SVR to IFN and higher BMI, we hypothesize that modification of lifestyle and the amelioration of hepatic steatosis may efficiently prevent hepatocarcinogenesis in patients having concomitant risk factors. Apparently, further prospective studies focusing on this point are necessary. Weight reduction may provide an important treatment strategy because one study indicated that weight reduction in chronic hepatitis C leads to a reduction in steatosis and an improvement in fibrosis despite the persistence of HCV infection.[27] Alternatively, insulin resistance may be another target of therapy because a study showed that the administration of pioglitazone led to metabolic and histological improvement in subjects with non-alcoholic steatohepatitis.[28] A limitation of the present study was that data for the plasma insulin concentration was not available and thus insulin resistance could not be assessed. Whether insulin resistance plays a role in hepatocarcinogenesis or its amelioration could improve steatosis and ultimately prevent development of HCC in chronic hepatitis C awaits future investigation.

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Another important finding of the present study was that steatosis was a significant risk factor for the development of HCC in patients with SVR to IFN therapy. Thus, steatosis may play a role in carcinogenesis in patients who have cleared HCV. Several studies have shown that the incidence of HCC is reduced but not eliminated in those with SVR to IFN.[29–31] Because the predictors of HCC development in SVR patients have not been established to date, steatosis may be used to identify patients who need intensive surveillance and long-term follow up, even after the clearance of HCV. In conclusion, we showed that hepatic steatosis is significantly associated with the development of HCC in chronic hepatitis C independent of age, sex, BMI, degree of fibrosis and response to previous IFN therapy. Steatosis may be a useful marker for identifying patients at higher risk for HCC. Further studies are needed to evaluate the hypothesis that therapeutic interventions aimed at reducing steatosis may prevent hepatocarcinogenesis.

ACKNOWLEDGMENTS

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〈認定医及び専門医制度単位取得企画〉

総　説

C型肝炎の最新治療と医療連携

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はじめに

C型肝炎はわが国における肝がんおよび肝硬変の原因として重要な位置を占めている．わが国では年間約3万4000人が肝がんで死亡しており，これは他の先進国ではみられないわが国における特有の問題である．原発性肝がんの99%は肝細胞がんであり，肝細胞がんの75%はC型肝炎が原因である．したがって，わが国における肝がんの撲滅にはC型肝炎ウイルス（HCV）対策がきわめて重要であり，2010年1月1日からは肝炎対策基本法が施行され，肝炎検診の受診促進，肝炎医療の受療促進等々の理念のもと対策が推し進められている．また2010年4月からは，すでに始まっていたインターフェロン医療費助成制度が拡充され，今回の診療報酬改訂では肝炎医療の均てん化や受療促進を目的とした医療連携にかかわる算定項目も新設された．したがって，われわれ臨床内科医はこれらを十分に活用し実効性のある肝炎診療を実地に行っていく必要がある．

C型肝炎からの肝発がん抑止には，HCVの駆除が最も効果的であるが，これにはインターフェロン治療が基本となる．しかし，わが国のC型慢性肝炎の約70%を占めるHCV genotype 1bはインターフェロンに抵抗性を示すことが知られ，特に高ウイルス量症例やインターフェロン感受性決定領域（Interferon sensitivity determining region；ISDR）にアミノ酸変異がない症例では，インターフェロン単独24週の治療でウイルス学的著効（sustained viral response；SVR）が得られる率はこれまで10%以下であった[1,2]．近年，genotype 1b型かつ高ウイルス症例のいわゆる難治性C型慢性肝炎に対して，ペグインターフェロン・リバビリン併用療法が導入され，約50%の症例でウイルス学的著効が得られるようになった．しかし，わが国におけるC型肝炎は，高齢者が多い，線維化進行例が多い，発がん率が高いなど欧米と異なる特徴を有し，また難治例における治療成績は必ずしも満足できるものではない．

これに対して，最近ではC型慢性肝炎治療のさらなる治療効果向上をめざして，治療開始後の抗ウイルス効果により治療期間を適正に設定する試みが行われ，また新薬の開発もめざましい．さらに，難治要因の解明も進んでいる．本稿では，最新治療の治療成績の実態と，効果に寄与する因子，治療成績向上のための治療法の工夫，最近の新薬の開発状況などについて概説するとともに，C型肝炎診療における医療連携について解説する．

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ペグインターフェロン・リバビリン併用療法の治療成績と治療効果に影響を与える治療前因子

ペグインターフェロン・リバビリン併用療法は，わが国においては2004年12月より保険適応となり，実地診療における治療成績が明らかとなって

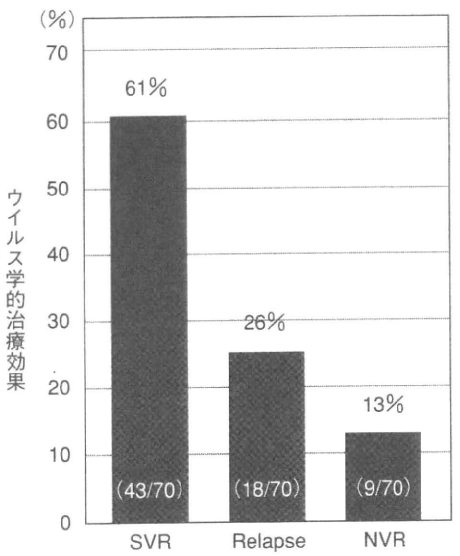

図 1　ペグインターフェロン α2b・リバビリン 48 週併用療法におけるウイルス学的治療効果
予定投与量の 80%以上が投与された症例での検討
(n=292)

きた．そこで，当院においてペグインターフェロン α2b・リバビリン併用療法を施行した 614 例のうち，genotype 1b 型かつ高ウイルス量の 488 例を対象とし，難治要因にかかわる因子を検討した．まず，臨床背景について検討すると，当院におけるペグインターフェロン治療導入時の年齢の中央値は 60 歳で，臨床試験での平均年齢に比し約 10 歳高齢であった．また，F3 の高度線維化例が 23%を占め，前回治療無効例も 14%認め，実地臨床の現場では難治例が多く含まれることがわかる．

すでに最終治療効果を判定しえた症例について検討すると，当院におけるペグインターフェロン α2b・リバビリン併用 48 週投与例の SVR 率は，薬剤減量・中止例も含めた ITT 解析では 37%であったが，予定投与量の 80%以上を投与しえた症例（PP 解析）では 61%と高率であった（図 1）．しかし，予定投与量の 80%以上を投与しえた症例においても，治療終了後の HCV-RNA の再燃を 26%に認め，さらに治療中に HCV-RNA が陰性化しない non-virological responder（NVR）例を 13%に認めた．したがって，さらなる治療成績の向上には，これら再燃・無効要因を明らかとし，それらに対する対策を講じることが重要である．

当院のペグインターフェロン α2b・リバビリン併用 48 週治療における，SVR に関与する治療前因子を単変量解析を用いて解析すると，年齢，性別，過去のインターフェロン治療効果のほか，ヘモグロビン濃度，血小板数，血清クレアチニン濃度，AST 値，γ-GTP 値，LDL コレステロール値，血糖値，さらに肝組織における脂肪化および線維化の程度などが有意な因子としてあげられた．また，HCV NS5A 領域の ISDR 変異数や HCV コア 70 番・91 番変異といったウイルス学的因子も有意であった．これらの因子を基にさらに多変量解析を用いて検討すると，年齢，性別，線維化の程度，ISDR 変異，HCV コア変異が有意な独立因子であった．すなわち，60 歳以上の高齢者，特に高齢女性，F3 以上の線維化進行例，ISDR 変異数 0 または 1 の症例，HCV コア 70 番・91 番のダブル変異例は，それぞれ SVR になりにくい症例と考えられた．

治療中の抗ウイルス効果と治療成績

一方治療中においては，そのウイルス学的反応をモニターすることが最終治療効果を予測するうえできわめて有用である．すなわち，実地臨床ではインターフェロン療法中における HCV-RNA の消失時期が重要であり，HCV-RNA 陰性化時期と SVR 率の間には密接な関連がある．したがって，種々の治療ガイドラインでは HCV-RNA 陰性化時期により治療期間などの治療スケジュールを修正することが推奨されている．

最近では治療中の HCV-RNA のモニターに，より高感度でダイナミックレンジの広いリアルタイム PCR 法を用いるようになったため，より正確に治療効果予測が可能となった．そこで当院の症例において，リアルタイム PCR 法でみた HCV-RNA の陰性化時期と治療完遂例における SVR の関係を検討すると，治療開始 8 週以内に HCV-RNA が陰性化していれば，全例 SVR となり