

annually from HCC. In Japan, about 70% of patients diagnosed with HCC are positive for hepatitis C virus antibody.³ The hepatitis C virus infection rate² and incidence of HCC both increase with the age of the patient,⁴ and curing chronic hepatitis C (CHC) to reduce HCC and deaths due to HCC is a pressing issue.

With the discovery of interferon (IFN), CHC became a curable disease, and with the addition of ribavirin (RBV), therapeutic outcomes have improved dramatically. Currently, about 50%^{5–8} of patients with HCV genotype 1b and high virus load and more than 80%⁹ of genotype 2 patients achieve sustained virologic response (SVR), and the SVR rate is reported to improve further with long-term treatment^{10,11} and with combination therapy plus a statin.¹²

The efficacy achieved with these IFN therapies is also reported to lead to the inhibition of the onset of HCC and deaths due to HCC^{13–19}, but only a few reports are available of long-term observation of patients receiving PEG-IFN α plus RBV combination therapy.

We therefore examined the HCC preventive effect of combination therapy in 1865 patients who received PEG-IFN α -2b and RBV.

METHODS

Patients and treatment

PERFECT (THE PEG-IFN and Ribavirin, Find Evidence of Chronic Hepatitis C Therapy in Tokyo) Study Group, consisting of 67 centers in Tokyo and Yamanashi Prefecture, conducted a retrospective study to investigate the efficacy and safety of PEG-IFN α -2b plus RBV in CHC patients in a real-life clinical setting. The participating centers, targeted patients, and the treatment method have already been reported¹⁰ and are summarized below.

Patients seen from December 2004 who completed PEG-IFN α -2b plus RBV combination therapy by September 2007 were registered regardless of genotype, history of IFN treatment, or alanine aminotransferase (ALT) levels. Excluded from this study were pregnant or possibly pregnant and lactating women, and patients with severe heart disease, chronic kidney failure or creatinine clearance of ≤ 50 mL/min, current or history of severe psychiatric disorder, and autoimmune hepatitis. Doses of PEG-IFN α -2b and RBV and dose adjustment followed the Japanese package insert. The duration of treatment was 48 weeks, the standard of care for patients with genotype 1 and high virus

load. In patients with late viral response (LVR) who did not achieve viral negativity by week 12, treatment could be extended up to 72 weeks. Patients other than those with genotype 1 and high virus load were treated for 24 weeks.

Included in this analysis were the patients registered in the PERFECT Study who had no history of HCC and for whom SVR/non-SVR status could be confirmed. The patients who developed HCC within 3 months of the start of treatment were excluded from analysis to rule out the possibility of inclusion of patients with HCC already present at the start of treatment.

The start of the follow-up period was defined as the first day of PEG-IFN α -2b and RBV treatment. The patients were monitored for the onset of HCC by routine follow-up methods practiced by each center. The diagnosis of HCC was based on the presence of typical hypervascular characteristics on angiography in addition to the findings on computed tomography and ultrasonography. Microscopic examination of fine-needle biopsy specimens was performed in patients whose angiograms did not demonstrate a typical image of HCC.

This multicenter study was approved by the institutional review board of each participating center. The study protocol was carried out according to the ethical guidelines of the 1975 Declaration of Helsinki, and informed consent was obtained from each patient.

Statistical analysis

All statistical analyses were performed using SAS, version 9.13 (SAS Institute, Cary, NC, USA). Intergroup comparison of background variables was performed by Fisher's exact test and Mann–Whitney *U*-test.

The cumulative incidence of HCC was calculated by the Kaplan–Meier method, and intergroup comparison was conducted using the log-rank test. The determination of the factors contributing to HCC was conducted by Cox proportional hazards regression model using a stepwise procedure, incorporating the factors exhibiting $P < 0.2$ by the log-rank test and excluding factors with more than 30% of values missing. The determination of factors associated with biochemical response (BR) was conducted by a stepwise procedure using the results of logistic univariate analysis ($P < 0.2$) in logistic multivariate analysis.

All tests were two-sided, with a significance level set at $P < 0.05$.

RESULTS

Study population

A TOTAL OF 1865 subjects, consisting of 999 SVR patients (SVR rate 53.5%) and 866 non-SVR patients, were eligible for analysis. Of the non-SVR patients, 441 had transient response (TR) defined as viral negativity achieved during treatment (relapse: 408, virus breakthrough: 33), 400 patients had non-virological response (NVR) defined as viral negativity not being achieved, and the change in viral load during treatment was not known for 25 patients.

The duration of observation ranged from 3 months to 5 years and 8 months, with a median of 4 years and 3 months.

During the observation period, HCC developed in 59 patients (3.1%). Between patients who developed HCC and those who did not, significant differences in background factors were detected in age ($P < 0.0001$), hepatic fibrosis ($P = 0.0002$), virological efficacy ($P < 0.0001$), ALT levels ($P = 0.0089$), ALT level at 24 weeks after the end of treatment (≤ 40 vs. > 40 IU/L) ($P < 0.0001$), platelet count ($P = 0.0001$), serum albumin ($P = 0.0062$), and alpha fetoprotein (AFP) ($P < 0.0001$) (Table 1).

Virological efficacy and incidence of HCC

The 5-year cumulative incidence of HCC by the Kaplan–Meier method was 1.1% in SVR patients and 7.1%

in non-SVR patients, a difference that was significant ($P < 0.001$) (Fig. 1). No significant difference was observed in the incidence of HCC between TR and NVR patients among non-SVR patients, but the difference between TR and SVR patients was significant ($P < 0.0001$) (Fig. 2). This trend was also observed regardless of gender, with no significant difference in the incidence of HCC observed between TR and NVR in either male or female patients and a significant difference observed between TR and SVR in both male patients ($P = 0.0007$) and female ($P = 0.0065$) patients.

Factors contributing to HCC

The factors contributing to HCC selected in the multivariate analysis were therapeutic efficacy (SVR vs. NVR), sex, age (< 60 vs. ≥ 60 years), ALT level at 24 weeks after the end of treatment (≤ 40 vs. > 40 IU/L), and platelet count (< 10 vs. $\geq 10 \times 10^3/\text{mm}^3$) (Table 2).

Biochemical response and incidence of HCC in non-SVR patients

Since ALT levels at 24 weeks after the end of treatment was selected as one factor contributing to HCC, the changes in ALT levels and onset of HCC were examined in 514 non-SVR patients with a pretreatment ALT level of more than 40 IU/L whose ALT level at 24 weeks after the end of treatment was obtained. Of these 514

Table 1 Patient background by onset of hepatocellular carcinoma (HCC) (1865 patients)

Factor	With onset of HCC ($n = 59$)	Without onset of HCC ($n = 1806$)	<i>P</i> -value
Gender (male/female)	40/19	1014/792	0.0832
Age	62 (44–74)	56 (17–77)	< 0.0001
Diabetes (yes/no/unknown)	6/33/20	100/1040/666	0.1539
Hypertension (yes/no/unknown)	4/6/49	116/569/1121	0.0763
Alcohol abuse (yes/no/unknown)	11/16/32	195/493/1118	0.1930
Fibrosis (0/1/2/3/4/unknown)	0/12/13/15/4/15	57/573/355/205/56/560	0.0002
Genotype (1/2/3/unknown)	52/5/0/2	1421/365/2/18	0.0876
Effect of IFN (SVR/non-SVR)	10/49	989/817	< 0.0001
Body mass index (kg/m^2)	22.6 (14.2–34.0)	22.9 (14.9–41.2)	0.8546
ALT (IU/L)	79 (24–343)	60 (8–984)	0.0089
ALT at 24 weeks after end of treatment (IU/L) (≤ 40 / > 40 /unknown)	16/30/13	1105/352/349	< 0.0001
Platelet count ($\times 10^3/\text{mm}^3$)	13.3 (4.3–22.2)	16.3 (3.6–213.3)	0.0001
Serum albumin (g/dL)	3.9 (2.9–4.7)	4.1 (2.8–5.9)	0.0062
AFP (ng/mL)	13 (2.2–327.9)	5 (0–875)	< 0.0001

Median (minimum – maximum).

AFP, alpha fetoprotein; ALT, alanine aminotransferase; IFN, interferon; SVR, sustained virological response.

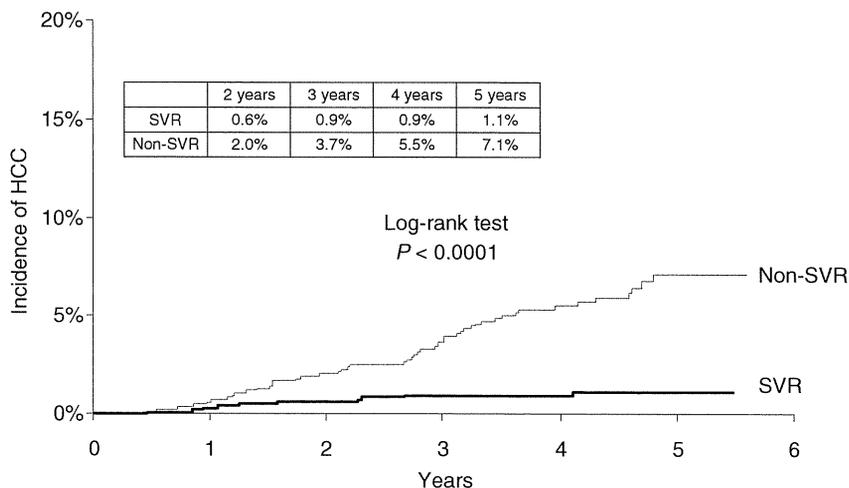


Figure 1 Onset of hepatocellular carcinoma (HCC) by therapeutic efficacy (1865 patients) (sustained virological response [SVR] vs. non-virological response [NVR]). The cumulative incidence of HCC was calculated by the Kaplan–Meier method. The difference between SVR and non-SVR was examined using the log-rank test.

patients, ALT level at 24 weeks after the end of treatment was reduced to less or equal to 40 IU/L (biochemical response: BR) in 234 patients, and the remaining 280 patients had values of more than 40 IU/L (non-BR). There were significant differences between BR and non-BR patients in the background factors of pretreatment ALT level, age, hepatic fibrosis, platelet count, AFP, and treatment duration. Selected as the factors contributing to BR in non-SVR patients in the multivariate analysis were TR, long treatment duration, and high platelet count before the start of treatment (Table 3).

The 5-year cumulative incidence of HCC was 3.4% in BR patients and 11.0% in non-BR patients, and the difference in incidence was significant ($P = 0.0012$) (Fig. 3). The 5-year cumulative incidence of HCC in

male patients was 3.6% in BR patients and 13.9% in non-BR patients, and the difference was significant ($P = 0.0012$). In female patients, however, it was 3.5% in BR patients and 7.6% in non-BR patients, and although the incidence of HCC was lower in BR patients, the difference was not significant ($P = 0.0706$).

Incidence of HCC in patients with normal pretreatment ALT levels

When the incidence of HCC was compared between SVR (288) and non-SVR (214) patients among 502 patients with pretreatment ALT levels less or equal to 40 IU/L, the 5-year cumulative incidence of HCC was 0% in SVR patients and 4.8% in non-SVR patients, indicating a significant difference ($P = 0.0005$) between the groups

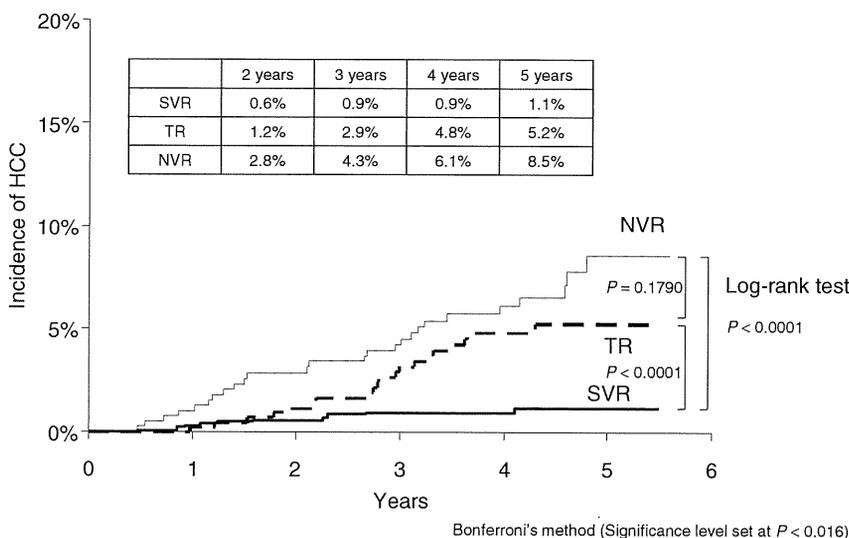


Figure 2 Onset of hepatocellular carcinoma (HCC) by therapeutic efficacy (sustained virological response [SVR] vs. transient response [TR] vs. non-virological response [NVR]). The cumulative incidence of HCC was calculated by the Kaplan–Meier method. The difference between each group was examined using the log-rank test (Bonferroni’s Method, significance level set at $P < 0.016$).

Table 2 Factors contributing to hepatocellular carcinoma (all patients) Cox regression analysis (multivariate)

		Hazard ratio	95% confidence interval	P-value
Therapeutic efficacy	SVR	1		
	TR	2.055	0.709–5.955	0.1845
	NVR	2.985	1.036–8.601	0.0428
Sex	Male	1		
	Female	0.486	0.243–0.969	0.0405
Age	<60	1		
	≥60	2.005	1.035–3.883	0.0391
ALT at 24 weeks after end of treatment (IU/L)	≤40	1		
	>40	3.940	1.754–8.850	0.0009
Platelet count (×10 000/mm ³)	<10	1		
	≥10	0.363	0.169–0.779	0.0093
Serum albumin (g/dL)	<4	1		
	≥4	0.594	0.310–1.140	0.1175

Factors examined: Of the 15 factors exhibiting $P < 0.2$ by log-rank test (therapeutic efficacy [1: SVR, 2: TR, 3: NVR], genotype [1: 1, 2: 2 or 3], sex [1: male, 2: female], age [1: <60, 2: ≥60], pre ALT [1: ≤40, 2: >40], +24 w ALT [1: ≤40, 2: >40], pre PLT [1: <10, 2: ≥10], pre ALB [1: <4, 2: ≥4], pre AFP [1: <20, 2: ≥20], grade [1: A0–1, 2: A2–3], stage [1: F0–1, 2: F2–4], hypertension [1: absent, 2: present], diabetes [1: absent, 2: present], heavy drinking [1: absent, 2: present], and treatment duration [1: ≤48 W, 2: >48 W]), nine factors were examined. Excluded were factors for which approximately 30% of values were missing (AFP, grade, stage, diabetes, hypertension, and heavy drinking).

AFP, alpha fetoprotein; ALB, albumin; ALT, alanine aminotransferase; NVR, non-virological response; PLT, platelet count; SVR, sustained virological response; TR, transient response.

(Fig. 4). This tendency is also observed with the 280 patients having pretreatment ALT levels of less or equal to 30 IU/L.

Onset of HCC in SVR patients

Hepatocellular carcinoma developed in 10 patients who achieved SVR. Multivariate analysis indicated that in SVR patients, the ALT level at 24 weeks after the end of treatment was the only significant factor contributing to HCC ($P = 0.0007$) (Table 4). In SVR patients with an ALT level of more than 40 IU/L at 24 weeks after the end of treatment, the 5-year cumulative incidence of HCC was 5.6% while the incidence in patients with an ALT

level of less or equal to 40 IU/L was 0.7%, indicating a significant difference ($P = 0.0004$) between the groups (Fig. 5).

DISCUSSION

THIS STUDY INDICATED that the risk factors for HCC after PEG-IFN α -2b plus RBV combination therapy are NVR, male sex, older age, low platelet count, and an ALT level of more than 40 IU/L at 24 weeks after the end of treatment.

Kurokawa *et al.*¹⁶ tracked 403 patients receiving PEG-IFN α -2b plus RBV combination therapy for a median

Table 3 Factors contributing to biochemical response in non-sustained virological response patients Logistic regression analysis (multivariate)

		Odds ratio	95% confidence interval	P-value
Virological response	NVR	1	1.480–3.203	0.0001
	TR	2.177		
Treatment duration	per week	1	1.000–1.022	0.0424
		1.011		
Platelet count	per 10 000/mm ³	1	1.018–1.099	0.0043
		1.058		

Factors examined were those exhibiting $P < 0.2$ by log-rank test: Genotype, virological response (TR/NVR), treatment duration, pre platelet count, diabetes, stage, and alanine aminotransferase (ALT).

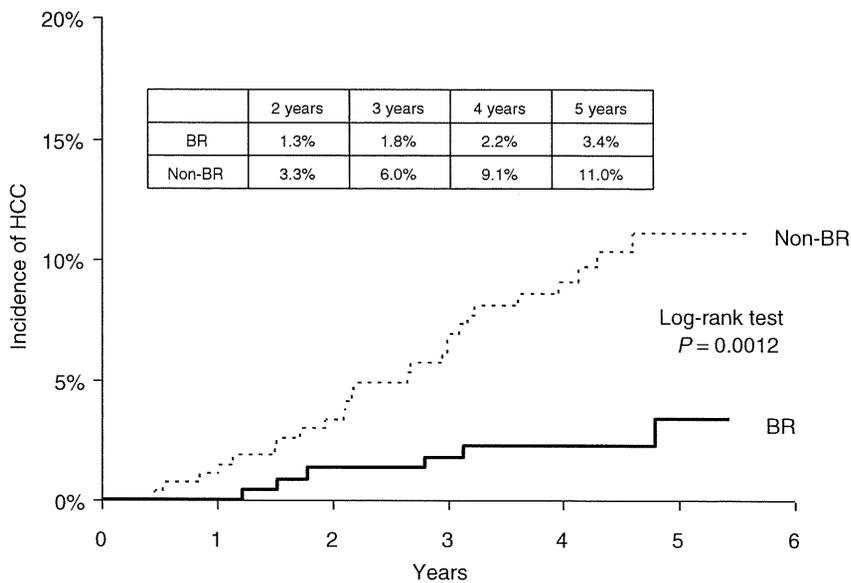


Figure 3 Alanine aminotransferase (ALT) normalization and hepatocellular carcinoma (HCC) in non-virological response [NVR] patients. The cumulative incidence of HCC was calculated by the Kaplan–Meier method. Log-rank test was used to study the difference between biochemical response (BR) and non-BR.

duration of 36.5 months and reported that in multivariate analysis, virological efficacy (SVR vs. non-SVR), age, and hepatic fibrosis were selected as the factors contributing to HCC. Arase *et al.*¹⁵ tracked 500 patients 60 years of age and older receiving IFN alone or in combination with RBV for an average duration of 7.4 years and also reported that the factors contributing to HCC are virological efficacy (SVR vs. non-SVR), age, and hepatic fibrosis. In our study, hepatic fibrosis was not tested with multivariate analysis because more than 30% of values were missing, but it was selected as a significant

factor in the univariate analysis. Platelet count was selected in multivariate analysis, and the results in our study are therefore considered to be generally consistent with these reports.

The results of the present study indicated no significant difference between TR and NVR in non-SVR in stratified cumulative incidence of HCC, and although there was a significant difference between SVR and both TR and NVR, TR was not significant against SVR in multivariate analysis, and NVR was the only significant factor. Kurokawa *et al.*¹⁶ reported the same results by

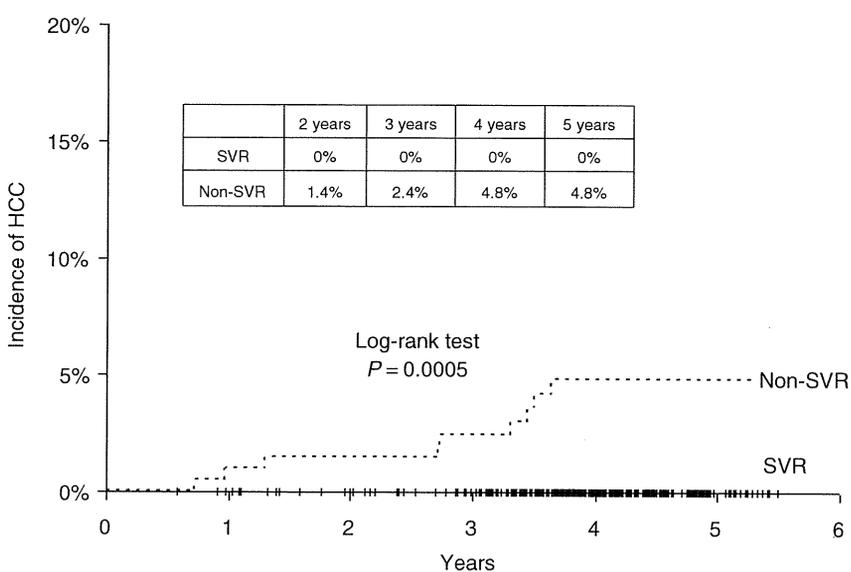


Figure 4 Therapeutic efficacy and hepatocellular carcinoma (HCC) in patients with pretreatment alanine aminotransferase (ALT) of ≤ 40 . The cumulative incidence of HCC was calculated by the Kaplan–Meier method. Log-rank test was used to study the difference between sustained virological response (SVR) and non-virological response (NVR).

Table 4 Factors contributing to hepatocellular carcinoma (sustained virological response [SVR] patients) Cox regression analysis (multivariate)

		Hazard ratio	95% confidence interval	P-value
ALT at 24 weeks after end of treatment (IU/L)	≤40	1		
	>40	16.054	3.235-79.681	P = 0.0007
Serum albumin (g/dL)	<4	1		
	≥4	0.196	0.036-1.073	P = 0.0603

Factors examined: Of the 10 factors exhibiting $P < 0.2$ by log-rank test (Genotype [1: 1, 2: 2 or 3], age [1: <60, 2: ≥60], pre ALT [1: ≤40, 2: >40], +24 w ALT [1: ≤40, 2: >40], pre PLT [1: <10, 2: ≥10], pre ALB [1: <4, 2: ≥4], pre AFP [1: <20, 2: ≥20], grade [1: A0-1, 2: A2-3], stage [1: F0-1, 2: F2-4], and diabetes [1: absent, 2: present]), 5 factors were examined. Excluded were pre ALT, with which HCC did not occur in the ≤40 group, and AFP, grade, stage, and diabetes, the factors for which approximately 30% of values were missing. ALB, albumin; ALT, alanine aminotransferase; PLT, platelet count;

comparing cumulative incidences of HCC among SVR, TR and NVR (the results of multivariate analysis are not known). On the other hand, Morgan *et al.*,¹⁹ in their follow-up study of the HALT-C Trial, reported that there was no difference between TR and NVR in the incidence of HCC or death related to hepatic disease/liver transplantation, but when all hepatic-related outcomes were examined, a significantly superior inhibition was observed with TR compared to NVR. Our results also demonstrate that although the difference is not significant, the cumulative incidence of HCC is lower in TR patients than in NVR patients, especially in male

patients (5-year cumulative incidence of HCC: 6.0% vs. 10.7%). It is therefore necessary to continue to observe this for an extended number of years.

Our results study indicated that in non-SVR patients, whether or not ALT level is normalized after treatment is a greater contributing factor for the onset of HCC than virological response. Normalization of ALT has already been reported to contribute to the inhibition of the onset of HCC even under HCV-positive conditions,^{13,20} and this was found to apply also to non-SVR patients receiving PEG-IFN α plus RBV combination therapy.

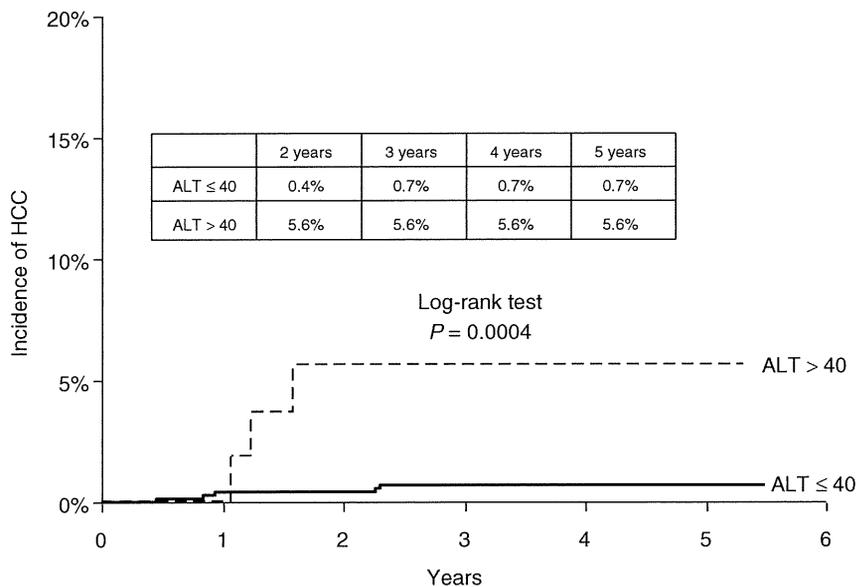


Figure 5 Alanine aminotransferase (ALT) levels at 24 weeks after end of treatment and hepatocellular carcinoma (HCC) in patients with sustained virological response (SVR). The cumulative incidence of HCC was calculated by the Kaplan–Meier method. Log-rank test was used to study the difference between SVR patients with an ALT level of more than 40 IU/L at 24 weeks after the end of treatment and those with an ALT level of less or equal to 40 IU/L.

Our investigation also indicated that abnormal ALT levels also contribute to the onset of HCC in SVR patients. In multivariate analysis, the only contributing factor to the development of HCC in SVR patients was ALT levels at 24 weeks after the end of treatment. However, the onset of HCC is also observed in patients who achieve ALT normalization after treatment, and it is therefore difficult to conclude that ALT is the only risk factor for the onset of HCC in SVR patients. The potential involvement of hepatic fibrosis as well as hepatic steatosis, which persists after viral clearance²¹ and small amounts of virus remaining in the liver²² have also been suggested as risk factors for the onset of HCC in SVR patients. Further detailed investigation is therefore necessary. Nevertheless, regardless of whether or not SVR is achieved, it is clear that abnormal ALT is a factor affecting the onset of HCC. Careful monitoring of changes in ALT and instituting measures to normalize ALT are therefore important regardless of whether or not SVR is achieved.

With the administration of PEG-IFN α plus RBV combination therapy tailored for individual patients and the addition of direct-acting antivirals to current combination therapy, the therapeutic outcomes for CHC will continue to further improve, and the number of patients who develop hepatic cirrhosis and HCC from hepatitis C can be expected to decrease in the future. HCC can occur even in patients achieving SVR, and even if SVR is not achieved, as long as the possibility to inhibit the onset of HCC remains, there will be a need for various treatment innovations to achieve the prevention of HCC, the ultimate goal of treatment of CHC.

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APPENDIX I

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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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hyperplasia, suggesting the possibility that hepatic steatosis is a pre-malignant condition.⁸

Another important etiological agent for HCC is HCV infection. Because steatosis is a common pathological feature of HCV-infected patients,⁹ the important question is whether steatosis influences the progression of liver disease in hepatitis C, by analogy with NAFLD. Several studies, including ours¹⁰ indicated that hepatic steatosis promotes the progression of hepatic fibrosis.^{11–15} The association between hepatic steatosis and the development of HCC in chronic hepatitis C has been proposed¹⁶ and was confirmed in two studies^{17,18} while another study failed to show such an association.¹⁹ The present study was conducted to analyze the association between hepatic steatosis and development of HCC in a large cohort of chronic hepatitis C patients, which enabled to adjust for known risk factors for HCC.

METHODS

Patients

A TOTAL OF 1437 chronic hepatitis C patients were treated with interferon (IFN) at Musashino Red Cross Hospital between October 1994 and October 2005. Among them, 1279 patients who fulfilled the following inclusion criteria were enrolled in this study: (i) positive for HCV RNA by reverse-transcription polymerase chain reaction before IFN therapy; (ii) absence of other causes of liver disease, such as co-infection with hepatitis B virus, autoimmune hepatitis or primary biliary cirrhosis; (iii) had undergone liver biopsy within the 12 months prior to IFN treatment; (iv) were followed for more than 1 year after the completion of IFN therapy; and (v) absence of HCC during and within 1 year after the completion of therapy. A total of 158 patients were excluded: two patients who were positive for hepatitis B surface antigen, 97 patients lacking liver biopsy, 53 patients with less than 1 year's duration of follow up, and six patients who developed HCC within 1 year of the completion of IFN therapy. The study protocol conformed to the ethical guidelines of the Declaration of Helsinki and was approved by the institutional ethics review committee.

Patients were followed up by regular visits to our hospital every 1–3 months. Six patients died of liver-unrelated disease (two patients with gastric cancer and one patient each with lung cancer, colon cancer, pancreatic cancer and leukemia). There were 122 patients who were lost to follow up because of relocation. We included their data in the analysis, censored at the time

of their last visit. The start of follow up was defined as the date of completion of first IFN therapy and the end of follow up was defined as the date of diagnosis of HCC or the date of the last visit. The average period of follow up was 4.5 years.

Clinical characteristics and laboratory data were collected at the most recent time point before liver biopsy. Diabetes mellitus was diagnosed based on a fasting plasma glucose concentration that exceeded 126 mg/dL, a casual plasma glucose concentration that exceeded 200 mg/dL, or the need for insulin or oral anti-hyperglycemic drugs. Information regarding alcohol consumption was obtained through an interview. Body mass index (BMI) was calculated using the following formula: weight in kilograms/height in meters squared. The baseline clinical features of patients at enrollment are summarized in Table 1.

Histological examination

Liver biopsy specimens were obtained from all patients before therapy. The median length of liver biopsy specimens was 13 mm (range 10–42 mm) and median number of portal tracts was 11 (range 4–30). Histological findings were re-evaluated recently by three independent pathologists who were blinded to the clinical details to ensure consistency over time. Fibrosis and activity were scored according to the METAVIR scoring system.²⁰ 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%, 1–9%, 10–29% and 30% or greater as reported previously.¹⁰ All three pathologists assigned the same scale in 85% of cases for fibrosis staging, 87% for inflammation grading and 95% for steatosis grading. If there was discordance, the scores assigned by two pathologists were used for the analysis.

Screening for HCC

At enrollment, no patient had HCC or any suspicious lesion on abdominal ultrasonography or computed tomography. Patients were examined for HCC by abdominal ultrasonography or computed tomography at least every 6 months. Suspicious lesions were examined further by a triphasic contrast-enhanced computerized tomography or magnetic resonance imaging,

Table 1 Clinical characteristics of patients

Male, <i>n</i> (%)	643 (50%)
Age (years)	54.2 ± 11.9
BMI (kg/m ²)	23.4 ± 3.1
Alcohol consumption ≥20 g/day, <i>n</i> (%)	44 (3%)
Diabetes Mellitus, <i>n</i> (%)	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, <i>n</i> (%)	
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, <i>n</i> (%)	
A0	154 (12%)
A1	574 (45%)
A2	441 (34%)
A3	110 (9%)
Stage of fibrosis, <i>n</i> (%)	
F0	24 (2%)
F1	591 (46%)
F2	378 (30%)
F3	242 (19%)
F4	44 (3%)
Grade of steatosis, <i>n</i> (%)	
0%	384 (30%)
1–9%	543 (42%)
10–29%	215 (17%)
≥30%	137 (11%)
SVR to interferon therapy, <i>n</i> (%)	393 (31%)
Development of HCC, <i>n</i> (%)	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

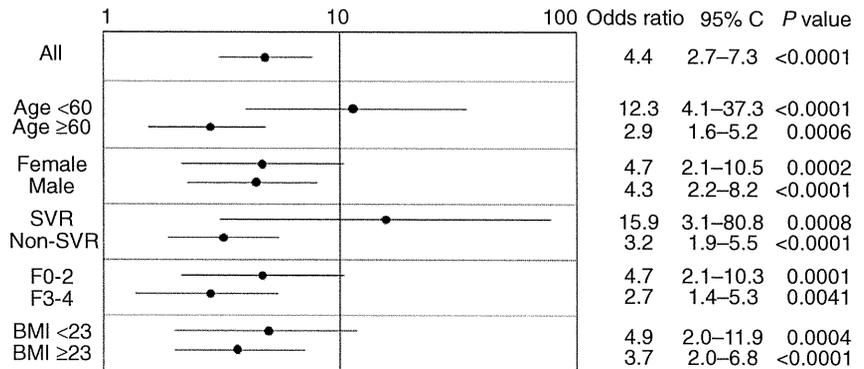
Background factors for steatosis

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,

Figure 1 Relative risk differences of hepatocellular carcinoma (HCC) among patients with and without steatosis. The relative risk of hepatic steatosis (grade $\geq 10\%$) 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

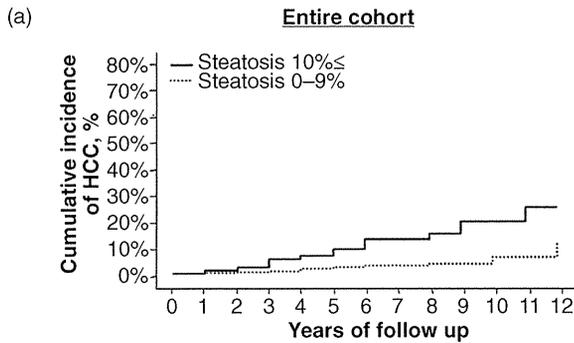
the development of HCC in chronic hepatitis C. Our study involved the largest number of patients, compared to previous reports, and this enabled us to adjust for other known risk factors for HCC. The impact of steatosis on HCC development remained significant even after adjusting for other risk factors 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

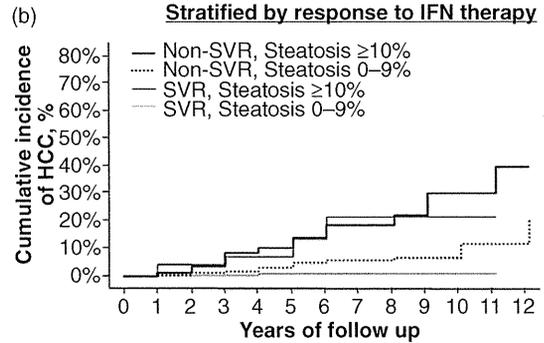
Predictor		Odds ratio (95% CI)	P-value
Age	By every 10 years	1.09 (1.05–1.13)	<0.0001
Sex	Male vs female	2.12 (1.28–3.51)	0.004
Stage of fibrosis	F3–4 vs F0–2	4.30 (2.59–7.14)	<0.0001
Grade of steatosis	$\geq 10\%$ vs $< 10\%$	3.04 (1.82–5.06)	<0.0001
Response to IFN	Non-SVR vs SVR	2.43 (1.13–5.23)	0.023
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/m ²)	≥ 23 vs < 23	1.69 (1.02–2.86)	0.043

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



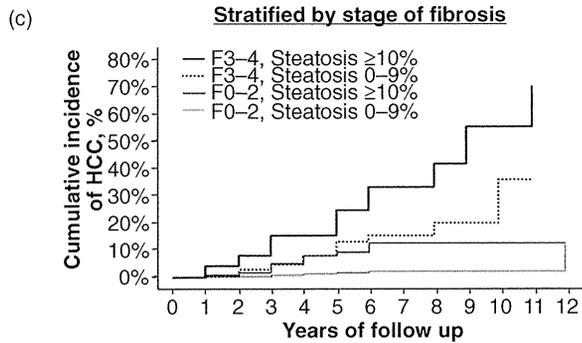
Number of patients at risk

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



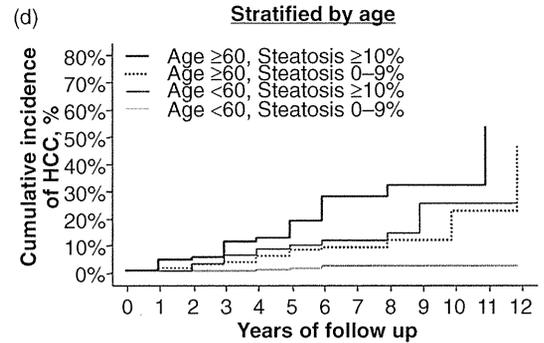
Number of patients at risk

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



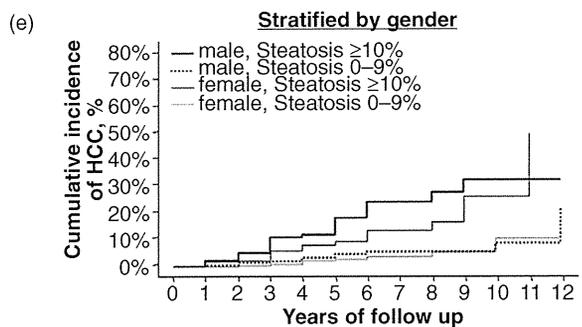
Number of patients at risk

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



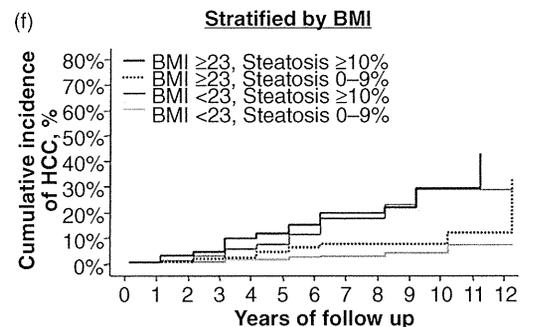
Number of patients at risk

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



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



Number of patients at risk

BMI ≥23												
Steatosis 0-9%	417	346	269	213	129	94	66	49	31	19	8	4
Steatosis ≥10%	226	176	137	101	71	55	34	33	20	10	5	0
BMI <23												
Steatosis 0-9%	510	415	351	290	191	133	95	68	46	30	19	6
Steatosis ≥10%	126	95	70	56	42	28	20	15	12	7	4	1

←
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/m² and < 23 kg/m² 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 liver²² 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.

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.

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Effect of Aging on Risk for Hepatocellular Carcinoma in Chronic Hepatitis C Virus Infection

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An increase in the aging population is an impending problem. A large cohort study was carried out to determine the influence of aging and other factors on hepatocarcinogenesis in patients treated with interferon. Biopsy-proven 2547 chronic hepatitis C patients registered at our referral center since 1992 were included. Of these, 2166 were treated with interferon-based therapy. Incidences of hepatocellular carcinoma (HCC) associated with interferon were analyzed by Kaplan-Meier and person-years methods for an average follow-up of 7.5 years. Factors associated with HCC risk were determined by Cox proportional hazard analysis. HCC developed in 177 interferon-treated patients. The risk for HCC depended on age at primary biopsy and increased more than 15-fold after 65 years of age. Even when stratified by stage of fibrosis, the cumulative and annual incidences of HCC were significantly higher in older patients than in younger patients ($P < 0.001$) at the same stage of fibrosis, except for cirrhosis. Progression of fibrosis over time was significantly accelerated in older patients. The impact of viral eradication on HCC prevention was less significant in older patients than in younger patients. Multivariate analysis confirmed that age, gender, liver fibrosis, liver steatosis, total cholesterol level, fasting blood sugar level, baseline and postinterferon alpha-fetoprotein level, and virological response to interferon were independent risk factors associated with HCC. Aging was the strongest risk factor for a nonvirological response to interferon-based antiviral therapy. **Conclusion:** Elderly patients are at a higher risk for HCC. Hepatitis C viral eradication had a smaller effect on hepatocarcinogenesis in older patients. Patients should therefore be identified at an earlier age and treatment should be initiated. (HEPATOLOGY 2010;52:518-527)

Primary liver cancer is the third most common cause of cancer mortality worldwide,¹ and hepatocellular carcinoma (HCC) is one of the most frequent primary liver cancers.^{2,3} Infection with hepatitis C virus (HCV) is a common cause of chronic hepatitis, which progresses to HCC in many patients.⁴ The prevalence of older patients has been increasing in

Japan, and this is an impending problem in other countries where viral spread has occurred more recently.⁵ The number of Americans older than 65 years is expected to double by the year 2030.⁶ In Western Europe, people older than 65 years already constitute 15%-18% of the population⁷; thus, aging patient who is chronically infected with HCV is

Abbreviations: AFP, alpha-fetoprotein; HBc, hepatitis B core; HCC, hepatocellular carcinoma; HCV, hepatitis C virus; NASH, nonalcoholic steatohepatitis; SVR, sustained virological response.

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one of the most important issues confronted by physicians.

Viral eradication with interferon-based therapy for chronic hepatitis C has been shown to prevent HCC by studies conducted in Japan and Italy.⁸⁻¹¹ However, this finding is controversial according to another study conducted in Europe and Canada,¹² in which viral eradication did not significantly reduce the risk for HCC in 479 consecutively treated patients. The likelihood of development of HCC among interferon-treated patients is difficult to determine because of the paucity of adequate long-term cohort studies. Moreover, in patients who are treated with interferon the effect of certain factors, including aging, on the risk for HCC remains unclear. Furthermore, the benefit of viral eradication with interferon-based therapy, including pegylated interferon and ribavirin combination therapy, in older patients remains unknown. To further clarify this, we conducted a large-scale, long-term cohort study and analyzed the influence of aging and other host and virological factors in patients treated with interferon.

Patients and Methods

Patients. Consecutive patients (n = 2547) chronically infected with HCV who underwent liver biopsy between 1992 and January 2008 at our referral center were enrolled. Of these, 2166 patients were treated with interferon-based antiviral therapy, whereas 381 patients did not receive interferon treatment (Fig. 1). All patients had histologically proven chronic hepatitis or cirrhosis. HCV infection was proven in all patients by identification of HCV RNA. Patients with a history of HCC, autoimmune hepatitis, or primary biliary cirrhosis were excluded. We also excluded patients who had a history of excessive alcohol consumption (50 g/day) and confirmed alcohol abstinence during follow-up. No patient was positive for hepatitis B surface antigen or antihuman immunodeficiency virus antibody. Written informed consent was obtained from all patients. The study was approved by the Ethical Committee of Musashino Red Cross Hospital in accordance with the Declaration of Helsinki.

Histological Evaluation. A liver biopsy specimen was obtained laparoscopically using 13G needles. When laparoscopy was impossible, ultrasound-guided liver biopsy was performed with 15G needles (n = 254). The mean length of the specimen was 18 mm (range 12-40 mm), and the mean number of portal tracts was 17 (range 8-34). Liver biopsy specimens

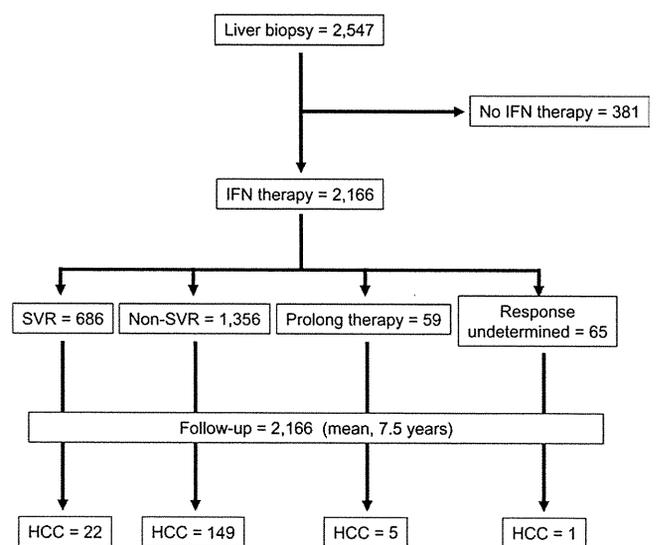


Fig. 1. Clinical outcomes of the patients enrolled in the present study. HCC, hepatocellular carcinoma; SVR, sustained virological response.

were scored by board-certified pathologists for stage of fibrosis and grade of inflammatory activity according to the classification of Desmet et al.¹³ Additional macroscopic pathological information was obtained from laparoscopic findings. The percentage of steatosis was quantified by determining the average proportion of hepatocytes affected by steatosis. In this study, superimposed nonalcoholic steatohepatitis (NASH) was defined as a central pattern of colocalization of hepatic steatosis and hepatocyte ballooning with pericellular/perisinusoidal fibrosis or Mallory hyaline.

Interferon Treatment. Among the 2166 patients treated with interferon-based antiviral therapy, 1062 patients received interferon-alpha or beta monotherapy either for 24 weeks (n = 1003) or for 2 to 5 years (n = 59); 386 patients received interferon-alpha and ribavirin combination therapy for 24 weeks; 306 received pegylated interferon-alpha monotherapy for 48 weeks; and 412 received pegylated interferon-alpha and ribavirin combination therapy for 48 weeks. All interferon treatment was initiated within 48 weeks after liver biopsy.

Definitions of Response to Interferon Therapy. A patient negative for serum HCV RNA after the first 6 months of completion of interferon-based therapy was defined as a sustained viral responder. HCV RNA was determined by the qualitative Amplicor or TaqMan HCV assay (Roche Molecular Diagnostics, Tokyo, Japan).

Data Collection and Patient Follow-up. Data on patient characteristics, biochemical data, hematological

data, virological data, histological data, and treatment details were collected at enrollment. Age was determined at primary liver biopsy. Patients were examined for HCC with abdominal ultrasonography, dynamic computed tomography, and/or magnetic resonance imaging every 3-6 months. Serum alpha-fetoprotein (AFP) levels were measured every 1-2 months. This screening program constitutes the standard of care in Japan. To evaluate the effect of interferon-induced AFP reduction on hepatocarcinogenesis, the average AFP level after interferon treatment was calculated in each patient. HCC diagnosis was confirmed with needle biopsy, surgically resected specimens, or typical radiological findings diagnosed by board-certified radiologists. Figure 1 shows the schema for patient follow-up and clinical outcomes.

The start date of follow-up was the date of primary liver biopsy and the endpoint of follow-up was the development of HCC or the latest medical attendance until January 2009. The mean follow-up period was 7.5 years (range 0.5-17 years). The factors associated with development of HCC were retrospectively analyzed.

Change in Fibrosis Staging Over Time. To evaluate change in fibrosis staging over time, 271 patients who had not achieved a sustained virological response (SVR) with interferon therapy underwent a sequential biopsy after the initial biopsy. The interval between the paired biopsies was on average 4.8 years (range 0.7-14 years). The yearly rate of progression of fibrosis was calculated as the change in fibrosis staging divided by the time between paired biopsies.

Statistical Analysis. Categorical data were compared by the chi-square test and Fisher's exact test. Distributions of continuous variables were analyzed with Student's *t* test or the Mann-Whitney *U* test for two groups. All tests of significance were two-tailed and a *P* value of <0.05 was considered statistically significant. The cumulative incidence curve was determined with the Kaplan-Meier method and differences among groups were assessed using the log-rank test. Factors associated with HCC risk and virological response to interferon therapy were determined by the Cox proportional hazard model and logistic regression analysis, respectively. To depict the role of aging in developing risk for HCC, the multivariate Cox proportional hazard model was used after adjusting for stage of liver fibrosis, steatosis, and virological response to interferon. A polynomial regression was used to fit risk ratios for segments of the age distribution. Statistical analyses were performed using the Statistical Package for the Social Sciences software version 11.0 (SPSS, Chicago, IL).

Results

Patient Characteristics. Patient characteristics at the time of enrollment are shown in Table 1. The distribution of stages of liver fibrosis differed between younger and older patients, indicating the need to adjust for stage of liver fibrosis when comparing the two subgroups.

Response to Interferon Therapy. The response to interferon therapy was determined in 2042 (97.2%) of the interferon-treated patients, excluding those who received prolonged interferon treatment at the endpoint. SVR rates are shown in Table 1. The percentage of patients showing SVR was significantly lower in older patients (≥ 65 years) than in younger patients (<65 years) ($P < 0.001$). Overall response rates to the different types of interferon therapy were as follows: interferon monotherapy, 31.5% (312/992); interferon-alpha and ribavirin combination therapy, 28.6% (108/378); pegylated interferon-alpha monotherapy, 37.9% (108/285); and pegylated interferon-alpha and ribavirin combination therapy, 41.1% (159/387). Response rates in genotype-1 patients ($n = 1347$) were 20.6% (114/554), 17.9% (29/162), 18.9% (56/297), and 36.8% (123/334), and those in nongenotype-1 patients ($n = 565$) were 52.2% (163/312), 63.1% (77/122), 65.0% (52/80), and 70.6% (36/51). Overall response rates of interferon and pegylated interferon monotherapy seem to be high because of the high response rates in the nongenotype-1 patients treated with these regimens.

Overall Cumulative Incidence of HCC. During follow-up, HCC developed in 177 interferon-treated patients (Fig. 1). The cumulative incidence of HCC 5, 10, and 15 years after interferon therapy was 4.7%, 11.6%, and 15.5%, respectively. The cumulative incidence in SVR patients was 2.1%, 4.3%, and 4.3%, respectively, which was significantly lower than that in non-SVR patients (5.8%, 14.9%, and 20.2%, respectively; log-rank test, $P < 0.001$).

Effect of Aging on Risk for HCC. The risk ratio determined by multivariate Cox proportional hazards analysis after adjustment for stage of liver fibrosis, degree of liver steatosis, and virological response to interferon demonstrated that the risk for HCC after interferon treatment was age-dependent and increased predominantly when the age at primary liver biopsy was >65 years (Fig. 2A). Hence, we defined older patients as those ≥ 65 years of age at primary liver biopsy and younger patients as those aged <65 years. As shown in Fig. 2B, the cumulative incidence of HCC was significantly higher in older patients than in younger patients (log-rank test, $P < 0.001$).