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ORIGINAL ARTICLE—LIVER, PANCREAS, AND BILIARY TRACT

Decrease in alpha-fetoprotein levels predicts reduced incidence of hepatocellular carcinoma in patients with hepatitis C virus infection receiving interferon therapy: a single center study

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Abstract
Background Increasing evidence suggests the efficacy of interferon therapy for hepatitis C in reducing the risk of hepatocellular carcinoma (HCC). The aim of this study was to identify predictive markers for the risk of HCC incidence in chronic hepatitis C patients receiving interferon therapy.
Methods A total of 382 patients were treated with standard interferon or pegylated interferon in combination with ribavirin for chronic hepatitis C in a single center and evaluated for variables predictive of HCC incidence.
Results Incidence rates of HCC after interferon therapy were 6.6% at 5 years and 13.4% at 8 years. Non-sustained virological response (non-SVR) to antiviral therapy was an independent predictor for incidence of HCC in the total study population. Among 197 non-SVR patients, independent predictive factors were an average alpha-fetoprotein (AFP) integration value $\geq$10 ng/mL and male gender. Even in patients whose AFP levels before interferon therapy were $\geq$10 ng/mL, reduction of average AFP integration value to <10 ng/mL by treatment was strongly associated with a reduced incidence of HCC. This was significant compared to patients with average AFP integration values of $\geq$10 ng/mL ($P = 0.009$).
Conclusions Achieving sustained virological response (SVR) by interferon therapy reduces the incidence of HCC in hepatitis C patients treated with interferon. Among non-SVR patients, a decrease in the AFP integration value by interferon therapy closely correlates with reduced risk of HCC incidence after treatment.

Keywords Alpha-fetoprotein · Hepatocellular carcinoma · Hepatitis C · Interferon

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Introduction

Hepatitis C virus (HCV) infection is a predominant cause of liver cirrhosis and hepatocellular carcinoma (HCC) in many countries, including Japan, the United States, and countries of Western Europe [1–5]. The annual incidence of HCC in patients with HCV-related cirrhosis ranged from 1 to 8% [6–9]. Even in the absence of liver cirrhosis, patients with chronic hepatitis caused by HCV infection are at a high risk of developing HCC. Indeed, a large-scale Japanese cohort study showed that the annual incidence of HCC is 0.5% among patients with stage F0 or F1 fibrosis and 2.0, 5.3, and 7.9% among those with F2, F3, and F4 fibrosis, respectively [9]. Periodic surveillance is recommended to detect HCC as early as possible in patients with HCV-related chronic liver disease; however, this may not be cost-effective. For patients with chronic hepatitis C, more effective detection and prevention of HCC is being sought by two important routes: (1) the attempt to discover noninvasive predictive markers and (2) development of treatment strategies to reduce the risk of HCC. There have been several attempts to discover non-invasive markers capable of predicting the risk of HCC incidence in patients with chronic hepatitis C [6, 10]. For example, a cohort

derived from the Hepatitis C Antiviral Long-term Treatment Against Cirrhosis (HALT-C) Trial identified older age, African American race, lower platelet count, higher alkaline phosphatase, and esophageal varices as risk factors for HCC [11].

There have also been a number of studies to evaluate the effect of anti-viral treatment of chronic hepatitis C on the incidence of HCC [12–19]. The results were summarized in a meta-analysis, which concluded that the effect of interferon on risk of HCC is mainly apparent in patients achieving a sustained virological response (SVR) to interferon therapy [13]. In addition, a number of studies have suggested the incidence of HCC is reduced in treated patients compared to historical controls [12, 15, 16, 19]. However, the recent HALT-C randomized control trial revealed that long-term pegylated interferon therapy does not reduce the incidence of HCC among patients with advanced hepatitis C who do not achieve SVRs. Reduction in the risk of HCC by maintenance therapy was shown only in patients with cirrhosis [14, 17]. These controversial results suggest that interferon therapy reduces the risk of HCC only in a group of patients with HCV-related chronic liver disease. Thus, it is important to evaluate the risk of HCC development in hepatitis C patients receiving interferon therapy and it will be clinically useful to discover markers distinguishing high- and low-risk groups.

Serum alpha-fetoprotein (AFP) has been widely used as a diagnostic marker of HCC [20–22]. However, elevation of serum AFP levels is often found in non-neoplastic liver diseases without evidence of HCC, including acute liver injury and chronic viral hepatitis [23–27], especially among patients with advanced chronic hepatitis C [28]. An increase of AFP after liver damage is interpreted as a sign of dedifferentiated hepatic regeneration [27]. There have been some reports that AFP is a significant predictor of HCC in patients with chronic hepatitis C [4, 5, 29]. In addition, it has recently been shown that AFP levels decrease in response to interferon administration in patients with chronic hepatitis C [30, 31], and that long-term interferon therapy for aged patients with chronic HCV infection is effective in decreasing serum AFP levels and preventing hepatocarcinogenesis [32, 33]. However, little is known about the relationship between changes in serum AFP level over time during interferon therapy and the development of HCC.

The aim of this large single center study was to identify predictive markers for the risk of HCC development in patients receiving interferon therapy for chronic hepatitis C. For this purpose, patients treated with standard or pegylated interferon, in combination with ribavirin, for chronic hepatitis C were enrolled and subjected to scheduled periodic surveillance for HCC and a number of potential predictive markers, including AFP and alanine aminotransferase (ALT) integration values, at a single center.

Materials and methods

Patients

Between January 2002 and April 2010, 528 patients with chronic hepatitis C received combination therapy with standard interferon and ribavirin ($n = 84$) or pegylated interferon and ribavirin ($n = 444$) at Osaka Red Cross Hospital. Eligibility criteria for treatment were positivity for serum HCV RNA and histological evidence of chronic hepatitis C ($n = 427/444$; 80.9%), or positivity for serum HCV RNA, liver enzyme levels greater than the normal upper limit, and an ultrasound image demonstrating chronic liver damage ($n = 101/444$; 19.1%). Exclusion criteria for treatment were as follows: neutrophil count <750 cells/μL, platelet count <50,000 cells/μL, hemoglobin level ≤9.0 g/dL, and renal insufficiency (serum creatinine levels >2 mg/dL).

Of 528 patients who received interferon therapy for chronic hepatitis C, 146 were excluded from this study for the following reasons: follow-up <24 weeks after the termination of the interferon therapy ($n = 122$), previously treated for HCC ($n = 22$), or occurrence of HCC during or within 24 weeks after treatment ($n = 2$). Therefore, 382 patients were enrolled for the study and were retrospectively analyzed.

To detect early-stage HCC, ultrasonography, dynamic contrast enhanced computed tomography (CT), dynamic contrast enhanced magnetic resonance imaging (MRI), and/or measurement of tumor markers (including AFP) were performed for all patients at least every 6 months. HCC was diagnosed radiologically as liver tumors displaying arterial hypervascularity and venous or delayed phase washout by dynamic contrast enhanced CT or MRI.

The study protocol was approved by the Ethics Committee at Osaka Red Cross Hospital and performed in compliance with the Helsinki Declaration.

Treatment protocol and definition of responses to treatment

The basic treatment protocol for patients with chronic hepatitis C consisted of 6 mega units of interferon-α-2b 3 times a week or 1.5 μg/kg of pegylated interferon α-2b once a week, combined with ribavirin at an oral dosage of 600–1000 mg/day. Duration of the treatment was 48–72 weeks for those with HCV genotype 1 and serum HCV RNA titer of >5 log IU/mL, and 24 weeks for all other patients.

Patients who were negative for serum HCV RNA for >6 months after completion of interferon therapy were defined as showing an SVR. Patients whose serum ALT levels decreased to the normal range and remained normal for >6 months after the termination of interferon therapy were defined as showing a sustained biochemical response (SBR).

Patients who did not achieve SVR received ursodeoxycholic acid and/or glycyrrhizin containing preparation (Stronger Neo-Minophagen C), when serum ALT levels were higher than the upper limit of normal.

Virological assays

HCV genotype was determined by polymerase chain reaction (PCR) amplification of the core region of the HCV genome using genotype-specific PCR primers [34]. Serum HCV RNA load was evaluated once a month during and 24 weeks after treatment using a PCR assay (Cobas Amplicor HCV Monitor, Roche Molecular Systems, Pleasanton, CA, USA).

Measurement of AFP and calculation of average integration value

AFP was measured in serum samples obtained from each patient at intervals of 1–3 months. The median number of examinations was 15 (range 1–70) in each patient. Serum AFP levels were determined by enzyme-linked immunosorbent assay, which was performed using a commercially available kit (ELISA-AFP, International Reagents, Kobe, Japan). Integration values of AFP and ALT were calculated as described in previous reports [35]. For example, the integration value of AFP was calculated as follows, $(y_0 + y_1) \times x_1/2 + (y_1 + y_2) \times x_2/2 + (y_2 + y_3) \times x_3/2 + (y_3 + y_4) \times x_4/2 + (y_4 + y_5) \times x_5/2 + (y_5 + y_6) \times x_6/2$, i.e., the area of each trapezoid representing an AFP value was measured the sum of the resulting values used to calculate the integration value (Fig. 1). The average integration value was obtained by dividing the integration value by the observation period from initiation of the treatment.

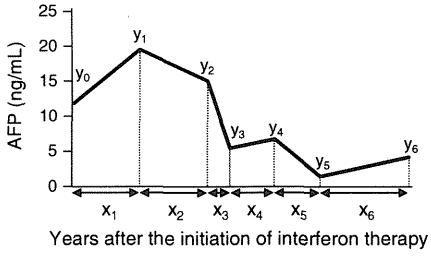

Fig. 1 Example plot of data used for calculation of average integration value of alpha-fetoprotein (AFP)

Statistical analysis

The Kaplan–Meier method was used to estimate the rates of development of HCC in patients after interferon therapy. Log-rank tests were used to evaluate the effects of predictive factors on incidence of HCC. Significance was defined as $P < 0.05$. Multivariate Cox regression analysis using the stepwise method was used to evaluate the association between HCC incidence and patient characteristics, and to estimate hazard ratio (HR) with a 95% confidence interval (CI). A P value of 0.1 was used for variable selection and was regarded as statistically significant. SAS version 9.2 (SAS Institute Inc., Cary, NC, USA) was used for statistical analysis.

Results

Characteristics of patients and incidence of HCC

This study included 382 patients treated for chronic hepatitis C with standard interferon or pegylated interferon in combination with ribavirin. Baseline clinical and virological characteristics of patients included in the study are summarized in Table 1. The median age of the patients at the outset of therapy was 59.0 years (range 18–81 years) and the median follow-up period was 4.1 years (range 0.1–8.4 years). The majority of patients were infected with HCV genotype 1b ($n = 229$; 60%), and median serum HCV RNA load was 6.1 log IU/mL (range 2.3–7.3 log IU/mL). Baseline (before interferon therapy) median serum AFP level was 6.9 ng/mL (range 1.6–478.3 ng/mL).

During follow-up, 23 patients (4.9%) developed HCC. The cumulative incidences of HCC, which was estimated using the Kaplan–Meier method, were 3.1, 6.6, and 13.4% at 3, 5, and 8 years, respectively (Fig. 2).

Predictive factors for incidence of HCC in all patients

Predictive factors for incidence of HCC in all 382 patients were analyzed using log-rank tests (Table 2). Univariate analysis showed that age ≥70 years ($P = 0.040$), non-SVR ($P < 0.0001$), non-SBR ($P = 0.027$), average ALT integration value ≥40 IU/L ($P = 0.001$), baseline AFP ≥10 ng/mL ($P = 0.005$), average AFP integration value ≥10 ng/mL ($P < 0.0001$), and baseline platelet count <150,000 platelets/μL ($P = 0.001$) were all significantly associated with the incidence of HCC. After multivariate analysis, the only variable remaining in the model was non-SVR (HR 8.413, 95% CI 1.068–66.300, $P = 0.043$).

Table 1 Characteristics of 382 patients with hepatitis C treated with interferon therapy in this study

Age (years)	59.0 (18–81)
[a]Males/females	192/190
Observation period (years)	4.1 (0.1–8.4)
[a]IFN + RBV/PEG-IFN + RBV	69/313
HCV genotype 1/2/unclassified	229/57/96
HCV RNA (log IU/mL)	6.1 (2.3–7.3)
White blood cell count (/μL)	4950 (2050–9970)
Hemoglobin (g/dL)	14.0 (10.3–18.8)
Platelet (10^4/μL)	15.0 (5.3–36.4)
AST (IU/L)	56 (17–244)
ALT (IU/L)	67 (16–416)
Bilirubin (mg/dL)	0.8 (0.3–2.4)
AFP (ng/mL)	6.9 (1.6–478.3)

Qualitative variables ([a]) are shown in number, and quantitative variables expressed as median (range)

IFN interferon, *RBV* ribavirin, *PEG-IFN* pegylated interferon, *AST* aspartate aminotransferase, *ALT* alanine aminotransferase, *AFP* alpha-fetoprotein

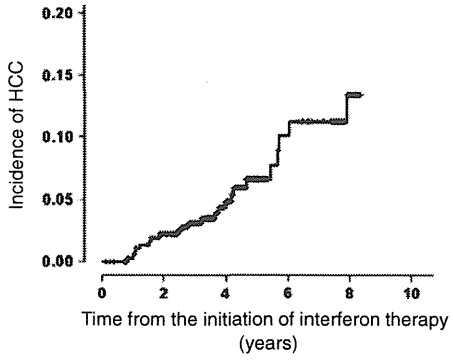

Fig. 2 Incidence of hepatocellular carcinoma (HCC) in 382 patients with hepatitis C who received interferon therapy, estimated using the Kaplan–Meier method

Further, although patients with average AFP integration values ≥10 ng/mL also appeared to have an increased risk of HCC, the difference did not reach statistical significance in the multivariate analysis ($P = 0.050$) (Table 3).

Predictive factors for incidence of HCC in non-SVR patients

Because non-SVR was the only predictive factor across the entire study cohort, to clarify predictive factors for incidence of HCC within this group, the same variables were further analyzed in non-SVR patients alone. By univariate analysis, average AFP integration value ≥10 ng/mL ($P = 0.019$) and baseline platelet count <150,000 ($P = 0.0022$) (Table 2) were again identified as significant predictive factors for incidence of HCC. In addition, male gender was significantly associated with incidence of HCC in non-SVR patients ($P = 0.022$). Multivariate analysis, however, indicated that only two variables were independently associated with incidence of HCC in non-SVR patients: average AFP integration value ≥10 ng/mL (HR 4.039, 95% CI 1.570–10.392, $P = 0.004$), and male gender

Table 2 Univariate analysis of predictive factors for incidence of hepatocellular carcinoma in all 382 and 197 non-SVR patients

Factors	All ($n = 382$)			Non-SVR ($n = 197$)		
	No.	Incidence of HCC ($n = 23$)		No.	Incidence of HCC ($n = 22$)	
		No. (%)	*P* value[a]		No. (%)	*P* value[a]
Age (years)						
<70	359	19 (5)	0.040	182	18 (10)	0.089
≥70	23	4 (17)		15	4 (27)	
Sex						
Female	190	8 (4)	0.125	111	8 (7)	0.022
Male	192	15 (8)		86	14 (16)	
HCV genotype						
1	229	12 (5)	0.452	137	12 (9)	0.796
Non-1	57	1 (2)		10	1 (10)	
Virological response						
SVR	185	1 (1)	<0.0001			
Non-SVR	197	22 (11)				
Biochemical response						
SBR	282	12 (4)	0.027	102	11 (11)	0.857
Non-SBR	86	11 (13)		81	11 (14)	
ALT before IFN therapy						
<40	79	2 (3)	0.274	39	2 (5)	0.319
≥40	301	21 (7)		158	20 (13)	
ALT integration value						
<40	238	6 (3)	0.001	79	5 (6)	0.153
≥40	142	17 (12)		118	17 (14)	
AFP before IFN therapy						
<10	230	7 (3)	0.005	102	7 (7)	0.124
≥10	116	14 (12)		75	13 (17)	
AFP integration value						
<10	258	8 (3)	<0.0001	115	8 (6)	0.019
≥10	63	12 (19)		53	11 (21)	
Platelet before IFN therapy						
<150,000	187	20 (11)	0.001	121	19 (16)	0.022
≥150,000	194	3 (2)		76	3 (4)	

[a] Log-rank test

SVR sustained virological response, *SBR* sustained biochemical response, *ALT* alanine aminotransferase, *IFN* interferon, *AFP* alpha-fetoprotein

Table 3 Multivariate analysis of the predictive factors for incidence of hepatocellular carcinoma in all 382 patients

Factors	Hazard ratio	95% CI	*P* value
Virological response			
SVR	1		
Non-SVR	8.413	1.068–66.300	0.043
AFP integration value			
<10	1		
≥10	2.580	0.999–6.659	0.050

SVR sustained virological response, *IFN* interferon, *AFP* alpha-fetoprotein

Table 4 Multivariate analysis of predictive factors for incidence of hepatocellular carcinoma in 197 non-SVR patients

Factors	Hazard ratio	95% CI	*P* value
AFP integration value			
<10	1		
≥10	4.039	1.570–10.392	0.004
Sex			
Female	1		
Male	3.636	1.383–9.563	0.009

AFP alpha-fetoprotein

(HR 3.636, 95% CI 1.383–9.563, $P = 0.009$) (Table 4). There was no significant difference in other variables including those identified as predictive factors in the entire study population (i.e., age, non-SBR, ALT integration value, AFP before interferon therapy) (Table 2).

AFP integration value as a predictive factor for HCC

Further analysis focused on the AFP integration value as this was the strongest predictive factor for incidence of HCC in non-SVR patients. Of the 382 patients, both baseline and AFP integration values were available for 321. These were divided into four groups: (1) AFP "low–low," (2) AFP "low–high," (3) AFP "high–low," and (4) AFP "high–high," for baseline AFP-average AFP integration values, respectively, where "high" is ≥10 ng/mL and "low" is <10 ng/mL. As shown in Fig. 3a, of the 321 patients, 211 (65.7%) showed baseline AFP levels <10 ng/mL. Of these 211, 207 (98%), were in the AFP low–low group, and only four in the AFP low–high groups. Baseline characteristics, including age, gender, serum HCV-RNA, aspartate aminotransferase (AST), ALT, bilirubin, white blood cell, hemoglobin, platelet, observation periods, and number of times of AFP measurement, were not different between AFP high–low group and high–high group. However, AFP-low group, which is a combination of the low–high and low–low groups, showed significantly lower AST level ($P < 0.00001$), lower ALT level ($P < 0.00001$), higher platelet count ($P < 0.00001$), shorter observation period ($P = 0.01448$), and fewer number of times of AFP examination ($P = 0.00035$), compared to both AFP high–high and AFP high–low group. Six patients (2.8%) with baseline AFP levels <10 ng/mL developed HCC in the follow-up period and none of these patients were among the four low–high group patients. Even in patients with high baseline AFP levels, incidence of HCC was only 3.9% among the AFP high–low group (2 of 51 patients). In contrast, 20.3% of patients in the AFP high–high group developed HCC during the follow-up period.

The incidence rate of HCC in three patient groups, "AFP-low" (a combination of the "low–high" and "low–low" groups),"high–low," and "high–high", was estimated using the Kaplan–Meier method and compared using log-rank tests (Fig. 3b). The rate of HCC incidence was significantly higher in the AFP high–high group compared to both the AFP high–low group and patients with low baseline AFP levels ($P = 0.009$ and 0.001, respectively). There was no significant difference between patients with low baseline AFP levels and the AFP high–low group. The 7-year incidence rate of HCC was 32.3% in the AFP high–high group, compared to only 6.6% in the AFP high–low group, and 8.1% in all patients with low pre-treatment levels.

Discussion

It is well recognized that the most effective strategy for the prevention of HCC development in patients with chronic hepatitis C is likely to be the complete elimination of the HCV infection accompanied by the resultant normalization of liver function [7, 12, 13, 15, 16, 19]. Indeed, we confirmed here that non-SVR is the most significant predictive factor for incidence of HCC in patients receiving interferon therapy for chronic hepatitis C. However, it should be noted that the risk of HCC, even in non-SVR patients, differs between individuals. In the current study, we identified AFP integration value and male gender as independent risk factors for incidence of HCC in non-SVR patients. The incidence of HCC was significantly reduced in individuals with average AFP integration values < 10 ng/mL after interferon therapy, which suggests that the decrease of AFP by interferon therapy lowers the risk of developing HCC. Indeed, even where patients had high baseline AFP levels, incidence of HCC was reduced when the AFP integration value decreased after interferon therapy. Thus, our current findings identify AFP integration value as a useful predictive marker of HCC development in non-SVR patients.

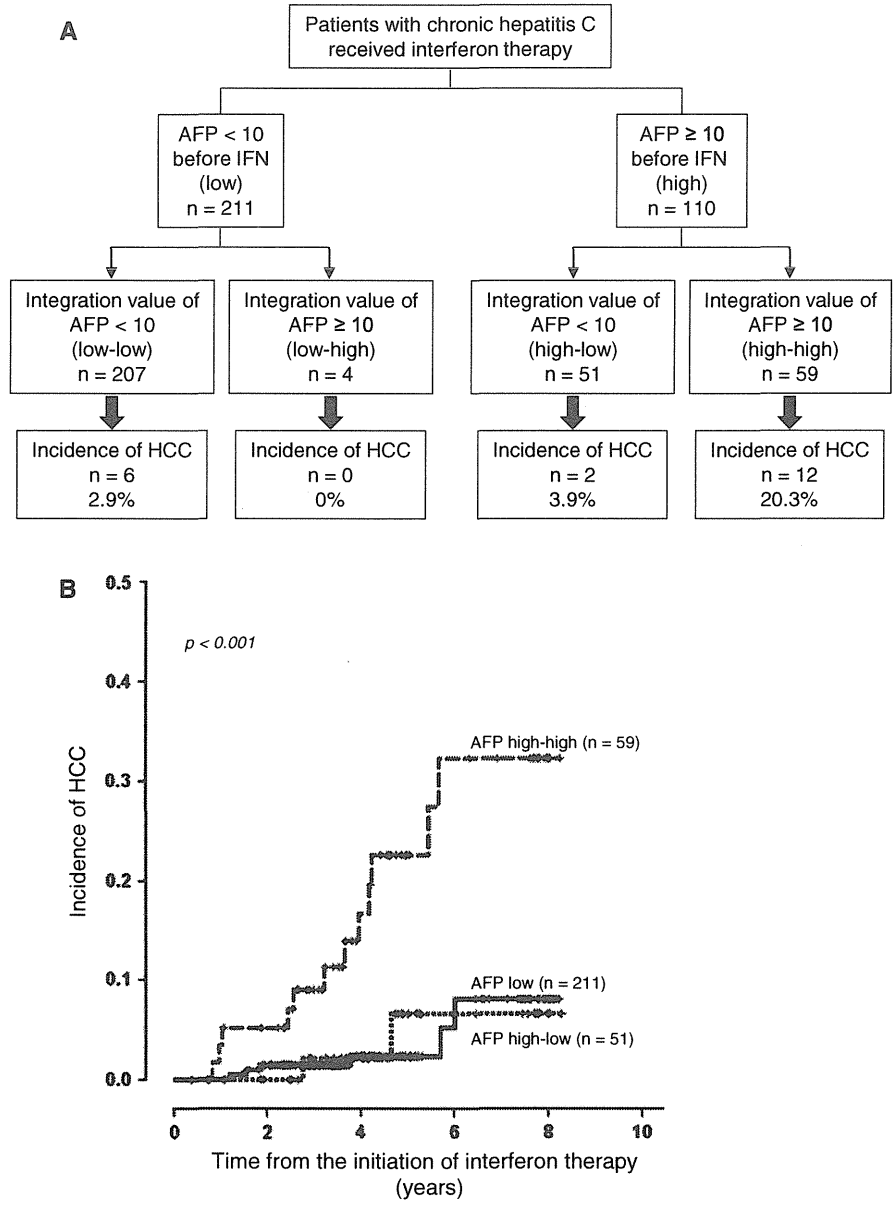

Fig. 3 AFP integration value as a predictive factor for HCC. **a** *Flow diagram* showing the number of patients (*n*) classified by baseline alpha-fetoprotein (AFP) levels before interferon (IFN) therapy and average AFP integration value, and the incidence of hepatocellular carcinoma (HCC) of each group. **b** Kaplan–Meier estimates of the incidence of HCC. *Solid line* AFP-low group (AFP levels before interferon therapy <10 ng/mL); *dotted line* AFP high–low group (baseline AFP levels ≥10 ng/mL, average AFP integration value <10 ng/mL); *dashed line* AFP high–high group (both baseline and average AFP integration values ≥10 ng/mL)

Data from several previous studies suggest that the continuous normalization of alanine aminotransferase (ALT) levels by interferon therapy can reduce the risk of HCC development [36–39]. In addition, one recent study suggested that the ALT integration value is a predictive factor for HCC [35]. In contrast to published data (22), our multivariate analysis did not identify the ALT integration value as a significant predictive factor for HCC incidence, although it was identified as significant by univariate analysis in all 382 patients. Since the previous study did not evaluate AFP levels as a factor for prediction of HCC [35], our results indicate that the AFP integration value is superior to that of ALT as a predictive factor for incidence of HCC. We do not know the reason for this result, but it is speculated that significance of AFP as a marker of hepatic regeneration resulted in the more accurate prediction of hepatocarcinogenesis by integration value of AFP than that of ALT.

As AFP is a diagnostic marker for the existence of HCC, high integration value of AFP in the present study might be a result of HCC development. However, we concluded that the high AFP integration values in patients who developed HCC were not caused by a result of existence of HCC, because of the following two reasons. First, the last AFP values before detection of HCC were not the highest level in the follow-up periods in 19 of 23 patients who developed

HCC, suggesting that the AFP was not produced by the developing HCC in these patients. Second, to exclude the influence of the remaining four patients whose last AFP levels were the highest in the follow-up periods, we analyzed the same statistical analysis by using average AFP integration values excluded the last two examinations of AFP before the detection of HCC. The results of the analysis also showed average integration value of AFP as a significant predictive factor for incidence of HCC.

Male gender was also identified as an independent risk factor for HCC in non-SVR patients in this study. Several reports have shown that men are at a higher risk of developing HCC than women [6, 10, 33, 40, 41]. The male gender also appears to be a risk factor for more severe disease and a greater risk of developing cirrhosis in chronic hepatitis C [42]. Although the association of male gender with the risk of HCC is as yet unexplained, hormonal or genetic factors may lead to increased risk for HCC and cirrhosis in men as previously discussed [10].

In conclusion, a decrease in the AFP integration value predicts reduced incidence of HCC in patients with hepatitis C receiving interferon therapy. Further prospective studies with a larger number of patients are required to validate the significance of these findings.

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Conflict of interest The authors declare that they have no conflict of interest.

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ORIGINAL ARTICLE—LIVER, PANCREAS, AND BILIARY TRACT

Decrease in alpha-fetoprotein levels predicts reduced incidence of hepatocellular carcinoma in patients with hepatitis C virus infection receiving interferon therapy: a single center study

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Abstract
Background Increasing evidence suggests the efficacy of interferon therapy for hepatitis C in reducing the risk of hepatocellular carcinoma (HCC). The aim of this study was to identify predictive markers for the risk of HCC incidence in chronic hepatitis C patients receiving interferon therapy.
Methods A total of 382 patients were treated with standard interferon or pegylated interferon in combination with ribavirin for chronic hepatitis C in a single center and evaluated for variables predictive of HCC incidence.
Results Incidence rates of HCC after interferon therapy were 6.6% at 5 years and 13.4% at 8 years. Non-sustained virological response (non-SVR) to antiviral therapy was an independent predictor for incidence of HCC in the total study population. Among 197 non-SVR patients, independent predictive factors were an average alpha-fetoprotein (AFP) integration value $\geq$10 ng/mL and male gender. Even in patients whose AFP levels before interferon therapy were $\geq$10 ng/mL, reduction of average AFP integration value to <10 ng/mL by treatment was strongly associated with a reduced incidence of HCC. This was significant compared to patients with average AFP integration values of $\geq$10 ng/mL ($P = 0.009$).
Conclusions Achieving sustained virological response (SVR) by interferon therapy reduces the incidence of HCC in hepatitis C patients treated with interferon. Among non-SVR patients, a decrease in the AFP integration value by interferon therapy closely correlates with reduced risk of HCC incidence after treatment.

Keywords Alpha-fetoprotein · Hepatocellular carcinoma · Hepatitis C · Interferon

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Introduction

Hepatitis C virus (HCV) infection is a predominant cause of liver cirrhosis and hepatocellular carcinoma (HCC) in many countries, including Japan, the United States, and countries of Western Europe [1–5]. The annual incidence of HCC in patients with HCV-related cirrhosis ranged from 1 to 8% [6–9]. Even in the absence of liver cirrhosis, patients with chronic hepatitis caused by HCV infection are at a high risk of developing HCC. Indeed, a large-scale Japanese cohort study showed that the annual incidence of HCC is 0.5% among patients with stage F0 or F1 fibrosis and 2.0, 5.3, and 7.9% among those with F2, F3, and F4 fibrosis, respectively [9]. Periodic surveillance is recommended to detect HCC as early as possible in patients with HCV-related chronic liver disease; however, this may not be cost-effective. For patients with chronic hepatitis C, more effective detection and prevention of HCC is being sought by two important routes: (1) the attempt to discover noninvasive predictive markers and (2) development of treatment strategies to reduce the risk of HCC. There have been several attempts to discover non-invasive markers capable of predicting the risk of HCC incidence in patients with chronic hepatitis C [6, 10]. For example, a cohort

derived from the Hepatitis C Antiviral Long-term Treatment Against Cirrhosis (HALT-C) Trial identified older age, African American race, lower platelet count, higher alkaline phosphatase, and esophageal varices as risk factors for HCC [11].

There have also been a number of studies to evaluate the effect of anti-viral treatment of chronic hepatitis C on the incidence of HCC [12–19]. The results were summarized in a meta-analysis, which concluded that the effect of interferon on risk of HCC is mainly apparent in patients achieving a sustained virological response (SVR) to interferon therapy [13]. In addition, a number of studies have suggested the incidence of HCC is reduced in treated patients compared to historical controls [12, 15, 16, 19]. However, the recent HALT-C randomized control trial revealed that long-term pegylated interferon therapy does not reduce the incidence of HCC among patients with advanced hepatitis C who do not achieve SVRs. Reduction in the risk of HCC by maintenance therapy was shown only in patients with cirrhosis [14, 17]. These controversial results suggest that interferon therapy reduces the risk of HCC only in a group of patients with HCV-related chronic liver disease. Thus, it is important to evaluate the risk of HCC development in hepatitis C patients receiving interferon therapy and it will be clinically useful to discover markers distinguishing high- and low-risk groups.

Serum alpha-fetoprotein (AFP) has been widely used as a diagnostic marker of HCC [20–22]. However, elevation of serum AFP levels is often found in non-neoplastic liver diseases without evidence of HCC, including acute liver injury and chronic viral hepatitis [23–27], especially among patients with advanced chronic hepatitis C [28]. An increase of AFP after liver damage is interpreted as a sign of dedifferentiated hepatic regeneration [27]. There have been some reports that AFP is a significant predictor of HCC in patients with chronic hepatitis C [4, 5, 29]. In addition, it has recently been shown that AFP levels decrease in response to interferon administration in patients with chronic hepatitis C [30, 31], and that long-term interferon therapy for aged patients with chronic HCV infection is effective in decreasing serum AFP levels and preventing hepatocarcinogenesis [32, 33]. However, little is known about the relationship between changes in serum AFP level over time during interferon therapy and the development of HCC.

The aim of this large single center study was to identify predictive markers for the risk of HCC development in patients receiving interferon therapy for chronic hepatitis C. For this purpose, patients treated with standard or pegylated interferon, in combination with ribavirin, for chronic hepatitis C were enrolled and subjected to scheduled periodic surveillance for HCC and a number of potential predictive markers, including AFP and alanine aminotransferase (ALT) integration values, at a single center.

Materials and methods

Patients

Between January 2002 and April 2010, 528 patients with chronic hepatitis C received combination therapy with standard interferon and ribavirin ($n = 84$) or pegylated interferon and ribavirin ($n = 444$) at Osaka Red Cross Hospital. Eligibility criteria for treatment were positivity for serum HCV RNA and histological evidence of chronic hepatitis C ($n = 427/444$; 80.9%), or positivity for serum HCV RNA, liver enzyme levels greater than the normal upper limit, and an ultrasound image demonstrating chronic liver damage ($n = 101/444$; 19.1%). Exclusion criteria for treatment were as follows: neutrophil count <750 cells/μL, platelet count <50,000 cells/μL, hemoglobin level ≤9.0 g/dL, and renal insufficiency (serum creatinine levels >2 mg/dL).

Of 528 patients who received interferon therapy for chronic hepatitis C, 146 were excluded from this study for the following reasons: follow-up <24 weeks after the termination of the interferon therapy ($n = 122$), previously treated for HCC ($n = 22$), or occurrence of HCC during or within 24 weeks after treatment ($n = 2$). Therefore, 382 patients were enrolled for the study and were retrospectively analyzed.

To detect early-stage HCC, ultrasonography, dynamic contrast enhanced computed tomography (CT), dynamic contrast enhanced magnetic resonance imaging (MRI), and/or measurement of tumor markers (including AFP) were performed for all patients at least every 6 months. HCC was diagnosed radiologically as liver tumors displaying arterial hypervascularity and venous or delayed phase washout by dynamic contrast enhanced CT or MRI.

The study protocol was approved by the Ethics Committee at Osaka Red Cross Hospital and performed in compliance with the Helsinki Declaration.

Treatment protocol and definition of responses to treatment

The basic treatment protocol for patients with chronic hepatitis C consisted of 6 mega units of interferon-α-2b 3 times a week or 1.5 μg/kg of pegylated interferon α-2b once a week, combined with ribavirin at an oral dosage of 600–1000 mg/day. Duration of the treatment was 48–72 weeks for those with HCV genotype 1 and serum HCV RNA titer of >5 log IU/mL, and 24 weeks for all other patients.

Patients who were negative for serum HCV RNA for >6 months after completion of interferon therapy were defined as showing an SVR. Patients whose serum ALT levels decreased to the normal range and remained normal for >6 months after the termination of interferon therapy were defined as showing a sustained biochemical response (SBR).

Patients who did not achieve SVR received ursodeoxycholic acid and/or glycyrrhizin containing preparation (Stronger Neo-Minophagen C), when serum ALT levels were higher than the upper limit of normal.

Virological assays

HCV genotype was determined by polymerase chain reaction (PCR) amplification of the core region of the HCV genome using genotype-specific PCR primers [34]. Serum HCV RNA load was evaluated once a month during and 24 weeks after treatment using a PCR assay (Cobas Amplicor HCV Monitor, Roche Molecular Systems, Pleasanton, CA, USA).

Measurement of AFP and calculation of average integration value

AFP was measured in serum samples obtained from each patient at intervals of 1–3 months. The median number of examinations was 15 (range 1–70) in each patient. Serum AFP levels were determined by enzyme-linked immunosorbent assay, which was performed using a commercially available kit (ELISA-AFP, International Reagents, Kobe, Japan). Integration values of AFP and ALT were calculated as described in previous reports [35]. For example, the integration value of AFP was calculated as follows, $(y_0 + y_1) \times x_1/2 + (y_1 + y_2) \times x_2/2 + (y_2 + y_3) \times x_3/2 + (y_3 + y_4) \times x_4/2 + (y_4 + y_5) \times x_5/2 + (y_5 + y_6) \times x_6/2$, i.e., the area of each trapezoid representing an AFP value was measured the sum of the resulting values used to calculate the integration value (Fig. 1). The average integration value was obtained by dividing the integration value by the observation period from initiation of the treatment.

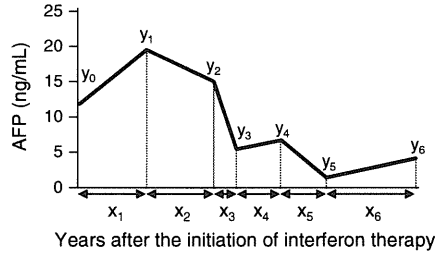

Fig. 1 Example plot of data used for calculation of average integration value of alpha-fetoprotein (AFP)

Statistical analysis

The Kaplan–Meier method was used to estimate the rates of development of HCC in patients after interferon therapy. Log-rank tests were used to evaluate the effects of predictive factors on incidence of HCC. Significance was defined as $P < 0.05$. Multivariate Cox regression analysis using the stepwise method was used to evaluate the association between HCC incidence and patient characteristics, and to estimate hazard ratio (HR) with a 95% confidence interval (CI). A P value of 0.1 was used for variable selection and was regarded as statistically significant. SAS version 9.2 (SAS Institute Inc., Cary, NC, USA) was used for statistical analysis.

Results

Characteristics of patients and incidence of HCC

This study included 382 patients treated for chronic hepatitis C with standard interferon or pegylated interferon in combination with ribavirin. Baseline clinical and virological characteristics of patients included in the study are summarized in Table 1. The median age of the patients at the outset of therapy was 59.0 years (range 18–81 years) and the median follow-up period was 4.1 years (range 0.1–8.4 years). The majority of patients were infected with HCV genotype 1b ($n = 229$; 60%), and median serum HCV RNA load was 6.1 log IU/mL (range 2.3–7.3 log IU/mL). Baseline (before interferon therapy) median serum AFP level was 6.9 ng/mL (range 1.6–478.3 ng/mL).

During follow-up, 23 patients (4.9%) developed HCC. The cumulative incidences of HCC, which was estimated using the Kaplan–Meier method, were 3.1, 6.6, and 13.4% at 3, 5, and 8 years, respectively (Fig. 2).

Predictive factors for incidence of HCC in all patients

Predictive factors for incidence of HCC in all 382 patients were analyzed using log-rank tests (Table 2). Univariate analysis showed that age ≥70 years ($P = 0.040$), non-SVR ($P < 0.0001$), non-SBR ($P = 0.027$), average ALT integration value ≥40 IU/L ($P = 0.001$), baseline AFP ≥10 ng/mL ($P = 0.005$), average AFP integration value ≥10 ng/mL ($P < 0.0001$), and baseline platelet count <150,000 platelets/μL ($P = 0.001$) were all significantly associated with the incidence of HCC. After multivariate analysis, the only variable remaining in the model was non-SVR (HR 8.413, 95% CI 1.068–66.300, $P = 0.043$).

Table 1 Characteristics of 382 patients with hepatitis C treated with interferon therapy in this study

Age (years)	59.0 (18–81)
[a]Males/females	192/190
Observation period (years)	4.1 (0.1–8.4)
[a]IFN + RBV/PEG-IFN + RBV	69/313
HCV genotype 1/2/unclassified	229/57/96
HCV RNA (log IU/mL)	6.1 (2.3–7.3)
White blood cell count (/μL)	4950 (2050–9970)
Hemoglobin (g/dL)	14.0 (10.3–18.8)
Platelet (10^4/μL)	15.0 (5.3–36.4)
AST (IU/L)	56 (17–244)
ALT (IU/L)	67 (16–416)
Bilirubin (mg/dL)	0.8 (0.3–2.4)
AFP (ng/mL)	6.9 (1.6–478.3)

Qualitative variables ([a]) are shown in number, and quantitative variables expressed as median (range)

IFN interferon, *RBV* ribavirin, *PEG-IFN* pegylated interferon, *AST* aspartate aminotransferase, *ALT* alanine aminotransferase, *AFP* alpha-fetoprotein

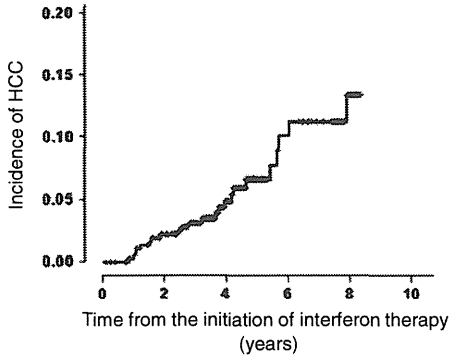

Fig. 2 Incidence of hepatocellular carcinoma (HCC) in 382 patients with hepatitis C who received interferon therapy, estimated using the Kaplan–Meier method

Further, although patients with average AFP integration values ≥10 ng/mL also appeared to have an increased risk of HCC, the difference did not reach statistical significance in the multivariate analysis ($P = 0.050$) (Table 3).

Predictive factors for incidence of HCC in non-SVR patients

Because non-SVR was the only predictive factor across the entire study cohort, to clarify predictive factors for incidence of HCC within this group, the same variables were further analyzed in non-SVR patients alone. By univariate analysis, average AFP integration value ≥10 ng/mL ($P = 0.019$) and baseline platelet count <150,000 ($P = 0.0022$) (Table 2) were again identified as significant predictive factors for incidence of HCC. In addition, male gender was significantly associated with incidence of HCC in non-SVR patients ($P = 0.022$). Multivariate analysis, however, indicated that only two variables were independently associated with incidence of HCC in non-SVR patients: average AFP integration value ≥10 ng/mL (HR 4.039, 95% CI 1.570–10.392, $P = 0.004$), and male gender

Table 2 Univariate analysis of predictive factors for incidence of hepatocellular carcinoma in all 382 and 197 non-SVR patients

Factors	All ($n = 382$)			Non-SVR ($n = 197$)		
	No.	Incidence of HCC ($n = 23$)		No.	Incidence of HCC ($n = 22$)	
		No. (%)	*P* value[a]		No. (%)	*P* value[a]
Age (years)						
<70	359	19 (5)	0.040	182	18 (10)	0.089
≥70	23	4 (17)		15	4 (27)	
Sex						
Female	190	8 (4)	0.125	111	8 (7)	0.022
Male	192	15 (8)		86	14 (16)	
HCV genotype						
1	229	12 (5)	0.452	137	12 (9)	0.796
Non-1	57	1 (2)		10	1 (10)	
Virological response						
SVR	185	1 (1)	<0.0001			
Non-SVR	197	22 (11)				
Biochemical response						
SBR	282	12 (4)	0.027	102	11 (11)	0.857
Non-SBR	86	11 (13)		81	11 (14)	
ALT before IFN therapy						
<40	79	2 (3)	0.274	39	2 (5)	0.319
≥40	301	21 (7)		158	20 (13)	
ALT integration value						
<40	238	6 (3)	0.001	79	5 (6)	0.153
≥40	142	17 (12)		118	17 (14)	
AFP before IFN therapy						
<10	230	7 (3)	0.005	102	7 (7)	0.124
≥10	116	14 (12)		75	13 (17)	
AFP integration value						
<10	258	8 (3)	<0.0001	115	8 (6)	0.019
≥10	63	12 (19)		53	11 (21)	
Platelet before IFN therapy						
<150,000	187	20 (11)	0.001	121	19 (16)	0.022
≥150,000	194	3 (2)		76	3 (4)	

[a] Log-rank test

SVR sustained virological response, *SBR* sustained biochemical response, *ALT* alanine aminotransferase, *IFN* interferon, *AFP* alpha-fetoprotein