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Noninvasive estimation of fibrosis progression overtime using the FIB-4 index in chronic hepatitis C

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SUMMARY. The FIB-4 index is a simple formula to predict liver fibrosis based on the standard biochemical values (AST, ALT and platelet count) and age. We here investigated the utility of the index for noninvasive prediction of progression in liver fibrosis. The time-course alteration in the liver fibrosis stage between paired liver biopsies and the FIB-4 index was examined in 314 patients with chronic hepatitis C. The average interval between liver biopsies was 4.9 years. The cases that showed a time-course improvement in the fibrosis stage exhibited a decrease in the FIB-4 index, and those that showed deterioration in the fibrosis stage exhibited an increase in the FIB-4 index with a significant correlation ($P < 0.001$). Increase in the ΔFIB-4 index per year was an independent predictive factor for the progression in liver fibrosis with an odds ratio of 3.90 ($P = 0.03$). The area under the receiver operating characteristic curve of the ΔFIB-4 index/year for the prediction of advancement to cirrhosis was 0.910. Using a cut-off value of the ΔFIB-4 index/year <0.4 or ≥0.4, the cumulative incidence of fibrosis progression to cirrhosis at 5 and 10 years was 34% and 59%, respectively in patients with the ΔFIB-4 index/year ≥0.4, whereas it was 0% and 3% in those with the ΔFIB-4 index/year <0.4 ($P < 0.001$). In conclusion, measurement of the time-course changes in the FIB-4 index is useful for the noninvasive and real-time estimation of the progression in liver fibrosis.

Keywords: FIB-4, fibrosis, HCV, noninvasive.

INTRODUCTION

Advanced stage of liver fibrosis in chronic hepatitis C is associated with failure of interferon therapy or development of major concomitant disease such as variceal bleeding, liver failure and hepatocellular carcinoma [1–3]. Therefore, evaluation of the stage of liver fibrosis is essential in clinical practice. Liver biopsy is the gold standard for diagnosis of liver fibrosis [4,5], but inaccuracy in evaluation of fibrosis because of sampling errors [6–8] or by the inter-observer variation has been reported [9]. Real-time assessment of liver fibrosis may be clinically useful, but the invasiveness of liver biopsy precludes repeated examinations.

A variety of noninvasive methods to diagnose liver fibrosis have been proposed. Recently, transient elastography [10–13] and real-time tissue elastography [14] using ultrasonography have been developed, but these modalities are not widely available. For blood tests, the aspartate aminotransferase (AST)/alanine aminotransferase (ALT) ratio [15], the AST/platelet ratio index (APRI) [16,17] and the Fibrotest [18,19] have been reported to be useful. The FIB-4 index is another prediction value of liver fibrosis in chronic hepatitis C based on the standard biochemical values and age. The FIB-4 index has been reported to be markedly useful for the prediction of advanced liver fibrosis [20,21]. Given its noninvasiveness and simplicity, the FIB-4 index has the advantage of an easy follow-up of the time-course changes by repeated measurements.

In the present study, we investigated the utility of the real-time assessment of the FIB-4 index for the prediction of time-course progression in liver fibrosis.

PATIENTS AND METHODS

Patients

A total of 421 patients with chronic hepatitis C who had repeated liver biopsies between 1991 and 2010 at the Musashino Red Cross hospital were consecutively investigated. All patients received interferon therapy after the first biopsy and had nonsustained virological response. A second

Abbreviations: ALT, alanine aminotransferase; AST, aspirate aminotransferase; HBV, hepatitis B virus; HCV, hepatitis C virus; HIV, human immunodeficiency virus.

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biopsy was performed at least 6 months after the completion of interferon therapy. Exclusion criteria were as follows: (i) co-infection with HBV or HIV ($n = 1$), (ii) alcohol abuse (intake of alcohol equivalent to pure alcohol 40 g/day or more) ($n = 8$), (iii) the presence of nonalcoholic steatohepatitis ($n = 14$), (iv) the presence of hepatocellular carcinoma ($n = 15$), (v) interval between paired biopsies was <1.5 years ($n = 41$) and (vi) length of biopsy sample <15 mm ($n = 28$). The demographic characteristics of the 314 patients enrolled are shown in Table 1.

Assessment of liver fibrosis stage

Liver biopsy was carried out under laparoscopic or ultrasonographic guidance. A sample 15 mm or larger was collected and evaluated. The fibrosis stage was categorized according to the METAVIR score: F0, no fibrosis; F1, portal fibrosis without septa; F2, portal fibrosis with few septa; F3, numerous septa without cirrhosis; and F4, cirrhosis. Two pathologists examined all samples and determined the fibrosis stage. When staging was inconsistent between the two pathologists, an appropriate stage was determined by discussion between the two.

Calculation of FIB-4 index

The FIB-4 index at the time of each liver biopsy was calculated based on the blood test results within 1 month before liver biopsy according to the following formula: The FIB-4 index = (age [years] × AST [IU/L])/(platelet count [10^9/L] × (ALT [IU/L])$^{1/2}$). Change in the FIB-4 index per year (ΔFIB-4 index/year) was calculated by the following formula: ΔFIB-4 index/year = (the FIB-4 index at the second liver biopsy – the FIB-4 index at the first liver biopsy)/ interval between paired biopsies (years). Change in AST, ALT, platelet counts per year (ΔAST/year, ΔALT/year, ΔPlatelet counts/year) and the degree of changes in the fibrosis stage per year were calculated similarly.

Table 1 Clinical background of patients

	First biopsy	Second biopsy
Age (years)	53.7 ± 9.8	58.7 ± 9.4
Gender (male/female)	149/165	
AST (IU/L)	64.5 ± 36.7	58.5 ± 37.7
ALT (IU/L)	87.7 ± 58.9	69.9 ± 53.9
Platelet counts (× 10^9/L)	165 ± 48	159 ± 48
Histological findings		
Activity: 0/1/2/3	38/143/117/16	10/147/131/26
Fibrosis: 0–1/2/3/4	139/107/61/7	134/101/63/16
Interval of between biopsies (years)	4.9 ± 2.9	–

AST, aspartate aminotransferase; ALT, alanine aminotransferase.

Statistical analysis

The SPSS software package 15.0 (SPSS Inc, Chicago, IL, USA) was used for statistical analysis. Categorical data were analysed using Fisher's exact test. Continuous variables were compared with Student's *t*-test. Factors associated with the progression in liver fibrosis were analysed by multivariate logistic regression analysis. Association between progression in fibrosis stage and changes in the FIB-4 was analysed by Spearman's rank correlation test. Kaplan–Meier method and log-rank test were used to analyse time to occurrence of fibrosis progression to cirrhosis. A *P*-value of < 0.05 was considered statistically significant.

RESULTS

Changes in liver fibrosis stage overtime

The clinical backgrounds of patients at the first and second biopsies are shown in Table 1. The average interval was 4.9 years between the two liver biopsies. The fibrosis stage progressed over time in 23%, regressed in 17% and remained unchanged in 60%. Changes of fibrosis stage stratified by the fibrosis stage at the first liver biopsy are shown in Table 2.

Comparison of FIB-4 index and liver fibrosis stage

For the prediction of advanced liver fibrosis (F3–4), a FIB-4 index <1.45 had a negative predictive value of 97%, whereas a FIB-4 > 3.25 had a positive predictive value of 49% at first biopsy. Similarly, a FIB-4 < 1.45 had a negative predictive value of 98%, and a FIB-4 > 3.25 had a positive predictive value of 54% at second biopsy (Fig. 1).

Table 2 Changes of fibrosis stage over time

	Fibrosis stage at second biopsy				
Fibrosis stage at first biopsy	F0–1 (%)	F2 (%)	F3 (%)	F4 (%)	Total
F0–1	98 (71)	33 (24)	8 (5)	–	139
F2	33 (31)	50 (47)	21 (20)	3 (2)	107
F3	3 (5)	18 (29)	33 (55)	7 (11)	61
F4	–	–	1 (14)	6 (86)	7

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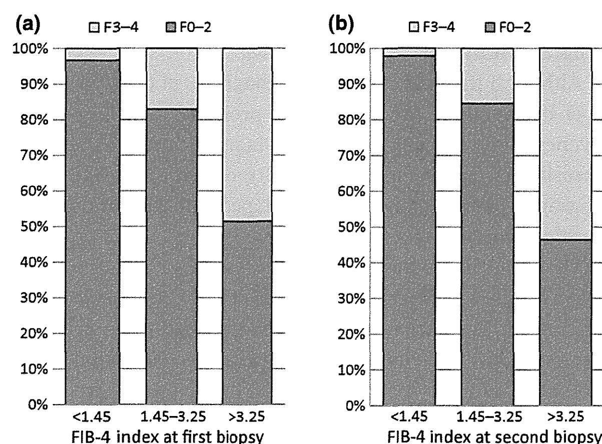

Fig. 1 Comparison of the FIB-4 index and liver fibrosis stage. Patients were categorized into three groups according to the FIB-4 index using cut-off values of < 1.45, 1.45–3.25, > 3.25 at liver biopsy. The lower bar chart (dark grey) indicates patients with F0–2, while the upper bar chart (light grey) indicates patients with F3–4. (a) comparison of the FIB-4 index and liver fibrosis stage at first biopsy and (b) at second biopsy.

Predictive factors for the progression of fibrosis

Higher level of ΔAST/year, lower level of ΔALT/year, lower level of ΔPlatelet counts/year and higher level of the ΔFIB-4/year were significantly associated with the progression of fibrosis overtime (Table 3). Multivariate analysis demonstrated that only the ΔFIB-4 index/year was an independent predictive factor for the progression of fibrosis stage ($P = 0.03$) with an odds ratio of 3.70 (95% CI:1.07–12.5).

Correlation between the degree of changes in the fibrosis stage and the ΔFIB-4 index per year

When the patients were categorized into five groups according to the degree of changes in the fibrosis stage per year (< −0.2, −0.2 − < 0, 0, > 0 − 0.2 and > 0.2), median value of the ΔFIB-4 index/year was −0.29, −0.02, 0.04, 0.16 and 0.47, respectively. The FIB-4 index reduced along the regression of the fibrosis stage, while the FIB-4 index increased along the progression of the fibrosis stage, which showed a significant correlation ($P < 0.001$) (Fig. 2).

Prediction of progression to cirrhosis by the changes in the FIB-4 index per year

The area under the receiver operating characteristic curve of the ΔFIB-4 index/year for the prediction of advancement to cirrhosis was 0.910. By the ΔFIB-4 index/year of 0.4, the sensitivity and specificity for the prediction of advancement to cirrhosis was 80% and 91%. The cumulative incidence of fibrosis progression to cirrhosis, at 5 and 10 years, was 34% and 59%, respectively, in patients with the ΔFIB-4 index/year ≥0.4, whereas it was 0% and 3% in those with the ΔFIB-4 index/year <0.4 ($P < 0.001$) (Fig. 3).

DISCUSSION

Recently, noninvasive markers of liver fibrosis have been used as a predictive factor of liver-related outcome such as

Table 3 Factors associated with the progression of liver fibrosis

	Progression of	Nonprogression of	
	Liver fibrosis	Liver fibrosis	*P*-value
Gender (male/female)	31/42	118/123	0.33
Age at first biopsy (years)	54.4 ± 8.7	53.5 ± 10.2	0.50
AST at first biopsy (IU/L)	63.9 ± 35.0	64.8 ± 37.3	0.85
ALT at first biopsy (IU/L)	86.5 ± 58.4	88.1 ± 59.2	0.84
Platelet counts at first biopsy (10^9/L)	15.8 ± 4.6	16.7 ± 4.8	0.16
Change between biopsies			
ΔAST (IU/L)/year	3.8 ± 19.5	−4.1 ± 14.8	<0.001
ΔALT (IU/L)/year	−1.9 ± 28.4	7.2 ± 22.6	0.005
ΔPlatelet counts (10^9/L)/year	−4.1 ± 9.5	−0.002 ± 9.5	0.001
ΔFIB-4 index/year	0.31 ± 0.52	−0.005 ± 0.37	<0.001

ΔAST/year: (AST at the second liver biopsy – AST at the first liver biopsy) /interval between paired biopsies (years); ΔALT/year: (ALT at the second liver biopsy – ALT at the first liver biopsy) /interval between paired biopsies (years); ΔPlatelet counts/year: (platelet counts at the second liver biopsy –platelet counts at the first liver biopsy) /interval between paired biopsies (years); ΔFIB-4 index /year: (the FIB-4 index at the second liver biopsy – the FIB-4 index at the first liver biopsy) /interval between paired biopsies (years).

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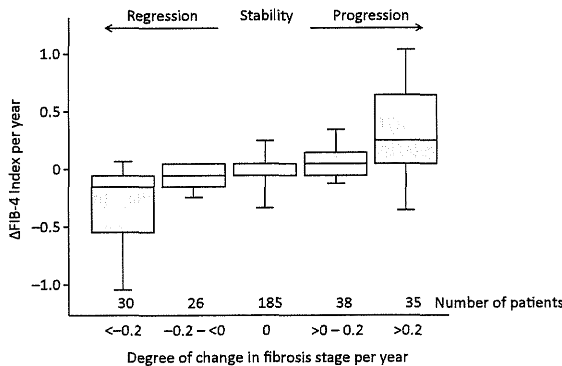

Fig. 2 Correlation between the degree of changes in the fibrosis stage and the ΔFIB-4 index per year. Boxplot of the ΔFIB-4 index/year is shown according to the degree of changes in the fibrosis stage per year. The bottom and top of each box represent the 25 and 75th percentiles, giving the interquartile range. The line through the box indicates the median value, and the error bar indicates the 5 and 95th percentiles.

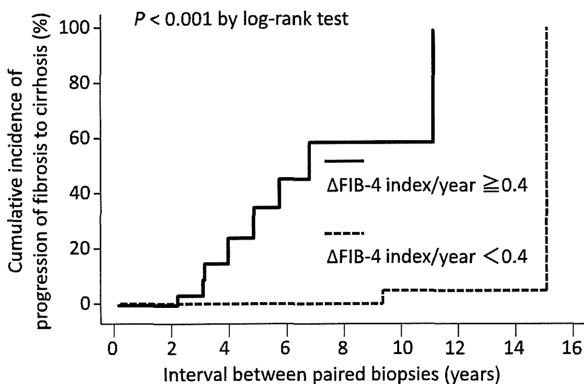

Fig. 3 Cumulative incidence of fibrosis progression to cirrhosis. Patients were categorized into two groups according to the ΔFIB-4 index/year using cut-off value of < 0.4 or ≥ 0.4.

mortality [22–24] or HCC development [24–26] in patients with chronic liver disease. There have been few studies that investigated the association between changes of noninvasive markers and liver-related outcome [27–29]. However, it is still unclear whether there is a relation between the time-course changes in the value of noninvasive markers and progression of liver fibrosis.

The aim of the study was to evaluate the utility of the real-time assessment of the FIB-4 index for the prediction of time-course progression in liver fibrosis. We have shown that the FIB-4 index reduced along the regression of the fibrosis stage, while the FIB-4 index increased along the progression of the fibrosis stage. These results indicate that the measurement of the time-course changes in the FIB-4 index may be useful for the noninvasive and real-time estimation of the progression in liver fibrosis overtime.

Although the gold standard for diagnosis of liver fibrosis is liver biopsy, there are a variety of problems including invasiveness and sampling errors [6]. Diagnostic methods of liver fibrosis by measurement of elasticity of the liver by ultrasonography [10–14] have been developed, but these modalities are not widely available.

The FIB-4 index has an advantage among these noninvasive liver fibrosis diagnostic methods. Firstly, it is quite easily calculated. The parameters required for calculation are only age, AST, ALT and platelet counts, which are measured at the routine examination of patients with liver disease. Therefore, additional blood collection is unnecessary, and the index can be calculated at no cost. Secondly, because of its simple calculation, it is possible to evaluate the clinical conditions in a real-time manner. Repeated measurements of the FIB-4 index make it possible to predict deterioration in liver fibrosis continuously over time. Because no special equipment or system is necessary, and objective data on the clinical conditions are provided in a real-time manner, the FIB-4 index is simple and convenient compared with other noninvasive liver fibrosis diagnostic methods.

It is widely known that a decrease in platelet counts is useful for the prediction of the progression of fibrosis stage [30]. We have reported that elevated AST or ALT is also associated with the progression of liver fibrosis [31]. However, the results of this study showed that a change in the FIB-4 index over time was a more useful factor for the prediction of the progression of fibrosis stage than AST, ALT and changes in platelet counts.

Liver biopsy is still an important examination as the gold standard for diagnosis of liver fibrosis, but time-course changes cannot be readily observed by repeated biopsies because of its invasiveness. On the other hand, it is possible to estimate the progression of liver fibrosis by repeated measurement of the FIB-4 index. Therefore, two examinations should be combined: liver biopsy may be utilized to determine the baseline of fibrosis stage, and the serial measurement of the FIB-4 index may be utilized to predict changes of fibrosis stages overtime in a real-time manner.

In conclusion, we believe that measurement of the time-course changes in the FIB-4 index is useful for the noninvasive and real-time estimation of the progression in liver fibrosis.

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CONFLICT OF INTEREST

No conflicts of interest exist for all authors.

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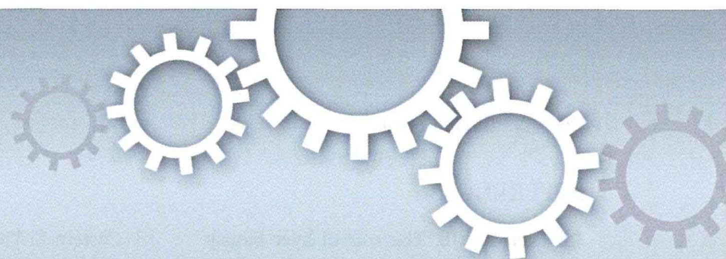

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A serum "sweet-doughnut" protein facilitates fibrosis evaluation and therapy assessment in patients with viral hepatitis

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Although liver fibrosis reflects disease severity in chronic hepatitis patients, there has been no simple and accurate system to evaluate the therapeutic effect based on fibrosis. We developed a glycan-based immunoassay, FastLec-Hepa, to fill this unmet need. FastLec-Hepa automatically detects unique fibrosis-related glyco-alteration in serum hyperglycosylated Mac-2 binding protein within 20 min. The serum FastLec-Hepa counts increased with advancing fibrosis and illustrated significant differences in medians between all fibrosis stages. FastLec-Hepa is sufficiently sensitive and quantitative to evaluate the effects of PEG-interferon-α/ribavirin therapy in a short post-therapeutic interval. The obtained fibrosis progression is equivalent to -0.30 stages/year in patients with sustained virological response, and 0.01 stages/year in relapse/nonresponders. Furthermore, long-term follow-up of the severely affected patients found hepatocellular carcinoma developed in patients after therapy whose FastLec-Hepa counts remained above a designated cutoff value. FastLec-Hepa is the only assay currently available for clinically beneficial therapy evaluation through quantitation of disease severity.

The World Health Organization has estimated that the prevalence of chronic infections with hepatitis B virus (HBV) and hepatitis C virus (HCV) is more than 5% of the world population. The high rate of viral transmission worldwide has also resulted in an explosive increase in incidence of liver cirrhosis (LC), because liver fibrosis caused by the persistent infections with HBV and HCV irreversibly progresses in chronic hepatitis (CH) patients without effective treatment. As the incidence of hepatocellular carcinoma (HCC) increases proportionally to the severity of hepatitis and the presence of LC, it is now clear that about 90% of HCC cases originate from infection with HBV or HCV. It is estimated that more than one million patients worldwide die from liver disease related to HBV or HCV infection each year. Immunomodulatory therapy with PEG-interferon-α and ribavirin is the standard treatment for patients with chronic hepatitis C (CHC)[1]. Recent genome-wide association studies have revealed that variation in the host interleukin-28B gene can predict the outcome of therapies for viral clearance[2–4]. Such pharmacokinetic understanding should allow for more precise treatment protocols and follow-up analyses to optimize the opportunity for patients to achieve sustained virological response (SVR)[5,6]. Linear peptidomimetic HCV and NS3/4A serine protease inhibitors such as telaprevir and boceprevir are new drugs that, in combination with PEG-interferon-α and ribavirin, substantially improve the rates of response among patients with HCV genotype 1 infection[1]. Alternatively, suppression of hepatic decompensation in chronic hepatitis B patients with advanced fibrosis and cirrhosis has been evaluated during long-term treatment with antiviral agents, such as adefovir, lamivudine, entecavir, and tenofovir[7]. For example, cumulative entecavir therapy (for at least 3 years) resulted in substantial histological improvement and regression of fibrosis or cirrhosis[8].

The efficacy of therapy is currently evaluated by frequent monitoring of "viral load" or "liver injury"[5]. From the viewpoint of developing preventive strategies for HCC, the risk of HCC development should also be estimated along with them. For this purpose, liver biopsy is generally considered as the gold standard in which fibrosis is subclassified into 5 stages of severity (F0–4). However, this procedure is invasive and shown to cause a high rate of sampling error (about 15% false-negatives for cirrhosis) in patients with diffuse parenchymal liver diseases.

Furthermore, in a retrospective cohort study[9], the rate of fibrosis progression was estimated at about −0.28 stages/year in patients with SVR and 0.02 stages/year in patients with nonsustained virological response (NVR). This indicates that the biopsy is not suitable for evaluating the effect of therapy after a short interval. The procedure has further disadvantages such as inaccuracy, biopsy-related complications, the need for hospitalization, the time involved, and low cost-effectiveness[10]. Therefore, alternative noninvasive assays are desired and should provide a quantifiable readout of fibrosis progression using a method that is accurate, cost-effective and relatively simple.

To date, several methods have been developed[10] including FibroScan, which measures hepatic fibrosis biomechanically as tissue stiffness based on transient elastography. FibroScan has the advantages of being rapid and technically simple; however, its diagnostic success rate is affected by operator skill. Therefore, it has been suggested that FibroScan, in conjunction with assay of serum fibrosis biomarkers, should improve diagnostic accuracy. FibroTest[11] and FibroMeter[12], believed to be the most reliable indices of fibrosis, have been used in the combination assay aiming to eliminate the need for liver biopsy[13,14]. However, FibroTest and FibroMeter do not complement FibroScan in the development of a rapid "on-site diagnosis" system. This is because each requires both extensive and specialized blood analyses (FibroTest requires α2-macroglobulin, apolipoprotein A1, haptoglobin, γ-glutamyltransferase and total bilirubin whereas FibroMeter requires platelet count, prothrombin index, AST, α2-macroglobulin, hyaluronic acid and urea). In addition, both tests require data on age, and also sex for FibroTest.

Glycans are referred to as the face of cells, which reflect their status such as differentiation stage rather than their state of damage, and therefore they can be great markers for chronic disease. In the case of hepatitis, glycans are considered to reflect more specifically the progression of fibrosis than viral load. In the search for a simple and rapid method that is not markedly affected by tissue inflammation and ALT fluctuation, the possibility of glycomic and glycoproteomic techniques has emerged[15,16], and there are reports of some successful examples applicable for use in the clinical laboratories[17–19]. However, the current glycomic techniques require at least 3 hours of sample preparation for analysis and this has markedly reduced the combination use of glycan-based immunoassays with FibroScan. In this report, we describe for the first time, a rapid and simple glycan-based immunoassay, FastLec-Hepa, that can quantify fibrosis as precisely as FibroTest and also readily evaluate the antifibrotic effects of therapy at the clinical site (**Supplementary Fig. 1**). Moreover, we introduce a novel method for rational selection of the "non-fucose binding type" lectins and provide details of how this concept can be adopted for future development of clinically useful glyco-diagnostic tools.

Results

Changes in the *N*-glycosylation of M2BP during progression of liver disease. Based on previous reports[20–23], we adopted the serum 90 K/Mac-2 binding protein (M2BP) as a glycoprotein biomarker for liver fibrosis. M2BP is secreted from many cell types, including hepatocytes (http://www.proteinatlas.org/ENSG00000108679), and it has been shown to modulate many processes, particularly those related to cell adhesion. For example, the interaction of M2BP with matrix fibronectin can modulate adhesion and the high expression of M2BP by tumor cells increases the level in the circulation of affected patients. A prominent feature of native human M2BP is its oligomerization to large ring structures[20], resembling a "sugar-powdered doughnut" which is potentially covered with 70–112 *N*-glycans (**Fig. 1a**). To confirm serum M2BP as a valid marker, we performed a pull-down assay with serum (2 μl each) from five individuals in each of the following groups: HCC, LC, CHC or healthy volunteer with normal liver (HV). Although two bands appeared in all HVs and two CHC patients, M2BPs from patients with relatively severe fibrosis, i.e., LC and HCC, migrated as a single band, the mobility of which was similar to that of the lower band for HVs (**Fig. 1b**). Significant increases in band intensity with excessive smearing of the bands were seen for most HCC patients. A subsequent investigation of 125 HCV patients with stage-determined fibrosis showed alteration in the quality and quantity of M2BP during the progression of fibrosis (**Fig. 1c**) and apparent alteration in the amount of each band (**Fig. 1d and e**), as described in the previous investigations[22,23]. M2BP has been shown to have multibranching and sialylated *N*-glycans. Moreover, it has been suggested that extension of polylactosamine on M2BP controls its binding to galectin-3, a major binding partner *in vivo*. Sialylation and extension of polylactosamine affect the charge and size of M2BP and this results in altered electrophoretic migration. Accordingly, we speculate that the size heterogeneity of M2BP seen on electrophoresis is due to such alterations in glycosylation. In fact, the difference in the band migration was eliminated by Sialidase A treatment, and the smearing of the bands in HCC was reduced by treatment with *N*-Glycosidase F (**Supplementary Fig. 2**). These results indicated that the altered quality of M2BP during progression of liver disease was due to changes in *N*-glycosylation.

Selection of the optimal lectin for direct measurement of disease-related M2BP. To construct a reliable assay (see **Supplementary Fig. 3**), we needed to identify a lectin probe that could most readily discriminate the altered *N*-glycans of M2BP and specifically binds to them in serum without pretreatment. For this purpose, we added a subtraction process to our recently described microarray-based selection strategy[16] (**Supplementary Fig. 4**). In brief, we first obtained a typical glycan profile for serum M2BPs by averaging the glycan profiles of M2BPs immunoprecipitated from 125 HCV patient sera by the antibody-overlay lectin microarray[16,18,24] (**step 1**). In this step, we selected 27 lectins binding to M2BP from a 45-lectin array (**Supplementary Fig. 5a**). Most of them bound not only to M2BP (ca. 10 μg/ml in serum), but also to other abundant serum glycoproteins, whereas some suggested rather specific binding to M2BP. We designated them as high-noise lectins or high signal-to-noise (S/N) lectins, respectively (**Fig. 2a**). We then selected the candidate lectins for the assay by subtracting the high-noise lectins from the M2BP-binding lectins (**step 2**), using a glycan profile of whole serum (**Supplementary Fig. 5**)[25]. Comparing the profiles for M2BP and whole serum (**Fig. 2b**), we quickly identified 6 lectins with a high S/N ratio. Interestingly, all lectins identifying fucose modification, which is the most well-known glyco-alteration in liver disease (*Pisum sativum* agglutinin (PSA), *Lens culinaris* agglutinin (LCA), *Aspergillus oryzae* lectin (AOL), and *Aleuria aurantia* lectin (AAL)), were high-noise lectins (**Fig. 2b**). After subtraction, we used both the Mann–Whitney *U* test as a nonparametric test, and receiver-operating characteristic (ROC) analysis, to characterize the diagnostic accuracy of the candidate lectins at each stage of fibrosis: significant fibrosis (F2/F3/F4), severe fibrosis (F3/F4) and cirrhosis (F4) (**step 3**). As a result, we found that the diagnostic score of *Wisteria floribunda* agglutinin (WFA) was superior to the other 5 lectins at every fibrosis stage (**Fig. 2c and Supplementary Fig. 6**).

"Proof-of-concept" experiment for direct quantitation of the serum WFA-binding M2BP by sandwich immunoassay. We quantitatively analyzed the WFA-binding M2BPs (WFA^+-M2BP) in serum. Sera, pretreated as described in the **Methods**, were firstly subjected to affinity capture with 20 μl slurry of WFA-coated agarose gel. The eluted fraction was immunoprecipitated with a capturing antibody against M2BP and the product was analyzed by Western blot. The intensity of the "smearing-band" signal for WFA^+-M2BP gradually increased in proportion to the severity of liver fibrosis (**Supplementary Fig. 7**), as indicated by the red line shown in

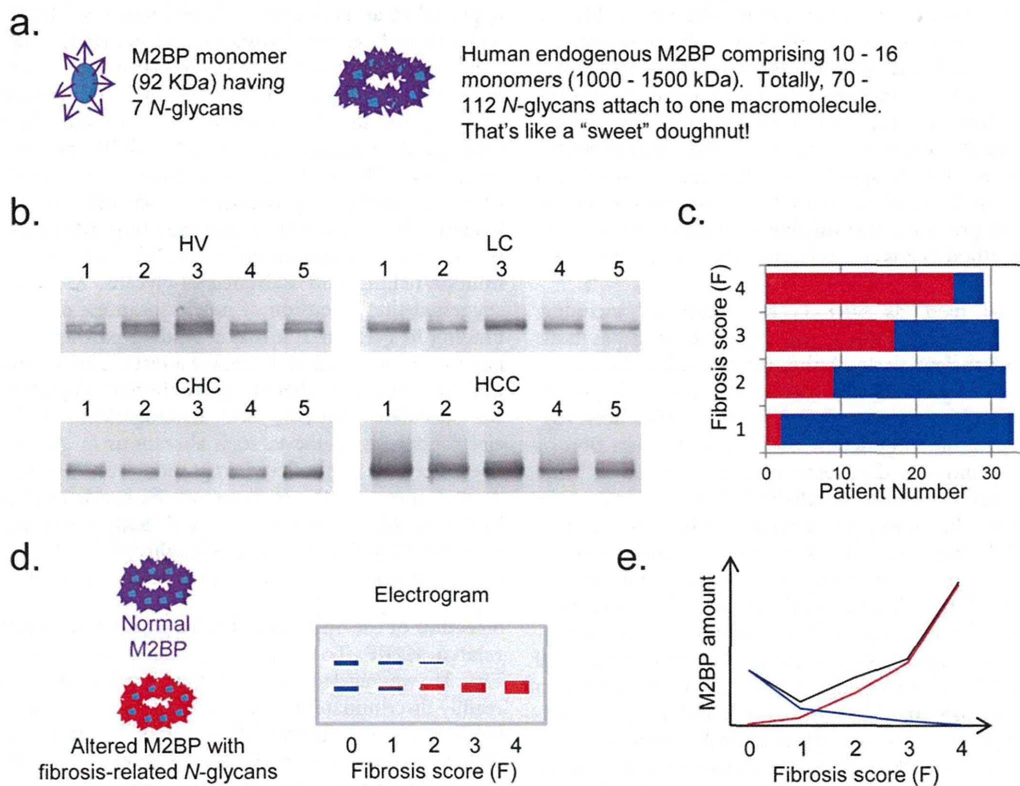
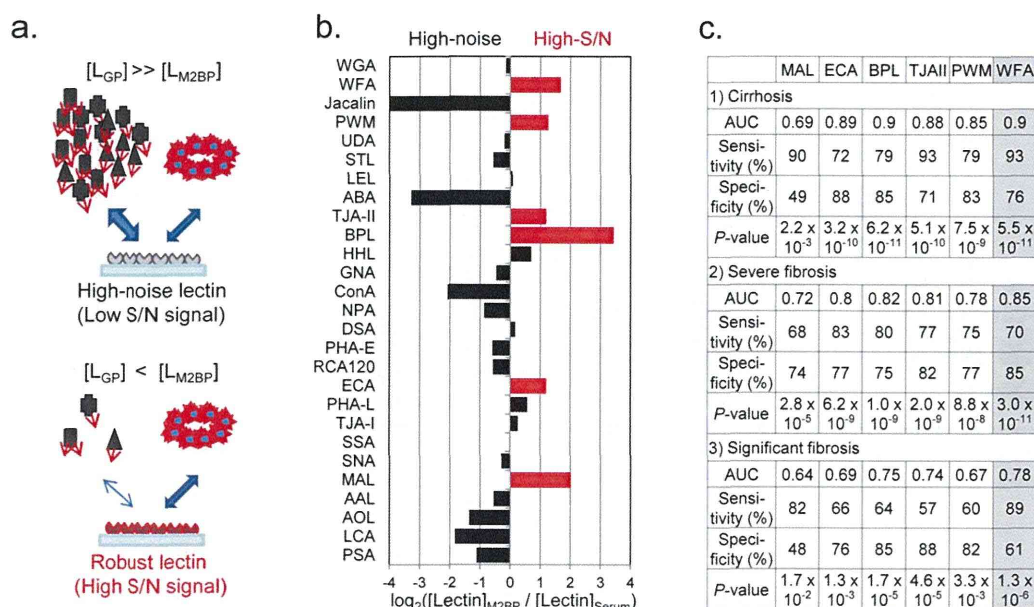


Figure 1 | Changes in the quality and quantity of human serum M2BP with progression of liver fibrosis. (a) The unique shape of human endogenous serum M2BP. The arrowheads and circles represent the *N*-glycan moieties and core protein respectively. (b) Western blot analysis: M2BPs in 2 μl of serum were purified by immunoprecipitation before SDS-PAGE. HV, healthy volunteer; CHC, patient with chronic hepatitis C; LC, HCV-infected patient with liver cirrhosis; and HCC, HCV-infected patient with hepatocellular carcinoma. (c) Number of patients with single (red) or double (blue) band appearance on the blot. The number of bands was determined visually by two independent analysts. The total number of HCV patients who participated in this study was 125 (F0–F1 [$n = 33$], F2 [$n = 32$], F3 [$n = 31$], and F4 [$n = 29$]). (d) Typical changes of serum M2BP band intensities in patients with different fibrosis scores and (e) concentrations based on a previous report on quantitation of serum M2BP by Cheung *et al*[23]. and our present results. The blue bands on the electrogram and blue line on the graph represent M2BPs secreted from normal liver. The red bands and line represent altered M2BP, the concentration of which is suggested to increase with the progression of fibrosis. The black line represents the total concentration of serum M2BP.

Fig. 1e. We next conducted a sandwich immunoassay with WFA and anti-M2BP antibody (see **Supplementary Fig. 3b**). WFA was immobilized on the surface of a 96-well microtiter plate through biotin–streptavidin interaction. We performed the first assay for the WFA-binding activity using recombinant human M2BP (rhM2BP). As a result, a linear regression analysis revealed a linear range of detection from 0.039 to 0.625 μg/ml (**Supplementary Fig. 8a**). Subsequently, we used culture supernatant of a hepatoblastoma cell line HepG2, which expresses WFA^+-M2BP, to illustrate the dose-dependency of the interaction of WFA with M2BP/HepG2. We also showed that heat treatment of the culture supernatant eliminated this binding activity (**Supplementary Fig. 8b**). Finally, we performed a sandwich immunoassay for direct measurement of WFA^+-M2BP in untreated serum samples, and the results correlated well with the quantitative assay using affinity capture and lectin microarray analysis (**Supplementary Fig. 7 and 9**).

FastLec-Hepa: a fully automated sandwich immunoassay for direct quantitation of serum WFA^+-M2BP. We adapted the WFA-antibody immunoassay to the HISCL-2000i bedside clinical chemistry analyzer[18]. We successfully adjusted every reaction condition during the automatic assay by HISCL, which is about a 17-min manipulation. Heat pretreatment of the serum was avoided to ensure both binding avidity and the fast association rate. Repeatability was assessed by performing 10 independent assays of three samples, and the coefficient of variation ranged between 2.1% and 2.5% (data not shown). Sensitivity was determined by triplicate assays of samples generated by 2-fold serial dilution of 50 μg/ml rhM2BP. The linear regression analysis identified a linear range of detection ($R^2 = 1.00$) from 0.025 to 12.5 μg/ml (**Fig. 3a**, a range of 0.025 to 1.6 μg/ml also shown in **Fig. 3b**). The resulting dynamic range was 25-fold that of the manual sandwich immunoassay described above. We next examined whether the HISCL measurements made on serum from HCV patients ($n = 125$) were consistent with lectin microarray analysis, and this comparison resulted in sufficient linearity with coefficient of determination, $R^2 = 0.848$ (**Fig. 3c**). Accordingly, we could perform automatic quantitation of serum WFA^+-M2BP in 180 patients in 1 hour and we have therefore named it FastLec-Hepa.

Validation of FastLec-Hepa. For a validation study, we obtained serum from CH patients at two locations: Nagoya City University Hospital and Hokkaido University Hospital (**Supplementary Fig. 10**). Staging of these patients ($n = 209$) by histological activity index (HAI) was conducted independently by two senior pathologists on ultrasonography-guided liver biopsy samples. F0–F1 was assigned in 82 cases (39.2%), F2 in 52 (24.9%), F3 in 40 (19.1%), and F4 (cirrhosis) in 35 (16.7%). Serum from healthy volunteers (with no history of any hepatitis virus infections) was obtained for analysis from two sites ($n = 48$ from National Institute of Advanced Industrial Science and Technology [AIST]: HV1; $n = 70$ from Nagoya City University: HV2). Their FastLec-Hepa counts



	MAL	ECA	BPL	TJAII	PWM	WFA
1) Cirrhosis						
AUC	0.69	0.89	0.9	0.88	0.85	0.9
Sensitivity (%)	90	72	79	93	79	93
Specificity (%)	49	88	85	71	83	76
P-value	2.2×10^{-3}	3.2×10^{-10}	6.2×10^{-11}	5.1×10^{-10}	7.5×10^{-9}	5.5×10^{-11}
2) Severe fibrosis						
AUC	0.72	0.8	0.82	0.81	0.78	0.85
Sensitivity (%)	68	83	80	77	75	70
Specificity (%)	74	77	75	82	77	85
P-value	2.8×10^{-5}	6.2×10^{-9}	1.0×10^{-9}	2.0×10^{-9}	8.8×10^{-8}	3.0×10^{-11}
3) Significant fibrosis						
AUC	0.64	0.69	0.75	0.74	0.67	0.78
Sensitivity (%)	82	66	64	57	60	89
Specificity (%)	48	76	85	88	82	61
P-value	1.7×10^{-2}	1.3×10^{-3}	1.7×10^{-5}	4.6×10^{-5}	3.3×10^{-3}	1.3×10^{-6}

Figure 2 | Selection of the optimal lectin for the lectin-antibody sandwich immunoassay. (a) The kinetics of lectins binding to serum glycoproteins. The M2BP-binding lectins are divided into two categories: high-noise lectins and high signal-to-noise (S/N) lectins. The high-noise lectins bind to both M2BPs and abundant serum glycoproteins, causing a strong suppression of the M2BP–lectin interaction (see *top panel*). On the other hand, the number of binding targets in serum for the high S/N lectins is negligible, resulting in the specific interaction with the target M2BP (see *lower panel*). (b) Classification of M2BP-binding lectins. The high S/N lectins are those detecting M2BPs with at least twice the signal intensity seen for other serum glycoproteins. The classification strategy is summarized in **Supplementary Fig. 4**. (c) Diagnostic performance of 6 candidate lectins. *P*-values were determined using the nonparametric Mann–Whitney *U* test (Excel 2007, Microsoft).

(**Supplementary Table 1**) are also plotted in a box-whisker diagram in **Supplementary Fig. 11** along with that from a separate group of 1,000 healthy volunteers (HV3). Based on the calibration curve ([FastLec-Hepa counts]/10^6 = 1.027 × [rhM2BP] + 0.006 in **Fig. 3a, b**), the 75th percentiles of HVs of 64,205–107,617 and the 25th percentile of LC of 1,327,596 patients (see also **Supplementary Fig. 11**), we estimate the concentration of WFA$^+$-M2BP to be approximately 0.09 μg/ml in the serum of HV patients and > 1.0 μg/ml in that of LC patients. This means that the linear range shown in **Fig. 3a** is sufficient for accurate quantitation of WFA$^+$-M2BP in all serum samples. The analyses showed a gradual increase with the progression of liver fibrosis, but it did not correlate with the grade of hepatic activity defined by HAI scoring (**Supplementary Fig. 12**).

Next, we made a statistical comparison of FastLec-Hepa with other simple tests for liver fibrosis: the direct fibrosis marker hyaluronic acid (HA), the indirect fibrosis index FIB-4[26] and the glycan-based fibrosis index LecT-Hepa[18,27]. We enrolled 160 patients (F0−F1 = 66, F2 = 41, F3 = 33 and F4 = 20) whose age, platelet count, AST, ALT and HA levels were readily available (**Supplementary Fig. 10** and **Supplementary Tables 1 and 2**). As shown in **Fig. 4a**, the results of all the tests correlated well with the stage of fibrosis ($P < 0.0001$). However, an ROC analysis concluded that FastLec-Hepa detected cirrhosis with the highest diagnostic accuracy (**Fig. 4b** and **Table 1**). Notably, FastLec-Hepa distinguished between F3 and F4 with 90% sensitivity, 85% specificity, and with an AUC of 0.91. These results were superior to LecT-Hepa (sensitivity:

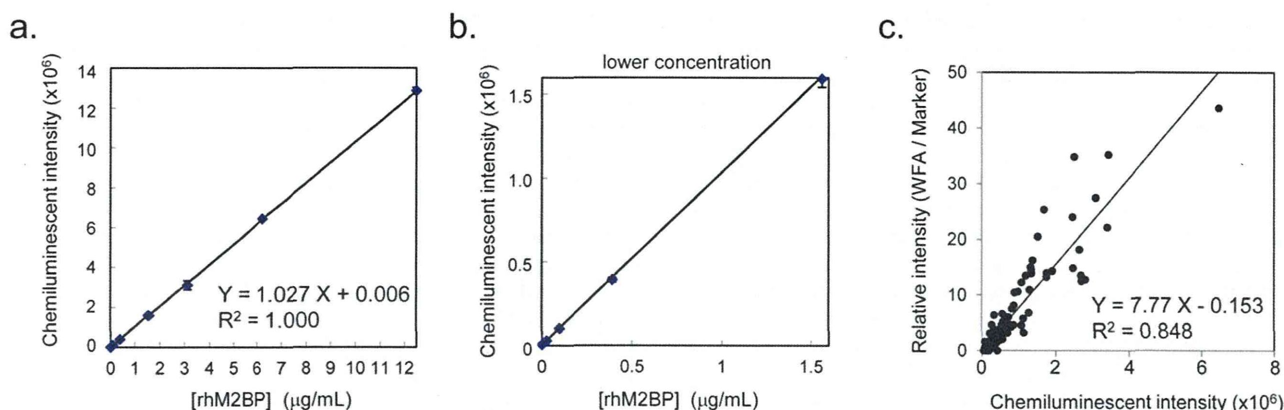


Figure 3 | Description of FastLec-Hepa, a fully automated WFA and anti-M2BP antibody sandwich immunoassay. (a) Standard curve for quantitation of WFA-binding rhM2BP. Plots for the lower concentration of rhM2BP are alternatively highlighted in (b). (c) Scatterplot comparison of WFA$^+$-M2BP data obtained from 125 different serum samples by both HISCL and a manual lectin microarray assay. The best-fit linear comparison with its correlation coefficient was calculated in Excel 2007 (Microsoft).