

**The diagnostic efficacy of APRI score, Forn's index,  
Goteborg University Cirrhosis Index (GUCI) and  
serum matrix metalloproteinase-1 (MMP-1) versus  
Fibroscan as non invasive markers of liver fibrosis  
in patients with chronic viral hepatitis**

Thesis

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# List of contents

	<i>page</i>
Introduction and aim of the work.....	1
Review of literature.....	4
• <i>Hepatic Fibrosis</i> .....	4
• <i>Non invasive markers of liver fibrosis</i> .....	71
• <i>Imaging tests in liver fibrosis</i> .....	129
Patients and methods.....	171
Results.....	188
Discussion.....	208
Summary.....	223
Conclusion.....	227
Recommendations.....	229
References.....	230
Arabic summary	

## **List of Tables and Curves**

*page*

1. **Table (A): The use of antifibrotic agents in different liver diseases.....65**
2. **Table (B): The correlation of direct serum markers with liver fibrosis and inflammation .....88**
3. **Table (C): sensitivity, specificity, PPV and NPV of an AST/ALT ratio and platelet count in the diagnosis of cirrhosis.....105**
4. **Table (D): showing relationship between multicomponent indirect serological markers of liver fibrosis.....121**
5. **Table (E): The available and evolving tests to diagnose hepatic fibrosis.....126**
6. **Table (1): A comparison between patients with mild, moderate and severe fibrosis as regards their sex.....188**
7. **Table (2): A comparison between patients with mild, moderate and severe fibrosis as regards the presence of hepatomegaly by abdominal ultrasonography.....189**
8. **Table (3): A comparison between patients with mild, moderate and severe fibrosis as regards age of the patients.....189**
9. **Table (4): A comparison between patients with mild, moderate and severe fibrosis as regards the duration of the disease (in months).....190**

## **List of Tables and Curves (Cont.)**

- 10. Table (5): A comparison between patients with mild, moderate and severe fibrosis as regards complete blood picture.....191**
- 11. Table (6): A comparison between patients with mild, moderate and severe fibrosis as regards liver function tests.....192**
- 12. Table (7): A comparison between patients with mild, moderate and severe fibrosis as regards the bleeding profile of the patients.....194**
- 13. Table (8): A comparison between patients with mild, moderate and severe fibrosis as regards the renal function tests.....195**
- 14. Table (9): A comparison between patients with mild, moderate and severe fibrosis as regards serum cholesterol level.....196**
- 15. Table (10): A comparison between patients with mild, moderate and severe fibrosis as regards the serum level of matrix metalloproteinase-1 (MMP-1).....197**
- 16. Table (11): A comparison between patients with mild, moderate and severe fibrosis as regards the AST platelet ratio index (APRI).....197**
- 17. Table (12): A comparison between patients with mild, moderate and severe fibrosis as regards the Forn's index.....198**

## **List of Tables and Curves (Cont.)**

- 18. Table (13): A comparison between patients with mild, moderate and severe fibrosis as regards the Goteborg University Cirrhosis Index (GUCI).....199**
- 19. Table (14): A comparison between patients with mild, moderate and severe fibrosis as regards the results of FibroScan.....199**
- 20. Table (15): A comparison between patients with mild, moderate and severe fibrosis as regards grading of hepatitis by Knodell score.....200**
- 21. Table (16): A comparison between patients with mild, moderate and severe fibrosis as regards the METAVIR staging of liver fibrosis (METAVIR F).....201**
- 22. Table (17): A comparison between patients with mild, moderate and severe fibrosis as regards the METAVIR grading of liver inflammation (METAVIR A).....201**
- 23. Table (18): A comparison between different variables as regards the significance in differentiation between patients with non severe fibrosis (stage 0,1,2,3,4) and those with severe fibrosis (stage 5 and 6).....202**
- 24. Receiver operating characteristic curve for detection of the best cut off value for different variables in prediction of severe fibrosis.....205**

## **List of Tables and Curves (Cont.)**

- 25. Table (19): A comparison between Area Under the Curve (AUC) and significance of different variables used in differentiating between severe and non severe liver fibrosis.....206**
- 26. A bar chart representing AUC of different variables used to differentiate between non severe and severe fibrosis.....206**

## **List of Figures**

	<i>page</i>
<b>1. Figure (1): Repertoire of activities of the activated myofibroblast-like HSC.....</b>	<b>13</b>
<b>2. Figure (2): Diagrammatic representation of the possible sources of liver myofibroblasts.....</b>	<b>18</b>
<b>3. Figure (3): Sinusoidal events in the development of liver fibrosis.....</b>	<b>26</b>
<b>4. Figure (4): Liver cirrhosis is an example of dynamic wound healing.....</b>	<b>49</b>
<b>5. Figure (5): The role of mesenchymal stem cell in treatment of liver fibrosis.....</b>	<b>70</b>
<b>6. Figure (6): Ribbon representation of the three-dimensional structure of human MMP-1.....</b>	<b>93</b>
<b>7. Figure (7): CT image obtained in 34-year-old woman from control group shows normal liver.....</b>	<b>142</b>
<b>8. Figure (8): CT image obtained in 42-year-old man with Child-Pugh class A liver cirrhosis shows hypertrophy of left lateral segment and caudate lobe .....</b>	<b>143</b>
<b>9. Figure (9): CT image obtained in 32-year-old man with Child-Pugh class B liver cirrhosis shows hypertrophy of left lateral segment.....</b>	<b>143</b>

## **List of Figures (Cont.)**

- 10. Figure (10): CT image obtained in 61-year-old man with Child-Pugh class C liver cirrhosis shows severe atrophy of whole liver.....144**
- 11. Figure (11): Measurement of liver stiffness using FibroScan.....155**
- 12. Figure (12): Interpretation of the results of FibroScan.....156**
- 13. Figure (13): The different cut off values of FibroScan measurement in prediction of oesophageal varices, Child classification, ascites, Hepatocellular carcinoma and variceal bleeding.....163**

## List of Abbreviations

1	<b>ECM</b>	<i>Extracellular Matrix</i>
2	<b>HSC</b>	<i>Hepatic stellate cell</i>
3	<b>MMP-1</b>	<i>Matrix metalloproteinase-1</i>
4	<b>TIMPs</b>	<i>Tissue inhibitors of metalloproteinases</i>
5	<b>TGF-<math>\beta</math></b>	<i>Transforming Growth Factor Beta</i>
6	<b>PDGF</b>	<i>Platelet derived growth factor</i>
7	<b>CTGF</b>	<i>Connective tissue growth factor</i>
8	<b>KCs</b>	<i>Kupffer cells</i>
9	<b>LPs</b>	<i>Lipopolysaccharides</i>
10	<b>TNF</b>	<i>Tumor necrosis factor</i>
11	<b>NK</b>	<i>Natural Killer cells</i>
12	<b>PPAR</b>	<i>Peroxisome Proliferator activated receptor</i>
13	<b>NASH</b>	<i>Non alcoholic steatohepatitis</i>
14	<b>tTG</b>	<i>Tissue transglutaminase</i>
15	<b>MFB</b>	<i>Myofibroblast</i>
16	<b>MSCs</b>	<i>Mesenchymal stem cells</i>
17	<b>HGF</b>	<i>Hepatocyte growth factor</i>
18	<b>HA</b>	<i>Hyaluronic acid</i>
19	<b>PIIINP</b>	<i>Procollagen III amino-terminal peptide</i>
20	<b>GGT</b>	<i>Gamma glutamyl transferase</i>
21	<b>FT</b>	<i>Fibrotest</i>
22	<b>ELFG</b>	<i>European liver fibrosis group</i>
23	<b>MRI</b>	<i>Magnetic resonance imaging</i>
24	<b>CT</b>	<i>Computed tomography</i>
25	<b>LV</b>	<i>Liver volume</i>
26	<b>ROC</b>	<i>Receiver operating characteristic</i>
27	<b>kPa</b>	<i>Kilopascal</i>
28	<b>AUR</b>	<i>Area under the curve</i>
29	<b>ULN</b>	<i>Upper limit of the normal range</i>
30	<b>BMI</b>	<i>Body mass index</i>

# **The diagnostic efficacy of APRI score, Forn's index, Goteborg University Cirrhosis Index (GUCI) and serum matrix metalloproteinase-1 (MMP-1) versus Fibroscan as non invasive markers of liver fibrosis in patients with chronic viral hepatitis**

## **Introduction:**

Chronic liver diseases are very common worldwide, particularly those linked to viral hepatitis. Their natural history is variable and long term evolution differs in individual patients. Optimized clinical management of compensated chronic liver diseases requires precise of the stage of fibrosis, the main determinant of prognosis and of most therapeutic decisions (*Sebastiani and Alberti, 2006*).

The assessment of liver fibrosis provides useful information not only for diagnosis but also for therapeutic decision. Although needle biopsy of the liver is the gold standard for fibrosis assessment, it has some technical limitations and risk. This has led to the development of non invasive biochemical markers of liver fibrosis (*Grigorescu, 2006*).

Many non invasive markers of liver fibrosis have been recently proposed and assessed as substitutes of liver biopsy. Direct markers are based on biochemical parameters directly linked to fibrogenesis while indirect markers use simple or more sophisticated parameters that correlate with liver fibrosis stages.

Non invasive markers of liver fibrosis have been tested in different forms of chronic liver disease and showed variable diagnostic performance. Better results were obtained when markers were combined. An ideal non invasive diagnostic marker for hepatic fibrosis should be simple, inexpensive and accurate (*Sim et al., 2005*).

The aspartate aminotransferase to platelet index (APRI) uses routine laboratory data to predict significant fibrosis and cirrhosis in patients who have chronic HCV infection and can exclude patients with and without significant fibrosis and cirrhosis (*Wai et al., 2003*)

The forn's index is based on platelet count, age, cholesterol level and gamma glutamyl transferase (*Forns et al., 2002*). This test is good at predicting only those patients who have minimal fibrosis (*Thabut et al., 2003*)

A simple index, the Goteborg University Cirrhosis Index (GUCI), consisting of the standard biochemical serum markers; AST, prothrombin, INR and platelet count can exclude cirrhosis in untreated patients with a high degree of accuracy (*Islam et al., 2005*)

Regulatory factors involved in the mechanism of liver fibrosis such as PDGF-BB, TGF- $\beta$ 1, interstitial enzyme, matrix metalloproteinase-1 (MMP-1) and its inhibitor (TIMP-1) have been studied extensively. To find out whether these factors or enzymes could be used as the indices for diagnosis of liver fibrosis. At the

same time, these markers were compared with liver biopsy results to identify their values in clinical practice (*Zhang et al., 2003*).

Advantages of Fibroscan are its excellent reproducibility and low inter-observer variability. Fibroscan also evaluates a greater volume of liver than is evaluated by liver biopsy; especially, Fibroscan measures liver stiffness of a volume of liver 100 times greater in size than liver biopsy and therefore is more representative of the entire hepatic parenchyma (*Ziol et al., 2005*)

#### **Aim of the work:**

The aim of this work is to evaluate the diagnostic efficacy of APRI score, Forn's index, Goteborg University Cirrhosis Index (GUCI) and serum matrix metalloproteinase-1 (MMP-1) in determining the stage of liver fibrosis in patients with chronic viral hepatitis and to compare their results with those of Fibroscan.

#### **Patients and methods:**

This study will be carried out on 40 patients with chronic viral hepatitis proved by liver biopsy collected from Internal Medicine Department, Ain Shams University Hospital.

**All participants in the study will be subjected to:**

1. Full history taking and full clinical examination.
2. Routine laboratory investigations: complete blood count, erythrocyte sedimentation rate, serum creatinine, serum aspartate aminotransferase (AST), serum alanine aminotransferase (ALT), total and direct bilirubin, alkaline phosphatase, fasting blood sugar, serum total proteins, serum albumin, serum cholesterol, prothrombin time, INR, gamma glutamyl transferase and serum matrix metalloproteinase-1 (MMP-1).
3. Abdominal ultrasonography.
4. Calculation of APRI score ;  $AST / \text{platelet count}$  .
5. Calculation of Forn's index ;  $7.811 - 3.131 X (\text{Platelet count}) + 0.781 X (\text{GGT}) + 3.467 X (\text{age}) - 0.014 X (\text{cholesterol})$ .
6. Calculation of Goteborg University Cirrhosis Index (GUCI) ;  $\text{normalized AST} X \text{ prothrombin} - \text{INR} X 100 / \text{platelet count} (x 10^9/l)$ .
7. Fibroscan for measurement of liver stiffness.
8. Liver biopsy with staging of liver fibrosis according to modified histological activity index (HAI).
9. Statistical analysis of the results.

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