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## Microbiota, renal disease and renal transplantation

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### Abstract

Aim of this frontier review has been to highlight the role of microbiota in healthy subjects and in patients affected by renal diseases with particular reference to renal transplantation. The microbiota has a relevant role in conditioning the healthy status and the diseases. In particular gut microbiota is essential in the metabolism of food and has a relevant role for its relationship with the immune system. The indigenous microbiota in patients with chronic renal failure is completely different than that of the healthy subjects and pathobionts appear. This abnormality in microbiota composition is called dysbiosis and may cause a rapid deterioration of the renal function both for activating the immune system and producing large quantity of uremic toxins. Similarly, after renal transplantation the microbiota changes with the appearance of pathobionts, principally in the first period because of the assumption of immunosuppressive drugs and antibiotics. These changes may deeply interfere with the graft outcome causing acute rejection, renal infections, diarrhea, and renal interstitial fibrosis. In addition, change in the microbiota may modify the metabolism of immunosuppressive drugs causing in some patients the need of modifying the immunosuppressant dosing. The restoration of the indigenous microbiota after transplantation is important, either to avoiding the complications that impair the normal renal graft, and because recent studies have documented the role of an indigenous microbiota in inducing tolerance towards the graft. The use of prebiotics, probiotics, smart bacteria and diet modification may restore the indigenous microbiota, but these studies are just at their beginning and more data are needed to draw definitive conclusions.

**Key Words:** Gut commensals; Microbioma; Microbiota; Renal disease; Renal transplantation; Transplant outcomes

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**Core Tip:** Recent studies on the microbiota have documented that a microbiota modification, related to the assumption of immunosuppressive drugs and of antibiotics, as happens in the first period after transplantation may modify the outcomes of the graft. Indeed, dysbiosis may cause acute rejections and reduce the possibility of a tolerance status. In addition, dysbiosis is often the cause of infections and renal fibrosis. Dysbiosis may also cause diarrhea that is a frequent and severe complication in the transplanted patient. Modification of dysbiosis is possible with an appropriate treatment, but studies on this topic are just at their beginning.

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## INTRODUCTION

The microbiota is defined as the micro-organisms that live in the human body without damaging it in healthy conditions. The most important and the best studied is the microbiota of the digestive system. In particular, the urinary microbiota has also been studied in studies concerning renal diseases and renal transplants.

In recent years the function of the microbiota, particularly the gut microbiota has been extensively examined and the relationship between the microbiota and diseases has been elucidated with particular reference to organs such as the kidney. In this frontier review, the definition of the microbiota and its variety will be provided, along with descriptions of its functions and relationship with the immune system. In addition, the relationship between an abnormal microbiota or pathobionts and renal diseases and renal transplantation has been documented in several studies<sup>[1-5]</sup>. The relationship between the microbiota and its alterations in patients with kidney disease will be elucidated with particular references to the relationship between the microbiota and renal transplantation.

## DEFINITIONS

The words microbiota and microbioma are often mutually used, but they have a different meaning.

The term microbiota refers to all the microorganisms inhabiting some specific niches as gut, skin, lungs and other organs and encompasses bacteria, viruses, fungi and archaea. In this review the term microbiota refers principally to bacteria even if in general it strictly refers also to other microorganisms. In a recent study the estimated total number of bacteria for a 70 kg man is approximately  $3.8 \times 10^{13}$  and is approximately of the same order of the number of human cells<sup>[6]</sup>. The gut microbiota is the most important community because of its quantity and its relationship with kidney disease. The gut microbiota is already present within the first few years of life, and its composition should remain stable in adults, where the dominant bacteria are Bacteroides, Firmicutes and Actinobacteria<sup>[7-9]</sup>. In the healthy subject the resident microbiota is also called indigenous microbiota. When the indigenous microbiota, due to genetic or environmental factors, cause inflammatory disorders or other diseases, is generally called pathobionts and this condition is called dysbiosis. Pathobionts should be distinguished from acquired infectious agents also called pathogens<sup>[10]</sup>. Due to the relevance of microbiota both in healthy status and diseases, several national and international scholars performed studies of gut microbiota, such as the Canadian Microbiome Initiative, The Human Meta Genome Consortium Japan, the My New Gut Project of the European Union and the International Human Microbiome Consortium<sup>[11-13]</sup>. The composition of the gut microbiota under standard conditions is shown in **Table 1**.

As mentioned above, the term microbioma has a different meaning than the microbiota and refers to all the microbiota genes and is approximately 150 times larger than the human genome<sup>[14,15]</sup>. In healthy subjects the gut microbioma is stable and

**Table 1** Distribution of normal gut flora in different parts of intestine

Intestine sections	Function	Normal flora
Stomach	Acid production, pepsin, amylase, CFU < 10 <sup>3</sup> /mL	<i>Lactobacillus</i> ; <i>Streptococcus</i> ; <i>Helicobacter pylori</i>
Small intestine: duodenum, jejunum	Pancreatic enzymes, bicarbonate ions, bile salts, CFU: 10 <sup>3</sup> -10 <sup>4</sup> /mL	<i>Lactobacilli</i> ; <i>Enterococci</i> ; <i>Streptococci</i> ; <i>Actinobacteria</i>
Small intestine: ileum	CFU: 10 <sup>3</sup> -10 <sup>9</sup> /mL	<i>Enterococcus</i> ; <i>Bacteroidetes</i> ; <i>Lactobacillus</i> ; <i>Clostridium</i> ; <i>Corynebacteria</i>
Large intestine: caecum, colon	Mucus and bicarbonate, CFU: 10 <sup>10</sup> -10 <sup>12</sup> /mL	<i>Bacteroidetes</i> ; <i>Clostridium</i> ; <i>Eubacterium</i> ; <i>Ruminococcus</i> ; <i>Streptococcus</i> ; <i>Enterococcus</i> ; <i>Lactobacillus</i> ; <i>Fusobacteria</i>

CFU: Colony forming units.

exerts important functions throughout the body as shown in Table 2.

## FUNCTIONS OF THE MICROBIOTA

### Metabolic functions

Dietary fibers produce energy when metabolized, but not all dietary fibers are metabolized by digestive enzymes<sup>[16]</sup>. The gut microbiota of the large intestine contains enzymes that are able to metabolize these fibers and recover additional energy<sup>[17,18]</sup>.

Undigested proteins are degraded into peptides, amino acids and other metabolites in the large intestine. Some of these metabolites are dangerous to the body and could cause diseases as colorectal cancers and kidney dysfunction<sup>[19]</sup>. The MEROPS database documented that the composition of the large intestine microbiota may contains different proteases responsible for inducing the production of different metabolites<sup>[20,21]</sup>. The gut microbiota also exerts important actions on lipids, bile salts and polyphenols.

### Structural functions

The structural integrity of the intestinal epithelium is essential to avoid a dangerous increase in permeability. The maintenance of structural integrity is essential for the microbiota. In normal conditions, cytokines produced in the gut may back diffuse in small quantities passing through the gut barrier. The barrier function of the tight junction in dysbiosis condition, may be weakened by several endotoxins of some pathogens as *Escherichia coli* (*E. coli*), *Clostridium difficile* and *Clostridium perfringens*. In this condition of dysbiosis, the diffusion of cytokines such as interleukin 4, interleukin 1 beta, tubular necrosis factor alpha and interferon gamma is increased<sup>[22-26]</sup>.

### Protective function

The gastrointestinal tract represents a bidirectional barrier between the gut microbiota and the gut immune system<sup>[27]</sup>. The barrier is composed of three layers: the mucus layer, the antimicrobial peptides (AMPs) and the IgA system.

Mucin glycoproteins secreted by goblet cells form a layer over the epithelia to restrict bacterial adhesion. This layer prevents the adherence of commensal microbiota to gut epithelial cells, limiting the bacterial adhesion<sup>[28]</sup>. A second layer is represented by AMPs secreted by epithelial cells. AMPs include  $\alpha$  and  $\beta$  defensins secreted by the epithelium and mediated by cytosolic nucleotide-binding oligomerization domain-containing protein 2<sup>[29,30]</sup>. C-type lectins activate Toll-like receptors to limit bacterial penetration through the gut barrier<sup>[31]</sup>.

The third layer is composed of the IgA system. Dendritic cells (DCs) located beneath the epithelial dome of Peyer's patches take up bacteria, migrate to mesenteric lymph nodes and induce B cells to differentiate into IgA plasma cells that secrete IgA<sup>[32,33]</sup>.

## THE MICROBIOTA AND THE IMMUNE SYSTEM

The indigenous microbiota, pathobionts and pathogens promote in the gut the generation of several Th cells among which Th1, Th2, Th17 and Treg. At mucosal sites this may also be due to the production of microbiota metabolites. In particular, the

**Table 2 Functional activities of normal gut flora**

Protective function	Metabolic function	Structural function
Nutrient competition; Barrier fortification; Innate and adaptive immunity activation; Antimicrobial compounds secretion	Vitamin and amino acid biosynthesis; Bile acid biotransformation; Dietary fiber fermentation; Short chain fatty acids production	Mucus layer properties; Crypt and villi development; Villi microvascularization; Tight junction regulation

Seven division of bacteria (*Firmicutes*, *Bacteroidetes*, *Proteobacteria*, *Fusobacteria*, *Verrucomicrobia*, *Actinobacteria*, *Cynobacteria*), 300-1000 species.

microbiota stimulate epithelial cells to the generation and accumulation of Treg by increase of TGF $\beta$ , stimulate macrophages to induce Th17 cells by increase of interleukin 1 beta, and through DNA methylation can induce proliferation of colonic Treg cells. Other actions on immune cells are due to microbiota metabolites as butyrate. Butyrate down regulates IL-10 production from neutrophils and generates an anti-inflammatory activity. Butyrate, down regulating IL-6 from macrophages, induces increased levels of histone acetylation. On the other hand, butyrate, by inhibition of histone deacetylase, inhibits the activation of NF- $\kappa$ B inducing a Th1 cell response<sup>[34,35]</sup>. The balance of Treg cells and the effector T cells in the intestinal mucosa is related to the ratio between the indigenous microbiota and the pathobionts. In particular the subset of Th1 and Th2 cells activation is characterized by the expression of proinflammatory cytokines including IFN $\gamma$ , IL4, IL5 and IL13, and IL23<sup>[22]</sup>. Th 17 cells are characterized by the synthesis of IL-17, which stimulates cells to express the proinflammatory cytokines as IL-6, IL-8, and IL-22<sup>[36,37]</sup>.

The indigenous microbiota plays a fundamental role in the induction, education and function of the immune system (Figure 1).

The microbiota composition may be modified by several conditions, among which the use of antibiotics, immunosuppressants or diet alterations. In such conditions pathobionts appear and modify the immune system and promote the development of inflammatory diseases<sup>[38]</sup>.

Microbiota-derived Toll-like receptors and NOD ligands and metabolites [such as short-chain fatty acids (SCFAs) and aryl hydrocarbon receptors] may act on local gut cells but also penetrate beyond the mucosa to tune immune cells in peripheral tissues<sup>[39]</sup>.

SCFAs promote DC precursor activation and release into the bloodstream. Microbiota-derived NOD1 Ligands induce mesenchymal cells to produce hematopoietic growth factors as IL7, stem cell factor (SCF), thrombopoietin, recombinant human flt3-Ligand, IL6<sup>[40-42]</sup>.

In addition, microbiota-derived riboflavin metabolites promote the development of mucosal-associated invariant T cells<sup>[43]</sup>, and commensal bacterial-induced cytokines IL1 $\beta$  and IL23 promote IL17A production from gamma delta T cells<sup>[44,45]</sup>.

Finally, commensal bacterial colonization promotes effector and regulatory T cell responses.

Clostridia colonization promotes retinoic acid receptor-related orphan nuclear receptor gamma (ROR $\gamma$ t)<sup>[46]</sup>, and Foxp3<sup>+</sup> Treg cell accumulation, which in turn limits colonic Th2 and Th17 cell responses.

Foxp3<sup>+</sup> Tregs cells localize in Peyer's patches and promote B class switching and the production of IgA, which fosters a different microbiota and ensures commensal bacteria compartmentalization from the intestinal epithelium<sup>[47]</sup>.

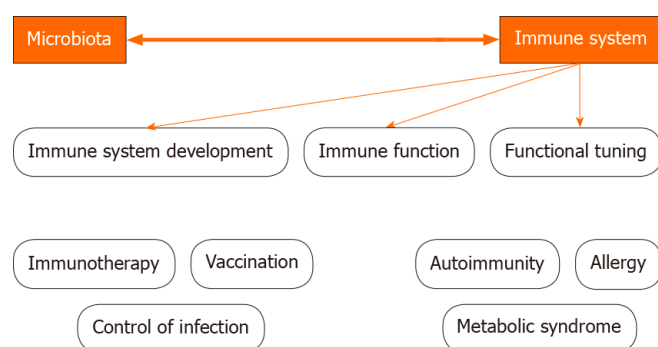
Under healthy conditions, a balance between antigenic stimuli exists due to the microbiota and the immune response.

However, an aggressive immune response due to the appearance of pathobionts or pathogens in some subjects may cause inflammatory diseases, and a weak response may cause the overgrowth and diffusion of the pathobionts themselves.

Commensal bacteria induce CD4<sup>+</sup> cells to differentiate into 4 main subtypes: Th1, Th2, Th17 and Treg. The indigenous microbiota contributes to normalizing the ratio of these subtypes.

Additionally, IgA production contributes to controlling excessive microbiota growth and limiting the growth of pathobionts.

In healthy conditions, segmental filamentous bacteria induce the growth and differentiation of Th17 and Th1 cells<sup>[48]</sup>. In animal studies has been documented that this is impaired in animals treated with antibiotics while is normal in germ free conditions. Still in the animals, in healthy conditions, Clostridia promote the accumulation of Tregs and production of IL10, which exerts anti-inflammatory effects<sup>[49]</sup>.



**Figure 1** Role of microbiota in the induction, education and function of the immune system.

*Bacterioides fragilis* also contributes to maintaining a correct equilibrium between the microbiota and immune system by producing of polysaccharide A and inducing the production of IL10 and Tregs<sup>[50]</sup>.

When the microbiota loses its richness and its correct composition, pathobionts appear and dysbiosis occurs. This change may lead to diseases and kidneys and kidney grafts are among the main targets.

## THE INTESTINAL MICROBIOTA AND THE KIDNEY

Communication between the gut and kidney occurs either by the activation of the immune system and by microbiota-derived metabolites.

Several studies have documented that the activation of Th17 cells in the gut by the microbiota leads to activation of Th17 cells in the kidney<sup>[51]</sup>. Chemokine ligand 20/C-C<sup>[52]</sup> recruits Th17 cells to the kidney.

In animals, the addition of antibiotics reduces Th17 levels and renal damage<sup>[53]</sup>. The crucial role of Th17 cells in inducing tissue injury is also evidenced by the high levels of Th17 cells in humans with auto-immune kidney diseases and in glomerulonephritis<sup>[54]</sup>.

This phenomenon is bidirectional because acute kidney injury (AKI) determines intestinal dysbiosis and T helper Th17 cells, neutrophils and M1 macrophages mediate intestinal inflammation, as well as leaky gut with bacterial translocation. On the other hand, dysbiotic microbiota may exert an adverse effect on kidney injury and the depletion of the pathobionts may mitigate kidney injury<sup>[55]</sup>.

Microbiota-derived metabolites may affect kidney and other organ functions. Indeed, the microbiota may interact with a large number of vital functions in the health body *via* several metabolites. The targets are host metabolism and immunity as well as cardiovascular and brain functions. Additionally, the microbiota metabolism utilizes enzymes not encoded by the human genome and generates biological products relevant to the host's health as bile acids, choline, vitamins and SCFAs<sup>[56]</sup>.

SCFAs are among the most relevant metabolites produced by microbiota<sup>[57]</sup>.

SCFAs activate G protein-coupled receptors (GPR) including GPR41, GPR43 and GPR109A.

The binding of SCFAs to their receptors exerts beneficial effects on the kidney. Indeed, this signaling pathway regulates energy homeostasis<sup>[58]</sup>, stimulates glucagon-like peptide 1 secretion<sup>[59]</sup>, and inhibits the progression of atherosclerosis in mice<sup>[60]</sup>. The binding of SCFAs to another receptor, Olfr78 exerts beneficial effects on blood pressure<sup>[61]</sup>. These and other data support a beneficial effect of SCFAs on kidney injury (Figure 2).

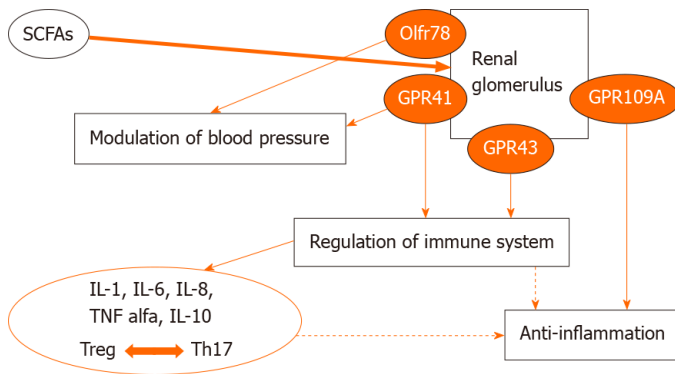
In addition, SCFAs also regulate cytokine expression in T cells and the generation of Tregs through histone deacetylase inhibition.

Overall, SCFAs exert a beneficial effect on AKI by reducing the production of cytokines and chemokines such as IL1 $\beta$ , IL6, TNF $\alpha$  and monocyte chemoattractant protein 1<sup>[62]</sup>.

In addition, SCFAs have also extraintestinal actions controlling appetite regulation, glucose and lipid metabolism. This is due to the fact that the above mentioned receptors have also been found in cells as adipocytes, neurons and immune and vascular cells<sup>[63]</sup>.

Equol, produced by certain microbiota subtypes has several beneficial effects,





**Figure 2 Short-chain fatty acids and the receptors in the kidney.** Olf78: Olfactory receptor 78; GPR41: G protein receptor 41; GPR43: G protein receptor 43; GPR109A: G protein receptor 109A; SCFA: Short chain fatty acid.

including antiapoptosis, antioxidation, and anti-atherosclerosis, the production of nitric oxide in endothelial cells, antiproliferation and/or migration, and promotion of vascular smooth cells relaxation<sup>[64]</sup>.

On the contrary, negative effects on vascularization are exerted by metabolites as indoxylsulfate and trimethylamine N oxide (TMAO).

Indoxylsulfate produced by pathobionts as *E. coli* has deleterious effect on the vascular system. Indoxylsulfate induces apoptosis, senescence, prothrombotic events, proliferation and/or migration and modulation of vascular tone in vascular smooth muscle cells. Similar negative vascular effects are exerted by TMAO.

TMAO is a product of gut bacterial metabolism of choline. Differently from SFCAs it promotes renal interstitial fibrosis<sup>[65]</sup>.

The different effects of these metabolites are shown in Figure 3.

The gut microbiota may also produce uremic toxins that, in the case of dysbiosis, may be produced in high quantities and may damage the kidney<sup>[66]</sup>.

The quorum sensing signals (QS) may be produced either by pathobionts or by indigenous microbiota. Indeed, QS may be divided into two types. Those produced by GRAM<sup>+</sup> bacteria such as *Pseudomonas aeruginosa* have negative immune-related processes such as IκK phosphorylation, and activation of mitogen activated protein kinase (MAPK) pathways. These induce NF-κB signaling and chemotaxis. As a result they increase inflammatory genes expression. Differently, the QS signals induced by *Bacillus subtilis*, have beneficial effects through the induction of p38 MAPK on protein kinase B<sup>[57]</sup>.

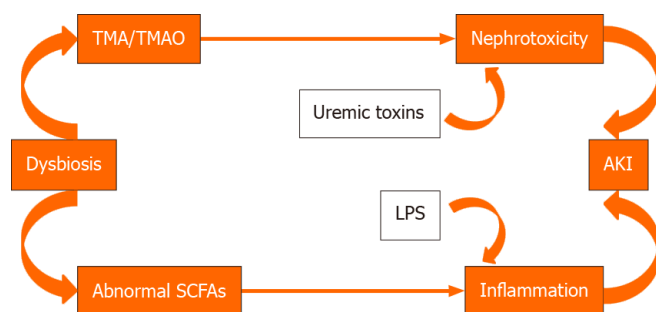
Dysbiosis may facilitate AKI either by modifying the SCFAs composition or generating higher quantities of TMAO and uremic toxins. This modification may facilitate the transition from AKI to chronic renal disease (CKD). Indeed, a cross-talk between the intestinal microbiota and the kidney has been observed. During experimental AKI, gut pathobionts may modify immune cells and other pathophysiological mediators to alter the course of AKI. AKI may in turn modify the gut bacterial composition<sup>[67,68]</sup>. This topic has been extensively studied by Vaziri *et al.*<sup>[68]</sup> who observed substantial differences in the gut microbiota composition between patients with end stage renal disease and control patients.

This result has been confirmed by Cigarran Guldreis *et al.*<sup>[69]</sup>, who substantially found dysbiosis in patients affected by end stage renal disease, due to the presence of pathobionts. Pathobionts modify protein absorption, reduce the utilization of alimentary fibers and are frequently associated with the use of antibiotics<sup>[70,71]</sup>.

In summary, in the healthy subject the indigenous microbiota provides benefits to our health. Indigenous microbiota affects the host by production of metabolites and gut neuropeptides. By sending the informations about the state of inner organs to the brain, they control many important functions as mood, immune response, digestion and heart rate. By this way a bidimensional communication between the gut, its microbioma and the nervous and neuroendocrine systems is established<sup>[72]</sup>.

## THE MICROBIOTA AND RENAL TRANSPLANTATION

Different factors, including immunosuppressant and antibiotic therapy, lifestyle and diet, may alter the microbiota and lead to generation of pathobionts and dysbiosis.



**Figure 3 Dysbiosis during acute kidney injury.** TMA: Trimethylamine; TMAO: Trimethylamine N oxide; AKI: Acute kidney injury; SCFA: Short chain fatty acid; LPS: Lipopolysaccharide.

Dysbiosis disrupts the gut epithelial barrier, induces a loss of barrier integrity and leads to pathogen overgrowth. The leaky gut and increased permeability facilitate the translocation of bacteria and their components into the inner environment. In this dysbiosis situation, the proinflammatory response triggers the elimination of pathogens by intestinal epithelial cells (IL-1, IL-6 and IL-18 secretion), DCs and macrophages that induce the development of the effector CDE4+ cells, Th1 and Th17. Innate immune responses lead to a systemic and allograft inflammation. Moreover, dysbiosis decreases the number of regulatory T cells and increases the number of effector T cells that activate innate immunity. On the other hand, in the colon and liver, dysbiotic gut-derived uremic toxins are further metabolized to TMAO. The accumulation of p-cresyl sulfate in the kidney generates reactive oxygen species that lead to the production of inflammatory cytokines and profibrotic factors. In addition, indoxylsulfate induces inflammation and nephrotoxicity<sup>[73-77]</sup>.

### Characteristics of the microbiota after renal transplantation

Renal transplant patients, in addition to receiving relevant immunosuppressive therapy in the first period after transplantation, receive several antibiotic treatments as a prophylactic measure to avoid infections.

All these drugs extensively modify the human microbiota, principally at the gut and urinary tract levels. Historically, since the initiation of renal transplantation, when very high doses of cyclosporine A were used, gingival overgrowth was observed as an important side effect. This change was related to modifications of the oral microbiota and generation of pathobionts<sup>[78]</sup>.

In a pilot study, Lee *et al*<sup>[79]</sup>, performed polymerase chain reaction in samples from 26 kidney transplant recipients and documented a change in the microbiota between the pre- and posttransplant periods. The results are shown in Table 3.

Firmicutes were the most abundant bacteria detected pre- and posttransplantation, but their quantity posttransplantation was lower than in healthy subjects<sup>[80]</sup>. The same study reported posttransplantation an increase in the abundance of Bacteroides that included infective pathogens such as *E. coli* and *Klebsiella pneumoniae*<sup>[81]</sup>.

Overall, the study by Lee and colleagues documented a dysbiosis that was later confirmed by other studies. A recent review from Xiao *et al*<sup>[82]</sup> on microbiota modifications in response to solid organ transplantation highlighted an increase in the abundance of pathogenic Proteobacteria, which might represent the cause of infectious diseases occurring after transplantation.

These data were confirmed by a recent study by Swarte *et al*<sup>[83]</sup> that confirmed a reduction in the abundance of Firmicutes with variability among the species. The most significant reduction was observed for *Streptococcus thermophilus* and *Blautia wexlerae*.

Overall these authors observed an increase in the abundance of Proteobacteria (*E. coli*) and a decrease in the abundance of Actinobacteria posttransplantation. The increase in Proteobacteria has already been proposed as a marker of dysbiosis<sup>[84]</sup>. Additionally, the same study observed a reduction in SFCAs producing bacteria after transplantation. In particular, reductions in the abundance of *Eubacterium rectale*, *Coprococcus* and *Roseburia* were observed. All these bacteria produce SCFAs<sup>[85]</sup> that exert beneficial effects on the kidney and increase the number of Tregs, reducing systemic inflammation<sup>[86,87]</sup>. The use of proton pump inhibitors, of MMF and aging were the prevalent determinants of this form of dysbiosis<sup>[88,89]</sup>.

Another study<sup>[90]</sup> analyzed the gut microbiota in 142 kidney transplant recipients. The authors detected potential pathogens, such as *Clostridium difficile* and *E. coli* in 30% of patients. These pathogens were not associated with diarrhea, as expected.



**Table 3 Alterations in the gut microbiota following kidney transplantation according phylum and order**

Phylum	Pre Tx cohort	Post Tx cohort
<i>Firmicutes</i>	91.8%	87.7%
<i>Actinobacteria</i>	2.0%	7.6%
<i>Proteobacteria</i>	0.9%	4.1%
<i>Bacteroidetes</i>	2.8%	0.6%
Order		
<i>Clostridiales</i>	64.8%	64.3%
<i>Lactobacillales</i>	19.1%	12.0%
<i>Erysipelotrichales</i>	5.6%	10.2%
<i>Bifidobacteriales</i>	1.6%	6.6%
<i>Enterobacteriales</i>	0.4%	3.9%
<i>Bacteroidales</i>	2.8%	0.6%

A different study<sup>[91]</sup> observed that major changes in the microbioma occur in the first month after transplantation, with substantial differences among patients. The authors concluded that longitudinal analyses should be performed to provide more information.

In conclusion, dysbiosis after renal transplantation is related to an imbalance between the indigenous microbiota and the pathobionts. This imbalance is related principally to the need for immunosuppressant and prophylactic and therapeutic antimicrobial agents<sup>[92]</sup>.

The metabolic and clinical consequences of dysbiosis are represented by a higher incidence of acute rejections, acute infections, interstitial fibrosis, posttransplant diarrhea, reduced production of protective agents such as SCFAs by the gut microbiota, and modification of immunosuppressant levels in the blood.

### **Dysbiosis and acute rejection**

Several experimental studies conducted in animals have documented an effect of the gut microbiota on immune responses that lead to transplant rejection<sup>[93]</sup>.

Few studies have been conducted in the humans on this topic.

In the aforementioned study by Lee *et al*<sup>[79]</sup>, the differences in the fecal bacteria composition of patients with and without rejection are shown in Table 4.

In one recent study<sup>[84]</sup>, the microbiota was evaluated pre- and posttransplant in 60 patients who received a renal transplant.

Samples from urine, oral swabs, rectal swabs and blood were evaluated for up to 6 mo after transplantation.

In the study, the most relevant changes in the microbiota principally verified in the first month after transplant, when the immunosuppressive treatment was heavier because of the induction therapy. Further modifications in the microbiota were verified in the first six months after transplantation. In urine samples and in oral swab samples, changes were verified principally in the phylum *Proteobacteria*. In the rectal swab samples, *Firmicutes* were the bacteria whose composition changed more frequently.

Significant changes in *Leptotrichia*, *Neisseria* and *Actinobacteria* were observed in five patients who experienced acute rejection. Four patients experienced late acute rejection and displayed significant changes in *Anaerotruncus*, *Coprobacillus* and *Coprococcus*.

### **Dysbiosis and infections**

The same authors of the study on acute rejection<sup>[94]</sup> documented that similar changes in the microbiota were also associated with a higher incidence of urinary tract infections.

In particular, in four patients with posttransplant infections, the abundance of the genus *Anaerotruncus* of *Firmicutes* was markedly decreased compared to the other patients.

Several factors may cooperate with dysbiosis to generate infections, as shown in Table 5. This higher incidence of both urinary and gastrointestinal infections was also reported in the aforementioned studies by Lee *et al*<sup>[79]</sup> and Chan *et al*<sup>[95]</sup>.

In a recent study<sup>[96]</sup>, a transplant patient with recurrent urinary infections recovered

**Table 4 Microbial composition of fecal specimens from patients with or without acute rejection, by Phylum and Order**

Phylum	No AR cohort	AR cohort	P value
<i>Firmicutes</i>	91.4%	76.6%	0.40
<i>Actinobacteria</i>	3.7%	8.2%	0.60
<i>Proteobacteria</i>	1.3%	15.2%	0.33
<i>Bacteroidetes</i>	3.1%	0.02%	0.03
Order			
<i>Clostridiales</i>	63.1%	16.9%	0.01
<i>Lactobacillales</i>	12.7%	49.9%	0.04
<i>Erysipelotrichales</i>	13.3%	9.2%	0.32
<i>Bifidobacteriales</i>	3.1%	7.9%	0.44
<i>Enterobacteriales</i>	1.0%	14.7%	0.17
<i>Bacteroidales</i>	3.1%	0.02%	0.03

AR: Acute rejection.

**Table 5 Potential transplant associated factors that may lead to changes in the gastrointestinal microbiota and cause infections**

Risk factors	Microbiota changes	Consequences	Interventions
Dietary patterns	Increase in bacteria translocation	Gastrointestinal upset <i>e.g.</i> , diarrhea	Diet
Changes to colonic and bowel transit time	Increase in metabolic endotoxemia	Urinary tract infections	Prebiotics
Immunosuppression	Increase in gut-derived microbial toxin formation	Other infections not yet explored	Probiotics
Antibiotics			Synbiotics
Lifestyle (sedentary, smoking, alcohol)			

after fecal microbiota transplantation (FMT), which induced a marked decrease in the abundance of *E. coli* in the urinary microbiota.

In conclusion, according to these studies, some microbial species may exert a protective effect on the mucosal surface under normal conditions, and when the microbiota changes, pathobionts and aggressive phenotypes appear to induce renal dysfunction.

### **Dysbiosis and interstitial fibrosis**

The hypothesis that urinary dysbiosis is principally responsible for the development of interstitial fibrosis of the graft was based on the findings that patients affected by interstitial fibrosis/tubular atrophy (IF/TA) had abnormalities in the urinary microbiota with appearance of pathobionts and, consequently, in the immune response. Two studies, conducted in humans<sup>[97,98]</sup> detected antibodies directed against *E. coli* LPS, a powerful activator of the immune system *via* TLR4 receptor in the biopsies of patients affected by IF/TA.

In a recent study of transplant patients, Modena *et al*<sup>[99]</sup> collected urine samples from 25 patients at two time points after kidney transplantation (approximately 1 mo and 6 mo after transplantation). All these patients demonstrated developed IF/TA in surveillance biopsies collected 6 mo after transplantation.

These samples were compared with 23 patients with normal surveillance biopsies and stable renal function at 6 mo after transplantation.

At six months after transplantation, patients affected by IF/TA displayed decreased abundances in the *Lactobacillus* and *Streptococcus* genera along with an increase in the abundance of no dominant species.

The authors concluded that the urinary microbiota, modified posttransplantation, may contribute to IF/TA development by altering the host immune response.

IF/TA is associated with a loss of the indigenous dominant resident urinary microbiota and an increase in the abundance of pathobionts or nonresident, pathogenic bacteria.

The phenomenon of IF/TA may be mediated by myofibroblasts, as has already been documented in the gut, where gut dysbiosis potentially leads to intestinal fibrosis<sup>[100]</sup>. Myofibroblasts may be derived from transdifferentiation processes such as the epithelial to mesenchymal transition or endothelial to mesenchymal transition. These processes may be induced and aggravated by modifications in the indigenous microbiota.

In conclusion, myofibroblasts may play a relevant role in inducing IF/TA either at the gut or renal level, and the indigenous microbiota might have regulatory and protective functions under normal conditions.

### **Dysbiosis and diarrhea**

Diarrhea represents a severe complication after kidney transplantation, affecting approximately 20% of patients<sup>[101]</sup>, and it represents an important cause of graft loss and death<sup>[102]</sup>. However, its etiology is still being discussed, and a clear diagnosis not available for approximately 85% of transplanted patients affected by diarrhea. With the exception of the few cases that are ascribed to a specific infection and the presence of pathogens, the diarrhea etiology is often ascribed to the use of immuno-suppressants, in particular MMF. However, a reduction in the MMF dose is dangerous and may lead to an increased risk of allograft rejection<sup>[103]</sup>.

In the pilot study by Lee *et al.*<sup>[79]</sup>, the authors observed a reduction in the commensal indigenous microbiota, such as *Ruminococcus*, *Dorea* and *Coprococcus*, in 26 renal transplant patients affected by diarrhea. In addition, they did not detect pathogens such as *Clostridium difficile* or norovirus in fecal specimens. These findings prompted the hypothesis that in the majority of patients, gut dysbiosis rather than the presence of pathogens may represent an important cause of posttransplant diarrhea. In a recent study by Lee *et al.*<sup>[104]</sup>, fecal specimens from 25 patients presenting diarrhea in the first three months after transplantation were compared with 46 patients who did not develop diarrhea. In the diarrhea group, the abundance of the genera *Eubacterium*, *Anaerostipes*, *Coprococcus*, *Romboutsia*, *Ruminococcus*, *Dorea*, and *Faecalibacterium* were significantly decreased, while the abundance of the genera *Lachnospiraceae*, *Escherichia* and *Enterococcus* were significantly increased. Table 6 provides a detailed description of the data. Many of the bacteria that were present at lower abundance in the diarrhea group belong to the *Lachnospiraceae* and *Ruminococcaceae* families<sup>[105]</sup> and contribute to metabolic functions essential for gut health<sup>[106]</sup>. Utilizing the Phylogenetic Investigation of Communities by Reconstruction of Unobserved States Analysis<sup>[107]</sup>, 9 metabolism-related pathways were decreased in the diarrhea group. The decrease in the abundance of these indigenous microbiota bacteria in the subjects affected by diarrhea contributes to the development of an abnormal metabolic status, which might lead to diarrhea.

Interestingly, a similar decrease in the abundance of protective bacteria was also observed in nontransplant patients affected by diarrhea<sup>[108]</sup>.

Notably, the specimens from transplanted patients with diarrhea were negative for known bacterial and protozoan pathogens that cause diarrhea.

Finally, two transplanted patients affected by persistent diarrhea underwent FMT from allogeneic donors. Diarrhea resolved in the first month after FMT, and the abundances of 13 protective bacteria taxa increased with a simultaneous decrease in the abundances of the 3 identified pathobionts or pathogenic bacterial taxa<sup>[96,108]</sup>.

### **Short Chain Fatty Acids and other metabolites in renal transplantation**

SCFAs are produced in the gut by the indigenous microbiota and have a trophic action on the gut epithelium. In addition, these substances exert an anti-inflammatory effect on the whole body and regulate immune cells.

Ninety-five percent of SCFAs are represented by acetic acid, propionic acid, butyric acid and valeric acid, all of which are derived from saccharolytic fermentation. Under normal conditions with a microbiota producing normal quantities of SCFAs, several beneficial effects have been documented after transplantation both in animals and in humans.

In humans, SCFAs increase the expression of antimicrobial peptides secreted to the external surface by epithelial cells<sup>[109]</sup>. Studies *in vitro* or in animals documented that SCFAs modulate the production of immune mediators, including IL-18 and other cytokines and chemokines<sup>[110]</sup>, regulate the differentiation, recruitment and activation of immune cells, including neutrophils<sup>[111]</sup>, DCs, macrophages<sup>[112]</sup> and T lymphocytes<sup>[113]</sup>.

Finally, Wu *et al.*<sup>[114]</sup> documented, in a murine kidney transplantation model, that SCFAs are able to induce donor-specific tolerance by inducing the production of T regulatory cells<sup>[114]</sup>.

**Table 6** Most significant genus level composition in the fecal specimens from the diarrhea group and the no diarrhea group

Bacterial Taxonomy Genus	Median relative abundance in the diarrhea group	Median relative abundance in the no diarrhea group	P value
<i>Eubacterium</i>	0.002	0.017	1.5E-09
<i>Anaerostipes</i>	0.000	0.005	2.7E-08
<i>Coprococcus</i>	0.000	0.004	3.0E-08
<i>Romboutsia</i>	0.000	0.014	4.2E-06
<i>Ruminococcus</i>	0.007	0.025	8.3E-06
<i>Dorea</i>	0.000	0.007	3.4E-05
<i>Enterococcus</i>	0.002	0.000	1.3E-04
<i>Faecalibacterium</i>	0.000	0.019	1.4E-04
<i>Fusicatenibacter</i>	0.000	0.006	0.001
<i>Oscillibacter</i>	0.001	0.008	0.001
<i>Ruminiclostridium</i>	0.005	0.021	0.002

Andrade-Oliveira *et al*<sup>[115]</sup> evaluated the effect of SFCAs on a mouse model of ischemia-reperfusion<sup>[115]</sup>.

In the animals, the treatment with SCFAs improved renal function after ischemia-reperfusion injury, reduced the apoptosis, inhibited NFkB activation and nitric oxide production and reactive oxygen species production. All these actions of SCFAs are summarized in Table 7.

In mice, SCFAs decrease the activation of bone marrow-derived DCs and inhibit their function as antigen presenting cells<sup>[115]</sup>.

In conclusion, the authors showed that SFCA supplementation reduces inflammation in their model and improves ischemia-reperfusion injury.

To our knowledge, few studies have been conducted in humans. A recent study by Lee *et al*<sup>[116]</sup> studied 168 kidney transplant recipients and divided the patients according to whether they had higher levels of butyrate-producing bacteria (BPG) or low levels of BPG. The posttransplant administration of antibiotics was associated with a decrease in BPG levels. These patients have a higher incidence of respiratory tract infections.

For the first time, the clinically beneficial effects of higher butyrate levels and posttransplant-induced dysbiosis were documented in transplanted men and may induce higher infection rates.

Similarly, in another study on transplanted humans, 51 renal transplanted recipients have been followed up to 12 mo after transplantation to study the serum levels of uremic toxins as p cresyl sulfate, p cresyl glucuronide, indoxyl sulfate, TMAO and phenylacetylglutamine. The results were compared with CKD control patients with similar renal function. The study documented that after transplantation the colonic microbiota derived uremic retention solutes decreases. As the urinary excretion is lower in transplanted patients, this fact suggests an independent effect after transplantation on intestinal uptake and a different colonic microbial metabolism and absorption<sup>[117]</sup>.

### The microbiota and tolerance

The aforementioned hypothesis that gut microbioma metabolites such as SCFAs could induce donor-specific tolerance through the induction of regulatory T cell differentiations<sup>[114]</sup>, introduces the chapter on the relationship between microbiota and tolerance.

This relationship is well known in the development of immune tolerance in children. Indeed, in the first 1000 d of life, the early exposure of food allergens to indigenous intestinal microbiota induces tolerance through activation of Tregs and subsequent production of TGFβ and IL-10<sup>[118]</sup>.

In a recent study, Colas *et al*<sup>[119]</sup> examined the urinary microbiota of 86 renal transplant patients. Patients were divided into 3 groups: Normally immunosuppressed with stable renal function, minimally immunosuppressed, and spontaneously tolerant patients. Differences in microbiota profiles were observed, and a unique and specific urinary microbiota was detected in patients with spontaneous

**Table 7 Actions of short-chain fatty acids on a model of ischemia reperfusion syndrome**

Actions
SCFAs improve renal function
SCFAs decrease apoptosis and increase tubular proliferating cells
SCFAs decrease activation of bone marrow derived dendritic cells and inhibit their function as antigen presenting cells
SCFAs inhibit NFkB activation and nitric oxide production
SCFAs inhibit ROS production

SCAF: Short chain fatty acid; ROS: Reactive oxygen species; NFkB: Nuclear factor kappa-light-chain-enhancer of activated B cells.

tolerance characterized by a clear *Proteobacteria* profile. The profile was different in patients stratified according to gender (higher in males) and inversely correlated with the quantity of immunosuppressive drugs.

The *Proteobacteria* detected in tolerant subjects included *Janthinobacterium*, *Clostridia* and *Firmicutes*. *Janthinobacterium* is known to produce an indole-derived peptide with antiproliferative and anti-inflammatory activities<sup>[120,121]</sup>. *Clostridia* exert an anti-inflammatory effect by producing SCFAs<sup>[122]</sup>. *Firmicutes* produce indole derivatives<sup>[123]</sup> and polyphosphate<sup>[124]</sup> with anti-inflammatory activities.

In conclusion, the indigenous microbiota may favor the induction of tolerance, but the use of immunosuppressants modifying the microbiota may represent an obstacle to the development of the tolerance state.

### **Interactions between the microbiota and immunosuppressants**

Bilateral actions between the microbiota and immunosuppressive drugs have been identified. On one hand, the microbiota may modify the absorption and the metabolism of immunosuppressants; on the other hand, immunosuppressants may modify the indigenous microbiota.

The vast majority of studies on this issue have been conducted on calcineurine inhibitors.

Several studies have extensively documented that factors such as age, gender, race and CYP3A5 polymorphisms influence the absorption and metabolism of immunosuppressants and account for interindividual variability such that the individual dosing is not the same for all patients.

Recently, the gut indigenous microbiota or the pathobionts have been suspected to exert a powerful effect, justifying the different metabolism from one patient to another and in the same subject.

The assumption of other drugs, such as antibiotics, modifying the indigenous microbiota may account for this variability<sup>[125-128]</sup>.

Lee *et al*<sup>[129]</sup> examined the microbiota in the fecal specimens of 19 patients who received a kidney transplant and were on tacrolimus (TAC) as the principal immunosuppressive therapy. All patients received the same prophylactic antibiotic therapy to avoid biases. Patients were divided into two groups according to the need to receive increasing TAC doses (Dose Escalation Group) or not (Dose Stable Group). By examining the microbiota, the authors found a significantly higher level of *Faecalibacterium prausnitzii* in patients from the Dose Escalation Group than in patients from the Dose Stable Group. In addition, *Faecalibacterium prausnitzii* was the most significant factor justifying the need to increase the TAC dose. Even if a large quantity of TAC is absorbed by the small intestine, it may also be absorbed in the colon<sup>[130]</sup>. Although the Lee's study is a pilot one, the results raise the question of the relevance of microbiota and of *Faecalibacterium prausnitzii*, particularly on TAC trough levels, which are also important due to the narrow therapeutic index of TAC.

In a different study, Guo *et al*<sup>[131]</sup> incubated *Faecalibacterium prausnitzii* cells *in vitro* with TAC. The authors detected a compound named M1 that is a cheto-produced metabolite of TAC with a less powerful immunosuppressant. The authors measured a large quantity of M1 in the stool samples of patients with a larger quantity of *Faecalibacterium prausnitzii* in the stool.

In addition, the same study documented that other bacteria, such as *Clostridia* and *Bacteroidales*, are able to convert TAC into M1 metabolites. The authors conclude that several commensal microbiota may metabolize TAC in the gut to less powerful compounds, explaining the differences in TAC exposure in transplant recipients.



On one hand, the microbiota may alter the metabolism of immunosuppressants; on the other hand, immunosuppressants may alter the gut indigenous microbiota. The study by Gibson *et al*<sup>[132]</sup> reviewed this topic extensively. Unfortunately the vast majority of studies have been conducted on calcineurin inhibitors and very few have examined renal transplantation.

The studies by Zhang *et al*<sup>[133]</sup> and by Lee *et al*<sup>[129]</sup> documented the effect of TAC on the gut microbiota in renal transplant recipients. Other studies<sup>[134]</sup> analyzed the same phenomenon in liver transplant recipients. Zaza *et al*<sup>[135]</sup> examined the microbiota in patients receiving TAC + MMF or everolimus + MMF, but they did not observe any difference.

In the pilot study by Lee *et al*<sup>[79]</sup>, patients with early corticosteroid withdrawal had fewer *Clostridiales* and *Erysipelotrichaeles* in the microbiota, but the difference was not statistically significant.

Finally, a recent study<sup>[136]</sup> documenting that encapsulated cyclosporine A does not change the composition of the human indigenous microbiota is worth mentioning.

## MICROBIAL THERAPIES IN KIDNEY HEALTHY, DISEASE AND TRANSPLANTATION

The treatment of gut dysbiosis may be divided into probiotics, smart bacteria, prebiotics, a high-fiber diet and fecal microbiota transplantation.

Several of these therapies have been used in patients affected by chronic kidney disease.

Probiotics are defined by the World Health Organization as live organisms that, when administered in adequate amounts, confer a health benefit to the host<sup>[137]</sup>. Probiotics such as *Lactobacilli* and *Streptococci*<sup>[138,139]</sup> have been used to treat CKD. They are able to enhance gut barriers, improve mucosal immunity and modulate the host signaling pathways by reducing the activation of NFκB and the MAPK<sup>[140,141]</sup>. Smart bacteria are genetically modified bacteria that are able to remove toxic molecules in animal studies<sup>[142,143]</sup>.

Prebiotics are nonviable food components that confer health benefits to the host associated with the modulation of the microbiota<sup>[144]</sup>. A prebiotic must be resistant to gastric acid and digestive enzymes, allowing it to reach the small and the large intestines to stimulate the activity of beneficial microbes. To date, only insulin and trans-galacto-oligosaccharides have these characteristics and may be considered prebiotics<sup>[145]</sup>.

The principal mechanisms of action of prebiotics are to increase the production of SCFAs and to decrease the intestinal pH<sup>[146]</sup>.

Unfortunately, the vast majority of studies using these therapies have been conducted in animal models of CKD.

Few studies have assess probiotics in humans, particularly kidney transplant recipients and most studies were conducted in liver transplant patients<sup>[5,95]</sup>.

Currently, the most effective treatment for renal transplant recipients appears to be FMT, principally in patients affected by infection and/or diarrhea due to resistant *Clostridium difficile* or *E. coli*<sup>[79,96]</sup>.

## FUTURE PERSPECTIVES

Two main issues are involved in the search for new perspectives: the search for new therapies and an improved knowledge of gut microbiota and pathobionts.

New therapies: Potential benefits of nutritional and supplementation approaches may target microbiota in CKD patients. In CKD, nutritional management and supplementation, including salt and protein restriction, vegetable intakes, and the use of pro-, pre-, and synbiotics, has several benefits. Modulate gut microbiota dysbiosis, decrease colonic production of proteolytic derived uremic toxins and reduce inflammation and oxidative stress<sup>[147]</sup>.

Strategies targeting the microbial source of immune regulation are also promising. The presence of *Lactobacillales* in the gut microbiota promotes Treg cells and suppresses Th17 in the kidney. The oral administration of *Lacidophilus* ATCC4356 in the animals attenuates atherosclerotic progression<sup>[148]</sup>.

Lubiprostone, a synthetic derivative of prostaglandin, in a rat model of CKD is associated with reduction of kidney inflammation and improvement of microbioma

profile with proliferation of saccharolytic bacteria.

Similarly, the trimethylamine inhibitor 3,3-dimethyl-1-butanol inhibits the atherosclerotic lesions in mice<sup>[149]</sup>.

The identification of causative bacteria in the context of kidney disease and the distinction of indigenous microbioma from pathobionts is a technical challenge.

Sequencing techniques and a wide application of metabolomics allowed us for an improved understanding of microbioma in health and diseases.

The National Institute of Diabetes and Digestive and Kidney Diseases is conducting a study (ClinicalTrials.gov Identifier: NCT02572882)<sup>[150]</sup> aimed to Characterize the Gut Microbiome of Individuals With End-stage Renal Disease Treated With Maintenance Hemodialysis, and to Explore Effects of P-inulin on the Gut Microbiome.

Future studies should explore the interaction of microbioma with human genome and how the microbioma should be treated in the case of renal disease and renal transplantation<sup>[137]</sup>.

## CONCLUSION

In the last decade, relevant importance in conditioning both the healthy status and several diseases has been assumed by the microbiota. The microbiota is defined as the microorganisms that live in our body.

Gut microbiota has an important function because can metabolize food and produce substances as SCFAs extremely useful for the body. In addition, the microbiota has important relationship with the immune system and, when modified may induce abnormal activation of the immunity that may cause disease.

Renal diseases may be induced by dysbiosis both for the activation of the immune system and for the production of an excess of uremic system.

In several renal diseases and in particular in the case of end stage renal disease the normal microbiota changes with development of pathobionts and the consequent dysbiosis is responsible for the further deterioration of the renal function.

In the case of renal transplantation, the microbiota has a relevant function.

After transplantation, because of the assumption of immunosuppressive drugs and of prophylactic antibiotics, the gut indigenous microbiota profile modifies, particularly in the first month after transplantation. This modification may influence the graft outcomes causing acute rejection, infections, renal fibrosis and modifications of the drug metabolism, immunosuppressants included. It is possible to modify an abnormal microbiota with the use of prebiotics, probiotics and diet modification.

It should be highlighted that all the studies referring to the microbiota in renal transplantation are few, refer to small number of patients, often retrospectives. In addition, many of these studies have been conducted in animals. Because of this fact the microbiota in general and in solid organ transplantation in particular may be considered a new frontier in medical studies.

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## Noninvasive markers of liver steatosis and fibrosis after liver transplantation – Where do we stand?

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### Abstract

In the last two decades, advances in immunosuppressive regimens have led to fewer complications of acute rejection crisis and consequently improved short-term graft and patient survival. In parallel with this great success, long-term post-transplantation complications have become a focus of interest of doctors engaged in transplant medicine. Metabolic syndrome (MetS) and its individual components, namely, obesity, dyslipidemia, diabetes, and hypertension, often develop in the post-transplant setting and are associated with immunosuppressive therapy. Nonalcoholic fatty liver disease (NAFLD) is closely related to MetS and its individual components and is the liver manifestation of MetS. Therefore, it is not surprising that MetS and its individual components are

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associated with recurrent or “*de novo*” NAFLD after liver transplantation (LT). Fibrosis of the graft is one of the main determinants of overall morbidity and mortality in the post-LT period. In the assessment of post-LT steatosis and fibrosis, we have biochemical markers, imaging methods and liver biopsy. Because of the significant economic burden of post-LT steatosis and fibrosis and its potential consequences, there is an unmet need for noninvasive methods that are efficient and cost-effective. Biochemical scores can overestimate fibrosis and are not a good method for fibrosis evaluation in liver transplant recipients due to frequent post-LT thrombocytopenia. Transient elastography with controlled attenuation parameter is a promising noninvasive method for steatosis and fibrosis. In this review, we will specifically focus on the evaluation of steatosis and fibrosis in the post-LT setting in the context of *de novo* or recurrent NAFLD.

**Key Words:** Steatosis; Fibrosis; Noninvasive methods; Transient elastography; Transplantation; Nonalcoholic fatty liver disease

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**Core Tip:** Fibrosis of the graft is one of the main determinants of overall morbidity and mortality in the post-transplantation period. In the assessment of post-transplantation steatosis and fibrosis, we have biochemical markers, imaging methods and liver biopsy. Because of the significant economic burden of post-transplantation steatosis and fibrosis and the potential consequences, there is an unmet need for noninvasive methods that are efficient and cost-effective.

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## INTRODUCTION

The prevalence of metabolic syndrome (MetS) and obesity is increasing; hence, nonalcoholic fatty liver disease (NAFLD)-induced chronic liver disease (CLD) is more frequent<sup>[1-4]</sup>. NAFLD has become the most common CLD today and has a high socioeconomic impact. This CLD is becoming a focus of interest of many authors in the transplant population because it has multiple impacts on liver transplantation (LT); influencing the number of patients on the waiting list for transplantation, number and quality of organ donors and increasingly important graft and recipient post-transplant outcome<sup>[1,2]</sup>. NAFLD-related end-stage liver disease (ESLD) is currently assumed to be the second most common cause of LT in the United States<sup>[1]</sup>. Growing prevalence of NAFLD in the West, advancements in hepatitis C virus infection (HCV) therapy, and the aging population, will have NAFLD-driven ESLD emerge as the leading cause for LT in the Western world in the decades to come<sup>[5]</sup>. Therefore, NAFLD and diagnostic approach in LT setting has been the center-point of LT academic interest and this review<sup>[1]</sup>.

Liver transplantation is the optimal treatment method for most patients with ESLD and for some patients with hepatocellular carcinoma or acute liver failure<sup>[6]</sup>. In the last two decades, advances in immunosuppressive regimens have led to fewer complications of acute rejection crisis and consequently improved short-term graft and patient survival. In parallel with this great success, long-term post-LT complications have become a focus of interest of doctors engaged in transplant medicine. MetS and its individual components, namely, obesity, dyslipidemia, diabetes, and hypertension are highly present in LT candidates, in addition it often develops *de novo* or deteriorates in the posttransplant setting as a consequence of prescribed immunosuppressive therapy<sup>[6,7]</sup>. NAFLD is closely related to MetS and its individual components and is the liver manifestation of MetS. Therefore, it is not surprising that



MetS and its individual components are associated with recurrent or “*de novo*” NAFLD after LT. Consequently, MetS and NAFLD after LT potentially impact recipients’ post-LT survival<sup>[2,6]</sup>.

As there are no specific or well-validated pharmaceuticals currently available for NAFLD, treatment options are focused on the identification of high-risk patients. It is well known that liver fibrosis is the main driver of CLD as well as the main factor influencing post-LT morbidity and mortality. The gold standard for the diagnosis and staging of all CLD is liver biopsy (LB). However, LB is an invasive procedure. Because of the significant economic burden of post-LT steatosis and fibrosis (*i.e.*, NAFLD) and its potential consequences, there is an unmet need for noninvasive methods that will be efficient and cost-effective<sup>[8]</sup>. In the last decade, numerous laboratory tests and biomarkers for steatosis, inflammation and fibrosis detection as well as imaging methods have been intensively investigated.

In this review, we will specifically focus on the evaluation of steatosis and fibrosis in the post-LT setting in the context of *de novo* or recurrent NAFLD.

## NONALCOHOLIC FATTY LIVER DISEASE AFTER LIVER TRANSPLANTATION

As mentioned, notable development of immunosuppressive treatment and progress of transplant surgery has resulted in improvement in survival rates after LT, with an approximately 90% survival rate at the first year and a survival rate of more than 70% five years after the surgical procedure<sup>[2]</sup>. With these excellent post-LT survival rates, research interest is now focusing on long-term complications, such as MetS, cardiovascular disease (CVD) and chronic kidney disease (CKD). Immunosuppressive therapy, such as calcineurin inhibitors (CNIs), mTOR inhibitors (sirolimus and everolimus) and steroids that we use today in the transplant setting, promotes the development of MetS and its individual components<sup>[6]</sup>. Immunomodulatory and steroid therapy post-LT promotes the advancement of preexisting and *de novo* MetS features, such as weight gain (> 90% of all recipients), hypertension (50%-100%), dyslipidemia (45%-69%) and diabetes (10%-40%)<sup>[6,9-13]</sup>. According to relevant studies, MetS develops in up to 60% of liver recipients and is related to CVD, CKD, NAFLD/fatty allograft disease and progression of recurrent HCV<sup>[9-19]</sup>. As a liver manifestation of MeS, NAFLD can reoccur in a previously NAFLD/MetS burdened patient, facilitate accelerated progression toward ESLD, leading to possible retransplantation, or appear *de novo* in pre-LT NAFLD naive patients. Recurrent steatosis and steatohepatitis are very common (30%-100%)<sup>[7]</sup> and were present in 1/3 of the cases at 6 months postoperatively in a study by Bhagat *et al*<sup>[11]</sup>; specifically, they were present in 33% of the group transplanted for NAFLD *vs* 0% of the group transplanted for alcoholic liver disease,  $P < 0.0001$ . Most important study data about incidence and outcome of recurrent and *de novo* NAFLD in posttransplant setting are summarized in Table 1<sup>[4,12,14,15,19]</sup>. Interestingly, in most studies the serum amino-transferase levels did not correlate with NAFLD recurrence or the fibrosis progression rate<sup>[12,14]</sup>.

According to a meta-analysis published a year ago, the recurrence rate of both NAFLD/nonalcoholic steatohepatitis (NASH) and the occurrence rates of new-onset NAFLD/NASH are highly variable across studies<sup>[13]</sup> due to most studies dealing with the recurrence of NAFLD/NASH being retrospective, single-centered, and lacking a universal post-LT biopsy regimen, standardized histological criteria and consistent study inclusion/exclusion criteria. The authors also found that NAFLD after LT is associated with metabolic risk factors, especially high BMI.

Important point in the context of recurrent or *de novo* NAFLD after LT needs to be addressed. Although NAFLD is very common after LT, there are no clear data regarding whether NAFLD in allografts is histologically the same or different from NAFLD in native livers. The limited data that address histologic findings in *de novo* or recurrent NAFLD after LT did not address that question clearly. Thus, investigations that determine NAFLD in the allograft histologically like NAFLD in native livers are needed<sup>[16-18]</sup>.

The real impact of NAFLD recurrence or *de novo* disease on allograft and patient outcomes is unclear. New-onset NAFLD appears more benign than recurrent NAFLD, with a later onset and favorable clinical course, rarely resulting in NASH. Most of the available knowledge about recurrent or *de novo* NAFLD comes from data that are based on a small number of patients, and in the majority of them, there are no protocolar biopsies, and the follow-up time is short<sup>[15,16]</sup>. Further prospective research

**Table 1 Studies investigating the role of nonalcoholic fatty liver disease in post-liver transplant setting**

Ref.	Type of the study	Study population	Follow up	Diagnostic method	Incidence of NAFLD	Major outcomes
Bhagat <i>et al</i> <sup>[11]</sup>	Retrospective	71 NAFLD, 81 alcoholic liver disease	Median 1517-1686 d	43.4% biopsy, 56.6% US	30% NAFLD, 0% alcoholic liver disease	NAFLD recurrence more common than <i>de novo</i> ; acute cellular rejections more common in NAFLD group; no influence on CVD and overall mortality
Bhati <i>et al</i> <sup>[12]</sup>	Retrospective	103 NAFLD	Median 47-78 mo	90% biopsy or TE	87.5% steatosis (TE), recurrent NAFLD 88.2% (biopsy)	20.6% had bridging fibrosis (TE); advanced fibrosis (> F3) was seen in 26.8% (biopsy)
Seo <i>et al</i> <sup>[4]</sup>	Retrospective	68 non-NAFLD	Median 28 mo		18% <i>de novo</i> NAFLD, 9% NASH	Increase in BMI > 10% risk factor for <i>de novo</i> NAFLD; ACE-I protective role
Dumortier <i>et al</i> <sup>[14]</sup>	Retrospective	421 non-NAFLD	48 mo	Biopsy	53% had steatosis grade 1, 31% grade 2 and 16% grade 3 steatosis; 29% perisinusoidal fibrosis; 3.8% NASH. 2.25% cirrhosis	MetS and its individual components, tacrolimus-based immunosuppressive therapy, alcoholic liver disease as the primary indication for LT and liver graft steatosis were associated with post-LT steatosis
Vallin <i>et al</i> <sup>[15]</sup>	Retrospective	80 <i>de novo</i> NAFLD, 11 recurrent NAFLD	5 yr		NASH and severe fibrosis (stages 3 and 4) were more common in recipients with recurrent than in those with <i>de novo</i> NAFLD (71.4% vs 12.5% and 71.4% vs 17.2%, respectively)	Recurrent NAFLD is a more severe disease with an earlier onset; prevalence of diabetes mellitus was higher in patients with recurrent NAFLD
Narayanan <i>et al</i> <sup>[19]</sup>	Retrospective	588 LT recipients; 9.7% NAFLD; 90.3% non-NAFLD	10 yr	41.5% biopsy, other US, CT, MR	Recurrent steatosis developed 77.6% and <i>de novo</i> 44.7%	Allograft steatosis did not influence post-LT survival or adverse CVD events, while underlying NAFLD diagnosis was associated with a 2.04 increased risk of adverse cardiovascular events

LT: Liver transplantation; NAFLD: Nonalcoholic liver fatty disease; NASH: Nonalcoholic stetohepatitis, MeS: Metabolic syndrome; TE: Transient elastography; US: Ultrasound; CT: Computed tomography; BMI: Body mass index; ACE-I: Angiotensin converting enzyme inhibitors; MR: Magnetic resonance; CVD: Cardiovascular disease.

on the matter is warranted as clinical courses of new onset and recurrent NAFLD differ<sup>[13,15,16]</sup>. According to the available data, one more point in the context of post-LT NAFLD should be addressed: the definition of recurrence *vs de novo* NAFLD requires identification of preexisting NAFLD, which is often difficult to define and thus can be underrecognized. Additionally, we must think about steatosis and even fibrosis that can occur from other secondary etiologies, such as recurrence disease or some drugs; therefore, it should be excluded, although it is often difficult since many etiological factors can overlap in the same patient. Further studies should address this point and may find some biomarker that will truly identify these patients<sup>[16]</sup>.

Finally, there are no proven drugs for NAFLD treatment; thus, the management of post-LT NAFLD is based on the identification of risk factors. The most common risk factors are hypertension, diabetes, dyslipidemia, and weight gain. Other factors, such as immunosuppressive drugs, have not been clearly identified to date. In the general population, the use of steroids relates to MetS and steatosis. However, in the post-LT setting, this effect could be different because most transplant centers taper steroids in the 3–6-mo period after LT. Therefore, the impact of steroids on post-LT NAFLD could be minimal. However, further studies on this topic are needed in the population of patients with liver transplant. On the other hand, CNIs are known to promote insulin resistance and MetS development. Both CNIs are related to hypertension and diabetes mellitus, but tacrolimus is a more diabetogenic medication, and cyclosporin is more related to hypertension development. From the general population, we know that MetS is related to NAFLD development. However, the development of steatosis in relation to CNIs after LT is not well investigated<sup>[16–22]</sup>. A small retrospective study investigated the posttransplant recurrence of NAFLD as well as outcomes after LT in recipients who underwent LT for NAFLD-related cirrhosis. They analyzed 88 patients. The authors have reported that the choice of CNIs (tacrolimus *vs* cyclosporine) was not significantly different among patients with NAFLD recurrence and those without<sup>[17]</sup>. On the other hand, Dumortier *et al*<sup>[14]</sup> reported that steatosis is a frequent complication after LT. In their multivariate analysis, factors that were independently related to post-LT steatosis were diabetes mellitus, post-LT obesity, hypertension, dyslipidemia,

tacrolimus-based regimen, alcoholic cirrhosis as the primary indication for LT, and pretransplant liver graft steatosis<sup>[14]</sup>. Therefore, this topic requires further long-term prospective studies with protocolar liver biopsies. Additionally, some nonmodifiable risk factors are recognized as potential factors for steatosis development, such as age, sex, and genetics<sup>[16]</sup>. Studies have shown that the PNPLA-3 non-CC genotype is associated with posttransplant obesity<sup>[22]</sup>. Additionally, Finkenshtedt *et al*<sup>[23]</sup> found that recipients who carry rs738409-G in PNPLA3 have a risk for hepatic triglyceride accumulation. Interestingly, some other genetic associations, such as the transmembrane gene (TM6SF), are not investigated in the context of LT and should be investigated in upcoming investigations<sup>[16]</sup>.

Another less known factor that is possibly involved in NAFLD pathogenesis and that has attracted much research interest in the general population is the gut microbiome. To the best of our knowledge, no studies have investigated gut dysbiosis in liver transplant recipients in relation to NAFLD recurrence or development. The link with MetS and obesity in the general population requires translation into the liver transplant recipient.

## DIAGNOSIS OF STEATOSIS AND FIBROSIS AFTER LIVER TRANSPLANTATION – WHAT IS THE OPTIMAL DIAGNOSTIC METHOD?

Transplanted liver is prone to complications specific to transplant procedures, as well as to liver diseases like the general population. The causes partially depend on the time after LT, but there is no universal prevalence or time distribution of the various causes of graft injury. Most commonly, graft injury is related to vascular, biliary, or infective complications; toxic hepatitis; acute and chronic cellular rejection; preservation injury; or recurrence of previous liver disease. In routine practice, graft dysfunction is suspected by an increase in liver enzymes. Unfortunately, enzyme levels do not correlate with the cause or severity of liver disease. Furthermore, many diseases may be evident by a combination of clinical, microbiological, or serological findings and imaging methods. Nevertheless, in most situations, LB is needed to confirm the diagnosis<sup>[21]</sup>. Studies on long-term LT recipients and graft outcomes have shown a high prevalence of histological changes in protocolar biopsies even in the absence of abnormal liver enzymes and function tests. Therefore, occasionally, biopsy alterations may be the first sign of graft disease. Since usually more than one risk factor could be related to the development and progression of allograft fibrosis, LB is still the most performed and golden standard procedure. Knowing the challenges related to sampling error, interpretation variability, significant costs and repeatability, the major limitation in the performance of LB is the risk of complications. This allows the opportunity for noninvasive methods as a screening and monitoring method for subclinical changes in liver grafts after LT<sup>[21]</sup>.

Liver allograft fibrosis is one of the main determinants of allograft survival and the need for retransplantation; therefore, early recognition of fibrosis is of great clinical interest in the management of liver transplant recipients<sup>[24-26]</sup>. Patients with LT can have many risk factors for fibrosis recurrence after LT. For example, until the era of direct anti-viral agents, patients who were transplanted due to end-stage liver disease as a consequence of HCV infection had almost universal recurrence of HCV infection with the development of cirrhosis in up to 30% by 5 years post-LT<sup>[24-26]</sup>. Furthermore, due to the high incidence of MetS after LT, recurrent or *de novo* NAFLD after LT is an important cause of post-LT recurrent fibrosis. Hepatic fibrosis is likely to be more common in recurrent disease and may occur in younger individuals with NAFLD<sup>[13]</sup>. Except for HCV and NAFLD, there are other factors that may have a negative effect on fibrosis recurrence after LT, such as demographic factors (*i.e.*, recipient and donor age), immunosuppressive therapy and cytomegalovirus infection<sup>[24-26]</sup>. In the assessment of post-LT steatosis and fibrosis, we have biochemical markers, imaging methods and LB. Liver biopsy is the gold standard for diagnosing and grading all stages of liver disease and the best available standard of reference for fibrosis evaluation. The usefulness of LB is even more pronounced in post liver transplant, where today, there is no single method that can assess steatosis, necroinflammation and fibrosis concurrently in a population at risk for other concomitant causes of liver injury<sup>[16]</sup>. Knowing the practical challenges and possible complications of LB, in routine clinical practice, even in LT setting, noninvasive markers are needed to assess fat in the liver, as well as inflammation and fibrosis of the liver.

### **The usefulness of biochemical markers after liver transplantation**

In the general population, several algorithms, based on clinical and biochemical factors, have been developed to detect individuals with advanced fibrosis. It is believed that serum fibrosis biomarkers have the potential to reflect dynamic changes in fibrogenesis and thus the ability to assess matrix turnover earlier in the disease process, allowing earlier intervention or closer surveillance. Unfortunately, none of the routinely available serum fibrosis biomarkers were designed to reflect the dynamic process of fibrogenesis, differentiate between adjacent disease stages, diagnose NAFLD, or follow longitudinal changes in fibrosis or disease activity caused by natural history or therapeutic interventions.

Biochemical markers are based on readily available parameters. According to data, few studies have investigated the usefulness of biochemical markers for fibrosis detection in the post-LT setting. The most investigated biomarkers in the post-LT setting are the asparthate-aminotraspherase-to-platelet ratio index (APRI) and the Fibrosis score 4 (FIB-4)<sup>[24,25]</sup>. Studies that investigated the diagnostic accuracy of the APRI and FIB-4 to predict fibrosis F2-4 in LT recipients are shown in [Table 2](#).

One of the first studies that was published in 2007 included 51 patients who were transplanted due to HCV<sup>[27]</sup>. In this analysis, the area under the receiver operating characteristic curves (AUROC) of the APRI was better in female than in male recipients (0.871 *vs* 0.753). At the cut-off value of > 1.4, the APRI in women had 91% sensitivity and 75% specificity in detecting a staging score of fibrosis > 2, while in men, the corresponding values were 60% and 77%, respectively<sup>[27]</sup>. Later, Pissaia *et al*<sup>[28]</sup> analyzed the APRI and FIB-4 in 50 liver transplant recipients<sup>[28]</sup>. The primary etiologies of end-stage liver disease were HCV in 23% of cases, hepatitis B virus (HBV) infection in 14%, alcoholic disease in 33%, cholestatic disease in 19%, and others in 11% of recipients. The mean period after LT was 30.7 mo (range, 12-108 mo). The AUROC of the APRI and FIB-4 to predict fibrosis were 0.87 and 0.78, respectively. Kamphues *et al*<sup>[29]</sup> prospectively analyzed the stage of fibrosis in 135 Liver transplant recipients (94 HCV, 41 alcoholic cirrhosis)<sup>[29]</sup>. According to this study, both the APRI and FIB-4 failed to assess liver fibrosis with satisfactory accuracy. Furthermore, Pinto *et al*<sup>[30]</sup> analyzed the accuracy of the APRI score in 30 children/adolescents with LT<sup>[30]</sup>. The AUROC for significant fibrosis detection was 0.74. However, in multivariate analysis, the APRI failed to be an independent predictor of significant fibrosis. Unfortunately, most of the studies evaluated biochemical markers in LT recipients with diseases other than NAFLD, consequently more data and validation in NAFLD LT recipients are needed. The NAFLD fibrosis score (NFS) was designed to assess liver fibrosis exclusively in patients with NAFLD and has been well investigated in the general population<sup>[31]</sup>. Its accuracy in the post-LT setting is not well investigated. Kabbany *et al*<sup>[32]</sup> investigated 93 LT recipients who were transplanted due to HCV- or NAFLD-related ESLD<sup>[32]</sup>. In addition to APRI and FIB-4, NFS was also studied. The authors found that the APRI and FIB-4 could not accurately predict advanced fibrosis in LT recipients, while NFS correlated with advanced fibrosis in the graft when the indication of LT was NAFLD<sup>[32]</sup>. An interesting study was published five years ago by Bhat *et al*<sup>[33]</sup>. They retrospectively analyzed the usefulness of FIB-4, APRI and NFS in 547 liver transplant recipients in predicting death and graft loss after LT<sup>[33]</sup>. The authors found that serum fibrosis biomarkers 1 year after LT and changes in serum fibrosis biomarkers predict death and graft loss in LT recipients<sup>[33]</sup>. Given the encouraging results of the aforementioned studies, further prospective, controlled, multicenter studies in the NAFLD population with protocol biopsies as gold standard are needed. Also, the validation in routine practice is necessary, mainly with the aim of defining its role in assessing the course and outcome of the disease. However, we have to draw attention to the fact that the main limitation of the biomarkers that are well investigated and validated in the pre-LT setting is that all three biomarkers (APRI, FIB-4 and NFS) have thrombocytes in their formulas. According to earlier data, thrombocytopenia can persist after LT even though portal hypertension has reversed following LT. Therefore, these scores can overestimate fibrosis and are not a good method for fibrosis evaluation in LT recipients<sup>[16]</sup>. Serum biomarkers are well investigated in the pre-LT setting and are recommended by the guidelines of the European Association for the Study of the Liver (EASL). It is recommended that noninvasive methods could substitute for LB when combined in the pretransplant setting<sup>[34]</sup>. However, due to the abovementioned limitation (*i.e.*, post-LT thrombocytopenia), their use in the post-LT setting possibly could not be as useful as it is in the pre-LT setting.

Various other combinations of cytokines, chemokines, genetic polymorphisms, microRNAs, and post-translationally modified glycoproteins have also been proposed as candidate biomarkers of fibrosis but have not yet been validated or made available outside research laboratories<sup>[35]</sup>. Their application is difficult given the heterogeneity of



**Table 2 Asparthate-aminotraspherase-to-platelet ratio index and fibrosis score 4 for fibrosis detection in liver transplant recipients**

Ref.	Study population and etiology of ESLD	Prevalence F2-F4 (%)	Months after LT	Biochemical marker	Cut-off	Se	Sp	AUC	PPV	NPV
Toniutto <i>et al</i> <sup>[27]</sup> , 2007	51 patients; HCV	32.4	24	APRI	1.4	76	77	0.80	46	93
Pissaia <i>et al</i> <sup>[28]</sup> , 2009	50 patients; various etiologies	28	30.7	APRI	0.5	81	80	0.87	62	91
Kamphues <i>et al</i> <sup>[29]</sup> , 2010	135 recipients; 94 HCV, 41 alcoholic cirrhosis	68.1	80.6	APRI	0.48	70	63	0.68	80	80
Pinto <i>et al</i> <sup>[30]</sup> , 2014	30; biliary atresia, metabolic disease, other	20	60	APRI	0.4	83	58	0.74	31	94
Crespo <i>et al</i> <sup>[31]</sup> , 2016	72; HCV	33	12	APRI	1.36	69	87	0.83	75	83
Pissaia <i>et al</i> <sup>[28]</sup> , 2009	50 patients; various etiologies	28	30.7	FIB-4	3.25	31	94	0.78	67	77
Kamphues <i>et al</i> <sup>[29]</sup> , 2010	135 recipients; 94 HCV, 41 alcoholic cirrhosis	68.1	80.6	FIB-4	2.8	44	87	0.66	88	42
Crespo <i>et al</i> <sup>[31]</sup> , 2016	72; HCV	33	12	FIB-4	3.23	77	80	0.81	69	86

ESLD: End-stage liver disease; F: Fibrosis; Se: Sensitivity; Sp: Specificity; AUC: The area under the curve; PPV: Positive predictive value; NPV: Negative predictive value; HCV: Hepatitis C; APRI: AST-to-platelet ratio index; FIB-4: Fibrosis score 4.

liver diseases, especially regarding the detection of specific histological changes. Recent studies aiming to investigate markers related to the risk of NASH incorporated PNPLA3 I148M and rs738409 polymorphisms as well as other molecules related to inflammation (*e.g.*, K18), lipid metabolism, peptides, gut microbiome, circulating mRNA, DNA methylation, *etc*<sup>[35]</sup>. Investigations in genomics, epigenomics, metabolomics, lipidomics and proteomics have led to the identification of new markers able to define the type and severity of NAFLD as a long disease course. Before their routine application proof of concept is needed in the clinical field along with further validation.

In conclusion, there is a need to further investigate noninvasive biomarkers to decrease reliance on LB in assessing the progression of fibrosis in LT patients.

## ULTRASOUND

Imaging of the liver by ultrasound (US) represents a valuable asset in addressing the characteristics of the liver graft in a pre-transplant setting and helps quickly identify some of the acute post-LT complications concerning vascular structures, especially when paired with contrast enhancement<sup>[36]</sup>. Ultrasound is noninvasive, widely available, inexpensive and portable method. Hepatic steatosis is seen on liver ultrasound as a hyperechoic (bright) liver compared with parenchyma of the ipsilateral kidney, while in a liver without steatosis, the liver and the renal parenchyma should exhibit similar echogenicity<sup>[37,38]</sup>.

A meta-analysis of forty-nine studies with 4720 participants compared ultrasound with the gold standard LB in detecting liver steatosis. The overall sensitivity, specificity, positive likelihood ratio, and negative likelihood ratio of US for the detection of moderate-severe fatty liver compared to histology were 84.8% (95% confidence interval: 79.5-88.9), 93.6% (87.2-97.0), 13.3 (6.4-27.6), and 0.16 (0.12-0.22), respectively<sup>[39]</sup>. However, the sensitivity of ultrasound decreases with the decrement of fatty infiltration, so in the presence of a hepatic fat content of 10% to 19%, it had a sensitivity of only 55% shown in a study on 100 Living liver donor candidates<sup>[40]</sup>. As mentioned earlier, the presence of morbid obesity (BMI greater than 40 kg/m<sup>2</sup>) also lowers the sensitivity and specificity of ultrasound in detecting steatosis, which fall to 49% and 75%, respectively, as well as detecting the presence of severe fibrosis<sup>[39,41]</sup>.

Simply classifying liver steatosis by US as mild, moderate or severe is quite dependent on the experience of the sonographer and the image quality, which can be impaired in many circumstances; thus, it amounts to a quite subjective analysis

without proper quantification of liver steatosis. Therefore, to adequately address steatosis by ultrasound and minimize operator and image-dependent bias, several computer-aided approaches have been proposed to quantify the level of liver steatosis<sup>[38,42,43]</sup>. Studies by Webb *et al*<sup>[38]</sup> and Mancini *et al*<sup>[43]</sup> reported that computer-aided measurement of the ultrasound hepatic/renal echo-intensity ratio (H/R) was highly correlated with the liver fat content determined by histology and [1H]-magnetic resonance spectroscopy, respectively. Xia *et al*<sup>[42]</sup> confirmed those conclusions in their study and added the hepatic/renal intensity ratio and ultrasound hepatic echo-intensity attenuation rate measurement and a tissue-mimicking phantom for standardization to make the results more comparable among different US machines. The optimal cut-off value for liver fat content that is sufficient to diagnose hepatic steatosis by ultrasound was 9.15%, and by using this cutoff, the sensitivity and specificity for quantitative computer-assisted ultrasound to diagnose hepatic steatosis were 95.1% and 100%, respectively, which were better than those of qualitative US, whose sensitivity and specificity were 82.5% and 83.3%, respectively<sup>[42]</sup>.

Several other methods have been proposed to ameliorate the quantitative detection of liver steatosis with US, such as texture analysis by a gray-level co-occurrence matrix algorithm and the implementation of artificial intelligence of convolutional neural networks, which do not require the selection of the region of interest by the sonographer and thus minimize the subjectivity of the procedure<sup>[44-46]</sup>. Although there are unquestionable advancements in the quantification of liver steatosis by US, the diversity of the mechanisms used and the algorithms as well as the lack of appropriate cut-off levels and implementation of such methods in the post-LT liver graft, the conclusion is that US can be used as a screening modality for detecting hepatic steatosis but not as a quantitative assessment in the LT setting<sup>[47]</sup>.

Since the introduction of fibroelastography in the evaluation of liver fibrosis, basic US has had little or almost a peripheral role. With the introduction of contrast-enhanced US and liver-specific contrasts, there is still hope for US. A recent study on 409 patients with hepatitis C used a liver-specific contrast agent to investigate the associations between the collapse of microbubbles and the progression of liver disease, and the range of bubble destruction was significantly increased according to the progression of fibrosis staging<sup>[48]</sup>.

## TRANSIENT ELASTOGRAPHY

In the last decade, clinical attention has been focused on one-dimensional transient elastography (TE), which is an US-based method that uses shear wave velocity to assess tissue (*e.g.*, liver) stiffness<sup>[49]</sup>. Since 2001, TE has been applied in medical practice under the name FibroScan<sup>®</sup><sup>[49]</sup>. Liver stiffness measurements (LSM) as assessed by TE have been validated in pre-LT patients with various CLDs<sup>[50,51]</sup>. Initially, TE was developed for the assessment of liver stiffness as a surrogate marker of liver fibrosis; thus, LSM has been present in TE devices from its beginning. LSM values range from 1.5 to 75 kPa, where lower values indicate a more elastic liver<sup>[49]</sup>. Later, in 2011, a new parameter called the controlled attenuation parameter (CAP) was developed and incorporated into the TE device. CAP has allowed the detection and grading of steatosis by assessing the degree of US attenuation due to liver fat using the TE probe simultaneously with LSM. With this improvement, by use of TE with CAP, we can simultaneously assess both steatosis and fibrosis. The lowest CAP value is 100 and the highest 400 dB/m, where higher numbers indicate more pronounced steatosis<sup>[24,49]</sup>.

### Comparison of transient elastography and liver biopsy

In comparison to the LB, TE measures a much larger region of interest. With the help of TE, we can measure a cylindrical liver segment 1 cm wide and 4 cm long at a medium depth of 4.5 cm. This region of the liver parenchyma is approximately 100 times larger than the volume of the liver cylinder obtained by LB. The result of the TE exam is obtained as a median of at least 10 measurements. The drawback is that the information (LSM and CAP) cannot be obtained by a single measurement<sup>[24,49]</sup>.

### Effects of probe choice on transient elastography results

Earlier data reported the limitations of the M probe in obese patients in those with an increased skin-to-liver capsular distance. In those patients, if we use the M probe, there is a much higher failure rate. This led to the development of the XL probe that is specially designed for obese people<sup>[52]</sup>. Additionally, there were some uncertain data regarding the impact of other histological features on LSM; for example, there are

some data that reported that steatosis can influence LSM readings. Similarly, some studies suggested that cut-off values differ according to probe choice, M or XL<sup>[52-54]</sup>. However, recently, Eddowes *et al*<sup>[52]</sup> published the largest study about the accuracy of CAP and LSM obtained with the M or XL probe only in a population of patients with NAFLD. An automatic probe selection tool was set in the TE software that recommends the adequate probe depending on the skin-to-liver capsule distance of each patient. According to this study, CAP and LSM are accurate noninvasive tools for assessing liver steatosis and fibrosis in patients with NAFLD. In contrast to some conflicting earlier data, the authors have found that probe type and steatosis did not affect the LSM values, and the only parameter that affects LSM was the histological fibrosis grade<sup>[52]</sup>.

### **Transient elastography in different liver diseases**

The first purpose of TE devices was to assess the fibrosis stage in patients with viral hepatitis to reduce the need for LB. Those studies showed a good association of LSM with liver histology<sup>[49,55-59]</sup>. According to earlier data, the AUROC for the detection of significant fibrosis in patients with chronic HBV ranges from 0.86 to 0.97, with cut-off values from 5.2 to 8.0 kPa, while chronic HCV ranges from 0.73 to 0.91, with cut-off values from 5.2 to 9.5 kPa. In the case of patients with cirrhosis, the AUROC for identification in HBV ranges from 0.80 to 0.97, with cut-off values from 9.7 to 14.0 kPa, and in chronic HCV, the AUROC for cirrhosis ranges from 0.87 to 0.98, with cut-off values from 11.9 to 14.8 kPa<sup>[49,55-59]</sup>. Later, few studies investigated the accuracy of LSM in patients with NAFLD. According to these studies, the LSM cut-off value for significant fibrosis ( $F \geq 2$ ) ranges from 6.2 to 11 kPa; for  $F \geq 3$ , from 8 to 12 kPa; and for F4, the LSM cut-off values range from 9.5 to 20 kPa<sup>[60-65]</sup>. The largest study that investigated the accuracy of LSM only in the NAFLD population reported that LSM identified patients with fibrosis with AUROCs of 0.77 (95%CI: 0.72-0.82) for  $F \geq F2$ ; 0.80 (95%CI: 0.75-0.84) for  $F \geq F3$ ; and 0.89 (95%CI: 0.84-0.93) for  $F = F4$ <sup>[52]</sup>. Furthermore, Youden cut-off values for  $F \geq F2$ ,  $F \geq F3$ , and F4 were 8.2 kPa, 9.7 kPa, and 13.6 kPa, respectively<sup>[52]</sup>.

### **Challenges in transient elastography performance**

Taken together, TE with CAP is an adjunctive modality that can replace the gold standard, LB, when clinically warranted<sup>[24]</sup>. However, it should be mentioned that LSM is not an absolute measure of fibrosis but is instead a component of liver assessment and should be interpreted together with other clinical results, such as underlying liver disease, comorbidity, physical examination, laboratory tests, and other imaging methods<sup>[49]</sup>. Additionally, we must keep in mind that TE has some limitations. For example, it has been shown that food intake affects LSM values, and it is suggested that a minimum two-hour fast is currently recommended prior to the exam<sup>[49,66]</sup>. Bardou-Jacquet *et al*<sup>[67]</sup> reported that active alcohol consumption led to an overestimation of the LSM<sup>[67]</sup>. In cases of liver inflammation, such as chronic hepatitis with transaminase flare, LSM can also be overestimated. Thus, it is suggested that LSM interpretations in patients with high alanine-aminotransferase (ALT) levels must be made with caution. Acute hepatitis and extrahepatic cholestasis also increase LSM, as does the case of heart failure in which LSM may be increased due to increased blood volume in the liver. In patients with ascites, TE is not possible because elastic waves do not travel through liquids, and in patients with narrow intercostal spaces, the success rate of TE examination is low (Table 3)<sup>[49]</sup>.

In the post-LT population, data regarding the use of TE with CAP are sparse, especially in the context of *de novo* or recurrent NAFLD.

### **Usefulness of transient elastography in the post-LT setting**

Interesting data regarding the use of TE with CAP in the context of LT were reported for the donor selection process and acute cellular rejection (ACR). One of the key points in successful LT is the determination of graft steatosis. There are differences in the mean of liver graft evaluation for the presence of steatosis between transplant centers, and there is no consensus regarding the need for LB<sup>[68]</sup>. Mancía *et al*<sup>[69]</sup> investigated the usefulness of CAP and LSM in the assessment of steatosis and fibrosis in 23 brain-dead potential donors. The authors concluded that CAP and LSM had good prediction of the histological status of steatosis of a potential liver graft<sup>[69]</sup>. Furthermore, the usefulness of LSM was investigated in the context of ACR because the inflammatory cascade driving ACR could be a cause of increased LSM. Crespo *et al*<sup>[70]</sup> investigated the usefulness of LSM in the detection and grading of ACR in liver transplant patients. The authors concluded that LSM has good diagnostic accuracy for

**Table 3** Factors that influence liver stiffness measurement measurements

Factors	Influence
Food intake	Increase LSM
Active alcohol consumption	Increase LSM
Liver inflammation	Increase LSM
Cholestasis	Increase LSM
Right heart failure	Increase LSM
Ascites	Unreliable measurements
Operator inexperience	High rate of unsuccessful measurements and examinations

LSM: Liver stiffness measurement.

discriminating mild from moderate/severe ACR with an AUROC of 0.924<sup>[70]</sup>. A cut-off value of 8.5 kPa had a positive predictive value of 100% to diagnose moderate/severe ACR<sup>[70]</sup>. Before routine performance in this setting, further studies are needed to better define the cut-off points and TE applicability in decision and treatment algorithms.

Data from a previous meta-analysis comparing noninvasive methods for assessment of post-LT graft fibrosis shows that TE performs better than the serum-based biomarkers APRI and FIB 4 TE odds ratio 21.17 (95% CI: 14.10-31.77, APRI: 9.02, 95% CI: 5.79-14.07; and FIB-4 7.08, 95% CI: 4.00-12.55)<sup>[25]</sup>.

In contrast to the investigation of the usefulness of TE with CAP in the pre-LT setting, its rate of investigation and accuracy in the post-LT setting was defined by underlying disease. Numerous studies have confirmed the TE accuracy post-LT in diagnosing patients with significant and advanced fibrosis, but mostly in HCV-positive recipients, even though data for various other etiologies are emerging<sup>[71-74]</sup>. Studies on the HCV population were performed to discriminate between slow and rapid progressors of graft fibrosis and response to therapy<sup>[71]</sup>. A study by Rinaldi *et al*<sup>[75]</sup> revealed that significant changes in LSM are related to the development of clinically significant graft disease (*e.g.*, all cases with a 20% increase in LSM in at least 3 measurements 3 mo apart developed biopsy proven significant graft injury or even cirrhosis).

To the best of our knowledge, only two studies have investigated the accuracy of TE with CAP in diagnosing fatty liver disease in post-LT patients. The first one was published five years ago by Karlas *et al*<sup>[76]</sup>. The authors evaluated post-LT steatosis by TE with CAP in 204 Liver transplant recipients<sup>[76]</sup>. Of 204 patients, 50% were transplanted due to alcoholic cirrhosis, and 2% were transplanted due to ESLD because of NAFLD. Since this study was published in 2015, at the time of study, the XL probe was not available, which is probably the reason why only 157 of the cases were able to achieve valid results. According to this study, 44% of recipients had steatosis, with 24% having advanced steatosis<sup>[76]</sup>. Given that the authors did not have the XL probe, the incidence of steatosis could be even higher. According to LSM, there was a high prevalence of transplant fibrosis (31%, defined by LSM > 7.9 kPa) and cirrhosis (13%, defined by LSM > 12 kPa). Advanced fibrosis (TE > 7.9 kPa) was associated with increased CAP results<sup>[76]</sup>. The relatively high prevalence of fibrosis and cirrhosis defined by LSM could be a consequence of a higher rate of obese recipients and a longer follow-up interval since LT<sup>[76]</sup>. The authors did not compare the results of TE with CAP measurements with the LB. However, the authors have shown that the same risk factors for fatty liver disease in the general population were associated with increased CAP; increased BMI and diabetes mellitus, which are specific components of MetS, were associated with an increased risk of advanced steatosis and fibrosis<sup>[76]</sup>. Interestingly, the authors found a correlation between CAP values and the liver recipient PNPLA3 status<sup>[76]</sup>. Furthermore, this year, Chayanupatkul *et al*<sup>[77]</sup> published the second study about the usefulness of TE with CAP in a post-LT setting. They analyzed 150 LT recipients. The presence of steatosis was defined by CAP values of ≥ 222 dB/m, and severe steatosis was defined as ≥ 290 dB/m. Of the 150 analyzed recipients in this study, 70% had steatosis, while 40% of these had severe steatosis. Interestingly, 81.0% of recipients with severe steatosis had normal ALT at the time of TE. In multivariable analyses, age at LT, post-LT obesity and alcoholic liver disease were significant predictors of severe steatosis<sup>[77]</sup>. Additionally, in this study also, the results of TE with CAP were not investigated in comparison to the LB. In this study,



there was a much higher prevalence of steatosis defined by TE than that in the study published by Karlas *et al*<sup>[76]</sup>. The authors did not find that steatosis defined by increased CAP values is a risk factor for morbidity and mortality after LT. The median follow-up period after LT was 66.1 mo. There was no difference with respect to the overall death rates and the percentage of recipients with cirrhosis between the severe steatosis and non-severe steatosis groups<sup>[77]</sup>. As mentioned, it was shown that most recipients with severe steatosis and, more importantly, those with cirrhosis had normal ALT (< 40 U/L). These results are in line with the results of Dumortier *et al*<sup>[14]</sup>, who showed that there was no significant difference in ALT levels between those with and without fibrosis. Moreover, 31% of recipients with LB-proven NASH post-LT had normal ALT. From the data in the pre-LT setting, we know that approximately 50% of patients with NAFLD have normal transaminase levels; thus, ALT is not a good method of NAFLD screening in the post-LT setting<sup>[77]</sup>.

Taken together, the clinical consequences of nonalcoholic fatty liver (NAFL) in the context of the post-LT setting have not yet been completely elucidated. Currently, we know that graft steatosis occurs in a considerable proportion of LT recipients, but there are currently no data about graft steatosis as a risk factor for advanced fibrosis, graft loss or impaired survival after LT. Thus, further imaging-based steatosis and fibrosis investigations are needed using LB comparison in the LT population<sup>[16]</sup>.

## OTHER IMAGING METHODS

### pSWE/ARFI techniques

Published concordance between TE and SWE findings in the general population ranges from moderate to excellent depending on the study. Studies on the LT population are limited. In a study of Dubois *et al*<sup>[78]</sup>, mean SWE value for patients without significant fibrosis ( $\leq$  F1) was  $15.90 \pm 9.2$  kPa *vs*  $19.27 \pm 7.7$  kPa for patients with fibrosis and did not reach statistical significance ( $P = 0.185$ ). 2D-SWE values were higher in patients with cirrhosis when compared with those without, but there was also no significant difference ( $24.5 \pm 7.3$  kPa *vs*  $16.0 \pm 9$  kPa,  $P = 0.119$ ). The possible explanation of this lack of significant association could be underpowering. Also, it is important to stress out the high rate of liver stiffness of patients with no significant fibrosis, that was significantly higher than those reported in native livers, and possibly influenced by other post-LT specific factors influencing the liver stiffness (e.g., inflammation, congestion, steatosis). A 2D-SWE cutoff value  $\geq 17.05$  kPa was found optimal for the detection of any grade of significant fibrosis, with an AUROC of  $0.657 \pm 0.13$  (95%CI: 41%-91%), a sensitivity of 71.4% (95%CI: 35%-92%), a specificity of 59.2% (95%CI: 45%-72%), and PPV and NPV of 20% and 94%, respectively. Overall, this cutoff value correctly classified 60.7% patients. A 2D-SWE value below 7.85 kPa rules out the presence of significant fibrosis, resulting in a 100% NPV. A 2D-SWE value above 26.35 kPa ruled in significant fibrosis, with a 33.3% PPV<sup>[78]</sup>.

A study by Perry *et al*<sup>[79]</sup>, revealed no significant difference in mean PSWE measurements in patients with native livers and those with transplanted livers compared to finding of LB. pSWE accurately differentiate between patients with no-to-mild hepatic fibrosis (F0-F1) and moderate-to-severe hepatic fibrosis ( $\geq$  F2) with sensitivity of 72% and specificity of 69%.

To conclude the position of pSWE/ARFI in routine practice and evaluation of disease outcome, this method should be fully investigated<sup>[79]</sup>.

### MR elastography

MR elastography (MRE) is established as an accurate current non-invasive method for assessment of liver fibrosis. MRI has been found to perform better than US or computed tomography with sensitivity and specificity of 90% and 91% respectively, however still needs further validation<sup>[80-83]</sup>. Interestingly, and contrary to TE, studies have reported the excellent diagnostic accuracy of MRE in the diagnosis of cirrhosis and fibrosis even in patients with higher BMI or in those with ascites<sup>[81-83]</sup>. In the general population, comparisons between the accuracy of TE and MR elastography provide conflicting results. In a LT setting MRE can be use alone for fibrosis assessment or combined with standard liver magnetic resonance cholangio-pancreatography protocol to evaluate the graft and biliary tree<sup>[83]</sup>. The study by Singh *et al*<sup>[84]</sup> revealed a mean AUROC for significant fibrosis and cirrhosis between 0.69 and 0.96 in LT-setting. A Kamphues *et al*<sup>[85]</sup> analyzed 25 patients, who had received a liver graft due to HCV. All patients underwent both liver biopsy and MR elastography. They have found that AUROC of MR elastography based on  $\mu$  for diagnosis of severe

fibrosis ( $F \geq 3$ ) was 0.87 and 0.65 for diagnosis of significant fibrosis ( $F \geq 2$ )<sup>[85]</sup>. Thus authors had found that MR elastography is a good diagnostic tool for the assessment of higher grades of fibrosis in HCV patients after LT<sup>[85]</sup>. On the other hand, the poor correlation for lower grades of fibrosis was reported<sup>[85]</sup>. According to available data, MRE appears to demonstrate good diagnostic accuracy in the diagnosis of advanced fibrosis in post-LT setting. We can combine MRE with standard liver MRI/magnetic resonance cholangiopancreatography in order to evaluate liver parenchyma as well as focal graft lesions and finally biliary obstruction. However, its applicability is influenced by availability, cost, and time-related concerns. Before final conclusions about its routine applicability, further studies specifically on LT recipients, are needed<sup>[83]</sup>.

## CONCLUSION

Until further data arrive, LB remains the gold standard for establishing a conclusive diagnosis of recurrent NAFLD as well as to rule out competing etiologies. Management of LT recipients is focused on prevention and treatment of any graft diseases. Except for possible acute and chronic rejections, infections, biliary or vascular complications, recipient and graft morbidity and mortality are closely related to the development of various causes of liver fibrosis. Many regular laboratory and morphological evaluations are performed as early as possible to recognize any graft damage, and LB plays a central role in the diagnosis and exclusion of various graft diseases and the detection of fibrosis. TE with CAP in LT recipients has not yet been fully investigated. We strongly believe that this method could be very useful in post-LT settings. An important advantage of noninvasive methods, especially TE with CAP, in the evaluation of liver fibrosis are their noninvasiveness and repeatability, offering insight into dynamic changes in graft disease and the development of fibrosis. As shown in earlier data, fibrosis of liver allografts often occurs with normal transaminase levels. Thus, ALT is not a good marker for the prediction of fibrosis. Per protocol biopsies are not performed in many transplant centers, and as mentioned, many transplant recipients with advanced fibrosis have normal or mildly elevated ALT; therefore, LSM could be a good method for the selection of those who need LB. Given that TE with CAP is a noninvasive and easily obtained method, it is risk free, objective and operator-independent and requires only 5-10 min for the examination, and it is a great method for the follow-up of fibrosis progression in every-day clinical practice. In our opinion, patients with permanently elevated and increasing LSM findings should be scheduled for LB to identify the cause and stage of liver graft disease. Previous meta-analysis shows that TE performs better than the serum-based biomarkers APRI and FIB 4<sup>[25]</sup>. Still, considering their performance and invasiveness, LB and various noninvasive methods are not exclusive and should be used as complementary procedures.

There is little published experience so far using TE with CAP, especially in the context of *de novo* or recurrent NAFLD. Therefore, prospective, well-designed studies with per protocol biopsies should investigate the usefulness of TE with CAP in the post-LT setting. Additionally, these studies should answer the most important question of the optimal cut-off values of graft fibrosis in comparison to LSM in the post-LT population.

Second, post-LT graft steatosis is becoming an increasingly important issue in the transplant population. Both recurrent and *de novo* NAFLD are common after LT. By longitudinal use of CAP, we could recognize those two conditions. The question arises as to whether TE with CAP can be used to detect and monitor *de novo* NAFLD and recurrent NAFLD. Additionally, the progression of LSM values may be used as a determinant of liver allograft fibrosis severity. To date, there are still no efficient drugs for NAFLD, and the only treatment options for NAFLD generally include lifestyle changes and treatment of obesity, diabetes, hypertension and dyslipidemia. Therefore, the question arises as to whether monitoring the changes in the CAP and LSM could be useful for evaluating the treatment of those MetS components and the effect of treatment of MetS and its components on *de novo* and recurrent NAFLD. Additionally, this could motivate clinicians who manage LT recipients to treat MetS more aggressively and its components. We still do not know much about *de novo* and recurrent NAFLD; some data are connecting them with the poor survival and with a higher incidence of cardiovascular events<sup>[86]</sup>. These data are not surprising given the data in the pre-LT setting, where it has been shown that NAFLD is not only a liver disease but also a multisystem disease that is mainly connected to diabetes mellitus,

cardiovascular diseases and chronic kidney disease but also to some other chronic diseases, such as colorectal cancer<sup>[87]</sup>. CAP, as a surrogate marker of NAFLD in the pre-LT setting, showed a correlation with cardiovascular risk<sup>[88,89]</sup> and CKD<sup>[90]</sup>. Given this association, the question is whether patients with *de novo* or recurrent NAFLD with both increased CAP and specifically an increased LSM could benefit from much earlier and much stronger screening for CVD and CKD. This is important because CKD and CVD are the main determinants of patient and allograft survival. We are asking whether CAP and LSM could be surrogate markers of subclinical atherosclerosis and consequently markers of increased CVD risk in the post-LT setting.

Finally, cost-effective studies are needed to investigate the usefulness of TE with CAP in the post-LT setting.

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Retrospective Cohort Study

# Risk prediction model for cutaneous squamous cell carcinoma in adult cardiac allograft recipients

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**Institutional review board**

**statement:** This is to certify that this study was done on a public database with decoded data and no patient identifiable information. The database was provided by the United Network of Organ Sharing. Hence the study is exempted from the Institutional Review Board review.

**Informed consent statement:** The study used a decoded database provided by the United Network of Organ sharing with no patient identifiers hence there was no requirement for informed consent. This was a retrospective database analysis.

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## Abstract

### BACKGROUND

Heart transplant recipients are at higher risk of developing skin cancer than the general population due to the long-term immunosuppression treatment. Cancer has been reported as one of the major causes of morbidity and mortality for patients after heart transplantation. Among different types of skin cancers, cutaneous squamous cell carcinoma (cSCC) is the most common one, which requires timely screening and better management.

### AIM

To identify risk factors and predict the incidence of cSCC for heart transplant recipients.

### METHODS

We retrospectively analyzed adult heart transplant recipients between 2000 and 2015 extracted from the United Network for Organ Sharing registry. The whole dataset was randomly divided into a derivation set (80%) and a validation set (20%). Uni- and multivariate Cox regression were done to identify significant risk factors associated with the development of cSCC. Receiver operating characteristics curves were generated and area under the curve (AUC) was calculated to assess the accuracy of the prediction model. Based on the selected risk factors, a risk scoring system was developed to stratify patients into different risk groups. A cumulative cSCC-free survival curve was generated using the Kaplan-Meier method for each group, and the log-rank test was done to compare the inter-group cSCC rates.

this research work.

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## RESULTS

There were 23736 heart-transplant recipients during the study period, and 1827 of them have been reported with cSCC. Significant predictors of post-transplant cSCC were older age, male sex, white race, recipient and donor human leukocyte antigen (HLA) mismatch level, malignancy at listing, diagnosis with restrictive myopathy or hypertrophic myopathy, heart re-transplant, and induction therapy with OKT3 or daclizumab. The multivariate model was used to predict the 5-, 8- and 10-year incidence of cSCC and respectively provided AUC of 0.79, 0.78 and 0.77 in the derivation set and 0.80, 0.78 and 0.77 in the validation set. The risk scoring system assigned each patient with a risk score within the range of 0-11, based on which they were stratified into 4 different risk groups. The predicted and observed 5-year probability of developing cSCC match well among different risk groups. In addition, the log-rank test indicated significantly different cSCC-free survival across different groups.

## CONCLUSION

A risk prediction model for cSCC among heart-transplant recipients has been generated for the first time. It offers a c-statistic of  $\geq 0.77$  in both derivation and validation sets.

**Key Words:** Cutaneous squamous cell carcinoma; Heart transplantation; Cox proportional hazard model; Risk assessment; Squamous cell carcinoma; Mortality outcomes

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**Core Tip:** We retrospectively analyzed 23736 heart-transplant recipients between 2010 and 2015. Eight risk factors associated with post-transplant cutaneous squamous cell carcinoma were identified, including older age, male sex, lower human leukocyte antigen mismatch level, white race, malignancy at listing, diagnosis with restrictive myopathy or hypertrophic myopathy, heart re-transplant, induction therapy with OKT3 or daclizumab. A multivariate risk prediction model was developed with c-statistics of  $\geq 0.77$  in both derivation and validation sets. A risk scoring system was designed to stratify patients into 4 risk groups based on their total risk scores. The predicted and observed 5-year probability of developing cutaneous squamous cell carcinoma match well among different risk groups.

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## INTRODUCTION

Skin cancer has been reported as one of the major causes of morbidity and mortality in heart transplantation recipients<sup>[1]</sup>. The incidence rate of nonmelanoma and melanoma skin cancers, especially cutaneous squamous cell carcinoma (cSCC), is significantly higher in heart transplant recipients than the general population with equivalent age and gender<sup>[2]</sup>.

Multiple studies have been done to investigate the risk of skin cancer in heart transplant recipients<sup>[1]</sup>, and factors including male gender, older age, white race, greater sunlight exposure were commonly identified to be associated with a high risk of post-transplant skin cancer<sup>[3-6]</sup>. Although risk factors have been characterized, few stratification models have been developed to predict the incidence of skin cancer after transplantation. Accurately stratifying the risk of skin cancer has been a challenge that prevents the development of evidence-based screening recommendations. In addition, most of the existing studies investigated the risk factors of several skin cancers collectively. The risk of cSCC, the most common skin cancer among heart transplant recipients, has not been exclusively assessed for a large patient population.

In this study, we sought to develop a risk prediction model for cSCC after heart



transplantation using a national organ transplant database, *i.e.*, the United Network for Organ Sharing (UNOS). The model aims to stratify patients into different risk groups regarding the development of cSCC post-transplantation and provides a useful tool for pre-transplant counseling and post-transplant surveillance and management.

## MATERIALS AND METHODS

### Population

The data consisted of 23736 adults (aged  $\geq 18$  years) heart transplant recipients between 2000 and 2015 were extracted from the UNOS registry of thoracic organ transplantation database. Patients who were listed for and received multi-organ transplantation were excluded from this study. Information on patient characteristics, cancer history, induction therapy, and other risk predictors were extracted for each transplant event, which includes age, sex, race, primary diagnosis, patient's malignancy status at listing and at transplant, patient's emergency status at transplant, donor's cancer history, the recipient and donor human leukocyte antigen (HLA) Mismatch level, recipient's most recent tests before transplant for panel-reactive antibody (PRA) against Class I and Class II antigens, induction with different types of drugs including thymoglobulin, ATGAM, OKT3, daclizumab, basiliximab, and alemtuzumab. cSCC event was determined by the post-transplant follow-up of malignancy status. Time to cSCC development was calculated as days between transplantation and the first reported incidence of cSCC or the last follow-up.

### Statistical analysis

The data was randomly divided into a derivation set (80%) and a validation set (20%). All variables were compared between the derivation and validation sets as well as between the cancer and non-cancer groups (Table 1). Continuous variables were reported as mean (standard deviation), and categorical variables were summarized as percentages. Categorical variables and continuous variables were compared using  $\chi^2$  test and Wilcoxon rank-sum test, respectively.

Uni- and multivariate Cox regression analyses were done to assess the association of different risk factors with post-transplant cSCC, and p-values, hazard ratios and their confidence intervals were reported. Variables with small *P* values ( $< 0.1$ ) in the univariate analysis were selected as inputs to the multivariate analysis. Stepwise forward selection was done to select the final multivariate model. The multivariate model was used to predict the probability of developing cSCC in 5, 8, and 10 years after heart transplantation. The model accuracy was assessed using receiver operating characteristics (ROC) curves and area under curves (AUCs). Based on the hazard ratio, a risk score was assigned to each significant variable (*P* value  $< 0.05$ ), and the sum of all scores predicted the risk of a recipient developing cSCC after heart transplantation. The risk scoring system was validated by comparing the predicted and observed probability of developing cSCC 5 years after transplantation across different risk groups. The cumulative cSCC-free survival curves of different risk groups were derived using the Kaplan-Meier method, and the log-rank test was done to quantitatively assess the difference of cSCC risk. All the analysis was performed using MATLAB software from MathWorks, Inc.

## RESULTS

### Patient characteristics

Table 1 provides the summary of all variables between the derivation and validation cohorts as well as between the cancer and non-cancer groups. No significant differences were observed between the derivation and validation groups for all factors. Within the study population, 1827 recipients (7.70%) developed cSCC whereas 21909 recipients (92.30%) were not reported with the event. Patients in the cSCC positive group were older, had a higher percentage of male sex and white race, had a lower level of recipient and donor HLA mismatch level, had a lower level of PRA against Class I and Class II antigens. The cSCC positive group had a higher percentage of patients who had coronary artery disease at listing, and a lower percentage of patients who had congenital heart defect at listing. More patients in the cSCC positive group had malignancy at listing and at transplantation. Patients in the cSCC positive group were less likely to be in status 1A and more likely in status 1B or status 2. In addition,



Table 1 Patient characteristics and predictive variables

	Total (n = 23736)	Derivation group (n = 18989)	Validation group (n = 4747)	P value for derivation vs validation groups	cSCC positive (n = 1827)	cSCC negative (n = 21909)	P value for cSCC positive vs cSCC negative
Age	52.1 (12.6) <sup>1</sup>	52.1 (12.6) <sup>1</sup>	52.3 (12.6) <sup>1</sup>	0.293	59.1 (7.76) <sup>1</sup>	51.6 (12.7) <sup>1</sup>	< 0.001
Female	24.5	24.7	23.7	0.159	9.58	25.8	< 0.001
HLA mismatch level	4.67 (1.02) <sup>1</sup>	4.67 (1.02) <sup>1</sup>	4.68 (1.01) <sup>1</sup>	0.966	4.59 (1.05) <sup>1</sup>	4.68 (1.01) <sup>1</sup>	< 0.001
PRA against Class I antigens	5.36 (16.3) <sup>1</sup>	5.41 (16.4) <sup>1</sup>	5.16 (15.6) <sup>1</sup>	0.960	3.61 (13.2) <sup>1</sup>	5.51 (16.5) <sup>1</sup>	< 0.001
PRA against Class II antigens	3.95 (14.3) <sup>1</sup>	3.98 (14.4) <sup>1</sup>	3.83 (14.0) <sup>1</sup>	0.404	2.85 (12.2) <sup>1</sup>	4.04 (14.5) <sup>1</sup>	0.003
Race							
White	71.4	71.4	71.6	0.716	97.0	69.3	< 0.001
Black	17.6	17.6	17.5	0.906	0.712	19.0	< 0.001
Hispanic	7.26	7.26	7.27	0.989	1.81	7.72	< 0.001
Other	3.70	3.74	3.54	0.514	0.493	3.97	< 0.001
Diagnosis							
Dilated myopathy	82.1	82.1	82.0	0.884	81.5	82.1	0.515
Restrictive myopathy	2.22	2.27	2.00	0.261	2.24	2.21	0.932
Heart re-transplant	2.63	2.58	2.84	0.301	2.68	2.62	0.883
Coronary artery disease	4.47	4.43	4.61	0.582	6.51	4.30	< 0.001
Hypertrophic myopathy	1.92	1.90	2.00	0.636	1.70	1.94	0.475
Valvular heart disease	2.01	2.10	1.69	0.0716	2.35	1.99	0.282
Congenital heart defect	2.46	2.48	2.42	0.835	0.985	2.59	< 0.001
Other	2.23	2.18	2.44	0.272	2.03	2.25	0.532
Donor cancer history							
No	98.1	98.1	98.0	0.566	98	98.1	0.764
Yes	1.60	1.56	1.73	0.422	1.81	1.58	0.457
Unknown	0.282	0.29	0.253	0.669	0.164	0.292	0.322
Malignancy at listing							
No	92.7	92.8	92.5	0.476	90.3	92.9	< 0.001
Yes	5.83	5.80	5.94	0.708	7.72	5.67	< 0.001
Unknown	1.45	1.42	1.58	0.416	1.97	1.41	0.055
Malignancy at transplant							
No	98.1	98.1	97.8	0.15	97.4	98.1	0.039
Yes	0.421	0.416	0.442	0.802	0.712	0.397	0.046
Unknown	1.51	1.45	1.75	0.136	1.86	1.48	0.204
Donor skin cancer history							
No	97.4	97.4	97.2	0.571	97.6	97.3	0.518

Yes	0.139	0.147	0.105	0.486	0.164	0.137	0.764
Unknown	2.50	2.46	2.65	0.454	2.24	2.52	0.462
Patient status at transplant							
Status 1A	46.4	46.6	45.5	0.213	38.2	47.0	< 0.001
Status 1B	37.6	37.4	38.3	0.268	40.6	37.3	0.006
Status 2	16.0	16.0	16.2	0.817	21.2	15.6	< 0.001
Induction with thymoglobulin	14.6	14.7	14.1	0.335	14.4	14.6	0.819
Induction with ATGAM	5.02	5.11	4.66	0.201	5.15	5.01	0.795
Induction with OKT3	2.32	2.29	2.44	0.517	5.42	2.06	< 0.001
Induction with daclizumab	8.30	8.43	7.77	0.142	12.2	7.98	< 0.001
Induction with basiliximab	17.5	17.4	18.0	0.321	12.6	17.9	< 0.001
Induction with alemtuzumab	1.56	1.56	1.81	0.116	1.48	1.57	0.771

<sup>1</sup>Continuous variables are expressed as mean (SD). The rest of the values are categorical variables expressed as percentages. cSCC: Cutaneous squamous cell carcinoma; HLA: Human leukocyte antigen; PRA: Panel-reactive antibody.

recipients with post-transplant cSCC were more likely to be induced with OKT3 or daclizumab while less likely to be induced with basiliximab.

### Prediction of cSCC

Table 2 gives a summary of the univariate Cox regression analysis, where 10 variables were significant ( $P < 0.05$ ). These variables include age, sex, race, HLA mismatch level, PRA against Class I antigens, PRA against Class II antigens, diagnosis of coronary artery disease or congenital heart disease, patient's malignancy status at listing, and at transplant, and OKT3. The final multivariate model had 8 variables (Table 3), including age, sex, HLA mismatch level, race, malignancy at listing, diagnosis at listing, and induction with OKT3 or daclizumab. ROC curves for the 5-year, 8-year and 10-year post-transplant cSCC prediction provided AUCs of 0.79, 0.78, 0.77 respectively in the derivation set and 0.80, 0.78, 0.77 respectively in the validation set (Figure 1).

### Risk stratification

Table 4 provides the risk scores derived based on the multivariate model to predict the risk of developing cSCC 5 years after heart transplantation. The scoring system can classify patients into 4 risk groups: very low-risk group (score  $\leq 5$ ,  $n = 12383$ ), low-risk group (score = 6,  $n = 6162$ ), medium-risk group (score = 7,  $n = 4371$ ), high-risk group (score  $\geq 8$ ,  $n = 820$ ). Figure 2 shows the predicted and observed probabilities of developing cSCC 5 years after heart transplantation, which match well across different riskgroups. Patients in the high-risk group (score  $\geq 8$ ) had a higher probability (11-fold higher) of developing cSCC after transplant than patients in the very low-risk group (score  $\leq 5$ ).

Figure 3 shows the Kaplan Meier estimator of the cSCC-free survival curve and risk table for each risk group. It shows that the probability of developing cSCC in the very low-risk group is significantly lower than that of the high-risk group, and about 20% of the subjects in the high-risk group developed cSCC 5 years after transplantation. In addition, log-rank test was performed to test the null hypothesis that there was no difference regarding the occurrence probability of cSCC among the four groups. The results in Table 5 show that the risk of developing cSCC in high-risk group is greater than that in the low and medium-risk groups. Significant differences ( $P$  value  $< 0.001$ ) were observed between every two groups. The cSCC risk in the high-risk group is respectively 9.16-fold, 2.18-fold, and 1.28-fold higher than that of the very low-risk, low-risk, and medium-risk group; the risk of the medium-risk group is respectively 7.12-fold and 1.69-fold higher than that of the very low-risk and low-risk group, and the risk of the low-risk group is 4.19-fold higher than that of the very low-risk group.

**Table 2 Univariate analysis of predictive variables associated with incidence probability of post-transplant cutaneous squamous cell carcinoma**

Covariates	Hazard ratio (95%CI)	P value
Age	1.08 (1.07-1.09)	< 0.001
Female	0.310 (0.260-0.370)	< 0.001
HLA mismatch level	0.914 (0.870-0.960)	< 0.001
PRA against Class I antigens	0.994 (0.990-0.998)	0.006
PRA against Class II antigens	0.994 (0.989-0.999)	0.012
Race		
White	1	-
Black	0.0390 (0.0221-0.068)	<0.001
Hispanic	0.178 (0.120-0.265)	<0.001
Other	0.108 (0.0512-0.226)	<0.001
Diagnosis		
Dilated myopathy	1	-
Restrictive myopathy	1.38 (0.985-1.93)	0.061
Heart re-transplant	1.12 (0.807-1.55)	0.500
Coronary artery disease	1.49 (1.22-1.82)	< 0.001
Hypertrophic myopathy	0.923 (0.630-1.35)	0.681
Valvular heart disease	1.16 (0.842-1.59)	0.368
Congenital heart defect	0.393 (0.232-0.666)	0.001
Other	1.01 (0.695-1.47)	0.951
Donor cancer history		
No	1	-
Yes	1.28 (0.883-1.84)	0.195
Unknown	0.997 (0.321-3.10)	0.997
Malignancy at listing		
No	1	-
Yes	1.72 (1.43-2.09)	< 0.001
Unknown	0.983 (0.667-1.45)	0.930
Malignancy at transplant		
No	1	0
Yes	2.55 (1.48-4.41)	0.001
Unknown	0.791 (0.528-1.18)	0.255
Donor skin cancer history		
No	1	-
Yes	1.06 (0.265-4.24)	0.935
Unknown	0.631 (0.439-0.906)	0.013
Patient status at transplant		
Status 1A	1	-
Status 1B	1.07 (0.950-1.20)	0.274
Status 2	0.983 (0.854-1.13)	0.805
Induction with thymoglobulin	1.05 (0.911-1.22)	0.481

Induction with ATGAM	0.980 (0.784-1.22)	0.857
Induction with OKT3	1.59 (1.27-2.01)	< 0.001
Induction with daclizumab	1.16 (0.995-1.36)	0.057
Induction with basiliximab	1.08 (0.927-1.26)	0.322
Induction with alemtuzumab	1.18 (0.773-1.80)	0.444

HLA: Human leukocyte antigen; PRA: Panel-reactive antibody; CI: Confidence interval.

**Table 3 Risk factors selected from multivariate analysis**

Covariates	Hazard ratio (95%CI)	P value
Age	1.068 (1.062-1.075)	< 0.001
Female	0.412 (0.344-0.494)	< 0.001
HLA mismatch level	0.951 (0.905-0.999)	0.043
Race		
White	1	-
Black	0.124 (0.059-0.261)	< 0.001
Hispanic	0.058 (0.033-0.102)	< 0.001
Other	0.229 (0.154-0.340)	< 0.001
Diagnosis		
Dilated myopathy	1	-
Restrictive myopathy	1.869 (1.333-2.619)	< 0.001
Heart re-transplant	1.711 (1.231-2.378)	0.001
Coronary artery disease	1.144 (0.935-1.400)	0.192
Hypertrophic myopathy	1.596 (1.087-2.345)	0.017
Valvular heart disease	1.159 (0.842-1.596)	0.364
Congenital heart defect	1.106 (0.649-1.886)	0.710
Other	1.381 (0.9477-2.012)	0.093
Malignancy at listing		
No	1	-
Yes	1.593 (1.315-1.930)	< 0.001
Unknown	0.982 (0.666-1.448)	0.926
Induction with OKT3	1.380 (1.095-1.739)	0.006
Induction with daclizumab	1.371 (1.173-1.603)	< 0.001

HLA: Human leukocyte antigen; CI: Confidence interval.

### **Mortality outcomes**

Most of the registry data including UNOS database showed that heart-transplant recipients with skin cancer revealed significantly lower overall survival than the recipients with no skin cancer. To demonstrate the consistency of our dataset, the survival experience of these two groups of patients were compared using landmark analysis<sup>[7]</sup>. Median time from the date of transplantation to cSCC was taken as the landmark time point. Kaplan Meier survival curves of the two groups were displayed in [Figure 4](#). The log-rank test demonstrates a significant difference between the two groups and the mortality risk of the group with skin cancer is 1.51-fold greater than its counterpart.

**Table 4 Risk score for the 5-yr development of cutaneous squamous cell carcinoma after transplantation**

Covariates	Category	Score
Age	18-40	0
	40-60	1
	> 60	2
Sex	Female	0
	Male	2
HLA mismatch level	> 5	0
	≤ 5	1
Race	White	2
	Other	0
Diagnosis	Restrictive myopathy	1
	Heart re-transplant	1
	Hypertrophic myopathy	1
	Other	0
Malignancy at listing	No	0
	Yes	1
	Unknown	0
Induction with OKT3	No	0
	Yes	1
Induction with daclizumab	No	0
	Yes	1

HLA: Human leukocyte antigen.

**Table 5 Log-rank test to compare the cumulative incidence of post-transplant cutaneous squamous cell carcinoma between risk groups**

Group	P value	Hazard ratio (95%CI)
Low <i>vs</i> very low	< 0.001	4.19 (3.66-4.78)
Medium <i>vs</i> very low	< 0.001	7.12 (6.18-8.21)
Medium <i>vs</i> low	< 0.001	1.69 (1.52-1.88)
High <i>vs</i> very low	< 0.001	9.16 (6.23-13.5)
High <i>vs</i> low	< 0.001	2.18 (1.74-2.72)
High <i>vs</i> medium	0.004	1.28 (1.07-1.54)

CI: Confidence interval.

### **Prediction of cSCC without OKT3 and daclizumab**

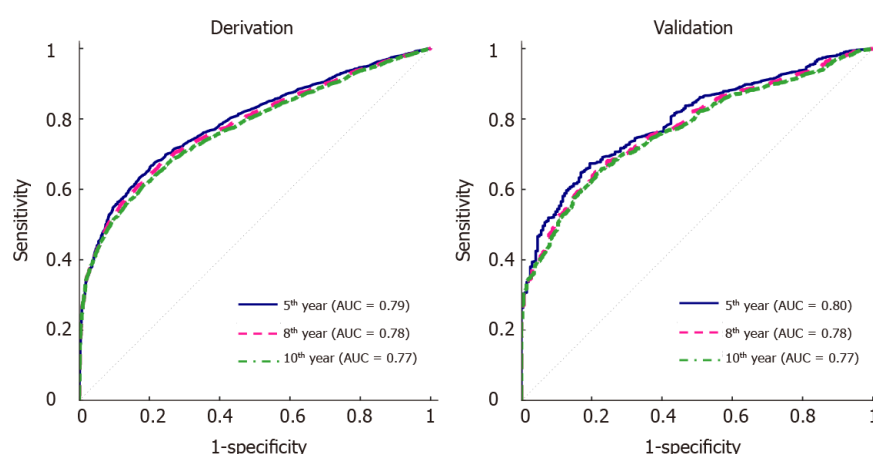
Since induction drugs of OKT3 and daclizumab are not used currently, additional analysis without these two drugs was conducted. The analysis followed the same procedure as described in the Statistical Analysis section. The multivariate model excluding OKT3 and daclizumab was given in Table 6, which had six variables, including age, sex, HLA mismatch level, race, diagnosis at listing, and malignancy at listing. None of the rest of the induction drugs were significant and selected in the multivariate model. The AUCs for 5-year, 8-year, and 10-year post-transplant cSCC prediction were 0.79, 0.77, 0.77 respectively in the derivation set and 0.79, 0.76, 0.75 respectively in the validation set (Figure 5). Eliminating OKT3 and daclizumab slightly



**Table 6 Risk factors selected from multivariate analysis without OKT3 and daclizumab**

Covariates	Hazard ratio (95%CI)	P value
Age	1.068 (1.062-1.075)	< 0.001
Female	0.412 (0.344-0.494)	< 0.001
HLA mismatch level	0.948 (0.903-0.996)	0.034
Race		
White	1	-
Black	0.126 (0.060-0.265)	< 0.001
Hispanic	0.058 (0.033-0.102)	< 0.001
Other	0.228 (0.154-0.339)	< 0.001
Diagnosis		
Dilated myopathy	1	-
Restrictive myopathy	1.897 (1.354-2.658)	< 0.001
Heart re-transplant	1.703 (1.226-2.366)	0.002
Coronary artery disease	1.135 (0.927-1.389)	0.219
Hypertrophic myopathy	1.589 (1.082-2.334)	0.018
Valvular heart disease	1.156 (0.840-1.592)	0.373
Congenital heart defect	1.098 (0.645-1.872)	0.730
Other	1.329 (0.913-1.935)	0.138
Malignancy at listing		
No	1	-
Yes	1.589 (1.312-1.925)	< 0.001
Unknown	0.983 (0.666-1.449)	0.930

HLA: Human leukocyte antigen; CI: Confidence interval.



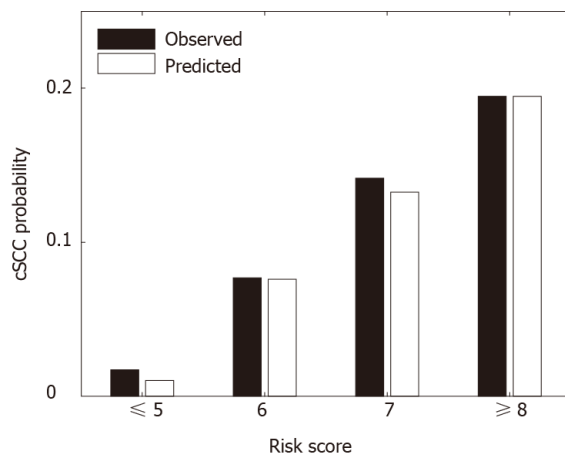
**Figure 1 Receiver operating characteristics curves of the multivariate model for the 5-yr, 8-yr and 10-yr post-transplant cutaneous squamous cell carcinoma prediction. A: The derivation set; B: The validation set. AUC: Area under the curve.**

affected the AUCs (decreased by 0.01-0.02) in the validation set compared to the model with OKT3 and daclizumab. In addition, a new risk stratification model without OKT3 and daclizumab was developed, and the risk scores were given in Table 7. The scoring system without OKT3 and daclizumab divided patients into 4 risk groups: very low-risk group (score  $\leq 5$ ), low-risk group (score = 6), medium-risk group (score = 7), high-risk group (score  $\geq 8$ ). The predicted and observed probabilities of developing cSCC 5

**Table 7 Risk score without OKT3 and daclizumab for the 5-yr development of cutaneous squamous cell carcinoma after transplantation**

Covariates	Category	Score
Age	18-40	0
	40-60	1
	> 60	2
Sex	Female	0
	Male	2
HLA mismatch level	> 5	0
	≤ 5	1
Race	White	2
	Other	0
Diagnosis	Restrictive myopathy	1
	Heart re-transplant	1
	Hypertrophic myopathy	1
	Other	0
Malignancy at listing	No	0
	Yes	1
	Unknown	0

HLA: Human leukocyte antigen.



**Figure 2 Predicted vs observed probabilities of developing cSCC 5 yr after transplant in different risk groups: very low-risk group (score ≤ 5), low-risk group (score = 6), medium-risk group (score = 7), high-risk group (score ≥ 8).** cSCC: Cutaneous squamous cell carcinoma.

years after transplant in different risk groups were shown in [Figure 6](#), and the Kaplan Meier estimator of the cSCC-free survival curve was given in [Figure 7](#). Further, log-rank test was done to compare the risk between different groups where patients were divided using the new scoring system, and significant differences were observed between every two groups ([Table 8](#)). The new stratification model without induction drugs provided comparable results to the model with OKT3 and daclizumab.

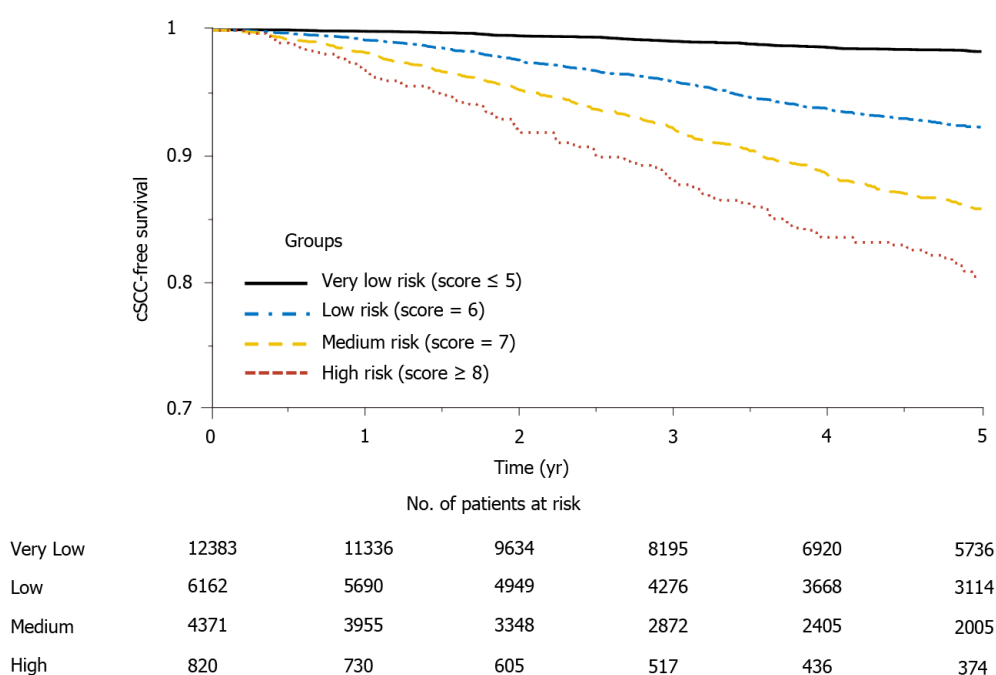
## DISCUSSION

cSCC is a predominant skin malignancy among heart transplant recipients. Studies have been done to investigate the risk factors of post-transplant cSCC, but risk stratification and prediction have not been examined in the literature. This study

**Table 8** Log-rank test to compare the cumulative incidence of post-transplant cutaneous squamous cell carcinoma between different risk groups where patients were divided using the scoring system without OKT3 and daclizumab

Group	P value	Hazard ratio (95%CI)
Low <i>vs</i> very low	< 0.001	3.97 (3.51-4.50)
Medium <i>vs</i> very low	< 0.001	6.80 (5.86-7.90)
Medium <i>vs</i> low	< 0.001	1.70 (1.52-1.90)
High <i>vs</i> very low	< 0.001	10.1 (5.41-18.8)
High <i>vs</i> low	< 0.001	2.48 (1.78-3.47)
High <i>vs</i> medium	0.003	1.41 (1.09-1.83)

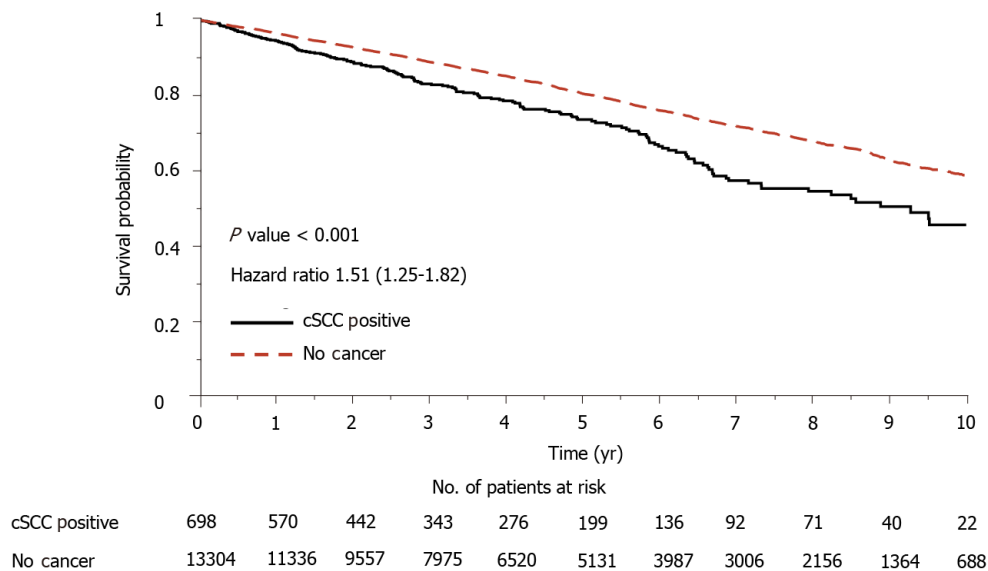
CI: Confidence interval.

**Figure 3** Cumulative cSCC-free survival curves for different risk groups. cSCC: Cutaneous squamous cell carcinoma.

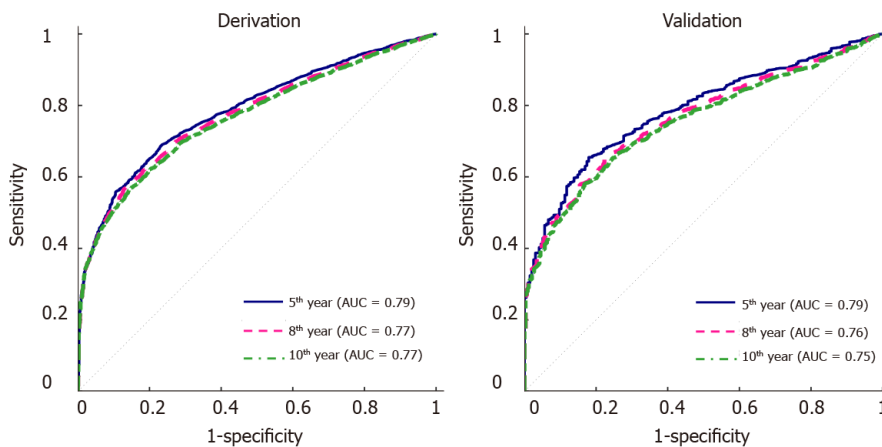
conducted a retrospective study of the post-transplant event of cSCC for a large cohort of heart transplant patients in the UNOS registry and developed a risk score model to stratify patients into different risk groups.

In the univariate analysis, PRA against Class I and Class II antigens were identified as significant factors, but they were not significant in the multivariable analysis. Coronary artery disease was a risk factor in univariate analysis but was not selected in the multivariate model. The univariate analysis also identified congenital heart defect as a protective factor, but the observation did not hold up in multivariate analysis. The possible reason is that these two diseases are strongly correlated with patient age, thus the inclusion of age in the multivariate model eliminated the influence of these two diseases.

Eight predictors, including age, gender, HLA mismatch level, race, patient's malignancy at listing, patient's diagnosis at listing, induction therapy with OKT3 or daclizumab were selected in the final multivariate model. Among these predictors, older age, male sex, and white race have been previously reported as significant risk factors in many studies<sup>[3,8,9]</sup>. In addition, the multivariate model included the HLA mismatch level as a protective factor for cSCC, which is consistent with the observation in a recent study on the relationship between the HLA antigen mismatch level and the skin cancer incidence after heart and lung transplantation<sup>[10]</sup>. Heart re-transplant was identified as a significant risk factor as compared to dilated myopathy,



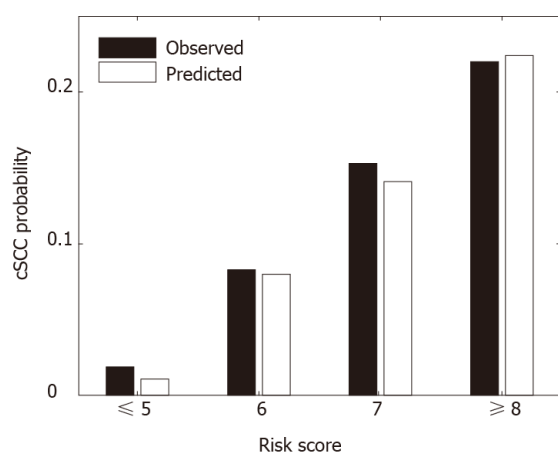
**Figure 4** Cumulative survival curves for heart transplant recipients with cSCC and with no cancer. cSCC: Cutaneous squamous cell carcinoma.



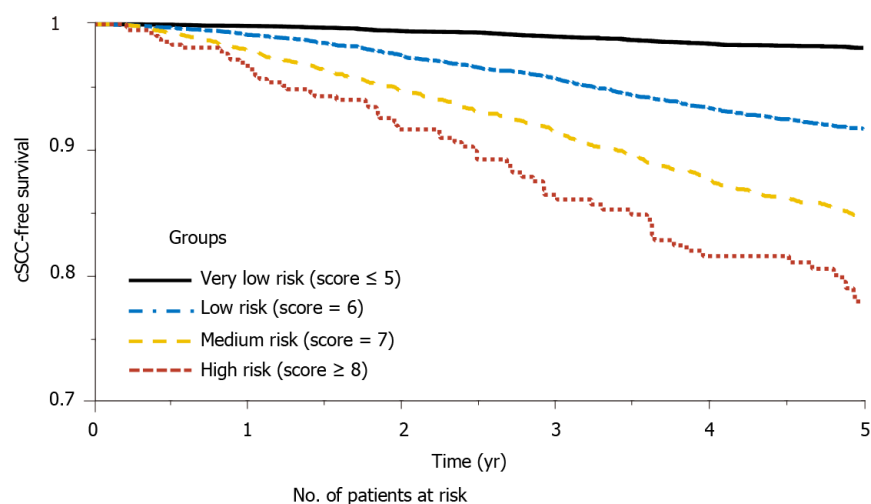
**Figure 5** Receiver operating characteristics curves of the multivariate model without OKT3 and daclizumab for the 5-yr, 8-yr and 10-yr post-transplant cutaneous squamous cell carcinoma prediction. A: The derivation set; B: The validation set. AUC: Area under the curve.

which matches with a previous report that suggested re-transplant was a risk factor *vs* cardiomyopathy<sup>[11]</sup>. The multivariate model also showed that patients diagnosed with restrictive myopathy or hypertrophic myopathy before transplant had a higher risk of developing cSCC than patients who had other types of conditions. Recipients' malignancy status is an indication of patients' cancer history, which has been reported as a risk factor for skin cancer development in various studies<sup>[12,13]</sup>, and was also identified as a risk factor for heart-transplant recipients in this study. In addition, the multivariate analysis revealed that induction therapy with OKT3 resulted in an increased incidence of cSCC, which is consistent with the observation reported in a previous study on a small cohort of heart transplant patients<sup>[3]</sup>. Our analysis also found that induction with daclizumab significantly (*P* value < 0.001) increased the risk of post-transplant cSCC.

The risk score separated patients into four risk groups (Figure 2), and the observed and predicted probabilities of developing cSCC 5 years after transplantation in very low-risk, low-risk, medium-risk, and high-risk groups were 0.017 *vs* 0.010, 0.077 *vs* 0.076, 0.142 *vs* 0.133 and 0.195 *vs* 0.195, respectively. The cumulative incidence probability of post-transplant cSCC was compared between different risk groups (Figure 3). For the high-risk group, the cumulative incidence rate increased significantly with respect to time. The one-, three-, and five-year incidence probabilities in the high-risk group were 0.03, 0.12, and 0.19, respectively. The significant differences in the cumulative incidence rates among different risk groups



**Figure 6** Predicted vs observed probabilities of developing cSCC 5 yr after transplant in different risk groups where patients were divided using the scoring system without OKT3 and daclizumab: very low-risk group (score ≤ 5), low-risk group (score = 6), medium-risk group (score = 7), high-risk group (score ≥ 8). cSCC: Cutaneous squamous cell carcinoma.



	No. of patients at risk					
Very Low	12802	11727	10000	8544	7246	6045
Low	6475	5990	5228	4537	3906	3322
Medium	4018	3609	3009	2545	2096	1715
High	441	385	299	234	181	147

**Figure 7** Cumulative cSCC-free survival curves for different risk groups where patients were divided using the scoring system without OKT3 and daclizumab. cSCC: Cutaneous squamous cell carcinoma.

show the effectiveness of the proposed risk stratification model. Furthermore, cSCC greatly increased the mortality after heart transplantation with a hazard ratio of 1.51 ( $P$  value < 0.001) (Figure 4), which shows the importance of early screening and identification of cSCC among heart-transplant recipients.

### Limits of the study

The study has limitations which are discussed here. Firstly, this is a retrospective study using a single data source for the derivation and the validation cohorts. Missing data and poor data quality are generally recognized as drawbacks of retrospective studies. Thus, the results will need to be replicated in a separate patient population and ideally prospectively. Secondly, sunshine exposure has been identified as a risk factor for skin cancer but was not included in the current study. Ultraviolet exposure information such as latitude, average daily total global solar radiation, or patients' reports of previous sun exposure was used in many studies to assess the risk of ultraviolet exposure on skin cancer. However, it was previously reported that such information was not reliable biomarkers of ultraviolet radiation<sup>[9]</sup>, and these data were



not reported in the UNOS database.

In addition, the UNOS database contains missing and inaccurate reporting. Some posttransplant malignancy forms submitted to the Organ Procurement Transplant Network registry have been reported to be incomplete<sup>[9,14]</sup>. To minimize the possible bias due to incomplete reports, our analysis only used patient records with a clear indication of post-transplant malignancy status. That is, the records with unknown post-transplant malignancy status were excluded for the analysis.

## CONCLUSION

In conclusion, this study developed a risk prediction model for post-transplant cSCC using a group of basic demographic and clinical parameters that can be estimated in every local center. The model provides a simple tool to aid clinical judgment for pre-transplant counseling and post-transplant health management. Identification of high-risk patients can facilitate the diagnosis of skin cancer in an early stage and potentially reduce morbidity and mortality after heart transplantation.

## ARTICLE HIGHLIGHTS

### **Research background**

Heart transplant recipients are at higher risk of developing skin cancer than the general population due to the long-term immunosuppression treatment. Cancer has been reported as one of the major causes of morbidity and mortality for patients after heart transplantation.

### **Research motivation**

Cutaneous squamous cell carcinoma (cSCC) is reported as the most common skin cancer in adult heart transplant recipients. This study was initiated to develop a risk stratification model using the United Network for Organ Sharing database in order to identify important risk factors and predict post-transplant incidence of cSCC. Among the different types of skin cancers, cSCC is the most common type of cancer. Timely screening and better management would help in prevention of long-term complications.

### **Research objectives**

To identify risk factors and predict the incidence of cSCC for heart transplant recipients. Develop a risk prediction model for cSCC.

### **Research methods**

The whole dataset was randomly divided into a derivation set (80%) and a validation set (20%). Uni- and multivariate Cox regression were done to identify significant risk factors associated with the development of cSCC. Receiver operating characteristics curves were generated and area under the curve (AUC) was calculated to assess the accuracy of the prediction model.

### **Research results**

Of the 23736 heart-transplant recipients in the database during the study period, 1827 were reported to have cSCC. Significant predictors of post-transplant cSCC were older age, male sex, white race, recipient and donor human leukocyte antigen mismatch level, malignancy at listing, a diagnosis of restrictive myopathy or hypertrophic myopathy, re-transplantation of the heart, and induction therapy with OKT3 or daclizumab. The multivariate model was used to predict the 5-, 8- and 10-year incidence of cSCC and respectively provided AUC of 0.79, 0.78, and 0.77 in the derivation set and 0.80, 0.78, and 0.77 in the validation set. The risk scoring system assigned each patient with a risk score within the range of 0-11. Based on the scores they were stratified into 4 different risk groups. The predicted and observed 5-year probability of developing cSCC match well among different risk groups. In addition, the log-rank test indicated significantly different cSCC-free survival across different groups.

### Research conclusions

A risk prediction model for cSCC among heart-transplant recipients has been generated for the first time. It offers a c-statistic of  $\geq 0.77$  in both derivation and validation sets.

### Research perspectives

Using a risk prediction score for screening of adult cardiac allograft recipients for early detection of cSCC can become a reality. The risk prediction score can be further validated in independent data sets in the future. Identification of risk factors is an important step towards the prevention of cSCC in this population.

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## Belatacept in renal transplantation in comparison to tacrolimus and molecular understanding of resistance pattern: Meta-analysis and systematic review

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### Abstract

#### BACKGROUND

The T-cell costimulation blocking agent belatacept has been identified as a possible substitute for calcineurin inhibitors, however, no consensus has been established against its use over the standard care agent Tacrolimus.

#### AIM

To evaluate the effectiveness of belatacept based maintenance immunosuppressive regimens in comparison to tacrolimus in renal transplantation.

#### METHODS

We did extensive search of all the available literature comparing the role of belatacept to tacrolimus in renal transplant recipients by searching the PubMed, Embase, Cochrane, Crossref, Scopus, clinical trials registry on October 5, 2020.

#### RESULTS

The literature search identified four randomized controlled trials ( $n = 173$  participants) comparing belatacept with tacrolimus. There was no significant difference in estimated renal function at 12 mo [mean difference 4.12

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mL/min/1.73 m<sup>2</sup>, confidence interval (CI): -2.18 to 10.42,  $P = 0.20$ ]. Further, belatacept group was associated with significant increase in biopsy proven acute rejection [relative risk (RR) = 3.27, CI: 0.88 to 12.11,  $P = 0.08$ ] and worse 12 mo allograft survival (RR = 4.51, CI: 1.23 to 16.58,  $P = 0.02$ ). However, incidence of new onset diabetes mellitus was lower with belatacept at 12 mo (RR = 0.26, CI: 0.07 to 0.99,  $P = 0.05$ ).

## CONCLUSION

The evidence reviewed in this meta-analysis suggested that belatacept-based maintenance immunosuppression regimens were associated with an increased risk allograft loss in renal transplant recipients with equivalent renal functioning against standard tacrolimus; however, observed significantly reduced new onset diabetes mellitus after transplantation incidence and lower serum low density lipid profile levels in belatacept group. In addition, the adaptation of belatacept in renal transplantation has been forestalled by increased rates of rejection and resistance owing to development of various effector memory T cells through, parallel differentiation and immunological plasticity.

**Key Words:** Adverse events; Calcineurin inhibitors; Belatacept; Tacrolimus; Graft failure; Kidney transplantation

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**Core Tip:** This meta-analysis suggested that belatacept-based maintenance immunosuppression regimens were associated with an increased risk allograft loss in renal transplant recipients with equivalent renal functioning against standard tacrolimus.

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## INTRODUCTION

The success immunosuppression in kidney transplantation has added a significant number of productive years to the life of chronic kidney disease patients<sup>[1]</sup>. The calcineurin inhibitors (CNIs), cyclosporine A and tacrolimus (Tac) were introduced in clinical practice in 1980's and form the cornerstone of immunosuppressive therapy in renal transplant recipients. Globally most of the kidney transplant recipients have been initially get treated with a calcineurin inhibitor (usually tacrolimus), an antimetabolite (preferentially mycophenolate), and steroids plus in many instances require an additional agent of induction as basiliximab or thymoglobulin. Various studies including randomized controlled trials (RCT) and meta-analysis reported that these immunosuppressive regimens have been associated with more than 90% one-year graft survival whilst extending a rejection rate of below 15%-20%<sup>[2-4]</sup>.

However, the superlative results of short-term allograft survival have not been maintained for long owing to renal and non-renal toxicities of these drugs which produce slow, steady decline in renal functioning<sup>[5]</sup>. The non-renal toxicities as cardiovascular adverse events and malignancies are considered to be the most important determinants of death with functioning graft in renal transplant recipients<sup>[6]</sup>. In addition, CNIs have been associated with development of various cardiovascular risk factors such as hyperlipidemia, hypertension, and new onset diabetes mellitus after transplantation (NODAT)<sup>[7,8]</sup>.

In the given circumstances, it is important to note, that, CNI induced nephrotoxicity as a consequence to interstitial fibrosis and tubular atrophy represents a major obstacle to the long-term success of the renal transplant. The pathophysiology behind CNI induced nephrotoxicity involves increased production of vasoconstrictors, e.g.,



thromboxane and endothelin, with limited secretion of the vasodilators, such as nitric oxide, prostaglandin E2, and prostacyclin. The long-term graft failure has been observed in 96.8% of allograft biopsies<sup>[9,10]</sup>. In addition, the biggest challenge with immunosuppression therapy is to maintain the balance of immunosuppression in order to avert any rejection episode, whilst keeping the check on the toxicities. Studies have shown that a reduction or withdrawal from a CNI can significantly improve renal function<sup>[11-14]</sup>.

In last decade, T-cell costimulation blocking agent belatacept has been identified as possible substitute to CNI therapy and obtained United States Food and Drug Administration approval in 2011 for the prevention of rejection in kidney transplant recipients<sup>[15-18]</sup>. Belatacept is a human fusion protein, which selectively binds to CD80 and CD86 with higher affinity than CD28. Thus blocks the interaction between CD86-CD28, hence, inhibits the complete activation of T-cells and promotes anergy and apoptosis<sup>[19,20]</sup> (Figure 1). Additional studies have demonstrated that costimulation blockade modulates T cell mediated immune processes which ought to abridge the dependence on the traditional maintenance immunosuppressive drugs<sup>[21]</sup>.

These distinct immunological properties and limited nephrotoxic potential of belatacept have prevailed clinicians to use them as a surrogate to CNIs; cyclosporine A and Tac<sup>[22,23]</sup>. Given these findings, clinical trials in humans were undertaken to investigate the possibilities of belatacept as an adjunct to CNI based regimens. A recent, meta-analysis conducted by Talawila *et al*<sup>[24]</sup>, included five trials to better elucidate the usefulness of belatacept in juxtaposition to cyclosporine. The group outlined the potential benefit for belatacept by reducing the risk of CNI toxicity, especially renal function, without any increased evidence of acute rejection at 12 mo.

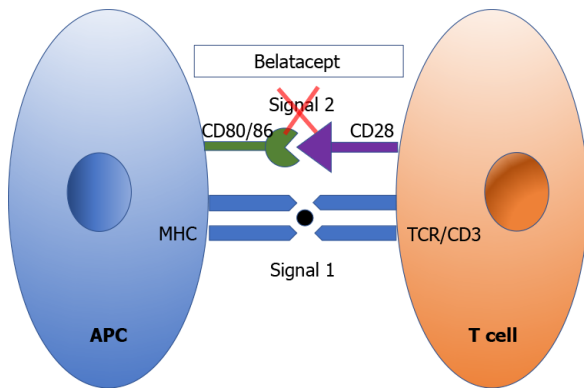
Indeed, most of the kidney transplant recipients approximately 90% in the United States have been initially managed with a calcineurin inhibitor of which Tac is primarily used agent in 92% whilst cyclosporine is alternative option in 2%. The primary reason behind preferring Tac over cyclosporine includes decreased acute rejection rates, better tolerability, relatively lower requirement of mycophenolate mofetil (MMF)<sup>[3,4,25-27]</sup>. A meta-analysis conducted by Webster *et al*<sup>[3]</sup> included 30 studies (4102 patients) comparing tacrolimus and cyclosporine, demonstrated that tacrolimus significantly lowered the risk of graft loss following six months of renal transplantation [relative risk (RR): 0.56, 95% confidence interval (CI): 0.36-0.86]. Further, tacrolimus continued to favour allograft loss and reported 1-year, 2-year and 3-years graft loss of RR: 0.77 (CI: 0.58-1.02), RR: 0.74 (CI: 0.46-1.21) and RR: 0.71 (CI: 0.52-0.96) respectively. Moreover, tacrolimus also decreased the risk of acute rejection at one year (RR: 0.66, 95%CI: 0.6-0.79).

However, it was very unfortunate that till 2016 only one prospective study had been conducted to assess the usefulness of *de novo* belatacept over Tac. However, to bridge this lack of evidence Muduma *et al*<sup>[28]</sup> performed an “indirect treatment comparison” of belatacept to Tac. Here, they simultaneously conducted two consecutive meta-analyses comparing Tac to cyclosporine and cyclosporine to belatacept respectively and then compared the results of these analyses with each other to generate a direct comparison between Tac to belatacept. However, the review failed to find any conclusive evidence of difference towards the beneficence of belatacept as primary maintenance immunosuppressive agent in place of Tac.

Despite the availability of enormous literature on the applicability of belatacept in renal transplantation, intriguingly many questions are yet to be answered such as what is the true potential of this drug in current practice of renal transplantation with the principle of *primum non nocere*? Hence, the present study aimed to systematically review and where possible meta-analyze the available data on the clinical effectiveness of *de novo* belatacept as an alternative to Tac in patients undergoing renal transplantation and further highlighted the immunological basis for the development of belatacept-resistant rejection (BRR).

## MATERIALS AND METHODS

The present meta-analysis was conducted following completion of registration (CRD42018086032) in PROSPERO an international database of prospectively registered systematic reviews. A detailed literature search was made on National Library of Medicine Database (PubMed), Embase, Cochrane, Crossref, Scopus databases, clinical trial registries on October 5, 2020 to determine the immunosuppressive role of belatacept as an alternative to Tac. The search covered the period 2005 (the year of the first reported use of belatacept) to October 5, 2020<sup>[17,29]</sup>. The search strategy designed



**Figure 1** Pictorial depiction of mechanism of action of belatacept. APC: Antigen-presenting cell.

according to the guidelines mentioned in the Cochrane Handbook for Systematic Reviews of Interventions and reported as per the guidelines proposed by Meta-analysis of Observational Studies in Epidemiology. The medical subject headings terms and free text words were searched in various permutations and combinations: “Adverse events”, “Calcineurin Inhibitors”, “Tacrolimus”, “Belatacept”, “Graft Rejection”, “Graft Survival”, “Kidney Transplantation”, to complete the analysis. In addition, a manual search was conducted for conference abstracts, bibliographies and citations list of the relevant articles were examined for additional studies.

### **Inclusion criteria**

Only prospectively, systematically and quantitatively done RCT, comparing *de novo* belatacept with Tac in both living and/or deceased kidney transplant recipient were included. All other studies or publications types as retrospective studies, editorials, reviews, posters and letters were excluded. The primary outcome of interest was renal function, estimated glomerular filtration rate, and secondary outcomes were biopsy proven acute rejection (BPAR), patient and graft survival, NODAT, blood pressure, hyperlipidaemia, CMV viremia, and polyomavirus infection (Table 1).

### **Data extraction**

Two separate physician reviewers (Kumar K and Reccia I) employed a two-stage method to conduct study screening independently. At the first stage, titles and abstracts were scrutinized for excluding obviously ineligible studies. At the second stage, the full texts were read carefully for further excluding any ineligible studies. Disagreements were resolved *via* consensus, and matters for which consensus could not be made were settled after much deliberation with senior author. The Preferred Reporting Items for Systematic Reviews and Meta-analyses guidelines were used here to complete search strategy and study selection (Figure 2 and 3).

### **Statistical analysis**

The internal validity of pre-specified inclusion and exclusion criteria of the included studies were determined by independently by the authors using the Cochrane Risk of Bias tool. Each study was thoroughly analyzed to evaluate the above mentioned parameters (Table 2).

The Cochrane Collaboration, Review Manager (RevMan) Version 5.3 can analyze minimum of two trials and available continuous and dichotomous trial data. The data formulated as RR for dichotomous data, mean difference for continuous outcomes including 95%CI, heterogeneity between the trials compared and  $I^2$  statistic of more than 30% determined as significant.  $I^2$  statistic of more than 30% was determined to be significant. In the stance of significant heterogeneity, the random effects model assessment was used following the evaluation of forest plot while fixed-effect model was applied in the situation of low heterogeneity. In perspective of significant heterogeneity, the random effects model assessment was done following the evaluation of forest plot of involved trials<sup>[30,31]</sup>. Publication bias formally assessed through funnel plots but that requires at least 10 trials unfortunately present meta-analysis involved only four trials, so, we couldn't assess publication bias<sup>[32]</sup>.

**Table 1 Criteria for the inclusion of studies**

Type	
Study design	Prospective cohort design with a well-defined study population
Study group	Post renal transplant
Study size	Any
Length of follow-up	Any
Source	Peer-reviewed journals
Language	English
Outcome measure	Renal function, patient safety, adverse events, and graft functioning and survival

**Table 2 Characteristics of included studies**

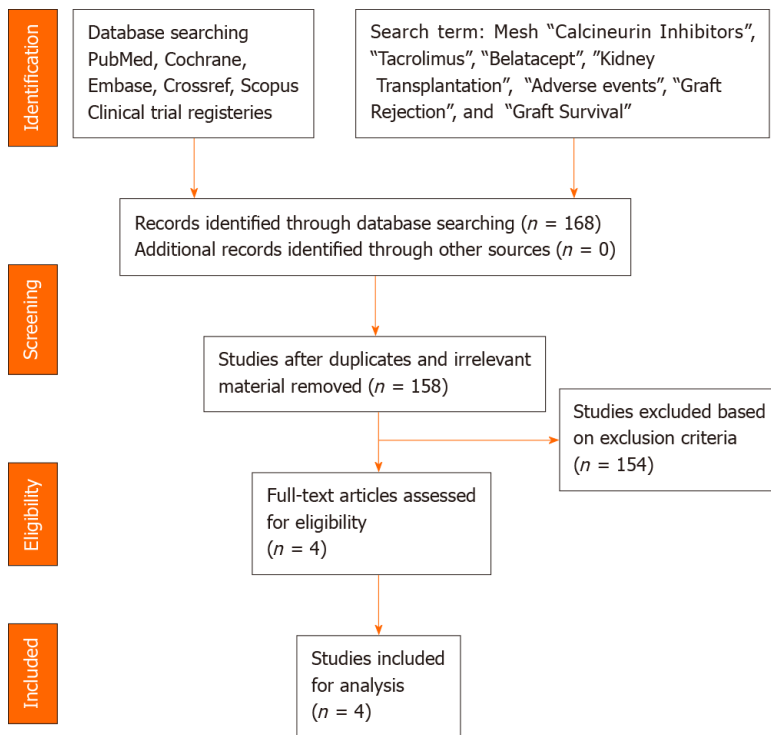
Ref.	Study design	Donor type	Belatacept based (group 1)	Tacrolimus based (group 2)	Belatacept based (group 3)
Ferguson <i>et al</i> <sup>[33]</sup> , 2011	Multicentre, prospective, randomized (93 patients, 1 yr)	Living and deceased	Belatacept 10 mg/kg on day 1 and 5, then once every 2 wk through 3 mo, every 4 wk through 6 mo and 5 mg/kg from 7 mo onwards; MMF: 1 mg twice daily; Induction: Thymoglobulin + Corticosteroids	Tac 0.2 mg/kg divided into two doses; Tac 0.2 mg/kg divided into two doses; Induction: Thymoglobulin + Corticosteroids	Belatacept 10 mg/kg on day 1 and 5, then once every 2 wk through 3 mo, every 4 wk through 6 mo and 5 mg/kg from 7 mo onwards; SRL initiated on day 1 and dose level 7-12 ng/mL. Induction: Thymoglobulin + Corticosteroids
de Graaf <i>et al</i> <sup>[34]</sup> , 2017	Single centre, prospective, randomized (40 patients, 1 yr)	Living	Belatacept 10 mg/kg on day 0, 4, 15, 30, 60, 90 d of transplant, following that 5 mg/kg till 12 mo	Tac 0.2 mg/kg divided into two doses. Target concentration 10 to 15 ng/mL (week 1-2); 8 to 12 ng/mL (week 3-4); 5-10 ng/mL (week > 5)	NA
Newell <i>et al</i> <sup>[35]</sup> , 2017	Multicentre, prospective, randomized (19 patients, 1 yr)	Living and deceased	Belatacept 10 mg/kg on day 0 (day of transplant) and then on days 4, 14, 28, 56, and 84. After day 84, participants received a maintenance dose of 5 mg/kg every 4 wk until completion of the trial; MMF: 1 mg twice daily; Induction: Thymoglobulin, rapid methylprednisolone taper	Tac 0.1 mg/kg divided into two doses; Target concentration 8 to 12 ng/mL (week 24), then 5 to 8 ng/mL (week > 24); MMF: 1 mg twice daily; Induction: Thymoglobulin, rapid methylprednisolone taper	Belatacept 10 mg/kg on day 0 (day of transplant) and then on days 4, 14, 28, 56, and 84. After day 84, participants received a maintenance dose of 5 mg/kg every 4 wk. Tac 0.1 mg/kg divided into two doses then adjusted to target trough levels: 8-12 ng/mL by Day 29, 5-8 ng/mL by Day 57, 3-5 ng/mL by Day 85 then stopped. MMF: 1 mg twice daily; Tac: 5 to 8 ng/mL (till 24 wk); Induction: Basiliximab + Corticosteroids
Trial 1856257 <sup>[36]</sup> , 2017	Multicentre, prospective, randomized (69 patients, 1 yr)	Living and deceased	Belatacept 10 mg/kg on day 1 (24 h of transplant) and then on days 5, 14, 28, 56, and 84. MMF: 1 mg twice daily; Induction: Thymoglobulin + Corticosteroids	Tac started on day 0/1; Target concentration 8 to 12 ng/mL (week 24), then 5 to 8 ng/mL (week > 24); MMF: 1 mg twice daily; Induction: Thymoglobulin + Corticosteroids	Belatacept 10 mg/kg on day 1 (24 h of transplant) and then on days 5, 14, 28, 56, and 84. Tac started on day 0/1; Target concentration 8 to 12 ng/mL (day 1-84) and then decreased by 1/3 at day 84 and by 1/3 at week 16. If trough levels were less than or equal to 3 ng/mL at week 20 then all tac was stopped. Otherwise, the dose was reduced by 1/2 and stopped at week 24. MMF: 1 mg twice daily; Induction: Basiliximab + Corticosteroids + Tac

MMF: Mycophenolate mofetil; NA: Not applicable; SRL: Sirolimus; Tac: Tacrolimus.

## RESULTS

Our literature searches yielded a total of 158 manuscripts. After careful evaluation, 154 articles were excluded based on our selection criteria mentioned above. After resolution of differences between reviewers a total of four studies were retrieved for further review and data extraction<sup>[33-36]</sup>.

These include three published papers, and one unpublished data from clinical trial registry (Table 2). In a study conducted by Ferguson *et al*<sup>[33]</sup> they compared two belatacept based regimen, hence to maintain uniformity we considered analysis regimen including belatacept, and MMF only without sirolimus<sup>[33]</sup>. Similarly for study by Newel *et al*<sup>[35,36]</sup> and trial 1856257 we only did analysis with regimen including



**Figure 2** Search strategy and selections strategy applied in this meta-analysis as per PRISMA protocol.

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Clinical Trial 1856257	+	+	+	+		+	
de Graav	+	+	+	+			
Ferguson <i>et al</i> 2011	+	+	+	+			
Newell <i>et al</i> 2017	+	+	+		+		

**Figure 3** Risk of bias summary: review authors' judgements about each risk of bias item for each included study.

belatacept with MMF only without Tac<sup>[33-36]</sup>. The detailed data of all the studies related with the renal functioning, BPAR, survival and adverse events were summarized in Tables 3-5. The results of these data analysis were outlined below.

### Renal function

There was no significant difference in estimated renal function in the either groups at 12 mo (four trials, 154 patients, mean difference 4.12 mL/ min/1.73 m<sup>2</sup>, CI: -2.18 to 10.42,  $P = 0.20$ ,  $I^2 = 0\%$ ); (Figure 4A).

Table 3 Summary of outcomes in clinical trials

Ref.	Renal function (Gp 1 vs Gp 2)	BPAR (Gp 1 vs Gp 2)	Adverse event (Gp1 or vs Gp 2)	Remarks
Ferguson <i>et al</i> <sup>[33]</sup> , 2011	12 mo; Sr. Cr: NA; eGFR: 63.6 ± 27.27 vs 54.0 ± 14.95 mL/min; ( <i>P</i> = 0.14)	15.2% (5/33) vs 3.3% (1/30) ( <i>P</i> = 0.24)	SAE/Infection: 57.5% (19/33) vs 53.3% (16/30); ( <i>P</i> = 0.007); CMV infection: 3.0% (1/33) vs 3.3% (1/30) ( <i>P</i> = 0.96); BK infection: 6.0% (2/33) vs 3.3% (1/30) ( <i>P</i> = 0.59); NODAT: 0% (0/33) vs 3.3% (1/30) ( <i>P</i> = 0.47)	Graft survival: 93.93% (31/33) vs 100% (30/30) ( <i>P</i> = 0.51); Patient survival 93.93% (31/33) vs 100% (30/30) ( <i>P</i> = 0.51)
de Graav <i>et al</i> <sup>[34]</sup> , 2017	12 mo; Sr. Cr: 133.5 ± 39.26 vs 127.5 ± 28.87 μmol/L ( <i>P</i> = 0.80); eGFR: 56.25 ± 17.61 vs 54.25 ± 14.73 mL/min ( <i>P</i> = 0.57)	55% (11/20) vs 10% (2/20) ( <i>P</i> = 0.006)	SAE/Infection: 10.25 ± 4.18 vs 11.90 ± 5.43 ( <i>P</i> = 0.41); CMV infection: 10% (2/20) vs 5% (1/20) ( <i>P</i> = 0.96); BK infection: 5% (1/20) vs 3.3% (2/20) ( <i>P</i> = 0.54); NODAT: 5% (1/20) vs 35% (7/20) ( <i>P</i> = 0.04)	Graft survival: 85% (17/20) vs 100% (20/20) ( <i>P</i> = 0.22); Patient Survival 100% (20/20) vs 95% (19/20) ( <i>P</i> = 0.31)
Newell <i>et al</i> <sup>[35]</sup> , 2017	12 mo; Sr Cr: NA; eGFR: 51.6 ± 23.5 vs 55.9 ± 8.9 mL/min ( <i>P</i> = 0.74)	33.3% (2/6) vs 50% (3/6) ( <i>P</i> = 0.55)	SAE/Infection: 33.3% (2/6) vs 33.3% (2/6) ( <i>P</i> = 1.0); CMV infection: 0% (0/6) vs 16.6% (1/6) ( <i>P</i> = 0.29); BK infection: 0% (0/6) vs 0% (0/6) ( <i>P</i> = 1.00); NODAT: 0% (0/6) vs 0% (0/6) ( <i>P</i> = 1.00)	Graft survival: 50% (3/6) vs 83.33% (5/6) ( <i>P</i> = 0.85); Patient survival 100% (6/6) vs 83.33% (5/6) ( <i>P</i> = 0.29)
Clinicaltrial.gov 1856257 <sup>[36]</sup> , 2017	12 mo, Sr. Cr: NA; eGFR: 61.5 ± 23.3 vs 59.2 ± 19.9 mL/min ( <i>P</i> = 0.70)	37.9% (11/29) vs 6.8% (2/29) ( <i>P</i> = 0.009)	SAE/Infection: 72.41% (21/29) vs 65.5% (19/29) ( <i>P</i> = 0.77); CMV infection: 20.6% (6/29) vs 3.4% (1/29) ( <i>P</i> = 1.0); BK infection: 13.7% (4/29) vs 0% (0/29) ( <i>P</i> = 0.11); NODAT: 3.4% (1/29) vs 3.4% (1/29) ( <i>P</i> = 1.0)	Graft survival: 93.1% (27/29) vs 100% (29/29) ( <i>P</i> = 0.49); Patient survival: 93.1% (27/29) vs 100% (29/29) ( <i>P</i> = 0.49)

CMV: Cytomegalovirus; eGFR: Estimated glomerular filtration rate; Gp: Group; SAE: Serious adverse experiences; Sr Cr: Serum creatinine; NODAT: New onset diabetes mellitus after transplantation.

### Biopsy proven acute rejection

The incidence of BPAR was significantly higher in belatacept groups compared to Tac groups (four trials, 173 patients, RR = 3.27, CI: 0.88 to 12.11, *P* = 0.08, *I*<sup>2</sup> = 59%) over 12 mo (Figure 4B).

### Graft survival

At 12 mo, the rates of graft survival were significantly worse for belatacept groups than Tac groups (four trials, 173 patients, RR = 4.51, CI: 1.23 to 16.58, *P* = 0.02, *I*<sup>2</sup> = 0%) (Figure 4C).

### Adverse events

Adverse events are summarized in Table 3. Over 12 mo, there was no significant difference in the incidence of serious adverse events/infection between the either groups (three trials, 129 patients, RR = 0.92, CI: 0.71 to 1.21, *P* = 0.56, *I*<sup>2</sup> = 0%) (Figure 4D). Four trials reported comparable incidence of BK virus or polyomavirus infection, in both group (Four trials, 173 patients, RR = 2.09, CI: 0.60 to 7.21, *P* = 0.24, *I*<sup>2</sup> = 19%) (Figure 4E).

### Metabolic outcomes

The metabolic parameters as blood pressure and lipid profile of all four studies are outlined in Table 5. The incidence of NODAT was significantly lower with belatacept over 12 mo (four trials, 173 patients, RR = 0.26, CI: 0.07 to 0.99, *P* = 0.05, *I*<sup>2</sup> = 0%) (Figure 4F). Belatacept therapy resulted in no significant changes in systolic (four trials, 150 patients, MD = -3.77 mmHg, CI: -9.29 to 1.75, *P* = 0.18, *I*<sup>2</sup> = 0%) (Figure 5A) and diastolic blood pressure (four trials, 150 patients, MD = -1.27 mmHg, CI: -5.90 to 3.37, *P* = 0.59, *I*<sup>2</sup> = 35%) at 12 mo (Figure 5B).

There total serum cholesterol level and total triglycerides were comparable in both groups (two trials, 52 patients, MD = -2.85 mg/dL, CI: -23.68 to 17.98, *P* = 0.79, *I*<sup>2</sup> = 0%) and (two trials, 52 patients, MD = -6.56 mg/dL, CI: -59.79 to 46.67, *P* = 0.81, *I*<sup>2</sup> = 26%) respectively at 12 mo (Figure 5C and D). The serum low density lipoprotein (LDL) levels were lower for belatacept at 12 mo (two trials, 52 patients, MD = -25.68 mg/dL, CI: -48.15 to -3.22, *P* = 0.03, *I*<sup>2</sup> = 0%) (Figure 5E).

## DISCUSSION

To our knowledge, this is the first meta-analysis assessing the efficacy and safety of



Table 4 Summary of biopsy proven acute rejection in clinical trials

Ref.	IA		IB		IIA		IIB		III		Mixed			
	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)
Ferguson <i>et al</i> <sup>[33]</sup> , 2011	0	0	0	0	3	0	2	1	0	0				
de Graav <i>et al</i> <sup>[34]</sup> , 2017	0	0	1	1	2	1	6	0	1	0	1	0		
Newell <i>et al</i> <sup>[35]</sup> , 2017	1	0	0	0	0	0	1	0	0	0			1	0
Clinicaltrial.gov 1856257 <sup>[36]</sup> , 2017	3	0	1	1	4	0	0	0	2	0			1	1

BPAR: Biopsy proven acute rejection; Gp: Group; AMR: Antibody mediated rejection.

belatacept based immunosuppressive maintenance regimen with Tac in kidney transplant recipients. The meta-analysis demonstrated that belatacept has been associated with an increased risk of allograft loss, following an increased risk of acute rejection in the first year of renal transplantation. These findings are in contrast to the previous notion, where studies have reported better allograft functioning without any significant change in patient and allograft survival over 12 mo’ study period for the belatacept *vs* CNI groups, however, almost all of these studies have drawn this conclusion following comparison of belatacept to cyclosporine, not Tac<sup>[24]</sup>. Further, the above finding could be reflection of limited number available study assessing the role of belatacept in comparison to Tac or benefit could be sought following long duration of therapy.

Owing to the limited number of studies the data regarding the comparative studies of Tac based immunosuppression with belatacept is quite lucid, nevertheless, the outcomes of this meta-analysis will play a crucial role in formulating future studies. The renal function was assessed in all four trials and pooled analysis of data suggested that there is no significant difference present in either group. Along with that, the present meta-analysis also demonstrated a significant rise in BPAR in belatacept group. These outcomes have been further translated in terms of lower allograft and patient survival, and poor outcomes in renal transplant recipients who received belatacept.

Previous studies been shown that cardiovascular disease and its associated underlying risk factors as NODAT, hypertension and dyslipidemia are major cause of

**Table 5 Summary of metabolic outcomes in clinical trials**

Parameters	Ferguson <i>et al</i> <sup>[33]</sup> , 2011 (25)		de Graaf <i>et al</i> <sup>[34]</sup> , 2017		Newell <i>et al</i> <sup>[35]</sup> , 2017 (27)		Clinicaltrial.gov 1856257, 2017 (28)	
	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)	Gp1 (Belatacept)	Gp2 (Tacrolimus)
Total CH, Mean (SD) (mg/dL)	NA	NA	193.34 ± 42.43	187.41 ± 42.28	187.0	156.0 ± 30.4	163.7 ± 38.8	177.1 ± 25.6
Total TG, Mean (SD) (mg/dL)	NA	NA	194.86 ± 51.14	221 ± 127.87	187.0	319.3 ± 294.0	170.0 ± 118.6	125.8 ± 93.0
LDL, Mean (SD) (mg/dL)	NA	NA	64.78 ± 30.20	96.67 ± 55.84	114.0	69.5 ± 38.0	86.3 ± 50.6	102.9 ± 17.7
BP mm/Hg (SBP/DBP) (12 mo)	129.3 ± 19.24/73.3 ± 11.96	138.2 ± 19.50/77.6 ± 10.51	141.25 ± 14.75/74.25 ± 8.75	142.5 ± 17.31/78.0 ± 13.0	146.7 ± 5.1/92.7 ± 9.8	147.5 ± 18.7/80.8 ± 12.8	133.7 ± 14.7/79.1 ± 10.2	135.0 ± 18.9/77.7 ± 10.9

Lipid parameters represented in mean change from baseline to month 12 post transplantation.

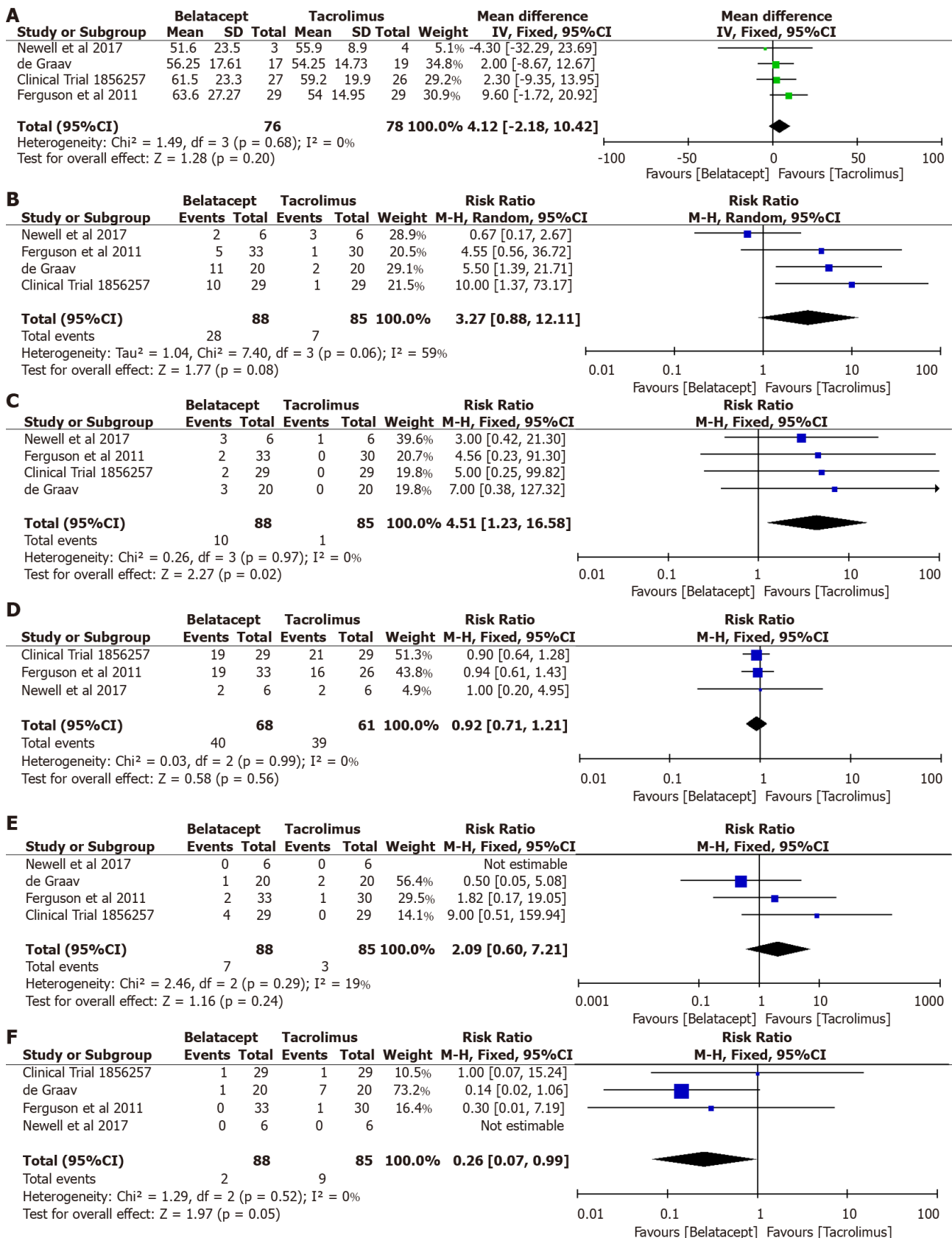
mortality in kidney transplant recipients<sup>[37,38]</sup>. The reported incidence of NODAT in current literature is approximately 10%-30% in renal transplant recipients following CNI therapy<sup>[39-41]</sup>. Our finding supports previous literature comparing cyclosporine with belatacept and outlined significantly reduced odds for NODAT at 12 mo following belatacept in contrast to Tac<sup>[20,24]</sup>.

Experimental studies have demonstrated that serum lipids nephrotoxicity play important role in the progression of chronic kidney disease<sup>[42]</sup>. Sandhu *et al*<sup>[43]</sup>, conducted a meta-analysis involving 26 RCT and outlined that lowering serum LDL cholesterol positively influence the rate of reduction of glomerular filtration by approximately 1 mL/min per year. Our, the data analysis revealed lower LDL level in belatacept treated patients, hence, making it safer drug alternative for maintenance immunosuppression considering the renal and cardiac perspective, however, these benefits are do not outweigh the risks of other associated perils of belatacept based therapy. Further, studies assessed the impact of transition to belatacept during maintenance phase, which have outlined similar metabolic benefits, however, more research is required to elucidate true potential of these immunosuppressive regimen<sup>[44,45]</sup>. As mentioned in the results, the present meta-analysis did not demonstrate any significant difference in terms of adverse events in the belatacept group compared with the Tac based regimen. Further, it did not show any statistically significant increase in incidence of BK virus infection in the belatacept group (Figure 6).

The outcomes of this meta-analysis were quite dreary to the speculation that belatacept could further enhance the benefits of renal transplantation. However, every cloud has silver lining and the received setbacks provide enormous learning opportunities and open doors for development of newer drugs. Hence, further investigations are required to better elucidate reasons behind the observed outcome with belatacept, including the cipher of BRR. Belatacept binds to CD80 and/or CD86 on antigen-presenting cells (APCs) and fosters T-cell anergy by depriving T-cells with co-stimulatory signal<sup>[16,46]</sup>. Belatacept's adoption as a mainstay immunosuppressive therapy has been tempered by increased BPAR and resistance to treatment. Further probe into the underlying mechanisms of resistance and rejection has been done not only to enhance the knowledge regarding clinical applicability of belatacept but also to avail the development of tailored immunosuppressive strategies.

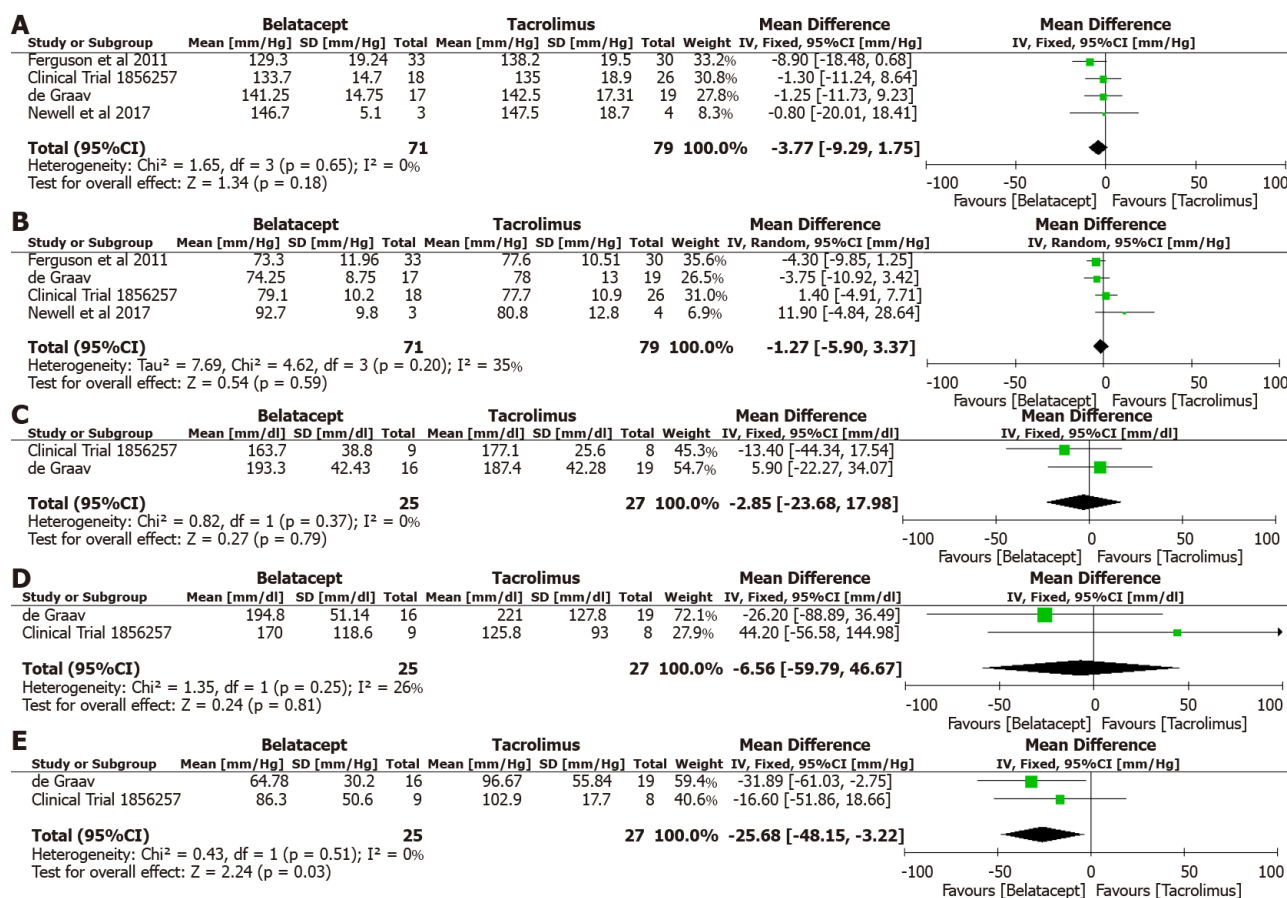
However, recent evidence suggests the plausible explanations for the development of resistance to the clinical usefulness and limitations of belatacept based immunosuppression, further in the discussion we have tried to interpret the reason behind the deceptive behaviour of current costimulatory inhibitors through the review of the available literature.

Firstly, an aggressive, T cell-mediated allogeneic responses observed in belatacept treated patients clearly explicate the actions of memory T-cells that are less or not susceptible to co-stimulatory blockade pathway CD28-CD80/86<sup>[47-50]</sup>. This could be explained by the fact that belatacept inhibits T-cell proliferation in a dose-dependent manner. However, even with the higher dosages of belatacept, the inhibition of T cell proliferation does not exceed more than ± 70%, hence gives a window for residual T

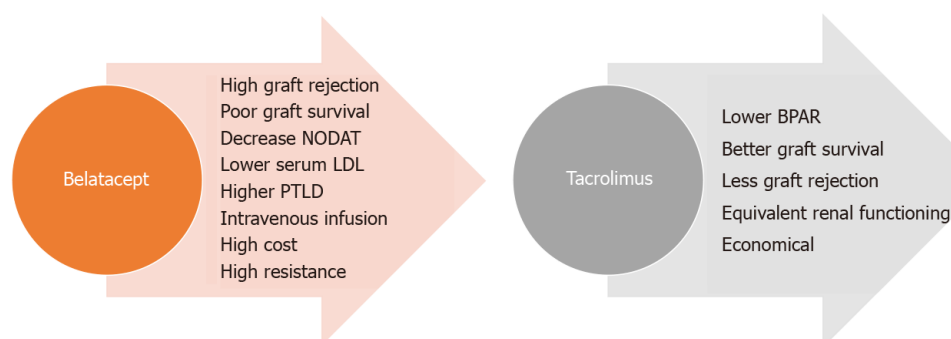


**Figure 4** Forest plot represents the changes at 12 mo in kidney transplant recipients when treated with belatacept or tacrolimus. Squares represent size effects of studies, comparing the weight of the study in the meta-analysis. 95 percent confidence intervals represented in horizontal bars. A: The eGFR at 12 mo in kidney transplant recipients; B: The biopsy proven acute rejection over 12 mo in kidney transplant recipients. The diamond shows significant favour towards tacrolimus group following random effect analysis; C: Graft survival over 12 mo in kidney transplant recipients. The diamond shows significant favour towards tacrolimus group following fixed effect analysis; D: The adverse events over 12 mo in kidney transplant recipients. The diamond doesn't suggest any significant difference following fixed effects analysis; E: The BK virus infection over 12 mo in kidney transplant recipients. The diamond doesn't suggest any significant difference

following fixed effects analysis; F: The new onset diabetes mellitus after transplantation over 12 mo in kidney transplant recipients. The diamond suggests significant favour towards belatacept group following fixed effects analysis.



**Figure 5** Forest plot represents the changes at 12 mo in kidney transplant recipients when treated with belatacept or tacrolimus. Squares represent size effects of studies, comparing the weight of the study in the meta-analysis. 95 percent confidence intervals represented in horizontal bars. A: The systolic blood pressure at 12 mo in kidney transplant recipients. The diamond doesn't suggest any significant difference following fixed effects analysis; B: The diastolic blood pressure at 12 mo in kidney transplant recipients. The diamond doesn't suggest any significant difference following random effects analysis; C: Serum total cholesterol at 12 mo in kidney transplant recipients. The diamond doesn't suggest any significant difference following fixed effects analysis; D: Serum triglycerides at 12 mo in kidney transplant recipients. The diamond doesn't suggest any significant difference following fixed effects analysis; E: Serum low density lipoprotein at 12 mo in kidney transplant recipients. The diamond suggests favour towards belatacept group following fixed effects analysis.



**Figure 6** Factors modified by belatacept and tacrolimus based regimen. BPAR: Biopsy proven acute rejection; NODAT: New onset diabetes mellitus after transplantation; Serum LDL: Serum low density lipoprotein.

cells proliferation up to  $\pm 30\%$  [51].

Secondly, the plasticity theory of sequential, parallel differentiation and immunological synapse throws light on the development and maintenance of resistant

effector memory T cell in belatacept treated patients<sup>[50,52,53]</sup>. This fact broaches a concern that, witnessed resistance to belatacept might be explained by the biological underpinning causing cross-connection between naïve, effector and memory T cells populations. The precise underlying mechanism remains obscure, however, it is possibly conferred by the development of the interaction between the B7 protein on APCs and CD28 (also known as cytotoxic T-lymphocyte-associated protein 4) on T cells<sup>[54,55]</sup>. Following differentiation, the expression of CD28 is markedly downregulated and the resulting memory T cells are no longer able to reinstate co-stimulation for the secondary immune responses<sup>[56,57]</sup>. Furthermore, the downregulation persuades T cell migration and extravasation at inflammatory sites through the expression of adhesion molecules over vascular endothelium. The molecules as LFA-1 and VLA-4 bind intercellular adhesion molecule-1 and vascular cell adhesion molecule-1 while CD2 promotes T-cell activation and adhesion by binding to LFA-3 on APCs<sup>[58-60]</sup>. Hence, the belatacept induced CD28 downregulation not only instigates effector memory cells proliferation but also promotes cellular infiltration into the renal allograft, which disrupts the bridge to achieve adequate immunosuppression in the transplant recipient<sup>[61,62]</sup>.

In addition, an elevated profile of T-cell mediated allogeneic responses with variability in cell surface phenotype are detected following belatacept treatment. The lymphocyte repertoire transforms itself substantially over time as a ramification of environmental pathogen exposure, which forms the basis for the down regulation of the CD28 expression on the membrane of effector-memory T-cells following belatacept treatment. Such CD8+CD28- T cells are highly cytotoxic and bring imperil to the traditional immunosuppressive shield, however, lack in the proliferative capacity<sup>[63,64]</sup>. Hence, D28-CD80/86 pathway is not the sole explanation of the development of BRR<sup>[65,66]</sup>. Mou *et al*<sup>[66]</sup> outlined, the loss of CD28 expression as a major requisite towards the development of BRR, however, it was not sole attribute for the instigation of BRR and highlighted certain other plausible explanations. The study demonstrated increased rejection with the expression of CD57 on the membrane of CD28 negative T cells populations with cytolytic potential. This notion was further supported by demonstrating the infiltration of CD57+ CD4 T cells in renal allograft biopsies in patients developing rejection in spite of being on belatacept. Hence, CD57+CD4+CD28- T cells represent a potential therapeutic target and act as a practical screening tool to identify patients at risk for ACR while on belatacept. However, the identification of such phenotype (CD57+CD4+CD28-) T cells in the peripheral blood of patients awaiting renal transplantation may aid in identifications of recipients' not amenable for belatacept-based therapy.

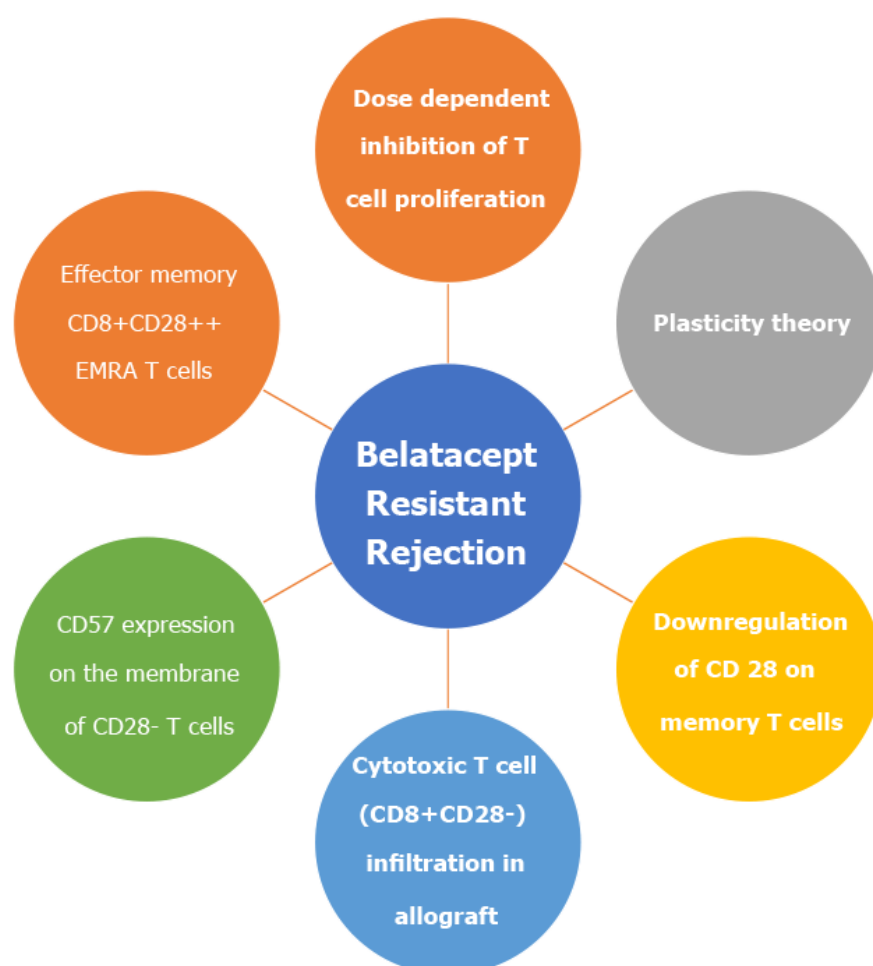
An another kind of effector memory CD8+CD28++ EMRA T cells that has caught attention as a possible explanation for the development of resistance in belatacept patients<sup>[67,68]</sup>. However, de Graav *et al*<sup>[51]</sup> reported that absolute numbers or proportions of pretransplant CD28++ cells within the CD8+ EMRA T cell population did not increase BRR.

Differences in rate and severity of BRR in patients with pre-emptive transplantations lies within the differentiation, immunological synapse and plasticity that helps in modulating the effector memory T cell in belatacept treated renal transplant recipients. Hence at present, we can't rule out the possibility of the presence of any other memory cell or mixed effect of these cells as a possible mechanism for development BRR. The above mentioned facts do not mean that there is a failure of any kind it actually opens the way for instigation of better drugs and modified regimen, which can be used in much-tailored way to preserve the renal allograft functioning for long. The development of humoral response through production *de novo* donor-specific antibodies following renal transplantation is considered as the one of the primary reason for late-onset renal allograft failure.

The precise mechanisms by which belatacept is involved in the control of humoral responses requires thorough investigation. Studies outlined that belatacept minimizes humoral immune response including plasmablast differentiation, immunoglobulin production, and the expression of the intricate transcription factor implicated in the functioning of the plasma cell, activation of the STAT3 transcription factor in functioning B cells and reduced the expression of CD86 and blocked CD28-mediated activation of T helper cells. Lately, Leibler *et al*<sup>[69]</sup> reasoned these facts as a plausible explanation towards the lesser degree of *de novo* donor-specific antibodies generation in the belatacept treated renal allograft recipients than conventional immunosuppression regimen. Hence, attention is now turning towards the development of target costimulatory molecules which become advantageous in the field of transplantation and autoimmune conditions (Figure 7).

The present meta-analysis has certain limitations, which needs to be acknowledged.





**Figure 7 Mechanism of the development of resistance to belatacept.**

Here, we only identified four trials and thus further large-scale trials would provide much-needed data to allow firmer conclusions, regarding the use of belatacept. However, considering costs and ethical concerns owing to the increased risk of renal graft loss, conducting such a study is a matter of debate. Second, publication bias can only be tested with formal statistical tests in the case of  $\geq 10$  included studies. Therefore, we cannot exclude the possibility that the results from meta-analyses involving  $< 10$  studies could be driven by publication bias.

## CONCLUSION

The present meta-analysis showed that belatacept-based maintenance immunosuppression regimens were associated with an increased risk allograft loss for renal transplant recipients with equivalent renal functioning when compared to standard of care agent Tac. The widespread adaptation of belatacept in renal transplantation has been limited by increased rates of rejection, which is conferred owing to development of resistance secondary to differentiation into various types of effector memory T cells. Henceforth, the applicability of belatacept should be tailored according to the need of transplant recipients particularly as a transition to belatacept in the maintenance phase of immunosuppression. In light of present evidence the applicability of belatacept does look like foe, however, it still has some explicit potential role, particularly in situations such as Caucasian recipients with two-haplotype identical human leukocyte antigen, living related allografts and obesity. Additional factors ought to be considered are the cardiovascular and hemodynamic complications associated with poor allograft function, along with the immunological risk as role of belatacept is never reported in the recipients with PRA  $> 30\%$ . Further research are required to assess the safety and efficacy of belatacept in the setting of immunological sensitization and to better elucidate the mechanism of resistance and development of therapeutic strategies with focus on adhesion molecule blockade or abrogation of memory-specific responses.

## ARTICLE HIGHLIGHTS

**Research background**

The T-cell costimulation blocking agent belatacept is considered as possible substitute for calcineurin inhibitors, however, no consensus has been established against its standard immunosuppressive drug Tacrolimus.

**Research motivation**

To find the alternative to current immunosuppressive medicine tacrolimus because of its high toxic adverse effects.

**Research objectives**

To understand the effectiveness of belatacept based maintenance immunosuppressive regimens in comparison to tacrolimus in renal transplantation through meta-analysis.

**Research methods**

The present meta-analysis was conducted following completion of registration (CRD42018086032) in Prospero an international database of prospectively registered systematic reviews. A detailed literature search was made on National Library of Medicine Database (PubMed), Embase, Cochrane, Crossref, Scopus databases, clinical trial registries on December 5, 2018 to determine the immunosuppressive role of belatacept as an alternative to Tac and analysis of data was performed through The Cochrane Collaboration, Review Manager (RevMan) Version 5.3.

**Research results**

The literature search revealed four prospective randomized control studies ( $n = 173$  participants) comparing belatacept with tacrolimus. There was no significant difference in estimated renal function at 12 mo [mean difference 4.12 mL/min/1.73 m<sup>2</sup>, confidence interval (CI): -2.18 to 10.42,  $P = 0.20$ ]. Further, belatacept group was associated with significant increase in biopsy proven acute rejection [relative risk (RR) = 3.27, CI: 0.88 to 12.11,  $P = 0.08$ ] and worse 12 mo allograft survival (RR = 4.51, CI: 1.23 to 16.58,  $P = 0.02$ ). Although, the incidence of new onset diabetes mellitus was lower with belatacept at 12 mo (RR = 0.26, CI: 0.07 to 0.99,  $P = 0.05$ ).

**Research conclusions**

The meta-analysis demonstrated that belatacept-based maintenance immunosuppression regimens were associated with an increased risk allograft loss in renal transplant recipients with equivalent renal functioning against standard tacrolimus. Further, the inclusion of belatacept as routine immunosuppressive agent in renal transplantation has been thwarted by increased rates of rejection and resistance owing to development of various effector memory T cells through, parallel differentiation and immunological plasticity.

**Research perspectives**

Study required to determine the safety and efficacy of belatacept in the setting of immunological sensitization and to better elucidate the mechanism of resistance and development of therapeutic strategies with focus on adhesion molecule blockade or abrogation of memory-specific responses.

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