

Comparison of Survival and Recurrence After Liver Transplantation in Hepatocellular Carcinoma Patients with and Without Diabetes

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Abstract

Objective: Epidemiological evidence suggests that many types of cancer, including breast, pancreas, lung, colorectal and kidney cancers in patients with type 2 diabetes mellitus (T2DM), hepatocellular carcinoma (HCC) accounts for up to 90% of all primary liver malignancies. Liver transplantation (LT) is the only treatment modality for improved outcomes in patients with end-stage liver disease and HCC. We aimed to investigate the importance of DM on survival and recurrence and the relationship between DM and other prognostic factors in HCC patients undergoing LT.

Methods: This study included a retrospective analysis 200 patients with histologically confirmed HCC. patients were divided into two groups as DM and non-DM the primary end points in the present study were oncologic outcomes such as the recurrence rate, disease-free survival and overall survival of the HCC patients with or without DM.

Results: The diabetic and non-diabetic groups were not significantly different for, locoregional therapy, tumor recurrences, tumor differentiation, microvascular invasion (MVI), follow-up period, Child-Pugh score, alpha fetoprotein value, number of HCC lesions, body mass index value, and death rate ratio. However, model for end stage liver disease score was significantly higher in the diabetic group than in the non-diabetic group. There was no significant difference in the predicted disease-free survival and overall survival between the non-diabetic and the diabetic groups.

Conclusion: Our study demonstrated that there is no difference in HCC recurrence and survival between transplanted patients with and without DM. We revealed that characteristic features such as MVI, pathological grade of the tumor, number and size of the tumor have prognostic importance. LT can be chosen as a DM patients with HCC without changing long-term recurrence and survival results.

Keywords: Diabetes mellitus, hepatocellular carcinoma, liver transplantation, recurrence, survival

INTRODUCTION

Hepatocellular carcinoma (HCC) is the sixth most common cancer worldwide and the third leading cause of cancer-related mortality (1). It accounts for up to 90% of all primary liver malignancies (2). In recent years, non-alcoholic fatty liver disease (NAFLD) and non-alcoholic steatohepatitis (NASH) have emerged as new risk factors for HCC (3). In this context, the etiologies with the highest prevalence in cirrhosis were reported as NAFLD (56%), cryptogenic

liver disease (51%), HCV infection (32%), diabetes (31%) and alcoholic liver disease (27%) (4). Type 2 diabetes mellitus (T2DM), which seriously affects public health worldwide, is characterized by hyperglycemia, hyperinsulinemia and peripheral insulin resistance. Epidemiological evidence suggests that many types of cancer, including breast, pancreatic, lung, colorectal, and kidney cancers, increase in patients with DM (5,6). Persistent hyperinsulinemia increases the bioavailability of insulin-



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like growth factor (IGF)-1 produced by the liver by promoting the production of IGF binding protein. This pathway activates the phosphoinositide-3-kinase/AKT/mammalian target of rapamycin signal, which is a key pathway in fatty liver associated with cancer (7,8). Diabetes shares the common pathophysiology of inducing fatty liver along with obesity. In the context of a growing number of individuals with obesity and an increasing prevalence of metabolic syndrome, both diseases have increased incidence rates worldwide in recent decades. In many diabetic patients, there are other metabolic factors, such as obesity and dyslipidemia. Fat accumulation in the liver induces chronic inflammation. With the combination of all these direct and indirect mechanisms, the production of inflammatory cytokines, such as tumor necrosis factor- α , interleukin-6 (IL-6), and nuclear factor- κ B, which are involved in hepatocarcinogenesis, increases. It is postulated that the combination of these direct and indirect factors in diabetes, cirrhosis, and other metabolic disorders supports hepatocarcinogenesis (9). Regardless of the presence of underlying liver disease or cirrhosis, patients with DM were reported to have a 2- to 3-fold higher risk of developing HCC than those without DM (10). In parallel with the rapid increase in both HCC and DM, the risk of HCC can be reduced with appropriate management of DM, and the relationship between the two diseases must be strongly identified. Although advances in medical and surgical treatments have improved outcomes in patients with advanced and operable HCC, liver transplantation (LT) has been the only treatment modality for improved outcomes in patients with end-stage liver disease and HCC (11). In addition to the cause and effect relationship between DM and HCC, one unanswered question is how strongly DM affects survival and recurrence after ablative treatment, surgical resection, or LT. The present study aimed to investigate the importance of DM on survival and recurrence and the relationship between DM and other prognostic factors in patients with HCC undergoing LT from a clinical and pathophysiological perspective.

METHODS

This study included a retrospective analysis of 1,360 consecutive liver transplant recipients who underwent the procedure for any reason at two centers between 2012 and 2023. The exclusion criteria were mixed HCC and cholangiocarcinoma on explant histological examination, non-HCC neoplasia, and death of any cause within the first 30 days after LT. After excluding four patients due to early mortality, 200 patients had histologically confirmed HCC. The study included patients who underwent LT due to HCC, cirrhosis for any reason, and patients who were histologically confirmed to have only HCC in the explant liver.

In the study, patients were divided into two groups: DM and non-DM. Of all patients with HCC who underwent LT, 40 had DM and 160 did not. All patients with an expected waiting list time longer than three months were treated with transarterial chemoembolization (TACE) and ablation as pre-transplant bridging therapy. Downscaling therapies before transplantation included TACE and ablation. The decision to treat and the type of treatment were discussed in a multidisciplinary meeting. Explant livers were examined for tumor size, number, differentiation, and microvascular invasion by specialist pathologists. The primary end points in the present study were oncologic outcomes, such as the recurrence rate, disease-free survival (DFS), and overall survival (OS) of patients with HCC with or without DM. In addition, it was important to examine the prognostic significance of DM in patients with HCC and LT. The secondary end points were to investigate whether long-term post-LT DM is a risk factor for HCC development and the relationship between DM and other risk factors for HCC. All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee. The study was conducted in accordance with the Declaration of Helsinki. The ethics committee of Acibadem University approved this retrospective study (approval number: 2024-5/216, date: 28.03.2024). Written informed consent was waived because of the retrospective nature of the study.

Statistical Analysis

Mean, standard deviation, median, minimum, maximum values, frequency, and percentage were used for descriptive statistics. The distributions of variables were checked with Kolmogorov-Smirnov test. Mann-Whitney U test was used for the comparison of quantitative data. The chi-square test was used for the comparison of qualitative data. Kaplan-Meier test was used in the survival analysis. SPSS 28.0 was used for statistical analyses.

RESULTS

The parameters examined were the model for end stage liver disease score, tumor recurrence, tumor differentiation, microvascular invasion (MVI), follow-up period, Child-Pugh score, alpha fetoprotein (AFP) level, HCC lesion number, body mass index (BMI), and locoregional therapy (LRT). There were no significant differences in age and gender distribution of the patients between the diabetic and non-diabetic groups. The diabetic and non-diabetic groups did not differ significantly in terms of LRT, tumor recurrences, tumor differentiation, MVI, follow-up period, Child-Pugh score, AFP level, number of HCC

lesions, BMI level, and death rate ratio. However, the MELD score was significantly higher in the diabetic group than in the non-diabetic group (Table 1). There was no significant difference in the predicted disease-free survival time between the non-diabetic (113.1 months) and diabetic (97.5 months) groups (Figure 1).

There was no significant difference in the predicted survival time between the DM (102.4 months) and non-DM (105.3 months) groups (Figure 2). There was no significant difference in mortality between the DM and non-DM groups. Although there was no difference in long-term overall survival rates between the two groups, this finding was similar to that of other studies on patients with HCC who underwent LT (Table 2). In general, factors affecting the prognosis of post-LT HCC, such as MVI, degree of tumor differentiation, AFP level, and number of tumor lesions, did not differ between the two groups. However, in general, poor tumor differentiation, tumor number, and size were found to be important for prognosis (Table 3).

DISCUSSION

The prevalence of NAFLD and NASH in patients with DM was 55.5 and 37.3%, respectively (12). Given that NASH is an earlier cause of HCC development than NAFLD, the presence of NASH in almost one-third of patients with DM raises questions about its relationship with HCC. Although DM has been implicated in the development of HCC in NAFLD, obesity and DM are both associated with the severity of liver fibrosis in patients with NASH. In fact, it is difficult to identify a cause-and-effect relationship between the co-existence of NAFLD and DM and the prognosis of HCC. DM is globally endemic. Only observational studies have supported the idea that DM is a risk factor for HCC. Observational studies are informative, but their limitations for robust causality inference should be considered (13). In parallel with the high prevalence of DM, the prevalence of cirrhosis and HCC due to NASH, which have increased in recent years, may not be related. These results can be affected by bias or misclassification. Insulin resistance independently affects the progression of liver fibrosis,

	Mean \pm SD/n-%	Diabetes mellitus (No)		Diabetes mellitus (Yes)		P	
		Median	Mean \pm SD/n-%	Median	Mean \pm SD/n-%		
Age		64.5 \pm 8.6	66.9	64.7 \pm 8.4	65.3	0.998	m
Gender	Female	25	15.6%	9	22.5%	0.301	χ^2
	Male	135	84.4%	31	77.5%		
BMI		26.4 \pm 3.8	26.0	26.8 \pm 3.7	27.0	0.638	m
Child-Pugh score	A	78	48.8%	16	40.0%	0.597	χ^2
	B	73	45.6%	21	52.5%		
	C	9	5.6%	3	7.5%		
Meld score		13.0 \pm 6.6	11.0	15.5 \pm 6.6	14.0	0.019	m
AFP		90.6 \pm 296.3	8.9	84.8 \pm 249.0	7.3	0.585	m
Nuber of HCC lesions		2.6 \pm 2.8	2.0	3.1 \pm 3.0	2.0	0.158	m
Locoregional treatment	(No)	109	68.1%	26	65.0%	0.706	χ^2
	(Yes)	51	31.9%	14	35.0%		
Tumor recurrens	(No)	137	85.6%	31	77.5%	0.210	χ^2
	(Yes)	23	14.4%	9	22.5%		
Tumor differansiasion	Advnced	30	18.8%	5	12.5%	0.599	χ^2
	Early	53	33.1%	13	32.5%		
	Intermediate	77	48.1%	22	55.0%		
Microvascular invasion	(No)	100	62.5%	25	62.5%	1.000	χ^2
	(Yes)	60	37.5%	15	37.5%		
Follow-up time		57.3 \pm 35.1	62.5	48.5 \pm 32.7	40.0	0.151	m
Live/Died	Live	121	75.6%	33	82.5%	0.355	χ^2
	Died	39	24.4%	7	17.5%		

^mMann-Whitney u test, ^{χ^2} Chi-square test, BMI: Body mass index, HCC: Hepatocellular carcinoma, AFP: Alpha fetoprotein

a risk factor for HCC. Obesity itself is associated with a two-fold increase in HCC risk and HCC-related mortality, regardless of BMI. Type 2 DM is associated with central obesity. This, in turn, stimulates carcinogenesis via the release of proinflammatory cytokines from the visceral adipose tissue. Han et al. did not report an increased risk of HCC in patients with type 2 DM and HBV-associated cirrhosis, whereas DM was not found to be a risk factor for HCC in a separate study comparing patients with non-HCC cirrhosis with HCC to HBV-infected patients with HCC (14).

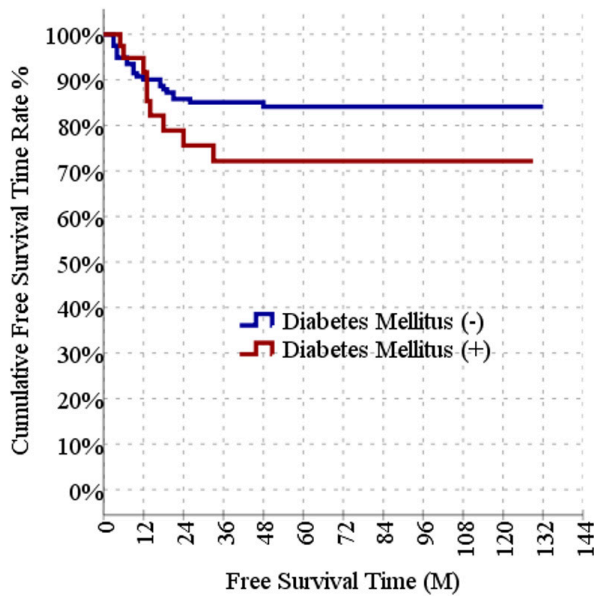


Figure 1. Disease-free survival curve in patients with and without diabetes who underwent liver transplantation for hepatocellular carcinoma

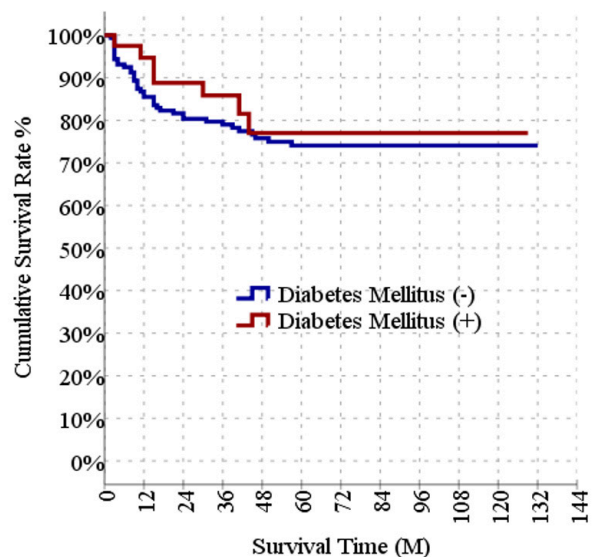


Figure 2. Overall survival curve in patients with and without diabetes who underwent liver transplantation for hepatocellular carcinoma

The risk of cirrhosis caused by viral hepatitis and concomitant increased risk of HCC should not be ignored. Contrary to the findings suggesting a synergistic interaction between DM and other risk factors for HCC in hepatocarcinogenesis, alcohol and viral etiologies were also ruled out postoperatively, with the elimination of the diseased liver after liver transplantation. Unlike studies reporting that DM was an important risk factor for cirrhosis and HCC, in our study, chronic liver disease and cirrhosis, which are the most important risk factors for HCC in post-LT patients regardless of etiology, disappeared. After long-term (5-10 years) follow-up of these patients, DM was not found to be a risk factor for recurrence, which is the most important cause of HCC-related death.

Most studies showed that independent risk factors for increased risk of recurrence after LT were poor tumor differentiation and vascular invasion (15). In the present study, there was no difference between the two groups in terms of the risk factors. The lack of significant difference in OS and recurrence rates supported this view.

DM is a risk factor for HCC in alcoholic cirrhosis and is one of the most common risk factors for HCC in the Western countries (16). In our study, no subgroup analysis was performed in terms of DM etiology, survival, and recurrence. However, alcoholic liver disease and NAFLD have similar histopathological findings. DM, a risk factor for NAFLD, can exacerbate alcoholic liver disease and lead to the development of alcohol-related cirrhosis and HCC.

In a study using personal participation data analysis, Rao et al. (17) showed that the risk of HCC mortality was twice higher in those with diabetes than in those without diabetes. The risk of mortality in diabetic HCC patients was higher than in other cancers. In addition, DM is an independent risk factor associated with decreased overall OS and DFS in patients with HCC (18). Nakamura et al. (19) reported that between 2001 and 2010,

Table 2. Comparison of long-term survival among patients with and without diabetes who underwent liver transplantation for hepatocellular carcinoma

	Cumulative survival rate		
	Total	Diabetes mellitus (-)	Diabetes mellitus (+)
1 st year	88.3%	86.8%	94.6%
2 nd year	83.0%	81.6%	88.7%
3 rd year	80.9%	79.7%	85.8%
4 th year	76.2%	75.8%	76.9%
5 th year	74.7%	74.1%	76.9%
10 th year	74.7%	74.1%	76.9%

cancer was the most common cause of death among patients with diabetes in Japan (38%). In this study, liver cancer (6%) occurred after lung cancer (7%). Therefore, HCC was identified as a cause of both important comorbidity and mortality in patients with diabetes. Most studies regarding the effect of DM on the prognosis of HCC have stated that DM worsens the prognosis of HCC. In a large prospective study conducted in China, Wang et al. (20) showed that the presence of diabetes was associated with increased liver cancer-related mortality. A separate meta-analysis revealed poor overall survival in HCC patients with diabetes even in patients who underwent non-surgical treatment, such as radiofrequency ablation, or curative treatment, including hepatic resection (21). Among these patients, there were no HCC patients who underwent transplantation. LT has the potential to cure tumors and underlying liver disease, which is an important risk factor for new lesion development. Because there is no difference in HCC recurrence and survival between transplanted patients with and without DM, we are in favor of eliminating HCC as the direct cause of death in patients with DM. However, some studies have argued that the effect of diabetes on the prognosis of HCC varies depending on the clinical setting. A meta-analysis examining patients with diabetes who developed HCC after curative treatment demonstrated that diabetes worsened overall survival in patients with HCC ≤ 5 cm. However, this effect was not observed in HCCs >5 cm (22). In a prospective study by Ho et al. (23) the presence of diabetes was not an independent prognostic factor of HCC within the Milan criteria, but was associated with decreased survival. These data suggest that, at least in patients with early and treatable HCC, diabetes worsens long-term prognosis. This is probably a result of decreased residual liver function due to diabetes. We did not perform a subgroup analysis among early or advanced

stage HCC patients in our study. Characteristic features of tumors are associated with better prognosis in advanced liver cancer. As a matter of fact, our study revealed that characteristic features such as MVI, pathological grade of the tumor, and number and size of the tumor have prognostic importance. Non-viral HCC is more likely to be diagnosed at an advanced stage. The poor prognosis of DM-associated HCC in this population may be attributable to a lower chance of curative treatment at an advanced stage. To date, only epidemiological and preclinical evidence has supported the association between DM and chronic liver disease, including HCC. Advanced liver disease may also induce the onset of diabetes, and a synergistic and bidirectional relationship existing for the two clinical entities. Additionally, the identification of diabetes as a risk factor for the progression and development of HCC and liver disease has led to confusion. The relationship between the two diseases is complex.

Those who identified DM as the reason for the increased risk of HCC pointed to the parallelism in the increase of HCC, DM, and NAFLD in recent years (24). However, the tumor microenvironment plays a key role in tumorigenesis. In particular, the tumor immune microenvironment affects tumor progression and prognosis. Components of the HCC immune structure were found to be associated with clinical outcomes (25,26). Although medical control of DM did not affect the prognosis and development of HCC in the treatment of HCC, immune surveillance was restored by targeting programmed cell death-1 receptor (PD1) or the PD1 ligand (PD-L1) in CD8+ T cells with immune checkpoint inhibitors (27,28). In fact, we know very little about the effect of DM on treatment outcomes after liver transplantation in patients with HCC. In many patients with HCC, there are very few curative treatment options other than liver transplantation due to impaired liver function, usually due to

Table 3. Univariate and multivariate analysis for factors affecting prognosis for hepatocellular carcinoma after liver transplantation

	Univariate				Multivariate			
	p	HR	95% CI for HR		p	HR	95% CI for HR	
			Lower	Upper			Lower	Upper
Alpha feto protein (ng/mL)	0.769	1.000	0.999	1.001	0.642	1.000	0.998	1.001
Tumor size (mm)	0.002	1.016	1.006	1.027	0.181	1.009	0.996	1.021
Number of tumor lesions	0.002	1.117	1.041	1.199	0.113	1.074	0.983	1.174
Local-regional treatment	0.728	1.114	0.607	2.043	0.719	0.881	0.442	1.756
Tumor recurrence	<0.001	6.706	3.744	12.011	<0.001	6.262	3.056	12.833
Tumor differentiation (Ref: intermediate)	0.437				0.725			
Advance	0.421	1.343	0.655	2.756	0.626	1.224	0.542	2.765
Early	0.497	0.785	0.391	1.578	0.610	0.811	0.363	1.813
Microvascular invasion	0.024	1.954	1.094	3.491	0.714	0.862	0.389	1.910

CI: Confidence interval, HR: Heart rate

cirrhosis. However, because of the comorbidities associated with DM and metabolic syndrome and the frequency of advanced-stage tumors, oncological treatment options are also limited.

Studies comparing long-term outcomes after LT for NAFLD-HCC patients with DM or other metabolic syndromes and HCC with other etiologies are inconsistent. The 5-year OS was comparable for NASH, HCV, and alcohol-induced HCC in the United Network for Organ Sharing analysis.(29) and in the study by Reddy et al. (30), Wong et al. (31) showed reduced OS in their study comparing post-LT OS in non-NASH-HCC patients and patients with NAFLD-HCC.

In advanced-stage patients with limited curative treatment options, the criteria for LT have been expanded with a low risk of recurrence, especially with downscaling and bridging treatments. LT particularly prevents the overuse of ineffective treatment methods and eliminates unnecessary costs and side effects. The risk of NASH-HCC, which is mostly caused by DM, is a growing health concern globally. Although it has a relatively low incidence so far, many questions about its management and especially its treatment remain unanswered. They undergo hepatic resection more often and undergo fewer liver transplants. However, the etiology of HCC is not considered in the treatment algorithm, especially for LT. Studies on OS, rate of force development, and recurrence outcomes after LT in patients with HCC and DM are rare. NAFLD is most commonly associated with cardiovascular disease, DM, obesity, and dyslipidemia. This makes LT management more challenging.

Approximately 40% of all deaths in the first 30 days of post-transplantation in NAFLD-NASH-HCC patients, including DM and obesity, are due to cardiovascular complications. The operation may be technically challenging in these patients. This reflects high operational revision rates with prolonged operation time, major transfusion requirements, hepatic arterial damage and malposition, inferior vena cava injury, and uncontrollable major hemorrhages. Likewise, there are increased complication rates in the first 30 days after transplantation in patients with DM and obesity. These conditions include wound infection, sepsis, renal failure, and prolonged mechanical ventilation and hospital stay (32). However, post-LT complications were not examined as subgroups.

As long-term complications, DM, dyslipidemia, renal impairment, and NASH LT post-LT are risk factors for the development of CV events. The prevalence of DM in patients with NAFLD before LT is between 33% and 66% (33). DM can significantly affect the prognosis of patients with LT by leading to a higher 10-year mortality rate associated with increased CV events and high infection rates (34,35). Despite the development of many

antidiabetic treatment modalities, the increasing prevalence of HCC is noteworthy. This suggests the need for investigation of metabolic and pro-oncogenic factors other than diabetes itself and the development of hepatoprotective methods related to this.

Study Limitations

Our study had some limitations, such as its retrospective nature, lack of subgroup analysis, and small number of patients with DM. Further randomized prospective studies are needed to elucidate the exact relationship between the risk of increased HCC and the duration and severity of DM.

CONCLUSION

Most studies regarding the effect of diabetes on the prognosis of HCC patients stated that DM worsens the prognosis of HCC. Our study demonstrated that there was no difference in HCC recurrence and survival between transplanted patients with and without DM. We revealed that characteristic features, such as MVI, pathological grade of the tumor, and the number and size of the tumor, have prognostic importance. LT can prevent the overuse of ineffective treatment methods and eliminate unnecessary costs and side effects. Therefore, it can be used for DM patients with HCC without changing long-term recurrence and survival results.

Ethics

Ethics Committee Approval: All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee. The study was conducted in accordance with the Declaration of Helsinki. The ethics committee of Acbadem University approved this retrospective study (approval number: 2024-5/216, date: 28.03.2024).

Informed Consent: Written informed consent was waived because of the retrospective nature of the study.

Footnotes

Authorship Contributions

Surgical and Medical Practices: U.T., İ.B.B., Concept: U.T., İ.B.B., Design: U.T., Data Collection or Processing: U.T., İ.B.B., Analysis or Interpretation: U.T., Literature Search: U.T., İ.B.B., Writing: U.T.

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