



Sexual dimorphism in hepatitis B and C and hepatocellular carcinoma

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Abstract

The incidence of viral hepatitis B or C (HBV/HCV) infection and hepatocellular carcinoma is higher in male compared to female populations, showing a faster disease progression and results in a worse overall survival. Indeed, women are in general better protected from viral infections and show a lower risk of death from malignant cancer in comparison to men. Females mount stronger innate and adaptive immune responses than males, and therefore, most of the autoimmune diseases occur predominantly in females. Next to occupational and/or behavioral factors, cellular and molecular differences between the two sexes contribute to this observation. In this review, we will discuss underlying mechanisms that are important for the observed sex-related differences in liver diseases. A better appreciation of these differences between the two sexes might be of value for better and gender-specific treatment options.

Keywords Sexual dimorphism · Hepatitis B virus · Hepatitis C virus · Hepatocellular carcinoma · Liver disease

Introduction

The liver is a good example for a sexually dimorphic organ. Transcriptome and proteome studies have indicated that up to 70% of the genes in the liver may have characteristics of sex specificity. Therefore, the liver appears to be, together with the brain, the organ most sexually differentiated in mammals [1]. Hepatocellular carcinoma (HCC) and, to a lesser degree, intrahepatic cholangiocarcinoma [2] are more common in males, whereas autoimmune liver diseases are more common in females [3]. Furthermore, it has been reported that females in general have a more robust immune response compared to their male counterparts. This has also been argued as the reason for the significantly longer life spans of women compared to men [4]. This suggests that differences in immunity may be responsible for some part of the sexual dichotomy [5]. Innate immune cell frequencies such as monocytes, macrophages,

and dendritic cells are higher in females. In addition, immune cells of females exhibit a 10-fold higher expression of Toll-like receptors (TLRs) compared to males [6]. With regard to the adaptive immune system, the T cell composition differs between sexes and age groups [4, 7]. Indeed, females have higher CD4+ T cell counts, whereas males have higher CD8+ T cell frequencies [8]. But also, cytokine production and antibody responses differ between sexes [9–11].

A new aspect of sex disparity has been recognized with the emergence of immunotherapy in oncology. For example, sex differences in malignant melanoma are well established as there is a higher incidence in men [12] and survival is better in females [13]. Tumors from men may harbor statistically more genetic alterations than female tumors after adjustment for age, stage, and smoking status [14, 15]. In this context, it is also interesting to note that sex hormones regulate the expression of PD1 and PD-1L [16–18]. Therefore, the authors from a recent meta-analysis posed the question whether the efficacy of checkpoint inhibitor blockade might be different between sexes. Interestingly, men seemed to respond better to checkpoint blockade than women [19]. The authors have discussed three main mechanisms that could be responsible for this difference. First, the pronounced anti-tumor immunity in women may lead to an increased tumor immune escape that may lead to immunotherapy resistance. Second, the higher mutational burden in males may lead to a better tumor recognition from the immune system, and finally, sex-related behavior (e.g.,

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tobacco smoking, sunlight exposure) may contribute to this difference. However, the meta-analysis was criticized for several biases (heterogeneous study populations, selection bias, publication bias, etc.) so that in conclusion, the results of this study should be interpreted with caution and are still of limited value for clinical practice until confirmed in future studies.

Overall, two major mechanisms seem to be responsible for the sex disparity: First, the effects of genes encoded on sex chromosomes; and second, the modifying effects of sex hormones.

The most obvious difference between the two sexes resides in the X and Y chromosomes. The X chromosome is known to contain the largest number of immune-regulating genes of the whole human genome [20]. Copy number variations or structural abnormalities of the X chromosome lead to genetic disorders like the Turner syndrome (X0) and the Klinefelter syndrome (XXY) and both are often associated with autoimmune diseases [20–22]. Examples for X-linked genes are summarized in Fig. 1. X-linked genes are, for example, interleukin 2/-3/-9/-13-receptors, X-inactive-specific transcript (XIST), Toll-like receptors (TLR) 7/8, and Forkhead box P3 (FOXP3). An example for a Y-linked gene is sex-determining region Y (SRY). Different gene expression in XX and XY cells is regulated with mechanisms like X chromosome inactivation, epigenetic modifications, or Y-chromosome polymorphisms [23].

Sex hormones are responsible to some extent for the observed sex disparity [24]. The liver is especially responsive to sex hormones that regulate gene expression, immune responses, and metabolism. The androgen receptor (AR), progesterone receptors (PR), and estrogen receptors (ER) all belong to the family of nuclear receptors. Therefore, sex hormones, the androgen testosterone in males, and estrogens (estrone, 17 β -estradiol, estriol) and progesterone in females mediate gene expression including promoter activation or epigenetic modifications. Estrogens bind to the nuclear ER α and β , which are expressed in varying degrees by different cell types and play a vital role in several signaling pathways. ER can mediate anti-inflammatory signaling as well as pro-inflammatory signaling and are expressed in various lymphoid tissue cells, lymphocytes, macrophages, and DCs with ER α preferentially expressed on T cells and ER β mainly upregulated in B cells [25]. Similar mechanisms apply for progesterone signaling with transcriptional regulation through the PR α and β isoforms. Progesterone also mediates stimulatory and suppressive roles in immune responses. PR are primarily expressed by T and NK cells, but also by dendritic and mesenchymal stem cells, where they suppress Th1 cytokine secretion and increase Th2 cytokine secretion [26, 27]. Suppression of T cell cytotoxicity, as well as regulatory T cell (Treg) proliferation, is also mediated by progesterone [28]. During pregnancy, progesterone enhances immunomodulatory functions of mesenchymal stem cells through upregulation of PGE-2 and IL-6, which is

essential to maintain the fetal-maternal interface [27]. Cancer formation is supported by progesterone through induction of cell proliferation by cell-intrinsic, cyclin D1-dependent mechanism or a paracrine, RANKL-dependent mechanism [29–31]. The androgen receptor is stimulated by dihydrotestosterone, the active metabolite of testosterone, and has effects on the immune system by regulating neutrophil, T and B cell function, and development [32]. In general, androgens occur in higher concentrations in men and suppress immune cell activation.

Sexual dimorphism in:

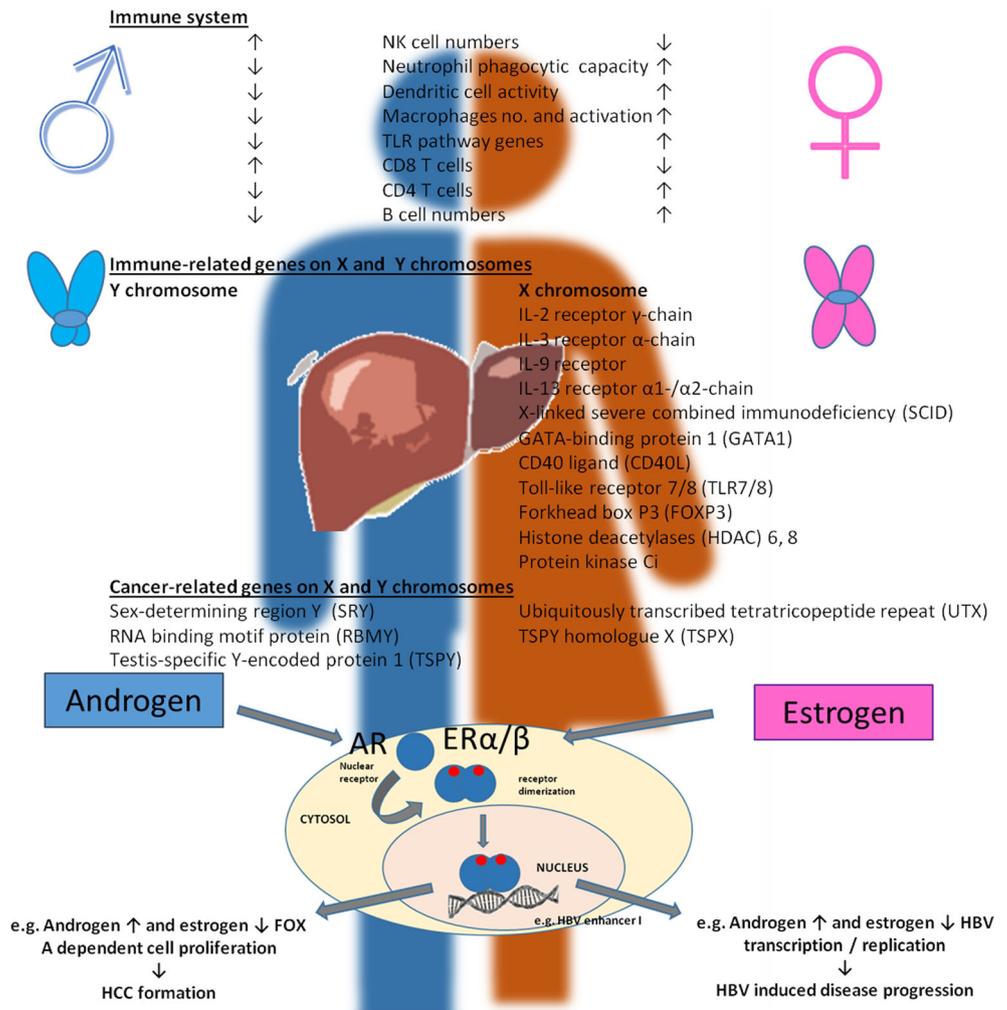
Hepatitis B virus infection

The sex disparity of HBV-related liver diseases has been noticed for a long time [33]. Some of the differences have been attributed to effects of the sex hormones, e.g., by directly regulating HBV transcription, HBV entry, viral integration, and by modulating the immune response to HBV infection. The estrogen axis exerts protective effects in HBV infection and this is reflected by the fact that exposure to estrogen in female HBV carriers, such as exposure to oral contraceptives or postmenopausal hormone replacement therapy, is associated with a lower risk of HCC development [34]. Estrogen can suppress hepatic fibrosis [35], can act as an endogenous antioxidant by reducing reactive oxidant species [36], and can modulate cytokine production to protect females from inflammation-induced liver injury [37].

One of the best studied molecular explanations for the difference in the outcome of HBV infection in men and women is direct binding of the estrogen receptor and androgen receptor to binding sites within HBV enhancer I. For example, the estrogen receptor prevents binding of hepatocyte nuclear factor 4 α transcription factor to bind to HBV enhancer I, thus inhibiting HBV transcription [38]. Vice versa, the androgen receptor can bind directly to a specific response element within HBV enhancer I and can increase overall HBV transcription [39] (see Fig. 1). On the other hand, HBx was shown to enhance hepatic AR activity which creates a positive feedback loop between AR and HBx leading to more active viral replication and higher oncogenic potential in male HBV patients [40, 41]. Estrogen additionally affects viral entry. Indeed, estradiol represses expression of the major HBV entry receptor sodium taurocholate cotransporting polypeptide (NTCP) in liver cells through ER α and thus inhibits viral entry, restricts infection, and spreads in the liver [42, 43].

The overall HBV integration frequency is much higher in tumor genomes of males compared to females, with a significant enrichment of integration into chromosome 2 and 17 [44]. Many genes in chromosome 17p are known to play important roles in hepatocarcinogenesis including TP53. The influence of sex hormones on HBV chromosomal integration

Fig. 1 Examples for sex-related differences in immunity, gene expression, and hormone actions important for liver disease like hepatitis B and C and hepatocellular carcinoma



though is still poorly understood and warrants further investigation.

Sex hormones also play a crucial role in the regulation of the immune system and immune responses to HBV. This is reflected by the fact that, for example, viral vaccines against HAV and HBV exhibit higher antibody titers but also stronger side effects in young females following immunization [45]. Furthermore, seroconversion from HBeAg to anti-HBe and HBsAg to anti-HBs is more often observed in females [46]. Also pointing toward a sex-dependent role of the immune system, the baseline serum HBV titer was reported to be significantly associated with male sex in chronic HBV patients [47]. One example that demonstrates the influence of sex hormones on the HBV-specific immune response is a single nucleotide polymorphism in the gene for ER α that was associated with persistent HBV infection [48]. In addition, androgen was reported to exert immunosuppressive effects on the development and activation of T cells [32]. However, overall, the impact of sex hormones on HBV-specific immunity is not well characterized except from general mechanisms known to alter the immune system [49, 50].

Hepatitis C virus infection

Similar to HBV infection, HCV infection affects men more often than women. HCV is more commonly reported among men than women, with a male-to-female ratio of nearly 2 to 1 [51]. HCV infection is cleared spontaneously more often in females than in males. Next to IL28b and HCV genotype [52], female sex has also been reported as an independent predictor of clearance in acute HCV [53, 54], although the effect is less pronounced. Chronic infection will develop in about 70–80% of men and ~60% of women [55, 56] depending on genotype but independent of age or mode of acquisition.

But, not only clearance of infection but also disease progression is dependent on sex [57–60]. As in hepatitis B virus infection, differences in disease progression are postulated to be linked to the protective effects of estrogen. For example, the rate of disease progression changes over time in women. Postmenopausal women have increased rates of fibrosis compared with women of reproductive age due to the loss of protective effects of estrogen. Additionally, age-matched men have more severe fibrosis than women of reproductive

age, premenopause, and in early menopause, and this difference is lost in late menopause [61]. With a slower disease progression, it is obvious that the complications from HCV infection as liver cirrhosis and HCC mainly affect men and, in a lower proportion, women [62]. Clearly, alcohol consumption may also contribute to disease progression as men are more likely to engage in heavy drinking than women [63, 64].

Sex differences have also been reported for treatment-induced clearance of the virus. An increased and sustained clearance of the virus from the blood stream (sustained virological response, SVR) has been reported for women after treatment with pegylated interferon and ribavirin in a randomized study [62]. Women may also have a higher SVR with higher doses of peginterferon [65]. In a subgroup of young women in reproductive age with normal transaminases and easy to treat genotype, a regimen with ribavirin and peginterferon achieved a nearly 100% chance to reach SVR [66]. In contrast to that, early menopause was associated with a lack of response to antiviral therapy, again indicating a role of estrogen in that setting [67]. In a subsequent study, the addition of raloxifene, an oral selective estrogen receptor modulator, to pegylated interferon and ribavirin improved SVR rates in the treatment of postmenopausal women but this treatment approach was not followed up due to the development and licensing of direct-acting antiviral agents (DAAs) [68]. Indeed, with the introduction of DAAs, demographic factors have lost its importance on overall rates of cure, as response rates for HCV therapy have increased tremendously.

Hepatocellular adenoma

Hepatocellular adenoma (HCA) is a rare benign tumor of the liver with an estimated incidence of 3–4 per 100,000 women [69]. It is rarer in men, children, and women over 65 years. The female:male ratio was reported to be 10:1, so precisely the reverse to malignant HCC. Many studies have documented the role of sex hormones in HCA through exogenous factors such as oral contraceptive pills in women or androgen intake in men. Recently, the HCA prevalence was reported to increase mainly because of rising prevalence of obesity and the metabolic syndrome [70] which is associated with higher estrogen levels.

HCAs encompass mainly three molecular subtypes. First, HCA inactivated for HNF-1 α , second inflammatory adenomas which are heterogeneous regarding the variety of gene mutations, and finally β -catenin-activated HCA. Molecular subtyping has not yet had an impact on clinical practice; however, β -catenin-activated HCAs have been found to be more common in men and so display a higher risk of malignant transformation. The potential for malignant transformation of HCAs is minor for women, but men have a very high risk of progression to HCC [71]. This is also reflected by the different treatment strategies of HCA in males and females.

Indeed, because of the significantly higher incidence of malignant transformation in men [72], resection or curative treatment is recommended for all HCA diagnosed in men irrespective of size. In women, risk for rupture, bleeding, or malignant transformation is rare in HCAs smaller than 5 cm on baseline scan. Here, resection is only recommended in lesions bigger than 5 cm or if there is a significant increase in size [73].

Hepatocellular carcinoma

The male to female ratio averages between 2:1 and 4:1 in patients with HCC, and this discrepancy is also observed in mice models [74]. Interestingly, the sex disparity is also existent in childhood malignancy hepatoblastoma [75]. Male sex is considered to be an independent risk factor for poor outcome of hepatocellular carcinoma (HCC) and females are more likely to be treated with curative intention, e.g., surgical resection or transplantation [76]. HBV-related HCC prevalence is much higher in men than in women, and male-to-female ratio for patients with HBV-related HCC has been reported to be even higher than that of patients with HCV-related HCC [77]. This effect might be explained by the mechanisms mentioned above but also by regional particularities like, e.g., a higher prevalence of HBV and HCV infection among men.

A large part of women's resistance to HCC can be explained by the action of hormones, as evidenced by the major increase in HCC incidence in postmenopausal women. Noteworthy, all sex-related protein hormones, androgen, progesterone, estrogen, prolactin (PRL), luteinizing hormone (LH), follicle-stimulating hormone (FSH), and growth hormone (GH) play a role in HCC development. Both androgens (i.e., anabolic steroids) and estrogens (e.g., oral contraceptives) are able to induce benign liver tumors (i.e., adenomas) and ultimately lead to HCC formation in individuals without underlying liver disease. The effect on cancer development is mainly thought to occur on the DNA level, as lipid-soluble sex steroid hormones enter the plasma membrane and directly interact with intracellular receptors. AR and ER α act in an antagonistic manner through differential regulation of gene expression. A central role for the transcription factors Foxa1/Foxa2 in controlling estrogen and androgen signaling was proposed [78] (see Fig. 1). Indeed, certain single nucleotide polymorphisms at FOXA2 binding sites reduce its affinity with ER α and sexually dimorphic HCC is completely reversed in Foxa1- and Foxa2-deficient mice. Interestingly, it was suggested that estrogens act as a general suppressor of HCC by reducing the production of the inflammatory mediator IL-6 [74]. Indeed, ablation of IL-6 abolishes the sex differences in hepatocarcinogenesis in mice and IL-6 has been reported to be a target of the FOXA transcription factor [79]. Overall, estrogens can exert most diverse tumorigenic and anti-tumorigenic properties in different cancer models. It is

required for organ morphogenesis [80–82] but ER β -activation has been shown to be beneficial in multiple cancer models. For example, sustained ER β expression is a favorable prognostic marker in renal cell cancer [83] and certain polymorphisms in the promoter of the ER β gene or within the EGFR gene, which interacts with sex steroid hormone receptors, are associated with increased patient survival in colorectal cancer [84, 85]. Molecular data indicate that androgens contribute to HCC development by acting as a tumor promoter by upregulation of beta-catenin/TCF signaling and via induction of DNA damage and oxidative stress [74, 86, 87]. Several other effects of sex steroid hormones relate to regeneration or homeostasis of organs, e.g., through increased stem cell self-renewal induced by estrogens [88, 89], cancer-associated fibroblasts [90], angiogenesis [91–93], inflammation, the immune system [94], and metabolism.

In general, an intact pituitary gland is necessary for the action of androgens and estrogens that can be seen by the fact that hypophysectomy abolishes sex-dependent differences in HCC. For example, mouse studies revealed that PRL protects females from liver tumorigenesis by constraining tumor-promoting liver inflammation by inhibition of c-Myc activation and proliferation [50]. When stimulating hepatocytes with anterior pituitary hormones, the effect of PRL is much bigger than for GH, but GH has also been implicated in liver cancer. GH was identified as a “feminizing factor” in the 1980s, and the pattern of secretion and concentrations of the hormone are a prerequisite for hepatic steroid metabolism and gene regulation [95].

A large body of evidence has shown a direct involvement of X chromosome-encoded genes on cancer formation. The X chromosome is highly enriched in immune-related genes and there are several X-linked microRNAs (miRNAs) located within an estrogen response element. For example, the X-inactivation process is regulated by XIST (X-inactive-specific transcript) and counteracts differences in X chromosome gene dosage. Loss or upregulation of XIST has been reported for several cancer entities [96]. But several other oncogenes [97] and tumor suppressors like ubiquitously transcribed tetratricopeptide repeat X chromosome (UTX) [98] are located on the X chromosome and have implications for cancer development.

Alterations on the Y chromosome are also common in malignancies. Loss of Y chromosome has been reported for several malignancies but it is not clear if this is a cause or a consequence of malignant transformation. Especially, sex-determining region Y (SRY) expression confers malignant properties in HCC [99]. SRY upregulates Sgf29 gene expression, which suppresses c-Myc-mediated malignant transformation. Furthermore, SRY expression increases multiple stem cell factors and ablation of SRY can impair the development of HCC [100]. Testis-specific Y-encoded protein 1 (TSPY) is another Y-linked gene reported to have an impact on HCC formation [101]. TSPY is encoded by the Y chromosome and is co-expressed with AR in HCC cell lines. Therefore, a

cross-talk between AR and TSPY was suggested [102]. TSPY is an oncogene with known functions in germ-cell differentiation, mitosis, and meiosis [103], and promotes cell proliferation and oncogenesis, whereas its X-located homolog, TSPY homolog X (TSPX), retards cell cycle and oncogenic progression. TSPX promotes proteasomal degradation of hepatitis B virus-encoded X oncoprotein and has been suggested to be a tumor suppressor in virus-associated HCC [104]. Finally, RNA binding motif protein (RBMV) has been suggested to be a candidate oncogene specific for male liver cancer [105], and similar to TSPY, seems to be involved in the regulation of androgen receptor activity and contributes to male predominance of HCC [106].

Several studies have tried to evaluate the role of anti-estrogen therapy (e.g., tamoxifen) in patients with HCC. Since ERs are present in approximately one third of HCCs and since experimental data has shown estrogen-dependent HCC growth, it has been suggested that these tumors could potentially benefit from ER blockade. Several small, prospective randomized trials and a meta-analysis of tamoxifen in patients with advanced HCC have failed to show a survival benefit or improved functional status [107–109]. As tamoxifen also acts as an inhibitor of p-glycoprotein, the multidrug resistance gene product, the addition of tamoxifen to chemotherapy has also failed to show any benefit in several small studies [37, 108]. Megestrol, a progestin with progestogenic and weak partial androgenic activity, has even shown a trend toward worse overall survival in the treated group [37]. Although androgens contribute to HCC development, all antiandrogen clinical trials have failed in advanced HCC [74].

Conclusion

An important question is whether we need to treat males and females differently, in order to achieve the long-term goal of personalized medicine for more effective prevention and treatment of liver diseases. The answer is: not yet. Future studies must identify the precise interactions among hormones, genes, and environmental factors mediating sex differences. The liver is a good example for a sexually dimorphic organ and the best treatment for liver disease might be different in the two sexes. At the moment, except from HCA, most of the data and knowledge about the molecular basis of sex-related differences in liver disease are not sufficient enough to give us substantial proof for clinical application. A starting point for such efforts could be to acknowledge that sex disparity has to be taken into account when mice models of chronic viral infection or liver cancer are studied. For example, researchers use mainly male animals in mouse models of liver cancer, because incidence is higher and it is thus cheaper to use male mice. Similarly for HBV mouse models, depletion of serum androgen or estrogen could compensate for observed sex

differences [1, 33, 38, 39, 41, 110–116]. Additionally, many studies have shown that women respond differently to several drugs compared to men [117]. Sex-based differences in pharmacokinetics, e.g., variations in gastric acid secretion, blood flow, and drug/plasma protein binding profiles, might additionally be responsible for these differences [118]. Therefore, designing sex-balanced clinical trials is becoming increasingly important. In summary, much more work has to be done in the future in order to focus on a more gender-specific approach so that the understanding of sex differences can have an impact on personalized treatment strategies.

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