



Serum visfatin levels in patients with axial spondyloarthritis and their relationship to disease activity and spinal radiographic damage: a cross-sectional study

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Abstract

The purpose of this cross-sectional study was to assess the visfatin levels in patients with axial spondyloarthritis (axSpA) and to investigate the association between visfatin, disease activity and radiographic spinal damage. Serum visfatin levels were determined by enzyme-linked immunosorbent assay in 64 patients with axSpA (46 with radiographic axSpA (r-axSpA) and 18 with non-radiographic axSpA (nr-axSpA)) and 61 age-/sex-matched healthy individuals. Patients with r-axSpA were further divided into two subsets based on radiographic spinal damage using modified Stoke Ankylosing Spondylitis Spine Score (mSASSS = 0 and mSASSS ≥ 1). The Bath Ankylosing Spondylitis Disease Activity Index (BASDAI) was used to assess disease activity. C-reactive protein (CRP) levels and human leukocyte antigen (HLA)-B27 were determined. Visfatin levels were significantly higher in patients with axSpA and in the subgroup of patients with r-axSpA than in healthy individuals ($p = 0.010$ and $p = 0.005$, respectively), with no difference between patients with r-axSpA and with nr-axSpA. In general, disease activity was high (mean BASDAI 5.01) and was moderately correlated with visfatin levels ($r = 0.585$; $p = 0.011$) in patients with nr-axSpA. Visfatin levels correlated with mSASSS ($r = 0.281$; $p = 0.026$) and were significantly higher in axSpA patients with mSASSS ≥ 1 than in those with mSASSS = 0 ($p = 0.025$). Our study showed that circulating visfatin levels are elevated in axSpA patients, may be associated with disease activity in early phase of the disease and with the degree of radiographic spinal involvement.

Keywords Axial spondyloarthritis · Visfatin · Disease activity · Radiographic damage

Abbreviations

ASDAS Ankylosing Spondylitis Disease Activity Score
axSpA Axial spondyloarthritis
BASDAI Bath Ankylosing Spondylitis Disease Activity Index
BMI Body mass index

csDMARDs Conventional synthetic disease-modifying anti-rheumatic drugs
bDMARDs Biological disease-modifying anti-rheumatic drugs
CRP C-reactive protein
ELISA Enzyme-linked immunosorbent assay
HLA Human leukocyte antigen
IQR Interquartile range
MRI Magnetic resonance imaging
mSASSS Modified Stoke Ankylosing Spondylitis Spine Score
NAMPT Nicotinamide phosphoribosyltransferase
nr-axSpA Non-radiographic axial spondyloarthritis
NSAIDs Non-steroidal anti-inflammatory drugs
PBEF Pre-B cell colony-enhancing factor
r-axSpA Radiographic axial spondyloarthritis
SIJ Sacroiliac joints

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Introduction

Axial spondyloarthritis (axSpA) is a chronic inflammatory disease predominantly affecting the axial skeleton (sacroiliac joints (SIJ) and spine). Peripheral and extra-articular manifestations, such as dactylitis, enthesitis, uveitis, inflammatory bowel disease and psoriasis, can also be associated with axSpA. Depending on the presence of radiographic sacroiliitis, patients with axSpA are further classified as having non-radiographic axSpA (nr-axSpA) or radiographic axSpA (r-axSpA) [1].

However, the diagnosis of the early phases of axSpA remains challenging. In recent years, great effort has been made to find a reliable biomarker of the disease [2–4]. A biomarker is defined as “a characteristic that is objectively measured and evaluated as an indicator of normal biological processes, pathogenic processes, or pharmacologic responses to a therapeutic intervention” [5]. In patients with axSpA, such a biomarker could be used not only for the early detection of the disease but also for the evaluation of disease activity, disease progression and treatment response [3]. Currently, human leukocyte antigen (HLA)-B27 is considered to be the marker with the highest diagnostic value, while C-reactive protein (CRP) is useful for assessing disease activity and predicting disease progression or treatment response [4].

Adipokines are biologically active substances that are produced and released predominantly by adipose tissue. They have many regulatory functions in energy metabolism, as well as in inflammation and joint tissue metabolism [6, 7]. Several studies have already reported associations between some adipokines and r-axSpA [8, 9]. However, their exact role in the pathogenesis of the disease and their potential to serve as a disease biomarker is still unclear.

Visfatin, which is also known as pre-B-cell colony-enhancing factor (PBEF) or nicotinamide phosphoribosyltransferase (NAMPT), is a 52-kDa adipokine that is expressed in a wide range of tissues, including the bone marrow, liver and muscle [10]. Visfatin has proinflammatory properties [11], and its expression is enhanced in a variety of metabolic and inflammatory diseases [12]. In previous studies, visfatin was shown to play a role in bone homeostasis by stimulating osteoblast proliferation [13] and inhibiting osteoclastogenesis [14, 15].

Recently, serum visfatin levels were found to be increased in patients with r-axSpA compared with healthy controls, and higher baseline visfatin levels were associated with subsequent progression of radiographic damage in r-axSpA [8]. Although several other studies have analysed visfatin in r-axSpA [16, 17], the data regarding patients with non-radiographic axSpA are lacking.

Therefore, the aim of our study was to assess the serum visfatin levels in patients with r-axSpA and nr-axSpA and to investigate the association between visfatin, disease activity and radiographic damage.

Materials and methods

Patients

Sixty-four patients who fulfilled the Assessment of SpondyloArthritis international Society (ASAS) classification criteria for axSpA were included in this study [18]. Based on imaging, patients were further classified as r-axSpA ($n = 46$) and nr-axSpA ($n = 18$). Patients with r-axSpA were divided into two subsets based on radiographic findings using the modified Stoke Ankylosing Spondylitis Spine Score (mSASSS: mSASSS = 0 (22 patients with SIJ involvement only) and mSASSS ≥ 1 (24 patients with involvement of both the SIJ and the spine).

The following information was collected: clinical and laboratory disease activity measures; demographic status; disease-related factors, such as the Bath Ankylosing Spondylitis Disease Activity Index (BASDAI) and CRP levels; current medications (non-steroidal anti-inflammatory drugs (NSAIDs), conventional synthetic disease-modifying antirheumatic drugs (csDMARDs), glucocorticoids, biological treatments (bDMARDs)); age, gender; body mass index (BMI); initial symptoms (e.g., back pain, peripheral arthritis, extra-articular manifestations); age at diagnosis; occurrence of peripheral arthritis and extra-articular manifestations; and the presence of HLA-B27 antigen. Sixty-one age- and sex-matched healthy subjects were enrolled in the study. The local ethics committee of the Institute of Rheumatology in Prague approved this study. Written informed consent was obtained from all individuals prior to initiation of the study.

Imaging

Radiographs of the SIJ, lumbar and cervical spine were obtained from majority of patients (except for one patient) prior to blood collection. A trained rheumatologist and a central radiologist scored the radiographs for the initial disease classification, and both were blinded to all the clinical data. Cervical and lumbar spine radiographs were scored according to the mSASSS [18].

Patients were classified as r-axSpA according to the New York classification criteria [19] and as nr-axSpA if the radiographic findings of the SIJ were negative (grade I bilaterally or grade II unilaterally) and the magnetic resonance imaging (MRI) was positive (i.e., characteristic bone marrow oedema) with at least one feature of SpA, according to the ASAS classification criteria for axial spondyloarthritis [18].

MRI images were obtained prior to recruitment and scored by a trained rheumatologist who was blinded to all the clinical data.

Laboratory analysis

Fasting blood samples were collected from all the individuals and immediately centrifuged. The serum samples were stored at $-80\text{ }^{\circ}\text{C}$ until analysis. Serum visfatin levels were analysed by a commercially available enzyme-linked immunosorbent assay (ELISA) kit (Biovision, Milpitas, CA, USA) according to the manufacturer's protocol. The absorbance was measured using a Sunrise ELISA reader (Tecan, Salzburg, Austria) with 450 nm as the primary wavelength. The assay sensitivity was 30 pg/mL, and the detection limit (cut-off) was 0.125 ng/mL. The intra- and inter-assay coefficient of variation was 3.5% and 5.3%, respectively.

Serum CRP levels were determined by an immunoturbidimetric technique using an Olympus AU 680 biochemical analyser (Olympus Optical, Tokyo, Japan), reference range of CRP was 0–5 mg/L, the intra-assay variability was 5.73–0.8%, and the inter-assay variability was 6.5–2.3%.

HLA-B27 was detected by flow cytometry using an IOTest HLA-B27-FITC/HLA-B7-PE (Beckman Coulter-Immuntotech SAS, Marseille, France) and a BDTM HLA-B27 Kit (BD Bioscience, San Jose, CA, USA).

Statistical analysis

Statistical analyses were performed with GraphPad Prism 5.1 (GraphPad Software, San Diego, CA, USA). The Kolmogorov–Smirnov test of normality was used for all the variables. Based on distribution, the data are presented as the median [interquartile range (IQR)] or mean \pm SD. Because of non-normality of data, the non-parametric tests were used for group comparison and correlational analyses. Spearman's correlation coefficients were calculated to determine the association between visfatin levels and the other variables. For comparison between the groups, the Mann–Whitney *U* test was used. Fisher's exact test was performed for the analysis of categorical variables. *P* values less than 0.05 were considered statistically significant.

Results

Characteristics of patients

The patients' demographic and clinical characteristics are summarized in Table 1. Sixty-four patients with axSpA were enrolled in this study [47 males and 17 females, median (IQR) age 35.1 (29.3–40.1) years, 92% HLA-B27 positive]. The proportion of male patients with r-axSpA was higher

Table 1 Characteristics of patients with axial spondyloarthritis and healthy controls

Characteristic	nr-axSpA	r-axSpA	axSpA	HC
Patients (<i>n</i>)	18	46	64	61
Gender (male/female)	8/10	39/7	47/17	44/17
Age (years)	36.3 (29.1–42.8)	34.8 (29.2–39.4)	35.1 (29.3–40.1)	36.0 (31.0–48.0)
BMI (kg/m ²)	24.67 \pm 4.06	26.61 \pm 3.83	24.08 \pm 3.95	27.05 \pm 3.98
CRP (mg/L)	4.01 (1.26–12.74)	11.08 (5.04–19.60)	9.67 (3.48–16.43)	0.94 (0.13–7.00)
Visfatin (ng/mL)	2.25 (0.89–3.13)	2.77 (1.25–4.43)	2.69 (1.09–4.27)	1.62 (0.93–2.66)
Disease duration (years)	0.2 (0.0–4.0)	5.0 (2.0–9.0)	4.0 (0.5–8.0)	–
HLA-B27 positivity (<i>n</i> , %)	17 (94%)	42 (91%)	59 (92%)	–
BASDAI	4.78 (1.53–6.25)	5.38 (3.15–7.57)	5.01 (2.68–7.29)	–
csDMARDs (<i>n</i> , %)	6 (33%)	5 (11%)	11 (17%)	–
bDMARDs (<i>n</i> , %)	1 (6%)	14 (30%)	15 (23%)	–
mSASSS \geq 1/mSASSS = 0 (<i>n</i>)	0/18	22/24	22/42	–
Extra-articular features (<i>n</i> , %)	15 (83%)	25 (54%)	40 (62%)	–
Enthesitis/tendinitis (<i>n</i> , %)	11 (61%)	12 (26%)	23 (36%)	–
Peripheral arthritis (<i>n</i> , %)	14 (77%)	19 (41%)	33 (52%)	–
Uveitis (<i>n</i> , %)	7 (38%)	15 (32%)	22 (34%)	–
Psoriasis (<i>n</i> , %)	0 (0%)	2 (4%)	2 (3%)	–
Dactylitis (<i>n</i> , %)	2 (11%)	3 (7%)	5 (8%)	–

Data are presented as the median (interquartile range) or mean \pm SD

axSpA axial spondyloarthritis; nr-axSpA non-radiographic axial spondyloarthritis; r-axSpA radiographic axial spondyloarthritis; HC healthy controls; BASDAI Bath Ankylosing Spondylitis Disease Activity Index; CRP C-reactive protein; csDMARDs conventional synthetic disease-modifying antirheumatic drugs sulfasalazine (*n* = 8), methotrexate (*n* = 2), azathioprine (*n* = 1); bDMARDs biological disease-modifying antirheumatic drugs [adalimumab (*n* = 1), golimumab (*n* = 2), etanercept (*n* = 9), infliximab (*n* = 3)]

than the proportion of those with nr-axSpA ($p=0.003$). Patients with r-axSpA had a significantly longer disease duration ($p<0.001$) and higher CRP levels ($p=0.013$) than those with nr-axSpA. Peripheral arthritis, extra-articular manifestations, enthesitis and/or tendinitis were significantly more frequent in patients with nr-axSpA compared with patients with r-axSpA ($p=0.012$, $p=0.044$ and $p=0.019$, respectively). Age, BMI, BASDAI and HLA-B27 positivity were comparable between the two subgroups of patients. Out of all, one patient suffered from diabetes mellitus type 2 and another patient had insulin resistance. Both patients were from nr-axSpA group.

Serum visfatin levels are elevated in patients with axSpA

Serum visfatin levels were significantly higher in patients with axSpA than in healthy individuals [2.69 (1.09–4.27) vs. 1.62 (0.93–2.70) ng/mL; $p=0.009$] (Fig. 1a). After dividing the patients into r-axSpA and nr-axSpA subgroups, the difference remained statistically significant only for patients with r-axSpA [2.77 (1.25–4.43) vs. 1.62 (0.93–2.70) ng/mL; $p=0.005$], but not for those with nr-axSpA [2.25 (0.89–3.13) vs. 1.62 (0.93–2.70) ng/mL; $p=0.390$]. The concentrations

of visfatin were comparable between patients with nr-axSpA and r-axSpA ($p=0.235$) (Fig. 1b). There was no difference in the visfatin levels between patients receiving biological therapy compared to patients not receiving biological therapy [2.45 (1.45–4.28) vs. 2.75 (1.00–4.28) ng/mL; $p=0.918$]. In addition, excluding the two patients with diabetes mellitus and insulin resistance from nr-axSpA group did not affect statistical visfatin level differences among groups (Supplementary Figure 1).

Visfatin levels in relationship to radiographic damage and disease activity

In patients with axSpA, serum visfatin levels were significantly higher in individuals with mSASSS ≥ 1 than in those with mSASSS = 0 [4.12 (1.65–5.41) vs. 2.33 (0.87–3.49) ng/mL; $p=0.025$] (Fig. 2a). Furthermore, a positive correlation between visfatin levels and mSASSS was confirmed ($r=0.281$; $p=0.026$) (Fig. 2b). In the r-axSpA subgroup, patients with mSASSS ≥ 1 showed non-significantly higher levels of visfatin than those with mSASSS = 0 [3.05 (1.92–5.53) vs. 2.26 (0.85–3.34) ng/mL; $p=0.053$]. Visfatin levels remained unchanged even after excluding the

Fig. 1 Serum visfatin levels were significantly higher in patients with axial spondyloarthritis (axSpA) than in healthy controls (HC) (a), and they were comparable between patients with non-radiographic axial spondyloarthritis (nr-axSpA) and those with radiographic axSpA (r-axSpA) (b). The horizontal line represents the median. $**p<0.01$. *ns* non-significant

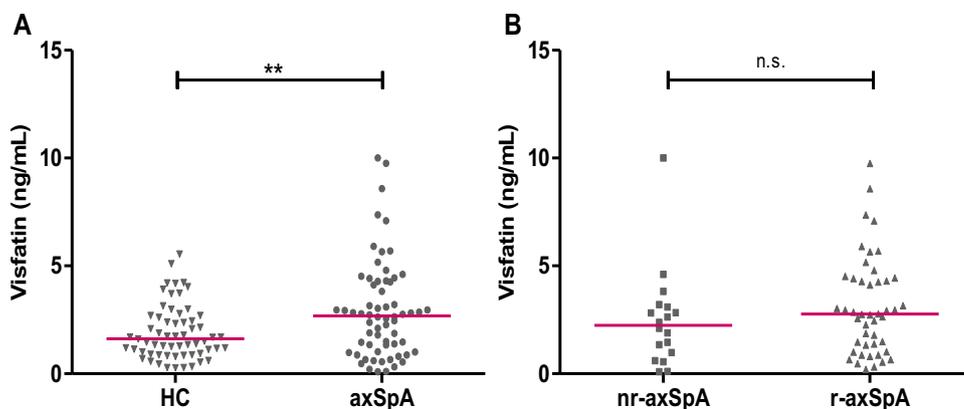
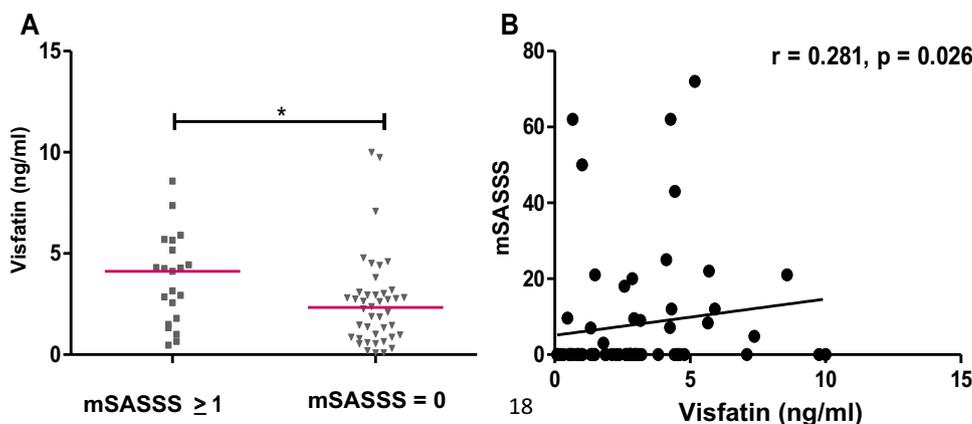


Fig. 2 Serum visfatin levels were significantly higher in axSpA patients with mSASSS ≥ 1 than in those with mSASSS = 0 (a) and were positively correlated with mSASSS (b). The horizontal line represents the median. $*p<0.05$. mSASSS modified Stoke Ankylosing Spondylitis Spine Score. *P* values are results of Mann–Whitney and Spearman correlation tests



two patients with diabetes mellitus and insulin resistance from nr-axSpA group.

The levels of visfatin did not differ between males and females or between patients with and without the presence of extra-articular manifestations, peripheral joint involvement or HLA-B27 antigen in any of the study groups. Similarly, there was no association of visfatin levels with age, disease duration, BMI or CRP levels. In patients with nr-axSpA, but not in patients with r-axSpA, visfatin levels were positively correlated with the BASDAI ($r=0.585$; $p=0.011$) (Fig. 3). After excluding the two patients with diabetes mellitus and insulin resistance, the correlation even improved ($r=0.732$, $p=0.001$). In the total group of axSpA patients, there was no difference in the visfatin levels between patients with $BASDAI \geq 4$ compared to those with $BASDAI < 4$ [2.78 (1.33–4.28) vs. 2.11 (0.82–4.28) ng/mL; $p=0.395$].

Discussion

In the present study, we showed that higher serum visfatin levels are found in patients with axSpA than in healthy individuals and that there is an association between visfatin levels and radiographic spinal damage.

A number of studies have reported that visfatin regulates joint tissue metabolism and exerts proinflammatory effects [11, 13–15, 20]. However, the data regarding a possible link between visfatin, r-axSpA and nr-axSpA are limited. In the present study, we found higher levels of visfatin in patients with axSpA, and particularly in the subgroup of patients with r-axSpA, than in healthy controls. In line with our findings, higher serum visfatin levels were demonstrated in patients with r-axSpA than in healthy subjects in a previous study by Syrbe et al. [8]. As far as we know, visfatin levels in patients with nr-axSpA have not been studied to date. We showed that visfatin levels in patients with nr-axSpA are

comparable to those in patients with r-axSpA but are not significantly higher than those in healthy controls. Interestingly, after dividing the patients into r-axSpA and nr-axSpA subsets, we observed significantly positive correlation between visfatin levels and the BASDAI in patients with nr-axSpA. However, this relationship was not found neither in patients with r-axSpA nor in the entire cohort of patients with axSpA. This discrepancy could be explained by lower number of patients with nr-axSpA and their slightly lower disease activity compared to those with r-axSpA. Since limited data on biomarkers in nr-axSpA exists, there is evidence that serum CRP levels are lower in patients with nr-axSpA compared to those with r-axSpA [21]. On the other side, Huang et al. [22] found that serum calprotectin levels were comparable between both subsets, correlated with inflammatory measures of axSpA, and were higher in both subsets compared to healthy subjects. In line with our study, calprotectin, however, did not contribute to discriminate between non-radiographic and radiographic form of the disease.

In addition, we demonstrated comparable levels of visfatin between patients with axSpA with and without the presence of extra-articular manifestations, peripheral arthritis or the presence of HLA-B27 antigen. Furthermore, we did not observe any difference in visfatin levels due to sex, and there were no associations between visfatin levels and age, disease duration, BMI or CRP levels. These findings are consistent with those reported in other studies that evaluated patients with r-axSpA [8, 16, 17].

According to recent findings, MRI defined fatty lesions at anterior vertebral corners on spine are predictive of new bone formations [23]. Fatty lesions are thought to replace the active inflammatory lesions of bone marrow edema and from preliminary reports on biopsies performed from these sites, fatty lesions correspond to fat deposition in the bone marrow of patients with advanced r-axSpA. Since vertebral bone marrow is harbouring hematopoiesis, r-axSpA seems to lead to local disruption of hematopoiesis in the bone marrow microenvironment, which is followed by fat replacement [24]. Therefore, it can be speculated that adipokines might have some effects on the disease progression. Although increased visfatin is known to play a role in diabetes mellitus [25], excluding the two diabetic and prediabetic patients did not affect our results. As far as we know, there is no association between diabetes mellitus and radiographic progression of axSpA, which is worth to explore in future studies.

It has recently been demonstrated that visfatin induces osteoblast proliferation and type I collagen production in vitro [13]. Moreover, visfatin has been shown to inhibit osteoclast formation and differentiation [14, 15]. Therefore, we hypothesized that visfatin concentrations could be affected by bone changes and thus reflect syndesmophyte formation. In line with this, we found a positive correlation between visfatin levels and radiographic damage as

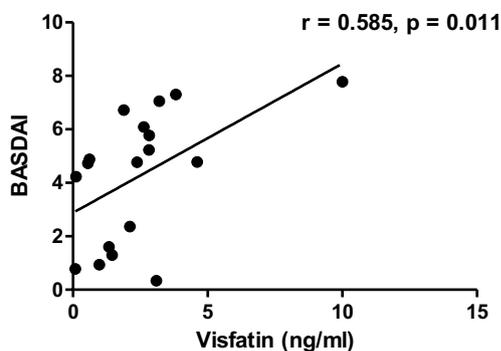


Fig. 3 Serum levels of visfatin were positively correlated with the BASDAI in patients with non-radiographic axial spondyloarthritis (nr-axSpA). BASDAI Bath Ankylosing Spondylitis Disease Activity Index

assessed by the mSASSS in patients with axSpA and significantly higher visfatin concentrations in patients with spinal involvement than in those without spinal radiographic changes. On the other hand, we did not find any relationship between visfatin levels and mSASSS in a subgroup of patients with r-axSpA. Previous studies examining the association between visfatin levels and radiographic changes in axSpA included only patients with radiographic form of the disease. Consistent with our findings, Syrbe et al. [8] also reported no significant association between visfatin levels and structural damage based on the mSASSS in patients with r-axSpA. Nevertheless, elevated baseline visfatin levels were found to be predictive of subsequent radiographic progression and new syndesmophyte formation after 2 years [8]. However, ENRADAS study did not reveal correlation between visfatin levels and radiographic spinal progression or new syndesmophyte formation [9]. Thus, the association between visfatin levels and radiographic spinal damage or progression in patients with r-axSpA is not consistent across all studies and needs to be further determined.

Our study has several limitations. First, design of the study was cross-sectional. Therefore, a longitudinal association between visfatin levels and disease activity/improvement could not be assessed. Long-term prospective study is needed to further investigate the role of visfatin in patients with axSpA. Second, the Ankylosing Spondylitis Disease Activity Score (ASDAS) was not calculated in majority of the patients, therefore, only the BASDAI was used for the evaluation of disease activity in this study. Third, low number of patients with nr-axSpA was included in our cohort.

Conclusion

In conclusion, we demonstrated elevated visfatin levels in patients with axSpA, particularly in those with r-axSpA. Furthermore, we found higher visfatin levels in patients with radiographic spinal involvement and a positive correlation between visfatin levels and radiographic spinal damage. These findings further support a possible role of visfatin in bone remodelling, the exact link between visfatin, new bone formation and a putative role of visfatin in early phases of axSpA pathogenesis need to be confirmed in a larger cohort of patients.

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Author contributions LŠ and JV were responsible for the study concept and design. HH performed ELISA tests. KB, MF, HM, ŠF, JV and LŠ were involved in enrolling the patients and made clinical assessments. HH, TL and OK carried out the statistical analysis. HH, TL and LŠ were responsible for data interpretation and manuscript preparation. MT, JV, KP and LŠ revised the manuscript critically for important

intellectual content. All authors read and approved the final version of the manuscript.

Compliance with ethical standards

Ethical approval All procedures performed in this study involving human participants were in accordance with the ethical standard of the local ethics committee of the Institute of Rheumatology in Prague, Czech Republic.

Informed consent Written informed consent was obtained from all participants.

Conflict of interest Hana Hulejová declares that she does not have competing interests. Tereza Kropáčková declares that she does not have competing interests. Kristýna Bubová declares that she does not have competing interests. Olga Kryštůfková declares that she does not have competing interests. Mária Filková declares that she does not have competing interests. Šárka Forejtová declares that she does not have competing interests. Heřman Mann declares that he does not have competing interests. Michal Tomčík declares that he does not have competing interests. Jiří Vencovský declares that he does not have competing interests. Karel Pavelka declares that he does not have competing interests. Ladislav Šenolt declares that he does not have competing interests.

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