Early alcohol relapse after an episode of alcohol-induced hepatitis (AH): prevalence, impact on liver function, genetic and non-genetic factors and identification of distinct risk profiles.

Ana Clemente¹², Stephen Atkinson¹⁴, Luke D Tyson¹, Merixtell Ventura Cots³⁴, Josepmaria Argemi³, Nikhil Vergis⁴, Sylvia Manimaran⁷, Marsha Y Morgan⁷, Andrew McQuillin⁸, Dalia Morales Arraez⁴, Edilmar Alvarado-Tapias⁶, Carlos Fernandez-Carrillo⁴, Aline Olivera-Mello⁴, Juan G. Abraldes⁹,¹⁰,¹¹,¹²,¹³,¹⁴,¹⁵, Francisco J Bosques¹⁶,¹⁷,¹⁸,¹⁹, Robert S. Brown Jr.²⁰, Juan Caballeria²¹, Guadalupe Garcia-Tsao²², Joan Genescá²³, Michael R Lucey²⁴, Alexandre Louvet²⁵, Philippe Mathurin²⁶, Bernd Schnabl²⁷, Debbie L. Shawcross²⁸, Victor Vargas²⁹, Elizabeth C. Verna³⁰, Mark Richard Thursz³¹ and Ramon Bataller³², (1)200 Lothrop St, 200 Lothrop St, (2)Ciberehd Centro De Investigación Biomédica En Red De Enfermedades Hepáticas y Digestivas Madrid, Spain, (3)Division of Gastroenterology, Hepatology and Nutrition, University of Pittsburgh Medical Center (UPMC). Pittsburgh, PA, University of Pittsburgh, (4)Department of Metabolism, Digestion and Reproduction, Imperial College, London, United Kingdom, Imperial College, (5)Division of Gastroenterology, Hepatology and Nutrition, University of Pittsburgh Medical Center (UPMC). Pittsburgh, PA., University of Pittsburgh, (6)Ciberehd. Instituto De Salud Carlos III. Madrid, Spain, (7)Department of Medicine, Royal Free Campus, University College London, United Kingdom, University College London, (8)Molecular Psychiatry, Faculty of Brain Sciences, University College London, (9)Division of Gastroenterology, Liver Unit, University of Alberta, Edmonton, Canada, University of Alberta, (10)University of Alberta, (11)Cirrhosis Care Clinic, Division of Gastroenterology (Liver Unit), Cegiir, University of Alberta, (12)Edmonton Hospital, (13)Cirrhosis Care Clinic, Division of Gastroenterology (Liver Unit), University of Alberta, Centre of Excellence for Gastrointestinal Inflammation and Immunity Research, Edmonton, Canada, (14)Liver Unit, University of Alberta, (15)Division of Gastroenterology, University of Alberta, (16)Autonoma De Nuevo Leon, Monterrey, (17)Hospital Sant José Tecnológico De Monterrey. Universidad Autonoma De Nuevo Leon, Monterrey, México, Hospital Sant José Tecnológico De Monterrey. Universidad Autonoma De Nuevo Leon, Monterrey, México, (18)Hospital Universitario José Eleuterio González, Universidad Autónoma De Nuevo León, (19)MD, Universidad Autonoma De Nuevo Leon, (20)Division of Gastroenterology and Hepatology, Weill Cornell Medical
Background: Alcohol relapse negatively influences long-term survival in AH. No studies have identified the prevalence and predictors of early relapse. We aimed to determine its prevalence within 3 months of presentation with AH, its impact on liver function, and genetic and non-genetic predictors in order to develop a tool to estimate relapse risk.

Methods: Demographic, biochemical and genetic data with 90 day drinking status were obtained from 478 patients of STOPAH trial. Ten single nucleotide polymorphisms (SNPs) recently associated with Problematic Alcohol Use (PAU; Zhou H et al Nat Neurosci. 2020) and a polygenic risk score from 2,000 SNPs were also evaluated. Logistic regression (LR) was used to test associations with relapse and Latent Class Regression (LCR) to identify latent profiles with different relapse risk. Results were validated in a cohort of 194 patients from InTeam Consortium. Results: Three-month relapse was 33% and 22% in the STOPAH and InTeam cohorts, respectively. Relapse impaired improvement in liver function at 90 days compared to abstinence in a dose-dependent fashion. Age [OR 0.97 (0.94 - 0.99) p=0.02], former smoking [OR 0.51 (0.27 - 0.93) p=0.03], long-term sickness [OR 1.90 (1.00 – 3.64) p=0.04], MELD [OR 0.91 (0.85 ‐ 0.97) p=0.005]) and stable relationship [OR 1.97 (1.20 – 3.29) p=0.008]) were independent predictors in multivariate analysis. A single SNP (rs62250713) was borderline significant. MELD [OR 0.89 (0.82 - 0.96) p=0.004]) and social support [OR 3.68 (1.65 – 8.41) p=0.001]) were independent predictors in InTeam cohort. The variables significant in LR and available in both datasets were used for LCR. Three latent profiles were identified: High risk patients who were mostly younger, unemployed and had no stable relationship; intermediate risk, composed of middle aged patients in employment and a stable relationship; and low risk profile of older patients most likely with known cirrhosis, retired and in a stable relationship. The actual prevalence of relapse in each class was 46.50%, 22.33% and 19.04% in STOPAH and 26.51%, 23.81% and 16.40% in InTeam cohort respectively (Fig.1). Conclusion: Early relapse after an AH episode is a frequent event with a significant dose-dependent impact on liver function. Non-genetic factors
predict early relapse whilst targeted loci associated with PAU seems not to significantly alter the risk in this cohort. LCR can identify distinct profiles with differing relapse risk that may permit personalisation of treatment strategies.