

# The relationship between gamma-glutamyltransferase and coronary collateral circulation in patients with chronic total occlusion

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## ABSTRACT

**Objective:** The aim of this study was to evaluate the relation between blood gamma-glutamyltransferase (GGT) levels and coronary collateral circulation in patients with chronic total occlusion (CTO).

**Methods:** Two hundred twenty-two patients with chronic stable coronary artery disease (CAD) and CTO were included in this cross-sectional, observational study. Coronary collaterals were graded from 0 to 3 according to the Rentrop method. Patients with grade 0-1 collateral development were regarded as poor collateral group (n=66) while patients with grade 2-3 collateral development were regarded as good collateral group (n=156). Statistical analysis was performed using independent samples t, Mann-Whitney U and Chi-square tests, logistic regression and receiver operator curve analysis.

**Results:** The poor coronary collateral group had significantly higher levels of serum GGT compared to the good collateral group (p<0.001). Multiple logistic regression analysis showed that GGT levels were independent predictors of poor collateral circulation (OR=0.946, 95% CI=0.918-0.9719, p<0.001). The result of ROC curve analysis for GGT was as following: area under the ROC curve (AUC)=0.732, 95% CI: 0.622-0.841, p<0.001.

**Conclusion:** Higher GGT levels are associated with poor coronary collateral circulation in patients with CTO. GGT may be used to predict the grade of coronary collateral circulation in CTO patients with chronic stable CAD. (*Anadolu Kardiyol Derg* 2014; 14: 48-54)

**Key words:** coronary artery disease, collateral circulation, oxidative stress, gamma-glutamyl transferase, regression analysis, diagnostic accuracy

## Introduction

Collateral vessels connect various coronary arteries in the normal human heart (1). These vessels are an important alternative source of blood flow when the main coronary arteries fail to supply enough blood helping to protect the myocardium in patients with coronary artery disease (CAD) (2). Well-developed collateral circulation has been suggested to have a favorable impact on infarct size (3), ventricular function, and ventricular aneurysm formation (4). Patients with chronic ischemic heart disease and similar degrees of coronary artery stenosis exhibit marked variability in the presence of spontaneously visible collaterals, but the biological basis of this heterogeneity is not known (5). Studies have suggested that growth factors and healthy endothelium are important for development of collateral vessels (6, 7).

Gamma-glutamyltransferase (GGT) is a plasma membrane enzyme with a critical role in the glutathione homeostasis. It is important in maintaining adequate concentrations of intracellu-

lar glutathione to protect cells against oxidants (8). GGT expression can be induced by oxidative stress and inflammatory cytokines (9). Therefore, serum concentrations of GGT can be used as a marker for increased oxidative stress in humans (10). Oxidative stress is one of the important cellular mechanisms for the development of endothelial dysfunction (11).

Several studies have shown a relation between serum GGT levels and CAD (12, 13). GGT has been demonstrated to be a predictor of total and cardiovascular mortality in CAD (14, 15). Şen et al. (16) reported that serum GGT levels in patients with coronary slow flow phenomenon were higher than controls. In addition, a recent report showed that high level of serum GGT on admission might be associated with absence of coronary collateral vessel in patients with acute coronary syndrome (17). However, the relation between GGT levels and the degree of coronary collaterals in patients with chronic total occlusion (CTO) has not been studied before.

Our aim was to show the relation between level of GGT and poor collateral development in patients with CTO.

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## Methods

### Study design

The present study was designed as a cross-sectional, observational study.

### Study population

The study population consisted of 222 consecutive patients (153 men, mean age:  $62.7 \pm 11.1$  years) with stable angina pectoris CAD and CTO in at least one major coronary artery detected during coronary angiography at Koşuyolu Heart Education and Research Hospital between February 2011 and March 2012. Total 12139 coronary angiographies were performed in this time frame including 7381 patients with stable CAD, 3432 patients with unstable CAD or non-ST-elevation myocardial infarction (NSTEMI) and 1326 patients with ST elevation myocardial infarction (STEMI). A total of 222 of 357 consecutive patients with CTO were included the study. The indication for coronary angiography was determined by the presence of stable angina and/or the demonstration of myocardial ischemia in myocardial perfusion scintigraphy or positive treadmill exercise testing. The patients were divided into two groups: as poor ( $n=66$ ) and good ( $n=156$ ) collateral group according to collateral grading.

Patients with symptomatic peripheral vascular disease, prior percutaneous coronary intervention (PCI) and/ or Coronary artery bypass grafting (CABG), a history of myocardial infarction within the last three months, viral hepatitis, evidence of ongoing infection or inflammation, hepatic or cholestatic disease, recent acute coronary syndrome, hematological disorders, known malignancy, alcohol use or patients who had a history of alcohol use and renal dysfunction (creatinine  $\geq 1.5$  mg/dL) were excluded from the study.

The study was approved by the institutional Ethics Committee and consent was obtained from all patients for participation in the study and collection of detailed clinical data.

### Definition of coronary risk factors

Diabetes mellitus (DM) was defined as an elevated fasting plasma glucose concentration  $>126$  mg/dL or current treatment with insulin or oral hypoglycemic agents (18). Hypertension was defined as systolic blood pressure  $>140$  mmHg or diastolic blood pressure  $>90$  mm Hg, or taking antihypertensive medications (17). Hyperlipidemia was defined as a total cholesterol level  $>200$  mg/dL, triglyceride  $>150$  mg/dL and/or the use of anti-hyperlipidemic drugs (19).

### Coronary angiography

Coronary angiography was performed using Judkin's technique through the femoral artery by means of a Philips Allura Xper FD10 (Philips medical system, Netherlands). Standard selective coronary angiography with at least four views of the left coronary system and two views of the right coronary artery was performed for all patients. Injection of contrast medium (Iopromide, Ultravist-370; Schering AG, Berlin, Germany) was

carried out by an automatic injector at a speed of 3-4 mL/sec for the left coronary artery and 2-3 mL/sec for the right coronary artery. CTO is defined by the Euro CTO Club as a lesion with a Thrombolysis In Myocardial Infarction (TIMI) grade 0 flow within the occluded segment and angiographic or clinical evidence or high likelihood of an occlusion duration  $\geq 3$  months (20). Coronary angiograms were evaluated for collateral development by two experienced interventional cardiologists who were totally blinded to the study. Coronary collateral circulation was graded according to the Rentrop classification as follows: grade 0: no visible collaterals, grade 1: the filling of the side branch via collateral vessels without a visible epicardial coronary artery, grade 2: the incomplete filling of the epicardial coronary artery, and grade 3: the complete filling of the epicardial coronary artery (21). If a patient had more than one vessel with CTO and collateral development, collateral grading was defined according to the vessel that had better collateral development. The patients were divided into two groups according to collateral grading. Patients with grade 0-1 collateral development were regarded as poor collateral group while patients with grade 2-3 collateral development were regarded as good collateral group.

### Laboratory tests

Venous blood samples were obtained before the coronary angiography on admission and analyzed for fasting plasma glucose, urea nitrogen, creatinine, GGT, alanine aminotransferase (ALT), aspartate aminotransferase (AST), uric acid (UA), high-sensitivity C-reactive protein (hs-CRP) and white blood cell (WBC). GGT levels were measured via spectrophotometric technique on Olympus AU-2700 auto-analyzer using commercial kits (Olympus, Hamburg, Germany). Then well-known inflammatory and oxidative stress markers of endothelial dysfunction such as hs-CRP, WBC, UA and GGT were compared between groups. The normal reference value of the GGT level for a healthy individual was 0-55U/L in our laboratory.

### Statistical analysis

The data was analyzed using the Statistical Package for the Social Sciences (SPSS) software for Windows version 13.0 (SPSS Inc., Chicago, Illinois, USA). Continuous variables were expressed as mean  $\pm$  standard deviation while categorical variables were expressed as percentage. Comparison of continuous values between two groups was performed by means of independent-samples t test. Comparison of continuous variables with abnormal distribution between two groups was performed by Mann-Whitney U test. Categorical variables were compared by the Chi-square test. Pearson test was used for correlation of parametric variables and Spearman test was used for non-parametric variables. A p value of  $<0.05$  was considered statistically significant. Multiple logistic regression analysis was performed to evaluate the effect of age, serum GGT, ALT and hs-CRP, parameters found to be associated with coronary collateral circulation, on development of poor collateral flow. Receiver

operating characteristics (ROC) analysis was performed. The best cut-off value was determined and sensitivity and specificity at that point were determined.

## Results

### Baseline characteristics

Sixty-six patients had poor coronary collateral while the remaining 156 patients had good collaterals. The characteristics of the patients are listed in Table 1. The left anterior descending coronary artery was totally occluded in 74 patients while the right coronary artery was occluded in 101 patients and the left circumflex artery in 47 patients. The age distribution of the

**Table 1. Characteristics of the study patients**

Variables	Poor collateral circulation (n=66)	Good collateral circulation (n=156)	*P
Age, years	60.3±10.6	63.7±11.1	0.035
Male sex, n (%)	47 (71.2)	106 (69.3)	0.631
Hypertension, n (%)	44 (66.6)	109 (69.8)	0.637
Diabetes mellitus, n (%)	25 (37.8)	50 (32)	0.401
Hyperlipidemia, n (%)	32 (48.4)	71 (45.5)	0.685
Smoking, n (%)	21 (31.8)	67 (45.5)	0.121
Reference vessel diameter, mm	1.21±0.54	1.53±0.58	<0.001
Left ventricular ejection fraction, %	46.9±7.51	46.4±7.73	0.655
<b>Occluded coronary artery, n (%)</b>			
LAD	28 (37.8)	46 (62.2)	0.132
RCA	24 (23.8)	77 (76.2)	
LCx	14 (29.8)	33 (70.2)	
Data are presented as mean±SD and number (percentage) *t-test for independent samples and Chi-square test LAD - left anterior descending artery; LCx - left circumflex artery; RCA - right coronary artery			

**Table 2. Biochemical parameters of the groups**

Variables	Poor collateral group (n=66)	Good collateral group (n=156)	*P
Glucose, mg/dL	137.7±84.1	125.2±48.8	0.730
Blood urea, mg/dL	39.3±18.2	38.3±11.3	0.243
Creatinin, mg/dL	1.0±0.5	1.0±0.6	0.971
Uric acid, mg/dL	5.0±1.45	5.1±1.43	0.691
GGT, U/L	44.2±28.4	24.3±13.5	<0.001
ALT, U/L	27.4±19.2	21.3±9.2	0.004
AST, U/L	35.8±36.2	28.1±14.1	0.240
WBC, x 10 <sup>3</sup> /µL	8.6±2.5	7.9±2.4	0.052
hs-CRP, mg/dL	2.3±2.8	1.4±1.8	<0.001
Data are presented as mean±SD *t-test for independent samples ALT - alanine aminotransferase; AST - aspartate aminotransferase; hs-CRP - C-reactive protein; GGT - gamma-glutamyltransferase; UA - uric acid; WBC - white blood cell			

groups were significantly different (60.3±10.6 years vs. 63.7±11.1 years, p=0.035). The reference vessel diameter in poor collateral group was significant lower than good collateral group (p<0.001).

The biochemical parameters of the groups are presented in Table 2. The poor collateral group had significantly higher levels of serum GGT compared to good collateral group (p<0.001). Figure 1 shows an association between GGT levels and Rentrop score. In addition, the poor collateral group had significantly higher levels of ALT and hs-CRP compared to good collateral group (p=0.004 and p<0.001, respectively). Age, GGT, ALT, white blood cell count and hs-CRP levels displayed a significant correlation with coronary collateral circulation in univariate analysis (data not shown). Figure 2 shows a correlation between GGT levels and Rentrop score (correlation coefficient: -0.325, p<0.001).

### Logistic regression analysis

Multiple logistic regression analysis was performed to determine the independent predictors of collateral circulation (Table 3). Only GGT levels were found as an independent predictor of collateral circulation (Odds ratio: 0.946, 95% Confidence interval: 0.918-0.971, p<0.001).

### Predictive value of GGT for development of collaterals

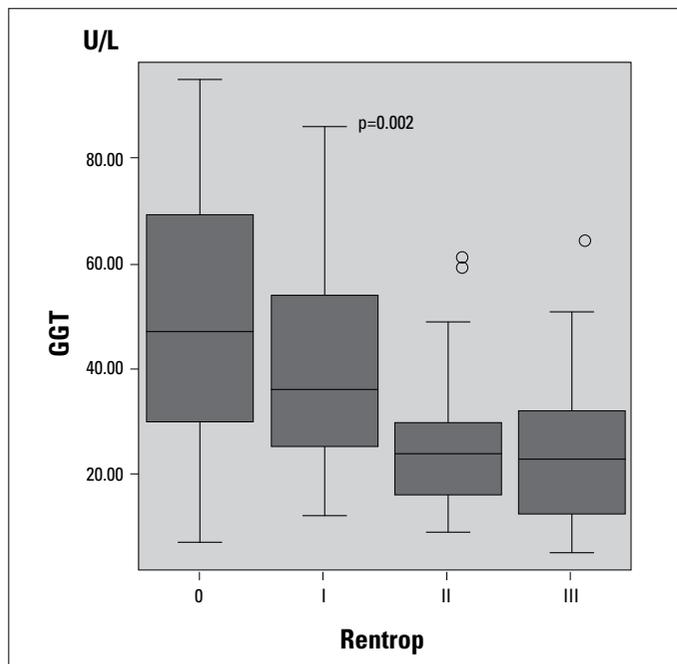
The result of ROC curve analysis for GGT was: area under the ROC curve=0.732, 95% CI: 0.622-0.841, p<0.001 and sensitivity-specificity levels were 69% and 62% respectively (Fig. 3).

## Discussion

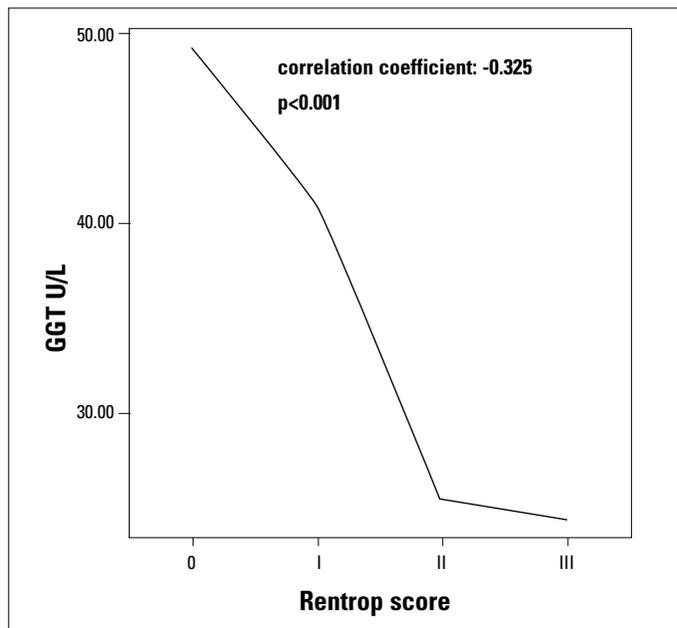
We investigated the relationship between gamma-glutamyl-transferase and coronary collateral circulation in patients with CTO. Our findings showed that high GGT levels were associated with poor collateral circulation in patients with stable CAD and CTO. In addition, GGT levels were found as an independent predictor of collateral circulation. Higher GGT levels were more sensitive predictor than other inflammatory and oxidative stress markers for poor collateral development in patients with CTO in our study.

Coronary collaterals are 40 µm in diameter and are not angiographically visible in normal conditions (22). They are angiographically demonstrable only if severe CAD is present due to increased blood flow associated with pressure gradient (23). The presence of good collateral circulation may decrease the infarct area and reduce the incidence of left ventricular aneurysm formation after coronary artery occlusion (24).

Coronary collateral vessels may develop as a result of arteriogenesis and/or angiogenesis. Angiogenesis includes new capillary formation while arteriogenesis means the growth of anastomotic channels (preexisting arterioles) between coronary arteries and functional collateral arteries (25). In both, growth factors and activation of endothelium play an important role in mediating collateral development. In case of severe stenosis, the pressure difference between coronary artery with



**Figure 1. Relation between Rentrop score and serum GGT levels**  
GGT- gamma-glutamyltransferase



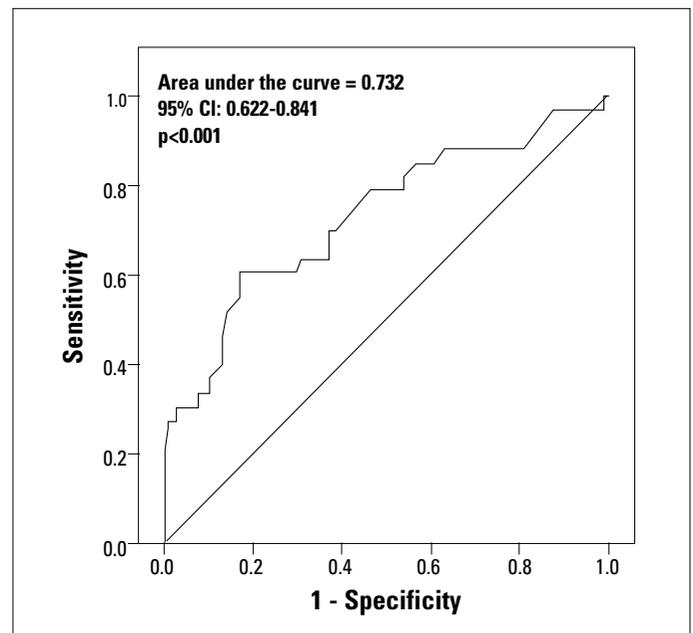
**Figure 2. Correlation between GGT levels and Rentrop score**  
GGT - gamma-glutamyltransferase

severe stenosis and normal coronary artery increases blood flow of the embryonic arterial network and activates certain growth factors and endothelial cells, which facilitates the opening of collateral vessels (26). Many clinical studies have demonstrated a positive association between plasma growth factors and the presence of collaterals (7, 27). Chronic hypoxia leads to the activation of both angiogenesis and arteriogenesis resulting in the collateral vessels to restore blood flow to the ischemic territory (28). Some studies have shown that there is a negative relationship between collateral development and cardiovascu-

**Table 3. Predictors of poor collateral development**

Variables	Odds ratio	95% Confidence interval	*P
Age	0.999	0.971-1.035	0.872
GGT	0.956	0.918-0.971	<0.001
ALT	1.003	0.967-1.049	0.725
WBC	1.020	0.891-1.200	0.660
hs-CRP	0.969	0.798-1.167	0.716

\*Multiple logistic regression analysis  
ALT - alanine aminotransferase; hs-CRP - C-reactive protein; GGT - gamma-glutamyltransferase; WBC - white blood cell



**Figure 3. The receiver operating characteristic (ROC) curve for GGT for predicting coronary collateral grade**  
GGT - gamma-glutamyltransferase

lar risk factors related to endothelial dysfunction such as diabetes mellitus, hyperlipidemia, and obesity (29). These diseases decrease nitric oxide (NO) production and increase oxidative stress resulting in endothelial dysfunction and production of specific inhibitors of angiogenesis (30). The most important product of a healthy endothelium is NO. The production of NO is reduced in endothelial dysfunction. NO also affects collateral development. The studies have demonstrated that the increase of endogenous NO production increases proliferation and migration of endothelial cells while NO inhibitors prevent the capillary endothelial cell proliferation and migration. Asymmetric dimethylarginine (ADMA) which is an endogenous inhibitor of NO synthesis impairs effective coronary collateral vessel development. Increased plasma ADMA levels are related to poor coronary collateral development (31).

Serum GGT activity is generally used as an indicator of liver function. It is the enzyme catalyzing the first step in the extracellular degradation of the glutathione. Glutathione is the most important non-protein antioxidant of the cell (32). Previous studies have demonstrated that serum GGT level is an independent

cardiovascular risk factor. It is also a predictor of CAD related with mortality, future heart disease, hypertension and stroke (33, 34). The exact mechanism of this relation is not well understood, but oxidative stress is the most likely mechanism (35). GGT can promote low-density lipoprotein oxidation by hydrolyzing glutathione. Decrease in glutathione levels is associated with increased lipid peroxidation which is an important step in atherosclerotic plaque formation (36). During the atherosclerotic process, GGT activity increases due to increased oxidative stress and inflammation (32). Endothelial dysfunction is a good predictor for cardiovascular disease and plays a critical role for development of atherosclerosis (37). Similarly, oxidative stress and inflammation modulate the NO system and lead to endothelial dysfunction (38). Serum GGT activity is associated with major cardiovascular events in acute coronary syndrome (39, 40). In addition, a significant correlation was demonstrated between serum GGT levels and coronary artery calcification and coronary complexity in stable CAD (41, 42). Yüksel et al. (43) showed that increased admission GGT levels were associated with poor Thrombolysis In Myocardial Infarction (TIMI) myocardial perfusion grade after primary percutaneous coronary intervention in patients with STEMI. However, the relation of GGT levels with the degree of collateral in patients with CTO has not been demonstrated. Our study exhibited a significant association between degree of collateral and GGT activity. Our findings suggest that GGT levels were higher in CTO patients with poor collateral circulation than in those with good collateral circulation. Higher GGT activity in poor collateral circulation may be the result of increased oxidative stress and endothelial dysfunction.

C-reactive protein is a biomarker of inflammation and cardiovascular disease. Elevated hs-CRP levels are related to an unfavorable long-term prognosis in patients with documented CAD (44). The underlying mechanism of this relation with long-term prognosis is unclear but endothelial dysfunction is the implied mechanism. Elevated hs-CRP levels lead to reduction of endothelial production of NO and prostacyclin, up-regulation of endothelial adhesion molecules, generation of superoxide in vascular cells, all of which elicit endothelial dysfunction (45). Previously, a study has demonstrated that high levels of hs-CRP are correlated with poor collateral circulation (46). Likewise, in our study, hs-CRP levels were found higher in poor collateral circulation group than good collateral circulation group in patients with CTO.

Hepatic transaminases, ALT and AST are indicators of hepatocellular injury. Recently, high levels of ALT are shown to be correlated with the metabolic syndrome, carotid atherosclerosis, decreased insulin-sensitivity and endothelial dysfunction (47, 48). In addition, the predictive value of ALT for unfavorable coronary events has been shown (48). Açıkel et al. (49) demonstrated that increased serum AST but not ALT level was associated with the presence of CAD. In our study, serum ALT levels were significantly higher in patients with poor collateral circulation. However, we did not find any association between serum AST and the degree of coronary collateral circulation.

Our study showed that GGT may be a better predictor for coronary collateral circulation in patients with stable CAD and CTO than the well-known inflammatory and oxidative stress markers of endothelial dysfunction including hs-CRP, uric acid, white blood count, ALT and AST.

### Study limitations

The main limitation of this study was that we did not study the other well-known markers of oxidative stress such as total oxidant and total antioxidant capacity. Alcohol consumption and non-alcoholic fatty liver disease are the most important causes of elevated liver enzymes. Patients with obvious hepatic or cholestatic disease and alcohol consumption were excluded. However, liver biopsy and abdominal ultrasonography were not used for detecting fatty liver disease in this study. In addition, alcohol consumption was based on patients reported, which might be not reliable. Metabolic syndrome is associated with elevated liver enzymes. The patients with metabolic syndrome were not excluded from this study. This situation is a limitation. Another limitation of the study was the small sample size. Therefore, further studies with larger number of patients were needed. In addition, flow-mediated dilatation (FMD) is important indicator of endothelial function but FMD were not used for show endothelial function. We did not study the relationship between GGT and atherosclerotic burden, which was also another limitation of the study.

### Conclusion

Higher GGT levels (GGT levels in the higher part of the reference interval) were associated with poor collateral circulation in stable CAD patients with CTO. Additionally, our study suggested that GGT level might be a better predictor for poor collateral development than other inflammatory and oxidative stress markers.

**Conflict of interest:** None declared.

**Peer-review:** Externally peer-reviewed.

**Authorship contributions:** Concept - M.Ş., S.D.; Design - M.Ş., S.D.; Supervision - M.Ş., M.M.T.; Resource - B.Ö., M.V.Y., S.S., K.C.Ç., G.A., M.B., M.E.K.; Data collection&/or processing - M.Ş., M.V.Y., S.S., S.D., B.Ö.; Analysis &/or interpretation - M.E.K.; Literature search - K.C.Ç., G.A.; Writing - M.Ş., G.A.; Critical review - M.B., M.M.T., M.E.K., B.Ö., G.A.; Other - M.E.K.

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