PRO-C3 is a predictor of clinical outcomes in distinct cohorts of advanced liver disease

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Abstract (Word count=250)

Background and aim

Fibroblast activity is a key feature of fibrosis progression and organ function loss, leading to liver-related complications and mortality. The fibrogenesis marker, PRO-C3, has been shown to have prognostic significance in relation to fibrosis progression and as treatment efficacy marker. We investigated whether PRO-C3 was prognostic for clinical outcome and mortality in two distinct cohorts of compensated cirrhosis.

Methods

Cohort 1 included a rapid fibrosis progression cohort including 104 patients with HCV and biopsy-proven Ishak fibrosis stage ≥3 without prior clinical events. Cohort 2 included a prospective cohort including 172 patients with compensated cirrhosis of mixed etiology. Patients were assessed for clinical outcomes. PRO-C3 was assessed in serum at baseline in Cohort 1 and 2, and compared to Model for End-Stage Liver Disease (MELD) and Albumin-Bilirubin (ALBI) scores.

Results

Cohort 1: A two-fold increase in PRO-C3 was associcated with 2.7-fold increased hazard of liver-related events (95%CI 1.6-4.6), whereas a one unit increase in ALBI score was associated with a 6.5-fold increased hazard (95%CI 2.9-14.6). Cohort 2: A two-fold increase in PRO-C3 was associated with a 2.7-fold increased hazard (95%CI 1.8-3.9), whereas a one unit increase in ALBI score was associated with a 6.3-fold increased hazard (95%CI 3.0-13.2). A multivariable Cox regression analysis identified PRO-C3 and ALBI as being independently associated with the hazard of liver-related outcomes.

Conclusion

PRO-C3 and ALBI were independent prognostic factors for predicting liver related clinical outcomes. Understanding the dynamic range of PRO-C3 might enhance its utilization for both drug development and clinical practice.

Keywords: Cirrhosis; Biomarker; Outcome; Extracellular matrix

Introduction

Evolution of fibrosis to cirrhosis represents the initiation and perpetuation of liver injury resulting in extracellular matrix (ECM) deposition and architectural disturbance. The transition from compensated to decompensated cirrhosis heralds a significant change in prognosis. The ability to predict which patients are at greatest risk of decompensation is important from three different perspectives. Firstly, it provides patients with an informed and objective trajectory of their disease. Secondly, it allows practitioners to monitor patients and offer timely intervention. Finally, it provides healthcare systems with tools to stratify risk and enable proportionate resources to be directed at those at greatest risk of a clinical outcome. Prognostic tools such as the MELD score offer excellent performance once significant synthetic failure has occurred but have limitations which have been well described^{1–3}. Recently, simple scores such as ALBI, extensively validated in the context of hepatocellular carcinoma (HCC)⁴ have also been shown to stratify compensated cirrhosis, with no overt synthetic failure, into categorical prognostic groups but there remains scope to improve upon this^{5,6}.

In active hepatic fibrogenesis, accelerated ECM remodeling leads to six-fold increased deposition of ECM components in the liver, especially types I, III and IV collagens⁷. Fibroblast activity is a key feature of driving fibrosis progression and organ function loss, and the fibroblast is the principal promotor of ECM accumulation in fibrotic disorders, including liver, cardiovascular, and chronic kidney diseases, as well as cancer⁸. In addition, fibrosis stage is the main driver of mortality⁹. Proteases such as matrix metalloproteinases (MMPs) are responsible for remodeling of the hepatic ECM during progression of fibrosis, generating uniquely modified fragments, neoepitopes, which are released into the circulation^{10,11} and may be used as a surrogate measures of ECM remodeling and prognostication. Serum levels of these markers not only reflect disease activity in the liver but are also associated with the severity of fibrosis and portal hypertension in experimental and human settings^{12–15}. The evidence of diagnostic and prognostic performances have largely been based on studies showing accuracy against conventional measures of liver fibrosis defined by invasive histological measurement. This is a surrogate measurement, and defining the relationship of ECM remodeling markers directly with clinical outcomes is of greater importance.

Our primary objective was to assess whether fibrosis activity assessed as active fibrogenesis, represented by PRO-C3 (formation of type III collagen)¹⁶ provides prognostic utility in in two distinct cohorts of compensated cirrhosis. The first, a retrospective cohort, included assessment against histological outcomes and the second, a prospective cohort, representing contemporaneous care, utilized hard clinical outcomes.

Methods

Cohort 1: Trent retrospective study

This was a retrospectively identified study cohort derived from the Trent Study of Patients with Hepatitis C Virus Infection, as described previously^{17–19}. This cohort was established in 1991 to study the epidemiology and natural history of hepatitis C infection in a defined administrative health region of the UK with a population of over 5 million people. The study prospectively enrolled CHC patients who attended routine clinical appointments and collected health-related information, demographics, and biospecimens for future research use.

Ethics were formally reviewed and approved by the regional committee (Northern and Yorkshire MREC98/3/55). Patients were selected from a single centre within the Trent HCV cohort between 1993-2010 based on criteria that included i) Liver biopsy prior to anti-viral therapy, ii) HCV RNA positive at biopsy, iii) Ishak Stage (IS) ≥3 as determined by an independent tertiary centre histopathologist blinded to other study or clinical information, iv) No clinical outcome before the liver biopsy (as defined below).

Medical records were reviewed to collect data pertaining to clinically significant outcomes, defined as the first event recorded of: i) ascites requiring treatment; ii) variceal bleeding requiring endoscopic therapy; iii) overt hepatic encephalopathy (Grade 2, 3 or 4 West Haven classification); iv) hepatocellular carcinoma (defined by EASL criteria); v) orthotopic liver transplantation (OLT); or vi) liver-related death. If there were multiple events only the first chronological event was used for analayis. To capture clinical events in patients who had moved away from the original enrolling centre, these study participants were identified in the National Health Service Central Register (NHSCR) to obtain details pertaining to date and cause of death and cancer registration data.

Patients who did not reach a clinical outcome during the follow-up period were censored at the time of either i) last seen in clinic without evidence of liver-related clinical outcome, or ii) non-liver-related death. All patients had sera obtained within 6 months of the liver biopsy and stored at -80°C until analysis. CHC patients were eligible to receive pegylated interferon and ribavirin as standard-of-care therapy at the time (prior to DAA era).

Cohort 2: Compensated cirrhosis cohort (Prospective study)

Patients were consecutively recruited from the Nottingham compensated cirrhosis cohort study (3CN). The 3CN study is a prospective, longitudinal study initiated in 2010 focusing on the study of early compensated liver cirrhosis. The study was approved by an NHS ethics committee and standard regulatory requirements obtained (10/H0403/10). Inclusion criteria were patients between the ages of 18-75 years, an established diagnosis of cirrhosis obtained by at least one of the following criteria:

- Confirmation of cirrhosis by histology, imaging, or non-bleeding gastroesophageal varices on endoscopy
- Clinical evidence of cirrhosis with thrombocytopenia (platelet count < 150,000) and validated non-invasive liver fibrosis test (Transient elastography >15 kPa)²⁰.

Exclusion criteria included:

- Presence of hepatocellular carcinoma at baseline
- Portal or splenic vein thrombosis
- Clinical or radiological ascites at baseline visit
- History of variceal haemorrhage
- Any previous episode of clinical encephalopathy
- Non-cirrhotic portal hypertension.
- History of organ transplant or End-stage renal disease requiring dialysis

The primary outcome was a liver-related clinical outcome. This was defined using the clinical parameters of i) First episode of ascites (as defined by confirmation with ultrasonography and requiring treatment with diuretics or paracentesis), or ii) Initial variceal bleed (defined by requiring endoscopic intervention), or iii) Initial episode of encephalopathy, assessed by an experienced clinician and defined by Grade 3 / 4 West Haven classification, or iv) Hepatocellular carcinoma (as defined by EASL criteria^{21,22}), or v) liver related death. If there were multiple events only the first chronological event was used for analysis.

Patients were followed up at six monthly visit appointments and assessed for liver related clinical outcomes. At the end of the study all patients were assessed for clinical outcomes using hospital records and contacting primary care physicians directly in those failing to attend secondary care. Patients were censored if they underwent liver transplantation, died, or at the end of follow-up period (1/12/2017).

Quantification of extracellular matrix related biochemical markers

Deidentified serum samples were analysed using competitive ELISAs for the assessment of type III collagen formation (PRO-C3)¹⁶ (Nordic Bioscience, Denmark).

PRO-C3 detects a fragment of the N-terminal pro-peptide of type III procollagen exclusively derived from ADAMTS-2 cleavage of the N-terminal propeptide of type III collagen during maturation and deposition, i.e., during tissue formation and <u>not</u> during degradation, in contrast to the classical PIIINP assay, that assesses an internal fragment, which may be released during both type III collagen formation and degradation¹⁶.

Statistical Analysis

Differences between categorical variables were analyzed using Fisher's exact test. Comparison between biomarker levels were performed using Kruskal-Wallis test Differences between patients with events compared to patients without were compared with Mann-Whitney test. Non-parametric Aalen-Johansen estimates were used to evaluate the association between biomarker levels and the absolute risk of clinical outcomes, treating non-liver related deaths as competing risks Median baseline levels or quartiles were used to categorize the biomarker levels into low or high. In addition to presenting performance of the markers using non-parametric estimates of the absolute risk of liver related outcome within quartiles of PRO-C3 or ALBI we also examined performance by using the markers as continuous variables for describing the hazard of liver related outcomes using Cox regression. In the 3CN cohort a multivariable analysis was performed using PRO-C3, age, gender, BMI, ALT and the markers of prognosis MELD and ALBI scores^{5,23}. To linearize its effect on the hazard PRO-C3 was log transformed in the regression analyses. A nominal 5% level of significance were used throughout the analyses. R version 4.0.3 (R Core Team (2020)) was used for all statistical calculations.

Results

Cohort 1 – Retrospective Trent study

104 CHC patients were included in this study; demographics including genotype, alcohol intake, BMI and baseline fibrosis stage are shown in Table 1. Median age was 46.0 years, 74% of the patients were male, and 41/104 (39%) had Ishak stage 5-6. Thirty-nine (39%) patients achieved SVR during the follow up period (median 7.7 yrs). Median ALBI score was -2.7 reflecting low mortality risk²⁴, and median PRO-C3 was 33.2 ng/mL. Overall, 24/104 (23%) had a liver-related outcome, including two post-SVR patients. The outcomes included acites (n=10), HCC (n=12) and liver related death (n=2).

	All patients (n=104)	
Gender, Male n (%)	74 (71)	
Age (years)	46.0 (40.0-52.5)	
BMI (kg/m ²)*	26.6 (22.8-29.0)	
HCV genotype*, n (%)		
1	38 (39)	
2/3	57 (58)	
4/5	3 (3)	
Obtained SVR, n (%)	39 (38)	
Ishak stage, n (%)		
3	42 (41)	
4	21 (20)	
5	20 (19)	
6	21 (20)	
Heavy alcohol abuse (>150	5 (5)	
U/week), n (%)		
Biochemistry		
PRO-C3 (ng/mL)	33.2 (17.8-55.0)	
ALT	105.0 (72.0-172.0)	
ALBI	-2.7 (-2.92.4)	
Liver-related outcomes n(%)	24 (23)	
Follow-up (yrs), mean	7.9 (0.13, 19,5)	
(range)		

Table 1 – Baseline demographics of TRENT cohort

(*). BMI n=89; Genotype n=98

We investigated the association between increasing biomarker level with risk of developing a clinical event for PRO-C3 and ALBI. When stratifying patients into baseline PRO-C3 levels above or below the median level, patients with high PRO-C3 levels had 58% (95% CI 33%-83%) risk of liver related event compared to 21% (95% CI 0%-43%) risk for patients with low PRO-C3 (Figure 1A) before the end of follow-up. The hazard of liver related outcome was 5.8-fold higher among patients with PRO-C3 levels above the median, compared to patients with PRO-C3 levels below the median (HR: 5.8 95% CI 2.0-17.3, p=0.002) (Figure 1B). Using PRO-C3 on a continuous scale showed that PRO-C3 was associated with the hazard of liver related events (p<0.001) (Figure 1C). Every two-fold increase in the biomarker level was associated with a 2.7-fold (95%CI 1.6-4.6). increase in the hazard of event. Likewise, when stratifying patients into ALBI score above or below the median at baseline, patients with high ALBI had 57% (95% CI 34%-80%) risk of liver related event compared to 8% (95% CI 0%-20%) risk for patients with low ALBI (Figure 1D) before the end of follow-up. Also, the hazard of liver related outcome was 11-fold higher among patients with ALBI scores above the median, compared to patients with ALBI scores below the median (HR: 11.0, 95% CI 2.5-47.2, p=0.001) (Figure 1E). Using ALBI on a continuous scale showed that ALBI was associated with the hazard of liver related events (p<0.001) (Figure 1F). An one unit increase in the score was associated with a 6.5-fold (95%Cl2.9-14.6) increase in the hazard of event.

The Cox-regression analyses indicates a large variation in the hazard of event from the lowest levels of PRO-C3 or the ALBI score to the highest levels. When stratifying the patients according to baseline quartiles we observe at very low absolute risk of event in Q1 and relative high risk in Q4 (Supplementary figure 1).



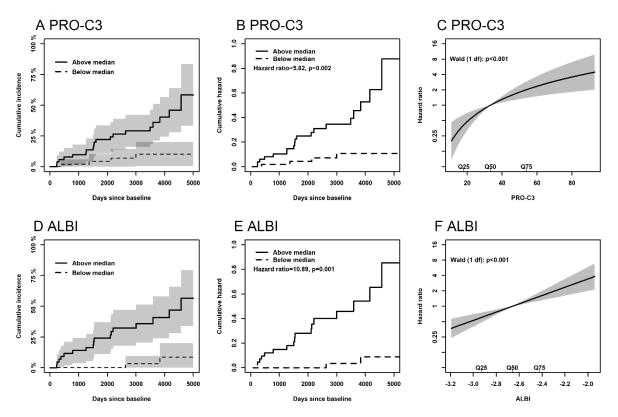


Figure 1: Aalen-Johansen estimates of the cumulative incidence of liver related outcome stratified by baseline median PRO-C3 levels (A) and baseline median ALBI (D) in the TRENT cohort. Shaded areas represent 95% confidence intervals. Nelson-Aalen estimates of the cumulative hazard of liver related outcome in the TRENT cohort for (B) PRO-C3 baseline levels and (E) ALBI baseline levels below and above the median. Hazard ratio for liver related outcome according to increasing biomarker level for (C) PRO-C3 and (F) ALBI estimated by Cox regression in the TRENT cohort. The baseline hazard corresponds to the median level of each biomarker.

Cohort 2 – Compensated cirrhosis cohort, 3CN (Prospective study)

172 patients were included in the 3CN cohort; demographics including aetiology, BMI and baseline disease severity are shown in Table 2. Median age was 61 years and 64% were male. Alcoholic (40%) and non-alcoholic fatty liver disease (33%) were the major aetiologies for advanced liver disease. No differences in baseline PRO-C3 levels were found between etiologies, and thus results were pooled for analysis. Median MELD score of 7.5 and median ALBI score of -2.5 reflecting compensated disease with intermediate mortality risk. Median PRO-C3 was 21 ng/mL. 36/174 (21%) patients of this cohort reached a liver-related clinical outcome over a median of 3.8 years. There were a total of 36 liver related outcomes which included ascites (n=20), hepatic encephalopathy (n=4), variceal bleeding (n=4), HCC (n= 5) and liver related death (n=3).

Table 2: Baseline demographics of 3CN cohort

	All patients (n=172)	
Gender, Male n (%)	110 (64)	
Age (years)	61.0 (54.5-66.0)	
BMI (kg/m ²)*	30.0 (26.7-34.2)	
Aetiology, n (%)		
NAFLD	56 (33)	
ALD	69 (40)	
HBV/HCV	26 (15)	
Other	20 (12)	
MELD	7.5 (6.4-8.5)	
Biochemistry		
PRO-C3 (ng/mL)	21.0 (13.3-34.3)	
ALT	34.0 (24.3-52.0)	
ALBI	-2.5 (-2.82.2)	
Liver-related	36 (21)	
outcomes, n(%)		
Follow-up (yrs),	3.9 (0.04, 7.3)	
mean (range)		

We investigated the association between increasing biomarker level with risk of developing a clinical event for PRO-C3 and ALBI in a similar manner as in Cohort 1. In the 3CN cohort, PRO-C3 was associated with the risk of liver related outcomes (Figure 2A). Patients with PRO-C3 levels above median had 46% (95% CI 32%-59%) risk of developing a liver related outcome (Figure 2A) before the end of follow-up. The risk among patients with PRO-C3 levels below the median were 8% (95% CI 2%-15%). The hazard of liver related outcome was 6.1-fold higher among patients with PRO-C3 levels above the median (HR: 6.1, 95% CI 2.6-15.1, p <0.001) (Figure 2B). Using PRO-C3 on a continuous scale showed that PRO-C3 was associated with the hazard of liver related events (p<0.001) (Figure 2C). Every two-fold increase in PRO-C3 was associated with a 2.7-fold (95%CI 1.8-3.9) increase in the hazard of event.

ALBI was associated with the risk of liver related outcomes (Figure 2D). Before the end of follow-up, patients with ALBI scores above median had 44% (95% CI 29%-58%) risk of developing a liver related outcome (Figure 2D). The risk among patients with ALBI scores below median were 11% (95% CI 3%-18%). The hazard of liver related outcome was 4.6-fold higher among patients with ALBI above the median, compared to patients with ALBI below the median (HR: 4.6, 95% CI 2.0-11.0, p<0.001)

(Figure 2E). Using ALBI on a continuous scale showed that ALBI was associated with the hazard of liver related events (p<0.0.001), and an one unit increase in ALBI was associated with a relative increase in the hazard of event of 6.8 (95%CI 3.0-13.2) (Figure 2F).

Like the findings in Cohort 1, the Cox-regression analyses indicate a large variation in the hazard of event from the lowest levels of PRO-C3 or the ALBI score to the highest levels. When stratifying the patients according to baseline quartiles we observe at very low risk of event in Q1 and a relative high risk in Q4 (Supplementary figure 2).

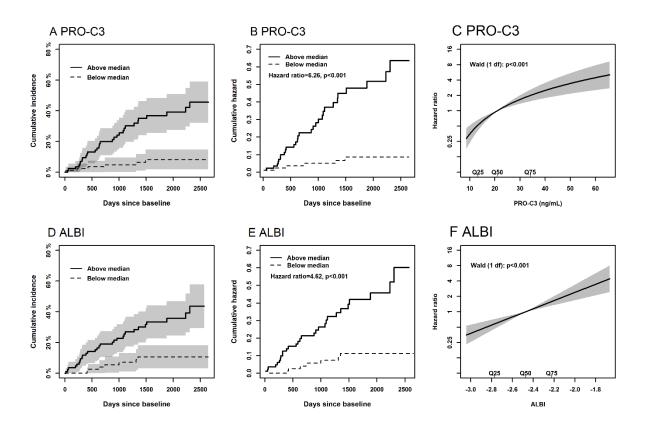


Figure 2

Figure 2: Aalen-Johansen estimates of the cumulative incidence of liver related outcome stratified by baseline median PRO-C3 levels (A) and baseline median ALBI (D) in the 3CN cohort. Shaded areas represent 95% confidence intervals. Nelson-Aalen estimates of the cumulative hazard of liver related outcome in the 3CN cohort for (B) PRO-C3 baseline levels and (E) ALBI baseline levels below and above the median. Hazard ratio for liver related outcome according to increasing biomarker level for (C) PRO-C3 and (F) ALBI estimated by Cox regression in the 3CN cohort. The baseline hazard corresponds to the median level of each biomarker.

Lastly, we investigated if PRO-C3 and ALBI score were independent predictors of clinical outcome by multivariable Cox regression analyses, showing that PRO-C3 and ALBI were independent associated with the hazard of liver-related events (Table 3).

	Hazard ratio, 95% CI	Р
PRO-C3 (*)	2.24 [1.43, 3.50]	<0.001
Age	0.99 [0.96, 1.03]	0.728
Male:Female	0.84 [0.37, 1.88]	0.664
BMI	0.98 [0.92, 1.05]	0.590
MELD	1.00 [0.85, 1.19]	0.983
ALBI	3.24 [1.28, 8.19]	0.013
ALT	1.00 [0.99, 1.01]	0.980

Table 3: Multivariable Cox regression analyses of liver related outcomes in the
3CN cohort

(*) per two-fold increase

Discussion

Our study is the first to assess and validate PRO-C3 for clinical outcomes in advanced liver disease and has revealed three principal findings. Firstly, PRO-C3 provides prognostic utility in both the historical HCV cohort and prospective 3CN cohort (median threshold showing HR of 4.3 and 6.3 respectively). Secondly, the rate of disease progression has a major influence on performance. In both cohorts, PRO-C3 at baseline was significantly different in patients that went on to develop a clinical outcome, compared to patients that remained clinically stable. Thirdly, using PRO-C3 as continuous variable reflecting active fibrogenesis , and an evolving risk assessment beyond a dichotomized endpoint such as advanced fibrosis, highlights the added value in prognostic performance. The study also showed the excellent performance of ALBI, both when used as a categorical and continuous variable in predicting clinical events in both the HCV and 3CN cohorts (median threshold HR of 11 and 4.6 respectively).

There have been several studies looking at the prognostic ability of markers of ECM remodeling^{25–28}. For PRO-C3, the previous research has focused on cross-

sectional performance in comparison to the gold standard of histology^{13,29–35}. Assessing whether PRO-C3 may provide prognostic utility addresses an important evidence gap. Furthermore, a lowering effect of DAA therapy in F4 patients with HCV on PRO-C3 has been observed, speculating PRO-C3 may also be a pharmacodynamic marker³⁶.

The cohorts selected provide a very different clinical context, which was the deliberate intention. The Trent HCV cohort is a historical cohort treated with Pegylated interferon and Ribavirin prior to the DAA era. The low SVR rate and high clinical outcomes provides no extrapolation to the current management of HCV. Thus, the rationale of using this cohort was not to extrapolate to the current natural history of HCV, but in providing a clinical phenotype of liver fibrosis progression that allowed us to assess the relationship between baseline histology and our candidate markers in the context of prognosis. This concept has been utilized by a number of biomarker studies from the HALT-C study showing independent association of histology and noninvasive markers of fibrosis with outcomes^{37,38}. The 3CN cohort represents "realworld" etiology. The ability of markers to perform across different etiologies is important with the increasing recognition of co-existing drivers of chronic liver disease (e.g., alcohol and components of the metabolic syndrome). Our study did not reveal any difference in performance between etiologies in the compensated cohort (data not shown), however these sub-populations were too small to definitively answer this question. Multiple studies with PRO-C3 included have been reported for multiple liver indications, including cholestatic^{39,40}, metabolic^{12,14,41} and viral diseases^{13,42}, showing that the type of insult determines the level of PRO-C3, and thus indicate that fibroblast activity may differ across etiology. The difference in active fibrogenesis between etiologies are further demonstrated in intervention studies, where the baseline level of PRO-C3 and the underlying disease activity determine the level of which PRO-C3 can be modulated by different treatment regiments^{36,43–46}. The differences in baseline PRO-C3 between the retrospective HCV cohort and the 3CN cohort are likely to be related to differing pro-inflammatory environments and fibrosis stage severity, and so this effect does need to be dissected out in further validation studies.

Understanding biomarker performance for predicting clinical outcomes would enhance our ability to manage chronic liver disease. At a community level, a low cost and widely available prognostic test such as ALBI, is attractive as an initial population stratification strategy. This study re-inforces the prognostic accuracy of ALBI which can be calculated from readily collected routine laboratory measures and has advantages over MELD in compensated liver disease. For those with progressive disease, within the higher risk strata, more careful monitoring and follow-up will be required. Improving selection of patients who are most likely to benefit from emerging anti-fibrotics remains a challenge, and finding markers, such as fibrogenesis markers, is an intuitive approach for selecting and monitoring the response of patients. Using the dynamic range of a biomarker to potentially assess this change is an important insight from this study. The signal from this study is that ECM epitopes, when used within the breadth of a continuous dynamic range, offer additional information, above and beyond existing tests such as ALBI and MELD score. Comparison against other prognostic biomarkers, including TE and MR imaging, needs to be assessed in future studies. This study did not measure the longitudinal changes in biomarker levels or changes in important lifestyle factors (e.g. alcohol and weight) and both of these aspects will influence long term prognosis.

In conclusion, we identified PRO-C3 as independent prognostic factor in predicting liver related clinical outcomes in two distinct models of chronic liver injury. Understanding the dynamic range of PRO-C3 will enhance how it is utilized in drug development and clinical practice.

Figure legends

Figure 1: Aalen-Johansen estimates of the cumulative incidence of liver related outcome stratified by baseline median PRO-C3 levels (A) and baseline median ALBI (D) in the TRENT cohort. Shaded areas represent 95% confidence intervals. Nelson-Aalen estimates of the cumulative hazard of liver related outcome in the TRENT cohort for (B) PRO-C3 baseline levels and (E) ALBI baseline levels below and above the median. Hazard ratio for liver related outcome according to increasing biomarker level for (C) PRO-C3 and (F) ALBI estimated by Cox regression in the TRENT cohort. The baseline hazard corresponds to the median level of each biomarker.

Figure 2: Aalen-Johansen estimates of the cumulative incidence of liver related outcome stratified by baseline median PRO-C3 levels (A) and baseline median ALBI (D) in the 3CN cohort. Shaded areas represent 95% confidence intervals. Nelson-Aalen estimates of the cumulative hazard of liver related outcome in the 3CN cohort for (B) PRO-C3 baseline levels and (E) ALBI baseline levels below and above the median. Hazard ratio for liver related outcome according to increasing biomarker level for (C) PRO-C3 and (F) ALBI estimated by Cox regression in the 3CN cohort. The baseline hazard corresponds to the median level of each biomarker.

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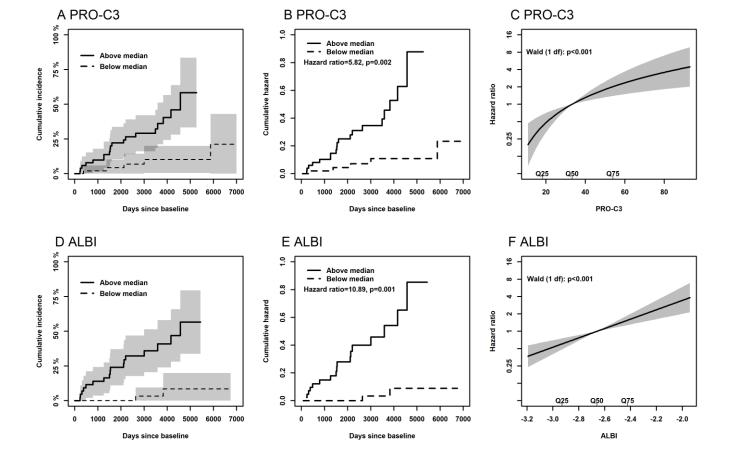
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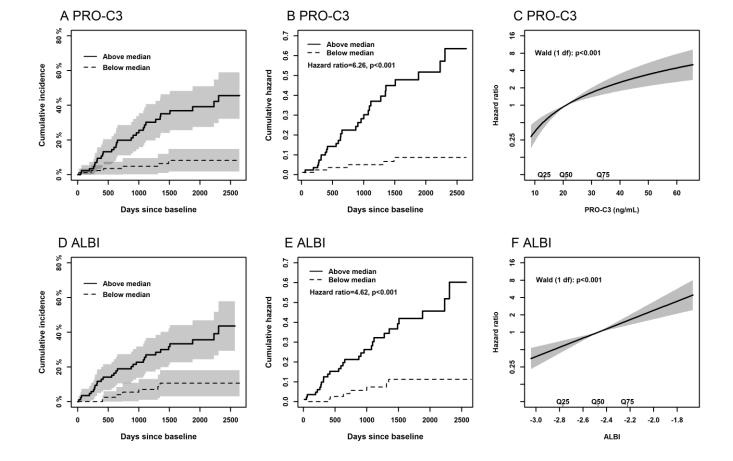
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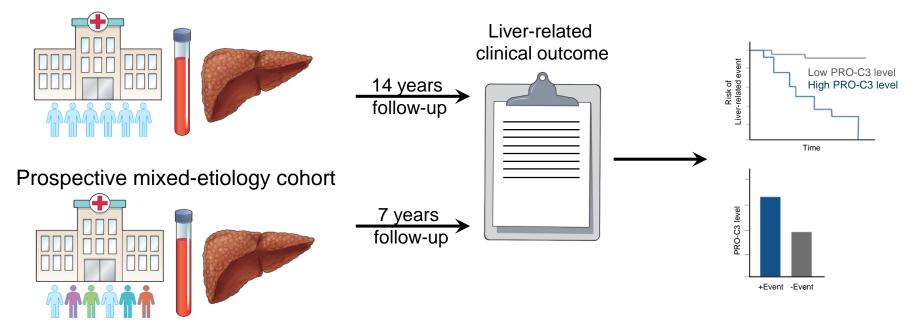
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Graphical Abstract (for review) Retrospective HCV cohort

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Highlights

- A two-fold increase in PRO-C3 was associated with more than a 2 fold increased hazard of liver-related events in two distinct cohorts
- A multivariable Cox regression analysis identified PRO-C3 and ALBI as being independently associated with the hazard of liver-related outcomes.
- Understanding the dynamic range of PRO-C3 might enhance its utilization for both drug development and clinical practice.