

Impact of apolipoprotein $\epsilon 4$ –cerebrospinal fluid beta-amyloid interaction on hippocampal volume loss over 1 year in mild cognitive impairment

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Abstract

Background: The majority of studies relating amyloid pathology with brain volumes have been cross-sectional. Apolipoprotein $\epsilon 4$ (*APOE* $\epsilon 4$), a genetic risk factor for Alzheimer's disease, is also known to be associated with hippocampal volume loss. No studies have considered the effects of amyloid pathology and *APOE* $\epsilon 4$ together on longitudinal volume loss.

Methods: We evaluated whether an abnormal level of cerebrospinal fluid beta-amyloid (CSF A β) and *APOE* $\epsilon 4$ carrier status were independently associated with greater hippocampal volume loss over 1 year. We then assessed whether *APOE* $\epsilon 4$ status and CSF A β acted synergistically, testing the significance of an interaction term in the regression analysis. We included 297 participants: 77 cognitively normal, 144 with mild cognitive impairment (MCI), and 76 with Alzheimer's disease.

Results: An abnormal CSF A β level was found to be associated with greater hippocampal volume loss over 1 year in each group. *APOE* $\epsilon 4$ was associated with hippocampal volume loss only in the cognitively normal and MCI groups. *APOE* $\epsilon 4$ carriers with abnormal CSF A β in the MCI group acted synergistically to produce disproportionately greater volume loss than noncarriers.

Conclusion: Baseline CSF A β predicts progression of hippocampal volume loss. *APOE* $\epsilon 4$ carrier status amplifies the degree of neurodegeneration in MCI. Understanding the effect of interactions between genetic risk and amyloid pathology will be important in clinical trials and our understanding of the disease process.

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Keywords:

Apolipoprotein E4; Hippocampal atrophy; Beta-amyloid; Biomarker; MRI

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investigators is available at http://www.loni.ucla.edu/ADNI/Collaboration/ADNI_Authorship_list.pdf.

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1. Introduction

Fibrillar beta-amyloid (A β) plaques, one of the hallmarks of Alzheimer's disease (AD), have been shown to be associated with hippocampal atrophy in multiple cross-sectional positron emission tomography (PET) studies using the amyloid ligand, Pittsburgh compound B (PiB) [1–5]. There are a few studies that have found similar correlations between cerebrospinal fluid (CSF) A β , an indirect measure of cerebral amyloid deposition [6,7], and hippocampal atrophy [8,9]. However, results from studies relating A β pathology with longitudinal volume loss have been mixed. One PiB-PET study found a strong association between brain A β and change in regional magnetic resonance imaging volumes in normal subjects, but only a trend in those with AD [3]. One study reported an association between CSF A β and the rate of hippocampal atrophy [10], although CSF p-tau was found to be a better predictor, and two other studies found no correlation between A β and the rate of whole brain atrophy [11,12].

The primary goal of our study was to determine whether baseline CSF A β level is associated with longitudinal hippocampal volume loss, incorporating data from the multicenter Alzheimer's Disease Neuroimaging Initiative (ADNI; www.loni.ucla.edu/ADNI). Because apolipoprotein ϵ 4 (*APOE* ϵ 4), a well-documented genetic risk factor for developing AD [13,14], is known to be associated with increased brain A β [15–18] and hippocampal atrophy [19–21], we further explored whether *APOE* ϵ 4 modifies the relationship between abnormally low CSF A β and hippocampal volume loss.

2. Methods

2.1. Participants

The participants in this study were recruited through the ADNI between 2005 and 2008, a longitudinal study including 56 centers in the United States and Canada was conducted with the purpose of identifying biomarkers of early AD for clinical trials (www.adni-info.org). The ADNI was funded by the National Institute on Aging (NIA), the National Institute of Biomedical Imaging and Bioengineering (NIBIB), the Food and Drug Administration, private pharmaceutical companies, and nonprofit organizations, as a 5-year public–private partnership.

2.2. *APOE* genotyping and clinical assessment

All participants underwent *APOE* genotyping at the baseline visit. Approximately 6 mL of blood were collected from each participant in an ethylenediamine tetraacetic acid-containing tube, gently mixed by inversion, and shipped at an ambient temperature to a single designated laboratory within 24 hours of collection for analysis.

Participants ranged in age from 55 to 90 years, did not have major depression or severe systemic illnesses that would interfere with participation, and did not take investi-

gational or psychometric medications. The normal control (NC) subjects had no memory complaint, had preserved activities of daily living, scored between 26 and 30 on a baseline Mini-Mental State Examination (MMSE) [22], scored a 0 on the Clinical Dementia Rating (CDR) scale [23], and scored within the normal range on the Logical Memory II subscale (delayed paragraph recall) from the Wechsler Memory Scale-Revised [24]. Subjects with mild cognitive impairment (MCI) had a memory complaint that was verified by a study partner, had preserved activities of daily living, and scored between 24 and 30 on the MMSE, 0.5 on the CDR, and below the normal range on the Logical Memory II subscale (delayed paragraph recall) from the Wechsler Memory Scale-Revised. Subjects with AD scored between 20 and 26 on the MMSE, between 0.5 and 1 on the CDR, and met National Institute of Neurological and Communicative Disorders and Stroke/Alzheimer's Disease and Related Disorders Association criteria for probable AD [25]. Written consent was obtained from all subjects participating in the study, and the study was approved by the institutional review board at each participating site.

2.3. CSF analysis

As described in the ADNI protocol (www.adni-info.org), all 56 participating centers were asked to perform lumbar punctures on a minimum of 20% of their participants. Approximately one-half of the participants recruited at each center underwent lumbar puncture for CSF analysis. CSF samples were banked and batch-processed at a single laboratory, as described previously [26]. Briefly, lumbar puncture was performed with a 20- or 24-gauge spinal needle at the baseline visit after an overnight fast. The CSF samples were then transferred to polypropylene transfer tubes, frozen on dry ice within an hour after collection, and shipped on dry ice overnight to a single designated laboratory. After thawing for 1 hour at room temperature and gentle mixing, 0.5 mL aliquots were prepared from these samples. The aliquots were then stored in bar code-labeled polypropylene vials at -80°C and measured using the xMAP Luminex platform (Luminex Corp, Austin, TX) with Innogenetics (INNOBIA AlzBio3, Ghent, Belgium) immunoassay kit-based reagents, which included the monoclonal antibody specific for A β_{1-42} (4D7A3).

In our analysis, the baseline CSF A β level was dichotomized as either abnormal (i.e., reflective of underlying AD pathology) or normal (Fig. 1). It was previously published that using a threshold CSF A β value of 192 pg/mL yielded a sensitivity of 96% for detecting AD, on the basis of a sample of non-ADNI NC subjects and subjects with AD using the same CSF assay [27]. Furthermore, this cutoff value showed 91% agreement with evidence of brain amyloid using PiB in PET imaging [28].

2.4. MRI acquisition

Participants underwent the following standardized 1.5-T MRI protocol (<http://www.loni.ucla.edu/ADNI/Research/>

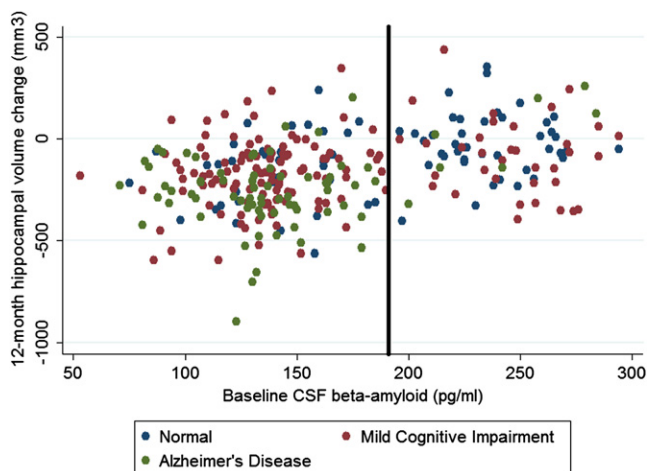


Fig. 1. Association between baseline cerebrospinal fluid beta-amyloid level and 1-year change in hippocampal volumes. The cerebrospinal fluid beta-amyloid level of <192 pg/mL (as delineated by the solid line) is considered abnormal in this study, which is reflective of underlying AD pathology. Conversely, a level of >192 pg/mL is considered normal.

Cores/index.shtml): two T_1 -weighted MRI scans, using a sagittal volumetric magnetization-prepared rapid gradient echo sequence, with an echo time of 4 ms, repetition time of 9 ms, flip angle of 8° , and acquisition matrix size of $256 \times 256 \times 166$ in the x -, y -, and z -dimensions with a nominal voxel size of $0.94 \times 0.94 \times 1.2$ mm³ [29].

2.5. MRI post-processing

The raw Digital Imaging and Communications in Medicine MRI data were downloaded from the Laboratory of Neuro Imaging Image Database Archive (<http://www.loni.ucla.edu/ADNI/Data/index.shtml>). The images were aligned, skull-stripped, and segmented using FreeSurfer software, version 4.3 (<http://surfer.nmr.mgh.harvard.edu/>) [30]. Bilateral hippocampal volumes, obtained from this segmentation, were averaged in the analyses. The change in hippocampal volumes over 1 year was calculated by subtracting the baseline hippocampal volume from the volume at follow-up and normalized by the time difference.

2.6. Statistical analyses

We excluded 33 subjects who carried a minimum of one $APOE \epsilon 2$ allele to avoid confounding the analysis because $APOE \epsilon 2$ is believed to be protective against development of AD and associated with slower rates of hippocampal atrophy [31,32]. Thus, our final cohort included 297 subjects who underwent a lumbar puncture and a minimum of two MRI scans, spaced 1 year apart—77 NC subjects, 144 with MCI, and 76 with probable AD (Table 1).

All statistical analyses were programmed in R, version 2.9.2 (www.r-project.org). Model assumptions were assessed with plots of residuals. $APOE$ genotype was dichotomized into $APOE \epsilon 4$ carriers ($\epsilon 3/\epsilon 4$ or $\epsilon 4/\epsilon 4$) and noncarriers

($APOE \epsilon 3/\epsilon 3$). Age, baseline hippocampal volume, gender, and years of education were included as covariates in every model.

We first determined whether an abnormal baseline CSF $A\beta$ level and $APOE \epsilon 4$ carrier status were independently associated with 1-year change in hippocampal volumes in all stages, after adjusting for covariates, using ordinary least squares regression. If both risk factors were significantly associated with volume loss, we then tested for interaction between $APOE \epsilon 4$ and CSF $A\beta$. For this, we centered CSF $A\beta$ on its mean to reduce collinearity and included an interaction term between $APOE \epsilon 4$ and CSF $A\beta$, which was considered significant at the $\alpha = 0.05$ level.

3. Results

3.1. Group characteristics

The group characteristics are summarized in Table 1. Mean CSF $A\beta$ was significantly lower in $APOE \epsilon 4$ carriers as compared with noncarriers at each clinical stage, consistent with previously published data [15–18]. The $APOE \epsilon 4$ MCI group was slightly younger and included more women. No significant differences in MMSE were seen between carriers and noncarriers within each clinical stage. Without adjusting for covariates, the change in raw hippocampal volumes over 1 year was found to be significantly different by $APOE \epsilon 4$ status in the NC and MCI groups, but not in AD.

3.2. Association between CSF $A\beta$ and 1-year change in hippocampal volumes

Participants with an abnormally low CSF $A\beta$ level had greater volume loss in all groups. In the NC group, participants with a low CSF $A\beta$ level had a 138 mm³ greater 1-year volume loss than those with a normal CSF $A\beta$ level ($P < .001$). In the MCI group, participants with a low CSF $A\beta$ level had a 71 mm³ greater volume loss than those with a normal CSF $A\beta$ level ($P = .03$). In the AD group, participants with a low CSF $A\beta$ level had a 300 mm³ greater 1-year volume loss than those with a normal CSF $A\beta$ level ($P < .001$).

3.3. Association between $APOE \epsilon 4$ and 1-year change in hippocampal volumes

Participants who carried a minimum of one $APOE \epsilon 4$ allele had greater volume loss in the NC and MCI groups. In the NC group, $APOE \epsilon 4$ participants had a 121 mm³ greater 1-year volume loss than those without an $APOE \epsilon 4$ allele ($P < .007$). In the MCI group, $APOE \epsilon 4$ participants had a 76 mm³ greater volume loss than those without an $APOE \epsilon 4$ allele ($P = .01$). In the AD group, $APOE \epsilon 4$ -positive and $APOE \epsilon 4$ -negative participants demonstrated no difference in 1-year volume loss ($P = .66$).

Table 1
Patient characteristics by clinical stage and APOE $\epsilon 4$ status

Characteristics	NC			MCI			AD		
	APOE $\epsilon 3/\epsilon 3$	APOE $\epsilon 3/\epsilon 4$ or $\epsilon 4/\epsilon 4^*$	P value	APOE $\epsilon 3/\epsilon 3$	APOE $\epsilon 3/\epsilon 4$ or $\epsilon 4/\epsilon 4^*$	P value	APOE $\epsilon 3/\epsilon 3$	APOE $\epsilon 3/\epsilon 4$ or $\epsilon 4/\epsilon 4^*$	P value
N	55	22		65	79		24	52	
Age (years)	76 (5.0)	76 (6.3)	.37	76 (8.5)	73 (6.5)	.03 [†]	77 (9.1)	74 (7.1)	.19
Female (%)	55	36	.21	26	44	.04 [†]	42	42	.91
Education (years)	16 (2.4)	16 (3.4)	.84	16 (2.9)	16 (2.9)	.82	15 (5.3)	14 (4.0)	.14
CSF A β (pg/mL)	209 (48.8)	147 (43.5)	<.001 [†]	188 (59.8)	141 (38.8)	<.001 [†]	169 (53.6)	130 (29.3)	.001 [†]
Baseline hippocampal volume (mm ³)	6752 (731.5)	6691 (724.2)	.70	5904 (1072.9)	5599 (923.8)	.06	5433 (1466.4)	5073 (792.0)	.50
MMSE	29 (1.0)	29 (0.9)	.45	27 (1.8)	27 (1.8)	.49	23 (2.0)	24 (1.8)	.68
Unadjusted 1-year change in hippocampal volume (mm ³)	-57.8 (179.2)	-160.5 (150.9)	.01 [†]	-103.5 (176.0)	-199.9 (166.2)	.003 [†]	-231.0 (227.3)	-252.1 (174.1)	.80

Abbreviations: NC, normal control; MCI, mild cognitive impairment; AD, Alzheimer's disease; MMSE, Mini-Mental State Examination; APOE, apolipoprotein E; A β , beta-amyloid.

NOTE. Data shown are means (SD).

*Number of (APOE $\epsilon 3/\epsilon 4$, APOE $\epsilon 4/\epsilon 4$) carriers in each group: NC (20, 2), MCI (63, 16), AD (34, 18).

[†]Significant at the $\alpha = 0.05$ level.

3.4. Testing for an APOE $\epsilon 4$ –CSF A β interaction in NC and MCI

Because both APOE $\epsilon 4$ and a low CSF A β level were associated with greater volume loss in the NC and MCI groups, we then tested for an APOE $\epsilon 4$ –CSF A β interaction in these groups. No significant APOE $\epsilon 4$ –CSF A β interaction was seen in the NC group ($\beta = 138$, $P = .19$). There was however a significant interaction between APOE $\epsilon 4$ and CSF A β in the MCI group ($\beta = -181$, $P = .02$). As compared with APOE $\epsilon 4$ -noncarriers with normal CSF A β , APOE $\epsilon 4$ -carriers with abnormal CSF A β had 88 mm³ greater volume loss over 1 year ($P = .02$). Additionally, as compared with APOE $\epsilon 4$ -noncarriers with abnormal CSF A β , APOE $\epsilon 4$ -carriers with abnormal CSF A β had 97 mm³ greater volume loss over 1 year ($P = .004$).

4. Discussion

The major findings of this study are: (1) an abnormally low baseline CSF A β level, suggestive of underlying AD pathology, predicted greater 1-year change in hippocampal volumes in all groups; (2) APOE $\epsilon 4$ carriers demonstrate greater hippocampal volume loss only in the NC and MCI groups; and (3) APOE $\epsilon 4$ and low CSF A β are synergistic risk factors, such that APOE $\epsilon 4$ carrier status amplifies the predicted 1-year volume loss beyond that predicted by a low CSF A β level alone.

The finding that an abnormally low CSF A β level predicted 1-year hippocampal volume loss is consistent with the predominantly cross-sectional literature, which describes an association between amyloid pathology and hippocampal

atrophy [1–5,8–10]. Some have postulated that the large extracellular amyloid plaques disrupt cortico-hippocampal pathways, leading to neurodegeneration [2]. Another hypothesis is that insoluble plaques detected in CSF are an indirect marker of soluble A β oligomers, which may be the inciting agent in AD, by disrupting hippocampal synapses and promoting volume loss [33,34].

The second finding that APOE $\epsilon 4$ is associated with greater longitudinal hippocampal volume loss in the NC and MCI groups is also compatible with previously published data. Numerous studies suggest that APOE $\epsilon 4$ carriers demonstrate increased vulnerability to developing AD, which is manifested through neurodegeneration [35–38]. A reason for the lack of increase volume loss among APOE $\epsilon 4$ carriers in the AD group may be that, although APOE $\epsilon 4$ carriers develop AD at an earlier age [13], after the disease is clinically apparent in an individual, APOE $\epsilon 4$ no longer alters the course of the disease. The lack of a significant difference in hippocampal volumes among APOE $\epsilon 4$ carriers and noncarriers with AD has also been reported in previous studies [39,40].

Finally, the finding that the presence of a genetic risk factor, APOE $\epsilon 4$ amplifies the association between CSF A β and progressive hippocampal volume loss in MCI is novel. One possible explanation for this is that the APOE $\epsilon 4$ carriers with low CSF A β are more likely to have AD pathology. Although an abnormally low CSF A β level is highly sensitive for detecting brain amyloid associated with AD, it is not entirely specific for AD [27]. Some of the participants with low CSF A β levels may have frontotemporal dementia and would not demonstrate the same degree of hippocampus-specific volume loss as compared with patients with prodromal AD

[41]. However, this argument would also be true among NC subjects, in whom no interaction was demonstrated.

A second explanation for the *APOE* $\epsilon 4$ –CSF $A\beta$ interaction in MCI could be explained by a temporal progression of pathologic mechanisms resulting from the *APOE* $\epsilon 4$ genotype. Early on when subjects demonstrate normal cognition, the predominant effect of *APOE* $\epsilon 4$ seems to be to increase brain amyloid deposition, as reported by numerous previous studies [15–18]. Because both *APOE* $\epsilon 4$ carrier status and a low CSF $A\beta$ level, as defined by our cutoff value, reflect greater brain amyloid, no interaction was seen in our NC group. However, after cognitive impairment is evident clinically, as in the MCI group, the effects of $A\beta$ and *APOE* $\epsilon 4$ on pathogenesis of AD may diverge, thus resulting in disproportionately greater volume loss in those with both risk factors. Indeed, *APOE* $\epsilon 4$ has been found to be associated with an inability to repair synaptic damage; more rapid promotion of other neurotoxic species, such as tau; susceptibility to oxidative stress; and promotion of inflammatory cascades [17], beyond simply increasing levels of brain amyloid. Further work examining this interaction is warranted.

A third possible explanation is that both *APOE* $\epsilon 4$ and a low CSF $A\beta$ level are markers of disease progression. According to previously published data, only 10% to 15% of individuals with MCI will progress to AD each year [42]. The other 85% to 95% of individuals with stable MCI may be more likely have higher levels of CSF $A\beta$ and be *APOE* $\epsilon 4$ -negative, thus resulting in slower hippocampal volume loss.

Several study limitations deserve to be mentioned. First, the ADNI was designed to mimic a trial population, so participants were more educated, more Caucasian, and had fewer comorbidities, as compared with a community-based cohort [43]. The generalizability of our conclusions is thus controversial, and the length of follow-up was short. Second, this was a secondary analysis of the cohort, thus there were different proportions of *APOE* $\epsilon 4$ -carrier individuals at each clinical stage. Overall, the NC and AD groups had about one-half the number of participants as the MCI group, resulting in reduced power to detect differences. Rather than take a sample with balanced proportions, we wanted to include all available data. Furthermore, an allelic dose-dependent effect of *APOE* $\epsilon 4$ could not be explored because only two NC subjects were homozygous for *APOE* $\epsilon 4$, and the MCI and AD had imbalanced proportions of heterozygotes and homozygotes. Third, we only included hippocampal volumes as a marker of structural change to limit the number of comparisons. Inclusion of other limbic or whole brain markers would potentially detect more *APOE* $\epsilon 4$ effects not described in our analysis. Further prospective studies are needed to validate our findings.

In summary, we demonstrated that baseline CSF levels of $A\beta$ are predictive of near-term hippocampal volume loss. The strengths of this study include the recruitment of participant from multiple centers, longitudinal follow-up, and consideration of all three clinical stages. We further raised the possibility of an *APOE* $\epsilon 4$ –CSF $A\beta$ interaction

effect on longitudinal hippocampal atrophy among participants with MCI. As interest grows in using hippocampal atrophy as an outcome in clinical trials, it will be important to consider how varying risk factors and biomarkers interact and influence the progression of neurodegeneration.

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Dr. Jack is an investigator in clinical trials sponsored by Pfizer; serves as a consultant for Elan Pharmaceuticals; and receives research support from the NIH (R01-AG11378) and the Alexander Family Alzheimer's Disease Research Professorship of the Mayo Foundation.

Dr. Fox has served on the scientific advisory boards of Alzheimer's Research Forum, Alzheimer's Society, and ART, and editorial boards of *Alzheimer's Disease and Associated Disorders*, *Neurodegenerative Diseases*, and *BioMed Central: Alzheimer's Research and Therapy*. He holds a patent for QA Box that may accrue revenue. In the last 5 years, his research group has received payment for consultancy or for conducting studies from Abbott Laboratories, Elan Pharmaceuticals, Eisai, Eli Lilly, GE Healthcare,

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Did you know?

The screenshot displays the homepage of the Alzheimer's & Dementia journal website. At the top, there is a search bar with a dropdown menu set to 'This Periodic' and a 'GO' button. Below the search bar, there are links for 'Advanced Search', 'MEDLINE', and 'My Saved Searches with Tips'. A prominent circular badge on the right side of the page reads 'Now included on MEDLINE'. The main content area features the 'Current Issue' for November 2009 (Vol. 5, No. 8) and a list of 'Featured Articles' including topics like cognitive performance in African Americans, cerebral blood flow in ischemic vascular dementia, and comparisons of telomere lengths. On the left side, there is a navigation menu with options like 'Journal Home', 'Current Issue', 'Articles in Press', and 'Journal Information'. At the bottom of the page, there are sections for 'Journal Access' (with a 'Full-text articles are available from July 2005 to the present' note), 'Features' (listing email alerts, free trial issues, and online manuscript submission), and 'About the Alzheimer's Association' (listing programs like ISTAART, research, grants, funded studies, and conferences).

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