

PET Amyloid and Tau Status Are Differently Affected by Patient Features

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Abstract.

Background: Amyloid- β ($A\beta$) plaques and tau neurofibrillary tangles are two neuropathological hallmarks of Alzheimer's disease (AD), which both can be visualized *in vivo* using PET radiotracers, opening new opportunities to study disease mechanisms.

Objective: Our study investigated 11 non-PET factors in 5 categories (including demographic, clinical, genetic, MRI, and cerebrospinal fluid (CSF) features) possibly affecting PET amyloid and tau status to explore the relationships between amyloid and tau pathology, and whether these features had a different association with amyloid and tau status.

Methods: We included 372 nondemented elderly from the Alzheimer's Disease Neuroimaging Initiative cohort. All underwent PET amyloid and tau analysis simultaneously, and were grouped into amyloid/tau quadrants based on previously established abnormality cut points. We examined the associations of above selected features with PET amyloid and tau status using a multivariable logistic regression model, then explored whether there was an obvious correlation between the significant features and PET amyloid or tau levels.

Results: Our results demonstrated that PET amyloid and tau status were differently affected by patient features, and CSF biomarker features provided most significant values associating PET findings. CSF $A\beta_{42/40}$ was the most important factor affecting amyloid PET status, and negatively correlated with amyloid PET levels. CSF pTau could significantly influence both amyloid and tau PET status. Besides CSF pTau and $A\beta_{42}$, *APOE* $\epsilon 4$ allele status and Mini-Mental State Examination scores also could influence tau PET status, and significantly correlated with tau PET levels.

Conclusion: Our results support that tau pathology possibly affected by $A\beta$ -independent factors, implicating the importance of tau pathology in AD pathogenesis.

Keywords: Alzheimer's disease, amyloid- β , *APOE*, biomarker, cerebrospinal fluid, Mini-Mental State Examination, PET, tau

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INTRODUCTION

Alzheimer disease (AD) pathology is characterized by cerebral plaques containing aggregates of amyloid- β ($A\beta$) peptides, as well as by neurofibrillary tangles containing hyperphosphorylated and aggregated tau [1, 2]. Although $A\beta$ accumulation has been considered the initial insult that drives both the accumulation of tau pathology and tau-mediated neurodegeneration in AD, striking evidences indicate that tau pathology can progress also in an $A\beta$ -independent manner [3]. Recently, the development of radiotracers binding to amyloid and tau allows the visualization and quantification of AD pathology in living patients using positron emission tomography (PET) [4], opening new opportunities to study disease mechanisms by exploring their relationships, and whether affected by the same or different factors.

Because tau PET imaging is a relatively novel technique, most previous studies have investigated the predictive power of demographic, clinical, Apolipoprotein E (*APOE*) genotype, magnetic resonance imaging (MRI) and cerebrospinal fluid (CSF) features for amyloid PET positivity [5, 6]. Particularly, a combination of demographic information, *APOE* $\epsilon 4$ carrier status, and neuropsychological tests are effective in predicting amyloid status. Meanwhile, CSF $A\beta_{42}$ and phosphorylated tau (pTau) have been shown to be predictive of amyloid PET status [5, 7, 8]. Indeed, current studies have also demonstrated the associations of CSF tau measures, *APOE* $\epsilon 4$ status with tau PET [9–11].

Large research cohorts with both amyloid and tau PET data have recently come into existence [12–14], and begun to investigate whether the association of selected patient features (including demographic, clinical, genetic, MRI, and CSF information) with amyloid and tau pathology differs when simultaneously detected by PET. In this exploratory study, we comprehensively investigate this information from the Alzheimer's Disease Neuroimaging Initiative (ADNI) cohort to explore the relationships between amyloid and tau pathology using PET data, and whether the above features had a different association with PET amyloid and tau status.

METHODS

Study design and participants

Data used in this study were obtained from ADNI database (<https://adni.loni.usc.edu>), and downloaded

in November 2019. ADNI was launched in 2003 as a public-private partnership, led by Principal Investigator Michael W. Weiner, MD, VA Medical Center and University of California-San Francisco. For up-to-date information on ADNI, see <https://www.adni-info.org>. Our analyses included all nondemented elderly individuals with diagnosed mild cognitive impairment (MCI), subjective cognitive decline, and normal cognition, with clinical information, neuropsychological assessments, *APOE* $\epsilon 4$ carrier status, and AD-related CSF, MRI, and PET data. Most individuals only had the above data information at a certain time point. If there were multiple timepoint measurements, we retained the timepoint with the smallest amount of missing data. In total, 372 nondemented elderly individuals with both amyloid and tau PET data were included in our study (Fig. 1), and they were grouped into amyloid/tau quadrants based on previously established abnormality cut points (Fig. 2).

CSF measurements

CSF $A\beta_{42}$, $A\beta_{40}$, pTau, and tau were measured at the ADNI Biomarker Core Laboratory (Perelman School of Medicine University of Pennsylvania) using the automated Roche Elecsys and cobas e 601 immunoassay analyzer system. All CSF biomarker assays were performed in duplicate and averaged.

Structural MRI data

Hippocampal volume (HV) and estimated intracranial volume (eICV) were performed from T1-weighted MRI acquired with a Siemens Trio 3.0T or 1.5T scanner. Regional volume estimates were processed using the Freesurfer software (<https://surfer.nmr.mgh.harvard.edu>). HV was adjusted for eICV using the following equation: Adjusted HV (HV_a) = Raw HV - b (eICV - Mean eICV), where b is the regression coefficient when HV is regressed against eICV.

PET data acquisition and analyses

A detailed description of PET image acquisition and processing can be found at <https://adni.loni.usc.edu/datasamples/pet/>. The AV45-PET (amyloid PET) and AV1415-PET (tau PET) standardized uptake value ratios (SUVRs) were formed by normalizing composite multi-region target regions of interest

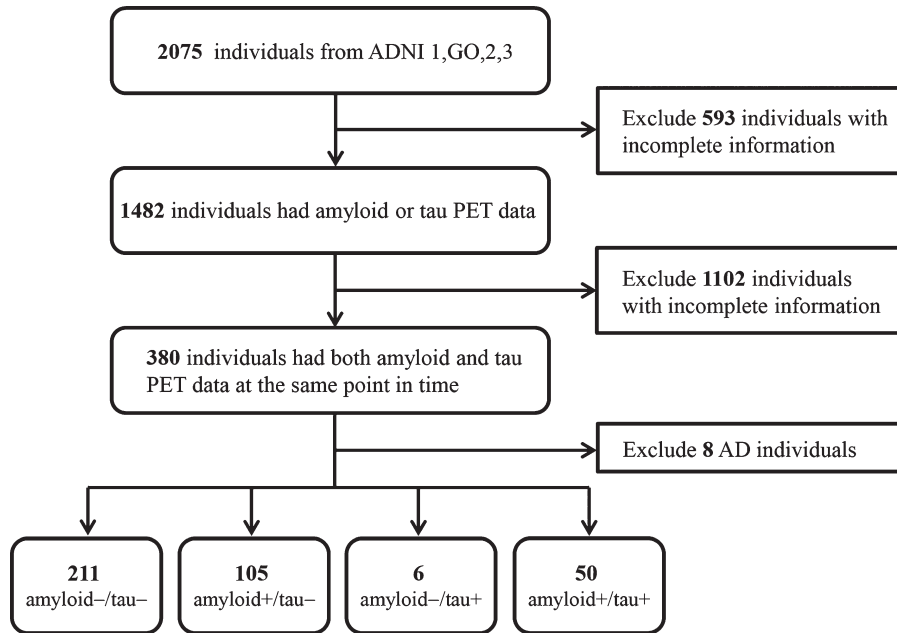


Fig. 1. Flow chart of study participants in ADNI. In total, 372 nondemented elderly individuals with both amyloid and tau PET data were included in our study, and grouped by previously established amyloid and tau PET cut points.

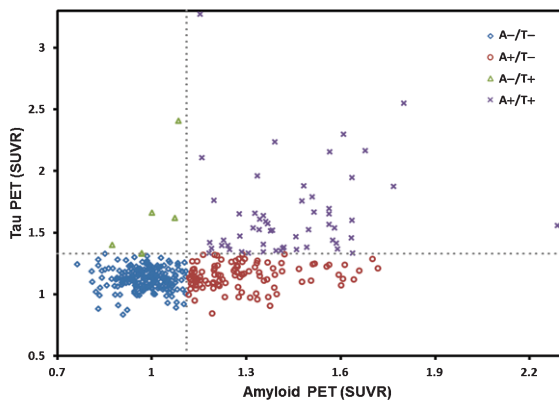


Fig. 2. The bivariate amyloid and tau PET distribution. Individuals were grouped into amyloid (A)/tau (T) quadrants based on previously established abnormality cut points of standardized uptake value ratio 1.1 (A) and 1.33 (T).

(ROIs) to the cerebellar crus gray matter. The amyloid PET target meta-ROI included the frontal, temporal, parietal, anterior cingulate, posterior cingulate, and precuneus [15]. The tau PET target meta-ROI included the amygdala, entorhinal cortex, fusiform, parahippocampal, and inferior temporal and middle temporal gyri [16]. The amyloid PET cut point denoting normal (A−) or abnormal (A+) was the SUVR

value of 1.1. For tau PET, the cut point denoting normal (T−) or abnormal (T+) was the SUVR value of 1.33 [17].

Statistical analyses

Statistical analyses were conducted using R statistical software. Clinical and demographic characteristics for each variant were compared using *t* tests, F tests, chi-squared tests, or Wilcoxon rank-sum tests, as appropriate. First, we selected demographic information (age, gender, education), *APOE* $\epsilon 4$ carrier status, cognitive measures (Mini-Mental State Examination (MMSE) and Alzheimer Disease Assessment Scale–cognitive subscale 11 score), MRI HVa, and CSF biomarkers (CSF A β_{42} , A $\beta_{42/40}$, pTau, tau) as the possible influence factors for PET amyloid and tau status. We examined the associations of above selected features with PET amyloid and tau status using a multivariable logistic regression model, with either PET amyloid or tau positivity as the outcome. Then, we further explored whether there was an obvious correlation between the significant features and PET amyloid or tau levels, where PET amyloid and tau values were shown in the form of continuous variables.

Table 1
Demographic and clinical characteristics of study participants grouped by amyloid (A)/tau (T) PET status

| | A-T- | A+T- | A-T+ | A+T+ |
|--|----------------------------------|----------------------------------|-------------------------------|----------------------------------|
| Demographics | | | | |
| N (%) | 211 (56.72) | 105 (28.23) | 6 (1.61) | 50 (13.44) |
| Age, y (mean (SD)) | 70.33 (6.16) | 73.72 (6.59) | 68.47 (5.86) | 71.98 (6.63) |
| Gender, male (%) | 102 (48.34) | 60 (57.14) | 3 (50.00) | 23 (46.00) |
| Education, y (median [IQR]) | 16.50 [15.00, 18.00] | 17.00 [14.50, 19.00] | 18.00 [14.00, 18.50] | 16.00 [14.00, 18.00] |
| MMSE (mean (SD)) | 28.99 (1.33) | 28.07 (2.39) | 24.83 (5.31) | 24.89 (4.79) |
| ADAS-cog (mean (SD)) | 7.67 (4.64) | 9.96 (7.36) | 10.80 (8.41) | 12.61 (8.33) |
| Biomarkers | | | | |
| <i>APOE</i> ϵ 4 (0/1/2 alleles) | 162/43/6 | 61/35/9 | 3/1/2 | 17/22/11 |
| CSF A β ₄₂ , pg/mL (median [IQR]) | 1353.00 [948.90, 1824.00] | 787.20 [544.05, 1037.50] | 652.60 [486.15, 827.70] | 642.60 [464.60, 755.05] |
| CSF A β ₄₀ , pg/mL (median [IQR]) | 18460.00 [15015.00, 23100.00] | 19050.00 [15315.00, 23710.00] | 20195 [12617.50, 24300.00] | 18080.00 [15340.00, 24160.00] |
| CSF A β _{42/40} (median [IQR]) | 0.083 [0.061, 0.092] | 0.040 [0.033, 0.050] | 0.031 [0.026, 0.043] | 0.032 [0.026, 0.039] |
| CSF pTau, pg/mL (median [IQR]) | 18.20 [14.59, 22.66] | 26.07 [20.08, 33.49] | 41.59 [24.47, 51.74] | 39.59 [26.30, 51.87] |
| CSF tau, pg/mL (median [IQR]) | 212.30 [170.15, 272.70] | 284.30 [238.80, 346.50] | 432.10 [238.50, 505.90] | 401.00 [268.90, 478.90] |
| MRI HVa, mm ³ (median [IQR]) | 7235.01 [6403.68, 7976.23] | 6861.15 [6092.54, 7518.19] | 6684.46 [5812.44, 7497.02] | 6633.73 [5753.39, 7572.71] |
| Amyloid PET, SUVR (median [IQR]) | 0.98 [0.93, 1.03] | 1.26 [1.16, 1.36] | 0.99 [0.95, 1.08] | 1.41 [1.30, 1.57] |
| Tau PET, SUVR (median [IQR]) | 1.12 [1.07, 1.18] | 1.15 [1.09, 1.22] | 1.51 [1.33, 1.85] | 1.53 [1.37, 1.76] |
| Syndrome diagnosis (%) | | | | |
| NC | 84 (39.81) | 43 (40.95) | 3 (50.00) | 9 (18.00) |
| SCD | 60 (28.44) | 31 (29.52) | 0 (0.00) | 4 (8.00) |
| MCI | 67 (31.75) | 31 (29.52) | 3 (50.00) | 37 (74.00) |

ADAS-cog, Alzheimer Disease Assessment Scale–cognitive subscale 11; HVa, adjusted Hippocampal volume; IQR, interquartile range; MCI, mild cognitive impairment; MMSE, Mini-Mental State Exam scores; N, number; NC, normal cognition; SCD, subjective cognitive decline; SD, standard deviation.

RESULTS

Participants with the bivariate amyloid and tau PET distribution

Totally, 372 nondemented elderly individuals with both amyloid and tau PET data were included in our study (Fig. 1). We segregated the bivariate distribution into four quadrants (Fig. 2) by previously established amyloid and tau PET cut points: normal amyloid and normal tau (A-T-), abnormal amyloid and normal tau (A+T-), normal amyloid and abnormal tau (A-T+), and abnormal amyloid and abnormal tau (A+T+). Fewer individuals (A-T+) were in the upper left quadrant. The detailed demographic and clinical characteristics of each group were summarized in Table 1. Using established cut points, in the A-T+ and A+T+ groups, most individuals (50.00% and 64.91%, respectively) were clinically diagnosed with MCI. The MMSE score were significantly reduced in the A-T+ and A+T+ groups ($p < 0.001$). No significant differences in MMSE score were detected between A-T- versus A+T- group. As expected, the *APOE* ϵ 4 allele

frequency and CSF biomarker (CSF A β ₄₂, A β _{42/40}, pTau, tau) levels were also significantly different between these groups ($p < 0.001$).

Variables affecting PET amyloid and tau status

We examined the associations of the selected features (including demographic, clinical, genetic, MRI, and CSF information) with PET amyloid and tau status using a multivariable logistic regression model (Fig. 3), trying to explore whether the above features had a different association with PET amyloid and tau status. Our results demonstrated that CSF A β _{42/40} was significantly associated with amyloid PET status (OR = 0.575 [0.460–0.719], $p < 0.001$). CSF pTau could significantly influence both amyloid and tau PET status (OR = 1.468 [1.086–1.985], $p = 0.015$; OR = 2.848 [1.805–4.475], $p < 0.001$). Besides CSF pTau and A β ₄₂, *APOE* ϵ 4 allele status and MMSE scores also could influence tau PET status (OR = 2.037 [1.199–3.462], $p = 0.031$; OR = 0.728 [0.582–0.912], $p = 0.009$). Interestingly, tau PET levels were still a factor affecting amyloid PET status (OR = 1.471 [1.071–2.021], $p = 0.018$).

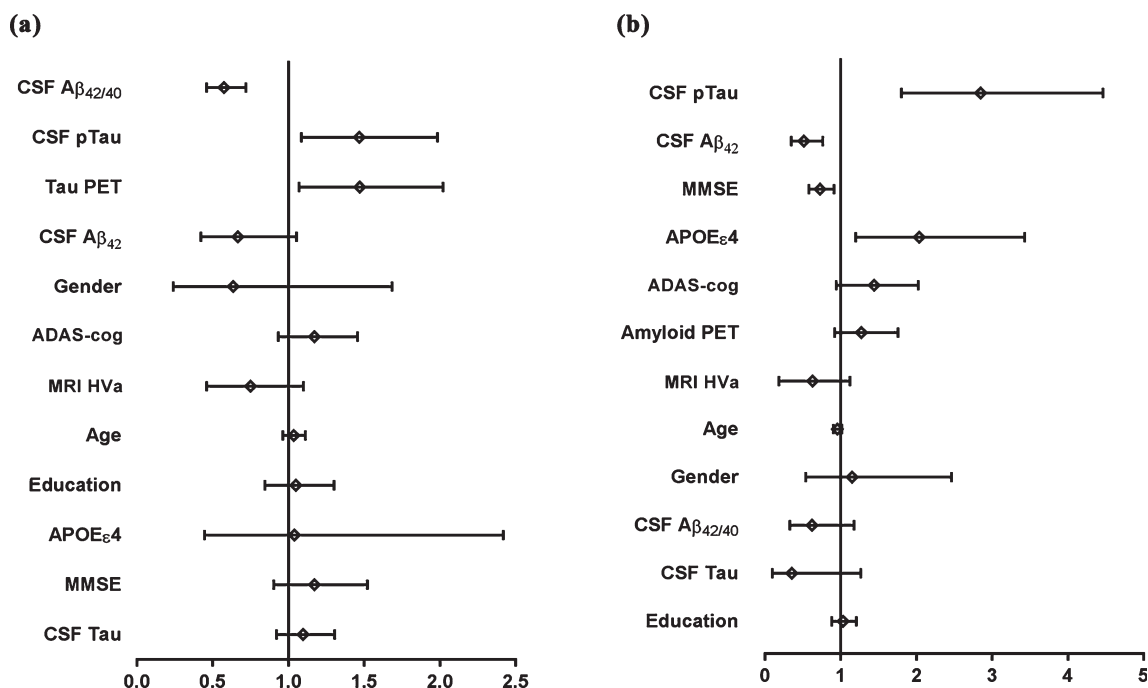


Fig. 3. The associations of patient features with PET amyloid and tau status. The associations of these patient features with (a) amyloid PET status and (b) tau PET status was explored by a multivariable logistic regression model. Odd ratio (OR) values with 95% confidence interval (CI) were calculated.

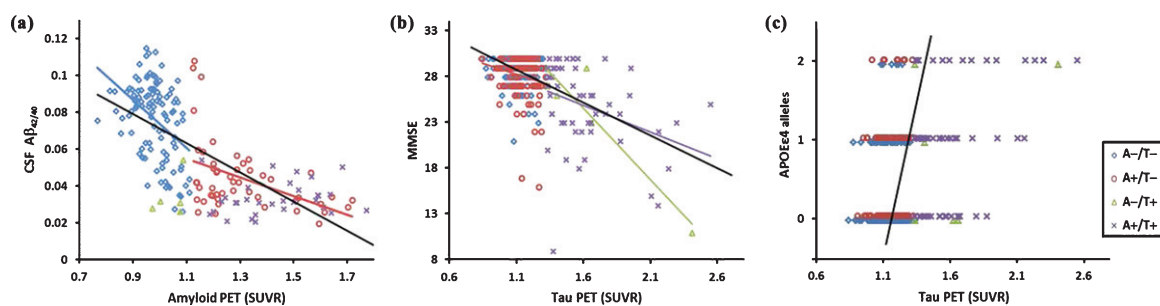


Fig. 4. The correlation analysis between the significant patient features and PET amyloid or tau levels. (a) CSF $A\beta_{42/40}$ was significantly and negatively correlated with amyloid PET levels ($r = -0.680, p < 0.01$). CSF $A\beta_{42/40}$ was also significantly and negatively correlated with amyloid PET levels in A-/ T - subgroup ($r = -0.420, p < 0.01$), and in A+/ T - subgroup ($r = -0.447, p < 0.01$). (b) MMSE score was significantly and negatively correlated with tau PET levels ($r = -0.557, p < 0.01$). MMSE score was also significantly and negatively correlated with tau PET levels in A+/ T +subgroup ($r = -0.356, p < 0.01$), and in A-/ T +subgroup ($r = -0.934, p < 0.01$). (c) There was statistically significant relationship between APOE $\epsilon 4$ allele status and tau PET levels ($r_s = 0.246, p < 0.01$). The regression lines were shown.

Correlation analysis with PET amyloid and tau levels

We performed correlation analysis to explore the relationships between the significant patient features and PET amyloid or tau levels, where the expression levels of amyloid and tau PET SUVR values

were shown in the form of continuous variables. Our results revealed that CSF $A\beta_{42/40}$ was significantly and negatively correlated with amyloid PET levels ($r = -0.680, p < 0.01$; Fig. 4a); while, MMSE score negatively correlated with tau PET levels ($r = -0.557, p < 0.01$; Fig. 4b) using Pearson’s correlation. There was also statistically significant

relationship between *APOE* $\epsilon 4$ allele status and tau PET levels ($r_s = 0.246$, $P < 0.01$; Fig. 4c) using Spearman's rank correlation.

DISCUSSION

We investigated the possible factors of patient features (including demographic, clinical, genetic, MRI, and CSF information) affecting amyloid and tau status based on PET data to explore the relationships between amyloid and tau pathology, and whether these features had a different association with amyloid and tau status. Our results demonstrated that PET amyloid and tau status were differently affected by the patient features. For example, CSF $A\beta_{42/40}$ was the most important factor affecting amyloid PET status, and there was a significant negative correlation between their expression levels. CSF pTau could significantly influence both amyloid and tau PET status. Besides CSF pTau and $A\beta_{42}$, *APOE* $\epsilon 4$ allele status and MMSE scores also could influence tau PET status, and significantly correlated with tau PET levels.

The idea to study differences in the influence of patient features on amyloid and tau pathology was based on the theory that $A\beta$ and tau pathology might be induced through correlated yet independent pathways [3]. Although a longstanding amyloid hypothesis implicates $A\beta$ as the initiator and driver of tau pathology and tau-mediated neurodegeneration in AD pathogenesis, striking evidences indicate that tau pathology can progress in an $A\beta$ -independent manner [3]. In addition, the failure of several anti-amyloid therapies to improve clinical symptoms in AD dementia [18] also highlights an urgency to understand the relationships between $A\beta$ and tau, and their influence factors in AD progression.

As expected, CSF $A\beta_{42/40}$ ratio is superior to $A\beta_{42}$ alone as an important factor for amyloid-positivity by PET, which might be explained by the fact that the ratio compensates for general between-individual variations in CSF total $A\beta$ concentrations [19]. And there is a growing body of evidence that suggests the better diagnostic performance of the CSF $A\beta_{42/40}$ ratio compared to CSF $A\beta_{42}$ alone [20]. Consistent with previous studies [5, 8], CSF pTau has also been shown to be associated with amyloid PET status. Interestingly, tau PET levels are still a factor affecting amyloid PET status in our current study. Those results suggest that interactions between amyloid and tau might be cyclic in nature. Previous observations have pointed out that overexpression of human tau in APP transgenic mice can increase $A\beta$ deposition [21,

22], tau immunization can reduce $A\beta$ plaque burden [23], and exogenous extracellular tau could increase $A\beta$ production *in vitro* [21].

As for tau PET, our result indicates that CSF pTau is the most important factor affecting tau PET status, and the second factor is CSF $A\beta_{42}$. The close relationship between tau PET and CSF pTau is in line with the recently updated research framework [24] that considers tau PET and CSF pTau as the relevant tauopathy biomarkers to classify individuals. Besides CSF pTau and $A\beta_{42}$ (both the key factor affecting amyloid and tau PET status [8, 9]), *APOE* $\epsilon 4$ allele status and MMSE scores could influence tau PET status, and significantly correlated with tau PET levels in our current study. This is supported by the data showing that *APOE* $\epsilon 4$ has been implicated in numerous processes independent of $A\beta$ in preclinical models of AD [25, 26]; and *APOE* $\epsilon 4$ also as a contributor to tauopathy, independent of age and $A\beta$ [11]. Interestingly, accumulating evidence also suggests that CSF pTau may increase in an early disease stage, whereas increased tau PET signal might reflect the overall accumulation of pathology in brain, which correlated with the subsequent brain atrophy [27], the lower MMSE score [9], and decreased cognitive performance [28].

These data above support disease models in which tau pathology possibly affected by $A\beta$ -independent factors, implicating the importance of tau pathology in AD pathogenesis. Because of tau PET, but not amyloid PET, are associated with the severity of patient's cognitive deficits (especially MMSE score), tau PET could be useful for the design of clinical trials and could increase the ability to detect a treatment effect. Future investigations will be needed to include more patient features as possible influencing factors, and try to explore additional $A\beta$ -independent factors for tau pathology to further our understanding of the complex mechanisms underlying neurodegeneration in AD. Meanwhile, with the wide application of tau PET, future longitudinal studies would enable a more precise characterization of AD biomarker trajectories.

Our study had some limitations. The number of individuals within each group was relatively small, and there were differences in the proportion of the sample size among these groups. In addition, a single cutoff point approach lacks accuracy when research questions require high diagnostic certainty. Reproducibility of findings in different patient groups from different centers would provide more statistically powerful results in future.

In summary, our results illustrate that PET amyloid and tau status are differently affected by patient features. In this exploratory study, tau PET is affected by A β -independent factors, and more relevant to patient's cognitive performance, which implicating the importance of tau pathology, and tau as a relevant target for disease-modifying therapy.

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Authors' disclosures available online (<https://www.j-alz.com/manuscript-disclosures/20-0124r3>).

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