

## The role of intravenous immunoglobulin in the treatment of chronic heart failure

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### Abstract

Chronic heart failure (HF), including both ischemic and idiopathic dilated cardiomyopathies, is accompanied by a dysregulated cytokine network characterized not only by a rise in inflammatory cytokines, but also by an inadequate elevation of anti-inflammatory mediators. This dysregulation has been implicated in the development and progression of chronic HF, and in the last decade, attempts have been made to modulate this persistent inflammation. Failure of anti-tumor necrosis factor therapy in HF has led to further interest in a more general immunomodulatory approach, directed against the inflammatory imbalance rather than one particular cytokine. Treatment with intravenous immunoglobulin (IVIg) may represent such a broad-based approach trying to restore the dysregulated cytokine network through various mechanisms such as Fc receptor blockade, neutralization of microbial antigens and superantigens and more direct anti-inflammatory effects on the cytokine network. However, although one randomized placebo-controlled study in patients with chronic HF showed that IVIg improved left ventricular ejection fraction, accompanied by anti-inflammatory net effects, IVIg had no effect in another placebo-controlled study examining the effect of this medication in recent-onset cardiomyopathy. So far, few patients have been included in clinical trials, and there is clearly a need for larger placebo-controlled mortality studies involving a diverse group of patients with regard to cause and severity of HF. © 2006 Elsevier Ireland Ltd. All rights reserved.

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Despite state-of-the-art cardiovascular treatment, chronic heart failure (HF) is a progressive disease with high morbidity and mortality, suggesting that important pathogenic mechanisms remain unmodified by the present treatment modalities. Persistent inflammation may represent such unmodified mechanisms. Thus, since the initial observation by Levine et al. [1], numerous studies have demonstrated that HF patients have raised plasma/serum levels of inflammatory cytokines such as tumor necrosis

factor (TNF) $\alpha$ , interleukin (IL)-1 $\beta$ , IL-6 as well as several chemokines, with increasing levels according to disease severity as assessed by clinical, hemodynamic and neuro-hormonal parameters [2,3]. Importantly, the rise in inflammatory mediators seems not to be accompanied by a corresponding increase in anti-inflammatory cytokines such as IL-10, resulting in an inflammatory imbalance [4]. Increased expression of inflammatory cytokines in HF patients has also been demonstrated in circulating leukocyte subsets at both protein and mRNA levels [5–7]. Moreover, these inflammatory mediators are not only increased in the circulation, but enhanced expression has also been found within the failing myocardium (e.g., adhesion molecules, TNF $\alpha$ , IL-6-related cytokines and chemokine receptors) [2],

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suggesting a potential role for cytokine-related interactions in the pathogenesis of myocardial failure. Indeed, a series of experimental studies, including studies in gene modified animals, have revealed that the biological effects of cytokines may explain several aspects of chronic HF through mechanisms such as induction of cardiomyocyte apoptosis, enhanced matrix degradation and development of fibrosis, direct effects on  $\text{Ca}^{2+}$ -dependent processes and impaired  $\beta$ -adrenergic signal transduction [3]. Based on these issues, immunomodulating therapy has emerged as an option in the management of chronic HF.

### 1. Negative results of the anti-TNF studies

Given the potential central role of  $\text{TNF}\alpha$  in the pathogenesis of HF, therapeutic modulation targeting this cytokine has received particularly much attention. However, three clinical trials examining the effects of anti-TNF therapy in HF were recently discontinued because of lack of effect (i.e., RENAISSANCE, RECOVER) or higher rates of mortality and hospitalization (ATTACH) [8,9]. The lack of positive effects of anti-TNF treatment in these studies may have several explanations such as incorrect dosage, inclusion of too few patients with markedly raised TNF levels and inability of these drugs to modulate myocardial inflammation [2,10]. Moreover, the chimeric anti-TNF antibody (infliximab) directly binds to the transmembrane form of TNF, resulting in damage to TNF-expressing cells by both antibody- and complement-dependent cellular toxicity and by induction of apoptosis [11,12]. While such mechanisms may be beneficial in inflammatory disorders such as inflammatory bowel disease, it may result in deleterious effects in chronic HF, secondary to damage of TNF-expressing cardiomyocytes. Furthermore, while too much of inflammatory cytokines such as TNF may be harmful, too little of these mediators may also have adverse effects on the myocardium reflecting the involvement of these cytokines in both maladaptive and adaptive responses [3,13]. Finally, while several studies have focused on the possible pathogenic role of  $\text{TNF}\alpha$  and targeted therapy against this molecule, further research in this area will also have to identify other actors in the immunopathogenesis of chronic HF. Thus, although the results of the placebo-controlled anti-TNF trials may seem disappointing, they do not mean the end of the cytokine era even before it has started. Nevertheless, failure of anti-TNF therapy has led to further interest in a more general immunomodulatory approach, directed against the imbalanced cytokine network rather than one particular cytokine. Treatment with intravenous immunoglobulin (IVIg) is one such broad based approach that has received particular attention.

### 2. IVIg—clinical use

IVIg was first demonstrated to be effective in idiopathic thrombocytopenic purpura (ITP) [14,15]. Thereafter, it has

been established to be efficacious in the treatment of several other autoimmune disorders such as the Guillain–Barré syndrome, chronic inflammatory demyelinating polyneuropathy, myasthenia gravis, dermatomyositis, Kawasaki's syndrome and in the prevention of graft-versus-host disease in recipients of allogenic bone marrow transplants [14–16]. Benefits have also been reported in many other autoimmune and systemic inflammatory conditions such as autoimmune uveitis, various autoimmune skin disorders (e.g., toxic epidermal necrolysis and pemphigus), different neurological disorders (e.g., multifocal motor neuropathy and stiff-person syndrome), anti-phospholipid syndrome, anti-neutrophil cytoplasmic-autoantibody (ANCA) positive vasculitis, autoimmune haemolytic anaemia, severe group A streptococcal infection and hemophagocytic lymphohistiocytosis [14–16]. However, in most of these conditions controlled trials are lacking.

### 3. IVIg in heart failure

Beneficial effects of IVIg have also been suggested in acute and peripartum cardiomyopathy [17,18]. More recently, we carried out a double-blind, placebo-controlled study that examined the effect of intervention with IVIg in 40 ischemic and non-ischemic patients with a left ventricular ejection fraction (LV-EF)  $<0.40$ , categorized as NYHA functional class II to IV. The study showed that IVIg treatment for 6 months on a monthly basis, significantly increased LV-EF from 0.26 to 0.31 independent of the etiology of HF (i.e., idiopathic or ischemic cardiomyopathy) [19]. In contrast to this finding, McNamara et al., investigating 62 patients with recent-onset cardiomyopathy ( $<6$  months) and an LV-EF  $<0.40$ , found no significant effect of IVIg compared with placebo [20]. There may be several reasons for the discrepancies between the results from these two placebo-controlled IVIg studies. First, while the former study only recruited patients with chronic HF ( $>6$  months duration) in a stable phase, the latter study included patients with recent-onset IDCM of  $<6$  months duration. In fact, while there were no changes in LV-EF during 6 months of follow-up in the placebo group in the study by Gullestad et al., the surprising finding of the other study was that the mean LV-EF in the placebo-treated patients changed from 0.23 at baseline to 0.42 at 6 months. With this dramatic improvement in the placebo group, there was no further effect observed in the IVIg-treated patients, possibly reflecting a spontaneous improvement in recent-onset IDCM. Moreover, it is noteworthy that the dosage schedule differed between the “recent-onset IDCM” and the “chronic HF” study. Thus, while both studies gave induction therapy (a total of 2 g/kg), maintenance therapy [monthly infusions (0.4 g/kg) for a total of 5 months] was only given in the “chronic HF” study. Notably, in the latter study there was a gradual decline in N-terminal pro-atrial natriuretic peptide throughout the study, with the most pronounced decline at the end of study period. Moreover, at follow-up 1 year after

termination of the IVIg treatment, most of the HF patients had a decrease in LV-EF [21]. These findings suggest that maintenance therapy is needed for an extended period of time as in other chronic inflammatory disorders.

#### 4. IVIg—mechanisms of action

Several non-mutually exclusive modes of action may be of importance for the clinical effects of IVIg in inflammatory disorders such as IDCM and other forms of chronic HF (Fig. 1). First, neutralization of microbial antigens and superantigens have been observed after IVIg therapy [22,23], and these mechanisms could clearly be of relevance in patients with infection-induced myocarditis. In fact, in contrast to several other immunomodulators such as corticosteroids, IVIg has the potential both to dampen inappropriate immune activation and to enhance microbial specific immunity [22]. Second, IVIg is able to block the function of Fc $\gamma$ -receptors on phagocytes by saturating, altering or down-regulating the affinity of the Fc receptors, a process that may render the sensitized phagocytic cells unable to exert their action [22]. Previous studies have demonstrated that the responses triggered by Fc $\gamma$ RIII are counterbalanced by the inhibitory receptor Fc $\gamma$ RIIB, and interestingly, it has been suggested that the beneficial effects of IVIg in ITP may primarily be caused by enhancing effects of this inhibitory Fc receptor [24,25]. Shioji et al. have recently shown that intact IVIg, but not F(ab')<sub>2</sub> fragments, significantly ameliorated giant cell myocarditis,

accompanied by down-regulation of inflammatory cytokines within the myocardium, suggesting that Fc-mediated effects also may be operating within the myocardium in IDCM [26]. Third, IVIg has been reported to impair leukocyte adhesion to endothelial cells, possibly mediated through antibodies against adhesion molecules [27]. Interestingly, such inhibitory effects on leukocyte recruitment was recently shown in vivo in an ischemia–reperfusion model, operating through inhibition of selectin and integrin function, further underscoring the relevance of these mechanisms in cardiovascular disorders [28]. Fourth, IVIg may also impair apoptosis by up-regulating the caspase inhibitor FLIP and by impairing Fas ligand-mediated apoptosis [29,30]. Hypoxia-induced cardiomyocyte apoptosis involves up-regulation of Fas and down-regulation of FLIP [31], but whether IVIg can counteract these pro-apoptotic events within the failing myocardium remains to be proven. Sixth, recent studies suggest that dendritic cells (DC) are of major importance in the transition from an acute infectious myocarditis to a chronic autoimmune cardiomyopathy, involving both adaptive (e.g., CD40 ligand expressing T cells) and innate (e.g., toll-like receptor-mediated effects) immune responses [32]. IVIg has been found to impair DC function and maturation at least partly by down-regulating co-stimulatory molecules [33]. Notably, Shioji et al. showed that the IVIg-mediated suppression of giant cell myocarditis was associated with the suppression of DC, i.e., the suppression of the initial antigen-priming process in this experimental rat model of myocarditis [26].

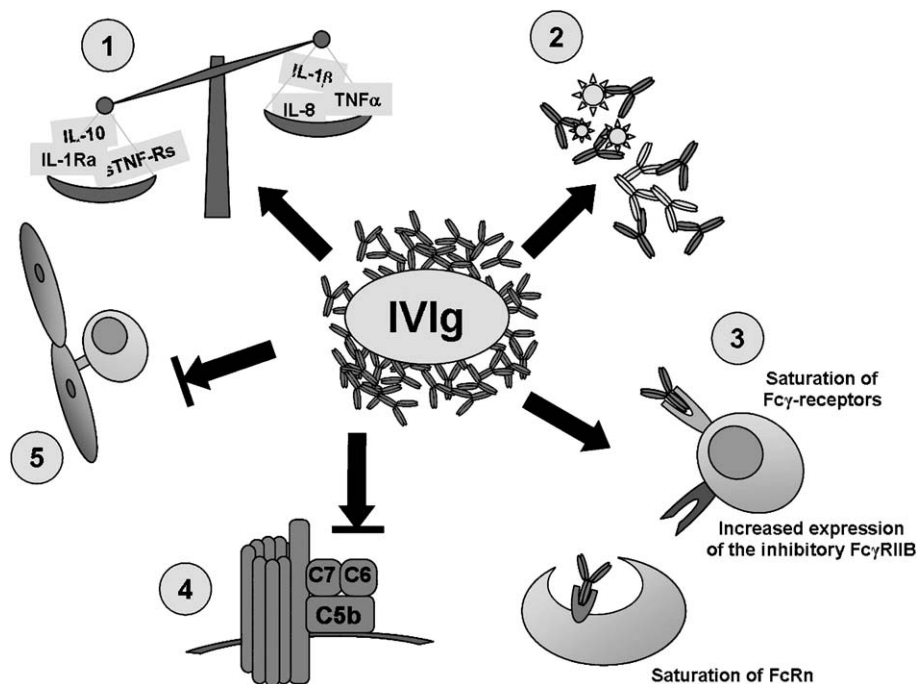


Fig. 1. Potential mechanisms for the beneficial effects of therapy with intravenous immunoglobulin in inflammatory and autoimmune disorders including idiopathic dilated cardiomyopathy and other forms of chronic heart failure. (1) Down-regulation of inflammatory (e.g., IL-1 $\beta$ , IL-8 and TNF $\alpha$ ) and up-regulation of anti-inflammatory (e.g., IL-10, IL-1Ra and soluble TNF receptors) mediators, shifting the balance in the cytokine network towards anti-inflammatory net effects; (2) neutralization of microbial antigens, superantigens and autoantibodies; (3) inhibitory effects on Fc-receptor function through Fc $\gamma$ -receptor blockade, increased expression of the inhibitory Fc-receptor Fc $\gamma$ RIIB and through saturation of the neonatal Fc-receptor (FcRn) resulting in lack of protective effects on pathogenic autoantibodies; (4) inhibition of complement activation and deposition; and (5) impairment of leukocyte adhesion to endothelial cells.

## 5. Effects of IVIg on auto-antibodies

Auto-antibodies directed against  $\beta_1$ -adrenoreceptors or against other cardiac antigens such as troponin I may play a pathogenic role in IDCM [34]. It is therefore tempting to hypothesize that the beneficial effects of IVIg in IDCM may be secondary to inhibition or neutralization of such auto-antibodies. In fact IVIg may down-regulate or inhibit auto-antibodies in several ways. First, the high content of anti-idiotypes against auto-antibodies in immune globulin probably accounts for its ability to neutralize various antibodies and such mechanisms have been shown to be operating in the IVIg-mediated effects on autoimmune hemophilia due to auto-antibodies against factor VIII, ANCA positive vasculitis, myasthenia gravis and antibody-mediated neuropathies [14,35]. Second, studies in animal models suggest that IVIg may down-regulate specific autoreactive B cells [35]. Finally, neonatal Fc-receptors (FcRn) are responsible for the maintenance of serum IgG levels by binding and protecting IgG against lysosomal degradation. However, these receptors may also protect pathogenic auto-antibodies, and notably, recent studies in ITP, serum-induced arthritis and pemphigus models all suggest that a high dose of IVIg saturates FcRn binding sites, and hence, pathogenic antibodies lose FcRn protection and are more rapidly degraded [24,36,37]. The faster degradation prevents pathogenic antibodies from reaching its tissue targets, e.g., the myocardium. However, we found no effects of IVIg on levels of cardiac  $\beta_1$ -adrenergic receptor auto-antibodies in the “chronic HF” study, suggesting that the beneficial effects of IVIg in that study was dependent on other mechanisms of action [38]. Interestingly, in contrast to IVIg, non-specific immunoadsorption has been shown to remove auto-antibodies against cardiac  $\beta_1$ -adrenergic [39]. Although similarities, it is possible that these immunomodulatory treatment modalities may have different mechanisms of action with potential additive or even synergistic effects as a consequence.

## 6. Effects of IVIg on complement activation

Several studies suggest that IVIg inhibits complement activation involving mechanisms such as binding of C1q and activated C3 and C4 as well as C3b inactivation, and IVIg has also recently been shown to bind the potent inflammatory anaphylatoxin C5a [15,40]. However, in the “chronic HF” study we found that IVIg markedly enhanced complement activation in plasma [41]. Although this finding could reflect deviation of complement activation and deposition from the target tissue (i.e., myocardium) towards the fluid phase, we found that those with the most marked increase in complement activation in the fluid phase had only a slight increase or a decrease in LV-EF during IVIg therapy, challenging “the complement deposition” hypothesis [41]. A reasonable interpretation could be that although a certain complement activation, deviating C1q, C3, or C4 from the

target may be beneficial, a fluid phase activation over a certain limit may by itself generate inflammatory products that overcome the protecting effect of a modest activation [42–44]. These findings also suggest a potential role for specific complement inhibitors in addition to IVIg in HF and IDCM.

## 7. IVIg—effects on matrix degradation

Recent data indicate that a complex regulation of matrix metalloproteinases (MMPs) and their endogenous tissue inhibitors (TIMPs) may significantly contribute to myocardial remodeling during various conditions [45]. Thus, myocardial overexpression of inflammatory cytokines such as TNF $\alpha$  leads to an early increase in MMP activity, possibly causing derangement of fibrillar collagen and ventricular dilation [46]. Such an up-regulation of MMP levels have also been demonstrated within the failing myocardium in humans both in ischemic and idiopathic dilated cardiomyopathy, and therapy targeting these processes has been suggested as an interesting approach in IDCM and other forms of HF [45]. It is noteworthy that IVIg has been found to inhibit MMP-9 activity in macrophages [47], and MMP-9 was also reported to be down-regulated in vivo during IVIg therapy in children with Kawasaki’s syndrome [48]. More recently, we showed that etanercept and in particularly IVIg down-regulated the myocardial expression of MMP-2 as well as collagens I and III in a rat model of post-myocardial infarction (MI) HF [49]. If such IVIg-mediated effects also are operating within the myocardium in patients with chronic HF, they could contribute to the beneficial effects of IVIg on myocardial remodeling in these patients.

## 8. IVIg—anti-inflammatory net effects on the cytokine network

In our opinion, particular attention should be drawn towards the effects of IVIg on the cytokine network. Thus, we and others have demonstrated that IVIg may influence the levels of several cytokines and cytokine modulators, resulting in down-regulation of inflammatory responses. For example, IVIg has been shown to trigger the production of IL-1 receptor antagonist (IL-1Ra) in monocytes, without concomitant effects on the production of its inflammatory counterparts IL-1 $\alpha$  and IL-1 $\beta$  [50]. Moreover, in vitro studies have shown that IVIg is a potent inducer of IL-10 in DC [33], further underscoring its anti-inflammatory potential. Also, IVIg preparations contain natural antibodies against several cytokines such as IL-1 and IL-6 contributing to their anti-inflammatory properties [15]. Importantly, these anti-inflammatory effects seem not only to be an in vitro phenomenon. Thus, IVIg administration in vivo has been found to markedly enhance plasma levels of IL-10 as well as IL-1Ra and the soluble decoy receptor IL-1 receptor type II, without any increase in IL-1 [51–53]. Furthermore, we showed that the improvement in



LV-EF in patients with chronic HF was correlated with a marked rise in the anti-inflammatory mediators IL-10, IL-1Ra and soluble TNF receptors (sTNF-Rs), accompanied by a slight decrease in TNF $\alpha$  and IL-1 $\beta$ , suggesting an anti-inflammatory net effect with potentially beneficial results on the myocardium [19]. Thus, IL-10 was been found to have protective effects on the development of atherosclerosis and viral myocarditis in mice [54–56], and IL-1Ra has been found to protect against hepatic and cerebral ischemic injury in rats [57,58] and may provide cardioprotection against ischemia–reperfusion injury in rat cardiomyocytes [59]. We have also recently reported that IVIg therapy, but not placebo, down-regulated chemokines and their corresponding receptors in peripheral blood mononuclear cells in HF patients [5]. Based on the important role of these mediators in attracting and activating leukocytes into inflamed tissues such as the myocardium during IDCM or other forms of chronic HF, this effect could contribute to the beneficial results of IVIg in HF. IVIg appears therefore to have a balanced and dual effect on the cytokine network with a down-regulation of certain inflammatory mediators (e.g., IL-8 and IL-1) combined with an up-regulation of anti-inflammatory mediators (e.g., IL-10 and IL-1Ra). In fact, enforcing the anti-inflammatory pathways might be as important as reducing the inflammatory cytokines.

### 9. IVIg during post-MI remodeling

Due to natural shortcomings of the product (expensive and limited supply), it is doubtful that long-term IVIg therapy could be routine in chronic HF. Post-MI remodeling is an important cause for the development of chronic HF, and an attractive hypothesis is that acute intervention with IVIg could prevent the remodeling process that takes place among patients with acute MI followed by HF. Indeed, we have recently showed that early intervention with IVIg, targeted against the inflammatory response following MI, attenuates the left and right ventricular remodeling processes [49]. Based on the balanced effect of IVIg on the cytokine network, it is conceivable that the use of this medication also will avoid potential harmful effects of more aggressive immunosuppressive therapy during MI (e.g., impairment of wound healing). These findings raise the possibilities that short-term immunomodulating therapy with IVIg could delay or inhibit the development of HF after MI by inhibiting the remodeling process.

### 10. Conclusion

Chronic HF, including both ischemic and idiopathic dilated cardiomyopathies, is accompanied by a dysregulated cytokine network characterized not only by a rise in inflammatory cytokines but also by an inadequate elevation of anti-inflammatory mediators. This dysregulation has been implicated in the development and progression of chronic

HF, and in the last decade, attempts have been made to modulate this imbalance in the cytokine network. IVIg may represent such a therapeutic approach trying to restore the inflammatory imbalance in the cytokine network. However, so far, few patients have been included in clinical trials, and there is clearly a need to confirm the results of the small studies in larger placebo-controlled mortality studies involving a diverse group of patients with regard to cause and severity of HF.

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