

FATTY ACIDS, FIBRINOGEN AND BLOOD FLOW:
A General Mechanism For Hyperfibrinogenemia And Its Pathologic
Consequences

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ABSTRACT

Plasma fibrinogen is elevated in various stressful states and conditions in which active mobilization of free fatty acids (FFA) occurs. Reduction of plasma FFA by an assortment of hypolipidemic drugs is consistently followed by a decrease in the accompanying hyperfibrinogenemia. A direct link between FFA and fibrinogen has been demonstrated in animals, and in experiments employing incubated liver slices. Based on these clinical and experimental observations, we postulate that hepatic fibrinogen synthesis is stimulated by FFA. Since fibrinogen is a major determinant of whole blood viscosity, erythrocyte aggregation, and sludging of red cells in terminal and pre-terminal blood vessels, we propose that microcirculatory blood flow may be impaired in the presence of chronically elevated plasma FFA levels. Consequently, hypolipidemic drugs may be effective in prevention of circulatory complications associated with FFA-induced hyperfibrinogenemia.

INTRODUCTION

Fibrinogen and the Microcirculation. Blood flows through the microcirculation in man as a pulsatile column, behaving as a solid during no-flow periods and as a liquid during flow. These non-Newtonian (thixotropic) flow characteristics are primarily due to alternating formation and dissolution of cellular aggregates (rouleaux) formed by the interaction between erythrocytes and plasma fibrinogen at the low flow velocities (0.1 to 0.5 cm/sec) in human arterioles and capillaries (1,2). The force required for propulsion of the blood column (yield shear stress) in the microcirculation is a direct squared function of the plasma fibrinogen concentration (3). Moreover, fibrinogen is the major determinant of plasma viscosity (3,4). An increase in blood viscosity due to hyperfibrinogenemia results in elevated peripheral vascular resistance which, in turn, reduces tissue perfusion (1,4,5,6). Thus, plasma fibrinogen exerts an inhibitory effect on blood flow in the microcirculation by a complex mechanism involving rouleaux formation, plasma viscosity, and possibly, fibrinogen-induced changes in red cell deformability (1).

Dependence of red cell aggregation on plasma fibrinogen is species-related, being observed in man, dog and elephant, and absent or greatly attenuated in sheep and goats (7). Indeed, limb and brain perfusion has been strikingly enhanced in man and dog by enzymatic defibrinogenation (2,8), fibrinogen-lowering drugs (9), or venesection (10).

A gradual increase in mean plasma fibrinogen concentration from an average of 230 mg/dl at 20 years, to 350 mg/dl at 70 years of age normally occurs during aging in man (11). However, a 10 to 20-fold increase in fibrinogen production may be induced within several hours after acute injury or stress, resulting in a 2 to 3-fold rise in plasma fibrinogen within 48 hours (12,13,14). Persistent elevations in plasma fibrinogen are also commonly observed in many chronic disorders, including those listed in the Table.

CONDITIONS IN WHICH BOTH PLASMA FFA (OR FFA/ALBUMIN RATIO) AND FIBRINOGEN ARE INCREASED*

African Trypanosomiasis (63,64)	Nephrosis (23)
Ascorbic Acid Deficiency (23)	Pneumonia (71,72)
Cigarette Smoking (23)	Pregnancy (20,73)
Cobalt Poisoning (65,66)	Severe Mental Stress (23)
Diabetes (23)	Silicosis (74)
Electroshock (23)	Starvation (48 hours) (25)
Endotoxin (23)	Surgery (20,75)
Fat, Excess in Diet (23)	Thrombin Injection (23)
Malaria (67,68)	Tissue Damage (19,75)
Mercury Poisoning (69)	X-ray Radiation (19,76)
Myocardial Infarction (24)	Zinc Deficiency (77,78)
Neoplastic Disease (20,70)	Zinc Poisoning (79)

*Listed in alphabetical order, with references in parentheses.

Hyperfibrinogenemia has been causally implicated in increased sludging of blood, development of hypoxic lesions in various tissues, low blood flow rates and congestive heart failure (4, 5, 6), as well as localized necrosis (15, 16), rejection of kidney transplants (1), metastatic extension of tumors (17, 18, 19), and thromboembolism (2, 20, 21). The known effects of various stresses and injuries on blood fibrinogen levels and yield shear stress are illustrated graphically in Fig. 1.

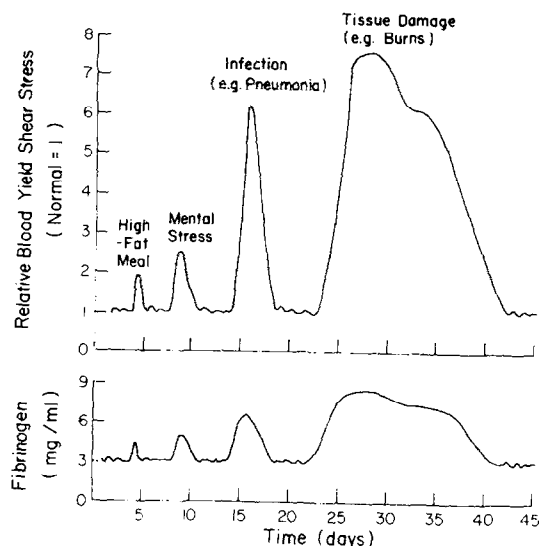


Fig. 1. The relationship between plasma fibrinogen levels commonly observed in representative conditions, and corresponding yield shear stress values. The width of individual peaks denotes approximate duration of hyperfibrinogenemia in each condition.

Fibrinogen-induced circulatory derangements which reduce tissue perfusion appear to be especially dangerous in patients with atherosclerosis, or in diabetics with microangiopathic lesions whose vascular bed is incapable of adequate compensatory vasodilation or is already maximally expanded. A highly significant relationship between mortality or morbidity and plasma fibrinogen has been demonstrated in coronary artery disease (22) and in diabetes mellitus (23). A prospective study of diabetic patients revealed that elevation of plasma fibrinogen above 400 mg/dl was a reliable indicator of future cardiovascular complications (23). Furthermore, fibrinogen (as fibrin) is the major plasma protein deposited in developing atheromatous plaques, and changes in blood hemorrheology due to aberrations of fibrinogen metabolism have been proposed as essential in the development of atherosclerotic lesions (24). These observations indicate that chronic hyperfibrinogenemia may predispose to development of circulatory deficiency in various common vascular disorders.

HYPOTHESIS

We propose that hepatic fibrinogen production is stimulated by increased intrahepatic uptake of FFA from plasma. Consequently conditions associated with acute or chronic lipolysis, or excessive dietary intake of fat, induce elevations in plasma fibrinogen. The resultant hyperfibrinogenemia raises the viscosity of plasma, which leads to increased resistance to peripheral blood flow, microcirculatory sludging and suboptimal tissue perfusion. Ultimately, chronic hypoperfusion may induce compensatory polycythemia, with further impedance to blood flow in arterioles and venules. The postulated relationship between FFA, fibrinogen and blood flow is shown schematically in Fig. 2.

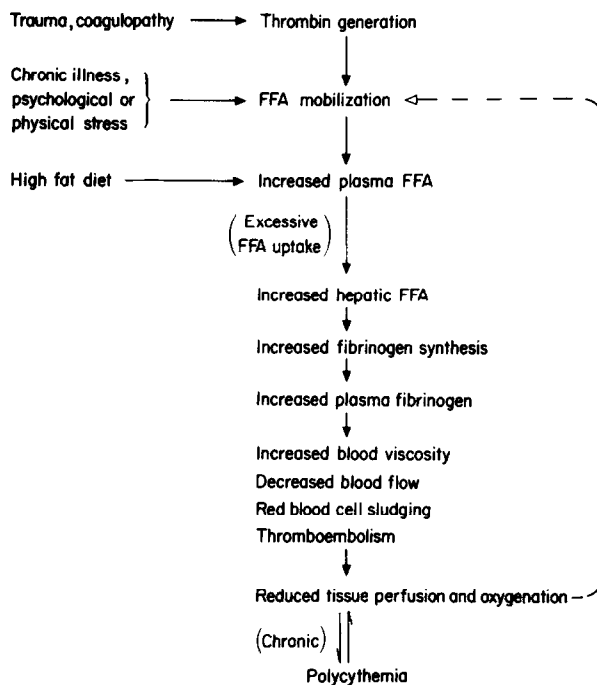


Fig. 2. Proposed relationship between FFA and fibrinogen metabolism, and pathophysiological consequences.

EVIDENCE FOR THE HYPOTHESIS

1. Role of FFA in Fibrinogen Synthesis. Our studies on the regulation of fibrinogen production in the mouse (25,26) and man (11,27) have shown that plasma FFA play a major role in induction of hyperfibrinogenemia. A rise in plasma fibrinogen concentration and fibrinogen synthetic rate occurs in association with mobilization of FFA in rats with an experimentally induced hepatoma (28), as well as following thrombin administration (29). Inhibition of lipolysis by pretreatment with clofibrate suppressed the development of hyperfibrinogenemia, and blocked the enhancement of fibrinogen synthesis in these widely disparate experimental situations (28,29). Investigations of fibrinogen synthesis in vitro revealed that intrahepatic FFA concentrations are directly related to hepatic fibrinogen synthesis and release (26,27). The rapid rise in FFA which occurs in fasted obese patients is accompanied by a concomitant increase in plasma fibrinogen (30). Elevations of both FFA and fibrinogen coexist in a wide variety of diseases and stressful conditions (Table 1). Moreover, it is pertinent that corticotropin (31) and prostaglandin (32), hormones which have been suggested as physiologic stimulators of fibrinogen production, induce a rise in fibrinogen synthesis only at pharmacological doses which trigger massive FFA mobilization (33,34).

Albumin is the major carrier of FFA in the circulation. Hence, the FFA/albumin molar ratio modulates the availability of FFA for transport into liver and other tissues, in a fashion analogous with other lipophilic metabolites (e.g. bilirubin). Fibrinogen synthesis and plasma concentrations have been shown to vary with plasma FFA/albumin molar ratios (26). The synthesis and export of several other proteins is similarly enhanced by a rise in the plasma FFA/albumin ratio (35,36,37). These observations suggest that intrahepatic FFA concentrations may regulate the production of certain proteins by the liver, and their release into the circulation during periods of stress.

2. Effect of Hypolipidemic Agents on Fibrinogen Metabolism in Man. Treatment of human subjects with antilipidemic agents of wide biochemical and structural diversity induces uniform reductions in plasma fibrinogen concentrations, as shown in Fig. 3. Allyl propyl disulfide, the active principle from oil of garlic, reduces plasma FFA in humans (38) and blocks the rapid rise in fibrinogen detectable in human subjects 3 hours after a meal containing 100 grams of butter (39). Acetylsalicylic acid has been shown to lower both FFA and fibrinogen in atherosclerotic patients (40). Since aspirin has no effect on the half-life of fibrinogen in man (41), the reduction in fibrinogen plasma concentrations by this agent is most likely due to decreased synthesis of the protein. The fatty acid analog beta-benzalbutyrate reduces plasma FFA (42) and fibrinogen concentration in patients with hyperlipidemia without affecting plasma cholesterol, triglycerides, plasminogen, alpha-macroglobulins, fibrinogen degradation products or euglobulin lysis time (43). Another fatty

acid analog, clofibrate, has been shown to induce concurrent decreases in resting FFA and fibrinogen concentrations in patients with angina pectoris (44). Clofibrate also partially suppresses the rise in fibrinogen which follows surgical insertion of plastic venous grafts in rabbits (45). While some of the effects of clofibrate may be due to displacement of thyroxine from albumin and consequent alterations in hepatic energy metabolism, an analog of clofibrate without effect on thyroxine metabolism (I.C.I. 55, 897) causes a reduction in plasma fibrinogen which is apparently mediated through a decrease in FFA availability to tissues. A second clofibrate analog (I.C.I. 55, 695) also decreased fibrinogen levels in humans (44). Tetranicotinoylfructose is cleaved in the intestine and releases nicotinic acid, a catecholamine antagonist which lowers plasma FFA and fibrinogen (46). Etofibrate, a compound of clofibrate and nicotinic acid, reduces elevated fibrinogen concentrations in humans with primary hyperlipidemia and is effective at a smaller dosage than clofibrate (47).

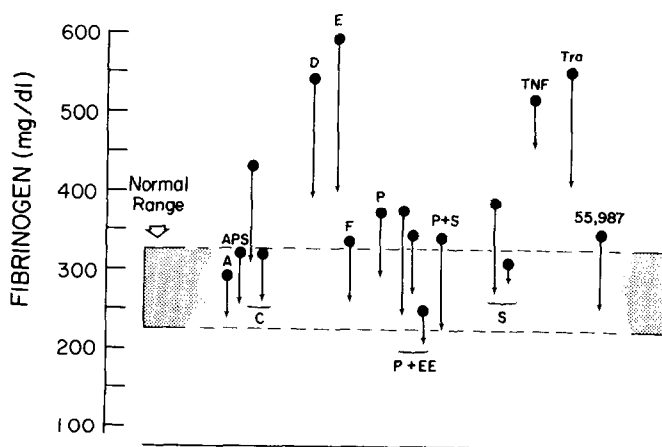


Fig. 3. Effect of antilipidemic agents on plasma fibrinogen concentrations in man. The closed circles represent plasma fibrinogen levels at initiation of therapy; length of arrows represents the decline in plasma fibrinogen induced by hypolipidemic agents. A = aspirin, APS = allyl propyl disulfide, C = clofibrate, D = dextran sulfate, E = etofibrate, F = furbazol, P = phenformin, P + EE = phenformin plus ethylestrenol, P + S = phenformin plus stanazol, S = stanazol, TNF = tetranicotinoyl-fructose, Tra = trasylol, 55, 897 = a clofibrate analog. References are cited in text.

Synthetic analogs of testosterone such as ethylestrenol, furazabol and stanazol, lower serum triglyceride concentrations and increase fat oxidation in man (48). Ethylestrenol has been shown to reduce the elevation in plasma fibrinogen associated with myocardial infarction (49), while similar effects were observed with furazabol in patients with acute injury (limb fractures) (50). Stanazol also reduces plasma fibrinogen (51). The antifibrinogenemic effect of these anabolic steroid hormones is considerably amplified when used in combination with the FFA suppressive agent phenformin (52), which, by itself, also lowers plasma fibrinogen (49,51,53-56). Ethylestrenol and phenformin, when administered together, decrease fibrinogen synthesis in man (55). Prolonged administration of the FFA-binding agent, dextran sulfate, has been reported to reduce the elevated plasma fibrinogen concentrations present in constitutional hyperlipidemia (57). The kallikrein-trypsin inhibitor, trasyolol, induces a decline in both fibrinogen and FFA in humans (58,59). Finally, plasma FFA and fibrinogen concentrations may be extremely elevated in uncontrolled diabetes; both are rapidly reduced with insulin (60,61).

CONCLUSIONS

The proposed relationship between FFA and fibrinogen suggests that the circulatory complications associated with a variety of diseases and stressful chronic disorders may be significantly influenced by drugs which decrease mobilization of FFA from depot fat, or reduce hepatic uptake of FFA from plasma. These postulates can be experimentally evaluated with various antilipidemic agents which have recently become available, and with infusions of plasma albumin. Such therapeutic trials may be especially indicated in patients with impairment of microcirculatory blood flow due to arteriosclerotic changes, microangiopathic lesions, or increased peripheral resistance. Beyond the known undesirable effects of excessive fat intake on development of arteriosclerosis and coronary artery thrombosis, our hypothesis points toward an additional mechanism whereby dietary fat may be involved in the pathogenesis of cardiovascular disease. The proposed direct link between FFA and hyperfibrinogenemia suggests that inadequate tissue perfusion due to hyperviscosity and other deterrent actions of fibrinogen on microcirculatory blood flow may intensify the deleterious consequences of atheromatous and thrombotic lesions.

Erasistratus (300 B.C.) reported that excessive food intake alters the fluid properties of blood, an effect which he considered responsible for many diseases (62). As treatment, Erasistratus recommended restricted dietary intake, and exercise. The postulated relationship between fat, fibrinogen, and blood flow may finally justify this ancient physician's observations and his thoroughly up-to-date advice.

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