Inflammatory Cytokines in Heart Failure: Mediators and Markers

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**Key Words**
Chronic heart failure \cdot Inflammatory mediators \cdot Cardiac remodeling \cdot Immunomodulating treatment \cdot Markers

**Abstract**
Evidence from both experimental and clinical trials indicates that inflammatory mediators are of importance in the pathogenesis of chronic heart failure (HF) contributing to cardiac remodeling and peripheral vascular disturbances. Several studies have shown raised levels of inflammatory cytokines such as tumor necrosis factor (TNF)\textsubscript{α}, interleukin (IL)-1\textsubscript{β} and IL-6 in HF patients in plasma and circulating leukocytes, as well as in the failing myocardium itself. There is strong evidence that these mediators are involved in processes leading to cardiac remodeling such as hypertrophy, fibrosis and apoptosis. Some of these cytokines can also give useful prognostic information as reliable biomarkers in this disorder. In general, immunomodulating treatments have, with a few exceptions, been neutral or even harmful. However, the negative results of anti-TNF studies, for instance, do not necessarily argue against the ‘cytokine hypothesis’. These studies just underscore the challenges in developing treatment modalities that can modulate the cytokine network in HF patients and result in beneficial net effects. Future studies should identify the crucial actors and their mechanisms of action in the immunopathogenesis of chronic HF and, in particular, clarify the balance between adaptive and maladaptive effects of these molecules. Such studies are a prerequisite for the development of new treatment strategies that target inflammatory and immunopathogenic mechanisms in HF. In this review article, these issues are thoroughly discussed, and we also argue for the possibility of future therapeutic targets such as mediators in innate immunity, chemokines and mediators in matrix remodeling.

**Introduction**
Heart failure (HF) is a highly complex multistep disorder in which a number of physiological systems participate. Until a few decades ago, HF was considered a hemodynamic disorder. In recent years, both experimental and clinical studies have clearly demonstrated the involvement of neurohormones in the progression of HF, leading to new treatment modalities such as angiotensin-converting enzyme inhibitors, angiotensin receptor blockers, β-blockers and aldosterone blockers in chronic systolic HF. However, additional blockade of other hormonal systems has been disappointing (i.e. endothelin, vasopressin and sympathicomimetic). Thus, in spite of several improvements in the management of chronic HF, this disorder is still characterized by high...
mortality and morbidity, suggesting that important pathogenic mechanisms remain active and unmodified by the present treatment modalities. Cytokines and other inflammatory mediators may contribute to these. However, although several lines of evidence suggest a role for inflammation in the development and progression of HF, these issues are still unclear.

Role of Inflammation in Systolic HF

Several reports have demonstrated enhanced expression and release of inflammatory cytokines such as tumor necrosis factor (TNF)α, interleukin (IL)-1, IL-6, IL-18, cardiotoxin-1 and Fas ligand, as well as several chemokines [e.g. monocyte chemoattractant peptide (MCP)-1/CCL2, IL-8/CXCL8 and macrophage inflammatory protein-1α/CCL3] in HF patients [1–5]. Plasma levels of inflammatory cytokines and chemokines appear to be elevated in direct proportion to deterioration of functional class (i.e. New York Heart Association classification) and cardiac performance [i.e. left ventricular ejection fraction (LVEF)] [1, 3, 6]. Moreover, enhanced expression of inflammatory mediators has also been demonstrated within the failing myocardium (e.g. adhesion molecules, TNFα, IL-6-related cytokines and chemokine receptors) [7, 8]. Moreover, several of these mediators have been found to give prognostic information beyond that of traditional risk markers [9].

A series of experimental studies have revealed that the biological effects of cytokines may explain several aspects of the syndrome of chronic HF. The pathogenic role of inflammatory cytokines in chronic HF is supported by various transgenic mouse models. Notably, systemic administration of TNFα in concentrations comparable to those found in the circulation of HF patients has been shown to induce a dilated cardiomyopathy-like phenotype in animal models [10], and cardiac-specific overexpression of TNFα has been found to promote a phenotype mimicking several features of clinical HF such as cardiac hypertrophy, ventricular dilation and fibrosis, as well as several biochemical and cellular dysfunctions [11]. More recent studies in gene-modified mice have also shown a link between IL-6 and its receptor subunit glycoprotein (gp)130, which is common to several cytokines in the IL-6 family, as well as various chemokines (e.g. MCP-1 and CXCL13) and the development of HF [12]. Inflammatory cytokines may modulate myocardial functions by a variety of mechanisms including stimulation of hypertrophy and fibrosis through direct effects on cardiomyocytes and fibroblasts, impairment of myocardial contractile function through direct effects on intracellular calcium transport and signal transduction through β-adrenergic receptors, induction of apoptosis and stimulation of genes involved in myocardial remodeling [13]. Inflammatory mediators could also contribute more indirectly to the progression of HF through impairment of bone marrow function with secondary anemia, inappropriate endothelial cell activation and impairment of peripheral muscle with secondary induction of systemic inflammation and reflex abnormalities in HF [13] (table 1). However, as will be discussed below, while ‘too much’ of these mediators is maladaptive, ‘too little’ could also be harmful, illustrating the challenges for immunomodulating therapy in HF.

Inflammation in Post-Myocardial Infarction Remodeling

During the acute phase of myocardial infarction (MI), the production of cytokines represents an intrinsic response to injury. The triggers of cytokine release during MI include ischemia, reactive oxygen species that are released during ischemia-reperfusion, membrane injury and mechanical stress, as well as the release of so-called danger-associated molecular patterns (DAMPs; e.g. ATP, uric acid, mitochondrial DNA and heat shock proteins), promoting an inflammatory cytokine response including the release of prototypical inflammatory cytokines such as TNFα, IL-6 and IL-1β [14]. This inflammatory process is a prerequisite for wound repair, scar formation and compensatory hypertrophy. Recent data have also

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Table 1. Pathophysiological effects of inflammatory mediators

<table>
<thead>
<tr>
<th>Effect</th>
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<tr>
<td>LV dysfunction</td>
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<tr>
<td>Negative inotropic effect</td>
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<tr>
<td>Hypertrophy</td>
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<tr>
<td>Fibrosis</td>
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<td>Apoptosis</td>
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<td>Endothelial dysfunction</td>
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<tr>
<td>Cachexia</td>
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<tr>
<td>Anemia</td>
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<tr>
<td>Activation of fetal gene program</td>
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<td>Promotion of thromboembolism</td>
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<tr>
<td>β-receptor uncoupling from adenylate cyclase</td>
</tr>
<tr>
<td>Abnormalities of mitochondrial energetics</td>
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<tr>
<td>Muscular weakness</td>
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shown that these inflammatory cytokines initiate a cardioprotective signaling cascade, also called the survival-activating factor enhancement pathway [15]. However, while a moderate cytokine response could be protective, an inappropriate and persistent inflammatory reaction could lead to maladaptive responses [13]. Besides that, animal data have shown that when the infarct size is large, the cytokine gene expression may remain significantly elevated for a long time, especially in the noninfarcted region. Moreover, the levels of late cytokine activation have been shown to correlate with left ventricular (LV) end-diastolic diameter 20 weeks after infarction in rats [16]. Thus, the magnitude of the injury and inflammatory response as well as the time of activation appear to be of importance and need to be taken into account when treatment strategies are planned.

**Inflammation in HF with Preserved Ejection Fraction**

Approximately half of the patients with HF have preserved ejection fraction (EF) (HFrEF), while the remainder has reduced EF (HFrEF). Although HFrEF and HFrEF share common symptoms such as dyspnea and fatigue, hemodynamic strain with elevated filling pressures and reduced cardiac output, as well as a clinical course with frequent hospitalizations and reduced survival, they are thought to have different underlying disease mechanisms. The strongest argument for different pathophysiology is probably that therapies with proven benefit in HFrEF have failed to improve outcome in HFrEF [17]. Moreover, the pattern of ventricular remodeling is different in HFrEF, characterized by normal to near-normal chamber size, increased wall thickness, greater ratio of wall thickness to chamber dimensions and preserved EF. In HFrEF, the myocytes have increased diameter and stiffness, and changes in the extracellular matrix (ECM) consisting of increased collagen volume, collagen isoform shift and increased stiffness are also seen [18]. Another feature of HFrEF is a more subtle, slow process in the transition towards overt HF, with hypertension as an important contributing process, whereas HFrEF is often characterized by distinct pathophysiological perturbations such as MI. The question is whether inflammatory processes could be involved in the pathophysiology of HFrEF.

While increased inflammation is a well-known feature of HFrEF, this has been less well studied in HFrEF. However, recent data show that patients with diabetes mellitus and hypertension with evidence of diastolic dysfunction or patients with overt HFrEF frequently have increased blood levels of TNFα, IL-1β and IL-6 [19]. Recent studies demonstrate an important role for T cells in myocardial remodeling, involving increased activity of the enzyme lysyl oxidase, which contributes to increased collagen cross-linking and increased myocardial stiffness [20]. In mouse models, hypertension and metabolic syndrome, both risk factors for the development of HFrEF, are associated with induction of an inflammatory T helper (Th1) phenotype (i.e. increased levels of TNFα, interferon-γ and IL-18) and increased levels of the profibrotic cytokine transforming growth factor (TGF)-β, potentially contributing to an inflammatory-driven myocardial fibrosis [21]. Moreover, IL-6 infusion in rats results in concentric LV hypertrophy, increased collagen volume fraction and increased myocardial stiffness [22]. Additionally, IL-18 has been demonstrated to increase the expression and production of osteopontin, which stimulates interstitial fibrosis [23], and TGF-β, which stimulates collagen synthesis, and inhibit matrix degradation by reducing matrix metalloproteinases (MMPs) [24]. The increased production and reduced degradation of collagen and increased activation of lysyl oxidase-1, resulting in a cross-linked and insoluble collagen network, may in turn result in diastolic dysfunction over time. Importantly, the interaction between inflammatory cytokines and ECM remodeling is not specific for HFrEF, and these interactions could also be of importance in adverse remodeling during HFrEF. Moreover, the findings regarding cytokine levels in HFrEF point more towards a complex dysregulation of the cytokine network rather than a simple imbalance between Th1 and Th2 cytokines. This could include activation of mediators involved in both inflammation and fibrogenesis such as galectin-3 [25], enhanced Th17 activation, which also involves IL-6 and has been linked to myocardial fibrosis [26], as well as a lack of overall regulation of the immune response by impaired function of regulatory T cells [27].

**Inflammatory Variables as Biomarkers**

Biomarkers are now widely used for risk stratification and evaluation of therapeutic responses in cardiovascular disease, and in HF, N-terminal prohormone of brain natriuretic peptide (NT-proBNP) has been most extensively studied both as a prognostic marker and recently also to guide therapy [28]. In addition to being involved in the pathogenesis of HF as mediators, inflammatory cytokines and related mediators could therefore also be
suitable markers for risk stratification and prognostication in patients with HF. However, the most important mediators may not necessarily be the best biomarkers. The leading role of C-reactive protein (CRP) as an inflammatory biomarker in cardiovascular disease is not primarily based on its pathogenic role in these disorders, but rather on its ability to reflect upstream inflammatory activity. Several small studies have shown elevated CRP levels in HF, and a few have shown associations with HF development and adverse outcome. Most of these are limited in size or do not adjust for state-of-the-art biomarkers such as NT-proBNP. Recently, however, Anand et al. [29] demonstrated that in 4,202 patients with HF, increased CRP was associated with features of more severe HF and was independently associated with adverse outcome. Moreover, in a study by the Controlled Rosuvastatin Multinational Trial in Heart Failure (CORONA), the authors found a significant interaction between CRP and the effect of rosuvastatin on adverse events, indicating that inflammatory biomarkers may be useful in identifying patients who will benefit from statin therapy [30]. Interestingly, another pentraxin (pentraxin 3), which unlike CRP is produced at the site of inflammation, has recently been found to be associated with an increased risk for cardiac events in HF patients [31].

A variety of inflammatory cytokines are upregulated in chronic HF, and several studies suggest that TNFα, IL-6 or IL-β can predict adverse outcome in these patients, although these studies are often limited in sample size and lack full adjustment [9, 32]. Furthermore, these cytokines circulate at low levels, thus increasing analytical variation, and therefore require expensive high-sensitivity assays that need a large sample volume. Still, assessing these cytokines in large populations of well-characterized HF patients may provide important pathophysiological information.

While soluble ligands often circulate at low levels, their corresponding soluble receptors are frequently detected at high levels in serum and plasma with the potential to be more reliable biomarkers. Thus, soluble receptors for TNFα [i.e. soluble TNF receptor (sTNFR) 1 and sTNFR2] and several other members of the TNF receptor superfamily such as CD27, Fas and osteoprotegerin (OPG) are present in the circulation at relatively high levels and are further elevated in HF [33]. These soluble receptors may be considered stable and reliable markers of activity in their ligand/receptor system [33]. Both sTNFR1 and sTNFR2 have been shown to give prognostic information in HF, although the studies are of limited size and lack proper multivariable adjustment [9, 34]. The association between OPG and long-term outcome in patients with chronic HF was recently studied in subpopulations of the GISSI-HF trial (n = 1,229) [35] and CORONA trial (n = 1,464) [36]. In GISSI-HF, OPG was independently associated with all-cause mortality and hospitalization due to cardiovascular causes, although this study did not adjust for NT-proBNP [35]. In the CORONA trial, OPG was associated with hospitalization due to worsening of HF, also after adjustment for conventional risk markers including measures of LV dysfunction and NT-proBNP [36]. As for IL-6 signaling, circulating levels of the common receptor subunit gp130 could potentially reflect the activity of the whole IL-6 family, but information on the prognostic relevance of gp130 in HF is still limited [37].

Galectins are a family of soluble β-galactoside-binding lectins that play regulatory roles in inflammation, immunity and cancer. Recently, it has been suggested that galectin-3 may play a role in the pathophysiology of HF through promotion of myocardial fibrosis and inflammation, two related and interacting processes involved in myocardial remodeling [38]. Therefore, increased galectin-3 may be a marker for patients with a poor prognosis related to excessive and potentially irreversible myocardial fibrosis, which again may be related to enhanced inflammation. Thus, we and others have recently reported an association between elevated circulating galectin-3 and poor clinical outcomes in patients with HF [39–41]. However, the study population in these studies is rather small, and further studies are needed to confirm that galectin-3 could provide additional prognostic information in HF patients, beyond that of established risk markers.

The ability of these inflammatory markers to predict the development of HF and adverse outcome supports the notion that they reflect important pathogenic pathways that are activated during HF. However, as shown in the GISSI-HF trial, although significant associations were found between OPG and an adverse outcome, even after multivariable adjustment, reclassification analyses suggested that the association was unlikely to improve risk stratification of HF patients in a clinically meaningful way. Still, although NT-proBNP is a strong biomarker in HF, it is unlikely that it reflects all the pathogenic processes involved in this complex disorder. Thus, it has been suggested that the measurement of global patterns of cytokines and other biomarkers may yield more relevant biological information than assays of individual proteins. As several mediators are involved in the development and progression of HF, at least partly through different mecha-
organisms and at different levels, a combination of circulating levels of multiple markers could potentially identify the subjects with a clinically significant risk with a high degree of accuracy. Such an approach could also be beneficial for the selection of individualized therapy. However, at present the methodology for measurements of several inflammatory markers is not available on a routine basis.

<table>
<thead>
<tr>
<th>Study</th>
<th>Patient number/design</th>
<th>Agent</th>
<th>Follow-up</th>
<th>Mean age years</th>
<th>Mean EF</th>
<th>ACE-RB/BB %</th>
<th>Primary end point</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>RENEWAL [46]</td>
<td>1,500/RDB</td>
<td>etanercept</td>
<td>RECOVER: 5.7 months RENAISSANCE: 12.9 months</td>
<td>63</td>
<td>23</td>
<td>98/62</td>
<td>clinical composite score</td>
<td>no effect on clinical status, death or HF hospitalization</td>
</tr>
<tr>
<td>ATTACH [47]</td>
<td>150/RDB</td>
<td>infliximab in 2 doses</td>
<td>28 weeks</td>
<td>61</td>
<td>24</td>
<td>100/73</td>
<td>clinical composite score</td>
<td>high dose had adverse effect on clinical outcome</td>
</tr>
<tr>
<td>Siwa et al. [103]</td>
<td>38/RDB</td>
<td>pentoxifylline</td>
<td>6 months</td>
<td>55</td>
<td>25</td>
<td>100/100</td>
<td>NYHA class and LVEF</td>
<td>improved symptoms and LVEF</td>
</tr>
<tr>
<td>Muller et al. [50]</td>
<td>34/prospective cases, controlled</td>
<td>immuno-adsorption</td>
<td>12 months</td>
<td>48</td>
<td>23</td>
<td>100/100</td>
<td>NYHA class and LVEF</td>
<td>improved symptoms and LVEF</td>
</tr>
<tr>
<td>Staudt et al. [104]</td>
<td>25/prospective cases, controlled</td>
<td>immuno-adsorption + IVIg</td>
<td>3 months</td>
<td>50</td>
<td>20</td>
<td>100/64</td>
<td>NYHA class, myocardial inflammation and LVEF</td>
<td>improved symptoms and LVEF, reduced myocardial inflammation</td>
</tr>
<tr>
<td>Gullestad et al. [49]</td>
<td>40/RDB</td>
<td>IVIg</td>
<td>6 months</td>
<td>61</td>
<td>27</td>
<td>100/75</td>
<td>NYHA class and LVEF</td>
<td>improved clinical status and LVEF</td>
</tr>
<tr>
<td>McNamara et al. [105]</td>
<td>62/RDB</td>
<td>IVIg</td>
<td>12 months</td>
<td>43</td>
<td>25</td>
<td>90/18</td>
<td>LVEF and symptoms</td>
<td>no effect</td>
</tr>
<tr>
<td>Gullestad et al. [52]</td>
<td>56/RDB</td>
<td>thalidomide</td>
<td>3 months</td>
<td>66</td>
<td>25</td>
<td>100/91</td>
<td>LVEF, LV volume, symptoms</td>
<td>improved LVEF and LV remodeling</td>
</tr>
<tr>
<td>Torre-Amione et al. [54]</td>
<td>75/RDB</td>
<td>immune-modulating therapy</td>
<td>6 months</td>
<td>62</td>
<td>22</td>
<td>89/51</td>
<td>6-min walk test, symptoms, QoL, LVEF</td>
<td>no change in symptoms, QoL, LVEF; reduced hospitalization and mortality</td>
</tr>
<tr>
<td>ACCLAIM [55]</td>
<td>2,216/RDB</td>
<td>nonspecific immune-modulating therapy</td>
<td>10.2 months</td>
<td>64</td>
<td>23</td>
<td>94/91</td>
<td>composite: death CV hospitalization</td>
<td>no overall effect; effect in subgroups (nonischemic HF, NYHA II)</td>
</tr>
<tr>
<td>Hare et al. [62]</td>
<td>405/RDB</td>
<td>oxypurinol</td>
<td>24 weeks</td>
<td>65</td>
<td>26</td>
<td>95/91</td>
<td>composite: HF mortality + morbidity + QoL</td>
<td>no effect overall; effect in those with elevated uric acid</td>
</tr>
<tr>
<td>CORONA [59]</td>
<td>5,011/RDB</td>
<td>rosuvastatin 10 mg</td>
<td>32.8 months</td>
<td>73</td>
<td>31</td>
<td>92/75</td>
<td>composite: CV death + nonfatal MI and stroke</td>
<td>no effect overall; reduction in CV hospitalization</td>
</tr>
<tr>
<td>GISSI-HF [60]</td>
<td>4,631/RDB</td>
<td>rosuvastatin 10 mg</td>
<td>45 months</td>
<td>68</td>
<td>33</td>
<td>94/62</td>
<td>composite: CV death + hospitalization</td>
<td>no effect overall</td>
</tr>
</tbody>
</table>

RENEWAL = Randomized Etanercept Worldwide Evaluation, incorporating the two clinical trials Research into Etanercept Cytokine Antagonism in Ventricular Dysfunction (RECOVER) and Randomized Etanercept North American Strategy to Study Antagonism of Cytokines (RENAISSANCE); ATTACH = Anti-TNFα Therapy Against Congestive HF; ACCLAIM = Advanced Chronic Heart Failure Clinical Assessment of Immune Modulation Therapy; RDB = randomised double blinded; ACE = angiotensin-converting enzyme; RB = receptor blocker; BB = beta blocker; NYHA = New York Heart Association; QoL = quality of life.

**Immunomodulating Therapy I: Clinical Studies So Far**

While there are several studies in animal models suggesting anti-inflammatory effects of angiotensin-converting enzyme inhibitors and β-blockers, the anti-inflammatory effects of these medications in clinical HF seem rather modest. Thus, while high-dose enalapril significantly reduced IL-6 bioactivity in clinical HF, associ-

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ated with a reduction in LV septum thickness, there was no effect on other inflammatory cytokines [42]. Moreover, the effect of β-blockers on inflammation in human HF is mixed and uncertain [43, 44]. Thus, it is conceivable that treatments targeting immune activation and inflammation will require the development of new treatment modalities in patients with HF. Studies using immunomodulating therapy are summarized in table 2. Given the central role of TNFα in the pathogenesis of HF, therapeutic modulation targeting this cytokine has received a particularly large amount of attention. Preliminary reports suggested that TNFα inhibition with recombinant chimeric sTNFR2 (etanercept) had a beneficial clinical as well as antiremodeling effect in HF patients [45], but the large Randomized Etanercept Worldwide Evaluation program examining the effect of etanercept on morbidity and mortality in a population of 1,500 patients with symptomatic HF and LVEF <30% demonstrated no effect on mortality, hospitalizations or a clinical composite score [46]. Subanalysis of the trial has suggested an interaction between dose and outcome, as there were fewer hospitalizations/deaths among patients taking the lowest active dose compared with those who received the higher active dose. A second approach targeting TNFα was a trial with an anti-TNFα chimeric monoclonal antibody that binds to human TNFα (infliximab), the Anti-TNFα Therapy Against Congestive HF trial, which was a placebo-controlled phase II trial in 150 patients with symptomatic HF and LVEF <35%. However, the trial was stopped early because of higher rates of mortality and hospitalization in particular in the active high-dose group [47]. A possible explanation for this unfavorable result is that infliximab binds directly to the transmembrane form of TNF, resulting in damage to TNF-expressing cells by antibody-dependent cellular toxicity, complement-dependent cytotoxic effector mechanisms and induction of apoptosis [48]. While such mechanisms may be beneficial in inflammatory disorders such as inflammatory bowel disease [48], they may result in deleterious effects in HF leading to damage to TNFα-expressing cardiomyocytes. On the other hand, it remains to be determined if anti-TNFα therapy could have a beneficial effect in patients with HFpEF, which is characterized by myocardial hypertrophy and fibrosis.

Failure of anti-TNF therapy led to interest in a more general immunomodulating approach with the aim not only to block the detrimental effects of the inflammatory cytokines but also to increase anti-inflammatory cytokines in order to restore an inflammatory imbalance. We demonstrated in a small, double-blinded, placebo-controlled study that intravenous immunoglobulin (IVIg) increased LVEF significantly by 5 EF units, whereas no significant change was seen in the placebo group, and this improvement in LVEF was associated with an anti-inflammatory net effect on the cytokine network [49]. Immunoadsorption has also been shown to have beneficial effects on myocardial function in a relatively small study, potentially by removing pathogenic autoantibodies directed against β-adrenergic receptors within the myocardium [50]. Although there are some similarities between the mechanisms of action of IVIg and immunoadsorption, IVIg did not have any effect on these autoantibodies [51], suggesting that the combination of IVIg and immunoadsorption could be a therapeutic approach in HF, representing overlapping but also distinct mechanisms of action. Thalidomide has been viewed as an anti-TNF agent, and we showed a beneficial effect of this medication on LVEF in a small randomized, double-blinded, placebo-controlled study in patients with chronic HF [52]. However, rather than decreasing TNFα, thalidomide increased plasma levels of this cytokine, and the potential beneficial effect of thalidomide seems to be related to an effect on matrix remodeling through inhibitory effects on MMP-2. Nonetheless, the mechanism of action of thalidomide in HF is still unclear, and larger studies that also include clinical end points are needed to make any firm conclusions. Another approach that has been used is re-administration of autologous blood, exposed ex vivo to oxidative stress. Such an approach induces several biological responses including a decrease in inflammation in animal experiments [53], and pilot trials in humans suggested a beneficial effect in HF [54]. However, a larger placebo-controlled trial (Advanced Chronic Heart Failure Clinical Assessment of Immune Modulation Therapy) involving 2,414 patients with HF was recently stopped due to lack of effect [55]. A beneficial effect was reported in patients with mild HF (i.e. New York Heart Association class II) and nonischemic cardiomyopathy [55], but these results may only be viewed as hypothesis generating, and it remains to be determined if this approach really modifies the inflammatory response and is beneficial in clinical HF.

Several studies have shown a remarkable improvement in the prognosis of coronary artery disease after treatment with 3-hydroxy-3-methyl-glutaryl coenzyme A reductase inhibitors (statins) [56, 57]. Recent data suggest that statins have pleiotrophic effects in addition to their cholesterol-lowering properties. Various studies have demonstrated that these so-called pleiotrophic effects of statins include immunomodulatory and anti-in-
Inflammatory effects as well as antithrombotic effects [58]. Such effects could clearly be of interest in HF, but recently, two large placebo-controlled trials, the CORONA and GISSI-HF trials [59, 60], failed to improve outcome in patients with HF, despite lowering CRP. However, further analysis from the CORONA trial has demonstrated that rosuvastatin has beneficial effects among those patients with evidence of increased inflammation at baseline, i.e. those with CRP >2.0 mg/dl [30].

Several studies suggest that enhanced lipid oxidation and damage induced by reactive oxygen species play a pathogenic role in HF [61]. Oxidative stress can increase cytokine levels and vice versa, involving nuclear factor κB-related mechanisms, possibly representing a vicious cycle in HF [61]. It was therefore disappointing that a medium-sized placebo-controlled study in HF patients did not show benefit of allopurinol, an agent shown to reduce uric acid and regarded as a marker of enhanced oxidative stress and inflammation [62]. Notably, there was an effect in the subgroup with elevated uric acid at baseline [62].

Thus, in general, clinical trials attempting to modulate inflammation in HF have been largely disappointing except for some small studies with a broad anti-inflammatory approach and subanalyses demonstrating effects in subgroups. This may not necessarily mean the end of the cytokine era; it just underscores the challenges in this therapeutic approach of modulating a cytokine network representing both beneficial and harmful effects on myocardial remodeling. Moreover, the failure of previous trials also emphasizes the need for better understanding the pathogenic roles of inflammation in HF in order to define the most important targets for therapy. Such mechanistic studies have delineated some interesting new targets for therapy in HF.

**Immunomodulating Therapy II: New Therapeutic Targets**

**The Innate Immune System in HF**

Infection, as well as tissue damage and cellular stress, is sensed by the innate immune system through pattern recognition receptors (PRRs), which recognize pathogen-associated molecular patterns (PAMP, e.g. lipopolysaccharide, peptidoglycans and microbial nucleic acids) or DAMPs (e.g. heat shock proteins, reactive oxygen species and extracellular ATP) [63]. Upon activation, PRRs initiate defense and repair programs that also include an acute inflammatory response. In the vast majority of cases, this response is terminated once the triggering insult is cleared and the damaged tissue is repaired. However, if the inflammatory response is not terminated, either because of excessive tissue damage or because of inappropriate regulation of the inflammatory response, the inflammatory state may proceed into chronic inflammation. A state of persistent or nonresolving inflammation with simultaneous destruction and healing of tissue is seen in a number of diseases including arthritis, diabetes and inflammatory bowel diseases [64], in subgroups of patients with MI and in chronic HF.

Several classes of PRRs have been identified [63]. The two major families are the transmembrane toll-like receptors (TLRs) and the cytosolic nucleotide oligomerization domain (NOD)-like receptors (NLRs). In humans, 11 different TLRs have been cloned, and importantly, TLRs are not just expressed and functional in immune cells. In fact, the human heart expresses all known TLRs [65, 66]. Moreover, several TLRs have also been found in cardiac myocytes and fibroblasts [67].

The central role of TLRs in cardiovascular disease was first demonstrated in sepsis, where it was shown that TLR4 deficiency protected against lipopolysaccharide-induced cardiac dysfunction [68]. Various TLRs have also been implicated in the development and progression of experimental atherosclerosis [69, 70]. More recently, a role for innate immune mechanisms in HF has also been suggested. Several experimental studies have shown that TLR4 and TLR2 may play a role in the development of myocardial failure [69]. Thus, TLR4-deficient mice develop less myocardial hypertrophy than controls after aortic banding, directly linking innate immune mechanisms to the response to hemodynamic overload [69]. Additionally, a growing body of studies link TLR signaling to adverse cardiac remodeling secondary to ischemia-reperfusion injury or MI [69]. Mice lacking functional TLR2 or TLR4 have reduced infarct sizes and are therefore less prone to HF development following MI. These TLRs may represent novel targets for intervention in ischemic heart disease, as exemplified by experimental studies showing attenuated myocardial ischemia-reperfusion injury during treatment with the TLR4 antagonist eritoran and the anti-TLR2 antibody OPN-301 [71, 72]. Apart from studies showing a role for TLR3 and TLR9 in viral myocarditis, the role of other TLRs in the pathogenesis of HF is largely unknown.

While most of the TLRs are transmembrane receptors, intracellular cytosolic sensors of DAMPs and PAMPs have recently been identified [73]. These include NOD1, NOD2 and the NLRs. A subgroup of NLRs, together with the adaptor protein ASC and caspase-1, form large cyto-
Although, macrophage inflammatory protein-1 alpha (MCP-1) knockout mice do not develop cardiac lesions after Coxsackie B virus infection because of attenuated recruitment of activated monocytes into the myocardium [80]. Moreover, the observation of high embryonic mortality and organ defects, including cardiac ventricular septum defects, in CXC chemokine receptor 4 knockout mice indicates a crucial and direct dependence on chemokines in the development and function of the myocardium [81]. Furthermore, we have shown increased CX3C chemokine ligand (CX3CL1) production in both experimental and clinical HF [82], and very recently, Xuan et al. [83] showed that neutralizing CX3CL1 antibody treatment improved HF induced by MI or pressure overload. Other recent studies have also suggested a direct role for chemokines in ECM remodeling. Dahl et al. [84] showed enhanced myocardial expression of CXCL16 in both clinical and experimental HF and in vitro CXCL16 promoted proliferation and impaired collagen synthesis in myocardial fibroblasts and increased MMP activity in both cardiac myocytes and fibroblasts [84]. Finally, lack of chemokine signaling through CXC chemokine receptor 5 was recently shown to cause increased mortality, ventricular dilatation and deranged matrix during cardiac pressure overload in experimental HF, at least partly involving altered expression of several small leucine-rich proteoglycans that are of importance for collagen cross-linking [85]. Several experimental models are promising for “antichemokine therapy” in various inflammatory conditions, and these approaches could potentially also result in novel treatment strategies in clinical HF.

The Role of TNF-Related Molecules in HF
Whereas the results from anti-TNF trials in HF were disappointing, recent studies have suggested that other TNF-related molecules could be of interest as targets for therapy in HF. In particular, several studies have suggested a potential role for the OPG/receptor activator of nuclear factor-κB (RANK)/RANK ligand (RANKL) system in the pathogenesis of HF. OPG is a soluble decoy receptor which inhibits the ligation of RANKL to its trans-membrane receptor RANK, with antagonizing effects on RANKL. These cytokines were first identified as mediators for paracrine signaling in bone metabolism. In addition to its role in bone homeostasis, RANKL seems to be involved in immune responses. RANKL is an important regulator of dendritic cell function by prolonging dendritic cell survival and increasing the release of inflammatory cytokines such as IL-15 and IL-1β [86]. It has been suggested that interactions between T cells expressing RANKL and dendritic cells may represent a link between adaptive and innate immune responses in failing myo-
cardial cells, leading to persistent and increased inflammation in HF. Also, the inflammatory cytokine IL-17, produced almost exclusively by activated T cells, has recently been shown to regulate myocardial fibrosis in experimental models of HF through a RANKL-dependent mechanism [87]. In cultured cardiac fibroblasts, the OPG/RANK/RANKL axis was one of the intermediaries for IL-17-induced MMP-1 production in cardiac fibroblasts [87]. Evidence that the OPG/RANKL/RANK axis can promote matrix degradation and remodeling within the failing myocardium has also been demonstrated in human cells in vitro, where RANKL was found to induce MMP expression in fibroblasts and cardiomyocytes [88]. Also, while OPG at high concentrations inhibits RANKL activity, OPG may, at least at low OPG/RANKL ratios, enhance the MMP-inducing effect of RANKL, and at high concentrations, OPG may have MMP-inducing and chemotactic effects of its own, illustrating the complexity of this system [89]. Moreover, TNF-related apoptosis-inducing ligand has been related to enhanced apoptosis within the myocardium following MI [90], and in addition to being a soluble decoy receptor for RANKL, OPG also binds to TNF-related apoptosis-inducing ligand, potentially preventing apoptosis within cardiac cells during HF development. From a therapeutic point of view, a chimeric OPG-Fc fusion protein was developed to antagonize RANKL [90], but the formation of neutralizing antibodies against OPG after administration of the fusion protein led to the development of denosumab, a humanized monoclonal antibody against RANKL [91]. This attracted major attention as it was shown to be successful in the treatment of postmenopausal osteoporosis by efficiently blocking RANK/RANKL signaling [91]. However, whether this medication could benefit HF patients is at present unknown and should first be investigated in experimental HF.

**ECM and Inflammation during HF**

The ECM is not a mere static scaffold for dysfunction of cardiac cells in HF. The ECM undergoes both quantitative and qualitative alterations in HF as both the amounts and intrinsic composition of the various ECM components are altered [92]. The net effect of these alterations is stiffness translated into recoil/relaxation impairments and/or slippage, ultimately visualized as chamber dilatation. These ECM alterations are consequences of a shift in the equilibrium with both altered biosynthesis and degradation of ECM components. Inflammatory mediators have been shown to influence both aspects. Furthermore, the ECM can provide storage and up-concentrationing capabilities of inflammatory mediators, as well as proteolytic activation of proinflammatory cytokines [93]. In addition, it is evident that the influx of inflammatory cells is heavily dependent on the ECM milieu [94]. Overall, there appears to be a clear link between inflammatory signaling and ECM remodeling in HF. Even so, the dynamic regulation of the ECM is multifactorial and complex, involving interaction between inflammatory and anti-inflammatory mediators and synthesis of the various ECM components, ECM quality (e.g. the degree of collagen cross-linking) and matrix degradation activity involving regulation of the major degrading enzyme system (i.e. the MMP family) and their endogenous inhibitors (i.e. the tissue inhibitor of metalloproteinase (TIMP) family).

A total of 25 MMPs are recognized, all with specific ECM targets, and approximately one third of these have been suggested to be of importance within the myocardium [95]. Studies on gene-targeted mice suggest that inhibition of cardiac MMP-2 and -9 may be advantageous as it decreases myocardial inflammation and the incidence of cardiac rupture associated with MI [94]. On the other hand, similar gene-targeting strategies were shown to worsen inflammatory cardiomyopathies [96], illustrating the complexity of the MMP system potentially mediating both adaptive and maladaptive responses, at least partly depending on the etiology of HF. Besides transcriptional and translational control and intrinsic regulation by other MMPs, a core regulatory system is provided by TIMPs. A total of four TIMPs have been characterized, and their key function in maintaining ECM homeostasis is supported by studies in various TIMP-deficient mice resulting in worsening or even development of cardiomyopathies [97]. Both MMPs and TIMPs are subject to regulation by classic inflammatory mediators. Thus, several lines of evidence suggest that one core mechanism by which TNFα might influence HF is via its regulation of collagen production and ECM remodeling through regulation of MMP activities [98]. Furthermore, inhibition of TNFα and MMP-2 abolished the cardiomyopathic phenotype in TIMP-3 knockout mice [99]. However, several other inflammatory cytokines may also regulate the balance between MMPs and TIMPs (e.g. various chemokines, IL-1 and TNF-related molecules such as RANKL). More importantly, developing therapeutic approaches that directly inhibit MMP activity is a major challenge in cardiovascular research as well as in other medical disciplines.

TGF-β is a classical profibrotic cytokine and considered a central player in the regulation of fibroblast func-
tion and ECM remodeling in HF, and increased levels of TGF-β are seen in HF. TGF-β resides in the ECM in a latent form but is proteolytically activated by proteases like MMPs due to increments of a wide array of signals generally associated with tissue damage and cellular stress [100]. Stimulation of fibroblasts by TGF-β induces secretion of several ECM components [101]. Several studies have explored the functional consequence of TGF-β in HF, and results from these studies have shown that TGF-β antagonism inhibits fibrotic processes and provides salutary cardiac effects in HF. However, the timing of TGF-β antagonism seems to be of great importance as attenuation of TGF-β signaling in the immediate early phases after MI increased mortality [102]. Moreover, while TGF-β enhances fibrogenesis, it also has potent anti-inflammatory properties, suggesting that the net effect of TGF-β inhibition may be uncertain.

Overall, previous investigations clearly outline a significant role of inflammatory mediators and regulation of the cardiac ECM. However, this interplay has not been extensively studied in the context of HF. Future studies may reveal specific interactions that may pave the road to new treatment modalities.

Conclusions

Chronic HF appears to be accompanied by a persistent rise in inflammatory cytokines. While a sustained overexpression of these cytokines may contribute to progressive LV remodeling and the syndrome of HF, a balanced incidental response may be beneficial, illustrating the challenges in cytokine-modulating therapy. Future studies should identify the crucial actors and their mechanism of action in the immunopathogenesis of chronic HF and in particular, clarify the balance between adaptive and maladaptive effects of these molecules. Forthcoming studies should also try to characterize the immunophenotype in HF more precisely and whether the dysregulation of the cytokine network includes altered homeostatic control, for example by impaired function of regulatory T cells. Such studies are a prerequisite for the development of new treatment strategies in HF which target inflammatory and immunopathogenic mechanisms in this disorder.

References


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