

A Dynamic Study of Rectally Absorbed Ammonia in Liver Cirrhosis Using [¹³N]Ammonia and a Positron Camera

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[¹³N]Ammonia produced by the cyclotron was instilled intrarectally in patients with cirrhosis and other liver diseases to study the turnover of rectally absorbed [¹³N]ammonia. A positron camera connected to an on-line computer system was used for the measurement of sequential changes of ¹³N activity in blood and for coincidence positron imaging of the liver and heart. ¹³N activity over the head was also recorded. Chromatographic analysis of ¹³N-labeled substances in blood was carried out using a Dowex 50Wx8 column at varying times after the administration. In the control, [¹³N]ammonia was absorbed quickly and visualized the liver, whereas in patients with cirrhosis, the lungs and heart were first visualized, and ¹³N activity over the head was also higher. It was suggested that a large proportion of absorbed [¹³N]ammonia bypassed hepatocytes and reached peripheral tissues in cirrhosis. The heart/liver ratio of ¹³N and ¹³N over the head were correlated with various indices of portal hypertension. The relative proportion of nonammonia ¹³N metabolites in blood was lower at 5 and 15 min after administration in cirrhosis, suggesting a reduced capacity of the liver to remove and metabolize ammonia.

Ammonia produced in the gastrointestinal tract is absorbed into the portal circulation and transported to the liver. Most of the absorbed ammonia is removed from the portal blood and converted to urea and glutamine by the liver, keeping the blood ammonia level low in peripheral blood (1). In liver disease, particularly in cirrhosis, some of the absorbed ammonia may reach the systemic circulation as a result of reduced effective hepatic blood flow (intrahepatic shunting), development of portosystemic (extrahepatic) shunts, and impaired metabolism of

ammonia in the liver (2, 3). Thus, blood ammonia concentrations are frequently elevated in hepatic coma and in advanced cirrhosis (4).

Portal circulation and portosystemic shunts have been investigated with various radiological techniques, such as portography (5-8) and intrasplenic or intrarectal injection of radionuclides (9-11). These procedures are of value for the evaluation of portal hemodynamics but not of metabolic function of the liver. The ammonia tolerance test is not very satisfactory for the assessment of the latter, because it is influenced by hemodynamic changes of portal blood flow.

In this study, [¹³N]ammonia produced by the cyclotron was administered intrarectally in patients with cirrhosis and other liver diseases, and dynamic transport of ¹³N to the liver and other organs was

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investigated by coincidence positron imaging, measurement of organ radioactivity, and biochemical analysis of blood ¹³N.

MATERIALS AND METHODS

The 34 patients studied consisted of 19 with liver cirrhosis, 4 with chronic hepatitis, 3 with acute hepatitis in convalescence, 2 with extrahepatic portal hypertension, 1 with idiopathic portal hypertension, and 5 control patients who had recovered from a mild nonhepatic disorder. None of the patients with cirrhosis had encephalopathy at the time of the study. Informed consent to the procedure was obtained from each patient before the study. Diagnosis of liver disease was made by routine liver function tests, laparoscopy, scintiscan, and liver biopsy. The presence of esophageal varices was diagnosed by barium esophagography and esophagoscopy. The size of the spleen was measured on the posterior view of liver scintigraphy, and when the longest axis of the spleen was greater than 13 cm, it was interpreted as "splenomegaly" (12).

[¹³N]Ammonia was produced by the ¹⁶O(p,α)¹³N reaction of H₂O in the cyclotron at the National Institute of Radiological Sciences (NIRS) and subsequent reduction of the generated ¹³N-labeled nitric acid. [¹³N]Ammonia was immediately isolated by distillation into a vessel containing 5 ml of 0.9% (NH₄)₂CO₃ (13). ¹³N is a short-lived positron-emitting isotope (T_{1/2} 10 min) that gives rise to annihilation gamma ray photons with an energy of 511 keV. Therefore, a positron camera recently developed by NIRS was used for the imaging of the liver and heart. It consisted of a focal detector of hexagonal multicrystal array and a conventional Anger-type gamma camera (Toshiba, GCA-202, delayed line type), connecting with an on-line computer system (TOSBAC-3400 model 31).

Some characteristics of the positron camera are: (1) maximum attainable high counting rate of about 2.5–5 kcps, (2) detection efficiency of 0.6–0.9 dots/sec/Ci, (3) spatial resolution of 6–9 mm (FWHM), depending on the distance from the collimator surface of the gamma camera to the source, and (4) area of uniform sensitivity of about 20 cm in diameter at the depth of 20 cm from collimator surface (14).

No dietary restrictions were imposed on patients, and the rectum was cleansed by enema before the procedure. A catheter was inserted approximately 15 cm into the rectum, and 15–30 mCi of [¹³N]ammonia in 5 ml of 0.9% (NH₄)₂CO₃ was instilled. The catheter was immediately flushed with 10 ml of 0.15 M bicarbonate buffer of pH 8.1 (15). Sequential images of the liver and heart were recorded on polaroid films, stored as 32 sec frames of digitalized data and transferred in the magnetic tape in a 32 × 32 matrix form per one frame for a period of 40 min. The localization or area of the liver and heart had previously been determined by ^{99m}Tc-phytate imaging and ^{99m}Tc-phytate angiography, respectively. ¹³N activity was calculated per unit area in a single cross-sectional view of the liver and heart at 5 cm from the anterior skin surface.

Since it was not possible to use the positron camera for the measurement of brain uptake while the liver and heart

were monitored, a detector used in renography with a rate meter (Toshiba, RDU-501) and 2-channel recorder (Yokogawa Type-3047) were positioned over the left temporal region without the rectangular collimator and lead shield, and total activity under the fixed machine condition was measured at 30 min, and the measurement was expressed as kcps per mCi administered. Although inaccurate, it was thought that such measurements might provide additional information regarding extrahepatic turnover of absorbed [¹³N]ammonia.

Blood samples were obtained from an antecubital vein at 5 and 15 min after rectal instillation. Four milliliters of heparinized plasma were passed through Dowex 50Wx8 (column size 1 × 20 cm), and eluted with 20 ml of a pH 6.4, 0.15 M bicarbonate buffer at a flow rate of 4 ml/5 min. Under these conditions, ammonia is adsorbed onto the column, but urea, glutamate, glutamine, and other metabolites of ammonia collectively called "metabolites" hereafter, are not adsorbed (16, 17). In a preliminary study using this column, which has an adsorption capacity of approximately 16 mEq, it was demonstrated that at a load of various amounts of NH₃ up to 5 mEq, 85–90% of NH₃ were adsorbed and 85–90% of nonbasic amino acids eluted in one elution procedure. Eluates from the Dowex 50 column were measured for ¹³N-labeled metabolites and the proportion of ¹³N-labeled metabolites in the eluate was expressed as a percent of the total activity (% ¹³N metabolites). The term "metabolites" is not exact because basic amino acids were not included, and the proportion of the real ¹³N-labeled metabolites should have been somewhat greater than the measurements.

RESULTS

Sequential Positron Imaging of the Liver and Heart. In the control subjects, [¹³N]ammonia was absorbed quickly into the portal vein visualizing the liver shortly after administration. ¹³N activity frequently appeared in the area corresponding to the portal vein, but rather transiently. The positron image of the liver was very much like the liver image obtained by ^{99m}Tc-phytate scintigraphy, while the heart image was very faint or hardly discernible (Figure 1A). The decay-corrected liver activity (counts/cm²) reached a maximum in 10–15 min. The heart activity (counts/cm²) was much lower and increased gradually (Figure 1B).

Figure 2 shows the corresponding imaging and activity curves obtained in a patient with liver cirrhosis who had prominent esophageal varices and marked splenomegaly. The wedged hepatic vein pressure was 370 mm H₂O and 15-min retention of intravenously administered indocyanine green (ICG) was 45% (normal, less than 10%). The radioactivity of the liver was much lower compared to that of the heart. At 5 min from rectal administration, images of the lung and heart became apparent,

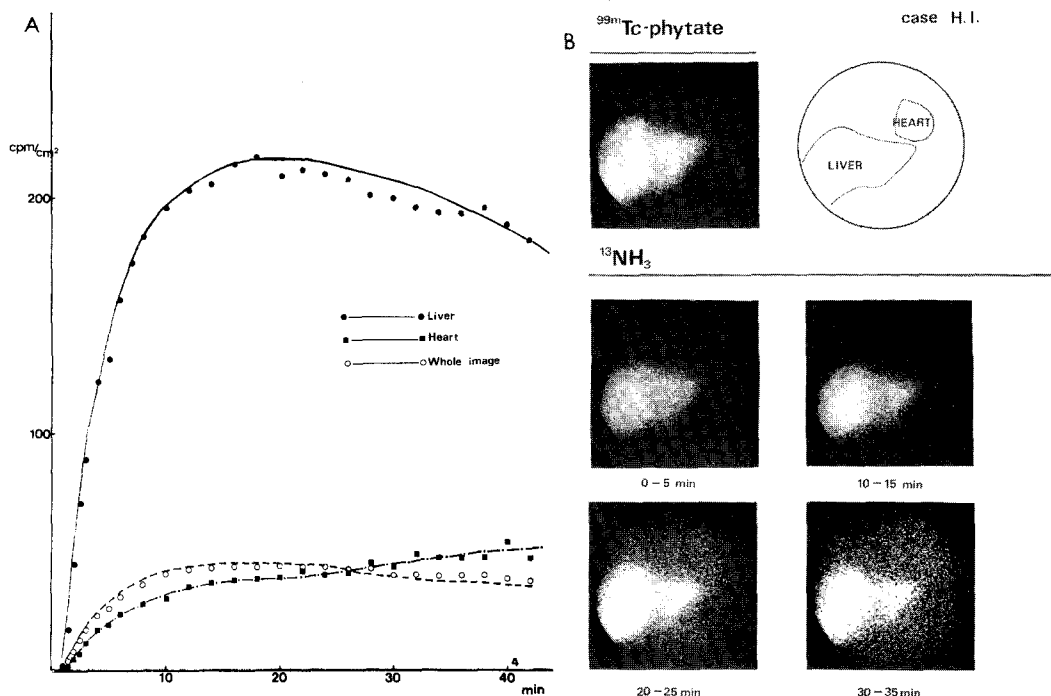


Fig 1. (A) Time course of counts over the liver, heart, and the whole image expressed per square centimeter. (B) Liver images obtained with ^{99m}Tc-phytate and with [¹³N]ammonia in sequence in a control subject.

and the liver was barely discerned at 20 min. The heart took up considerable activity from 10 to 40 min, and myocardium was visualized to an extent similar to the myocardial image obtained by intravenous injection of [¹³N]ammonia (Figure 2A). The

heart activity increased, reaching a maximum in 10–15 min, in parallel with the liver activity (Figure 2B).

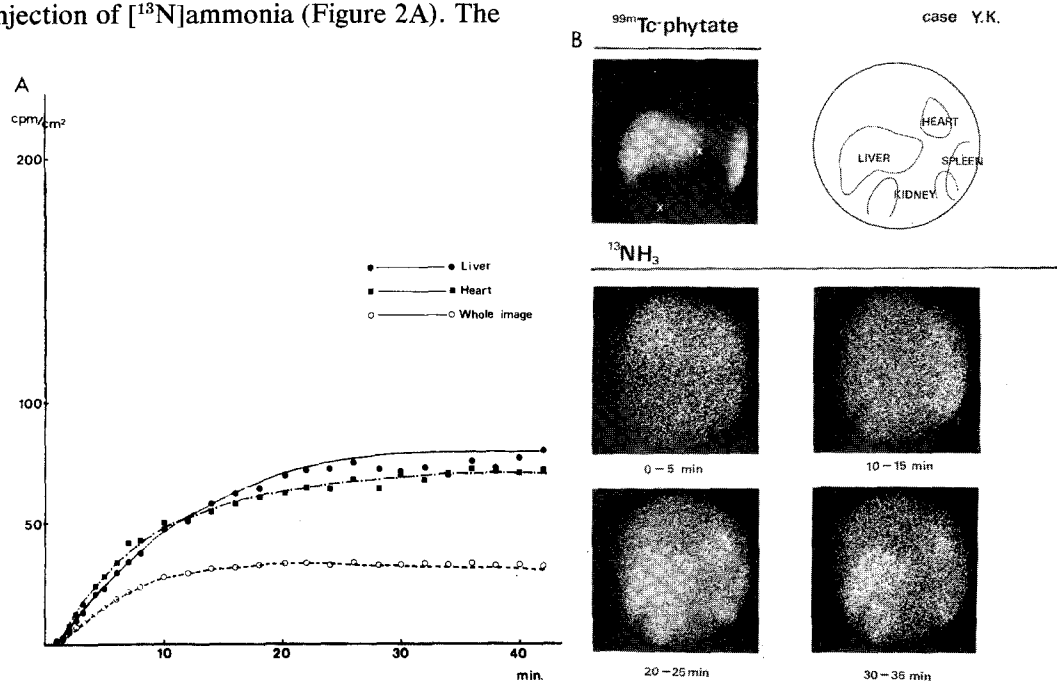


Fig 2. (A) Time course of counts over the liver, heart, and the whole image expressed per square centimeter. (B) Liver images obtained with ^{99m}Tc-phytate and with [¹³N]ammonia in sequence in a cirrhotic patient.

RECTAL [¹³N]AMMONIA IN CIRRHOSIS

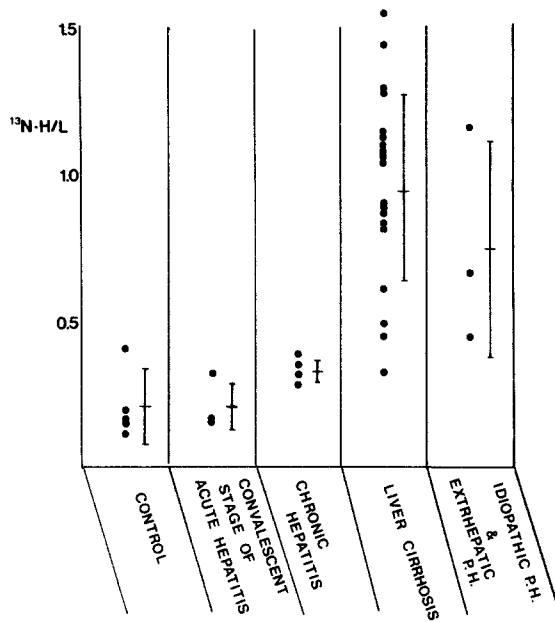
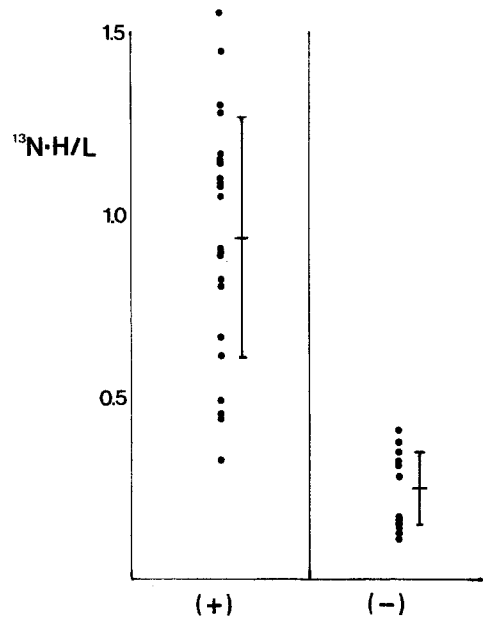


Fig 3. The ratio of ¹³N-heart/liver (H/L) in various liver diseases. Vertical bars represent means and standard deviations.

¹³N-Heart/Liver Ratio. In control subjects, the liver activity was much higher compared with the heart activity, whereas in cirrhotic patients the heart activity was greater. Thus, the cardiac uptake relative to hepatic uptake would make a good indicator of the degree of shunt (and reduction in metabolic disposal of ammonia). We therefore determined the ¹³N-heart/liver ratio at 15 min (¹³N-H/L) after administration (Figure 3). The results demonstrated that ¹³N-H/L was markedly increased in the cirrhotics and in patients with other types of portal hypertension—in control subjects, it was smaller than 0.45. It was suggested that most of the absorbed [¹³N]ammonia would reach the systemic circulation bypassing the hepatocytes and enter the heart muscle. ¹³N-H/L was increased in practically all subjects with demonstrable esophageal varices (Figure 4) and splenomegaly (Figure 5), and the differences from those without varices and splenomegaly were significant (*P* < 0.01). It was not closely correlated with 15-min ICG retention.

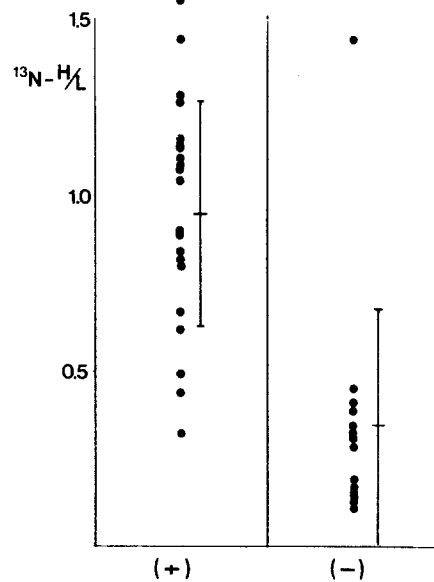
¹³N Activity over the Brain. In 20 subjects studied, ¹³N activity appeared over the head (brain) in about 1 min after administration and reached a maximum at 30 min. The brain activity at 30 min (*B*₃₀) was 1.24–2.7 kcps/mCi in the controls, whereas it was significantly higher in cirrhotic patients, ranging from 2.8 to 11.7 kcps/mCi. Although these measurements were not accurate, there was no overlap be-



ESOPHAGEAL VARICES

Fig 4. Correlation between ¹³N-H/L and esophageal varices. Vertical bars represent means and standard deviations.

tween the two groups. There was a close correlation between *B*₃₀ and [¹³N]H/L (*r* = 0.861, *P* < 0.01) (Fig 6).



SPLENOMEGALY

Fig 5. Correlation between ¹³N-H/L and splenomegaly. Vertical bars represent means and standard deviations.

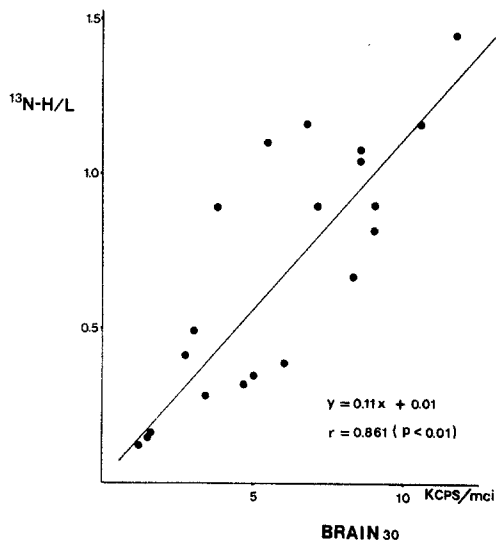


Fig 6. Correlation between ¹³N-H/L and brain uptake of ¹³N at 30 min (Brain₃₀).

Sequential Changes of ¹³N Metabolites in the Blood: In all subjects, ¹³N activity appeared in the blood during the first minute and increased rapidly, reaching a maximum at about 15 min. There was no remarkable difference in the sequential change of total ¹³N-activity in the whole positron image between cirrhotic subjects and controls.

The blood should contain not only [¹³N]ammonia but also other ¹³N-labeled substances, because ammonia is quickly converted to urea and other nitrog-

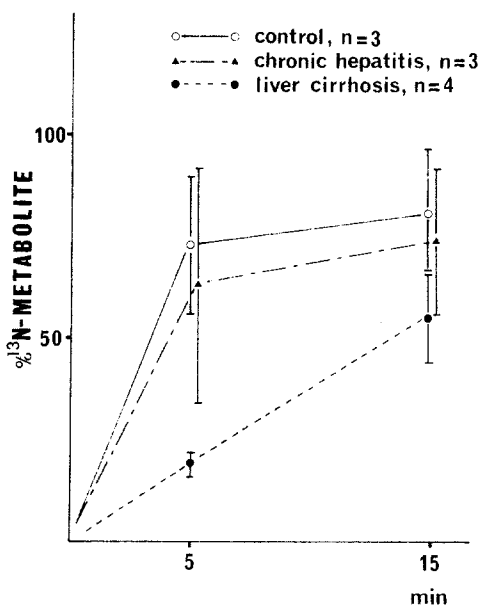


Fig 7. Proportion in percent of ¹³N metabolites in blood 5 min and 15 min after rectal administration of [¹³N]ammonia. Vertical bars represent means and standard deviations.

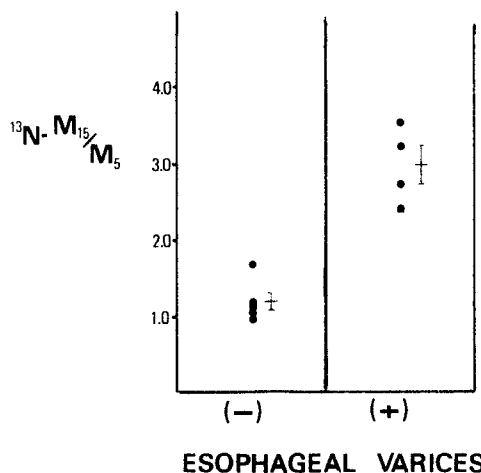


Fig 8. Ratio of percent ¹³N metabolites in blood at 15 min (M₁₅) and at 5 min (M₅) in relation to esophageal varices.

enous compounds by hepatocytes. In fact, ¹³N-labeled nonammonia substances were found in blood in considerable amounts as analyzed by chromatography. Figure 7 represents the percentages of ¹³N metabolites to the total ¹³N activity at 5 and 15 min (M₅ and M₁₅, respectively) after administration. In cirrhotic subjects, the percent of ¹³N metabolites was comparatively low at both times, particularly at 5 min. Thus, ¹³N-M₅ was significantly lower in the cirrhotic patients compared to the controls and other patients, and the percentage of ¹³N metabolites increased thereafter more quickly in the cirrhotics. ¹³N-M₁₅/M₅ correlated well with the presence and absence of esophageal varices ($P < 0.01$) (Figure 8) and with 15-min ICG retention ($r = +0.932$, $P < 0.01$) (Figure 9).

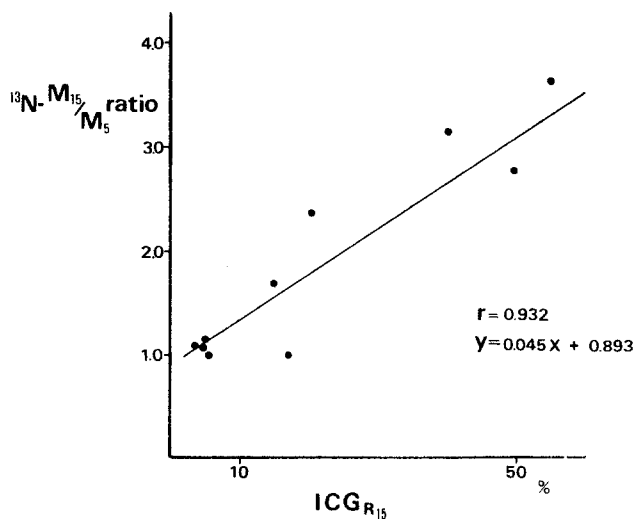


Fig 9. Correlation between ¹³N-M₁₅/M₅ and 15-min retention of indocyanine green (ICG_{R15}).

DISCUSSION

Elevated blood ammonia levels are often associated with the state of reduced consciousness (3, 18), and elevation of ammonia occurs after ingestion of nitrogenous substances in advanced liver cirrhosis (19, 20). It is generally believed that portasystemic shunts are the primary cause of increased blood ammonia levels, and the magnitude of esophageal varices has been reported to correlate with ammonia tolerance test (21-23). Abnormal ammonia tolerance also reflects in some measure the hepatic blood flow and parenchymal function (24, 25).

[¹³N]Ammonia, which is easily produced in the cyclotron, is virtually 100% pure with a high specific activity. With an external counting system suited for the 511-keV annihilation of ¹³N, the dynamic behavior of absorbed [¹³N]ammonia can be studied. [¹³N]Ammonia also has a strong affinity for heart muscle, and has been used chiefly for myocardial perfusion imaging (26, 27). Hazenberg et al. have recently administered [¹³N]ammonia intrarectally and studied sequential changes of the liver and heart images using an Anger-type gamma camera (28, 29). However, the quality of the image obtained by the gamma camera is severely limited, because lead collimation for high energy rays results in considerable image degradation, and the spatial resolution is inadequate for the determination of ¹³N-H/L ratio. The coincidence imaging with a positron camera has the advantage of using electronic rather than mechanical collimation and having a much higher count rate (30). Such differences have clearly been demonstrated by Hoop et al, with their Massachusetts General Hospital positron camera (31). Using our NIRS positron system, a marked difference in the transport of rectally absorbed [¹³N]ammonia was demonstrated between control and cirrhotic subjects. In the latter, with marked varices and liver dysfunction, the lungs and heart were visualized after rectal administration of [¹³N]ammonia before the liver became visible. These abnormalities could be made more quantitative by the measurements of ¹³N-H/L ratio which showed a close correlation with the presence or absence of varices and splenomegaly. The failure of Hazenberg et al (28) to demonstrate increased cardiac uptake of ¹³N after administration in cirrhosis, which they could not explain, could have been due to several factors such as selection of patients with drug-induced cirrhosis, inadequate instrumentation for quantitation of radioactivity, and the use of a neutral to slightly acid [¹³N]ammonia solution.

[¹³N]Ammonia has in the past been mainly used in imaging of myocardium (27, 28, 30, 31). The initial blood clearance is very rapid, the liver being the principal site of uptake, and after 5 min most of the residual ¹³N activity in blood is metabolically fixed nitrogen (32, 33). Myocardial uptake is also very rapid with approximately 90% extraction during a single pass, taking up 2-4% of the injected dose (32-34). [¹³N]ammonia is also taken up by the lung, brain, muscle, kidney, and urinary bladder (34-36). Whereas the major mechanism for the removal of ammonia by nonhepatic organs, such as the heart, muscle, and brain, is glutamine formation via the glutamine synthetase pathway, the most important pathway in the liver is urea formation (37-39).

In liver cirrhosis, peripheral uptake of ammonia is increased in compensation for the reduced capacity of the liver to remove it from blood (40, 41), but such compensation is not sufficient, and blood ammonia concentration continues to be elevated (42). The turnover of ¹³N metabolites may depend upon several factors other than liver function, and in this study, ¹³N-M₁₅/M₅ was correlated both with the clinical indices of portal hypertension such as esophageal varices, and with 15-min ICG retention, an indicator of effective hepatic blood flow. Thus, analysis of individual positron images of the liver and heart, measurement of brain activity, and biochemical analysis of ¹³N compounds in blood provide a clinically important, composite information regarding the degree of portasystemic shunt and metabolic function of the liver.

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