Prospective Clinical Trial for Septic Arthritis

Cartilage Degradation and Inflammation Are Associated with Upregulation of Cartilage Metabolites

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Prospective Clinical Trial for Septic Arthritis: Cartilage Degradation and Inflammation Are Associated with Upregulation of Cartilage Metabolites

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Background. Intra-articular infections can rapidly lead to osteoarthritic degradation. The aim of this clinical biomarker analysis was to investigate the influence of inflammation on cartilage destruction and metabolism. Methods. Patients with acute joint infections were enrolled in a prospective clinical trial and the cytokine composition of effusions (n = 76) was analyzed. Characteristics of epidemiology and disease severity were correlated with levels of cytokines with known roles in cartilage turnover and degradation. Results. Higher synovial IL-1β concentrations were associated with clinical parameters indicating a higher disease severity (p < 0.05) excluding the incidence of sepsis. Additionally, intra-articular IL-1β levels correlated with inflammatory serum parameters (p < 0.05). Conclusions. Infections with Staphylococcus species induced higher IL-1β expression but less cartilage destruction than other bacteria. This trial is registered with DRKS00003536, MISSing.

1. Introduction

Bacterial toxins on chondrocytes causing their death have function and cause pain. Furthermore, they can lead to long-term osteoarthritic degradation, suggesting an association of acute inflammation and a catabolic cartilage metabolism. The regulatory mechanisms behind this are not yet fully understood. Until now, most data available is about the association of chronic inflammatory diseases as rheumatoid arthritis and cartilage degradation, describing causal roles for proinflammatory cytokines such as TNFα, IL-6, or death receptor 3 [1]. Furthermore, direct toxic effects of overlapping functions in regulatory pathways [3]. The interactions between mediators upregulated during infection and cartilage metabolism need to be clarified in order to develop effective interventional strategies. Therefore, the aim of this clinical trial was to correlate parameters defining the severity of inflammation with proteins characterizing cartilage degradation and metabolism. We hypothesized that there is a statistically significant association between certain clinical
symptoms, synovial expression of inflammatory mediators, cartilage degradation, and cytokines with known importance in cartilage metabolism.

2. Material and Methods

2.1. Clinical Trial. The trial was registered (MISSinG, DRKS00003536) and approved by the Ethics Board of the University of Freiburg (AN-EK-FRBG-50/11). All patients participating in this study provided their written consent.

As already described in previous publications [4, 5], a consecutive series of 75 patients treated between April 2011 and November 2012, presenting the clinical symptoms of bacterial joint infection, were recruited for the prospective collection of joint fluid. All patients suffered from pain, swelling, effusion, and elevated inflammatory serological parameters (e.g., C-reactive protein). Effusions from 76 affected joints were included in the analysis. Infections of knee (75%), hip (6.6%), ankle (1.3%), and shoulder (17.1%) were included. Four other patients had to be excluded because of storage-protocol violations (\( = 3 \)) or sudden death because of fulminant lung embolism (\( = , \) no written consent).

2.2. Sample Storage. Effusions were obtained within the first 24 hours after diagnosis during arthroscopy or preoperative puncture and immediately frozen. Specimens were stored in liquid nitrogen until analysis.

nosis and puncture), sex (male/female), body mass index

2.3. Analyzed Parameters. Age (time point of index diagnosis and puncture), sex (male/female), body mass index (BMI), and smoking habits (yes/no) were the epidemiological parameters characterizing the patients. For description of the septic constellation the following serum values were recorded: initial (time point of diagnosis and puncture), maximal and final (time point demission) leucocyte counts, and C-reactive protein (CRP). Furthermore, the degree of systemic inflammation was evaluated using the following parameters: necessity for an intensive care treatment, documented diagnosis of sepsis (fulfilment of clinical sepsis criteria), fulfilment of clinical empyema criteria (synovitis grade 2 [6], detection of intra-articular bacteria, and clinical necessity of recurrent lavage), and necessity of in-hospital treatment. The comorbidities was assessed using the ASA classification (physical status according to the American Society of Anesthesiologists). Furthermore, the preinfectious joint damage was recorded, which was defined as any articular lesion including osteoarthritis. The evaluation of the Kellgren Lawrence Score [7] was based on conventional X-rays and done by 3 independent orthopedic surgeons, resulting in a consensus decision. 81% of isolated bacteria belonged to Staphylococcus species; in the subgroup of patients with knee infections, the portion of isolated Staphylococcus species increased to 86%.

2.4. ELISA and Protein Content. Concentrations of proteins and cytokines determined by the specific ELISAs and the BCA assay were calculated according to the manufacturer’s instructions (RnD, Minneapolis, MN, USA, and Thermo Scientific, Rockford, IL, USA), creating a standard curve and reducing data using a four-parameter logistic (4-PL) curve fit by using GraphPad Prism 5 software (GraphPad Software, Inc., La Jolla, CA, USA). All values were expressed as mean ± standard error of the mean. Regarding the scores calculated according to the Kruskall-Wallis. Multiple comparisons were calculated using a post hoc statistics based on the \( \text{-test according to Mann and Whitney.}

2.5. Data Analysis and Statistics. Concentrations of proteins and cytokines determined by the specific ELISAs and the BCA assay were calculated according to the manufacturers’ instructions (RnD, Minneapolis, MN, USA; Thermo Scientific, Rockford, IL, USA), creating a standard curve and reducing data using a four-parameter logistic (4-PL) curve fit by using GraphPad Prism 5 software (GraphPad Software, Inc., La Jolla, CA, USA). All values were expressed as mean ± standard error of the mean. Regarding the scores calculated according to the Kruskall-Wallis. Multiple comparisons were calculated using a post hoc statistics based on the \( \text{-test according to Mann and Whitney.}

3. Results

3.1. Characterization of Included Patients and Grouping. 75 patients with 76 articular infections were included in a prospective clinical trial. The average age was 59.7 ± 2.5 years, the average BMI was 27.8 ± 0.7, and the ratio of female and male patients was 67.1%/32.9%. The distribution of the ASA classification, characterizing the patient’s comorbidity, was as follows: group 1: 26.3%, group 2: 27.6%, group 3: 42.1%, and group 4: 3.9%. In order to gain a more homogeneous population of patients with each analysis group

3.1 years, the average BMI was 27.5 ± 0.9, and the ratio of female and male patients was 73.7%/26.3% (no statistically significant difference between the analysis groups was 37/22.4%.)
for each item). The distribution of the ASA classification, characterizing the patient’s comorbidity, was as follows: group 1: 29.8%, group 2: 28.1%, group 3: 38.6%, and group 4: 3.5%. All included patients survived, and all infections were successfully treated; two times an arthrodesis was necessary.

### 3.2. Synovial IL-1β levels in relation to Clinical Parameters

**Characterizing the Severity of Infection.** Based on a cluster analysis, the intra-articular IL-1β levels were regarded as increased when the relative expression was higher than 0.005. This correlated with the median. The necessity of intensive care or an in-hospital treatment was associated with increased synovial IL-1β levels in all patients and in the subgroup of septic knee arthritis. In contrast, in case of a clinically documented sepsis, synovial IL-1β concentrations were not elevated. If the patients fulfilled the clinical empyema criteria, the majority had synovial IL-1β levels above the median. Furthermore, a preinfectious joint damage, which was defined as any lesion including osteoarthritis, predisposed to higher intra-articular IL-1β concentrations indicating a higher degree of inflammation. Data is summarized in Table 1. The comorbidity did not influence the degree of inflammatory response; there was no correlation of any CRP level or the synovial IL-1β concentrations with the ASA classification, and the comorbidity was equally distributed in the IL-1β clusters in both all and knee infections.

### 3.3. Association of Relative Intra-Articular IL-1β Levels with Systemic Inflammatory Parameters

To describe the association of joint inflammation and the systemic inflammatory reaction, serum and blood levels of C-reactive protein (CRP) and leucocyte counts were correlated with synovial IL-1β levels. The course of septic arthritis was characterized using the initial, the maximal, and the final (discharge) systemic values. There was no association with the assessments at the time point of discharge, which was expected, because the inflammation was successfully treated. However, both initial and maximal CRP serum concentrations and leucocyte counts correlated with intra-articular IL-1β concentrations. Data is summarized in Table 2. Nitrotyrosine (NO-Tyr) is a known marker of inflammation and NO production, which is also known to be associated with cartilage destruction [8]. Therefore, we have included an analysis of this marker in the study. NO-Tyr failed to show any correlation to clinical, serological, or other secretory inflammatory markers.

### 3.4. Characterizing Cartilage Degradation in Septic Arthritis

Degradation of cartilage is characterized by the release of extracellular matrix products as collagen (collagen type 2 cleavage—C2C) or aggrecan. There was a statistically significant correlation of synovial aggrecan (□ = 0.30 □ = 0.006) and C2C levels (□ = 0.34, □ = 0.002) with initial serum leucocyte counts in all patients. In the subgroup of knee infections only correlations with C2C levels reached statistical significance (□ = 0.45, □ = 0.0005), which could also be shown for the leucocyte count maximum (□ = 0.41, □ = 0.002). Increased serum leucocytes at the time point of discharge were also associated with higher C2C levels. This association reached statistical significance analyzing all patients and the subgroup of knee infections. Reported are the C2C levels relative to the total protein content (Figure 1).

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**Table 1:** The overview shows the relative expression of IL-1β in relation to clinical parameters. ICU: necessity of intensive care treatment; sepsis: fulfilment of clinical sepsis criteria; empyema: fulfilment of clinical empyema criteria; preinfectious joint damage: any lesion including osteoarthritis; in-hospital treatment: the difference to an outpatient treatment (≤ 0.005, □-test; ICU: intensive care unit, n.s.: not significant).

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Group</th>
<th>□ (yes/no)</th>
<th>High IL-1β — yes (%)</th>
<th>High IL-1β — no (%)</th>
<th>□</th>
</tr>
</thead>
<tbody>
<tr>
<td>ICU</td>
<td>All</td>
<td>22/54</td>
<td>59.1</td>
<td>29.6</td>
<td>0.008</td>
</tr>
<tr>
<td></td>
<td>Knees</td>
<td>16/41</td>
<td>56.3</td>
<td>29.3</td>
<td>0.029</td>
</tr>
<tr>
<td>Sepsis</td>
<td>All</td>
<td>12/64</td>
<td>58.3</td>
<td>34.4</td>
<td>n.s.</td>
</tr>
<tr>
<td></td>
<td>Knees</td>
<td>8/49</td>
<td>50.0</td>
<td>34.7</td>
<td>n.s.</td>
</tr>
<tr>
<td>Empyema</td>
<td>All</td>
<td>47/29</td>
<td>51.1</td>
<td>17.2</td>
<td>0.0016</td>
</tr>
<tr>
<td></td>
<td>Knees</td>
<td>34/23</td>
<td>47.1</td>
<td>21.7</td>
<td>0.025</td>
</tr>
<tr>
<td>Preinfectious joint damage</td>
<td>All</td>
<td>50/26</td>
<td>48.0</td>
<td>19.2</td>
<td>0.007</td>
</tr>
<tr>
<td></td>
<td>Knees</td>
<td>37/20</td>
<td>43.2</td>
<td>25.0</td>
<td>n.s.</td>
</tr>
<tr>
<td>In-hospital treatment</td>
<td>All</td>
<td>69/7</td>
<td>42.0</td>
<td>0.0</td>
<td>0.014</td>
</tr>
<tr>
<td></td>
<td>Knees</td>
<td>51/6</td>
<td>41.2</td>
<td>0.0</td>
<td>0.024</td>
</tr>
</tbody>
</table>

**Table 2:** Association of relative intra-articular IL-1β levels with systemic inflammatory parameters (n.s.: not significant).

<table>
<thead>
<tr>
<th>Initial leucocyte count</th>
<th>All</th>
<th>□</th>
<th>Spearman □</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knees</td>
<td>54</td>
<td>0.26</td>
<td>0.031</td>
</tr>
<tr>
<td>Initial CRP</td>
<td>All</td>
<td>71</td>
<td>0.29</td>
</tr>
<tr>
<td>Knees</td>
<td>54</td>
<td>0.23</td>
<td>0.049</td>
</tr>
<tr>
<td>Maximal leucocyte count</td>
<td>All</td>
<td>61</td>
<td>0.28</td>
</tr>
<tr>
<td>Knees</td>
<td>47</td>
<td></td>
<td>n.s.</td>
</tr>
<tr>
<td>Maximal CRP</td>
<td>All</td>
<td>61</td>
<td>0.30</td>
</tr>
<tr>
<td>Knees</td>
<td>47</td>
<td></td>
<td>n.s.</td>
</tr>
<tr>
<td>Discharge leucocyte count</td>
<td>All</td>
<td>61</td>
<td>—</td>
</tr>
<tr>
<td>Knees</td>
<td>47</td>
<td></td>
<td>n.s.</td>
</tr>
<tr>
<td>Discharge CRP</td>
<td>All</td>
<td>61</td>
<td>—</td>
</tr>
<tr>
<td>Knees</td>
<td>47</td>
<td></td>
<td>n.s.</td>
</tr>
</tbody>
</table>
Increased blood leucocyte counts correlate with intra-articular collagen type II degradation.

![Graph showing the correlation between increased leucocyte counts and collagen type II cleavage levels.](Image 1)

Figure 1: Increased serum leucocytes at time point of diagnosis were associated with higher collagen type 2 cleavage levels (C2C), a cartilage breakdown product. This reached statistical significance analyzing all patients and the subgroup of knee infections. Reported are the C2C levels relative to the total protein content.

There was also a positive correlation of C2C concentrations with intra-articular IL-1 levels (\( r = 0.34 \), n.s.), which also characterize synovial inflammation. This could be confirmed in the subgroup of knee infections. An increasing Kellgren Lawrence Score (KLS), which radiologically defines the progress of osteoarthritis (OA), was associated with enhanced C2C levels in septic knee arthritis (\( r = 0.049 \), Figure 2). The distribution of KLS was 18.0% grade 0, 34.4% grade 1, 27.9% grade 2, 18.0% grade 3, and 1.6% grade 4. OA was considered as a preinfectious joint damage, which was also characterized synovial inflammation. This could be associated with a higher degree of inflammation (synovial IL-1 concentrations). Although the regulation pattern was similar for aggrecan, the values failed to reach statistical significance.

3.5. Correlation of Proinflammatory IL-1 with the Mediators of Cartilage Metabolism bFGF, CD105, BMP-2, and BMP-7 and the Anti-Inflammatory Marker IL-10. Since intraarticular concentrations of IL-1 characterized the clinical relevance and severity of septic arthritis, the correlations to cytokines with known roles in chondrocyte anabolism or catabolism were analyzed, searching for the interaction between inflammation and cartilage metabolism. Whereas statistically significant correlation of IL-1 with IL-10 (\( r = 0.16 \), n.s.), no correlation was found for CD105 (\( r = 0.002 \), n.s.). This was found for a cartilage breakdown product. The same association was further calculated based on the concentrations of bFGF, BMP-2, and BMP-7 with rising IL-1 levels. The \( r \)-test defining statistical significance for the different clusters of IL-1 (Figure 3), showing increasing

![Graph showing the correlation between IL-1 levels and BMP-2 expression.](Image 2)

Figure 2: An increasing Kellgren Lawrence Score (KLS), defining progress of osteoarthritis, was associated with enhanced collagen type 2 cleavage levels (C2C), defining cartilage degradation, in septic knee arthritis (\( r = 0.049 \). The group KLS 3 includes one case with a KLS = 4. Reported are the C2C levels relative to the total protein content.

![Graph showing the correlation between IL-1 levels and BMP-7 expression.](Image 3)

Figure 3: Increased synovial IL-1 levels were associated with enhanced bFGF, BMP-2, and BMP-7 concentrations in septic knee arthritis (\( r = 0.03 \), n.s.). All protein levels were analyzed relative to the synovial total protein content.

<table>
<thead>
<tr>
<th>BMP-7</th>
<th>( r = 0.03 ), n.s.</th>
</tr>
</thead>
<tbody>
<tr>
<td>bFGF</td>
<td>( r = 0.001 ), n.s.</td>
</tr>
<tr>
<td>BMP-2</td>
<td>( r = 0.01 ), n.s.</td>
</tr>
</tbody>
</table>
3.6. Influence of Bacterial Strain. In order to analyze the influence of the bacteria species on the inflammatory reaction and cartilage destruction 3 groups were defined: no detection
of bacteria (group $1, □ = 44$), *Staphylococcus* species (group $2, □ = 23$), and other bacteria species (group $3, □ = 9$).

Infections with *Staphylococcus* species induced the highest expression of IL-1β (Figure 4(a)). An ANOVA was used as a screening test, showing statistically significant differences only between group 1 (no) and group 2 (*Staph. species*), which was confirmed by the direct comparison $\square < 0.001$).

The anti-inflammatory IL-10 showed a different regulatory pattern with highest levels in the group with other bacteria (Figure 4(b)). Although the ANOVA showed again statistically significant differences between group 3 and both other groups, the direct comparison could only confirm this for groups 1 and 3 ($□ = 0.002$ and 0.024, resp.). There were no differences for the expression of CD105, bFGF, BMP-2, and BMP-7 between the groups.

### 4. Discussion

The study’s main findings are that synovial IL-1β levels appear to be a reliable tool to measure the severity and clinical
relevance of septic arthritis. Collagen type II cleavage products (C2C) characterize cartilage degradation during acute joint infection better than other matrix breakdown products. Moreover, there is a positive correlation of the degree of intra-articular inflammation with upregulation of bFGF, BMP-2, and BMP-7, representing markers of cartilage metabolism. Regulation of inflammation and cartilage destruction are specifically associated with certain types of bacteria.

Bacterial septic arthritis is frequently found in patients with a high comorbidity, can lead to joint destruction, and is associated with a high mortality. Synovial concentrations of the proinflammatory markers TNF-α, IL-1β, and IL-6 are elevated in the course of disease, in which TNF-α was a better indicator to discriminate bacterial arthritis from other inflammatory arthritis [9]. The clinical relevance of intra-articular IL-1β levels could be confirmed by our data, showing an association with systemic inflammatory parameters like serum leucocyte counts and serum CRP-levels. This has patients undergoing surgical cartilage regenerating procedures [10]. Furthermore, elevated synovial IL-1β, vels were been demonstrated before in the postoperative follow-up of more frequently found in patients with necessity of intensive care or in-hospital treatment and clinical empyema signs. In contrast, this could not be shown for patients with clinical sepsis signs. This indicates that sepsis in general seems to be associated with physical conditions beyond joint infection. Comorbidity, for example, associated with drug abuse or immunosuppression, which was not decisive in the course of the disease [11].

The phenomena of synovial inflammation and cartilage destruction occur within the same time frame as shown by the parallel upregulation of inflammatory cytokines and breakdown products of the extracellular matrix. This was found in different studies investigating osteoarthritis [12], psoriatic arthritis [13], and trauma [14] in humans, and different other conditions including septic arthritis in animals [15]. Our data indicate that collagen type 2 cleavage products (C2C), which possess pharmacodynamic and physiological relevance for cartilage degradation [16], are a more reliable parameter characterizing cartilage degradation in septic arthritis compared to aggrecan. However, the levels of this matrix component were closely related to the development of osteoarthritis without acute infection [17]. The interactions between bacterial infection, upregulation of IL-1β and IL-6, chondrocyte apoptosis, and cartilage degradation have been earlier described in vitro, however, the analysis of the molecular basis of the interaction of proinflammatory parameters, matrix degradation, and cartilage metabolism in a human clinical trial was missing. On the other hand, the potential benefits of IL-1 inhibition applying IL-1 receptor-antagonist have been highlighted in a clinical trial attenuating the posttraumatic inflammation [18]. Furthermore, there are several studies investigating the possible beneficial effect for corticosteroids in septic arthritis showing promising data, but—similar to what is seen for specific inhibition of inflammatory mediators—current studies do not provide evidence of higher level for treatment efficacy [19]. The hypothesis that there is a relation of acute bacterial inflammation and cartilage degradation as well as
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trial were summarized in groups, showing that inflammation caused by *Staphylococcus* species is associated with a high expression behind this effect cannot be clarified based on this observational study.

Although the time of analysis was defined and prospectively correlated with clinical signs of inflammation, we only present values of a single sample without time courses. This cross-sectional character of the presented analysis certainly limits the interpretation of the results. Furthermore, it is an observational study, which does not allow drawing conclusions with regard to biochemical or physiological interactions. Furthermore, typical limitations of a clinical study have to be taken into account. This includes the limited number and a high diversity of the examined patient population. The ASA classification is a reliable instrument to classify the health status but does not evaluate different metabolic elimination characteristics, for example, seen in kidney or liver failure, which possibly also exhibits an influence on the concentrations of the measured cytokines.

In conclusion, articular infection and synovial inflammation are bacteria-specific and have direct influence on cartilage metabolism. Collagen type II cleavage products reliably mark destruction, which is associated with upregulation of typical cartilage turnover cytokines as bFGF, BMP-2, and BMP-7.

**Competing Interests**

The authors declare that they have no competing interests.
Acknowledgments

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