中文題目：嗜中性球與淋巴球的比率可作為慢性C型肝炎接受長效型干擾素合併ribavirin 治療的預後因子

英文題目：Neutrophil-to-lymphocyte ratio as a predictor for response to peginterferon plus ribavirin therapy for chronic hepatitis C

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Background: Neutrophil-to-lymphocyte ratio (NLR) is a novel-potential marker to determine systemic inflammation and being measured routinely in peripheral blood. This ratio has been demonstrated as an important prognostic factor in patients with cancer and coronary artery disease as well as liver cirrhosis. We aimed to determine whether the NLR could be a predictor for antiviral response in patients with chronic hepatitis C.

Methods: From January 2010 to October 2012, a total of 602 consecutive chronic hepatitis C patients who achieved 80/80/80 adherence of response-guided therapy with peginterferon plus ribavirin were recruited. The NLR was related to baseline clinical and virological features and to the treatment outcome.

Results: A sustained virological response (SVR) was achieved in 458 (76%) of patients. High NLR ($\geq$1.42) was found to be associated with higher prevalence of DM (P=0.039) and higher hepatitis C viral load (P=0.002) and white cell count (P<0.001). The NLR was significantly lower in patients with rapid virological response (RVR) and SVR compared to those without (P=0.032 and 0.034, respectively). However, NLR was not an independent factor by stepwise logistic regression analysis. In the subgroup analysis for genotype non-1 patients, high NLR ($\geq$1.42) (odds ratio, 0.494, P=0.038) was an independent poor predictor for SVR.

Conclusions: NLR is a simple and easily accessible marker to predict response to peginterferon plus ribavirin therapy for chronic hepatitis C.