Alcohol and cancer: genetic and nutritional aspects

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Chronic alcohol consumption is a major risk factor for cancer of the upper aero-digestive tract (oropharynx, hypopharynx, larynx and oesophagus), the liver, the colo-rectum and the breast. Evidence has accumulated that acetaldehyde is predominantly responsible for alcohol-associated carcinogenesis. Acetaldehyde is carcinogenic and mutagenic, binds to DNA and protein, destroys the folate molecule and results in secondary cellular hyper-regeneration. Acetaldehyde is produced by mucosal and cellular alcohol dehydrogenase, cytochrome P450 2E1 and through bacterial oxidation. Its generation and/or its metabolism is modulated as a result of polymorphisms or mutations of the genes responsible for these enzymes. Acetaldehyde can also be produced by oral bacteria. Smoking, which changes the oral bacterial flora, also increases salivary acetaldehyde. Cigarette smoke and some alcoholic beverages, such as Calvados, contain acetaldehyde. In addition, chronic alcohol consumption induces cytochrome P450 2E1 enzyme activity in mucosal cells, resulting in an increased generation of reactive oxygen species and enhanced procarcinogen activation, modulation of cellular regeneration and nutritional deficiencies. Deficiencies of riboflavin, Zn, folate and possibly retinoic acid may further enhance alcohol-associated carcinogenesis. Finally, methyl deficiency as a result of multiple alcohol-induced changes leads to DNA hypomethylation. A depletion of lipotropes, including methionine, choline, betaine and S-adenosylmethionine, as well as folate, results in the hypomethylation of oncogenes and may lead to DNA strand breaks, all of which are associated with increased carcinogenesis.

Chronic alcohol consumption: Cancer: Acetaldehyde: Cytochrome P450 2E1: Alcohol–nutrient interactions

Chronic excessive alcohol consumption is a strong risk factor for cancer of the upper aero-digestive tract (oral cavity, pharynx, hypopharynx, larynx and oesophagus), the liver, the colo-rectum and the breast. A great number of epidemiological studies have demonstrated the correlation between alcohol ingestion and the occurrence of cancer in these organs (Seitz et al. 1998). These studies clearly show that the ingestion of all types of alcoholic beverage is associated with an increased cancer risk, which suggests that ethanol is the common ingredient that causes this effect. The exact mechanism of ethanol-associated carcinogenesis has remained obscure, since ethanol is not a carcinogen. Multiple mechanisms are involved in alcohol-associated cancer development, including the effect of acetaldehyde (AL; the first metabolite of ethanol oxidation), the induction of cytochrome P450 2E1 (CYP2E1) leading to the generation of reactive oxygen species and enhanced procarcinogen activation, modulation of cellular regeneration and nutritional deficiencies. These mechanisms have been the subject of recent reviews (Seitz et al. 1998, 2001).

In the present paper major emphasis is given to the most recent observations contributing to the elucidation of the mechanisms involved in alcohol-associated carcinogenesis, such as genetic factors and alcohol–nutrient interactions, and in particular the role of AL as a carcinogen. However, it is beyond the scope of the present paper to discuss all the possible mechanisms in detail.

Abbreviations: AL, acetaldehyde; ADH, alcohol dehydrogenase; ALDH, acetaldehyde dehydrogenase; CYP2E1, cytochrome P450 2E1; RA, retinoic acid; ROL, retinol.
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Acetaldehyde and ethanol-associated carcinogenesis

AL is a carcinogen. There is increasing evidence that AL rather than alcohol is responsible for the co-carcinogenic effect of alcohol (Seitz et al. 2001). In the gastrointestinal tract AL can be generated from ethanol through the action of mucosal and/or bacterial alcohol dehydrogenase (ADH; Seitz & Oneta, 1998). AL is highly toxic, mutagenic and carcinogenic. AL interferes with DNA synthesis and repair at many sites and can consequently result in tumour development (Anonymous, 1985). Numerous in vitro and in vivo experiments in prokaryotic and eukaryotic cell cultures and in animal models have shown that AL has direct mutagenic and carcinogenic effects. It causes point mutations in the hypoxanthine-guanine-phosphoribosyl transferase locus in human lymphocytes, induces sister chromatid exchanges and cross-chromosomal aberrations (Dellarcio, 1988; Helander & Lindahl-Kiessling, 1991). It induces inflammation and metaplasia of the tracheal epithelium, delays cell cycle progression and enhances cell injury associated with hyper-regeneration (Seitz et al. 2001). Thus, when AL was administered in drinking water to rodents the mucosa lesions that were observed (Homann et al. 1997b) resembled those that resulted from chronic alcohol ingestion (Simonowski et al. 1993). It has also been shown that AL interferes with the DNA repair machinery. AL directly inhibits O6-methyl-guanyltransferase, an enzyme important for the repair of adducts caused by alkylating agents (Espina et al. 1988). Moreover, when AL is inhaled it causes naso-pharyngeal and laryngeal carcinoma (Woutersen et al. 1986). According to the International Agency for Research on Cancer there is sufficient evidence to identify AL as a carcinogen in animals (Anonymous, 1985). AL also binds rapidly to cellular proteins and DNA, which results in morphological and functional impairment of the cell and an immunological cascade reaction. The binding to DNA and the formation of stable adducts represent one mechanism by which AL could trigger the occurrence of replication errors and/or mutations in oncogenes or tumour suppressor genes (Fang & Vaca, 1995). The occurrence of stable DNA adducts has been shown in different organs of alcohol-fed rodents and in leucocytes of alcoholics (Fang & Vaca, 1997). Moreover, it has been shown recently that the major stable DNA adduct N2-ethyldeoxyguanosine can indeed be used efficiently by eukaryotic DNA polymerase (Matsuda et al. 1999). These AL-associated effects occur at AL concentrations of 40–1000 μM, similar to concentrations observed in human saliva following alcohol ingestion (Hommann et al. 1997a).

Recent evidence of the causal role of AL in ethanol-associated upper aero-digestive tract carcinogenesis derives from genetic linkage studies in alcoholics. Individuals who accumulate AL, as a result of polymorphism and/or mutation in the gene coding for enzymes responsible for AL generation and detoxification, have been shown to have an increased cancer risk. In Japan, as in other Asian countries, a high percentage of individuals have a mutation of the acetaldehyde dehydrogenase (ALDH)-2 gene. In man there are at least four to five ALDH isoenzyme classes. Mitochondrial ALDH2 is primarily responsible for AL oxidation. The human ALDH2 enzyme is polymorphic, having two allelic forms, ALDH2*1 and ALDH2*2. ALDH2*2 is a result of a single point mutation in chromosome 6 coding the normal ALDH2*1 allele. Individuals homozygous for the mutated ALDH2*2 allele have no ALDH2 activity, whereas heterozygous individuals with the ALDH2*1,2 genotype have 30–50% of normal ALDH2 activity only. Blood AL levels of ALDH2*2 homozygous individuals are six to twenty times higher than those of ALDH2*1 individuals in whom AL is hardly detectable after alcohol consumption. The elevated AL concentrations cause unpleasant side effects (flush syndrome), which protect those individuals from alcoholism. However, heterozygous individuals may become heavy drinkers or even alcoholics (Seitz et al. 2001).

In a series of publications Yokoyama et al. (1996, 1999) were the first to report that in Japanese subjects the heterozygous mutation of the ALDH2 gene (ALDH2*1,2), which leads to elevated serum AL levels, is a strong risk factor for oesophageal cancer in both every-day drinkers and alcoholics. A comprehensive study of the ALDH2 genotype and cancer prevalence in Japanese alcoholics showed that the frequency of inactive ALDH2 increased remarkably among alcoholics with cancer of the oral cavity, oro-pharynx, hypopharynx, larynx, oesophagus and colo-rectum (Yokoyama et al. 1998; Seitz et al. 2001). It is important to note that these individuals also had high AL levels in their saliva (Vakevainen et al. 2000).

In addition to the mutation of the ALDH2 gene, polymorphisms of ADH2 and ADH3 also result in elevated AL levels. While the ADH2*2 allele encodes for an enzyme that is approximately forty times more active than that encoded by the ADH2*1 allele, the ADH3*1 allele encodes for an ADH 2.5 times more active than that encoded by the ADH3*2. ADH2*2 allele frequency is high in Asians but low in Caucasians. It protects from alcoholism because of the high levels of AL produced and its toxic side effects (Borras et al. 2000; Seitz et al. 2001). As Caucasians have a low ADH2*2 allele frequency and a lack of ALDH2 mutations, it is possible to investigate ADH3 polymorphism and its role in alcohol-associated carcinogenesis in this population.

Studies of ADH3 polymorphism and upper aero-digestive tract cancer in Caucasians have shown contradictory results. Although an increased risk of oro-pharyngeal and laryngeal cancer in individuals with the ADH3*1 allele has been reported (Coutelle et al. 1997; Harty et al. 1997), other case–control epidemiological studies have not been able to confirm such an association (Olshan et al. 2001; Sturgis et al. 2001). In a study of 187 alcoholic patients with oro-pharyngeal, laryngeal, hypopharyngeal and oesophageal cancer, in which their ADH3 genotype was compared with that of age-matched alcoholics without cancer an increased cancer risk was found in individuals with the ADH3*1 allele (Stickel et al. 2003). Furthermore, individuals homozygous for ADH3*1 were found to have elevated salivary AL levels (Li et al. 2001), which may explain why they have an increased cancer risk, since AL comes into direct contact with the mucosa and may act as described earlier. Also, it is interesting to note that AL-fed rats showed a severe hyper-regeneration of the upper gastrointestinal mucosa (Hommann et al. 1997b), which is
very similar to the morphological changes observed after chronic alcohol consumption (Simanowski et al. 1993). These changes were observed only when the animals had intact salivary glands (Simanowski et al. 1993). After sialoadenectomy this proliferation disappeared, which supports the hypothesis that salivary AL is involved in carcinogenesis. Furthermore, it has been shown that chronic alcohol consumption alters salivary morphology and function (Maier et al. 1986).

AL can also be produced by oral bacteria. AL can be detected in the saliva of healthy volunteers after ingestion of a moderate dose of alcohol, and the levels are ten to twenty times higher than those in systemic blood, even at higher alcohol intakes (Hommann et al. 1997a). Salivary AL concentrations following ethanol ingestion can be considerably reduced by using an antisepsic mouthwash such as chlorhexidine before alcohol intake, which emphasizes the important role of oral bacteria in AL production (Hommann et al. 1997a). It has been shown that alcoholics with oropharyngeal cancer have very high salivary AL concentrations (Jokelainen et al. 1997). These high levels may be present as a result of bacterial AL production associated with smoking (Hommann et al. 2000) and poor oral hygiene (Hommann et al. 2001), both of which are frequently observed in alcoholics. Very recently it was shown that smoking changes the oral bacterial flora rapidly from Gram-negative to Gram-positive bacteria, which leads to AL concentrations that are 50–60% higher than those observed in non-smokers (Salaspuro, 2003). Indeed, Gram-positive bacteria are capable of producing much higher levels of AL than Gram-negative bacteria. In addition, Candida albicans, which is also frequently present in smokers, converts alcohol into AL (Salaspuro, 2003). The data imply that after moderate alcohol intake smokers produce higher AL concentrations compared with non-smokers. In addition, poor oral hygiene is associated with bacterial overgrowth, parodontitis and caries and also increases salivary AL concentrations, very frequently associated with Candida albicans. Moreover, the non-pathogenic Neiseria species isolated from oral cavity also produce AL (Salaspuro, 2003).

**Induction of cytochrome P450 2E1 and ethanol-associated carcinogenesis**

Chronic alcohol consumption leads to the induction of CYP2E1 enzyme activity, which leads to the conversion of ethanol to AL. This cytochrome is also involved in the metabolism of various xenobiotics, including procarcinogens. It has been shown that in the liver the concentration of CYP2E1 can be correlated with the generation of hydroxyethyl radicals and thus with lipid oxidation (Albano & Clot, 1996). The induction of CYP2E1 results in enhanced hepatic injury and the inhibition of CYP2E1 is associated with an improvement in these lesions (Gouillon et al. 2000). These effects have been attributed mainly to stimulation and inhibition respectively of free radical formation. The role of CYP2E1 induction in cellular injury has been studied in detail in the liver. It has also been shown that chemically-induced oesophageal carcinosogenesis is stimulated by concomitant chronic alcohol administration leading to an increase of free radicals. This process is inhibited by α-tocopherol, demonstrating that antioxidant treatment is effective in experimentally-induced carcinosogenesis (Eskelson et al. 1993). Induction of CYP2E1 also increases the conversion of various xenobiotics, including procarcinogens (nitrosamines, aflatoxin, vinylchloride, polycyclic hydrocarbons, hydrazines), to their corresponding carcinogens (Seitz & Oswald, 1992). It is believed that this induction process plays a major role in experimentally-induced chemical carcinogenesis. Although polymorphism of CYP2E1 has been documented, it does not seem to play an important role in cancer development in the alcoholic. However, the induction of CYP2E1 activity occurs at relatively low levels of alcohol (40 g/d), and at these levels of intake induction is already apparent after 1 week, although the extent varies inter-individually. Some individuals exhibit a very low extent of induction of CYP2E1 activity, whereas others show a high extent of induction (Oneta et al. 2002). Thus, it could well be that the variation in the extent of induction of CYP2E1 activity may modulate alcohol-associated carcinosogenesis in man.

**Nutritional deficiencies and their role in ethanol-associated carcinogenesis**

**Retinoids**

Interference with vitamin A metabolism and its nutritional status is one of the major alterations caused by alcohol (Crabb et al. 2001; Wang, 2001). Lower hepatic vitamin A levels in alcoholics have been well documented (Leo & Lieber, 1982). Several mechanisms have been proposed to explain how ethanol might interfere with retinoid metabolism in the liver. Ethanol lowers hepatic retinoid levels through increased catabolism of retinol (ROL) and retinoic acid (RA) into more polar metabolites (Leo & Lieber, 1982; Sato & Lieber, 1982; Wang et al. 1998; Liu et al. 2001). Ethanol increases vitamin A mobilization from the liver to other organs, as indicated by increased vitamin A concentration in extrahepatic tissues after chronic alcohol consumption (Leo et al. 1986; Mobaran et al. 1991). In addition, alcohol acts as a direct competitive inhibitor of ROL oxidation to RA in the liver and other tissues. These alcohol-induced changes result in decreased hepatic levels of ROL and retinyl esters, which are precursors of RA, the most active form of vitamin A and a ligand for retinoid receptors. RA plays an important role in controlling cell growth, differentiation and apoptosis, and is of potential clinical interest in cancer chemo-prevention and treatment (Lippman & Lotan, 2000). Thus, interference by ethanol in RA metabolism has an important impact on the aetiology, prevention and treatment of alcohol-related disease.

As already mentioned, chronic alcohol consumption induces the activity of hepatic cytochrome P450 enzymes (Lieber, 1994b), and these enzymes, predominantly CYP2E1, are involved in ROL and RA metabolism. In a recent study by Liu et al. (2002) treatment of rats with high-doses of ethanol led to a reduction in hepatic ROL and retinyl ester concentrations and the occurrence of several polar retinoid metabolites, when compared with rats pair-fed with an isonegic control diet containing the
same amount of vitamin A. Chlormethiazole, an efficient inhibitor of CYP2E1, can prevent this ethanol-enhanced metabolism of ROL and RA in rats (Liu et al. 2001, 2002). Chlormethiazole also reduces the formation of oxidative polar metabolites of ROL (Liu et al. 2002). These data support the fact that both ROL and RA are metabolized by CYP2E1, at least in the liver. CYP2E1 is the key mechanism for the ethanol-enhanced catabolism of retinoids in hepatic tissue that occurs after treatment with alcohol.

Since in man induction of CYP2E1 activity occurs 1 week after the ingestion of ethanol and the disappearance of CYP2E1 occurs 3–8 d after ethanol withdrawal (Oneta et al. 2002), it is possible that induction of CYP2E1 enzyme activity in chronic intermittent drinking could continue to be a factor in the metabolism of ROL and RA, even after alcohol is cleared. This process may provide a possible explanation for why chronic and excessive alcohol intake is a risk not only for hepatic, but also for extra-hepatic, cell proliferation and carcinogenesis, since it has been reported that CYP2E1 is also present and inducible by alcohol in the oesophagus, stomach and surface epithelium of the proximal colon (Shimizu et al. 1990). The restoration of vitamin A levels by chlormethiazole also provides a possible mechanism for the protective effect of chlormethiazole in ethanol-induced liver injury (Gouillon et al. 2000).

It has been shown that hepatocytes become hyperproliferative after chronic ethanol treatment (Halsted et al. 1996; Chung et al. 2001, 2002), which may contribute to ethanol-induced disease. Recent studies have demonstrated that the restoration of ethanol-lowered RA levels to normal levels alters hepatocyte proliferation and apoptosis in alcohol-fed rats (Chung et al. 2001, 2002), indicating that retinoids could protect against alcohol-induced diseases.

The interaction between ethanol and retinoid signalling may involve several mechanisms. First, retinoid receptors function as ligand-dependent transcription factors, thereby activating the transcription of a series of genes with distinct anti-proliferative activity and tumour suppressor function. The expression of the retinoid receptor β gene, a tumour suppressor, is down regulated by alcohol (Grummer & Zachman, 2000) and RA supplementation increases the level of retinoid-responsive mitogen-activated kinase phosphatase-1 in the liver of ethanol-fed rats (Chung et al. 2002). This induction of mitogen-activated kinase phosphatase-1 attenuated the ethanol-induced phosphorylation of Jun N-terminal kinases, which have been shown, using a multi-step carcinogenesis model in mice lacking the Jun N-terminal kinase 2 gene, to be required for tumorigenesis (Chen et al. 2001). Thus, down-regulation of specific retinoid acid receptors or a lack of retinoid acid as a result of excessive alcohol intake could interfere with retinoid signal transduction, resulting in enhanced cell proliferation and potentially malignant transformation (Lippman & Lotan, 2000).

Second, it has been shown that the low levels of RA in the liver associated with chronic alcohol consumption lead to a 10-fold increase in activator protein-1 gene expression. The administration of RA to alcohol-fed rats dramatically suppresses ethanol-induced overexpression of c-Jun, activator protein-1 DNA-binding activities, levels of cyclin D1 and ethanol-induced proliferation of cellular nuclear antigen-positive hepatocytes (Chung et al. 2001, 2002). Since the transactivation of activator protein-1-dependent genes is required for tumour promotion (Young et al. 1999) and cyclin D1 plays an important role in tumorigenesis and tumour progression in hepatocellular carcinoma (Uto et al. 2001), the identification of c-Jun and cyclin D1 as two potential targets of RA action in ethanol-fed rats indicates that retinoids may play an important role in preventing certain types of ethanol-promoted cancer.

Third, retinoids have been implicated in the induction of cell death in many tumour-derived cultured-cell systems through retinoid receptor-dependent or -independent mechanisms (Simoni & Tolomeo, 2001). Recently, it has been shown that hepatocellular apoptosis can be regulated by either ethanol feeding or RA supplementation. Feeding rats alcohol increases apoptosis. However, after 6 months hepatic apoptosis decreases relative to that of the controls (Chung et al. 2002) and RA supplementation increases apoptosis by 4-fold in ethanol-fed rats as compared with ethanol alone (Chung et al. 2002). Although the mechanism is not well defined, these data indicate that induction of apoptosis by RA plays an important role in preventing alcohol-promoted carcinogenesis by eliminating cells with irreparable alterations in the genome or killing neoplastic cells.

**Methyl deficiency**

Changes in the extent of methylation of cytosine are frequently encountered in human cancers, but their relevance as an epigenetic factor in carcinogenesis is only partially understood (Counts & Goodman, 1995). However, DNA methylation is an important determinant in controlling gene expression, whereby hypermethylation has a silencing effect on genes and hypomethylation may lead to increased gene expression. In hepatocarcinogenesis general hypomethylation may be coupled with areas of regional hypermethylation. Thus, hypermethylation of tumour suppressor genes can result in decreased gene transcription of p53 and HIC-1 (Kanai et al. 1999), and hypomethylation of certain oncogenes such as c-myc and C-N ras may lead to dedifferentiation and proliferation (Wainfan et al. 1989; Shen et al. 1998). Recently, it has been suggested that aberrant DNA hypermethylation may be associated with genetic instability, as determined by loss of heterozygosity and microsatellite instability in human hepatocellular carcinoma resulting from chronic viral hepatitis (Kanai et al. 2000; Kondo et al. 2000). Iwata et al. (2000) detected hypermethylation of the 14-3-3 sigma gene, which has been implicated as a key inducer of cell cycle arrest associated with p53 in 89% of investigated human hepatocellular carcinoma. However, the genetic alterations in animal models and those in human hepatocarcinogenesis differ substantially. Thus, it was shown that activation of N-myc and c-myc oncogenes is frequent in hepatitis virus-associated hepatocellular carcinoma in the woodchuck (Marmota monax), while no p53 mutations were found. This mutational pattern is reversed in man, i.e. p53 mutations are frequent and oncogene activation seems to play only a minor role (Hui & Makuuchi, 1999).
Importantly, modifications of the extent of hepatic DNA methylation have also been observed in experimental models of chronic alcoholism (Garro et al. 1991; Choi et al. 1999). Hypomethylation is a plausible consequence of metabolic alterations associated with ethanol consumption. In fact, alcohol has a marked impact on hepatic methylation capacity, as reflected by decreased levels of S-adenosylmethionine, an important methyl group donor, and increased levels of S-adenosylhomocysteine, resulting in a ≤2.5-fold decrease in the S-adenosylmethionine: S-adenosylhomocysteine (Lieber et al. 1990; Trimble et al. 1993; Stickel et al. 2000). Several mechanisms have been suggested by which ethanol could interact with C metabolism and DNA methylation and thereby enhance carcinogenesis: (1) chronic alcohol consumption affects the intake, absorption and subsequent metabolism of B-vitamins involved in hepatic transmethylation reactions, i.e. folate and pyridoxal-5’-phosphate, resulting in impaired methyl group synthesis and transfer (Lu, Long & Li, 1974; Labaradlos et al. 1977; Savage & Lindenbaum, 1986; Gloria et al. 1997; Stickel et al. 2000); (2) ethanol reduces the activity of methionine synthase, which remethylates homocysteine to methionine with methyltetrahydrofolate as a methyl donor (Barak et al. 1993; Lieber, 1994a); (3) chronic alcohol consumption decreases levels of glutathione, a reductive tripeptide that is synthesized from homocysteine via trans-sulfuration in the liver, and thereby enhances the susceptibility of the liver to alcohol-related peroxidative damage (Speisky et al. 1985; Lieber 1994a); (4) in rats alcohol can inhibit the activity of DNA methylase, which transfers methyl groups to DNA (Garro et al. 1991), a finding that could not be confirmed in human subjects (Miyakawa et al. 1996).

To date, it is well established that dietary depletion of lipotropes, including methionine, choline, betaine, S-adenosylmethionine and folate, leads to DNA hypomethylation of oncogenes (i.e. c-Ha-ras, c-Ki-ras and c-fos) and to DNA strand breaks, all of which are associated with an increased incidence of hepatocellular carcinoma in rats (Zapisek et al. 1992; Pogribny et al. 1995). Whether chronic alcohol consumption alone is capable of inducing a lack of methylation capacity sufficient to cause hypomethylation of DNA and the genes involved in hepatocarcinogenesis is not yet known.

Conclusions and future perspectives

Chronic alcohol consumption is a major risk factor for cancer of the upper aero-digestive tract, liver, colo-rectum and breast. Animal experiments and genetic linkage studies in man have identified AL as a carcinogenic factor in ethanol-associated carcinogenesis. Polymorphisms and mutations of genes coding for enzymes involved in alcohol and AL metabolism may determine, among other factors, the predisposition of an individual to develop alcohol-associated cancer. Thus, ADH genotyping may identify high-risk individuals. Since AL occurs in the saliva after alcohol consumption its detoxification by the oral ingestion of compounds binding AL may be an interesting approach for prevention. In addition, there is some evidence that reactive oxygen species produced by CYP2E1 initiate alcohol-associated carcinogenesis. Since the ability to induce CYP2E1 activity differs between individuals it would be important to note whether individuals with a maximal CYP2E1 induction also have a high risk of developing cancer. Most of the data have been obtained in animal studies and it would be important to undertake more studies with human subjects to investigate whether RA deficiency occurs in hepatocytes and mucosal cells following chronic alcohol consumption. Thus, future research should identify the individual risk factors for alcohol-associated carcinogenesis.

References


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