Vitamin K-dependent Proteins, Warfarin, and Vascular Calcification

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Vitamin K-dependent proteins (VKDPs) require carboxylation to become biologically active. Although the coagulant factors are the most well-known VKDPs, there are many others with important physiologic roles. Matrix Gla Protein (MGP) and Growth Arrest Specific Gene 6 (Gas-6) are two particularly important VKDPs, and their roles in vascular biology are just beginning to be understood. Both function to protect the vasculature; MGP prevents vascular calcification and Gas-6 affects vascular smooth muscle cell apoptosis and movement. Unlike the coagulant factors, which undergo hepatic carboxylation, MGP and Gas-6 are carboxylated within the vasculature. This peripheral carboxylation process is distinct from hepatic carboxylation, yet both are inhibited by warfarin administration. Warfarin prevents the activation of MGP and Gas-6, and in animals, induces vascular calcification. The relationship of warfarin to vascular calcification in humans is not fully known, yet observational data suggest an association. Given the high risk of vascular calcification in those patients with chronic kidney disease, the importance of understanding warfarin’s effect on VKDPs is paramount. Furthermore, recognizing the importance of VKDPs in vascular biology will stimulate new areas of research and offer potential therapeutic interventions.

Indeed, recent in vitro studies have shown Gas-6 prevents vascular calcification. In a model of phosphate-induced vascular calcification, Son et al. have shown that Gas-6 prevents vascular smooth muscle cell apoptosis and calcification in a dose-dependent manner (7). Elevated phosphate levels directly suppressed Gas-6 activity (8). These findings raise fascinating questions about the mechanisms of vascular calcification. As originally suggested by Proudfoot et al. (9), whose important work showed that vascular smooth muscle cells develop apoptotic bodies before calcium crystals, apoptosis may be the critical first step, with calcification as a secondary phenomenon of dying cells. Gas-6’s role in apoptosis and cell movement might provide a mechanistic explanation to this earlier observation.

MGP also has important functions in vascular biology. An 84-amino acid protein, it is produced in bone and vascular smooth muscle cells and prevents vascular calcification. Its clinical importance is evidenced by the development of widespread and extensive vascular calcification in MGP knockout mice, which is prevented if arterial MGP expression is genetically restored (10). In humans, a rare genetic disorder resulting from mutations in the MGP gene, Keutel syndrome, is associated with extensive soft tissue calcification and vascular calcification (11). In postmortem evaluation, calcium deposition is primarily located within the media of the vessel wall, specifically the elastic interna, with little intimal involvement. The potential role of MGP polymorphisms in vascular calcification is not fully known yet raises interesting questions about genetic susceptibility to vascular calcification (12).

Despite the clinical importance of MGP in preventing vascular calcification, its exact mechanism of action remains unknown. MGP complexes with ambient calcium, preventing calcium supersaturation and crystallization within vessel walls (13), and by binding to hydroxyapatite crystals, inhibits their crystalline growth. MGP also inhibits vascular smooth muscle cells from dedifferentiating into osteoblast-like cells, a well-established mechanism for vascular calcification (14). Recent studies suggest that the activity of MGP is affected by bone morphogenetic protein-2 (BMP-2) (14).

These observations about the role of Gas-6 and MGP have not been confirmed in human studies. The complexity of their biologic mechanisms remains, with conflicting and uncertain conclusions within the literature. However, emerging data have recently shown an important new component of the biologic activity of these proteins. Namely, as part of the VKDP family, both must be converted to their functional forms by undergoing carboxylation. Thus, in addition to the expression of these proteins, the structural form determines functional activity. This emerging recognition might partly explain a discrepancy in the literature, with some suggesting serum levels correlate with protein activity and others finding no relationship (15). Ultimately, although serum levels have been studied in various conditions, little is known about how to assess for functional protein activity. This process of VKDP activation is reviewed next.

The γ-carboxylation Process: Converting VKDPs into Their Active Form

The process of converting VKDPs to their biologically active forms requires the carboxylation of glutamic acid residues, a complex and incompletely understood process involving multiple enzymes (16). As a final step, γ-glutamyl carboxylase (GGC) facilitates the addition of a CO₂ molecule to the γ-carbon of glutamic acid, forming γ-carboxyglutamic acid. This requires the presence of the reduced form of vitamin K. Because vitamin K naturally occurs in the oxidized form, it must be converted into a reduced form, a reaction catalyzed by vitamin K epoxide reductase (VKOR). In this process of carboxylation, vitamin K is returned to its oxidized state, and a cycle of vitamin K reuse ensues. Warfarin, which shares a common ring structure with vitamin K, interferes with VKOR, interrupts vitamin K recycling, prevents further γ-carboxylation, and ultimately leads to a deficiency of active VKDPs. In addition to VKOR and GGC, several other enzymes play critical roles in this process. Calumenin, a recently discovered protein, interferes with VKOR and also prevents vitamin K recycling (17). Cytochrome P450C9 (CYP2C9) is responsible for the metabolism of warfarin. Ultimately, the complexity of the carboxylation process, with multiple enzymatic reactions and many polymorphisms of participating gene products, leads to a wide range of VKDP phenotypes and partly explains the variation in individual susceptibility to warfarin.

Although carboxylation is common to all VKDPs, the process of producing and subsequently activating VKDPs can be quite varied. As seen in Figure 1, the coagulant factors are produced and carboxylated within the liver. However, MGP and Gas-6 are produced within the vascular smooth muscle cell and undergo local carboxylation. Important studies by Murshed et al. (10) have shown that, although the liver makes MGP, such hepatic production does not protect against vascular calcification; rather, the protein must be locally produced within the vasculature. This tissue localization might explain why serum levels of MGP do not correlate with its biologic activity (18).

In addition, the process of carboxylation differs between the liver and the periphery. The activity of VKOR, the enzyme responsible for vitamin K recycling, is three times higher in vascular smooth muscle cells than in the liver (19), suggesting that peripheral carboxylation may be more dependent on adequate stores of vitamin K. In addition, although the liver seems to predominantly use plant-synthesized phylloquinones, vitamin K₁, peripheral carboxylation is more dependent on the menaquinones, a structurally distinct group collectively known as vitamin K₂ (20,21). Unlike vitamin K₁, there is little vitamin K₂ in western diet, and its source remains controversial. Initial theories suggested that vitamin K₁ was converted into vitamin K₂ by indigenous intestinal bacteria, with subsequent absorption (22), yet more recent studies suggest that this structural transformation actually occurs independently of bacteria within the intestinal enteroocyte (23). Although the exact pathway of vitamin K₂ entry into the body is uncertain, it does seem to accumulate preferentially in peripheral tissues (24), with particularly high levels in brain, aorta, pancreas, and fat, and

low levels in the liver (25). Transport mechanisms may partly explain this difference in tissue concentration (26). Although both are absorbed from the small ileum and jejunum, vitamin K1 is incorporated into triacylglycerol rich lipoproteins and delivered to the liver, whereas vitamin K2 is transported via Low-density lipoprotein and High-density lipoprotein particles to other organs (27).

Both whole animal and clinical studies support the notion that hepatic and peripheral carboxylation has unique vitamin K dependence. Vitamin K2 supplementation prevents arterial calcification, yet vitamin K1 does not (28). Conversely, the administration of vitamin K1 allows for normal coagulation production, yet does not prevent peripheral vascular calcification (29).

In the Rotterdam study, a large epidemiologic trial investigating the relationship of nutritional intake to cardiovascular disease, vitamin K2 intake was inversely related to both vascular calcification and mortality (30), whereas vitamin K1 intake seemed to have no relationship, a finding noted by others (31). These studies suggest that vitamin K2-dependent peripheral carboxylation protects the vasculature from calcification and raises important questions about the bioavailability of vitamin K2. Prolonged antibiotic use (22) and malabsorptive syndromes (32) have been associated with vitamin K2 deficiency, possibly by interfering with enterocyte or intestinal bacterial conversion of vitamin K1, and vascular calcification syndromes have been reported in such settings (33,34).

Schurgers et al. have illuminated the critical importance of post-translational carboxylation of peripheral VKDPs (35). Although both normal and calcified vessels express MGP, normal vessels have a predominance of carboxylated MGP, whereas calcified vessels have a predominance of the uncarboxylated version (35). It seems that the ratio of carboxylated to uncarboxylated protein ultimately determines biologic activity of both MGP and Gas-6 (36). These findings suggest a potential mechanism. To help protect blood vessels from injury, vascular smooth muscle cells continuously produce MGP and Gas-6, which then undergo carboxylation. The carboxylated proteins form a defense against injury: MGP preventing crystalline supersaturation and Gas-6 regulating both apoptosis and migration of smooth muscle cells into areas of injury. As illustrated in Figure 2, failure to activate these proteins leads to vascular injury. Whereas nutritional deficiency of vitamin K1 affects hepatic carboxylation, vitamin K2 deficiency predominantly affects peripheral carboxylation. Warfarin affects both pathways. By blocking hepatic carboxylation, it causes anticoagulation, and by interrupting peripheral carboxylation, it potentially may lead to vascular injury. Much is still unknown about the peripheral pathway of VKDP carboxylation, and more research is warranted. Because warfarin is already widely in use, however, its potential relationship to vascular calcification warrants further review.
Warfarin's Effect on the Vasculature

Used widely in atrial fibrillation, stroke, and hypercoagulable disorders, warfarin has gained widespread popularity for its anticoagulant effects. By blocking VKDP γ-carboxylation within the liver, it prevents the hepatic formation of clotting factors. However, warfarin affects peripheral carboxylation as well, interfering with the peripheral production of VKDPs. Osteocalcin, a VKDP important in skeletal health (and not further reviewed here) is inhibited by warfarin, and animals placed on warfarin therapy develop osteopenia within months (37). In vitro experiments have shown that warfarin inhibits both Gas-6 (38) and MGP (39) carboxylation. In whole animal studies, Price et al. have shown that warfarin induces widespread vascular calcification in rats (40). In this model, the combination of warfarin and vitamin D-induced hyperphosphatemia caused massive vascular calcification in young, but not mature, animals. This calcification predominantly involves the elastic lamellae of the media with intimal sparing, similar to that seen in MGP deficiency. The relative contributions of warfarin, vitamin D, phosphate, and age to the calcification process remains unknown, yet given the widespread use of vitamin D analogues and warfarin, raise issues of potential drug effect. The distribution of vascular involvement in warfarin-treated animals seems to favor medium-sized vessels, with relative sparing of capillaries and veins (29). This raises questions about whether certain vascular beds are more susceptible to vascular calcification and whether the expression of VKDPs might vary within the vasculature. In at least in vitro experiments and whole young animals administered vitamin D, warfarin seems to worsen vascular calcification.

This relationship has not been studied in humans. Although warfarin has been widely investigated in the cardiovascular literature, particularly in its relationship to arterial bypass graft patency, most trials have relied on angiographic evaluation of lumen patency. Because vascular calcification is frequently limited to the media, without affecting the lumen, it remains difficult to make definitive conclusions. However, a small computed tomography study found that warfarin use was associated with both valvular and coronary calcification (41). Histopathologic examination of aortic valves replaced for aortic stenosis found that those patients treated with warfarin had a two-fold increase in valvular calcification (42). Warfarin initiation has also been associated with calcemic uremic arteriopathy (43), a systemic vascular calcification syndrome typically involving small capillaries. Ultimately, without well-done studies focusing on the quantification of vascular calcification, no conclusions about warfarin’s effect on vascular calcification can be made. Clearly, these observational studies can do no more than suggest association, but the potential relationship at least warrants larger prospective studies to better evaluate the relationship between warfarin and vascular calcification.

Mechanisms of Susceptibility to Warfarin

Any suggestion that warfarin might be associated with vascular calcification raises the question as to why so many people, when placed on warfarin, do not develop vascular calcification. Perhaps the complexity of the vitamin K-dependent carboxyla-
populations is almost 10 times higher than that of the general population, related to mechanisms distinct from atrial fibrillation, such as vascular calcification and hypertension (49). Thus whether anticoagulation can alter such a stroke risk, without an associated marked increased risk of bleeding, remains uncertain. Several retrospective analyses of ESRD patients highlight the dissimilar risk profile in ESRD from that of the general population, and suggest that the risk of anticoagulation-induced bleeding may outweigh potential reductions of thromboembolic stroke (50).

Whether warfarin use worsens vascular calcification in ESRD is uncertain. A recent small retrospective cohort trial has suggested that long-term use of warfarin is associated with severity of aortic valve calcification in hemodialysis patients (51). In addition, the ESRD cohort has several particular characteristics that might contribute to their overall sensitivity to warfarin use. Booth et al. have recently shown that subclinical vitamin K deficiency, defined as having normal coagulation studies but a phyloquinone concentration less that 0.4 mmol/L, was present in almost 30% of dialysis patients (52). The combination of vitamin K deficiency, phosphate elevation, and vitamin D use might cumulatively add to the potential vascular toxicity of warfarin. In addition, dialysis patients may have a different distribution of MGP polymorphism than the general population, raising further possibilities of differential effects of warfarin in this population (53). Furthermore, dialysis patients have different levels of MGP than healthy controls (54), suggesting that the expression of VKDPs might be affected by the milieu of ESRD. Clearly, more studies are needed to evaluate the relationship of warfarin, VKDPs, and vascular calcification in the ESRD cohort.

**Conclusion**

Although initially considered a passive process resulting from supraphysiologic concentrations of serum phosphate and calcium, vascular calcification has been shown to be actively regulated and biologically complex (55,56). VKDPs add another dimension to this process. Produced and activated at the level of the vascular smooth muscle cell, Gas-6, and MGP provide local protective mechanisms, influencing cell death, movement, and calcification, and support the notion that the blood vessels themselves actively participate in their own defense. Polymorphisms within the peripheral carboxylation process might explain why some patients are more at risk for calcification than others. In addition, site specific enzyme activity and vitamin K requirements might explain why certain blood vessels seem to calcify, with diabetes typically involving larger vessels, whereas calcemic uremic arteriopathy classically involves smaller vessels. Further research into this area could have important therapeutic consequences. Genetic profiling could identify those individuals particularly at risk for vascular calcification. Vitamin K2 supplementation to those who require warfarin may provide a novel method to protect the vasculature while allowing anticoagulation. Assessing vitamin K2 levels in ESRD might reveal unrecognized deficiencies that, if corrected, might ameliorate cardiovascular disease.

Ultimately, deciphering the exact relationship of warfarin to vascular calcification will require further clinical investigation. Analysis of the patient populations included in prior imaging studies might be the first step in assessing whether those on warfarin develop worsening calcification. More detailed analysis of expression and activation of VKDPs in warfarin-treated patients would provide useful information about potential mechanisms of vascular disease. Such studies are important and ultimately might influence decisions regarding the risks of warfarin, particularly in those patients at high risk for vascular calcification. Without that data, any conclusions about warfarin’s effect on vascular calcification in humans remain premature. In addition, even if such a relationship does exist, the risk of vascular calcification might still be outweighed by the risk of no anticoagulation. Until other oral anticoagulants have gained widespread use, this would remain a difficult decision. As of this point, much remains unknown about this field, and although emerging *in vitro* and whole animal data suggest that warfarin may effect vascular calcification, more research on this topic will be required to provide definitive answers.

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**References**


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