

# Zink- en Koperbepaling in bloed: methode en klinische betekenis

Critically Appraised Topic

Roxane Deley

Supervisor: Dr. Apr. Steven Pauwels

24 september 2024

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**JESSA**  
Z I E K E N H U I S

# Inhoud

- Inleiding: Rol van Koper en Zink in het menselijk lichaam
- Klinische waarde van koperconcentratie in serum
- Klinische waarde van zinkconcentratie in serum
- Met welk methode wordt de concentratie van zink en koper bepaald?

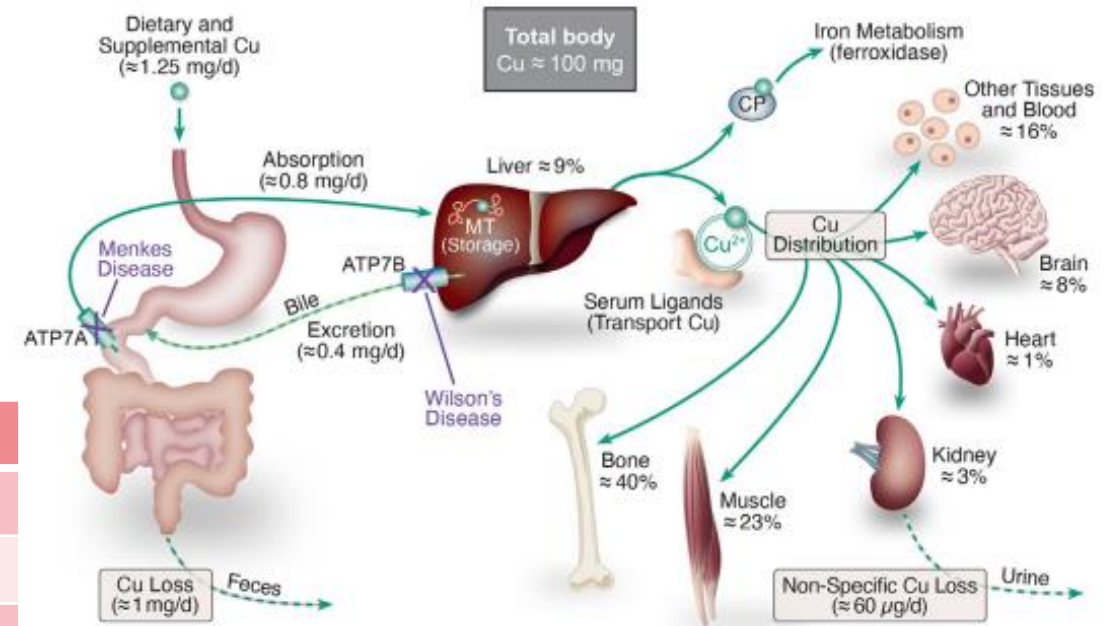
# Rol van koper en zink in het lichaam

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# Koper in het menselijk lichaam

## Biologische functie

- Opname via darm en lever
  - Cupro-enzymes: ceruloplasmine
  - Cofactor enzymes
- Functie

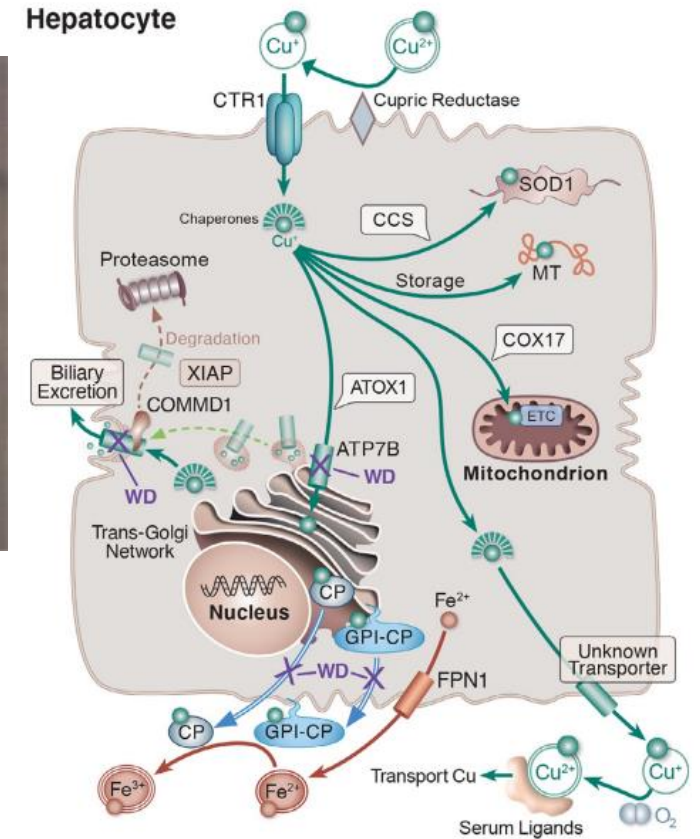
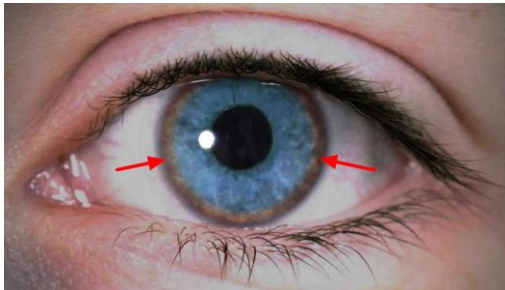


Koperafhankelijke enzymes	Functies
Ceruloplasmine	Koper- en ijzertransport
Lysyl oxidase	Collageen en elastine crosslinken
Cytochroom c oxidase	Mitochondriale energieproductie
Cu/Zn-Superoxidedismutase (SOD)	Antioxidant: detoxificatie vrije radicalen
Dopamine-beta-hydroxylase	Dopamine → Noradrenaline
Tyrosinase	Melanine synthese

# Koper in het menselijk lichaam

## Erfelijke defecten koperhomeostase

- **Ziekte van Menke**
  - Defect absorptie
  - Ernstige symptomen
  - Levensverwachting <3 jaar
- **Ziekte van Wilson**
  - Defect excretie gal en inbouw ceruloplasmine
  - Koperstapeling
  - Symptomen: hepatisch, neurologisch, Kayser-Fleischerringen



# Koper in het menselijk lichaam

## Verworven aandoeningen

- **Koperdeficiëntie**

- Anemie, Leukopenie
- Neuropathie: myelo(neuro)pathie/optisch

- **Kopertoxiciteit**

- Tot 1 g: gastro-intestinaal
- Hoge dosissen: GI, hemolytische anemie, lever- en nierfalen, dood

### Oorzaken verworven koperdeficiëntie

Verminderde intake

Armoede, anorexia  
Enterale/parenterale voeding

Malabsorptie

Vegetarisch dieet (fytinezuren)  
Inflammatoire darmziekten  
Gastro-intestinale operaties  
Zinktherapie

Verhoogde noden

Zwangerschap

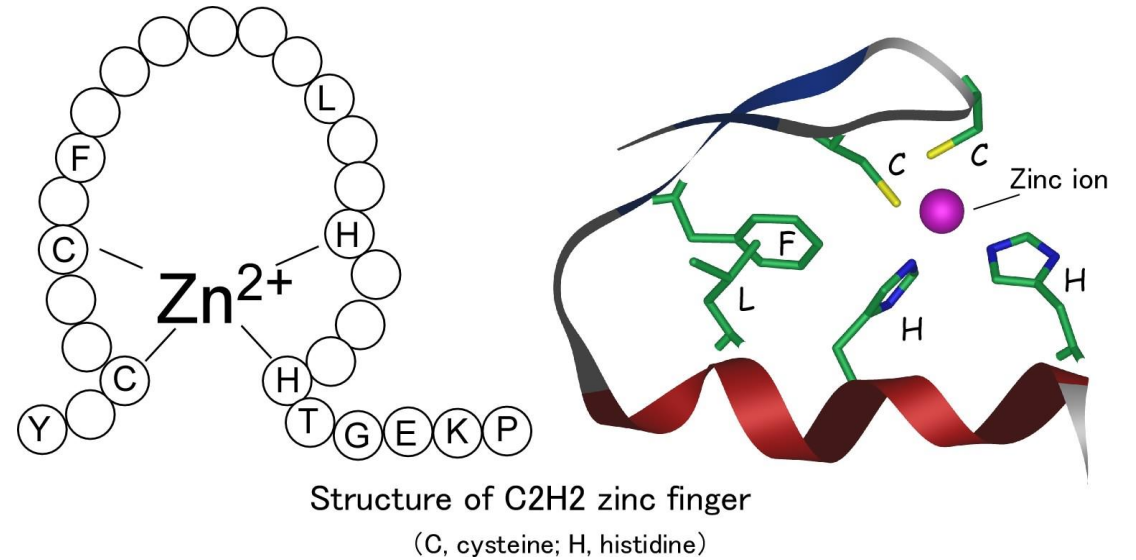
Verhoogd verlies

Ernstige brandwonden  
Dialyse

# Zink in het menselijk lichaam

## Biologische functies

- Intracellulair (99%)
  - Katalyserende functie
  - Structurele functie
  - Regulatorische functie
- Homeostase!



# Zink in het menselijk lichaam

## Zinkdeficiëntie

- Acrodermatitis Enteropathica
  - Erfelijk <> verworven
  - Ernstige symptomen
- Verworven



### Oorzaken verworven zinkdeficiëntie

Verminderde intake	Te weinig zink in dieet
Malabsorptie	Plantaardig dieet (fytinezuren) IBS, coeliakie
Verhoogde noden	Zwangerschap Borstvoeding Groei
Verhoogd verlies	Acute diarree Chronische nierinsufficiëntie Diabetes mellitus Sikkelcelanemie

### Symptomen zinkdeficiëntie

Vertraagde wondheling
Verhoogde vatbaarheid infecties
Smaakstoornissen
Stomatitis
Vruchtbaarheid/zwangerschapsproblemen
Groeistoornissen
Diarree
Levercirrose



# Zink in het menselijk lichaam

## Zinkexces

- **Acuut**
  - GI, hoofdpijn
- **Chronisch**
  - GI, verminderde immunofunctie, daling HDL-cholesterol
  - Koperdeficiëntie

# Wat is de klinische waarde van de koperconcentratie in serum?

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# Biomarker van de koperstatus

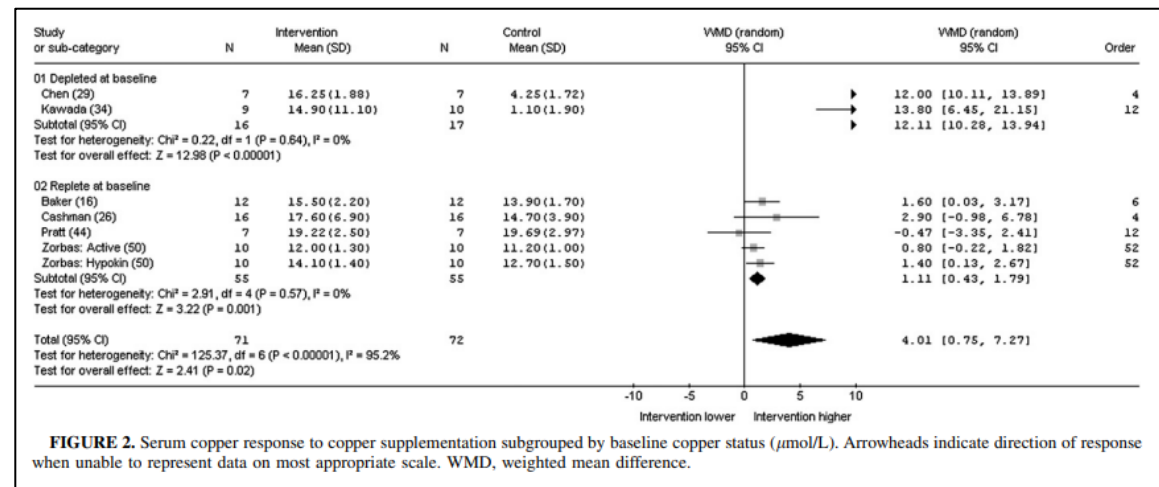
## Relatie koperintake

- Serum koper
  - Significante stijging serum koperconcentratie
  - Koper-status afhankelijk
- Waarde als biomarker

## Methods of assessment of copper status in humans: a systematic review<sup>1-5</sup>

Linda J Harvey, Kate Ashton, Lee Hooper, Amélie Casgrain, and Susan J Fairweather-Tait

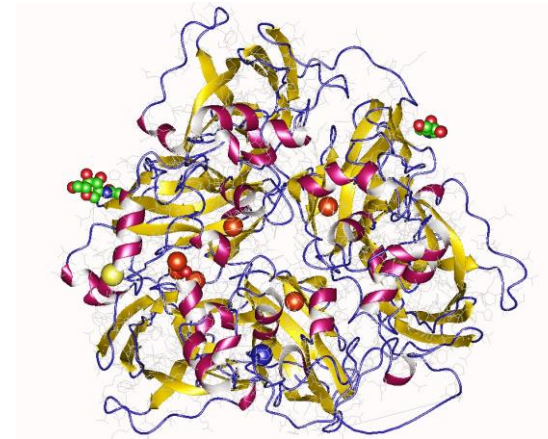
Harvey LJ, Ashton K, Hooper L, Casgrain A, Fairweather-Tait SJ. Methods of assessment of copper status in humans: A systematic review. *Am J Clin Nutr.* 2009;89(6).



# Biomarker van de koperstatus

## Relatie ceruloplasmine

- 1 molecule ceruloplasmine  
= 6-8 kopermoleculen
  - 90% gebonden ceruloplasmine
- Stijgt en daalt samen



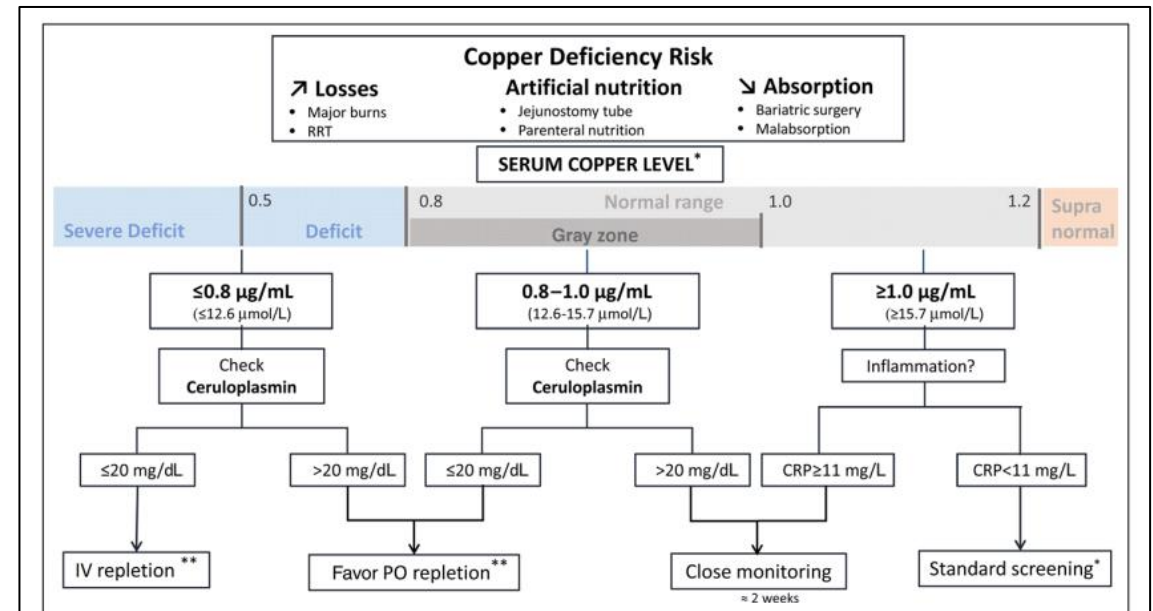
### Andere factoren die ceruloplasmine/koper beïnvloeden

Infectie/inflammatie	Ceruloplasmine = acuut fase eiwit
Zwangerschap Oestrogenen	Verhoogde ceruloplasminesynthese en -activiteit
Malnutritie, verminderde proteïnesynthese	Daling ceruloplasmine

→ Minder sensitieve parameter (zeker randverlaagd)

# Diagnose van koperdeficiëntie

- Serum koper als screeningstest
- Ook ceruloplasmine en CRP
- Steeds andere deficiënties uitsluiten
  - Vb. Vitamine B12, ijzer...



**Figure 3.** Tentative algorithm for diagnosis and treatment of copper deficiency. Factors to consider for diagnosis are the acute-phase response reflected by CRP, which should be determined with copper. Low ceruloplasmin (<20 mg/dL) has a confirmation value. IV or oral repletion will be determined by level of copper and presence or absence of clinical symptoms. The gray zone reflects a level that should raise attention. \*See text for monitoring/screening. \*\*See text for dosage and check for symptoms compatible with deficiency. CRP, C-reactive protein; IV, intravenous; PO, oral; RRT, renal replacement therapy.

Altarelli M, Ben-Hamouda N, Schneider A, Berger MM. Copper Deficiency: Causes, Manifestations, and Treatment. *Nutr Clin Pract.* 2019;34(4):504–13.

# Diagnose koperexces

- Niet ideaal → teveel interferenties
- Verschillende cutoffs voor serum koper?
- Ook ifv intakes/symptomen
  - ADI: 5 mg/dag

## **Re-evaluation of the existing health-based guidance values for copper and exposure assessment from all sources**

EFSA Scientific Committee,  
Simon John More, Vasileios Bampidis, Diane Benford, Claude Bragard,  
Thorhallur Ingi Halldorsson, Antonio F Hernández-Jerez, Susanne Hougaard Bennekou,  
Kostas Koutsoumanis, Claude Lambré, Kyriaki Machera, Ewen Mullins, Søren Saxmose Nielsen,  
Josef R Schlatter, Dieter Schrenk, Dominique Turck, Maged Younes, Polly Boon,  
Gordon AA Ferns, Oliver Lindtner, Erik Smolders, Martin Wilks, Maria Bastaki,  
Agnès de Sesmaisons-Lecarré, Lucien Ferreira, Luna Greco, George E N Kass,  
Francesca Riolo and Jean-Charles Leblanc

More SJ, Bampidis V, Benford D, Bragard C, Halldorsson TI, Hernández-Jerez AF, et al. Re-evaluation of the existing health-based guidance values for copper and exposure assessment from all sources. *EFSA J.* 2023;21(1).

# Ziekte van Wilson

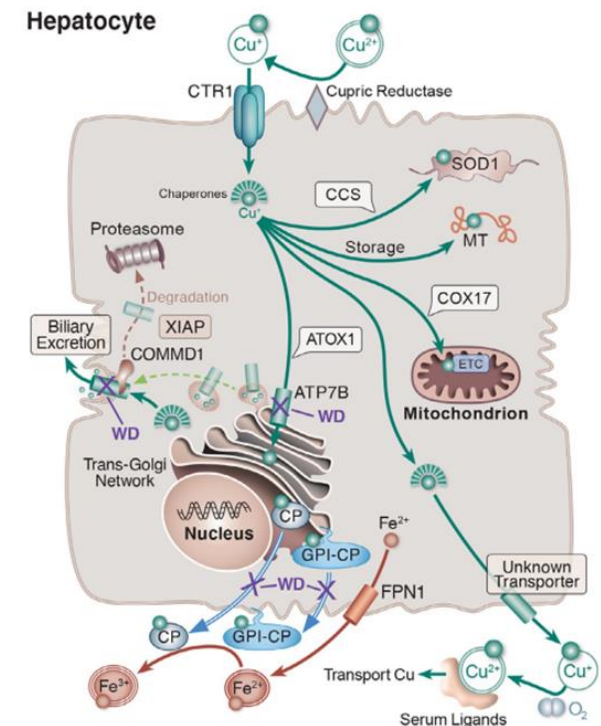
- Verlaagd!!
  - Geen inbouw in ceruloplasmine
- (inactief) apoceruloplasmine wordt snel afgebroken → daling

## Andere factoren die ceruloplasmine/koper beïnvloeden

Infectie/inflammatie	Ceruloplasmine = acut fase eiwit
Zwangerschap Oestrogenen	Verhoogde ceruloplasminesynthese en -activiteit
Malnutritie, verminderde proteïnesynthese	Daling ceruloplasmine
Acuut leverfalen, chronische cholestase	Verhoogde koperconcentratie

→ Lage negatieve predictieve waarde

→ Hoge positieve predictieve waarde



# Ziekte van Wilson

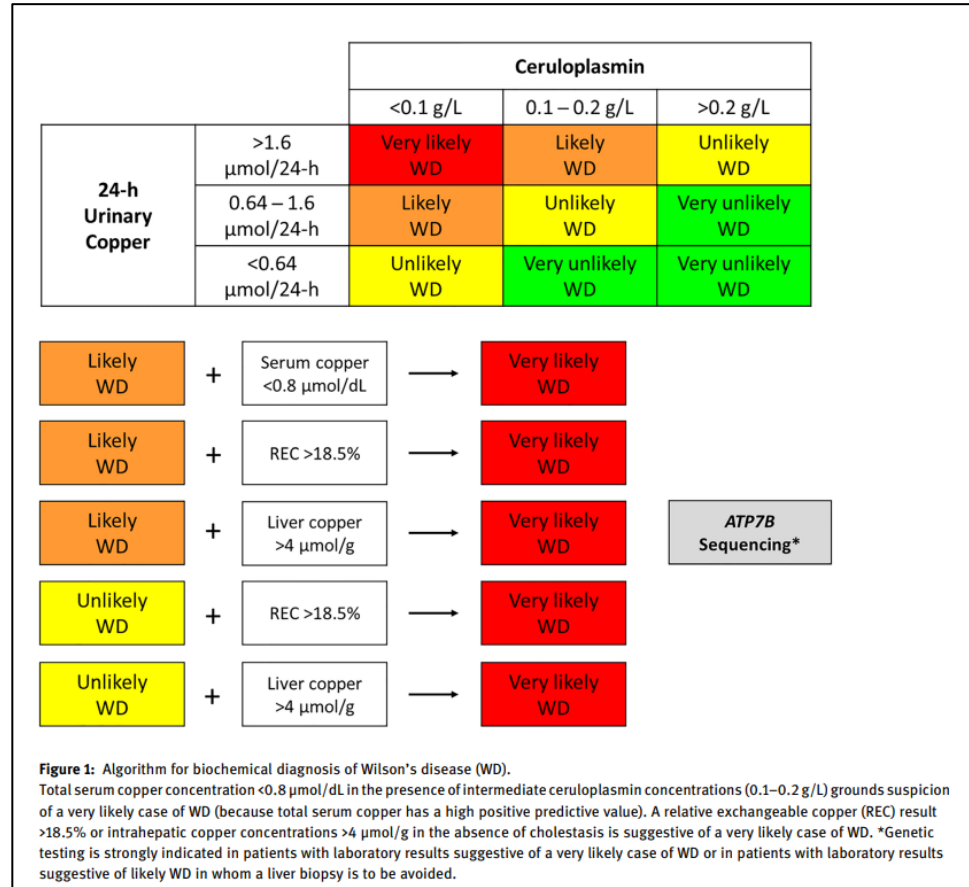
## Algoritmes



**Table 4:** Leipzig scoring system for the diagnosis of Wilson's disease.<sup>a</sup>

Symptoms, signs and tests (score)	
<b>Serum ceruloplasmin</b>	<b>Kayser-Fleischer rings:</b>
>0.2 g/L: 0 points	Present: 2 points
0.1–0.2 g/L: 1 point	Absent: 0 points
<0.1 g/L: 2 points	
<b>Urinary copper<sup>b</sup></b>	<b>Neurological symptoms:</b>
Normal: 0 points	Severe: 2 points
1–2× upper limit of reference: 1 point	Mild: 1 point
>2× upper limit of reference: 2 points	Absent: 0 points
<b>Intrahepatic copper<sup>c</sup></b>	<b>Mutation analysis<sup>d</sup>:</b>
>4 μmol/g (>250 μg/g): 2 points	On both chromosomes: 4 points
0.8–4 μmol/g (50–250 μg/g): 1 point	On one chromosome: 1 point
<0.8 μmol/g (<50 μg/g): –1 point	No mutations: 0 points
<b>Coombs-negative hemolytic anemia</b>	<b>Overall score:</b>
Present: 1 point	≥4 points. Diagnosis established
Absent: 0 points	3 points. Likely diagnosis
	≤2 points. Very unlikely diagnosis

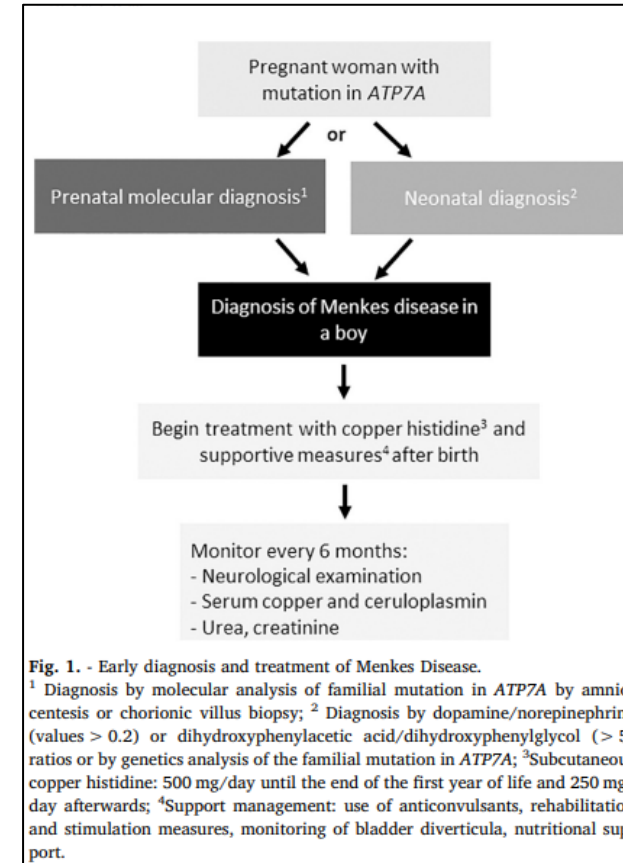
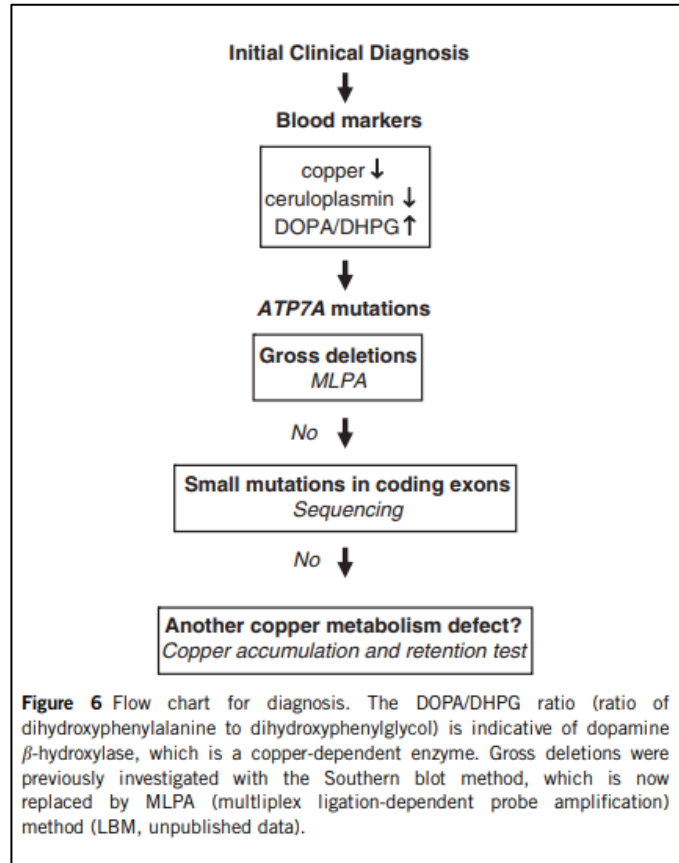
<sup>a</sup>Modified from (19). <sup>b</sup>In absence of acute hepatitis. <sup>c</sup>In absence of cholestasis. <sup>d</sup>Detection of pathogenic or probably pathogenic variants.



**Figure 1:** Algorithm for biochemical diagnosis of Wilson's disease (WD). Total serum copper concentration <0.8 μmol/dL in the presence of intermediate ceruloplasmin concentrations (0.1–0.2 g/L) grounds suspicion of a very likely case of WD (because total serum copper has a high positive predictive value). A relative exchangeable copper (REC) result >18.5% or intrahepatic copper concentrations >4 μmol/g in the absence of cholestasis is suggestive of a very likely case of WD. \*Genetic testing is strongly indicated in patients with laboratory results suggestive of a very likely case of WD or in patients with laboratory results suggestive of likely WD in whom a liver biopsy is to be avoided.



# Ziekte van Menke



# Wat is de klinische waarde van de zinkconcentratie in serum?

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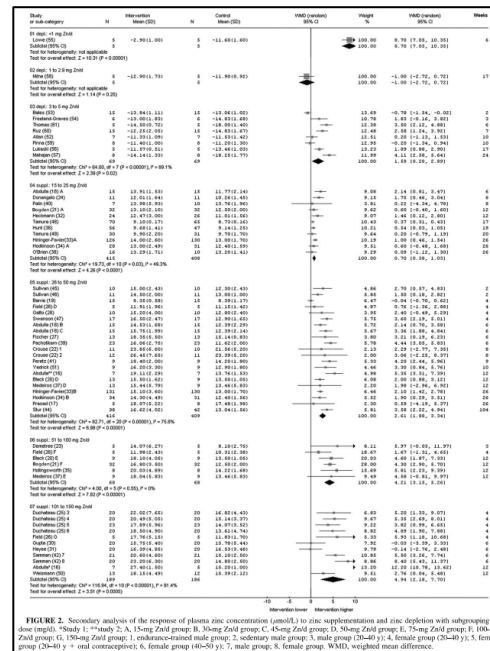
# Biomarker van de zinkstatus

## 1. Relatie zinkintake

- Serum/plasma zink
  - 35 suppletiestudies
  - 10 depletiestudies
- Significante respons op intake
  - Grotere respons bij lagere baseline

Methods of assessment of zinc status in humans: a systematic review<sup>1-5</sup>  
 Nicola M Lowe, Katalin Fekete, and Tamás Decsi

Lowe NM, Fekete K, Decsi T. Methods of assessment of zinc status in humans. Vol. 89 (suppl), The American journal of clinical nutrition. 2009. p. 1S-12S.



# Biomarker van de zinkstatus

## 2. Relatie symptomen

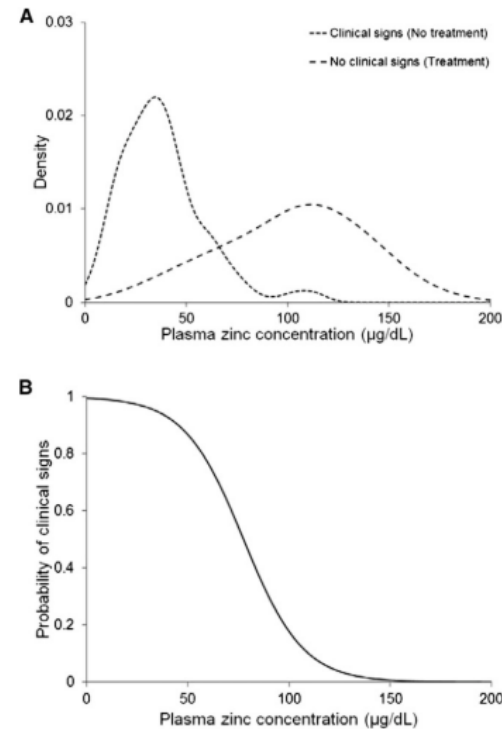
- Cutoff: 50 µg/dL



**Development of a Plasma Zinc Concentration Cutoff to Identify Individuals with Severe Zinc Deficiency Based on Results from Adults Undergoing Experimental Severe Dietary Zinc Restriction and Individuals with Acrodermatitis Enteropathica<sup>1,2</sup>**

K. Ryan Wessells,<sup>1</sup> Janet C. King,<sup>4</sup> and Kenneth H. Brown<sup>1\*</sup>

<sup>1</sup>Department of Nutrition, University of California, Davis, Davis, CA; and <sup>4</sup>Children's Hospital Oakland Research Institute, Oakland, CA



**FIGURE 3** Kernel density estimate plot of the distribution of plasma zinc concentrations among individuals with acrodermatitis enteropathica with ( $n = 136$ ) or without ( $n = 56$ ) clinical signs (A). Logistic regression of the relation between plasma zinc concentrations and the probability of clinical signs among the same set of individuals ( $n = 192$ ; 2 observations in 56 individuals) (B).

## 3. Functionele outcome suppletie

- Effect lengte/gewicht kinderen

Effect of supplemental zinc on the growth and serum zinc concentrations of prepubertal children: a meta-analysis of randomized controlled trials<sup>1-3</sup>

*Kenneth H Brown, Janet M Peerson, Juan Rivera, and Lindsay H Allen*

- Significante positieve respons van lengte en gewicht

# Biomarker van de zinkstatus

## Tekortkomingen als biomarker

Factoren die zinkconcentratie in serum/plasma beïnvloeden	
Dagelijkse variatie	Voedingsstatus, dag/nachtritme
Infectie/inflammatie	Daling albumine Redistributie zink naar lever
Zwangerschap Oestrogenen	Hemodilutie, daling zinkconcentratie
Malnutritie, verminderde proteïnesynthese	Daling albumine en zink
Hemolyse	Vrijkomen intracellulair zink
Contaminatie omgeving	Zinkcontaminatie door water, stof, afnamebuizen...

→ Correctie obv CRP en alfa-1-acidglycoproteïne

→ pre-analyse!

→ Minder sensitieve parameter (voor milde deficiëntie)

Andere biomarkers?

# Evaluatie zinkstatus populatie

- Zink concentratie in serum/plasma
  - >20% onder cutoff
  - = gevaar volksgezondheid
- Verlaagde zinkintake
- Stunting



The Journal of Nutrition

Supplement: Biomarkers of Nutrition for Development (BOND) Expert Panel Reviews, Part 3

## Biomarkers of Nutrition for Development (BOND)—Zinc Review<sup>1-5</sup>

Janet C King,<sup>6,7</sup> Kenneth H Brown,<sup>7,8</sup> Rosalind S Gibson,<sup>9</sup> Nancy F Krebs,<sup>10</sup> Nicola M Lowe,<sup>11</sup> Jonathan H Siekmann,<sup>6</sup> and Daniel J Raiten<sup>12\*</sup>

<sup>6</sup>Children's Hospital Oakland Research Institute, Oakland, CA; <sup>7</sup>University of California, Davis, Davis, CA; <sup>8</sup>Bill & Melinda Gates Foundation, Seattle, WA; <sup>9</sup>University of Otago, Dunedin, New Zealand; <sup>10</sup>University of Colorado School of Medicine, Aurora, CO; <sup>11</sup>University of Central Lancashire, Preston, United Kingdom; and <sup>12</sup>NIH, Bethesda, MD

# Evaluatie zinkstatus individu

## BMJ Best Practice

- Klinische evaluatie
  - Risicofactoren
  - Symptomen
- Zinkconcentratie in serum
  - 60 µg/dL / 70 µg/dL
- Andere deficiënties

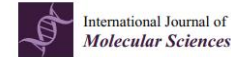
### BMJ Best Practice

#### Zinc deficiency

Test	Result
<b>serum or plasma zinc levels</b> <ul style="list-style-type: none"><li>• Serum and plasma zinc levels are the most commonly used tests and the only tests available in routine clinical practice. They are helpful in severe zinc deficiency but are less accurate in marginal deficiency partly due to issues with protein binding.<a href="#">[72]</a></li></ul>	<b>&lt;60 micrograms/dL or &lt;70 micrograms/dL in nonpregnant adults</b>
<b>serum iron level</b> <ul style="list-style-type: none"><li>• Other nutrient deficiencies often coexist with zinc deficiency, including iron deficiency.</li></ul>	<b>low</b>
<b>serum 25-OH vitamin D level</b> <ul style="list-style-type: none"><li>• Other nutrient deficiencies often coexist with zinc deficiency, including vitamin D deficiency.</li><li>• Although most labs report the normal range for 25-hydroxyvitamin D as 20 to 100 nanograms/mL, evidence supports the goal of &gt;32 nanograms/mL based on calcium absorption and parathyroid hormone levels.<a href="#">[80]</a> <a href="#">[81]</a></li></ul>	<b>&lt;32 nanograms/mL</b>
<b>serum folate</b> <ul style="list-style-type: none"><li>• Folate deficiency may coexist with zinc deficiency and testing or empiric supplementation should be considered, especially in women of childbearing age.</li></ul>	<b>&lt;3 nanograms/mL (&lt;7 nmol/L)</b>
<b>serum vitamin B12</b> <ul style="list-style-type: none"><li>• Vitamin B12 deficiency may coexist with zinc deficiency. It may occur in individuals with disease affecting the ileum or in those with diets chronically very low in meat.</li><li>• Serum vitamin B12 &lt;200 picograms/mL is highly suggestive of vitamin B12 deficiency and generally confirms the diagnosis.</li></ul>	<b>&lt;200 picograms/mL</b>

# Evaluatie zinkstatus individu

## Japan's Practical Guidelines



**Table 1.** The diagnostic guideline for zinc deficiency.

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**Zinc deficiency can be reliably diagnosed by the four criteria below:**

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I. One or more symptoms and signs of zinc deficiency (dermatitis, aphthous stomatitis, hair loss, loss of appetite, taste disorder, hypogonadism in males, anemia, increased susceptibility to infection, growth disturbances in terms of weight and height in children, and low levels of serum alkaline phosphatase (ALP). However, serum ALP levels are not always low in patients with liver disease, osteoporosis, chronic kidney disease, or diabetes mellitus.

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II. Ruling out of other diseases associated with the above symptoms or low serum ALP levels. For example, conditions such as contact dermatitis, atopic dermatitis, dermatitis due to deficiencies in vitamin A, biotin, or essential fatty acids, alopecia areata, hair-pulling, short stature due to growth hormone deficiency, familial short stature, Turner syndrome, and congenital hypophosphatasia should be ruled out.

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III. Low serum zinc levels

III-1: <60 µg/dL: zinc deficiency

III-2: 60–80 µg/dL: marginal zinc deficiency

(Blood sampling is recommended in the morning under fasting conditions)


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IV. Zinc treatment can be performed on patients who meet criteria I, II, and III. Symptoms in these patients can be improved with zinc treatment.

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Review

### Japan's Practical Guidelines for Zinc Deficiency with a Particular Focus on Taste Disorders, Inflammatory Bowel Disease, and Liver Cirrhosis

Hiroko Kodama <sup>1,\*</sup>, Makoto Tanaka <sup>2</sup>, Yuji Naito <sup>3</sup> , Kazuhiro Katayama <sup>4</sup> and Mitsuhiro Moriyama <sup>5</sup>

Ook suppletie bij normale zinklevels!

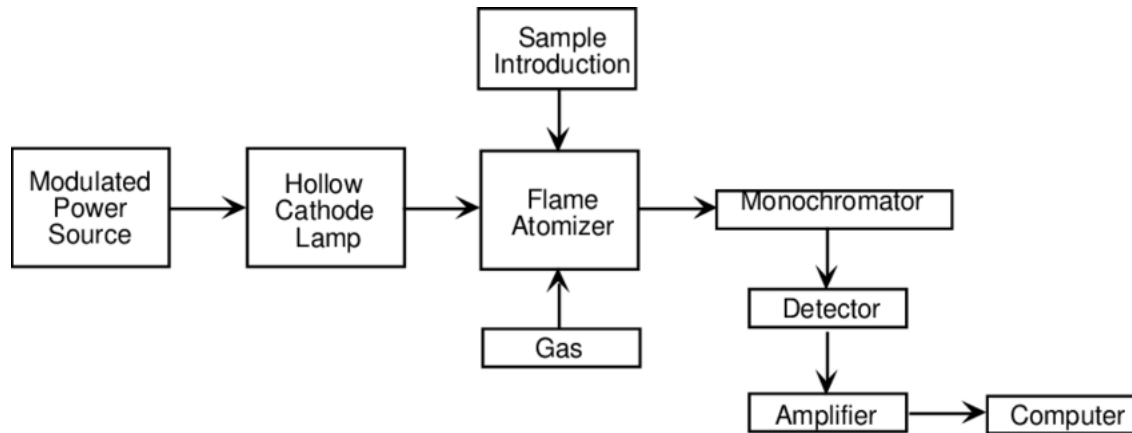


**Met welke methode wordt  
de concentratie van zink en  
koper bepaald?**

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# Beschikbare methoden

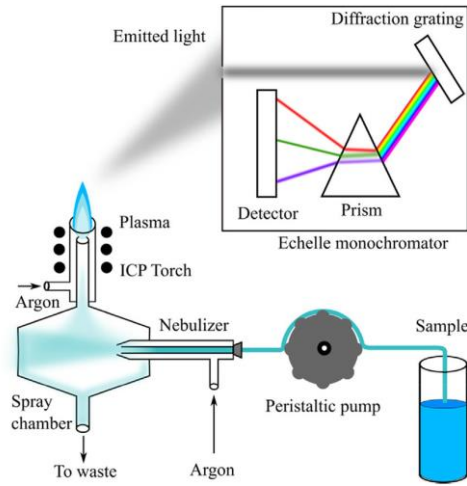
## Atomaire absorptiespectrofotometrie (AAS)



- **Interferenties**
  - Vaste deeltjes: deuterium-achtergrondcorrectie
  - Achtergrondabsorptie: zeeman-achtergrondcorrectie
- **Sensitiviteit: grafietoven**

# Beschikbare methode

## Inductively coupled plasma – optical emission spectrometry (ICP-EOS/ICP-MS)



**Table 1:** Similarities and differences between instrument types used for zinc analysis

	AAS	ICP-OES	ICP-MS
<b>Sample preparation</b>	Samples prepared in solution are fed into the instrument, energized, and the zinc content is measured based on emission or energy output		
<b>What energizes the sample</b>	Flame or furnace	Plasma (hotter and more uniform than flame or furnace) generated by induction (using a magnetic field)	
<b>What is measured</b>	Optical emission (brightness) at the wavelength (color) for zinc		Electrical emission of one or more zinc isotopes as they transition between ionized states in plasma
<b>Calibration method</b>	Zinc standard solution, at several known concentrations (calibrators), covering the range of likely zinc concentrations for the sample (i.e. standard curve calibration)		
<b>Sensitivity</b>	Lowest	Intermediate	Highest
<b>Complexity and cost of operation</b>	Lowest	Intermediate	Highest

# Beschikbare methode

**RANDOX**

Colorimetrisch

- Koper: 3,5-di-Br-PAESA
- Zink: 5-Br-PAPS
- Literatuur:
  - Beckett et al, 2009: methodevergelijking AAS
    - Koper: Significante systematische/fixed bias
    - Zink: Onzekerheid, bias
  - Handley SA et al, 2023: controles en methodevergelijking AAS en ICP-MS
    - Koper: Goede overeenkomst
    - Zink: Slechte overeenkomst interpretatie, veel variatie

**Evaluation of the Randox colorimetric serum copper and zinc assays against atomic absorption spectroscopy**

**Validation of the Randox colorimetric assays for serum copper and zinc**

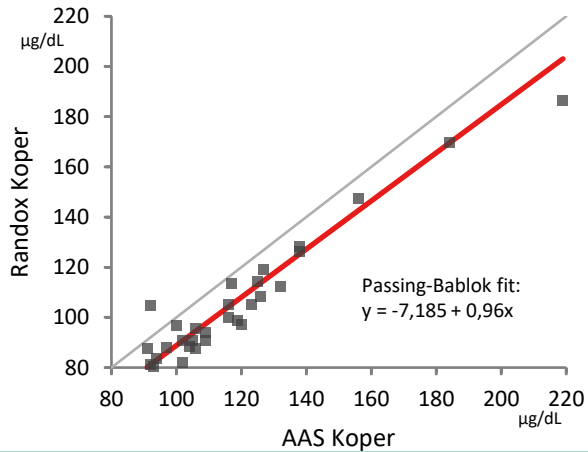
# Evaluatie Randox kits

Koper (µg/dL)	Repeteerbaarheid (within run)				Reproduceerbaarheid (within lab)						Juistheid											
	Level 1		Level 2		Level 1			Level 2			Level 1					Level 2						
	CV%	limiet	CV%	limiet	CV%	limiet	EFLM	CV%	limiet	EFLM	mean	target	lower limit	upper limit	bias (abs) %	EFLM	mean	target	lower limit	upper limit	bias (abs) %	EFLM
Randox	2,29	2,87	1,61	2,80	2,11	5,52	DES	1,91	5,40	DES	97,6	104	85,6	122,4	6,13	X	145,7	117	96,3	137,7	24,56	X
Seronorm	2,4	2,84	1,43	2,32	2,3	5,48	DES	1,41	4,59	OPT	95,16	109,6	90,43	128,77	13,18	X	182,95	199,8	164,82	234,78	8,43	X

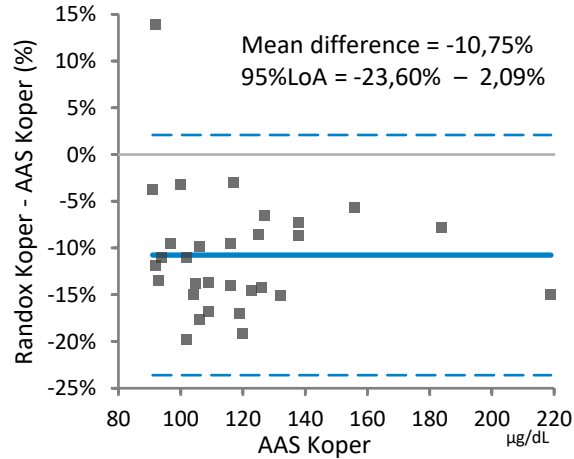
  

Zink (µg/dL)	Repeteerbaarheid (within run)				Reproduceerbaarheid (within lab)						Juistheid											
	Level 1		Level 2		Level 1			Level 2			Level 1					Level 2						
	CV%	limiet	CV%	limiet	CV%	limiet	EFLM	CV%	limiet	EFLM	mean	target	lower limit	upper limit	bias (abs) %	EFLM	mean	target	lower limit	upper limit	bias (abs) %	EFLM
Randox	0,44	1,79	0,92	1,66	2,79	5,60	DES	2,81	5,38	DES	180,1	222	183,5	260,5	18,86	X	217,5	242	199,1	284,9	10,12	X
Seronorm	0,49	2,34	1,7	1,99	4,02	6,42	DES	4,26	5,87	DES	121,23	145	119,04	170,96	16,39	X	167,6	196	161,21	230,79	14,49	X

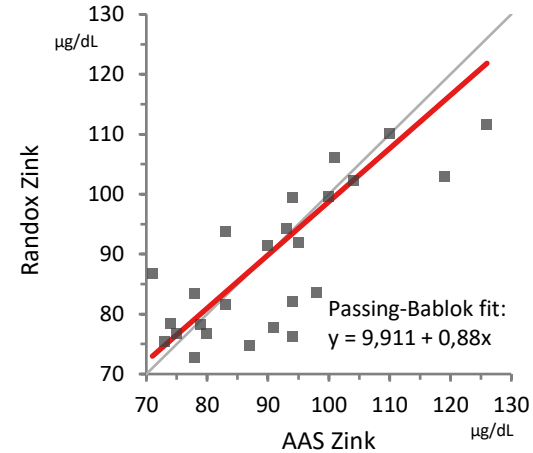
Passing-bablok



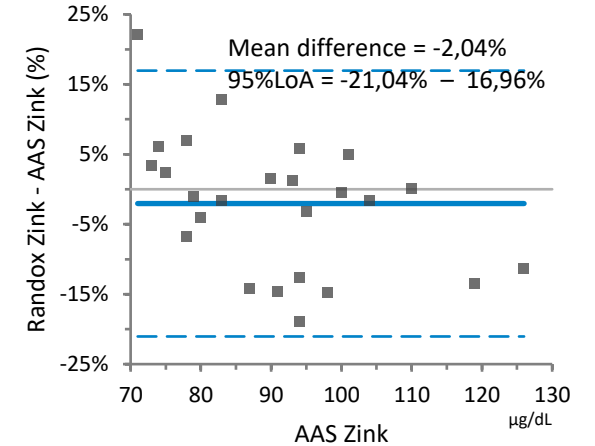
Bland-altman



Passing-bablok



Bland-altman



# Dank u wel!

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JESSA  
ZIEKENHUIS