

Transthyretin-Related Familial Amyloid Polyneuropathy: In the Light of New Developments

Yeni Gelişmeler Işığında Transtiretin İlişkili Ailevi Amiloid Polinöropatisi

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Abstract

Transthyretin-related familial amyloid polyneuropathy (TTR-FAP) is caused by gain-of-toxic-function of TTR, which dissociates from its native tetramer form to a monomer form and aggregates in several tissues and organs. Mutations in the TTR gene lead to this amyloidogenic transformation and cause autosomal dominant disease. TTR-FAP typically causes sensorimotor FAP accompanied by autonomic involvement, but considerable phenotypic diversity is noted between different mutation types. In the event of clinical suspicion, TTR gene sequencing and pathologic confirmation are the recommended paths to follow. Significant improvement has been achieved in treating the disease over the past 20 years, starting with liver transplantation, followed by tetramer stabilizers and TTR-lowering therapies. Although there are still some uncertainties in diagnosing and treating TTR-FAP, recent advances are promising, especially in the field of treatment. **Keywords:** Amyloidosis, transthyretin, polyneuropathy, genetics, neuropathy

Öz

Transiretin ilişkili ailevi amiloid polinöropatisi (TTR-FAP), vücutta tetramer formda bulunan TTR'nin monomer hale gelerek toksik özellik kazanması ve çeşitli doku ve organlarda birikmesi sonucunda gelişir. TTR genindeki mutasyonlar, proteine amiloidojenik özellik kazandırmakta ve otozomal dominant geçişli hastalığa neden olmaktadır. TTR-FAP tipik olarak otonom tutulumun eşlik ettiği sensorimotor nöropatiye neden olur, ancak farklı mutasyon tipleri arasında ciddi fenotipik farklılık belirtilmiştir. Klinik şüphe halinde genetik ve patolojik inceleme yapılması gerekmektedir. Son 20 yılda, karaciğer transplantasyonu ile başlayan, tetramer stabilizatörlerin ve TTR yapımını başkılayan ilaçların klinik çalışmalarda ciddi etkisinin gösterilmesi ile devam eden süreçte tedavi açısından önemli yol alınmıştır. Hastalığın tanı ve tedavisinde hala bazı belirsizlikler olmakla birlikte, özellikle tedavi alanındaki son gelişmeler ümit vericidir.

Anahtar Kelimeler: Amiloidoz, transtiretin, polinöropati, genetik, nöropati

Introduction

After being defined in a 37-year-old female as *mal dos pesinos* (foot disease) by Corino Andrade (1,2) approximately 65 years ago, there have been numerous developments in genetics, pathophysiology, and treatment of transthyretin-related familial amyloid polyneuropathy (TTR-FAP), in which amyloid fibrils containing mutant TTR protein deposit in various tissues and organs, especially peripheral nerves. Previously known as prealbumin, the TTR protein carries vitamin A and thyroxine

in blood. TTR, a 127 amino acid protein, which is encoded on chromosome 18, is primarily synthesized by the liver and choroid plexus, small intestine, and retinal pigment epithelium. Four monomers come together to form the tetramer structure of the protein. TTR loses its stable structure as a result of mutations in the TTR gene and transforms into undissolved amyloid fibrils (3). More than 120 mutations have so far been identified that cause this autosomal dominant inherited disease (4). The distribution of these mutations varies in different geographic regions, and the clinical

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features vary due to the type of mutation. The most common mutation worldwide is the substitution of valine for methionine at position 30 (Val30Met), which is also the most common mutation in Portugal where the disease was first described. Val30Met is also the most common mutation in other endemic countries including Sweden and Japan, and its prevalence increases up to a level of 1/500 in Portugal (5). However, the distribution of mutations is heterogeneous in the rest of the world.

Diagnosis, Clinical Course, and Differential Diagnosis

The classic symptoms in the early stages of the disease are sensory loss, predominantly of distal parts of the lower extremities, and neuropathic pain. Motor and autonomic impairment are added with progression of the disease. Sensorial symptoms reach proximal parts of extremities and the anterior part of the trunk (1). Motor impairment affects distal parts of the lower extremities first, and then fine work of upper extremities. Autonomic impairment presents with orthostatic hypotension, impotence, neurogenic bladder, diarrhea and constipation, and may be fatal by causing weight loss and cachexia in late stages of the disease (6).

Impairments of the cardiac, gastrointestinal, and urinary systems, eyes, and central nervous system (CNS) are also possible during the course of the disease. Cardiac impairment is characterized by the deposition of amyloidogenic TTR in the ventricles, causing thickening of the ventricular walls, which then causes diastolic dysfunction and arrhythmias. Systolic dysfunction and low ejection fraction are often added later (7). Ocular involvement may include vitreous opacities, which could even require vitrectomy, glaucoma, and rarely dry eye syndrome (8). Urinary involvement often affects patients in late stages of the disease, but microalbuminuria may be the first finding of a manifest nephropathy. The occurrence of kidney failure is related with poor prognosis (9). Amyloid accumulation in the CNS includes leptomeningeal involvement and accumulation in the media and adventitia of small and medium-diameter arteries, and veins of the cerebral cortex. The pathologic, clinical, and imaging features are different from classic amyloid angiopathy. CNS involvement includes cerebral infarctions and hemorrhages, subarachnoid hemorrhages, transient ischemic attack-like events, hydrocephalus, spastic paraparesis, dementia, and ataxia. Hoarseness due to vocal cord involvement, spinal stenosis, and hypothermia are other rare involvements of the disease (10). Different mutation types cause different clinical features: dominant motor involvement with Tyr78Phe mutations, initiation of the disease from the upper extremities with Leu58His mutations, and initiation of the disease with Carpal Tunnel syndrome with Glu89Gln mutation are some examples (6,11). Presentation with isolated cardiac involvement but very mild neurologic involvement with Val122Ile mutations, and leptomeningeal amyloidosis with Asp18Gly, Ala25Thr, and Gly53Glu mutations have also been reported (6,12,13,14). These clinical differences vary between different mutations, and there are also phenotypic differences between family members with the same mutation (1).

This clinical heterogeneity may complicate the diagnosis of sporadic cases in patients who have no family history and who live in non-endemic areas. It can take 4 years for these patients to be diagnosed from the beginning of symptom onset (15). Chronic inflammatory demyelinating polyneuropathy (CIDP) is at the top of the differential diagnosis list; 50% of patients with TTR-FAP can initially be misdiagnosed as having CIDP (16). Some patients with TTR-FAP could have high levels of cerebrospinal fluid protein and demyelination secondary to axonal damage could electrophysiologically mimic CIDP, which are the main reasons for misdiagnosis (17). In the event of unresponsiveness to immunologic treatment in these patients, TTR-FAP should be considered. AL-amyloidosis is another misdiagnosis, because monoclonal gammopathy, which is frequent in older patients, can be mistakenly interpreted as amyloidogenic. Length-dependent polyneuropathy with symptoms of autonomic involvement in patients who do not have diabetes mellitus suggests the diagnosis of TTR-FAP and prevents misdiagnosis. Other highly suggestive features of TTR-FAP are:

- Length-dependent neuropathy with findings of small fiber neuropathy, disturbances of pain and temperature senses, and preserved sense of touch;

- Patients with family members who have both neuropathic findings and heart failure;

- Carpal Tunnel syndrome that recurs after surgery in male patients without an obvious cause;

- Ventricular hypertrophy without hypertension;

- Symptoms of autonomic involvement including erectile dysfunction, neurogenic bladder, and especially disturbances of gastrointestinal motility that cannot be explained;

- Unexplained glaucoma and vitreous opacities.

In the presence of the above mentioned findings, a mutation can be detected using TTR gene sequencing. However, the detection of a mutation does not directly show the existence of clinical amyloidosis (18). Conversely, not detecting a mutation does not rule out the existence of amyloidosis, except TTR. Therefore, amyloid accumulation in tissues should be observed for a histopathologic diagnosis (Figure 1). Abdominal wall fat pad, gingival, salivary gland, and rectal biopsies are preferred to nerve biopsy because of the ease of access to these tissues and having low complication risks (19). In the event of development of Carpal Tunnel syndrome due to the disease, the Carpal Tunnel ligament can be used as an alternative tissue for diagnosis. The most commonly used biopsies, abdominal wall fat pad and salivary gland, have a sensitivity of 73-83% in the diagnosis of TTR-FAP (20). A negative biopsy does not rule out the diagnosis of TTR-FAP because of segmental involvement (21).

After the diagnosis, staging of the disease must be performed to follow up and choose from potential treatment options. Staging is also important to show objective benefit in drug studies. The most commonly used scoring methods are FAP staging and polyneuropathy disability (PND) scoring (Table 1).

FAP staging is an important factor in choosing an appropriate treatment option because the benefits of disease modifying medications in patients with stage 3 disease are controversial. Rather than these 2 scoring methods showing functional states of the patients, there are other scoring methods including the Neuropathy Impairment Score (NIS), which evaluates the severity of neuropathy through examinations and paraclinical tests such as "Quantitative Sensory Testing", "NIS-Lower Limbs" (NIS-LL), and the "Modified NIS+7" (mNIS+7). The latter scoring methods are especially used to evaluate the efficacy of newly developed medications. Hearth rate variability to test autonomic involvement, echocardiography, rhythm Holter, serum brain-type natriuretic peptide (proBNP) level, ophthalmologic examination, body mass index, urinary ultrasonography, routine blood and urine analyses repeated at least at 6-month intervals can give an idea about the progression of the disease (1).

Treatment

Symptomatic Treatment

Besides treatments including liver transplantation and disease-modifying medications developed over the last 20 years, symptomatic treatment obviously improves a patient's quality of life. Table 2 shows symptomatic treatment options.

Liver Transplantation

Known as a fatal disease, the first and an important development in the treatment of TTR-FAP was orthotopic liver transplantation, which was shown to have prognostic effects on TTR-FAP (22). Liver transplantation was performed for years in more than 2000 patients and as a result of removing the source of TTR, there was a 90% decrease in serum levels of TTR (23). The five-year survival rate after transplantation is approximately 90% in patients with Val30Met, and 60% in patients with other mutations (24). Apart from the type of mutation, age, disease stage, autonomic dysfunction, cardiomyopathy, and malnutrition are other factors that affect the prognosis after transplantation. Although transplantation is an effective treatment option, the lack of donors, and the need for long-term immunosuppressive treatments for and complications of surgery limit its applicability (25). The one-year mortality rate is 7-25% and the main causes of death are infections and hepatic artery thrombosis (26,27). Lymphoproliferative diseases and renal failure are important longterm complications, but some studies showed that progression of nephrologic involvement decreases after transplantation (28,29). Involvement of the CNS and eyes is resistant to transplantation because production of mutant TTR continues in the choroid plexus and retinal pigment epithelium (30).

Disease progression continues in some patients after liver transplantation, especially cardiac impairment, which suggests the need for performing simultaneous heart-liver transplantation. Although this procedure seems to carry greater risk, mortality rates are similar to isolated liver transplantation (31). Isolated heart transplantation in patients with Val122Ile mutation who only present with cardiomyopathy has the same 5-year mortality rate as heart transplantations performed for other reasons (32).

As a result of the increase in liver transplantations for this indication, livers from patients with TTR-FAP were considered as donor organs for patients with chronic liver diseases in the midnineties; this procedure was called domino liver transplantation.



Figure 1. Cross-section of a nerve biopsy. A) Endoneurial amyloid deposits are seen (Hematoxylin&eosin x20), B) Perivascular amyloid deposits in the endoneurium are seen (Hematoxylin&eosin x20), C) Endoneurial amyloid deposits are seen (Crystal violet x20) (Taken from the archives of the Coşkun Özdemir Neuromuscular Diseases Research Laboratory).

Table 1. Staging options in transthyretin-related familial amyloid polyneuropathy						
FAP staging			PND score			
Stage	Symptom	Score	Symptom			
0	Asymptomatic	1	Only sensory disturbances			
1	Symptomatic but ambulatory without aid	2	Motor impairment but ambulatory without aid			
2	Ambulatory with aid	3A	Walking with the help of one stick			
3	Wheelchair-bound	3B	Walking with the help of two sticks			
		4	Wheelchair-bound			
FAP: Familial amyloid polyneuropathy, PND: Polyneuropathy disability						

When the natural course of the disease is considered, it was predicted that the disease would recur 20-30 years after transplantation (33). However, long-term follow-up showed that the time to develop the disease was shorter; TTR amyloidosis recurred in the same patients just 10 years after transplantation. In this group of patients, re-transplantation was shown to carry greater risk. In addition, there are no data about the applicability of disease-modifying medications (34).

New Treatment Options

Although liver transplantation is an effective treatment option, it cannot be used in the late stage of the disease, it has limited benefit in patients with non-Val30Met mutations, and it has major perioperative and postoperative risks, all of which require the development of new treatment options. In the last 10 years, with the development of new medications that change the course of the disease, much progress has been made in treatment, and still there are several drug trials underway. Current medications aim to prevent TTR from becoming amyloidogenic by stabilizing the tetramer structure of TTR and suppressing TTR production in the liver. Options such as monoclonal antibodies aimed at TTR are expected to arise in the future (35).

Tafamidis

Tafamidis stabilizes the tetramer structure of TTR and effects by binding to TTR's thyroxine binding site. Tafamidis has been approved in Europe, Japan, and South American countries. After the in vitro effects of tafamidis were observed, phase 2 and 3 trials were performed. In the pioneer study called Fx-005, more than 2 points of increase in NIS-LL were found to be significantly higher in the placebo group compared with patients who took 20 mg tafamidis per day (60-38%). Patients with Val30Met mutations

Table 2. Symptomatic treatment options	in	transthyretin-
related familial amyloid polyneuropathy		

Complaint	Treatment			
Neuropathic pain	Pregabalin, gabapentin, amitriptyline, duloxetine			
Orthostatic hypotension	Fludrocortisone, midodrine, droxidopa, compression stockings			
Diarrhea	Metoclopramide, loperamide			
Carpal Tunnel syndrome	Local corticosteroid injection, surgery			
Arrhythmia	Antiarrhythmic medications, pacemaker implantation			
Heart failure	Diuretics, ACE inhibitors			
Renal failure	Hemodialysis			
Vitreous opacities, glaucoma	Vitrectomy, trabeculectomy			
Urinary incontinence	Bethanechol, distigmine			
Sexual dysfunction	Sildenafil, tadalafil			
ACE: Angiotensin-converting-enzyme				

who were in stage 1 and followed up for 18 months were included in the study (36). Similar results for quality of life and body mass index were shown, but no statistical significance was found for the primary endpoint "intention-to-treat." In the 12-month extended open-label study, stabilization in NIS-LL persisted, changes in NIS-LL decreased, and quality of life measures were improved in patients who were switched from placebo to tafamidis (37). Shown as a safe drug in studies, diarrhea and urinary system infections were reported as adverse events. Although tafamidis was effective in patients with stage 1 disease, a study performed in patients with Val30Met mutations with late-stage disease showed progression in NIS (38). The decrease in serum levels of TTR, which was not measured in the pioneer study, was found as 95% in a study performed in 21 patients with non-Val30Met mutations (39).

A single-center study without a control group performed in 98 patients to evaluate the effects of tafamidis on nephropathy showed that no patients had newly developed albuminuria and the urine albumin/creatinine ratio (UACR) persisted after 12 months of follow up. The UACR also decreased and glomerular filtration rate persisted in patients with proteinuria (UACR >300 mg/d); however, there was no control group in the study and the effect of tafamidis on nephropathy could not be accurately shown (40).

An ongoing phase 3 clinical trial was initiated (NCT01994889) to evaluate and compare the effects of 20 mg/d and 80 mg/d tafamidis in patients with Val122Ile mutations and dominant cardiac involvement.

Diflunisal

Diflunisal, a nonsteroidal anti-inflammatory drug, has been available on the market for 40 years and is often used in the treatment of rheumatic diseases. In vitro studies showed that it affects TTR's thyroxine binding site, like tafamidis (41). In light of these data, a phase 3 study was initiated in 2006. One hundred thirty patients with a mean age of 59.7 years were randomized into two groups. The first group was given placebo and the second was given 250 mg diflunisal twice a day for 24 months. Approximately 50% of the patients had non-Val30Met mutations and also patients with latestage disease with higher PND scores were included in the study. The average increase in NIS+7 was 8.7 in the diflunisal group, whereas it was 25 in the placebo group (42). Nevertheless, 42% of patients in the diflunisal group discontinued the drug in the 24-month followup. The cardiac effects of diflunisal were also evaluated and it was shown that there was no difference between the groups in terms of left ventricular wall thickening, but in a subgroup with higher BNP levels, diflunisal decreased left ventricular wall thickening compared with placebo. Although ineffectiveness was found to be the most frequent cause of drug discontinuation in that study, adverse events including thrombocytopenia, deterioration of renal function and gastrointestinal bleeding were reported in some patients in other studies. This study continued in the long term as an open-label study and it was found that the clinical effects of diflunisal were sustained after 2 years of treatment. However, the slow deterioration of clinical symptoms in most patients and the profile of adverse events indicated that future studies were required to test diflunisal's place in patients with FAP-TTR with early-stage disease (43). There are no data about the use of other treatment options in patients with late-stage disease; diflunisal can be used in these patients.

Doxycycline+Tauroursodeoxycholic Acid (TUDCA)

In vitro studies showed that the combination of doxycycline, an antibiotic from the tetracycline group, and TUDCA, a bile acid, decreases amyloid accumulation in tissues (44). In a phase 2 trial, 100 mg doxycycline twice per day and 250 mg TUDCA three times per day were shown to be safe. Flushing and dyspeptic symptoms due to doxycycline were the most frequent adverse events. Due to the preliminary results of that study, which included 20 patients (one patient had a domino transplantation), patients were stable in terms of neurologic and cardiac status (45).

Patisiran (ALN-TTR02)

Patisiran, a lipid-encapsulated small-interfering RNA molecule, aims to bind TTR's mRNA and prevent the production of the protein. It has a similar mechanism of action with liver transplantation, but differently, it inhibits the synthesis of both mutant and non-mutant (wild type) TTR. It prevents cardiac worsening that occurs after transplantation by preventing the accumulation of "wild type" TTR. Preclinical studies showed a decrease in serum and tissue levels of TTR after administration of patisiran (46). In a phase 1 trial, the decrease in serum levels of TTR was 94%, which was similar to liver transplantation (47). No adverse events were reported, except reactions in the area of injection. In a phase 2 study that included 29 patients who were in stage 1 or 2, 0.3 mg/kg patisiran was administered intravenously once every 3 weeks and an average 84% decrease in serum TTR levels was detected. The study then went on as open-label and an average 2.5 points decrease was achieved in mNIS+7 in 27 patients after 12 months' follow-up. When compared with the approximately 10-18 points increase in the natural course of the disease, it was concluded that biochemical wellness reflected the clinical course. The most frequent adverse events were infusion-related reactions, nasopharyngitis, and flushing; no adverse events were reported to cause drug discontinuation (48). In view of these studies with encouraging data, a phase 3 trial (APOLLO) of patisiran, in which our clinic was also involved, has been initiated and planned to last 18 months.

In addition, a phase 3 trial (ENDEAVOUR) of revusiran, a subcutaneous form of patisiran conjugated with N-acetylgalactosamine, in patients with TTR-FAP-related cardiac involvement has been initiated (49). Patients will be administered 500 mg/d revusiran subcutaneously for 5 days and then 500 mg per week. These patients will then be compared with placebo in terms of 6-minute walk test and changes in serum TTR levels.

ISIS- Transtbyretin_{Rx}

ISIS-TTR_{Rx}, an antisense oligonucleotide inhibitor, binds to the TTR mRNA's 3' end, which is not translated, and catalyzes the degradation of RNA via RNAase (50). ISIS-TTR_{Rx} was shown to decrease serum levels of TTR by 80% in transgenic mice with Ile84Ser mutations (51). It was used subcutaneously in the phase 1 trial and was shown to be safe except for minor adverse events including pain related with injections and somnolence. In the phase 3 trial (NCT02175004), which is continuing, patients taking 300 mg/d ISIS-TTR_{Rx} subcutaneously for 3 days followed by 300 mg per week will be compared with placebo in terms of mNIS+7 and quality of life scales after 65 weeks' follow-up.

Intraventricular administration of ISIS-TTR_{Rx} in transgenic mice was shown to decrease TTR levels in the choroid plexus. This data is promising with regards to using the drug in leptomeningeal amyloidosis, in which no medication has yet shown to be effective. However, there are no current studies pertaining to this indication (52).

Management

An algorithm is required due to the rapid increase in treatment options of TTR-FAP in recent years. Centers in Europe reached a consensus on the treatment of FAP-TTR in 2015 (Table 3).

Table 3	. Treatment algorithm in transthyretin-related				
familial amyloid polyneuropathy					
Stage 0	Follow-up according to the type of mutation and patient's clinical status				
Stage 1	TafamidisIf progression continues, liver transplantation or one of the phase 3 trials				
Stage 2	- Diflunisal - One of the phase 3 trials				
Stage 3	There is no treatment approvedSupporting treatment, if possible one of the phase 3 trials				

Besides these groups of patients, simultaneous liver-kidney transplantation in patients with severe nephropathy, and simultaneous heart-liver transplantation in patients with severe cardiac involvement are recommended (53).

Conclusion

TTR-FAP is a rare but life-threatening disease. The development of new treatment options is promising, but to gain maximum benefit, early diagnosis and commencement of treatment are required. Recognition of the disease by cardiologists, nephrologists, neurologists, and even ophthalmologists will significantly decrease the morbidity and mortality rates of the disease.

Ethics

Peer-review: Externally peer-reviewed.

Authorship Contributions

Surgical and Medical Practices: A.Ç., H.D.T., F.D., P.O.S., Y.G.P., Concept: A.Ç., H.D.T., Y.G.P., Design: A.Ç., H.D.T., Y.G.P., Data Collection or Processing: A.Ç., H.D.T., F.D., P.O.S., Y.G.P., Analysis or Interpretation: A.Ç., H.D.T., Y.G.P., Literature Search: A.Ç., H.D.T., Y.G.P., Writing: A.Ç., H.D.T., Y.G.P.

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