

Pathology and Functional Diagnosis of Small-fiber Painful Neuropathy

Sung-Tsang Hsieh

Abstract-

Small-fiber sensory neuropathy with neuropathic pain had been a diagnostic challenge for neurologists. We and several groups have developed skin biopsy with quantitation of intraepidermal nerve fiber (IENF) density as a diagnostic approach. In the skin with small-fiber sensory neuropathy, there are pathological hallmarks: reduced IENF density with degeneration of subepidermal nerve plexuses and dermal nerves. Skin denervation is a major presentation of diabetic neuropathy and inflammatory neuropathies including Guillain-Barré syndrome and chronic inflammatory demyelinating polyneuropathy. The skin biopsy approach also provides an opportunity to examine dermal vasculature and inflammatory vasculopathy is demonstrated in vasculitic neuropathy, systemic lupus erythematosus, and eosinophilia-associated neuropathy. In addition to neuropathologic evidence, the functional consequences of cutaneous nerve degeneration can be assessed with quantitative sensory testing (QST), contact heat evoked potential (CHEP), and functional magnetic resonance imaging (fMRI). One major etiology of small-fiber sensory neuropathy is familial amyloid polyneuropathy caused by mutations of transthyretin (TTR). We recently conducted studies on a large cohort of unique TTR mutation on Ala97Ser in Taiwan. These patients had significant skin denervation in addition to motor and autonomic neuropathy. Taken together, the skin biopsy with quantitation of IENF density provides diagnostic utility for small-fiber sensory neuropathy and the combination of psychophysical, physiological, and neuroimaging examinations offer comprehensive assessments for patients with neuropathic pain due to cutaneous nerve degeneration.

Key Words: skin biopsy, contact heat evoked potential, functional magnetic resonance imaging, amyloid neuropathy, transthyretin

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INTRODUCTION

Neuropathic pain is a major symptom after nerve injury, which can be caused by degeneration of large-

diameter sensory nerves (large fibers) or small-diameter sensory nerves (small fibers). Sensory nerves are the cytoplasmic extensions of dorsal root ganglion (DRG) neurons and are dichotomized into two classes: large-

From the Department of Neurology, National Taiwan University Hospital and Department of Anatomy and Cell Biology, National Taiwan University College of Medicine. Received May 25, 2010. Revised May 27, 2010. Accepted May 31, 2010.

Reprint requests and correspondence to: Sung-Tsang Hsieh, MD. Department of Anatomy and Cell Biology, National Taiwan University College of Medicine, 1 Jen-Ai Road, Sec. 1, Taipei, 10051, Taiwan. E-mail: shsieh@ntu.edu.tw

diameter (large DRG neurons and large fibers) and small-diameter (small DRG neurons and small fibers) (Fig 1)⁽¹⁾. Large sensory nerves terminate in the muscles, joints, and tendons and are responsible for proprioceptive sensations. Small sensory nerves terminate in the skin and visceral organs and transmit thermanociceptive stimuli, which form important protective sensations. Although sensory symptoms due to either type of nerve degeneration might be different in some patients, there are not distinct features to differentiate both. Practically, large fiber neuropathy can be examined by nerve conduction studies. Small-fiber sensory neuropathy, however, traditionally had depended on subjective description of symptoms by patients. Because small-diameter sensory nerves terminate in the skin, several groups including ours have developed skin biopsy with quantification of intraepidermal nerve fibers (IENF) density as a diagnostic approach for small-fiber sensory neuropathy⁽²⁻⁷⁾. There are two major approaches to quantitatively assess skin innervation, i.e. immunofluorescence with confocal microscopy and immunohistochemistry with conventional light microscopy⁽⁴⁾. The European Federation of Neurological Societies and Peripheral Nerve Society

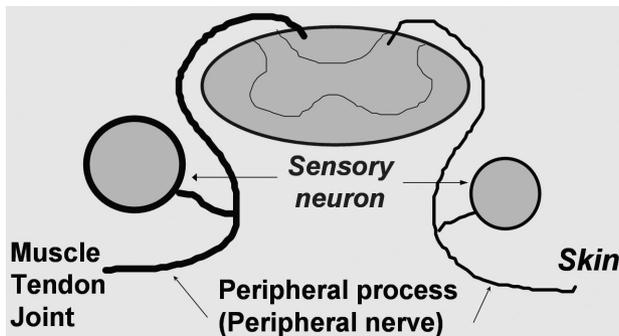


Figure 1. Structural organization of peripheral sensory nerves. Peripheral sensory nerves consist of (1) proprioceptive nerves from large-diameter sensory neurons of dorsal root ganglia which terminate in skeletal muscles, tendons, and joints and (2) nociceptive and thermal nerves from small-diameter sensory neurons of dorsal root ganglia which terminate in the skin.

have formed a task force to set up guidelines for skin

biopsies, the interpretations, and applications⁽⁸⁾.

SMALL-FIBER NEUROPATHY IN DIABETES

Small-fiber neuropathy is an important component of peripheral neuropathies in diabetes. Skin denervation is a major manifestation of neuropathy in type 2 diabetes⁽⁹⁾. In patients with stocking-glove sensory symptoms, 81.6% of them had reduced IENF densities and the reduction was correlated with diabetic duration. In contrast, only 50% of these patients had abnormal results on conventional nerve conduction studies, indicating that small-fiber sensory neuropathy is far more prevalent than large-fiber sensory neuropathy (Fig 2)⁽⁹⁾. In type 1 diabetes, there was also significant reduction of intraepidermal nerves⁽¹⁰⁾. Skin biopsy offers the potential for repeated examinations of skin innervation to understand cutaneous nerve regeneration. With this approach, it is clear that cutaneous nerve regeneration is impaired in diabetic patients^(11,12).

SKIN DENERVATION IN INFLAMMATORY NEUROPATHIES

An important extension is the application of skin biopsy to explore small-fiber neuropathy in inflammatory neuropathies, in particular, Guillain-Barré syndrome (GBS)⁽¹³⁾ and chronic inflammatory demyelinating polyneuropathy (CIDP)⁽¹⁴⁾. Traditionally, GBS is considered a large-fiber neuropathy. However, the presence of neuropathic pain and dysautonomia in GBS patients raises the possibility of small-fiber sensory and autonomic neuropathy. In the demyelinating form of GBS patients, IENF densities were reduced compared with age- and gender-matched control subjects. Among these patients, 55% of them had reduced epidermal innervation with pathological evidence of active nerve degeneration in the dermis, such as fragmentation of subepidermal nerve plexuses and dermal nerves. Additionally, reduced IENF density was associated with an elevated warm threshold, ventilatory distress, and dysautonomia. In GBS, IENF densities were negatively correlated with disability grade

mal vessels are also targets of vasculitis and we have applied this approach to examine dermal microvasculitis in various types of inflammatory and autoimmune diseases, which are often associated with undiagnosed neuropathies. This new approach has important implications because traditionally vasculitis could only be diagnosed with nerve and muscle biopsies⁽¹⁷⁻¹⁹⁾. We first demonstrated dermal microvasculitis in patients with vasculitis syndrome⁽²⁰⁾. In addition to vascular injury, there was perivascular inflammation of macrophage and T cells, indicating the immune-mediated nature of nerve injury⁽²⁰⁾. All these patients also exhibited skin denervation, suggesting the association of both conditions. We then demonstrated that dermal vasculitis was associated with skin denervation in systemic lupus erythematosus (SLE), i.e. the higher the degree of vasculitis, the lower the IENF density⁽²¹⁾. IENF densities were associated with clinical deficits. These include the negative correlation with the SLE disease activity index and cumulative episodes of lupus flare-up within 2 years before the skin biopsy. In addition to being present in the patients with sensory neuropathy, skin denervation also existed in the patients with neuropsychiatric syndrome involving the central nervous system. In neuropathy due to eosinophilia and Churg-Strauss syndrome⁽²²⁾, there is also significant skin denervation and IENF density is negatively correlated with the disability grade and associated with cutaneous vasculitis. These studies raise the possibility that skin biopsy may provide another approach to diagnose vasculitis⁽²³⁾.

FUNCTIONAL EXAMINATIONS OF THERMONOCICEPTIVE NERVES

Functional assessments provide another domain of small-fiber painful neuropathy, including psychophysical, neurophysiological, and functional imaging approaches. Among these, quantitative sensory testing (QST) has been the earliest examination to measure thresholds. QST is a psychophysical approach and there are two algorithms to measure thermal thresholds, i.e. limits and level⁽²⁴⁾. The method of limits directly measures the thermal thresholds and therefore might be

affected by reaction time. This algorithm is highly correlated with the method of level and is less time-consuming compared with the method of level. Briefly, the sensory analyzer delivers a stimulus from a baseline temperature of 32.0 °C with an initial increment (for warm stimuli) or decrement (for cold stimuli) of 1.0 °C. The temperature of the next stimulus is either increased or decreased by a fixed ratio (2:1) according to the response of the subject, i.e., whether or not the subject had perceived the thermal stimulus. The mean intensity of the final two thermal stimuli is the thermal threshold temperature, and is expressed as the warm threshold or the cold threshold temperatures (°C), respectively. QST is noninvasive and can be repeated for following up the progression of the disease or assessing the effects of new therapies. QST is a functional assessment of the entire thermnociceptive pathway from nerve terminals, through peripheral nerves, DRG, and spinal cord to the cerebrum. There are, however, several drawbacks for using QST. For example, QST is unable to define the site of nerve injury and QST could be influenced by emotional and environmental effects. QST could be used for a large-scale screening of small-fiber neuropathy. For example, thermal thresholds are elevated in diabetic patients and the elevation of thermal thresholds is correlated with diabetic control parameters, particularly glycated hemoglobin, HbA1C⁽²⁵⁾.

Heat or pain-evoked potentials studies provide neurophysiological evidence of small-fiber painful neuropathy. Traditionally, laser-evoked potential has been a research tool for assessing thermnociceptive pathway⁽²⁶⁾. Laser-evoked potential was reduced in patients with painful neuropathy. Painful signals stimulated by electric currents through delicate epidermal electrodes demonstrate pain-evoked potential. The amplitude was reduced and correlated with IENF density in HIV-induced sensory neuropathy⁽²⁷⁾. The above three types of pain- or heat-evoked potentials all activate A δ fibers. Contact heat evoked potential (CHEP) appears to have additional advantages^(28,29). Together with the ability to adjust the heat intensity and stimulation paradigms, C-fiber evoked potentials can be recorded. A punctuate stimulation site for inducing laser is small and may not simulate the real

experience of pain or heat. In contrast, the probe for contact heat stimulation is larger than that for laser- or pain-evoked potential stimulator, which could mimic real-life heat perception. We have showed that CHEP amplitude was linearly correlated with IENF density, providing a link between the structure and functions of small-diameter sensory fibers⁽³⁰⁾.

In addition to exploring neurophysiologic evidence, we further investigated the patterns of brain activation to innocuous and noxious heat stimulations on functional magnetic resonance imaging (fMRI). Previously, the prevailing thought has been that the areas activated by innocuous heat were also activated by noxious heat⁽³¹⁻³⁴⁾. We hypothesized that different cerebral areas might be activated by innocuous heat and noxious heat respectively and adopted a paradigm of 38 °C for innocuous heat and 44 °C for noxious heat. Our study indicated that there are unique spatial and temporal patterns of brain activations on either type of heat stimuli, i.e. distinct areas activated by innocuous heat and noxious heat and shared areas activated by both innocuous heat and noxious heat. In particular, the inferior parietal lobule is a

innocuous heat-exclusive area (Table 1)⁽³⁵⁾.

FAMILIAL AMYLOID POLYNEUROPATHY DUE TO TRANSTHYRETIN MUTATIONS

Small-fiber painful neuropathy is a syndrome of different etiologies. These include diabetic and autoimmune diseases. Among these causes, familial amyloid polyneuropathy (FAP) constitutes a unique disease entity. The most common form of FAP is due to mutations of transthyretin (TTR). Mutations of TTP have previously reported in Portugal, Sweden, and Japan. Originally considered as endemic in certain ethnic groups, it is clear that neuropathies due to TTR mutations have a worldwide distribution. TTR mutation of V30M appears the most common mutation causing FAP⁽³⁶⁻⁴¹⁾. In contrast, A97S compared with other mutations seems to be the most common mutation of TTR in Taiwanese⁽⁴²⁻⁴⁴⁾. We have recently completed a study on a cohort of 19 A97S patients to characterize this unique neuropathy in Taiwan⁽⁴⁵⁾. Neuropathy due to A97S TTR is a late-onset global

Table 1. Functional magnetic resonance imaging (fMRI) patterns of brain activations to contact innocuous heat (IH) and noxious heat (NH) based on the entire section of fMRI scanning

Study	Thermal stimulus		Temperature (°C) (IH / NH)	Brain activation		
	Ramp rate	Site		IH only	NH only	IH and NH
Tseng et al, 2010 ⁽³⁵⁾	20 °C/s	foot	38 / 44	IPL	S1, S2, piC, PMA	MFG, IFG, aiC, Cb, SFG, SMA, Th, ACC, LN, Mb
Moulton et al., 2005 ⁽³⁴⁾	4 °C/s	foot	41 / 46.4, 47.4	-	piC	S1, S2, ACC, SMA, IFG
Brooks et al., 2002 ⁽³³⁾	N/A	hand	40 / 46-49	-*	IC, ACC, S2, Cb, MFG, IFG	-
Becerra et al., 1999 ⁽³²⁾	4 °C/s	hand	41 / 46	-	MTG	MFG, IC, ACC, PCC, Th, S1, S2, SMA, PMA, STG, Cb
Davis et al., 1998 ⁽³¹⁾	N/A	hand	40-43 / 47.5	-	S2	Th, LN, IC

N/A: information not available; * no activation to IH.

ACC, anterior cingulate cortex; Cb, cerebellum; aiC, anterior insular cortex; IFG, inferior frontal gyrus; IPL, inferior parietal lobule; L, left; LN, lentiform nucleus; MFG, middle frontal gyrus; MTG, middle temporal gyrus; PCC, posterior cingulate cortex; piC, posterior insular cortex; PMA, premotor area; R, right; S1, primary somatosensory cortex; S2, secondary somatosensory cortex; SMA, supplementary motor area; STG, superior temporal gyrus; Th, thalamus.

This Table was reproduced from Tseng et al, 2010⁽³⁵⁾.

neuropathy, i.e. involving motor, sensory, and autonomic components of peripheral nerves. Reported patients had onset > 50 years of age and exhibited significant autonomic dysfunction including chronic diarrhea and postural hypotension. Sensory nerves of large and small-fiber categories were affected. All patients had skin denervation which was correlated with the elevation of thermal thresholds. This form of neuropathy could be an under-diagnosed neuropathy in Taiwan and it is mandatory to perform genetic screening of A97S in patients with adult-onset idiopathic motor, sensory, and autonomic neuropathy.

PERSPECTIVES

In conclusion, the skin biopsy with quantitation of IENF density provides diagnostic utility for small-fiber sensory neuropathy and the combination of psychophysical (QST), physiological (CHEP), and neuroimaging (fMRI) examinations may offer comprehensive assessments for patients with neuropathic pain due to cutaneous nerve degeneration. In Taiwan, TTR (A97S)-amyloid neuropathy appears a unique neuropathy involving the motor, sensory, and autonomic components.

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