



Brigham and Women's Hospital
Founding Member, Mass General Brigham

A Missed Diagnosis

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- **Endocrine Fellowship - Massachusetts General Hospital**
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- **Assistant Professor of Medicine-HMS**
 - **Clinical focus: Calcium and Bone Disorders**
 - **Research focus: Endocrine Genetics**

Disclosures

- **UpToDate**
 - Author
- **Alexion Pharmaceuticals**
 - Site PI for Global Hypophosphatasia Registry
- **Ensho Health**
 - Consultant
- **Alesta Therapeutics**
 - Consultant

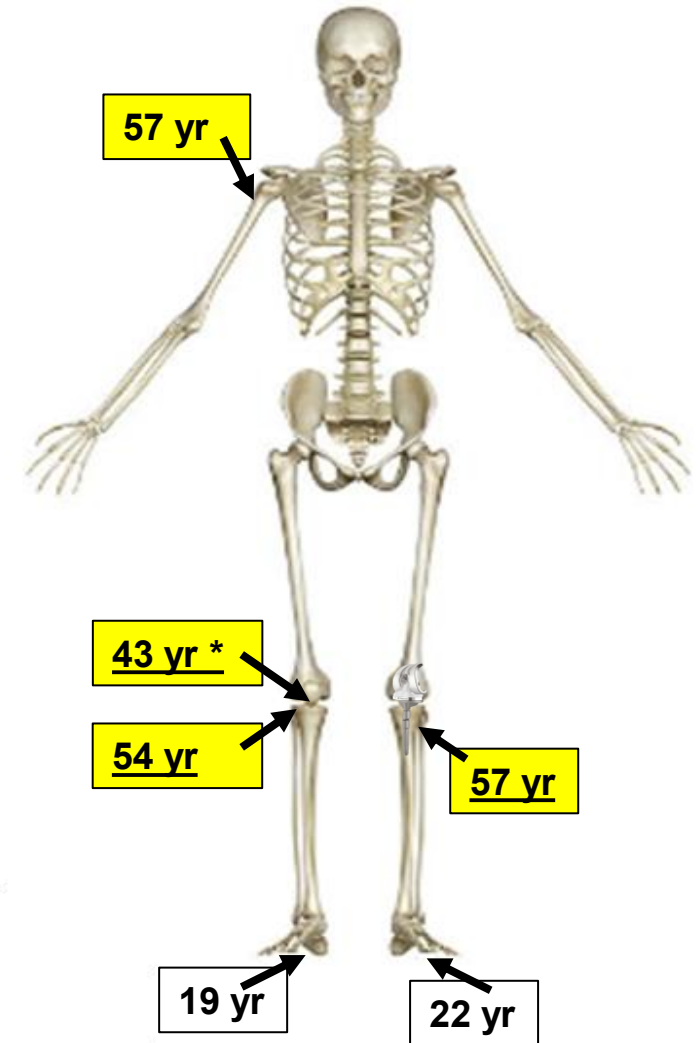
Referral

59 yo F w h/o anxiety and pain syndrome who is nervous about starting on bisphosphonates prescribed by her PCP after recent fractures



Fracture History

- H/o recurrent fractures
 - 19 yo- R foot (step off bus)
 - 22 yo- L foot stress fracture (field hockey & tennis)
 - 43 yo- R patellar fracture (fall->ORIF w hardware failure)
 - 54 yo- R knee refracture (low trauma)
 - 56 yo L knee replacement (arthritis)
 - 57 yo fracture distal to TKR hardware
 - 57 yo R shoulder displaced comminuted fracture (trip & fall)



Past Medical History

- **PMH:**
 - **Anxiety**
 - **Migraines**
 - **Fibromyalgia**
 - **Arthritis requiring multiple arthroscopic procedures w chondrocalcinosis of L knee**
 - **Chronic joint pain**
 - **HTN**
 - **HLD**
- **SH:**
 - Lives w husband & son
 - 2-3 drinks/wk
 - No tob or illicit
 - Works as a project manager for research organization
- **Meds:**
 - Calcium Citrate 500 mg /d
 - Vitamin D3 1000
 - HCTZ 12.5
 - Diclofenac gel 4 topically
 - Meloxicam
 - Zolpidem
 - Tumeric root, Omega 3FA, elderberry extract, lactobacillus
- **FH:**
 - Irish ancestry & no fractures
 - Mother with cirrhosis (ETOH)
 - Father w arthritis, COPD, hip fracture
 - 1 sister healthy
 - Son –anxiety “on spectrum”

Menstrual & Dental History

- Menarche ~ 12 yo
- Regular periods
 - OCP for ~5 yrs for contraception
- 1 Pregnancy
- Menopause at 54
- No HRT
- No missing teeth
- Some fillings and periodontal disease but no root canals, crowns, or implants

Dietary Calcium Intake

- ½ cup soy milk/d, regular cheese
- CaCitrate 500 + vit D 1K



Physical Exam

- **Vital signs:**
 - **145/81**, 67, **200 lb**, 65 in, **BMI 33**- generalized obesity, not Cushingoid
- **General:**
 - Well-appearing, no sweats or tremors
- **HEENT:**
 - EOMI, PERRL, no lid lag, proptosis, white sclera, VS full to confrontation
 - MMM, **several fillings**, no extractions/discoloration/atrophic anamel
 - Normal thyroid
- **Musc/skeletal:**
 - **Orthopedic scars**, good strength with slight muscle aches, no joint hypermobility
- **Neuro:**
 - CN intact, normal hearing, no tremors

Does this Patient Have Osteoporosis?

- A. No, need labs prior to making a diagnosis
- B. No, need DXA prior to making a diagnosis
- C. Yes, and would start treatment
- D. Yes, but need labs prior to starting treatment
- E. Yes, but need DXA and FRAX score prior to starting treatment

Does this Patient Have Osteoporosis?

- A. No, need labs prior to making a diagnosis
- B. No, need DXA prior to making a diagnosis
- C. Yes, and would start treatment
- D. Yes, but need labs prior to starting treatment **(Technically correct)**
- E. Yes, but need DXA and FRAX score prior to starting treatment

Need to rule out other explanation or metabolic bone disease, such as osteomalacia, with baseline lab:

- **Calcium, phos, alk phos, vitamin D, creatinine, CBC**

Osteoporosis Classification

- Osteoporosis

- T score ≤ -2.5

- Or presence of fragility fracture

 **TREAT!**

- Osteopenia

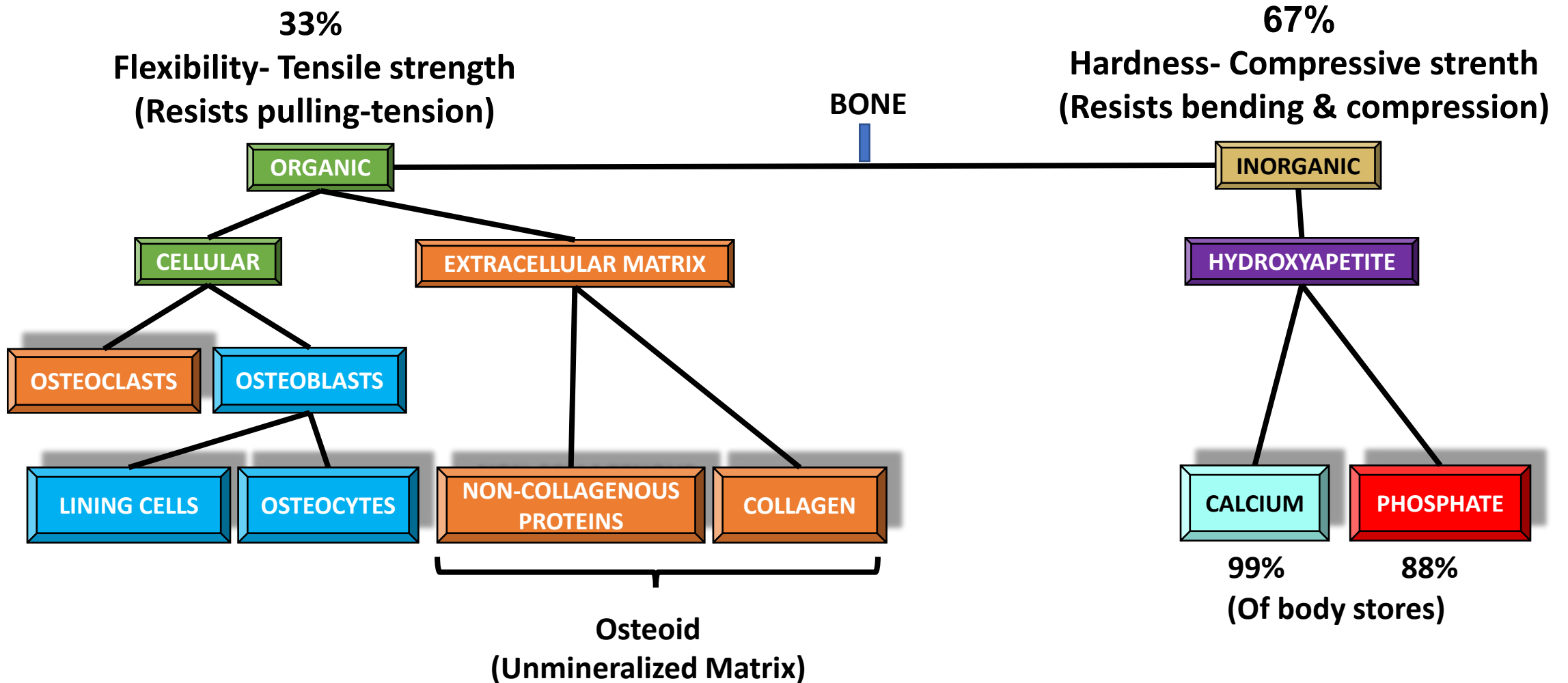
- T score: -1 to -2.5

 **Treat?**

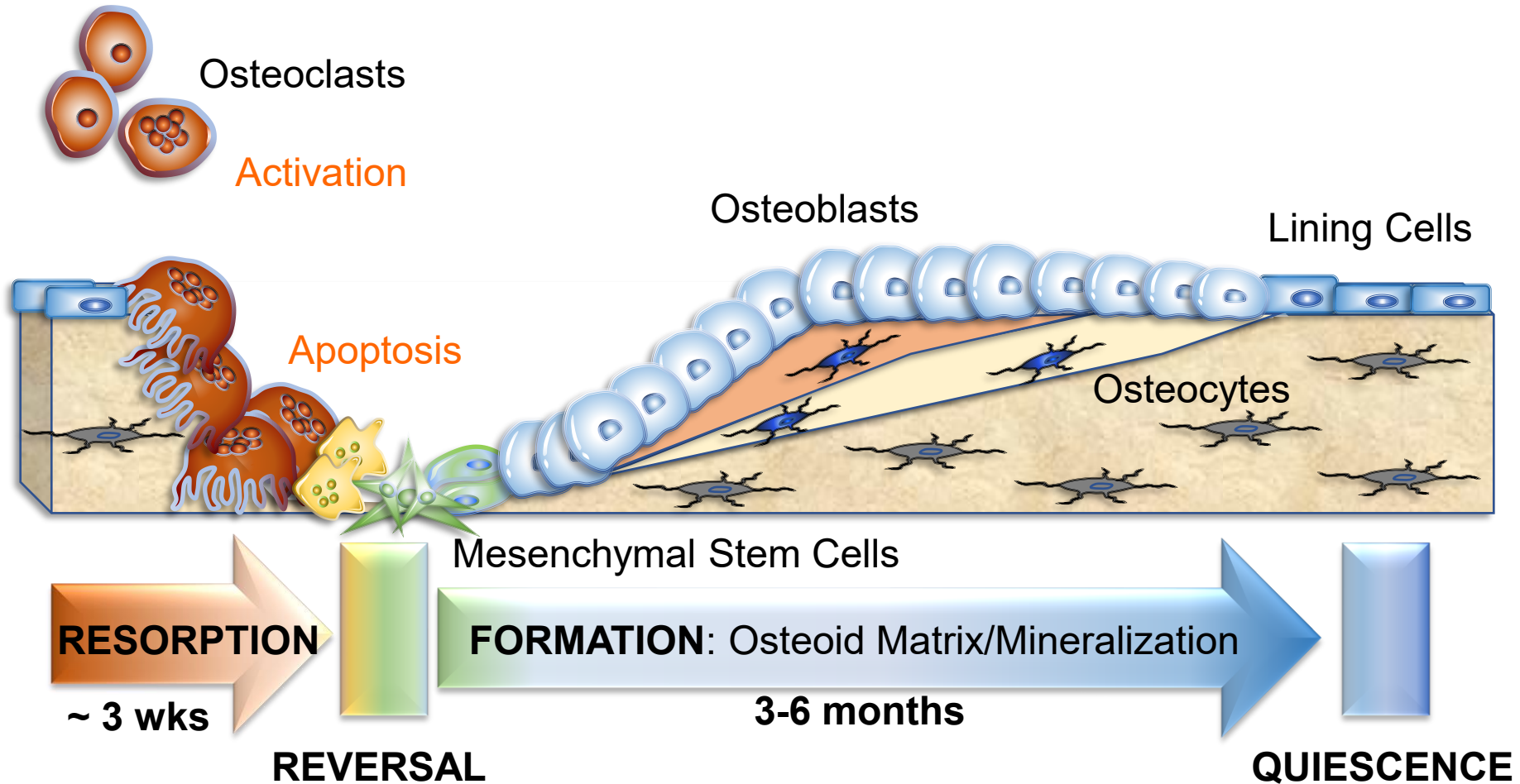
FRAX Calculator

10 yr MOP $\geq 20\%$, hip frx $\geq 3\%$

Bone Composition

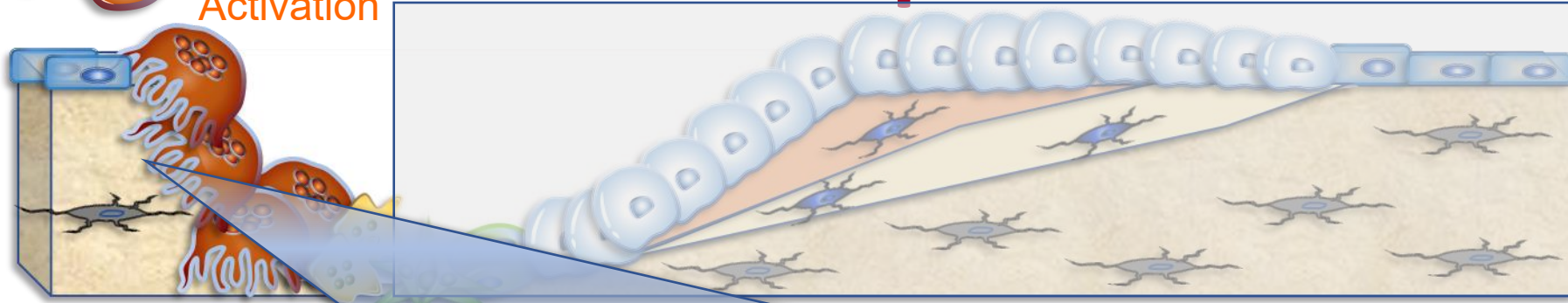


Normal Bone Remodeling

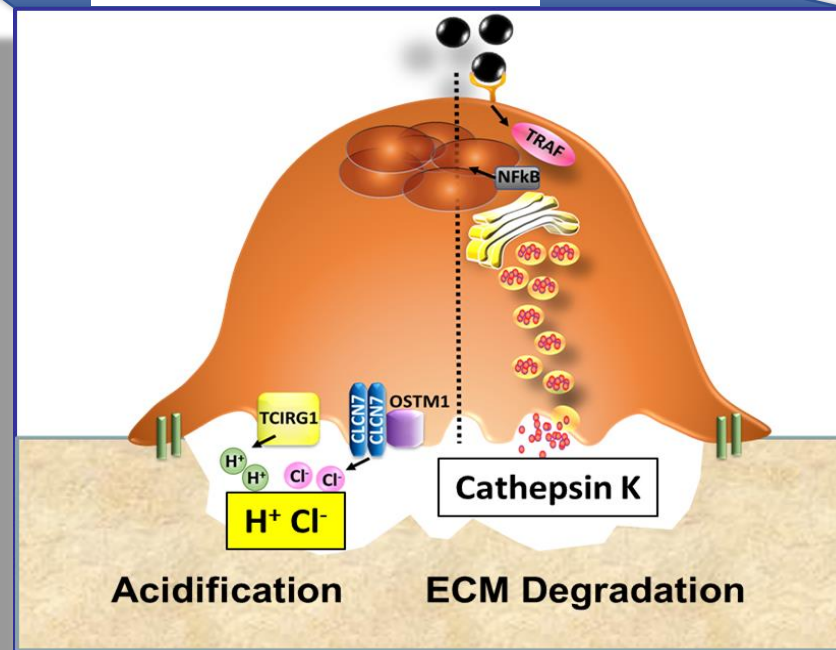
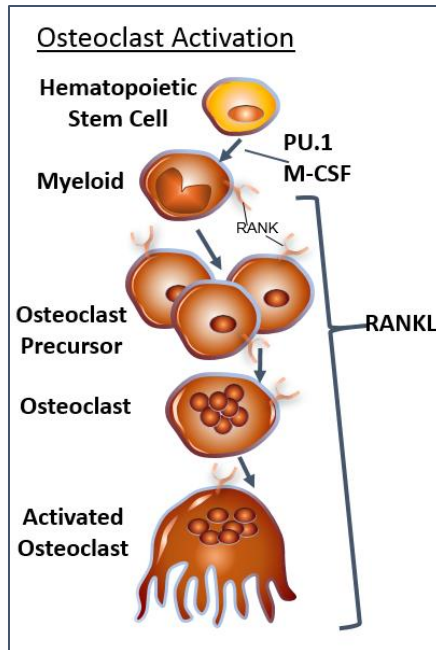




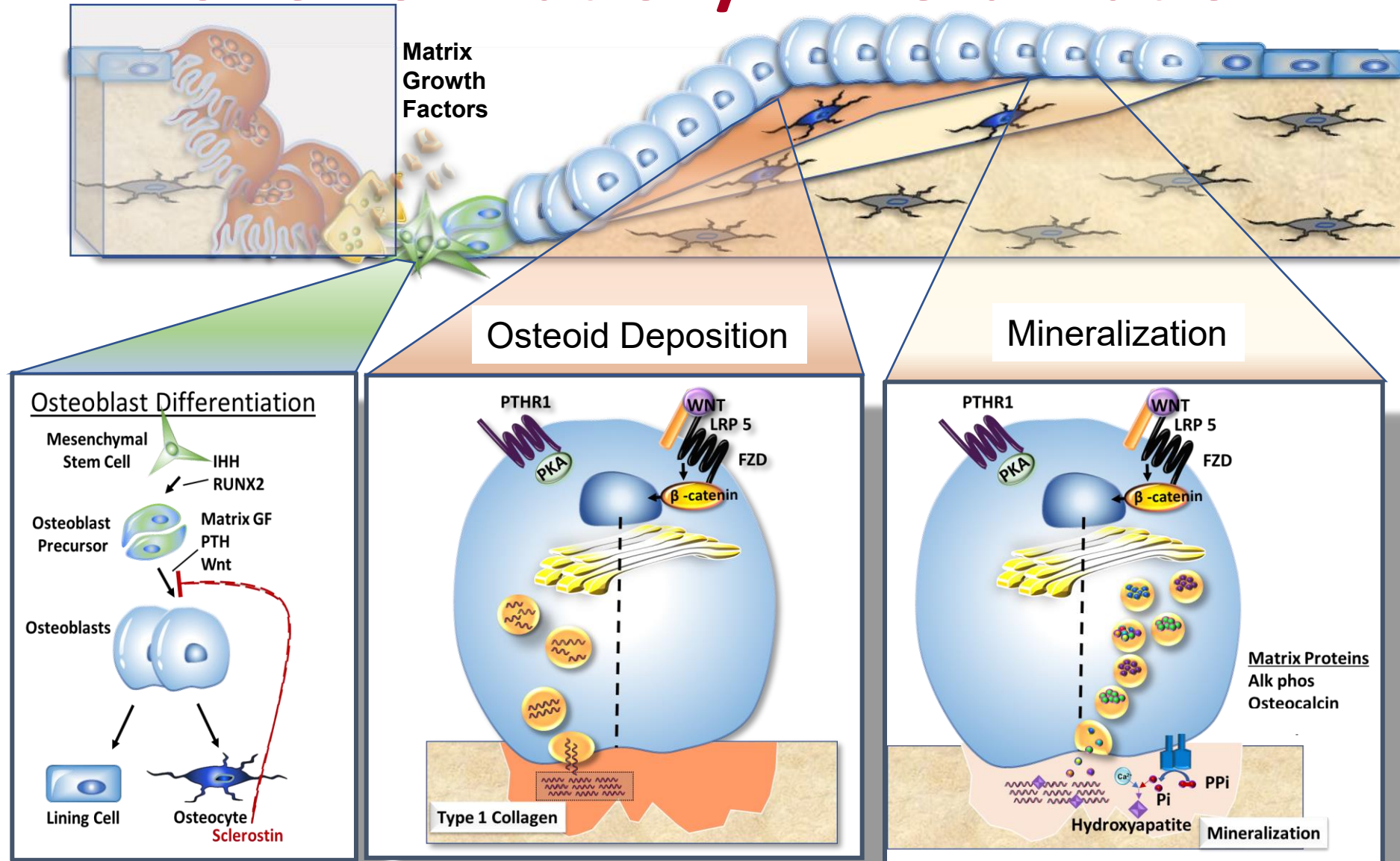
Bone Resorption



Matrix Degradation



Bone Formation/Mineralization



Bone Pathology

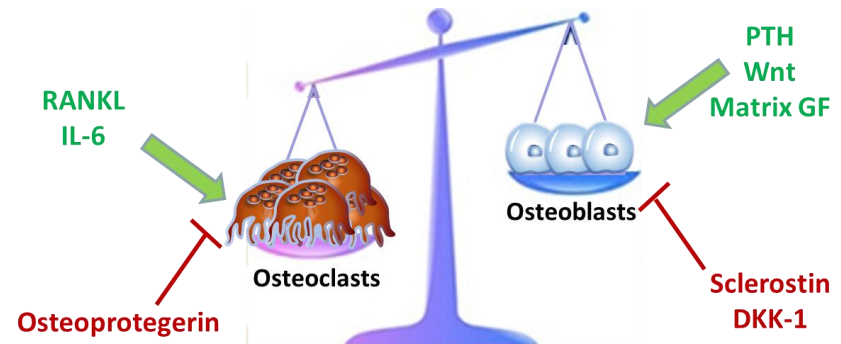
Multiple fractures

Osteoporosis/Osteopenia

Resorption > Formation



Normal Bone



Secondary Causes of Osteoporosis

- Hyperparathyroidism
- Estrogen deficiency
 - Delayed puberty
 - Early menopause
 - Hypogonadism
 - Aromatase inhibitors
- Glucocorticoid exposure
- Hyperthyroidism
- GH deficiency
- Malnutrition/eating do
- Malabsorption/Celiac dz
- Liver disease
- Renal disease
- Pulmonary disease
- Multiple myeloma
- Mastocytosis
- Inflammatory do (RA, etc)
- Immobility
- ETOH, tobacco, PPI, etc

Treatment

Anti-Resorptives

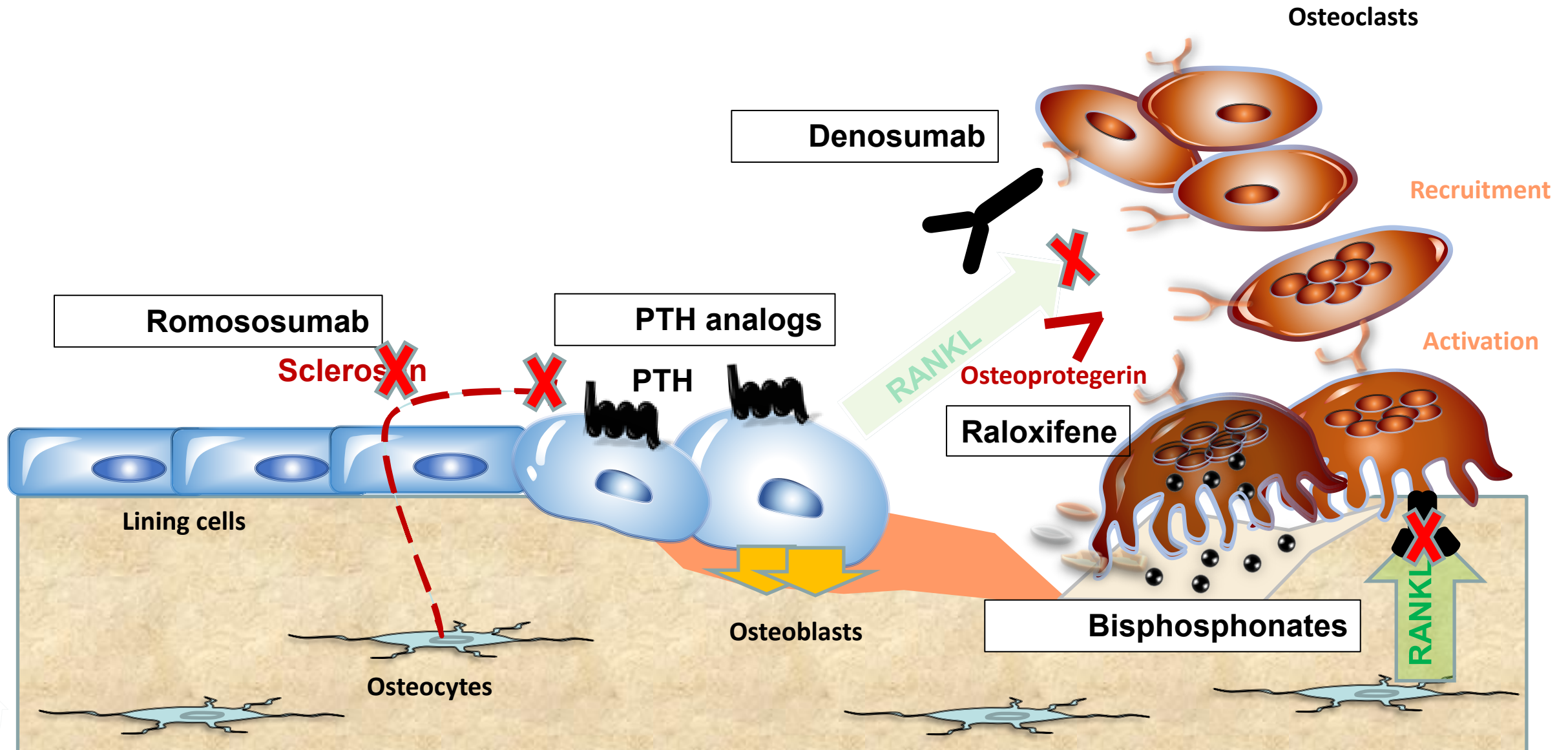
- Bisphosphonates
 - Alendronate (Fosamax)
 - Risedronate (Actonel)
 - Zoledronate (Reclast)
 - Ibandronate (Boniva)
- Denosumab (Prolia)

Anabolics

- PTH analogs
 - Teriparatide (Forteo)
 - Abaloparatide (Tymlos)
- Sclerostin inhibitors
 - Romosozumab (Evenity)

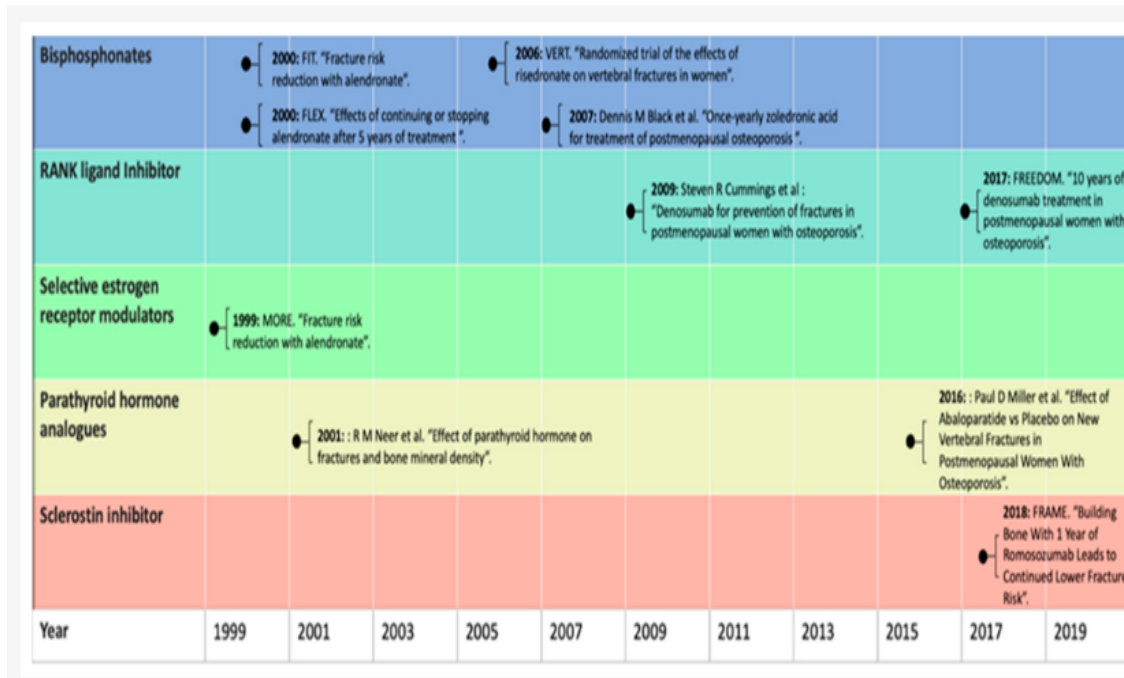
How do they work?

Mechanism of Action

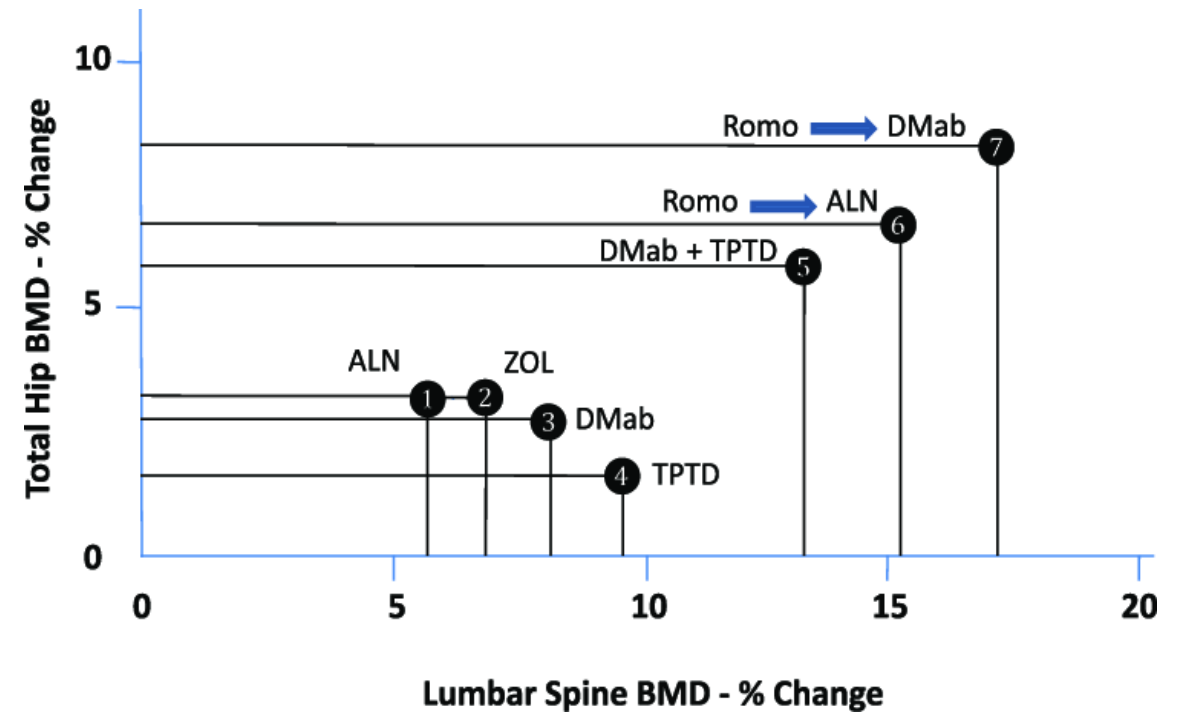


Effectiveness

Major Trials



Treatment Effects



Labs

141	101	12	95
4.3	27	0.76	

14.5	254
4.8	
43.9	

Ca 10.1
Alb 4.8
Phos 4.0

Vitamin D 34
PTH 34
24hr: Ca 245 mg
 Crt 1.1 g
 TV 1.9 L

ALT 23
AST 21
Alk Phos 25
Bili 0.6

TSH 1.3
Tryptase neg
SPEP no M spike

BMD

Site	T Score	Z Score	Classification
AP Spine	-0.1	+1.1	Normal
L Femoral Neck	-0.7	+0.4	Normal
L Total Hip	+1.1	+1.9	Normal

Pt prescribed alendronate but was anxious about “possible side effects”, especially with normal bone density

- **Fear of arthritis pain worsening**
- **ONJ was also a concern**

“Are there supplements that I can take instead?”

Bone Pathology

Multiple fractures



Normal Bone

Collagen Defect

Osteogenesis Imperfecta



Osteoporosis

Resorption > Formation

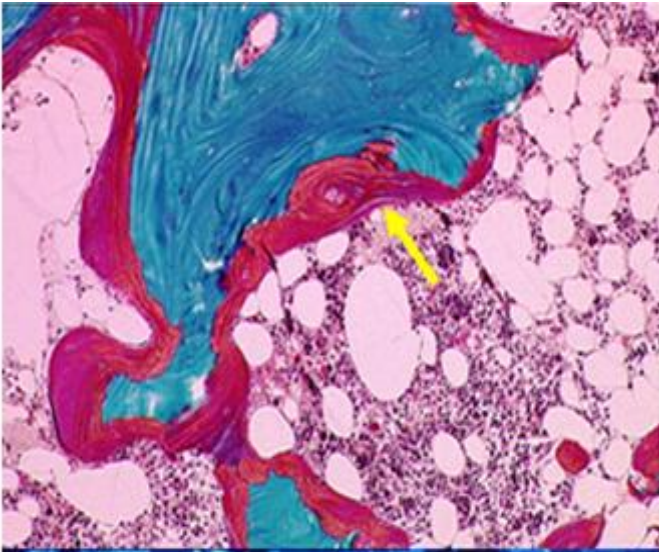


Impaired Mineralization

Rickets/Osteomalacia



Conditions with Mineralization Defects



MINERALIZATION DEFECTS		Calcium	Phos	25vitD	1,25vitD	PTH	Alk Phos
Vit D Deficiency	25 vit D	NI/-	Low/NI	Low	NI/+	High	High/NI
	1,25 vit D	NI/-	Low/NI	NI/-	Low	High	High/NI
	Renal Failure	NI/-	NI/High	NI	Low	High	Variable
Hypo- phosphatemia	Nutrition/GI	NI/-	Low	Low/NI	NI	High	High/NI
	Renal:FGF23	NI/-	Low	NI/-	Low	High	High
	Renal:Fanconi	NI	Low	NI	NI/+	NI	NI
Hypophosphatasia		NI/High	NI/High	NI	NI	NI	LOW

Labs

141	101	12	95
4.3	27	0.76	

14.5	254
43.9	
4.8	

Ca 10.1
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Phos 4.0

Vitamin D 34
PTH 34
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ALT 23
AST 21

Alk Phos 25 (nl ≥ 35), 21-25 for decades

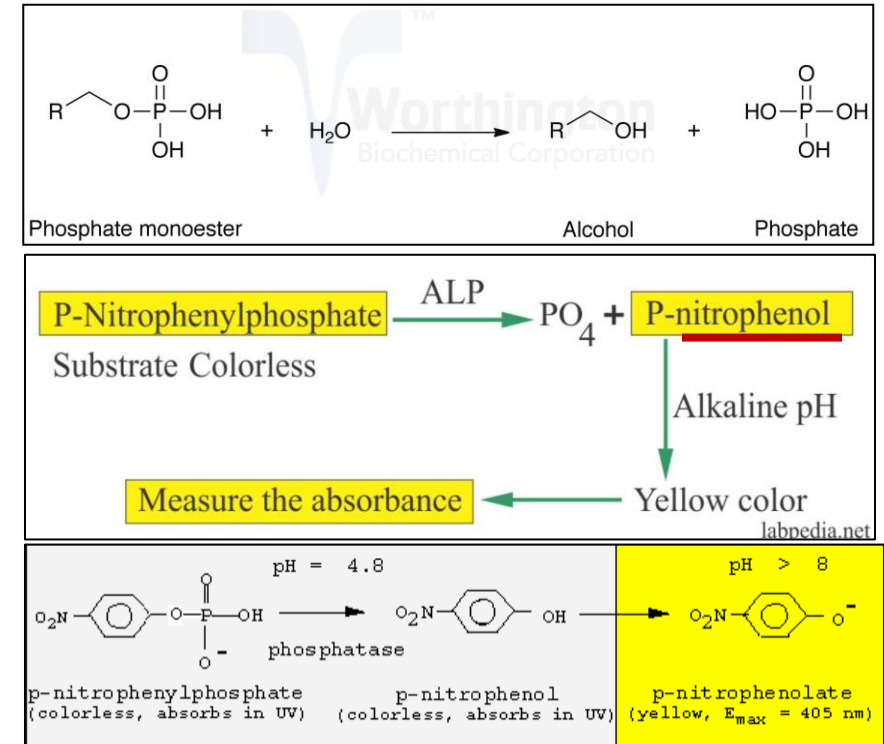
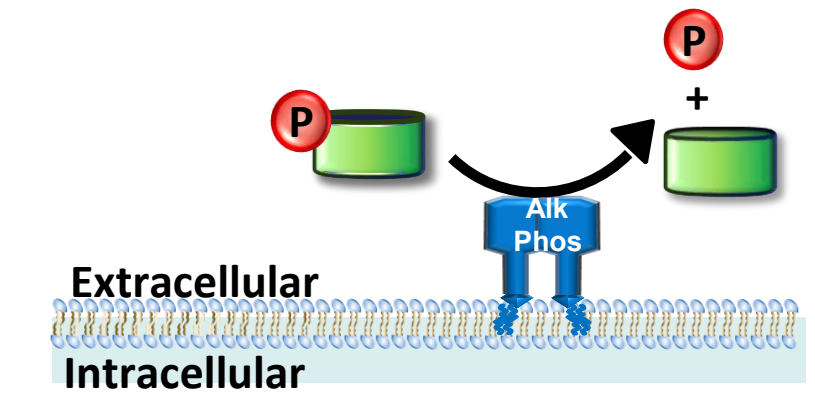
Bili 0.6

TSH 1.3
Tryptase neg
SPEP no M spike

Alkaline Phosphatase

- Group of phosphatases
- Catalyze removal of a monoester phosphate from multiple substrates
- Optimal activity in alkaline environment
 - Clinical assay requires pH > 8
 - P-Nitrophenol –Phosphate (pNPP)
 - **Artificial** substrate in assay
- But normal **function is at physiologic pH**

pNPP assay **CORRELATES** with physiologic ALP activity



pH > 8

Component of “Liver Function Test”

LFT Interpretation

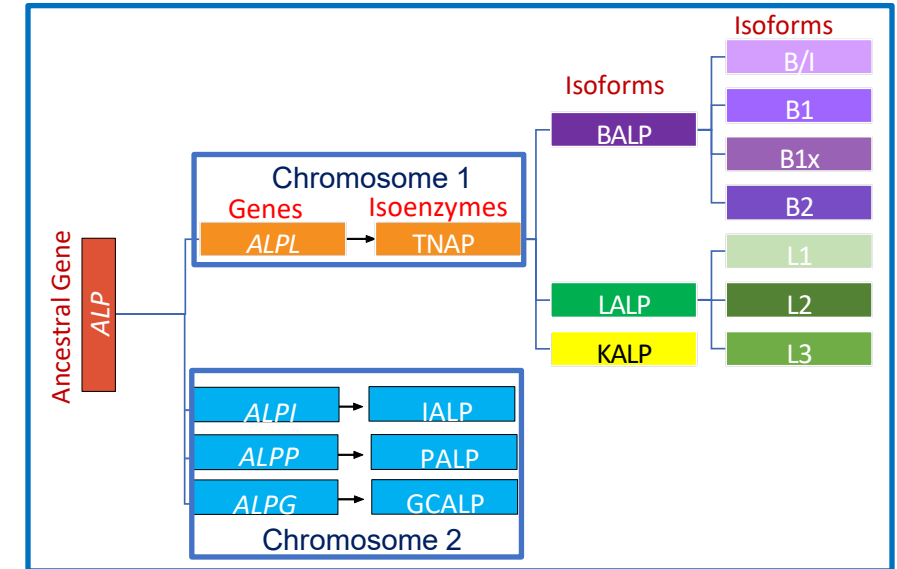
- Hepatocellular injury
 - $\uparrow$ AST & ALT $\pm$ $\uparrow$ bili & A ϕ
 - If $\downarrow$ A ϕ - Wilson's
- Cholestasis
 - $\uparrow$ Bili & A ϕ $\pm$ $\uparrow$ AST & ALT
- Infiltrative
 - $\uparrow$ A ϕ , near normal bili, AST & ALT

Bone Specific Component: ~20-60% of total A ϕ

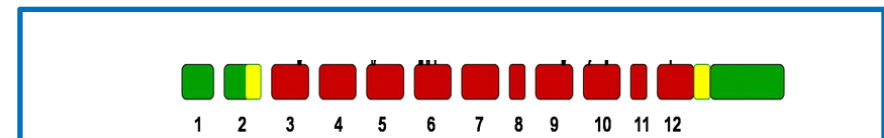
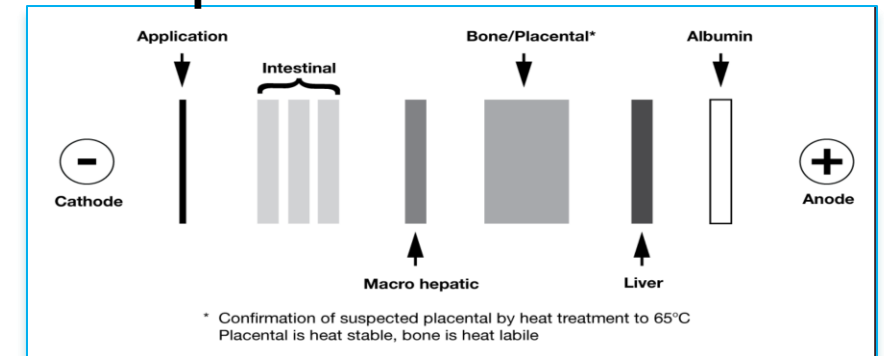
- Increase in bone fraction
 - Paget's disease of bone
 - Malignancies
 - PTHrP
 - Osteosarcomas
 - Osteoblastic mets
 - Anabolic bone agents
 - Romosozumab, PTH analogs
 - Hyperparathyroidism
 - Hyperthyroidism

Alkaline Phosphatase Isoenzymes

- Tissue-specific isoenzymes
 - Intestinal (*ALPI* 2q37.1)
 - Placental (*ALPP* 2q37.1)
 - Germ cell (*ALPG* 2q37.1)
- Tissue Non-Specific Alk Phos = **TNAP** (*ALPL* - 1p36.1)
 - Different isoforms
 - Alternative start site
 - Differential glycosylation
 - Bone
 - Liver
 - Kidney

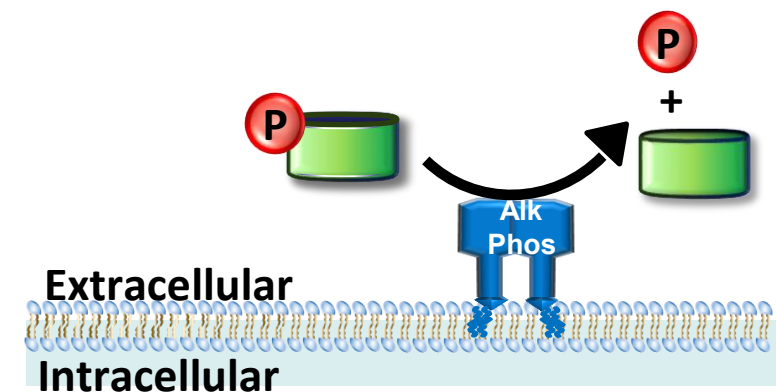
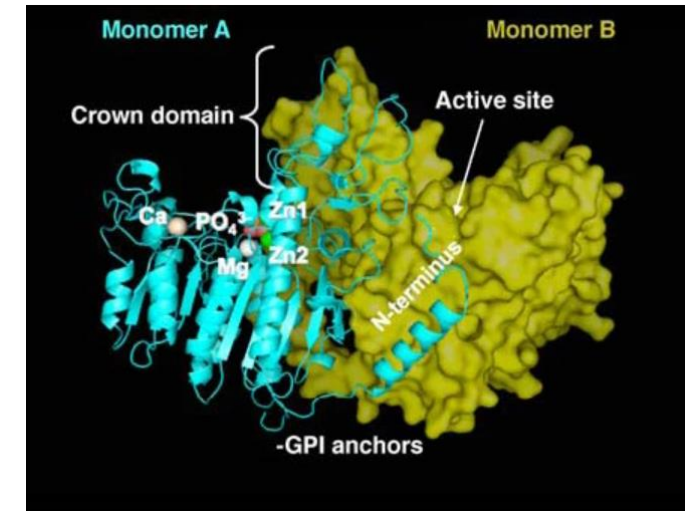


Electrophoresis



Alkaline Phosphatase

- Ectoenzymes
- GPI anchors
- Homodimers
- Require Zn^{2+} and Mg^{2+} as co-factors
- Many substrates



Alk Phos Varies by Ethnicity & Gender

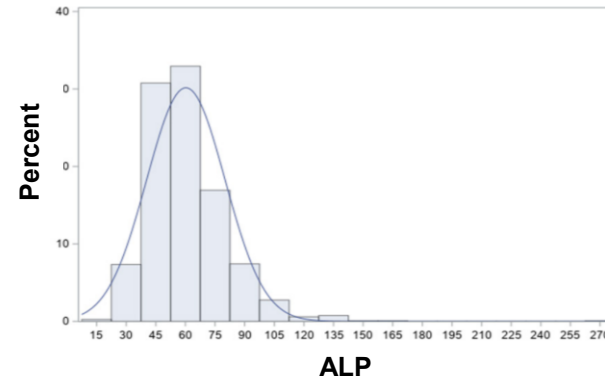
- NHANES Population Alk Phos measurement

- N=1199 (673 F/ 526 M)

- Mean: 60.2 IU

- Median: 57 IU

- Q1 47/ Q3 69



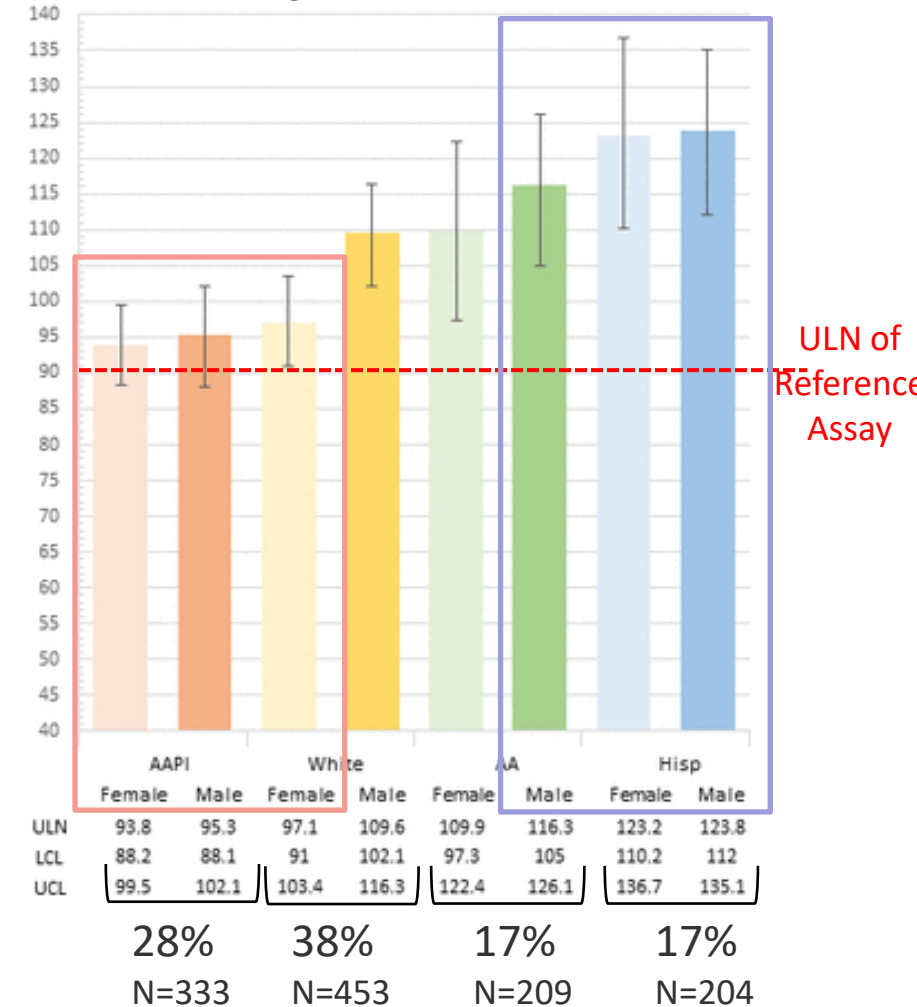
- Upper limits of normal

- Varies by ethnicity but with significant overlap

- Asian & White F < Hispanic & Black M

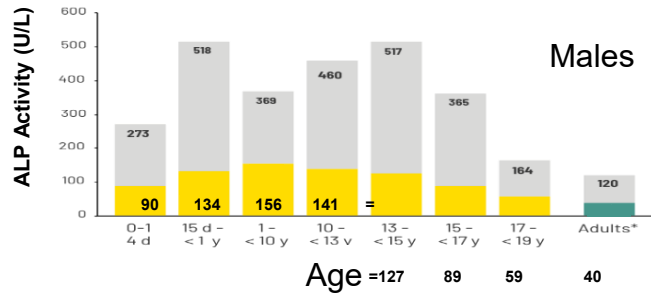
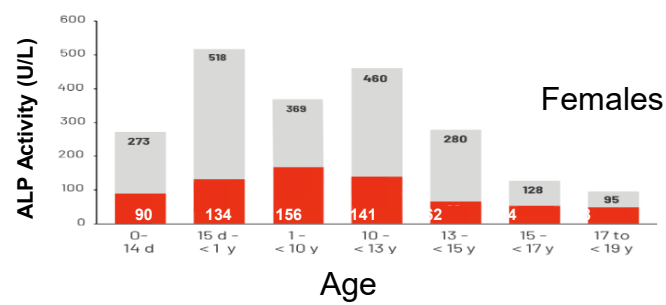
- Trend for males > females

Upper Range of Population Sample

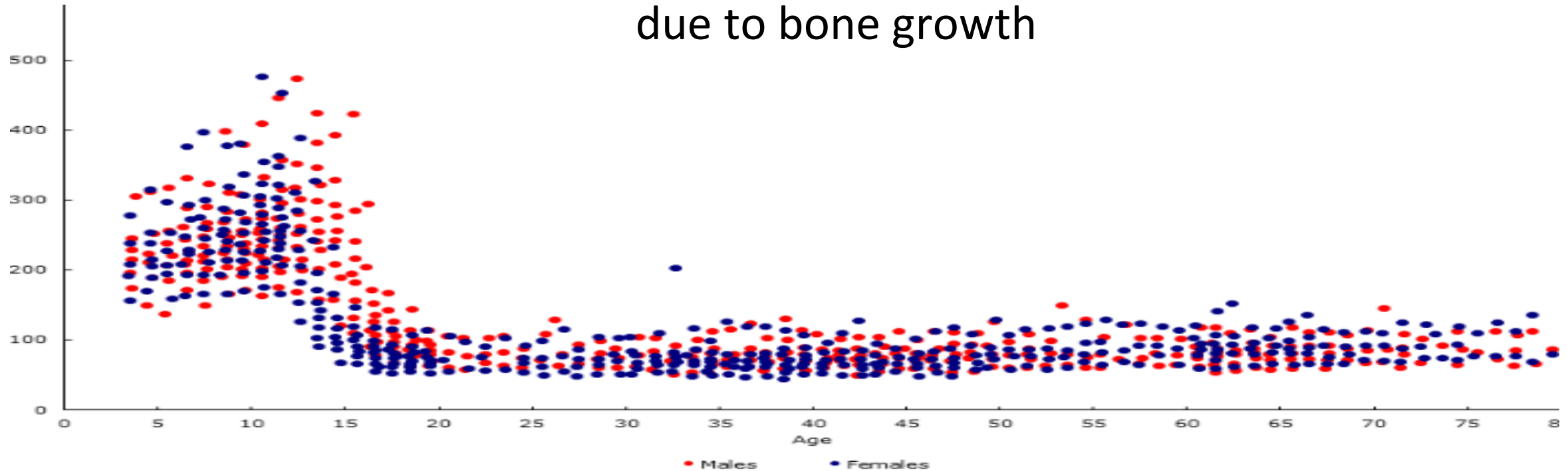


NHANES Population Distribution

Alk Phos Varies by Age

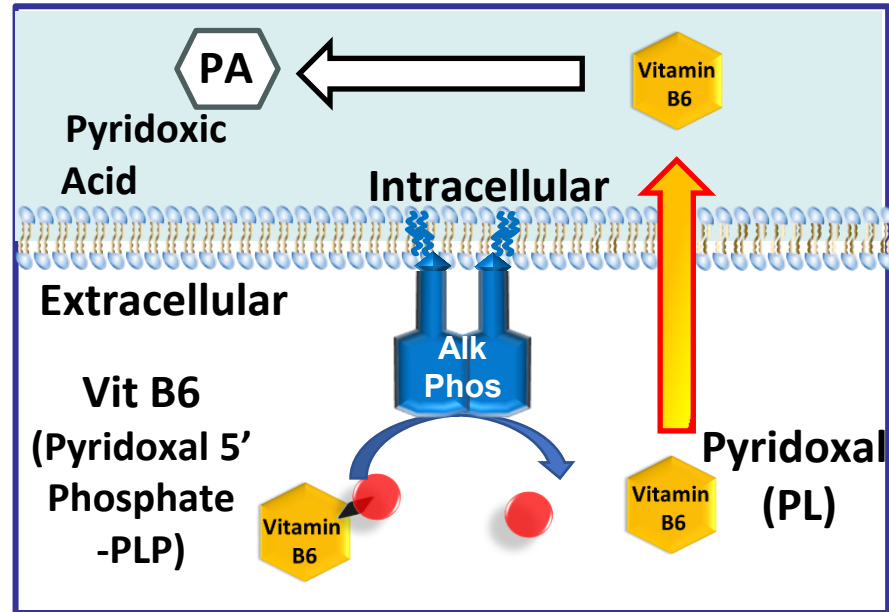
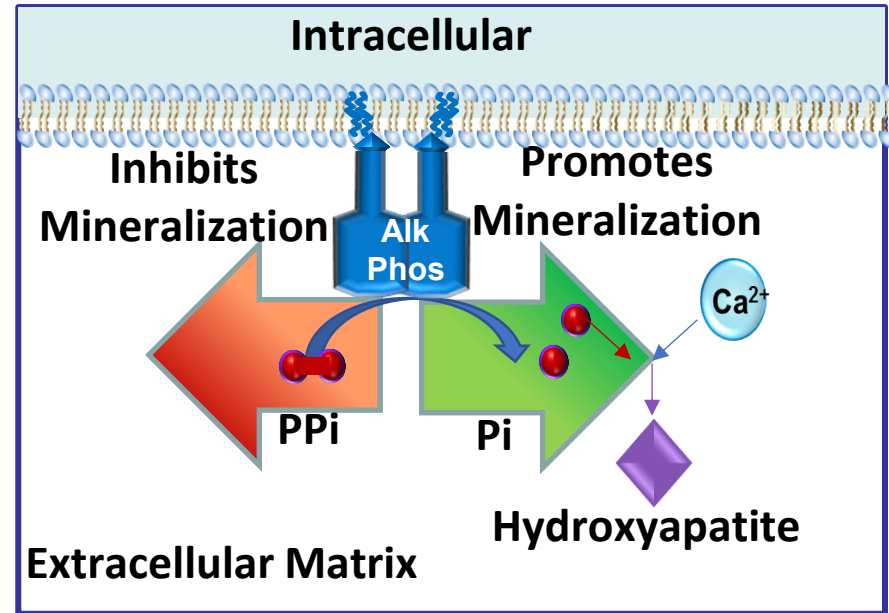


- Increased alk phos in children/young adults due to bone growth



TNAP Function: Overview

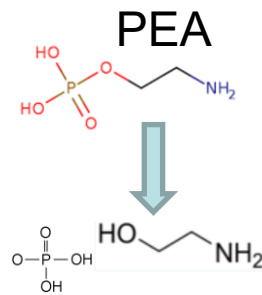
- Bone
 - Promotes mineralization
 - Hydrolyzes **inhibitors** of mineralization
- Nerves
 - Vit B6 transport into cells
 - Dephosphorylate PLP to PL to cross membrane



Liver (Marker)

PEA metabolism

Phosphoethanolamine
to ethanolamine + Pi



Low Alkaline Phosphatase

Table 1. Differential Diagnosis of Hypophosphatasemia Based on the Temporal Evolution of the Low Serum ALP Value⁽⁶⁾

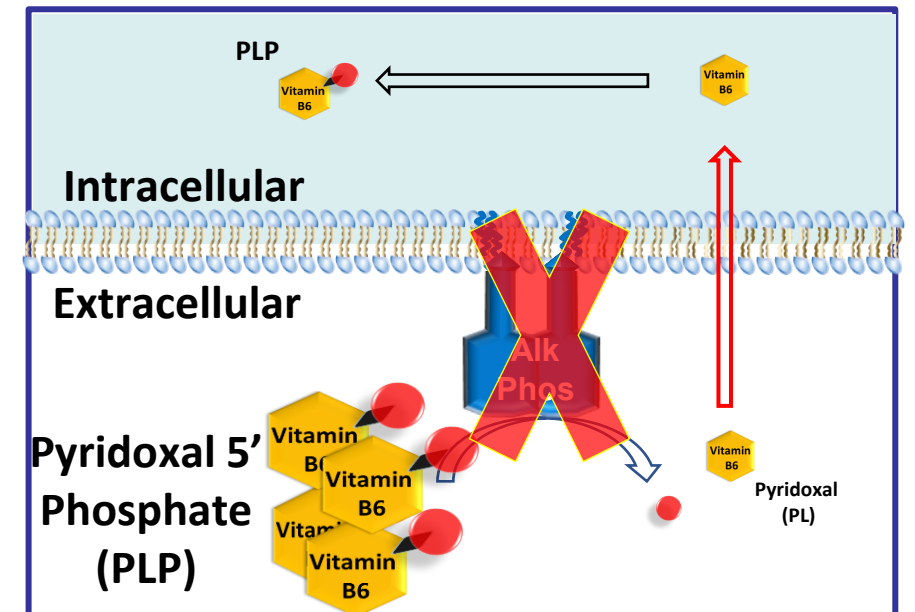
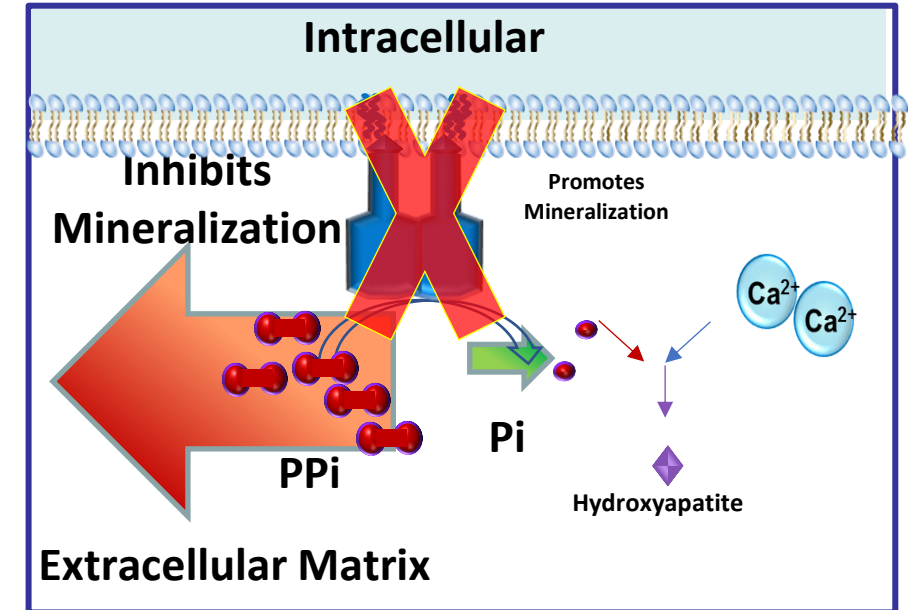
Temporal evolution of the low serum ALP value		
Persistently low	Transiently low	Precipitously low
• Hypophosphatasia (HPP: OMIM 146300,241500,241510) • Cleidocranial dysplasia (OMIM166210) • Mseleni joint disease (OMIM 613342)	• Osteogenesis imperfecta type II (OMIM 166210) • Profound hypothyroidism • Cushing’s disease • Bisphosphonate therapy • Adynamic renal osteodystrophy • Milk-alkali syndrome • Vitamin D intoxication • Wilson’s disease • Nutritional deficiencies (Vit C) • Hypomagnesemia • Hypozincemia • Celiac disease • Pernicious anemia • Radioactive heavy metal contamination	• Cardiac bypass surgery • Major trauma • Major surgery • Cancers and chemotherapy • Multiple myeloma • Transfusion (often massive) • Starvation/acute caloric restriction • Sepsis/multi-organ/hepatic failure • Analytic error • Improperly collected specimen (eg, EDTA, citrate, oxalate)

Low Alkaline Phosphatase

- Hypophosphatasia
- Assay Interference
 - Wilson disease (excess copper)
 - Zn^{+2} or Mg^{+2} deficiency
 - Improper collection (oxalate, citrate, EDTA)
 - Massive transfusion
 - Heavy metals
- Inappropriate reference range (*accelerated bone age*)
- Decreased osteoblast activity
 - Hypoparathyroidism
 - VitD intoxication, milk-alkali
 - Hypothyroidism
 - Glucocorticoid toxicity
 - Antiresorptives
 - Bisphosphonates, denosumab
 - Raloxifene, sex steroids
 - Multiple myeloma
 - Cardiac bypass/ trauma/critical illness
 - Starvation/malnutrition
 - Celiac disease
- Other
 - Pernicious/profound anemia
 - Vitamin C deficiency

Hypophosphatasia

- Pathophysiology
 - Impaired TNAP activity
 - Accumulation of substrates
 - PPI, PLP (vit B6), & PEA
- Variable clinical manifestations
 - Undermineralized bone
 - Rickets / Osteomalacia
 - Fractures
 - Chondrocalcinosis (CPPD)
 - Loose teeth
 - Seizures (respond to vitB6)
 - Hypotonia/weakness
 - MSK pain



Clinical Subtypes

Perinatal Benign & Severe

Perinatal

- Severe hypomineralization
 - Rachitic changes
 - Accordion limbs
 - Fractures
- Craniosynostosis
- Hypoplastic lungs/respiratory failure
- Vitamin B6 responsive seizure
- Stillbirth
- Typically lethal in neonatal period



Infantile

- Severe hypomineralization
 - Rachitic changes (flail chest)
 - Fractures
- Hypercalcemia
 - Hypercalciuria/nephrocalcinosis
- Poor growth/failure to thrive
- Hypotonia/delayed milestones
- Vitamin B6 responsive seizure
- ~ 50% mortality without Trx



Juvenile

Childhood

- Variability in clinical manifestations
- Early tooth loss w intact roots
 - Dental films w enlarged pulp chambers
- Mild- moderate hypomineralization
 - Variable rachitic changes
 - Fractures
 - Short stature
 - Metaphyseal lucency “tongues”
- Muscle weakness/waddling gait



18 yr

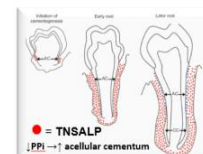
Adulthood

- Typically present in middle age
- Musculoskeletal complaints are most frequent presenting symptoms
- Fractures (~50% w h/o)
 - Metatarsal fractures most common
 - Subtrochanteric femoral fractures
 - Femoral pseudofractures
- Dental disease
 - May have h/o early tooth loss
- Ca-Pyrophosphate deposition



Odontohypophosphatasia

- Early loss of deciduous teeth (<5 yo)
- Weakened roots
 - ↓ Cementogenesis



Zweiller Int J Oral Sci. 2015

Clinical Subtypes

1:300K
Autosomal Recessive

1:7K - 1:175
Autosomal Dominant



Perinatal

6 mo

18 yr

Infantile

Juvenile

Adulthood

Perinatal

- Severe hypomineralization
 - Rachitic changes
 - Accordion limbs
 - Fractures
- Craniosynostosis
- Hypoplastic lungs/respiratory failure
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Infantile

- Severe hypomineralization
 - Rachitic changes (flail chest)
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- **Hypercalcemia**
 - Hypercalciuria/nephrocalcinosis
- Poor growth/failure to thrive
- Hypotonia/delayed milestones
- **Vitamin B6 responsive seizure**
- ~ 50% mortality without Trx



Childhood

- **Variability** in clinical manifestations
- Early tooth loss w intact roots
 - Dental films w enlarged pulp chambers
- Mild- moderate hypomineralization
 - **Variable rachitic changes**
 - Fractures
 - Short stature
 - Metaphyseal lucency “**tongues**”
- Muscle weakness/waddling gait



Variable Severity

Adult

- Typically present in middle age
- Musculoskeletal complaints are most frequent presenting symptoms
- Fractures (~50% w h/o)
 - Metatarsal fractures most common
 - Subtrochanteric femoral fractures
 - Femoral pseudofractures
- Dental disease
 - May have h/o early tooth loss
- Ca-Pyrophosphate deposition



Adult Patients with HPP

1:300K
Autosomal Recessive

1:7K - 1:175
Autosomal Dominant



Perinatal Infantile Juvenile

18 yr

Adulthood

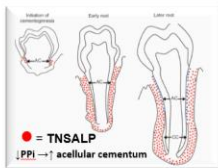
Perinatal

Infantile

Childhood

Odontohypophosphatasia

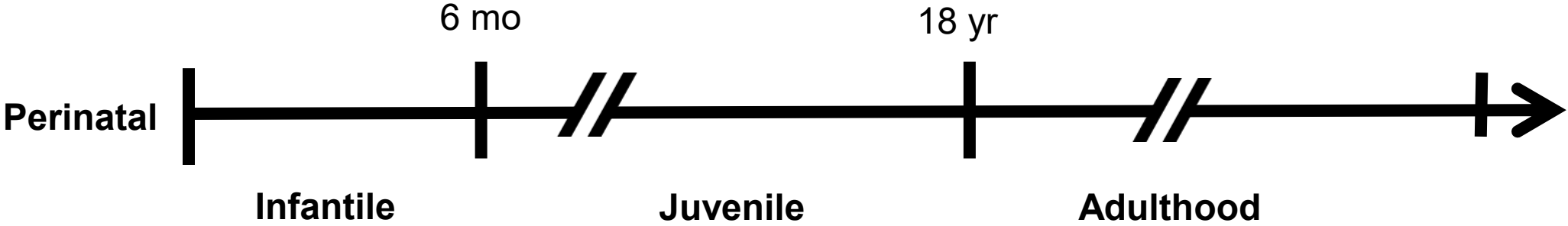
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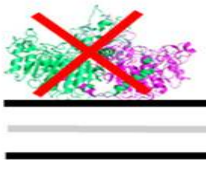
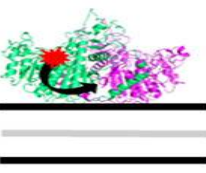
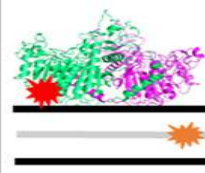
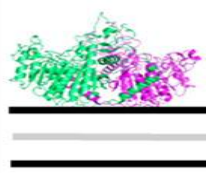
Zweffler Int J Oral Sci. 2015

- Childhood onset with continuous symptoms
- Childhood onset -> quiescence -> symptoms in adulthood
 - Adult onset
 - ERT not FDA approved
 - Asymptomatic silent “carriers”

Genetics Based Nosology- ALPL



HPP subtype	Severe	Moderate	Mild	Wild-type
Inheritance	AR	AR or AD _{DNE}	AD _{haploinsuff}	-
Prevalence	1/300,000	1/2430	1/508	-
Actual classification	Perinatal, infantile	Infantile, childhood, odonto, adult (typical)	Adult (unspecific signs)	-
Genotypes	s/s, Sd/S, Sd/Sd, m/m _{homoz}	Sd/m, s/m, Sd/N	s/N, m/N	N/N

 TNSALP COL1A1 COL1A2 COL1A1 s/s	 TNSALP COL1A1 COL1A2 COL1A1 Sd/N	 TNSALP COL1A1 COL1A2 COL1A1 s/N	 TNSALP COL1A1 COL1A2 COL1A1 N/N
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Clinical Manifestations

- **Skeletal**

- Rickets/osteomalacia
- Craniosynostosis
- Non-healing fractures
- Chronic bone pain

- **Renal**

- Nephrocalcinosis
- Kidney stones

- **Rheumatologic**

- Chondrocalcinosis
- Progressive arthritis

- **Dental**

- Early tooth loss

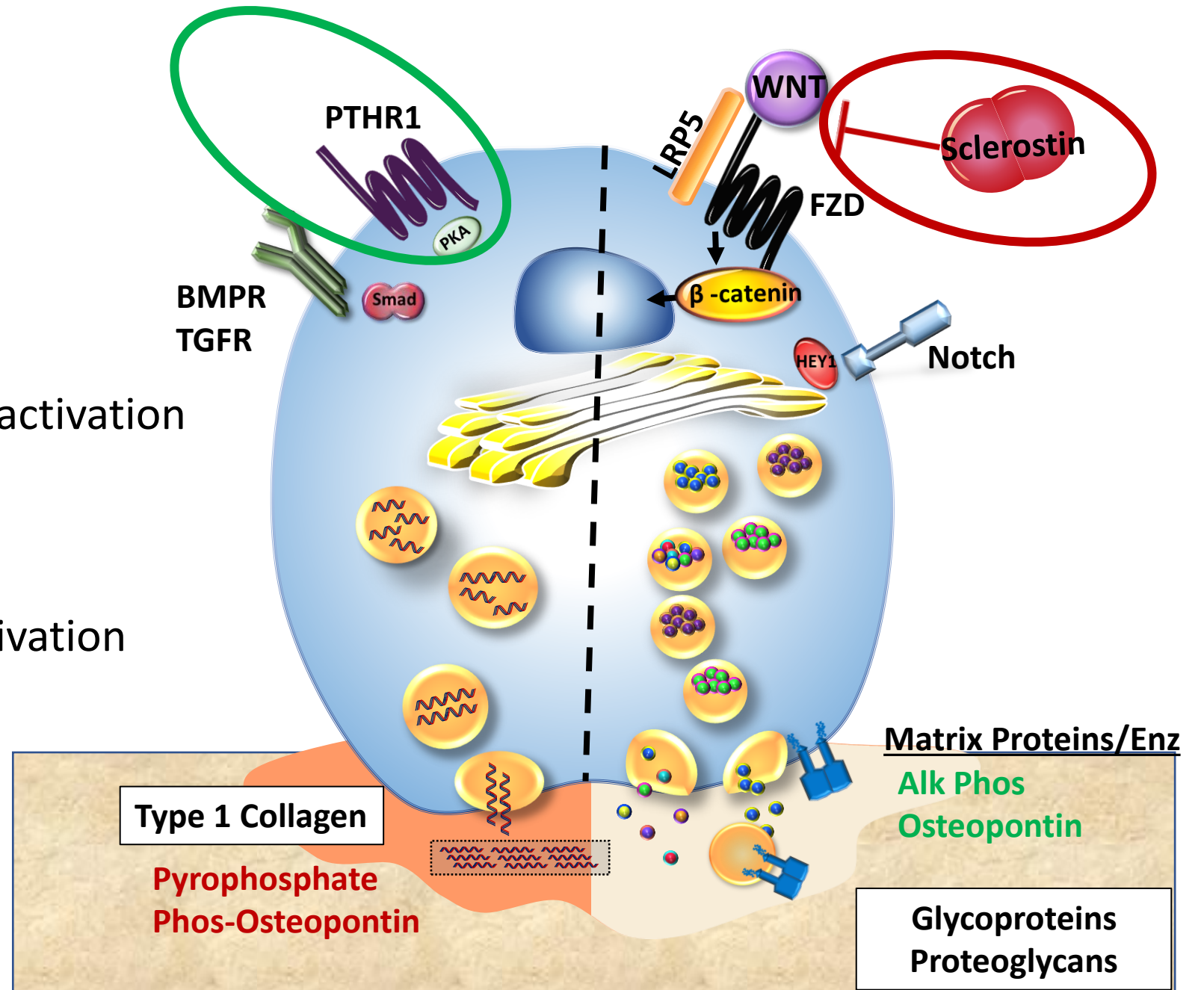
- **Neurologic**

- Seizures
- Neuropathy
- Anxiety/ depression
- Chronic fatigue
- Pain*

- **Muscular**

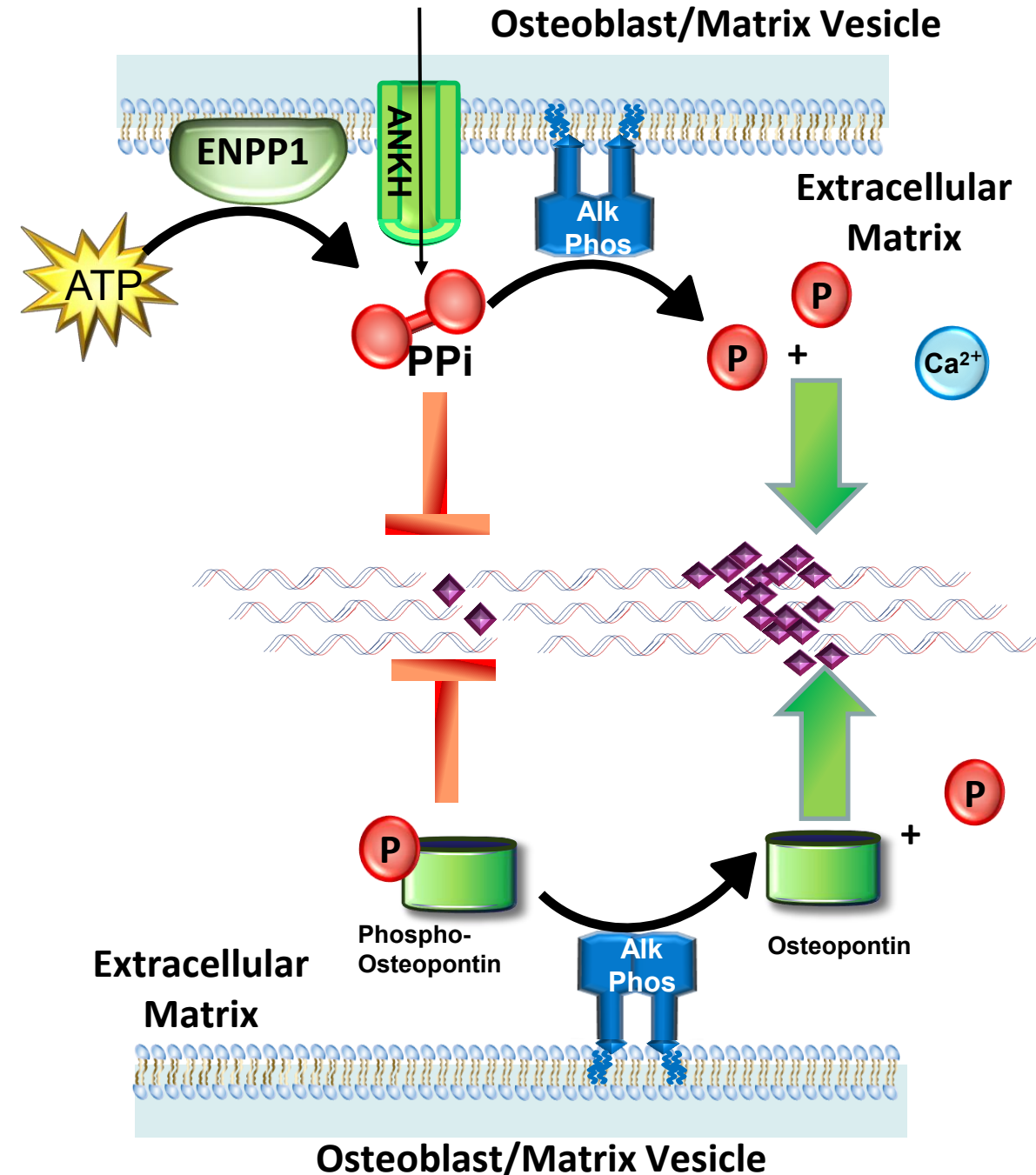
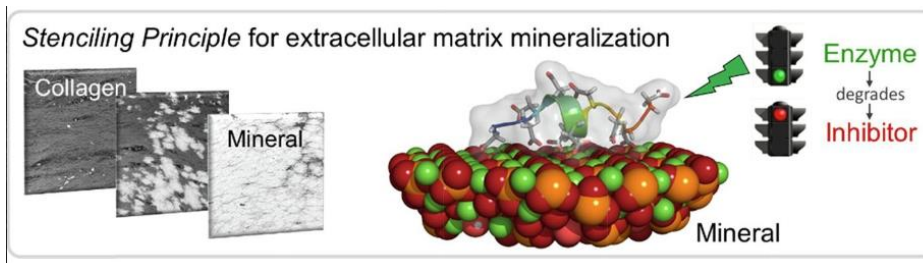
- Myopathy
- Myalgias
- Weakness
- Impaired ambulation

- **PTH Receptor**
 - Stimulates osteoblast activation
- **Sclerostin**
 - Inhibits osteoblast activation



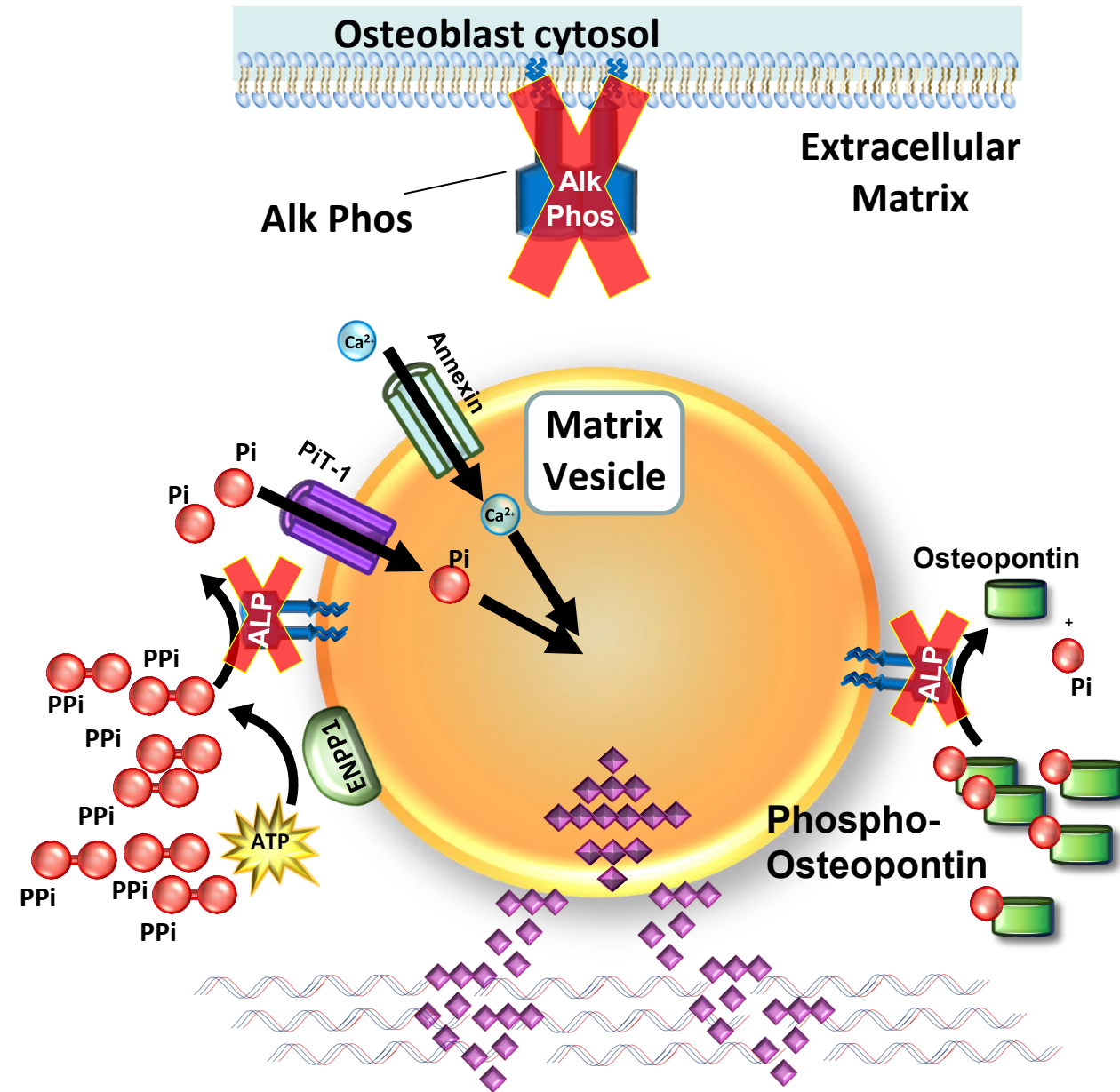
Bone Mineralization

- Mineralization inhibitors
 - Pyrophosphate (PPi)
 - Hydroxyapatite formation is favored when Pi:PPi ratio (>100)
 - Phospho-Osteopontin
- Alk phos inactivates the inhibitors



Hypophosphatasia

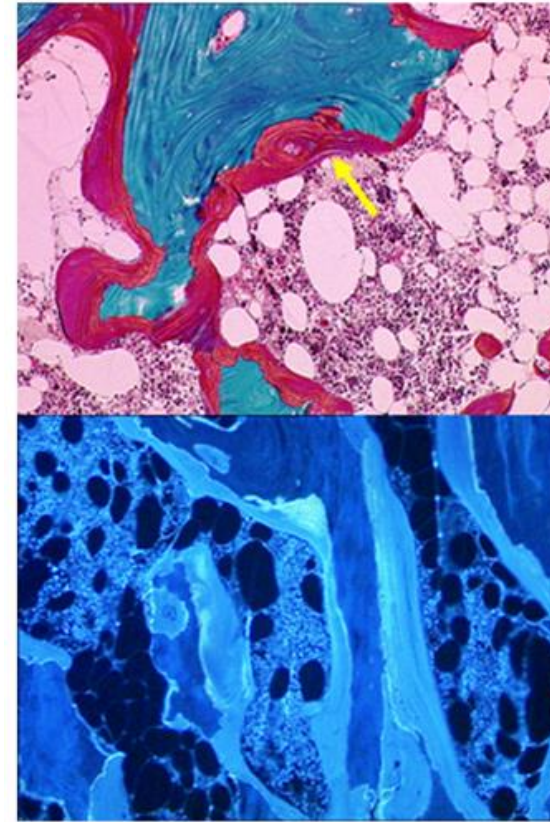
- Impaired alk phos activity allows accumulation of mineralization inhibitors
 - Pyrophosphate
 - Phospho- Osteopontin
- High PPI and P-Ospn block propagation of hydroxyapatite crystals
- Results in demineralized bone



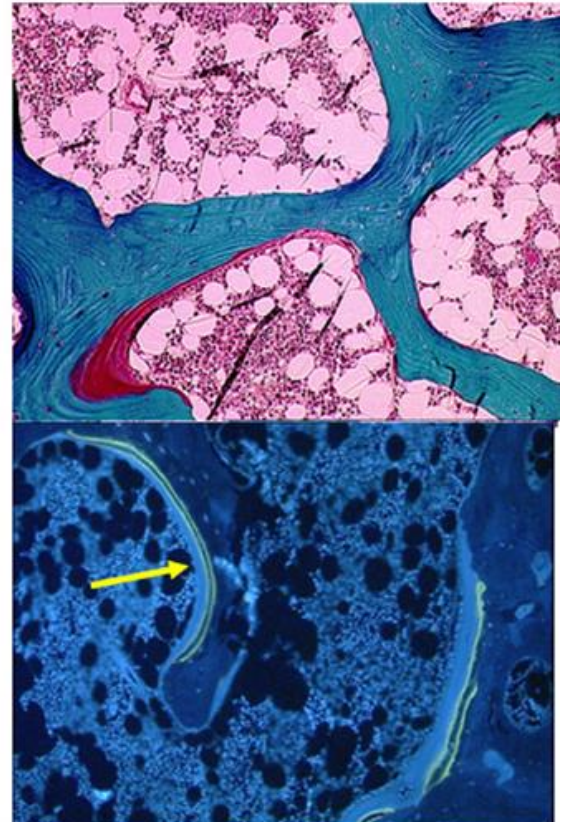
Adults with HPP Have Variable Mineralization Defects



Osteomalacia /
Low bone turnover

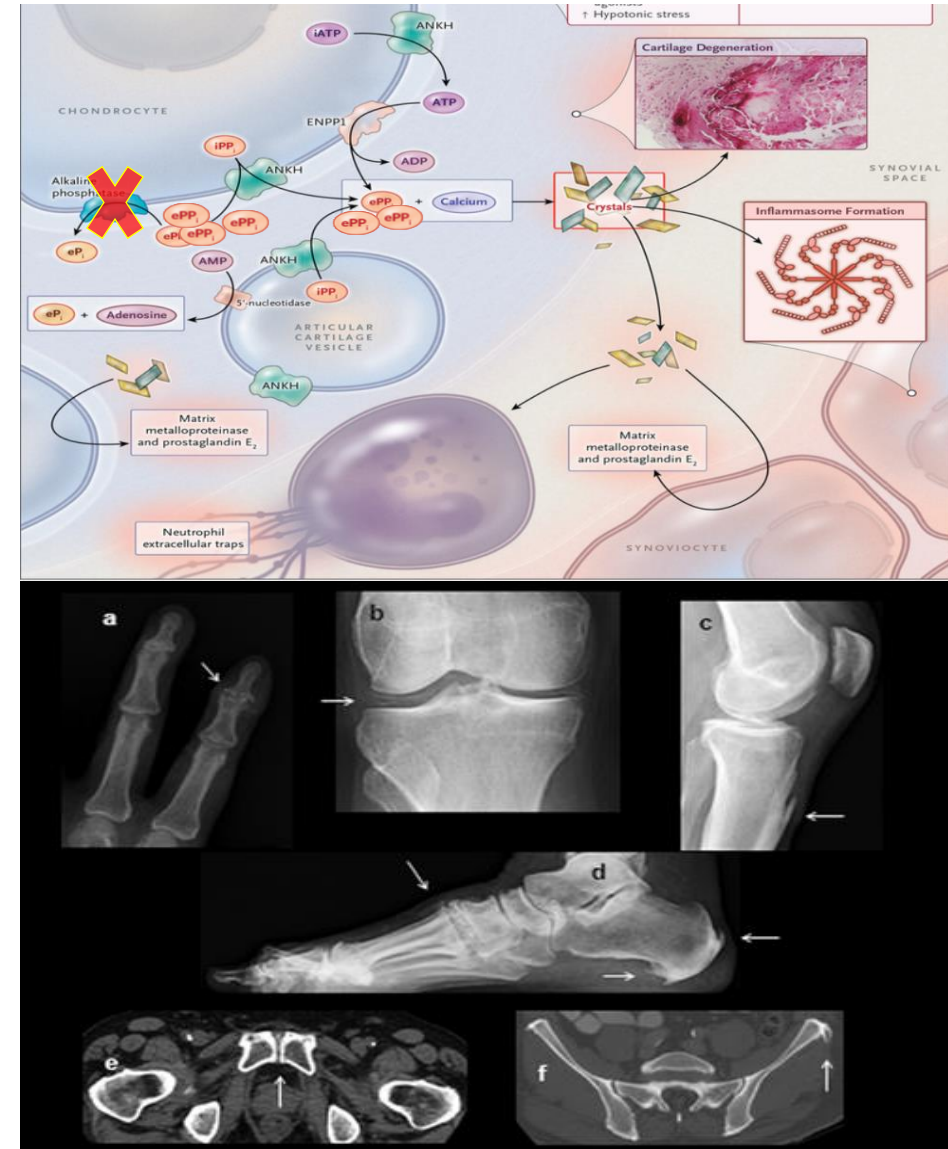


Normal mineralization &
bone turnover



Extra-Skeletal Calcification

- Biochemical abnormalities
 - Hypercalciuria
 - Hypercalcemia
 - Hyperphosphatemia
 - High pyrophosphate
- Ectopic calcification
 - Renal
 - Kidney stones/nephrocalcinosis
 - Rheumatologic
 - Calcium Pyrophosphate Deposition Dz
 - Favored when $Pi:Ppi < 3$
 - Enthesopathy



Diagnosis of Hypophosphatasia

- **Major Criteria**

- *ALPL* gene variant
- ↑ Natural substrates
 - Vit B6 (PLP)
 - Urine PEA
 - (PPi*) *- not clinically available
- Atypical femur fractures
- Recurrent metatarsal stress frxs

- **Minor Criteria**

- Poorly healing fractures
- Chronic musculoskeletal pain
- Early atraumatic loss of teeth
- Chondrocalcinosis
- Nephrocalcinosis

In adults w persistently low alk ϕ :

- **2 Major Criteria**

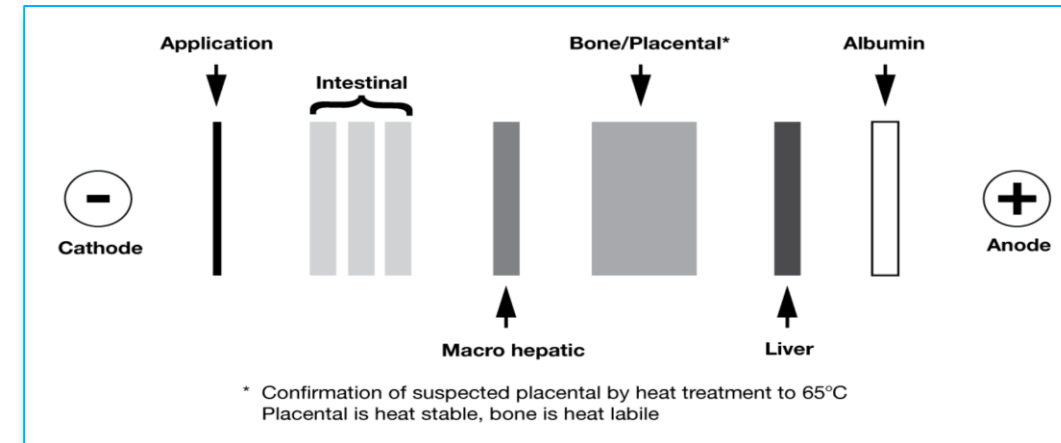
OR

- **1 Major +2 Minor**

Fractionated Alkaline Phosphatase

- Alkaline Phosphatase
 - **22 (21-25) [35-104 U/L]**
- Fractionated Alk Phos
 - TNSALP- 13.9 U/L [28.3-118.7], 63% [>80%]
 - Liver 1 - **3.7 U/L [16.2-70.2], 17% [27.8-76.3%]**
 - Liver 2 - 0.5 U/L [0-5.8], 2% [0-8%]
 - Bone - **9.7 U/L [12.1-42.7], 44% [19.1-67.7%]**
 - Tissues Specific alk phos
 - Intestinal- 8.1 U/L [0-11], **37% [0-20.6%]**
 - Placenta - 0
- Bone specific Alk Phos
 - **3.5 ug/L [7.0 -22.4]**

↓ Liver and Bone A ϕ (TNSALP)
Normal Intestinal A ϕ - higher percentage of total



Electrophoresis

Diagnosis of Hypophosphatasia

- **Major Criteria**

- *ALPL* gene variant
- ↑ Natural substrates
 - Vit B6 (PLP)
 - Urine PEA
 - (PPI*) *- not clinically available
- Atypical femur fractures
- Recurrent metatarsal stress frxs

- **Minor Criteria**

- Poorly healing fractures
- Chronic musculoskeletal pain
- Early atraumatic loss of teeth
- Chondrocalcinosis
- Nephrocalcinosis

- **Heterozygous pathogenic nonsense p.Tyr101***

- **↑Vit B6 (PLP) 109-227** [5-50 µg/L]
- **↑ Urine PEA 65-98** [<48 nmol/mg Creat]

- **2 metatarsal fractures**

- **Recurrent fractures after ORIF**

- **Fibromyalgia**

- **Lost primary teeth @4 yo**

- **CaPyrophosphate crystal deposition in hands & knees**

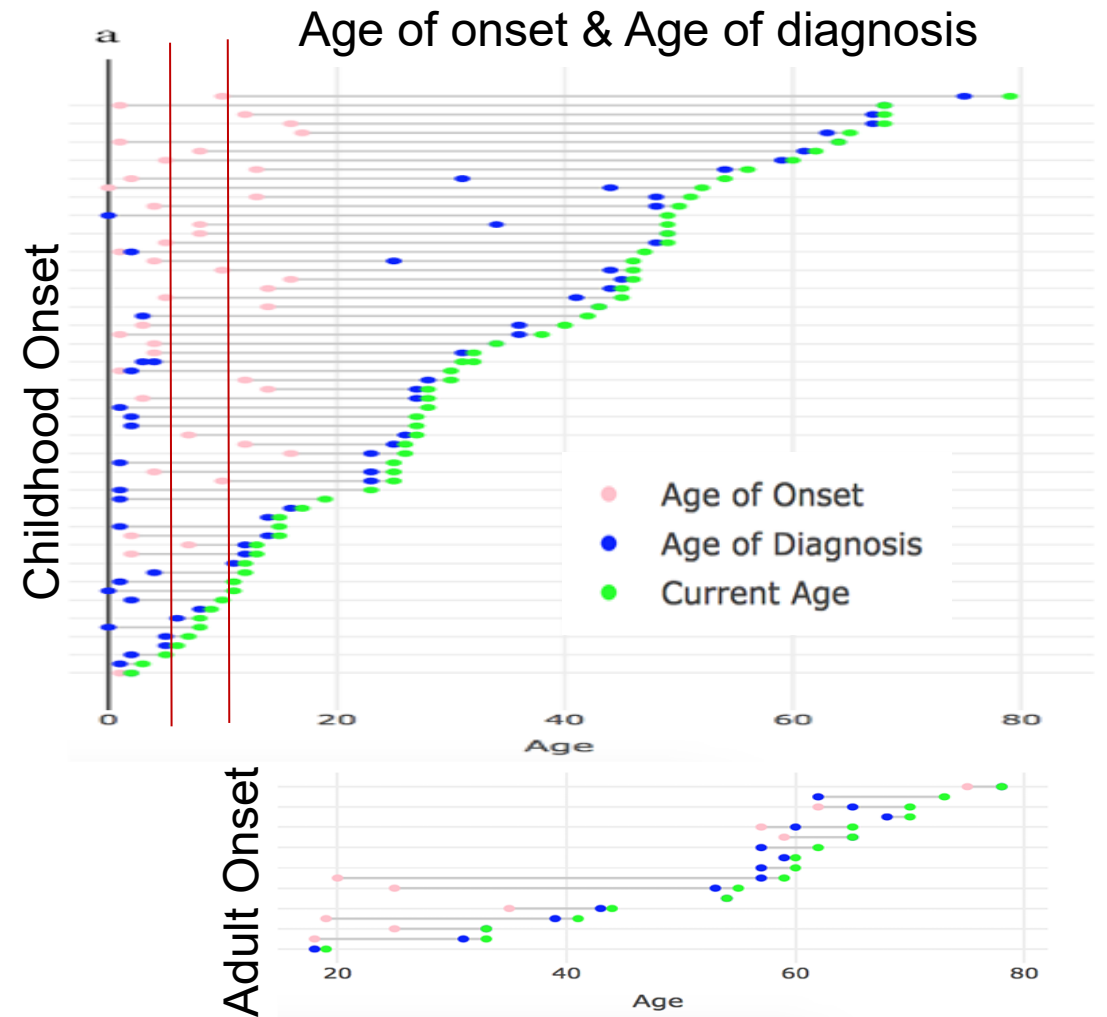
- Normal renal U/S

In adults w persistently low alk ϕ :

- **2 Major Criteria** ✓
- OR
- **1 Major +2 Minor** ✓

Diagnosis Is Frequently Delayed

- Dx of HPP was frequently delayed
 - If symptom onset <5 yo, likely diagnosed in childhood
 - If symptom onset after 10, likely not diagnosed in childhood
- Skeletal symptoms appeared earlier & recognized earlier
 - First HPP manifestation
 - 12.3 yo w skeletal symptoms
 - 22.1 yo w muscular/pain symptoms



Treatment (Mineralization)

- Avoid
 - Excess Ca, vitD, Phos
 - Nephrocalcinosis
 - Ectopic calcifications
 - **Antiresorptives**
 - Case series with ↑ AFF
- Anabolics
 - Teriparatide/Abaloparatide
 - Romosozumab
- Enzyme replacement tx
 - Asfotase alfa

↓ **Alk Phos**

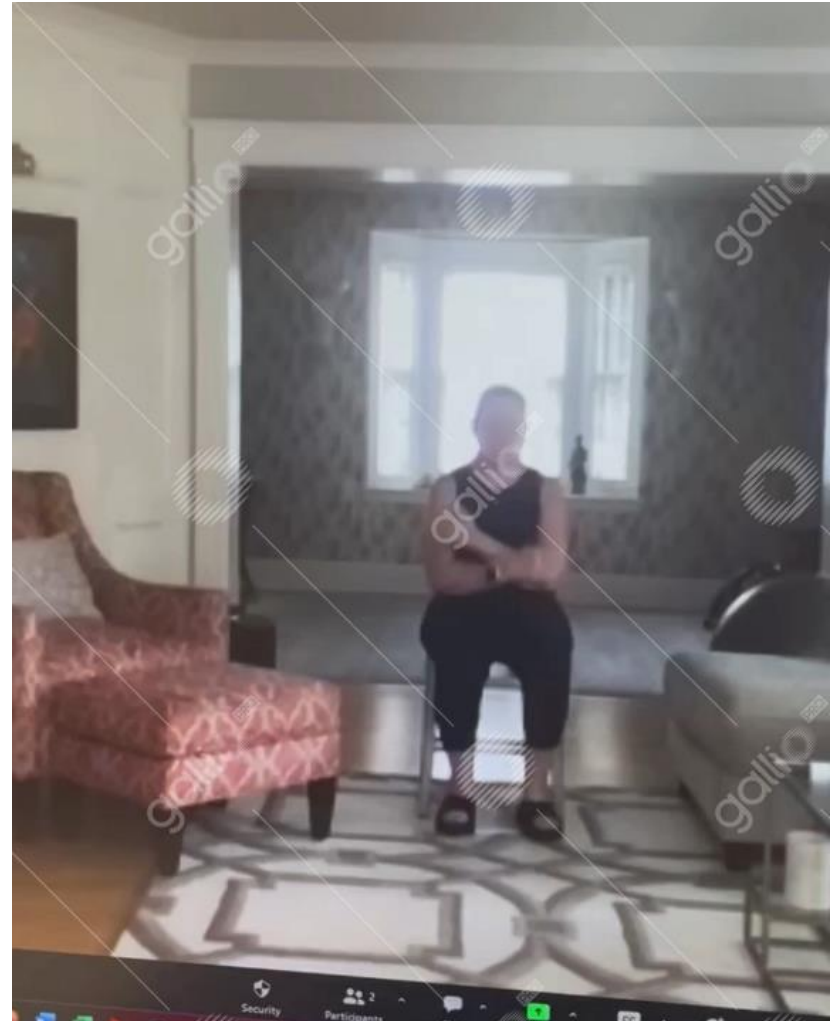
↑ **Alk Phos**

Repeated Chair-Rise Test (Video)

27.5 seconds



12.5 seconds



HPP Evaluation

