



Clinical characteristics of autoimmune disorders in the central nervous system associated with myasthenia gravis

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Received: 11 May 2019 / Revised: 2 July 2019 / Accepted: 8 July 2019 / Published online: 24 July 2019
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Abstract

Myasthenia gravis (MG) is occasionally associated with autoimmune diseases in the central nervous system (CNS), such as neuromyelitis optica spectrum disorder (NMOSD), multiple sclerosis (MS), Morvan syndrome, and anti-N-methyl-D-aspartate receptor (NMDAR) encephalitis. Here, we report five original cases associated with autoimmune disorders in the CNS among 42 patients with MG in a single tertiary hospital in Japan (11.9%). In four of these five cases, the second disease developed when the preceding disease was unstable. Accurate diagnosis of the newly developing disease may be difficult in such cases, because some neurological symptoms can be seen in both disorders. This implies the great importance of recognizing the possible co-occurrence of MG and disorders in the CNS. In addition, a comprehensive review of the literature revealed distinct clinical characteristics depending on the associated disease in the CNS, including thymic pathology and temporal relationship between MG and associated CNS disorders. Notably, NMOSD usually develops after the onset of MG and thymectomy, in clear contrast to MS. Thymoma is highly prevalent among patients with Morvan syndrome, in contrast to cases with NMOSD and MS. The analysis of clinical characteristics, representing the first such investigation to the best of our knowledge, suggests different pathogeneses of these autoimmune diseases in the CNS, and provides significant implications for clinical practice.

Keywords Myasthenia gravis (MG) · Neuromyelitis optica spectrum disorder (NMOSD) · Multiple sclerosis (MS) · Morvan syndrome · Anti-N-methyl-D-aspartate receptor (NMDAR) encephalitis

Introduction

Various reports have noted that several autoimmune diseases in the central nervous system (CNS) occasionally coexist with myasthenia gravis (MG), such as neuromyelitis optica spectrum disorder (NMOSD), multiple sclerosis (MS), Morvan syndrome, and anti-N-methyl-D-aspartate receptor (NMDAR) encephalitis [1–4]. Although a few case reports have described a high rate of association of MG with some of these autoimmune CNS disorders, the relationship between accompanying CNS disorders and clinical features of MG remains unclear [1, 2, 4]. We present herein a case series of autoimmune diseases in the CNS associated with MG, along with a comprehensive review of the literature. Notably, we found some distinct features, such as MG onset and thymus condition depending on the accompanying CNS disorders.

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Materials and methods

Patients

Data from patients with MG who visited Kitano Hospital, a tertiary hospital in Japan, from January 2009 to December 2013 were retrospectively reviewed. The diagnosis of MG was based on clinical findings including improvement of symptoms with anticholinesterase, decremental muscle response to a 3-Hz train of repetitive nerve stimuli, or the presence of antibodies against acetylcholine receptor (AChR) or muscle-specific tyrosine kinase (MuSK), after exclusion of possible other causes. International consensus diagnostic criteria were used to diagnose NMOSD [5]. Written informed consent was obtained from all the described patients who could be traced, and the study was approved by the institutional review board at Kitano Hospital (P17-11-002).

Review of the literature

Clinical information was obtained from cases with MG and comorbid autoimmune disorders in the CNS that were reported between January 1980 and December 2018. These cases were identified in PubMed, using the terms “myasthenia gravis”, “neuromyelitis optica”, “multiple sclerosis”, “clinically isolated syndrome”, “myelitis”, “acute disseminated encephalomyelitis”, “Morvan syndrome”, and “NMDAR encephalitis”.

Statistical analysis

Data were analyzed using Prism software (GraphPad Software, CA, USA). One-way analysis of variance (ANOVA) with the Tukey–Kramer comparison test and a Chi square test with Bonferroni test was used, as appropriate. Differences were regarded as significant for values of $p < 0.05$.

Results

Case report

Five cases of MG were associated with autoimmune disorders in the CNS, among 42 cases of MG (11.9%) in a single tertiary hospital.

Case 1: MG preceding NMOSD

A 47-year-old Asian woman presented with ptosis. Anti-AChR antibody was detected and ocular myasthenia gravis

was diagnosed. She was treated with steroid and underwent thymectomy the next year. Pathological examination revealed thymic hyperplasia. Five months after thymectomy, she developed myelitis, but anti-aquaporin 4 (AQP4) antibody was not detected. Recurrent myelitis and optic neuritis followed, and treatment with steroid and tacrolimus successfully controlled disease activity. However, a longitudinally extensive thoracic spinal cord lesion developed 4 years later. Cells and protein levels were slightly increased in the cerebrospinal fluid (CSF) (12 cells/ μ L and 42 mg/dL, respectively). Immunoglobulin (Ig) G index was not elevated (0.55) and no oligoclonal IgG bands were detected. Repeated examination revealed positive results for anti-AQP4 antibody.

Case 2: MG preceding NMOSD

A 48-year-old Asian man presented with ptosis and mild systemic weakness. Anti-AChR antibody was detected and generalized MG was diagnosed. He underwent thymectomy 2 years later, which revealed no abnormality. Worsening of disease was seen three times during the following 11 years. Ten months after the third worsening of MG, bilateral optic neuritis developed despite sustained treatment with steroid and tacrolimus. Four years later, a relapse developed in the pons and the thoracic spinal cord. Anti-AQP4 antibody was detected. Cells and protein levels were not increased in the CSF (1 cell/ μ L and 33 mg/dL, respectively), and IgG index was not elevated (0.64).

Case 3: NMOSD preceding MG

A 31-year-old Asian woman developed an inflammatory lesion in the pons. Seven months later, a relapse occurred in the cervical spinal cord and interferon (IFN) β was started. When another relapse developed in the mid-brain 5 months later, fluctuating ptosis and diplopia were recognized at the same time. Both anti-AChR and anti-AQP4 antibodies were detected, and IFN β was stopped. In addition to two attacks in the thoracic spinal cord in the next year, 2009, another relapse around the third ventricle and concurrent systemic worsening of MG developed in January 2010, despite sustained treatment with steroid and tacrolimus. Ten months later, she underwent thymectomy, which revealed no abnormality. A relapse in the brainstem was identified in 2011, and worsening of MG in the cervical muscles occurred in 2012. Cells and protein levels were not increased in the CSF (3 cell/ μ L and 31 mg/dL, respectively), and oligoclonal IgG bands were not detected.

Case 4: MG preceding CIS

A 41-year-old Asian man presented with diplopia and dysphagia. Anti-AChR antibody was detected, and generalized MG was diagnosed. He underwent thymectomy in the next year, revealing thymoma. After successful treatment with steroid and tacrolimus for 22 years, he developed an inflammatory lesion in the midbrain. Anti-AQP4 antibody was not detected. Cells and protein levels were slightly increased in the CSF (8 cell/ μ L and 70 mg/dL, respectively). IgG index was not elevated (0.52), and oligoclonal IgG bands were not detected.

Case 5: MG preceding anti-NMDAR encephalitis

A 74-year-old Asian woman presented with severe systemic weakness and was found to be in myasthenic crisis. Anti-AChR antibody was detected. She was treated with steroid, tacrolimus and thymectomy, which alleviated her symptoms. No abnormality was detected in the resected thymus. Systemic weakness worsened 3 years later and fluctuated during the following 2 years. She then developed disturbance of consciousness. Cells were slightly increased and protein level was within normal limits in the CSF (11 cell/ μ L and 40 mg/dL, respectively). IgG index was not elevated (0.60), and oligoclonal IgG bands were not detected. MRI showed no characteristic signal changes in the brain. Anti-AQP4 antibody was not detected, but anti-NMDAR antibody was present. Systemic examination detected no tumor.

Clinical characteristics of patients with MG and an autoimmune disorder in the CNS

Previous studies have reported several disorders in the CNS associated with MG, of which NMOSD, MS, and Morvan syndrome comprised the majority [1, 2, 4]. However, the distinct clinical features of MG depending on the associated CNS disorders have not been clarified. The current analysis offers the first descriptions of MG characteristics specific to each associated CNS disorder, to the best of our knowledge (Table 1). This table describes the clinical profiles of cases (including our five cases) showing MG associated with one of the disorders in the CNS: NMOSD, MS, Morvan syndrome, CIS, recurrent myelitis, ADEM, and anti-NMDAR encephalitis. Statistical analyses were performed among cases with NMOSD, MS, and Morvan syndrome. The other disorders listed in Table 1 were excluded from statistical analyses because CIS is a heterogeneous disease entity including an early stage of MS or NMOSD, and because the other associated diseases have been reported in a relatively small number of patients.

Most patients with any associated CNS disorder had early-onset MG, in which the age at onset is less than 50 years. The rate of early-onset MG associated with CNS disorder was apparently higher than the rate reported in the total MG population (35.8–49.7%). Mean age at the onset of MG and CNS disorders was significantly higher in Morvan syndrome compared with NMOSD and MS. The male-to-female ratio was significantly higher in Morvan syndrome than in NMOSD or MS. Most patients associated with any of the three CNS disorders had generalized MG. The positive rate of AChR antibody was significantly lower in MS than in NMOSD or Morvan syndrome. Notably, the rate of thymectomy, histology of resected thymus, and temporal relationship between thymectomy, onset of MG, and onset of associated CNS disorders clearly differed depending on the associated CNS disease. Most patients with Morvan syndrome had thymoma (77.3% of all the patients). Thymoma was reported in only two patients with NMOSD and no patients with MS. The rate of thymectomy was significantly higher in NMOSD and Morvan syndrome than in MS (68.8%, 81.8%, and 25%, respectively). Interestingly, MG predominantly preceded NMOSD (88.9%). In contrast, MS preceded MG in most patients (80.0%). Although the difference in temporal relationship between MG and the associated disorder is partially because the onset of MS is earlier than that of NMOSD in general [6, 7], this cannot explain the difference in onset age of MG between NMOSD and MS groups in the current analysis (mean age 28.1 and 36.6 years, respectively). Furthermore, the characteristic temporal relationship between onset of MG and NMOSD cannot result from random chance, given that age of onset is similar between these diseases (MG: 31.9–56.3 years; NMOSD: 32.6–45.7 years) [6–12]. Notably, NMOSD develops after thymectomy in 64.1% of all the cases, which is in clear contrast to cases with MS (0%).

Discussion

We have shown five patients who developed MG associated with autoimmune disorder involving the CNS. The incidence rate was 11.9% among 42 patients with MG in a single tertiary hospital, which appeared surprisingly high. However, our observations were consistent with a previous report describing signs of CNS involvement in 24 of 164 patients with MG (14.6%), including 15 exhibiting features indicative of NMOSD [13]. Anti-AQP4 antibody was detected in 7 of the 14 patients tested in this study [13]. In the cases with MG and NMOSD, anti-AChR and anti-AQP4 antibody titers were reported to change in opposing directions [1]. MG was usually mild at the onset of NMOSD, and MG relapse was rare once NMOSD developed [1]. However, this

Table 1 Clinical characteristics of cases with concurrent MG and autoimmune or inflammatory disorders in the CNS

| | NMOSD ^a [1–3, 39–62] | MS [2, 63–70] | Morvan syndrome [4, 71–81] | CIS [3, 46, 82] | Recurrent myelitis [3, 83] | ADEM [3] | Anti-NMDAR encephalitis [39] | General clinical characteristics of MG [8–12, 84] | <i>p</i> value |
|---|---------------------------------|-------------------------------|--------------------------------|--------------------|----------------------------|------------------|------------------------------|---|-------------------|
| <i>n</i> | 65 ^B | 20 | 22 | 6 | 2 | 1 | 2 ^B | 122–1152 | NA |
| M:F (female %) | 5:56 (91.8%) (n=61) | 3:17 (85%) (n=20) | 10:2 (28.6%) (n=13) | 3:3 (50%) (n=6) | 1:0 (0%) (n=1) | 0:1 (100%) (n=1) | 0:2 (100%) (n=2) | 50.4–69.7% | <0.0001 (b, c) |
| Mean age at the onset of MG | 28.1 (8–56) (n=58) | 36.6 (16–53) (n=20) | 48.6 (39–70) (n=8) | 28.0 (14–41) (n=6) | 23.5 (23–24) (n=2) | 71 (n=1) | 49 (24–74) (n=2) | 31.9–56.3 | <0.0001 (a, b, c) |
| Mean age at the onset of CNS disorders | 40.6 (14–70) (n=60) | 30.8 (18–51) (n=20) | 51.0 (39–76) (n=8) | 46.2 (23–81) (n=6) | 41 (41–41) (n=2) | 73 (n=1) | 58 (37–79) (n=2) | NA | 0.0006 (a, c) |
| MG clinical type (ocular: generalized) (ocular %) | 9:42 (17.6%) (n=51) | 1:7 (12.5%) (n=8) | 1:11 (8.3%) (n=12) | 1:5 (16.7%) (n=6) | 0:2 (0%) (n=2) | 0:1 (0%) (n=1) | 0:1 (0%) (n=1) | 5.1–25.2% | n.s. |
| Early-onset MG | 57 (96.6%) (n=59) | 17 (85%) (n=20) | 8 (80%) (n=10) | 6 (100%) (n=6) | 2 (100%) (n=2) | 0 (0%) (n=1) | 1 (50%) (n=2) | 35.8–49.7% | n.s. |
| AChR-Ab | 56 (96.6%) (n=58) ^C | 8 (42.1%) (n=19) ^C | 16 (100%) (n=16) ^D | 4 (100%) (n=4) | 2 (100%) (n=2) | 1 (100%) (n=1) | 2 (100%) (n=2) | 73.2–83.6% | <0.0001 (a, c) |
| AQP4-Ab | 46 (85.2%) (n=54) | NA | NA | 0 (0%) (n=1) | NA | NA | 1 (50%) (n=2) | NA | NA |
| VGKC-Ab | NA | NA | 20 (95.2%) (n=21) ^E | NA | NA | NA | NA | NA | NA |
| NMDAR-Ab | NA | NA | NA | NA | NA | NA | 2 (100%) (n=2) | NA | NA |
| Thymectomy | 44 (68.8%) (n=64) | 5 (25%) (n=20) | 18 (81.8%) (n=22) | 4 (66.7%) (n=6) | 2 (100%) (n=2) | 0 (0%) (n=1) | 2 (100%) (n=2) | 27.5–72.2% | 0.0002 (a, c) |
| Histology of thymus (resected cases) | | | | | | | | | |
| Thymic hyperplasia (resected cases) | 25 (67.6%) (n=37) | 4 (100%) (n=4) | 0 (0%) (n=17) | 2 (66.7%) (n=3) | 1 (100%) (n=1) | NA | 0 (0%) (n=1) | NA | NA |
| Thymic hyperplasia (all the cases) | 25 (38.5%) (n=65) | 4 (20%) (n=20) | 0 (0%) (n=22) | 2 (33.3%) (n=6) | 1 (50%) (n=2) | NA | 0 (0%) (n=2) | 19.1–30.3% | 0.0016 (b) |
| Thymoma (resected cases) | 2 (5.4%) (n=37) | 0 (0%) (n=4) | 17 (100%) (n=17) | 1 (33.3%) (n=3) | 0 (0%) (n=1) | NA | 0 (0%) (n=1) | NA | NA |
| Thymoma (all the cases) | 2 (3.1%) (n=65) | 0 (0%) (n=20) | 17 (77.3%) (n=22) | 1 (16.7%) (n=6) | 0 (0%) (n=2) | NA | 0 (0%) (n=2) | 6.9–18.5% | <0.0001 (b, c) |
| No abnormality (resected cases) | 8 (21.6%) (n=37) | 0 (0%) (n=4) | 0 (0%) (n=17) | 0 (0%) (n=3) | 0 (0%) (n=1) | NA | 1 (100%) (n=1) | NA | NA |
| Thymectomy preceding CNS disorders | 41 (64.1%) (n=64) | 0 (0%) (n=18) ^F | 6 (54.5%) (n=11) ^G | 3 (50%) (n=6) | 2 (100%) (n=2) | 0 (0%) (n=1) | 2 (100%) (n=2) | NA | <0.0001 (a, c) |
| Disease course | | | | | | | | | |
| MG preceding CNS disorders | 56 (88.9%) (n=63) | 4 (20%) (n=20) | 7 (63.6%) (n=11) | 5 (83.3%) (n=6) | 2 (100%) (n=2) | 1 (100%) (n=1) | 2 (100%) (n=2) | NA | <0.0001 (a) |

Table 1 (continued)

| | NMOSD ^a [1–3, 39–62] | MS [2, 63–70] | Morvan syndrome [4, 71–81] | CIS [3, 46, 82] | Recurrent myelitis [3, 83] | ADEM [3] | Anti-NMDAR encephalitis [39] | General clinical characteristics of MG [8–12, 84] | <i>p</i> value |
|----------------------------|---------------------------------|--------------------------|----------------------------|--------------------------|----------------------------|-----------------------|------------------------------|---|----------------|
| CNS disorders preceding MG | 6 (9.5%) (<i>n</i> =63) | 16 (80%) (<i>n</i> =20) | 0 (0%) (<i>n</i> =11) | 1 (16.7%) (<i>n</i> =6) | 0 (0%) (<i>n</i> =2) | 0 (0%) (<i>n</i> =1) | 0 (0%) (<i>n</i> =2) | NA | <0.0001 (a, c) |
| Same onset suspected | 1 (1.6%) (<i>n</i> =63) | 0 (0%) (<i>n</i> =20) | 4 (36.4%) (<i>n</i> =11) | 0 (0%) (<i>n</i> =6) | 0 (0%) (<i>n</i> =2) | 0 (0%) (<i>n</i> =1) | 0 (0%) (<i>n</i> =2) | NA | <0.0001 (b, c) |

A one-way ANOVA with Turkey–Kramer comparison test and a Chi square test with Bonferroni test were used. a: significant difference between NMOSD and MS; b: between NMOSD and Morvan syndrome; c: between MS and Morvan syndrome

^aThis category includes both definite and suspected NMOSD cases that have a characteristic manifestation such as concurrent bilateral optic neuritis and transverse myelitis

^bOne patient with MG, NMOSD, and anti-NMDAR encephalitis is included

^cAnti-MuSK antibody was positive in one patient without anti-AChR antibody

^dOne patient had both anti-AChR and anti-MuSK antibodies

^eAnti-CASPR2 antibody was detected in 16 out of 17 patients examined, and anti-LGI1 antibody was detected in 6 out of 10 patients examined. All of the latter 6 patients had also anti-CASPR2 antibody

^fOut of 5 cases with thymectomy, the temporary relationship with the onset of CNS disorders was not available in 2 cases

^gOut of 18 cases with thymectomy, the temporary relationship with the onset of CNS disorders was not available in 11 cases. Morvan syndrome occurred with recurrence of thymoma in one case with thymectomy preceding Morvan syndrome

is not necessarily true. NMOSD could develop soon after resolution of the last exacerbation of MG, as in our cases 1 and 2. Moreover, attacks of MG and NMOSD could occur simultaneously as in our case 3. When neurological deficit is noticed in the clinical course of either disease, the possibility of a concomitant disease should be recognized even when the activity of the preceding disease is high.

This is the first study to analyze temporal associations and thymic condition of MG between various associated autoimmune disorders in the CNS. The clear differences depending on the CNS disorder might reflect different disease pathogeneses. Among the three most prevalent diseases in the CNS associated with MG (NMOSD, MS, and Morvan syndrome), Morvan syndrome was characterized by a pronounced relationship with thymoma. This might explain the significantly later onset of MG associated with Morvan syndrome (Table 1), because thymoma-associated MG frequently occur after 50 years of age [14]. Thymoma was diagnosed in 77.3% of all the patients with Morvan syndrome. In addition, some of the other cases with Morvan syndrome might have small thymomas that were difficult to detect. Besides the general pathogenesis of paraneoplastic syndrome, where ectopic antigen presentation in the tumor induces an immunological attack on normal relevant tissues, thymoma shows a unique mechanism in the development of autoimmunity. Autoimmune regulator (AIRE) is critically involved in both the expression of self-antigens within the thymus and induction of tolerance [15]. Defective expression of AIRE and major histocompatibility complex (MHC) class II is a characteristic feature of thymoma, and leads to insufficient negative selection and subsequent survival of autoreactive T cells, including those targeting AChR [14, 16]. Furthermore, defective expression of AIRE is also associated with deficiency of regulatory T (Treg) cells [14, 17, 18]. These factors result in a high frequency of autoimmune diseases, including MG and Morvan syndrome, associated with thymoma (> 50%) compared with tumors of other organs (< 5%) [19, 20]. A previous report suggested that T cells exported from thymoma can persist in the periphery for many years after thymectomy [21]. This might partially explain the development of Morvan syndrome after resection of thymoma in some cases (Table 1).

One previous study reported that the prevalence of MG is not increased among cases with MS [22]. Therefore, association of MS and MG could be a mere coincidence. This may be because MS is rather a T cell-mediated disease and different from antibody-mediated disorders such as MG, NMOSD, and Morvan syndrome. Some of the cases with MS in the previous reports might have been NMOSD or myelin oligodendrocyte glycoprotein (MOG) antibody-associated disease, before anti-AQP4 and -MOG antibodies were discovered to be probably pathogenic. However,

differences between MG cases comorbid with NMOSD and MS were still apparent (Table 1). Notably, MG and thymectomy preceded onset of NMOSD in most cases, whereas MS did not follow thymectomy. The resected thymuses in cases with NMOSD were shown to be mainly hyperplastic. Thymic hyperplasia is characterized by the formation of germinal centers containing a large number of B cells, where hypermutation of B cell receptor genes and production of high-affinity autoantibodies, including anti-AChR antibody, are accelerated [14, 23]. Treg cells were also disclosed to be functionally impaired in the hyperplastic thymus [24]. These findings explain the clinical benefit of thymectomy in MG [14]. However, NMOSD comorbid with MG frequently develops after thymectomy, even though anti-AQP4 antibody is detected prior to thymectomy without any relevant symptoms in some such cases [1]. The main subclass of anti-AQP4 antibody is IgG1, the same as anti-AChR antibody in MG. A difference between MG and NMOSD that might be involved in this discrepancy is the fact that AQP4 is absent or expressed at low levels in normal thymus, in contrast to constantly expressed AChR [25, 26]. Thymectomy is also generally recognized to induce production of autoantibodies and development of systemic autoimmune diseases [27]. The difference in pathogenesis between diseases that precede and follow thymectomy warrants further investigation.

No characteristics regarding pathology of the thymus or thymectomy were apparent in patients with MS. Disease-modifying drugs are one possible cause of MG among cases with preceding CNS disorders, especially MS. In 5 of the 16 patients with MS preceding MG, IFN β was started before the onset of MG, with an interval ranging from 11 days to 3 years. In another patient, initiation of IFN β after the onset of MG exacerbated myasthenic symptoms. One patient was receiving glatiramer acetate and one was receiving alemtuzumab at the onset of MG. In addition, two patients were treated with IFN β at the onset of MG among six patients with NMOSD preceding MG. IFN β treatment was shown to increase levels of several autoantibodies among patients with MS [28] and IFN β administration for the treatment of hepatitis C reportedly exacerbated myasthenia gravis [29]. Glatiramer acetate is known to shift the balance of helper T cells from Th1 to Th2, which might be involved in the development of antibody-mediated autoimmunity [30].

It is well appreciated that human leukocyte antigen (HLA) is implicated in various autoimmune diseases as a major susceptibility gene [31]. HLA-DRB1*16 allele was reported to be associated with anti-AChR antibody-positive MG in Italy [32], and HLA-DRB1*16:02 is known to be a risk allele of anti-AQP4 antibody-positive NMOSD in Japan [33]. Moreover, HLA-DRB1*15:01 was suggested to be a risk allele for both diseases [34, 35]. These results indicate the same risk allele, although there are no known definite ones shared between MG and Morvan syndrome. Several

previous studies identified different HLA risk alleles of MG depending on ethnicity and disease type, such as early-onset and late-onset MG [36]. The same is true for NMOSD and diseases caused by anti-voltage-gated potassium-channel (VGKC) antibody [37, 38]. Therefore, comorbidity of MG with NMOSD or other autoimmune CNS disorders might be associated with the presence of some unrevealed specific susceptibility alleles. MG cases with autoimmune CNS disorders should be separated as a distinct disease group, to identify such risk alleles. This is still an open question that should be clarified in future. Revealing such background might contribute to more fundamental understanding of these associated disorders.

It should be noted that one limitation of this study is the relatively small sample size in a single tertiary hospital. Further prospective multi-center studies are warranted to precisely evaluate the incidence of autoimmune CNS disorders among patients with MG.

Conclusion

MG is occasionally associated with various autoimmune diseases in the CNS. As the association is more prevalent than previously expected, neurologists should recognize the possibility in clinical practice that hidden autoimmune CNS disorders may be present among patients with MG irrespective of disease activity, and vice versa. In addition, the distinct clinical characteristics depending on the associated CNS disorders suggest different disease pathogeneses.

Acknowledgements We acknowledge Toshiyuki Takahashi (Department of Neurology, Tohoku University Graduate School of Medicine) as a contributor for detection of anti-AQP4 antibody.

Author contributions KK contributed study concept and design; acquisition, analysis, and interpretation of data; and drafting and revising the manuscript for intellectual content. YO contributed revising the manuscript for intellectual content. CF contributed revising the manuscript for intellectual content. KK contributed acquisition of data, and revising the manuscript for intellectual content. RT contributed revising the manuscript for intellectual content. SM contributed revising the manuscript for intellectual content. TK contributed study concept and design, analysis, and interpretation of data, drafting and revising the manuscript for intellectual content.

Compliance with ethical standards

Conflicts of interest On behalf of all the authors, the corresponding author states that there is no conflict of interest.

Ethical standards All studies in this review have been approved by the appropriate ethics committee and have therefore been performed in accordance with the ethical standards laid down in the 1964 Declaration of Helsinki and its later amendments.

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