



Intravenous immunoglobulin (IVIG) in the vanguard therapy of Systemic Sclerosis



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ABSTRACT

Systemic Sclerosis (SSc) is a rare autoimmune disease that is characterized by a progressive skin fibrosis, an obliteration of the microvasculature and an exaggerated extracellular matrix deposition, which lead to a multi-systemic dysfunction. Various pathogenetic mechanisms were described. The lack of a successful therapy make SSc a disease with a poor prognosis. The intravenous immunoglobulin (IVIG) has been used for a long time in different autoimmune diseases, and firstly used in SSc patients in 2000. IVIG has multiple non-specific mechanisms of action and, beyond an impressive improvement in muscle symptoms, a French nationwide cohort demonstrated that IVIG ameliorates the skin disease and systemic inflammation, and helps the daily dose corticosteroid's tapering at the end of the treatment. The benefits on gastrointestinal symptoms of IVIG was reported by a recent English article, in which the patients consistently reported a decrease in the gastro-esophageal reflux disease symptoms and their frequencies. The impact on the lung involvement still remains unclear. One of the advantages of IVIG is its safe profile. Few adverse effects were reported and most of them are mild, and can be managed and usually they do not relapse. Harmful effects were described, but they can be avoid with cautious and judicious use of this therapy.

1. Introduction

Systemic sclerosis (SSc) is a rare autoimmune disease that is characterized by a progressive skin fibrosis, an obliteration of the microvasculature and an exaggerated extracellular matrix deposition [1]. Those pathophysiological alterations result in a multi systemic dysfunction and the symptoms depend on the affliction of each organ. People with a diagnosis of SSc have a risk of mortality three- to five-times greater than the general population and the involvement of major organs (cardiac, interstitial lung disease, pulmonary hypertension and scleroderma renal crisis) affects the morbidity and increases the mortality [2].

SSc is classified into different clinical subsets, depending on skin involvement. The limited cutaneous SSc (lcSSc) is a subset

characterized by skin sclerosis of the hands and feet distal to the elbows and knees, respectively, as well as the face [2]. This subset is usually associated with anticentromere and anti-Th/To antibodies [2]. On the other hand, the diffuse cutaneous SSc (dcSSc) is associated with the presence of anti-topoisomerase I and anti-RNA polymerase III antibodies, without a restricted skin involvement [2]. This last form has a high frequency of internal involvement and a rapidly progressive course of the disease, which affects the prognosis [2].

The therapy for SSc ranges between corticosteroids to hematopoietic stem cells transplantation, depending on the tissue affected [1]. Until today, none of the therapies have been described as a successful anti-fibrotic therapy [1] with a limited efficacy [3]. There are different reasons that can justified this unsuccessful response beyond SSc therapy: the underlying pathogenic mechanism of the disease is still

Abbreviations: ANCA, anti-neutrophil cytoplasmic antibody; anti-RNA, anti-ribonucleic acid; dcSSc, diffuse cutaneous systemic sclerosis; IL, interleukin; ILD, interstitial lung disease; IVIG, intravenous immunoglobulin; lcSSc, limited cutaneous systemic sclerosis; mRSS, modified Rodnan skin score; SSc, systemic sclerosis; TGF, tumor growth factor

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Table 1
Protocol suggested for IVIG therapy in SSc.

Protocol for IVIG therapy in SSc	
Time when to start	<u>Skin disease</u> : early stage (mRSS \leq 22 points) or refractory to corticosteroids, in dcSSc subset <u>Arthritis</u> : severe and refractory to anti-rheumatic medication <u>Myositis</u> : muscle weakness and muscle pain, refractory to corticosteroids <u>Gastro-intestinal affliction</u> : severe symptoms
Protocol	<u>Lung disease</u> : not enough studies <u>Dose</u> : 2 g per kg of IVIG <u>Time</u> : 3 to 4 days, lasting 7 to 8 h <u>Frequency</u> : Once a month <u>Duration</u> : 6 months
Gold standard targets	<u>Skin disease</u> : improvement of 5 points on mRSS, after the second treatment <u>Arthritis</u> : improvement of the symptoms and index of joint affliction (Ritchie index, Dreiser Algo-Functional Index, Pain visual analogue scale), after 6 months <u>Muscle symptom</u> : improvement after 2 weeks of IVIG infusion <u>Gastro-intestinal symptoms</u> : improvement on the Gastro-Intestinal tract 2.0 questionnaire <u>Lung</u> : FVC (%) There's no study on the cost-effectiveness of IVIG in SSc

undefined; most of the interventional therapies are based on case series; in the cohort studies, the patients that were recruited were in different phases of the disease [3].

2. IVIG therapy and its biological role

Intravenous immunoglobulin (IVIG) has been used for a long time in various autoimmune diseases [4,5]. Its first use in SSc was described in 2000, in three patients that presented with a rapidly progressive manifestation of the disease, by Levy and colleagues [6]. IVIG is a human specific immunoglobulin G, that is derived from 6000 to 20,000 healthy blood donors. Beyond its multiple non-specific mechanisms of action, it has been used in different autoimmune diseases as hematologic diseases (idiopathic thrombocytopenic purpura), neurologic diseases (Guillain-Barré syndrome, acute myasthenia gravis and chronic idiopathic demyelinating polyneuropathy), dermatoses (pemphigus vulgaris, pemphigoid, toxic epidermal necrolysis and Steven-Johnson syndrome) or rheumatologic immune-related diseases (Kawasaki syndrome [7], dermatomyositis and ANCA-positive vasculitides) [1]. Recently, IVIG was used in refractory autoimmune disease with very interesting results [8–10], and even in a very rare autoimmune diseases like inflammatory myositis [11]. The rational use of IVIG includes its potent immunomodulatory action through neutralization of auto-antibodies [12], inhibition of inflammatory mediators and blockage of Fc receptors on the surface of B cells [3]. The decrease of inflammatory mediators is well described in the studies of Blank et al. [13]. In this study, the decreasing levels in IL-4 and TGF- β 1 by splenocytes were observed in parallel with the decrease in collagen deposition and type I collagen expression in tight skin mice [13]. That data was confirmed in patients in a double-blind, placebo-controlled randomized clinical trial by a decrease Th1 cytokines in the sera and skin in patients with SSc [14].

No definite guidelines are available regarding the IVIG therapy [1,15], because case reports and cohort studies in which it has been used as a therapy in SSc, had reported different IVIG doses and various timing schemes options [6,14,15]. Beyond sera and tissue studies, the use of IVIG has shown to be clinically relevant; Levy and colleagues [16] demonstrated an improvement in the modified Rodnan skin score (mRSS) with a mean of 10 points (\pm 5,9; $p < 0,001$), in a two-center open label study, in which it was used at a 2 g/kg for 5 days monthly, for a period of 6 months. In 2015, Carrie L [17] corroborated this skin findings in a retrospective study of IVIG in refractory active dcSSc, in which a sustain improvement of mRSS came along with an improvement of the skin responsiveness to mycophenolate mofetil. In Sanges' cohort study, the efficacy of IVIG in muscle-skeletal symptoms were shown too [18]. Sanges et al. [18] presented an improvement in muscle

pain (74% vs 20%; $p < 0,0001$), muscle weakness (45% vs 21%; $p = 0,01$), joint pain (44% vs 19%; $p = 0,02$) and serum creatine-kinase levels (1069 ± 1552 UI vs 288 ± 449 UI; $p < 0,0001$) after at least 1 g/kg/cycle of IVIG [18]. Muscle improvement could be expected within two weeks after the first infusion of IVIG, yet [19]. In a Portuguese case report, the improvement was reported as early as after one week of treatment [15]. The efficacy of IVIG on the gastrointestinal tract was recently demonstrated by Raja et al. [20]. He published an improvement in gastro-esophageal reflux disease symptoms and frequency and an overall improvement in gastrointestinal tract symptoms [20], like we presented previous in ours case report. These findings confirm the trend showed by Sanges et al. [18] in a French nationwide cohort and its mechanism is based upon the effect of IVIG to muscarinic-3 receptor antibody activity on gastrointestinal tract [21]. Kumar et al. [21] has demonstrated that IVIG reverses the cholinergic dysfunction at the myogenic and neural receptors by anti-idiotypic neutralization of SScIgG, which supports the clinical findings. One of the interesting findings of the IVIG therapy is the effect on decreasing corticosteroids daily dose. Sanges et al. [18] in their study, demonstrated a significantly lower corticosteroid need at the end of the treatment with IVIG ($13,0 \pm 11,6$ mg/day vs $8,9 \pm 10,4$ mg/day; $p = 0,01$), results which have been replicated in others case reports [15]. Sanges et al. findings have also demonstrated that IVIG has a benefit on the systemic inflammation by a decreasing levels of C-reactive protein ($13,1 \pm 17,6$ mg/L vs $9,2 \pm 16,6$ mg/L; $p = 0,001$) [18]. One of the most challenging and harmful clinical aspects on SSc is the lung disease. The different strategies that have been used to slow down the progression of interstitial lung disease (ILD) related to SSc have shown only a mild impact [12–26]. A case report of a 53-years old woman with SSc with myositis, recently diagnosed with ILD and treated with IVIG 2 g/kg monthly had clinical and radiologic improvement after 6 months of IVIG therapy [21]. Although these improvement was not corroborated in more recent cohort study, this study was constituted by a heterogeneous group of patients, which can be a limitation on its results [18]. In Sanges' study [18], most of the radiologic changes were maintained stable, although they have not demonstrated a significantly difference. On the other hand, an exploratory multicenter, non-randomized and prospective trial of IVIG in 10 patients diagnosed with idiopathic pulmonary fibrosis has shown that IVIG could be effective in the improvement of the lung involvement [27]. In the Table 1, is suggested a protocol for IVIG therapy in SSc.

New generation molecules, like organized multiuser of IgG Fc-fragments and monoclonal antibodies to FcRn, are under development and may be able to mimic several mechanisms of IVIG, possibility of IVIG at lower doses. [28]

2.1. The safety profile of IVIG

One of the advantage of IVIG is its safety profile [29]. The reported incidence of adverse event varies between 1% to 81%, but most report this events in 30% to 40% of the infusions [30,31]. The immediate adverse reactions are usually mild and transient [32]. Those adverse reactions may develop during the first hour after the infusion and can last for up to 24 h, and, usually, occur in the first and second treatment session [32]. Their etiology remains uncertain and they improve or wane following reduction of the infusion flow [30]. Most of these reactions are flu-like symptoms and include headache (the most common), face flushing, malaise, chills, fever, vomiting, diarrhea, nausea, myalgia, back pain, fatigue, dyspnea, changes in blood pressure and tachycardia [30,31,33–35]. Pretreatment with analgesics, non-steroidal anti-inflammatory, anti-histamines or even intravenous glucocorticoids may prevent these immediate adverse reactions [36], but it is only required if patient has developed one or more adverse events previously [32]. The late adverse events may be severe and include acute renal failure, thrombotic events (the two most common), aseptic meningitis, neutropenia, autoimmune hemolytic anemia, skin reactions, arthritis and pseudohyponatremia [29]. The acute renal failure has been related to the incipient (sucrose, a stabilizer) and usually occurs in the first ten days after IVIG infusion. This event is usually oliguric and reversible, but up to 40% of the cases emergency hemodialysis is required. Pre-existing renal condition, poor hydration, elderly age (> 65 years old), diabetes, hypertension, hyperviscosity and concomitant treatment with other nephrotoxic agent are risk factors to acute renal failure. Though, good hydration, slow infusion rates, a monitoring urine output and kidney function, and avoidance of sucrose preparations are recommended to prevent this complication of IVIG [37]. Thrombotic events (myocardial infarctions, cerebrovascular accidents, deep vein thrombosis and pulmonary emboli) have been described during or following IVIG administration and its occurrence has been associated with advance age, atherosclerosis, previous thromboembolic events, excessive doses or fast IVIG infusions and the content of factor XIa [38]. To prevent the thrombotic complications, it is recommended to avoid this therapy on patients with multiple risk factors and it should be delivered in a slow infusion: 2 g/kg of body weight over 5 days, 0.4 g/kg/day in not < 8 h [38]. Most of the IVIG today went through a new process to remove several coagulation factors (II, VII, IX, X, and particularly XIa) [39]. This process results in a procoagulant activity below the detection limit (except by non-activated partial thromboplastin time), suggesting a reduced risk of thromboembolic events with new IVIG products [39]. In a series of 56 patients treated with IVIG due to different autoimmune conditions, adverse events occurs in 36%, most of them were mild [31]. In only one patient a thrombotic event was related to this therapy was described — a superficial thrombosis related to the infusion vein [29]. In a recent retrospective study involving 46 patients diagnosed with SSc and treated with IVIG, 20% of mild events were reported (three patients had chills and fever; three had skin rash; three had headache) and only 4% of severe events (one patient had deep vein thrombosis and another had a diffuse edematous syndrome), which demonstrate the safety of IVIG in SSc [18]. Another aspect of the safety of IVIG therapy is that it is not associated with an increased risk of infection, which distinguishes it from the others therapeutics of the disease [18].

3. Conclusion

SSc is a rare currently disease, that have two different subsets differentiated by skin affliction. SSc lacks a successful therapy. The rational use of IVIG in SSc has a pathological background and recent studies show IVIG as an efficacious and safe therapy in SSc. Its success is so far described on muscle, skin and joint involvement as well in corticosteroid tapering. The lung disease is still a challenge, but more studies are required. If the patients are judiciously recruited (early

stages), and the infusion is made in a slow rate and with a good hydration, IVIG seems safe.

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