

An Update on Calciphylaxis

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Abstract Calciphylaxis, also known as calcific uremic arteriopathy and uremic small artery disease with medial wall calcification and intimal hyperplasia, is a multifactorial cutaneous vascular disease characterized by chronic, painful, non-healing wounds that occur frequently in patients with chronic kidney disease, predominantly in those with end-stage renal disease. The pathogenesis remains unclear, and the development of calciphylaxis lesions depends on medial calcification, intimal fibrosis of arterioles and thrombotic occlusion. Despite an increase in reports of calciphylaxis in the literature and clinical recognition of demographic characteristics and risk factors associated with calciphylaxis, it remains a poorly understood disease with high morbidity and mortality. In this review, we analyze and summarize the clinical manifestations, pathogenesis and pathophysiology, histopathology, differential diagnosis, diagnostic workup and treatment modalities for calciphylaxis. Because of the lack of consensus regarding the optimal approach to and treatment of this disorder, a high degree of clinical suspicion, early diagnosis, and multimodal and multidisciplinary treatment in collaboration with dermatology, nephrology, wound care, nutrition and pain management specialties may improve survival in patients with calciphylaxis.

Key Points

Calciphylaxis is a multifactorial cutaneous vascular disease characterized by chronic, painful, non-healing wounds that occur frequently in patients with chronic kidney disease.

Histological confirmation is recommended and remains the gold standard for definitive diagnosis; however, in cases where there is a high clinical suspicion of calciphylaxis, prompt aggressive treatment should be initiated and histological confirmation can be reserved.

Calciphylaxis is a complex disease that requires collaboration among multiple specialties, including dermatology, nephrology, wound care, nutrition and pain management, for adequate treatment.

Sodium thiosulfate is a chelating vasodilator and an antioxidant that has been shown to contribute significantly to healing of calciphylaxis lesions and has become one of the primary treatment modalities.

1 History

Calciphylaxis is a poorly understood and highly morbid cutaneous vascular disease. Bryant and White first described its association with uremia in 1898 [1], but it was not until 1962 that Hans Selye and colleagues originated the term calciphylaxis after inducing tissue calcification in rats

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that underwent sensitizing factors followed by a subsequent trigger or “challenger.” They believed this response of tissue calcification was an adaptive or “phylactic” reaction; hence, the term calciphylaxis (calcification and phylaxis) was coined [2]. In 1963, Eisenberg and Bartholow reported a case of extensive metastatic calcification in a patient with chronic renal failure, representing the human counterpart of calciphylaxis [3]. Within a few years, Rees and Cole published another case of calciphylaxis in a patient with renal failure [4]. Over the next several years, other cases of calciphylaxis were also reported [5–8].

2 Introduction and Definition

Calciphylaxis, also known as calcific uremic arteriopathy and uremic small artery disease with medial wall calcification and intimal hyperplasia, is a multifactorial cutaneous vascular disease that occurs frequently in patients with chronic kidney disease (CKD), predominantly in those with end-stage renal disease (ESRD). Nonetheless, it has also been documented in patients with normal renal function with normal calcium and phosphate metabolism [9, 10].

The reported prevalence of calciphylaxis is 1–4% among patients with ESRD on dialysis or hemodialysis; however, recent studies demonstrate that the incidence is < 1%, in contrast to the rates reported in previous publications [11–14]. Nevertheless, the prevalence and incidence of this vascular disease still remains unknown. Risk factors for the development of calciphylaxis are numerous and predominantly include female gender, diabetes mellitus, hyperphosphatemia, CKD/ESRD, warfarin exposure, and liver disease, among others (Table 1) [15–18]. Despite an increase in reports of calciphylaxis in the literature and clinical recognition of demographic characteristics and risk

factors associated with calciphylaxis, it remains a poorly understood disease with high morbidity and mortality [9, 19].

3 Clinical Manifestations

Calciphylaxis generally presents with chronic, painful, non-healing wounds [20]. According to the retrospective review of Weenig et al. [22], patients had predominantly five different types of cutaneous lesions as follows: necrotic ulcers, livedo racemosa, hemorrhagic patches, hemorrhagic bullae and indurated plaques. However, the range of clinical presentations and lesional morphologies seen in early stages of calciphylaxis is broad, and subcutaneous nodules, painful cellulitis-like erythematous plaques, among others, should be considered [21]. The skin of proximal regions (e.g., the thigh) was more commonly affected than distal areas [22]. Jeong et al. [20] described calciphylaxis lesions as tender, indurated subcutaneous plaques with overlying livedo racemosa that progress to non-healing stellate-shaped ulcers covered by black eschar (Fig. 1). The lesions normally involve adipose-rich areas (trunk, breasts, abdominal pannus, flanks, buttocks and proximal lower extremities) [20]; however, genital and digital involvement have also been reported [23–25]. Cutaneous ulcerations are commonly observed, and a morbidity and mortality of up to 50–80% has been reported with cutaneous ulcerations, due to septic complications [26–28].

In our experience, when there is a patient with ESRD on dialysis who complains of a painful necrotic ulcer, calciphylaxis should always be considered as a differential diagnosis, and prompt intervention should be performed.

Table 1 Demographic characteristics and risk factors associated with calciphylaxis

Female gender
Diabetes mellitus
CKD/ESRD
Warfarin exposure
Liver disease
Obesity
Hypercalcemia
Hyperphosphatemia

Less common risk factors: Caucasian race, calcium-phosphate binders, calcium-phosphate product > 70 mg²/dL², vitamin D supplementation, protein C and/or S deficiency, corticosteroids, erythropoietin and iron dextran

CKD chronic kidney disease, ESRD end-stage renal disease



Fig. 1 Calciphylaxis: a stellate-shaped necrotic plaque

4 Pathogenesis and Pathophysiology

It is believed that calciphylaxis develops secondary to an imbalance between factors that favor calcification and those that prevent it [11]. According to the existing model for vascular calcification, the interaction of uremia [hyperphosphatemia, reactive oxygen species (ROS) and uremic toxins] and the decrease in local vascular calcification inhibitory proteins [matrix Gla protein (MGP) and alpha 2-Heremans-Schmid glycoprotein (fetuin-A)] initiate the differentiation of vascular smooth muscle cells (VSMCs) into an osteoblast-like phenotype or chondrocytes [9, 20, 29].

An imbalance in the mineral content of the renal system, such as hyperphosphatemia, elevated calcium-phosphorus products, hyperparathyroidism, and vitamin D deficiency, is the most common risk factor associated with calciphylaxis [11, 20]. Patients with CKD/ESRD develop chronic hyperparathyroidism leading to high-turnover bone disease, hypophosphatemia, hypercalcemia, and extraosseous (vascular) calcium deposition. On the other hand, chronic hypoparathyroidism, which causes low-turnover bone disease and osseous tissue, leads to decreased capacity to absorb calcium and decreased phosphate levels; paradoxically, this increases mineral content in the blood and contributes to the development of vascular calcification [30–33].

Bone morphogenic proteins belong to the transforming growth factor superfamily. These proteins are involved in inducing *de novo* bone formation, osteoclast differentiation and extraosseous calcification [34–37]. Bone morphogenic protein-4 (BMP-4) is another factor involved in the pathogenesis of calciphylaxis, as it promotes calcification [38]. The action of BMP-4 is believed to be dependent on ROS that activate nuclear factor kappa B (NF- κ B) [38, 39]. NF- κ B is an extremely important transcription factor for different cellular functions, including normal bone development, osteoclast differentiation and bone mineral resorption. Autoimmune inflammatory states, atherosclerosis and bone mineral loss are associated with high NF- κ B activity. This increased NF- κ B activity causes osseous mineral loss and extraosseous mineral deposition (vascular calcification) [30].

Chronic inflammatory states, including CKD/ESRD, are associated with bone mineral loss and vascular calcification [30]. This is secondary to increased activity of NF- κ B, receptor activator of NF- κ B (RANK) and its ligand (RANKL), suggesting the role of the NF- κ B osteoprotegerin/RANK/RANKL axis in bone homeostasis and vascular calcification [9, 11, 40]. More importantly, patients with ESRD on hemodialysis also have low levels of fetuin-A, a human circulating inhibitor of calcification,

contributing to the imbalance of factors that promote and inhibit calcification [11, 41]. Decreased levels of circulating inhibitors of calcification in ESRD together with factors such as uremia and hyperphosphatemia are thought to trigger the differentiation of VSMCs into osteoblasts, producing vascular calcification.

Nonetheless, vascular calcification alone does not lead to calciphylaxis. The development of calciphylaxis lesions depends on medial calcification, intimal fibrosis of arterioles and thrombotic occlusion [20]. These processes occur after a period of sensitization induced by factors that favor calcification [parathyroid hormone (PTH), vitamin D, and high calcium/phosphorus] and a period of challenge such as trauma, surgery or any other event associated with an increase in inflammatory cytokines that trigger the three prothrombotic factors of Virchow (hypercoagulability, stasis and endothelial injury) [11, 30, 42].

5 Histopathology

Despite the fact that calciphylaxis is a clinical diagnosis, histological confirmation is recommended and remains the gold standard for definitive diagnosis [9]. The pathognomonic histological characteristics of epidermal ulceration, focal dermal necrosis, and vascular calcification are observed in biopsies of calciphylaxis lesions [9, 43]. Calcium salts are easily recognized in hematoxylin and eosin sections by their intense uniform basophilia; if necessary, they can be confirmed by von Kossa's silver stain, which blackens the deposits, demonstrating an incipient stippled pattern of microvascular calcification [44], or by the Alizarin red stain, which also allows detection of calcium in an orange-red color that may be birefringent [45]. The dominant pathology is localized to the subcutaneous fat [11], where the calcification involves capillaries, venules, arterioles, and small arteries of subcutaneous fat. Other common findings include intimal hyperplasia, inflammatory responses, endovascular fibrosis, thrombosis, fat necrosis, acute and chronic calcifying panniculitis and extravascular calcium deposition [9, 19, 22, 46, 47] (Fig. 2).

6 Differential Diagnosis

For early and accurate diagnosis of calciphylaxis, a high degree of suspicion is required [11, 48]. Other pathologies must be considered and ruled out during the diagnosis of calciphylaxis, including cholesterol embolism syndrome, warfarin- and heparin-induced skin necrosis, anti-phospholipid syndrome, nephrogenic systemic fibrosis,

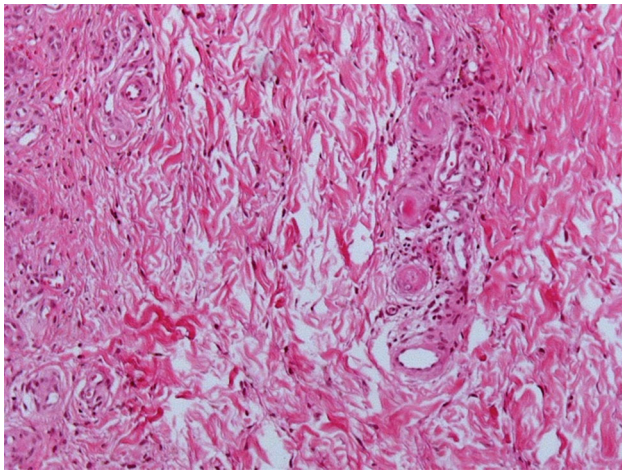


Fig. 2 Histopathology: there are several thrombosed vessels, intimal fibroblastic proliferation and degenerated connective tissue (hematoxylin and eosin)

pyoderma gangrenosum, cryoglobulinemia and vasculitis [11, 20, 48].

7 Diagnostic Workup

The diagnosis of calciphylaxis is predominantly clinical; therefore, a detailed medical history focused on risk factors and a thorough physical examination should always be performed to identify additional skin lesions [49]. In a patient with CKD/ESRD (or any other risk factor), the triad of intense pain associated with cutaneous lesions and palpation of firm calcified subcutaneous tissue is consistent with the diagnosis of calciphylaxis until proven otherwise [49, 50]. Histological confirmation of a skin biopsy specimen remains the gold standard for definitive diagnosis, especially in atypical clinical scenarios [49]. However, deep incisional cutaneous biopsy may induce ulceration in the area of the incision, increasing the risk of infection, poor healing and consequently escalating the risk of sepsis and death [51]. Therefore, in cases where there is a high clinical suspicion of calciphylaxis, promptly aggressive treatment should be initiated and histological confirmation can be reserved. In our experience, a punch biopsy (3–5 mm) of the edge of the lesion, providing an adequate sample of dermis and subcutaneous fat, is safer and is the preferred approach for histological confirmation of calciphylaxis.

Laboratory tests should be performed whenever there is clinical suspicion of calciphylaxis. These tests will help the physician further evaluate potential risk factors and exclude other disorders that may mimic the presentation of calciphylaxis. These tests should evaluate renal function, mineral bone parameters, presence of infection,

coagulation factors, hypercoagulability, inflammation, autoimmune disease and malignancy [49].

Non-invasive imaging tools (plain X-rays and three-phase nuclear bone scans), procedures (bone scintigraphy) and biomarkers (circulating fetuin-A levels) have also been reported as useful tests in the diagnosis of calciphylaxis because of their ability to detect soft tissue microcalcifications [41, 52–54]. Recently, there have been reports regarding the high sensitivity and specificity of three-phase technetium Tc99m methylene diphosphate bone scintigraphy for early diagnosis of calciphylaxis [55, 56]. However, none of these non-invasive tools have been systematically evaluated and therefore cannot be recommended for routine workup of patients with suspected calciphylaxis.

8 Treatment

Calciphylaxis is a very complex disease that requires collaboration among multiple specialties for adequate treatment, including dermatology, nephrology, wound care, nutrition and pain management. The main objectives are to heal vascular calcifications and prevent septic complications leading to death. There have been many proposed treatments for the management of calciphylaxis; however, there are currently no clinical practice guidelines for the management of this disease, and the majority of reports supporting these interventions come from retrospective case reports, case series and cohort studies [49]. In our experience, a multimodal and multidisciplinary approach that incorporates multiple specialties leads to the best results. Figure 3 shows a flowchart of the approach proposed by the authors for the diagnosis and treatment of calciphylaxis.

8.1 Pain Management

Since the primary complaint in patients with calciphylaxis is intense pain, appropriate palliative measures and consultation with a pain management specialist (especially in patients with CKD/ESRD) need to be considered. Benzodiazepines and narcotic analgesics such as sufficient doses of opioids and ketamine have been recommended [57]. Occasionally, fentanyl patches may be preferred as a first-line method of pain control [36]. In cases of opioid-resistant pain, levomethadone has been reported to be successful [58].

8.2 Wound Care

Wound care should be a cornerstone of therapy in all patients and should include removal of necrotic tissue, aiding wound healing and preventing infection (Table 2) [20, 49]. Removing necrotic tissue is recommended to allow proper healing, and it is preferably performed when

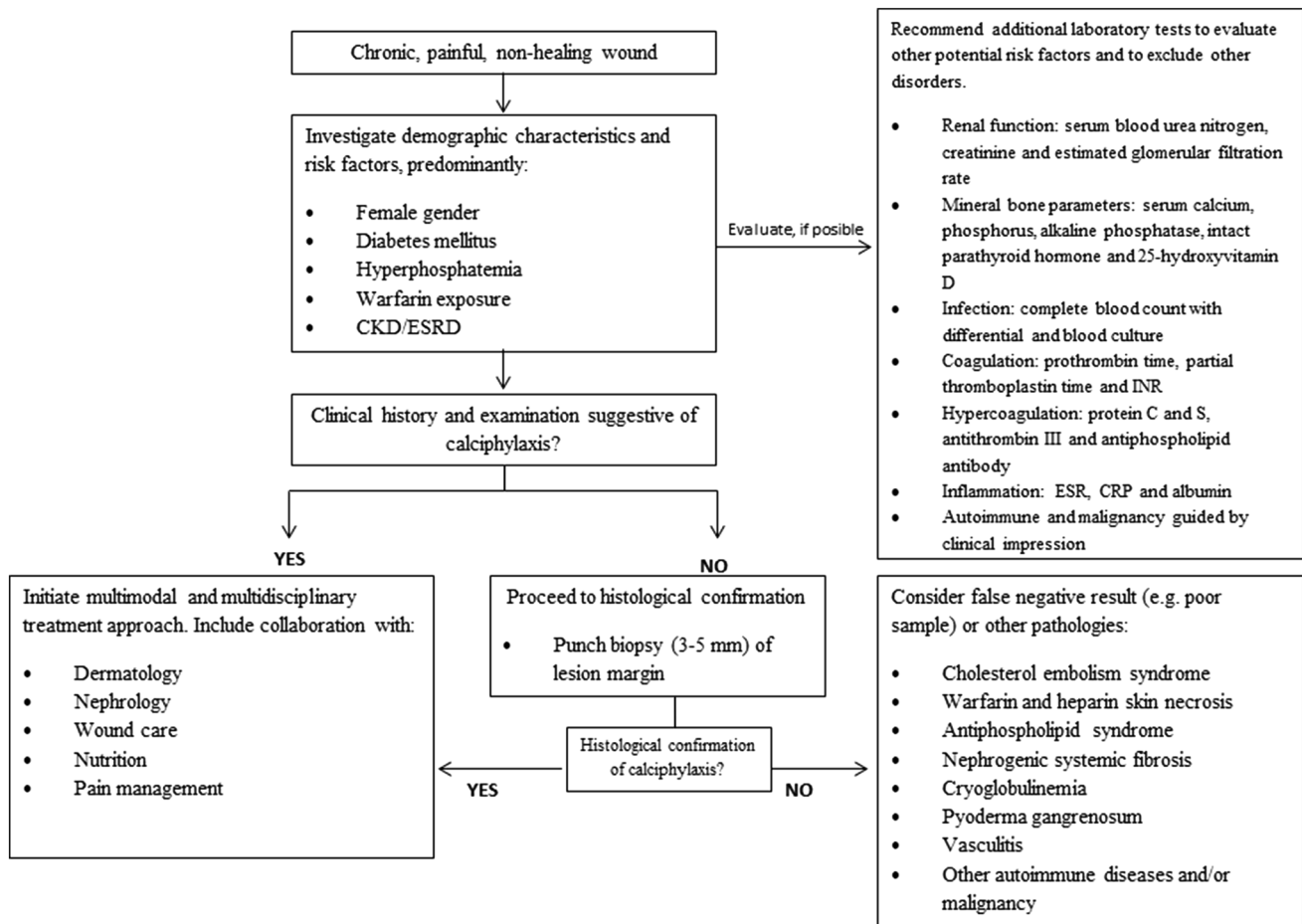


Fig. 3 Calciphylaxis diagnostic and therapeutic approach. *CKD* chronic kidney disease, *ESRD* end-stage renal disease, *INR* international normalized ratio, *ESR* erythrocyte sedimentation rate, *CRP* C-reactive protein

no signs of active ischemia are found [11, 20]. Surgical wound debridement has been a matter of debate; those who oppose debridement fear aggravation of cutaneous lesions and believe that drug therapy is capable of preventing fatal outcomes [59, 60]. However, considering that the primary cause of mortality in calciphylaxis is sepsis, surgical debridement of infected lesions may be a reasonable approach, except in penile disease, due to a worse outcome [61]. A retrospective study of 64 patients (49 dialysis cases vs. 15 non-dialysis cases) with calciphylaxis was conducted by Weenig et al. to better understand the natural history, risk factors and variables that may influence survival in patients with calciphylaxis [22]. An estimated 1-year survival rate of 61.6% was observed in 17 patients who received surgical debridement, compared with 27.4% in 46 patients who did not undergo surgical debridement; however, the difference was not statistically significant [22]. These patients were not stratified by disease severity and overall illness, and the results need to be interpreted with caution since patients with more severe disease were unlikely to undergo general anesthesia and surgical

intervention. Other treatment options include maggot debridement, chemical debridement (collagenase, medical honey products), negative pressure wound therapy, hyperbaric oxygen and skin grafting [62–68].

8.3 Sodium Thiosulfate

Sodium thiosulfate (STS) has become one of the primary treatment modalities for healing calciphylaxis lesions [69–71]. The mechanism of action of calciphylaxis treatment is not yet fully understood. STS chelates calcium from precipitates in the skin, subcutaneous tissues and organs. The resulting calcium thiosulfate compound is more soluble than other calcium salts and is believed to be removed by dialysis. The other proposed mechanism involves its antioxidant activity, where STS donates electrons that repair damaging ROS. The latter restores endothelial production of nitric oxide, promoting reperfusion by vasodilation [35, 72]. While there is no standardized dose of STS, reported effective dosages range from 5 to 25 g thrice a week, during or after hemodialysis,

Table 2 Treatment options for calciphylaxis**Sodium thiosulfate (first-line therapy)** [69–79, 82–84]

Patients on dialysis or hemodialysis: 5–25 g IV 3 times per week^a

Patients with normal renal function: 5–25 g IV 3 times per week or daily^b

Intralesional: 1–3 cc of 250 mg/mL weekly^c

Wound care [9, 11, 20, 49, 62–68]

Hyperbaric oxygen (second-line therapy): 2.5 atm or high-flow oxygen therapy (10–15 L/min) 90 min per day for 25 sessions^d

Debridement:

Surgical debridement

Maggot debridement

Chemical debridement

Other:

Prevention of infection

Antibiotics in the presence of infection

Negative pressure wound therapy

Skin grafting

Correction of calcium and phosphorus abnormalities [14, 20, 26, 49, 85]

Cinacalcet^e:

30 mg daily for 5 months

60–120 mg daily for 9 months

Bisphosphonates:

Pamidronate 90 mg IV followed by 30 mg IV weekly (6 times)

Etidronate 200 mg PO daily for 2 weeks

Alendronate 70 mg weekly

Risedronate 35 mg weekly

Parathyroidectomy

Anticoagulation [88–91]

Unfractionated heparin^f:

Subcutaneous 5000 IU twice daily

Continuous IV infusion

Tinzaparin^f: Subcutaneous 175 IU/kg once daily

Hypercoagulable states: Infusion of 10 mg of tissue plasminogen activator IV during a 4-h period daily for 14 days^g

Renal replacement therapy [20, 49, 92, 93]

Dialysis/hemodialysis: Increase duration and frequency per week^h

Kidney transplantation

atm atmosphere, *cc* cubic centimeter, *IV* intravenous, *PO* per os/by mouth

^aTherapy should be administered during the last dose of dialysis and must be continued until complete resolution of symptoms is achieved. Authors recommend that administration of sodium thiosulfate should continue for at least 2 months beyond complete healing of cutaneous lesions

^bResponse to daily treatment with sodium thiosulfate in patients with normal renal function has also been reported. Individualize each case

^cReports show that intralesional sodium thiosulfate has no known limitations in volume and is lesion dependent. Consider individualizing each case

^dSome authors recommend 20–40 sessions

^eUse in patients in hemodialysis with moderate to severe secondary hyperparathyroidism

^fAdjust to maintain the activated partial thromboplastin time at 1.5–2 times the normal control value

^gData limited to a few reports. Individualize each case

^hIndividualize each case

maintained for up to 2 months beyond complete healing of cutaneous lesions [69–71, 73–75]. Improvements in cutaneous ulcers and pain have been observed in 70% of

patients on hemodialysis [26, 76]. Daily intravenous (IV) STS has also been used successfully in patients with normal renal function [77–79]. There are no specific

contraindications to IV STS [72]. Common side effects of this agent are transient hypocalcemia, hypernatremia, QT prolongation, anion gap metabolic acidosis, headaches, nausea, and vomiting, among others [72, 80, 81]. Careful monitoring for transient adverse effects is therefore of utmost importance. The use of intralesional STS in the active borders of the ulcer to prevent these adverse events has been previously reported, with pain during injections being the main side effect [82–84]. However, larger studies are needed to determine the proper dose and frequency and the population who would benefit from this therapy.

8.4 Correction of Calcium and Phosphorus Abnormalities

Patients with ESRD have calcium, phosphorus, PTH and vitamin D abnormalities leading to calciphylaxis lesions. One of the primary goals in the treatment of calciphylaxis is controlling these abnormal processes through regulation of these substrates. One common strategy to maintain control of these substances is through intense hemodialysis sessions (increasing the duration and frequency) [49]. When vascular calcification is induced by PTH, cinacalcet at dosages from 30 to 180 mg/day has shown the best results for normalizing secondary hyperparathyroidism [14]. Parathyroidectomy is a surgical option for controlling PTH levels and has been demonstrated to be effective in some isolated cases [85]. Potential risks of parathyroidectomy include severe hypocalcemia, potential poor wound healing, surgical wound infection, hungry bone syndrome and development of adynamic bone disease [49, 86]. For these reasons, medical management is preferred over surgical parathyroidectomy by some authors, considering that the latter leads to worse outcomes [86, 87]. Other strategies include the use of bisphosphonates, including oral etidronate disodium and IV pamidronate, ibandronate 150 mg monthly, alendronate 70 mg weekly or risedronate 35 mg weekly, non-calcium/non-aluminum phosphate binders (sevelamer hydrochloride and lanthanum carbonate) and paricalcitol [20, 26].

8.5 Anticoagulation

In some patients with calciphylaxis, there is an interaction between hypercoagulability, vascular calcification and development of lesions. Although some may benefit from anticoagulation (those with known hypercoagulable states), full anticoagulation in all patients with calciphylaxis is not currently recommended because of the lack of efficacy, safety and non-warfarin options in patients with ESRD [20]. In patients with comorbidities necessitating chronic anticoagulation and who subsequently develop calciphylaxis, providing therapeutic coagulation may be a great challenge. Currently, there are no specific protocols for this

unique subset of patients with renal, cardiac and dermatological disease, and the guidelines for the general population are largely inappropriate for these patients [26]. Since warfarin has been demonstrated to worsen calciphylaxis lesions, full-intensity subcutaneous unfractionated heparin (UFH) and tinzaparin have become alternative anticoagulant agents for patients with kidney disease, cardiac comorbidities and calciphylaxis [88, 89]. Hospitalization and continuous UFH infusion may be the safest method to provide full anticoagulation while calciphylaxis lesions are healing; however, risk of nosocomial infection should always be considered. Lastly, it is of utmost importance to execute proper workup for an underlying hypercoagulable state in all patients with calciphylaxis, as these diseases place patients at a greater risk of thrombotic events and may aggravate calciphylaxis lesions [20]. Daily low-dose infusion of tissue plasminogen activator may be a useful adjunctive treatment in the management of patients with calciphylaxis with an underlying hypercoagulable state because it lyses clots and restores perfusion [90, 91].

8.6 Kidney Transplantation

Since calciphylaxis develops largely from mineral imbalances secondary to malfunctioning kidneys, it has been hypothesized that the correction of these imbalances through kidney transplantation should restore these minerals to normal levels and theoretically prevent the progression or development of calciphylaxis [20]. Some reports have demonstrated the resolution of calciphylaxis lesions, while others report new onset of calciphylaxis lesions after transplantation [92, 93]. However, the details of this treatment modality remain unclear, and further studies are needed to resolve these uncertainties.

9 Prognosis

The prognosis for patients with calciphylaxis is poor, with the 1-year survival rate failing to reach 50% and the 2-year survival rate approaching 20% [22]. Thus, early discussion with patients and their families regarding the prognosis and approach to future therapy is justified. Most of the deaths are due to sepsis secondary to infected ulcerations. If calciphylaxis involves the lower limbs, the mortality is approximately 20%. However, if calciphylaxis develops on the trunk, upper limbs or penis, the mortality may be as high as 60% [94]. It is very important to keep in mind that once an ulceration has developed, the mortality rate increases to greater than 80%, and patients typically die within the next 6–12 months [9, 22, 49, 95, 96]. Additionally, female sex and obesity have been associated with worse prognosis [97].

10 Conclusion

Calciophylaxis is a unique, debilitating and potentially life-threatening ischemic vasculopathy with a controversial and multifactorial pathogenesis primarily seen in patients with ESRD on hemodialysis. There is currently no consensus for the optimal approach to and treatment of this disorder. A high degree of clinical suspicion, early diagnosis, and multimodal and multidisciplinary treatment with collaboration between dermatology, nephrology, wound care, nutrition and pain management specialties may improve survival in patients with calciophylaxis.

Compliance with Ethical Standards

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Conflict of interest José Alberto García-Lozano, Jorge Ocampo-Candiani, Silvia Aide Martínez-Cabriales and Verónica Garza-Rodríguez have no conflicts of interest.

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