Anaesthesia and Charcot-Marie-Tooth Disease

A Bösenberg*#, K Larkin#¶
*Department Anaesthesia, University of Cape Town and Red Cross Children’s War Memorial Hospital, #Department Anesthesiology and Pain Medicine, ¶Complementary and Integrative Medicine, Children’s Hospital and Regional Medical Centre, Seattle WA.

SYNOPSIS OF PATIENTS

Case 1
A 14-year old male weighing 54.9kg, height 178cm, presented for foot reconstruction. He had bilateral cavovarus deformities that were painful. He was otherwise healthy. He first presented as a 7-year old with some difficulty running, and a tendency to fall. He had walked on his toes since he started walking at 14 months. He complained of occasional cramps and pain in both legs that improved with stretching exercises. He did physical exercise at school but could not climb ropes. His handwriting was untidy and awkward. On examination he had wasting of both calves, wasting of the thenar eminence and the interossei of both hands and feet. Deep tendon reflexes were absent. He had slight sensory changes in his hands and feet (diminished temperature). He had facial symmetry, normal eyelid closure and no evidence of other cranial nerve involvement or autonomic disturbance (normal sweating, normal tears and thermal regulation). A recent hip radiograph revealed mild hip dysplasia on the right but this was asymptomatic. He was adopted but was still in contact with his biological mother who had a strong family history of peripheral motor and sensory neuropathy that had been diagnosed as Charcot-Marie-Tooth (CMT) disease type 1. He had undergone genetic testing which showed a duplication of the peripheral myelin protein (PMP 22) gene consistent with CMT Type 1A. He had previously undergone peripheral nerve blocks for surgical intervention at a local hospital but was still in contact with his biological mother who had a strong family history of Charcot-Marie-Tooth disease. The previous anaesthetic for right foot surgery was reported to be uneventful. On this occasion he was given a propofol induction, a sevoflurane maintenance with 0.25% bupivacaine. Anaesthesia was uneventful and the patient was comfortable postoperatively. The catheter was removed after 48 hours.

Introduction
Charcot-Marie-Tooth disease is named after three neurologists. Charcot and Marie first described this unusual slowly progressive hereditary motor and sensory neuropathy in France in 1886. The muscle atrophy was characterized by weakness and wasting of the feet and leg muscles, followed by involvement of the hands. Tooth, in England, also described this peroneal type of progressive muscular atrophy with essentially the same clinical features in the same year. Tooth correctly postulated correctly that the disease was due to a neuropathy and not a myelopathy as was proposed by Charcot and Marie.

CMT is the most common form of peripheral neuropathy in children, with symptoms usually evident in the mid teens. Earlier onset is uncommon but may be at any time between the first and third decade. CMT is slowly progressive, with periods of remission and exacerbations. The incidence in the USA is in the order of 1:2,500 – 3,300, but CMT is found worldwide in people of all races and ethnic groups. The worldwide incidence is estimated as 1:10,000. CMT disease is also referred to as peroneal muscular atrophy or hereditary hypotrophic neuropathy. CMT has a heterogeneous spectrum of inheritance and clinical presentation. Some family members may have such a mild form of the disease that they are unaware of the problem until they are evaluated because another member of the family may have the disease. The challenge for the clinician is to differentiate CMT from other neurological causes of weakness and sensory loss in the “glove and stocking” distribution. The exact nature of the disorder can be distinguished from other...
non-genetic causes of neuropathy by the age of onset, family history and inheritance pattern, clinical examination, nerve conduction and genetic studies.

Clinical Features
CMT is a group of conditions that affects the lower limbs resulting in weakness and muscle wasting below the knees and in the feet, causing significant foot deformities (Fig 1). Typically CMT is a slowly progressive hereditary motor and sensory neuropathy with muscle wasting and early loss of deep tendon reflexes. The hands may be affected but this usually occurs later in the disease process. The hallmark is peroneal muscle atrophy. The lower leg is classically described as having an “inverted champagne bottle” or “stork leg” deformity. As a result of the weak dorsiflexors of the feet, patients frequently trip over objects and have a tendency to sprain their ankles. The foot drops with each step and forces the patient to lift their knee (“equine gait”). Patients may complain of leg cramps after long walks. The foot deformities usually precede the muscle atrophy by some years.

Many have a mild ‘sensory’ component resulting in a loss of sensation (heat, cold and pain) in the glove and stocking distribution on the hands and feet. Typically these patients have difficulty using zippers and buttons and other tasks that require fine finger movement. Handwriting is often clumsy and untidy. The abnormally thick nerve may be palpable in the arms of some patients. Autonomic dysfunction is impaired in some forms of the disease. This manifests as impaired temperature regulation and absence of sweating. The symptoms may be exacerbated in pregnancy, probably by hormonally induced neuronal oedema. The symptoms may return to baseline after delivery while in others new symptoms may appear.

Hip dysplasia is an under recognised manifestation of CMT1. (Early asymptomatic hip dysplasia was noted on X-ray in our first patient.) Proximal weakness is rare but respiratory insufficiency has been described in the latter stages of severe disease. This is postulated as a disturbance in the diaphragmatic function.

Diagnostic tests
The types of CMT may be differentiated by medical and family history and examination, nerve biopsy, nerve conduction velocity studies (NCV), electromyogram (EMG) and genetic studies. In Type 1 CMT the NCV is slow <38m/sec i.e. similar to unmyelinated nerves. In Type 2 NCV is within normal limits but with low amplitude. The EMG has a characteristic pattern as a consequence of abnormal nerves that innervate the muscles. Electrophysiologic abnormalities may precede clinical symptoms by 2 years but the severity of the disease does not correlate with the degree of conduction slowing. Biopsy of the sural nerve may be helpful. Typically the nerve in type 1 has a decreased number of myelinated fibres and the hypertrophic changes resemble an “onion bulb” histologically.

Genetic studies
Classification is based on inheritance patterns and genetic studies. CMT is caused by mutations in the encoding genes for peripheral myelin protein, predominantly PMP22 or the MPZ genes, which are necessary for the normal function of peripheral nerves. Absence of these genes leads to demyelination. Broadly speaking about 60-80% have Type 1 CMT which affects the myelin sheath (PMP22 gene) and 5-15% have Type 2 which affects the axons (MPZ gene). Inheritance is autosomal dominant. Type 1 can be further subdivided by genetic studies; Type 1A for example has the defect on chromosome 17, while in Type 1B the defect is on chromosome 1. An extensive description of the genetic classification is beyond the scope of this article but a simplified clinical classification is shown in Table 1.

Table 1: Classification of hereditary sensory motor neuropathies or CMT disease

<table>
<thead>
<tr>
<th>Type</th>
<th>Pathology</th>
<th>Clinical features</th>
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<tbody>
<tr>
<td>CMT 1</td>
<td>Demyelination</td>
<td>Autosomal dominant, commonest Weakness, atrophy, sensory loss in legs Delayed nerve conduction Multiple genetic subtypes</td>
</tr>
<tr>
<td>CMT 2</td>
<td>Neuronal disorder</td>
<td>Autosomal dominant Decreased amplitude of CMAP Distal weakness</td>
</tr>
<tr>
<td>CMT 3</td>
<td>Severe demyelination</td>
<td>Dejerine-Sottas Rare Infantile onset Delayed milestones – motor skills Severe</td>
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<tr>
<td>CMT 4</td>
<td>Demyelination</td>
<td>Autosomal recessive. Rare Several types, Leg weakness Onset childhood or adolescence</td>
</tr>
<tr>
<td>CMT X</td>
<td>Defect in communication Schwann cells and axons</td>
<td>X-linked dominant Male &gt; Female Moderate to severe Onset late childhood or adolescence</td>
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An autosomal recessive form, type 4, is rare and genetically heterogeneous. A rarer more severe form, Dejerine-Sottas disease is sometimes referred to as Type 3 disease. There is a rarer X-linked dominant and recessive form of the disease due to mutations in the gene encoding the gap junction protein, connexin 32. Some 30 different genetic subtypes have been identified by DNA studies.2-4

Outcome
There is no cure for CMT but physiotherapy, occupational therapy, orthopaedic devices or surgery can help affected individuals cope with the disabling symptoms of the disease. The degree of disability is unpredictable between and within families; even identical twins may be differently affected. Some may have very mild forms and never seek medical attention while others are severely handicapped. Life expectancy is normal. Paradoxically, despite the peripheral neuropathy, some patients may require chronic pain management for severe pain.

Anaesthetic considerations
Some concern has been expressed about the use of muscle relaxants and regional anaesthesia in these patients.

Both depolarising and non-depolarising muscle relaxants have been used with few problems. Suxamethonium has not caused problems in stable patients. Similarly there is little evidence that these patients are sensitive to non-depolarising muscle relaxants.6-10 although Brian et al expressed concern in one case report in a patient with advanced disease11. In a recent study on five children with CMT, aged 7-12 years, the clinical duration of mivacurium-induced neuromuscular block was similar to that in normal children.8

The use of regional anaesthesia in patients with pre-existing neurological disorders is controversial. Anaesthesiologists fear possible exacerbation of the basic neurological disease. Controlled studies in affected individuals evaluating the potential risks in different neurological disorders are lacking. Epidural anaesthesia and spinal block have been used for orthopaedic procedures12 and caesarean section11,13,14 without exacerbation of the disease or other problems. Neither of our patients reported any problems following a single shot popliteal block or a continuous popliteal nerve block using a 23G catheter for 48 hours.

Sensitivity to thiopentone was reported in 20 patients with CMT compared to a control group.15 This has not been reported with other induction agents. Total intravenous anaesthesia (TIVA) has been used (propofol / fentanyl) and alfentanil16,17. No problems or undue sensitivity were reported.

As this is a peripheral nerve disorder an association with malignant hyperthermia seems unlikely. In a retrospective review of 86 CMT cases, Antognini reported the use of suxamethonium in 41 patients and triggering agents (halothane) in 77 patients without problem.17

Other considerations include positioning during surgery since nerve compression could worsen the underlying neuropathy. Nitrous oxide, by inhibiting the cobalamin dependent enzyme, methionine synthase, may be considered neurotoxic in prolonged cases. No case of neurotoxicity has been reported. Very rarely patients may have laryngeal dysfunction and are prone to aspiration. Laryngeal dysfunction may be recognised by voice changes.

Musculoskeletal pain can be treated with paracetamol or non-steroidal anti-inflammatory agents (NSAIDS). Neuropathic pain may respond to tricyclic antidepressants, carbamazepine or gabapentin.

Conclusion
Charcot-Marie-Tooth disease is a disease that is often under diagnosed because the disability may be slight. The onset and severity of the disease is variable. Concerns with regard to regional anaesthesia, muscle relaxants and malignant hyperthermia seem unfounded. Despite the sensory loss, pain may significantly limit normal activity.

References