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“Exploring the Depths: Unraveling FGF-23 Driven- Hypophosphatemia in Shadows of Phosphaturic Tumours”

ABSTRACT

This paper delves into the intricate realm of FGF23-induced hypophosphatemia secondary to a concealed phosphaturic tumor, shedding light on a rare yet clinically significant phenomenon. With only a limited number of reported cases worldwide, this study navigates the diagnostic challenges posed by the elusive nature of these tumors, emphasizing the importance of considering genetic etiologies. The research elucidates the pivotal role of FGF23, identified as the primary causative hormone, in orchestrating hypophosphatemia through phosphaturia. Diagnostic hurdles arising from the tumors' small size and concealed locations are addressed, with a spotlight on advanced imaging modalities such as MRI, FDG-PET scan, and 68 Ga-DOTA-TOC-PET CT scan. Recent insights into the direct impact of elevated FGF23 levels on bone health are explored, unraveling the complex interplay between FGF23, soluble Klotho, and the bone mineralization process. The study probes the ambiguity surrounding whether hypophosphatemia alone is accountable for the observed osteomalacia. This comprehensive analysis not only deepens our understanding of FGF23-induced hypophosphatemia but also underscores the necessity for heightened clinical awareness, advanced diagnostic techniques, and a multidisciplinary approach in managing patients presenting with these challenging conditions.

Key words : FGF23, hypophosphatemia, phosphaturic tumors, osteomalacia

Introduction :

Hypophosphatemia is a relatively common laboratory abnormality and is often an incidental finding. The history of presenting illness will rarely indicate possible hypophosphatemia. For this reason, a clinician should have suspicion for phosphate abnormalities whenever an etiology is present that is associated with hypophosphatemia.

However, severe hypophosphatemia may have the clinical presence of altered mental status, neurological instability including seizures, and focal neurologic findings such as numbness or reflexive weakness, a cardiac manifestation of possible heart failure, muscle and bony pain, and muscular weakness and pathological fracture.

Fibroblast growth factor and hypophosphatemia :-

We are presenting a case report of Fibroblast growth factor -23 (FGF-23) Phosphaturic mesenchymal tumor induced osteomalacia and hypophosphatemia presenting as a pathological fracture and multiple bony pain in young male. only 500 cases of FGF-23 –tumor induced osteomalacia and hypophosphatemia has been reported worldwide.(1-3) Phosphorus contributes about 1 % of total body weight. out of that , 1% in serum , 14% in cells and 85% resides in bone.

24
66 Circulating factor that could cause
67 hypophosphatemia such idea firstly proposed by Prader
2
68 (4) and was demonstrated by Meyer et al and Nesbitt et
20
69 al. (5,6) Phosphaturic substance termed as 'Phosphatonin'
70 by econs and Drezner (7). because it lowers serum
71 phosphorus levels. Mesenchymal tumors have
72 phosphaturic action by producing phosphatonin which
73 leads to hypophosphatemia via decreasing renal
74 reabsorption of phosphate. such causative hormone
75 termed as FGF 23 which lead to Phosphaturia.(8)

6
76 The main cause of Tumor induced
77 Hypophosphatemia (TIO) is FGF 23. (9,10). To
78 diagnose these kinds of (TIO) cases always remains a
79 challenge because of their small size and location (11),
22
80 Non availability of Imaging modality for detection and
5
81 confirmation of tumor. like MRI , FDG-PET scan ,⁶⁸
82 Ga-DOTA-TOC-PET CT scan. Genetic Etiology must
83 have to be taken under consideration because many
8
84 diseases like X- linked hypophosphatemia , autosomal
85 dominant hypophosphatemic rickets , autosomal
86 Recessive hypophosphatemic rickets mimics like tumor
2
87 induced hypophosphatemia. (12-15) Recent studies have
88 found that FGF23 (and soluble Klotho) may directly
89 impact bone in diseases with elevated FGF23 levels.[17-
90 18]

1
91 The main function of FGF23 is to lower serum
92 phosphate levels. which act by two ways: direct and
1
93 indirect. In direct , Inhibition of phosphate reabsorption
94 at the level of the proximal tubular cells of kidneys , and
95 in indirect by suppression of necessary enzymes (1- α -
1
96 hydroxylase) which activate vitamin D. Direct actions
97 involve the binding of circulating FGF23 to FGF
98 receptors (FGFRs) and coreceptor klotho on the

1 99 basolateral surface of the proximal tubular cells which
100 supresses two sodium-phosphate co-transporters called
101 NaPi-2a and NaPi-2c. These transporters, located on the
102 apical surface of the proximal tubular cell, are useful for
103 renal phosphate reabsorption. Decreased expression of
104 NaPi-2a and NaPi-2c is therefore a direct cause of
105 phosphaturia. (16)

2 106 Raised levels of FGF23 are responsible for
107 impairment of bone mineralization, since serum
108 phosphorus concentration plays an important role in the
109 process of growth plate mineralization. What is less clear
110 is whether or not hypophosphatemia is solely responsible
111 for the osteomalacia.

112 113 114 Case Report :-

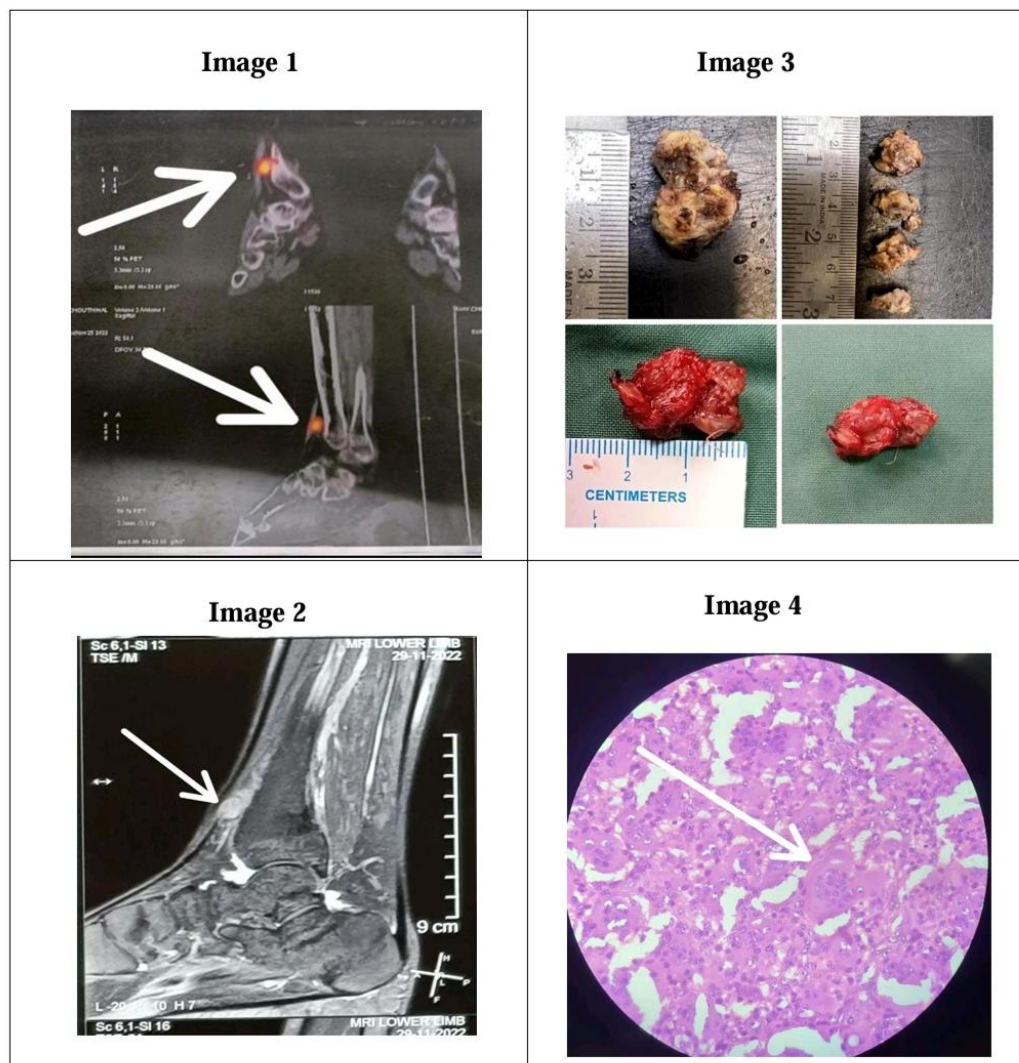
17 115 26 years old male presented at the age of 21 years
116 with the history of Acute progressive right hip pain and
117 fracture of right femur neck due to minor trauma. Patient
118 investigated for the same , (25OH) vitamin D = 19.2
119 ng/ml (N* - >30 ng/ml) , Serum Calcium = 8.82 mg/dl
120 (9-11mg/dl), Serum intact PTH = 97.5 pg/ml (0-72
121 pg/ml), Serum phosphorus =1.6 mg/dl(3-5 mg/dl), Serum
122 Alkaline phoshatase 102.1Iu/L. [fully Automatic
123 chemistry analyser cobas c 111]For this, patient got
124 operated with closed reduction and internal fixation (IF)
125 with Dynamic hip screw (DHS) and labelled as
126 Pathological stress fracture due to Secondary
127 Hyperparathyroidism. In this case, serum phosphorus
128 level was too low with respect to level of 25-Hydroxy
129 Vitamin D3 , that suggest some other hidden factor was
130 there , which is responsible for very low level of Serum
131

phosphorus. Patient had advised for further investigations for Hypophosphatemia but he lost the follow up. 2-4 months after surgery and medication , patient started walking and doing daily work but still he had persistent on – off pain , some degree of limping gate , not able to do strenuous work , not able to run. Intermittently he went to local doctors and taken pain killers, but not investigated properly due to economic constraints. This continued for more than 2 yrs. After that symptoms was aggravated and he had been re-investigated , PTH intact 54.80 pg/ml(N-18.5-88pg/ml), Sr. Creatinine 1.15 mg/dl (N-0.6-1.3mg/dl), Sr. Phosphorus **1.5 mg/dl (N-2.4- 4.5mg/dl)**, Urine creatinine 95 mg/dl(N-20-320 mg/dl),Urine Phosphorus 38.9 mg/dl (N-70-870 mg/dl), 1-25-Hydroxy Vitamin D3 -106.92nmol/l (N- <50nmol/l).On the basis of above values Tubular reabsorption of phosphate (TRP) was calculated and found to have 69 % which is low (Normal 95 to 100%).TmP / GFR = 1.03 which was low. On the basis of above results , serum phosphorus level is very low with low urinary reabsorption. Patient was advised further workup but he was not able to do it due to economical constraints and lost follow up again. Meanwhile Dynamic Hip Screw (DHS) was removed from Right femur neck almost after 3 years of surgery. After that patient could not able to walk properly. As screw was removed, probably there was fracture again but patient lost his all post screw removal X-rays. Patient was ambulatory with painful and restricted movements. He took pain killers in consultation with local general practitioners. Due to covid pandemic he had not undergone any investigations. 4th year of Illness , he developed intermittent aches and pains all over body (not

relieved on medication) and generalised weakness. Bony pains increased gradually and become more severe 5 years after initial presentation. Patient presented to us in our tertiary care hospital with severe aches and pains all over body, and was bedridden since 6 months. He was vitally stable. Investigation showed severe hypophosphatemia with normal calcium, vitamin D and serum PTH levels. Serum Phosphorus **1.7mg/dl (N- 2.5-4.5mg/dl)**, Serum Calcium 9.5mg/dl (N-8.4-0.2mg/dl), 1-25 OH Vitamin D3- 35 ng/ml (N-30-100ng/ml), Serum intact PTH 69.10 pg/ml (N-12-88pg/ml). CPK total is normal, All routine investigations like CBC, KFT,TFT, LFT except alkaline phosphatase were normal. Urine creatinine 102 mg/dl (N-20- 320mg/dl)TRP = 78% and TmP / GFR=1.32 both are low. Serum FGF23 was done and patient was started on Phosphorus rich diet with phosphate sachet 3.2gm half 6 times a day. Pain reduced within 7-8 days of phosphorus supplementation. FGF 23 level found to be high i.e 772 Ru/ml (N= 0.00 – 300), which suggest us tumour induced hypophosphatemia. For localization of tumour Gadolinium 68 DOTA-TOC PET-CT SCAN done. Scan showed increased somatostatin receptor expressions noted in 13x10x16 mm sized subcutaneous soft tissue density nodule on right lower leg, seen anterior to distal end of shaft of right tibia [Image no. 1]. Contrast Enhance Magnetic Resonance Imaging (CEMRI) of Right leg was performed to localize the tumour boundaries before resection. CEMRI showed, Small relatively well defined altered signal intensity lesion measuring approximately 9x12 mm in subcutaneous plain of anterior aspect of distal 1/3rd of right leg [Image no.2] Tumour removed surgically and sent for

12
18
3
198 Histopathology. histopathological report revealed on
199 gross examination, Unoriented, firm, brownish ,fibrous
200 tissue piece measuring 2.3 x 1.5 x 1.3 cm, with fragile
201 tumour measuring 1.6 x 1.5 x1 cm noted.[Image no.3]
202 Microscopy suggestive of benign neoplasm composed of
203 spindle cells and osteoclast type giant cells. Spindle cells
204 are bland and arranged in sheets and fascicles with
205 highly vascular stroma. Mitosis and necrosis was not
206 seen with no evidence of malignancy. Which has been
207 labelled as **Phosphaturic mesenchymal tumour**. [Image
208 no.4] (Bland spindles to oval neoplastic cells with
209 intermingled osteoclasts like giant cells located by white
210 arrow)

211 Patients pain reduced to 50% after 7 days of
212 resection of tumour. His serum phosphorus level at
213 discharge was- 2.3 mg/dl. Patient could stand with
214 support at the time of discharge. Follow up at 3 months
215 patient could walk with support and can do all his routine
216 activities independently. Follow up at one year patient
217 could walk without support. His serum phosphorus level-
218 3.1mg/dl. (* : N – Normal value)
219



DISCUSSION :

Tumour-induced osteomalacia (TIO), also known as oncogenic osteomalacia, is a rare paraneoplastic syndrome characterized by abnormal phosphate and vitamin D metabolism, often attributed to small endocrine tumours. Diagnosis is frequently delayed for

229 several years due to underrecognition of condition.

230 Patients commonly present with multiple fractures,
231 height loss, and a generalized debilitated state, with
232 chronic bone pain being the typical initial symptom.

233 Confirmation of the diagnosis involves a notable
234 improvement in symptoms and metabolic abnormalities
235 post-complete excision of the responsible tumour.

236 These tumours are generally small, with elusive
237 locations in bone or soft tissue throughout the body,
238 exhibiting slow growth. Histologically, many are
239 classified as phosphaturic mesenchymal tumors (PMT),
240 characterized by spindle cells with low mitotic activity,
241 prominent vascularity, osteoclast-like giant cells, or the
242 presence of bony tissue. While most tumours appear
243 benign, rare instances of malignant presentation and
244 metastases have been reported (19–23). Infrequent
245 metastases emphasize the importance of wide surgical
246 margins to prevent persistence or recurrence, given the
247 infiltration of surrounding connective tissue."

248 Numerous reports indicate an elevation of FGF23 in
249 some patients with TIO, but not consistently across all
250 cases (24-25). Tumour removal is associated with a
251 reduction in serum FGF23 concentrations, and a
252 temporal correlation exists between the decrease in
253 FGF23, elevated serum phosphate, decreased renal
254 phosphate wasting, and increased 1,25(OH)2D3
255 concentrations (26-27). Diagnosing TIO poses challenges
256 due to small and elusive tumours. Various imaging
257 techniques including bone scanning, CT (28), MRI,
258 Indium-111 pentetreotide or octreotide scintigraphy, and
259 PET, are employed for tumour localization (29).

260 Advocating a stepwise approach, 99Tcm-OCT
261 scintigraphy as the primary method to locate tumour. In

262 octreotide-negative cases with a strong suspicion of a
263 tumor, FDG-PET/CT is employed, and recently, 68Ga-
264 DOTANOC PET/CT has been explored (30). Once
265 suspicious lesions are identified through functional
266 imaging, confirmation through anatomical imaging (X-
267 rays, CT, and/or MRI scans) is recommended. In our
268 patient Ga 68 DOTA-TOC PET-CT SCAN done
269 followed by CEMRI was done.

270 The treatment of choice for TIO is tumour resection
271 with a wide margin to ensure complete removal as
272 recurrences of tumour has been reported. (22,23,31).
273 Postoperative intermittent monitoring is crucial. Tumour
274 resection is almost always curative, resulting in a rapid
275 disappearance of FGF23 from circulation and a return to
276 normal serum phosphate levels within five days post-
277 operation (27).

278 Most patients experience improvement within days
279 to weeks after tumour removal. Bone healing begins
280 immediately, but significant clinical improvement may
281 take a year or more, depending on the severity of the
282 disease. When the tumour cannot be localized nor
283 surgically resectable, medical intervention includes
284 phosphate supplementation and the administration of
285 calcitriol or alfacalcidol.

286 The ensuing treatment plan closely aligns with that
287 employed for non-TIO hypophosphatemia. During the
288 initiation of treatment, it is prudent to consistently
289 monitor weekly laboratory results to guide the gradual
290 adjustment of medications until treatment goals are met.
291 Future therapeutic approaches are anticipated to benefit
292 from an enhanced comprehension of FGF23 biology and
293 a deeper understanding of the characteristics associated
294 with these tumors.

This case highlights the challenges of diagnosis and management in resource-constrained settings, emphasizing the importance of timely intervention for improved outcomes.

Conclusion :

Nonspecific symptoms like Chronic aches and pains may be presenting complaint of hypophosphatemia. Most of the time hypophosphatemia is common and incidental lab finding. Systematic approach to hypophosphatemia is needed to reach to the conclusion. Patient with multiple and recurrent fractures with unknown cause of osteomalacia needs evaluation of TIO

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