



Secondary hyperparathyroidism in chronic renal disease – etiopathogenesis, diagnosis and treatment

Sekundarni hiperparatireoidizam u hroničnoj bolesti bubrega – etiopatogeneza, dijagnostika i lečenje

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Introduction

Chronic renal failure (CRF) is usually slowly progressive and irreversible impairment of the functional unit of the kidney – the nephron. According to the agreed and established criteria (National Kidney Foundation / Kidney Disease Outcomes Quality Initiative – NKF / KDOQI) there is a five-stage classification, so that in I⁰ stage glomerular filtration rate (GFR) > 90 mL/min/1.73m² and morphological and functional abnormalities may exist. Mild, moderate and pronounced reductions in GFR correspond with the stages II⁰–IV⁰, and GFR < 15 mL/min/1.73m² means end-stage renal failure¹.

Progressive decrease in GFR leads to a number of adaptive changes on tubular processes which maintain the external balance of substances and water. Biological ‘price’ of exhausted compensatory mechanisms is expressed as the disorder of internal balance – homeostasis along with the development of azotemia, hyperkalemia, hypocalcemia, hyperphosphatemia, and a number of consequential changes in all organs^{2,3}.

Mineral and bone disorder (MBD) related to renal osteodystrophy (ROD), occurs relatively early in the course of chronic kidney disease (CKD-MBD) and includes: abnormal levels of serum calcium (Ca), phosphate (P), parathyroid hormone (PTH) and vitamin D; lower rates of bone turnover, mineralization, structure, strength and linear growth; vascular and soft tissue calcification⁴.

Secondary hyperparathyroidism (SHPT) is a disorder of increased bone turnover, which is pathophysiological and can combine all the above mentioned disorders.

Etiopathogenesis of secondary hyperparathyroidism in chronic renal disease

According to the traditional concept of pathophysiology of SHPT, PTH hypersecretion is a compensatory measure for the correction of hypocalcemia resulted from transient hyperphosphatemia, which appears relatively early in the course of chronic renal disease (CRD) (GFR ≤ 60 mL/min/1.73m²). PTH hypersecretion stimulates 1- α hydroxylase activity and enhances the synthesis of calcitriol, which promotes intestinal absorption of calcium and phosphorus. Synthesis of phosphaturic hormone is stimulated in osteocytes (FGF 23), and thus ‘temporarily’ disturbed homeostasis is restored.

With progression of chronic renal failure (CRF), hyperphosphataemia becomes more common, and after the reduction of GFR ≤ 25–30 mL/min/1.73m² it becomes permanent⁵. Serum calcium values therefore progressively decrease and it consequently lowers ionized calcium fraction (Ca²⁺), thus stimulation of PTH synthesis and secretion becomes permanent, partly due to the absence of inhibitory effects of calcium and vitamin D for lower receptor density (CaSR/VDR) for these ligands in chief cells of the parathyroid gland⁵.

Reduced serum calcium and calcitriol values and increase in circulating PTH have been encountered in 40% of patients with GFR < 40 mL/min/1.73m² and in 80% of cases with GFR < 20 mL/min/1.73m^{2, 3, 6}.

Biological effects of parathyroid hormone

PTH is a polypeptide containing 84 amino acids, which is normally secreted by the chief cells of four parathyroid glands, 50–300 mg weight each. Proteolytic degradation of prepro-PTH in the endoplasmic reticulum and Golgi apparatus creates the final form (1–84 iPTH) which is deposited on secretory granules. Release from the depot is encouraged by the same stimuli as its synthesis, primarily by low extracellular concentration of Ca²⁺ ions. It disintegrates rapidly in the liver and kidneys (T_{1/2} = 2–4 minutes) into biologically active N terminal amino acids (33–84, 36–84N), and various biologically inactive C carboxylate terminals (7–84, 34–84, 37–84, 41–84, 43–84 C)^{7, 8}.

PTH exerts its effects on tissues through PTH₁/PTH₂ receptors. Correction of hypocalcemia involves rapid release of Ca²⁺ ions along with pumping-out a so-called 'bone fluid' located on the peripheral zone of bone matrix and slow-rate and long-term release of calcium deposited in the mineral matrix. Osteoclastic-induced enzymatic degradation of apatite is stimulated by cytokines (TNF- α and IL-1) and growth factors acting locally (TGF β , IGF, FGF). PTH stimulates reabsorption of Ca²⁺ and Mg²⁺ in kidney cells; it inhibits reabsorption of P and stimulates calcitriol synthesis by stimulating α 1-hydroxylase. Indirectly, stimulating the synthesis of vitamin D, PTH promotes the intestinal absorption of Ca²⁺ and P for the increased expression of genes responsible for NaPT2b transporter synthesis^{9, 10}.

Nontraditional target organs of PTH are other tissues and organs with PTH₁/PTH₂ receptors, which are not directly or indirectly involved in maintaining Ca²⁺ and P ion homeostasis. Maladaptive changes in blood vessels, myocyte hypertrophy, increased extracellular matrix, myocardial fibrosis, dyslipidemia, proatherogenic and proinflammatory effects, vascular and soft tissue calcifications, increased intracellular Ca²⁺ concentration, impaired compliance of arteries and arterioles are some of the harmful consequences of SHPT and related disorders leading to increased mortality in patients on dialysis^{11, 12}. According to the relevant data from the DOPPS (Dialysis Outcomes and Practice Patterns Study), there was an increased mortality in patients on dialysis with Ca²⁺ > 10.0 mg/dL, P > 7 mg/dL, and PTH > 600 pg/mL¹³.

Regulation of parathyroid hormone synthesis and secretion

Variation in the extracellular ionized Ca²⁺ concentrations is the most important mechanism of regulation of PTH synthesis and secretion. It is independent of the effects of vitamin D and is accomplished through a complex sensing receptor CaSR. Intracellular domain of the receptor complex (β -region) directs through adenylate cyclase the production of energy substrates ATP and cAMP which stimulate the

synthesis of PTH under conditions of extracellular hypocalcemia. Otherwise, intracellular α - domain of CaSR and phospholipase C is activated, which finally inhibits mRNA transcription in PTH synthesis in a cascade process¹⁴.

Experimental hyperphosphataemia stimulates PTH synthesis (and secretion), regardless of the concentration of calcium in the vicinity of parathyrocytes, by phospholipase A₂-mediated post-transcriptional induction of PTH mRNA synthesis. Indirectly, it leads to hypocalcemia but also to stimulation of 1- α hydroxylase and the synthesis of phosphaturic hormone FGF23, thereby providing a feedback control of hyperphosphatemia⁴.

Through its nuclear receptor (VDR) vitamin D directly inhibits PTH mRNA synthesis, and in different ways it indirectly controls biologically available PTH: it stimulates CaSR expression and the synthesis of FGF23 in osteocytes, encourages maturation of osteoblasts and synthesis of bone matrix (utilization of Ca²⁺ and P), stimulates osteoclastogenesis (liberation of Ca²⁺ and P), intestinal absorption of Ca²⁺ and P, renal reabsorption of Ca²⁺ and Mg, and excretion of phosphates¹⁵.

Phosphaturic hormone FGF 23 is formed in the osteocytes and is stimulated by PTH, vitamin D and hyperphosphatemia. It inhibits PTH synthesis and secretion on post-transcriptional level through mitogen-activated protein kinase (MAPK). It exhibits phosphaturic effect through internalisation of phosphate-transport proteins (NaPT2a and NaPT2c)⁵.

Permanent PTH hypersecretion in advanced CRF and in dialysis patients is encouraged by intrinsic change in parathyroid glands. Combining thropic stimuli enables diffuse (polyclonal) proliferation of parathyrocytes and consequently reduces the density of CaSR and VDR, so that individual clones proliferate uncontrollably, which eventually ends up in formation of micronodule or encapsulated macronodule. They are relatively insensitive to inhibitory effects of vitamin D and the concentration of ionized calcium in the environment, which shifts the 'sensitivity of Ca²⁺' to the right, i.e. to inhibit PTH synthesis higher serum (and extracellular) calcium levels are needed¹⁶.

Skeletal resistance to PTH indicates an inadequate response to its pro-calcemic effects and is associated with abnormalities in uremic environment: hyper-P, hypo-Ca, hypovitaminosis D, lower density of VDR and CaSR, accumulation of 7–84 PTH fragment exerting effects that are opposing to iPTH etc. In addition, the accumulation of osteoprotegerin (which inhibits osteoclast differentiation and maturation) and of BMP-7 bone morphogenetic protein (incorporation of phosphate into skeletal matrix) suppresses the function of osteoclasts and osteoblasts in different ways^{8, 9}.

The diagnosis of secondary hyperparathyroidism

Clinical manifestations of SHPT are: itching, nausea, vomiting, confusion, various clinical manifestations of soft tissue calcification, painful bones and joints, fractures, and other¹⁷.

Laboratory analyses of relevant parameters are shown in ranges of normal serum/plasma values^{7, 18}: 1) serum intact PTH (iPTH), 15–60 pg/mL (iPTH > 450 pg/mL indicates rapid bone turnover); 2) markers of bone formation are: total

alkaline phosphatase (ALP), 90–120 IU/L; bone-specific ALP (bALP), 5–15 µg/L; osteocalcin (OC-bGP), 38–202 ng/mL; matrix Gla protein (m-GP): 6.2 ± 3.5 nmol/L; 3) markers of bone resorption: tartrate-resistant acid phosphatase (TRAP), 2.5 to 45 IU/L; C - terminal of procollagen Type I (ICTP), 1.8–5.046 ng/mL; N - terminal type I collagen (NTX), 6.2 ± 19.0 nmol/L; 4) other parameters of bone metabolism are: total serum calcium: 2.10–2.60 mmol/L (8.5–10.5 mg/dL); ionized calcium (Ca^{2+}): 1.15–1.35 mmol/L (4.6–5.4 mg/dL); serum phosphate 0.84–1.45 mmol/L (2.5–4.5 mg/dL); product ($\text{Ca} \times \text{P}$): < 4.40 mmol²/L² (< 55 mg²/dL²); fibroblast growth factor (FGF23), 29 ± 28 pg/mL; serum 25(OH)D, 20–70 µg/L; serum 1.25(OH)₂D serum: 25–45 pg/mL.

Radiological diagnostics

Radiological skeletal survey (dominant hand bones, long bones, spine and synarthrosis) can identify signs of bone resorption (subperiosteal, intracortical, endosteal and subchondral) bone sclerosis (vertebrae) and calcification of the blood vessels (continuous in the intima - discontinuous in the media of the blood vessels) and parenchymal organs¹⁹.

Ultrasound examination of the parathyroid glands reveals their position and size (volume), which correlates well with the degree of activity, and examination of the heart and blood vessels provides information on cardiovascular changes.

Scintigraphy of parathyroid glands with ^{99m}Tc-methoxyisobutyl isonitrile (MIBI) allows additional visualizing the glands and morphofunctional analysis.

Computed tomography (electron beam – EBCT and multi-slice – MSCT) are useful for the assessment of severity of coronary and valve calcification, as well as for locating parathyroid glands and estimation of their size¹⁹.

Biopsy is not a routine procedure and is applied in accordance with K/DIGO (Kidney Disease: Improving Global Outcomes) recommendations, along with two-dose tetracycline 500 mg administered 20 and 10 days before the biopsy^{19,20}. It is recommended in cases of inconsistent laboratory findings, unexplained bone pain or the occurrence of fractures, progressive vascular calcification, unexplained hypercalcemia, suspicion of aluminum or other metals intoxication, and it also should be considered before the application of bisphosphonates^{20–22}.

Prevention and treatment

Preventive measures include slowing the progression of kidney disease, timely commencement and periodic monitoring of indicators of mineral status thereafter, serum levels of regulatory hormones, biochemical markers of bone turnover, and timely diagnostic procedures, Table 1¹⁹.

Treatment involves the implementation of measures to normalize serum Ca^{2+} and P, correction of calcitriol deficiency and other procedures applied to suppress PTH synthesis and secretion.

Oral phosphate binder

Treatment of hyperphosphatemia begins by protein-adjusted restricted dietary phosphate intake of 800–1000 mg/daily, usually not before GFR is reduced to 50–60% of its normal values.

If serum P cannot be reduced to the recommended limit in this way or PTH is increased, the use of calcium, and optionally, non-calcium-based phosphate binders may be considered (Table 2)^{19,20,23}.

For this purpose, natural metabolites of vitamin D can be used [ergocalciferol (D₂), cholecalciferol (D₃), calcitriol]; synthetic analogues of vitamin D₂ (paricalcitol, falecalcitriol, doxercalciferol) synthetic analogues of vitamin D₃ (alfacalcidol, maxacalcitol).

The use of vitamin D in the treatment of secondary hyperparathyroidism

If hyperphosphatemia is corrected as described above and target serum Ca^{2+} levels achieved are not sufficient to suppress hypersecretion of PTH, application of vitamin D may be taken into consideration (Table 3)²⁴.

Ergocalciferol [Calcidol[®], Calciferol[®], Vitamin D₂[®], Drisdol[®] caps. 1.25 mg (50,000 IU); Ergocalciferol[®] amp. 200.000/300.000/600.000 in 1 mL or 2 mL is now rarely used, and priority is given to calcitriol and its synthetic derivatives.

General recommendations for use of vitamin D to suppress SHPT are: if, after the initial dose serum PTH increases remains unchanged, or is reduced to less than 50%, the dose should be increased; if PTH is reduced by more than 50%, the dose does

Table 1
Recommended reference intervals for monitoring biochemical parameters of mineral bone disorder in chronic kidney disease (CKD)

Parameter	Check-up interval (in months)		
	CKD-III ⁰ (GFR 59–30 mL/min)	CKD-IV ⁰ (GFR 29–15 mL/min)	CKD-V ⁰ (GFR < 15 mL/min)
Ca	6–12	3–6	1–3
P	6–12	3–6	1–3
PTH	basal	6–12	3–6
ALP	not recommended	6–12	3–6
bALP		basal- not recommended	
25 OH D ₃	basal when PTH levels increase		when needed

GFR – glomerular filtration rate; Ca – serum calcium; P – serum phosphate; PTH – parathyroid hormone; ALP – serum alkaline phosphatase; bALP – bone alkaline phosphatase.

Table 2

Recommendations for the application of phosphate binder	
Dosage	Phosphate binder
	Calcium carbonate
Initial dose	2–3 × 0.5–1.0 g (Calcium carbonate [®] tablets. 0.5/1.0 g)
Titration: dose/interval	0.5–1.0 g/1–2 weeks
D.Th. max.	5.0–6.0 g (2.0 g elemental Ca daily)
Notes	Constipation, hyper-Ca, soft-tissue calcification, proven ABD or PTH ≤ 150 pg/mL constantly
	Calcium acetate
	(Phoslo [®] capsules 667 mg; Phosex [®] tablets 1000 mg; Renacet [®] tablets 475 mg)
Initial dose	2 × 667 mg; 3 × 475 mg
Titration: dose/interval	475–667 mg/1–2 weeks
MDD	3–4.0 g (2.0 g elemental Ca daily).
Notes	Constipation, hyper-Ca, soft-tissue calcification, proven ABD or PTH ≤ 150 pg/mL constantly
	Combination 435 mg calcium acetate and 235 mg magnesium carbonate (Osvaren [®] tablets)
Initial dose	3 × 1 tabl.
Titration: dose/interval	1–2 tabl. /1–2 weeks
MDD	10–12 tab.
Notes	Mg > 2 mmol/L, AV-block III ^o , bradycardia/bradyarrhythmias, customize the dialysate magnesium content, myasthenia
	Sevelamer hydrochloride (Renagel [®] tablets 800 mg) Sevelamer carbonate (Renvela [®] tablets 800 mg)
Initial dose	3 × 1 (P: 1.76–2.42 mmol/L); 3 × 2 (P > 2.42 mmol/L).
Titration: dose/interval	1–2 tab/week
MDD	4–6 g/daily
Notes	Cholesterol binder, compensation of liposoluble vitamins, hypo-Ca (correction of CaCO ₃ , vitamin D)
	Lanatanum carbonate (Fosrenol [®] tablets 500/750/1000 mg)
Initial dose	1–2 tab/daily
Titration: dose/interval	1–2 tab/week
MDD	1.5–3.0 g/daily
Notes	Less hypocalcemic state, likely tissue accumulation

MDD – maximum daily dose.

Table 3

Recommendations for supplementation of vitamin D	
Dosage	Vitamin D
	Calcitriol
Initial dose	(Rocaltrol [®] tablets 0.25/0–5 µg; Calcitriol [®] ampoules 1 µg) p.o.: 0.25 µg/daily or 0.1 µg/kg/weekly in 3 doses i.v.: 1–2 µg/HD.
Titration: dose/interval	p.o.: 0.25 µg/2–4 weeks i.v.: 0.5–1 µg/2–4 weeks
MDD	In accordance with parameters (Ca, P, Ca × P and PTH) – app. 10 µg
Notes	General contraindications
	Alfacalcidol
	(One-Alpha [®] capsules 0.25/0.5/1.0 µg; ampoules 1.0/2.0 µg)
Initial dose	p.o.: 1.0 µg/daily i.v.: 1.0 µg/HD
Titration: dose/interval	p.o.: 0.25/0.5 µg./2–4 weeks i.v.: 0.5–1.0 µg./2–4 weeks
MDD	In accordance with parameters (Ca, P, Ca × P and PTH)
Notes	General contraindications
	22-oxacalcitriol-OCT
	(Maxacalcitol [®] Oxarol [®] ; ampoules 5.0/10.0 µg)
Initial dose	i.v.: 5 µg (PTH ≤ 500 pg/mL); 10 µg (PTH > 500 pg/mL).
Titration: dose/interval	i.v.: 5.0 µg/2–4 weeks
MDD	In accordance with parameters (Ca, P, Ca × P and PTH)
Notes	Lower levels of hyper-Ca and hyper-P in relation to calcitriol Better control of bone metabolism Useful in refractoriness to calcitriol General contraindications
	Paricalcitol
	(Zemplar [®] capsules 1/2/5 µg; ampoules 5.0/10 µg)
Initial dose	p.o.: 1 µg/daily; 2 µg 3 times weekly (PTH < 500 pg/mL), p.o.: 2 µg/daily; 4 µg 3 times weekly (PTH > 500 pg/mL), i.v.: 5 µg/HD
Titration: dose/interval	p.o.: 1 µg/2 µg/2–4 weeks i.v.: 2.5–5 µg/2–4 weeks
MDD	p.o.: µg dose = PTH (pg/mL) : 60; (≤ 32 µg/weekly) i.v.: µg dose = PTH (pg/mL) : 80; (≤ 40 µg/weekly)
Notes	Less calcemic than calcitriol General contraindications
	Doxercalciferol
	(Hectorol [®] capsules 0.5/1.0/2.5 µg; ampoules 2.0/4.0 µg)
Initial dose	p.o.: 3 × 1–2.5–10 µg. i.v.: 3 × 4 µg
Titration: dose/interval	p.o.: 2.5–5.0 µg/8 weeks i.v.: 3 × 1–2 µg/8 weeks
MDD	p.o.: 60 µg/weekly i.v.: 18 µg/weekly
Notes	General contraindications

P.o. – per os; i.v. – intravenous; MDD – maximum daily dose; PTH – parathyroid hormone; Ca – serum calcium; P – serum phosphate.

not change if PTH > 150 pg/mL; if PTH < 150 pg/mL treatment will be suspended temporarily, and after 1–2 weeks it will continue at a lower dose. It will be necessary to periodically monitor: Ca, P, Ca × P (at every 7–14 days) and PTH (1–2 times a month.)^{25,26}.

Contraindications to vitamin D are: hypercalcemia (≥ 2.60 mmol/L), hyperphosphatemia (≥ 1.70 mmol/L), iPTH < 150 pg/mL, adynamic bone biopsy-proven disease, vascular calcification and calciphylaxis.

Treatment of secondary hyperparathyroidism with calcimimetics

Calcimimetics are drugs that bind to the transmembrane domain of CaSR in parathyrocyte and increase its sensitivity to the existing extracellular Ca²⁺ concentration, and thereby suppress PTH synthesis independently of vitamin D. Long-term use of calcimimetics substantially reduces the need for parathyroidectomy (PTx), and the risk of fractures and cardiovascular complications²⁷.

The drugs are indicated for dialysis patients with refractory SHPT including those with calciphylaxis if serum PTH > 800–1000 pg/mL despite standard therapy and surgical treatment is impossible. The main contraindication is hypocalcemia.

Cinacalcet (Mimpara[®]; Sensipar[®] tabl. 30/60/90 mg) is used to treat SHPT with phosphate binders and vitamin D. The starting dose was 30 mg/day and progressively increased by 30 mg every 2–4 weeks to a maximum of 180 mg/day. During the titration phase PTH should be measured every month, and every 3 months when the maintenance dose is achieved. In case of hypo-Ca, calcium supplements and vitamin D should be administered and dialysate concentration of calcium should be corrected.

To change the dialysis regime means, besides the use of membrane with higher phosphate clearance and longer dialysis duration, more frequent or daily/nightly dialysis until hyperphosphatemia has been corrected. To provide a more liberal application of vitamin D or its analogues, and, consequently, a more efficient suppression of PTH, 1.5 mmol/L or 1.25 mmol/L calcium dialysate is commonly used²⁸.

Surgical treatment of secondary hyperparathyroidism

Surgical or sclerosing PTx is a procedure for treatment of advanced SHPT that is refractory to combined drug therapy²⁸.

Indications for PTx are: persistent hyper-Ca despite the complete suspension of Ca-phosphate binder; persistent hypersecretion PTH (≥ 1000 pg/mL) refractory to medical treatment, especially if the gland/nodule is greater than 0.5 cm;

progressive and symptomatic soft-tissue calcifications including uremic arteriopathy (calciphylaxis); unbearable itching with increased levels of PTH²⁹.

Surgical methods are subtotal or total parathyroidectomy. Total PTx means simultaneous autoimplantation of parathyroid tissue which is not of nodular hyperplastic gland. Subtotal PTx involves removing all located parathyroid glands except the least and anatomically the best one, which is partially resected and reconstructed²⁹.

Ultrasound-guided percutaneous ethanol injection therapy (PEIT) is used to selectively destroy nodular hyperplastic glands, while the rest of diffuse-type hyperplastic parathyroid tissue can be medically controlled. Complications include pain, bleeding and laryngeal nerve paresis. The same procedure may also be used with administration of injectable calcitriol or analogues and effectively suppress diffuse-type hyperplastic glands, through apoptosis induction or toxic necrosis³⁰.

Conclusion

Excessive secretion of parathyroid gland already develops in moderate renal failure, and severe clinical consequences are usually seen in patients treated with dialysis. Initially, transient hypocalcemia and hyperphosphatemia trigger the excessive synthesis and secretion of parathyroid hormone, and when they have turned into permanent condition, vitamin D deficiency is already present. Besides biochemical indicators that should be periodically monitored in accordance with the recommendations, a variety of visualization techniques can be used for localization and assessment of the gland activity. Correction of hyperphosphatemia and hypocalcemia using calcium-based phosphate binders and vitamin D leads to the suppression of PTH hypersecretion. In clinically well-defined patients, application of calcimimetics may be useful and, if associated with pulse doses of active metabolites of the vitamin D, can significantly reduce the need for parathyroidectomy.

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Conflict of interest statement

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