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REVIEW ARTICLE

Clinical and paraclinical guidelines for management of sulfur mustard induced bronchiolitis obliterans; from bench to bedside

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Abstract

It is well documented that inhalation of sulfur mustard (SM) causes injury to the respiratory system. Many Iranian civilians and war veterans are suffering from late respiratory complications of SM exposure. Recent studies have shown that bronchiolitis obliterans (BO) is the major cause of respiratory complications following SM exposure. In this review, we focus on the clinical, pulmonary, radiological, immunological and pathological manifestations in SM-induced BO with intent to provide a practical, clinical and paraclinical guideline for diagnosis and step-wise workup of these patients, which may be used to manage similar lung injuries induced by other similar inhaled toxins.

Keywords: Sulfur mustard, bronchiolitis obliterans, respiratory complications, clinical findings, paraclinical

Introduction

Bronchiolitis obliterans (BO) refers to several conditions of inflammatory lung diseases, particularly those that primarily affect the narrow airways and have varying clinical courses, histological appearances and radiographic findings. Thus, there is limited evidence to support diagnosis of BO; and medical practitioners are unfamiliar with its various clinicopathological and paraclinical findings. The introduction of high-resolution CT (HRCT) scanning has attracted the attention of the healthcare community as a highly useful diagnostic tool especially for BO. Common causes of BO include previous childhood infections (particularly measles, adenovirus and *Mycoplasma*), toxic inhalation, graft-versus-host disease following bone marrow transplantation, chronic rejection following a lung or heart–lung transplant and autoimmune connective tissue disorders such as rheumatoid arthritis treated with penicillamine therapy (Skeens et al., 1989; Müller & Miller, 1995; Heng et al., 1998; Scott et al., 2005). Other conditions have also more recently been linked with BO such as ulcerative colitis (Basseri et al., 2010), hyperplasia and tumoral proliferation

of peripheral neuroendocrine cells in the lungs (Myers et al., 2009). It is also a relatively frequent complication of cystic fibrosis following repeated lung infections (Nash et al., 2012). Although unusual, this disease can also be idiopathic, mainly in middle-aged women (Garg et al., 1994). Chemical lung injury via inhaled toxins such as sulfur mustard (SM) can induce BO. Many Iranian war veterans and civilians were exposed to SM during the Iraq–Iran war (1980–1988). SM can induce many respiratory complications; however, the key point in evaluation is the time of exposure. In the short-term post-exposure, contact with SM may lead to alveolar and airway injury and even death due to respiratory distress syndrome; although, it also depends upon the amount and duration of exposure as well. All early pulmonary complications of SM exposure can be explained by cell death; however, late complications vary in nature. Formerly, some studies associated SM exposure with airway hyper-reactivity, chronic bronchitis, bronchiectasis and lung fibrosis (Emad & Rezaian, 1997). Previous multi-centric surveys using imaging, pulmonary function tests (PFTs) and indisputable histopathological studies revealed that BO

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is the main respiratory pathology in patients exposed to SM and there is an extensive amount of research supporting this finding (Thomason et al., 2003; Aghanouri et al., 2004; Dompeling et al., 2004; Ghanei et al., 2004a, 2004b; Beheshti et al., 2006; Ghanei et al., 2006a; Ghanei et al., 2008a; Ghanei & Harandi, 2011). Thus, didactic clinical and paraclinical examination of these patients is necessary to further unravel the various characteristics of SM-induced BO (SMBO) and facilitate diagnosis of this disease. There is an abundance of evidence confirming the difference between SMBO and other types of BO. This review focuses on the clinical and paraclinical findings of SMBO based on the related literature at hand as well as our documented experience; we propose a practical set of guidelines by which to diagnose SMBO and its relation to long-term effects of SM exposure.

Clinical findings

Typical clinical findings of idiopathic BO include a triad consisting of productive coughs, difficult expectoration and chronic dyspnea in >80% of the patients (Sohrabpour, 1984; Emad & Rezaian, 1997; Ghanei et al., 2004a; Balali-Mood et al., 2005; Ghanei et al., 2005a; Ghanei et al., 2008b; Shohrati et al., 2010). In a previous study, the following symptoms were recorded; coughs with varying degrees of sputum (90%), shortness of breath (98%), chest tightness and difficult breathing (80%; Ghanei et al., 2004b).

Haemoptysis, chest pain and nocturnal dyspnea are also frequently experienced symptoms. The pathology behind hemoptysis in these patients is thought to be a chronic inflammatory process within airway walls; it is reasonable to correlate the hemoptysis in these patients to BO (Mroz et al., 1997; Bijani & Moghadamnia, 2002). Main clinical signs include generalized wheezing (the most common), bilateral early inspiratory crackles, crepitation and decreased peripheral lung sounds (Zarchi et al., 2004).

Although these findings may also be evident in cases of asthma and chronic obstructive pulmonary disease (COPD), it should be noted that hemoptysis is never found in asthma. COPD can be ruled out in patients with a negative history of smoking. Thus, excluding these two common respiratory disorders (asthma and COPD), SM patients with any of the above-mentioned clinical conditions should be further evaluated for SMBO.

Pulmonary function test

The PFT is a useful diagnostic tool in patients with pulmonary symptoms. Apart from significant respiratory symptoms such as dyspnea, the most common pattern of a pulmonary function test in SMBO is in the expected range of lung function followed by mild obstruction (Ghanei et al., 2004a). The reason may be the branching pattern of the bronchial tree that results in an increasingly large number of small airways in peripheral generations and these airways contribute little to the total pulmonary resistance; thus, a large proportion of small

airways may be damaged or obliterated without recognition by any of the conventional pulmonary function tests (Wohl & Chernick, 1978). In a study of 34,000 SMBO patients, it was noted that more than half of the exposed patients (57.5%) developed no significant abnormality on a simple PFT (based on American Thoracic Society Criteria; Khateri et al., 2003). In another study by Khateri et al. on SMBO, 37% had mild, 4.5% had moderate and 1% had severe pulmonary function impairment, while the rest had normal PFT findings (Khateri et al., 2003). Forced vital capacity (FVC), forced expiratory volume in the 1st second (FEV_1), and FEV_1/FVC may be lower in comparison with healthy people. In a cohort study of 407 patients, the pattern of decline in pulmonary function indices was directly proportional to the percentage of each index at the baseline PFT. A continuous decrease in FVC of SM-exposed patients, with a rate less than FEV_1 or peak expiratory flow, can be a consequence of significant air trapping following obstruction; this condition is called pseudo-restriction. The residual volume is markedly increased, and the diffusing capacity of the lung for carbon monoxide (DLCO) rises or remains normal (Beheshti et al., 2006). In addition, arterial blood gas samples of patients do not exhibit hypoxia or hypercapnia except in subjects with severe respiratory failure.

Although the most common feature of PFT impairment is an obstructive pattern, mixed restrictive and obstructive as well as purely restrictive patterns have also been reported (Emad & Rezaian, 1997; Hefazi et al., 2005). Abnormal spirometric findings in general and restrictive patterns, in particular, tend to increase over time. These obstructive PFT findings are reversible in response to inhaled bronchodilators (Ghanei et al., 2005b). Sometimes these patients may have an unexplained resistance to anti-asthma therapy and an irreversible pattern of obstruction (Ghanei & Harandi, 2007). Increases in airway responsiveness have been confirmed by the methacholine challenge test (Mirsadraee et al., 2005). Similar to post-transplant lung injury, it appears that a positive methacholine challenge is associated with the development of BO (Stanbrook & Kesten, 1999; Chan & Allen, 2004). In this way, bronchial hyperactivity can be considered as an early marker of bronchiolitis.

Chest pain, productive cough, hemoptysis and most importantly dyspnea disproportional to PFT or normal PFT findings imply SMBO. While DLCO is reduced in COPD and the methacholine challenge test is reversible in asthma, while reminiscent clinical findings for SMBO with increased DLCO results in patients with an obstructive PFT pattern. An irreversible pattern of obstruction in the methacholine challenge test would be highly suggestive of adult BO, including SMBO, which requires radiological evidence to better identify the pathological process.

Chest x-ray

Increased bronchovascular markings, hyperinflation, bronchiectasis and pneumonic infiltration as well as

pulmonary hypertension have been reported on chest x-rays (CXR; Ghanei et al., 2005b; Balali-Mood & Hefazi, 2006). Most patients, however, with other symptoms of SMBO have normal or nonspecific changes in their chest x-rays (Bagheri et al., 2003). CXR is not sensitive enough to detect respiratory complications in these patients because the fourth generation segmental bronchi are the smallest units that can be seen with chest radiography; thus, it is considered as an unreliable diagnostic tool for SMBO.

High-resolution computerized tomography

Since CXRs and PFTs appear normal in a large number of SMBO patients, high-resolution computerized tomography (HRCT) of the chest should be used for diagnosis of the precise respiratory condition. Recently, the resolution of HRCT has improved, scans are faster and have smaller detectors; multi-detector-row technology has enabled the visualization of airways down to a range of 2 mm in diameter (6th generation; Dirksen, 2008). HRCT has now been identified as a powerful tool to detect both parenchymal and airway abnormalities such as bronchiectasis, air trapping, mosaic parenchymal attenuation (MPA), secondary lobule abnormalities and other pulmonary problems (Webb et al., 1988). Chest HRCT with inspiration and suspended expiration images is a powerful tool for diagnosis of SMBO patients because of its superior ability in delineating details of pulmonary anatomy (Akira et al., 2009). One report regarding a 65-year-old woman with cryptogenic BO stated that the CT scan showed normal findings during full inspiration, but showed multiple, focal, lobule-sized areas of radiolucency consistent with extensive lobular air trapping during a suspended full expiration (Stern & Frank, 1994).

Air trapping on expiratory HRCT scans and MPA are the most frequent and most important abnormal findings in both symptomatic as well as asymptomatic BO patients (Sweatman et al., 1990; Stern & Frank, 1994; Hwang et al., 1997; Essadki & Grenier, 1999; Estenne et al., 2002; Ghanei et al., 2004b). In another study, results from HRCT examinations obtained during deep inspiration and full expiration, with the patient lying in a supine position revealed abnormal findings in (98%) of the cases (Ghanei et al., 2004b). Air trapping was the most frequent finding (76%) among SMBO patients. Other abnormal findings include bronchiectasis, decreased parenchymal attenuation with perfusion redistribution in expiration, dilated irregular trachea and major airways and interlobular septal wall thickening. Significant tracheal and major airway diameter variation (on inspiration and exhalation), irregularity and wall thickness was also observed in two-thirds of these patients; these are not well-known features of BO (Ghanei et al., 2004b). Moreover, several SM-exposed subjects exhibited features of tracheobronchomalacia (TBM), which is again unusual (Ghanei et al., 2006a). We speculate that the same underlying pathologic mechanism that causes BO

may also result in a disorder in the large airways such as TBM. Interestingly, both BO and TBM have also been described as possible complications of a lung transplant (Kaditis et al., 2000; Estenne & Hertz, 2002; Egan, 2004). Lesions were more frequent in the left lower lobe; the left middle lobe was the least involved lobe in these patients.

In BO, the mosaic pattern of lung attenuation is caused by hypoventilation of alveoli distal to the bronchiolar obstruction. This leads to secondary vasoconstriction, seen on CT scans as areas of decreased attenuation. Uninvolved segments of a lung show normal or increased perfusion resulting in normal to increased attenuation. Air trapping is seen on chest HRCT scans as the failure of some parts of the lungs to adjust volume or attenuation between inspiratory and expiratory images; these effects are caused by excessive retention of gas in the lungs.

Overall, HRCT can be used as a noninvasive method for SMBO (as a subtype of BO) to differentiate it from COPD and asthma. Any patient with signs and symptoms of intractable asthma who do not respond to treatment should be evaluated with expiratory HRCT. Those with significant air trapping should be considered as adult BO; further assessment is especially important for those with a positive history of contact with a toxic gas to identify the underlying pathologic process (Ghanei et al., 2007a).

Biological markers

It has been suggested that several cellular and molecular markers such as interleukin-8 (IL-8) and IL-6 have primary roles in various chronic pulmonary diseases such as COPD and asthma (Car et al., 1994; Nocker et al., 1996; Danilko et al., 2007; Lee et al., 2008); but there is little evidence regarding underlying mechanisms and serum biomarkers involved in patients with SMBO (Hassan et al., 2006).

In a cross-sectional study of 50 SM-induced BO cases, high sensitive C reactive protein (hs-CRP) serum levels were found to have increased when compared with healthy subjects, which had a direct correlation with disease severity (Attaran et al., 2009). Pourfarzam and colleagues found that serum levels of IL-8 and IL-6 significantly decreased in BO patients compared with the control group (Pourfarzam et al., 2009). In another study, serum levels of IL-8, IL-6, CRP and RF levels were evaluated in 348 adult subjects with chronic SMBO in Sardasht, Iran. The relationship of these inflammatory markers to pulmonary involvement was also studied. Their study demonstrated that both IL-8 and IL-6 were lower in the SM-exposed group in comparison with the control group. However, there was no relationship between serum levels of these cytokines and the severity of pulmonary disorders. Low levels of these cytokines will lead to the absence of an active inflammatory process in these patients that is in favor of the slow progression of the disease in this population (Ghanei et al., 2007b). This suggests that the role of inflammation is less important than that expected; thus, determining and measuring

these markers is not very helpful for diagnosis and or monitoring patients with SMBO.

Bronchoalveolar lavage

Characterization of proteins secreted into the bronchoalveolar lavage (BAL) fluid facilitates the identification of diagnostic immunologic biomarkers for SMBO (Jafari & Ghanei, 2010). These studies have shown an increased number of inflammatory cells in SMBO in the chronic phase, indicating the presence of an ongoing active alveolar injury (Emad & Rezaian, 1999; Beheshti et al., 2006). Neutrophil count is higher in BAL fluid samples of SMBO patients than in normal individuals; but lymphocyte count, albumin and immunoglobulin (Ig) levels were not significantly increased when compared with healthy subjects. Decreased numbers of macrophages in BAL fluid may also be evident (Beheshti et al., 2006; Emad & Emad, 2007). Levels of transforming growth factor β (TGF- β) tend to increase in BAL fluid (Ghanei et al., 2004c). TGF- β target protein is also reported to be higher in BAL aspirates of SMBO patients (Aghanouri et al., 2004), suggesting an inflammatory process followed by an impaired repair process due to excessive TGF- β production in these patients similar to post-lung transplantation BO (El-Gamel et al., 1999).

Previously, in a first differential proteomic analysis of BAL fluid, we reported an over-expression of vitamin D binding protein, fibrinogen g chain and haptoglobin isoforms, and underexpression of calcyphosine, transthyretin and SPA isoforms in SMBO subjects when compared with healthy controls (Mehrani et al., 2009).

Pro-apoptotic Fas-Fas ligand (FasL) signaling plays a central role in pulmonary inflammation, injury, fibrosis and blockade of Fas-FasL interactions that either prevent or attenuate pulmonary inflammation and fibrosis (Dosreis et al., 2004). In another study, circulating levels of sFasL and nitric oxide (NO) were determined in patients diagnosed with chronic SMBO. Results revealed a positive association between sFasL and pulmonary problems but failed to find any significant relationship between NO and pulmonary problems in these patients, suggesting that pulmonary complications in SMBO may be related to sFasL pathophysiology and may have a role in the regulation of apoptosis in these patients (Ghazanfari et al., 2009). Yaraee et al. (2009) determined serum levels of proinflammatory cytokines including TNF, IL-1 α , IL-1 β and IL-1Ra in 368 SMBO patients by a sandwich ELISA technique and found that serum proinflammatory cytokine levels were significantly lower in these patients than in controls. Amiri et al. (2009) did not find any significant differences in serum levels of granulocyte-macrophage colony stimulating factor (GM-CSF) in SMBO patients compared with the control group.

In brief, patterns of change in immunological biomarkers in our SMBO subjects comply neither with asthma nor COPD. These findings showed that alteration in IL-8 and IL-17 levels is unique for this disorder.

However, immunological markers do not seem to play a significant role in diagnosis of adult BO.

Pathological markers

Diagnosis of bronchiolitis has caused confusion for pathologists because it comprises a heterogeneous group of diseases with variable etiologies, clinical manifestations and evolution (Colby, 1998; Myers & Colby, 1993). Besides the complexity of these histological findings associated with bronchiolitis, various clinical syndromes that are clinically categorized as bronchiolitis are characterized by overlapping histopathological findings (Ryu et al., 2003). Evidence of bronchiolitis in pathological studies is not sufficient to identify the etiology. The presence of bronchiolitis in a biopsy specimen may represent a primary condition or merely a secondary phenomenon associated with some other primary pathologic disease (e.g. bronchiectasis). Therefore, pathologic diagnosis of BO is of no relevance until and unless it is correlated with the clinical and radiological records. Various wide-spectrum histopathological lesions show inflammatory process in non-cartilaginous airways. Inflammatory derivatives such as cell debris and thick mucus can obscure the airways especially the smaller ones (bronchioles; Visscher & Myers, 2006).

Recently, a form of bronchiolitis, constrictive bronchiolitis also known as BO organizing pneumonia (or simply, organizing pneumonia), was reported among soldiers who came back from Iraq. Constrictive bronchiolitis may occur primarily or following infectious cellular BO with intraluminal polyps, or inhalation injuries. Histopathologically, there are differences between BO and constrictive bronchiolitis, although specific etiology has yet to be identified (Gosink et al., 1973; Kang et al., 2009). There are some histopathological features that provide differences between three mentioned types of bronchiolitis (SMBO, constrictive Bronchiolitis and BO). Active fibroblast proliferation always with pale-staining and immature collagen in microscopic views was seen in BO versus constrictive bronchiolitis, which is characterized by the minimally cellular picture and dense collagen. Collagen deposition in BO was intrinsic (within airspace lumens), whereas the collagen deposition in constrictive bronchiolitis is extrinsic and in SMBO is prebronchial (Ghanei et al., 2004c; Visscher & Myers, 2006; Ghanei & Harandi, 2007; Ghanei & Harandi, 2011). BO is often limited to one lobe and consistently resolves with therapy although constrictive bronchiolitis is diffuse and progressive despite treatment similar to SMBO (Visscher & Myers, 2006). But pathologic findings in SMBO are completely specific in contrast to other types of BO. In an investigation on surgical lung biopsies of these patients, the histopathologic spectrum of changes in 15 patients with SMBO from mild-to-severe gas exposure was examined (Ghanei et al., 2008a). All these cases had partial luminal narrowing by the presence of plaque-like increases in submucosal collagen. In some cases,

this increase in collagen was circumferential, while in others it was partial. These airway walls frequently appeared somewhat rigid and lacked normal mucosal convolutions. The process was sometimes accompanied by a mild-to-moderate lymphocytic infiltration. In some cases, other bronchioles in the biopsy were dilated and showed mucus stasis indicating proximal obstruction. The following most common findings were mild-to-moderate chronic bronchiolitis, bronchiolectasis and mucus stasis. In a pathological study the frequency of esophagitis in SMBO patients with a chronic cough was shown to be higher than in the control group (32.3 vs. 14.2%; Ghanei et al., 2006b). In a study of transbronchial lung biopsies of 23 patients with SMBO, myxoid tufts of organizing connective tissue were observed within the alveolar ducts and were incorporated into alveolar walls (Beheshti et al., 2006). Moreover, alveolar wall expansion was observed because of mild mononuclear cell infiltrate, edema and delicate interstitial thickening. Slight intra-alveolar fibrin mixed with mononuclear cells was present in most cases. In post-lung transplant cases, constrictive bronchiolitis lesions were diffused with widespread bronchiolar dilatation (Law et al., 2005). SMBO may be present in symptomatic patients even with a normal chest HRCT and PFTs findings. Thus, open or thoracoscopic lung biopsy plays an important role in the diagnosis of SMBO.

Conclusion

Adult bronchiolitis is considered a rare condition globally, and its diagnostic criteria remain a matter of debate. After the Iraq-Iran war, many investigations have been done on these patients, because of the large number of people exposed to SM in Iran. Recent studies have led to the common consensus that adult BO is the main pathophysiological basis of chronic respiratory lesions evident in these patients (Ghanei & Harandi, 2011). This great body of evidence has provided an opportunity to introduce new guidelines for diagnosis of SMBO that can potentially be useful for other similar kinds of lung injuries from inhaled toxins. It is believed that diagnosis of SMBO requires a team effort to assess a combination of clinical, radiological, immunological and pathological biomarkers. In this review, a comprehensive list of markers has been proposed based on our patients applicable to SMBO diagnosis.

SMBO, as a lung injury by an inhaled toxin, should be considered as a differential diagnosis in a non-smoker patient with cough and hemoptysis and normal CXR in presence of an obstructive lesion in spirometry. SMBO may also be found in non-smoker patients without evidence of emphysema on radiography. Although in this study SMBO in non-smoker patients was mostly discussed, it was previously demonstrated that there are some additive contributions between SM exposure and tobacco use on biological activities of bronchial epithelium at genomics, proteomics and metabolomics

aspects among SM-exposed patients who smoke (Ghanei et al., 2007c). Therefore, regarding to probable distorted findings of laboratory tests in SM-exposed smoker patients, the paraclinical findings (especially pathologic findings) should be interpreted more carefully although further studies on the confounding role of smoking in SM-exposed patients are needed.

A discrepancy in clinical findings and spirometry (productive cough with dyspnea+wheezing+air trapping in HRCT) is also suggestive of SMBO in patients with a history of exposure. Therefore, patients with maintained respiratory manifestations or hemoptysis, with dyspnea disproportional to PFT findings, irreversible airway hyper-responsiveness and normal CXR, who show evidence of air trapping in an HRCT scan, should be diagnosed with having BO due to injury from an inhalation.

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Declaration of interest

The authors report no conflicts of interest.

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