

Rheumatologic complications of checkpoint inhibitor immunotherapy: a review

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Abstract

Background: Immune Checkpoint Inhibitors (ICIs) are currently used in the management of various cancers. However, they tend to cause adverse effects, collectively known as immune related adverse effects, (irAEs) by causing tissue damage due to immune activation.

Objective: The aim of this literature review is to address those rheumatological irAEs associated with the use of ICIs and how to manage them.

Data source: The literature review uses medical science-based literature published locally and internationally on the risk of rheumatological immune related adverse effects.

Conclusion: A spectrum of rheumatological irAEs have been linked to the treatment of various malignancies with ICIs, the most common being inflammatory arthritis. Most rheumatological irAEs can be managed successfully by use of glucocorticoids

Key words: Immune checkpoint inhibitors, Immunotherapy, Rheumatology, Arthritis, Glucocorticoids, Immune related adverse effects

Introduction

Immune checkpoint inhibitors are a type of immunotherapy that is currently being used in the management of various types of cancers. However, they cause a myriad of adverse effects involving nearly every organ system. These adverse effects are collectively known as immune-related adverse events (irAEs). The irAEs result from tissue damage by immune activation and inflammation.

The ICIs work by blocking inhibitory molecules on T cells and tumour cells. By doing so, they enhance T cell mediated immune response towards cancer cells, leading to cancer cell death. Initially ICIs effectiveness was demonstrated in metastatic melanoma, but many indications have since been approved, including non-small cell lung cancer, renal cell carcinoma, Hodgkin's lymphoma and many other solid

tumours. In this article, we review the rheumatologic complications of ICIs and their management.

Mechanism of action of ICIs

Usually, when a T cell is activated, multiple mechanisms regulate the level of activation preventing over activation of the T cell response. Tumour cells overly express these inhibitory molecules dampening and evading the immune system¹. The major pathways that control T cell activation are binding of cytotoxic lymphocyte antigen protein 4 (CTLA-4) on T cells to CD80/86 on antigen presenting cell, and binding of programmed cell death receptor 1 (PD-1) to programmed cell death ligand 1 or 2 (PD-L1 or PD-L2). ICIs block these inhibitory pathways, allowing for increased activation of T cell with a greater response against tumours.

The first approved ICI, ipilimumab, blocks the binding of CTLA-4 to CD80/86. Other ICIs inhibit either PD-1 or PD-L1. The PD-1 inhibitors include pembrolizumab, nivolumab and cemiplimab while the PD-L1 inhibitors include atezolizumab, avelumab and durvalumab (Figure 1).

Pathogenesis of rheumatologic complications

ICIs can cause off-target tissue damage (irAEs) by non-specific activation of T cells. The clinical manifestations depend on the organ system involved, its severity and temporal relationship to ICI therapy².

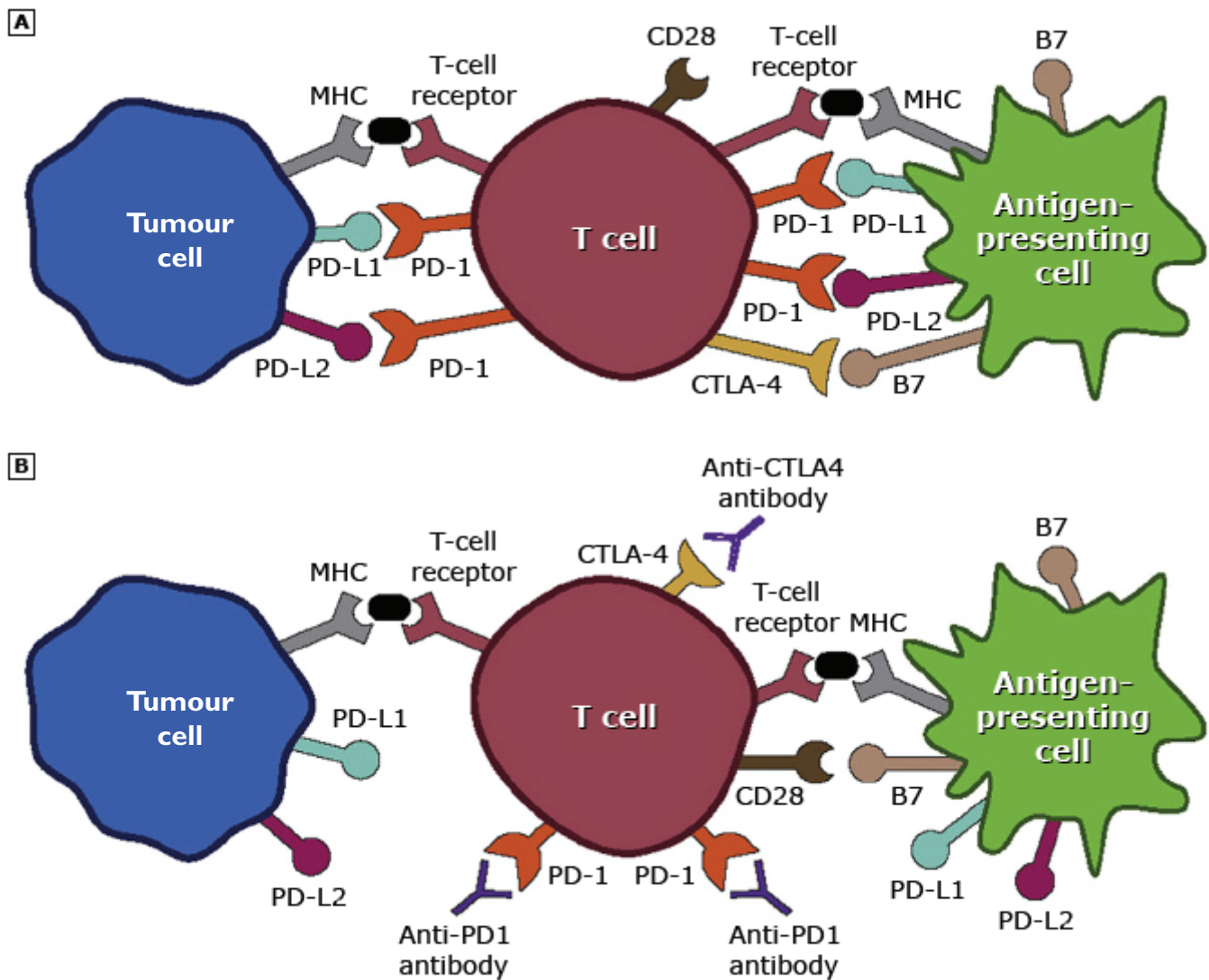
The specific immune pathways implicated in irAEs are not yet determined. However, some data suggest that interleukin 17 and T-helper 17 (TH17) cell response may be responsible for the pathogenesis of irAEs³.

There could be possible overlap in the pathogenesis of rheumatologic irAEs and rheumatoid arthritis. For example, abatacept which is fusion protein between CTLA-4 and Fc portion of IgG is used in the treatment of inflammatory arthritis. Its mechanism can be thought of as the converse of ipilimumab in that it blocks

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Figure 1: A) PD-L1 and PD-L2 on tumour cells and APCs bind to PD-1 on the T cell, and B7 on APCs binds to CTLA-4 on the T cell. (B) Antibodies to PD-1 or CTLA-4 block inhibitory interactions, allowing for positive costimulation (B7 binds CD28).



CTLA-4: cytotoxic lymphocyte antigen protein 4; PD-1: programmed cell death receptor 1; MHC: major histocompatibility complex; CD28: cluster of differentiation 28; PD-L1: programmed cell death ligand 1; PD-L2: programmed cell death ligand 2; APCs: antigen-presenting cells.

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the activating interaction between CD28 and CD80/86, rather than blocking the inhibitory interaction⁴. Similarly, some mouse and human studies have implicated PD-1 in the pathogenesis of RA⁵.

Epidemiology

The rheumatologic irAEs have been less reported in literature in comparison with other types of irAEs. The most common symptoms include arthralgia, myalgia and sicca complex⁶. The epidemiological estimates vary from 1% to 43% for arthralgia, 2% to 20% for myalgia and 3% to 24% for sicca syndrome⁷. However, the development of systemic autoimmune disease that requires rheumatological referral is less common,

occurring in about 3.5% to 6.6% of the patients^{8,9}. It is possible that the relatively low frequency rheumatologic irAEs is the result of failure to recognize the significance of rheumatologic disease symptoms by the treating provider, coupled with the fact that rheumatologic irAEs are rarely life-threatening and hence not graded as severe. Furthermore, it is unclear on how arthralgias actually represent inflammatory arthritis because of the different ways a given clinical symptom or finding may be coded (e.g., arthralgia, joint effusion, arthritis) for data collection. Most information of rheumatologic irAEs is from case reports.

The rheumatologic irAEs that occur include inflammatory arthritis, inflammatory myositis, sicca syndrome, vasculitis, eosinophilic fasciitis, polymyalgia

rheumatica, sarcoidosis and scleroderma^{7,10-15}. The rheumatologic irAEs tend to occur more frequently in patients who are treated with ICI combination therapy and with anti-PD1/ ant-PDL1 as compared with monotherapy and anti-CTLA4 respectively¹⁶. In addition, 71% of patients with pre-existing autoimmune disease may experience flares or develop another autoimmune disease¹⁷.

General principles of management

The clinical manifestation of rheumatologic irAEs varies widely. Some clinical manifestation may mirror classic rheumatological diseases while for others, the characteristic features may be absent. In addition, it is common for patients with rheumatologic irAEs to have other non-rheumatologic irAEs, hence obtaining a detailed history and thorough physical examination is important. The severity of irAEs, future cancer treatment options, tumour response, oncologist and patients' preference should all be considered in deciding treatment for the rheumatologic irAEs. It is recommended that there should be close consultation with the patient's oncologist, to determine the most appropriate intervention and whether to continue or discontinue ICI therapy.

Inflammatory arthritis

Clinical manifestation and diagnosis

Inflammatory arthritis is the most common rheumatological irAE^{18,19}. It usually develops within two weeks but may be delayed up to a year of ICI initiation with joint damage occurring within months of symptom onset^{9,19}. Inflammatory arthritis presents with a variety of clinical presentations ranging from small joint polyarthritis to large joint oligoarthritis to psoriatic arthritis^{18,20,21}. Patients treated with anti-PD1 and anti-PDL1 are more likely to develop small joint polyarthritis as the only irAE, while those treated with anti-CTLA4 will develop large joint oligoarthritis and have had another irAE²².

The diagnosis is primarily made clinically, based upon the history and physical examination finding of a new onset arthritis following treatment with ICI. A detailed history should be taken to rule out antecedent rheumatological manifestations and the pattern of joint involvement should be characterized. A diagnosis of ICI induced arthritis can be made in patients who do not have preceding symptoms and presence of features suggestive of classic form of inflammatory arthritis.

Laboratory studies are useful but are not necessary for diagnosis. Most patients are seronegative for rheumatoid factor and cyclic citrullinated peptide. Inflammatory surrogate markers like C-reactive protein and erythrocyte sedimentation rate may be elevated, but their utility is compromised, as these markers are also elevated in malignancy.

Plain radiographs of the affected joint should be taken at time of initial presentation more so to serve as a baseline for comparison with later studies as they may be normal during the early phase of the disease. Magnetic resonance imaging and ultrasound have shown tenosynovitis, enthesophytes and bony erosive disease²³. This finding can be helpful in distinguishing inflammatory arthritis from non-inflammatory joint disease. Other disease conditions that present as inflammatory arthritis should be ruled out. These include paraneoplastic syndromes, polyarthralgia due to medications and bone metastasis with erosive joint changes. Bone metastasis should be suspected if there is a joint with disproportionate erosive disease or a joint that does not respond to therapy.

Treatment

Treatment of inflammatory arthritis due to an irAE is based upon case reports and case series. The treatment should be personalized based on the clinical findings and the severity of the disease. Treatment decision should be made in close collaboration with the patient's oncologist.

Treatment of mild arthritis

Mild arthritis is the involvement of few joints without any significant functional compromise. Oral Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) or low dose glucocorticoids are recommended for patients with mild arthritis. ICI therapy is usually continued. Oral NSAIDs are commonly used but some patients with very mild arthritis may also benefit from topical NSAID. There is no preference for any specific NSAID, however the drugs should be used at the lowest necessary dose and for the shortest duration needed. Patients should be monitored regularly for gastrointestinal adverse effects as ICI therapy has also been associated with gastrointestinal adverse effects like diarrhoea and colitis.

In patients whom NSAID are contraindicated or in whom a more rapid response is required, glucocorticoids like prednisone can be used. Treatment should be initiated with the lowest possible dose of glucocorticoid, for example prednisone 10mg to 20mg daily. The response should be assessed after couple of weeks and the dose adjusted to the minimal dose required for disease control. ICI therapy can be safely used concurrently with low dose glucocorticoids. Intraarticular steroid injection, similar to rheumatoid arthritis, can be administered in patients with oligoarticular disease²⁴.

Treatment of moderate and severe arthritis

Moderate and severe arthritis is involvement of multiple joints or functional impairment. In these patients' higher doses of glucocorticoids, for example prednisone 1mg/kg/day, may be required. ICI therapy is withheld temporarily. High doses of glucocorticoids should at least be used for a month and then tapered down to a lower dose if the

patient is responding well to therapy. ICI therapy can be re-initiated during the period of glucocorticoid tapering.

Conventional Disease-Modifying Antirheumatic Drugs (DMARDs) can be used in patients who cannot be successfully weaned off to a lower dose or entirely off glucocorticoids. These include sulfasalazine, hydroxychloroquine or methotrexate. They should be initiated in the same way as for rheumatoid arthritis^{18,19}. The decision to start ICI therapy should be made on an individual basis.

In selected patients with severe arthritis who have steroid refractory disease, the use of Tumour Necrosis Factor (TNF) inhibitors has been suggested or preferred. These include patients in whom it would be undesirable to wait for several weeks for a response with conventional DMARD, or in patients in whom synthetic DMARDs is contraindicated like patients with liver disease or cytopenia. Either of the TNF inhibitors: infliximab, adalimumab and etanercept can be used. There is no preference for one over another. The precautions, dosing and strategies used for these agents is similar to those used in patients with RA and other related conditions^{18,19}.

The efficacy and safety of other drugs like tocilizumab is extremely limited. Tocilizumab has been used in small number of patients to treat inflammatory arthritis²⁵. It is mostly recommended in patients who have contraindications to TNF inhibitors or who do not respond to with at least two months treatment of TNF inhibitors. There have been concerns about using concurrent tocilizumab and ICI, as both of these drugs increase the risk of colitis and intestinal perforation, however limited data suggests no such increased risk^{26,27}.

Prognosis

The development and treatment of ICI associated inflammatory arthritis does not adversely affect the tumour prognosis²⁸⁻³⁰. However, the arthritis may persist following discontinuation of ICI³¹.

There is a theoretical concern that immunosuppressive drugs used in the management of inflammatory arthritis may impair the effectiveness of ICI. However, albeit limited data, there has been no evidence to suggest that immunosuppressive treatment dampen the effectiveness of ICI^{31,32}.

Sicca syndrome and other ocular diseases

Xerostomia and keratoconjunctivitis sicca that resemble Sjogren's syndrome have been reported in patients treated with ICI¹⁸. They usually occur abruptly within the first three months of treatment. Xerostomia usually predominates while parotid swelling and parotitis occurs rarely. Most patients are seronegative for autoantibodies to Ro/SSA and La/SSB³³.

ICI has also been associated with other forms of ocular inflammation like uveitis and peripheral ulcerative keratitis³⁴. Salivary gland biopsies show a varied

histopathologic findings ranging from histopathology finding similar to Sjogren syndrome to diffuse T cell lymphocytic infiltration with acinar injury³³.

Management

Management of ICI induced sicca syndrome is similar to that of primary Sjogren's syndrome. Dental care with saliva substitutes and sialagogues is important in patients with xerostomia. Parotid gland swelling and/or parotitis is usually managed by giving prednisone (10mg – 40mg) tapered off over weeks.

The treatment of severe oral adverse effects involves discontinuation or temporarily withholding ICI, use of moderate to high doses of prednisone, diet restriction to purees and use of oral lubricants. The patient should also be referred to an oral medicine specialist. ICI can be reinitiated after at least three months following successful glucocorticoid taper³³.

Artificial tears should be prescribed to patients with ICI associated dry eyes. Furthermore, the patients should avoid other medications that cause dryness of the eyes. Patients with severe or refractory symptoms should be referred to an ophthalmologist.

Polymyalgia rheumatica/giant cell (temporal) arteritis

Clinical features and diagnosis

Polymyalgia Rheumatica (PMR) and Giant Cell Arteritis (GCA) are rare rheumatological irAE. They can occur in isolation or in combination. The median time of onset is three months after initiation of ICI. Similarly, to non-ICI PMR and/or GCA, the patients are elderly with a median age of about 57 years^{35,36}. The clinical presentation of PMR is similar to those patients who have not received ICI.

A prompt temporal artery biopsy should be done to confirm the diagnosis in patients in whom GCA is suspected. The biopsy finding is similar to non-ICI GCA. Surrogate inflammatory markers like C-Reactive Protein (CRP) and Erythrocyte Sedimentation Rate (ESR) may be elevated due to malignancy and may not be useful for diagnosis. However, if CRP and ESR are normal, then GCA is very unlikely.

The role of imaging has not been well characterized. However, an ultrasound or MRI may be useful to support a PMR diagnosis if bursitis or tendinitis is seen in the classic areas and in patients who have PMR like symptoms with normal levels of inflammatory markers.

Treatment

The treatment for GCA and PMR is similar to that in patients without ICI therapy. Glucocorticoids are the mainstay of treatment. Higher doses of glucocorticoids may be required in GCA than with PMR¹⁴. The higher

doses of glucocorticoids used for the treatment of GCA requires withholding or discontinuation of ICI, while in PMR, due to the lower doses used, ICI may not be discontinued. The role of biologic agents like tocilizumab is unclear³⁶.

Inflammatory myopathies

Dermatomyositis and polymyositis are uncommon irAEs of ICI therapy^{11,37}. Most patients present with proximal myopathy, similar to the classic form of the disease, but there have been a few reported cases of respiratory muscle and facial muscle involvement^{38,39}. In addition, some patients may have concomitant myasthenia gravis and/or myocarditis^{40,41}.

The diagnosis is based on physical examination and elevated muscle enzymes supplemented by either an electromyography or muscle MRI. The role of muscle biopsy is unclear because of different histopathological patterns^{11,39,42}.

Glucocorticoids are the mainstay of treatment ranging from 30mg prednisone daily to 1000mg methylprednisolone. This is followed by gradual dose tapering^{11,37}. Intravenous Immune Globulin (IVIG) can be used in patients with severe myopathy, respiratory distress and/or concomitant myasthenia gravis⁴³. ICI should be discontinued in all cases and it is unclear whether the patients can be safely rechallenged with ICI.

Other rheumatologic irAEs

These irAEs occur infrequently and literature review contains mostly of case reports and/or series. They include Antineutrophil Cytoplasmic Antibody (ANCA) associated vasculitis⁴⁴, eosinophilic fasciitis¹³, systemic sclerosis¹⁵, digital ischemia⁴⁵, and single organ vasculitis^{12,46}. The optimum treatment approaches have not been determined for these irAEs, and the treatment recommendations for the classic forms should be followed. The treatment options should be discussed in collaboration with the rheumatologist, oncologist and the patient.

It is important to note, that there may be other unreported rheumatologic irAEs. Hence a careful history of cancer therapies should be taken for patients presenting with rheumatological symptoms and history of cancer.

Pre-existing rheumatological diseases

There is limited data on the efficacy and safety of ICI therapy in patients with pre-existing rheumatological diseases as these patients have been excluded from clinical trials evaluating immunotherapy due to concerns about exacerbation of underlying disease and/or irAE⁴⁷. However, some observational studies suggest that most of these patients can safely receive ICI^{17,48}. About a third of patients with pre-existing rheumatological disease have experienced flares when started on ICI treatment⁴⁹. Most of these have been successfully managed with the use of glucocorticoids but some have required discontinuation

of the ICI therapy⁵⁰. Severe flares may require treatment with other biologic agents like TNF inhibitors.

Patients with established rheumatological diseases who are on ICI therapy should be closely monitored by their rheumatologist and oncologist. The effect of DMARDs on immunotherapy is unclear, however hydroxychloroquine, sulfasalazine and low dose glucocorticoids can be safely used concurrently with ICI.

Conclusions

A spectrum of rheumatological irAEs can occur as a result of ICI treatment. The most common being inflammatory arthritis. The precise epidemiology is not known. Several factors, namely the severity of irAE, tumour response, relative risk and benefits of both rheumatologic and oncologic treatment options and patients' preference, should be considered before determining the management approach. Most rheumatological irAEs can be managed successfully by use of glucocorticoids, the dose and duration depending on the severity of the irAE. Severe irAE may require temporary withholding or discontinuation of ICI and use of other biological agents like TNF inhibitors. Patients with preexisting rheumatological disease can safely use ICI albeit a risk of disease flare up.

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