Scandinavia goes St. Gallen

Hunting for signs of demyelination

Christoph Neuwirth
Muskelzentrum/ALS Clinic

St. Gallen, 8th April 2022

Kantonsspital
St.Gallen

Demyelination can be distinguished by EDX, but requires:

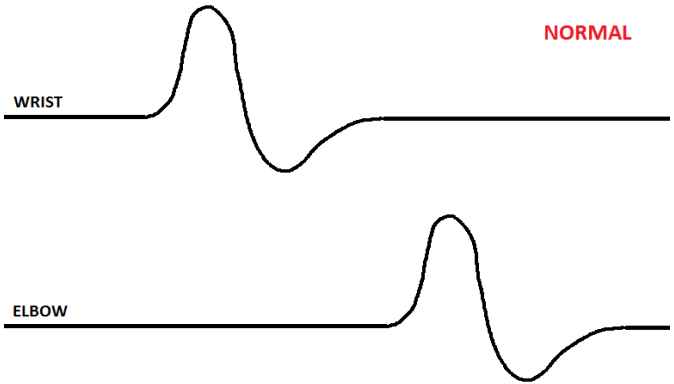
- Careful nerve stimulation
- Wise selection of techniques and nerves
- Temperature control
- Knowledge of pitfalls
- Knowledge of different features between blocking and temporal dispersion

Careful nerve stimulation

- In some cases, EMG reports exhibit stimulations with 99.9mA throughout all examinations → quick, dirty, painful and prone to artifacts!
- However, in demyelinating diseases higher stimulation intensities for supramaximal stimulation might be needed.
- The following hints apply to motor and sensory nerve conduction studies (NCS)

Nerve stimulation, correct stimulus intensity

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)



Nerve stimulation, correct stimulus intensity

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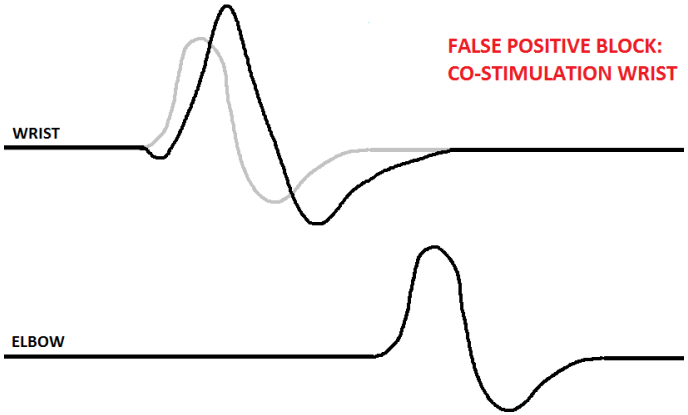
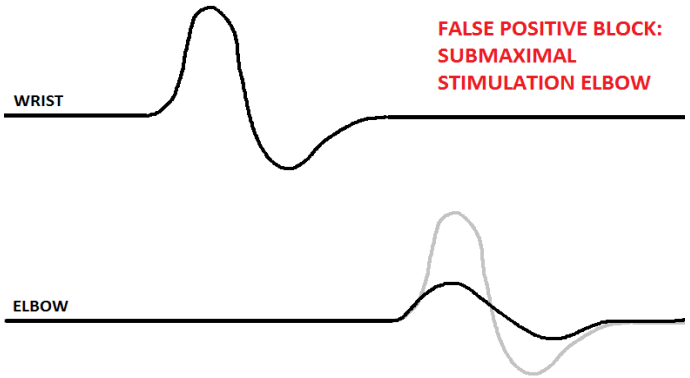
False positive blocking





Nerve stimulation, correct stimulus intensity

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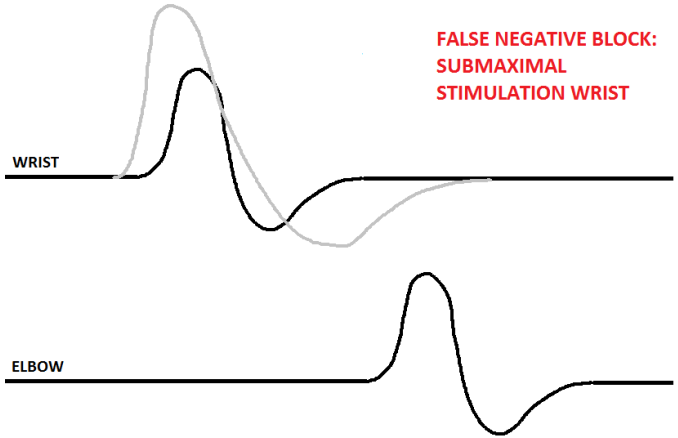
False negative blocking

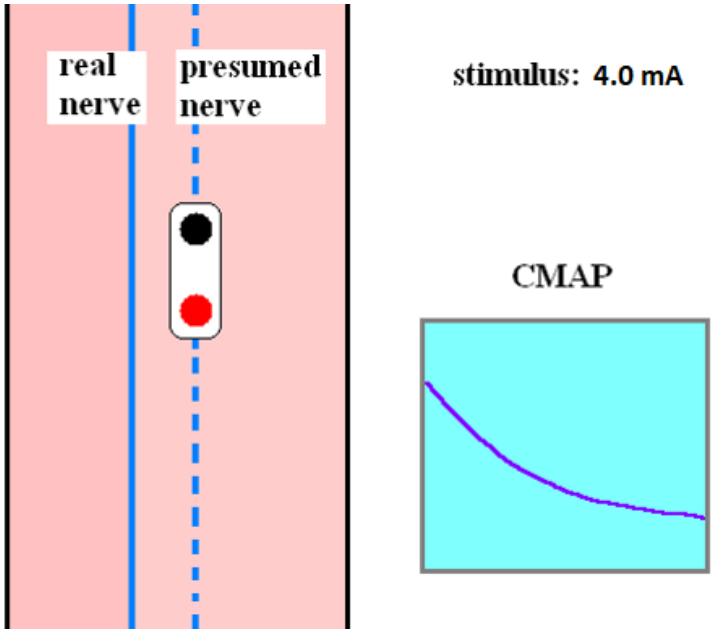


Nerve stimulation, adjusting stimulator

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

First stimulus with 4.0mA

What is wrong here?? (hint: look at CMAP)



Nerve stimulation, adjusting stimulator

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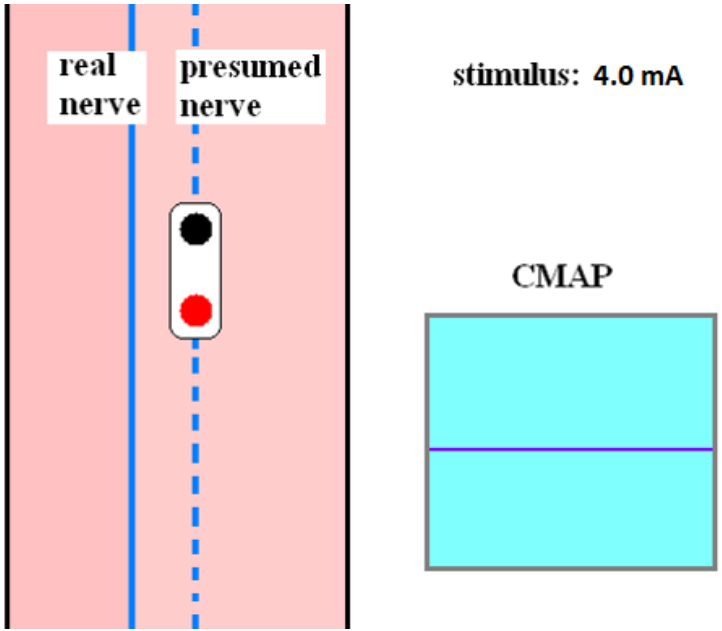
Second stimulus with 4.0mA

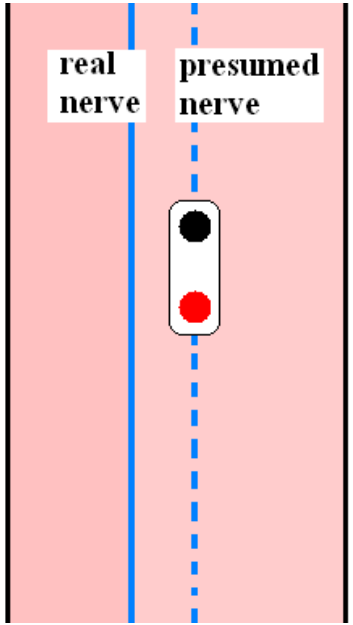
What was wrong here? Ground electrode!



Nerve stimulation, adjusting stimulator

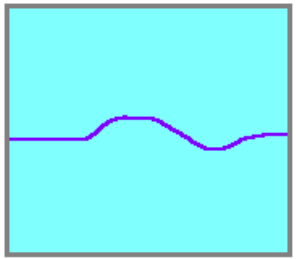
(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

Third stimulus with 5.0mA
First muscle response… and now?



stimulus: 5mA

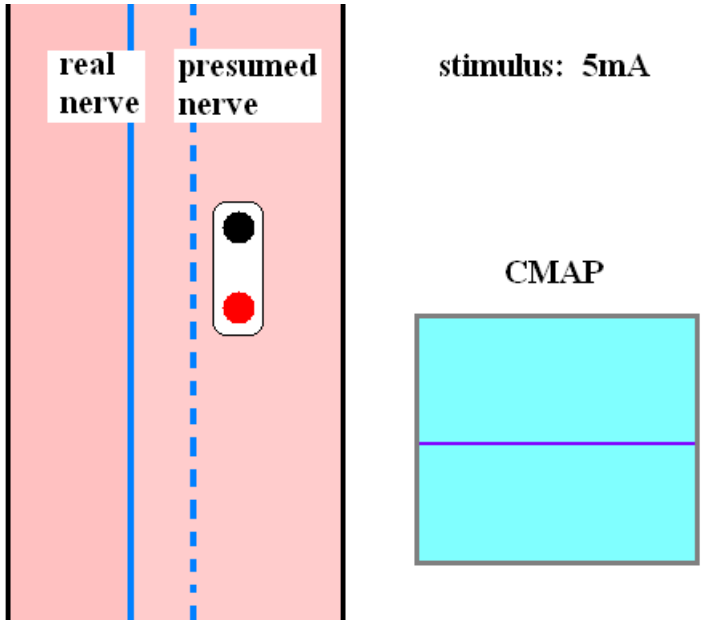
CMAP



Nerve stimulation, adjusting stimulator

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

Fourth stimulus with 5.0mA
Move stimulator… bad choice

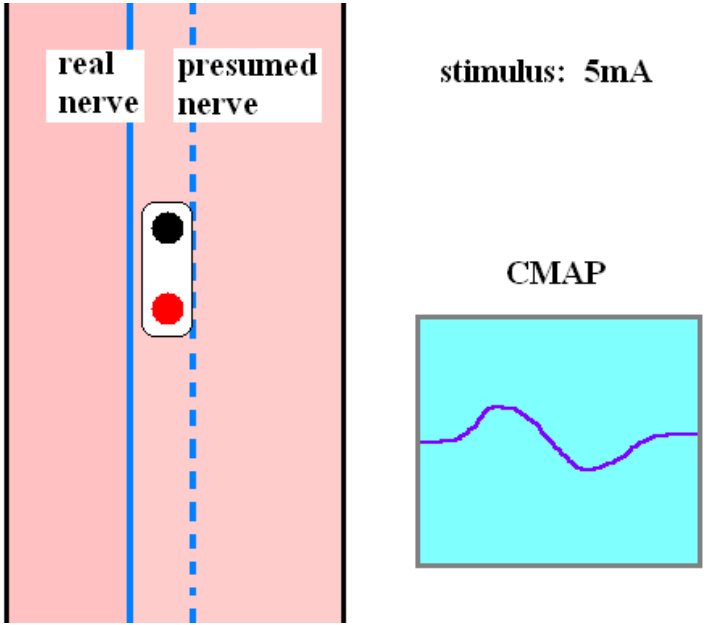


Nerve stimulation, adjusting stimulator

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

Fifth stimulus with 5.0mA

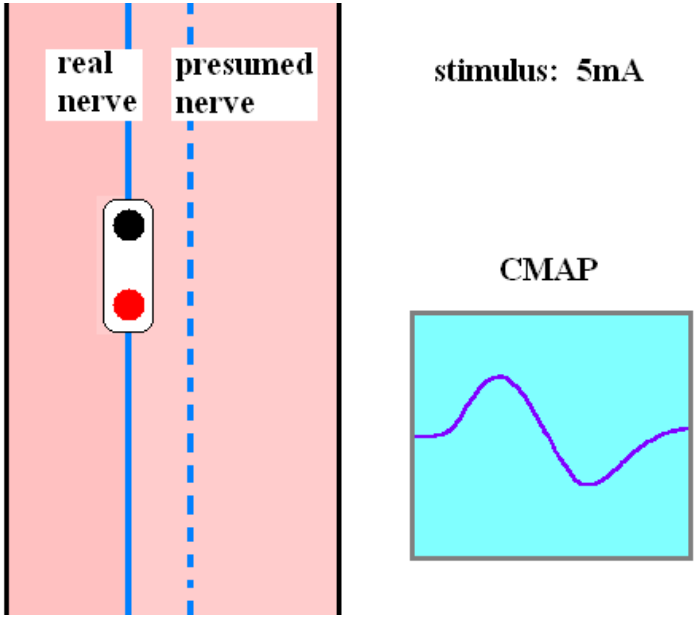
Move stimulator… much better CMAP



Nerve stimulation, adjusting stimulator

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

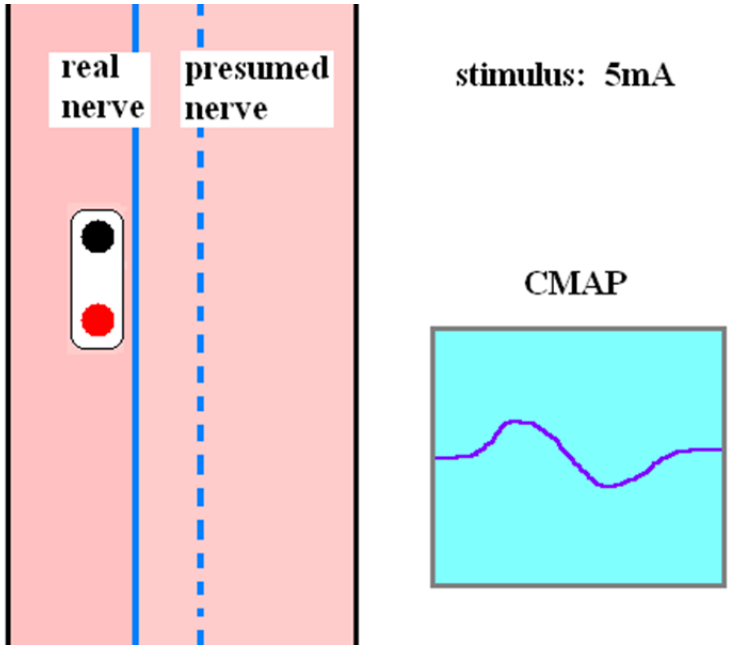
Sixth stimulus with 5.0mA
Move stimulator… great CMAP!



Nerve stimulation, adjusting stimulator

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

Seventh stimulus with 5.0mA
Move stimulator… worse CMAP! Go back…



stimulus: 5mA

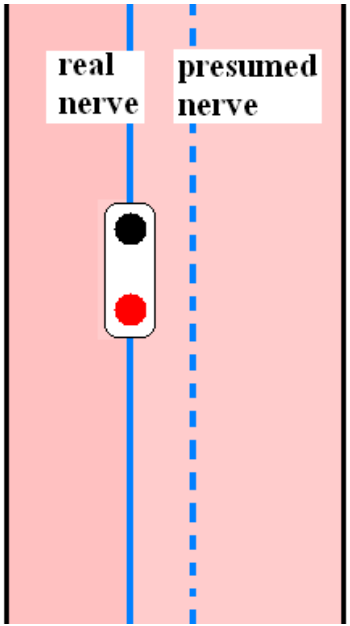
CMAP

Nerve stimulation, adjusting stimulator

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

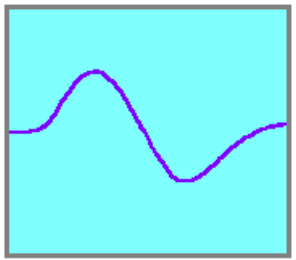
8th stimulus with 5.0mA

Move stimulator… make CMAP great again



stimulus: 5mA

CMAP

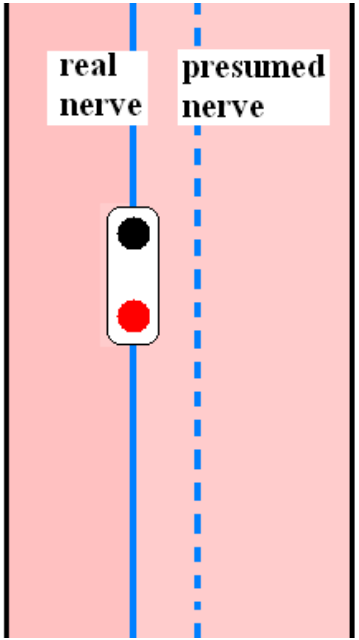


Nerve stimulation, adjusting stimulator

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

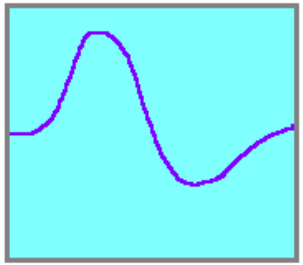
9th to xxth stimulus with increasing mA

Do not move stimulator… increase until MAX + 10% intensity



stimulus: 10mA

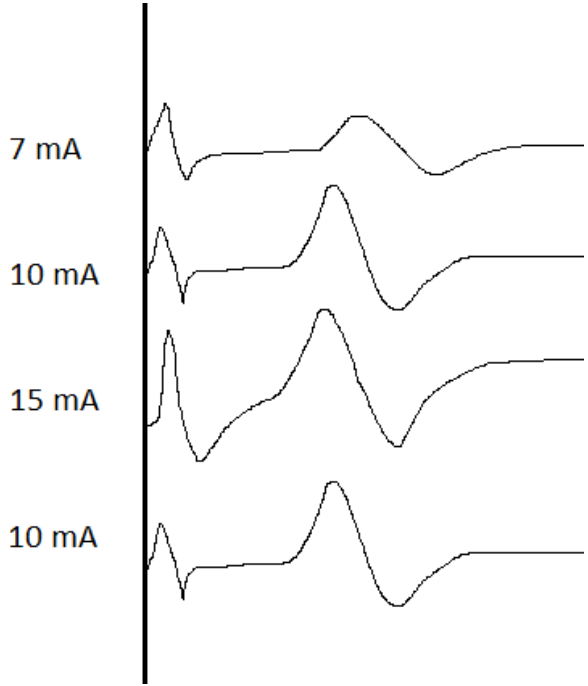
CMAP



Sensory nerve stimulation, similar approach

(Disclosure: figures stolen and implemented from Hessel Franssen 2016)

- Select optimal position
- Increase stimulation until maximum amplitude
- Decrease if stim. artifacts
- Average with optimal stim…



Temperature control

- Temperature has a dual impact, locally on CMAP/SNAP amplitude and segmental on conduction velocity.

- Decrease in temperatur increase CMAP/SNAP amplitude to 1-2% per °C
  - → in real life, clinically rarely meaningful
  - → however, cold temperatur can e.g. reduce decrement in Myasthenia
  - → cold temperature can reduce relative blocking

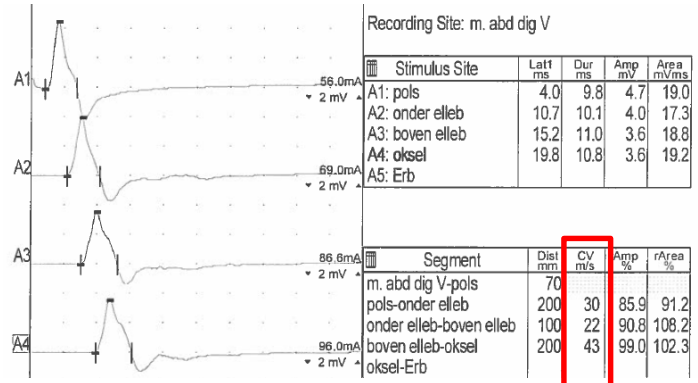
- Segmental NCS velocity increases 1.2 to 2.4m/s per °C (Dioszeghy and Stålberg, 1992)
  - Correction factors like 2.2m/s/°C only valid for «normal» arm nerves (de Jesus 1973)

- Superficial sensory nerves are more susceptible to temperature compared to deeper motor nerves

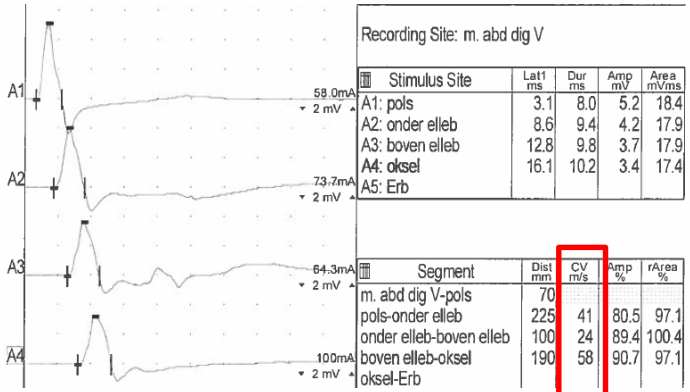
Temperature: cold → slowing

(Franssen 2016)

- Before warming
- DML slowing
- Severe MCV slowing forearm
- Severe MCV slowing elbow
- MCV slowing upper arm
- → generalized slowing



- After warming to 37°C
- MCV slowing forearm
- Severe MCV slowing elbow
- → focal slowing

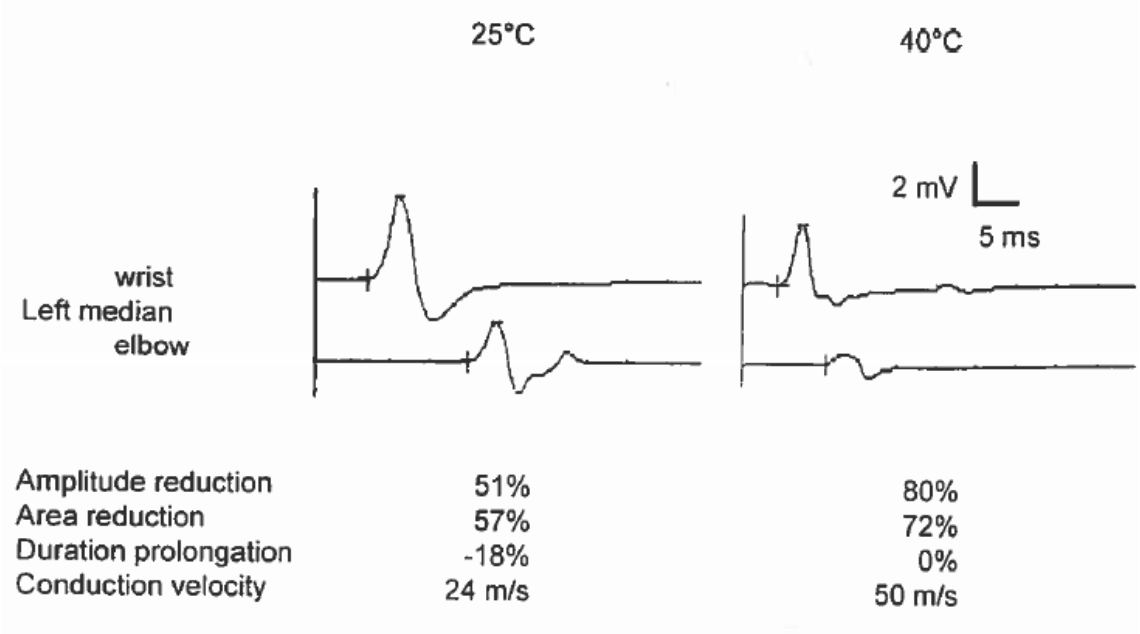


Temperature: effect on blocking, example

(Franssen 2016)

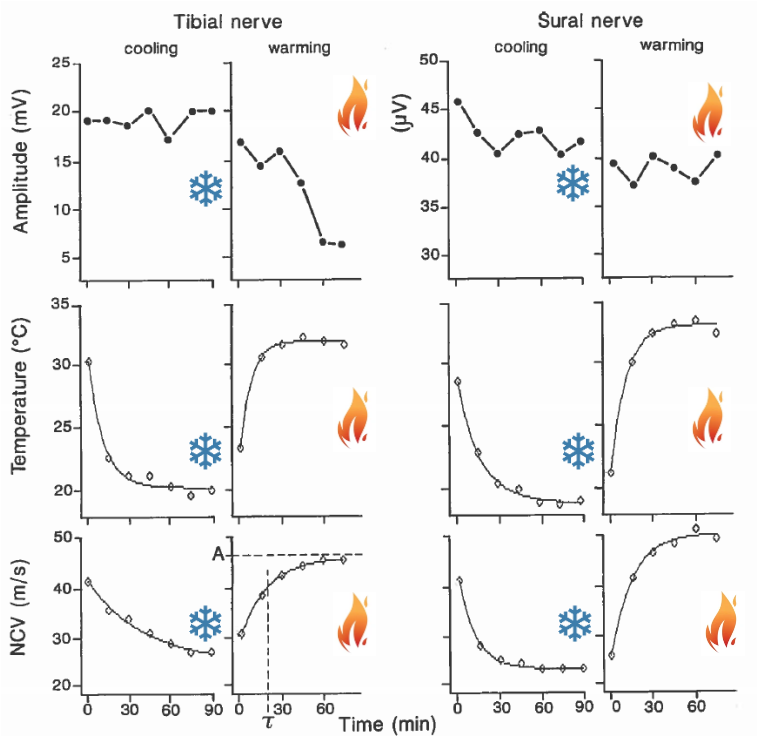
- Segmental CMAP drop (area)
- 25°C → 57%
- 40°C → 72%

(Franssen 1999)



Temperature: effect on amplitude and velocity

(Franssen 1999)

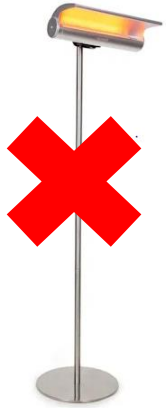


Temperature: how to control temperature

- Ask patients to wear gloves and warm underwear/boots to avoid cool extremities
- Ask patients to come somewhat earlier to warm-up in the waiting room
- Heat the waiting room and examination room appropriately
- Use warm blankets for longer examinations to avoid cooling of limbs
- In very cold hands/feet → warm water bath

Temperature: how NOT to control temperature

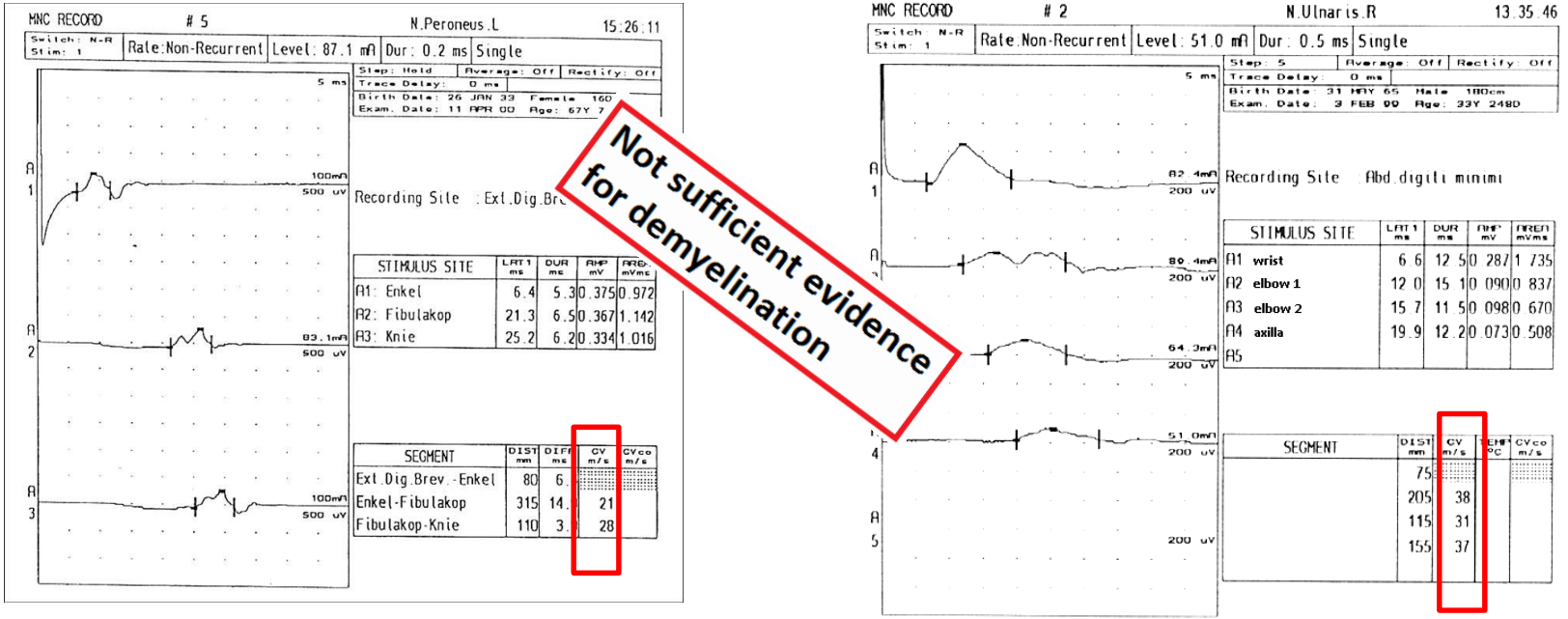
- Infrared heater?
  - → roasts skin only, not deeper tissue
  - → roasts patient
  - → roasts examiner
  - → heats room
  - → sweating bad for self-adhesive electrodes



- Can be used for more appropriate application…

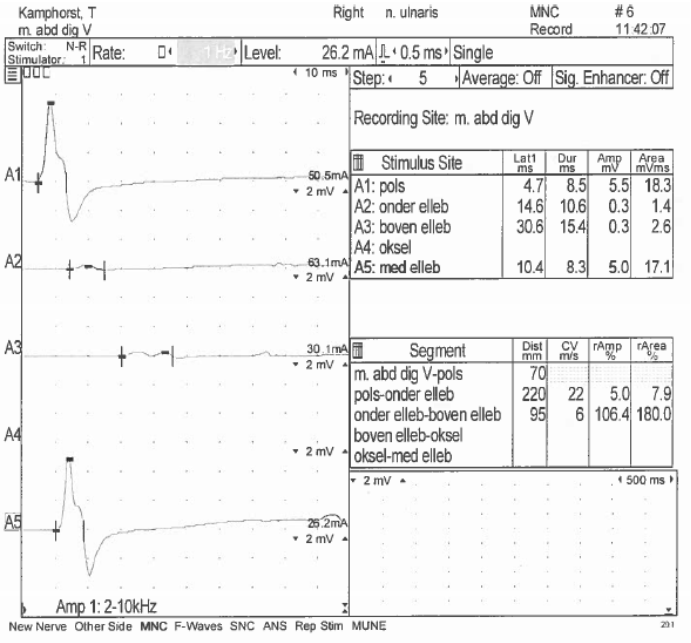
Pitfalls while hunting… (1) Low CMAP

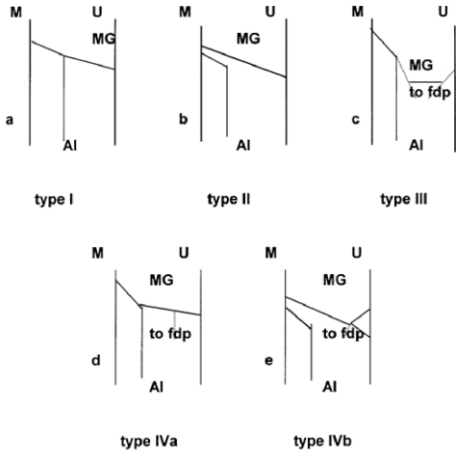
- Very low CMAP amplitude, e.g. <1mV
  → axonal loss of fast conductiong fibres leads to segmental slowing



Pitfalls while hunting… (2) Martin Gruber

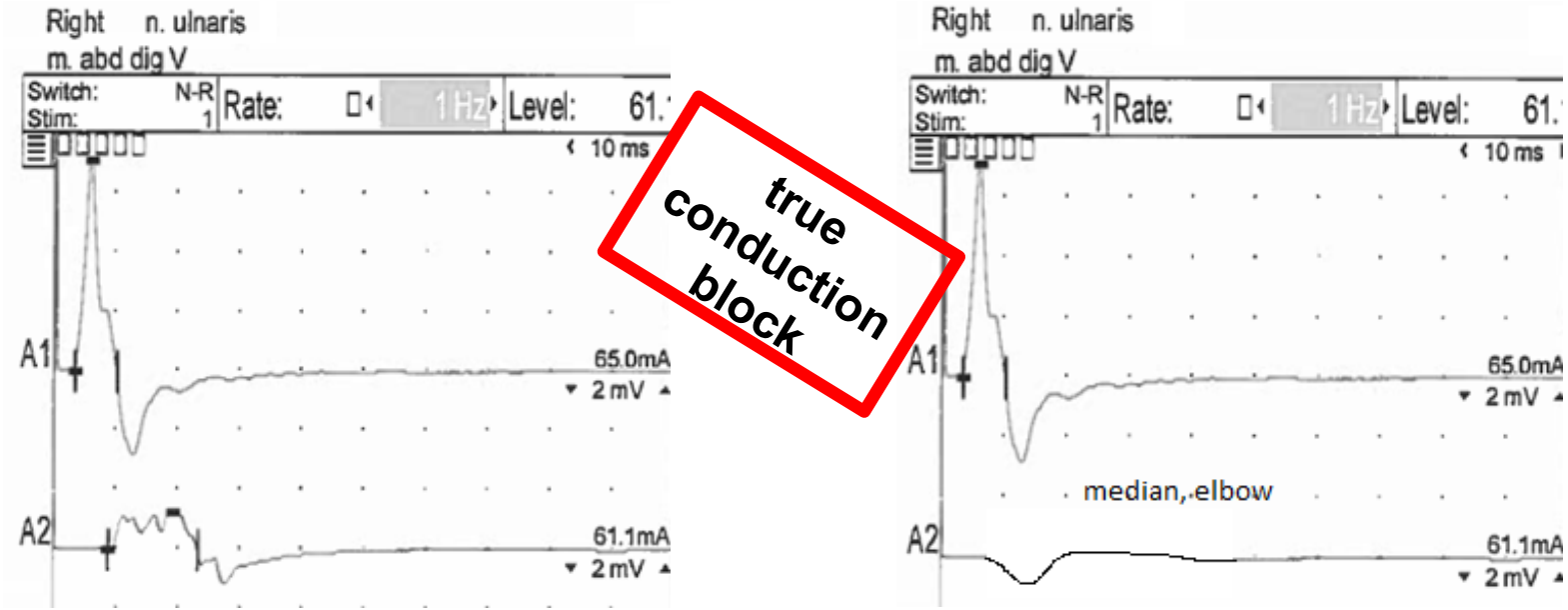
- Estimated prevalence 15-20% in EDX and 22% cadaver studies
- In every fifth MG-A bilaterally Rodrigez-Niedenführ et al. 2002
- 4 major types defined



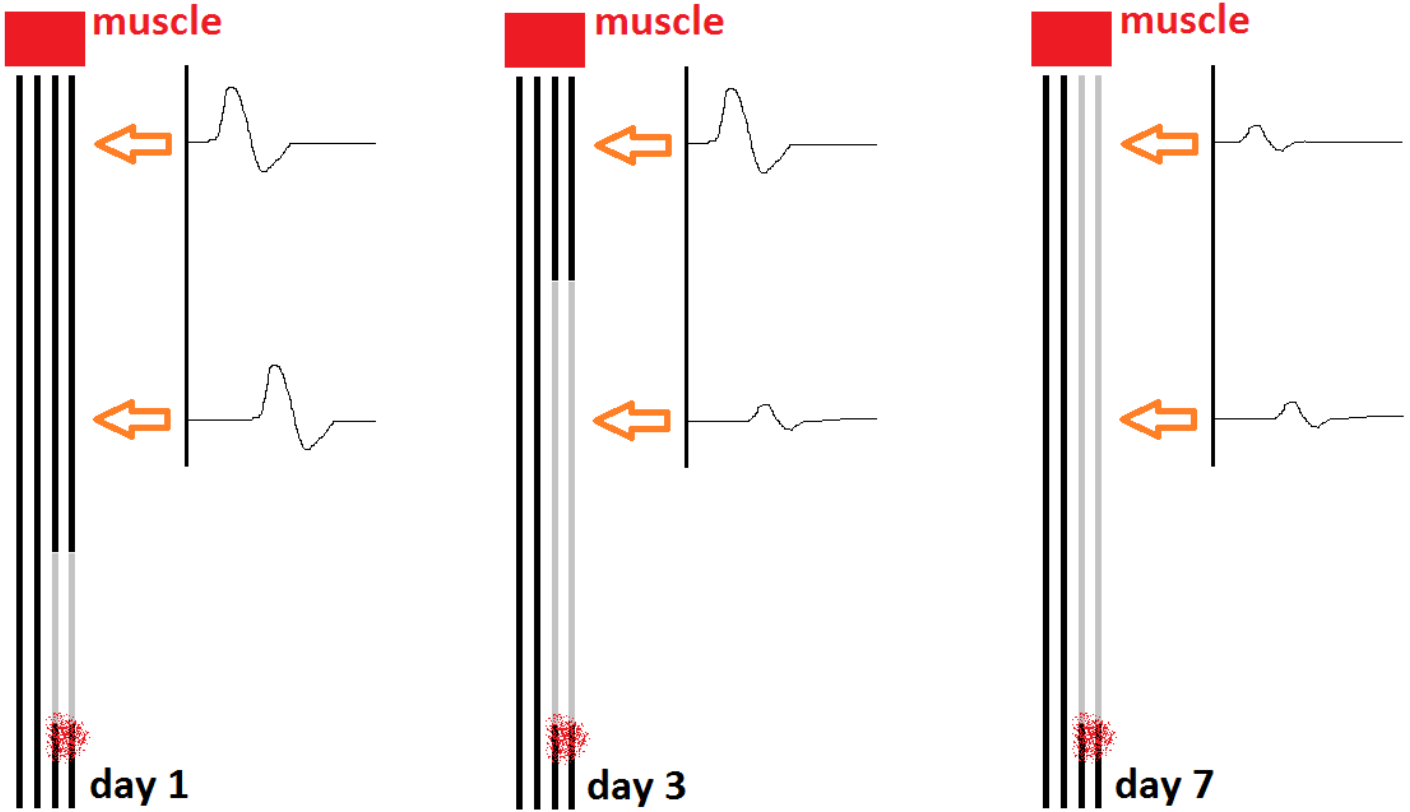


Pitfalls while hunting… (2) Martin Gruber or block?

- True conduction block of ulnar nerve?
- → stimuation of median nerve at ellbow evokes no CMAP or with positive deflection



Pitfalls while hunting… (3) Wallerian degeneration



Summary pitfalls

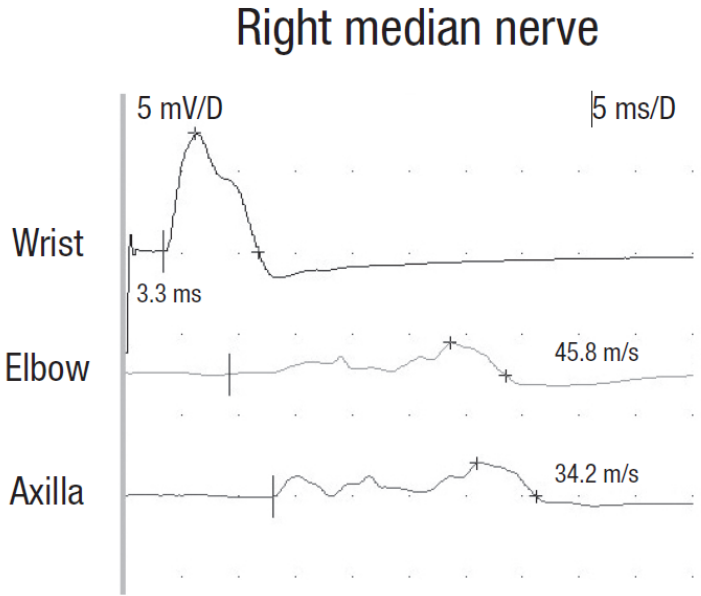
- If CMAP is very low → be careful when judging demyelination
  →slowing of NC velocity secondary to severe axonal loss is no genuine demyelination

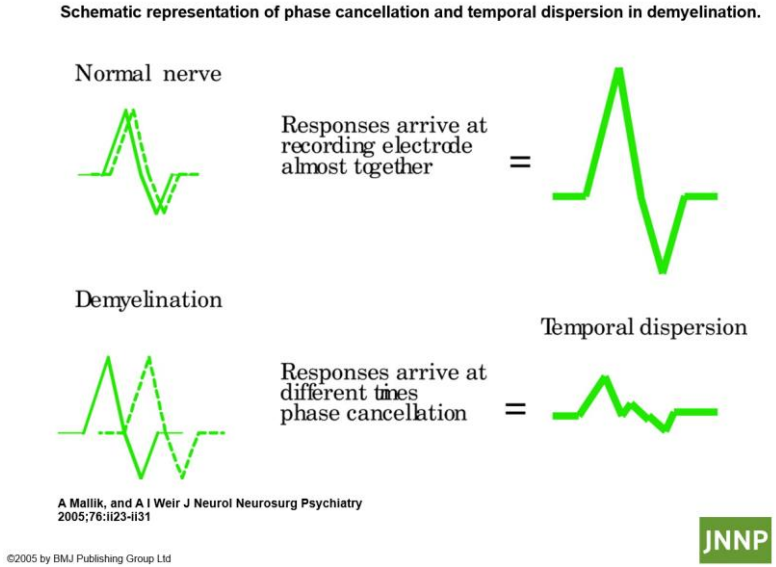
- Ulnar CMAP drop in forearm → think of Martin Gruber Anastomosis and check

- Remember Wallerian degeneration in acute diseases, repeat NCS if necessary
  → e.g. sudden weakness with normal CMAP amplitude in an weak muscle
  → early Wallerian degeneration or proximal conduction block (e.g. MMN)

Conduction block vs. temporal dispersion

- Example of severe temporal dispersion in Lewis-Sumner syndrome

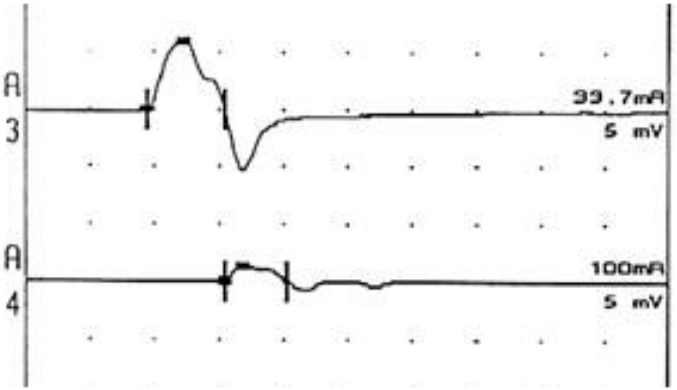


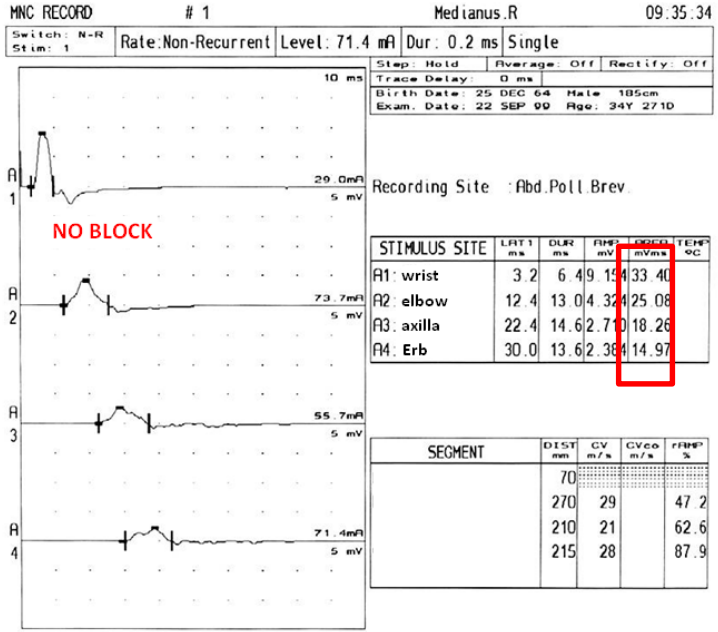


Conduction block vs. temporal dispersion

- Drop of max. CMAP amplitude does not neccessarily mean CB
- → drop of Area can in addition be helpful to distinguish

- However, phase cancellation in TB reduces area





Conduction block vs. temporal dispersion

- Can clinical features help for diagnostic or prognostic aspects?

(in addition to a choice of several existing criteria?)

→Blocking leads to clinical weakness

→Slowling/temporal dispersion rarely weakness

→Block: IVIG response likely (81%)

→E.g. Intratect®, Kiovig®, Octagam®, Privigen® etc

→Only slowing/TP IVIG response more unlikely (11%)

Multifocal Motor Neuropathy: Diagnostic Criteria that Predict the Response to Immunoglobulin Treatment

R. M. Van den Berg-Vos,* H. Franssen,† J. H. J. Wokke,* H. W. Van Es,‡ and L. H. Van den Berg*

As multifocal motor neuropathy (MMN) is a potentially treatable disorder, its differentiation from lower motor neuron disease is important. Evidence of conduction block (CB) is considered one of the relevant criteria for the diagnosis of MMN. Strict criteria for CB may lead to underdiagnosis of MMN, however. Using a standardized examination, we studied the clinical, laboratory, and electrophysiological characteristics of 37 patients presenting with a lower motor neuron disorder and electrophysiological features compatible with segmental demyelination. We propose a set of clinical, laboratory, and electrophysiological criteria for the diagnosis of MMN, which has been verified by follow-up and response to treatment with intravenous immunoglobulins. Based on the clinical, laboratory, and electrodiagnostic features, 21 patients were diagnosed with definite MMN (17 responders), 7 were diagnosed with probable MMN (5 responders), and 9 were diagnosed with possible MMN (1 responder). Age at onset, the number of affected limb regions, and the number of patients with a creatine kinase level greater than 180 U/L were significantly lower in responders than in nonresponders. Elevated anti-GM1 antibodies and definite CB were found significantly more often in responders. The proposed diagnostic criteria may be useful in clinical practice and therapeutic trials.

Van den Berg-Vos RM, Franssen H, Wokke JHJ, Van Es HW, Van den Berg LH. Multifocal motor neuropathy: diagnostic criteria that predict the response to immunoglobulin treatment. Ann Neurol 2000;48:919–926

What about hereditary demyelinating neuropathies?

- Clinical features! Very long history, no acute or sub-acute onset

- Rarely any sensory symptoms, only minor
  → missmatch between EDX-findings and symptoms
  → patients are able to walk freely, but so sensory answer on EDX

→No tempral dispersion or minor in EDX

→No blocking, homogenous velocity reduction.

→Missmatch between ED findings and clinical presentation compared to acute/subacute onset

Comments? Suggestions? Questions…?