

# Amino Acids and Amino Acidopathies: Phenylketonuria, Tyrosinemias, and Homocystinuria

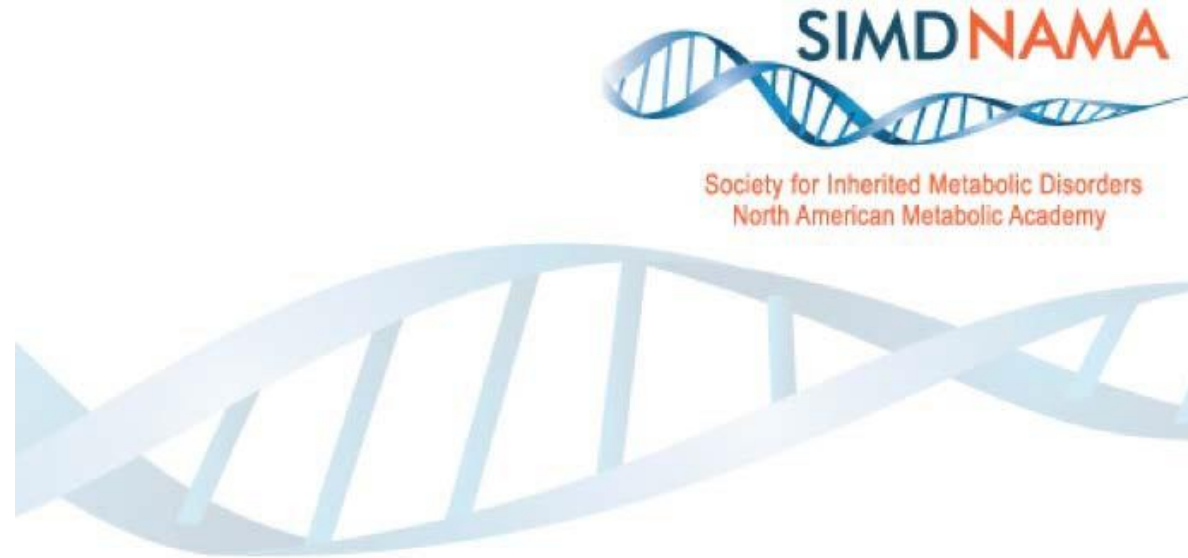
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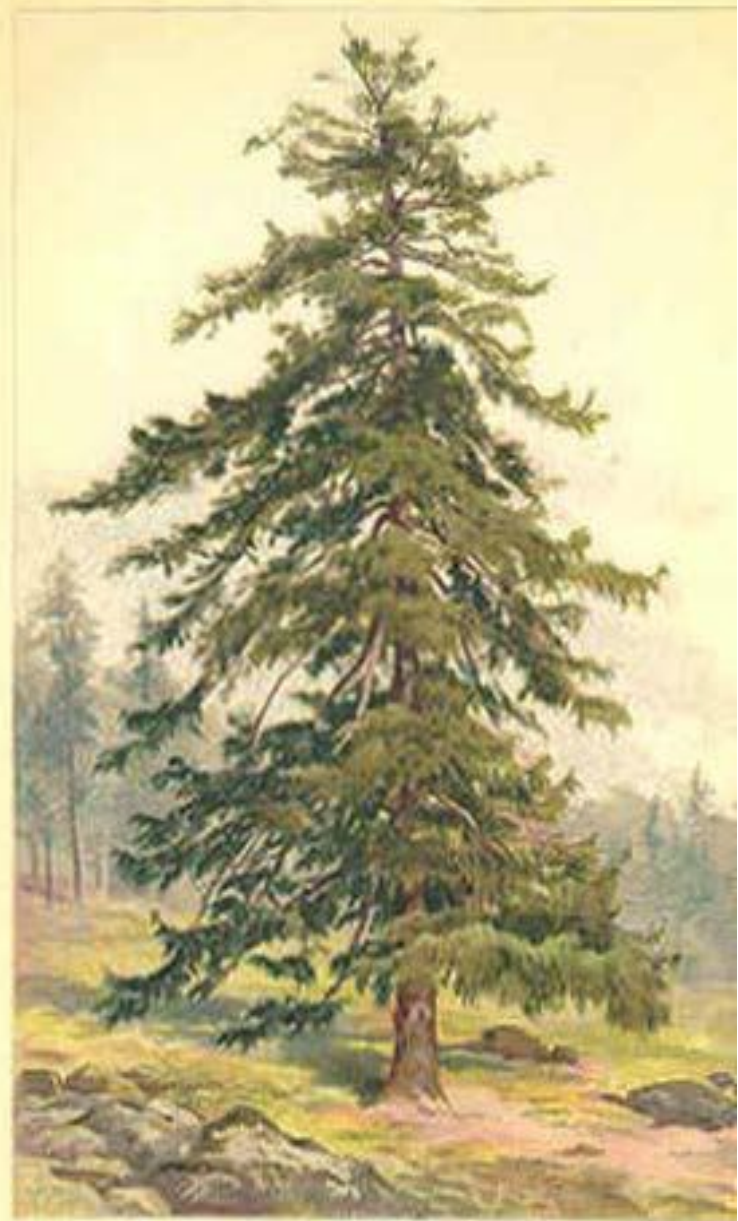
5 Aug 2022

# Some slides adapted from:



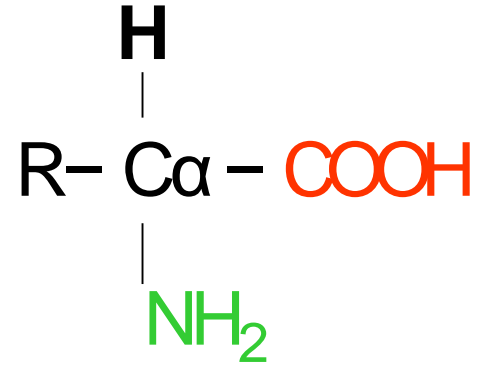
Thank you, Jean Marie Saudubrey, Mark Korson,  
Jerry Vockley and many others

How to recognise different  
types of trees from quite  
a long way away.

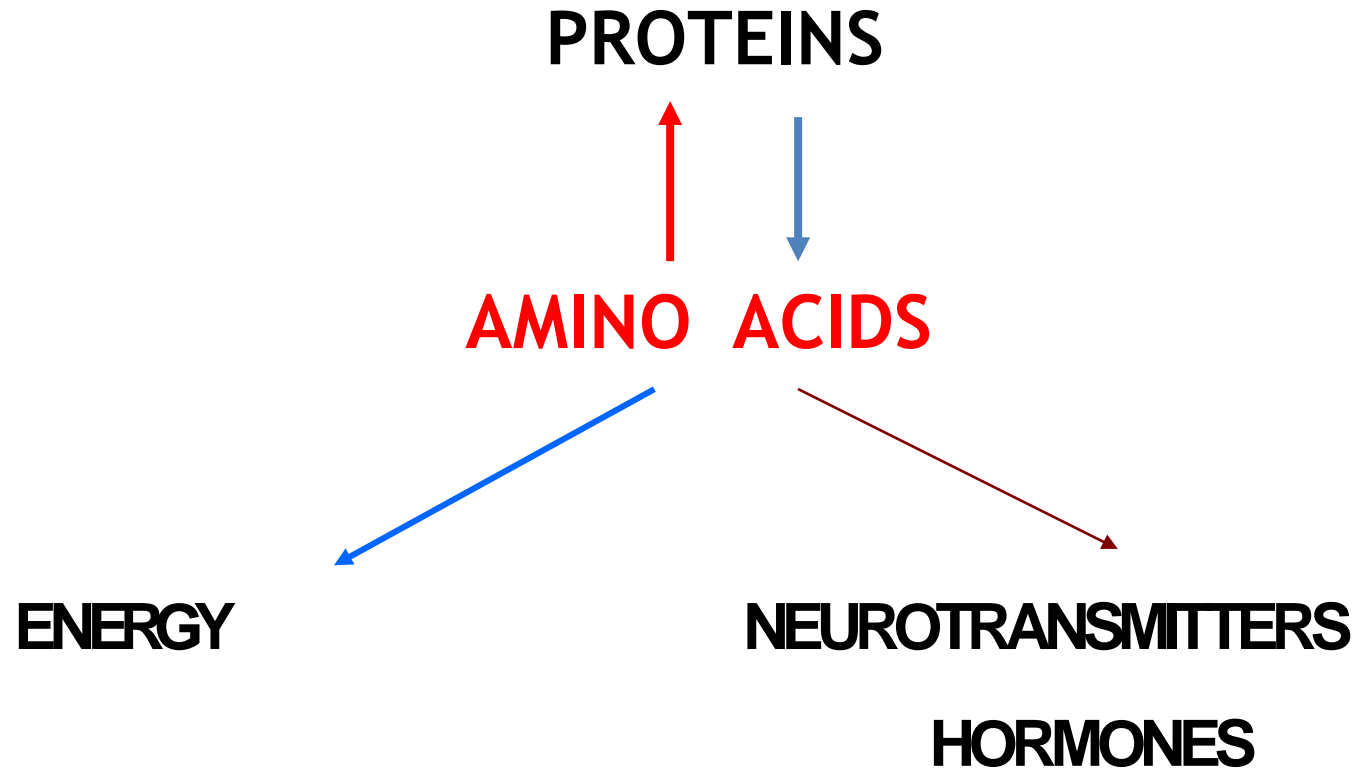


No. 1 The Larch.

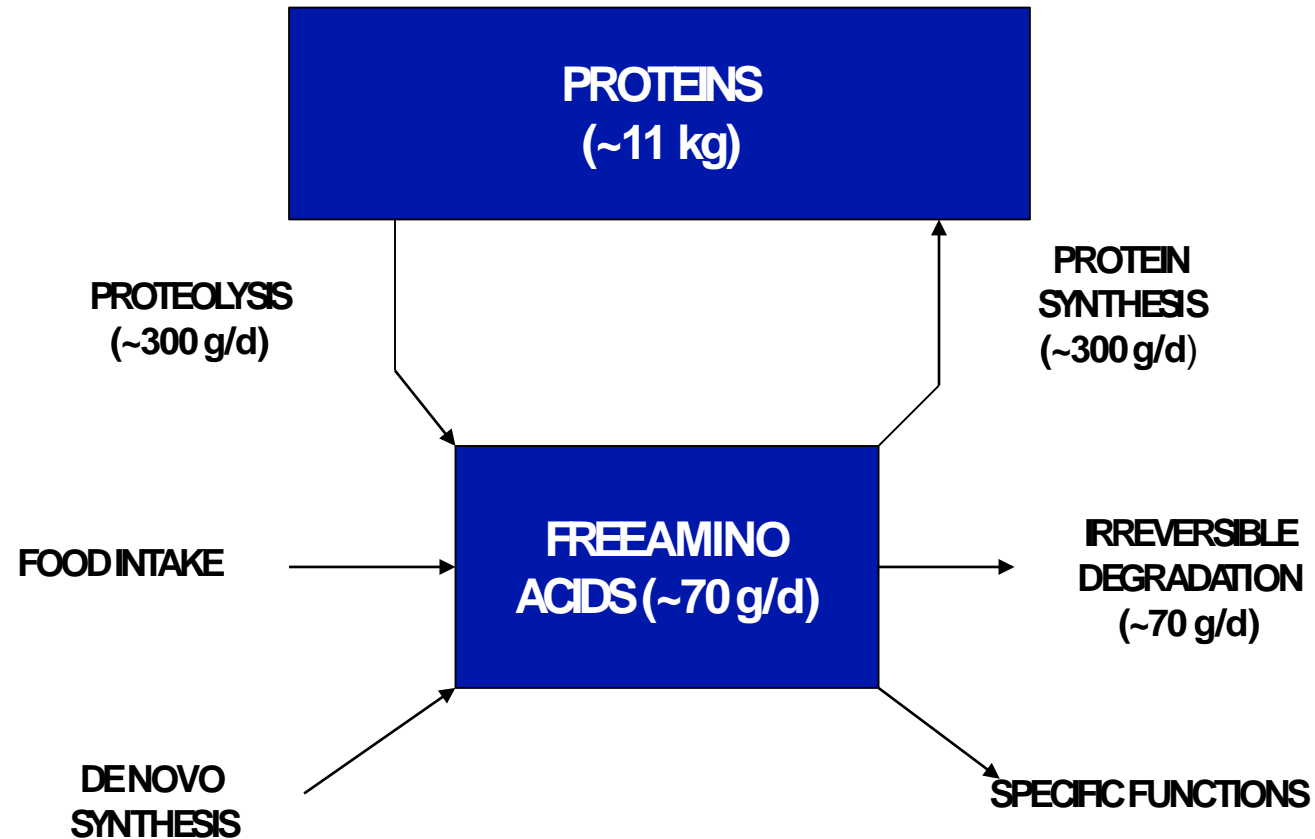
# Amino acid metabolism

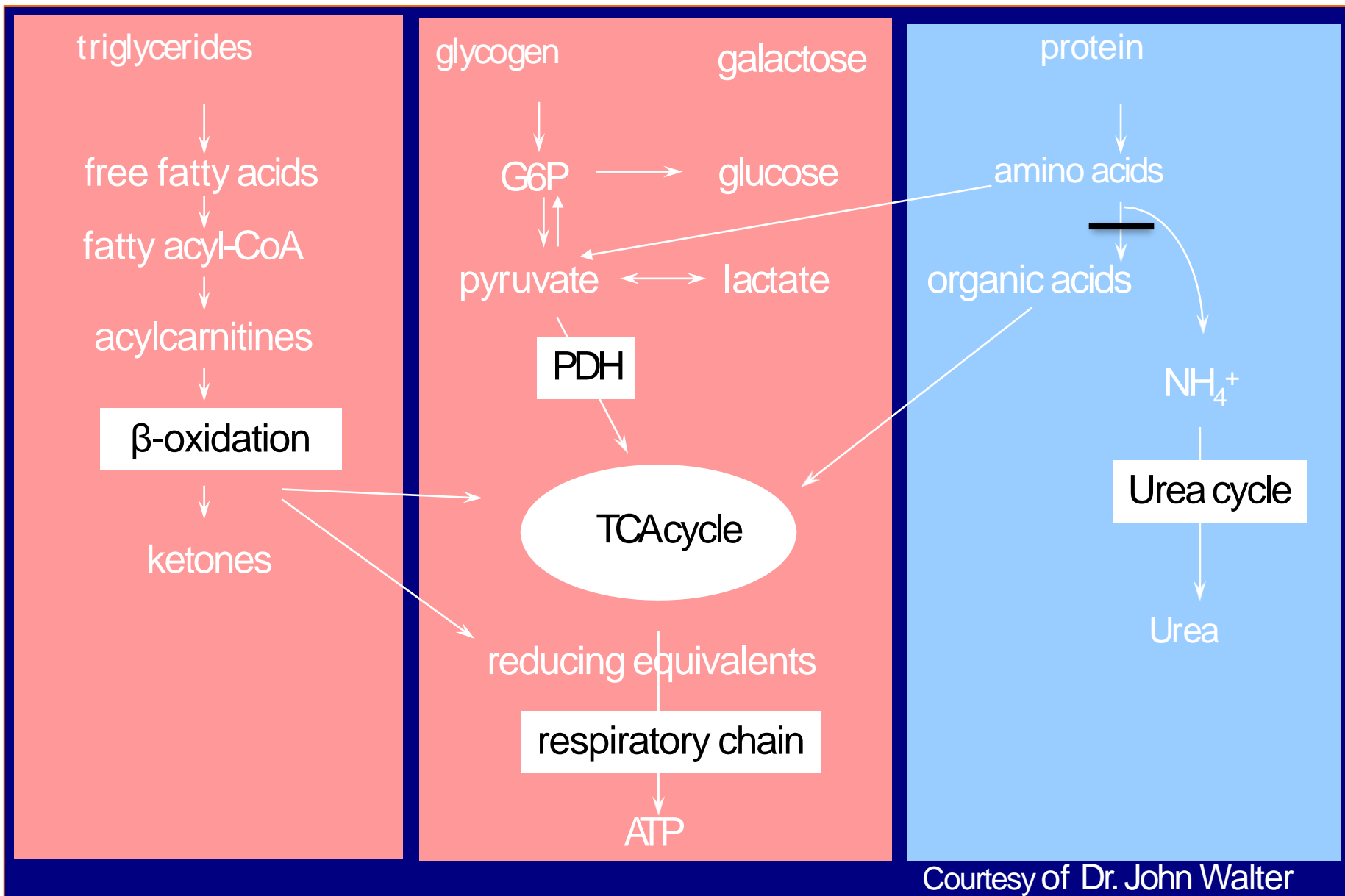


- Lateral chain R:
  - Carboxyl: Asp ( $\beta$ ), Glu ( $\gamma$ )
  - Amine: Lys ( $\epsilon$ ), Orn ( $\delta$ )
  - Hydroxyl: Thr, Ser, Tyr
  - Imidazole: His
  - Guanidinium: Arg
  - Thiol: Cys, Hcy



# Protein metabolism (Adult 70 kg)

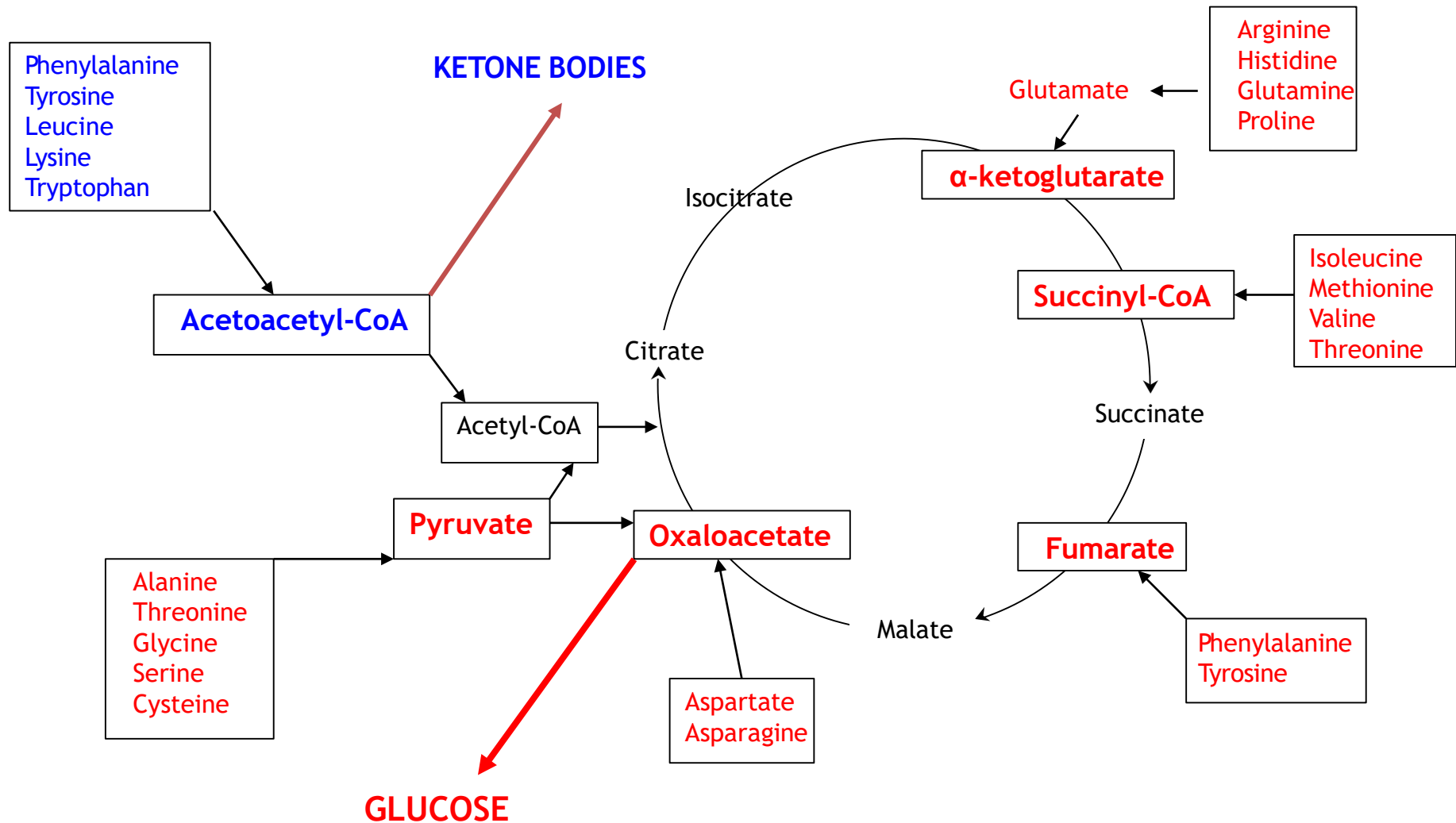




Courtesy of Dr. John Walter



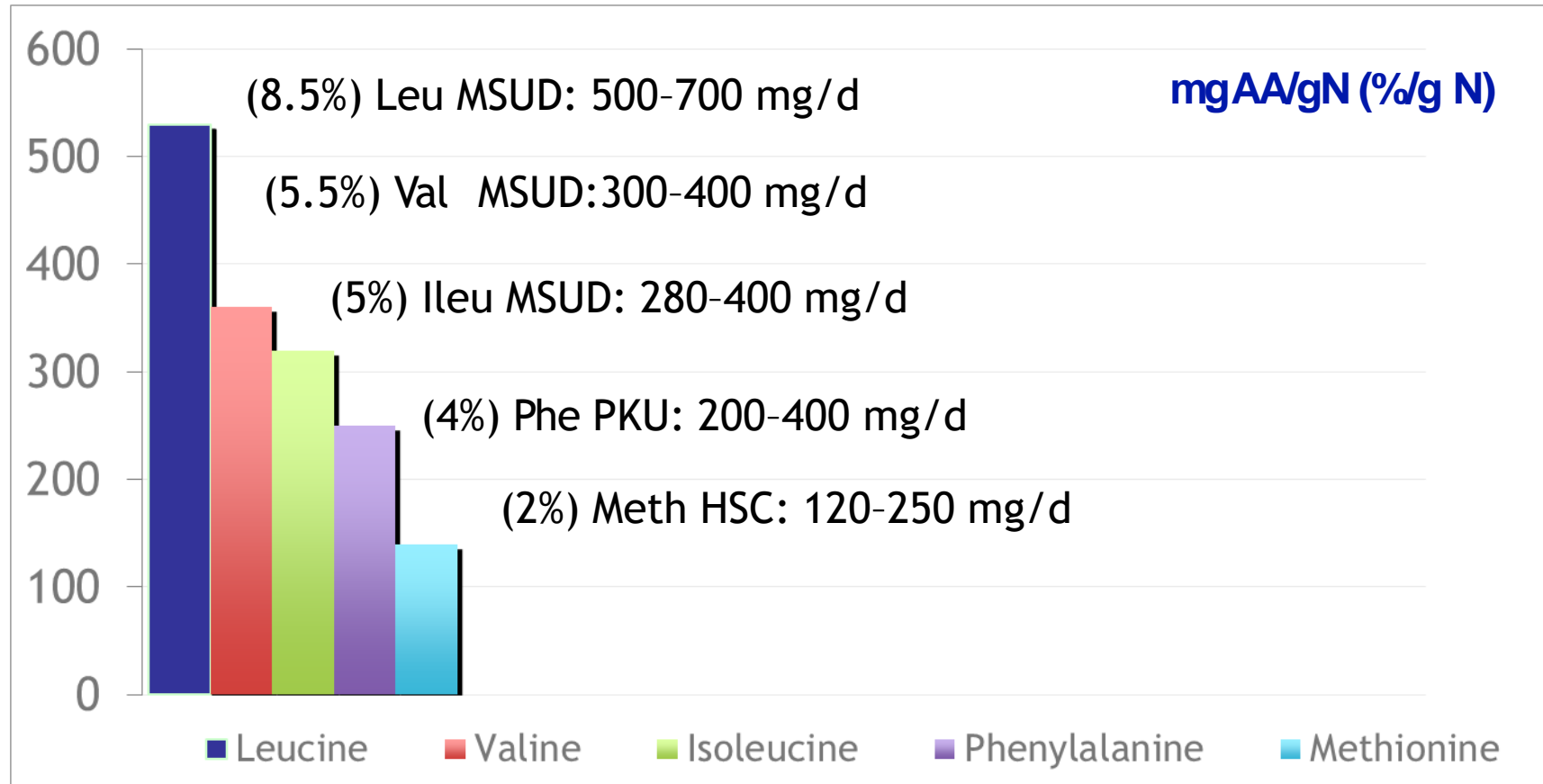
# Irreversible degradation



**KETOGENIC** and **GLUCONEOGENIC** amino acids

# Muscle amino acids

1 g N = 6.25 g protein = 30 g muscle



# *De novo* amino acid synthesis

- Essential and non-essential amino acids
- **Essential AA:** Inborn errors of **AAcatabolism**
  - **Cannot** be synthesized by humans
  - Must come from food
- **Non-essential AA:** Inborn errors of **AAsynthesis**
  - **Can** be synthesized by humans
  - Carbon skeletal comes from glucose and other amino acids
  - Nitrogen comes from other amino acids

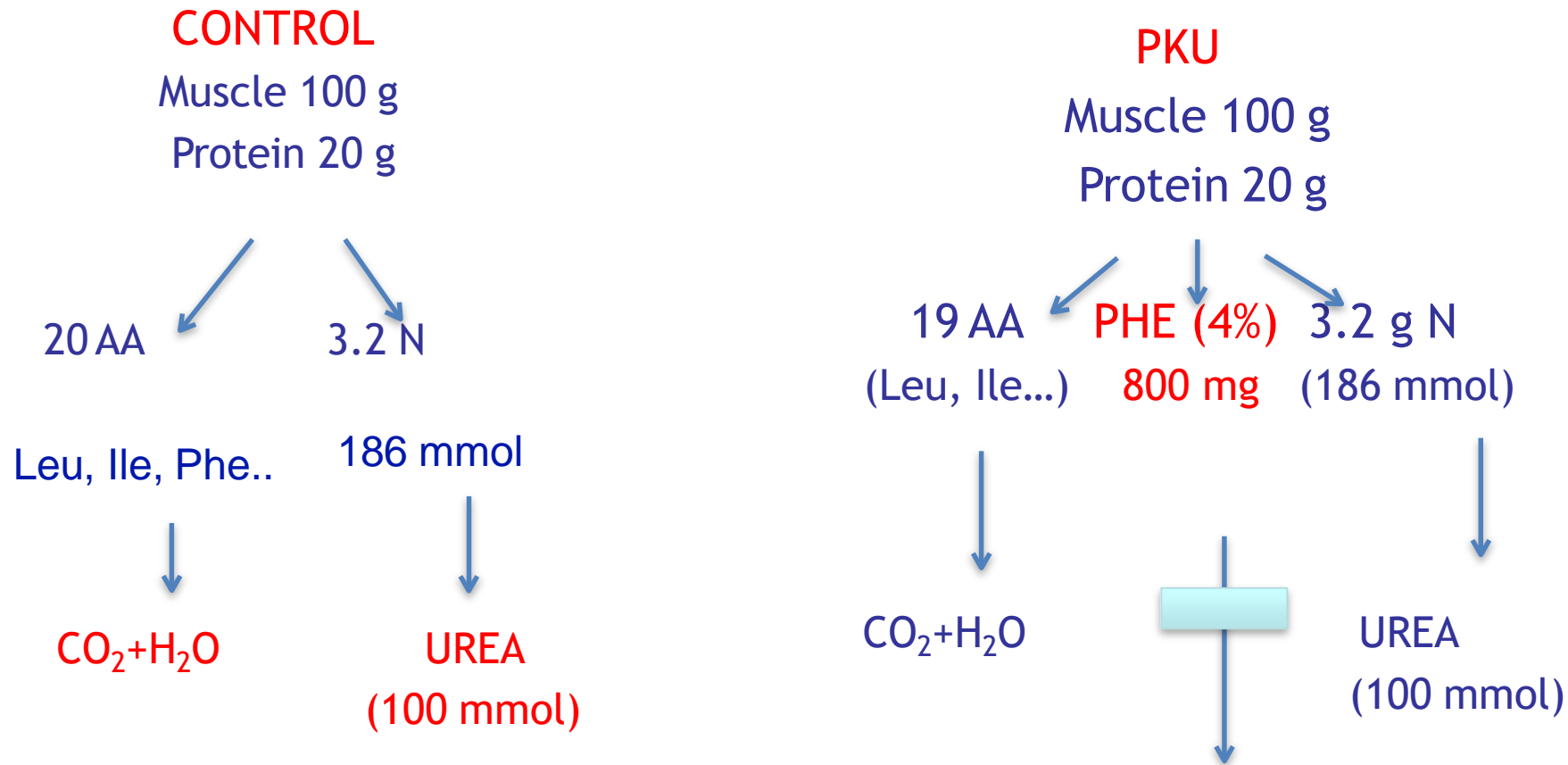
# Amino acid classification

Essential	Non-essential
Threonine	Alanine
Valine	Asparagine
Isoleucine	Aspartate
Leucine	Cysteine
Methionine	Glutamate
(Cysteine)	Glutamine
Phenylalanine	Glycine
(Tyrosine)	Hydroxyproline
Lysine	Hydroxylysine
Tryptophan	Proline
Histidine	Serine
Arginine	Tyrosine

# Protein catabolism

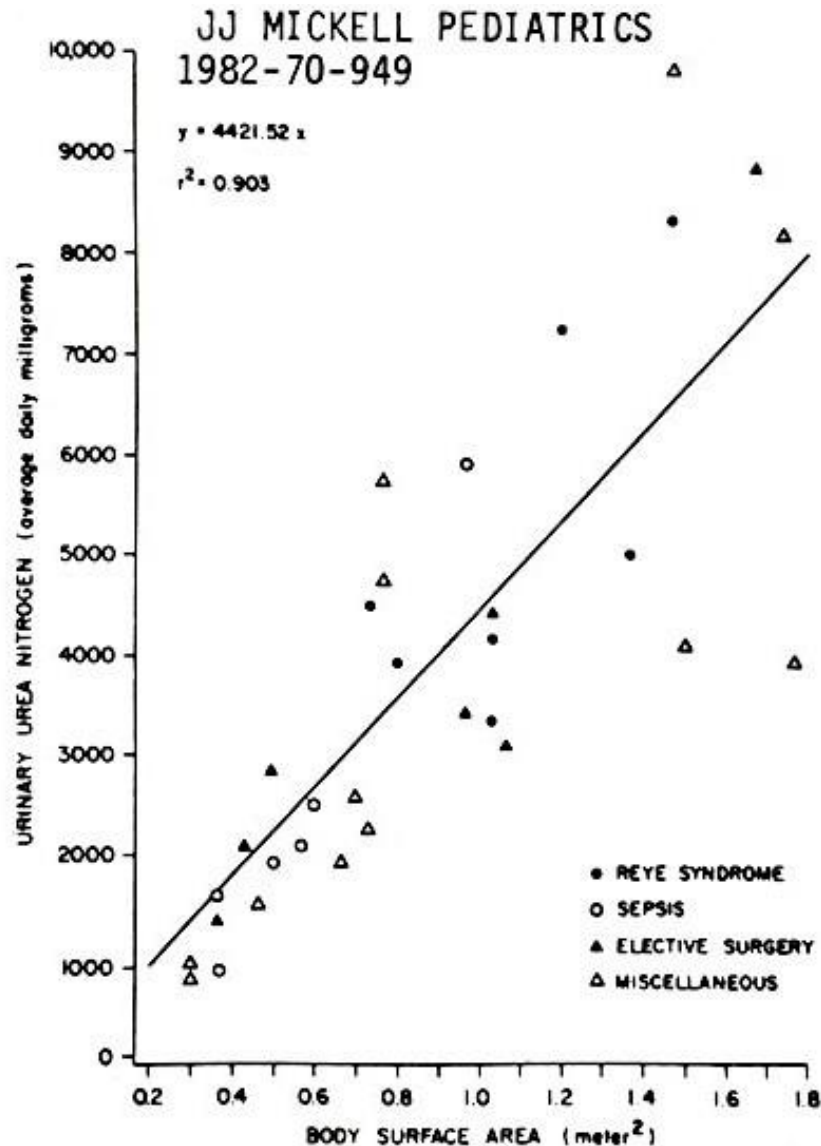
- Muscle protein content is 20 g%
- Nitrogen protein content is 16%
- 1 g nitrogen = 6.25 g protein = 30 g muscle
- Amino acid composition of proteins is genetically determined (doesn't depend on the diet)
- In catabolic situations amino acids released from muscles are oxidized and nitrogen is converted to urea

# Catabolism in control and PKU



# Nitrogen excretion

- Relationship between urinary urea nitrogen excretion and body surface area



# Food intake

- Feeding → exogenous proteins
  - Digestion → free amino acids and peptides (di- and tri-)
  - Essential and non-essential amino acids
  - Allows endogenous protein synthesis
- Defective intake
  - Kwashiorkor: protein-only deficit
  - Marasmus: combined deficit of protein and calories



# Amino acidopathies

Majority can be identified by  
newborn screening

# Phenylalanine

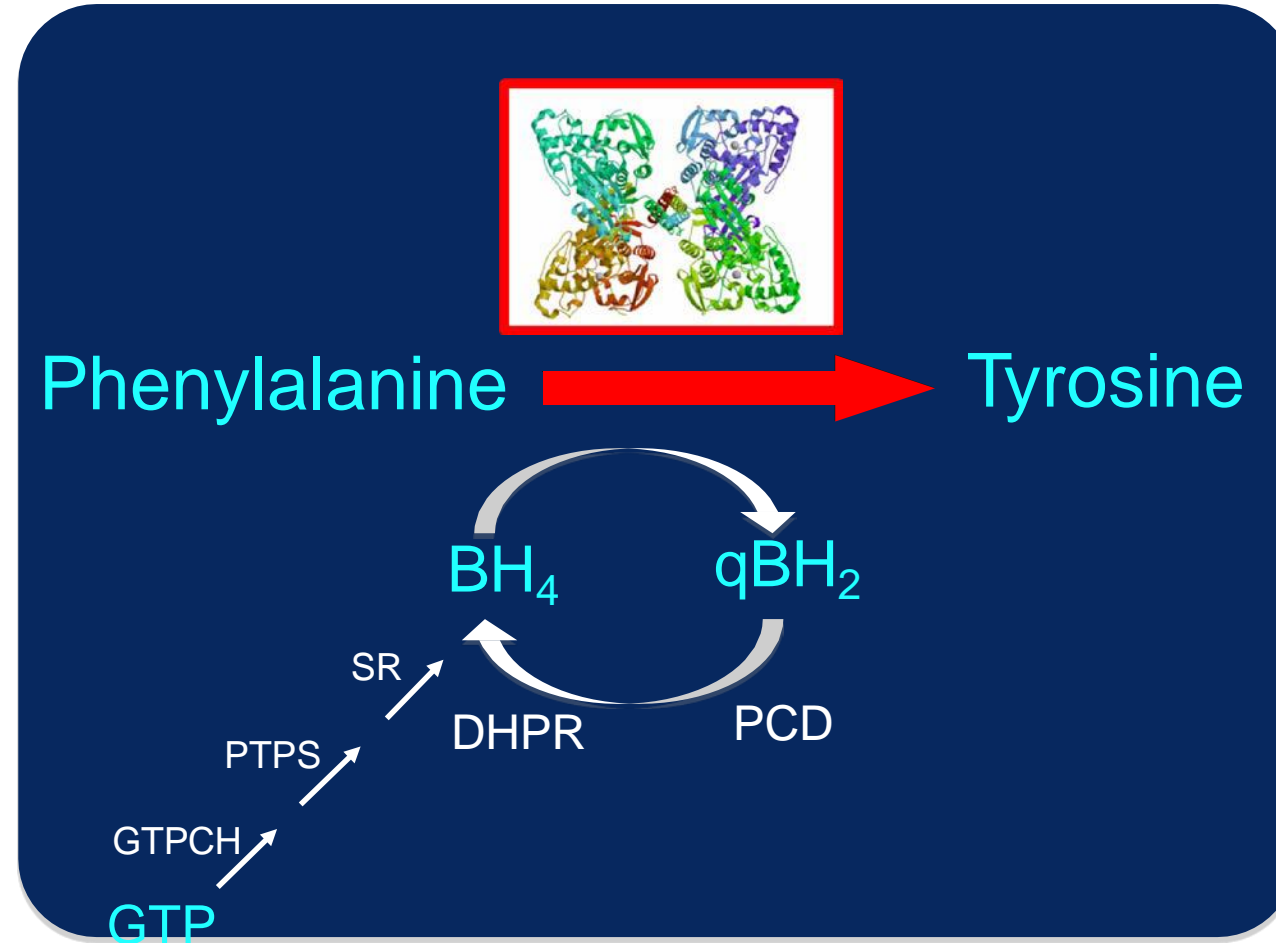
- Essential amino acid
- Required for synthesis of proteins
- Precursor to
  - Tyrosine
  - Catecholamines (including dopamine)
  - Serotonin
  - Melanin

# Hyperphenylalaninemias

## Phenotypic classification

- “Classic” phenylketonuria
  - untreated phe  $>1200 \mu\text{mol/L}$
- “mild PKU”
  - untreated phe 600-1200  $\mu\text{mol/L}$
- Hyperphenylalaninemia
  - untreated phe  $< 600 \mu\text{mol/L}$  when well

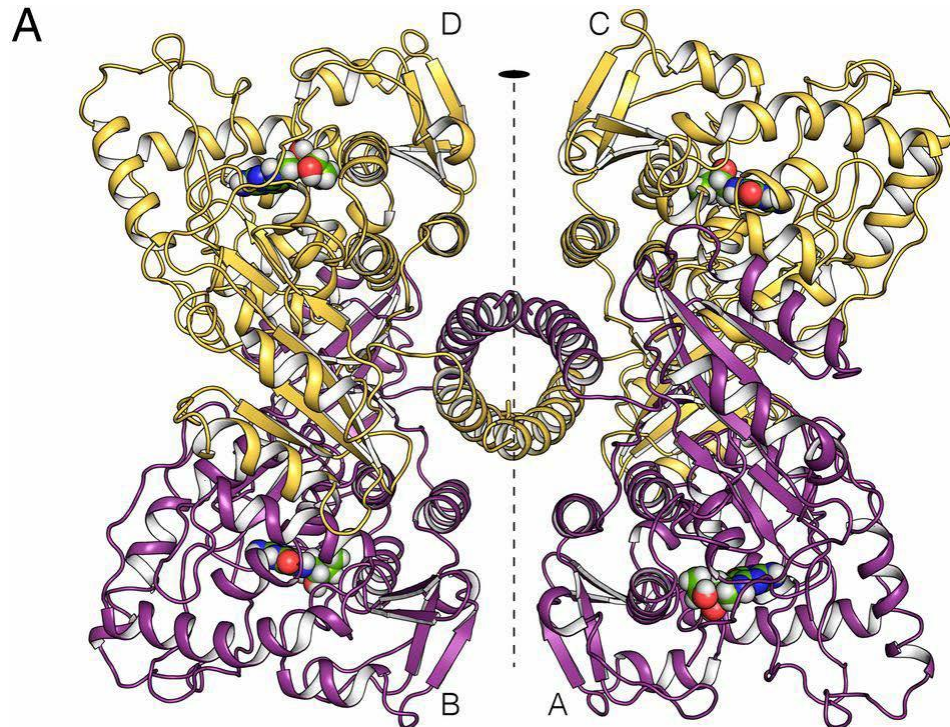
# Phenylalanine hydroxylase (PAH)



BH<sub>4</sub> is also a cofactor for tyrosine hydroxylase (dopamine synthesis) and tryptophan hydroxylase (serotonin synthesis)

# Phenylketonuria (PKU)

- Liver phenylalanine hydroxylase (PAH) deficiency
- Autosomal recessive inheritance
- Incidence ~1:16,000 live births in the US

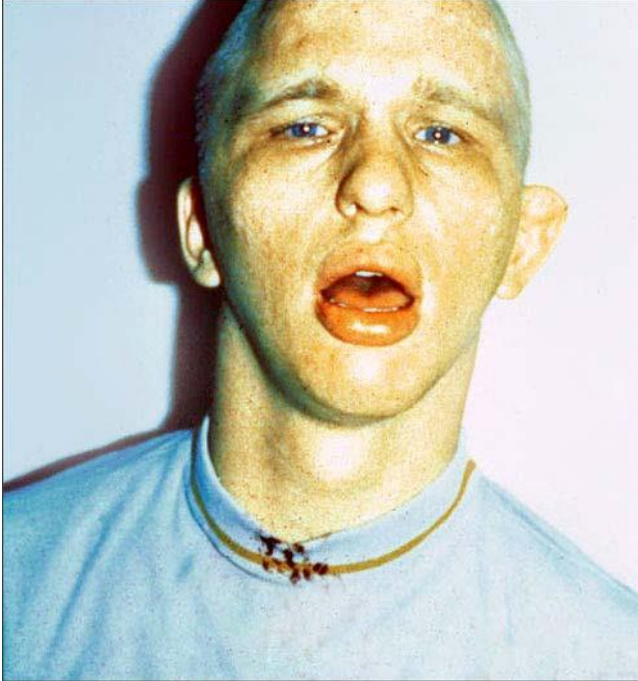


- Homotetramer (“dimer of dimers”)
- Allosteric activation
  - conformation determines enzyme activity
  - Phe activates enzymatically favorable conformation
  - BH4 stabilizes tetramer, but supports lower activity conformation

# Other causes of hyperphe

- Rare variants of bipterin synthesis or recycling (about 1% of severe hyperphe)
  - GTP cyclohydrolase
  - Dihydropteridine reductase
  - 6-pyruvoyl-tetrahydropterin synthase
    - All 3 generally more difficult to treat, require BH4 and usually dopa
  - Pterin-alpha-carbinolamine dehydratase
    - Generally mild, excrete 7-biopterin
- Hyperphe, not BH4 deficient
  - *DNAJC12* – molecular chaperone for the hydroxylases – PAH, TH and TPH

# Untreated PKU



- “Normal” development for 6–9 months, feeds well
- 9–12 months signs of slowing in developmental progress, head growth slows
- About 1 year clearly developmentally delayed, light hair, eczema, musty odor of “mouse urine”, may have seizures
- Severe intellectual disability with behavior problems — eventual institutionalization
- White matter hyperintensities – “pseudoleukodystrophy”

# Pathophysiology

- Elevated total body phenylalanine
- Excessive phe in the brain
- Reduced large neutral amino acid transport into the brain (including tyrosine and tryptophan)
- Reduced synthesis of key neurotransmitters (e.g., dopamine, serotonin), especially during development
  - Mouse data suggests inhibition by CNS Phe of TH and TPH2 activity
- No direct pathologic effect on the liver known



# Goals of Treatment

- Normal neurocognitive development
- Normal growth
- Normal social interactions
- Normal micronutrient concentrations
- Normal bone calcium content
- Targets
  - Plasma phe 120-360 micromol/L
  - Plasma tyrosine normal

# Therapy

- Dietary phe reduction
- Competitive – large neutral amino acids supplements
- Chaperone therapy – sapropterin
- Enzyme substitution therapy – pegvaliase

## Experimental

- Gut biome manipulation of absorption
- Gene correction or replacement therapy

# Diet therapy

- Restrict dietary protein
- Phenylalanine intake: ~250-350 mg/day in classical form
  - Breastfeeding often manageable
- Supplement with phenylalanine-free medical food to guarantee the daily requirements
  - Non-offending amino acids
  - Glycomacropeptide – low phe casein product
  - Vitamins and minerals
  - Distribute through the day
- “Diet for life”

1 g dietary protein  $\approx$  50 mg phe

# Strategies for breastfeeding

- Alternate feedings
- Mix in a bottle (breast milk provides intact protein in a traditional formula recipe)
- Bottle first with metabolic formula with each feed, followed by nursing (one breast for at least 10 min to access hindmilk)

**Table 3**

Guidelines for PHE, TYR, and protein intake for individuals with PKU.

AGE	PHE <sup>a</sup> (mg/day)	TYR <sup>a</sup> (mg/day)	Protein <sup>b</sup> (g/kg/day)
Infants to <4 years <sup>a</sup>			
0 to <3 months <sup>c</sup>	130–430	1100–1300	2.5–3.0
3 to <6 months	135–400	1400–2100	2.0–3.0
6 to <9 months	145–370	2500–3000	2.0–2.5
9 to <12 months	135–330	2500–3000	2.0–2.5
1 to <4 years <sup>d</sup>	200–320	2800–3500	1.5–2.1
After early childhood <sup>e</sup>			
>4 years to adult	200–1100	4000–6000	120–140% DRI for age <sup>f</sup>
Pregnancy and lactation <sup>g</sup>			
Trimester 1	265–770	6000–7600	≥70
Trimester 2	400–1650	6000–7600	≥70
Trimester 3	700–2275	6000–7600	≥70
Lactation <sup>h</sup>	700–2275	6000–7600	≥70

<sup>a</sup> Adapted from Acosta [118], recommendations for PHE and TYR intake for infants and children <4 years with more severe PKU and treated with PHE-restricted diet alone. TYR intake recommendations may require adjustment based on blood TYR monitoring.

# Monitoring diet therapy

- Provide adequate calories
- Provide adequate protein, vitamins, minerals
- Maintain normal growth and development
- Monitor blood Phe and Tyr
- Monitor other parameters (development, psychological status, bone density)
  - Consider monitoring iron and Vitamin D from time to time

Collaboration with a knowledgeable  
IEM Dietician is critical!

# Monitoring diet therapy

- Frequency of monitoring Phe/tyr (recommended – rarely followed)
  - At diagnosis (newborn) – daily or QOD until at goal
  - Weekly for first year
  - Monthly or twice monthly age 1-12 years
  - Adolescents and adults – monthly
  - IF poorly controlled may need more frequent
  - Phe will go up during illness
- Other nutritional factors
  - Protein adequacy – growth, amino acids, transthyretin
  - Micronutrients – vitamin D, ferritin, others

# Other therapies - Large neutral amino acids

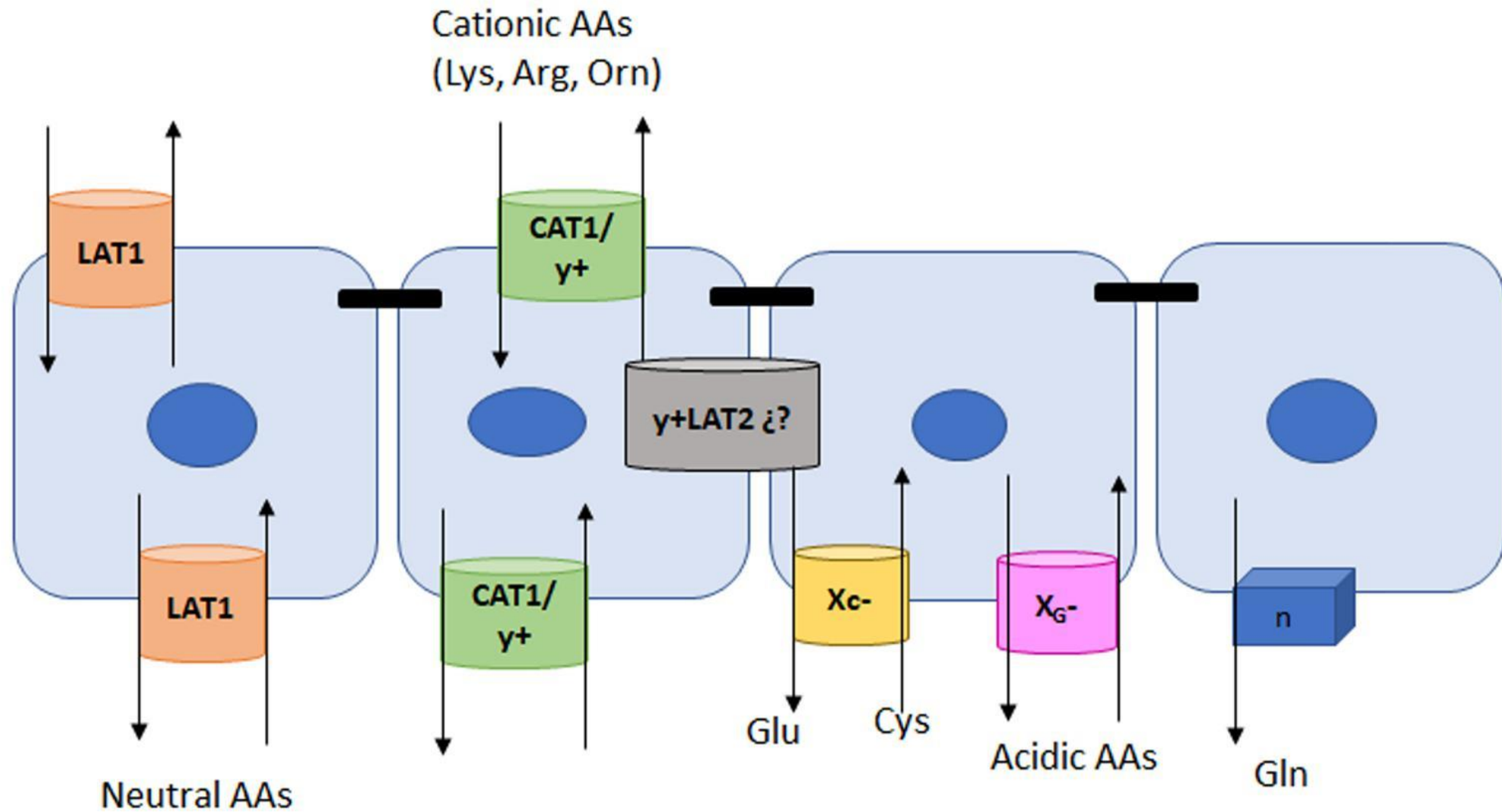
Goal to increase plasma tyr and reduce CNS phe

- 20-30% of medical food protein each day
- Does not require PAH protein to work
- Data are mixed on efficacy
  - possible modest reduction in plasma phe
  - improved plasma tyr
  - Possible improved CNS tyr
  - Some evidence of effect on neuropsych measures

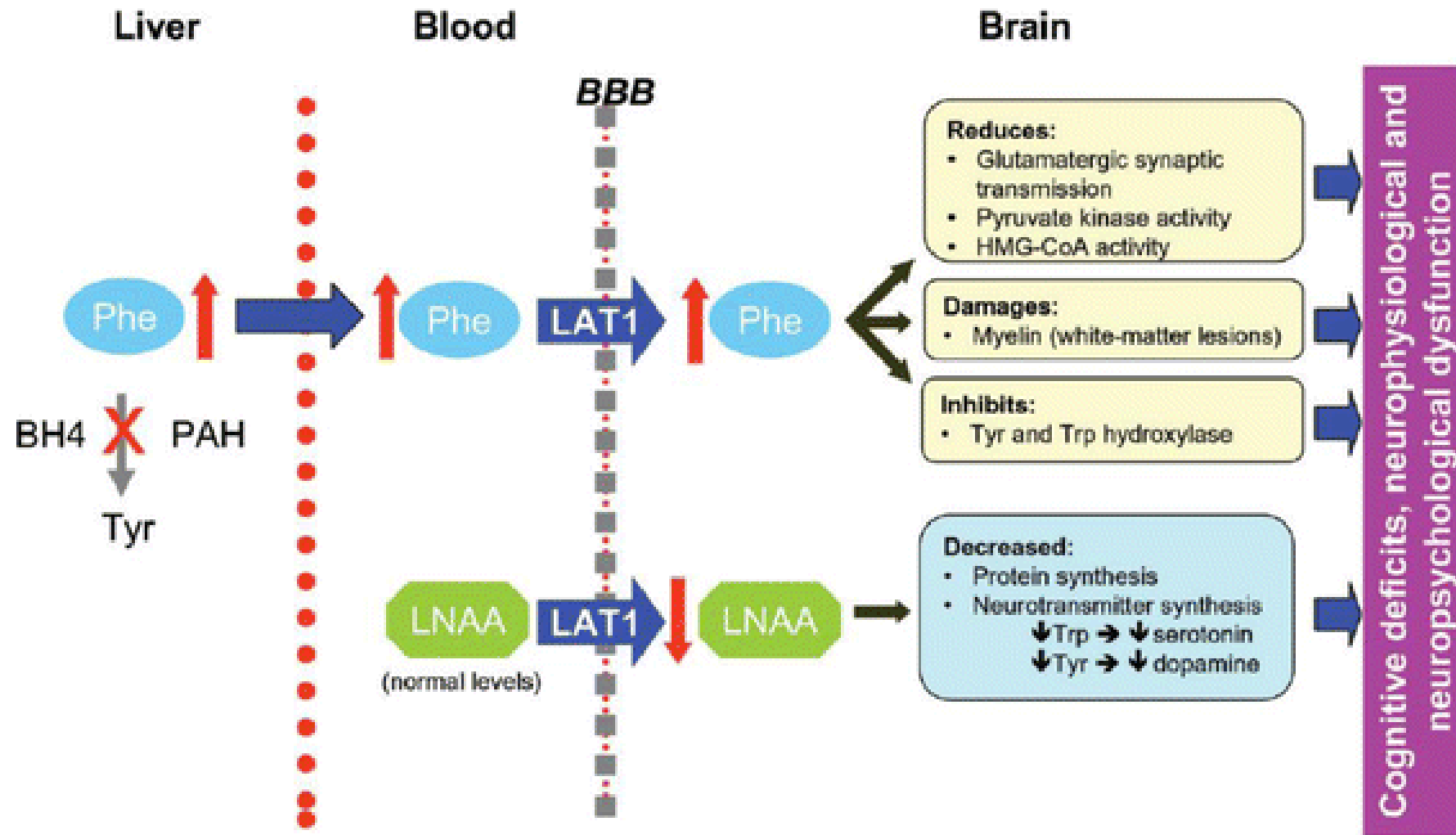


**Brain (abluminal side)**

**Brain endothelial cells**



**Blood (luminal side)**



# Other therapies - Sapropterin

Goal to enhance phe tolerance and normalize diet

- 20mg/kg/day
- Infant – 24 hour trial >30% reduction in phe (with stable or no diet treatment)
- Older 48 hours to 30 days trial
- May have gradual onset
- Requires some PAH protein to work (null alleles unaffected)

# Some sapropterin responsive mutations

<u>cDNA</u>	<u>Protein</u>	<u>Cases in PAHdb</u>	<u>Responsive to Sapropterin</u>
c.1222C>T	p.Arg408Trp	6.7%	<10%
c.1066-11G>A (IVS10-11G>A)		5.3%	<10%
c.194T>C	p.Ile65Thr	4.1%	89%
c.782G>A	p.Arg261Gln	3.6%	78%
c.842C>T	p.Pro281Leu	2.9%	None [Leuders et al 2014, <a href="http://biopku.org">biopku.org</a> ]
c.1315+1G>A (IVS12+1G>A)		2.8%	12.5% [ <a href="http://biopku.org">biopku.org</a> ] None [Leuders et al 2014]
c.473G>A	p.Arg158Gln	2.7%	<10%

Data obtained from: PAHdb accessed 5/8/2016 ([biopku.org](http://biopku.org)); and [Leuders et al \[2014\]](#). All changes with >2.5% frequency in the PAHdb database were included. In database searches, homozygosity was assumed for calculations; however, this is a rare finding in [consanguineous](#) individuals. It is recommended that all [affected](#) individuals be tested for personal responsiveness. Genetic changes shown affect >2.5% of the database population. See [biopku.org](http://biopku.org) for the most up-to-date information and additional references.

# Other therapies - Pegvaliase

Goal to enhance phe tolerance and normalize diet

- Enzyme replacement therapy
- Plant enzyme – phenylalanine ammonia lyase
- Does not reduce need for tyrosine
- Immunologic reactions must be managed
- Not recommended during pregnancy
- FDA approval for 16 years and up

# Other therapies - Pegvaliase

- Pegvaliase – subcutaneous injection
  - Typical dose is 20 mg/day
    - Some may need less
    - Some may need up to 40 mg/day
  - Titration – see package insert
  - Response = at least 20% reduction in baseline plasma phe
  - Stop if no response after 16 weeks on 40 mg/day
  - May take more than one year to achieve response



**Table 1: Recommended Dosing Regimen**

<b>Treatment</b>	<b>Palynziq Dosage</b>	<b>Duration*</b>
Induction	2.5 mg once weekly	4 weeks
Titration	2.5 mg twice weekly	1 week
	10 mg once weekly	1 week
	10 mg twice weekly	1 week
	10 mg four times per week	1 week
	10 mg once daily	1 week
Maintenance	20 mg once daily	24 weeks
Maximum <sup>†</sup>	40 mg once daily	16 weeks <sup>‡</sup>

\* Additional time may be required prior to each dosage escalation based on patient tolerability.

<sup>†</sup> Individualize treatment to the lowest effective and tolerated dosage. Consider increasing to a maximum of 40 mg once daily in patients who have not achieved a response with 20 mg once daily continuous treatment for at least 24 weeks [*see Clinical Studies (14)*].

<sup>‡</sup> Discontinue Palynziq treatment in patients who have not achieved a response after 16 weeks of continuous treatment with the maximum dosage of 40 mg once daily.

# “Maternal” PKU



- Phenylalanine teratogenicity
- microcephaly,
- congenital cardiac lesion
- Intellectual disability



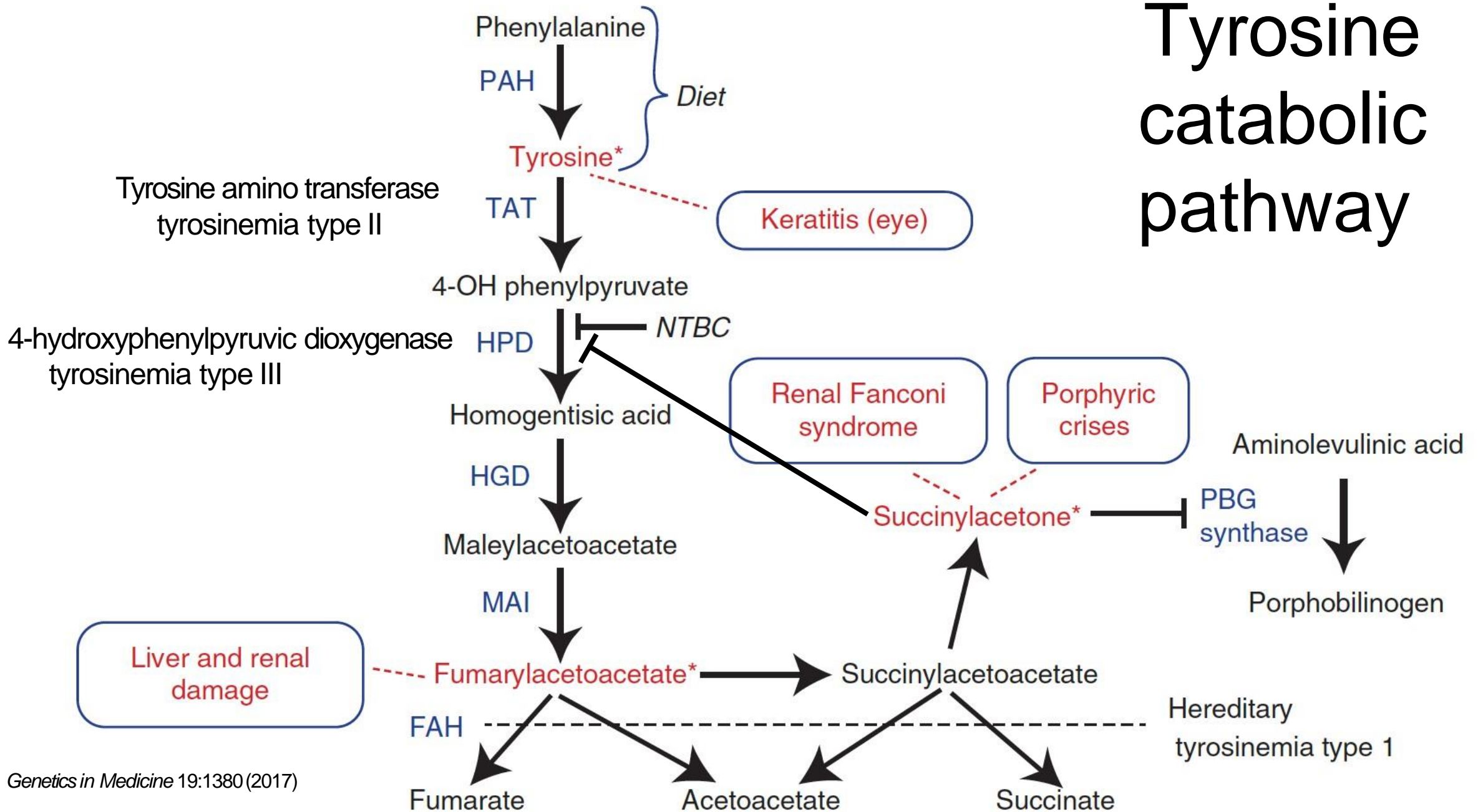
# “Maternal” PKU Management

- Ideally start aggressive therapy before pregnancy
- Phe in target range as early as possible for unplanned pregnancy
- Often need aggressive Tyr supplements, especially 3<sup>rd</sup> trimester
- Sapropterin seems safe
- Risk of high phe likely outweighs potential risk for use of sapropterin and consideration for pegvaliase

# Universal lessons from PKU

- Screening and treatment can be effective
- NBS can uncover milder forms for which the need to treat may not be obvious
- Unanticipated future consequences, for example maternal PKU, may occur or be revealed
- Treatment/intervention creates a new “natural history”
- The pathogenesis is more complicated than you think
- Alternative therapies may be developed over time

# Tyrosine catabolic pathway



# Tyrosinemia type 1

- Fumarylacetoacetate hydrolase deficiency
- Autosomal recessive inheritance
- Founder effect
  - Quebec, Canada
  - Finland
- 3 presenting forms:
  - Early in infancy (1 to 6 months): Liver disease (hepatic failure or cholestatic jaundice or cirrhosis with renal tubulopathy)
  - Late infancy: Rickets due to renal tubulopathy (Fanconi syndrome) with no obvious liver failure
  - Porphyrria-like attack at any age (can be presenting sign)

# Cellular effects tyrosinemia 1

- Toxic compounds (don't cause "intoxication" symptoms)
  - Fumarylacetoacetate, maleylacetoacetate
  - Succinylacetone
- Hepatocellular damage
  - Cirrhosis
  - Hepatocellular carcinoma
  - High alpha fetoprotein
- Renal tubule damage
  - Renal Fanconi syndrome
  - Hypophosphatemic rickets

# Succinylacetone

- Succinylacetone inhibits
  - $\Delta$ -aminolevulinic acid dehydratase activity
    - Porphyria-like abdominal pain crises
    - Peripheral neuropathy
  - 4-hydroxyphenylpyruvic dioxygenase
    - Tyr II enzyme defect, target of NTBC

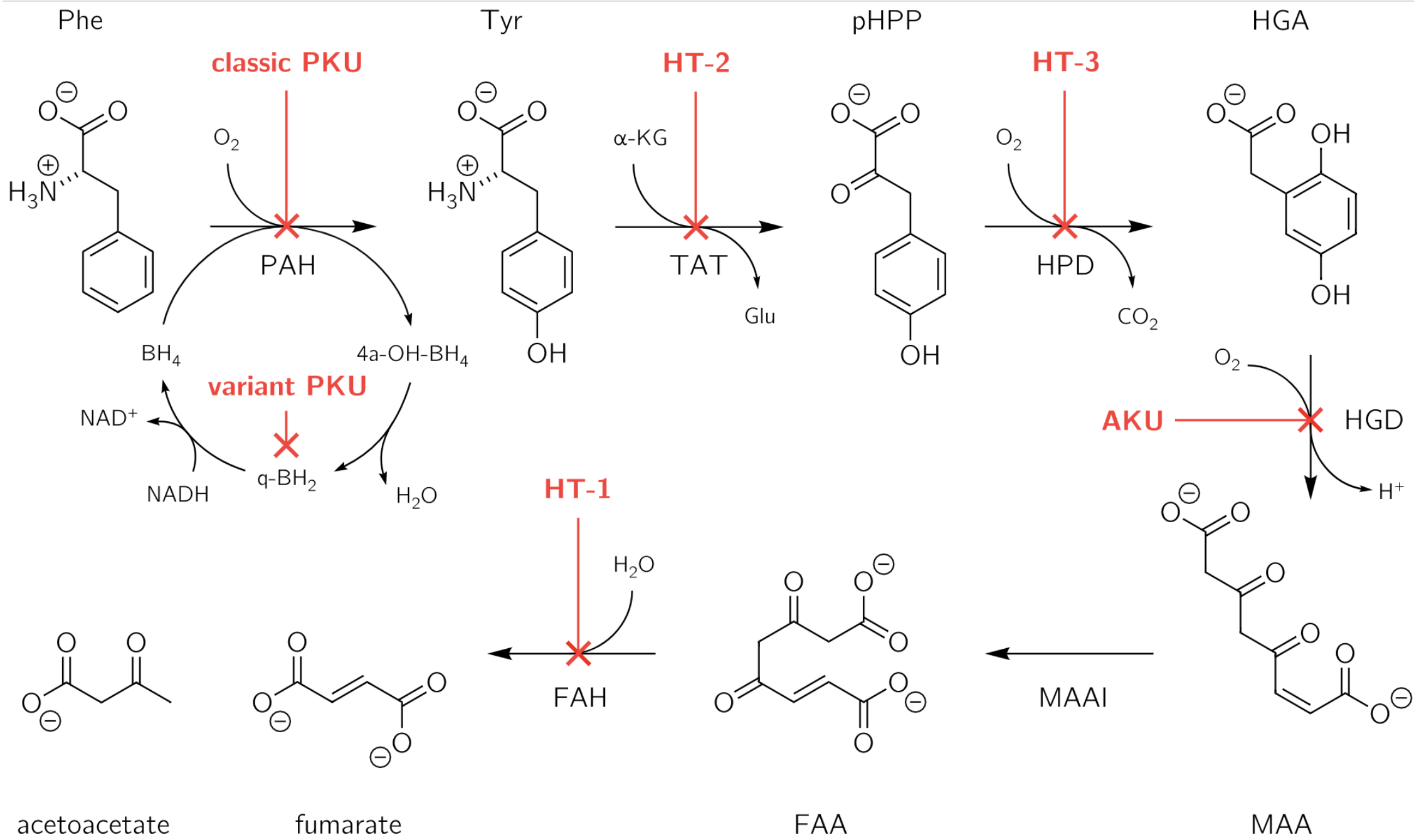
# Treatment

- 2-(2-nitro-4-trifluoromethylbenzoyl)-1,3-cyclohexane-dione (NTBC)
  - Inhibits 4-hydroxyphenylpyruvic acid dioxygenase
  - Further increases plasma tyrosine
  - Decreased production of FAA and succinylacetone
  - Markedly reduces, but may not eliminate, hepatocellular carcinoma
- Phenylalanine and tyrosine restriction to avoid excessive hypertyrosinemia (risk of keratitis as in TYR II)
- Liver transplant if hepatocellular carcinoma develops

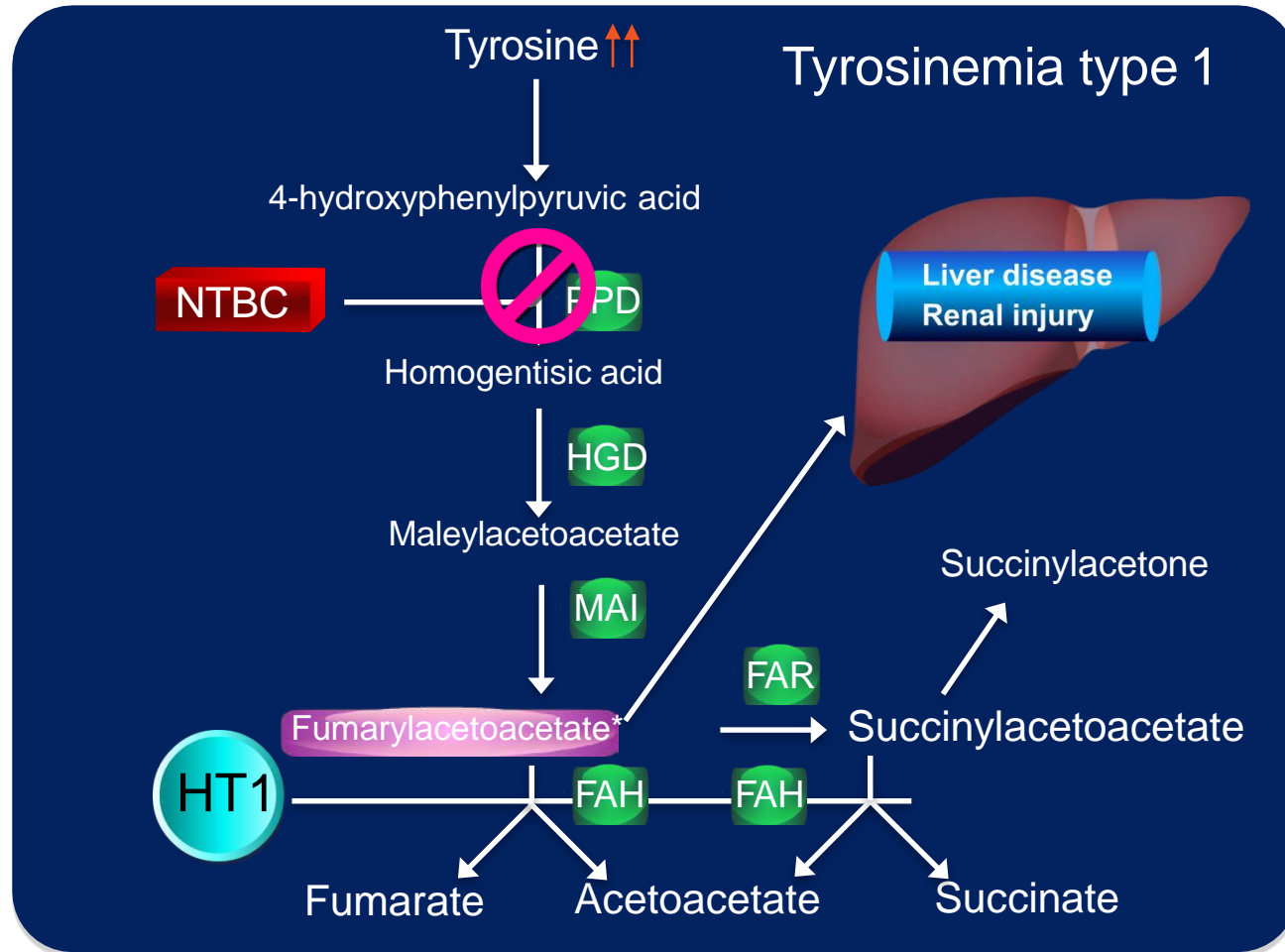
# Monitoring

- Therapeutic response to nitisinone
  - Plasma drug concentrations  $>35 \mu\text{mol/L}$  inhibit enzyme 99.9%
  - Some also monitor plasma succinylacetone to see complete suppression (plasma SA normal)
  - Start nitisinone at 1 mg/kg/day (usually divided BID for first year)
  - Titrate dose to desired plasma concentration and/or suppression of SA
- Dietary restriction of Phe and Tyr to keep plasma tyr  $<600 \mu\text{mol/L}$
- Dried blood spot testing including SA, nitisone concentration, tyr and phe is available but drug concentrations may not correlate well with plasma





# Other defects in the tyrosine catabolic pathway



## Plasma metabolites (amino acids)

- Tyrosine
- Phenylalanine

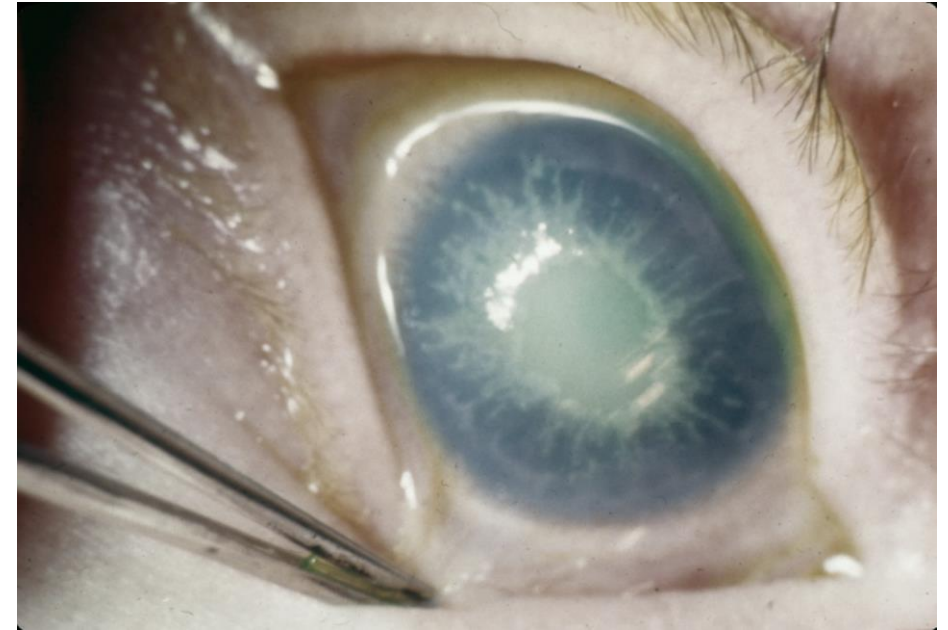
## Urine metabolites (organic acids)

- 4-hydroxyphenylpyruvate,
- 4-hydroxyphenyllactate
- 4-hydroxyphenylacetate

# Other tyrosinemias

## Type II – tyrosine aminotransferase

- AKA Richner Hanhart syndrome
- Incidence estimate  $<1:1 \times 10^6$
- Clinical findings
  - Corneal crystals (~75%) – typically develop in first year of life, but may occur later
    - Photophobia
    - Pain
    - Tearing
    - Erythema/injection of sclera
  - Eventually leads to corneal clouding
  - Can be mistaken for herpetic or other viral infection early on, but does not respond to anti-viral therapy



<https://disorders.eyes.arizona.edu/disorders/tyrosinemia-type-ii>

# Type II – tyrosine aminotransferase

- Clinical findings
  - Plantarpalmar hyperkeratosis (~80%)
    - Begin in first year to adult life
    - Can have pits
    - Often painful
    - Non-specific histology
  - Intellectual disability
    - Up to 60% of untreated
    - Typically apparent between 1-5 years of age
    - Treatment by 1 year of life appears to prevent intellectual decline



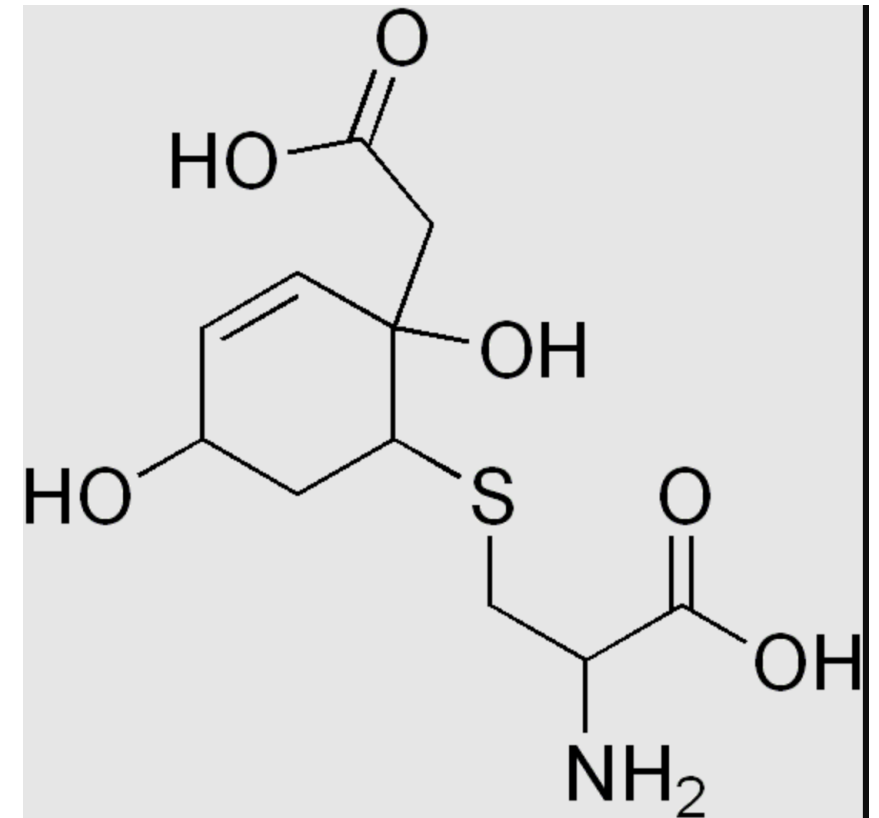
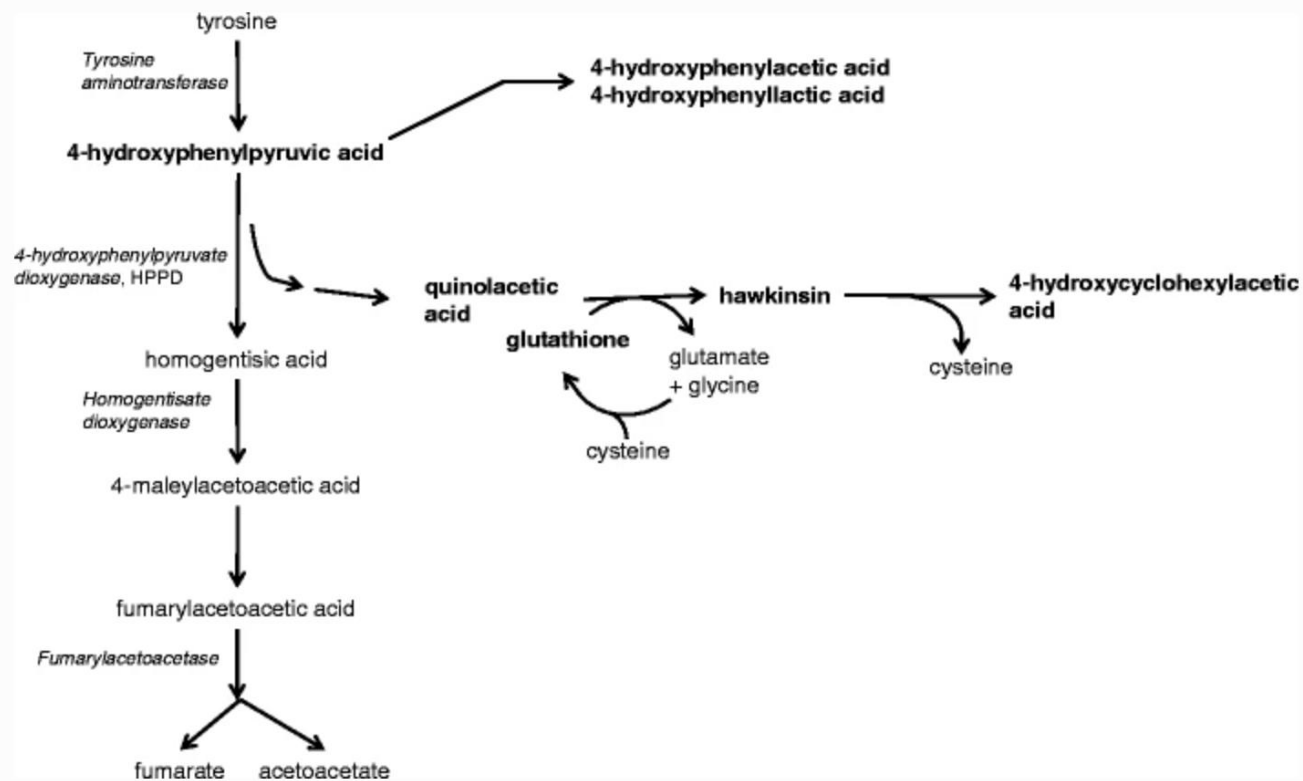
<https://www.imagejournals.org/articles/tyrosinemia-type-presented-as-food-allergy-137.html>

# Type III – 4-hydroxyphenylpyruvic acid dioxygenase deficiency (enzyme inhibited by NTBC)

- Incidence estimate  $<1:1 \times 10^6$
- Ocular findings not reported
  - But have been reported in patients with HPPD deficiency due to NTBC
- Skin findings not reported as in type II

# Type III – 4-hydroxyphenylpyruvic acid dioxygenase deficiency (enzyme inhibited by NTBC)

- Autosomal dominant form called Hawkinsinuria -- benign



# Type III – 4-hydroxyphenylpyruvic acid dioxygenase deficiency (enzyme inhibited by NTBC)

- Intellectual disability reported in late diagnosed patients
  - Question of several treated patients also having mild developmental abnormalities?
  - Seizures reported (but several case reports from consanguineous relationships, so relationship not entirely clear)
  - Anecdotal reports of untreated adults with “normal” development
  - Some developmental abnormalities reported in patients identified by NBS who had less than recommended tyrosine control
    - Is there a role of CNS down-stream metabolites
    - Are there toxicities of phenolic metabolites



# Other tyrosinemias

## Treatment

- Restriction of dietary tyrosine and phenylalanine
- Goals based on empiric observation and practical issues (i.e., no data)
  - Plasma tyr <600
  - Plasma phe near normal range
- Regular eye exams and skin checks
- Monitor neurodevelopment



# Transient tyrosinemia of the newborn

- Cause – purported to be due “immature” enzymes, particularly HPPD, the product of which may also inactivate the enzyme
- 
- Clinical
  - Self limiting over 1 to 2 months
  - Apparently benign
- Incidence ~3-4:1,000
  - More common in premature infants
- Older literature suggests ascorbic acid (vitamin C) – 100 mg/day for 1-2 weeks – may speed up correction

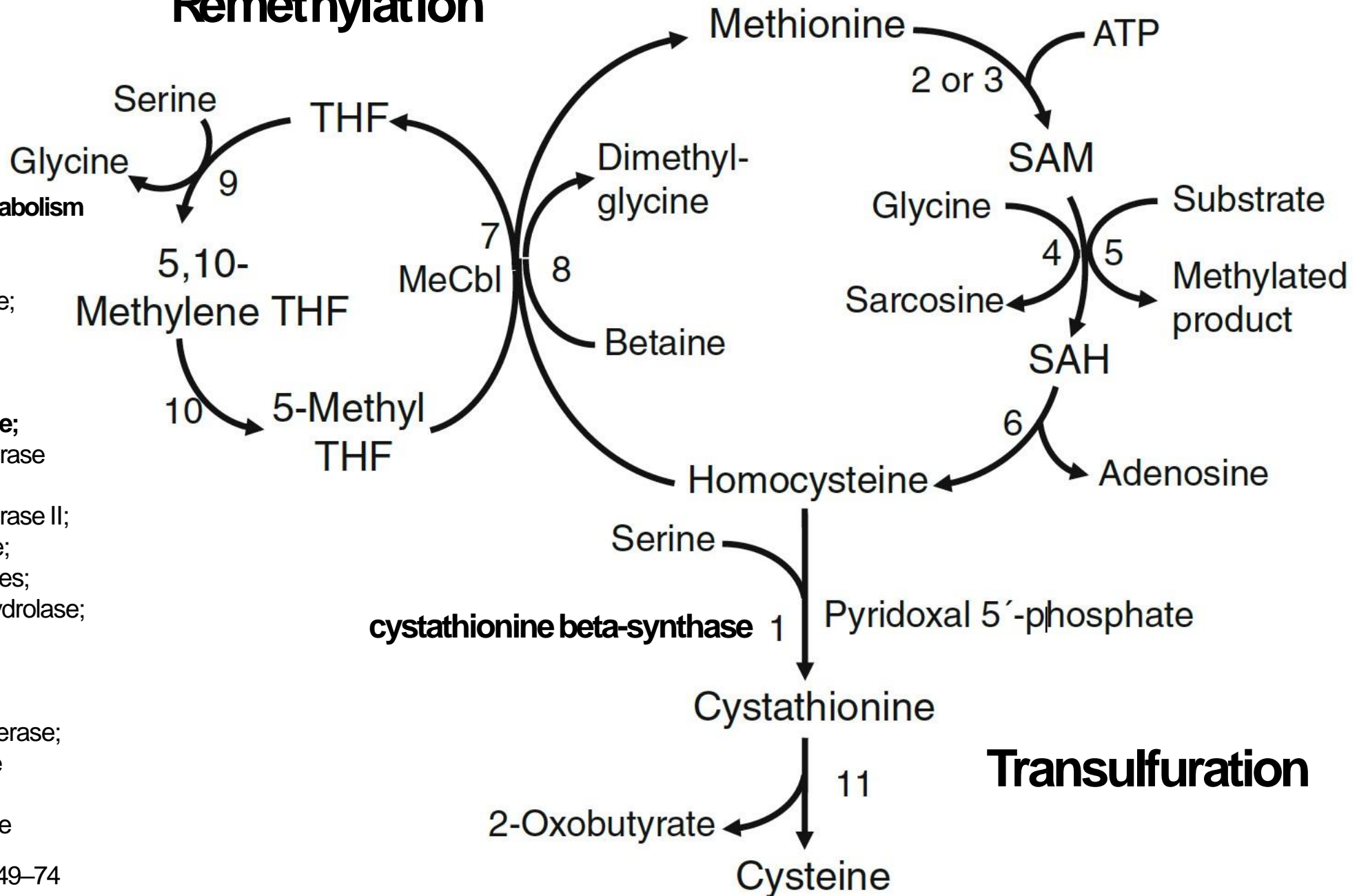
# Remethylation

## Pathways of methionine metabolism

SAM, S-adenosylmethionine;  
SAH, S-adenosylhomocysteine;  
THF, tetrahydrofolate;  
MeCbl, methylcobalamin.

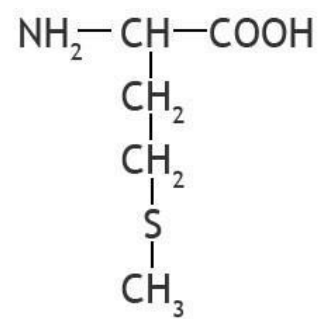
- 1 **cystathionine beta-synthase**;
- 2 methionine adenosyltransferase I/III;
- 3 methionine adenosyltransferase II;
- 4 glycine N-methyltransferase;
- 5 numerous methyltransferases;
- 6 S-adenosylhomocysteine hydrolase;
- 7 methionine synthase;
- 8 betaine homocysteine methyltransferase;
- 9 Serine hydroxymethyltransferase;
- 10 methylenetetrahydrofolate reductase;
- 11 cystathionine gamma-lyase

*J Inherit Metab Dis* (2017) 40:49–74



# Disulfide bonds

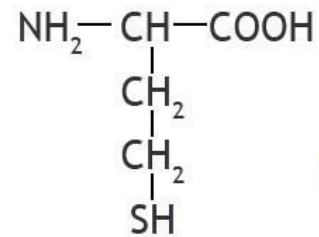
**Methionine**



Normal Plasma Concentration

10-35 $\mu$ M

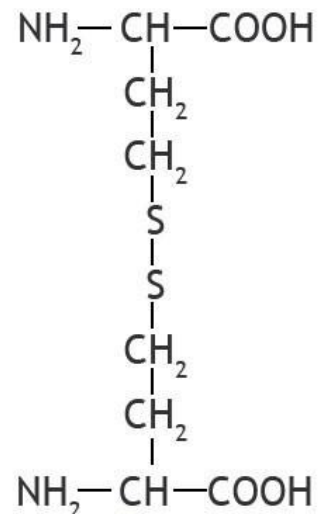
**Homocysteine**



Undetectable in normal plasma

5-15 $\mu$ M in plasma treated with a reducing agent

**Homocystine**



Undetectable

When accurate homocysteine measurements are important, measure “total homocysteine” and don’t rely on amino acid analysis, unless:

- You can make sure the specimen gets to the lab quickly, and...
- The specimen will be deproteinized soon after arrival in the laboratory

# Classical homocystinuria

- Cystathionine  $\beta$ -synthase deficiency
- Autosomal recessive inheritance
- Incidence = 1 / 200,000 to 1 / 400,000 births
  - Incomplete ascertainment
  - Cases often missed on newborn screens obtained during the first week of life
- 50% of CBS mutations are pyridoxine (vitamin B<sub>6</sub>) responsive

# Classical untreated homocystinuria



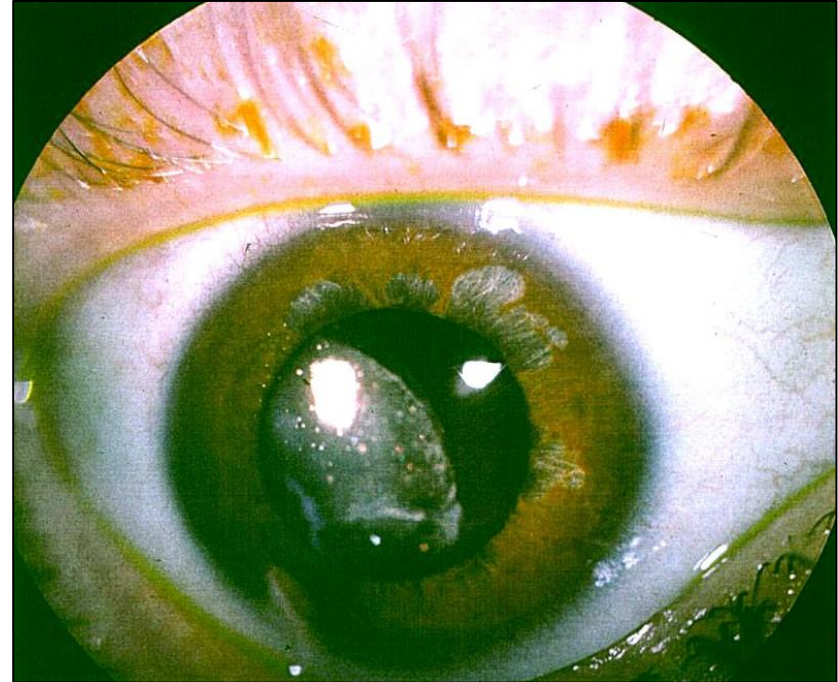
Courtesy JM Saudubray

- Skeletal malformations
  - Marfanoid habitus
  - Osteoporosis
  - Scoliosis
  - Most common in B<sub>6</sub> non-responsive forms



# Other clinical findings

- Eye abnormalities
  - Ectopia lentis
    - 90% of affected individuals
    - Often bilateral
    - Typically down and toward nose (opposite of Marfan)
  - Myopia
  - May be an isolated presenting sign in children or adults
- Developmental disability and neuropsychiatric symptoms in many, but not all

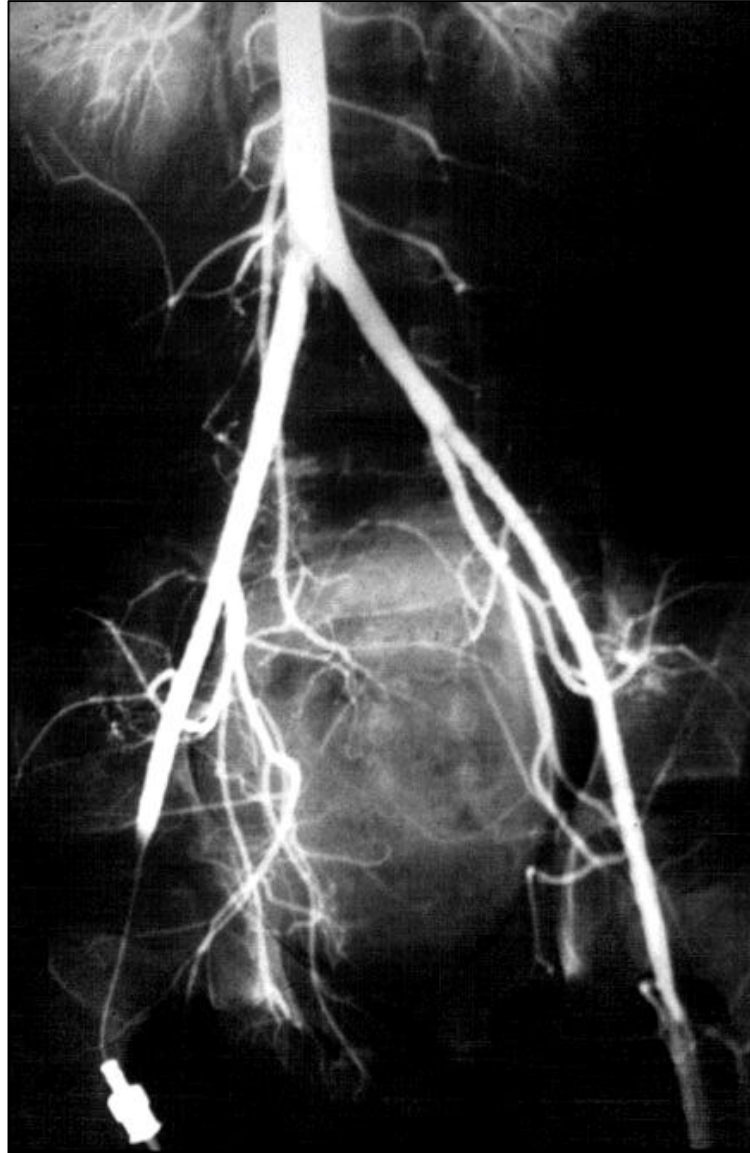


# Recurrent thromboembolism

- May be a isolated presenting sign in late-onset B<sub>6</sub> responsive forms
- Thromboembolism can be a presenting sign
  - Phlebitis
  - Pulmonary embolism
  - Cerebrovascular accident
- Environmental triggers
  - Anesthesia
  - Catabolism
  - Smoking
  - Oral contraceptives



# Atherosclerotic disease



Courtesy of JM Saudubray

# Thrombosis

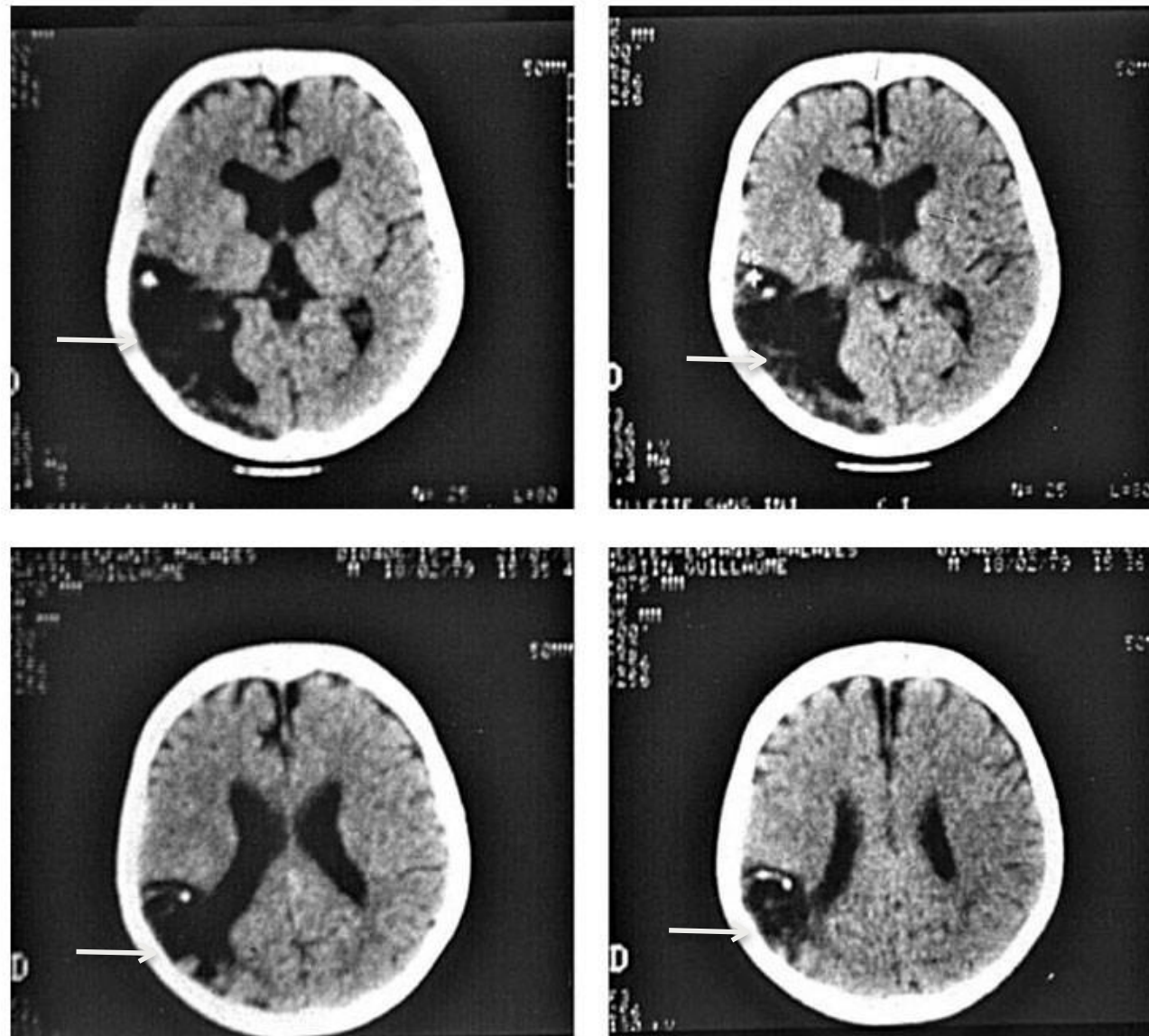
Homocystinuria

Thrombus in popliteal vein

Note the collateral circulation

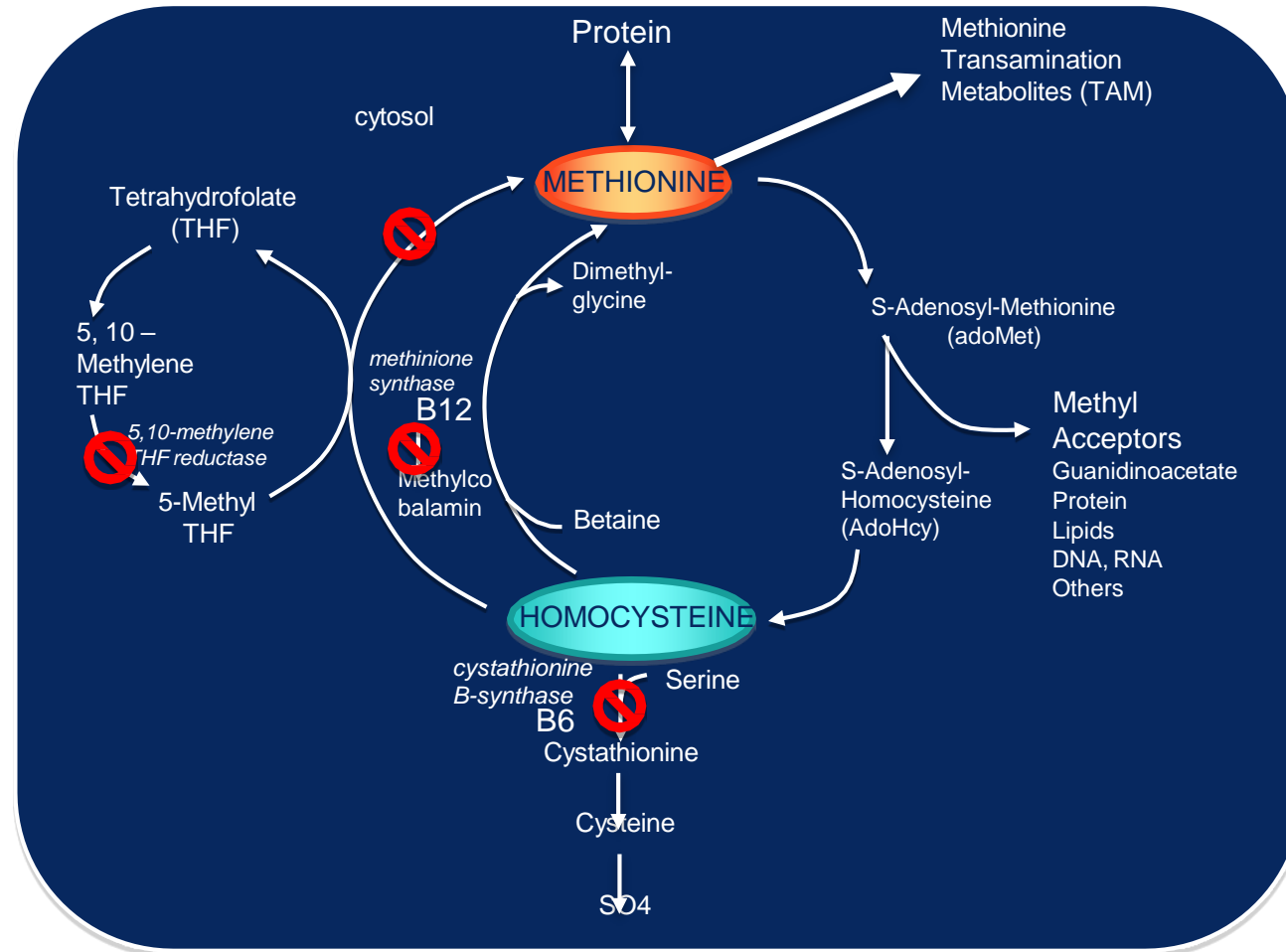


# Thromboembolic stroke



Courtesy JM Saudubray

# Other causes of homocystinuria



# Therapy (CBS deficiency)

- Pyridoxine responsiveness – 10 mg/kg/day (max. 500 mg)
  - Test total Hcy 2-3 X before Rx and 2-3 X on Rx after 4-6 weeks
  - >20% decrease is considered responsive (starting above 50  $\mu\text{mol/L}$ )
  - High dose pyridoxine (>900 mg) can cause peripheral neuropathy
- Folate for all, B12 if deficient
  - HCU formulas usually have plenty of both
- Diet therapy – low protein, low-met formula
- Betaine – start at 50-100 mg/kg/day divided BID
  - Can increase up to 200 mg/kg/day, rarely benefit to higher dose
  - BHMT is saturable enzyme, so demonstrating additional benefit on plasma Hcy is helpful for higher doses

# Methionineadenosyltransferase I/III (Mat I/III) Deficiency

- Rare defect in conversion of methionine to s-adenosylmethionine
- SAM is an important methyl donor in a variety of pathways
- Clinical
  - Not clear whether there are clinical implications or not
  - SAM deficiency vs. excess met
- Treatment
  - Limiting met may lead to worse inadequacy of SAM
  - Excessive met may cause increased intracranial pressure
  - Consider both?

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