

Criteria for the neuropathological diagnosis of dementing disorders: routes out of the swamp?

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Abstract There are several consensus criteria for both the clinical and neuropathological diagnosis of different types of dementias. The clinical diagnostic accuracy using revised research criteria and newly developed biomarkers (MRI, PET, CSF analysis, genetic markers) ranges from 65 to 96% (for Alzheimer disease) with a specificity of diagnostic criteria versus other dementias of 23–88%. Neuropathological assessment of dementing disorders using immunohistochemistry, molecular biologic and genetic methods can achieve a diagnosis/classification, based on the homogeneous definitions, harmonized inter-laboratory methods and standards for the assessment of nervous system lesions, in about 99%, without, however, being able to clarify the causes/etiology of most of these disorders. Further prospective and concerted clinicopathological studies using revised methodological and validated protocols and uniform techniques are required to establish the nature, distribution pattern and grades of lesions and; thus, to overcome the limitations of the current diagnostic framework. By data fusion this may allow their more uniform application and correlation with the clinical data in order to approach a diagnostic “gold standard”, and to create generally accepted criteria for differentiating cognitive disorders from healthy brain aging. The detection of disease-specific pathologies will be indispensable to determinate the efficacy of new therapy options.

Keywords Dementia · Alzheimer disease · Proteinopathies · Neuropathological diagnosis · Clinical relevance · Coexistent pathologies · Dementia in oldest-olds

Introduction

Dementia encompasses deteriorations in several cognitive domains [8, 36, 103], see [40]; it has been re-defined as the differential manifestation of deteriorating brain functions over time as a part of aging due to cell deaths in the brain caused by neurodegeneration or any other disease [117]. However, because of recent research data, dementia is not only caused by ‘neuronal cell death’/cell loss [91, 104, 151], but predominantly by dysfunction and loss of synapses [43, 60, 128, 129, 140, 141] that have been demonstrated in early Alzheimer disease (AD) [123] and in dementia with Lewy bodies (DLB) [83], and by cholinergic neuronal and axonal abnormalities that also are present in aging and AD [48]. These changes cause disconnections of important nervous circuitries [14, 35, 68, 114] that have been demonstrated in vivo in early AD [152].

The aim of this review is to discuss the diagnostic validity of currently used neuropathological criteria particularly of neurodegenerative dementias and their limitations as well as to give recommendations for future clinicopathological research.

Research and consensus criteria for the clinical diagnosis of the major dementing disorders exist and have recently been revised, e.g., the NINCDS-ADRDA and DSM-IV-TR criteria for AD [36, 37], Parkinson disease dementia (PDD) [42], DLB [46, 97], frontotemporal lobe degeneration (FTLD) [77, 90, 109], vascular dementia or vascular cognitive disorder (SCADDDTD [26]; NINDS-AIREN

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[106, 125, 126, 155]), mixed dementias [71], and others. Although the NINCDS-ADRDA criteria [98] combined with neuropsychologic assessment are still valid for 88–90% of AD [80], they do not exclude additional Lewy body and other pathologies [122]. Combination of clinical data with the fusion of different biomarkers has already improved the clinical diagnostic accuracy of AD up to 96%, while their sensitivity and specificity versus other dementias is still lower. A combination of the best CSF and MRI data will lead to a more precise diagnostic prediction [30].

Advantages and pitfalls of neuropathological diagnostic criteria

At present, several diagnostic guidelines for the neuropathological diagnosis of most dementing disorders are used, relying on the qualitative, semiquantitative, and topographic assessment of morphological and bio/histochemical sign posts, in particular specific protein inclusions in neurons, glia and other cells. The neuropathology of dementia has been suggested to appear as a “science of inclusion bodies” [39], see also [40]. A classification of degenerative dementias based on currently known biochemical markers is given in Table 1.

Neuropathological criteria for AD, in addition to cut-off quantitative values of senile plaques and tangles [79] and their semiquantitative assessment and age-adjustment in the CERAD protocol [101], include the topographic staging of neuritic AD pathology [21], recently adapted and re-evaluated [23], the progress and distribution of A β deposition being different [21, 142, 143]. The combination of the CERAD and Braak scores in the National Institute of Aging-Reagan Institute (NIA-RI) criteria relates dementia to AD-typical lesions with high, intermediate and low likelihood [62] (Table 2). These categories apply only to individuals with dementia, and the evaluation of the NIA-RI criteria demonstrated their easy and rapid use in AD and non-demented subjects, but much less reliability for other dementing disorders. High Braak stages and CERAD criteria identified 54 and 97% of AD cases, respectively, and eliminated between 62 and 100% of non-demented ones with low Braak stages, whereas among non-AD neurodegenerative dementias only between 8 and 42% were identified (Table 3). A grading scheme of both tau and A β lesions within a cortical area was proposed [39, 99], while the International Classification of Diseases of the Nervous System (ICDNS) criteria were developed with the concepts of staging, grading and correlating with clinical data [63]. They might be supported by recent in vivo multitracer PET imaging of amyloid plaques and NFTs [135].

For α -synucleinopathies, in particular Lewy body disorders, in addition to assessment criteria [5], staging/classifi-

Table 1 Biochemical classification of degenerative dementias (modified after [39, 68])

1. Tauopathies (examples)
Tangle-dominant dementia (3+4R tau, no/few amyloid deposits)
Argyrophilic grain disease (4R tau) (+/- Alzheimer lesions)
Progressive supranuclear palsy, Corticobasal degeneration (4R tau)
Frontotemporal dementia linked to chromosome 17 (FTDP-17)
Pick's disease (3R tau doublet, no Exon 10)
1a. Alzheimer disease (3+4R tau triplet + amyloid) – probably a specific entity
2. α -Synucleinopathies
Dementia with Lewy bodies
Parkinson's disease with dementia (PDD)
3. TDP-43 proteinopathies
ALS-dementia (ubiquitin/TDP-43 + inclusions)
Familial frontotemporal lobar degeneration with Ubi + , tau-negative inclusions (FTD + MND) [progranulin]
4. Polyglutamine repeat (CAG) disorders
Huntington's disease (CAG triplet repeat)
5. Neurofilamentopathies
Intermediate filament inclusion disease (NIFID)
6. Neuroserpinopathies
Dementia + myoclonus epilepsy (neuroserpin gene mutation)
7. Prion diseases
8. Lysosomal disorders
Niemann-Pick type C disease
Ceroid lipofuscinosis, etc.

Table 2 National Institute of Aging-Reagan Institute (NIA-RI) criteria for Alzheimer disease (AD)

CERAD senile plaque score	Braak neurofibrillary tangle stage			
	No NFTs	I–II	III–IV	V–VI
Frequent neuritic plaques	Not AD	Low	Interm.	High
Moderate neuritic plaques	Not AD	Low	Interm.	Interm.
Sparse neuritic plaques	Not AD	Low	Low	Low
No plaques	Not AD	Not AD	Not AD	Not AD

CERAD consortium to establish a registry for Alzheimer disease, *NFT* neurofibrillary tangle, *interm.* intermediate

cation systems based on the semiquantitative assessment of the distribution and progression pattern of α -synuclein (α Syn) pathology are used that are suggested to indicate a predictable sequence of lesions [22, 24]. They allow a distinction of three major phenotypes of LB disease—brainstem predominant, transitional/limbic and diffuse cortical [89, 97], while AD with amygdala Lewy bodies is considered a distinct form of α -synucleinopathy [147]. Recent clinicopathologic studies, although partly confirming these systems, have shown that between 6.3 and 47% of cases did not follow the proposed staging pattern of α Syn pathology

Table 3 Likelihood of dementia (in percent) due to AD according to NIA-R-Institute criteria in various autopsy series

Author	Disorder	CERAD/Braak stage			Mean age (years)
		Low A/0–II	Interm. B/III–IV	High C/V–VI	
Cochran et al. [31]	Demented (<i>n</i> = 17)	47	41	12	?
	Non-demented (<i>n</i> = 40)	72.5	22.5	5	?
Newell et al. [112]	AD (<i>n</i> = 33)	0	3	97	83
	DLB (<i>n</i> = 15)	48	26	26	81
	PSP (<i>n</i> = 12)	75	17	8	68
	Controls (<i>n</i> = 17)	76	24	0	77
Harding et al. [58]	AD (<i>n</i> = 31/22-no LB) (CDR 1–3)	26/13	20/27	54/60	77
	DLB, neocort. (<i>n</i> = 11)	73	18	9	76
	PD (<i>n</i> = 7) (CDR 0–0.5)	83	17	0	79
	Controls (<i>n</i> = 18) (CDR 0–0.5)	83	17	0	79
Davis et al. [34]	Controls (<i>n</i> = 57, MMSE 27–29)	88	–	12	84
McKee et al. [93]	AD (<i>n</i> = 12) (CDR 1–3) 0	0	17	83	
	Cogn. normal (<i>n</i> = 23) (CDR 0)	62	38	0	83
Jellinger [68]	AD (<i>n</i> = 100) (MMSE 0–17)	0	24	76	85
	DLB (<i>n</i> = 36) (MMSE 0–20)	25	33	42	77
	PSP (<i>n</i> = 10)	70	20	10	72
	PD dem. (<i>n</i> = 20, MMSE 0–20)	25	50	25	83
	PD non dem. (<i>n</i> = 17, MMSE > 20)	70	30	0	72
	Controls (<i>n</i> = 20, MMSE 28–30)	100	0	0	81

CERAD consortium to establish a registry for Alzheimer disease, AD Alzheimer disease, DLB dementia with Lewy bodies, PD Parkinson disease, dem. demented, PSP progressive supranuclear palsy, MMSE mini-mental state examination score, CDR clinical dementia rating scale

[75, 76, 116]. On the other hand, 30–55% of elderly subjects with widespread/cortical α Syn pathology revealed no definite neuropsychiatric symptoms or were not classifiable [1, 17, 71, 72, 86, 159], and the criteria for categorization of Lewy-related pathology in patients with dementia had to be modified [1, 46, 86]. PDD and DLB, sharing many clinical and morphological features and believed to form a continuum within the spectrum of LB diseases [11, 55, 97], have been shown to differ by more severe diffuse amyloid load in the striatum of DLB [69, 87], recently confirmed by in vivo studies using 11CPIB-PET [41, 54], as well as by more frequent LB affection of the hippocampal CA 2–3 subareas [76]. The predictive value of striatal A β pathology, with regard to cognitive impairment is still controversial [1].

For FTLD, nowadays suggested to be the third or fourth most frequent cause of dementias, criteria for neuropathological diagnosis are based on the basic biochemical markers [25, 77, 90, 105] including the novel TDP-43 neurodegenerative proteinopathies [45]. Recently, a small novel group of FTLD patients with clinical features that overlap with DLB has been identified, which morphologically were consistent with TDP-43 proteinopathy (FTLD with ubiquitin-only lesions, type I) [29, 149].

Despite various proposals for a categorization of major cerebrovascular lesions [78], a harmonization of the criteria

and techniques for the assessment of cerebral lesions of presumable/possible vascular origin in cognitively impaired is necessary [115]. Because of its high variability of morphological findings and multifactorial pathogenesis of vascular cognitive impairment, no generally accepted morphologic scheme for quantitating cerebrovascular lesions and no validated neuropathological criteria for vascular dementia have been established to date (see [70]). The same holds for so-called “mixed dementia” [71, 73]. Recently, BrainNet Europe II (BNE) has constituted a “vasculopathy” reference group to harmonize the assessment of vascular pathology similar to previous interlaboratory studies for the morphological assessment of AD-related and α Syn pathologies [5, 6, 23].

In contrast to most dementing conditions that typically develop over years, rapidly progressive dementia being quickly fatal, is one of the most challenging neuropathological problems. The differential diagnosis is often widely ranging, and in addition to frequent sporadic or genetic prion diseases includes rapidly progressing neurodegenerative tauopathies and synucleinopathies, autoimmune conditions infectious, toxic-metabolic and neoplastic diseases [47]. In these and other unclear conditions, brain biopsy may play a role, although frequent biopsy findings in dementia are non specific [153].

Table 4 Mixed pathologies frequency in demented elderly

Author	n	Pathologies (%)				
		AD lesions	AD alone	AD + CVLs	AD + LBD	VaD
Nolan et al. [113]	87	87	50	34	–	–
Lim et al. [88]	?	AD cases	36	45	22	–
Nun study—Riley et al. [124]		AD cases	57	73/93	–	–
HAAS study—Petrovitch et al. [118]	333	<60	36	24	–	24
MRC-CFAS (UK)—Fernando-Ince [44]	209 (48% dem.)	70	21	–	–	78
Andin et al. [9]	175	–	72 (clin. VaD)	–	28	
Schneider et al. [133]	141	82.7	30	38	12	12
Kovacs et al. [82] (majority other diseases)	3,303	25.0	15.3	3.4	3.4	3.6
Jellinger (2008) (retrospective, unpubl.)	1,620 (dem.)	82.4	48.0	25.5	8.9	11.1
Jellinger (2008) (clinical AD, retrospective, unpubl.)	950	93.0	53.2	27.1	9.1	3.0
Jellinger (prospective, unpubl.)	180	82.7	48.8	23.9	10.0	7.8

AD Alzheimer disease, CVL cerebrovascular lesion, LBD Lewy body disease, VaD vascular dementia, unpubl. unpublished, dem. demented

Specific problems in the diagnosis of AD

Histopathological examination of the brain establishes that AD-related lesions are present in sufficient densities to distinguish AD from age-related lesions and allows detection of other dementing disorders [39]. Although the interlaboratory comparison of neuropathological assessment of AD when using standardized criteria showed reasonable inter-rater agreement [3, 4, 6, 13, 38, 56, 95, 102, 108, 109], no one set of histopathological criteria for AD has been uniformly accepted by neuropathologists [156]. These algorithms that only consider the classical “plaque and tangle” phenotype of AD do not recognize other dementias and AD subtypes, e.g., the “plaque predominant” type with abundant amyloid plaques, no or very little neuritic pathology restricted to the hippocampus and abnormal phosphorylated tau in neocortical pyramidal cells but lacking overt tangle formation, accounting for 3.5–8% of demented subjects over age 85 years [66, 139, 144, 145], the “tangle dominant type” with 3+4R tau pathology often restricted to the limbic system, absence of neuritic plaques and no or very little amyloidosis, accounting for 5–7% of oldest-olds [73], and the Lewy body variant of AD, with cortical and subcortical Lewy bodies, often associated with severe AD pathology [57]. Recent studies showed different cytoskeletal alterations in familial AD (FAD) due to PSEN1 mutations and sporadic AD [157]. Furthermore, since standard neuropathological metrics for tangles and neuritic plaques [21, 62, 102] are usually semiquantitative and, according to the BNE consortium, good agreement can be reached in the neuropathological diagnosis only when the lesions are substantial, e.g., when they have reached isocortical structures (Braak stage V–VI with absolute agreement 91%). In contrast, for mild lesions the agreement was poorer (Braak

stage I–II, agreement 50%) [6], thereby limiting the ability to make accurate correlation of antemortem cognitive status and the severity of morphological findings. Although the sensitivity and specificity of the NIA-RI criteria is suggested to be 90%, only 40–57% of the brains of patients with the clinical diagnosis of probable AD show “pure” AD pathology (Table 4). Thus, their predictive value may be reduced to 38–44% [20].

Diffuse and neuritic plaques and some amounts of tau-positive neuritic pathology in the limbic system relatively frequently occur in cognitively normal elderly [10, 15, 18, 32, 34, 61, 68, 81, 120, 130]. Although cognitively unimpaired subjects may show some or even considerable AD-related pathology [94, 137, 138], in general, the number of isocortical tangles correlates best with clinical dementia severity [12, 15, 19, 92, 110, 131, 144, 145], and patterns of gray matter loss associated with tangle pathology is an appropriate in vivo surrogate indicator of AD pathology [154]. The predictive value of widespread tau pathology (Braak stages V–VI) for dementia is high [1], while others found that both diffuse and neuritic plaques, rather than tangles in neocortical regions distinguish non-demented and AD subjects with high sensitivity and specificity [96].

Neuropathology of AD in dementia in the oldest-old differs considerably in both intensity and distribution from that in younger age groups [49, 50, 150]. Significantly increased densities of neuritic plaques and NFTs are absent in demented patients over age 85–90 years [52, 59, 64, 110, 119, 121, 136], and there is a considerable overlap in the pathologies found in the demented and non-demented [158]. A high percentage of demented aged persons aged 80+ do not meet the pathological criteria of AD or were classified as “dementia of unknown etiology” [33, 65].

Another important point is the frequent presence of confounding processes in the aged brain that coexist with AD, e.g., cerebrovascular disease, Lewy body pathology, argyrophilic grain disease, hippocampal sclerosis etc, about two-thirds of aged human brains containing non-AD-type neuropathology [107, 110]. The frequency of mixed pathologies in demented elderly is shown in Table 4, and was recently confirmed in over 3,300 autopsy cases of aged demented individuals [82]. Since 50–85% of the brains of persons who die aged 80–90+ old show appreciable cerebrovascular lesions [118], a specific problem is the impact of cerebrovascular disease in relation to AD pathology [16, 27, 28, 51, 110, 134, 146]. The burden of vascular and AD type lesions are considered to be independent of each other, and are consistent with an additive or synergistic effect of both types of lesions on cognitive impairment [67, 71, 72, 84, 132]. The thresholds for vascular and degenerative lesions in distinguishing “pure” VaD or AD from mixed cases have been critically discussed recently [53, 160]. AD pathology alone more frequently accounts for dementia than both microscopic and macroscopic infarcts [146], and in advanced or full-blown stages of AD concomitant small vascular lesions do not significantly influence the overall state and progression of cognitive decline, the severity and extent of AD pathology overwhelming the effects of cerebrovascular disease [27, 71–73, 85]. Nevertheless, it should be borne in mind that all additional pathologies may interact. Therefore, the reliability and clinical relevance of the current diagnostic criteria need better qualification and validation.

Conclusions

Adequate use of morphological markers (tau, amyloidosis, synuclein, synaptic and other proteins) as well as biochemical markers usually identify the vast majority of cases with dementia. However, due to variable overlap, these changes may fail to distinguish between cognitively intact aged subjects from those with mild cognitive impairment or preclinical or mild AD. In particular, these latter groups show a wide variety in the intensity and pattern of AD-related lesions. Although they often differ from “normal” aging, only a small proportion of cognitively intact aged are free of AD pathology, while up to 50% may show AD-related changes or even definite AD pathology [10, 15, 18, 32, 34, 61, 68, 81, 120, 130]. Additional difficulties arise from frequent coexistence with other pathologies that may have an additive or synergistic effect. Similar difficulties arise in other neurodegenerative dementias, in particular those with genetic background. The question, whether the neuropathological “gold standard” is dead has been discussed in respect to genetical neurodegenerative disorders that offer a

rare opportunity to test the validity of neuropathological diagnostic criteria. Implications regarding an autosomal dominant disorder (PARK 8) in which four different morphological diagnoses were found at autopsy were discussed. It was suggested that just as there is currently no clinical “gold standard” for Parkinson disease, in certain circumstances there is also no pathological “gold standard”, and only the combination with genetic studies may provide definitive arbitration of validity of clinical and pathologic diagnostic criteria [148, 149]. In view of these difficulties, the present author feels not competent enough to present or propose “new” criteria for the neuropathological diagnosis of neurodegenerative and dementing disorders and, thus, to show a “simple” way out of the current “chaos” regarding histological diagnosis of dementia and their clinical implications. Further studies using methodological and validated protocols and harmonized techniques are required to increase the accuracy and reproducibility of neuropathological diagnosis. Keeping all the pros and cons in mind, one has to conclude that, if robust correlations between clinical course and morphological changes will be confirmed by future correlative studies, the neuropathological classification and staging systems will need to be revised accordingly. There will be a long and difficult way out of the swamp.

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Note added in proof A new study of BrainNet Europe on the assessment of β -amyloid deposits in human brain by 26 independent observers reached an 81% agreement on the phases of A β , when at least six brain areas were evaluated. A 92% agreement was reached on the absence/presence of CAA, and 74% on the type of CAA. However, most of the observers failed to detect capillary CAA when it was only mild and focal. These data suggest that the assessment of the A β phases may be a diagnostic tool for suspected AD [7]. On the other hand, significant A β deposition in a significant number of cognitively unimpaired elderly persons has been recognized from neuropathological [34, 81, 120] and recent amyloid imaging studies [2, 100, 127]. Evaluation of associations between 43 different clinical and pathological variables in 334 longitudinally examined elderly subjects showed a strong association between cognitive impairment and AD pathology, especially isocortical neurofibrillary tangles, with neuritic plaques having more impact in relatively high-functioning individuals, while for other pathological changes, except for TDP-43 pathology in a subset of cases, there was no support for independent association with cognitive impairment [111].

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