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ORIGINAL ARTICLE

Oral health in renal transplant recipients administered cyclosporin A or tacrolimus

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OBJECTIVE: The aim of this study was to determine the oral status of renal transplant recipients receiving cyclosporin A (CsA) or tacrolimus (FK-506) as immuno-suppressant.

SUBJECTS AND METHODS: A total of 88 renal transplant recipients receiving CsA (63 men and 25 women, mean age 51.4 years) and 67 receiving FK-506 (57 men and 10 women, mean age 33.5 years) were included in the study. Donor type, histocompatibility, cold ischemia time and prior delayed graft function were similar between the two groups. Demographics and pharmacological data were recorded for all subjects.

RESULTS: The results demonstrated that CsA caused a greater number of oral diseases. A greater number of gingival overgrowth was present in patients treated with CsA. However, the combined use with calcium channel blockers increased the gingival overgrowth number. The occurrence of candida in saliva was observed in 80 renal recipients treated with CsA and 20 treated with FK-506. The presence of squamous oral carcinoma (n = 3) and herpes simplex (n = 10) was observed in patients treated with CsA. These alterations were not observed in renal recipients treated with FK-506.

CONCLUSIONS: Renal recipients constitute a high-risk group for oral diseases, as they are immunocompromised. However, the FK-506 regime appears to ameliorate this effect, compared with CsA. Adequate pre- and post-transplant oral health care is recommended for these subjects, irrespective of the time interval for which the drug is administered.

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Keywords: oral health; renal transplant; cyclosporin; tacrolimus

Introduction

Tacrolimus (FK-506) was introduced as an immunosuppressive agent for use in organ transplants in 1987 and has gradually been gaining popularity (Spencer et al, 1997). Since the primary clinical trials performed in orthotopic liver transplantation in 1989, the drug has been used with encouraging results as primary therapy after renal, hepatic, and cardiac transplantation (Liver, 1994; Shapiro et al, 1995; Pham et al, 1996). Cyclosporin A (CsA) is a hydrophobic cyclic endecapeptide with unsurpassed immunosuppressive activity (Feldman, 2000). It is used for the treatment of several diseases such as rheumatoid arthritis. psoriasis, nephrotic syndrome, and inflammatory bowel disease, and to prevent organ rejection in transplantation (Feldman, 2000). Studies of the biological mechanisms of CsA have shown that the drug, cyclophilin complex, binds and inhibits calcineurin, a calcium and calmodulin-dependent serine threonine phosphatase (Shin et al, 1997). This inactivation prevents dephosphorylation of nuclear factor of activated T cells (NF-AT), the nuclear import of NF-AT, and the formation of a transcriptionally active NF-AT complex. The net consequence, inhibition of interleukin-2 (IL-2) gene expression at the transcriptional level, is considered to be the primary mechanism for the immunosuppressive activity of CsA. (Ellis and Avner, 1986). The pharmacodynamics of FK-506 is very similar to CsA (Spencer et al, 1997). FK-506 binds with FK-binding proteins to form a complex, in a way similar to which CsA binds to cyclophilins. The resultant complexes inhibit calcineurin activity, thus inhibiting calcium-dependent events (Fruman et al, 1992). This leads to reduced IL-2 gene transcription, nitric oxide synthetase activation, and cell degranulation and apoptosis (Wiederrecht et al, 1993). As with CsA, type 1 T-helper cells are suppressed preferentially to type 2 helper cells, and T-cell-mediated toxicity is impaired (Thomson et al, 1995). FK-506 has an immunosuppressive capacity 100 times that of

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CsA (Jacobson et al, 1998), and is recognized as an effective alternative to CsA in primary and rescue therapy. In primary therapy it has been suggested that it may be more effective than CsA in preventing acute and chronic rejection of liver transplants (Spencer et al, 1997). FK-506 shares many unwanted effects common to other immunosuppressive agents. It demonstrates an increased tendency for renal recipients to develop diabetes and neurotoxicity when compared with CsA (Mueller et al, 1994; Marchetti and Navalesi, 2000), and similar levels of nephrotoxicity (Porayko et al, 1994). In contrast, hyperlipidemia, hypertension, and hirsutism are less likely with FK-506 than CsA (Mihatsch et al, 1998). The clinical use of CsA is associated with adverse side effects including nephrotoxicity, hepatotoxiciy, hypertension, neurotoxicity, and hypertricosis In the mouth, the main side effect is gingival overgrowth (Rateitschak-Pluss et al, 1983). Other oral lesions are poorly described. Numerous case reports suggest that the severity of gingival overgrowth seen in subjects taking FK-506 is lesser than that seen with CsA. The aim of this study was to determine the oral status of renal transplant recipients receiving either CsA or FK-506 as immunosuppressant.

Subjects and methods

Subjects

The present study received ethical approval from the appropriate São Paulo Hospital Ethical Committee (Proc. 1286/03). A total of 155 renal transplant recipients (120 men and 35 women, mean age 42.4 years) were recruited from São Paulo Hospital. All renal transplant recipients were medicated with either CsA or FK-506 alone or together with calcium channel blockers (CCB). Only subjects who possessed a minimum of eight of the ten most anterior teeth in the upper or lower dental arches participated in the study. Demographic variables including age, gender, time since transplant, and pharmacological data were recorded for all subjects. Two clinicians performed oral examinations of all subjects. In the case of mucosa alterations, the histological analysis was performed using hematoxylin and eosin.

Collection of saliva

Saliva was collected from each subject using a spitting method in sterile tube. The tubes with the saliva were submitted to 1 min of vibration in order to obtain a uniform suspension. After this procedure, the saliva was diluted in decimal series from 100^{-1} to 10^{-3} in sterile saline solution. For the cultivation of yeasts, aliquots of $100 \ \mu$ l of each dilution were inoculated in Sabouraud dextrose agar chloramphenicol medium, and incubated at 37° C for 48 h. The counting of colony-forming units ml⁻¹ was carried out after growth of characteristic yeast colonies. *Candida* species were identified by wet preparation of a colony for microscopic examination and by germ-tube testing. The growth characteristics in Sabouraud dextrose broth, morphologic characteristics on

cornmeal agar with Tween 80, and the ability of the fungi to grow in the presence of cycloheximide were evaluated. Urease activity testing and carbohydrate assimilation and fermentation tests were performed as required.

Oral hygiene

Oral hygiene status was assessed by the visible plaque index (VPI) (Axelsson and Lindhe, 1975). The presence of dental biofilm was revealed using a disclosing agent. The VPI% was expressed as the number of surfaces exhibiting visible biofilm divided by the total number of surfaces available. Gingival inflammation was estimated according to the gingival bleeding index (GBI). The frequency of surfaces with gingivitis for each patient (GBI%) was based on the occurrence of bleeding on probing the gingival sulcus at six points around each tooth (Axelsson and Lindhe, 1975; Wondimu *et al*, 2001).

Gingival examination

Gingival overgrowth was determined on the basis of measurements of sulcus depth and diagnosed as positive when the probing depth (PD) > = 4 mm without exhibiting loss of periodontal attachment, i.e., pseudopockets (Wondimu *et al*, 1993, 2001). Sulcus PD was measured to the nearest millimeter at four points around each tooth using a graded periodontal probe. The level of periodontal attachment of the sites exhibiting a PD > = 4 mm, was assessed from radiographs taken by a paralleling technique. Loss of attachment was diagnosed when the distance between the cemento-enamel junction and marginal bone on the radiographs exceeded 2 mm. Gingival overgrowth was diagnosed as positive when the patient exhibited one or more pseudopockets of PD > = 4 mm.

Statistical analysis

Individual subject data, including demographic, pharmacological, periodontal and oral mucosa variables, were collected and transcribed onto a statistical database (Minitab 2000, USA). The Mann–Whitney *U*-test and Fisher's exact test were used to test for statistical differences found ($\alpha = 0.05$).

Results

A total of 155 renal allograft recipients medicated with FK-506 (n = 67) or CsA (n = 88) participated in the study. Before renal transplantation subjects presented with either diabetes or hypertension. However, the renal allograft recipients treated with FK-506 presented neurotoxicity (n = 6), diabetes (n = 2) and hypertension (n = 6), while most of the renal allograft recipients treated with CsA presented hypertension (n = 64) and hypertricosis (n = 33). The FK-506 group was younger the $(33.5 \pm 7.8 \text{ years})$ than CsA group $(51.4 \pm 5.9 \text{ years})$. In all cases most of the renal transplant recipients were men. The mean dosage of CsA was 10 mg kg⁻¹ of body weight day⁻¹ and that of FK-506 1.0 mg kg⁻¹ of body weight day⁻¹ (Table 1). All renal allograft recipients with hypertension were treated with CCB.

The mean age of the renal transplant recipients FK-506 treated with alone was vounger $(31.8 \pm 4.1 \text{ years})$, whereas those treated with CsA alone was 57.6 \pm 3.2 years The time since transplant varied between 4.6 and 4.8 years. The demographic and pharmacological data for the FK-506 and CsA subjects, dichotomized into those taking CCB, are presented in Table 2. Overall, six renal allograft recipients were medicated with FK-506 and CCB (six men) and 64 were medicated with CsA and CCB (60 men and four women). In most of the cases the subjects were men and the time since transplant varied between 1 and 7 years (Table 2).

Gingival overgrowth characterized by one or more units with increased sulcus PD (PD > = 4 mm), was found in 54 renal recipients treated with CsA and CCB, and 14 treated with CsA alone (P < 0.05). In contrast to the CsA group, the group treated with FK-506 alone did not present gingival overgrowth (n = 0), and when the treatment was associated with CCB, gingival overgrowth was observed in six renal recipients (P < 0.05) (Table 3).

The level of oral hygiene was good in all renal allograft recipients and there was no difference between the groups. One hundred renal allograft recipients of the 155 renal transplanted recipients presented candida in the saliva. *Candida albicans* was the most frequent species identified in the groups treated with CsA (n = 66) or FK-506 (n = 17). Besides *C. albicans* only *Candida dubliniensis* (n = 3) was observed in the saliva of recipients treated with FK-506. On the other hand,

 $Table \ 1 \ Demographic, \ drug \ variable \ and \ systemic \ alterations \ of \ the \ renal \ recipients \ treated \ with \ FK-506 \ or \ CsA$

Variables	$CsA \ (n = 88)$	<i>FK</i> -506 (<i>n</i> = 67)
Age (years), mean \pm SD	51.4 ± 5.9^{a}	33.5 ± 7.8
Gender (m/f)	63/25	57/10
Dosage (mg)	10.0 ± 10.0	1.0 ± 0.5
Neurotoxicity	0	6
Diabetic	0	2
Hypertension	64 ^a	6
Hypertricosis	33	0

Values are expressed in *n*. CsA, cyclosporin A; FK-506, tacrolimus. ^aSignificant difference from FK-506.

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the renal transplanted recipients treated with CsA presented C. dubliniensis (n = 10), Candida parapsilosis (n = 2), Candida krusei (n = 1), and Candida tropicalis (n = 1) (Table 4). Only the CsA group presented squamous cell carcinoma of the lip (n = 3) and herpes simplex (n = 10) (Table 5).

Discussion

The introduction of CsA in the 1980s marked a significant clinical advance in the treatment of organ transplant recipients (Starzl et al, 1986; Gjertson, 1991; Gjertson et al, 1995). The use and the systemic effects of this drug have been studied. In more recent years, new drugs, including CsA microemulsion, FK-506 and mycophenolate mofetil, have added to the growing success of organ transplantation. Concomitant with this success, however, there is need for special care in the selection of immunosuppressive regimens. The selection of appropriate immunosuppressive regimen is individualized and based on a clear understanding of clinical efficacy and associated risks and/or long-term complications (Henry, 1999). As such, it is of interest to consider oral health. In terms of safety, the principal toxicities of FK-506 appear to be neurologic complications, gastrointestinal disturbances, and increased diaassociated betogenicity. Toxicities with CsA administration are hypercholesterolemia and, in some cases, hypertension (Henry, 1999). In the present study, the renal allograft recipients treated with FK-506 presented neurotoxicity (n = 6), diabetes (n = 2) and hypertension (n = 6). The majority of recipients treated with CsA presented hypertension (n = 64) and hypertricosis (n = 33). All subjects who participated in the present study did not present diabetes or hypertension before renal transplantation. There is, however, a lack of information comparing the effects of these drugs on oral health, and most of the studies available have investigated the incidence of CsA-induced gingival overgrowth. Therefore, the aim of this study was to determine the oral status of renal allograft recipients receiving either CsA or FK-506 as immunosuppressant. The mean age of the renal transplant recipients receiving FK-506 was, in general, lower than that of subjects treated with CsA. These data are in agreement with previous findings (McKaig et al, 2002). Over the past few years, FK-506 has gained wider acceptance as a first-line immunosuppressant therapy for renal

Table 2 Variables analyzed in the renal transplant recipients treated with FK-506 or CsA alone or in association with CCB

Variables	CsA (n = 24)	CsA and CCB (n = 64)	<i>FK-506</i> (<i>n</i> = 61)	FK-506 and $CCB \ (n = 06)$
Age (years), mean ± SD (range)	$57.6 \pm 3.2^{\rm a}$ (48–65)	44.4 ± 2.84 (42–47)	31.8 ± 4.1(28–36)	35.1 ± 10.7 (32 - 39)
Gender (m/f)	17/7	60/4	41/20	6/0
Time since transplant (years)	$4.6 \pm 3.5 (1-7)$	5.8 ± 3.5 (1-7)	$4.8 \pm 2.6 (1-5)$	$3.4 \pm 2.8 (1-6)$

Values are expressed in *n*. CsA, cyclosporin A; CCB, calcium channel blocker; FK-506, tacrolimus. ^aSignificant difference from FK-506.

Table 3 Gingival overgrowth of renal transplanted recipients treated with CsA alone, FK-506 alone or a combination of CsA and CCB, or FK-506 and CCB

Variables	Gingival overgrowth $(n = 94)$ (%)
FK-506	0/6
FK-506 + CCB	$6/6^{a}$ (100)
CsA	14/24 (58.3)
CsA + CCB	54/64 ^b (84.3)

Values are expressed in *n*. CsA, cyclosporin A; CCB, calcium channel blocker; FK-506, tacrolimus.

^aSignificant difference from FK-506.

^bSignificant difference from CsA.

 Table 4
 Frequency of oral candidal colonization in renal transplant subjects

Organism	CsA	FK-506
C. albicans	66	17 ^a
C. dubliniensis	10	03
C. parapsilosis	02	-
C. krusei	01	_
C. tropicalis	01	_

Values are expressed in *n*. CsA, cyclosporin A; FK-506, tacrolimus. ^aSignificant difference from CsA.

Table 5 Oral lesions of renal transplant recipients treated with CsA alone, FK-506 alone or a combination of CsA and CCB, or FK-506 and CCB $\,$

Variables	Squamous oral carcinoma	Herpes simplex
CsA	3	10
CsA and CCB	_	-
FK-506	_	-
FK-506 and CCB	-	_

Values are expressed in *n*. CsA, cyclosporin A; CCB, calcium channel blocker; FK-506, tacrolimus.

transplantation. As a consequence of this and of renal transplantation being performed in young individuals, the mean age of renal allograft recipients in the FK-506 group was lower.

The findings of the present study demonstrate that renal allograft recipients who have been under a CsAbased immunosuppressive regimen presented gingival overgrowth, an increased incidence of *Candida* sp. in the saliva, squamous oral carcinoma and herpes simplex. The renal allograft recipients treated with FK-506 also presented gingival overgrowth and *Candida* sp. in the saliva, however the incidence was lower (P > 0.05).

Gingival overgrowth was diagnosed as positive when the patient exhibited one or more units of increased sulcus (PD > = 4 mm) without loss of periodontal attachment. The relationship between gingival overgrowth and CsA therapy is well documented in humans and experimental animals, and there is a consensus that

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FK-506 causes less overgrowth, and when it occurs it is less severe (Ellis et al, 2004). The concomitant medication with CCB increased the presence of gingival alterations in renal transplant recipients medicated with CsA. Morisaki *et al* (2000) suggested that renal allograft recipients who were treated concurrently with CCB, more specifically nifedipine, presented more severe gingival overgrowth than those who were treated with CsA alone. On the other hand no gingival overgrowth was observed in patients treated with FK-506 alone. These results clearly demonstrate that the CCB therapy presented an increase in the risk of development of gingival alterations in patients treated with FK-506. The majority of the renal recipients analyzed in the present study were treated with nifedipine. Nifedipine is a wellknown CCB, and CsA, like FK-506, seems to act via calcium (Ferraris et al, 2004). The common mechanism for the effects of CsA and CCB appears to be Ca^{2+} mobilization. Several other factors are associated with the induction of gingival overgrowth. As commented by Kataoka et al (2000), genetic predisposition, gender, age, dose and duration of CsA are involved in the pathogenesis of drug-induced gingival overgrowth. Some studies have suggested that the dental biofilm can probably modify the characteristics of the overgrowth, but is not essential for its development (Seymour and Smith, 1991; Somacarrera et al, 1994; Ellis et al, 2004). In fact, the relationship between gingival inflammation and the development of gingival overgrowth is still unclear, although a positive correlation has been suggested (Seymour et al, 2000). In the present study, the dental biofilm was assessed and, in general, the patients demonstrated good oral hygiene with no clinical signs of inflammatory gingival disease. The results showed that gingival inflammation seemed not to be involved in the pathogenesis of drug-induced gingival overgrowth. Nevertheless, the molecular mechanisms that are involved in the accumulation of collagen in the gingiva are not vet well understood.

Despite advances in immunosuppressive regimens over the past decade, infectious complications after kidney transplantation remain an important cause of morbidity and mortality (Hwang *et al*, 2004). In the present work fungal species were the most frequent organism, followed by herpes simplex.

The present study showed the incidence of Candida sp. in saliva of patients treated with CsA or FK-506. Some works described candida-induced lesions. Angular cheilitis has been described in up to 4% of renal allograft recipients (King et al, 1994; Klassen and Krasko, 2002). Other oral candidal lesions - such as pseudomembranous (1.9%), erythematous (3.8%), and chronic atrophic candidosis (3.8%) – have been reported in renal allograft recipients (King et al. 1994). These findings suggest that the prevalence as well as the interrelationship between various species of Candida inhabiting the human cavity may be clinically important factors in renal transplant recipients. It is interesting to point out that the renal allograft recipients treated with CsA presented larger Candida sp. in the saliva - a fact undocumented in the literature. Some studies have

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shown that transplanted subjects treated with CsA present xerostomia (Tyrzyk et al, 2004; Diaz-Ortiz et al, 2005). Xerostomia is a condition that induces a greater incidence of *Candida* sp. (Torres *et al*, 2003). The lower saliva flow rates induced changes in oral soft tissues and an increase in the number of oral *Candida* sp. (Tyrzyk et al, 2004). In the present study, the saliva flow rates were not evaluated. Herpes simplex infection (HSV) was detected in 10 renal allograft recipients treated with CsA alone. No HSV was observed in the renal allograft recipients treated with FK-506. Recent findings suggest that viral infection has always been a major threat to kidney transplant subjects on immunosuppressive therapy (Hwang et al, 2004). These results are not in accordance with the findings of the present work. Perhaps the results of the present work can be explained by the use of effective anti-herpetic regimens (Squifflet

and Legendre, 2002). These authors verified that most of the patients that presented with HSV were treated with CsA. This finding is in line with the present work. In the present study anti regimens were not evaluated.

In the present investigation, three cases of squamous oral carcinoma of the lip in CsA-treated renal recipients were also observed. Some reports suggest that therapy following renal transplantation predisposes to epithelial dysplasia and carcinoma of the lip (Regev et al, 1992; Thomas et al, 1993). Previous studies indicated that CsA-treated recipients are more susceptible to the development of malignancies such as lymphoma (Nalesnik et al, 2000; Gardner et al, 2004; Sinha et al, 2004), Kaposi's sarcoma (Campistol et al, 2004; Moosa, 2005), cervix carcinoma (Goldfarb et al, 1997), and solitary plasmocytoma (Yoon et al, 2003). There have been reports of squaomous oral carcinoma and Kaposi's sarcoma arising within areas of CsA-induced gingival overgrowth (Vargas and Tyldesley, 1991; Quinibi et al, 1998). In the present study no clinically malignant alterations in gingival overgrowth were observed. The incidence of squaomous oral carcinoma and basal cell carcinoma is notably increased after organ transplantation (Hyckel et al, 2003). However, the majority of reports regarding carcinoma associated with immunosuppression are related to the skin. The incidence of skin carcinoma rises progressively with the duration of graft survival from an accumulative risk of 10% after 10 years to a risk of 40% 20 years after graft survival. In the present study the majority of renal recipients that presented oral carcinoma had undergone treatment for 1–7 years.

In summary, the present study investigated a group of renal allograft recipients, and demonstrated a greater incidence of oral lesions in the patients on a CsA-based immunosuppressive regimen than in the patients on a FK-506-based immunosuppressive regimen. Renal transplant recipients constituted a high-risk group for oral diseases, due to that fact that they are immunocompromised. However, the FK-506 regimen appeared to ameliorate this effect, compared with CsA. Adequate pre- and post-transplant oral health care is recommended for these subjects, irrespective of the time interval for which the drug is administered.

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