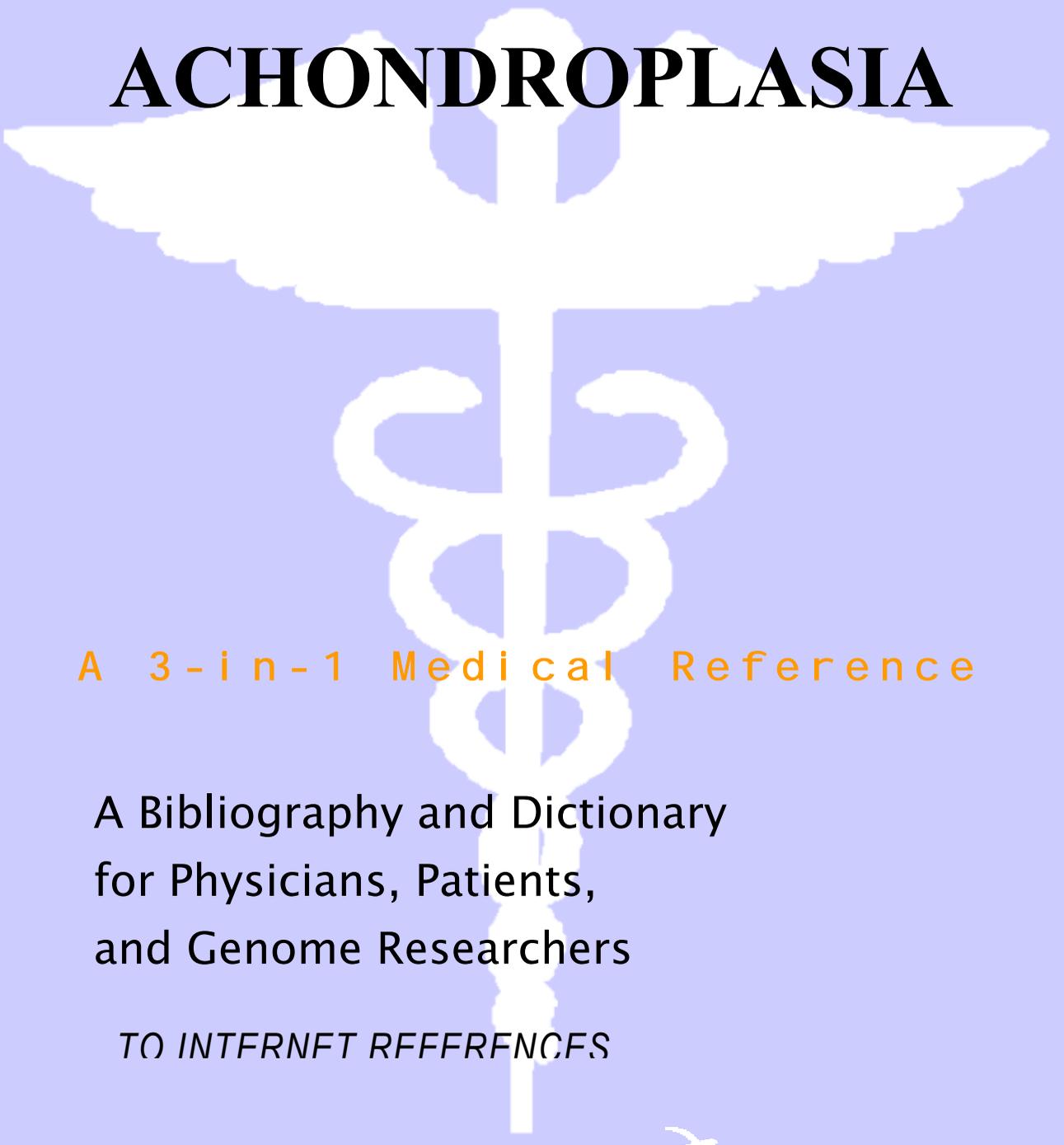


ACHONDROPLASIA



A 3-in-1 Medical Reference

A Bibliography and Dictionary
for Physicians, Patients,
and Genome Researchers

TO INTERNET REFERENCES

ACHONDROPLASIA

A BIBLIOGRAPHY AND
DICTIONARY

FOR PHYSICIANS, PATIENTS,
AND GENOME RESEARCHERS



JAMES N. PARKER, M.D.
AND PHILIP M. PARKER, PH.D., EDITORS

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FORWARD

In March 2001, the National Institutes of Health issued the following warning: “The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading.”¹ Furthermore, because of the rapid increase in Internet-based information, many hours can be wasted searching, selecting, and printing. Since only the smallest fraction of information dealing with achondroplasia is indexed in search engines, such as **www.google.com** or others, a non-systematic approach to Internet research can be not only time consuming, but also incomplete. This book was created for medical professionals, students, and members of the general public who want to know as much as possible about achondroplasia, using the most advanced research tools available and spending the least amount of time doing so.

In addition to offering a structured and comprehensive bibliography, the pages that follow will tell you where and how to find reliable information covering virtually all topics related to achondroplasia, from the essentials to the most advanced areas of research. Special attention has been paid to present the genetic basis and pattern of inheritance of achondroplasia. Public, academic, government, and peer-reviewed research studies are emphasized. Various abstracts are reproduced to give you some of the latest official information available to date on achondroplasia. Abundant guidance is given on how to obtain free-of-charge primary research results via the Internet. **While this book focuses on the field of medicine, when some sources provide access to non-medical information relating to achondroplasia, these are noted in the text.**

E-book and electronic versions of this book are fully interactive with each of the Internet sites mentioned (clicking on a hyperlink automatically opens your browser to the site indicated). If you are using the hard copy version of this book, you can access a cited Web site by typing the provided Web address directly into your Internet browser. You may find it useful to refer to synonyms or related terms when accessing these Internet databases. **NOTE:** At the time of publication, the Web addresses were functional. However, some links may fail due to URL address changes, which is a common occurrence on the Internet.

For readers unfamiliar with the Internet, detailed instructions are offered on how to access electronic resources. For readers unfamiliar with medical terminology, a comprehensive glossary is provided. We hope these resources will prove useful to the widest possible audience seeking information on achondroplasia.

The Editors

¹ From the NIH, National Cancer Institute (NCI): <http://www.cancer.gov/>.

CHAPTER 1. STUDIES ON ACHONDROPLASIA

Overview

In this chapter, we will show you how to locate peer-reviewed references and studies on achondroplasia. For those interested in basic information about achondroplasia, we begin with a condition summary published by the National Library of Medicine.

Genetics Home Reference

Genetics Home Reference (GHR) is the National Library of Medicine's Web site for consumer information about genetic conditions and the genes or chromosomes responsible for those conditions. Here you can find a condition summary on achondroplasia that describes the major features of the condition, provides information about the condition's genetic basis, and explains its pattern of inheritance. In addition, a summary of the gene or chromosome related to achondroplasia is provided.²

The Genetics Home Reference has recently published the following summary for achondroplasia:

What Is Achondroplasia?³

Achondroplasia is a disorder of bone growth. Although achondroplasia literally means "without cartilage formation," the problem is not in forming cartilage but in converting it to bone, particularly in the long bones of the arms and legs.

All people with achondroplasia have short stature. The average height of an adult male with achondroplasia is 131 centimeters (4 feet, 4 inches), and the average height for adult females is 124 centimeters (4 feet, 1 inch). Characteristic features of achondroplasia include an average-size trunk, short arms and legs with particularly short upper arms and thighs,

² This section has been adapted from the National Library of Medicine: <http://ghr.nlm.nih.gov/>.

³ Adapted from the Genetics Home Reference of the National Library of Medicine: <http://ghr.nlm.nih.gov/condition=achondroplasia>.

limited range of motion at the elbows, and an enlarged head (macrocephaly) with a prominent forehead. Fingers are typically short and the ring finger and middle finger may diverge, giving the hand a three-pronged (trident) appearance. People with achondroplasia are generally of normal intelligence.

Health problems commonly associated with achondroplasia include episodes in which breathing slows or stops for short periods (apnea), obesity, and recurrent ear infections. In adulthood, individuals with the condition usually develop a pronounced and permanent sway of the lower back (lordosis) and bowed legs. Older individuals often have back pain, which can cause difficulty with walking.

How Common Is Achondroplasia?

Achondroplasia is the most common type of short-limbed dwarfism. The condition occurs in 1 in 15,000 to 40,000 newborns.

What Genes Are Related to Achondroplasia?

Mutations in the **FGFR3** (<http://ghr.nlm.nih.gov/gene=fgfr3>) gene cause achondroplasia.

The **FGFR3** gene provides instructions for making a protein that is involved in the development and maintenance of bone and brain tissue. This protein limits the formation of bone from cartilage (a process called ossification), particularly in the long bones. Two specific mutations in the **FGFR3** gene are responsible for almost all cases of achondroplasia. Researchers believe that these mutations cause the protein to be overly active, which interferes with skeletal development and leads to the disturbances in bone growth seen with this disorder.

How Do People Inherit Achondroplasia?

Achondroplasia is inherited in an autosomal dominant pattern, which means one copy of the altered gene in each cell is sufficient to cause the disorder. About 80 percent of people with achondroplasia have average-size parents; these cases result from a new mutation in the **FGFR3** gene. In the remaining cases, people with achondroplasia have inherited an altered **FGFR3** gene from one or two affected parents. Individuals who inherit two altered copies of this gene typically have very severe problems with bone growth, and are usually stillborn or die shortly after birth from respiratory failure.

Where Can I Find Additional Information about Achondroplasia?

You may find the following resources about achondroplasia helpful. These materials are written for the general public.

NIH Publications - National Institutes of Health

- <http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=gnd.section.256>

MedlinePlus - Health Information

- Encyclopedia: Achondroplasia:
<http://www.nlm.nih.gov/medlineplus/ency/article/001577.htm>
- Encyclopedia: Lordosis:
<http://www.nlm.nih.gov/medlineplus/ency/article/003278.htm>
- Health Topic: Dwarfism:
<http://www.nlm.nih.gov/medlineplus/dwarfism.html>

Educational Resources - Information Pages

- Ask the Geneticist: Inheritance of achondroplasia:
http://www.askthegen.org/question.php?question_id=692
- Centre for Genetics Education:
<http://www.genetics.com.au/factsheet/43.htm>
- Children's Hospital Boston:
<http://www.childrenshospital.org/az/Site558/mainpageS558P0.html>
- Department of Orthopaedic Surgery, Johns Hopkins University:
<http://www.hopkinsmedicine.org/orthopedicsurgery/achondroplasia.html>
- Greenberg Center for Skeletal Dysplasias:
<http://www.hopkinsmedicine.org/greenbergcenter/achon.htm>
- Madisons Foundation:
<http://www.madisonsfoundation.org/content/3/1/display.asp?did=260>
- Nemours:
<http://www.nemours.org/internet?url=no/dysplasia/achondroplasia.html>
- Orphanet:
http://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=GB&Expert=15
- The Wellcome Trust:
http://genome.wellcome.ac.uk/doc_WTD020861.html
- University of Virginia Health System:
http://www.healthsystem.virginia.edu/UVAHealth/peds_diabetes/achondro.cfm

Patient Support - for Patients and Families

- Human Growth Foundation:
<http://www.hgfound.org>
- International Skeletal Dysplasia Registry, Cedars-Sinai Medical Center:
<http://www.csmc.edu/3805.html>
- Little People of America, Inc.:
<http://www.lpaonline.org>

- March of Dimes:
http://www.marchofdimes.com/pnhec/4439_1204.asp
- National Organization for Rare Disorders:
http://www.rarediseases.org/search/rdbdetail_abstract.html?disname=Achondroplasia
- Resource list from the University of Kansas Medical Center:
<http://www.kumc.edu/gec/support/dwarfism.html>
- The MAGIC Foundation:
<http://www.magicfoundation.org/>

Professional Resources

You may also be interested in these resources, which are designed for healthcare professionals and researchers.

- Gene Reviews - Clinical summary:
<http://www.genetests.org/query?dz=achondroplasia>
- Gene Tests - DNA tests ordered by healthcare professionals:
<http://www.genetests.org/query?testid=2789>
- ClinicalTrials.gov - Linking patients to medical research:
<http://clinicaltrials.gov/search/condition=%22achondroplasia%22?recruiting=false>
- PubMed - Recent literature:
<http://ghr.nlm.nih.gov/condition=achondroplasia/show/PubMed;jsessionid=EE42AE95D313DDE2504E562C955E927E>
- OMIM - Genetic disorder catalog:
<http://www.ncbi.nlm.nih.gov/entrez/dispomim.cgi?id=100800>

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- Vajo Z, Francomano CA, Wilkin DJ. The molecular and genetic basis of fibroblast growth factor receptor 3 disorders: the achondroplasia family of skeletal dysplasias, Muenke craniosynostosis, and Crouzon syndrome with acanthosis nigricans. *Endocr Rev.* 2000 Feb;21(1):23-39. Review. PubMed citation

A summary of the gene related to achondroplasia is provided below:

What Is the Official Name of the FGFR3 Gene?⁴

The official name of this gene is “fibroblast growth factor receptor 3 (achondroplasia, thanatophoric dwarfism).”

FGFR3 is the gene's official symbol. The FGFR3 gene is also known by other names, listed below.

What Is the Normal Function of the FGFR3 Gene?

The FGFR3 gene provides instructions for making a protein called fibroblast growth factor receptor 3. This protein is part of a family of fibroblast growth factor receptors that share similar structures and functions. These proteins play a role in several important cellular processes, including regulation of cell growth and division, determination of cell type, formation of blood vessels, wound healing, and embryo development.

The FGFR3 protein spans the cell membrane, so that one end of the protein remains inside the cell and the other end projects from the outer surface of the cell. This positioning of the protein allows it to interact with specific growth factors outside the cell and to receive signals that control growth and development. When these growth factors attach to the FGFR3 protein, the protein triggers a cascade of chemical reactions inside the cell that instructs the cell to undergo certain changes, such as maturing to take on specialized functions.

The FGFR3 protein is involved in the development and maintenance of bone and brain tissue. Researchers believe that this receptor regulates bone growth by limiting the formation of bone from cartilage (a process called ossification), particularly in the long bones.

⁴ Adapted from the Genetics Home Reference of the National Library of Medicine:
<http://ghr.nlm.nih.gov/gene=fgfr3;sessionid=EE42AE95D313DDE2504E562C955E927E>.

What Conditions Are Related to the FGFR3 Gene?

Achondroplasia - Caused by Mutations in the FGFR3 Gene

Two mutations in the FGFR3 gene cause more than 99 percent of cases of achondroplasia. Both mutations lead to the same change in building blocks (amino acids) that make up the fibroblast growth factor receptor 3 protein. Specifically, the amino acid glycine is replaced with the amino acid arginine at protein position 380 (written as Gly380Arg or G380R). Researchers believe that this genetic change causes the receptor to be overly active, which leads to the disturbances in bone growth seen with this disorder.

Crouzonodermoskeletal Syndrome - Caused by Mutations in the FGFR3 Gene

Two mutations in the FGFR3 gene cause more than 99 percent of cases of achondroplasia. Both mutations lead to the same change in building blocks (amino acids) that make up the fibroblast growth factor receptor 3 protein. Specifically, the amino acid glycine is replaced with the amino acid arginine at protein position 380 (written as Gly380Arg or G380R). Researchers believe that this genetic change causes the receptor to be overly active, which leads to the disturbances in bone growth seen with this disorder.

Hypochondroplasia - Caused by Mutations in the FGFR3 Gene

A single FGFR3 mutation has been identified in people with Crouzonodermoskeletal syndrome. This genetic change replaces the amino acid alanine with the amino acid glutamic acid at position 391 of the fibroblast growth factor receptor 3 protein (written as Ala391Glu or A391E). Researchers have not determined how this mutation leads to the signs and symptoms of this disorder, but the altered receptor appears to disrupt the normal growth of skull bones and affect skin pigmentation.

Muenke Syndrome - Caused by Mutations in the FGFR3 Gene

Several mutations in the FGFR3 gene have been identified in people with hypochondroplasia. Many cases are caused by one of two specific FGFR3 mutations, both of which lead to the same change in amino acids in the fibroblast growth factor receptor 3 protein. Specifically, the amino acid asparagine is replaced with the amino acid lysine at protein position 540 (written as Asn540Lys or N540K). Other FGFR3 mutations probably cause a small number of cases of hypochondroplasia. Although the effects of these mutations have not been explained, they probably cause the receptor to be mildly overactivated, which leads to the disturbances in bone growth seen with this disorder.

SADDAN - Caused by Mutations in the FGFR3 Gene

A single mutation in the FGFR3 gene has been shown to cause Muenke syndrome. This change substitutes the amino acid arginine for the amino acid proline at position 250 in the fibroblast growth factor receptor 3 protein (written as Pro250Arg or P250R). This mutation

results in the production of a receptor that is overly active, which allows the bones of the skull to fuse before they should.

Thanatophoric Dysplasia - Caused by Mutations in the FGFR3 Gene

One mutation in the FGFR3 gene has been identified in people with SADDAN (severe achondroplasia with developmental delay and acanthosis nigricans). This genetic change substitutes the amino acid methionine for the amino acid lysine at position 650 of the fibroblast growth factor receptor 3 protein (written as Lys650Met or K650M). Researchers believe that this mutation strongly overactivates the FGFR3 protein, which leads to severe problems with bone growth. It remains uncertain how the mutation disrupts brain development or causes acanthosis nigricans (a skin disorder characterized by thick, dark, velvety skin).

Bladder Cancer - Associated with the FGFR3 Gene

At least 10 mutations in the FGFR3 gene have been identified in people with thanatophoric dysplasia type I. Most of these mutations change a single amino acid in the fibroblast growth factor receptor 3 protein. The most common mutation substitutes the amino acid cysteine for the amino acid arginine at protein position 248 (written as Arg248Cys or R248C). Other mutations cause the protein to be longer than normal.

Other Disorders - Caused by Mutations in the FGFR3 Gene

Some gene mutations are acquired during a person's lifetime and are present only in certain cells. These changes, which are called somatic mutations, are not inherited. Somatic mutations in the FGFR3 gene are associated with some cases of bladder cancer. These mutations overactivate the fibroblast growth factor receptor 3 protein, which likely directs bladder cells to grow and divide in the absence of signals from outside the cell. This uncontrolled cell division leads to the formation of a bladder tumor.

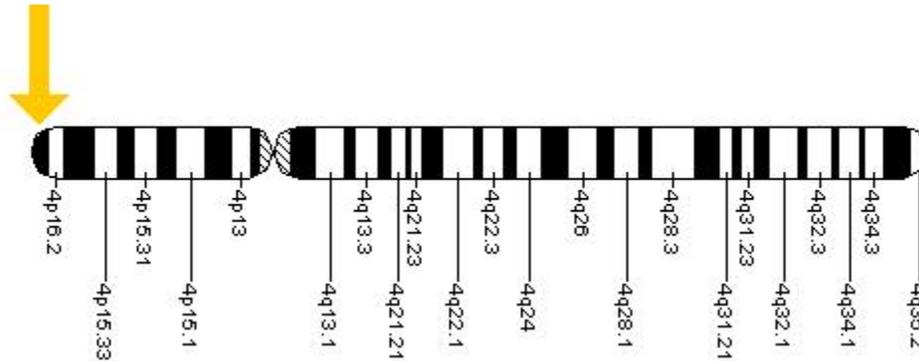
Other Cancers - Associated with the FGFR3 Gene

Mutations in the FGFR3 gene also cause platyspondylic lethal skeletal dysplasia, San Diego type. This skeletal disorder is characterized by severe problems with bone growth similar to thanatophoric dysplasia. Most mutations that cause this disorder change single amino acids in the FGFR3 protein. The altered protein is improperly folded and cannot be transported to the cell membrane. Instead, it accumulates within cartilage cells (chondrocytes) and forms clumps called inclusion bodies. The absence of normal FGFR3 signaling and the formation of inclusion bodies probably disrupt the normal development of bones, leading to the skeletal abnormalities characteristic of platyspondylic lethal skeletal dysplasia, San Diego type.

Where Is the FGFR3 Gene Located?

Cytogenetic Location: 4p16.3

Molecular Location on chromosome 4: base pairs 1,765,420 to 1,780,395



The FGFR3 gene is located on the short (p) arm of chromosome 4 at position 16.3.

More precisely, the FGFR3 gene is located from base pair 1,765,420 to base pair 1,780,395 on chromosome 4.

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Federally Funded Research on Achondroplasia

The U.S. Government supports a variety of research studies relating to achondroplasia. These studies are tracked by the Office of Extramural Research at the National Institutes of Health.⁵

CRISP (Computerized Retrieval of Information on Scientific Projects)

CRISP is a searchable database of federally funded biomedical research projects conducted at universities, hospitals, and other institutions. Search the CRISP Web site at http://crisp.cit.nih.gov/crisp/crisp_query.generate_screen. You will have the option to perform targeted searches by various criteria, including geography, date, and topics related to achondroplasia.

For most of the studies, the agencies reporting into CRISP provide summaries or abstracts. As opposed to clinical trial research using patients, many federally funded studies use animals or simulated models to explore achondroplasia. The following is typical of the type of information found when searching the CRISP database for achondroplasia:

⁵ Healthcare projects are funded by the National Institutes of Health (NIH), Substance Abuse and Mental Health Services (SAMHSA), Health Resources and Services Administration (HRSA), Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDCP), Agency for Healthcare Research and Quality (AHRQ), and Office of Assistant Secretary of Health (OASH).