

# Diagnosis, treatment-monitoring and follow-up of children and adolescents with X-linked hypophosphatemia (XLH)

Rothenbuhler, Anya; Schnabel, Dirk; Höglér, Wolfgang; Linglart, Agnes

DOI:

[10.1016/j.metabol.2019.03.009](https://doi.org/10.1016/j.metabol.2019.03.009)

License:

Creative Commons: Attribution-NonCommercial-NoDerivs (CC BY-NC-ND)

*Document Version*

Peer reviewed version

*Citation for published version (Harvard):*

Rothenbuhler, A, Schnabel, D, Höglér, W & Linglart, A 2019, 'Diagnosis, treatment-monitoring and follow-up of children and adolescents with X-linked hypophosphatemia (XLH)', *Metabolism*.  
<https://doi.org/10.1016/j.metabol.2019.03.009>

[Link to publication on Research at Birmingham portal](#)

## General rights

Unless a licence is specified above, all rights (including copyright and moral rights) in this document are retained by the authors and/or the copyright holders. The express permission of the copyright holder must be obtained for any use of this material other than for purposes permitted by law.

- Users may freely distribute the URL that is used to identify this publication.
- Users may download and/or print one copy of the publication from the University of Birmingham research portal for the purpose of private study or non-commercial research.
- User may use extracts from the document in line with the concept of 'fair dealing' under the Copyright, Designs and Patents Act 1988 (?)
- Users may not further distribute the material nor use it for the purposes of commercial gain.

Where a licence is displayed above, please note the terms and conditions of the licence govern your use of this document.

When citing, please reference the published version.

## Take down policy

While the University of Birmingham exercises care and attention in making items available there are rare occasions when an item has been uploaded in error or has been deemed to be commercially or otherwise sensitive.

If you believe that this is the case for this document, please contact [UBIRA@lists.bham.ac.uk](mailto:UBIRA@lists.bham.ac.uk) providing details and we will remove access to the work immediately and investigate.

1 **Diagnosis, treatment-monitoring and follow-up of children and adolescents with X-linked hypophosphatemia (XLH)**

2

3 Anya Rothenbuhler<sup>1, 2, 3</sup>

4 Dirk Schnabel<sup>4</sup>

5 Wolfgang Högler<sup>5, 6</sup>

6 Agnes Linglart<sup>1, 2, 3</sup>

7

8 **Affiliations**

9 1 APHP, Endocrinology and Diabetology for Children, Bicêtre Paris Sud Hospital, Le Kremlin-Bicêtre, France

10 2 APHP, Reference Center for Rare Disorders of Calcium and Phosphate Metabolism, filière OSCAR, Paris, France

11 3 APHP, Platform of Expertise for Rare Disorders Paris-Sud, Bicêtre Paris Sud Hospital, Le Kremlin-Bicêtre, France

12 4 Center for Chronic Sick Children, Pediatric Endocrinology, Charité, University Medicine Berlin, Germany

13 5 Institute of Metabolism and Systems Research, University of Birmingham, Birmingham, United Kingdom

14 6 Department of Pediatrics and Adolescent Medicine, Johannes Kepler University Linz, Linz, Austria

15

16 Corresponding author

17 Anya Rothenbuhler

18 Endocrinology and Diabetology for Children

19 Bicêtre Paris Sud Hospital, Le Kremlin-Bicêtre, France

20 [anya.rothenbuhler@aphp.fr](mailto:anya.rothenbuhler@aphp.fr)

21

22

23

24

25 **Abstract**

26 Early diagnosis, optimal therapeutic management and regular follow up of children with X-linked hypophosphatemia (XLH) determine their long  
27 term outcomes and future quality of life. Biochemical screening of potentially affected newborns in familial cases and improving physician's  
28 knowledge on clinical signs, symptoms and biochemical characteristics of XLH for *de novo* cases should lead to earlier diagnosis and treatment  
29 initiation. The follow-up of children with XLH includes clinical, biochemical and radiological monitoring of treatment (efficacy and complications)  
30 and screening for XLH-related dental, neurosurgical, rheumatological, cardiovascular, renal and ENT complications. In 2018, the European  
31 Union approved the use of burosumab, a humanized monoclonal anti-FGF23 antibody, as an alternative therapy to conventional therapy (active  
32 vitamin D analogues and phosphate supplements) in growing children with XLH and insufficiently controlled disease.

33 Diagnostic criteria of XLH and the principles of disease management with conventional treatment or with burosumab are reviewed in this paper.

34

35 **Keywords**

36 X-linked hypophosphatemia (XLH), alfacalcidol, burosumab, osteomalacia, rickets

37

38

39

40 **1. INTRODUCTION**

41

42

43 X-linked hypophosphatemic rickets (XLHR, OMIM 307800), a rare genetic disease due to inactivating mutations in the *PHEX* gene (Phosphate  
44 Regulating Gene with Homologies to the Endopeptidase on the X chromosome MIM #300550) is the most common form of hypophosphatemic  
45 rickets with an incidence of 1:20000(1,2).

46 *PHEX* is expressed in osteocytes and odontoblasts and inactivating *PHEX* mutations result in increased synthesis and secretion of fibroblast  
47 growth factor 23 (FGF23). Part of the pathophysiological mechanism that underlies XLHR is impaired proximal renal phosphate reabsorption  
48 and reduced 1- $\alpha$ -hydroxylation of 25-OH vitamin D due to the excess action of FGF23(3,4).

49

50 Children affected by XLH present with rickets, severely impaired mineralization of bone (osteomalacia) and teeth, and other signs and  
51 symptoms ultimately caused by excess FGF23, with the typical biochemical profile of hypophosphatemia, renal phosphate wasting and reduced  
52 calcitriol [1,25(OH)<sub>2</sub> vitamin D] concentration.

53 Early diagnosis and optimal management and follow-up of children and adolescents with XLH are the keys to successful outcomes, which  
54 determine the future quality of life of these patients. To date, large-scale natural history studies of XLH are lacking, which makes it difficult to  
55 distinguish possibly inevitable long-term complications due to the underlying condition from sequelae of inadequate management. The burden  
56 of disease observed in today's adult XLH patients(5,6) suggests that late diagnosis and inadequate management contribute to adverse  
57 outcomes.

58 The aim of this review is to highlight the need for early diagnosis and optimal management so that children with XLH become healthier future  
59 adults.

60

61

62

63

64 **2. DIAGNOSIS OF XLH**

65

66 Disease awareness of physicians and affected family members leads to early diagnosis and thus early treatment initiation. Early diagnosis of  
67 XLH is of major importance since early treatment initiation leads to better outcomes such as improved linear growth and final height, bone mass  
68 accrual, fewer bone deformations and better dental health(7–11).

69 Two diagnostic settings need to be distinguished.

70

71 **2.1 Diagnosis of familial cases of XLH**

72 About 85-90% of familial cases of hypophosphatemic rickets are associated with *PHEX* gene mutations(10,12–19). XLH due to *PHEX*  
73 mutations follows an X-linked dominant inheritance pattern(2). Thus, affected fathers transmit the disease to all of their daughters and none of  
74 their sons. Affected mothers have a 50% risk of having an affected daughter or son. In the setting of familial XLH, potentially affected newborns  
75 should be biochemically screened and treatment should be initiated as soon as the diagnosis is made in order to prevent rachitic changes, leg  
76 bowing and short stature. If appropriately managed, it is unlikely that these patients develop active rickets and consequent orthopedic  
77 complications (figure 1).

78 However, even in familial XLH cases diagnosis can be delayed. Unfortunately, adult patients are often lost to follow-up and may not have been  
79 informed or may have incompletely understood the inheritance pattern. This is illustrated by the median age at diagnosis of XLH in familial  
80 cases of 1.3 years, ranging from 0.1 to 14.3 years (n=58; unpublished data obtained from patients followed at the French reference center of  
81 Bicêtre, Paris, and(20)). During the transition from pediatric to adult care, it is crucial to explain the inheritance pattern to adolescents and  
82 young adults with childbearing potential.

83

84 In babies born to parents affected with XLH, biochemical screening should be performed as soon as possible after the 1<sup>st</sup> week of life or  
85 certainly at first presentation to their family doctor. Screening includes serum phosphate, creatinine and alkaline phosphatase (ALP), and  
86 urinary phosphate and creatinine. Diagnosis of XLH is suspected if the serum phosphate level is below the normal range for newborns and if  
87 renal phosphate wasting is documented using the calculated renal phosphate reabsorption rate(21–23). It is essential that serum phosphate

88 and ALP concentrations are interpreted based on reference ranges for newborns and infants as these are physiologically higher than those for  
89 adults(24,25). Although clinical and radiological signs of rickets (figure 1) are often lacking in those babies, ALP may be found at the upper level  
90 of normal. Once diagnosis is made, the patient needs to be referred to a pediatrician specialized in bone disease (e.g. a pediatric  
91 endocrinologist) and treatment should be initiated immediately. The genetic diagnosis, i.e. *PHEX* sequencing, confirms the diagnosis; it may be  
92 done on cord blood or on a sample drawn after birth. Waiting for genetic results should not delay the start of treatment. Of note, a serum  
93 phosphate level within the normal range during the first months of life does not rule out the diagnosis and, in the absence of genetic diagnosis,  
94 the biochemical screening should be repeated including serum phosphate and ALP.

95

## 96 **2.2 Diagnosis of *de novo* cases of XLH**

97 Children with XLH due to *de novo PHEX* mutations, i.e. one third of the patients, are usually diagnosed after a diagnostic odyssey. Mean age at  
98 diagnosis is  $3.9 \pm 3.1$  years, ranging from 0.9 to 13.1 years (unpublished data, Bicêtre, Paris) (figure 2a).

99

### 100 2.2.1 Revealing symptoms

101 Diverse clinical presentations may lead to the diagnosis of XLH. The most frequent and typical presentation is rickets (figure 1) which manifests  
102 as long bone deformities, especially leg bowing, delayed walking, waddling gait and bone/joint pain developing progressively once toddlers start  
103 standing and walking. In those patients, pediatricians and/or orthopedic surgeons are often the first specialists that are consulted because of leg  
104 deformities. As a certain degree of leg bowing in toddlers is considered physiological (26) (figure 2b), the first consultation may not always lead  
105 to a diagnostic work-up and therefore diagnosis is delayed until symptoms worsen. Stunted growth may be the revealing symptom in *de novo*  
106 XLH children (14% of cases in Bicêtre center; unpublished data); noteworthy, growth velocity is always poor at the time of diagnosis in those  
107 children. Rarely, the diagnosis of rickets is made from radiographs taken for other reasons, e.g. systematic screening of hip dysplasia in  
108 France.

109

### 110 2.2.2 Diagnostic criteria

111 Any leg bowing (*genu varum* or *valgum*) whether or not associated with poor statural growth, and widening of the metaphysis (ankles and  
112 wrists) should lead to a radiological and biochemical work-up. Tooth abscesses or facial cellulitis occurring on apparently healthy teeth suggest  
113 poor dentin mineralization(9). Radiological signs of XLH are detailed in this issue by C. Adamsbaum and colleagues. Briefly, radiographs of the  
114 hand, knees and lower limbs show the long bone deformities, abnormal growth plates with widened and frayed metaphyses. In contrast to other  
115 forms of rickets, bone cortices appear dense(20,27). At the time of diagnosis, fractures are uncommon in children and adolescents.

116 Biochemical criteria (table 1) for the diagnosis of XLH include:

- 117 – serum phosphate below the normal threshold for age(28,29) associated with renal phosphate wasting, e.g. reduced calculated maximal  
118 tubular reabsorption of phosphate as a function of glomerular filtration rate (TmP/GFR)(21). Of note, the fractional tubular resorption of  
119 phosphate (TRP) value may be within the normal range in children with XLH, and in the presence of hypophosphatemia only the  
120 TmP/GFR is diagnostic;
- 121 – ALP levels above the upper limit of normal for age, indicating rickets/osteomalacia. In children, the measure of total ALP is used, in  
122 contrast to adults, in whom bone ALP should be measured preferably(20,30). Although ALP levels are elevated in XLH children and  
123 adolescents, the increase is not in the order of magnitude as seen in vitamin D deficiency rickets, defects in calcitriol synthesis or  
124 calcitriol receptor mutations (commonly called the vitamin D receptor) (figure 2c);
- 125 – parathyroid hormone (PTH) levels in the normal or upper normal range; any mild increase in PTH may be caused by underlying  
126 additional vitamin D or dietary calcium deficiency;
- 127 – normal serum calcium, and low urinary calcium excretion;
- 128 – exclusion of other proximal or distal tubular wasting disorders;
- 129 – exclusion, and otherwise prior correction, of vitamin D or dietary calcium deficiency.

130 In summary, the key to correct diagnosis of *de novo* XLH cases is good knowledge of the clinical signs and symptoms and the correct use of  
131 age-adjusted biochemical investigations to distinguish various forms of rickets.

132

133 The diagnosis of XLH may be confirmed by the measurement of elevated levels of intact FGF23. However, FGF23 concentrations may be  
134 inappropriately normal and this does not exclude the diagnosis. Patients with XLH produce levels of FGF23 that are well below those of patients  
135 with oncogenic osteomalacia (31,32). FGF23 levels are influenced by several factors including phosphate intake(33,34).

136

### 137 **2.3 Genetic confirmation of XLH**

138 The final confirmation of XLH is obtained through genetic analysis which identifies mutations in the *PHEX* gene in ~70% of patients with  
139 hypophosphatemic rickets, and 85-90% of patients when the disease is familial (2,12,16,19,35–46). Whenever possible, genetic analysis is  
140 recommended. Different types of *PHEX* mutations exist including point mutations, splice-site mutations, small and large deletions, deletions of  
141 pseudo-exons, and mosaicism, suggesting that several techniques or strategies may be necessary to reach a final diagnosis(18,39,47–51).

142

### 143 **3. SEVERITY OF DISEASE AND COMPLICATIONS**

144 We now have enough evidence to inform patients that XLH is a multisystemic disorder that may be associated with several complications  
145 including

- 146 – tooth abscesses, taurodontism (enlarged pulp chambers and body of tooth), facial cellulitis and periodontitis(52,53);
- 147 – premature fusion of cranial sutures leading to dolichocephaly and/or craniosynostosis; in some cases, patients may present with  
148 increased intracranial pressure, Chiari 1 malformation, syringomyelia, papillary oedema or neurological signs(54–61) ;
- 149 – hearing impairment(20,62–65);
- 150 – short stature: final height below -2SD is found in ~50% of patients adequately treated by conventional therapy(10,11,20,24,66–74);
- 151 – reduced muscle function due to hypophosphatemia(75,76);
- 152 – joint and bone pain

153

154 At the time of diagnosis, XLH children should undergo a thorough work-up to assess the severity/extent of the disease(20,30) including:



- 155 – measuring rickets severity, judged by inter-malleolar and intercondylar distances, 6MWT (6-minute walking test) as a global dynamic  
156 measure, serum ALP and PTH levels, serum and urinary calcium and phosphate concentrations, and hand, standing long leg and/or  
157 knee X-rays;
- 158 – assessing possible complications of the disease, i.e. craniosynostosis and its neurological complications(55,60), hearing impairment(62),  
159 abnormal dental mineralization(9), growth retardation(69), and reduced muscle function(76);
- 160 – measuring renal function (glomerular and tubular) and morphology before the start of therapy through kidney ultrasound and detailed  
161 biochemical work-up.

162

#### 163 **4. DIFFERENTIAL DIAGNOSIS**

164

165 Once the diagnosis of rickets is confirmed by clinical, biochemical and radiological criteria, and the diagnosis of nutritional rickets and vitamin D  
166 resistant rickets (VDDR1-3), all of which are associated with secondary phosphate wasting due to high PTH levels, have been ruled out, other  
167 causes of hypophosphatemic rickets should be considered in patients who do not carry a *PHEX* variant, even if they display an elevated FGF23  
168 level. The different causes of hypophosphatemic rickets are described in table 3.

169 Several rickets-like diseases that may lead to progressive bone deformities, abnormal gait and metaphyseal irregularities need to be excluded.  
170 These conditions may be found in the presence of low ALP levels, e.g. hypophosphatasia(77) or normal levels of ALP, e.g. healed nutritional  
171 rickets, Blount's disease or Schmid type metaphyseal dysplasia(78).

172

#### 173 **5. DISEASE MANAGEMENT**

##### 174 **5.1 Principles of disease management**

175 Once the diagnosis of XLH is established, the objective of the treatment is to restore the lower limb biomechanic axis and gait, improve growth,  
176 bone and teeth mineralization and muscular function. Disease management should also include social aspects, patient/family education and  
177 support. In addition, during follow up, the multidisciplinary team will aim at preventing the development of endocrine, orthopedic, rheumatologic,

178 metabolic, cardiovascular and renal complications. So far, international recommendations that could guide physicians in the management of  
179 these rare patients are lacking. However, some reports have been published including extensive physicians' expertise(20,30).

180 The patient pathway will involve different health and social disciplines throughout infancy, childhood and adolescence. We suggest that patients  
181 are seen at regular intervals by multidisciplinary teams lead by a pediatric expert in bone diseases, who will liaise with the patient's local  
182 healthcare providers (general practitioners/ pediatricians), a pediatric radiologist, orthopedic surgeon, physiotherapist, dentist and orthodontist.  
183 Additional professions may be required, e.g. pediatric neurosurgeon, ear, nose and throat (ENT) specialist, ophthalmologist, dietician, social  
184 worker and psychologist.

185

186 Two different therapies are currently available for XLH: active vitamin D analogues combined with phosphate supplements, and burosumab, the  
187 monoclonal fully human anti-FGF23 antibody. These treatments have different therapeutic objectives and outcomes, and therefore require  
188 different management as highlighted in table 2.

189

## 190 **5.2 Conventional treatment with vitamin D analogues and phosphate supplements**

191 For decades, the association of active vitamin D analogues (alfacalcidol or calcitriol) and phosphate supplements using multiple daily dosing  
192 was the only treatment option for children with XLH. The objective of this therapy is to counteract the calcitriol deficiency secondary to FGF23  
193 excess and to compensate renal phosphate wasting. Medication doses reported in the literature, most of which date back over 20 years, vary  
194 widely, from 10-80 ng/kg/day of calcitriol and 30-180 mg/kg/day of elemental phosphate(8,20,67,79–83). Advice on treatment, based on recent  
195 reviews(20,30) and the authors' expertise is shown in table 2.

196

197 This therapy has demonstrated its efficacy to:

- 198 – decrease ALP concentrations to the upper limit of normal in ~ one year(20);
- 199 – improve bone deformity, bone pain and gait in 30 to 60% of patients(11,66,67,80,82,84–86);
- 200 – improve growth velocity in the magnitude of ~ 1 standard deviation(8,10,11,20,66–72,79,84,87);

201 – significantly improve dentin mineralization and therefore decrease teeth abscesses and oral complications in affected  
202 children(7,9,20,88,89).

203 Improvement in some of these outcomes, i.e. linear growth, final height, radiological features of rickets and oral health(7,10,11,90), has been  
204 associated with early treatment initiation and longer duration of treatment.

205 Many limitations to this therapy have been identified over the years and should be known by the caring physician, including:

- 206 – the absence of correction of the phosphate wasting with continued hypophosphatemia(20,30,80,85);
- 207 – the risk of nephrocalcinosis and/or urolithiasis; large doses of active vitamin D and oral phosphate supplements have both been  
208 associated with an increased rate of nephrocalcinosis in children(67,91–95);
- 209 – the risk of hyperparathyroidism; large oral doses of phosphate supplements are associated with the development of secondary and  
210 tertiary hyperparathyroidism by yet unknown mechanisms (8,86,91,92,96–100)
- 211 – the insufficient, or lack of, response of some children, leading to corrective surgeries of lower limbs(101);
- 212 – and the incomplete correction of muscle function deficits(75,76).

213 In addition to these major issues, we are lacking large scale studies to evaluate the impact of this conventional therapy on the quality of life and  
214 on the development of several disease complications such as craniosynostosis and hearing problems, enthesopathy, chronic pain and fatigue.

215

#### 216 **Dose Adjustment for conventional therapy (table 2)**

217 The daily dose of phosphate supplements and vitamin D analogues is adjusted to serum ALP and PTH and urinary calcium/creatinine  
218 concentrations, clinical measures (leg bowing, growth velocity) and the patient's weight. The goal is to maintain normal ALP, PTH and urinary  
219 calcium/creatinine levels but not to normalise serum phosphate levels. During the first months of treatment, consistently elevated ALP levels  
220 without hypercalciuria should lead to an increase in active vitamin D analogue and/or phosphate dose. *Vice versa*, normalized ALP in the  
221 presence of hypercalciuria may require a reduction in the dose of active vitamin D analogues. If PTH level increases, one must consider  
222 lowering phosphate supplementation and/or increasing the dose of active vitamin D analogues. In all cases, strict adherence to medication, in  
223 particular the multiple daily dosing of phosphate is essential.

224

### 225 **5.3 Novel therapy with anti-FGF23 antibody**

226 As for today, the alternative therapy is burosumab, the humanized monoclonal anti-FGF23 antibody which was recently approved in the  
227 European Union for the treatment of XLH children over 1 year of age and adolescents who are still growing, and in the US for the treatment of  
228 all patients affected by XLH over 1 year of age(102,103). The main objective of this treatment is to counteract excess FGF23, thereby restoring  
229 phosphate reabsorption and endogenous 1,25(OH)<sub>2</sub> vitamin D synthesis.

230 In children with severe XLH aged 5 to 12 years, the treatment with burosumab, given subcutaneously every 2 weeks was found to result  
231 in(104):

- 232 – a steady increase in serum phosphate concentration to a range between 1.1 and 1.6 mmol/l due to an increase in TmP/GFR;
- 233 – an increase in the calcitriol levels;
- 234 – an improvement in the radiographic rickets severity scores after 40 and 64 weeks of treatment;
- 235 – an improvement of physical function as shown by the increase in the distance walked during the 6MWT.

236 In contrast to conventional therapy, the burosumab dose is adjusted to the serum phosphate concentration as described in table 2. The  
237 recommended starting dose in Europe is 0.4 mg/kg body weight (0.8 mg/kg in US), followed by a titration period to reach a serum phosphate  
238 level in the low normal range for age, through dose increments every 4 weeks (maximum dose 2.0 mg/kg body weight or 90 mg every 15 days).

239

240 The limitations known to this treatment are(104–106):

- 241 – injections site reactions, headache and muscular pain;
- 242 – gain in growth velocity appears limited;
- 243 – the therapy is recent and therefore data on any long-term outcomes, e.g. hyperparathyroidism, nephrocalcinosis, surgery, body  
244 disproportion and adult complications such as enthesopathy are not yet available.

245

246 Given the available evidence for both therapies, we propose that children born into families affected with XLH, as well as children with a *de*  
247 *novo* diagnosis of XLH, be started on conventional therapy except if the diagnosis was delayed for several years, thus rickets considered as  
248 severe. In our view, treatment with burosumab should be offered (unless of course injections are refused), preferably with rigorous  
249 documentation and follow-up, to XLH children aged 1 year or older and in adolescents with growing skeletons if:

- 250 - they have radiographic evidence of rickets;
- 251 - they are refractory to conventional therapy;
- 252 - they experience complications related to conventional therapy.

253

## 254 **6. DISEASE FOLLOW-UP (table 2)**

255 Adequate follow-up of XLH patients includes clinical, biochemical and radiological monitoring of treatment (efficacy and complications) and  
256 screening for XLH-related dental, neurosurgical, rheumatological, cardiovascular, renal and/or ENT complications(20,30).

257 The parameters, as well as their frequency of assessment vary depending on age, disease severity and existing XLH-related complications.

258

### 259 **6.1 Treatment monitoring**

260 Clinical follow-up includes measuring intercondylar distance, intermalleolar distance, and if possible tibial torsion(107), height and growth  
261 velocity. An annual 6MWT can also be helpful in older children (from 5-6 years of age)(104,108). The number of dental abscesses and  
262 episodes of acute oral infections are recorded. The rachitic/osteomalacic, insufficiently treated bone, is associated with elevated ALP and low  
263 urinary calcium. In contrast, when rickets is healing, ALP tends to normalize, and urinary calcium to increase. The FGF23 level is not used as a  
264 tool for treatment monitoring in XLH children(33,109,110).

265 The efficacy and safety of conventional therapy, i.e. phosphate supplements and vitamin D analogues, is monitored by measuring ALP, the  
266 biomarker of rickets activity and osteomalacia(20,66,82,85). PTH is measured regularly as hyperparathyroidism is promoted by oral phosphate  
267 supplementation, especially during adolescence(8,86,91,111). Serum and specifically urine calcium measurements are necessary to evaluate  
268 the safety of vitamin D analogues. In children younger than 5 years of age, the 24 hours urine collection is quite difficult, and spot urine samples

269 are preferred. In children older than 5 years of age, 24 hours urine collections are advised if the urinary calcium is above the upper limit of  
270 normal (Uca/cr > 0.7 mmol/mmol)(112).

271 The follow-up of children with rickets may include radiographs. Once the diagnosis is made, radiological techniques using small amounts of X-  
272 rays, such as EOS, may be used whenever possible. Radiographs of lower limbs or knees (done not more than every 2 years) may be useful  
273 during follow-up. Radiographs may be indicated if patients are refractory to therapy, if orthopedic surgery is indicated, in cases of unexplained  
274 bone pain and before transition to adult care.

275 After initial treatment initiation and during physiological periods of rapid growth (infancy and puberty) it is useful to evaluate the patient every  
276 three months clinically and biochemically. This is also the case for patients of all ages with unsatisfactory results, e.g. ALP remaining high,  
277 worsening of leg bowing, or pain. Otherwise 6-monthly evaluation is sufficient.

278

279 The questions that should be asked if treatment objectives under conventional therapy are not achieved are:

280 Is treatment correctly prescribed?

- 281 • Are the doses appropriate? Adjusted to weight and growth velocity? Adjusted to biochemical markers?
- 282 • Are phosphate supplements prescribed in multiple daily doses?
- 283 • Is treatment correctly given? Are phosphate supplements given separately from calcium intakes such as milk and yogurt?
- 284 • Is compliance correct? As in many chronic diseases that require multiple daily doses of medication, poor compliance often explains poor  
285 metabolic control and poor clinical outcome.

286

## 287 **6.2 Particular aspects concerning patients treated with burosumab**

288 In patients treated with burosumab, serum phosphate is a strong biomarker of efficacy and is monitored for treatment titration and follow-up. In  
289 clinical trials, the phosphate target ranges from 1.1 to 1.6 mmol/l. Measurements are performed every 2 later every 4 weeks (104) for dose  
290 adjustment. We do not yet know the optimal serum phosphate target for children. During treatment, TmP/GFR and ALP require monitoring  
291 since they act as short-term and long-term biochemical markers of burosumab efficacy, respectively(104). The 1,25(OH)<sub>2</sub> vitamin D

292 concentration increases rapidly upon burosumab therapy during 64 weeks of observation ; its value as a biomarker to adjust the therapy has  
293 not been evaluated(105,113,114).

294

## 295 **7. SCREENING FOR XLH COMPLICATIONS**

296 **Craniosynostosis and premature fusion of cranial sutures** are complications of XLH. Craniosynostosis should be screened for by  
297 assessing head circumference, skull shape and also neurological signs (fundoscopy, headaches). To date, there are no clear guidelines  
298 regarding MRI evaluations of children with XLH. However, recent data demonstrated the high frequency of Chiari 1 malformation and  
299 syringomyelia in XLH children raising the question whether systematic evaluation of the brain through MRI during childhood is indicated  
300 (55,60,115). In case of neurological symptoms, a CT scan and/or brain MRI should be done.

301 **Hearing** should be evaluated by audiometry during childhood; however data to identify the best time period or at risk patients is scarce(62).

302 **Dental** examination should be performed at least once a year in children(9). For details refer to the dedicated article on dental issues.

303 **Growth** should be monitored at least twice a year; bone age evaluation may be included in short children or in case of decreased growth  
304 velocity, a sign of active rickets which may require an increase in therapy(10,11,20,41,68,69). Growth hormone (GH) is not a standard  
305 treatment or indication for children with XLH. Studies have shown that GH increases short-term linear growth in short XLH children before  
306 puberty(116–123). Data on only 5 patients treated until final height showed no significant gain(124).

307 **Nephrocalcinosis and nephrolithiasis** are screened for using kidney ultrasounds and should be done at the start of therapy and  
308 approximately every 1-2 years depending on the urinary excretion of calcium(125).

309 **Cardiovascular screening.** To date, cardiac complications of XLH, on conventional therapy, are not commonly reported. This is surprising  
310 given that FGF23 has long been known to be associated with cardiovascular risk and the development of pathological hypertrophy that can lead  
311 to congestive heart failure(126). Only very recently was left ventricular hypertrophy and hypertension described in a subset of XLH patients in a  
312 prospective clinical study(127). Given the sparse evidence, it is difficult to come up with firm recommendations. We have decided to  
313 recommend cardiac echography every 5 years until further evidence emerges. Regular cardiac ultrasound measurements were part of the  
314 safety features of the burosumab clinical trials with no evidence of complications. Given the limited long-term safety data, we feel that regular  
315 echocardiography is required until more evidence emerges.

316

## 317 **8. SOCIAL AND PATIENT EDUCATION FOLLOW-UP**

318 Education of patients and families is crucial at the time of diagnosis. Regular updates are necessary to assess and encourage adherence to  
319 treatments, provide service contacts and information about patients' association groups, inform patients of scientific discoveries, including new  
320 therapies, support school and professional achievement and provide adequate social support (e.g. XLHnetwork.com; (1); http://  
321 phosphatdiabetes.de).

322

## 323 **9. PERSPECTIVES**

324 XLH is a multisystemic disorder that may manifest in children only once they start standing and walking. Untreated, or insufficiently treated, the  
325 disease leads to severe handicaps including bone pain, bone deformities, dental complications with abscesses and missing teeth, and short  
326 stature. The current conventional therapy, based on phosphate supplements and vitamin D analogues allows improvement in bone deformities,  
327 growth velocity and bone and dentin mineralization. However, this treatment does not restore normal phosphate levels and many patients do  
328 not respond fully/adequately to this therapy. Burosumab counteracts FGF23 excess thus restores renal phosphate reabsorption in treated  
329 children and adolescents. These convincing results have led to the approval of burosumab by EMA and FDA for the use in Europe and the  
330 USA. However, long-term data are needed, especially on growth, renal calcium excretion, PTH secretion and bone disease overall. When  
331 children evolve through adolescence and then adulthood, complications of their disease such as hearing impairment, hyperparathyroidism,  
332 cardiovascular and renal complications, rheumatological issues and enthesopathy may occur. These complications, which may be modified by  
333 the disease's therapy, render difficult the decision to stop or pursue the daily conventional treatment through adulthood once growth is  
334 complete. Since osteomalacia will return after any of the two therapies is stopped, adult bone specialists will need to gather further long-term  
335 treatment data.

336

## 337 **Contributors**

338 AR and AL wrote the initial draft of the article.

339 All authors contributed equally in the construction and the revision of the article.



340 All authors read and approved the final manuscript.

341

342 **Acknowledgements**

343 Publication of this article was supported by Kyowa Kirin Pharma. The company did not take part in writing, editing and revision of the  
344 manuscript.

345

346 **Funding**

347 This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

348

349 **Conflict of interest**

350 AR and AL received honoraria and travel grants from Kiowa Kirin and Ultragenyx.

351 DS reports honoraria, consulting fees and non-financial support from Kyowa Kirin, outside the submitted work.

352 WH received honoraria, research and travel support from Kyowa Kirin and honoraria and consulting fees from Ultragenyx.

353

354

355

356 **Figure 1:** Radiographic features of rickets in XLH children

357 **A.** Radiographs of lower limbs in a baby girl with an affected XLH father carrying a *PHEX* mutation. The baby is also affected; there are almost  
358 no signs of rickets on radiographs at birth. Treatment was started on day 7 with alfacalcidol 1ug/day (27 ng/kg/d) and phosphate supplements  
359 (Phosphoneuros®) 80 mg, 4 times per day (60 mg/kg/d) given twenty minutes after breast feeding. On radiographs at age 2.5 years, there were  
360 no signs of rickets (mild features at year 1). **B.** Different features of rickets, highlighting the variability in XLH disease severity, at the time of  
361 diagnosis in three children diagnosed late with *de novo PHEX* mutations.

362

363 **Figure 2:** Diagnosis of XLH in children

364 **A.** Age at diagnosis in children affected with XLH; we selected only the *de novo* cases (n=36 out of 94). The cohort of patients is followed at the  
365 Bicêtre reference center, Paris, France (unpublished). The mean age (+/- SD) at diagnosis (dotted line) was  $3.9 \pm 3.1$  yrs, the median was 2.7  
366 yrs [min: 0.9 - max:13.7] yrs. Each bar represents a case. **B.** Physiological distance between knees and ankles in children, adapted from. The  
367 upper part of the graph represents the 2SD intercondylar distance (positive) and the lower part the 2 SD intermalleolar distance (negative) and  
368 the mean values are represented in the middle of the graph. **C.** Serum ALP concentrations in 21 children with XLH at the time of diagnosis  
369 compared with 7 children affected by a molecular defect in the calcitriol (VDR) receptor. Median and 5<sup>th</sup> - 95<sup>th</sup> percentile of ALP are given.

370

371

372

373 **Table 1:** Diagnostic work up for XLH and differential diagnosis of hypophosphatemia

374

	<b>Newborn Familial</b>	<b>Child Familial</b>	<b>Infant-Child De novo</b>
			Take family history of leg bowing in infancy, dental problems, chronic 'rheumatological' pain and short stature
<b>Radiographs</b>		Left hand and wrist Standing lower limbs	Left hand and wrist (=bone age) Standing lower limbs
<b>Blood biochemistry</b>	Phosphate, calcium ALP Creatinine PTH	Phosphate, calcium ALP Creatinine PTH	Phosphate, calcium ALP Creatinine PTH 25OHD; 1,25(OH) <sub>2</sub> D Electrolytes, blood gas
<b>Urine biochemistry</b>	Phosphate Creatinine Calcium	Phosphate Creatinine Calcium	Phosphate Creatinine Calcium Electrolytes Protein, aminoacids
<b>Confirmation</b>	<i>PHEX</i> genetics	<i>PHEX</i> genetics	Intact FGF23 <i>PHEX</i> genetics

375

376 25OHD: 25-hydroxy vitamin D; 1,25(OH)<sub>2</sub>D: 1,25-di-hydroxy vitamin D (calcitriol)

377

378

379

380

381

382

383

**Table 2:** Treatment doses, objectives and monitoring in children affected with XLH

		<b>Vitamin D analogs and phosphate supplements</b>		<b>Burosumab</b>
		Newborns or before the development of clinical or radiological signs of rickets	Clinical or radiological signs of rickets	Children > 1 year
<b>Treatment doses</b>	Starting dose	Alfacalcidol: 25-40 ng/kg/day (0.8-1 ug/day) Phosphate: 40-60 mg/kg/day (4 to 5 intakes/day)	Alfacalcidol: 40-80 ng/kg/day (1-1.5 ug/day) Phosphate: 40-60 mg/kg/day (4 to 5 intakes/day)	0.4 mg/kg/15 days in Europe 0.8 mg/kg/15 days in USA
	Maintenance dose	Alfacalcidol: 25-40 ng/kg/day (1-2 ug/day) Phosphate: 30-60 mg/kg/day (3 to 5 intakes/ day)		~ 1 mg/kg of body weight every 15 days
<b>Efficacy markers</b>	Outcomes	Time to the objective		
	Normal serum phosphate	Non applicable	1-4 months	
	Normal urinary excretion of phosphate (TRP, TmP/GFR)			
	Increase in 1,25 (OH)2D without hypercalcemia			
	ALP normalization	6-12 months		
	Improvement of lower limb deformities	3-4 years	Data not available	
	6MWT	No data	Improvement at 12 months	
	Increase in growth velocity	1 year	No data	
	Improvement of radiological signs of rickets on radiographs of lower limbs (RGI-C)	No data	10 months	

	Improvement of POSNA, PODCI	No data	10 months
<b>Safety markers</b>		Frequency of follow-up	
	Serum calcium	3-6 months	
	Urinary calcium		
	Serum PTH		
	Renal ultrasound	1-2 years	
Cardiac ultrasound	Every 5 years	Every 2 years until more evidence available	

- 385
- 386 TRP: fractional tubular reabsorption of phosphate
- 387 TmP/GFR: ratio of the renal tubular maximum reabsorption rate of phosphate to the glomerular filtration rate
- 388 ALP : alkaline phosphatase
- 389 6MWT : 6-minute walk test
- 390 RGI-C: radiographic global impression of change
- 391 POSNA: pediatric musculoskeletal functional health questionnaire
- 392 PODCI: pediatric outcomes data collection instrument

393  
394  
395

**Table 3:** Non-exhaustive list of the causes of rickets associated with renal phosphate wasting. \*

Disorder (abbreviation)	OMIM	Gene/location	Urinary Calcium	FGF23
<b>Rickets/osteomalacia with renal tubular phosphate wasting due to elevated FGF23 levels/signaling</b>				
X-linked hypophosphatemia (XLH)	#307800	PHEX/Xp22.1	Low Undetectable	Normal or moderately elevated
Autosomal dominant hypophosphatemic rickets (ADHR)	#193100)	FGF23/12p13.3	Low Undetectable	Elevated
Autosomal recessive hypophosphatemic rickets 1 (ARHR1)	#241520	DMP1/4q22.1	Low Undetectable	Normal or moderately elevated
Autosomal recessive hypophosphatemic rickets 2 (ARHR2)	#613312	ENPP1/6q23.2	Low Undetectable	Normal or moderately elevated
Hypophosphatemic rickets and hyperparathyroidism	#612089	KLOTHO/13q13.1	Low	Elevated
Osteoglophonic dysplasia (OD)	#166250	FGFR1/8p12	Low	Normal or moderately elevated
Fibrous dysplasia (FD) Tumor induced osteomalacia (TIO) Cutaneous skeletal hypophosphatemia syndrome (CSHS) also called Schimmelpenning-Feuerstein-Mims syndrome (SFM)	#174800  #163200	GNAS/20q13.3  RAS/1p13.2	Low Undetectable	Normal or moderately elevated
<b>Rickets/osteomalacia due to primary renal tubular phosphate wasting</b>				
Hereditary hypophosphatemic rickets with hypercalciuria (HHRH)	#241530	SLC34A3/9q34.3	Normal or high	Low or undetectable
X-linked recessive hypophosphatemic rickets (XLR, Dent's disease, Lowe syndrome)	#300554 #309000	CLCN5/Xp11.23 OCRL1/Xq25-26	Normal or high	Varies
Renal Fanconi syndrome due to cystinosis	#219800	CTNS/17p13.2	High	Low
Hypophosphatemia and nephrocalcinosis (NPHLOP1) Fanconi reno-tubular syndrome 2 (FRTS2)	#612286 #613388	SLC34A1/5q35.3	Elevated	Low or undetectable
Iatrogenic proximal tubulopathy = drug induced Fanconi Syndrome (for instance cisplatin, ifosfamide, tenofovir, sodium valproate)			Varies	Variable

396 \* excluding causes of rickets with secondary phosphate wasting due to high PTH levels such as nutritional rickets, and rickets due to vitamin D  
397 deficiency or resistance.  
398

399  
400  
401  
402  
403  
404  
405  
406  
407  
408  
409

#### References

- 410 1. Tenenhouse HS. X-linked hypophosphataemia: a homologous disorder in humans and mice. *Nephrol Dial Transplant Off Publ Eur Dial*  
411 *Transpl Assoc - Eur Ren Assoc.* 1999 Feb;14(2):333–41.
- 412 2. A gene (PEX) with homologies to endopeptidases is mutated in patients with X-linked hypophosphatemic rickets. The HYP Consortium.  
413 *Nat Genet.* 1995 Oct;11(2):130–6.
- 414 3. Liu S, Tang W, Zhou J, Stubbs JR, Luo Q, Pi M, et al. Fibroblast growth factor 23 is a counter-regulatory phosphaturic hormone for  
415 vitamin D. *J Am Soc Nephrol JASN.* 2006 May;17(5):1305–15.
- 416 4. Shimada T, Mizutani S, Muto T, Yoneya T, Hino R, Takeda S, et al. Cloning and characterization of FGF23 as a causative factor of  
417 tumor-induced osteomalacia. *Proc Natl Acad Sci U S A.* 2001 May 22;98(11):6500–5.
- 418 5. Che H, Roux C, Etcheto A, Rothenbuhler A, Kamenicky P, Linglart A, et al. Impaired quality of life in adults with X-linked  
419 hypophosphatemia and skeletal symptoms. *Eur J Endocrinol.* 2016 Mar;174(3):325–33.
- 420 6. Beck-Nielsen SS, Brusgaard K, Rasmussen LM, Brixen K, Brock-Jacobsen B, Poulsen MR, et al. Phenotype presentation of  
421 hypophosphatemic rickets in adults. *Calcif Tissue Int.* 2010 Aug;87(2):108–19.
- 422 7. Biosse Duplan M, Coyac BR, Bardet C, Zadikian C, Rothenbuhler A, Kamenicky P, et al. Phosphate and Vitamin D Prevent Periodontitis  
423 in X-Linked Hypophosphatemia. *J Dent Res.* 2017 Apr;96(4):388–95.
- 424 8. Rasmussen H, Pechet M, Anast C, Mazur A, Gertner J, Broadus AE. Long-term treatment of familial hypophosphatemic rickets with oral  
425 phosphate and 1 alpha-hydroxyvitamin D3. *J Pediatr.* 1981 Jul;99(1):16–25.



- 426 9. Chaussain-Miller C, Sinding C, Wolikow M, Lasfargues J-J, Godeau G, Garabédian M. Dental abnormalities in patients with familial  
427 hypophosphatemic vitamin D-resistant rickets: prevention by early treatment with 1-hydroxyvitamin D. *J Pediatr*. 2003 Mar;142(3):324–31.
- 428 10. Quinlan C, Guegan K, Offiah A, Neill RO, Hiorns MP, Ellard S, et al. Growth in PHEX-associated X-linked hypophosphatemic rickets: the  
429 importance of early treatment. *Pediatr Nephrol Berl Ger*. 2012 Apr;27(4):581–8.
- 430 11. Mäkitie O, Doria A, Kooh SW, Cole WG, Daneman A, Sochett E. Early treatment improves growth and biochemical and radiographic  
431 outcome in X-linked hypophosphatemic rickets. *J Clin Endocrinol Metab*. 2003 Aug;88(8):3591–7.
- 432 12. Gaucher C, Walrant-Debray O, Nguyen TM, Esterle L, Garabedian M, Jehan F. PHEX analysis in 118 pedigrees reveals new genetic  
433 clues in hypophosphatemic rickets. *Hum Genet*. 2009 May;125(4):401–11.
- 434 13. Holm IA, Nelson AE, Robinson BG, Mason RS, Marsh DJ, Cowell CT, et al. Mutational analysis and genotype-phenotype correlation of  
435 the PHEX gene in X-linked hypophosphatemic rickets. *J Clin Endocrinol Metab*. 2001 Aug;86(8):3889–99.
- 436 14. Li S-S, Gu J-M, Yu W-J, He J-W, Fu W-Z, Zhang Z-L. Seven novel and six de novo PHEX gene mutations in patients with  
437 hypophosphatemic rickets. *Int J Mol Med*. 2016 Dec 1;38(6):1703–14.
- 438 15. Morey M, Castro-Feijóo L, Barreiro J, Cabanas P, Pombo M, Gil M, et al. Genetic diagnosis of X-linked dominant hypophosphatemic  
439 rickets in a cohort study: Tubular reabsorption of phosphate and 1,25(OH)<sub>2</sub>D serum levels are associated with PHEX mutation type. *BMC Med*  
440 *Genet*. 2011 Sep 8;12(1):116.
- 441 16. Ruppe MD, Brosnan PG, Au KS, Tran PX, Dominguez BW, Northrup H. Mutational analysis of PHEX, FGF23 and DMP1 in a cohort of  
442 patients with hypophosphatemic rickets. *Clin Endocrinol (Oxf)*. 2011 Mar;74(3):312–8.
- 443 17. Beck-Nielsen SS, Brixen K, Gram J, Brusgaard K. Mutational analysis of PHEX, FGF23, DMP1, SLC34A3 and CLCN5 in patients with  
444 hypophosphatemic rickets. *J Hum Genet*. 2012 Jul;57(7):453–8.
- 445 18. Ma SL, Vega-Warner V, Gillies C, Sampson MG, Kher V, Sethi SK, et al. Whole Exome Sequencing Reveals Novel PHEX Splice Site  
446 Mutations in Patients with Hypophosphatemic Rickets. *PLoS One*. 2015;10(6):e0130729.
- 447 19. Ichikawa S, Traxler EA, Estwick SA, Curry LR, Johnson ML, Sorenson AH, et al. Mutational survey of the PHEX gene in patients with X-  
448 linked hypophosphatemic rickets. *Bone*. 2008 Oct;43(4):663–6.
- 449 20. Linglart A, Biosse-Duplan M, Briot K, Chaussain C, Esterle L, Guillaume-Czitrom S, et al. Therapeutic management of

- 450 hypophosphatemic rickets from infancy to adulthood. *Endocr Connect.* 2014;3(1):R13-30.
- 451 21. Brodehl J. Assessment and interpretation of the tubular threshold for phosphate in infants and children. *Pediatr Nephrol Berl Ger.* 1994  
452 Oct;8(5):645.
- 453 22. Brodehl J, Krause A, Hoyer PF. Assessment of maximal tubular phosphate reabsorption: comparison of direct measurement with the  
454 nomogram of Bijvoet. *Pediatr Nephrol Berl Ger.* 1988 Apr;2(2):183–9.
- 455 23. Mian AN, Schwartz GJ. Measurement and Estimation of Glomerular Filtration Rate in Children. *Adv Chronic Kidney Dis.* 2017  
456 Nov;24(6):348–56.
- 457 24. Santos F, Fuente R, Mejia N, Mantecon L, Gil-Peña H, Ordoñez FA. Hypophosphatemia and growth. *Pediatr Nephrol Berl Ger.* 2013  
458 Apr;28(4):595–603.
- 459 25. Turan S, Topcu B, Gökçe İ, Güran T, Atay Z, Omar A, et al. Serum alkaline phosphatase levels in healthy children and evaluation of  
460 alkaline phosphatase z-scores in different types of rickets. *J Clin Res Pediatr Endocrinol.* 2011;3(1):7–11.
- 461 26. Greene WB. Genu varum and genu valgum in children: differential diagnosis and guidelines for evaluation. *Compr Ther.* 1996  
462 Jan;22(1):22–9.
- 463 27. Cheung M, Roschger P, Klaushofer K, Veilleux L-N, Roughley P, Glorieux FH, et al. Cortical and trabecular bone density in X-linked  
464 hypophosphatemic rickets. *J Clin Endocrinol Metab.* 2013 May;98(5):E954-961.
- 465 28. Clayton BE, Jenkins, P. Clinical tests and reference ranges. In: *Paediatric chemical pathology.* Blackwell Scientific Publications. Oxford;  
466 1960.
- 467 29. Greenberg BG, Winters RW, Graham JB. The normal range of serum inorganic phosphorus and its utility as a discriminant in the  
468 diagnosis of congenital hypophosphatemia. *J Clin Endocrinol Metab.* 1960 Mar;20:364–79.
- 469 30. Carpenter TO, Imel EA, Holm IA, Jan de Beur SM, Insogna KL. A clinician's guide to X-linked hypophosphatemia. *J Bone Miner Res Off*  
470 *J Am Soc Bone Miner Res.* 2011 Jul;26(7):1381–8.
- 471 31. Jonsson KB, Zahradnik R, Larsson T, White KE, Sugimoto T, Imanishi Y, et al. Fibroblast growth factor 23 in oncogenic osteomalacia  
472 and X-linked hypophosphatemia. *N Engl J Med.* 2003 Apr 24;348(17):1656–63.
- 473 32. Nagata Y, Imanishi Y, Ishii A, Kurajoh M, Motoyama K, Morioka T, et al. Evaluation of bone markers in hypophosphatemic

474 rickets/osteomalacia. *Endocrine*. 2011 Oct 1;40(2):315.

475 33. Endo I, Fukumoto S, Ozono K, Namba N, Tanaka H, Inoue D, et al. Clinical usefulness of measurement of fibroblast growth factor 23  
476 (FGF23) in hypophosphatemic patients: proposal of diagnostic criteria using FGF23 measurement. *Bone*. 2008 Jun;42(6):1235–9.

477 34. Souberbielle J-C, Prié D, Pketty M-L, Rothenbuhler A, Delanaye P, Chanson P, et al. Evaluation of a New Fully Automated Assay for  
478 Plasma Intact FGF23. *Calcif Tissue Int*. 2017;101(5):510–8.

479 35. Dixon PH, Christie PT, Wooding C, Trump D, Grieff M, Holm I, et al. Mutational analysis of PHEX gene in X-linked hypophosphatemia. *J*  
480 *Clin Endocrinol Metab*. 1998 Oct;83(10):3615–23.

481 36. Tynismaa H, Kaitila I, Näntö-Salonen K, Ala-Houhala M, Alitalo T. Identification of fifteen novel PHEX gene mutations in Finnish  
482 patients with hypophosphatemic rickets. *Hum Mutat*. 2000 Apr;15(4):383–4.

483 37. Guven A, Al-Rijjal RA, BinEssa HA, Dogan D, Kor Y, Zou M, et al. Mutational analysis of PHEX, FGF23 and CLCN5 in patients with  
484 hypophosphataemic rickets. *Clin Endocrinol (Oxf)*. 2017 Jul;87(1):103–12.

485 38. Song HR, Park JW, Cho DY, Yang JH, Yoon HR, Jung SC. PHEX gene mutations and genotype-phenotype analysis of Korean patients  
486 with hypophosphatemic rickets. *J Korean Med Sci*. 2007 Dec;22(6):981–6.

487 39. Sabbagh Y, Jones AO, Tenenhouse HS. PHEXdb, a locus-specific database for mutations causing X-linked hypophosphatemia. *Hum*  
488 *Mutat*. 2000;16(1):1–6.

489 40. Razali NN, Hwu TT, Thilakavathy K. Phosphate homeostasis and genetic mutations of familial hypophosphatemic rickets. *J Pediatr*  
490 *Endocrinol Metab JPEM*. 2015 Sep;28(9–10):1009–17.

491 41. Rafaelsen S, Johansson S, Ræder H, Bjerknes R. Hereditary hypophosphatemia in Norway: a retrospective population-based study of  
492 genotypes, phenotypes, and treatment complications. *Eur J Endocrinol*. 2016 Feb;174(2):125–36.

493 42. Popowska E, Pronicka E, Sulek A, Jurkiewicz D, Rowe P, Rowinska E, et al. X-linked hypophosphatemia in Polish patients. 1. Mutations  
494 in the PHEX gene. *J Appl Genet*. 2000;41.

495 43. Popowska E, Pronicka E, Sulek A, Jurkiewicz D, Rowinska E, Sykut-Cegielska J, et al. X-linked hypophosphatemia in Polish patients. 2.  
496 Analysis of clinical features and genotype-phenotype correlation. *J Appl Genet*. 2001;42(1):73–88.

497 44. Clausmeyer S, Hesse V, Clemens PC, Engelbach M, Kreuzer M, Becker-Rose P, et al. Mutational analysis of the PHEX gene: novel

- 498 point mutations and detection of large deletions by MLPA in patients with X-linked hypophosphatemic rickets. *Calcif Tissue Int.* 2009  
499 Sep;85(3):211–20.
- 500 45. Cho HY, Lee BH, Kang JH, Ha IS, Cheong HI, Choi Y. A clinical and molecular genetic study of hypophosphatemic rickets in children.  
501 *Pediatr Res.* 2005 Aug;58(2):329–33.
- 502 46. Capelli S, Donghi V, Maruca K, Vezzoli G, Corbetta S, Brandi ML, et al. Clinical and molecular heterogeneity in a large series of patients  
503 with hypophosphatemic rickets. *Bone.* 2015 Oct;79:143–9.
- 504 47. Saito T, Nishii Y, Yasuda T, Ito N, Suzuki H, Igarashi T, et al. Familial hypophosphatemic rickets caused by a large deletion in PHEX  
505 gene. *Eur J Endocrinol.* 2009 Oct;161(4):647–51.
- 506 48. Pekkarinen T, Lorenz-Depiereux B, Lohman M, Mäkitie O. Unusually severe hypophosphatemic rickets caused by a novel and complex  
507 re-arrangement of the PHEX gene. *Am J Med Genet A.* 2014 Nov;164A(11):2931–7.
- 508 49. Zou M, Buluş D, Al-Rijjal RA, Andiran N, BinEssa H, Kattan WE, et al. Hypophosphatemic rickets caused by a novel splice donor site  
509 mutation and activation of two cryptic splice donor sites in the PHEX gene. *J Pediatr Endocrinol Metab JPEM.* 2015 Jan;28(1–2):211–6.
- 510 50. Goji K, Ozaki K, Sadewa AH, Nishio H, Matsuo M. Somatic and germline mosaicism for a mutation of the PHEX gene can lead to  
511 genetic transmission of X-linked hypophosphatemic rickets that mimics an autosomal dominant trait. *J Clin Endocrinol Metab.* 2006  
512 Feb;91(2):365–70.
- 513 51. Christie PT, Harding B, Nesbit MA, Whyte MP, Thakker RV. X-linked hypophosphatemia attributable to pseudoexons of the PHEX gene.  
514 *J Clin Endocrinol Metab.* 2001 Aug;86(8):3840–4.
- 515 52. Schwartz S, Scriver CR, Reade TM, Shields ED. Oral findings in patients with autosomal dominant hypophosphatemic bone disease  
516 and X-linked hypophosphatemia: further evidence that they are different diseases. *Oral Surg Oral Med Oral Pathol.* 1988 Sep;66(3):310–4.
- 517 53. Pereira CM, de Andrade CR, Vargas PA, Coletta RD, de Almeida OP, Lopes MA. Dental alterations associated with X-linked  
518 hypophosphatemic rickets. *J Endod.* 2004 Apr;30(4):241–5.
- 519 54. Caldemeyer KS, Boaz JC, Wappner RS, Moran CC, Smith RR, Quets JP. Chiari I malformation: association with hypophosphatemic  
520 rickets and MR imaging appearance. *Radiology.* 1995 Jun 1;195(3):733–8.
- 521 55. Rothenbuhler A, Fadel N, Debza Y, Bacchetta J, Diallo MT, Adamsbaum C, et al. High Incidence of Cranial Synostosis and Chiari I

- 522 Malformation in Children With X-Linked Hypophosphatemic Rickets (XLHR). *J Bone Miner Res Off J Am Soc Bone Miner Res*. 2019  
523 Mar;34(3):490–6.
- 524 56. Watts L, Wordsworth P. Chiari malformation, syringomyelia and bulbar palsy in X linked hypophosphataemia. *BMJ Case Rep*. 2015 Nov  
525 11;2015.
- 526 57. Glass LRD, Dagi TF, Dagi LR. Papilledema in the setting of x-linked hypophosphatemic rickets with craniosynostosis. *Case Rep*  
527 *Ophthalmol*. 2011 Sep;2(3):376–81.
- 528 58. Jaszczuk P, Rogers GF, Guzman R, Proctor MR. X-linked hypophosphatemic rickets and sagittal craniosynostosis: three patients  
529 requiring operative cranial expansion: case series and literature review. *Childs Nerv Syst ChNS Off J Int Soc Pediatr Neurosurg*. 2016  
530 May;32(5):887–91.
- 531 59. Murthy AS. X-linked hypophosphatemic rickets and craniosynostosis. *J Craniofac Surg*. 2009 Mar;20(2):439–42.
- 532 60. Vega RA, Opalak C, Harshbarger RJ, Fearon JA, Ritter AM, Collins JJ, et al. Hypophosphatemic rickets and craniosynostosis: a  
533 multicenter case series. *J Neurosurg Pediatr*. 2016 Jun;17(6):694–700.
- 534 61. Willis FR, Beattie TJ. Craniosynostosis in X-linked hypophosphataemic rickets. *J Paediatr Child Health*. 1997 Feb;33(1):78–9.
- 535 62. Pantel G, Probst R, Podvinec M, Gurtler N. Hearing loss and fluctuating hearing levels in X-linked hypophosphataemic osteomalacia. *J*  
536 *Laryngol Otol*. 2009 Jan;123(1):136–40.
- 537 63. Meister M, Johnson A, Popelka GR, Kim GS, Whyte MP. Audiologic findings in young patients with hypophosphatemic bone disease.  
538 *Ann Otol Rhinol Laryngol*. 1986 Jul;95(4 Pt 1):415–20.
- 539 64. Fishman G, Miller-Hansen D, Jacobsen C, Singhal VK, Alon US. Hearing impairment in familial X-linked hypophosphatemic rickets. *Eur*  
540 *J Pediatr*. 2004 Oct 1;163(10):622–3.
- 541 65. Davies M, Kane R, Valentine J. Impaired hearing in X-linked hypophosphataemic (vitamin-D-resistant) osteomalacia. *Ann Intern Med*.  
542 1984 Feb;100(2):230–2.
- 543 66. Tsuru N, Chan JC, Chinchilli VM. Renal hypophosphatemic rickets. Growth and mineral metabolism after treatment with calcitriol (1,25-  
544 dihydroxyvitamin D3) and phosphate supplementation. *Am J Child*. 1987 Jan;141(1):108–10.
- 545 67. Verge CF, Lam A, Simpson JM, Cowell CT, Howard NJ, Silink M. Effects of therapy in X-linked hypophosphatemic rickets. *N Engl J*

- 546 Med. 1991 Dec 26;325(26):1843–8.
- 547 68. Fuente R, Gil-Peña H, Claramunt-Taberner D, Hernández O, Fernández-Iglesias A, Alonso-Durán L, et al. X-linked hypophosphatemia  
548 and growth. *Rev Endocr Metab Disord.* 2017;18(1):107–15.
- 549 69. Zivicnjak M, Schnabel D, Billing H, Staude H, Filler G, Querfeld U, et al. Age-related stature and linear body segments in children with X-  
550 linked hypophosphatemic rickets. *Pediatr Nephrol.* 2011 Feb;26(2):223–31.
- 551 70. Seikaly MG, Browne RH, Baum M. The Effect of Phosphate Supplementation on Linear Growth in Children with X-Linked  
552 Hypophosphatemia. *Pediatrics.* 1994 Oct 1;94(4):478–81.
- 553 71. Friedman NE, Lobaugh B, Drezner MK. Effects of calcitriol and phosphorus therapy on the growth of patients with X-linked  
554 hypophosphatemia. *J Clin Endocrinol Metab.* 1993 Apr;76(4):839–44.
- 555 72. Ariceta G, Langman CB. Growth in X-linked hypophosphatemic rickets. *Eur J Pediatr.* 2007 Apr;166(4):303–9.
- 556 73. Evans GA, Arulanantham K, Gage JR. Primary hypophosphatemic rickets. Effect of oral phosphate and vitamin D on growth and  
557 surgical treatment. *J Bone Joint Surg Am.* 1980 Oct;62(7):1130–8.
- 558 74. Steendijk R, Hauspie RC. The pattern of growth and growth retardation of patients with hypophosphataemic vitamin D-resistant rickets:  
559 a longitudinal study. *Eur J Pediatr.* 1992 Jun;151(6):422–7.
- 560 75. Veilleux L-N, Cheung MS, Glorieux FH, Rauch F. The muscle-bone relationship in X-linked hypophosphatemic rickets. *J Clin Endocrinol*  
561 *Metab.* 2013 May;98(5):E990-995.
- 562 76. Veilleux L-N, Cheung M, Ben Amor M, Rauch F. Abnormalities in muscle density and muscle function in hypophosphatemic rickets. *J*  
563 *Clin Endocrinol Metab.* 2012 Aug;97(8):E1492-1498.
- 564 77. Whyte MP. Hypophosphatasia and the role of alkaline phosphatase in skeletal mineralization. *Endocr Rev.* 1994 Aug;15(4):439–61.
- 565 78. Bonaventure J, Chaminade F, Maroteaux P. Mutations in three subdomains of the carboxy-terminal region of collagen type X account  
566 for most of the Schmid metaphyseal dysplasias. *Hum Genet.* 1995 Jul;96(1):58–64.
- 567 79. Petersen DJ, Boniface AM, Schranck FW, Rupich RC, Whyte MP. X-linked hypophosphatemic rickets: a study (with literature review) of  
568 linear growth response to calcitriol and phosphate therapy. *J Bone Min Res.* 1992 Jun;7(6):583–97.
- 569 80. Glorieux FH, Marie PJ, Pettifor JM, Delvin EE. Bone Response to Phosphate Salts, Ergocalciferol, and Calcitriol in Hypophosphatemic

- 570 Vitamin D-Resistant Rickets. *N Engl J Med*. 1980;303(18):1023–31.
- 571 81. Harrell RM, Lyles KW, Harrelson JM, Friedman NE, Drezner MK. Healing of bone disease in X-linked hypophosphatemic  
572 rickets/osteomalacia. Induction and maintenance with phosphorus and calcitriol. *J Clin Invest*. 1985 Jun;75(6):1858–68.
- 573 82. Chesney RW, Mazess RB, Rose P, Hamstra AJ, DeLuca HF, Breed AL. Long-Term Influence of Calcitriol (1,25-Dihydroxyvitamin D) and  
574 Supplemental Phosphate in X-Linked Hypophosphatemic Rickets. *Pediatrics*. 1983;71(4):559–67.
- 575 83. Scriver CR, Reade T, Halal F, Costa T, Cole DE. Autosomal hypophosphataemic bone disease responds to 1,25-(OH)<sub>2</sub>D<sub>3</sub>. *Arch Child*.  
576 1981 Mar;56(3):203–7.
- 577 84. Balsan S, Tieder M. Linear growth in patients with hypophosphatemic vitamin D-resistant rickets: influence of treatment regimen and  
578 parental height. *J Pediatr*. 1990 Mar;116(3):365–71.
- 579 85. Costa T, Marie PJ, Scriver CR, Cole DE, Reade TM, Nogrady B, et al. X-linked hypophosphatemia: effect of calcitriol on renal handling  
580 of phosphate, serum phosphate, and bone mineralization. *J Clin Endocrinol Metab*. 1981 Mar;52(3):463–72.
- 581 86. Makitie O, Kooh SW, Sochett E. Prolonged high-dose phosphate treatment: a risk factor for tertiary hyperparathyroidism in X-linked  
582 hypophosphatemic rickets. *Clin Endocrinol Oxf*. 2003 Feb;58(2):163–8.
- 583 87. Sochett E, Doria AS, Henriques F, Kooh SW, Daneman A, Mäkitie O. Growth and metabolic control during puberty in girls with X-linked  
584 hypophosphataemic rickets. *Horm Res*. 2004;61(5):252–6.
- 585 88. Lee B-N, Jung H-Y, Chang H-S, Hwang Y-C, Oh W-M. Dental management of patients with X-linked hypophosphatemia. *Restor Dent*  
586 *Endod*. 2017 May;42(2):146–51.
- 587 89. Douyere D, Joseph C, Gaucher C, Chaussain C, Courson F. Familial hypophosphatemic vitamin D-resistant rickets--prevention of  
588 spontaneous dental abscesses on primary teeth: a case report. *Oral Surg Oral Med Oral Pathol Oral Radiol Endod*. 2009 Apr;107(4):525–30.
- 589 90. Connor J, Olear EA, Insogna KL, Katz L, Baker S, Kaur R, et al. Conventional Therapy in Adults With X-Linked Hypophosphatemia:  
590 Effects on Enthesopathy and Dental Disease. *J Clin Endocrinol Metab*. 2015 Oct;100(10):3625–32.
- 591 91. Alon U, Lovell HB, Donaldson DL. Nephrocalcinosis, Hyperparathyroidism, and Renal Failure in Familial Hypophosphatemic Rickets.  
592 *Clin Pediatr (Phila)*. 1992 Mar 1;31(3):180–3.
- 593 92. Nielsen LH, Rahbek ET, Beck-Nielsen SS, Christesen HT. Treatment of hypophosphataemic rickets in children remains a challenge.

594 Dan Med J. 2014 Jul;61(7):A4874.

595 93. Taylor A, Sherman NH, Norman ME. Nephrocalcinosis in X-linked hypophosphatemia: effect of treatment versus disease. *Pediatr*  
596 *Nephrol*. 1995 Apr;9(2):173–5.

597 94. Seikaly M, Browne R, Baum M. Nephrocalcinosis Is Associated With Renal Tubular Acidosis in Children With X-Linked  
598 Hypophosphatemia. *Pediatrics*. 1996 Jan 1;97(1):91–3.

599 95. Goodyer PR, Kronick JB, Jequier S, Reade TM, Scriver CR. Nephrocalcinosis and its relationship to treatment of hereditary rickets. *J*  
600 *Pediatr*. 1987 Nov;111(5):700–4.

601 96. Yavropoulou MP, Kotsa K, Gotzamani Psarrakou A, Papazisi A, Tranga T, Ventis S, et al. Cinacalcet in hyperparathyroidism secondary  
602 to X-linked hypophosphatemic rickets: case report and brief literature review. *Horm Athens Greece*. 2010 Sep;9(3):274–8.

603 97. McHenry CR, Mostafavi K, Murphy TA. Tertiary hyperparathyroidism attributable to long-term oral phosphate therapy. *Endocr Pract*.  
604 2006 May 1;12(3):294–8.

605 98. Rivkees SA, el-Hajj-Fuleihan G, Brown EM, Crawford JD. Tertiary hyperparathyroidism during high phosphate therapy of familial  
606 hypophosphatemic rickets. *J Clin Endocrinol Metab*. 1992 Dec;75(6):1514–8.

607 99. Carpenter TO, Olear EA, Zhang JH, Ellis BK, Simpson CA, Cheng D, et al. Effect of Paricalcitol on Circulating Parathyroid Hormone in  
608 X-Linked Hypophosphatemia: A Randomized, Double-Blind, Placebo-Controlled Study. *J Clin Endocrinol Metab*. 2014 Sep;99(9):3103–11.

609 100. Alon US, Levy-Olomucki R, Moore WV, Stubbs J, Liu S, Quarles LD. Calcimimetics as an Adjuvant Treatment for Familial  
610 Hypophosphatemic Rickets. *Clin J Am Soc Nephrol*. 2008 Jan 5;3(3):658–64.

611 101. Horn A, Wright J, Bockenbauer D, Van't Hoff W, Eastwood DM. The orthopaedic management of lower limb deformity in  
612 hypophosphatemic rickets. *J Child Orthop*. 2017 Aug 1;11(4):298–305.

613 102. New medicine for rare bone disease | European Medicines Agency [Internet]. [cited 2018 Oct 4]. Available from:  
614 <https://www.ema.europa.eu/en/news/new-medicine-rare-bone-disease>

615 103. Commissioner O of the. Press Announcements - FDA approves first therapy for rare inherited form of rickets, x-linked  
616 hypophosphatemia [Internet]. [cited 2018 Oct 4]. Available from:  
617 <https://www.fda.gov/newsevents/newsroom/pressannouncements/ucm604810.htm>



618 104. Carpenter TO, Whyte MP, Imel EA, Boot AM, Högl W, Linglart A, et al. Burosumab Therapy in Children with X-Linked  
619 Hypophosphatemia. *N Engl J Med*. 2018 24;378(21):1987–98.

620 105. Carpenter TO, Imel EA, Ruppe MD, Weber TJ, Klausner MA, Wooddell MM, et al. Randomized trial of the anti-FGF23 antibody KRN23  
621 in X-linked hypophosphatemia. *J Clin Invest*. 2014 Apr;124(4):1587–97.

622 106. Insogna KL, Briot K, Imel EA, Kamenický P, Ruppe MD, Portale AA, et al. A Randomized, Double-Blind, Placebo-Controlled, Phase 3  
623 Trial Evaluating the Efficacy of Burosumab, an Anti-FGF23 Antibody, in Adults With X-Linked Hypophosphatemia: Week 24 Primary Analysis. *J*  
624 *Bone Miner Res Off J Am Soc Bone Miner Res*. 2018 Jun 26;

625 107. Yeo A, James K, Ramachandran M. Normal lower limb variants in children. *BMJ*. 2015 Jul 7;350:h3394.

626 108. Saraff V, Schneider J, Colleselli V, Ruepp M, Rauchenzauner M, Neururer S, et al. Sex-, age-, and height-specific reference curves for  
627 the 6-min walk test in healthy children and adolescents. *Eur J Pediatr*. 2015 Jun;174(6):837–40.

628 109. Imel EA, DiMeglio LA, Hui SL, Carpenter TO, Econs MJ. Treatment of X-linked hypophosphatemia with calcitriol and phosphate  
629 increases circulating fibroblast growth factor 23 concentrations. *J Clin Endocrinol Metab*. 2010 Apr;95(4):1846–50.

630 110. Carpenter TO, Insogna KL, Zhang JH, Ellis B, Nieman S, Simpson C, et al. Circulating levels of soluble klotho and FGF23 in X-linked  
631 hypophosphatemia: circadian variance, effects of treatment, and relationship to parathyroid status. *J Clin Endocrinol Metab*. 2010  
632 Nov;95(11):E352–357.

633 111. Schmitt CP, Mehls O. The enigma of hyperparathyroidism in hypophosphatemic rickets. *Pediatr Nephrol Berl Ger*. 2004 May;19(5):473–  
634 7.

635 112. Matos V, van Melle G, Boulat O, Markert M, Bachmann C, Guignard JP. Urinary phosphate/creatinine, calcium/creatinine, and  
636 magnesium/creatinine ratios in a healthy pediatric population. *J Pediatr*. 1997 Aug;131(2):252–7.

637 113. Ruppe MD, Zhang X, Imel EA, Weber TJ, Klausner MA, Ito T, et al. Effect of four monthly doses of a human monoclonal anti-FGF23  
638 antibody (KRN23) on quality of life in X-linked hypophosphatemia. *Bone Rep*. 2016 Dec;5:158–62.

639 114. Zhang X, Imel EA, Ruppe MD, Weber TJ, Klausner MA, Ito T, et al. Pharmacokinetics and pharmacodynamics of a human monoclonal  
640 anti-FGF23 antibody (KRN23) in the first multiple ascending-dose trial treating adults with X-linked hypophosphatemia. *J Clin Pharmacol*.  
641 2016;56(2):176–85.

- 642 115. Currarino G. Sagittal synostosis in X-linked hypophosphatemic rickets and related diseases. *Pediatr Radiol*. 2007 Aug;37(8):805–12.
- 643 116. Haffner D, Nissel R, Wuhl E, Mehls O. Effects of growth hormone treatment on body proportions and final height among small children  
644 with X-linked hypophosphatemic rickets. *Pediatrics*. 2004 Jun;113(6):e593-6.
- 645 117. Živičnjak M, Schnabel D, Staude H, Even G, Marx M, Beetz R, et al. Three-Year Growth Hormone Treatment in Short Children with X-  
646 Linked Hypophosphatemic Rickets: Effects on Linear Growth and Body Disproportion. *J Clin Endocrinol Metab*. 2011 Dec 1;96(12):E2097–105.
- 647 118. Makitie O, Toiviainen-Salo S, Marttinen E, Kaitila I, Sochett E, Sipila I. Metabolic control and growth during exclusive growth hormone  
648 treatment in X-linked hypophosphatemic rickets. *Horm Res*. 2008;69(4):212–20.
- 649 119. Huiming Y, Chaomin W. Recombinant growth hormone therapy for X-linked hypophosphatemia in children. *Cochrane Database Syst*  
650 *Rev*. 2005;(1):CD004447.
- 651 120. Reusz GS, Miltenyi G, Stubnya G, Szabo A, Horvath C, Byrd DJ, et al. X-linked hypophosphatemia: effects of treatment with  
652 recombinant human growth hormone. *Pediatr Nephrol*. 1997 Oct;11(5):573–7.
- 653 121. Saggese G, Baroncelli GI, Bertelloni S, Perri G. Long-term growth hormone treatment in children with renal hypophosphatemic rickets:  
654 effects on growth, mineral metabolism, and bone density. *J Pediatr*. 1995 Sep;127(3):395–402.
- 655 122. Seikaly MG, Brown R, Baum M. The effect of recombinant human growth hormone in children with X-linked hypophosphatemia.  
656 *Pediatrics*. 1997 Nov;100(5):879–84.
- 657 123. Rothenbuhler A, Esterle L, Gueorguieva I, Salles J-P, Mignot B, Colle M, et al. Two-year recombinant human growth hormone (rhGH)  
658 treatment is more effective in pre-pubertal compared to pubertal short children with X-linked hypophosphatemic rickets (XLHR). *Growth Horm*  
659 *IGF Res Off J Growth Horm Res Soc Int IGF Res Soc*. 2017;36:11–5.
- 660 124. Meyerhoff N, Haffner D, Staude H, Wühl E, Marx M, Beetz R, et al. Effects of growth hormone treatment on adult height in severely  
661 short children with X-linked hypophosphatemic rickets. *Pediatr Nephrol Berl Ger*. 2018 Mar;33(3):447–56.
- 662 125. Keskin M, Savaş-Erdeve Ş, Sağsak E, Çetinkaya S, Aycan Z. Risk factors affecting the development of nephrocalcinosis, the most  
663 common complication of hypophosphatemic rickets. *J Pediatr Endocrinol Metab JPEM*. 2015 Nov 1;28(11–12):1333–7.
- 664 126. Vervloet M. Renal and extrarenal effects of fibroblast growth factor 23. *Nat Rev Nephrol*. 2019 Feb;15(2):109–20.
- 665 127. Hernández-Frías O, Gil-Peña H, Pérez-Roldán JM, González-Sánchez S, Ariceta G, Chocrón S, et al. Risk of cardiovascular

666 involvement in pediatric patients with X-linked hypophosphatemia. *Pediatr Nephrol Berl Ger.* 2019 Jan 4;

667

668