

Review Article

Autoimmune Pulmonary Alveolar Proteinosis

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ABSTRACT

Autoimmune pulmonary alveolar proteinosis (aPAP) is a rare disease characterized by abnormal accumulation of surfactant in alveoli. Pathogenetically, in aPAP, the presence of granulocyte macrophage-colony stimulating factor (GM-CSF) autoantibodies hinders physiological binding of GM-CSF to its receptor, disrupting terminal differentiation of alveolar macrophages and the activation GM-CSF–PU.1–PPARG1–ABCG1 axis, resulting in a primary reduction in cholesterol efflux from alveolar macrophages and a secondary reduction in surfactant clearance through macrophages from the alveolar surface. APAP is the most common, accounting for more than 90 to 95% of all patients included under the PAP term, which encompasses and classifies all forms of PAP according to etiopathogenetic mechanisms, as primary, secondary, congenital, and unclassified. APAP is worldwide distributed with an estimated prevalence fluctuating between 7.0 and 9.7 cases/million and an annual incidence of 1.65, affecting middle-aged men and women. Clinical manifestation may be gradual and insidious, mainly manifesting with progressive dyspnea, but the natural history is variable, since some patients stabilize for a long period, while others progress to respiratory failure and death; in a minority, spontaneous resolution may be observed, while some develop lung and/or systemic infections, and rarely pulmonary fibrosis. Until recently, whole lung lavage (WLL) was universally accepted as the gold-standard therapeutic modality in aPAP. However, after considerable progress in the past 25 years and the publication of several positive studies, replacing the use of inhaled-GM-CSF as the standard of care for aPAP and conceding WLL a rescue option is becoming more and more concrete. In conclusion, aPAP is the classic paradigm of a scientific disease progressing from the “bench-to-bedside,” since several discoveries made in the laboratory setting have become necessary to clarify its pathogenetic mechanisms, define diagnostic tools, and implement new therapeutic modalities, which established the disease as treatable and fully reversible, literally, moving patients from “hell to heaven.”

Keywords PAP, GMCSF, autoantibodies, WLL, foamy macrophage, cholesterol

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Introduction

First described in 1958 as pulmonary alveolar proteinosis (PAP), by Rosen, Castleman and Liebow, in their seminal paper in the NEJM, as a “single” new disease characterized by the accumulation of lipoproteinaceous material in pulmonary alveoli,¹ became thereafter idiopathic PAP (acquired PAP of unknown etiology) to differentiate it, the most common of all, from the secondary and others forms of PAP, as new knowledge was unfolding different types of PAP on the basis of the pathogenetic mechanism involved.² Two series of discoveries exactly characterized and properly nominated autoimmune (a)PAP. The unveiling of the role of granulocyte macrophage-colony stimulating factor (GM-CSF) signaling on alveolar macrophages maturation and ability to clear surfactant^{3,4} and the identification of polyclonal Immunoglobulin-G autoantibodies, against GM-CSF as the cause of

the signal disruption on alveolar macrophages affecting their clearance capacity,^{5–7} the necessary step in the process of transition of idiopathic-PAP in its autoimmune era, autoimmune pulmonary alveolar proteinosis (aPAP). In aPAP, the uncontrolled lung flooding with surfactant relates to the fact that alveolar macrophages remain poorly differentiated and cholesterol-stuffed, unable to clear surfactant and handle microbials. Actually aPAP “the supporting column” in the classification of PAP, since not only accounts for >90 to 95% of cases but thanks to modern therapeutic modalities, treatable and fully reversible, is categorized as primary and related to the disruption of GM-CSF signaling by neutralizing autoantibodies, where shares the place with the far rare hereditary PAP where disruption of GM-CSF signaling relates to mutations of GM-CSF receptor α or β subunits. Secondary PAP includes a multitude of conditions responsible for reducing the numbers or functional ability of alveolar macrophages.

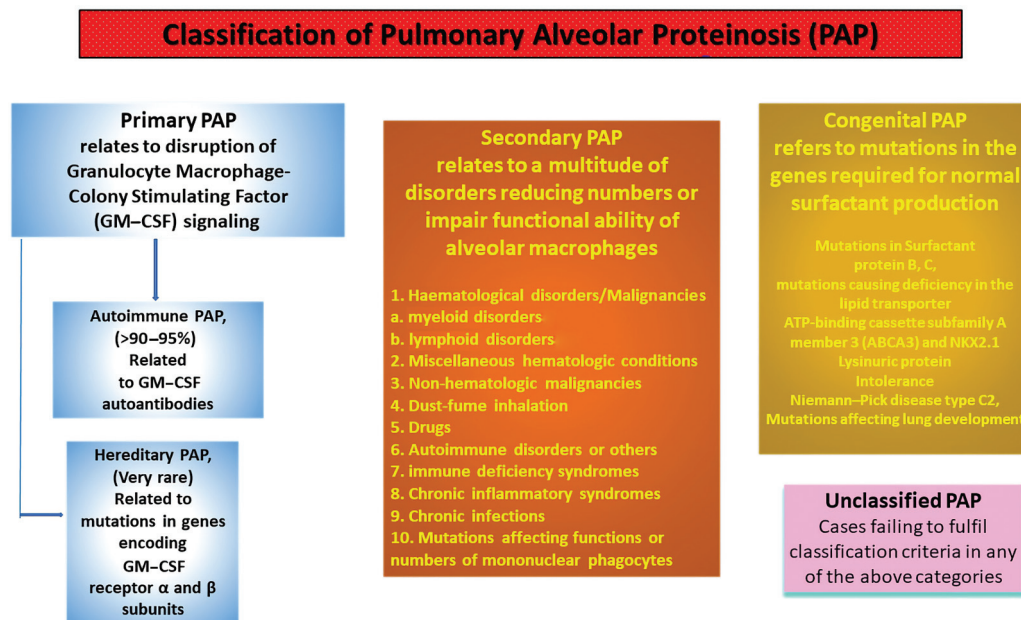


Fig. 1 The classification of pulmonary alveolar proteinosis.

Congenital PAP includes surfactant production disorders and unclassified cases failing to fulfil classification criteria in any of the above categories (Fig. 1).⁸

Epidemiology

Besides its first description¹ based on the observation of a series of 27 patients, the natural history, age distribution, demographics, and geographic location unfold gradually. In 1966, Summers from Sacramento reported two new cases, summarized on clinical course and infective complications of the new disease, reviewing the first 93 cases from all over the world.⁹ In 1969, Davidson and Macleod reported on three new cases, reviewed the pattern, clinical course, complications, and prognosis of all 139 patients (113 men and 26 women) described and published worldwide since then¹⁰; in this report, all ages were affected, and infections were confirmed as the main complication of the disease. In 2002, Seymour and Presneil summarized² the progress in the first 44 years of PAP describing 410 cases from all over the world registering also the revolution computed over the past 8 years, in the understanding of the pathogenesis of aPAP, which has led to the investigation of innovative treatment approaches such as the subcutaneous administration of GM-CSF, successful in idiopathic-autoimmune PAP, since its first administration.^{2,11–13} In 2008, Inoue et al published the largest ever reported single country study, including 248 patients enrolled in a Japanese national registry, and for the first time referring to aPAP (223 patients).¹⁴ In 2018, McCarthy et al published their effort aiming to determine prevalence, healthcare utilization, and costs associated with PAP; prevalence was found slightly higher than in the Japan registry, and most importantly, the study underlines the diagnostic utility of serum GM-CSF autoantibodies (aPAP was found in 91.5% of U.S. PAP patients) permitting to avoid surgery related morbidity and costs.¹⁵ In 2019, Trapnell et al updated data regarding the Japanese national PAP registry refers to a cumulative

enrolment between 1999 and 2016 of 952 patients, of whom 877 (92%) had primary PAP, 872 aPAP, 71 (7.5%) secondary PAP, and 4 (<1%) unclassified. On the basis of enrolment over a decade, the annual incidence of aPAP was found to be 1.65 (8). To summarize, an ultimate study from Japan using a national administrative claims database attempted to estimate the national incidence and prevalence of aPAP, secondary (s)PAP, hereditary (h)PAP, and congenital (c)PAP, and further clarify their demographics and survivals by analyzing the years 2014, 2016, 2018, and 2020. Overall, the study revealed an increasing prevalence of aPAP and sPAP over the past decade. Incidence and prevalence were found to be 1.4 and 9.7 per million for aPAP and 0.6 and 3.0 per million for sPAP, respectively. The median (interquartile ranges) ages of the prevalent cases of aPAP, sPAP, cPAP, and hPAP in 2020 were 64 (52–73), 71 (63–78), 1.5 (0.75–5.5), and 4 (3–73) years, respectively; secondary PAP had a significantly poorer prognosis than aPAP (5-year survival rate: aPAP: 82.4%; sPAP: 73.5%).¹⁶ From all the above studies and reports, aPAP emerges as rare, with a worldwide distribution affecting men and women. All ages may be affected, although it is uncommon in children and adolescents. Its clinical manifestation is usually gradual and insidious, manifesting as reported in its first description by “unheralded and creepingly progressive dyspnea,” but the natural history throughout the years proved variable, since some patients stabilize for a long period, while others progress to respiratory failure and death; in a minority spontaneous resolution may be observed while some develop lung and/or systemic infections, and rarely pulmonary fibrosis.

The Surfactant Homeostasis and the Regulation of Cholesterol Efflux from the Alveolar Macrophages

Since its first recognition, the disease was described histologically by the filling of the alveolar airspaces by a dense, periodic acid-

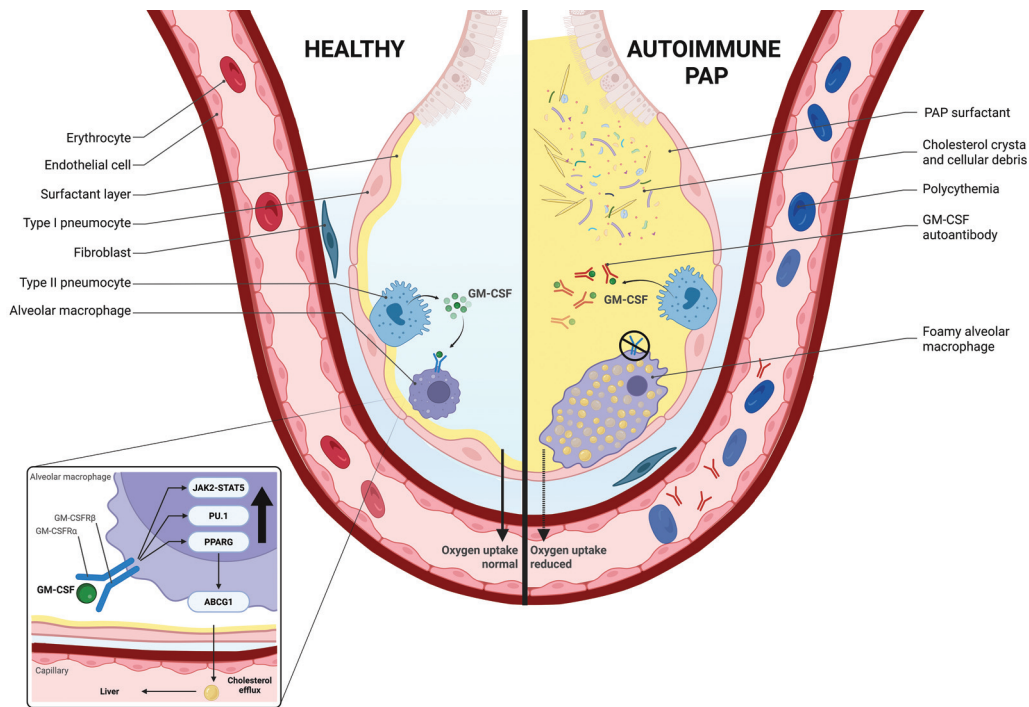


Fig. 2 The pathogenesis of aPAP. Conceptual figure for the pathogenesis of aPAP. In healthy alveoli, pulmonary GM-CSF stimulates the survival, proliferation, differentiation, and functions of alveolar macrophages. All these pleiotropic effects are mediated by heterodimeric cell-surface receptors composed of a low-affinity GM-CSF-binding α chain, an affinity-enhancing β chain (both without known enzymatic activity), and the β chain-associated Janus-activating kinase 2 (JAK2). Ligand binding leads to activation of multiple transcription factors crucial for the terminal differentiation of alveolar macrophages. Recruitment and activation of STAT5 (signal transducer and activator of transcription 5) is crucial in the proliferation, activation, and survival of alveolar macrophages. Activation of transcription factor PU.1 is a cardinal regulator of many alveolar macrophage properties, including cell adhesion, pathogen phagocytosis, and catabolism of surfactant proteins and surfactant lipids. GM-CSF activation of transcription factor PPARG (peroxisome proliferator-activated receptor- γ) leads to increased expression of its target ABCG1, which encodes ATP-binding cassette subfamily G member 1 (ABCG1), a transmembrane lipid transporter protein important in cholesterol efflux from macrophages. In aPAP, the presence of GM-CSF autoantibodies may bind GM-CSF or hinder the physiological binding of GM-CSF to its receptor (neutralizing antibodies), disrupting the GM-CSF–PU.1–PPARG1–ABCG1 axis, resulting in a primary reduction in cholesterol efflux from alveolar macrophages and a secondary reduction in surfactant clearance through macrophages from the alveolar surface. Reduced surfactant uptake by foamy alveolar macrophages engorged with esterified-cholesterol-rich intracytoplasmic lipid droplets is characteristic of the disease. Created in BioRender. Laboratory, B. (2025). <https://BioRender.com/4x4uwd6>.

Schiff (PAS) stain-positive, granular eosinophilic proteinaceous material rich in lipids, of unknown nature, within normal adjacent alveolar septa, in the absence of inflammation, fibrosis, and necrosis. A few years later, based on similarities of composition, Larson and Gordinier first advanced the “surfactant hypothesis,” recognizing the material flooding the airspaces as surfactant and commenting on its altered homeostasis in the pathogenesis of the new disease, named PAP.¹⁷ Although the “surfactant hypothesis” did not receive immediate acceptance from the international community over the next 15 years, several studies applying different methodologies, including physiology, electron microscopy, and immunohistochemistry, confirmed the surfactant nature of the lipoproteinaceous material occupying alveolar airspaces.^{10,18–21}

Surfactant is a multilaminar thin-layer fluid film that covers internally the alveolar walls, the air–liquid interface, which, withstanding the Laplace law, acts by reducing surface tension; therefore, avoiding their collapse at the end of expiration. Surfactant’s constituents are also an important part of innate immunity. Surfactant structurally consists of 80% polar phospholipids, 10% neutral lipids (mostly free cholesterol), and 10% surfactant

proteins (SP B and C active on surface tension, and A and D deputy in host defense). Type II alveolar epithelial cells have the exclusive concern of surfactant production and secretion into the alveolar space while its clearance depends in part from its recycling or catabolism in type II alveolar epithelial cells while another approximately 50% proportion of surfactant is removed by the alveolar macrophages through uptake and catabolism previous the efflux of cholesterol and its transport by blood flow to the liver (Fig. 2).⁸

The story regarding the role of GM-CSF in the maturation of alveolar macrophages and surfactant homeostasis begins in 1994 when two independent groups of investigators reported their serendipitous observations on GM-CSF knockout mice.^{3,4} In April 1994, Dranoff et al report on their efforts aiming to investigate the *in vivo* role of murine GM-CSF through the development of a mouse GM-CSF knockout model. The authors registered unimpaired haematopoiesis in homozygous mutant animals but unexpectedly developed the experimental model of the human disease PAP.³ Two months later, in June 1994, Stanley et al, reporting on their findings in a similar model of mice homozygous for a disrupted GM-CSF gene (*Csf-/-* mice), made the same observation of the development of PAP in knockout animals,

discovering also in some mice lung infections. This observation implicated a further role of GM-CSF in the completion of innate immunity mechanisms and possibly on alveolar macrophages maturation and their ability to handle local microbials, and in some way describes the full-blown human PAP.⁴

GM-CSF, a haemopoietic 23 kDa glycoprotein cytokine, is mainly produced in the lungs by type II epithelial cells and binds to alveolar macrophages through GM-CSF receptor α and β subunits. GM-CSF binding on alveolar macrophages causes activation of tyrosine-protein kinase JAK2^{22–24} and initiation of signaling via multiple pathways, including activation of signal transducer and activator of transcription 5 (STAT5),²⁵ transcription factor PU.1,²⁶ peroxisome proliferator-activated receptor- γ (PPARG), implicated in macrophage cholesterol transport and efflux,²⁷ and others. The above chain of events through further pathways enables alveolar macrophages to perform numerous functions, including cholesterol export, surfactant clearance, and host defense.^{8,28,29} GM-CSF activation of transcription factor PPARG and its target ATP-binding cassette subfamily G member 1 (ABCG1), encoding ABCG1, a transmembrane lipid transporter protein important in cholesterol efflux from macrophages, is crucial for the differentiation of alveolar macrophages.^{8,30–35} Human studies showed similar results, indicating that in both humans and the murine model of PAP, the GM-CSF–GM-CSFR α and β chains–PU.1–PPARG–ABCG1 axis controls surfactant homeostasis through the regulation of cholesterol efflux from the alveolar macrophages. Therefore, the accumulation of intraalveolar surfactant appears to be a secondary consequence of reduced surfactant uptake by foamy alveolar macrophages engorged with cholesterol. More precisely, in the alveoli, large quantitative changes in lipids related to surfactant, including free cholesterol and cholesteryl ester, are noted, but only moderate changes in lipids derived from cellular debris. Large increases in ceramide and other sphingolipids contribute to a pro-apoptotic alveolar environment in PAP (Fig. 2).^{8,21}

Anti-GM-CSF Blocking Autoantibodies

In 1999, Tanaka et al from the group of Koh Nakata first reported on the expression of binding factor(s) neutralizing GM-CSF in the lungs of patients with idiopathic-PAP.⁵ Soon after, investigators from the same group first discovered autoimmune mechanisms in the pathogenesis of idiopathic-PAP and specifically the identification and presence in high titers of Immunoglobulin G isotype neutralizing autoantibodies against GM-CSF. The above seminal study added to the pathogenetic mechanism of PAP by transitioning idiopathic-PAP in its autoimmune era, autoimmune-PAP.⁶ Anti-GM-CSF blocking autoantibodies are composed of a polyclonal population of antibodies of immunoglobulin-G class (mainly 1 and 2 subclasses) targeting several epitopes of the GM-CSF molecule with high specificity and high binding affinity. In this situation, the balance between GM-CSF and anti-GM-CSF antibodies in the alveoli shifts toward the antibodies, leading to the disruption of GM-CSF–GM-CSFR α and β chains–PU.1–PPARG–ABCG1 axis that controls surfactant homeostasis through the regulation of cholesterol efflux from the alveolar macrophages; cholesterol-engorged macrophages are unable to uptake and handle surfactant. The presence of anti-GM-CSF blocking auto-

antibodies in serum in high titers regards only aPAP and none of the other forms included in PAP, not either other lung disorders or healthy people.^{8,36} However, autoantibody serum concentrations appear not to correlate with disease severity in aPAP,³⁷ although in our experience, patients with very high titers are more difficult to treat with iGM-CSF (slow and delayed response; personal observation, unpublished data). A critical threshold in serum titer is necessary for the development of disease^{8,36} as well as for the induction of PAP disease by passive transfer in nonhuman primates.³⁸ Anti-GM-CSF autoantibody diagnostic testing is provided in PAP expertise centers around the world, the United States, Europe, China, Australia, and Japan, but differences in methodology, costs, and time to attain results require methodological uniformity.

Diagnostic Criteria

Diagnosis of aPAP may be quite challenging.³⁶ The rarity of the disease, and therefore, the lack of awareness in the general population and expertise in medical caregivers, and the non-specificity of signs and symptoms, may lead to delays in diagnosis ranging from months to years since the development of first symptoms.^{2,7,14,36,39,40} Several patients are initially managed for pneumonia based mainly on the radiologic findings of pulmonary infiltrates before failure of antimicrobials to ameliorate the patient, and persistence/progression of clinical and radiologic manifestations lead to a broader work-up in a setting where PAP may be suspected.⁴¹ In the majority of cases, the presence of ground glass opacities with geographical distribution and superimposed septal thickening (“crazy-paving pattern”) on HRCT prompts consideration of PAP diagnosis in a patient with a compatible clinical history (first criterion; Fig. 3A–D). Follows the performance of bronchoscopy, where bronchoalveolar lavage further supports the diagnosis in more than 90% of patients with findings of opaque, milky appearance fluid macroscopically and cellular debris, large foamy macrophages (PAS-positive, oil red O-positive) with intracytoplasmic lipid droplets, and diffuse, extracellular, amorphous PAS-positive staining material on light microscopy (second criterion; Fig. 4A, B). The confirmation of autoimmune PAP entails and prerequisites the presence of the third criterion, that of markedly increased titer of anti-GMCSF antibodies in serum.^{8,41–44} Titers higher than approximately 7 to 10 $\mu\text{g}/\text{mL}$ are only encountered in aPAP, and therefore, are considered mandatory and pathognomonic for the diagnosis of the disease (Fig. 5).⁴¹ As a result, the combination of the highly sensitive and specific increased titer of anti-GM-CSF antibodies with any of the two or both radiologic and BAL cytology supporting criteria sets with safety establishes the diagnosis of autoimmune PAP. Lung biopsy was widely performed until 20 years ago.^{8,41,42} Nowadays, lung biopsy is still used for the diagnosis of PAP, although it is not necessary in every patient.⁴⁵ It might be useful in atypical cases where other entities may also co-exist (e.g., fibrosis, hypersensitivity pneumonitis).⁴⁶ The histopathologic characteristics of any form of PAP regard alveoli filled with amorphous granular eosinophilic material, peribronchial lymphocytic infiltrations, and preservation of the parenchymal architecture with no major inflammatory response. Abundant intraalveolar material that stains with periodic acid Schiff, foamy macrophages, and

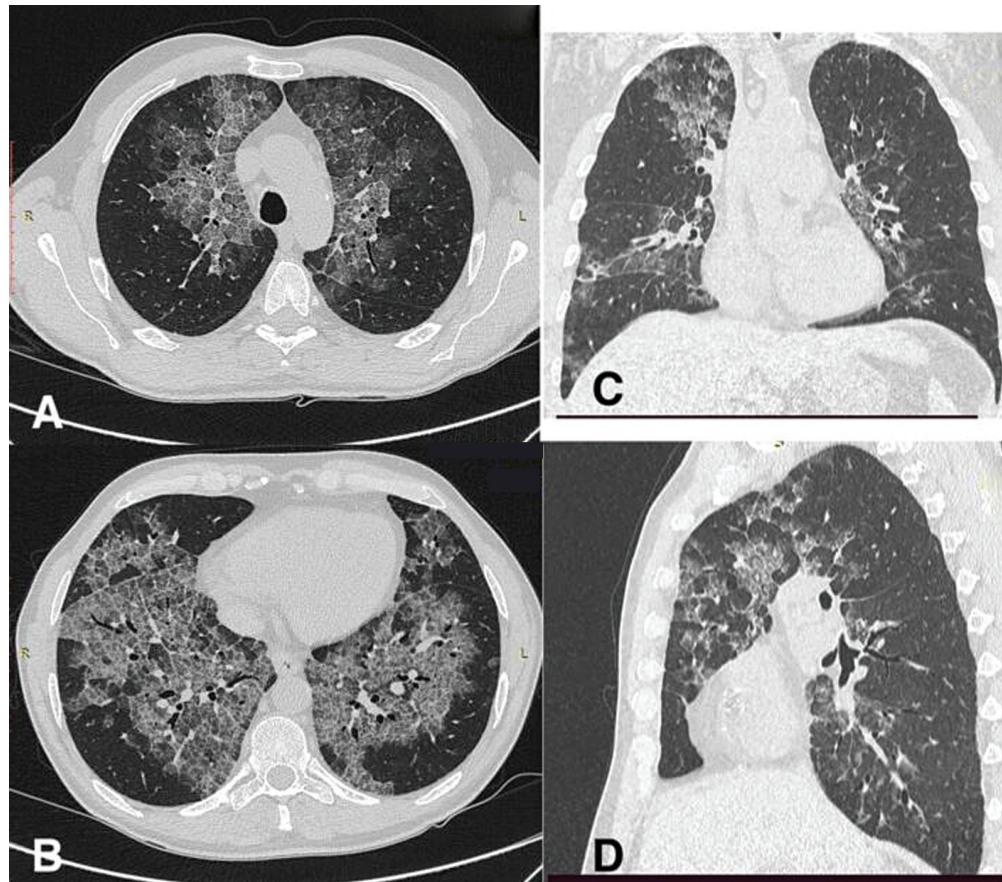


Fig. 3 (A–D) Typical crazy paving appearance in both lungs in all views.

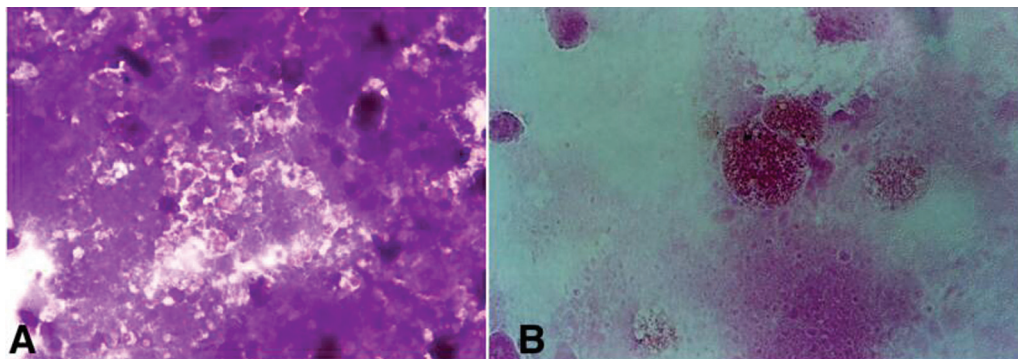


Fig. 4 Cytopsin from a patient with aPAP. (A, B) Showing cellular debris, large foamy macrophages (PAS-positive, oil red O-positive) with intracytoplasmic lipid droplets and diffuse, extracellular, amorphous PAS-positive staining material on light microscopy.

cholesterol crystals are also present.^{19,47–49} Due to the patchy distribution of the disease, lung biopsy (surgical, transbronchial, transbronchial cryobiopsy) may fail to disclose diagnostic PAP findings in around one third of patients and may be associated with morbidity and mortality.^{8,50} In any case, it does not identify the autoimmune nature of aPAP, and therefore, should not be considered anymore among the cardinal principles of diagnosis. Recently published ERS guidelines for the diagnosis and management of PAP provide evidence for a strong recommendation for the use of BAL and anti-GMCSF antibodies for the diagnosis of aPAP and a conditional recommendation against the use of lung

biopsy for any form of PAP based on the known risk of side-effects and the perceived low benefit of a clear diagnosis from such an invasive procedure.⁴⁵ Of note, aPAP may develop in the context of conditions that are traditionally associated with sPAP such significant occupational and environmental exposures and/or hematologic malignancies and immunodeficiency syndromes; as a result, the detection of high titers of anti-GM-CSF antibodies should never stand alone and is advised to be accompanied and supported by a thorough medical examination and work-up as well as a detailed investigation regarding potential toxic exposures.^{51–53} Finally, due to the high risk of common and opportunistic

Diagnostic Algorithm for autoimmune PAP

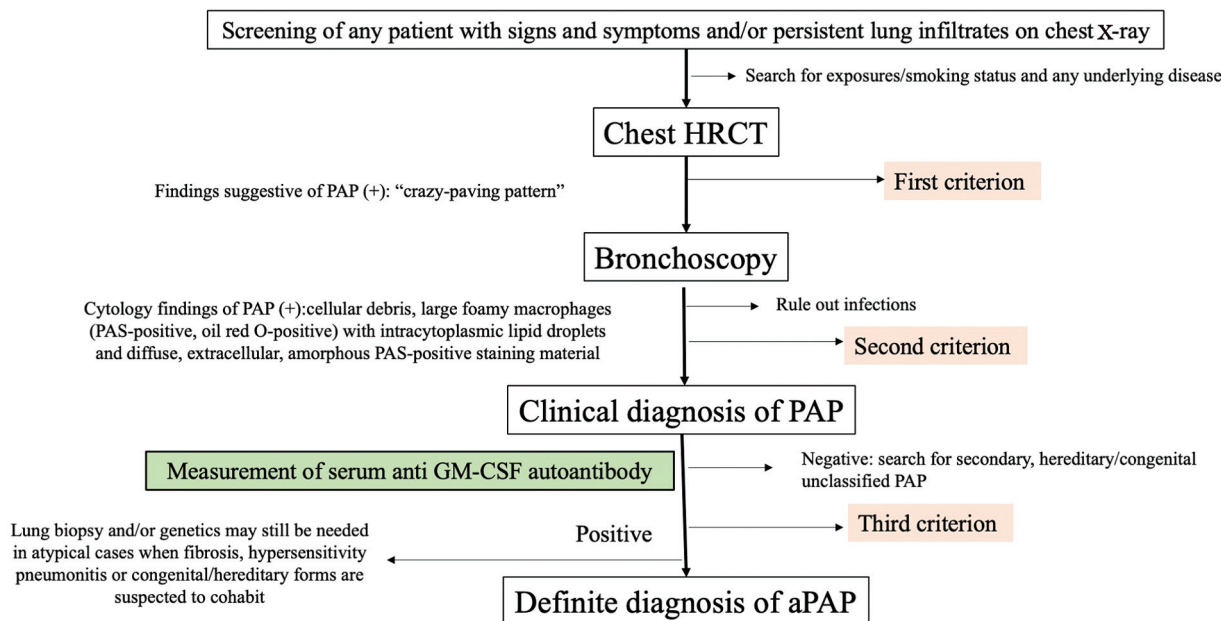


Fig. 5 Diagnostic algorithm of aPAP. The combination of the highly sensitive and specific increased titer of anti-GM-CSF antibodies with any of the two or both radiologic and BAL cytology supporting criteria sets with safety establishes the diagnosis of autoimmune PAP. Lung biopsy is still used for the diagnosis of PAP, although it is not necessary in every patient. It might be useful in atypical cases where other entities may also co-exist (e.g., fibrosis, hypersensitivity pneumonitis).

infections even at the onset of the disease, any diagnostic specimen (BAL, tissue, blood) has to be thoroughly examined to exclude the presence of common and opportunistic pathogens.^{54,55} Genetic determinants of aPAP risk do exist, and are mostly related to variants in the major histocompatibility complex region, such as the rs138024423 at 6p21 in patients of Japanese ancestry. These markers are as yet studied only in the context of research, and therefore, are not routinely applied in everyday clinical practice for diagnosis.⁵⁶ Genetic testing to investigate the potential of hereditary (CSF2RA, CSF2RB) PAP in the presence of autoimmune PAP is not relevant; however, in cases of very young adults or adolescents with aPAP, it may be justified, especially until the documentation of the autoimmune nature of the disease is secured, due to the fact that aPAP is ultra-rare in this age frame.^{57,58} For the rest of adult patients, genetic testing may be performed in case the documentation of aPAP, which is the most frequent form of the disease, fails.^{59,60}

Infections

Since the first description of PAP and thereafter in aPAP, pulmonary and systemic infections, especially from uncommon pathogens, constitute a common, sometimes difficult to recognize, complication of the disease, which can be the presenting manifestation at onset and account for a substantial proportion, 18 to 20%, of the attributable mortality.^{1,2,7,61,62} The mechanisms underlying this predisposition in patients with primary aPAP relate primarily to the presence of GM-CSF autoantibodies and their disrupting signaling toward the terminal differentiation of alveolar macrophages and their acquisition of normal innate immune

functions and ability to handle microbials. The nonactivation of transcription factor PU.1 impairs not only their surfactant clearance ability but also immune functions such as adhesion, pathogen recognition, chemokine secretion and microbial phagocytosis, and others.^{8,36} In a similar manner, antimicrobial neutrophil functions are also altered by the autoantibodies related disruption of GM-CSF signaling and present decreased phagocytic and bactericidal capacities. Indeed, the basal functional capacity of circulating neutrophils, including phagocytosis, cellular adhesion, reactive oxygen species production, and bactericidal activity, is impaired.⁶³ Several microbial pathogens have been involved in lung and systemic infections in aPAP patients, such as bacteria (*Nocardia* spp., *Streptococcus pneumoniae*, *Legionella pneumophila*),^{14,64–71} mycobacteria (*Mycobacterium tuberculosis*, *Mycobacterium avium* complex, *Mycobacterium kansasii*),^{14,64,65,72–76} fungi (*Aspergillus* spp., *Cryptococcus* spp., *Histoplasma capsulatum*),^{14,64,65,77–80} *Pneumocystis jirovecii* spp.,^{14,64,65,81,82} and viruses (Epstein–Barr virus, cytomegalovirus, human parainfluenza virus).^{14,64,65,83–85}

The Role of Imaging

Chest X-ray is often inconclusive, showing diffuse ill-defined opacities or consolidations due to alveolar filling, with a generally symmetrical, perihilar or basal distribution (batwing or butterfly pattern), similar to pulmonary edema but without cardiac enlargement, vascular congestion or pleural effusion (Fig. 6A).⁸⁶ The lung apices are usually spared, but the distribution is variable and can also be asymmetrical, unilateral, or lobar. More rarely, chest X-ray demonstrates reticulations or reticulonodular opacities with

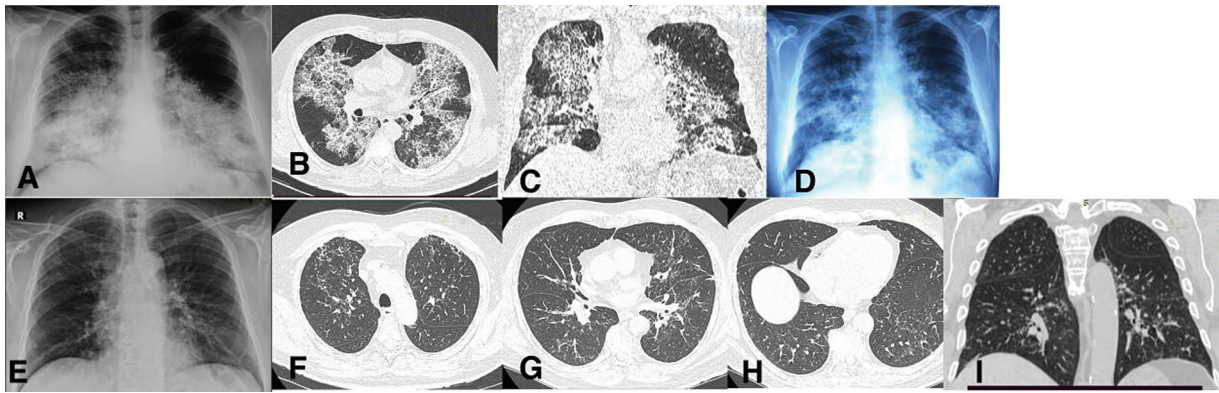


Fig. 6 It regards a 65-year-old male heavy smoker with aPAP. (A) Chest X-ray after a rather unsuccessful WLL showing air space consolidations, bilateral, symmetrical, basal and perihilar, with relative sparing of the upper lobes. (B, C) Typical crazy paving pattern in sagittal and coronal views. (D) Chest X-ray the first few years after the initiation of inhaled GM-CSF 250 µg 4 days on 4 days off, showing a mild reduction of the pulmonary opacities, with similar distribution, slight improvement, but very slow. A daily administration treatment schedule was adopted to attain complete remission and a new regimen. (E) Chest X-ray 12 years after the initiation of inhaled GM-CSF at the de-escalation time point 2 days on 4 days off, showing almost complete resolution of the opacities with reticular opacities visible at the basis, especially on the left side. To better clarify interstitial abnormalities, an HRCT scan was performed, showing in (F–H) sagittal views and I coronal view, reticular opacities, prevalent in the middle lung zone, without peripheral or central predominance. Findings of fibrosis are minimal, and particularly, honeycombing is absent.

ill-defined nodules. A pneumothorax can be seen due to rupture of subpleural bullae or cysts. Enlarged lymph nodes cannot be seen on a chest X-ray. Localized consolidations, masses, or cavitations can be related to superimposed infections, especially due to *Nocardia* species, *Mycobacterium tuberculosis*, atypical mycobacteria, or fungi.

HRCT evaluation is more important and useful than the simple chest X-ray, as it is usually happens in diffuse lung pathology. The main findings⁸⁷ are: ground glass opacities with geographic distribution and subpleural sparing in aPAP (Fig. 3A–D), more diffuse in sPAP, the so-called crazy paving pattern (75% of the autoimmune cases, 25% of secondary PAP). Crazy paving consists of geographic ground glass with superimposed interlobular and intralobular septa thickening, without fibrotic distortion (Figs. 3A–D and 6B, C). The remaining parenchyma appears normal.⁸⁸ More rarely, CT demonstrates con-

solidations with air bronchograms. Mediastinal lymph node enlargement is generally limited to a few lymph nodes, slightly enlarged.

The clinical course is indolent, subacute, or chronic, and the diagnosis is often delayed even for years, with persistent findings or progressive evolution, with or without superinfections, and in rare cases, spontaneous remission (Fig. 7A, B). PAP is one of the few conditions producing extensive alveolar opacities without significant symptoms. In secondary PAP, HRCT can show the crazy paving appearance, but the findings can be less typical, for example, with basal or diffuse ground glass or peripheral distribution.⁸⁹ The extent of the opacities broadly correlates with functional impairment.³⁶ Radiological scores of severity based on HRCT, using deep learning tools, have recently been proposed in the literature, showing a good correlation with clinical symptoms and outcomes.^{90,91}

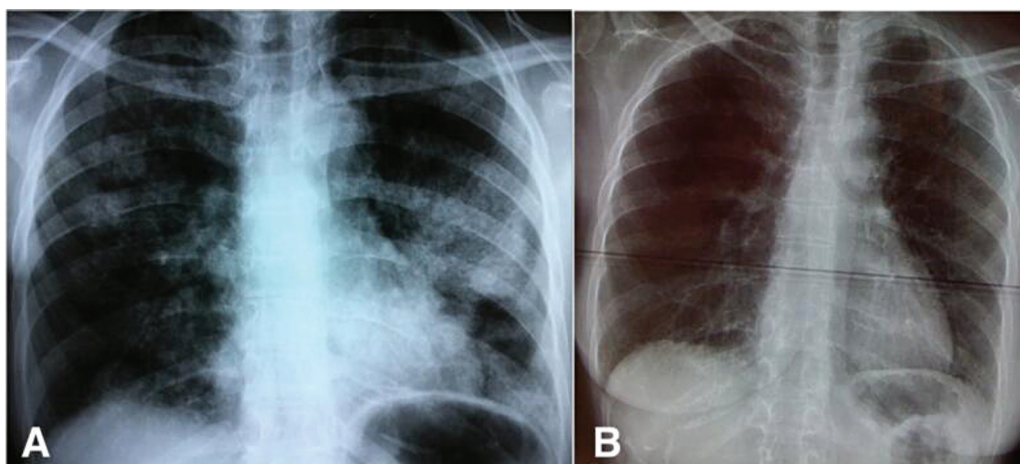


Fig. 7 Large areas of inhomogeneous consolidation are visible in the left lower lobe and lingula, with smaller ill-defined nodules scattered in the right lung. An open lung biopsy performed in another hospital diagnosed PAP. Auto-antibodies against GM-CSF were compatible with aPAP. Nineteen years later, chest X-ray shows almost complete resolution of bilateral pulmonary opacities with persistence only of limited reticulations in the right lower lobe. No treatment of any option was ever adopted.

After whole lung lavage (WLL) and/or medical therapy, HRCT is routinely used in the follow-up, and generally shows remission or improvement of the parenchymal opacities (in more than 80% of the cases), although septal thickening may persist (Fig. 6E–I). In untreated cases, evolution toward fibrosis rarely occurs, with reticulations, traction bronchiectasis (20% of the cases), cystic spaces (20%, which can also be smoking related), and honeycombing (5%), in areas of previous crazy paving.^{92,93} Fibrotic evolution is more common in neonatal disease than in adults. In silico-proteinosis, the classic crazy paving pattern is not found, while HRCT shows dependent and posterior areas of consolidation, centrilobular nodules, punctate calcifications, and calcified lymph nodes.

In summary, the take-home message for radiologists is that PAP must be carefully considered in patients with subacute or chronic respiratory symptoms associated with a geographic ground glass-crazy paving pattern, but the differential diagnosis is broad.⁴⁵ In fact, every time a radiologist comes across a crazy paving pattern, the problem of differential diagnosis arises, because this pattern, once considered pathognomonic of PAP, has also been described in other entities such as cardiogenic edema, acute respiratory distress syndrome, diffuse alveolar hemorrhage, infections (*Mycoplasma pneumoniae*, *Pneumocystis jirovecii* pneumonia, tuberculosis, COVID 19, cryptococcosis, adenocarcinoma, exogenous lipid pneumonia, chronic eosinophilic pneumonia or, more rarely, sarcoidosis, nonspecific interstitial pneumonia, organizing pneumonia, drug induced toxicity, radiation pneumonitis, pulmonary veno-occlusive disease).⁹⁴ In this regard, the clinical information is paramount, and in particular, it is important to know if the clinical presentation is acute or subacute-chronic.

Physiology

Pulmonary function tests are typically normal in many asymptomatic patients with aPAP, limiting their value for diagnosis and prognosis.³⁶ In patients with mild disease, lung volume may remain normal, but as the disease advances, a restrictive pattern with reduced lung volumes can develop, according to disease severity.^{36,95} The diffusing capacity for carbon monoxide (DLCO) is significantly reduced, out of proportion to the relatively mild decrease in vital capacity, and this reduction in DLCO correlates closely with the disease severity.^{2,14,36} Although peripheral oxygen saturation is often normal at rest, a 6-minute walk test (6MWT) can detect exercise-induced desaturation, but the accuracy of this test is limited by differences in patient effort and performance, and it may not show desaturation in patients with mild disease.³⁶ Arterial blood gas analysis reveals decreased partial pressure of oxygen, increased alveolar-arterial oxygen gradient, and elevated shunt fraction, while partial pressure of CO₂ generally remains normal apart from severe respiratory failure.^{36,96} The extent and severity of spirometric impairment and pulmonary gas exchange correlate with the typical patchy or geographic areas of ground glass opacity that are accompanied by interlobular septal thickening (crazy paving) that is observed on HRCT.^{2,36} Effective therapies, like iGM-CSF, WLL, or spontaneous remissions, can lead to partial or even complete reversal of these abnormalities.^{97–102}

Clinical Presentation

Most patients with aPAP experience progressive dyspnea of gradual onset, initially on exertion, that progresses to dyspnea at rest over a period of months to years.^{36,103} In some cases, dyspnea is accompanied by a cough that is usually nonproductive, but in some cases, scanty, milky, or whitish sputum is described.^{36,103–105} These symptoms are often mild and can be easily overlooked, leading some patients to seek medical advice after developing a secondary infection that can cause more pronounced symptoms and high fever. Other symptoms that are reported are low-grade fever, weight loss, chest congestion, and chest pain.^{36,40,103} In general, physical examination is unremarkable or reveals minor and nonspecific findings such as inspiratory crackles on auscultation, while digital clubbing has been reported, although uncommon.^{2,36,105} In severe cases, peripheral cyanosis can be observed.^{36,105}

Biomarkers

So far, as already discussed, anti-GMCSF antibodies are the sole disease-specific biomarker in aPAP.^{42,106} Unfortunately, anti-GMCSF antibody levels have not been found to correlate with the disease severity or prognosis of aPAP.³⁷ Furthermore, GM-CSF serum levels by themselves are increased in patients with ultra-rare hereditary PAP due to decreased receptor-mediated clearance, and in combination with the negative anti-GMCSF antibodies, both have diagnostic utility as biomarkers.¹⁰⁷ In everyday clinical practice, one of the most widely used biomarkers both for evaluation of disease severity and response to treatment is serum lactate dehydrogenase, which is found increased in the vast majority of PAP patients, owing most probably to alveolar macrophage cellular turnover. It is thought to reflect the burden of surfactant accumulation and nicely correlates with parameters of functional impairment and response to treatment, such as the A-a-O₂ Gradient.³⁷ Ongoing research continues to provide evidence for a variety of predictive biomarkers related to proliferated, stimulated, or damaged epithelium (mostly alveolar epithelial type II cells), such as cytokeratin 19 fragment 21.1 (CYFRA21–1), carcinoembryonic antigen, Krebs von Lungen, surfactant protein A, and surfactant protein B, chitinase-3-like protein 1 (YKL-40) and monocyte chemotactic proteins.^{108–117}

Whole Lung Lavage, the Gold Standard of Treatment

Far before major achievements in the pathogenesis of PAP, rudimentary efforts to wash out of the lungs the inappropriately flooding lipoproteinaceous material were attempted. Ramirez-Rivera et al at the Veterans' Administration Hospital in Baltimore in 1963 reported the first early-segmental-lung-washing sessions with saline and heparin, previous the placement of a plastic catheter in the left bronchus through an anesthetized site below the cricoid cartilage; after several sessions on the left lung, the right one was washed in sequence. Although bothersome, the new technique proved effective.¹¹⁸ In 1965, Ramirez-Rivera et al presented an improved lung washing technique performed under local anesthesia and tracheal intubation with a double-lumen

Carlens bronchospirometry tube to sequentially wash one entire lung at a time. Lung washing was performed with the awake patient actively inhaling and exhaling fluid from one lung while breathing 100% oxygen with the other lung.¹¹⁹ In December 1966, Ramirez-Rivera reported about “new techniques and observations” regarding bronchoalveolar lavage,^{120,121} where the filling and emptying of the lung no longer requires the assistance of the patient. The new modified technique included general anesthesia, permitting longer sessions, larger volumes of washing saline, and greater tolerance from the patient in safety.¹²⁰

Since then, the therapeutic WLL, technically further improved, has become widely used and universally accepted as the effective (gold-standard) therapeutic modality in PAP. Further improvements paralleled developments of the new era in (1) bronchoscopy,¹²² (2) improvements in the field of anesthesia, (3) in the development and availability of the advanced option of extracorporeal membrane oxygenation, as well as (4) in the involvement of a multidisciplinary team of experts, all critical to the success of the procedure.¹²³ However, despite progress, no standardized protocol for WLL exists^{40,124}; instead, a multitude of technical descriptions, refinements, and modifications have been described and are applied worldwide, reflecting the experience of any single center, all aiming to improve efficacy and safety.^{125–130} Although WLL is a major achievement in PAP treatment and has been successfully applied in several centres of excellence worldwide, the modern era in its treatment begins with the first attempts of GM-CSF administration.

The Investigation of Innovative Treatment Approaches

The Subcutaneous Administration of GM-CSF

The discovery of the role of GM-CSF on alveolar macrophages soon led to the investigation of innovative treatment approaches, such as the subcutaneous administration of GM-CSF, successful in idiopathic-autoimmune PAP since its first administration.^{2,11–13} In 2006, Venkateshiah et al from the group of Kavuru, in some way concluding the early era of subcutaneous administration of GM-CSF, reported on a prospective open-label clinical trial of daily subcutaneous GM-CSF therapy in a group of 25 adult patients with idiopathic PAP, the largest reported since those days, attaining improvement in nearly 50% of them.¹³¹

Inhaled GM-CSF

It was again in the animal model of the GM-CSF knockout mice that Reed et al first showed in 1999 that aerosolized GM-CSF improved PAP and that surfactant homeostasis can be influenced by local administration of GM-CSF to the respiratory tract. The above experimental evidence was the first to support and suggest the use of inhaled GM-CSF as a potential therapeutic agent for PAP in humans; the authors also delineate that the prerequisite for effectiveness is the integrity of the GM-CSF receptor as well as the entire signal transduction pathway.¹³² After the report of the first case in humans of successful inhalation of GM-CSF by Wylam et al published in the form of an abstract in 2000,¹³³ and the three patients successfully treated by inhaled GM-CSF reported by Tazawa et al, in a study aiming to investigate its mechanism of

action in the restoration of the normal function of alveolar macrophages,¹³⁴ Wylam et al, in 2006, paved the way for the future use of inhaled GM-CSF in aPAP, proving its high effectiveness in absolute safety.¹³⁵ Since then, several studies, including patients of variable severity, with different protocols of treatment, dosages and schedules of administration as well duration of the treatment period, confirmed effectiveness and safety, though with different percentages of response.^{97–99,135–138}

Since the first evidence of the successful use of recombinant (rh)GM-CSF inhalation in a-PAP and till 2010,^{99,133–135,139–143} the larger studies on inhaled rhGM-CSF were reporting results on a relatively short-term period of treatment, showing effectiveness in a variable proportion of patients; therefore, dividing them into responders and nonresponders. All these studies summarized so far and most of the following used off-label rhGM-CSF (sagramostim) for inhalation. Initiated in 2008 and published in 2014, a small study from Greece retrospectively examined whether long-term administration of inhaled rhGM-CSF (sagramostim) of 250 µg once a day, administered by a jet nebulizer, for 4 days on and 4 days off, for as long as necessary (the “as far as it takes” protocol) was effective in attaining remission in all patients with aPAP.¹³⁷ The authors defined remission by three criteria such as the absence of symptoms (no more breathlessness on exertion estimated by the Borg scale), oxygen desaturation less than 4% at the 6MWT, and significant radiographic improvement, or at least two of the above. Upon (partial) remission as above, the authors opted for a very slow and gradual reduction of the inhaled rhGM-CSF dose, for example, 4 days on and 5 days off, a de-escalation process permitting reduce slight the cumulative monthly dose and reevaluated the patient at 3 to 6 months. Despite dose reduction, further improvement was observed. Therefore, a further reduction of the dose administered, for example, 3 days on and 5 days off, was applied, and a reevaluation at 3 to 6 months was scheduled. Following this therapeutic strategy further dose adjustments were possible, in case of improvement, for example, 3 days on and 6 days off followed by 2 days on and 6 days off, and so on; it was a process of searching the lowest-effective dose on a patient by patient basis to attain and consolidate full remission; in case of deterioration the patient was repositioned on the last effective dose. Following this dose-adjustment protocol, years after the start of treatment, some patients attained and remained in full remission for a long period of time at the lowest effective dose. With such doses as once a week (1 day on 6 days off), twice a month (1 day on 14 days off), or even once a month, the time had come to inform shared decision-making with the patient, to withdraw inhaled rhGM-CSF treatment. This is the de-escalation treatment that is actually applied in Greece in everyday clinical practice since 2008. De-escalation of the doses after attaining remission proves not only effective to minimize disease burden but also to reduce treatment costs in a safe manner. This study showed that long-term treatment with inhaled rhGM-CSF permitted disease remission in all patients, avoiding nonresponders. However, the severity of some patients and the new knowledge of the last studies by Tazawa et al⁹⁸ (intermittent administration) and Trapnell et al⁹⁷ (an arm with daily administration), led to a slight protocol modification to start with daily administration of inhaled rhGM-CSF, proved to be the most effective, and again de-escalating upon improvements as reported, for example, 6 days

on and 1 day off, 5 days on and 2 days off, 4 days on and 3 days off and so on. This is a way of personalization of treatment in aPAP in the ideal context of precision medicine. To summarize, the “as far as it takes” approach consists of the following steps: (1) start inhaled rhGM-CSF daily, (2) de-escalate after partial remission, (3) find the lowest effective dose to sustain remission, and (4) suspend treatment after a consolidated disease free-period. In patients who have remained off-treatment and who experience deterioration, re-administer inhaled rhGM-CSF as initially; use WLL only as rescue therapy.¹³⁷ Recently, Campo et al presented the results of an Italian clinical trial, sponsored by the Italian drugs approval agency AIFA and designed in 2009 by Professor Maurizio Luisetti. This trial assessed the efficacy of iGM-CSF in aPAP patients after receiving one WLL at baseline, followed by iGM-CSF. This sequential treatment approach enabled a significant reduction in rescue WLLs due to the improvement of lung function by the administration of iGM-CSF over the study period. This, the last one, prospective, randomized, single-center phase II study, adds to the effectiveness of iGM-CSF to avoid more WLLs.¹³⁸ Overall several positive studies, “too many pole positions” but not yet enough to replace WLL as the standard of treatment in aPAP “not yet the final winner” as Bonella, Manali and Papiris state in a recent editorial linked to the Campo et al’ study in the ERJ in 2024.¹⁴⁴ However, based on all the cumulated evidence and in particular the Japanese PAGE randomized controlled study published in 2019 by Tazawa et al, in 2024, the Japanese competent authorities approved rhGM-CSF (sagramostim) as a treatment for aPAP in Japan, ahead of the countries in the rest of the world¹⁴⁵; inaugurating the new era in the treatment of aPAP. Molgramostim, another rhGM-CSF designed for inhaled treatment, was systematically assessed in the IMPALA international clinical trial with positive results published in 2020. However, the FDA required a second study, the IMPALLA II trial, which was very recently published, demonstrating that once-daily inhaled molgramostim led to a greater increase in pulmonary gas transfer than placebo in patients with aPAP, further confirming the beneficial effects of molgramostim in patients with aPAP.^{146,147} Now, more than ever, the possibility of using inhaled GM-CSF as the standard of care for the treatment of autoimmune PAP and leaving WLL as a rescue option is becoming more and more concrete.^{42,144} A study on inhaled Molgramostim for children with aPAP is currently set up to also bring this urgently needed treatment to children (clinical-trials.eu).

Alternative to Inhaled rhGM-CSF Treatment

There are various other treatments that have been used for aPAP. Seven case reports, a retrospective case series that included 13 patients, and a single-arm interventional study of ten patients have described the use of the anti-CD20 antibody rituximab in individuals with aPAP.^{45,58,148–156} The evidence is limited by the small number of participants and the absence of any control groups. They reported clinical improvement, such as better oxygenation, increased exercise capacity, reduced need for WLL, and/or improvement in lung function. Overall, the certainty of evidence is very low for all reported outcomes, while serious methodological concerns exist due to the small, single-arm, uncontrolled nature of these studies. Plasmapheresis has been

used in patients with severe disease that was refractory to other treatments. The concept behind the use of plasmapheresis is the reduction of GM-CSF-neutralizing autoantibodies. Only a small number of case reports have been published with mixed results.^{45,157–160} In one case report, the combination of iGM-CSF and plasmapheresis resulted in complete and sustained remission in a patient with severe high-flow oxygen-dependent aPAP.¹⁶⁰ Statins have also been used in a small number of patients with aPAP. In a prospective observational study, 40 patients with aPAP without hypercholesterolemia were treated with statins.¹⁶¹ After 12 months, 26 (65%) patients showed improvement in clinical symptoms, imaging, and lung function. Given the limited data, this approach cannot be recommended at present. In a recently published case report, daratumumab, an anti-CD38 antibody, was used in a patient with refractory aPAP. One year after completing treatment with this monoclonal antibody, the patient remained in remission, showing clinical and radiological improvement, while the levels of anti-GM-CSF antibodies were reduced.¹⁶² In end-stage and treatment-refractory aPAP, with or without pulmonary fibrosis, lung transplantation can be considered. There are some case reports that have been described; most patients showed clinical improvement after lung transplantation, including better oxygenation and improved quality of life, while recurrence of alveolar proteinosis in the transplant has been reported. The ISHLT registry showed no graft failures due to PAP relapse among 101 transplanted patients.^{45,163–167} In a case series reported by Westhölter et al, PAP reoccurred in three out of four patients who received double lung transplantation for long-standing PAP (4–19 years), either progressive or complicated by pulmonary fibrosis, besides optimal treatment. Two were autoimmune, while two were considered secondary. In the literature so far, recurrence was reported in three patients with either unspecified, hereditary, or congenital disease.¹⁶⁸

Challenges for the Future

The 3-year collaborative work of the Task Force of the European Respiratory Society that preceded the ERS Guidelines document for the diagnosis and management of PAP has provided the opportunity for an exhaustive, comprehensive, and systematic review of all the evidence regarding the diagnosis and management of this rare disease.⁴⁵ As a result, it became evident that although amazing progress has been made in the understanding of the pathogenesis of the disease and great achievements in its management, many challenges are still waiting to be addressed. As stated very clearly in the document, these include a variety of research needs such the establishment of criteria regarding the severity of the disease, definitions of minimum clinically important differences in current and new outcomes, definition and diagnostic criteria of fibrotic PAP, the role of opportunistic infections as an indicator of disease severity, the homogenization of WLL protocols, the personalization of treatment with GM-CSF, the role of GM-CSF in aPAP in children, the role and safety of alternative treatments, the role and outcome of lung transplantation, the development of a registry for PAP patients; last but not least the standardization and widespread availability of the anti-GM-CSF antibody measurement test that is still under development and validation.^{45,169,170}

In conclusion, aPAP is the classic paradigm of a scientific disease progressing from the “bench-to-bedside,” since several discoveries made in the laboratory setting have become necessary to clear its pathogenetic mechanisms, define diagnostic tools, and implement new therapeutic modalities, which established the disease as treatable and fully reversible, literally, moving patients from “hell to heaven.”

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Statements and Additional Information

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