

Natural products – alpha-lipoic acid and acetyl-L-carnitine – in the treatment of chemotherapy-induced peripheral neuropathy

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Abstract. – OBJECTIVE: Cancer patients frequently experience Chemotherapy-Induced Peripheral Neuropathy (CIPN), as a typical side effect related to time of administration and dose of anticancer agents. Yet, CIPN pathophysiology is poorly understood, and there is a lack of well-tolerated pharmacological remedies helpful to prevent or treat it. Therefore, new safe and effective compounds are highly warranted, namely if based on an adequate understanding of the pathogenic mechanisms.

MATERIAL AND METHODS: Herein we reviewed and discussed scientific data related to the beneficial role of some non-conventional treatments able to counteract CIPN, focusing our attention on alpha-lipoic acid (ALA) and L-acetyl-carnitine (LAC), two natural products that have been demonstrated to be promising preventive drugs.

RESULTS: Although a growing body of *in vitro* and *in vivo* studies support ALA as a molecule able to counteract CIPN symptoms, mostly due to its antioxidant and anti-inflammatory properties, only two randomized clinical trials evaluated ALA usefulness in preventing chemotherapy-related neuropathy. Unfortunately, these studies were inconclusive and clinical outcomes showed to be highly dependent on the route of administration (oral versus or intravenous injection). LAC has demonstrated beneficial effects on both *in vitro* and in animal studies. Yet, some controversies aroused from randomized clinical trials. Indeed, while CIPN-patients treated with Taxane showed no benefit from LAC treatment, CIPN-patients treated with platinum compounds exhibit significant improvement of CIPN-related symptoms. Therefore, LAC treatment should be used, and thoroughly investigated only in patients treated with chemotherapy protocols Taxanes-free.

CONCLUSIONS: Mechanisms of toxicity triggered by each single drug need to be deeply explored to better identify effective compounds to prevent or treat them. Moreover, additional experiments are mandatory to establish effective doses and length of treatment for each clinical situation in order to perform large and long-term randomized studies.

Key Words:

Alpha-Lipoic acid, Acetyl-L-Carnitine, Chemotherapy, Peripheral Neuropathy.

Introduction

Chemotherapy (CT)-Induced Peripheral Neuropathy (CIPN) is a frequent and potentially debilitating side effect of cancer treatment. Peripheral neuropathy, manifested by neuropathic pain and axonal degeneration, is indeed one of the major sources of disability in patients following antineoplastic therapy after hematological and renal toxicity^{1,2}. Availability of efficient anti-emetic drugs and hematopoietic colony stimulating factors has allowed in the last decades high-dosage CT regimens, especially those including ‘aggressive’ antineoplastic drugs. Consequently, serious side effects including CIPN are currently more frequently observed than in the past and often represent a dose-limiting factor in treatment delivery. Despite its clinical relevance and common occurrence, the epidemiology as well as the pathophysiology of CIPN in the different groups of chemotherapies is still

largely unknown and a hypothetical etiological mechanism can be hypothesized only in less than 50% of cases³.

Several reviews and meta-regression analyses suggest high overall prevalence of CIPN, mostly within the first month after treatment, and falling over time. Usually, the development of CIPN is related to time of administration and to dose and its incidence steadily increases with combination regimens.

Symptoms typically begin several weeks to months after initiation of the therapy and progress while treatment continues; for many compounds, toxicity progressively develops once the cumulative dose has been exceeded⁴. Moreover, according to different reports (for a review, see ref.⁵), approximately from one-third to 50% of patients can expect to have chronic CIPN six months after the completion of specific treatments. Undoubtedly, this has a significant negative impact on long-term quality of life and may impair the possibility to start with new therapeutic protocols, if needed.

Platinum compounds constitute a remarkable exception, as appearance of neurological side effects is often an early symptom.

Pathogenesis of Neuropathy

Despite its clinical relevance and common occurrence, the pathophysiology of CIPN is still insufficiently understood and extensive investigations are warranted. However, it is worth of note that the chemotherapy-related damage is selectively oriented towards the peripheral nervous system⁶. This implies that the peripheral nervous system is vulnerable because of several unique characteristics. Indeed, primary sensory and autonomic neurons are contained in ganglia that lie outside the blood-brain barrier and are supplied by capillaries with fenestrated walls that allow free passage of molecules between the blood circulation and the extracellular fluid in the ganglia. Thus, drugs can easily penetrate in ganglia and diffuse along peripheral nerve axons, where they can induce axonal damage by interfering with cytoskeleton, intracellular transport of metabolites, energy metabolism (hitting mitochondria function), and DNA function. In fact, longer peripheral nerves, such as sensory fibers, are chiefly susceptible to any interference impairing energy metabolism, mitochondrial function, or axonal transport⁷.

Yet, the exact pathophysiology of CIPN is still barely understood, and different underlying

mechanisms have been proposed. Furthermore, each pharmacological compound may enact several pathogenic mechanisms at the same time.

Schematically, anticancer drugs may hit a discrete number of targets, including microtubules, mitochondria, DNA, and ROS production.

Microtubule disruption. Integrity of axonal microtubules is essential for the development and maintenance of neurons. Microtubule elongation contributes in shaping neurite formation and in promoting its growth. Additionally, microtubules are the mayor elements sustaining axonal anterograde and retrograde transport of neurofilaments, degradative organelles and endosomes containing signaling platforms. Among the antineoplastic drugs, Taxanes (Paclitaxel and Docetaxel) disrupt microtubule structure and coherency, thus impairing the transport along the axons, as demonstrated by *in vitro* studies^{8,9}.

It is estimated that at standard doses, about 70% of patients have grade 1, very mild peripheral neuropathy, and up to 10% of patients have grade 3 peripheral neuropathy. The prevalence is higher in paclitaxel-treated (57%-83%) than in docetaxel-treated patients (11-64%)^{10,11}. New Taxane formulations are being developed to improve antineoplastic properties and minimize toxicities, but CIPN remains an unsolved problem. Indeed, phase III clinical trials comparing standard Paclitaxel with nab-Paclitaxel (second generation of Taxane) showed an even higher incidence of grade 3 neuropathy in nab-paclitaxel than in the standard treatment¹². Use of Vinca alkaloids is accompanied by severe side effects, including CIPN and chronic neuropathic pain. Vincristine-induced peripheral neuropathy is dose dependent, as up to 60% of patients may develop a clinically significant (grade 1-2) primarily sensory or sensorimotor neuropathy at Vincristine cumulative doses between 30-50 mg¹³. Peripheral neuropathy in Vincristine-treated patients is characterized by disturbances in both sensory and motor functions¹³. Vinca alkaloids disrupt β -tubulin assembly and disassembly, by preventing tubulin polymerization from soluble dimers into microtubules. The resulting perturbation in microtubule-dependent axonal flux leads to axonal swelling in myelinated and unmyelinated fibers and to nervous fiber damage^{14,15}. Affinity for tubulin differs among Vinca-alkaloid compounds (decreasing in order Vincristine,

Vinblastine, Vinorelbine), which might explain the distinct neurotoxic profiles of these chemotherapeutic agents¹⁶. Epothilones – a novel class of microtubule targeting agents – are used in breast cancer treatment and, similarly to Taxanes, they bind to tubulin, hindering their stability and inducing therefore cell apoptosis¹⁷. Eribulin mesilate, used in breast cancer therapy, is another microtubule disrupting agent, which prevents microtubule growth and sequesters tubulin into non-productive aggregates¹⁸. Given that sensory neurons within dorsal root ganglion require proper microtubule dynamics for axonal transport, it is not surprising that microtubule-targeting drugs can cause abnormalities in peripheral nerve fibers function and structure.

Mitochondria damage. Chemotherapeutic drugs can induce toxic effect on mitochondria in primary afferent neurons leading to deficit in axonal energy supply and chronic sensory neuropathy¹⁹. In the rat, paclitaxel neuropathy is associated with significant increase of swollen and vacuolated mitochondria in the axons. Paclitaxel opens the mitochondrial permeability transition pore (mPTP), which is a multi-molecular complex containing the voltage dependent anion channel. Paclitaxel evoked opening of the mPTP causes the calcium release from the mitochondria. This calcium mediated neuronal excitability is suggested to play a role in neurotoxicity. Impairment in mitochondria function may explain the observed changes in neuronal metabolism, as a deficient oxygen consumption in the dorsal root sensory axons from animals treated with paclitaxel, with increased amounts of ATP produced by both respiratory complex I and II²⁰. Several evidences suggest that mitochondrial toxicity may be a pivotal feature in many, if not most, chemotherapy-induced peripheral neuropathy. Thereby, drugs that protect mitochondrial function, likewise acetyl-L-carnitine, may be very useful protecting adjuncts²¹.

Dorsal root ganglion (DRG) damage. The dorsal root ganglion appears to be the primary site of cisplatin-induced neural damage. Cisplatin accumulates in the cell body of the dorsal root ganglia, reducing their nuclear size, and inhibiting axonal growth and neuronal metabolism in a dose dependent manner^{22,23}. Similarly, bortezomib-associated peripheral neuropathy seems to disrupt ganglia neuronal functions, with peripheral nerve degeneration occurring later²⁴.

Oxidative stress. Deregulated ROS production and increased oxidative stress have been thought as main mechanism supporting CIPN pathogenesis. Indeed, promising results obtained both in pre-clinical models and in clinical practice with antioxidant treatments have provided strong support to this hypothesis. Moreover, since ROS production occurs when mitochondria structure and function are impaired, it has been hypothesized that CT-induced damages on mitochondria might likely raise oxidative stress²⁵. However, despite the empirical use of antioxidants in the therapy of CIPN, and some experimental evidence hitherto published, the relationship between ROS generation after CT-treatment and peripheral neurotoxicity is still debatable.

Unknown mechanisms. A group of anticancer drugs, including Thalidomide, Nelarabine, and Cytarabine, induces peripheral neuropathy as main neurotoxic side effect. Mechanisms supporting that effect are still unknown, notwithstanding that deregulation of immune function or direct neurotoxic effect on Schwann cells have been already postulated²⁶. Obviously, different drugs may share some common mechanisms. However, critical differences exist among different anticancer agents and, as it will be showed later, they could likely account for the different responsiveness highlighted by clinical trials when using similar protective compounds.

Conventional Treatments

It would seem a truism stating that efficacy of peripheral neuropathy treatment depends, at large, on the cause of the neuropathy. Indeed, suspending the therapy of reducing the dose can usually result in resolution of the symptoms (even if resolution may require different time laps).

Etiology of CIPN is very poorly understood, and consequently treatment options for established drug-based neuropathy are limited. Yet, increasing evidence suggests that different mechanisms are at play when different chemotherapeutics are used²⁷.

Although several gene-based studies have been promoted to investigate the relationship between single nuclear polymorphisms (SNPs) in genes involved in the pharmacokinetic and pharmacodynamics properties of neurotoxic drugs, during the last decade, no reliable biomarker has thus far been identified. Though some different gene expression patterns have been associated

with different drug regimens^{28,29}, results were altogether inconclusive. These investigations were biased by several methodological flaws, including small sample size, inaccurate retrospective study design, lack of a pre-study hypothesis based on the known role of the investigated targets and inappropriate outcome measures for neurological impairment^{30,31}. Definitely, some studies have identified genetic polymorphisms associated with Taxane-associated CIPN, most of them with inconclusive results^{28,32,33}, and only few accompanied with replication or validation studies^{34,35}.

Moreover, clinical trials of antiepileptic or antidepressant agents to treat neuropathic pain have generally been negative³⁶, besides few exceptions in which minimal benefit has been obtained in duloxetine treated patients³⁷. The 2014 American Society of Clinical Oncology CIPN guidelines cautiously designate treatment with duloxetine, even claiming for further research in this area³⁸. Conclusively, based on the paucity of high quality, consistent evidence, currently there are no pharmacological agents recommended for the prevention/treatment of CIPN³⁸. Thereby, new safe and effective treatments are clearly needed³⁹.

Non-Conventional Treatments

The lack of effectively curative strategies for CIPN promotes the urgent need to seek help from Complementary and Alternative Medicine (CAM). As a key complement for conventional medical therapy, CAM has been paid attention by the western countries because it is less invasive and more safe, effective, with convenient therapeutic benefits. CAM emphasizes both on disease prevention and treatment and has become an important alternative in treating chronic disease. Recently, several CAM methods including traditional herbal medicines and acupuncture have been described to be beneficial on CIPN, although only a few studies have been properly conducted. The Society of Integrative Oncology Guidelines⁴⁰ include within the definition of complementary therapies: dietary, acupuncture, touch therapy, mind-body modalities, and physical activity. These interventions have become significant resources in the field of cancer clinical management, and an increasing number of patients are currently using them. Overall, the prevalence for current use of CAM across the different studies averages 40%. Meta-analysis investigations suggested an increase

in CAM use from an estimated 25% in the 1970s and 1980s to more than 32% in the 1990s and to 49% after 2000, with highest trends recorded in the US⁴¹.

Only few comprehensive reviews⁴²⁻⁴⁴ on the mechanisms and the clinical reliability (assessed by means of Randomized Clinical Trials, RTCs) have been so far conducted, especially by focusing on some 'major' players represented by natural compounds like alpha-tocopherol^{45,46}, magnesium⁴⁷, Omega-3 fatty acids⁴⁸, herbal remedies⁴⁹, vitamin B supplementation⁵⁰, glutamate and glutamine⁵¹, Goshajinkigan⁵². Those studies provided mixed and controversial results, and currently no standard regimen can reliably be recommended. Several limitations may explain why no firm conclusion can be drawn based on the published evidence. Objectives across trials were different, with some focusing on CIPN prevention (before any CT delivery), while others are conceived for treating established CIPN. Moreover, lack of long-term follow-up for outcomes, and the use of different evaluation scales and types of chemotherapeutic agents are also major factors preventing useful comparison⁵³.

The goal of this article is to focus specifically on alpha-lipoic acid (ALA), and L-acetyl-Carnitine (LAC) and their usefulness in counteracting CIPN.

Alpha-Lipoic Acid (ALA)

Discovered in 1937⁵⁴ and recognized as an essential factor for potato growth, alpha-lipoic acid (ALA) – 1,2-dithiolane-3-pentanoic acid – has a redox active disulfide group. The carbon atom at C₆ is chiral and the molecule exists as two enantiomers (R)-(+)-lipoic acid (the biologically active enantiomer) and (S)-(-)-lipoic acid (SLA). The reduced form of ALA, the dihydrolipoic acid (DHLA) – a dithiol compound after ALA has been internalized in the cytosol⁵⁵ – interacts with reactive oxygen species (ROS), and both ALA and DHLA are considered to be potent anti-oxidants⁵⁶, in some cases, at least *in vitro*.

In eukaryotes, ALA is endogenously synthesized from octanoid acid or from a mitochondrial pathway. The octanoid residue is transferred as a thioester of acyl carrier protein to an amide of the lipoyl domain protein by octanoyltransferase. Further, two hydrogens of octanoate are replaced with sulfur groups through S-adenosyl-L-methionine dependent mechanism via a radical SAM mechanism⁵⁷. Lipoic acid is definitively synthe-

sized attached to proteins as no free lipoic acid is produced. Yet, ALA can be removed by lipoamidase, when proteins are committed to degradation⁵⁸, or by the ATP-dependent lipoate protein ligase⁵⁹.

Under physiologic conditions ALA is prevalently represented as lipoate (the conjugate basis of ALA), acting as cofactor in many enzymatic systems, chiefly within the pyruvate dehydrogenase complex (PDC)^{60,61}.

Lipoic acid is widely present in several foods (chiefly in kidney, heart, liver, spinach, broccoli, and yeast extract), even if at very low amount⁶². However, ALA provided by from dietary sources is covalently bound to proteins⁶³ and it has thus poor bioavailability⁶⁴⁻⁶⁶.

Clinical use of ALA is dating back from the eighties, when ALA was recognized as a powerful, easily water-soluble antioxidant (due to its amphipathic properties)⁶⁷. Not only ALA is able at neutralizing free radicals, but also increases glutathione synthesis⁶⁸ and, through DHLA, regenerates other important antioxidants⁶⁹, and prevents formation of glycosylated end products (AGE)⁷⁰ as well as mitochondria damage from oxidative stress⁷¹. Later on, ALA was shown to be beneficial in chelating heavy metals⁷², and in the adjuvant treatment of a number of diseases, including hypertension⁷³, hyperglycemia⁷⁴, insulin resistance and diabetes⁷⁵, liver diseases⁷⁶, when the pathological cues should be mostly ascribed to toxic and oxidant factors, like heavy metals, free radicals, venoms and microbe toxins (for a comprehensive review, see ref. ⁷⁷).

Moreover, several studies reported that ALA exerts multiple pharmacological actions, overall preventing nervous tissue damage from oxidant species⁷², nerve degeneration in experimental *in vitro* models of diabetes mellitus⁷⁸, Parkinson⁷⁹ and Alzheimer's, diseases⁸⁰.

ALA is able in restoring important immunological functional defects in peripheral blood mononuclear cells isolated from cancer patients⁸¹, mostly by counteracting pro-inflammatory factors (including IL-6 and TNF α)⁸², or downregulating the expression of genes involved in inflammatory-related pathways⁸³, thereby reducing the overall inflammatory burden⁸⁴. Indeed, recent comprehensive reviews provide compelling evidence of ALA usefulness as anti-inflammatory ally in several human diseases, including rheumatoid arthritis, chronic pain, neuropathy, ulcerative colitis and splenic inflammatory response^{85,86}. Finally, it has been demonstrated that

ALA can reduce the expression of IL-1b and IL-6, via epigenetic mechanisms, in *in vitro* models of ovarian and neuronal cancer^{87,88}.

It is worth of noting that several reports suggested ALA usefulness in the management of diabetes-induced neuropathy⁸⁹⁻⁹¹. Indeed, in a placebo-controlled trial of symptomatic diabetic polyneuropathy, a significant relief of neuropathic symptoms was observed in patients who received alpha-lipoic acid⁹². Similarly, since the first anecdotal report⁹³, and despite some controversial results, a growing body of evidence points out that ALA could also be beneficial in CIPN. ALA at pharmacological doses (600 mg daily iv/p.os) quickly ameliorates both pain and neurological deficit⁹⁴⁻⁹⁶. Adverse effects have been noticed only for higher doses (1200 mg/day), in a significant percentage of patients (~15-20%)⁹⁷. As a result, ALA is approved in Germany as a drug for the treatment of diabetic neuropathy since 1966⁹⁸. A large, randomized study is currently under way to evaluate usefulness of ALA – alone or in combination with Pregabalin – as analgesic remedy for neuropathic pain⁹⁹. It is noteworthy that ALA treatment presents a very reassuring profile of safety and tolerability^{77,100}.

Those results prompted in evaluating ALA in antagonizing chemotherapy-induced CIPN, differences in pathophysiological mechanisms between diabetic and CT-related neuropathy notwithstanding¹⁰¹. In an *in vitro* model of chemotherapy induced peripheral neuropathy in which primary cultures of dorsal root ganglion (DRG) sensory neurons were exposed to paclitaxel and cisplatin, ALA was highly effective in reducing neuron damage. Both cisplatin and paclitaxel cause early mitochondrial impairment with loss of membrane potential and induction of autophagic vacuoles in neurons. Alpha-lipoic acid exerts neuroprotective effects by rescuing the CT-induced mitochondrial toxicity, and induces the expression of frataxin, an essential mitochondrial protein with anti-oxidant and chaperone properties¹⁰².

In a pilot study involving 14 cancer patients, after a median of eight chemotherapy courses and a median cumulative docetaxel dose of 400 mg/m², all patients suffered from CIPN grade 2 (10 patients) or 3 (four patients). ALA was administered 600 mg i.v. once a week for 3-5 weeks followed by 1800 mg td p.o. until full recovery from neurological symptoms with an average treatment duration of 2 months. Eight out of 14 patients showed significantly reduction in CIPN

grade, with a median time to response of 4 weeks¹⁰³. Similarly, promising results have been obtained in another pilot study in which ALA, altogether with Boswellia and Bromelain, significantly reduced neuropathic pain in CT-treated patients in a 12 weeks treatment regimen¹⁰⁴.

However, only two randomized study evaluated ALA usefulness in preventing CT-related neuropathy. In the first¹⁰⁵, patients were randomized to receive oral ALA 1.800 mg daily or placebo for 24 weeks (excluding days in which platinum-based chemotherapy was administered). Clinical parameters were assessed according to the 11-item Gynecologic Oncologic Group-Neurotoxicity Component (FACT/GOG-Ntx, Version 4) at week 24. Only 70 patients completed the study due to change of regimens, non-compliance, missing data, or unknown reasons. No between-group statistical differences were found. However, this result could have been biased by the high withdrawal rate from the study, given that only 28% of patients in ALA group were eligible for clinical assessment at the end of the investigation. Moreover, the overall platinum dose delivered in the trial – >750 mg/m² – was a huge one, even for the current cisplatin-based CT regimens¹⁰⁶. These shortcomings prompted the Authors of the paper to outline “the inconclusive nature of our trial”, eventually suggesting that “future investigation of ALA as a potential prophylactic against CIPN should not be dismissed if innovative approaches and trial designs can be identified and pursued”¹⁰⁵. Indeed, results that are more promising have been provided by a recent investigation. In a randomized, multicentric study¹⁰⁷, 126 patients with chemotherapy-induced peripheral neuropathy were randomly divided into two groups (of 63 cases each) to be treated with either ALA (600 mg iv/daily) plus mecobalamin (500 µg iv), or with mecobalamin (500 µg iv, control group) for 2 weeks. The response rate in the treatment group was significantly better than in the control group [80.95% (51/63) vs. 47.62% (30/63)]. This second study, besides using a reduced dose in respect to the dosage reported in the previous trial (600 mg vs. 1.800), delivered ALA through intravenous injection. It can be surmised that some differences in the resulting pharmacokinetics could account for the observed differences between the two trials. Indeed, it has already been recognized that oral administration of ALA is characterized by pharmacokinetic limitations that reduce its therapeutic efficacy.

Indeed, phenomena such as reduced solubility, lack of gastric stability and hepatic degradation determine a bioavailability of around 30% and a short half-life of ALA (30 minutes), while increased bioavailability has been obtained with intravenous injections of ALA¹⁰⁸. Recent innovative oral formulation has the potential to overcome these pharmacokinetic limitations as it uses only R-ALA enantiomer as liquid solution, with greater solubility and stability in gastric environment¹⁰⁹.

Acetyl-L-Carnitine (ALC)

Carnitine is a β-amino acid, which plays an important role in the transport of fatty acids into the mitochondria for subsequent beta-oxidation¹¹⁰, while acetyl-L-carnitine (ALC) is the acetylated form of L-carnitine. Moreover, it has been observed that Carnitine can work as an antioxidant, thus protecting various tissues from oxidative injury¹¹¹. Numerous studies performed in rats exposed to pharmacological doses of neurotoxic chemotherapeutic agents, showed appreciable reduction in neuropathic symptoms in animals treated with ALC^{112,113}, namely by antagonizing the mechanisms triggering painful symptoms¹¹⁴. Additionally, treatment with ALC significantly attenuates mitochondrial and cytological chemotherapy-induced damages in peripheral nerves and tissues^{113,115}, without affecting CT efficacy¹¹⁶. ALC prevents Bortezomib induced impairment in mitochondrial respiration and ATP production in rat models of paclitaxel-induced and oxaliplatin-induced painful peripheral neuropathy¹¹⁵.

However, despite the promising effects of ALC on CIPN in rats, results found in humans are quite controversial.

A survey of the recent literature allows to retrieve seven studies (published in full text in peer-reviewed journals) investigating the putative usefulness of ALC in preventing/treating of CIPN.

Among these, four studies showed improvement of CIPN occurrence and/or intensity in patients treated with ALC¹¹⁷⁻¹²⁰, in one study ALC had no significant effect on neuropathy in patients treated for multiple myeloma¹²¹, whereas the last two studies performed by the same group, reported a worsening of CIPN among patients prophylactically treated with ALC^{122,123}.

In the majority of these studies, ALC proven to be beneficial for CIPN bearing patients. However, to date, only three papers reported results from randomized controlled trials (RCT), while

the others have been designed as case series or pilot control studies. In most cases, these investigations lack a control group or have enrolled patients with different anamnestic (age, type of CT) or pathological (neuropathy at its beginnings or already established from years) data. In addition, it is usual not to indicate data about the incidence of diabetes in such groups. Given that diabetes neuropathy may likely superimpose to CT-induced neuropathy, thus leading to ‘mixed’ clinical pictures, this aspect is of great relevance and should be addressed by future clinical trials.

Moreover, the overall design, the methodological set up and clinical end points greatly differ from each other. Confusion may also arise when considering ALC as ‘preventive’ or ‘treatment’ option. Differences in posology, duration and route of administration add further complexity. A main concern is the diversity in grading scales used for assessing CIPN, as some of which are based on patient reported outcome [like Functional Assessment of Cancer Therapy – Gynecologic Oncology Group – Neurotoxicity (FACTGOG-NTx)], while others are clinical grading scales [likewise National Cancer Institute – Common Toxicity Criteria (NCICTC), or Total Neuropathy Score (TNS)].

Differences in eligibility criteria and chemotherapy protocols are probably of utmost relevance in understanding why trials aimed at ascertaining ALC efficacy provided conflicting and even opposite results. Both studies performed by Hershman et al¹²² involved only female patients with breast cancer treated with only Taxane based chemotherapy regimens. In those studies, ALC showed to be ineffective after 12 weeks of therapy and to even significantly worsen CIPN symptoms after 24 weeks. Notwithstanding the choice of the grading scale for evaluating CIPN is debatable¹²⁴ – given that FACT-NTX scale chiefly relies on ‘subjective’ patient report – these RTC studies have been rigorously conducted. These results are at odds with those reported by Sun et al¹²⁰. In a clinical trial that meets the criteria of rigorous randomization and proper selection, the therapeutic effect of ALC on neurotoxicity became evident after 8 weeks of treatment, and neuropathy was significantly reduced only in patients treated with ALC. At week 12, a significant difference between ALC and placebo group persists, demonstrating that ALC confers a long-lasting protection. Yet, it is noticeable that patients enrolled in this experimentation have been treat-

ed by a mix of anticancer agents, in which a predominantly role was supported by Platinum compounds instead of Taxanes. Although Taxanes and Platinum compounds share some basic neurotoxic mechanisms, critical differences still exist (Table I)¹⁹. Indeed, Taxanes specifically hinder microtubules organization and impair A δ and C fibers, thus chiefly affecting sensory fiber function¹²⁵. Regarding the neurons that are affected in most kinds of peripheral neuropathy, it is the length of their axons that best accounts for their selective vulnerability¹²⁶. Moreover, the axonal transport efficiency mostly relies on the integrity of the microtubule system. On the other hand, a global inhibition of ROS through a mix of anti-oxidant agents significantly reduces CIPN-associated pain in Taxane-treated rats, but without affecting other CIPN clinical features, thus evidencing that Paclitaxel-induced CIPN only partially depends on ROS increase¹²⁷.

It is hardly believable that ALC could counteract this kind of damage, given that no significant effects on cytoskeleton can be actually ascribed to ALC.

Acetyl-L-carnitine has been shown to prevent the development of paclitaxel-induced pain¹¹³ and the paclitaxel-induced increase in atypical mitochondria in C-fibers, but not the paclitaxel-induced loss of intraepidermal nerve fibers¹²⁸. Furthermore, ALC is unable to antagonize CIPN in patients treated with other drugs that, as Taxanes, chiefly target cytoskeleton (microtubules) components. In the study from Campone et al¹¹⁸ patients treated with Sagopilone, a specific microtubule-stabilizing agent acting alike Taxanes, were randomized to receive either ALC or placebo. Even if CIPN events observed in ALC group were low grade respect to the control group, the overall incidence of CIPN did not significantly differ between the two groups. Similar considerations can be made for Bortezomib-induced CIPN. Bortezomib, an inhibitor of the 20S subunit of the proteasome currently used in myeloma therapy, induces peripheral sensory neuropathy. Bortezomib exerts a microtubule stabilizing activity similar to paclitaxel in addition to proteasome inhibition and it is likely that peripheral neurotoxicity could be ascribed to that mechanism¹²⁹. Even in this case, ALC supplementation does not afford any protection nor prevents CIPN onset¹²¹.

These studies further suggest that ALC could be ineffective in counteracting neurotoxic drug-dependent effects on microtubules.

Table I. CIPN mechanisms – Taxanes vs. Platinum compounds.

Taxanes	Platinum	Targets	Mechanisms	References
Paclitaxel	–	Loss of intra-epidermal nerve fibers	• Loss of warm and cool specific A δ and C fibers leading to heat and cold allodynia	Siau et al ¹
Paclitaxel	–	Calcium	• Increased expression of α 2- δ 1 subunits in dorsal horn and DRG • Increase in cytosolic calcium from extracellular (by channels) and intracellular stores from mitochondria	Sun and Windebank ² Siau and Bennett ³ Xiao et al ⁴ Kaur et al ⁵
Paclitaxel	–	Microtubule	• Microtubule disruption	Scripture et al ⁶
Paclitaxel	–	Inflammation	• Increase in number of LC cells on skin • Increased release of TNF-alpha and IL-1, IL-6 and NO from glial cells, macrophages and LC cells	Siau et al ¹
–	Cisplatin, Oxaliplatin	Mitogen activated protein kinase	• Activation of p38 and ERK1/2 in DRG neurons along with down regulation of JNK/SapK • Dual role of ERK1/2 depending on the cellular stimulation	Scuteri et al ⁷
–	Oxaliplatin	Nitric oxide	• Dysfunction of the spinal NO/cGMP pathway • Increase in NOS particularly, nNOS in spinal dorsal horn	Kamei et al ⁸ Mihara et al ⁹
–	Oxaliplatin	Protein kinase C	• Increased PKC activity in supra-spinal regions • Up-regulation of gamma/epsilon isoforms of PKC within thalamus and periaqueductal area	Norcini et al ¹⁰ Galeotti et al ¹¹
–	Oxaliplatin	Potassium channels	• Decreased expression of TREK1, TRAAK type of inhibitory channels and increased expression of pro-excitatory channels, HCNs	Descoeur et al ¹²
References				
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On the other hand, ALC can conceivably antagonize platinum-based damages by acting on several targets inside the peripheral nervous system¹³⁰. As previously mentioned, ALC displays specific

anti-oxidant effects, some of which can neutralize ROS increase within the dorsal horn in Oxaliplatin treated rats^{131,132}, thus inhibiting neuron damage. Yet, ALC displays several other – usually under-

estimated - neuroprotective effects. ALC provides acetyl groups for acetylcholine synthesis, thus exerting a cholinergic effect and optimizing the balance of energy processes. By acting as a donor of acetyl groups to NF-kb p65, ALC enhances the transcription of the GRM2 gene encoding the mGlu2 receptors, inducing long-term upregulation of the mGluR2¹¹⁴. In addition, through its free radical scavenging activity, ALC improves mitochondrial function and ATP production¹³³, thus restoring mitochondria function, a pivotal target of platinum-based compounds. Indeed, recent data suggest that prophylactic ALCAR treatment against the paclitaxel-evoked pain may be chiefly related to a protective effect on mitochondria within peripheral, sensory c-fibers¹²⁸.

ALC also had a strong antinociceptive effect when given once neuropathic pain has been established¹³⁴. In addition, ALC improves the function of peripheral nerves by increasing nerve conduction velocity, by reducing sensory neuronal loss¹³⁵ and by promoting nerve regeneration¹³⁶, as reported in a number of *in vitro* and *in vivo* studies (for a review see ref. ¹³⁰).

Besides the very considerable overlap in the pathophysiological mechanisms, CIPN induced by Taxanes (and other microtubule-disrupting agents) can involve very different mechanisms in respect to those triggered by Platinum compounds¹³⁷.

For instance, both Platinum-based compounds and Taxanes produce acute neuropathies that are clinically distinct from each other^{45,138}.

Thereby, drugs aimed at preventing or controlling the painful peripheral neuropathy produced by one chemotherapeutic agent may not be effective for all anticancer drugs. Indeed, available data seem to suggest that a different treatment strategy should be planned in addressing such issue, chiefly by considering if patients are treated with either Taxane or Platinum compounds. Currently, as far as ALC is concerned, we suggest that valuable evidence does exist only for an ALC-based supplementation of patients in treatment with Platinum compounds. About Taxane and other similar acting drugs (Epothilones, Eribulin mesilate), CIPN is a direct consequence of their specific mechanism of action: interference with microtubule activity. Unless we could identify compounds that selectively protect normal cells from the microtubule-disrupting effect of Taxanes, while preserving the anticancer activity, CIPN prevention/treatment will be difficult if not impos-

sible¹²⁴. A promising option is currently under scrutiny, and is focusing on myo-inositol, a safe natural polyol, which specifically targets several cytoskeleton components, thus promoting microtubules remodeling while displaying at the same time significant anticancer effects¹³⁹. Furthermore, melatonin, already known as anti-oxidant, has recently been shown to promote microtubule remodeling and to inhibit calpain activity¹⁴⁰. As both microtubule deregulation and calpain activation¹⁴¹ have been implicated in Taxane-induced CIPN, it is not surprising that a pilot study has evidenced the usefulness of melatonin in antagonizing Taxane-induced neurotoxicity¹⁴².

Conclusions

The need for well-tolerated effective therapy for CIPN is a high priority in oncology because an increasing number of effective anticancer agents results in dose-limiting neurologic toxicity. A preliminary requirement is to explore in depth the mechanisms of toxicities triggered by each single drug to better identify effective means to prevent or treat them.

Second, there is a wide consensus about the need for large trials exploring possible neuroprotective agents. However, the evaluation of compounds intended to prevent/treat chemotherapy-induced neurotoxicity should be pursued by considering separately each neurotoxic anticancer drug, given that each regimen can trigger different pathophysiological mechanisms. As a result, no firm conclusion can be drawn about the efficiency of anti-CIPN agents when patients with different cancers, and consequently treated with promiscuous chemotherapy regimens, are investigated collectively in the same trial¹⁴³. In addition, these studies should rely on adequate measures of assessment including nerve conduction study and validated neurotoxicity scale. Clinical recording of CIPN is still ambiguous, given that scales currently in use do not rely on a formal neurological evaluation and mostly depend on patient's reports and physician's interpretation. Ultimately, large and long-term randomized clinical trials are mandatory. With only few exceptions, clinical data have been mainly provided by pilot or case studies, in which small subsets of patients are involved. Again, no conclusive information can be obtained by such investigations.

In addition, some warnings should be recalled, namely when using ALA formulations. Despite its beneficial properties, oral assumption of ALA is characterized by poor bioavailability (~30% of the dose)¹⁰⁸. Therefore, it is critical to conduct additional experiments in humans to establish effective doses and length of treatment for each clinical situation studied, along with a definite proof of antagonism/synergism effects when combinatorial approaches are used. Needless to say, that ALA and ALC, in both prevention as well as treatment of CIPN, should be better evaluated at the experimental level in order to set adequately any further randomized clinical trial.

Conflict of Interest

Vittorio Unfer is employee at Lo.Li. Pharma, Rome, Italy. The other authors declare that they have no conflict of interest.

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