



Fibrous Dysplasia/McCune-Albright Syndrome

Synonym: FD/MAS

Alison M Boyce, MD,^{1,2} Pablo Florenzano, MD,^{3,4} Luis F de Castro, PhD,³ and Michael T Collins, MD⁵

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Summary

Clinical characteristics

Fibrous dysplasia/McCune-Albright syndrome (FD/MAS), the result of an early embryonic postzygotic somatic activating pathogenic variant in *GNAS* (encoding the cAMP pathway-associated G-protein, $G_{s\alpha}$), is characterized by involvement of the skin, skeleton, and certain endocrine organs. However, because $G_{s\alpha}$ signaling is ubiquitous, additional tissues may be affected.

Café au lait skin macules are common and are usually the first manifestation of the disease, apparent at or shortly after birth. Fibrous dysplasia (FD), which can involve any part and combination of the craniofacial, axial, and/or appendicular skeleton, can range from an isolated, asymptomatic monostotic lesion discovered incidentally to severe disabling polyostotic disease involving practically the entire skeleton and leading to progressive scoliosis, facial deformity, and loss of mobility, vision, and/or hearing. Endocrinopathies include:

- Gonadotropin-independent precocious puberty resulting from recurrent ovarian cysts in girls and autonomous testosterone production in boys;
- Testicular lesions with or without associated gonadotropin-independent precocious puberty;
- Thyroid lesions with or without non-autoimmune hyperthyroidism;
- Growth hormone excess;
- FGF23-mediated phosphate wasting with or without hypophosphatemia in association with fibrous dysplasia; and

Author Affiliations: 1 Skeletal Disorders and Mineral Homeostasis Section, Craniofacial and Skeletal Diseases Branch, National Institute of Dental and Craniofacial Research, National Institutes of Health, Bethesda, Maryland; Email: boyceam@mail.nih.gov. 2 Division of Endocrinology and Diabetes, Children's National Health System, Bone Health Program, Division of Orthopaedics and Sports Medicine, Children's National Health System, Washington, DC; Email: boyceam@mail.nih.gov. 3 Skeletal Disorders and Mineral Homeostasis Section, National Institute of Dental and Craniofacial Research, National Institutes of Health, Bethesda, Maryland; Email: pablo.florenzano@nih.gov; Email: luis.fernandezdecastrodiaz@nih.gov. 4 Endocrinology Department, Pontificia Universidad Catolica de Chile, Santiago, Chile; Email: pablo.florenzano@nih.gov. 5 Chief, Skeletal Disorders and Mineral Homeostasis Section, Craniofacial and Skeletal Diseases Branch, National Institute of Dental and Craniofacial Research, National Institutes of Health, Bethesda, Maryland; Email: mcollins@dir.nidcr.nih.gov.

- Neonatal hypercortisolism.

The prognosis for individuals with FD/MAS is based on disease location and severity.

Diagnosis/testing

In most individuals, the diagnosis of FD/MAS is based on the finding of two or more typical clinical features. In individuals whose only clinical finding is monostotic fibrous dysplasia, identification of a somatic activating pathogenic variant in *GNAS* by molecular genetic testing is required to establish the diagnosis. Variant detection depends on the level of mosaicism in the tissue and the sensitivity of the technique.

Management

Treatment of manifestations: Management is most effectively accomplished by a multidisciplinary team of specialists.

- FD. Management focuses on optimizing function and minimizing morbidity related to fractures and deformity (including scoliosis).
- Precocious puberty. Treatment prevents bone age advancement and compromise of adult height. For girls, the aromatase inhibitor letrozole is used; for boys, treatment options are less well established.
- Thyroid disease. Methimazole effectively manages hyperthyroidism; however, because hyperthyroidism is persistent, thyroidectomy is common.
- Growth hormone excess. Medical therapy is the preferred first-line treatment; options include (alone or in combination) octreotide and the growth hormone receptor antagonist pegvisomant.
- Hypercortisolism. Treatment varies by the presentation of neonatal Cushing syndrome.

Surveillance:

FD/MAS. Monitor for the following:

- Infants: clinical signs of hypercortisolism
- All children: growth acceleration and other clinical signs of precocious puberty and/or growth hormone excess
- Children:
 - Age <5 years: thyroid function abnormalities
 - With thyroid abnormalities on ultrasound examination but normal thyroid function: periodic monitoring of thyroid function
- Males: testicular lesions (physical examination and testicular ultrasound)
- Individuals on:
 - Pegvisomant: hepatotoxicity
 - Somatostatin analogs: signs and symptoms of gallbladder disease
- Females: breast cancer (earlier than is recommended for the general population)

FD

- Periodic radiographs to monitor existing FD and development of new lesions
- Periodic serum phosphorus (for development of hypophosphatemia) and 25-hydroxyvitamin D levels
- Craniofacial FD: yearly vision and hearing evaluations; periodic skull CT; routine serum IGF-1 levels through young adulthood
- Spine FD: close monitoring for progressive scoliosis

Agents/circumstances to avoid: Contact sports and other high-risk activities (when skeletal involvement is significant); prophylactic optic nerve decompression (in individuals with craniofacial FD); surgical removal of ovarian cysts; radiation therapy for treatment of FD; risk factors for malignancy (e.g., radiation exposure).

Genetic counseling

FD/MAS is not inherited. No parent of a child with FD/MAS has been demonstrated to have any significant, distinctive manifestations of the disorder. The risk to sibs is expected to be the same as in the general population. There are no verified instances of vertical transmission of FD/MAS.

Diagnosis

Fibrous dysplasia/McCune-Albright syndrome (FD/MAS) is usually diagnosed on clinical grounds, although formal diagnostic criteria have not been published.

Suggestive Findings

Fibrous dysplasia/McCune-Albright syndrome (FD/MAS) **should be suspected** in individuals with any of the following skin, skeletal, or endocrine features.

Skin. Individuals may have characteristic café au lait skin macules.

- Borders are jagged and irregular, often referred to as resembling the "coast of Maine" (in contrast to the smooth-bordered "coast of California" lesions seen in [neurofibromatosis type 1](#)).
- Distribution shows an association with ("respecting") the midline of the body and following the developmental lines of Blaschko, which reflect patterns of embryonic cell migration (see Figure 1).

Skeletal. Fibrous dysplasia (FD), a condition in which normal bone and bone marrow are replaced by fibroosseous tissue, results in an increased risk of fractures, deformity, functional impairment, and pain.

- FD can be classified as monostotic (i.e., involvement of 1 bone) or polyostotic (i.e., involvement of >1 bone).
- FD can involve any part and combination of the craniofacial, axial, and/or appendicular skeleton (see Figure 2).
- The initial radiologic evaluation for FD should include a ⁹⁹Tc-MDP bone scan.
 - Areas of skeletal involvement identified on scintigraphy should be further evaluated with radiographs and head computerized tomography (CT), depending on the location and extent of the disease.
 - See Figure 3 for the suggested evaluations used to diagnose FD.

Endocrine. Findings may include the following:

- Gonadotropin-independent precocious puberty
- Testicular lesions including Leydig and/or Sertoli cell hyperplasia with characteristic ultrasonographic features, with or without associated gonadotropin-independent precocious puberty (see Figure 4B)
- Thyroid lesions with characteristic ultrasonographic features, with or without non-autoimmune hyperthyroidism (see Figures 4C and 4D)
- Growth hormone excess
- Fibroblast growth factor 23 (FGF23)-mediated phosphate wasting with or without hypophosphatemia
- Neonatal hypercortisolism

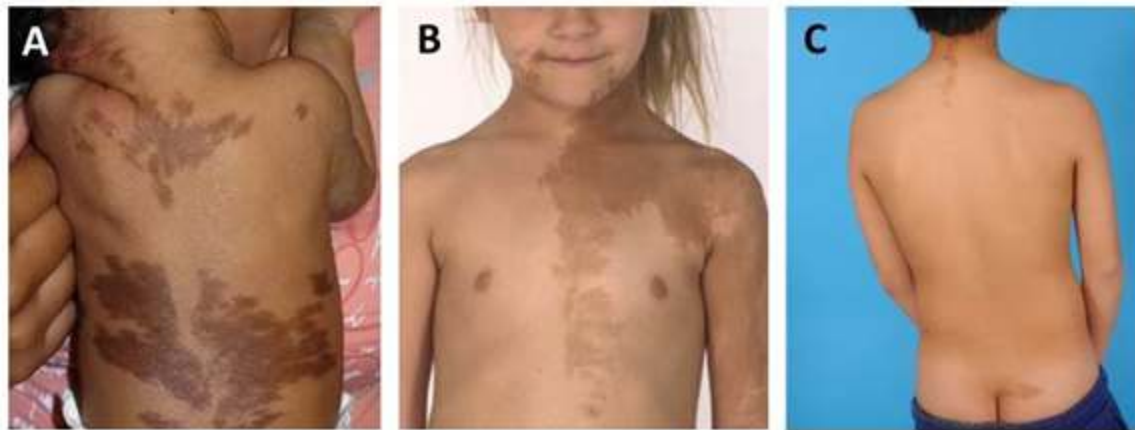


Figure 1. Café au lait skin pigmentation

- A. Skin lesions in a newborn demonstrating the characteristic association with the midline of the body, and distribution reflecting patterns of embryonic cell migration (developmental lines of Blaschko)
- B. A typical lesion on the chest, face, and arm demonstrating the irregular "coast of Maine" borders, relationship with the midline of the body, and distribution following developmental lines of Blaschko
- C. Typical lesions frequently found on the nape of the neck and crease of the buttocks

Establishing the Diagnosis

The diagnosis of FD/MAS is **established** in individuals who have two or more typical clinical features of FD/MAS. In individuals whose only clinical finding is monostotic fibrous dysplasia, identification of a somatic activating *GNAS* pathogenic variant is required to confirm the diagnosis (see Table 1).

Molecular genetic testing approaches include **targeted analysis** of codons p.Arg201 and p.Gln227. Testing a **sample of the lesional tissue**, if possible, has the highest clinical sensitivity in PCR-sequencing-based diagnostic methods:

- ~80% in lesional tissue
- ~20%-30% in peripheral blood lymphocytes

Note: (1) Variant detection depends on the level of mosaicism in the tissue and the sensitivity of the technique. Detection frequency of a variant at p.Arg201 using standard PCR was highest in endocrine organs and lowest in affected skin specimens [Lumbroso et al 2004]. The ability to detect mosaicism affects the detection rate of the assay (see Table 1 and Table 4). (2) Targeted analysis may be performed by sequencing of *GNAS* exons 8 and 9. *GNAS* variants other than those previously reported to be associated with FD/MAS would likely be interpreted as variants of unknown significance. (3) $G_s\alpha$ is expressed in nearly all tissues from both maternal and paternal *GNAS* alleles. However, *GNAS* is a complex locus where alternative transcripts and additional phenotypes may result from *GNAS* imprinting (see Genetically Related Disorders and Molecular Genetics).

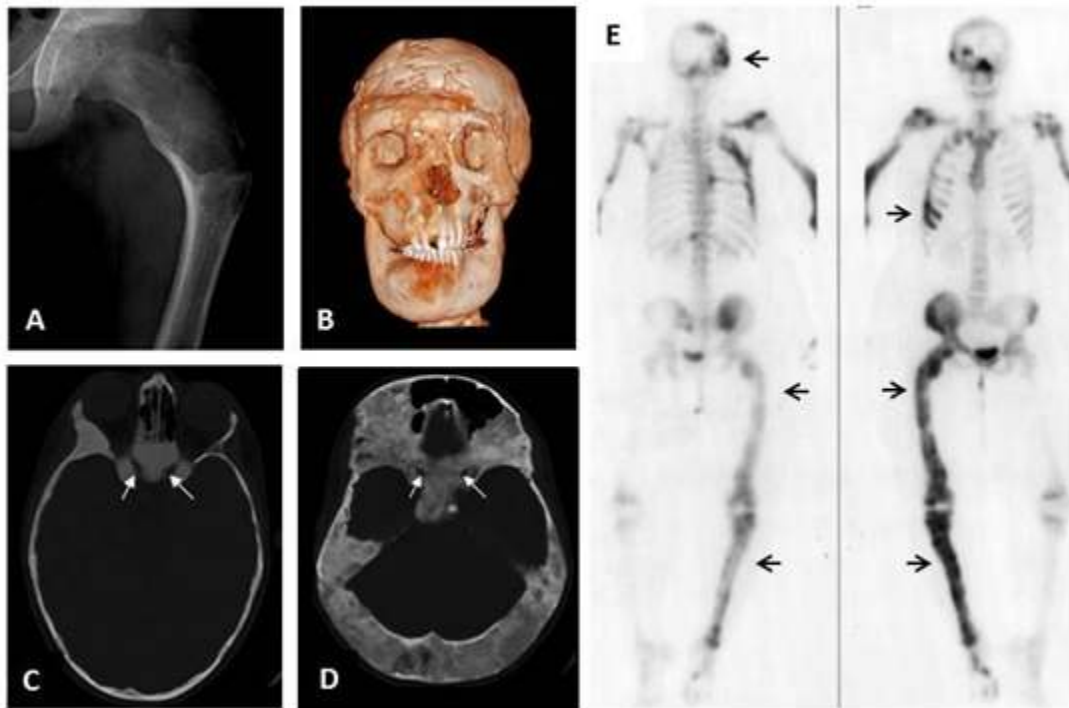


Figure 2. Fibrous dysplasia (FD)

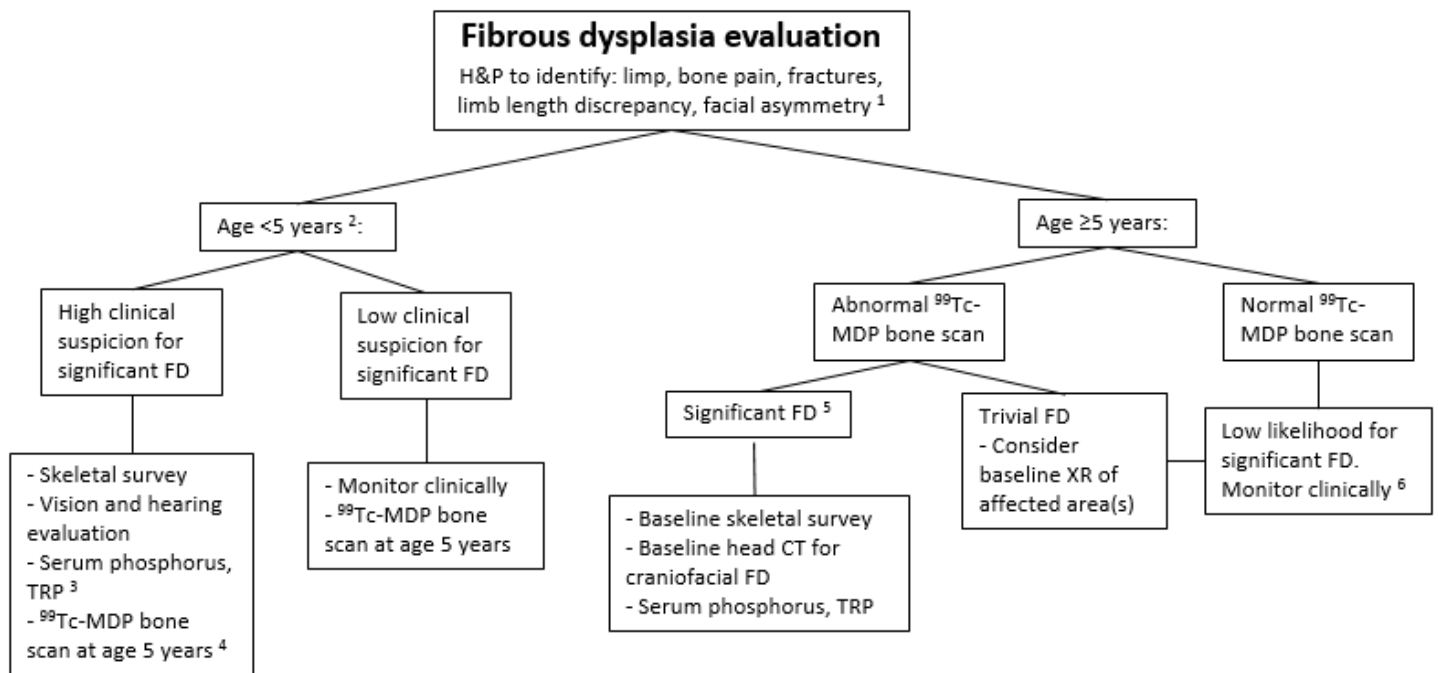
A. Proximal femur FD demonstrating the typical ground-glass appearance with a coxa vara ("shepherd's crook") deformity

B. Three-dimensional reconstructed computed tomography (CT) image of a man age 26 years with craniofacial FD and uncontrolled growth hormone excess, leading to macrocephaly and severe facial deformity

C. CT image from a girl age ten years, demonstrating the typical ground glass appearance of craniofacial FD in younger individuals. The optic canals are typically encased in FD (white arrows) without any visual disturbance.

D. CT image from a woman age 40 years, demonstrating typical features of craniofacial FD in an older individual, including a more sclerotic appearance with mixed solid and cystic components. Again, depicted are the optic nerves encased in FD (white arrows) without visual disturbance.

E. ^{99}Tc bone scintigraphy, posterior-anterior and anterior-posterior views, left and right panels, respectively demonstrating patchy tracer uptake at affected skeletal sites, including the skull, ribs, femur, and tibia (arrows), consistent with a mosaic pattern of expression



FD = fibrous dysplasia

H&P = history and physical exam

TRP = tubular reabsorption of phosphate

⁹⁹Tc-MDP = technetium-99 conjugated with methylene diphosphonate

XR = x-ray

1. Performed at initial presentation in all individuals suspected of having FD/MAS.
2. Areas of clinically significant FD will be apparent on bone scan by age 5 years. Prior to age 5, a normal ⁹⁹Tc-MDP does not eliminate the possibility of significant FD [Hart et al 2007].
3. FGF23-mediated phosphate wasting is associated with a high FD burden. Phosphate wasting may worsen during rapid skeletal growth and improve or resolve in adulthood as FD becomes less active [Riminucci et al 2003].
4. Consider performing ⁹⁹Tc-MDP bone scan in children < 5 years regardless of clinical suspicion for bone disease in instances where establishing the diagnosis of MAS may alter management – i.e. those for whom diagnostic surgery is being considered, such as skeletal biopsy.
5. Significance of FD is determined by both the amount and location of affected bone [Collins et al 2005]. Clinically significant disease is frequently associated with the craniofacial area, proximal femurs and spine.
6. A normal ⁹⁹Tc-MDP bone scan at age 5 years or older effectively eliminates clinically significant FD, and no further radiologic monitoring is required [Hart et al 2007].

Figure 3. Suggested evaluations to determine if fibrous dysplasia (FD) is present and the extent of disease if FD is present

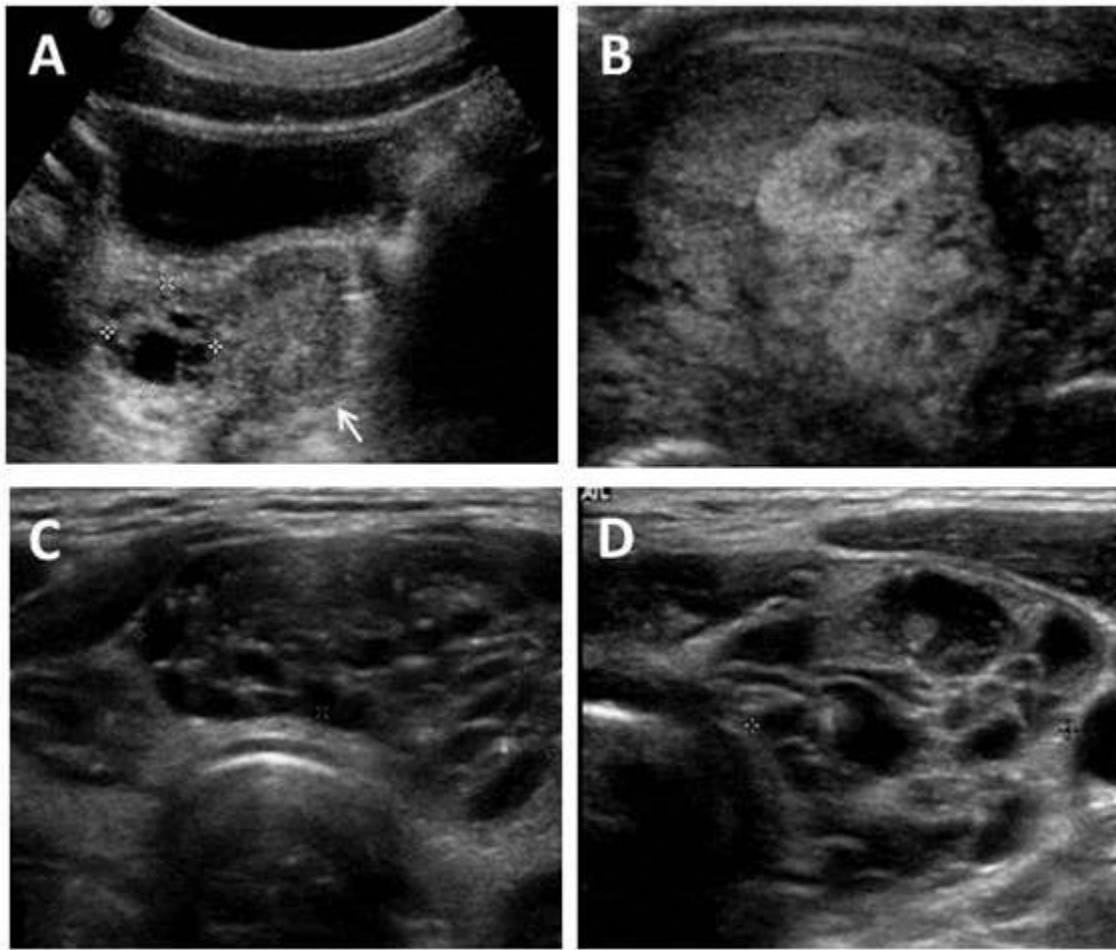


Figure 4. Ultrasonography

A. Pelvic ultrasound in a girl age seven years, showing a complex unilateral ovarian cyst (defined by cross-hatches). The uterus is prepubertal in size (arrow).

B. Testicular ultrasound in an adult showing a heterogeneous lesion with mixed solid and cystic elements

C&D. Typical thyroid ultrasound findings, including heterogeneity and a cystic ("Swiss cheese") appearance

Table 1. Molecular Genetic Testing Used in Fibrous Dysplasia/McCune-Albright Syndrome

Gene ¹	Method	Variants Detected	Proportion of Probands with a Pathogenic Variant ² Detectable by Method
GNAS	Targeted analysis of lesion biopsy of exons 8 and 9 ^{3,4}	p.Arg201His, p.Arg201Cys ^{5,6}	8%-90% ⁷ 75%-100% ⁸
		p.Gln227Leu ⁶	5% ⁵

1. See Table A. Genes and Databases for chromosome locus and protein.

2. See Molecular Genetics for information on allelic variants detected in this gene.

3. Targeted analysis may be performed by sequence analysis. Sequence analysis detects variants that are benign, likely benign, of uncertain significance, likely pathogenic, or pathogenic. Pathogenic variants may include small intragenic deletions/insertions and missense, nonsense, and splice site variants; typically, exon or whole-gene deletions/duplications are not detected. For issues to consider in interpretation of sequence analysis results, click [here](#).

4. Testing tissue from a lesion biopsy has a higher clinical yield than testing a blood sample. The detection rate for a blood sample is ~20%-30% [Lumbroso et al 2004, Kalfa et al 2006].

5. Somatic *GNAS* missense variants in individuals with FD/MAS are known to occur at only one of two amino acid residues: p.Arg201 (>95% of pathogenic variants) [Lumbroso et al 2004] or p.Gln227 (<5%) [Idowu et al 2007].

6. Rarely, other amino acid substitutions at p.Arg201 and at p.Gln227 have been detected (see Molecular Genetics).

7. Variant detection depends on the level of mosaicism in the tissue and the sensitivity of the technique. Variant detected at p.Arg201 using standard PCR was highest in endocrine organs and lowest in affected skin specimens [Lumbroso et al 2004].

8. When modified primers (peptide nucleic acid) [Bianco et al 2000] and next-generation sequencing [Narumi et al 2013] technologies are combined [Narumi et al 2013], a p.Arg201 variant can be detected in virtually all affected tissues and in leukocytes of up to 75% of individuals.

Clinical Characteristics

Clinical Description

Fibrous dysplasia/McCune-Albright syndrome (FD/MAS) results from mosaic somatic activating pathogenic variants in *GNAS*, which encodes the cAMP pathway-associated G-protein, G_sα. Affected tissues can include those derived from ectoderm, mesoderm, and endoderm, and commonly include skin, skeleton, and certain endocrine organs. However, because G_sα signaling is present in virtually every tissue, additional sites may be affected.

The phenotypic spectrum of FD/MAS ranges from asymptomatic incidental findings to neonatal lethality. There is a high degree of variability between individuals, both in the number of affected tissues and the degree to which they are affected. Disease manifestations depend on the time during embryogenesis that the somatic pathogenic variant occurred, the tissue involved, and the role of G_sα in the affected tissue. Pathogenic variants occurring early in development lead to widespread disease, while those occurring later in development lead to limited disease.

Pigmented macules. Café au lait skin macules are common and are usually the first manifestation of the disease, apparent at or shortly after birth. There is no correlation between the size of the skin lesions and the extent of disease, nor between the distribution of skin lesions and the location of fibrous dysplasia.

Fibrous dysplasia of bone. As with skin, fibrous dysplasia demonstrates a mosaic pattern: it can involve any part and combination of the craniofacial, axial, and/or appendicular skeleton. The bones most commonly involved are the skull base and proximal femurs [Kelly et al 2008]. While there is generally a central-to-peripheral gradient, any combination of involved bones is possible.

Fibrous dysplasia can manifest along a wide spectrum: from an isolated, asymptomatic monostotic lesion discovered incidentally to severe, disabling polyostotic disease involving practically the entire skeleton and leading to loss of vision, hearing, and/or mobility.

Individual bone lesions typically manifest during the first few years of life and expand during childhood. The vast majority of clinically significant bone lesions are detectable by age ten years, with few new and almost no clinically significant bone lesions appearing after age 15 years [Hart et al 2007]. In adulthood, fibrous dysplasia lesions typically become less active, likely related to apoptosis of pathogenic variant-bearing cells [Kuznetsov et al 2008].

The clinical presentation and course of fibrous dysplasia (FD) depends on the location and extent of the affected skeleton:

- **Appendicular skeleton**
 - Children with fibrous dysplasia in the appendicular skeleton typically present with a limp, pain, and/or pathologic fractures.
 - Recurrent fractures and progressive deformity may lead to difficulties with ambulation and loss of mobility.
- **Craniofacial region**
 - FD may present as a painless "lump" or facial asymmetry.
 - Expansion of craniofacial lesions may lead to progressive facial deformity (see Figure 2B), and in rare cases (usually in association with growth hormone excess) loss of vision and/or hearing due to compromise of the optic nerves and/or external auditory canals [Cutler et al 2006, Boyce et al 2018].
- **Vertebrae**
 - FD involving the vertebrae is common, and may lead to scoliosis, which in rare instances may be severe, progressive, and even lethal [Leet et al 2004b].
 - Untreated, progressive scoliosis is one of the few features of FD that can lead to early morbidity.

Bone pain is a common complication of fibrous dysplasia. Although bone pain may present at any age, it is common for bone pain to be absent in childhood, occur in adolescence, and progress into adulthood [Kelly et al 2008].

Aneurysmal bone cysts are rapidly expanding fluid-filled lesions that form within preexisting areas of FD. Such lesions are best detected by MRI. Affected individuals experience acute onset of severe pain, rapidly expanding localized deformity, and rarely – when cysts compress the optic nerve – rapid loss of vision. Aneurysmal bone cysts thus carry a high risk of morbidity (see Management).

Malignant transformation of FD lesions is a rare complication. Many instances of malignant transformation were reported in association with previous radiation treatment [Ruggieri et al 1994]. Growth hormone excess may be a predisposing factor [Salenave et al 2014].

Radiographic appearance of fibrous dysplasia varies according to location:

- Radiographs of the appendicular skeleton show expansive lesions with endosteal scalloping, thinning of the cortex, and a "ground glass" appearance (Figure 2A).
- Fibrous dysplasia in the craniofacial skeleton is typically expansile and appears sclerotic on x-ray, but demonstrates a typical "ground glass" appearance on computed tomography (CT) (Figure 2C).
- With aging, fibrous dysplasia lesions in the appendicular skeleton tend to become sclerotic on radiographs and craniofacial fibrous dysplasia lesions develop a "cystic" appearance (Figure 2D).

Endocrinopathies can include any of the following:

- **Precocious puberty.** Precocious puberty is common in girls with FD/MAS (~85%), and is often the presenting feature. Recurrent ovarian cysts (Figure 4A) lead to intermittent estrogen production resulting in breast development, growth acceleration, and vaginal bleeding; during the intervals between cyst formation, breast tissue typically regresses and estrogen levels fall to prepubertal levels. Ovarian cysts typically continue into adulthood, leading to irregular menses. This has the potential to interrupt ovulatory cycles, which may increase the time to conception in adult women. Ovarian torsion has been seen rarely in girls and women with large and persistent cysts [Clark et al 2000].

Precocious puberty is less common in boys with FD/MAS (~10%-15%), and is due to autonomous testosterone production [Boyce et al 2012a], which leads to progressive pubertal development including growth acceleration, pubic and axillary hair, acne, and aggressive and/or inappropriately sexual behavior. In both girls and boys, prolonged autonomous sex steroid production typically leads to activation of the hypothalamic-pituitary axis and the development of central precocious puberty.

- **Fertility.** The effects of autonomous sex steroid production on pituitary-gonadal function and fertility in adults are not well characterized. Women with FD/MAS may have recurrent cysts leading to irregular menses in adulthood [Lala et al 2007]. While many women in the NIH cohort have achieved successful pregnancies, it is possible that interruption of ovulatory cycles could decrease fertility and increase the time to conception [Authors, personal observation].
- **Testicular abnormalities.** Testicular abnormalities are seen in the majority of boys and men with MAS (~85%), and typically manifest as unilateral or bilateral macroorchidism [Boyce et al 2012a]. Ultrasound examination demonstrates discrete hyper- and hypoechoic lesions and microlithiasis, corresponding to areas of Leydig and/or Sertoli cell hyperplasia (Figure 4B).

The potential for malignant transformation of testicular lesions is unknown, but appears to be low [Boyce et al 2012a].

- **Thyroid disease.** Thyroid involvement in FD/MAS is common. Approximately half of individuals with FD/MAS have ultrasound findings consistent with thyroid involvement, including mixed cystic and solid lesions interspersed with areas of normal-appearing tissue (Figure 4C and 4D) [Celi et al 2008, Tessaris et al 2012].

Hyperthyroidism is present in 10% to 30% of individuals with FD/MAS, and results from both increased hormone production and increased conversion of thyroxine (T4) to triiodothyronine (T3) [Celi et al 2008].

Hyperthyroidism is typically mild to moderate, but may be severe, and if undetected can lead to thyroid storm during anesthetic induction for surgery [Lawless et al 1992].

Uncontrolled hyperthyroidism may lead to bone age advancement, elevated bone turnover, and fractures. Malignant transformation of affected thyroid tissue has rarely been reported [Collins et al 2003].

- **Growth hormone excess.** Approximately 15%-20% of individuals with FD/MAS harbor *GNAS* pathogenic variants in the anterior pituitary that can lead to autonomous growth hormone production; approximately 80% of affected individuals with autonomous growth hormone production also have hyperprolactinemia [Salenave et al 2014].

Affected individuals typically present with linear growth acceleration, and may develop features of acromegaly. Clinically, growth hormone excess must be distinguished from precocious puberty and hyperthyroidism, which also present with growth acceleration.

Untreated growth hormone excess is associated with expansion of craniofacial fibrous dysplasia, leading to macrocephaly and increased risk of vision loss [Boyce et al 2013] (see Figure 2B).

- **FGF23-mediated phosphate wasting.** In the majority of individuals with FD, increased production of the phosphaturic hormone FGF23 in FD tissue results in a renal tubulopathy with some degree of phosphate wasting [Collins et al 2001]. However, frank hypophosphatemia in persons with FD is infrequent, in part due to alterations in FGF23 processing that takes place in FD tissue and results in increased cleavage of FGF23 to its inactive fragments [Bhattacharyya et al 2012]. The degree of FGF23 overproduction in FD correlates with disease severity and skeletal burden; thus, frank hypophosphatemia is only seen in individuals with a substantial FD burden [Riminucci et al 2003].

In contrast to most other features of FD/MAS, hypophosphatemia may wax and wane over the course of a person's lifetime and become more severe during periods of rapid skeletal growth. Hypophosphatemia may resolve as persons with FD become older, likely reflecting the intrinsic changes in FD that occur with age [Kuznetsov et al 2008].

Affected individuals with frank hypophosphatemia may develop rickets/osteomalacia, increased fractures, and bone pain [Leet et al 2004a].

- **Hypercortisolism.** Infants with FD/MAS may rarely present with Cushing syndrome due to excess cortisol production from the fetal adrenal gland [Brown et al 2010, Carney et al 2011]. Clinical symptoms typically develop in the neonatal period, and may be severe, leading to critical illness and death. Spontaneous regression has been reported in approximately half of survivors, presumably related to fetal adrenal involution.

Liver

- Hepatitis and neonatal cholestasis may be pronounced in infants, and generally wane with age to a mild persistent form [Silva et al 2000, Ikawa et al 2016].
- Hepatic adenomas with an identifiable *GNAS* activating pathogenic variant have also been reported [Gaujoux et al 2014].
- Liver failure in adults with FD/MAS has not been described.

Gastrointestinal

- Gastroesophageal reflux manifests in childhood and may be severe.
- Upper gastrointestinal polyps have been recently described as a common finding in individuals with FD/MAS [Wood et al 2017].

Pancreas. Approximately 15% of individuals with FD/MAS have pancreatic complications:

- Pancreatitis
- Intraductal papillary mucinous neoplasms (IPMN), which may present with variable grades of dysplasia [Gaujoux et al 2014, Wood et al 2017]

An individual with pancreatic carcinoma derived from an intestinal subtype of IPMN has been described [Parvanescu et al 2014].

Myxomas. Intramuscular myxomas are benign, usually asymptomatic, and often found incidentally.

Hematology

- Bone and bone marrow are, to varying degrees, replaced by fibroosseous tissue typically devoid of hematopoietic marrow.
- There have been reports of bone marrow failure with pancytopenia and extramedullary hematopoiesis requiring splenectomy in individuals with FD/MAS [Mahdi et al 2017, Robinson et al 2018].

Breast cancer. The risk for breast cancer in women with FD/MAS may be increased and it can occur at a **younger** age compared to the general population. However, pathogenic activating *GNAS* variants were identified in only half of the breast tumors from women with FD/MAS studied [Majoor et al 2018a].

Health-related quality of life. Several series have shown impaired physical functioning in individuals with FD/MAS, strongly correlated with disease severity. Nevertheless, individuals with this condition show preserved social and emotional functioning. This finding is important for prognosis and parental reassurance [Kelly et al 2005, Majoor et al 2018b].

Genotype-Phenotype Correlations

There are no known genotype-phenotype correlations.

To date, only activating *GNAS* somatic pathogenic variants at residues p.Arg201 and p.Gln227 have been identified in individuals with FD/MAS.

Disease severity is likely correlated with the degree of mosaicism and the tissues that are affected.

Nomenclature

The association of intramuscular myxomas with FD/MAS has been termed "Mazabraud syndrome" [Cox et al 2017].

Prevalence

FD/MAS is rare. While reliable data of prevalence are not available, estimates range between 1:100,000 and 1:1,000,000.

In contrast, fibrous dysplasia (particularly the monostotic form) is not rare, and has been estimated to account for as much as 7% of all benign bone tumors.

FD/MAS affects both sexes and shows no predilection for any particular populations.

Genetically Related (Allelic) Disorders

In contrast to somatic activating (gain-of-function) variants at specific *GNAS* residues resulting in FD/MAS, germline inactivating (loss-of-function) *GNAS* variants are associated with multiple phenotypes. Furthermore, since *GNAS* is an imprinted gene, the phenotype associated with germline inactivating pathogenic variants depends on the parent of origin (maternal vs paternal) for the mutated allele and the degree of imprinting that occurs in a given tissue. Table 2 lists phenotypes with germline inactivating *GNAS* pathogenic variants (see [Disorders of *GNAS* Inactivation](#)).

Table 2. Allelic Disorders Caused by Germline Inactivating (Loss-of-Function) *GNAS* Variants

Phenotype	<i>GNAS</i> Variant	OMIM / Reference
Pseudopseudohypoparathyroidism	Inactivating heterozygous pathogenic variant of the paternal <i>GNAS</i> allele	612463
Pseudohypoparathyroidism Ia	Inactivating heterozygous pathogenic variant of the maternal <i>GNAS</i> allele in exons 1-12	103580
Pseudohypoparathyroidism Ib	Imprinting defect: heterozygous deletion of regulatory elements in the maternal <i>GNAS</i> complex locus ¹	603233
Pseudohypoparathyroidism Ic	Inactivating heterozygous pathogenic variant in exon 13 of the maternal <i>GNAS</i> allele	612462

Table 2. continued from previous page.

Phenotype	GNAS Variant	OMIM / Reference
Progressive osseous heteroplasia	Inactivating heterozygous <i>GNAS</i> pathogenic variant of the paternal allele	166350

1. Pseudohypoparathyroidism Ib can also be caused by heterozygous deletion of *STX16*.

Sporadic tumors (including pituitary, pancreatic, breast, and colorectal tumors) occurring as single tumors in the absence of any other findings of FD/MAS frequently harbor somatic activating variants in *GNAS* that are **not** present in the germline. In these circumstances predisposition to these tumors is not heritable. For more information see Molecular Genetics, Cancer and Benign Tumors.

Differential Diagnosis

Neurofibromatosis type 1 (NF1) and FD/MAS have several overlapping features, including café au lait macules and skeletal abnormalities. Skin findings in NF1 include six or more café au lait macules, which are generally smooth bordered ("coast of California," as opposed to the irregularly bordered "coast of Maine" lesions seen in FD/MAS). Skeletal features of NF1 include kyphoscoliosis, sphenoid dysplasia, cortical thinning of long bones, and bowing and dysplasia, particularly of the tibia, which may result in pseudarthroses. Distinct features of NF1 include tumors of the nervous system such as neurofibromas and optic gliomas, pigmented iris hamartomas, and axillary freckling. NF1 is caused by heterozygous pathogenic variants in *NF1* and is inherited in an autosomal dominant manner.

Cutaneous-skeletal hypophosphatemia syndrome is a mosaic disorder resulting from somatic activating pathogenic variants in *HRAS* and *NRAS* [Lim et al 2014]. Affected individuals develop cutaneous lesions (epidermal and large congenital melanocytic nevi) following a mosaic distribution, a mosaic skeletal dysplasia, overproduction of FGF23 resulting in rickets/osteomalacia, and variable other associated anomalies of the eye, brain, and vasculature [Ovejero et al 2016].

Fibroosseous skeletal lesions may have radiologic and/or histologic features similar to fibrous dysplasia. These lesions are typically solitary, are not associated with extraskeletal features, and do not harbor pathogenic variants in *GNAS*.

- **Giant cell tumors of bone** are acquired lesions with histopathologic features similar to fibrous dysplasia, including proliferation of bone marrow stromal cells and the presence of multiple multinucleated giant cells. Giant cell tumors are typically benign, but may result in localized bone destruction and (rarely) metastases.
- **Ossifying fibromas** are benign lesions typically affecting the mandible and maxillae and presenting with local expansion of a firm, painless mass. Ossifying fibromas are generally more aggressive than craniofacial fibrous dysplasia lesions, and are treated with surgical excision.
- **Osteofibrous dysplasia** lesions typically occur in children younger than age ten years, and most commonly affect the anterior tibia. Affected children present with painless localized swelling and, in rare cases, with fracture or progressive deformity. Radiographs show a well-circumscribed radiolucent lesion with a characteristic sclerotic rim along the intra-cortical surface.
- **Cherubism** is characterized by progressive fibroosseous lesions of the mandible and maxilla primarily. It typically presents in early childhood with bilateral symmetric enlargement of the lower face leading to a characteristic "cherubic" appearance in which the eyes appear to gaze upward because of maxillary involvement. Facial deformity progresses during childhood and early puberty, after which it sometimes spontaneously regresses. In most cases, cherubism arises from heterozygous pathogenic variants in *SH3BP2*. Inheritance is autosomal dominant.

Management

Evaluations Following Initial Diagnosis

After the initial diagnosis, all individuals with fibrous dysplasia/McCune-Albright syndrome (FD/MAS) should be evaluated to determine the extent of disease. The presence of any features of FD/MAS should prompt more detailed clinical evaluation for additional manifestations. The authors recommend the following studies, if they have not already been completed.

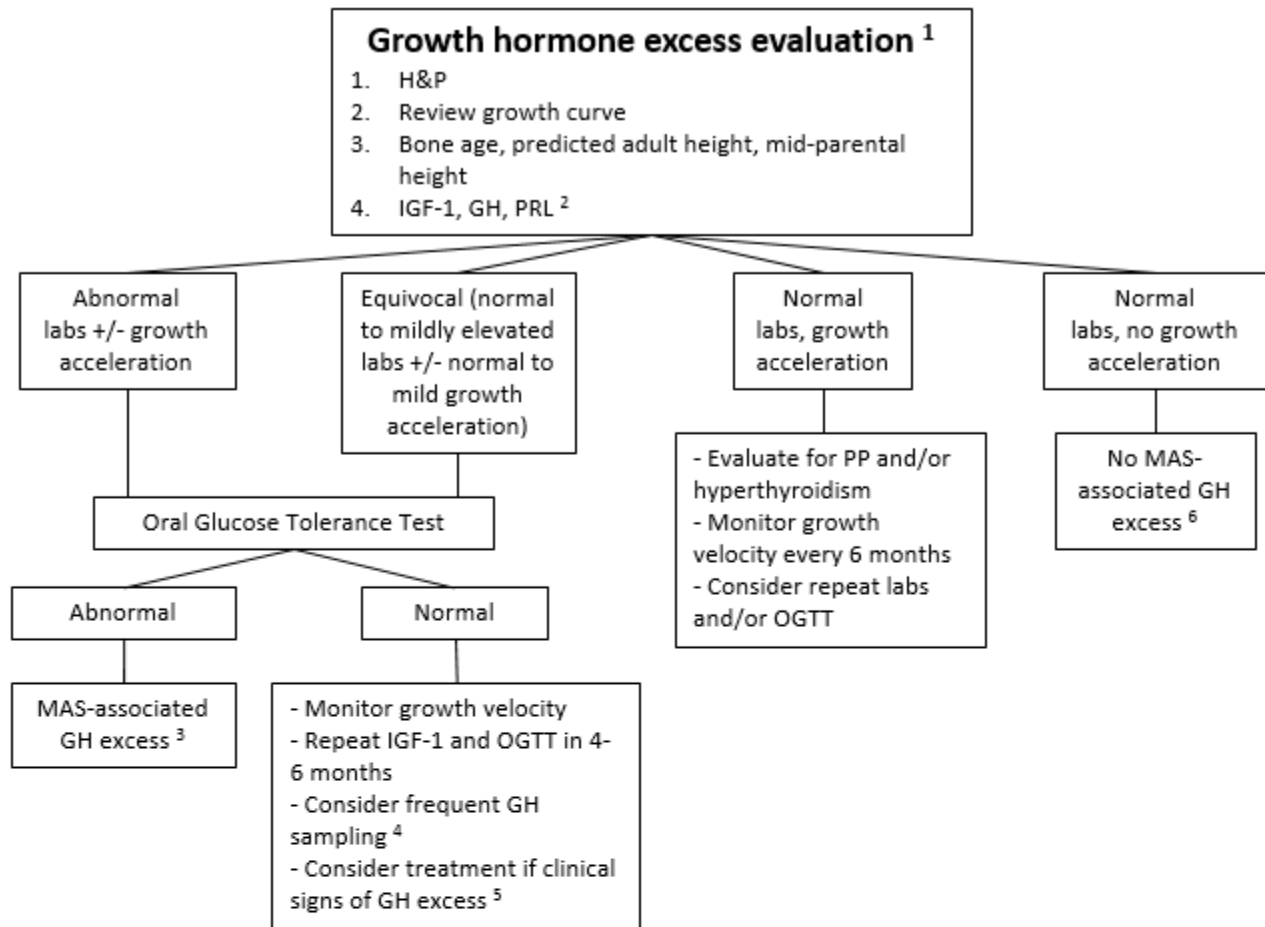
Skeleton

- Total body bone scintigraphy to identify and determine the extent of FD [Collins et al 2005]. The majority of clinically significant skeletal lesions are apparent on bone scan by age five years.
- Imaging of areas of identified areas of FD with radiographs (axial and appendicular FD) and/or computed tomography (craniofacial FD) to more clearly evaluate the extent and anatomy of the lesions
- Baseline ophthalmologic, otolaryngologic, and audiologic evaluations in persons with craniofacial FD
- Skeletal evaluation (see Figure 3)

Endocrine. A thorough history and physical examination and review of a growth chart (if available) are recommended to evaluate for clinical signs of endocrinopathies.

- Biochemical screening for hyperthyroidism, growth hormone excess (IGF-1 level), and FGF23-mediated hypophosphatemia (see Figure 3, Figure 6, and Figure 7)
- In individuals with clinical signs or a previous history of precocious puberty: biochemical screening, pelvic ultrasound examination (females), and bone age examination (see Figure 5 and Figure 6)
- Ultrasound examination of the thyroid gland and testes (in all males) to evaluate for subclinical disease (see Figure 7 and Figure 8)
- Test for hypercortisolism in infants with clinical evidence of Cushing syndrome (hypertension, facial plethora, abdominal obesity, developmental delay, failure to thrive, small for gestational age) (see Figure 9).

Less common manifestations. Consideration should be given to the less common manifestations cited in Clinical Description with appropriate clinical evaluations and imaging/biochemical studies performed as indicated (see Figure 10 for gastrointestinal evaluation).



H&P = history and physical examination

IGF-1 = insulin-like growth factor-1

GH = growth hormone

PRL = prolactin

OGTT = oral glucose tolerance test

MAS = McCune-Albright syndrome

PP = precocious puberty

1. To be performed at initial presentation in all individuals with MAS, regardless of clinical symptoms.

2. The majority of individuals with MAS-associated GH excess will have prolactin co-secretion [Salenave et al 2014].

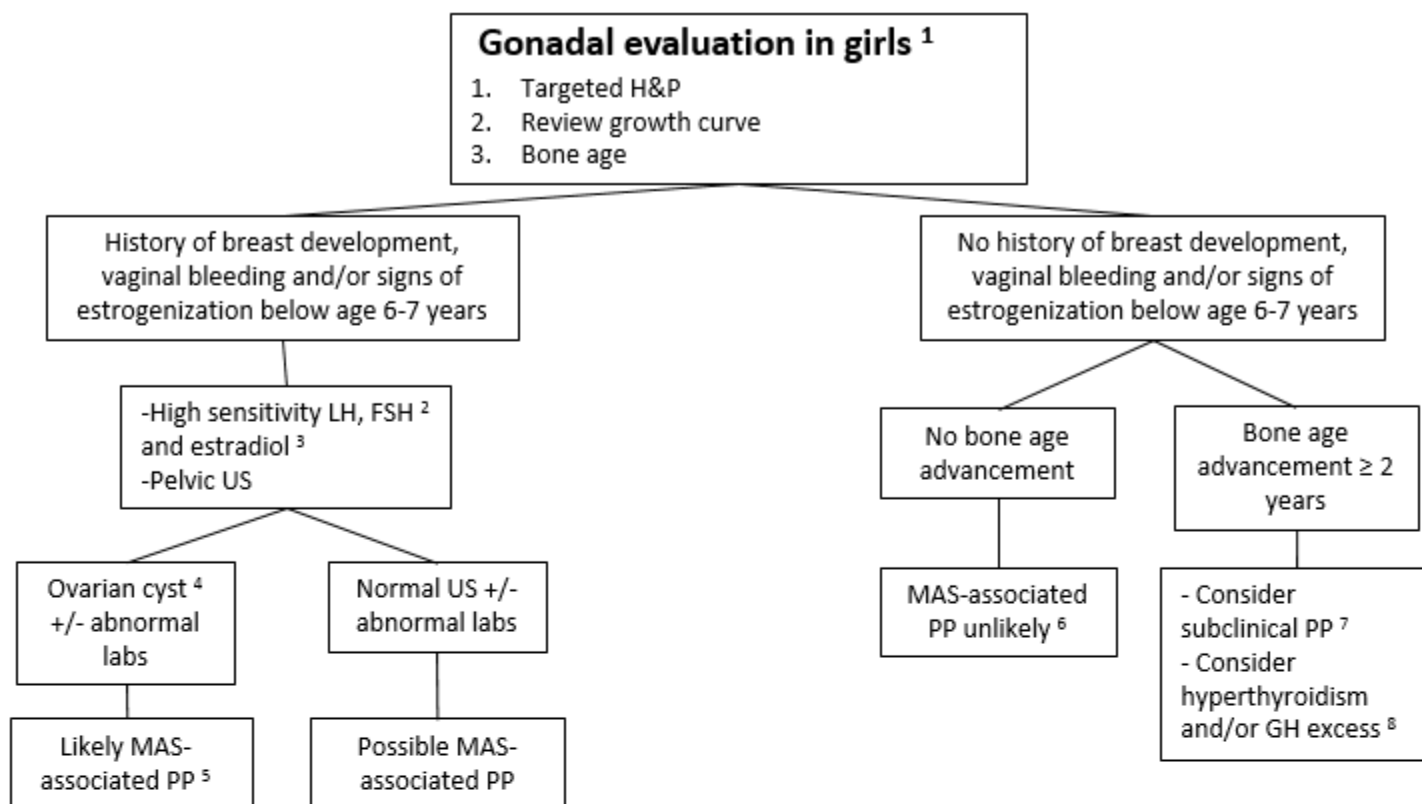
3. Practitioners may consider pituitary MRI in individuals suspected of having MAS-associated GH excess, however findings may be non-specific and rarely change management [Salenave et al 2014].

4. There are a variety of techniques for frequent GH sampling. Collecting GH samples every 20 minutes for 12 hours from 8 PM to 8 AM, with a lack of nadir below 1.0 ng/mL, is considered consistent with GH excess.

5. In those with craniofacial FD it is prudent to have a low threshold for initiating treatment, as uncontrolled GH excess is associated with increased craniofacial morbidity [Boyce et al 2012b].

6. MAS-associated GH excess may rarely present as late as young adulthood, therefore ongoing monitoring with periodic IGF-1 levels is prudent in those with significant craniofacial FD.

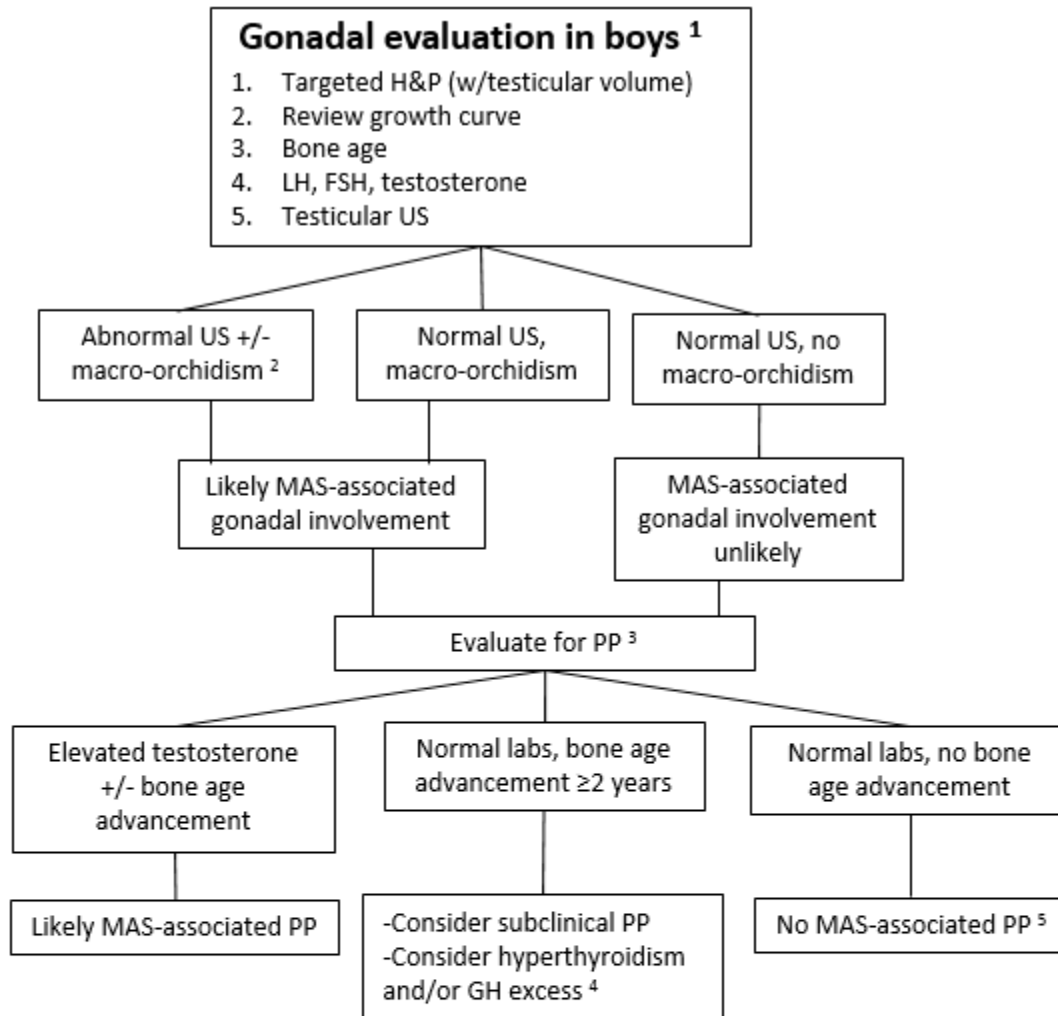
Figure 5. Recommended evaluations for growth hormone excess in individuals with fibrous dysplasia/McCune-Albright syndrome



H&P = history and physical examination
 LH = luteinizing hormone
 FSH = follicle-stimulating hormone
 US = ultrasound
 MAS = McCune-Albright syndrome
 PP = precocious puberty
 GH = growth hormone

1. To be performed at initial presentation in all girls with MAS, regardless of clinical symptoms.
2. Gonadotropins should be suppressed in those with precocious puberty, unless autonomous estrogen production has induced central precocious puberty [Collins et al 2012].
3. Estrogen production in MAS-associated precocious puberty is intermittent, and undetectable levels do not eliminate the possibility of disease.
4. Ovarian cysts are suggestive of MAS-associated precocious puberty, however absence of cysts does not eliminate the possibility of disease [Authors, personal observation].
5. In isolated peripheral precocious puberty, the differential diagnosis includes estrogen-producing tumors. Evaluation for additional features of MAS may establish the diagnosis.
6. Unlike other features of MAS, autonomous ovarian activity may present at any time during infancy or childhood. Girls should continue to be monitored clinically for signs of peripheral precocious puberty, however routine labwork and imaging is not recommended.
7. Affected females may rarely present with intermittent ovarian activity with only subtle signs of estrogenization (mild intermittent breast development without vaginal bleeding).
8. Hyperthyroidism and growth hormone excess may present with an advanced bone age compared to chronologic age.

Figure 6. Recommended evaluations for gonadal abnormalities in females with fibrous dysplasia/McCune-Albright syndrome



H&P = history and physical examination

LH = luteinizing hormone

FSH = follicle stimulating hormone

US = ultrasound

MAS = McCune-Albright syndrome

PP = precocious puberty

GH = growth hormone

1. Performed at initial presentation in all boys with MAS, regardless of clinical symptoms.

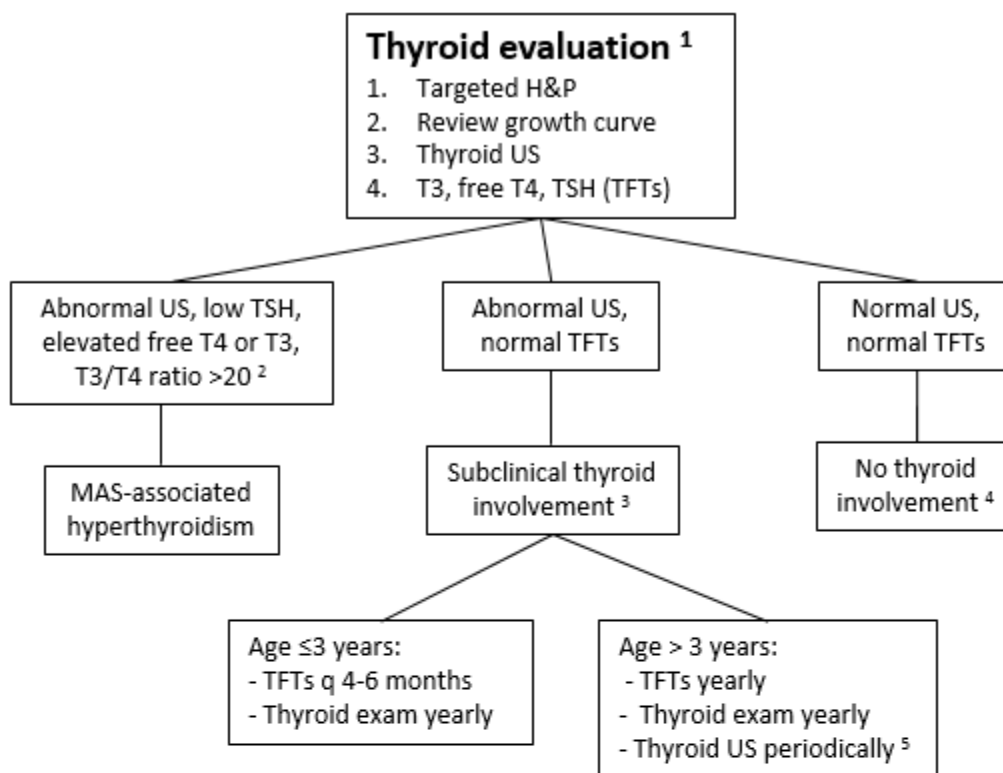
2. Typical MAS-associated macro-orchidism presents with uniform, unilateral or bilateral testicular enlargement without discrete palpable masses.

3. Precocious puberty is less likely to occur in males who do not have evidence of testicular involvement on ultrasound. The presence of macroorchidism is typically associated with ultrasound abnormalities.

4. Hyperthyroidism and growth hormone excess may present with an advanced bone age compared to chronologic age.

5. Autonomous testicular activity may present at any time during childhood. Boys should continue to be monitored clinically for signs of peripheral precocious puberty, however routine labwork and imaging is not recommended [Boyce et al 2012a].

Figure 7. Recommended evaluations for gonadal abnormalities in males with fibrous dysplasia/McCune-Albright syndrome



H&P = history and physical examination

US = ultrasound

TSH = thyroid stimulating hormone

T3 = triiodothyronine

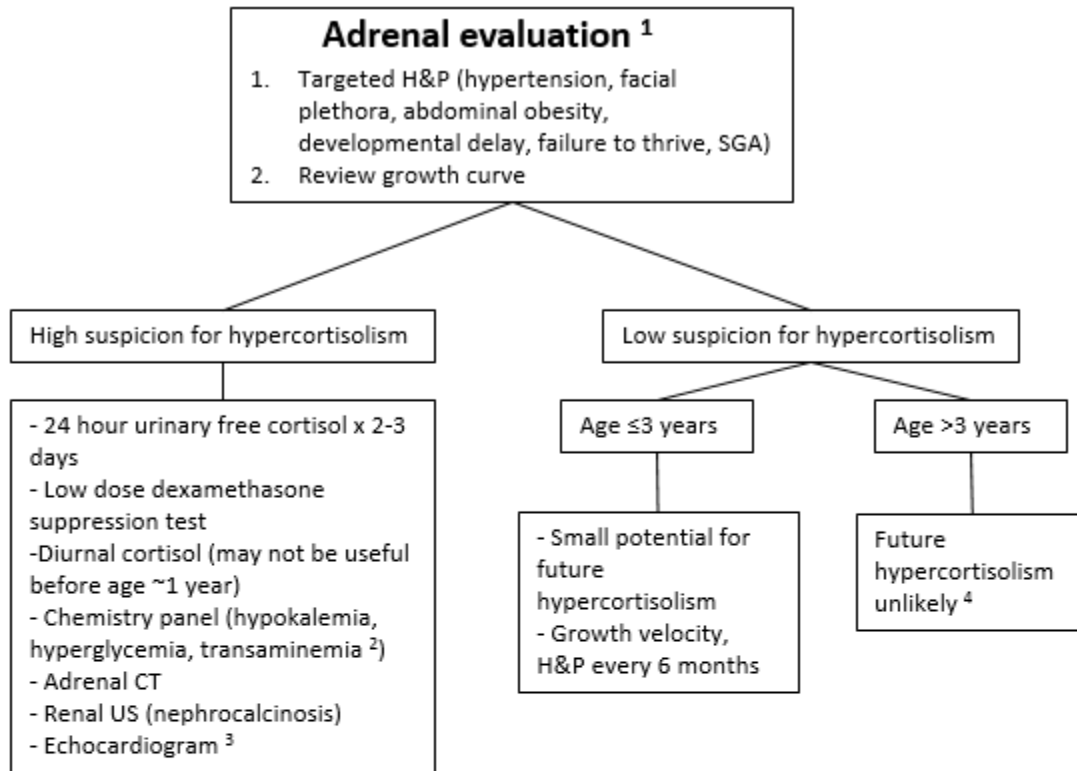
T4 = thyroxine

TFTs = thyroid function tests

MAS = McCune-Albright syndrome

1. To be performed at initial presentation in all individuals with MAS, regardless of clinical symptoms.
2. An elevated T3/T4 ratio is suggestive of autonomous T3 production in individuals with MAS [Celi et al 2008].
3. A small percentage of affected individuals with radiologic disease and normal TFTs will develop hyperthyroidism at some point during childhood.
4. The absence of biochemical or radiologic thyroid abnormalities after age 5 years likely eliminates the possibility of MAS-associated thyroid disease, and no further routine monitoring is required.
5. MAS-associated thyroid disease is correlated with a slightly increased risk of thyroid cancer. See Surveillance. Those with radiologic disease should be monitored with yearly physical examination and thyroid US every 2-5 years [Collins et al 2003].

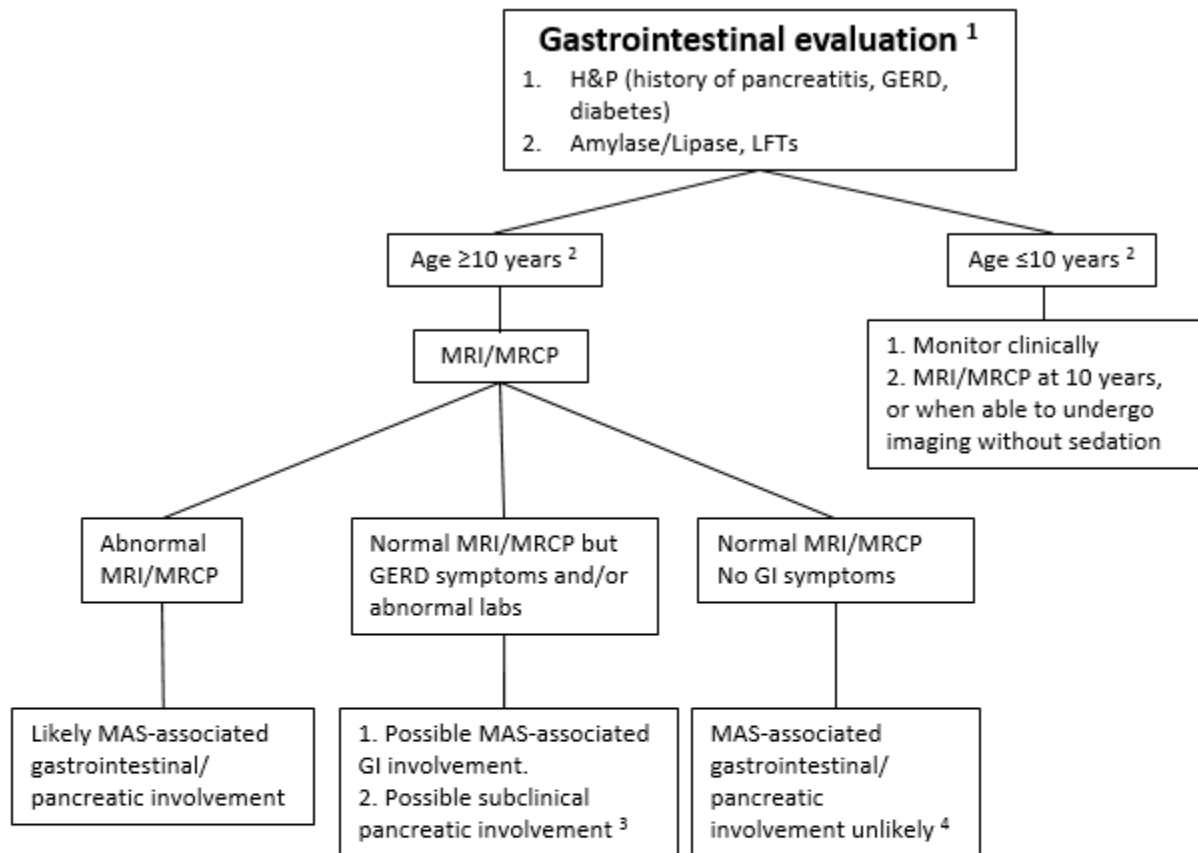
Figure 8. Recommended evaluations for thyroid abnormalities in individuals with fibrous dysplasia/McCune-Albright syndrome



H&P = history and physical examination
 SGA = small for gestational age
 CT = computerized tomography
 US = ultrasound

1. To be performed at initial presentation in all individuals with MAS, regardless of clinical symptoms.
2. Liver disease is highly correlated with MAS-associated hypercortisolism.
3. Prognosis of hypercortisolism is negatively correlated with the presence of comorbid heart disease [Brown et al 2010]. Since hypercortisolism may lead to heart disease, the presence of hypercortisolism makes the prognosis for heart disease worse.
4. Hypercortisolism in MAS results from autonomous activity of the adrenal fetal zone, which involutes rapidly after birth and is typically gone by age 1 year [Carney et al 2011]. MAS-associated hypercortisolism is unlikely after age 1 year and the risk is effectively gone after age 3 years [Brown et al 2010].

Figure 9. Recommended evaluations for adrenal gland dysfunction in individuals with fibrous dysplasia/McCune-Albright syndrome



H&P = history and physical examination
 MRI = magnetic resonance imaging
 MRCP = magnetic resonance cholangiopancreatography
 GERD = gastroesophageal reflux disease
 GI = gastrointestinal
 MAS = McCune-Albright syndrome

1. Performed at initial presentation, regardless of clinical symptoms.
2. Age is not based upon clinical evidence, but on age at which affected individuals may undergo MRI/MRCP without requiring sedation, and should be individualized based on clinical judgement.
3. Age of onset of pancreatic cyst development is not established; therefore clinical monitoring for gastrointestinal symptoms in these affected individuals is indicated.
4. Affected individuals should continue to be monitored clinically for new signs of gastrointestinal/pancreatic involvement including pancreatitis and diabetes [Gaujoux et al 2014, Parvanescu et al 2014, Wood et al 2017].

Figure 10. Recommended evaluations for gastrointestinal issues in individuals with fibrous dysplasia/McCune-Albright syndrome

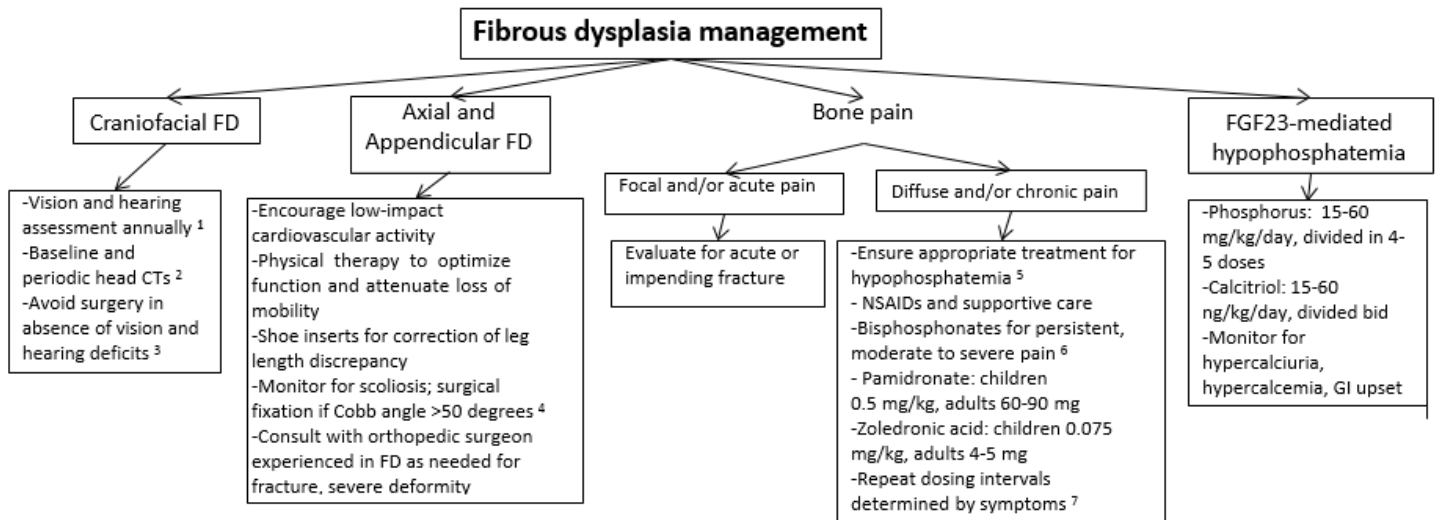
Treatment of Manifestations

Management is most effectively accomplished through the input of a multidisciplinary team of specialists including an endocrinologist, orthopedic surgeon, physiatrist, ophthalmologist, audiologist, endocrine surgeon, craniofacial surgeon, and clinical geneticist. No consensus management guidelines have been published.

Fibrous Dysplasia

There are no available medical therapies capable of altering the disease course in fibrous dysplasia. Current management is focused on optimizing function and minimizing morbidity related to fractures and deformity. The primary elements of management include the following (see also Figure 11):

- Orthopedic surgery to repair fractures and to prevent and correct deformities. A surgeon experienced in FD should be consulted, as approaches previously considered standard (e.g., curettage, grafting, external fixation) are frequently ineffective [Stanton et al 2012, Leet et al 2016].
- Diagnosis and treatment of scoliosis is of particular importance, as it may be rapidly progressive and in rare cases may lead to fatal respiratory compromise. For this reason, all individuals with spinal FD should be monitored closely by an orthopedic surgeon or physiatrist for possible progression. Surgical fusion has been shown to be effective at stabilizing the spine [Leet et al 2004b, Mancini et al 2009].
- Aneurysmal bone cysts, best detected by MRI, are rapidly expanding fluid-filled lesions that form within preexisting areas of FD. Affected individuals experience acute onset of severe pain, rapidly expanding localized deformity, and rarely – when cysts compress the optic nerve – rapid loss of vision. Aneurysmal bone cysts thus carry a high risk of morbidity and should be evaluated urgently by a surgeon [Lee et al 2012, Manjila et al 2013].
- Prophylactic optic nerve decompression to reduce the risk of vision loss can in fact increase the risk of vision loss and is thus contraindicated [Lee et al 2002, Cutler et al 2006, Amit et al 2011].
- Physical therapy to optimize function and attenuate loss of mobility is appropriate. Affected individuals with lower-extremity FD in particular may benefit from therapies to address hip girdle weakness, range of motion, and leg length discrepancies [Paul et al 2014].
- Intravenous bisphosphonates such as zoledronic acid and pamidronate are usually effective at relieving bone pain. Dosing should be based on symptoms, not on a fixed interval or bone turnover markers. The oral bisphosphonate alendronate has been shown to be ineffective for treatment of bone pain [Boyce et al 2014].
- Denosumab, a human monoclonal antibody to RANKL, has been used in several cases of FD, with an apparent significant reduction in pain, bone turnover markers, and tumor growth rate. However, it has also been associated with clinically significant disturbances of mineral metabolism both while on treatment and after discontinuation [Boyce et al 2012b, Benhamou et al 2014, Ganda & Seibel 2014]. For this reason, we only recommend the use of denosumab in centers with large experience in the treatment of individuals with FD, ideally in the context of a clinical study.
- Malignancy should remain a consideration for individuals with acute or rapidly expanding FD lesions, or with atypical radiographic features such as compromise of the bony cortex with an associated soft tissue mass.



CT = computerized tomography

NSAIDs = nonsteroidal anti-inflammatory drugs

IV = intravenous

kg = kilograms

mg = milligrams

ng = nanograms

bid = twice daily

GI = gastrointestinal

1. Affected individuals should be evaluated yearly by a neuro-ophthalmologist; less frequently once stability is demonstrated. Those with evidence of optic neuropathy should be referred to an experienced craniofacial surgical team.
2. Repeat head CT approximately every 5 years, potentially sooner in younger individuals, those with severe disease, or if vision or hearing deficits develop [Boyce et al 2017].
3. Optic nerve encasement is common and usually asymptomatic. Prophylactic optic nerve decompression in the absence of optic neuropathy is contraindicated [Lee et al 2002, Amit et al 2011].
4. Scoliosis may be progressive and potentially fatal in severe cases. All affected individuals with scoliosis should be followed regularly by an orthopedic surgeon [Leet et al 2004b].
5. Inadequately treated hypophosphatemia may significantly worsen bone pain, and must be addressed before considering bisphosphonates [Leet et al 2004a, Paul et al 2014].
6. Bisphosphonates have not been shown to affect disease progression, and use should be limited to treatment of FD-related bone pain [Hart et al 2007, Boyce et al 2014].
7. Doses should be repeated as needed when pain returns rather than on a set dosing schedule. In absence of significant benefit on pain, bisphosphonate treatment should be discontinued.

Figure 11. Recommended management for fibrous dysplasia in individuals with fibrous dysplasia/McCune-Albright syndrome

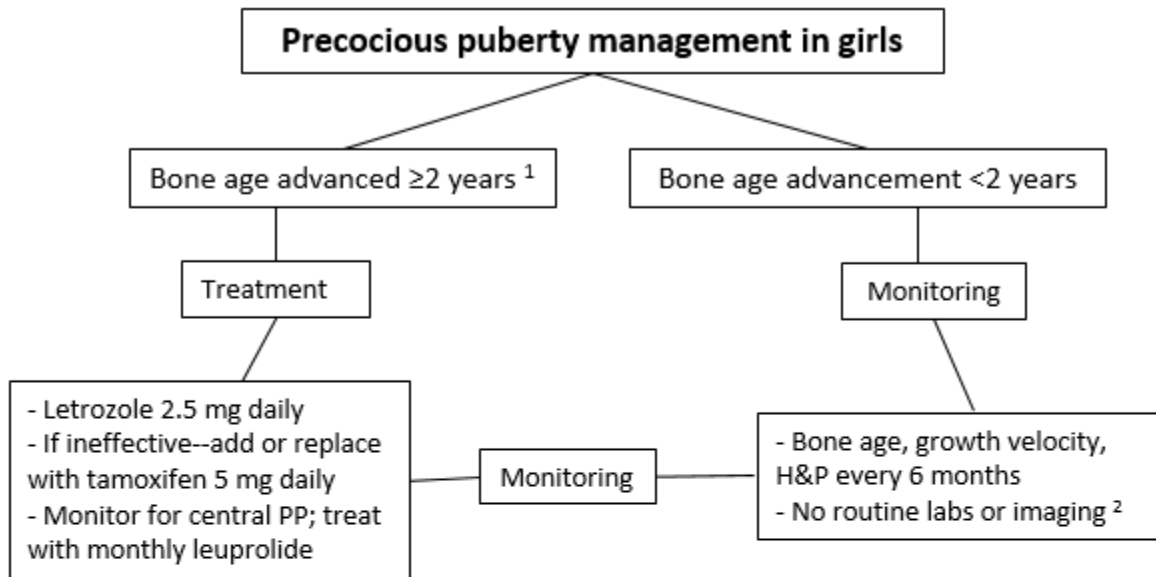
Endocrinopathies

Precocious puberty. Treatment of precocious puberty is important to prevent bone age advancement and compromise of adult height.

- **Females** (see Figure 12). The aromatase inhibitor letrozole is an effective treatment for females [Feuillan et al 2007]. In a recently published study with the longest follow up to date, letrozole treatment resulted in sustained beneficial effects on skeletal maturation, growth velocity, and predicted adult height [Estrada et al 2016]. Most females also have a decrease in the number of menstrual bleeding episodes while on treatment. Prophylactic surgical intervention for large and persistent ovarian cysts should be undertaken with extreme caution due to the known risk for cyst recurrence and the potential for decreased ovarian reserve in affected women.
- **Males** (see Figure 13). Given the rarity of precocious puberty in males, treatment options are less well established. One strategy includes the combination of an androgen receptor blocker (e.g., spironolactone or bicalutamide) and an inhibitor of sex steroid synthesis (e.g., letrozole) [Boyce et al 2012a].

Children of both sexes frequently enter central precocious puberty due to premature sex steroid exposure (see Clinical Description). This typically presents with reappearance of the signs of puberty in a child with previously

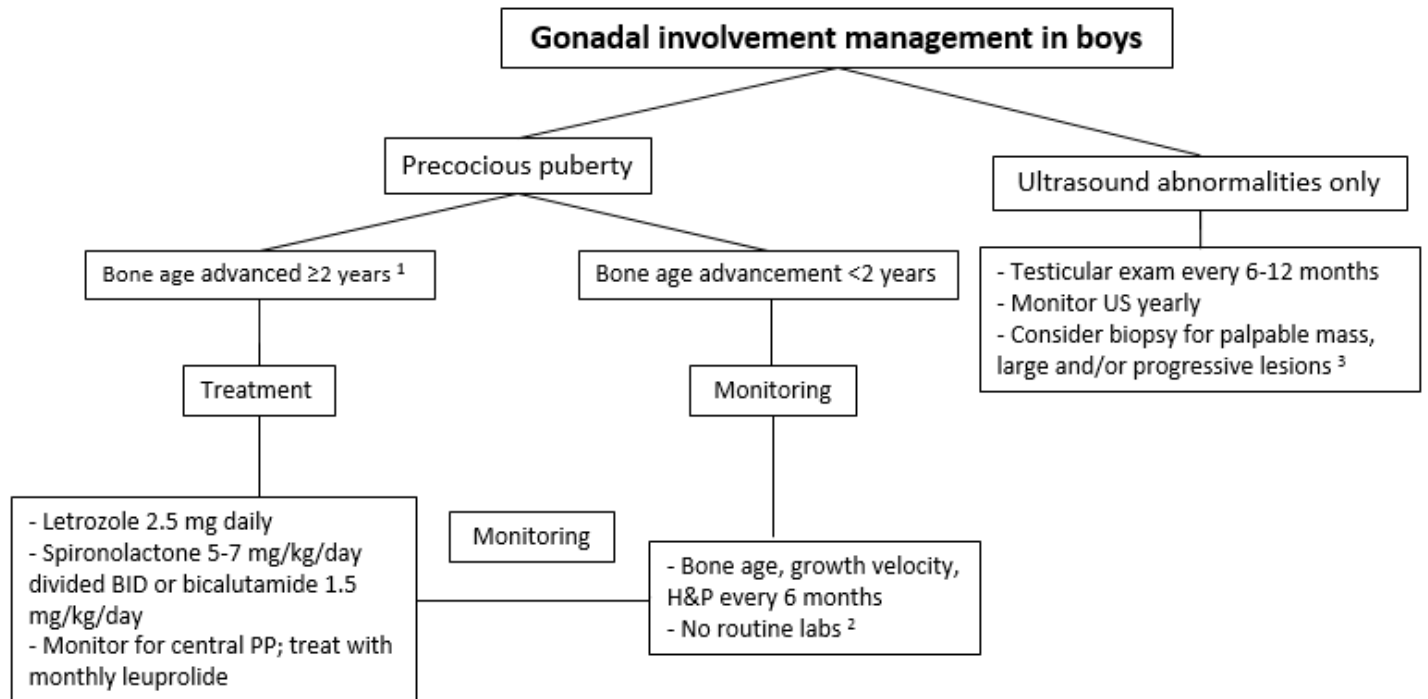
well-controlled peripheral precocious puberty. Leuprolide therapy in combination with the above medications is an effective therapeutic strategy in most.



PP = precocious puberty
 mg = milligrams
 H&P = history and physical examination

1. The primary indication for treatment is to prevent impairment of adult height. Vaginal bleeding in the absence of bone age advancement does not typically warrant treatment. Exceptions may be made for very young children with frequent bleeding episodes deemed likely to lead to bone age advancement, or those who experience significant psychosocial distress related to pubertal episodes [Boyce et al 2016, Eugster et al 2003].
2. The primary endpoint for treatment efficacy is prevention of bone age advancement, which is assessed by growth velocity and bone age examination. Routine laboratory testing and ultrasound are unlikely to change management, and are not recommended.

Figure 12. Recommended management for precocious puberty in girls with fibrous dysplasia/McCune-Albright syndrome



PP = precocious puberty
 mg = milligrams
 kg = kilogram
 H&P = history and physical examination
 US = ultrasound

1. The primary indication for treatment is to prevent impairment of adult height. Elevated testosterone levels in the absence of bone age advancement does not warrant treatment. Exceptions may be made for boys with testosterone-induced behavioral changes or progressive masculinization of the genitalia.

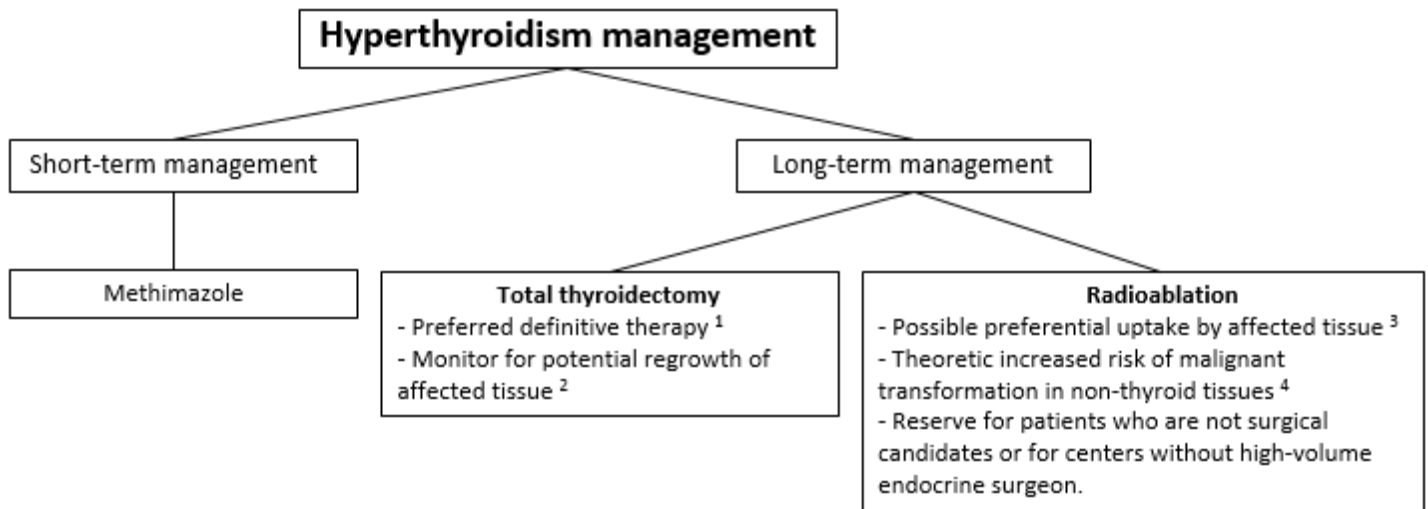
2. Routine labwork is unlikely to change management and is not recommended.

3. Routine biopsy of affected testes is not recommended. Lesions should be followed with serial exam and ultrasound. Consider biopsy for lesions with atypical features such as a palpable mass, or for lesions that are large and/or progressive [Boyce et al 2012a, Tessaris et al 2012b].

Figure 13. Recommended management for gonadal involvement in boys with fibrous dysplasia/McCune-Albright syndrome

Thyroid disease. Methimazole is effective for medical management of hyperthyroidism [Tessaris et al 2012] and is the first line of treatment. Propylthiouracil has been associated with an unacceptable risk of hepatotoxicity in children and therefore is no longer recommended [Ross et al 2016]. Because FD/MAS-associated hyperthyroidism is persistent, most affected individuals ultimately elect for definitive treatment. Thyroidectomy is the preferred definitive treatment in most affected individuals. Total gland resection is generally recommended due to the potential for thyroid tissue regrowth. Selection of an experienced high-volume endocrine surgeon is critical to minimize complications and optimize outcomes. Affected individuals should be monitored post-surgically with yearly ultrasound examination to evaluate for tissue regrowth. See Figure 14.

Radioablation is typically avoided due to potential preferential uptake by tissues bearing a somatic activating *GNAS* pathogenic variant, which may lead to increased risk of malignancy in the remaining unaffected gland. Additionally, *GNAS* pathogenic variants are associated with a slight increased risk of malignant transformation in both thyroid and non-thyroidal tissues; the risk is potentially enhanced by radiation exposure.



1. Total thyroidectomy is preferred over subtotal as any remaining abnormal tissue has the potential to regrow, with recurrence of hyperthyroidism. Accordingly, radioactive iodine uptake scan will not alter management and is not part of routine pre-operative care.
2. After thyroidectomy affected individuals should continue to be monitored with yearly physical exam and thyroid US.
3. Preferential uptake of radioactive iodine by diseased tissue may lead to a theoretic increased risk of thyroid cancer in the remaining unaffected tissue.
4. Both thyroid and non-thyroidal tissues with an activating pathogenic *GNAS* variant carry a slight increased risk of malignant transformation, which may be increased by radiation exposure [Tessaris et al 2012a, Collins et al 2003].

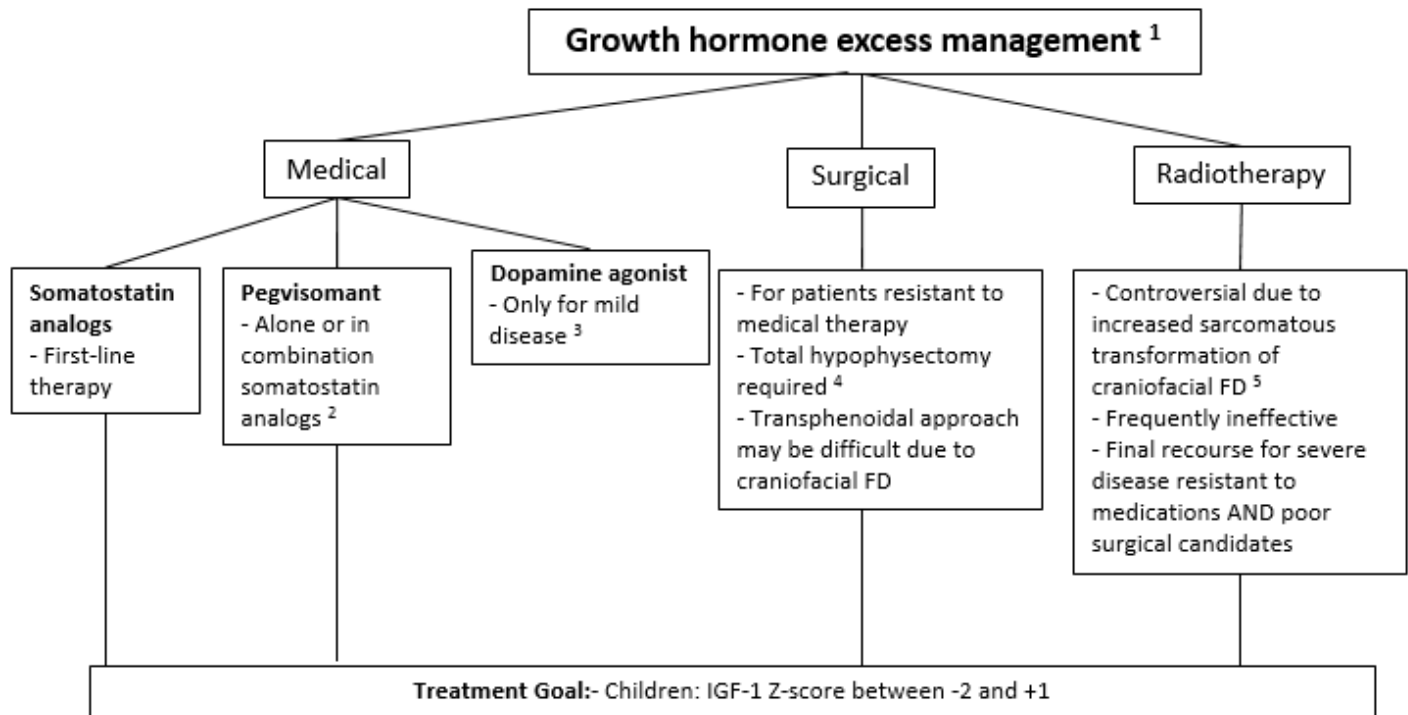
Figure 14. Recommended management for hyperthyroidism in individuals with fibrous dysplasia/McCune-Albright syndrome

Growth hormone (GH) excess. Medical therapy is the preferred first-line treatment. Options include (alone or in combination) somatostatin analogs and the growth hormone receptor antagonist pegvisomant [Boyce et al 2013, Salenave et al 2014] (see Figure 15).

- In growing children, the therapeutic goal is to maintain the IGF-1 level in the middle of the normal range with an IGF-1 Z-score below 0.
- In skeletally mature individuals, the goal is to decrease the IGF-1 level to as low as possible.

Medical therapy is typically continued indefinitely, as options for definitive treatment are associated with significant morbidity. Surgery may be technically difficult or precluded due to craniofacial FD. Additionally, given the diffuse pituitary infiltration of GH-producing cells, affected individuals treated surgically require total hypophysectomy with resulting total hypopituitarism [Vortmeyer et al 2012]. Radiation treatment may be effective in refractory cases, but has been associated with fatal malignant transformation of craniofacial FD [Hansen & Moffat 2003, Liu et al 2011].

The hyperprolactinemia that frequently accompanies growth hormone excess is generally responsive to treatment with dopamine agonists, including cabergoline and bromocriptine. This class of drugs could also have an effect on growth hormone excess treatment in those with modest elevations of GH and IGF-1 levels, with or without concomitant hyperprolactinemia [Katznelson et al 2014].



FD = fibrous dysplasia
IGF-1 = insulin-like growth factor-1

1. Hyperprolactinemia accompanies GH excess in approximately 80% of the individuals with MAS. It usually only requires treatment if levels are very high and/or it is interfering with pubertal progression, menses, or sexual function [Salenave et al 2014].
2. The authors's practice is to add pegvisomant after reaching a maximal dose of somatostatin analogs.
3. Effective for treatment of modest elevations of GH and IGF-1 levels, with or without concomitant hyperprolactinemia.
4. Due to characteristic diffuse somatotroph hyperplasia of the pituitary, total hypophysectomy is required for successful surgical treatment [Vortmeyer et al 2012].
5. FD of the skull base is nearly universal in individuals with MAS-associated GH excess. There are reports of fatal skull base osteosarcomas arising after pituitary irradiation for treatment of MAS-associated GH excess [Liu et al 2011].

Figure 15. Recommended management for growth hormone excess in individuals with fibrous dysplasia/McCune-Albright syndrome

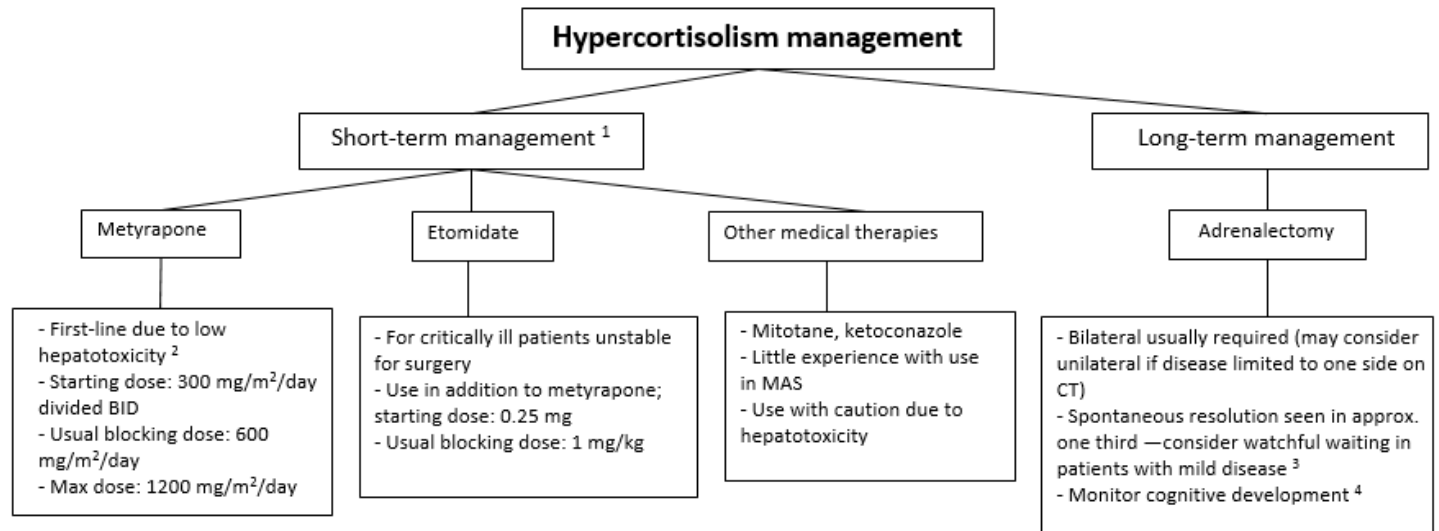
FGF23-mediated phosphate wasting. Treatment of frank hypophosphatemia is the same as in other disorders of FGF23 excess, and includes oral phosphorus and calcitriol. Important therapeutic endpoints include growth velocity and radiographic evidence of epiphyseal healing. Unlike other disorders of FGF23 excess, bone turnover markers in FD/MAS (e.g., alkaline phosphatase) may be constitutively elevated and are not a useful indicator of skeletal response to treatment.

Hypercortisolism. Treatment guidelines for hypercortisolism are difficult to establish given the rarity of neonatal Cushing syndrome. Additionally, affected individuals may be critically ill at presentation, which significantly affects treatment options.

- Definitive treatment includes surgical removal of the diseased adrenal glands.
- For medical treatment metyrapone is frequently effective, and is preferred over ketoconazole in children with liver abnormalities.

Spontaneous remission has been clearly documented in some affected individuals [Brown et al 2010]; however, it is not possible to identify prospectively which individuals will undergo remission. The decision to pursue or delay adrenalectomy must be made on an individual basis, taking into account the severity of illness, the ability

of medications to control cortisol levels, and the potential effect of continued hypercortisolism on neurodevelopment. See Figure 16.

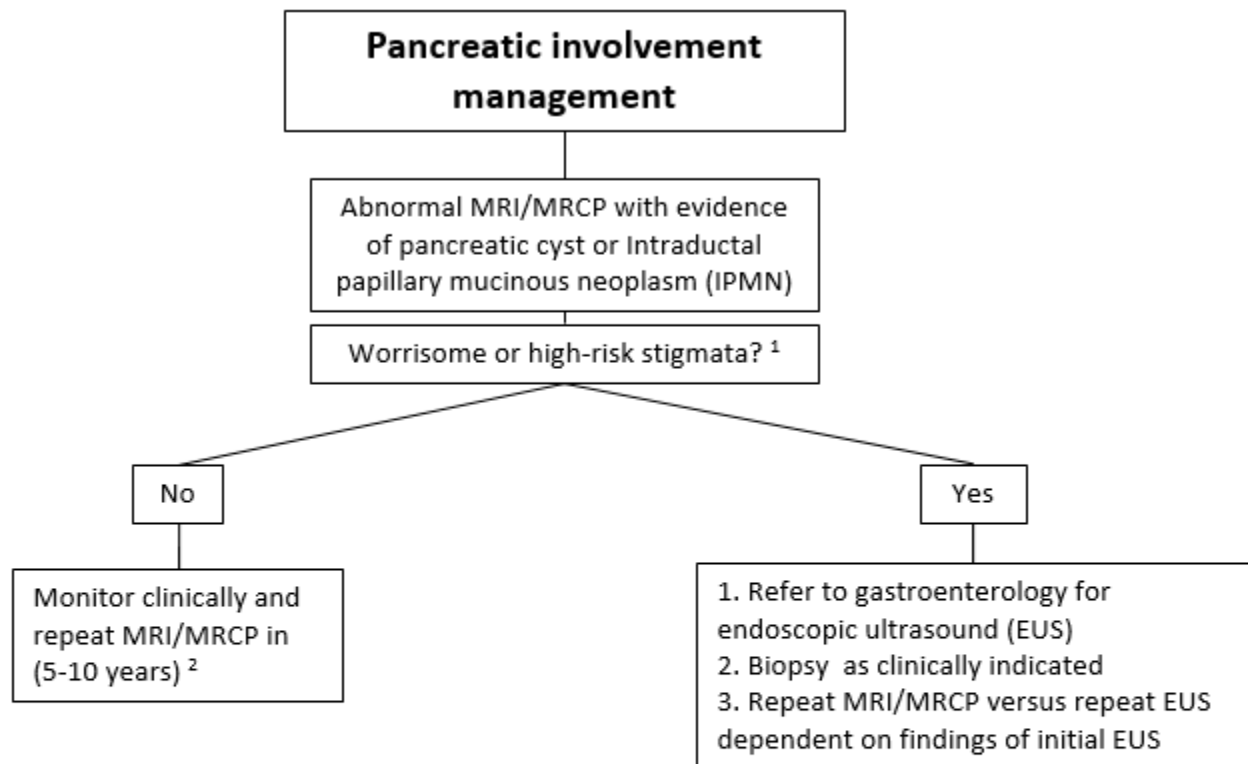


mg = milligrams
 m² = meters squared
 MAS = McCune-Albright syndrome

1. Affected individuals are often critically ill at presentation, which may impact treatment options.
2. Hepatotoxicity is an important consideration due to frequent comorbid liver disease [Brown et al 2010].
3. Spontaneous resolution may occur due to involution of the adrenal fetal zone, which is the source of hypercortisolism in MAS [Carney et al 2011].
4. Children with a current or remote history of MAS-associated hypercortisolism are at increased risk for neurodevelopmental delays, and should be considered for early interventional services [Brown et al 2010].

Figure 16. Recommended management for hypercortisolism in individuals with fibrous dysplasia/McCune-Albright syndrome

Pancreatic involvement. Natural history and specific risk of malignancy in FD/MAS-associated intraductal papillary mucinous neoplasms (IPMNs) have not been defined. Until that information becomes available, the authors recommend following guidelines for the evaluation of IPMNs in the general population [Tanaka et al 2012] (see Figure 17).



MRCP = magnetic resonance cholangiopancreatography
MRI = magnetic resonance imaging
EUS = endoscopic ultrasound

1. Based on the International Consensus Guidelines 2012 for the management of IPMNs [Tanaka et al 2012]. Worrisome features include: pancreatitis; cyst ≥ 3 cm; thickened cystic walls; main duct dilatation of 5-9 mm; non-enhanced mural nodules; and abrupt change in caliber of pancreatic duct with distal pancreatic atrophy. High-risk stigmata include: obstructive jaundice in affected individuals with a cystic lesion in the pancreatic head; enhanced solid component within the cyst; and main duct dilatation ≥ 10 mm.
2. The interval for repeat MRI/MRCP is not established [Gaujoux et al 2014, Wood et al 2017].

Figure 17. Recommended management for pancreatic involvement in individuals with fibrous dysplasia/McCune-Albright syndrome

Surveillance

Due to the mosaic nature of this condition, the clinical findings in any given affected individual can vary significantly, with some individuals having involvement of only one organ system and others having more widespread involvement. Additionally, some features are age dependent and are either not likely to develop after a certain age or are more likely to affect an older individual as opposed to a child. The following information on surveillance applies to individuals who have already been evaluated for signs and symptoms of the condition and in whom the extent of disease has been assessed; surveillance will need to be tailored to the individual's age and known affected organ systems (see Table 3).

Fibrous Dysplasia

See Figure 3.

- Individuals with craniofacial FD should have yearly vision and hearing evaluations, and periodic computed tomography of the skull.
- Individuals with spine FD should be monitored closely for progressive scoliosis.

- Radiographs should be performed periodically to evaluate new or worsening symptoms and to provide additional information about FD anatomy and bone quality.
- Phosphorus levels should be checked periodically to monitor for the development of FGF23-mediated hypophosphatemia.
- 25-hydroxyvitamin D levels should be monitored periodically as part of routine bone health surveillance.

Endocrinopathies

Precocious puberty. All children should be monitored for growth acceleration and other clinical signs of precocious puberty (see Figure 5).

Testicular lesions. It is prudent to monitor all males with regular physical examinations and testicular ultrasound examinations (see Figure 7).

Thyroid. Thyroid function tests (TSH, free T4, and T3) should be performed routinely in all children younger than age five years.

- Individuals with abnormalities on thyroid ultrasound examination but normal thyroid function tests should continue to have laboratory testing periodically throughout childhood, as the development of frank hyperthyroidism may occur later (see Figure 8).
- Affected individuals who retain abnormal thyroid tissue following thyroid surgery should be monitored with regular physical examination and periodic thyroid ultrasound examination because of the potential for thyroid tissue regrowth (see Figure 14).

Growth hormone excess. All children should be monitored for growth acceleration.

- Affected individuals with significant craniofacial FD should have IGF-1 levels monitored routinely through early adulthood.
- Affected individuals treated medically with somatostatin analogs should be monitored for gallbladder disease, and those treated with pegvisomant should be monitored for hepatotoxicity (see Figure 15).

FGF23-mediated phosphate wasting. Serum phosphorus levels should be monitored routinely in all affected individuals (see Figure 3).

Hypercortisolism. Routine biochemical surveillance is not indicated; however, all infants should be monitored for clinical signs of hypercortisolism.

Affected individuals with a history of Cushing syndrome that has spontaneously resolved should be monitored for late-appearing adrenal insufficiency (see Figure 9).

Malignancies

While a strong association between certain pathogenic variants (i.e., activating *GNAS* variants at residues p.Arg201 and p.Gln227) and malignancies in FD/MAS is lacking, it is prudent to minimize additional risk factors (e.g., radiation exposure) and encourage vigilance and monitoring.

Given the higher risk of breast cancer in women with FD/MAS, screening should be considered at a younger age than what is recommended for the general population [Majoor et al 2018a].

Table 3. Surveillance to Consider for Individuals with Fibrous Dysplasia/McCune Albright Syndrome

System/Concern	Evaluation	Frequency	
Musculoskeletal ¹	Monitoring for progression of scoliosis & other skeletal findings by orthopedic surgeon or physiatrist	Routinely	
	Computed tomography of the skull	Every 5 yrs or potentially sooner in younger individuals, those w/severe disease, or if vision or hearing deficits develop	
	Radiographs to evaluate new or worsening symptoms & to provide additional information about FD anatomy & bone quality	Periodically	
Endocrine	Puberty (females)	Evaluation for growth acceleration & other clinical signs of precocious puberty ^{2, 3}	At each visit
		Bone age assessment	Every 6 mos in those w/bone age advancement of ≥ 2 yrs
	Puberty (males)	Evaluation for growth acceleration & other clinical signs of precocious puberty ^{2, 3}	At each visit
		Bone age assessment	Every 6 mos in those w/bone age advancement of ≥ 2 yrs
		Testicular physical examination	At each visit
		Testicular ultrasound	Periodically
	Thyroid	Thyroid function tests (TSH, free T4, T3)	Routinely in all children age <5 yrs; every 4-6 mos in children <3 yrs & annually in children >3 yrs throughout childhood if ultrasound abnormalities are present ⁴
		Physical examination of the thyroid	Periodically in those w/retained abnormal thyroid tissue following thyroidectomy ⁵
		Thyroid ultrasound	Periodically in those w/abnormalities on thyroid ultrasound or who have undergone thyroidectomy ^{5, 6}
	Adrenal ⁷	Clinical signs of hypercortisolism ⁸	In infants at each visit
		Signs & symptoms of late-appearing adrenal insufficiency in those w/history of Cushing syndrome that has spontaneously resolved ⁷	At each visit
		Serum IGF-1 levels	Routinely through young adulthood in those w/craniofacial FD
		For signs & symptoms of gallbladder disease in those treated w/somatostatin analogs	Periodically
	Renal	Serum phosphorus & 25-hydroxyvitamin D levels ^{1, 9}	Periodically
	Eyes	Evaluation by ophthalmologist (or neuroophthamologist)	Annually in those w/craniofacial FD
	ENT	Evaluation by audiologist	Annually in those w/craniofacial FD
Gastrointestinal	Evidence of hepatotoxicity for those on pegvisomant	Periodically	

Table 3. continued from previous page.

System/Concern	Evaluation	Frequency
Oncology	Consider initiating breast cancer screening earlier than recommended for general population. ¹⁰	Periodically

1. See Figure 3.
2. See Figure 6.
3. Growth acceleration can also be a sign of growth hormone excess.
4. Individuals with abnormalities on thyroid ultrasound examination but normal thyroid function tests are at risk for the development of frank hyperthyroidism.
5. See Figure 14.
6. Thyroid tissue can regrow after thyroidectomy.
7. See Figure 9.
8. Routine biochemical surveillance for hypercortisolism is not indicated.
9. To monitor for the development of FGF23-mediated hypophosphatemia and as part of routine bone health
10. Majoor et al [2018a]

Agents/Circumstances to Avoid

Contact sports and other high-risk activities should be avoided in those with significant skeletal involvement.

Avoid prophylactic optic nerve decompression (see Treatment of Manifestations).

Surgical removal of ovarian cysts should be performed with caution and only in limited circumstances.

Radiation therapy is not indicated for treatment of FD, and radiation exposure to FD lesions should be limited due to potential risk for malignant transformation [Ruggieri et al 1994].

Radioablation for hyperthyroidism is also typically avoided due to potential preferential uptake by tissues bearing a somatic activating *GNAS* pathogenic variant, which may lead to increased risk of malignancy in the remaining unaffected gland.

Evaluation of Relatives at Risk

Because FD/MAS is not inherited, relatives are not at increased risk and do not require evaluation.

See Genetic Counseling for issues related to testing of at-risk relatives for genetic counseling purposes.

Pregnancy Management

While the effects of pregnancy on bone and endocrine disease in women with FD/MAS are not well studied, in the authors' experience most affected women do not experience a worsening of disease during pregnancy.

Therapies Under Investigation

Search [ClinicalTrials.gov](https://clinicaltrials.gov) in the US and [EU Clinical Trials Register](https://clinicaltrialsregister.eu) in Europe for information on clinical studies for a wide range of diseases and conditions. Note: There may not be clinical trials for this disorder.

Genetic Counseling

Genetic counseling is the process of providing individuals and families with information on the nature, inheritance, and implications of genetic disorders to help them make informed medical and personal decisions. The following section deals with genetic risk assessment and the use of family history and genetic testing to clarify genetic status for family members. This section is not meant to address all personal, cultural, or ethical issues that individuals may face or to substitute for consultation with a genetics professional. —ED.

Mode of Inheritance

Fibrous dysplasia/McCune-Albright syndrome (FD/MAS) is not inherited.

- Verified vertical transmission has never been observed.
- Molecular data indicates that all affected individuals are mosaic for an activating *GNAS* pathogenic variant that arises sporadically early in embryonic development.

Risk to Family Members

Parents of a proband. No parent of a child with FD/MAS has been demonstrated to have any significant, distinctive manifestations of the disorder, nor would such a finding be expected given the somatic nature of the disease.

Sibs of a proband. Given the somatic mutational mechanism of FD/MAS, the risk for an affected sib would be expected to be the same as in the general population.

Offspring of a proband. There are no verified instances of vertical transmission of FD/MAS, potentially the result of embryonic lethality.

Other family members. The risk to other family members is the same as that in the general population.

Related Genetic Counseling Issues

Considerations in families with an apparent *de novo* mosaic pathogenic variant. Counseling for recurrence risks in FD/MAS should emphasize that, while no pregnancy is at zero risk, evidence suggests that the risk of recurrence for this disorder is not increased over that of the general population.

Family planning. It is appropriate to offer genetic counseling (including discussion of potential risks to offspring and reproductive options) to young adults who are affected.

DNA banking is the storage of DNA (typically extracted from white blood cells) for possible future use. Because it is likely that testing methodology and our understanding of genes, allelic variants, and diseases will improve in the future, consideration should be given to banking DNA of affected individuals.

Prenatal Testing

As FD/MAS is the result of postzygotic somatic mutation of *GNAS* and is not inherited, prenatal testing for FD/MAS is not indicated.

Resources

GeneReviews staff has selected the following disease-specific and/or umbrella support organizations and/or registries for the benefit of individuals with this disorder and their families. GeneReviews is not responsible for the information provided by other organizations. For information on selection criteria, click [here](#).

- **Association des Malades Porteurs du Syndrome de McCune-Albright, de Dysplasie Fibreuse des Os**
France
Phone: 09 77 39 12 60; 06 76 34 15 69
Email: assymcal@orange.fr
www.assymcal.org
- **European Association for McCune-Albright Syndrome and Other Rare Diseases**
Italy

Email: info@eamas.net
www.eamas.net

- **Fibrous Dysplasia Foundation**
Email: info@fibrousdysplasia.org
www.fibrousdysplasia.org
- **Fibrous Dysplasia Support Society**
 United Kingdom
Email: enquiries@FDSSUK.org.uk
www.fdssuk.org.uk
- **MAGIC Foundation**
 6645 West North Avenue
 Oak Park IL 60302
Email: ContactUs@magicfoundation.org
McCune-Albright Syndrome / Fibrous Dysplasia
- **Medline Plus**
McCune-Albright syndrome
- **Patiëntenvereniging Fibreuze Dysplasie**
 Netherlands
Email: info@fibreuzedysplasie.eu
www.fibreuzedysplasie.eu

Molecular Genetics

Information in the Molecular Genetics and OMIM tables may differ from that elsewhere in the GeneReview: tables may contain more recent information. —ED.

Table A. Fibrous Dysplasia/McCune-Albright Syndrome: Genes and Databases

Gene	Chromosome Locus	Protein	Locus-Specific Databases	HGMD	ClinVar
<i>GNAS</i>	20q13.32	Guanine nucleotide-binding protein G(s) subunit alpha isoforms short	GNAS complex locus (GNAS) @ LOVD	GNAS	GNAS

Data are compiled from the following standard references: gene from [HGNC](#); chromosome locus from [OMIM](#); protein from [UniProt](#). For a description of databases (Locus Specific, HGMD, ClinVar) to which links are provided, click [here](#).

Table B. OMIM Entries for Fibrous Dysplasia/McCune-Albright Syndrome ([View All in OMIM](#))

139320	GNAS COMPLEX LOCUS; GNAS
174800	MCCUNE-ALBRIGHT SYNDROME; MAS

Gene structure. *GNAS* is a complex locus with an imprinted expression pattern. Multiple gene products, including maternally, paternally, and biallelically expressed transcripts, are derived from the use of four promoters and 5' exons that splice onto a common set of downstream exons [Weinstein et al 2004] (summarized in OMIM 139320). The major *GNAS* product is the ubiquitously expressed G_sα, which is generated by the most downstream promoter (exon 1). For a detailed summary of gene and protein information, see Table A, **Gene**.

Pathogenic variants. Somatic mosaicism for pathogenic missense variants at p.Arg201 has been identified in more than 95% of all published reports of FD/MAS. The most frequent missense pathogenic variants are p.Arg201His and p.Arg201Cys [Lumbroso et al 2004]. Very infrequently, arginine is replaced by serine, glycine, or leucine. Rarely, missense variants at p.Gln227 have been reported [Idowu et al 2007].

There are ongoing experimental approaches to develop methods with increased sensitivity [Bianco et al 2000, Narumi et al 2013, de Sanctis et al 2017] that in the future may enable the use of peripheral blood lymphocytes (PBL) for pathogenic variant detection and also allow the quantification of the mutated to wild type cell ratio within the sample (as opposed to presence-absence in PCR-RFLP techniques):

Table 4. Techniques to Detect *GNAS* Somatic Variants

Method	Detection Rate	
	Blood	Lesional tissue
Variant-specific amplification by polymerase chain reaction (PCR) &/or restriction enzyme digestion (RFLP) followed by directed sequencing of the variant loci ¹	~20%-30%	~80%
PCR with peptide-nucleic acid probes ² combined w/next-generation sequencing (PNA-NGS) ³	~75%	~100%
Co-amplification at lower denaturation temperature and allele-specific PCR-based TaqMan genotyping (real-time COLD-MAMA-PCR) ⁴	~75%	~100%

1. Lumbroso et al [2004], Kalfa et al [2006]

2. Bianco et al [2000]

3. Narumi et al [2013]

4. de Sanctis et al [2017]

Recent studies implicate alternate transcripts of *GNAS* in the pathogenesis of FD/MAS. A p.Arg543His variant, corresponding to position p.Arg201His in *Gas*, on the large XLas transcript of *Gas*, was detected in individuals with a paternal pathogenic variant, whereas mutated neuroendocrine secretory protein 55 (NESP55) variant transcript was detected in those with a maternal pathogenic variant in the affected tissues. Functional in vitro assays of wild type XLas showed strong induction of adenyl cyclase activity in transfected cells, suggesting that this *GNAS* variant could be playing a role in the pathogenesis of FD [Mariot et al 2011].

Table 5. *GNAS* Somatic Variants Discussed in This *GeneReview*

DNA Nucleotide Change	Predicted Protein Change	Reference Sequences
c.601C>T	p.Arg201Cys	NM_000516.4 NP_000507.1
c.601C>G	p.Arg201Gly	
c.601C>A	p.Arg201Ser	
c.602G>A	p.Arg201His	
c.602G>T	p.Arg201Leu	
c.679C>A	p.Gln227Lys	
c.680A>T	p.Gln227Leu	
c.680A>G	p.Gln227Arg	
c.681G>T	p.Gln227His	

Note on variant classification: Variants listed in the table have been provided by the authors. *GeneReviews* staff have not independently verified the classification of variants.

Note on nomenclature: *GeneReviews* follows the standard naming conventions of the Human Genome Variation Society (varnomen.hgvs.org). See [Quick Reference](#) for an explanation of nomenclature.

Normal gene product. *GNAS* encodes the cAMP pathway-associated G-protein, $G_{s\alpha}$. $G_{s\alpha}$ is a key component of many hormonal and other signal transduction pathways. Its primary role is to couple G-coupled protein receptors to adenylyl cyclase, promoting receptor-stimulated production of intracellular cAMP. $G_{s\alpha}$ in its inactive state forms a heterotrimer with the $G_{s\beta}$ and $G_{s\gamma}$ subunits, with GDP bound to its binding site. Ligand binding to the G-coupled protein receptor promotes release of GDP from the α -subunit and binding of GTP. The GTP-bound $G_{s\alpha}$ dissociates from the β - γ heterotrimer and translocates to interact with adenylyl cyclase to promote cAMP production. Intrinsic GTPase hydrolyzes the bound GTP to GDP, leading to cessation of cAMP generation and reassembly of the α - β - γ heterotrimer. Downstream, cAMP is metabolized to AMP by one of many tissue-dependent phosphodiesterases.

Abnormal gene product. The FD/MAS-associated *GNAS* variants at residues p.Arg201 and p.Gln227 disrupt the activity of intrinsic GTPase, causing constitutive activity and inappropriately increased cAMP signaling [Landis et al 1989].

The spectrum of FD/MAS ranges from asymptomatic incidental findings to neonatal lethality. The phenotype of FD/MAS is a reflection of the role of $G_{s\alpha}$ in that tissue and whether or not a given tissue harbors a pathogenic variant in *GNAS*. The distribution of affected tissues is a reflection of the timing of the occurrence of the sporadic pathogenic variant during development and the fate of the specific clone in which the pathogenic variant occurs. It is likely that the stem cells of certain tissues will not tolerate mutated $G_{s\alpha}$ and are eliminated during development. Therefore, some tissues in which there is significant $G_{s\alpha}$ signaling will not be affected. For example, $G_{s\alpha}$ signaling is important in growth plate development, yet the growth plate is virtually never affected.

Activating or gain-of-function *GNAS* pathogenic variants in individuals with FD/MAS are present in the mosaic state, resulting from postzygotic somatic pathogenic variants appearing early in the course of development, which yields a monoclonal population of mutated cells within variously affected tissues. The non-mosaic state for most activating pathogenic variants is presumably lethal to the embryo (modified from OMIM 174800).

Cancer and Benign Tumors

The FD/MAS-associated activating *GNAS* pathogenic variants at residues p.Arg201 and p.Gln227 (collectively referred to as the *gsp* oncogene) have been reported in nonsyndromic benign [Landis et al 1989] and malignant [Wood et al 2007] tumors. However, the presence of the *GNAS* pathogenic variant alone is insufficient for malignant transformation of the affected tissues, but more likely predisposes for additional genetic or epigenetic events.

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Chapter Notes

Author Notes

Alison M Boyce, MD is a pediatric endocrinologist who specializes in the evaluation and treatment of bone disorders in children and adolescents. She performs clinical research in FD/MAS and other pediatric skeletal diseases at the National Institutes of Health.

Pablo Florenzano, MD is an endocrinologist who specializes in the evaluation and treatment of bone disorders in adults. He performs clinical research at Pontificia Universidad Catolica de Chile, primarily in disorders of bone and mineral homeostasis.

Luis Fernandez de Castro Diaz, PhD is a staff scientist in the Skeletal Disorders and Mineral Homeostasis Section. He performs basic and translational research primarily in disorders of bone and mineral homeostasis.

Michael T Collins, MD is an endocrinologist who conducts translation research at the National Institutes of Health. He studies and treats primarily patients with rare disorders of bone and mineral homeostasis, including FD/MAS.

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