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NEUROLOGICAL CHANGES IN VINYL CHLORIDE-EXPOSED WORKERS

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Vinyl chloride (VC) toxicity for the human organism is not still fully clear. The occupational exposure to VC is linked with the development of liver hemangiosarcomas, or with other malignant processes of varying locality. Some authors diagnose changes in terms of scleroderma, universally are described roentgenologically detected lesions of interphalangeal joints and zonal osteolysis. They are described in association with Raynaud's syndrome (12, 10, 1, 4, 5 and others). Lange with his colleagues (12) describes angiologically detectable constriction of digital arteries, stenosis or partial occlusion of phalangeal blood vessels. Described are also various types of dysesthesia in fingers, particularly cold and numbness sensations. Also Byczkowska (3) reports frequent occurrence of finger paresthesia, whitening of fingers, but also of palms and soles, and other symptoms of peripheral vasomotor disorders.

Neurological manifestations are described only sporadically. Spirtas and colleagues (18) emphasize particularly the narcotic action of VC at higher peak exposure concentrations. This manifests itself by vertigo, nausea and headache pains. Mentioned are also hand paresthesiae (princkling, formication). Langauer-Lewowicka (11) analyzes also the clinical symptoms in her group of 200 examinees who showed most frequently signs of cerebellar symptomatology. She recorded frequent occurrence of headaches and sleep disorders, but also trigeminal neuralgia.

Because of a lack of more detailed neurological studies among the VC-exposed persons, we conducted field investigations among the occupationally exposed workers in a plant where there was six years before put into operation a workshop with a considerable VC hazard.

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Table 2. Overview of subjective complaints in workers occupationally exposed to vinyl chloride, relation to the level of exposure

Complaints	Total		More exposed		Less exposed	
	number	%	number	%	number	%
Headache	46	15.7	19	17.4	27	14.7
Sleep disorders	16	5.5	7	6.4	9	4.9
GIT disorders	20	6.9	11	10.1	9	4.9
Vertigo	3	1.0	2	1.8	1	0.5
Psychic disturbation	13	4.5	6	5.5	7	3.8
Dysesthesia	9	3.1	7	6.4	2	1.1
Palpitations	14	4.8	5	4.6	9	4.9
Total number of examinees	293	100.0	109	100.0	184	100.0

gastrointestinal disorders, and furthermore, of dysesthesia of extremities. There was observed also a certain correlation with the length of exposure (Table 3). In persons with the exposure time longer than 4 years, the incidence of headaches was double the incidence in the group with a shorter time of exposed for more than 4 years. Sleep disorders, gastrointestinal complaints, vertigo and psychic disturbances were also more frequent in those with a longer time of ex-

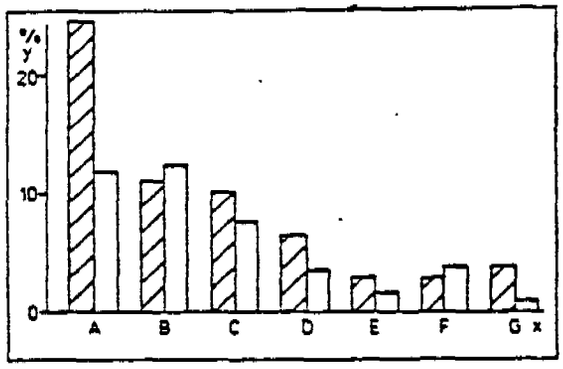
Table 3. Overview of subjective complaints in workers occupationally exposed to vinyl chloride, relation to the length of exposure

Complaints	Total		Exposure longer than 4 years		Exposure shorter than 4 years	
	number	%	number	%	number	%
Headache	46	15.7	24	23.8	22	11.0
Sleep disorders	16	5.5	8	7.9	8	4.2
GIT disorders	20	6.9	9	8.9	11	5.7
Vertigo	3	1.0	3	3.0	0	0.0
Psychic disturbation	13	4.5	8	7.9	5	2.6
Dysesthesia	9	3.1	8	7.9	1	0.5
Palpitations	14	4.8	4	4.0	10	5.2
Total number of examinees	293	100.0	101	100.0	192	100.0

posed workers is characterized in Table 4. The group of more exposed workers showed a significantly lower per cent of normal findings and a higher per cent of more severe findings than the group of less exposed workers.

Graph 1 presents incidence of the most frequent, objectively diagnosed syndromes detected in exposed and control groups. The most frequent was the lesion of peripheral neurons, either motor or sensory, or both of them (16.8 % : : 8.7 %). Diagnosed were impairments of muscle tonus or trophicity, reduction or loss of tendon and bone reflexes, abnormal sensitivity. Compared to controls,

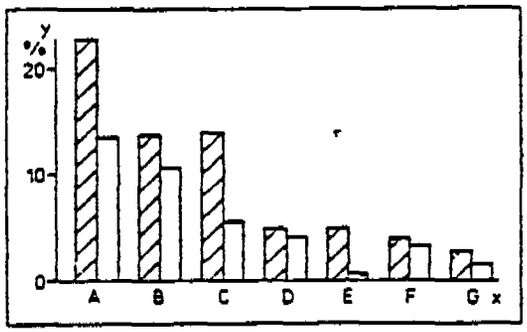
diagnosed in VC-exposed workers were predominantly episodic, in 5 cases combined with the diffuse abnormity. Three EEG recordings revealed only diffuse abnormities. Relatively frequent was also the presence of sleep waves (in 46.5 % of cases). In 16 % of workers the sleep activity manifestations were of



Graph 2: Objectively diagnosed changes in VC-exposed workers in relation to the level of exposure. X-axis objectively diagnosed changes: A-D see Graph 1. Blank column — lower exposure levels, hatched column — higher exposure levels. Y-axis — % of the total number of exposed subjects.

a higher degree of severity (2c to 3, according to Roth (13)). Significant differences were observed also in the photostimulation reaction that was normal only in 40 % of cases. The most frequent was extension of photic driving towards beta and theta waves (in 43.4 % of cases).

The additionally conducted N5 and EOD (6, 7, 8, 9) questionnaire surveys were used to improve analysis of subjective complaints and to complement



Graph 3: Objectively diagnosed changes in VC-exposed workers in relation to the length of exposure. X-axis — objectively diagnosed changes: A-D see Graph 1. Blank column — exposure shorter than 4 years, hatched column — exposure longer than 4 years. Y-axis — % of the total number of exposed subjects.

and to our own experience these changes are frequently associated with Raynaud's syndrome and may presumably lead to even more severe consequencies in terms of stenosis or occlusion, as described by Lange (12). Peripheral nerve lesions diagnosed in our group of VC-exposed examinees could be then explained by a direct neurotoxic action of VC, or as a consequence of hypoxia accompanying more severe vasomotor changes in the periphery.

The narcotic action of VC can be either transitory, inducing only reversible changes in the brain function, or persistent, causing more permanent, sometime irreversible changes in the CNS. Slight functional changes manifest themselves in EEG recordings by waves typical for various stages of sleep, as confirmed in a relatively high per cent (46.5 %) of cases in our group of examinees as well as in some of the examined subjects exposed to other organic solvents (19, 21, 22). Detection of episodic or diffuse EEG abnormalities is rather more serious and may be indicative of chronic changes in mediobasal and/or cortical brain structures. In our group of examinees, the joint episodic and diffuse abnormality occurred in 15.6 % of workers. This frequency is in agreement with the cited literature data as well as with our previous experience. This leads us to a conclusion that even VC, particularly at higher exposure concentrations, can produce neurotic changes in the above described brain structures.

VC-induced pathophysiological changes are believed by some authors to manifest themselves by the central neurovegetative dysregulation, as a result of changed hypothalamus functions (2). This localization, presumed by these authors on the basis of their experimental studies, seems to be in agreement with our findings of EEG episodic abnormalities.

We also believe that even FS reaction changes, recorded in our group of exposed workers, may be of importance in the early diagnosis of VC-induced damage. Comparable FS reaction changes were also described by Rousková (14) in persons exposed to other toxic agents.

CONCLUSIONS

1) Exposure to VC may lead, besides to other changes described in the literature, also to lesions of the nervous system. The onset and development of these neurologic changes depend on the VC exposure level and on the length of exposure.

2) Some of the neurologic manifestations are caused by the narcotic action of VC, such as certain subjective complaints and cerebellar and/or vestibulocerebellar syndrome. These symptoms can be transitory or persistent.

3) Among the important manifestations that are characteristic for VC action is, no doubt, the peripheral vasomotor symptomatology, sometimes in combination with the Raynaud's syndrome described in the literature. These vasomotor changes in the periphery may further develop, leading consequently to

RÉSUMÉ

Stýblová, V., Lambl, V., Chumchal, O., Kellerová, V., Pašková, V., Vítovcová, J., Žlab, L.: **L'image neurologique chez les sujets exposés au chlorure de vinyle**

Il a été étudié d'une manière complexe l'image neurologique chez 293 sujets exposés au chlorure de vinyle. Des troubles subjectifs ont été analysés au plan détaillé à l'aide des anquêtes EOD et N5. Il a été mis en évidence un effet neurotoxique significatif produit par chlorure de vinyle qui dépend de la qualité et de la quantité de l'exposition subie.

Les troubles subjectifs rencontrés le plus souvant: maux de tête, symptômes végétatifs et dysesthésie. Les données objectives témoignent pour une affection du système vestibulocérébelleux et pour celle du neurone périphérique et de l'innervation périphérique végétative. Le symptômatologie périphérique peut résulter de l'effet toxique direct produit par chlorure de vinyle aussi bien que du mécanisme d'hypoxie ayant lieu lors des changements vasomoteurs périphériques.

Des donnés issues de l'EEG témoignant une activité de sommeil chez 46,5 % de sujets démontrent un effet narcotique du chlorure de vinyle. L'activité épisodique (chez 15,5 %) associée parfois à l'anomalie de diffusion pourrait s'expliquer par une atteinte des structures médiobasales, même liée aux changements du cortex.

Les sujets exposés à l'influence du chlorure de vinyle ne se soumettent, jusqu'à ce jour, aux examens systématiques au plan neurologique. Il est nécessaire de poursuivre, dans ce cas, une prophylaxie neurologique étudiant l'image clinique, les données issues de l'EEG ou même de l'EMG. Il est utile d'employer les anquêtes EOD et N5.

ZUSAMMENFASSUNG

Stýblová, V., Lambl, V., Chumchal, O., Kellerová, V., Pašková, V., Vítovcová, V., Žlab, L.: **Neurologisches Bild bei dem Vinylchlorid exponierten Arbeitenden**

Man beobachtete kompiexerweise das neurologische Bild bei 293 Arbeitenden, die Vinylchlorid exponiert waren. Subjektive Schwierigkeiten analysierte man eingehender mit Hilfe der EOD- und N 5-Fragebogen. Dabei hat man eine signifikante neurotoxische Einwirkung von Vinylchlorid nachgewiesen, die von der Intensität und Dauer der Exposition abhängig ist.

Die häufigsten subjektiven Schwierigkeiten waren Kopfschmerzen vegetative Symptome und Dysesthäsie. Der objektive Befund zeugt von der Affektion des Vestibularzerebellarsystems, ferner von der Affektion des peripheren Neurons und der peripheren vegetativen Innervation. Die periphere Symptomatologie kann man erklären sowohl als direkte Einwirkung von Vinylchlorid, als auch den hypoxischen Mechanismus bei peripheren vasomotorischen Veränderungen.

In dem EEG-Befund stellte man bei 46,5 % Tiele der Gesamtheit die Schlafaktivität fest, die die narkotische Einwirkung von Vinylchlorid dokumentiert. Die episodische Aktivität (bei 15,5 %) manchmal in Verbindung mit Diffusionsabnormität könnte man durch Affektion von mediobasalen Strukturen, gegebenenfals durch Kortexveränderungen erklären.

Die Vinylchlorid exponierten Arbeitenden werden bisher systematisch vom neurologischen Standpunkt nicht beobachtet. Die Verfasser halten die gezielte neurologische

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