

1 **Inherited forms of primary hyperaldosteronism: new genes, new phenotypes and proposition of a**
2 **new classification**

3 Luis Gustavo Perez-Rivas¹, Tracy Ann Williams^{1,2} and Martin Reincke¹

4 ¹Medizinische Klinik und Poliklinik IV, Ludwig Maximilian University, Munich, Germany.

5 ²Division of Internal Medicine and Hypertension, Department of Medical Sciences, University of Turin,
6 Turin, Italy.

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8 Abbreviated title: Familial hyperaldosteronism

9 Key terms: Primary aldosteronism, adrenal gland, aldosterone, hypertension, mineralocorticoid, genetic
10 disease

11 Total words: 3468

12 Abbreviations: PA, primary aldosteronism; FH, familial hyperaldosteronism; APA, aldosterone-producing
13 adenoma; MR, mineralocorticoid receptor.

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15 Corresponding author:

16 Prof. Martin Reincke

17 Medizinische Klinik und Poliklinik IV

18 Klinikum der Universität, LMU München

19 Ziemssenstrasse 1, 80336, Munich, Germany

20 Phone: +49-89-440052100

21 Fax: +49-89-440054428

22 e-mail: martin.reincke@med.uni-muenchen.de

23

24 Disclosure statement: The authors have nothing to disclose.

25 **Abstract**

26 Primary aldosteronism is a common cause of endocrine hypertension. It results from the excess production
27 of aldosterone by the adrenal cortex and is related to increased morbidity and mortality. Most cases of PA
28 are sporadic but inherited patterns of the disease have been reported in the literature. Four forms of
29 familial hyperaldosteronism (FH-I- FH-IV) are currently recognized, and the genetic basis has been
30 clarified in recent years. In FH-I patients, aldosterone excess is produced by a *CYP11B1/CYP11B2* fusion
31 gene and it is suppressed by glucocorticoid treatment. FH-II is caused by mutations in the inwardly
32 rectifying chloride channel *CLCN2*. FH-III is caused by mutations in *KCNJ5*, a gene coding for an inward
33 rectifier K⁺ channel and mutations in the T-type calcium channel subunit *CACNA1H* cause FH-IV. In this
34 review we summarize the knowledge on inherited forms of primary aldosteronism, the genetic alterations
35 that cause them and the implications it may have for the classification. Based on current evidence, we
36 propose the term “familial hyperaldosteronism” to refer only to inherited forms of primary aldosteronism
37 with a known genetic basis.

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39

40 Primary aldosteronism (PA) is the clinical manifestation of a heterogeneous group of adrenal disorders
41 that are characterized by an excessive production of aldosterone, which becomes relatively independent of
42 the angiotensin-renin system regulation. Over time, sustained levels of aldosterone lead to increased blood
43 pressure and elevated potassium excretion, therefore patients with PA are hypertensive, in many cases
44 hypokalemic, and at higher risk of stroke, renal complications, metabolic and cardiovascular mortality
45 than patients with essential hypertension. Once classified as a rare disease, PA is now considered the most
46 common cause of endocrine hypertension, with an estimated prevalence of about 4-6% in the general
47 population with hypertension and up to 10-20% in the subset of patients with resistant hypertension [1–3].

48 Most diagnosed cases of PA are sporadic and are mainly caused by aldosterone overproduction by both
49 adrenal glands (bilateral adrenal hyperplasia) or by unilateral aldosterone-producing adenomas (APA).

50 Other causes include unilateral hyperplasia and very rarely, adrenocortical carcinomas. In some cases, PA
51 affects several members of the same family in the inherited or familial forms of hyperaldosteronism (FH).
52 Current guidelines recognize three well established types of FH, namely FH-I to FH-III [4], however data
53 from genetic analyses reveal a more complex situation, with at least 4 different inheritable forms of PA
54 and possibly still more yet to be discovered.

55

56 **Genes associated with inherited forms of PA**

57 The genetics of PA has remained obscure for a long time. Although infrequent, the early onset and the
58 heritability favored the study of familial PA as an approach to understand the pathophysiology of the more
59 common sporadic forms. The identification of the first genetic alteration causative for a particular subtype
60 of PA by linkage analysis on affected relatives, the chimera *CYP11B1/CYP11B2* [5], was an outstanding
61 discovery but subsequent investigation quickly revealed that it was not present in sporadic forms [6,7].
62 The failure to find new causative genes and the introduction of next generation sequencing techniques
63 turned the focus to sporadic patients.

64 Now that hundreds of APAs have been sequenced, it is well known that *KCNJ5*, *CACNAID*, *ATP1A1* and
65 *ATP2B3* genes are mutated in about 50% of adenomas (reviewed in [8] and [9]) and that ion channels and
66 pumps exert an important role on aldosterone signaling through the control of Ca^{2+} influx [10]. Following
67 the trend of next generation sequencing of sporadic cases, the study of patients with early-onset PA has
68 uncovered that some of those genes also exert an important role in inherited forms. Thus, *KCNJ5* germline
69 mutations cause FH-III and *CACNAIH* mutations have been found in families with FH-IV and *de novo*
70 germline mutations in *CACNAID* have been reported in patients with early onset of PA, seizures and
71 neurologic abnormalities (PASNA). In addition, two recent studies in patients with early-onset PA have
72 shown mutations in *CLCN2* associated with FH-II. Table 1 summarizes the genes associated with PA and
73 the main clinical features and Figure 1 depicts the molecular mechanisms.

74

75 *CYP11B1/CYP11B2 chimera: Familial Hyperaldosteronism Type I (FH-I)*

76 FH-1 was first reported in 1966 by Sutherland and colleagues [11]. They reported two hypertensive
77 relatives, a father and a son, with a condition that mimicked the symptoms of sporadic PA (increased
78 aldosterone, low renin activity and hypokalemia) but with the particularity of suppression of aldosterone
79 production by a 2 mg/day dexamethasone treatment. Thus FH-I is often referred to as glucocorticoid-
80 remediable aldosteronism (GRA). The basis of the glucocorticoid suppression was discovered in 1992,
81 after linkage analysis identified the genetic cause as a chimeric fusion on chromosome 8 containing an
82 unequal recombination between the highly homologous genes *CYP11B1* (11- β -hydroxylase) and
83 *CYP11B2* (aldosterone synthase) [5]. The exact point of cross-over can be different in each reported
84 family but always contains the promoter and the first exons of *CYP11B1* and most of the coding region of
85 *CYP11B2*, resulting in an enzyme with aldosterone synthase activity with expression under the control of
86 the adrenocorticotrophic hormone (ACTH) instead of angiotensin II and potassium. As a consequence,
87 aldosterone synthase is expressed in the zona fasciculata rather than in the zona glomerulosa, resulting in

88 the ectopic production of aldosterone and the production of the hybrid steroids 18-oxocortisol and 18-
89 hydroxycortisol [5,12].

90 FH-I is considered as a rare subgroup of PA that represents less than 1% of all cases, increasing to 3% in
91 children with hypertension [13–15]. It is characterized by the development of bilateral adrenal
92 hyperplasia, occasionally adrenal nodules, with variable clinical and biochemical features [14,16]. FH-I
93 follows an autosomal dominant inheritance pattern and is generally associated with early onset severe
94 hypertension and an increased risk of stroke; however, different degrees of severity have been reported,
95 including cases of mild hypertension and normotensive individuals [16–18].

96 The Endocrine Society guideline recommends testing for FH-I in patients with an early onset of PA (<20
97 years old) and in those with a familial occurrence of PA or stroke at a young age (<40 years old) [4]. The
98 correct diagnosis is clinically relevant because aldosterone excess can be controlled successfully through
99 glucocorticoid therapy [19]. Prior to the existence of targeted molecular tests, the diagnosis was made
100 through clinical and biochemical evaluation. Dexamethasone suppression of aldosterone and levels of
101 hybrid steroids were used to establish a diagnosis of FH-I [20,21] until the introduction of techniques to
102 specifically detect the presence of the *CYP11B1/CYP11B2* chimeric gene either by Southern blotting or by
103 the recommended technique employing a long-chain PCR amplification [4, 21,22].

104 In patients with FH-I aldosterone production is abrogated under glucocorticoid treatment, and partial
105 suppression of ACTH is enough to correct the hypertension associated with FH-I. Accordingly, low doses
106 of dexamethasone are recommended to achieve normotension whilst preventing undesired cushingoid
107 features [19]. Mineralocorticoid receptor antagonists (spironolactone or eplerenone) can be used as a
108 second line of therapy to block possible non-genomic effects of aldosterone on target organs, or in
109 children to avoid possible side effects of dexamethasone treatment [24].

110

111 *CLCN2: Familial Hyperaldosteronism Type II (FH-II)*

112 FH-II was first described by Gordon et al. in 1991, a year before the genetic cause of FH-I was published.
113 They described 6 relatives from 3 independent affected families who presented with PA caused by either
114 APA or BAH and a lack of suppression of aldosterone production by fludrocortisone or
115 dexamethasone[25]. Several families were reported by the same group shortly thereafter [26,27].

116 Until very recently, the genetic cause of FH-II remained elusive. Early targeted genetic studies showed a
117 lack of mutations on genes related to steroidogenic production or tumorigenesis, such as *CYP11B2*, the
118 angiotensin receptor *AT1R* or *TP53*. Later on, genetic linkage analysis of non-related families highlighted

119 a locus at chromosome 7p22 that segregates with the disease in some families, but not in all cohorts [28–
120 30]. However both targeted sequencing of different genes in that region as well as next-generation
121 sequencing of the complete locus have failed to find mutations [29,31–33]. Scholl and colleagues
122 analyzed the genomic DNA by exome sequencing of three members from one of the FH-II families
123 described by Stowasser *et al.* in 1992 [27]. The authors identified a germline mutation in the gene *CLCN2*
124 that segregated with the disease. This variant, p.Arg172Gln, was confirmed subsequently in five additional
125 family members, four of them with aldosterone-to-renin ratio suggestive of PA [34]. Because the
126 discovery family was one of the first families diagnosed with FH-II, Scholl *et al.* proposed the use of that
127 term only for inherited PA due to *CLCN2* mutations [34]. The authors also reported the same mutation in
128 three additional unrelated individuals, as well as rare germline *CLCN2* variants (p.Met22Lys, p.Tyr26Asn,
129 p.Lys362del and Ser865Arg, with allele frequencies below 10^{-5}) in four additional unrelated patients [34].
130 Simultaneously, Fernandes-Rosa and colleagues identified another germline *CLCN2* mutation in a 9-
131 years-old patient by exome-sequencing sequencing of genomic DNA from 12 patients with young-onset
132 hypertension and PA. In that case, p.Gly24Asp was a *de novo* mutation. Two additional variants were
133 found in two cases from a cohort of 100 patients with idiopathic bilateral adrenal hyperplasia (p.Arg66Gln
134 and p.Pro48Arg, with minor allele frequencies of 3×10^{-5} and 1.7×10^{-4} , respectively) [35]. Both studies
135 showed that *CLCN2* mutations were related to PA diagnosed at early age and absent in patients with
136 essential hypertension [34,35].

137 *CLCN2* gene is located in chromosome 3q27 and encodes the inwardly rectifying chloride channel *ClC2*, a
138 member of the *ClC* voltage-gated Cl^- channels family. *ClC2* is broadly expressed in mammalian cells,
139 especially in brain, gut, kidney, heart and liver [36]. Mutations inactivating *CLCN2* cause leukodystrophy,
140 in some cases with azoospermia, and *Clcn2* knockout mice also develop early postnatal retinal
141 degeneration [37–39]. Scholl *et al.* and Fernandes-Rosa *et al.* have shown that *ClC2* is also expressed in
142 the adrenal gland. Furthermore, germline mutations that associate with PA result in gain of function of the
143 Cl^- channel, causing an efflux of Cl^- ions that leads to the depolarization of the plasma membrane, the
144 consequent opening of voltage-gated Ca^{2+} channels, the accumulation of cytosolic Ca^{2+} and the activation
145 of *CYP11B2* transcription [34,35].

146 Before the recent discovery of *CLCN2* mutations, screening for FH-II was based on the diagnosis of PA in
147 at least two first-degree members of the same family and the absence of known germline mutations. Thus,
148 this familial form was thought to be the most prevalent, representing about 3-6% of all PA cases [11,54].
149 Nevertheless, Korah and Scholl pointed out that this estimation may be misleading: considering the
150 prevalence of hypertension in the general population (about 30%) and the PA prevalence in the general
151 population with hypertension (about 5%), the probability for an index case to have at least a first-degree
152 relative with PA just by chance is $\sim 5.9\%$ [40]. Accordingly, it is likely that some of the described FH-II

153 families were in fact coincidental cases of sporadic idiopathic PA. This observation may explain, at least
154 partially, the apparent heterogeneity reported in previous studies. To avoid confusion, and to base the
155 classification on a simple and transparent genetic basis, similar to other genetic diseases, we propose to
156 use the term “familial hyperaldosteronism” only when an inherited genetic cause is established.

157 Following this reasoning, the number of true FH-II families is probably much lower than previously
158 reported. In their studies, Scholl *et al.* and Fernandes-Rosa *et al.* identified *CLCN2* mutations in about
159 10% of cases with young-onset PA without known germline mutations and 2% with bilateral adrenal
160 hyperplasia [34,35] suggesting a lower frequency than previous estimates. Further efforts are needed to
161 determine the actual prevalence of FH-II.

162

163 *KCNJ5: Familial Hyperaldosteronism Type III (FH-III)*

164 FH-III was described by Geller *et al.* in three family members, a father and his two young daughters, who
165 developed hyperaldosteronism with hypokalemia and severe hypertension at very early age, together with
166 marked bilateral adrenal enlargement. High levels of the hybrid steroids 18-oxocortisol and 18-
167 hydroxycortisol were detected in urine samples but the disorder was distinguishable from FH-I by the
168 glucocorticoid resistance of the hyperaldosteronism and the lack of suppression of aldosterone production
169 on dexamethasone suppression testing. Hypertension and hypokalemia were refractory to medical therapy
170 and disease control was achieved only after bilateral adrenalectomy [41]. Careful examination of the
171 adrenals revealed disorganized zonation, a reduction in the thickness of the zona glomerulosa, an enlarged
172 zona fasciculata and the presence of cells that co-express enzymes which are usually expressed in distinct
173 zones, such as CYP11B1 and CYP11B2 and also CYP17 and CYP11B2. The co-expression of CYP17 and
174 CYP11B2 is the likely basis for the production of hybrid steroids [12,41,42].

175 It was not until 2011 that the genetic etiology of FH-III was clarified. By means of exome sequencing,
176 Choi *et al.* identified a heterozygous germline mutation located on chromosome 11q24 in the patients
177 reported by Geller and colleagues, as well as in sporadic cases of PA [43]. The affected gene was *KCNJ5*,
178 which codes for the G-protein-activated inward rectifier K⁺ channel 4 (Kir3.4). This protein forms homo-
179 and heterotetramers with other Kir family members to constitute the functional G-protein-activated
180 inwardly rectifying potassium channel, which contributes to the control of membrane polarity in the zona
181 glomerulosa [44]. The mutation identified in Geller’s cases (p.Thr158Ala) was associated with a loss in
182 K⁺ selectivity and an increased influx of Na⁺ into the cytoplasm, leading to membrane depolarization and
183 the elevation of intracellular Ca²⁺ levels, which ultimately triggers aldosterone production through the
184 activation of Ca²⁺-related signaling pathways [45].

185 Since the link between inherited PA and *KCNJ5*, several familial cases with different mutations in that
186 gene have been published, mostly in or next to the selectivity filter [46–51], and the term FH-III is used
187 for familial cases with PA due to germline *KCNJ5* mutations, regardless of the phenotype. Indeed, the
188 clinical features of the affected cases vary all along the PA spectrum, from mild and treatment-responding
189 forms to severe PA with progressive disease, including symptoms mimicking diabetes insipidus and a
190 recent report showing development of Cushing’s syndrome in one patient with FH-III [50]. This
191 variability seems to be dependent on the type of the grounding *KCNJ5* mutations, among other
192 factors[46]. Thus, p.Gly151Glu mutations seem to associate with a milder phenotype and stable disease
193 [46,49], while p.Gly151Arg, p.Thr158Ala, p.Ile157Ser and p.Tyr152Cys mutations relate to a more
194 severe hyperaldosteronism [52]. Other infrequent germline alterations of *KCNJ5* (some of them *de novo*)
195 and a rare non-synonymous SNP (rs7102584) have been described. The mutation p.Glu145Gln affects a
196 salt bridge close to the selectivity filter, while mutations p.Arg52His, p.Glu246Lys, p.Gly247Arg and the
197 SNP Glu282Gln were located elsewhere in the protein [53,54]. Except of the p.Gly247Arg, those variants
198 altered channel functionality and increased aldosterone production compared with the wild-type protein.

199 The prevalence of FH-III has not been established systematically but it is estimated to be present in <1%
200 of all PA cases [47]. The Endocrine Society guideline recommends testing for FH-III by sequencing
201 peripheral blood for mutations in *KCNJ5* in those patients with a very early onset of PA [4]. Because of
202 the variety of presentations, treatment for FH-III depends on the severity of the disease. Milder cases can
203 be well controlled with spironolactone, while adrenalectomy is currently the best option to treat resistant
204 forms successfully [52].

205

206 *CACNA1H: Familial Hyperaldosteronism Type IV (FH-IV)*

207 FH-IV was reported by Scholl and coworkers in a cohort of 40 patients diagnosed with PA in early
208 childhood (at age 10 years or below) and without mutations in any common known PA genes. By whole
209 exome sequencing analysis, a recurrent mutation in the gene *CACNA1H* was identified in five unrelated
210 patients, four males and one female [55]. Shortly thereafter Daniil et al. reported the presence of different
211 mutations in the same gene in two unrelated individuals who were diagnosed originally with FH-II, as
212 well as an adult male case with a *de novo* mutation and an adult female patient with an APA and a
213 germline mutation in the same gene [56]. Patients showed no apparent signs of seizures, cardiac
214 arrhythmia or muscular or neurological alterations that have been commonly linked to other disorders
215 caused by *CACNA1H* germline mutations or by another Ca²⁺ channel subunit, *CACNA1D* [57], although
216 one of the patients was diagnosed with minor mental retardation and multiplex developmental disorder
217 [56]. So far, eight families with FH-IV have been described.

218 The gene *CACNAIH* is located on chromosome 16 and encodes the T-type (low voltage activated)
219 calcium channel subunit Cav3.2. This protein is expressed in the zona glomerulosa [55,57] and, as other
220 Cav3 family members, is activated by small depolarizing changes in the membrane potential [58].
221 Germline *CACNAIH* mutations have been associated with several diseases including epilepsy, autism and
222 amyotrophic lateral sclerosis [59–61]. In their studies, Scholl et al. and Daniil et al. reported six index
223 cases with germline mutations affecting the residue Met1549, four cases with an inherited p.Met1549Val
224 substitution, one with a *de novo* p.Met1549Val and one with a *de novo* p.Met1549Ile [55,56]. This residue
225 is located in the transmembrane segment S6 of the repeat domain III of Cav3.2, forming a conserved
226 methionine-phenylalanine-valine (MFV) tripeptide motif that controls channel inactivation [62].
227 Functional experiments have demonstrated that mutations in Met1549 result in a decrease in the
228 inactivation of Cav3.2 compared with the wild-type protein. As a consequence, the channel remains open
229 longer with an increase in Ca²⁺ influx, which activates the expression of *CYP11B2* and other steroidogenic
230 genes [55,56,63]. Noteworthy, treatment with a T-type calcium channel blocker abrogated the aberrant
231 CYP11B2 activation and aldosterone production in HAC15 cells overexpressing Cav3.2 p.Met1549Val
232 mutant channels, which indicates that drugs of this class could be useful in the treatment of patients with
233 FH-IV [63].

234 In their study, Daniil et al. reported 3 additional variants: p.Ser196Leu, located in the voltage sensor
235 region on the transmembrane segment S4 of the repeat domain I of Cav3.2, in a male patient and his sister;
236 p.Pro2083Leu, located in the C-terminal cytoplasmic domain, in another index case and his brother; and a
237 *de novo* p.Val1951Glu, also located in the C-terminal domain, in a patient with an APA (no familial
238 history available). All mutations altered Cav3.2 function and enhanced aldosterone production to a greater
239 or a lesser degree [56].

240 Although further studies are needed, available data suggests FH-IV may be a rare form of FH. It follows
241 an autosomal dominant pattern of heritability but with reduced penetrance, particularly in adults. Indeed,
242 some family members with mutations in p.Met1549 were affected with resistant hypertension and PA and
243 others displayed milder or even normotensive phenotype, suggesting that other factors, such as genetic
244 modifiers, somatic mosaicism or the age of the patient, could restrain the gene defect [55]. The type and
245 location of the mutation may also play a role in the pathophysiology of FH-IV, resembling what has been
246 described for *KCNJ5* [46]. This fact could also explain the differences on disease presentation among the
247 index cases: some of them were florid cases of PA at their early childhood but without evidence of adrenal
248 hyperplasia; while other patients were diagnosed in their adulthood, nodularity was detected bilaterally in
249 one patient and an APA was diagnosed in another case [55,56].

250

251 **Other germline mutations described in patients with PA**

252 Although not considered established causes of FH, it is worth mentioning that germline mutations in
253 *CACNAID* and *ARMC5* have been reported in patients with PA.

254 *CACNAID* codes for Cav1.3, an L-type (high-voltage activated) Ca²⁺ channel subunit and is recurrently
255 mutated in about 10% of sporadic APAs. Most sporadic alterations cause gain of function and lead to an
256 increase of Ca²⁺ influx and the consequent overproduction of aldosterone [57]. Recently, Scholl and
257 coworkers identified two *de novo* mutations in two unrelated cases diagnosed with PASNA (PA
258 associated with seizures and neurological abnormalities) [57]. Although the severe comorbidities of
259 affected individuals make the heritability of PASNA very unlikely, it is tempting to speculate that other
260 *CACNAID* mutations that cause a milder phenotype could be involved in a still not described familial
261 form of PA, in the same way that has been proposed for *KCNJ5* in FH-III.

262 *ARMC5* encodes an apoptosis regulator that belongs to the armadillo/β-catenin-like repeat superfamily.
263 Inactivating mutations in *ARMC5* have been reported in both sporadic and inherited primary bilateral
264 macronodular hyperplasia, an adrenocortical disease associated with cortisol excess [64–66]. Mutated
265 *ARMC5* promotes cell survival and cortisol production *in vitro* [64,65]. Interestingly, germline *ARMC5*
266 variants have been identified in patients with apparent sporadic cases of PA [67,68], suggesting a possible
267 inherited predisposition for nodule formation prior to the hormonal-producing phenotype. Nevertheless,
268 the deleterious effect of those mutations is still quite unclear, as most variants are predicted to be unlikely
269 pathogenic [69]. Thus, further studies must confirm or refuse the possible role of *ARMC5* germline
270 mutations in the etiology of PA.

271

272 **New genes, new phenotypes - We need a new classification!**

273 In the recent years, our knowledge on inherited forms of PA has progressed substantially [8,70]. FH
274 classification has evolved from two clinically distinct forms (FH-I and FH-II) described in the previous
275 Endocrine Society guideline [71] to at least four genetically defined types in which patients are grouped
276 based on the presence of causative mutations (FH-I/*CYP11B1/B2* chimera, FH-II/*CLCN2*, FH-III/*KCNJ5*
277 and FH-IV/*CACNAIH*). Despite substantial scientific advances, some questions remain unanswered.
278 Firstly, the clinical heterogeneity within groups of FH related to variable disease presentation and
279 incomplete penetrance suggest a possible modulation of genetic causes by non-genetic factors. This
280 hypothesis could explain why relatives with germline mutations are apparently asymptomatic. Secondly,
281 the prevalence of FH-II and FH-IV families is still uncertain. Evidence suggests that the frequency of
282 *CLCN2* and *CACNAIH* mutations is low. Thus, extensive studies are needed to determine the actual

283 prevalence and the clinical relevance of these subtypes. Lastly, it must be elucidated whether apparent
284 familial cases without known mutations truly follow inherited patterns of PA. Further next-generation
285 sequencing studies will gain insight into the molecular causes of PA and probably to contribute to the
286 establishment of new FH types. Misclassification of sporadic PA cases as FH should be avoided. For that
287 reason, we discourage the use of non-genetic criteria for the screening and classification of FH and
288 propose the term “familial hyperaldosteronism” only to be used when known germline mutations are
289 detected.

290

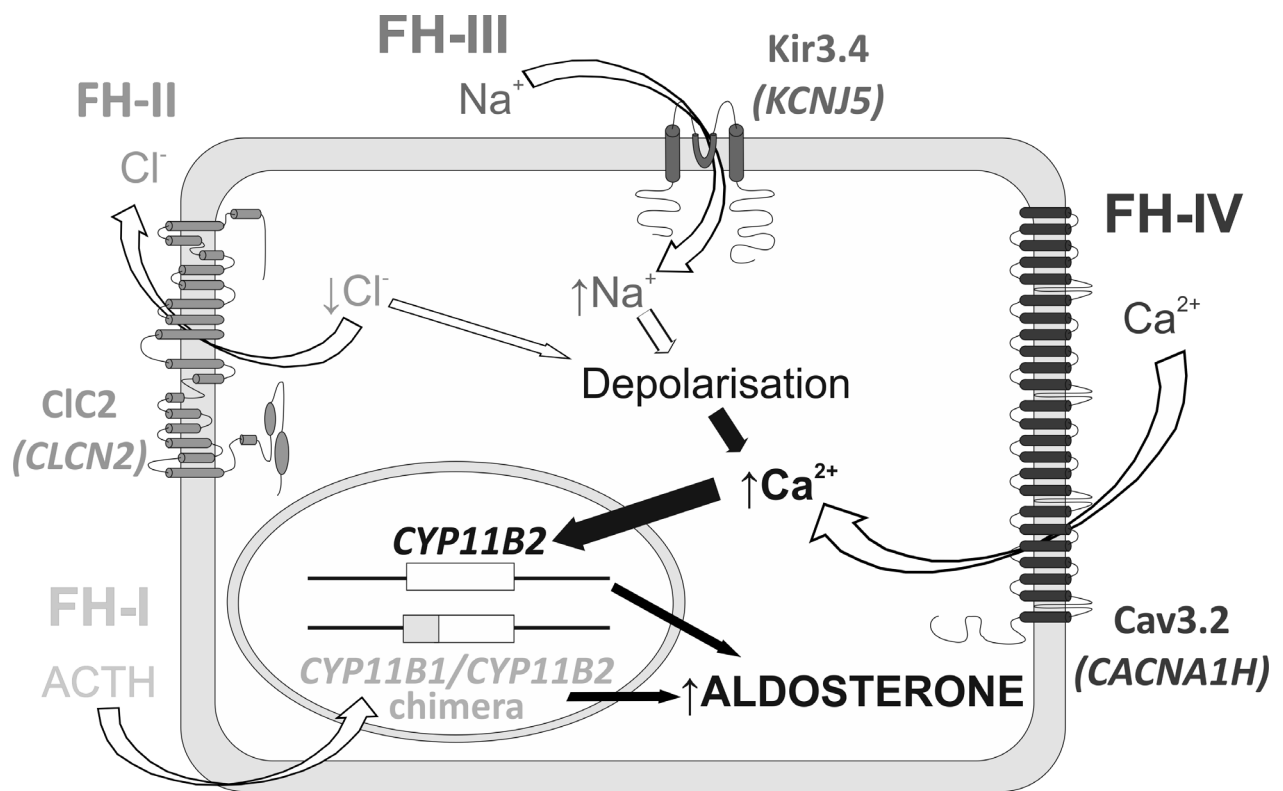
291 **Funding**

292 This work was supported by the European Research Council (ERC) under the European Union’s Horizon
293 2020 research and innovation programme (grant agreement No [694913] to MR) and by the Deutsche
294 Forschungsgemeinschaft (DFG) (within the CRC/Transregio 205/1 “The Adrenal: Central Relay in Health
295 and Disease” to MR and TAW; and grant RE 752/20-1 to MR) and the Else Kröner-Fresenius Stiftung in
296 support of the German Conns Registry-Else-Kröner Hyperaldosteronism Registry (2013_A182 and
297 2015_A171 to MR). L.G.P-R is supported by a fellowship from the People Programme (Marie Curie
298 Actions) of the European Union’s Seventh Framework Programme (FP7/2007–2013) under REA grant
299 agreement no. 608765.

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301

302 **Figure 1. Genetic causes of familial hyperaldosteronism.** Summary of the known molecular
 303 mechanisms that lead to familial hyperaldosteronism types I to IV. FH-I is produced by an asymmetrical
 304 recombination between *CYP11B1* and *CYP11B2*, resulting in the expression of a chimeric enzyme under
 305 the control of ACTH stimulation. FH-II is caused by germline mutations in the chloride channel *CLCN2*
 306 that decrease intracellular Cl⁻. FH-III is produced by germline mutations in *KCNJ5* that affect the
 307 selectivity of the channel, allowing Na⁺ conductance. Both reduction of intracellular Cl⁻ and increase in
 308 Na⁺ cause plasma membrane depolarization and open voltage-gated Ca²⁺ channels, elevating cytosolic
 309 Ca²⁺. FH-IV is caused by germline mutations in *CACNA1H* that facilitate Ca²⁺ entry. In all cases, increase
 310 of intracellular Ca²⁺ triggers *CYP11B2* transcription and aldosterone synthesis.



311

312

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