Arterial Spin Labeling Perfusion of the Brain: Emerging Clinical Applications¹

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Online SA-CME

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Learning Objectives:

After reading the article and taking the test, the reader will be able to:

- Describe the technical principles of arterial spin labeling
- Discuss the limitations and pitfalls of ASL
- Discuss the role of ASL in neurodegenerative and cerebrovascular disease, arteriovenous malformation, epilepsy, neoplasms, and neurologic disorders
- Discuss the use of ASL to measure cerebrovascular reserve using a vascular challenge

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imaging technique used to assess cerebral blood flow noninvasively by magnetically labeling inflowing blood. In this article, the main labeling techniques, notably pulsed and pseudocontinuous ASL, as well as emerging clinical applications will be reviewed. In dementia, the pattern of hypoperfusion on ASL images closely matches the established patterns of hypometabolism on fluorine 18 fluorodeoxyglucose (FDG) positron emission tomography (PET) images due to the close coupling of perfusion and metabolism in the brain. This suggests that ASL might be considered as an alternative for FDG, reserving PET to be used for the molecular disease-specific amyloid and tau tracers. In stroke, ASL can be used to assess perfusion alterations both in the acute and the chronic phase. In arteriovenous malformations and dural arteriovenous fistulas, ASL is very sensitive to detect even small degrees of shunting. In epilepsy, ASL can be used to assess the epileptogenic focus, both in peri- and interictal period. In neoplasms, ASL is of particular interest in cases in which gadolinium-based perfusion is contraindicated (eg, allergy, renal impairment) and holds promise in differentiating tumor progression from benign causes of enhancement. Finally, various neurologic and psychiatric diseases including mild traumatic brain injury or posttraumatic stress disorder display alterations on ASL images in the absence of visualized structural changes. In the final part, current limitations and future developments of ASL techniques to improve clinical applicability, such as multiple inversion time ASL sequences to assess alterations of transit time, reproducibility and quantification of cerebral blood flow, and to measure cerebrovascular reserve, will be reviewed.

Arterial spin labeling (ASL) is a magnetic resonance (MR)

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Online supplemental material is available for this article.

A rterial spin labeling (ASL) is a magnetic resonance (MR) imaging technique that enables the measurement of brain perfusion noninvasively at the tissue level. Benefiting from the contrast of inflowing magnetically labeled blood, ASL obviates an exogenous contrast agent. Although the principle of ASL was introduced in early 1990s (1–3) and is feasible on low-field-strength MR systems, ASL greatly benefits from the improved signal-to-noise ratio (SNR) of modern

Essentials

- Due to the close link between brain metabolism and perfusion, patterns of fluorine 18 fluorodeoxyglucose PET closely resemble those of arterial spin labeling (ASL).
- ASL complements structural information of standard MR imaging in neurocognitive decline and may allow early diagnosis of dementia.
- ASL may depict mismatch perfusion in acute stroke and help identify tissue at risk in chronic cerebrovascular disease.
- ASL may depict arteriovenous shunting in arteriovenous malformation and fistulas.
- ASL may be used to localize the epileptogenic focus in seizure disorders.
- In neoplasms, ASL may replace standard gadolinium-enhanced dynamic susceptibility contrastenhanced imaging, notably in patients with allergies or renal insufficiency or in children.
- ASL may help detect subtle functional changes in psychiatric disorders such as posttraumatic stress disorder or mild traumatic brain injury, where standard structural MR imaging typically provides no detectable anomaly.
- Emerging new applications of ASL include superselective ASL to map vascular territories and cerebrovascular reserve imaging.

high-field-strength MR imaging systems (4). The increasing availability of 3-T imagers, as well as the development of improved pulse sequences and multichannel receiver array coils, has led to a rapidly growing interest in ASL within the past few years, paving the way for widespread application in neurologic and psychiatric disorders. The current review will start by briefly summarizing the essential technical requirements and then discuss in more detail emerging clinical applications of ASL (such as in dementia, stroke, vascular malformations, epilepsy, tumors, and psychiatry) and concludes with a critical review of the current limitations and future perspectives of brain ASL imaging.

Essential Technical Considerations

Basic Concepts of ASL

ASL is based on the principle of magnetically labeling inflowing arterial blood protons prior to their entry into the tissue of interest. As such, it can be viewed as a tracer technique (5,6), with water acting as the natural endogenous tracer to estimate tissue perfusion. The label is created by applying radiofrequency pulses to invert the bulk magnetization of the blood water protons. Images are acquired after the labeling and inflow period by using rapid acquisition techniques such as echo-planar imaging, gradient- and spin-echo imaging (GRASE), or three-dimensional fast spin-echo imaging using a stack-of-spirals approach (7-9). A pair of images is always acquired: a labeled image, in which the blood water magnetization is inverted, and a control image, in which the blood water magnetization is not inverted. The signal difference between labeled and control images is proportional to the amount of magnetization inverted and delivered to the tissue. If all the labeled blood has arrived at the imaging voxel at the time of image acquisition, the signal difference will be proportional to cerebral blood flow (CBF). The current main implementations of ASL are pulsed and pseudocontinuous labeling.

Pulsed ASL

In pulsed ASL (PASL), the arterial blood water is labeled by using a short adiabatic inversion pulse. The labeling pulses are on the order of approximately 10 msec and designed to invert the blood water instantaneously in a particular region, typically located inferior to the brain (Fig 1a). After labeling, a postlabel delay period is required (also known as the inflow time for PASL), during which time the inverted blood moves from the labeling region into the brain, losing gradually its label through longitudinal T1 relaxation. For this reason, PASL is intrinsically a lower SNR technique than pseudocontinuous ASL (PCASL). The control acquisition for PASL consists of applying a radiofrequency pulse with equivalent power to the labeling pulse but which has a net zero effect on the blood water magnetization in the labeling region.

PCASL Technique

In PCASL, a long labeling period (1-2 seconds) is made up of a train of very short ($\approx 1 \text{ msec}$) pulses (9). This train of short pulses is designed to invert the inflowing blood magnetization in an adiabatic or pseudo steady-state manner (Fig 1b). It is useful to think of the blood being continuously inverted as it flows through a "labeling plane" in the inferior-superior direction. If the phase of every second pulse in the PCASL pulse train is shifted by 180°, the flowing blood water is minimally perturbed and thus enables acquisition of non-labeled control images. PCASL has

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bbreviations:
D = Alzheimer disease
SL = arterial spin labeling
OLD = blood oxygen level dependent
BF = cerebral blood flow
OSC = dynamic susceptibility contrast
DG = fluorine 18 fluorodeoxyglucose
ASL = pulsed ASL

- PCASL = pseudocontinuous ASL
- SNR = signal-to-noise ratio

Conflicts of interest are listed at the end of this article.

Figure 1 A PASL Imaging slices Labeling slab PCASL Imaging slices Labeling slices Labeling

Figure 1: ASL labeling schemes. *A*, In PASL, an inversion slab is placed proximal to the imaging volume to label blood in the arterial feeding vessels supplying the brain. The pulse is short (~10 msec) and all the blood is inverted simultaneously. *B*, In PCASL, the inflowing arterial blood is continuously inverted as it flows through the labeling plane by means of a process known as flow-induced adiabatic inversion. The PCASL labeling pulse train is typically applied for a period of approximately 1–2 seconds.

recently been adopted as the labeling method of choice for clinical imaging, due to its ease of implementation and high SNR (10).

Pros and Cons: PASL versus PCASL

The main advantage of PCASL over PASL is its higher SNR—a substantial benefit in a technique that is intrinsically SNR limited. The reason for this can be understood by considering the degree of labeling of the arterial blood as it arrives at the tissue and how this changes during the inflow time and/or postlabel delay (Fig 2). For PASL, a slab of arterial blood is inverted at inflow time of 0, and subsequently undergoes T1 relaxation during the inflow time. For PCASL, the arterial blood is continuously inverted as it passes through the labeling plane, which means that all the blood has the same amount of T1 decay when it arrives at the tissue, irrespective of when it was labeled. However, the benefits of PCASL are not as large in practice as would be predicted theoretically due to (a) the inversion efficiency of the radiofrequency pulses used in PASL, higher than that achieved by using the PCASL flow-induced adiabatic inversion pulse train; (b) the sensitivity of the PCASL labeling train to off-resonance effects, which can cause apparent regional hypoperfusion if different feeding arteries are affected differently; and (c) the longer arterial arrival times for PCASL for which the labeling plane is required to intersect major feeding arteries with flow in a known direction, generally placed distally to the PASL labeling slab. Consequently, for any given study, it is always worth to consider the specific pros and cons of PCASL and PASL to choose the most appropriate option.

The Critical Importance of the Postlabel Delay Time

An important aspect of all ASL techniques is the introduction of the postlabel delay (or inflow time) between the end of the labeling pulse and the time of image acquisition (11). If the postlabel delay is longer than the longest transit time between the tagging plane and the imaging volume, the ASL signal becomes insensitive to variations in the arterial arrival time, as long as the blood and tissue T1 values are similar (true for gray matter but not for white matter) (11,12). This enables CBF quantification and minimizes the appearance of intravascular signal in the ASL images, yet at the expense of SNR, due to the T1 relaxation of the bolus (T1 of blood is 1600 msec at 3 T). In addition, the choice of postlabel delay depends on the subject's age, with older subjects showing longer arterial arrival times. The recommended postlabel delay for pediatric and adult clinical populations is 1500 msec and 2000 msec, respectively (10).

Alterations of Transit Time: Multi–Inflow-Time ASL

Most clinically available ASL sequences use only a single delay between labeling and image acquisition, based on original values calculated from healthy young adults. In case of proximal vessel occlusion, there is a delayed arrival of blood in the parenchyma, which may falsely suggest a reduced relative CBF as estimated with ASL (Fig 3) (13) and increased ASL signal in the feeding arterial vessels, known as arterial transit artifact (14). Reduced cardiac output, as seen frequently in elderly

Figure 2

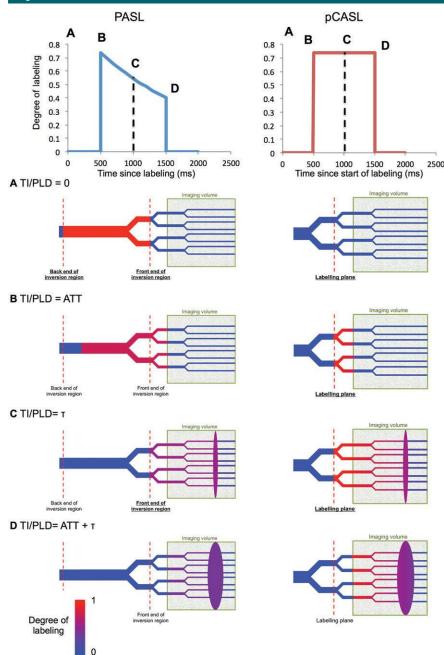


Figure 2: Differences in labeling degree of ASL bolus for PASL (left column) and PCASL (right column). The top row shows the temporal profile of the bolus (1 = fully inverted; 0 = fully relaxed). Since the PASL inversion slab is inverted at a single point in time (t = 0 on this graph), all the inflowing arterial blood undergoes the same amount of T1 recovery at all time points after this. In PCASL, blood is labeled as it flows through the inversion plane and recovers en route to the imaging volume. *A*–*D* show the degree of labeling remaining at several time points after the start of labeling (t = 0): *A*, t = 0; *B*, t = arterial arrival time (*ATT*); *C*, t = bolus duration (τ); *D*, t = ATT + τ . Color scale represents the range from fully inverted (red) to fully relaxed (blue). It can be seen that the PCASL labeling process produces a bolus with a higher overall degree of inversion than does the PASL, resulting in a higher intrinsic SNR for PCASL.

populations, leads to similar effects, for example, in the vascular border zone regions (15). The use of multi–inflow-time ASL sequences aims to overcome this methodological shortcoming, but due to the longer imaging times required, they are currently not recommended in daily clinical practice (16,17). Other parameters affecting ASL can be found in the Appendix E1 (online).

ASL in Neurodegenerative Diseases

General Considerations: Coupling of Brain Perfusion and Brain Metabolism

Alzheimer dementia is the most common type of dementia. According to the model of neurodegeneration proposed by Jack et al (18), brain metabolic alterations precede structural abnormalities during cognitive decline in Alzheimer dementia. This explains the considerable interest in the assessment of brain glucose metabolism based on fluorine 18 fluorodeoxyglucose (FDG) positron emission tomography (PET) findings in the work up of dementia. This technique has identified typical patterns of metabolic alterations in various types of dementia. For example, Alzheimer dementia is typically associated with hypometabolism in bilateral parietal and temporal regions sparing the occipital lobe, while dementia with Lewy bodies also has bilateral parietal and temporal and additionally occipital hypometabolism (19). One disadvantage of FDG PET is that the alterations in blood glucose metabolism are not specific for a given disease. This has led to the development of disease-specific tracers of amyloid and tau PET, which were recently introduced for clinical use. As a consequence, there is a need for an alternative technique that might be used as a surrogate marker to replace FDG PET in the work up of dementia. ASL is a very promising alternative technique for two reasons. First, perfusion and metabolism are typically tightly coupled in the brain (20,21). This perfusion-metabolism coupling implies that the known patterns of hypometabolism in FDG PET in dementia can be transferred to patterns of hypoperfusion on ASL MR

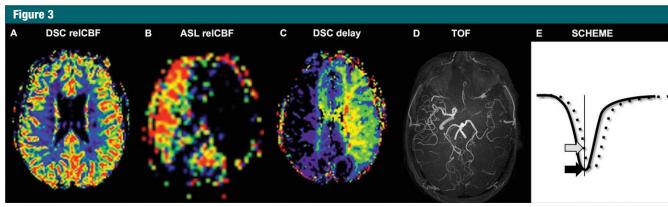


Figure 3: Example of an underestimation of relative CBF (*relCBF*) in ASL due to a proximal vessel stenosis. *A*, The estimated relative CBF based on DSC perfusion is within normal limits. *B*, In contrast, the relative CBF estimated by using a standard single–inflow-time ASL sequence demonstrates marked reduction in the left anterior and middle cerebral artery territories. The origin of this discrepancy is the increased perfusion delay, illustrated on, *C*, DSC-derived delay map, which exactly matches the altered perfusion in ASL due to the presence of a high-grade stenosis of the left internal carotid artery on, *D*, time-of-flight (*TOF*) image. The underlying principle is explained in *E*. The normal perfusion time series of DSC imaging (solid black line) is shifted to the right due to the presence of a proximal vessel stenosis and slower collateral flow (dotted line). DSC imaging acquires an entire time series, this shift in the bolus arrival simply causes a shift of the estimated curve, and the relative CBF can be accurately estimated in DSC. In contrast, a single–inflow-time ASL sequence with a standard inflow time (indicated by the vertical line) will underestimate the true perfusion simply because it is too early with respect to the peak of the perfusion curve.

images. Correspondingly, there is a good correlation between brain perfusion measured by using ASL (22–26) and brain metabolism measured with FDG PET (27-30), for example, in the domain of mild cognitive impairment and Alzheimer dementia. Second, structural MR imaging is routinely performed in many patients during the work up of cognitive decline. Addition of an ASL sequence to the existing MR protocol is minimally demanding for the patient and does not require additional radiation or use of contrast agents, is less costly, and allows for the assessment of brain structure and perfusion in one imaging session. Moreover, if ASL could replace FDG PET, this would enable more disease-specific PET imaging with the newly available amyloid or tau tracers.

Normal Aging

To be able to assess reductions in perfusion measured with ASL in cognitive decline, it is first necessary to understand the evolution of ASL imaging appearances during normal aging. A study of 44 healthy participants from age 4 to 78 years found the highest gray matter perfusion in children (97 mL/100 g/ min \pm 5 [standard deviation]), which had already decreased in adolescents (79 mL/100 g/min \pm 3). After the age of around 20, gray matter perfusion remained rather constant at 58 mL/100 $g/\min \pm 4$ until the age of around 80 years (31). Another study of 38 elderly healthy individuals (mean age, 82.2 years \pm 3.7) found variable patterns of decreased and increased perfusion (32). Restom and colleagues compared 15 healthy young adults around 25 years of age with 12 healthy elderly control subjects around 75 years of age and found a significantly lower CBF at rest in the elderly (33). Rusinek et al focused on the hippocampus during normal aging from 26 to 92 years of age due to the particular interest of this structure in dementia, and found no significant age or sex effect (34).

More recently, ASL was used in 148 consecutive control subjects and 65 cases with mild cognitive impairment around 76 years of age (35). About half of the control participants developed subtle cognitive decline during follow-up. ASL imaging performed at baseline revealed decreased perfusion in the posterior cingulate cortex in those individuals who later developed subtle cognitive decline, indicating the predictive value of ASL for the earliest form of cognitive decline. Interestingly, the ASL pattern of those deteriorating control subjects was similar to mild cognitive impairment cases, indicating that these individuals were initially able to maintain an intact cognitive status through their cognitive reserve despite already present reductions in CBF.

Alzheimer Disease and Mild Cognitive Impairment

Alzheimer disease (AD) is associated with gray matter volume loss in the mesial temporal and parietal lobes. In earlier stages of the disease, such as mild cognitive impairment or preclinical AD, atrophy can be minimal though metabolic imaging (FDG PET) findings may already be abnormal (18,36).

ASL studies in established AD have consistently shown a reduction in CBF (22-25,30,37,38) in a posterior parietal distribution, including the precuneus, posterior cingulate, angular gyrus, and superior parietal gyrus (25). The ASL pattern is remarkably similar (Fig 4) to the pattern of the hypometabolism seen with FDG PET (39), and both modalities have similar diagnostic performance (38). The information from ASL persists after correction for local gray matter atrophy, illustrating its independent diagnostic value, although uncorrected ASL maps may be preferred in a clinical setting to increase the effectsize. Similar patterns of hypoperfusion

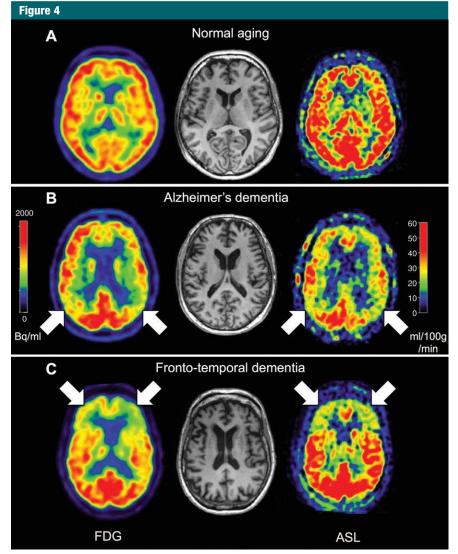


Figure 4: Examples of dementia. Transverse FDG and ASL images of, *A*, a healthy individual (male; age, 57 years; Mini-Mental State Examination [MMSE] score, 30), *B*, patient with AD (male; age, 52 years; MMSE score, 19), and, *C*, patient with frontotemporal lobar dementia (female; age, 53 years; MMSE score, 26). Functional images show predominant prefrontal abnormalities in FTD and parietal abnormalities in AD. Red color reflects normal metabolism and perfusion.

have been observed in subjects with mild cognitive impairment, and preliminary evidence suggests that abnormal perfusion in the precuneus can predict conversion to AD (40), though larger studies are required for confirmation.

Frontotemporal Lobar Dementia, Lewy Body Dementia, and Vascular Dementia

Less is known about the potential of ASL in dementias other than AD. In subjects with frontotemporal lobar dementia, Du et al (30) found right frontal hypoperfusion in 21 patients, similar to FDG PET, while perfusion in parietal regions and posterior cingulate was preserved relative to AD. These findings were confirmed in a study comparing AD and frontotemporal lobar dementia (41), with both ASL and FDG showing a clearly differentiating pattern in frontotemporal lobar dementia compared with AD (Fig 4).

In dementia with Lewy bodies, Taylor et al (42) found posterior hypoperfusion in the posterior cingulate and higher order visual association areas in 15 patients with dementia with Lewy bodies; no comparison with AD was made. In the related Parkinson disease dementia disorder, Le Heron et al (43) found the pattern of posterior hypoperfusion to largely overlap with that in AD patients, hinting at a similar mechanism of neurodegeneration.

Vascular dementia by definition is caused by impaired cerebral perfusion, and widespread decreases in CBF have been found especially in bilateral frontal and parietal areas in subjects with vascular dementia (44,45) and subjects with confluent incidental white matter ischemic changes (46). The pattern overlaps even more with AD in poststroke patients (47), though this may well be due to concomitant (unveiled) Alzheimer pathologic condition. A related point to note here is the limited ability of ASL to measure white matter perfusion. Due to the low perfusion levels and long arterial arrival times in white matter, the SNR of the ASL signal is typically very low, and it is not possible to obtain reliable estimates of CBF unless the acquisition parameters are specifically optimized (48-50).

ASL in Cerebrovascular Disease

Early on, ASL techniques were recognized to be valuable for imaging brain ischemia. Indeed, following the National Institute of Neurologic Disorders and Stroke trial (51) and the development of diffusion imaging, the potential of acquiring brain perfusion images without contrast material was recognized. This allows perfusion imaging in patients with contraindications to intravenous contrast material, such as renal failure, and simplifies the acquisition of quantitative CBF, which is challenging with contrast agent-based perfusion techniques, such as dynamic susceptibility contrast (DSC).

Initial reports of ASL imaging in stroke demonstrated proof of principle but were limited by their inability to image the entire brain (52). Since the widespread use of whole-brain, high-SNR ASL sequences, several studies

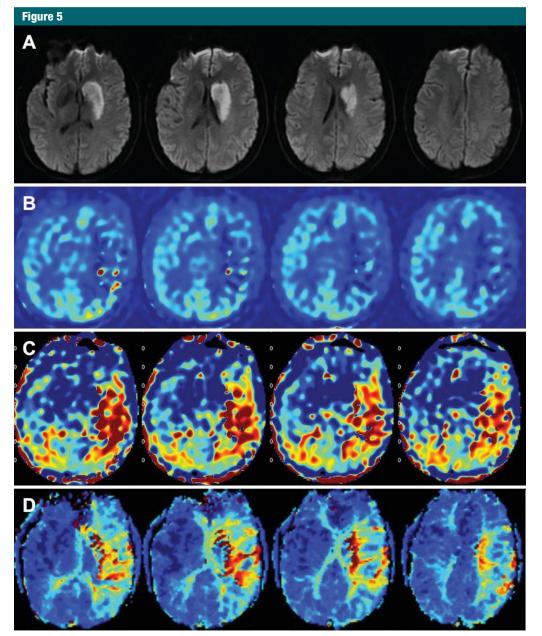


Figure 5: Images in 50-year-old woman presenting with stroke, with 14 hours of right hemiparesis and aphasia, National Institutes of Health Stroke Scale score of 9 at the time of imaging. Patient was later found to have extracranial left internal carotid artery dissection. *A*, Diffusion-weighted images demonstrate irreversibly damaged tissue within the left caudate and putamen. By using a multidelay ASL sequence capable of acquiring both, *B*, CBF and, *C*, arterial transit time images, a larger region of perfusion abnormality is identified. *D*, Conventional DSC images show the region of perfusion abnormality (time to the maximum of the residue function) is concordant with the findings on ASL images.

have shown reasonable concordance of ASL with DSC measures of perfusion deficit, primarily time-based parameters such as the mean transit time and time to peak of the residue function (Fig 5) (53–56). Vessel-selective ASL

has the additional advantage of being more sensitive to identify perfusion changes induced by collateral flow (57) in stroke patients. Routine ASL can also show perfusion changes in patients with Moyamoya disease (58). It has also been applied in cases where treatment was initiated on the basis of the presence of collateral flow (59).

The ability of ASL to measure severe hypoperfusion or determine perfusion in regions with prolonged arterial arrival

times remains a critical issue for imaging patients with cerebrovascular disease. In these situations, there can be regions with a lack of ASL signal intensity in the ischemic lesion that render reconstruction of summary maps difficult. However, for the detectability of stroke, ASL techniques have been shown to be at least equivalent to DSC techniques and can be used for a mismatch approach with diffusion-weighted images (54,60). In our experience, it is particularly helpful when ASL shows normal perfusion or hyperperfusion (as is sometimes seen after vessel recanalization), since it eliminates the possibility of a diffusion-perfusion mismatch that would reflect tissue at risk of infarction, thus directly affecting patient treatment.

In patients with known cerebrovascular disease, alternative ASL imaging strategies could be considered, including long-label long-postlabel delay single-time-point ASL and multidelay ASL. The former will mitigate the problem of slow flow not arriving at the tissue bed by the time of imaging, resulting in CBF underestimation. However, differences in the decay of the label when it is within the blood, with its longer T1 compared with tissue, can lead to misinterpretation, with adequate CBF that arrives later than expected appearing hyperintense. Multidelay ASL, in which ASL images with several postlabel delay times are acquired, offers the potential to measure both perfusion and arterial arrival time and use the arrival time information to improve the accuracy of the CBF maps. This addresses some of the problems of longlabel long-delay ASL, but at the expense of SNR per unit time. Practically, this means that multidelay ASL images will have reduced spatial resolution unless imaging efficiency is improved or much longer imaging times are accepted. One promising approach to improve the time efficiency of multidelay ASL is Hadamard encoding (61). Hadamard encoding is a method in which blocks of labeling are mixed with blocks of nonlabeling, with different permutations of the labeling and control blocks. This method enables reconstruction of images with different delay times in a more time-efficient manner, leading to higher SNR, particularly for transit time mapping (61,62).

ASL has also been applied to chronic cerebrovascular disease, including carotid stenosis and occlusion (14,63,64) and Moyamoya disease (58,65-68). Such diseases are characterized by near normal CBF, but often striking abnormalities of arterial arrival time, since blood arrives at the parenchyma through alternative pathways. For this reason, many of these studies have availed themselves of multidelay ASL approaches to correct CBF values for arrival time and to map transit time abnormalities directly (Fig 6). Given the relatively long delays, either the use of extremely long-label and postlabel delay times or multidelay ASL is critical for a proper perfusion measurement in these diseases. This being said, even with state-of-the-art techniques, there are a few patients with very severe Moyamoya disease, in which ASL imaging of CBF is practically infeasible because of the extremely circuitous and delayed arrival time of the blood flow due to loss of the magnetic label during the transit between the labeling region and the brain parenchyma.

ASL in Arteriovenous Malformation and Fistula

One unexpected but useful clinical application of ASL imaging is the ability to identify lesions with arteriovenous shunting. Because more than 90% of water is extracted during the first pass through the capillaries, and because the mean dwell time of water molecules once extracted from the vascular into the extravascular space is several minutes, most of the labeled water decays within the brain parenchyma and does not reach the veins. This leads to the excellent depiction of parenchymal perfusion and the absence of vascular signal on most ASL images. However, if the capillary bed is absent, as in the two most common shunt lesions of the CNS, the arteriovenous malformation and dural arteriovenous fistula, the ASL signal appears in venous structures (69). This can be striking given the high blood volume of the veins (Fig 7).

While large arteriovenous malformations and dural arteriovenous fistulas are not difficult to diagnose with routine anatomic MR imaging, small lesions or evolution of lesions following embolization therapies can be very challenging to identify. Le et al (70) demonstrated that identification of small (< 2 cm) lesions was significantly improved if readers were allowed to view ASL images in addition to conventional images. In fact, this may be more sensitive than conventional angiography, as venous signal on ASL images has been seen in arteriovenous malformations in the setting of intracranial hemorrhage, where initial angiograms were negative, possibly due to the mass effect. It has also been shown that identification of such lesions outside the brain, within the upper neck region, is also possible with ASL (71). Finally, arteriovenous shunting has been identified in about 10% of developmental venous anomalies, suggesting that transitional lesions might be more common than is generally appreciated (72).

One challenge for ASL when venous signal is used to identify shunt lesions is that conspicuity depends on the precise timing parameters (ie, the labeling duration and the postlabel delay). While the use of recommended parameters (10) appears fairly sensitive for detecting most lesions, it is possible that in either slow or fast shunting lesions venous ASL signal could be suboptimal or missed. Therefore, there is interest in multidelay ASL, in which images at different labeling duration and/or postlabel delay are acquired as part of a single acquisition. While these sequences were first developed for better CBF quantification, the ability to optimize the sensitivity for the detection of venous signal is also enhanced. However, spatial resolution is reduced compared with that in singledelay ASL for a given imaging duration, and thus any gains might be offset by this lower resolution. ASL-based multidelay MR angiographic sequences have also been developed, focusing more on direct vessel visualization (73). As such, these latter sequences would compete more directly with conventional angiography, with comparable temporal resolution without the associated risks.

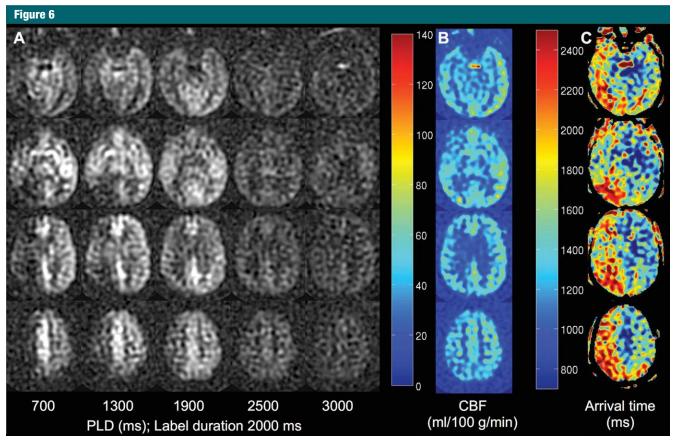


Figure 6: Example of multidelay ASL imaging. A fixed labeling duration of 2000 msec is used, but on subsequent images, different postlabel delays (*PLD*) ranging from 700 to 3000 msec are used, yielding ASL difference (control label) images as shown in *A*. From these data, and the use of general kinetic modeling, one can simultaneously measure, *B*, an arrival-time–corrected CBF and, *C*, the arterial arrival time itself. In this patient, there is near symmetric CBF but clear arterial arrival delay in the right hemisphere, as shown by the higher values on the arrival time map.

ASL in Epilepsy

The main interest of ASL in the context of epilepsy is to locate a potential epileptogenic focus. ASL might further be helpful in the differential diagnosis, for example, in assessing for a stroke in the acute stage. During the acute peri-ictal period, the CBF is typically increased due to pathologic neuronal activity (74), while in the chronic interictal period, CBF is typically reduced as the epileptogenic region typically is less functional and active compared with the normal brain tissue (75–79).

Nuclear medicine techniques such as ictal and interictal single photon emission computed tomography (SPECT) and PET are often performed to detect metabolic changes related to epileptic activity. Since standard structural MR imaging is routinely performed, ASL might be of interest as an additional functional marker of cerebral perfusion with minimal additional effort. Hypoperfusion on ASL images corresponds to hypoperfusion on interictal PET images and electrophysiological data (75,76,80), indicating the potential use of ASL for epileptic focus localization (Fig 8).

ASL in Neoplasms

Hemodynamic changes are present in many central nervous system neoplasms, and in general, CBF and cerebral blood volume (CBV) increase with tumor grade. Historically, much of our MR imaging-based knowledge about these hemodynamic changes has been gained from DSC and dynamic contrast-enhanced imaging (81–87). This has had two main consequences: (a) most literature has focused on relative CBV changes, because the DSC measurement of CBV is more straightforward compared with CBF, and (b) most of our data are of relatively poor spatial resolution and prone to artifacts, since the rapid passage of the intravascularly confined tracer necessitates rapid, sometimes suboptimal, imaging. ASL cannot measure relative CBV; instead, CBF measurements are more straightforward. While CBV and CBF are related via the Grubb law (CBV = $CBF^{0.38}$) in normal tissue (88), it is likely that this relationship is altered in tumors, which may form abnormal blood vessels that alter the CBV/CBF ratio. Also, since there is no requirement to accurately track a rapid

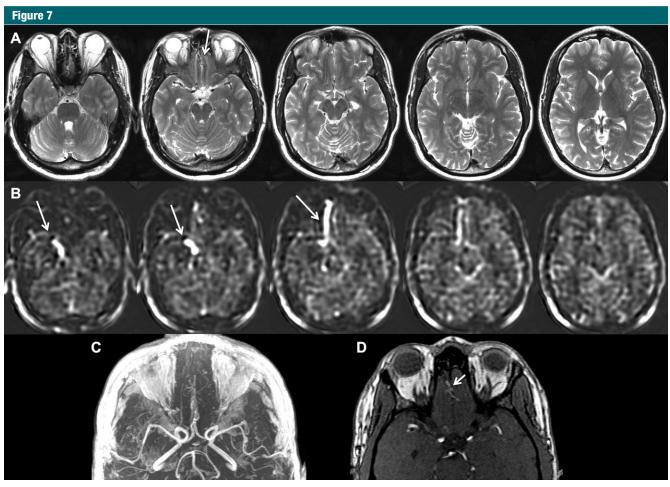


Figure 7: Images in 51-year-old man with exertional headaches and an arteriovenous fistula imaged at 1.5 T. *A*, T2-weighted images demonstrate very subtle flow voids in the inferior frontal lobe (arrow). *B*, ASL images demonstrate linear high signal intensity (arrows) in the region of the right inferior frontal lobe, which extends to the right cavernous sinus, indicative of an arteriovenous shunt lesion. *C*, Collapsed and, *D*, source MR angiographic images confirm the presence of an ethmoid dural fistula (arrow), which was recognized only after the observation of the abnormal ASL signal within the venous structures draining the fistula. This case also demonstrates that while 3 T is preferable to 1.5 T, relevant clinical information can be obtained with ASL at 1.5 T.

intravascular bolus of contrast material, the ASL experiment is more flexible, such that the SNR, spatial resolution, amount of tolerable image distortion, and imaging time may be traded off against one another. Last, since water has high permeability in the normal and neoplastic tissue, there is no need with ASL (unlike DSC) to use complicated leakage-correction algorithms to obtain quantitative results.

Primary Central Nervous System Neoplasms

Glioblastoma multiforme is the most common high-grade central nervous system tumor in adults and is associated with high metabolism and CBF (Fig 9). Initial reports demonstrated that ASL and DSC show largely concordant results in terms of identifying this tumor and distinguishing it from contrast-enhancing mimics (89-92). Higher CBF in glioblastoma multiforme correlates with genetic markers (such as epidermal growth factor receptor) and is associated with shorter progression-free survival time (93). Lower grade tumors typically demonstrate lower CBF. CBF changes may portent transformation to a more aggressive phenotype. In fact, some have suggested that CBF quantification provides a better estimate of event-free survival for a wide range of gliomas than does a histologic grading scale (94). One exception to this rule of increasing CBF and tumor grade is oligodendroglioma, a grade 2 tumor that often demonstrates increased CBF.

Secondary Central Nervous System Lesions

Most metastatic brain lesions show similar or lower glucose uptake and CBF compared with gray matter. However, several metastatic lesions demonstrate increased CBF and share the feature of high vascularity. These include renal cell carcinoma (95), angiosarcoma, hemangioblastoma (96), and melanoma,

Figure 8

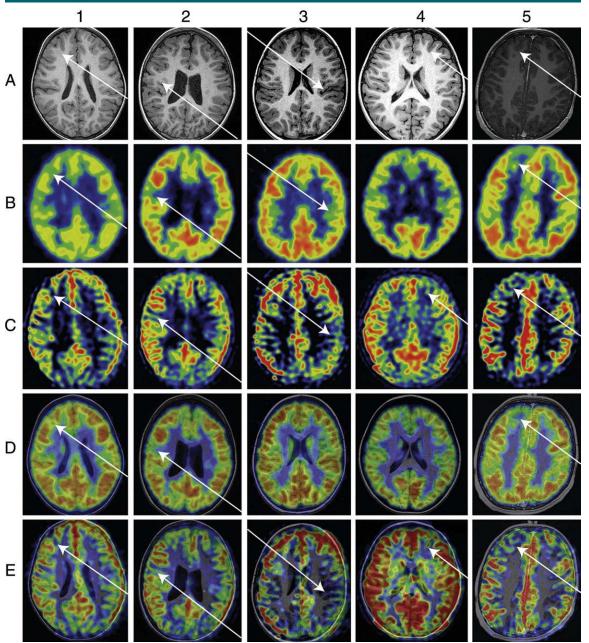


Figure 8: Comparison of ASL MR imaging and FDG PET in epilepsy. Each column represents imaging studies of a single patient. *A*, Preoperative axial T1-weighted MR images. *B*, Raw FDG PET images. *C*, Raw PASL CBF maps. *D*, Image fusion of T1-weighted MR imaging and FDG PET. *E*, Image fusion of T1-weighted MR imaging and PASL. Arrows indicate regions of focal cortical dysplasia that are epileptogenic. Numbers 1–5 refer to different patients. (Reprinted, with permission, from reference 80.)

and in these cases, ASL may be helpful (Fig 10).

Assessing Treatment Response

The quantitative nature of ASL has enabled studies of CBF changes over time

or with treatment to assess its impact on prognosis and outcome. A particularly important and challenging distinction to make is between radiation necrosis and recurrent tumor in patients with new or increasing contrast enhancement. Since radiation necrosis is associated typically with reduced CBF and most recurrent tumors demonstrate increased CBF, perfusion imaging may be helpful to distinguish the two entities. DSC and MR spectroscopy

Figure 9

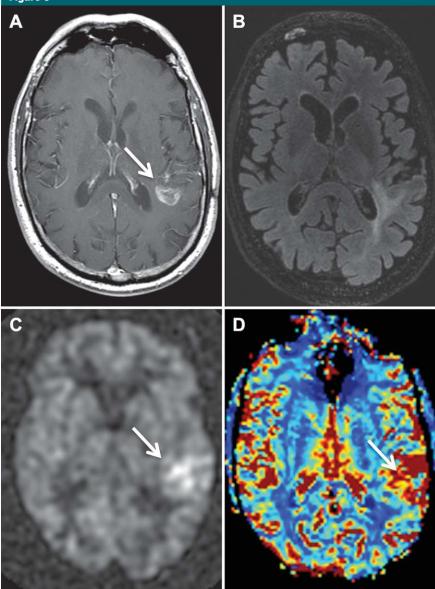


Figure 9: Images in 78-year-old man with unresectable anaplastic astrocytoma (arrow) (World Health Organization Grade 3), seen on, *A*, postcontrast T1-weighted and, *B*, FLAIR images. *C*, ASL image demonstrates increased CBF (arrow) in the region of the tumor. *D*, Increased cerebral blood volume (arrow) is also visible on bolus DSC image, though it is more difficult to appreciate due to the extensive number of arterial and venous vessels that surround the tumor. The findings of high CBF are characteristic of high-grade (grades III and IV) glial neoplasms.

have also been used for this distinction, with some success (97–99). ASL is likely to improve upon DSC perfusion measures, given its better imaging performance around resection cavities (where blood products can affect DSC results). It is also less sensitive to the presence of surrounding large vessels, which can make it challenging to quantify CBF in the actual lesion (Fig 11).

Using clinical and imaging end points, Oszunar et al (100) suggested that ASL is superior to FDG PET and DSC for distinguishing tumor recurrence from radiation necrosis in gliomas, with a sensitivity of 94%. In the early time period following resection (< 4 weeks), where any contrast enhancement is probably due to pseudoprogression, again ASL appeared more useful than DSC (101). Another technique that can evaluate both initial presentation and treatment changes in tumors is dynamic contrast-enhanced imaging, in which the rate of contrast agent leakage is estimated.

ASL in Psychiatric and Other Neurologic Disorders

An increasing number of investigations have assessed ASL in various psychiatric and neurologic diseases.

Depression

In a study of 25 medication-naive adolescents with major depressive disorder, Ho et al found a complex pattern of hypoperfusion in frontal, limbic, paralimbic, and cingulate yet hyperperfusion within the subcallosal cingulate, putamen, and fusiform gyrus (102). The authors conclude that adolescents with major depressive disorder differ in their baseline perfusion in executive, affective, and motor networks. Several studies assessed adults with depression and found reduced CBF in the default mode network (103) (a brain network initially described on the basis of CBF maps [104] that is consistently found in resting-state functional MR imaging studies [105]), as well as bilateral subgenual anterior cingulate cortex, left prefrontal dorso-median cortex, and left subcortical areas (putamen, pallidum and amygdala) (106). Lui et al further subdivided patients with refractory depressive disorder from patients with nonrefractory depressive disorder (107). Subjects with nonrefractory depressive disorder versus control subjects had reduced CBF in the left prefrontal cortex and increased CBF mainly in the limbic-striatal areas. Conversely, subjects with refractory depressive disorder had decreased CBF predominantly in the bilateral frontal and bilateral thalamic regions. The direct comparison of the two depressive disorder groups further

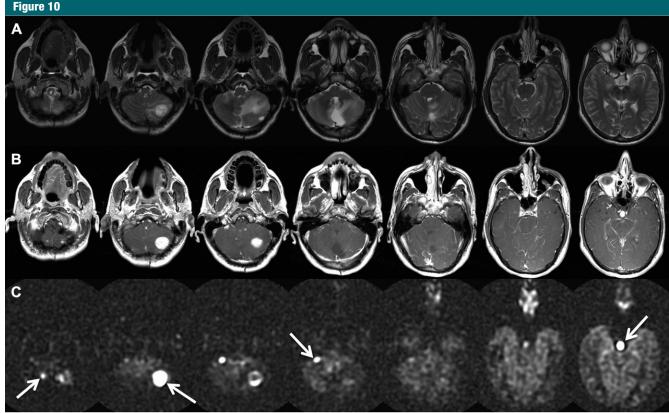


Figure 10: A. T2-weighted, B. postcontrast T1-weighted, and C. ASL images in a 40-year-old man with von Hippel Lindau disease and multiple hemangioblastomas after multiple prior surgeries. Arrows point to the extremely high CBF measured with ASL even in very small lesions.

revealed higher CBF mainly in the limbic-striatal areas. Finally, late-life depression is associated with increased white matter CBF yet conserved gray matter CBF (108). In conclusion, these results indicate that different subtypes of depression are associated with specific patterns of CBF alterations, which furthermore change over the lifespan.

Psychosis

Patients with schizophrenia compared with control subjects had a pattern of increased CBF in left putamen/superior corona radiata and right middle temporal gyrus yet decreased CBF in bilateral precuneus and middle frontal gyrus (109). Moreover, a subdivision of patients according to symptoms revealed an association of negative symptoms (including difficulties in thinking or coming up with ideas, decreased ability to initiate tasks, lowered levels

of motivation or drive, lack of interest in other people) with reduced CBF in bilateral superior temporal gyrus, cingulate gyrus, and left middle frontal gyrus and an association of positive symptoms (including delusions, hallucinations, disorganized speech or behavior) with increased CBF in cingulate gyrus and superior frontal gyrus and decreased CBF in precentral gyrus/middle frontal gyrus. A study by Ota et al (110) found a different pattern of reduced relative CBF in the left prefrontal and bilateral occipital cortices compared with the healthy volunteers. Finally, Kindler et al (111) observed decreased mean CBF in the frontal and temporal regions and significantly increased default mode network connectivity in the precuneus in patients with schizophrenia. Currently it is impossible to disentangle whether these observed differences in ASLbased alterations in CBF in schizophrenia patients are due to different stages and subtypes of the disease, are methodological, or a combination of both.

Posttraumatic Stress Disorder

Posttraumatic stress disorder (PTSD) has attracted considerable interest in recent years. Schuff et al (112) assessed 17 male veterans with PTSD and observed increased relative CBF in primarily right parietal and superior temporal cortices. Li et al (113) implemented a more complex setup in veterans nearly 20 years after the 1991 Gulf War, contrasting baseline ASL with a physostigmine challenge. Physostigmine significantly decreased hippocampal relative CBF in control subjects and veterans with syndrome 1 (impaired cognition), yet significantly increased hippocampal relative CBF in veterans with syndrome 2 (confusionataxia) and 3 (central neuropathic pain), suggesting that ASL might differentiate subtypes of PTSD types.

Figure 11 A C C C C

Figure 11: Images in 57-year-old man with lung cancer brain metastasis 15 months after resection, radiation, and chemotherapy. *A*, Axial T1-weighted gadolinium-enhanced image shows a new enhancing lesion, with, *B*, axial fluid-attenuated inversion recovery image demonstrating extensive vasogenic edema in the region of the resection cavity. C, ASL image demonstrates no increase in CBF in this region, similar to findings on, *D*, FDG PET image. These findings were considered to represent radiation necrosis and the patient is being followed serially rather than with re-resection.

Mild Traumatic Brain Injury

Mild traumatic brain injury (MTBI) is another entity that has attracted considerable interest, notably related to the discussion of brain alterations in professional football and soccer players. Conventional MR imaging sequences are not sensitive enough to detect structural brain changes, and consequently an increasing number of investigations used advanced imaging techniques such as ASL or diffusion-weighted imaging (114). In 2009, Ge et al (115) demonstrated reduced CBF in bilateral thalamus in patients with MTBI. Later on, the same group extended these findings in the assessment of CBF by combining ASL and diffusion-tensor and diffusion kurtosis imaging to assess the white matter, again detecting substantial alterations in both perfusion and white matter integrity in MTBI patients, focusing on the thalamus (114). Interestingly these alterations persisted more than 9 months after injury. Doshi et al (116) assessed the acute stage of MTBI and found increased regional CBF in the left striatum and in frontal and occipital lobes. Finally, Wang et al (117) investigated MTBI in pediatric patients and found reduced CBF in bilateral frontotemporal regions. In summary, these results indicate that ASL might be a sensitive marker to assess MTBI-related alterations in the brain, which are not detectable with conventional MR imaging techniques. The discrepancies between these studies in turn also imply the need for strict standardization of both data acquisition and data analysis.

Pain and Migraine

Owen et al (118) investigated healthy volunteers during painful thermal stimulation and observed bilateral CBF changes that included the insula, secondary somatosensory, and cingulate cortices, as well as the supplementary motor area, in an attempt to quantify pain-induced perfusion alterations in the brain. A similar approach by Maleki et al (119) found alterations in relative CBF in somatosensory cortex, anterior cingulate cortex, anterior insula, hippocampus, amvgdala, thalamus, and precuneus. Taken together, these studies suggest that ASL might be used as an operator-independent marker in subjective pain syndromes. Accordingly. Liu et al observed, in patients with postherpetic neuralgia, a pattern of increased CBF in left striatum, right thalamus, left primary somatosensory cortex, left insula, left amygdala, left primary somatomotor cortex, and left inferior parietal lobule yet decreases CBF in the frontal cortex (120).

Migraine is of particular interest with respect to ASL imaging. Although controversial, it is thought that migraine attacks might involve vascular dysregulation. Correspondingly, mapping the brain CBF by means of ASL might reveal insights into the pathophysiology of migraine. Kato et al performed ASL imaging in a patient during a migraine attack, after treatment with a triptan and in the attack-free period (121). During the migraine attack, the CBF was reduced in bilateral median thalamic areas, including hypothalamus,

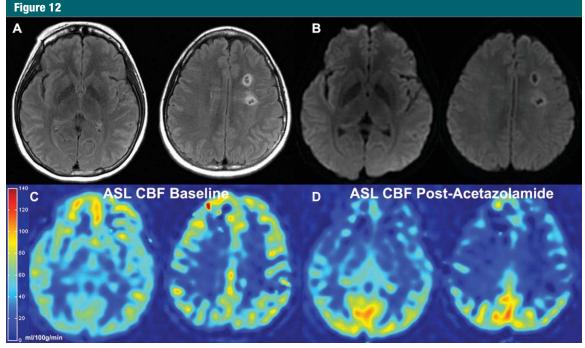


Figure 12: Images in 29-year-old woman with bilateral Moyamoya disease. Both, *A*, fluid-attenuated inversion recovery and, *B*, diffusion-weighted images show evidence of prior infarcts in the deep white matter on the left side. *C*, Multidelay ASL image acquired at baseline shows normal CBF in the bilateral anterior circulation. *D*, However, image obtained 10 minutes after intravenous administration of 1 g of acetazolamide demonstrates the expected CBF increase in the posterior circulation but marked reduction in CBF in both anterior circulations, compatible with cerebrovascular steal. This finding has been associated with a high risk of subsequent cerebrovascular events and prompted bilateral direct superficial temporal artery-middle cerebral artery bypass.

and increased in the frontal cortex as compared with baseline. Thirty minutes after treatment initiation, CBF perfusion improved in the thalamus and hypothalamus. A case series by Pollock et al demonstrated regional cerebral hyperperfusion in three of 11 patients during a headache episode that corresponded to previous aura symptoms (122). While these pilot studies demonstrated interesting preliminary findings, larger scale studies are clearly needed to investigate whether ASL might contribute to a better understanding of the pathophysiology of pain, notably a potential vascular component of migraine.

Extensions of ASL

Superselective ASL to Map Vascular Territories (Also Known as Selective Territory Mapping)

Contrary to contrast-enhanced CT perfusion or DSC, ASL provides the

opportunity to selectively label vascular territories, such as left carotid, right carotid, and vertebrobasilar territories (123.124) or even their more distal branches. This can be of interest from a scientific perspective, for example, to assess the impact of vascular variants of the circle of Willis on perfusion of the brain tissue, such as caudate and lenticular nucleus and thalamus (125). More important, territorial ASL might have clinical value, for example, to determine whether multiple acute vascular lesions are in the same vascular territory as argument for distant cardioembolic events in several vascular territories versus local stenotic origin for a single vascular territory or for neurosurgical planning of, for example, aneurysm clipping or tumor resection.

Cerebrovascular Reserve Imaging

The ability of an organ to adapt to a physiologic challenge, particularly one that stresses its limits, can be measured by using reserve studies. Such imaging may unmask deficits that are not apparent on routine images. Myocardial stress-rest imaging following either exercise or pharmaceutical vasodilatory challenge has been a mainstay of cardiac imaging for decades. A similar cerebrovascular "stress test" can be performed by using either physiologic (ie, CO₂ inhalation or breath hold) or pharmaceutical vasodilation. In particular, acetazolamide, a carbonic anhydrase inhibitor, causes 20%-50% CBF increase in healthy subjects. However, patients in whom the cerebrovasculature is already maximally dilated to maintain baseline CBF may not be able to augment their CBF further in response to an acetazolamide challenge. In fact, those with very severe disease may demonstrate reduced CBF in response to challenge, a phenomenon known as cerebrovascular steal.

Limited data on use of non–MR imaging techniques, including transcranial

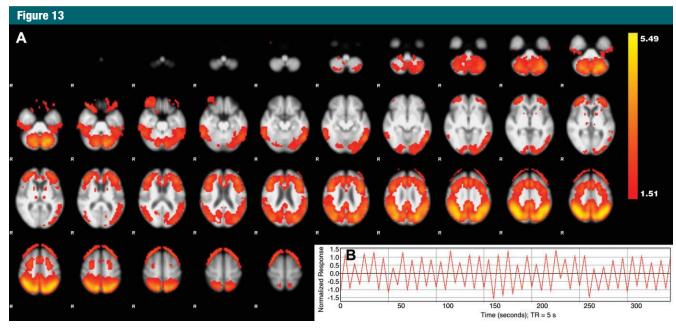


Figure 13: Functional connectivity analysis of ASL raw data in 154 healthy elderly control subjects and 66 cases with mild cognitive impairment. Note that for illustrative purposes, the raw ASL data were directly analyzed by using tensorial independent component in FSL (*www.fmrib.ox.ac.uk/fsl/*), an established technique optimized for functional MR imaging analysis. *A*, Spatial representation of one of the independent components. *B*, The on-off labeling pattern of the raw ASL data is clearly visible on the corresponding temporal representation. Currently ongoing methodological adaptation and optimization to the specific properties of ASL data, such as implementing the known prior knowledge of the on-off time course, will improve the quality of ASL-derived functional connectivity networks.

Doppler, SPECT, and PET, suggest that demonstration of poor reserve is an important risk factor for subsequent cerebrovascular events (126). Given its noninvasive nature, ASL is an ideal method to image CBF changes in response to a challenge (14,127). Since these patients may have large artery stenosis or occlusion, the use of multidelay ASL to quantify both arrival time and CBF is recommended. An example of reserve imaging with multidelay ASL in a patient with Moyamoya disease with cerebrovascular steal of the bilateral anterior circulation is shown in Figure 12.

Functional MR Imaging and ASL

Functional MR imaging studies generally rely on the blood oxygen level-dependent (BOLD) effect (128) and neurovascular coupling (129). Because functional MR imaging does not directly measure neuronal activation but the indirect vascular response, alterations of the neurovascular coupling might influence the resulting functional MR imaging BOLD signal, for example, already in normal aging (33,130). The combination of ASL and functional MR imaging might disentangle vascular and neuronal contributions of the BOLD response (130). Moreover, it is possible to use the time series of the ASL raw data to calculate functional MR imaging activation maps (131) or resting-state functional connectivity networks known from functional MR imaging (105). Although the quality of these ASL-based results is generally below that of classic echo-planar BOLD functional MR imaging, this might be interesting from a clinical perspective as ASL can be used to calculate relative CBF maps and resting-state functional connectivity networks of a reasonable quality without additional cost or imaging time, which is particularly helpful in elderly patients (Fig 13).

Conclusion

Although ASL has been around for more than 2 decades, it only recently began to make the transition from a research tool to clinical use due to increasing awareness of radiologists and clinicians of its capability and technical improvements that have made this approach more reliable and available as product sequences on MR imaging platforms. For many diseases, including dementia, vascular diseases, neoplasms, and various psychiatric diseases, ASL provides additional and complementary information to that available from structural MR imaging. Current methodological developments aim to increase the robustness and decrease interimager variability of CBF estimation.

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