

# HTLV infection and its implication in gynaecology and obstetrics

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## Abstract

**Introduction** Worldwide, 20–30 million people are estimated to be infected with HTLV. HTLV-1 is endemic in Western Africa and Southern Japan, whereas HTLV-2 is considered to be spread among native American people.

**Materials and methods** The impact of HTLV in gynaecology and obstetrics is being reviewed. Search strategy and selection criteria for identifying relevant data were performed by searching Medline, Current Contents, Web of Science, Embase and references from relevant articles. English and German gynaecological and infectious diseases textbooks as well as national and international guidelines and recommendations were also reviewed.

**Results** Transmission may occur by sexual intercourse or cellular blood products. Although materno-fetal transmission is debated, transmission through maternal breast milk has been confirmed. An HTLV-infection can lead to adult T-cell leukaemia (ATL) or cumulative opportunistic and neurological disorders that can occur with varying degrees of severity. Diagnosis can be done by antibody detection via the use of ELISA and western blot analysis as well as PCR diagnosis.

**Conclusion** Due to inadequate treatment options and the lack of an effective vaccination, prevention is currently only possible by restricting transmission, including the usage of condoms during sexual intercourse or avoiding breastfeeding in HTLV-seropositive mothers. If, due to socio-economic reasons, breastfeeding cannot be avoided, short-term breastfeeding for a maximum of up to 6 months is suggested.

**Keywords** HTLV infection · Transmission · Breast feeding · Prevention strategies

## Introduction

The discovery of the human T lymphotropic virus (HTLV) in 1979 was the first scientific detection of the occurrence of human retroviruses [1]. Although several oncogenic animal retroviruses had already been identified, this was the first human pathogenic retrovirus to be discovered. It is estimated that 20–30 million people worldwide are infected with HTLV and, although the majority of infected people remain asymptomatic, the virus is being implicated with severe diseases [2–5]. An association between adult T cell leukaemia/lymphoma (ATL) and this virus has already been proposed decades earlier [6]. Most mothers of patients with ATL were HTLV-1 carriers and, therefore ATL is believed to develop in HTLV-1 carriers who acquired a perinatal infection [7, 8]. However, the main impact of viruses on cancer development has been recognised only during the last few years [9, 10].

Due to increased human mobility, HTLV infection also occurs “out of Africa”, including Europe and North America. Since HTLV is associated with severe diseases, and breast feeding remains one of the major transmission routes, this infection still constitutes a major concern among female patients, gynaecologist and obstetricians.

The impact of HTLV in gynaecology and obstetrics is being reviewed. Search strategy and selection criteria for identifying relevant data were performed by searching Medline, Current Contents, Web of Science, Embase and references from relevant articles. English and German gynaecological and infectious diseases textbooks as well as national and international guidelines and recommendations

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were also reviewed. Additionally, numerous articles were identified through searches of the extensive files of the authors. Search terms were: HTLV infection, transmission pregnancy, gestation, breast feeding, prevention and recommendations. English and German language manuscripts were reviewed.

### The virus

In 1979, a type C retrovirus was identified in a patient with cutaneous T cell lymphoma, and referred to as the human T cell lymphotropic virus (HTLV) [1]. Although several oncogenic animal retroviruses had already been identified, this was the first human pathogenic retrovirus to be discovered. In 1982, a second form of HTLV (HTLV-2) was isolated [6]. HTLV-1 and -2 have similar genetic regulatory structures, but differ by up to 30% in their amino acid composition.

HTLV belongs to the family of retroviridae and is classified into the genus of deltaretroviruses related to the lentiviruses (which comprise the well-known HIV-1 and -2). The HTLV genome is a positive, single-stranded RNA. After docking of the viral envelope glycoprotein gp46 to the hostal glucose transporter (GLUT1), viral capsid integration and uncoating, the single-stranded RNA is converted to double-stranded DNA by the reverse transcriptase and inserted into human host cells [4, 11, 12]. This inserted form of a retrovirus is referred to as provirus [11]. Like other human retroviruses, HTLV-1 causes a lifelong persistence [4].

HTLV is a spherical virus with a diameter of approximately 100 nm. It consists of an outer proteolipid membrane equipped with membrane proteins (i.e. glycoproteins gp46 and gp41) and an inner envelope containing a matrix layer, which helps to organise the viral components at the inner cell membrane. This icosahedral capsid protects the viral RNA and the functional protease, reverse transcriptase, and integrase, which are organised together with the nucleocapsid in a ribonucleoprotein complex [4, 13, 14]. The function of HTLV is mainly governed by two regulatory genes, the tax and rex genes; the tax product (HTLV-1: p40; HTLV-2: p37) is crucial for the regulation of a wide range of viral and host transcription factors and thus assigned a specific role in the induction of human T cell leukaemia [4].

### Pathogenesis

In contrast to HIV, HTLV-1 predominantly exists as a cell-associated provirus [15]. Moreover, HTLV is transmitted in this proviral form [15]. The virus infects primarily CD4+ T

cells, although CD8+ T cells are also an important reservoir for the virus [16–18]. Additionally, ubiquitous vertebrate glucose transporter can function as a host-cell receptor for HTLV-1 [12]. Infected T cells do not produce any virus and the viral load is not detectable in human plasma. However, the virus particle-associated RNA can infect new cells through a viral synapse [18, 19]. It is presumed that during early infection, most new HTLV-1-infected cells are produced by cell-to-cell spread, resulting in a polyclonal infection of both CD4+ and CD8+ T cells [4]. In later stages, HTLV-1 mainly multiplies by clonal expansion dependent on mitosis of host cells [4, 16–18].

After the entry of HTLV into CD4+ lymphocytes, the RNA genome is transcribed into DNA and then integrated in the cellular genome. This can lead to immortalisation of mature T lymphocytes, followed by monoclonal expansion of the host cell, which can result in the clinical appearance of ATL. Interestingly, for isolated lymphocytes in patients with ATL, the proviral DNA form is detected by the PCR method, whereas viral RNA detection is largely negative [20].

### Epidemiology

Little is known about the origin of the HTLV. It is assumed that there was a common precursor virus that originated in Africa and infected humans and other primates. This assumption is based on the fact that, although HTLV is currently spread throughout the world, sub-Saharan Africa is the only region where all different primate T lymphotropic viruses [HTLV types 1–4 and simian T lymphotropic viruses (STLV) types 1–3] can be detected [21, 22]. An estimation of the prevalence of HTLV is difficult, since such data are based on serological screening of blood donors, pregnant women or other selected population groups [23]. Data from pregnant women may better reflect the general population, although reports from endemic areas suggest that HTLV seroprevalence increases with age and is higher in women than in men [24]. Moreover, different diagnostic tests and interpretation criteria also make an analysis of prevalence data [25].

The area in the world with the highest HTLV-1 incidence is Southern Japan with more than 10% of the general population being infected [26]. However, HTLV-1 predominantly occurs also in West and Central Africa, the Caribbean, Central and South America, Melanesia and Europe. HTLV-2 is primarily found among Native American of North and South America.

Following the increased human mobility, HTLV infection also occurs in Europe, although it remains still an uncommon infection in the general population in most western European countries. The infection has been reported

in specific population groups, such as immigrants from endemic areas, sex workers, and injecting drug users [27, 28]. A seroprevalence rate of 6.9% has been estimated among drug users in Italy [29]. A prevalence of 0.6% was found among blood donors in Romania and there are several case reports of Romanian patients with HTLV-1-associated ATL [30, 31]. However, HTLV might be more frequent in Eastern Europe, although prevalence data are still missing.

## Transmission

Unlike HIV, which can be transmitted by free virions and via infected lymphocytes and macrophages, the transmission of HTLV seems to be linked to the infected host cell. Compared to HIV, HTLV is less contagious. It is believed that it cannot be transmitted through cell-free body fluids. Risk factors associated with a HTLV-1 infection include transfusion history, prolonged breastfeeding, unprotected sex, high number of lifetime sexual partners, presence of other sexually transmitted diseases and history of drug use [32].

Transfusion of contaminated cellular blood components results in seroconversion in more than 40% of recipients [33]. In many countries, candidate blood donors are screened for HTLV-1 antibodies. In Japan, this intervention has decreased the number of new infections in the general population [34]. There is an estimated overall infection risk of 12% upon administering preserved whole blood infected with the HTLV-1 virus [35, 36]. Assuming that there are around 30 million people infected with the virus worldwide, more than 300,000 of those infected with HTLV-1 or -2 are at risk of contracting ATL or HTLV-associated myelopathy (HAM) during their lifetime. For an individual infected with HTLV-1, the cumulative risk of developing an ATL is estimated as 2–4% [37]. A Swedish study found a seroprevalence of two cases of HTLV-1 infections among 100,000 donors and less than 10% showed evidence of a HTLV infection subsequently. The Swedish National Board of Health, therefore, recommended a restriction in testing new blood donors, since death from HTLV-related ATL is only to be anticipated at a rate of one case every 200 years [38].

As expected, there is an increased prevalence of infection for intravenous drug users [35]. Sharing of contaminated needles and syringes by drug users represents another way of parenteral transmission. Interestingly, HTLV-1 is frequent among injecting drug users in Brazil and New York, whereas HTLV-2 is more prevalent in other North American and European injecting drug users [3, 39, 40].

HTLV-1 is present in genital secretions of infected people and can be transmitted through sexual intercourse

[41]. In cross-sectional studies, HTLV-1 and -2 infections were transmitted more efficiently from male-to-female than female-to-male [24], with higher transmission rates associated with longer duration of relationship and higher HTLV-2 viral load in the seropositive male [42]. In a cohort of 30 discordant couples, the incidence of a HTLV-1 transmission was estimated to be 0.9 per 100 persons per year [43]. However, prospective studies show that sexual transmission is not as important as previously assumed [43, 44]. Admittedly, the sexual transmission rate of HTLV is lower than for HIV. HTLV-infected lymphocytes in sperm are to be given primary consideration as transmission vectors. However, it is suggested that the concurrence of genital infections and sexually transmitted diseases (STD) can aid the transmission of these viruses, since they expose target cells through genitomucosal lesions.

Clinically significant transmission of HTLV apparently occurs in early childhood, mainly postpartal. HTLV-1 can be transmitted from mother-to-child through breastfeeding. It was proven that the amount of proviral cells in the mother have an influence on transmission [20, 45]. The risk of infection in children of seropositive mothers correlates with the provirus load in breastmilk and the duration of breastfeeding [46, 47]. In several reports from endemic populations, the overall rate of vertical transmission ranged between 15 and 25% [48–52]. In children who received prolonged breastfeeding, these rates were even higher [48–52]. In Japan, screening of pregnant women and avoiding breastfeeding in infected women has reduced the prevalence of HTLV-1 significantly [53, 54].

Peripartal infections can also occur irrespective of an infection through maternal breast milk. However, the transmission route for prenatal and perinatal infections is still largely unknown. Placental transmission is unlikely, given the almost wholly negative proviral HTLV-DNA findings in the umbilical cord lymphocytes of infected mothers [20, 55]. It is debatable whether HTLV is transmitted prenatal or peripartal to any significant degree, as no clear proof has yet been found for the vertical transmission of HTLV-1 and -2 [56]. Intrauterine and peripartum transmission of HTLV-1 is assumed to occur in less than 5% of children of infected mothers [50, 53, 55]. By PCR detection of proviral cells, a transmission rate of 9.7–10% was established without clear determination of the influence of breast feeding [45]. Despite the ambiguity regarding the significance of peripartal transmission, the high rate of infection through breast milk is undisputed [55, 57].

As mentioned above, HTLV-1 infection can be transmitted through blood transfusion, prolonged breastfeeding, unprotected sex or intravenous drug abuse [32]. However, there might be several other, yet unknown, factors influencing HTLV-1 transmission [3], since most HTLV-1-

endemic areas are in the tropical regions with a declining prevalence in subsequent generations migrating from endemic to non-endemic areas [58].

### Clinical features

Although HTLV-1, like other human retroviruses, causes a lifelong viral persistence, most infected people remain asymptomatic. The development of associated diseases after HTLV infection depends on several factors like age, comorbidity and the route of infection [4].

#### HTLV-1

The aetiological role of HTLV-1 in several diseases is being meanwhile established: ATL [59], tropical spastic paraparesis (TSP) [5, 60], HAM [61], B cell leukaemia [62], chronic persisting oligoarthritis [63, 64], lymphocytic uveitis [65–67] and bronchoalveolar lymphocytosis [68, 69] (Table 1). Moreover, HTLV-1 has also been reported in association with infective dermatitis, Sjögren's syndrome, thyroiditis, arthropathy, polymyositis, polyneuropathy, T lymphocyte alveolitis, cutaneous T cell lymphoma and certain infections such as strongyloidiasis, scabies, leprosy and tuberculosis [4, 70–75]. In some cases, a HTLV-1 infection can result in neurological manifestations with mild sensory impairments, erectile dysfunction, or development of a progressive spastic paresis (Table 2). There were similar changes in the nuclear spin, as with multiple sclerosis. Additionally, there is strong evidence that HTLV-1 might be associated with a wide spectrum of predominantly motor abnormalities in patients without an HTLV-associated myelopathy [76].

For HTLV-1-associated diseases (including ATL, HAM/TSP, uveitis, polymyositis, and arthropathy etc.) the lifetime risk was estimated to be almost 10% [77, 78]. Among

**Table 1** Aetiological relationship between HTLV and diseases [2–4]

HTLV-1	HTLV-2
Adult T cell leukemia (ATL)	Hairy cell leukemia
Tropical spastic paraparesis (TSP)	Tropical spastic paraparesis (TSP) similar disease pattern
HTLV-1 associated myelopathy (HAM)	Mycosis fungoides
B cell leukemia	Cutaneous CD8+ cell lymphoma
Chronic persisting oligoarthritis	
Lymphocytic uveitis	
Bronchoalveolar lymphocytosis	

**Table 2** Aetiological relationship between HTLV-1 and diseases

Disease	Pathogenesis/manifestation of the disease
Adult T-cell leukemia (ATL)	Intrauterine infection or infection via breast milk Clonal growth of HTLV-1 infected cells Dermatological findings similar to mycosis fungoides.
Chronic form	Hepatosplenomegaly Lymphadenopathy High number of leukemia cells
Acute form	Lytic bone disease Increase in LDH Hypercalcemia
Tropical spastic paraparesis (TSP) or HTLV-1 associated myelopathy (HAM)	Chronic, slowly progressing paraparesis Dysesthesia Back pain Hyperreflexia Weakness of the lower limbs Incontinence Impotence Paresthesia

HTLV-1 carriers, the lifetime risk of developing HAM/TSP ranges between 0.3 and 4% [79] and for ATL approximately 1–5% [77, 78]. Moreover, the outcome of HTLV-1 infection depends on a complex interaction between the virus and host genetic and immunological factors [68, 70, 71, 73, 75, 80].

There is either milder clinical development that can persist over years or fulminate progressions that result in death within a few months. Even prior to clear clinical features of ATL, there can be bacterial and fungal infections of the skin and mucosa. The period leading to the development of ATL can be very long (>20 years). The loss of a coordinated cellular immune defence, due to the massive expansion of functionless and malignant lymphocytes, predisposes a number of opportunistic fungal and protozoal infections along with typical viral diseases, and can lead to infection complications similar to those that occur in an advanced HIV infection, such as oesophagitis caused by *Candida albicans*, pneumonia caused by CMV, and recurrent/generalised infection manifestations caused by HSV and ZV [4].

#### HTLV-2

HTLV-2 has not been aetiological linked with any disease, although some case reports and cross-sectional studies suggest an association with a tropical spastic paraparesis/HTLV-associated myelopathy (TSP)-like syndrome [60, 81–83]. Additionally, HTLV-2 has been

associated with hairy cell leukaemia [84, 85], cutaneous cell lymphoma [86] or mycosis fungoides [87], although such an association is still controversially discussed. In addition, other manifestations such as pneumonia, bronchitis and urinary tract infection have been described after a HTLV-2 infection [77].

Interestingly, HTLV-2 infection is associated with increased mortality among healthy blood donors [88]. Moreover, an observed association between HTLV-2 with all-cause and cancer mortality might reflect biological effects of HTLV-2 infection, although the precise role of such an infection still remains to be clarified [89].

### Diagnostics

For the detection of HTLV antibodies, serological screening can be performed by enzyme immunoassays (EIA), recombinant ELISA or particle agglutination test. Although these EIAs using recombinant proteins and/or synthetic HTLV-1 peptides perform well, confirmatory testing is still recommended to eliminate false-positive reactions and discriminate between the different HTLV types [90]. There are several confirmation tests, including western blot and line immunoassays [91, 92], although cross-reaction or inability to distinguish between HTLV-1 and HTLV-2 should be considered [24].

PCR tests aimed at HTLV-1 and -2 proviruses are also available to further refine the diagnosis. In uncertain serological constellations, PCR analysis can provide the definite diagnosis of infection [93, 94]. The provirus load is expressed as the number of HTLV-1 DNA copies per fixed number of peripheral blood mononuclear cells [95, 96]. It is the most frequently used marker for prognosis and disease progression in infected patients [97, 98]. Recently, in a large prospective study a high proviral load was an independent risk factor for progression of ATL from carrier status [99].

### Treatment

There is currently no specific and effective treatment available. Although the proliferation of HTLV can be slowed down in vitro by nucleotide analogues, these have only a marginal effect on the virus itself. Antiretroviral agents offer no real alternative in the acute phase of ATL, because the lymphocytes do not contain viral RNA. It should be noted that only a small percentage of infected individuals (approximately 1%) develop clinical symptoms of sub-acute or acute ATL.

### Prevention

No vaccines have yet been clinically tested, and thus, general human use cannot be recommended. Likewise, there is no possibility of therapeutic intervention in pregnancy. In view of inadequate treatment options and the lack of an effective vaccination, prevention is only possible by restricting transmission (Table 3). Testing maternal anti-HTLV antibody titre and proviral load before delivery would be an optimal preventive strategy. However, especially with the low incidence rate in Europe and the economic problems regarding such a screening strategy, elective testing for patients coming from endemic regions could be reasonable and feasible. If such a screening test is positive, a reduction or restriction of breastfeeding in HTLV-seropositive mothers should be recommended [53, 54]. If stopping breastfeeding is not possible, for example due to socio-economical circumstances, short-term breastfeeding for 3 to a maximum of 6 months should be advocated. Testing of newborns born to HTLV-seropositive mothers with an adequate close medical follow-up should also be advocated. This might be of extreme importance, since high proviral load is a risk factor for progression from carrier status to ATL. Moreover, educational programmes should be implicated to increase public awareness of

**Table 3** Preventive strategies

To prevent transmission through blood transfusion, all blood donors should be examined in high risk regions [38]

Educational programmes should be implicated to increase public awareness of HTLV and the transmission modes, including possible sexual transmission

Additionally, information to health practitioners regarding HTLV transmission and recent developments should be advocated

The use of a condom is advised during sexual intercourse [32, 100]

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Testing of newborns born to HTLV-seropositive mothers with an adequate close medical follow up should be advocated

Reduction or restriction of breastfeeding in HTLV-seropositive mothers as demonstrated in large studies from Japan [53, 54]

If stopping breastfeeding is (socio-economically) not possible, advocate short-term breastfeeding for 3 to a maximum of 6 months

HTLV and the transmission modes, including possible sexual transmission. In this context, the use of a condom is advised during sexual intercourse [32, 100]. Additionally, to prevent transmission through blood transfusion, all blood donors should be examined in high risk regions [36].

Although the understanding of the association between viral infection, host response and clinical manifestations has improved markedly during the last few years, there are still no clear and defined prognostic markers as well as sufficient preventive strategies or treatment options.

**Conflict of interest statement** None.

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