

Hypersensitivity pneumonitis: A new strategy for serodiagnosis and environmental surveys

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1	Hypersensitivity pneumonitis: a new strategy for serodiagnosis and environmental
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23 Abstract (148 words)

We propose a strategy for serodiagnosis of hypersensitivity pneumonitis (HP): 1) question 24 patients about their private or occupational activity, or visit him on site; 2) select panels of six 25 somatic specific antigens appropriate for each type of exposure; 3) and use ELISA to test 26 concomitantly two recombinant antigens highly specific to Farmer's lung, Metalworking-fluid 27 HP, and for Bird fancier's lung. The serodiagnosis provides an immunological argument that 28 may complete radiological, functional lung exploration and clinical features; 4) If the 29 serodiagnosis is negative but the suspicion of HP is strong, a microbial analysis of the 30 patient's specific exposure is conducted; 5) "A la carte" antigens are produced from the 31 microorganisms isolated in the patient's environment sample and tested; 6) Finally, the patient 32 may be asked to undergo a specific inhalation challenge with the offending antigens in a 33 safety cabin, or to avoid his usual environment for a few days. 34

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36 Key words

- 37 hypersensitivity pneumonitis; serodiagnosis; recombinant antigen; etiologic agents;
- 38 environmental survey

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40 Highlights

41 A six-step strategy for serodiagnosis of hypersensitivity pneumonitis is recommended.

- 42 Three kinds of antigens must be used: somatic, recombinant and "a la carte" antigens.
- 43 Microbiological surveys are helpful to select antigens or make "a la carte" antigens.
- 44 As proof, re-exposure to the natural environment or commercial extract is necessary.

46 Introduction (3136 words)

Hypersensitivity pneumonitis (HP) is a group of inflammatory interstitial lung diseases caused 47 by repeated inhalation of antigenic substances from a large variety of agents over several 48 years. In most cases, repeated contact results in sensitization: no in situ growth seems 49 required. From a clinical point of view, HP diagnosis is difficult and based on a combination 50 of clinical, radiological, functional, cytological, histological and biological criteria [1,2]. The 51 52 current classification of HP, that differentiates acute, subacute and chronic forms, is accepted worldwide [3]: in the acute form, flu-like symptoms predominate and include fever, cough, 53 myalgia and arthralgia, which occur 4 to 8 h after exposure. Dyspnea is not constant. The 54 55 subacute form appears gradually and associates cough and dyspnea, with sometimes severe 56 respiratory failure. The chronic form includes coughing, dyspnea, fatigue and weight loss [4].

Recently, the classic HP classification has been under debate, essentially because this 57 classification does not take into account the role of the mode of exposure and the evolution of 58 the disease. The prognosis and evolution of HP seem to depend on the type and pattern of 59 exposure. A new classification with two clusters has been suggested: in type 1, massive and 60 61 intermittent exposure, as in FLD, may lead to emphysema with chronic airflow obstruction 62 and, in type 2, chronic exposure to a low level, as in bird fanciers, may lead to fibrosis with a restrictive pattern. Vasakova and coll. proposed two forms: acute HP /inflammatory (form A) 63 and Chronic HP/fibrotic HP (form B) [4-6]." 64

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First, serological analyses are mainly used to rule out the diagnosis of HP in favor of other respiratory pathologies. A survey of 107 patient files for which a request for PHS serology had been made (including positive and negative results) indicates that the final diagnosis of respiratory pathology was different from HP for 76.6% of patients. BAL was only performed in 40% of cases. The final diagnoses were: idiopathic pulmonary fibrosis (IPF), nonspecific
interstitial pneumonia (NSIP), diffuse interstitial pneumonia (DIP), chronic obstructive
pulmonary disease (COPD), sarcoidosis, pulmonary infection, and asthma. (Unpublished
personal data). Secondly, when HP diagnostic is established, serology helps to identify the
etiology of HP. The serodiagnosis will help to determine the avoidance measures to
implement [7].

Since the 1960s [3], several new environmental contexts of antigen exposure associated withHP have been reported [6,9].

Bird fancier's lung is the most prevalent form of HP worldwide, accounting for 66-68% of all forms of HP in three independent studies [10-12]. The estimate for the prevalence of BFL ranges from 6 to 20% of exposed pigeon breeders [13-14] and from 0.5% to 7.5% for budgerigar's lung [15].

82 This disease is induced by exposure to avian proteins present in the droppings, sera, feathers

and bloom of a variety of birds [16]. BFL has been reported primarily after exposure to

pigeons, doves, canaries, poultry and birds from the Psittaciforme order [14,17], but also after

exposure to wild birds such as owls or geese [18].

86 Farmer's Lung Disease (FLD) is described with a large variety of identified antigens

87 including actinomycetes (Saccharopolyspora rectivirgula, Thermoactinomyces vulgaris) and

88 molds (*Aspergillus, Absidia, Penicillium, Wallemia, Fusarium*) [8,19-22]. New FLD etiologic

agents have been identified along with changes in professional practices [23,24].

90 In the 1990s, another form of HP emerged called Metalworking-fluid hypersensitivity

91 pneumonitis (MWF-HP). It is prevalent among machinists of the automobile industry who are

92 exposed to metalworking fluids (MWF) contaminated by *Mycobacterium immunogenum* (MI)

93 [25,26]. Wood working is also an important professional circumstance for HP risk [27,28].

Domestic HP and hobbies related HP to common microorganisms have been increasingly
reported over the past few years. More than 30 specific molds and mycobacteria have been
identified as playing a causative role [29]. Among the many factors and circumstances that
contribute to the development of domestic HP are contaminated humidifiers, faulty ventilation
systems and jacuzzis (*Mycobacterium avium*) [30,31]. Even HP due to leisure activities [3234] are now recognized [14].

A query on http://www.ncbi.nlm.nih.gov/ with the following keywords: hypersensitivity 100 pneumonitis (HP), bird fanciers Lung, pigeon breeder's disease, farmer's lung and other 101 specific disease names derived from occupational activities followed by each etiology with 102 their synonyms, evaluated the number of publications related to the different etiologies of HP. 103 Thus, by families of similar etiologies we obtained the following number of publications (in-104 brackets) for: Saccharopolyspora rectivirgula (=Micropolyspora faeni) (632), other 105 actinomyces (148), avian proteins (627), Aspergillus (348), Penicillium (33), yeasts (32), 106 mucorales (30), others fungi (65), mycobacteria (72), enterobacteria (16), eatable fungi (20), 107 108 mites (33), chemical product (68), biological product (30) [35].

109 Complex cases of several concomitant types of exposure are often seen in routine practice.

110 A farmer may breed exotic birds and present positive serological reactions to both birds and

111 FLD antigens, and even to mite antigens (Acarus siro) if he is producing cheese [36]. Another

demonstration of the importance of using the relevant specific antigen to obtain useful

serology results was shown in diagnosing sausage worker lung with *Penicillium nalgiovense*.

114 Exposure to several *Penicillium* species is very common. However, sausage workers

specifically react to *P. nalgiovense* although they are concomitantly exposed to yeasts

and molds in their workplace. Similarly, cheese workers specifically react to antigens from

117 Acarus siro while they are exposed to domestic mites. Sometimes a patient is exposed without

being aware of it (i.e goose droppings in a chimney) or because of a common everyday object(i.e down pillows). [37,38]

The antigen panel to test may thus be selected based on the professional and domestic context 120 121 of the patient [39]. This is why, more and more often, an environmental survey of the patient's exposure site is required to obtain samples that will be used to choose or produce 122 specific antigens [36,40]. Improved species identification can be obtained thanks to 123 molecular biology, progressively extending the list of new etiologic agents, since specific 124 125 antibodies of the etiologic agent are present in HP patient serum [41,42]. Serodiagnosis techniques are being improved, especially with the development of more standardized 126 recombinant antigens (RAg) [43-46]. Moreover, some RAg are shared by species involved in 127 different HP, and one of the common peptide epitopes was shown to be able to differenciate 128 patients from healthy exposed farmers [47]. 129 We have synthesized our experience of HP serodiagnosis and environmental surveys and now 130

propose a new strategy for routine serodiagnosis. The present strategy is based on our
experience for the choice of a limited number of somatic antigens for each panel for each HP
circumstances [39] and on a selection of RAg for the common antigenic determinants between
the different HP [47].

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136 Strategy for HP immunological diagnosis

137 Serodiagnosis of HP in our lab in Eastern France is based on 6 steps:

- questioning the patient about his private or occupational activity, or visiting him on
 site
- 140 2) conducting precipitin research with several standardized panels (Table 1)
- 141 3) using ELISA level of recombinant antigens for FLD, BFL and MWF-HP

4) examining the patient's environment by culture or QPCR measurement
5) producing and testing "a la carte" antigens from the environment
suggesting to the patient an exposure challenge in his usual domestic or professional

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environment

Questionning patient about his private or occupational activity, or visiting him on site The initial step of the sampling strategy is a detailed questionnaire including the habits and tasks of the patient [6] but also of the other people present in the same environment. Observation on the sampling site is always better than asking the patient to do the sampling himself. The more accurate and precise the sampling is, the more useful it will be to further advise the patient regarding prevention and eviction measures.

The identification of the etiological agent is crucial for the diagnosis, preventive measures and prognosis of the disease. The relationship between exposure and disease may be relatively obvious in occupational HP exposed to a limited variety of antigens (i.e. MWF-HP, BFL), but in domestic HP cases it is often unclear, making it difficult to identify the antigen. The etiological agent fails to be identified in up to 60% of HP cases [48-50]. Special cases do exist and justify an individual investigation (questioning, visit on site, sampling and microbiological analysis).

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161 Conducting precipitin research with several standardized panels

Antigens used are either commercial antigens or « homemade » antigens. Four of the seven antigens tested in the study by Fenoglio and Coll. differentiated patients from controls with a predictive positive value of around 73%, but required the use of specific antigens in eight of 11 false negative results (n= 122 including 31 cases of HP) [39]. Patients living in tropical and arid climatic zones should benefit from tests taking into account the species present in these specific areas. However, the choice of antigen panel by profession allows the identification of the causes of HP in most cases. For FLD or domestic lung we use 2 panels of 6 antigens composed of fungal or actinomycetes antigens. The antigens in the second panel are less frequently responsible compared to those in panel 1. (Table1). Their nature, quality and standardization may thus vary and impact serology results. Different types of antigens exist with different characteristics.

173 Total extract antigens are prepared from the phenol extraction of material manipulated by

174 patients. This type of antigen is a variable mixture of antigens from bacteria, mold and mites.

175 These antigens are appropriate for a first screening of global sensitization [51,52].

176 Somatic antigens are obtained from the micro-organisms present in the material manipulated

177 by patients. Somatic antigens are made up of a mosaic of antigenic fractions and are more

178 standardized than total antigens.

Proteic purified antigens are obtained after enzymatic lysis of cell wall polyosids, proteinacidic precipitation and acetone purification.

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Precipitation reactions are semi-quantitative (double diffusion (Ouchterlony technique),
electrosyneresis, immuno-electrophoresis) and allow a macroscopic visualization of the
antigen-antibody reaction by generating precipitation arcs [53-55].

185 For the Western blotting (WB) technique, antigenic proteins are first separated by 186 electrophoresis then transferred onto a nitrocellulosis membrane and revealed with an enzyme 187 labeled anti-globulin. WB performed with patient sera provides complex profiles, difficult to 188 differentiate from those of exposed controls [56]. This is due to the high number of proteins in

somatic antigens from micro-organisms and makes it difficult to select reproducible specificprotein as a marker of the disease [57].

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Using ELISA level of recombinant antigens for FLD, BFL and MWF-HPRecombinant 192 antigens are the most recent ones [43-46,58]. They are obtained after cloning a specific gene 193 coding for a unique antigenic protein. The DNA sequence is inserted into a plasmid. After 194 transforming bacteria or yeast with this plasmid, a large quantity of the specific protein is 195 produced. This is the most standardized way to produce antigens. However, these antigens 196 correspond to a single protein and will thus reflect a limited part of the complex immunologic 197 signals of the disease [43-46,58]. Numerous RAg were created, but only some of them were 198 selected for three HP serodiagnoses: MWF-HP (Acyl-CoA-dehydrogenase (Acyl-CoA) and 199 dehydrogenase (DHDH)), FLD (SR17 hydroperoxidase (SR17) 200 dihydrolipoyl & 201 Dihydrolipoamide dehydrogenase (DLDH) and BFL (Immunoglobulin lamdalikepolypeptide-1 (IGLL1) and proproteinase E (ProE) [43-46]. They can be used for ELISA 202 203 (Enzyme Linked ImmunoSorbent Assay) with sensitivity and specificity reaching 80% and 204 90%, respectively, for MWF-HP [45], 83% and 77% for FLD [44] and 76% and 100% for BFL [46]. The rate may be even higher if a combination of several antigens is used. 205

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ELISA (Enzyme Linlked ImmunoSorbent Assay) includes all the immunological assays with enzymatic labeling and antigen immobilization to a solid surface. This technique presents several advantages. It is quantitative, fast, and requires only a low volume of serum. The technique may be performed automatically, and several antigens may be coated onto the microtiter plate, including recombinant antigens [55]. The main drawback of ELISA is the high intra assay variability, which is around 10-20%.

Specific immunoglobulin antibodies of the etiologic agent are present in HP patient serum. 213 The most frequently used techniques are immuno-precipitation methods (double diffusion, 214 electrosyneresis, immunoelectrophoresis) and immuno-assays (ELISA). Great variations of 215 sensitivity and specificity are due to many factors, from the criteria used to diagnose HP to the 216 diversity of immunological techniques available [59]. The technique of electrophoresis that is 217 using six antigens, extracted from micro-organisms isolated in contaminated hay, allowed us 218 to diagnose FLD patients with a positive predictive value of 73% and a negative predictive 219 220 value of 85% [39]. Similarly for BFL diagnosis, it was shown that serological arguments were in accordance with diagnosis in 87% of cases using antigens from the patient's birds versus 221 20% using a commercial antigenic panel or "homemade" antigens [60,61]. A recent 222 comparison of dropping extracts from three bird species showed cross reactions between bird 223 species and some highly specific antigens [63]. For rare bird species, using total extract from 224 225 the bird's feces is often the most efficient way to diagnose BFL [60]. The crucial factor influencing the performance of serology methods is to test the accurate offending antigens. 226

Humoral response may be modulated by different circumstances. Avoidance of the offending antigen modifies serology results significantly [40,64]. It is estimated that around 5 years are needed to observe a 50% decrease in the number of precipitin arcs. This was observed in a population of farmers who had left their farms upon retirement [65]. Smoking and immunosupression significantly decrease humoral response [2,66]. Treatments with glucocorticosteroids do not modify serology results significantly (unpublished data).

As a rule, a microorganism is considered as an etiologic agent of HP when a link is established between the microbiologic environment of the patient and his immune response. In some cases, exposed subjects develop antibodies to HP- recognized agents but never develop the disease [1]. In practice, to provide proof of the type of exposure with an indication of the responsible agent, an inhalation challenge in safe conditions may be

performed, or alternatively, a "natural avoidance test", where the suspected antigen is 238 239 withdrawn from the patient's environment [40,67]. In most cases, the recognized HP etiologic agent is the most discriminant in serological tests to distinguish patients from asymptomatic 240 241 controls. Double diffusion (Ouchterlony) is often considered as not being correlated with HP [68]. Electrosyneresis (ES) is slightly more sensitive than double diffusion with a number of 242 arcs deviating from 0 to 15. This is the reason why 2 to 5 arcs are necessary to consider the 243 reaction positive. The diagnostic performance of ELISA and precipitin assays was assessed by 244 245 analyzing the Receiver Operating Characteristics (ROC) curve. The threshold that best distinguished patients from controls was determined with the most effective combination of 246 sensitivity and specificity for each serological technique [59]. 247

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Examining the patient's environment by culture or QPCR measurement Measuring 249 250 micro-organisms present in the workplace by air impaction is possible in environments showing little contamination [70]. In case of highly contaminated areas leading to saturation 251 252 of culture media, air sampling may be performed using air pumping on a filter, sponge or 253 liquid [71,72]. Substrate samples (hay, working fluids) should be analyzed by culture [73] or QPCR methods [74]. Hay batches are first stored at -20°C to kill mites which bias mold 254 quantification. The results should be interpreted according to their weight (quantitative 255 256 analysis). An electrostatic dust collector (EDC) exposed 4 to 10 weeks or dust vacuum sampling on 1 to 2m² of floor should be used in indoor sampling [75,76]. Surface sampling by 257 swabbing gives qualitative results because it is only representative of a limited sampled area. 258 Multiplying types of culture media and incubation temperatures is the most effective way to 259 isolate a large number of microorganisms. Culture media containing dichloran reduces the 260 261 growth of some fungi and prevents the growth of Mucorales, which are very extensive species. However, cultivation methods provide imperfect quantification of major viable 262

species (due to the dilution effect of the sample obtained after several hours of pumping) 263 264 while QPCR allows the quantification of both viable and non-viable species including species in low concentrations [77]. It is important to note that QPCR quantify only the target species 265 depending on an a priori choice. Molecular biology using DNA sequencing has improved the 266 reliability of species identification. For example, these techniques have allowed us to confirm 267 the presence of *Penicillium nalgiovense* in an industrial sausage factory, and that of *Acarus* 268 siro in a Comte - or Mimolette cheese factory [36]. Applying these current techniques saves 269 270 time and improves reliability in identifying new HP etiologic agents such as Mycobacterium immunogenum in metalworking fluid HP [74]. Recently, DNA metabarcoding analysis was 271 able to extend the list of indoor fungi sampled by EDC (viable, unviable or unknown species) 272 [42]. 273

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275 **Producing and testing "a la carte" antigens from the environment**

No commercial kit currently exists for this approach which is possible only in highly specialized centers 276 at present. The "case-by-case" study of environmental situations is feasible for all laboratories 277 but requires dedicating an appropriate number of trained technicians to sampling, 278 microbiological analysis, customized antigen production and serology. These skills exist in 279 several countries (e. g. Finnish Institute of Occupational Health (Kuopio/ Finland), National 280 281 Jewish Medical and Research Center (New York/USA)). Other centers suggested testing panels combining several antigens (e.g. ARUP labs (Salt Lake City/ Utah, Allergy 282 immunology Diagnostic Lab center, Milwaukee, Wi). However, the availability of a 283 284 commercial kit (using recombinant antigens) would facilitate the generalization of HP serodiagnosis around the world. 285

Based on our experience, the complete analysis for a MWF lung patient or BFL would cost 40 to 50 \in for microbiology, 30 to 60 \in for serology and 150 \in for the production of a new antigen. On the other hand, for more complex environments (farms, housing,...) the costs may vary depending on whether we perform the analysis with a standard panel of 6 antigens (90 \in) or whether we do a "a la carte" approach with the microbiological analysis costing between 650 and 900 \in .

292

293 Suggesting to the patient an exposure challenge in his usual domestic or professional

294 environment

Specific inhalation challenge tests (SICs) aimed to confirm the causal link between the 295 suspected antigen and HP. A purpose re-exposure of the subject to the suspected agent in his 296 natural environment or to commercially available extracts may be proposed [6,9,78]. These 297 298 SICs require close clinical monitoring when they are performed [79]. The test is considered positive if there is a decrease in forced vital capacity (FVC) of more than 15% and lung 299 diffusing capacity of carbon monoxide (DLCO) of more than 20% or a recurrence of clinical 300 301 symptoms (desaturation, hyperthermia, cough, dyspnea) and radiological signs (infiltrates) [6]. 302

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304 Conclusions

Individuals with HP develop this disease in a number of different environmental contexts and are thus exposed to different etiologic agents present in these contexts.. Selecting the relevant antigen for serology testing is a key step, definitely influencing the performance of serodiagnosis. In addition to improving the standardization of antigen testing quality,

309	recombinant antigens should lead to a much better discrimination between patients and
310	healthy exposed individuals, with optimized specificity / sensitivity, therefore making it
311	possible to avoid invasive examinations.
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506

Table 1: Total extract, somatic and recombinant antigens for precipitins/antibodies research for each environmental circumstance/setting

Circumstance	Total extract antigens					
	(Standard panel) dropping for:	pigeon, parakeet, chicken, duck, canary,				
Bird breeder	dropping for rare species	bengali, chardonneret, quail, beijing duck, dove, peru dove, sydney diamond, turkey, pheasant, hawk (pilgrim and gerfaut), owl, swallow, inseparable, green kakariki, Mandarin, goose, parrot (amazon and gray of Gabon), parakeet calopsitte, Padda, peacock, serin				
Wood worker	sawdust, fir, poplar, niagon, iroko, sapeli					
Miller & baker	corn, wheat, oats, rye, barley					
Pets shop worker	Fecal extract of rodents	bat, guinea pig, hamster, ind pig, gerbil, white mouse				
Circumstance	Somatic antigens					
	Lichtheimia corymbifera	Wallemia sebi	Eurotium amstelodami			
Farmer (panel 1)	Saccharopolyspora rectivirgula	Thermoactinomyces vulgaris	Saccharomonospora viridis			
Former (nonel 2)	Fusarium solani	Aspergillus versicolor	Aspergillus ochraceus			
Farmer (panel 2)	Penicillium chrysogenum	Rhodotorula rubra	mesophilic Streptomyces			
	A. versicolor	P. chrysogenum	Cladosporium			
Housing (panel 1)	Stachybotrys chartarum	Mucor racemosus	sphaerospermum Alternaria alternata			
	Schizophilum commune	Trichoderma pseudokoningii	Fusarium oxysporum			
Housing (panel 2)	Acremonium strictum	Rhodotorula rubra	Laceyella sacchari			
	Acarus siro	Penicillium camemberti	Penicillium roqueforti			
Cheese-maker	Mucor spinolosum	Geotrichum candidum				
Pork-butcher	Penicillium nalgiovense	G. candidum				
Jacuzzi	Mycobacterium avium	Mycobacterium phocaicum				
Metalworking	Mycobacterium	Bacillus simplex	Pseudomonas oleovorans			
fluid	immunogenum	Fusarium solani				
Diagton	S. rectivirgula	T. vulgaris	Aspergillus fumigatus			
Plaster-maker	Penicillium frequentans	P. chrysogenum	A. versicolor			
Sugar	L. sacchari	S. viridis	Thermocrispum municipale			
Sugar cane	T. vulgaris	A. fumigatus				
Compost	S. rectivirgula	T. vulgaris	S. viridis			

	A. fumigatus	Thermobifida fusca		mesophilic Streptomyces
Wood worker	P. chrysogenum	P. frequentans		
Fungi maker	S. viridis	T. vulgaris		
	Botrytis cinerea	P. chrysogenum		Saccharomyces cerevisiae
Wine producer	Mucor racemosus	A. versicolor		
Wind instrument	R. rubra	P. chrysogenum		Phoma glomerata
player	E. amstelodami	F. oxysporum		
Humidifier	C. sphaerospermum	A. st	rictum	Exophiala dermatitidis
Bird breeder	Immunoglobulin Lamda-Likepolypeptide-1 (IGLL1)		Proproteinase E (ProE)	
Farmer	SR17 Hydroperoxidase (SR17)		Dihydrolipoamide Dehydrogenase (DLDH)	
Metalworking- fluid worker	Acyl-CoA-Dehydrogenase (Acyl-CoA)		Dihydrolipoyl Dehydrogenase (DHDH)	

511

512 Note: The antigens in the second panel are less frequently responsible compared to those in

513 panel 1.

