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## Title:

Transient modifications of the olfactory bulb on MR follow-up of COVID-19 patients with related olfactory dysfunction

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#### **Declarations of interest:**

None.

#### 1 ABSTRACT

- 2 **Background:** Olfactory dysfunction (OD) has been reported with a high prevalence on mild
- 3 to moderate COVID-19 patients. Previous reports suggest that volume and signal intensity of
- 4 olfactory bulbs (OB) have been reported as abnormal on acute phase of COVID-19 anosmia,
- 5 but a prospective MRI and clinical follow-up study of COVID-19 patients presenting with
- 6 OD was missing, aiming at understanding the modification of OB during patients' follow-up.
- 7 Methods: A prospective multicenter study was conducted including 11 COVID-19 patients
- 8 with OD. Patients underwent MRI and psychophysical olfactory assessments at baseline and
- 9 6-month post-COVID-19. T2 FLAIR-Signal intensity ratio (SIR) was measured between the
- 10 average signal of the OB and the average signal of white matter. OB volumes and obstruction
- 11 of olfactory clefts (OC) were evaluated at both evaluation times.
- 12 **Results:** The psychophysical evaluations demonstrated a 6-month recovery in 10/11 patients
- 13 (90.9%). The mean values of OB-SIR significantly decreased from baseline (1.66±0.24) to 6-
- 14 month follow-up ( $1.35\pm0.27$ ), reporting a mean variation of -17.82±15.20 % (p<0.001).
- 15 The mean values of OB volumes significantly decreased from baseline (49.22±10.46 mm3) to
- 16 6-month follow-up (43.70±9.88 mm3), (p=0.006).
- 17 **Conclusion:** Patients with demonstrated anosmia reported abnormalities in OB imaging that 18 may be objectively evaluated with the measurement of SIR and OB volumes. SIR and OB 19 volumes significantly normalized when patient recovered smell. This supports the underlying 20 mechanism of a transient inflammation of the OB as a cause of Olfactory Dysfunction in 21 COVID-19 patients.
- 22

## 23 KEY WORDS

- 24 Anosmia; COVID-19; SARS-CoV-2; Magnetic Resonance Imaging; Olfaction Disorders
- 25

## 26 ABREVIATION

- 27 COVID-19: coronavirus disease 2019
- 28 OB: olfactory bulb
- 29 OC: olfactory cleft
- 30 OD: olfactory dysfunction
- 31 SARS-CoV-2: severe acute respiratory syndrome coronavirus 2
- 32 SIR: signal intensity ratio

#### 33 INTRODUCTION

Coronavirus disease-2019 (COVID-19), linked to the severe acute respiratory syndrome 34 coronavirus 2 (SARS-CoV-2), has been associated with many clinical pictures, ranging from 35 36 simple rhinitis to acute respiratory distress syndrome. Frequently, the infection has been 37 linked to smell and taste dysfunctions, reported in 50 to 86% of mild-to-moderate cases [1]. 38 The olfactory dysfunction (OD) may develop through nasal obstruction, such as in common 39 cold, or be related to neurological viral spread through the olfactory cleft mucosa. In the first paper reporting OD as a key symptom of the COVID-19 [1], more than 80% of patients 40 41 presented with OD without associated rhinorrhea or nasal obstruction. Volume and signal intensity of OB have been reported as abnormal on acute phase of COVID-19 anosmia [2]. 42 43 Although the symptoms remain most of the time regressive, MRI findings in patients with 44 prolonged COVID-19-induced OD was significantly associated with lower olfactory bulbs 45 (OB) heights [3], compared to controls. These findings support the perception that SARS-CoV-2 may invade the central nervous system through the olfactory pathway, inflicting 46 47 immediate and potentially irreversible damage to neuronal structures like the OB. However, a 48 prospective longitudinal study was missing to demonstrate the existence of OB modifications 49 in terms of volume and aspect in parallel with the clinical follow up of patients recovering or 50 not from COVID-19 anosmia. We here report a prospective MRI and clinical follow-up study 51 of COVID-19 patients presenting with OD, aiming at understanding the modification of OB 52 during patients' follow-up.

53

#### 54 MATERIAL AND METHODS

#### 55 Ethics, patient and setting

The study was approved by the IRB of Foch Hospital (ID-RCB: 2020-A00832-37). Written
informed consent was obtained for participants.

58 From March to May 2020, COVID-19 patients with self-reported sudden OD were 59 prospectively recruited from two University Hospitals (Foch Hospital and Garches Hospital, 60 APHP, Paris, France). Patients had demonstrated mild to moderate COVID-19 through 61 serology or reverse transcription polymerase chain reaction (RT-PCR) findings. Patients with 62 a history of OD before the pandemic, nasal surgery, chronic rhinosinusitis, head and neck 63 trauma, degenerative neurological disease, or contraindication to MRI were excluded from the 64 study.

#### 65 Olfactory assessments

Patients benefited from psychophysical olfactory assessments (Sniffin'Sticks tests, Medisense, Groningen, Netherlands). The Sniffin'Sticks test is a validated psychophysical olfactory test using 16 smell pens. Each pen was presented to the individual who had to choose the adequate smell between four given options. The final score ranges from 0 (no olfaction) to 16 (perfect olfaction). Hyposmia was defined by a score ranging from 9 to 11 and anosmia if <9 [4]. The objective evaluations were made within the two or four weeks following the onset of the olfactory disease and throughout the follow-up.

- The olfactory cleft specific Lund-Kennedy scoring (OC-LK) was performed to evaluate cleft
  obstruction, this endoscopic score being correlated with the olfactory function in patients with
  smell disorder [5].
- The impact of COVID-19 on sinonasal symptoms was evaluated through the French version of the sino-nasal outcome test-22 (SNOT-22) [6], which is a validated patient-reported
- outcome questionnaire developed from the U.S. version [7].

## 79 Imaging acquisition

- 80 Imaging studies were performed on a 3 Tesla device (Discovery TM MR750, General 81 Electric, Milwaukee, WI, USA) with a 20-elements head and neck coil. The sequences 82 performed in order to assess the OB signal were 3D-FLAIR-CUBE and 3D-T2-FIESTA 83 acquired respectively in coronal and sagittal planes. The 3D-FLAIR sequence parameters 84 were: TR/TE 8000/133ms; section thickness 2mm; matrix 240×240; FOV 230×230mm; flip 85 angle  $90^{\circ}$  and acquisition time = 4min-36sec. The 3D-T2 FIESTA sequence parameters were: 86 TR/TE 5.9/2.5ms; section thickness 0.6mm; matrix 320×320; FOV 180x180mm; flip angle 87 55° and acquisition time=4min-32sec. The same protocol was conducted at the initial stage of 88 the infection and at 6-months follow-up.
- 90 Imaga analysis

## 89 Image analysis

- 90 Two experienced neuroradiologists, blinded to clinical data, independently reviewed the 91 images. A third neuroradiologist resolved potential discordances. Volumes of OB were 92 measured on 3D-T2 sequence using a post-processing application dedicated to 93 segmentation[8]: ITK-SNAP® 3.8 (www.itksnap.org).
- 94 Olfactory Cleft (OC) obstruction was evaluated on T2/FLAIR images and was defined partial
  95 if it didn't affect the entire anteroposterior length.
- 96 Quantitative analysis was performed on T2/FLAIR image by adjusting contours of a ROI
- 97 centered on the OB on a coronal plane, in order to measure the average OB signal intensity. A
- 98 signal intensity ratio (SIR) was then calculated between the average signal of the OB and the

average signal of a ROI placed in the frontal white matter of normal appearance at the same

100 slice level.

#### 101 Statistical Analysis

102 Statistical analyses were performed using the Statistical Package for the Social Sciences 103 (SPSS version 22.0; IBM Corp, Armonk, NY, USA). Intraclass correlation coefficient was 104 used to assess the reproducibility of OC obstruction, SIR and volume measurements of OB 105 across readers. For statistical analysis, a consensual proofreading was retained for 106 measurements of SIR and OB volumes. The outcomes were compared from baseline to 6-107 month post-COVID-19 with Wilcoxon signed-rank test. A level of significance of p<0.05 was 108 used.

109

## 110 **RESULTS**

- 111 Eleven anosmic patients were included. The mean age was 41.5 years (range 24-75 years).
- 112 Patients' characteristics are summarized in Table 1.

#### 113 Olfactory assessments

- 114 Whereas all patients were initially anosmic, only 1 patient remained hyposmic on the 6
- 115 months follow-up (9.09%). The latter had a partial recovery with Sniffin'Sticks test 116 improving from 3 to 8.
- 117 At the initial examination, OC-LK was normal (score 0) in 8/11 patients (72.72%).
- 118 The mean SNOT-22 was 18.45±19.65 (0-61) on the first exam, and was 10.36±16.36 (range
- 119 0-47) on the follow-up examination. The hyposmic patient at the second examination had an
- 120 improvement of the SNOT-22 score from 43 to 0.

#### 121 Image analysis

- 122 Five patients (45.54%) had partial OC obstruction, bilateral in 3 patients on the initial MRI.
- 123 These obstructions were regressive in all cases on the control MRI.
- 124 As for SIR and volume measurements of the OB, the intra-class correlation coefficient was
- 125 good for SIR measurement (r=0.898, 95%CI [0.770–0.956], p<0.001) and excellent for OB
- 126 volumes measurement (r=0.996, 95%CI [0.991–0.998], p<0.001).
- 127 The mean values of OB-SIR significantly normalized from baseline (1.66±0.24) to 6-month
- 128 follow-up (1.35±0.27), reporting a mean variation of -17.82±15.20 % (p<0.001; Figure 1).
- 129 The mean values of OB volumes significantly decreased from baseline (49.22±10.46 mm3) to
- 130 6-month follow-up (43.70±9.88 mm3), with a mean variation of -10.30±13.01% (p=0.006;
- 131 Figure 2).

- 132 Concerning the patient with persistent hyposmia on the follow-up examination, MRI showed
- a severe drop in signal intensity ratio (-23.96% and -27.72%) and of volumes (-27.03% and -
- 134 28.38%) in the right and left OB respectively.
- Note that one patient presented multiple sclerosis-like lesions at first MRI, the disease beingnot previously known.
- 137

#### 138 **DISCUSSION**

MR imaging in COVID-19 anosmic patients showed initial increase in signal intensity and volume of olfactory bulbs with a normalisation on 6 months-MRI-follow-up whilst 90% of our patients clinically recovered smell. This supports the underlying mechanism of a transient inflammation of the OB as a cause of OD in COVID-19 patients who recover. Initial signals and volumes would then be increased due to inflammation, followed by a normalization of these measures over time.

145 Laurendon et al. [9] reported similar findings in a 27-year-old COVID-19 anosmic patient 146 reporting edema and transient swelling of the OB. Initial inflammatory reaction in the OB 147 suggest a neural spread of the SARS-CoV-2 into the OC mucosa. Many viruses, including 148 previous forms of coronaviruses, are known to spread from the nasal epithelium to the 149 olfactory bulb and brain but in smaller proportion of cases [10,11]. Interestingly, the brain 150 spread of the virus was associated with concomitant brain damage in two recent studies 151 [12,13]. Accordingly, COVID-19 RNA was identified in the brains of patients, supporting the 152 neurological pattern of the virus [14]. The virus spreads through the angiotensin converting 153 enzyme 2 receptor (ACE2) and transmembrane serine protease 2 (TMPRSS2), which are both 154 expressed in OC epithelium and in the sustentacular cells of the OB [10,15]. The 155 inflammatory reaction starts in the neuroepithelium, which may appear obstructed on the 156 initial MRI. Eliezer et al. [16] found that OD and OC obstruction are present at the early stage 157 of the disease, and improved both at one-month follow-up, suggesting that OD in Covid-19 158 patients was caused, at least in part, by reversible inflammatory changes in the OC. In a recent 159 systematic review [17], opacification of OC (60/218 - 27.5%) together with normal OB 160 morphology and signal intensity (68/218 - 31.2%) were the most common imaging findings in 161 patients with olfactory dysfunction secondary to COVID-19. In our study, we found only 162 partial OC obstruction in only 4/11 patients on the initial MRI, totally regressive during 163 follow-up, explaining only partly OD. By adding a quantitative analysis of OB signal 164 intensity, our study supports the presence of an initial inflammation of OB as a cause of OD. 165 OB involvement in COVID-19 OD was also mentioned by Aragão et al. [18] who found a

hypersignal and/or an enhancement of OB on T1-weighted images, explaining the OD by the presence of microbleeding and/or blood-brain barrier break. Kandemirli *et al.* [19] also suggested the potential microhemorrhagic complications by finding a punctate hypointense T2-weighted pattern within the OB in 4/23 patients with persistent COVID-19 OD. Those abnormalities may represent a subsequent marker of severity of inflammatory lesion of the OB.

172

Interestingly, patients with prolonged OD may develop OB atrophy. Tsivgoulis *et al.* [3] demonstrated that prolonged SARS-CoV2-induced OD is significantly associated with lower OB heights bilaterally compared to controls. Concerning our patient with persistent hyposmia on the follow-up examination, MRI showed a severe decrease in volumes, corroborating this hypothesis.

Certain limitations of the present study should be highlighted, including the small sample size
of our population and the fact that a vast majority of our patients recovered from anosmia,
which was not predictable at the initial time point.

181

#### 182 CONCLUSION

COVID-19 anosmic patients reported initial increase in signal intensity and volume of olfactory bulbs, followed by a normalization at 6 months-MRI-follow-up whilst patient recovered smell. This supports the underlying mechanism of a transient inflammation of the OB as a cause of Olfactory Dysfunction in COVID-19 patients who then recover. In a context where the clinical examination of infected patient is still discouraged because of aerosolization risk, our study supports that the investigation of anosmia through MRI is feasible.

- 190
- 191

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197

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201

## 202 DATA AVAILABILIT Y STATEMENT

The data that support the findings of this study are available on request from the corresponding author. The data are not publicly available due to privacy or ethical restrictions.

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272

#### 273 TABLE AND FIGURE LEGENDS:

- 274 **Table 1:** Patients characteristics
- 275

## 276 Figure 1: Signal intensity ratio (SIR) measurement

277 Coronal Flair-weighted at the same level slices through the olfactory bulbs (OB) in a 32-year-278 old anosmic female at the initial exam (A) and at the follow-up exam (B), performed 279 respectively at day 4 and 147 from onset of anosmia. The SIR between the average signal of 280 the OB (manual ROI) and the average signal of a ROI placed in the frontal same level white-281 matter (circle) went from 1.63 to 1.05 on the right and from 1.68 to 0.96 on the left (fall of 282 35.26% and 42.45% respectively). There was a partial obstruction of right olfactory cleft 283 (dotted arrow) which regressed on control. Note the isointense signal OB (arrows) compared 284 to normal brain cortex (head of arrows).

285

## 286 Figure 2: Measurement of the olfactory bulbs (OB) volumes

287 Same level reformatted axial, frontal and sagittal 3D-T2-wheighted slices through the

288 olfactory bulbs (OB) in a 26-year-old anosmic female at the initial exam (A, B, C) and at the

- follow-up exam (D, E, F), performed respectively at 7 and 147 days from onset of anosmia.
- OB volumes varied from 54.91 to 41.80 mm<sup>3</sup> on the right and from 57.73 to 42.7 mm<sup>3</sup> on the
- left (decrease of 41.0% and 37.85% respectively).

Characteristics	Patients (N-%)
Characteristics	
Age (mean $\pm$ SD) – years old	$41.5 \pm 19.5$
Gender (female/male)	7/4
Rhinological history	
Patients with seasonal allergy	3/11 (27.3)
Septoplasty	2/11 (18.2)
Other antecedents	
Dysthyroidism	2/11 (18.2)
Hypertension	1/11 (9.1)
Cardiac stent	1/11 (9.1)
Autoimmune disease	1/11 (9.1)
Endometriosis	1/11 (9.1)

295 SD: standard deviation

## 292 **TABLE:**





# MR follow-up of COVID-19 patients with related olfactory dysfunction



Initial increase in T2 signal and in volume, with a normalization during follow-up, consecutive to smell recovery for patients