



Babesiosis in immunosuppressed hosts: pathogenesis, diagnosis and management

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Purpose of review

This review provides the most recent evidence of the challenges that occur in the management of babesiosis in immunocompromised hosts.

Recent findings

The epidemiology of babesiosis is affected by climate change leading to increasing numbers of cases as well as increasing areas of endemicity. Immunosuppressed hosts, especially with asplenia or B-cell defects, are at high risk of having severe disease as well as persistent and relapsed infection. Resistance to the primary therapies azithromycin and atovaquone can develop leading to further challenges in treating persistent or relapsed disease in the immunocompromised host.

Summary

Babesiosis is likely to become a more frequent infectious complication in immunosuppressed hosts as the areas of endemicity expand. Reduced efficacy of standard therapies is likely to continue emerging so more effort needs to be placed on methods of assessing resistance in vitro and developing more reliable treatments for resistant infections.

Keywords

antibiotic resistance, babesiosis, immunosuppressed

INTRODUCTION

Babesiosis is the disease caused by species of *Babesia*, an intraerythrocytic parasite. Presenting symptoms of infection are usually nonspecific and may include fever, chills, sweats, headache, myalgias, anorexia, nausea and fatigue. Severe cases can progress to adult respiratory distress syndrome, kidney failure and liver inflammation. Immunocompromised hosts are more likely to have severe, sometimes fatal, disease and to have persistent or relapsed disease.

Here we provide an overview of babesiosis with a focus on the changing epidemiology, diagnostics and treatments that are most relevant to the immunocompromised host.

TEXT OF REVIEW

Over a hundred species of *Babesia* exist globally and cause disease in a variety of domestic and wild animals. A few *Babesia* species infect humans. *Babesia microti* is the predominant cause of human babesiosis in North America especially in the Northeast and Upper Midwest United States but other species have been reported in other areas including *B. duncani* on the West Coast of the United States, *B. divergens* in Europe, the United States and China,

B. venaratum in Europe, *B. bigemina* in South America and *B. crassa*-like pathogen in Northeast Asia and Europe [1[■],2[■],3–5].

B. microti is generally transmitted to humans by the hard bodied tick, *Ixodes scapularis*, though transfusion associated infection can occur [6[■],7[■]]. Transfusion related cases occur and for several years the Food and Drug Administration has required screening of donors in states where *Babesia* has been reported. Persons who travel to endemic areas and then donate in states that are not required to screen for babesiosis can potentially transmit the infection. Babesiosis has been transmitted through organ donation, but there are no established criteria for screening of organ donors [8].

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KEY POINTS

- Immunosuppressed hosts especially those with asplenia or B cell deficiencies are at high risk of severe disease with babesiosis and for relapse.
- Resistance to atovaquone and azithromycin can occur so should be considered when treating immunosuppressed hosts with babesiosis especially those with severe disease or relapses.
- Clinicians should consider tick-borne diseases when evaluating all febrile patients who might be at risk including immunosuppressed hosts and perform appropriate diagnostics and empiric treatment.
- Immunosuppressed hosts who live/travel in endemic areas for tick-borne diseases need counseling for risk reduction, prevention and early recognition of signs/symptoms.

Climate change has led to changing habitats of tick vectors, as well as the host animals of babesiosis, and as a result there has been and will continue to be increasing geographic areas that are endemic and hyperendemic for babesiosis [9[■],10[■]].

When evaluating the immunocompromised host for febrile illness initial concerns often focus on opportunistic infections and infections related to indwelling central line catheters. It is critical to assess for risk of tick-borne disease so that the evaluation and empiric treatment can cover tick-borne diseases if necessary. The history of risk for tick bites is more critical than a history of a tick bite itself since most patients with tick-borne diseases do not recall having had a tick bite. Some of the typical laboratory findings of tick-borne diseases (anemia, leukopenia, thrombocytopenia) are common in immunocompromised hosts due to the underlying condition or due to medications. Significant changes from baseline might be inappropriately attributed to the underlying disease. Empiric treatment that covers most bacterial infections will miss coverage for potentially fatal infections including babesiosis, anaplasmosis and ehrlichiosis. Because the tick vector of *B. microti*, *Ixodes scapularis*, is also the vector of Lyme disease and anaplasmosis patients can develop concurrent infection with 2 or all three of these pathogens. Because babesiosis has fairly localized areas of endemicity it is important to obtain domestic travel histories when evaluating immunocompromised patients. Patients who live in area of the United States where babesiosis does not exist may pick up the infection during a brief vacation to a hyperendemic area such as New England.

Immunosenescence results in more severe disease in persons over age 50, but the most severe

disease is seen in patients with asplenia or B-cell deficiencies [11[■],12]. Rituximab is the most common B-cell depleting agent associated with severe babesiosis, but it has been reported with others including ocrelizumab [13]. A recent multicenter, retrospective review of immunocompromised patients with babesiosis identified 57 patients, 79% were immunocompromised, 37% were asplenic/hyposplenic and 19% were both [14[■]]. 35% were co-infected with Lyme disease. Three cases (5%) experienced relapse, four patients died within 90 days of the babesiosis diagnosis and for one patient babesiosis was the cause of death. A case of hemophagocytic lymphohistiocytosis associated with recurrent *B. microti* and concurrent Lyme disease was reported in a patient treated with ocrelizumab [15]. Severe disease has also been reported in patients with HIV and low CD4⁺ counts, hemolytic anemia, sickle cell disease, and organ transplants. One patient with myelodysplastic syndrome treated with stem cell transplant and rituximab had prospective evaluation of immune response to *B. microti* in a 4-year period during which he had initial infection and two relapses. He was found to have high levels of *B. microti* specific antibodies despite few circulating B-cells, presence of long-lasting NK cells and T memory stem cells and high levels of IP-10 cytokine that directly correlated with cytokine burden [16[■]]. It is imperative that the clinician caring for the immunosuppressed host recognizes and diagnoses Babesia in the immunosuppressed individual, as disease can be severe with relapse and even death, in some instances.

Immune response to *Babesia* infection includes both innate and adaptive mechanisms that likely confer some protective immunity in patients who experience reinfection [17[■],18].

The most rapid method of diagnosing babesiosis is with examination of a peripheral blood smear [19[■]]. Most patients with symptomatic disease, especially immunocompromised patients, will have positive smears. Polymerase chain reaction (PCR) is more sensitive than peripheral smear but, laboratory turnaround time is generally longer for PCR. For immunocompromised patients a delay of even 2–3 days can be fatal so if peripheral smear is not available and there are clues suggesting ongoing hemolysis (e.g. hemoglobin/hematocrit lower than baseline, erythrocyte mean cell volume higher than baseline, reticulocytosis, low haptoglobin, elevated LDH or bilirubin) then treatment should be initiated while awaiting PCR results. Another advantage of peripheral smear exam is that it allows quantification of the degree of parasitemia and success/failure of therapy. PCR can remain positive for months even after the infection has resolved. PCR cycle

threshold information might give a clue about degree of parasitemia. Note that PCR tests that are currently commercially available will only detect *B. microti* so if other species are suspected then peripheral smear examination is critical. If PCR for *B. microti* is negative and epidemiologic history is consistent with infection with other species then serology can be helpful in diagnosis [20^{¶¶}].

Antibody testing is generally not helpful in diagnosing active infection since IgG can persist for years and could represent remote prior infection. Presence of *Babesia* immunoglobulin M (IgM) strongly suggests acute infection, but false positive results occur as they do with many other IgM serologies.

Many medical facilities and laboratories offer “tick panels” that generally include Lyme serology, *Anaplasma/Ehrlichia* PCR and *Babesia* PCR. Peripheral smear might not even be offered as an initial option or might have very limited availability. Because the turnaround time of PCR tests generally is 2–5 days clinicians should also check CBC and other laboratory markers to see if there are clues of hemolysis suggesting babesiosis that would warrant immediate initiation of treatment while awaiting the PCR result.

On examination of peripheral smear *Babesia* can be mistaken for *Plasmodium* sp. unless the unique “Maltese cross” form of *Babesia* is seen. Most antimalarial drugs including artemether-lumefantrine and mefloquine do not have demonstrated activity against *Babesia* so it is imperative that if intraerythrocytic parasites are seen on smear and if the patient has geographic risks for both malaria and babesiosis that other more specific tests for malaria, e.g. malaria antigen test be included in the decision about empiric treatment while awaiting PCR results. Rapid nucleic acid amplification diagnostic tests for *Babesia* are under development but are not yet commercially available.

Standard treatment for babesiosis is atovaquone plus azithromycin. An alternative option is clindamycin plus quinine. (Table 1) Atovaquone absorption can be 20 times higher when taken with a fatty meal than when taken with no fat meal or without food [21]. It is therefore critical that patients be instructed about this requirement lest they have inadequate absorption and essentially end up on inadequate azithromycin monotherapy. Treatment duration is 7–10 days in immunocompetent patients. For highly immunocompromised patients treatment is initiated with oral atovaquone and intravenous azithromycin with transition to oral azithromycin once there has been clinical improvement. Duration of treatment for highly immunocompromised patients is 6 weeks. If parasites are seen on smear during the final 2 weeks then treatment duration should be prolonged further.

For some patients who are severely ill or if there are concerns about atovaquone absorption or atovaquone resistance then more aggressive initial regimens should be considered including atovaquone + azithromycin + clindamycin or atovaquone + azithromycin + clindamycin + quinine. Atovaquone/proguanil + azithromycin can be considered as an alternative if oral atovaquone suspension is unavailable or not tolerated by the patient [22[¶]].

Acquired atovaquone resistance has been reported. This may be a particular problem in immunocompromised patients who acquire babesiosis while taking atovaquone for *Pneumocystis jiroveci* prophylaxis [23^{¶¶}]. Mutations associated with atovaquone resistance as well as resistance or diminished susceptibility to azithromycin have been identified [24,25].

Exchange transfusion is no longer recommended as adjunctive treatment for malaria because the currently used antimalarials have high and rapid activity against the parasite. However for babesiosis, exchange transfusion should still be considered for

Table 1. Treatment of *Babesia microti* infection

	Treatment regimen	Alternative treatment regimen
Ambulatory patients: mild-moderate disease (Immunocompetent, mild-moderate symptoms, parasitemia <4%, do not require hospitalization)	Atovaquone oral plus azithromycin oral for 7–10 days	Clindamycin oral plus quinine oral
Hospitalized patients: acute severe disease	Atovaquone oral plus azithromycin IV until symptoms abate then convert to oral “step down”	Clindamycin i.v. plus oral quinine sulfate oral
Hospitalized patients: step down therapy (switch to oral)	Atovaquone oral plus azithromycin oral for 7–10 days	Clindamycin oral plus oral quinine sulfate oral
Highly immunocompromised patients	Same regimen as for hospitalized patients but for 6-week duration	

See IDSA guidelines for dosing details (Krause 2020).

patients with severe disease (parasitemia >10%), those with severe hemolytic anemia or pulmonary, renal or hepatic complications [3]. A lower threshold for exchange transfusion should also be considered for those with severe immunosuppression or if there is increased concern for drug resistance, e.g. patients who acquire babesiosis while taking atovaquone monotherapy for *Pneumocystis* prophylaxis.

For immunocompetent hosts parasitemia should be monitored while on treatment but not after symptoms have resolved. For immunocompromised hosts parasitemia should be monitored even after becoming asymptomatic and until smears are negative. If smears are negative but symptoms persist and if there is continued evidence of hemolysis than PCR testing should be done [3].

In immunocompromised hosts, the duration of therapy appears more important than the treatment regimen. Relapses in immunocompromised patients generally occurs within weeks so if recurrence occurs several weeks after the infection appears to have resolved then re-infection should be considered if the patient has continued to be at risk for tick-borne disease.

Low grade asymptomatic parasitemia may persist for weeks after infection in immunocompetent hosts [26]. In immunocompromised hosts babesiosis may persist even longer so longer courses of therapy are recommended. Since relapses can occur it is imperative that immunocompromised hosts continue to be monitored after completing therapy with symptom review and/or monitoring of hemoglobin/hematocrit.

For patients who have responded to treatment but who then relapse it is appropriate to retreat with the same agents but to develop strategies for more aggressive treatment and monitoring if there is not a rapid response to the standard therapy. This might include extending treatment to 6 weeks or using PCR negativity and a measure of cure before stopping treatment.

Patients who continue to relapse or who are not responding despite aggressive standard therapy may need to be treated with alternate regimens.

Clofazamine in combination with atovaquone has been shown to be effective in mouse models but human clinical data is lacking [27,28]. Tafenoquine, an 8-aminoquinoline used for treatment and prophylaxis of malaria and for cure of *Plasmodium vivax* infection has been shown to be effective in mouse models of *B. duncani* infection including atovaquone-resistant strains [29]. There are limited case reports of tafenoquine successfully used to treat relapsing babesiosis in immunocompromised patients with atovaquone and azithromycin resistant strains [30²²,31²²,32]. A case report of tafenoquine failure with relapse after a 6-week course has also been reported [33]. Tafenoquine remains a promising option for relapsing Babesiosis in patients with multidrug resistant infection who are not G6PD deficient. A randomized clinical trial of atovaquone/azithromycin with or without tafenoquine has been proposed [34²¹]. However since G6PD levels must be checked before administering tafenoquine and this would likely result in delays in treatment some have felt that tafenoquine is not appropriate as a first line drug for babesiosis [35²¹].

Optimal treatment regimens for non-*B. microti* species have not been determined but current recommendations generally include clindamycin with quinine depending on species and severity of disease (Table 2) [36].

All immunocompromised patients who live in areas endemic for tick borne disease should receive counseling for reducing risks of tick-borne diseases. This includes: personal risk reduction with use of acaricides/insecticide such as DEET when outdoors and wearing long sleeved shirt and long trousers. Reducing tick population in backyards with the use of "tick tubes" or spraying with insecticides. Daily thorough "tick checks" with prompt removal of attached ticks. Use of tick repellants/acaricides for pets. Symptom recognition and need for rapid evaluation for tick-borne diseases. Use of doxycycline for Lyme postexposure prophylaxis while emphasizing that this will not prevent babesiosis. Counseling and reminders should occur periodically either at the time of review of immunizations or before and during "tick season."

Table 2. Antimicrobial agents used to treat non-*Babesia microti* species (Smith 2020)

	Mild disease	Severe disease	Adjunctive/alternative therapy in severe cases
<i>Babesia divergens</i>	Clindamycin	Clindamycin plus quinine	Exchange transfusion, hemodialysis.
<i>Babesia divergens</i> -like <i>Babesia duncani</i>	Clindamycin plus quinine	Clindamycin plus quinine	Exchange transfusion, hemodialysis.
<i>Babesia veneratum</i>	Clindamycin	Clindamycin plus quinine	Exchange transfusion, consider alternative treatment with atovaquone plus azithromycin

CONCLUSION

Babesiosis is an increasingly common tick-borne disease that causes severe disease in immunocompromised hosts especially those with asplenia and B-cell disorders. Rapid diagnosis is essential so the diagnosis should be considered in symptomatic patients who have been at risk for tick-borne infections in endemic areas. Persistent and relapsed infection are common in immunocompromised hosts. Drug resistance especially to atovaquone can occur so alternative regimens may be needed in patients who do not respond to standard treatment or who relapse. Further research is needed for the development of rapid diagnostic tools and for treatments of resistant infection.

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Conflicts of interest

There are no conflicts of interest.

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