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Dexamethasone treatment improves morphological and hematological parameters in chronic experimental schistosomiasis

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Abstract Schistosomiasis, a chronic disease with considerable social impact, is an important health problem in many countries. To investigate the possible use of immunomodulators as adjuvants in the treatment of chronic *Schistosoma mansoni* infection, we evaluated the effect of dexamethasone on histological, hematological, and biochemical parameters that reflect disease severity and morbidity. Animals treated from the first day or after 35 days of infection, were analyzed. In both groups, dexamethasone: (1) induced a decrease in the number of granulomas in hepatic tissue without affecting the alanine aminotransferase profile, (2) reduced splenomegaly and hepatomegaly associated with disease, and (3) improved hemoglobin concentration, hematocrit values and reduced the percentage of reticulocytes, preventing the development of anemia that occurs in the chronic phase of infection. These data suggest that treatment with dexamethasone results in a mild course of murine schistosomiasis and point to this drug as a promising agent to complement *S. mansoni* specific treatment.

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Introduction

Schistosomiasis is a parasitic disease of great social impact due to its morbidity and consequent work disability (World Health Organisation 1997; Ross et al. 2002). Although morbidity is frequently associated with granuloma formation and subsequent liver fibrosis, the drugs used to treat this disease are generally unable to reduce the pathological sequelae of the chronic phase. Therefore, the search for new strategies able to reduce granuloma formation or its sequelae is highly relevant for disease treatment.

During the chronic phase of infection, the host presents alterations in hematological (eosinophilia, neutropenia, and anemia) and visceral (splenomegaly and hepatomegaly) parameters, which have often been correlated with morbidity (Fanning et al. 1981). Considering these alterations, Henderson et al. (1993) described two distinct syndromes in experimental chronic schistosomiasis: the hypersplenomegaly syndrome (HSS) characterized by massive splenomegaly, severe anemia, cachexia and high morbidity, and the moderate splenomegaly syndrome (MSS) with mild alterations and reduced mortality. Therefore, despite modern techniques, the measurement of these parameters is still of great relevance for the clinical evaluation of the disease.

Although much is known about schistosomiasis, many aspects of its pathogenesis remain unclear (Hagan et al. 1998). In addition to helping to elucidate these aspects, experimental models are crucial for the development of new drugs and vaccines (Cheever et al. 2002; Druilhe et al. 2002). In view of the immunomodulatory properties of dexamethasone, we have been using an experimental model of schistosomiasis to investigate the effects of this drug on disease severity and morbidity. In a previous paper, we showed that dexamethasone treatment caused a decrease in granuloma size and a reduction in periovular fibrosis deposition. Moreover, dexamethasone did not affect

the parasite burden or oviposition capacity but caused a decrease in hepatic egg deposition (Pyrrho et al. 2002). To better understand the role of dexamethasone on disease severity, we investigated its effects on hematological and visceral parameters, hepatic enzyme profile, and the density of hepatic granulomas. The data show a decrease in the density of hepatic granulomas and a reduction in hepatosplenomegaly, anemia, neutropenia, and eosinophilia, without any increase in hepatic enzymes. These results are in agreement with our previous data and indicate that dexamethasone treatment minimizes the deleterious effects of experimental *Schistosoma mansoni* infection.

Materials and methods

Animals, the drug and infection

Adult C57BL/6J female mice (7–8 weeks old) were infected with 45 cercariae of the BH strain of *S. mansoni*, by the cutaneous route. Dexamethasone (Decadron, Prodome, Brazil), 1 mg kg⁻¹ body weight, was administered intramuscularly three times a week, until the end of the experiment (55th or 120th day post-infection—dpi). Control (N) and infected (I) animals were divided in four groups: non-treated (N and I), treated with saline (N+S and I+S), treated with dexamethasone (1 mg kg⁻¹) from the beginning of the experiment (N+Dex0 and I+Dex0) or 35 days after the beginning of the experiment (N+Dex35 and I+Dex35). Animals from all groups (at least ten per group) were killed under anesthesia on the 55th or 120th dpi. During this time, they were maintained in controlled temperature and light conditions, fed a balanced diet and given sterile water ad libitum.

Hepatic granuloma density

Transverse sections of all liver lobes were collected, fixed in 4% buffered formaldehyde solution and embedded in paraffin. Sections of 5 µm were stained with phosphomolibidic acid-picro-sirius red staining (PMA-PSR) (Dolber and Spach 1993). For the evaluation of granuloma density, stained slides were observed using bright field microscopy and all granulomas containing central viable eggs were quantified. All evaluations were performed blind by two different observers. The results were expressed as number of granulomas/mm².

Hematological data/liver and spleen weight

Blood was collected by axillary plexus incision in an EDTA (Merck, Germany) coated vial. Hemogram values were determined in a CC550-CELM (Companhia Equipadora de Laboratórios Modernos, São Paulo). Thin blood slides stained with Giemsa/Wright (Merck, Germany) were used for differential leukocyte counts. Reticulocyte counts were performed using cresyl blue brilliant stain (1% cresyl blue brilliant solution in 0.85% sodium chloride). After the mice were killed, the liver and spleen were removed and their weights determined.

Alanine aminotransferase

The serum alanine aminotransferase (ALT) levels, a marker of hepatocellular damage, were established by colorimetric assay using a commercial kit from Chiron Diagnostics (East Walpole, Mass.) at 55 and 120 dpi.

Statistical analysis

Statistical analysis was performed with SigmaPlot for Windows software, version 5.0 (SPSS). The comparison between groups was done by non-paired Student's *t*-test. Values of $P < 0.05$ were considered significant. Means \pm SD are given.

Results

Hepatic granuloma density

Independent of the treatment schedule used (I+Dex0 or I+Dex35), animals treated with dexamethasone showed a decrease in the density of hepatic granuloma when compared with non-treated ones (Fig. 1). However, a significant reduction in granuloma density ($P < 0.04$) was only observed in the group that started receiving dexamethasone after the 35th dpi (I+Dex35) (Fig. 1). This observation is in agreement with previous results showing a decrease in the amount of eggs retained in the liver after dexamethasone treatment (Pyrrho et al. 2002).

Hematological data/liver and spleen weight

Alterations in hematocrit and variations in liver/spleen weight have been used by several researchers as indicators of disease severity in schistosomiasis (Fanning et al. 1981; Henderson et al. 1993; Adewusi et al. 1996; Eberl et al. 2001). We have shown that, independent of the treatment schedule used (I+Dex0 or I+Dex35), at the chronic phase of infection (120 dpi), the weights of the liver and spleen of infected treated animals were significantly lower than those of the controls (Fig. 2A, B).

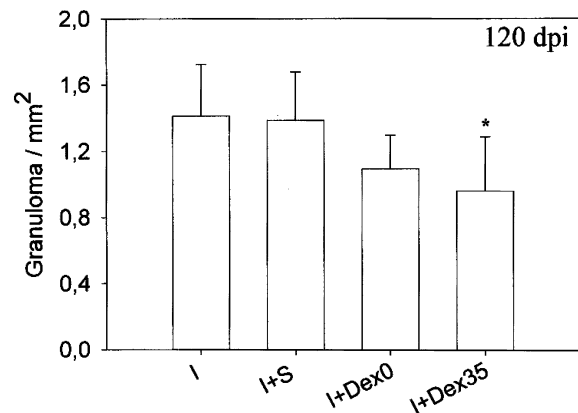


Fig. 1 Quantification of granuloma density in hepatic tissue. Groups of mice were infected with 45 cercariae/animal and left untreated or treated with saline (S) or dexamethasone (1 mg kg⁻¹) from the beginning of the experiment (I+Dex0) or 35 days after the infection (I+Dex35). At 120 days post-infection the animals were killed and histological sections (5 µm) of hepatic tissue were stained with phosphomolibidic acid-picro-sirius red (PMA-PSR). All granulomas containing a central viable egg were counted and the results were expressed as the mean \pm SD of granulomas/mm² (* indicates $P < 0.039$)

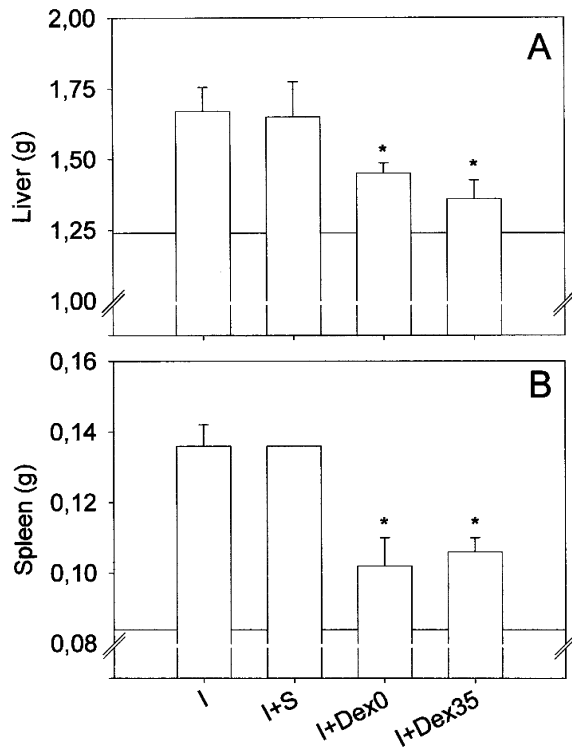


Fig. 2A, B Effects of dexamethasone on liver and spleen weight. Mice infected and treated as described in Fig. 1 were killed at 120 days post-infection and their livers (A) and spleens (B) were weighed. Results are expressed as mean \pm SD of at least ten animals. The *baseline* represents the mean values of liver and spleen weights of non-infected animals (* indicates $P < 0.05$)

Dexamethasone had no significant effect on non-infected mice submitted to the same schedule of treatment (*baseline* in Fig. 2).

Infected animals developed light anemia, expressed by lower levels of hemoglobin (12.04 ± 1.87) and hematocrit (35.99 ± 5.55) values than those observed in non-infected ones (14.14 ± 0.72 and 43.90 ± 4.61 , respectively). Treatment with dexamethasone partially prevented the anemia resulting from infection, causing a small improvement in hemoglobin concentration (I+Dex0 = 12.95 ± 1.84 ; I+Dex35 = 12.21 ± 1.29 SD) and hematocrit values (I+Dex0 = 39.54 ± 5.53 ; I+Dex35 = 39.63 ± 7.62). These effects were accompanied by a significant reduction in the percentage of reticulocytes in the treated animals (Fig. 3). In addition, treated infected animals also showed a reversion of the neutropenia (Fig. 4A) and a decrease in the eosinophilia provoked by infection (Fig. 4B).

Alanine aminotransferase

To investigate whether dexamethasone interferes with hepatotoxicity induced by infection, we evaluated the levels of ALT in the serum of infected-treated animals. As shown in Fig. 5, the serum levels of ALT were not affected by treatment.

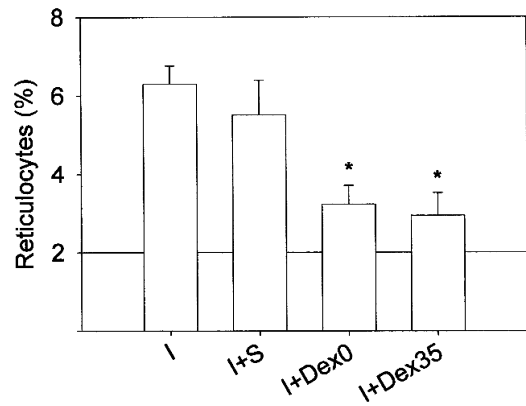


Fig. 3 Effects of dexamethasone on reticulocyte count. At 120 days after infection, blood of groups of mice treated as described in Fig. 1 was collected and used for reticulocyte evaluation. Results were expressed as mean \pm SD. The *baseline* represents mean values of non-infected animals. Statistical analyses were performed between infected non-treated (I) and treated (I+Dex0 and I+Dex35) groups (* indicates $P < 0.001$)

Discussion

In a previous paper, we showed that dexamethasone did not interfere with the mortality rate or parasite burden

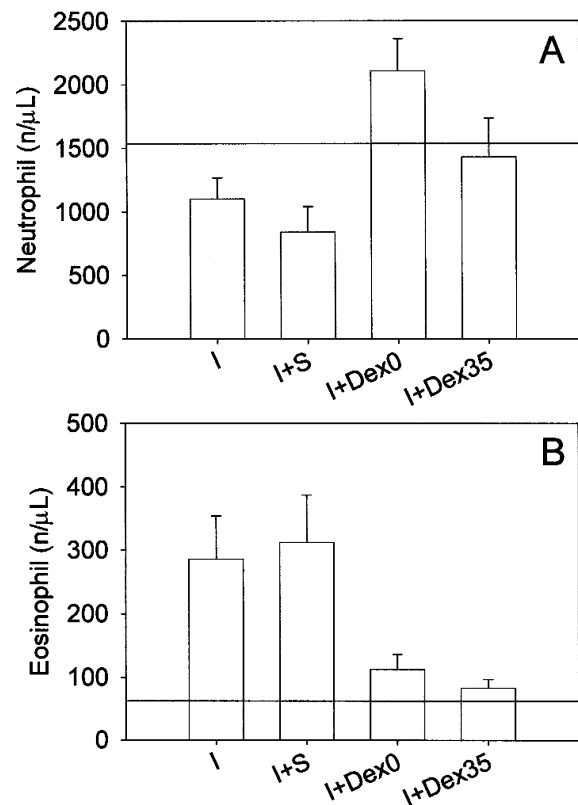


Fig. 4 Dexamethasone reverted neutropenia and eosinophilia in *Schistosoma mansoni* infection. Blood from the same groups of animals used in Fig. 3 was used for neutrophil and eosinophil counts. The absolute number of leukocytes was obtained by multiplication of specific percentage values by total leukocytes count. The *baseline* represents values of the non-infected group

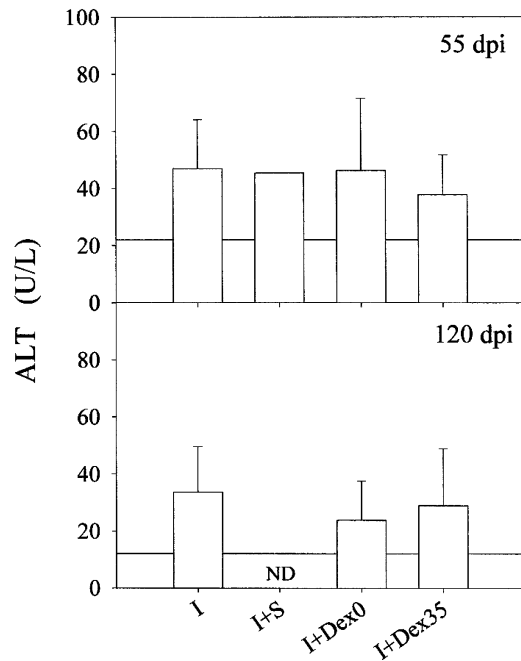


Fig. 5 Dexamethasone did not change the serum levels of ALT in *S. mansoni* infection. Sera from infected and treated groups of animals were collected at 55 and 120 days post-infection and measurements of ALT levels were performed by colorimetric assay. Results were expressed as mean \pm SD. ND Not done

in mice chronically infected with *S. mansoni*, but reduced granuloma size and fibrosis, and led to a modulation of cytokine production (Pyrrho et al. 2002). We demonstrate here that treatment with dexamethasone also leads to an improvement in parameters indicative of a decrease in disease severity, such as hepatosplenomegaly, hematological alterations, and the density of hepatic granuloma.

The main factors involved in the pathogenesis of schistosomiasis are eggs trapped in hepatic tissue and the host response elicited by them (Warren et al. 1967; Cheever et al. 1998). According to Cheever et al. (1983, 1987), a decrease in granuloma number and in the consequent amount of fibrosis results in low portal hypertension and therefore a mild form of the disease. As shown in Fig. 1, dexamethasone treated animals have a significant reduction in the density of hepatic granulomas, indicating a beneficial effect of dexamethasone treatment on infected hosts. Interestingly, this reduction was greater in the I+Dex35 group, indicating a possible therapeutic application of dexamethasone in patients in the acute phase of schistosomiasis, as already proposed by Lambertucci et al. (1989).

In addition to its effect on hepatic granuloma density, dexamethasone treatment reduced the number of peripheral eosinophils and brought peripheral neutrophils into a normal range, reverting the eosinophilia and neutropenia characteristic of the chronic phase of schistosomiasis. This neutropenia may be partially due to a delay in the maturation of neutrophils in the bone marrow and spleen caused by a specific inhibitory

activity demonstrated in the sera of chronic patients (Borojevic et al. 1983) and in experimental schistosomiasis (Santos-Da-Silva et al. 1988). The reversion of neutropenia may decrease susceptibility to bacterial and fungal infections associated with chronic schistosomiasis (Andrade and Bina 1983; Lambertucci et al. 2001). Therefore, it is possible that the alteration in peripheral leucocytes induced by dexamethasone may reduce granuloma cell recruitment, explaining the decrease in granuloma size observed in dexamethasone treated animals (Pyrrho et al. 2002), without affecting hepatotoxicity as shown by the lack of alterations in ALT levels (Fig. 5).

The reduction in hepatomegaly may be due to a decrease in the number of liver granulomas, probably reflecting less hepatic involvement and portal hypertension. The amelioration in hepatic fibrosis reported previously (Pyrrho et al. 2002) is in agreement with this hypothesis. Splenomegaly is also an important parameter in schistosomiasis due to its correlation with an increase in morbidity (Henderson et al. 1993; Bosshardt et al. 1997). It is attributed to chronic congestion caused by portal hypertension and hyperplasia of the reticulo-endothelial cells (Andrade 1962; Bagshawe 1970). The reduction in splenomegaly in dexamethasone-treated animals (Fig. 2) can probably be associated with a decrease in both of these pathogenic factors. Therefore, the ability of dexamethasone to modulate hepato- and splenomegaly indicates its capacity to alter disease development towards a milder course.

The beneficial effect of dexamethasone in schistosomiasis was reinforced by the presence of normal hemoglobin rates and the absence of reticulocytosis (Fig. 3A, C) in treated animals, demonstrating the capacity of the drug to prevent the development of anemia, a parameter generally correlated with disease morbidity (Fanning et al. 1981; Henderson et al. 1993). The development of anemia in schistosomiasis has been attributed to many causes including gastrointestinal hemorrhages, hemodilution and hypersplenism (Jamra et al. 1964). If, as proposed elsewhere (Woodruff et al. 1966), there is a correlation between splenomegaly or hypersplenism and anemia, then the effect of dexamethasone in preventing anemia may be partially explained by the decrease in splenomegaly. Since anemia can involve many physiological functions, its prevention would improve the clinical condition of the animal by reducing morbidity due to parasite infections (Guyatt et al. 2001), including schistosomiasis.

The drugs currently used for schistosomiasis treatment lead to parasite elimination and also to a slight reduction in hepatic fibrosis (Bina and Prata 1983; Homeida et al. 1991). However, in spite of treatment, part of the population remains infected (Utzinger et al. 2000; Garba et al. 2001), and the use of new combined treatments has been suggested (Botros et al. 2000; De Clercq et al. 2000). Due to its ability to modulate schistosomiasis morbidity leading to a mild disease course, dexamethasone may be an important tool for improving the quality of life in combined therapies.

Nowadays, more modern and efficient techniques are employed for the clinical evaluation of schistosomiasis (Abdel-Wahab and Strickland 1993; Kariuki et al. 2001). However, due to its simplicity and low cost, the hematological and visceral parameters analyzed in this paper are still commonly used as clinical parameters in epidemiological studies (Kongs et al. 1996; Guyatt et al. 2001). Thus, the data presented here corroborate our previous results (Pyrrho et al. 2002), indicating that dexamethasone decreases the severity of schistosomiasis infection, and reinforces the suggestion of a beneficial use of immunomodulators as co-adjuvants in specific treatment of *S. mansoni* infections. Indeed, in Brazil the National Schistosomiasis Control Programs, which include early chemotherapy and other complementary measures, have led to a reduction in the diagnosis of patients in the advanced hepatosplenic stage of the disease (Andrade and Bina 1985). Since (1) there is a great similarity in granuloma development in the infection phases in mice and humans (Raso and Bogliolo 1970), (2) most of the patients are detected at an early phase of infection, and (3) re-infection is a very common occurrence in endemic areas, the use of dexamethasone as suggested here could be a beneficial possibility in Brazil as well as in some other countries. This suggestion implies the development and application of adequate protocols for patients, considering that human schistosomiasis is different from experimental models due to Symmers' pipe-stem fibrosis (Andrade 1965).

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