CASE REPORTS

Chronic Pulmonary Histoplasmosis Diagnosed in a Nonimmunosuppressed Patient 10 Years After Returning From an Endemic Area

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Introduction

Histoplasmosis is a disease caused by Histoplasma capsulatum, a dimorphic fungus whose 2 different phases or forms correspond to a soil-borne mycelial form at ambient temperature and a yeast form at body temperature. The fungus is found in certain warm climates in several American countries (United States, Mexico, Caribbean region, and South America), as well as in Africa, Oceania, Eastern Asia, and the Near East (Egypt, Israel). It is not usually found in Spain or Europe. In fact, only a few cases have been described, practically all of them imported. Such cases correspond to acute forms after recent exposure or to disseminated forms in immunosuppressed patients, and presentation as chronic cavitary pulmonary histoplasmosis is rare in nonendemic areas. Although most of the chronic pulmonary forms are attributed to reinfections in endemic areas, in Spain the disease is more likely to be reactivation, in the absence of recent exposure. We describe a patient with chronic cavitary pulmonary histoplasmosis, probably secondary to reactivation of a latent infection acquired after residing 10 years earlier in Venezuela.

Case Description

We report the case of a Spanish nonimmunosuppressed patient who was a chronic alcoholic and who developed chronic cavitary pulmonary histoplasmosis. He had been living in Venezuela until 10 years ago. The diagnosis was established when Histoplasma capsulatum was cultured from bronchoscopy samples. The patient was treated with itraconazole and progressed favorably until cure. This case suggests that histoplasmosis can reactivate years after exposure, even when significant immunodeficiency is not present. In the absence of another immunosuppressive factor, alcoholism may have played a role in the development of the condition.

Key words: Histoplasmosis. Histoplasma capsulatum. Diagnosis. Treatment.


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expectoration, dyspnea on exertion, unspecified weight loss, and malaise, but no fever. According to family members, he consumed considerable amounts of alcohol and was often intoxicated, but they had no knowledge of vomiting or suspected bronchial aspiration. The examination revealed poor overall condition, with signs of malnutrition. The patient was eupneic and afebrile, with normal blood pressure and pulse rate; the teeth were in poor condition. Lung auscultation revealed crackles in the right chest, and the liver edge was palpable 3 cm below the costal margin.

The chest radiograph showed a mixed (alveolointerstitial) pattern that affected most of the right lung. The laboratory workup showed 5090 leukocytes/µL with left shift (23% band neutrophils), abnormal liver tests (aspartate-transaminase, 76 U/L; alkaline phosphatase, 403 U/L; γ-glutamyl transpeptidase, 152 U/L), and hypoalbuminemia (albumin, 2.44 g/dL). Arterial blood gases showed a PaO2 of 54 mmHg, PaCO2 of 34 mmHg, and pH of 7.48. Spirometry at discharge showed a forced expiratory volume in 1 second (FEV1) of 2700 mL (77%), forced vital capacity (FVC) of 3440 mL (81%), and FEV1/FVC ratio of 78%.

Pneumonia was diagnosed, possibly in relation to inadvertent bronchial aspiration, and amoxicillin-clavulanic acid (2 g/8 h by intravenous route) was prescribed. Progress was favorable with improvement in the patient’s overall condition, respiratory symptoms, respiratory failure, and abnormal liver tests. The radiograph showed slight improvement and the patient was discharged with antibiotic therapy. At a follow-up visit 1 month later, the patient presented clear overall deterioration and weight loss of 4 kg, and reported abundant, purulent, hemoptic sputum. Sputum smears and polymerase chain reaction tests for Mycobacterium tuberculosis and histoplasmosis were repeatedly negative. Bronchoscopy performed on 10 days later as a result. The tests performed during this hospitalization found no evidence of a recurrence of histoplasmosis.

Discussion

Histoplasmosis is acquired by inhaling mycelium spores or fragments when soil containing the fungus is disturbed. The risk is particularly high in soils rich with bird droppings and in caves where bats live. If the inhaled particles evade the nonspecific lung defenses, the microorganism begins to develop in the lung parenchyma, where inflammation occurs. In this inflammatory process, the macrophages initially phagocytize, but do not destroy, the fungus involved, allowing the microorganism to disseminate hematogenously. In the following weeks, H capsulatum-specific cellular immunity develops, any symptoms remit, and histoplasmin reactivity appears. The process may be asymptomatic or may manifest clinically as general and respiratory symptoms of highly variable severity, depending on the extent of exposure, the patient’s immune status (general and H capsulatum-specific) and overall health, the presence of prior lung disease, and possibly host-related genetic factors and the virulence of the fungus. In immunosuppressed and very elderly patients, or after heavy exposure, the acute form may be clinically important.
Asymptomatic forms are extremely common in endemic areas and 50% to 80% of adults have a positive reaction to histoplasmin. In immunosuppressed patients, particularly those with AIDS, *H capsulatum* behaves as an opportunist and can cause disseminated forms of disease in both initial and repeat infections. Reactivation has also been recognized as a mechanism that produces disseminated forms, although it is apparently not the most important, given the low incidence (<5%) of disseminated histoplasmosis in patients with AIDS who reside in endemic areas.

Chronic pulmonary histoplasmosis tends to occur mainly in patients with chronic lung disease and is characterized by infiltrations and cavitations predominantly in the upper fields, similar to tuberculosis. In some cases, some degree of immunosuppression may exist and, occasionally, there may be systemic dissemination.

The pathogenic and clinical course is obviously parallel to that of tuberculosis, although there are differences between the two diseases. In histoplasmosis, negative results for histoplasmin in skin tests (15% of negative results at 2 years) are much more common than in tuberculosis. In addition, it appears that reinfecction, rather than reactivation, is the main mechanism causing the disease after primary infection in endemic areas, both in disseminated forms seen in patients with AIDS and in chronic cavitary forms. In nonendemic areas, however, reactivation would explain why these forms appear in patients with a past history of exposure. Exposure to localized microfocal areas that could appear in any geographic area is also possible. Although few reports have been published in Europe, several, possibly indigenous, cases have been described in the Po Valley, Italy.

Our patient showed chronic cavitary pulmonary histoplasmosis, with no systemic dissemination. This presentation is very uncommon in nonendemic areas. In fact, the cases reported in Spain correspond to acute forms that occurred while the patients were staying in the country where they acquired the disease or immediately after they returned from the country or to disseminated forms in patients who are immunosuppressed, usually because of AIDS, in some cases among immigrants originally from endemic areas. In our patient, because of the time between the alleged exposure to *H capsulatum* and the onset of symptoms, the disease apparently developed due to reactivation of a previous infection, most certainly asymptomatic.

The cause of reactivation is evident in immunosuppressed patients with abnormal cellular immunity. In chronic forms, immunosuppression is not as common and the development of the disease is usually associated with chronic respiratory diseases (mainly emphysema). However, our patient did not present signs of emphysema, at least to a significant degree, and there was no evidence of immunosuppression. The only factor potentially implicated as a cause of reactivation was alcohol consumption, although this is not recognized as an important risk factor for cavitary histoplasmosis. Nevertheless, there is increasing evidence that alcohol depresses various components of cellular immunity that are needed for defense against other intracellular pathogens, such as *Listeria monocytogenes* or *M tuberculosis*, in terms of the importance of cellular immunity in its pathogenesis.

In chronic pulmonary presentation, the diagnosis is mainly established by the isolation of the fungus in respiratory samples, as in our case. This technique has a sensitivity of 50% to 85%, although 2 to 4 weeks may be needed to detect growth, and identification of the fungus may take longer still. Serologic studies may be more useful, because they are faster and more sensitive, with a sensitivity of almost 100% in chronic forms. In our case, immunodiffusion serology, which is less sensitive than complement fixation, was negative. Antigen detection in various samples (blood, urine, bronchoscopy samples) appears to be useful; however, the technique is less sensitive in chronic cases. Nevertheless, this diagnostic method is not sold in Spain and is only available at referral hospitals in the United States. In nonendemic areas, an intradermal histoplasmin test, if available, may also guide diagnosis. The treatment of choice in chronic forms is itraconazole for a recommended course of 1 to 2 years. There is a relapse rate of 10% to 20% after discontinuation of treatment and, therefore, follow-up is recommended for a further 2 years.

Although this cavitary pulmonary form of histoplasmosis is apparently rare in our setting at this time, its importance may increase. This is also true of other clinical forms, due to the growing number of Spaniards who travel to endemic areas and increasing immigration from these same areas. Hence, this diagnostic possibility should be considered when patients present symptoms of this kind and the usual etiologies are not confirmed, if there is a history of exposure.

**REFERENCES**