

Detection of Human Herpesvirus 6 (HHV-6) in Saliva of Healthy Adults in Malaysia

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ABSTRACT

Background: Human herpesvirus-6 (HHV-6) levels have been considered as markers for various diseases. The aim of this study was to evaluate the prevalence of HHV-6 infection in healthy adults in Malaysia. **Methods:** The level of HHV-6 in saliva was investigated in 36 healthy adults, age 19 to 23 years, at Kuala Lumpur, Malaysia using variant-specific Taqman™ quantitative real-time PCR (qPCR). **Results:** The amount of HHV-6 DNA in the saliva of healthy adults ranged from negative to 10,000 HHV-6 genomes/ml of saliva (median, 360 genomes/ml of saliva). Of the 36 samples tested, 30 (83%) contained HHV-6 DNA. HHV-6B was the only variant detected in the saliva of all the positive cases. **Conclusions:** The detection of HHV-6 DNA in saliva by real-time PCR assay provides a sensitive and specific quantitation of HHV-6. Our pilot study suggests the wide prevalence of HHV-6 in saliva from healthy adults.

Keywords: Herpesvirus 6, HHV-6, prevalence, real-time PCR, saliva

INTRODUCTION

Human herpesvirus 6 (HHV-6) is an emerging pathogen that was first isolated from patients with lymphoproliferative disorders and acquired immunodeficiency syndrome (AIDS).^[1] HHV-6 is classified in the *Betaherpesvirinae* subfamily, along with human cytomegalovirus (HCMV) and HHV-7. There are 2 distinct HHV-6 variants, HHV-6A and HHV-6B.^[2] Both variants displayed >90% identical DNA sequence with the exception of a few genes or regions.^[3,4] Despite the high degree of similarity in their DNA content, HHV-6A and HHV-6B have distinct biological properties and association with specific pathological conditions.^[5]

HHV-6B has been identified as the cause of exanthem subitum (roseola), a typically mild eruptive childhood disease that is occasionally complicated by development of meningitis, meningoencephalitis, chronic hepatitis or idiopathic thrombocytopenic purpura.^[6] When primary infection occurs in teenagers or in adults, the presence of the virus has been associated with hepatitis, encephalitis, mononucleosis syndrome, chronic fatigue syndrome, fatal disseminated infection and, more recently, multiple sclerosis.^[6] In contrast, infection with HHV-6A is generally asymptomatic and appears to be unrelated to any specific pathology.^[6]

Following primary infection, HHV-6A and HHV-6B are thought to persist for life as a latent form in peripheral blood mononuclear cells (PBMCs), macrophages, and vascular endothelial cells and as a low-level chronic replicating form located in oropharyngeal epithelial cells.^[7] A large body of evidence suggests that HHV-6 may act as an opportunistic agent in patients with immunodeficiencies, particularly those who have undergone bone marrow or organ transplantation and human immunodeficiency virus (HIV) infected individuals.^[6] A role of HHV-6 as a cofactor in the progression of HIV infection toward full-blown AIDS has also been proposed.^[8]

Despite the interest in HHV-6 as an important pathogen, only limited number of population-based studies has evaluated the prevalence of HHV-6 infection in healthy population of developing countries in Asia. This pilot study aimed to investigate the prevalence of HHV-6 and its variant infection in young healthy adults in our population.

MATERIALS AND METHODS

Patients and samples

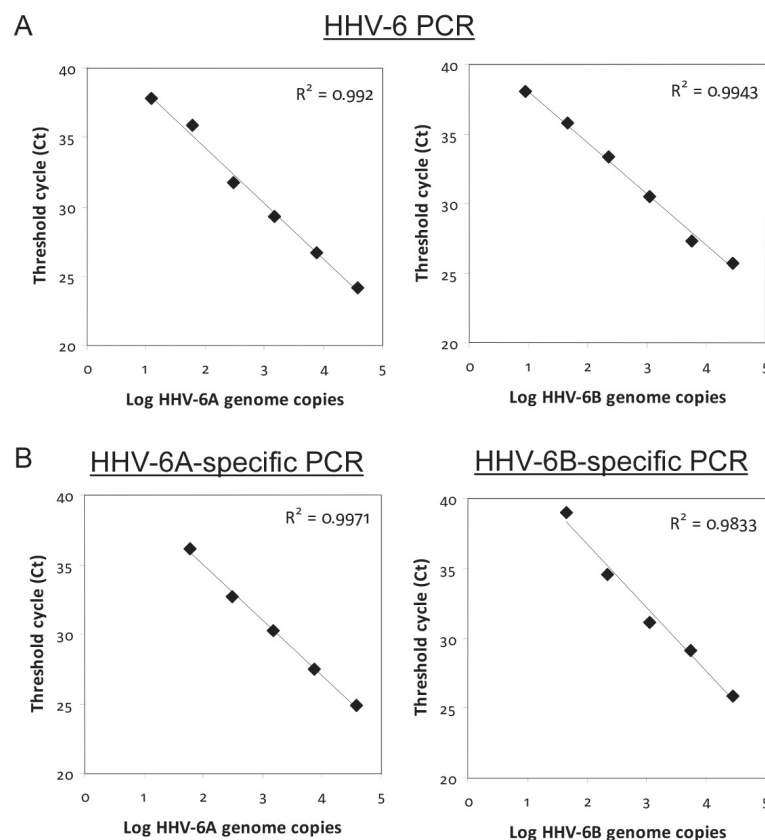
A total of 36 healthy adults (15 males, 21 females) with a median age of 21 years (range, 19 to 23 years) were recruited as volunteers in the present pilot study. Saliva samples (5 ml) were collected through mouth rinses with water. All samples were maintained on ice, divided into 1 ml aliquots and stored at -80°C until use. All subjects were in good

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general health and did not have histories of liver or kidney dysfunction, symptoms of acute illness (i.e., fever, sore throat, body aches, and diarrhea), or visible oral lesions at the time of enrollment. The study was approved by the International Medical University (Malaysia) Institutional Review Board, and all subjects provided written informed consent as part of the study protocol.

Real-time Quantitative PCR.

DNA in saliva was extracted from 0.5 ml samples using the QIAamp UltraSens Virus kit (Qiagen, Valencia, CA, USA) according to the manufacturer's instructions. Real time-PCR was used to detect and quantify HHV-6 in saliva as described previously.^[9,10] Briefly, the 25 μ l reaction mixture contained 2 μ l of purified DNA from saliva, 12.5 μ l TaqMan PCR master mix, 200 nM of each primer, and 100 nM probe specific for HHV-6 (Applied-Biosystem, Carlsbad, CA, USA). The sequence of the forward primer was: 5'-GACAATCACATGCCTGGATAATG-3'. The sequences of the reverse primers specific for HHV-6A, HHV-6B and both variants were: 5'-TGGTAATGGACTAATTGTGTGTTGTTTAA-3'; 5'-TGGTAATGGACTAAGTGT GCGTTATTTTC-3' and 5'-TGTAAGCGTGTGGTAATGGACTAA-3', respectively. The TaqMan® probe was 5'-FAM-AGCAGCTGGCGAAAAGTGCTGTGC-TAMRA-3'. All PCR reactions were performed using a Biorad iQ5 real-time PCR detector system (Bio-Rad, Richmond, CA, USA) and data analyzed using Biorad iQ5 Optical System Software V1.0 as described previously.^[11-13] The conditions for all PCR reactions were as follows: 50°C for 2 min, 95 C for 10 min, and 45 cycles of 95°C for 15 s and 60°C for 1 min. Purified DNAs from HHV-6A (GS strain) and HHV-6B (Z29 strain) (Source Bioscience, Nottingham, UK) were used as standard controls. Determination of standard curves for both DNAs was based on triplicate tests over a range of 1 to 104 copies for each reaction. HHV-6 DNA quantitation in saliva was normalized per ml of saliva. The detection limit of the assay were 10 copies of viral genomes per ml of saliva for detection of HHV-6 and 40 copies of genomes per ml of saliva for detection of HHV-6A or HHV-6B without any cross reactivity.



Supplement

Figure 1. Standard curve obtained for HHV-6 quantification. Purified HHV-6A and HHV-6B viral DNA were used to construct the standard curve for (A) overall HHV-6 and (B) variant-specific HHV-6 quantification. Five-fold serial dilutions ranging from 1 copy to 104 copies of DNA were tested in triplicate, and the mean Ct values were plotted against copy number

STATISTICAL ANALYSIS.

The proportions of positive cases obtained for male and female subjects were compared using Fisher's exact test and Mann-Whitney U test. Statistical significance was determined at the $P < 0.05$ level (two-tailed). All data were analyzed with use of the SPSS statistical analysis software V18.

RESULTS

Using the highly sensitive qPCR, we demonstrated that 30/36 (83%) healthy adults were positive for HHV-6 in their saliva. Out of the 36 subjects, 14/15 (93%) male and 16/21 (76%) female were tested positive for HHV-6 DNA. The amounts of HHV-6 DNA per milliliter of saliva vary from 100 to 10,000. Male adults appeared to have higher level of HHV-6 DNA in their saliva (more than 2-fold) compared to female adults. The difference however was not statistically significant.

Table 1. HHV-6 DNA levels in 36 healthy individuals

Subject no.	Age	Gender	HHV-6/ml saliva	HHV-6A	HHV-6B
1	22	Female	-	n.d.	n.d.
2	20	Female	-	n.d.	n.d.
3	21	Female	-	n.d.	n.d.
4	21	Female	-	n.d.	n.d.
5	21	Female	-	n.d.	n.d.
6	21	Female	95	Negative	Positive
7	21	Female	166	Negative	Positive
8	20	Female	173	Negative	Positive
9	21	Female	185	Negative	Positive
10	21	Female	275	Negative	Positive
11	20	Female	311	Negative	Positive
12	20	Female	312	Negative	Positive
13	21	Female	325	Negative	Positive
14	20	Female	396	Negative	Positive
15	20	Female	544	Negative	Positive
16	22	Female	604	Negative	Positive
17	20	Female	749	Negative	Positive
18	20	Female	1,158	Negative	Positive
19	21	Female	1,290	Negative	Positive
20	23	Female	2,769	Negative	Positive
21	21	Female	4,896	Negative	Positive
22	21	Male	-	n.d.	n.d.
23	19	Male	89	Negative	Positive
24	21	Male	96	Negative	Positive
25	22	Male	164	Negative	Positive
26	22	Male	276	Negative	Positive
27	20	Male	490	Negative	Positive
28	22	Male	599	Negative	Positive
29	20	Male	751	Negative	Positive
30	22	Male	984	Negative	Positive
31	23	Male	1,024	Negative	Positive
32	20	Male	1,284	Negative	Positive
33	20	Male	1,781	Negative	Positive
34	20	Male	3,598	Negative	Positive
35	21	Male	4,758	Negative	Positive
36	20	Male	8,208	Negative	Positive

n.d. Not determined

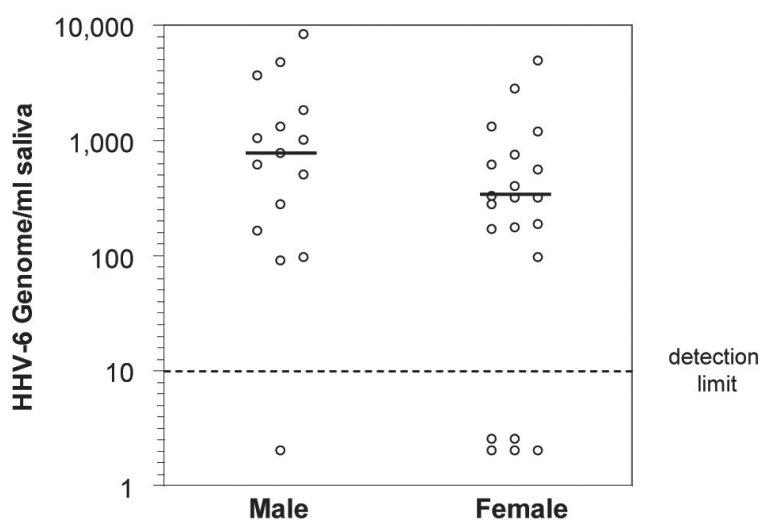


Figure 1. Amount of HHV-6 DNA in saliva of male and female adults. HHV-6 DNA in saliva from healthy adults was determined using real-time PCR. Detection limit was determined to be 10 copies genome/ml of saliva. O, amount of HHV-6 DNA of each subject; — median value

Table 2. Summary of HHV-6 DNA levels in 36 healthy individuals

	Male	Female	Overall	P Value
HHV-6 positive	14/15 (93%)	16/21 (76%)	30/36 (83%)	0.185 ^a
HHV-6 genome/ml saliva				
Mean	1,607 ± 2,273	679 ± 1,158	1,065 ± 1,746	0.163 ^b
Median	751	311	360	0.109 ^c

^a Fisher's exact test (2-tailed)

^b Student's t-test (2-tailed)

^c Mann-Whitney U test (2-tailed)

To further evaluate the prevalence of different HHV-6 variants in healthy adults, saliva samples that were positive for HHV-6 were further analyzed for HHV-6A and HHV-6B using variant specific qPCR. We found that 30/30 (100%) of the HHV-6 positive healthy adults were positive for HHV-6B in their saliva. The level of HHV-6B detected was consistent with the overall level of HHV-6, suggesting that HHV-6B is the major variant that is present in the saliva of the healthy adults. This result was further confirmed by the absence of HHV-6A DNA in all the samples being tested. Our results therefore suggest a high prevalence of HHV-6B in saliva of healthy adults in the Malaysian population.

DISCUSSION

The HHV-6 infection is widespread. Its prevalence in healthy adult populations has been reported to range from 0% to 100% depends on the method of detection, sample types, age and geographical locale. A meta-analysis of 4,137 cases from 43 studies reported between 1988 to 2007 reveals that the prevalence of HHV-6 in the sera of healthy individuals was 67.9% (2122/3125) using indirect immunofluorescence assays (IFA) versus 8.8% (16/182) using PCR. Similarly, detection of HHV-6 DNA by PCR in various tissues also yielded a highly variable result (41.1% in PBMCs vs 76.2% in saliva) in healthy populations. It is well accepted that HHV-6 infection usually occurs before 2 years of age and the HHV-6-specific IgG can be detected in almost all newborns, but the prevalence declines to less than 10% by 4 to 5 months of age, increases to 65% by 1 year of age and to greater than 90% by 13 to 36 months of age.^[14, 15] Seroprevalence studies in Japan, England, and the United States also demonstrated that infection with HHV-6 is common in the Western world but may differ in population in other geographic/ethnic groups.^[16]

Table 3. Meta-analysis of HHV-6 prevalence in healthy individuals

Source	Methods	HHV-6 prevalence, n (%)		Population	Ref
Serum	Immunoassay ¹	37/460	8%	Austria	[32]
		15-Aug	53%	-	[33]
		16-Oct	63%	-	[34]
		29/45	64%	Slovakia	[35]
		33/49	67%	Melanesia	[35]
		297/430	69%	China	[36]
		243/333	73%	Thailand	[37]
		332/434	76%	Brazil	[38]
		502/600	84%	Malaysia	[30]
		153/180	85%	Sweden	[39]
		185/210	88%	Thailand	[40]
		41/43	95%	-	[41]
		59/60	98%	Hungary	[42]
		187/234 HHV-6A	58-80% HHV-6A	Malaysia	[31]
		178/234 HHV-6B	49-76% HHV-6B		
Serum	PCR ²	0/49	0%	-	[43]
		Jan-46	2%	-	[44]
		Jan-38	3%	-	[45]
		20-Jan	5%	Kuwait	[46]
		29-Dec	41%	-	[47]
PBMC ³	PCR	29-Jan	3%	-	[48]
		29-Jan	3%	-	[49]
		May-67	7%	-	[50]
		12/150	8%	Latvia	[51]
		Apr-44	9%	-	[52]
		17-Apr	24%	-	[53]
		Dec-42	29%	-	[54]
		14/46	30%	-	[44]
		25-Sep	36%	-	[55]
		16-Jun	38%	Turkey	[56]
		23-Oct	43%	-	[57]
		176/238	74%	Thailand	[58]
		18/20	90%	-	[59]
		18/20	90%	-	[21]
		43/44	98%	-	[22]
Saliva	PCR	19/28	68%	-	[60]
		19/28	68%	-	[61]
		28/38	74%	-	[62]
		26/34	76%	-	[63]
		18/20	90%	-	[21]
		18/20	90%	-	[29]
Tear	PCR	20-Jan	5%	-	[64]
Skin	PCR	13-Mar	23%	-	[65]
Tonsils	PCR	69/69	100%	-	[66]

¹ IFA, indirect immunofluorescence assays (IFA)

² PCR includes qPCR, nested-PCR and competitive PCR

³ PBMC, peripheral blood mononuclear cells

Although HHV-6 antibody titers have been widely used in early clinical studies to identify subgroups of patients with active HHV-6 infection on the assumption that anti-HHV-6 immunoglobulin G (IgG) or IgM titers correlated with viral activity^[17-21], a number of recent reports suggests the contrary.^[14, 22, 23] While IgM antibodies have been used to confirm a case of HHV-6 associated roseola or febrile seizures during primary infection, which typically occurs before the age of two, the HHV-6 IgM test is not very useful for adults because it is not produced during viral reactivation.^[14] Similarly, elevated IgG antibodies to HHV-6 as an indicator for active, chronic infection also raises controversy as individuals vary in the way they respond to the virus.^[14]

Since the majority of healthy individuals have detectable levels of latent virus in their white blood cells, PCR DNA tests of whole blood are not useful unless the test is quantitative, and the absolute level of virus can be compared to a healthy population. When the virus is found in the serum or plasma it is considered a sign of active infection. However, unlike most viral infections where large number of virions spill into the plasma when the virus is replicating, HHV-6 is spread largely from cell-to-cell or directly through the cells walls.^[24, 25] Hence, very little free virus spilled in the serum, even in an active infection.

Accumulating evidence suggests that HHV-6 may establish a life-long latent and/or persistent infection in the salivary glands and shedding in saliva of normal healthy individuals.^[26-29] Indeed, HHV-6 DNA has been detected in saliva of healthy and HIV positive individuals by PCR with a much higher sensitivity and specificity than IFA or ELISA.^[21]

To date, only 2 studies have reported the seroprevalence of HHV-6 in Malaysia, ranging from 49-84% in healthy population.^[30, 31] Both studies analyzed sera obtained from a broad-range of age group using IFA. Since HHV-6 has been reported to persist in salivary secretions,^[15] we are interested to evaluate the level of HHV-6 DNA in saliva of healthy adult using a highly sensitive and variant-specific qPCR. Our results showed that 83% of the healthy adults were infected with HHV-6, consistent with the previous study reported by Chua *et al.*^[30] The levels of HHV-6 DNA range from 100 to 10,000 genome copies per milliliter of saliva.

Further analysis using variant specific qPCR revealed that HHV-6B was the only variant detected in the saliva of the healthy individuals while HHV-6A was not found in the saliva. This result is in contrast to a report by Yadav *et al.* which showed at least 58% of Malaysia population is positive for HHV-6A.^[31] The main reason for the discrepancy could be due to the differences in method of analysis and sample types. While we analyzed HHV-6 prevalence using saliva and qPCR, Yadav *et al.* were using serum and IFA.^[31] Therefore, we do not rule out the possibility that HHV-6A might be present in other tissues other than oral mucosa or saliva as it has been reported to have a greater tropism in PBMCs or neurons.^[6] Regardless, our study suggests the wide prevalence of HHV-6, particularly HHV-6B, among healthy population and suggests that saliva could be the main route of HHV-6 transmission.

CONCLUSION

Our pilot study shows that 83% (30/36) of the Malaysian healthy adults recruited in this small cohort study is infected with HHV-6. Although asymptomatic in healthy adults, the reactivation of the virus has been reported to cause life threatening diseases in immunocompromised individuals such as organ transplant or stem cell recipients and HIV patients. Although there is no drug approved specifically for treatment of HHV-6 infection, drugs used to treat closely related cytomegalovirus (CMV), such as ganciclovir (Cytovene), foscarnet (Foscavir) or cidofovir (Vistide), are widely used in patients with severe HHV-6 reactivation.

In conclusion, we demonstrated that the detection of HHV-6 DNA in saliva by qPCR provides a noninvasive, rapid, sensitive and specific quantitation of HHV-6 in biological samples. This technique will aid to the monitoring of HHV-6 transmission and reactivation in high risk individuals (i.e. immunocompromised patients) which can lead to serious complications. Our study also suggests the wide prevalence of HHV-6 in healthy individuals in Malaysia. Further work is being planned for the detection and quantitation of HHV-6 in diseased individuals using the baseline levels established in this pilot study.

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