

SARS-CoV-2 encephalitis is a cytokine release syndrome: evidences from cerebrospinal fluid analyses

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Summary:

In this study, we applied an extensive panel of neuronal, glial and inflammatory cerebrospinal fluid biomarkers in a consecutive sample of SARS-CoV-2 related encephalitis. The neurochemical alterations strongly argued for a cytokine-induced neuroinflammation as underlying mechanism of SARS-CoV-2 related encephalitis.

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ABSTRACT:

Background:

Recent findings indicated that SARS-CoV-2 related neurological manifestations involve cytokine release syndrome along with endothelial activation, blood brain barrier dysfunction, and immune-mediated mechanisms. Very few studies have fully investigated the CSF correlates of SARS-CoV-2 encephalitis.

Methods:

Patients with PCR-confirmed SARS-CoV-2 infection and encephalitis (COV-Enc), encephalitis without SARS-CoV-2 infection (ENC) and healthy controls (HC) underwent an extended panel of CSF neuronal (NfL, T-tau), glial (GFAP, TREM2, YKL-40) and inflammatory biomarkers (IL-1 β , IL-6, IL-8, TNF- α , CXCL-13 and β 2-microglobulin).

Results:

Thirteen COV-Enc, 21 ENC and 18 HC entered the study. In COV-Enc cases, CSF was negative for SARS-CoV-2 real-time PCR but exhibited increased IL-8 levels independently from presence of pleocytosis/hyperproteinorrachia. COV-Enc patients showed increased IL-6, TNF- α , and β 2-microglobulin and glial markers (GFAP, sTREM-2, YKL-40) levels similar to ENC but normal CXCL13 levels. Neuronal markers NfL and T-Tau were abnormal only in severe cases.

Conclusions:

SARS-CoV-2-related encephalitis were associated with prominent glial activation and neuroinflammatory markers, whereas neuronal markers were increased in severe cases only. The pattern of CSF alterations suggested a cytokine-release syndrome as the main inflammatory mechanism of SARS-CoV-2 related encephalitis.

Keywords: Encephalitis, COVID-19, SARS-CoV-2, Cytokine storm syndrome; ICANS

INTRODUCTION

Coronavirus disease 2019 (COVID-19), caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), is characterized predominantly by lower respiratory tract involvement. In addition to its pulmonary manifestations, growing evidence showed encephalitis as a possible manifestation of the disease [1-3]. While the number of reported cases of encephalitis in COVID-19 is rapidly increasing, the question whether SARS-CoV-2 may cause neurological manifestations through a direct neuropathic effect or by promoting a hyperinflammatory reaction in the host's immune system in the form cytokine release syndrome is still a theme of debate [1,4,5].

Few cases indeed exhibited SARS-CoV-2 virus [6-7] or autoantibodies in CSF [8], whereas the majority of cases appeared to be concomitant of infection and associated with abnormal neuroinflammatory parameters in CSF [2-5, 9,10].

Cytokine release syndrome (CRS) is a potentially fatal complication of various infectious (e.g. influenza, SARS, Epstein-Barr virus) and non-infectious diseases (e.g. multiple organ dysfunction syndrome, multiple sclerosis) and is triggered by an initial release of cytokines able to activate bystander immune cells and endothelial cells to produce proinflammatory molecules. CRS-based neurological disturbances have been also recently described following CAR-T cell therapy and are termed Immune effector cell-associated neurotoxicity syndrome (ICANS).

Disproportionately high concentrations of IL-6 and IL-8 and TNF alpha have been found in the CSF of patients with severe CRS and ICANS neurotoxicity, thought to be due to the combination of increased barrier permeability and intrathecal production by activated myeloid, astrocyte, and/or endothelial cells. According to this, glial cell activation has been

recently pointed out as one of most sensitive alterations leading to neuroinflammation in ICANS and CRS [11-13].

According to these findings, we aimed to investigate CSF abnormalities in SARS-CoV-2 related encephalitis in order to confirm the hypothesis that neurologic involvement during COVID-19 is due to cytokine release syndrome [4,11,14].

To this end, we examined CSF samples from patients with SARS-CoV-2-related encephalitis (Cov-Enc) using an extensive panel of cytokines/chemokines and neuronal/glial biomarkers, contrasting them with healthy controls (HC) and encephalitis not associated with COVID-19 infection (ENC).

METHODS:

Patients

The study was carried out at ASST Spedali Civili and ASST Cremona hospitals between February 20th and 30th June 2020 including COVID-19 patients consecutively admitted fulfilling criteria for encephalitis according to a full screening protocol [15]. The case definition for COV-Enc included any person with confirmed SARS-CoV-2 infection aged ≥ 18 admitted to hospital with altered mental status lasting ≥ 24 hours and the presence of two or more of the following criteria: i) generalized or partial seizures not fully attributable to a pre-existing epilepsy ii) new onset of focal neurologic findings iii) CSF white blood cell count $\geq 5/\text{cubic mm}^3$ iv) abnormality of brain parenchyma on neuroimaging suggestive of encephalitis that was either new from prior studies or appears acute in onset v) abnormality on electroencephalography consistent with encephalitis. Fever was not considered as supportive feature for encephalitis (as indicated by standard criteria[15], as it is highly prevalent in COVID-19 disease. Laboratory confirmation of SARS-CoV-2 infection was

carried out by RT-PCR procedure on throat swab and nasopharyngeal specimens in all patients.

For biomarker comparison, a cohort of 18 neurologically-healthy controls (HC) with normal MRI, neurological examination and biochemical CSF analyses and a group of 21 encephalitis (10 infectious and 11 autoimmune- including 4 associated with anti-NMDAR antibodies, 5 with anti-LG1 antibodies, 2 with anti-GAD antibodies) were retrospectively included. The Institutional Ethical Standards Committee on human experimentation at Brescia University Hospital provided approval for the study (NP 4067).

Encephalitis assessment and diagnosis

First-line testing included all commonly recognized causes of encephalitis according to current guidelines [15,16]. Each COV-Enc underwent brain magnetic resonance imaging, standard electroencephalography (EEG), thyroid function and antibodies (anti-thyroglobulin, anti-thyroid peroxidase), IgM and IgG for *Borrelia burgdorferi*. CSF viral screening included herpes simplex virus (HSV-1, HSV-2, HSV-6, HSV-8, CMV, Epstein-Barr virus, varicella zoster virus), adenovirus and enterovirus. SARS-CoV-2 virus in the CSF was tested by RT-PCR in all cases and additionally tested for four samples at the Department of Infectious Diseases, Italian Institute of Public Health. Briefly, an aliquot of CSF samples was used for the virus culture by standard methodology: the Vero cells which were cultured in 1 × Dulbecco's modified Eagle's medium (DMEM) supplemented with 2% fetal bovine serum at 37 °C with 5% CO₂; used for the inoculation of samples [17].

The illness severity of COVID-19 was defined according to the Brescia COVID Respiratory Severity Scale (BCRSS) for COVID-19 [18] and according to the quick Sequential Organ Failure Assessment (qSOFA)[19]. The severity of neurological symptoms was defined according to the ICANS grading proposed by Lee and coauthors [13].

immunoassay on an Atellica instrument (Siemens Healthcare GmbH, Erlangen, Germany). CSF total tau (T-tau) concentration was measured by Lumipulse (Fujirebio, Ghent, Belgium). CSF NfL and GFAP concentrations were measured using in house enzyme-linked immunosorbent assays [20, 21]. CSF sTREM2 concentration was measured using an in-house immunoassay with electrochemiluminescent detection, as previously described in detail [22]. CSF YKL-40 concentration was measured using the Human Chitinase 3-like 1 Quantikine kit (R&D Systems, Minneapolis, MN). All analyses were performed by board-certified laboratory technicians who were blinded to clinical data.

Statistical analyses

Data are presented as median, interquartile ranges for continuous variables and number (%) for categorical variables. For subgroup comparisons, we used the Fisher exact test and nonparametric test (Kruskall Wallis test adjusted for the effect of age), when appropriate. SPSS 24 (IBM, Armonk, NY) was used for statistical analysis. Post-hoc analyses were performed using Bonferroni correction at $p=0.05$.

Data availability

All clinical and CSF analyses data are available from authors upon reasonable request.

RESULTS

Clinical characteristics of COVID-19 related encephalitis

The study recruited thirteen cases of SARS-CoV-2-related encephalitis. Clinical features, respiratory severity and final outcomes are highlighted in table 1. All cases presented almost concomitant the respiratory symptoms with onset altered mental status associated in six cases with aphasia and three with dysarthria (ICANS grading 2-4). EEG was abnormal in all cases,

showing generalized slow waves prominent on the frontal derivations in ten patients, while focal epileptic alteration was observed in three cases.

Brain imaging was normal in ten cases whereas three patients showed heterogeneous MRI alterations including multiple subcortical/cortical T2-hyperintensities, associated in one case to diffusion weighted imaging (DWI) hyperintensities (Table 1). Four cases (mean ICANS grade 3.75) deceased during hospitalisation. Spontaneous recovery was observed in five patients, while four patients clinically improved after high-dose methylprednisolone treatment (mean ICANS grade 2.75).

CSF analyses

CSF biochemical standard analyses showed mild pleocytosis (5 to 26 cells) in nine patients and increased protein levels in eight COV-Enc patients (Tables 1 and 2).

RT-PCR for SARS-CoV-2 was negative in the CSF of all COVID-19 patients. In four additional samples the virus culture showed no specific cytopathic effect after three days of inoculation (see methods for details).

Compared with HC, COV-Enc showed normal CXCL13 levels, significantly higher CSF levels of neuronal damage markers such as NfL and total tau, as well as glial-related markers such as GFAP, TREM2 and YKL-40, higher concentration of cytokines such as IL-1 β , IL-6, IL-8, TNF- α ($p < 0.001$ for all, Supplementary Table 1). COV-Enc exhibited comparable neuronal, glial and inflammatory markers but normal CXCL13 levels ($p = 0.026$) compared to encephalitis not associated with SARS-CoV-2 infection (infectious and autoimmune, Figure 1 and supplementary Table 1).

All Cov-Enc cases showed increased IL-8 CSF levels, whereas eleven showed increased beta-2 microglobulin. Glial markers, namely GFAP and sTREM2, were abnormal in twelve and ten COV-Enc patients, respectively. Tau and NfL levels were abnormal in five and six

subjects with higher considering age-adjusted cut-offs [20]. Three out of four cases without pleocytosis exhibited increased glial markers, whereas all showed abnormal IL-8 CSF levels (table 2).

DISCUSSION

The present study demonstrated that SARS-CoV-2 encephalitis are associated with early IL-8 increases and glial alterations whereas neuronal damage markers were elevated in severe cases. Furthermore, the pattern of neuroinflammatory markers assessed is highly suggestive for a cytokine-release syndrome as driver of SARS-CoV-2 related encephalitis.

The sample included thirteen hospitalized patients affected by SARS-CoV-2 infection fulfilling diagnostic criteria for probable encephalitis [15]. Clinically, most patients presented with early language disturbances associated with altered mental status, in line with clinical features exhibited by most ICANS cases [11]. The CSF biochemical analyses showed mild increased protein levels indicating a blood-brain barrier damage and also mild pleocytosis. Patients had negative infectious and neuronal antibodies screening and tested negative for the presence of SARS-CoV-2 virus in CSF. Conversely, CSF neuronal damage markers appeared to be elevated in CSF compared to controls and similar to non COVID-19 encephalitis. ENC-Cov severe patients specifically exhibited very high levels of NfL, an axonal structural protein and a biomarker of neuronal injury, recently observed also in a subset of SARS-CoV-2 related encephalopathies [23]. In addition to this, COV-Enc showed increased CSF levels of markers of activation and damage of astrocytes and microglia, such as GFAP, TREM2 and YKL-40, arguing for a strong neuroinflammatory response similar to cases of non COVID-19 encephalitis. Specifically, we observed increased CSF levels in the membrane-bound receptor TREM-2, a known marker of microglia activation, and modulator of neuroinflammation in both chronic and acute CNS disorders [24]. COV-Enc showed also abnormal levels of YKL-40, a glycoprotein produced

The close known relationship between CRS and neurotoxicity suggests that systemic inflammatory mediators act directly across the blood-brain barrier with neuroinflammation induction via glial and astrocyte activation [12]. This can lead to secondary neuroinflammatory-mediated encephalitis highlighted by positive axonal injury biomarkers and stronger cytokine/interleukin changes in CSF than serum.

These findings have deep implications for the management of patients presenting with encephalitis related to SARS-CoV-2 infection, as high-dose corticosteroid treatment (i.e. methylprednisolone 1 g/day for five days) is the first-line therapy for severe neurotoxicity in CRS cases [13] after exclusion of co-infections- whereas additional immunomodulatory treatment could be proposed according to single case-specific cytokine profile.

We acknowledge that this study entails several limitations. First, due to the absence of autopsy, our cases can be classified as “probably associated” with SARS-CoV-2 infection [1] and further studies evaluating SARS-CoV-2 antibodies in CSF are urgently needed. Second, the study potentially exclude cases of SARS-CoV-2 encephalitis with severe respiratory COVID-19 who could not undergo a complete MRI, EEG and CSF assessment. Third, the study was cross-sectional in nature and the normalisation of the CSF markers after clinical improvement should be verified in on-going longitudinal studies.

Despite these limitations, the study demonstrated for the first time that encephalitis in COVID-19 are associated with alterations within neuronal/glial biomarkers with a specific cytokine pattern indicating inflammatory-mediated underpinning mechanisms in this complication to SARS-CoV-2 infection.

AUTHORS' CONTRIBUTION

A.P. and A.P. contributed to the conception and design of the study; A.P., S.M., I.V, V.D., F.C, S.M., S.F., A.B., B.R., A.B., E.P., E.F., F.C, G.Z., A.Z, A.M., N.J.A., K.B., H.Z., and A.P. contributed to the acquisition and analyses of data; A.P. , S.M., and A.P. contributed to drafting the text.

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COMPETING INTEREST

Andrea Pilotto is consultant and served on the scientific advisory board of Z-cube (Technology Division of Zambon Pharma), received speaker honoraria from Biomarín and Zambon Pharmaceuticals; and has received grants from H2020, Italian Ministry of Health, grants/research support from Zambon Italy, and personal fees from Biomarín, UCB, Zambon Italy, Z-cube, outside the submitted work.

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AZ has a patent on PDE10A-IgG as a biomarker of neurological autoimmunity

KB has received personal fees while serving as a consultant, at advisory boards, or at data monitoring committees for Abcam, Axon, Biogen, JOMDD/Shimadzu, Julius Clinical, Lilly, MagQu, Novartis, Roche Diagnostics, and Siemens Healthineers, and is a co-founder of Brain Biomarker Solutions in Gothenburg AB (BBS), which is a part of the GU Ventures Incubator Program. KB reports grants from Swedish Research Council (#2017-00915), the Alzheimer Drug Discovery Foundation (ADDF), USA (#RDAPB-201809-2016615), the Swedish Alzheimer Foundation (#AF-742881), Hjärnfonden, Sweden (#FO2017-0243), the Swedish state under the agreement between the Swedish government and the County Councils, the ALF-agreement (#ALFGBG-715986), and European Union Joint Program for Neurodegenerative Disorders (JPND2019-466-236), outside the submitted work.

H.Z. has received personal fees while serving at scientific advisory boards for Denali, Roche Diagnostics, Wave, Samumed, Siemens Healthineers, Pinteon Therapeutics and CogRx, has given lectures in symposia sponsored by Fujirebio, Alzecure and Biogen, and is a co-founder of Brain Biomarker Solutions in Gothenburg AB (BBS), which is a part of the GU Ventures Incubator Program (outside submitted work). H.Z. has received grants from Swedish Research Council (#2018-02532), the European Research Council (#681712), Swedish State Support for Clinical Research (#ALFGBG-720931), the Alzheimer Drug Discovery Foundation (ADDF), USA (#201809-2016862), and the UK Dementia Research Institute at UCL.

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Figure legend

Figure 1. Differences in neuronal, glial and inflammatory markers according to the clinical diagnosis. Boxplot indicate median and interquartile ranges-

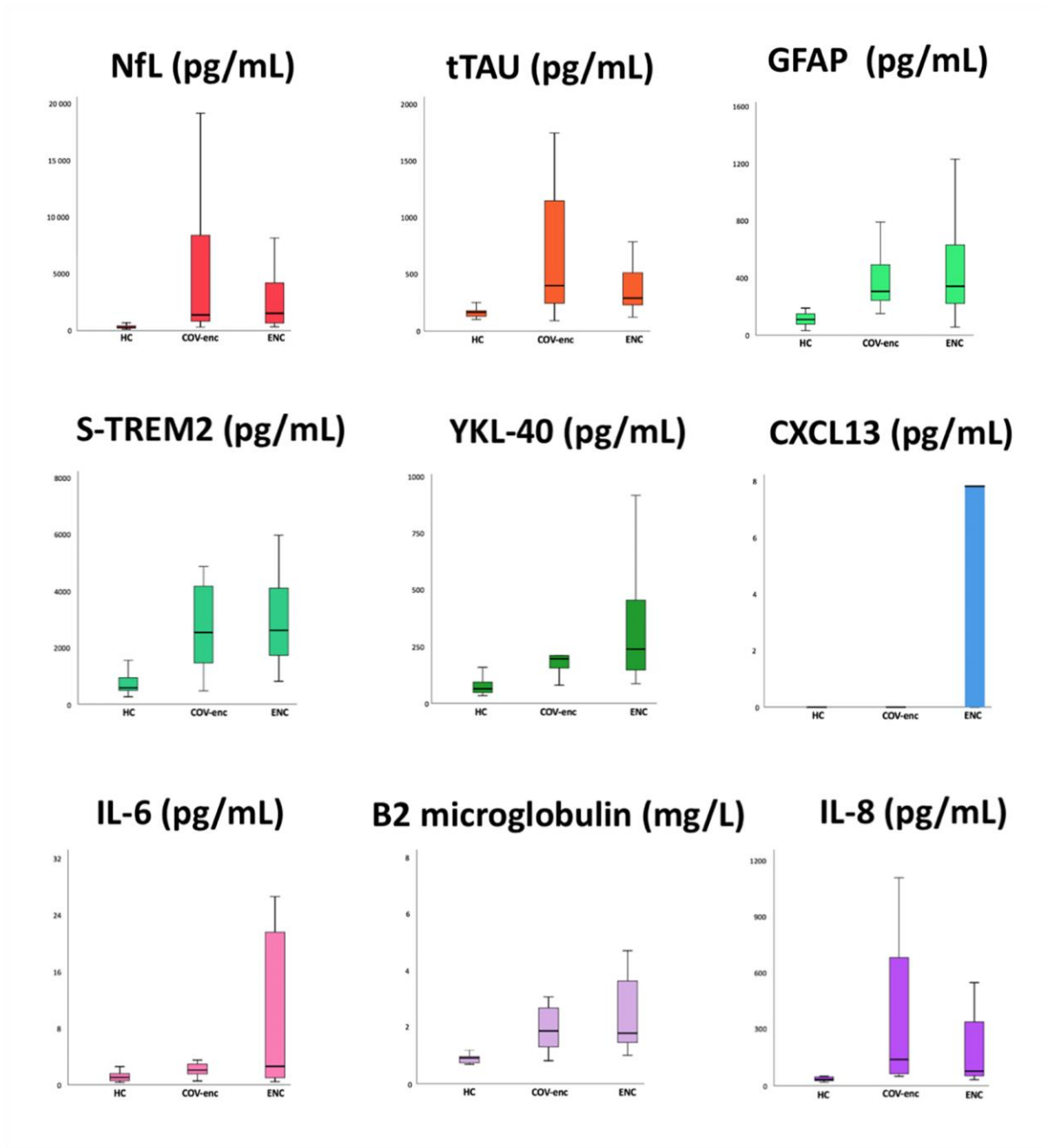
Abbreviations: COV-ENC, encephalitis cases concomitant COVID-19 disease; CXCL13, chemokine (C-X-C motif) ligand 13; ENC, encephalitis without concomitant COVID-19; GFAP, Glial fibrillary acidic protein; HC, control group; IL-6, interleukin 6; IL-8, interleukin 8; NfL, neurofilament light chain; sTREM-2, triggering receptor expressed on myeloid cells 2; YKL-40, Chitinase-3-like protein 1; post-hoc comparison post-hoc comparison.

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ID	Age, sex	Onset, days Δ	Clinical features	ICANS grading	WBC, n/mm ³	CRP, mg/L	Fibrinogen, mg/dL	MRI	BCCRS	qSOFA	TREAT	Final mRS
#1	70 F	10	AMS with aphasia, behavioural abnormalities and agitation	2	8.2	195	904	NEG	1	1	CS,Y	2
#2	60 M	0	AMS with Severe Akinetic mutism	3	6.3	1	340	NEG (2)	1	1	CS,Y	0
#3	65 F	10	AMS with transitory left arm motor deficit, dysarthria	3	4.1	0.4	310	NEG	1	2	-	0
#4	77 M	0	Seizure with AMS, Dysarthria	3	5.9	2.5	317	NEG	1	1	-	0
#5	60 F	0	AMS with Psychosis with behavioural	2	8.9	1.6	281	NEG (2)	0	0	CS, Y	0

			abnormalities and agitation									
#6	78 F	0	AMS with Aphasia and confusion	2	8.6	2.5	226	NEG	1	1	CS, Y	0
#7	70 F	10	Confusion aphasia, followed by seizures and non-convulsive SE	4	7.2	29.2	442	NEG (2)	1	2	CS, IVIg; N	6
#8	52 M	-3	AMS with aphasia, transitory right facial-brachial motor deficit	4	5.7	242	315	NEG	1	1	-	0
#9	61 M	4	AMS with transitory right leg deficit	4	9.2	67	586	NEG	1	2	-	0
#10	50 M	0	Epileptic Seizures, severe AMS with fluctuating agitation	3	23.6	48	487	NEG	1	2	-	2
#11	60 M	0	AMS followed by non-convulsive SE	4	7.1	7	415	Multiple frontotemporal T2-Hyp	3	2	CS, N	6
#12	75 M	0	AMS with dysarthria	3	11.5	72	650	Focal temporo-parietal T2/DWI Hyp	1	1	IVIg; N	6

Figure 1



AC