Persistent Endothelial Activation and Inflammation After *Plasmodium falciparum* Infection in Malawian Children

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Endothelial dysregulation is central to the pathogenesis of acute *Plasmodium falciparum* infection. It has been assumed that this dysregulation resolves rapidly after treatment, but this return to normality has been neither demonstrated nor quantified. We therefore measured a panel of plasma endothelial markers acutely and in convalescence in Malawian children with uncomplicated or cerebral malaria. Evidence of persistent endothelial activation and inflammation, indicated by increased plasma levels of soluble intracellular adhesion molecule 1, angiopoietin 2, and C-reactive protein, were observed at 1 month follow-up visits. These vascular changes may represent a previously unrecognized contributor to ongoing malaria-associated morbidity and mortality.

**Keywords.** *Plasmodium falciparum*; pathogen burden; endothelial activation; endothelial dysfunction; inflammation; cardiovascular disease; stroke; pediatric.

*Plasmodium falciparum* causes approximately 300 million clinical episodes of malaria every year, mainly in sub-Saharan Africa [1]. In hyperendemic regions, children may receive >1 infective bite per day and experience repeated clinical episodes [2]. Although acute infection is directly responsible for 750 000 deaths [3], it is increasingly apparent that there is an additional indirect burden of mortality. Several studies have shown that reducing malaria transmission in a population may be followed by all-cause childhood mortality reductions as high as 70%, a greater effect on mortality than can be attributed to reducing parasitemic febrile illness alone [2, 4, 5]. The cause of this additional burden remains uncertain. Given the alteration in vascular endothelial function during acute malaria pathogenesis, 1 plausible mechanism is that endothelial dysfunction persists beyond the acute febrile episode and influences the risk or outcome of reinfection or other diseases.

We postulated that malaria infection induces persistent alteration in endothelial activation. We tested this using a panel of plasma endothelial markers linked to key endothelial functions: soluble ICAM-1 (sICAM-1) and sE-selectin for endothelial activation; angiopoietin 2 (Ang2) for angiogenesis and endothelial quiescence; C-reactive protein (CRP) for inflammation; prothrombin fragment F1 + 2 for a procoagulant state; and soluble thrombomodulin (sTM) for endothelial damage.

**METHODS**

Recruitment took place at the Queen Elizabeth Central Hospital, Blantyre, Malawi between January 2010 and June 2011. Children aged 1–12 years were recruited into 1 of 4 clinical categories: (1) cerebral malaria (CM) cases, who fulfilled World Health Organization (WHO) diagnostic criteria [6] and had at least 1 feature of malarial retinopathy [7]; (2) children with uncomplicated malaria (UM); (3) children with parasitemic mild febrile illness (MF); and (4) parasitemic healthy controls (HC), recruited from well children attending elective surgery. Children were included in the UM and MF groups if they had an axillary temperature >37.5°C and no features of organ compromise as indicated by WHO criteria [6]. Parasitemia was screened for on admission and in follow-up visits using a combined *P. falciparum* histidine rich protein and pan-malarial lactate dehydrogenase rapid diagnostic test kit, and in patients in whom both parameters were positive, parasitemia was confirmed on blood smear. In all patient groups, children were excluded if they had evidence of meningitis or severe malnutrition, had WHO stage 4 human immunodeficiency virus infection, or were on antiretroviral therapy. Informed consent was given by the parent or legal guardian of all children enrolled in the study. The study was approved by the College of Medicine.
The endothelial lining of blood vessels has a critical role in the regulation of blood flow, permeability, coagulation, inflammation, and innate and adaptive immunity [8]. A key determinant of endothelial function is the repertoire of surface receptors expressed, and these phenotypes are highly specific for the vascular beds of different organs [8]. Disruption of this surface receptor phenotype is critical in the pathogenesis of many diseases, including bacterial sepsis, cardiovascular disease, inflammatory bowel disease, and malaria [9, 10]. In acute P. falciparum malaria, cytokine- and parasite-mediated alteration of endothelial phenotype leads to endothelial dysfunction and a procoagulant state [10, 11]. In turn, the upregulation of several inducible endothelial surface receptors, including E-selectin and ICAM-1, facilitates the cytoadherence of P. falciparum–infected red blood cells (iRBCs) [10], a key component of the pathogenesis of CM [12]. It has been assumed that after each infection following iRBC elimination these perturbations resolve quickly and completely, with the endothelium rapidly returning to its predisease state. Here we show that endothelial activation and systemic inflammation persist after iRBCs are cleared from the circulation. This was most pronounced in CM, where CRP remained raised 22-fold higher at 28-day follow-up when compared with the HC group. However, significant inflammation and endothelial activation was also detectible in UM, with CRP remaining 13-fold above that of the HC group at 7-day follow-up and ICAM-1 and Ang2 remaining raised until the 28-day follow-up. This persistence cannot be explained by the half-lives of these factors, because, for example, CRP and Ang2 have half-lives of 19 hours [13] and 18 hours [14], respectively.

Persistent endothelial activation was not specific to malaria. In agreement with prior studies indicating persistent endothelial activation after other common infections [15], there was also endothelial activation in the group with mild nonmalarial infections. Nonetheless, the long-term effect of malaria might be anticipated to be particularly important in hyperendemic countries such as Malawi, where the frequency of repeated malaria infections may be sufficient to prevent return to baseline before the next infection (malarial or otherwise). Thus children who live in areas of high malaria transmission may be in a constantly deregulated endothelial state. This may influence outcome for patients in several different ways. First, subacute impairment of endothelial barrier function, as indicated here by increased Ang2, may increase invasion of bacteria or viruses into the blood stream. This mechanism has been proposed to explain the causal association between incidence of malaria and bacteremia shown using epidemiological modeling in Kenya [5]. Second, because endothelial activation is implicated in the pathogenesis of a number of infections, including malaria and bacterial sepsis, acquiring a subsequent infection while the endothelium remains activated may have an endothelial priming effect, increasing the vascular dysfunction and thus the severity of disease. Specifically, because parasites that bind ICAM-1 have been shown to be associated with CM [12], the residual ICAM-1 upregulation, indicated by raised sICAM-1 here,
vascular risk than any particular pathogen [15]. This indicates even if the effect from each episode this may accumulate to cause severe pathology. Given the very high frequency of new malaria infections in many parts of sub-Saharan Africa, malaria may contribute substantially to this pathogen burden—even if the effect from each infectious episode is small. Although there is a paucity of epidemiological studies investigating the etiology of cardiovascular diseases in sub-Saharan Africa, these diseases are a significant cause of morbidity and mortality [17]. As a higher proportion of the population survives into and past middle age, their prevalence rates are likely to increase. Large epidemiological studies to identify the specific risk factors in Africans are needed, and our equations may contribute to the endothelial changes that cause cardiovascular disease [15, 16]. In industrialized countries, the number of infectious episodes of common infections a person has accrued over their lifetime—their “pathogen burden”—has been implicated in risk of myocardial infarction in a dose–response fashion and is a better predictor of cardiovascular risk than any particular pathogen [15]. This indicates that although each individual infection may only cause a small residual insult to the vasculature, over multiple infectious episodes this may accumulate to cause severe pathology. Given the very high frequency of new malaria infections in many parts of sub-Saharan Africa, malaria may contribute substantially to this pathogen burden—even if the effect from each infectious episode is small. Although there is a paucity of epidemiological studies investigating the etiology of cardiovascular diseases in sub-Saharan Africa, these diseases are a significant cause of morbidity and mortality [17]. As a higher proportion of the population survives into and past middle age, their prevalence rates are likely to increase. Large epidemiological studies to identify the specific risk factors in Africans are needed, and our equations may contribute to the endothelial changes that cause cardiovascular disease [15, 16]. In industrialized countries, the number of infectious episodes of common infections a person has accrued over their lifetime—their “pathogen burden”—has been implicated in risk of myocardial infarction in a dose–response fashion and is a better predictor of cardiovascular risk than any particular pathogen [15]. This indicates that although each individual infection may only cause a small residual insult to the vasculature, over multiple infectious episodes this may accumulate to cause severe pathology.

Table 1. Clinical Characteristics and Soluble Plasma Markers in Children With Cerebral Malaria, Uncomplicated Malaria, and Mild Febrile Illness and in Healthy Controls

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Healthy Controls (n = 36)</th>
<th>Mild Febrile Illness (n = 88)</th>
<th>Uncomplicated Malaria (n = 84)</th>
<th>Cerebral Malaria (n = 18)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, years, mean (95% CI)</td>
<td>4.6 (3.7–5.7)</td>
<td>3.2 (2.8–3.6)</td>
<td>4.7 (4.1–5.3)</td>
<td>4.1 (3.3–5.2)</td>
</tr>
<tr>
<td>Female sex, No. (%)</td>
<td>13 (36)</td>
<td>35 (40)</td>
<td>47 (56)</td>
<td>8 (44)</td>
</tr>
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<td>Clinical parameters on day 0, mean values are geometric means and their 95% confidence intervals. For each variable, differences between healthy controls and other patient groups were examined using a Fisher’s exact test (categorical variables) or 1-way analysis of variance (continuous variables) with the Tukey honestly significant difference test to adjust for multiple comparisons. Comparisons were not made for parasitemia or HIV. Abbreviations: Ang2, angiopoietin 2; CI, confidence interval; CRP, C-reactive protein; HIV, human immunodeficiency virus; sICAM-1, soluble intercellular adhesion molecule 1; sTM, soluble thrombomodulin. *P &lt; .05, **P &lt; .01, ***P &lt; .001.</td>
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data indicate that malaria should be considered within these future studies.

There are several limitations to this study. First, loss to follow-up of 50% of the patients in each of the groups may have led to bias. Children with UM who attended follow-up had a significantly higher CRP on admission than those who did not attend follow-up (followed-up: mean, 137 mg/mL, 95% confidence interval [CI], 107–166 mg/mL; not followed-up, mean = 71 mg/mL, 95% CI, 50–93 mg/mL; P ≤ .01), which might indicate that sicker patients were more likely to return to follow-up, leading to an overestimation of the strength of difference with the HC group. However, comparison of all clinical variables...
and all biomarkers among all patients who were followed-up until 28 days with those who were lost to follow-up or excluded did not indicate a systematic bias (data not shown). Second, although the panel of plasma markers used are well validated as indicators of endothelial activation [9], only Ang2 and E-selectin are exclusively produced by the endothelium. In Indonesian adults with malaria, high Ang2 levels predicted impaired endothelial function, measured by endothelial-dependent vasodilation [18]. In that population, these arterial tonometric measurements improved to within normal range by 14 days. It would be interesting to evaluate tonometry in African children to examine whether the raised Ang2 levels at 28 days here are associated with a persistently abnormal vasodilation response. Third, because it was not possible to measure preinfection levels of the biomarkers and we were not able to follow-up this cohort long-term, we have not proven that malaria causes the higher levels of biomarkers described at 28 day follow-up. It is possible, although we think unlikely, that instead patients in the febrile groups had preexisting higher baseline biomarker levels. Finally, because we studied children with symptomatic disease it remains unclear whether there is endothelial activation induced by parasitemia that is not associated with febrile illness, which would have important implications given the frequency of asymptomatic malaria infections.

Further research is needed to clarify the extent and duration of the endothelial perturbations described here and their relevance in other malaria-prevalent countries and to ascertain whether burden of malaria infection is independently associated with adverse outcomes due to endothelial dysfunction in the short or long term. If such studies confirm a chronic effect of repeated vascular insults by malaria infection, that would have important implications: influencing the priority of preventing malaria and indicating a need to target interventions to older children and adults in addition to the young children who die from acute illness. A further consideration is the use of adjunctive therapies to prevent residual endothelial effects in individuals with severe malaria or a high burden of infection. A candidate is statins, which have endothelial protective, anti-inflammatory, and anticoagulant effects and prevent cardiovascular disease even in those without hyperlipidemia [16]. In malaria, statins reduce endothelial activation in vitro and reduce neurodevelopmental sequelae after experimental CM in mice [19]. Short courses of statins during acute illness and convalescence could be targeted to individuals with severe disease.

In conclusion, we demonstrate that in uncomplicated and severe malaria significant endothelial activation and inflammation persists for at least 1 month after elimination of iRBCs. Given the huge burden of repeated infection with malaria, this endothelial activation may represent a significant and previously neglected contribution to long-term health that warrants further evaluation for treatment and prevention strategies.

### Supplementary Data

**Supplementary materials** are available at The Journal of Infectious Diseases online (http://jid.oxfordjournals.org/). Supplementary materials consist of data provided by the author that are published to benefit the reader. The post-materials are not copyedited. The contents of all supplementary data are the sole responsibility of the authors. Questions or messages regarding errors should be addressed to the author.

### Notes

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### References