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ORIGINAL ARTICLE Orijinal Araştırma

Investigating the Toxoplasmosis Seroprevalence in Pregnant Women from Turkey by Pool Analyses Method

Türkiye'deki Gebelerde Toxoplasmosis Seroprevalansının Havuz Analiz Yöntemiyle Araştırılması

[®]Emine Kübra Dindar Demiray¹, [®]Sevil Alkan², [®]Adnan Barutcu³, [®]Alper Tahmaz⁴

¹Bitlis State Hospital, Department of Infection Diseases and Clinical Microbiology, Turkey

²Canakkale Onsekiz Mart University, School of Medicine, Department of Infection Diseases and Clinical Microbiology, Turkey

³Çukurova University Faculty of Medicine, Department of Pediatrics, Department of Social Pediatrics, Adana, Turkey

⁴University of Health Sciences, Antalya Training and Research Hospital, Turkey

ABSTRACT

Aim: Toxoplasmosis in pregnancy may cause ophthalmologic and neurological sequelae in the fetus. However, this screening is not clearly included in routine screening protocols in our country. Therefore, there is no general information about the exact prevalence of the disease. In this study, it was aimed to evaluate the toxoplasmosis seroprevalence studies conducted in Turkey during pregnancy using the pool analysis method and to highlight the difference in disease seroprevalence between regions.

Material and Method: Published literature in English and Turkish language on toxoplasmosis seroprevalence in pregnancy from Turkey in last 30 years were elavuated. Four international databaseses were scanned by using the keywords "Toxoplasmosis" OR "*Toxoplasma gondii*" OR "TORCH" and "seroprevalence" OR "IG G" and"pregnant women" OR "pregnancy" OR "pregnant" and "Turkey" or 'Turkish'. The publications were evaluated in terms of the general frequency, city, region, year, sample size, diagnostic method. Conference papers were not included in the study. Studies involving refugee women in the sample group were excluded.

Results: A total number of 58 studies and 256612 test results were included. ELISA (n=22) was the most preferred laboratory diagnostic method. The average Anti-Toxo IgG seroprevalence rate in the pregnant population in Turkey was found to be 36.76%. And the average of Anti-Toxo IgM rate was found to be 2.91%. As a result of our study, the highest Anti-Toxo IgG test results were; It was found in studies conducted in Southeastern Anatolia (59.43%), Mediterranean (43.95%) and Eastern Anatolia (40.89%). The regions with the lowest Anti-Toxo IgG test results are respectively; Aegean Region (30.25%), Marmara Region (31.21%) and Black Sea Region (31.80%). Anti-Toxo IgM ratios are highest respectively; It was detected in Aegean Region (5.65%), Mediterranean Region (2.77%) and Southeastern Anatolia (2.21%).

Conclusion: It has been determined that western Turkey (Aegean Region) is riskier in terms of congenital toxoplasmosis due to its high susceptibility to Toxoplasma infection associated with low toxoplasma seroprevalence compared to the east, and it is considered important to perform at least region-based prenatal toxoplasma screening to prevent this.

Keywords: Toxoplasma gondii, Toxoplasmosis, Turkey, seroprevalence

Corresponding Author: Emine Kübra DİNDAR DEMİRAY Address: Bitlis State Hospital, Department of Infection Diseases and Clinical Microbiology, Turkey E-mail: e.kubradindar@hotmail.com

Öz

Amaç: Gebelikteki toxoplasmozis fetüste nörolojik sekellere neden olabilir. Ancak ülkemizde bu tarama rutin olarak yapılmamaktadır. Bu nedenle hastalığın net prevelansına dair bir genel bilgi mevcut değildir. Bu çalışmada ülkemizden yapılan gebelikte toxoplasmozis seroprevelans çalışmalarını havuz analiz yöntemi ile değerlendirmeyi ve bölgeler arasındaki hastalık seroprevelans farkını gözler gönüne koymak amaçlandı.

Gereç ve Yöntem: Türkiye'de son 30 yılda gebelikte toksoplazmoz seroprevalansı ile ilgili İngilizce ve Türkçe yayınlanmış literatür değerlendirildi. "Toxoplasmosis" veya "*Toxoplasma gondii*" veya "TORCH" ve "seroprevalans" VEYA "IG G" ve "hamile kadınlar" veya "gebelik" veya "hamile" ve "Türkiye" anahtar kelimeleri kullanılarak dört uluslararası veritabanı tarandı. Yayınlar genel prevelans, şehir, bölge, yıl, örneklem büyüklüğü, tanı yöntemi açısından değerlendirildi. Konferans bildirileri çalışmaya dahil edilmemiştir. Mülteci kadınların örneklem olduğu çalışmalar hariç tutuldu.

Bulgular: Toplam 58 çalışma ve 256612 test sonucu dahil edildi. ELISA (n=22) en çok tercih edilen laboratuvar tanı yöntemiydi. Türkiye'deki gebe popülasyonda ortalama Anti-Toxo IgG seroprevalans oranı %36,76 olarak bulundu. Anti-Toxo IgM oranı ise ortalama %2,91 olarak bulundu. Çalışmamız, en yüksek Anti-Toxo IgG testi sonucu; Güneydoğu Anadolu (%59,43), Akdeniz (%43,95) ve Doğu Anadolu (%40,89) bölgelerinde saptandı. Anti-Toxo IgG test sonuçları en yüksek olan bölgeler; Ege Bölgesi (%30,25), Marmara Bölgesi (%31,21) ve Karadeniz Bölgesi (%31,80) idi. Anti-Toxo IgM test sonuçları en yüksek olan bölgeler ise; Ege Bölgesi (%5,65), Akdeniz Bölgesi (%2,77) ve Güneydoğu (%2,21) Anadolu Bölgesi olarak saptandı.

Sonuç: Türkiye'nin batısında (Ege Bölgesi), doğuya kıyasla düşük toksoplazma seroprevalansı ile ilişkili yüksek toksoplazma enfeksiyonu duyarlılığı nedeniyle, konjenital toksoplazmoz riskini önleme amaçlı, en azından bölge tabanlı prenatal toksoplazma taraması yapılmalıdır.

Anahtar kelimeler: *Toxoplasma gondii*, Toxoplasmosis, Türkiye, seroprevelans

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INTRODUCTION

Toxoplasma gondii infection is a common zoonosis globally. Toxoplasmosis, which has a latent course in individuals with a healthy immune system, is an indirectly life-threatening disease in patients with pregnancy and immunodeficiency (1). It is more common in hot and humid places than in dry places. Infection in humans is most commonly seen congenitally by consuming raw or undercooked meat containing tissue cysts, consuming water and foods contaminated with oocysts, or by transplacental route from mothers infected during pregnancy (1,2). The risk of mother-to-child transmission of T. gondii during pregnancy is much higher in women exposed to primary T. gondii infection (toxoplasmosis) after conception, compared to those exposed to infection before conception (1,2-7).

In the United States, approximately 1 in 10,000 live births will develop congenital toxoplasmosis. Although multifactorial in etiology, maternal infection is primarily attributed to the consumption of contaminated meat or water. Infection and transmission to the fetus can cause devastating neurological disorders. Screening methods should be applied to all pregnant women in routine antenatal care (3-7). However, this screening is not routinely performed in our country. Therefore, there is no general information on the net prevalence of the disease.

The published studies are local studies. In this study, it was aimed to evaluate the studies on toxoplasmosis seroprevalence in pregnancy with the pool analysis method and to highlight the difference in disease seroprevalence between regions.

MATERIAL AND METHOD

Published literature in English and Turkish language (full text articles or detailed abstracts) on toxoplasmosis seroprevalence in pregnancy from Turkey in last 30 years were elavuated.

Pubmed, Google Scholar, The Web of Science, The Scopus databaseses were scanned by using the keywords "Toxoplasmosis" OR "*Toxoplasma gondii*" OR "TORCH" and "seroprevalence" OR "IG G" and "pregnant women" OR "pregnancy" OR "pregnant" and "Turkey" OR "Turkish". The publications were evaluated in terms of the general frequency, city, region, year, sample size, diagnostic method. Conference papers were not included in the study. Studies in which refugee women were samples were excluded.

The data obtained were analyzed using Statistical Package for the Social Sciences (SPSS) for Windows Version 23.0 software (SPSS Inc., Chicago, IL, USA). Data

were reported as mean \pm standard deviation values, number and percentage. Descriptive statistics were used in the statistical evaluation.

Ethics approval: Since the literature research study was used in the research, ethics committee approval is not required.

RESULTS

A total number of 58 studies and 256612 test results were included according to search criteria (6-85). The avarage number of tests were 4501.96.

In two of the studies the number of testes were less than 100, in 7 of the studies was between 100-500, in 6 of the was between 501-1000, 15 of them between 1001-2000, 15 of them 2001-5000, four of them 5001-10000, 8 of them above 10001.

Enzyme-linked immunosorbent assay (ELISA) (n=22) was the most preferred laboratory diagnostic method. Immunofluorescence (IFA) (n=2), Chemiluminescent immünoassay (CLIA) (n=9), Enzim Immun Assay (EIA) (n=5), Micro ELISA (n=6), Microparticle enzyme immunoassay (MEIA) (n=1), Automated Vitros ECiQ system (n=1), competitive enzyme linked fluorescence assay (ELFA) (n=4), chemiluminescent microparticle immunoassay (CMIA) (n=5), Electrochemiluminescence Immunoassay (ECLIA) (n=2), otomated analyser (n=2) also macro ELISA (n=2) were used for diagnosis.

Most of the publications (70.68%) were published between the years 2011-2021. Most of the studies (18.96%) were from the Aegean region. Number of publications according to geographical regions were summarized in **Table 1**.

Table 1. Studies according to geographical regions in Turkey (n=58)			
Geographical region	n	%	
Aegean	11	18.96	
Marmara	10	17.24	
Eastern Anatolia	10	17.24	
Central Anatolia	9	15.52	
Mediterranean	9	15.52	
Black Sea	6	10.34	
Southeast Anatolia Region	3	5.18	

The average Anti-Toxo IgG seroprevalence rate in the pregnant population in Turkey was found to be 36,76%. The details of the studies have been summarized in **Table 2**.

The average of Anti-Toxo IgM rate in the pregnant population in Turkey was found to be 2.91%. The details of the studies have been summarized in **Table 3**.

Table 2. The Anti-Toxo IgG Seroprevalence Rates Performed in the Pregnant Population in Turkey (8-65)

Table 3. The Anti-Toxo IgM Seroprevalence Rates Performed in the Pregnant Population in Turkey (8-65)

Performed in the Pregnant Population in Turkey (8-65)		
Year	City	Anti-Toxo IgG Frequency (%)
1991-2000	Diyarbakır Eskişehir	61.3 2.6
2001-2010	Malatya İzmir İstanbul Van Aydın Şanlıurfa Kayseri Kayseri Adıyaman Hatay Kocaeli Ankara Şanlıurfa Afyon İstanbul	37.1 26.9 26.1 36 30.1 60.4 33.42 33.9 48.4 52.1 48.3 94.6 69.5 30.7 26.1
2011-2021	Isparta Adapazarı Zonguldak Kahraman Maraş Adana Antalya Tokat Hatay Ordu Erzurum İzmir Kars Malatya Uşak Bursa Mersin Malatya Uşak Bursa Mersin Malatya Canakkale Rize Artvin Denizli İstanbul Mugla Amasya Ankara Bingöl İstanbul Diyarbakır Hatay Van Yozgat İstanbul Diyarbakır Hatay Van Yozgat İstanbul Uşak Ankara Afyonkarahisar İzmir Erzurum Edirne Kars	$\begin{array}{c} 28.4\\ 25.9\\ 43.9\\ 64.6\\ 46.3\\ 31\\ 32\\ 48.7\\ 27.6\\ 31\\ 34.3\\ 44.8\\ 37.5\\ 18.3\\ 49.8\\ 44.2\\ 25.7\\ 28.8\\ 33.46\\ 30.3\\ 37\\ 23.1\\ 18.8\\ 23.39\\ 26.9\\ 63\\ 31\\ 34.9\\ 57\\ 37.6\\ 36.9\\ 24.2\\ 41.1\\ 25.5\\ 23.4\\ 32.3\\ 39.9\\ 31\\ 31.95\\ 44.48\end{array}$

Year	City	Anti-Toxo IgM Frequency (%)
1991-2000	Diyarbakır Eskişehir	0.9 0.6
2001-2010	Malatya İzmir İstanbul Van Aydın Şanlıurfa Kayseri Kayseri Adıyaman Hatay Kocaeli Ankara Şanlıurfa Afyon İstanbul	1.3 26.9 0.6 0.3 not tested 3 2.95 2.5 0.65 0.54 0.4 5.4 3 not tested 2.8
2011-2021	Isparta Adapazarı Zonguldak Kahraman Maraş Adana Antalya Tokat Hatay Ordu Erzurum İzmir Kars Malatya Uşak Bursa Mersin Malatya Uşak Bursa Mersin Malatya Canakkale Rize Artvin Denizli İstanbul Mugla Amasya Ankara Bingöl İstanbul Diyarbakır Hatay Van Yozgat İstanbul Diyarbakır Hatay Van Yozgat İstanbul Uşak Ankara Afyonkarahisar İzmir İzmir Erzurum	$\begin{array}{c} 1.8\\ 0.6\\ 0\\ 2.5\\ 4.8\\ 1.8\\ 0.5\\ 1.1\\ 3.9\\ 1.6\\ 0.6\\ not tested\\ 0\\ 33.3\\ 3\\ 10.8\\ 7.66\\ 1.7\\ 2.7\\ 0.83\\ 1.3\\ 1.4\\ 0.4\\ 3.7\\ 1.02\\ 1\\ 0.2\\ 2\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.2\\ 2\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.2\\ 2\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.2\\ 2\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.2\\ 2\\ 0\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.2\\ 2\\ 0\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.2\\ 2\\ 0\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.2\\ 2\\ 0\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.2\\ 2\\ 0\\ 0\\ 1.1\\ 3.6\\ 1.1\\ 0.1\\ 0.7\\ 4.3\\ 0.3\\ 1.5\\ 1.9\\ 2.5\\ 0.97\\ \end{array}$

The regional seroprevalence of the Anti-Toxo IgG was as follows: 31.21% in the Marmara region, 31.80% in the Black Sea region, 40.89% in Eastern Anatolia region,

59.43% in Southeastern Anatolia region, 30.25% in the Aegean region, 34.85% in Central Anatolia region, and 43.95% in the Mediterranean region (**Figure 1**).



Figure 1. The Anti-Toxo IgG Frequency rates by geographical regions in Turkey.

The regional seroprevalence of the Anti-Toxo IgM was as follows: 1.71 % in the Marmara region, 1.39% in the Black Sea region, 4.23 % in Eastern Anatolia region, 2.21% in Southeastern Anatolia region, 5.65% in the Aegean region, 1.76 % in Central Anatolia region, and 2.77 % in the Mediterranean region (**Figure 2**).



Figure 2. The Anti-Toxo IgM Frequency rates by geographical regions in Turkey.

DISCUSSION

Toxoplasma gondii infection is one of the more prominent zoonotic disease in recent years especially in pregnancy and immunosuppressives. The importance of infant deaths and malformations is being investigated more due to decreasing maternality, globally. Although a few causes of malformations have been identified, most of them have not been explained (6). However, it is known that T. gondii infection causes fetal ophthalmologic and neurological malformations in randomized studies. The transmission of maternal infection to the fetus occurs vertically. With congenital infection that develops in the early weeks of pregnancy. The clinical course of toxoplasmosis is severe and the probability of sequelae is high (1-6).

Several environmental, behavioral, socio-demographic and obstetric factors have been suggested as important risk factors for T. gondii infections such as geographical location, average age of the population, diet, consuming food or drinking water contaminated with cat faeces containing T.gondii oocysts, consumption of undercooked meat, presence of cats in the home, exposure to contaminated soil (through barehand farming or gardening), history of spontaneous abortion, and later conception (1,4). Again in recent years, the trend of consuming chickens that move freely in nature increases the rate of transmission of T.gondii oocysts from infected chickens to humans (7). The fact that this disease differs in terms of seropositivity by regions should be examined with a wide range of sociodemographic factors. There is no study conducted in this context across Turkey. In this study, it was aimed to evaluate the toxoplasmosis seroprevalence studies conducted in Turkey during pregnancy using the pool analysis method and to show the differences between seroprevalence rates by regions.

The seroprevalence of toxoplasmosis in the world varies between 12-90% (14). In pregnant women in Yemen, Anti-T.gondii IgG seroprevalence 12.9%, anti-T.gondii IgM seroprevalence was reported as 1.2% (4). Identification, early diagnosis and treatment of toxoplasmosis, which is one of the infections that can cause fetal damage in pregnant women, is very important. However, the necessity of routine screening for toxoplasma infection during pregnancy is controversial. The Republic of Turkey Ministry of Health, General Directorate of Public Health, Department of Women and Reproduction 2018 Antenatal Care Management Guidelines (ACMG) recommends only hepatitis B virus antigen screening in pregnant women (15). While ACMG does not recommend routine screening in countries such as North America, Austria, France and Slovenia implement a national screening program for toxoplasma in pregnant women (8). However, it is important to know the seropositivity rates of that region, especially in order to determine the necessity of routine screening (3,4).

In a meta-analysis study evaluating the seroprevalence of toxoplasmosis in pregnant women in Benin, the overall prevalence of toxoplasma-specific IgG was 47% (CI 95: 40-53) and that of specific IgM was 2% (CI 95: 1-3) (5). In our study, the average of toxoplasma-specific IGM was found to be 2.91 and the mean of toxoplasmaspecific IgG was found to be 36.76% across Turkey. In the results of our study, while the rate of having this disease beforehand was lower, IgM results found to be close. However, in our country with a wide geography, these rates vary between regions.

As a result of the study, the highest Anti-Toxo IgG test results were; in the studies conducted in Southeastern Anatolia (59.43%), Mediterranean (43.95%) and Eastern Anatolia (40.89%). The regions with the lowest Anti-Toxo IgG test results were respectively; in the Aegean Region (30.25%), Marmara Region (31.21%) and Black Sea Region (31.80%). Anti-Toxo IgM ratios were highest respectively in Aegean Region (5.65%), Mediterranean Region (2.77%) and Southeastern Anatolia (2.21%). The study shows that pregnant women lives in Aegean Region are more susceptible to toxoplasmosis.

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CONCLUSION

It has been determined that western Turkey (Aegean Region) is at a higher risk for congenital toxoplasmosis due to its high susceptibility to toxoplasma infection associated with low toxoplasma seroprevalence compared to the east, and it is considered important to perform at least region-based prenatal toxoplasmosis screening to prevent this. In this regard, it is thought that it is necessary to make a decision to screen for the detection of toxoplasma seroprevalence and to increase the awareness of pregnant women in terms of this zoonotic disease.

ETHICAL DECLARATIONS

Ethics Committee Approval: No ethics approval is needed as it is not human or animal study.

Referee Evaluation Process: Externally peer-reviewed.

Conflict of Interest Statement: The authors have no conflicts of interest to declare.

Financial Disclosure: The authors declared that this study has received no financial support.

Author Contributions: All of the authors declare that they have all participated in the design, execution, and analysis of the paper, and that they have approved the final version.

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