# REVIEW ARTICLE

# Epidemiology and Pathogenesis of Human Immunodeficiency Virus (HIV) Related Heart Disease: A Review

\*M.U. Sani FWACP, \*\*B.N. Okeahialam FWACP

Departments of Medicine, \*Aminu Kano Teaching Hospital, Kano, Nigeria and \*\* Jos University Teaching Hospital, Jos, Nigeria.

#### **ABSTRACT**

Background: There is a clear and growing body of evidence for cardiac dysfunction in a significant portion of patients with HIV disease. An increased number of HIV-infected individuals may present with cardiac complications in the future as more patients with this disease survive longer because of modern therapy. Heart involvement in AIDS may be well characterized cardiac disease occurring coincidentally in AIDS patients, a complication of the disease or its treatment or possibly a direct insult to the heart by the HIV itself.

**Methods:** We reviewed the literature on heart disease in HIV infection and AIDS with particular reference to epidemiology and pathogenetic mechanisms that may play a role in diagnosis, management, and therapy of these complications. The MEDLINE/PUBMED and bibliographic searches for English language studies were used.

Results: A variety of potential aetiologies have been postulated in HIV-related heart disease, including myocardial invasion with HIV itself, opportunistic infections, viral infections, autoimmune response to viral infection, drugrelated cardiac toxicity, nutritional deficiencies, and prolonged immunosuppression.

**Conclusion:** An increased number of HIV-infected individuals present with cardiac complications as chronic viral infection, co-infections, drug therapy, and immunosuppression. Understanding the nature and course of cardiac illness related to HIV infection may allow appropriate monitoring, early intervention and therapy.

**KEYWORDS**: Epidemiology; Pathogenesis; Heart disease; HIV/AIDS.

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# INTRODUCTION

In the early stages of the HIV epidemic cardiac involvement did not feature prominently. Currently there is a clear and growing body of evidence for cardiac dysfunction in a significant portion of patients with HIV disease<sup>1</sup>. An increased number of HIV-infected individuals may present with cardiac complications in the future as more patients with this disease survive longer because of modern therapy. Understanding the nature and course of cardiac

illness related to HIV infection will allow appropriate monitoring, early intervention and therapy. It will also provide a baseline to evaluate the effects of new therapeutic regimens such as highly active antiretroviral therapy (HAART) on the cardiovascular system<sup>2,3</sup>.

There is a wide range of hypotheses regarding the pathogenesis of HIV associated heart disease. These include myocardial invasion with HIV itself, opportunistic infections, viral infections, autoimmune response to viral infection, drugrelated cardiac toxicity, nutritional deficiencies, and prolonged immunosuppression<sup>4</sup>.

The actual pathogenesis of cardiac injury in HIV infection is not clear. It is however generally agreed that several factors come into play either singly or in combination to produce cardiac pathology.

Table I. Medications used in HIV infection and their toxic effects on the heart\*

Medications	Treatment	Cardiovascular effect
Amphotericin B	Antifungal	Dilated cardiomyopathy, Hypertension and bradycardia
Doxorubicin	Kaposi sarcoma	Cardiomyopathy
Epoetin alfa	Anaemia	Hypertension
Foscarnet Sodium	CMV	Cardiomyopathy
Ganciclovir	CMV	Ventricular tachycardia
HAART	Antiretroviral	Peripheral vascular disease coronary artery disease
Interferon alfa	Antineoplastic Antiviral Immunomodulator	Arrhythmia, myocardial infarction or ischemia cardiomyopathy, AV block sudden death and CCF
Pentamidine	Pneumocystis carinii	QT prolongation Torsades de pointes
Pyrimethamine	Toxoplasmosis	QT prolongation
Trimethoprim- Sulfamethoxazole	Pneumocystis carinii	QT prolongation Torsades de pointes
Zidovudine	Antiretroviral	Myocarditis and dilated Cardiomyopathy

<sup>\*</sup>HIV indicates human immunodeficiency virus; CMV, cytomegalovirus; HAART, highly active antiretroviral therapy; CCF, congestive cardiac failure

## **Epidemiology Of HIV Related Heart Disease**

The exact prevalence of cardiac involvement in AIDS patients is unknown<sup>5</sup>. It is however known that the frequency of involvement depends on the population studied, the definition of cardiac abnormality and the method of patient assessment. Although small autopsy series from the early 1980s noted some cardiac abnormality in 25% to 73% of cases<sup>6-8</sup>, it appeared that the cardiac findings were of little clinical significance. Few if any of the patients in these series had symptoms or a cause of death attributable to cardiac pathology. More recent estimates from autopsy series suggest that significant cardiovascular pathology occurs in over 30% of patients<sup>8</sup>. More importantly, clinically significant cardiac disease occurs in approximately 2.1% to 7.5% of persons infected with HIV<sup>10-12</sup>.

When the heart is examined echocardiographically or electrocardiographically (ECG), the prevalence of cardiac involvement is higher than would be expected from clinical symptomatology. The prevalence is also affected by the spectrum of HIV disease.

Levy et al<sup>5</sup> described cardiac abnormalities in 53 % of HIV infected patients,36% of whom were asymptomatic. In the same study they found that abnormalities were more common in those with opportunistic infections than those without (62% vs 73%). In Africa recent studies have shown that HIV may have a cardiac tropism. Longo-Mbenza et al<sup>13</sup> in Kinshasa reported cardiac lesions in 55% of 157 consecutive HIV infected patients during a 7 year follow-up period who at entry had no cardiac disease or other AIDS defining illness. Malu et al<sup>14</sup> reported that 50% of their patients had cardiac lesions in Zaire.

In Nigeria, Okeahialam *et al* <sup>15</sup> working in Jos described cardiac symptoms in 58 % of AIDS patients studied and pericardial involvement in 47% of them using an echocardiograph.

ECG abnormalities were described by Levy *et al* <sup>5</sup> in 28% of 18 asymptomatic HIV infected patients and 53% of 32 patients with clinical AIDS. In Chad, Mouanodji *et al* <sup>16</sup> described ECG abnormalities in 86% of 55 patients with clinical AIDS, 61% of whom had cardiac symptoms. Herst *et al* <sup>17</sup> described abnormal ECG in 55% of 21 patients with Kaposi's sarcoma (KS) none of whom had cardiac symptoms.

#### Direct HIV Myocardial Invasion

Although it is clear that HIV can affect myocardial interstitial cells, the evidence that the virus can enter cardiac myocytes which do not

possess CD<sub>4</sub> receptors is less clear<sup>18</sup>. HIV was isolated in culture from an endomyocardial biopsy specimen from a patient with AIDS and dilated cardiomyopathy<sup>19</sup>. Using immunocytochemical tests, the HIV-1 antigen has been found in endothelial cells from an endomyocardial biopsy of a patient with left ventricular hypokinesia 20. Additionally the HIV nucleic acid sequences have been reported in the myocardium of HIV infected patients using in-situ hybridization<sup>21</sup>. In that study the distribution of the hybridization assay signal in heart tissue was sparse and did not correlate with any histopathologic or clinical evidence of heart disease. Rodriguez et al 22 isolated individual myocardial cells from right ventricular biopsy by micro dissection. Using multiplex nested polymerase chain reaction (PCR) they identified HIV sequences in 2 of 5 patients with cardiac symptoms and 6 of 10 patients without cardiac symptoms who had normal ventricular function. Thus, the presence of the organism did not correlate with cardiac abnormalities of structure or function. Furthermore, HIV sequences might have been contaminants from other cells or from blood since PCR technique is very sensitive19 and immunohistochemical studies have shown no evidence of group 120 or p24 antigen expression on the heart23. It has however been recently shown through in vitro studies that newly developed human foetal cardiac myocyte cell line could ingest HIV-1 through a specific F<sub>c</sub> receptor despite absence of CD<sub>4</sub> receptors on the myocytes<sup>24</sup>.

#### Opportunistic Infections

Since HIV infection results in profound suppression of T Cell macrophage mediated immunity and since there are significant abnormalities in B cell lymphocytic function leading to abnormalities of humoral immunity, patients with HIV disease frequently face many life threatening infections by bacterial, fungal, parasitic and viral organisms.

Organisms implicated in the pathogenesis of pericarditis are staphylococcus aureus, streptococcus pneumoniae, norcardia asteroides, listeria monocytogenes, rhodococcus equi, chlamydia trachomatis, mycobacterium tuberculosis, mycobacterium avium-intracellulare, and mycobacterium kansasi. Others are Cryptococcus neoformans, histoplasma capsulatum, toxoplasma gondii, cytomegalovirus and Herpes simplex<sup>25,26</sup>.

Among patients with myocarditis, opportunistic bacterial, fungal, and protozoan pathogens can be

identified in 10 to 15 percent of cases. In one autopsy series, 12 percent of 182 patients had cardiac toxoplasmosis <sup>27</sup>.

Cytomegalovirus is another common opportunistic infection in patients with late stage AIDS that can cause myocarditis in selected patients<sup>28</sup>. Coxsackie virus infection is another possible aetiology <sup>29</sup>.

# **Role Of Cytokines**

There is increasing evidence that immune cells especially T lymphocytes are activated to produce cytokines in HIV disease. Patients with HIV disease produce excessive levels of cytokines mainly tumour necrosis factor (TNF), interferon alpha (IF alpha), interleukin-1 and interleukin-2. cytokines may cause decreased myocardial function<sup>30</sup>. Increased levels of TNF-alpha and inducible nitric oxide synthase (iNos) have been reported in patients with HIV associated dilated cardiomyopathy with iNos staining intensity correlating with mortality and degree of immunosuppression<sup>31</sup>. It is not clear whether these cytokines act locally in the adjacent myocardium or whether they are present in sufficient quantity in the serum to cause myocardial depression.

HIV may also inflict damage on myocytes by means of a mechanism of "innocent bystander destruction" proposed by Ho et al<sup>32</sup> for neurological cell damage in AIDS associated sub acute encephalitis. According to this hypothesis, the myocytes are damaged by the toxic enzymes and cytokines released through HIV replication in the interstitium and it may be particularly relevant to the myocardium, since increased numbers of infected interstitial cells have been found in HIV positive subjects with active myocarditis<sup>22</sup>.

# The Autonomic Nervous System

Patients with AIDS are subject to long term physiologic stress due to tragic implications of their disease; the pathway being mediated through prolonged and excessive secretion of catecholamines. This may in turn lead to intermittent microvascular spasm and focal or widespread ischaemia<sup>33</sup> resulting in cardiac damage as seen in some cases of phaeochromocytoma<sup>34</sup>. Autonomic imbalance may also be related to HIV induced neural pathway damage<sup>35</sup> or may be a result of direct beta receptor stimulation by group 120 protein<sup>36</sup>. These theories are yet to be explored, but they do offer a possible explanation for the presence of non-inflammatory myocardial necrosis associated with AIDS.

#### **Nutritional Deficiencies**

Nutritional deficiencies are common in HIV infection as a result of reduced intake and malabsorption<sup>37</sup>. In particular, recent reports have described abnormally low levels of serum selenium in paediatric AIDS patients<sup>38</sup> and in autopsy tissue samples of adult myocardium <sup>39</sup>. Selenium deficiency is responsible for Keshan disease; a form of dilated cardiomyopathy in China<sup>40</sup>. Zazzo *et al* reported non obstructive cardiomyopathy associated with selenium deficiency in patients with advanced HIV disease. The patients improved with selenium repletion<sup>41</sup>.

Other specific nutritional deficiencies include B group vitamins, folates and zinc<sup>42,43</sup>. Some of these may be mediated by increased levels of tumour necrosis factor<sup>44</sup>. These deficiencies could worsen immune function or contribute to cardiac dysfunction<sup>42,43</sup>.

Cachexia is common in HIV disease, and wall motion abnormalities and less commonly congestive heart failure have been reported in non HIV infected patients with severe weight loss, anorexia nervosa and starvation<sup>45</sup>.

#### **Drugs and Toxins**

The advent of potent antiretroviral drugs in recent years has had an impressive impact on mortality and disease progression in HIV-infected patients, so that issues related to long-term effects of drugs are of growing importance<sup>46</sup>. A metabolic syndrome characterised by dyslipidemia, lipodystrophy/ lipoatrophy and insulin resistance is increasingly described as an adverse effect of highly active antiretroviral therapy (HAART), in particular when protease inhibitors are used<sup>47</sup>. This metabolic syndrome may be associated with an increase in peripheral artery and coronary artery diseases<sup>48</sup>.

Patients with HIV are exposed to many medications to treat conditions related to HIV diseases such as cancer and opportunistic infections. Some of these medications have cardiovascular toxicities. QT interval prolongation and/or torsade de pointes, a life-threatening ventricular arrhythmia have been reported in pyrimethamine49, patients treated with pentamidine50, combination of trimethoprim and sulphamethoxazole<sup>51</sup> and clarithromycin<sup>52</sup>. Cohen and co-workers 53 described ventricular tachycardia following intravenous infusion of Ganciclovir for CMV. Interferon alpha, an antineoplastic, antiviral and immunomodulator has been reported to have a variety of reversible cardiotoxic effects<sup>54</sup> .These

include arrhythmias, myocardial infarction or ischaemia, sudden death, AV block, cardiomyopathy and congestive cardiac failure.

Anthracyclines like doxorubicin are potent cytotoxic antibiotics that have been widely used for the treatment of HIV-related neoplasms. Their cardiotoxicity is well known, ranging from benign and reversible arrhythmias to progressive severe cardiomyopathy<sup>55</sup>.

Amphotericin B used for disseminated fungal infection has been reported to cause reversible dilated cardiomyopathy<sup>56</sup>, bradycardia<sup>57</sup> and hypertension<sup>58</sup>. Reversible cardiomyopathy has been described in HIV patients treated with forscarnet sodium for cytomegalovirus (CMV) oesophagitis<sup>59</sup>. Cardiac dysfunction has been found in adults and children treated with Zidovudine, a nucleoside analogue reverse transcriptase inhibitor<sup>60</sup>. Diffuse destruction of cardiac mitochondrial ultrastructures and inhibition of mitochondrial DNA replication may be responsible for Zidovudine induced cardiomyopathy<sup>61</sup>.

Among HIV-infected patients with cardiac abnormalities, the incidence of alcohol, cocaine and injection drug use is high. An abnormal diastolic function has been demonstrated in patients with substance abuse at various stages of HIV infection and in a control group who were HIV negative<sup>62</sup> (Table I).

## Immunosuppression/Autoimmunity

Some studies have indicated immunosuppression predisposing to myocarditis. The study by Himelman and colleagues<sup>63</sup> in which T4 helper lymphocytes were used as markers of immunosuppression failed to show any quantitative difference in T4 cells between HIV patients with and without cardiomyopathy/myocarditis.

It has been hypothesized that altered T helper cell function induces myocardial inflammation by uncontrolled hypergammaglobulinaemia<sup>64</sup>. The HIV gene may provoke cell surface cardiac muscle protein resulting in induction of circulating cardiac auto antibodies which can trigger a progressively destructive autoimmune reaction<sup>65</sup>. Circulating auto antibodies have been identified by means of indirect immunoflourescence in four of six AIDS patients with cardiomyopathy but in none of HIV positive patients without cardiomyopathy<sup>66</sup>.

In addition high levels of autoantibodies against myosin and cardiac mitochondrial adenosine nucleotide translator have been found in association with MHC Class 1 antigen expression in a small group of HIV positive patients with active

myocarditis<sup>67</sup>.

### Types of Heart Disease in HIV and AIDS

Through one or a combination of above pathogenic mechanisms a wide range of cardiovascular diseases have been described in HIV and AIDS68. Pericardial effusion is one of the common types of cardiac involvement in HIV patients, and its mechanism is related to infections or neoplasms69. Myocarditis in HIV infection may be caused by the virus itself, either directly or indirectly via autoimmune processes, or by one of many opportunistic organisms. In more than 80% of these patients no specific aetiologic factor was found for the myocarditis70. Cardiac failure due to a dilated cardiomyopathy (DCM) was first described in three AIDS patients in 1986<sup>71</sup>. Since then AIDS increasingly recognized as an important aetiologic factor in this disease. DCM has emerged as the most clinically significant cardiac complication of HIV infection in the western world72.

Endocardial involvement has been described in HIV infection and AIDS. Both non bacterial thrombotic (marantic)<sup>73</sup> and bacterial endocarditis<sup>74</sup> from different opportunistic organisms have been reported.

Coronary artery disease (CAD) has been reported in a patient with HIV infection<sup>75</sup>. The association of HAART regimens that include protease inhibitors (PIs) with atherosclerosis and atherothrombosis from dyslipoproteinaemia has raised concerns about the possibility of an increased risk of CAD in patients with HIV infection treated with this regimen<sup>76</sup>.

Other heart diseases that have been documented in HIV infection are pulmonary hypertension<sup>77</sup>, cardiac lymphomas<sup>78</sup> and cardiac Kaposi sarcoma<sup>79</sup>.

#### CONCLUSION

An increased number of HIV-infected individuals present with cardiac complications as chronic viral infection, co-infections, drug therapy, and immunosuppression. Understanding the nature and course of cardiac illness related to HIV infection may allow appropriate monitoring, early intervention and therapy, and will provide a baseline to evaluate the effects of new therapeutic regimens such as highly active antiretroviral therapy on the cardiovascular system. While epidemiological studies have suggested an increased risk for coronary artery disease in HIV infected persons, only long term follow-up could confirm this. Despite these uncertainties, it seems reasonable to identify and

manage cardiovascular risk factors in HIV infected persons.

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