

An Overview on Invasive Fungal Infection

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Abstract:

Fungal pathogens such as *Candida*, *Aspergillus*, *Cryptococcus*, and emerging species including *Mucorales* and *Fusarium* account for most cases of invasive fungal disease. These infections predominantly affect patients with hematological malignancies, stem cell and solid organ transplants, HIV/AIDS, or those receiving prolonged corticosteroid therapy. Despite therapeutic advances, IFIs remain life-threatening, with mortality rates ranging from 30% to over 70% depending on the pathogen and host condition. The global burden underscores the need for early risk stratification, better diagnostic modalities, and optimized antifungal stewardship.

Keywords: Invasive fungal infection; Immunocompromised host; *Candida*; *Aspergillus*; *Mucormycosis*; Antifungal therapy; Molecular diagnostics; Mortality.

Introduction:

Invasive fungal infections (IFIs) have emerged as a major cause of morbidity and mortality among immunocompromised patients worldwide. Their rising incidence is linked to advances in medical care such as chemotherapy, stem cell transplantation, and solid organ transplantation, all of which increase host susceptibility to opportunistic fungi (1).

The most frequent causative organisms include *Candida* spp., *Aspergillus* spp., and increasingly recognized molds such as *Mucorales* and *Fusarium*. These infections often present with nonspecific clinical symptoms, which delay diagnosis and contribute to high mortality rates despite antifungal advances (2).

Over the past decade, new diagnostic tools such as molecular assays, next-generation sequencing, and advanced imaging techniques have improved detection rates. Nevertheless, conventional culture-based methods remain insensitive, and delays in diagnosis are still a major barrier to successful outcomes (3).

The COVID-19 pandemic further underscored the global burden of IFIs, with COVID-19-associated pulmonary aspergillosis (CAPA) and mucormycosis increasingly reported in critically ill patients. These superinfections were associated with poor prognosis, particularly in individuals with diabetes or those receiving corticosteroids (4).

Management strategies for IFIs rely on early initiation of antifungal therapy, surgical intervention when required, and strict antifungal stewardship. Although novel antifungals such as newer triazoles and echinocandins have expanded therapeutic options, early recognition and multidisciplinary care remain essential to reducing mortality (5).

Fungal Infection:

Numerous fungal species exist globally, with nearly 500 species known to infect humans. Fungi are existed in the environment or may be part of the normal flora in humans and animals. In humans, fungal infections are of varied severity including mild, severe and life threatening invasive diseases especially in immunocompromised patients (6).

Classification of fungal infection:

Generally fungal infections are classified according to the site of infection, such as superficial, cutaneous/mucosal, subcutaneous and invasive. Invasive fungal infections (IFI) occur when fungi are isolated from blood, other sterile sites and tissue showing invasion into specific organs. Characteristically, IFI are serious, deep sited, disseminated and commonly systemic. Following an episode of fungal infection, factors such as fungal pathogenicity, host immune response and site of infection are major contributing factors that affect the outcome of the episode (7).

How invasive diseases occur?

To cause an invasive disease in humans, fungi must meet four criteria:

- The ability to grow at or above mammalian body temperature.
- The ability to reach internal tissues by penetrating or evading host barriers.
- The ability to lyse tissues and absorb their components.
- The ability to evade host immune defenses.

Humans are naturally resistant to most invasive fungal diseases (IFD). As such, most cases of invasive disease occur in patients with an underlying serious illness or condition. Moreover, advances in medical care and life-saving treatments, which may lead to an impaired immune function, have increased the number of susceptible patients or people at-risk for fungal infections (8).

Invasive fungal diseases:

According to standard criteria, an invasive or systemic fungal disease is proven when tissue damage due to fungal elements is observed by histopathologic examination and/or when the aetiologic agent is isolated by culture from clinical sterile samples such as blood, tissue or cerebrospinal fluid (9).

Infection can be initiated by invasion of fungal microbiota into the mucosa, by the inhalation of fungal spores from the environment or by direct inoculation, which lead to colonization and dissemination. As clinical manifestations of IFD are not specific and the severity of the disease depends on the host's defenses and immune response, a high degree of suspicion is needed for the early diagnosis and optimal management of these infections (10).

IFD are an emerging problem worldwide, are generally very difficult to cure and the associated mortality remains very high depending on the pathogen and patient population. Recent studies have estimated that globally, fungal infections kill more than 1.5 million people per year, which is similar to the mortality due to tuberculosis and about three-times more than malaria (11).

Fungal pathogens:

In the late 2022, the World Health Organization, in response to the rising threat of invasive fungal diseases, released a first fungal priority pathogens list the (WHO FPPL). They're all microscopic fungi, some of which have the potential to kill. The priority list breaks down 19 of the most common fungal pathogens into three priority tiers based upon surveys and discussions with fungal infectious disease experts. The most dangerous is the "critical group," which contains just four fungal pathogens: *Cryptococcus neoformans*, *Aspergillus fumigatus*, *Candida albicans* and *Candida auris* (12, 13).

Risk factors:

1- Medical interventions:

- The placement of central venous catheters and intravascular or intracranial devices plus the use of broad-spectrum antibiotics, which are associated with medical interventions, are responsible for the vast majority

of IFD acquired in hospital settings. Candidemia, the most frequent life-threatening mycosis in the world, appears among the most common causes of health care-associated blood stream infections (BSI), with about 80% of cases occurring in the absence of evident immunosuppression but rather among patients with common iatrogenic and/or nosocomial conditions that is associated with prolonged stays in hospital and intensive care units (14).

- Medical devices disrupt the normal skin barriers and provide direct access for the commensal yeasts of the genus *Candida* to the body's interior. In addition, it has been long recognized that antibiotics suppress the growth of normal bacterial microbiota, which favors the proliferation of *Candida* species (spp.), thus leading to colonization and an increased risk of disseminated candidiasis (15).
- *Candida albicans* and other *Candida* species also have the ability to form biofilms on indwelling venous and bladder catheters, heart valves, joint replacements and even on different tissues in the host. Biofilms are a physical barrier intrinsically resistant to the host immune system (16).

2- Treatment-induced immunosuppression:

- **Chemotherapy:**

Hematological malignancies, mainly acute leukemia, account for most cases of IFD among patients immunosuppressed in the classical sense. Prolonged severe neutropenia, resulting from intense chemotherapy regimens and defined as more than 10 days with a peripheral blood absolute neutrophil count less than 500/ μ L, is still the single major risk factor for invasive infection caused by the environmental mold *Aspergillus fumigatus* (> 80% of cases) and other species of *Aspergillus* (17).

Mechanism:

Neutrophils are known to be the primary host defense mechanism against *Aspergillus* infection, which commonly starts by the inhalation into and establishment of fungal spores in the lower respiratory tract. When mucosal barriers have been injured, neutrophils function in the innate immune response through the killing of conidia and hyphae by both oxidative and nonoxidative mechanisms. In neutropenic patients, therefore, neutrophil dysfunction represents an impairment to efficiently recruit and kill *Aspergillus* infectious elements (18).

- **Immunosuppressive drugs:**

Thousands of solid organ transplant (SOT) recipients in the world are at risk of IFD as a result of organ damage, neutropenia, administration of immunosuppressive drugs and surgical factors such as prolonged operation time, increased technical complexity and bleeding complications. In these patients, *Candida* spp., *Aspergillus fumigatus* are reported as the most common fungal pathogens causing invasive disease (19).

Mechanism:

Cytopenia and administration of therapies to prevent and treat graft-versus-host disease (GvHD), which leads to an impaired cell immunity, are major risk factors of hematopoietic stem cell transplant (HSCT) recipients for acquiring IFD (20).

Due to induced neutropenia and lack of adequate immune reconstitution, invasive aspergillosis has been noted to be the most commonly observed IFD in HSCT recipients, followed by invasive candidiasis, *Pneumocystis pneumonia*, mucormycosis (caused by *Mucormycetes*). Gastrointestinal tract mucositis, defined as the disruption of the gastrointestinal tract mucosa, together with the presence of venous catheters in patients who require transfusion support, allow for gut and skin microbiota, including *Candida* spp., to invade and cause BSI (21).

3-Disease-induced immunosuppression:

- **Human immunodeficiency virus (HIV):**

Defects in cell-mediated immunity, mainly a decrease in the number and function of CD4+ lymphocytes, which occurs in people infected with the human immunodeficiency virus (HIV), is the major risk factor for *Pneumocystis pneumonia*. Among people living with HIV, *Pneumocystis jirovecii* persists as the most common cause of serious and often fatal respiratory infection that continues to be a life-threatening defining illness in patients with acquired immunodeficiency syndrome (AIDS). Yearly, more than 400,000 cases of *Pneumocystis pneumonia* are estimated to occur worldwide, with mortality rates ranging from 10-60% or higher, depending on the patient population, comorbidities and time for diagnosis. Unlike other fungal species affecting humans, evidence suggests that *Pneumocystis jirovecii* colonises the respiratory tract of asymptomatic individuals and that person-to-person transmission is the most likely mode of infection, which is of clinical significance as colonised individuals may be at risk of development pneumonia or may transmit *Pneumocystis* to others (22).

- **Uncontrolled diabetes mellitus:**

Diabetic patients and particularly patients having ketoacidosis, is the major predisposing factor for developing mucormycosis, which is the third most common angioinvasive fungal infection following candidiasis and aspergillosis. Mucormycetes species are vasotropic and cause tissue infarctions. Among them, *Rhizopus oryzae* is the most frequently recovered species in patients with mucormycosis (~ 70%). After inhalation of spores from environmental sources, immunocompromised hosts can develop upper and lower respiratory diseases, which if left untreated, can subsequently spread to the CNS causing rhinocerebral mucormycosis. In people with diabetes, monocytes and macrophages are dysfunctional and fail to phagocyte and kill the Mucormycetes spores, allowing their germination and subsequent proliferation as hyphal elements, which leads to rapid invasion of deeper tissues and dissemination. Despite several simultaneous approaches used for treatment, such as aggressive debridement or amputation, antifungal therapy and medical management or correction of the underlying condition, mucormycosis associated mortality rates continue to be very high, reaching almost 100% among patients with disseminated diseases (23).

- **Chronic obstructive pulmonary disease (COPD):**

COPD represents an important, nonclassical underlying condition for the increasing number of acute invasive pulmonary aspergillosis, with a very high mortality rate. Associated with the pulmonary disease, structural modifications in the lung architecture that favour lung parenchyma invasion and necrosis due to *Aspergillus* species, in addition to prolonged use of immunosuppressive treatment, such as corticosteroid therapy, might increase the susceptibility of COPD patients to acquire an IFD. Furthermore, recurrent hospitalisation, invasive procedures, broad- spectrum antibiotic use and other factors such as tobacco smoke, alcoholism, diabetes mellitus and/or malnutrition could contribute to promote invasive aspergillosis in COPD patients(24).

4-Bacterial and viral co-infections:

- **Tuberculosis:**

Fungal pulmonary infections can be acquired primarily or secondarily during tuberculosis infection. Co-morbidities such as immunodeficiency, mainly due to HIV, chronic illnesses and malignancy, together with inherent factors of the community like poverty and malnutrition, worsen the co-infection and the prognosis of patients (25).

- **COVID-19:**

A dysfunctional immune response, which can cause severe alveolar lung damage and even systemic pathology, has been reported to occur rarely in people with coronavirus disease 2019 (COVID-19), a viral infection caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which was first

reported in Wuhan, China, at the end of 2019. While unusual, this harmful interaction of SARS-CoV-2 with the immune system of patients with severe COVID-19 pneumonia seems to increase the susceptibility of these patients to acquire secondary infections, including certain mycoses (26).

Although the incidence of IFD associated with COVID-19 is still unknown, *Aspergillus* infections have been, so far, the most commonly reported fungal co-infections in COVID-19 patients. Invasive aspergillosis, however, has been associated with admission to critical care because of COVID-19 pneumonia and severe acute respiratory syndrome. In addition, most co-infected patients were found to have previous history of underlying immunocompromised status or pre-existing comorbidities, mainly hypertension, diabetes, obesity and hematological malignancies. Much less frequently, candidiasis has been also reported as co-infection in hospitalised patients with COVID-19. (27).

Diagnostic evaluation:

The safe and early diagnosis of invasive fungal infections is the central challenge in routine clinical practice and forms the crucial basis for targeted treatment (28).

The diagnosis of an invasive fungal infection is based on three elements:

- Clinical examination.
- Imaging.
- Confirmation/proof of the causative agent.

The clinical diagnostic criteria for invasive fungal infections were defined by an international working group, the European Organization for Research and Treatment of Cancer and the Mycoses Study Group (EORTC/MSG Study Group). These criteria selectively apply to immunosuppressed patients and were conceived primarily for clinical studies (29).

The relevant clinical risk factors include:

- Prolonged (>10 days) deep granulocytopenia ($<0.55 \times 10^9/L$).
- Allogeneic stem cell transplantation.
- Medication-induced immunosuppression, or treatment with prednisone (the equivalent of at least 0.3 mg/kg/d for a minimum of 3 weeks).

This list is by no means complete and excludes important but less well defined risk groups. Examples include patients in intensive care wards, patients with structural lung disease, patients with severe influenza and other risk factors that were discussed before (30).

Indeed, tomography imaging yields crucial clues. Infections of the respiratory tract require computed tomography (CT), neurological infections require magnetic resonance imaging (MRI), and abdominal infections require CT or MRI scanning in order to identify abscesses that are characteristic for the special variety of hepatolienal candidiasis. Moreover, abdominal infections can also be visualized by using sonography.

Confirmation of the pathogen, Blood stream infections with *Candida* spp. are almost exclusively confirmed by blood cultures. The identification of *Candida* in specimens taken from the respiratory tract does not indicate an invasive infection; for other, non-sterile specimens, a decision always has to be made on the basis of the individual clinical situation as to whether it is a case of colonization or a clinically relevant situation. Because of their wide environmental spread, the confirmation of molds from physiologically non-sterile material should be interpreted with caution; this is also the case for all specimens from the respiratory tract (31).

Serological diagnostic evaluation, *Candida* antigen/antibody confirmation is not recommended in current guidelines because of the lack of pertinent studies. Beta D-glucan (BDG) is not specific for *Candida*, but

it does indicate an invasive fungal infection. A patient's risk profile, symptoms, and imaging results will narrow down this differential diagnosis, however. The sensitivity and specificity of this marker vary substantially between different patient populations and depend on the test system used (32).

To confirm *Aspergillus fumigatus*, galactomannan ("aspergillus antigen") is available in addition to BDG which can be determined from serum and bronchial secretions (and, if applicable, cerebrospinal fluid). The sensitivity for serum is about 78%, the specificity is 85%, depending on the cut-off value and the patient population. To confirm invasive aspergillosis, furthermore, reference protocols for molecular diagnostics have been developed that function as examples for molecular diagnostic evaluation of infections and, in combination with other methods, contribute to improved diagnostics (33).

Treatment:

Depending on the indication, a choice needs to be made between:

- Prophylactic treatment
- Empirical treatment
- Pre-emptive treatment.

- **Antimycotic prophylaxis** is recommended primarily for hematology/oncology patients (34).

After allogeneic stem cell transplantation, prophylaxis against yeasts is usually sufficient. By contrast, a high-risk constellation such as granulocytopenia after myelosuppressive induction therapy or graft-versus-host disease requires prophylaxis that is effective against molds. Data for other patient populations are a less clear-cut. For patients with complications after abdominal surgery, for patients requiring intensive care and who have relevant risk factors, and for patients who have undergone lung transplantation surgery, prophylaxis can make sense (35).

- **Empirical therapy** is used if an invasive fungal infection is suspected.

1- Invasive Candida infection:

The therapeutic schemes depend on the underlying disease and organ involvement. In most clinical situations, echinocandins are the treatment of choice in adult patients (35).

Fluconazole is, however, still relevant for oral treatment continuation after successful initial treatment with an echinocandin. Liposomal Amphotericin B (L-AmB) constitutes an alternative where resistance to other classes of substances is confirmed. Furthermore, L-AmB is important in treating chronically disseminated candidosis/candidiasis, endocarditis due to *Candida*, and in pediatric patients. Voriconazole usually does not provide any additional benefits over fluconazole with the exception of infection with *C. krusei* or where additionally a mold infection is suspected (36).

Candidemia should be treated for at least two weeks after the blood stream infection has disappeared. The exact treatment duration can be defined only after follow-up blood cultures have been produced. In continuing symptoms or granulocytopenia, the treatment should be continued for a longer time. Chronically disseminated candidosis should be treated for a minimum of 8–12 weeks, and in some cases for several months, until the lesions have resolved. Central venous catheters should be removed as soon as possible if they are deemed the source of infection and can be safely removed. If this is not possible then the patient should be treated with an echinocandin or L-AmB, because of their effectiveness against biofilms *in vitro*. Because of possible relocation of the pathogen into the eyes, funduscopy is recommended during intravenous therapy (37).

2- Invasive aspergillosis:

The prognosis for invasive aspergillosis has improved substantially over the past decade. The treatment of choice usually consists of the administration of voriconazole or isavuconazole. Both azoles are effective

fungicides against *A. fumigatus*. In addition, Voriconazole reaches effective concentrations even for neurological infections (38).

L-AmB is an alternative treatment after taking into consideration prior prophylactic administration of azoles, comorbidities, resistance of the pathogen, medication interactions, and local epidemiology. L-AmB is also recommended for initial therapy if co-infection with Mucorales is suspected. The value of combination therapy (for example, using voriconazole plus echinocandin) is unclear. In addition to systemic administration, local instillation of L-AmB may make sense, for example in aspergillosis of the central nervous system. In all cases, surgical treatment should be considered in addition to medication treatment. Supportive measures include the administration of granulocyte colony stimulating factor (G-CSF) or, in long-term granulocytopenia, granulocyte transfusions (39).

The duration of treatment depends on the patient's individual clinical development while taking into account the type and extent of immunosuppression; it usually takes about 6–12 weeks(40).

3- Rare invasive mycoses:

No randomized controlled trials exist of the treatment of invasive mycoses caused by rare pathogens. Therapy is guided by the broad spectrum effectiveness of the antimycotics and by case series. Mycormycoses are caused by a large group of different pathogens with different sensitivity/susceptibility profiles. To treat these, L-AmB (at a minimum dosage of 5 mg/kg; 10 mg/kg if the central nervous system is affected) and azoles with effectiveness against Mucorales are the medications of choice. The surgical resection of infected tissue is an essential component of the therapeutic concept (41).

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