Zika, Chikungunya & Dengue: Update

José Darío Martínez, MD, FAAD
Internal Medicine & Dermatology
Chief, Internal Medicine Clinic
University Hospital “JE González”, UANL
Monterrey, México
DISCLOSURE OF RELATIONSHIPS WITH INDUSTRY

José Darío Martínez, MD, FAAD
Zika, Chikungunya & Dengue: Update

DISCLOSURES
I do not have any relevant relationships with industry.
Travelers’ diseases

Medical problems in returned travelers

- Fever
- Acute diarrhea
- Skin lesions

Most common skin lesions are:
- Cutaneous larvae migrans
- Insect bites (bedbugs)
- Bacterial infections
- Rash
Rash & fever in travelers

Most common causes in the Americas

- Malaria
- **Dengue fever**
- Spotted fever (*rickettsia*)
- Yellow fever
- West Nile fever
- **Chikungunya fever**
- Zika fever
Travelers’ maladies

Got the Travel Bug? A Review of Common Infections, Infestations, Bites, and Stings Among Returning Travelers

Matthew P. Vasievich1 · Jose Dario Martinez Villarreal2 · Kenneth J. Tomecki1

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Zika, Chikungunya & Dengue

Update focus on:

- **Zika**: transmission, muco-cutaneous manifestations, fetal malformations, diagnosis
- **CHIKF**: cutaneous and articular manifestations
- **Dengue**: prevention, new vaccine

Tables showing:
- Similarities, differences, complications, prevention
Zika fever

Overview

- **Emerging** mosquito-borne pathogen
- **Flavivirus**
- Was isolated in **Zika forest** in Uganda in 1947
- Transmitted by **Aedes aegypti** mosquito
- First epidemic occurred in 2007 in **Micronesia**

*Emerging Infect Dis 2015;21(1):84-86*
Zika fever

Epidemiology

- During 2007-2013 few cases in travelers returning from Africa or SE Asia were reported
- First cases of ZF in The Americas were reported in Brazil in 2015

*Emerging Infect Dis 2015;21(1):84-86*

Vasievich MP, Martínez JD, Tomecki KJ.
Zika fever

Transmission

- Mosquito bite
- Mother-to-fetus
- Sexual intercourse
- Blood transfusion
- Breast-feeding?

CDC, 2016
Zika fever

Clinical facts

- Asymptomatic in most cases (misdiagnosed)
- Incubation period: 3-8 days
- Mild fever (37.8 °C-38.5 °C)
- Arthralgia (small joints in hands & feet): 65%
- Headache, retroorbital pain

JAMA Dermatol 2016 DOI:10.1001/jamadermatol.2016.1433
Zika fever

Muco-cutaneous signs

- **Skin rash**: 90%
- Nonpurulent conjunctivitis: 55%
- Oral enanthem
- **Pruritus**

*JAMA Dermatol 2016*

DOI:10.1001/jamadermatol.2016.1433
Zika fever

Diagnosis

- **Serum RT-PCR**: rapid, sensitive, and specific test (first week)
- **Ab anti ZV**: IgM & IgG (second week): cross reaction with Dengue
- **TrioPlex Real-time RT-PCR**
  - CDC’s new text for DF, CHIKF & ZF (Sept. 21, 2016)
  - Not FDA approved yet, only in emergencies

*Emerging Infect Dis 2015;21(1):84-86*
Zika fever

Diagnosis

- **Urine RT-PCR**: useful in travelers (2 weeks)
- In **pregnant women**:
  - Fetal ultrasound
  - Amniocentesis (RT-PCR)

*Emerging Infect Dis 2015;21(1):84-86*

*CDC: Zika fever recommendations in pregnant women, 2016*
Zika fever

DDX

- Dengue fever
- Chikungunya fever
- Viral rash
- Drug reaction

*Emerging Infect Dis 2015;21(1):84-86*
Zika fever

Complications

- **Neurologic**: Guillain-Barré syndrome
  - Incidence difficult to assess

- **Microcephaly**: most feared in pregnant women during the first trimester (weeks 12-16)
  - Most cases reported in Brazil

- **About 5% of zika cases** in pregnant women in US (PR) had birth defects*

*MMWR CDC, June 16, 2017*
Zika CDC map (December 14, 2016)
Zika fever

Public health strategies

- **Focused in** *A. aegypti* that thrives and breeds close to homes (water filled containers)
- Meanwhile *A. albopicus* breeds in less accessible areas (water filled leaves of plants)
- These facts lead us to a **difficult vector eradication**

* A. albopicus tends to displace *A. aegypti*

*Vector borne and Zoonotic Diseases, 2016;16(2)*
Zika fever

Prevention & treatment

- Essential in pregnant women (or unaware)
- Appropriate clothing and use of repellents (DEET)
- Counselling before travel (travelers´ disease)
- Acetaminophen
- Supportive therapy as needed
- If pregnant: US, then amniocentesis to detect transplacental ZV disease
Interim Guidelines for Pregnant Women During a Zika Virus Outbreak — United States, 2016

Emily E. Petersen, MD; J. Erin Staples, MD, PhD; Dana Meany-Delman, MD; Marc Fischer, MD; Sascha R. Ellington, MSPH; William M. Callaghan, MD; Denise J. Jamieson, MD

Pregnant woman with history of travel to an area with Zika virus transmission http://wwwnc.cdc.gov/travel/notices/

Pregnant woman reports clinical illness consistent with Zika virus disease during or within 2 weeks of travel

Test for Zika virus infection

Positive or inconclusive test for Zika virus infection

Fetal ultrasound to detect microcephaly or intracranial calcifications

Offer amniocentesis for Zika virus testing

Negative test(s) for Zika virus infection

Fetal ultrasound to detect microcephaly or intracranial calcifications

Either finding present

Consider amniocentesis for Zika virus testing

No findings present

Test pregnant woman for Zika virus infection

Consider amniocentesis for Zika virus testing

Either finding develops

Fetal ultrasound to detect microcephaly or intracranial calcifications

Either finding present

No findings present

Consider serial ultrasounds to detect development of microcephaly or intracranial calcifications

No findings present
Zika: microcephaly
FUNDIDORA PARK, MONTERREY, MÉXICO
Chikungunya fever

Overview

- **Alphavirus**: *Togaviridae* virus (RNA)
- Three serotypes (Asian, E/C/S African and W African)
- **Chikungunya**: african word (Makonde dialect) which means “*that which bends up*”
- Unlike DF, CHIKF results in greater and prolonged morbidity than mortality

*Med Clin N Am 2012;96:1225-1255*
Chikungunya fever

Vector
- Female mosquito
- *Aedes aegypti*
- *Aedes albopictus* (Asian tiger mosquito)
- Daylight: dawn & dusk
- Outdoors (*A aegypti* indoors also)
- Transmission: infected person to healthy person (via mosquito bite)
Chikungunya fever vectors: 
*Aedes aegypti & Aedes albopictus*
Chikungunya fever

Epidemiology

- Came from Africa, India, Indonesia
- **Arrive to America on Dec. 2013**
- Caribbean islands (first cases)
- March 2014: > 8000 cases
- **Travelers´ disease**
- Spreading rapidly into The Americas
Chikungunya fever

Key facts

- It is transmitted by *A aegypti*
- CHIKV strains mutate
- **Outbreak**: La Reunion Island (2005-06)
- Facilitating transmission by *A albopictus*
- **Mutation** in the viral envelope gene E1
- Very high ability to adapt to various environments
- **Movement of goods and people**
Chikungunya fever

World cases as of 1952 to 2006
CHIKF in The Americas!

Hot spots: Central America, Haiti, Dominican Republic, Colombia, Venezuela, and Brazil

June, 2015 (PAHO)
- 366,000 SC
- 10,800 CC
- 54 deaths

December 30, 2015
- México: 11,199 local cases (PAHO)
- México City: 160 cases
- Casualties unknown
**CHIKV in US 2015**

June 1, 2016 (First local case reported in Brownsville, Texas since 2014)

<table>
<thead>
<tr>
<th>State</th>
<th>Travel-associated cases (N=43)</th>
<th>Locally-transmitted cases (N=0)</th>
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<tr>
<td></td>
<td>No. (%</td>
<td>No. (%</td>
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<tr>
<td>Arkansas</td>
<td>1 (2)</td>
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<tr>
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<td>Florida</td>
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<td>Indiana</td>
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<tr>
<td>Kentucky</td>
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<tr>
<td>Maryland</td>
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<td>Missouri</td>
<td>3 (7)</td>
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<tr>
<td>Ohio</td>
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<tr>
<td>Pennsylvania</td>
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<td>0 (0)</td>
</tr>
<tr>
<td>Texas</td>
<td>3 (7)</td>
<td>0 (0)</td>
</tr>
<tr>
<td>Washington</td>
<td>1 (2)</td>
<td>0 (0)</td>
</tr>
</tbody>
</table>
Chikungunya fever

Clinical picture

- 3-28% patients are asymptomatic
- 4 of 5 patients have symptoms
- **Incubation period**: 7 days (1-12)
- Fever
- **Arthritis**
- Muscle pain, headache
Chikungunya fever

Skin lesions

- **Maculopapular rash**
  - 50% of cases
  - 2-5 days after fever starts
  - **Acral rash**

- **Melanosis**
- Melanonichia
- Vesicles, bullae
- **Genital ulcers**
Chikungunya fever

Articular involvement

- **Acute**: high fever, arthralgia/arthritis, migrating polyarthralgia, symmetric affection, no bleeding (last 3-10 days)
- **Subacute**: 2-3 months after, distal polyarthritis, depression, fatigue, weakness
- **Chronic**: arthralgia > 3 months, mimicking RA/PsA (93% [3m], 53% [15m], 47% [24m])
Chikungunya fever

Risk factors for severe disease

- Newborns
- Older age (> 65 years)
- **Co-morbidities** like DM, HBP, HD
- Pre-existing joint disease
- Initial severe acute disease
Chikungunya fever

Diagnosis

- **RT-PCR**: most sensitive, rapid test, can detect CHIKV in the first week
- Serology: MAC-ELISA: IgM (+ in 2-6 days)
- Serology: CHIKV IgG 4-fold elevation (+ in 7 days, can last for years)

Chikungunya fever

DDx

- Dengue
- Zika
- Malaria
- Leptospirosis
- Menigococcemia
- Drug eruption
Chikungunya fever

Treatment

- No vaccine available
- No specific antiviral treatment
- Acetaminophen (drug of choice)
- NSAID’s
- Bed rest (mosquito net)
- Fluids

Chikungunya fever

Complications

- Articular chronic pain like RA/PsA
- MTX has been used for chronic arthritis in Europe
- Can affect unborn babies
- Low mortality
- No second infection
- Can detonate autoimmune diseases ➤ SLE
- Mortality associated with comorbidities
CHIKV CDC (April 22, 2016)
Palace of Fine Arts, México City
Dengue fever

Overview

- Warm climate, rainy season
- Dengue virus (flavivirus)
- *Aedes aegypti* mosquito
- Female mosquito (bites in daytime)
- Most prevalent arthropod-borne virus
- Emerging disease
- Illness can go from mild to fatal disease
Dengue mosquito
Dengue fever

Dengue virus sero-types

- DENV 1-4 (RNA virus)
- **DENV1** (most common)/DENV 2, 3 (more severe)
Dengue fever

Epidemiology

- Worldwide
- 2.5 billion people at risk
- DENV cause 50-100 million cases of DF
- 250-500,000 cases of DHF per year
- 25,000 deaths per year
- US: Texas outbreak (25 cases) occurred in 2005
- México 2016 PAHO: >200,000 C/31 D/4 Sero-types
Dengue map 2016 (CDC)
Dengue fever

Clinical facts

- 60-80% dengue cases are asymptomatic
- Incubation period: 2-8 days
- Acute febrile illness: headache, high fever, myalgia, arthralgia ("breakbone" fever), retro-orbital pain, fatigue
- Faint macular rash (2-6 days into illness)
- Gums bleeding, nosebleeds, bruising
WHO definition of dengue fever: probable case

*Travel Med and Infect Dis* 2009;7:278-283

- **Acute febrile illness (2 or +)**
  - Headache
  - Retro-orbital pain
  - Myalgia
  - Arthralgia
- **Rash**
- **Hemorrhagic manifestations**
- **Leukopenia**
- **Serology (+)**
Dengue fever

Clinical syndromes (WHO)

- Approximately 1% of patients will progress to one of these during the critical phase in days 4-7 of illness:
  - Dengue hemorrhagic fever (DHF)
  - Dengue shock syndrome (DSS)

Dengue fever

Warning signs of severe disease

- Abdominal pain
- Persistent vomiting
- Pleural effusion or ascites
- Mucosal bleeding

- These signs may occur at or after defervescence
- DHF or DSS may be evolving

Dengue Diagnosis

- Clinical suspicion
- Travel to endemic areas (2 weeks before)
- Serologic tests to detect antidengue Ab
  - IgM (positive at day 5 of illness)
  - IgG (recurrent infection)
- RT-PCR (first 4-5 days)
- NS1 (rapid test)
Dengue

**DDx**

- Chikungunya fever
- Zika
- Malaria
- Leptospirosis
- Menigococcemia
- Drug eruption
Dengue Prevention

- **Vaccine**: not approved by the FDA yet
- **Use of repellents** (DEET) on exposed skin and/or clothing
- **DEET**
  - Not for infants (< 2 months old)
  - Children and adults: DEET (15-30%), no more than 30% in small children
Original Article
Efficacy of a Tetravalent Dengue Vaccine in Children in Latin America

Methods: Children 9-16 yrs old, from Colombia, Brazil, México, Puerto Rico, and Honduras, in June 2011 to March 2012. Doses 0, 6, 12 months.

Results: > 20,800 children (2/3 vaccine, 1/3 placebo), vaccine safety was good.

Discussion: 60.8% overall efficacy, works well in all 4 serotypes, 80.2% vs. hospitalization, and 95.5% vs. severe dengue cases. Protection against DF starts with the first dose, but two more doses are needed to increase the Ab response and long lasting protection.

Note: in México this vaccine was approved by Cofepris (12/9/15)
Dengvaxia: tetravalent vaccine
Dengue

Key points to avoid spread DF

- Avoid sick patient to get a bite from healthy mosquitoes
- Use of mosquito nets among sick patients
- In travelers usually it is a mild disease
- Patients with DF history can have the next time a more severe form of DF

- Dengue vaccine has been approved in México & Brazil
Prevention (spray) with Avate: cypermethrine and boric acid
Dengue

Management

- **Dengue fever:**
  - Bed rest, liquids
  - Isolation (mosquito net)
  - Actaminophen

- **DHF/DSS:**
  - Hospitalization
  - ICU
  - Supportive care
Dengue inpatient management
# DF, CHIKF & ZF: clinical similarities

Table by José Darío Martínez, MD

<table>
<thead>
<tr>
<th>Feature</th>
<th>Dengue</th>
<th>Chikungunya</th>
<th>Zika</th>
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</thead>
<tbody>
<tr>
<td><strong>Vector</strong></td>
<td><em>Aedes aegypti</em></td>
<td><em>Aedes aegypti</em></td>
<td><em>Aedes aegypti</em></td>
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<td><strong>Geo Area</strong></td>
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<td>Worldwide</td>
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<td><strong>Incubation</strong></td>
<td>2-8 days</td>
<td>1-12 days</td>
<td>3-8 days</td>
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<td><strong>Asymptomatic</strong></td>
<td>60-80%</td>
<td>&lt;30%</td>
<td>&gt;80%</td>
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<td><strong>Fever ≥39 °C</strong></td>
<td>+++</td>
<td>+++</td>
<td>++</td>
</tr>
<tr>
<td><strong>Rash</strong></td>
<td>+</td>
<td>++</td>
<td>+++</td>
</tr>
<tr>
<td><strong>Arthralgia/myalgia</strong></td>
<td>+/-</td>
<td>++++/-</td>
<td>++/+</td>
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<tr>
<td><strong>Vaccine</strong></td>
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<td><strong>Prevention</strong></td>
<td>DEET</td>
<td>DEET</td>
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# DF, CHIKF & ZF: clinical & lab differences

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<th>Dengue</th>
<th>Chikungunya</th>
<th>Zika</th>
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<tbody>
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<td>Bleeding</td>
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<td>-</td>
<td>-</td>
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<tr>
<td>Eyes/face</td>
<td>Pain</td>
<td>Melanosis</td>
<td>Red eye, pain</td>
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<tr>
<td>Arthritis</td>
<td>-</td>
<td>+++</td>
<td>++</td>
</tr>
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<td>Itch</td>
<td>++</td>
<td>+</td>
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<tr>
<td>Lymphopenia</td>
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<td>Neutropenia</td>
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<tr>
<td>Thrombocytopenia</td>
<td>+++</td>
<td>+</td>
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# DF, CHIKF & ZF: complications & Rx

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<th>Chikungunya</th>
<th>Zika</th>
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<tbody>
<tr>
<td>Chronic arthritis</td>
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<td>Guillain-Barré</td>
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<td>Shock</td>
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<td>STD</td>
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<td>+</td>
</tr>
<tr>
<td>Blood transfusion</td>
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<td>Microcephaly</td>
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<tr>
<td>Recurrence</td>
<td>+</td>
<td>-</td>
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<tr>
<td>Rx</td>
<td>Supportive</td>
<td>Supportive</td>
<td>Supportive</td>
</tr>
</tbody>
</table>
Advertising at the airports & in the streets in México!
Summary

- These mosquitoes can cause significant morbidity and mortality among international travelers
- Counseling to travelers
- Prevention is basic
- Clinicians must be aware of clinical presentation
- CHIKV & ZF are emerging diseases in The Americas
- Serology confirmation is essential
DF, CHIKF, ZF

Summary

- No vaccines approved by the FDA yet
- In México & Brazil a DF vaccine was approved
- CHIKV cycle last longer than DV
- **Zika is more dangerous than DF & CHIKF**
- Rx: acetaminophen, supportive therapy
- Genetic modified mosquitoes introduced in Brazil
- **What is next? Mayoro virus? Yellow fever?**
Email: jdariomtz@yahoo.com.mx

Mosquitoes remind us that we are not as high up on the food chain as we think.
Dermatology & Baseball…

“In theory there is no difference between theory and practice. In practice there is.”
Yogi Berra

“You can observe a lot by watching.”
— Yogi Berra
Thank you! Gracias!

Email: jdariomtz@yahoo.com.mx

El Castillo, Chichen Itzá, Yucatán, México