

# Human cyclosporiasis

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*Cyclospora* species are socioeconomically important protistan pathogens. *Cyclospora cayetanensis* is usually transmitted via food or water to a human host via the faecal–oral route and can cause the gastrointestinal disease cyclosporiasis, which can be complicated by extra-intestinal disorders, particularly in immune-compromised people. Although more than 2 million children die each year from diarrhoeal diseases worldwide, it is not known to what extent cyclosporiasis is involved. Few epidemiological data are available on *Cyclospora* as a water-borne and food-borne pathogen in both underprivileged communities and developed countries. To gain an improved understanding of human cyclosporiasis, this Review describes the background of *Cyclospora*, summarises salient aspects of the pathogenesis, epidemiology, diagnosis, treatment, and control of cyclosporiasis, and explores what is known about its prevalence and geographical distribution. The findings show that the effect on human health of cyclosporiasis is likely underestimated, and recommendations are made about areas of future research and the prevention and control of this disease within an international collaborative context.

## Background

Water-borne and food-borne protistan pathogens, such as those of the genera *Giardia*, *Cryptosporidium*, and *Cyclospora* are of major public health importance because they cause intestinal diseases. They particularly affect very young, elderly, and immunocompromised or immunosuppressed people in both developed and developing countries.<sup>1–4</sup> Of these pathogen groups, the apicomplexan *Cyclospora cayetanensis* (Eimeriidae) has received less attention, despite its known importance as a pathogen in some industrialised countries.<sup>5–7</sup> In humans, this protist is transmitted via the ingestion of water or food contaminated by infective oocysts, and is responsible for cyclosporiasis, an enteric disease usually associated with clinical signs including nausea, abdominal cramps, and profuse, watery diarrhoea.<sup>6,8,9</sup> Currently, 19 taxa of *Cyclospora* are recognised, and these infect reptiles, insectivores,<sup>2</sup> and primates.<sup>10,11</sup> Humans are reported to be infected only by a single species, *C. cayetanensis*,<sup>12,13</sup> and it is still unclear whether animals other than humans can harbour this species<sup>2</sup> (table).

Outbreaks of cyclosporiasis in humans have been reported mostly from North America,<sup>6,14–17</sup> from the infection sources of contaminated fresh food products, such as soft fruits (raspberries), leafy vegetables (coriander, basil, and mixed salad), and herbs<sup>2,14,17</sup> (figure 1). Soil is another possible infection source, particularly in areas with poor environmental sanitation.<sup>18–20</sup>

The dissemination of infective *Cyclospora* oocysts via water, soil, and unprocessed foods (eg, fruits and vegetables, including ready-to-eat salads)<sup>21,22</sup> is enabled by their small size (8–10 µm), low specific gravity, and high infectivity.<sup>16,23</sup> Such oocysts can survive for weeks to months in water and food, depending on the environmental temperature,<sup>24,25</sup> and are resistant to the routine sanitisation or chemical disinfection procedures used in irrigation systems, recreational waters, or drinking water treatment plants.<sup>2,25</sup> Although *C. cayetanensis* is recognised as an important contaminant of fresh produce in the USA,<sup>26</sup> this is not the case for many developing

and underprivileged countries, where usually there is a dearth of epidemiological information on this pathogen; increasing our understanding of *Cyclospora* and cyclosporiasis and their public health significance is therefore crucial. Other than the important contributions covered by three key review articles,<sup>1,2,6</sup> there have been some substantial research and technological advances in this field since 2010. Here, we undertook a comprehensive, global review of cyclosporiasis, covering the clinical, pathological, diagnostic, epidemiological, and interventional aspects, to identify key deficiencies and knowledge gaps, draw conclusions, and make key recommendations for future research. To achieve this, we screened 1025 articles on *Cyclospora* and cyclosporiasis published

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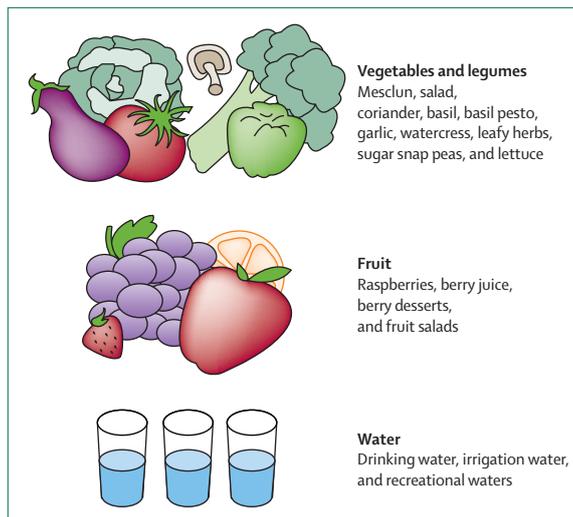
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	Hosts
<i>C glomericola</i>	Diplopods
<i>C caryolitica</i>	Insectivores
<i>C viperae</i>	Snakes
<i>C babaulti</i>	Snakes
<i>C tropidonoti</i>	Snakes
<i>C scinci</i>	Snakes
<i>C zamensis</i>	Snakes
<i>C ninia</i>	Snakes
<i>C talpae</i>	Insectivores
<i>C ashtabulensis</i>	Insectivores
<i>C megacephali</i>	Insectivores
<i>C parascalopi</i>	Insectivores
<i>C angimurinensis</i>	Rodents
<i>C cercopitheci</i>	Green monkeys
<i>C colobi</i>	Colobus monkey
<i>C papionis</i>	Baboons
<i>C macacae</i>	Rhesus monkeys
<i>C shneideri</i>	Snakes
<i>C cayetanensis</i>	Humans*

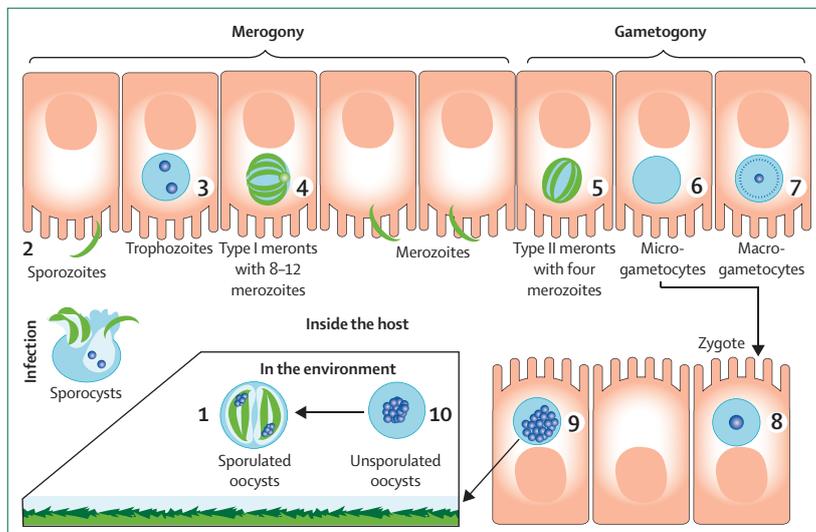
\*There is uncertainty as to whether non-human primates, dogs, cattle, and chickens represent hosts for *C. cayetanensis*.

Table : Species of *Cyclospora* and their hosts<sup>2,10,11</sup>



**Figure 1: Confirmed sources of cyclosporiasis worldwide**

The clinical cases in returning travellers and outbreaks of cyclosporiasis in the USA spurred investigation into the sources of infection(s). Consumption of fresh produce (fruits, herbs, and vegetables) is recognised as the main source, followed by water, usually in under-privileged countries or communities. The possibility that vertebrate animals can represent hosts and are thus amplifiers of the infection is intriguing, but zoonotic transmission remains a contentious issue.



**Figure 2: Life cycle of *Cyclospora cayetanensis* in humans**

Infection commences when a susceptible individual ingests food or water contaminated with sporulated oocysts (1). In the upper gastrointestinal tract, the oocysts excyst and release sporozoites (2), which then infect the epithelium cells lining the small intestine, particularly in the jejunum. The sporozoites and subsequent stages invade the enterocytes, situated in the cytoplasm in a supranuclear position surrounded by parasitophorous vacuoles. Once inside the enterocytes, the sporozoites transform into trophozoites (3), which proliferate asexually in the merogony (or schizogony) phase to form meronts, which contain merozoites. Two types of meronts develop: type I that contain eight to 12 merozoites (4), which penetrate host cells and form type II meronts, which contain four merozoites (5). Once released, the type II merozoites enter the intestinal cells and initiate the sexual (gametogony) phase in which some meronts form (male) microgametocytes (6) or (female) macrogametocytes (7). The microgametocytes fertilise the macrogametocytes to produce zygotes (8), which differentiate into unsporulated oocysts (9) containing the sporont and are eventually released into the lumen of the intestine. From here they pass, as a non-infectious stage, into the faeces (10) and then into the environment, where they sporulate within days (in the sporogony phase) and become infective. Adapted and modified from the scientific literature.<sup>2,11,35,33</sup>

between May, 1961, and April, 2018, with no language restrictions, including 344 papers published since 2010.

### Clinical presentation

The presentation of cyclosporiasis varies depending on the host's age and immune status, endemicity in a particular region, and probably other as yet unknown factors. This disease can be symptomatic (mostly acute and self-limiting) or non-symptomatic. Symptoms usually include watery, sometimes explosive, foul-smelling diarrhoea, abdominal cramping, bloating, headache, nausea, loss of appetite, and weight loss or reduced weight gain (or both); other signs can include vomiting and low-grade fever.<sup>3,9,27,28</sup> Clinical symptoms can persist for a few days to a month or longer, if patients are not treated,<sup>29</sup> and usually resolve quicker if treated with specific drugs, such as trimethoprim plus sulfamethoxazole.<sup>30,31</sup> In endemic countries, clinical signs can vary from severe in very young and elderly people, to non-symptomatic or mild in some individuals. Travellers from non-endemic countries visiting endemic regions are usually severely affected by cyclosporiasis.<sup>32</sup> Although human cyclosporiasis is usually not fatal in developed countries, protracted diarrhoea often leads to dehydration,<sup>28</sup> particularly in infants who are at greatest risk of severe dehydration and death, especially if cyclosporiasis is complicated by infections with other pathogens (viral, bacterial, or parasitic—eg, *Cryptosporidium* and *Giardia*), malnutrition, or malabsorption, particularly in underprivileged communities.<sup>33</sup> This aspect should be considered in the context that, in the developing world, diarrhoeal diseases are the second-leading cause of death in children younger than 5 years.<sup>34</sup>

### Pathogenesis

Cyclosporiasis usually affects the small intestine,<sup>9,35</sup> although extraintestinal forms of disease can occur.<sup>36</sup>

*Cyclospora* infection of the intestine is initiated when sporozoites attach to and penetrate enterocytes, replicate asexually and spread to surrounding enterocytes in villi and crypts<sup>9</sup> (figure 2). Although the mechanisms are not fully understood, the replication of endogenous stages of *Cyclospora* during merogony (schizogony) and, to a lesser extent during gametogony, destroys the brush border and leads to altered mucosal architecture with a shortening and widening of the intestinal villi, atrophy, oedema of the villi, hyperplasia of the crypts, and reactive hyperaemia, with vascular dilatation and congestion of villous capillaries.<sup>9,27,37</sup> These pathological changes likely result in the loss of membrane-bound digestive enzymes and diminish the surface area of the intestine, leading to diarrhoea and a decreased uptake of electrolytes, water, and nutrients.<sup>27</sup> Inflammation occurs to a substantial degree, and relates to mixed cellular infiltration (of lymphocytes, plasma cells, and, to a lesser extent, eosinophils) in infected tissues as a result of the host immune attack against the parasite.<sup>27</sup> Besides children and elderly people, disease can be particularly severe in

immunosuppressed or immunocompromised people, such as individuals with HIV/AIDS<sup>38–40</sup> who might also develop extraintestinal forms of cyclosporiasis, including biliary disease, such as acalculous cholecystitis; Guillain-Barré syndrome; reactive arthritis syndrome; inflammatory oligoarthritis; ocular inflammation (conjunctivitis, iritis, or episcleritis); and sterile urethritis. These extraintestinal forms of the disease are thought to occur several weeks following intestinal *Cyclospora* infection and associated diarrhoeal illness.<sup>41–45</sup> Cyclosporiasis can be particularly challenging in patients who have received an organ transplantation and are undergoing immunosuppressive treatment.<sup>28,45</sup>

### Conventional methods of diagnosis

Clinical diagnosis of cyclosporiasis is based on cardinal symptoms, including watery diarrhoea, abdominal cramping, and bloating. In untreated, immunocompetent people the diarrhoea can last from days to weeks to a month or more, and can wax and wane, with variable oocyst shedding.<sup>46–49</sup> Oocysts can continue to be shed (intermittently or continuously) by non-symptomatic people, and symptoms can also persist in the absence of oocysts in faeces.<sup>49</sup> In a clinical context, conventional diagnosis usually involves microscopic examination of stained (eg, with haematoxylin and eosin) intestinal tissue biopsy sections,<sup>50,51</sup> stool samples<sup>52</sup> for the presence of developmental stages of *Cyclospora*, or advanced molecular testing for DNA.<sup>53</sup>

Because of the intermittent nature of oocyst shedding and the low numbers of this stage in faeces,<sup>54</sup> it is recommended that multiple faecal specimens are collected from patients at 2–3 day intervals over a period of more than a week.<sup>55</sup> Wherever possible, oocysts should be concentrated from clinical or biological samples to maximise the sensitivity of detection.<sup>2</sup> Such concentrations can be achieved by using ethyl acetate-formalin sedimentation,<sup>56,57</sup> followed by discontinuous sugar gradients, Renocal-sucrose gradient sedimentation,<sup>58</sup> or perhaps more efficiently by discontinuous Percoll gradient centrifugation.<sup>59</sup>

*Cyclospora* oocysts are spherical, smooth, thin-walled, and refractile. Given their size and similarity to some other coccidian microorganisms, such as *Cryptosporidium* (4–6 µm), they should be stained on wet or dry mounts to achieve an increased specificity of detection.<sup>3</sup> Staining techniques include modified Ziehl-Neelsen (acid fast), safranin, auramine, rhodamine, Kinyoun, Giemsa, and trichrome.<sup>3</sup> The sensitivity of detection varies markedly among these techniques, depending on the protocol used and whether the oocysts are stained positively or not.<sup>60</sup>

Although acid-fast trichrome staining is appropriate for detection of some protozoans,<sup>61</sup> it is not reliable for detection of *Cyclospora* oocysts, which can remain unstained (so-called ghosts) on slides.<sup>60</sup> The modified Ziehl-Neelsen method, which stains oocysts pink to red, appears to achieve the best sensitivity, estimated at

95–100% compared with safranin stains (98% sensitivity),<sup>62</sup> and is typically used in clinical settings. Fluorescence-based microscopy provides an alternative means of detection;<sup>13,63</sup> with this technique, oocysts autofluoresce and can be better detected using a 330–380 nm wavelength (bluish-white);<sup>64</sup> however, a 450–490 nm wavelength (green) dichronic mirror excitation filter can be advantageous for detection.<sup>12,64</sup> Each of these techniques has its advantages or disadvantages and needs to be critically assessed before being used as a diagnostic tool. Although the advantage of such methods is that they are reasonably simple technically, time-efficient, and inexpensive, their disadvantages predominantly relate to limited sensitivity and specificity, and their inability to identify the species of stained *Cyclospora* oocysts and to differentiate among the species based on size and morphology of oocysts.<sup>2</sup>

The US Environmental Protection Agency and the US Centers for Disease Control and Prevention (CDC) have recommended the development and use of methods that are based on fluorescence and differential interference for microscopic detection of *Cryptosporidium* and *Giardia* in water samples (ie, methods 1622 and 1623).<sup>65,66</sup> These techniques were designed specifically for detecting *Cryptosporidium* oocysts in water samples, and rely on filtration or purification by immunomagnetic separation from small volumes of water (20 L) or large (around 1000 L), followed by the labelling of oocysts with the fluorogen 4'-diamidino-2-phenyl indole and epifluorescence and differential interference microscopic detection. Similar techniques for detection of *Cyclospora* oocysts are not yet available. Although these approaches are used for detecting oocysts to the genus level, they have low diagnostic sensitivity and specificity, and do not allow specific identification or delineation of *Cryptosporidium*. Other diagnostic tools, such as agglutination assays, enzyme-linked immunoassays in a cartridge or dip-stick format, and flow cytometry or fluorescent in-situ hybridisation techniques are established for *Cryptosporidium* detection,<sup>67</sup> some of which have been adapted to detect other protozoans<sup>68</sup> including *C. cayetanensis*,<sup>69,70</sup> but are not widely used.

### Molecular detection, diagnosis, and analysis

Although there have been attempts to develop serological and immunological techniques to detect *Cyclospora*,<sup>71</sup> none of these achieve a specific diagnosis of infection on an individual patient level. By contrast, modern molecular methods can achieve a specific and sensitive diagnosis in clinical settings (with faecal or tissue samples) or detection in epidemiological settings (from food and environmental samples).<sup>53</sup> The specific and sensitive detection of *Cyclospora*, the accurate identification of *Cyclospora* species, and the specific diagnosis of cyclosporiasis are central to clinical management and understanding the epidemiology, prevention, and control of this disease. Nucleic acid-based methods provide an enhanced diagnostic and analytical performance,

enabling the specific and genotypic detection and identification of *Cyclospora*. Improved specificity and sensitivity have been possible largely through the use of PCR,<sup>72</sup> which enables the specific amplification of genetic loci from tiny amounts of genomic DNA of *Cyclospora* in complex biological samples using a thermostable DNA polymerase. Genetic loci commonly used in PCR-based methods include regions within the small subunit of nuclear ribosomal RNA gene, the second internal transcribed spacer, or the 70 kDa heat shock protein gene.<sup>72–76</sup> PCR-based techniques such as microsatellite analysis, restriction fragment length polymorphism analysis, mutation scanning, and direct DNA sequencing have been developed for the detection, identification, and characterisation of *Cyclospora*.<sup>77–81</sup> The combined use of mutation scanning and direct DNA sequencing has proven to be particularly useful for genetic analysis and the accurate detection of mutations, enabling the genetic categorisation of *Cyclospora*.<sup>80</sup>

Multiplexed PCR and high-resolution melting approaches have also been established<sup>82–84</sup> and show considerable promise for specific identification using suitable genetic loci. Nested PCR methods provide the analytical sensitivity required for subsequent DNA sequencing for specific and genotypic identification,<sup>85</sup> and real-time (rt) PCR-based methods usually allow DNA quantitation and are amenable to automation with high throughput capacity.<sup>86</sup> Four rtPCR assays were assessed for *C. cayetanensis*; two use a species-specific TaqMan probe to detect unique regions in the small subunit ribosomal RNA (18S rRNA) gene,<sup>87,88</sup> and the other two rely on DNA-binding dyes and melting curve analysis of amplicons.<sup>75,80</sup> Each of these assays can achieve specific identification in a single PCR. The comparison of these four assays for detecting *C. cayetanensis* in human stool samples that were test-positive by microscopy indicated that all methods have a high diagnostic specificity (98–100%) and sensitivity (93–100%), and that the TaqMan probe assay<sup>88</sup> had the best specificity (100%) and sensitivity (100%)<sup>89</sup> and seems well suited for the molecular detection of *C. cayetanensis* in stool samples. An interlaboratory validation of an improved rtPCR assay shows promise for the specific detection and quantitation of *C. cayetanensis* oocysts in food during cyclosporiasis outbreaks.<sup>90</sup> However, some caution is required when assigning species status to *Cyclospora*, because amplicons produced using these methods can be distinct in sequence from *C. cayetanensis*.<sup>80</sup> For this reason, we would recommend that mutation scanning or sequencing-based methods are consistently used in molecular epidemiological surveys to define species and genotypes of *Cyclospora*.

The Biofire FilmArray gastrointestinal panel (BioFire Diagnostics, Salt Lake City, UT, USA) also has application for detecting *Cyclospora* and 21 other enteric pathogens (including bacteria, viruses, and parasites).<sup>91</sup> This closed-system method can efficiently test individual faecal samples in around 1 h with 2 min of hands-on time, and includes DNA extraction and nested, multiplex PCR

followed by a melting-curve analysis using FilmArray software.<sup>4,91</sup> The specificity and sensitivity of this assay for *Cyclospora* have both been reported as 100%.<sup>91</sup> Limitations of this system are that it requires stool fixed in Cary Blair transport medium and is expensive to set up and use for routine testing, but it would be helpful in outbreak situations where a rapid intervention response is required.<sup>4</sup>

Clearly, molecular diagnostic or analytical tools are crucial for routine monitoring in reference and diagnostic centres, as well as in the water industries; such tools should be used in combination with microscopic methods, as part of cyclosporiasis surveillance, prevention, control, and risk management efforts. It is expected that high throughput sequencing combined with informatics<sup>53</sup> will become the tool of choice for the specific and genotypic identification and quantification of pathogenic protists within biological matrices.

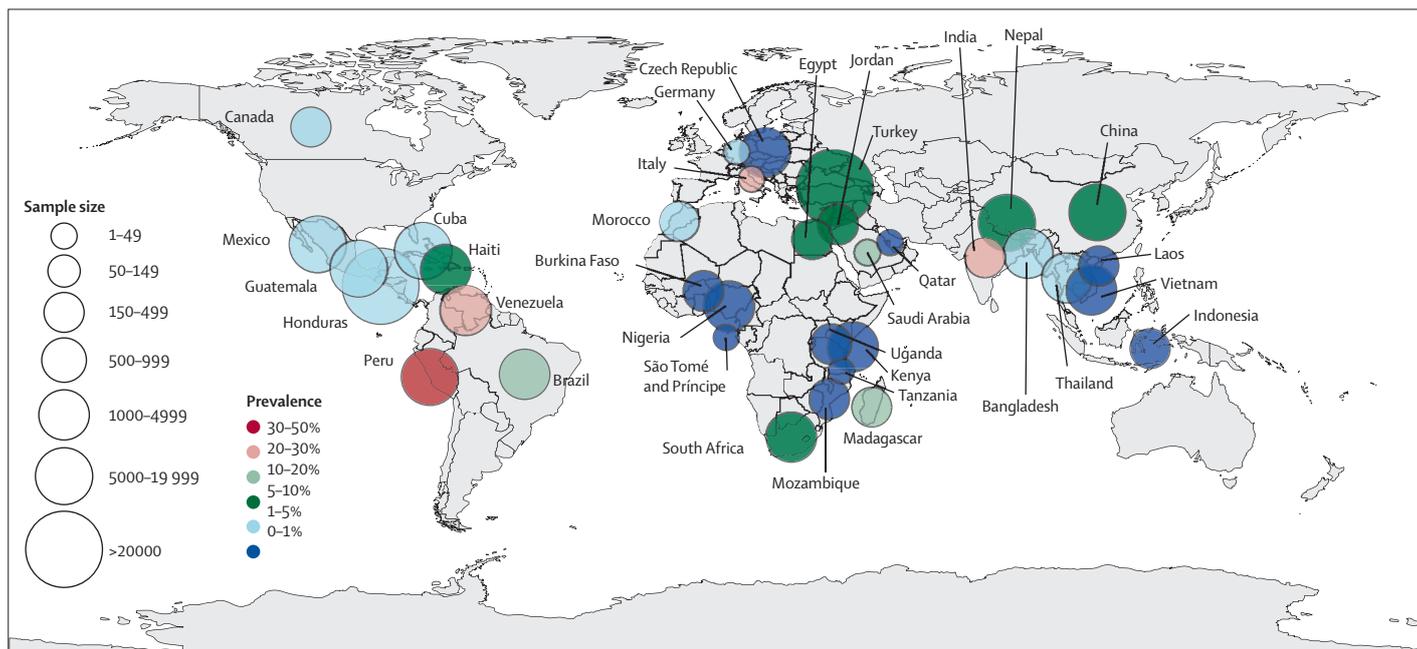
### The need to test for viability and infectivity

Although no accurate assays are available that assess the viability or infectivity of *C. cayetanensis*,<sup>54</sup> oocysts sporulate in 2.5% potassium dichromate<sup>12</sup> within 7–13 days at 25°C or 32°C.<sup>25</sup> Although unsporulated oocysts contain developing sporocysts (resembling a raspberry), sporulated oocysts contain two ovoid sporocysts, each with two sporozoites (figure 2). Oocysts excyst *in vitro* when exposed to trypsin (0.5%) and sodium taurocholate (1.5%) in phosphate-buffered saline, following mechanical disruption.<sup>12</sup> Electrorotation is another method that relies on detecting changes in the morphology and physicochemical properties of oocysts upon rotation,<sup>92,93</sup> but this technique is complex technically and is not entirely specific. An ideal method for assessing viability and infectivity would combine sporulation with infectivity testing in animals. However, in the absence of effective *in vitro* cultivation and *in vivo* experimental infection systems for *C. cayetanensis*,<sup>94</sup> sporulation in potassium dichromate is presently the only indicator used for oocyst viability.

### Treatment

Since no vaccine is available for the prevention of cyclosporiasis, chemotherapeutic treatment is crucial, particularly in immunodeficient individuals, such as those with HIV/AIDS, patients receiving organ transplantation, and individuals undergoing immunosuppressive or anticancer treatments (or both).<sup>28,95,96</sup> Early detection and treatment of cyclosporiasis can provide a favourable clinical outcome.

Sulfamethoxazole plus trimethoprim (co-trimoxazole) is recognised as first-line treatment against cyclosporiasis<sup>30</sup> and is recommended by the US Centers for Disease Control and Prevention (CDC). This combination is highly effective after 7 days of treatment,<sup>97,98</sup> and can also be used by patients with HIV/AIDS<sup>50</sup> although some cannot tolerate sulphonamides. Combined treatment with 800 mg sulfamethoxazole and 160 mg trimethoprim, taken twice



**Figure 3: Estimated prevalence and distribution of *Cyclospora* infection in immunocompetent people**

Maximum prevalences recorded in different countries and numbers of individuals tested are shown (compare with appendix for detailed data).

per day for 1 week,<sup>98</sup> or four times per day for 10 days and then twice per day for 3 weeks<sup>3</sup> usually resolves clinical symptoms and oocyst shedding within 1–2 days. In Peru, for example, excellent results were achieved when children with *Cyclospora* infection received a 3-day course of trimethoprim plus sulfamethoxazole (5–25 mg/kg bodyweight).<sup>99,100</sup>

Ciprofloxacin (500 mg administered orally twice per day for 1 week and then three times per week for 2 weeks) is an alternative treatment in patients who have received a transplantation. Nitazoxanide might be used in patients who are sulphonamide-intolerant<sup>101</sup> or who do not respond to ciprofloxacin treatment,<sup>96</sup> although it is not always effective.<sup>28,101</sup> Because of the close genetic relationship of *C. cayetanensis* with *Eimeria* spp, cyclosporiasis might be treated with drugs such as sulphonamides, quinolones, and ionophores, which have been used against avian coccidiosis<sup>102</sup> but have yet to be critically assessed against *Cyclospora*. Moreover, trials with drugs targeting mitochondrial or apicoplast metabolism might be explored for their activity against *Cyclospora*.<sup>103–105</sup>

### Epidemiology and public health importance

Although *Cyclospora* appears to have a worldwide distribution,<sup>32</sup> detailed epidemiological information on this pathogen group is still scarce for most countries around the world. To provide an assessment of the prevalence of *C. cayetanensis* infection in humans, determined using coprological or molecular tests, we critically appraised the relevant scientific literature

(figure 3; appendix). Despite limitations in the design and execution of some published studies, large-scale epidemiological investigations indicate that, in immunocompetent people, cyclosporiasis mostly affects those in endemic countries and unprivileged communities, with prevalences of 5–6% in China,<sup>106</sup> 9·2% in Nepal,<sup>107</sup> 17·4% in Turkey,<sup>108</sup> and up to 22% in India.<sup>109</sup> Latin America is considered another important endemic area, with prevalences varying from 7·9% in Haiti,<sup>110</sup> 10·8% in Brazil,<sup>111</sup> 24·2% in Venezuela,<sup>112</sup> to 41·6% in Peru.<sup>113</sup> In African countries, highest prevalences recorded to date are in Egypt (10%)<sup>114</sup> and South Africa (7·2%),<sup>115</sup> and a systematic review and meta-analysis revealed an overall prevalence of 18% in 14 sub-Saharan countries.<sup>116</sup> In endemic countries, immunocompromised people, particularly children, are at high risk of cyclosporiasis. The highest prevalences have been recorded in Haiti (36%)<sup>117</sup> and Saudi Arabia ( $\leq$ 52%),<sup>118</sup> and in children in rural settings in Madagascar (16·5%),<sup>119</sup> although prevalences in some endemic countries, including India, China, Honduras, Mexico, Nepal, Peru, Thailand, and Venezuela, seem to have decreased in recent years (appendix).<sup>120–124</sup>

In the USA, from 1997 to 2008, the CDC recorded 1110 laboratory confirmed, sporadic cases of cyclosporiasis, about a third of which were linked to overseas travel.<sup>125</sup> Some evidence indicates that the incidence of infection increased substantially between 2014 and 2017.<sup>126</sup> In other non-endemic countries, prevalences varied from 1·9% in Canada<sup>127</sup> to 0·1% in Czech Republic,<sup>128</sup> to 2·6% in Germany<sup>129</sup> (mostly detected in travellers returning to

See Online for appendix

Europe), although a much higher prevalence (27·5%) was recorded in Italy in 2015.<sup>130</sup> Although no official outbreaks of cyclosporiasis have been recorded in Italy, autochthonous cases of the disease have been reported,<sup>131–134</sup> and *Cyclospora* has been detected at high prevalence (6–21%) in environmental samples such as water and soil as well as vegetable samples.<sup>130</sup> These examples clearly signal the need for investigations into the public health significance of *Cyclospora* in Italy and other developed countries, where the reporting of cyclosporiasis is currently not required.

Although human cyclosporiasis is expected to be more common than currently acknowledged, particularly in communities where sanitary conditions are compromised, it is challenging to assess the global impact of this parasitic disease, mainly because of the limited application of accurate and standardised molecular-diagnostic and molecular-epidemiology tools.<sup>33</sup> Routine coproscopic methods do not allow a specific or genotypic identification of *Cyclospora*, which hinders an improved understanding of the epidemiology of human cyclosporiasis. Well coordinated surveillance programmes for pathogenic protists, including *Cyclospora*, should be implemented to monitor sanitation and to work towards desirable improvements.<sup>135</sup> Clearly, there is a need to estimate the actual burden of cyclosporiasis and to gain a detailed understanding of the geographical and host distributions of *Cyclospora*, and the dynamics of disease dissemination

during cyclosporiasis outbreaks using advanced molecular analytical and diagnostic tools, to justify investment in large-scale prevention and control programmes.

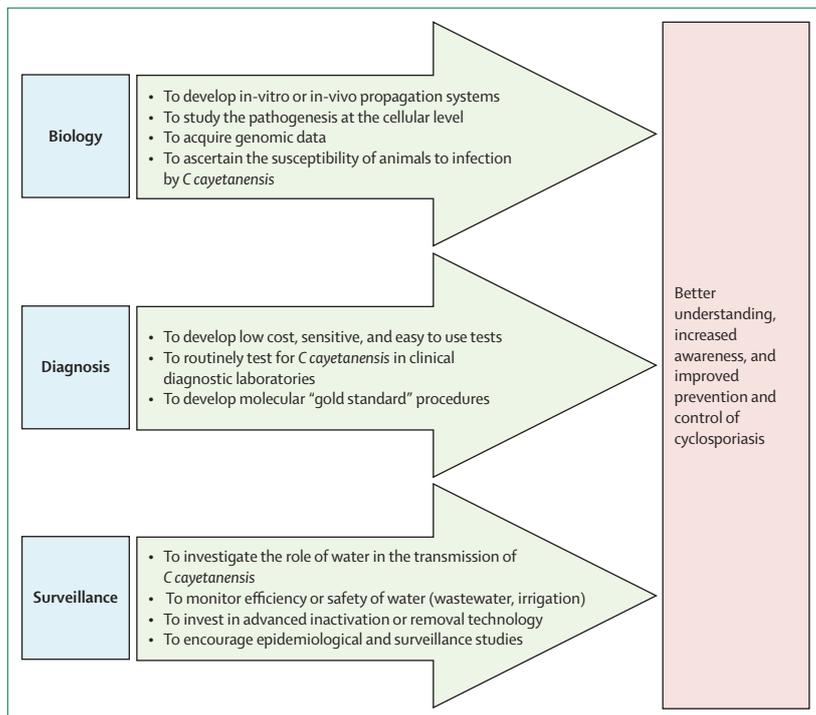
### Prevention and control

Measures to prevent or control cyclosporiasis include health education, good personal hygiene (including adequate handwashing), changes in habits (including prevention of geophagia by children in developing countries), drinking boiled or bottled water, and not eating raw produce (for immunocompromised people or those travelling to endemic areas), proper sanitary infrastructure (including toilet facilities, particularly in poor countries), and the treatment of human sewage. However, implementation of these measures can be challenging in socioeconomically disadvantaged communities<sup>32</sup> and some developed countries, including those in Europe. Prevention and control can be assisted by killing or removing oocysts from water or fresh foods. Since oocysts of *Cyclospora* are resistant to many disinfectants<sup>136</sup> used in traditional water-treatment plants and are difficult to remove from water,<sup>130,137,138</sup> physical treatments (eg, membrane filtration), ultraviolet disinfection, or managed aquifer recharge are possible approaches for their removal.<sup>138</sup>

Although sodium dichloroisocyanurate solution reduces the viability and infectivity of parasites including *Cyclospora*,<sup>139</sup> chlorine as sodium hypochlorite is the most widely used disinfectant by industrial producers of fresh produce (raw vegetables and fruits), because it is inexpensive and easy to use. However, it has little effectiveness against protists, because the concentration commonly used (80–100 mg/L) is too low to kill them, and an increased concentration is not permissible.<sup>140,141</sup> Chlorine dioxide is more effective at inactivating protists than sodium hypochlorite, but it is five to ten times more expensive and is also hazardous by comparison with sodium hypochlorite. Ozone treatment is more effective than chlorination, but is not widely used in the food industry because it is unstable and hazardous to operators.<sup>142</sup> In the food chain, disinfection by ultraviolet light might be an alternative approach to kill *Cyclospora* oocysts, because it is inexpensive, requires short illumination times, has a low environmental impact (ie, no toxic byproducts), and there are no chemical additives or changes to the taste or smell of the product.<sup>142</sup> However, this proposed approach requires rigorous assessment before implementation.

### Conclusions and future prospects

The discovery of the coccidian-like parasite in humans in Papua New Guinea in the late 1970s<sup>143</sup> went largely unnoticed for 10 years until a documented outbreak of diarrhoea in a physician's dormitory in the USA in 1990 was linked to this microorganism.<sup>17</sup> It was not until 1992 that this microorganism found in some faecal samples from Peruvians was classified as *C. cayetanensis*,<sup>12</sup> later



**Figure 4: Future collaborative research needed on *Cyclospora***

A OneHealth strategy, including an efficient multidisciplinary research approach dealing with key areas of biology, epidemiology, diagnosis, and treatment, is needed to enhance the knowledge base and improve the prevention and control of human cyclosporiasis.

recognised as being closely related to members of the genus *Eimeria*.<sup>74</sup> Since then, food-borne transmission of *C. cayetanensis* has become a substantial public health concern in the USA.<sup>6,26</sup> The understanding of *Cyclospora* has improved through research of its biology, pathogenesis, transmission, and epidemiology, but, despite this research there are key deficiencies and knowledge gaps for most other countries around the world. This Review shows that *Cyclospora* remains enigmatic in many respects, particularly in relation to its biology, epidemiology, and proposed zoonotic role. Despite the increasing numbers of reports on the detection of *C. cayetanensis* in animals, particularly non-human primates, other mammals, and even birds, the roles of animals as true hosts—in which the protist completes its life cycle—are still unclear.

Molecular tools for the accurate identification of species and genotypes and the measurement of genetic variation within and among populations (and potentially individuals) of *Cyclospora* are pivotal to exploring many aspects of the biology and epidemiology of representatives of this genus and are crucial for tracking cyclosporiasis dissemination and outbreaks in human populations. Although substantial progress has been made in the development of techniques for detecting oocysts in biological samples and PCR-based methods for the diagnosis of infection and cyclosporiasis, there are no assays to assess the viability, infectivity, or virulence of *C. cayetanensis*. The virulence aspect could be of particular importance if the initial hypothesis that distinct variants of *Cyclospora* have variable pathogenicity in the human host<sup>69,144,145</sup> is supported. Moreover, the number of genetic markers in current use is insufficient to reliably establish the extent of genetic diversity within and among *Cyclospora* populations from the same and distinct host animals. In our opinion, there needs to be an increased focus on genomic studies of *Cyclospora* spp as a foundation for molecular, genetic, and epidemiological investigations, and the establishment of improved diagnostic and analytical tools using extensive panels of genetic markers.

Although the draft genome resources available for *C. cayetanensis*<sup>146–148</sup> are useful, additional genome sequencing projects of other taxa (including indeterminate species and genotypes) of *Cyclospora* are required. The availability of such nuclear and mitochondrial data would enable comparative genomic analyses, leading to a better understanding of the relationships of *Cyclospora* species and genotypes. Such analyses would also assist in the identification of genes that are conserved among species, and genes that are under positive selection, being specific to *Cyclospora* species or genotypes. Genomic comparisons of different operational taxonomic units (or species and genotypes) would lead to the identification of genes that are associated with their adaptation to different host species and enable the reliable differentiation of zoonotic from non-zoonotic taxa of *Cyclospora*. Such studies might

#### Search strategy and selection criteria

The publications cited in this Review were identified through comprehensive searches of the PubMed and Scopus databases (up to May 1, 2018). For references cited in the whole text/contribution, searches were conducted using the terms “cyclospor\*” AND (“taxonomy” OR “nomenclature”); “cyclospor\*” AND (life-cycle” OR “transmission” OR “host”); “cyclospor\*” AND (“histo\*” OR “clinical manifestation” OR “syndrome”); “cyclospor\*” AND (“epidemiology” OR “prevalence”); “cyclospor\*” AND “travel” OR “outbreak” OR “public health”); “cyclospor\*” AND (“immunocomp\*” OR “non-immunocom” OR “immunological status”); “cyclospor\*” AND (“age”); “cyclospor\*” AND “gender”); “cyclospor\*” AND (“season”); “cyclospor\*” AND “source”); “cyclospor\*” AND (“detection” OR “diagnosis” OR “microscopy”); “cyclospor\*” AND (“sporulation” OR “viability”); “cyclospor\*” AND “resistance”); “cyclospor\*” AND (“treatment” OR “chemotherapy”); “cyclospor\*” AND (“immunol\*” OR “vaccine”); “cyclospor\*” AND (“surveillance” OR “risk assessment”); “cyclospor\*” AND “sanitation” OR “hygiene”); “cyclospor\*” AND (“prevention” OR “control”); “cyclospor\*” AND (“molecular” OR “genom\*”). A total of 1025 publications were identified; we screened the titles and abstracts and identified articles with relevant content and context. The full texts of these articles were read to verify their relevance to the present topics in this Review.

also assist in identifying genes that are specific to zoonotic members of this genus and are essential for their survival, thus representing candidates for treatments, vaccines, or diagnostic targets.

Compared with *Cryptosporidium* and *Giardia*, progress in the genomics of *C. cayetanensis* has been slow, mainly because of the challenges in obtaining a sufficient amount of oocyst material, and the absence of in-vitro cultivation and in-vivo experimental infection systems. However, major advances in informatics, genomics, and genetics,<sup>149,150</sup> and being able to work on tiny amounts of material provide exciting prospects for future investigations of representatives of this genus. This focus should also enable the development of reliable methods for the detection of *C. cayetanensis* and other *Cyclospora* taxa in fresh produce (eg, fruit and vegetables), edible shellfish (eg, filter feeders), the environment (water and soil), and in humans and animals. In this context, we believe that a collaborative, OneHealth approach should be applied to *Cyclospora* (figure 4), as has been the case for other key protists such as *Giardia* and *Cryptosporidium*. Future collaborative research efforts could focus on several key areas relating particularly to biology, diagnosis, and surveillance (figure 4), which we believe would contribute toward establishing effective preventive and control measures against cyclosporiasis.

Clearly, protistan diseases linked to the consumption of contaminated fresh produce and water are an emerging issue,<sup>26</sup> but cyclosporiasis is, based on this Review, a neglected disease, both in developing and many developed countries. Considering current global challenges, such as political instability, wars, migration, an increasing demand for fresh foods, and climate change, there is a need for better prevention, surveillance, and control strategies, which is why a multidisciplinary

approach is emphasised here to fill the knowledge gaps surrounding cyclosporiasis and *Cyclospora* (figure 4). Addressing these areas should provide crucial data and information for risk assessments and for the implementation of preventive and control measures to tackle what is still a mysterious pathogen–disease complex of considerable public health importance worldwide.

#### Contributors

AG undertook the literature search and prepared the tables and figures. AG and RBG wrote the manuscript.

#### Declaration of interests

We declare no competing interests.

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