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Article

Histological Findings in Prosthetic Valve Endocarditis – A Retrospective Cohort Study Conducted at “Dr. Carol Davila” Central Military Emergency University Hospital in Bucharest

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Abstract: Histological evidence of active prosthetic valve endocarditis (PVE) in cardiac valve tissue is widely regarded as a criterion established by Duke to confirm the presence of this condition, although the histological characteristics of mechanical prosthetic valve endocarditis have not yet been definitively established. The primary objective of this study was to determine the histologic differences in mechanical PVE in individuals with either early- or late-onset PVE, with the aim of distinguishing the unique aspects of this rare condition. Histological analysis of mechanical cardiac valve tissue was conducted in 27 patients who underwent surgical valve removal, comprising individuals with early onset and late-onset PVE. The findings were compared between the two groups. Histopathologically, PVE in individuals with mechanical heart valves is typically associated with the formation of vegetation and considerable neutrophil-rich infiltrates. In cases of early onset PVE, the affected valve tissue displays intense inflammation predominantly consisting of lymphocytes. In contrast, valve tissue samples from patients with late-onset PVE exhibit extensive fibrosis and inflammation, comprising macrophages, which are specialized immune cells and calcifications. The findings of this study revealed variations in the histological features between early- and late-onset individuals with PVE on mechanical valves. Specifically, the early onset group displayed substantial inflammatory infiltrates, mostly consisting of lymphocytes. In contrast, the late-onset group showed extensive calcification and fibrosis. Additionally, both groups showed evidence of neovascularization.

Keywords: infective endocarditis; prosthetic valve endocarditis; mitral valve; aortic valve; histopathology

1. Introduction

Infective endocarditis (IE) is a rare and potentially life-threatening infection that primarily affects the heart valves. This condition can be challenging to diagnose and has a high mortality rate due to its elusive nature. [1–3]

The incidence of infective endocarditis has been rising in recent years, largely due to the increasing use of vascular and cardiac devices, particularly in elderly individuals with comorbidities. Left-sided valves are most commonly affected with the growth of vegetation, which often leads to valve failure. In contrast, right-sided valves are more commonly affected by intravenous drug use. Over the years, the causative organisms have shifted with a growing incidence on *Staphylococcus* species. [2,3]

IE is a complex medical condition that can present with a variety of symptoms including fever, heart failure, and stroke. In individuals with risk factors, clinical suspicion is essential for proper diagnosis and treatment. This condition can also lead to severe complications such as myocardial infarction. An accurate diagnosis of IE requires a comprehensive approach that integrates clinical, imaging, and laboratory analyses. [3,4]

Laboratory diagnostic techniques include serological tests, molecular methods, and pathological examination. The pathological examination of valve tissue samples is considered the optimal method for diagnosing infective endocarditis when these specimens are accessible. [4,5]

The criteria for this diagnosis encompass the histological demonstration of pathological lesions, such as vegetations and inflammatory infiltrates. [5]

Treatment for infective endocarditis usually involves long-term antimicrobial therapy as well as surgical intervention to remove the affected valve. Although antibiotics are the primary treatment options, surgery may be necessary in cases of extensive disease or complications. It is crucial to understand microbiological sensitivity in order to effectively treat infective endocarditis in light of the growing issue of antibiotic resistance. [5,6]

Pathological examination of prosthetic heart valves is considered to be one of the most accurate methods for diagnosing IE. However, identifying the causative agents is challenging.

PVE is a severe condition that poses a significant threat to both individual and societal well-being as it is associated with extended hospitalization periods, substantial socioeconomic factors, and diminished quality of life. Recently, there has been a notable increase in the incidence of infective endocarditis (IE) in adults. Several factors have been proposed to contribute to this increase, including an aging population, the growing prevalence of cardiac surgery for prosthetic heart valves, and an increase in the use of cardiac electronic devices. Although some of these factors have been found to be unrelated to the increased incidence, there is a need for a comprehensive evaluation of this disease in patients with prosthetic heart valves. [6,7]

The approximate annual incidence of PVE around the globe is around 2%, and it is generally regarded as a uncommon complication that may occur following valve replacement surgery. [6–8]

Individuals who have undergone valve replacement surgery or transcatheter valve replacement are at a higher risk of developing PVE because of the presence of a prosthetic valve, which can become infected and cause severe complications if not promptly treated. Therefore, it is crucial for healthcare providers to consider PVE a potential diagnostic tool when assessing patients with IE. Furthermore, healthcare providers should be cognizant of the potential of PVE to mimic other medical conditions, which could result in misdiagnosis if not thoroughly considered. The mortality rate in patients with PVE remains significantly higher than that in those with native valve endocarditis (NVE). [8]

PVE is a serious and potentially life-threatening condition that has historically posed significant challenges to resource utilization and treatment improvement. The clinical outcomes associated with PVE have evolved along with changes in the underlying causes. [8,9]

Because of enhanced therapeutic management, there is a more comprehensive understanding of the prognosis of PVE when it is identified at an early stage. Therapeutic measures typically require coordination of a multidisciplinary team of specialists to determine the most appropriate approach for each individual case. The timing of surgical intervention is particularly critical and requires careful analysis to prevent irreversible tissue damage. The importance of the endocarditis team in

managing patients with PVE and associated systemic complications is well-recognized. This study sheds light on the pathological aspects of PVE in mechanical heart valves, providing valuable insights into the complexity of this condition. [7–9]

Pathological examination of resected valve tissues is the gold standard for diagnosing PVE. The Duke and von Reyn criteria, which include histological findings, are considered important for confirming the diagnosis. To meet these criteria, it is necessary to demonstrate the presence of microorganisms in cardiac vegetation. [9,10]

Histological examination may not always reveal the presence of microorganisms in the cardiac valve tissue, and it is possible that vegetation may not be present. In these cases, the diagnosis of PVE can be made based only on the presence of inflammatory infiltrates in the valve tissues. Nonetheless, degenerative valves that are not infected can exhibit inflammation upon histological examination, which can lead to diagnostic confusion and suggest the possibility of infective endocarditis. [10]

The interpretation of histological analyses is often subjective and may not be uniform among the pathologists. In addition, the term "active endocarditis" in the Duke criteria has not been clearly defined. [10–12]

Furthermore, the lack of a clear definition for "active endocarditis" in the Duke criteria hinders the ability to accurately diagnose PVE, and more research is needed to determine the specificity of the histological examination results for this condition.

The importance of obtaining data on histological changes in patients with both early- and late-onset PVE cannot be overstated.

2. Materials and Methods

2.1. Study Design

This study was a population-based cohort analysis that utilized data from individuals who were admitted to the Infectious Disease Department of the "Dr. Carol Davila" Central Military Emergency University Hospital in Bucharest between January 1, 2017 and December 31, 2022. The investigation followed ethical guidelines and was authorized by the Ethics Committee of the "Dr. Carol Davila" Central Military Emergency University Hospital in Bucharest (Decision No. 562/20.12.2022). Informed consent was obtained from all patients included in this study.

2.2. Setting

The present investigation included 27 individuals from whom tissue samples were obtained from January 1, 2017, to December 31, 2022.

Tissue samples were obtained during the surgical removal of the mechanical valves. Samples were collected in sterile containers without culture medium and transported to the laboratory within the first hour of collection. Upon arrival, mechanical cardiac valves were inspected, and tissue samples were collected for bacteriological procedures. The remaining samples were fixed in formalin and embedded in paraffin. Throughout the process, from collection to fixation, tissue samples were carefully selected and handled to ensure accurate results.

The specimens were then sliced to a thickness of 3 μm and stained with hematoxylin-eosin saffron using standard techniques. A series of sections were prepared for staining each tissue sample. Special stains, including Giemsa, Gram, and Warthin-Starry strains, were used to detect bacteria and fungi.

All tissues and vegetation in each sample were examined at a magnification of $\times 100$. The average area was calculated by comparison with the area of the entire tissue sample. Aortic and mitral valve tissues were assessed using the same methodology.

2.3. Study Population

From January 2017 through December 2022, a total of 27 patients underwent surgical removal of a mechanical valve at "Dr. Carol Davila" Central Military Emergency University Hospital in Bucharest. All patients had tissue harvested from the mechanical cardiac valve and were analyzed

for the pathology of their infection. The patients were divided into two groups: early onset and late-onset. Patients were considered to have confirmed PVE with microorganisms detected by standard blood cultures according to the Duke criteria.

Follow-Up and Mortality Rate

The follow-up period for the participants in this study was 2024. Following surgery, the patients underwent physical examinations and echocardiography at three months, as well as on-demand additional examinations, including computer tomography. Postoperative morbidities of these patients included dialysis and stroke. Early 60-day mortality occurred in four patients. No reoperation was performed during the follow-up period. The histological examination of the prosthetic cardiac valve revealed tissue degeneration and inflammation, which could potentially indicate a diagnosis of IE. Removal and examination of the tissue valve specimen can be beneficial in determining the appropriate medication regimen for the patient after surgery.

2.4. Statistical Analysis

The Mann-Whitney U test was applied to assess the statistical significance of the results for each histological parameter of the valve tissue samples from patients in the early onset and late-onset groups. The Kruskal-Wallis test yielded p-values, which indicate the probability of obtaining differences as significant or greater than those observed in our data, assuming that the null hypothesis is valid. If the p-value was less than the predetermined significance level of 0.05, we rejected the null hypothesis and concluded that there were significant differences between at least two groups. Statistical analyses were performed using the SPSS software version 26.

2.5. Objective

The objective of the present study was to evaluate the histological findings in patients with PVE who underwent surgery to replace the prosthetic cardiac valve by comparing early onset and late-onset PVE to gain a more comprehensive understanding of the factors that contribute to the high morbidity and mortality rates associated with this disease.

3. Results

Among the 10 patients in the early onset group, 80% were male and 20% were female. In contrast, the late-onset group, which included 17 patients, comprised 58.8% male patients and 41.2% female patients. The mean age of patients in the early-onset group was 63.46 years, with a standard deviation of 19.12 years, while the mean age of patients in the late-onset group was 72.31 years, with a standard deviation of 15.61 years. In the early onset group, the ratio of male to female patients was 1.93 in the early-onset group, compared to 0.62 in late-onset groups was. The distribution of valve involvement differed between the two groups, with aortic and mitral valves being involved in 60% and 40% of patients, respectively, in the early onset group and in 64.7% and 35.3% of patients, respectively, in the late-onset group.

3.1. Histological Findings

All the collected valve tissue specimens displayed evidence of vegetation. Ten mechanical heart valve specimens were analyzed in the early onset group, whereas 17 specimens were examined in the late-onset group. Histological analysis revealed that all the collected specimens exhibited signs of intense inflammation. In the early onset group, valve tissue specimens collected from each patient revealed extensive inflammatory infiltrates composed primarily of neutrophils and an organized fibrin network, and the infectious process was mainly evident in the vegetation, as illustrated in Figure 1.

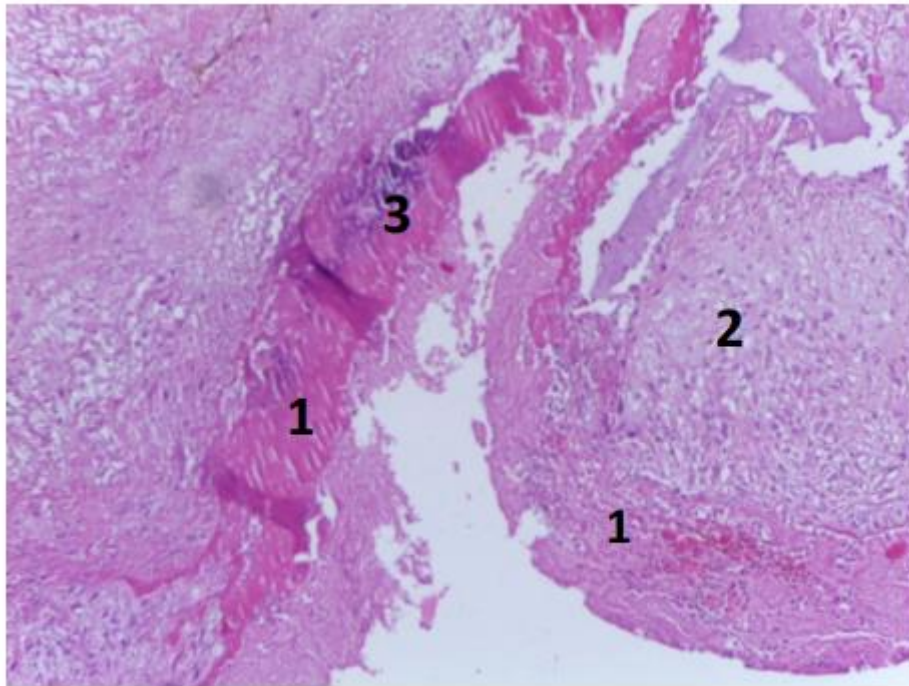


Figure 1. Infective endocarditis in a methalic valve tissue specimen. The inflammatory infiltrates are composed primarily of neutrophils and an organized fibrin network (hematoxylin-eosin-saffron stain; original magnification $\times 100$). 1. organized fibrin network; 2. Inflammatory infiltrates with neutrophils; 3. microbial colonies.

Specimens obtained from the late-onset group revealed the presence of a subendothelial inflammatory infiltrate, dense ordered connective tissue, and subendothelial denuded endothelium, as depicted in Figure 2.

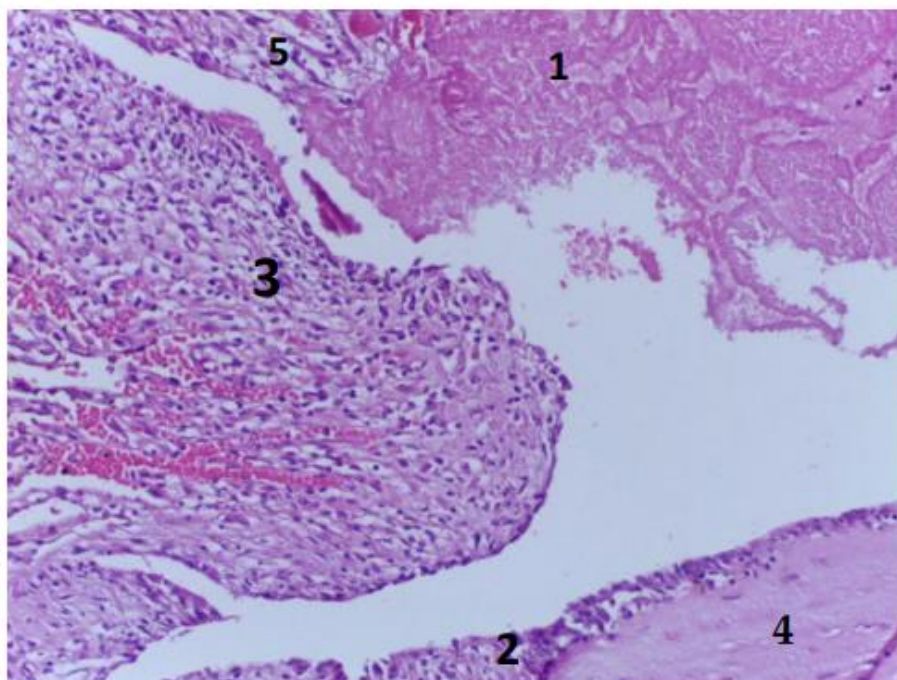


Figure 2. Infective endocarditis in a methalic valve tissue specimen - Hematoxylin-eosin-saffron stain; original magnification, $\times 100$. 1. Fibrine; 2. Endothelium; 3. subendothelial lympho-monocytic inflammatory infiltrate; 4. Dense subendothelial connective tissue; 5. denuded endothelium.

Moreover, the late-onset group showed extensive calcification and small thrombi adhering to the valve surface. In this group, the inflammatory infiltrates were primarily macrophages.

Vegetation constituted a significant portion of the valve tissue area (approximately 52.38% of the surface was covered by vegetation in the examined samples).

Fibrin deposits and PMNs were found in 75% of the valve specimens. Histological analysis revealed fibrin deposits, neovascularization, lymphocytes, foamy histiocytes, and fibrosis in the specimens. Acute inflammation (presence of PMNs) was detected in 67% of cases, while 59% had chronic inflammation (neovascularization, lymphocytes, and histiocytes). Both acute and chronic inflammation were present in 42% of the cases.

Vegetation constituted a considerable portion of the valve tissue area (approximately 52.38% of the surface was covered by vegetation in the examined samples). After conducting a comprehensive statistical analysis of the histological parameters, we compared the two groups in order to gain a clearer understanding and enhance the validity of our findings. The results are shown in Figure 3.

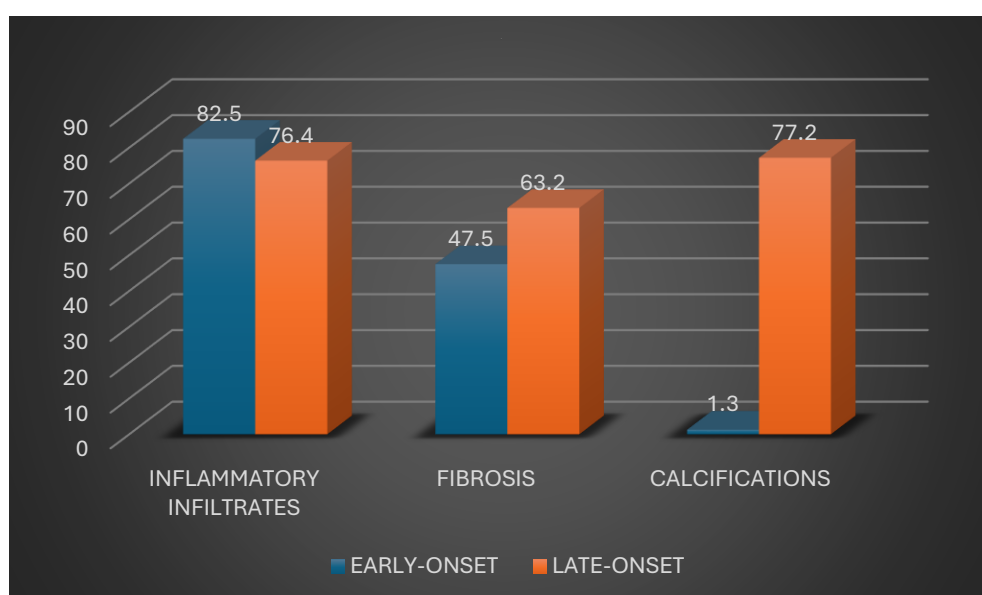


Figure 3. Statistical analysis of the histological findings.

Statistical analysis of inflammatory infiltrates revealed no significant differences between the early- and late-onset groups ($p=0.06$). However, significant differences were observed in the statistical analysis of calcifications ($p=0.003$).

3.2. Bacteriological Findings

The etiological agents found in the samples of mechanical heart valves collected during surgery were *Staphylococcus aureus* (7 cases), *Enterococcus faecalis* (4 cases), and *Streptococcus mitis* (2 cases). *S. aureus* was identified as the primary infectious agent with a higher prevalence observed in the early-onset group, followed by *E. faecalis*, which demonstrated a higher prevalence in the late-onset group.

The remaining samples examined in this study were sterile ($n = 14$). The distribution of etiological agents according to the disease onset is shown in Table 1.

Table 1. Distribution of bacteriological findings from tissue samples based on the disease onset.

ETIOLOGIC AGENT	No. (%)	EARLY-ONSET (%)	LATE-ONSET (%)
<i>Staphylococcus aureus</i>	7 (18.5)	4 (57.1)	3 (42.9)
<i>Enterococcus faecalis</i>	4 (14.8)	1 (25)	3 (75)
<i>Streptococcus mitis</i>	2 (7.4)	1 (50)	1 (50)

4. Discussions

IE of mechanical cardiac valves continues to be a major complication. The mortality rate remains high in situations that involves etiological agents such as *S. aureus*. [7,8]

According to the Duke criteria, a diagnosis of IE can be established through histological evidence of microorganisms or the presence of vegetation and active endocarditis, regardless of whether the affected valve is native or prosthetic. [8,9]

Managing patients with IE calls for a multidisciplinary strategy that engages physicians, cardiologists, cardiac surgeons, electrophysiologists, microbiologists, histopathologists, infectious disease specialists, radiologists, and echocardiographers owing to the heterogeneity of the condition. [10,11]

Despite advances in detection and treatment, disappointing results continue to emerge, as evidenced by inpatient mortality rates of 18% and a 6-month mortality rate of 30%. Poor outcomes are heavily influenced by variables such as *S. aureus* infection, age progression, persistent positive blood cultures despite appropriate antibiotic treatment, and the presence of significant concurrent health issues. [10–12]

It is crucial to promptly establish an accurate diagnosis and administer antimicrobial treatment to prevent complications and improve overall prognosis. In approximately 40-50% of cases, surgical intervention is necessary for infective endocarditis in order to avert progressive heart failure, mitigate irreversible structural damage caused by uncontrolled infection, and preclude embolism. [11,12]

The term "active infective endocarditis" has not yet been clearly defined, and the specific histological characteristics that distinguish IE have not been uniformly established. According to recent studies, there is a distinction between acute and chronic inflammation. Acute inflammation is identified by the presence of polymorphonuclear leukocytes, specifically neutrophils, in the cardiac valvular inflammatory infiltrates. In contrast, chronic inflammation is characterized by the presence of inflammatory infiltrates consisting of mononuclear cells such as macrophages and lymphocytes. [12,13] Macrophages and lymphocytes are frequently found in the inflammatory infiltrates of mechanical cardiac valves in cases of chronic inflammation. The use of statistical analysis in studies of the histology of IE in mechanical valves can help avoid subjective impressions that may lead to inaccurate reports. Statistical analysis can also aid in identifying patterns and trends in data collected from IE studies on mechanical valves, which can provide a more objective and accurate understanding of the disease. [12,13]

Histological examination is a reliable method for differentiating IE from other noninfectious inflammatory processes. To accomplish this, the current study included patients with mechanical valves that were removed because of suspected PVE. These specimens were used to establish precise histological criteria that delineated the features of PVE in individuals who underwent valve removal due to malfunction. The primary objective of this study was to evaluate the histological diagnosis of patients with PVE according to the disease onset. [12,13]

The histological diagnosis of IE in mechanical cardiac valves requires a different approach than that for native valves. In individuals with mechanical heart valves, the primary location of infection is at the interface between the prosthesis and the host, and it concentrates on the annulus, resulting

in abscesses in the annular region without causing any harm to the material or the presence of small or insignificant vegetations. [13]

A lack of vegetation may lead to underdiagnosis of IE in patients with mechanical valves. In our study, all the valve tissue samples showed evidence of vegetation. The presence of vegetation, extensive inflammatory infiltrates predominantly consisting of lymphocytes and neutrophils, and identification of microorganisms in valve tissue are well-known criteria for the histological diagnosis of IE. [12,13]

It is important to note that the last criterion may not always be applicable in the diagnosis of IE, as preoperative antibiotic treatment may eradicate infectious agents, rendering them undetectable through histological and biological methods. In our series, microorganisms were identified in valve tissues from only thirteen patients, six from the early onset group, and seven from the late-onset group. In the present study, we showed that vegetation represents an important proportion of the valve tissue area (an average of 52.38% in our study).

Mechanical cardiac valves typically exhibit avascular tissue similar to that of the native valves. [13]

The presence of an inflammatory infiltrate in the histological findings of the valve tissue leads to neovascularization, allowing leukocytes to infiltrate the valve tissue. Neovascularization serves as a crucial histological criterion for accurately diagnosing this particular pathology. In our study, we observed that degenerative processes, particularly fibrosis, were more commonly detected in the late onset group.

This study presents a histological examination of excised tissue from mechanical cardiac valves with the aim of gaining a deeper understanding of the features of PVE. The absence of microorganisms in valve tissues through histological analysis may indicate an inflammatory pattern that is crucial for formulating an accurate diagnosis. [12,13]

The objective of this study was to demonstrate that PVE exhibits inflammatory infiltrates primarily composed of polymorphonuclear leukocytes and extensive neovascularization. These two histological characteristics may aid in defining IE more accurately, based on the histopathological Duke criteria. [13,14] Features that characterize IE from a histological perspective have not yet been accurately standardized. This study aimed to analyze the methalic cardiac valves that were removed after PVE using positive hemoculture and transesophageal echocardiography.

In the early onset group, we included patients who presented with IE symptoms less than 12 months after surgery. The histological features that characterized this group were slightly different from those of the late-onset group, with extensive inflammatory infiltrates composed primarily of neutrophils in the first group and lymphocytes and macrophages in the second group. As noted in various studies, acute inflammation, which is defined by the presence of neutrophils in inflammatory infiltrates, is a highly indicative histological characteristic of infection, while chronic inflammation primarily consists of mononuclear cells, including macrophages and lymphocytes. Inflammatory infiltrates are frequently encountered in the histological features of metallic valves that are surgically removed from patients with PVE. [13,14] Valvular inflammatory infiltrates typically include neutrophils and macrophages]. Nevertheless, the qualitative estimation of various leukocyte subtypes through histological examination may result in inaccurate conclusions. A recent investigation on mechanical cardiac valves established that identifying the pattern of inflammation may be essential for diagnosing PVE. [15]

The diagnostic criteria for infectious endocarditis (IE) include the presence of vegetation and identification of the etiological agent in valve tissue samples. Vegetation can vary in size and cover only a small portion of the valve specimen. However, preoperative antibiotic treatment can destroy the incriminating agent, making it undetectable by histological methods. In our study, we observed 14 cases of prosthetic valve endocarditis (PVE) in which microorganisms could not be identified. It is possible that errors in the valve tissue sampling procedure contributed to these discrepancies. Nonetheless, the absence of visualization of vegetation and microorganisms does not preclude histological diagnosis of IE. Furthermore, adherent thrombi can develop on the surfaces of the mechanical cardiac valves.

Although infective endocarditis of mechanical cardiac valves may involve fibrin and inflammation, our observations show that the infectious process primarily develops in the vegetation. Adherent thrombi on the surface of mechanical heart valves may be a crucial initial event in the infection process, in which the etiological agent is encapsulated within fibrin and can survive and evade the host defense. In our study, we found that *S. aureus* was the most commonly identified infectious agent, with a higher prevalence in the early onset group. These results are consistent with those of previous studies. [14–16]

Based on histological analysis of mechanical cardiac valve tissues, the present study aimed to more accurately define the features of PVE. Specifically, the presence of vegetation and microorganisms in valve tissues in conjunction with an inflammatory infiltrate in a surgically removed mechanical heart valve can be sufficient for diagnosing PVE. The findings of this research may suggest the need for adjustment to the pathological criteria for diagnosing IE, enabling differentiation between IE and non-infective valve processes.

5. Conclusions

All the patients enrolled in this study exhibited indicators of inflammation, including both acute and chronic types, as determined by histological analysis.

To confirm the diagnosis of PVE, the surgical removal of all valves in these individuals should be subjected to histological examination, and the absence of such findings raises doubts regarding the accuracy of the diagnosis.

The literature and guidelines on the histological findings of infective endocarditis developed using mechanical prosthetics are based mainly on observational studies. Owing to clinical scenarios, IE teams are often brought to difficult decisions on the most appropriate strategy. The best clinical decisions are made by sharing the management approaches. Including the pathologist in the IE team is important to improve the clinical outcomes of this disease.

Limitations

The current study had certain limitations that should be acknowledged. First, it was limited to only one hospital, which may have influenced the results. A further study with a larger patient sample should be conducted for gaining a more comprehensive understanding of the histological characteristics of PVE.

Author Contributions: Conceptualization: C.-I.A. and S.D.; methodology F.S.; software: A.T.Ş. and C.-I.A.; validation: A.S.-C. and I. Ş. ; formal analysis: C.-I.A.; investigation: C.-I.A.; resources: I.Ş.; data curation: C.-I.A.; writing, original draft preparation: C.-I.A.; writing, review and editing: C.-I.A.; visualization: C.A.B.; supervision: C.-I.A.; project administration: C.-I.A. All authors have read and agreed to the published version of the manuscript.

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Informed Consent Statement: All patients who have been admitted and examined within our institution are invited to read and sign a document authorizing the department to anonymously analyze their data for medical research purposes, preserving the confidentiality of their identity.

Data Availability Statement: The data presented in this study are available upon request. The data are not publicly available because of the confidentiality of health data.

Conflicts of Interest: The authors declare no conflicts of interest.

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