

Human Prion Disease in Washington State, 2006–2015

Human Prion Disease

Prion diseases, also referred to as transmissible spongiform encephalopathies (TSE), are a rare group of progressive neurodegenerative disorders that can occur in humans and animals. Prion diseases can be sporadic, inherited, iatrogenic, or acquired.

Creutzfeldt-Jakob disease (CJD) is the most common human prion disease. It is a rare, fatal disease commonly characterized by rapidly progressing dementia, poor balance, visual changes and/or muscle jerks. Sporadic CJD (sCJD) has no known cause and accounts for about 85% of all CJD cases. Familial CJD (fCJD) results from an inherited mutation and accounts for 10–15% of cases. Other inherited prion diseases include Fatal Familial Insomnia (FFI) and Gertsman-Straussler-Scheinker syndrome (GSS). Very rarely, CJD is acquired. In 1996, a new variant CJD (vCJD) recognized in the United Kingdom was associated with eating cattle products from cows affected with bovine spongiform encephalopathy (“mad cow disease”).

To date, no cases of variant CJD are thought to have been acquired in Washington or the United States

Iatrogenic transmission of the CJD agent has been linked to the use of contaminated human growth hormone, dura mater and corneal grafts, or neurosurgical equipment. All of the equipment-related cases occurred before the routine implementation of sterilization procedures currently used in health care facilities. No equipment-related cases have been reported since 1976. In the United States, 29 iatrogenic CJD cases have been linked to the use of pituitary human growth hormone (hGH) in patients treated before 1977. The growth hormone now used for treatment poses no threat of infection with CJD.

The only currently available method of confirming the diagnosis of prion diseases is the pathologic examination of brain tissue (autopsy or biopsy). Clinical symptoms in conjunction with some not confirmatory diagnostic tests (14-3-3 protein in cerebrospinal fluid, MRI, and EEG) are used to make a *pre mortem* clinical diagnosis of probable CJD.

For sporadic, familial, iatrogenic, and variant CJD case definitions please see:

<http://www.cdc.gov/prions/cjd/diagnostic-criteria.html> and <http://www.cdc.gov/prions/vcjd/diagnostic-criteria.html>

Prion Disease in Washington State

Beginning in 2004, the Washington State Department of Health (DOH) has been collaborating with the Centers for Disease Control and Prevention (CDC) and the National Prion Disease Pathology Surveillance Center (NPDPS) for the purpose of identifying and confirming prion disease in the State. Healthcare providers in Washington are required to report suspected human prion disease to the local health jurisdiction for the patient’s county of residence.

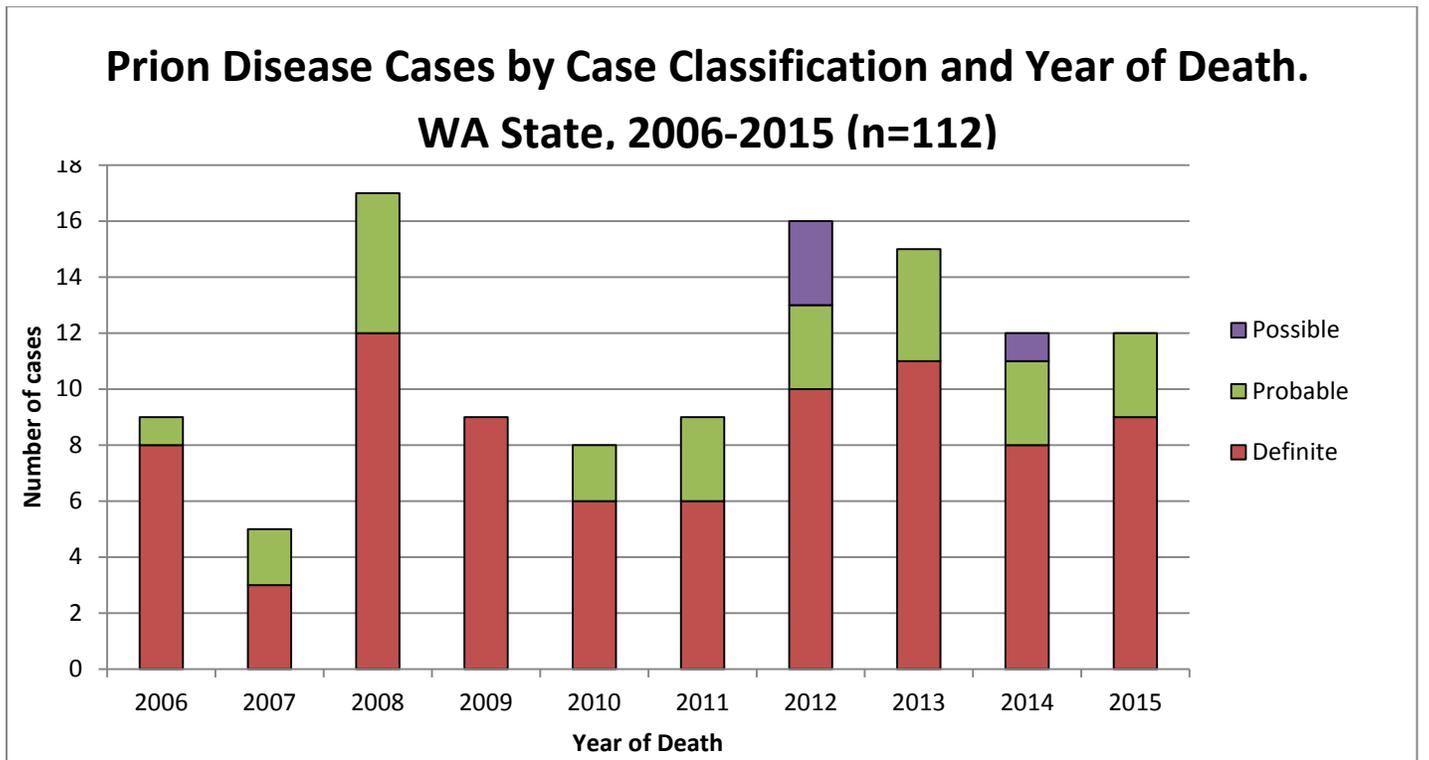
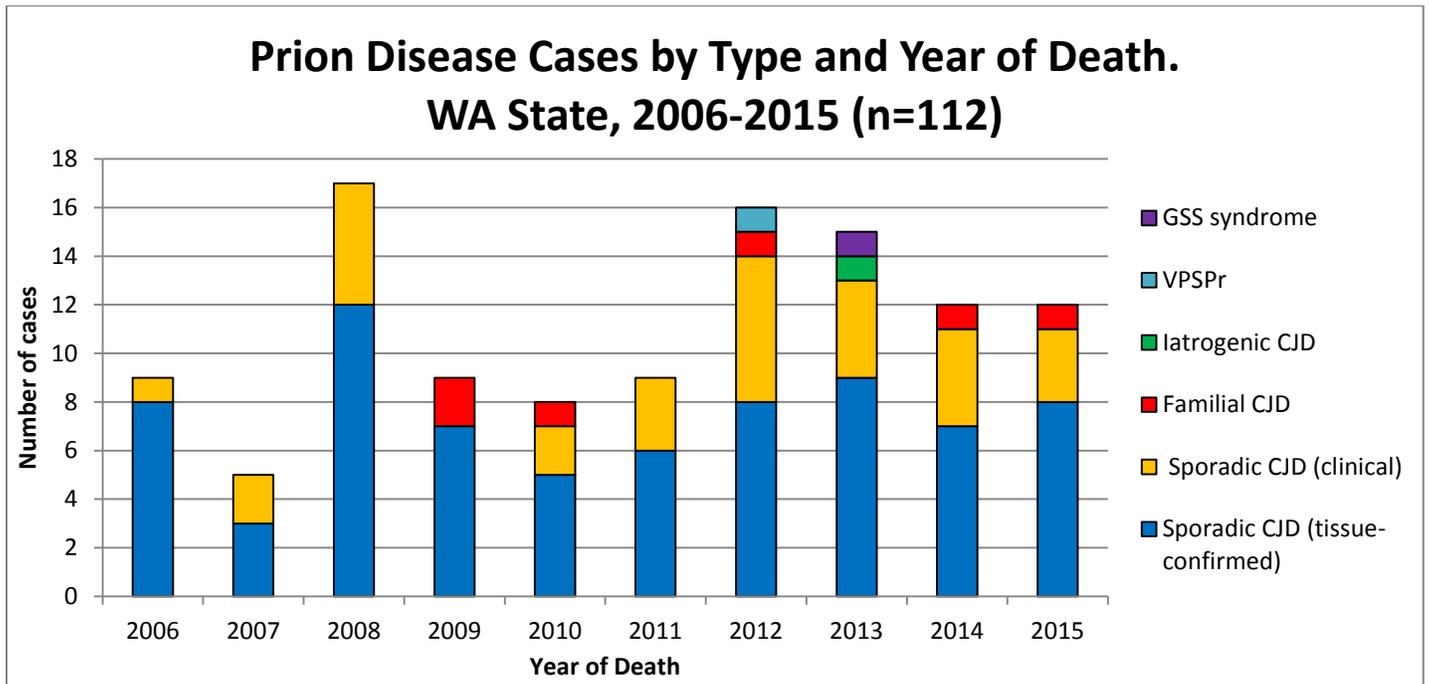
During 2006–2015, 112 cases of prion disease were detected in Washington (average 11 cases per year); 103 (91%) cases were sCJD and 7(6%) cases were inherited prion disease (6 fCJD cases and 1 GSS case). One case of the recently identified (2008) Variably Protease-Sensitive Prionopathy (VPSPr) was reported in 2012. One case of hGH-related iatrogenic CJD was reported in 2013. Of the sporadic prion disease cases (sCJD and VPSPr), 74 (71%) were tissue confirmed, and 30 (29%) were clinically diagnosed. All clinically diagnosed patients had a presentation consistent with sporadic CJD. Twelve patients were less than 55 years old at the time of death. Of these, 3 were confirmed sCJD, 3 were confirmed fCJD, 1 was confirmed iCJD, and 5 were diagnosed clinically.

Table 1. Characteristics of Prion Disease Cases, Washington State, 2006–2015 (n=112)

Characteristic	No. Cases (%)
Male	58 (52%)
Median age [range]	67 years [36–84 years old]
Median duration of illness [range]	4.5 months [1-70]
Average incidence	1.6 cases/million population
Autopsy and/or Biopsy performed	80 (71%)

The world-wide occurrence of prion diseases is approximately 1-2 cases per million population per year. The incidence of human prion disease in Washington State is consistent with reported rates worldwide.

The following graphs show the number of CJD cases by type and year of death, and by case classification and year of death in Washington State during 2006–2015.



Summary: The incidence of human prion disease in Washington State is consistent with reported rates worldwide. During 2006–2015, 71% of sporadic CJD cases, and 71% of all prion disease cases were confirmed by examination of brain tissue. No variant CJD was diagnosed.