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Title	Cytological findings in bronchoalveolar lavage fluid of foals with pneumonia caused by <i>Rhodococcus equi</i> and other bacteria
Article type	Research paper

Abstract

The distinction between lower respiratory tract infections caused by *Rhodococcus equi* and those caused by other pathogens is difficult. The aim of this retrospective study was to describe cytological findings in bronchoalveolar lavage fluid (BALF) of foals with pneumonia caused by *R. equi* or other bacteria. Nineteen foals aged from 3 weeks to 6 months with evidence of respiratory disease between 2015 and 2016 were selected from the database of the Veterinary Teaching Hospital "Mario Modenato" of the University of Pisa. Eight foals out of 19 (42.1%) had *R. equi* pneumonia while eleven out of 19 (57.9%) had another bacterial pneumonia. *R. equi* positive foals had statistically significant higher TNCC ($P=0.02$) and neutrophils percentage ($P=0.002$) than *R. equi* negative ones. Macrophages proportion ($P=0.01$) was lower in *R. equi* positive than in *R. equi* negative foals. BAL is a quite easy procedure that can be performed in the field with minimal equipment required. Here we reported significant differences in the cellular composition of BALF that can be used to differentiate foals with *R. equi* bronchopneumonia from those with other bacterial pneumonias, while waiting for culture results.

Keywords Bronchoalveolar lavage; *Rhodococcus equi*; bronchopneumonia; foal; cytology

Corresponding Author FRANCESCA BONELLI

Corresponding Author's Institution Department of Veterinary Sciences, University of Pisa

Order of Authors Valentina Vitale, Micaela Sgorbini, Vincenzo Cuteri, Silvia Prezioso, Anna Rita Attili, FRANCESCA BONELLI

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To the Editor in chief

Journal of Equine Veterinary Science

here is our paper titled “**Cytological findings in bronchoalveolar lavage fluid of foals with pneumonia caused by *Rhodococcus equi* and other bacteria**” authored by Vitale et al.

This study was approved by the Ethical Committee, University of Pisa. This study was supported by funds from the University of Pisa (100%).

The manuscript has not been published elsewhere. Authors’ contribution to the manuscript is equally distributed and no conflict of interest exists.

Yours sincerely,

Dr. Francesca Bonelli

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3 **Highlights**
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- 5 • Differentiating between *Rhodococcus equi* vs other bacterial pneumonia is difficult
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- 8 • Bronchoalveolar lavage fluid (BALF) culture for *R. equi* pneumonia is time-
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- 12 • Cytology of BALF can identify foals with *R. equi* from other bacterial pneumonias
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- 14 • BALF in foals with *R. equi* pneumonia can be used while waiting for culture result
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3 1 **Cytological findings in bronchoalveolar lavage fluid of foals with pneumonia caused by**
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5 2 ***Rhodococcus equi* and other bacteria**
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8 3 Valentina Vitale^a, Micaela Sgorbini^b, Vincenzo Cuteri^c, Silvia Prezioso^c, Anna Rita Attili^c,
9
10 4 Francesca Bonelli^b
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12
13 5 ^aFaculty of Science, Sydney School of Veterinary Science, The University of Sydney, 410
14
15 6 Werombi Road, Camden, NSW, Australia. v.vitale_vet@yahoo.es
16
17

18 7 ^bDepartment of Veterinary Medicine, via Livornese snc, San Piero a Grado (PI), Italy.
19
20 8 francesca.bonelli@unipi.it; micaela.sgorbini@unipi.it
21
22

23 9 ^cSchool of Biosciences and Veterinary Medicine, University of Camerino, via Giovani 7,
24
25 10 Matelica (MC), Italy.vincenzo.cuteri@unicam.it; silvia.prezioso@unicam.it;
26
27 11 annarita.attili@unicam.it
28
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30
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32
33 13 **Corresponding author:**
34

35 14 Bonelli Francesca
36

37 15 Department of Veterinary Medicine
38

39 16 via Livornese snc
40

41 17 56122 San Piero a Grado (PI), Italy
42

43 18 +390502210115
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45 19 francesca.bonelli@unipi.it
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22 **Abstract**

23 The distinction between lower respiratory tract infections caused by *Rhodococcus equi* and
24 those caused by other pathogens is difficult.

25 The aim of this retrospective study was to describe cytological findings in bronchoalveolar
26 lavage fluid (BALF) of foals with pneumonia caused by *R. equi* or other bacteria.

27 Nineteen foals aged from 3 weeks to 6 months with evidence of respiratory disease between
28 2015 and 2016 were selected from the database of the Veterinary Teaching Hospital “Mario
29 Modenato” of the University of Pisa.

30 Eight foals out of 19 (42.1%) had *R. equi* pneumonia while eleven out of 19 (57.9%) had
31 another bacterial pneumonia. *R. equi* positive foals had statistically significant higher TNCC
32 (P=0.02) and neutrophils percentage (P=0.002) than *R. equi* negative ones. Macrophages
33 proportion (P=0.01) was lower in *R. equi* positive than in *R. equi* negative foals.

34 BAL is a quite easy procedure that can be performed in the field with minimal equipment
35 required. Here we reported significant differences in the cellular composition of BALF that can
36 be used to differentiate foals with *R. equi* bronchopneumonia from those with other bacterial
37 pneumonias, while waiting for culture results.

38
39 **Keywords:** BAL, *Rhodococcus equi*, bronchopneumonia, foal, cytology

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115 41 **1. Introduction**
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118 42 Respiratory disease is a major cause of disease and death in foals and weanlings [1,2].
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120 43 *Rhodococcus equi* (*Rhodococcus hoagii/Prescotella equi*), a Gram-positive facultative
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122 44 intracellular microorganism [3], is one of the most important causes of pneumonia in foals
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124 45 between 1 and 6 months of age [1,4,5]. Clinically distinguishing *R. equi* pneumonia and that
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126 46 caused by other bacterial agents is problematic because of their similar presentation [1,2]. The
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129 47 early and accurate diagnosis of *R. equi* infection is important because foals are poorly
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131 48 responsive to the common antibiotics used to treat other types of bacterial pneumonia [2,6].
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133 49 Success in treating *R. equi* infection is greatly enhanced by the use of appropriate
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135 50 antimicrobials [4,7]. Recently, much effort has been directed toward identification of
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137 51 biomarkers that are useful in the differential diagnosis of infectious conditions in foals [8-11].
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140 52 Bronchoalveolar lavage (BAL) is frequently performed as part of a diagnostic workup for
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142 53 equine respiratory disease [12,13]. It is most commonly performed in mature horses for the
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144 54 diagnosis of non-infective inflammatory diseases, such as equine asthma and exercise-
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146 55 induced pulmonary hemorrhage [14,15]. However, BAL may be used also in foals with clinical
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149 56 pneumonia that is refractory to treatment [13,16].
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151 57 The aim of this retrospective study was to describe cytological findings in bronchoalveolar
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153 58 lavage fluid (BALF) of foals with pneumonia caused by *R. equi* or other bacteria, and to detect
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156 59 possible differences that could help clinicians in reaching an early diagnosis.
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162 61 **2. Material and methods**
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62 *2.1 Case inclusion*

63 Foals aged from 3 weeks to 6 months with evidence of respiratory disease between 2015 and
64 2016 were selected from the database of the Veterinary Teaching Hospital “Mario Modenato”
65 of the University of Pisa. Selection criteria included: evidence of pulmonary disease on
66 physical examination (abnormal thoracic auscultation) and thoracic ultrasonography; BAL
67 performed at their respective breeding farm, no requirement for hospitalization due to the
68 respiratory disease; results of cytology, bacterial culture and polymerase chain reaction (PCR)
69 of the BALF sampled. Thoracic auscultation was considered abnormal when crackles,
70 wheezes, rubs or abnormally increased broncho-vesicular sounds were reported [17].
71 Thoracic ultrasonography was considered abnormal when ring-down artifact, consolidation
72 areas or abscessation were present [17]. Other data collected were: signalment, duration of
73 clinical signs prior to the BAL, previous treatment administered at the breeding farm and
74 outcome. Thoracic radiography was not available.

75 *2.2 BAL procedure*

76 The procedure of BAL was standardized and performed with a modified protocol: a 240 cm
77 length and 10x2.5 mm diameter silicone cuffed tube (large animal broncho-alveolar lavage
78 catheter, Mila International, USA) was used [18,19]. Foals were not sedated but only manually
79 restrained, according with the owner’s wishes. The nostrils were cleaned to reduce
80 contamination prior to pass the cuffed tube via the ventral nasal meatus into the lower airways
81 without touching the external nostrils until it could not be further advanced.
82 To avoid coughing during the passage of the tube through the larynx, trachea and carina, 60
83 ml of diluted 0.4% lidocaine without epinephrine in 30 ml aliquots was infused. Once the tube

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227 84 was wedged in a bronchus, the distal cuff was inflated with 5 ml of air [18] to form a seal with
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229 85 the bronchus and 180 ml pre-warmed sterile saline were infused in 60 ml aliquots and
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231 86 immediately aspirated. The volume of fluid retrieved was not recorded. Successively the cuff
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233 87 was deflated and the tube removed. During the whole procedure sterile gloves were used for
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235 the manipulation of the tube and the samples to reduce contamination. Samples were
236 88 collected in EDTA tubes for cytology and PCR analysis, and in sterile tubes with no
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238 89 anticoagulant for microbiology. Samples were stored at 4°C and processed within 2h for
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240 90 cytology. Samples for bacteriology and PCR were stored at 4°C and processed within 24h
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247 93 *2.3 BALF processing*

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250 94 Total nucleated cell count (TNCC) of the BALF was performed on EDTA samples with
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252 95 automated cell counter machine (Idexx, USA), while differential TNCC counts were performed
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254 96 manually by counting 400 cells/smear at 100X after cytocentrifugation of EDTA sample, air
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256 97 drying and Romanowski staining using an automatic colorimeter machine (Aerospray 7152,
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258 98 Delcon, Italy).
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261 99 BALF samples collected in sterile tubes were cultured on Tryptic Soy Agar containing 5%
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263 100 sheep blood, with and without *Streptococcus* supplement, Mannitol Salt Agar, Mac Conkey
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265 101 Agar, Cefrimide Pseudomonas Agar and Hektoen Agar. Plates were incubated aerobically at
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267 102 37°C for 72 hours. Within 48 hours, bacterial mucoid, light, large colonies suggestive of *R. equi*
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269 103 were sub-cultured and phenotypically identified using standard procedures that included
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271 104 colony morphology, pink color under natural or artificial light, Gram staining, CAMP testing,
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273 105 urease and catalase positive rods [21].
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283 106 DNA was obtained from bacterial colonies by the QIAamp DNA Mini Kit (Qiagen, Germany). *R.*
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285 107 *equi* suspected colonies were tested by PCR as previously described [22]. Beta-haemolytic
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288 108 streptococci were identified by multiplex PCR as previously described [23]. Samples were
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290 109 classified as monoinfection whether only single bacteria (i.e. *R. equi*) have been cultured (pure
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292 110 growth), while samples were classified as mixed infection whether more than one bacterium
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294 111 type (i.e. *R. equi plus Pseudomonas* spp.) were cultured. Foals were considered *R. equi*
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296 112 positive and *R. equi* negative for purposes of comparison.
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299 113 **2.4 Statistical analysis**

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302 114 Data were compared for normality using the method of Kolmogorov-Smirnov. Since not all the
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304 115 data were normally distributed, data were expressed as median±standard error with minimum
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306 116 and maximum value. Statistical analysis was carried out using a Mann-Whitney comparison
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308 117 test. P <0.05 was considered significant. A commercial statistical software package was used
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310 118 (Graph Pad Prism 6, USA).
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313 119 **3. Results**

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316 120 Within the database, 19 foals met the inclusion criteria, 11 colts and 8 fillies, all standardbreds,
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318 121 with a median age of 2.5 months (1-4.5 months). The subjects included came from the same
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320 122 breeding farm located in Tuscany district (Italy). All of them presented unspecific respiratory
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322 123 signs since 4 days and received a treatment with ampicillin (20 mg/kg, every 8 hours, IM) and
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325 124 gentamicin (6.6 mg/kg, every 24 hours, IM), to which they responded poorly, according to the
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327 125 owner. In all of them BAL was performed on the 5th day of clinical signs.
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339 126 Eight foals out of 19 (42.1%) had *R. equi* pneumonia and in all of them the culture was
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341 127 characterized by a pure growth of *R. equi*. Of the remaining 11/19 (57.9%) foals, 6/19 (31.6%)
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344 128 of them had a mixed bacterial infection and 5/19 (26.3%) a pure growth of either
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346 129 *Staphylococcus* spp. (3/5) or *Streptococcus equi subsp. zooepidemicus* (2/5). Other bacteria
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348 130 cultured included: *Proteus* spp., *Corynebacterium* spp., *Pseudomonas* spp., *E. coli*, *Serratia*
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350 131 *marcescens* and alpha-hemolytic *Streptococcus* spp.

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353 132 Based on microbiology and PCR results, foals were divided in *R. equi* negative (n=8) and *R.*
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355 133 *equi* positive (n=11) foals. The median age of *R. equi* negative foals was 2.5 months, while the
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357 134 median age of *R. equi* positive ones was 2.7 months. No statistically significant difference was
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359 135 found relating to age.

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362 136 Results of the cytological evaluation of BALF within the two groups are presented in table 1. *R.*
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364 137 *equi* positive foals had statistically significant higher TNCC (P=0.02) and neutrophils
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366 138 percentage (P=0.002) than *R. equi* negative ones. Macrophages proportion (P=0.01) was
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369 139 lower in *R. equi* positive than in *R. equi* negative foals, while no differences were recorded for
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371 140 the percentage of eosinophils and lymphocytes. In both groups mast cells were not recorded.

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374 141 Foals were treated according to the results of culture and antimicrobial sensitivity and all of
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376 142 them recovered without the need of further diagnostic tests. Antibiotics used for *R. equi*
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378 143 positive foals included different association of erythromycin (25 mg/kg, every 8 hours, PO),
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380 144 azithromycin (10 mg/kg, every 24 hours, PO for 7 days, then 10 mg/kg every other days),
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382 145 clarithromycin (7.5 mg/kg, every 12 hours, PO) and rifampin (5 mg/kg, every 12 hours, PO).
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384 146 Antimicrobials used for *R. equi* negative foals included: ceftiofur (10 mg/kg, every 12 hours,
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386 147 IM) alone or associated with amikacin (25 mg/kg every 24 hours, IM).
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4. Discussion

The purpose of this study was to describe cytological findings in BALF of foals with *Rhodococcus equi* or other bacterial causes of pneumonia, and to identify characteristics that could be used by clinicians to differentiate pneumonic foals with *R. equi* from those infected with other bacteria in order to facilitate appropriate early antimicrobial therapy while awaiting results of culture. The use of macrolides and rifampin without the definitive diagnosis of *R. equi* is contraindicated for several reasons: they may be not effective against other bacteria [1,2]; they are not free of adverse effects, such as diarrhea, fatal colitis in the mares of foals treated and severe hyperthermia due to drug-induced anhidrosis [4]; they are considered critically important antimicrobials for human medicine [24]; there is increasing development of antimicrobial resistance [4,24].

As stated elsewhere, the distinction between lower respiratory tract infections caused by *R. equi* and those caused by other pathogens is difficult [1]. Detection of abscesses by thoracic ultrasonography or radiography may raise the degree of suspicion that pneumonia might be caused by *R. equi* rather than by another microorganism [1,25]. However, bacteriologic culture or amplification of the Vap A gene by PCR from a tracheobronchial aspirate (TBA) are the only acceptable ways of establishing a diagnosis of *R. equi* pneumonia [1,26]. Nevertheless, TBA is frequently eschewed by many practicing veterinarians at breeding farms because of the invasiveness of the technique, lack of consent by the owner, risks and costs related to the procedure [1,26]. Furthermore, bacterial culture can take up to 7 h before an accurate identification can be made. While waiting microbiological results, clinicians often have to

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451 170 choose to either commence specific antimicrobial therapy targeting *R. equi*, or to use broad-
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453 171 spectrum antimicrobials affective against other bacteria [2,4]. Whenever possible, positive
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456 172 culture should be supported by cytological evidence of septic inflammation and pleomorphic,
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458 173 Gram-positive rods found intracellularly in TBA fluid. The supportive cytological results have
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460 174 the purpose of reducing the likelihood of false-positive results that can occur because of the
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462 175 ubiquity of *R. equi* in the environment of foals [26].

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465 176 Compared with TBA, BAL is less invasive; frequently more accepted by the owners and can be
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467 177 performed also without the guidance of an endoscope with a blinded technique [12,13].

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469 178 Furthermore, the analysis of cellular composition of BALF may be immediate and does not
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471 179 necessitate a specific laboratory [12]. Bacteriological culture of BALF does not reliably reflect
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473 180 the microflora of the lower respiratory tract because of the possible contamination during the
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475 181 passage through the upper airways [27]. However, it has been suggested that BAL may be a
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478 182 diagnostic tool useful also in foals with clinical pneumonia that is refractory to treatment [13].
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480 183 Furthermore, contamination of the lower respiratory tract by materials from the upper airways
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482 184 is often reflected by the recovery of large number of anaerobic bacteria and mixed growth [27]
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484 185 that we did not identify in our samples.

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487 186 The *R. equi* negative foals were slightly older than *R. equi* positive ones, as already reported
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489 187 [2]. In the current study, in all the *R. equi* positive cases, *R. equi* was present as a pure growth
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491 188 that is in agreement with the study of Giguère et al. [28], but in contrast with what reported by
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493 189 Leclere et al. [2]. All the foals included in the present study came from the same stud farm,
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495 190 thus they all shared the same environment. A less variability of pathogens involved it might be
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507 191 possible in the present study, compared to the population of Leclere and colleagues [2] that
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509 192 might have been came from different environments.
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512 193 Age-related changes in the cellular composition of BALF in foals from 1 week to 1 year of age
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514 194 have been reported by Hostetter and colleagues [13]. If we compare the values reported in
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516 195 healthy foals with those found in our population, *R. equi* positive foals showed extremely high
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518 196 TNCC and neutrophils percentage, while foals with other types of pneumonia had more
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520 197 moderate increases. Considering the age-related changes in cellular composition of BALF, *R.*
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522 198 *equi* negative foals presented a normal proportion of macrophages, in contrast this values
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524 199 found in *R. equi* positive foals. The higher TNCC and neutrophils percentage in foals with *R.*
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526 200 *equi* pneumonia could be related with a more chronic or severe disease compared with other
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528 201 bacterial infections. Indeed, bronchopneumonia caused by *R. equi* has been characterized by
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530 202 an insidious course, as pulmonary lesions may be quite extensive before the onset of clinical
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532 203 signs [25,26].
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536 204 This study has some limitations related to its retrospective nature. Firstly, the number of
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538 205 patients is quite limited and further studies are needed to confirm our findings. Also,
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540 206 contamination of samples during the passage of the tube through the upper airways cannot be
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542 207 excluded, nevertheless all the foals responded favorably to the treatment based on the culture
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544 208 results. Finally, it is possible that some of the foals could have recovered spontaneously but,
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546 209 regardless of the treatment and outcome, we were interested in the description of the
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548 210 cytological findings according to the diagnosis.
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555 212 **5. Conclusions**
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563 213 BAL is a quite easy procedure that can be performed in the field with minimal equipment
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565 214 required [12]. Here we reported significant differences in the cellular composition of BALF that
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568 215 can be used to differentiate foals with *R. equi* bronchopneumonia from those with other
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570 216 bacterial pneumonias, while waiting for culture results. It could be interesting to know if also
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572 217 the TBA cytology reflects the same differences in these two populations of foals.

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224 **Authorship Declaration**

225 VV, MS, BF - conception and design of the study, acquisition, analysis and interpretation of
226 data; VC, SP, ARA – analysis and interpretation of data VV - drafted the article; MS and BF
227 revised the manuscript critically for important intellectual content. All the authors approved the
228 final version to be submitted.

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309 **Table 1**

310 Results of total nucleated cell count (TNCC) and differential cell count of bronchoalveolar
 311 lavage fluid (BALF) in *R. equi* positive and *R. equi* negative foals. Data are presented as
 312 median±standard error, minimum and maximum values.

Variable	<i>R. equi</i> positive	<i>R. equi</i> negative	P value
TNCC (cells/μL)	1300±322*	500±25*	0.0291
	500-2800	400-650	
Macrophages (%)	52±4*	67±3*	0.0140
	20-58	40-80	
Lymphocytes (%)	5±0	17±2	0.0554
	3-7	4-30	
Neutrophils (%)	40±4*	21±3*	0.0020
	39-75	1-40	
Eosinophils (%)	0±0	0±0	0.8571
	0-1	0-5	

313 * Indicates statistically significant differences between groups. P values are reported on the
 314 right column.

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Declarations of interest: none.

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Ethical Statement

All the procedures were carried out in order to diagnose a pathological problem in sick animals; thus an owner's written consent was obtained before carrying out all the clinical procedures described.

Due to the retrospective nature of the study, an owner written consent has been obtained in order to use clinical data of foals for research purpose.