

1 **Assessment of prevalence and load of torquetenovirus viremia in a large cohort**  
2 **of healthy blood donors**

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21

22 **Abstract**

23 **Objectives:** Torquetenovirus (TTV) is an emerging marker of functional immune competence with  
24 the potential to predict transplant-related adverse events. A large-scale epidemiological study was  
25 performed to understand how basal values vary in healthy subjects according to age and gender.

26 **Methods:** We tested plasma from 1017 healthy blood donors aged 18-69 years. The presence and  
27 load of TTV were determined by a real-time PCR assay. A sub-cohort of 384 donors was tested for  
28 anti-cytomegalovirus IgG antibodies, and 100 subjects were also tested for TTV viremia on a paired  
29 whole blood sample.

30 **Results:** The overall prevalence of TTV was 65% (657/1017) with a mean ( $\pm$  standard deviation,  
31 SD) growth of  $5 \pm 4\%$  every 10 years of age increase, but stably higher in males (465/690, 67%)  
32 than in females (192/327, 59%). Mean ( $\pm$  SD) TTV load was  $2.3 \pm 0.7$  Log copies/ml with no sex  
33 difference. TTV viremia showed modest increases along 10-years age intervals (mean  $\pm$  SD:  $0.3 \pm$   
34  $0.1$ ). TTV viremia in donors sampled two years later remained stable (mean  $\pm$  SD:  $2.3 \pm 0.8$  versus  
35  $2.2 \pm 0.7$  Log copies between samples). Twenty-six percent (9/34) of blood donors with TTV-  
36 negative plasma scored positive when whole blood was tested, and the donors with positive plasma  
37 showed a mean ( $\pm$  SD)  $1.4 \pm 0.5$  Log increase in copy numbers when whole blood was tested.

38 **Conclusions:** This study establishes the mean value of TTV viremia in plasma in healthy blood  
39 subjects and suggests that ageing causes only minimal increases in TTV viremia.

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41 **Keywords:** TTV, torquetenovirus, anelloviridae, viremia, prevalence, healthy controls, blood  
42 donors.

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## 46 **Introduction**

47 Torquetenovirus (TTV), first identified in 1997 [1], is the prototype of the Anelloviridae family [2,  
48 3]. TTV exhibits a number of remarkable properties, including a high prevalence in the general  
49 population and an ability to induce chronic infections with no clearly associated clinical  
50 manifestations [3]. Increasing evidence has been recently reported regarding the successful  
51 interplay of TTV with its host, and the control of TTV replication exerted by the immune system [4,  
52 5]. Accordingly, plasma TTV loads tend to be higher in patients with immune system dysfunction  
53 compared to healthy controls [4] and these loads undergo moderate and transient changes following  
54 perturbations in immunity due to, e.g., immunosuppressive therapy, transplantation, and  
55 chemotherapy [6-13]. A precise understanding of how and how much immunity modulates TTV  
56 replication is of utmost importance, for using PCR monitoring of TTV viremia as a way to assess  
57 global immune function [14, 15]. TTV PCR already has been successfully used in retrospective and  
58 prospective studies, and standardization is ongoing [16]. Detailing prevalence in healthy blood  
59 donors could prove useful both for basic virology (e.g. suggesting transmission routes) and clinical  
60 applications (e.g. understanding how universally TTV could be used as a biomarker). Defining  
61 stability over time, as long as a healthy state is preserved, could help to increase confidence in TTV  
62 viremia as an immune status marker not affected by other variables.

## 63 **Materials and methods**

### 64 *Study population and specimens*

65 We collected plasma from 1017 healthy blood donors, normally distributed by age, and whose  
66 biological samples were discarded after routine molecular screening for blood donation. As shown  
67 in Table 1, the mean age of the population was 44 years (median: 46 years, range: 18-69 years) and  
68 the male: female ratio was 2.1:1, as expected by average Italian blood donor population. Plasma  
69 was used for both TTV detection and quantification, and, on a statistically representative sub-cohort  
70 of 384 subjects (median: 47 years, range: 18-67 years; male: female ratio: 2.2:1), also for anti-

71 cytomegalovirus (CMV) IgG titration. A sub-cohort of 100 individuals was selected using  
72 computer-aided randomization (median: 46 years, range: 18-63 years; male: female ratio: 2.1:1),  
73 paired plasma and whole blood aliquots were collected from the same tube before and after  
74 centrifugation, respectively. Finally, for 46 donors a follow-up sample (same origin and type)  
75 collected within 2 years was available for retesting. The study was run after ethical approval  
76 (protocol number 63409).

#### 77 *TTV DNA detection and quantification*

78 Viral DNA was extracted from 200 µl plasma and whole blood samples using QIAamp DNA  
79 minikit® (Qiagen, Chatsworth, CA, USA), as specified by the manufacturer. The presence and load  
80 of TTV genome were determined by using the recently commercialised TTV R-GENE® kit  
81 (bioMérieux, Marcy-l'Etoile, France). This assay is able to detect and/or quantify TTV DNA in  
82 plasma and whole blood samples by using the 5' nuclease TaqMan technology, it is commercialized  
83 in the format of the ready-to-use amplification mixture, and allows the amplification of a 128-base  
84 pairs fragment of the untranslated region of the TTV genome. An extraction and inhibition internal  
85 control, as well as a range of 4 quantification standards, is included in the TTV R-GENE® kit.  
86 Real-time PCR amplification was performed using a 7500 Fast instrument (Applied Biosystems).  
87 The method boasts high sensitivity, measuring as low as 1.1 Log TTV DNA copies/ml of plasma or  
88 whole blood, and specificity since it does not detect the other human anelloviruses, such as  
89 torquetenominivirus and torquetenomivirus. The procedures used to quantitate the copy numbers  
90 and assess specificity, sensitivity, intra- and inter-assay precision, and reproducibility have been  
91 previously described [17]. Importantly, when aliquots from independent DNA extractions of a  
92 reference serum were processed separately, the overall variations were less than 0.5 Log.

#### 93 *CMV IgG titration*

94 The quantitative determination of IgG antibodies to CMV was performed on available residual  
95 plasma samples for a total of 384 subjects (stratified according to TTV viremia). The test was

96 performed on the fully automated random-access Liaison XL platform with LIAISON® CMV IgG  
97 II (Saluggia, VC, Italy). The results were interpreted according to the manufacturer's instructions  
98 and expressed as UI/ml.

### 99 *Statistical analysis*

100 SPSS software version 23 (IBM, Chicago, IL, USA) and MedCalc statistical software version  
101 18.2.1 (Ostend, Belgium) were used for statistical analysis. Transformed TTV load in Log format  
102 was used for analysis. The Chi-square test, the Chi-square test for trends, and Fisher's exact test  
103 were applied to evaluate the heterogeneity of contingency tables. Differences between distributions  
104 were calculated by using non-parametric the Mann-Whitney U test. The association among  
105 variables was evaluated by a nonparametric the ANOVA using the Kruskal-Wallis test. Correlations  
106 between variables were assessed using Spearman rho correlation coefficient and Student's *t*-test.  
107 Regression analyses were conducted to evaluate the association between the dependent variable  
108 TTV viremia and 3 independent variables (age, sex and CMV serostatus). All *p* values presented are  
109 based on two-tailed tests, and  $p < 0.05$  was considered statistically significant.

## 110 **Results**

### 111 *TTV prevalence and loads in plasma samples*

112 The presence of TTV DNA was investigated in plasma samples from 1017 blood donors. The  
113 overall prevalence was 65% (657/1017), as 360 samples were below the detection limit of the real-  
114 time PCR assay and 657 yielded a positive detection signal. Statistically significant differences  
115 were noted when the subjects were grouped by age and sex. TTV prevalence was highly related to  
116 age as shown in Figure 1 ( $p < 0.001$ ; Chi-square test for trends). TTV prevalence was of 45%  
117 (23/51) in the youngest 5-years group (aged from 18 to 22 years) and 75% (52/69) in the over 60  
118 aged group with an overall increase in virus prevalence of 30% in the 50 years span within the study  
119 cohort. Table 1 shows that total TTV prevalence was also significantly higher in males versus

120 females (465/690, 67% and 192/327, 59%, respectively;  $p = 0.0068$ , Chi-square test), and this  
121 difference tended to persist also when subjects were grouped by 10-years age intervals (Figure 1).  
122 TTV viremia was precisely quantified in the plasma samples of 657 subjects. Total mean ( $\pm$   
123 standard deviation, SD) was  $2.3 \pm 0.7$  Log TTV DNA copies/ml (median: 2.3 Log; range: 1.1 – 4.9  
124 Log copies/ml), with no sex difference (Table 1). Supplementary Figure S1 shows the distribution  
125 of TTV loads in the infected individuals. TTV viremia was below 3.0 Log copies/ml in 81%  
126 (533/657) of TTV positive samples, and levels higher than 4.0 Log were seen only in 1.7% (11/657)  
127 of subjects. In order to investigate whether the range of TTV loads detected in the different age  
128 groups was comparable, the Kruskal-Wallis analysis of variance was used. As shown in  
129 Supplementary Figure S2, although the increase was relatively modest (mean  $\pm$  SD:  $0.3 \pm 0.1$ ),  
130 there was a significant difference among distributions of TTV load ( $p = 0.006$ ). Spearman's rho  
131 correlation showed also a positive correlation between age and TTV viremia ( $r = 0.142$ ,  $p < 0.001$ ;  
132 data not shown).

133 In a randomly selected sub-cohort of 384 healthy donors (63% of which were TTV-positive with a  
134 mean  $\pm$  SD load of  $2.3 \pm 0.7$  Log copies/ml), anti-CMV IgG prevalence was 71% (272/384). TTV  
135 presence and load did not differ between CMV IgG positive versus negative patients (data not  
136 shown). Again, TTV load did not correlate with anti-CMV IgG level ( $r = 0.089$ ,  $p = 0.162$ ), while  
137 anti-CMV IgG level significantly correlated with the subjects age ( $r = 0.299$ ,  $p < 0.0001$ ;  
138 Spearman's rho).

139 Of interest, when a linear regression analysis model was applied using TTV viremia as the  
140 dependent variable and age, sex, and anti-CMV IgG serostatus as predictors, a predominant effect  
141 of age on TTV levels was revealed (Table 2).

#### 142 *TTV loads in longitudinal plasma samples*

143 Supplementary Figure S3 shows the sequential kinetics of plasma TTV levels of the 46 healthy  
144 donors for whom a follow-up sample was available two years later. TTV viremia remained

145 essentially stable in the two samples (mean  $\pm$  SD:  $2.3 \pm 0.8$  versus  $2.2 \pm 0.7$  TTV DNA Log copies  
146 between samples, respectively). Fifteen samples, which were TTV negative at the first test,  
147 remained all with viremia levels under the detection limit at the follow-up sampling point. It is  
148 noteworthy that most plasma samples (27/31, 87%) showed a non-significant, e.g.  $< 0.5$  Log,  
149 variation of viremia (mean  $\pm$  SD:  $0.3 \pm 0.2$  Log) and the 2 samples that differed most, the change  
150 was 0.7 Log between the two sampling points.

#### 151 *TTV loads in simultaneous plasma and whole blood samples*

152 In 100 subjects, we also determined the loads of TTV DNA found in simultaneous whole blood  
153 samples. Seventy-five samples tested TTV positive at copy numbers with a mean  $\pm$  SD of  $3.6 \pm 1.0$   
154 Log copies/ml of whole blood (median: 3.8 Log; range: 1.2 – 6.0 Log copies/ml). Viral loads in  
155 plasma and whole blood were highly correlated in individual subjects ( $r = 0.937$ ;  $p < 0.0001$ )  
156 (Figure 2). It should be noted that 9 whole blood samples tested TTV positive (in one case at 3.1  
157 Log copies/ml; total mean  $\pm$  SD:  $2.0 \pm 0.7$  Log) in spite of the fact that the corresponding plasma  
158 samples were below the detection threshold (Table 3). The 66 donors with TTV-positive plasma  
159 showed a mean of 1.4 Log increase (range: 1.1-2.8 Log) in copy numbers when whole blood was  
160 tested ( $p < 0.0001$ , Mann-Whitney test).

#### 161 **Discussion**

162 Our study confirms a linear increase in TTV prevalence with ageing and establishes the mean value  
163 of TTV viremia in healthy subjects ( $2.3 \pm 0.7$  Log copies/ml). Our results suggest that healthy  
164 ageing causes only minimal increases in TTV viremia and proof stability of TTV viremia under  
165 healthy conditions in the short-term. The findings also elect whole blood as a more sensitive sample  
166 for TTV detection.

167 This study is the largest in the field (n.= 1017) and shows an overall prevalence of 65%. Spandole-  
168 Dinu et al. [18] conducted the former largest study on healthy Romanian controls (n.=701) using a  
169 5'UTR hemi-nested PCR and reported a 58.4% prevalence. A much higher 76% prevalence was

170 found in a study using TaqMan real-time PCR on 313 Austrian subjects undergoing routine  
171 screening [19]. Prevalence linearly correlates with the mean cohort age (38 years and 58% in the  
172 Romanian study, 44 years and 65% in our study, 53 years and 76% in the Austrian study). The  
173 lower limit of detection of the methods used in those studies was similar to the one used in the  
174 current study, excluding it as cause for differences.

175 Our study confirms previous findings that whole blood TTV PCR results in higher TTV loads than  
176 when using plasma, which has implications for epidemiological studies. Takahashi et al. [20]  
177 reported that the TTV load was 6.9 fold higher in the whole blood than in the plasma samples. The  
178 authors attributed the difference to the high viral loads found in blood cells, specifically in  
179 granulocytes. Only one additional small study (n= 25) compared TTV loads in different samples  
180 (plasma vs. exosomes [21]).

181 Former studies on TTV prevalence in large (n. > 300) healthy donor cohorts worldwide are very  
182 limited [18, 19, 22, 23]. The current study represents the largest investigation in healthy blood  
183 donors to date. Blood donors are not representative of the general population: in other words, a  
184 selection bias implies that frail people (e.g. with mild anaemia, underweight, drug addicted, etc.) are  
185 excluded from blood donation, resulting in a cohort healthier than the general population. This  
186 study excludes healthy subjects aged less than 18 years and more than 70 years because of current  
187 laws regulating blood donation in Italy: similar age limits apply to blood donors worldwide, so it is  
188 not easy to procure a cohort healthier than the general population in both age extremes.  
189 Nevertheless, dynamics of TTV prevalence during the first years of life has been investigated in at  
190 least three small-scale clinical studies [24-26], and our results in the adult cohort fit the previously  
191 known prevalence growth curve.

192 It cannot be excluded that the study population includes a probably low rate of individuals infected  
193 with TTV strains non-detectable by the PCR assay used. TTV exhibits an extremely high level of  
194 genetic heterogeneity and to validate the PCR assays used for demonstrating TTV DNA for their



195 ability to detect *in vivo* the entire spectrum of TTV variants is much complicated. Finally, due to  
196 specimens' limitation, we tested sequential plasma samples only from a limited number of healthy  
197 donors (n. 46).

198 This study shows that the overall prevalence in males is higher than in females and also tends to be  
199 present at any age group, which suggests that sexual transmission may be another route how TTV is  
200 transmitted. Nevertheless, further studies are required to confirm this hypothesis. The mean load in  
201 males versus females is not different, excluding the impact of sex hormones on replication  
202 competence or other steps of the viral life cycle. A former study in Qatar found no difference in  
203 prevalence between genders but the sample population was not powered to show differences (488  
204 males versus 12 females) [22]. Another study in Russian athletes using a different qPCR [23] found  
205 a much higher prevalence (94%) than the one found in our study: in that unusual setting it was  
206 reasonable that the authors could not find a difference in prevalence between the 205 males and the  
207 232 females.

208 Former studies have proven different TTV viremia in CMV-positive versus CMV-negative subjects.  
209 Haloschan et al. [19] reported that subjects undergoing routine virological screening had lower TTV  
210 viremia in women than in men in the age range 20-30 (but not in the 50-93 age range), and higher  
211 TTV load in CMV IgG-seropositive than seronegative persons in the age range 20-60 (but not in  
212 50-93). The authors suggested that the host's immune control of TTV replication decreases with age  
213 and is gender-specific. In accordance with other former studies on cohorts healthier than the general  
214 population [23], we were not able to replicate those findings in our cohort.

215 Importantly, the high prevalence in serum, and the even higher prevalence in whole blood, raise  
216 doubts as to whether true TTV negativity exists in adulthood or whether the lower limit of  
217 sensitivity of current methods and specimens represent a hurdle to detection of TTV viremia in  
218 immunocompetent patients. The close to 100% prevalence in immunocompromised patients having  
219 not received blood derivatives [27] rather suggest a model whether iatrogenic immunosuppression

220 weakens immune surveillance against TTV, causing viremia to grow above the lower limit of  
221 sensitivity of PCR.

222 This study sets the baseline median TTV viremia values in Caucasians that could be used for  
223 prospective interventional trials. The results also highlight that healthy ageing (i.e. ageing while  
224 preserving fitness to donate blood) is associated with a modest increase in TTV viremia, which  
225 could be related to physiological immune senescence [19].

226 Our results suggest whole blood is the best sample to avoid false negatives. These findings  
227 stimulate the intriguing hypothesis that TTV is almost ubiquitous in adults, and that negativity is  
228 just a laboratory artefact due to poor sensitivity of the methods [28-30]. So, in addition to PCR  
229 upgrades (e.g. digital PCR [17]), employment of alternative biological specimens could increase the  
230 detection rate and broaden applicability of TTV as a status marker to more subjects.

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236 **Conflict of interest disclosure**

237 F.M. has received a non-financial support by QCMD as scientific expert for TTV panel, and a  
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243 decision to publish, and preparation of the manuscript.

244 **Author Contributions**

245 D.F. and F.M. designed the study and wrote the manuscript with support from D.N., M.L., G.A.,  
246 M.P. that also contributed to the interpretation of the results. P.G.S, L.M, and S.S. contributed to the  
247 sample preparation, statistical analyses and carried out all the experiments. All authors contributed  
248 to revisions of the manuscript, participated in the decision to submit, and had full access to all of the  
249 data in the study.

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253 **Legend to Figures:**

254 **Figure 1.** TTV prevalence grouped by 10-years age intervals in total study population and in males  
255 versus females.

256 **Figure 2.** Correlation between plasma and whole blood TTV loads in 100 paired samples.

257 **Supplementary Figure S1.** Distribution of plasma TTV loads in the positive sub-cohort (n.= 586).

258 **Supplementary Figure S2.** Mean plasma TTV loads in the positive sub-cohort (n.= 586), grouped  
259 by 10-years age intervals.

260 **Supplementary Figure S3.** Plasma TTV loads in a sub-cohort of 46 blood donors at 2-year follow-  
261 up.

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