

Microsporidiosis

Updated: November 13, 2023

Reviewed: January 8, 2025

Epidemiology

Microsporidia are protists related to fungi, defined by the presence of a unique invasive organelle consisting of a single polar tube that coils around the interior of the spore. They are ubiquitous organisms and are likely zoonotic and/or waterborne in origin. Phylogenetic studies now place microsporidia with the Cryptomycota as the basal branch of the fungal kingdom (or alternatively as a sister phylum).¹ The microsporidia reported as pathogens in humans include *Encephalitozoon cuniculi*, *Encephalitozoon hellem*, *Encephalitozoon* (syn *Septata*) *intestinalis*, *Enterocytozoon bieneusi*, *Trachipleistophora hominis*, *Trachipleistophora anthropophthera*, *Pleistophora* species, *Pleistophora ronneafiei*, *Vittaforma* (syn *Nosema*) *corneae*, *Tubulonosema acridophagus*, *Endoreticulatus* sp., *Nosema ocularum*, *Anncaliia* (syns *Brachiola*/*Nosema*) *connori*, *Anncaliia* (syn *Brachiola*) *vesicularum*, *Anncaliia* (syns *Brachiola*/*Nosema*) *algerae*, and *Microsporidium* sp.²⁻⁸ In the pre-antiretroviral therapy (ART) era, reported prevalence rates of microsporidiosis varied between 2% and 70% among people with HIV/AIDS with diarrhea, depending on the diagnostic techniques employed and the population described.^{3-5,8} The incidence of microsporidiosis has declined with the widespread use of effective ART, but it continues to occur among people with HIV who are unable to obtain ART or to remain on it.⁹ Microsporidiosis is increasingly recognized among people without HIV, including children, travelers, organ transplant recipients, contact lens wearers, and the elderly. In people with immune suppression, clinical signs related to microsporidiosis^{3-5,8} are most commonly observed when CD4 T lymphocyte (CD4) cell counts are <100 cells/mm³.

Clinical Manifestations

The most common manifestation of microsporidiosis is gastrointestinal tract infection with diarrhea; however, encephalitis, ocular infection, sinusitis, myositis, and disseminated infection have also been described.^{3-5,8}

Clinical syndromes can vary by infecting species. *E. bieneusi* is associated with malabsorption, diarrhea, and cholangitis. *E. cuniculi* is associated with hepatitis, encephalitis, and disseminated disease. *E. intestinalis* is associated with diarrhea, disseminated infection, and superficial keratoconjunctivitis. *E. hellem* is associated with superficial keratoconjunctivitis, sinusitis, respiratory disease, prostatic abscesses, and disseminated infection. *Anncaliia*, *Vittaforma*, and *Trachipleistophora* are associated with keratoconjunctivitis. *Nosema*, *Vittaforma*, and *Microsporidium* are associated with stromal keratitis following trauma in immunocompetent hosts. *Pleistophora*, *Anncaliia*, and *Trachipleistophora* are associated with myositis. *Trachipleistophora* is associated with encephalitis and disseminated disease.

Diagnosis

Effective morphologic demonstration of microsporidia by light microscopy can be accomplished with staining methods that produce differential contrast between the spores of the microsporidia and the cells and debris in clinical samples, such as stool. In addition, because of the small size of the spores (1–5 μ m), magnification up to 1,000 times is required for visualization. Chromotrope 2R and