Visual and Auditory Complications during Deferasirox Therapy in Beta-thalassemia

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Abstract

Background: Deferasirox is an oral iron chelator widely used to treat iron overload in patients with transfusion-dependent β -thalassemia. This study investigated the prevalence of visual and auditory complications caused by deferasirox.

Materials and Methods: This cross-sectional study included 156 patients aged less than 18 years with transfusion-dependent β-thalassemia and deferasirox iron chelator consumption admitted to the 17 Shahrivar Hospital and the Besat Clinic in Rasht, Iran. All the patients were examined for visual and auditory complications caused by deferasirox in 2019. A checklist of the patients' demographical and clinical data was recorded. Data analysis was done with SPSS and reported by descriptive statistics. Then, Fisher's exact test was performed to examine the association between visual and auditory disorders and the use of deferasirox in terms of disease-related variables including age, sex, age of onset of using chelator, drug use duration, drug dosage, and mean 6-months serum ferritin levels (P < 0.05 as the significance level).

Results: Of a total of 156 patients, 103 (66%) were female and 56 (35.9%) were 20-30 years of age. The prevalence of visual acuity change was 0.6%, and the prevalence of sensorineural hearing loss was 1.3%. There was only one female with the visual disorder decreasing to 9/10 and with a dose of 31-40 mg/kg/day with an average of 1000-2500 ng/ml six-month ferritin. Also, two females with hearing impairment were confirmed with a dose of \leq 30 mg/kg/day, and an average of \leq 1000 ng/ml six-month ferritin. The Fisher's exact test results showed no significant relationship between visual and auditory disorders with the use of deferasirox in terms of disease-related variables (p>0.05).

Conclusion: The study's findings showed no significant relationship between visual and auditory disorders with deferasirox consumption. The results indicated the safety of deferasirox regarding visual and auditory side effects. More studies are required to confirm the findings.

Keywords: Beta-thalassemia, Deferasirox, Hearing loss, Iron chelator, Visual acuity

Introduction

Transfusion-dependent β-thalassemia (TDT) is a severe form of β -thalassemia in which patients' lives is dependent on regular blood transfusion. Chronic therapy transfusion causes overload that results in excess non-binding iron entering myocytes, hepatocytes, and endocrine glands. This leads to various complications such as liver disease, endocrine dysfunction, hyperpigmentation, and heart problems (1– 6).

Among the less studied complications are ophthalmic disorders. Several case reports reported an association between the onset of chelation therapy and occurrence of ocular symptoms (7–9). Also, auditory disorders occur during treatment with these agents for an extended period at high doses and in patients with augmented ferritin levels (7,10,11). Over the last few decades, there have been dramatic developments in survival for patients with thalassemia major due in large measure to enhanced iron chelators. Three types of

iron chelators are available: deferoxamine, deferasirox, and deferiprone. Due to the limitations of stem cell transplantation, the main treatment option for most patients is supportive therapy in the form of blood combined transfusion with chelator therapy (12). Numerous studies and clinical trials worldwide have shown that each of the three drugs can chelate and remove iron, thereby preventing alleviating transfusion-related hemosiderosis in thalassemia patients. However, chelators differ significantly in side effect profile, cost, tolerability and ease of compliance, and, to some extent, efficacy per specific patient (13).

In the 1980s, however, some investigators reported ototoxicity and ocular toxicity by deferoxamine induced (7,14,15),although others have suggested that doses less than 50 mg/kg/d are not associated with optic or ocular toxicity. The reported otologic disturbance is bilateral highfrequency sensorineural hearing loss. Nonetheless, meta-analysis a recent showed hearing deficits in nearly onepediatric beta-thalassemia patients treated with deferoxamine (16). In addition, hearing loss has also been reported in patients undergoing iron chelation with deferiprone and deferasirox as the most recent oral iron chelators (11). Deferasirox was announced as part of customarily accessible chelators in 2009. Patients with thalassemia major started on deferasirox in case they created unfavorable occasions or were noncompliant to the other chelators. Patients with thalassemia intermedia started on deferasirox in the event that they denied deferoxamine (DFO) or were hydroxyurea. Side effects are uncommon with deferasirox. Some studies have shown the side effects of deferasirox on the heart, endocrine organs (thyroid, testes, ovaries, and pancreas), and life (17-22). Iron chelators also can raise serum creatinine and liver enzymes level that should be measured throughout treatment (23). Visual and auditory complications

are reported during treatment with these agents for a long time at high doses and in patients with increased ferritin levels. In most cases, the damage was reversible with immediate cessation of the treatment (18,24–27).

Despite high prevalence of deferasirox consumption and numerous studies accessible in the literature, the true scenarios of visual and auditory complications in beta-thalassemia remain fairly inaccurate. In addition, the findings markedly heterogeneous inconsistent, with prevalence rates ranging from no visual and auditory disorders to visual and hearing impairment in patients (6,8–10). The present study aimed to monitor visual complications such as color blindness, visual acuity change, cataracts, glaucoma, and retinal disorders, as well as auditory complications such sensorineural hearing loss, tinnitus, and deafness which are the results deferasirox consumption.

Materials and Methods

In this retrospective study, 156 transfusion-dependent β-thalassemia patients who had been treated with deferasirox iron chelator for at least one consecutive year were enrolled. patients were above 10 years underwent visual and auditory examinations. Eye examinations were performed by an ophthalmologist using a slit lamp (Haag-Streit, Switzerland), an ophthalmoscope (Welch Allyn, USA), tonometry Goldmann (Haag-Streit, Switzerland), an E-chart, and the Ishihara auditory disorders Also, assessed by an ear, nose, and throat (ENT) specialist based on pure-tone audiometry (P.T.A) (MAICO, Germany). A checklist of patient data, including age, sex, age of onset of chelator use, use duration, chelator dosage, and average serum ferritin in the last six months, was recorded during study. The results of examinations, including color blindness, visual acuity change, glaucoma, cataracts,

retinal disorders, as well as audiometry, any complaint of tinnitus, and hearing loss, were documented in 2019. The data were entered into SPSS.21 statistical software and reported by descriptive statistics. To figure out the relationship between the observed side effects and the use of deferasirox, we performed Fisher's exact test with a significance level of P-value <0.05. Inclusion criteria were age above 10 years, consecutive consumption of deferasirox iron chelator for at least one year, no use of other iron-depleting drugs and combination therapies, and periodic examinations of visual and auditory conditions. Exclusion criteria were the use of drugs with known effects on vision or hearing and vision and auditory problems before starting deferasirox.

Ethical Considration

All the subjects gave their informed consent before participating in the study. The study was approved by the ethical committee for human genome/gene research at the Guilan University of Medical Sciences (IR.GUMS.REC.1399.344).

Results

Data from a total of 156 patients with βthalassemia using deferasirox were analyzed. Most of the participants were female (103 cases, 66%) and in the age group of 20-30 years (35.9%). The highest percentage (49.4%) of the patients started taking deferasirox at the age of 10-25 years. The duration of deferasirox use in most of the patients was 4-8 years (58.3%). Most of them used this chelator with a dose of 31-40 mg/kg/day, and the highest dose was 40 mg/kg/day. The mean serum ferritin level in the last six months was 1629.16 ± 1183.1 ng/ml, with the highest serum ferritin level being 6419 ng/ml and the lowest serum ferritin level

being 230 ng/ml. The highest percentage (44.2%) of the patients had a mean serum ferritin level between 1000 and 2500 ng/ml (Table I). Only one female case with visual impairment was reported as follows: visual acuity decreased to 9/10, in the age group of 10-20 years, with the drug consumption age of 10-25 years, consumption duration of 4-8 years, a dose of 31-40 mg/kg/day with the average of 1000-2500 ng/ml sixmonth ferritin. There were also two female cases with hearing impairment, both with sensorineural hearing loss problems (impairment in the reception of auditory stimuli or auditory nerve pathway, based on pure-tone audiometry) in the age group of 20-30 years, with drug consumption age of 10-25 years, consumption duration of 4-8 years, a dose of $\leq 30 \text{ mg/kg/day}$, and the average of ≤1000 ng/ml six-month ferritin. The Fisher's exact test results revealed no statistically significant relationship between the presence of visual disorder in terms of age groups (P = 0.308), sex (P =0.472), age groups starting deferasirox (P= 0.597) (Table II), drug use duration (P=0.698),(mg/kg/day) drug dose (P=0.397), mean serum ferritin level in the last six months (P = 0.53), and deferasirox use in patients with β-thalassemia (Table III). Also, no statistically significant was found between relationship presence of auditory disorder in terms of age groups (P = 0.33), sex (P = 0.548), age groups starting deferasirox (P= 0.656) (Table II), drug use duration (P=0.631), drug dose (mg/kg/day) (P=0.172), mean serum ferritin level in the last six months (P = 0.17), and using deferasirox in patients with β-thalassemia (Table III). The t-test results showed no statistically significant difference between the mean values of disease-related variables in β-thalassemia patients with using deferasirox by sex (P> 0.05) (Table IV).

Table I: Evaluation of demographic characteristics and disease information in patients with β-thalassemia using deferasirox

	tnalassemia us:		
Variables	Parameters	Number Percentage	
Gender	Male	53	34
	Female	103	66
Age (year) Mean ± SD ((min-max)	25.56±8.9 (10-56)	
Age	10-20	48	30.8
	20-30	56	35.9
	>30	52	33.3
Age of onset of drug u min-max)	ise (year) Mean ± SD (20.43±9.22 (2-49)	
	≤10	25	16
Age of onset of drug use	10-25	77	49.4
	≥25	54	34.6
Duration of drug use(ye max)	ear) Mean ± SD (min-	5.55±2.33 (1-11)	
	≤4	49	31.4
Duration of drug use	4-8	91	58.3
	≥8	16	10.3
Dosage of drug mg/kg max)	$/day Mean \pm SD (min-$	31.11±7.47 (15-40)	
Dosage of drug	≤ 30	65	41.7
mg/kg/day	31-40	91	58.3
Average of ferritin level Mean ± SD (min-max)		1629.16±1183.1 (230-6419)	
	≤ 1000	58	37.2
Average of ferritin	1000-2500	69	44.2
level in six months (ng/ml)	≥2500	29	18.6

Table II. Frequency distribution of disorders in patients with beta-thalassemia using deferasirox by age, gender, and age of onset of drug use

Variables	ables Complication		Number	Percentag	ge Number		Number	Percentage	P
			10- 20 years 20- 30		20- 30 yea	ars	>30 years		value
A	Visual	Yes	1	100	0	0	0	0	0.308
		No	47	30.3	56	36.1	52	33.5	
	Auditory	Yes	0	0	2	100	0	0	0.33
Age		No	48	31.2	54	35.1	52	33.8	
Visual or		Yes	1	33.3	2	66.7	0	0	0.526
	Auditory	No	47	30.7	54	35.3	52	34	
			≤ 10 years		10- 25 yea	rs >25 years			
	Visual	Yes	0	0	1	100	0	0	0.597
		No	25	16.1	76	49	54	34.8	
Age of	Auditory	Yes	0	0	2	100	0	0	0.656
onset of		No	25	16.2	75	48.7	54	35.1	
drug use	Visual or	Yes	0	0	3	100	0	0	_
	Auditory	No	25	16.3	74	48.4	54	35.3	0.4
			Number	Per	centage	Number	Per	centage	
			Male			Female			
Gender Visual Auditory	Visual Yes		0	0		1	100		0. 472
	1	No	53	34.	2	102	65.	8	
	Auditory	Yes	0	0		2	100		0. 548
		No	53	34.	4	101	65.0	6	
	Visual or Auditory		0	0		3	100		0. 551
	Auditory	No	53	34.	6	100	65.4	4	

Table III. Frequency distribution of disorders in patients with beta-thalassemia using deferasirox by drug use duration, drug dosage, and average ferritin level in six months

	Ü					gerriin ieve			
Variables	Complica	tion	Numbe	Percentag	Numbe	Percentag	Numbe	Percentag	P
			r	e	r	e	r	e	valu
									e
			≤ 4 years		4-8 years		> 8 y		0.10
	Visual	Ye s	0	0	1	100	0	0	0.69 8
Duration		No	49	31.6	90	58.1	16	10.3	
of drug use	Auditor y	Ye s	0	0	2	100	0	0	0.63 1
		No	49	31.8	89	57.8	16	10.4	
	Visual or	Ye s	0	0	3	100	0	0	0.67 7
	Auditor v	No	49	32	88	57.5	16	10.5	
			≤ 30		31- 40		Total		
	Visual	Ye	0	0	1	100	1	100	0.39
Dosage of		S							7
drug		No	65	41.9	90	58.1	155	100	
mg/kg/da y	Auditor y	Ye s	2	100	0	0	2	100	0.17 2
		No	63	40.9	91	59.1	154	100	
	Visual or	Ye s	2	66.7	1	33.3	3	100	0.57 1
	Auditor y	No	63	41.2	90	58.8	153	100	
			≤ 1000		1000- 250	00	>2500		
Average	Visual	Ye s	0	0	1	100	0	0	0.53
of ferritin		No	58	37.4	68	43.9	29	18.7	
level in	Auditor	Ye	2	100	0	0	0	0	0.17
six	y	S							
months		No	56	36.4	69	44.8	29	18.8	
ng/ml	Visual or	Ye s	2	66.7	1	33.3	0	0	0.59 4
	Auditor y	No	56	36.6	68	44.4	29	19	

Table IV. Comparison of different amounts of disease-related factors in patients with β -thalassemia using deferasirox regarding sex

Variable	Gender	Number	Mean ± SD	P value	
Age	Male	53	26.16±8.91	0.544	
	Female	103	25.25±8.92		
Age of onset of drug use (years)	Male	53	21.35±9.14	0.372	
	Female	103	19.96±9.27		
Duration of drug use (years)	Male	53	5.35±2.11	0.447	
	Female	103	5.66±2.44		
Average of ferritin level in six months (ng/ml)	Male	53	1765.1±1371	0.305	
	Female	103	1559.19±1073		
Dosage of drug	Male	53	32.28±6.97	0.162	
(mg/kg/day)	Female	103	30.51±7.6		

Discussion

Iron chelation therapy is a permanent transfusion-dependent requirement for patients with β-thalassemia. However, regular transfusion and iron overload can lead to multi-organ damage (19,20). The use rate of oral chelators is growing because of compliance issues for deferoxamine. Α limited amount comparative studies observed specific advantages and disadvantages of oral chelators. As mentioned in studies, visual and auditory side effects of deferasirox are rare. However, hearing loss has been in patients undertaking stated chelation with deferiprone and deferasirox Bhardwai et al. studied thalassemic patients undergoing regular iron chelation therapy with DFO and deferasirox between January 1, 2010, and June 30, 2010. After 12 months of chelation therapy, they observed a high rate of ototoxicity in patients by using distortion product otoacoustic emissions (DPOAEs) (46%). Previous studies had shown a correlation between ototoxicity and dose, duration, or therapeutic index of chelation therapy. However, no variables that could reliably predict ototoxicity were identified (28). In a case study by Pan et

al., a 17-year-old boy with β-thalassemia treated with oral deferasirox developed bilateral painless visual disorder, central dyschromatopsia. scotoma, and Fluorescein angiography and electroretinography were normal. This was the first recorded case of deferasiroxinduced maculopathy and related changes in optical coherence tomography (OCT). Stopping the drug and then taking it at a lower dose led to improved vision and field of vision in the patient (27). Therefore, we studied the prevalence of visual impairment such as color blindness, visual acuity change, cataracts, glaucoma, retinal disorders, as well sensorineural hearing loss, tinnitus, and deferasirox. deafness from We also examined their association with variables in the population. In this study, all patients with transfusion-dependent βthalassemia were taking deferasirox. Only one case of visual acuity changes with a visual acuity of 9/10 in the right eye was found. However, this reduction in visual acuity is not a visual disorder by itself, and there was no evidence of deferasirox complications in the retina on ophthalmoscopic examination the patient's eye. Even so, the retinal

examination is unreliable in the absence of OCT. The prevalence of visual acuity change in this study population was 0.6%. Different results in our study may be due to differences in the number and type of studied people, drug use duration, and deferasirox dose. In another study, a case of deferasirox-related retinopathy was reported in a 17-year-old girl with a history of sickle cell anemia underwent simultaneous blood transfusion iron chelator therapy. and After discontinuation of deferasirox, acuity and electrophysiological responses improved. Decreased vision in the patient associated with was lack a electrophysiological responses in the absence of anatomical or vascular disorders the overall and use of deferasirox. No previous case of retinopathy associated with deferasirox was reported. It was stated that oral deferasirox caused reversible retinopathy in this patient, and physicians should be aware of it (29). Another case was a 14vear-old boy with repeated transfusions thalassemia from childhood, after a high dose of deferasirox manifested by the sudden loss of vision. Clinical and physical findings were consistent with deferasirox-induced optic neuritis. Recovery was obtained after partially stopping deferasirox. This is the rarest complication, and caution should be exercised in patients who have been using deferasirox for extended periods (24). A prospective cohort study indicated that none of 80 patients, containing 18 children adults. demonstrated correctable changes in visual acuity. It is concluded that chelating therapy (with deferoxamine, subcutaneous deferiprone, or deferasirox) is safe for retina and optic nerve function. Correspondingly, it has been demonstrated that iron chelation therapy was not related to fundus changes; instead, a higher dose of deferasirox may even have a protective influence on the fundus oculi (7% per mg/kg/day). The reasons for this possible

protective effect are currently unknown. Thus, this feature needs to be examined with further studies (8).

It was also observed that deferasirox was associated with developed sensorineural hearing loss that was significantly related to the dose and duration of drug use (25). A total of two cases of hearing impairment were found in our study: one was mild sensorineural hearing loss in the left ear, the other was mild sensorineural hearing loss, accounting for 1.3% of the total. In a study on the incidence of autotoxicity in children of transfusion-dependent thalassemia. hearing loss associated with deferasirox was reported in the population (30). Vichinsky et al. examined the long-term safety and efficacy of deferasirox in young children with transfusion-induced hemosiderosis 5 during years observation. Overall, safety and the efficacy of deferasirox in young children in a long-term observational study were reliable with the known profile of this drug, which may be consistent with the present study (4).

Nonetheless, Osma et al. (2015) conducted a study on sensorineural hearing loss in 159 patients with beta-thalassemia aged 5 to 61 years (69 men and 90 women) treated with deferasirox, deferoxamine, deferiprone, and a combination deferoxamine and deferiprone for at least one year, including one year before the study using the descriptive cross-sectional method to compare the performance of the (Distortion **DPOAE** test product otoacoustic emissions) and PTA (pure audiometry) audiological monitoring methods. The results showed no significant difference between the ability of DPOA and PTA testing to detect autotoxicity. In a study, it was observed that deferasirox and deferiprone were associated with autotoxicity in patients with beta-thalassemia (26).

Also, Khan et al. (2019) studied sensorineural hearing loss and its association with the duration of chelator

treatment in patients with betathalassemia. They examined 198 patients with beta-thalassemia aged between 5-25 years. In their study, half of the patients developed sensorineural hearing loss after using deferasirox, which contradicts our results. It was shown that sensorineural hearing loss was significantly related to the dose and duration of drug use (25). Due to the importance of early detection of these complications, many of which are reversible in the early stages or can be prevented from worsening, recommended to perform visual auditory examinations at least annually to control side effects in patients taking deferasirox.

Despite the high number of patients with transfusion-dependent β-thalassemia at the 17 Shahrivar Hospital and Besat Clinic, a large number of patients did not have the documented follow-up for regular visual and auditory examinations. Another noteworthy point is that methods, such as OCT, electroretinography, the field of view, and color vision disorders, are currently used for accurate examination of visual complications. However, these methods were not used to evaluate all patients in this retrospective study.

Conclusion

No significant association was observed between visual and auditory disorders with deferasirox consumption. The present study's results are consistent with the results of some studies in the field and show the safety of deferasirox regarding visual and auditory complications. Future longitudinal studies of the patients, treatment. and visual and hearing impairments are recommended to identify prevalence of pathogenesis and disorders deferasirox-related in betathalassemia and manage the side effects.

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Conflict of interest

The authors declare no conflict of interest.

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