Journal of Molecular Science

Journal of Molecular Science
Volume 34 Issue 3, Year of Publication 2024, Page 68-70
DoI-17.4687/1000-9035.2024.024

Journal of Molecular Science
www.jmolecularsci.com ISSN:1000-9035

Autoimmune Cross-Reactivity Following Severe Infections: Dissecting the Molecular Mechanisms of Mimicry and Epitope Spreading

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Article Information
Received: 10-08-2024
Revised: 25-8-2024
Accepted: 03-09-2024
Published: 20-09-2024

Keywords
Viral and bacterial infections, including SARS-CoV-2, influenza, and Group A Streptococcus

ABSTRACT
Severe infections can trigger immune dysregulation, leading to the onset of autoimmune diseases through mechanisms such as molecular mimicry and epitope spreading. These processes result in immune responses that mistakenly target self-antigens, leading to chronic inflammation and tissue damage. Viral and bacterial infections, including SARS-CoV-2, influenza, and Group A Streptococcus, have been implicated in the development of autoimmune disorders such as Guillain-Barré Syndrome, rheumatic fever, and multiple sclerosis. This article explores the immunological pathways involved in infection-induced autoimmunity, emphasizing the roles of antigenic mimicry, bystander activation, and persistent immune stimulation. Furthermore, emerging therapeutic strategies aimed at mitigating infection-driven autoimmunity are discussed. Understanding these mechanisms is crucial for developing preventive and therapeutic interventions against post-infectious autoimmune disorders.

1. INTRODUCTION

The interplay between infectious agents and the immune system is complex and can have unintended consequences, including the development of autoimmune diseases. Severe infections can trigger an aberrant immune response, leading to the destruction of host tissues through two primary mechanisms: molecular mimicry and epitope spreading. Molecular mimicry occurs when microbial antigens share structural similarities with host proteins, leading to cross-reactive immune responses. Epitope spreading, on the other hand, refers to the activation of autoreactive lymphocytes following persistent immune activation. This article explores the molecular and immunological basis of infection-induced autoimmunity, focusing on key examples, pathophysiological mechanisms, and potential therapeutic interventions.

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2. Mechanisms of Autoimmune Cross-Reactivity

2.1 Molecular Mimicry: A Double-Edged Sword

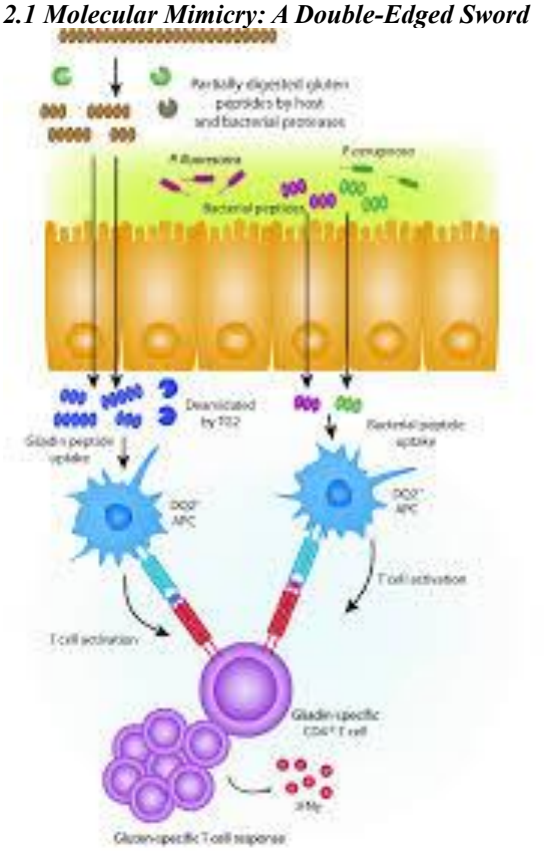

Fig.Molecular Mimicry

Molecular mimicry involves the structural resemblance between microbial antigens and host proteins, leading to mistaken immune attacks on self-tissues. This phenomenon has been implicated in several autoimmune disorders:

- **Guillain-Barré Syndrome (GBS):** Campylobacter jejuni infection has been linked to GBS due to the similarity between bacterial lipooligosaccharides and gangliosides in the nervous system.
- **Rheumatic Fever:** Group A Streptococcus shares antigenic similarities with cardiac myosin, leading to autoimmune myocarditis.
- **Multiple Sclerosis (MS):** Epstein-Barr Virus (EBV) antigens resemble myelin proteins, potentially triggering MS.

Autoimmune Disease	Infectious Agent	Shared Antigen	Target Tissue
Guillain-Barré Syndrome	Campylobacter jejuni	Ganglioside mimic	Peripheral nerves
Rheumatic Fever	Group A Streptococcus	Myosin mimic	Heart tissue
Multiple Sclerosis	Epstein-Barr Virus	Myelin mimic	CNS
Type 1 Diabetes	Coxsackievirus	GAD65 mimic	Pancreatic islets

2.2 Epitope Spreading and Bystander Activation

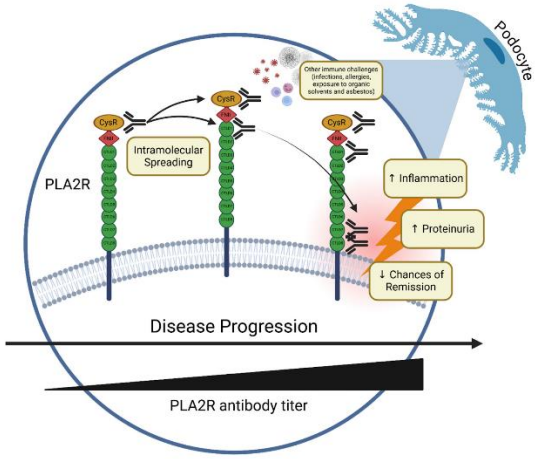

Fig.Epitope Spreading

Epitope spreading occurs when tissue damage during infection exposes hidden self-antigens, leading to a progressive autoimmune response. This process contributes to chronic autoimmune diseases such as:

- **Systemic Lupus Erythematosus (SLE):** Viral infections can cause apoptosis, releasing nuclear antigens that perpetuate autoimmune attacks.
- **Type 1 Diabetes (T1D):** Enteroviruses may damage pancreatic β-cells, leading to an escalating autoimmune response against insulin-producing cells.
- **Rheumatoid Arthritis (RA):** Persistent infections such as Epstein-Barr Virus can stimulate autoreactive B and T cells, leading to joint inflammation.

3. Pathophysiology of Infection-Induced Autoimmune Disorders

Severe infections drive immune dysregulation through multiple pathways, including:

- **Persistent Inflammation:** Chronic infection leads to continuous antigenic stimulation and immune activation, contributing to autoimmunity.
- **Loss of Tolerance:** Breakdown of self-tolerance mechanisms, such as T regulatory cell dysfunction, results in the activation of autoreactive immune cells.
- **HLA and Genetic Susceptibility:** Specific HLA haplotypes, such as HLA-DR4 in rheumatoid arthritis, increase susceptibility to infection-induced autoimmunity.
- **Cytokine Storms:** Overproduction of pro-inflammatory cytokines (e.g., IL-6, TNF-α) during infections can exacerbate autoimmune responses.

Factor	Role in Autoimmunity	Example

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Persistent Inflammation	Prolonged immune activation	Chronic viral hepatitis
HLA Susceptibility	Genetic predisposition	HLA-DR4 in RA
Cytokine Storm	Overproduction of IL-6, TNF-α	Severe COVID-19
Loss of Tolerance	Failure of regulatory T cells	Type 1 Diabetes

4. Therapeutic Approaches and Future Directions Current and emerging strategies to mitigate infection-induced autoimmunity include:

4.1 Targeting Immune Checkpoints

Checkpoint inhibitors, such as PD-1 and CTLA-4 modulators, are being explored to fine-tune immune responses and restore self-tolerance.

4.2 Antiviral and Antibacterial Therapies

Early and effective treatment of infections (e.g., antivirals for EBV, antibiotics for Streptococcus) can reduce the risk of autoimmune sequelae.

4.3 Tolerance-Inducing Therapies

Approaches such as antigen-specific immunotherapy (e.g., myelin peptide vaccines for MS) are being investigated to promote immune tolerance.

4.4 Cytokine Modulation

Targeting inflammatory cytokines using biologics (e.g., IL-6 inhibitors for RA, TNF-α blockers for inflammatory diseases) can help control excessive immune activation.

5. CONCLUSION AND FUTURE PERSPECTIVES

Infection-induced autoimmunity remains a significant challenge in immunology and medicine. The interplay between molecular mimicry, epitope spreading, and host immune response plays a crucial role in the pathogenesis of autoimmune disorders. While significant progress has been made in understanding these mechanisms, further research is needed to develop precise immunotherapies. Personalized approaches, integrating genetic profiling and immune modulation, hold promise for mitigating autoimmune complications following infections.

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