

BRIEF REPORT

Ringed sideroblasts in β -thalassemia

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Abstract

Symptomatic β -thalassemia is one of the globally most common inherited disorders. The initial clinical presentation is variable. Although common hematological analyses are typically sufficient to diagnose the disease, sometimes the diagnosis can be more challenging. We describe a series of patients with β -thalassemia whose diagnosis was delayed, required bone marrow examination in one affected member of each family, and revealed ringed sideroblasts, highlighting the association of this morphological finding with these disorders. Thus, in the absence of characteristic congenital sideroblastic mutations or causes of acquired sideroblastic anemia, the presence of ringed sideroblasts should raise the suspicion of β -thalassemia.

KEYWORDS

ringed sideroblasts, sideroblastic anemia, thalassemia

1 | INTRODUCTION

Thalassemias and hemoglobinopathies are extremely common, affecting hundreds of millions of individuals worldwide.¹ α - and β -Thalassemias are the inherited forms of anemia arising from

defective synthesis of α - or β -globin chains, respectively. β -Thalassemia ranges in severity from asymptomatic conditions (heterozygous), thalassemia minor or trait, to severe transfusion-dependent forms termed as thalassemia major. Phenotypes between these extremes are defined as thalassemia intermedia, usually characterized by mild-to-moderate anemia, transfusion independence, and iron overload.^{2,3} Complete blood count parameters, hemoglobin electrophoresis, and globin chain

mutation detection are typically sufficient to diagnose thalassemias. The pathogenesis of β -thalassemia involves an excess of α -globin compared to β -globin chain synthesis and/or stability that leads to ineffective erythropoiesis and decreased red blood cell survival. In some situations, particularly those associated with uncommon α -globin locus amplifications, even a molecular diagnosis can be evasive. Here, we describe a series of thalassemia syndromes, for which patients underwent bone marrow sampling, and in which ringed sideroblasts, the hallmark of another group of anemias—the sideroblastic anemias—were detected prior to the discovery of a genotype diagnostic of β -thalassemia.

2 | PATIENT DESCRIPTIONS

Patient 1 is a 34-year-old man with a history of normo/macrocytic anemia since birth (Fig. 1A). He was diagnosed with hemolytic anemia, iron overload, and presumptive β -thalassemia trait (Table 1). He underwent splenectomy and cholecystectomy during childhood. At the age of 28, bone marrow examination showed occasional ringed sideroblasts. Congenital sideroblastic anemia (CSA) mutations were excluded by sequencing.⁴ Copy number analysis using the Affymetrix 6.0 array revealed a duplication of \sim 179 kb on chromosome 16p (GRCh37/hg19; chr16: 107,000–386,423) encompassing the entire α -globin gene locus and all or part of 10 other genes (Fig. 1D), resulting in four copies of α -globin on this allele. No copy number alterations were detected at the β -globin locus. *HBB* sequence analysis showed the common β -globin nonsense mutation, c.118C>T, p.Q40X (HVGs nomenclature); codon39 (C>T); Gln>STP (HbVar nomenclature). Analysis of parental samples demonstrated that the α -locus duplication and β -globin mutation were from his Irish mother and Italian father, respectively. These findings indicate that he has β -thalassemia intermedia caused by heterozygous β -thalassemia trait and an α -chain excess. He has needed blood transfusions only twice in his life: at the age of 9 for an aplastic crisis due to parvovirus infection and at the age of 27 after carbon

monoxide poisoning. His current medications are deferasirox, for non-transfusional iron overload and hydroxyurea, which ameliorates his anemia.

Patient 2 is a 35-year-old woman, sister of patient 1. At the age of 2, she was found to have hemolytic anemia with macrocytosis. Like her brother, she underwent splenectomy and cholecystectomy during childhood. Molecular testing decades later revealed the same β -globin mutation and α -globin gene duplication. Although they share the same genetic pattern, she has required many blood transfusions during infections and her two pregnancies. Presently, she is not regularly transfused and her current medications are deferasirox and hydroxyurea. Her last hepatic and cardiac magnetic resonance imaging (MRIs) were normal.

Patient 3 is a 17-year-old Greek male of consanguineous parentage with microcytic anemia since birth. At the age of 7, he was found to have a heterozygous *HBB* c.315 + 1G>A (IVS-II-1 G>A) splicing mutation. He underwent bone marrow examination twice because his anemia severity was not explained by this molecular result. At the age of 7, many ringed sideroblasts were detected, while 4 years later they were no longer visible. CSA mutations were excluded. At the age of 13, genetic testing identified an \sim 140 kb duplication of the α -globin locus and all or part of four contiguous genes (GRCh37/hg19; chr16: 110,690–253,576). This duplication is entirely within the region duplicated in patients 1 and 2 and, in combination with β -thalassemia trait, is responsible for his severe anemia and ineffective erythropoiesis. Since the age of 9, he has been regularly transfused and was on deferasirox for iron overload.

Patient 4 is a 12-year-old female, sister of patient 3. She was diagnosed prenatally with β -thalassemia trait. She presented microcytic anemia at birth. At the age of 9, she was found to share the same genetic pattern as her brother. She is regularly transfused since the age of 8 and is currently taking deferasirox with benefit.

Patient 5 is a 1-year-old female who was diagnosed with severe microcytic anemia at the age of 2 months. At 8 months, bone marrow aspiration revealed the presence of numerous ringed sideroblasts

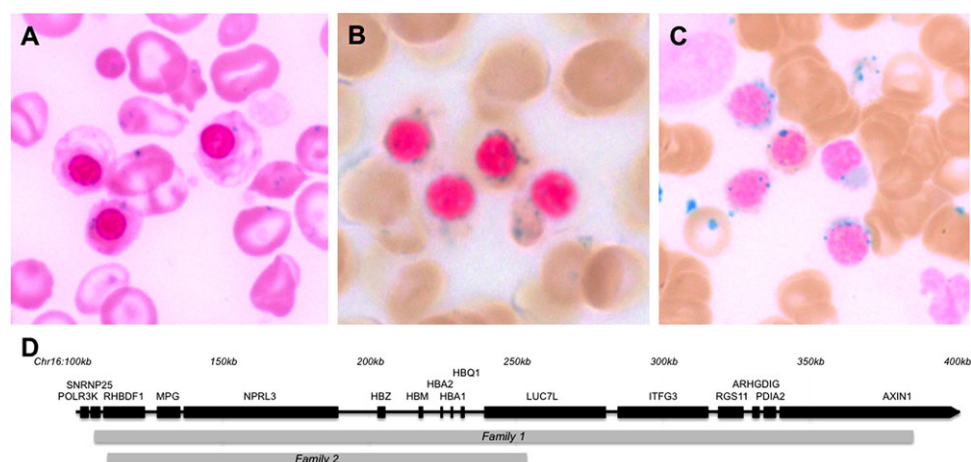


FIGURE 1 Siderocytes and ringed sideroblasts in patients with β -thalassemias. (A) Iron-stained peripheral blood smear from patient 1 demonstrating hypochromic microcytic anemia with numerous nucleated RBCs and abundant siderocytes. (B and C) Iron-stained bone marrow aspirates from patients 5 and 6, respectively, showing coarse perinuclear deposits of iron, typical of ringed sideroblasts. (D) Diagram of the α -globin locus and flanking regions on human chromosome 16. Genes are indicated by black bars and regions duplicated in families 1 and 2 are indicated by gray bars.

TABLE 1 Demographic, hematological, biochemical, and genetic features of patients. Hematological values are at the time of diagnosis except patient 6, who was already chronically transfused. Hct, hematocrit; Hb, hemoglobin; TIBC, total iron binding concentration

	Patient 1	Patient 2	Patient 3	Patient 4	Patient 5	Patient 6	Patient 7
Gender	M	F	M	F	F	F	M
Race	White	White	White	White	White	Asian	White
Ethnicity	Non-Hispanic (Italian, Irish)	Non-Hispanic (Italian, Irish)	Non-Hispanic (Greek)	Non-Hispanic (Greek)	Non-Hispanic	Chinese	Non-Hispanic
Age at onset (years)	Birth	2	Birth	Birth	0.17	2	1
Age at diagnosis (years)	31	32	13	9	0.75	7	6
Hb (g/dl)	7.1	7.4	7.7	8.2	5.8	6.8	6.4
Hct (%)	22.7	23.5	25.5	25.9	17.2	19.4	18.6
MCV (fl)	96	102.6	60.1	70.2	74.1	91	79.5
HbA (%)	64.9	60.5	84	68	92.1	94.3	88
HbA2 (%)	3.7	2.1	5.5	3.7	2.6	2.9	2.3
HbF (%)	25.8	37.4	10.5	28.3	5.3	2.8	9.7
β -Globin genotype	c.118C>T/+	c.118C>T/+	c.315 + 1G>A/+	c.315 + 1G>A/+	c.92 + 1G>A/ c.92 + 6T>C	c.126_129delICTTT/ c.316-197C>T	c.444A>C/+
α -Globin genotype	$\alpha\alpha\alpha\alpha/\alpha\alpha$	$\alpha\alpha\alpha\alpha/\alpha\alpha$	$\alpha\alpha\alpha\alpha/\alpha\alpha$	$\alpha\alpha\alpha\alpha/\alpha\alpha$	$\alpha\alpha/\alpha\alpha$	$\alpha\alpha/\alpha\alpha$	$\alpha\alpha/\alpha\alpha$
Age at iron evaluation (years)	32	32	17	12	1	9	8
Iron (μ g/dl)	253	125	NA	NA	238	NA	NA
TIBC (μ g/dl)	NA	264	NA	NA	254	NA	NA
Ferritin (ng/ml)	772	192	614	1,567	604	1,816	1,639
Hepatic iron (mg/g dry wt) estimated by T2 MRI	7.3	4.6–5.2	2.5	< 2	NA	2.4	19.13–28.47
Cardiac T2 MRI (msec)	33	30	NA	NA	NA	>50	37–41
TX ever	Yes	Yes	Yes	Yes	Yes	Yes	Yes
TX chronically	No	No	Yes	Yes	Yes	Yes	Yes
Splenectomy	Yes	Yes	No	No	No	No	No
Cholecystectomy	Yes	Yes	No	No	No	No	No
Chelators	Yes	Yes	Yes	Yes	No	Yes	Yes
Hydroxyurea	Yes	Yes	No	No	No	No	No

(Fig. 1B). Because of persistently elevated hemoglobin F (HbF) and (retrospectively discovered) increased hemoglobin A2 in both parents, testing for *HBB* mutations was performed, which led to the diagnosis of β -thalassemia due to two β -globin splicing mutations: c.92 + 1G> [IVS-I-1 (G>T)] and c.92 + 6T>C [IVS-I-6 (T>C)]. The first is a β^0 allele, while the second is the Portuguese-type β^+ -mutation that reduces the efficiency of splicing at a 5' splice donor site. She is regularly transfused every 3–4 weeks and is not yet on chelators given her young age. Liver and cardiac MRI have not been performed.

Patient 6 is a 10-year-old Chinese female. At the age of 2, at the time of adoption, a normocytic anemia of uncertain etiology was detected and she was started on regular transfusions. Bone marrow examination, repeated twice, demonstrated presence of ringed sideroblasts (Fig. 1C). At the age of 7, genetic testing was performed and two β -globin mutations were found: c.126_129delCTTT (p.F42LfsX19) [codons 41/42 (-TTCT)] frameshift and c.316-197C>T (IVS II-654 C>T). Both of these severe β -thalassemia mutations are common in China. She is maintained on chronic transfusion and has been on chelators since she was 5-year-old and her hepatic and cardiac MRIs are normal.

Patient 7 is a Caucasian 6-year-old male diagnosed with chronic normocytic anemia at the age of 1 year. At the age of 3, bone marrow aspiration showed only erythroid hyperplasia. He started regular transfusions and chelation at the age of 5. Bone marrow examination was repeated at the age of 6 and revealed increased storage iron and ringed sideroblasts. Research genetic testing excluded known sideroblastic anemia mutations. Because of persistently elevated HbF, *HBB* was sequenced and showed a novel β -globin mutation: c.444A>C (p.X148YextX21 [beta stop codon STP>Tyr-Ala-Arg-Phe-Leu-Ala-Val-Gln-Phe-Leu-Leu-Lys-Val-Pro-Leu-Phe-Pro-Lys-Ser-Asn-Tyr-STP]), a stop-loss mutation. No abnormal hemoglobins were detected on hemoglobin electrophoresis. Common α -globin triplications were excluded by genomic PCR.⁵ The exact mechanism(s) whereby this and other C-terminal β -globin mutations cause anemia is not always evident. The absence of variant peptide may indicate an unstable protein variant leading to β -globin deficiency, while a thalassemia-like loss of expression is also possible. Segregation analysis demonstrated that this mutation was de novo, suggesting that the phenotype is dominant. His hepatic MRI shows iron overload.

3 | DISCUSSION

We present a series of challenging thalassemia diagnoses. Unusual features that contributed to the delay in diagnosis included presentation at birth or early infancy (patients 1, 3, 4, and 5), macrocytosis (patients 1, 2, and 6), only one parent with β -thalassemia trait or β -globin mutation by sequencing (patients 1, 2, 3, and 4), consanguinity and only one demonstrable β -thalassemia allele, or absence of the abnormal hemoglobin on routine electrophoresis (patient 7). Apart from patients 2 and 4, who were ascertained as siblings, these patients had bone marrow aspiration to better understand their anemia. In each case, ringed sideroblasts were detected.

Ringed sideroblasts are erythroblasts with pathologic iron deposits in mitochondria and can be found in CSAs, myelodysplastic syndromes, myeloproliferative disorders, drug-induced anemia, and metabolic abnormalities such as copper deficiency or alcoholism.^{6,7} They typically result from defects in protoporphyrin synthesis, iron-sulfur cluster biogenesis, or mitochondrial protein synthesis.⁸ Only one thalassemia patient with ringed sideroblasts has been reported: a 5-year-old Korean female with mild anemia and iron overload, heterozygous for an initiation codon missense β^0 allele (c.2T>G [beta initiation codon Met>Arg]).⁹ The presence of ringed sideroblasts in patients with β -thalassemia is almost certainly underrecognized because bone marrow examination is usually not required for the diagnosis. In addition, as in patient 3, the presence of ringed sideroblasts may be transient. In several of these cases, a clue to the proper diagnosis was an increase in HbF, which is not typically seen at very high levels in CSA (M.D.F., unpublished observation).

In transfusion-dependent patients, iron overload develops after 1–2 years of regular transfusions,¹⁰ but hemosiderosis is also present in nontransfusion-dependent thalassemia patients, likely because anemia and ineffective erythropoiesis cause suppression of hepcidin and increased iron absorption.^{11,12} Iron toxicity from hemosiderosis seems to increase reactive oxygen species (ROS) in bone marrow,^{13–16} worsening ineffective erythropoiesis by apoptosis induction. ROS damage due to iron overload may be an explanation for impaired heme synthesis or other mitochondrial defects, leading to sideroblasts production in thalassemia, but further studies are needed to better understand and characterize these mechanisms.

Thalassemia is a common disease, but occasionally the diagnosis can be challenging. CSA is comparatively very rare. Based on our experience in nearly 200 individuals diagnosed with CSA based on bone marrow findings, <3% have a β -thalassemia genotype. Nonetheless, these patients highlight that ringed sideroblasts can be detected in thalassaemic patients and in the absence of sideroblastic anemia mutations or other known causes of ringed sideroblasts, their presence should raise the suspicion of β -thalassemia.

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CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

AUTHOR CONTRIBUTIONS

K.C. assembled and analyzed the data and drafted the manuscript. D.R.C. performed all sequence analyses and was supervised by M.D.F.

K.S.-A. performed copy number analysis (Variant Explorer pipeline) and was supervised by K.M. M.M.H, H.M.Y., A.E.C.B, S.K, K.W., and E.J.N. ascertained and phenotyped the patients. M.D.F. and E.J.N. supervised all work and edited the manuscript. All authors reviewed the final version of the manuscript.

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