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Reverse-Transcriptase Inhibitors in the Aicardi–Goutières Syndrome

TO THE EDITOR: The Aicardi–Goutières syndrome is a genetic encephalopathy that is associated with childhood illness and death. The syndrome is hypothesized to be due to misidentification of self-derived nucleic acids as nonself and the subsequent induction of a type I interferon–mediated response that simulates an antiviral reaction. Endogenous retroelements, mobile genetic elements that can be transcribed to RNA and then to DNA by reverse transcription, constitute 40% of the human genome and represent a potential source of immunostimulatory nucleic acid in patients with this syndrome.

In a single-center, open-label, pilot study involving patients with the Aicardi–Goutières syndrome (ClinicalTrials.gov number, NCT02363452), we administered a combination of three nucleoside analogue reverse-transcriptase inhibitors — abacavir, lamivudine, and zidovudine — for 12 months, at doses used in children with human immunodeficiency virus type 1 (HIV-1) infection. The study protocol is available with the full text of this letter at NEJM.org. The primary aim was to determine the effect of treatment on interferon signaling, with the median interferon score across all 8 patients falling from 9.66 (interquartile range, 6.51 to 13.23) to 5.33 (interquartile range, 2.76 to 10.90) (P<0.001) (Fig. 1A). Interferon-α protein levels in serum and plasma and interferon antiviral activity in CSF were also reduced with treatment (Table S3 in the Supplementary Appendix). This effect was greatest among the 4 patients with mutations in components of the RNase H2 complex (with the median score in these 4 patients falling from 8.16 [interquartile range, 5.41 to 11.94] to 3.51 [interquartile range, 2.49 to 5.46]). RNA sequencing indicated a reduction of global interferon-stimulated gene expression after 12 months of treatment and a return...
to pretreatment levels 6 months after discontinuation of therapy (Figs. S5 and S6 in the Supplementary Appendix). There was an increase in cerebral blood flow during the treatment period in 3 of 5 patients with data that could be interpreted (Fig. S8 and Table S7 in the Supplementary Appendix).

These results support the hypothesis that HIV-1 reverse-transcriptase therapy can reduce interferon signaling in patients with the Aicardi–Goutières syndrome by inhibition of reverse transcription of endogenous retroelements. Changes in interferon signaling and cerebral blood flow suggest that treatment could have clinical value, perhaps in combination with other therapies (e.g., inhibitors of Janus kinase 1 and 2).4 The open-label design of the study and small sample require that a larger group of patients be evaluated in a controlled clinical trial.

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Disclosure forms provided by the authors are available with the full text of this letter at NEJM.org.


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