

## Original Article

# Characteristics and risk factors of pulmonary fungal infection in patients with pulmonary tuberculosis

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**Abstract:** Objective: To investigate the characteristics of and the risk factors for pulmonary fungal infection in patients with pulmonary tuberculosis (PT). Methods: A retrospective analysis was conducted on the clinical data of 218 PT patients treated at Beijing Luhe Hospital Affiliated with Capital Medical University from May 2022 to May 2024. Based on the presence or absence of fungal infection, these 218 patients were assigned to an infection group (n=87) or a non-infection group (n=131). Clinical baseline data, pulmonary fungal infection status ten days after admission, clinical symptoms on the first day of admission, and serum protein and hemoglobin levels were compared between the two groups. Logistic regression analysis was conducted to identify independent risk factors for pulmonary fungal infection in PT patients. A receiver operating characteristic (ROC) curve was generated to evaluate the predictive performance of these independent risk factors. Results: Among the 218 PT patients included, 87 (39.91%) had fungal infections. A total of 210 fungal strains were isolated and cultured from the infection group, with *Candida albicans* accounting for the highest proportion (42.65%), followed by *candida tropicalis* (20.59%) and *Candida glabrata* (17.65%). The infection group exhibited significantly higher rates of cough, fever, anemia, and pulmonary rales compared to the non-infection group (all  $P < 0.05$ ). The infection group showed significantly lower levels of serum protein and hemoglobin than the non-infection group ( $P < 0.0001$ ). Multivariate analysis identified history of smoking, disease course, duration of corticosteroid use, invasive procedure, serum protein level, and hemoglobin level as independent factors for fungal infection in PT patients. ROC curve analysis indicated that serum protein levels had the highest accuracy and area under the curve (AUC) value, while smoking history and hemoglobin levels performed less well in the model. Conclusion: This study found a high rate of pulmonary fungal infections among PT patients, with *Candida albicans* being the most prevalent, followed by *candida tropicalis* and *Candida glabrata*. A history of smoking, a prolonged disease course, invasive procedures, extended corticosteroid use, and low serum protein and hemoglobin levels are independent factors for fungal infection in PT patients.

**Keywords:** Tuberculosis, pulmonary infection, fungus, symptoms, risk factors

## Introduction

Pulmonary tuberculosis (PT), commonly known as pulmonary consumption, is a chronic infectious disease caused by *Mycobacterium tuberculosis*, which significantly affects global public health [1, 2]. Recent epidemiological studies have shown a notable improvement in the incidence of PT in China. However, with the acceleration of the aging population, there is a growing trend of PT cases in older individuals [3]. The symptoms of PT are diverse, commonly including cough, sputum production, fever, night sweats, and in some cases, hemoptysis,

which can be life-threatening when severe [4]. When the disease affects the pleura, chest pain may occur, often presenting as stabbing or dull pain [5].

Given its high incidence and mortality rates in China, PT poses significant treatment challenges and is highly contagious [6]. Treatment for PT typically involves antibiotics and anti-tuberculosis drugs. However, excessive antibiotic use can lead to the development of drug-resistant fungi infection, disrupting the microbial balance [7]. Pulmonary fungal infection is a severe complication in PT patients [8]. Fungi are considered

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opportunistic pathogens, meaning that under normal conditions, they do not cause infection, even if present in the body [7]. However, when immune function is compromised, normally harmless fungi can become activated, leading to infections. Individuals with PT are particularly susceptible to fungal invasion [8]. On one hand, inflammation and tissue damage at PT lesions provide a favorable environment for fungal growth; on the other hand, the long-term use of anti-tuberculosis drugs may induce dysbiosis, further increasing the risk of fungal infection [9]. Symptoms of pulmonary fungal infections are relatively subtle, making them prone to misdiagnosis and delayed treatment, which severely impacts patient prognosis [10]. Reports indicate that pulmonary fungal infections not only worsen the disease condition and complicate treatment but also significantly elevate the risk of mortality [11]. Among various fungal infections, *Candida* is the most common co-infection with PT, and its presence can severely affect the treatment of tuberculosis [12]. Therefore, understanding the characteristics of pulmonary fungal infections in PT patients and taking preventive measures is crucial. Nonetheless, the characteristics and risk factors associated with pulmonary fungal infections among PT patients remain insufficiently understood.

Therefore, this study aimed to investigate the characteristics of pulmonary fungal infections in PT patients and to identify the risk factors associated with these infections, with the goal of providing a foundation for developing targeted prevention and treatment strategies. The findings aim to support early, targeted interventions to reduce the incidence of pulmonary fungal infections in this patient population.

### Data and methods

#### Case selection

With the approval of the Ethics Committee of Beijing Luhe Hospital Affiliated with Capital Medical University, a retrospective analysis was conducted on the clinical data from 250 PT patients treated at the hospital from May 2022 to May 2024. Based on the following inclusion and exclusion criteria, 218 eligible cases were finally included in this study. The 218 patients were divided into two groups based on the

presence of fungal infections: the infection group (n=87) and the non-infection group (n=131).

Inclusion criteria: 1) Patients diagnosed with PT according to the “*Guidelines for Primary Care Diagnosis and Treatment of Pulmonary Tuberculosis*” [13], who met the following criteria: a. Presence of typical respiratory symptoms such as cough, sputum production, chest pain, and systemic symptoms like fever, weight loss, and fatigue; b. Chest X-ray or CT scan showing characteristic tuberculosis-related lung abnormalities like infiltrates, cavities, nodules, or other changes indicative of tuberculosis infection; 2) Patients without pulmonary fungal infections prior to hospitalization; 3) Patients aged 18 to 60 years; 4) Patients with detailed clinical data.

Exclusion criteria: 1) Patients with severe liver or kidney failure; 2) Patients with malignant tumors; 3) Patients with systemic infections; 4) Patients with immune system deficiencies; 5) Pregnant or breastfeeding women.

#### Criteria for diagnosing pulmonary fungal infections

The diagnosis of pulmonary fungal infections was based on the following criteria [14]: (1) The patient showed typical clinical symptoms, including cough, increased sputum production, or worsening of pre-existing respiratory symptoms, and had purulent or blood-tinged sputum, with or without chest pain. In cases with extensive lesions, the patient may have experienced dyspnea and respiratory distress; (2) Physical examination revealed significant moist rales in the lungs; (3) Blood tests showed abnormalities, including elevated procalcitonin levels; (4) Imaging changes indicated pulmonary parenchymal infiltration.

#### Data collection

Clinical and laboratory data were collected for all patients. Clinical data included patient age, disease course, sex, body mass index (BMI), history of smoking and alcohol use, underlying health conditions (such as diabetes and hypertension), place of residence, clinical symptoms, invasive procedures, sputum smear microscopy results, and duration of glucocorticoid and broad-spectrum antibiotic use. Laboratory data

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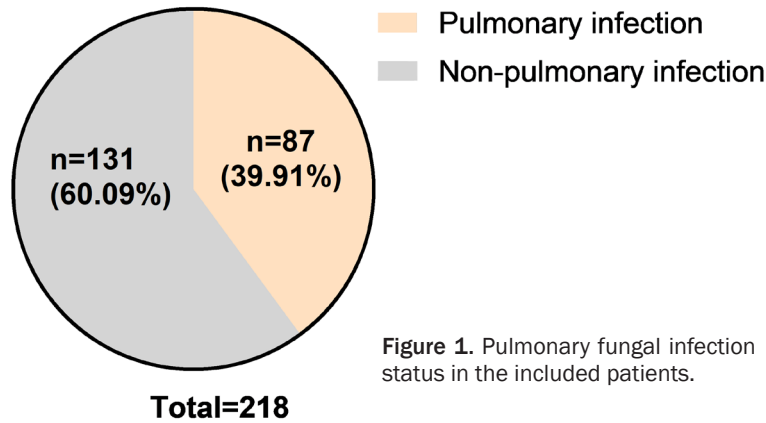


Figure 1. Pulmonary fungal infection status in the included patients.

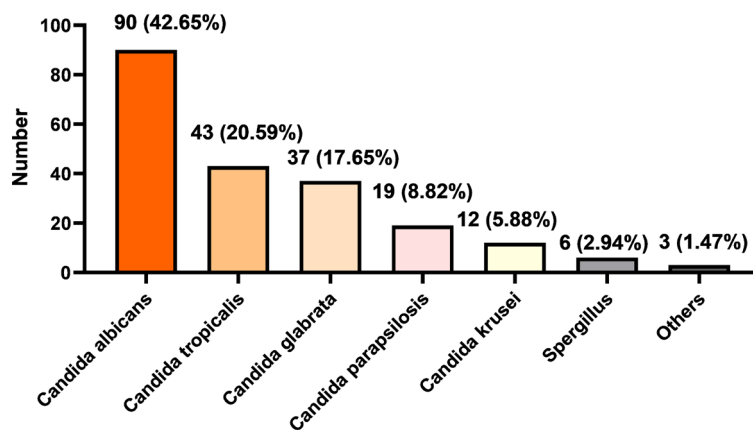


Figure 2. Analysis of fungal species.

included serum albumin and hemoglobin levels.

### Outcome measures

**Primary outcome measures:** (1) The clinical baseline data of the two groups were compared, including age, gender, BMI, history of smoking and alcohol consumption. (2) The status of pulmonary fungal infections in patients was assessed ten days after hospitalization. The patient was instructed to rinse their mouths twice in the morning and then perform a deep cough to collect a second sputum sample for bacterial culture. The sputum was cultured for three consecutive days, with Gram staining performed before culturing. A specimen was considered qualified if there were more than 25 white blood cells and fewer than 10 epithelial cells in each low-power field. The specimens were cultured on blood agar, and any fungi isolated were further identified. (3) Based on the comparative results between the two groups,

factors influencing pulmonary fungal infections in patients were identified. Subsequently, logistic regression analysis was conducted to determine the independent risk factors for fungal infections in PT patients.

**Secondary outcome measures:** (1) Clinical symptoms assessed on the first day of hospitalization, including hemoptysis, cough, fever, anemia, pulmonary rales, and malnutrition, were compared between the two groups. (2) Serum protein and hemoglobin levels quantified on the second day of hospitalization were compared between the two groups. Fasting venous blood (5 mL) were collected from on the second day of hospitalization for measurement of serum protein and hemoglobin levels using an automatic biochemical analyzer. (3) ROC curve analysis was conducted to evaluate the predictive performance of independent risk

factors for predicting pulmonary fungal infection in PT patients.

### Statistical methods

In this study, statistical analysis was performed using SPSS 20.0 (IBM Corp, Armonk, NY, USA), and graphs were created using GraphPad Prism 7 (GraphPad Software, San Diego, USA). Counting data were expressed as [n (%)] and compared between the two groups using the chi-square test ( $\chi^2$  test). Measurement data were expressed as ( $\bar{x} \pm \text{sd}$ ) and compared using the t-test. Logistic multivariate regression analysis was conducted to identify factors influencing the occurrence of pulmonary fungal infections in PT patients. ROC curve analysis was used to predict the likelihood of pulmonary fungal infection in PT patients based on independent risk factors. A corresponding Nomogram was generated on the website <https://www.zstats.cn/software2/pre01/> to visualize the predictive model. A P-value of <0.05 was considered statistically significant.

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**Table 1.** Comparison of baseline data between the infection and non-infection groups

	Infection group (n=87)	Non-infection group (n=131)	$\chi^2/t$	P
Age	47.64±6.91	47.68±6.80	0.0403	0.9679
Sex			1.1541	0.2827
Male	40	71		
Female	47	62		
BMI			0.2805	0.5964
≥23 kg/m <sup>2</sup>	49	69		
<23 kg/m <sup>2</sup>	38	62		
History of smoking			8.4921	0.0036
Yes	50	49		
No	37	82		
History of alcohol consumption			0.4441	0.5052
Yes	31	41		
No	56	90		
Disease course			46.2510	<0.0001
≥5 years	61	31		
<5 years	26	100		
Comorbid diabetes			0.5691	0.4506
Yes	21	26		
No	66	105		
Comorbid hypertension			1.1771	0.2779
Yes	19	21		
No	68	110		
Place of residence			0.1639	0.6856
Rural area	65	101		
Urban area	22	30		

Note: BMI: Body mass index.

### Results

#### *Pulmonary fungal infection status*

Statistics revealed that among the 218 included PT patients, 87 cases presented with fungal infections, accounting for 39.91% (**Figure 1**). In the infection group, 210 fungal isolates were cultured from the 87 cases. The most common fungus was *Candida albicans* (42.65%), followed by *Candida tropicalis* (20.59%) and *Candida glabrata* (17.65%). Other fungus types included *Candida parapsilosis*, *Candida krusei*, *Aspergillus*, and unspecified fungi, with proportions ranging from 1.47% to 8.82% (**Figure 2**).

#### *Comparison of clinical baseline data between the two groups*

Analysis comparing the clinical baseline data of the two groups revealed no significant differences in terms of age, sex, BMI, history of smoking/alcohol consumption, comorbid diabetes,

comorbid hypertension, or place of residence (all  $P > 0.05$ , **Table 1**).

#### *Comparison of clinical symptoms between the two groups*

Comparison of clinical manifestations between the two groups revealed that the infection group had significantly higher incidences of cough (89.66% vs. 62.60%), fever (79.31% vs. 64.12%), anemia (60.92% vs. 35.11%), and pulmonary rales (63.22% vs. 38.17%), and a significantly lower incidence of hemoptysis (10.34% vs. 24.43%) compared to the non-infection group ( $P < 0.05$ ). However, no significant difference was observed in the incidence of malnutrition (77.01% vs. 66.41%) ( $P > 0.05$ ), as shown in **Table 2**.

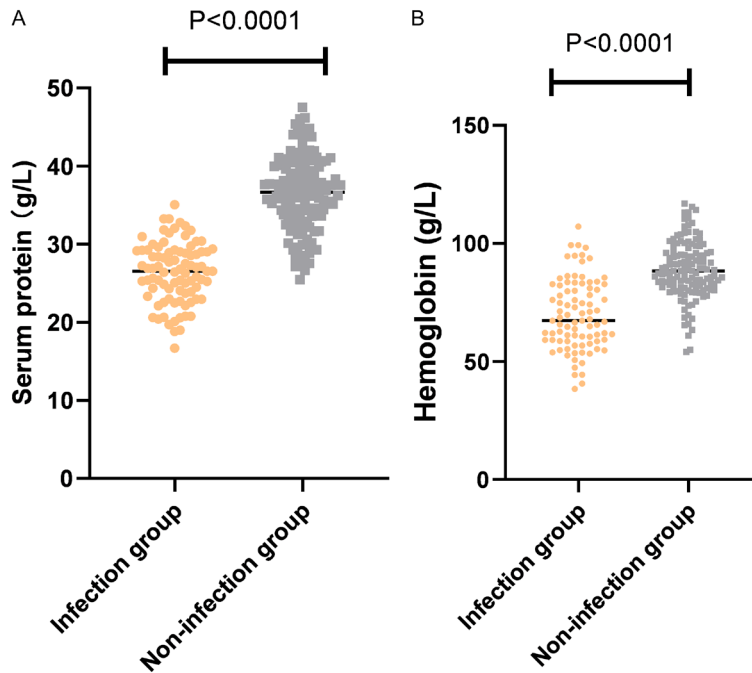
#### *Comparison of serum proteins and hemoglobin levels between the two groups*

Analysis of serum protein and hemoglobin levels revealed that the serum protein levels we-

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**Table 2.** Comparison of clinical symptoms between the two groups

	Infection group (n=87)		Non-infection group (n=131)		P
	Number of patients (person)	Proportion	Number of patients (person)	Proportion	
Hemoptysis	9	10.34	32	24.43	0.0092
Cough	78	89.66	82	62.60	<0.0001
Fever	69	79.31	84	64.12	0.0164
Anemia	53	60.92	46	35.11	0.0002
Pulmonary rales	55	63.22	50	38.17	0.0003
Malnutrition	67	77.01	87	66.41	0.0924



**Figure 3.** Comparison of serum protein (A) and hemoglobin (B) levels between the two groups.

re significantly lower in the infection group ( $26.38 \pm 3.84$  g/L) compared to the non-infection group ( $36.48 \pm 4.78$  g/L). Similarly, the hemoglobin levels were significantly lower in the infection group ( $69.75 \pm 14.89$  g/L) compared to the non-infection group ( $88.77 \pm 12.01$  g/L) (all  $P < 0.0001$ , **Figure 3**).

### Univariate analysis of fungal infection in PT patients

The results of univariate analysis indicated a significant correlation between fungal infection in PT patients and several factors, including history of smoking, disease course, invasive procedures, duration of corticosteroid use, duration of broad-spectrum antibiotics use, serum

protein levels, and hemoglobin levels (all  $P < 0.05$ , **Table 3**).

### Multivariate analysis of fungal infection in PT Patients

In the multivariate analysis, the counting data with significant differences between the two groups in the univariate analysis were assigned values (**Table 4**). Subsequently, fungal infection was set as the dependent variable, and the history of smoking, disease course, duration of corticosteroid use, invasive procedures, duration of broad-spectrum antibiotic use, serum protein levels, and hemoglobin levels were considered as independent variables. Logistic regression analysis revealed that history of smoking, disease course, duration of corticoste-

roid use, invasive procedure, serum protein level, and hemoglobin level were independent factors influencing the occurrence of fungal infection in patients with PT (all  $P < 0.05$ , **Table 5**).

### Predictive performance of independent risk factors for the occurrence of pulmonary fungal infection in patients with PT

ROC curves for the history of smoking, disease course, duration of corticosteroid use, invasive procedures, duration of broad-spectrum antibiotic use, serum protein levels, and hemoglobin levels in predicting the occurrence of pulmonary fungal infection in PT patients were plotted (**Figure 4**). The results revealed that serum protein demonstrated the highest accuracy

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**Table 3.** Univariate analysis of fungal infection in pulmonary tuberculosis patients

	Infection group (n=87)	Non-infection group (n=131)	$\chi^2/t$	P
History of smoking			8.4921	0.0036
Yes	50	49		
No	37	82		
Disease course			46.2510	<0.0001
$\geq 5$ years	61	31		
<5 years	26	100		
Duration of corticosteroid use			20.8910	<0.0001
$\geq 7$ days	62	52		
<7 days	25	79		
Invasive procedure			44.1210	<0.0001
Yes	60	31		
No	27	100		
Duration of corticosteroid use			4.3181	0.0377
$\geq 14$ days	53	61		
<14 days	34	70		
Serum protein level (g/L)	26.38 $\pm$ 3.84	36.48 $\pm$ 4.78	16.4900	<0.0001
Hemoglobin level (g/L)	69.75 $\pm$ 14.89	88.77 $\pm$ 12.01	10.3900	<0.0001

**Table 4.** Assignment table

	Assignment	
	1	0
History of smoking	Yes	No
Disease course	$\geq 5$ years	<5 years
Duration of corticosteroid Use	$\geq 7$ days	<7 days
Invasive procedure	Yes	No
Duration of broad-spectrum antibiotic use	$\geq 7$ days	<7 days
Serum protein	<32.45 g/L	$\geq 32.45$ g/L
Hemoglobin	<81.18 g/L	$\geq 81.18$ g/L
Fungal infection	Yes	No

and AUC value, while smoking history and hemoglobin showed lower predictive accuracy (Table 6). Based on the logistic regression analysis results, we also developed a Nomogram prediction model incorporating the independent factors to predict the risks of pulmonary fungal infection in PT patients (Figure 5).

### Discussion

Tuberculosis is relatively common, characterized by a prolonged course and significant treatment challenges [15]. The chronic nature of tuberculosis results in a decline in patients' nutritional status and immune function. Furthermore, tuberculosis, primarily triggered by *Mycobacterium tuberculosis*, can cause significant damage to lung tissues, further compro-

mising pulmonary resistance and increasing the susceptibility of PT patients to fungal infections [16]. Pulmonary fungal infections are often associated with disruptions in the body's microbial balance and weakened immune defenses [17]. Pulmonary fungal infections are considered opportunistic, with fungi typically coexisting harmlessly in the body but becoming pathogenic when the immune system is

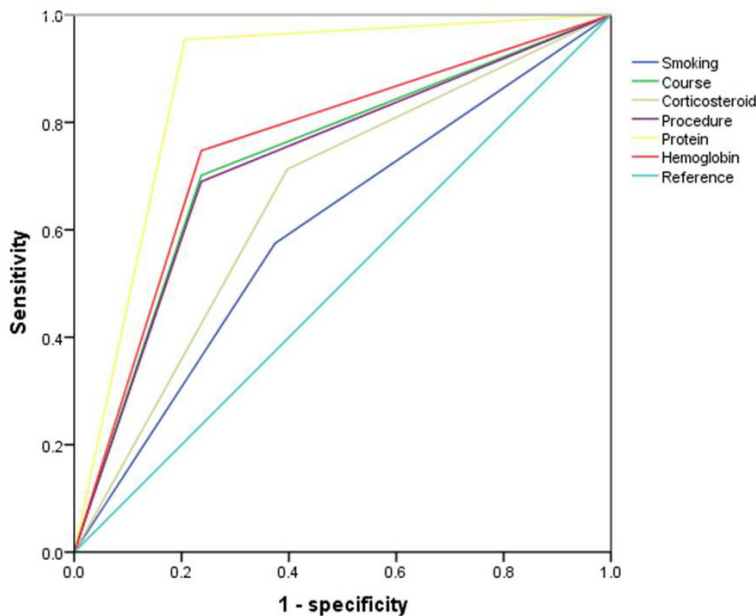
compromised or deficient [18]. In tuberculosis patients, the disruption of bronchial and pulmonary structural integrity creates favorable conditions for fungal proliferation in the lungs [19].

The occurrence of fungal infections in PT patients is relatively common, particularly in cases of compromised immunity or prolonged antibiotic use [20]. Research indicates that the incidence of fungal infections among PT patients ranges from 10% to 30% [10]. In our study, 87 out of the 218 tuberculosis patients were found to have fungal infections, accounting for 39.91%, slightly higher than the reported 10-30%. This deviation may be attributed to the relatively small sample size of the study. These results underscore the importance of closely monitoring fungal infections in PT pa-

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**Table 5.** Multivariate analysis of fungal infection in pulmonary tuberculosis patients

	B	S.E.	Wals	df	Sig.	Exp (B)	95% C.I. For EXP(B)	
							Lower limit	Upper limit
History of smoking	1.486	0.700	4.502	1	0.034	4.420	1.120	17.443
Disease course	2.167	0.642	11.383	1	0.001	8.736	2.480	30.772
Duration of corticosteroid Use	1.433	0.638	5.056	1	0.025	4.193	1.202	14.627
Invasive procedure	2.422	0.682	12.622	1	<0.001	11.271	2.962	42.888
Duration of broad-spectrum antibiotic use	0.391	0.613	0.406	1	0.524	1.478	0.444	4.918
Serum protein	5.243	0.966	29.439	1	<0.001	189.296	28.481	1258.113
Hemoglobin	2.687	0.651	17.021	1	<0.001	14.682	4.097	52.610



**Figure 4.** The predictive performance of independent risk factors for the occurrence of pulmonary fungal infection in patients with pulmonary tuberculosis (Receiver operating characteristic curve).

tients and emphasize the need for further research to comprehensively evaluate the incidence and risk factors associated with fungal infections in PT patients. In this study, among the 87 cases of pulmonary fungal infections, the fungal culture results revealed *Candida albicans* as the most prevalent pathogen, followed by *Candida tropicalis* and *Candida glabrata*. This differs from a study by Israel et al. [21], where *Candida albicans* (22.58%) and *Aspergillus* (17.20%) were the most common pathogens in tuberculosis patients with pulmonary fungal infections. This discrepancy may be attributed to differences in regional factors and the time periods of the studies, underscoring the variability and complexity of fungal infections in tuberculosis patients.

Pulmonary fungal infections in PT patients often lack typical clinical manifestations, making them easily confused with other infections [22]. The results of this study indicate that, prior to the onset of pulmonary fungal infections, PT patients experienced significant increases in clinical manifestations such as cough, fever, anemia, and pulmonary rales. Furthermore, in this study, the levels of serum proteins and hemoglobin upon admission in the infected group were significantly lower than those in the non-infected group. These lower levels of serum proteins and hemoglobin likely reflect inadequate nutritional status, compromised immune function, or heightened inflammatory responses. Collectively, these factors

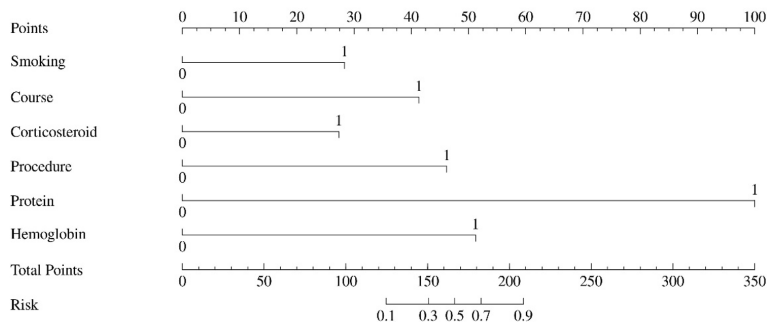
may diminish the body's ability to resist fungal infections, creating an environment conducive to their development [23]. Disruptions in protein metabolism and overactivation of the immune system may lead to increased protein breakdown to maintain immune function and repair tissue damage, potentially leading to the loss of trace elements such as iron. These physiological changes contribute to decreased levels of serum proteins and hemoglobin in tuberculosis patients with fungal infections compared to those without infections [24].

To identify the risk factors for fungal infections in PT patients, this study conducted both univariate and multivariate analyses. The univariate analysis revealed that history of smoking,

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**Table 6.** ROC curve analysis for the independent risk factors in predicting pulmonary fungal infection in patients with pulmonary tuberculosis

	Accuracy (95% CI)	Sensitivity (95% CI)	Specificity (95% CI)	AUC
History of smoking	0.61 (0.54-0.67)	0.63 (0.54-0.71)	0.57 (0.47-0.68)	0.60
Disease course	0.74 (0.67-0.80)	0.76 (0.69-0.84)	0.70 (0.60-0.80)	0.73
Duration of corticosteroid Use	0.65 (0.58-0.71)	0.60 (0.52-0.69)	0.71 (0.62-0.81)	0.66
Invasive procedure	0.73 (0.67-0.79)	0.76 (0.69-0.84)	0.69 (0.59-0.79)	0.73
Serum protein	0.86 (0.80-0.90)	0.79 (0.72-0.86)	0.95 (0.91-1.00)	0.87
Hemoglobin	0.76 (0.69-0.81)	0.76 (0.69-0.84)	0.75 (0.66-0.84)	0.76



**Figure 5.** The Nomogram developed based on the identified risk factors.

disease course, duration of corticosteroid antibiotic use, invasive procedures, duration of broad-spectrum antibiotic use, and levels of serum protein and hemoglobin levels were associated with the occurrence of fungal infections in PT patients. Multivariate analysis discovered that a disease duration of  $\geq 5$  years, invasive procedures, as well as serum protein levels  $< 32.45$  g/L and hemoglobin levels  $< 81.18$  g/L were independent risk factors for fungal infections in PT patients. Smokers, due to the persistent inhalation of irritant gases, are particularly susceptible to damage to the sensory nerve endings in the lungs. This damage impedes the clearance of respiratory secretions, increases mucus secretion by glands, reduces the effectiveness of bronchial mucosa cilia, and enhances the vulnerability to fungal infections [25, 26]. During the treatment of PT patients, long-term use of broad-spectrum antibiotics and corticosteroids can also increase the risk of fungal infections. Prolonged use of broad-spectrum antibiotics disrupts the balance of microbial flora in the body, increasing the likelihood of fungal infections [27]. While corticosteroids can effectively control the patient's condition, they also induce immunosuppression, leading to decreased immune function and rendering the patient more susceptible

to fungal infections [28]. PT patients are often in a state of intense inflammatory response, which results in a sharp decrease in serum albumin levels, further impairing immune function and increasing susceptibility to pulmonary fungal infections. For PT patients with a disease duration of  $\geq 5$  years, malnutrition and immunodeficiency are common. The longer the disease

duration, the more severe the body's depletion, weakening its ability to resist external pathogens [29]. Invasive procedures can also compromise lung defense mechanisms, and if proper hygiene protocols are not followed, they may introduce pathogens into lung tissues, heightening the risk of fungal infections [30]. Additionally, low levels of serum protein and hemoglobin reflect a decline in the patient's overall nutritional and immune status, making them more susceptible to fungal infections. Therefore, clinical interventions should focus on addressing these high-risk factors early in order to improve outcomes, reduce the risk of fungal infections, and optimize patient care.

Moreover, ROC curve analysis was conducted to evaluate the predictive abilities of independent risk factors for pulmonary fungal infection in PT patients. Serum protein level emerged as the most reliable predictor with the highest accuracy and AUC value, while factors like smoking history and hemoglobin performed less effectively. These findings suggest the potential significance of serum protein levels in identifying and managing pulmonary fungal infection in patients with PT, highlighting the importance of comprehensive risk factor assessment in clinical practice.



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The study does have some limitations. As a retrospective analysis, the conclusions are based on existing data and statistical analyses, and further research is needed to validate these findings and explore the underlying mechanisms in a greater depth. Additionally, the limited sample size in this study may affect the precision and reliability of the results, suggesting the need for larger, more diverse cohorts in future studies.

### Conclusion

In summary, fungal infection has a high prevalence in PT patients, with *Candida albicans* being the most prevalent, followed by *Candida tropicalis* and *Candida glabrata*. A history of smoking, prolonged disease course, invasive procedures, extended corticosteroid use, and low levels of serum protein and hemoglobin are independent factors influencing the occurrence of fungal infection in patients with PT.

### Disclosure of conflict of interest

None.

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