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Consanguinity and epilepsy in Oran, Algeria: A case–control study



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Received 15 September 2014; received in revised form 27 December 2014; accepted 30 December 2014

Available online 8 January 2015

KEYWORDS

Epilepsy;
Consanguinity;
Risk factors;
Oran;
Algeria

Summary

Purpose: The goal of this case–control study was to identify the significance of consanguinity and other risk factors for epilepsy in Oran, Algeria.

Methods: Unrelated epileptic patients upwards of 16 years, who attended the Neurology Department between October 2013 and March 2014 were included in the study. Controls, matched for age and sex, were selected among non-epileptic patients attending the same department during the same period. The risk factors evaluated were: consanguinity, family history of epilepsy, perinatal complications, infection of the central nervous system, mental retardation, neurological impairment, history of febrile seizures, severe head trauma, cerebrovascular diseases, and addiction.

Results: 101 cases and 202 controls participated in the study. Multivariate logistic regression identified five factors significantly associated with epilepsy: first-degree of consanguinity (odds ratio (OR) = 2.15), history of epilepsy in first-degree relatives (OR = 4.03), antecedent of febrile seizures (OR = 5.38), severe head injury (OR = 2.94) and mental retardation (OR = 9.32).

Conclusion: Consanguinity, family history of epilepsy, history of febrile seizures, severe head trauma and mental retardation are risk factors for epilepsy. The implementation of a strategy for prevention and awareness of the impact of consanguineous marriages as well as genetic counseling for couples with a family history of epilepsy are needed.

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Introduction

Consanguinity is a reproductive relationship between two individuals who share a common ancestor. In other words, consanguineous marriages refer to marriages contracted between individuals biologically related. These unions are still widespread especially in the Middle East and North Africa where they are favored by traditions and cultural practices (Dahdouh-Guermouche et al., 2013). Such inbreeding is associated with an increased rate of birth defects and perinatal mortality. In addition, the offspring of consanguineous marriages are at increased risk of recessive diseases due to the expression of autosomal recessive genetic mutations inherited from a common ancestor. The closer the biological relationship between the parents, the greater the likelihood that their offspring will inherit one or more of the same harmful recessive genes copies (Hamamy et al., 2011).

Epilepsy is a brain disease defined by any of the following conditions: (1) at least two unprovoked (or reflex) seizures occurring >24 h apart; (2) one unprovoked (or reflex) seizure and a probability of further seizures similar to the general recurrence risk (at least 60%) after two unprovoked seizures, occurring over the next 10 years; (3) diagnosis of an epilepsy syndrome (Fisher et al., 2014). According to data from WHO, there are 50 million people with epilepsy worldwide, 80% in developing countries (World Health Organization, 2005). Despite new exploration techniques, the etiology remains unknown in almost two thirds of cases (Sander, 2003). Over the past three decades, several case-control studies on epilepsy have been conducted (Rocca et al., 1987; Casetta et al., 2002; Ogunniyi et al., 1987; Edwards et al., 2008). Although these studies have identified numerous risk factors associated with epilepsy, the results were highly variable. While stroke and head injury have been implicated as factors for adults from high-income countries (Guekht et al., 2010; Pi et al., 2014), epilepsy was associated with parasitic diseases, perinatal insults and central nervous system (CNS) infections in developing countries (Ogunrin et al., 2013; Asadi-Pooya and Hojabri, 2005; Osakwe et al., 2014).

The association of epilepsy with inbreeding has been poorly studied in developed countries probably because of the scarcity of family inbreeding in these populations (0.2% in the U.S., 0.8% in France, 1.1% in Italy and 0.2% in Australia) (Romeo et al., 1981; Port and Bittles, 2001). In the Arab world where first-degree consanguineous marriages represent more than 60% of all unions (Etude, 2007), the association to epilepsy has been suggested by some studies (Asadi-Pooya, 2005; Choueiri et al., 2001; Khedr et al., 2013; Benamer and Grosset, 2009; Bourrous et al., 2010) and refuted by others (Daoud et al., 2003; Cansu et al., 2007; Huseyinoglu et al., 2012; Yemadje et al., 2012).

In Algeria, where the prevalence of epilepsy is estimated at 8.32/1000 (Moualek et al., 2012) and the rate of inbreeding at 38% (18% in Oran) (Fondation, 2007), very few epidemiological studies on epilepsy have been published and none has evaluated the association with risk factors.

Given the important role attributed to inbreeding in the development of birth defects and genetically determined diseases such as hemoglobinopathies, hereditary hearing loss, G6PD deficiency, encephalopathies and schizophrenia

(Dahdouh-Guermouche et al., 2013); and given also the heterogeneity of existing data, it seemed necessary to conduct an epidemiological survey based on two aims – assessing the relationship between epilepsy and inbreeding in those patients 16 years and older treated at the Neurology Department of Oran University Hospital; and identifying other risk factors associated with epilepsy in the same population.

Materials and methods

We conducted an analytical retrospective matched case-control study over six months – from October 1st, 2013 to March 31st, 2014.

Study population

We included 101 unrelated epileptic patients aged 16 years and over, presenting to the Neurology Department of Oran University Hospital (the main general Neurology clinic in this city) between October 1st, 2013 and March 31st, 2014. Patients having a history of febrile convulsions without epilepsy were not included in the study.

202 controls having no personal history of epilepsy, matched for age and sex, were selected among patients attending the same clinic during the same period but for another neurological disorder.

The number of subjects needed (2 controls per case) was calculated by the software BiostaTGV using a first order risk of 5%, a power of 80%, and taking as reference the lowest OR (2.11 found in an Indian study, Nair and Thomas, 2004) and the frequency of inbreeding in Oran (18% according to data from the National Foundation for the Promotion of Health and Development Research in 2007).

Data of cases and controls were obtained using a prepared and structured questionnaire conducted through personal interviews after an informed consent was signed.

Definitions

Epilepsy definition and seizure type description followed the criteria of the International League Against Epilepsy (Berg et al., 2005). Inbreeding was defined as a reproductive relationship between two individuals who share the same ancestor. The degree of consanguinity was determined by the total number of generations separating two individuals from their common ancestor (Dahdouh-Guermouche et al., 2013). A family history of epilepsy was considered positive if at least one family member (among first-, second- or third-degree relatives) was affected by epilepsy in addition to the proband. First-degree relatives comprise parents, siblings, and children; second-degree relatives comprise grandparents, grandchildren, aunts, uncles, nieces and nephews; and third-degree relatives comprise cousins. Febrile seizures were defined as seizures accompanied by fever (temperature $\geq 100.4^{\circ}\text{F}$ or 38°C by any method) without CNS infection, that occurs in infants and children from 6 to 60 months of age (Subcommittee on Febrile Seizures and American Academy of Pediatrics, 2011). Head injury was considered severe if accompanied by loss of consciousness for more than 24 h, subdural hematoma or brain contusion

(Lowenstein, 2009). History of CNS infection was considered significant if meningitis or encephalitis was confirmed by lumbar puncture showing an inflammatory cellular response. The presence of perinatal insults was based on history of admission to a neonatal intensive care facility or respiratory distress at birth. Mental retardation (MR) was defined according to the classification system of the DSM IV TR by an intelligence quotient (IQ) less than 70, onset before age 18, and the existence of deficits or alterations in the functioning adaptive (Juhel, 1997).

Statistical analysis

The collected data were coded and entered into the SPSS 21.0 for Mac OS X. First, we conducted a descriptive analysis of cases involving the calculation of averages and standard deviations for quantitative variables and percentages for categorical variables. Univariate analysis (chi-square) was carried out to determine factors influencing the patient and control groups. The relative risk factors included in the univariate analysis were estimated by odds ratio (OR) and the 95% confidence interval (CI) calculated. Variables significant at the 5% nominal level were considered for multivariate analysis by logistic regression backward: conditional.

Results

A total of 303 individuals including 101 cases and 202 controls participated in the study. The M/F ratio in both case and control patients was 1.29. The mean age was 37 years and six months \pm 14 years, ranging from 16 to 67 years. Thirty-eight subjects (9.2%) were under 20 years and twenty-three (7.6%) were older than 60 years. The rate of parental consanguinity was 36.6% in cases and 17.3% in controls.

The mean duration of follow-up in cases was 7 years and 4 months \pm 4 years, with a minimum of two years and a maximum of 25 years. The medium age at seizure onset was 17 ± 9 years. Table 1 shows clinical characteristics of cases.

Univariate analysis

In univariate analysis, consanguinity, family history of epilepsy in first- and second-degree relatives, history of febrile seizures, antecedent of CNS infection, severe head trauma and mental retardation were found to be significantly associated with epilepsy (Table 2). Those factors were entered into multiple logistic regression models, with probability for entry of the variables fixed at 0.05 and that for removal at 0.10.

Multiple regression analysis

In the final multivariate model, first-degree consanguinity (2.15, 1.08–4.30, $P=0.029$), history of epilepsy in first-degree relatives (4.03, 1.88–8.66, $P=0.000$), antecedent of febrile seizures (5.38, 1.65–17.56, $P=0.005$), mental retardation (9.32, 1.91–45.5, $P=0.006$) and severe head trauma (2.94, 1.18–7.27, $P=0.020$) emerged as strong independent risk factors of epilepsy (Table 3).

Table 1 Characteristics of 101 cases.

Characteristics of cases	N (%)
Type of seizures	
Generalized	52 (51.5)
Focal	45 (44.5)
Unclassified	3 (4.0)
Status epilepticus	8(7.9)
Syndromic classification	
Genetic	21 (20.9)
Familial temporal lobe epilepsy	10(9.9)
Progressive myoclonic epilepsy	3(3)
Juvenile myoclonic epilepsy	4(4)
Genetic epilepsy with febrile seizures plus	3(3)
Juvenile absence epilepsy	1(1)
Structural/metabolic	32(31.6)
Unknown	48 (47.5)
Seizure control	83(82.2)
Antiepileptic drug	
Valproic acid	32 (31.7)
Carbamazepin	24(23.7)
Levetiracetam	19(18.8)
Lamotrigin	9(8.9)
Polytherapy	17(16.8)

Discussion

The determination by a country of its own risk factors for epilepsy will make an important contribution to the fight against epilepsy. In this study, we caution that controls were not healthy individuals but patients with other neurological disorders such as Parkinson's disease, migraine, neuropathy and myasthenia.

The male-to-female ratio was 1.29. This male predominance is inline with previous reports (Attia-Romdhane et al., 1993; Al Rajeh et al., 2001).

Idiopathic epilepsies represent up to 47% of all epilepsies and they are assumed to have a strong genetic component, being monogenic or oligo/polygenic with different recurrence risks in the same family (Helbig et al., 2008). However, even in monogenic epilepsy, additional genes and non-genetic factors may modulate its expression, thus resulting in incomplete penetrance and variable phenotype. Previous twin studies have shown higher concordance in monozygotic than dizygotic pairs; and estimates of heritability vary between studies, with some estimates reaching 70% (Berkovic et al., 1998; Kjeldsen et al., 2003; Miller et al., 1998).

These data are consistent with the strong association we found with family history of epilepsy and further supported by previous research conducted in Iran (Asadi-Pooya and Hojabri, 2005), Jordan (Daoud et al., 2003), Tanzania (Matuja et al., 2001), Kenya (Mung'ala-Odera et al., 2008) and India (Nair and Thomas, 2004; Kanno et al., 2009) which also highlighted this association. However, it is well known that epilepsy is a multifactorial disease, and we recognize that members of the same family may also share other non-genetic factors such as socio-economic status,

Table 2 Univariate analysis of the distribution of risk factors between controls and cases.

Variables with $P < 20\%$	OR	CI 95%	P
Gender			
Female	1		
Male	1.20		NS
Consanguinity			
No	1	–	
First-degree	2.71	[1.48–4.94]	0.001
Second-degree	2.93	[1.08–7.94]	0.034
Family history of epilepsy			
No	1	–	
First-degree relatives	5.37	[2.64–10.91]	0.000
Second-degree relatives	3.87	[1.27–7.39]	0.017
Third-degree relatives	1.77	[0.68–4.74]	NS
Perinatal insults			
No	1	–	
Yes	1.60	[0.58–4.42]	NS
Cerebrovascular diseases			
No	1	–	
Yes	1.18	[0.45–3.10]	NS
History of febrile seizures			
No	1	–	
Yes	4.81	[1.62–14.27]	0.005
CNS infection			
No	1	–	
Yes	5.21	[1.21–27.33]	0.051
Severe head trauma			
No	1	–	
Yes	2.56	[1.10–5.95]	0.028
Mental retardation			
No	1	–	
Yes	14.62	[3.23–66.20]	0.000
Neurological impairment			
No	1	–	
Yes	1.10	[0.53–2.25]	NS
Chronic alcoholism			
No	1	–	
Yes	0.28	[0.03–1.81]	NS
Illicit drug use			
No	1	–	
Yes	6.15	[0.63–59.91]	0.19

infectious diseases, malnutrition and consumption of alcohol or drugs (Birbeck et al., 2007; Noronha et al., 2007).

Earlier studies of the link between consanguinity and epilepsy have produced conflicting results. Asadi-Pooya (2005) reported that the risk of epilepsy was 2.2 times higher if parents were first cousins and 3.8 times higher if they were second cousins. Choueiri et al. (2001) compared the rate of inbreeding among patients with incidental seizures, patients with febrile seizures and patients with epilepsy. Inbreeding rates were respectively 0%, 4% and 19.5%. Another study by Ramasundrum and Tan, also found an increased risk of

idiopathic and cryptogenic epilepsy in children born to consanguineous marriages (Ramasundrum and Tan, 2004). These results are in contrast with those of Daoud et al. (2003) who did not find a significant association. Differences in sampling methods, inclusion criteria and statistical analysis strategies might explain the different results found in those studies.

In our study, the higher rate of consanguineous marriages among cases (36.6%) vs controls (17.3%) may reflect the social stigma toward individuals with epilepsy in Algeria, making it more convenient to enter into intra-familial relationships.

Table 3 Results of multiple logistic regression analysis.

Variables with $P < 5\%$	Adjusted OR	CI 95%	P
Consanguinity			
No	1	—	
1st degree	2.15	[1.08–4.30]	0.029
2nd degree	2.31	[0.77–6.91]	NS
Family history of epilepsy			
No	1	—	
1st degree relatives	4.03	[1.88–8.66]	0.000
2nd degree relatives	2.90	[0.91–9.25]	NS
3rd degree relatives	1.20	[0.40–3.61]	NS
History of febrile seizures			
No	1	—	
Yes	5.38	[1.65–17.56]	0.005
Severe head trauma			
No	1	—	
Yes	2.94	[1.18–7.27]	0.020
Mental retardation			
No	1	—	
Yes	9.32	[1.91–45.5]	0.006

First-degree parental consanguinity seems to increase the risk of developing both monogenic and polygenic epilepsies by a factor of 2.15. There are several reasons why this variable should be expected to have a significant effect:

- First, some epileptic syndromes in our sample are probably monogenic and inherited as an autosomal recessive trait. Indeed, it is admitted that consanguineous unions increase the rate of homozygosity according to the principle of identical by descent (Woods et al., 2006).
- On the other hand, recent progress in genetic analysis revealed that only about 1–2% of genetic epilepsies seem to be monogenic, whereas most of them are believed to be polygenic, such as childhood absence epilepsy (CAE), juvenile absence epilepsy (JAE), juvenile myoclonic epilepsy (JME), and epilepsy with generalized tonic–clonic seizures on awakening (Weber and Lerche, 2008; Steinlein, 2008; Lowenstein and Messing, 2007). Even in these forms of epilepsy, consanguinity has an important role. Indeed, during the last decade several studies have demonstrated the significant effect of inbreeding not only on single gene disorders but also on numerous polygenic and multifactorial traits (Rudan et al., 2006). Moreover, according to Bittles' explanations, consanguinity would be expected to exert a great influence on the etiology of complex diseases if rare autosomal recessive alleles are causally implicated (Bittles and Black, 2010).

History of febrile seizures increased five-fold the risk of developing epilepsy, which is consistent with results of previous studies (Daoud et al., 2003; Cansu et al., 2007). The strong association with febrile seizures does not reflect a causal relationship, but may mean that febrile seizures represent an early expression of a low seizure threshold in patients genetically predisposed to epilepsy. Indeed, febrile seizures can be the gateway to a numerous genetic epileptic

syndromes such as Genetic Epilepsy with Febrile Seizures Plus (GEFS+) (Goldberg-Stern et al., 2014), epileptic syndrome by febrile infection (FIREs) (Moreno de Flagge, 2013), severe myoclonic epilepsy in infancy (Dravet syndrome) (Brunklau and Zuberi, 2014) and temporal lobe epilepsy (McClelland et al., 2011; Abou-Khalil et al., 2007).

In this study, the strong positive association found between mental retardation and epilepsy ($P=0.006$) confirms literature data. Several studies have reported an increased prevalence of epilepsy among subjects with MR compared to the general population with rates ranging from 14% to 44% (Bowley and Kerr, 2000). Other studies have shown an increased rate of MR in epileptic children compared to healthy children (Wakamoto et al., 2000; Camfield and Camfield, 2007). This may be explained by the existence of genetic factors contributing to vulnerability to both conditions simultaneously. Indeed, syndromic entities with monogenic forms of epilepsy and mental retardation are typical situations of this comorbidity (Carrascosa-Romero et al., 2012). Additionally, the cognitive decline observed in some epileptic patients could be a secondary consequence of anti-epileptic drugs, repeated injuries or anoxic episodes during status epilepticus (Abou-Khalil and Schmidt, 2012; Krsek et al., 2004).

The incidence of epilepsy after traumatic brain injury has been studied in both adults and children (Cansu et al., 2007). Generally these studies show an increased risk of epilepsy after severe head injury. In line with these results, our study showed that subjects with a history of severe head trauma had a three times higher risk of developing epilepsy compared to their controls. Yemadje et al. (2012) found no significant association between head trauma and epilepsy. However, they defined head trauma as head injury after road accident or war, with or without coma and this broad definition may explain their results.

In contrast with results reported by previous studies (Daoud et al., 2003; Kanno et al., 2009), we did not find significant association between epilepsy and perinatal complications. In our study 66.3% of cases and 68.3% of controls were born in a suitable private or public facility which could justify our results.

The concept of vascular epilepsy is not new. It was conceptualized by John Hughlings Jackson in 1864 and William Gowers in 1885, the latter having reported on 66 cases of what he called "post-hemiplegic epilepsy". Since the work of these pioneers, several epidemiological studies have shown that stroke was the leading cause of epilepsy beginning after the age of 60 years (Chen et al., 2012; Menon and Shorvon, 2009). In line with the study of Ogunniyi et al. (1987) we have not found significant differences between the two groups with regard to cerebrovascular disease. We acknowledge though that the 60–67 years age group represented only 7.4% of our study population.

Yemadje and colleagues found a strong association between epilepsy and CNS infection but as pointed out by the author, Benin is an endemic area and the population is exposed to inappropriate self-medication (Yemadje et al., 2012). In our study, although the CNS infection was five times more frequent in cases than in controls, the association was not statistically significant. This is probably due to the fact that our study included all types of CNS infections whereas other studies supporting statistical significance excluded aseptic meningitis (Cansu et al., 2007).

We did not find an association between chronic alcoholism, illicit drug intake and epilepsy. We believe that the percentage of alcoholics and drug addicts among cases and controls is underestimated – the majority of patients will not admit consumption of these products since it remains a taboo subject within our society.

Contrary to previous reports (Cansu et al., 2007), we did not find any association between neurological deficit and epilepsy, probably because control patients were recruited at the Neurology Department where they were already being treated for a chronic disease.

The limitations of our study should be highlighted. This was a hospital-based study so the study population was not representative of general population. Nevertheless we believe the findings of this study will draw attention to the possible risk factors of epilepsy within our everyday clinical environment. The study was retrospective and was thus exposed to bias in data collection. Although we made several efforts to obtain complete patient details and verify the accuracy of this information against official records, such efforts were not entirely successful. For example, it was difficult to obtain birth history, particularly for elderly patients, more than a third of whom were born at home and had no document to confirm their statements. This exposed the study to recall bias. The study also lacks genetic analysis because of financial and technical impediments.

Conclusion

While this retrospective study has some limitations, it is the first report from Algeria studying the relationship between consanguinity and epilepsy. First-degree parental consanguinity, family history of epilepsy, history of febrile

convulsions, severe head trauma and mental retardation were shown to have a statistically significant association with epilepsy in patients attending Oran University Hospital. Our results provide support for the interplay between genetic predisposition and acquired environmental factors in the pathogenesis of epilepsy. These findings deserve special attention and require the implementation of a strategy for prevention and awareness of the adverse consequences of inter family marriages. Increasing public literacy about consanguinity could be achieved by providing proper education and training to primary health care workers on all health and social issues related to inbreeding. Genetic counseling for couples with a family history of epilepsy is also necessary. We believe that further prospective investigations into the above clinical and genetic factors are bound to improve our understanding of the biological and clinical phenomenology associated with epilepsy. Based on these findings, we plan to establish a research program in order to identify susceptibility genes to epilepsy in consanguineous families where several individuals are affected. The identification of these genes could lead to a better understanding of epilepsy mechanisms.

Acknowledgments

We thank all the patients for their voluntary participation in the present study. We are grateful to Michael Sexton, Amel Chentouf, Farouk Mesli, Mohamed Bouziani and Adnane Abdelouahab for carefully reviewing the manuscript.

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