We report 958 cases of cestodiasis occurring in Japan during 2001–2016. The predominant pathogen was *Diphyllobothrium nihonkaiense* tapeworm (n = 825), which caused 86.1% of all cases. The other cestode species involved were *Taenia* spp. (10.3%), *Diplogonoporus balaenopterae* (3.3%), and *Spirometra* spp. (0.2%). We estimated *D. nihonkaiense* diphyllobothriasis incidence as 52 cases/year. We observed a predominance of cases during March–July, coinciding with the cherry salmon and immature chum salmon fishing season, but cases were present year-round, suggesting that other fish could be involved in transmission to humans. Because of increased salmon trade, increased tourism in Japan, and lack of awareness of the risks associated with eating raw fish, cases of *D. nihonkaiense* diphyllobothriasis are expected to rise. Therefore, information regarding these concerning parasitic infections and warnings of the potential risks associated with these infections must be disseminated to consumers, food producers, restaurant owners, physicians, and travelers.

**SYNOPSIS**

In support of improving patient care, this activity has been planned and implemented by Medscape, LLC and Emerging Infectious Diseases. Medscape, LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Medscape, LLC designates this Journal-based CME activity for a maximum of 1.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Learning Objectives**

Upon completion of this activity, participants will be able to:

- Assess the parasitology of diphyllobothriosis
- Analyze the epidemiology of diphyllobothriosis
- Evaluate the clinical presentation of diphyllobothriosis
- Distinguish the most common treatment for diphyllobothriosis

**CME Editor**

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Hiroshi Ikuno, Shinkichi Akao,† Hiroshi Yamasaki
In Japan, the occurrence of soil-transmitted helminthiasis declined sharply in 1949 (1). However, foodborne parasitic infections, which are closely associated with the Japanese food custom of eating raw fish, have remained. Diphyllobothriasis caused by the adult tapeworm *Diphyllobothrium nihonkaiense* (proposed as *Dibothriocephalus nihonkaiensis* in 2017) (2), an infection closely associated with the consumption of raw Pacific salmon, is the most frequently occurring foodborne parasitic infection in Japan. Paleoparasitologic studies have revealed that diphyllobothriasis has existed in Japan for ≈1,000 years (3).

Adult *D. nihonkaiense* tapeworms are ribbon-like and composed of a slender and spatulated scolex (2.4–2.8-mm long and 1.2–1.5-mm wide) with paired slit-like bothria, neck (14.4–16.8-mm long and 1.16–1.28-mm wide), and strobila comprising numerous proglottids (4) (Figure 1). The *D. nihonkaiense* tapeworm is parasitic in mammals; brown bear, domestic dog, and humans are their definitive hosts (5,6). Inside humans, the parasite can grow >10 m in length. Adult worms lay millions of eggs, and these eggs are excreted in feces. The *D. nihonkaiense* tapeworm, as well as other diphyllobothriid species, uses 2 intermediate hosts to complete its life cycle (4–6). The first intermediate host (species in which the procercoid develops) is probably brackish zooplanktonic copepods (7). The first intermediate host is consumed by the second intermediate host, Pacific salmonids, namely cherry salmon (*Oncorhynchus masou*), chum salmon (*O. keta*), and pink salmon (*O. gorbuscha*) (8–10). In the second intermediate host, procercoids develop into plerocercoids, the larval form needed to infect the definitive host (e.g., humans). *D. nihonkaiense* infections are generally asymptomatic or induce relatively mild symptoms, such as mild diarrhea and abdominal pain (5,6,11).

In Japan, the causative agent of diphyllobothriasis has long been considered to be the tapeworm *Diphyllobothrium latum* (proposed as *Dibothriocephalus latus* in 2017) (2), ever since the first case of diphyllobothriasis reported in 1889 (12). This belief has caused confusion over diagnostics; whether the cases of diphyllobothriasis reported in Japan in the past were caused by *D. latum* tapeworm or another species was debatable (13). However, in 1986, Yamane et al. (4) identified the causative agent of diphyllobothriasis as the *D. nihonkaiense* tapeworm from Japan, which is morphologically and ecologically distinct from the *D. latum* tapeworm from Finland. This finding was further verified by DNA analyses (14–16).

In Japan, all infections, including parasitic infections, linked to the consumption of food should be reported to health authorities as food poisoning, in accordance with the Ordinance for Enforcement of the Food Sanitation Act of 2012. However, despite diphyllobothriasis being the most frequent parasitic infection in Japan, no cases have been duly reported. Thus, diphyllobothriasis epidemiology has been estimated by using only case reports published in journals and the number of outpatients in hospitals (5,17).

The Department of Bacteriology of BML Inc. (Kawagoe, Saitama, Japan) routinely identifies parasites and diagnoses parasitic infections as requested by physicians from the medical institutions of Japan. During 2001–2016, we examined 632 proglottid samples and 326 egg samples from 958 patients with cestodiasis (Table). In this article, we report the etiologic agents associated with cestodiasis, focusing on diphyllobothriasis, the predominant type of cestodiasis in Japan. We describe the geographic distribution of *D. nihonkaiense* diphyllobothriasis cases and demographic characteristics of patients with this infection. Perspectives of diphyllobothriasis are also discussed.

**Identification of Etiologic Agents of Tapeworm Infections**

Proglottid and egg samples were collected from patients with diphyllobothriasis and taeniasis in hospitals in Japan.
Proglottids were fixed in formalin solution by hospital staff and sent to BML Inc.’s general laboratory for species identification. Almost all proglottids were not attached to a scolex; only 26 (20 diphyllobothriids and 6 taeniids) proglottids had a scolex attached. Fecal samples containing eggs were also collected by hospital staff and sent to BML Inc. The rate of diphyllobothriasis cases attributed to D. nihonkaiense infection for their annual and seasonal occurrence. D. nihonkaiense diphyllobothriasis occurred persistently, although the frequency varied over the years of the study (Figure 3). Using our data, we estimated that 52 D. nihonkaiense diphyllobothriasis cases occurred per year in Japan (17). However, these 2 species were not identified by DNA analysis in this study.

**D. nihonkaiense Diphyllobothriasis Annual and Seasonal Occurrence**

We analyzed the 825 diphyllobothriasis cases attributed to D. nihonkaiense infection for their annual and seasonal occurrence. D. nihonkaiense diphyllobothriasis occurred persistently, although the frequency varied over the years of the study (Figure 3). Using our data, we estimated that 52 D. nihonkaiense diphyllobothriasis cases occurred per year in Japan. The rate of D. nihonkaiense diphyllobothriasis cases estimated by examining reports in the literature was ≈40 cases/year (17). However, the actual rate is probably much higher and has been estimated to be 100–200 cases/year (17).

**Table.** Cestode species identified in patient fecal samples, Japan, 2001–2016

<table>
<thead>
<tr>
<th>Species</th>
<th>Proglottid (no.)*</th>
<th>Egg, (%†)</th>
<th>Total, no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphyllobothrium nihonkaiense</td>
<td>526 (153)</td>
<td>299</td>
<td>825 (86.1)</td>
</tr>
<tr>
<td>Diplogonoporus balaenopterae</td>
<td>32 (8)</td>
<td>0</td>
<td>32 (3.3)</td>
</tr>
<tr>
<td>Spirometra spp.</td>
<td>2</td>
<td>0</td>
<td>2 (0.2)</td>
</tr>
<tr>
<td>Taenia spp.</td>
<td>72 (18)</td>
<td>27</td>
<td>99 (10.3)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>632 (179)</strong></td>
<td><strong>326</strong></td>
<td><strong>958 (100)</strong></td>
</tr>
</tbody>
</table>

*Number in parentheses indicates the number examined by molecular analysis during 2012–2016.
†Numbers do not add up to 100% because of rounding.
Although *D. nihonkaiense* diphyllobothriasis occurred throughout the year, the incidence was remarkably higher during March–July, showing a seasonal pattern of occurrence (online Technical Appendix Figure 1, https://wwwnc.cdc.gov/EID/article/24/8/17-1454-Techapp1.pdf). Considering that the prepatent period (time from start of infection to time infection is discovered, e.g., person notices strobila excreted in feces) is 2–4 weeks, patients probably acquired infective plerocercoids during February–June. This timing coincides with the season when cherry salmon and immature chum salmon are usually caught and sold. Although specifying the sources of infection is difficult, Pacific salmon are clearly implicated; cherry salmon are caught during March–May, and tokishirazu (i.e., immature chum salmon), which originate from the Amur River in Russia, are caught during May–July (9). *D. nihonkaiense* plerocercoids have not been found in akizake (i.e., mature chum salmon), which are not prevalent in fishing waters during February–June because they return to their natal rivers for spawning in autumn (9). However, considering that *D. nihonkaiense* diphyllobothriasis occurs throughout the year, akizake and other fish that salmonids eat might also be associated with the occurrence of diphyllobothriasis. Further study is necessary for elucidating this possibility.

**Geographic Distribution of *D. nihonkaiense* Diphyllobothriasis**

*D. nihonkaiense* diphyllobothriasis occurred widely (40/47 prefectures) throughout Japan, from Hokkaido Prefecture to Okinawa Prefecture. The regions where *D. nihonkaiense* diphyllobothriasis occurred most often were the populous cities of Tokyo and Saitama in the Kanto region (Figure 4), owing to their high consumption of raw Pacific salmon, followed by the Hokkaido Prefecture, Chubu region along the Sea of Japan, Tohoku region (where salmon are caught and consumed locally), and Kinki region (with populous prefectures, e.g., Osaka Prefecture). The incidence of *D. nihonkaiense* diphyllobothriasis was lower in the southern regions than in the northern regions.

From 1979 through the 1990s, diphyllobothriasis occurred mainly in Hokkaido Prefecture, Tohoku region, and along the coastal regions of the Sea of Japan, where salmon are caught and consumed locally (22). However, with the rapid advancement of food transportation systems and techniques to retain freshness, diphyllobothriasis spread from the northern parts of Japan to its big cities, such as Tokyo and Osaka, in which salmon consumption has been on the rise since the 1990s.

**Demographic Analysis of Patients and Clinical Signs**

During 2012–2015, we conducted a survey to investigate patient demographics. Of the 139 patients who participated, 136 indicated their sex: 85 (61%) were male and 51 (37%) were female. In total, 114 patients indicated their age; age ranged from 2 years to >90 years, but most patients (of either sex) were in the 20–60-year age range (online Technical Appendix Figure 2).

Most patients noticed they expelled strobilae when they defecated; for 8 patients, the strobilae were incidentally detected during colonoscopy. Of the 78 patients indicating clinical symptoms, 29 (37.1%) were asymptomatic. Light diarrhea occurred in 28 (34.0%) patients; abdominal pain in 18 (22.0%) patients; abdominal discomfort in 4 (4.9%) patients; and constipation, vomiting, and weight loss in 1 patient each. Most patients experienced mental distress over defecating and discharging proglottids.

**Possible Sources and Locality of Infection**

Regarding questions on the consumption of raw fish in the 2012–2015 patient survey, 12 of 15 patients replied that
they had eaten dishes containing raw salmon, such as sushi and sashimi. However, the salmon species consumed could not be specified in all cases.

Seven patients had traveled abroad, some to multiple countries: 4 patients went to the United States; 2 patients to South Korea; and 1 patient each to Vietnam, Myanmar, the Netherlands, Belgium, and Italy. However, all 7 patients were considered to have been infected with *D. nihonkaiense* tapeworm in Japan because they had not consumed any kind of raw fish during travel.

The patients with diplogonoporiasis caused by *Dip. balaenopterae* infection were also all infected in Japan. The 17 cases of *T. saginata* and *T. solium* infection that occurred during 2012–2016 were all imported cases, but 1 case of *T. asiatica* infection was acquired in Japan through the consumption of raw pork liver.

**Treatment and Prevention**
Praziquantel is recommended as the first-choice anthelmintic drug for diphyllobothriasis (23), and this drug was used in all the cases in this study. To prevent recurrence, excretion of the scolex in the feces must be confirmed. If excretion is not detected, further observation of the feces for discharged proglottids or eggs is needed for 2–3 more months.

The most effective prevention method for diphyllobothriasis is to avoid the consumption of raw and undercooked Pacific salmon. If the salmon is cooked at 55°C or frozen at either −8°C for 12 hours or -10°C for 6 hours, plerocercoids in the salmon are killed, and their infectivity is lost (24). The US Food and Drug Administration recommends that fish be frozen at −35°C for 15 hours or -20°C for 7 days before consumption of raw or poorly cooked fish (25). However, this standard is difficult to achieve in Japan, considering the preference for and, thus, high consumption of traditional raw fish dishes.

In Japan, deep freezing has become a legal obligation to prevent infection with *Kudoa septempunctata* myxozoan parasite in flounder and *Sarcocystis fayeri* protozoan parasite in horse meat. However, this practice has not been implemented for the fishborne parasites *Diphyllobothrium* spp., *Dibothriocephalus* spp., and *Anisakis* spp.

**Perspectives of Diphyllobothriasis**
The number of diphyllobothriasis cases attributable to *D. nihonkaiense* infection is expected to rise in Japan, considering this pathogen’s association with Japanese food customs. Also on the rise in Japan is tourism; in 2016, ≈24 million international travelers came to Japan, a 21.8% increase from the year before (http://www.jnto.go.jp/jpn/statistics/
 visitor_trends/index.html). With the increase in numbers of persons traveling to Japan for sightseeing and business purposes, international travelers acquiring infections with *D. nihonkaiense* tapeworm via the consumption of Japanese foods made with raw salmon, such as sushi and sashimi, is of great concern. In fact, 1 case was reported in a visitor from China (26).

Infection with *D. nihonkaiense* tapeworm is no longer a public health problem limited to East Asia and the North Pacific coast of North America; this pathogen is spreading due to the globalization of trade and increased commerce with salmon. Several cases of infection with *D. nihonkaiense* tapeworm have been reported in Europe (27) and New Zealand (28), where this pathogen was previously absent. The sources of infection for these cases are suspected to be the salmon imported from North America (27). Furthermore, regardless of immunity, anyone can get infected with *D. nihonkaiense* tapeworm in the countries where the pathogen exists, such as Korea (29,30), China (26,31), the United States (32), Canada (33,34), and eastern Russia (35).

Besides infections with *D. nihonkaiense* tapeworm, the following rare and autochthonous cestodes have been sporadically reported in humans in Japan: *Diphyllobothrium stemmacephalum* (36), *Adenocephalus pacificus* (37), *Dip. balaenopterae* (38), and *Spirometra* spp. (39). In contrast, human taeniasis has been exclusively reported as imported cases, but *T. asiatica* infections in Japan have been confirmed to be autochthonous infections through the consumption of raw pork liver (17,40).

From the public health point of view, most of the population in Japan are still unaware of the risk for *D. nihonkaiense* infection associated with the consumption of raw salmon or the risks for infections with other cestodes. Therefore, information regarding parasitic infections and warnings of the potential risks associated with these infections must be disseminated to consumers, food producers, restaurant owners, physicians, and visitors.

**Conclusions**

*D. nihonkaiense* diphyllobothriasis is no longer a public health issue limited to only East Asia, including Japan, and North America but is becoming a global threat due to the increasing consumption of raw salmon worldwide. Since 2005, *D. nihonkaiense* diphyllobothriasis has been reported in Europe and New Zealand, where the disease has no endemic foci. Considering these global occurrences, anyone consuming salmon is at risk for *D. nihonkaiense* diphyllobothriasis, not only in Japan and along the North Pacific coast of North America, where local salmon is consumed, but also in Europe, where imported salmon is consumed. The effects of globalization, such as the expansion of the salmon market, the increase in travel to and from diphyllobothriasis-endemic countries, and the global change in eating habits, might cause an increase in the incidence of *D. nihonkaiense* infections worldwide, in places where diphyllobothriasis was previously present and in places where it was not.

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