

1 **Risk factors for physical disability in patients with leprosy: a systematic review and meta-**
2 **analysis**

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4 Hidyana L. de Paula¹, RN - hidyanaral@gmail.com

5 Carlos D. F. de Souza¹, Ph.D - carlos.freire@arapiraca.ufal.br

6 Sara R. Silva¹, RN - sara96_ribeiro@hotmail.com

7 Paulo R. S. Martins-Filho^{2,3}, Ph.D - [saqmartins@hotmail.com](mailto:sqmartins@hotmail.com)

8 Josafá G. Barreto⁴, Ph.D - josabarreto@gmail.com

9 Ricardo Q. Gurgel³, Ph.D - ricardoqgurgel@gmail.com

10 Luis E. Cuevas⁵, MTropMed - luis.cuevas@lstmed.ac.uk

11 Victor S. Santos¹, Ph.D – santosvictor19@gmail.com

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13 **Affiliations**

14 ¹Centre for Epidemiology and Public Health. Federal University of Alagoas, Arapiraca, Brazil.

15 ²Investigative Pathology Laboratory. Federal University of Sergipe, Aracaju, Brazil.

16 ³Postgraduate Program in Health Science. Federal University of Sergipe, Aracaju, Brazil.

17 ⁴Spatial Epidemiology Laboratory. Federal University of Pará, Castanhal, Brazil.

18 ⁵Department of Clinical Sciences. Liverpool School of Tropical Medicine, Liverpool, United
19 Kingdom.

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21 **Corresponding author**

22 Victor S. Santos. Universidade Federal de Alagoas. Campus Arapiraca. Rodovia AL-115. Bom
23 Sucesso. Zip Code: 57309-005 – Arapiraca, AL, Brazil. Mobile Phone: +55 79 9 9990 4155. Office
24 Phone: +55 82 3482 1843. Email: santosvictor19@gmail.com

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29

30 **Abstract**

31 **Importance:** The World Health Organization (WHO) 2016–2020 Global Leprosy Strategy aims to
32 reinvigorate efforts to control leprosy and avert leprosy disability to less than one per million
33 population.

34 **Objective:** This study aimed to identify systematically clinical factors associated with physical
35 disability in patients with leprosy.

36 **Data source:** Searches were performed in Scopus, PubMed and Web of Science databases to
37 identify studies published up to May 2018, using the keywords *leprosy* and *physical disability*
38 and related terms.

39 **Study selection:** We included studies that evaluated patients using the WHO leprosy disability
40 grading and reported the number of patients with and without disability by clinical
41 characteristics.

42 **Data Extraction and Synthesis:** The study was conducted following the Meta-Analysis of
43 Observational Studies in Epidemiology (MOOSE) statement. We used the odds ratio (OR) as a
44 measure of association between the clinical features and physical disability. Summary estimates
45 were calculated using random-effects models.

46 **Main Outcome(s) and Measure(s):** Our primary outcome was physical disability according the
47 WHO disability classification. We evaluated the association between clinical features and
48 physical disability.

49 **Results:** Thirty-two studies were included in the systematic review. Males were more likely to
50 have physical disability than females (pooled OR: 1.66; CI95% 1.43-1.93). Multibacillary (MB)
51 leprosy were 4-fold more likely to have physical disability than paucibacillary (PB) leprosy

52 patients (pooled OR 4.32; CI95% 3.37-5.53). Patients having leprosy reactions were more likely
53 to have disability (pooled OR 2.43, CI95% 1.35-4.36). Patients with lepromatous leprosy
54 experienced 5- to 12-fold higher odds of disability.

55 **Conclusion and Relevance:** This systematic review and meta-analysis confirms the strong
56 association between the presence of physical disabilities and male gender, MB leprosy, leprosy
57 reactions and lepromatous presentation. These findings can guide the development of targeted
58 interventions to identify early individuals at greater risk of developing physical disabilities and
59 education campaigns to promote early consultation to institute treatment for leprosy reactions
60 and to prevent physical disability.

61

62 **Key-words:** Leprosy, Physical disability, Risk factors, Systematic review, Meta-analysis.

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64

65 **Key points**

66 **Question:** What are the risk factors for physical disability in patients with leprosy?

67 **Findings:** This systematic review and meta-analysis found a strong association between the
68 presence of physical disabilities and male gender, MB leprosy, leprosy reactions and
69 lepromatous presentation.

70 **Meaning:** Our findings can guide the early identification of individuals at higher risk of
71 developing physical disabilities and the development of targeted preventive interventions.

72

73 **Introduction**

74 Leprosy is a chronic infectious disease caused by *Mycobacterium leprae* that affects the skin
75 and peripheral nerves leading to progressive physical disability and deformities if not diagnosed
76 and treated early.¹⁻³ Despite a significant reduction in its global prevalence since the World
77 Health Organization (WHO) implemented the free multidrug therapy program in 1995, leprosy
78 remains a major cause of morbidity due to its associated long term disabilities and sequelae⁴
79 affecting an estimated two million people worldwide.^{5,6}

80 The WHO target is to reduce leprosy disabilities to less than one per million population through
81 the strengthening of strategies for the prevention and reduction of deformities.⁷ These
82 strategies include the early recognition and prioritization of individuals with characteristics
83 associated with physical disability and the main focus of control programs and rehabilitation
84 centers is to prevent and manage physical impairment to improve quality of life.^{8,9} Although
85 clinical features such as multibacillary (MB) leprosy and leprosy reactions are considered to
86 predispose to physical disability and deformity,^{2,5,10-13} there are no systematic analyses
87 assessing the strength of this evidence. We report here a systematic review and meta-analysis
88 to assess the clinical factors associated with physical disability in leprosy.

89 **Methods**

90 This study was conducted following the Meta-Analysis of Observational Studies in Epidemiology
91 (MOOSE) statement.¹⁴ Institutional review board approval and informed consent were not
92 required as all data were obtained from secondary data sources without identifiers. The study
93 protocol was designed a priori and registered in the PROSPERO database (registration number
94 CRD 42019118122).

95 Search strategy and selection criteria

96 We systematically searched the PubMed, Scopus and Web of Science databases to identify
97 studies published up to May 2018, using the keywords *leprosy* and *physical disability* and
98 related terms, as described in eTable 1 of the supplement. Two independent reviewers (HLP
99 and CDFS) screened the search results and identified potentially relevant studies based on their
100 title and abstract. The studies were then read in full for consideration for inclusion in the
101 analysis. Disagreements between the two reviewers were resolved by discussion. Studies were
102 included if a) patients had been assessed for physical disability using the WHO leprosy disability
103 grading¹; b) the study evaluated the association between the clinical presentation and physical
104 disability; and c) the clinical factors (exposure) were described according to the presence or
105 absence of physical disability. We excluded publications without original data such as reviews
106 and opinions, those with overlapping data or when data extraction was not possible. The
107 authors of the latter studies were asked to provide access to the original databases, but none of
108 them responded.

109 We considered age, sex, clinical presentation categories, the presence of leprosy reactions and
110 the WHO leprosy classification stage as exposure factors. The WHO classification includes
111 paucibacillary (PB, ≤ 5 skin lesions and/or only one affected nerve trunk) and multibacillary (MB,
112 > 5 skin lesions and/or more than one affected nerve trunk) leprosy or based on smear
113 microscopy findings into PB leprosy, if smear negative, or MB leprosy, if smear positive.¹⁵
114 Clinical forms include tuberculoid, borderline or lepromatous and indeterminate
115 presentations.¹⁶ Leprosy reactions include episodes characterized by the acute inflammation of

116 skin lesions or nerves (type 1) and/or the appearance of inflamed cutaneous nodules with or
117 without neuritis (type 2).¹⁷

118 Our primary outcome was physical disability according to the WHO disability classification.¹ In
119 this classification, grade 0 indicates no sensory impairment or disability/damage of the eyes,
120 hands or feet; grade 1 indicates the presence of eye (vision >6/60) or sensory impairment in the
121 hands or feet, without visible deformities or damages; grade 2 indicates severe visual
122 impairment (vision <6/60 or inability to count fingers at six meters) or the presence of visible
123 deformity in the eyes (lagophthalmos, iridocyclitis and corneal opacities) or visible deformity or
124 damage on hands or feet (ulcerations, traumatic injuries, resorption, claw, fallen hand, foot
125 drop, ankle contracture). We combined physical disability grades 1 and 2 and considered them
126 jointly for statistical purposes.

127 Data extraction and bias assessment

128 Data were extracted using standardized tables, including author, country, study design,
129 participants characteristics, clinical setting (specialized health center, general hospital, primary
130 health care or data obtained from a health information system) and physical disability
131 (presence or absence). We extracted the number of cases with and without physical disability
132 at the time of diagnosis and stratified for each exposure variable. Not all studies reported all
133 variables and we used percentages to obtain the absolute number of patients by stratum.

134 The Quality Assessment Tool for Observational Cohort and Cross-Sectional Studies of the USA
135 National Institutes of Health ([https://www.nhlbi.nih.gov/health-topics/study-quality-](https://www.nhlbi.nih.gov/health-topics/study-quality-assessment-tools)
136 [assessment-tools](https://www.nhlbi.nih.gov/health-topics/study-quality-assessment-tools)) was used to grade the quality of each study. Disagreements were resolved by
137 discussion.

138 Statistical analysis

139 We calculated the pooled odds ratio (OR) for the primary outcome and forest plots to present
140 results with 95% confidence intervals (95% CI). Not all studies reported data on all exposure
141 variables and the pooled OR was estimated from the data available for each variable. Pooled
142 estimates were calculated using a random-effects model (DerSimonian and Laird method). Two-
143 tailed p-values <0.05 were used to determine statistical significance. Statistical heterogeneity
144 was assessed using the Cochran's Q test¹⁸ and quantified by the I^2 index.¹⁹

145 Subgroup analysis were performed according to the study design, population characteristics
146 (adults, adults/children and children) and study setting. Publication bias was assessed by
147 visually inspecting whether larger and smaller studies were asymmetrically distributed in the
148 funnel plot.²⁰ Leave-one-out sensitivity analysis was conducted to examine the influence of
149 each study on the pooled effect size.²¹ Analyses were performed using STATA 14.0 (STATA
150 Corp., College Station, TX, USA) and Review Manager 5.3 (Cochrane IMS, Copenhagen,
151 Denmark).

152 **Results**

153 The search strategy identified 2,447 reports. After screening titles and abstracts, 177 full-text
154 articles were assessed for eligibility and 32 were included in the analysis (Figure 1). Table 1
155 describes the characteristics of the studies included. Most studies were cross-sectional (27,
156 84.4%), four (12.5%) were from surveillance systems (continuous and routine reporting of cases
157 for monitoring purposes) and only one (3.1%) was a cohort. Nine (28.1%) studies included
158 adults, three (9.4%) included children and 20 (62.5%) enrolled both adults and children and
159 reported them combined. Eleven (34.4%) studies were based in general hospitals, nine (28.1%)

160 in primary health care settings and eight (25.0%) in specialized health care centers, while four
161 (12.5%) were data extracted from health information systems and the origin of the patients was
162 not reported.

163 The risk of bias of the studies is showed in eTable 2 in the supplement. All studies had clear
164 objectives and eligibility criteria, recruited subjects from the same population and described
165 the definitions of exposure factors and outcomes. However, most studies did not report the
166 number of eligible participants recruited into the study. Since most studies were cross-
167 sectional, the exposure and outcome status (physical disability) of the participants were
168 collected at the same time, which are potential sources of bias.

169 Twenty-four studies had sex information (39,571 patients), of which 24,218 (61.2%) were male
170 and 15,353 (38.8%) female.^{2,5,10-13, 22-38} Males were more likely to have physical disability than
171 females (pooled OR: 1.66; 95% CI: 1.43-1.93; I^2 : 81.3%, P : <0.001) and the odds of physical
172 disability did not depend on the study location (Figure 2).

173 WHO leprosy classification data were obtained from 28 studies including 39,192
174 patients.^{2,5,10,11,13,22,23,25-29,31-35,37-47} PB leprosy was more frequent than MB leprosy [25,954
175 (66.2%) and 13,238 (33.8%), respectively], but patients with MB leprosy were 4-fold more likely
176 to have physical disabilities (pooled OR: 4.32; 95% CI: 3.37-5.53; I^2 : 88.9%, P : <0.001)
177 independently of the study location (Figure 3).

178 Six studies reported leprosy reactions and disability,^{2,11,37,38,42,43} including 9,691 patients, of
179 whom 1,694 (17.5%) had leprosy reactions and 7,997 (82.5%) no reactions, resulting a pooled
180 OR of 2.43 (95% CI: 1.35-4.36; I^2 : 92.1%, P : <0.001) (Figure 4). The clinical presentation was
181 reported in seven studies. Patients with lepromatous forms were more likely to have disability

182 than patients with borderline (pooled OR: 2.94, 95% CI: 1.72-5.02; I^2 : 92.2%, P: <0.001),
183 tuberculoid (pooled OR: 5.85, 95% CI: 3.56-9.61; I^2 : 90.8%, P: <0.001) or indeterminate leprosy
184 (pooled OR: 12.53, 95% CI: 6.34-24.76; I^2 : 86.4%, P: <0.001) and these pooled ORs were not
185 dependent on the study location (Figure 5).

186 Sensitivity analysis suggested the pooled ORs were stable and not obviously changed by a single
187 study. No evidence of publications bias was observed (see eFigures 7-11 in the Supplement).

188 **Discussion**

189 Factors predisposing to the development of physical disability in leprosy have been reported
190 extensively, providing an excellent opportunity for a comprehensive analysis. This review
191 confirms that male patients, those with MB leprosy, leprosy reactions and lepromatous
192 presentations are more likely to have physical disabilities.

193 Men were almost 2-times more likely to have physical disability than women. This gender
194 difference has been attributed to social behaviors and reluctance and difficulties in accessing
195 health services.⁴⁸ Men often ignore leprosy symptoms and seek health services at more
196 advanced stages of the disease and with more severe clinical manifestations.⁴⁹⁻⁵¹ Health
197 professionals should be aware of their increased risk during active case finding activities and
198 contact tracing, to ensure male contacts and secondary cases are not missed during home
199 visits.

200 Leprosy disease progression is determined by the cellular immune responses to *M.*
201 *leprae*, which are expressed through different pathophysiological mechanisms. The absence of
202 cellular and enhanced humoral immune responses of patients with MB leprosy are associated
203 with high bacilli loads and result in neuritis and peripheral nerve damage.^{26,52} Patients with MB

204 leprosy in this review were more likely to have physical disabilities, highlighting the importance
205 of good clinical classification and the smear microscopy detection of bacilli.¹⁶

206 Although tuberculoid and indeterminate leprosy are the most frequent clinical presentations,
207 our meta-analysis demonstrates that patients with lepromatous leprosy have 5- to 12-fold
208 higher odds of disability. Lepromatous leprosy is characterized by T helper cell 2 immune
209 responses with increased production of IL-4 and IL-10 and activation of regulatory T cells, a
210 robust, but ineffective, production of antibodies with formation of immune complexes, and a
211 failure to restrict *M. leprae* growth, especially into the Schwann cells.⁵³ The immunological
212 events triggered against infected Schwann cells then results in nerve injuries and consequent
213 physical disability.⁵⁴

214 Individuals with leprosy reactions are more prone to peripheral nerve injuries and sequelae.
215 Type 1 reactions are a reversal or upgrade of the cell-mediated immunity to *M. leprae*
216 antibodies, while type 2 reactions are the result of immune complexes attracting granulocytes
217 and activation of complement and cytokine responses.⁵³ Both reactions may damage
218 peripheral nerves with impairment of function and can occur at any time in the clinical course
219 of the disease, independently of treatment. It is thus recommended to follow leprosy cases for
220 several years after an apparently successful treatment.^{4,55,56}

221 This systematic review focused on the likelihood of disability among patients with leprosy
222 reactions at the time of diagnosis. However, studies have reported a high risk of leprosy
223 reactions after completion of MDT treatment, requiring long-term follow-up with repeated
224 neurological examinations.^{4,10,57} The early identification of reactions and their prompt

225 management with prednisone (1 to 2 mg/kg/day for ≥ 90 days) can prevent neuropathies and
226 disability.¹⁷

227 The Global Leprosy Strategy 2010-2020 aims to accelerate action towards a leprosy-free world,
228 with a focus on the early detection of cases, before disabilities occur, and the prevention and
229 early detection of disabilities among higher risk groups by conducting active cases finding
230 campaigns in highly endemic areas or communities.⁷ In this sense, our findings provide
231 information to stakeholders regarding to the characterization of high risk patients that should
232 be prioritized and targeted to receive preventive interventions for the early detection and
233 reduction of grade 2 disability in endemic areas.

234 Our findings however should be interpreted with caution. All studies included were
235 observational and patients were not randomized and were often conducted with other primary
236 objectives and therefore the studies are prone to patient selection bias and the disability
237 information may not have been collected systematically. Moreover, it was not possible to
238 perform meta-analyses to explore whether age, schooling level and socioeconomic status were
239 associated with physical disability. Most studies, however, indicated the prevalence of disability
240 increases with age and that disability is inversely proportional to socioeconomic conditions and
241 educational level. Education and income are considered determining factors for disease
242 improvement and protective for the occurrence of disability.²

243 Despite these limitations, we demonstrate a strong association between the presence of
244 physical disabilities and gender, MB leprosy, leprosy reactions and a lepromatous presentation.
245 These findings can guide the development of targeted interventions to identify early individuals
246 at risk of physical disabilities and to inform education campaigns promoting early consultation

247 to institute treatment for leprosy reactions and prevention of further physical disability. Long-
248 term follow-up is necessary to monitor factors associated with disabilities, and the provision of
249 interventions promoting self-care, disability prevention and availability of rehabilitation
250 services.

251

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253 and take responsibility for the integrity of the data and the accuracy of the data analysis.

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257

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442 clinical forms. a) Sub-group analysis for Lepromatous and Borderline forms. b) Sub-group

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444 Indeterminate forms.

445 **Table 1. Characteristics of the included studies.**

Study	Country	Study design	Population	Settings	Risk factors analyzed	Outcome	Sample size	Total disability
Zhang et al, 1993	China	Cross sectional	Adults/ children	Tertiary Health Centre	Sex, WHO leprosy classification and clinical forms	Combined grades 1 and 2	14257	8122
Tiendrebeogo et al, 1996	Burkina Faso	Cross sectional	Adults	Primary care	Sex and WHO leprosy classification	Combined grades 1 and 2	554	165
Çakiner et al, 1997	Turkey	Cross sectional	Adults	Hospital	Sex	Combined grades 1 and 2	711	546
Wittenhorst et al, 1998	Zimbabwe	Surveillance	Adults/ children	Information system	Sex and WHO leprosy classification	Grade 2	746	247
Croft et al, 1999	Bangladesh	Cross sectional	Adults/ children	Tertiary Health Centre	Sex and WHO leprosy classification	Combined grades 1 and 2	2664	415
Ahmad et al, 2004	Pakistan	Cross sectional	Adults	Hospital	Sex, WHO leprosy classification and clinical forms	Combined grades 1 and 2	100	41
Kar et al, 2005	India	Cross sectional	Children	Tertiary Health Centre	Sex, WHO leprosy classification and leprosy reaction	Grade 2	275	29
Rad, 2007	Iran	Cross sectional	Adults/ children	Hospital	Sex and WHO leprosy classification	Combined grades 1 and 2	180	79
Silva-Sobrinho et al, 2007	Brazil	Cross sectional	Adults/ children	Primary care	Sex	Combined grades 1 and 2	99	79
Lana et al, 2008	Brazil	Surveillance	Adults/ children	Information system	Sex and WHO leprosy classification	Combined grades 1 and 2	1461	672
Soomro et al, 2008	Pakistan	Cross sectional	Adults	Hospital	WHO leprosy classification	Separately grades 1 and 2	100	55
Ramos et al, 2010	Brazil	Cross sectional	Adults	Tertiary Health Centre	Sex and WHO leprosy classification	Separately grades 1 and 2	193	51

El-Dawela et al, 2012	Egypt	Cross sectional	Adults/ children	Hospital	WHO leprosy classification	Grade 2	587	204
Sarkar et al,2012	India	Cross sectional	Adults	Hospital	WHO leprosy classification	Separately grades 1 and 2	244	244
Kumar et al, 2012	India	Cohort	Adults/ children	Tertiary Health Centre	Sex, WHO leprosy classification and clinical forms	Grade 2	293	27
Nardi et al, 2012	Brazil	Cross sectional	Adults/ children	Primary care	Sex, WHO leprosy classification and clinical forms	Separately grades 1 and 2	335	71
van Brakel et al, 2012	Indonesia	Cross sectional	Adults	Primary care	Sex and WHO leprosy classification	Separately grades 1 and 2	1308	1003
Monteiro et al, 2013	Brazil	Cross sectional	Adults/ children	Primary care	WHO leprosy classification and leprosy reaction	Separately grades 1 and 2	282	44
Oliveira et al, 2013	Brazil	Cross sectional	Adults/ children	Tertiary Health Centre	Sex	Separately grades 1 and 2	494	142
Guerrero et al, 2013	Colombia	Cross sectional	Adults/ children	Primary care	Sex and WHO leprosy classification	Combined grades 1 and 2	333	117
de Castro et al, 2014	Brazil	Cross sectional	Adults	Primary care	Sex and WHO leprosy classification	Combined grades 1 and 2	225	137
Silva et al, 2015	Brazil	Cross sectional	Adults/ children	Primary care	Sex and WHO leprosy classification	Grade 2	1916	366
Monteiro et al, 2015	Brazil	Surveillance	Adults/ children	Information system	Sex, WHO leprosy classification, leprosy reaction and clinical forms	Grade 2	12328	664
Santos et al, 2015	Brazil	Surveillance	Adults/ children	Information system	Sex, WHO leprosy classification, leprosy reaction and clinical forms	Combined grades 1 and 2	2358	656
Sethi et al, 2015	India	Cross	Children	Hospital	WHO leprosy	Separately	94	32

		sectional			classification and clinical forms	grades 1 and 2		
Patel et al, 2016	India	Cross sectional	Adults	Tertiary Health Centre	Sex, WHO leprosy classification and leprosy reaction	Separately grades 1 and 2	239	127
Onyeonoro et al, 2016	India	Cross sectional	Adults/ children	Hospital	Sex and WHO leprosy classification	Separately grades 1 and 2	287	168
Queirós et al, 2016	Brazil	Cross sectional	Adults/ children	Hospital	WHO leprosy classification	Separately grades 1 and 2	458	63
Anjum et al, 2017	India	Cross sectional	Adults/ children	Tertiary Health Centre	WHO leprosy classification	Combined grades 1 and 2	54	48
Rodrigues et al, 2017	Brazil	Cross sectional	Adults/ children	Hospital	Sex and WHO leprosy classification	Combined grades 1 and 2	182	124
Darlong et al, 2017	India	Cross sectional	Children	Hospital	WHO leprosy classification	Grade 2	319	21
Haefner et al, 2017	Brazil	Cross sectional	Adults/ children	Primary care	Sex	Separately grades 1 and 2	910	262

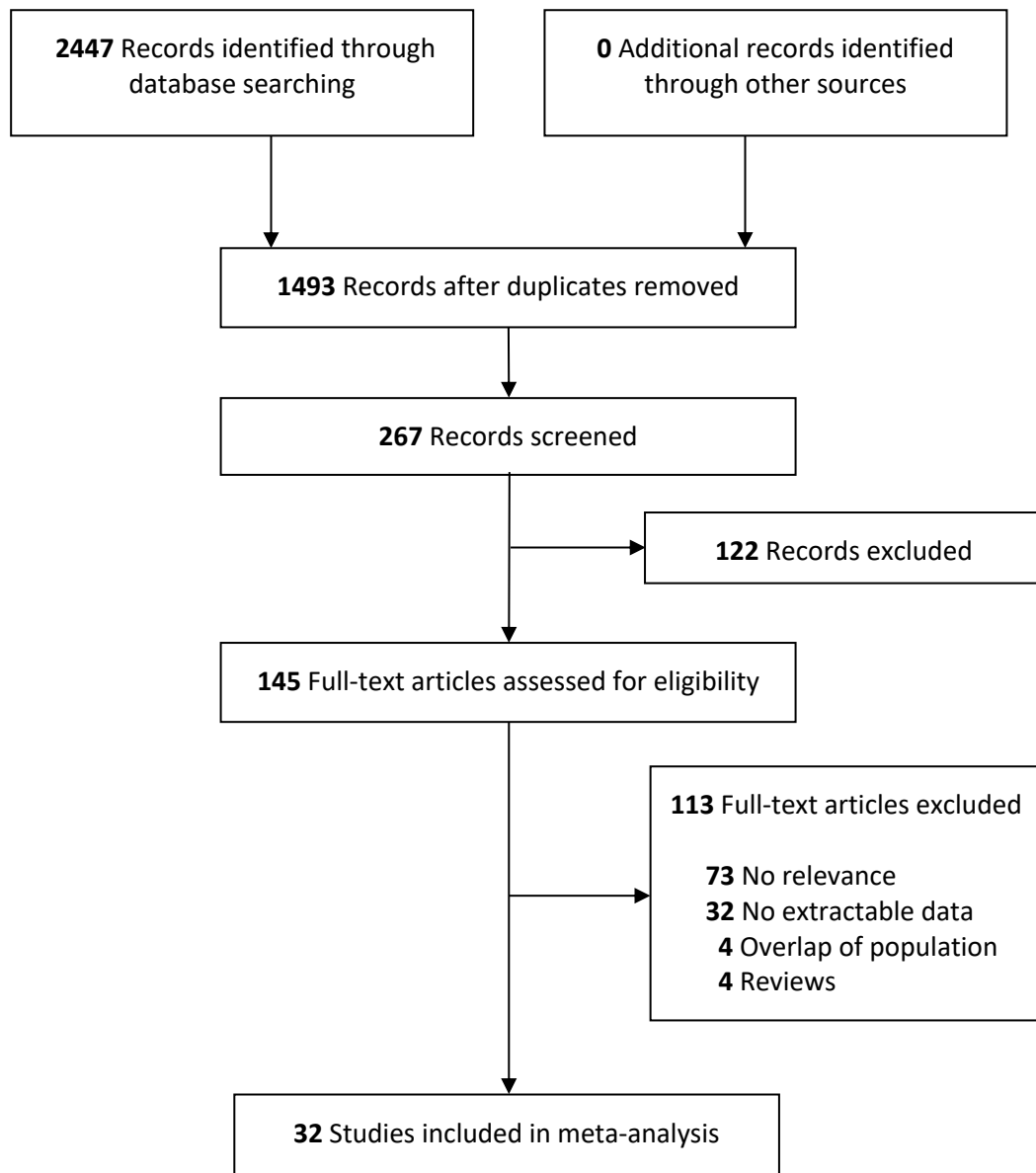
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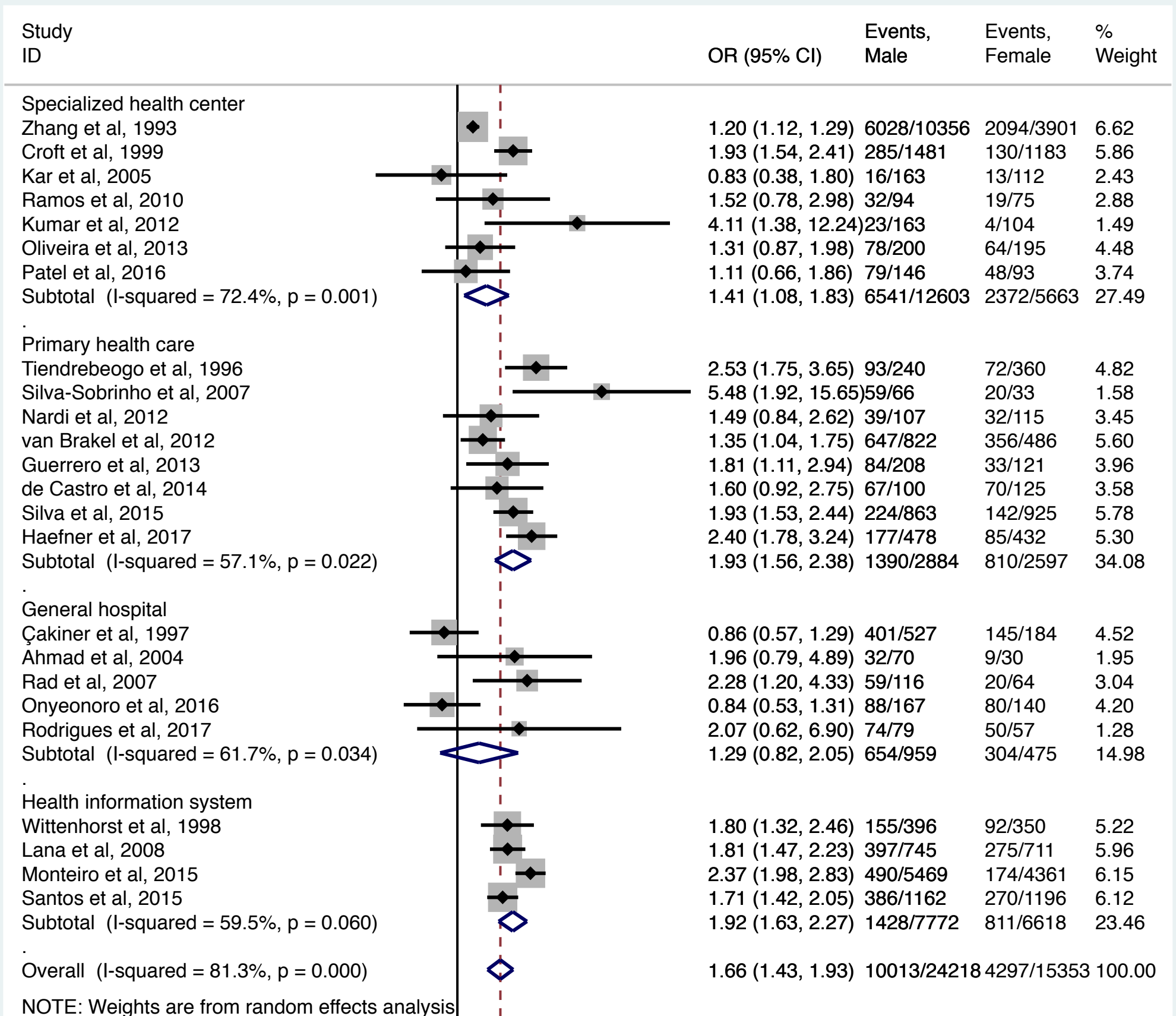
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NOTE: Weights are from random effects analysis

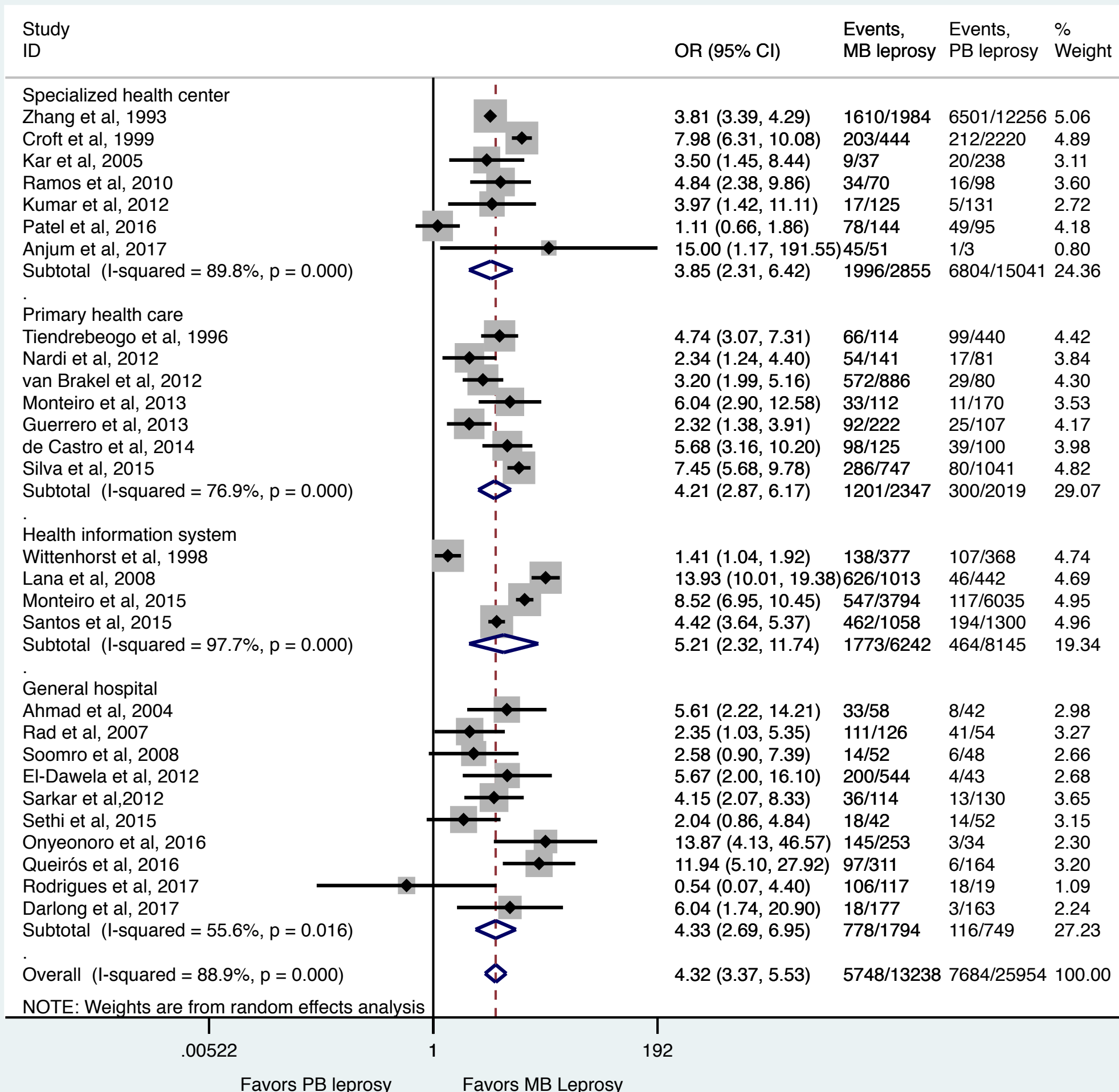
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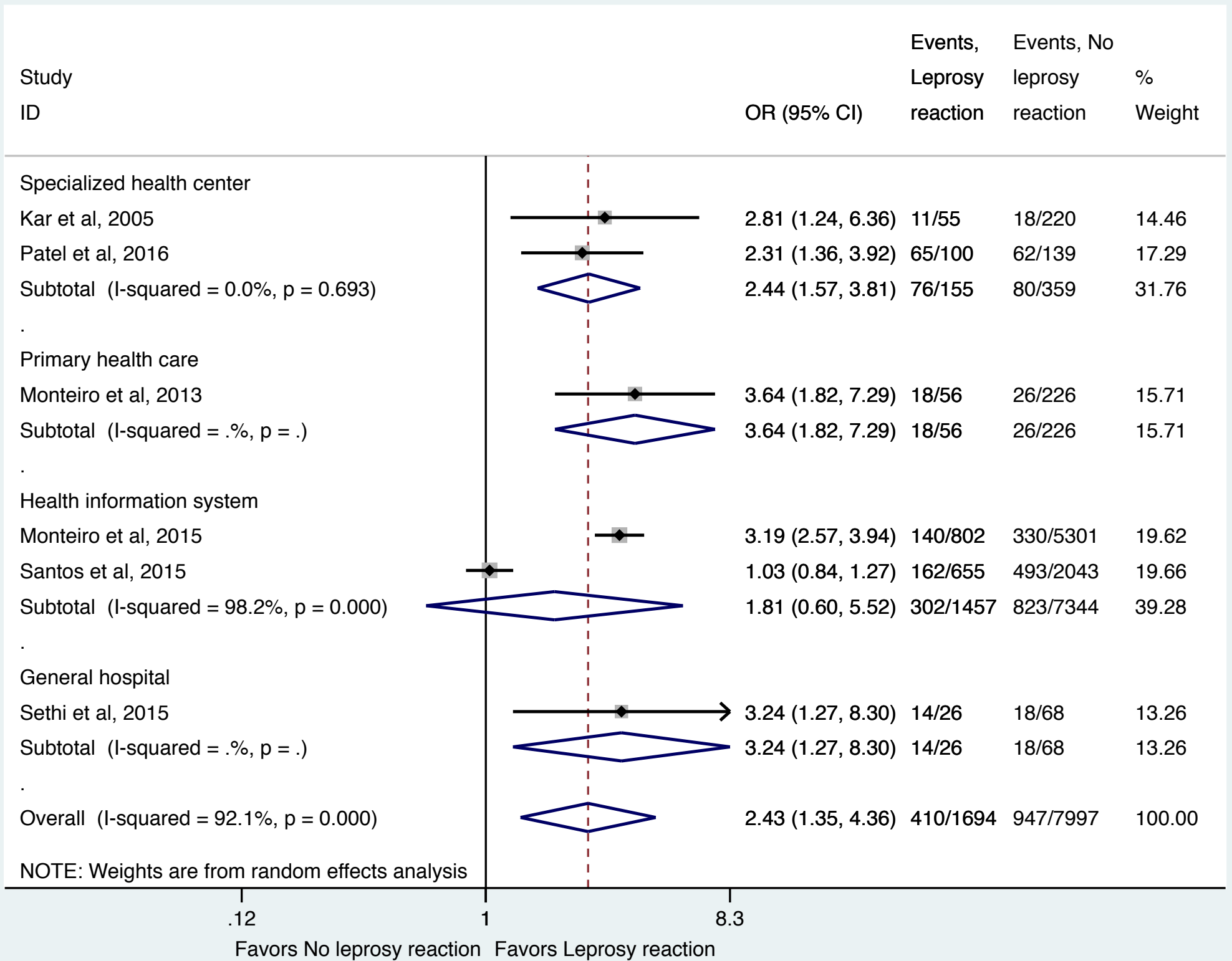
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15.6

Favors Female

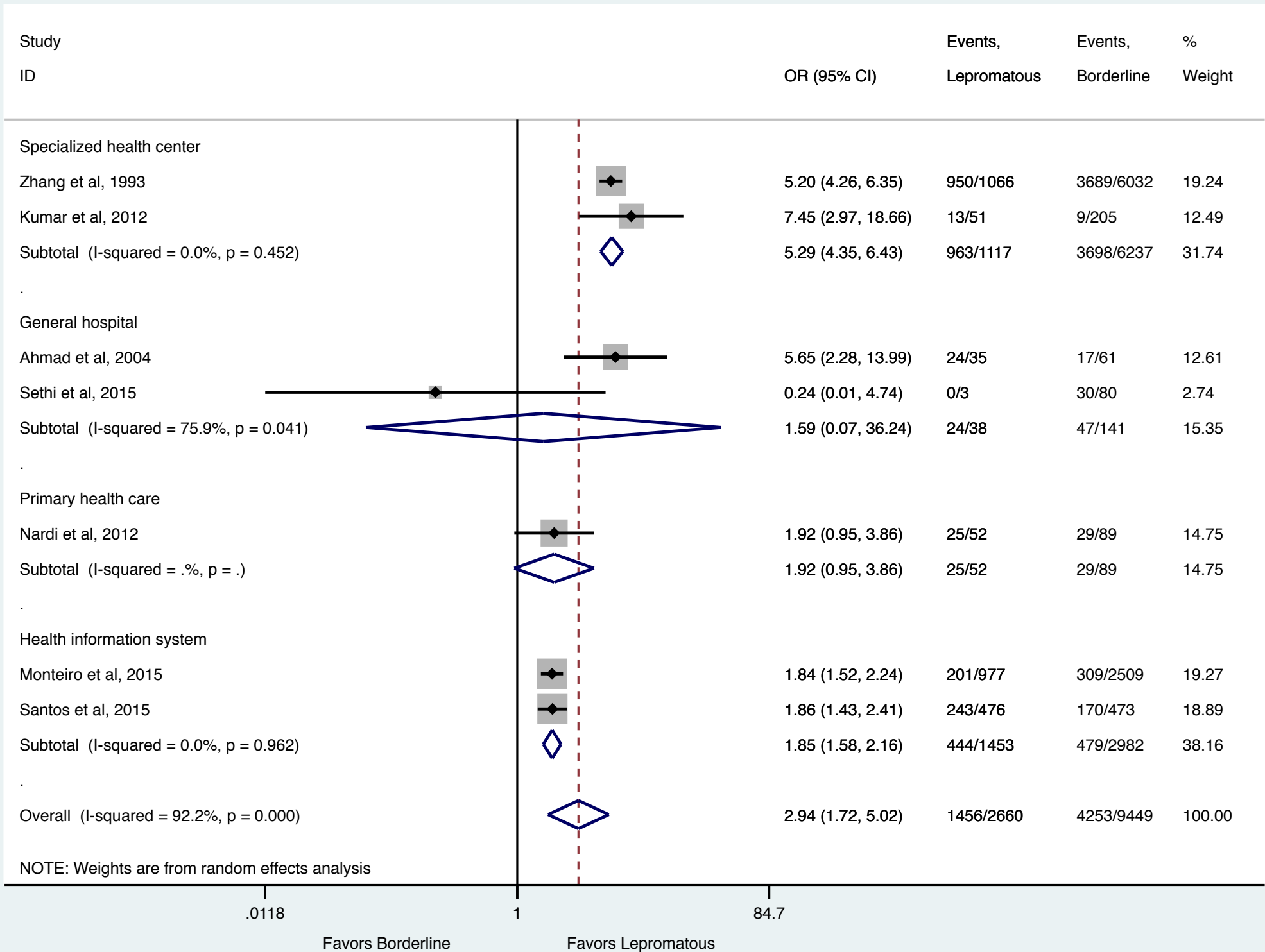
Favors Male

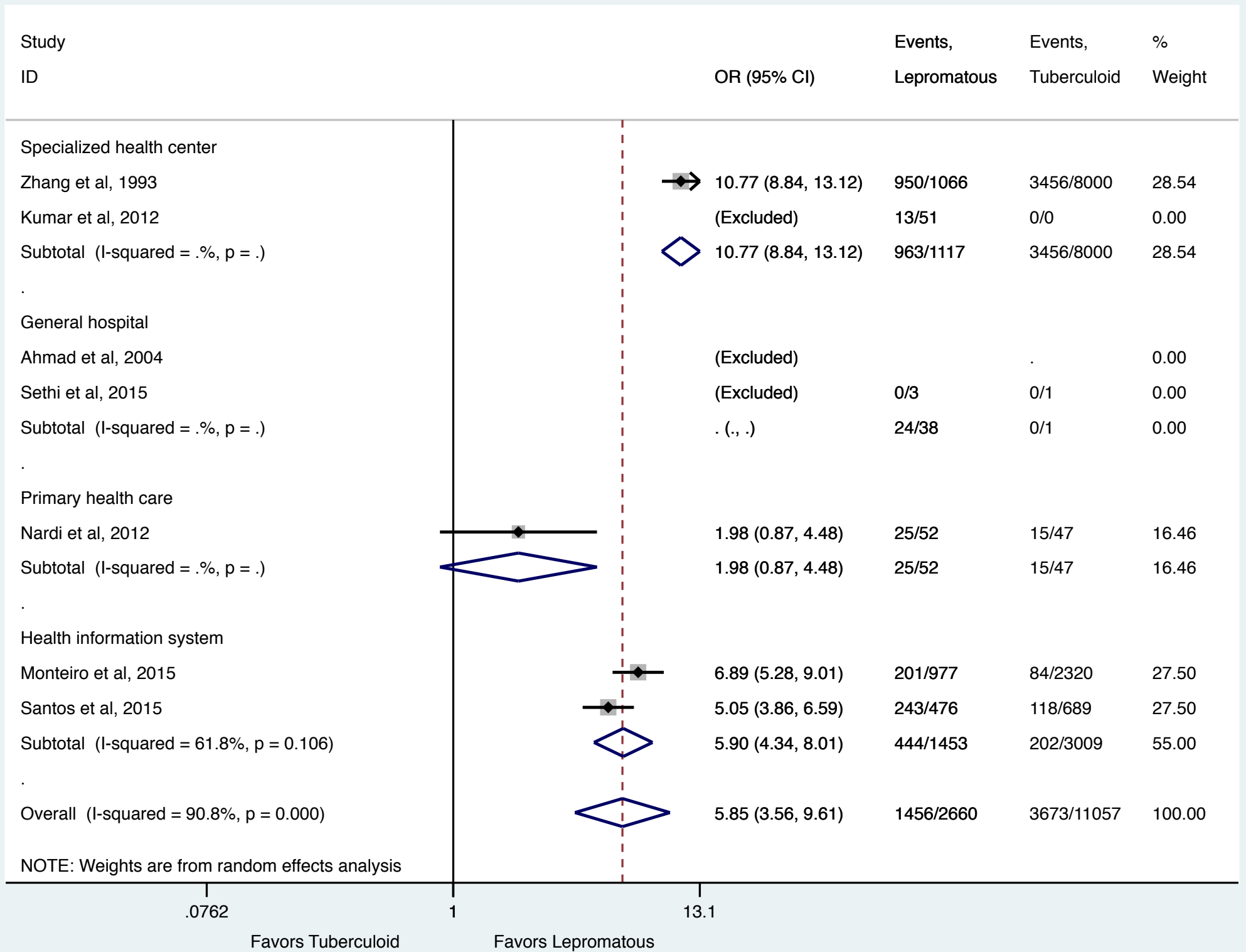




NOTE: Weights are from random effects analysis

.12 1 8.3
 Favors No leprosy reaction Favors Leprosy reaction





NOTE: Weights are from random effects analysis

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13.1

Favors Tuberculoid

Favors Lepromatous

