Machine learning methods for rare diseases

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## Synopsis

(Instructions: Describe the background, basic structure of the article, list material to be covered indicating depth of coverage, how they are logically arranged, include recent pubs in the area, 300-500 words)

Substantial technological advances have dramatically changed biomedicine by making deep characterization of patient samples routine. These technologies provide a rich portrait of genes, cellular pathways, and cell types involved in complex phenotypes. Machine learning is often a perfect fit to extract disease-relevant patterns from these high dimensional datasets. Often, these methods require many samples to identify reproducible and biologically meaningful patterns. With rare diseases, biological specimens and consequently data, are limited due to the rarity of the condition. In this perspective, we outline the challenges and emerging solutions for using machine learning in these settings. We aim to spur the development of powerful machine learning techniques for rare diseases. We also note that precision medicine presents a similar challenge, in which a common disease is partitioned into small subsets of patients with shared etiologies and treatment strategies. Advances from rare disease research are likely to be highly informative for other applications as well.

## Introduction

Data collection is increasingly high-throughput, and it can now be more feasible to perform genome-wide profiling than targeted profiling in some settings. Machine learning (ML) is gaining momentum in biomedical data analysis as a means of analyzing and identifying relevant factors from such broad profiling experiments. Parsing such high dimensional data requires computational methods that can learn from the data and can also be applied to newly acquired data in the same disease space [[1](#ref-Zoj0hKzb)]. Such computational methods comprise of machine learning algorithms including (i) supervised learning (ii) unsupervised learning, or (iii) reinforcement learning [[2](#ref-19li7oKML)].

Application of ML to any dataset requires careful execution, but the application to biomedical data and subsequent interpretation requires depth of knowledge not only in the biomedical domain but also a clear understanding of the methods and their underlying assumptions. Application of ML to any kind of data consists of the following major steps: (1) data evaluation and question formulation, (2) selection of normalization/dimension reduction to mitigate technical differences, (3) selection of appropriate algorithms which select features to answer the formulated question, (4) evaluation of the answers generated by the algorithm. Each of these steps require the practitioner to choose from a variety of methodologies to apply. The selection of the methodologies at each of these steps need to be based upon robust reasoning to ensure stability of the results.

A promising yet challenging application of machine learning is in the study of rare diseases - those with fewer than 200,000 cases in the United States [[3](#ref-wwF0mDld)]. Rare disease research has substantial constraints to consider when using ML methods, including lack of statistical power due to small dataset size, heterogeneity in available data, and sensitivity of ML methods to misinterpretation and unstable performance in view of small datasets. For example, successful training of ML models require training datasets made of “gold standard” data where the diagnosis or label of a data point has very little uncertainty (or “label-noise”) associated with it [[4](#ref-G5HC64pk)]. In rare disease the symptoms as well as any underlying biology often come with a reasonable amount label-noise leading to a *silver standard* dataset[[5](#ref-16kfJJap4)]. Moreover, in the context of rare disease, special considerations need to be made to safeguard against misinterpretation of results. Rare disease datasets are often limited in size and/or constructed at multiple institutions from different types of specimens. Such considerations include incorporation of methods that can mitigate technical disparities in the data and that are resilient to challenges posed by small datasets. Often, this will require techniques that build upon prior domain-specific knowledge and data. In this perspective, we discuss techniques for understanding the nature of rare disease data, including those that address or better tolerate the limitations of these data.

### Manage complex high-dimensional rare disease data

The great irony of studying rare diseases with genomics, transcriptomics, or other similar high-throughput methods is that the ability to get an enormous number of measurements from a vanishingly small number of samples, is both the upside and the downfall of these methods. These ‘omic’ methods generate highly dimensional data - that is, data with many features (e.g. all of the mRNA transcripts in a sample). However, to be able to statistically interrogate these measurements, one needs many samples, or observations, which is often not the case in rare disease. This is known as the “curse of dimensionality,” and can be a major impediment in analyzing feature-rich data in sample-deficient contexts [[6](#ref-KOD2gdVS)]. Additionally, identifying various correlated features and interpreting how they relate to the biological question of interest can make using highly dimensional rare disease data for discovery challenging. Furthermore, rare disease data collection and aggregation methods can further complicate these challenges by introducing technical variability into the data at hand. In this section, we will discuss strategies like simplifying data by reducing the dimensionality of high-dimensional datasets as well as detecting and correcting technical artifacts, that can help mitigate these challenges.

Dimensionality reduction methods including unsupervised machine learning methods like multidimensional scaling (MDS), principal components analysis (PCA), t-distributed stochastic neighbor embedding (t-SNE), and uniform manifold approximation and projection (UMAP) can help ‘compress’ information from large number of features into a smaller number of features. [[7](#ref-wBDkzWlg),[8](#ref-qRi1wkz4),[9](#ref-c46n3STN),[10](#ref-157h5hA34)] Use of these techniques is not restricted to ‘omics’ data, they can also be used in rare disease applications to characterize imaging data [[11](#ref-1Ak4JFhvU)], mass cytometry data [[12](#ref-gqTS2Uy7)], and others. These methods not only help in reducing the number of features, but can also be used to visualize structure in the data (e.g. [[13](#ref-AZCOtvbC)]), used to define subgroups within data (e.g. [[14](#ref-12XiicejZ)], or can be used for feature selection/extraction during application of specific machine learning models[[15](#ref-15yIhkDpY)].

In fact, dimensionality reduction is a core concept underpinning a class of ML called representation learning (or feature learning). Representation learning is the process of learning low-dimensional representations or *composites* of features from raw data, where each learned feature becomes an individual variable thus reducing the dimensions of the dataset. One such unsupervised approach, matrix factorization, can extract composite features from transcriptomics datasets made of combinations of gene expression levels, found in the training data that are descriptive in some way, and use them to interpret test input data [[16](#ref-ChpTIk5j),[17](#ref-1DrhKLdVp),[18](#ref-NsW0qxZF)]. Low-dimensional representations trained on a collection of transcriptomic data can also be used as input to supervised machine learning methods [[19](#ref-1Dt8XU1y4)]. Supervised neural networks used in medical imaging studies [[20](#ref-ayTsooEM)] (reviewed in [[21](#ref-PZMP42Ak)]), also use representation learning. Learned composite features in the medical imaging domain may include a series of edges representing a blood vessel formation that discriminates between disease states.

Representation learning generally tends to be data-intensive (i.e. many samples are required) and thus may seem to aggravate the curse of dimensionality. But representation learning when applied to learn low dimensional patterns from large datasets and then applying those patterns to smaller but related datasets can be a powerful tool for dimensionality reduction for smaller datasets. In the later sections of this perspective, we will discuss this method of leveraging large datasets to reduce dimensionality in smaller datasets, also known as *feature-representation-transfer* . In later sections, we will introduce methods that can leverage data that do not directly assay a rare disease of interest; representation learning underlies many of time.

Another application of dimensionality reduction methods is to assess the presence or absence of unwanted signal in the data. Rare disease datasets can sometimes contain structure unrelated to the biology of the disease, e.g. structure related to batch, sample preparation methodology, or sequencing platform [[22](#ref-14rnBunuZ)]. The consequences of these artifacts are amplified when there are few samples and heterogeneous phenotypes. Furthermore, datasets are often combined from multiple small studies where biological characteristics are confounded by technical variables. We can leverage dimensionality reduction methods like PCA, MDS, t-SNE, and UMAP to identify the effect of these variables on the data. All of these methods can be used to identify batch effects and other structure in the data, though some (like t-SNE and UMAP) may require parameters that can affect the output [[10](#ref-157h5hA34),[25](#ref-Lby4PmSX)]. Therefore, obtaining a clear interpretation from these methods requires understanding their underlying approach and parameters. Way, et. al. [[18](#ref-NsW0qxZF)] further suggests that a single dimensionality reduction method alone may not be sufficient to reveal all of the technical or biological heterogeneity; thus testing multiple methods may result in a more comprehensive portrait of the data.

In addition to methodological considerations, collaboration with domain experts may result in unexpected insight into potential sources of variation. As an example, consider a study of neurofibromatosis type 1 (NF1) datasets.[[26](#ref-wv3oXzet)] These datasets were, unbeknownst to the computational biologists, generated from samples obtained with vastly different surgical techniques (laser ablation and excision vs standard excision), resulting in substantial biological differences that are a consequence of process, not reality. One might expect, in this example, that this technical decision would result in profound changes in the underlying biology, such as the activation of heat shock protein related pathways, unfolded protein responses, and so on. Consequently, careful assessment of and accounting for confounding factors is critical to identifying meaningful features within a dataset.

Assessment of confounding factors and heterogeneity is perhaps most efficiently performed using unsupervised learning approaches. K-means clustering or hierarchical clustering can be used to characterize the structure present in genomic or imaging data. [[27](#ref-11QYztxcm),[28](#ref-U2RMvmE5)]

Once the nature of the non-biological heterogeneity has been established, different techniques can be used to correct the differences. Common approaches include reprocessing the raw data using a single analysis pipeline if the data are obtained from different sources, application of batch correction methods [[29](#ref-1HahRBkyb),[30](#ref-XJiH4M02)], and normalization of raw values[[31](#ref-19neBSN5B)]. It is also important to be realistic when working with rare disease data. For various reasons including ethical constraints, funding, and limited biospecimens, experimental design and the resulting data will often be less-than-ideal. In these cases, it may be prudent to take a step back, re-evaluate the data, and identify methods that can operate within the constraints of the data, rather than expecting the data to conform to a method of choice.

### Manage model complexity while preserving the value of machine learning

Fruitful translation of patterns extracted from a dataset using machine learning into testable hypotheses requires the models to be a) stable i.e. the same predicted features should surface from the data if the model is run multiple times and, b) simple to improve interpretability and avoid misinterpretation due to technical artifacts. Fulfilling these pre-requisites become even more important in case of rare disease datasets where there is high label-uncertainty (i.e. where the label given to a data point may not be correct due to imperfect understanding of the disease). In this section we highlight a few techniques which can help improve the stability and simplicity of ML models.

Techniques like bootstrapping and ensemble learning can increase stability in machine learning predictions.

Bootstrapping is a powerful statistical technique where resampling the data with replacements can help estimate population values from datasets of limited sample size [[32](#ref-9EM1Mzod)]. Such resampling with replacement is used in various learning methods to find the most informative models (e.g. bootstrap aggregating or *bagging* used in random forests [[33](#ref-Uy4oESDl),[34](#ref-SS9DjYHO)], bootstrap in neural networks [[35](#ref-RhxfHs3z)], or regression models [[36](#ref-17mzOREgU),[37](#ref-ADEtV1CD)]). A variation where resampling of a rare disease dataset was done *without replacement*, generated confidence intervals for the model predictions by iteratively exposing the models to incomplete datasets (mimicking the real world cases where most rare disease datasets are incomplete) [[26](#ref-wv3oXzet)].

Stability in predictions can also be achieved by combining various ML methods together (*ensemble learning*). Ensemble learning methods like random forests use bagging of independent decision trees that use similar parameters but different paths to form a consensus about the important predictive features [[33](#ref-Uy4oESDl),[38](#ref-14J3u9pnR),[39](#ref-7ueKyz71),[40](#ref-eFWTLOhH),[41](#ref-mQ50J5fV)]. But such methods have shown limited success in rare disease datasets where the label-uncertainty can be high due to imperfect understanding of the disease (i.e.silver standard datasets). This has led to the adoption of cascade learning, where multiple methods leveraging distinct underlying assumptions are used in tandem. The methods may be augmented with algorithms like AdaBoost (*boosting*) to capture stable patterns existing in the silver standard data [[42](#ref-Q25GV92r),[43](#ref-ThoSnmu3),[44](#ref-QEQ0NTvv)]. A variation of cascade learning implemented to identify rare disease patients from electronic health records from the general population utilized independent steps for feature extraction (using word2vec [[45](#ref-1BgjerMFj)]), preliminary prediction (ensemble of decision trees with penalization for excessive tree-depth), and prediction refinement (using similarity of data points to resolve sample labels) [[46](#ref-HWIKCkVI)]. Combining these three methods resulted in better performance than other methods when implemented on the silver standard dataset in isolation.

Techniques like regularization and *one-class-at-a-time* classifications can help simplify models by making the feature space proportionate with the sample space.

Regularization can not only protect ML models from *overfitting* (where the model performs well for the training data but poorly for new test data) [[47](#ref-186cKBcbp)], but also help reduce the feature space to help build simpler models using limited datasets. The three main methods of regularization include ridge regression, LASSO, and elastic-net. While ridge regression can minimize the magnitude of the features, it cannot remove unimportant features. LASSO regression, on the other hand, works well for selecting few important features since it can minimize the magnitude of some features more than the others[[48](#ref-deMgWtfc)]. A combination of LASSO and ridge, elastic-net regression[[49](#ref-JZNkB8d7)] efficiently selects the most useful features, especially in presence of large number of correlated features.

While regularization has not been used extensively in rare disease yet, examples in rare variant discovery and immune cell signature discovery can provide insights into their possible application in rare disease. In rare variant discovery, ridge regression has been utilized to combine rare variants into a single score to increase the signal of rare variants [[50](#ref-E0Iw45aG)], while LASSO was implemented along with group penalties to identify rare variants/low frequency predictors [[51](#ref-2gwD58B),[52](#ref-IX9EQ5gX)]. Hybrid applications of LASSO have also been tested in rare variant discovery, including boosting the signal of rare variants by capturing combinations of variants [[53](#ref-s907ofL2),[54](#ref-fPp30wsy)], integration with a probabilistic logistic Bayesian approach [[55](#ref-XCL2dRoS)], combining feature selection methods with a generalized pooling strategy [[56](#ref-5Zx90ly9)], and incorporating prior knowledge into the regularization step to select driver genes in a pathway of interest [[57](#ref-13q9A5a95)]. In immune cell signature discovery, elastic-net regression has been used to reduce the feature space and was found to outperform other regression approaches [[49](#ref-JZNkB8d7),[58](#ref-lXiw1iso),[59](#ref-1nCs3tvD),[60](#ref-JkWXgEgV)]. Regularization methods like LASSO or elastic-net have been methods of choice for making models simpler by reducing the feature space; these methods should be explored while working with rare disease datasets.

In rare diseases like neurofibromatosis, the presence of more than one phenotype (or class) further decreases the number of data-points per class and introduces additional label-uncertainty due to related phenotypes. In datasets with multiple classes, the classical ensemble or cascade classifiers approach follows a *one-classifier-at-a-time* approach where algorithms at each level predict all classes involved. But instances where the need for high prediction accuracy for one class outweighs other classes, modification of the cascade learning method into a *one-class-at-a-time* approach (where at each stage a binary classifier predicts a specific class against all others) has been found to be beneficial [[61](#ref-mbKBDhJ0)]. In this instance, the final model implemented all models together each identifying one class sequentially and then reporting the union of the predictions of all the different models as the final prediction. The cascade classifiers using the one-class-at-a-time approach were found to perform better than multi-class ensemble classifiers in most cases.

By employing bootstrapping, ensemble learning, and regularization methods, researchers may be able to better generate stable, simple models that identify reliable biological phenomena underlying rare diseases.

### Utilize prior knowledge and indirectly related data

Rare diseases lack large, normalized datasets, limiting our ability to study key attributes of these diseases. A potentially powerful strategy for evaluating genotype-phenotype relationships or repurposing drugs when large datasets are scarce is to use knowledge graphs. Knowledge graphs integrate related-but-different data types, creating a rich data source. Examples of public biomedical knowledge graphs and frameworks that could be useful in rare disease include the Monarch Graph Database[[62](#ref-5cHHEM6Q)], hetionet[[63](#ref-O21tn8vf)], PheKnowLator[[64](#ref-1H2nqqKV7)], and the Global Network of Biomedical Relationships[[65](#ref-CSiMoOrI)]. These graphs connect information like genetic, functional, chemical, clinical, and ontological data to enable the exploration of relationships of data with disease phenotypes through manual review[[66](#ref-1DCdPxaef)] or computational methods[[67](#ref-JPGFYfNO),[68](#ref-gVNjawAX)].

In the academic rare disease space, there a few pioneering examples of ML-based mining of knowledge graphs to repurpose drugs[[67](#ref-JPGFYfNO)] and classify rare diseases[[68](#ref-gVNjawAX)] highlight the challenges in using these in rare disease. For example, these projects rely on a gold standard datasets to validate the performance of the models which are often absent for individual rare diseases. They also evaluate rare diseases in an unbiased manner, rather than interrogating a specific disease of interest. Consequently, it is not yet clear how effective these approaches, and knowledge graphs in general, are in studying a specific disease of interest. More work needs to be done to identify methods that can provide actionable insights for a specific rare disease application.

Beyond the few academic studies, private entities (e.g. healx, Boehringer Ingelheim) are also performing an undisclosed amount of work to create proprietary rare disease knowledge graphs for ML-based drug discovery applications. The existence of private companies pursuing this idea, as well as the availability of public biomedical knowledge graphs, suggests that this may be a fruitful untapped area of rare disease research in the public arena. More work needs to be done to assess 1) which graphs and graph features capture the salient information about rare diseases, 2) the utility of ML methods to obtain actionable insights about rare diseases and 3) which problems - like drug discovery, identification of novel rare diseases, or assessment of genotype-phenotype relationships - can be interrogated using ML of knowledge graphs. However, the existence of interest in this idea in both pharma and public domain suggests that this is an untapped area of rare disease research.

Other approaches that build upon prior knowledge and large volumes of related data include transfer learning, multitask learning, and few-shot learning approaches. These approaches leverage shared features e.g. normal developmental processes that are aberrant in disease, imaging anomalies present in rare and common diseases, for advancing our understanding of rare diseases.

Transfer learning is an approach where a model trained for one task or domain (source domain) is applied to another, typically related task or domain (target domain). Transfer learning can be supervised (one or both of the source and target domains have labels), or unsupervised (both domains are unlabeled). Among the various types of transfer learning, we will mainly focus on *feature-representation-transfer*. Feature-representation-transfer approaches learn representations from the source domain and apply them to a target domain [[69](#ref-12JtL2o6T)]. For example, low-dimensional representations can be learned from tumor transcriptomic data and transferred to describe patterns associated with genetic alterations in cell line data [[18](#ref-NsW0qxZF)].

Transfer learning can be supervised or unsupervised, but the related approaches multitask and few-shot learning are forms of supervised learning that generally rely on deep neural networks. Multitask learning is an approach where classifiers use shared representations to learn multiple *related but individual predictions* (tasks) simultaneously [[70](#ref-9k4OKrXL)]. Few-shot learning on the other hand generalizes a model trained on related tasks to a new task with limited labeled data (e.g., the detection of a patient with a rare disease from a low number of examples of that rare disease). While the variety of approaches and architectures that underlie multitask and few-shot learning are beyond this scope of this work (see [[71](#ref-DKDxhmok),[72](#ref-G4tqVVQF)] and [[73](#ref-BJx3FEyX)] for an overview), we will delve into a few selected studies to illustrate potential uses and limitations of these approaches in rare disease.

Multitask neural networks (which predict multiple tasks simultaneously) improve model performance over single task models by learning a shared representation, effectively being exposed to more training data than single task models [[70](#ref-9k4OKrXL),[74](#ref-uP7SgBVd)]. Examination of the effects of dataset size and task relatedness on multitask learning performance improvements (“multitask effect”) in drug discovery showed that smaller datasets tended to benefit most from multitask learning and the addition of more training data did not guarantee improved performance for multitask models [[74](#ref-uP7SgBVd)]. Another study demonstrated that performance gains were context-dependent, i.e. multitask neural networks outperformed single-task networks for predicting complex rare phenotypes from EHR data, but not common phenotypes [[75](#ref-VlwBWUCG)].

In contrast, one-shot or few-shot learning uses prior knowledge to generalize a distance metric learned from input data to compare with a low number of new examples for prediction [[73](#ref-BJx3FEyX),[76](#ref-P4ixsM8i)], e.g. a method developed for predicting small molecule activity learned a meaningful distance metric over the properties of various compounds [[76](#ref-P4ixsM8i)]. But the authors’ results also suggest that also suggest limited performance boost or generalizability of the models relative to baseline models in absence of structural similarity among compounds. Moreover, few-shot learning approaches outperform multitask learning in contexts where predicting common conditions simultaneously results in a loss of performance [[77](#ref-R8nGOGPc)].

Thus transfer, multi-task, and few-shot learning are appealing for the study of rare diseases, conditions, or phenotypes, but their limits and potential utility are still open research questions. Nevertheless, selecting an appropriate model for a given task and evaluations that are well-aligned with a research question are crucial for applying these approaches in rare diseases.

#### Multiple approaches are required

We have described multiple approaches for maximizing the success of machine learning applications in rare disease research throughout. In practice, it is rarely sufficient to use one of these techniques in isolation. In this section, we will discuss two recent works – one supervised and one unsupervised – in the rare disease domain that draw on multiple concepts covered here. Feature-representation-transfer, which incorporates representation learning and prior data, and regularization underlie both approaches.

As discussed in the previous section, feature-representation-transfer is an approach wherein a model learns a representation of a collection of data, and those features are then applied or transferred to a target domain. This is a powerful tool where the model can utilize related datasets in the absence of available rare disease samples. Whether our research goal is biological discovery or prediction, we want the representation that a model learns to be *useful*. In addition to reducing model complexity as discussed earlier, regularization can aid in useful representations by putting some constraints on what is learned by a model.

In a method termed DeepProfile, Dincer et al. leveraged publicly available acute myeloid leukemia (AML) gene expression data to improve the prediction of *in vitro* drug responses [[78](#ref-17HK9o457)]. The authors trained a variational autoencoder (an unsupervised neural network that learns a series of representations from data), or VAE, on AML data that had been collected over time without the desired phenotypic information (drug response). VAEs are distinct from other autoencoders in that the distribution of the encodings are regularized such that they are close to a normal distribution, which may contribute to learning more biologically relevant signals [[18](#ref-NsW0qxZF)]. Dincer et al. used the learned attributes to encode a low-dimensional representation of held-out AML data with phenotype labels of interest, and used this representation as input to a classifier that predicted *in vitro* drug response, which outperformed using the original features. The study by Dincer and colleagues highlights another challenge: samples collected as part of multiple studies may not be associated with the deep phenotypic information that would maximize their scientific value, but this does not preclude the use of these samples in learning representations.

In an unsupervised case, Taroni et al. trained Pathway-Level Information ExtractoR (PLIER) [[79](#ref-Ki2ij7zE)] on a large generic collection of human transcriptomic data (recount2 [[80](#ref-6SPTvFXq)]) and used the latent variables learned by the model to describe transcriptomic data from the unseen rare diseases antineutrophil cytoplasmic antibody (ANCA)-associated vasculitis (AAV) and medulloblastoma in an approach termed MultiPLIER [[22](#ref-14rnBunuZ)]. (Here “unseen” refers to the fact that these diseases were not in the training set.) PLIER is a matrix factorization approach that takes prior knowledge in the form of gene sets or pathways and gene expression data as input. PLIER includes constraints (regularization) such that some latent variables learned by the model will align with input gene sets and ideally latent variables will only be associated with a low number of related gene sets [[79](#ref-Ki2ij7zE)], which make it suitable for biological discovery or description of rare disease data. MultiPLIER allows us to use one model to describe multiple datasets instead of reconciling output from multiple models, which is highly beneficial when identifying commonalities among disease manifestations or affected tissues is a research goal.

Taken together, DeepProfile [[78](#ref-17HK9o457)] and MultiPLIER [[22](#ref-14rnBunuZ)] suggest a combination of the techniques discussed throughout this article can be capitalized on for rare disease research. In cases where we have few samples from our disease of interest with the required phenotypic labels, we can leverage existing collections of data and knowledge if we select the models with the *right attributes*. The utility of DeepProfile and MultiPLIER stem from the fact that biological processes can be shared between biological contexts and that the methods underlying the approaches can effectively learn about those processes. In the natural images field, researchers have demonstrated that the transferability of features depends on relatedness of tasks [[81](#ref-G61OY6xj)]. The limits of transfer learning for and the concept of relatedness in high-dimensional biomedical data assaying rare diseases are open research questions. In the authors’ opinion, selecting an appropriate model for a given task and evaluations that are well-aligned with a research goal are crucial for applying these approaches in rare diseases .

### Conclusions

We will conclude by discussing the potential of the above-mentioned approaches in rare diseases and other biomedical areas where data is scarce.

### Outlook

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