

ENHANCEMENT OF LEUKOTRIENE A₄ BIOSYNTHESIS IN NEUTROPHILS FROM PATIENTS WITH RHEUMATOID ARTHRITIS AFTER A SINGLE GLUCOCORTICOID DOSE

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Abstract—Human blood polymorphonuclear cells (PMN) from seven patients with active rheumatoid arthritis (RA) were compared for their capacities to produce leukotrienes *ex vivo* before (D0) and 24 hr (D1) after glucocorticoid pulse therapy. The present study shows for the first time that endogenous arachidonic acid metabolism via 5-lipoxygenase pathway is significantly increased after glucocorticoid administration, leading to increased generation of the unstable precursor leukotriene A₄ (LTA₄) followed by predominant non-enzymatic LTA₄ opening and leukotriene B₄ (LTB₄) ω -hydroxylation pathway. These results are unexpected since usually glucocorticoids are usually thought to decrease inflammatory mediator biosynthesis and, moreover, they work to the detriment of the clinical improvement of the patient. The results are discussed in terms of product inactivation and cellular cooperation with monocytes and endothelial cells.

Key words: polymorphonuclear cells; leukotriene A₄ metabolism; RP-HPLC; rheumatoid arthritis; glucocorticoid therapy

Although glucocorticoid pulse therapy has been used with good clinical results for several years in the treatment of RA,§ there is little information available on mechanisms involved in the specific biological effects of this therapy. The effects of glucocorticoids on inflammation and immunity are reflected by alteration of phagocyte cell functions, such as chemotaxis and superoxide anion generation, and by inhibition of the production and release of mediators, as reported by Goldstein *et al.* [1]. There are few reports concerning the effects of glucocorticoid therapy on eicosanoid biosynthesis. Suppression of the lipoxygenase pathway might be restricted *in vivo* to a limited subset of responsive cells (i.e. macrophages), whereas under *in vitro* conditions several cell types may be responsive [2, 3]. We investigated the 5-LO pathway of arachidonic acid metabolism in blood PMN of RA patients with active disease, before and 24 hr after a 250 mg methylprednisolone pulse. Our results clearly demonstrated that there was no marked reduction in the biochemical response of human blood PMN, thus revealing a discrepancy between the clinical

improvement of the pathological state and the level of inflammatory mediators biosynthesized.

MATERIALS AND METHODS

Chemicals. LTB₄ and 20-OH LTB₄, purchased from Euromedex (Strasbourg, France), were from Cascade (Reading, U.K.). Ionophore A23187 was from Sigma Chemical Co. (St Louis, MO, U.S.A.). The solvents were HPLC grade (Carlo Erba). Culture material, PBS with CaCl₂ and MgCl₂ came from Flow Laboratories (France). RP64966, an inhibitor of LTA₄ hydrolase, was a generous gift from Dr N. Dereu, Rhone Poulenc Rorer Laboratories (Vitry/Seine, France).

Selection of subjects. Seven patients (five women and two men, mean ages 49.6 ± 3.7) were studied (RA group). They presented active rheumatoid arthritis according to the American Rheumatism Association 1987 revised criteria for rheumatoid arthritis. All were positive for rheumatoid factor (>40 UI/mL by nephelometry laser method, Berhing). The mean erythrocyte sedimentation rate (ESR) was 63 mm (range 33–120) for the first hour. They received no glucocorticoid injection for 3 months before the study but all were under non-steroidal anti-inflammatory drug (NSAID) treatment (arylcarboxylic acid molecule family). They were selected to receive glucocorticoid pulse therapy (250 mg intravenously administered methylprednisolone) because inflammatory flare-up of their disease was not able to be controlled. Clinical evolution was assessed by the duration of morning stiffness and the number of painful joints before (D0) and 24 hr after (D1) treatment to estimate clinical improvement and by the physician's and

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§ Abbreviations: PMN, polymorphonuclear cells; RA, rheumatoid arthritis; 5-LO, 5-lipoxygenase; LTA₄, 5(S)-5,6 oxido-7,9-*trans*-11,14-*cis*-eicosatetraenoic acid; LTB₄, 5(S),12(R)-dihydroxy-6,14-*cis*-8,10-*trans*-eicosatetraenoic acid; NE LTB₄, (non-enzymatic LTB₄), 5(S),12(R) and 5(S),12(S)-dihydroxy-6,8,10-*trans*-14-*cis*-eicosatetraenoic acid; 20-OH-LTB₄, 5(S),12(R), 20-trihydroxy-6,14-*cis*-8,10-*trans*-eicosatetraenoic acid; E LTB₄, enzymatic LTB₄ (LTB₄ + 20-OH LTB₄); LTC₄, leukotriene C₄; 12-HETE, 12(S)-hydroxy-5,8,14-*cis*, 10-*trans*-eicosatetraenoic acid; 5-HETE, 5(S)-hydroxy-8,11,14-*cis*,6-*trans*-eicosatetraenoic acid.

patient's global assessment. Arachidonic acid metabolites released by PMN were analysed before and 24 hr after the methylprednisolone injection. Seven healthy subjects (HS group, mean ages 37.2 ± 6.5) were studied simultaneously to test whether individual daily variation was observed when leukotriene biosynthesis by PMN was evaluated from one day to another.

Human PMN isolation. Blood cell analysis routinely carried out showed a 15 fold higher amount of PMN versus platelets before or after treatment. PMN were isolated and purified from heparinized blood by centrifugation of samples over discontinuous Percoll gradient as previously described [4]. Briefly a 5 mL volume of 63% percoll in 0.15 M NaCl solution was layered over 5 mL of 72% percoll solution. Whole blood was then layered over the percoll gradient and the tubes were spun at 400 g for 20 min at 20°. The upper layer constituted mononuclear cells and platelets. The PMN were recovered in the intermediary layer between the mononuclear cells and the 72% percoll solution. Purity of the PMN suspension was evaluated by microscope observation of the cells after cytocentrifugation and May Grünwald staining. The preparations, at least 95% purity, were greater than 85% viable before and after glucocorticoid injection, as measured by trypan blue exclusion.

Stimulation procedures. Isolated PMN were resuspended in PBS (PBS Dulbecco's, pH 7.4) with $\text{Ca}^{2+}/\text{Mg}^{2+}$ (final concentrations 2×10^{-3} and 0.5×10^{-3} M, respectively). The cell concentration was adjusted to 10^7 cells/mL. Eicosanoid release was produced by ionophore A23187 stimulation (final concentration 5×10^{-6} M) for 5 min as previously described [5] with or without RP64966. The reaction was stopped by the addition of the same volume of methanol and the samples were stored for at least 24 hr at -20° until reverse phase HPLC analysis (RP-HPLC).

Eicosanoid identification and quantification. RP-HPLC was carried out using two model 510 pumps (Waters), a U6K injector (Waters) and a Lichrospher 100 RP-18 analytical column (150 mm \times 3.9 mm, 5 μ particles, Merck). Detection was monitored with a programmable multiwavelength detector model 490 (Waters) and recorded with a C-R3A integrator (Shimadzu). Before injection the samples were centrifuged to pellet the proteins denatured by methanol and aliquots of the supernatants were directly analysed by RP-HPLC without any purification. Leukotrienes were resolved according to the following elution gradient between two solvents A and B and to the following linear flow rate program:

—Solvent A: water 350/acetic acid 1 (v/v) pH 5.6 and solvent B: methanol. The gradient was carried out linearly from 45% A/55% B to 35% A/65% B for 12 min, and then isocratic elution was conducted for 20 min.

—Flow rate: linear flow rate increasing from 0.5 mL/min to 1 mL/min for 12 min and then a constant flow rate for 20 min.

Detection was monitored at 280 nm. Metabolites were identified by comparing their retention times and UV spectra recorded in the stop-flow mode with

those of synthetic reference products and quantitated by measuring the areas under the respective peaks as described elsewhere [5].

Statistical analysis. The results presented as ng/ 10^7 cells or those corresponding to the metabolite ratio were expressed as mean \pm SEM ($N = 7$ for RA patients and $N = 7$ for HS patients). Statistical differences were determined using Student's *t*-test for paired samples and significance was assumed when $P < 0.05$.

RESULTS

Formation of LTA_4 metabolites by human PMN from RA patients

The endogenous arachidonic acid 5-LO pathway of human PMN was investigated by eicosanoid synthesis under stimulation conditions by Ca^{2+} ionophore A23187 for 5 min. Before corticotherapy, PMN from RA subjects released into the culture medium 20-OH LTB_4 , immunoreactive LTB_4 , the two Δ^6 -trans isomers of LTB_4 occurring as a result of the non-enzymatic opening of LTA_4 (non-enzymatic LTB_4 , i.e. NE LTB_4) and 5-HETE (data not shown). No detectable amounts of leukotriene C_4 (LTC_4) or 12-HETE were observed. These results are in agreement with leukotriene release by human blood PMN as previously described [6–8]. The

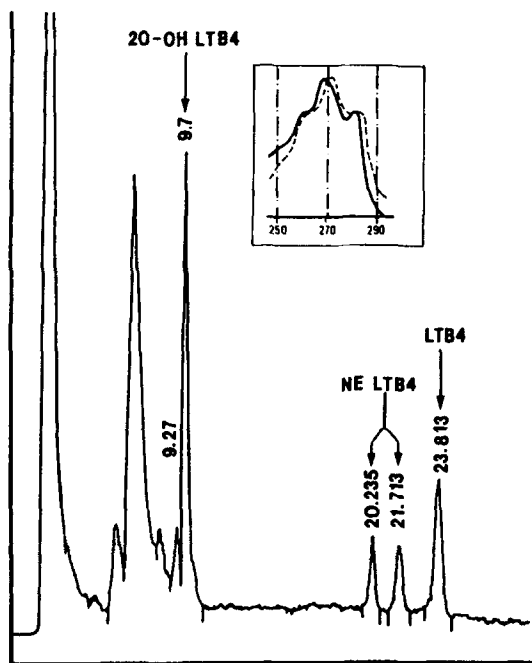


Fig. 1. RP-HPLC profile (detected at 280 nm) of leukotrienes biosynthesized by human PMN from subjects with RA after incubation with calcium ionophore A23187 (final concentration 5×10^{-6} M) at 37° for 5 min. The chromatography conditions are described in Materials and Methods. Retention times of the authentic reference products are represented by arrows. Insert: UV spectra of NE LTB_4 (filled line) and LTB_4 (dotted line) recorded in stop-flow mode (λ_{max} 268 nm and 270 nm, respectively).

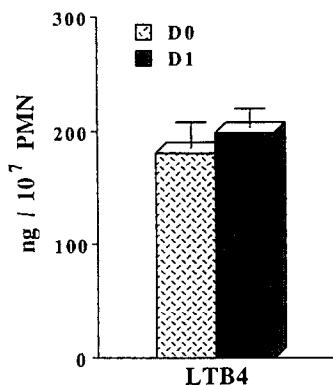


Fig. 2. LTB₄ biosynthesized *in vitro* by human PMN from subjects with RA before (D0) and 24 hr (D1) after 250 mg methylprednisolone pulse (experimental conditions are described in Materials and Methods). Results presented in ng/10⁷ cells are expressed as mean \pm SEM (N = 7). No significant difference was observed.

elution profile, detected at 280 nm under our experimental conditions, with a characteristic equal peak area for the two NE LTB₄ isomers, is shown in Fig. 1. Retention times for 20-OH LTB₄, NE LTB₄ and LTB₄ were 9.7 min, 20.2 and 21.7 min and 23.8 min, respectively. Characteristic conjugated triene UV spectra showed maximum absorption at

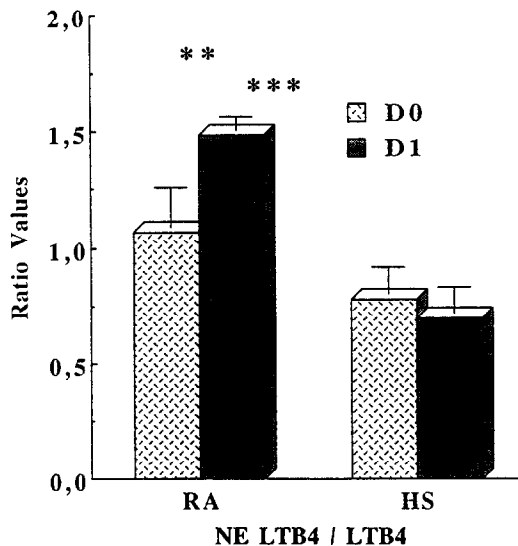


Fig. 4. NE LTB₄/LTB₄ ratio at D0 and D1. Results are expressed as mean \pm SEM. Significant increases were observed for RA at D0 and D1 (**P < 0.05) and between RA and HS (***P < 0.02).

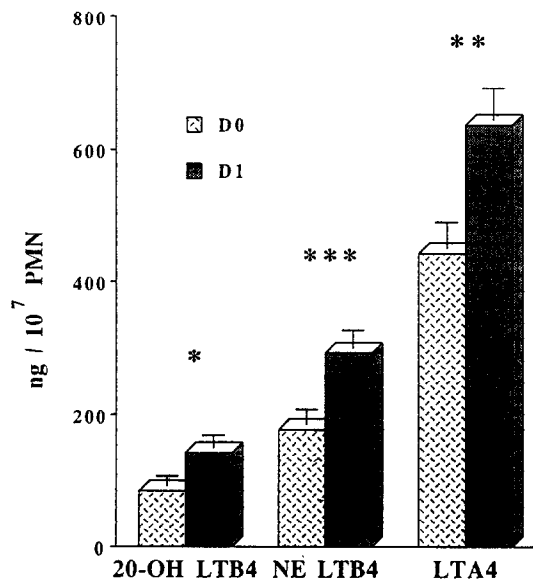


Fig. 3. Leukotriene metabolites and leukotriene precursor: 20-OH LTB₄, NE LTB₄ isomers and LTA₄ released *in vitro* by human PMN from patients with RA, before (D0) and 24 hr after (D1) 250 mg methylprednisolone pulse (experimental conditions described in Materials and Methods). Results presented in ng/10⁷ cells are expressed as mean \pm SEM (N = 7). Significant increases were observed *P < 0.015 **P < 0.010 ***P < 0.005.

268 nm with shoulders at 258 and 280 nm for the Δ^6 -*trans* isomers, as described elsewhere, with a 2 nm shift as compared to that of LTB₄ [9, 10].

Before corticotherapy. Significant LTB₄ levels (180.4 ± 22.3 ng) were released by the PMN of RA patients. Surprisingly, NE LTB₄ levels (177.8 ± 22.9 ng) were the same as the LTB₄ levels, with a NE LTB₄/LTB₄ level of 1.07 ± 0.18 . This was unexpected since levels of these metabolites are usually approximately two fold lower than those of LTB₄ up to 5 min incubation, as previously reported for various other subjects [6] as well as for the HS group included in the study to investigate possible individual daily variation (Fig. 4).

After glucocorticoid pulse. No significant differences were observed in LTB₄ release: 198.3 ± 15.8 ng versus 180.4 ± 22.3 ng (Fig. 2). The results for 20-OH LTB₄ and NE LTB₄ are given in Fig. 3. 20-OH LTB₄ and NE-LTB₄ levels were significantly enhanced the day after treatment: 144.3 ± 16.4 ng versus 85.1 ± 12.9 ng (P < 0.015) and 293.9 ± 24.4 versus 177.8 ± 22.9 ng (P < 0.005), respectively. This rise was in agreement with a simultaneous increase in the precursor LTA₄ as reported in Fig. 3: 637.0 ± 48.6 ng versus 443.4 ± 40.4 ng (P < 0.010). Moreover, the NE LTB₄/LTB₄ ratio was significantly increased to 1.48 ± 0.06 (P < 0.040), as shown in Fig. 4. This result is similar to that obtained when PMN were stimulated by ionophore in the presence of the inhibitor of LTA₄ hydrolase RP64966 (10^{-6} M): the 3.15 ± 0.16 ratio was more than four fold higher than the 0.74 ± 0.17 obtained without inhibitor. The increased generation of leukotrienes and 5-HETE (data not shown) by PMN after prednisolone injection revealed marked 5-LO activation.

Comparison of PMN LTA₄ biosynthesis between

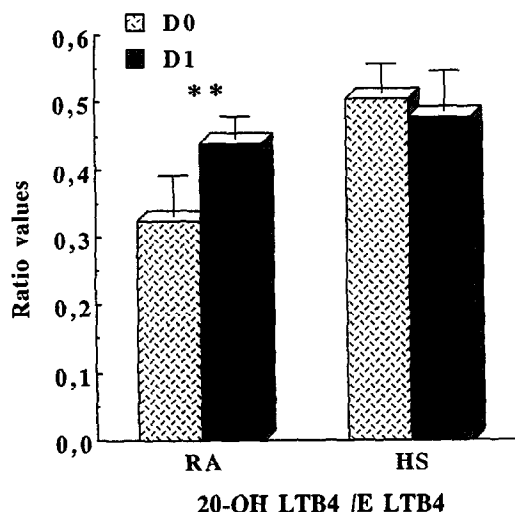


Fig. 5. 20-OH LTB₄/E LTB₄ ratio at D0 and D1 (E LTB₄ = 20-OH LTB₄ + LTB₄). Results are expressed as means \pm SEM. Significant increases were observed for RA at D0 and D1 (** $P < 0.05$).

RA and HS. Eicosanoid biosynthesis was studied under the same experimental conditions in a group of healthy subjects to investigate whether the effects observed in PMN from RA after glucocorticoid administration were not simply due to a daily variation in cellular responsiveness or preparation. The estimation of NE LTB₄ was expressed as its ratio versus immunoreactive LTB₄ (Fig. 4) and 20-OH LTB₄ synthesis was expressed as its ratio versus total enzymatically produced LTB₄ (E LTB₄ = 20-OH LTB₄ + LTB₄) (Fig. 5). NE LTB₄ was significantly increased after pulse therapy: 1.480 ± 0.062 versus 1.060 ± 0.183 ($P < 0.040$) whereas in HS PMN the ratio remained strictly independent of the day of sampling: 0.774 ± 0.117 versus 0.697 ± 0.0110 (not significant). The same result was obtained with 20-OH LTB₄: 0.323 ± 0.060 versus 0.440 ± 0.030 ($P < 0.050$) whereas in HS PMN no significant difference was observed.

Clinical data

Clinical improvement was assessed 24 hr after pulse therapy. Statistically significant improvements were observed in the painful joint count (5 ± 2 versus 15 ± 3 , $P < 0.010$) and duration of morning stiffness (7 ± 3 min versus 68 ± 8 min, $P < 0.003$) as reported in Figs 6 and 7. Only the swollen joint count did not improve significantly (data not shown). Because each patient served as his or her own control for the biochemical studies, there was no placebo control.

DISCUSSION

We investigated eicosanoid generation from endogenous arachidonic acid via 5-LO pathway in human PMN stimulated by ionophore A23187. The ionophore of divalent cation is not cell type specific

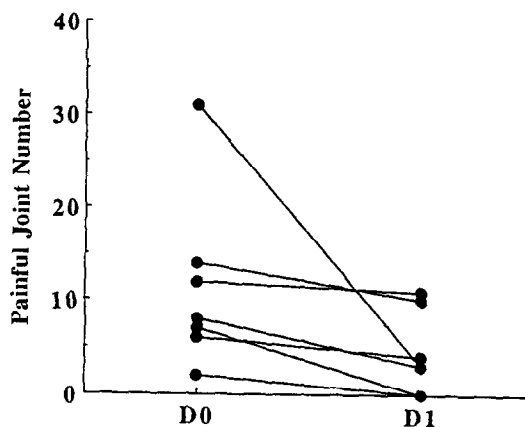


Fig. 6. Individual clinical evolution as measured by painful joint count. Mean values at D0 and D1: 15 ± 3 and 5 ± 2 , respectively (** $P < 0.01$).

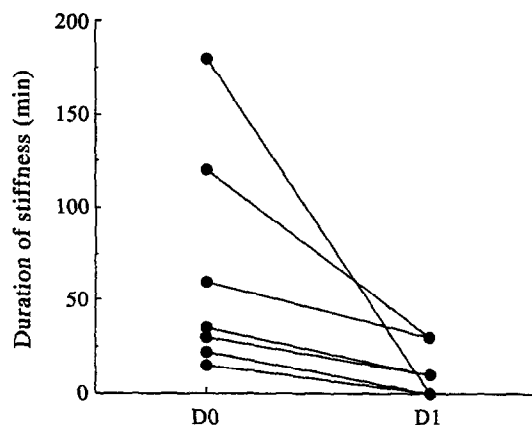


Fig. 7. Individual clinical evolution as measured by duration of morning stiffness expressed in minutes. Mean values \pm SEM at D0 and D1: 68 ± 8 and 7 ± 3 min, respectively (** $P < 0.003$).

but is a useful tool for the generation of individual eicosanoids in amounts that facilitate their isolation and structural determination by physical methods. Sample aliquots were directly injected onto the analytical RP-HPLC column without any solid phase extraction, concentration or derivatization. The samples only had to be deproteinized and centrifuged, thus minimizing double bond isomerization and loss and deterioration of eicosanoids. We were therefore able to assess that LTB₄ isomers did not result from LTB₄ isomerization provided by a chemical experimental procedure but rather from the non-enzymatic opening of LTA₄ producing equal amounts of the Δ^6 -*trans* isomers 12(R) and 12(S). Moreover, the chromatographic elution system was specially appropriate for the study of LTA₄ metabolites since

it allowed us to resolve 20-OH LTB₄ away from the solvent peak to obtain precise quantification.

PMN from patients with active RA biosynthesized *in vitro* LTB₄, 20-OH LTB₄ and Δ 6-*trans* LTB₄ isomers without any detectable amounts of LTC₄. We show for the first time that the amounts of the two Δ 6-*trans* LTB₄ isomers occurring from non-enzymatic LTA₄ opening were as high as immuno-reactive LTB₄ levels in these patients (Fig. 4). This contrasts with the results reported for various other subjects [6], suggesting that in RA patients the ability of PMN to release high *in vitro* levels of NE LTB₄ is relevant to this particular pathology. Moreover, 24 hr after glucocorticoid administration, the PMN produced two-fold greater amounts of 20-OH LTB₄ and NE LTB₄ while LTB₄ levels remained unchanged. These results cannot simply be explained by increased LTA₄ synthesis, since the metabolic pattern was different and cannot account for the enhancement of 20-OH LTB₄ biosynthesis which occurred enzymatically. Moreover LTA₄ at D1 cannot be considered as "suicide substrate" for LTA₄ hydrolase since recent works [11] have demonstrated that loss of enzymatic activity accompanying LTB₄ formation was proportional to substrate concentration and that a 50% loss in hydrolase activity corresponded with the formation of $10.3 \pm 2.1 \mu\text{M}$ LTB₄. The amounts of enzymatically produced LTB₄ at D1, $332.6 \pm 21.5 \text{ ng/mL}$, i.e. $0.95 \pm 0.06 \mu\text{M}$, are too low to account for hydrolase inhibition. The data cannot be interpreted in terms of a cellular cooperation between platelets and PMN: even though some platelets could have adhered to PMN in spite of gradient isolation, the platelet/PMN ratio is too low to account for the enhancement of LTA₄ metabolite levels. A 20 platelet/PMN ratio is required to significantly modify arachidonic acid metabolism and leads, in these conditions, to the enhancement of 12-HETE biosynthesis [12] and not to increased LTA₄ production. The presence of platelets would also lead to LTC₄ biosynthesis by the transcellular metabolism of LTA₄ released by PMN [13], especially when significant amounts of LTA₄ have not been metabolized by LTA₄ hydrolase. There was no evidence of detectable amounts 12-HETE and LTC₄ in our samples, so the nature of the products more likely indicated a deviation towards the non-enzymatic pathway (as observed when the cells were incubated in the presence of the LTA₄ hydrolase inhibitor) and towards LTB₄ catabolism. These two modification steps thus led to inflammatory mediator inactivation and seemed to function as a detoxification-like process [14–16]. Since high amounts of Δ 6-*trans* LTB₄ isomer (0.6 mM) were released under our experimental conditions, it would be interesting to investigate in future studies whether the triene reductase pathway is involved when PMN incubation is extended to 30 min as reported by Powell *et al.* [17].

From the data reported in Figs 4 and 5, it appears that the NE LTB₄ and 20-OH LTB₄ level increase at D1 in PMN from RA patients may not be explained by an individual daily variation which leads us to conclude that metabolite level enhancement is relevant to glucocorticoid action on cells. This 5-LO activation after glucocorticoid therapy was

unexpected since it is generally accepted that anti-inflammatory drugs reduce inflammatory mediator production. Thus, glucocorticoids would be expected to inhibit arachidonic acid metabolite biosynthesis. In 1990, Sebaldt *et al.* [2] described a strong inhibitory effect of corticosteroid administration on eicosanoid biosynthesis by human alveolar macrophages and human whole blood cells *ex vivo* [2, 3]. More recently De Catarina *et al.* [18] described human alveolar macrophages as the most likely cell targets for glucocorticoid-induced eicosanoid inhibition and lipocortin expression. Nevertheless, Freeland *et al.* [19] reported that glucocorticoids failed to inhibit neutrophil LTB₄ production induced by ionophore A23187 but did not mention a significant modification in 5-LO activity since they did not measure LTA₄ production. Schleimer *et al.* [20] reported a small non-significant enhancement of LTB₄ generation *in vitro* by PMN after 24 hr dexamethasone exposure. However, LTB₄ was monitored by RIA and this technique did not take into account Δ 6-*trans* isomers and the 30% LTB₄ antibody crosslinking with 20-OH LTB₄. These two limiting parameters might explain the low increase in LTB₄. Our study demonstrated, for the first time, the unexpected increase of LTA₄ metabolites, i.e. an enhanced pro-inflammatory state in spite of the clinical improvement in the physiological state of the patients after a single glucocorticoid dose administration as reported in Figs 6 and 7. These unusual findings are in agreement with reduced LTA₄ hydrolase activity and with increased LTB₄ catabolism subsequent to corticoid pulse. There are few data concerning the *in vitro* action of glucocorticoids on blood PMN. After *in vitro* exposure to dexamethasone, blood monocytes are able to release chemotactic factors [21, 22] and the number of interleukin-1 receptors increase in human PMN [23]. Tsai *et al.* [24] reported that human blood monocytes cultured with phytohemagglutinin produced a factor which enhanced PMN LTB₄ production. Rheumatoid arthritis modulates blood mononuclear cell cytokine secretion [25] and in numerous diseases, vascular endothelial cells are now considered to be active inflammatory cells rather than a biological barrier to body fluids [26]. The priming of glucocorticoids on PMN might be explained by potential cellular interactions with monocytes and/or with vascular endothelial cells since several authors have reported evidence for a lipoxygenase dependent mechanism in neutrophil adherence to endothelial cells [27–30]. It will then be of interest to proceed with this work in order to investigate the mechanisms of cell to cell interactions which could be involved in glucocorticoid action on arachidonic acid metabolism in human blood neutrophils and provide a link between neutrophil lipid mediators and cell mediated immunity in the context of RA.

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